

# NATIONAL MASTERS NEWS

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

217th Issue

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## 937 Compete in U.S. Nationals

### Spokane Hosts 29th Annual Meet

by JERRY WOJCIK

The 29th annual USATF National Masters Track and Field Championships returned on Aug. 15-18 to Spokane, Wash., which hosted the 1992 championships, to find conditions, particularly the weather, much improved.

In 1992, the temperature on the track of Spokane Falls Community College, also the site of this year's championships, reached a debilitating 100+ degrees for most of the meet and became the main topic of discussion among the participants.

This year, if the 937 athletes who took part discussed the weather at all, it was in glowing terms such as "beautiful" and "perfect." On Thursday, the mid-day temperature at the Spokane Airport was 87 degrees with 13% humidity. Temperatures dropped daily to about 72 degrees on Sunday, but skies remained sunny.

What athletes did talk about was the high quality of the meet, from the officiating to the award presentations. Middle-distance runner Sid



Stan Whitley (610) winner in the M50 (23.07) 200 at the USATF Masters Championships. Peter Crombie (133) was second; Dan Durante (156) third; David Naylor (414) fourth; Dale Herring (252), fifth; and Paul Montgomery (685), sixth. Photo by Suzy Hess

Howard, M55, New Jersey, praised the meet: "The volunteers and especially the high school kids were perfect. The prices at the concessions in the Masters Shopping Village were reasonable. The few problems were resolved quickly. An excellently run

meet." Howard's opinion is supported by the fact that there were no protests filed.

Events were run like clockwork with no time lost between heats. Results were posted within minutes and hurried to the awards stand, where the top six athletes' names were announced to the spectators while the recipients were awarded their medals and ribbons. Each age-group and individual was photographed on the stand so that athletes could order pictures to be mailed to them later.

Officials were accommodating but business-like. Every effort was made to assure that sign-in absences at the field event sites were indeed no-shows, and that field eventers with event conflicts had opportunity to compete without disrupting an event already in progress.

Although most athletes gave the meet an "A" across the board, a few



Peter Mogg winning the M40 800 (1:59.41), USATF Masters Championships, Spokane, Aug. 15-18. Daniel Barry (142) was second (1:59.91), and Julio Reyes, third (1:59.92). Photo by Jerry Wojcik



Betty Jarvis set a U.S. record for the W80 hammer at the Nationals. Photo by Suzy Hess

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# OLYMPIC GLORY DENIED

The story of Dan O'Brien and ten others who, as the World's Greatest Athletes, never received an Olympic opportunity. O'Brien becomes the first to receive a second chance.....

Dr. Frank Zarnowski



Decathlon world record holder, Dan O'Brien, USA

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Glendale, CA 91204  
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The Olympic Games crown the its quadrennial decathlon champion as the "World's Greatest Athlete." The chronology of those legends, the likes of Jim Thorpe, Bob Menzies, Matt Campbell, Rafer Johnson, Bruce Jenner, Bill Tomlin, and Daley Thompson is well known. They have richly deserved their billing. There have been eighteen opportunities to earn the title. Since Sweden's King Gustav V ordained Thorpe in 1912 by proclaiming, "You Sir are the finest athlete in the world."

The accounts of the Olympic decathlon winners have been told and there is no attempt to minimize or downplay their accomplishments. Their victories were earned, deserved and even more remarkable for the variety of hurdles they overcame. They are the Olympic Champions.

This book is the Olympic's counter history, the story of the forgotten, the lost, the ignored. It portrays eleven Olympic decathlon "favorites", almost all of whom the reader is unlikely to have heard of. Circumstances beyond their control, not lack of talent, kept these athletes from the Olympic starting line. Wars, professionalism, politics, boycotts and injuries ruined their Olympic Opportunity. As good as advertised in their era, they were free spirits, iconoclasts or simply victims.

One athlete you are likely to be familiar with is Dan O'Brien, the Klamath Falls, Oregon and Moscow, Idaho native who was one half of Reebok's 1992 "Dan or Dave: To be Settled in Barcelona" advertising campaign which came apart when O'Brien suffered a

stress fracture before the 1992 U.S. Olympic Trials, competed regardless and subsequently missed his opening vault height. In the intervening seasons Dan has won several IAAF World Championships and set the world decathlon record. O'Brien, unlike his ten predecessors, will have a second opportunity, in Atlanta 1996. This book can be enjoyed by any sports, track, Olympic or decathlon fans. You'll enjoy the human stories of men who were the World's Greatest Athletes but were denied the opportunity to prove it.

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## ABOUT the AUTHOR:

Dr. Frank Zarnowski is an authority on multi-events and track and field history. His first book, *The Decathlon: a colorful history of track & field's most challenging event*, Liesure Press, 1989 is the sports definitive work. Dr. Zarnowski has served as color commentator for many televised track and field meets including the 1992 Triplecast coverage of the Barcelona Olympic Games. 'Dr. Z' is professor of economics and former Graduate Dean at Mount St. Mary's College, Emmitsburg, MD, America's oldest independent Catholic college. His economics doctorate is from Lehigh University and he has done post graduate work at both the University of Chicago and Oxford University.

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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 32 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.

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 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, doubled-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.

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### BRIEF MOMENT OF OLYMPIC GLORY

After watching television coverage of the arrival of the Olympic torch in Miami on July 4, the magnitude of what being a part of this historic event meant, started to hit me. I had known for many months that I had been selected as one of the 50 torchbearers to represent the Broward County community. Even after talking to a gentleman by the name of Eric Frisch, who carried the torch in Berlin, in the 1936 Olympics, I still did not have any idea of what to expect or the feelings I would have.

I was assigned to run in North Miami early in the morning on July 5, the 70th day of the running with the torch on its way to Atlanta. On our way to the start, I took a wrong turn that put us directly in front of the route where the torch had already started its run for the day. In the predawn light the Torch Relay procession was truly an awesome sight – the police escorts, TV cameras, and helicopters flying overhead, not to mention the crowd up early to catch a glimpse of history in the making. The anticipation of what I was about to be a part of began to take hold.

The briefing aboard the shuttle bus at 6:45 a.m. gave us instructions, but it also put everything into its proper perspective, letting us know (in case we didn't already) how strong and powerful this symbol of the Olympics was. I was ready! Just the thought of holding the torch lit with a flame brought all the way from Greece, gave me goose

bumps.

All the other torchbearers on the bus shared the same feeling of excitement and special camaraderie. We were sharing an experience of a lifetime. The shuttle bus dropped me off at my relay point. Merely stepping off the bus made me feel like a hero – the spectators crowding around, asking questions, wanting to have their picture taken with me with the torch, and wanting to touch it. There was a compelling degree of emotion as the crowd gathered, both visitors and locals, creating a patriotic, festive and neighborly atmosphere.

Then it was my turn to accept the flame from the runner passing it to my torch. Running down the road with the Olympic Torch held high above my head, the crowd cheering and waving, I felt the honor and pride usually reserved for those taking part in the actual Olympics. It was all over in a few minutes – my brief moment of Olympic glory, but one that I will never forget. One of the proudest and most memorable moments of my life!

David Bowden  
Torchbearer

(Bowden, 51, is a health and personal fitness instructor at Boyd H. Anderson High School, Lauderdale Lakes, Fla. Several subscribers who were Olympic torchbearers have written expressing their feelings about carrying the Olympic torch. This letter, we feel, best reflects the emotions experienced by all those who carried the Olympic flame. – Ed.)

### MEET CONFLICTS

John B. Bronstein's letter to the editor (July NMN) was long on emotion but very short on facts. Every effort was made to avoid conflict with the throwers meet, to no avail. All John had to do was have the courtesy to call me prior to writing – as Al Sheahen did – to get a full explanation of why the conflict was unavoidable, not intentional. I have always been an advocate of throwers' causes, and as a thrower myself, I would never disregard them.

Here are the facts:

1) Meet directors must follow proper protocol and inform regional coordinators of prospective dates to avoid conflicts – Covino never did so. Had he, I would have alerted him to the fact that July 20 was one of the backup dates for the East regionals;

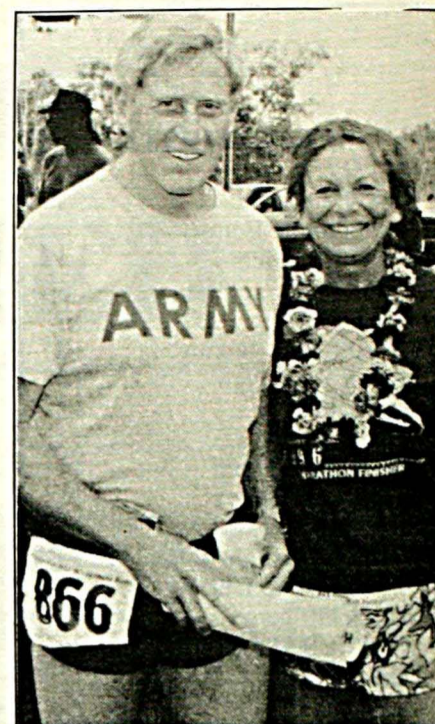
2) I did not find out about Covino's meet until I got my June issue of NMN on June 8, only four days before finalizing the Eastern date;

3) The scheduled Easterns were canceled at the end of March and three other attempts to reschedule them were unsuccessful;

4) By early June, it was my responsibility to either put on the Easterns or cancel them;

5) The only available location was Randall's Island and the only available date was July 20 – the choice was to cancel the 28th annual Easterns or conflict with the second Covino meet of the year (May 25 was the first);

6) I immediately called Covino to apologize and explain the conflict and offered two options: (a) reschedule his meet, with me picking up all costs of a new NMN ad and related flyers, or (b) find a track near his facility to hold the track and jumping events – he rejected



Len Wallach, fifth M60+ (78:53) in the five mile, and Diana Wallach, first W50-59 (5:44:44) in the marathon, Kilauea Volcano Marathon, Hilo, Hawaii, July 27. Photo by Tesh Teshima

"a" outright, and could not get a track for "b";

7) We had no shortage of throwers at the Easterns (about 25) with several age groups having four, five, six, and seven entries.

The big mystery is how Bronstein got word of the July 20 Eastern date in time to get his letter into NMN for the July issue. I didn't get final clearance on Randall's Island until June 12, and barely got the meet application to NMN to beat the publication deadline.

The Bronstein letter also raises questions of journalistic fairness. Should NMN be publishing letters of criticism about an event before it is held, and not giving the meet director an opportunity to provide a response? It is increasingly difficult to find meet directors willing to shoulder the responsibility of putting on regionals. If they are going to be subjected to uninformed and malicious carping by letters in the NMN, they will become

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## Write On

Continued from page 4

an extinct group. Then everyone, runners, jumpers, walkers, and throwers will have no meets to complain about, and NMN will have no results to publish.

*Haig Bohigian*  
USATF East Regional Coordinator  
North Tarrytown, New York

In the July 1996 issue, Mr. Alex Pappas claimed that the entry form for the USATF Pacific Association Masters T&F Championships hosted by the Los Gatos Athletic Association at Los Gatos High School stated that the age divisions were shown in 10-year increments. This is not true.

It was evident from the meet flyer – published in advance – that there would be mixed age groups. Combining of age groups is very normal for masters meets. This is necessitated by the large number of age groups. If we didn't combine age groups, the meet would go on for ever and increase the cost of producing the meet. This may cause some confusion at the finish line, but the alternative is even less desirable.

The Los Gatos AA is a wonderful group of unpaid volunteers who put this meet on every year for our sports committee. Even though not everything is perfect, I'm quite satisfied with their overall performance. The alternative would be to have a group of trained and paid professionals put on all events for USATF. This would help eliminate many of the problems Pappas has identified. I wonder if he would like paying a \$100 entry fee for each event he enters. I doubt it!

If Pappas believes that putting on a masters track and field meet is easy, I would welcome his bid for one of next year's Pacific Association Masters Track and Field Championship meets.

*Eddie Seese*  
Benicia, California

### MASTERS RACEWALKING

We received the *National Masters News* (Aug. 1996) with comments made by Elaine Ward re the 3rd WAVA Road Race Championships in Brugge, Belgium. We appreciate any comments, even if they are not positive. But this article contains inaccurate information and therefore I want to clarify some remarks:

1. "The day before the race the organizing committee found out that the 5K loop of the road walk course was short . . ." The course had been measured one month before the race by an official AIMS measurer and certified by AIMS. Since that time NO CHANGES were made. The AIMS measurer was also present during the competition of the walk as a judge. Barbara Dunsford, who did a great job as always in WAVA Championships, was in Brugge to prepare the walk event the day that the course was measured; she was also present one week

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## Third Wind

by MIKE TYMN

### Pride: Virtue or Vice?

**H**ow important is *pride* to success in the athletic arena? Based upon the media coverage of the just-completed Olympic Games, it is very important. The word was frequently mentioned in the NBC coverage of the Games, always with a very positive connotation.

Champion athletes often place pride over profit as the motivating factor that allows them to excel. Nike extols it as a virtue in its commercials. The United States Marine Corps has long attempted to instill pride in its young warriors.

And yet, as the hit movie of last year, *Seven*, reminded us, if we needed to be reminded, pride is one of the "Seven Deadly Sins."

"Pride goeth before destruction, as an haughty spirit before a fall," we find in Proverbs, XVI, 18. "Pride, the first peer and president of hell," wrote Defoe. "Pride, the most dangerous of all faults, proceeds from want of sense, or want of thought," offered Dillon.

#### Dangerous Ingredient

Willie Stargell, a Hall of Fame baseball player, had this to say back in 1983: "Baseball players don't survive long on pride. For pride makes you spend too much time gloating on your success or worrying about your failure to learn. Pride is a dangerous ingredient for anyone who has his sights set on a dream. It inhibits your flexibility, stops you from gaining the knowledge you need. It also stops you from learning from your best teacher, your failures."

On the one hand, then, pride is a virtue, and on the other it is a vice. How can we reconcile this dichroism?

So often in the Olympics, we witnessed winners in ostentatious displays of pride – the swimmer who

sneers and with clenched fist punches the air above him, then opens his index finger, this time stabbing the air, to make sure that everyone knows that he is number one; the volleyball player who, after winning his match, beckons to the crowd for a more tumultuous applause; the runner who after breaking the tape extends his arms, palms up and fingers open, seemingly inviting admiration and praise while asking the spectators, "Am I not something to behold?" The spectators usually respond: "Yes, almighty warrior, thou art truly a god amongst us."

When our "gods" mount the victory stand, they give what appears to be a papal blessing to the admiring throngs.

#### Endzone Dance

Of course, such manifestation of pride, if that's what it is, is by no means limited to the Olympic arena. The endzone dance, the homerun trot with raised fist or twirling finger, that extra slam in a slam dunk, have become commonplace in other arenas and have undoubtedly influenced the younger generations, including the "amateurs" on the Olympic stage.

It hasn't always been that way, though. There was a time not too many years ago when a runner would breast the finishing tape with arms just high enough to clear it, perhaps give an appreciative wave to the crowd in thanks for its cheers, and later humbly accept his award; when a ballplayer

would hit one out of the park and then put his head down and run rather than standing to admire his monster shot; when a touchdown would be scored without all of the chest thumping that goes on now.

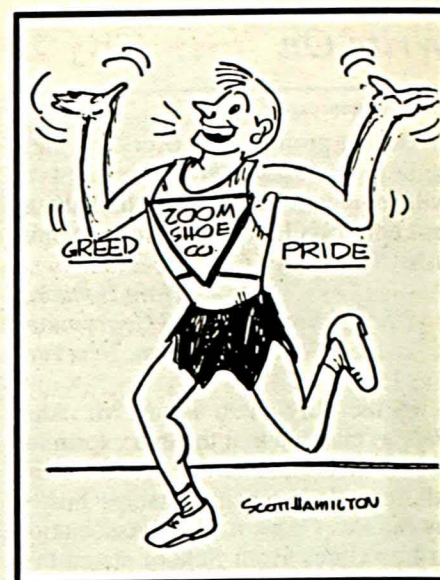
Did it all start with Cassius Clay, later to be known as Muhammad Ali? Prior to gaseous Cassius coming on the scene, sports fans were not accustomed to egocentric buffoonery in the victory celebration. Of course, Ali's emergence coincided with big-time television coverage of sports and the apparent need to amuse widespread audiences. Such amusement, it was soon learned, resulted in higher network ratings and the networks bought into it. Indeed, Ali's participation in the opening ceremony of the Atlanta Olympics was made out by NBC to be nothing less than the Second Coming, although a few may have viewed it as a karmic lesson.

#### Two Levels

In 1976, sports philosopher Michael Novak observed that sports had moved on two separate levels: "On the higher plane march Frank Merriwell and all the legions of straight shooters and Christian athletes, self-effacing, gutsy, and victorious: the clean-living, true-blue gentlemen athletes. On the lower plane carouse the avaricious, sexy, aggressive, hedonistic Texans of *North Dallas Forty* and *Semi-tough* – the heavy drinking, womanizing, masculine hell raisers . . ."

Today, the former group, now very small in number, is represented by Cal Ripken, Jr., who has to be coaxed to give a tip of the hat, while the latter group is represented by Dennis Rodman, who has to be restrained from building an altar to himself in the middle of a game.

Perhaps arrogance, flamboyance, and showmanship do not go hand-in-hand with pride. Webster's Dictionary recognizes the contradictory nature of the word. "In one interpretation, pride is a sin or vice and the antithesis of humility," Webster's Dictionary of



Synonyms reads. "In the other interpretation, pride is either a virtue or a highly pardonable, even commendable, feeling or quality that is the antithesis of shame and that spurs one to equal or better one's best or gives one rightful gratification."

But synonyms for "proud," according to Webster, include *arrogant, haughty, lordly, insolent, overbearing, supercilious, and disdainful*.

#### Positive vs. Negative

The bottom line seems to be that pride can be a positive trait if we are really talking about self-esteem or a solemn and internal kind of pride, but it is negative when it becomes haughty and is put on display.

The vainglorious athletes of today might do well to heed the advice given by the "master" archer in *Zen in the Art of Archery*, who tells the student: "You know already that you should not grieve over bad shots; learn now not to rejoice over good ones. You must free yourself from the buffetings of pleasure and pain, and learn to rise above them in easy equanimity, to rejoice as though not you but another had shot well. This, too, you must practice increasingly – you cannot conceive how important it is."

