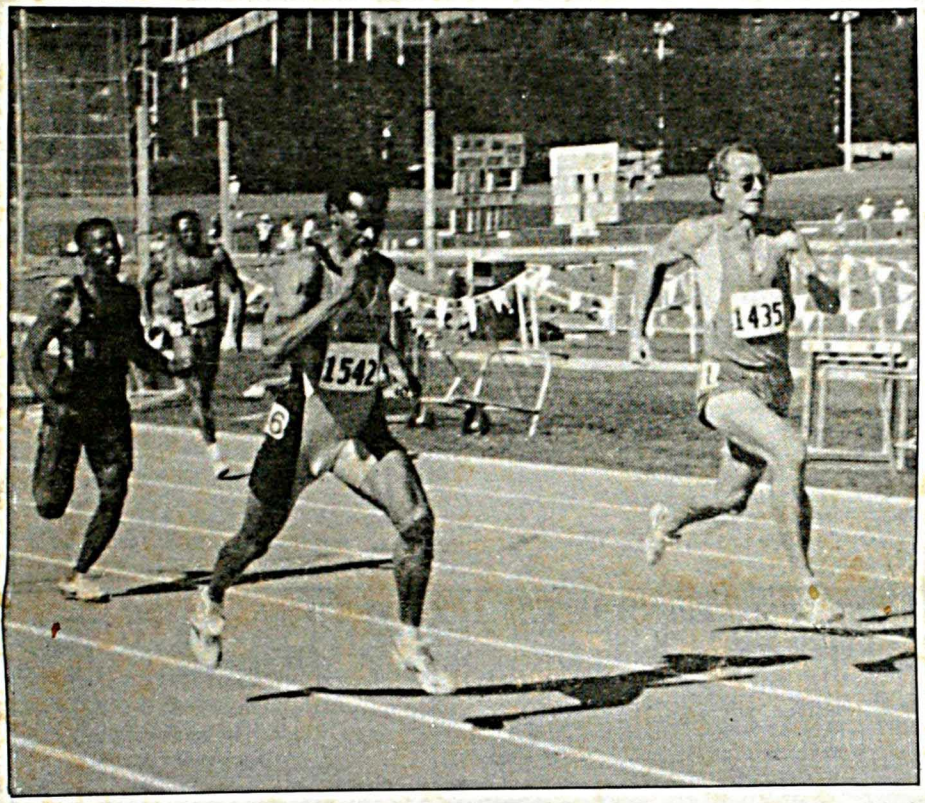
USA Masters Track & Field News

NATIONAL MASTERS NEWS

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

181st Issue | September, 1993 | $2.50

Nationals Draw 997 to Provo



Stan Whitley (l), Alta Loma, Calif., wins a close M45 200 (22.59) from Stan Drukrey (22.61), South Milwaukee, Wisc., USATF National Masters Championships, August 11-14, Provo, Utah. Trailing are Pittsburgh's Charles Allie and Colorado's Mac Azougu. Drukrey earlier in the meet set a U.S. record for the 110H of 14.84.

Photo by Jerry Wojcik

Athletes from 49 States and 5 Countries Set 13 World and 22 U.S. Records

A total of 997 athletes, age 30-and-over, from 49 states and five foreign countries took part in the 26th annual USA National Masters Track and Field Championships on August 11-14 in Provo, Utah.

The number was the fourth largest ever for a national meet, surpassed only by the record 1450 in San Diego (1989), 1090 in Indianapolis (1990), and 1085 in Spokane (1992).

Of the total competitors, 798 (80%) were men and 199 (20%) were women. The 49-state participation was a new high, with only Maine not represented.

Eighteen participants came from France, with Poland, Canada, Great Britain, Puerto Rico, and Washington, D.C. also represented.

Eighteen athletes were age-80 or over, and 100 were over 70. The largest age group was M45, with 115 entrants. The median age was 46. At age 93, Idaho's Buell Crane was the meet's oldest competitor.

With family members and friends included, the meet had an economic impact on the Provo area of $1 million, according to standard economic estimates.

Scenic Background

It was the first time a national meet was held in the Rocky Mountain area. Provo, 40 miles south of Salt Lake City, is the home of Brigham Young University, where the meet was held on the University's first-class, nine-lane track with the beautiful Wasatch Mountains forming and inspirational backdrop.

"I've never run amid such breathtaking scenery," said Ken Popejoy, M40 800 and 1500 winner.

Competition was held in the traditional five-year age groups for both men and women from age 30-34 to 90+. An awards ceremony was held for each event, generally within 30

Continued on page 16

Would You Believe 12,000 Participants in Japan?

An astonishing total of 11,888 veteran athletes from 58 nations have entered the 10th WAVA World Veterans Athletics Championships next month in Miyazaki, Japan.

It will be the largest World Veterans Championships ever held, more than doubling the previous highs of 4817 (Melbourne, 1987), 4754 (Eugene, 1989), and 4802 (Turku, 1991).

The phenomenal total was boosted by a record entry of 9666 Japanese participants — 81% of the total — many of whom will be competing only in the marathon and/or the 10K cross-country races. The marathon drew 5776 entries while the cross-country races lured nearly 2000.

The total number of event entries is a staggering 19,207, up 71% from Turku.

Will the Miyazaki organizers be able to stage all the events in the October 7-17 time frame?

"Rest assured, we will", said Shoichi Chuman, Director of Planning and General Affairs for the event.

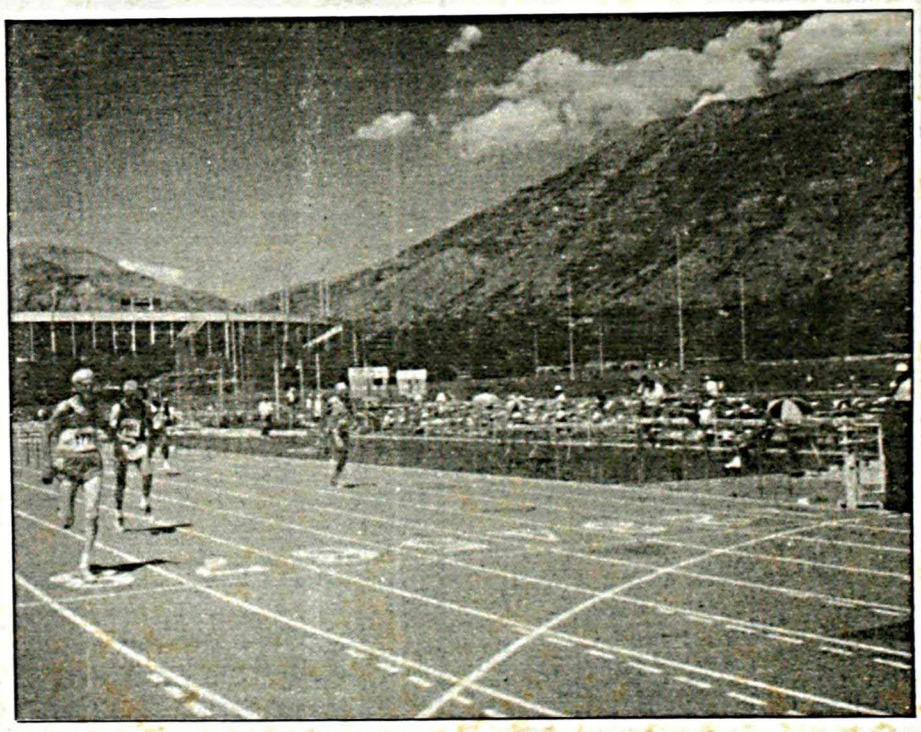
Stadia Entries Up 23%

It might be possible. When the entries for the non-stadia events (marathon, X-C, road walks) are deducted, the event entries total a more manageable 11,166. That's still up a hefty 23% from Turku (9091), but only 18% over Eugene (9463) and 16% above Melbourne (9590).

Japanese athletes will comprise 95% of the marathon field; 84% of the cross-country races; 31% of the racewalkers; and 59% of the stadia events.

Entries for most events are up dramatically, but a few are down. The

Continued on page 20



The scenic Wasatch Mountains form the backdrop for the Nationals in Provo, as New York's Edwin Lukens (1), wins the M70 80-meter hurdles in 14.68 over the California duo of Walter Dahlin (c) and Burl Gist (r).

Photo by George Clarke

CONTENTS

DEPARTMENTS

USATF Officers 2
Letters to the Editor 4
NMN Sustainers 4
Third Wind 6
Speaker's Corner - Kelmenson . 7
Five Years Ago 7
The Foot Beat 8
Racewalking 10
Health and Fitness 12
Track & Field Report 14
New Age-Group Athletes 15
International Scene 19
WAVA Officers 19
Countdown to Miyazaki 20
WAVA/USATF Specs 23
Women's Corner 24
Ten Years Ago 24
Masters Scene 26
Schedule 27
All-American Standards 29
Results 30

FEATURES

National Championships 1
Preview of World Games 1
Northwest Regionals 3
First of America Half 8
Reebok Boston Meet 9
Midwest Masters Meet 9
Sri Chinmoy Games 9
Nashville Meet 9
National 10K Racewalk 10
Utica Boilermaker 15K 12
Hill Country Meet 14
Women's Foundation Grants . 15
Garden State Meet 15
Southwest Regionals 15
National Champions 16
Age Records at Nationals 17
Five Nations to Bid 22
British Championships 23
Japan Championships 23
Dunsford, Mitchell Vie 24
Masters Games 25
Club Listings 48

ENTRY FORMS/RACE & PRODUCT INFO

Elite Health Products 3
NMN Subscription Form 4
San Juan T&F Championships . 5
North American Tarp 6
Strength & Speed Ratings 7
Mac Wilkins Video Tapes 7
T&F Rankings Book 8
Track & Field News 9
Bowl to Bowl Walk 10
National 10K X-C 11
Age-Record Book 12
Classifieds 13
Publications Order Form 13
NMN Advertising Rates 13
Kel Field Opening 14
Elite Sales 15
Sports Travel 25
Kitt Travel 25
Age-Graded Tables 26
Southeast Regionals 27
Sri Chinmoy Meet 28
All-American Application 29
Moving? 47
NMN Subscription Form 47

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters Track & Field, long distance running and race walking

Editor and Publisher: Al Sheahen
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Managing Editor: Sylvia Stoller
Contributing Editor: Jane Dods
Circulation Manager: Katie Williams
Advertising Manager: Open
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Bob Stone (CA), Pete Taylor (PA), Mike Tymn (HI), John White (OH), Maury Dean (NY).

International Corrspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Hans Axmann (GER), Cesare Beccalli (ITA), Leo Benning (RSA), Hari Chandra (SIN), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Jacques Serruys (BEL).

Photographers: Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Synder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (MO).

Creative Art: Eugene Paasinen, Herb Parsons

The **National Masters News** (ISSN-07442416) is published monthly, with an annual subscription rate of $24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President: Ollan C. Cassell, Executive Director.

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card ($7 to $12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

Subscriptions: A one-year subscription (12 issues) is $24.00 (mailed 2nd class). Add $15 for 1st class (USA & Canada) or $19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

Chairman:
Barbara Kousky
5319 Donald St.
Eugene, OR 97405
(503) 687-8787

Outdoor Meets:
Bruce Springbett
220 Oak Meadow Dr.
Los Gatos, CA 95030
(408) 354-7333

Indoor Meets:
Scott Thornsley
18 Colgate Drive
Camp Hill, PA 17011
(717) 737-2385

Multi-Events:
Rex Harvey
160 Chatham Way
Mayfield Heights
OH 44124
(216) 446-0559

Secretary:
Marilyn Mitchell
330 E. 46 St. #4C
New York, NY 10017
(212) 697-8216

Treasurer:
Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Records:
Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291

Rankings:
Jerry Wojcik
P.O. Box 2372
Van Nuys, CA 91404

Women's Representative:
Christel Miller
1740 Grandview Ave.
Glendale, CA 91201

Weight Events:
Chuck Klehm
1218 North Route 47
Woodstock, IL 60098
(815) 338-2880

Site Selection:
Max Goldsmith
481 Marcus
Lewisville, TX 75067

Race Walking:
Bev LaVeck
6633 N.E. Windemere
Seattle, WA 98115
(206) 524-4721

Team Manager:
Sandy Pashkin
301 Cathedral Pkwy. No. 6U
New York, NY 10026
(212) 666-8603

Rules Coordinator:
Graeme Shirley
11212 Via Carroza
San Diego, CA 92124
(619) 455-4440

Regional Coordinators:

East:
Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

Southeast:
Phil Mulkey &
Phil Raschker
P.O. Box 71022
Marietta, GA 30007
(404) 973-3825

Midwest:
Mel Larsen
2316 Willemoure
Springfield, IL 62704
(217) 546-2909

Mid-America:
Tom Thorne
525 Oak Ridge Dr.
Neosho, MO 64850
(417) 451-7417

Southwest:
Danny Thiel
1459 Verna St.
New Orleans, LA 70119
(504) 486-8066

West:
Hugh Cobb
3180 Camino Arroyo
Carlsbad, CA 92009
(619) 436-7696

Northwest:
Marti Thielman
406 W 32nd St.
Vancouver, WA 98660
(206) 693-2256

Awards:
Open

Law Chairman:
Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
(407) 499-3370

WAVA Delegates:
Barbara Kousky,
Jerry Donley,
Marilyn Mitchell
Alternates:
1) Sandy Pashkin
2) Christel Miller
3) Pete Mundle

LONG DISTANCE RUNNING

Chairman:
Charles Des Jardins
5428 Southport Lane
Fairfax, VA 22032
(703) 250-7955

Vice Chairman Men:
Jerry Crockett
1124 W. Eskridge
Stillwater, OK 74074
(405) 372-4010

Vice Chairman Women:
Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(510) 339-0563 (h)

Secretary:
Carole Langenbach
4261 S. 184th Street
SeaTac, WA 98188
(206) 433-8868

Treasurer:
George Vernosky
5004 Glen Cove Pkwy.
Bethesda, MD 20816
(301) 229-8391

Road Records & Rankings:
Basil & Linda Honikman
Road Running Information Center
5522 Camino Cerralvo
Santa Barbara, CA 93111
(805) 683-5868

Championships:
Mick Midkiff
32 Summit Rd.
Riverside, CT 06878
(203) 637-1223

Law and Legislation:
Norm Brand
5224 Manning Pl., N.W.
Washington, DC 20016
(202) 244-2218

Championship Stats:
Norm Green
405 Curtis Ct.
Wayne, PA 19087
wk (215) 768-2480

Awards:
Ruth Anderson - Women
(address above)
John Boyle-Men
P.O. Box 1824
Deland, FL 32721
(904) 736-0002

Rules Coordinator:
George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553

WAVA Delegates:
Ruth Anderson, Norm Green



Arny Stonkus, M35 800 (2:02.21), Northwest Regional Championships, Eugene, Ore., July 17-18.

Photo by Jerry Wojcik

Bulkley Breaks Two WRs

Record Turnout at Northwest Regionals

by JERRY WOJCIK

The USATF Northwest Regional Masters Championships, nee Hayward Classic, drew a record 233 men and women athletes, age 30 and over, to Hayward Field, Eugene, Ore., on July 17-18. Sixty-three regional records were broken or established.

Dan Bulkley, of Phoenix, Ore., was the outstanding athlete of the meet, breaking two M75-79 world records that he held. On Saturday, he ran the 2000 steeplechase in 9:28.78, smashing his mark of 9:46.90, set at the 1992 Nationals in Spokane. On Sunday, Bulkley did the 300 hurdles in 55.52, again breaking his record of 56.50, also at Spokane.

USA records went to Oregonian John Keston, who broke Norman Bright's M65 record of 38:38 for the 10,000 with a 37:52.75, and Leon Joslin, Seattle, who lengthened Paul Narcessian's M80 hammer mark of 25.76 to 26.36.

In the M50 100, Stephen Robbins clocked an automatic-timed 11.37, near the hand-timed WR of 11.2, held by Ken Dennis of the U.S. Robbins' attempt at a record in the 200 failed when he stumbled getting out of the blocks and finished in 23.87.

In other events, Wayne Gripp, M45, had the best 400 time (54.4) of the meet. Ed Spinney, M35, ran to wins in the 800 (1:59.50), 1500 (4:00.6), and 5000 (15:24.57). Linda Mantynen, W45, was the W40+ distance star, with victories in the 800 (2:30.68), 1500 (5:04.29), and 3000 (11:16.46). Joe Keshmiri's discus throw of 50.84 took the M50 contest. Gary Reddaway won the M50 javelin throw in a field of 11, with an event best 51.72. Joan Stratton, W40, hit the 38.96 mark with the hammer.

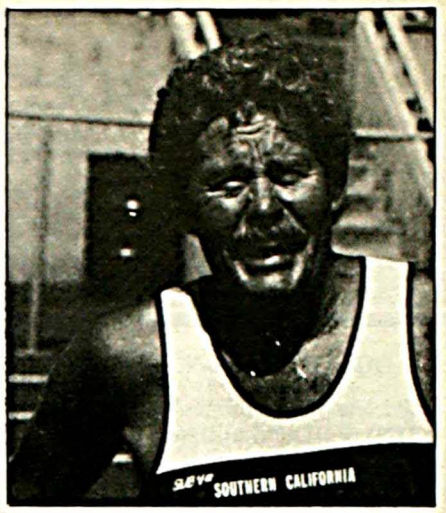
The most exciting race of the meet came in the mile walk, where Ed Kousky, M50, and Paul Johnson, M55, a guest competitor from Arkansas, battled for the lead to the finish, with Johnson winning in 7:33.81 and Kousky second in 7:34.18.

Officials and volunteers were, as in the past, in abundance. More than 100 guests attended a reception Saturday night at the meet headquarters, Valley River Inn.

The major sponsor was the Valley River Center, with additional support from the cities of Eugene and Springfield. Individuals and groups also provided support by sponsoring an event of their choice for $50.

Except for a light shower between events on Saturday, the weather was sunny and warm.

Timothy Shelley of the Oregon TC Masters was the director, with the club providing most of the volunteers. The tentative date for next year's Hayward Classic is June 25-26. □



Walt Atcheson, M65, of California, traveled to Eugene, Ore., July 17-18, for the Northwest Regional Championships.

Photo by Jerry Wojcik

*SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS MINERALS HERBS HEALTH FOODS SPORTS-FITNESS SUPPLEMENTS
WEIGHT LOSS COSMETICS HOMEOPATHICS

GUARANTEED LOWEST PRICES ANYWHERE

Elite Health Products, Inc.

(310) 559-9739 10738 JEFFERSON BLVD., CULVER CITY, CA 90230 (800) 540-4941

Pure Power

Energy Bars - 1 Box of 24-$24.00
(Peanut, Chocolate & Mountain Berry)
Energy & Recovery - Retail $13.99
1-$9.99, 3-$26.99, 6-$47.99
(Apples, Lemon, Tropical Fruit) Makes 12 Qts.
Protein Repair Formula - Retail $13.99
1-$9.99, 3-$26.99, 6-$47.99
(Vanilla, Chocolate)

Champion / Cytomax

Cytomax (1.5 lb.) - Retail $20.99
1-$16.99, 6-$95.94 ($15.99 each)
Cytomax (4.5 lb.) - Retail $43.99
1-$34.99, 6-$197.94 ($32.99 each)
(Tropical Fruit, Apple & Citrus)
Muscle Nitro - Retail $18.99
1-$44.99, 3-$41.97 ($13.99 each)
Cyto Bar - Retail $1.99
1-$1.69, 24-$34.99
(Cocoa, Vanilla Crunch, Jazz Berry)
Heavyweight 900 - Retail $22.99
1-$18.99, 3-$53.97 ($17.99 each)
(Vanilla, Strawberry & Chocolate)
Metabolol 2 (1 lb. can) - Retail $13.99
1-$11.19, 6-$62.94 ($10.49 each)
Metabolol 2 (2.2 lb. can) - Retail $26.99
1-$21.59, 6-$119.94 ($19.99 each)

Excel

Excel Is the Guaranteed Highest Potency Energy Product on the Market
Ultra High Performance & Anti Fatigue

14- Retail $14.99	Our Price $11.99
40- Retail $39.99	Our Price $31.99
100- Retail $91.99	Our Price $73.99

ASK FOR YOUR FREE SAMPLES



We at Elite are Athletes Serving Athletes. We guarantee the lowest prices overall and the quickest service anywhere
Frank Plasse

Power Bar
1 Box of 24-$24.00
(Apple, Berry, Chocolate & Malt-Nut)

Avocet Cliff Bar
12-$14.99, 24-$28.99, 48-$56.99
4 Boxes of 24-$13.99 per dozen
(Apricot, Date, Oatmeal, Double Chocolate)

Edge Bars
12-$15.99, 24-$29.99, 48-$57.99
6 Boxes of 24-$13.99 per dozen

Elite Offers over 10,000 Vitamin, Bar & Drink Items at 20% to 30% off Retail
Get It For Less...Shop ELITE HEALTH
Serving over 10,000 Athletes Nationwide
(310) 559-9739 • (800) 540-4941

Exceed

Fluid Replacement & Energy Drink
600 gm. cans - 1-$7.99, 3-$18.99, 6-$35.99
(makes 8 Qts.)
1500 gm. pouch - 1-$12.99, 4-$48.99
(Orange & Lemon)
High Carb Powder (512 gm. cans)
1-$6.99, 3-$16.99, 6-$32.99
(Citrus Punch & Golden Punch)
Exceed Bars (Chocolate)
12-$15.99, 24-$29.99, 48-$55.99
8 Boxes of 12-$103.92 ($12.99 per dozen)
Exceed Sports Meal (Vanilla & Chocolate)
12-$16.99, 24-$29.99, 96-$115.99

Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate)
1-$2.39, 12-$25.99, 24-$49.99, 48-$96.99
Ultra Fuel (powder) - Retail $17.99
1-$14.99, 6-$80.94
(Orange, Tropical, Lemon & Fruit Punch)
Carbo Fuel (powder) - Retail $19.99
1-$15.99, 3-$45.99
Phosfuel - Retail $18.99 - 1-$14.99, 3-$41.99

Pro Optibol

Chocolate, Vanilla, Very Berry & Original
Retail $26.99 Our Price $21.59, 6-$19.99 each

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla
Squeezy Box of 10 $7.99 - Regular Price $10.99
(Used by many world class athletes)
10 carbohydrate concentrate packets can be used before, during & after training and racing.
Great for Carbo-Loading

WRITE ON!

Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

DQ'D IN BATON ROUGE

Re Marjorie Holmes' letter (August NMN) re "DQ'd in Baton Rouge," we resent the insinuation that racewalk judges who actually judge and make calls are incompetent.

Ms. Holmes' comments are in bad taste, unfair, demeaning, and untrue. If she is a committed racewalker, we are alarmed and disappointed. If she is a fitness walker, then we can understand her concern.

Racewalking and fitness walking are two completely different activities. As racewalk judges at the Senior Games in Baton Rouge, it was our job to insure fairness. It is the duty of a competent racewalk judge to disqualify those competitors who violate the rules. In doing so, we are being fair to those who are legal.

The two rules of racewalking are:

1) During the period of each step, the advancing foot must make contact with the ground before the rear foot leaves the ground.

2) The supporting leg must be straightened (i.e., not bent at the knee) in the vertical upright position.

In Baton Rouge, we were thanked for the fairness of the officiating. We disagree that "many athletes may be discouraged from continuing the sport." High quality judging should *encourage* committed racewalkers.

Tracy Jo Wilson
USATF National Racewalk Judge
Jani Salyers
USATF Association Racewalk Judge

Marjorie Holmes is a fine athlete whose views I value, and thus wish to clarify the role of the Racewalk judges at the National Senior Sports Classic.

It is true that some entrants ". . . may be discouraged from continuing the sport." Don't blame the judging. As Marjorie knows (she's a RW Judge) racewalking involves 2 rules [USATF Rule #150.1 (a), (b)]; and three judges, acting independently, must report a rule violation in order for that athlete to be DQ'd.

As Chief Judge, I instructed the field judges to be fair, consistent, and to judge all athletes by the same rules, and to be sure to give the athlete the benefit of the doubt. I was satisfied with the job they did. My measure was the consistency of the results on the Judge's Summary (a document that presents all the 'warnings' and 'DQs' by judges).

True, some walkers did not receive a "warning call." A warning is given when the athlete is on the verge of violating a rule. If the athlete is observed **violating** a rule (not on the verge), the judge will record the violation (as a Red DQ card) and is not required to give a warning. Racewalking is the only sport I know of where the RW judge serves as a coach when issuing a warning call.

There has been, and probably will continue to be much discussion on 'warnings vs. no warnings.' As much as we, as judges, would like to 'warn' those athletes who are on the verge of violating a rule, the logistics of the event may make it impossible.

Keep on walking. A racewalk judge is not a radar trap for the athlete. We're not out there (and I include you) to 'write DQs.' The benefits from walking are all the things you said. I agree, "Let's learn to do it right" if we are going to compete.

Richard Charles
Chief RW Judge at NSSC
Austin, Texas

MEDALS ARE TOO BIG AND COSTLY

It is embarrassing. During my high school track and field days, I ran in many large competitive meets that awarded only ribbons. Medal meets were considered special, even if the medals were about the size of your thumbnail. Even high school state meet and college medals were barely the size of a large postage stamp.

Years pass and along come masters meets. Suddenly, at many meets where the events are barely competitive, you get to take home medals *larger than your head*. Some of them would made nice wall plaques, but there is no more room on the wall.

Attention meet directors: large scale medals are appropriate for National Meets, but could we scale back the size of T&F medals a bit at other meets? This would free up some funds for an over-all age-graded award and generate more interest in age-graded results.

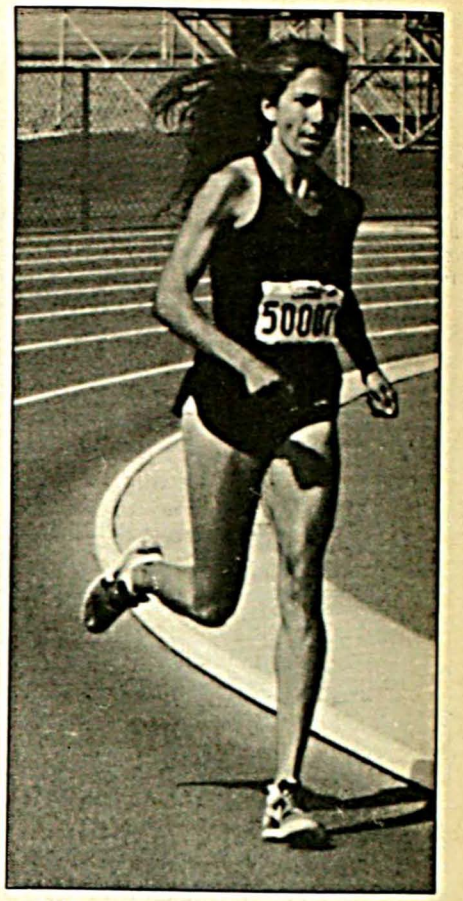
David E. Ortman
Seattle, Washington

HURDLERS WARM-UPS IMPROVED

Thanks to Pete Taylor, who finally came up with a way for hurdlers to practice before their race without getting in each other's way.

At the indoor Easterns, he set the hurdles for the first event — older men and women. On the **opposite** side of the track, he measured the start and first three hurdles for 30-49, 50-59, and 60-69 men. **Everyone** warmed up with no problems. All meet directors should take note.

Barry Kline
Pittsburgh, Pennsylvania



Linda Mantynen won the W45 800 in 2:29.69, Northwest Regional Championships, Eugene, Ore., July 17-18.

Photo by Jerry Wojcik

FLAHERTY FOR PRESIDENT

At the WAVA General Assembly at Miyazaki, Japan in October, the delegates representing all the participating countries will have a serious responsibility, to elect a President of WAVA for the next term of office. The choice lies between the existing President Cesare Beccalli and Owen Flaherty.

The history of both candidates has to be of interest to the delegates, and there is a distinct difference between them and their approach to the position. In my humble opinion our ex-

Continued on page 5

NATIONAL MASTERS NEWS

Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

USA rates:		1st Class rates: (USA, Canada, Mexico)		Foreign rates: (Air mail)	
☐ 6 months	$13				
☐ 1 Year	$24	☐ 1 Year	$ 39	☐ 1 year	$ 43
☐ 2 Years	$45	☐ 2 years	$ 75	☐ 2 years	$ 83
☐ 3 Years	$65	☐ 3 years	$110	☐ 3 years	$122

☐ Payment enclosed
☐ Bill me later
☐ $_____as a contribution to your work

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

Name _____

Address _____

City_____State_____Zip _____

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

Or Call:
818/760-8983

CZZMN

Seven Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Leo Benning	**Cape Town, South Africa**
Marchita and John Cook	**Spring, Texas**
Engel and Beverly Grow	**Edmond, Oklahoma**
Harry Harder	**Reedley, California**
Don Sibigtroth	**Dekalb, Illinois**
Leonard Tritsch	**Seattle, Washington**
Ruth Van Sandt	**Pacific Grove, California**

Write On

Continued from page 4

isting President has politicized the position thereby creating a marked division in the organization to its detriment. He has furthermore shown by previous actions his indifference to the founding spirit of WAVA by attempting to meld the organization into the IAAF and creating a loss of identity in the process.

This thinking of Mr. Beccalli is not new for him. When President of the European Veterans Athletic Association, he claimed EVAA was not part of WAVA because it had not undertaken any act of affiliation to WAVA, even though he expected a seat on the WAVA Council. Of course he was wrong in his thinking in this matter as in many others.

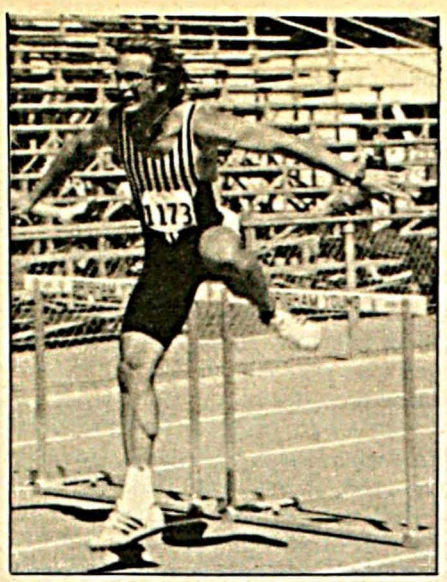
In 1985, Mr. Beccalli was given the opportunity to organize and to oversee the WAVA Championships in Rome. The result was a substantial loss of many thousands of dollars and an inability to make payment to WAVA of Rome's financial commitment to it. The only occasion in WAVA history in which this has occurred.

There have been many occasions where Beccalli has failed to provide the requisite leadership expected of a President. In 1987 at the Melbourne Championships, he included his daughter and his secretary in the Italian delegation. Neither of these individuals were veterans and should not have been eligible delegates.

On the other hand, Owen Flaherty, in his previous position as Secretary of WAVA for many years, has shown unstinting support for the ideals upon which the organization was founded. He has given of his time, his skills and his effort without any desire to inflate his personal ego. He wrote the Constitution upon which WAVA was founded; he introduced written contracts for WAVA's World Championships, and more recently has produced



Leonore McDaniels, Virginia Beach, Va., W65 pentathlon winner, USATF National Masters Championships, August 11-14, Provo, Utah.
Photo by Jerry Wojcik



Mike Pannell, Los Alamos, N.M., winner of the M35 400H (58.08), USATF National Masters Championships, August 11-14, Provo, Utah.

an excellent paper on equivalent performances in distance running.

More importantly, his concerns about WAVA's direction in future years and his overall capabilities to get the job done, make him my candidate for President and I sincerely hope the candidate of the majority of delegates at the General Assembly in Japan.

Let's eliminate politics from Veterans Athletics and let's elect Owen Flaherty. It's time for a change, not for more self-aggrandizement.

Jack Loman
Toronto, Canada

GARDEN STATE MEET

The recent Garden State meet in Randolph, N.J., was very well organized by Mort Hahn and Ken Brinker.

Every event was made special because of Ken, with his walkie-talkie on the track, and Pete Taylor in the announcer's booth.

Attendees were told competitors' names, lanes, and, in most cases, little bits of information that Pete had stored from his many years of involvement in masters track. He even made 13 South American competitors feel comfortable.

Tom Delany
Maple Shade, New Jersey

DAYTON MEET

While in Detroit visiting relatives, I drove to Dayton, Ohio for a masters meet. To my surprise, it was the most organized meet I've seen in my nine years of masters competition.

The meet stayed on schedule. USATF officials were there. The facility was a world-class Chevron track. Beautiful trophies were given in each event. A meet program had meet records and complete schedule. They even had an official at the finish line with a water-spray gun to cool off competitors due to the hot and humid conditions.

You guys and gals in the Ohio Valley area should put this meet on your calendar for next year. Congratulations to Robert Jones and all the meet officials.

Robert Hahn
Tyler, Texas

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

PARQUE CENTRAL, SAN JUAN, P.R. September 11-12, 1993

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69
70-74; 75-79; 80 AND OVER.

ENTRY FEE: $10.00 FIRST EVENT, $5.00 EACH ADDITIONAL EVENT. RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION.

DEADLINE FOR ENTRIES: SEPTEMBER 9, 1993.

RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEAR INCREMENTS.
ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P. M. SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
MR. JESUS E. GALVEZ
P.O.BOX 31300
65TH. INFANTRY STATION
RIO PIEDRAS, P.R. 00929-0300

OR CALL MR.GILBERTO GONZALEZ JULIA-TEL: 765-5702

REGISTRATION: AT PARQUE CENTRAL FROM 10:00 A.M., ON SATURDAY 11.

HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE CENTRAL

CARIBE HILTON	TEL.(809) 721-0303	OCEAN SIDE	TEL.(809) 722 2410
HOLIDAY INN	" (809) 253-2929	QUALITY ROYAL	(809) 721-4100
EXCELSIOR	" (809) 721-7400	MIRAMAR	" (809) 722-6239
HOTEL TORO	" (809) 725-5150	TANAMA	" (809) 724 4160

SCHEDULE OF EVENTS:

TIME	SATURDAY SEPT. 11	SUNDAY SEPT. 12
3:00 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
3:30 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER THROW	
4:30 P.M.	5. 110 M. HURDLES (M)	17. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	18. JAVELIN THROW (W-M)
	7. 80 M. HURDLES (M)	19. HIGH JUMP (W-M)
5:00 P.M.	8. DISCUS THROW (W-M)	20. 5000 M. (W M)
6:00 P.M.	9. 3000 M. STEEPLECHASE	21. 200 M (W-M)
	10. 2000 M. STEEPLECHASE	22. WEIGHT THROW
7.00 P.M.	11. 100 M. (W-M)	23. 5K WALK (W-M)
7:30 P.M.	12. 1500 M. (W-M)	AFTER 5K WALK
8.00 P.M.	13. 10000 M. (W-M)	4 X 400 RELAY (W-M)
	AFTER 10000 M.	
	4 X 100 RELAY (W-M)	

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE CENTRAL AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME_____ PHONE_____

ADDRESS_____

_____

AGE (AS OF SEPTEMBER 11, 1993)_____ DIVISION_____ F OR M_____

PLEASE ENTER ME:

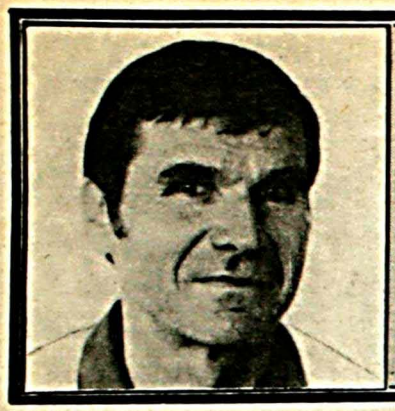
1._____ 5._____

2._____ 6._____

3._____ 7._____

4._____ 8._____

SIGNATURE_____ DATE_____



Third Wind

by Mike Tymn

Maintaining Fitness While Traveling

Generally, extended business trips and vacations are times when people back off their physical conditioning programs. Some really let themselves "go to pot."

That was my fear during April, as I planned for a three-week vacation throughout Europe during July.

I recalled a 10-day cruise to Acapulco a few years earlier when I gained 11 pounds, as well as a writing assignment in Panama last year followed by a vacation during which I added eight pounds.

My problem has never been a failure to get in some exercise. I've always managed to do enough to maintain some cardiovascular fitness. I even ran around the deck of the Acapulco-bound cruise ship for 30 minutes most days. It's the calorie consumption that does it to me. Trips have always been a time for me to feast on donuts, cookies, sundry chocolate delights and ice cream — foods I rarely touch at home.

Going from a regular daily routine to a very irregular one can cause us to lose focus along with the discipline and commitment necessary to maintain a reasonably high level of fitness. I frequently hear business and professional people comment that they hadn't done anything at all in the way of exercise during a just-returned-from trip. They were always too busy, or it was too inconvenient to take time out for a brief workout. And, it was so easy to "pig out."

Of course, there are some who view occasional travel as a welcome break from a disciplined physical regimen. If a person is in tip-top shape to begin with or is otherwise straddling the line between peak condition and overtraining, there is something to be said for that view. But the average person is far from that level.

Preparing for the Trip

I was far from it in April. My weight was hovering around 170, some 18 pounds over my old racing weight and about the weight I reached on that Acapulco cruise. I was already in the worst shape of my life and didn't need to add more excess baggage.

If there is one thing I have learned in some 40 years of running, it's that excess weight can make running a very laborious and otherwise unenjoyable task. The more one exceeds his or her ideal running weight, the more difficult it becomes to reverse the trend. I was concerned that going from 170 pounds to 175 or 180 would push me beyond the point of no return.

Two months before my planned European vacation, I set out to get in shape for the trip. I increased my exercise time by 25 percent and decreased my calorie consumption by about the same percentage. By the time I was ready to leave, I had dropped from 170 pounds to 155 and from 16-½ percent body fat to 11 percent. My waist measurement went from a size 34 trousers to a size 31.

Although the original plan had been to lose it and then probably gain most of it back during the trip, I felt so good at 155 that I decided to try to maintain that weight and fitness level during the three weeks in Europe, much of which would be spent on a bus touring 10 countries.

Dealing with Jet Lag

That became the challenge facing me as I packed my bags in preparation for my long flight from Honolulu to London. More specifically, the challenges were dealing with jet lag, finding time to exercise, and exercising discipline in my eating habits.

Physical educator Clark Hatch, who owns more than 30 fitness centers around the world and who flies close to 100,000 miles a year while looking in on the various centers, provided me with these recommendations to facilitate recovery and reduce the effects of jet lag:

* Eat relatively light meals one or two days before the trip and during the flight;
* Get in a good hard workout the day before or on the day you leave;
* Drink plenty of fluids, especially water and fruit juices, before, during, and after the flight. Avoid alcohol and caffeinated drinks;
* Don't add stress by trying to work on flights. Relax by reading, listening to music, or watching the movie;
* If not sleeping, get up every 30 minutes to walk and stretch;
* Once on board, set your clock and mind to the arrival destination;
* Upon arrival, begin to eat and sleep according to the local schedule. If you are unable to sleep during the flight, don't try to make it up upon arrival. Stay up, but turn in a little early that night.
* As soon as possible, get a workout in, about 50 percent of a normal routine the first day. Increase to 70-80 percent the second day, and return to a normal routine the third.

"It takes a little planning and conscious effort," Hatch said, "but if a person really wants to maintain fitness while traveling, it doesn't have to be difficult."

I followed Hatch's advice to the letter. The only problem I experienced was that I was perhaps a bit too hydrated and found it difficult on two occasions to keep from running to the toilet when the seat belt light was on.

Finding Time to Exercise

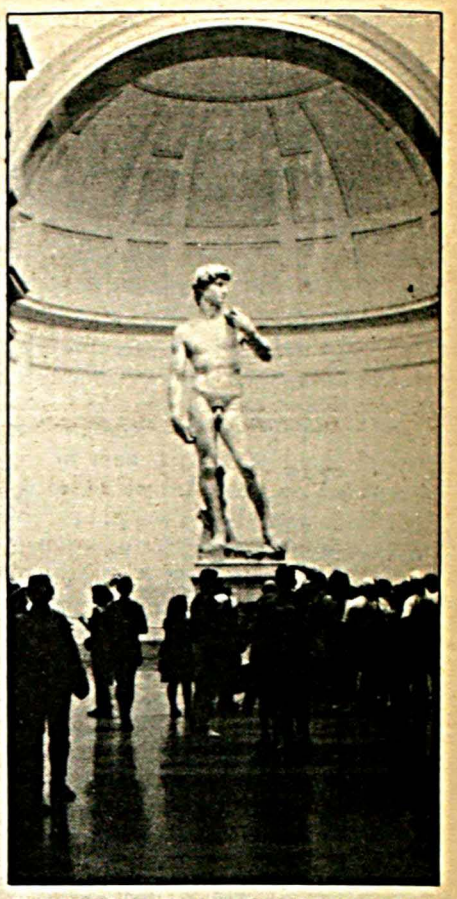
Although they called it a heat wave in London, the weather was, as the Brits would say, "a bit nippy," at least by Hawaii standards. However, it made for great running, and I found myself setting an unusually fast pace through the streets of West London, where our hotel was located.

Traveling with spouse, friends, and a tour group makes it difficult to plan for a workout, especially when there is so much to do and see in such a short period of time. I soon came to the conclusion that, even though I'm not a morning person, I'd have to wake up 45 minutes earlier than everyone else if I wanted to get in any running at all.

Running around a town in the early morning is a good way to scout out the area for possible things to see or do later in the day or to just observe little things about daily life that a tourist might not otherwise see. I saw cities such as London, Heidelberg, Lucerne, and Nice waking up to daily life in much the same way that American cities do. I saw some interesting people, parks, zoos, structures, historical monuments, cemeteries, and back streets that I would never have seen had I slept in and stuck strictly with the tour.

Rewards of Discipline

It took some real discipline, but for the most part I managed to pass by the many European sweet and pastry shops without being tempted. However, two weeks into the tour I began to get a little careless, figuring I could indulge myself a little for the final week. It was then that I visited a museum in Florence and saw Michelangelo's "David." That work of art, depicting perfect human form, inspired me to continue with my fitness ways.



Michelangelo's "David" inspired a columnist to keep fit while traveling in Europe.
Photo from Mike Tymn

Although there were a few days that I just couldn't crawl out of bed, I did manage to log 61 miles during the three weeks, averaging four miles per run.

My regular fitness routine at home includes three days of weight/resistance training each week; the core exercises being bench presses, parallel bar dips, and stomach crunches. Since none of the hotels I stayed at in Europe had a fitness center, I substituted deep push-ups between chairs and tricep dips (hands placed behind on a chair, lowering the rear end to the floor), while continuing with my crunches.

I returned from my three weeks in Europe weighing exactly the same as I had before I left and actually feeling faster. Perhaps, because the cooler weather in Europe, along with the somewhat rushed nature of my training, permitted a faster training pace than I would have had in warm Hawaii.

While many of those on the tour seemed to be struggling with jet lag and were complaining about short walks and climbing stairs, I felt full of energy throughout the trip. And while other Honolulu members of the tour took over a week to adjust to the 12-hour time change upon returning home, I had no problem whatsoever.

As far as I'm concerned, there is definitely something to be said for maintaining an exercise routine while traveling. □

GIANT
HEAVY DUTY
TRUCK TARPAULINS

12X16 .... $12 18X32 .... $33
16X20 .... $19 20X30 .... $36
18X24 .... $26 26X40 .... $58

As a part of an advertising test, *North American Tarp Mfg.* will send any of the above size tarps to anyone who reads and responds to this test before the next 30 days. Each giant heavy duty tarpaulin is constructed of extra tough, 100% waterproof, high density fabric and has nylon reinforced, roped, double-locked stitched hems, electronically welded seams, with 4 (1/2 dia.) metal grommets every 3 feet all around and reinforced triangular corner patches so it can be roped down and secured extra tight. Specifically designed for heavy duty uses on trucks carrying heavy duty bulk and pallet riding materials, tractors, extra heavy machinery, awnings, tents, sports equipment, grain, hay, tools or any equipment for industrial or private use, kept outdoors in hot or sub freezing weather. Each tarpaulin is accompanied with a **LIFETIME guarantee** that it must perform 100% or it will be replaced free. LIMIT (10) any size tarp per address. Add $7 handling and crating for each tarpaulin requested. Send appropriate sum together with your name and address to: Dept. T 595North American Tarp Mfg 7095 Hollywood Blvd. Suite 761 Los Angeles CA 90028. Or for fastest service from any part of the country:

CALL FREE
7 Days a Week, 24 Hours a Day
1-800-374-2030
DEPT. T 595
HAVE YOUR CREDIT CARD READY VISA / MC



SPEAKER'S CORNER

by GARY KELMENSON

KELfield Grand Opening September 18

For four years, I was assistant track coach at Foothill College, Los Altos, Calif. As the throws coach, I rebuilt the throws circles and cages to world class standards, and then was told that I could not use them. The football team and golf classes were the money makers. The holes in the field made by the hammers were not tolerated.

At the same time as I was experiencing frustration at Foothill College, my wife, Francine, and I decided to move out of our townhouse in Santa Cruz. We talked about what we wanted in our next home. She did not want to be able to see another neighbor. I, concerned that schools and colleges were terminating their track and field programs making it difficult to find places to train and compete, wanted enough land to build a throwing facility. After looking for three months, we found the right place, in Santa Cruz, and bought it on September 20, 1992.

The field has its Grand Opening almost one year later, on September 18, 1993. What are the goals of this project? This facility will be available for training and competition for ALL levels of ability, ALL ages, year round. No one will ever be told s/he is not good enough for any meets held here.

I will have to follow the USATF rules with respect to liability insurance. Everyone will have to have an active USATF athlete's card, and an approved coach will have to be supervising the area. We will work this out as time goes on.

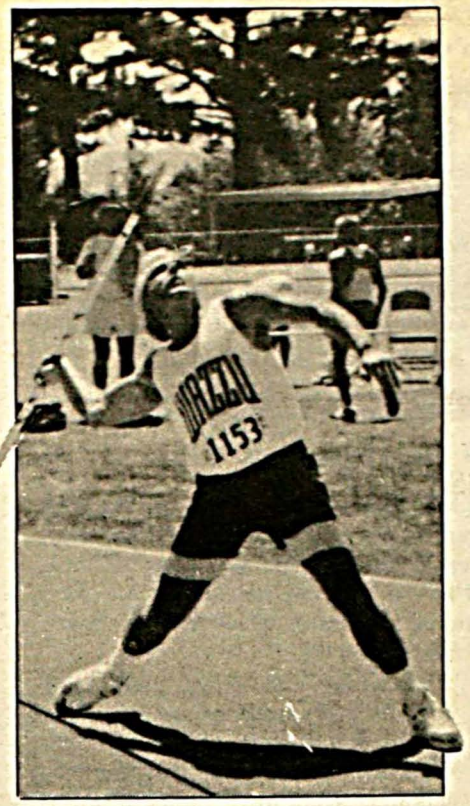
A track club has been created called KEL Club, in an attempt to follow the European concept of using a club support system to develop athletes. This concept offers the athlete training and competition opportunities year round, whereas schools and colleges are much more limited in what they can do for the track and field athlete.

One problem that many clubs have is that they use a public facility to train. That public facility may put limits on the time of year or the events that are acceptable at its location. The answer is a club that OWNS its facility. That is what makes KELfield/KEL Club unique. I want this facility to be used year round AS MUCH AS POSSIBLE! I want as many hammer holes in the include age group, open and masters. I field as possible.

The sport, itself, must help the club system develop. Bring back team championships to events. This needs to remember the old AAU Championships. After each event, the team scorers were announced. It was important to be part of a team.

Teams traveled to meets together. Today, the athletes come and go by themselves. After their event is over, they leave. There is no reason to stay. What happened to the concept of cheering on your team members? Without a club or team, this concept does not exist.

I hope to see as many people as possible at the Grand Opening. I hope they stay for the full schedule and the all-you-can-eat barbecue. I hope the athletes and coaches mingle. I want this to be one of the first steps toward making track and field an important and enjoyable sport, again. □



Gene Lorenzen, Citrus Heights, Calif., M35 javelin winner (200-4), USATF National Masters Championships, August 11-14, Provo, Utah.
Photo by Jerry Wojcik



Marion Sanchez, Hayward, Calif., won four M60 gold medals, USATF National Masters Championships, August 11-14, Provo, Utah.
Photo by Jerry Wojcik

Five Years Ago September, 1988

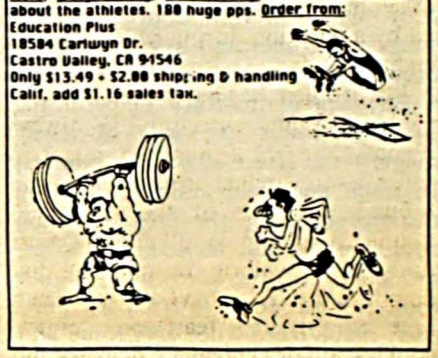
- 21st Nationals Draw 920 to Orlando, FL.
- Britain's Ron Bell, 42, Wins Masters Mile in 4:12.58 as 5 Runners Break World Masters Record.
- Larry Olson, (30:49) Wins in Peachtree 10K.
- Gary Miller Sets World M50 Records in Decathlon (6031) and Pentathlon (2976).

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*

STRENGTH & SPEED RATINGS

1993 fun fact book. Records for 5-year age groups from ages 18-79 • marks for the top 10 and top 50 in the U.S. & the world • gives percentile ratings for all track & field, weightlifting, powerlifting events. Plus stories about the athletes. 180 huge pgs. Order from:
Education Plus
18584 Carlwyn Dr.
Castro Valley, CA 94546
Only $13.49 + $2.00 shipping & handling
Calif. add $1.16 sales tax.



TRAIN WITH THE CHAMPIONS

"Still the BEST teaching videos on the market for coach and athlete...."

MAC WILKINS	GOLD MEDAL DISCUS	$53.00
AL FEUERBACH	BASIC 70' SHOT PUTTING	$53.00
COMBINATION	SHOT PUT/DISCUS	$93.50
YURIY SYDIHK	HAMMER THROW	$63.50
WILLIE BANKS	BANKS ON TRIPLE JUMP	$63.45

PRICE INCLUDES 2 DAY DELIVERY
VHS only - Washington residents add 8.2% sales tax

Name_____
Address_____
_____
Order_____Total Amount_____

Send check or money order to: MAC WILKINS PRODUCTIONS
P.O. BOX 5571
BELLEVUE WA 98006



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Orthoses or Orthotics?

Recreational and competitive running has shown a tremendous growth over the past several years. This is apparent in the Los Angeles and New York Marathons, each of which draws over 20,000 participants. Along with this activity, has come an increase in injuries to the lower extremities. It has been estimated that there are 30 million recreational runners of which 60% have suffered some type of injury related to their running activity.

This becomes obvious as one looks at the tremendous load placed on the musculoskeletal system. There are estimates that 250% of body weight is absorbed at heel contact when one runs. One can now appreciate how stress syndromes and overuse injuries occur after repetitive training.

Any type of structural defect in the foot or lower leg will obviously magnify the effect of overuse injuries. In track and field athletes and long distance runners, the most common foot pathologies include the overpronated foot, the cavus or high arch foot, the flat foot, internal leg position, mal-aligned knee syndrome and unequal leg length. These are all considered intrinsic pathologies, i.e., defects that come from within. No matter what type of shoe we use or what type of training methods we employ, musculoskeletal fatigue and breakdown is sure to occur.

Extrinsic factors that we can control were first listed by Taunton and Clement in the *Physician and Sports Medicine*. These include training errors, poor running surface, inadequate stretching and improper shoe selection.

Usually the first approach in treating running injuries is to attack the symptomatology. Surgery, medication, therapy and injections are all integral in the initial part of the treatment regimen. Correcting extrinsic factors is usually the next consideration. However, a significant number of athletes fail to respond to these treatments and are in need of further diagnostic examination. The biomechanical examination is essential in determining the nature and cause of athletic injuries.

Purpose of Orthoses

Essentially, the foot functions around two major joints: one in the rearfoot, the subtalar joint, and one in the forefoot, the midtarsal joint. In general, the foot overpronates from the rearfoot. As can be seen in runners, as the foot overpronates, the heel bone or calcaneus rolls in and the leg excessively rotates in. So, not only do you get foot problems, but tendinitis and knee problems from overpronation.

In other cases, the rearfoot is in good shape and the forefoot is the culprit. So, a good biomechanical examination is essential prior to any type of medical treatment.

The purpose of the orthoses, therefore, is to limit the excessive rotation at either the rearfoot, forefoot, or both. One can now appreciate the use of an orthotic and realize that it is not just an arch support.

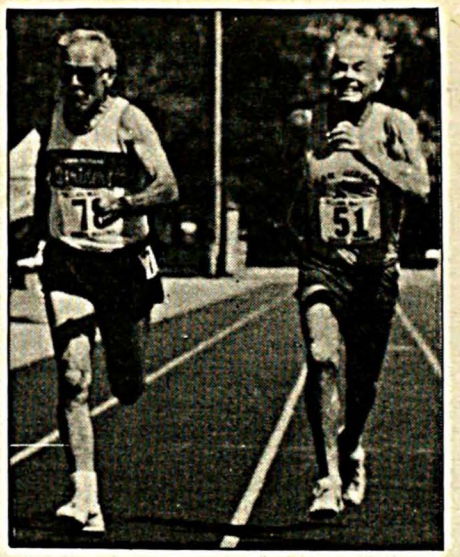
Types of Orthoses

I usually classify orthoses in three types of categories. The first is the accommodative, which give cushioning and support, but very little control. The second, and the one we use most in runners and jumpers, is the partially controlling. These have a certain degree of "flex" to them. The third one is the rigid orthosis which is fully controlling.

When seeking out an accommodative orthosis, one might try an over-the-counter support first. There are several excellent types on the market which include Spenco brand and Sorbothane. The Spenco is made of Neopreme which is encapsulated nitrogen bubbles. It is a very good shock absorber and cushions the road shock when running.

For those needing additional control, there are those accommodative types which come with a plastic arch lift. There are others with additional cork and leather which are very durable.

Partially controlling orthoses are made from plaster casts of the feet. There are several methods of constructing and molding this type of orthosis. I usually use a subortholene type of orthosis in runners which are custom constructed by California Orthopedic Laboratories in Lakewood, California. This orthosis is semiflexible, yet can incorporate a rigid forefoot and rearfoot post for joint motion control. Accommodative devices may be added to this type of orthosis.



Jock Jocoy (#51) outleaned Al Escobosa for the gold in the M65 200, both timed in 30.05, Trojan Meet, July 11.

Photo by Jon Lomax



Peter Grimes, San Francisco, successfully defended his two hurdle national M30 titles at the USATF National Masters Championships, August 11-14, Provo Utah.

Photo by Jerry Wojcik

The fully controlling orthotic is quite rigid but can be lightweight. These are usually made of graphite. They have very little flexibility and are used by throwers and weight athletes. They can also be used in dress shoes for additional control. They are usually not recommended for runners due to their inflexibility, and the graphite material tends to "fracture."

The use of foot orthoses is a very effective way to reduce and control overuse injuries in runners and other athletes. By adjusting the various biomechanical variables, we are able to reduce the incidence of injuries in the active athlete, and bring relief to many of our patients without surgical intervention. Treatment, of course, must always rely on a proper diagnosis based on biomechanical evaluation.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404. □

NOW AVAILABLE

1992 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1992 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T& F events, including 3000, 10,000, weight, relays, racewalks

Send $6.00 plus $1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name.....
Address.....
City.....State.....Zip.....

First of America Half-Marathon at Full Speed

by MAURY DEAN

A brisk 50° runner's dream day saw three fabulous M50 performances, May 29, in the First of America Half-Marathon, Ann Arbor, Mich.

They were Doug Goodhue, 1:18:20; John Rogucki, 1:20:24; and up-and-coming Jim Carlton, 1:21:11.

Karen Blackford (nee Hubbard), W40, *Michigan Runner's* Runner of the Year, led a fine masters contingent with a national class 1:18:01.

Doug Kurtis, M40, ran a super 30:57 in the adjunct 10K. Doug is an unassuming superstar, more eager to talk about his kid's musical ability than his own supersonic speed.

Among other excellent 10K performances were Nancy Grayson, W40, 36:32 vs. Karen McKeachie, W40, 37:32.

Four thousand runners participated in this Half-Marathon/10K/5K event. □

Reebok Boston Masters Meet

by MICHAEL J. ATWOOD

The 12th annual Reebok Boston Masters Track & Field Championships took place July 10, at Northeastern University's Solomon Track, in Dedham, Mass. Co-founded by Boston Running Club assistant coach Linda Upton in 1981, the meet has a rich history of national and world class performances while welcoming athletes of all ability levels.

Once again, the event attracted top national and international masters athletes, with eleven American states and Canada represented. Co-meet director Fred Treseler, who is also the head coach of the Boston Running Club, said: "We are trying to foster the social, camaraderie aspect of sport. This year we instituted a hospitality suite at the meet hotel for the athletes to get together the night before the event. It was a well-received addition."

This year, competitors, whose ages ranged from 30 to 80, were forced to contend with humid conditions as the on-track temperature hovered at a dangerous 100°. The middle-distance and distance athletes found this to be an obstacle, while the sprinters, jumpers and throwers saw the weather as a positive element. Before the day was over, 42 meet records had been broken.

Two of the meet's top performances came from Al Swenson and Larry Olsen. Swenson's 9:15.2 in the 3000 won the M40 division, while Olsen set an M40 record in the 5000 in 15:46.5.

The most inspirational performance was registered by BRC member Mike Hurley in the M35 5000. Mike is an amazing success story, as he was diagnosed with a heart problem a year ago. After extensive medical operations, Mike has been given medical clearance and an internal pacemaker. He finished in 19:54.9.

Boston RC member Anne Schmitt, W45, ran her fastest 800 in three years as she sprinted through in 2:28.6.

Louise Clark, W35, took victories in the 100 (12.8) and 200 (26.3). However, her sprint speed and stamina weren't enough to capture a triple crown, as Joan Sterrett edged her in the 400, 61.0 to 61.1, in a thrilling one-lap duel.

Loreli Ruben, 60, joined her son, David, M35, in the winner's circle with a victory in the W60 walk. Her 11:56.7 was not too far off her son's pace of 11:06.2, and was good enough for a meet record.

Paige Martini, who has assisted Treseler with this meet the last four years, commented, "Once again, this was a successful meet! This was made possible with the continued grass-roots support by title sponsor, Reebok, and the volunteer support by members of the meet host, the Boston Running Club. It is very inspirational to see men and women of all ages actively competing in all areas of track and field. We look forward to building upon each year's success." □

Midwest Masters Meet

by DAVID STOOKE and KENNETH DILLON

Competitors broke 94 meet records at the well-attended Midwest Masters Meet held July 31 at Marshall University, Huntington, West VA. Thirty-eight All-American Standards were met or broken. The weather was sunny and pleasantly mild.

Fred Hirsimaki, M65; Rex Harvey, M45; Leonore McDaniels, W65, and Diane Friedman, W70, were among the most outstanding performers. □

Sri Chinmoy Masters Games Survives Heat Wave

by ATALA TOY

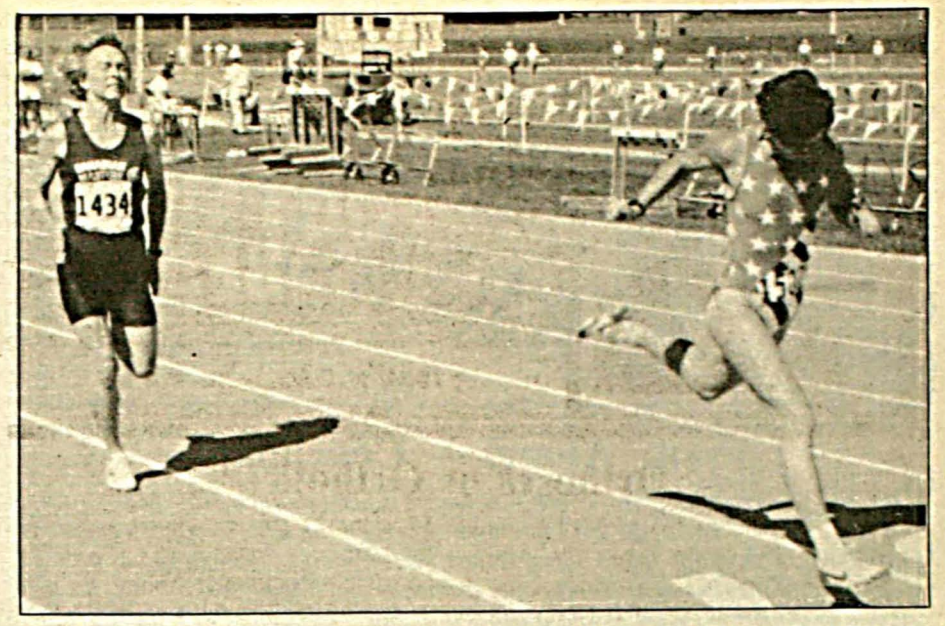
John Darrell, M60, Jamaica, N.Y., competing for the NY Pioneers, bettered Michael Fortunato, M40, Greenwich, N.Y., of the Adirondack TC, by one point to take the men's outstanding athlete award at the 8th Sri Chinmoy Masters Games, July 10, at Forest Hills, N.Y. Darrell had twice in recent years come within a few points of earning the overall trophy and was determined to take it home.

This annual track and field competition drew over 200 athletes, ages 40-and-over, despite the 102° heat wave.

The women's winner was Ranjana Ghose, W40, of the Sri Chinmoy Marathon Team, Jamaica, N.Y., by three points over Lorraine Tucker, W45, of Hartsdale, N.Y.

Chris McKenzie, 61, Great Neck, N.Y., in her youth the world record holder in the 800, sat out the last two years recovering from arthroscopic knee surgery. When doctors told her there would be no more running in her life, she switched to the field events and courageously returned to competition, taking first place in her age group for the shotput (6.13), discus (15.43) and javelin (12.73).

Claiming gold medals in their age group events were the popular Auerbach sisters: Pearl Auerbach, 71; Rose Ruston, 77, and Sylvia Swartz, 81. The good-natured sisters — always ready to crack a joke — returned to athletics about five years ago. Just back from picking up numerous medals at the National Senior Olympics, they said the 120° heat in Louisiana made Forest Hills seem pleasant. Results next month. □



Phil Raschker, Marietta, Ga., winner of the meet's most gold medals, defeating Avril Douglas, Canada, with a 26.81 in the W45 200, USATF National Masters Championships, August 11-14, Provo, Utah. Douglas was first in the 800 and 1500.

Photo by Jerry Wojcik

Raschker Sets PV Record at Nashville

by RANDALL BRADY

The 1993 Nashville TC Meet drew 120 athletes, by far the most ever, on July 17. Phil Raschker broke her W45 world record in the pole vault with a leap of 10-3¼ (3.13). Despite hot and humid weather, she sailed over the bar easily and won a gift certificate from East Bay.

Jim Mathis, 57, won the same for his 55.2 in the 400.

Several athletes came long distances to compete. Jack Karbens of Honolulu, visiting his son in Nashville, entered several events. George Butchko, of Wyoming, competed in six events.

CIGNA Health Plan was the sponsor of the meet, and its support was much appreciated. □

TRACK & FIELD NEWS



"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• TRACK & FIELD NEWS. With subscribers in more than 60 countries, T&FN is *the* standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: $31.00 USA, $39.00 rest of world.

• TRACK TECHNIQUE. Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now $15.00 yr., USA; $16.00 foreign.

• BOOKS. Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.

• TOURS. 1992 Olympics (Barcelona), 1992 U.S. Olympic Trials, 1993 World Championships (Stuttgart), etc. Popular sports tours since 1950. Write for information.

TRACK & FIELD NEWS
2570 El Camino • Suite 606 • Mountain View, CA 94040 • USA
(415) 948-8188



MASTERS RACEWALKING

by ELAINE WARD

Frank Alongi — Coaching

(Frank Alongi is the present coach for masters superstars Jack Bray, Max Green, and Victor Sipes. There are few top masters competitors who have not benefited from Frank's coaching tips to improve their performances. Though he has been a man ahead of his time in his concepts of technique and disciplined training, his influence on America's athletes and coaches is uniquely associated with the development of racewalking in the last 20 years. — EW)

Coaching is something special. It is something you learn from experience and something that requires daily innovation. You have to be constantly updating yourself because what you learned in the past may be dead wrong.

When I was a young man, a person had to work very, very hard to achieve a goal. Today, the finest athletes still work very, very hard, but there are also technical training aids such as video cameras and high speed photography to help. For example, physiologists are computerizing the biomechanics of runners, walkers, jumpers and throwers. These studies are providing coaches with models of the most efficient techniques for their athletes and how to maximize the performances of different athletes. No two athletes are alike, and it is the responsibility of the coach to adapt biomechanically sound technique to each individual's particular build to get the greatest efficiency and speed.

Sometimes you may have an athlete with a perfect body, but s/he doesn't have the right attitude. Some athletes have very fast reflexes, and some have slow reflexes. Some are temperamental; some are easy going. Some are very coordinated, and some are not. Some are strong; some are weak. That is why coaching is difficult. It is necessary to know the athlete's body, mind and spirit.

You have to know such things as an athlete's eating habits. Maybe a particular individual cannot train after eating because he gets stomach cramps. It is best for him to train on an empty stomach. Then you'll have another athlete who cannot train unless he has

Continued on page 11

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



Start of the Road Walk at the Nationals in Provo, August 14.

Photo by George Clarke

DeNoon Wins in National 10K Racewalk Championships

Don DeNoon, M50, was the first masters finisher (46:19) in the USATF National Masters 10K Racewalking Championships, July 10 in Niagara Falls, N.Y. Four of the first five masters racewalkers were from the M50-54 division.

James Carmines, M50, New Cumberland, Md., was second (50:46), with Gary Null (M45, NYC, 51:39) third.

Max Green (M60, MI) finished near the leaders in 54:16. George Conway, Milton, Mass., won the M90 gold medal in 1:29:55.

Pat Weir, Wall, N.J., was first masters woman in 55:18. Phyllis Hansen (W40, NJ, 55:55) was second, with Jane Marie Provost (W60, CAN) third in 60:05.

Masters team championships were, for the men, Natural Living (Null, Pantoni, Amano), 2:36:59, and, among the women, Indiana Racewalkers (Withem, Jessup, Bailey), 3:10:09.

Temperatures in the low 70s with high humidity contributed to slow times and several DNFs.

The event was hosted by the USATF Niagara Association, David Lawrence, racewalk chairman. □

2nd Annual BOWL TO BOWL WALK

ROSE BOWL - PASADENA

5K USATF Race Walk
5K Walk - Unjudged
1.7 Mile Recreational Walk
Saturday, October 23, 1993
Meet Director: Jim Hanley

Hosted by the Pasadena Senior Center

Entry Fees:	$3 for seniors (50+), $5 for non-seniors, $5 day of event registration includes t-shirt, all walks, brunch, Health & Fitness Fair
Divisions:	5 year age divisions for all men, women and children
Rules:	5K:USATF Sanctioned Race Walk; 5K &1.7 mile Recreational Walks
Awards:	1st, 2nd, 3rd in each age division for 5K Judged Walk
Sites:	5K - Judged and Unjudged - Rose Bowl Oval 1.7 mile - AAF Rose Bowl Aquatics Center - Memorial Park

Schedule

5K - Judged and Unjudged	1.7 Mile Recreational
8:00 a.m. - Registration - Rose Bowl	9:30 a.m. - Registration - Aquatics Center
8:15 a.m. - Mandatory Clinic	10:00 a.m. - Walk begins
9:00 a.m. - Walks begin	

11:00 a.m. - Health & Fitness Fair - Memorial Park
Health & Fitness Clinics, Booths, Refreshments, Entertainment

Questions: Please call Cynthia Vaughan at (818) 397-4064 or (818) 397-4062

Entry Form (please print)

Last Name _____ First Name _____
Address _____
Phone _____ Age as of 10/23/93 ____ DOB _____ Sex: M____ F____
Events: 5K USATF ___ 5K Unjudged ___ 1.7 Mile ___ T-Shirt: M___ L___ XL___ XXL___
Make checks payable & mail to: **Pasadena Senior Center, 85 E. Holly St., Pasadena 91103**

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, the City of Pasadena, the Meet Director and all sponsors of the Bowl to Bowl Walk, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the Walk held October 23, 1993 in the City of Pasadena. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

Signature _____ Date _____

Extraordinary Masters Performances

The following are extraordinary performances compiled by Bev LaVeck. They present special problems in constructing the Age-Graded factors because they stand well apart from the next best performance. Hey, you walkers in your 20s and 30s — take note. A few below would be the best on the U.S. National Team!

MEN

D	TIME	NAME	DATE	COUNTRY	AGE
5K	20:55	GARY LITTLE	12/07/91	NEW ZEALAND	49
5K	27:48	JAMES GRIMWADE	7/12/87	GREAT BRITAIN	75
10K	40:08	WILLIE SAWALL	8/28/82	AUSTRALIA	40
10K	47:48	CARLO BOMBA	9/02/84	ITALY	62
10K	55:01	JAMES GRIMWADE	9/27/87	AUSTRALIA	75
15K	1:22:53	TOM DAINTRY	4/25/81	AUSTRALIA	70
20K	1:18:54	MAURIZIO DAMILANO	6/06/92	ITALY	35
20K	1:21:36	WILLIE SAWALL	7/04/82	AUSTRALIA	40
20K	1:25:09	WILLIE SAWALL	8/27/88	AUSTRALIA	46
20K	1:26:32	GARY LITTLE	2/16/92	NEW ZEALAND	50
20K	1:43:50	CARLO BOMBA	6/02/85	ITALY	63
20K	1:56:22	JAMES GRIMWADE	10/31/87	GREAT BRITAIN	75
20K	2:34:01	ALBERT THEOBAL	4/03/87	AUSTRALIA	90
30K	2:01:44	MAURIZIO DAMILANO	10/04/92	ITALY	35
50K	3:50:24	EVGENYIVCHECKO	7/27/79	URS	41
50K	4:00:49	GERHARD WEIDNER	10/01/78	FRANCE	47
50K	5:50:37	MAX GOULD	3/13/77	CANADA	59
50K	5:19:34	JAMES GRIMWADE	8/01/87	GREAT BRITAIN	75

WOMEN

5K	23:27	SUZANNE GRIESBACK	6/15/85	FRANCE	40
5K	26:47	JEAN ALBURY	12/04/87	AUSTRALIA	58
5K	29:16	BRITTA TIBBLING	7/—/89	SWEDEN	71
10K	59:51	BRITTA TIBBLING	11/29/87	SWEDEN	69

Masters Racewalking

Continued from page 10

10 pounds of food inside his stomach. He likes to train with a full stomach. There is the individual who doesn't need any water during training, while another will need a gallon-and-a-half of water every lap. Or you have athletes who are great trainers, but lousy competitors.

Four Signs

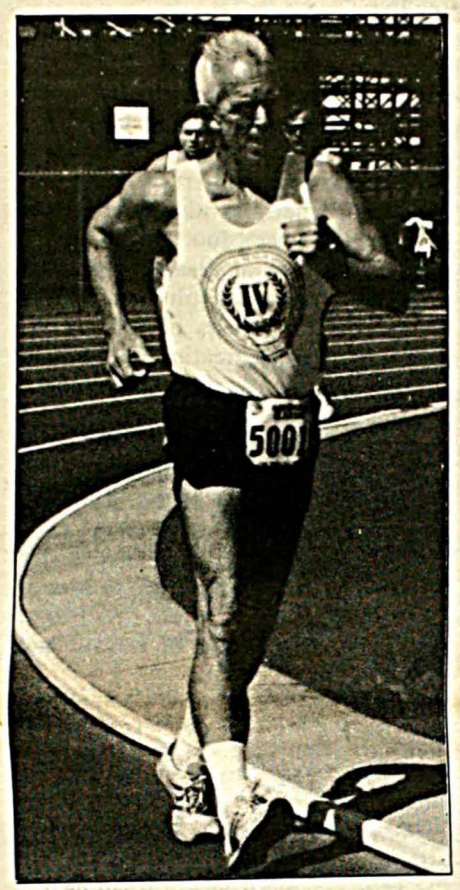
As a coach, you look for four signs in an athlete. First, you look for basic health. You can't send everyone to a laboratory for a checkup, but you can see whether an athlete has good color or is pale, whether s/he is robust or fragile.

The second sign you look for is the presence of impediments. Maybe one hip is a little lower than the other, or maybe there is some scoliosis of the spine. If an athlete has a handicap, it doesn't mean that s/he can't be a superstar. Consider Maurizio Damilano. His right clavicle is 2½ inches shorter than his left. Occasionally, when you see him walk, you will see one shoulder start to droop and see him deliberately raise it.

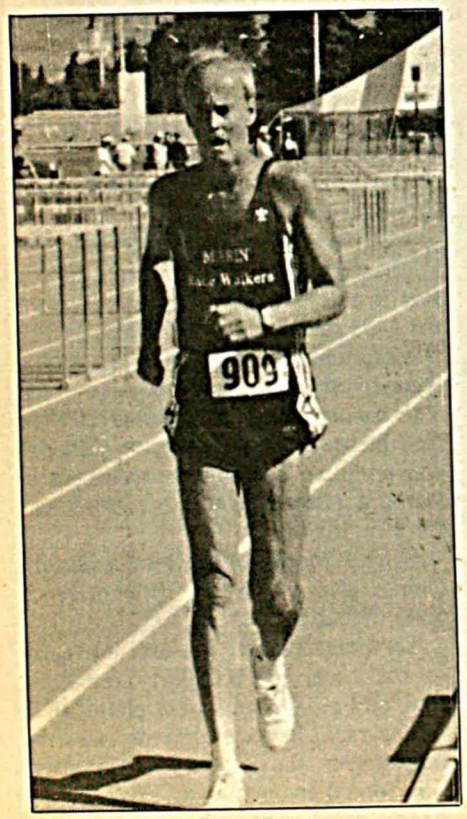
The third sign is speed. If an individual has a leg speed less than 180 steps per minute, s/he can become a very good fitness walker, but not an elite athlete. If the individual has 200 steps per minute, the potential is better. A coach can improve the speed of an athlete between 10 to 20 percent, but you cannot go above this. Speed has to be part of the individual's characteristics.

The fourth sign is attitude toward learning. Attitude is special. There are people who can be told something once, and they will do it. There are others who have to be told many times. It doesn't matter. I have seen both fast learners and slow learners achieve phenomenal goals. Every coach hopes for fast learners. But the good coach excels when he can bring out the best in both types, and build them into superstars.

Sometimes a disqualification helps a race walker. The exuberance of speed makes the individual forget about technique. This is why the coach and the athlete have to be very close. The coach is the one who has to teach the athlete how to perform well. Don't blame the judge. If the athlete is doing something wrong, blame the coach.



Paul Johnson, M55, of Arkansas, won the mile walk (7:33.81), Northwest Regional Championships, Eugene, Ore., July 17-18.
Photo by Jerry Wojcik



Jack Bray, Greenbrae, Calif., M60 winner (25:56.40) 5000 RW, USA National Masters Championships, August 11-14, Provo, Utah.
Photo by Jerry Wojcik

Training

When you talk about training schedules, you talk about the work of a programmer. In most countries, the programmer is the person who decides what the individual athlete does. The coach is the person who makes the athlete understand the training program and sees that the athlete follows it. A good training program is like the athlete's Bible. It brings the athlete to higher and higher levels of performance.