A tip of the cap. Isn't that enough? □

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M50-54 100m finals, USATF Southeast Regional Masters Championships, Knoxville, Tenn., May 24-25. Joe Johnson #198, Apopka, Fla., won in 12.88. Avital Schurr, #243, LaGrange, Ky., was second, (13:06). Robert Kleemeier, Atlanta, Ga., third (13.75). Photo from Dean Waters

## New York City Hosts East Regionals

by HAIG BOHIGIAN

The 28th annual USATF East Regional Masters Track and Field Championships were held July 20 at Downing Stadium, Randall's Island, New York City. The weather was pleasant, sunny at 83 degrees, a bit windy, but with no humidity, luckily sandwiched between days of severe thunderstorms, high temperatures, and humidity. The facility was in top shape with a fast track and good jumping pits. The steeplechase was cancelled due to broken jumps, and the hammer fencing was marginal. All track events were fully automatically timed by Northeast Timing Sports, Inc.



Al Guidet winning the M75 100m (16.0), Visalia Masters meet, Visalia, Calif.

Photo by Glen Williams

Haig Bohigian, USATF Masters T&F East Regional Coordinator, had to put this meet on within a month's time due to four other dates and locations failing to materialize. The turnout (139) was one of the lowest in years, primarily because of conflict with a throwing meet in New Jersey. Every effort was made to avoid the conflict or reschedule one of the two meets, but to no avail. Despite this, the performances were top notch with great competition in most races and jumps, as well as in the throws, particularly in the M60 division.

Norm Cyprus, 58, and Jack Lance, 65, each won six events. Pat Peterson, 70, and Jean Preston, 52, won four events apiece. Three athletes won all three sprints in their divisions with excellent times: Jesse Norman, 45, 12.09, 24.28, 53.67; Larry Colbert, 59, 12.59, 25.63, 57.22; and Howard MacMillan, 70, 14.58, 30.89, 75.42. Derek Holloway, 35, turned in the fastest 100m (11.06); Wendell Dickman, 32, the best 200 (21.76); and Tracy Fox, 30, the quickest 400 (49.28).

Sal Allah, 36, turned in a blistering 400-800 double victory in 49.73 and 1:54.24. Tom Kinsman, 43, won the 800 and 1500 in excellent times of 2:03.81 and 4:16.56. Paula Dickson-Taylor, 43, ran a great 800 (2:30.18), and Ruvinda Kelly, 34, won the 200 and 400 in 28.75 and 71.40.

Duncan Littlefield, 32, topped the pole vault field with a 14-6. Bruce Hedenal, 48, won all five throws in his division. Karl Johnson, 44, won the shot (14.79) in a field of five, and the discus (42.30). Len Rosen, 62, took the shot (12.24) in a field of four, and the discus (40.98) in a field of seven. Bill Garrahan, 66, won the shot, discus, and javelin titles. Remo Biagioni, 37,



Masters women at the Visalia Classic in California, May 18, from left: Barbara Stratton, Helen Ortiz, Tina Stough, Avril Naylor, Chris Miller, Kim Smith; kneeling, Shirley Dietderich, Shirley Kinsey.

Photo from Bob Higginbotham

won in the javelin with a 43.14 and was third in the 100m and second in the 200. Kim Salzer, 42, won the hammer and weight. Carl Reichard, 43, threw the hammer 42.78 after the event was completed.

The overall team title was captured by the Central Park TC, which amassed 97 points. They also won the 40-49 age division title with 41 points

(men and women combined scored in five-year age groups). The Syracuse Chargers were second overall with 95 points and won the 60+ division with 54 points. The NY Masters with 32 points won the 50-59 division. The Shore AC with 21 points took the 30-39 division and finished fourth overall with 56 points. The Boston RC was third overall with 57 points. □

## TRACS-Boston Masters Meet/USATF New England Championships

by STEVE VAITONES

Masters joined a strong mix of top open athletes, including a number of Olympic Trials finalists in the fifteenth annual TRACS Boston Masters Meet and USATF-New England Masters Championships at Northeastern University's outstanding track facility in Dedham, Mass., June 28-29.

Jane Arnold, W55, was the meet's only double record setter, clocking 2:37.16 for 800 and 5:16.87 for 1500. Also setting new meet records for the women were Sheila Purves, W40, in the 1500, 4:47.79; Sally Strazdins, W60, in the 400, 1:21.46; and Ann McGowan, W70, in the 100, 20.94.

Men's meet record setters were Wayne Fisher, M40, 19-8 in the long jump, and a trio of pole vaulters: John Hoogasian, M45, at 12 feet, Buster Byrnes, M50, at 8-6, and Boo Morcom, M75, at 9 feet (just missing at U.S. and world record attempts).

The Timex Masters Relays provided the most spirited competition of the

day between two M40+ clubs. Central Park TC took the opening sprint medley over the Maryland Masters, 3:45.36 to 3:45.89. Maryland (44.64) came back to outdistance both the Boston RC and Central Park (46.32) in the 4x100, with the Maryland Masters eking out a 3:37.49 to 3:38.19 victory in the 4x400.

The USATF New England association office directed the event with the support of TRACS (Treseler Running and Consulting Services) and the co-operation of Northeastern University. □

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9. Arterial Sclerosis	1.5%
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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Corns

**Q.** I'm a 53-year-old female runner. I've had my share of foot problems during my 20+ years as an athlete, but lately I've developed some very painful corns near my toes and on the balls of my feet. What's causing my problem and what can I do to alleviate the condition?

**A.** Most of us during our athletic careers will develop corns on our feet. This is the body's natural reaction to the friction that builds up during our training and competitive periods.

Hard corns are circular, conical thickenings of skin that usually appear on the tops of the second and fifth toes, and occasionally are found on the balls of the feet. The tip of the cone is directed inward, and often presses against underlying bony spurs. When the corn is pressed, there is a dull, penetrating pain.

Soft corns are generally found between the toes, most often the fifth and fourth. Again, these are the result of a bony spur beneath the skin. Sometimes sweat gathers in this area and causes a secondary infection.

Treatment of corns is quite basic. First, change to a well-fitting shoe that will cause the least amount of irritation to the affected area. Orthotic inserts can also help relieve the pressure on these sensitive growths.

There are several devices available which can be used to pare off the outer area of the irritating corn. This is a minor surgical procedure and should be done by a foot specialist.

Non-medicated corn pads have been shown to be effective in some instances, while more severe conditions require silicone injections or more extensive surgery to remove the underlying bony irritant." □

*(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 50098 Eugene OR 97415.)*

### Write On

Continued from page 5

before the race, the day the km marks were set by the AIMS measurer. During a meeting with national and international judges she informed everyone of all the details.

2. "There were no lap counters present... she (Barbara Dunsford) never was made aware of a final last minute course change..." There was NO COURSE CHANGE, as I already made clear, and there were 10 lap counters at the starting line, but Barbara Dunsford decided at the start that she needed more because the rain made it difficult for the lap counters.

3. Concerning Doug Brown (M70) who refused to make the 6th lap, I can only say that the officials made the mistake to register him as a finisher. Doug was well aware that he had abandoned the race.

4. Regarding the comment about the "very attractive plates", which were made in the leading French porcelain factory and which are very expensive, I would like to comment that it depends on the taste of the competitor. It was the intention of the organizers to give a valuable souvenir instead of the normal, sometimes very cheap, medals. A lot of participants appreciated what they received, but we are aware that it is difficult to satisfy everybody. Nevertheless, we are still convinced that, despite the problems that arose during the road walk competition, the overwhelming majority of



From left: Lorraine Gersitz, Mike Scopek, Kevin Setnes, Theresa Daus-Weber, Mark Ritchman - masters members of 100K Team at World Challenge, Moscow. Photo from T. Daus-Weber

### At 41, Moller Finishes 4th Olympic Marathon

by MARILYN J. MITCHELL

Forty-one-year-old Lorraine Moller became the only woman to complete all four Olympic women's marathons, placing 46th in 2:42:22 in Atlanta, July 28, as a member of the New Zealand Olympic Team.

In 1984, in Los Angeles, at age 29, she ran 2:28:34. In 1988 in Seoul, at age 33, she clocked 2:37:52, and in 1992 in Barcelona, at age 37, she produced a 2:33:59, winning the bronze medal.

Named 1995 World Masters Female Runner of the Year by *Runner's World*, Moller was undefeated as a master last year, posting wins at Falmouth (39:29), Peachtree 10K (33:10), Utica Boilermaker 15K (53:16), Advil Mini-Marathon 10K (33:35), and a world masters best for four miles at the Steamboat Classic in Peoria, IL (21:05).

In 1996, she was the first masters woman in the Boston Marathon in 2:32:02.

Of 86 runners who started the Atlanta race, 55 finished. □

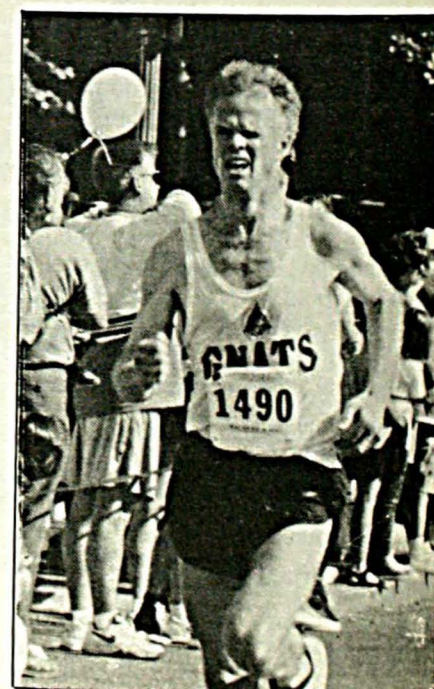
participants were impressed with the quality of the races, the kindness of the volunteers and officials, and the friendly atmosphere.

5. At each event, we learn new ways to improve competition for veterans, but we also need to understand that some situations are beyond the control of the organizing committee. You cannot blame the judges or organizers (comment of Mel Lees) for the bad behavior of one male competitor who pushed the South African woman at the start. Barbara Dunsford, as head judge, gave instructions about the race and the rules before the start, and we can assure you that all officials were qualified judges from France, Switzerland, Great Britain, Italy, U.S.A. and Belgium.

6. Concerning the shortage of awards, we gave more awards than in any previous championships (about 400) and the 12 missing awards were sent by mail the day after the races. We had 2836 individual entries from 42 countries of which 93.4% were foreign competitors.

To all fellow competitors, thank you for your participation and your support, and our apologies to those who did not reach their expectations! See you in Durban next year.

Jacques Serruys  
WAVA VP Non-Stadia  
Brugge, Belgium



Ed Ryan, 42, first M40 (35:40) and ninth, Lawyers Have A Heart 10K, Washington, D.C. Photo by George Banker

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## Originally Scheduled to Command TWA Flight 800, Rumford Finds Unexpected Comfort at Throwers Only Meet

by WALTER ALINA

The biggest stories in July were TWA's fatal Flight 800 and the athleticism typified by the Centennial Olympics. They came together in a most unexpected way at a Throwers-Only meet held July 20 at the Ringoes, N.J., farm of Dr. Charles Covino. The event also demonstrated the healing power that athletics can sometimes bring.

Sam Rumford, 58, of Point Pleasant Beach, N.J., has been a TWA pilot for many years and often commands Flight 800 from Kennedy Airport to Paris. In fact, the only reason he did not pilot Flight 800 on that fatal July 18 was that it was his time to take required flight training. Otherwise, he would have suffered the fate of the others on that plane, including Rumford's First Officer, Flight Engineer, Chief Stewardess, and many friends and close acquaintances.

Despite the shock of the crash, Rumford had a sad obligation to fulfill on the evening of the 18th – attendance at the wake of a friend and fellow athlete. While there, he ran into another old friend, Charles "Doc" Covino. Covino, knowing that Rumford was a

thrower, commiserated with him and suggested that he try to put aside his sorrows by participating in a meet which Covino had scheduled for the 20th.

Still an active athlete himself at age 72, Covino was hosting a USATF-sanctioned Throwers-Only meet at his Iron Horse Farm. Rumford declined, saying that he simply couldn't bring himself to participate when he did not know if his friends would even have a formal burial.

On Friday, Covino called and asked him again, saying that even if he didn't participate, it would be helpful if he saw many of his old track buddies. Again Rumford declined. However, at 8:40 a.m., Rumford showed up at Iron Horse. He wore sport clothes and had no intention of participating. But as the day wore on, and he mingled with old friends and watched the activities, he became more and more caught up in the events. Finally, he decided to compete and asked to borrow some track clothes and shoes. The result – Rumford placed second in the M55 age group in the weight throw, shot, and hammer, and third in the discus.

Nothing can lessen for Sam Rumford the horror, the sadness, or the recognition of how close he came to being part of the Flight 800 tragedy. But the ability to lose himself in the competition – even for a short time – is a testament to the healing power of athletics for those who have never lost that thrill.

The meet itself was a huge success. Originally scheduled as a masters meet for throwers age 30-and-over, some of the 119 participants from 15 states were younger throwers who missed the cut for the Olympics. Several ended up throwing far better distances than they had in the Trials. Former Olympians from the U.S.A., Russia, Australia, Israel, and Ireland competed. Twenty-three of the participants were women. Several national records were set, among them was the U.S. single-age record of 75-8 with the 4kg hammer by Dr. Paul Narcessian, 84, of Rhode Island.

Impressed with the attractive venue and congenial atmosphere, the masters athletes persuaded Covino to bid for the 1997 USATF National Masters Weight Pentathlon Championships to be held at the farm. If they are, you can be sure that Sam Rumford will make every effort to participate. □



Sam Rumford

Photo by Walter Alina

## Jircik, Pozdnyakova Steam in Boilermaker 15K

by JERRY WOJCIK

Karel Jircik, 40, and Tatyana Pozdnyakova, 40, took the top masters prizes in the Utica Boilermaker 15K, Utica, N.Y., on July 14. Jircik, a Czech, who resides in Mississauga, Ontario, Canada, pulled a mild upset in taking the masters title and \$1200 in prize money with a 47:29 from pre-race favorites Martin Mondragon, 42, of Mexico, and Antoni Niemczak, 40, of Poland/Rochester, N.Y.

Jircik, a relative newcomer to long distance running, was running in his third U.S. race. In June, he had beaten Niemczak, second here in 47:58, by four minutes with a 68:51 in the Trinity Hospital Half-Marathon. Jircik was almost apologetic for his victory over Mondragon, two-time defending masters champion and favorite to repeat. "He's number one," said Jircik. "I was lucky. He must have stopped or something." Actually, Mondragon had paused near the 5K mark while a spectator rubbed down his sore left calf muscle. Mondragon finished third in 48:16.

Brian Kirkwood, 43, of Scotland, was fourth master but first age-graded M40+ with a 90.2% 48:18. Jircik, Bill Rodgers, 48, M45 winner (50:23), and Fay Bradley, 58, M55 winner (54:48), were the next best age-graded M40+s, all three at 89.8%.

Pozdnyakova, of Ukraine and New York City, running in her first Boilermaker, broke the W40+ course record by 73 seconds with a 52:03, bettering the 1995 time by current Olympic marathoner Lorraine

Moeller, of New Zealand. "This was a great race," Pozdnyakova said through an interpreter. "I wanted to run this last year, but I had difficulty with my visa. I read about this race in a magazine. Everybody's talking about it there, back in the Ukraine."

She won \$1200 also, and took the age-graded title for all masters with a 91.5%. Jane Welzel, 41, Fort Collins, Colo., who also broke Moeller's record, by eight seconds, was a distant second in 53:08.

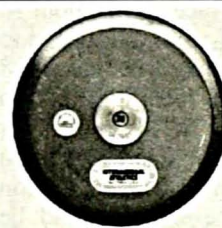
Barbara Filutze, 50, Erie, Pa., masters winner here in 1988, won the W50-54 race from Nancy Frisillo, 53, New Hartford, N.Y., with a 59:45, worth \$500. Wen-Shi Yu, 61, Kew Gardens, N.Y., won the W60+ race and \$300 with a 72:38. Masters men and women shared equal prize money from the total race purse of \$40,000.

The 19th annual Boilermaker attracted 6400 runners, with 5566 finishers. Among them was Zola Budd-Pieterse, two-time South African Olympian, known for running barefoot and her collision with Mary Decker Slaney in the 1984 Los Angeles Olympics. Now 29, Budd-Pieterse finished third (50:15) to win \$2000.

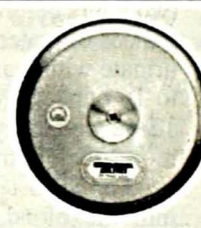
After having to turn away 2000 entrants in the most successful Boilermaker ever, Earle Reed, the only race director in the event's 19-year history said, "We are considering increasing next year's field, perhaps to as many as 10,000. The demand is there."

The race is always run on the second Sunday in July. □

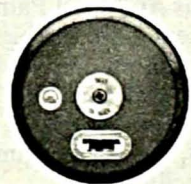
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# Masters Racewalking

by ELAINE WARD

## Heat And Hydration

**M**any people wondered why Atlanta was chosen for the summer Olympic Games. There was concern about the possibility of extreme heat and humidity. (Both were present at the trials at the end of June, but, surprisingly, heat was not a significant factor in the Olympic walks.)

Basic training theory recognizes that it is necessary to stress the body for it to adapt to stress. Accordingly, quite a few of our U.S. Olympic racewalking team moved to LaGrange, Georgia, or other areas close to Atlanta to acclimate to the expected heat. By training in heat, they prepared themselves to compete effectively in the heat. They did not expect to make times as fast as they would in more favorable weather, but they wanted to race at optimum efficiency to maximize their performances.

Training for extreme heat also involved learning to drink water, water, and water. The men's 20K trials winner, Curt Clausen, mentioned that he was continually drinking water as he raced. The importance of drinking a lot of water all of the time during competition is supported by the statistics showing that even a slight dehydration leads to performance problems.

According to an article posted on the Internet, written by David Anderson, a track coach at Iowa State University, "A two percent loss of body weight by dehydration (essentially, the only weight you lose during exercise is water weight) impairs the body's ability to dissipate heat, reduces strength, power, endurance and aerobic capacity. In more precise terms, a two percent water loss means about a ten percent loss in maximal performance, according to Wilmore/Costill in their book *Physiology of Sport and Exercise*."