It is necessary to set up a program that builds a solid base. If the base is broad, you can build a super athlete. If the base is narrow, it is too fragile. The athlete may pull a muscle, or get a stress fracture. A broad base prevents injury, and provides the endurance for maintaining speed.

Much has been written about heart rate training. The heart rate of an athlete provides a fundamental clue for training. If you train an individual to handle a certain workout at a certain heart rate, that athlete can go for hours without anything bothering him/her as long as there is enough fuel for energy. The moment the blood sugar goes down, the heart rate and body temperature go up, and the athlete is unable to compete further.

Ledge Point

To make a training schedule, it is necessary to test the athlete. You need a pulse monitor, a stop watch, and a measured course such as a track. You want to be able to record pulse rate, distance and speed. Before testing, the athlete should warm up very well. This way the pulse rate will stabilize. During testing, the athlete walks laps at an ever quickening pace per minute; i.e., 150 paces, 160 paces, 170, 180, 190, 200, 210 paces, or any appropriate progression depending on age. At each lap, the pulse rate is recorded. At a certain point, the upward curve of the pulse line flattens out. The walker is beginning to lose oxygen from the blood, is building up lactic acid, and is becoming anaerobic. This is the ledge point.

A person once asked me why the curve goes flat. It flattens because the heart is a pump, and at some point, it cannot pump harder or faster. When the curve flattens out, the heart is saying, "I have had enough."

If a walker has a problem heart, he can become ruined if he trains above his ledge point. On the other hand, if athletes train just below their ledge points, they can maximize the benefits of their training without injury. Using the pulse rate is a good way to avoid the excesses that lead to injury. □



Bob Mimm, Willingboro, N.J., won the M65 5000 RW (29:20.57), USATF National Masters Championships, August 11-14, Provo, Utah.
Photo by Jerry Wojcik

1993 USATF NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

the third year for this successful meet in Louisville, KY

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 31, 1993
11:00 AM EST

Hosted by
Victory Athletic Club
Mason-Dixon Athletic Club
Metro Parks Track Club

MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 10:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:
E. P. "Tom" Sawyer State Park (502)426-8950 days
Bill Nault (502)897-3772 evenings
Bob Ullrich (502)459-6820 evenings

Masters Health and Fitness

This Could Hurt

by JOE HENDERSON

Dr. George Sheehan has health worries. He's dealing with advanced cancer, but the concerns he voiced to me in a recent phone conversation weren't personal. He has no doubts about the course of his own disease.

Neither is Sheehan worried about the possible effects of the Clinton health plan on his own medical practice. George quit treating patients almost a decade ago.

His worries center on the future of podiatry. These foot doctors have long been the runner's best friend in medicine, and Sheehan was their first promoter.

George is an MD, not a podiatrist. But he started praising the work of this specialty 20 years ago.

Sports podiatry boomed along with running. But Sheehan now fears that the podiatrists are facing harder times.

"We had that great swing to podiatry in the 1970s and '80s," he says. "But they're gradually losing their edge."

Podiatrist Joe Ellis explains one reason why in his upcoming book, *Running Injury-Free* (Rodale). "Most people first seek treatment for an injury from their family doctor. After all, this is the physician they have known and trusted for years.

"Nowadays — with the advent of health-maintenance organizations, preferred-provider groups and insurance-company networks — many patients are *required* to see their primary physician before being referred to a specialist. This is known as a 'gatekeeper system' — as your family doctor controls access to other physicians covered by your insurance plan.

"Generally, the family physician will guide you to another practitioner for specialized care." Generally, but not always. This doctor might want to handle your case personally while not being fully trained to deal with it.

Or your family doctor might refer you to a specialist, more likely an orthopedic surgeon than a podiatrist. After all, the orthopedist is a fellow MD — a member of the same medical camp — while podiatry could be viewed as non-traditional medicine.

Dr. Ellis speaks diplomatically of the orthopedists. "Many are conservative when it comes to surgery — and this is the type of person you want to treat your injury," he says.

He warns runners, "If you see an orthopedic surgeon who, after a cursory examination, quickly suggests surgery, he probably isn't conservative. Granted, major injuries might need surgery, but the vast majority don't need it immediately. Other possibilities — such as rest and rehabilitation — must at least be discussed."

Sheehan is more blunt in his appraisal of fellow MDs and their handling of athletes: "What we're seeing now is the orthopedic surgeons taking over again from the podiatrists as the runner's first line of defense. The orthopedists are still without much real knowledge of biomechanics, which the podiatrists use every day of their working lives."

Podiatrists are the engineers of medicine. They take a structural approach to injuries, analyzing the way a runner moves, prescribing corrective exercises for tight leg muscles, fashioning orthotics for gait irregularities and making changes in shoes to better match the runner's foot type.

Podiatrists were leaders of the sports-medicine revolution. They rooted out the causes of injuries instead of merely treating symptoms, and stressed long-term prevention over temporary cures. They performed surgery only as a last resort.

The tide of battle against injuries turned. In the early 1970s, *Runner's World* surveys indicated that two-thirds of runners were hurt badly enough to stop running for at least a few days each year. By the late 1980s, that figure was about 50 percent and dropping.

George Sheehan now fears a reversal in that trend. "I'm seeing more and more ex-runners," he says.

"They have chronic over-use injuries. They need special care, and they're not getting it. They need the very best sports podiatrist and often can't find one." □

(Joe Henderson is the author of the bi-weekly "Running Commentary," available for $18 per year from 61 West 34th Avenue, Eugene OR 97405.)

Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

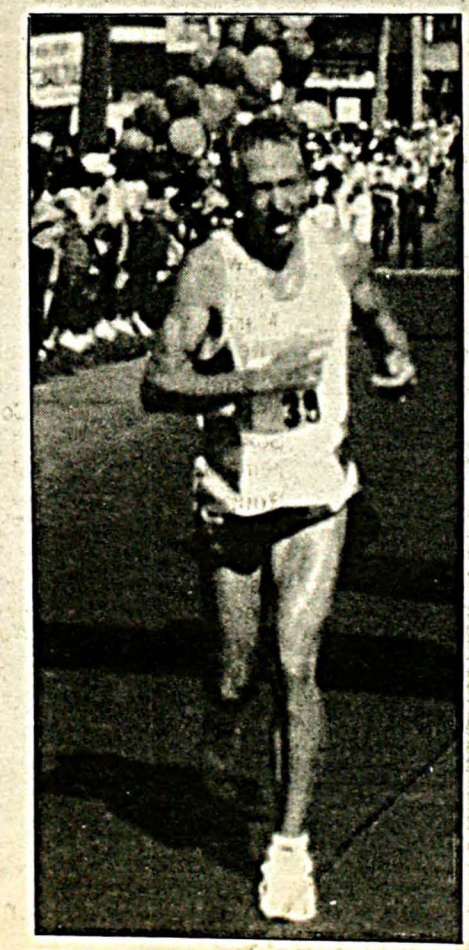
Send $4 plus $1.00 postage ($5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name_____

Address_____

City_____ **State**_____ **Zip**_____



Nick Rose, of England, winning the masters title, Utica Boilermaker 15K, July 11.
Photo by Boilermaker Road Race



Carol McLatchie, Houston, Texas, first W40+, Utica Boilermaker 15K, July 11.
Photo from Boilermaker Road Race

Rose, McLatchie Win in Boilermaker

Nick Rose, 41, of England, won the masters title and $1200 with a 46:00 in the Utica Boilermaker 15K, Utica, N.Y., on July 11. Carol McLatchie, 41, Houston, Texas, took the masters women's race with a course-record 54:56.

Manuel Vera, 43, Mexico City, a winner over Rose in the July 4 Peachtree 10K in Atlanta, finished second in 46:35. Nigel Gates, 40, of England, was third in 46:49. Rose took charge after three miles and was never threatened.

Allan Weiser won the $500 first prize in the M50+ category with a 52:57. Fay Bradley, Washington, D.C., won the M55 race with a fast 54:21.

McLatchie broke Nancy Grayson's record, set in 1992, by two seconds. This earned her $1000, plus $1200 for first place. Diane LeGare, of Canada, was a minute behind for second place. Barbara Filutze, W45, Erie, Pa., was third in 56:06.

Shirley Matson, 52, Solana Beach, Calif., won the W50+ first prize of $500 with a 58:27.

Temperatures hit the mid-80s early in the race, but humidity remained low, and aid stations were plentiful.

The race, in its 16th year, was the largest ever. Earle Reed, race director, was forced to turn away several hundred applicants because of a 5000-entrant limit.

Next year's Boilermaker is scheduled for July 10. □

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

•

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

•

SAN DIEGO VACATION CONDO, Sail Bay, 2 br/2 ba, $125 nite/$800 week, 619-442-8674.

•

PERSONAL FINANCIAL COACHING, by a master, for masters. Objective, confidential financial planning, comprehensive or specific issues. Strictly fee based, no commissions, no sales, to help you achieve your financial goals. George W. Linn, MBA, CPFP, 1025 S. Downing St., Denver, CO 80209, (303) 722-2425.

Picture the Seven Dwarfs without a forest.

Only You Can Prevent Forest Fires.

Ad Council

USDA Forest Service and your State Foresters

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width	Height
52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	¾ Page	380	7½"	13"
26	½ Page	300	5"	13"
			10"	6½"
			7½"	8½"
13	¼ Page	180	5"	6½"
			10"	3¼"
7	1/8 Page	120	5"	3¼"
			2¼"	6½"
3½	1/16 Page	72	2¼"	3¼"
1		36	2¼"	1"

*Includes 2-colors.

2. FREQUENCY DISCOUNTS (1-year period)
3 to 5 insertions 10%
6 to 12 insertions 15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES
25% discount for race and meet notices, (½ discount for races and meets under 200 participants.) Inserts: $300. No frequency discounts or agency commissions.

5. TERMS
Net 10 days from billing date.

6. CLASSIFIED RATES
75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS
a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative ok. No mats, cuts or plates.
d. 2-colors add $50
e. Screen: 85 lines per inch.

8. CLOSING DATES
The 10th of the month before date of issue.

9. CIRCULATION April 1993
Paid: 5672 Distribution: 7500
Published monthly. Subscriptions $24.00/year.
Mail order to: National Masters News
P.O. Box 2372
Van Nuys, CA 91404
Phone: 818/785-1895
Fax: 818/782-1135

PUBLICATIONS ORDER FORM

Quantity — Total (US$)

_____ **Masters Age Records**
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. $4.00. $ _____

_____ **Masters Track & Field Rankings**
Men's and women 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. $6.00. $ _____

_____ **Masters Age-Graded Tables**
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking 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. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. $5.95. $ _____

_____ **Masters 5-Year Age-Group Records**
Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. $1.50. $ _____

_____ **Masters 5-Year Indoor Age-Group Records**
Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. $1.50. $ _____

_____ **Competition Rules for Athletics (1993)**
U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters $10.00. $ _____

_____ **IAAF Scoring Tables (1985)**
Official world scoring tables for men's and women's combined-event competitions. $12.00 $ _____

_____ **Time Master Calculator**
Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $45.00. $ _____

_____ **Guide to Prize Money Races and Elite Athletes 1993**
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. $47.00. $ _____

_____ **WAVA Handbook**
Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. $5.00. $ _____

_____ **U.S. Track and Field Team Patches.** 3½" x 2½". $3.50. $ _____

_____ **U.S. Track and Field Team Lapel Pins,** Cloissone enamel, 1½" x 5/8" bar pin with safety catch. $3.50. $ _____

_____ **The Masters Running Guide by Hal Higdon**
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95. $ _____

_____ **Run Fast by Hal Higdon**
How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. $14.95. $ _____

_____ **Marathon by Hal Higdon**
The ultimate training and racing guide. $14.95. $ _____

_____ **Winning Secrets by Dr. Ladislav Pataki and Lee Holden**
180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. $14.95. $ _____

_____ **Running Research News**
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. $16.00 per year. $ _____

_____ **Back Issues** of National Masters News
Issues: _____ _____ _____ $2.50. $ _____

Postage and handling $ $1.25

Overseas Air Mail (add $5.00 per book) $ _____

TOTAL $ _____

Send to:
National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

USA Team Uniform Available This Month

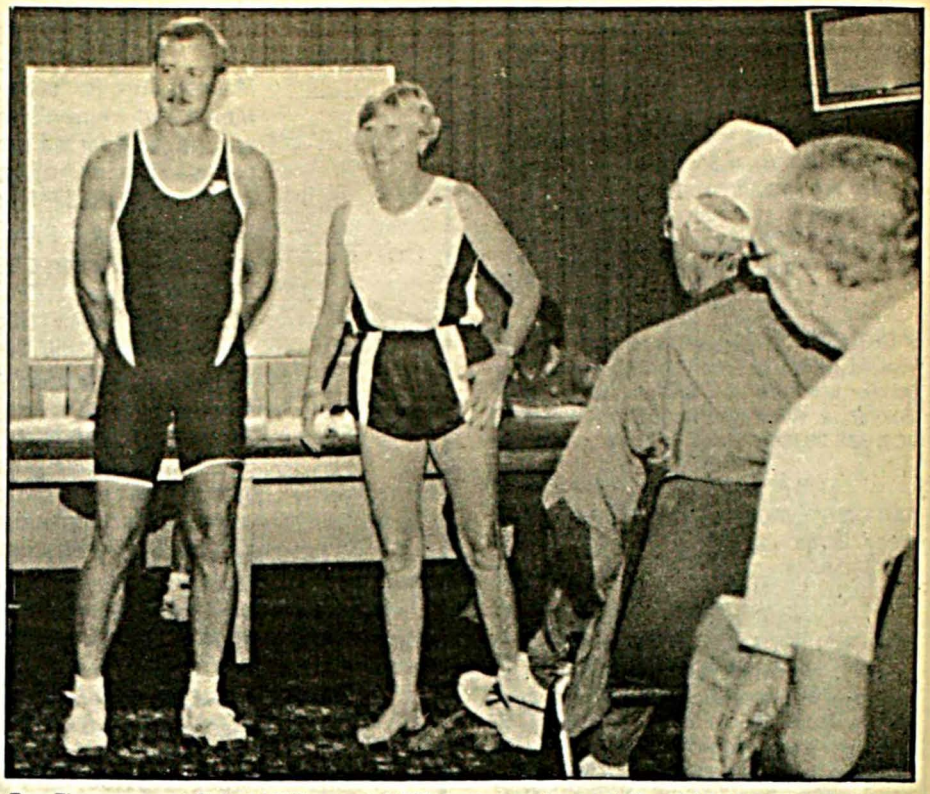
Nike, Inc., national sponsor of USA Track & Field, will be the new supplier for team uniforms for the Masters program. Articles available for purchase by any USA masters athlete include shorts, singlet, one-piece unitard, and a lined warm-up suit. The predominant color is red, with white as the accent color. The USA logo, including the Masters designation, will be in blue.

Size availablity will range from extra small for women through XX-large for men. Prices are Singlet $15.00, Shorts $12.00, Unitard $22.00 and Warm-Up $78.00. These prices are based on in-stock availability at Nike. Shipping and handling charges are: $6.50. Orders will be filled on a first come, first serve basis. Those persons wishing to purchase a uniform in time for the Championships in Miyazaki must place their order no later than September 15, 1993.

Until a standarized mail order procedure is established, you may order the apparel from the USA Masters office, 5319 Donald Street, Eugene, OR 97405-4820. Telephone 503/687-1989 (days). All orders must include purchaser's name, address, day and evening telephone number, and sizes needed for each piece of apparel ordered. Orders must be pre-paid, including shipping and handling charges.

The WAVA by-laws require "in races where team events are contested, it is mandatory for any athlete wishing to be considered for a team to wear a uniform clearly identifying the country he represents." Team events include the relays, cross-country, marathon, and road-walking events. Team scoring will be three-member teams by five year age-groups, scored on the basis of cumulative times.

Most of the countries have official team uniforms; however, in the United States this is not a requirement for competing. When asked to interpret the above by-law, Bob Fine, WAVA Executive Vice-President stated "It is not necessary for everyone from the same country to be in the same outfit, but if you wish to be considered for a team medal, your singlet must clearly identify what country you are from." Thus, our previous USA uniforms remain acceptable for international competition alongside our new uniform.



Tom Thompson and Christel Miller model USA masters uniforms at the athletes' meeting in Provo, August 12.

Photo by Jerry Wojcik

Don Austin Appointed Chairman of Awards Sub-Committee

Don Austin of San Antonio has been appointed to chair the Awards Committee, replacing Beverly LaVeck, whc resigned from the chairmanship afte ably serving in that capacity for a number of years.

During a meeting of the Executive Committee at the National Championships, a sub-committee was appointed to review the criteria for all awards given by our committee. The committee's recommendations were later reviewed and accepted by the Executive Committee.

The recommendations include using only the first, second and third place marks from a regional, national, or international competition. Submission of marks by the athlete (or on behalf of an athlete) is not required to be considered for an award. However, in an effort to assist the Awards Committee in compiling the list of candidates, athletes can submit their marks from the above competitions to Don Austin, 3703 Electra, San Antonio, Texas 78218, by November 15. □



Barbara Kousky, USA Masters T&F Chairman, presents the award for the 1992 Outstanding Administtrator-of-the-Year to Rex Harvey, of Mayfield Heights, Ohio, at the athletes' meeting in Provo, August 12. Secretary Marilyn Mitchell looks on.

Photo by Jerry Wojcik

13th Hill Country Meet Held in Texas

Eight overall meet records and 30 age-group records were set or tied at the 13th Annual Hill Country Classic Track Meet held June 26 in Mason, Texas.

A turnout of over 300 entries from open to 80+ means a lot of camaraderie and renewing of old friendships in this friendly West Texas town.

John Alexander, 72, distinguished himself in the 400 (68.8). Other outstanding performances included Tim Murphy, M70, in the 100 and 200; Fred Porter, M30, in the 100; Wayne Bennett, M56, and Ed Jones, M45, in the 200.

For a great time in the Texas Hill Country, put the third weekend in June on your track calendar and head for Mason, Texas in 1994. □



Women's Sports Foundation Grants

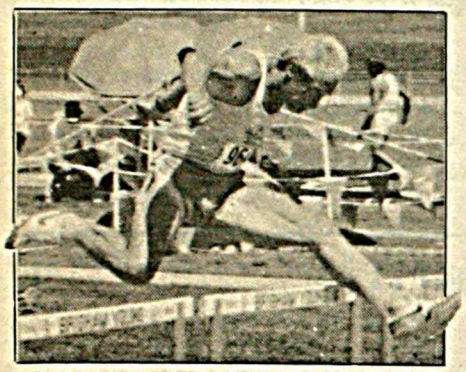
by MARILYN J. MITCHELL

The Women's Sports Foundation, a non-profit educational organization, offers travel and training grants to aid women in their sports development in both professional and amateur sports. The foundation's goal is to improve the physical, mental and emotional well-being of females through sports and fitness participation. Thus far, more than $425,000 has been awarded to more than 335 individuals and 75 teams since the program's inception in 1984. Former grant recipients include 1992 Olympic figure skating champion Kristi Yamaguchi, 1992 Olympic bronze medal diver Mary Ellen Clark, and disabled skiing world champion Diana Golden. Information may be obtained by writing or calling the Women's Sports Foundation, Eisenhower Park, East Meadow, NY 11554 (516) 542-4700 or 1 (800) 227-3988. □

260 Compete in Garden State Meet

by KEN BRINKER

The weather proved to be the main adversary as over 260 competitors turned out to do battle with high temperatures and humidity for the 11th annual running of the Garden State A.C. Track and Field Festival held on June 27 at Randolph High School, Randolph N.J.



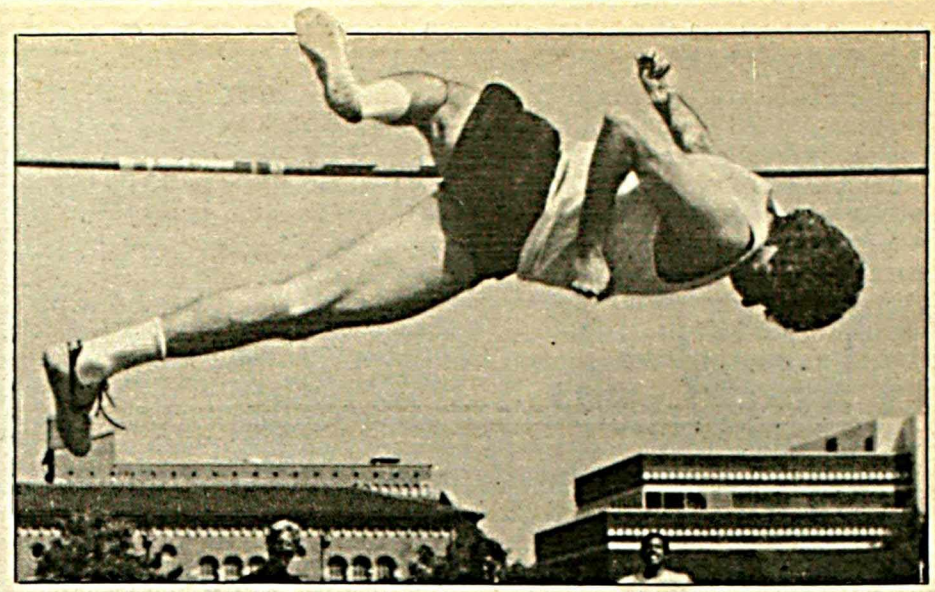
Phil Mulkey, Marietta, Ga., won seven gold M60 medals, including the pentathlon, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

The meet continues to maintain its international flavor with nine members of the Guyana Masters Association making the long trip from South America to compete in the meet.

Trophies for outstanding overall track performances were awarded to Clement Fields, M65, and Louise Clark, W35. Ed Lukens, M70, and Michael Hill, W45, received trophies for outstanding overall field athletes.

Claude Hills, in addition to turning in a journeyman's effort in five events, took the honors for being the oldest competitor at a young 81. □



Jason Meisler, M35, clearing the bar at 6-2, Trojan Meet, Los Angeles, July 11.

Photo by Jon Lomax

Southwest Regional Championships

Over 135 athletes competed in the heat and humidity to break 60 Southern Association meet records and tie three, at the 1993 USATF Southwest Regional Masters Championships held July 23-24 in Gonzales, La.

Mary Norckauer, W65, Baton Rouge, set five records in the weight pentathlon, hammer, 16# weight, discus, and shot.

Carlos Fraundorfer, M60, Tampa, Fla., broke four weight records.

David Orteman, M40, Seattle, Wash., set the 400 hurdles record in 58.11 and the high jump at 5-10.

At the end of the meet, all athletes were treated to a pork and sausage jambalaya lunch hosted by the Louisiana Track Club. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEPT. 1993

ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP
MAL ANDREWS(CA)	9-11-33	60-64
R. BAXTER(RALEIGH,NC)	9-15-38	55-59
LEONARD BEACHLEY(AUS)	9-24-38	55-59
ALAN BEARDALL(LAKE OSWEGO,ORE)	9-20-38	55-59
CHARLES BEAUDRY(EDINBURG,TX)	9- 4-18	75-79
WARREN BLANEY(LOS ANGELES,CA)	9-10- 3	90-94
GEORGE BRACELAND(DREXEL HILL,PA)	9-22-13	80-84
DON BRODIE(AUS)	9- 4-28	65-69
HARRY BRYCE(LA JOLLA,CA)	9-16- 8	85-89
JOE BURGASSER(PALOS VERDES,CA)	9-13-38	55-59
BILL BURKE(SAN GABRIEL,CA)	9-23-18	75-79
ED CHYNOWETH(INDIANOLA,CA)	9- 1-23	70-74
ANDREW CRICHTON(MAMARONECK,NY)	9- 2-23	70-74
RAY EDWARDS(US)	9- 1-13	80-84
CLEM FIELDS(GUY)	9-21-28	65-69
DAVID FOWLER(SAN DIEGO,CA)	9-19-98	95+
VINCENT GODFREY(LA MESA,CA)	9- 2-13	80-84
LAWRENCE HARVEY(POTTSTOWN,PA)	9-22-13	80-84
PHIL HENN(BLANCHARD,FL)	9-21-13	80-84
KURT HERRMAN(WG)	9-17-23	70-74
RON HILL(GB)	9-25-38	55-59
DON HULL(PORT ORANGE,FL)	9- 1-18	75-79
ALFONS IDA(WG)	9-20-33	60-64
TOM LACEY(FINDLAY)	9-15-23	70-74
GORDON MCKEOWN(AUS)	9- 1-23	70-74
BEN MOSTOW(SKOKIE,IL)	9- 5- 3	90-94
VANDOLPH PARISH(MENLO PARK,CA)	9-23-33	60-64
ROBERT PETERS(CHAPEL HILL,NC)	9- 3-23	70-74
CHARLES POLHAMUS(FITZGERALD,GA)	9- 1-43	50-54
PHIL PRESBER(BELVEDERE,CA)	9-18-33	60-64
WERNER SCHALLAU(WG)	9- 8-38	55-59
GEORGE SMITH(CAN)	9- 3-43	50-54
CLAY STENBERG(REDMOND,WA)	9-28-53	40-44
PERCY STEPHENS(ESCONDIDO,CA)	9- 6- 3	90-94
DAVID STEVENSON(PALO ALTO,CA)	9- 6-28	65-69
TOIVO VIKMAN(FIN)	9-10-23	70-74
JOHN WALL(BALTIMORE,MD)	9- 6-13	80-84
HERBERT WORTMANN(WG)	9- 1-23	70-74
DARLEEN ANDERSON(SPRINGFIELD,MO)	9-21-33	60-64
HARRIETT BOYD(LAKE MARY,FL)	9- 5-23	70-74
RUTH CHRISTIAN(CORONA,CA)	9-24-23	70-74
BETTY CONOVER(WESTFIELD,NJ)	9-25-48	45-49
DIXIE GRIFFIN(OR)	9- 2-38	55-59
KAREN MACHARG(TALLAHASEE,FL)	9-28-48	45-49
BETHE MCBRIDE(HAVERHILL,US)	9-14-48	45-49
BARBARA ROBINSON(US)	9-10-33	60-64
JACQUELINE APAVOU(FRA)	9-18-53	40-44
ELIZABETH DWENGER(WG)	9-25-33	60-64
NOEMI GASTALDI(ITA)	9-22-33	60-64
JOSEPHINE KIMBER(GB)	9-19-43	50-54
HELGA MITSCHKE(WG)	9-27-13	80-84
SHIRLEY ORR(AUS)	9- 4-43	50-54
PETRA PIETEPSEN(RSA)	9-14-43	50-54
LAVANIA PETRIE(AUS)	9-13-43	50-54
JAN SHAW(AUS)	9- 9-53	40-44
JACQUELINE WALPOLE(GBR)	9-22-53	40-44

ELITE



New USA Track & Field Warm-up--*Content:* Shell: color panels 100% nylon, white panels 100% polyester taffeta. Liner: 65% polyester/35% cotton thermal jersey. *Profile:* Lined, full-zip jacket with USA zipper pull, striped rib-knit collar, cuffs, and waistband, zippered side pockets, USA Track & Field graphic treatments on the back and chest, and an embroidered NIKE corporate logo in the chest. Lined, pull-on pant with rib cuffs, leg zips, and zippered side pockets. md-xl.....~~$140.00~~ $125.00
Team USA Sweatshirts--embroidered USA logo, sm & lg only .....~~$60.00~~ $39.00
Team USA Caps--white, adjustable .....~~$12.00~~ 1/$9.50 2/$17.50 3/$25.50
Team USA T-Shirts--sm, md, lg.....~~$16.00~~ $12.00

THROWN FREE--by William Oscar Johnson and Anita Verschoth with Wolfgang Schmidt
Excerpts appeared in 'Sports Illustrated'. Compelling story of how the East German Sports Machine molded, trained, and broke an Olympic Hero and how he won his fight for freedom. Hard cover 310 pages with unique photos.....~~$19.95~~ $9.95

Name:_____
Address:_____
City/State/Zip:_____
Telephone:_____
MC or VISA Card No._____
Exp. Date:_____
Signature:_____

Product/color	Size	Qty.	Price	Ext.
			Shipping/Handling	$4.00
			COD orders $4.00 extra	
			Total	

Elite Sales Inc.
Box 345
Accord, MA 02018

Overseas orders add 25% for surface freight 35% for air mail.

Call Toll Free 1-800-433-0324 *Master Card and VISA Accepted*
In Mass. Call (617) 749-4389

Nationals Draw 997 to Provo

Continued from page 1

minutes after its completion.

Gold, silver and bronze USATF medals were awarded to the top three Americans in each event, with ribbons going to the fourth, fifth, and sixth-place finishers. Per USATF masters rules, foreigners who placed in the top three were also awarded identical championship medals.

The weather conditions were near-perfect for the sprinters, jumpers and throwers — 90°F, sunny, and sparkling clean air — but a bit hot and dry for the distance runners and racewalkers. The 4200-foot altitude raised the times of the 1500-and-up races, and left nearly all runners gasping for air at the finish line.

The townspeople were extremely cordial and friendly, though few made their way to the track to witness the action.

Dutch Oven Banquet

A Dutch Oven banquet on Friday evening drew about 300 athletes who devoured steak, scones, potatoes, and ice cream, and were entertained by stories of the Old West.

The quality of the competition was high, as usual, with 13 world and an additional 22 U.S. age-group records bettered.

The meet was directed by Ben Stowell with the help of Dick Collins, Finn Hansen, Jack Moran, and the USATF Utah Association. There were the usual administrative problems, particularly on day one (Wednesday), but most of the snafus were soon ironed out, and it turned out to be a good meet.

Phil Raschker, 46, of Atlanta, the U.S. female masters athlete-of-the-year in 1992, set two of the world records in the W45 high jump (5-3 in the pentathlon) and pole vault (9-10, although she has a 10-3¼ mark pending), and won eight events overall as the top female performer of the meet.

Phil Mulkey, 60, also of Atlanta and a former U.S. Olympian, won seven gold medals in the jumps, throws and hurdles — remarkable, since, at only 169 pounds, Mulkey is outweighed by 100 pounds by some of his throwing competitors. Marion Sanchez, 61, of Hayward, Calif., captured all the M60 sprints and long hurdles, and anchored two winning M60 relay teams.

Paul Cummings, 39, a Utah resident, former BYU star, NCAA champion, and top U.S. long-distance com-

Continued on page 18



Ken Popejoy, Wheaton, Ill., in 4:02.60, edges Ed Spinney, Eugene, Ore., for the M40 1500 gold medal, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

1993 U.S. National Masters Track & Field Champions — Provo, Utah; August 11-14

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100	Roby	Nance	Collins	Whitley	Robbins	Mathis	Sanchez	Law	Murphy	*Weinacht	White	Randall	--
200	Jones	James	Collins	Whitley	Lee	Mathis	Sanchez	Law	Murphy	Weinacht	White	--	--
400	Smith	McKenzie	Sowerby	Whitley	Lee	Mathis	Sanchez	Sochor	Messenger	Sponseller	White	Randall	--
800	Wise	Mogg	Popejoy	Jensen	Heckler	Hawk	Miller	Fortune	Messenger	Bulkley	--	--	--
1500	McCluskey	Cummings	Popejoy	Dyce	Heckler	Hawk	Heitzman	King	Messenger	Bulkley	Brobston	--	--
5000	Velasquez	Roper	Rojas	Jordan	Heckler	Brennand	Williams	King	--	Jacobs	Brobston	--	--
10000	Velasquez	Roper	Hunter	Talib	--	Natter	Williams	O'Neil	Burton	Healy	Brobston	--	--
SH	Grimes	Williams	Williams,C	Druckrey	Pawlik	Miller	Mulkey	Regier	Lukens	Bulkley	Hills	--	--
LH	Grimes	Pannell	Cheadle	Druckrey	Adams	Head	Sanchez	Sochor	Dahlin	Bulkley	Hills	--	--
SC	Henke	Stuthard	Cumming	Barnett	Persak	Bevins	Culling	Bryant	--	Bulkley	--	--	--
HJ	Nordquist	Barrineau	Harkins	Rader	Pawlik	Fehlen	Mulkey	Gillcrist	Walker	Morningstr	Hills	Randall	Crane
PV	Babbits	Hunter	Williams,J	Miguel	Moro	Gray	Mulkey	Brenda	DeVaughn	Vernon	Hills	--	--
LJ	Edwards	Lariza	Thomas	Jones	Medley	Graves	Mulkey	--	Lukens	Trahan	Hills	Randall	Crane
TJ	Helton	Lariza	Santos	Regner	Winters	Bohigian	Mulkey	Moorhead	Lukens	Trahan	Hills	--	Crane
SP	Jaqua	Brouillard	Fogg	Wells	Pratt	Keshmiri	Mulkey	Brusca	Herrman	White	Joslin	Garthune	Crane
DT	Jaqua	John	Umshler	Price	Higgins	Keshmiri	Palmer	Hooker	Thompson	White	Joslin	Salisbury	Crane
HT	Bersch	Brouillard	Daniels	Bloomfield	Gage	McWilliams	Thomson	Brusca	Minah	McDermott	York	--	Crane
JT	Wilson	Lorenzen	Nielsen	Morland	Higgins	Stuart	Shields	Pickarts	Bronson	White	Joslin	Salisbury	Crane
PENT	Carver	Atwood	Lapp	Legas	Sheedy	Jankovich	Mulkey	Brenda	Carter	Morninstar	Hills	--	--
5K RW	--	Liebold	Wiggins	Frable	DeNoon	Johnson	Bray	Mimm	Sturni	Gould	dePetra	--	--
20K RW	--	Leibold	Petrakis	Chraminski	DeNoon	Johnson	Green	Mimm	Gladding	Gould	dePetra	--	--
4x100	Run West		Atlanta TC		Los Viejos		So Cal Striders		Southwest Elite		--		--
4x400	Run West		West Valley TC		Not named		So Cal Striders		--		--		--
4x800	Deseret News		Central Park TC		Southern Oldtimers		So Cal Runners		--		--		--

	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
100	Wiedis	Thompson	Sweezey	*Raschker	Mitchell	Cappetta	Sjogren	McDaniels	Hinton	Mehl	--	Salisbury
200	Specchio	Thompson	Settles	Raschker	Catt	Obera	Sjogren	McDaniels	Hinton	Mehl	--	Salisbury
400	Yurth	Haynes	Grafius	Mantynen	Catt	Cappetta	Sjogren	Boe	Adams	Mehl	--	Salisbury
800	Kinney	Love	Grafius	Mantynen	--	Palmason	Szawloski	OnodraLnrd	Adams	Mehl	--	--
1500	Kinney	Sterrett	Grafius	Mantynen	Nalepa	Palmason	Szawloski	OnodraLnrd	Adams	Mehl	--	--
5000	Frost	Russell	Jordan	Baranowski	Nalepa	Babbitt	Wilson	Thomas	Adams	Mehl	--	--
10000	--	Hanson	Jordan	Baranowski	--	Zerfoss	Wilson	--	--	--	--	--
SH	Asam	Thompson	Sweezey	Raschker	--	--	--	--	--	--	--	--
LH	Asam	--	Stiles	--	Carter	--	--	McDaniels	--	--	--	--
SC	--	Ruppert	Kincaide	--	--	--	--	--	--	--	--	--
HJ	Mendenhall	--	--	Raschker	Bloomfield	Miller	Brobst	McDaniels	Hinton	--	--	--
PV	--	--	--	Raschker	Stewart	--	Brobst	McDaniels	--	--	--	--
LJ	Wiedis	King	Wlodarczyk	Raschker	Stewart	Obera	Brobst	Lorenz	Hinton	--	--	--
TJ	--	Boslaugh	Vestal	Raschker	Carter	Grissom	Brobst	McDaniels	--	--	--	--
SP	Nealy	Finsrud	Stratton	Struppeck	Huff	Grissom	Polk	Holland	Hinton	Jarvis	--	Salisbury
DT	Nealy	Finsrud	Wilson	Struppeck	Rothrock	Grissom	Polk	Holland	Roloff	Jarvis	--	Salisbury
HT	Eckhardt	Boslaugh	Stratton	--	Bloomfield	Grissom	Polk	--	--	Jarvis	--	--
JT	Seely	Welding	Stratton	Struppeck	Huff	Miller	Polk	Lorenz	Hinton	Jarvis	--	Salisbury
PENT	Mendenhall	--	Stough	Raschker	Stewart	--	--	McDaniels	--	--	--	--
5K RW	Mitchell	Paffumi	RichrdsKer	Cunningham	Nedelco	Capps	Eberle	Rowland	Cottner	--	Robarts	--
10K RW	Herrazo	Paffumi	RichrdsKer	Cunningham	Nedelco	Capps	Eberle	Beers	--	--	--	--
4x100	Not named		--		--		--		--		--	
4x400	--		--		--		--		--		--	
4x800	--		East Region		--		--		--		--	

*Winner of Age-Graded Race

Highlights of the Nationals

Some of the top performances, by division, at the USA Masters Track & Field Championships in Provo, were:

M30-34

Peter Grimes, San Francisco, successfully defended his titles in the short (14.38) and long hurdles (52.53). **Ken Velasquez,** Chula Vista, Calif., was top distance man with wins in the 5000 (15:21.58) and 10,000 (32:10.17). **Martin Jaqua,** Portland, Ore., won the SP (42-9½) and DT (141-8). **Doug Nordquist,** La Habra, Calif., high-jumped 6-10¾.

M35-39

Peter Mogg, Moorpark, Calif., topped a tough 800 field (1:57.91). **Norman Roper,** Norman, Okla., won golds in the 5000 (15:39.44) and 10,000 (32:58.37). **Mike Lariza,** Gresham, Ore., took wins in the LJ (20-4¼) and TJ (45-11¼). **Al Leibold** won the 5000 (25:05.06) and 20K racewalks (1:43:34).

M40-44

Bill Collins, of Missouri, Texas, won the 100 (10.96) and 200 (22.19). **Fred Sowerby,** Henderson, Nev., flashed to a 49.71 400. **Ken Popejoy,** Wheaton, Ill., won the 800 (1:55.93) and held off new master **Ed Spinney** (4:02.82), Eugene, Ore., in an exciting 1500 (4:02.60).

M45-49

Stan Whitley, Alta Loma, Calif., blazed to victories in the 100 (11.70), 200 (22.59), and 400 (50.39). **Stan Druckrey,** South Milwaukee, Wisc., broke **Jack Greenwood's** U.S. record (15.0) for the 110H with a 14.84, and won the 400H handily (55.79). **Greg Miguel,** Manhattan Beach, Calif., vaulted to a WR (15-5½).

M50-54

Steve Robbins, Del Mar, Calif., won the 100 (11.59). **Harold Morioka,** Canada, took the 200 (23.79) and tied (51.80) the WR in the 400. **Vic Heckler** swept through the 800 (2:07.31), 1500 (4:29.23), and 5000 (17:00.79). **Lloyd Higgins,** Los Angeles, threw to wins in the DT (185-4) and JT (171-2). **Don DeNoon,** Carbondale, Ill., shaved minutes off the U.S. records for the 5000 (22:48.01) and 20K walks (1:35:19).

M55-59

Jim Mathis, Memphis, Tenn., tripled in the 100 (12.32), 200 (25.06), and 400 (54.60). **Henry Hawk** was the distance king, with firsts in the 800 (2:14.38) and 1500 (4:51.73). **Joe Keshmiri,** Reno, Nev., eclipsed (50-3¼) the U.S. SP record and won the DT (160-6). **Paul Johnson,** Fort Smith, Ark., strode to victories in the 5000 (26:52.71) and 20K walks (1:57:26).



Bill Cheadle, Louisville, Ky., winner of the M40 400H (57.41), USA National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

M60-64

No division in any national championships has had two such talented athletes as **Phil Mulkey,** Marietta, Ga., and **Marion Sanchez,** Hayward, Calif. **Sanchez** won all of the sprints, the long hurdles, and ran two relay legs on winning teams. **Mulkey** won seven gold medals (all of the jumps), including one in the SP from the best throwers in the U.S. — all after winning the pentathlon on Wednesday for his first victory. This division has become so competitive in the throws that 138-5 was good only for sixth in the discus. WR-holder **Wendell Palmer,** Pampa, Texas, won it (185-9), with **Mulkey** second (165-5).

M65-69

Jim Law, Charlotte, N.C., returned to the victory stand, a winner in the 100 (13.04) and 200 (26.21). **Joe King,** Alameda, Calif., ran to firsts in the 1500 (5:11.22) and 5000 (20:05.88). **Jim O'Neil,** La Jolla, Calif., appearing in his 26th outdoor championships, won the 10,000 (43:48.63). **Chuck Sochor,** Gowen, Mich., captured the 400 (61.31) from **Law,** and broke (48.05) the U.S. record for the 300H. **Robert Mimm,** Willingboro, N.J., doubled in the walks (29:20.57/2:03.36).

M70-74

Archie Messenger, Waterville Valley, N.H., sped to golds in the 400 (69.97), 800 (2:41.13), and 1500 (5:44.40). **Tim Murphy,** Irving, Texas, scampered to firsts in the 100 (13.91) and 200 (28.47). **Ed Lukens,** Skaneateles, N.Y., broke (32-¼) the U.S. TJ record.

M75-79

Dan Bulkley, Phoenix, Ore., won five gold medals — a nonpareil display of stamina — in the 800, 1500, 80H, steeplechase, and 300H, the last with a WR 55.92. **Bill Weinacht,** Rocky River, Ohio, sprints; **Manuel White,** Helena, Mont., throws; and **Max Gould,** Canada, walks, also starred.

M80-84

Claude Hills, Flourtown, Pa., broke (76.20) the WR in the 300H, and U.S. record in the TJ with a 23-1¼, while totaling seven firsts, including the pentathlon. **James York,** Modesto, Calif., broke (89-9) the U.S. record for the HT.

M85-89

Russell Randall, Denver, Colo., was the jump and sprint star, with a U.S. record (93.59) in the 400.

M90-94

A versatile **Buell Crane,** Twin Falls, Idaho, took seven golds from the HJ through the JT.

W30-34

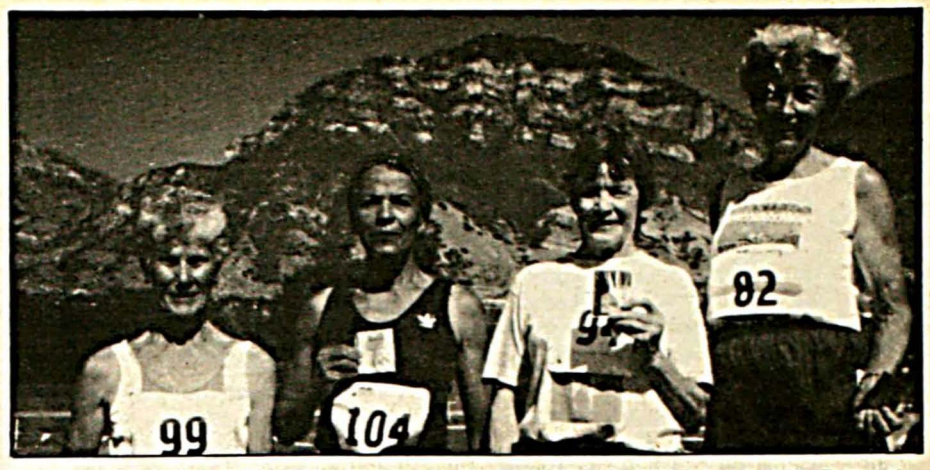
Kate Kinney, Englewood, Colo., won the 800 (2:23.46) and the 1500 (4:56.46). **Carol Asam,** Allen Park, Mich., hurdled to wins in the 100H (18.09) and 400H (77.51). **Martha Mendenhall,** Federal Way, Wash., leaped to victory in the HJ (4-10¼) after winning the pentathlon.

W35-39

Carol Finsrud, Austin, Texas, broke (159-8) the U.S. DT record, and won the SP (36-8¼). **Irene Thompson,** Syracuse, N.Y., collected gold medals in the 100 (12.96), 200 (26.86), and 100H (18.19). **Cindy Paffumi,** San Mateo, Calif., is the walk champion in the 5000 (26:33.09) and 10K (54:29).

W40-44

France's **Danielle Desmier** outraced the U.S. entrants in the 100 (13.12) and 200 (26.77). **DeeDee Grafius,** Oakdale, Calif., included a U.S. 800 record (2:21.75) in her three firsts. **Deby Sweezey,** Los Angeles, tied the WR in the 80H with an 11.78. **Joan Stratton,** Carmichael, Calif., won three of the throw events. **Sally Richards-Kerr** was a double winner in the walks.



On the victory stand in Provo, the first four finishers in both the W65 100 and 200. From left: Josephine Sullivan (SC, 4th); Johnnye Valien (CA, 3rd); Mary Ann Boe (WY, 2nd); Leonore McDaniels (VA, 1st in 16.72/35.29).

Photo by George Clarke

W45-49

Record-holder **Phil Raschker,** Marietta, Ga., struck gold eight times in the sprints, hurdles, all of the jumps, plus the pentathlon, for the outstanding performance of the meet. **Avril Douglas,** Canada, powered to firsts in the 400 (60.02), 800 (2:20.63), and 1500 (5:00.81) in a division replete with all-stars.

W50-54

Jan Catt, Tucson, Ariz., streaked to victories in the 200 (31.04) and 400 (70.74). **Pat McNab,** of England, rocketed to a WR (8-6¼) in the PV. Racewalker **Joann Nedelco,** Sausalito, Calif., broke (57:06) the U.S. record in the 10K and won the 5000 (27:43.58).

W55-59

Carolyn Cappetta, Concord, Mass., demolished the fields in the 100 (15.35) and, her specialty, the 400 (68.82), but succumbed to **Irene Obera,** at 59 at the top of this age group, in the 200, with **Obera** running a 30.23. **Diane Palmason,** Englewood, Colo., posted wins in the 800 (2:41.54) and 1500 (5.40.35). **Joann Grissom,** a recent 55 from Indianapolis, broke U.S. records in the SP (39-10½) and HT (99-1).

W60-64

Lucy Anne Brobst, Kitty Hawk, N.C., won all of the jumps, while **Sally Polk,** Sandia Park, N.M., swept the throws, and **Ruth Eberle,** the walks.

W65-69

Leonore McDaniels, Virginia Beach, Va., broke WRs in the HJ (4-1½) and TJ (24-11¼) in garnering seven firsts. **Bernice Holland,** Cleveland, Ohio, won the SP (26-5¾) and DT (77-2).

W70-74

Margaret Hinton, Baytown, Texas, lassoed six gold medals, from the sprints through the JT. **Louise Adams,** Boulder, Colo., galloped to four firsts.

W75-79

Pearl Mehl, Boulder, Colo., took the spotlight with six firsts, but **Betty Jarvis,** Tahlequah, Okla., with four throw wins wasn't too far offstage.

W85-89

Marilla Salisbury, San Diego, Calif., first in six events, from the 100 through the JT, broke two WRs.

-- Jerry Wojcik

Age-Group Records Set at 26th USA National Masters Track & Field Championships; Provo, Utah; August 11-14, 1993

WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
100	W85	43.98	Marilla Salisbury	48.40	S Packham
400	M50	51.80	Harold Morioka	51.8	R Taylor
80H	W40	11.78	Deby Sweezey	11.78	J Vernon
300H	M75	55.92	Dan Bulkley	56.50	D Bulkley
300H	M80	76.20	Claude Hills	83.53	B Boal
HJ	M65	5-3 3/4	Jim Gillcrist	5-3 3/4	J Gillcrist
HJ	W45	5-3	Phil Raschker (pent)	5-1	Two
HJ	W65	4-1½	Leonore McDaniels	4-1	L McDaniels
PV	M45	15-5½	Greg Miguel	15-5	M Houvion
PV	W45	9-10	Phil Raschker	9-6¼	P Raschker
PV	W50	8-6¼	Pat McNab	7-3 3/4	M Bost
JT	W85	19-5	Marilla Salisbury	14-5	S Packham
TJ	W65	24-11¼	Leonore McDaniels	24-9¼	G Davidson

U.S. RECORDS

400	W65	82.10	Mary Ann Boe	82.3	J Kolda
400	M85	93.59	Russell Randall	94.95	C Boas
800	W40	2:21.75	DeeDee Grafius	2:21.91	S Houlton
110H	M45	14.84	Stan Druckrey	15.0	J Greenwood
300H	M65	48.05	Chuck Sochor	49.19	B Watanabe
LJ	W40	17-8 3/4	Anna Wlodarczyk	17-¼	P Raschker
TJ	M70	32-¼	Ed Lukens	30-6¼	T Patsalis
TJ	M80	23-1¼	Claude Hills	22-8	H Anderson
TJ	W45	35-5¼	Phil Raschker	32-6½	P Raschker
SP	M55	50-3¼	Joe Keshmiri	44-6	Two
SP	W55	39-10½	Joann Grissom	31-9¼	A Cirulnick
SP	W85	9-3½	Marilla Salisbury	--	--
DT	W35	159-8	Carol Finsrud	149-6	J Wilson
HT	M80	89-9	Jim York	84-6¼	P Narcessian
HT	W55	99-1	Joann Grissom	93-10	S Polk
5K RW	M50	22:48.01	Don DeNoon	24:12	J Elwarner
10K RW	W50	57:06	Joann Nedelco	57:12	B LaVeck
20K RW	M50	1:35:19	Don DeNoon	1:44:34	J Elwarner
20K RW	M80	2:30:00	Giulio dePetra	2:32:26	T Perona
4x800	W40	10:36.79	East Region	10:56.52	Club Soda
LJ	W45	17-7	Phil Raschker (pentathlon)	17-6	P Raschker
HT	W75	59-6¼	Betty Jarvis	58- 4 3/4	B Jarvis

Nationals Draw 997 to Provo

Continued from page 16

petitor for more than 15 years, won the M35 1500 in a relaxed 4:08, just a month before his 40th birthday.

"I want to be the first 40-year-old to run a sub-four-minute mile," he said. "I'll try to do it indoors next winter."

Deby Sweezey, 40, of Los Angeles, who competed nationally as Deby LaPlante, tied the W40 WR of 11.78 in the 80-meter hurdles.

O'Neil Continues Streak

Jim O'Neil, 68, of La Jolla, Calif., continued his streak as the only athlete to compete in all 26 national championships, winning the M65 10,000 in 43:48.

Irene Obera, 59, of Fremont, Calif., was DQ'd for a false-start in the 100, but came storming back to defeat Carolyn Cappetta in the 200 in 30:23.

Pat McNab, 50, of England, set a W50 WR with a 2.60m (8-6¼) pole vault. "Masters women can compete in the vault," she told Chris Schulte of the Salt-Lake City Tribune, "but not on the open level because of your typical male chauvinism and sexism. It's time the IAAF takes up the challenge and gets men and women doing the same events."

Raschker agreed, "It's difficult to develop women in these events when women aren't allowed in them at the junior and open levels."

Age-Graded Dash

A highlight of the four-day meet was the $200 *National Masters News* Age-Graded 100-meter dash on closing day. Each division 100m winner was given a distance handicap based on age and sex, using the revised WAVA age-graded tables.

In the women's race, Raschker held off France's Danielle Desmier, 44, to win in 11.06. In the men's contest, Ohio's Bill Weinacht, 76, became the "champion of champions" by holding off fast-closing Jim Law, 57, of North Carolina, 10.36 to 10.39.

The first three finishers in each race received cash prizes ($50, $30, $20) from the *National Masters News*.

The popular regional 4×100 relays were held for the third straight year, although sans prize money since former sponsor, Holiday Inns, pulled out. With scoring on a 10-7-5-4-3-2-1 basis for each of four relays (senior women, junior women, senior men, junior men), the West gained revenge for last year's loss to the East with an astonishing anchor leg by California's Stan Whitley in the final race, to give the West a narrow victory over the East, 31-29.

Good media Coverage

Athletes were pleased with the outstanding media coverage: spots and interviews on the nightly TV news, and feature stories, photos and results in three newspapers — the *Salt Lake City Tribune*, the *Deseret News*, and the local *Provo Daily Herald*. The News' reporter, Doug Robinson, 38, was also a competitor, winning a silver medal in the M35 800 in a fast 1:58.07.

The meet program left something to be desired, as it contained names, but no numbers and sold for $3.00. The pentathlon drew more entries than expected, causing delays of up to three hours in the hammer throw on day one. Some athletes pitched in to help officiate the javelin on opening day.

Confusion With Heats

Because of a serious lack of planning, there was confusion on day two between the computer operators and the clerks concerning the procedure for forming heats and advancing athletes to finals.

Two races had to be called back due to timing malfunctions, including an M40 1500 heat, where runners went nearly a lap before being flagged down. In fact, the two M40 1500 heats should never have been run, since less than 17 runners checked in. According to the rules, all should have gone to the final.

At the athletes' meeting on Thursday evening, Stowell said the masters committee should "re-evaluate its schedule." Stowell said there were "too many events on day two, and the pentathlon should probably be staged by itself, with no other activity on day one."

Moran, who operated the computer, said the 100 and 200 heats, now held on the same day as their respective finals, should be moved to a different day, to allow overnight time for protests and human errors in reading the films.

Some felt the 5000-meter race walks, which took nearly five hours on Thursday, could be condensed into three hours. Others suggested the 10,000-meter track event, which drew only 32 participants and occupied four hours of the schedule, should be dropped from the program.

Excellent Officials

The officials were courteous, friendly, professional and flexible. They worked long hours for no pay — only dorm accommodations and meals. Some flew in from out of town at their own expense to help out. They adhered to the rules, which caused three or four sprinters to be disqualified for false starts and several walkers to be DQ'd, including Victoria Herrazo, 34, a nationally-ranked open walker, who was pulled off the track with 200 meters to go after leading for 12 laps of the 5000 RW.

There was no shuttle bus service, and the local bus service was inconsistent, so many athletes who didn't stay in the university dorms (next to the track) had to scramble for rides from their hotels to the track. The dorm accommodations were good, and the cafeteria food was above average.

Numerous young volunteers helped out during the meet; their assistance was invaluable.

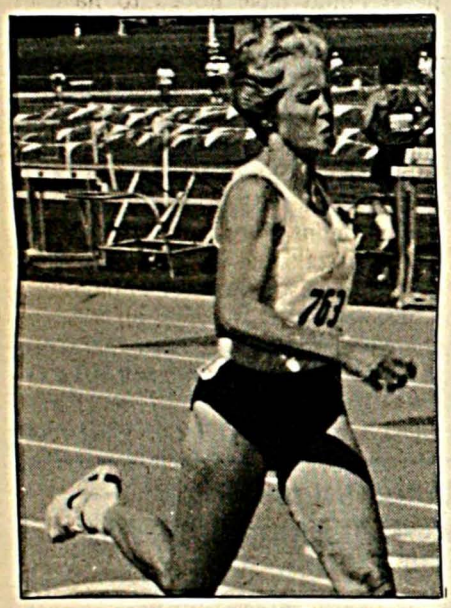
Sundance

Many participants found their way to Sundance, the beautiful Robert Redford-owned mountain resort a half hour from town. After the meet, many explored the magnificent scenery in the Wasatch Mountains.

The 1994 Nationals will be held at legendary Hayward Field in Eugene, Oregon, site of the 1989 World Veterans Athletics Championships. Meet director Tom Jordan said he planned to duplicate that meet's success and would plan for 1500 participants.

The meet could draw many foreigners, since the biennial World Veterans Long Distance Running Championships will be held in Toronto on July 30-31, and the biennial WAVA North American Regional T&F Championships will be in Edmonton on August 4-7. Thus, athletes can participate in three major masters events in a 16-day period. □

— Al Sheahen



Carolyn Cappetta, Concord, Mass., won the W55 100 (15.35) and 400 (68.82) at the Nationals in Provo.

Photo by Jerry Wojcik.



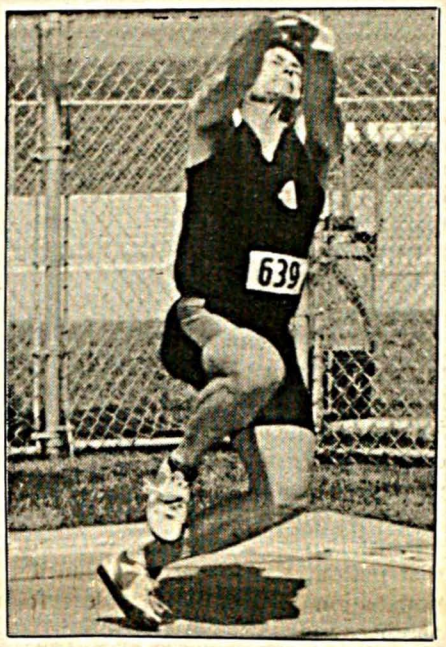
Irene Obera, Fremont, Calif., winning the W55 200 (30.23) at the Nationals.

Photo by Jerry Wojcik



W50-54 hammer throwers (from left): Pat McNab, Great Britain, Brenda Bloomfield, Greer, S.C., Roslyn Katz, Flushing, N.Y., and Laurie Rothrock, Scottsdale, Ariz. McNab broke the age-group WR with a 139-6.

Photo by Jerry Wojcik



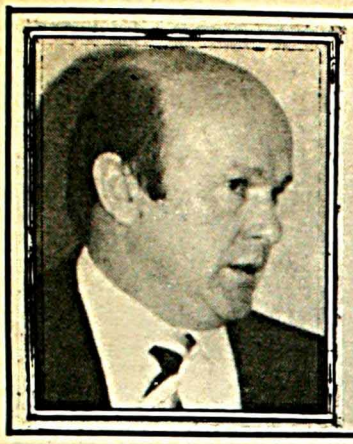
Tom Gage, Billings, Mont., won the M50 hammer throw (204-8). USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik



San Antonio's Ruth Nalepa won the W50 1500 (5:20.52) and 5000 (20:00.16) at the Nationals.

Photo by George Clarke



International Scene

by CESARE BECCALLI,
President of WAVA



Start of the 5K Road Race at the 14th All Japan Masters Athletics Championships in Kobe.
Photo by Saeko Matsuo

Report from the President

Two years have passed since our last meeting in Turku, which closed a very difficult biennium of our history.

Between 1989 and 1991, inside the Council — and consequently among the delegates who took part in the 1991 General Assembly — there were such basic differences of opinion about WAVA's future, that in 1990 the Secretary was nominated by the Council to oppose the President in the 1991 election.

We, therefore, had one year of great confusion, poisoned by disputes, in which our Association lost face both with its athletes and affiliates, and with the National and International sporting authorities.

I don't intend to go back to the problems which caused the situation because the Assembly expressed its decision two years ago. What I want to emphasize is that the WAVA Council, after being renewed in Turku, has again found its unity and is working in the best spirit of cooperation.

Enormous Progress Made

During the past two years, WAVA has made enormous progress. The cooperation with the IAAF and its members at the local level has produced results beyond our expectations. We have received from the IAAF many new affiliates, organizational help, prestige, and technical and financial assistance.

Meanwhile, our identity and autonomy have never been endangered. We never had to remind the IAAF, at any level whatsoever, to be respectful of the spirit of our agreement.

It's true that our opposers had the intent to cooperate with the IAAF. But they didn't want to recognize the IAAF's authority and, therefore, not even its general power over world athletics, including veterans. They thought the gradual integration into the IAAF, and the recognition of its authority, would mean giving up WAVA altogether, and with it the spirit and value of veterans athletics.

The number of these doubters is decreasing because the reality shows not only that we are not giving up WAVA, but are getting more and more strength and prestige. We are consolidating our structure both at the international and local levels.

But I know there are some opposers who will never surrender. That's why I felt it necessary to once again mention the past in order to help clarify the future.

It is one thing to face opposition to the policy you are following, but quite another thing to be accused of twisting the decision of the last Assembly, which is exactly the situation in which I found myself during the campaign for the Turku elections.

IAAF Authority

To avoid this in the future, I clarify and formally declare:

a) WAVA recognizes the overall authority of the IAAF. Without that, the IAAF would never have given us any acknowledgement and technical/financial support. Frankly, I do not see how the IAAF could operate otherwise.

b) The job which we performed in the last two years isn't finished. For that reason, I welcome the Council's nomination of me for President for another term.

I confirm that our goal is integration into the IAAF, because this is our future. Only in this way will veterans' activity become official and important all over the world, with dignity equal to that of Juniors and Seniors.

I also confirm that we'll become the veterans' wing of the IAAF only under the condition that we maintain our identity and autonomy. That means continuing to have our General Assembly and Council decide all technical and administrative matters regarding veterans — albeit within the IAAF general jurisdiction.

Future Policy

Our confidence in continuing this policy in the future is based on the following:

1) I had two personal meetings with IAAF President Nebiolo. Dr. Nebiolo understands that it isn't in anyone's interest for the IAAF to directly manage a special and complicated world such as veterans.

As long as we are an acceptable partner, and do not cause political or jurisdictional problems — and, indeed, help solve veterans' problems which the IAAF can no longer ignore — we are welcome, protected, and even beloved. But even though the veterans' importance can no longer be ignored, if we are arrogant or inefficient, we can cause ourselves problems.

2) As proof of his favorable attitude toward us, President Nebiolo has proposed (and later the IAAF Council ratified) giving WAVA financial support of US$40,000 per year, with which we have:

a. eliminated any affiliation fees at the world or area level;
b. arranged for financial support for our Continental Associations;
c. eliminated from WAVA's budget some expenses of the President and Secretary;
d. eliminated from WAVA's budget the expenses for the WAVA Handbook.

3) The meeting of the IAAF Veterans' Committee will be held in Miyazaki. This is important, because it awards our Championships and our Assembly explicit recognition. It also means saving WAVA money, because some IAAF Committee members are also members of the WAVA Council, so 50% of their trip expense will now be paid by the IAAF.

4) For several months, we have had an office at the IAAF in London, staffed by Mrs. Florence Bobin. She will be in Miyazaki from 11-17 October at the IAAF's expense. I hope many delegates can meet her and will use her assistance to help solve future problems.

Moreover, the current WAVA Handbook was produced with IAAF help at the IAAF/WAVA office. All texts and translations of our Constitution and By-Laws are now in their computers. This means future editions will be modified faster and more efficiently following the Assembly decisions.

I would like to thank Mr. Mark Horley, who was in charge at that time and now has moved on to another important office in the IAAF.

5) As a consequence of the IAAF's recognition and the coverage we have received by printing veterans' news in IAAF publications, we have increased our affiliated membership from about 50 in Turku to about 100 now.

Many African countries, which we never could have hoped to have as members without IAAF acknowledgement, are among our recent affiliates.

The same can be said for China, Cuba, and others, which are not yet affiliated, but have shown in writing a very concrete interest. We are far from our target of 170-180 countries, but we are becoming a real World Association. Miyazaki and Japan will be proud to host the historical X Championships where, for the first time, all areas of the world will be represented.

6) The presence of a member of the IAAF's Council on our WAVA Council has been very important. Cesar Moreno Bravo has helped us on many occasions to make the right decision or avoid improper acts that could only cause IAAF resentment.

Continued on page 25

PRESIDENT:
Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy

EXECUTIVE VICE PRESIDENT:
Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
USA

VICE-PRESIDENT (Stadia):
Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain

VICE PRESIDENT (Non-Stadia):
Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

SECRETARY:
Torsten Carlius
Smalandsgatan 25
S-25276 Helsingborg, Sweden

WORLD ASSOCIATION OF VETERAN ATHLETES
WAVA

TREASURER:
Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404
USA

PAST-PRESIDENT:
Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WOMEN'S Delegate:
Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

IAAF Delegate:
Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico

DELEGATE OF:
NORTH AMERICA
Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA

SOUTH AMERICA
Jorge Alzamora
P.O. Box 685
Santiago, Chile
FAX: 56-2-696-5006
Phone: 56-2-621-1417

ASIA:
Hari Chandra
#24-12 Block 44,
Marine Crescent, Singapore

EUROPE:
Hans Axmann
Eichendorffstrasse 2
D-8800 ANSBACH
Germany

OCEANIA:
Jim Blair
43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:
Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo

1 Month To Go

Countdown to Miyazaki

Nearly 12,000 to Compete in Japan

Continued from page 1

100s drew 1438 signups, nearly double the 780 in Turku. All running and hurdle events are up, except the 10,000, which is down 21% (700 to 553) from Turku. The jumps and throws are all up, except the hammer, down a notch from 1991.

Decathlon partaicipants dropped 19% — from 217 to 175 — but the heptathlon is up a bit, from 54 to 57. The walks are down 18%, from 803 to 662.

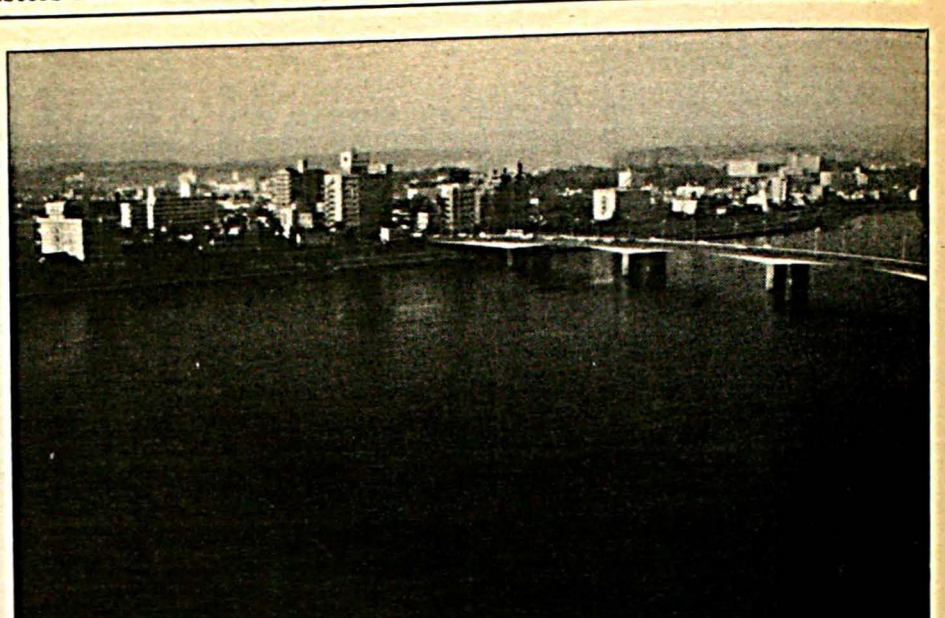
The number of cross-country entrants is more than double Turku's total (1997 to 824), while the marathon figure of 5776 is a whopping 500% above Turku's 965, and 235% more than Melbourne's record 1724.

Of the 11,888 entrants, 2222 are from outside Japan, which is a 40% drop from the 3687 non-Finnish athletes who participated in Turku. But it's comparable to the 2444 non-USA competitors in 1989, and the 2347 non-Australians in 1987.

Nations Represented in Turku, but not in Miyazaki	Nations Represented in Miyazaki, but not in Turku
Bulgaria	Croatia
Colombia	Cape Verde
Greece	Ghana
Jamaica	South Africa
Kenya	El Salvador
Peru	Bolivia
Romania	Brunei
Soviet Union	China
Venezuela	Korea
	Sri Lanka
	Guam
	Estonia
	Latvia
	Slovenia

WAVA Championships USA Entrants By Age Group

M40	31	W35	10
M45	17	W40	9
M50	31	W45	13
M55	31	W50	8
M60	45	W55	8
M65	19	W60	7
M70	23	W65	15
M75	11	W70	5
M80	8	W75	3
M85	2	W80	1
M90	1	W85	0
	219		79



The hotels where many athletes will stay in Miyazaki overlook the river which runs through the heart of the city.

USA Entrants Down 37%

The number of USA entrants dropped a stunning 37%, from 474 in Turku to 298 in Miyazaki. Most USA athletes cited cost as the main reason for not going. In 1993 alone, the Japanese yen has risen 19% against the U.S. dollar and British pound, 24% against the German mark, and 22% against the Australian dollar. The worldwide economy is in a recession. Other athletes, particularly teachers and business people, simply couldn't get away during the busy month of October.

Most other non-Asian countries are also down considerably. German entrants fell 52% from 646 to 313, still the second-largest contingent behind Japan. Great Britain is down 43% from 214 to 122. Canada fell 40%, from 100 to 60. Italy dropped 73%, from 183 to 50. The Soviet Union, which had 466 participants in Turku, nosedived this year with only 25 athletes (all from Estonia and Latvia) representing the area of the former USSR. No athletes from Russia are going.

South Africa, back in the good graces of the IAAF, will send an im-

Continued on page 21

Number of Entrants By Event at Last Four WAVA World Championships

Event	1987	1989	1991	1993
100	769	796	780	1438
200	750	787	704	967
400	649	730	619	668
800	650	710	572	604
1500	666	725	608	738
5000	1080	957	765	1025
10000	1105	608	700	553
10K	-	1110	-	-
SH	225	275	261	355
LH	196	290	232	260
SC	173	176	203	189
HJ	226	283	325	362
PV	102	172	160	164
LJ	417	469	475	713
TJ	248	272	285	374
SP	406	433	514	660
DT	449	453	537	561
HT	232	228	271	265
JT	341	389	379	490
DEC	-	196	217	175
HEP	-	40	54	57
PEN	308	-	-	-
WP	-	-	-	174
XC	1113	832	824	1997
MARA	1724	787	965	5776
5KW	398	474	430	394
20KW	198	260	256	177
10KW	134	167	117	91
TOTAL	12759	12619	11253	19207
*Entrants	4660	4951	5052	11888
*Men	3629	3708	3843	9685
*Women	1031	1243	1209	2203
Events per entrant	2.74	2.55	2.23	1.62
% men	78	75	76	81
% women	22	25	24	19

*Approximate

Number of Entries By Event and Age Group — 10th WAVA World Veterans Athletics Championships — Miyazaki, Japan — October, 1993

EVENT	100	200	400	800	1500	5K	10K	SH	LH	SC	HJ	PV	LJ	TJ	SP	DT	HT	JT	DEC	WP	XC	MARA	5KW	20KW	10KW	TOTAL
M40	204	141	79	77	116	146	73	35	35	20	29	15	93	38	47	38	16	43	34	19	443	1648	38	23		3450
M45	148	84	73	58	95	132	76	32	25	25	31	14	77	39	45	38	15	41	33	14	358	1129	37	21		2640
M50	160	107	83	76	93	155	84	38	29	24	36	22	67	41	61	44	19	46	24	18	321	960	47	40		2594
M55	169	118	86	59	74	107	87	36	26	21	38	19	73	40	70	59	28	39	23	16	223	597	45	33		2068
M60	162	100	76	63	76	102	55	36	36	30	36	24	53	37	55	56	18	45	26	11	149	284	42	26		1599
M65	114	62	50	37	46	69	47	33	24	19	27	21	59	36	42	42	13	39	18	9	86	152	26	14		1085
M70	66	47	30	32	35	48	31	23	14	14	29	13	48	29	45	45	23	32	6	12	51	68	16	8		763
M75	43	34	27	27	22	19	11	16	7	3	18	4	29	16	32	27	15	20	5	9	23	21	13	6		447
M80	36	25	19	20	23	20	7	14	7	2	23	7	25	15	30	30	11	26	6	6	13	12	7	5		388
M85	11	8	9	5	7	3	2	0	1	0	4	1	8	3	6	7	4	5	0	0	1	0	3	0		88
M90	2	1	2	2	2	1	1	0	0	0	0	0	0	0	3	1	1	0	0	0	1	0	0	0		17
M95	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0
TOTAL	1115	727	534	456	589	802	474	263	204	158	272	140	532	294	436	387	163	335	175	114	1669	4871	274	177		15139
W35	41	31	15	17	18	24	11	11	8	6	13	4	20	12	24	14	8	17	14	5	38	150	6		7	514
W40	55	36	18	29	30	50	12	17	8	5	8	4	23	4	27	24	16	27	7	10	58	255	12		9	742
W45	45	40	19	26	22	40	22	17	8	7	10	3	20	8	29	21	9	17	8	9	78	220	27		21	726
W50	59	39	28	25	25	37	26	18	13	6	20	8	28	13	42	27	24	21	11	9	75	146	22		14	734
W55	44	35	16	16	18	30	12	15	8	5	19	5	27	18	37	28	11	25	6	6	34	91	10		8	524
W60	34	25	17	15	13	18	4	9	9	1	11	1	24	12	21	18	10	16	6	5	18	25	13		7	332
W65	17	14	9	11	14	16	5	5	2	1	6	1	8	8	22	23	12	16	5	5	15	13	16		14	258
W70	17	12	6	3	5	6	4	0	0	0	3	0	6	2	11	10	6	9	0	5	9	5	6		5	129
W75	5	4	4	2	1	1	1	0	0	0	1	0	4	2	5	7	4	6	0	4	2	0	5		3	62
W80	5	3	3	3	3	2	2	0	0	0	0	0	1	1	4	1	1	1	0	1	1	0	3		3	38
W85	1	1	0	1	0	1	0	0	0	0	1	0	0	0	1	1	1	0	0	1	0	0	0		0	9
W90	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		0	0
TOTAL	323	240	134	148	149	225	99	92	56	31	90	24	181	80	224	174	102	155	57	60	328	905	120		91	4068
GRAND TOTAL	1438	967	668	604	738	1025	553	355	260	189	362	164	713	374	660	561	265	490	232	174	1997	5776	394	177	91	19207
EVENT	100	200	400	800	1500	5K	10K	SH	LH	SC	HJ	PV	LJ	TJ	SP	DT	HT	JT	HEP	WP	XC	MARA	5KW		10KW	TOTAL

Countdown to Miyazaki

Continued from page 20

pressive total of 78 competitors. Brazil is sending a surprising 104, up from nine who went to Turku. All of the Asian countries will be up in attendance, while Australia and New Zealand are about the same as 1991.

M40 Group Up 366%

Much of the entry increase is in the younger men's age groups, bolstered by heavy host-country numbers. The M40s are up 366% from 1992, with 91% from Japan. The M45s are up 303%, with 89% from Japan. Generally, the higher the age group, the less the Japanese ratio of participation.

But even the older groups are up: M70 up 35%; W70 up 33%; M75 up 20%; only the W75s (18 vs. 21 in Turku) are down.

As a result, the median age (half above, half below) of the men, which had increased from 50 in 1987 to 52 in 1989 to 54 in 1991, will drop back to 46 for Miyazaki. The women's median age, 49 in Turku, will be 43 in Japan.

Yet the median age of USA men will be 53; of USA women, 55. The largest USA men's age group is M60, with 45 entrants; the biggest women's bracket is W65, with 15.

Compared to the 1993 U.S. National Senior Sports Classic, however, the older women's age groups are less populated in Miyazaki. For example, there were 30 competitors in the W75 100 in Baton Rouge, but only five in Miyazaki; in the W80 1500: 10 to 3; in the W70 200: 27 to 12.

Women Comprise 19% of Total

Reflecting the lack of a strong women's movement in Japan, the meet's percentage of women is only 19 — the lowest since the 16% in Rome in 1985. Women composed 24% of Turku entrants, and a record 25% of Eugene's.

Still, a respectable 16% (1541) of the Japanese competitors will be women. Of the 298 USA entrants, 27% (79) are women. Of all women participants, 70% will be Japanese.