### FIFTEEN YEARS AGO September, 1981

- Vicki Bigelow (W45, 18:14.0) and Jaclyn Caselli (W60, 23:19.2) Establish New 5000 WRs in Western Regionals
- Herb Lorenz, 42, Breaks American Masters 10K Record with a Sizzling 30:41.5
- Ray Hatton, 49, Sets AR for the 3000 (9:02.95) in Mt. Hood All-Corners Meet
- 14th Nationals Draw 500 to Los Gatos, Calif.

As racewalking is an endurance sport, hydration becomes more critical. If an athlete loses 4-5% of body weight, his/her capacity for prolonged effort declines by 20-30%. Many women, who raced in high heat and humidity during the 10K Olympic Trials, became exhausted and collapsed at the finish line. A probable contributing factor: not drinking enough water.

Again, according to Anderson, "The goal is to finish your race at the same weight you started." Coach Mike DeWitt and others have stated that hydration should start well before a race until the urine is clear, and be maintained until race start and during the race. Moreover, drinking replacement fluids after a race speeds recovery time.

For those who like precise amounts: two hours before a race, drink about 16 ounces of water. If you do not need to urinate within an hour, drink another 8 to 16 ounces. When racing, drink 6 to 12 ounces every 15 to 20 minutes, or more often if training has proved you need it. To foster maximum absorption into the blood, the water should be cool, but not ice cold.

#### Plantar Fasciitis And Heel Pain

Some racewalkers have problems with irritating, nagging heel pain. Though it can be caused by a pinched nerve or chronic problems such as arthritis or bursitis, the most common cause is plantar fasciitis.

Plantar fasciitis involves inflammation of the fibrous tissue on the bottom of your foot.

James G. Garrick, M.D., in his book, *Peak Condition, Winning Strategies to Prevent, Treat, and Rehabilitate Sports Injuries*, explains the plantar fascia this way: "If you sit barefoot and relaxed, with one leg crossed over another, you might notice that the arch of your foot resembles a bow (more or less, depending on the state of your arch). A high-arched foot suggests a tense bow, its arrow about to fly. A flat foot resembles more nearly a discarded bow - almost as straight as a piece of board. Pull back on your toes and you can see and feel the bowstring: the plantar fascia. It's a ligament-like rope of fibrous tissue that starts at the heel of your foot and runs along the inside of the sole, where it



Bill Chisholm, 1932 50K Olympian. Now 87, he doesn't compete anymore, but the photo shows the heel-toe walking style of that era.

fans out into little fingers and connects to the metatarsal bones at the base of the toes. It's really dense stuff, each strand about 1/8 inch thick. Its function, among other things, is to maintain the arch by not allowing the ends to pull too far apart - the same thing a bowstring does for a bow."

When you racewalk, the plantar fascia stretches and contracts. Overuse or sudden trauma can cause your plantar fascia to stretch too much. This action can result in microscopic tears in the fascia, inflammation and a piercing pain or burning sensation. The pain can come on gradually or suddenly. It often is worse in the morning when the fascia is stiff, and improves with use.

Plantar fasciitis can be a particular problem to racewalkers with high arches as the fascia tends to be tight. Tight fascia has less give and less shock resistance. It is, therefore, susceptible to overstretching and tearing. As the fascia of walkers with flat feet is not tight enough to hold up the arch, it is less susceptible to injury.

**Aging:** Aging may be a contributing cause in plantar fasciitis. As you get further along in years, your plantar fascia loses some elasticity. Moreover, the fat pads covering your heel bones thin and are less able to absorb shock at heel contact. This thinning places more stress on the heel bone and the tissues attached to it.

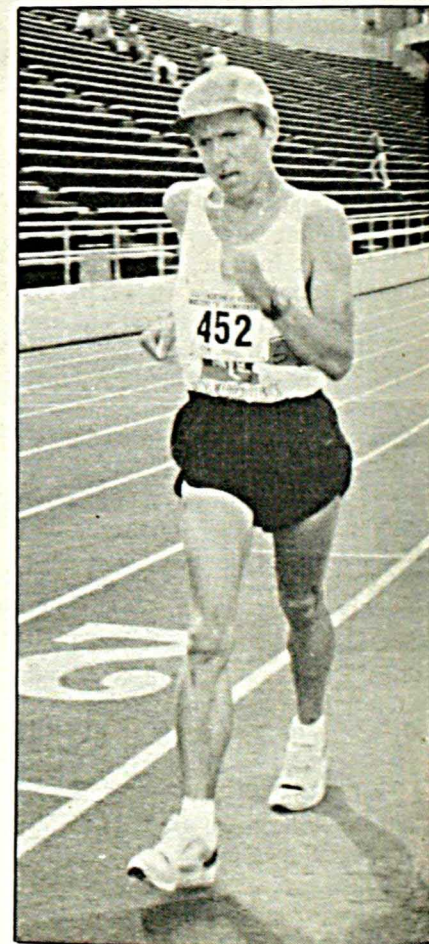
Proper heel placement is a practical preventative. Where overstriding increases the braking impact of the heel on the ground and sends shock waves into the ankle and above, heel contact close to your body reduces impact force and stress. Though many walkers worry that shortening their stride length in front will affect their

race times, proper rolling and pushing foot work combined with proper hip rotation will lengthen the stride in back where the power is.

Racewalking footwork also promotes flexibility in the plantar fascia. By using the foot from heel to toe, the muscles of the foot get continuous exercise. Specifically, the rolling pushing action stimulates circulation in the foot and flexibility in the plantar fascia.

**Overuse:** Overuse has already been cited as a cause of plantar fasciitis. However, as this is a very common cause, it is important to focus on it. Overuse can occur when you have been injured or physically inactive for a long period of time and begin working out too long and too fast. It can also occur when you try to increase distance or intensity too quickly in an effort to prepare for a 20K race off a 5K base, for example. The bottoms of your feet, like other muscles, respond best to gradual conditioning.

**Shoes:** Shoes with thin soles, and poor arch and heel support lack shock absorbency. Worn out shoes can also fail to provide needed protection. However, because the ground reaction force in racewalking is typically about 1.6 to 2.0 body weight peak force on impact versus 3.5 to 4.0 for running, less midsole is needed. In fact, the racing flats many elite athletes wear have almost no midsole. When the foot is properly conditioned to racewalking and there is no history of inflammatory problems, the benefits of wearing thin-soled shoes are many. At the same time, more cushioning may be indicated if foot problems exist in the fascia or heel.



Stan Chraminski, 48, strode to an age-graded 83% 24:45.49 5000m racewalk, USATF Northwest Regional Masters Championships, Tacoma, Wash., Aug. 3-4. Photo by Suzy Hess

## 200 Compete in Northwest Regionals

by JERRY WOJCIK

Over 200 entrants took part in the USATF Northwest Regional Masters Championships/Key Bank Classic held at the Lincoln Bowl, Tacoma, Wash., on Aug. 3-4. In addition to entrants from the region, participants included athletes from New York, New Jersey,



Melvin Preedy, 63, checks his 42:18 in the 10,000, USATF Northwest Regional Masters Championships, Tacoma, Wash., Aug. 3-4.

Photo by Suzy Hess

and Florida, who used the meet to hone their skills for the three other major meets in the Northwest in August.

Temperatures had been in the high 90s the week before, but the heat subsided to the comfortable 70s for the meet. A slight rain on Sunday deterred some athletes but didn't slow Steve Robbins, 53, the reigning WAVA M50-54 world sprint champion. On Saturday, Robbins ran the fastest 100m (an age-graded 96.2% 11.70) of all meet M40-and-over sprinters, and, one-and-a-half hours later, followed with another masters best 400 in 52.89, an A-G 95.7%.

Pat Peterson, of New York, on her way to the Canadian Championships in Vancouver, the USATF Nationals in Spokane, and the WAVA meet in Eugene, took three firsts in the W70 sprints.

In the 800, Tom Brinton, 68, was in the A-G international level with a 91.0% 2:31.90. Hurdler Doug Schneebeck won the M35 short hurdles in 16.21 and the long hurdles in 57.80.

Jennifer Fisher, W35, clocked top-ranked times in the 2000 steeplechase (7:42.00) and 800 (2:20.50). Guest athlete Madeline Bost, of New Jersey, also on a track tour of the Northwest, ran the 2000 steeplechase in 10:08.14. Dennis Phillips, M50, vaulted to a masters best 13-0.

While runners and jumpers were hampered by Sunday's drizzle, throwers didn't allow moisture to restrain their efforts. Russ Hodge, M55, topped all shot putters, with a 15.20/49-10 1/2



Shot putters (from left) Pauline Thomas, W45, Joli Sandoz, W40, Mary Harrington, W35, and Sue Hinz, W45, USATF Northwest Regional Masters Championships, Tacoma, Wash., Aug. 3-4.

Photo by Suzy Hess

mark. Floridian Reed Quinn, also on a Northwest tour, won the M65 shot contest with a 10.80. Neil Saling, M60, doubled in the shot (11.87.38-11 1/2) and the discus, with a masters best 45.00/147-8.

George Mathews, 53, was the outstanding thrower with the heavy implements, winning in the 35-lb. weight (13.08/42-11) and 56-lb. super-

weight (8.10/26-7).

In the 5000 racewalk on Saturday, Bev LaVeck, 60, strode to a 29:12.74, an A-G best performance of 88.1%.

Ken Weinbel, of the Seattle Masters AC, was the meet director. Sponsorship and support were provided by the Tacoma-Pierce County Sports Commission, KeyBank of Washington, and the Seattle Masters AC. □

## Racewalking

Continued from page 10

### Heel Spurs

A flattening of your arch or the overuse cited above can cause your plantar fascia to stretch and pull on your heel bone (visualize Garrick's bow). Occasionally the fascia can stretch and tear sufficiently to cause a heel spur. According to Garrick, "Heel spurs can make spectacular X-rays, a nasty-looking spike of bone up to 3/4 inch long floating in the heel - but in many instances removing the spike isn't going to solve the problem. What will help is removing the pressure on the fascia and getting rid of the inflammation." □

Starting next month, this column will resume its interviews with masters athletes. The first will be with Tori Herazo who finished third at the Women's 10K Olympic Trials, June 22, in a time of 48:12, and then flew to Belgium to compete in the WAVA Masters 20K, June 29, finishing first overall with a time of 1:38:06. Tori's upcoming racing schedule is dazzling and she will provide interesting insights on how to train for endurance and speed.



Barbara Kousky, Masters T&F Champion, presented Elton Richardson, W55, with her award for the outstanding masters female racewalker for 1995 at the athletes' meeting, Aug. 17, USATF Masters Championships, Spokane.

Photo by Suzy Hess

### SOUTH CAROLINA RACEWALKERS PRESENT WAVA NORTH AMERICAN, CENTRAL AMERICAN & CARIBBEAN 8K RACE WALK AND CHAMPIONSHIP AND USATF SOUTH REGION 8K RACE WALK CHAMPIONSHIP

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**DATE:** October 5, 1996

**TIME:** 9:30 AM. Late registration: 8:30-9:00 AM day of race.

**SANCTION:** Sanctioned by USATF

**AWARDS:** Wava medals for first three places in each age/sex group and USATF medals to top three places in each age/sex group in South Region.

**MEET HEADQUARTERS:** The Holiday Inn Hotel-Coliseum at USC, will serve as meet headquarters. Race packets may be picked up there Friday evening from 6-9 PM. The Hotel offers a rate of \$59.00 per night, mention race. Holiday Inn Hotel, Coliseum, 630 Assembly Street, Columbia, SC Phone No. (803) 799-7800.

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Entry for WAVA \_\_\_\_\_ South Region \_\_\_\_\_ Best 8K or 10K Time \_\_\_\_\_

#### RELEASE

In consideration of acceptance of this entry, I hereby release any and all groups or individuals connected with the 8K racewalk on October 5, 1996, from all claims of injury or damage resulting from participation in this race. I hereby declare that I am in proper physical condition to participate in this race.

Athlete's Signature: \_\_\_\_\_

Parent's Signature or Guardian (if under 18) \_\_\_\_\_



## On The Run

by HAL HIGDON

### The Olympic Experience

*"The best reason for going to Atlanta was to prevent NBC from dictating what you would watch."*

Without question, it was near the most exciting track event at the 1996 Olympic Games in Atlanta: the men's 5000 meters, featuring Bob Kennedy, Indiana University graduate, America's best chance at breaking the recent African dominance of distance events on the world scene.

And Hoosier Bob have it his best shot: challenging the three top Kenyans at the front of the pack, forcing the pace with them, positioning perfectly off their shoulders, matching every surge, finally snatching the lead with 800 meters to go. The pack bent – but didn't break. A gap opened – then closed. In the final lap (which Kennedy would run in 58 seconds), the pack swallowed Kennedy and spat him out the back.

Burundi's Venuste Niyongabo won in 13:07.96, ahead of Kenya's Paul Bitok and Morocco's Khalid Boulami. Defending champion Dieter Baumann of Germany snatched fourth, ahead of Kenya's Tom Nyariki. Kennedy hung on for sixth in 13:12.35. In the ultimate test for any athlete, the Olympic Games, Kennedy had done everything he could, had run the perfect race, but had bumped up against a group of runners with better sets of wheels than he could muster – at least on one warm night in Atlanta.

I had watched the 5000 on the final night of track at the Olympics from a seat on the back of the turn, near where they start the 200 meters, just below the flaming Olympic torch. I was about as distant from the finish line as you could sit and still be in the stadium, yet the seat cost \$133.

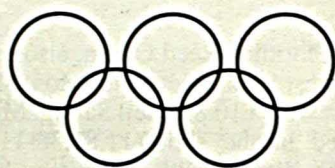
It was worth it.

#### Hunt For Gold

Sitting beside me was Rich Stazinski, an Indiana University runner I coached off-season. With an American in the hunt for the gold medal, crowd support had been intense. As the pack circled the track, a wall of noise circled with them above. This was intensity experienced usually only at track meets in Oslo, Brussels, Zurich. "Go, Bob!" Rich screamed each lap, and when his hero failed – if one can use that word to describe Kennedy's effort – Rich slumped in his seat, drained of energy, both disappointed because Kennedy had not medalled, yet exhilarated because he had come so-o-o-o close.

"I wonder where America is going to get its next Bob Kennedy?" mused Rich.

"He's watching on TV right now," I



replied, confident that some youngster still in school would become inspired by Kennedy's effort and both fill his shoes and step on his shoulders to attain a gold medal at some future Olympic Games, maybe Sydney, Australia, in the year 2000.

Alas, I was wrong. NBC – wise in the ways of the American public – had decreed that the men's 5000 meters was not worthy of our attention. Some basketball players from the NBA were playing what for them was an exhibition game that evening. They received the coverage that might have inspired a generation of American distance runners. Although NBC offered a portion of the 5000 in a replay after midnight, few people got a chance to see Kennedy's great run.

#### Obscure Athletic Achievement

That, more than anything, is what had convinced me to attend the Olympic Games in person: the contempt of the mainstream media and sports public for track and field. I didn't want NBC – or its advertisers – to dictate what events I could and could not watch. I enjoy watching rhythmic gymnastics and beach volleyball and synchronized swimming and even (sometimes) NBA basketball. I just didn't want them getting in the way of track & field, which gets little feature coverage in the United States because (in all honesty) a relatively small number of us give a Rhett-Butlerian damn.

The Olympic Games, of course, is the ultimate stage for obscure athletic achievement. Regardless of the sport, when the best of the world come together, it catches even the attention of people who hang out in sports bars.

On four occasions, I've attended the Olympics in person: Rome in 1960; Mexico City in 1968; Los Angeles in 1984; and Calgary (for the Winter Games) in 1988. Each trip provided memorable moments. But you can't deny that attending the Games can be:

a) time-consuming, and b) expensive. I had planned to go to Barcelona in 1992 with my family until the price of the *Track & Field News* tour for which we had held reservations for four years jumped at the last moment from \$3,000 to \$5,000. In many respects, the Olympic Games are not about sports; they're about money.

For that reason, I attended the Olympic Trials (both marathons in February and track & field in June), figuring that would provide at least a taste of the Olympics at bargain prices. (Many T&F fans consider the Trials even more exciting than the Games; at least Americans always win!)

#### Finding Tickets

Yet the Trials merely whetted my appetite. In August, I found myself back in Atlanta for at least the final week of track competition despite not having bothered to secure tickets in advance.

Finding seats in the stadium, thus, became my Olympic competition. I located a ticket for Monday on the Internet through the Dead Runners Society. Someone seated in front of me that night had two tickets for a morning session to sell. I encountered Kennedy's coach, Sam Bell, leaving the stadium one evening. He offered two tickets from his surplus. I paid \$80 to a scalper for a \$64 seat for Friday, a bargain it turned out, since the seat offered a close view of the water jump for the steeplechase and pole vault, contested that night. Rich Stazinski had an extra ticket for Saturday and also located tickets for two other sessions.

The face value cost for seven Track & Field tickets was \$480. Billy Joel once said in a song: "You don't need the new fashions, honey; all it takes are looks, and a whole lot of money."

The main arena for ticket buying, selling and trading was at the intersection of Peachtree and International Streets, in front of Planet Hollywood and the Hard Rock Cafe. Most of Atlanta's downtown had been blocked to traffic, so scalpers crowded the intersection as did those seeking tickets. Want to see those NBA stars or attend the closing ceremonies, no problem. Equestrian sports, you got it. Tickets to the gold-medal baseball game were plentiful, especially after the American team failed to make the finals.

Many in the media would complain about Atlanta being crowded and overly commercial, but that became part of its appeal to me. There was an electricity in the air that I couldn't remember from previous Olympics. I hung out among the scalpers, reveling in their action. Still, when it came time to visit Olympic Centennial Park, I balked. I started in that direction, but all I could see was a sea of heads, like the scene from the back row of the Boston Marathon. I dropped out and fled to an uncrowded pasta restaurant on the outskirts of the downtown area to wait for the evening session to begin.

#### 1932?

If there was one race more exciting

than the men's 5000, it was the 200, featuring Michael Johnson. Even NBC wasn't going to skip the climax of Johnson's 400/200 double. Despite the presence in the field of Namibia's Frankie Fredericks and Trinidad and Tobago's Ado Boldon, there seemed little doubt who would win. It was like attending a coronation, everything scripted in advance.