New Women's Events Growing

The new women's events continue to grow. The hammer throw drew 102 female entries, up 26% from 81 in Turku and up 67% from 61 in Eugene. The triple jump lured 80, up from 77 in Turku. The pole vault attracted 24, up 41% from 17 in 1991. Thirty-one women entered the 2000 steeplechase, up a solid 82% from Turku's 17.

The WAVA Council has been concerned about the first two days, when the decathlon/heptathlon and 10,000 track finals are scheduled on the three stadium facilities. But with both events down in entries from Turku, and with lights now planned to be used if necessary, the Miyazaki organizers may be able to pull it off.

"We intend to finish both 10,000 meter and decathlon events in two days as planned," said Chuman. "We will be starting early in the morning, and if we run into the evening, we will use lights."

The 100-meter dashes should be something to see. With 1438 entrants among all the age groups, it will take about 180 first-round heats, not to mention the quarter-finals, semi-finals and finals. With 204 signups in the M40 100, that's 26 first-round heats, with 56 sprinters qualifying for seven quarter-final heats, 16 going to the semis, and 8 to the finals. It should be quite a show — an orgy of delight for a track and field junkie.

Bill Taylor, WAVA's Stadia Vice-

Continued on page 22



WAVA Council Members met with the organizers last year in Miyazaki.

Miyazaki Entrants By Age Group and Host-Country

Age	Japan	Foreign	Total	% Japan
M40	2384	230	2614	91.2
M45	1728	221	1947	88.8
M50	1491	250	1741	85.6
M55	1055	240	1295	81.5
M60	674	215	889	75.8
M65	386	162	548	70.4
M70	198	128	326	60.7
M75	112	59	171	65.5
M80	75	45	120	62.5
M85	21	9	30	70.0
M90	3	2	5	60.0
Total	8125	1560	9685	83.9
W35	244	82	326	74.8
W40	400	85	485	82.5
W45	345	105	450	76.7
W50	269	119	388	69.3
W55	166	90	256	64.8
W60	70	60	130	53.8
W65	30	62	92	32.6
W70	10	34	44	22.7
W75	4	14	18	22.2
W80	1	10	11	9.1
W85	2	1	3	66.7
Total	1541	662	2203	70.0
TOTAL	9666	2222	11888	81.3

Events Per Entrant By Age Group

	Event Entries	Entrants	Events per Entrant
M40	3450	2614	1.32
M45	2640	1947	1.36
M50	2594	1741	1.49
M55	2068	1295	1.60
M60	1599	889	1.80
M65	1085	548	1.98
M70	763	326	2.34
M75	447	171	2.61
M80	388	120	3.23
M85	88	30	2.93
M90	17	5	3.40
M95	0	0	--
Men	15139	9685	1.56
W35	514	326	1.58
W40	742	485	1.54
W45	726	450	1.61
W50	734	388	1.94
W55	524	256	2.05
W60	332	130	2.55
W65	258	92	2.80
W70	129	44	2.93
W75	62	18	3.44
W80	38	11	3.45
W85	9	3	3.00
W90	0	0	--
Women	4068	2203	1.85
TOTAL	19207	11888	1.62

WAVA Championships Number of Participants By Age Group

	1989	1991	1993
M40	849	713	2614
M45	683	643	1947
M50	651	688	1741
M55	496	543	1295
M60	392	459	889
M65	285	321	548
M70	177	241	326
M75	101	142	171
M80	52	50	120
M85	15	18	30
M90	5	5	5
M95	2	2	0
Men	3708	3825	9685
W35	200	169	326
W40	255	225	485
W45	236	211	450
W50	202	227	388
W55	110	153	256
W60	100	90	130
W65	75	66	92
W70	35	33	44
W75	24	21	18
W80	6	8	11
W85	0	1	3
W90	0	0	0
Women	1243	1204	2203
*TOTAL	4951	5029	11888

*Approximate

10th WAVA Championships Number of Participants By Country

	Men	Women	1993 Total	1991 Total
EUROPE:				
Austria	12	8	20	34
Belgium	9	9	18	41
Croatia	2	0	2	0
Czech Republic	19	2	21	*67
Slovakia	1	2	3	
Denmark	12	3	15	54
Estonia	7	6	13	0
Finland	69	18	87	1115
France	38	9	47	250
Germany	208	105	313	646
Great Britain	83	39	122	214
Hungary	3	0	3	98
Iceland	1	0	1	5
Ireland	12	5	17	28
Italy	40	10	50	183
Latvia	11	1	12	0
Netherlands	8	9	17	53
Norway	22	9	31	108
Poland	12	3	15	40
Portugal	33	1	34	27
Slovenia	8	3	11	0
Russia	0	0	0	#466
Spain	13	4	17	71
Sweden	32	22	54	339
Switzerland	25	9	34	85
Turkey	5	2	7	12
Total	685	279	964	3781
AFRICA:				
Cape Verde	1	0	1	0
Ghana	1	0	1	1
Nigeria	1	0	1	1
Namibia	0	1	1	3
South Africa	45	33	78	0
Total	48	34	82	20
NORTH AMERICA:				
Canada	37	23	60	100
Dominican Rep.	1	0	1	1
El Salvador	0	1	1	0
Mexico	26	12	38	28
Puerto Rico	3	0	3	14
Trinidad/Tob.	1	0	1	6
USA	219	79	298	474
Total	287	115	402	611
SOUTH AMERICA:				
Argentina	6	7	13	9
Bolivia	0	2	2	0
Brazil	62	42	104	9
Chile	16	6	22	16
Guyana	1	0	1	2
Uruguay	1	0	1	3
Total	86	57	143	46
ASIA:				
Brunei	4	0	4	0
China	4	1	5	0
Hong Kong	15	11	26	1
India	131	45	176	45
Indonesia	4	10	14	7
Israel	3	1	4	2
Japan	8125	1541	9666	42
Korea	34	6	40	0
Malaysia	12	2	14	7
Singapore	19	4	23	9
Sri Lanka	16	0	16	0
Taiwan	74	16	90	28
Total	8441	1637	10078	609
OCEANIA:				
Australia	101	50	151	151
Guam	1	2	3	0
New Zealand	36	29	65	63
Total	138	81	219	215
TOTALS	9685	2203	11888	4802

*Czechoslovakia was divided into the Czech Republic and Slovakia

#466 athletes represented the Soviet Union, which no longer exists

Sweden, USA, South Africa, Chile, and Malaysia to Bid for World Championships

Organizing committees from three cities — Malmo, Sweden; Buffalo, N.Y., USA; and Durban, South Africa — have signed contracts with the World Association of Veteran Athletes, entitling each to formally bid for the right to host the 1995 WAVA World Veterans Athletics Championships.

Bob Fine, WAVA's Executive Vice-President, said San Juan, Puerto Rico decided to drop out of the competition.

The cities which lose the 1995 bid will resubmit their bids for 1997, Fine said. They will be joined by groups from Concepcion, Chile; and Kuala Lumpur, Malaysia, both of whom have signed contracts for 1997.

Great Britain was expected to submit Sheffield, England, as a proposed 1997 site, but they did not sign the bidder's contract by the August 14 deadline and, therefore, cannot be considered.

Thus, there will be three bids for the 1995 Championships and four for the 1997 event.

Toronto, Canada, and Brugge, Belgium will bid, respectively, for the 1994 and 1996 WAVA World Veterans Long Distance Running Championships.

The sites for all four Championships will be chosen by WAVA's General Assembly in Miyazaki, Japan, on October 14. □

Go Phoenix

"Go Phoenix" is the memorial song of the 10th WAVA World Veterans Athletics Championships in Miyazaki.

"The song will be sung, in the Japanese original, at the opening and closing ceremonies," said Shoichi Chuman, Director of Planning and General Affairs. "We hope it will help create additional excitement for the Championships."

Below is the English translation of the lyrics:

From o'er the mountains, far away
and distant shores,
Running the race of life;
From once upon a time until forever,
Running the race of life.
In the forest of each heart, our souls
rise anew,
Time, though it marches on, still the
contest will be won;
Spirit shall prevail.

Evergreen....

What a vision I behold.
As from flames silver and gold,
O Phoenix,
You rise majestic and bold!

Wings on our heels, looking ever for
ward,
Running the race of life;
Passion for living spurs us onward,
Running the race of life.
Our arena is a world where borders
shall fade.
Sisters and brothers, we join our
hands in unity,
Standing side by side.

Evergreen....

We keep before our eyes,
Joyful lives, the greatest prize,
O Phoenix,
As you glide towards the skies!

Sorrows and tears shall fade away
behind us,
Running the race of life;
Breezes and shining waves shall cheer
us,
Running the race of life;
Towards the constellations bright we
reach from afar.
Running an earthly course, children
of the universe
Among the stars.

Evergreen...

On the spirit of youth you soar,
O mythic bird of yore,
O Phoenix,
May you live forevermore!

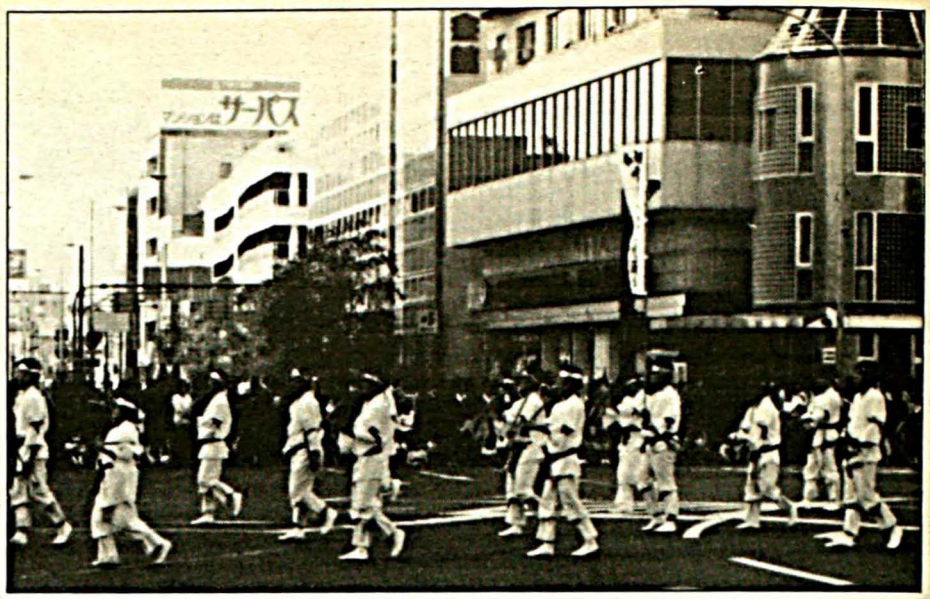
Translated by C. Misa Sugiura

Top Athletes in 14th All Japan Masters Athletics Championships

M60	Hideo Taguchi		PV	3.40
W50	Naoko Arashi		800	2:37.91
"	"		1500	5:19.23
"	"		5000	19:41.6
M40	Takeo Takanezawa		PV	4.60
M45	Takashi Shindo		HT	50.14
M50	Kenji Takeda	3000SC		11:12.0
M55	Ryosuke Tsurumari		200	24.50
M60	Toshiyuki Mihara		JT	47.70
M65	Sukeyasu Furukawa		100	13.18
M70	Juji Tanaka		80H	14.12
M75	Shigehiko Takarabe		100	14.68
M80	Yuichi Tateichi		TJ	7.97
M85	Tokutaro Sano		100	17.88
W35	Shinobu Kurosaki		800	2:23.58
W50	Kaeko Yuki		HT	23.62
W50	Yoko Sato		HJ	1.37
W55	Taeko Hashimoto		1500	5:32.37
W60	Hideko Koshikawa		80H	17.64

Competition Schedule

Oct. 7 (Thur.)	Decathlon, Heptathlon, 10,000 m
8 (Fri.)	Decathlon, Heptathlon, 10,000 m Celebration of the Lighting of the Veterans' Flame
9 (Sat.)	Track & Field Competition, Opening Ceremony
10 (Sun.)	Track & Field Competition, Cross-Country
11 (Mon.)	Track & Field Competition, Road Walk
12 (Tue.)	Non-Competition Day Regional Meeting Women's General Meeting Stadia and Non-Stadia Committee Meetings
13 (Wed.)	Track & Field Competition
14 (Thur.)	Non-Competition Day WAVA General Assembly
15 (Fri.)	Track Competition
16 (Sat.)	Track Competition, Party
17 (Sun.)	Relays Marathon Closing Ceremony



Seasonal parade through the streets of Miyazaki.

Countdown to Miyazaki

Continued from page 21

President, and Jim Blair, WAVA's Oceania delegate, visited Miyazaki in late June to help with planning.

"The new stadium is at least 80% completed," Taylor said upon his return, "and it's a fine facility. There are now many more English signs in the Sports Park."

Taylor said medical facilities looked good, and the free transport between the hotels and venues is set.

"We learned there are some 350 meters of road in the cross-country course lap, so those runners are advised not to wear spikes," Taylor said.

More than 100 professional interpreters will be used, as well as up to 700 volunteer interpreters — stationed at every hotel in accordance with the language. Maps in English will be provided for transport and restaurants.

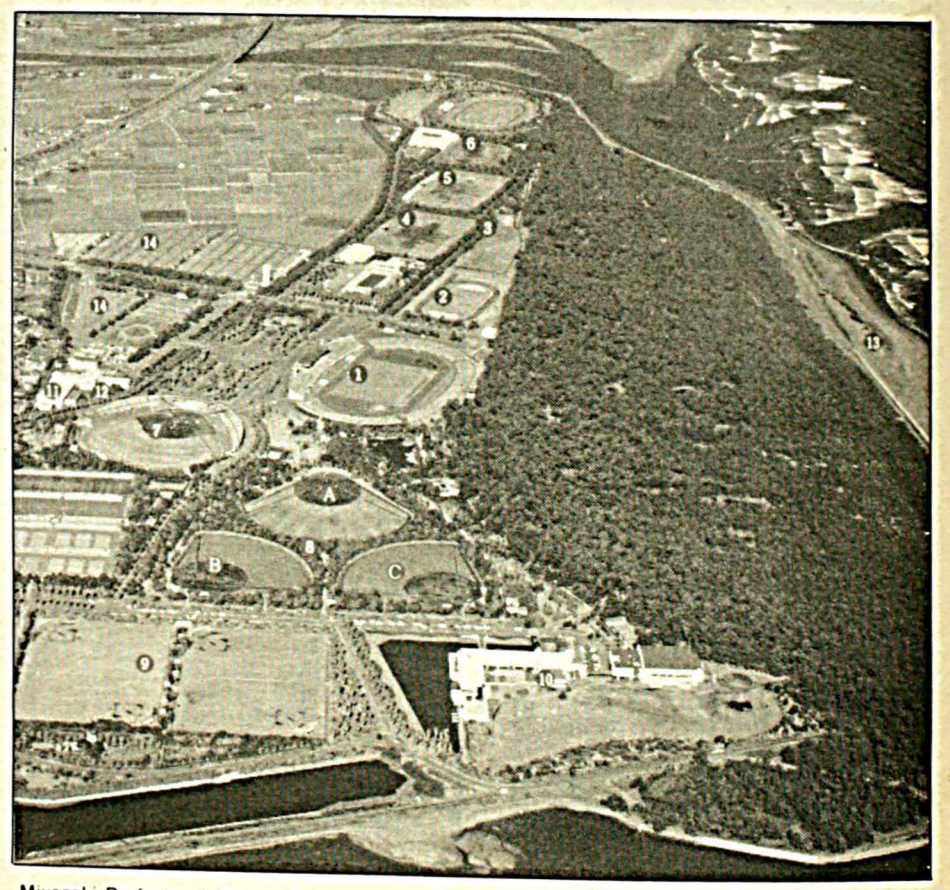
Colorful opening and closing ceremonies are planned and it's hoped that a member of the Royal Family will attend the former.

"The opening ceremony will introduce facets of traditional Japanese culture," Taylor said. "Both ceremonies should provide a moving experience."

Typhoon Robyn

While the organizers' decision to switch the original date of the event from August to October caused many

Continued on page 23



Miyazaki Prefectural Sports Park, site of the X WAVA World Veterans Athletics Championships. A comprehensive athletic facility carefully landscaped to blend with the pine forest which surrounds it, its total area of 1,387,000 sq. meters makes it the largest in Asia. 1) Main Stadium, 400m track, 31,000 capacity; 2) Practice field, 300m cinder track; 3) Throwing field; 4) Soccer field; 5) Rugby field, which is being replaced by a 400m track; 6) Ball field; 7) Main baseball stadium; 8A, B, C, Baseball fields; 9) Practice fields; 10) Youth center; 11) Training facilities and gym; 12) Dormitories; 13) 5K Road course; 14) Parking lots.

500 Compete in British Championships

by BRIDGET CUSHEN and MARTIN DUFF

Close to the mouth of the river Tyne, where for generations some of the most famous ships were built, amongst the now redeveloped shipyards stands the new international-standard Monkton Stadium in Jarrow. Here, on July 17-18, 500 veterans, including some from Canada, USA, Australia, and Ireland, gathered for the 23rd British Veterans Athletic Federation Championships.

They were not to be disappointed, as warm weather and an excellently organized meeting ensured exciting and tough competition in some age groups.

The remarkable Josie Waller, 71, broke her own 10,000 WR on the second day with a 48:10.98. Maurice Morrell's M60 2000 steeplechase WR was even more remarkable — he was the only competitor — racing around on his own in windy conditions to clock 7:13.66.

The name of Alan Meddings may not strike a chord with sprinters, but since he set a world best indoors in March for the M65 200 in 27.2 and is bound for Miyazaki, that may quickly change. He look impressive sprinting to a British record of 27.10 against the wind.

Glen Grant, a 3:51 1500 runner, dominated the M40 middle distance events, posting a 1:55.32 800 and a 4:09.28 1500.

Mike James caught the blustery wind in the right quarter to leap out to 6.91 in the M40 long jump, his best in three years.

Ron Taylor scored an impressive M55 triple in the sprints (12.30, 24.22 and 55.40) whilst for the women, Jocelyn Kirby clocked a good W35 double in the 100 (12.72) and 100H (14.24). Pat Gallagher took the W45 800 in 2:22.56, and a few days later set a new world W45 record of 2:17.4.

Taylor has failed to get a sponsor and will not be able to travel to Japan.

Outside of the championships, Pat McNab, the W50 world pole vault record-holder, has been spearheading a campaign for recognition of the women's pole vault in major championships. Pat placed fourth in the UK open event. Her record now stands at 2.90. □



Many of the marchers in this Miyazaki parade will participate in the colorful opening ceremonies on October 9.

Countdown to Miyazaki

Continued from page 22

foreigners to skip the meet, their reasoning — that August is the typhoon season — has been vindicated. On August 8-9, Typhoon Robyn, packing gusts of up to 160mph, roared through southern Japan, hitting Miyazaki hard. It's been a rainy year in southern Japan, where floods and landslides have killed at least 44 people. The weather in early October, on the other hand, is generally ideal.

Recently, U.S. network telecasts and weekly news-magazines featured "the number-one tourist attraction in Japan," the Segaia — Paradise in a Dome — a new attraction in Miyazaki with an indoor seashore, complete with artificial surfing waves.

"It's an incredible artistic display and a must for any tourist," Taylor said.

NMN will present a final update of the Championships next month. The event should be a fantastic experience for those fortunate enough to be able to go. The results and story of the meet will appear in either our November or December issue. □

— Al Sheahen



Opening ceremony at the 14th All Japan Masters Athletics Championships in Kobe, May 28.
Photo by Saeko Matsuo

14th Japan Championships Held in Kobe

by SAEKO MATSUO

Japan Masters Athletic Union held its 14th All Japan Masters Athletic Championships at Kobe Memorial Stadium from May 28 to 30, in concurrence with the Urban Resort Fair in Kobe.

More than 1600 athletes — the largest number ever — gathered to compete at the meet in this international city. With favorable weather, 61 Japan age-group records were set.

The Best Athlete Prize was awarded to Hideo Taguchi, M60, and Naoko Arashi, W50.

A 5K road race was introduced to this meet as a non-championship event. More than 600 runners of all ages participated.

This was a preliminary meet to the 10th WAVA Veterans Championships in Miyazaki, next month, and helped create an enthusiastic atmosphere. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"				
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2¾"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	
50-59	6.00k	1.50k	6.00k	800 gms.	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.



Women's Corner

by RUTH ANDERSON

Nine Straight — and Going On Ten

Only two women, Isabel Saumier Cunningham of Canada and I, have competed in all nine WAVA World Veterans Championships. Next month, I'll be in Miyazaki, Japan, for the 10th edition of the event. A few reflections:

Toronto, 1975: Women weren't going to be allowed to run in the cross-country event. After several months of correspondence prior to the meet, women were accepted, but only to run with the men with no women's divisions. Three women each from the USA and Sweden ran; we enjoyed a great feeling of camaraderie and accomplishment.

In the marathon, I finished first 40+ woman behind the overall W30-39 winner. The women's 5000 combined all age groups, and again it was a W30-39 runner first through the tape. Nearly all the media coverage went to the first-place finishers. Those events convinced me that women veterans should start at age 40.

Gothenberg, 1977: All 72 women ran together in the cross-country over a wonderfully hilly, wet, grassy course. Miki Gorman celebrated her 40th birthday by winning the W40-44 division, only 15 seconds behind the W35-39 first-place woman. My 39:57 was good enough for first W45, but not fast enough to score on our W40-49 USA team.

Hannover, 1979: This meet began on my 50th birthday. I missed my 10,000 race because they moved up the start time to combine the 50+ age groups, but I was allowed to run — but not score — with the W40-49 groups. I finished fifth in the 800 and second in the 5000 (20:15).

The marathon on the final day made it one of my finest competitions.

Christchurch, 1981: New Zealand is a beautiful country, and I met with new and old friends. The lack of any team scoring was disappointing, but I was pleased with bronze medals in the 1500 and 5000, and silvers in X-C and 10,000, but could only manage fourth in the marathon.

Puerto Rico, 1983: No country had enough runners for either the X-C or marathon women's teams. The days were hot and muggy, but most distance races were held in the evening, except the X-C and marathon.

After a near-disaster at the X-C, a large number of marathoners did not compete. The X-C finish area looked like a war-zone medical station, with collapsing athletes needing IV's, and ambulances coming and going. My California heat training helped me finish first in the X-C and 10,000, and second in the 5000.

Rome, 1985: The competition in my new W55 division was the toughest yet with stars such as Marion Irvine (USA) and Jean Albury (AUS) joining this group. I managed a fourth in the X-C, third in the 1500 and 10,000, and second in the marathon.

Melbourne, 1987: Both Marion Irvine and I were injured, but she was still able to push Jean Albury to four firsts in their match-ups. I took fifth in the marathon, and helped our USA W50 team to third place in the team X-C. Again, the never-ending camaraderie was the best reward.

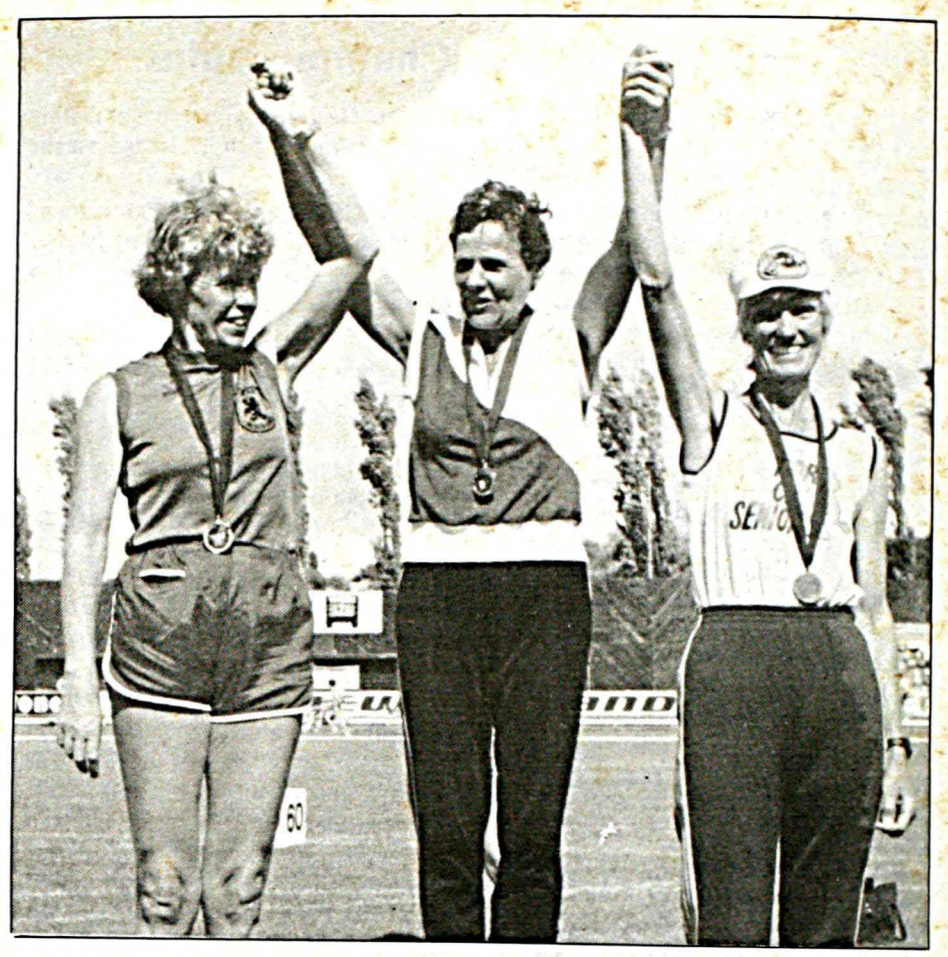
Eugene, 1989: The first day was my 60th birthday, but a dislocated shoulder and twisted ankle left me in poor condition. I finished the X-C and 10K road race, and was thrilled to score for the USA W60+ team with a third in the marathon. Sister Marion was awesome, winning all five of her W55 events, only three months before she turned 60.

Turku, 1991: A week before Turku, I fell and dislocated my shoulder again. I got to watch Marion win all four of her events, despite a bad cold she caught on the plane, and lead our W60-64 USA team to a silver in the X-C. I also scored, keeping my X-C streak intact. I managed a bronze in the marathon (3:55:54) behind Tasmania's Shirley Brasher (3:49:54) and Germany's Inge Nagel (3:50:41), moving down to score for our W50 team. It was nice to get the hardware, but, as always, the very best part was meeting some great people. □

(Ruth Anderson is one of only 24 athletes who have competed in all nine previous World Veterans Championships. A special ceremony next month will honor each of those 24 who make it to Miyazaki.)

Ten Years Ago September, 1983

- 1900 Athletes Enter V World Veterans Games in Puerto Rico; to Avoid Cancelling Games, WAVA Tells South Africans to Stay Home.
- Herm Wyatt Raises World M50 High Jump Mark to 6-1¾.
- Antonio Villanueva, 41, Runs Record 30:01 in Peachtree 10K.



Ruth Anderson (r), on the victory stand at the IV WAVA World Veterans Games in Christchurch, New Zealand, in 1981.

Dunsford, Mitchell Vie for Women's Post

On October 12 in Miyazaki, Japan, delegates to the Women's Meeting of the World Association of Veteran Athletes will choose a new representative to replace England's Bridget Cushen, who is stepping down after serving the maximum five two-year terms.

Unlike nominations submitted to the General Assembly for other council posts, which must have been submitted by August 14, nominees for women's representative may be submitted anytime up until the election in Miyazaki.

At NMN press time, two candidates had been nominated: Barbara Dunsford of England and Marilyn Mitchell of the USA.

Below is a statement from each candidate:

Barbara Dunsford

Barbara gained representative honors as a schoolgirl. She was an all-round athlete competing in events from 100 up to 2 miles, also hurdles and cross-country. As a senior she represented her country in cross-country, before assuming marriage and family responsibilities.

She restarted in the sport by training as a Racewalking Judge, an event her husband took part in, and soon rose to a Grade 1. She has judged at many of the European & World Veteran Games, as a Racewalking Judge, sometimes acting as Chief Judge.

She was Entries Secretary for the 1984 European Veterans T&F Championships, which saw over 3000 competitors assemble in Brighton.

Over the years Barbara has visited 37 countries on tours, acting as Entries Manager as well as coordinating travel, hotel, insurance and all the other demands from a varied sport.

She has always been available to give advice to other countries organizing the Veteran Events. Her expertise has been recognized with honors from Greece, Hungary, Italy, Yugoslavia and Czechoslovakia.

As a veteran athlete, she won the World Women's 45 age group in the 10K walk in New Zealand, and now competes in the Women's Hammer.

She is currently a member of WAVA non-Stadia Committee which oversees facilities for major World and European events, and has organized Club and National Track & Field Championships.

Trained as an accountant, she manages her own company. Married with three children, she lives in Harrow, England.

Her aim, if selected as WAVA Women's Representative, is to encourage more women to compete and enjoy our sport.

Marilyn Mitchell

Professional Achievements

November, 1987 to present: Free-Lance Consultant. Consulting projects (primarily computer) and temporary work. Computer software applications. Specialty: constructing databases and spreadsheets in Lotus 1-2-3, dBase III, presentation work in WordPerfect 5.1.

November, 1973 to November, 1987: Bankers Trust Co., Account Officer, Asia Group and Europe Group. Correspondent and merchant banking with Southeast Asian and German banks and their U.S. branches/affiliates. Account management of one of bank's largest custody customers (more than $1B in assets).

Administrative Achievements

- USA Track & Field Site-Selection Committee for 1995 WAVA Championships
- WAVA delegate, Xalapa, 1992; Miyazaki, 1993; alternate, Turku, 1991
- Honolulu Marathon Press Liaison Officer, 1992-93
- USA T&F Federation Indoor Championships, Press Crew, 1991-92-93; Outdoor Championships, 1991
- National Secretary, USA Track and Field Federation, Masters Committee, 1990-93
- Certified track and field official, 1992
- One of New York Road Runners Liaison staff with elite runners and foreign teams, World Cross-Country championships, 1984
- Head of Registration, New York City Marathon, 1983
- Writer, National Masters News, 1990-93

Athletic Achievements

- World- and nationally-ranked masters competitor at 100 and 200, 1985 to present
- Distance running, 1983-93

Education

- Bachelor of Arts Degree, Political Science, Honors, 1964, University of Wisconsin
- Ph.D. Candidate. Political Science, Massachusetts Institute of Technology. Completed all requirements except thesis.

International Scene

Continued from page 19

You will recall that we have had big problems in many countries due to the difference between our rules and the rules for veterans stated in the IAAF's Handbook.

For example, the IAAF rules state that the age group is to be determined on the basis of the year of birth, while WAVA uses the date of birth.

WAVA, itself, wouldn't have had either the moral or the practical power to change any IAAF rules. But, since we are now acknowledged by the IAAF and we have an IAAF Council member on our Council, the IAAF General Secretary included on the agenda of the next IAAF Congress in Stuttgart (August, 1993), at our request and with the favorable opinion of Cesar Moreno Bravo, the proposal to delete from the IAAF rules any items regarding veterans activity.

In other words, at the next IAAF Congress, it will be proposed that the IAAF should ratify that WAVA rules — as decided by the WAVA Assembly — are the IAAF rules for veterans. I'm sure everyone will realize that this amendment to the IAAF rules, which the Congress in Stuttgart presumably will approve, is going to represent a milestone in our evolution.

7) We are working on improving or initiating relationships with the IAAF Continental Associations. We have invited President Nebiolo and the six IAAF Continental President to Miyazaki. Mr. Lamine Djack (Africa), who is also an IAAF Vice-President, and Mr. Mohamad Hasan (Asia), have sent confirmation that they will join us.

Unfortunately, President Nebiolo and the Presidents of Europe and Oceania are unable to attend. We have received letters of warm support, thanks and appreciation from them.

We are still awaiting replies from North America and South America.

8) We are at work helping to solve some national problems. I'm pleased to confirm that none of our independent veterans' associations have been weakened by our current structure. The most difficult and complicated case we face is India.

All is Going Well

Generally, all is going well. The financial situation is good, even though the expenses of trips, telephone, fax and mail, which are necessary to better the communications between the Council members and the Continental and National affiliates, have increased remarkably.

Problems of coordination arose in the past with initiatives regarding the Veterans multi-sport activity — mainly the Masters Games. Therefore, we invited the main representatives of those Games to a meeting in London. (See separate story.)

We still must solve the problems of coordinating bids, Assembly approval, and a reasonable calendar for our Championships. We'll carefully study these matters in Miyazaki.

I'm pleased to tell you that we have many bidders for 1995, 1996, and 1997. Certainly, it is much better to have problems of choice than the contrary.

I would like to close my message with some notes regarding the Miyazaki Championships. I have had, and continue to have, many contacts with the organizers, who seem very well prepared. They are efficient, enthusiastic people. The place is wonderful. Facilities are superb. A fantastic opening ceremony will be held. More than 10,000 athletes will probably compete.

All this makes us think it will be a great success for WAVA and a new occasion to meet old friends and make new friends from all over the world, which certainly is our main purpose, even beyond the joy of competing in our beloved sport.

I look forward to seeing you soon. □

MASTERS GAMES

On July 15-16 in London, a group of WAVA, IAAF and Masters Games representatives met to discuss the relationship between WAVA and the Masters Games.

As you remember, in 1985 and 1989, the Masters Games were organized without any consultation with WAVA, and at dates clashing with the WAVA calendar. The response of WAVA to this lack of coordination was to write a letter and circulate it to all WAVA affiliates, advising them not to take part in the Masters Games.

A second reason for WAVA opposition to the Games was their commercial orientation. In the future, all revenue collected from the sanction fees will be utilized to finance an international secretariat and promote future Games.

The next Masters Games will be held in October, 1994, in Brisbane, Australia. The situation this time is completely different from the one before.

The organizers contacted WAVA for acknowledgment and chose a date (an even-numbered year) so as not to clash with the WAVA World Championships. In the future, further steps will also be taken to avoid any calendar conflicts with WAVA Regional Championships.

Moreover, the 1994 Masters Games are not supposed to replace Olympics Games for Veterans, but are meant to be a "festival" of competition. The organization is managed by an international board of directors, elected by the GAISF Assembly (General Assembly of International Sport Federations) which is committed to ongoing contact with WAVA.

In this light, WAVA's position has changed and is no longer opposed to the Games. WAVA is pleased to have the opportunity to keep in touch with the evolution of this kind of event in the future. □ — *Cesare Beccelli*
WAVA President

(Note: Attending the meeting were David Williams, Chairman of the Internal Board of Governors World Masters Games; Stan Perkins, President of Australian Veteran Athletics; Kai Holm, President of the Danish Olympic Committee; Cesare Beccalli, WAVA President; Torsten Carlius, WAVA Secretary; Bill Taylor, WAVA Vice-President (Stadia); Florence Bobin, IAAF/WAVA Liaison.)

Preferred Agent for the World Masters Games

KITT
Kristensen International Travel & Tours, Ltd.



World Masters Games 1994
Brisbane, Australia

The World Masters Games to be held in Brisbane from **Sept. 26 to Oct. 8, 1994** promises to be an exciting event for sports enthusiasts. **KITT's** *'Down Under'* specialists are experienced, qualified agents who are ready to customize your travel needs. WMG entry fee is $125. Call us for the following:

- *WMG Registration Package*
- *Accommodations*
- *Custom Pre & Post Tours*
- *Special Airfares*
- *Passport & Visa Processing*
- *Car Rental & Bus/Rail Passes*

Call KITT—We *know* Australia.
612-854-5589 or 800-635-5488
Two Appletree Square, Suite 150 - 8011 34th Ave S.
Minneapolis, MN 55425-1637

A WORLD CLASS OPPORTUNITY

Competition at the World Masters Games will be at world standard venues throughout Brisbane including the QEII Jubilee Sports Centre, the Sleeman Sports Complex and South Bank Parklands - the redeveloped site of World Expo 88.

An international conference in Sports Medicine will be held in conjunction with the World Masters Games. The event also coincides with Brisbane's famous Warana Festival - the 10-day celebration of the coming of spring.

WORLD MASTERS GAMES
1994 BRISBANE AUSTRALIA

SPORTS TRAVEL INTERNATIONAL, LTD.
(619) 225-9555 or (800) 466-6004

The Challenge Never Ends!

Track & Field Sept. 26th - Oct. 3rd, 1993
See Enclosed flyer for the full listing of 30 Masters Sports

QANTAS XXXX Our beer IBM

MASTERS SCENE

NATIONAL

• What is the best treatment for common sports injuries? What type of exercise is proper for older adults? These are examples of the general health questions that physical therapists will answer on a national hotline on October 8-9, 9 a.m. to 5 p.m., Pacific Time. The toll-free number is 1-800-955-PT4U. Callers will receive a free brochure, "Fitness, A Way of Life." Requests for the brochure may be mailed along with a self-addressed, stamped, business-size envelope to Fitness for All Ages, APTA, P.O. Box 37257, Washington, D.C. 20013. The hotline is sponsored by the American Physical Therapy Association (APTA) and the California chapter of APTA, in celebration of **National Physical Therapy Month.**

• **Road Race Management** newsletter will conduct its 11th annual Race Directors' Meeting & Trade Show, November 5-7, Washington, DC. Two hundred and fifty race directors, officials, corporate sponsors, ad and PR executives, and others interested in road running are expected to attend. SASE to RRM Race Directors' Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201. 703/276-0056.

• A late correction to an item in the March issue article on the Dartmouth Relays, which indicated that the M80-84 SP WR of 28-9¾ had been broken with a 30-4. The record is 30-5, held by **Leon Joslin**, Seattle, set in Columbus, OH, in 1992.

EAST

• **Ken Callihan** (1 mile), **Francisco Rodriguez** (2 mile), and **Larry Graham** (3 mile), running as the Ho Ha Yaks Team, totaled 34:39 in the NYRRC 1+2+3=6 Relay, Central Park, July 11, to win the M40+ title. The Central Park Has-Beens trio of **Irene Jackson** (1), **Jessie Lea Hayes** (2), and **Sylvie Kimche** (3) took the W40+ title in 41:58.

• **Atlaw Belilgne**, 48, captured the M40+ title in the NYRRC Roosevelt Island 5K, July 18, in 16:14. **Jacqueline Seltzer**, 41, charged to the W40+win with a 22:19. **James Keeney**, 77, won the M75+ race in 26:15.

• **Carlos Roa** (40, 26:35) and **Suzanne Rohr** (43, 34:00) were 40+ winners in the NYRRC Club Team Championships 8K, Central Park, July 25. In the "Not The Club Team Championships," run an hour later, 40+ honors went to **Vincent Shaw** (40, 28:39) and **Joanne Doyle** (45, 33:15).

• The Philadelphia Convention and Visitors Bureau has created the Philadelphia Running Map. The routes ranges in distance from 2.5 to 6 miles. For more information, call (215) 636-1666 or (800) 537-7676 or write the Bureau at 16th and JFK Blvd., Philadelphia, PA 19102.

• Fast times at the K-Rock Reservoir 5K in Central Park, August 1, by **William Fortune**, M65 (19:50) and **Sylvia Weiner**, W60 (24:09).

• **Barry Ivers**, 82, raced 100 meters in a fast 16.34 in the Maine/USATF meet.

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.

- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send $5.95 plus $1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____



Paul Spangler, 94, competing in the Pacific Association Championships in Los Gatos, CA, June 12.

Photo by Shirley Dietderich

SOUTHEAST

• The Southeast Regional Masters T&F Championships will be held at the U. of Florida in Gainesville, September 25. See schedule for details.

MIDWEST

• With an eye to the nearby Mississippi River, 16,869 runners lined up in Davenport, IA for the AARA Championship 7K, July 24. Flying high and dry were **Nick Rose** (34:41) winning $1000 and **Bill Rodgers** (36:00) who donated his $500 purse to the flood relief fund. **Carol McLatchie** (40:31) and **Barbara Filutze** (41:29) led the masters women along the Mississippi mud, taking home $1000 and $500, respectively.

MID AMERICA

• **Doug Bell**, 41, Greeley, CO was 12th of 1167 finishers in the Colorado Springs 10K, July 25, with a 32:53. **Cheryl Beckwith**, 44, Denver, won the W40+ race in 42:06.

WEST

• **Charlie Rader** set an M45-49 HJ AR of 1.92 at the West Regional Championships, Norwalk, CA, July 31-August 1. Herm Wyatt held the old record at 1.90. Over 200 athletes were in attendance in perfect weather at the fine facility at Cerritos College.

• **Francie Larrieu-Smith** dropped out of the City of San Francisco Marathon at mile 19 after experiencing back pains. "It's nothing serious," she said, "but after all the downhill in the beginning of the race I started to notice it." Larrieu-Smith indicated she will concentrate on the 100K this fall.

• A cool 4th of July morning spurred on **John Brennand**, 57, to a strong 58:02 finish at the 39th Annual Semana Nautica 15K in Santa Barbara.

• **Don DeNoon**, who turned 50 in May, set a 5000m RW record of 22:03 at the SCA/USATF Masters Championships at Cerritos College, June 27. Asked about his earlier career, Don answered, "I am racing faster now than I did then. And I think I can take another 2 minutes off my time by October for the World Veterans Games in Japan."

NORTHWEST

• **Brady Walker**, 72, Orem, UT, threw the 56-lb. weight 19-3½ to break the M70-74 U.S. record of 15-9, in the Helena, MT, meet, July 10. **Manuel White**, 77, Helena, smashed single-age WRs for the 35-lb. (25-8) and 25-lb. (32-10¾) weights.

• **Steve Lester**, M50, turned in an M40+ victory (33:10) in the Golden Swirl 10K, Salt Lake City, June 19, and third overall (16:17) in the Holladay 5K, July 17.

CANADA

• **Harold Morioka**, M50, in an open provincial championships in July, clocked hand times of 51.1, 51.3, and 51.4 for the 400. A 51.3 equals an age-graded 99.4%. The WR lists 51.8 by **Ron Taylor** in 1986. Earlier in July, Morioka ran a first-ever 800 in 2:01.3 (WR is 2:00.40).

• **Chris Murphy**, 41, was sixth overall in the annual MEWS 8K, New Brunswick, July 4, in 27:11. **Art Meaney**, 49, was seventh in 27:34.

INTERNATIONAL

• Dutch master **Carla Beurskens** led the women's field for several kilometers in the Piet Van Alphen Memorial Half-Marathon in Onderdijk, Holland, July 17. Her eventual second place finishing time of 75.22 put her six minutes ahead of the third place finisher.



Doris Pritchard is all smiles as she earns the 4th-place trophy in the W65 race, Long Island Women's 5K, Jericho, July 3.

Photo from Mike Polansky

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. 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 2372, Van Nuys, CA 91404.

November 30-December 4. USATF 15th National Convention, Rivera Hotel, Las Vegas. USATF, PO Box 120, Indianapolis, IN, 46206-0120. 317/261-0500.

TRACK & FIELD NATIONAL

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

ON TAP FOR SEPTEMBER

TRACK AND FIELD

Post-Nationals activity includes the USATF Masters Weight Pentathlon Championships near Chicago on the 25th. The Rocky Mountain Games, Boulder, Colo., opens on the 4th for two days. The Potomac Valley Games are set for the 5th in the D.C. area. The next weekend offers the Thomasville, N.C., decathlon; meets in Canada and Puerto Rico starting on the 11th, and in Columbus, Ohio; Long Beach, Calif. and Berkeley, Calif., on the 12th.

The California Senior Olympics (ages 30+) are scheduled for the 17th-26th at UC-San Diego. The KELfield Throws Meet on the 18th in Santa Cruz, Calif., is the inaugural meet at a facility designed especially for throwers by Gary Kelmenson.

A belated Southeast Regional Championships takes place at Gainesville, Fla., on the 25th.

LONG DISTANCE RUNNING

Two USATF Championships are scheduled: the 24-Hour on the 18th-19th and the 10K on the 25th. Other races of note are the NYRRC Race For The Cure 5K on the 12th, Prefontaine 10K in Oregon on the 18th, and the Eriesistible Marathon and Philadelphia Half-Marathon on the 19th.

RACEWALKING

Three USATF Championships dominate a busy schedule: the 40K on the 12th, the 5K on the 18th, and the 100K/100 Mile on the 25th-26th.

EAST

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

September 5. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N., Arlington, VA 22207. 703/243-1290(h); 202/219-1913(w).

September 26. NY Masters Mini-Meet (throws & jumps only), Merchant Marine Academy, Long Island. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516/487-1417 (7-9 pm).

SOUTHEAST

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

September 11-12. Thomasville Fall Masters Decathlon/Heptathlon. SASE to Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 919/476-1228 (after 6:30 p.m.).

September 25. USATF Southeast Regional Masters Championships, U. of Florida, Gainesville. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

September 30-November 2. Georgia Golden Olympics, 878 Peachtree St., NE, Rm. 102, Atlanta, GA 30309. Vicki Pilgrim, 404/894-4451.

October 9. Nashville TC Mini-Meet. Vanderbilt U. Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

MIDWEST

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

September 12. Ohio/USATF Wolfpack Throwing Classic (6 events), 56-lb. Weight, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

September 17-19. Heart of America Senior Olympics. 55+. Ben Thompson, 10000 Wornall Rd., Kansas City, MO 64114. 816/942-0994.

September 19. Lincoln TC Classic, Woody Greeno Track, 11 a.m. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Louisiana, Mississippi, Texas. Arkansas, Oklanoma

September 11. Waterloo Relays, Pflugerville, Texas (near Austin). Age-graded relay & non-relay events. SASE to Jeff Brower, 8314 Stillwood Ln., Austin, TX 78757-7637. 512/453-3139; 477-1219.

September 24-26. Arkansas Senior Olympic Games, Hot Springs. Gail Ezelle, 905 W. Grand, Hot Springs, AR 71913. 1-800-467-2170.

WEST

Arizona, California, Hawaii, Nevada

September 8-20. Bay Area Senior Games. 55+. Harold Longwood, PO Box 10385, Oakland, CA 94610. 510/436-0927.

September 10-13. Flagstaff Senior Olympics. Carole Mandino, No. Ariz. Regional Gerontology Institute, NAU Box 15063, Flagstaff, AZ 86011. 602/523-6584.

September 11. Senior Olympics, Laney College, Oakland, Calif. 55+. Barbara Chang, 510/531-9721.

September 11-12. Corona Senior Olympics. 50+. Corona Parks & Recr., 815 W. 6th St., Corona, CA 91720. 909/736-2363/736-2241.

September 12. Northern California Seniors T&F Classic, U.C., Berkeley. 30+. Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

September 12. Sri Chinmoy Masters, CSU-Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271.

September 17-19. California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-9046, or 800-246-9077.

September 18. Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

October 2. Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 9. Senior Olympics, Valley College, San Bernardino, Calif. 55+. Cynthia Brooks, 909/384-5363.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

November 13. Senior Olympics, Long Beach, Calif. 55+. Windi Snellen, 310/421-9431.

NORTHWEST

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

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

Continued on page 28

SOUTHEAST REGIONAL MASTERS CHAMPIONSHIPS
Saturday, September 25, 1993

MEET DIRECTOR: Alfredo Rossi (904)375-2381
MEET MANAGER: Jim Simpson (904)392-3001
OFFICIALS COORDINATOR: Tom Turk

PLACE: Percy Beard Track on the University of Florida Campus (one block from the football stadium).

RULES: TAC SANCTIONED. TAC rules. (USA Track & Field)
THROWING: Each competitor will have six throws.
JUMPING: Six jumps on the long jump and triple jump.
RUNNING: The order of the races will be from the youngest to the oldest; however, ages will be combined when there is no conflict of elimination for an award.

AWARDS: Three medals by each 5 year age group.

SPECIAL AWARDS: Outstanding Performance (age-graded) for both men and women in the following categories: Sprints/Hurdles, Jumps, Throws, Distance Runs/Walks.

TEAM CHAMPIONSHIPS: Scoring 5 - 3 - 1 point per event/age group.

ENTRY DEADLINE: Sept. 15, 1993 (Late entry possible with extra fee.)

OTHER: Electric Timing and Wind Gauge.

ENTRY FORM

Circle events you are entering
Order of events
From 8:00am to 1:00pm approx.

MEN'S		WOMEN'S
5000W/5000*		*5000W/5000
LJ/SP/HJ		80H/100H
110H/100H		LJ/SP/HJ
400H/300H		300H/400H
TJ		DT
DT		400
400, JAV		1500
1500	4x100	JAV
100		100
800	4x400	800
PV		200/HT
200, HT		PV

Relays in 10-year age groups.

*5000W will start at 8:00 a.m. with the 5000 to follow.

USAT&F Registration forms available at the meet.

Return this form with the appropriate fee or register the same day of the event with a $5 late fee payment. Be at the track at least half-an-hour before your event, to register or to confirm your entry personally with an ID. Track qualifying heats will be held if necessary and if you miss them you are not in the final. Open to all individuals over 19 years of age at the date of the event.

USA T&F Registration No.: _____
Name: _____
Affiliation/Club: _____
Address: _____
_____
Phone: _____
Sex: _____ Age: _____ Birthdate: _____

In consideration of accepting this entry, I declare myself physically able to compete in this meet and waive myself, heirs, and administrators of all claims for damages that may accrue against any and all persons in any way associated with this event.

Date: _____ Signed: _____

Fees: $15 for the first event and then $5 for each additional event. $5 same day entry fee.

Make checks payable to: Florida Track Club
Mail entry and check to: Jim Simpson
615 SW 80 Drive
Gainesville, FL 32607

Continued from page 27

CANADA

September 11-12. Canadian Masters National Championships, Centennial Stadium, Etobicoke, Ont. M35+, W30+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.
August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

INTERNATIONAL

September 11-12. San Juan Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters, c/o Mr. Jesus E. Galvez, PO Box 31300, 65th Infantry Station, Rio Riedras, PR. 00929-0300. Or call Gilberto Gonzalez, 809/765-5702.
October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.
October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.
July, 1994. Oceania Regional Championships, Fiji.
September 24-October 8, 1994. World Masters Games, Brisbane, Australia.

LONG DISTANCE RUNNING

NATIONAL

September 18-19. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Held along with open championships. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419/475-0731.
September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.
October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.
October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.
November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.
November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.
November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

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

September 6. New Haven 20K/5K. John Busiewicz, P.O. Box 1893, New Haven, CT 06508. 203/387-0214.
September 12. Chubb Life 5K/10 Mile. Chubb Life Run, One Granite Place, Concord, NH 03301. Michael Holmes, 603/226-5216; Linda Frawley, 226-5298.
September 12. NYRRC 5K Race For The Cure, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.
September 19. Eriesistible Marathon. Kenneth Chestek, 447 Kahkwa Blvd., Erie, PA 16505. 814/455-4562.
September 19. Philadelphia Half-Marathon. PDR, P.O. Box 43111, Philadelphia, PA 19129. 215/293-0786.
September 25. Bulldog Invitational 5K Cross-Country. M&W30+. Bergen Comm. College, Paramus, N.J. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.
September 26. The Great Race 10K. Mike Radley, 400 City-County Bldg., Pittsburgh, PA 15219. 412/255-2493.
September 26. Rockland Half-Marathon (RRCA state championships), Tappan Zee Sports, PO Box 249, Orangeburg, NY 10962. Shelly Morgan, 914/359-5425.
September 26. RRCA Age Group Cross-Country Championships, Van Cortlandt Park, Bronx. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.
October 2. NYRRC Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.
October 10. Tri-State TC Age-Group Cross-Country Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.
October 10. Yankee Runner 5K Cross-country. Separate masters race. David Abusamra, Governor Dummer Academy, Byfield, Mass. 01922. 508/462-8672 (7-9 pm); 465-1763 X83.
October 10. Connecticut Senior Olympics 10K & RW, Bridgeport, 55+. Senior Olympics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. 203/576-4722/576-4242.
October 11. Tufts 10K. Andrea Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617/439-7700.
October 17. Army 10 Miler. SASE to Army 10 Miler, PO Box 46594, Washington, DC 20050-6594.
October 24. Marine Corps Marathon, Washington, DC. MC Marathon, PO Box 188, Quantico, VA 22134. 703/640-2225; 690-3431.

SOUTHEAST

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

September 18. Virginia 10 Miler. SASE to Marilyn Reynolds-Straub, P.O. Box 3035, Lynchburg, VA 24503. 804/525-5420.

MIDWEST

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

September 4. Charleston 15 Mile/5K. Charleston Distance Run Comm., P.O. Box 2749, Charleston, WV 25330. 304/348-6464.
September 16. Blade 10K, Toledo, Ohio. Bil Heminger, Blade 10K, P.O. Box 958, Toledo OH 43697.
September 26. Ohio/USATF 10K Championships (Blade 10K), Toledo. Bill Heminger, 2523 Melva Ct., Toledo, OH 43611. 419/726-4336.
October 10. Fox Cities Marathon, Appleton, Wisc. Marathon, 835 Valley Rd., Menasha, WI 54952. 414/954-6790.
October 10. Over The Hill Cross-Country, Univ. School, Pepper Pike, Ohio. Donna Mann, 28791 Clark Dr., Wickliffe, OH 44092. 216/585-1663; Jeff Gerson, 216/382-2656.
October 17. Motor City Marathon, Detroit. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

MID-AMERICA

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

September 12. Lovelace Duke City Marathon. Marathon, P.O. Box 14903, Albuquerque, NM 87191. 505/888-2448.
September 25. 31st annual Jackrabbit 15. Prairie Strider TC, Box 267, Brookings, SD 57006. 605/692-2414.
October 2. 1993 Chickasaw Festival. c/o Johnston County CoC, 101 South Capitol, Tishomingo, OK 73460. 405/371-2175.
October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.
October 24. Columbus Marathon. P.O. Box 26806, Columbus, OH. 614/433-0395.

WEST

Arizona, California, Hawaii, Nevada

September 11. Harbor Light Half-Marathon 5K/10K, San Pedro, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
September 19. Five Acres Old Pasadena Run, 5K/10K. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
September 26. Cacique Run for the Children, 5K/10K, Griffith Park, L.A., CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. Entry form in June issue.
October 9. Juan In A Million 5K. Masters money. Ed Preciado or Eileen Brown, 700 East Charleston Blvd., Las Vegas, NV 89104. 702/385-1281.
October 23. Marina Breakers 5K/10K, Marina del Rey, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
November 7. Back Lot Run 5K/10K, Universal City, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.
December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. Fax 702/878-1038.

NORTHWEST

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

September 6. Founders Day Lithia Park 8K. Tom Burnham, So. Ore. Sizzlers, 451 Thornton Way, Ashland, OR 97520. 503/482-4467.
September 18. Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine 10K, P.O. Box 1380, Coos Bay, OR 97420. 800/762-6278 (OR); 800/824-8486 (out-of-state).
September 26. Portland Marathon. SASE (55¢) to Marathon, PO Box 4040, Beaverton, OR 97076. 503/226-1111.

CANADA

October 2. Canada vs USA Cross-Country Challenge, Mundy Park, Coquitlam, B.C., Canada. John Woodcock, 1833 Walnut Crescent, Coquitlam, B.C. V3J7T4. 604/939-1324.

INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.
July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.
September 5. North American Masters 15K Racewalk Championships. Also 5K and Open Divisions. Albuquerque, N.M. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.
September 7-October 6. Fall RW Clinics, Washington, D.C. metro area. Tues. & Sat. Valerie Meyer, 703/671-3655.
September 11. Tournament of Walkers 3K/5K/10K (track). Cal Tech, Pasadena. Richard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604. 818/985-9854.
September 12. USTAF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.
September 12. Ohio/USATF 2-Hour Track Run/RW Championships, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.
September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.
September 19. One-Hour RW, Williams HS, Alexandria, Va. 9 am. Sal Corallo, 703/243-1291.
September 19. MAC 5K Championships, Central Park, NYC. Richard Goldman, Metropolitan RWRs, 2711 Henry Hudson Parkway, NY, NY 10463.
September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385, 513/376-8019; 372-6908.
September 25-26. Alongi Festival, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127.
October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.
October 16. MAC 30K Championships, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.
October 23. 2nd Annual Bowl To Bowl Walk, Rose Bowl, Pasadena, 5K USATF, 5K unjudged, 1.7 mile recreational, men, women, children, Jim Hanley, director. Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064; 397-4062.
October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.
November 6. Racewalk Clinics, Los Angeles. Technique 10 am; racing 2 pm. Viisha Sedlak, coach. ARWA, 303/447-0156; Elaine Ward, 818/577-2264.



SRI CHINMOY MASTERS TRACK & FIELD
40 and over
CSU Long Beach, Sunday, September 12, 1993
To receive an entry form, kindly call 310/645-0271 and leave your name, address and phone number.
(Please speak clearly and slowly — Thank You)

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

W30-34			
Martha Mendenhall	High Jump	5-01 1/4	7/17-18/93
W35-39			
Annie Conneau	10K	42:17	7/12/92
W60-64			
Judy Fetherston	Javelin	65-05	5/09/93
M40-44			
Don Drozd	800M	2:05.7	7/01/93
	800M	2:02.5	7/18/93
M45-49			
Ron Broce	Shot Put	12.03	9/5-6/92
Rab Hagin	400M	54.8	5/16/93
	200M	24.5	6/06/93
M50-54			
Ron Jensen	200M	25.81	6/26/93
Terry Simons	Discus	141-6	7/11/92
Jim Swayze	Long Jump	5.14	4/03/93
M55-59			
Bailey Abernathy	800M	2:24.02	7/11/92
Jerry Fasteen	Shot Put	37-2 1/2	3/13/93
Bob Greer	100M	12.8	5/22/93
	200M	27.06	5/22/93
M60-64			
Jack Keener	One Mile	5:33.41	6/05/93
M65-69			
Rodney A. Brown	400M	1:07.03	6/23/92
	800M	2:42	6/23/92
Peter Escobar	100M	13.7	4/24/93
Edward J. Gawinski	15K RW	1:34:52	4/17/93
M70-74			
Thomas T. DeVaughn	Hammer	95-11	5/30/93
Jerry R. Siefert	Javelin	108-7	8/16/92

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3/4	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5¾	13-7¾	12-9½	11-9½	10-10	10-0	9-2¾	8-4¾	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4¾	19-2¾	17-10½	16-9	15-7	14-5¾	13-1½	11-11½	11-0	9-10	8-8¾
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7¾	22-4	20-¼	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3¾	42-8	39-4½	40-8¾	36-9	39-4½	35-5¾	33-0	28-10½	25-1¾	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2500	2500	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5¾	4-2	3-11	3-8	3-6¾	3-4¾	3-2¾	3-0¼	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7¾	3-3¾	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4¾	8-6¾	7-8¼	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2¼	28-2½	25-7¾	23-7	21-0	18-8¾	17-1	15-5	13-9¾	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6¾	27-7	25-3¾	26-1	23-7½	21-4	19-0¾	17-3	15-5	13-11¾
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40+: 30"
3) Shot put: 30-49: 4k; 50+: 3k.
4) Javelin: 30-49: 600gm; 50+: 400gm.
5) Hammer: 30-49: 4k; 50+: 3k.
6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME_____ AGE-GROUP _____

ADDRESS_____ SEX: M_____ F _____

CITY_____ STATE_____ ZIP _____

MEET_____ DATE OF MEET _____

MEET SITE _____

EVENT:_____ MARK: _____

HURDLE HEIGHT_____ WEIGHT OF IMPLEMENT_____

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $10 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (ENCLOSE COPY OF RESULTS, OR NOTE IN WHICH ISSUE THEY APPEARED.) A 3-color, 8" by 10" certificate — suitable for framing — and/or 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

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
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:38	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USA National Masters Championships
Provo, UT; August 11-14

100 Meter Dash

M30
Round 1, Heat 1
Wind = -1.50 meters per second

J. Smith	34 CA	11.39
Kipper Bell	32 CA	11.52
Remo Biagioni	34 NJ	11.56
Richard Washington	30 NJ	11.58
Jay Mathis	34 TN	11.60

Round 1, Heat 2
Wind = -0.40 meters per second

Roosevelt Roby	30 OR	10.91
Willie Jones	33 AZ	11.10
Nathaniel Williams	31 IL	11.22
Gerald Edwards	30 WA	11.29
Darrell Tobias	32 CA	11.78
Calvin Johnson	33 MI	11.84
Les Curtis	33 UT	12.26
Richard Wendling	32 TX	12.37

Final
Wind = -1.20 meters per second

Roosevelt Roby	30 OR	10.97
Willie Jones	33 AZ	11.03
Nathaniel Williams	31 IL	11.06
Gerald Edwards	30 WA	11.28
J. Smith	34 CA	11.33
Kipper Bell	32 CA	11.34
Remo Biagioni	34 NJ	11.57
Richard Washington	30 NJ	11.58
Jay Mathis	34 TN	11.66

M35
Wind = -1.70 meters per second

Kevin Nance	35 AZ	11.35
T J Lester	35 TX	11.46
Billy McKinney	37 TX	11.49
Milton Qualls	39 CA	11.62
Thomas Rewolinski	39 WI	12.08
Robert Zahn	39 WI	12.23
David Mendenhall	38 UT	12.29
Thomas Jones	39 MD	

M40
Round 1, Heat 1
Wind = -1.90 meters per second

Marion McCoy	43 GA	11.57
Eugene Driver	43 CA	11.75
Anthony Santos	42 GA	11.88
Gerald Krainik	41 IL	11.91
Randy Kruse	40 OR	12.00

Round 1, Heat 2
Wind = -3.50 meters per second

Bill Collins	42 TX	11.54
Tom Dickson	40CAN	11.80
Roger Ketcheson	41 UT	11.90
Terry Erickson	41 IL	11.91
Jean Louis Le Duff	43FRA	12.03
Thomas Gilliard	43 GA	12.05
Robert Hahn	41 TX	12.66
Gary Martin	40 CA	13.39

Final
Wind = -2.00 meters per second

Bill Collins	42 TX	10.96
Marion McCoy	43 GA	11.48
Terry Erickson	41 IL	11.56
Eugene Driver	43 CA	11.61
Roger Ketcheson	41 UT	11.63
Tom Dickson	40CAN	11.67
Anthony Santos	42 GA	11.74
Gerald Krainik	41 IL	11.80
Randy Kruse	40 OR	11.97

M45
Round 1, Heat 1
Wind = -2.20 meters per second

Tyrone Carlis	48 FL	12.00
Edward Jones	48 TX	12.18
Paul Raymond	45 CA	12.38
Michael Augeri	46 CT	12.51
Terry Tiernay	46 NV	12.56
Dennis Lichtenberger	45 AZ	13.21
Russell Anteronen	45 MN	13.32
John Epple	45 MI	13.53

Round 1, Heat 2
Wind = -1.60 meters per second

Robert Mitchell	45 TX	12.02
Raymond Yeck	45 CA	12.38
Jeff Schaller	45 WA	12.49
Robb Bong	45 CO	12.52
Bill Weinstock	46 CA	12.53
Alvin Seale	46 GA	12.79
Waynara Talbot	47 UT	12.96
Ken Warnick	49 UT	13.23

Round 1, Heat 3
Wind = -3.00 meters per second

Stan Whitley	47 CA	11.53
Charles Allie	45 PA	11.63
Mac Azuogu	45 CO	11.94
John Battaglia	46 NM	12.30
John Gray	45 AZ	13.50
Teddy Walton	46 CA	13.60

Final
Wind = -1.60 meters per second

Stan Whitley	47 CA	11.17
Charles Allie	45 PA	11.54
Robert Mitchell	45 TX	11.80
Tyrone Carlis	48 FL	11.85
Mac Azuogu	45 CO	11.94
Edward Jones	48 TX	12.11
Raymond Yeck	45 CA	12.30
Paul Raymond	45 CA	12.47
John Battaglia	46 NM	DQ

M50
Round 1, Heat 1
Wind = -2.10 meters per second
Frank Little-Hinckson 50 CA 11.4

Ron Jensen	50 WA	11.86
Jim Lee	50 WI	12.88
Hugh Adams	53 CA	13.02
Jim Swayze	52 AZ	13.08

Round 1, Heat 2
Wind = -2.50 meters per second

Steve Robbins	50 CA	11.86
Michael Boudreaux	54 LA	12.88
Emil Pawlik	54 MS	13.02
Bentz Tozer	53 NM	13.08

Final
Wind = -2.50 meters per second

Steve Robbins	50 CA	11.59
Frank Little-Hinckson	50 CA	12.42
Michael Boudreaux	54 LA	12.80
Emil Pawlik	54 MS	12.92
Ron Jensen	50 WA	13.02
Sam Taylor	51 NM	13.14
Bentz Tozer	53 NM	DQ

M55
Round 1, Heat 1
Wind = -2.00 meters per second

Jimmy Weaver	57 TX	12.79
Jim Mathis	58 TN	13.21
Dwaine Horton	55 UT	13.42
Haig Bohigian	57 NY	13.91
Marcel Cote	58 CA	14.18

Round 1, Heat 2
Wind = -3.00 meters per second

Norb Wedepohl	57 AZ	13.13
Ronald Kirkpatrick	55 NM	13.15
Edward Small	55 NY	13.41
Bill Jankovich	59 WI	14.16
Bj Kuhn	58 OR	14.43

Final
Wind = -1.40 meters per second

Jim Mathis	58 TN	12.32
Jimmy Weaver	57 TX	12.41
Norb Wedepohl	57 AZ	12.82
Ronald Kirkpatrick	55 NM	12.86
Dwaine Horton	55 UT	13.29
Haig Bohigian	57 NY	13.57
Bill Jankovich	59 WI	13.97
Marcel Cote	58 CA	14.06

M60
Round 1, Heat 1

Bob Keegan	60 PA	12.76
Jack Coy	62 OR	13.65
Bruce Springbett	60 CA	13.68
Ted Hansen	62 UT	13.70
Lawrence Greco	64 NC	14.28
Jerry Peterson	60 UT	14.54
Dick Scott	64 MO	15.43

Round 1, Heat 2

Marion Sanchez	61 CA	12.92
Alexander Johnson	60 NJ	13.06
Joe Summerlin	61 TX	13.71
Robert Alexander	63 TN	13.76
Hugh Cobb	60 CA	13.82
John Darrell	60 NY	14.61

Final

Marion Sanchez	61 CA	12.61
Bob Keegan	60 PA	12.72
Alexander Johnson	60 NJ	12.99
Joe Summerlin	61 TX	13.43
Ted Hansen	62 UT	13.58
Jack Coy	62 OR	13.66
Hugh Cobb	60 CA	13.68
Robert Alexander	63 TN	13.84

M65
Round 1, Heat 1

Jim Law	67 NC	13.17
Jack Greenwald	65 OH	13.82
William Daprano	66 GA	14.27
Oscar Harris	65 PA	14.73
John Cleveland	65 CA	15.81

Round 1, Heat 2

Melvin Larsen	69 IL	13.49
Chuck Sochor	65 MI	13.60
Vernon Regier	65 CA	13.81
Alfonso Escobosa	65 CA	14.41
Carl Orndoff	66 CA	14.77
Creed Haymond	66 UT	15.19

Final
Wind = -1.30 meters per second

Jim Law	67 NC	13.04
Vernon Regier	65 CA	13.58
Melvin Larsen	69 IL	13.61
Chuck Sochor	65 MI	13.68
Jack Greenwald	65 OH	13.78
William Daprano	66 GA	14.20
Alfonso Escobosa	65 CA	14.50
Oscar Harris	65 PA	14.51
Carl Orndoff	66 CA	15.02

M70
Wind = -1.30 meters per second

Tim Murphy	71 TX	13.91
Milton Silverstein	73 AZ	14.58
William Bronson	71 OR	14.74
Frank Toner	73 CA	15.32
Max Goldsmith	70 TX	15.72
Jim Madden	72 AZ	15.84
George Simon	70 CA	16.0
Angelo Oliver	73 RI	18.93

M75
Wind = -1.00 meters per second

Bill Weinacht	76 OH	14.21
Jay Sponseller	75 FL	15.42
Clarence Trahan	78 CA	16.65
Albert Fairchild	75 CA	17.16
Frederick Praeger	77 CO	17.70

M80
Wind = -1.00 meters per second

Fred White	80 TX	16.50
Gilberto Gonzalez	80 PR	16.98
Virgil McIntyre	82 AZ	18.54
Wilfred Bigelow	82 CA	19.04

M85
Wind = -1.00 meters per second

Russell Randall	86 CO	18.24

F30
Wind = -1.10 meters per second

Julie Wiedis	34 NJ	17.21

F35
Round 1, Heat 1

Louise Clark	35 NY	13.24
Theresa Haynes	36 WA	13.36
Pamela King	36 TX	13.59
Cheryl Compton	35 WA	13.95
Debbie Ventura	39 UT	14.69
Leah Rewolinski	39 WI	15.87

Round 1, Heat 2

Irene Thompson	39 NY	13.15
Marcia Hulse	38 NY	13.38
Lynn Latoria	38 IL	13.76
Valerie Scott	36 CA	14.08
Michele Lewis	35 CA	14.18
Serena Schoenthaler	35 CO	14.27

Final
Wind = -1.10 meters per second

Irene Thompson	39 NY	12.96
Louise Clark	35 NY	13.07
Marcia Hulse	38 NY	13.40
Lynn Latoria	38 IL	13.73
Cheryl Compton	35 WA	13.88
Valerie Scott	36 CA	14.28
Michele Lewis	35 CA	14.33
Theresa Haynes	36 WA	15.21
Pamela King	36 TX	17.21

F40
Wind = -1.60 meters per second

Danielle Desmier	44FRA	13.12
Deby Sweezey	40 CA	13.35
Anna Wlodarczyk	42 CA	13.38
Donna Settles	43 GA	13.54
Debbie Stiles	44 MO	14.99

F45

Phil Raschker	46 GA	12.85
Lorraine Tucker	46 NY	13.66

F50

Marilyn Mitchell	50 NY	14.77
Jan Catt	51 AZ	15.40
Ann Carter	51 SC	16.51

F55

Carolyn Cappetta	57 MA	15.35
Rita Kerr	58 CA	16.00
Marti Thielman	55 WA	16.73
Louise Reed	58CAN	16.78
Ginny Baker	58 WA	17.42

F60

Elizabeth. Sjogren	60 FL	18.96

F65

Leonore McDaniels	65 VA	16.72
Mary Ann Boe	65 WY	17.20
Johnnye Valien	68 CA	17.49
Josephine Sullivan	68 SC	18.14

F70

Margaret Hinton	71 TX	17.71
Diane Friedman	70 OH	18.04

F75

Pearl Mehl	79 CO	24.04

F85

Marilla Salisbury	85 CA	43.98WR

200 Meter Dash

M30
Round 1, Heat 1

Willie Jones	33 AZ	22.67
Roosevelt Roby	30 OR	22.93
Cornell Stephenson	30 CA	22.98
J. Smith	34 CA	23.02
Richard Wendling	32 TX	25.81

Round 1, Heat 2

Nathaniel Williams	31 IL	22.93
Remo Biagioni	34 NJ	24.03
Darrell Tobias	32 CA	24.12
Richard Washington	30 NJ	24.61
Les Curtis	33 UT	24.69

Final

Willie Jones	33 AZ	21.98
Roosevelt Roby	30 OR	22.47
J. Smith	34 CA	22.65
Nathaniel Williams	31 IL	22.66
Cornell Stephenson	30 CA	22.70
Darrell Tobias	32 CA	24.04
Richard Washington	30 NJ	24.46
Les Curtis	33 UT	24.57

M35
Round 1, Heat 1

Thomas Jones	39 MD	22.50
Ben James	35 NY	22.64
Billy McKinney	37 TX	24.12
Michael Pannell	39 NM	25.32
Mathew Donaldson	39 WA	26.67

Round 1, Heat 2

Milton Qualls	39 CA	23.40
T J Lester	35 TX	23.86
Kevin McCarragher	35 SC	24.04
Thomas Rewolinski	39 WI	24.65
David Mendenhall	38 UT	24.92

Final

Ben James	35 NY	21.96
Thomas Jones	39 MD	22.11
Milton Qualls	39 CA	23.18
Billy McKinney	37 TX	23.33
T J Lester	35 TX	23.48
Thomas Rewolinski	39 WI	23.77
Kevin McCarragher	35 SC	23.94
Michael Pannell	39 NM	23.96
David Mendenhall	38 UT	24.90

M40
Round 1, Heat 1

Gerald Krainik	41 IL	23.53
Eugene Driver	43 CA	23.56
Fred Merrill	41 AZ	23.82
Thomas Gilliard	43 GA	23.82
Jean Louis Le Duff	43FRA	24.35
Herman Castille	44 CA	24.71

Round 1, Heat 2

Terry Erickson	41 IL	23.32
Tom Thompson	41 TX	23.46
Roger Ketcheson	41 UT	23.58
Danny Thiel	44 LA	23.82
Anthony Santos	42 GA	24.96
Scott Thornsley	41 PA	25.21

Round 1, Heat 3

Bill Collins	42 TX	22.87
Marion McCoy	43 GA	23.95
Bill Cheadle	40 KY	23.99
Roger Angelini	42FRA	24.95
Jim Dolezel	43 OK	25.54

Final

Bill Collins	42 TX	22.19
Terry Erickson	41 IL	23.10
Tom Thompson	41 TX	23.12
Gerald Krainik	41 IL	23.19
Marion McCoy	43 GA	23.75
Fred Merrill	41 AZ	23.83
Danny Thiel	44 LA	24.28

M45
Round 1, Heat 1

Stan Whitley	47 CA	23.23
Charles Allie	45 PA	23.43
Stan Druckrey	45 WI	23.58
Matt Pruit	48 CA	23.93
Fred Collins	45 NM	24.80
John Battaglia	46 NM	25.09
Jeff Schaller	45 WA	25.30

Round 1, Heat 2

Mac Azuogu	45 CO	24.00
Robert Mitchell	45 TX	24.12
Paul Raymond	45 CA	24.87
Michael Augeri	46 CT	25.28
Raymond Yeck	45 CA	25.42
Alvin Seale	46 GA	26.09
Russell Anteronen	45 MN	26.82
John Epple	45 MI	27.78

Final

Stan Whitley	47 CA	22.59
Stan Druckrey	45 WI	22.61
Charles Allie	45 PA	23.14
Matt Pruit	48 CA	23.56
Mac Azuogu	45 CO	23.96
Fred Collins	45 NM	24.21
Paul Raymond	45 CA	24.63
Michael Augeri	46 CT	25.63

M50
Round 1, Heat 1

Jim Lee	50 WI	25.36
Michael Boudreaux	54 LA	25.79
Charley Loftis	51 CA	26.91
Sam Taylor	51 NM	27.08
John Shenk	50 FL	27.22
Steven Cottle	50 MO	27.79
Bob O'Brien	53 NJ	28.27

Round 1, Heat 2

Harold Morioka	50CAN	24.24
Frank Little-Hinckson	50 CA	25.31
Dennis Duffy	50 CA	25.42
Alan Olson	50 CA	25.52
Joseph Thielen	52 WA	25.91
Ron Jensen	50 WA	25.94

Final

Harold Morioka	50CAN	23.79
Jim Lee	50 WI	24.84
Dennis Duffy	50 CA	25.02
Frank Little-Hinckson	50 CA	25.34
Alan Olson	50 CA	25.59
Michael Boudreaux	54 LA	25.81
Joseph Thielen	52 WA	26.11
Sam Taylor	51 NM	26.36
Charley Loftis	51 CA	27.08