Johnson burst from the blocks, but for much of the turn, Fredericks and Boldon seemed to stay close. Then on the straightaway, Johnson moved effortlessly ahead to win by a margin that seemed inconceivable in an Olympic final.

I glanced at an electric clock that displayed the numbers: 1-9-3-2. And I thought, "Why are they showing 1932 (the year of the Olympics in Los Angeles)? This is 1996." Then it dawned on me that Michael Johnson had run 19.32! That obliterated Johnson's previous world record, set in the Trials, of 19.66 and made anything you had paid a scalper for admission to the stadium well worth the price.

At the post-race press conference, bronze medalist Boldon had the best line: "I accepted the fact that the fastest man in the world was the winner of the 100 meters. Now I believe the fastest man alive is sitting to my left."

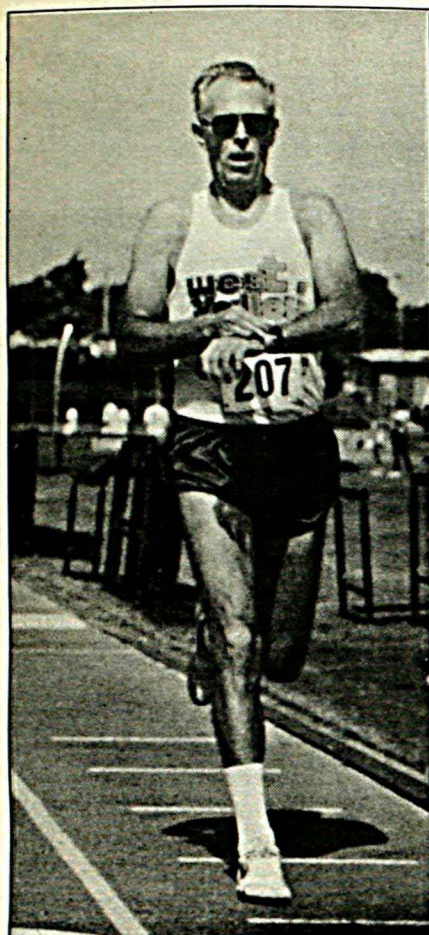
#### Contempt

Boldon demonstrated class in losing. Not everybody else at the Olympics did. Consider for a moment Mark Davis, he of the tattoos and pierced body parts. In the 3000 meter steeplechase, Davis finished last, lapped by the winners. No disgrace; he had made an Olympic final. But coming to the water jump on his final lap, Davis decided to play to the crowd by doing a belly-flop. Big splash. Ha, ha!

Nike's Phil Knight reportedly was angry at Davis for disparaging remarks made about Steve Prefontaine several years ago. Davis retained his Nike connection anyway. May Mark Davis's next shoe contract be with K-Mart.

Thankfully, NBC failed to air Davis's antics. The network can't be entirely faulted for what fans of distance running might consider a total lack of respect, almost *contempt* for our sport. In his column for *Runner's World Daily*, commentator Craig Masback attempted to defend NBC's position, citing the fact that the network lost \$100 million televising the 1992 Olympics, primarily because of the "Triplecast" that featured additional sports. Few people subscribed. "NBC is a business entity whose first obligation is to its shareholders," stated Masback. Despite an anticipated \$70 million profit on its telecast from Atlanta, Masback warns that NBC is not likely to change in 2000 or beyond.

So be it. I have already begun to consider plans to be in Sydney four years from now. We'll find out then whether Bob Kennedy or some other American hopeful will appear to defend America's honor in the distance races. □



Pete Richardson, winning the 800 with an M60-64 meet record 2:27.7, Visalia Classic in California. Photo by Glen Williams

### TEN YEARS AGO September, 1986

- 19th Nationals Draw 761 to New York City
- Canadian Chris McCubbins (30:49) and England's Priscilla Welch (34:27) Finish as Top Masters in Asbury Park 10K
- Boo Morcom Sets PV WR (12-4 1/2) for M65s in Brown University Meet
- Rex Harvey, 40, Wins National Decathlon With 6262 Points

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## The Weight Room

by JERRY WOJCIK

### Spokane – The Throws

The first throws contested at the Nationals in Spokane on Thursday were the women's javelin and shot. A surprise entrant in the javelin was Kate Schmidt, 42, two-time bronze medalist in the 1972 and '76 Olympics, who broke the U.S. W40-44 record with a 143-0. Schmidt, out of competition for 12 years, underwent ovarian cancer surgery and chemotherapy after the cancer was detected in 1993. A Los Angeles resident, Schmidt, who once held the WR at 227-5, hopes to combine bird-watching and the javelin on a trip to Durban, South Africa, for the WAVA Championships in 1997.

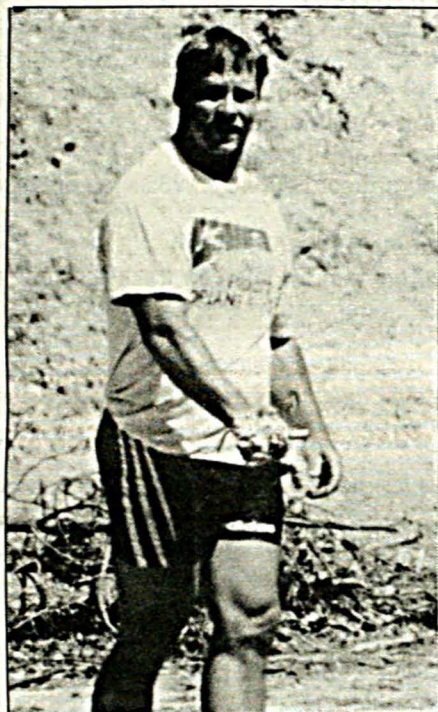
Other U.S. javelin records went to Becky Sisley, W55, Oregon, and Betty Jarvis, W80, Oklahoma.

In the shot, Vanessa Hilliard, Florida, broke the W55 record by a half inch with a 40-5½. Thirty-nine-year-old Carol Finsrud, Texas, hit the 45-4½ mark to win her division handily.

On Friday, the men's hammer, following a long national championships tradition was over an hour late. New M65s Joe Chadbourne, Ohio, and Len Olson, Florida, tangled, with Chadbourne the victor with a U.S. record of 155-4. Hilliard stood out with a 153-10, an age-graded 100+%.

Finsrud took another gold in the discus at 164-5 on Saturday. The discus fields in the M45 to M75 groups were large, even by nationals numbers – the M50s had 17 throwers, led by Lloyd Higgins, California, who won with a 171-3. Olson's discus debut as an M65 was a successful one with a 152-11 first of 10 throwers.

Ed Hooker, Oklahoma, starred among the 11-field M70 throwers with



Tore Gustafsson, M30, watches his 258-3 hammer throw, KELfield Meet, Santa Cruz, Calif.  
Photo by Gary Kelmenson

a 35-foot win of 145-4, a U.S. M70-74 record.

The men shot putters on Sunday produced another U.S. record of 44-1¼ by, who else, but Len Olson. Manual White, M80, Montana, 110-9, and Ed Morland, M45, Kansas, 210-1, stuck WRs with the javelin. Ralph Howe, M35, California, took an American record with a 222-3.

The hammer and javelin were held out of the stadium, but this worked out well for spectators. The stands were close to the throwing sites (almost too close for the hammer), and spectators had bird's-eye views. For years throwers in the younger age divisions have been pointing out the inequity of scheduling their events last on the final day when officials and awards are often scarce. It happened again here with the shot and javelin scheduled late on Sunday and both at about the same time! The M30 and M35 javelin throwers finished after 4:00 o'clock. But, officials and awards were plentiful even at that late hour. □



Olympic bronze medalist, Kate Schmidt, won the W40-44 javelin contest with a U.S. record (143-0), USATF Masters Championships, Spokane.  
Photo by Suzy Hess



Shopping Village tent, USATF Masters Championships, Spokane.

Photo by Jerry Wojcik

### 937 Compete

Continued from page 1

who said it was a good meet also had some criticisms. Madeline Bost, New Jersey, who broke the U.S. W55 steeplechase record, said, "The meet has been handled beautifully but the announcing is lacking. There's no background on athletes' bios, and no play-by-play during the event." Racewalker Jeanne Bocci, W50, Michigan, praised the meet but said the 10K racewalk course had too many tight turns.

The first aid facility and massage tent were well-equipped and well staffed.

The 937 competitors came from almost every state and from New Zealand, Hong Kong, Armenia, South Africa, Australia, Ireland, Panama, Bermuda, and throughout Canada.

Attendance was down about 400 athletes (30%) from the 1300 participants at the 1995 championships in



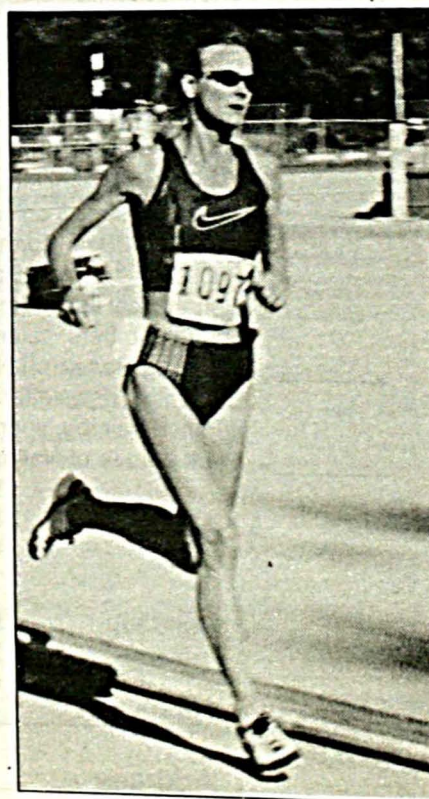
Pete Mundle, USATF Masters Records Chairman, in the M65 5000, USATF Masters Championships, Spokane.

Photo by Jerry Wojcik

East Lansing, Mich. Eight world and eight U.S. age group records were broken or set at East Lansing. In Spokane, five world records and 24 national records were altered.

On the track, a much anticipated match-up in the sprints between new M50 Stan Whitley, California, and Steve Robbins, now 53, Washington, world-record holder and 1995 WAVA Champion, resulted in a win in the 100 for Whitley. He ran an age-graded 96.5% 11.44 to Robbins' A-G 94.4% 11.70 on Saturday. On Sunday, Whitley won the 200 race with an A-G 96.7% 23.07, with Australia's Peter Crombie second in 24.00, an A-G 93.0% performance.

Some of the best spectator races came in the 800. In the M40-44 division, Peter Mogg, California, led a four-man finish to the wire with a



Kim Jones, W35 winner (16:18), USATF Masters Championships, Spokane.

Photo by Suzy Hess

Continued on page 15

## Highlights of the Nationals

Some of the top U.S. performers, by division, at the USATF National Masters Championships in Spokane were:

### M30

Sprinter Kettrell Berry, Maryland, won both the 200 and 400 and topped it off with a gold in the short hurdles. David Turnbull, Oregon, tripled in HJ, LJ, and TJ. Stan Holman, Spokane, won the 5000 and 10,000.

### M35

Paul Fragua, New Mexico, took the 800 and 1500. David Harding, Oregon, won both long races. Ray Blackwell, Pennsylvania, scored an A-G 90.8% in the 400 and skimmed the 400H to victories. Ralph Howe, California, stabbed a U.S. record with the javelin. Mike Blanchard, Colorado, race-walked to wins in the 5000 and 20K.

### M40

Kevin Morning, California, was in the A-G 90+% range with 100 and 200 firsts. Pete Mogg, California, fought off tough fields to win the 800 and 1500. Anthony Rodiez, Wisconsin, outdistanced his competition in the 5000 and 10,000. Mark Neal, Washington, had top marks in the SP and DT. Warrick Yeager, California, walked away with gold medals in the 5000 and 20K RWs.

### M45

Fred Sowerby, Nevada, dominated the 200 and 400. Richard O'Brien, Washington, ran to the finish line first in the 5000 and 10,000. Javelinist Ed Morland, Kansas, left town with a WR. Stan Chraminski, Washington, doubled in the 5000 and 20K.

Continued on page 16

## 937 Compete

Continued from page 14

1:59.41 (A-G 90.7%). Daniel Barry, California, was second in 1:59.91 (A-G 90.4%). Julia Reyes, Texas, was third in 1:59.92 (A-G 90.35%), and Rick Barbero, Oregon, fourth in 2:01.16.

Earl Fee, Canada, won the M65 middle-distance races and added the 300 hurdles to his string of victories at U.S. nationals with a 48.48.

Whitley and Mary Libal, W45 world record holder for the 400 and triple-sprint champion here, won the age-graded 100m, in which participants were given handicap starts determined by their ages. Libal, 46, ran an 11.81, to win the women's race. Whitley, 50, ran a 10.38, and Milt Silverstein, 76, Arizona, was second in 10.73 in the men's race.

The meet was covered by the local affiliates of ABC, NBC, and CBS, which presented interviews with ath-



Bob Higginbotham, winner, M70 (57:23) 300H, USA Masters Championships, Spokane.

Photo by Jerry Wojcik

letes during evening and late night news. The Spokane Spokesman-Review ran a pre-meet article featuring Olympic marathoner Don Kardong, director of the massive Bloomsday Run held in Spokane. The paper gave front page coverage with photos in the sports section, focusing on a different athlete every day, and published results three deep for all events.

Part of the success of the meet is attributable to the large numbers of sponsors and financial support from local businesses and individuals, probably the most ever for a national championships. The primary sponsors were Safeco, Seafirst Bank, URM stores, Great Harvest Bread Co., and Liesbeth Matthieu's Nature's Sunshine Products. Vernie Foxley and Maury Ray were co-directors, and were aided by a staff of 20 meet managers and advisors.

Next year's championships will be held in San Jose Calif., on Aug. 7-10, after the WAVA Championships in Durban, South Africa, July 17-27. □



Dana Baumgarten (1013) took the W30-34 gold medal from Karen Johnson, 13.66 to 13.69, USATF Masters Championships, Spokane.

Photo by Jerry Wojcik

## AGE GROUP RECORDS SET AT 29TH USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; SPOKANE, WASH., AUG. 15-18, 1996

### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
10000	W65	45:42.98	June Machala	45:49.42	Shirley Brasher
HJ	W75	1.01	Margaret Hinton	0.95	Sheila Evans
PV	W75	1.45	Margaret Hinton	- - -	- - -
JT	M45	64.04	Edwin Morland	63.40	Mauri Toivonen
JT	M80	33.76	Manuel White	32.56	Gerhard Schepe

### U.S. RECORDS

800	W55	2:32.33	Jane Arnold	2:39.04	Kemi Solwazi
5000	W65	22:15.84	June Machala	22:41.8	Jaclyn Casell
80H	M80	17.34	Frank Finger	17.5	Russ Meyers
80H	W70	23.54	Johnnye Valien	- - -	- - -
400H	W35	64.40	Joy Margerum	65.13	Joy Margerum
SC	W55	9:40.58	Madeline Bost	9:52.25	Sally Strazdins
HJ	M70	1.45	Vince Sempronio	1.44	Walt Dahlin
HJ	W50	1.35	Marlene Sachs	1.34	Becky Sisley
HJ	W55	1.30	Kathy Bergen	1.29	Christel Miller
PV	W35	2.51	Angela Neazy	2.44	Phil Raschker
LJ	M75	4.10	Milt Silverstein	3.93	Herb Anderson
LJ	W70	3.12	Johnnye Valien	3.11	Mary Bowermaster
LJ	W75	2.86	Margaret Hinton	2.51	Polly Clarke
SP	M65	13.44	Len Olson	13.10	Phil Brusca
SP	W55	12.33	Vanessa Hilliard	12.32	Joanne Grissom
DT	M70	44.30	Ed Hooker	43.44	Dan Aldrich
DT	W80	13.50	Betty Jarvis	6.30	Marilla Salisbury
HT	M65	47.36	Joe Chadbourne	44.48	Lev Mozhaev
HT	M80	28.74	Manuel White	27.35	Jim York
HT	W80	15.22	Betty Jarvis	- - -	- - -
JT	M35	222.3	Ralph Howe	66.66	Gene Lorenzen
JT	W40	43.58	Kate Schmidt	42.44	Lurline Struppeck
JT	W55	32.26	Becky Sisley	32.04	Becky Sisley
JT	W80	10.66	Betty Jarvis	7.02	Marilla Salisbury
5KRW	W60	29:02.88	Bev LaVeck	29:29.04	Ruth Eberle
5KRW	W65	30:01.91	Ruth Eberle	31:06.00	Ruth Leff
5KRW	W75	36:18.97	Jana Dana	36:42.80	Imogene Watkins
20KRW	M70	2:07:10	William Flick	2:07:52	Cokey Daman



June Machala, Spokane, broke the W65 10,000 WR with a 45:42, USATF National Championships, Spokane.

Photo by Suzy Hess



## Training Advice

by ROSS DUNTON

### On the Road to San Jose

I am a 64-year-old 800-meter runner who has not raced in the last two years. I am in the early stages of preparing for the 1997 track season, culminating with trips to the Nationals in San Jose and to the Worlds in Durban, South Africa. I hope that you will join me.

In the 1992 Nationals at Spokane, I finished third in the M60 800. I believe I have learned enough in the past four years to significantly improve my performance. I became a high school 'walk-on' track and cross-country coach. In preparing myself as a coach, I have attended numerous schools and clinics on track and field. One of the advantages of living in Southern California is the availability of track and field information. During the next year, I plan to share much of what I have learned about the finer points of track and field with readers of the *National Masters News*.

With part of the profit from the 1984 Olympics, the Amateur Athletic Foundation of Southern California was established. The primary goal of the AAF is to train youth coaches in various Olympic sports. I have attended AAF track and field, cross-country and advanced cross-country clinics. By attending a complete, multi-day AAF track and field clinic, I qualified to take the USATF Level I coaches exam. I passed the exam, and I am a USATF certified Level I track coach.

In each of the last three years, I have also attended national track and field coaches clinics with presenters such as Dr. Joe Vigil, Sam Bell, Joe Newton and Russ Rogers. By the time you read this, I will have attended the USATF Level II coaches school at Long Beach State. If I pass the exams, I will become a Level II certified coach. This

is an intense eight-day school, with classes from 7:30 a.m. to 10:30 p.m. daily.