M55
Round 1, Heat 1

Jim Mathis	58 TN	25.25
Edward Small	55 NY	25.44
Norb Wedepohl	57 AZ	27.32
Haig Bohigian	57 NY	28.61
Bob Hassenger	56 NY	29.89

Round 1, Heat 2

Ronald Kirkpatrick	55 NM	25.92
Charley Miller	56 TX	26.18
Jimmy Weaver	57 TX	26.76
Ray Graves	59 AZ	27.46
Dwaine Horton	55 UT	28.26
Marcel Cote	58 CA	28.75

Final

Jim Mathis	58 TN	25.06
Edward Small	55 NY	25.54
Charley Miller	56 TX	25.73
Ronald Kirkpatrick	55 NM	26.00
Jimmy Weaver	57 TX	26.08
Norb Wedepohl	57 AZ	27.00
Ray Graves	59 AZ	27.73
Haig Bohigian	57 NY	27.85

M60
Round 1, Heat 1

Marion Sanchez	61 CA	26.94
Jack Coy	62 OR	28.10
Clarence Trinkner	61 WI	28.49
Joe Summerlin	61 TX	29.53
Ted Sjogren	61 FL	30.59
Lawrence Greco	64 NC	31.59

Round 1, Heat 2

Bob Keegan	60 PA	27.24
Alexander Johnson	60 NJ	27.71
Robert Alexander	63 TN	28.28
Hugh Cobb	60 CA	28.55
John Darrell	60 NY	29.34

Final

Marion Sanchez	61 CA	26.21
Alexander Johnson	60 NJ	26.70
Bob Keegan	60 PA	27.32
Jack Coy	62 OR	27.80
Robert Alexander	63 TN	28.19
Hugh Cobb	60 CA	28.74
Joe Summerlin	61 TX	29.22
Clarence Trinkner	61 WI	29.41
John Darrell	60 NY	30.02

M65

Jim Law	67 NC	26.21
Chuck Sochor	65 MI	27.23
Jack Greenwald	65 OH	27.84
Melvin Larsen	69 IL	28.69
Rodney Brown	66 UT	29.91
Oscar Harris	65 PA	30.47
Creed Haymond	66 UT	32.12

M70

Tim Murphy	71 TX	28.47

Continued on next page

Continued from previous page

Milton Silverstein	73 AZ	29.76
William Bronson	71 OR	30.31
Pierre Darrot	72FRA	30.53
Walter Dahlin	72 CA	31.47
Frank Toner	73 CA	31.64
Bob Wingo	70 TX	32.55
Jim Madden	72 AZ	33.36
M75		
Bill Weinacht	76 OH	29.65
Jay Sponseller	75 FL	31.34
Milo Lightfoot	79 IN	35.68
Albert Fairchild	75 CA	36.81
Frederick Praeger	77 CO	38.62
M80		
Fred White	80 TX	35.39
Gilberto Gonzalez	80 PR	36.79
Virgil McIntyre	82 AZ	37.96
F30		
K J Specchio	33 NM	29.75
Carol Asam	32 MI	30.80
Sheela Mitchell	31 UT	33.55
F35		
Round 1, Heat 1		
Marcia Hulse	38 NY	27.90
Rachel Bush	37 WA	27.94
Lynn Latoria	38 IL	28.52
Serena Schoenthaler	35 CO	28.81
Cheryl Alston	36 NJ	31.02
Leah Rewolinski	39 WI	32.50
Round 1, Heat 2		
Louise Clark	35 NY	27.15
Irene Thompson	39 NY	27.62
Pamela King	36 TX	28.11
Donna Nielsen	35 CA	28.82
Cheryl Compton	35 WA	29.12
Michele Lewis	35 CA	29.18
Valerie Scott	36 CA	29.29
Final		
Irene Thompson	39 NY	26.86
Louise Clark	35 NY	27.21
Rachel Bush	37 WA	27.53
Marcia Hulse	38 NY	27.61
Donna Nielsen	35 CA	28.11
Lynn Latoria	38 IL	28.20
Pamela King	36 TX	28.78
Serena Schoenthaler	35 CO	28.83
Cheryl Compton	35 WA	29.13
F40		
Danielle Desmier	44FRA	26.77
Donna Settles	43 GA	26.95
Tina Stough	40 CA	28.68
F45		
Phil Raschker	46 GA	26.81
Avril Douglas	47CAN	27.15
Lorraine Tucker	46 NY	28.96
F50		
Jan Catt	51 AZ	31.04
Marilyn Mitchell	50 NY	31.50
Ruth Nalepa	50 TX	31.73
F55		
Irene Obera	59 CA	30.23
Carolyn Cappetta	57 MA	31.19
Rita Kerr	58 CA	33.23
Sarah Babbitt	55 AK	33.23
Louise Reed	58CAN	34.44
Marti Thielman	55 WA	35.07
Patricia Willis	57 CA	44.66
F60		
Elizabeth. Sjogren	60 FL	44.04
F65		
Leonore McDaniels	65 VA	35.29
Mary Ann Boe	65 WY	35.82
Johnnye Valien	68 CA	36.41
Josephine Sullivan	68 SC	38.78
F70		
Margaret Hinton	71 TX	39.43
Diane Friedman	70 OH	39.51
F75		
Pearl Mehl	79 CO	51.77
F85		
Marilla Salisbury	85 CA	2:02.81

400 Meter Dash

M30		
J. Smith	34 CA	50.83
Jay Mathis	34 TN	51.84
Darrell Tobias	32 CA	53.65
Anthony Krainik	34 AZ	54.30
Phil Peterson	33 UT	55.14
Darryl Barrow	30 CA	57.38
M35		
Clifton McKenzie	38 AZ	48.87
Ben James	35 NY	49.87
Milton Qualls	39 CA	50.81
Julio Reyes	37 TX	51.28
Michael Pannell	39 NM	52.49
Steve Wulf	39 CA	52.59
David Langer	35 IA	54.85
Ron Fisher	39 CA	55.33
Kirby McMillan	35 CA	55.58
M40		
Round 1, Heat 1		
Tom Thompson	41 TX	53.33
Bill Cheadle	40 KY	53.46
Michael Brown	41 MO	56.38
Herman Castille	44 CA	56.72
Jerry Feldhausen	42 WI	58.00
Round 1, Heat 2		
Frederick Sowerby	44 NV	49.67
Terry Erickson	41 IL	52.62
Eugene Driver	43 CA	55.03
Danny Thiel	44 LA	57.00
Wayne Morris	43 CA	60.52
Final		
Frederick Sowerby	44 NV	49.71
Terry Erickson	41 IL	50.81
Eugene Driver	43 CA	51.69
Tom Thompson	41 TX	51.71
Bill Cheadle	40 KY	52.94
Herman Castille	44 CA	55.06
Jerry Feldhausen	42 WI	57.38
Michael Brown	41 MO	57.50
M45		
Round 1, Heat 1		
Stan Whitley	47 CA	52.36
Matt Pruit	48 CA	53.67
Waynara Talbot	47 UT	57.73
Alberto Oliveira	45 UT	58.05
Lindsey Bodden	45 FL	60.29
John Epple	45GAN	66.30
Round 1, Heat 2		
Fred Collins	45 NM	54.63
Robb Bong	45 CO	54.64
Joseph Duncan	45 MO	55.19
Jeff Schaller	45 WA	56.85
Alvin Seale	46 GA	57.70
Ken Warnick	49 UT	59.87
Final		
Stan Whitley	47 CA	50.39
Matt Pruit	48 CA	51.83
Fred Collins	45 NM	53.85
Joseph Duncan	45 MO	55.23
Robb Bong	45 CO	55.70
Alvin Seale	46 GA	56.79
Jeff Schaller	45 WA	56.97
Alberto Oliveira	45 UT	57.15
Waynara Talbot	47 UT	58.47
M50		
Round 1, Heat 1		
Harold Morioka	50CAN	53.28
Dennis Duffy	50 CA	56.56
Michael Boudreaux	54 LA	58.21
Joseph Thielen	52 WA	58.99
John Shenk	50 FL	59.18
Bob O'Brien	53 NJ	61.80
Round 1, Heat 2		
Jim Lee	50 WI	55.81
Thomas O'Hora	50 PA	57.35
Alan Olson	50 CA	58.02
Ron Jensen	50 WA	58.27
Kingsley Clarke	50 IL	58.31
Steven Cottle	50 MO	61.74
Final		
Harold Morioka	50CAN	WR* 51.80
Jim Lee	50 WI	54.65
Dennis Duffy	50 CA	54.79
Thomas O'Hora	50 PA	55.55
Alan Olson	50 CA	55.78
Michael Boudreaux	54 LA	57.12
Kingsley Clarke	50 IL	58.83
Joseph Thielen	52 WA	60.02
Ron Jensen	50 WA	60.45
M55		
Jim Mathis	58 TN	54.60
Edward Small	55 NY	56.30
Ronald Kirkpatrick	55 NM	56.87
Mack Stewart	55 TX	60.35
Ken Ogden	57 OR	62.28
Harold Creson	59 AZ	63.63
Ray Graves	59 AZ	64.39
M60		
Marion Sanchez	61 CA	59.54
Sid Wing	62 CA	61.94
Donald Kane	61 OR	62.13
Jack Coy	62 OR	62.69
Irwin Bernstein	60 NJ	62.99
John Darrell	60 NY	68.47
Boyd Shumway	60 AZ	
Ted Sjogren	61 FL	DQ
M65		
Chuck Sochor	65 MI	61.31
Jim Law	67 NC	61.84
Jack Greenwald	65 OH	65.50
James Moorhead	65 ID	66.76
Rodney Brown	66 UT	66.86
Alfonso Escobosa	65 CA	69.49
Oscar Harris	65 PA	73.37
M70		
Archie Messenger	70 NH	69.97
Pierre Darrot	72FRA	71.36
Bob Wingo	70 TX	72.20
George Simon	70 CA	80.75
Robert Hunt	73 CA	82.58
M75		
Jay Sponseller	75 FL	69.92
Milo Lightfoot	79 IN	87.08
M80		
Fred White	80 TX	84.54
Virgil McIntyre	82 AZ	1:43.44
M85		
Russell Randall	86 CO	93.59AR
F30		
Deborah Yurth	30 OH	62.61
K J Specchio	33 NM	66.33
Angela Nealy	32 IN	72.65
F35		
Theresa Haynes	36 WA	58.25
Donna Nielsen	35 CA	60.42
Irene Thompson	39 NY	60.68
Rachel Bush	37 WA	61.47
Louise Clark	35 NY	64.42
Sheree Robertson	36 WI	65.60
Mary Russell	36 OR	67.91
Valerie Scott	36 CA	68.75
F40		
Deedee Grafius	44 CA	60.57
Donna Settles	43 GA	60.85
Tina Stough	40 CA	65.74
Betty Clair	42 NY	67.41
F45		
Avril Douglas	47CAN	60.02
Linda Mantynen	45 CA	67.36
F50		
Jan Catt	51 AZ	70.74
Charlene Francis	52 MA	73.19
F55		
Carolyn Cappetta	57 MA	68.82
Rita Kerr	58 CA	73.63
Sarah Babbitt	55 AK	75.08
Kati McIntyre	57 AZ	78.79
Louise Reed	58CAN	78.86
F60		
Elizabeth Sjogren	60 FL	1:45.02
F65		
Mary Ann Boe	65 WY	82.10AR
Sumi Onodera-Leonard	65 CA	83.41
Johnnye Valien	68 CA	84.74
Hazel Cameron	65CAN	88.99
F70		
Louise Adams	71 CO	89.86
Diane Friedman	70 OH	99.45
F75		
Pearl Mehl	79 CO	1:54.26
F85		
Marilla Salisbury	85 CA	4:38.70

800 Meter Run

M30		
Earle Wise	33 OH	1:57.06
Scott King	33 TN	1:57.92
Michael McCluskey	33 WA	1:59.64
Dennis Contois	31 NJ	1:59.68
Mark Carver	33 TN	2:00.29
Phil Peterson	33 UT	2:05.10
Mark Cleary	34 CA	2:06.67
M35		
Peter Mogg	35 CA	1:57.91
Doug Robinson	38 UT	1:58.07
Julio Reyes	37 TX	1:58.18
Steve Wulf	39 CA	1:59.01
Rick Easley	39 TX	1:59.68
Arny Stonkus	38 WA	2:03.05
David Langer	35 IA	2:08.32
Jim Reppert	39 TX	2:10.20
M40		
Ken Popejoy	42 IL	1:55.93
Nolan Smith	44 CA	1:56.61
Frederick Sowerby	44 NV	1:59.23
Roger Angelini	42FRA	2:04.60
William Hughey	42 OR	2:06.06
Carl Cappello	42 NY	2:07.88
Jerry Feldhausen	42 WI	2:08.73
Peter Bortolotti	40 MA	2:09.40
Michael Blake	43 NY	2:10.83
M45		
Round 1, Heat 1		
Byron Dyce	45 FL	2:11.03
Randy Taylor	45 AR	2:12.21
Gene Timberlake	49 TX	2:12.36
William Reiter	47 MO	2:12.37
Dennis Lichtenberger	45 AZ	2:12.61
Owen Cherrington	48 UT	2:19.14
Round 1, Heat 2		
Searcy Barnett	46 CA	2:14.52
Ronald Jensen	46 CA	2:15.26
John Jordeth	45 WA	2:16.65
Lindsey Bodden	45 FL	2:17.07
Bob Burke	45 NY	2:17.67
John Kuhi	45 NJ	2:28.34
Lee Jampol	48 IL	2:30.43
Final		
Ronald Jensen	46 CA	2:04.74
Byron Dyce	45 FL	2:05.50
Randy Taylor	45 AR	2:06.50
Gene Timberlake	49 TX	2:07.06
John Jordeth	45 WA	2:07.87
William Reiter	47 MO	2:09.58
Dennis Lichtenberger	45 AZ	2:11.32
Searcy Barnett	46 CA	2:13.73
Lindsey Bodden	45 FL	2:15.28
M50		
Vic Heckler	51 IL	2:07.31
Dom McMillan	52 OR	2:08.48
Dennis Duffy	50 CA	2:08.86
Sid Howard	50 NJ	2:11.06
Dan Hamner	53 NY	2:11.38
Desmond O'Rourke	54 WA	2:13.57
Tyrone Nelson	51 CA	2:14.79
Kingsley Clarke	50 IL	2:15.18
Steven Cottle	50 MO	2:19.62
Willie Clarke	50 CA	2:21.38
John Shenk	50 FL	2:24.65
M55		
Round 1, Heat 1		
Cliff Bedell	55 AZ	2:21.35
Henry Hawk	56 AR	2:22.55
Charles Wimberley	59 LA	2:22.56
Jack Miller	56 CA	2:23.55
Ken Ogden	57 OR	2:24.37
John Cosgrove	55 CA	2:28.63
Michael Christiansen	56 WA	2:35.62
Round 1, Heat 2		
Jim Bevins	55 CA	2:24.15
Mack Stewart	55 TX	2:24.22
Bailey Abernathy	57 MS	2:24.38
Kenneth Combs	59 KY	2:25.14
Pete Richardson	58 CA	2:27.06
Final		
Henry Hawk	56 AR	2:14.38
Mack Stewart	55 TX	2:16.19
Charles Wimberley	59 LA	2:18.43
Jack Miller	56 CA	2:20.10
Ken Ogden	57 OR	2:21.85
Bailey Abernathy	57 MS	2:22.79
Jim Bevins	55 CA	2:29.58
M60		
Ralph Miller	61 WA	2:15.46
Sid Wing	62 CA	2:18.97
Paul Heitzman	62 KS	2:22.65
Irwin Bernstein	60 NJ	2:30.86
Donald Kane	61 OR	2:34.87
Ted Sjogren	61 FL	2:39.03
Bob Holmes	64 CA	2:50.43
M65		
William Fortune	65 NY	2:34.35
Gunnar Linde	50 CA	2:35.45
Louis Beadle	66 CA	2:36.03
Boyce Jacques	66 NV	2:37.85
Rodney Brown	66 UT	2:42.15
James Moorhead	65 ID	2:42.17
Robert Boutard	68FRA	2:48.41
Avery Bryant	69 IN	2:48.86
Ernie Macdonald	68 FL	3:16.80
M70		
Archie Messenger	70 NH	2:41.13
Bob Wingo	70 TX	3:03.02
Michel Kagan	72 TX	3:24.42
M75		
Daniel Bulkley	75OR	2:50.72
Jay Sponseller	75 FL	2:51.30
Dudley Healy	79 NJ	3:35.87
F30		
Kate Kinney	32 CO	2:23.46
Jennifer Heaton	30 CA	2:24.64
Deborah Yurth	30 OH	2:28.90
K J Specchio	33 NM	2:34.53
Mimi Ney	34 GA	2:34.72
Linda Wallace	32 CA	2:35.34
Jennifer Frost	31 NH	2:44.71
F35		
Cathy Love	35 MO	2:17.64
Joan Sterrett	35 NY	2:17.74
Donna Nielsen	35 CA	2:22.03
Sheree Robertson	36 WI	2:31.23
Mary Russell	36 OR	2:35.33
F40		
Deedee Grafius	44 CA	2:21.75AR
Paula Dickson-Taylor	40 NJ	2:27.20
Wendy Cappello	40 NY	2:36.07
Betty Clair	42 NY	2:45.31
F45		
Avril Douglas	47CAN	2:20.62
Linda Mantynen	45 CA	2:27.97
Anne Schmitt	47 MA	2:29.57
Cathy Vanleuven	45 NY	2:36.67
Ann Makoske	48 FL	2:40.93
Bonnie Frankel	48 CA	2:46.76
Joan Ottaway	49 CA	2:50.90
Gayle Taylor	46 AZ	2:55.66
F50		
Linda Upton	50 MA	2:32.12
Rae Baymillers	50 NY	2:33.28
Ruth Nalepa	50 TX	2:36.15
Charlene Francis	52 MA	2:46.80
F55		
Diane Palmason	55 CO	2:41.54
Rita Kerr	58 CA	2:59.75
June Dickinson	59 NM	3:00.66
Kati McIntyre	57 AZ	3:03.15
Shirley Smith	57CAN	
Evelyn Zerfoss	58 TN	3:55.35
F60		
Liz Szawlowski	60 MA	3:07.08
F65		
Sumi Onodera-Leonard	65 CA	3:30.50
F70		
Louise Adams	71 CO	3:34.07
F75		
Pearl Mehl	79 CO	4:37.31

1500 Meter Run

M30		
Michael McCluskey	33 WA	4:15.88
Dennis Contois	31 NJ	4:16.26
Scott King	33 TN	4:24.26
Stephen Taggart	31 CA	4:41.44
M35		
Paul Cummings	39 UT	4:08.79
Norman Roper	36 OK	4:12.63
Peter Mogg	35 CA	4:21.86
Arny Stonkus	38 WA	4:24.88
Rodger Schwartz	39 CA	5:30.00
M40		
Round 1, Heat 1		
Jacques Legrand	44FRA	4:26.73
Ken Popejoy	42 IL	4:28.99
Duane Greene	42 NY	4:29.59
Roger Angelini	42FRA	4:30.26
Bradford Hurst	40 MA	4:31.13
Randall Kilpatrick	41 CA	4:52.21
Round 1, Heat 2		
Edmund Spinney	40 OR	4:12.93
Ian Cumming	42 CA	4:28.43
Nolan Smith	44 CA	4:30.74
David Amster	42 NV	4:32.02
Peter Bortolotti	40 MA	4:33.87
Tim Payne	43CAN	4:53.20
Final		
Ken Popejoy	42 IL	4:02.60
Edmund Spinney	40 OR	4:02.84
Nolan Smith	44 CA	4:07.68
Jacques Legrand	44FRA	4:09.67
Bradford Hurst	40 MA	4:22.74
Roger Angelini	42FRA	4:26.19
Peter Bortolotti	40 MA	4:28.50
Duane Greene	42 NY	4:31.01
David Amster	42 NV	4:33.13
Randall Kilpatrick	41 CA	4:46.85
Tim Payne	43CAN	4:49.31
M45		
Byron Dyce	45 FL	4:25.32
John Jordeth	45 WA	4:27.89
Randy Taylor	45 AR	4:28.67
Gene Timberlake	49 TX	4:31.02
Craig Runyon	45CAN	4:32.14
Ed Berry	45 WV	4:40.00
Walt Wetzel	48 MT	4:43.10
Owen Cherrington	48 UT	4:50.30
Graeme Shirley	47 CA	5:04.33
Lee Jampol	48 IL	5:05.36
M50		
Vic Heckler	51 IL	4:29.23
Harvey Franklin	50 CA	4:33.93
Dan Hamner	53 NY	4:39.99
Desmond O'Rourke	54 WA	4:42.25
Milton Howe	51 CA	4:43.38
Tyrone Nelson	51 CA	4:56.57
Steven Cottle	50 MO	5:02.98
Mike Persak	50 MI	5:06.51
George Linn	50 MI	5:09.80
John Shenk	50 FL	5:22.96
M55		
Henry Hawk	56 AR	4:51.73
Charles Wimberley	59 LA	4:56.25
Kenneth Combs	59 KY	4:58.12
Mack Stewart	55 TX	5:01.50
Ken Ogden	57 OR	5:02.74
Jack Miller	56 CA	5:04.73
Michael Christiansen	56 WA	5:10.84
Bailey Abernathy	57 MS	5:54.45
John Hurley	56 NY	
M60		
Paul Heitzman	62 KS	4:54.51
Ralph Miller	61 WA	4:54.64
Charles Williams	61 GA	5:10.66

Continued on next page

Continued from previous page

Claude Robic	61FRA	5:13.54
Robert Culling	61 CA	5:31.56
Efrain Sanchez	64 CA	5:47.93
Ted Sjogren	61 FL	5:59.81
Jim Keat	61 MD	6:07.59
James Jacobs	60 CA	6:12.20
M65		
Joe King	67 CA	5:11.22
Boyce Jacques	66 NV	5:21.12
Gunnar Linde	50 CA	5:22.89
William Fortune	65 NY	5:28.35
Louis Beadle	66 CA	5:53.35
Robert Boutard	68FRA	5:53.54
Avery Bryant	69 IN	5:53.57
M70		
Archie Messenger	70 NH	5:44.40
John Burton	70 MN	6:25.22
Michel Kagan	72 TX	6:41.55
Lee Thomas	71CA	7:17.33
M75		
Daniel Bulkley	75OR	6:19.52
Dudley Healy	79 NJ	7:05.13
M80		
William Brobston	80 NY	7:27.90
F30		
Kate Kinney	32 CO	4:56.46
Jennifer Heaton	30 CA	5:11.51
Mimi Ney	34 GA	5:17.75
Melissa Johnson	30 OK	6:10.85
F35		
Joan Sterrett	35 NY	4:55.18
Cathy Love	35 MO	4:55.73
Maria Andrews	37 NJ	5:41.63
F40		
Deedee Grafius	44 CA	5:01.66
Janet Jordan	44 OR	5:24.37
Wendy Cappello	40 NY	5:25.26
F45		
Avril Douglas	47CAN	5:00.81
Linda Mantynen	45 CA	5:06.99
Anne Schmitt	47 MA	5:19.03
Joni Shirley	46 CA	5:23.88
Cathy Vanleuven	45 NY	5:25.51
Ann Makoske	48 FL	5:28.62
Marilyn Salvetti	48 NJ	5:52.78
Gayle Taylor	46 AZ	5:53.48
Bonnie Frankel	48 CA	5:54.06
F50		
Ruth Nalepa	50 TX	5:20.52
Rae Baymillers	50 NY	5:20.65
Linda Upton	50 MA	5:21.51
Jeanne Bocci	50 MI	7:41.60
F55		
Diane Palmason	55 CO	5:40.35
Sarah Babbitt	55 AK	6:04.87
June Dickinson	59 NM	6:17.45
Kati McIntyre	57 AZ	6:18.71
Evelyn Zerfoss	58 TN	6:31.71
Shirley Smith	57CAN	6:59.57
F60		
Liz Szawlowski	60 MA	6:21.92
Thelma Wilson	61 NY	6:39.77
F65		
Sumi Onodera-Leonard	65 CA	7:14.21
Dorothy Thomas	69CA	7:32.81
F70		
Louise Adams	71 CO	7:05.75
F75		
Pearl Mehl	79 CO	9:41.27

5000 Meter Run

M30		
Ken Velasquez	30 CA	15:21.58
Stephen Taggart	31 CA	17:57.88
Tom Richardson	31 MA	26:57.36
M35		
Norman Roper	36 OK	15:39.44
Ed Murrell	37 UT	16:37.43
George Frost	39 NH	17:28.05
Rodger Schwartz	39 CA	21:05.09
M40		
Ric Rojas	41 CO	15:42.37
Jacques Legrand	44FRA	16:16.08
Bradford Hurst	40 MA	16:56.90
David Hunter	40 CA	17:28.21
Edwin Woerner	43 SD	17:41.24
M45		
John Jordeth	45 WA	17:15.69
Ben Brockwell	45 NJ	17:22.23
Terry Harris	46 UT	17:32.37
Ed Berry	45 WV	18:23.60
Teddy Walton	46 CA	24:09.20
M50		
Vic Heckler	51 IL	17:00.79
Chuck Keating	52 MA	17:50.82
Kirk Randall	52 MA	18:41.51
Neil Doherty	52 CA	19:07.38
Harold Hatch	53 MA	24:09.20
M55		
John Brennand	57 CA	18:03.14
Darrell Natter	56 UT	18:23.51
David Pitkethly	57 WA	18:49.07
Brian Fernee	55 CA	18:58.56
Arthur Reilly	56 NY	21:10.02
M60		
Charles Williams	61 GA	19:15.32
Claude Robic	61FRA	19:19.36
Hal Higdon	62 IN	20:18.38
Patrick Devine	64 CA	20:30.30
Jim Keat	61 MD	22:46.34
Harold Payte	63 CO	23:17.65
James Jacobs	60 CA	23:29.19
M65		
Joe King	67 CA	20:05.88
Robert Malain	66 CA	20:43.38
Gunnar Linde	50 CA	21:26.64
M75		
Norton Jacobs	75 CA	25:56.57
Wilbur Inks	76 WA	28:14.74
Dudley Healy	79 NJ	28:40.77
M80		
William Brobston	80 NY	27:40.11
F30		
Jennifer Frost	31 NH	22:07.0
F35		
Laurel Russell	36 IA	22:38.99
Sandra O'Brien	39 WI	23:41.86
F40		
Janet Jordan	44 OR	19:33.57
F45		
Mimi Baranowski	45 CA	21:51.30
Marilyn Salvetti	48 NJ	22:21.36
Gayle Taylor	46 AZ	22:27.78
Andrea Hatch	49 MA	23:14.53
Kathy Frable	48 TX	25:31.47
F50		
Ruth Nalepa	50 TX	20:00.16
Jeanne Bocci	50 MI	26:12.85
F55		
Sarah Babbitt	55 AK	23:44.99
June Dickinson	59 NM	24:21.05
Kati McIntyre	57 AZ	24:24.89
Evelyn Zerfoss	58 TN	24:52.91
Germaine Leroux	59FRA	27:05.0
F60		
Thelma Wilson	61 NY	25:29.25
F65		
Dorothy Thomas	69CA	29:00.50
F70		
Louise Adams	71 CO	25:27.0
F75		
Pearl Mehl	79 CO	40:55.0

10000 Meter Run

M30		
Ken Velasquez	30 CA	32:10.17
M35		
Norman Roper	36 OK	32:58.37
Doug Allen	37 NV	35:44.82
Rodger Schwartz	39 CA	46:33.49
M40		
David Hunter	40 CA	35:38.85
Edwin Woerner	43 SD	35:46.0
Roland Rust	41 TN	36:15.60
David Blakenship	44 OH	36:59.24
M45		
Salih Talib	48 NY	37:23.47
Terry Harris	46 UT	37:29.09
Ed Berry	45 WV	38:00.95
Teddy Walton	46 CA	49:22.98
M55		
Darrell Natter	56 UT	37:34.64
John Brennand	57 CA	37:48.03
David Pitkethly	57 WA	38:50.98
Ted Oviatt	59 CA	46:31.48
M60		
Charles Williams	61 GA	38:59.86
Patrick Devine	64 CA	42:19.83
Jim Keat	61 MD	47:21.00
Harold Payte	63 CO	49:05.07
James Jacobs	60 CA	49:17.11
M65		
Jim O'Neil	68 CA	43:48.63
M70		
John Burton	70 MN	48:31.00
M75		
Dudley Healy	79 NJ	53:20.02
M80		
William Brobston	80 NY	56:54.48
F35		
Debbie Hanson	39 UT	39:36.44
Kim Ruppert	38 CA	40:47.32
F40		
Janet Jordan	44 OR	39:41.83
F45		
Mimi Baranowski	45 CA	44:54.34
Andrea Hatch	49 MA	46:54.07
F50		
Ruth Nalepa	50 TX	41:14.97
Jeanne Bocci	50 MI	54:46.82
F55		
Evelyn Zerfoss	58 TN	51:03.53
F60		
Thelma Wilson	61 NY	52:02.89

110 Meter Hurdles

M30		
Wind = -2.00 meters per second		
Peter Grimes	30 CA	14.38
Calvin Johnson	33 MI	15.07
Robbie Birdwell	31 TX	15.51
Mark Baldani	32 NY	15.85
Richard Wendling	32 TX	17.97
M35		
Wind = -0.90 meters per second		
Randolph Williams	35 MI	15.29
Ken Ellis	35 OK	15.42
Robert Zahn	39 WI	15.78
Steve Janusz	35 AZ	16.42
M40		
Wind = -0.50 meters per second		
Colin Williams	40 OK	14.55
Thomas Gilliard	43 GA	15.10
Tim Walters	41 OH	16.22
Bill Cheadle	40 KY	16.58
Russell Acea	40 WA	17.24
Michael Brown	41 MO	17.26
Robert Hahn	41 TX	18.44
M45		
Wind = -1.20 meters per second		
Stan Druckrey	45 WI	14.84AR
Frederick Johnston	47 CA	16.99
Steve Blood	48 UT	17.37
Rex Harvey	47 OH	17.64
Michael Augeri	46 CT	19.38
Ross Jensen	48 KS	19.67
Daniel Olherry	45FRA	20.36
Grant Lamothe	49CAN	20.73

100 Meter Hurdles

M50		
Wind = +0.30 meters per second		
Emil Pawlik	54 MS	15.15
Hugh Adams	53 CA	15.67
David Cherrington	50 UT	15.81
Dave Ellis	53 TN	15.84
Jeff Loubet	50 NM	16.08
Ken Winters	50 KS	16.23
M55		
Wind = -1.40 meters per second		
Charley Miller	56 TX	15.67
John Head	55 TX	19.68
Bill Jankovich	59 WI	20.09
M60		
Wind = +0.60 meters per second		
Phil Mulkey	60 GA	15.49
Clarence Trinkner	61 WI	16.02
Marion Sanchez	61 CA	16.10
Will Robinson	62 CA	17.97
Dave Douglass	61 CA	19.33
Dick Scott	64 MO	19.53
M65		
Wind = -0.90 meters per second		
Vernon Regier	65 CA	18.09
Bill Townsend	66 NY	19.61
Alfonzo Wilson	67 OH	23.59

80 Meter Hurdles

M70		
Wind = -2.60 meters per second		
Edwin Lukens	71 NY	14.68
Walter Dahlin	72 CA	15.10
Burl Gist	73 CA	15.84
George Simon	70 CA	16.91
Robert Hunt	73 CA	16.95
Dick Bennett	73 AZ	19.72
M75		
Wind = -0.90 meters per second		
Daniel Bulkley	75OR	16.74
Lee Todd	78 NE	19.02
Hamilton Morningstar	76 MI	21.91
M80		
Wind = -0.90 meters per second		
Claude Hills	81 PA	19.73
F30		
Wind = -0.80 meters per second		
Carol Asam	32 MI	18.09
F35		
Wind = -0.80 meters per second		
Irene Thompson	39 NY	18.19
F40		
Wind = -0.30 meters per second		
Deby Sweezey	40 CA	11.78MR
Danielle Desmier	44FRA	12.23
Anna Wlodarczyk	42 CA	12.68
F45		
Wind = -0.30 meters per second		
Phil Raschker	46 GA	12.53
Michael-Marie Hill	46 NJ	15.08

400 Meter Hurdles

M30		
Peter Grimes	30 CA	52.53
Calvin Johnson	33 MI	57.91
Mark Baldani	32 NY	58.58
Doug Schneebeck	33 NM	59.40
Robbie Birdwell	31 TX	60.68
M35		
Michael Pannell	39 NM	58.08
Andrew Hecker	38 CA	67.47
Steve Janusz	35 AZ	77.12
M40		
Bill Cheadle	40 KY	57.41
David Ortman	40 WA	58.31
Russell Acea	40 WA	59.40
Mark Low	45 UT	65.37
Kevin McNamara	40 CA	68.45
M45		
Stan Druckrey	45 WI	55.79
Ray Burris	47 TX	63.67
Alberto Oliveira	45 UT	65.01
Jesse Brewer	47CAN	65.52
Ross Jensen	48 KS	65.95
Bob Burke	45 NY	67.59
M50		
Hugh Adams	53 CA	64.92
Fred Niedermeyer	53 CA	65.30
Ken Winters	50 KS	66.22
Bob Morgan	54 CA	66.88
David Cherrington	50 UT	67.70
Dave Ellis	53 TN	67.92
Dave Doerrer	54 AZ	68.27
M55		
John Head	55 TX	70.97
Harold Creson	59 AZ	71.57
Terry Pliner	55 WI	72.29
Bill Jankovich	59 WI	75.96
Jean Pierre Marie	59FRA	81.21

300 Meter Hurdles

M60		
Marion Sanchez	61 CA	44.39
Lee Blount	60 MO	46.36
Phil Mulkey	60 GA	47.10
Will Robinson	62 CA	48.81
Al Sheahen	61 CA	50.72
Clarence Trinkner	61 WI	51.46
Jack Lance	63 NJ	57.09
Bob Holmes	64 CA	57.85
William Brobst	63 NC	61.55
Richard Richardson	60 IL	70.58
M65		
Chuck Sochor	65 MI	48.05AR
William Daprano	66 GA	56.23
John Martin	66 VA	56.35
Carl Orndoff	66 CA	58.91
M70		
Walter Dahlin	72 CA	59.14
Robert Hunt	73 CA	65.11
George Simon	70 CA	69.09
M75		
Daniel Bulkley	75OR	55.92WR
Hamilton Morningstar	76 MI	97.73
M80		
Claude Hills	81 PA	76.20WR
F30		
Carol Asam	32 MI	77.51
Julie Seely	30 UT	80.24
F40		
Debbie Stiles	44 MO	86.22
F45		
Liz McBlain	45 AL	81.05
F50		
Ann Carter	51 SC	68.11
F65		
Leonore McDaniels	65 VA	74.28

3000M Steeplechase

M30		
Bob Henke	34 UT	10:41.76
Doug Schneebeck	33 NM	11:33.37
Stephen Taggart	31 CA	12:08.24
M35		
Tom Stuthard	38 CA	11:23.15
Neal Bojko	37 CA	11:35.33
Andrew Hecker	38 CA	13:15.73
M40		
Ian Cumming	42 CA	10:26.16
Steve Ottaway	40 CA	11:11.00
David Hunter	40 CA	11:31.59
Michael Byrnes	40 UT	11:48.00
Jim Dolezel	43 OK	13:54.26
M45		
John Pickard	45CAN	11:29.40
Searcy Barnett	46 CA	12:00.81
Robert Weiner	46 MD	12:29.84
M50		
Mike Persak	50 MI	12:05.69
Luigi Schiavo	50 CA	15:09.41
Bernie Finch	53 WI	16:26.77
M55		
Jim Bevins	55 CA	12:57.74
Ted Oviatt	59 CA	14:29.71
John Hurley	56 NY	15:10.35
M65		
Avery Bryant	69 IN	9:21.0
Harold Willis	65 CA	9:43.12
Walter Atcheson	66 CA	10:22.78
M75		
Daniel Bulkley	75OR	9:53.72
F35		
Kim Ruppert	38 CA	8:20.58
F40		
Cheryl Kincaide	44 CA	15:03.39

4 x 100 Meter Relay

M30	
Run West (P Grimes, J Smith, C Stephenson, A Santos)	43.32
Over The Hill T C (R Wilson, F Makozy, C Johnson, B James)	46.60
M40	
Atlanta T C (A Santos, M McCoy, T Gilliard, A Seale)	45.59
East Texas Track Club (R Hahn, J Battaglia, J Dolezel, T Thompson)	46.34
West Valley T C (F Little, P Raymond, D Duffy, J Unsold)	47.79
France (J Le Duff, R Angelini, D Olherry, J Marie)	50.70
M50	
Los Viejos (J Loubet, S Taylor, B Tozer, R Kirkpatrick)	49.19
Decathlon Mid-West (T Thorne, T Shelton, S Cottle, K Winters)	51.05
Late Ones (H Creson, E Pawlik, J Swayze, C Bedell)	51.32
East (J Lance, A Johnson, W Fortune, A Reilly)	57.97
M60	
So Calif Striders (H Cobb, W Robinson, M Sanchez, A Sheahen)	53.42
M70	
SW Elite (B Wingo, M Goldsmith, F White, T Murphy)	59.97
L A Valley T C (G Simon, F Toner, R Hunt, W Dahlin)	61.11
F30	
Sheela Mitchell (J Seely, L Chidester, S Mitchell, D Ventura)	58.80

4 x 400 Meter Relay

M30	
Run West (P Grimes, J Smith, C Stephenson, C McKenzie)	3:18.72
East Texas Track Club (R Easley, T Thompson, K Ellis, J Reppert)	3:30.91
Los Viejos (D Schneebeck, M Pannell, F Collins, R Kirkpatrick)	3:37.49

Continued on next page

Continued from previous page

M40
West Valley T C (P Raymond, D Duffy, S Barnett, M Pruit) 3:38.34
Decathlon Mid-West (R Jensen, S Cottle, R Harvey, W Reiter) 3:56.18

M50
Unknowns 4:06.03
Decathlon Mid-West (T Thorne, T Shelton, S Cottle, K Winters) 4:11.17

M60
So Cal Striders (W Robinson, A Sheahen, E Sanchez, M Sanchez) 4:37.71

4 x 800 Meter Relay

M30
Deseret News T C (D Robinson, J Woods, T Thomas, P Cummings) 8:10.25
California Coast (M Cleary, P Mogg, N Smith, T Bennett) 8:16.48
So Calif Unifiers (K McMillan, N Bojko, S Taggart, K Velasquez) 8:39.88

M40
Central Park T C (B Burke, M Blake, C Cappello, D Greene) 8:45.44
Jamal Toads & Others (R Jensen, D Hunter, I Cumming, A Olson) 8:48.74
West Valley T C (D Duffy, H Franklin, S Barnett, D Amster) 8:50.09

M50
Southern Oldtimers (C Wimberley, B Abernathy, H Hawk, M Boudreaux) 10:04.07

M60
So California Runners (B Holmes, P Williams, R Culling, G Linde) 10:56.55
So Calif Striders (A Bryant, W Atcheson, H Willis, E Sanchez) 12:08.14

F40
East Region (B Clair, W Cappello, C Vanleuven, P Dickson-Taylor) 10:36.79

High Jump

M30		
Douglas Nordquist	30 CA	2.10
Jeff Helton	32 FL	1.90
M35		
Jim Barrineau	38 KS	2.14
Bruce McBarnette	35 DC	2.05
Billy McKinney	37 TX	1.80
Robert Zahn	39 WI	1.75
Jerry Ropelato	37 UT	1.70
Doug Nelson	38 UT	1.65
M40		
Steve Harkins	42 PA	1.94
Richard Teller	41 WA	1.84
Jerry Cash	44 OR	1.74
David Ortman	40 WA	1.64
Anthony Santos	42 GA	1.59
Tim Walters	41 OH	1.59
Jim Dolezel	43 OK	1.54
Richard Watson	40 LA	1.54
M45		
Charlie Radar	45 CA	1.85
Kenneth Cooper	45 MO	1.79
Roberto Pozzi	47 CA	1.70
Thomas Light	45 AK	1.70
Daniel Olherry	45FRA	1.64
Allen Huffstutter	45 OR	1.61
Johnston Ewing	45 TN	1.52
William Wood	48 CA	1.46
Robert Baker	48 LA	1.43
Grant Lamothe	49CAN	1.43
M50		
Emil Pawlik	54 MS	1.71
Daniel Fernandez	54FRA	1.66
David Cunningham	50 UT	1.66
Richard Hotchkiss	54 CA	1.63
David Cherrington	50 UT	1.60
Thomas Thorne	50 MO	1.57
Robert Sheedy	52 WA	1.57
Michael Akerman	52 OR	1.57
David Baldwin	51 WA	1.48
Hal Smith	57 CA	1.42
Darrel Short	50 WY	1.33
M55		
Phil Fehlen	58 CA	1.69
Floyd Smith	58 IA	1.57
Dwaine Horton	55 UT	1.54
Jerry Sullivan	55 CA	1.54
Bob Bergfeldt	56 AZ	1.51
John Head	55 TX	1.45
Harold Creson	59 AZ	1.45
Doug Spainhower	58 UT	1.42
Lawrence Kelly	58 UT	1.39
M60		
Phil Mulkey	60 GA	1.58
Richard Richardson	60 IL	1.58
Boyd Shumway	60 AZ	1.52
Marion Sanchez	61 CA	1.52
Clarence Trinkner	61 WI	1.43
Dave Douglass	61 CA	1.40
Harvey Lewellen	64 OR	1.37
Dick Scott	64 MO	1.34
M65		
James Gilcherist	65 FL	1.62WR
Eldon Nelson	65 UT	1.36
Alfonzo Wilson	67 OH	1.25
M70		
Brady Walker	72 UT	1.41
Charles Obye	71 AZ	1.38
Walter Dahlin	72 CA	1.32
Burl Gist	73 CA	1.29
Ken Wheeler	72 HI	1.23
Mark Henderson	72 CA	1.23
Dick Bennett	73 AZ	1.12
Jim Madden	72 AZ	1.06
M75		
Hamilton Morningstar	76 MI	1.26
Manuel White	77 MT	1.12
Charles Roloff	78 AZ	1.12
Milo Lightfoot	79 IN	1.03
M80		
Claude Hills	81 PA	1.12
Virgil McIntyre	82 AZ	1.09
Gilberto Gonzalez	80 PR	1.06
Wilfred Bigelow	82 CA	1.03
M85		
Russell Randall	86 CO	.94
M90		
Buell Crane	93 ID	.94
F30		
Martha Mendenhall	34 WA	1.48
Julie Seely	30 UT	1.48
Julie Wiedis	34 NJ	1.19
F45		
Phil Raschker	46 GA	1.51WR
Liz McBlain	45 AL	1.45
Michael-Marie Hill	46 NJ	1.33
Johnnie Hill-Hudgins	46 NJ	1.14
Barbara Stratton	46 CA	1.01
F50		
Brenda Bloomfield	51 SC	1.14
Barbara Stewart	51 NY	1.06
F55		
Christel Miller	58 CA	1.26
Ginny Baker	58 WA	.97
F60		
Lucy Anne Brobst	60 NC	1.01
F65		
Leonore McDaniels	65 VA	1.26WR
Johnnye Valien	68 CA	1.01
Josephine Sullivan	68 SC	1.01
F70		
Margaret Hinton	71 TX	1.01

Pole Vault

M30		
Paul Babbits	32 MI	4.90
Russ McDonald	32 AZ	4.80
M35		
Gary Hunter	37 IN	4.70
Robert Olsen	37 CA	4.70
Ken Ellis	35 OK	4.50
M40		
Jim Williams	41 CA	4.40
Jerry Cash	44 OR	4.40
Gene Bard	43 MO	4.20
Steve Morris	44 CA	4.20
Jim Barry	40 UT	4.20
James Blaycock	43 UT	4.10
Donald Knapp	42 MO	3.90
Reg Hulbert	43 WA	3.80
M45		
Greg Miguel	46 CA	4.71WR
Tomlinson Rauscher	47 NY	4.20
Daniel Borrey	47 CA	4.10
Rex Harvey	47 OH	3.90
Thomas Light	45 AK	3.40
Johnston Ewing	45 TN	3.20
Sonny Jckowski	49 UT	3.20
Bruce Perkins	47 NV	2.90
M50		
Gerry Moro	50 CA	3.85
Larry Holmes	51 OR	3.85
Mardon Connelly	51 CA	3.65
Jeff Loubet	50 NM	3.45
Jim Noonan	53 MN	3.25
Gary Isham	53 AZ	2.75
Thomas Thorne	50 MO	2.65
M55		
Donald Gray	58 OR	2.90
Bill Jankovich	59 WI	2.45
Hal Smith	57 CA	2.20
M60		
Phil Mulkey	60 GA	3.38
Jerry Donley	63 CO	3.05
Tom Hinkes	63 WI	2.90
Harvey Lewellen	64 OR	2.70
Bob Holmes	64 CA	2.45
M65		
Al Brenda	65 CA	3.02
Don Grosh	68 OR	2.95
Bob Richards	67 TX	2.90
John Cleveland	65 CA	2.60
Vernon Regier	65 CA	2.45
M70		
Thomas Devaughn	70 AZ	2.35
Dick Bennett	73 AZ	2.15
Armando Ricciardi	73 NV	1.85
M75		
Jim Vernon	76 CA	2.45
Hamilton Morningstar	76 MI	1.85
M80		
Claude Hills	81 PA	1.95
F45		
Phil Raschker	46 GA	3.00WR
F50		
Patricia Ann McNab	50ENG	2.60WR
Barbara Stewart	51 NY	1.90
F60		
Lucy Anne Brobst	60 NC	1.45
Shirley Kinsey	64 CA	1.10
F65		
Leonore McDaniels	65 VA	1.60

Long Jump

M30		
Gerald Edwards	30 WA	6.91
Jay Mathis	34 TN	6.21
Jeff Helton	32 FL	5.94
Remo Biagioni	34 NJ	5.76
Mark Carver	33 TN	5.38
M35		
Mike Lariza	37 OR	6.20
Joe Smith	37 UT	5.99
Andrew Hecker	38 CA	5.60
Doug Nelson	38 UT	5.55
Kirby McMillan	35 CA	4.93
Bill Harris	36 OH	4.79
M40		
Richard Thomas	40 TX	6.73
Randy Kruse	40 OR	6.47
David Ortman	40 WA	5.89
Anthony Santos	42 GA	5.87
Scott Thornsley	41 PA	5.82
Steve Kemp	40BIA	5.74
Dana Harrell	44 MA	5.65
Robert Holmes	40 CA	5.64
Tim Walters	41 OH	5.24
Jim Dolezel	43 OK	4.61
M45		
Edward Jones	48 TX	6.13
Tyrone Carlis	48 FL	6.12
John Gray	45 AZ	5.99
Robb Bong	45 CO	5.78
Daniel Olherry	45FRA	5.52
Jeff Schaller	45 WA	5.36
James Manor	45 CA	5.31
Bill Weinstock	46 CA	5.22
Oron Lott	46 WA	5.10
William Wood	48 CA	4.57
M50		
Kenneth Medley	52 NM	5.76
Emil Pawlik	54 MS	5.59
David Cherrington	50 UT	5.03
Dean Dopp	53 ID	5.00
Jim Swayze	52 AZ	4.92
Bob O'Brien	53 NJ	4.87
Robert Osterhoudt	51 AZ	4.75
Robert Gent	51 WA	4.61
Jack Karbens	51 HI	3.92
Darrel Short	50 WY	3.83
M55		
Ray Graves	59 AZ	4.97
Bob Bergfeldt	56 AZ	4.80
Harold Creson	59 AZ	4.70
Bill Jankovich	59 WI	4.47
John Head	55 TX	4.46
M60		
Phil Mulkey	60 GA	4.83
Dale Frehner	60 UT	4.66
Ted Hansen	62 UT	4.58
Quinto Biagioni	62 NJ	4.23
Richard Richardson	60 IL	4.19
Dick Scott	64 MO	3.92
M65		
Melvin Larsen	69 IL	4.95
James Gilcherist	65 FL	4.56
Eldon Nelson	65 UT	4.33
Bill Townsend	66 NY	4.07
William Daprano	66 GA	3.92
Oscar Harris	65 PA	3.90
M70		
Edwin Lukens	71 NY	4.44
Charles Obye	71 AZ	4.27
William Bronson	71 OR	3.68
Tom Patsalis	71 CA	3.31
Jim Madden	72 AZ	2.98
M75		
Clarence Trahan	78 CA	3.65
Lee Todd	78 NE	3.24
Frank Finger	75 VA	3.05
Hamilton Morningstar	76 MI	2.79
M80		
Claude Hills	81 PA	3.18
Gilberto Gonzalez	80 PR	3.12
Virgil McIntyre	82 AZ	2.83
Wilfred Bigelow	82 CA	2.70
M85		
Russell Randall	86 CO	2.72
M90		
Buell Crane	93 ID	1.63
M95		
F30		
Julie Wiedis	34 NJ	3.37
Sook Wilson	31 OH	2.31
F35		
Pamela King	36 TX	4.77
Irene Thompson	39 NY	4.74
Cheryl Compton	35 WA	4.32
F40		
Anna Wlodarczyk	42 CA	5.40AR
Deby Sweezey	40 CA	4.96
Tina Stough	40 CA	4.51
F45		
Phil Raschker	46 GA	5.21
Lorraine Tucker	46 NY	4.42
Michael-Marie Hill	46 NJ	3.92
Barbara Stratton	46 CA	3.16
F50		
Barbara Stewart	51 NY	3.58
F55		
Irene Obera	59 CA	3.63
Joann Grissom	55 IN	3.60
F60		
Lucy Anne Brobst	60 NC	3.06
F65		
Mavis Lorenz	66 MT	3.81
Leonore McDaniels	65 VA	3.61
Johnnye Valien	68 CA	3.15
Mary Ann Boe	65 WY	3.11
Josephine Sullivan	68 SC	2.98
F70		
Margaret Hinton	71 TX	2.99

Triple Jump

M30		
Jeff Helton	32 FL	13.10
Frank Makozy	34 PA	10.84
M35		
Mike Lariza	37 OR	14.00
Joe Smith	37 UT	13.75
Tom Stuthard	38 CA	12.24
Doug Nelson	38 UT	11.39
M40		
Anthony Santos	42 GA	13.05
Scott Thornsley	41 PA	12.10
Dan Behrens	41 CA	11.02
Robert Hahn	41 TX	10.85
Jim Dolezel	43 OK	10.03
M45		
Michel Regner	48FRA	12.11
Tyrone Carlis	48 FL	12.05
Steve Blood	48 UT	11.94
James Manor	45 CA	11.08
William Wood	48 CA	10.73
Robert Baker	48 LA	10.56
Frederick Johnston	47 CA	10.51
Oron Lott	46 WA	10.48
Grant Lamothe	49CAN	9.84
Robert Larsen	47 HI	9.65
M50		
Ken Winters	50 KS	11.54
Robert Sheedy	52 WA	10.30
Bob O'Brien	53 NJ	9.74
Jack Karbens	51 HI	8.35
Darrel Short	50 WY	8.23
Larry Peer	51 UT	7.51
M55		
Haig Bohigian	57 NY	10.17
John Head	55 TX	9.19
Bill Jankovich	59 WI	8.57
M60		
Phil Mulkey	60 GA	10.54
Ted Hansen	62 UT	10.11
Jack Lance	63 NJ	8.53
Pay Carstensen	61 NY	7.32
M65		
James Moorhead	65 ID	9.17
Al Brenda	65 CA	9.06
Bill Townsend	66 NY	8.61
Eldon Nelson	65 UT	8.10
M70		
Edwin Lukens	71 NY	9.76AR
Charles Obye	71 AZ	8.61
Tom Patsalis	71 CA	7.96
Charles Mercurio	73 CA	4.19
M75		
Clarence Trahan	78 CA	7.28
Hamilton Morningstar	76 MI	6.90
M80		
Claude Hills	81 PA	7.04AR
Gilberto Gonzalez	80 PR	6.27
M90		
Buell Crane	93 ID	4.63
F35		
Sarah Boslaugh	37 NY	9.69
F40		
Danielle Desmier	44FRA	11.43
Deb Vestal	41 MN	5.51
F45		
Phil Raschker	46 GA	10.80AR
Liz McBlain	45 AL	7.99
Barbara Stratton	46 CA	7.37
F50		
Ann Carter	51 SC	7.52
Barbara Stewart	51 NY	6.63
F55		
Joann Grissom	55 IN	7.98
Ginny Baker	58 WA	6.55
F60		
Lucy Anne Brobst	60 NC	6.88
F65		
Leonore McDaniels	65 VA	7.60WR
Josephine Sullivan	68 SC	6.02

Shot Put

M30		
Martin Jaqua	30 OR	13.04
Jeff Crothers	34 AZ	10.24
M35		
Forrest Brouillard	39 OR	9.60
M40		
Raymond Fogg	42 OR	13.10
Michael Schroeder	40 CA	12.70
Richard Watson	40 LA	10.01
Timothy Fuehrer	42 MN	8.24
M45		
Doug Wells	45 CA	14.10
Rick Stowell	47 MT	13.66
Gary Bills	46 ID	13.58
Douglas Price	45 UT	13.33
Jerry Brewer	46 TX	11.38
Bob Sager	45 MT	11.11
M50		
Larry Pratt	52 DE	14.03
Richard Hotchkiss	54 CA	13.60
Glen Johnson	54 TN	13.30
Donald Dansereau	50 TX	12.63
Robin Paulsen	51 CA	11.60
M55		
Joe Keshmiri	55 NV	15.32AR
James Hart	56 CA	13.15
Hal Smitn	57 CA	12.99
John Ross	55 CA	12.38
Tom Wesselowski	58 KS	12.32
Neil Saling	57 OR	11.49
Ronald Wade	57 CA	11.38
M60		
Phil Mulkey	60 GA	14.43
Wendell Palmer	61 TX	13.72
Ray Feick	61 PA	13.27
Leonard Olson	62 FL	13.17
Stewart Thomson	60 CA	12.40
Harry Hawke	64 CA	12.31
James Rothrock	60 AZ	12.15
Pay Carstensen	61 NY	11.90
Bill Brazelton	64 AR	9.97
M65		
Phil Brusca	66 MO	12.88
James Gilcherist	65 FL	12.54

Continued on next page

Continued from previous page

Michael Orlich	67 NV	12.16
Hal Wallace	65 ID	10.95
Harvey Williams	68 WA	9.90
Harold Kroeker	66 NE	9.55
Jacob. Stein	69 KY	8.40
M70		
Scott Herrman	70 KS	12.70
Brady Walker	72 UT	11.58
William Nettles	70 MS	11.26
Stanley Sadofsky	72 AZ	10.53
Mark Henderson	72 CA	10.26
Marcel Batby	70FRA	10.14
Jim Minah	73 WA	9.72
Ken Wheeler	72 HI	9.34
Angelo Oliver	73 RI	7.83
Bob Stone	73 CA	7.40
M75		
Manuel White	77 MT	10.43
Lee Todd	78 NE	10.39
Hal Cronkite	75 CA	9.99
Hamilton Morningstar	76 MI	9.50
Eugene Bradford	78 NJ	8.83
Frederick Praeger	77 CO	7.62
M80		
Leon Joslin	81 WA	8.80
James York	80 CA	8.78
M85		
William Garthune	85 VA	6.72
Earl Salisbury	89 CA	5.88
M90		
Buell Crane	93 ID	5.66
M95		
F30		
Angela Nealy	32 IN	8.13
Deborah Eckhardt	33 NY	7.23
Julie Wiedis	34 NJ	6.06
F35		
Carol Finsrud	36 TX	11.18
Ruth Welding	37 IN	10.87
Sarah Boslaugh	37 NY	10.42
F40		
Joan Stratton	41 CA	11.16
Janet Wilson	40 CA	10.34
Betty Clair	42 NY	9.49
Cheryl Kincaide	44 CA	6.05
Lois Lott	44 WA	5.09
F45		
Lurline Struppeck	46 LA	9.53
Lorraine Tucker	46 NY	9.25
Liz McBlain	45 AL	8.91
Johnnie Hill-Hudgins	46 NJ	8.90
Nancy Hamilton	46 IA	5.30
F50		
Karen Huff	51 IL	9.83
Odile Schmitt	53FRA	9.43
Jan Catt	51 AZ	7.87
Laurie Rothrock	51 AZ	7.81
Roslyn Katz	51 NY	7.40
F55		
Joann Grissom	55 IN	12.15AR
Anne Cirulnick	58 NY	8.24
Marti Thielman	55 WA	7.12
F60		
Sal Polk	63 NM	7.21
Betty Heil	64 MT	5.79
F65		
Bernice Holland	65 OH	8.07
Dorothy Wilson	68 OH	5.75
Johnnye Valien	68 CA	5.53
F70		
Margaret Hinton	71 TX	6.81
Diane Friedman	70 OH	5.43
F75		
Betty Jarvis	78 OK	5.20
F85		
Marilla Salisbury	85 CA	2.83AR

Discus Throw

M30		
Martin Jaqua	30 OR	43.18
Jeff Crothers	34 AZ	30.72
Charles Staley	33 CA	27.84
M35		
Daniel John	35 UT	50.10
Ken Ellis	35 OK	34.44
Forrest Brouillard	39 OR	22.82
M40		
Dennis Umshler	41 NM	46.10
Jean Pierre Sagnette	42FRA	40.60
Valentino Martinez	44 MD	39.56
Edward Daniels	41 NH	32.32
Richard Watson	40 LA	30.64
Timothy Fuehrer	42 MN	24.46
M45		
John Price	47 UT	43.80
Alain Boscarato	47FRA	42.16
Doug Wells	45 CA	41.28
Lee Englund	48 WI	38.60
Rick Stowell	47 MT	37.44
Michael Grisko	46 CT	36.60
Jerry Brewer	46 TX	34.92
Dennis Chandler	45 NJ	32.98
Bill Forsyth	46 NM	30.54
Bob Sager	45 MT	30.06
M50		
Lloyd Higgins	51 CA	56.48
Glenn Passey	53 WA	47.20
Larry Pratt	52 DE	47.14
Richard Hotchkiss	54 CA	44.64
Gerry Moro	50 CA	40.64
Lloyd Long	53 NJ	38.66
Robert Osterhoudt	51 AZ	34.54
Jack Karbens	51 HI	31.86
Luigi Schiavo	50 CA	28.48
M55		
Joe Keshmiri	55 NV	48.92
Rudy Houg	58 OH	42.66
John Ross	55 CA	42.58
James Hart	56 CA	41.98
Neil Saling	57 OR	40.02
Phil Lord	58 UT	35.80
Bob Whitlow	57 IN	35.28
Dwaine Horton	55 UT	35.14
Ronald Wade	57 CA	34.50
Tom McNab	59ENG	26.80
M60		
Wendell Palmer	61 TX	56.62
Phil Mulkey	60 GA	50.42
Stewart Thomson	60 CA	48.30
Harry Hawke	64 CA	47.00
Leonard Olson	62 FL	45.64
William Garrahan	64 RI	42.18
James Rothrock	60 AZ	42.02
Boyd Shumway	60 AZ	40.52
Bill Brazelton	64 AR	39.78
Ray Feick	61 PA	38.62
Harvey Lewellen	64 OR	33.78
Dave Douglass	61 CA	30.96
M65		
Ed Hooker	67 OK	42.48
Harold Kroeker	66 NE	40.04
Hal Wallace	65 ID	39.02
Phil Brusca	66 MO	39.02
Michael Orlich	67 NV	37.34
Harvey Williams	68 WA	37.02
Jacob. Stein	69 KY	33.58
M70		
Wilbur Thompson	72 CA	37.28
Marcel Batby	70FRA	34.98
Brady Walker	72 UT	34.62
Stanley Sadofsky	72 AZ	33.02
William Nettles	70 MS	29.72
Ken Wheeler	72 HI	29.56
Armando Ricciardi	73 NV	28.34
Mark Henderson	72 CA	27.04
Bob Stone	73 CA	22.32
M75		
Manuel White	77 MT	34.96
Lee Todd	78 NE	32.90
Thomas McDermott	75 FL	30.46
Hamilton Morningstar	76 MI	29.68
Hal Cronkite	75 CA	25.58
Eugene Bradford	78 NJ	23.44
Milo Lightfoot	79 IN	22.70
Frederick Praeger	77 CO	21.50
M80		
Leon Joslin	81 WA	27.74
James York	80 CA	24.76
M85		
Earl Salisbury	89 CA	16.98
M90		
Buell Crane	93 ID	13.24
F30		
Angela Nealy	32 IN	25.12
Deborah Eckhardt	33 NY	23.14
F35		
Carol Finsrud	36 TX	48.68AR
Ruth Welding	37 IN	34.50
Sarah Boslaugh	37 NY	28.80
Cheryl Alston	36 NJ	18.96
F40		
Janet Wilson	40 CA	44.06
Monette Branson	41 UT	43.68
Joan Stratton	41 CA	34.58
Cheryl Kincaide	44 CA	18.92
F45		
Lurline Struppeck	46 LA	26.48
Nancy Hamilton	46 IA	14.94
F50		
Odile Schmitt	53FRA	24.64
Laurie Rothrock	51 AZ	22.36
Roslyn Katz	51 NY	21.18
Sandy Pashkin	51 NY	20.92
Karen Huff	51 IL	18.84
F55		
Joann Grissom	55 IN	26.82
Christel Miller	58 CA	22.94
Anne Cirulnick	58 NY	18.00
F60		
Sal Polk	63 NM	19.74
Betty Heil	64 MT	16.08
Shirley Kinsey	64 CA	15.98
F65		
Bernice Holland	65 OH	23.52
Mavis Lorenz	66 MT	21.18
F70		
Renee Roloff	70 AZ	15.90
Margaret Hinton	71 TX	15.82
F75		
Betty Jarvis	78 OK	15.46
F85		
Marilla Salisbury	85 CA	5.84

Hammer Throw

M30		
Michael Bersch	33 NJ	44.98
Jeff Crothers	34 AZ	23.20
M35		
Forrest Brouillard	39 OR	38.48
M40		
Edward Daniels	41 NH	41.56
Timothy Fuehrer	42 MN	21.14
M45		
Alain Boscarato	47FRA	46.32
Dick Bloomfield	53 SC	35.12
Bob Sager	45 MT	35.12
M50		
Thomas Gage	50 MT	62.38
George Mathews	50 WA	49.66
Lloyd Higgins	51 CA	48.10
Richard Hotchkiss	54 CA	46.56
Robert Osterhoudt	51 AZ	33.46
M55		
Bill McWilliams	57 MA	45.88
Tom Wesselowski	58 KS	33.16
Tom McNab	59ENG	32.54
M60		
Stewart Thomson	60 CA	48.70
Wendell Palmer	61 TX	41.84
Luis Velez	63 PR	39.70
Leonard Olson	62 FL	39.68
Martin Engel	61 NY	39.54
Pay Carstensen	61 NY	39.14
Ray Feick	61 PA	39.10
Harry Hawke	64 CA	34.80
Dave Douglass	61 CA	32.76
Phil Mulkey	60 GA	8.20
M65		
Phil Brusca	66 MO	32.58
Jacob. Stein	69 KY	30.36
Ken Weinbel	65 WA	26.94
Harold Kroeker	66 NE	25.92
M70		
Marcel Batby	70FRA	42.62
Jim Minah	73 WA	38.82
Brady Walker	72 UT	37.14
Armando Ricciardi	73 NV	32.26
Thomas Devaughn	70 AZ	29.68
Bob Stone	73 CA	23.64
M75		
Thomas McDermott	75 FL	35.30
Manuel White	77 MT	32.82
Hamilton Morningstar	76 MI	24.84
Eugene Bradford	78 NJ	18.40
Frederick Praeger	77 CO	18.14
M80		
James York	80 CA	27.36AR
Leon Joslin	81 WA	25.54
M90		
Buell Crane	93 ID	11.66
F30		
Deborah Eckhardt	33 NY	19.92
F35		
Sarah Boslaugh	37 NY	27.72
F40		
Joan Stratton	41 CA	39.24
F45		
Liz McBlain	45 AL	22.70
F50		
Patricia Ann McNab	50ENG	42.52
Brenda Bloomfield	51 SC	34.78
Roslyn Katz	51 NY	26.22
Laurie Rothrock	51 AZ	21.08
F55		
Joann Grissom	55 IN	30.20AR
Anne Cirulnick	58 NY	23.94
F60		
Sal Polk	63 NM	24.78
F75		
Betty Jarvis	78 OK	18.14AR

Javelin Throw

M30		
Rodney Wilson	34 OH	30.60
M35		
Gene Lorenzen	37 CA	61.06
Roberts Shirts	36 UT	59.68
Doug Nelson	38 UT	52.58
Ken Ellis	35 OK	47.48
Rick Easley	39 TX	42.60
Bill Harris	36 OH	23.92
M40		
Thomas Nielsen	41 NJ	56.76
John Nummela	44 CA	55.62
Bob Powers	44 CA	50.84
Patrick Malone	43 IN	47.20
Mike McDonald	43 OK	46.54
Jean Claude Deremy	43FRA	45.94
Tim Walters	41 OH	45.54
Richard Watson	40 LA	42.04
M45		
Edwin Morland	45 KS	58.64
Rocco Petitto	45 CO	55.98
Richard Sander	47 LA	53.04
Steve Blood	48 UT	51.22
Dennis Chandler	45 NJ	50.46
Bill Forsyth	46 NM	47.60
Thomas Starbuck	46 CA	42.74
M50		
Lloyd Higgins	51 CA	52.18
Gary Reddaway	52 OR	50.18
Terry Thatcher	51 UT	50.12
John Burns	52 CA	49.06
Richard Hotchkiss	54 CA	46.18
Robin Paulsen	51 CA	40.54
Thomas Thorne	50 MO	40.04
Jack Karbens	51 HI	34.50
Luigi Schiavo	50 CA	24.06
M55		
Larry Stuart	55 CA	59.34
Bill Duckworth	58 GA	48.80
Phil Conley	58 CA	46.22
Malcolm Russell	57 ID	44.38
Wayne Morris	56 NM	44.14
Robert Youngs	59 CT	42.90
Phil Lord	58 UT	38.82
M60		
Jack Shields	63 GA	49.32
James Rothrock	60 AZ	46.82
Bill Brazelton	64 AR	41.78
Ray Feick	61 PA	41.02
Leonard Olson	62 FL	37.36
Wendell Palmer	61 TX	36.88
Skip Meneely	63 TX	35.46
Harry Hawke	64 CA	35.14
Phil Mulkey	60 GA	33.02
M65		
Del Pickarts	66 CA	51.34
Ralph Roylance	67 UT	48.18
Phil Brusca	66 MO	39.42
Eldon Nelson	65 UT	35.12
William Daprano	66 GA	34.02
Hal Wallace	65 ID	33.58
Jacob. Stein	69 KY	29.94
Harvey Williams	68 WA	28.53
Harold Kroeker	66 NE	28.28
M70		
William Bronson	71 OR	33.14
Charles Obye	71 AZ	33.02
Brady Walker	72 UT	30.72
Max Goldsmith	70 TX	26.24
Angelo Oliver	73 RI	19.90
Bob Stone	73 CA	16.80
M75		
Manuel White	77 MT	35.10
Lee Todd	78 NE	32.52
Milo Lightfoot	79 IN	21.76
Eugene Bradford	78 NJ	17.70
M80		
Leon Joslin	81 WA	19.78
M85		
Earl Salisbury	89 CA	12.82
M90		
Buell Crane	93 ID	12.48
F30		
Julie Seely	30 UT	30.46
Julie Wiedis	34 NJ	23.92
Deborah Yurth	30 OH	21.58
Deborah Eckhardt	33 NY	21.06
F35		
Ruth Welding	37 IN	29.22
Pamela King	36 TX	20.68
F40		
Joan Stratton	41 CA	27.88
Deb Vestal	41 MN	10.24
F45		
Lurline Struppeck	46 LA	34.88
Lorraine Tucker	46 NY	29.40
Marleno Sachs	49 VT	23.22
Nancy Hamilton	46 IA	14.76
F50		
Karen Huff	51 IL	32.16
Fran Conley	52 CA	28.20
Roslyn Katz	51 NY	17.86
Laurie Rothrock	51 AZ	17.46
F55		
Christel Miller	58 CA	28.90
Joann Grissom	55 IN	25.78
Anne Cirulnick	58 NY	16.72
F60		
Sal Polk	63 NM	18.98
Betty Heil	64 MT	18.30
F65		
Mavis Lorenz	66 MT	26.32
Bernice Holland	65 OH	25.22
F70		
Margaret Hinton	71 TX	16.96
Renee Roloff	70 AZ	16.34
F75		
Betty Jarvis	78 OK	12.76
F85		
Marilla Salisbury	85 CA	5.92WR

5000 Meter Racewalk

M35		
Albert Leibold	35 KS	25:05.06
Jeff Millington	36 UT	27:35.52
Eric Demillard	36 UT	30:04.22
Steve Gardner	39 WY	31:33.00
Andrew Hecker	38 CA	DQ
M40		
Bohdan Bulakowski	40AND	23:23.56
Michael Wiggins	44 IA	24:42.46
Steve Petrakis	43 NM	25:55.19
Andrew Smith	43 NM	31:07.51
M45		
Norman Frable	48 TX	25:58.62
Bill Barnes	45 AR	26:15.57
Steven Hedges	45 UT	26:26.33
Bill Penner	46 CA	26:54.19
Peter Armstrong	48 NM	27:27.17
Jacinto Mogena	47 NJ	29:35.43
Gayden Nelson	48 UT	34:31.35
M50		
Donald Denoon	50 IL	22:48.01AR
James Carmines	50 PA	24:30.0
Victor Sipes	50 MI	25:37.49
Alan Yap	51 CO	26:22.57
Edgar Kousky	52 CO	26:48.90
John Elwarner	54 MI	26:51.34
Pete Giachetti	50 CA	27:06.58
Winston Crandall	53 NM	27:15.24
Marcel Oliet	52FRA	28:00.01
Wayne Wurzburger	51 CA	28:31.96
Bob Brewer	52 OR	28:36.49
Bernie Finch	53 WI	28:56.20
David Bickel	51 ND	30:25.22
John Schulz	54 CA	31:46.32
Stuart Ray	51 CA	32:06.35
M55		
Paul Johnson	55 AR	26:52.71
Larry Green	58 CA	27:23.68
Presley Donaldson	59 TX	28:39.01
Ray Franks	58 CO	29:04.14
Stuart Sonne	55 CO	29:13.46
Gerald Bocci	55 MI	29:20.00
Clyde Hatfield	58 CA	31:30.41
Frederick Seewerker	55 CA	32:27.80
James Fisher	57 CA	32:27.80
Jonathan Johnson	57 CA	33:19.70
Ralph Wheeler	59 CO	36:28.07
M60		
Jack Bray	60 CA	25:56.40
Max Green	61 MI	26:18.31
John Lyle	60 CO	29:36.17
Vance Genzlinger	64 MI	30:13.62
Leo Rivera	61 NY	30:45.17
Robert Eisner	64 CA	30:46.47

Continued on next page

Continued from previous page

Ed Ricci	64	CA	31:09.01
John Kelly	63	CA	31:11.0
Gerald Storie	61	CO	31:24.0
Joe Rogers	61	GA	31:37.02
William Kinder	64	WA	37:38.09
M65			
Robert Mimm	68	NJ	29:20.57
Richard Bennett	69	WA	32:41.22
Dick Donley	67	OK	34:26.91
John Vetromille	68	CA	41:30.66
Floyd Ormsby	65	UT	DQ
M70			
Albert Sturni	70	FRA	29:31.30
Donald Gladding	71	AZ	31:04.0
Donald Cotner	71	CA	33:46.88
Paul Geyer	70	MN	33:58.31
Jorge Newberry	73	CA	35:07.56
Mel Lees	70	CA	35:37.0
John Levinsohn	72	CA	36:23.85
Ben Heath	72	UT	DQ
Tom Bishop	73	UT	DQ
M75			
Max Gould	76	CAN	33:46.88
Richard Stark	76	NM	36:28.54
Sol Tanenbaum	76	CA	40:33.39
M80			
Giulio dePetra	82	CA	37:08.84
F30			
Sheela Mitchell	31	UT	28:34.43
Jackie Kerby Moore	32	NM	28:57.53
Victoria Herrazo	34	NV	DQ
F35			
Cindy Paffumi	39	CA	26:33.09
Therese Iknoian	36	CA	27:28.68
Robin Fujinaka	39	CA	27:59.22
Kathy Finch	38	WI	29:43.63
Lelise Folse	39	CA	33:35.92
F40			
Sally Richards-Kerr	40	CO	24:52.14
Phyllis Hansen	41	NJ	28:05.09
Kathy Lovell	43	NM	29:30.11
Patricia Cooper	43	CO	29:44.64
Pamela Thorton	43	CA	30:39.92
Cheryl Kincaide	44	CA	39:13.07
F45			
Donna Cunningham	47	CA	27:33.96
Linda Stein	45	FL	28:44.36
Kathy Frable	48	TX	28:59.72
Barbara Kowalski	45	CA	32:02.42
Kathryn Carmines	49	PA	37:43.36
F50			
Joann Nedelco	50	CA	27:43.58
Elton Richardson	54	NY	28:22.63
Sandy Pashkin	51	NY	34:31.84
Hansi Rigney	51	CA	35:26.47
Jeanne Bocci	50	MI	DQ
F55			
Shirley Capps	57	CA	32:30.0
Margaret Seewerker	58	CA	34:20.0
Marian Spatz	56	NY	34:49.29
Arlette Maimbourg	57	FRA	35:55.52
Patricia Willis	57	CA	37:11.26
F60			
Ruth Eberle	62	MO	30:21.04
Ria Marsh	60	CA	32:43.54
Ed Ricci	64	CA	33:16.73
F65			
Joan Rowland	67	NY	34:18.28
Joann Beers	67	CA	34:33.92
F70			
Jean Cottner	70	CA	39:57.58
F80			
Dorothy Robarts	83	CA	48:14.82

20000 Meter Racewalk

M35			
Albert Leibold	35	KS	1:43:34.0
Eric Demillard	36	UT	2:05:16.0
Steve Gardner	39	WY	2:12:39.0
M40			
Bohdan Bulakowski	40	AND	1:36:00.0
Steve Petrakis	43	NM	1:52:29.0
Andrew Smith	43	NM	2:24:50.0
M45			
Stan Chraminski	45	WA	1:50:08.0
Norman Frable	48	TX	1:50:42.0
Bill Barnes	45	AR	1:57:50.0
Peter Armstrong	48	NM	1:59:07.0
Jacinto Mogena	47	NJ	2:13:04.0
Gayden Nelson	48	UT	2:30:50.0
M50			
Donald Denoon	50	IL	1:35:19.0AR
James Carmines	50	PA	1:47:37.0
Victor Sipes	50	MI	1:52:00.0
Alan Yap	51	CO	1:52:08.0
Donald Denoon	50	IL	1:53:33.0
Edgar Kousky	52	IL	1:55:44.0
Pete Giachetti	50	CA	1:57:58.0
Bob Brewer	52	OR	2:02:23.0
John Elwarner	54	MI	2:02:27.0
David Bickel	51	ND	2:03:48.0
John Schulz	54	CA	2:06:13.0
Wayne Wurzburger	51	CA	2:11:28.0
John Knifton	53	TX	DQ
M55			
Paul Johnson	55	AR	1:57:26.0
Gerald Bocci	55	MI	2:03:02.0
Ray Franks	58	CO	2:05:41.0
Stuart Sonne	55	CO	2:11:01.0
Presley Donaldson	59	TX	2:11:01.0
James Fisher	57	CA	2:11:45.0
Haig Bohigian	57	NY	2:18:15.0
Frederick Seewerker	55	CA	2:20:27.0
Ralph Wheeler	59	CO	2:34:47.0
M60			
Max Green	61	MI	1:52:22.0
Jack Bray	60	CA	1:52:40.0
John Kelly	63	CA	2:06:46.0
Vance Genzlinger	64	MI	2:06:58.0
Ed Ricci	64	CA	2:10:18.0
John Lyle	60	CO	2:13:21.0
Leo Rivera	61	NY	2:14:24.0
Joe Rogers	61	GA	2:14:46.0
Robert Eisner	64	CA	2:17:50.0
Ken Chomo	62	MT	2:28:19.0
William Kinder	64	WA	2:45:06.0
M65			
Robert Mimm	68	NJ	2:03:36.0
Richard Bennett	69	WA	2:19:33.0
Dick Donley	67	OK	2:26:45.0
M70			
Donald Gladding	71	AZ	2:12:55.0
Paul Geyer	70	MN	2:25:08.0
Mel Lees	70	CA	2:26:41.0
Jorge Newberry	73	CA	2:28:15.0
Tom Bishop	73	UT	DQ
Albert Sturni	70	FRA	DQ
M75			
Max Gould	76	CAN	2:30:11.0
Richard Stark	76	NM	2:40:58.0
Sol Tanenbaum	76	CA	2:42:23.0
M80			
Giulio dePetra	82	CA	2:30:00.0AR
F30			
Victoria Herrazo	34	NV	53:26.0
Jackie Kerby Moore	32	NM	58:52.0
F35			
Cindy Paffumi	39	CA	54:29.0
Therese Iknoian	36	CA	56:18.0
Robin Fujinaka	39	CA	59:11.0
Laura Cribbins	36	CA	59:44.0
Kathy Finch	38	WI	1:01:29.0
Lelise Folse	39	CA	1:09:02.0
F40			
Sally Richards-Kerr	40	CO	50:50.0
Gayle Johnson	44	MO	53:45.0
Phyllis Hansen	41	NJ	55:18.0
Patricia Cooper	43	CO	1:00:13.0
Kathy Lovell	43	NM	1:00:17.0
Pamela Thorton	43	CA	1:02:42.0
Cheryl Kincaide	44	CA	1:15:07.00
F45			
Donna Cunningham	47	CA	55:40.0
Kathy Frable	48	TX	58:57.0
Linda Stein	45	FL	1:00:06.0
Barbara Kowalski	45	CA	1:06:39.0
Kathryn Carmines	49	PA	1:14:35.0
F50			
Joann Nedelco	50	CA	57:06.0AR
Elton Richardson	54	NY	57:21.0
Hansi Rigney	51	CA	1:11:52.0
Jeanne Bocci	50	MI	DQ
F55			
Shirley Capps	57	CA	1:07:55.0
Arlette Maimbourg	57	FRA	1:13:01.0
Margaret Seewerker	58	CA	1:13:11.0
Patricia Willis	57	CA	1:20:06.0
Martha Yale	56	MT	1:20:46.0
F60			
Ruth Eberle	62	MO	1:01:50.0AR
Betty Payte	62	CO	1:08:18.0
Ria Marsh	60	CA	1:09:42.0
F65			
Joann Beers	67	CA	1:10:01.0
Joan Rowland	67	NY	1:12:25.0

Women's Pentathlon

(100H/HJ/SP/LJ/800)
1st line=actual mark
2nd line=age-factored mark

W30 Martha Mendenhall 34 WA 2342
(18.12/1.51/8.09/4.55/3:14.31)
(17.75/1.54/8.41/4.65/3:11.11)
Kathy Bastian 34 UT 1778
(21.36/1.27/6.97/4.24/2:58.98)
(20.92/1.34/7.24/4.33/2:56.03)

W40 Tina Stough 40 CA 2852
(15.56/1.30/7.18/4.53/2:39.00)
(18.05/1.48/8.36/5.18/2:26.49)

W45 Phil Raschker 46 GA 4511
(12.32/1.60/7.65/5.36/2:40.48)
(13.61/1.94/ 9.71/6.54/2:22.56)
Liz McBlain 45 CAN 3436
(14.39/1.51/8.98/4.20/3:09.72)
(15.89/1.83/11.40/5.12/2:48.53)
Marlene Sachs 49 VT 2822
(15.89/1.27/8.18/3.75/2:55.60)
(17.55/1.54/10.38/4.57/2:35.99)

W50 Barbara Stewart 51 NY 1676
(18.66/1.06/7.12/3.40/4:45.10)
(19.73/1.37/8.75/4.44/4:33.90)

W65 Leonore McDaniels 65 VA 3570
(19.62/1.27/6.18/3.72/4:02.74)
(17.80/2.00/10.38/6.06/2:56.11)

1993 USA Track & Field Men's Outdoor Pentathlon Scoring Results
Brigham Young University, Provo, UT; August 11
(1991 WAVA Implements, 1985 IAAF Scoring Tables & 1989 WAVA Five Year Age Factors)

30 - 34 AGE GROUP RESULTS

PL	AGE	NAME			LJ	JT	200M	DT	1500M	TOTAL SCORE
1	33	CARVER, MARK	Actual:	Meters	5.51	54.24(800GM)	25.04	22.66(2.0K)	4:27.71	
			USA	FT-IN	18- 0 3/4	112- 4		74- 4		
			Age Factored:	Meters	5.62 506	56.28 388	24.64 637	22.68 323	4:26.88 779	2633
				FT-IN	18- 5 1/4	119- 0 1/4		74- 4 3/4		

35 - 39 AGE GROUP RESULTS

PL	AGE	NAME			LJ	JT	200M	DT	1500M	TOTAL SCORE
1	37	ATWOOD, DUNCAN	Actual:	Meters	5.62	64.58(800GM)	24.18	30.32(2.0K)	5:45.24	
			USA	FT-IN	18- 5 1/4	211-10 1/2		99- 5 1/2		
			Age Factored:	Meters	6.02 591	72.96 935	23.16 770	31.94 503	5:32.09 389	3188
				FT-IN	19- 9	239- 6 1/4		104- 9 1/4		
2	36	RAY, STEVE	Actual:	Meters	5.42	46.30(800GM)	25.93	29.42(2.0K)	5:00.46	
			USA	FT-IN	17- 9 1/4	151-10 3/4		96- 6 1/4		
			Age Factored:	Meters	5.81 546	52.30 623	24.84 620	31.00 484	4:49.02 625	2898
				FT-IN	19- 0 1/2	171- 7		101- 8 1/4		
3	36	MILLER, ANDY	Actual:	Meters	5.66	45.84(800GM)	26.18	34.66(2.0K)	5:45.41	
			USA	FT-IN	18- 6 3/4	150- 4 1/2		113- 8 1/2		
			Age Factored:	Meters	6.06 600	51.78 615	25.08 599	36.52 594	5:32.25 388	2796
				FT-IN	19-10 1/2	169-10 1/2		119- 9 3/4		
4	38	NELSON, DOUG	Actual:	Meters	5.50	52.40(800GM)	27.23	28.74(2.0K)	5:24.83	
			USA	FT-IN	18- 0 1/2	171-10 3/4		94- 3 1/4		
			Age Factored:	Meters	5.89 563	59.20 726	26.08 518	30.28 470	5:12.46 490	2767
				FT-IN	19- 3 3/4	194- 2 1/2		99- 4		
5	36	BASTIAN, CARL	Actual:	Meters	5.15	34.52(800GM)	26.14	26.52(2.0K)	5:37.65	
			USA	FT-IN	16-10 3/4	113- 3		87- 0		
			Age Factored:	Meters	5.52 485	39.00 428	25.04 603	27.94 424	5:24.79 425	2365
				FT-IN	18- 1 1/4	127-11 1/4		91- 8		
6	37	ADAMS, JOHN	Actual:	Meters	5.08	30.08(800GM)	24.85	25.08(2.0K)	5:58.60	
			USA	FT-IN	16- 7 3/4	98- 8 1/4		82- 3 1/4		
			Age Factored:	Meters	5.44 469	33.98 356	23.80 711	26.42 395	5:44.94 329	2260
				FT-IN	17-10	111- 5 3/4		86- 8		
7	35	LINES, LEO	Actual:	Meters	4.93	38.92(800GM)	28.88	29.26(2.0K)	0:00.0	
			USA	FT-IN	16- 2	127- 8 1/4		95-11 3/4		
			Age Factored:	Meters	5.28 437	43.96 500	27.66 400	30.84 481	0:00.0 0	1818
				FT-IN	17- 3 3/4	144- 2 1/2		101- 2		
8	37	BILDERBECK, JEFF	Actual:	Meters	5.44	0.00(800GM)	0.0	0.00(2.0K)	0:00.0	
			USA	FT-IN	17-10	0- 0		0- 0		
			Age Factored:	Meters	5.83 550	0.00 0	0.23 0	0.00 0	0:00.0 0	550
				FT-IN	19- 1 1/2	0- 0		0- 0		

40 - 44 AGE GROUP RESULTS

PL	AGE	NAME			LJ	JT	200M	DT	1500M	TOTAL SCORE
1	44	LAPP, RICK	Actual:	Meters	6.16	61.58(800GM)	23.85	26.50(2.0K)	4:51.48	
			USA	FT-IN	20- 2 1/2	136- 5		86-11 1/4		
			Age Factored:	Meters	6.97 807	69.88 587	22.20 863	29.40 453	4:31.87 732	3442
				FT-IN	22-10 1/4	163- 7 3/4		96- 5 1/4		
2	40	KEMP, STEVE	Actual:	Meters	5.78	40.50(800GM)	24.92	33.40(2.0K)	5:01.52	
			CAN	FT-IN	18-11 1/2	132-10 1/4		109- 6 3/4		
			Age Factored:	Meters	6.54 707	48.60 568	23.20 766	37.06 605	4:41.23 673	3319
				FT-IN	21- 5 1/4	159- 5 1/4		121- 7		
2	43	TUCKER, JOHN	Actual:	Meters	5.13	44.74(800GM)	25.78	31.00(2.0K)	4:43.44	
			USA	FT-IN	16- 9 3/4	146- 9 1/4		101- 8 1/4		
			Age Factored:	Meters	5.80 544	53.68 643	24.00 693	34.40 552	4:24.37 782	3214
				FT-IN	19- 0 1/4	176- 1 1/4		112-10 1/4		
3	40	ORTMAN, DAVID	Actual:	Meters	5.82	35.00(800GM)	23.91	28.78(2.0K)	5:02.44	
			USA	FT-IN	19- 1	114- 9 3/4		94- 5		
			Age Factored:	Meters	6.58 716	42.00 471	22.26 857	31.94 503	4:42.09 667	3214
				FT-IN	21- 7	137- 9 1/2		104- 9 1/4		
4	41	WALTERS, TIM	Actual:	Meters	5.67	47.34(800GM)	25.55	29.74(2.0K)	5:18.12	
			USA	FT-IN	18- 7	155- 3 3/4		97- 6 3/4		
			Age Factored:	Meters	6.41 677	56.80 690	23.78 713	33.00 524	4:56.72 579	3183
				FT-IN	21- 0 1/4	186- 4		108- 3		
5	41	THORNSLEY, SCOTT	Actual:	Meters	5.15	37.40(800GM)	24.74	27.76(2.0K)	5:00.76	
			USA	FT-IN	16-10 3/4	122- 8 1/4		91- 0 3/4		
			Age Factored:	Meters	5.82 548	44.88 513	23.03 782	30.80 480	4:40.52 677	3000
				FT-IN	19- 1	147- 2 3/4		101- 0 1/2		
6	40	ACEA, RUSSELL	Actual:	Meters	5.40	34.40(800GM)	24.89	22.82(2.0K)	4:55.09	
			USA	FT-IN	17- 8 1/2	112-10 1/4		74-10 1/4		
			Age Factored:	Meters	6.11 610	41.28 461	23.17 769	25.32 373	4:39.24 711	2924
				FT-IN	20- 0 1/2	135- 5		83- 0 3/4		
7	42	MARTINEZ, ARNOLD	Actual:	Meters	4.59	39.04(800GM)	26.37	29.58(2.0K)	5:12.58	
			USA	FT-IN	15- 0 1/2	128- 1		97- 0 1/2		
			Age Factored:	Meters	5.19 419	46.84 542	24.55 645	32.82 520	4:51.55 609	2733
				FT-IN	17- 0 1/4	153- 8		107- 8		
8	43	MALONE, PATRICK	Actual:	Meters	4.99	45.16(800GM)	27.96	27.58(2.0K)	5:21.34	
			USA	FT-IN	16- 4 1/4	148- 1 3/4		90- 5 3/4		
			Age Factored:	Meters	5.64 510	54.18 651	26.03 522	30.60 476	4:59.72 561	2720
				FT-IN	18- 6	177- 9		100- 6 1/2		
9	43	DEREMY, JEANCLAU	Actual:	Meters	5.10	46.38(800GM)	27.58	28.16(2.0K)	6:06.04	
			FRA	FT-IN	16- 8 3/4	145- 7		92- 4 1/2		
			Age Factored:	Meters	5.77 537	53.24 637	25.67 551	31.24 489	5:41.41 345	2559
				FT-IN	18-11	174- 8		102- 5 3/4		
9	40	WATSON, RICHARD	Actual:	Meters	4.61	42.52(800GM)	29.28	30.72(2.0K)	5:35.15	
			USA	FT-IN	15- 1 1/4	139- 6		100- 9 1/4		
			Age Factored:	Meters	5.21 423	51.02 604	27.26 429	34.08 545	5:12.60 489	2490
				FT-IN	17- 1	167- 4 1/2		111- 9 1/2		
10	43	RUSSELL, ALLEN	Actual:	Meters	4.83	25.26(800GM)	24.61	0.00(2.0K)	0:00.0	
			USA	FT-IN	15-10	82-10 1/4		0- 0		
			Age Factored:	Meters	5.46 473	30.30 303	22.91 796	0.00 0	0:00.0 0	1570
				FT-IN	17-10 3/4	99- 4 3/4		0- 0		

45 - 49 AGE GROUP RESULTS

PL	AGE	NAME			LJ	JT	200M	DT	1500M	TOTAL SCORE
1	47	LEGAS, RICHARD	Actual:	Meters	5.37	54.60(800GM)	27.55	32.58(2.0K)	5:18.53	
			USA	FT-IN	17- 7 1/4	179- 1 1/2		106-10 1/2		
			Age Factored:	Meters	6.44 686	69.32 879	24.88 616	38.42 633	4:47.51 634	3446
				FT-IN	21- 1 1/2	227- 5		126- 0 1/2		
2	47	HARVEY, REX	Actual:	Meters	5.37	44.36(800GM)	25.15	37.02(2.0K)	5:56.16	
			USA	FT-IN	18- 3 1/4	145- 6 1/4		121- 5 1/4		
			Age Factored:	Meters	6.68 739	56.32 683	22.71 813	43.68 740	5:21.47 442	3417
				FT-IN	21-10 3/4	184- 9 1/4		143- 3 1/2		
3	46	FORSYTH, BILL	Actual:	Meters	4.95	47.88(800GM)	28.01	31.56(2.0K)	5:26.96	
			USA	FT-IN	16- 2 3/4	157- 1		103- 6 1/2		
			Age Factored:	Meters	5.94 574	60.80 750	25.29 582	37.24 609	4:55.12 588	3103
				FT-IN	19- 5 3/4	199- 5 1/2		122- 2		
4	47	REITER, WM.GORDO	Actual:	Meters	5.30	33.72(800GM)	26.98	25.74(2.0K)	5:10.55	
			USA	FT-IN	17- 4 1/2	110- 7 1/2		84- 5 1/4		
			Age Factored:	Meters	6.36 666	42.82 483	24.36 661	30.36 472	4:40.31 678	2960
				FT-IN	20-10 1/4	140- 5 3/4		99- 7 1/4		
5	48	ACKLEY, MICHAEL	Actual:	Meters	4.96	36.54(800GM)	30.17	32.54(2.0K)	4:53.65	
			USA	FT-IN	16- 3 1/4	119-10 1/2		106- 9		
			Age Factored:	Meters	5.95 576	46.40 536	27.24 430	38.38 632	4:25.05 777	2951
				FT-IN	19- 6 1/4	152- 2 3/4		125-11		
6	45	OLHERRY, DANIEL	Actual:	Meters	5.62	40.18(800GM)	27.91	31.06(2.0K)	6:05.11	
			FRA	FT-IN	18- 5 1/4	131- 9 3/4		101-10 3/4		
			Age Factored:	Meters	6.74 753	51.02 604	25.20 589	36.64 597	5:29.55 402	2945
				FT-IN	22- 1 1/4	167- 4 1/2		120- 2 1/2		
6	49	LAMOTHE, GRANT	Actual:	Meters	4.91	33.70(800GM)	27.10	23.22(2.0K)	5:31.36	
			CAN	FT-IN	16- 1 1/4	110- 6 3/4		76- 2		
			Age Factored:	Meters	5.89 563	42.78 483	24.47 652	27.38 413	4:59.09 563	2676
				FT-IN	19- 3 3/4	140- 4 1/4		89- 9 3/4		
6	45	HUFFSTUTTER, ALLEN	Actual:	Meters	4.25	38.28(800GM)	28.62	27.60(2.0K)	6:06.85	
			USA	FT-IN	13-11 1/4	125- 7		90- 6 1/2		
			Age Factored:	Meters	5.10 402	48.60 568	25.84 537	32.56 515	5:31.12 394	2416
				FT-IN	16- 8 3/4	159- 5 1/4		106- 9 3/4		
7	45	SCHUSTER, NEAL	Actual:	Meters	3.86	35.38(800GM)	28.74	22.74(2.0K)	5:13.52	
			USA	FT-IN	12- 7	116- 0 3/4		74- 7 1/4		
			Age Factored:	Meters	4.61 310	44.92 514	25.95 528	26.82 402	4:42.99 662	2416
				FT-IN	15- 1 1/4	147- 4 1/2		87-11 3/4		
8	45	CHANDLER, DENNIS	Actual:	Meters	4.35	50.96(800GM)	31.43	31.94(2.0K)	7:24.23	
			USA	FT-IN	14- 3 1/4	167- 2 1/4		104- 9 1/4		
			Age Factored:	Meters	5.22 425	64.70 809	28.38 351	37.68 618	6:40.97 122	2325
				FT-IN	17- 1 1/2	212- 3		123- 7 1/4		
9	45	SOMERS, SCOTT	Actual:	Meters	4.21	33.50(800GM)	30.24	25.18(2.0K)	6:43.21	
			USA	FT-IN	13- 9 1/2	109-10 3/4		82- 7 1/4		
			Age Factored:	Meters	5.05 392	42.54 479	27.31 425	29.70 459	6:03.94 248	2003
				FT-IN	16- 6 3/4	139- 6 3/4		97- 5 1/4		
10	47	LARSON, ROBERT	Actual:	Meters	4.46	0.00(800GM)	0.0	0.00(2.0K)	0:00.0	
			USA	FT-IN	14- 7 1/2	0- 0		0- 0		
			Age Factored:	Meters	5.35 451	0.00 0	0.22 0	0.00 0	0:00.0 0	451
				FT-IN	17- 6 1/2	0- 0		0- 0		

Continued on next page

50 - 54 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	52	SHEEDY, ROBERT	Actual: Meters	4.91	37.74(800GM)	28.50	32.40(1.5K)	6:27.48		
		USA	FT-IN	16- 1 1/4	123- 9 3/4		106- 3 1/2			
		Age Factored:	Meters	6.27 646	51.70 616	24.91 614	36.44 593	5:37.46	363	2830
			FT-IN	20- 6 3/4	169- 7 1/4		119- 6 1/2			
2	51	GENT, BUCK	Actual: Meters	4.87	36.36(800GM)	28.73	32.50(1.5K)	6:42.67		
		USA	FT-IN	15-11 1/2	119- 3 1/4		106- 7 1/2			
		Age Factored:	Meters	6.22 635	49.80 586	25.11 597	36.56 595	5:50.52	304	2717
			FT-IN	20- 4 3/4	163- 4 1/2		119-11 1/4			
3	51	OSTERHOUDT, ROBERT	Actual: Meters	4.80	31.44(800GM)	27.99	33.30(1.5K)	6:31.51		
		USA	FT-IN	15- 8 3/4	103- 1 3/4		109- 3			
		Age Factored:	Meters	6.13 615	43.06 487	24.46 652	37.46 613	5:40.97	347	2714
			FT-IN	20- 1 1/4	141- 3 1/4		122-10 3/4			
4	54	DEAN, ROGER	Actual: Meters	4.33	28.42(800GM)	29.02	28.70(1.5K)	5:42.63		
		USA	FT-IN	14- 2 1/4	93- 2 3/4		94- 1 3/4			
		Age Factored:	Meters	5.53 487	38.92 426	25.36 576	32.28 509	4:58.40	369	2567
			FT-IN	18- 1 1/2	127- 8 1/4		105-10 3/4			
5	52	BURNS, JOHN	Actual: Meters	4.04	48.80(800GM)	31.77	33.92(1.5K)	7:15.03		
		USA	FT-IN	13- 3	160- 1 1/4		111- 3 1/4			
		Age Factored:	Meters	5.16 413	66.84 841	27.77 393	38.14 627	6:18.87	192	2466
			FT-IN	16-11	219- 3 1/4		125- 1 1/2			
6	54	DOERRER, DAVE	Actual: Meters	4.62	22.52(800GM)	28.79	24.96(1.5K)	5:46.23		
		USA	FT-IN	15- 1 3/4	73-10 1/2		81-10 1/2			
		Age Factored:	Meters	5.90 565	30.84 311	25.16 593	28.06 426	5:01.54	551	2446
			FT-IN	19- 4 1/4	101- 2		92- 0 1/2			
7	51	KARBENS, JACK	Actual: Meters	4.11	30.26(800GM)	28.90	28.24(1.5K)	6:30.03		
		USA	FT-IN	13- 5 3/4	99- 3 1/4		92- 7 3/4			
		Age Factored:	Meters	5.25 431	41.44 463	25.26 584	31.76 499	5:39.68	353	2330
			FT-IN	17- 2 1/2	135-11 1/4		104- 2 1/4			
8	50	SCHIAVO, LUIGI	Actual: Meters	3.49	25.18(800GM)	32.99	26.74(1.5K)	6:21.92		
		USA	FT-IN	11- 5 1/4	82- 7 1/4		87- 8 3/4			
		Age Factored:	Meters	4.46 283	34.48 363	28.83 322	30.08 466	5:32.62	387	1821
			FT-IN	14- 7 1/2	113- 1 1/4		98- 8 1/4			
9	54	WILSON, BRAD	Actual: Meters	3.72	30.16(800GM)	34.96	24.48(1.5K)	6:46.91		
		USA	FT-IN	12- 2 1/4	98-11 1/4		80- 3 3/4			
		Age Factored:	Meters	4.75 335	41.30 461	30.55 221	27.34 416	5:34.38	287	1720
			FT-IN	15- 7	135- 5 3/4		90- 4 1/4			

55 - 59 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	59	JANKOVICH, BILL	Actual: Meters	6.92	30.74(800GM)	28.20	20.34(1.5K)	5:56.83		
		USA	FT-IN	16- 1 1/2	100-10		66- 8 3/4			
		Age Factored:	Meters	6.72 748	47.32 549	23.79 712	24.40 356	4:57.96	572	2937
			FT-IN	22- 0 1/2	155- 2 3/4		80- 0 1/2			
2	57	BONIGIAN, HAIG	Actual: Meters	4.59	28.64(800GM)	27.93	26.22(1.5K)	6:12.75		
		USA	FT-IN	15- 0 1/2	93-11 1/2		86- 0 1/4			
		Age Factored:	Meters	6.27 646	44.10 502	23.22 765	31.46 493	5:11.25	497	2903
			FT-IN	20- 6 3/4	144- 8		103- 2 1/2			
3	59	OVIATT, TED	Actual: Meters	3.83	23.34(800GM)	30.98	28.50(1.5K)	5:33.30		
		USA	FT-IN	12- 6 3/4	76- 6 3/4		93- 6			
		Age Factored:	Meters	5.23 427	35.92 383	26.13 514	34.20 548	4:38.31	691	2563
			FT-IN	17- 1 3/4	117-10		112- 2 1/4			

60 - 64 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	60	HULKEY, PHIL	Actual: Meters	5.09	35.80(800GM)	28.85	45.66(1.5K)	0:00.0		
		USA	FT-IN	16- 8 1/4	117- 5 1/4		149- 9 1/2			
		Age Factored:	Meters	7.45 922	54.40 654	23.41 747	51.12 894	0:00.0	0	3217
			FT-IN	24- 5 1/4	178- 5 1/2		167- 8 1/2			
2	61	TRINKNER, CLARENCE	Actual: Meters	4.53	23.82(6000)	28.34	33.48(1.0K)	6:30.94		
		USA	FT-IN	14-10 1/4	78- 1 3/4		109-10			
		Age Factored:	Meters	6.63 727	36.20 387	23.00 785	37.48 614	5:26.74	416	2929
			FT-IN	21- 9	118- 9		122-11 1/2			
3	62	BIAGIONI, QUINTO	Actual: Meters	4.23	24.10(6000)	30.51	32.70(1.0K)	6:49.41		
		USA	FT-IN	13-10 1/2	79- 0 3/4		107- 3 1/4			
		Age Factored:	Meters	6.19 628	36.62 393	24.76 626	36.62 596	5:25.53	422	2665
			FT-IN	20- 3 1/2	120- 1 1/2		120- 1 1/2			
4	64	SCOTT, DICK	Actual: Meters	4.17	24.60(6000)	31.98	35.18(1.0K)	6:48.43		
		USA	FT-IN	13- 8	80- 8 1/2		115- 3			
		Age Factored:	Meters	6.10 608	37.38 404	25.95 528	39.40 652	5:24.75	426	2618
			FT-IN	20- 0	122- 7 1/2		129- 3			
5	60	SMITH, WILLIAM	Actual: Meters	3.85	25.06(6000)	32.89	40.00(1.0K)	0:00.0		
		USA	FT-IN	12- 7 1/2	82- 2 1/2		131- 2 3/4			
		Age Factored:	Meters	5.64 510	38.08 414	26.69 471	44.80 763	0:00.0	0	2158
			FT-IN	18- 6	124-11		146-11 3/4			
6	63	BROBST, WILLIAM	Actual: Meters	2.75	25.14(6000)	35.43	25.66(1.0K)	6:41.86		
		USA	FT-IN	8-11 1/4	82- 5 3/4		84- 2			
		Age Factored:	Meters	3.99 204	38.20 416	28.75 327	28.72 439	5:19.52	453	1839
			FT-IN	13- 1	125- 3 3/4		94- 2 1/2			

65 - 69 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	65	BRENDA, AL	Actual: Meters	4.57	30.98(6000)	30.29	35.04(1.0K)	6:43.74		
		USA	FT-IN	14-11 3/4	101- 7 1/2		114-11 1/2			
		Age Factored:	Meters	7.19 859	51.72 614	23.51 738	43.08 727	5:06.38	535	3473
			FT-IN	23- 7	169- 8		141- 4			
2	66	DAPRANO, WILLIAM	Actual: Meters	3.97	36.40(6000)	29.56	32.70(1.0K)	7:37.72		
		USA	FT-IN	13- 0 1/4	119- 5		107- 3 1/4			
		Age Factored:	Meters	6.24 639	60.78 750	22.98 787	40.22 669	5:45.08	328	3173
			FT-IN	20- 5 1/2	199- 4 3/4		131-11 1/4			
3	67	WOODBURY, MARVIN	Actual: Meters	4.10	30.94(6000)	30.80	27.30(1.0K)	6:19.93		
		USA	FT-IN	13- 5 1/4	101- 6		89- 6 3/4			
		Age Factored:	Meters	6.45 686	51.66 613	23.94 698	33.56 539	4:46.43	648	3172
			FT-IN	21- 1 3/4	169- 5 3/4		110- 1 1/4			
4	67	NORDQUIST, RICHARD	Actual: Meters	3.69	32.62(6000)	31.38	36.38(1.0K)	7:09.76		
		USA	FT-IN	12- 1 1/4	107- 0 1/4		119- 4 1/4			
		Age Factored:	Meters	5.80 544	54.46 655	24.39 658	44.74 761	5:24.00	429	3047
			FT-IN	19- 0 1/4	178- 8		146- 9 1/4			
5	67	HARRIS, OSCAR	Actual: Meters	4.07	32.62(6000)	30.20	27.28(1.0K)	7:12.06		
		USA	FT-IN	13- 4	107- 0 1/4		89- 6			
		Age Factored:	Meters	6.40 675	54.46 655	23.47 741	33.54 539	5:25.74	421	3027
			FT-IN	20-11 3/4	178- 8		110- 0 1/4			

70 - 74 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	72	DARROT, PIERRE	Actual: Meters	4.06	27.00(6000)	30.87	42.00(1.0K)	6:48.26		
		FRA	FT-IN	13- 3 3/4	88- 6 3/4		137- 9 1/2			
		Age Factored:	Meters	6.87 783	49.94 588	22.86 799	57.34 1029	4:50.48	616	3815
			FT-IN	22- 6 1/4	163-10		188- 9 1/4			

70 - 74 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	70	CARTER, BILL	Actual: Meters	3.70	32.14(6000)	35.61	48.24(1.0K)	6:37.11		
		USA	FT-IN	12- 1 1/2	105- 5 1/4		158- 3			
		Age Factored:	Meters	6.26 644	59.44 729	26.37 495	66.08 1211	4:56.78	578	3657
			FT-IN	20- 6 1/4	195- 0		216- 9 1/2			
2	73	RICCIARDI, ARMANDO	Actual: Meters	3.46	21.00(6000)	38.24	36.76(1.0K)	0:00.0		
		USA	FT-IN	11- 3 1/4	68-10 3/4		120- 6 1/4			
		Age Factored:	Meters	5.82 548	38.84 425	28.31 356	50.32 877	0:00.0	0	2206
			FT-IN	19- 1	127- 5		165- 1			

75 - 79 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	75	HORNINGSTAR, HAMILTON	Actual: Meters	3.44	28.56(6000)	35.22	44.36(1.0K)	0:00.0		
		USA	FT-IN	11- 3 1/4	93- 8 1/4		145- 6 1/4			
		Age Factored:	Meters	6.28 648	59.40 729	24.68 633	68.74 1268	0:00.0	0	3278
			FT-IN	20- 7	194-10 1/2		225- 6 1/4			

80 - 84 AGE GROUP RESULTS

PL	AGE	NAME		LJ	JT	200M	DT	1500M	TOTAL	SCORE
1	81	HILLS, CLAUDE	Actual: Meters	3.42	20.36(6000)	37.42	24.36(1.0K)	0:00.0		
		USA	FT-IN	11- 2 1/2	66- 9 1/2		79-10 1/4			
		Age Factored:	Meters	6.73 750	48.04 560	24.61 639	42.82 722	0:00.0	0	2671
			FT-IN	22- 0 3/4	157- 7 1/4		140- 5 3/4			
2	80	GONZALEZ, GILBERTO	Actual: Meters	3.10	19.94(6000)	36.42	24.40(1.0K)	0:00.0		
		PUR	FT-IN	10- 2	65- 5		80- 0 1/2			
		Age Factored:	Meters	6.10 608	47.04 545	23.95 698	42.94 725	0:00.0	0	2576
			FT-IN	20- 0	154- 3 3/4		140-10 1/2			

(continued on page 47)

EAST

Connecticut Senior Olympics
Bridgeport; June 4-5

100m

M55 Vince Remson	13.61
M60 Chas Tremonti	13.40
M65 Rich Klein	15.20
M70 Bob Dowling	14.9
M75 Bob Sorlien	16.64
M80+Alex Murphy	20.61
W55 Mary Roman	17.37
W65 Ann McGowan	19.96
W75+W Heinemann	30.40

200m

M55 John Rusnock	29.64
M60 A J Dadayian	29.08
M65 Rich Klein	32.09
M70 Mal Goering	35.85
M75+Bob Sorlien	37.03
W55 Mary Roman	38.26
W65 Ann McGowan	45.39

400m

M55 Pete Muzeroll	68.0
M60 Arnold Maerdon	72.0
M65 Y Naci	91.0
M70 Mal Goering	95.0

800m

M55 Peter Muzeroll	2:38
M60 Arnold Meardon	2:44
M65 Y M Naci	3:31
W55 Sally Strazdins	3:22

1500m

M55 Jim O'Toole	5:21
M60 Ray Edgerly Jr	5:48
M65 Y M Naci	7:21
M70 George Vargas	7:38
W55 Sally Strazdins	6:37
W65 Esther Cox	7:37

5000m

M55 Jerry LeVasseur	18:46
M60 Arnie Green	19:06
M65 Joe Madden	21:33
M70 George Vargas	28:08
M75+Ed Vuolo	24:53
W55 Diane Stuart	24:42
W60 Evelyn Stanley	24:35
W65+Esther Cox	27:54

High Jump

M55 Gus Davis	4-0
M60 Bill Gentry	4-4
t Hank Perry	4-4
M65 Raoul Rodriques	4-0
W55 Sally Strazdins	3-2
W65 Ann McGowan	2-8
W70 Doris Berlepsch	2-8

Long Jump

M55 Vince Remson	16-2
M60 Hank Perry	13-11½
M65 R Rodriques	11-1
M70 Cliff Wall	9-7
M75 Bob Sorlien	6-2½
M80+Alex Murphy	7-9½
W65 Ann McGowan	7-11
W70 Libby Hagemann	7-11

Shot Put

M55 Chas Haller	32-5
M60 Martin Kintish	34-10
M65 Bob Elzin	25-6
M70 Zelig Strauss	33-0
M75 Jack Hagemann	25-3
M80 Art White	28-2
M85+Chas Hawley	25-0
W55 Mary Roman	28-4½
W60 Amy Hicks	23-5
W65 Ann McGowan	14-4
W70 Libby Hagemann	22-4

Discus

M55 Gordon Gibson	113-5
M60 Martin Kintish	148-0
M65 Raoul Rodriques	89-2
M70 Zelig Strauss	102-0
M75 Jack Hagemann	93-6
M80+Alex Murphy	69-8
W55 Mary Roman	64-10
W60 Amy Hicks	83-3
W70 Libby Hagemann	59-6
W80+Shirley Murphy	25-10

Javelin

M55 Robert Youngs	139-9
M60 Kip Trembley	98-0
M65 Ray Maloney	97-11
M70 Mike Virgilio	70-0
M80+Art White	45-8
W55 Dolores Cydylo	24-0
W60 Amy Hicks	76-1
W65 Louise Heidtman	47-0
W70 Libby Hagemann	57-7

1500m Racewalk

M55 Stu Summerhayes	7:32
M60 jack Boitano	7:58
M65 Charles Moyles	10:40
M70 Mal Goering	9:47
M75 Anthony Papp	12:22
M80 Alex Murphy	12:20
M85+Emil Kratzer	15:24
W60 Bev Trembley	15:44
W65 Eileen Ille	11:52
W75 Helen Imko	14:02
W80+Rose Rippe	15:51

5000m Racewalk

M55 Gus Davis	29:56
M60 Jack Boitano	28:57
M65 Chas Moyles	37:34
M70 Mal Goering	35:24
M75 Sam Harrison	39:24
M80+Alex Murphy	58:20
W55 Gail Sangree	37:09
W60 Lorelei Ruben	37:37
W65 Eileen Ille	39:21
W75+Mary Haines	40:18

Garden State Athletic Club
Track and Field Festival
Randolph, NJ; June 27

100M

M30 Fred Feaster	11.2
Rich Washington	11.2
Leon Devero	11.7
David Lewis	11.9
M35 Thomas Jones	11.2
John Brooks	11.2
David Cherry	11.4
Don McNeill	11.6
M40 Phil Felton	12.1
Ron McDonald	12.4
Mike Fortunato	12.8
Hwd Rubenstein	13.3
M45 Joe Johnson	11.7
Rab Hagin	12.2
Michael Augeri	12.4
Paul Henry	12.4
M50 Robert Williams	12.1
Gene Ballard	12.7
Dave Connolly	13.6
James Joule	14.6
M55 Matt Brown	12.9
Leon Trout	13.3
Ed Kent	13.5
John MacDonald	13.9
M60 Rich Barretta	13.0
Alex Johnson	13.2
Ross Mitchell	13.3
G.Taylor	13.7
M65 Tom Delany	14.0
Bob Naylor	14.3
Oscar Harris	14.9
William Bergen	15.2
M70 Jim Manno	15.2
M80 Claude Hills	18.3
W30 Beth Barry	14.8
Julie Wiedis	16.9
W35 Louise Clark	13.0
June Beresford	15.9
W40 Nancy Klepack	14.8
W45 Lorraine Tucker	13.8
Michael M Hill	14.5
W35 Louise Clark	61.8
C Alston	66.9
W40 Betty Clair	65.9
Paula Taylor	66.9

800M

M30 Sal Allah	1:58.2
Paul Peacock	2:07.9
David Lewis	2:12.3
M35 John Williams	2:05.8
M40 Clifton Thom	2:06.9
Rob Jackson	2:07.6
Carl Capello	2:09.2
Chris Monroe	2:09.9
M45 Bill Indak	2:25.3
M50 Thomas Cannon	2:15.9
Dennis Pennenga	2:19.0
Dave Gerridge	2:19.8
John Saarman	2:21.7
M55 Robert Evan	2:33.5
John Orr	3:09.9
M60 Irwin Bornstein	2:30.9
M65 Clement Fields	2:42.2
John McManus	2:43.9
M70 Jim McGilvran	3:36.7
W30 Janice Rein	2:24.6
W35 Joan Sterrett	2:23.5
W40 Betty Claire	2:43.5
Wendy Cappello	2:56.5
W45 Cathy VanLeuven	2:38.9

Mile

M30 Kevin Devine	4:47.8
Kevin Higgins	4:50.2
William Roemer	5:14.8
M35 Guy Gordon	4:39.6
Miles Vaughn	4:40.1
William Abrams	4:48.8
M40 Tom Ryan	4:41.7
Carl Capello	4:43.5
Clifton Thom	4:46.5
Mark Vernacchia	4:58.7
M45 Frank Handelman	5:01.5
George Cuffy	5:19.3
M50 Sid Howard	4:59.9
M55 Robert Evan	5:48.6
M65 Clement Fields	5:51.8
John McManus	5:52.5
M70 Jim McGilvran	8:03.3
W35 Joan Sterrett	5:32.1
W40 Wendy Cappello	5:45.5
Paula Taylor	5:58.2
W45 Cathy VanLeuven	5:46.4

5000M

M30 William Roemer	16:43.2
Michael Mallroy	20:16.7
M35 Mike Evans	16:20.5
William Abrams	16:23.4
M Jimarkoff	20:36.8
M40 Carl Anderson	16:45.1
G Chase	18:31.2
Dave Hindenlang	21:10.8
M45 Russell Groce	19:28.6
M50 A Oliveira	18:44.1
Dan Schulgasser	19:17.6
M65 Clement Fields	20:46.7

1500M SW

M45 George Cuffy	8:12.0
Denzil Hinds	8:21.0
M50 Hans Ehrnstrom	9:23.9
M55 John Orr	11:00.1
M65 John Nervetti	8:21.0
W35 Lyn Sibilia	10:10.3
June Beresford	10:56.3

High Hurdles

M30 Leon Devero	15.0
M40 Steve Harkins	17.2
Ivan Black	19.8
M45 Michael Augeri	15.7
M50 Dave Connolly	18.8
M55 Leon Trout	16.5
M65 Tom Delany	18.4
Bill Townsend	18.9
Harold Steward	22.1
M70 Edwin Lukens	16.0
W30 W Moore	19.3
W35 Carol Solomon	22.5
W45 Michael Hill	16.0

Pole Vault

M40 Bob Burke	8'7"
M50 Jett Tindall	12'0"
M65 Jack Doorlay	7'6"
M80 Claude Hills	5'6"

High Jump

M35 Mark Williamson	6'6"
Ed Fern	6'2"
M40 Steve Harkins	6'6"
Ivan Black	5'2"
M45 Jan Decker	4'10"
M50 Jerry Sullivan	4'4"
Dave Connolly	4'2"
Hans Ehrnstrom	4'2"
M60 Paul Soraparu	4'2"
M65 Tom Delany	4'4"
M70 Edwin Lukens	4'2"
M80 Claude Hills	3'8"
W30 Julie Wiedis	3'10"
W45 Michael Hill	4'1"
Johnnie Hudgins	4'0"

Weight Throw

M45 J Casamassima	12.19
John Vogler	9.9
M50 Hans Ehrnstrom	10.77
M60 Martin Kintish	13.05
Pay Carstensen	12.89
Paul Soraparo	8.03
M65 Herb Cantor	10.39
Al Jankola	9.31
D Henry	8.73
M70 John Vislocky	6.48
M75 Gene Bradford	6.42
W50 Roslyn Katz	8.76
W55 Anne Cirulnick	8.45

Continued on next page

Continued from previous page

Discus
M30 Warren Taylor 151'0"
Denn VonLinden 142'6"
Jim Passannante 108'11"
Remo Biagioni 103'7½"
M35 M Juskus 144'5"
John Kalnas 119'1"
Glenn Zagorski 104'3½"
M40 Roger Kamla 147'9"
Henry Kalnas 126'0"
Rich McMullin 118'7"
Mike Fortunato 107'10"
M45 John Abbott 126'7"
Terry Shumon 120'9"
Glenn Weaver 112'2"
Frank Monroe 105'1"
M50 Larry Pratt 161'½"
Lloyd Long 122'5"
John Lang 106'1½"
Hans Ehrnstrom 99'0"
M55 Lew Ovenbeck 84'8½"
M60 Martin Kintish 147'4"
William Barker 123'6"
Quinto Biagioni 120'7"
Grg Chiavelli 104'11"
M65 Herb Cantor 114'9½"
Al Jankola 90'4"
M70 John Vislocky 57'6½"
Edward Coyle 64'9"
M75 Eugene Bradford 71'3"
M80 Claude Hills 74'10½"
W30 Yancy Munoz 66'10"
W35 C Alston 68'
Lrne Sibilia 59'
W45 Marie Lake 72'7"
W50 Roslyn Katz 64'6½"
W55 Joan Youngs 66'6"
Ann Cirulnick 65'2"
Shot Put
M30 Warren Taylor 15.80
D VonLinden 13.61
Jim Passannante 13.10
M35 Pat Cassidy 11.85
Glenn Zagorski 10.93
M40 Roger Kamla 14.89
Henry Kalnas 12.16
Dick McMullin 11.14
Rich Ruffalo 10.85
M45 Rich Dunphy 11.78
Palmer Sweet 11.15
Dennis Chandler 10.98
Terry Shumon 10.56
M50 Larry Pratt 12.93
Joe Kalnas 12.32
Lloyd Long 11.56
Hans Ehrnstrom 11.16
M55 John Adams 8.48
M60 Ray Carstensen 11.81
Bill Barker 11.31
Martin Kintish 10.96
Paul Soraparu 10.01
M65 Herb Cantor 9.67
Al Jankola 8.54
M70 Ed Coyle 8.47
John Vislocky 8.24
M75 Gene Bradford 8.66
W30 Julie Wiedis 6.14
W35 Lrn Sibilia 7.36
Judy Newton 7.15
W40 Betty Clair 9.32
W45 Lorraine Tucker 9.13
Johnnie Hudgins 9.01
W50 Roslyn Katz 7.79
W55 Ann Cirulnick 8.53
Javelin
M30 Eric Schad 175'3"
Remo Biagioni 134'4"
M35 Mike Juskus 219'8"
Glen Zagorski 131'10"
M40 Thomas Nielsen 195'4"
Rich McMullin 175'11"
Rich Ruffalo 140'7"
Michael Nieko 122'6"
M45 Dennis Chandler 185'1"
John Vogler 124'0"
M50 George Reynolds 160'8"
Hans Ehrnstrom 129'8"
John Lang 123'5"
Lloyd Long 113'10"
M55 R Youngs 153'8"
Haig Bohigian 108'8"
John Adams 94'5"
M60 James Duncan 123'2"
Martin Kintish 114'0"
Grg Chiavelli 102'3"
M65 Al Jankola 86'4"
Jack Doorlay 80'8"
M70 Edwin Lukens 96'10"
John Vislocky 53'0"
M75 Eugene Bradford 56'11"
W30 Julie Wiedis 73'3"
W45 Johnnie Hudgins 78'11"
Marie Lake 72'3"
W50 Roslyn Katz 52'2"
W55 Joan Youngs 71'8"
Ann Cirulnick 53'7"

Long Jump
M35 Rockdale Hudson 18'6½"
Dan Goia 17'6¾"
M40 Ivan Black 16'2½"
Rich Ryan 15'1"
M45 Michael Billman 16'3"
Dennis Chandler 14'5½"
M50 Paul Stelmaszyk 16'8½"
Bob O'Brien 16'3"
Dave Connolly 14'6"
Hans Ehrnstrom 11'10½"
M55 Leon Trout 16'1"
Horace Stevens 14'8½"
Ed Kent 14'6½"
Steve Kelley 14'4½"
M60 Harold Stewart 13'4"
James Duncan 13'3"
Grg Chiavelli 13'2"
Quinto Biagioni 13'½"
M65 Tom Delany 14'7"
Clement Fields 13'8"
Bill Townsend 13'5"
John Doorlay 12'7"
M70 Edwin Lukens 14'9"
Hillar Saareste 11'1¾"
Edward Coyle 8'47"
M80 Claude Hills 9'10"
W30 Wendy Moore 14'0"
Julie Wiedis 11'5"
W35 Judy Newton 10'4"
W40 Nancy Klepack 15'3"
W45 Lorraine Tucker 14'4½"
Michael Hill 14'0"

Triple Jump
M35 M Juskus 38'2¾"
M40 Ivan Black 34'4"
Rich Ryan 26'9½"
M45 Michael Billman 30'4½"
Palmer Sweet 28'8"
M50 Aarand Roos 31'6"
Bob O'Brien 28'0"
Nate Byrd 27'8"
M55 Ed Kent 30'6"
Haig Bohigian 30'0"
M60 Jack Lance 27'10"
M65 Bill Townsend 28'0"
Jack Doorlay 25'10"
M70 Edwin Lukens 32'0"
Hillar Saareste 24'0"
Ed Coyle 18'8"
M80 Claude Hills 18'7"
W30 Wendy Moore 29'5½"
W35 RoseAnn Gaeta 27'5½"

Reebok Boston Masters Meet
Dedham, MA; July 10

100m
M30 Fred Feaster 11.5
M35 Terry O'Connell 11.8
M40 Pershing Reid 11.9
M45 Dennis Newton 11.9
M50 Tom Reid 12.2
M55 Dave Hanlon 14.7
M60 Ross Mitchell 12.8
M65 Frank Brako 15.3
M70 Vern Mattson 14.4
M75 Nat Heard 16.2
W35 Louise Clark 12.8
W40 Mary Ryan 14.00
W50 Audrey Boyle 18.50
W60 Pat McGee 21.00
W65 Ann McGowan 19.30
200m
M30 Fred Feaster 22.9
M35 Larry Schworer 23.8
M40 Pershing Reid 24.3
M45 Joe Kopka 24.6
M50 Tom Reid 25.5
M55 Dave Hanlon 31.2
M60 Ross Mitchell 31.2
M70 Vern Mattson 31.7
M75 Nat Heard 35.7
W35 Louise Clark 26.3
W40 Mary Ryan 29.3
W60 Liz Szawlowski 36.6
400m
M30 G Brown-Whiting 49.9
M35 Rick Smith 52.2
M40 Mike Hollander 58.7
M50 Bob Chinchillo 60.5
M55 Art Conro 64.7
M60 Arnold Meardon 71.6
M65 Bob Matteson 87.3
W35 Joan Sterrett 61.0
W50 Linda Upton 72.9
800m
M30 G Brown-Whiting 1:57.5
M35 Bill Okerman 1:59.3
M40 Carl Capello 2:06.3
M50 Chuck Keating 2:23.6
M55 Pete Muzeroll 2:33.3
M60 Arnold Meardon 2:56.6
M75 Bob Matteson 3:23.5
W35 Joan Sterrett 2:24.7
W45 --Van Leuven 2:35.8
W50 Linda Upton 2:43.9
W60 Liz Szawlowski 3:05.1
Mile
M30 John Molvar 4:53.5
M35 Bob Hodge 4:43.2
M40 Bruce Bond 4:46.1
M50 Kirk Randall 5:05.7
M60 Joe O'Connor 5:45.1
M70 Bob Matteson 7:32.6
W30 Laurie Reilly 6:17.4
W35 Karen Lein 6:06.1
W40 Ann Igoe 6:08.3
W45 -- Van Leuven 6:00.4
W50 Charlene Francis 6:10.2
3000m
M30 Pat Moreton 9:18.5
M35 Dana Waterman 9:57.5
M40 Al Swenson 9:15.2
M50 Chuck Keating 10:14.8
M60 Don Ross 11:35.3
M65 Richard Patrick 13:04.2
M70 Paul Phinney 16:46.3
W30 Laurie Reilly 12:29.2
W35 Karen Lein 12:06.1
5000m
M30 Terry Wnek 16:28.5
M35 Mike Hurley 19:54.9
M40 Laurence Olsen 15:46.5
M45 Mike Smith 18:50.9
M60 Don Ross 20:47.1
Short Hurdles
M35 Geof Hennessey 17.4
M45 Angel Nieves 19.5
M40 Mile Relay
Colt 44 4:20.5
(McCarthy/Smith/Weigell/Hollander)
M40 4x800m Relay
Central Park Striders 8:39.9
(Green/Burke/Blake/Capala)
High Jump
M30 Kevin Gleason 5-6
M35 Don O'Malley 5-10
M40 Ken MacKenzie 4-2
M45 Angel Nieves 4-8
M65 Frank Brako 4-2
M70 Boo Morcom 4-2
W60 Joyce Finley 2-11
W65 Ann McGowan 2-11
W70 Jeanne Berlepsch 2-9
Long Jump
M30 Kevin Gleason 19-11
M35 Don O'Malley 17-7½
M40 Dana Harrell 18-4½
M45 Angel Nieves 16-2½
M55 Jerome Wills 15-7½
M60 Frank Barous 14-7¼
M65 Frank Brako 11-5½
M70 Vern Mattson 13-2
M75 Sparks Sorlien 11-2½
W35 Debbie Dupuis 10-2½
W60 Amy Hicks 9-¼
W65 E O'Connor 5-0
W70 Libby Hagemann 8-2¼
Triple Jump
M30 Kevin Gleason 39-2
M35 Mike Cassamasima 31-2
M40 Chris Hayden 32-2
M45 Angel Nieves 29-10
M55 Jerome Wills 33-0
M65 Frank Brako 26-11
M70 Vern Mattson 26-5
M75 Sparks Sorlien 25-¼
W35 Rose Ann Gaeta 23-5
W60 Amy Hicks 18-11½
W70 Libby Hagemann 15-8½
Shot Put
M35 Karl Swanke 44-9
M40 Ken Woodard 34-8
M45 Angel Nieves 36-3
M60 Bill Garrahan 36-9
M70 Boo Morcom 30-6½
M75 Bruno Maki 32-0
W35 Debbie Dupuis 20-2 3/4
W40 Mary Ryan 25-1
W50 Roslyn Katz 25-7½
W60 Amy Hicks 26-½
W65 E O'Connor 18-½
W70 Libby Hagemann 23-1
Discus
M30 Dave Gomez 129-4
M35 Karl Swanke 128-1
M40 Theo Loska 120-7
M45 Angel Nieves 100-2
M50 Jim Desimone 73-7
M55 Steve Holmes 141-4
M60 Bill Garrahan 140-3
M70 Boo Morcom 104-11
M75 Jack Hagemann 94-6
W30 Pia Iacova 157-0
W50 Roslyn Katz 67-10
W55 Joan Youngs 64-10
W60 Amy Hicks 81-11
W65 Helen Lonnroth 45-4
W70 Libby Hagemann 61-3
Hammer
M40 Ed Daniels 132-6
M55 Bill McWilliams 152-9
M60 Paul Xanthopoulos 87-9
M65 Jim Crawford 99-0
M75 Nat Heard 94-4
W30 Pia Iacova 136-4
W50 Roslyn Katz 82-11
W60 Amy Hicks 76-9
W65 E O'Connor 41-0
W70 Libby Hagemann 69-2
Javelin
M35 R Scott-Johnson 151-3
M40 Bob Powers 177-2
M45 Bill Currier 159-11
M50 George Reynolds 153-7
M55 Bob Youngs 144-8
M60 Jim Duncan 127-6
M65 Ray Maloney 122-7
M70 Boo Morcom 88-2
M75 Bruno Maki 87-2
W50 Roslyn Katz 60-6
W55 Joan Youngs 77-0
W60 Amy Hicks 76-4
W65 Ann McGowan 35-6
W70 Libby Hagemann 56-5
Mile Racewalk
M35 David Ruben 11:06.2
M55 Jim Desimone 11:27.2
M60 Matt Boyle 12:22.1
M65 Stuart Corning 11:29.3
M75 Bruno Maki 11:09.9
W60 Lorelei Ruben 11:56.7
W65 Helen Lonnroth 12:01.1

Philadelphia Masters
Philadelphia, PA; July 17

100m
W55 Ruth Kurschner 20.5
M35 Thos. Jones 11.6
Jim Brophy 15.0
M40 Alex DeFlavis 13.4
M45 George Yankopous 13.7
M50 Dave Connlly 13.3
Nate Byrd 13.8
Tom Miller 13.8
M75 Gar Schoener 16.4
200m
W55 Ruth Kurschner 45.7
M30 Larry Baker 24.8
Joe Cecchetelli 25.5
M35 Thos. Jones 23.9
Jim Brophy 31.3
M40 Alex DeFlavis 27.8
400m
M30 Joe Cecchetelli 56.2
M35 Bob McFarland 54.4
Rodney Jones 55.9
M45 Russell Floyd 1:01.1
M55 Mike Hayney 1:07.9
800m
M30 Greg Stephens 2:10.0
M35 Miles Vaughn 2:05.2
Tom Yunker 2:29.9
1500m
M35 Mark Yellin 4:23.0
Pete Corcoran 4:54.6
Tom Yunker 5:04.9
M40 Russell Floyd 4:58.5
M55 Mike Hayney 4:54.3
3000m
M35 Joe Kern 9:43.4
Long Jump
M50 Aarand Roos 4.69
M60 Tom Henderson 3.00
Shot Put
M50 Aarand Roos 9.21
M60 Tom Henderson 13.00
3000m Racewalk
M50 Ray Scott 19:26.9
M65 Ed Gawinski 16:28.9

USATF Masters East Championships
Syracuse, NY; July 25

100m MEN
30-34
R.V. Biagioni, NJ Striders 11.4
Tom Jasinski 11.6
35/39
Jesse Thomas 10.9
Thomas Jones, Victory TC 11.2
Rockdale Hudson 12.7
40-44
Al Walton, Syr. Chargers 11.5
John Thomas 11.9
Philip Felton, Phila. Masters 12.2
45-49
Smokey Santillo, Buffalo B&B 11.7
Dennis Newton, CommonwealthAC 12.2
Robert Davis 12.6
50-54
Chuck LaChiusa, Buffalo B&B 12.4
Tracy Whitehead, Buffalo B&B 12.4
Walter Thorne, Pioneer Club 12.8
Norman Chambliss 14.1
55-59
Andrew Branch, Syr. Chargers 12.6
J. VanDerVleuton, Canadian 12.8
Carlos Vernon 13.0
60-64
Bob Keegan, Phila Masters 12.7
Alexander Johnson, Shore AC 12.9
Fritz Schlereth, Syr.Chargers 13.3
65-69
John O'Neill, Canadian 13.5
Ed Cox, Syr. Chargers 13.6
Oscar Harris, Phila Masters 14.3
Bill Bergan, Maryland Masters 14.6
75-79
Gar Schoener, Phila Masters 16.2
Sparks Sorlien, Boston RC 16.4

30-34 WOMEN
Karen Pyle, Gr.Rochester TC 15.0
Cathy McKeever, Syr. Chargers 15.5
Patricia Dantzler, Phila MA. 19.3
35-39
Irene Thompson, Syr. Chargers 12.9
Louise Clark 13.1
Sarah Boslaugh, NY Masters 14.3
40-44
Susan Reynolds, Boston RC 15.8
45-49
Lorraine Tucker, NY Masters 14.0
Jo Cross, Buffalo B&B 14.6
50-54
Barbara Stewart, NY Masters 16.1
60-64
Janet Holmes, Canada 17.2

200
30-34 MEN
R.V. Biagioni, NJ Striders 23.3
Tom Jasinski 24.3
35-39
Thomas Jones, Victory TC 22.6
Jesse Thomas 22.8
Rockdale Hudson 26.2
James Brophy, Phila Masters 32.1
40-44
John Thomas 24.2
Ron McDonald, NY Pioneer 24.5
Philip Felton, Phila Masters 24.7
C.D. Cook 28.6
45-49
Sam Hall, Syr. Chargers 25.1
Robert Micho, Syr. Chargers 25.9
Alan Jones, Syr. Chargers 34.3
50-54
Chuck Lachiusa, Buffalo B&B 25.6
Walter Thorne, NY Pioneer 26.2
55-59
Andrew Branch, Syr. Chargers 26.3
Clifford Pauling, Cen Pk TC 26.8
Thomas Fondy, Syr. Chargers 27.3
Carlos Vernon 27.4
60-64
Alexander Johnson, Shore AC 26.6
Bob Keegan, Phila Master 26.7
Fritz Schlereth, Syr. Chargers 27.0
65-69
Tom Delaney, Garden State AC 28.8
Ed Cox, Syr. Chargers 29.3
Oscar Harris, Phila Masters 30.2
Bill Bergen, Maryland Masters 30.3
70-74
John McCarthy, Phila Masters 35.3
George Blyn, Phila Masters 41.0
75-79
Sparks Sorlien, Boston RC 36.2

30-34 WOMEN
Karen Pyle, Gr. Rochester TC 32.1
Jacaranda Henkel, Fingerlakes 36.5
Patrica Dantzler, Phila Ma 41.5
35-39
Louise Clark 26.9
Irene Thompson, Syr. Chargers 27.2
Cheryl Alston 31.1
RoseAnn Gaeta, NY Masters 34.0
40-44
Susan Reynolds, Boston RC 32.9
45-49
Lorraine Tucker, NY Masters 29.2
Jo Cross, Buffalo B&B 29.9
50-54
Katy Gottschalk, Fingerlakes 34.5

400m MEN
30-34
Brendan Jackson, Syr.Chargers 51.2
Mark Powell, Syr. Chargers 52.1
James Wardle 53.1
Duncan Payne, Syr. Chargers 59.5
35-39
Tyrone Guiden, Syr. Chargers 51.5
Rodney Jones, Victory 53.5
Thomas Jones, Victory 57.0
Daniel Howe, Syr. Chargers 79.3
40-44
Don Hodge, NY Pioneer 53.9
Philip Felton, Phila Masters 54.6
45-49
Robert Micho, Syr. Chargers 57.5
Dan Masterson, Maryland Ma 61.3
50-54
Tom O'Hora, Phila Masters 56.3
Walter Thorne, NY Pioneer 57.4
Bob O'Brien, Garden State AC 60.7
55-59
John VanDerVleuton, Canadian 58.1
Cliff Pawling, Cen. Pk.TC 58.4
60-64
Fritz Schlereth, Syr. Chg. 60.7
Irwin Bernstein, Garden St AC 62.6
Robert Gerlough, Shore AC 67.4
65-69
Howard MacMillan, Syr. Chg. 69.3
Bill Bergen, Maryland Masters 72.8
Oscar Harris, Phila Master 73.4
70-74
Archie Messenger, NY Masters 71.0
75-79
Bob Matteson 83.3

30-34 WOMEN
Jacaranda Henkel, Fingerlakes 84.5
35-39
Louise Clark 64.8
40-44
Kate McKenna, Syr. Chargers 74.2
45-49
Joe Cross, Buffalo B&B 70.3
50-54
Katy Gottschalk, Fingerlakes 78.3
60-64
Liz Szawlowski, Boston RC 82.2
Janet Holmes, Canadian 82.4

800m MEN
30-34
Brendan Jackson, Syr. Chg. 1:56.0
Mark Powell, Syr. Chargers 1:58.6
Philip Rougeux, Syr. Chg. 2:08.2
David Sullivan, Gr BostonTC 2:08.6
35-39
Daniel Howe, Syr. Chargers 3:00
40-44
James Pride, RASAC 1:59.1
Duane Green, Cen. Pk. TC 2:02.4
Bruce Bond, Gr. Boston TC 2:06.5
45-49
John Dwyer, Syr. Chargers 2:06.7
Dale Ladd, Syr. Chargers 2:15.6
Don Masterson, Syr. Chg. 2:17.1
Paul Companaro, Syr. Chg. 2:23.7
Dan Masterson, MD Masters 2 26.2
50-54
Sid Howard, Cen. Pk.TC 2:11.8
Dan Hamner, Cen. Pk.TC 2:14.0
Kirk Randall, Boston RC 2:22.0
55-59
Clifford Pauling, Cen Pk TC 2:22.3
Bruce Marsh, HMRRC 2:26.8
Robert Evan, Phila Masters 2: 30.8
60-64
Jim Sutton, Phila Masters 2:23.7
Irwin Bernstein, Garden St. 2:28.8
Arnold Meardon 2:41.3
70-74
Archie Messenger, NY Masters 2:39.3
Dan Geer, Capital TC 3:29.7
George Blyn, Phila Masters 3:35.1
75-79
Bob Matteson 3:08.8
Dudley Healy 3:20.0

30-34 WOMEN
Jacaranda Henkel, Fingerlakes 3:17.0
35-39
Joan Sterrett, Westchester 2:19.9
40-44
Paula Dickson-Taylor 2:30.5
Wendy Cappello, Warren St. 2:43.8
45-49
Ann Schmitt, Boston RC 2:30.0
S. Rae Baymiller, Cen Pk TC 2:32.4
Kathy Collins, Syr. Chg. 2:52.3
50-54
Linda Upton, Boston RC 2.37.8
Katy Gottschalk, Fingerlakes 3:05.8

1500m MEN
30-34
David Sullivan, Gr.BostonTC 4:27.6
40-44
James Pryde, RASAC 4:11.8
Leo Dunn, Boston Running Cl 4:13.3
David Patterson, Shore AC 4:15.3
45-49
Harold Nolan, Shore AC 4:13.4
Robert Weiner, Potomac Val. 4:40.4
Dale Ladd, Syr. Chargers 4:47.9
Paul Companaro, Syr.Chg. 5:03.6
50-54
Dan Hamner, Cen. Pk.TC 4:46.9
Kirk Randall, Boston RC 4:47.0
Peter Szawlowski, Boston RC 4:54.5
55-59
Bruce Marsh, HMRRC 5:17.6
Robert Evan, Phila. Masters 5:27.6
60-64
Arnold Meardon 6:08.4
65-69
Tom Walnut, Syr. Chargers 6:20.8
70-74
Dan Geer, Capital TC 7:10.5
75-79
Bob Matteson 6:47.8
Dudley Healy 6:49.3

35-39 WOMEN
Joan Sterrett, Westchester 5:00.9
40-44
Wendy Cappello, Warren St. 5:36.7
45-49
Rae Miller, Cen. Pk.TC 5:07.4
Anne Schmitt, Boston RC 5:19.1
Cathy VanLeuven 5:29.6
50-54
Linda Upton, Boston RC 5:24.4
Yvonne Tasker, Syr. Chg. 5:59.9
60-64
Gloria Brown, Syr. Chargers 6:05.3
65-69
Dorley Brechbuehl, Canadian 7:06.5
5000m Run
35-39 MEN
James Brophy, Phila Masters 27:28
40-44
Dave Patterson, Shore AC 15:57.6
Bradford Hurst, Boston AA 16:16.1
Paul Regan, Syr. Chargers 17:41.9
Tom Homeyer, Syr.Track Club 17:56.0
45-49
Ben Brockwell, Shore AC 17:18.3
Joseph Reynolds, FingerLakes 19:26.5
50-54
Ray Kneer, Syr. Chargers 17:07.9
Peter Szawlowski, Boston RC 18:13.7
55-59
Sam Graceffo, Syr. Chargers 18:21.9
Dan Cohen, Syr. Chargers 18:56.0
65-69
Howard Rubin, Syr. Chargers 20:13.8
70-74
Nate White, Syr. Chargers 24:29.2
George Blyn, Phila Masters 25:25.3
75-79
Dudley Healy 23:36.1
Charles Jorgensen, Syr. Chg. 30:37.8

30-34 WOMEN
Patricia Dantzler, Phila Ma 31:38.2
35-39
Patti Ford, Syr. Chargers 17:41.1
Carolyn Eich, Syr. Chargers 17:56.5
40-44
Chary Griffin, Syr. Chg. 21:58
Diane Sherrer, FingerLakes 22:02
Cathy Tedford, Canadian 25:12
60-64
Gloria Brown, Syr.Chargers 22:12.1
65-69
Dorly Brechbuehl, Canadian 25:26.2
5000m Racewalk
30-34 MEN
Dave Talcott, Syr. Chargers 23:33.2
35-39
David Ruben, 36:19.2
50-54
James Carmines, Potomac Val. 24:47.6
60-64
Jack Castle, Canadian 40:17.0
65-69
James Hartshorne, FingerLakes 35:22.8

45-49 WOMEN
Kathryn Carmines, Potomac V. 35:40.0
60-64
Lorelei Ruben 39:23.4

110 Hurdles MEN
30-34
Duncan Payne, Syr. Chargers 18.0
35-39
Mark Monti, Pony Express 15.4
40-44
Ivan Black, New York AC 19.4
Ray Panek, Syr. Chargers 21.2
100m Hurdles
65-69
Tom Delany, Garden State AC 19.1
Bill Townsend, Syr. Chargers 20.1
80m Hurdles
70-74
Ed Lukens, Syr. Chargers 14.4
300 Hurdles
60-64
Jack Lance, Garden State AC 56.2
400 Hurdles
30-34
Mark Baldini 60.0
35-39
Charles Swanekamp, BuffaloBB 72.9
40-44
Ivan Black, New York AC 65.7
45-49
Armond LaFramboise, BuffaloBB 71.1
50-54
Paul Stelmaszyk, Syr. Chargers 66.3
100 Hurdles WOMEN
30-34
Cathy McKeever, Syr. Chargers 24.9
35-39
Irene Thompson, Syr. Chargers 18.6
Long Jump MEN
30-34
Kevin Gleason, Boston RC 6.45
R.V. Biagioni, NJ Striders 6.21
35-39
Rockdale Hudson 5.46
David Ruben 3.17
40-44
Al Walton, Syr. Chargers 5.68
Dana Harrell 5.58
Kevin Donovan, Syr. Chargers 5.41
45-49
William Hanson, W. Penn 5.56
Armond LaFramboise, BuffaloBB 5.15
Dennis Chandler, Garden State 4.01
Alan Jones, Syr. Chargers 2.94
50-54
Norman Chambliss 5.03
Bob O'Brien, Garden State 5.02
Paul Stemaszyk, Syr. Chargers 4.95
Tim Collins, Syr. Chargers 4.74
55-59
Ed Kent, New York Masters 4.83
Carlos Vernon 4.58
Dillon Maier 4.05
60-64
Jack Lance, Garden State AC 3.64
Paul Soraparu 3.60
65-69
Tom Delany, Garden State AC 4.49
Bill Townsend, Syr. Chargers 4.32

Continued on next page

Continued from previous page

Oscar Harris, Phila Masters 4.13
70-74
Ed Lukens, Syr. Chargers 4.42
75-79
Sparks Sorlien, Boston RC 3.76
80-84
Claude Hills, Phila Masters 3.06

35-39 WOMEN
Irene Thompson, Syr. Chargers 4.54
Sarah Boslaugh, NY Masters 4.39
40-44
Nancy Klepack, Cougar TC 4.78
45-49
Lorraine Tucker, NY Masters 4.39
Jo Cross, Buffalo B&B 4.24
50-54
Barbara Stewart, NY Masters 3.58

Triple Jump MEN
30-34
James Wardle 13.42
35-39
David Ruben 6.49
40-44
Ivan Black, New York AC 11.41
Taylor Turnstall, Phila Ma 10.93
45-49
Armond LaFramboise, Buff.B&B 10.19
Alan Jones, Syr. Chargers 7.11
50-54
Bob O'Brien, Garden State 9.28
55-59
Haig Bohigian, NY Masters 10.04
Ed Kent, NY Masters 9.81
Carlos Vernon 9.53
60-64
Jack Lance, Garden State 8.21
Paul Soraparu 6.90
65-69
Bill Townsend, Syr.Chargers 8.50
70-74
Ed Lukens, Syr. Chargers 9.64
75-79
Sparks Sorlien, Boston RC 8.06

30-34 WOMEN
Deb Eckhardt,Gr. RochesterTC 5.67
35-39
Sarah Boslaugh, NY Masters 9.79
RoseAnn Gaeta, NY Masters 6.15
50-54
Barbara Stewart, NY Masters 7.00
60-64
Lorelie Ruben 4.64
70-74
Libby Hagemann 5.00

High Jump MEN
30-34
Dennis Rhoads, Syr. Chargers 6-4
James Wardle 6-0
40-44
Steve Harkins 6-2
Kevin Donovan, Syr. Chargers 5-6
Ivan Black, New York AC 5-2
45-49
William Hanson, W. Penn 5-8
50-54
Tim Collins, Syr. Chargers 5-0
60-64
Paul Soraparu 4-2
65-69
Robert Metzner, Syr. Chargers 3-4
80-84
Claude Hills, Phila Masters 3-8

30-34 WOMEN
Deb Eckhardt, Gr. RochesterRC 3-6
50-54
Barbara Stewart, NY Masters 3-6

Pole Vault MEN
30-34
Peter Schwan 15-3
Duncan Payne, Syr. Chargers 10-0
40-44
Kevin Donovan, Syr. Chargers 12-0
Jim Trott, Syr. Chargers 11-0
45-49
Tom Rauscher 12-6
William Hanson,W. Penn 11-0
55-59
Norm Cyprus, New York AC 10-6
80-84
Claude Hills, Phila Masters 5-9
55-59 WOMEN
Barbara Stewart, NY Masters 6-3

ShotPut MEN
40-44
James Larmondra, Syr. Chg. 29-6
45-49
Rich Dunphy 38-11
50-54
Larry Pratt 45-1/4
Harry Schwarze, Syr. Chg. 40-10½
55-59
Norm Cyprus, New York AC 37-1½
Chuck Yost, Syr. Chargers 34-11½
60-64
Leonard Olson, FAC 39-11
Ray Feick, Phila Masters 37-8½
Bill Garrahan 39-9½
65-69
Edward Keene, Syr. Chargers 32-3 3/4
Alfred Jankola, Garden St. 29-4½
70-74
Erwin Rice, Syr. Chargers 24-5 3/4
75-79
Jack Hagemann 26-0

30-34 WOMEN
Cathy Cornell-McKeever, SC 24-1
Deb. Eckhardt, Gr. Roch. TC 21-9½
35-39
Sarah Boslaugh, NY Masters 32-8½
Nancy LaChiusa, Buffalo BB 18-11 3/4
40-44
Kate McKenna, Syr. Chargers 22-2
45-49
Lorraine Tucker, NYMasters 27-10 3/4
Ann Whitehead, Buffalo BB 22-9½
50-54
Karen Wright, Syr. Chg. 28-11 3/4
Roslyn Katz, NY Masters 25-3½
70-74
Libby Hagemann 23-1½

Discus MEN
30-34
Duncan Payne, Syr. Chargers 78-4½
35-39
Charles Swanekamp, Buf.B&B 84-9
45-49
John Abbott, Phila Masters 130-1
Dennis Chandler, Garden St. 107-3
Frank Monroe, Garden State 105-2
50-54
Larry Pratt 157-10
Michael Harrington 141-5
Harry Schwarze, Syr. Chg. 134-3
55-59
Steve Holmes 141-1½
Norm Cyprus, New York AC 125-1/2
Chuck Yost, Syr. Chg. 102-8
60-64
Leonard Olson, FAC 144-2
Bill Garrahan 142-3
Martin Kintish 141-3
65-69
Edward Keene, Syr. Chg. 121-2½
Alfred Jankola, Garden St. 89-10
Robert Metzner, Syr. Chg. 79-7
70-74
John McCarthy, Phila Masters 101-5
Erwin Rice, Syr. Chargers 79-7
75-79
Jack Hagemann 89-1

30-34 WOMEN
Deb Eckhardt, Gr. Rochester 74-4½
35-39
Sarah Boslaugh, NY Masters 93-1
Cheryl Alston 65-9½
Nancy LaChiusa, Buffalo BB 55-5
45-49
Ann Whitehead, Buffalo BB 70-8
50-54
Karen Wright, Syr. Chargers 72-7
Roslyn Katz, NY Masters 69-2½
70-74
Libby Hagemann 62-10

Javelin
30-34 MEN
Kevin Richardson, Syr. Chg. 193-10
Eric Shad, Phila Masters 183-11
Duncan Payne, Syr. Chargers 110-3
40-44
Thomas Nielsen 190-5
David Faris, Pineland Strider
45-49 127-0
Russ White, Potomac Valley 198-1
Dennis Chandler, Garden St 176-2
Armond Laframboise, Buf. BB 140-6
50-54
George Reynolds, Phila Ma. 159-2
Fred Pamenter, Canadian 142-10
Tim Collins, Syr. Chargers 126-4
55-59
Norm Cyprus, New York AC 119-2
Patrick Conley 118-2
Haig Bohigian, NY Masters 103-11
60-64
Ray Feick, Phila Masters 129-9
Leonard Olson, FAC 128-8
Martin Kintish 96-1
65-69
Alfred Jankola, Garden St. 73-10
Robert Metzner, Syr. Chg. 58-0
70-74
John McCarthy, Phila Masters 85-3

30-34 WOMEN
Deb Eckhardt,Gr. Rochester TC
35-39 62-6½
Nancy LaChiusa, Buffalo B&B 27-0
45-49
Lorraine Tucker, NY Masters 98-3
Ann Whitehead, Buffalo B&B 51-10
50-54
Karen Wright, Syr. Chargers 62-6
Roslyn Katz, N.Y. Masters 59-0
70-74
Libby Hagemann 54-3½

Hammer Throw MEN
40-44
T. Carl Reichard. AGAA 42.82
Patrick Lynn 42.68
45-49
J.L. Casamassima 41.48
50-54
John MacDonald 27.68
55-59
Norm Cyprus, New York AC 40.00
60-64
Ray Feick, Phila Masters 37.0
Leonard Olson, FAC 35.8
Martin Kintish 30.04
65-69
Alfred Jankola, Garden State 26.56
80-84
H. Paul Narcessian 25.5

30-34 WOMEN
Deb Eckhardt, Gr.Rochester TC
35-39 16.50
Sarah Boslaugh, NY Masters 24.04
Rose Ann Gaeta, NY Masters 20.24
Nancy LaChiusa, Buffalo B&B 18.38
45-49
Ann Whitehead, Buffalo B&B 22.34
50-54
Roslyn Katz, New York Master 25.50
70-74
Libby Hagemann 19.35

Relays
4x100
30-39 Maryland Masters 45.1
Boston 4 45.8
(W) Syr. Chargers Plus 57.5
40-49 Strong Island Elite 47.6
50-59 Syracuse Chargers 52.1
60-69 Syracuse Chargers 60.2
4x400
30-39 Syracuse Chargers 4:03.7
40-49 Syracuse Chargers 3:54.7
(W) Syracuse Chargers 5:32
4x800
40-49 Central Park TC 8.31.3
Shore Athletic Club 8:34.4

All times are hand times.
240 participants.
Weather: Sunny, mid-80's
Syracuse Chargers took all team titles.