#### Bio-Mechanics

As I continue down the "Road to San Jose," I will share with NMN readers my training as well as much of the technical information I have gathered over the past four years. I will outline some of the basic bio-mechanical changes I have incorporated into my running form. I am a fairly smooth runner, and have been somewhat successful. But, I did have some mechanical problems that slowed my turn rate. For the past year I have been working on changing my mechanics and I believe these changes will allow me to run as fast as I did in 1990. I know that my turn rate has improved.

I was averaging about 20 miles per week for the past two years, but had not done any really serious training. Truthfully, I was not very motivated. Now that I am about to move into a new age group, the motivation has returned. In June, I started doing speed work and hard 200- and 300-meter intervals. I have also increased my mileage with more hill running. I have started down the long "Road to San Jose."

Recently, I attended an AAF Advanced Cross-Country Coaches Clinic. One of the sessions was on lactic acid and heart rate monitors. I have been using a monitor for about four years and had read books on this topic, so I was fairly confident that I possessed all knowledge on the subject. I was wrong. I was cooling down incorrectly and didn't know it.

Truthfully, I have never done much in the way of cooling down. When I finish a hard interval session or a race, I am tired and just want to stop and walk. At best, I would walk a lap and then jog a lap or two. Whether I jogged or not, I was usually pretty stiff the next day and it took a long time to get loose. My problem was that I was cooling down too long after I finished.

The session presenter pointed out that the first five minutes after a hard run is the most critical time. The body continues to produce large amounts of lactic acid during that time, and if the heart rate is allowed to fall into the 60% range, the acid will accumulate rather than being flushed out by the

blood. By slowly jogging, the rate will stay in the 70 to 80% range.

#### Don't Stop

Now, I do not stop at the finish line. I slow jog at least 400m before I stop to walk. For example, in my 200m intervals, I run a set of five, with a 100m jog between each 200. I follow this with a set of four. I used to walk 600m between sets. Now, I continue to jog for at least 400m at the end of the set. I have been amazed at the difference this makes. It is very evident in the first 200 of the second set. I used to be very stiff and sore during that one. Now I am not nearly as stiff and sore. Also, I feel much better when I try to get out of bed the next day and my workouts start much easier.

If you are one who stops at the finish line, try a slow jog instead for a few days. The transition may be mentally tough, but you will probably feel a lot better the next day. When you do have to stop at the finish line in a race, even if you are in a finish chute, continue to jog in place.

For any of you horizontal or vertical jumpers who may be reading this, I will be specializing in those events at the USATF Level II school. In future issues, I will share some of what I learned about jumping. □



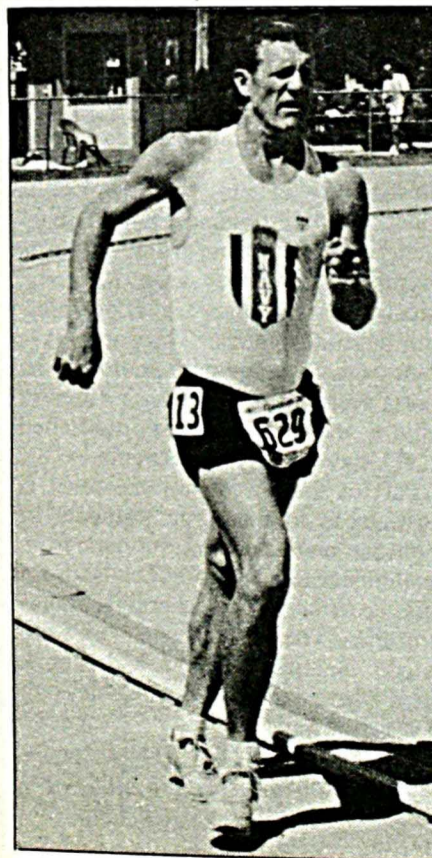
Paul Fragua, M35, won the 800 and 1500, USATF Masters Championships, Spokane. Photo by Suzy Hess

### Highlights of the Nationals

Continued from page 15

#### M50

Stan Whitley, California, zipped to wins in the 100 and 200, in this new division for him. Tom Gage, Montana, stunned the crowd with a 200+ HT and himself with a win in the SP. Rex Harvey, Ohio, was top point man in the pentathlon. Jim Carmines, Pennsylvania outstrode the fields in



Warrick Yeager, gold medalist in the 5000 and 20K racewalks, USATF Masters Championships, Spokane. Photo by Jerry Wojcik

the 5000 and 20K walks.

#### W55

Walt Butler, California, ran the short hurdles with an A-G 97.5% in a 3.1 mph wind reading and breezed to a first in the 100. Emil Pawlik, Mississippi, outscored the entire day's field in the pentathlon (3675) and leaped to a first in the HJ. Glen Johnson, Tennessee, was the SP and DT winner. John Elwarner, Michigan, took both the short and long racewalks.

#### M60

Bobby Thomas, California, was the only men's triple sprint champion. Wendell Palmer, Texas, beat large, solid fields in the SP and DT, as did Bob Humphreys in the HT.

#### M65

Jim Stookey, Maryland, may be the U.S. male athlete of the meet, with six golds in the sprints, hurdles, and jumps. Jim Sutton, Pennsylvania, was the group's distance standout with three firsts. Len Olson, now in this division, grabbed a U.S. shot record and a DT win.

#### M70

Manny Hersher, New York, a frequent competitor at national championships, became a champion, much to his delight. Vince Sempronio, Oregon, better known as a shot putter, surprised everybody in the HJ with a U.S. record. Jim Forshee, Michigan, swept the distance races. Hurdler Bob Higginbotham, California, took both races and the LJ. Ed Hooker, Oklahoma, returned to Tulsa with a U.S. DT record.

#### M75

Milt Silverstein, Arizona, is the national champion in the 100, 200, and

### FIVE YEARS AGO September, 1991

- 5000 Athletes Compete in IX WAVA World Championships in Turku
- 102 World T&F Records Set in Finland
- 24th Nationals Draw 800 to Naperville, Ill.
- Senior Sports Classic Lures 755 T&F Athletes to Syracuse

Continued on 17

## Highlights of the Nationals

Continued from page 16

LJ. Mike Kagan, Texas, went from the short to the long of it with golds in the 400, 5000, and 10,000. Dan Bulkley, Oregon, was even more diverse with wins in the long hurdles, SC, and pentathlon. Paul Geyer, Minnesota, added the 20K to his 5000 track walk victory.

### M80

Frank Finger, Virginia, won the 100 and short hurdles. Bob Matteson, Texas, scored wins in the 400 and 800. Manuel White, Montana, hit records in the JT and HT and added a HJ win. Ross Carter, Oregon, again took the SP and DT.

### M85

Ted Hatlen, California, is a quintuple champion. Tony Castro, 87, California, is a dual sprint champion.

### W30

Dana Baumgarten, Florida, took the short sprints. Lisa Nichols, California, captured three firsts in the 400, 800, and 1500. Pamela Reynolds, Oregon, hit the heights with wins in the HJ, PV, and short hurdles. Elana Bavel-Goldberg, Kansas, blasted the implements to DT and HT bests.

### W35

Joy Upshaw-Margerum, Hawaii, showed speed and technique with

records and six wins in the sprints, hurdles, and jumps. Local favorite Kim Jones, Spokane, Olympic trialist, sped to firsts in the 1500 and 5000. Carol Finsrud, Texas, swept the SP and DT, as did Kelly Murphey-Glenn, Idaho, in the 5000 and 10K walks.

### W40

Cindy Steenbergen, Texas, streaked to 100 and 200 firsts. Another Texan, Carol McLatchie, won the 1500 and 5000. Ruth Welding, Indiana, took three throw golds, but Kate Schmidt, California, ex-Olympian, speared a U.S. record in the JT. Phyllis Hansen, New Jersey, rambled to both racewalk golds.

### W45

Mary Libal, Oregon, triple winner in the sprints, and Pauline Thomas, Washington, with four golds in the throws, were the highlights in this division. Jumper Barbara Stratton, California, won a trio of golds. Marianne Martino, Colorado, ruled the walks.

### W50

Sprinter Nadine Lowenstein, New York, took the highest spot on the victory stand three times. Marlene Sachs, Vermont, was all over the place with wins in the pentathlon, short hurdles (a U.S. record) and HJ.



Don Cheek lunged for the finish in the M65 200 but was second (28.03) to Jim Stookey (27.68) in lane 8. Jacob Coy was fourth (28.40). Cheek was the first U.S. M65 in the 400 (60.97). USATF Masters Championship, Spokane.

Photo by Suzy Hess

### W55

Kathy Bergen, California, struck gold in the 100 and a record in the HJ. Jane Arnold, Connecticut, scampered to 800 and 1500 firsts. The versatile Becky Sisley, Oregon, won the short hurdles, LJ, and JT with a U.S. record. Vanessa Hilliard, Florida, was the dominant woman thrower of the meet with three wins and a record. Racewalker Elton Richardson, New York, won the 500 and 10K.

### W60

Rita Kerr, California, swept the three sprints. Christel Miller, California, small but strong, won three throws and the HJ. Clair Ingraham, Idaho, took the 1500 and 5000.

### W65

June Machala, Spokane, treated her local fans to a WR in the 10,000 and a U.S. record in the 5000. Californians Sumi Onodera-Leonard and Shirley

Kinsey sparkled, as did Montana's Mavis Lorenz.

### W70

Johnnye Valien, California, with five golds and two records, and Pat Peterson, New York, with three firsts get the spotlight here. Louise Adams, Colorado; Dawn Russell, Oregon; Renee Roloff, Arizona; and Joan Rowland, New York; were two-time winners.

### W75

New age grouper Margaret Hinton, Texas, took advantage of her youth to post nine wins, including two WRs (HJ and PV) and one U.S., for the unofficial Best Woman Athlete of the Meet Award.

### W80

Betty Jarvis, Oklahoma, swept the throws with U.S. records in the DT, HT and JT. Pearl Mehl, Colorado, ran to five firsts, from the 100 to 1500. □

—Jerry Wojcik



Vince Sempronio (508), after breaking the U.S. M70-74 high jump record (4-4). Ed Holmes (268) was second (4-3 1/4) and Arnold Scott third (3-9 1/4). USATF Masters Championships, Spokane.

Photo by Jerry Wojcik

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## From The Editor

by AL SHEAHEN

### Olympic Reflections

**T**he 1996 Atlanta Olympics reminded me why I love the WAVA World Veterans Athletics Championships. The parade of athletes. The same spirit of camaraderie. The same feeling that, regardless of the cultural and racial differences among the world's people, we're basically all alike. The same dream that if we all pull together on this planet, we can solve our problems of crime, violence, sickness, and poverty.

It's a great time and a great event. Yet I was struck by another similarity to the World Veterans Games. Namely, that different people can come away from the same event with totally different impressions.

I wasn't there in person, opting for the comfort of my living room and TV after being told the track and field tickets were sold out. But reports of the event varied from "magnificent" (mostly from the Atlanta organizers) to "pathetic" (mostly from the foreign press).

The Atlanta organizing committee, despite obvious problems, refused to apologize for the glitches and maintained they were doing an excellent job, much like the Buffalo OC did last year. Both groups were insecure and didn't want to hear any criticism. Of which there was plenty.

Critics cited massive transportation problems, computer snafus, security lapses, hot weather, rain, over-commercialization, price-gouging, and more.

"Atlanta was awful," said Tom Sturak, athletes' manager and masters athlete. "The heat was oppressive, but it could have been worse. Atlanta lucked out there."

"The games were much too large for Atlanta," said Charles DesJardins, USATF Masters Long Distance Running Chairman. "The transportation infrastructure was not in place. Commercialism was out of control. I thought I was at a carnival."

The International Olympic Committee ultimately was not pleased. Some said it would be a generation before the IOC would trust another U.S. city to host a summer Olympics.

But there was much in Atlanta that was well done. As in Buffalo, the actual competition at the venues seemed to go remarkably well. And that's probably what counts most.

#### TV Commercials

Best Olympic TV commercial: Nike's "Give Her a Chance," narrated by women's soccer captain, Mia Hamm. The spot urged everyone to let girls play sports.

Worst Olympic TV commercial: Nike's "You don't win silver, you lose gold." The spot befouled the Olympic

spirit espoused by Baron Pierre de Coubertin that participating, not winning medals, is what counts most.

"I am insulted every time I see it," said Olympic swimmer, Amy White. "They're slapping every athlete and every country that doesn't win gold in the face."

#### USA TV Coverage

Every four years, the Olympics give track and field a chance to boost its sagging popularity in the USA. Even masters T&F tries to piggy-back on the hoped-for boost.

But we must rely on television for the publicity. And while some events and some athletes (Michael Johnson, Carl Lewis, Dan O'Brien, the marathons) were, indeed, highlighted, the sport itself was generally short-sheeted.

The TV coverage was blasted by nearly everyone except NBC-TV. The network, owned by the General Electric Co., paid a fee of \$456 million to the IOC for the exclusive rights to the U.S. market. ABC-TV bid \$430 million. The IOC simply accepted NBC's bid because it was higher than ABC's.

"ABC had a better plan, one that would have provided so much more coverage," wrote Larry Stewart in the *Los Angeles Times*. "But that didn't matter to the IOC. All that mattered was money."

ABC would have had ESPN and Turner Broadcasting share the coverage. The plan was that ABC would give us what NBC gave us – glitzy prime-time coverage aimed at a female audience – while ESPN, TNT and TBS would cover such sports as soccer, boxing, softball, baseball, and track and field.

NBC said such a plan failed in Barcelona in 1992. But it failed only because the price tag of \$125 per household was too high.

As a result, the NBC coverage of track and field was weak, to say the least. In the sprint heats, we generally saw only those races with Americans. We got zero coverage of the first round and semifinals of the women's 800, despite the presence of well-known runners Suzy Hamilton, Meredith



Britain's Diane Underwood (W256) leads the women's World Veterans 25K Championships in Brugge, Belgium, June 30. She held the lead to win in 1:35:57. Photo by Steve Smythe

Rainey and Joetta Clark. We got only one heat of the women's 5000 – the one with Mary Slaney – while the heats of Lynn Jennings and Amy Rudolph, both of whom qualified for the final, were ignored.

And so it went throughout the week. We never saw Alvin Harrison in the 400 until the final. We saw nothing of the women's 10,000 heats or finals; nothing of the men's 800 rounds and only one heat of the semis; nothing of the women's 5000 finals, despite the presence of Jennings and Rudolph.

We saw three first-round heats of the women's 400 hurdles, but neither heat of the semis, even though all three U.S. athletes (Patrick, Batten, Buford-Bailey) were still in it.

Needless to say, we saw none of the men's 10,000 final, none of the first two rounds of the steeplechase, none of the men's 5000 heats, and only some of the 5000 finals – aired after midnight on tape – despite the presence of U.S. record-holder, Bob Kennedy, in the race. The seven hours of racewalk competition were condensed into 45 seconds.

#### Field Events

The field events generally received

short shrift, usually on a tape-delay basis. The drama of Charles Austin's amazing high-jump upset win was condensed into less than three minutes.

Dwight Stones did his best to convey the field-event action in the small amount of time he was allowed. Tom Hammond and Craig Masback, the track commentators, are knowledgeable, but were never very interested in identifying runners in a race unless they were Americans. And they both have the annoying habit of telling stories during the races instead of calling who's first, second, etc.

"The coverage was absolutely abominable," Sturak said.

So, overall, it was a frustrating experience and, as Hal Higdon writes in his column this month, makes you want to plan on going to Sydney in 2000 rather than trying to catch the action on NBC, which has the U.S. rights sewn up through 2004. The network has promised to expand its 2000 broadcast to two other channels, so perhaps the coverage will improve. But don't count on it.

Meanwhile, the network had plenty of time for gymnastics, basketball,

Continued on page 19

## From the Editor

Continued from page 18

gymnastics, swimming, gymnastics, diving, gymnastics, equestrian, and, oh yes, gymnastics. Okay, but all but ignored were softball, baseball, soccer, table tennis, badminton, handball, and more.

"It's hard to imagine a narrower focus than NBC gave to these sports," wrote Richard Sandomir in the *New York Times*. "It aired a short, taped highlight package when the U.S. women became softball champions, while NBC was showing a meaningless gymnastics gala that featured the American pixies writhing to 'YMCA,' which the Yankee Stadium groundskeepers perform better. Not just unfair. Insulting."

### "Story-Lines"

Also questionable was NBC's decision to curtail track and field and other events in favor of "story lines," usually 3-to-10 minute vignettes of an athlete overcoming a personal problem.

"NBC's version of the Olympics was fine if you sought mainly a flag-wrapped, U.S. anthemized gist of the Games intersected by lots of throat lumps induced by soapy stories about Olympians surmounting Homeric, life-threatening obstacles to get to Atlanta," wrote Howard Rosenberg in the *L.A. Times*. "Couldn't NBC find anyone who'd been pain-free?"

NBC's Ed Markey defended the coverage: "Viewers wouldn't care about the events without these profiles. The Olympics isn't a sports event, it's a drama with a sports theme."

Oh!

It's a good thing NBC doesn't cover baseball. I can hear Bob Costas: "Coming up in the bottom of the ninth for the Dodgers with two out and the tying runs on base is Mike Piazza. But before we see Mike take his swings, let's spend an NBC moment with Mike at home and his special relationship

with his dog."

NBC defended its decision and crowed about "big ratings," arrogantly proclaiming that its coverage, rather than the event, itself, brought in viewers.

The reason 193 million tuned into NBC was not their "terrific storytelling, compelling pictures and the emotional involvement of the audience," as NBC's Don Ohlmeyer claimed, but rather a lack of alternatives.

Since when does one choose to indicate satisfaction? The main reason the Olympics get big ratings is the buildup they get, some of it from NBC but most from newspapers and magazines.

Some northern-U.S. viewers watched the feed from the Canadian Broadcasting Company, which reportedly showed more action and more hours of air time.

"I saw some of the feed from the BBC (in Britain) and it was wonderful," Sturak said.

Costas and several other NBC commentators often did fine work, but some interviews were embarrassing. Cheers were heard throughout the U.S. when sprinter Dennis Mitchell, asked an inane question by Chris Collinsworth, looked at him incredulously and just walked away.

The network was accused of its usual jingoism. But, in fairness, I did hear the national anthems of two other countries during the two-week period.

Even NBC's "defining moment" of the Games — Kerri Strug's gymnastic vault — was tape-delayed by five hours. NBC's Tom Brokaw and other reporters had announced the results hours earlier.

"Whoever invented the concept of 'exclusive television rights' ought to be strapped to a chair and forced to watch 10 straight hours of commercials, followed by a few minutes of



World Vets 10K Championships in Brugge, Belgium, June 29. Britain's Alun Roper (3121) was the eventual M50 winner in 31:57. Martyn Rouse (3122), also of Britain, placed 3rd M50 in 32:38.

Photo by Steve Smythe

Amero-centric coverage that devotes 80% air time to American gymnasts while the gold-medalist foreigners are squeezed in like an afterthought," wrote Becky Nicolaides in the *L.A. Times*.

NBC even blew the opening ceremonies. During the emotional parade

of athletes, Costas often made snide remarks about some negative aspect of the country or its athletes. NBC didn't think to do what Buffalo so admirably did last year at the World Vets — give a short announcement of the history and

Continued on page 21

## The World's Largest Road Races in 1995

E = Estimated number of finishers, complete results unavailable

FIN#	RACE NAME	DIST	CITY, ST/COUNTRY	DATE
1 55471	CURSA EL CORTE INGLES	11.9K	BARCELONA, SPAIN	06/11/95
2 55258	EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/21/95
3 54154	LEAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/01/95
4 50000	E PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/95
5 45000	E STRAMLLANO	15K	MILAN, ITALY	04/02/95
6 40000	GRETE WAITZ LOPET	5K	OSLO, NORWAY	05/06/95
7 39100	E SUN HERALD CITY TO SURF	14K	SYDNEY, AUSTRALIA	08/13/95
8 35000	E TOWER ROUND THE BAYS	8.4K	AUCKLAND, NEW ZEALAND	04/02/95
9 33075	BOLDER BOULDER	10K	BOULDER, CO	05/21/95
10 28500	E CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/22/95
11 28000	E GREAT ALOHA RUN	8.25K	HONOLULU, HI	02/20/95
12 27008	HONOLULU	MAFIA	HONOLULU, HI	12/10/95
13 26754	NEW YORK CITY	MAFIA	NEW YORK, NY	11/12/95
14 25326	NUTCRACKER LONDON	MAFIA	LONDON, G BRITAIN	04/02/95
15 25136	TJEIMLEN	10K	STOCKHOLM, SWEDEN	08/21/95
16 24000	E BUPA GREAT NORTH RUN	11.8K	TYNESIDE, ENGLAND	09/17/95
17 23447	PARIS VERSAILLES	16.3K	VERSAILLES, FRANCE	10/08/95
18 23175	GOTEBORG	11.8K	GOTEBORG, SWEDEN	05/13/95
19 20200	EVENING PRESS WOMEN'S MINI MARATHON	10K	DUBLIN, IRELAND	06/18/95
20 20000	E BELGRADE SOKO STARK	5K	BELGRADE, YUGOSLAVIA	04/22/95
21 18991	VANCOUVER SUN RUN	10K	VANCOUVER, CANADA	04/30/95
22 18112	RACE FOR THE CURE: DC	5K	WASHINGTON, DC	06/17/95
23 17100	E CHEMICAL CORP. CHALLENGE: NYC #2	3.5M	NEW YORK, NY	06/20/95
24 17000	E BRUSSELS	20K	BRUSSELS, BELGIUM	05/28/95
25 16892	AUSTIN AMERICAN-STATESMAN CAPITOL	10K	AUSTIN, TX	03/26/95
26 16205	PARIS	MAFIA	PARIS, FRANCE	04/02/95
27 15600	E QUAD-CITY TIMES SIX 7	7M	DAVENPORT, IA	01/29/95
28 15439	VAR RUSSET: STOCKHOLM	5K	STOCKHOLM, SWEDEN	05/31/95
29 15196	CITY OF LOS ANGELES	MAFIA	LOS ANGELES, CA	03/05/95
30 15081	OFFICE DEPOT CORPORATE CHALLENGE	3.5M	ATLANTA, GA	07/29/95
31 14618	MARINE CORPS	MAFIA	WASHINGTON, DC	10/22/95
32 14521	VAR RUSSET: MALMO	5K	MALMO, SWEDEN	05/03/95
33 13853	RACE FOR THE CURE: PORTLAND	5K	PORTLAND, OH	05/24/95
34 13813	COURSE DE L'ESCALADE	9.1K	GENEVA, SWITZERLAND	12/02/95
35 13700	CHEMICAL CORP. CHALLENGE: CHICAGO	3.5M	CHICAGO, IL	08/03/95
36 13504	BERLIN	MAFIA	BERLIN, GERMANY	09/24/95

Compiled by the Road Running Information Center

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEPT. 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KEN BAKER (RIDGEWOOD, NJ)	9-28-36	60-64
WILFRIED CHIAU (BEL)	9-17-36	60-64
D. E. S. CROOK (GB)	9-17-31	65-69
IRA DAVIS (PHILADELPHIA, PA)	9-25-36	60-64
JOHN DICK (HAYWARD, CA)	9-18-11	85-89
DAVE DOUGLASS (CULVER CITY, CA)	9-28-31	65-69
JIM HERSHBERGER (WICHITA, KS)	9-2-31	65-69
DON HUMMEL (CANTON, OH)	9-8-11	85-89
WALTER HUTCHINS (PHILADELPHIA)	9-29-31	65-69
BOYCE JACQUES (RENO, NV)	9-24-26	70-74
KUMAZO KASHIWADA (JPN)	9-20-6	90-94
TERRENCE KILMARTIN (GB)	9-10-31	65-69
RICHARD LEE (EUGENE, OR)	9-30-36	60-64
SYDNEY MAREE (US)	9-9-56	40-44
PAUL NARCESSIAN (WARWICK, RI)	9-30-11	85-89
FRED NORRIS (GB)	9-4-21	75-79
AL OERTER (FORT MEYERS, FL)	9-19-36	60-64
FRANKLIN PENNOCK (SAN JOSE, CA)	9-27-1	95-99
WALTER SCHREIBER (WG)	9-12-21	75-79
GEORGE SCOTT (NZ-LONG BEACH, CA)	9-14-36	60-64
ANDREW SEMPLE (AUS)	9-29-26	70-74
JERRY SMARTT (WESTMINSTER, CA)	9-11-31	65-69
ZEKI TAMER (CINCINNATI, OH)	9-15-11	85-89
ARTHUR TAYLOR (CANADA)	9-1-26	70-74
DEWEY VROOM (WHITTIER, CA)	9-29-26	70-74
WILLIAM WINSLOW (DAYTON, OH)	9-11-21	75-79
TOM WOODRING (SANTA BARBARA, CA)	9-25-36	60-64
HERM WYATT (LOS GATOS, CA)	9-13-31	65-69
JUNE BARNES (WESTERVILLE, OH)	9-1-21	75-79
MARGARET BETZ (CONKLIN, NY)	9-12-36	60-64
DIANE BROMSTEAD (SAN JOSE, CA)	9-20-36	60-64
JUNE BYRNES (NEW ALBANY, OH)	9-1-21	75-79
PENNY FORSTER-GILKEY (ROGUE RIVER, OR)	9-25-51	45-49
JEANNE HOAGLAND (LOS ANGELES, CA)	9-16-36	60-64
GRACE LABELLE (MN)	9-0-11	85-89
VIRGINIA LUCAS (US)	9-19-31	65-69
ADELE MILICEVICH (CAN-SCOTTSDALE, AZ)	9-21-26	70-74
ALMETA PARISH (SAN FRANCISCO, CA)	9-15-36	60-64
SALLY RUSBY (HORSEHEADS, NY)	9-26-36	60-64
HARRIET SARGENT (JENNINGS, MO)	9-27-21	75-79
BARBARA STEWART (ROCHESTER, NY)	9-17-41	55-59
MARGARET ANNE BEACHAM (GB)	9-28-46	50-54
PETA BIRD (AUS)	9-3-56	40-44
COLLEEN BRUNKER (NZ)	9-14-31	65-69
GILLIAN CASTKA (HKG)	9-24-56	40-44
JACKIE CHARLES (GB)	9-29-41	55-59
THERESE DEGHILAGE (BEL)	9-7-36	60-64
ATSUKO FUJIKAWA (JPN)	9-28-56	40-44
YANNICK GACON (FRA)	9-19-56	40-44
IVY GRANSTROM (CAN)	9-28-11	85-89
HILDE JOECKLE (WG)	9-12-21	75-79
IRENE KIEL (WG)	9-14-26	70-74
RINA KRUGER (RSA)	9-8-56	40-44
MARGARET MACKINNON (AUS)	9-2-26	70-74
DORIS MANDL (AUT)	9-12-51	45-49
CHIEKO NAKAMURA (JPN)	9-2-41	55-59
ANNE RODEN (GB)	9-10-46	50-54
ANNA CHATRINE RUHLW (WG)	9-30-36	60-64
HANNELORE SCHENK (WG)	9-17-46	50-54
LIESEL SCHEPE (WG)	9-7-16	80-84
HENDRINA VAN HEERDEN (RSA)	9-28-56	40-44
VERA WISCHMANN (WG)	9-20-11	85-89
MARIA ZAHN (WG)	9-17-36	60-64

COMPILED BY PETE MUNDLE, WORLD AND USA MASTERS T&F RECORDS CHAIRMAN

10 Months to Go



## Countdown to Durban

### Entry Forms Ready Soon

**E**ntry and housing forms should be ready shortly for the XII WAVA World Veterans Athletics Championships in Durban, South Africa, July 17-27, 1997.

The event will be open to all men age 40 and over and all women age 35 and over as of July 17. There are no qualifying standards, other than to be at least the minimum age. Competition will be held in the traditional five-year age groups in all track and field events, cross-country run, marathon and racewalks.

The Durban Organizing Committee expects more than 5000 participants from more than 75 nations. The XI World Championships in Buffalo last year drew 5335 competitors from 79 nations.

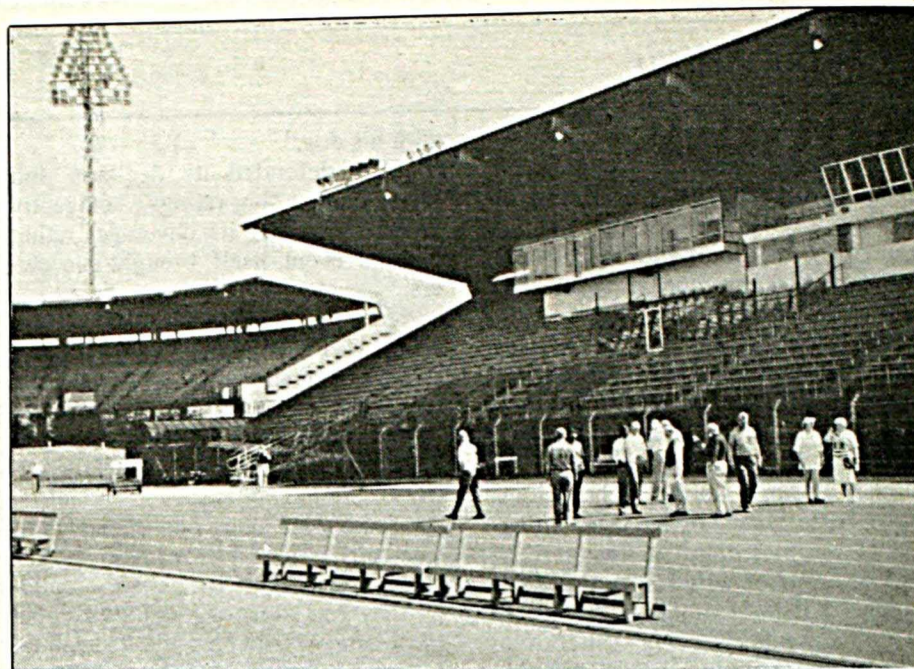
The event should be one of the most exciting World Championships ever.

First, the track facilities are first rate. The two tracks are right next to each other, about a 2K walk or bus ride from the main hotels. Stadium One has a nine-lane (10-lane straightaway) Mondo track. The stands are covered. Stadium Two is also covered, with eight lanes to be resurfaced. Free

transportation will be provided to and from the venues.

Second, the cost of the trip should be within reason. The current air fares from New York are \$1519; from Los Angeles \$1682; from London \$1300. The cost of housing and food will be low, because the South African rand continues to decline against the dollar (at press time, one U.S. dollar = 4.45 rand). Group tours are being arranged (see ads in this section) at low group rates.

Third, South Africa is undergoing one of the most significant peaceful transitions in history. Ten years ago,



WAVA Council members check out the facilities in Durban.

apartheid was the rule. Today the races mix freely and openly. South Africans are very friendly and anxious to make visitors feel welcome. It's an exciting time. Participating in the Games is an opportunity to be part of helping to bring this country into the world community.

Fourth, South Africa is one of the most physically beautiful countries in the world. The sunsets are breathtaking. There is much to see and do. Available in the Durban area are:

- 1) A half-day Durban city highlights tour;
- 2) A half-day Valley of 1000 Hills and Zulu cultural tour;
- 3) A full-day tour of Shakaland;

4) A full-day tour of the Hluhluwe (pronounced "Schlu-shlu-ee") Game Reserve;

5) A full-day Natal Wildlife Safari.

Outside Durban, optional tours include Southeast South Africa, Cape Town, Johannesburg, Sun City, Kruger National Park, Victoria Falls, and, for the adventurous, a climb of Mt. Kilimanjaro.

Some tourists will opt for a ride on the luxury Blue Train – an expensive, but reportedly magnificent train ride between Cape Town, Johannesburg, and Victoria Falls.

The trip should be a memorable experience. □

– Al Sheahan

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## From the Editor

Continued from page 19

culture of the country marching in. With its state-of-the-art graphics, NBC could have taught us a bit of geography by showing a map of where each country was. Simple enough, but it apparently didn't occur to them.

If you don't want to risk suffering

through the same frustration four years hence, you may want to head for Sydney. *Track and Field News* has been sponsoring well-run Olympic tours since 1960, and still has space for 2000. You can call Theresa Tam at 415-948-8188 for details. □



The M40 1500 during an early stage of the race, WAVA Championships, Buffalo. The winner was the leader here, Alexandre Gonzalez #797, Portugal, in 3:57.68. Photo by Leo Benning



The start of the masters division in the 10K race, Ichinoseki Half-Marathon/10K, Iwate, Japan. Tesh Teshima, of Hawaii, who took the picture, said, "The Ichinoseki Half-Marathon was one of the best-run races I have ever been at. The Japanese officials treated the invited guests extremely well."

## XII WAVA CHAMPIONSHIPS

### DURBAN SOUTH AFRICA

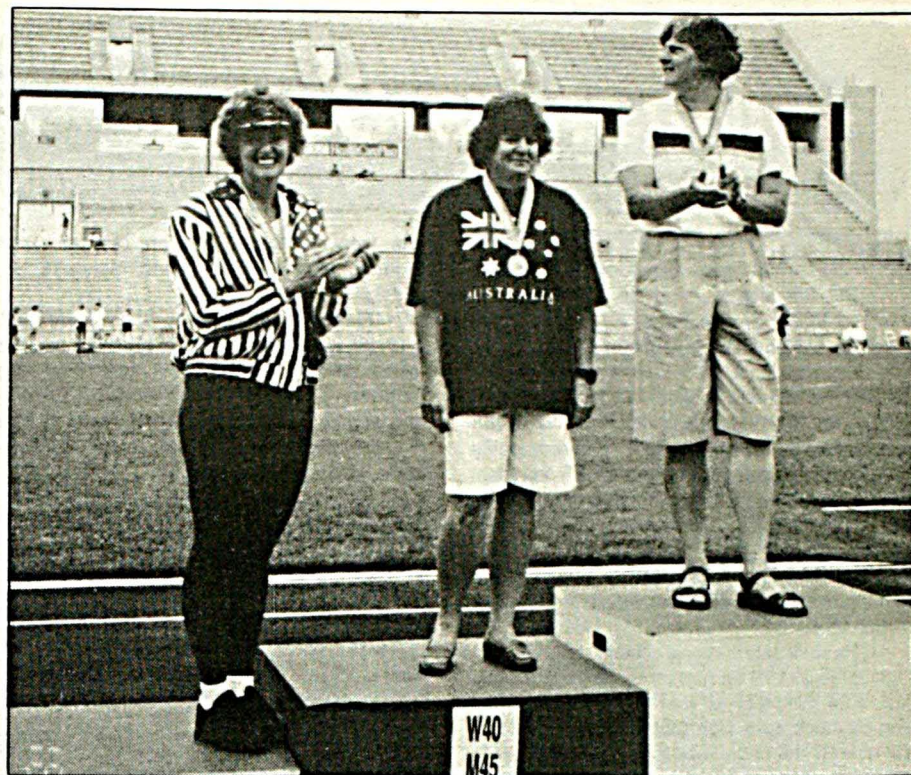
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First three W40 in the discus, WAVA Championships, Buffalo, from left: Janet Wilson (41.54), USA, Christine Schultz (42.26), Australia, and Ursula Hoenberg (43.40), Germany. Photo by Shirley Dietderich

## 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 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	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 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

### IMPLEMENTS

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

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

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.

# Masters Scene

## NATIONAL

• **Bill Stewart**, 53, who still holds the U.S. masters indoor mile record of 4:11.0, continues to serve a 30-month sentence in Bradford, Pa., for selling Mideast maps. No word yet on his appeal. He recently clocked 9:51 for 2 miles and 26:25 for 5K on the prison grounds. "I'm now a 'town' driver," he says, "picking up and dropping off inmates and items in the area. My personal day-to-day freedom has increased dramatically, but it still isn't home. 'Home' and 'free' are four letter words I never thought much about." Donations to Bill's legal defense fund may be sent to **Karen McKeachie**, 802 Granger, Ann Arbor MI 48104.

• Reebok International's stock leaped 10% July 29 to \$34.75 on news the company will buy up to 24 million of its shares. Investors viewed the buyback as a sign that Reebok's management feels the shoe lines the company plans to sell next year will boost earnings. Reebok was an official sponsor of the Olympics in Atlanta. It outfitted more than 3000 athletes in Reebok products.