Buffalo Belles & Brawn
Buffalo, NY; July 31-August 1

100 Meter Dash
W30 Karen Pyle 14.5
Rose Wills 15.4
Lori Hunt 15.5
Trish Osmond 16.9
Linda Azzopardi 17.1
Darleen Nelson 17.2
W40 Jo Cross 14.1
Rhona Trott 14.2
W50 Barbara Stewart 15.9
Edna Hyer 18.6
Dortha Swanson 18.7
M30 Mark Guthrie 11.2
Bobby Hicks 12.1
Earl Daniels 12.7
Dwight Slater 12.7
Chris Zadow 13.1
Andrew MacDonald 13.6
M40 Smokey Santillo 11.8
Armond LaFramboise 12.6
Dale Bernauer 12.6
Allan Dickson 13.5
Fred Quick 14.3
M50 Chuck La Chiusa 12.4
Tracy Whitehead 12.5
Norman Chambliss 12.9
Grover Coats 13.2
M60 Ted Swanson 13.6
Kenneth Morris 13.6
Andrew MacDonald 15.8
Kenneth Waugh 16.4
George LaCava 19.0
M70 Al Palmer 19.2
200 Meter Dash
W30 Irene Thompson 28.1
Rose Wills 31.1
Karen Pyle 31.8
Margaret Dawkins 36.5
W40 Jo Cross 29.6
W50 Edna Hyer 39.8
Dortha Swanson 43.2
M30 Jessie Thomas 22.2
Mark Guthrie 22.5
Frank Makozy 24.84
Bobby Hicks 24.7
Rodney Goodman 26.2
Tony Wills 28.7
M40 Johnnie Thomas 25.4
Dale Bernauer 26.1
John Dawkins 29.6
John O'Brien 31.5
Martin Gettler 34.6
M50 Chuck La Chiusa 25.6
Grover Coats 26.5
Norman Chambliss 27.9
M60 Ted Swanson 28.5
Kenneth Morris 30.2
George LaCava 45.0
400 Meter Dash
W30 Robin Rutherford 1:25.1
Tara Nugent 1:48.9
M30 Ed Harris 54.7
Rodney Goodman 57.4
Chris Zadow 58.6
Duncan Payne 1:01.8
Dave Osmond 1:03.8
Tony Wills 1:05.9
M40 Ted Sauer 1:03.0
Jeff Gerson 1:04.5
Rick Cunningham 1:10:1
M50 Grover Coats 1:06.0
M60 Ted Swanson 1:11.2
Kenneth Morris 1:13.6
800 Meter Run
W30 Chris Vasey 2:55.2
Robin Rutherord 3:39.1
M30 Peter DiPirro 2:11.7
Luke Hohnadel 2:19.3
Chris Zadow 2:19.7
Desmond Gardner 2:21.2
Mike Vasey 2:21.6
M40 Kelly Rutherford 2:47.9
1500 Meter Run
W30 Darbie Maccubbin 5:42.9
Chris Vasey 5:45.0
M30 Luke Huhnadel 4:37.4
Desmond Gardner 4:51.9
Mike Vasey 4:52.6
Kelly Harris 5:19.9
Mike Schweier 5:54.8
M40 Jeff Gerson 5:03.6
Ted Sauer 5:05.1
Kelly Rutherford 5:55.0
M60 Andrew MacDonald 6:44.1
High Hurdles
M30 Duncan Payne 18.8
M50 Grover Coats 17.6
M60 Ted Swanson 19.6
Intermediate Hurdles
M30 Paul Shelley 1:02.8
Chuck Swanekamp 1:12.9
Dave Osmond 1:24.5
M60 Ted Swanson 56.4
Long Jump
W30 Irene Thompson 14-9 3/4
Mary Doud 14- 3/4
Lori Hunt 11-4
Margaret Dawkins 11-2 1/4
Joan Gardner 10-11
Linda Azzopardi 10-1
W40 Sue Lipohar 11-5 1/4
M30 Desmond Gardner 15-10 1/2
Drew Bryant 14-11
Tony Wills 14-10
Kevin Kiley 14-9
Andrew MacDonald 14-6 1/2
Duncan Payne 14-4 3/4
M40 Johnny Dawkins 17-2
Kevin Donavan 16-6 3/4
Peter Simpson 14-6 1/2
Allan Dickson 13-4 1/2
John O'Brien 13-1 1/2
Martin Gettler 12-4 1/2
M50 Norman Chambliss 16-6 3/4
Grover Coats 16-3 1/2
M60 Ted Swanson 13-9 3/4
Ken Morris 12-10 1/2
Kenneth Waugh 12-5
George LaCava 5-7 3/4
Triple Jump
W30 Pauline MacDonald 23-5 1/4
Tara Nugent 18-6
W40 Sue Lipohar 20-3
W50 Barbara Stewart 20-2 1/2
Dortha Swanson 18-6 1/2
M30 Desmond Gardner 34-1/2
Andrew MacDonald 30-10
Mike Schweier 30-2
M40 Peter Simpson 30-2
M50 Grover Coats 21-8
M60 Ted Swanson 28-11 1/2
High Jump
W50 Barbara Stewart 3-2
M30 Duncan Payne 4-8
Doug Getty 4-6
M40 Kevin Donovan 5-3
Rick Westwood 4-8
Fred Quick 4-6
M50 Norman Chambliss 4-8
Grover Coats 4-6
Ronald Leffler 4-6
David Morris 4-4
M60 Ted Swanson 4-4
George LaCava 3-2
M70 Al Palmer 3-0
Pole Vault
M30 Mark Schaber 12-6
Duncan Payne 9-6
Steve Riddel 5-3
M40 Kevin Donovan 11-0
M70 Al Palmer 5-9
Shot Put
W30 Mary Doud 9.30m
Darleen Nelson 7.90m
Joyce Cunningham 6.97m
Tara Nugent 6.66m
Donna Ellington 6.61m
Margaret Dawkins 6.31m
W40 Vera Cabanus 7.71m
Rhona Trott 7.64m
Karen Logan 5.31m
W50 Barbara Stewart 11-9 1/2
Dortha Swanson 8-7
W50 Dortha Swanson 7.32m
Barbara Stewart 6.78m
M30 Mark Brampton 36-2 1/2
Paul Kittell 31-3
Andrew MacDonald 29-9 1/2
Drew Bryant 27-7 1/2
Duncan Payne 27-3 1/2
Daniel Biffis 23-6 1/2
M40 Rick Westwood 34-11
Rick Cunningham 28-3
Kelly Rutherford 27-7 1/2
Peter Simpson 24-7
Martin Gettler 23-2 1/2
John O'Brien 21-4
M50 Chuck Yost 36-6 1/2
Norman Chambliss 34- 1/2
Ronald Leffler 32-4 1/2
M60 Leonard Olson 41-2
George LaCava 24-4
Discus
W30 Mary Doud 88- 3/4
Margaret Dawkins 63-3
Tara Nugent 60-10
Donna Ellington 60-7
Trish Osmond 59-6
Lori Watson 59-5 3/4
W40 Vera Cabanus 70-3 1/4
Karen Logan 52-0
W50 Dortha Swanson 69-6 1/2
Edna Hyer 60-3
M30 Paul Kittell 120-2
Mark Guthrini 97-0
Charles Swanekamp 92-1
Andrew MacDonald 77-4
Duncan Payne 76-7
Drew Bryantmint 73-10
M40 Rick Westwood 104-3
Armond LaFramboise 91-11
Rick Cunningham 77-2
Kelly Rutherford 72-2
Miguel Castello 38-7
M50 David Morris 126-2
Norman Chambliss 114-10
Ronald Leffler 111-4
M70 Al Palmer 62-6
M60 Leonard Olson 154-4
George LaCava 64-0
Javelin
W30 Mary Doud 88-9
Irene Thompson 58-2
Pauline MacDonald 57-11
Tara Nugent 57-2 1/2
Donna Ellington 51-0
Linda Harris 42-3
W40 Vera Cabanus 68-1
Sue Lipohar 51-0
Karen Logan 46-10 1/2
W50 Edna Hyer 63-4
Dortha Swanson 57-2
M30 Mike Finkbiener 154-7
Paul Kittell 139-1
Mark Guthrie 130-8
Drew Nryant 115-10
Duncan Payne 107-0
Andrew MacDonald 99-11
M40 Armond LaFramboise 136-6
Jim Garnham 116-0
Rick Westwood 114-3
Kelly Rutherford 72-1
M50 Patrick Conley 116-6
M60 George LaCava 38-2

Tri-State TC T&F Classic
Hagerstown, MD; August 1

50M
Ali Johnson 42 6.95
Jim Bradley 59 7.36
100y
Albert Merrills 12.72
Jim Bradley 59 14.96
220y
Ali Johnson 42 26.63
Jim Bradley 59 32.67
3000m
Ted Poulos 32 10:17.91
Joe Lingg 44 13:33.90
Triple Jump
Palmer Sweet 49 14-2
Triple Jump
Palmer Sweet 49 30-6
Shot Put
Gaeulin Wilson 33 36-7¼
Palmer Sweet 49 35¼
Discus
Palmer Sweet 49 91-2-3/4

SOUTHEAST

Nashville TC Meet
Nashville, TN; July 17

100m
M30 Lorenzo Payne 11.3
M35 Charles Thomas 11.8
Bob Phillips 12.2
M40 Payl Frederick 12.9
Phil Wooten 13.4
M45 Greg Marshall 12.2
Gary Bell 12.4
M50 Avital Schurr 12.8
Michael Boudreaux 12.9
M55 Jim Mathis 12.3
Barry Bertram 14.2
M60 Ed Redditt 13.3
Bob Alexander 13.4
M65 William Duprano 13.9
Frank Hayes 14.2
W30 Deborah Borges 14.4
W40 Donna Settles 13.5
W45 Phil Raschker 13.1
200m
M30 Jay Mathis 23.1
Lorenzo Payne 24.1
M35 Charles Thomas 24.8
John Goolsby 24.9
M40 John Phillips 26.9
Jim Woosley 29.2
M45 Greg Marshall 24.8
Gary Bell 24.9
M50 Michael Boudreaux 25.8
Avital Schurr 25.9
M55 Jim Mathis 24.8
Barry Bertram 29.1
M60 Ed Redditt 27.8
Bob Alexander 27.9
M65 Frank Hayes 29.2
W30 Deborah Borges 29.8
W40 Donna Settles 27.3
300m
M30 Scott King 37.9
Lorenzo Payne 39.6
M45 Greg Marshall 40.2
Gary Bell 42.5
M50 Jack Karbens 45.0
Ed Stec 45.0
M55 Barry Bertram 46.9
Dick Anderson 51.8
M60 Bob Alexander 46.1
Ed Redditt 49.2
400m
M35 Steve Winkel 58.6
M40 Bill Cheadle 54.6
Richard Hammrick 55.5
M45 Alvin Seale 57.0
Gary Bell 61.1
M50 Jack Karbens 76.2
M55 Jim Mathis 56.2
Bailey Abernathy 64.2
M60 Fred Lovelace 77.4
800m
M30 Scott King 1:57.2
Mark Carver 2:01.2
M35 John Goolsby 2:07.3
M45 Jim Montmarquet 2:15.4
M50 James Huffman 2:26.3
M55 Charles Wimberly 2:22.1
Rich Peck 2:24.2
M60 Fred Lovelace 3:05.3
M65 Bailey Abernathy 2:24.3
W55 Evelyn Zerfoss 3:06.1
Mile
M35 Mark Jidov 5:24.2
Steve Winkel 6:00.7
M40 Carl Pederson 4:57.3
M45 David Kays 5:35.3
M50 Tom Bowden 4:52.9
M55 Rich Peck 5:44.9
W55 Evelyn Zerfoss 7:00.1
3000m
M35 Mark Jidov 10:26.22
M45 Richard Weeks 9:40.2
W30 Amy Wimmer 11:02.7
Mimi Ney 11:20.9
Short Hurdles
M35 Robbie Short 15.8
M40 Bill Cheadle 16.7
Barry Faust 20.7
W45 Phil Raschker 13.2
Long Hurdles
M40 Dave Ellis 58.0
M45 Tom Brewer 63.9
High Jump
M35 Steve Hinkel 5-0
M40 Jim Accardie 5-0
Russ Baker 4-10
M60 Phil Mulkeyu 5-0
Fred Lovelace 3-6
M65 Frank Hayes 4-4
Ed Holmes 3-10
W45 Phil Raschker 4-0
Pole Vault
M35 Tom Krebes 10-11-3/4
Steve Hinkel 19-6
M60 Phil Mulkey 7-10-3/4
M65 George Buchko 6-0
W45 Phil Rascliker WR10-2-3/4
Long Jump
M30 Jay Mathis 19-11¼
Mark Carver 18-10½
M40 Paul Frederick 16-0
Russ Baker 14-11½
M50 Avital Schurr 14-9½
M55 Wendell Curry 13-9
M60 Fred Lovelace 9-2½
Phil Mulkey 13-2
M65 Bailey Gore 14-6-3/4
Bill Duprano 13-10-3/4
W45 Phil Raschker 15-6½
Triple Jump
M40 Paul Frederick 31-3¼
Barry Faust 31-2½
M60 Phil Mulkey 27-1-3/4
W45 Phil Raschker 32-6¼
Shot Put
M40 Jim Accardie 38-7
Russ Baker 38-6
M50 Larry Pratt 43-4½
Dave Pett 39-2¼
M60 Larry Horine 45-6
Phil Mulkey 45-1
M65 Ed Holmes 32-9-3/4
W45 Lurline Struppeck 30-8½
Discus
M30 Tony Briane 71-9½
M40 Russ Baker 117
Kasey Capps 88-4
M50 Larry Pratt 161½
Dave Pett 121-2½
M60 Phil Mulkey 148-10
Larry Horine 141-9½
M65 Bill Duprano 107-7½
Bailey Gore 106-7
W45 Lurline Struppeck 81-9
W65 Audrey Bergenback 37-9½
Javelin
M30 Brad Davies 162
Mark Carver 110-3½
M35 Tom Krebes 95-7½
M40 Mike McDonald 170-11½
Danny Rhodes 140-1½
M50 Larry Boots 117-3
Jack Karbens 108-10-3/4
M60 Larry Horine 132-2½
Phil Mulkey 120-3
M65 Dick Bergenback 115½
Bailey Gore 112-5-3/4
W40 Diane Vance 75-5
W45 Lurline Struppeck 112-7½
W65 Audrey Bergenback 28-1½
25# Weight
M40 Russ Baker 47-8
M45 Frank Kiefer 43-7½
M60 Phil Mulkey 39-9½
M65 Dick Bergenback 36-9
35# Weight
M40 Russ Baker 39-0
M45 Frank Kiefer 30-2½
M50 Jack Karbens 30-2
56# Weight
M40 Russ Baker 26-2
M45 Frank Kiefer 22-3½
M50 Jack Karbens 12-6½
M60 Phil Mulkey 17-8
3000m RW
M40 Gene Harrison 15:52.7
W30 Demetria Kalidimos 17:57.4
W40 Elizabeth Longton 16:34.1

Southeastern Masters Classic
Taylors, SC; July 10

100m
M30 Jerry Edmondson 12.3
M35 Phil Terry 11.7
M40 Marion McCoy 11.7
M45 Greg Marshall 13.5
M50 Edwin Clark 13.1
M55 Ralph Summerlin 12.5
M60 Lawrence Greco 14.1
M65 Jim Law 13.0
M75 Wib Ragland 14.9
W30 Pat Golus 14.8
W60 Betty Sjogren 19.4
W65 Josephine Sullivan 17.3
200m
M30 Kevin McCarragher 24.3
M35 Phil Terry 24.4
M40 Marion McCoy 24.1

Continued on next page

Continued from previous page

M45 Greg Marshall 24.8
M50 Edwin Clark 26.8
M55 Ralph Summerlin 25.7
M60 Lawrence Greco 30.4
M65 Jim Law 26.8
W30 Sherri Crosby 31.9

400m
M35 Smiley Glover 64.0
M40 Mike Baird 55.7
M45 Greg Marshall 55.7
M50 Ed Stec 67.3
M60 Ted Sjogren 67.1
M65 Jim Law 63.3
W60 Betty Sjogren 1:46.8

800m
M30 Jay Reo 2:05.1
M35 Rick Easley 1:59.0
M40 Mical Embler 2:05.0
M45 Ed Prytherch 2:24.2
M60 Ted Sjogren 2:45.0
M65 Dick Benson 3:02.8

1500m
M30 Rolf Craven 4:30
M35 Newell Eastland 5:33
M40 Jack Todd 4:40
M50 David Turner 6:39
M60 Ted Sjogren 5:56
M65 Dick Benson 6:11

3000m
M35 Bill McAmis 13:2-
M40 Jim Roberts 10:4-
M45 Ed Prytherch 11:1-
M65 Dick Benson 13:4-

5000m
M35 Scott Boyd 18:1-
M40 Jim Roberts 18:2-
M50 David Turner 22:4-
M55 Adrian Craven 21:1-
M65 Dick Benson 22:1-

Short Hurdles
M30 Bailey Harris 16.1
M35 Dale Smith 16.5
M40 Barry Faust 21.4

400mH
M30 Bailey Harris 58.1
M35 Dale Smith 62.0
M40 Daniel Graham 73.7

High Jump
M30 Trace Barnette 5-6
M40 Barry Faust 4-8
M45 James Sauers 5-10
M50 Mike Valle 4-8
M60 Tom Bartenfield 3-10
M65 Vic Golowash 3-6
M75 Wib Ragland 3-10
W30 Pat Golus 4-10
W50 Brenda Bloomfield 3-8

Pole Vault
M50 Bill Eubanks 8-6
M55 Rusty Hamilton 8-0

Long Jump
M30 Trace Barnett 19-2
M35 Glover Smiley 14-4½
M45 Terry Martin 15-5½
M50 Jim Jackson 14-2½
M60 Tom Bartenfield 12-1
M65 Joe Rogers 13-9
W65 Jos Sullivan 11-6½

Triple Jump
M30 Trace Barnette 39-4½
M35 Phil Terry 30-10½
M40 Bob Rockwell 35-3½
M55 Rusty Hamilton 27-9½
M60 Tom Bartenfield 26-8½
M65 Vic Golowash 25-½
W65 Jos Sullivan 22-7½

Shot Put
M30 Wilbert Carter 51-6 3/4
M35 Russ Smith 39-11½
M40 Robert Gunn 39-11½
M45 L B Clayton Jr 32-8
M50 Glen Johnson 40-10½
M55 Ernie Thomas 28-6½
M60 Pay Carstensen 37-4
M65 Bob Seligman 31-8½
M70 Graeme Dalzell 33-3
M80 Jack Wood 26-½
W50 Brenda Bloomfield 26-6
W55 Penny Weaver 25-1
W65 Eliza Dalzell 22-4

Discus
M30 Wilbert Carter 135-6
M35 Jeff Baty 125-1
M40 Cal Nordt 115-1
M45 L B Clayton Jr 97-7
M50 Mike Valle 127-5
M55 Howard Murphree 102-9
M60 Wm Patrick 109-4
M65 Rich Bergenback 113-5
M70 Graeme Dalzell 86-9
M80 Gordon Powell 71-3
W55 Penny Weaver 73-6
W65 Eliza Dalzell 50-4

Hammer
M35 David Vandergrif 158-0
M45 Joe Ross 119-0
M50 Dick Bloomfield 140-0
M60 Pay Carstensen 134-0
M65 Rich Bergenback 121-0
M70 Graeme Dalzell 65-1
M80 Gordon Powell 68-0
W50 Brenda Bloomfield 114-1
W55 Penny Weaver 73-1

Javelin
M30 Fred Hamilton 122-0
M35 Jeff Baty 165-4
M40 Barry Faust 117-3
M50 Mike Valle 108-8
M55 Wm Duckworth 168-6
M60 Pay Carstensen 99-0
M65 Vic Golowash 70-2
M70 Graeme Dalzell 52-9
M80 Jack Wood 67-7

16# Weight
W50 Brenda Bloomfield 32-9
W55 Penny Weaver 23-1

25# Weight
M35 Dave Vandergriff 54-4
M40 Bob Gunn 51-0
M45 Joe Ross 43-3
M50 Dick Bloomfield 51-1
M60 Pay Carstensen 49-3
M65 Rich Bergenback 37-5
M70 Graeme Dalzell 23-7
M80 Gordon Powell 18-7

35# Weight
M35 David Vandergriff 46-2
M40 Bob Gunn 34-3
M45 Frank Kiefer 38-9
M50 Dick Bloomfield 40-6
M60 Tom Bartenfield 18-½
M70 Graeme Dalzell 16-6
M80 Gordon Powell 14-1

56# Weight
M35 David Vandergrif 29-5
M40 Bob Gunn 21-7
M45 Frank Kiefer 22-11
M50 Dick Bloomfield 24-2
M55 Howard Murphree 14-6
M60 Pay Carstensen 20-7½
M70 Graeme Dalzell 10-6
M80 Gordon Powell 8-4

1500m Racewalk
M30 Keith Luana 6:38
M40 David Hale 7:40
M65 Bhag-Singh Sidhu 9:47
M80 Al Nellis 11:41

Commonwealth Games of Virginia
Roanoke, VA; July 17-18

100m
M30-39
Benjamin McLeod 11.0
M40-49
Joe Mack 12.0
M50+
Edwin Stamper 13.5
W30-39
Wanda Ford 13.9
W40-49
Susie Reed 19.2
W50+
Leonore McDaniels 16.6

200m
M30-39
Benjamin McLeod 23.1
M40-49
Clinton Barlow 26.3
M50+
Edwin Stamper 29.6
W30-39
Wanda Ford 28.6

400m
M30-39
Robert Harding 53.9
M40-49
Lance Hudnall 56.1
M50+
Lynn Stewart 63.8

800m
M30-39
James Williams 2:12.4

1500m
M30-39
James Williams 4:32.6
M40-49
Steve Baker 5:01.6
M50+
Staunton McKnight 6:23.7
W40-49
Jan Harris 6:33.9

Short Hurdles
M30-39
Mark Monti 15.3
W50+
Leonore McDaniels 20.2

Long Hurdles
M30-39
Phil Berry 1:08.8
M40-49
Clinton Barlow 1:08.6
M50+
James Bradley 1:18.3
W50+
Leonore McDaniels 1:06.9

High Jump
M30-39
Bob Shelton 6-2
M40-49
David Thomas 4-6
W50+
Leonore McDaniels 4-0

Long Jump
M30-39
Bob shelton 20-10½
M40-49
Clinton Barlow 17-8¼
M50+
Edwin Stamper 13-4
W30-39
Wanda Ford 16-2
W40-49
Leonore McDaniels 12-10

Shot Put
M30-39
Greg Sink 40-8-3/4
M40-49
Donald Buzzard 40-6¼
M50+
David Thomas 37-8¼
W30-39
Pam McClanahan 34-1
W40-49
Jan Harris 21-4-3/4
W50+
Leonore McDaniels 21-1½

Discus
M30-39
Bob Shelton 105-4
M40-49/50+
Fredrick Kingston 132-9
W30-39
Pam McClaughan 78-9
W40-49
Jan Harris 75-1

Jacksonville Summer Classic
Jacksonville, FL; July 24

50m
M40 Cleveland Smith 6.0
M45 C V Petruska 6.7
M50 Chas Goodyear 7.4
M55 Woody Sharp 7.7
M65 Ray Armstrong 8.0

100m
M30 John Dobson 11.2
M35 A J Hart 13.2
M40 Cleveland Smith 11.5
M45 Jon Davis 12.1
M65 Ray Armstrong 14.2

400m
M40 Kim Anderson 59.5
M45 Jon Davis 57.3
M50 J C Shenk 59.1
M55 John Cole 79.4
M65 Ernie MacDonald 74.8

Mile
M30 Mike Yarbrough 4:32.8
M45 Ty Payne 5:01
M55 Woody Sharp 6:18

High Jump
M60 Bill Gentry 4-9

LongJump
M30 John Wells 19-0
M40 Cleveland Smith 19-8

Shot Put
M35 James Holbrook 27-3
M50 Chas Fennelle 12# 40-7
M60 Reed Quinn 8# 35-5¼
M65 F Van Deventer 8# 35-1

Discus
M35 James Holbrook 82-0
M50 Chas Fennelle 121-0
M60 Reed Quinn 125-9
M65 F Van Deventer 94-0

Javelin
M35 A J Hart 118-1
M60 Reed Quinn 103-1
M65 F Van Deventer 93-11

Mile Racewalk
M50 Harvey Warnock 9:20.4

Tennessee State Finals
Clarksville, TN; July 26-28

100m
M55 Fred Landers 14.12
M60 Bob Alexander 13.13
M65 Frank Hatcher 13.74
M70 George Reynolds 15.60
M80 John Pease 22.21

200m
M55 Jim Mathis 25.00
M60 Ester Redditt 27.00
M65 Frank Hayes 28.03
M70 George Reynolds 35.06
M75 Leonard Beasley 1:45.7

400m
M55 Jim Mathis 55.00
M60 George Barry 1:08
M65 Frank Hayes 1:10
M70 George Reynolds 1:19
M75 Meyer Silverman 1:35

400 METERS
M25 BRETT LAWES 50.83
DEVON MCDONALD 57.85
M30 LENWOOD RANCE 50.95
MIKE WASHINGTON 58.10
M35 CHARLES SMITH 54.64
CHARLES MOCHAN 55.51
M40 CLAY HANSEN 60.84
M45 LESLIE BENNET 55.24
LINDSEY BODDEN 60.53
OLIVER STALLINGS 66.84
M50 JOHN SHENK 62.30
BILL SPRINGER 71.37
M55 IVAN DYE 84.35
M60 PAUL GAULDEN 75.63
M65 JERRY KAUFFMAN 95.91
M80 ARMON HENRY 1:51.40
F35 ANITA ALLEN 76.35
F50 JAN ROSS 83.79*
AUDREY SMITH 1:47.35

800 METERS
M25 DAVE LINTON 2:05.97
DEVON MCDONALD 2:09.46
M30 MIKE WASHINGTON 2:24.42
M35 CHARLES MOCHAN 2:12.45
STEPHEN PETTI 2:24.77
JOHN SCHAFFER 3:07.10
M40 ANTONIS LOUDAROS 2:53.21
M45 LESLIE BENNETT 2:07.70
LINDSEY BODDEN 2:14.68
M50 JOHN SHENK 2:25.01
BILL SPRINGER 2:40.15
M55 TOM DYE 2:48.08
M60 PAUL GAULDEN 3:07.00
F25 REBECCA SPARKS 2:19.40
F35 ANITA ALLEN 2:48.66
ANNE INFANTE 2:58.59
F50 JAN ROSS 2:59.00

110 METER HURDLES
M19 SHERMAN MORRIS 14.92

100 METER HURDLES
M55 CLIFFE CAMPBELL 17.43*
M60 VICTOR BEDLEY 55.27
M65 ROY CHERNOCK 17.39*

1500 METER RUN
M19 VIC FOSTER 4:16.74
JOSE FERNANDEZ 4:35.52
M30 JOHN WHITT 4:28.89
MIKE WASHINGTON 5:32.50
M40 ROLANDO CABREPA 4:42.55
M45 OLIVER STALLINGS 5:51.37
M50 MATT CUCCHIARA 4:46.84
M55 LOUIS BEST 4:50.89*
HAROLD SMITH 6:25.71
IVAN DYE 6:31.57
F19 CYNTHIA AQUINO 6:51.24
F25 REBECCA SPARKS 4:52.52
F35 ANITA ALLEN 5:48.00
F50 JAN ROSS 6:01.00

5000 METER WALK
M25 GERRY DOYLE 35:14.48
M40 ANTONIS LOUDARIS 33:45.17
M45 PAUL ALVORD 30:55.04
M50 JAY CAPLEN 35:26.00
M60 TOM WHITE 29:21.90
SIG KURZ 34:41.20
STEW HARKNESS 43:00.67
M70 CHRIS LORENZO 41:23.47
M80 SAM GADLESS 38:32.37*
F25 LUCINDA DANN 47:15.74
F30 SHARON OPKINS 31:44.89
F40 JODY MURRAY 36:19.26
F45 LINDA STEIN 29:50.28
JANET JOHNSON 46:04.29
F55 ANNE DANN 35:24.69
F65 MIRIAM GORDON 34:10.94
F70 BLANCHE WALDMAN 47:59.95*

LONG JUMP
M30 LENWOOD RANCE 6.37
M35 WAYNE REESE 5.87
EDDIE JACKSON 5.21
M45 TYRONE CARLIS 6.05*
M55 HAROLD CLARE 3.45
M60 RUDY ENDERS 4.78
NELSON SABA 3.80

TRIPLE JUMP
M30 WAYNE REESE 12.34
M45 TYRONE-CARLIS 11.61*
M60 RUDY ENDERS 9.58

POLE VAULT
M35 DAVID SHEPHERD 3.66

HAMMER THROW
M19 KEITH ROLLIN 38.42
M30 VINCENT STHAIR 30.48
M50 HAROLD TESSIER 20.31
M60 CARLOS FRAUNDORFER 32.00
F55 ERIKA MESSNER 15.70*

1993 Sunshine Games
Open & Masters Track & Field
Ft. Lauderdale, FL; August 7

* = FLORIDA STATE RECORD

100 METERS
M19 KEVIN LANG 10.86
M25 ALEXIS WILLACEY 11.26
CLAYTON WOOD 12.13
M30 GREGORY GRAHAM 11.93
MIKE WASHINGTON 12.37
CHRIS LIKON 12.63
M35 RAPHEY JACKSON 11.50
ANTHONY HOLMES 12.13
MIKE ACREDEO 13.81
M45 TYRONE CARLIS 11.77
WASHINGTON DIX 12.41
M55 HAROLD CLARE 16.42
JOSEPH DELUCA 17.43
M60 RUDY ENDERS 14.16
DAVID SLOCUM 14.42
NELSON SABA 15.32
M65 RAY ARMSTRONG 14.65
F19 GILLIAN COOTE 15.46
M35 ANNE INFANTE 15.19
CAROYLN CODDINGTON 16.35
F50 JAN ROSS 19.27

200 METERS
M19 KEVIN LANG 21.55
DAMACIO GREENE 21.75
SHERMAN MORRIS 22.38
JOSE FERNANDEZ 24.65
M25 ALEXIS WILLACEY 23.47
M30 LENWOOD RANCE 23.47
GREGORY GRAHAM 24.20
MIKE WASHINGTON 24.40
THOMAS BULLARD 25.11
CHARLIE WASHINGTON 25.75
M40 ROBERT MICHAELCZAK 29.03
ANTONIS LOUDAROS 31.27
M45 OLIVER STALLINGS 30.41
M55 TOM DYE 32.70
JOSEPH DEUCA 36.96
HAROLD CLARE 37.80
M60 RUDY ENDERS 29.42
NELSON SABA 30.71
PAUL GAULDEN 33.58
M65 ROY CHERNOCK 29.21
M30 HENRY ARNOW 24.90
F35 ANITA ALLEN 35.61
F50 JAN ROSS 40.60

5000 METER RUN
M30 MIGUEL DIAZ 16:00.37*
PAPARL GUIJARRO 16:57.67
LEOCHEL LORDRUS 19:27.56
M35 CLEBER SIRIANNI 16:03.77*
M40 JOHN MCCALL 19:22.05*
CHUCK WEBER 20:32.38
M45 HERMINIO DELGADO 20:31.14
M50 BILL SPRINGER 18:54.60
M55 HAROLD SMITH 25:00.30
M70 DAN BIRLE 27:20.20
F50 AUDREY SMITH 25:31.17

HIGH JUMP
M25 CHARLES VOLPONI 1.6
M30 JEFF BELTON 1.94
M40 TIM HRIKKILA 1.8
M60 BILL GENTRY 1.3
VICTOR BEDLEY 1.1
M65 JAMES GILLCRIST 1.5
F19 MICHELLE LEWIS 1.5

DISCUS
M19 KEITH ROLLIN 46.89
M25 GERRY DOYLE 19.67
M30 MICHAEL VALENTI 39.66
M35 MARTIN COX 34.63
JOHN SCHAFFER 27.43
M40 JOHN KIRCHNER 34.97
M50 HAROLD TESSIER 31.81
LARRY MORRELL 31.49
M60 CARLOS FRAUNDORFER 35.93
VICTOR HEDLEY 29.72
BILL GENTRY 26.07
M65 JAMES GILLCRIST 40.78
F55 ERIKA MESSNER 23.30*

SHOT PUT
M25 GERRY DOYLE 8.40
M30 MICHAEL VALENTI 14.24
VINCENT STHAIR 10.72
MIKE WASHINGTON 9.05
M35 JOHN SCHAFFER 11.61
M40 JOHN KIRCHNER 11.15
M50 LARRY MORRELL 10.97
HAROLD TESSIER 10.44
M55 HAROLD CLARE 6.95
M60 CARLOS FRAUNDORFER 9.48
M65 JIM GILLCRIST 11.97

JAVELIN THROW
M19 KEITH ROLLIN 41.0
M35 MARTIN COX 38.1
M40 CLAY HANSEN 27.8
M50 HAROLD TESSIER 41.8
LARRY MORRELL 25.5
M60 BILL GENTRY 29.4
VICTOR HEDLEY 21.1
F25 CAROLINE SMALL 35.5
F55 ERIKA MESSNER 22.4

MIDWEST

Ohio Association Championships
Cincinnati, OH; June 12

100m
M30 Stephen Smith 11.2
M35 Michael Smith 11.9
M40 Bill Cheadle 12.2
M45 Bobby James 12.1
M50 Bill Lape 14.0
M55 Charles Dudley 12.9
M60 Troy Banks, Jr. 13.2
W30 Felicia Broadus 14.3
W40 Marcella Hale 13.9

200m
M30 Stephen Smith 22.9
M35 Mike Jacobs 23.5
M40 Scott Hartman 23.7
M45 Bobby James 24.9
M50 Robert Lund 25.7
M55 Charles Dudley 28.3
W30 Debi Leeper 25.0
W35 Carol Schafer 28.7
W40 Marcella Hale 28.8

400m
M30 Marvin Brown, Jr. 58.0
M35 Wesley Myers 54.3
M40 Bill Cheadle 52.6
M45 Steve Smith 59.5
M50 Robert Lund 58.1
M55 Paul Hamilton 60.8
W30 Adriene Weatherford 61.3
W35 Carol Schafer 64.4

800m
M30 Marvin Brown, Jr. 2:05.5
M35 Kelvin Kalley 2:24.5
M40 Don Drozd 2:11.2
M50 Robert Lund 2:15.3
M55 Paul Hamilton 2:18.6

1500
M30 John Devitt 4:15.7
M55 Jack Miller 5:03.7

5000m
M30 Gerald Hutchinson 15.46
M40 Dale Ward 16:31

Short Hurdles
M40 Tim Walters 16.8

Long Hurdles
M35 M35 Mike Vorherr 59.4

High Jump
M35 Scott Evans 6-2
M40 Barry Faust 4-10
M45 Philip Barcus 4-10
W30 Angela Nealy 4-2

Pole Vault
M45 Elmer Brewer 13.00

Long Jump
M35 Scott Evans 5.74
M40 Tim Walters 5.48
M45 Philip Barcus 4.29
M50 Avital Schurr 5.14
W35 Donna Pope-Green 5.36

Triple Jump
M35 Scott Evans 12.66
M40 Ben Pumphrey 10.13
M65 Fernando Ponder 7.40

Shot Put
M30 Mark Leeper 15.04
M35 Rick Meindl 15.00
M40 Steve Kaye 12.71
M45 Doug Weikert 9.45
M50 Mickey Bitsko 12.34
M55 Brad Ankerstar 10.27
M60 Russell Meyer 9.51
M65 Fernando Ponder 9.57

Discus
M30 Mark Leeper 38.38
M35 Rick Meindl 41.76
M40 Steve Kaye 37.63
M45 Doug Weikert 30.01
M50 Mickey Bitsko 40.41
M55 Frank Caron 34.27
M60 John Moll 40.40
M65 Jacob Stein 32.93
W40 Janice Forte 15.80

Hammer
M30 Mike Wiesemann 55.46
M50 Mickey Bitsko 48.44
M65 Jacob Stein 27.58

Javelin
M40 Tim Walters 44.22
M45 Doug Weikert 37.38
M55 Frank Caron 29.80
M60 John Murray 35.12
M65 Fernando Ponder 26.62

3000m RW
M40 Gene Harrison 16:36
M75 Hugh Yeomans 22.11
W70 Ernestine Yeomans 29.12

Badger State Games
Madison, WI; June 22

100m
M30+ Leotha Stanley 11.88
M40+ Joe Carter 12:08
M50+ Daniel Schuette 12.86
M60+ Ron Sergenian 14.84
W30+ Kelly Christianson 13.46
W40+ Gloria Teunissen 16.24
W50+ Roddie Larsen 17.90
W60+ Helen Hess 22.60

200m
M30+ Anthony Russo 37.70
M60+ Daniel Schuette 27.56
W30+Sharon Stude 30.12
W40+ Gloria Teunissen 35.21
W60+ Helen Hess 48.30

400m
M30+ Michael Conway 55.96
M40+ Jim Lee55. 55.69
M60+ Trinkner 1:07.82
W30+ Cindy Groth 1:04.12
W40+ Penny Pesch 1:29.30
W50+ Wava Mosbrucker 1:22.20
W60+ Helen Hess 1:51:56

800m
M30+ Jim Nehis 2 07.50
M40+ Stan Mathes 2:09.71
M50+ John Elder 2:43.09
W30+ Linda Waxwell 2:53.40
W50+ Wava Mosbrucker 3:06.90

1500m
M30+ Ronald Ofstun 4:21.70
M40+ Jerry Feldhausen 4:42.03
M50+ Wesley Geringer 5:13.28
M60+ La Von Reynolds 5:47.55
W40+ C. Hillstrom 5:59.88

5000m
M30+ Ross Johnson 16:26.24
M40+ Thomas Kaufman 17:11.68
M60+ La Von Reynolds 20:59.51

3000m
W40+ C. Hillstrom 12:30.68
W50+ Mellinda Bailey 14:53.41

Short Hurdles
M30+ Al sapa 15.47
M40+ Alan McKenzie 19.91
M60+ Tom Hinkes 20.91
W30+ Kelly Christenson 16.52
W40+ Gloria Teunissen 16.24
W50+ Roddie Larson 17.90
W60+ Helen Hess 22.60

4x100m Relay
M30+ Team Bahamas 50.12
M40+ Ole Buzzers 50.20
W30+ Reunion 55.58
W40+ FFSL 1:14.58

4x400m Relay
M30+ Flying Consultant 3:52.96
M40+ DNR 4:07.01
W30+ The Clompers 4:50.87
W40+ Ridge Runners 6:23.57

4x800m Relay
M30+ Movin' Shoes II 9:07.11
M40+ Movin' shoes I 9:23.28
M50+ Sane Lane 11:03.41
W30+ Sole Mothers 13:39.81

High Jump
M30+ Jeffrey Watry 6-0
M40+ John Plautz 5-2
M50+ Larry Gardner 5-0
M60+ Clarence Trinkner 4-6
W30+ Lori Bell 5-0

Pole Vault
M30+ Steve Hable 13-6
M40+ Jeff Kinestead 14-0
M50+ Joseph Griffin 8-6
M60+ Tom Hinkes 9-0

Long Jump
M30+ Mike Meeteer 21-8¾
M40+ Jay Preston 17-3-3/4
M50+ John Rashke 15-3
M60+ Paul Lehmkuhl 15-1
W30+Sharon Landsee 14-5

Triple Jump
M30+ Thomas Stokes 41-7¾
M40+ Jay Preston 33-8
M50+ William Woehrie 29-4-3/4
M60+ Clarence Trinkner 32-7¼

Shot Put
M30+ Steven Zahn 43-7
M40+ Tim Seifert 41-8
M60+ Harvey Peters 41-4
W30+ K. Clausnitzer 33-5-3/4

Discus
M30+ Mike Meeteer 126-11
M40+ Alan Schroeder 133-9
M50+ William sullivan 128-7
M60+ Harvey Peters 129-8

3000m RW
M40+ Stephen Frey 17:18:39
M50+ John Schultz 21:46.28
M60+ Alfred Du Bois 19:51.45
W30+ Ann Hunt 18:37.89
W40+ Lynn Tracy 17:39.53

Byron Masters Meet
Byron, IL; June 27

50m Dash
M29-under
Mike Marchini 6.29
M30 Rob Robinson 6.44
M40 Al Wright 6.32
James Hawkins 6.65
M45 John Hess 7.02
Paul Miller 7.15
M55 Mike Murphy 7.02
Don Amery 7.35
M60 Don Sibigtroth 8.52
M65 Ken Yahiro 8.02
M70 Joe Bergthold 7.61
W30 Janet Wedwick 7.73

100m Dash
M29-under
Ryan Bratt 11.45
David Holmes 11.53
Mike Marchini 12.53
Chris Stayner 14.41
Scott Hess 15.78
M30 Rob Robinson 12.62
M35 Charles Schramm 12.65

Continued on next page

Continued from previous page

M40	Al Wright	12.09
M45	Paul Miller	13.60
	Kent Hall	13.70
	Neil Bovey	15.34
M55	Pierre Dobrovolny	12.46
	Don Amery	13.06
	Bill Jankovich	13.12
	Mike Murphy	13.26
	Lou Edelman	17.79
M60	Harry Brown	12.99
	Don Sibigtroth	16.81
M70	Joe Bergthold	14.21
W30	Janet Wedwick	14.72
W35	Lynn Latoria	14.43

100m Hurdles

M50	Bruce Mills	18.59
M55	Bill Jankovich	20.66

110m Hurdles

M29-under		
	Bryan Esposito	NT
M30	Joe Schweiterman	NT
M40	Stan Druckrey	NT

300m Hurdles

M29-under		
	Bryan Esposito	46.67

400m Hurdles

M40	Stan Druckrey	57.62

200m Dash

M29-under		
	Ryan Bratt	23.82
	David Holmes	24.54
	Derek Stewart	24.80
	Jeff Jackson	25.19
M30	Joe Schweiterman	25.03
M35	Alvin Smith	25.62
M40	Al Wright	26.89
M45	Neil Bovey	32.47
M55	Pierre Dobrovolny	26.31
	Don Amery	28.12
	John Ratkovich	29.60
M60	Harry Brown	26.56
M70	Joe Bergthold	29.86
M75	Milo Lightfoot	36.93
W35	Lynn Latoria	30.56

400m Dash

M29-under		
	Derek Stewart	51.89
	Clinton Tarpley	55.35
	Jeff Jackson	55.90
M35	Alvin Smith	56.86
M40	Al Wright	59.80
M45	Kingsley Clarke	58.81
	Neil Bovey	1:13.32
M55	Bill Jankovich	1:08.16
M60	Harry Brown	1:00.96
M70	Joe Bergthold	1:18.55
M75	Milo Lightfoot	1:31.05
W30	Janet Wedwick	1:25.57

800m Run

M29-under		
	Buster Barton	2:10.96
	Doug Cramer	2:12.13
	Don Cramer	2:24.10
M45	Kingsley Clarke	2:24.52
W29-under		
	Alisa Frisk	2:40.47

1500m Run

M29-under		
	Brian Rasmussen	4:28.57
	Ryan Bratt	6:16.00
M55	Bill Jankovich	6:48.00
W35	Terri Krentz	7:07.50

5000m Run

M29-under		
	Ben Townsend	20:12.12

One Mile Racewalk

M60	Don Sibigtroth	10:34.28
W35	Terri Krentz	9:08.50
W50	Joanne Tecic	13:03.48

3000m Racewalk

W35	Terri Krentz	18:06.37
W50	Joanne Tecic	24:52.51

High Jump

M30	Rob Robinson	5-6
M35	Tim Stamp	5-8
	John Valiska	5-6
	Greg Davis	5-2
M40	Kim Brokaw	4-8
M45	Kent Hall	4-8
M50	Bruce Mills	4-4
M55	Floyd Smith	5-0
	Mike Murphy	4-6
	Bill Jankovich	4-2
	Lou Edelman	3-8
M60	Don Sibigtroth	3-10
M65	Ed Failor	4-0
M75	Wib Ragland	3-8
	Milo Lightfoot	3-8

Long Jump

M29-under		
	Scott Hess	12-0
M35	Tim Stamp	17-8
M40	James Hawkins	16-9½
M55	Bill Jankovich	14-1
	Don Amery	13-2
M60	Don Sibigtroth	11-8
M65	Ken Yahiro	13-3
	Ed Failor	11-7

Triple Jump

M29-under		
	Clinton Tarpley	40-10
M35	Greg Davis	33-1
M40	James Hawkins	32-1¼
M60	Don Sibigtroth	24-1
M65	Ed Failor	24-5

Pole Vault

M29-under		
	Justin Norberg	10-0
M30	Tom Kowalski	10-0
M35	Keith Petranek	13-9
	Gary Silbaugh	12-0
	Tim Stamp	10-6
M40	Tim Lever	12-0
	David Wheeler	10-0
	Kim Brokaw	10-0
M45	Kent Hall	11-0
	Merle Norberg	10-6

Shot Put

M35	Bob Hartmann	39-4
M40	Matt Byrnes	47-4
	Jerry Senters	44-¼
	Pat Burns	41-9
M45	John Hess	33-2¾
	Phil Grover	32-11
M50	Ed Schmidt	35-1
	Carl Klehm	33-3
	Lee Slick	28-0
M55	Bob Kemp	37-10
	Don Amery	36-¼
	Floyd Smith	33-9
	Bill Jankovich	27-3
M60	Don Sibigtroth	29-11¼
M65	Phil Brusca	39-7¼
	Ed Failor	30-6
	Ken Yahiro	29-½
W35	Vicki Johnson	25-7
W50	Karen Huff	30-3¼

Discus

M35	Bob Hartmann	131-4
	Tim Stamp	102-10
M40	Jerry Senters	129-3
	Pat Burns	119-7½
	Kim Brokaw	86-3½
M45	John Hess	101-7
	Phil Grover	93-8
	Jim Hess	77-6¼
M50	Ed Schmidt	119-1½
	Carl Klehm	107-0
M55	Everett Hardy	118-9½
	Bob Kemp	103-3½
	Don Amery	99-2
	Floyd Smith	81-5½
	Bill Jankovich	79-2½
M60	Don Mather	141-3
M65	Phil Brusca	132-1
	Ed Failor	112-1
M75	Milo Lightfoot	84-½
W35	Vicki Johnson	72-5
W50	Karen Huff	62-9

Javelin

M29-under		
	Scott Hess	72-4
M35	Greg Davis	160-2
	John Valiska	154-4
M40	David Wheeler	97-10
M45	John Hess	110-0
	Jim Hess	97-7
M55	Bill Jankovich	86-2
M60	Don Mather	139-1
M65	Phil Brusca	118-7
	Ed Failor	99-10
	Ken Yahiro	90-10
W29-under		
	Jennie Folz	124-8
W35	Vicki Johnson	82-3
W50	Karen Huff	84-0
	Cindy Hess	48-10

Hammer Throw

M35	Bob Hartmann	148-4
M50	Carl Klehm	108-9
	Lee Slick	78-2
M65	Phil Brusca	97-0

4x100m Relay

M29-under		
	Barton, Bratt, Jackson, Marchini	47.13
	Esposito, Cramer, Cramer, Tarpley	47.37
M40	Holmes, Wright, Stewart, Smith	46.61

4x400m Relay

M29-under		
	Tarpley, Barton, Jackson Rasmussen	5:00.8

Triathlon

M45	John Hess	1360
	Neil Bovey	1070
M50	Bruce Mills	1170
M55	Don Amery	1260
M60	Don Sibigtroth	1020
M65	Ken Yahiro	1070
	Ed Failor	1000
W50	Karen Huff	700

Ohio Sports Festival
Baldwin-Wallace College
Cleveland, OH; July 17-18

100M

M30	Spencer Johnson	11.45
M35	Darrell Sharp	12.28
M40	Alex Thompson	12.22
M45	Bobby James	12.08
M50	Paul Williams	12.91
M60	Thomas Phillips	13.70
M70	Bill Weihacht	14.43
W30	Rhonda Pope	12.69
W40	Marcella Hale	14.02
W50	Eunice Brown	15.61

200M

M30	Spencer Johnson	22.95
M35	Michael Jacobs	23.51
M40	Scott Hartman	23.99
M45	Bobby James	24.80
M50	Charles Dudley	26.60
W30	Rhonda Pope	26.05
W40	Marcella Hale	28.84
W50	Eunice Brown	32.20

3000M

M30	Keith Whitman	8:59.70
M35	Sam Quirarte	9:26.90
M40	David Blankenship	9:31.16
M45	Daniel Sekarek	9:18.33
M50	Larry Fox	9:51.76

400M

M30	Spencer Johnson	50.31
M35	Michael Jacobs	50.87
M40	Scott Hartman	53.4
M45	Rex Harvey	54.8
M50	Grover Coats	59.8
M60	Jack Greenwald	1:04.4
M70	John Means	1:25.5

1500M

M30	Pete Waters	4:14.66
M35	Willie Speight	4:34.14
M40	Donald Blankenship	4:23.14
M45	Daniel Sekerak	5:13.40
M50	Larry Fox	4:42.70
M60	Alfred Friedl	6:14.80
M70	Richard Cavicchi	12:43.80

800M

M30	John Metz	2:01.5
M35	Bob Thomas	2:03.4
M40	Donald Drozd	2:02.5
M45	Robert Cibik	2:19.0
M50	Jack Miller	2:21.6

110M HURDLES

M30	Kelly Lycan	16.58
M35	Ken Repeta	16.32

LONG JUMP

M30	Kelly Lycan	20'4 1/2"
M35	Dennis Reynolds	18'10"
M45	Jerry Boswell	19'1/2"
M50	Bill Angus	17'5 1/2"
M60	Thomas Phillips	13'3 3/4"
M70	Richard Cavicchi	5'6 1/2"

HIGH JUMP

M30	Marko Medic	6' 3"
M40	Carol Below	5' 0"
M45	Rex Harvey	5' 2"
M50	Bill Angus	5' 2"

SHOT PUT

M30	Keith Henderson	42'7"
M35	Timothy Griffith	40'10 3/4"
M40	Steve Kaye	41'8"
M45	Michael Cavotta	46'6 1/4"
M50	George Mirka	40'9 1/2"
M60	Thomas Phillips	36'10 1/2"
M70	Robert Beebe	26'1/4"

DISCUS

M30	Robert Higgins	143'5"
M35	Timothy Griffith	92'1"
M40	Steve Kaye	124'
M45	Rex Harvey	128'1"
M50	George Mirka	138'2"

POLE VAULT

M30	Jim Fleming	11'6"
M35	Mike Drozin	11'6"
M40	Roger Bressler	8'

USATF Midwest Regional Masters Championships
Lisle, IL; July 24

100m

M30	Calvin Johnson	11.71
	Ben Thomas	12.26
	Rob Robinson	13.32
M35	Tom Rewolinski	12.21
	Bob Zahn	12.24
	Mike Skoflanc	12.51
M40	Al Wright	12.10
	Gerry Krainik	12.13
	Dan Connors	12.72
M45	John Epple	13.60
	Neil Bovey	15.65
M50	Jim Lee	12.42
	Hans Gordon	12.91
M55	Pierre Dobrovolny	13.21
	Bill Jankovich	13.54
	Don Amery	13.79
M60	Thom Phillips	13.72
	Ted Pasquesi	18.54
M60	Chuck Sochor	13.93
M70	Joe Bergthold	14.68
M75	Chuck Whitney	17.05
W35	Lynn Latoria	14.15
	Leah Rewolinski	16.02
W40	Donna Settles	13.63
W45	Mary Lou Platis	18.79

200m

M30	Ben Thomas	25.36
M35	Tom Rewalinski	24.46
	Dave Langer	26.33
M40	Stan Druckrey	23.62
	Gerry Krainik	24.41
	Al Wright	25.19
M45	Stan Mathes	27.66
	John Epple	28.24
	Neil Bovey	31.09
M50	Jim Lee	24.83
	Hans Gordon	26.42
	George Davies	31.97
M55	Don Amery	28.42
	Bill Jankovich	29.02
M65	Chuck Sochor	28.71
M70	Joe Bergthold	30.26
M75	Chuck Whitney	36.52
	Milo Lightfoot	37.05
W35	Lynn Latoria	29.54
	Leah Rewolinski	33.30
W40	Donna Settles	27.64
W45	Peggy Whitlow	32.40

400m

M30	Calvin Johnson	55.63
M35	Alvin Smith	56.76
M40	Gerry Krainik	53.62
	Khadim Hussain	73.46
M45	John Epple	68.10
	Neil Bovey	72.16
M50	Jim Lee	55.14
	Kingsley Clarke	58.34
M55	Bill Jankovich	65.73
M60	Harry Brown	61.89
	Jim Bagby	71.32
	Mario Bertoloni	82.30
M65	Chuck Sochor	61.57
M70	Joe Bergthold	77.18
M75	Chuck Whitney	87.19
	Milo Lightfoot	88.71
W35	Terry Krentz	86.66
M40	Donna Settles	61.85

800m

M30	Dick Kennedy	2:02.59
	Rob Schneider	2:10.00
M35	Dave Langer	2:06.36
M40	Jerry Feldhausen	2:11.01
	Mark Drakeley	2:25.19
	Ken Brett	2:45.24
M45	Stan Mathes	2:07.02
	Lee Jampol	2:27.81
	Pete Mathis	2:33.71
M50	Tom Sullivan	2:19.60
	Mike Brazier	2:22.29
M60	Harry Brown	2:51.74
	Jim Bagby	3:07.18
	Ted Pasquesi	3:32.54
M65	Chuck Sochor	2:47.93
W35	Terri Krentz	3:16.72
W45	Peggy Whitlow	2:41.68

1500m

M30	Todd Busteed	4:45.13
M40	Mark Drakeley	5:05.97
	Steve McElroy	5:09.37
	Khadim Hussain	6:23.41
M45	Carroll DeWeese	4:53.42
	Stan Mathes	4:58.01
	Lee Jampol	5:05.37
M50	Vic Heckler	4:25.11
	Tom Sullivan	4:52.07

3000m

M40	Ron Winkler	12:23.00
	Khadim Hussain	13:02.00
M45	Carroll DeWeese	10:19.70
	Pete Mathis	10:29.50
	John Miller	11:21.80

Short Hurdles

M30	Calvin Johnson	15.40
	J. Schwieterman	16.25
M35	Bob Zahn	16.29
M40	Stan Druckrey	15.45
M55	Bill Jankovich	20.44
M60	Clarence Trinkner	18.40

High Jump

M30	Bob Robinson	5-10
M35	Bob Zahn	5-6
	John Valiska	5-6
M40	Ken Rowe	6-0
	Jim Ronan	4-6
M45	Ed Greene	4-10
	Kent Hall	4-8
M50	George Davies	5-0
	George La Belle	4-0
M55	Mike Murphy	4-4
	Don Amery	3-10
M60	Richard Richardson	5-0
	Clarence Trinkner	4-6
	Thom Phillips	4-4
M65	Eugene Hess	4-6
	Tim Coughlin	4-4
	Chuck Sochor	4-0

Pole Vault

M30	Brett Anderson	14-0
M35	Keith Petranek	13-6
M40	George Lehman	13-6
	Tim Lever	13-0
	James Petersen	10-6
M45	Walt Kooyer	12-6
	Ken Norberg	11-0
	Kent Hall	11-0
M50	George Davies	12-0
M55	Bill Jankovich	10-0

Long Jump

M30	Ben Thomas	19-3-3/4
	Bob Schneider	16-3¼
	Chuck Truax	14-4-3/4
M35	Mike Skoflanc	18-6½
M40	James Hawkins	16-9¼
M45	Ken Norbert	14-5
	Neal Schuster	14-2½
M55	Don Amery	13-4½
M60	Clarence Trinkner	14-7¼
M65	Chuck Sochor	14-5¼
	Ken Yahiro	13-6-3/4

Triple Jump

M40	Ken Rowe	35-7
	James Hawkins	30-4½
M50	George La Belle	25-9¼
M60	C Trinkner	29-9-3/4
	Thom Phillips	30-8¼
M65	Eugene Hess	26-2-3/4
	Ed Failor	26-1-3/4
W45	Mary Lou Platis	20-8½

Shot Put

M30	Steven Zahn	39-10½
M35	Bob Rushner	36-5-3/4
	Mike Skoflanc	30-8
	Greg Davis	30-6
M40	Matt Byrne	46-10-3/4
	Pat Burns	41-9-3/4
	Garland Moore	22-7¼
M45	Tim Seifert	41-10½
	Dick Woosencraft	39-3½
	Chris Nicolini	33-11
M50	George Davies	41-7
	Ed Schmidt	39-1
	George La Belle	32-8
M55	Don Amery	35-8½
	Bob Warren	34-9
M60	Thom Phillips	34-8-3/4
	Richard Richardson	32-4¼
	Al Pike	31-8¼
M65	Tom Coughlin	31-6
	Ken Yahiro	29-9½
	Ed Failor	29¼
M70	Ernest Bauer	34-3½
W30	Kathy Moore	33-11
W35	Ruth Welding	32-3½
W45	Mary Lou Platis	19-7
W50	Karen Huff	30-2-3/4
	Carol Young	26-6
W70	Lorna Bauer	17-1

Discus

M30	Joe Beadle	154-10
	Lloyd Clark	137-7
	Steve Zahn	111-10
M35	Greg Davis	95-6
M40	Pat Burns	117-2
M45	Lee Englund	128-11
	Tim Seifert	122-8
	Dick Woosencraft	106-10
M50	Geroge Davies	131-1
	Ed Schmidt	109-1
M55	Everett Hardy	119-6
	Don Amery	102-2
M60	Don Mather	138-2
	Al Pike	125-2
M65	Ed Failor	101-1
	John Snaden	79-6
	Tom Coughlin	74-3
M75	Milo Lightfoot	76-2
W30	Kathy Moore	100-11
W35	Ruth Welding	107-10
W45	Mary Lou Platis	73-0
W50	Carol Young	66-8
	Karen Huff	63-9

Javelin

M30	Chuck Truax	138-9
	Lloyd Clark	113-8
M35	Mark Gwiek	191-5
	Greg Davis	157-9
	John Valiska	143-3
M40	Neal Schuster	118-0
	Jim Hess	93-3
M50	George La Belle	109-2
M60	Don Mather	135-9
M65	Tom Coughlin	98-10
	Ken Yahiro	93-5
	Ed Failor	87-7
M75	Milo Lightfoot	75-11
W35	Ruth Welding	85-9
W45	Mary Lou Platis	47-9
W50	Karen Huff	95-2
	Carol Young	67-10
	Cindy Hess	55-10

25# Weight

M50	George La Belle	38-5
M55	Don Amery	36-6

35# Weight

M30	Steve Zahn	33-1
	Chuck Truax	24-4
M50	George La Belle	30-4
M55	Don amery	27-3

56# Weight

M50	George La Belle	19-11
M55	Don Amery	15-4

98# Weight

M50	George La Belle	9-5½
M55	Don Amery	10-1

3000m RW

M40	Mike DeWitt	13.10.91
	Steve Frye	17:10.05
	Selwyn Marcus	19.31.82
M45	John Miller	20:01.69
M50	Don Mowles	13:50.53
M60	Jim Bagby	29:29.28
	Ted Pasquesi	23:03.74
M65	Al Goldman	21:21.49
	John Snaden	21:35.08
M75	Chuck Whitney	22:47.20

Midwest Masters Meet
Huntington, W. VA; July 31

SHORT HURDLES

M30	Phil Cunningham	18.1
M40	Bill Cheadle	16.3
	Tim Walters	17.1
	Barry Faust	21.0
M45	Rex Harvey	17.1
M50	Barry Kline	20.5
	John Sloan	20.8
M60	Mark Richards	20.1
M65	Fred Hirsimaki	20.7

LONG HURDLES

M30	Dewitt Hale	54.4
M40	Richard Jirak	1:04.3
	Barry Faust	1:14.4
M45	Gary Kidd	NT
M50	John Sloan	1:32.9
M60	Mark Richards	1:00.5
	Bill Brobst	1:05.6
M65	Fred Hirsimaki	57.1

100m DASH

M30	Richard Dye	12.1
M35	Chris Bastien	11.4
	Michael Smith	12.2
	Al Leftwich	12.2
M40	Bill Cheadle	12.1
	James Dean	12.7
	E.B. Lowman	13.0
M45	Rex Harvey	12.2
	Lloyd Hathcock	12.3
M50	Avital Schurr	12.5
	Barry Kline	13.3
	Mike Valle	13.7
M60	Bob Alexander	13.6
	Lawrence Greco	14.4
M65	Jack Greenwald	13.8
M75	Bill Weinacht	14.3
W35	C. Coddington	15.9
W45	A. Beckelheimer	19.2
W50	Clara Padavick	22.8
W70	Diane Friedman	19.3

200m DASH

M30	Erick Joiner	24.5
M35	Mike Jacobs	22.9
	Chris Bastien	23.5
	Paul McCarter	24.8
M40	Scott Hartman	23.8
	Jeff Edwards	28.6
M45	Rex Harvey	24.7
	Lloyd Hathcock	24.7
M50	Avital Schurr	26.1
M60	Bob Alexander	27.5
	Lawrence Greco	30.2
M65	Jack Greenwald	27.6
M75	Bill Weinacht	29.7
W70	Diane Friedman	39.6

400m DASH

M30	Blair Hopkins	55.8
	Mark Brown	58.5
	Paul Deering	1:03.5
M35	Mike Jacobs	50.4
	Bob Kile	55.6
	Al Leftwich	58.3
M40	Bill Cheadle	52.2
	Scott Hartman	53.0
	E.B. Lowman	56.3
M45	Lloyd Hathcock	59.0
M50	William Conley	58.9
	Ralph O'Neal	1:00.7
M65	Jack Greenwald	1:04.2
W70	Diane Friedman	1:46.6

800m RUN

M30	Blair Hopkins	2:09.7
M35	Mike Taylor	2:09.4
	Timothy Bailey	2:16.4
M40	E.B. Lowman	2:25.4
M45	Danny Jackson	2:46.9
M50	Ralph O'Neal	2:24.7
	James Huffman	2:25.5

1500m RUN

M30	Blair Hopkins	4:36.4
	Shawn Coffman	4:54.3
M35	Mike Taylor	4:19.6
M45	Bill Hill	4:33.0
	Ed Berry	4:40.7
	Danny Jackson	5:44.5
M50	Tom Bowden	4:30.0
	Gene Miller	5:39.0
M55	Wendell Curry	6:46.3
W30	Linda Redoutey	5:30.2
W40	Patty Tabor	6:52.4

1500m RUN

M30	Robert Swartz	17:18.7
M40	Alan Hatmaker	17:32.4
M45	Ed Berry	17:46.5
	Ben Wilson	19:25.0
	Danny Jackson	20:40.1
M50	Gene Miller	18:27.0
M70	Campbell Neel	26:15.0

5000m

M40	Gene Harrison	28:13.5
	Bill Garten	32:34.4
M45	Fred Bonnett	30:29.2
	Gary Kidd	32:08.1
W35	Jeanne Dorton	31:13.3
	Victoria Garten	32:26.7
W40	Sue Burkhart	36:01.7
W45	A.Beckelheimer	34:53.3
W55	Rita Mullenix	36:04.4

SHOT PUT

M30	Tim Howard	35-8
	Phil Cunningham	35-3
M40	Bob Gunn	41-5
	Tim Walters	36-11
M50	Larry Pratt	44-7
	Glen Johnson	42-0
	Mickey Bitsko	41-7
M55	Les Gillenwater	29-3
M60	Ned Curran	32-11
	Russ Meyer	31-6
	Fred Anson	29-11
M65	Victor Golowash	26-10
M70	Graeme Dalzell	33-10
M75	Charles Irwin	26-9
W30	Kim Spears	20-5
W45	A. Beckelheimer	24-1
W50	Carol Young	26-5
	Clara Padavick	20-9

DISCUS

M30	Tim Howard	78-10
M35	Donald Davis	100-11
M45	Gary Kidd	60-6
M50	Larry Pratt	160-9
	Mickey Bitsko	137-11
	Mike Valle	131-2
M55	Frank Caron	114-8
	Les Gillenwater	92-6
	Bob Harris	90-4
M60	Fred Anson	113-6
	Russ Meyer	106-11
	Jim Parsons	95-5
M65	R. Bergenbeck	112-1
	Victor Golowash	88-0
M70	Graeme Dalzell	89-11
M75	Charles Irwin	92-0
W30	Kim Spears	56-8
W45	A. Beckelheimer	75-9
W50	Carol Young	77-6
	Clara Padavick	46-11
W65	A. Bergenbeck	36-9

JAVELIN

M30	Craig Dupler	115-0
	Paul Deering	79-9
M35	Donald Davis	117-8
M40	Tim Walters	153-0
	Larry Williams	143-11
	Barry Faust	114-10
M45	Rex Harvey	149-2
	Philip Barcus	104-1
	Gary Kidd	100-8
M50	John Sloan	127-1
M55	Frank Caron	103-6
	Les Gillenwater	88-0
M60	Mark Richards	97-9
	Ned Curran	83-4
	Bill Brobst	79-2
M65	R. Bergenbeck	112-1
	Victor Golowash	80-7
M70	Graeme Dalzell	69-4
M75	Charles Irwin	71-4
W30	Kim Spears	58-1
W45	A. Beckelheimer	42-5
W50	Carol Young	69-10
	Clara Padavick	30-9

Continued on next page

Continued from previous page

W65 A. Bergenbeck 27-7

HAMMER
M35 Donald Davis 61-5
M45 Gary Kidd 45-9
M50 Mickey Bitsko 149-5
Mike Valle 131-2
M60 Ned Curran 64-1
M65 R. Bergenbeck 123-0
Victor Golowash 73-0
M70 Graeme Dalzell 52-10

WEIGHTS
M40 Bob Gunn 34-1
M50 Mickey Bitsko 38-3
Mike Valle 33-2
M55 Les Gillenwater 22-0
M60 Ned Curran 22-0
M65 R. Bergenbeck 38-8
Victor Golowash 29-6
M70 Graeme Dalzell 21-3
W50 Carol Young 27-2

LONG JUMP
M30 Craig Dupler 14-8
Paul Deering 7-11
M35 Lamont Wilson 19-5
Donald Davis 14-5
M40 Tim Walters 18-8
James Dean 18-5
Bob Burnett 17-7
M45 Rex Harvey 18-4
Philip Barcus 15-5
M50 Avital Schurr 16-7
Barry Kline 14-2
Mike Valle 14-2
M55 Wendell Curry 13-9
M60 Mark Richards 11-9
Jim Parsons 11-5
Bill Brobst 10-8
M65 Victor Golowash 10-2
W65 L. McDaniels 12-8

TRIPLE JUMP
M30 Dewitt Hale 45-7
Craig Dupler 27-2
M35 Donald Davis 30-1
M40 James Dean 34-5
Barry Faust 29-0
M50 Mike Valle 31-2
M60 R. McDaniels 24-11
M65 Fred Hirsimaki 28-1
Victor Golowash 23-3
W65 L. McDaniels 25-10

HIGH JUMP
M30 Craig Dupler 4-8
M40 Tim Walters 4-10
Barry Faust 4-10
M45 Philip Barcus 5-4
M50 Barry Kline 5-4
Mike Valle 4-6
John Sloan 3-10
M55 Wendell Curry 3-10
M60 Jim Parsons 4-2
Bill Brobst 4-0
R. McDaniels 3-10
M65 Fred Hirsimaki 4-2
Victor Golowash 3-10
M75 Charles Irwin 3-10
M75 W. Ragland 3-8
W65 L. McDaniels 4-0

POLE VAULT
M30 Richard Dye 10-6
Paul Deering 9-0
M35 Jack Grubb 13-0
M40 Richard Beckner 12-9
Richard Jirak 11-0
M45 Curt Fletcher 10-6
M50 John Sloan 7-6
M60 Jim Parsons 7-6
Bill Brobst 7-0
M65 Fred Hirsimaki 8-0
W65 L. McDaniels 4-8

MID AMERICA

USATF Mid-America Regional Masters Championships
Lincoln, NE; June 26

100m
M30 Steve Davis 11.5
M35 Chris Johnson 14.5
M45 Tom Bassett 12.3
Bill Maack 13.0
M50 Berry Engebretsen 13.1
Howard Weisser 13.2
M55 Ray Graves 13.2
M60 Gordon Green 17.1
M65 Bob Thomas 16.3
M75 Clarence Osborn 22.6
W35 Linda Peniska 17.3
W45 Barb Peterson 19.4
W65 Dorothy Ekblad 23.0

200m
M30 Tom Lowe 23.2
Wayne Shafer 25.0
M35 Fred Franklin 24.6
Milton Scurlock 25.5
Chris Johnson 30.8
M40 Allan Russell 25.0
John Walstrom 26.8
Bob Franzese 26.8
M45 Tom Bassett 24.6
M50 Howard Weisser 27.4
Berry Engebretsen 27.5
M55 Ray Graves 26.9
M75 Clarence Osborn 47.7
W45 Sandy Maryott 34.6
Barb Peterson 43.2

400m
M30 Tom Lowe 51.5
Wayne Shafer 54.3
M35 Fred Franklin 55.1
Wayne Reynolds 55.2
Milton Scurlock 58.2
M40 Mike Maryott 55.1
Rod Westerlund 56.6
Mike Brown 58.0
M75 Clarence Osborn 1:50.2

800m
M30 Wayne Shafer 2:20.9
Dale Nielsen 2:22.9
M35 John Anderson 2:10.5
M40 Lou Soukup 2:36.4
M60 Forrest Doling 3:42.7
M75 Clarence Osborn 4:08.2

1500m
M30 Dale Nielsen 4:33.2
Matt Haffner 4:47.2
M35 John Anderson 4:27.8
M40 Bob Franzese 4:39.0
Lou Soukup 5:02.0
Mark Peniska 5:06.0
M45 Ricco Kotrous 4:56.8
M75 Clarence Osborn 9:19.7

100mH
M35 Milt Scurlock 17.5
M40 Mike Brown 17.6
Jim Kniep 18.1
M65 Bob Thomas 22.8
M75 Lee Todd 18.6

High Jump
M35 Jim Barrineau 6-8 3/4
Dwight Peterson 5-6½
M40 Kevin Carper 5-8½
Jim Kniep 5-6½
M50 Roger Williams 4-7
M60 Jerry Donley 4-5
M70 Charles Obye 3-11¼
M75 Lee Todd 3-3¼
W45 Sandy Maryott 4-3¼

Pole Vault
M40 Gene Bard 13-0
M60 Jerry Donley 11-0

Long Jump
M30 Steve Davis 19-2½
M40 Jim Kniep 19-4
Mike Maryott 18-¼
M50 Roger Williams 15-0
Jim Wagner 14-1
M60 Jerry Donley 15-2
M65 Bob Thomas 12-6
M70 Charles Obye 13-7
M75 Lee Todd 10-7 3/4
W65 Dorothy Ekblad 6-4

Triple Jump
M35 Dwight Peterson 35-2
M45 Bob Everoski 29-11½
M70 Charles Obye 26-3½

Shot Put
M45 Bill Mauck 38-2¼
M55 Tom Wesselowski 39-5½
M50 Scott Berry 44-2 3/4
M65 Bob Thomas 30-5
M70 Scott Herman 40-3/4
M75 Lee Todd 31-8
W65 Dorothy Ekblad 19-11½

Discus
M30 Steve Davis 105-6
M40 Dale Wilcoxson 134-2
Alan Russell 118-1
Gene Bard 101-3
M45 Bill Mauck 124-9
M50 Scott Berry 131-10
M55 Tom Wesselowski 121-4
M65 Harold Kroeker 125-1
Bob Thomas 87-0
M75 Lee Todd 106-7
W65 Dorothy Ekblad 57-5

Javelin
M35 Chris Johnson 82-7
M40 Alan Russell 79-5
M65 Harold Kroeker 78-10
M70 Charles Obye 110-2
M75 Lee Todd 86-10
W65 Dorothy Ekblad 37-2

Los Viejos TC Throw Series #1
Albuquerque, NM; July 10

Shot Put
M35 Al Person 9.37
M45 Bill Forsyth 9.90
M60 Jan Smit 10.92
M70 Hugh Hackett 10.35
W45 Dawn Biagianti 5.96
W60 Judy Fetherston 7.40
W65 Ann Toya 6.62

Discus
M30 Frank Mello 35.18
M35 Al Person 27.83
M40 Dennis Umshler 45.35
M45 Bill Forsyth 33.10
M60 Jan Smit 39.10
M70 Hugh Hackett 30.33
W45 Dawn Biagianti 14.42
W60 Judy Fetherston 23.61
W65 Ann Toya 18.63

Hammer
M30 Frank Mello 50.97
M35 Al Person 16.08
M45 Bill Forsyth 24.90
M60 Jan Smit 35.04
M70 Hugh Hackett 36.68
W45 Dawn Biagianti 15.94
W50 Judy Fetherston 27.24
W65 Ann Toya 18.62

Javelin
M35 Al Person 42.73
M45 Bill Forsyth 45.95
M60 Jan Smit 28.33
M70 Hugh Hackett 31.20
W45 Dawn Biagianti 16.55
W60 Judy Fetherston 17.47
W65 Ann Toya 14.17

Weight Throw
M30 Frank Mello 13.21
M35 Al Person 6.58
M45 Bill Forsyth 7.38
M60 Jan Smit 10.48
M70 Hugh Hackett 9.18
W45 Dawn Biagianti 8.22
W60 Judy Fetherston 8.70
W65 Ann Toya 6.46

U.S. Masters Senior Olympics EM"R" Track & Field
Twin Cities, MN; August 1

50m
MOPEN Dick Christopher 6.95
M35 Kenneth Sharratt 6.56
M40 Michael Sharratt 6.17
M45 Dan LaBelle 7.44
M50 George LaBelle 6.84
M55 fred Biederman 7.19
M65 Chuck Olson 8.31
M70 Bob Warwick, Sr. 9.28
M75 Ben Bjergo 37.94
WOPEN Jessica Sharratt 8.54
W35 Lisa Mangiamele 7.96
W40 Terry Sharratt 9.62
W55 Rachel Lyga 8.31