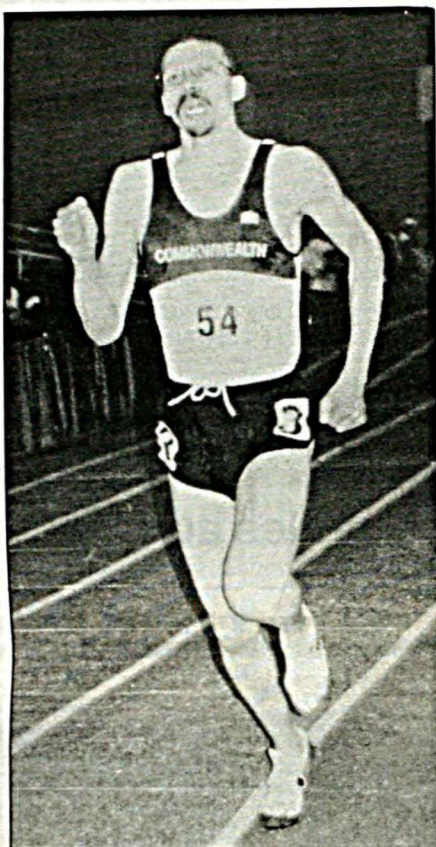
• Correction: Last month's obituary of **Edith Mendyka** wrongly said she and her husband **John** only had one child, **Karen**. They also had a son, a talented athlete in his own right.

## EAST

• **Susan Rae Baymiller**, 52, helped her Central Park TC eke out a win by three points in the Masters Women's team contest with a first W40+ 31:20, NYRR Club Team 8K Championships, Central Park, July 21. The CPTC three team members totalled 136 to Moving Comfort-NY's 139. Baymiller's time, an age-graded 87.7%, put her 18th of 185 women. The Millrose AAA threesome took the Senior Masters Women's title with a 360 over Taconic RR's 394. The Taconic quintet won the Masters Men's championships easily with a 386 sum from Witold's Runners (718). CPTC captured the Senior Masters Men's win with a 538, with Taconic second at 681. **Luis Tipan**, 42, was the first M40+ in 26:03. In the Not The Club Team Championships run an hour later, masters victo-

ries went to 50-54 division runners, **Sam Skinner**, 53, 28:41, and **Ann Makoske**, 51, 35:28.

• Placing fourth overall, **Luis Tipan** (42, 1:13:48) was first over the line for the masters men in the NYRR Bronx Half-Marathon. **Kathy Gribbon** (42, 1:28:48) sixth overall, led the masters women. In the W50 division, **Marjorie Kos** (51, 1:40:26) handily outdistanced her competition.



R.A. Blackwell, 37, Pennsylvania, winning the M35 400 (50.97), 1996 National Masters Indoor Championships, Greensboro, N.C.

Photo by Suzy Hess

## Masters Age Records

(1996 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1995.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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## SOUTHEAST

• **Sue Ellen Trapp**, 50, Fort Myers, FL, improved her US record for the 48-hour run by over two miles, covering 225 miles, 1435 yards at Surgeres, France, May 3-5. She reached 100 miles in 17:22:41 and 200 in 40:49:21.

## MIDWEST

• **Tom Kennell**, 75, Sea Grove, FL, broke two of the oldest US M75-79 records at the USATF Southern Association Championships, Gonzales, LA, June 7-8, with a 13-3/4 LJ and a 29-0/4 TJ. **Herb Anderson** held the former LJ record of 12-10/4 set in 1978. **Winfield McFadden** set the TJ record of 28-2/4 in 1980.

• **Dick Wilson**, 64, was the first Senior Masters finisher in 17:58, **Fiesta Mexicana** 5K, Topeka, in July. **Richard Sanderson**, 40, 17:00, and **Marla Rhoden**, 40, 18:10, were the first masters.

• **Nancy Grayson**, W45, Northville, MI, steamed to an overall win in 38:45, **Heart of the Hill** 10K, Bloomfield Hills, MI, July 27. **Doug Kurtis**, M40, Northville, MI, posted the fastest M40+ time with a third overall 32:22. **John McCabe**, M40, 18:26, and **Donna Olson**, W40, 22:21, took masters firsts in the 5K. Top three open and masters finishers received US Savings Bonds. The races attracted 979 runners.

## MID-AMERICA

• U.S. mile record-holder **Steve Scott**, 40, Leucadia, CA, took an M40+ win in the 25th Midnight Madness 10K, Ames, IA, July 13, with a 33:43. **Terry Stewart**, 42, Brooklyn Park, MN, was second in 34:47. **Gloria Jansen**, 49, Edina, MN, won the W40+ race in 41:15. In the companion 5K, **Rick Ironside**, 42, Belle Plaine, IA, in 17:12, and **Beth Henriksen**, 40, of Ames, in 20:57, were 40+ firsts. The event, which started as a marathon in 1972 with 12 finishers, totalled 1937 finishers in all races, including team competitions.

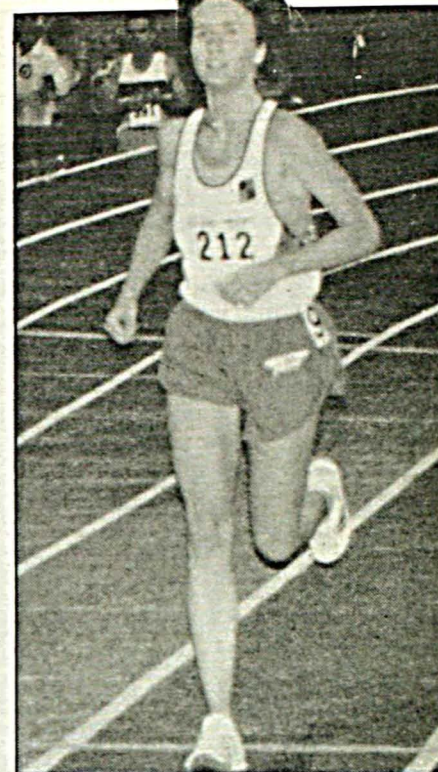
## SOUTHWEST

• **Bill Collins**, 45, who underwent surgery after sustaining an injury last March in the 1996 Indoor Championships, Greensboro, ran the 100m in 11.18 and the 200 in 23.94, both times age-grading at the 95% level, in the USATF Southwest Regional Masters Championships.



Vikki Hearn, 32, Ohio, winner of the W30 400 (61.56), 1996 National Masters Indoor Championships, Greensboro, N.C.

Photo by Suzy Hess



Marjorie Foy, W30 3000m winner (11:17) from North Carolina, 1996 National Masters Indoor Championships, Greensboro, N.C.

Photo by Jerry Wojcik

San Antonio TX, July 20. **Cindy Steenbergen**, 42, hit an A-G 92.5% with a 12.48 100m. **Courtland Gray**, 52, skimmed the 100mH in 14.45 (A-G 95.6%) and the 400H in 59.95 (A-G 94.2%). **Ed Jones**, 51, topped a strong LJ field with an A-G 92.6% 20-9/4, with **James Lofton**, 40, at 90.4% for a 23-6/4 leap.

## WEST

• **Jim York**, 83, upped the single-age world best for the 56-lb. weight to 3.21/10-6/4, at KELfield, Santa Cruz, CA, Aug. 3. **Gordon Powell** held the old mark of 2.89/9-5/4.

• Performing above the 90% age-graded level at this year's West Regional T&F Championships at Cerritos Community College, Norwalk, CA, July 20, were **Stan Whitley**, 50 (200, 23.47 - 95% and 400, 52.92 - 93.4%); **Phil Fehlen**, 61 (high jump, 1.66 - 94.3%), **Walt Butler**, 55 (100, 12.39 - 92%); **Don Cheek**, 66 (200, 27.40 - 91.1%); **Don Parker**, 53 (400, 54.51 - 90.7%); and **Hal Tolson**, 58 (100, 12.67 - 90%).

• **Kent Steffes**, who won the Olympic beach volleyball gold medal with partner **Karch Kilaly**, is the son of masters hurdler, **Jackson Steffes**, of Los Angeles.

## NORTHWEST

• **Manuel White**, 80, Helena, MT, surpassed the M80-84 WRs for the DT with a 38.70 and JT with a 36.27, and the AR for the HT with a 33.83 in a weight pentathlon in Helena, July 6. He finished with a toss of 17.14 with the 12-lb. weight in the WP for a total score of 5412, another WR.

## CANADA

• Track-friendly summer weather and a star-studded group of 80 athletes highlighted the British Columbia Masters T&F Championships, June 15-16, Langley, BC. Canadian ex-Olympian **Debbie Brill**, W40, high jumped 1.70. **Jess Brewer**, M50, zoomed over the short hurdles in 16.09 and the 400H in 63.33.

## OPEN

• Framed pieces of the Atlanta Olympic stadium track are available from \$24.96 each from Mondo America, 888-304-8722. Each piece is about 10" X 7".

## INTERNATIONAL

• WAVA's affiliate in Peru has a new address: ADAS-PERU, PO Box 400, Arequipa, Peru.

# Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**September 14.** USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilsall, MT 59086. 406-578-9870. Phil Partridge Awards for the best performances.

### EAST

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

**September 4-28.** Maine Senior Games, Portland. 55+. Anita Chandler, PO Box 10480, ME 04104. 207-775-6503.

**September 7-8.** Garden State Senior Games, Toms River, N.J. Scott Bollwage, PO Box 6923, Edison, NJ 08818-6923.

**September 8.** NY Masters Fall-Mini Meet, Merchant Marine Academy, Kings Point, L.I. Throws & jumps only. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516-487-1417 (7-9 pm), or Roz Katz, 718-358-6233 (7-9 pm).

**October 3-5.** Maryland Senior Games, Towson, 50+. No out-state. Robert Zeigler, 10 S. Shaffer Dr., New Freedom, PA 17349. 410-830-3163.

**October 5-13.** Delaware Senior Games, Dover. No out-state. 50+. Ruth Finch, Blue Hen Corporate Center, RR 113, Dover, DE 19901. 302-736-5698.

**October 27.** Runner's Pentathlon, Swarthmore College, Swarthmore, Pa. 3000/800/200/1500/400. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (daytime).

### SOUTHEAST

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

**September 26-28.** Georgia Golden Games, Robins AF Base. 55+. Vicki Pilgrim, PO Box 958, Winder, GA 30680. 404-657-6644.

**September 28-29.** 11th Thomasville Fall Masters Decathlon/Heptathlon. Includes Women's Decathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

**October 1-15.** North Carolina Senior Games, Raleigh. 55+. No out-state. Margot Raynor, PO Box 33590, Raleigh, NC 27636. 919-851-5456.

### MIDWEST

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

**September 4-10.** Wisconsin Senior Games, Milwaukee. Helen Ramon, SE

Wisc Area Agency on Agig, 125 N. Executive Dr., Suite 102, Brookfield, WI 53005. 414-821-4444.

**September 19-26.** Illinois Senior Games, Springfield. Annette Fuchs, 1415 N. Grand Avenue East, Springfield, IL 62702. 217-789-2284.

### MID-AMERICA

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

**September 12-15.** Classic Senior Games, Jackson County, Mo. 50+. Jackson County Parks & Recr., 22807 Woods Chapel Rd., Blue Springs, MO 649015-9799. 816-795-8200, x1-278.

**September 15.** Paavo Nurmi Challenge, All-City Stadium, Denver. 1500, followed by 5000, 55 minutes later; combined low, age-graded time wins. Denver TC, George Linn, PO Box 9723, Denver, CO 80209.

**October 3-6.** Kansas Senior Games, Topeka. 50+. Marge Rightmeier, Topeka Parks & Recr., 1534 SW Clay, Topeka, KS 66604. 913-368-3798.

**October 26-27.** 2nd International Masters Multi-Events Challenge, Neosho, Mo. Decathlon/heptathlon. Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(m)/451-7417(e).

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 13-15.** Senior Games, Wichita Falls, Texas. 50+. Betty Brown, 817-322-6232.

**September 14.** Waterloo Relays, Austin. All ages/all events. Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759-3737. 512-257-1642.

**September 19-22.** Arkansas Senior Games, Hot Springs. 50+. Gail Ezelle, Executive Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441 or 1-800-720-7276, Arkansas only; fax 501-321-4961.

**September 23-29.** Senior Games, Temple, Texas. 50+. Qualifying for Senior Games Nationals in Tucson in 1997. Ron Davis, 817-770-5690.

**October 8-13.** Louisiana Senior Games, Baton Rouge. 50+. No out-state. Jennifer Taylor, PO Box 14848, Baton Rouge, LA 70898-4748.

### WEST

Arizona, California, Hawaii, Nevada

**September 8.** Northern California Seniors TC Classic, Edward Stadium, Berkeley. Dan Behrens, 2838 Enea Way, Antioch, CA 94509-4755. 510-754-3318.

**September 7-29.** San Diego Senior Games, San Diego, Calif. 50+. 619-543-9046.

**September 15, 29.** Timber Wolf TC Meets, Sacramento, Calif. John Gallen, 916-489-2708.

**September 21.** KELfield 4th Annual Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. No fees/post-meet BBQ. Check with Kelmenson if not familiar with situation.

**September 27-October 6.** San Bernardino Senior Games. 50+. 909-384-5430.

**October 4-13.** Nevada Senior Games, Las Vegas. 50+. Dolores Gabay, PO Box 70863, Las Vegas, NV 89170-0863, 702-294-2954.

**October 5.** Club West Masters Meet, Santa Barbara CC/ Gordon McClenathen, 805-964-3005. Club West, PO Box 99, Goleta, CA 93116-0099. Beverley Lewis, fax: 805-969-6613.

**October 7-12.** Gold Coast Ventura Senior Games, Ventura, Calif. 50+. Bette Hartman, 805-648-3035.

**October 13.** Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

**October 18-20.** Napa Senior games, Napa, Calif. 50+. Virginia Mosher, 707-255-1800.

### NORTHWEST

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

**October 5.** Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

**October 14-25.** Huntsman Senior Games, St. George, Utah. Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

### INTERNATIONAL

**September 19-21.** WAVA Africa Regional Championships, Namibia.

**September 20-22.** Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-812-3553906.

**September 21-22.** San Juan Annual International Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters, PO Box 31300, 65th Infantry Station, Rio Piedras PR 00929-0300. Gregorio Angulo, 787-724-6157.

**September 29.** International LSW-Throwing Decathlon, Muhlheim/Main, Germany, near Frankfurt. Reinhard Langendorf, Pfarrgasse 14, 63165 Muhlheim/Main, Germany. Tele: 06108/73717; 06108/601800.

**October 3-6.** WAVA Asian Regional Championships, Seoul, Korea. Asians only.

**November 19-23.** WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

**December 14-15.** Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

**July 10-25, 1997.** 15th Maccabiah Games, Tel Aviv, Israel, US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19106. 215-561-6900.

**February 28-March 2.** 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close,

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

Throwers will do it five times in one day at the USATF National Weight Pentathlon Championships, Bozeman, Mont., on the 14th. The 8th lists bi-coastal meets in the East on Long Island and in the West at Berkeley, Calif. On the weekend of the 21st-22nd, masters track goes global, with meets in Puerto Rico, Africa, and Russia. Multi-eventers can head for the Thomasville, N.C., Decathlon/Heptathlon on the 28th-29th. Senior Games activity for men and women 50-and-over picks up momentum throughout the U.S.

### LONG DISTANCE RUNNING

The USATF National Masters 24-Hour Championships will take all day in Sylvania, Ohio, on the 15th. The U.S. 10K Classic, Atlanta, Ga., and New Haven 20K, Conn., punch in on Labor Day, the 2nd. Minneapolis hosts the City of Lakes 25K on the 8th, as does Erie, Pa., for the Eriesistible Marathon on the 15th. The Great Cow Harbor 10K runs on Long Island on the 21st, followed on the 22nd by the Philadelphia Half-Marathon in the Keystone State. The Virginia 10 Miler in Lynchburg is one of several enticing offerings on the 28th. The 29th's menu is even larger, with marathons in Portland, Ore., and Albuquerque, New Mex., half-marathons in Illinois and Upstate N.Y., and the Richard S. Caliguri 10K, Pittsburgh, Pa.

### RACEWALKING

Three USATF National Masters Championships on the calendar: 40K, Fort Monmouth, N.J., on the 8th; 5K Road, Kingsport, Tenn., on the 14th; and 15K, Elk Grove Village, Ill., on the 22nd. The Alongi International Classic, Dearborn, Mich., wraps it up on the 28th.

Harrow, Middlesex, HA1 4AZ, England. Fax: 181-248-2271.

**July 17-27, 1997.** XII WAVA World Veterans Athletics Championships, Durban, South Africa.

## LONG DISTANCE RUNNING

### NATIONAL

**September 15.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

**October 6.** USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-

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673-0778.

**October 19.** USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

**October 27.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

**November 3.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

**December 7.** USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

**December 14.** USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

### EAST

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

**September 2.** New Haven 20K/USATF Open Men's Championship, New Haven, Conn. Masters money. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Bradford, CT 06405. 203-481-5933.

**September 8.** Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603.

**September 15.** Eriesistible Marathon. Rick Godzwa, PO Box 8311, Erie, PA 16505. 814-459-8381.

**September 21.** Great Cow Harbor 10K/RRCA Championships, Northport,

N.Y. GCH 10K, PO Box 1, Northport, NY 11768.

**September 22.** Philadelphia Distance Run Half-Marathon. Tony DeSabato, 305 S. Narberth Ave., Narbert, PA 19702. 215-668-4996(e); fax 215-668-4996.

**September 29.** Pittsburgh Great Race 10K & 5K, 400 City-County Bldg., Pittsburgh, PA 15219. 412-255-2493.

**September 29.** Tappan Zee Half-Marathon & 8K, Orangeburg, N.Y. Shelly Morgan, 49 Gregg Ct., Tappan, NY 10938. 914-359-5425.

**October 5.** New Hampshire Marathon, Bristol. NHM, PO Box 6, Bristol, NH 03222. 603-744-6273.

**October 6.** Wineglass Marathon, Corning, NY. Mark Landin, PO Box 117, Corning, NY 14830. 607-974-4668; fax 607-974-4627.