100m
MOPEN Dick Christopher 13.50
M35 Kenneth Sharratt 12.79
M40 Michael Sharratt 12.00
M55 Fred Biederman 13.55
M70 Bob Warwick, Sr. 17.40
WOPEN Megan Maniagemele 25.00
W40 Terry Sharratt 19.25
W55 Rachel Lyga 15.94

200m
MOPEN Ben Sharratt 30.78
M40 Greg LaLonde 29.50
M50 George LaBelle 30.80
M55 Fred Biederman 28.59
WOPEN Jessica Sharratt 42.36
W40 Terry Sharratt 43.02

400m
MOPEN Ben Sharratt 1.06.39
M40 Paul Mangiamele 1.04.32
M50 Hugh Heimdahl 1.00.10
M70 Bob Warwick, Sr. 1.32.97
WOPEN Karen Gisch 1.15.10
W35 Lisa Mangiamele 1.13.72
W40 Terry Sharratt 1.38.13

800m
M40 Shawn Regan 2.14.55
W35 Lisa Manigiamele 2.41.75
W40 Terry Sharratt 3.55.91
W70 Lois Clarke 4.29.87

High Jump
M35 Kenneth Sharratt 5-0
M40 Patrick Boulay 5-4
Chip Sharratt 4-8
M45 Dan LaBelle 5-0
M50 George LaBelle 4-2
Hugh Heimdahl 4-0
M55 Tom Langenfeld 5-3
Jim Peterson 4-4
M70 Charles Obye 4-4
Bob Warwick, Sr. 3-8

Long Jump
MOPEN Michael Gisch 13-4½
M30 Bill Jahner 19-2
M40 Paul Mangiamele 16-0
M55 Jim Peterson 15-0
M70 Charles Obye 13-10½
W40 Deb Vestal 8-10

Triple Jump
M30 Bill Jahner 38-2
M70 Charles Obye 26-1½
W40 Deb Vestal 17-11

Shot Put
M40 Jerry Senters 43-6
M45 Dan LaBelle 36-7½
M50 George LaBelle 31-7
M55 Jim Peterson 30-11½
M60 Emmett Edwards 34-8
M60 Harvey Devries 34-7
M65 Chuck Olson 25-4¼
M70 John Becotte 26-11
W50 Navis Vitums 15-3¼

#35 WT
M50 George LaBelle 29-3½

Pole Vault
MOPEN Dick Christopher 11-0
M40 Michael Sharratt 11-6
M50 Jim Noonan 9-6
M55 Joe Griffin 9-0
M70 Bob Warwick 7-0

Javelin
M40 Patrick Boulay 109-2
Paul Manfiamele 95-6
M50 George LaBelle 108-4
M55 Jim Peterson 91-0
M60 Emmett Edwards 78-3
M65 Chuck Olson 74-0
M70 Charles Obye 100-9
W40 Deb Vestal 33-7
W55 Rachel Lyga 42-7

Discus
M40 Jerry Senters 126-8½
M45 John Creighton 102-0
M50 George LaBelle 92-3
M55 Jim Peterson 104-0
M60 Emmett Edwards 118-½
Harvey DeVries 110-2¾
M65 Chuck Olson 89-1½
M70 John Becotte 93-0
Bob Warwick, Sr. 67-11
W50 Deb Vestal 51-6

SOUTHWEST

Greater New Orleans Senior Games
Metairie, LA; May 15

100m
M55 C Richard 13.35
M60 Jerry Lyons 14.45
M65 Louis Riecke 13.29
M70 Ted Yenari 16.67
W55 Bernice Bordelon 17.59
W60 Louise Reynolds 18.86

200m
M55 C Richard 28.52
M60 J J Lyons 29.21
M65 L Gunn 37.13
M70 Fred Faucheux 39.60
W60 L Reynolds 42.90

400m
M55 Dennis Hopkins 1:22.07
M60 Sid Montecino 1:18.14
M65 D Gauthreaux 1:19.62
M70 F Faucheux 1:37.75

800m
M55 D Hopkins 3:23.45
M65 Dudley Gauthreaux 4:05.36
M70 Fred Faucheux 3:41.21

High Jump
M60 Jerry Lyons 4-8
M65 J C Johnson 3-7
W55 Bernice Bordelon 3-4
W60 Louise Reynolds 3-10

Long Jump
M55 C Richard 15-11
M60 Jerry Lyons 14-5
M65 Lorenzo Gunn 9-6
M70 Delmar Gerard 7-10
W55 Bernice Bordelon 9-8

Shot Put
M55 Don Duplass 38-10
M60 Ray Montecino 28-9
M65 J C Johnson 30-1
W55 Pat Dover 21-4
W60 Louise Reynolds 21-1
W65 May Brock 17-9

1500m Racewalk
M60 Ted Dorsa 10:02
M70 Delmar Gerard 10:25
W55 Carol Morris 14:15
W60 Thais LaCrouts 13:43
W65 Roro Hoerner 11:53

Texas Masters T&F Championships
Duncanville, TX; July 17

100 Meter Dash
M30 Fred Porter 10.7
Willie Jenkins 10.9
Vincent Leonard 10.9
M35 T.J.Lester 11.1
Tom Bloxom 11.5
Derrick McBay 11.8
M40 Bill Collins 10.7
Tom Thompson 11.1
Richard Thomas 11.1
M45 Robert Mitchell 11.7
Ed Jones 11.8
Courtland Gray 12.0
M50 Sam Pfenning 14.9
M55 Wayne Bennett 12.6
M60 Thane Baker 13.0
Joe Summerlin 13.2
Andy Anderson 13.6
M65 Bill Bowers 13.7
Chester Stoddard 14.9
Wynn Talley 15.1
M70 J.Paul Jones 14.7
Doc Bennett 20.2
M80 Fred White 16.2
W30 Robin Welch 13.4
Joy Gamble 13.5
W40 Rene Blenden 14.8
Cindy Wallace 15.8
W55 Marion Coffee 17.0

400 Meter Dash
M30 Henry Landry 52.4
David McClure 53.8
Scott Keller 55.1
M35 Rick Easley 53.6
M40 Tom Thompson 54.1
Clint Harris 57.9
J.B.Wallace 58.6
M45 Ray Burrus 59.8
Dan McClendon 62.1
M50 Michael Murphy 66.7
Sam Pfenning 87.1
M55 Wayne Bennett 61.3
M65 Wynn Talley 75.8
Fred Adams 83.7
M70 Bob Wingo 75.7
W40 Cindy Wallace 73.2
W55 Marion Coffee 94.1
W60 Billye Talley 1:58.8

200 Meter Dash
M30 Fred Porter 21.5
Vencent Leonard 21.7
Willie Jenkins 22.5
M35 Daniel Stagg 22.3
Mike Fisher 22.9
T.J.Lester 23.0
M40 Bill Collins 21.9
Tom Thompson 22.6
Danny Thiel 23.3
M45 Robert Mitchell 23.8
Ed Jones 24.1
Robert Edwards 26.4
M50 Mac Hruska 28.0
Michael Murphy 28.1
Gordon Peterson 29.5
M55 Wayne Bennett 25.7
John Head 28.7
M60 Thane Baker 26.3
Joe Summerlin 27.8
Andy Anderson 27.9
M65 Bill Bowers 29.0
Chester Stoddard 31.3
Fred Adams 37.6
M70 J.Paul Jones 30.7
Bob Wingo 31.0
M80 Fred White 35.2
W30 Robin Welch 27.6
Joy Gamble 28.9
Mavia Hopkins 30.9
W40 Rene Blenden 31.9
Cindy Wallace 32.9
W55 Marion Coffee 37.0

800 Meter Run
M40 Mike McCracken 2:12.0
Bob Brandon 2:12.3
Clint Harris 2:16.7
M45 Randy Taylor 2:08.4
Tom Conway 2:34.6
M55 Henry Hawk 2:21.0
David Laird 2:31.0
M65 Richard Widener 2:53.0
Wayne Hanson 2:54.0
Fred Adams 3:26.0
M70 Bob Wingo 3:02.0
Mike Cagan 3:03.0

1500 Meter Run
M30 Mark Dick 4:27.1
Don Evans 4:45.1
M40 Bob Brandon 4:30.0
Dennis Baker 4:30.6
M45 Randy Taylor 4:37.2
Tom Conway 5:28.1
M50 Michael Murphy 5:30.5
Gib Brown 6:17.3
M55 Henry Hawk 4:54.9
M65 Wayne Hanson 5:34.9
Richard Widener 6:03.7
M70 Michael Kagan 6:41.2

3200 Meter Run
M30 Kevin Jones 9:47.1
M35 Jorge Espinosa 12:28
M40 Dennis Baker 10:23
Victor Morales 12:43
Lee Ferris 13:03
M60 Robert Coffee 13:51
M65 Wayne Hanson 13:25
W30 Dare Ferris 13:02

High Hurdles
M30 Robbie Birdwell 15.7
Rich Wendling 17.1
M40 Colin Williams 14.5
M45 Robert Edwards 20.8
M50 Mac Hruska 19.0
M55 Chuck Miller 15.1
John Head 18.9
M60 Norman Wells 18.3
W55 Marion Coffee 24.2

300 Intermediate Hurdles
M30 Robbie Birdwell 41.7
M35 Ken Ellis 40.0
Daniel Stagg 43.5
M40 Jerry Ellis 48.1
M45 Ray Burrus 44.7
Courtland Gray 45.1
M55 John Head 50.7
Jay Chance 88.6
M60 Norman Wells 52.2
W35 Sande Lambert 51.6

1600 Meter Race Walk
M45 Norman Frable 7:37.3
Joe Anderson 8:40.4
M55 Don Presley 8:36.5
Jim Horton 9:10.1
Carl Mills 10:27.1
W40 Sharon Skaer 9:53.0
W45 Kathy Frable 8:23.7
Karen Anderson 9:27.0
Kelli Slack 10:11.9
M65 Richard Widener 10:12.9

400 Meter Relay
Houston Elite 2 42.7
Houston Elite 1 43.0
Nike Texas 48.5

Long Jump
M30 Scott Keller 17'3"
M40 Richard Thomas 22'4"
Jim Dolezel 17'9"
Bob Workman 16'4"
M45 Ed Jones 20'4"
Tim McGough 13'5"
M50 Mac Hruska 15'5"
Mike Wilhite 14'4"
Sam Pfenning 14'2"
M55 John Head 15'6"
Jay Chance 14'0"
M60 Richard Hein 14'0"
Tom Tolson 13'4"
M70 Doc Bennett 11'6"
W35 Sande Lambert 16'6"

Triple Jump
M30 Rodney Johnson 32'6"
M35 Tom Carlson 35'9"
M40 Jim Dolezel 37'1"
M50 Lee Powell 30'0"
Mike Wilhite 29'2"
Sam Pfenning 28'8"
M55 John Head 31'8"
M70 Doc Bennett 22'5"
W35 Sande Lambert 31'1"

High Jump
M30 Greg Wright 6'4"
Rodney Johnson 5'8"
Tom Garzillo 5'6"
M35 Ken Ellis 6'2"
M40 Jim Dolezel 5'2"
Richard Watson 5'2"
M45 Gary Lindley 5'4"
Tim McGough 4'9"
M50 Sam Pfenning 4'7"
Mike Wilhite 4'4"
Lee Powell 3'6"
M55 John Head 4'5"
M60 Richard Hein 4'9"
Tom Tolson 4'7"
Roy Morgan 4'5"
M70 Doc Bennett 4'0"

Pole Vault
M30 Rodney Johnson 12'0"
Mark Sons 12'0"
Tom Garzillo 11'6"
M35 James Fountain 14'0"
Ken Ellis 14'0"
M40 Richard Watson 9'6"
M45 Warren Wilke 14'0"
M50 Mike Wilhite 7'6"
M55 George Jageman 9'0"
60 Roy Morgan 7'6"
M70 Adolph Hoffman 7'0"

Shot Put
M30 Tim Tolson 42'9"
M35 Tom Carlson 33'11"
W35 Carol Finsrud 36'9"
M40 David Boyens 29'7"
M45 Jerry Brewer 35'5"
Tim McGough 32'11"
M50 John Conniff 40'0"
Monroe Ashworth 33'11"
Lee Powell 31'10"
M55 John Cantrell 42'0"
M60 Wendell Palmer 46'2"
M70 Doc Bennett 33'6"

Discus Throw
M30 Tim Tolson 130'8"
M30 David Brown 71'8"
M35 Ken Ellis 121'4"
Tom Carlson 116'8"
M40 Richard Watson 110'6"
David Boyens 82'7"
M45 Jerry Brewer 118'11"
Tim McGough 97'4"
M50 John Conniff 144'9"
Lee Powell 111'4"
Gib Brown 107'7"
M55 John Cantrell 55'8"
M60 Wendell Palmer 181'7"
M65 Ed Hooker 154'11"
M70 Doc Bennett 74'8"
W35 Carol Finsrud 165'1"

Javelin Throw
M30 Tim Tolson 130'10"
M35 Ken Ellis 153'8"
Rick Easley 148'4"
Tom Carlson 134'5"
M40 Bob Workman 144'0"
Richard Watson 133'10"
David Boyens 79'9"
M45 Richard Sander 170'6"
Warren Wilke 169'6"
Ed Jones 102'0"
M50 Gib Brown 110'8"
Mike Wilhite 103'7"
Wayne Pool 96'1"
M55 John Cantrell 91'5"
M60 Roy Morgan 94'2"
Tom Tolson 92'0"
M70 Doc Bennett 63'8"

Run Tex All Comers Meet
University of Texas at Austin
July 23

Wind reading for all Running events: 1.47 to 1.87

100M Hurdles
M50 Jim Cawley 15.87

100 Meters
M30 Fred Porter 10.23
John Jefferson 11.99
Glen McGuire 12.65
M45 Ed Jones 11.49
David Morris 13.41
M50 Jim Cawley 11.92
Mac Hruska 12.85
Jim Goodwin 14.39
Joe Walton 14.76

200 Meters
M30 Fred Porter 21.50
Al Gonzales 22.88
John Jefferson 25.34
Glenn McGuire 25.92
M40 Mike Clemmons 29.87
M45 David Morris 27.39
M50 Mac Hruska 27.47
Jim Goodwin 29.72
Joe Walton 29.72

400 Meters
M30 Jeff Brower 54.6
M45 Ed Jones 57.6
M65 Fred Adams 1:27.0
W30 Lori Kopp 1:21.1

800 Meters
M30 David Smith 1:58.7
Barry Coffman 2:00.4
Jeff Brower 2:15.9

Continued on next page

Continued from previous page

M40	Mike McCracken	2:10.0
	Ron Rainosek	2:14.3
	John Flake	2:18.3
	Bobby Clemmons	2:22.5
Pole Vault		
M30	Brian Elmore	11'6"
M45	Larry McIntyre	12'6"
M70	Adolph Hoffman	8'0"

USATF Southwest Regional Championships
Gonzales, LA; July 23-24

55m
M30 Malcolm Fairweather 6.67
Rich Wendling 7.70
M35 Eugene Rachel 6.88
M45 Herb Stein 7.23
M50 Monroe Ashworth 8.30
Gerald Latiolais 8.61
M55 Jack Theriot 7.57
Jerry Lyons 8.14
Don North 8.77
M60 Joe Summerline 7.68
Sid Montecino 8.28
M70 Ted Yenari 9.57

100m
M30 Malcolm Fairweather 11.17
Jay Mathis 11.89
Rich Wendling 12.60
M35 Eugene Rachel 12.11
Travis Smith 13.41
M40 Walden Curry 11.64
David Orteman 11.76
Dany Theil 11.87
M45 Herb Stein 12.48
Jack Dunn 12.50
Jim Williams 12.93
M50 Donald Lamb 12.51
Dave Ellis 13.77
Gerald Latiolais 14.73
M55 Jim Mathis 12.43
Jack Theriot 13.10
Charlie Richard 13.56
M60 Joe Summerline 13.66
Al Ricke 14.61
Sid Montecino 15.11
M65 Lorenzo Gunn 16.39
M70 Ted Yenari 17.42
W35 Georgia Miller 13.79
W55 Bernice Bordelon 17.60
W60 Mildred Coleman 19.76

200m
M30 Alonzo Ruffin 21.63
Malcolm Fairweather 21.97
Jay Mathis 23.20
M35 Eugene Rachel 25.70
Travis Smith 27.36
M40 Danny Theil 23.47
Walden Curry 23.63
David Ortoman 21.27
M45 Herb Stein 25.76
M50 Mike Boudreaux 25.58
Alonzo Jones 26.44
Monroe Ashworth 32.46
M55 Jim Mathis 24.77
Charlie Miller 25.35
Jerry Rouse 35.76
M60 Joe Summerline 28.41
Sid Montecino 30.66
Al Ricke 31.17
M65 Dudley Gautreaux 33.22
Lorenzo Gunn 34.01

400m
M30 Mark Ardizone 52.43
Jay Mathis 52.46
John Williams 57.39
M35 Gary Ruddick 56.55
Gilbert Castillo 62.14
M40 Walden Curry 53.37
Dortie Moore 56.71
M50 Mike Boudreaux 57.66
Alonzo Jones 58.80
Awusu Bondele 64.76
M55 Jim Mathis 54.90
Bailey Abernathy 64.19
Dennis Hopkins 80.78
M60 Sid Montecino 72:39
Al Rieke 72.42
M65 Dudley Gautreaux 76.27
W35 Georgia Miller 66.43

800m
M30 Darryl Smith 2:05.25
Kenneth Dixon 2:11.67
M35 Rick Easley 2:01.02
Lester Smith 2:11.11
M40 Pat Hembrick 2:07.48
M45 Larry Prutell 2:22.33
Jim Nicoll 2:48.58
M50 Mike Witken 2:18.32
Owusu Bandele 2:35.51
M55 Charles Wimberly 2:20.71
Pat Thomas 2:45.21
M65 Dudley Gautreaux 2:57.73

1500m
M35 Jerry Yunker 4:22.48
Lester Smith 4:33.04
Gilbert Castillo 5:23.50
M40 Pat Hembrick 4:11.75
M45 Larry Prutell 4:36.69
M50 Mike Witken 4:48.62
M55 Bailey Abernathy 5:07.66
Pat Thomas 5:36.94
Dennis Hopkins 6:37.71

5000m
M35 Jerry Yunker 16:29.90
M50 Lawrence Shiver 20:12.27
M55 Larry Worth 18:22.85

Short Hurdles
M30 Mike Spencer 16.53
Rich Wendling 18.37
M35 Travis Smith 21.47
M40 Richard Watson 21.76
M45 Robert Baker 16.19
M50 Dave Ellis 18.60
M55 Charlie Miller 15.34
Jerry Lyons 18.51
John Head 18.96

Long Hurdles
M30 Mike Spencer 1:07.69
M40 David Orteman 58:11
M55 John Head 1:13.00

4x100m Relay
M30-39 (Eugene Rachel, Malcolm Fairweather, Kenny Dixon, T.H. Wilson,Sr.) 48:33

High Jump
M30 Greg Wright 6-4
Mike Spencer 5-10
M40 David Orteman 5-10
Richard Watson 4-11
M45 Robert Baker 4-8
M50 Fred Emitmann 4-6
M55 John Head 4-8
Jerry Lyons 4-6
M60 Nick Revon 4-2
M70 Cy Buchert 3-0
W55 Bernice Bordelon 3-6

Pole Vault
M30 Mike Spencer 12-6
Mark Sons 12-0
M35 James Fountain 11-0
M40 Jim Weir 8-6
M45 Bob Manard 10-0
M55 Don North 5-0
M65 Lorenzo Gunn 5-0

Long Jump
M30 Greg Wright 19½
M40 Savid Orteman 19-11½
Henry Combs 19-2
Richard Watson 15-8
M45 Robert Baker 18-4½
Herb Stein 16-11-3/4
Jim Nicoll 15-1½
M55 Charlie Richard 16-6
M60 Nick Revon 13-1
Al Ricke 12-6¼
M65 Lorenzo Gunn 10-6-3/4
W55 Bernice Bordelon 10-9

Triple Jump
M30 Greg Wright 36-0
M45 Robert Baker 34-5
Herb Stein 32-6
M55 Charlie Richard 35-10
Jerry Lyons 30-10
M60 Paul Adams 23-5

Shot Put
M10 Roger Kamla 48-2½
Willard Bourg 26-8
M45 Jim Nicoll 24-10¼
M50 Monroe Ashworth 33-5
Fred Eitmann 31-3½
M55 John Contrell 37-6½
Don North 31-9½
M60 Jan Smit 36-6-3/4
Russ Faulkenberry 32-2-3/4
Paul Adams 31-11½
M65 Lorenzo Gunn 22-6¼
M70 Bill Nettles 37-10½
W45 Lurline Struppeck 33-1-3/4
W65 Mary Norckauer 22-2¼
W70 Millie Buchert 16-10

Discus
M35 Travis Smith 94-1
M40 Roger Kamla 141-11
Richard Watson 103-4
M45 Sam Goodwin 120-0
M50 Monroe Ashworth 86-0
M55 John Cantrell 100-6
Don North 90-4
M60 Jan Smit 128-4
Carlos Fraundorfer 114-2
Paul Adams 105-11
M65 Lorenzo Gunn 58-4
M70 Bill Nettles 95-2
Cy Buchert 74-6
W45 Surline Struppeck 88-0
W65 Mary Norckauer 60-0
W70 Millie Buchert 47-8

Hammer
M35 Jeff Bath 120-8
M60 Carlos Fraundorfer 98-5
W65 Mary Norckauer 60-4

Javelin
M30 Roger Turner 173-2
M35 Jeff Baty 152-10
Travis Smith 117-3
M40 Richard Watson 134-10
M45 Richard Sanders 167-5
Herb Stein 107-8
Jack Dunn 99-11
M50 Fred Eitmann 81-11
Monroe Ashworth 80-5
M55 Jack Theriot 134-8
Don North 102-9
Jerry Lyons 98-10
M60 Nick Revon 119-4
Dave Parchman 107-1
Paul Adams 80-1
M65 Lorenzo Gunn 44-0
M70 Gordon Nordgren 85-6
W45 Lurline Struppeck 115-0
W65 Mary Norckauer 52-11
W70 Millie Buchert 44-3

16# Weight
W65 Mary Norckauer 24-9¼

25# Weight
M60 Carlos Fraundorfer 37-4

35# Weight
M35 Jeff Baty 41-9¼
M40 Willard Bourg 24¼
M60 Carlos Fraundorfer 30-7½

56# Weight
M35 Jeff Baty 26-5¼
M40 Willard Bourg 17-4¼
M60 Carlos Fraundorfer 20-4
Jan Smit 15-8
M65 Lorenzo Gunn 7-10½

Weight Pentathlon
M35 Jeff Bath 2945
M40 Richard Watson 2034
Buddy Tidwell 1560
M50 Monroe Ashworth 1647
M60 Jan smit 2479
Carlos Fraundorfer 2261
Paul Adams 1697
M65 Lorenzo Gunn 737
W65 Mary Norckauer 1348

1500 RW
M10 Stephen Casselbonne 8:48.98
M60 Al Ricke 9:06.52
Ted Dorsa 9:55.65
M70 Cy Buchert 9:16.79
W35 Sharon Lewis 7:39.38
W45 Eva Marie Beck 8:24.69

Throw Series
Stanford University
Berkeley, CA; July 17

Shot Put
M30 Ron McKee 56-4½
M35 Eric Hodgdon 41-5
M40 Gary Kelmenson 36-7

Discus
M30 John Garvey 147-8
M40 Gary Kelmenson 114-4

Hammer
M30 Dave Debus 197-10
M35 Eric Hodgdon 126-3
M40 Gary Kelmenson 130-9

35# Weight
M35 Eric Hodgdon 41-9
M40 Gary Kelmenson 40-4

Tulsa Spikes
Tulsa, OK; July 31

100m
M35 David Hunt 12.77
M40 Jim Dolezel 12.00
Lee Greiner 12.36
M45 T.H. Wilson 12.85
Dan McClendon 12.99
M55 Bob Santine 13.85
M70 Doc Bennet 17.91

200m
M35 Brooks Wright 27.03
M40 Jim Dolezel 24.73
Lee Greiner 24.81
M45 Mike Steinmetz 25.02
M72 Doc Bennett 39.00

400m
M40 Dan McClendon 1:04.49
T.H. Wilson 1:06.14
M60 George Dest 2:00.11

800m
M30 Steve Skocik 2:09.60
M35 Brooks Wright 2:10.95
William Webb 2:27.68
M45 Dan McClendon 2:43.27

1500m
M55 Max Price 5:42.13

3000m
M55 Max Price 12:43.03

110HH
M35 Ken Ellis 15.39

400m relay
M40 Jim Dolezel 51.15
T.H. Wilson
Lee Greiner
Dan McClendon

High Jump
M35 Ken Ellis 5'6"
M40 Jim Dolezel 5'0"
M50 Mike Wilhite 4'2"
M70 Doc Bennet 3'7"

Pole Vault
M35 Ken Ellis 13'6"
M40 Jim Dolezel 10'
M50 Mike Wilhite 7'

Long Jump
M35 David Hunt 16'5"
M40 Jim Dolezel 16'8"
M50 Mike Wilhite 14'3"
M70 Doc Bennet 10'2"

Triple Jump
M40 Jim Dolezel 33'
M50 Mike Wilhite 28'
M70 Doc Bennet 22'3"

Discus
M35 Ken Ellis 117'4"
M40 Craig Wisemen 112'9"
M55 Bob Santine 76'7"
M60 Engle Grow 92'
M65 Ed Hooker 146'6"
M70 Doc Bennett 73'4"

Shot Put
M40 Craig Wismen 23'9.5"
M60 Engle Grow 37'9.5"
M70 Doc Bennett 33'5"

Javelin
M35 Ken Ellis 147'10"
M40 Craig Wiseman 61'
M50 Mike Wilhite 109'
M55 Bob Santine 103'7"
M60 Engel Grow 100'
M70 Doc Bennet 64'3"

WEST

Pasadena Senior Olympics
Occidental College, Los Angeles
June 6

100m
M50 Walte Butler 12.0
Doug Smith 12.2
Tony Craddock 13.0
M55 Ken Dennis 12.1
Roger Tsuda 12.8
Dick Glasgow 12.8
M60 Heat I
Don Benton 12.7
Sam Flory 13.3
Walt Turner 13.6
Heat II
Tony Nasralla 13.7
Pete Furibondo 14.0
M65 Heat I
Dewey Vroom 13.8
Ted Leonard 14.1
Heat II
Gene Harte 15.0
Chas Powers 15.1
M70 Tom Patsalis 14.6
Bob Wood 15.3
George Simon 15.9
M80 Bert Morrow 16.9
M85 John Rust 19.7
W50 Jeanne Carter 16.0
Pat Bascom 18.8
W55 Julie Lopp 17.6
Pat Willis 23.2
W60 Magdalena Kuehne 16.7
S Onodera-Leonard 17.2
W65 Johnnye Valien 17.1

200m
M50 Walt Butler 24.6
Doug Smith 25.6
Jon Lomax 26.3
M55 Ken Dennis 25.4
Roger Tsuda 26.4
Dick Glasgow 26.7
M60 Don Benton 26.4
Tony Nasralla 27.4
Sam Flory 28.0
M65 Ted Leonard 30.9
Gene Harte 31.5
Chas Powers 32.1
M70 Tom Pico 34.2
George Simon 34.3
John Rodriquez 35.0
M80 Bert Morrow 35.7
W50 Pat Bascom 44.3
W55 Julie Lopp 38.4
W60 Magdalena Kuehne 35.9
S Onodera-Leonard 37.2
W65 Johnnye Valien 36.4

400m
M50 John Cosgrove 63.6
Nelson Crader 63.6
Steve Ryan 66.1
M55 Chas Kirkby 61.2
Roger Tsuda 61.9
Stan King 62.1
M60 Sid Wing 62.6
Tony Nasralla 65.2
Will Robinson 67.1
M70 John Rodriquez 1:40.6
W55 Pat Willis 1:58.9
W60 S Onodera-Leonard 1:34.9

800m
M50 Bob McAlpine 2:21.6
John Cosgrove 2:26.6
Dick Jones 2:28
M55 Mel Sacks 2:29.1
Fred Hartman 2:52.2
M60 Sid Wing 2:26.7
Phil Williams 2:29.7
Ross Dunton 2:34.7
M65 Louis Beadle 2:43
Avery Bryant 2:49.6
M70 John Rodriquez 3:51
M75 Ed Fong 3:50.3
W50 Bigalita Egger 3:14.8
Linda Keston 3:19.4
W60 S Onodera-Leonard 3:35.8

1500m
M50 Dick Jones 4:59.3
Bob Petrovich 5:45.1
M55 Tony Kenster 7:09.3
M60 Ross Dunton 5:33.1
Dick Moore 5:59.5
M65 Avery Bryant 5:33
Louis Beadle 5:33.5
M70 John Rodriquez 8:34.5
M75 Ed Fong 8:15.6
W50 Bigalita Egger 6:39.6
Linda Keston 7:03.6

5000m
M50 Nelson Crader 19:04.8
Bob Petrovich 21:29.6
Jack Wilmore 21:52.8
M55 Ivan Ricci 23:30
John Lugar 25:47.3
M60 Louis Simms 23:11.2
M65 Avery Bryant 21:42.9
M70 Ephraim Ben-Zvi 27:41.5
W50 Carmen Connolly 23:11
W55 Carol Varner 30:29

High Jump
M50 Herman Pettegrove 4-10
Duane Holmes 4-6
M55 Dwaine Horton 4-10
Hal Smith 4-8
Ray Fitzhugh 4-6
M60 Clifton Alexander 4-2
Dave Douglass 4-2
Bill Vaughn 3-4
M65 Don Roser 3-8
M75 Jim Vernon 3-6
M85+John Rust 3-4
W55 Mary Hersey 3-6

Pole Vault
M55 Gary Miller 10-6
Jim Sims 9-6
Ray Fitzhugh 8-6
M60 Dave Douglass 7-6
M65 Don Grosh 8-0
M75 Jim Vernon 8-6
W60 Shirley Kinsey 3-10

Long Jump
M50 Duane Holmes 15-3
Everett Murdock 14-2½
M55 Roger Tsuda 17-3
Ray Fitzhugh 14-½
Fred Newman 13-7¼
M60 Pete Furibondo 13-6¼
Clifton Alexander 13-½
Dave Douglass 11-9½
M65 Dewey Vroom 13-4½
David Ramirez 9-7
M70 Tom Patsalis 14-2½
Bob Wood 11-2½
Tom Pico 10-9
M85+Mert Gambito 6-3/4
W50 Evelyn Pickering 9-3
W55 Ellen Brannigan 8-2½
W65 Johnnye Valien 10-4

Shot Put
M50 Dennis McCraven 41-7½
Jim Meeks 32-10½
M55 Hal Smith 43-9½
Jim Hanley 38-3/4
Ron Wade 37-11
M60 Allan Barry 36-3½
Charlie Sarver 32-11½
Dave Douglass 31-7
M65 Bill Bangert 38-8
Jim Glynn 27-4
M70 Wilbur Thompson 39-8
Tom Pico 37-3½
Mike Logan 30-8
M85+Mert Gambino 16-8
W50 Pat Knudsen 18-8

Discus
M50 Lloyd Higgins 182-10
Dave Nuttall 101-7
Abe Sheinker 97-6
M55 Hal Smith 120-8
Dwaine Horton 114-10
Bill Abbott 105-3
M60 Charlie Sarver 112-0
Pete Furibondo 99-3
Dave Douglass 98-4
M65 Bill Bangert 118-2
Don Roser 89-2
M70 Wilbur Thompson 121-2
Mike Logan 86-1
M85+Mert Gambito 42-1
W60 Magdalena Kuehne 50-0

Javelin
M50 David Nuttall 123-7
Duane Holmes 108-5
M55 Gary Miller 137-11
Hal Smith 116-11
Ray Fitzhugh 107-6
M60 Dave Douglass 107-1
Pete Furibondo 75-2
M65 Del Pickarts 160-0
Don Roser 96-0
M70 Mike Logan 67-6
M85+Mert Gambino 39-0
W55 Christel Miller 95-8
W60 Carol McDonald 43-10

1500m Racewalk
M50 Dale Sutton 7:26.1
Jesus Orendain 7:26.7
Bill Neder 7:42.8
M55 Richard Oliver 7:37.9
Carl Acosta 7:41.9
Alan Bruner 8:13.6
M60 Ed Ricci 8:40.4
Walt deRothu'e 10:48
M65 Robert Potter 13:06
M70 Jorge Newberry 9:58.6
Bob Johnson 11:48
W50 Jaye Hanley 8:13.8
Vangie Campos 9:03.2
W55 Carol Ferris 9:40.6
Pat Willis 10:31
Ena Dubnoff 10:35
W60 Ann Drury 11:44
W65 JoAnne Beers 10:03
Alice Garcia 10:50

5000m Racewalk
M50 Bill Neder 28:36.2
Stuart Ray 30:38.0
Dale Sutton 31:21.3
M55 Carl Acosta 28:01.2
Richard Oliver 29:16.8
M60 Ed Ricci 31:04.3
Ray Archibald 34:19.2
Bart Young 34:25.0
M65 Masashi Noritake 35:02.6
M70 Jorge Newberry 34:55.3
W50 Helena Gerundo 31:08.0
Vangie Campos 31:48.9
W55 Carol Ferris 35:09.4
JoAnn Bally 36:15.3
W65 JoAnne Beers 34:46.4
Alice Garcia 36:39.7
(both races judged)

USATF West Regional Masters Championships
Norwalk, CA; July 31-August 1

100m
M30 Eddie Hall 12.13
Mike Streeter 13.63
M35 Gregg Holmes 11.57
Jim Bonilla 11.85
Mark Robinson 12.14
M40 Glenn Johnson 11.99
Frank Demby 12.60
Rick Thoman 12.72
Georg Westin 13.11
M45 Frank Little 12.00
Ray Yeck 12.22
Leroy Clipps 12.64
M50 Alan Olson 12.79
Charley Loftis 12.93
Juan Bustamante 12.94
Terrence Keeney 13.06
M55 Roger Tsuda 13.24
Marcel Cote 13.96
M60 Cliff McPherson 12.95
Hugh Cobb 13.73
Frank Kishi 14.15
M65 Louis Beadle 14.72
Tom Miller 15.46
M70 Frank Toner 15.39
Geo Simon 15.77
Tom Pico 16.23
M75 Al Guidet 25.64
M80 Stan Thompson 25.23
W30 Robyne Moore 14.05
April Thomas 16.49
W35 Wendy Jacob 13.66
Valerie Scott 13.87
Michele Lewis 14.37
W40 Deby Sweezey 13.34
Mellie Clark 16.16
W55 Julie Lopp 17.25
W65 Johnnye Valien 17.15
Shirley Dietderich 18.82

200m
M30 Peter Grimes 22.92
Aaron Gray 24.02
Tobias Sarrell 24.37
M35 Gregg Holmes 24.16
Bob Trudeau 24.99
Eddie Hall 25.09
M40 Fred Sowerby 23.40
Eugene Driver 23.67
Herman Castille Jr 24.95
M45 Ray Yeck 25.67
Sheridan Groves 27.18
M50 Chas Loftis 27.17
Terrence Keeney 27.23
Tony Craddock 28.47
M55 Roger Tsuda 26.98
Marcel Cote 28.99
M60 Marion Sanchez 26.28
Hugh Cobb 29.0
Frank Kishi 30.85
M65 Al Escobosa 30.59
Tom Miller 33.74
M70 Frank Toner 32.31
Tom Pico 33.81
Geo Simon 34.14
M80 Stan Thompson 63.24
W30 Robyne Moore 29.00
W35 Donna Nielsen 28.43
Wendy Jacob 28.61
Michele Lewis 28.95
W40 Tina Stough 29.64
W45 Suzanne Scheitzer 38.23
W50 Jeanne Carter 31.88
W55 Julie Lopp 36.45
Pat Willis 50.63
W65 Johnnye Valien 36.31
Sumi Onodera-Leonard 36.59

400m
M30 Tobias Sarrell 54.91
Manuel Reed 55.08
Darryl Barrow 58.01
M35 Steve Wulf 54.08
Paul Fragua 54.21
Bob Trudeau 54.63
M40 Fred Sowerby 49.99
Herman Castille Jr 54.25
David Salazar 56.60
M45 Stan Whitley 52.11
Don Parker 53.04
David Pogue 55.81
M50 Alan Olson 57.79
Jack Karbens 68.45
M55 Chas Kirby 62.14
Roger Tsuda 63.14
M60 Sid Wing 62.68
Phil Williams 70.46
M65 Larry Banuelos 75.20
M80 Stan Thompson 3:09.50
W30 K J Specchio 66.06
W35 Donna Nielsen 64.06
W40 Tina Stough 66.56
W45 Suzanne Scheitzer 86.22
W50 Jeanne Carter 72.91
W55 Pat Willis 1:55.21
W65 S Onodera-Leonard 86.34

800m
M30 Tyrone Bennett 2:03.15
Joe Gilboy 2:06.39
Manual Reed 2:07.65
Mark Cleary 2:07.99
M35 Paul Fragua 1:59.61
Steve Wulf 2:00.90
George Mehale 2:03.19
Angelo Tobar 2:05.45
M40 David Salazar 2:05.8
Jonathan Kilroy 2:05.82
Herman Castillo 2:08.50
M50 George Cohen 2:11.07
Bob McAlpine 2:19.74
John Cosgrove 2:24.26
M55 Jim Bevins 2:23.43
Jesse Carrington 2:27.91
M60 Sid Wing 2:20.71
Ross Dunton 2:30.06
Phil Williams 2:35.82
M65 Gunnar Linde 2:36.09
Louis Beadle 2:37.08
Al Escobosa 2:58.11
M80 Stan Thompson 7:37.82

Continued on next page

Continued from previous page

W30 JoAnn Roehrig 2:25.12
Carolyn Beck 2:26.43
Megan Crawford 2:36.45
W45 Linda Mantynen 2:29.69
Bonnie Frankel 2:41.63
W65 S Onodera-Leonard 3:18.80

1500m

M30 Stephen Flynn 4:21.24
Mark Cleary 4:22.04
Jim Reed 4:37.30
M40 Rick Garrison 4:46.37
Wayne Morris 4:51.97
M45 Juan Cabeza 4:33.71
Otto Petersen 5:45.58
M50 Willie Clarke 4:55.69
Everett Murdock 5:27.42
Luigi Schiavo 6:09.33
M55 Jim Bevins 5:08.90
M60 Bob Culling 5:26.42
Ray Archibald 6:50.22
M65 Gunnar Linde 5:22.43
Avery Bryant 5:46.35
W45 Joni Shirley 5:09.92

5000m

M30 Ken Velasquez 14:57.5
M35 Rodger Schwartz 22:38.3
M45 Art Martinez 22:44.1
Tony Quintero 25:02.4
M55 David Pitkethly 18:13.4
Jim Jacobs 23:40.1
M60 Ray Archibald 29:45.3
M65 Gunnar Linde 20:20.1
Larry Banuelos 22:48.4
Rex Dietderich 27:56.6
M70 Stan Neufeld 29:15.9
W45 Linda Mantynen 19:05.2

Short Hurdles

M30 Peter Grimes 14.58
Mike Streeter 19.19
M40 Karl Harz 20.33
M45 Fred Johnson 17.23
Sheridon Groves 18.37
M50 Al Henry 15.34
Larry Salinger 15.53
M60 Marion Sanchez 16.89
John Martel 17.65
Will Robinson 17.71
Dave Douglass 19.28
M70 Tom Patsalis 14.65
Geo Simon 16.76
Bob Hunt 17.64
W40 Deby Sweezey 11.01
Tina Stough 16.36

Long Hurdles

M30 Peter Grimes 52.89
M35 Andrew Hecker 65.66
M45 Sheridon Groves 65.39
M50 Fred Niedermeyer 67.76
M60 Marion Sanchez 46.22
Will Robinson 49.10
Al Sheahen 51.99

Steeplechase

M40 Ian Cumming 9:57.4
M45 Don Chadez 11:58.8
M50 Luigi Schiavo 14:58.0
M55 Jim Bevins 12:16.6
Ted Oviatt 13:29.3
M60 Bob Culling 8:28.7
M65 Avery Bryant 9:01.9

10,000m

M35 Roger Swartz 44:05.21
Joe Steinman 44:34.87
M55 Sonny Monioz 40:45.89
M60 Pat Devine 41:31.38
M65 Larry Banuelos 44:52.90
M70 Stan Neufeld 50:22.28

4x100m Relay

M40-49 Monsoon TC 52.35
Ogger's Unat 59.29

4x400m Relay

M40-49 Ogger's Unat 5:00.6

Sprint Medley Relay

M45-49 Ogger's Unat 16:05.8

4x800m Relay

M30-39 Ogger's Unat 11:09

High Jump

M30 Doug Nordquist 2.15
Mike Streeter 1.42
M45 Charlie Rader AR1.92
Jorge Birnbaum 1.57
Bill Wood 1.42
M50 Larry Salinger 1.62
Herman Pettegrove 1.57
John Burns 1.57
M55 Phil Fehlen 1.62
Jerry Sullivan 1.52
Ray Fitzhugh 1.42
M60 Herm Wyatt 1.57
Dave Douglass 1.42
M65 John Cleveland 1.22
M70 Dick Bennett 1.12
Vic Jones 1.07
M75 Jim Vernon 1.02
M80 Carol Johnson 1.02
Stan Thompson 1.02
W40 Tina Stough 1.22
W45 Ann Steekelenburg 1.47
W55 Christel Miller 1.22
Mary Herie 1.02
W65 Johnnye Valien 1.07

Pole Vault

M35 Mike Hogan 14-0
Matt Wagner 13-0
John Arbogast 9-0
M40 Steve Morris 13-6
M45 Greg Miguel 14-6
Wayne Shaul 11-6
M50 Duane Holmes 8-6
M55 Ray Fitzhugh 8-6
Hal Smith 7-6
M65 John Cleveland 8-6
M70 A U Ricciardi 7-6
Dick Bennett 7-0
M75 Jim Vernon 8-0
M80 Carol Johnston 7-6
Stan Thompson 4-0
W60 Shirley Kinsey 4-0

Long Jump

M40 Roger Trujillo 5.91
Mike Black 5.33
Don Perkins 4.63
M45 Carl Flowers 6.07
Ladislav Pataki 5.04
Leroy Clipps 4.95
M50 Terry Rowan 4.42
Duane Holmes 4.32
Jack Karbens 4.17
M55 Al Henry 5.46
Roger Tsuda 5.19
Ray Fitzhugh 4.13
M60 Ed Martin 4.05
M65 Dewey Vroom 4.16
M70 Tom Patsalis 4.59
M75 Harry Yu 2.00
M80 Stan Thompson 2.23
W40 Deby Sweezey 4.82
Tina Stough 4.33
W45 Barbara Stratton 3.34
W55 Christel Miller 3.52
W60 Magdalena Kuehne 3.27
W65 Johnnye Valien 3.00

Triple Jump

M30 Lavell Davenport 12.93
M35 Tom Stuthard 12.22
John Arbogast 9.75
M40 Roger Trujillo 12.17
Joel Whitfield 11.25
M45 Fred Johnson 11.15
Wm Wood 9.87
M50 John Lawson 10.22
M55 Al Henry 11.42
M65 Dewey Vroom 8.85
M70 Tom Patsalis 9.36
M75 John Damski 7.46
M80 Stan Thompson 4.69
W45 Barbara Stratton 7.12
W60 Magdalena Kuehne 7.78

Shot Put

M30 Steve Barba 12.29
Jeff Crothers 10.18
M35 Scott West 13.18
M40 Mike Schroeder 12.86
Karl Harz 11.53
M45 Doug Wells 13.28
Bruce Fulbright 11.25
C McCormick 10.45
M50 Luigi Schiavo 7.21
M55 Hal Smith 12.90
Jim Hanley 10.79
Ray Fitzhugh 9.41
M60 Stew Thomson 12.60
Harry Hawke 12.55
Dave Douglass 9.35
M65 Bill Bangert 11.22
M70 Tom Pico 10.26
M75 Jerry Siefert 9.65
M80 Stan Thompson 3.80
M85 Burt DeGroot 7.04
W40 Janet Wilson 10.04
W55 Mary Herie 7.09

Discus

M30 Steve Barba 37.36
Jeff Crothers 29.46
M40 Karl Harz 32.16
M45 Ladislav Pataki 43.64
Doug Wells 40.68
Bruce Fulbright 36.08
M50 Jack Karbens 34.44
David Nuttall 31.72
Terry Rowan 31.40
M55 Bob Humphreys 44.32
Hal Smith 38.94
Ray Fitzhugh 29.98
M60 Stew Thomson 53.26
Ed Martin 38.34
Dave Douglass 36.88
M65 Dewey Vroom 35.30
Bill Bangert 34.36
M70 Wilbur Thompson 41.80
A U Ricciardi 28.10
Tom Pico 24.44
M80 Stan Thompson 12.24
M85 Burt DeGroot 22.18
W40 Janet Wilson 43.54
Cheryl Kincaide 21.08
Connie Fulbright 20.68
W60 Magdalena Kuehne 16.02
W65 Shirley Dietderich 18.48

Hammer

M30 Jeff Crothers 22.04
M35 Scott West 34.78
M45 Ed Arcaro 47.08
M50 Abe Sheinker 28.74
Jack Karbens 27.86
M55 Jim Hanley 35.98
M60 Stew Thomson 47.50
Dave Douglass 32.90
Harry Hawke 31.20
M70 A U Ricciardi 30.30
M80 Stan Thompson 6.78

Javelin

M30 Steve Barba 49.76
Mike Streeter 34.16
M35 Foots Williams 33.62
M45 John Tobin 50.22
Ladislav Pataki 41.60
M55 John Burns 46.98
Jack Karbens 35.52
Dave Nuttall 34.66
M55 Phil Conley 45.64
Phil Fehlen 44.54
Hal Smith 36.96
M60 Ed Martin 39.22
Chuck Coutts 32.92
D Douglass 29.80
M65 Del Pickarts 50.14
M70 A U Ricciardi 24.72
Tom Pico 22.38
M75 Jerry Siefert 30.96
Harry Yu 12.36
M80 Stan Thompson 11.72
W50 Fran Conley 27.94
W55 Christel Miller 31.72
W60 Magdalena Kuehne 18.22
W65 Shirley Dietderich 18.20

5000m Racewalk

M40 Steve Wathen 30:11.00
M45 Bill Penner 25:59.79
Ed Bouldin 31:44.00
M50 Stuart Ray 31:16.49
M55 Arvid Rolle 31:04.93
M60 Mel Schultz 29:01.05
M70 Don Cotner 35:04.38
Jorge Newberry 35:16.86
W35 Cindy Paffumi 26:38.46
W40 Helen Hoover 31:22.32
W45 Donna Cunningham 27:36.41
W50 Lynne Marsh 32:54.50
W55 Shirley Capps 31:44.07
W60 Ria Marsh 33:02.26
W65 JoAnn Beers 34:11.83
W70 Jean Cotner 37:40.03

10,000m Racewalk

M45 Ed Bouldin 69:41.1

NORTHWEST

Oregon Senior Olympics
Silverton; May 29

100m

M40 W Man 12.55
M45 W Gripp 11.95
M50 P Edens 11.89
M55 J Hemler nta
M60 J Coy 12.62
M65 D Cottingham 14.49
M70 B Bronson 13.36
M75 B Lauderback 18.25
W40 S Post 14.97
W45 J Stewart 15.52
W50 K Bender 18.87
W55 V Baker 17.68
W60 N Ryan 15.80
W65 L Wells 21.30
W70 A Witten 33.20
W75 I Crane 23.10

200m

M40 J Hiebert 26.23
M45 W Gripp 24.30
M50 P Edens 24.70
M55 J Hemler 26.15
M60 J Coy 28.21
M65 J Keston 31.62
M70 W Bronson 30.29
M75 B Lauderback 39.89
W40 S Post 31.11
W45 J Stewart 33.51
W50 L Stepan 42.88
W65 L Wells 46.70
W70 A Witten 74.18
W75 I Crane 49.40

400m

M40 B Lang 56.00
M45 W Gripp 54.14
M50 B Fallon 67.95
M55 K Ogden 65.92
M60 J Keener 71.18
M65 J Keston 70.59
M70 G Aronson 77.12
M75 B Lauderback 1:34.35
W40 S Post 71.02
W50 K Bender 92.67
W55 J Cameron 1:53.23
W75 I Crane 1:55.59

800m

M40 R Friess 2:50.08
M45 S Boyer 2:08.48
M50 D McMillan 2:13.20
M55 J Bevins 2:27.32
M60 J Keener 2:43.54
M65 J Keston 2:36.6
M70 G Aronson 3:12.9
M75 B Lauderback 3:27.9
W40 S Post 2:34.5
W50 K Duncan 3:36.4
W55 J Cameron 4:14.8
W60 S Means 3:34.5

1500m

M40 J Hiebert 4:31.52
M45 A Beck 4:36.84
M50 M Heffernan 4:40.45
M55 J Bevins 5:36.20
M60 J Keener 5:41.58
M65 J Keston 5:19.16
W40 J Jordan 5:16.49
W45 K Krane 7:11.91
W50 K Duncan 7:23.96
W60 S Means 7:22.32
W65 D Russell 7:21.95

3000m

M40 B Ray 9:17.20
M45 A Beck 9:41.80
M50 B Ryan 12:53.48
M55 J Bevins 11:04.32
M60 J Keener 12:24.62
M65 J Keston 11:25.66
W40 J Jordan 10:54.84
W45 K Krantz 14:21.22
W50 K Duncan 16:30.01

Five Mile

M40 B Ray 25:49.6
M45 D Oman 29:00.3
M50 M Gorman 28:57.5
M55 K Ogden 31:32.4
M60 P Wickman 57:21.7
M65 J Harp 53:26.5
M70 C Quimby 48:31.9
W40 J Ward 40:06.3
W45 K Lichtenstein 37:45.9
W50 K Bender 40:19.6
W60 B Mulholland 50:53.0
W65 L Wells 48:46.9

High Jump

M40 B Lang 4-10
M45 F Lulich 5-2
M50 M Akerman 4-8
M60 H Lewellen 4-8
M65 G Salter 3-8
W55 V Baker 3-6

Pole Vault

M40 J Patterson 11-0
M45 M Ritchey 5-6
M50 L Holmes 10-0
M55 D Dufault 4-8
M60 H Lewellen 8-6
M65 D Grosh 8-6
M70 L Hintz 5-6

Long Jump

M45 R Hunt 18-$\frac{1}{2}$
M50 S Hall 12-9$\frac{1}{2}$
M55 J Hemler 14-4$\frac{1}{2}$
M60 H Lewellen 14-1
M65 G Byrnes 11-6$\frac{1}{2}$
M70 W Bronson 13-1
W45 J Stewart 12-0
W55 V Merriman 9-6
W65 D Russel 7-11$\frac{1}{2}$

Triple Jump

M40 W Man 30-5
M45 T Foster 30-11$\frac{1}{2}$
M50 J Kondrasuk 25-10
M55 B Lawson 30-4
W45 J Moule 21-1
W55 V Baker 19-9$\frac{1}{2}$

Shot Put

M40 C Bonnarens 43-2 3/4
M45 C Chapin 49-4 3/4
M50 J Johnson 39-8
M55 B Lawson 39-5 3/4
M60 H Lewellen 36-8
M65 C Hersey 30-8$\frac{1}{2}$
M70 A Holden 28-2$\frac{1}{2}$
M75 R Carter 38-$\frac{1}{2}$
M80 L Justin 29-2
M85 L Towell 20-2
W45 J Moule 22-1$\frac{1}{2}$
W50 J Oppliger 20-$\frac{1}{4}$
W55 M Buchan 18-4$\frac{1}{2}$

Discus

M40 D Taylor 105-1
M45 C Chapin 138-10
M50 R Roy 141-5
M55 N Saling 127-10
M60 H Lewellen 123-6
M65 C Hersey 102-7
M75 R Carter 113-1
M80 L Joslin 97-4
M85 L Towell 48-5
W45 J Moule 49-8
W50 J Oppliger 43-5
W55 M Buchan 47-11

Javelin

M40 S Strickland 174-6
M45 R Burkholder 157-7
M50 G Stenlund 169-0
M55 B Lawson 135-7
M60 H Crane 148-10
M65 C Hersey 98-0
M70 B Bronson 105-9
M75 G Cysewski 89-5
M80 L Joslin 68-3
M85 L Towell 42-0
W50 J Oppliger 43-3

1500m Racewalk

M45 J Ford 8:17.17
M60 D Vaughn 8:48.34
M70 J Mallon 9:01.30
M75 C Szedlak 16:42.84
W50 K Duncan 9:27.41
W55 J Cameron 10:53.27
W70 A Witten 12:24.90
W75 A Castle 13:10.78

Helena Masters & Senior Meet
Helena, MT; July 10

100m

M35 Steve Gardiner 12.30
M40 Bill Monroe 12.77
M45 Grover Peterson 12.10
M50 Merv Armstrong 13.01
M80 Emmett Bennett 18.30
W60 Flora Wong 26.63

200m

M35 Steve Gardiner 25.36
M45 Grover Peterson 25.54
M50 Merv Armstrong 27.42
M80 Emmett Bennett 39.16

400m

M35 Simon Hale 56.3
M45 G Peterson 61.7
M50 M Armstrong 67.4
M80 E Bennett 95.0
W60 Flora Wong 1:43.1

800m

M35 S Hale 2:08
M45 G Peterson 2:43.1
M50 Andy Sangray 2:46.1
M60 Don Jenlinek 3:06.0
M80 E Bennett 3:55.2
W35 Gail Jones 2:41.0

1500m

M35 David Vaughn 4:33.5
M50 Don Patterson 4:58.2
M60 Don Jelinek 5:58.4
W35 Gail Jones 5:28.0
W60 Flora Wong 8:41.4

High Jump

M40 Bill Monro 5-3
M45 Richard Ying 4-3
M50 Larry Stednitz 4-5
M55 John Diggs 4-1
M70 Brady Walker 4-7

Long Jump

M40 Bill Monro 17-3$\frac{1}{4}$
M50 Frank Struna 17-5$\frac{1}{2}$
M55 John Diggs 13-5$\frac{1}{2}$
M70 Brady Walker 11-2

Triple Jump

M50 Frank Struna 38-8$\frac{1}{2}$

Shot Put

M35 John Patrick 33-2
M40 Ernie Jones 33-8
M45 Bob Sager 38-0
M50 Larry Stednitz 34-7
M55 John Diggs 28-3
M70 Brady Walker 36-9

Discus

M35 J Patrick 106-3
M45 Bob Sager 102-0
M50 Merv Armstrong 88-8
M55 John Diggs 83-4
M70 Brady Walker 118-2
W65 Mavis Lorenz 69-7

Hammer

M45 Bob Sager 122-0
M70 Brady Walker 130-5
M75 Manuel White 99-1

Javelin

M45 Bob Sager 106-8
M50 M Armstrong 91-4
M55 John Diggs 82-1
M70 B Walker 92-11
W65 Mavis Lorenz 76-3

Weight Throw

M35 John Patrick 20-0
M45 Bob Sager 38-3
M70 Brady Walker 36-0
M75 Manuel White 34-9

56# Weight

M35 John Patrick 12-5$\frac{1}{2}$
M45 Bob Sager 23-6$\frac{1}{2}$
M70 Brady Walker 19-3$\frac{1}{2}$
M75 Manuel White 16-1

Weight Pentathlon

M45 Bob Sager 3103
M72 Brady Walker 4483
M77 Manuel White 4596

USATF Northwest Regional Masters Championships
Eugene, OR; July 17-18

100 M

M30 ROOSEVELT ROBYLL 11.20
CUNNINGHAM GREG 12.48
M35 MCKINNEY BILLY 11.67
REES GREG 12.47
HEHN JR JOSEPH 12.64
M40 KRUSE RANDY 12.45
COMSTOCK JOHN 13.16
SHELLEY TIMOTHY 13.76
M45 WILLIAMS GREGORY 12.40
RAYMOND PAUL 12.72
YING RICHARD 13.36
PIETRZAK FRED 13.85
HUFFSTUTTER ALLEN 14.18
M50 ROBBINS STEPHEN 11.37
EDENS PAUL 12.11
JOHNSON JOE 12.68
JENSEN RON 13.11
TORQUATO EMIL 13.67
DEAN ROGER 14.4
M55 STEPAN PAUL 14.0
M60 HITT HAROLD 13.53
COY JACK 13.80
GRIMM DARWIN 14.02
DAEHLER RALPH 14.14
M65 SCOTT WILFORD 13.95
JORDAN BOB 14.67
HARTE GENE 15.26
COTTINGHAM RICHARD 15.57
ANHORN DON 17.2
M70 SILVERSTEIN MILTON 14.49
DAHLIN WALTER 15.17
ARONSON GUS 15.43
HUTCHESON CAMERON 19.37
M75 FAIRCHILD ALBERT 17.46
PRAEGER FREDERICK 17.56
W35 HAYNES THERESA 16.02
W45 BELL TEDDIE 15.72
W50 SISLEY BECKY 17.06
SCHLEWITZ ROSE 17.77
STEPAN LAURA
W55 KERR RITA 16.07
THIELMAN MARTI 16.65
BAKER GINNY 17.13
W70 APPLEBEE HARRIET

200 M

M30 CUNNINGHAM GREG 25.54
M35 MCKINNEY BILLY 24.46
REES GREG 25.38
HEHN JR JOSEPH 25.98
DONALDSON MATTHEW 26.99
WINTER DOUGLAS 28.14
M40 KRUSE RANDY 24.25
MCHUGH RILEY 25.74
HIEBERT JIM 26.00
SHELLEY TIMOTHY 27.80
M45 WILLIAMS GREGORY 25.17
SCHALLER JEFF 25.46
LULICH FRANK 27.55
HUFFSTUTTER ALLEN 28.50
M50 ROBBINS STEPHEN 23.87
EDENS PAUL 24.58
JOHNSON JOE 25.23
JENSEN RON 26.44
THIELMAN JOE 26.56
TORQUATO EMIL 28.05
FORSYTH JOHN 29.7
M55 HOFFMAN JOE 27.23
STEPAN PAUL 28.48
OGDEN KEN 28.71
CZAMANSKE GERALD 29.76
M60 HITT HAROLD 27.33
COY JACK 28.12
DAEHLER RALPH 28.65
M65 JORDAN BOB 30.40
COTTINGHAM RICHARD 31.40
HARTE GENE 31.60
ANHORN DON 34.40
M70 SILVERSTEIN MILTON 29.96
BRONSON WILLIAM 30.68
ARONSON GUS 31.57
HUTCHESON CAMERON 39.10
M75 FAIRCHILD ALBERT 37.24
PRAEGER FREDERICK 39.15
W45 BELL TEDDIE 33.07
W50 SCHLEWITZ ROSE 36.50
STEPAN LAURA 40.60
W55 KERR RITA 33.58
THIELMAN MARTI 35.58

400 M

M30 CUNNINGHAM GREG 56.8
M40 WALKER ROBERT 54.4
HIEBERT JIM 55.0
MCHUGH RILEY 55.6
TELLER RICHARD 1:00.2
SHELLEY TIMOTHY 1:01.4
M45 GRIPP WAYNE 54.15
STEVICK DREW 57.88
PIETRZAK FRED 59.83
RAYMOND PAUL 1:01.81
M50 MCILWAINE BILL 56.6
JOHNSON JOE 58.2
JENSEN RON 58.8
THIELMAN JOE 1:00.7
DEAN ROGER 1:04.9
BANISTER ORA 1:07.8
M55 OGDEN KEN 1:03.9
STEPAN PAUL 1:04.8
CZAMANSKE GERALD 1:05.7
M60 HITT HAROLD 1:01.27
LUFF KEN 1:01.29
COY JACK 1:03.25
KANE DON 1:04.94
M65 JORDAN BOB 1:12.01
ATCHESON WALT 1:14.4
ANHORN DON 1:21.3
M70 LYTJEN JIM 1:07.64
ARONSON GUS 1:12.99
M75 BULKLEY DAN 1:16.4
W40 LIBAL MARY 1:03.74
W55 KERR RITA 1:16.17
DODS JANE 1:22.04

800 M

M35 SPINNEY ED 1:59.50
DOWNS MARTY 2:01.80
STONKUS ARNY 2:02.21
M40 WALKER ROBERT 2:01.03
VALIANT GORDON 2:02.40
HIEBERT JIM 2:03.3
JONES JIM 2:04.80
ROLINE PAUL 2:13.16
ROBB ROGER 2:36.5
M45 NEMIR PHIL 2:33.6
M50 MCMILLAN DON 2:10.1
MCILWAINE BILL 2:14.7
O'ROURKE DESMOND 2:19.4
M55 OGDEN KEN 2:24.2
BEVINS JIM 2:25.2
CZAMANSKE GERALD 2:35.0
M60 MILLER RALPH 2:20.07
LUFF KEN 2:22.15
KANE DON 2:46.24
M65 JACQUES BOTCE 2:44.22
ATCHESON WALT 2:58.6
HARTE GENE 3:14.80
M70 LYTJEN JIM 2:34.71
M75 BULKLEY DAN 3:01.0
W30 GORMAN ANGELA 2:41.97
W35 RUSSELL MARY 2:32.46
W45 MANTYNEN LINDA 2:30.68
W55 KERR RITA 3:02.45

1500 M

M30 PAULK KEVIN 4:15.0
M35 SPINNEY ED 4:00.6
DOWNS MARTY 4:07.0
STONKUS ARNY 4:13.2
KESSLER SCOTT 5:04.2
M40 ZITZELSBERGER PAUL 4:15.3
VALIANT GORDON 4:21.2
SHANNON TIM 4:24.2
HIEBERT JIM 4:28.6
BELL KEN 4:29.7
BARRY JOHN 4:51.7
M45 PASTRE HERVE 4:18.94
CARNAHAN MICHAEL 4:26.33
PIETRZAK FRED 4:39.98
NEMIR PHIL 4:47.99
CASTLE LESLIE 5:06.15
M50 HOWE MILTON 4:41.64
O'ROURKE DESMOND 4:43.29
SHEEDY BOB 6:12.92
M55 PITKETHLY DAVID 4:47.27
BEVINS JIM 5:01.1
OGDEN KEN 5:07.62
CHRISTIANSEN MIKE 5:08.60
BRANDENFELS FRED 5:53.99
M60 MILLER RALPH 4:59.37
M65 KESTON JOHN 5:10.50

Continued on next page

Continued from previous page

	BRINTON TOM	5:19.40
	JACQUES BOTCE	5:22.62
	SALMOND CLIFF	5:43.12
W35	RUSSELL MARY	5:22.81
W45	MANTYNEN LINDA	5:04.29
W60	MEANS SUSAN	7:12.04

3000 M

M35	STONKUS ARNY	9:44.58
	WINTER DOUGLAS	11:20.4
M40	BELL KEN	9:33.76
M45	PIETRZAK FRED	9:58.95
M50	MORRIS DAVID	10:53.58
	BOWMAN JAQUE	13:52.3
M55	BEVINS JIM	11:11.67
M60	HEPNER JOHN	11:06.53
	KEENER JACK	11:39.2
M65	KESTON JOHN	10:51.51
	SALMOND CLIFF	12:29.5
W45	MANTYNEN LINDA	11:16.46
W55	DODS JANE	13:39.2

5000 M

M35	SPINNEY ED	15:24.57
	EGBERT DARYL	17:28.1
M40	ZITZELSBERGER PAUL	16:07.52
	SHANNON TIM	16:37.58
	JEFFERSON TOM	18:43.28
M45	BRANSON CORNELIUS	17:13.02
	NEMIR PHIL	17:40.41
M50	PHILLIPS HERB	16:48.69
	REYNOLDS JERRY	18:25.19
	ABERNETHY JOE	18:49.65
	DEAN ROGER	21:00.31
M55	PITKETHLY DAVID	18:01.2
	WILLIAMS LARRY	18:49.49
	CHRISTIANSEN MIKE	19:32.85
M60	KEENER JACK	20:43.28
M65	BRINTON TOM	20:01.71
M75	JACOBS NORTON	25:01.13
W35	LACEY JENNIFER	19:08.9
W45	JACKSON CAROL	20:38.92
W65	RUSSELL DAWN	26:59.19

10,000 M

M35	CASTLE DAVID	33:39.39
M40	RAETHER PAUL	32:25.16
	SOLOMON GENE	32:54.40
	SCHEFFEL ROBERT	38:01.85
	NAVERSEN DOUGLAS	38:27.74
M45	BRANSON CORNELIUS	36:03.25
	DAVIS GAYLORD	38:45.52
M50	PHILLIPS HERB	35:18.58
	ANDERSON JACK	39:09.33
	MORRIS DAVID	39:14.4
M55	REXIUS MARV	39:08.27
	WILLIAMS LARRY	39:20.5
M65	KESTON JOHN	AR37:52.75

80 M HURDLE

M70	DAHLIN WALTER	14.87

100 M HURDLE

M50	SHEEDY BOB	18.2
M60	MAXWELL ALAN	19.5

110 M HURDLE

M30	SCHNEEBECK DOUG	16.61
M35	REES GREG	18.79
M40	REINHART RICHARD	18.42
	TROSPER WILLIAM	20.06
M45	TROY K.H.	17.21

300 M HURDLE

M60	HEPNER JOHN	51.12
M70	DAHLIN WALTER	57.20
M75	BULKLEY DAN	WR 55.52

400 M HURDLE

M30	SCHNEEBECK DOUG	57.97
M40	REINHART RICHARD	1:00.04
	TROSPER WILLIAM	1:06.72
M55	BRANDENFELS FRED	1:35.19

2K STEEPLE

M60	HEPNER JOHN	7:56.59
M65	ATCHESON WALT	9:52.68
M75	BULKLEY DAN	WR 9:28.78

3K STEEPLE

M30	GRUBE STEVE	10:40.1
M35	KESSLER SCOTT	11:45.7
M40	HILL LEONARD	9:59.0
	SCHEFFEL ROBERT	12:52.5
M45	GREEN MICHAEL	12:07.8
M55	BEVINS JIM	12:34.4

4X100 RELAY

M30	TEAM - PH MASTERS	47.89
M40	TEAM - OTC 1	48.28
	TEAM - OTC 2	51.21
M50	TEAM - PTL	48.79
M60	TEAM - MIXED	55.90
	TEAM - VWT	57.79

4X400 RELAY

M35	TEAM-CASTLE KASSLER	4:33.5

4X800 RELAY

M40	TEAM - OTC	9:52.90

HIGH JUMP

M35	MCKINNEY BILLY	1.78
M40	TELLER RICHARD	1.92
	FAHY PAT	1.74
	CASH JERRY	1.66
M45	LIGHT THOMAS	1.62
	LULICH FRANK	1.58
	HUFFSTUTTER ALLEN	1.54
M50	PHILLIPS AL	1.58
	JOHNSON JOE	1.54
	SHEEDY BOB	1.38
	FORSYTH JOHN	1.34
M55	BRANDENFELS FRED	1.42
	NEWCOMB JERRY	1.34
	GRAY DON	1.30
M60	WYATT HERM	1.60
	LEWELLEN HARVEY	1.36
	HEPNER JOHN	1.28
	KEENER JACK	1.16
M65	FAILOR SR. EDWARD	1.24
	SILSDORF JERRY	1.16
	CHURCH WARD	1.08
M70	DAHLIN WALTER	1.32
	YOUNG GILBERT	1.20
	RICCIARDI A.U.	1.16
	HINTZ LES	1.08
	DOVER MYRON	1.00
M80	JOSLIN LEON	1.08
	BESSON JR JOHN	1.04
W30	MENDENHALL MARTHA	1.56
W50	SISLEY BECKY	1.16
W55	BAKER GINNY	1.04

POLE VAULT

M30	BAULD BOB	4.35
M35	WEST DAN	4.35
M40	CASH JERRY	3.95
	SERRANO BERT	3.75
	PATTERSON JOHN	3.45
M45	LIGHT THOMAS	3.25
	STEPP RICHARD	3.05
M50	HOLMES LARRY	3.85
	FORSYTH JOHN	2.40
M55	MATEJKA JAMES	3.05
	GRAY DON	3.05
	BRANDENFELS FRED	2.60
M60	LEWELLEN HARVEY	2.70
	HEPNER JOHN	2.50
M65	GROSH DON	2.60
	WALLACE HAL	2.00
M70	RICCIARDI A.U.	2.20
	HINTZ LES	2.00

LONG JUMP

M35	LARIZA MIKE	5.93
	REES GREG	5.77
M40	KRUSE RANDY	6.22
	CASH JERRY	4.78
M45	TROY K.H.	5.55
	LOTT ORON	4.94
	WILLIAMS GREGORY	4.88
M50	PHILLIPS AL	5.61
	SHEEDY BOB	4.64
	DEAN ROGER	4.34
	WILSON BRAD	3.58
M55	MARKISHTUN TURK	3.65
M60	DAEHLER RALPH	4.61
	GRIMM DARWIN	4.42
M65	FAILOR SR. EDWARD	3.74
M70	BRONSON WILLIAM	3.79
	DOVER MYRON	3.37
	RICCIARDI A.U.	3.36
M80	BESSON JR JOHN	2.74
W30	MENDENHALL MARTHA	4.65
W50	SISLEY BECKY	3.37
W55	BAKER GINNY	3.15
W65	LORENZ MAVIS	3.53
	RUSSELL DAWN	2.44

TRIPLE JUMP

M30	CUNNINGHAM GREG	9.87
M35	LARIZA MIKE	13.70
	LACEY GARY	13.37
M40	FAHY PAT	11.71
M45	TROY K.H.	11.92
M50	SHEEDY BOB	10.17
	WILSON BRAD	6.62
M65	FAILOR SR. EDWARD	7.50
W50	SISLEY BECKY	7.36
W55	BAKER GINNY	6.23

SHOT PUT

M35	REES GREG	11.93
M40	FOGG RAYMOND	13.32
	RABE DENNIS	11.37
M45	MATHEWS GEORGE	11.04
	HUFFSTUTTER ALLEN	8.46
M50	WILLIS JIMMY	11.59
	JOHNSON JOE	10.68
M55	KESHMIRI	13.69
M60	FILIP LADISLAV	12.79
	LEWELLEN HARVEY	10.88
	HEPNER JOHN	9.75
M65	WILLIAMS HARVEY	10.19
	WALLACE HAL	10.18
	HERSEY CAL	9.48
	SILSDORF JERRY	8.36
M70	MINAH JIM	10.56
	HUTCHESON CAMERON	9.02
	RICCIARDI A.U.	9.01
M75	CYSEWSKI GERALD	10.56
	CRONKITE AARON	10.11
	PRAEGER FREDERICK	8.32
M80	JOSLIN LEON	9.30
	BESSON JR JOHN	7.43
W30	MENDENHALL MARTHA	7.88
W40	STRATTON JOAN	11.16
	EVANS SUE	8.19
	LOTT LOIS	5.91
W45	PRIEST MARY	8.27
W65	OSMON PATRICIA	6.05
	RUSSELL DAWN	3.59

DISCUS THROW

M35	REES GREG	35.28
	BROUILLARD FORREST	24.52
M40	RABE DENNIS	36.56
	CASH JERRY	26.64
M45	GRISKO MICHAEL	41.52
	HUFFSTUTTER ALLEN	27.10
M50	ROY ROBERT	44.66
	WILLIS JIMMY	36.04
	SHEEDY BOB	33.24
	FORSYTH JOHN	32.68
	PADILLA TONY	30.56
	WILSON BRAD	27.42
M55	KESHMIRI	50.84
	SALING NEIL E.	38.38
	MARKISHTUN TURK	35.76
	MILLER FRANK	32.52
	BIDDINGER STEVEN	20.42
M60	FILIP LADISLAV	49.40
	LEWELLEN HARVEY	37.00
	SEARS SHERRELL	36.34
M65	WALLACE HAL	37.56
	WILLIAMS HARVEY	37.22
	HERSEY CAL	30.74
	CHURCH WARD	29.50
	ATCHESON WALT	24.50
	SILSDORF JERRY	22.82
M70	DOVER MYRON	30.30
	MINAH JIM	28.22
	RICCIARDI A.U.	26.50
M75	CYSEWSKI GERALD	32.24
	PRAEGER FREDERICK	21.44
M80	JOSLIN LEON	30.50
	BRSSON JR JOHN	20.32
W40	STRATTON JOAN	34.56
	EVANS SUE	22.46
W45	PRIEST MARY	29.46
W65	LORENZ MAVIS	21.80
	OSMON PATRICIA	13.30
W70	RESKE MELANIE	14.88

JAVELIN THROW

M35	REES GREG	43.26
M40	STRICKLAND SAM	49.10
	RABE DENNIS	48.36
	COMSTOCK JOHN	43.58
M45	STEVICK DREW	49.22
	BURKHOLDER JR ROBERT	44.28
	HUFFSTUTTER ALLEN	39.54
M50	REDDAWAY GARY	51.72
	STENLUND GARY	51.30
	BURNS JOHN	48.52
	PHILLIPS AL	47.76
	TIMM KELLY	36.20
	SHEEDY BOB	34.94
	BANISTER ORA	33.88
	FORSYTH JOHN	31.40
	DEAN ROGER	30.46
	WILSON BRAD	29.56
	PADILLA TONY	25.58
M55	MARKISHTUN TURK	40.60
	GRAY DON	32.22
M60	HEPNER JOHN	36.96
M65	WALLACE HAL	31.20
	HERSEY CAL	29.28
	WILLIAMS HARVEY	28.56
M70	BRONSON WILLIAM	35.20
	RICCIARDI A.U.	24.80
	DOVER MYRON	23.80
M75	CYSEWSKI GERALD	25.82
	BECKER ALVIN	14.90
M80	JOSLIN LEON	21.64
W40	STRATTON JOAN	29.72
	EVANS SUE	23.60
W50	SISLEY BECKY	30.94
	SCHLEWITZ ROSE	17.94
W65	LORENZ MAVIS	24.70
	OSMON PATRICIA	19.38

HAMMER THROW

M35	BROUILLARD FORREST	36.84
M40	RABE DENNIS	25.82
M45	MATHEWS GEORGE	45.50
	GRISKO MICHAEL	40.40
M50	PADILLA TONY	22.22
	WILSON BRAD	20.38
M55	MILLER FRANK	34.88
	BIDDINGER STEVEN	24.06
	MARKISHTUN TURK	16.96
M60	WOJCIK JERRY	30.00
M65	WEINBEL KEN	31.00
	CHURCH WARD	20.50
	SILSDORF JERRY	19.96
M70	MINAH JIM	38.28
	RICCIARDI A.U.	28.30
M75	PRAEGER FREDERICK	18.72
M80	JOSLIN LEON	AR26.36
W40	STRATTON JOAN	38.96

1 MILE WALK

M50	KOUSKY EDGAR	7:34.18
	BREWER BOB	7:37.92
M55	JOHNSON PAUL	7:33.81
M60	VAUGHN DICK	9:40.35
	CHOMO KEN	9:58.28
	KINDER WILLIAM	11:18.45
M80	BESSON JR JOHN	11:50.65
W55	HENNESSY MAUREEN	10:32.89
	YALE MARTHA	11:10.55

5000 M WALK

M40	NOVAK BOB	25:20.85
M50	KOUSKY EDGAR	25:26.05
	BREWER BOB	25:30.34
M55	JOHNSON PAUL	25:18.99
M60	VAUGHN DICK	31:39.28
	CHOMO KEN	33:54.96
	KINDER WILLIAM	37:11.2
M65	BENNETT RICHARD	31:37.75
M80	BESSON JR JOHN	38:29.4
W50	CUTLER GEORGIA	30:36.09
	FEDERSPIEL SANDRA	36:57.9
W55	HENNESSY MAUREEN	34:16.79

Portland Masters TC Track and Field Classic, Lewis and Clark College
Portland, OR; July 30-31

100 Meter Dash

M30	Roosevelt Roby	11.12
	Greg Settles	12.10
	Greg Cunningham	12.23
M35	Billy McKinney	11.48
	VonRay Johnson	11.68
	Timothy Shelley	13.50
M40	Steve Hotz	12.40
	William Trosper	13.30
	Timothy Shelley	13.50
M45	Greg Williams	11.98
	Jeff Schaller	12.28
	Salmoni Tamani	12.34
	Richard Ying	13.02
	Will Leslie	13.11
	Jerry Ford	14.35
M50	Paul Edens	12.11
	Joe Johnson	12.65
	Ron Jensen	12.82
	Dick Rex	13.34
	Robert Gent	13.91
	Ora Banister	14.10
	Byron Fendrich	14.64
M55	Robert Miller	13.04
	Paul Stepan	13.81
M60	Harold Hitt	13.35
	Darwin Grimm	13.72
	Jack Coy	13.75
M70	Bill Bronson	14.54
W45	Jean Moule	18.21
W50	Rose Schlewitz	17.57
	Laura Stepan	19.28
W55	Marti Thielman	16.62
	Ginny Baker	17.25
W60	Nikki Ryan	15.38

200 Meter Dash

M35	Brian Valley	24.66
	Greg Jones	26.03
	Matthew Donaldson	27.23
M40	Steve Hotz	25.39
	Robert Schumacher	25.84
	Steve Brown	45.90
M45	Greg Williams	24.95
	Jeff Schaller	25.52
	Ned Mawhirter	32.15
M50	Paul Edens	24.73
	Joe Johnson	25.50
	Ron Jensen	26.54
M55	Paul Stepan	27.90
M60	Jack Coy	27.90
M65	Richard Nordquist	31.20
M70	Bill Bronson	30.80
W35	Renee Koch	38.32
W50	Rose Schlewitz	36.65
	Laura Stepan	41.20
W55	Marti Thielman	35.73
W60	Jane Cameron	51.00
W75	Irene Crane	51.35

400 Meter Dash

M30	Greg Cunningham	55.33
M35	Brian Valley	55.15
	Marty Downs	58.79
M40	Robert Walker	54.21
	Steve Hotz	57.56
	Timothy Shelley	1:02.65
M45	Jeff Schaller	57.58
	Will Leslie	1:01.50
M50	Joe Johnson	1:00.90
	Ora Banister	1:06.77
	Robert Gent	1:10.71
M55	Bill Hughes	1:01.55
	Paul Stepan	1:05.51
M60	Harold Hitt	1:01.34
	Don Kane	1:03.39
	Jack Coy	1:03.60
M65	Walter Atcheson	1:17.81
W35	Mary Russell	1:06.52
W40	Susan Post	1:06.53
W75	Irene Crane	1:59.70

800 Meter Run

M35	Marty Downs	2:02.91
	Arny Stonkus	2:03.87
	Robert Schafer	2:18.92
W40	Robert Walker	2:01.16
	Gordon Valiant	2:01.71
	Dennis Creson	2:10.53
	Bruce Lang	2:13.25
M45	Dodd Fisher	2:23.65
M50	Don McMillan	2:09.74
M55	Ken Ogden	2:23.61
	Bill Hughes	2:25.25
	Calvin Alsleben	2:35.80
M60	Ralph Miller	2:21.96
	Don Kane	2:41.88
M65	Walter Atcheson	2:55.93
M70	Joseph Mallon	3:15.70
W35	Mary Russell	2:33.96
	Linda Mulligan	2:43.10
W40	Susan Post	2:32.62

1,500 Meter Run

M35	Marty Downs	4:09.80
	Arny Stonkus	4:15.92
	Clayton Bastian	4:30.03
	Scott Kessler	4:57.49
	Chris Abbott	5:21.70
M40	Gordon Valiant	4:21.82
	Dennis Creson	4:22.77
M45	Alan Beck	4:22.47
	Dodd Fisher,	4:55.43
M55	Calvin Alsleben	4:57.95
	Mike Christiansen	5:04.63
	Ken Ogden	5:08.12
M60	Ralph Miller	4:58.94
M65	Tom Brinton	5:28.14
M70	Joseph Mallon	6:36.96
M75	Dan Bulkley	5:59.73
W45	Linda Folkestad	7:20.50
W70	Jean Mitchell	8:30.40

5,000 Meter Run

M35	Woody Green	18:52.7
M40	Paul Raether	15:39.9
M45	Alan Beck	16:45.0
M50	Jacque Bowman	21:38.5
M55	Mike Christiansen	19:39.6
M60	John Hepner	19:22.7
M65	Tom Brinton	20:36.0
W45	Carolann Castel	20:28.7
W55	Jane Dods	24:17.7

3,000 Meter Race Walk

M40	Rob Frank	17:27.60
M45	Jerry Ford	17:36.70
M50	Bob Brewer	15:06.49
	John Hanan II	17:39.40
M64	William Kinder	21:40.90
M65	Richard Bennett	18:42.90
	Art Clevenger	21:36.40
M70	Don Jacobs	27:36.50
W40	Lorraine Green	19:28.00
W45	Judy Heller	17:54.20
W50	Aase Besson	21:14.70
W55	Anne Whitaker	21:20.10

110 Meter High Hurdles

M75	Dan Bulkley	16.00

110 Meter High Hurdles

M35	Greg Jones	19.10
M40	Willaim Trosper	19.60
M45	Ken Troy	17.70

300 Meter Int Hurdles

M60	John Hepner	50.90
M75	Dan Bulkley	1:02.67

400Meter Int Hurdles

M40	William Trosper	1:07.30

3,000Meter Steeplechase

M30	Kevin Paulk	10:06.04
	Brett Hatch	11:50.86
M35	Jack Prestrud	10:48.93
	Scott Kessler	11:36.26
	Woody Green	12:42.89
	Chris Abbott	13:10.87
M40	Jim Satterfield	11:29.73
M60	John Hepner	12:18.74
M65	Walter Atcheson	15:14.83

100 Meter Dash AGE-GRADED

M	Greg William	11.26
	Jack Coy,	11.89
	Robert Miller	12.02
	Ron Jensen	12.07
	Steve Hotz	12.38
	Bill Bronson	12.59
W	Marti Thielman	13.57
	Rose Schlewitz	14.16
	Jean Moule	15.37

High Jump

M30	Mike Jaqua	1.73m
	Greg Cunningham	1.32m
M35	Billy McKinney	1.81m
M40	Timothy Shelley	1.32m
M45	Jack Casey	1.52m
	Pat Shober	1.47m
M50	Michael Akerman	1.52m
	Joe Johnson	1.48m
M60	Harvey Lewellen	1.37m
M65	Ward Church	1.19m
M70	Roy Atherton	1.19m
	Gilbert Young	1.17m
	Les Hintz	1.07m
W55	Ginny Baker	1.07m

Pole Vault

M30	Mike Jaqua	3.99m
M40	John Patterson	3.35m
M45	Richard Stepp	3.20m
	Richard Ying	2.74m
M50	Larry Holmes	3.84m
M55	Don Gray	3.05m
M60	Harvey Lewellen	2.74m
M65	Don Grosh	2.74m
	Richard Nordquist	2.44m
M70	Les Hintz	1.98m

Long Jump

M30	Greg Cunningham	5.72m
M35	Mike Lariza	6.05m
	Greg Jones	5.52m
	Billy McKinney	5.39m
M40	Mark Copeland	3.91m
M45	Ken Troy	5.50m
	Oron Lott	5.23m
	Pat Shober	5.13m
	Jeff Schaller	5.11m
M50	Dick Rex	4.93m
	Robert Gent	4.69m
	Jack Kondrasuk	3.72m
M60	Darwin Grimm	4.39m
	John Hepner	4.05m
M65	Richard Nordquist	3.61m
M70	Bill Bronson	3.97m
	Roy Atherton	3.16m
M80	John Besson	2.79m
W40	Becky Copeland	2.50m
W45	Jean Moule	2.66m

Triple Jump

M35	Mike Lariza	13.60m
M45	Ken Troy	11.79m
	Oron Lott	10.18m
M50	Gary Stenlund	9.18m
	Jack Kondrasuk	7.94m
M70	Roy Atherton	6.37m
W45	Jean Moule	6.64m

Shotput

M30	Martin Jaqua	13.87m
M35	Forrest Brouillard	9.70m
M40	Ray Fogg	13.46m
	Craig Bonnarens	13.13m
	Dennis Rabe	11.63m
	Patrick Ellsberg	10.54m
	Mark Copeland	9.93m
M45	Jerry Ford	10.31m
	Roger Davy	10.21m
M50	Hank Pfrehm	16.03m
	George Mathews	12.34m
	Joe Johnson	11.71m
	Robert Gent	10.87m
	Jack Kondrasuk	10.13m
M55	Neil Saling	12.01m
	Stan Zak	11.56m
H65	Cal Hersey	9.14m
	Ward Church	8.33m
M70	Andrew Holden	8.10m
M80	Leon Joslin	9.19m
	John Besson	7.49m
W40	Becky Copeland	7.57m
	Lois Lott	6.22m
W45	Jean Moule	7.24m
W65	Patricia Osmon	6.40m

Discus Throw

M33	Martin Jaqua	43.48m
M35	Forest Brouillard	23.24m
M40	Dennis Rabe	35.41m
	Sam Strickland	33.68m
M45	Al Kuschnet	35.69m
M50	George Mathews	37.39m
	Gary Stenlund	36.02m
	Conrad Sundholm	34.52m
	Jack Kondrasuk	31.75m
	Tony Padilla	30.25m
M55	Neil Saling	42.04m
	Stan Zak	33.66m
	Frank Miller	31.72m
M60	Lasislav Filip	46.89m
	Harvey Lewellen	34.90m
M65	Ward Church	30.56m
	Walter Atcheson	20.68m
M70	Jim Minah	28.50m
	Roy Atherton	25.91m
M80	Leon Joslin	27.89m
	Ray Noe	19.10m
W40	Lorraine Green	24.71m
W45	Jean Moule	14.05m
W55	Melissa Buchan	16.05m
W65	Patricia Osmon	13.74m

Hammer Throw

M35	Forrest Brouillard	36.22m
M40	Dennis Rabe	7.99m
	Patrick Ellsberg	23.11m
	Sam Strickland	22.12m
M50	George Mathews	48.74m
	Gary Stenlund	31.93m
	Tony Padilla	23.06m
M55	Frank Miller	34.82m
M65	Ward Church	20.80m
M70	Jim Minah	16.96m
	Roy Atherton	22.58m
M80	Leon Joslin	25.15m
W45	Jean Moule	12.62m

Javelin Throw

M40	Sam Strickland	50.24m
	Dennis Rabe	47.07m
	Mark Copeland	46.30m
	Patrick Ellsberg	39.73m
	Robert Burkholder	48.46m
M50	Gary Reddaway	52.45m
	Gary Stenlund	52.07m
	Robert Gent	35.36m
	Ora Banister	28.74m
M55	Don Gray	31.14m
	Ed Phelps	27.36m
M60	John Hepner	33.88m
M65	Richard Nordquist	32.26m
	Cal Hersey	29.34m
	Ward Church	19.79m
M70	Bill Bronson	34.09m
	Joseph Mallon	22.50m
M80	Leon Joslin	18.11m
W40	Lorraine Green	19.58m
	Becky Copeland	17.35m
W45	Jean Moule	11.91m
W50	Becky Sisley	32.13m
	Rose Schlewitz	17.17m
W55	Ginny Baker	17.83m
W65	Patricia Osmon	13.44m

INTERNATIONAL

New Zealand Championships
Auckland; March 12-14

100m

M40	L	Malcolmson	12.27
	M	Gaukrodger	12.34
	R	Purdie	12.55
M45	T	Guptill	12.85
	R	Vincent	12.91
M50	R	Petrie	13.44
	A	McGray	13.61
M55	B	McPhail	12.60
	S	Foster	13.43
	B	Savage	13.92
M60	B	Kerr	14.04
	A	Anderson	14.68
M65	F	Copeman	14.31
	B	Wotherspoon	15.46
M70	B	Nicholson	15.59
	D	Greenlees	16.23
	D	Sibley	16.30
M75	B	De Bazin	17.84
M80	B	Kaiser	16.29
W35	L	Lochhead	14.09
	S	Ross	14.18
W40	A	Hunter	14.26
	M	Doyle	14.62
	T	Ramanui	14.68
W45	P	Hunt	13.56
	A	Hathaway	14.00
	C	Waring	14.30
W50	M	Orman	15.66
	G	Dick	15.97
W55	M	Peters	14.82
	J	Williams	16.56
W60	C	Brunker	16.02
	C	Blair	16.26
	B	Vine	16.82
W65	A	Acott	17.87
W70	I	Lister	21.66

200m

M40	L	Malcolmson	24.04
	M	Graukrodger	24.43
	R	Purdie	24.97
M45	M	Clarkson	26.00
	R	Vincent	26.47
	M	Callaghan	26.50
M50	R	Petrie	26.75
	A	McGray	27.26
M55	B	McPhail	25.35
	S	Foster	26.42
M60	B	Kerr	27.50
	R	Johnson	29.57
M65	F	Copeman	29.66
	R	Dawson	31.20
M70	B	Nicholson	32.25
	D	Sibley	33.02
M75	B	De Bazin	37.49
M80	B	Kaiser	34.21
W35	L	Lochhead	28.41
	S	Ross	28.73
W40	A	Hunter	29.17
	T	Ramanui	29.91
W45	P	Hunt	27.54
	A	Hathaway	28.42
	C	Waring	29.59
W50	M	Orman	30.80
	B	Windeatt	31.70
W55	M	Peters	29.90
	J	Williams	34.00
W60	C	Brunker	33.96
	B	Vine	34.22
W65	A	Acott	36.25
W70	I	Lister	46.44

400m

M40	M	Gaukrodger	53.78
	G	Simpson	55.15
M45	M	Clarkson	55.25
	A	McLaughlin	56.35
M50	L	Smith	61.68
M55	B	McPhail	59.59
	S	Foster	60.37
M60	B	Kerr	62.85
	R	Evans	66.15
M70	H	Clark	74.42
	B	Nicholson	79.33
M75	B	De Bazin	95.27
M80	B	Kaiser	84.87
W35	S	Ross	64.33
	L	Lochhead	66.38
W40	T	Ramanui	67.16
	J	James	68.34
W45	A	Hathaway	63.00
	C	Waring	67.67
W50	M	Orman	67.36
	J	Chandler	71.19
W55	M	Peters	76.19
	J	Williams	84.07

Continued on next page

Continued from previous page

W60 M Petley 77.86
C Brunker 81.26
W65 a Acott 84.62

800m
M40 P Williams 2:02.33
K Read 2:04.68
G Neill 2:05.24
M45 M Clarkson 2:04.30
A McLaughlin 2:06.53
M50 T Timperley 2:20.32
B McLean 2:21.34
M55 N Jones 2:29.51
B De Bell 2:35.62
M60 R Evans 2:31.56
R Barnett 2:40.59
M65 B Connor 3:18.13
M70 H Clark 2:49.96
M80 F Cox 4:36.50
W35 V Adams 2:25.62
M Hillier 2:34.35
W40 P Graham 2:17.13
C Simpson 2:35.26
W45 L Reed 2:38.83
P Davey 2:39.86
W50 M Orman 2:29.47
J Chandler 2:37.75
W55 P Hewitt 2:54.56
W60 N Perry 4:04.69
W65 A Acott 3:24.88
W75 K Kenneth-Low 4:28.21

1500m
M40 P Williams 4:06.62
G Neil 4:22.21
M45 M Clarkson 4:16.88
M Nelson 4:20.81
M50 R Robertson 4:31.85
B McLean 4:45.16
M55 N Jones 5:02.89
P Mills 5:03.21
M60 R Evans 5:04.72
G Pearce 5:10.83
M65 J Jones 5:48.90
W Opperman 6:02.79
M70 H Clark 5:44.75
M80 F Cox 8:52.92
W35 S Taylor 4:49.82
V Adams 4:56.00
M Hillier 4:59.21
W40 P Graham 5:03.37
C Simpson 5:08.16
S Payne 5:10.81
W45 L Reed 5:17.99
P Davey 5:27.46
W50 M Orman 5:27.97
F Riley 5:34.24
W55 P Hewitt 5:42.26
I Foley 6:24.35
W60 J Dunn 6:47.52
W65 N Little 6:49.88
W75 K Kenneth-Low 10:00.48

5000m
M40 D Litt 15:49.00
J Bower 16:26.00
M45 M Nelson 15:54.00
R House 16:17.00
M50 R Robertson 16:00.33
C MacLachlan 16:24.25
M55 P Mills 18:13.92
J Horning 19:21.88
M60 G Pearce 19:08.99
B Perry 19:40.8
M65 J Jones 21:26.3
B Connor 21:47.8
M70 H Clark 23:28.0
A Clements 24:48.5
W35 V Adams 17:53.2
C Raven 18:42.4
W40 J Stewart 18:53.7
J Cheesman 19:41.6
W45 L Reed 19:00.3
O De Ridder 20:29.1
W50 F Riley 21:19.3
I Foley 22:38.7
W60 J Dunn 24:21.5
W65 N Little 23:52.4

10,000m
M40 D Litt 33:54
S Odermatt 34:08
M45 R House 34:50
B Carter 35:27
T Lamb 36:36
M50 R Robertson 33:56
R Robinson 35:44
M55 P Mills 39:56
J Horning 41:12
M60 G Pearce 39:48
B Perry 44:49.00
M65 B Connor 53:27.00
M70 A Clements 48:04.00
M80 F Cox 71:32.00
W35 L Grimmer 39:13.80
M Hillier 39:38.31
C Raven 40:31.08
W40 J Stewart 39:51.84
W45 L Parton 44:00.24
W55 P Hewitt 44:06.80
W65 N Little 48:51.60

80mH
M60 J Blair 16.20
V Harris 16.71
W40 J Andersen 14.96
H Davidson 17.57
W45 P Hunt 13.50
W50 A McManus 18.19
V Hood 18.43
W60 C Blair 17.33

100mH
M40 M Andersen 18.13
G Smith 18.87
M45 M Callaghan 18.82
R Stewart 22.39
M50 R Fletcher 16.62
R Petrie 19.29
M55 S Foster 18.31
B Clarke 19.10

200mH
M40 L Malcolmson 29.51
G Smith 30.29
M45 M Callaghan 32.76
D Trow 35.53
M50 R Fletcher 31.36
M55 B Clarke 33.73
M60 A Anderson 38.13
W40 D Howell 42.38
W45 P Hunt 33.34

300mH
M50 R Fletcher 48.32
M55 S Foster 47.30
M60 V Harris 56.75
W40 J James 59.01
W60 B Vine 67.96

400mH
M40 K Read 64.03
W Wright 69.62
N45 M Callaghan 65.85

Steeplechase
M45 B Cooper 10:54.00
DF Trow 11:46.08
M50 R Robertson 10:04.95
B McDougall 12:12.96
M55 P Mills 12:08.61
M60 B Perry 8:41.59
R Johnson 8:56.43
M65 J Jones 8:57.99
M70 D Greenlees 10:12.42
W35 S Taylor 7:19.88
V Adams 7:29.70
W40 D Howell 9:58.33
D Spiers 10:07.30
W45 L Reed 8:17.27
O De Ridder 8:49.04
W50 M Orman 7:43.99
F Riley 8:42.96
W55 L Fraser 11:50.00

High Jump
M40 A Stringer 1.72
M Andersen 1.54
G Simpson 1.45
M45 R Stewart 1.35
D Trow 1.25
M50 R Fletcher 1.60
G Blair 1.40
M55 B McPhail 1.41
I Montgomerie 1.27
M60 J Blair 1.33
M65 L Carter 1.00
M70 S Johnson 1.24
M80 F Cox 0.90
W40 J Anderson 1.41
M Doyle 1.32
N Bowmar 1.32
W45 B Austin 1.20
W50 G Dick 1.17
V Hood 1.05
W55 M Slattery 0.99
W60 J Jacobs 1.05
C Blair 1.02
W70 I Lister 0.99

Pole Vault
M40 M Andersen 3.20
M45 R Stewart 2.50
M50 R Skuse 1.90
M60 R Johnson 2.30
C Deacon 2.20
W40 J Andersen 2.20
M Doyle 1.90

Long Jump
M40 M Gaukrodger 5.71
G Simpson 5.69
M45 M Callaghan 4.80
D Trow 4.32
M50 R Fletcher 5.35
L Smith 4.53
M55 B McPhail 5.60
D Ward 4.53
T Cowley 4.46
M60 J Blair 4.16
C Bishop 3.76
H Mein 3.62
M65 R Dawson 3.54
M70 D Sibley 3.22
M80 F Cox 2.21
S Hogg 2.13
W35 S Ross 4.47
L Lochhead 4.42
W40 A Hunter 4.40
M Doyle 4.13
H Davidson 4.07
W45 P Hunt 4.51
B MacLeod 4.02
R Rooney 3.26
W50 B Windeatt 3.63
G Dick 3.54
W55 L Hinton 3.59
M Slattery 3.32
W60 C Blair 3.70
M Petley 3.45
W65 A Acott 2.84
W70 I Lister 2.32

Shot Put
M40 P Wilson 9.08
M Andersen 8.69
M45 R Stewart 9.60
G McColl 9.28
M50 H Van Twuiver 10.28
G Love 9.99
M55 F Goodall 7.95
V Petry 7.66
M60 C Scott 10.06
V Marks 9.85
M65 A Jeffries 10.49
D Leech 9.16
M70 S Johnson 11.34
D Scratton 10.75
M80 S Hogg 7.48
N Hawke 7.39
W35 D Murray 9.28
H Ward 8.26
W40 H Steer 8.97
A Hunter 8.22
W45 B Austin 8.80
A Hathaway 8.23
W50 V Hood 9.21
W55 M Stanley 9.22
S Dumble 7.94
W60 C Brunker 7.43
B Vine 7.25
W65 P McArthur 6.17
W70 H May 6.55
W75 K Kenneth-Low 5.23

Discus
M40 C Murch 35.70
M Andersen 26.48
M45 R Stewart 32.42
G McColl 31.28
M50 G Lovew 34.32
R Fletcher 29.28
M55 L Devlin 30.74
F Goodall 27.32
M60 C Scott 40.84
J Blair 33.86
M65 A Jeffries 34.52
D Churches 32.40
M70 S Johnson 33.22
M80 S Hogg 18.24
N Hawke 17.76
W35 D Murray 20.88
H Ward 20.40
W40 H Steer 25.64
B Church 24.46
W45 B Austin 21.94
W50 V Hood 26.64
W55 M Stanley 26.64
W60 C Brunker 21.72
C Blair 19.06
W65 A Williams 17.10
W70 H May 18.66

Hammer
M45 G McColl 32.20
M50 T Brown 40.92
M55 L Devlin 43.60
M60 C Scott 32.94
M70 S Johnson 43.24
M Carr 41.14
M80 N Hawke 26.58
W35 D Murray 21.30
J Hurring 19.68
W40 H Steer 34.18
B Church 22.52
W50 V Hood 32.24
V Babe 28.02
W55 M Stanley 28.30
C Scratton 24.42
W60 P Leech 23.08
C Brunker 20.06
W65 A Williams 16.04
W70 H May 21.40

Javelin
M40 L Malcolmson 46.02
C Murch 45.56
B Doyle 40.04
M45 R Stewart 38.78
M50 R Fletcher 39.42
G Blair 38.40
M55 F Goodall 37.78
M60 V Marks 34.68
M65 A Grayburn 45.74
M70 D Scratton 29.80
M80 N Hawke 21.86
W35 T Price 22.46
D Murray 21.38
W40 M Doyle 24.94
B Church 23.26
W45 A Hathaway 23.18
B Austin 20.94
W50 M Orman 24.20
V Hood 22.88
W55 S Dumble 18.94
I Bishop 17.84
W60 W Pepene 25.30
C Blair 23.54
W65 A Williams 17.42
W70 H May 19.04
W75 K Kenneth-Low 11.46

3000m Trackwalk
M40 N Campbell 18:07.26
P Taylor 22:14.31
M45 G Inglis 14:12.69
M50 D Kirby 16:08.66
K Hallaway 17:08.21
m55 M Hinton 14:46.16
J Tregurtha 16:21.63
M60 O Mildon 17:17.50
P Williams 17:50.56
M65 K Sanders 19:42.88
M80 F Cox 24:41.24
W35 J Hurring 18:36.61
W40 D Kelly 16:06.59
W45 C Bone 17:16.04
N Harris 18:57.43
W50 L Foster 16:48.61
W55 B Anderson 17:42.23
W60 N Perry 19:36.55
J Dunn 19:52.80
W65 N Little 20:55.43
W75 K Kenneth-Low 21:38.67

10K Roadwalk
M40 N Campbell 65:52
M45 G Inglis 52:27
M50 D Kirby 57:48
M55 M Hinton 55:02
M60 O Mildon 62:55
P Williams 63:40
M65 K Sanders 67:53
W35 J Hurring 68:--
W40 D Kelly 60:--
W45 C Bone 61:--
W50 L Foster 62:--
W55 B Anderson 64:--
W60 N Perry 71:--

British Veterans Athletic Federation Championships
Monkton Stadium, Jarrow
July 17-18

100m
M40 A Ross 11.72
S Peters 11.80
J Brownie 11.82
M45 B Townley 11.98
B Webber 12.11
S Wiles 12.28
M50 B Ferguson 12.66
R Auston 12.72
J Steede 12.84
M55 R Taylor 12.30
D Burton 13.07
J Coody 13.38
M60 C Williams 13.19
B Parnaby 13.61
G Daborn 13.76
M65 M Meddings 13.56
G Bridgeman 14.32
J Moran 14.78
M70 L Williams 14.98
E Plimer 15.62
S Stein 15.66
M75 B Metcalfe 16.64
L Watson 16.70
W35 J Kirby 12.72
M Smith 13.30
W40 J Saunders 13.61
B Elliott 13.80
A LePlongeon 13.86
W45 V Parson 13.83
Y Priestman 13.90
M Nuttall 14.48
W50 D Window 14.84
M Axtell 14.96
J Charles 15.20
W55 U Gore 14.80
E Williams 15.14
E Turner 15.94
W60 B Green 19.52
W70 M Wixey 17.64

200m
M40 J Cairns 22.7
S Peters 22.9
A Ross 22.9
M45 B Townley 23.76
W Thomas 24.38
S Wiles 24.66
M50 J Henson 24.16
J Rae 25.06
R Austin 25.55
M55 R Taylor 24.22
D Burton 25.32
T Bowman 27.25
M60 C Williams 26.32
B Parnaby 26.60
G Daborn 27.36
M65 A Meddings 27.10
G Bridgeman 28.60
M70 W Carmen 32.48
M75 E Plimer 32.88
L Watson 33.53
W35 J Kirby 25.23
M Smith 26.82
D Baldwin 28.92
W40 J Saunders 27.04
B Elliott 27.38
A McMahon 27.82
W45 Y Priestman 27.92
A McDonald 27.94
M Hocknell 29.12
W50 A Axtell 30.02
J Towler 30.26
W55 U Gore 29.70
E Turner 32.96
W60 B Green 38.30
W70 M Wixey 35.98

400m
M40 S Peters 52.31
D Lucas 52.37
D Taylor 54.12
M45 A Clark 52.8
W Thomas 55.1
M Corboy 56.0
M50 J Henson 54.18
J Rae 55.50
A McNamee 56.36
M55 R Taylor 55.40
W Morgan 55.76
J Ross 57.54
M60 B Parnaby 60.59
T Clowry 61.62
A Clinton 62.08
M65 J Cowler 64.8
A Meddings 64.82
I Steedman 66.70
M70 W Carmen 79.10
M75 L Watson 81.21
W35 K Collbrook 60.28
C Smith 61.28
S Smith 61.28
W40 J Saunders 60.35
C Marler 62.70
E McMahon 63.21
W45 A McDonald 64.04
Y Priestman 66.12
M Hockmill 67.24
W50 J Hulls 67.17
I Hornsea 72.52
W55 J Towler 73.46
M Holmes 77.50
M60 B Green 92.58
W65 M Shone 79.58
W70 G Buldger 1:55.8

800m
M40 G Grant 1:55.32
J Gough 2:03.36
S Halion 2:03.44
M45 A Clark 1:59.62
J Treadwell 2:01.53
J Butler 2:02.09
M50 R Phipps 2:07.02
M Smith 2:08.86
F Hearns 2:08.96
M55 J Ross 2:11.18
B Bartholomew 2:12.66
I VaughnArbuckle 2:17.08
M60 T Clowry 2:19.14
D Thomas 2:19.24
M65 J Cowler 2:42.16
K Crooke 2:43.50
W35 J Asgill 2:11.68
K Colebrook 2:15.54
J Hughes 2:16.42
W40 C Marler 2:20.24
D Marsh 2:20.30
J Barrus 2:28.68
W45 P Gallagher 2:22.56
I Watson 2:36.76
W50 J Hulls 2:38.70
I Horsey 2:43.84
W55 M Holmes 3:01.08
W70 G Bulger 4:14.06

1500m
M40 G Grant 4:08.28
P Molloy 4:12.50
P Duhig 4:14.92
M45 H Morton 4:12.19
D McKenzie 4:13.77
J Treadwell 4:19.82
M50 R Phipps 4:25.42
J Balentine 4:27.58
M Smith 4:29.54
M55 B Bartholomew 4:40.78
R Checkley 4:52.88
A Oliver 4:55.12
M60 M Morrell 4:45.12
B Ramage 4:53.36
D Thomas 4:57.42
M65 K Crook 5:40.32
F Copping 6:12.02
M70 T Joynson 6:22.37
M75 J Snelson 7:42.94
W35 J Hughes 4:40.56
K Colebrook 4:46.56
S Weatherburn 5:02.90
W40 D Marsh 4:38.90
J Barras 4:59.36
K Dowson 5:08.68
W45 P Gallagher 4:54.44
L Watson 5:18.68
W50 I Hornsey 5:35.94
P Card 5:44.92
W55 P Jones 5:57.28
W70 J Waller 6:47.58

5000m
M40 G Seewood 14:58.52
A Catton 14:58.58
S Webb 15:05.86
M45 H Mathews 15:33.56
R Smith 15:43.64
C Dickinson 15:50.06
M50 L Presland 15:40.22
R Highnam 16:12.20
J Bollentine 16:23.26
M55 I VaughnArbuckle 17:33.60
J Prudham 18:09.92
A Prouce 18:48.36
M60 M Morrell 17:27.68
E Appleby 17:32.52
M65 W Marshall 18:02.12
B Belmore 19:07.52
M70 J Johnston 21:40.26
M75 T Joynson 23:03.12
W35 J McColl 17:36.32
D Hoogesteger 17:57.74
W40 M Statham 17:13.32
W45 E Robinson 17:25.88
E Statham 18:24.42
W50 J Bedford 19:10.27
A Nalley 20:20.36
W55 J Manners 20:14.54
P Jones 21:24.42
W65 J Ross 22:14.96
W70 J Waller 23:38.10

10,000m
M40 R Smedley 30:53.04
A Catton 31:52.02
S Markley 31:54.78
M45 R Smith 32:14.78
C Youngson 32:45.10
C Dickinson 33:26.34
M50 T Hawkins 33:58.97
G Harrod 34:29.18
P Lancaster 34:44.86
M55 P Dobbs 34:56.66
M60 E Appleby 36:28.36
W Ramage 37:59.52
S Harbicker 40:32.06
M65 W Marshall 37:30.60
R Franklyn 42:22.48
M70 J Johnson 46:19.16
M75 L Jones 53:37.82
W35 J McColl 37:42.38
A Lippitt 38:42.38
D Wakefield 39:13.22
W40 M Statham 35:43.94
J Foster 41:21.36
W45 E Robinson 35:56.20
B Bradshaw 41:59.10
W50 A Nally 42:16.36
K Hope 43:27.58
W55 P Jones 44:32.62
W70 J Waller WR48:10.98

Short Hurdles
M40 T Hall 18.36
M45 E Fitzgerald 17.39
M50 B Ferguson 14.77
J Howe 16.47
B Ariss 19.28
M55 C Shafto 16.44
T Mackay 18.18
J Day 19.99
M60 G Daborn 16.69
A Woods 18.54
M65 I Steedman 17.77
M70 L Williams 15.86
W Carmen 17.84
W35 J Kirby 14.24
L Elliott 17.68
W40 J Wills 12.18
D Shimell 15.88
P Garven 16.70
W50 P McNab 13.56
J Charles 15.34

Steeplechase
M40 M Bueleigh 9:42.92
A Keyes 9:48.12
G Murdock 9:48.94
M45 A Stedman 10:30.82
M50 H Billings 11:11.86
A Craves 13:32.24
M55 D Coward 12:55.02
M60 M Morrell WR7:13.66

Long Hurdles
M40 R Lawson 61.42
T Hall 63.88
B Harper 64.10
M45 J Gelder 62.40
W Thomas 63.64
M50 J McNamee 64.78
F Bush 65.16
B Ariss 71.82
M55 J Baron 67.60
M60 G Daborn 46.10
P Field 49.54
M65 K Whitaker 51.66
I Steeman 52.39
M70 W Carmen 62.32
W35 C Smith 70.47
L Elliott 78.36
W40 J Wills 69.14
W45 M Hocknell 74.91

High Jump
M40 P Oakes 1.75
G Griffiths 1.70
M James 1.65
M45 J Fanning 1.70
E Fitzgerald 1.65
M50 C Green 1.47
R Wancock 1.44
B Charles 1.32
M55 A Crocker 1.59
C Shafto 1.56
M60 C Taylor 1.31
D Field 1.25
M65 G Leete 1.34
W40 P Garvey 1.28
W45 J Smallwood 1.35
P Oakes 1.25
W50 J Charles 1.20
W55 D McLennan 1.05

Pole Vault
M40 P Goulding 3.60
G Leckie 3.20
J Loughran 2.50
M45 E Fitzgerald 3.40
M50 J Howl 3.00
B Harlick 2.80
M55 A McKay 3.50
J Day 2.80
M60 R Brown 3.50
A Woods 2.80
W50 Pat McNab 2.70
W55 D McLennan 1.90
S Champion 1.40

Long Jump
M40 Mick James 6.91
Colin Wright 6.89
Paul Oakes 6.19
M45 E Fitzgerald 5.54
J Gelder 5.53
M50 P Duckers 5.94
G Jephcott 5.58
C Green 5.56
M55 Ivan Price 4.22
M60 D Field 4.43
A Woods 4.38
M65 A Kalriat 4.96
G Bridgeman 4.36
W35 Margaret Smith 4.51
W40 J Wills 5.41
E McManon 4.95
C Love 4.52
W45 M Nuttall 4.43
J Smallwood 4.05
R Hinds 3.90
W50 J Charles 4.37
W55 B Steedman 3.90
W70 M Wixey 3.04

Triple Jump
M40 M James 13.05
P Oakes 12.14
T Hall 11.50
M45 E Fitzgerald 11.35
M50 G Jephcott 11.12
J Lornie 10.80
C Green 10.71
M55 J Phillips 9.83
J Day 9.52
W35 K Colebrook 8.80

Continued on next page

Continued from previous page

W40	J Wills	10.10
W45	P Oakes	9.22
	M Nuttall	8.79
W50	J Charles	8.72
	P McNab	7.60

Shot Put

M40	R Steventon	12.91
	N Hooker	11.41
M45	N Griffin	12.38
	B Lockley	12.22
M50	J Scott	13.80
	J Conroy	12.55
M55	T Mackay	10.82
	B Strange	10.45
	C Darrett	10.20
M60	D Telford	12.15
	M McGarry	11.80
	J Watson	11.47
M65	R Laidler	9.65
	J Hepworth	9.50
M70	J Dodley	8.15
	W Jenkins (guest)	9.63
M75	B Metcalfe	8.48
W50	Jean Hulls	8.34
	Carole Derrien	7.54
W55	Evan Williams	11.19
	Mary Holmes	6.42
W65	Estelle Jenkins	6.06
W70	Mary Wixey	5.01

Discus

M40	W Renshaw	38.62
	N Hooker	35.86
	R Stevenson	34.56
M45	Neil Griffin	42.72
	Godfrey Leak	34.64
	David Webster	34.48
M50	J Conboy	42.46
	P Gabbett	38.42
	J Kee	36.76
M55	H Richardson	39.34
	T MacKay	36.06
	B Strange	35.44
M60	J Watson	39.34
	D Field	35.66
	A Woods	35.04
M65	B Ladler	28.72
	J Hepworth	27.74
M70	L Williams	30.94
	W Jenkins	28.38
M75	B Metcalf	22.38
W35	E LeClaire	21.50
W45	L Eldridge	22.44
W50	C Derrien	24.12
W55	E Williams	27.66
W70	M Wixey	12.54

Hammer

M40	R Lambourne	37.62
	N Hooker	36.90
M45	B Lockey	42.90
	N Griffin	39.28
M50	J Kee	46.64
	W Gentleman	46.32
	J Scott	43.50
M55	D Bayes	46.78
	H Richardson	45.60
M60	P McEvoy	40.06
	J Watson	39.96
M65	L Child	24.16
	J Hepworth	22.26
M70	W Jenkins	35.06
M75	B Metcalf	25.02
W35	E LeGlaire	27.62
W40	P Wilde	17.56
W50	P McNab	42.62
	C Derrien	33.70
W55	E Williams	41.66
	B Dunsford	19.88
W65	E Jenkins	18.68

Javelin

M40	P Oakes	47.90
	R Steventon	42.28
M45	K Turnbull	55.00
	P Cramp	46.60
	P Owen	41.98
M50	M Turner	49.10
	D Price	45.52
M55	C Brand	44.08
	J Phillips	42.70
M60	M Morrell	41.74
	D Fields	37.00
M65	R Laidler	31.20
M70	J Dooley	23.20
W35	S Creasey	19.64
W40	J Hadley	31.22
	J Saunders	24.00
W45	L Eldridge	29.6-
	C Morris	29.2-
W55	E Williams	33.04
W70	M Wixey	12.94

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Thursday Nite Two Mile
Rochester, NY; June 24

Overall		
	Scott Bagley	9:05.6
	Audra Naujokas	11:15.6
M40	Chas McMullen 42 (single-age WR)	9:17.6
	Bill McMullen	10:24.9
	Dale Ladd	11:11.5
	Alan Hamburg	13:15.0
M50	Jim Palmeri	13:13.1
W30	Patti Winn	12:37.6

North Shore ½ Marathon
Swampscott, MA; June 26

Overall		
	John Barbour	1:13:17
	Michele Johns	1:29:16
M10-49		
	Paul Ducey	1:20:44
	Jack Afarian	1:22:05
	Len Femino	1:23:56
M50-59		
	Jim Foley	1:21:11
	Peter Wallan	1:33:33
M60-69		
	Don Ross	1:32:32
W40-49		
	Pamela Nisetich	1:41:17
	Marty Post	1:44:00
	Jean Boswell	1:46:45
W50-59		
	Wendy Burbank	1:49:27
	Christine Robertson	2:14:17
W60-69		
	Dorothy Bergman	2:03:09

Sunset Classic 5M
Bloomfield, N.J.; July 1

M40	John Serrao	25:27
	Larry Torella	26:33
	David Dunne	26:48
W40	Joanne Doyle	33:26
	Gloria Averbuch	34:29
	Irene Chung	36:42
M50	Julio Lugo	30:41
	Dan Schulgasser	31:22
	Jan Kristiansen	31:40
W50	Joan Saltz	35:00
	Helene Bedrock	36:07
	Ann Gillespie	36:46
M60	Hans Hunziker	33:51
	Geo Studzinski	34:11
	Wm Prendergast	35:16
W60	Geri Lerner	47:42
	Melva Murray	52:54
	Marion Scott	56:21
M70	Dudley Healy	46:22
W70	Ruth Conroy	55:05
	2180 Finishers	

Firecracker 4M
Cranford, NJ; July 4

M40	Mike McHale	21:26
	Roger Price	21:55
	Vince Shaw	22:04
W40	Lily Kosaka	28:22
	Linda Ferrara	29:57
	Fran Drymon	30:41
M45	Atlaw Belilgne	21:30
	John Corcoran	22:30
	Mike Glasso	23:39
W45	Lois Brown	32:50
	Peggy Joyce	42:39
	Gail Roberts	46:24
M50	Pat Cosgrove	23:08
	Sid Howard	23:29
	Bill Loughraw	24:52
W50	Madeline Bost	27:47
	Joan Saltz	27:50
	Joan Bondell	31:55
M60	Geo Studzinski	26:30
	John McManus	27:03
	Hans Hunziker	27:08
W60	Lois Filreis	33:05
	Melva Murray	39:18
	Trudy Schmidt	44:18
M70	Santee Tallia	31:42
	Steve Stephens	35:25
	Dudley Healy	36:34
W70	Marie Stover	51:42
	700 Finishers	

Boilermaker 15K
Utica, NY; July 11

Overall			
	Thomas Osano	23	43:39
	Gitte Karlshoj	34	51:07
M40	Nick Rose		46:00
	Manuel Vera		46:35
	Nigel Gates		46:49
	Artemio Navarro		47:39
	Tom Birnie		48:24
	Brian Kirkwood		48:36
	Joseph Nzau		50:54
	Carlos Roa		51:00
M45	J L Seymore		54:24
	Tom Lamme		55:17
	Paul Natelli		58:00
M50	Allan Weiser		52:57
	Ray Kneer		53:06
	Jim Lupton		54:19
	Jerry Smith		55:12
	Bill Stewart		55:33
	Dennis Featherst		57:22
M55	Fay Bradley		54:21
	Sam Graceffo		62:04
	Philip Yapaolo		63:35
M60	Howard Rubin		65:05
	Rich Hause		67:27
	George Armstrong		67:56
M70+	Anthony Napoli		66:22
	Hubert Morgan		71:34
	Lucian Leone		80:38
W40	Carole McLatchie		54:56
	Diane LeGare		55:57
	Suzanne Ray		56:20
	Karen Blackford		57:49
W45	Barbara Filutze		56:06
	Sharon Bigart		68:08
	Marilyn Heller		73:25
W50	Shirley Matson		58:27
	Margret Betz		68:08
	Gloria Brown		70:15
W55	Wen-Shi Yu		73:40
	Becky Morris		78:36
	Mary Ann Rusz		80:38
W60+	Anny Stockman		71:54
	Helen Bueme		79:45

NYRRC Roosevelt Island 5K
NYC; July 18

Overall		
	Kevin Sullivan 27	15:17
	Jean Chodnicki 34	17:42
M40	Vincent Shaw	16:52
	Ernesto Ayala	17:04
	Keith Sullivan	17:12
M45	Atlaw Belilgne	16:14
	Luis Cuachichuzca	17:08
	Jack Frame	17:59
M50	Manfred Konrad	17:31
	Pat Cosgrove	17:43
	Justino Valentin	18:15
M55	Witold Bialokur	18:21
	John Nutt	22:07
	Joseph Vadnos	23:56
M60	Arnie Green	18:58
	Robert Kahn	20:02
	Eric Seiff	20:13
M65	Bill Fortune	19:53
	John McManus	20:20
	Jack Haar	21:26
M70	Wallace Cutler	24:25
M75+	James Keeney 77	26:15
	George Jaffe 78	27:57
W40	Jackie Seltzer	22:19
	Johana Carter	23:17
	Judy Hummel	25:00
W45	Bonnie Dietrich	23:15
	Elsy Correa	24:35
	Gloria Starcevich	24:44
W50	Edith Jones	23:05
	Susanna Beltrandi	23:21
	Joan Bondell	24:11
W55	May Chou	23:45
	Patsy Nutt	27:29
W60	Bertha McGruder	30:52
W65	Arlene Kernis	31:39
	Jozi Neulinger	33:01

Finishers: 360m/169w
Weather: 77°/sun/slght brz

K-Rock Reservoir Run 5K
Central Park, NYC; August 1

Overall		
	Esteban Vanegas	15:35
	Gordon Bakoulis	16:39
M40	Hal Tozer	17:25
	Michael Dougherty	17:27
	Dwight Melhodo	17:29
M45	Atlaw Belilgne	16:26
	Art Hall	16:31
	Julio Aguirre	18:02
M50	L.A. Flores	17:31
	Maury Dean	17:45
	Pat Cosgrove	17:47
M55	Alan Fairbrother	19:23
	Arthur Reilly, Jr.	21:12
	Anthony Viner	22:48
M60	Kenneth Jones	19:46
	Robert Kahn	20:16
	Joseph Burns	21:19
M65	William Fortune	19:53
	Jack Haar	22:17
	Joseph Simonte	23:01
M70	John McManus	20:33
	Wallace Cutler	24:59
	James Leff	1:19:15
W40	Shristine Summerson	22:07
	Sandra Susman	22:52
	Donna Garrett	23:21
W45	Ann Makoske	20:36
	Laurie Baker	21:52
	Marjorie Kos	22:00
W50	Harriet Oster	22:28
	Susanna Beltrandi	23:11
	Edith Jones	23:42
W55	Helene Bedrock	22:21
	Wen-Shi Yu	23:20
	Lynn Sherman	26:27
W60	Sylvia Weiner	24:09
	D A Finkelstein	30:55
	Adele Stroh	31:05
W65	Arlene Kernis	31:46
	Jozi Neulinger	34:27
W70	Althea Jureidini	39:27
	Mayme Bdera	48:50

Finishers: 934m/510w
Weather: 82°/47%h/w5mph

SOUTHEAST

Peachtree Road Race
Atlanta, GA; July 4

Masters Men		
	Manuel Vera	29:44
	Nick Rose	29:50
	Nigel Gates	29:53
	Joseph Nzau	30:53
	Pierre Levisse	31:04
	Brian Kirkwood	31:12
	Earl Owens	31:13
	Tom Birnie	31:20
	Nolan Smith	31:39
	Jim P. Scheckel	33:15
	J.F. Galloway	33:23
	Paul Toma	34:08
	Francisco Martinez	34:09
	Joel L. Majors	34:33
	Bob Dalton	34:38
	Lloyd D. Boone	34:42
	Don Tomczak	34:54
	Bill Brackin	35:06
	David Mauterer	35:11
	Rondel C. Bolin	35:15
	Tom M. Dooley	35:21
	Kevin J. Kelly	35:24
	Jerry McClanahan	35:29
	Terry Vanatta	35:46
	Tom O'Connor	35:47
Masters Women		
	F. Larrieu Smith	33:49
	Carol McClatchie	35:18
	Suzanne Ray	36:05
	Barbara Filutze	36:18
	Judith Hine	37:19
	Nancy Grayson	37:23
	Catherin Lempesis	38:01
	Mindy Ireland	38:09
	Alendia Vestal	39:04
	Kay C. Harrison	40:12
	Maggie Dimon	40:57
	Birgit H. Horn	41:24
	Kathy Green	41:42

MIDWEST

First of America
Ann Arbor, MI; May 29

5K		
Overall		
	Michael Herrell	15:45
	Laurel Park	17:31
M40	Danny Murphy	16:44
M45	Michael Highfield	18:25
M50	Maury Dean	16:53
M55	David Peelle	19:47
M60	Art Ketelhut	19:56
M65	John Patton	23:47
M70+	Robert Foster	26:31
W40	Jane Ketchin	20:02
W45	Carolyn Dick	20:34
W50	Ellen Nitz	20:27
W55	Charlene Eisenlohr	28:49
W60	Betty DeWolf	39:07
W65	Martha Krisciunas	38:16
W70+	Marion Curtis	30:51
10K		
Overall		
	John Scherer	28:40
	Melinda Schmidt	33:24
M40	Doug Kurtis	30:57
M45	Peter Hallop	34:26
M50	John Lyndon	38:13
M55	Ralph Judd	39:00
M60	M Yamauchi	45:19
M65	Richard Benninya	43:54
M70+	Edmond Devine	55:22
W40	Nancy Grayson	36:32
W45	Nancy Plantz	43:42
W50	Marilyn Morehead	45:35
W55	Sarah Savarino	51:41
W60	Rosemarie Baker	60:11
W65	Agnes Perkins	63:32
Half-Marathon		
Overall		
	Scott Fry	1:03:42
	Karlene Herrell	1:17:53
M40	John Scott	1:17:44
M45	Kenneth Rowe	1:13:28
M50	Doug Goodhue	1:18:20
M55	Hartley Vezina	1:24:48
M60	Theodore Fasing	1:30:18
M65	James Forshee	1:27:38
M70+	Nathan Pack	1:54:18

Buick 5K/10K
Flint, MI; July 10

Overall	--5K--	
	Matt Weisdorfer	15:38
	Erin McCarthy	18:53
M40	David Wilson	16:50
M45	James Carter	17:15
M50	Bill Keller	18:34
M55	Hartley Vezina	18:22
M60+	Howard Rittinger	21:33
W40	Vickie Putnam	19:55
W45	Roberta Thaxton	24:35
W50	Mary DeMattia	26:11
W55	Pat Fizell	24:09
W60+	Isabel Galloway 66	29:50
Overall	--10K--	
	Don Singleton	31:32
	Glenda Sly	37:40
M40	David Cuevas	34:38
M45	Tyrone Griffin	34:18
M50	Richard Ferguson	35:56
M55	Jim Matherley	39:04
M60	Derek Roberts	44:06
M65+	Ed Hartley	47:19
W40	Cecilia Brzys	47:25
W45	Ginny Papper	42:57
W50	Georgiann Tunningly	44:32
W55	Chris Swanson	51:06
W65+	Belen Dziwura	77:13

Midsummer's Night 5K
Novi, MI; July 22

Overall		
	John Springer	16:01
	Bridget McKenna	18:23
M40	Rich Reaume	17:44
M45	Larry Wibright	19:10
M50	Maury Dean	17:31
M60+	Hugh Sweeney	21:59
W40	Donna Swanson	19:40
W45	Ginny Papper	21:03
W50	Mary DiMattia	25:30
W60+	Lavon Gula	27:10

Cristo Rey 4 Mile
Lansing, MI; July 24

Overall		
	Mark Ryan 34	20:35
	Martha Piper	22:51
M40	Pat Ehlmann	24:44
M45	Rod Horton	25:12
M50	Maury Dean	22:54
M55	Don Seahawk	29:50
M60+	Paul Mason	30:18
W40	Jackie Cadwell	29:53
W45	Jean Herford	42:28
W50	Claudia Ireland	35:28

MID AMERICA

Mid-Summer Morning 5K
Overland Park, KS; July 18

Overall		
	Malcolm Campbell	15:35
	Cindy Blakeley	18:01
M40	Curtis Hancock	17:39
	Dave Crawford	17:48
	David Sechrest	17:56
M45	Jim Dicker	18:54
	Robert Fernandez	18:55
	Ken Francis	19:09
M50	Gary Braley	18:00
	Wally Brawner	18:57
	Richard Wooten	20:09
M55	Dave Boone	21:00
	Herbert Brown	21:54
	Donald Miller	22:41
M60	Paul Heitzman	18:45
	Dick Wilson	19:29
	Louis Joline	19:47
M65	Bob McCallister	20:21
M70	Ed Burnham	29:11
W40	Marcia Dowling	18:58
	Nancee Weeks-Fuhr	20:27
	Lexa Alley	22:11
W45	Trudy Calloway	20:29
	Margie Rogers	22:31
	Vera Burton	22:37
W50	Nancy Moore	22:54
	Suzie Turner	23:32
	Rebecca Herdlage	25:53
W55	Carolyn DeFonzo	27:12
	Wanda Pruetting	28:16
	Corena McMillion	29:00
W60	Ann Williams	25:20
	Louanne Drone	31:13

Colorado Springs 10K
Colorado Springs, CO; July 25

Overall		
	Pat Porter 34	30:07
	J'ne M Day-Lucore 32	36:41
M40	Doug Bell	32:53
	Larry Miller	35:11
	Al Grimme	35:49
	John Zimola	36:07
	Tom Lundgren	36:56
M45	John Swartz	35:38
	Barry Roth	36:48
	Ron Davis	38:51
	Lon Spann	39:19
M50	Pete Ybarra	36:51
	Bob McAndrews	38:09
	R D Van Scotter	41:37
M55	Phil Mann	39:35
	Eldon Cornish	42:32
	Glen Ash	43:07
M60	Dale Goering	42:08
	Bill Turley	44:28
	Bob Winters	44:33
M65	John Holiman	52:49
	Ralph Hall	56:25
M70	Rodge Rodgers	53:09
	V E Schlack	62:35
M75	Edson Sower	61:09
W40	Cheryl Beckwith	42:06
	Eileen Cram	45:15
	Neddie Legg	46:02
W45	Marilyn Stapleton	42:16
	Carol Stewart	44:29
	Lorraine Hoyle	45:50
W50	Rosanne Pappas	47:02
	Sue Statzer	53:30
W55	G O Rome-Kuhn	50:54
	Martha Kinsinger	54:08
W70	Juanita Loomis	95:00

WEST

Semana Nautica 15K
Santa Barbara, CA; July 4

Overall		
	Jose Iniguez	48:08
	Ruth Vomund	56:18
M40	Michael Georgi	50:33
	Rodolfo Zavala	1:03:10
	Jim Kyriaco	1:04:17
M45	Daniel Kelly	56:08
	Dennis Mihora	58:15
	Joseph Banach	58:39
M50+	Abe Valdez 51	57:32
	John Brennand 57	58:02
	Vic Birtalan 50	1:00:00
M60+	Ray Laub	1:05:43
	Luis Perez	1:06:03
	Richard Bartek	1:09:47
W40+	E Triplett 42	1:00:03
	A. Ramirez 41	1:06:42
	F. Gordon 45	1:12:35
M50+	Jane Dods	1:22:03

City of San Francisco Marathon
July 18

Overall		
	Driss Dacha	2:20:02
	Tatianya Titova	2:40:32
M40	Tom Birnie	2:29:26
	Ron Gee	2:32:45
	Marco Chavarrias	2:36:03
	Joseph Schieffer	2:39:10
	Mark Williams	2:39:25
M45	Frank Ruona	2:52:23
	Steve Lorenz	2:57:59
	James Howe	2:58:06
	Allan Stanbridge	2:58:24
	Jan Valencia	3:03:46
M50	Denny Medina	2:33:09
	James Williams	2:58:02
	Tom Mota	3:01:37
	Joe Hurtado	3:05:56
M55	Donald Boyd	3:16:07
	Frank Vasquez	3:17:09
	Karl Misner	3:18:48
	Tom Brown	3:19:55
	Martin Hillyer	3:21:55
M60	John Russell	3:32:08
M65	Karl-Heinz Theil	4:41:49
M70+	Paul Reese 76	4:50:24
	Hercilio Daluz 70	4:54:09
	Stephen Woishnis71	4:59:43
	Adolf Weidmann 91	6:52:59
W40	Janet Skaalen	3:11:38
	Robin Cadmus	3:18:17
	Sue Francis	3:18:52
	Jane Bada	3:38:26
W45	Gloria Rivas	3:14:46
	Judi Shade	3:36:07
W50	Barbara Miller	3:19:28
	Joan Ullyot	3:34:41
	Skippi Wilson	3:38:24
	Rusty Barnett	3:38:54
	Audrey Schroeder	3:40:03
W55	Maxine Adler	4:45:04
	Mary Young	4:47:40
	Karen Keith	4:50:07
W60	Myra Rhodes	3:48:17
	Margarethe Styskel	4:16:53
	Ruth Anderson	4:16:59
	Julia Barratt	5:04:11
W65	Etta Palmer	5:29:40
	R Tumidajewica	5:44:19
M70	Anabel Marsh	5:49:36
	Marybelle Russell	5:50:18
	Nyla Cook	6:54:01

R.R.C.A. Women's Distance Festival
San Luis Obispo, CA; August 7

	Lucia Cleveland 41	23:16
	Sally Grab 40	25:16
	Katy Hanson 43	25:33
	Amy Goldstein 60	25:47
	Mary Stallard 57	26:18
	Linda Averett 46	28:42
	Elizabeth Baker 68	35:46

Electric City Challenge 5K
San Luis Obispo, CA; August 7

	Ron Kiyono 45	18:14
	John Tiffin 47	18:35
	Larry Johnson 51	18:46
	Dom Lacovara 44	18:48
	Russ Raymond 45	19:02
	Richard Averett 40	19:33
	John Hernandez	20:09
	Hu Goldstein 64	22:39
	Charles D. Brown 46	22:50
	John Fowler 41	23:11
	Tim Snyder 40	23:30
	Bill Donovan 43	24:01
	Norm Salisbury 61	25:08
	Marcel Cote 58	26:42
	David Higley 55	27:20
	Virgil Just 68	29:43

Continued on next page

Continued from previous page

NORTHWEST

Golden Swirl 10K
Salt Lake City; June 19

Overall

Dave Spence	30:07
Celsa Kidman	35:19
M40 Geno Atencio	34:20
M45 Don French	33:53
M50 Steve Lester	33:10
M55 Darrell Nader	36:17
M60 Garn McBride	39:11
M65 Rubin Vigil	42:15
M70+Herb Wright	56:31
W40 Linda Walker	45:56
W45 Ellie Arguelo	41:32
W50 Betty Dance	50:12
W55 Bobbi Beck	59:19
W60 Olivia Gallegos	61:26
W65 Velma Earl	59:44
W70+Gene Barrett	57:37

Heart of Holladay 5K
Holladay, UT; July 17

Overall

Chad Bennion	15:09
Kathy Matson	17:59
M40 Bill Sayre	17:28
M45 Rick Jaramillo	19:44
M50 Steve Lester	16:17
M55 Chuck Singleton	24:42
M70+ Gerald Klemm	26:21
W40 Patti Olsen	22:21
W45 Meg Joos	32:01

INTERNATIONAL

European Veterans 10K/Half Marathon Championships
Upice, Czech Republic
May 28-30

--10K--

M40 Klaus Goldammer	31:36
M45 Omer Van Noten	31:48
M50 Frant Kratky	33:06
M55 Trudo Heinz	34:55
M60 Gury Sitsky	35:44
M65 Will Marshall	36:49
M70 Emiel Pauwels	47:07
M75 Alex Medvedev	45:54
M80 Mic Hanic	55:14
W35 B Bruckner	37:08
W40 Jarmilla Urbanova	36:48
W45 Else Raap	38:01
W50 H Schnichels	40:55
W55 Odette Maisongrosse	44:36
W60 Eilen Quinton	46:54
W65 Sophie Wisman	47:58
W70 Rene Gasteuil	58:11

--Half-Marathon--

M40 K Goldammer	1:09:49
M45 Omer Van Noten	1:09:49
M50 Niko Tsametis	1:14:01
M55 Manuel Rosales	1:15:44
M60 Gury Sitsky	1:19:21
M65 Will Marshall	1:22:35
M70 Joseph Endrizzi	1:51:20
M75 Andre Osselaer	1:51:52
M80 Mic Hanic	2:08:10
W35 Brig Bruckner	1:26:19
W40 Vanei Pokorna	1:23:01
W45 Eva Karlander	1:26:38
W50 Inge Steffen	1:30:39
W55 Andree Pinard	1:39:13
W60 Eilen Quinton	1:46:38
W70 Elfried Falke	2:23:09

RACE WALKING

European Veterans 20K/30K Racewalk Championships
Upice, Czech Republic
May 28-30

20K (Women)

W35 Barbara Melchoir	1:44:23
W40 R Meinslchmitt	2:04:27
W45 Heidi Maeder	1:52:03
W50 Walt Seiler	1:53:39
W55 Denise Leclerc	2:10:32
W65 Olga Meyer	2:12:02

30K (Men)

M40 F Ruzziep	2:31:01
M45 Peter Eisfeller	2:42:29
M50 D A Zschiesche	2:33:34
M55 R Pellicia	2:40:47
M60 Yury Sokolov	3:11:56
M65 V Dubjak	3:09:25
M70 Albert Sturni	3:05:10

MAC & Eastern Regional 10K Racewalk Championships
Queens, NY; June 5

Overall

Nick Bdera 44	50:10
Grand Pascale 25	48:44
M40 N Bdera	50:10
M50 Herbert Zydek 54	54:52
M60+Cervin Robinson 65	64:30
W40 Anna San Antonio 42	65:55
W50 Elton Richardson 54	58:44

Fontana Days
Fontana, CA; June 5

5000m RW

M45 Michael Bayne	32:04
M50 Dave Snyder	28:15
M55 Dick Guther	38:14
M60 Ted Greiner	29:58
M65 Mel Grantham	31:23
M70 James Haneham	38:15
M80 Tony Perona	39:23
W40 Cathy Wolfe	38:01
W50 Mary Matsuda	31:42

Pasadena Senior Games
Occidental College
Los Angeles, CA; June 6

1500m RW (judged)

M50 Dale Sutton	7:26.1
M55 Richard Oliver	7:37.0
M60 Ed Ricci	8:40.4
M65 Robert Potter	13:06.6
M70 Jorge Newberry	9:58.6
W50 Jaye Hanley	8:13.8
W55 Carol Ferris	9:40.6
W60 Ann Drury	11:44.1
W65 Joanne Beers	10:03.0

5000m RW (judged)

M50 Bill Neder	28:36.2
M55 Carl Acosta	28:01.2
M60 Ed Ricci	31:04.3
M65 Masashi Noritake	35:02.6
M70 Jorge Newberry	34:55.3
W50 Helena Gerundo	31:06.0
W55 Carol Ferris	35:09.4
W65 Joanne Beers	34:36.4

USATF National Masters 10K Racewalk Championships
Niagara Falls, NY; July 10

M40 Brian Savilonis	53:04
Taka Amano	53:07
Don Anderson	53:22
John Hunyady	55:01
William Norton	56:36
Robert Ullman	56:45
Randall Evans	58:19
Ed Zindell	62:07
Keith Reichley	62:33
Doug Harty	64:41
M45 Gary Null	51:39
Franco Pantoni	52:13
Joe Light	52:25
Norm Frable	53:19
Jack Lach	56:53
Max Walker	57:26
Vince Abell	59:29
Robert Campbell	60:11
Pat Drury	60:58
Mike Bird	61:02
M50 Don De Noon	46:19
James Carmines	50:46
Victor Sipes	51:48
Alan Yap	51:56
Tom Zdrojewski	56:37
Tom Knatt	58:30
Mike Freeman	59:31
Frank Soby	61:08
Richard Bales	63:01
M55 Paul Johnson	55:51
Ron Laird	59:48
M60 Max Green	54:16
Sal Corrallo	58:17
Frank Fina	62:14
Jack Boitano	62:29
Vince Gemzlinger	63:04
M65 Bob Mimn	58:33
Ed Gaminski	63:13
Maynard Mickelson	66:38
M70 Paul Geyer	68:43
Tim Dyas	69:44
Don McNelly	80:29
M75 Max Gould	68:24
Bill Tallmadge	70:01
Harry Drazin	79:58
M90 George Conway	89:55
W40 Pat Weir	55:18
Phyllis Hansen	55:55
Eliz Longton	61:32
Karen Fina	63:26
Meg Ferguson	63:31
C M Hunziker	66:50
W45 Jackie Jessup	61:03
Marilyn Chute	61:53
Donna Catrulo	62:46
Kathy Frable	63:55
Olga Figueroa	66:14
W50 Dorothy Withem	65:03
W55 Sami Bailey	64:03
Grady Young	66:07
Jeanne Shepardson	70:43
W60 June Marie Provost	60:05
Jo Presser	75:14
W65 Pat Nesley	68:37
Joan Rowland	71:16

M40+ Team

Natural Living	2:36:59
NE Walkers	2:42:14
Wolverine Pacers	2:46:15

W40+ Team

Indiana RWs	3:10:09
NE Walkers	3:23:03
Potomac Valley	3:25:53

MAC 3K Roadwalk Championships
Central Park; July 18

Overall

Marc Versano 28	12:58
Rochelle Safran 16	14:53
M40 Gary Null 48	13:25
M50 Herbert Zydek 54	15:31
M60 Gil Gullamette 61	16:18
M70+Frank LaMorte 71	18:55
W40 Ana San Antonio 42	18:10
W50 Elton Richardson 54	16:06
W60 Joan Rowland 67	19:31
W70+Queenie Thompson 70	22:17

M40+ Team

Park RWers USA	61:03

W40+ Team

Park RWers USA	61:52

NATIONAL

National Masters T&F Championships

(continued from page 36)

Age-Graded 100 Meters

1 Bill Weinacht	76	OH	10.36
2 Jim Law	67	NC	10.39
3 Marion Sanchez	61	CA	10.62
4 Tim Murphy	71	TX	10.73
5 Kevin Nance	35	AZ	11.02
6 Fred White	80	TX	11.61

Women:

1 Phil Raschker	46	GA	11.06
2 Danielle Desmier	44	FRA	11.11
3 Irene Thompson	38	NY	11.48
4 Deby Sweezey	40	CA	11.59
5 Margaret Hinton	71	TX	12.31
6 Marilyn Mitchell	50	NY	12.49
7 Liz Sjogren	60	FL	14.32

4x100 REGIONAL RELAY

Senior Women (50+)

1 West	62.27
2 Northwest	65.66
3 Southeast	69.64
4 East	72.66

Senior Men (50+)

1 East	49.00
2 West	50.06
3 Southwest	51.24
4 Midwest	51.73
5 Northwest	52.47
6 Mid-America	55.04
7 Southeast	DNF

Junior Women (30-49)

1 East	52.58
2 West	53.78
3 Southeast	56.85
4 Northwest	57.13

Junior Men (30-49)

1 Southwest	43.46
2 West	44.49
3 East	44.65
4 Northwest	45.96
5 Mid-America	47.71
Southeast	DNF

Point totals: West 31, East 29, Northwest 17, Southwest 14, Southeast 10, Mid-America 8, Midwest 7.

RANKINGS

1993 Indoor Pole Vault Rankings
Compiled by Tom Rauscher

30-34 Men

1 Dan Ohmnofer	4.57
2 Chad Carmack	4.26
Jerry Dowdy	4.26
4 Mark Spenik	3.96
5 Lewis Affronti	3.65
Nick Mitchell	3.65
7 Alan Haennel	3.20

35-39 Men

1 Dan West	4.41
2 Wilson Soohoo	4.26
3 Ken Ellis	4.03
4 K Petranek	3.81
5 S Jensen	3.65
6 Charles Barnard	3.34
7 Jim Fazio	3.20
Jim Lewellen	3.20
J Watry	3.20
10 Tom Krebes	2.77

40-44 Men

1 Jerry Cash	4.41
2 J Anderson	4.11
3 Reg Hulbert	3.96
Ken Kring	3.96
5 Jerry Hock	3.81
Sam Prentice	3.81
7 Kevin Donovan	3.65
John Dye	3.65
John Hoogasian	3.65
Philip J Johnson	3.65
11 Tony Bonanzino	3.20
12 Jim Dolezel	3.04
13 John Buckley	2.74
Ron Salvio	2.74
15 Russ Acea	2.43

45-49 Men

1 Matti Kilpelainen	3.96
Tom Rauscher	3.96
3 Rex Harvey	3.81
4 Charles Polhamus	3.65
5 Rick Holmes	3.50
6 William DeHorn	3.35
Johnston Ewing	3.35
8 Tom Randolph	3.20
9 Jeff Blatt	3.04
10 Jim Corrigan	2.89
D Hill	2.89
T Schwab	2.89
Ken Underdahl	2.89
14 M Norberg	2.74
Tom Thorne	2.74
16 N Schuster	2.28

50-54 Men

1 Larry Holmes	3.96
2 Gerald Counihan	3.81
3 Jeff Tindall	3.65
4 David Ayers	3.04
Dennis Stempel	3.04
6 Gary Isham	2.89
7 Mike Wilhite	1.98

55-59 Men

1 Paul Richards	3.96
2 Dale Lance	3.72
3 Ed Oleata	3.20
4 John Diggs	2.88
5 Fred Brandenfels	2.74
J Griffin	2.74
7 Bill Murphy	2.28
8 D Amery	2.13
Jim Peterson	2.13
10 B Kemp	1.98
Plato Toutiatos	1.98

60-64 Men

1 Phil Mulkey	3.65
2 Jerry Donley	3.51
3 Tom Hinkes	2.89
4 Harvey Lewellen	2.74
5 Walt Diggs	2.43
6 George Taylor	1.93

65-69 Men

1 Denver Smith	2.59
2 Jack Doorlay	2.28
3 Don Grey	2.13
Fred Hirsimaki	2.13

70-74 Men

1 Boo Morcom	3.14
2 Dick Bennett	2.28
3 Tom DeVaughn	2.12
A U Ricciardi	2.12
5 Bob Warwick	1.98
6 A Holland	1.82

75-79 Men

1 Milo Lightfoot	1.98
2 Ham Morningstar	1.82

80-84 Men

1 Claude Hills	1.67

45-49 Women

1 Phil Raschker	2.82

50-54 Women

1 Barbara Stewart	1.62

55-59 Women

1 Rachel Lyga	1.52

60-64 Women

1 Leonore McDaniels	1.67

65-69 Women

1 Leonore McDaniels	1.5

MOVING???

Place address label here.

New address: _____

_____

Mail to: NMN P.O. Box 16597
North Hollywood, CA 91615

NATIONAL MASTERS NEWS

Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only $24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

USA rates:		1st Class rates: (USA, Canada, Mexico)		Foreign rates: (Air mail)	
☐ 6 months	$13				
☐ 1 Year	$24	☐ 1 Year	$ 39	☐ 1 year	$ 43
☐ 2 Years	$45	☐ 2 years	$ 75	☐ 2 years	$ 83
☐ 3 Years	$65	☐ 3 years	$110	☐ 3 years	$122

☐ Payment enclosed
☐ Bill me later
☐ $_____as a contribution to your work

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

Name _____

Address _____

City_____ **State**_____ **Zip** _____

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

Or Call:
818/760-8983

(Canadian checks accepted; add 15% to cover exchange. Please notify us of address changes four weeks in advance.)

CZZMN

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer work out facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Four Winds TC
1303 Marvista St.
Pittsburgh, PA 15212
412/322-9392

Liberty AC
14 Rutland St.
Cambridge, MA 02138

Boston AA
P.O. Box 1993
Hopkinton, MA 01748

Atalanta TC
236 E. 78th, Box 6
New York, NY 10021

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/273-1107

Potomac Valley Seniors TC
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
22 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692

New Jersey Striders
P.O. Box 742
Madison, NJ 07940

Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240

New York Pioneer Masters
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Maine Walkers Club
1570 Broadway
Bangor, ME 04401
207/947-3333

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Tri-State Masters T&F Club
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

NYRRC
9 E. 89th St.
New York, NY 10128
212/960-4455

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Greater Springfield Harriers
206 W. Weymouth St.
Springfield, MA 01108

New York AC
180 Central Park South
New York, NY 10019

Philadelphia Masters
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807

New York Masters Sport Club
5831 Bell Blvd.
Bayside, NY 11364

Plainview Old Bethpage RRC
62 Sylvia La.
Plainview, NY 11803
516/433-0919

Connecticut Racewalkers
889 Donna Dr.
Orange, CT 06477
203/795-6441

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
914/765-5074

Avanti Sport TC
9 Baker St.
Bristol, RI 02809

Millrose Team
240 W. 98th St.
N.Y., NY 10025
212/663-5641

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004

Syracuse Chargers TC
118 Foxcroft Ln.
Fayetteville, NY 13066

SOUTHEAST

Carolina Masters AC
3120 Libeth St.
Charlotte, NC 28205
800/642-0513

Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta. GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
803/242-6600

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Star City Striders
P.O. Box 8331
Roanoke, VA 24014
703/966-RUNN

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445

Nashville TC
2709 Linman Ave. #5
Nashville, TN 37215
615/383-6733

Miami RC
Tropical Park
7920 S. W. 40th St.
Miami, FL 33155
1-800/940-4RUN

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007

MIDWEST

Miami UTC
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
6543 Beecher Rd.
Granville, OH 43023

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Wisconsin United AC
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
12954 Asbury Pk.
Detroit, MI 48221

Wolfpack Track Club
2449 Southway Dr.
Columbus, OH 43221
614/481-7745

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
313/426-5430

Indianapolis TC
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

Midwest Masters T&F Club
P.O. Box 6147
Rockford, IL 61125
815/332-4743

Victory AC
P.O. Box 6667
Louisville, KY 40206
502/893-6057

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417
513/837-2754

Manitowoc Area TC
1404 Silver Creek Rd.
Manitowoc, WI 54220
414/684-0912

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
313/544-9099.

MID AMERICA

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
2885 Hampton Ave., No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)

St. Louis Metro Masters
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

Ozark Mountain Ridge Runners
P.O. Box 10067
Springfield, MO 65808-0067
417/881-8884

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144

Los Viejos T&F Club
728 Loma Vista Dr. NE
Albuquerque, NM 87106
505/265-8234

American RW Association
P.O. Box 18323
Boulder, CO 80308-8323
303/447-0156

SOUTH WEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Space City Masters
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
7733 Moline
Houston, TX 77087

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

East Texas T&F Club
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511

Beaumont TC
P.O. Box 4112
Beaumont, TX 77704-4112
409/898-1308

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512/458-6010

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

Dallas Masters T&F Club
1130 E. Parker Rd., S-203
Plano, TX 75074
214/422-2273

WEST

Island Empire Racewalkers
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824-2336

Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
808/242-6042

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
P.O. Box 2699
Crestline, CA 92325

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818/917-6289

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

No. Calif. Senior TC
3887 18th St.
San Francisco, CA 94114
415/626-8601

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

All-American TC
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Club West
P.O. Box K
Goleta, CA 93116
805/687-6323

Southern Calif. Striders
1483 Westerly Terrace
Los Angeles, CA 90026
213/666-0379

Sierra Racewalkers
P.O. Box 513
Carmichael, CA 95609
916/483-2917

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Gardena Valley Runners
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

L.A. Valley Athletic Club
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

San Fernando Valley TC
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate AA
2408 Paseo Noche
Camarillo, CA 93010
805/987-8052 (r); 494-2302

Active 5
P.O. Box 7132
Newport Beach, CA 92660
714/831-6473

Elite Health TC
5267½ Village Green
Los Angeles, CA 90016
310/559-9739

High Country RR
c/o Running & Fitness Den
310 Washington St.
Reno, NV 89503
702/329-3443

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125

L.A. Patriots
2301 Hyperion Ave. #P
Los Angeles, CA 90027
213/662-1062

A Running Experience Club
P.O. Box 3209
Long Beach, CA 90803
310/987-2703

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808/942-9567

NORTHWEST

Team Alaska TC
2420 Glenwood Dr.
Anchorage, AK 99508
907/279-2773

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501

Portland Masters TC
406 W. 32 St.
Vancouver, WA 98660

Bigfoot Masters
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running Club
P.O. Box 2315
Salem, OR 97308
503/399-7057

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606

Racewalkers Northwest
74 Wheatherstone Ct.
Lake Oswego, OR 97035-1955
503/697-2787

RE-TREADS
16016 9th Ave., SW
Burien, WA 98166
206/246-0516