**October 12.** Greater Hartford Marathon, Hartford, & 5K, Hartford, Conn. Masters money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 06106. 860-525-3435. Fax: 860-724-7313.

**October 13.** Riverhead Country Fair 10K, Riverhead, L.I., N.Y. Fair 10K, PO Box 256, Wading River, NY 11792. 516-929-8281.

**October 13.** Army Ten-Miler, Washington, D.C. SASE to PO Box 46594, Washington, DC 20050-6594.

**October 13.** Atlantic City Marathon & Half-Marathon. Barbara Altman, Box 2181, Ventnor, NJ 08406. 609-646-9009.

**October 14.** Tufts Health Care Plan 10K/USATF Open Women's Championship, Boston. Andrea Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617-439-7700.

**October 20.** Nute Ridge Half-Marathon, Farmington, N.H. SASE to Kerry Mucher, Farmington Recr., 39 N. Main St., Town Hall, Farmington, NH 03835. 603-755-2405.

**October 27.** Mohawk-Hudson River Marathon, Schenectady-Albany, N.Y. Marathon, Box 4022, Albany, NY 12204.

**October 27.** Marine Corps Marathon, Arlington, Va. MCM, PO Box 188, Quantico, VA 22134-0188. 703-784-2225; 800-RUN-USMC.

**November 3.** New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

### SOUTHEAST

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

**September 2.** U.S. 10K Classic, Atlanta. US 10K, 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 770-432-0100.

**September 7.** Run By The River 5K, Clarksville, Tenn. Masters & Grandmasters money. SASE to RBTR, PO Box 3899, Clarksville, TN 37403. 615-647-3855.

**September 14.** Eastman 10K & 5K Run/Walk, Kingsport, Tenn. 423-229-4000.

**September 21.** Carter's Grove 8 Miler, Williamsburg, Va. Peninsula TC, PO Box 11116, Newport News, VA 23601. 804-868-3975.

**September 28.** The Virginia Ten Miler, Lynchburg. VTM, c/o Chris Ellis, PO Box 2027, Lynchburg, Va 24501. 800-732-5821.

**October 12.** Phoebus Run On The Fort 8K, Phoebus, Va. Masters money. Peninsula TC, PO Box 11116, Newport News, VA 23601. 804-868-3975.

**October 13.** Richmond Marathon. Dwayne Davis, RM, PO Box 85333, Richmond, VA 23293. 804-649-6738.

**October 13.** Peachtree City Classic 15K/RRCA National Championships. PCC, 101 Camp Creel Ct., Peachtree City, GA 30269. 770-487-5934.

**November 23.** Governor's Land 5K, Williamsburg. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

**December 1.** First Tennessee Memphis Marathon. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-393-RACE; fax: 901-523-4354.

**December 14.** Rocket City Marathon, Huntsville. SASE to Huntsville TC, 8811 Edgemoor Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

### MIDWEST

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

**September 7.** Charleston Distance Run 15 Mile. Charleston, W.Va. Masters money. Danny Wells, 1001 Virginia St. E., Charleston, WV 25314. 304-348-5122; fax: 304-348-1740.

**September 8.** City of Lakes 25K. Minneapolis, Minn. Masters money. Harry Harrison, Mpls Park & Recreation, 200 Grain Exchange, 400 So. 4th St., Minneapolis, MN 55415. 612-661-4893.

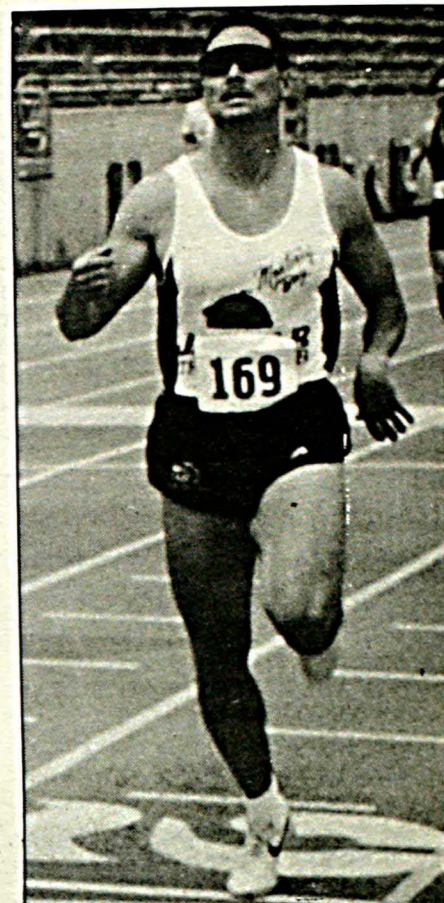
**September 28.** Bowling Green 10K Classic. Bowling Green, Ky. Masters money. Rick Kelley, PO Box 1802, Bowling Green, KY 42102. 502-782-3660; fax: 502-843-4278.

**September 28.** Briggs & Stratton/Al's 8K Run/Walk, Milwaukee. Jamy Malatesta, PO Box 1997, MS #3060, Milwaukee, WI 53201. 414-266-6320; fax 266-6139.

**September 29.** Motorola Half-Marathon/USATF Open Women's Championship, Schaumburg, Ill. Masters money. Jane Canega, The Eventors, Inc., 46 E. Oak, 2nd Fl., Chicago, IL 60611. 312-944-6667; fax 312-944-6499.

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Alan Tucker, winner of the M35 800, with a meet record 53.4, Visalia Masters Meet, Visalia, Calif.  
Photo by Glen Williams

**October 6.** Youngstown Peace Race 10K. Masters money. Ted Rupe, 2533 Davis Peck Rd., Cortland, OH 44410. 216-583-2423; fax 216-583-2423

**October 20.** Chicago Marathon & 5K. CM, PO Box 10597, Chicago, IL 60610-0597. 800-527-3214; 312-527-2200.

**October 20.** Detroit Marathon. DM, 300 Stroh River Pl., Ste. 4000, Detroit, MI 48207. 313-393-7749.

**November 10.** Columbus Marathon & 5K. SASE to CM, PO Box 26806, Columbus, OH 43226.

### MID-AMERICA

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

**September 8.** City of Lakes 25K. Masters money. Harry Harrison, Mpls. Park & Rec. Board, 200 Grain Exchange, 400 So. 4th St., Minneapolis, MN 55415. 612-661-4893.

**September 15-22.** Priscilla Welch/NIKE Running & Fitness Camps, Devil's Thumb Ranch, Colorado. 800-933-4339.

**September 21.** Jackrabbit 15K & Relay. Brookings. Wellness Center, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

**September 29.** Duke City Marathon & Half-Marathon, Albuquerque, N.M. DCM, PO Box 4543, Albuquerque, NM 87196. 505-890-1018.

**October 26.** St. Louis Marathon. SLTr, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

**October 27.** Greater Kansas City Marathon & 10K. 816-561-1087.

**November 10.** Harvest Hustle 10K, Overland Park, Kans. Staggered start/groups start every 15 seconds based on age/sex time-adjustments. KC Runners Council, 7201 W. 129th, Suite 300, Overland Park, KS 66213.

Continued on next page

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

**September 7.** Run For Ryan 5K & Mile, Kenner, La. 6:30 pm. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

**October 5.** Santee Cooper 10K Bridge Run, Santee, SC. Masters money. Tony DeAloia, PO Box 11, Santee, South Carolina 29142. 803-854-2705.

**October 6.** El Paso/Juarez International Classic 15K, El Paso, Tx. Masters money. Bill Barry, 5024 vista del Monte, El Paso, TX 79922. 915-779-0577.

**October 12.** Chili Pepper Running Festival (cross-country)/RRCA National Championships, Fayetteville, AR. Joe Fennel, 1655 Woolsey St., Fayetteville, AR 72703. 501-521-8534.

**October 20.** Gallery Furniture 20K/USATF Open Women's Championship, Houston. Bob Gulliver, PO Box 721405, Houston, TX 77272-1405. 713-242-0515.

**October 20.** Halloween Pumpkin Chase Race 5K, Metairie, La. 6 pm. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6681; 468-1488.

**October 21.** Women's Classic 5K, New Orleans. Mac DeVaugh, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504-861-8686; fax 861-8687.

**October 26.** Tulsa Run 15K. Masters money. Sue Neil, PO Box 2008, Tulsa, OK 74102. 918-587-8786.

**WEST**

Arizona, California, Hawaii, Nevada

**September 7, 14, 21, 28.** 6th Annual USATF Pacific Association Cross-Country Series. Different venue & distance each race. Charles alexander, 415-964-0643.

**September 22.** Orange County Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 619-434-7706.

**September 27-28.** The Relay - Napa To Santa Cruz. 195 miles. 3 legs of approximately 5 miles each (36 total legs per 12-member team). Jeff Shapiro, The Relay, 751 Laurel St., Suite 401, San Carlos, CA 94070. 415-508-9700; fax: 508-1661.

**October 6.** Sacramento Marathon, Calif. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916-678-5005.

**October 20.** San Luis Obispo City-To-Sea Half-Marathon & 5K. SLO Chamber of Commerce, Jennifer Peterson, 1039 Chorro St., San Luis Obispo, CA 93401-3278. 805-781-2777; fax 805-543-1255.

**October 20.** Humboldt Redwoods Marathon & Half-Marathon. SASE to HRM, PO Box 4989, Arcata, CA 95518-4989. 707-433-1220; fax 443-2553.

**October 20.** Arizona 10K, Phoenix. Masters money. Joe Galopa, 6505 N. 16th St., Phoenix, AZ 85016. 602-234-3460; fax 602-277-4372.

**October 20.** Arturo Barrios 5K/Walk & 10K, Chula Vista, Calif. Eliter Racing, Inc., 619-450[6510 or 714-374-3200.

**October 26.** Moonlight 8K, Alhambra, Calif. Women only/masters money. Owen Guenthard, 104 S. First St., Alhambra, CA 91801. 818-282-8481; fax: 818-282-5596.

**October 27.** Bowl To Bowl 5K Run/Walk, Rose Bowl, Pasadena. Jim Hanley, direc-

tor, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

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

**September 29.** Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

**October 5.** St. George Marathon, Leisure Activities, 86 S. Main St., St. George, UT 84770. 801-634-5850.

**November 30.** Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-524-RUNS; 800-343-4411; fax 206-821-6387.

**CANADA**

**October 13.** Royal Victoria Marathon, Victoria, B.C. VM, c/o #182-911 Yates St., Victoria, BC, Canada V8V 4X3.

**INTERNATIONAL**

**October 29-November 5.** Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

**November 5-12.** Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

**July 17-27, 1997.** XII WAVA World Veterans Athletics Championships, Durban, South Africa.

**RACEWALKING**

**April 1 - October 1.** 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

**September 2.** West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

**September 8.** North Regional 1/2 Hour Championships, St. Paul, Minn. Fern Anderson, 612-926-3514.

**September 8.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

**September 8.** Florida State 3K Racewalk Championships, Tropical Park, Miami. 305-227-1500.

**September 14.** USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

**September 22.** USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

**September 22.** East Regional 10K Road Championships, Atlantic City, NJ. See Sept. 8.

**September 28.** Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

**October 5.** WAVA North American, Central American, Caribbean Masters 8K Championships. Columbia, S.C. Bill Bauers, 823 Calhoun St., Columbia, SC 29201. 803-256-7777.

**October 12.** Chippenham to Calne 6-Mile RW (on the main A4 between Chippenham & Calne). Robert Sayers, 27 Falcon Road, Calne, Wiltshire SN118PL, England. Tel. from US 011-441-249-822453. Entries close Sept. 30.

**October 13.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

**October 20.** Liberty 5 Mile Walk, Doheny State Beach Park, Orange County, Calif. Fundraising walk against domestic violence. Liberty 5 Mile, PO Box 220, Dana Point, CA 92629-0220. 714-249-4803.

**October 20.** West Regional 8K RW Championships, Las Vegas, Nev. Roberta Hatfield, 2747 Crown Ridge Dr., Las Vegas, NV 89134.

**October 20.** USATF East Regional/MAC 30K RW Championships, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., New York, NY 10028. 212-628-1317.

**October 26.** Florida AC Walkers/Henry Laskau 5K & 10K State Racewalk Championships. Robert Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407-499-3370.

**November 3.** East Regional 50K Track Championships, Washington, D.C. area. Al Corallo, 1600 N. Oak St., #916, Arlington, VA 22207.

**November 10.** Florida AC Walkers/20K State Racewalk Championships. Mary King, 954-581-8755; Denise Shepard, 954-587-1510.



Steve Coenen, 40, Virginia, placed fourth (54.16) in a field of 14 in the M40 400, 1996 National Masters Indoor Championships, Greensboro, N.C. Photo by Suzy Hess

**Masters Age-Graded Tables**

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# The Masters Wizard

## Masters Glossary of Terms

**T**o help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

**Age Grading:** A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

**Age Groups:** Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

**Age Records:** Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

**All-American Standards:** A program sponsored by the USATF Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

**All-Come Meets:** Open to all, young or old. Generally, low key, fun meets.

**AR:** American Record.

**Athletics:** The sports of track & field, long distance running and racewalking.

**Certified:** Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road-races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

**Eligibility:** There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

**Hurdles:** To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WAVA/USATF Specifications" in this issue.)

**IAAF:** International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

**Implements:** Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

**LDR:** Long Distance Running.

**Masters:** Men and women age 40 or over.

**Masters Clubs:** Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the *National Masters News*.

**Masters Competition:** Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Meet/Race Director:** The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official record-keepers. A few meet directors may make money on staging meets and races, but many do it strictly for the love of the sport, to provide a service to the track and running community. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

**National Team:** Used mostly in open competition. National teams are selected by USATF for overseas competitions. There are no masters national teams.

**NGB:** National Governing Body.

**NMN:** *National Masters News* is the bible of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers

28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$26 (2nd class), \$42 (1st class) or \$45 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

**Non-Stadia:** Refers to events held outside a stadium (road race, etc.).

**Postal Event:** Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

**PR:** Personal Record.

**PW:** Personal Worst.

**Rankings:** An annual book of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

**RRCA:** Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

**RRIC:** The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world "bests." RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter *On The Roads*.

**Rules:** USATF publishes an annual "Competition Rules Book," which includes special rules for masters competition. WAVA produces a biennial "WAVA Handbook" with international rules. Both are available through the form on page 13.

**RW:** Racewalking.

**Sanction:** Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

**Seniors:** A word of many meanings: 1) A USATF competitor age 20 or over; 2) Unofficially used in some road events to denote runners age 60 and up; 3) Athletes 55+ (or 50+ in some cases) who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Stadia:** Refers to events held within a stadium (100-meter dash, etc.).

**Sub-Masters:** Men and women age 30-39.

**T&F:** Track and Field.

**Uniforms:** Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from the Chair of the Masters T&F Committee (address on page 2).

**USATF:** USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the

USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the nation. Two of its seven sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile and longer throughout the year. It also stages dozens of regional and local meets and races, for youth, open, and masters.

**USATF Membership:** It is advantageous for a participant to become a member of USATF (\$12 to \$15 per year, depending on the area). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

**USATF Regions:** There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.) There are 15 regions in USATF open and youth competitions.

**USNISO:** U.S. National Senior Sports Organization, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 55-and-up. USNISO helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments, some of which allow 50+ entrants. Qualification for the nationals is generally required by competing in state meets.

**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some USA road races to define runners age 50-59.)

**Volunteers:** There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

**WAVA:** World Association of Veteran Athletes, the official world veterans governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages a World Veterans Championships each odd-numbered year for men 40+ and women 35+. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

**WAVA Regions:** There are six worldwide regions: Europe, Africa, North America South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

**WR:** World Record.

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

<b>M35-39</b>				<b>M55-59</b>				<b>M75-79</b>			
Robert Sands	200M	23.00	05-19-96	David Lard	Mile	5:24.8	07-27-96	Jim Sullenger	Discus	102-6	01-27-96
				Lionel Low	Long Jump	16-8	06-22-96		Shot Put	31-11	01-27-96
<b>M40-44</b>					Triple Jump	35-6½	06-22-96	<b>W45-49</b>			
William Gardner	Shot Put	47-1	05-05-96	Don North	Javelin	133-4	04-20-96	Lurline Struppeck	Javelin	33-82	07-06-95
Larry Schworer	200M	23.8	06-29-96						Discus	25-44	06-09-95
Mike Skoflanc	Long Jump	19-7½	08-12-95	<b>M60-64</b>					Shot Put	9-45	06-09-95
<b>M45-49</b>				Harold Lawrence	Long Jump	15-0		<b>W50-54</b>			
Rich Dunphy	Shot Put	12.24	07-20-96	Clarence Trinkner	100H	15.76	06-30-96	Nina Bryant	100M	15.21	05-18-96
Dale Wilcoxson	Discus	132-0	04-14-96	George Whiting	Discus	133-3	07-21-96	<b>W55-59</b>			
David Zang	Decathlon	5403	07-07-96	<b>M65-69</b>				Kathy Bergen	100M	13.82	05-14-95
<b>M50-54</b>				Robert Fisher	Discus	125-0	02-07-96		200M	30.33	02-26-96
Allen McDaniel	800M	2:17.47	03-31-96	<b>M70-74</b>					High Jump	4-0	05-14-95
Mike Toolen	5000M	17:23	06-23-96	Fred Adams	56# Weight	13-11½	05-18-96	<b>W60-64</b>			
								Sondra McCoy	Javelin	77-4	07-29-95

## 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	6-3¼	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
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	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	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
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	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.25	6.50	5.75
	49-10½	46-3½	42-8	39-4½	36-9	33-9½	30-5½	27-0	24-10½	21-1½	18-4	15-4
Discus	44.80	42.60	40.60	38.00	35.40	32.80	30.20	27.60	25.00	22.40	20.00	17.60
	147-0	139-9	133-2	124-8	119-5	113-3	107-9	103-8	86-7	70-2½	53-2	
Hammer	47.24	44.20	41.14	38.10	35.00	31.90	28.80	25.70	22.60	19.50	16.40	13.30
	155-0	145-0	135-0	125-0	115-0	105-0	95-0	85-0	75-0	65-0	55-0	45-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	34.00	29.50	25.00	20.50	16.00	11.50
	203-5	187-0	170-7	157-6	141-1	126-4	113-3	100-0	87-9	74-9	62-4	49-2
35#wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
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	2600	2600	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: 30-39: 33"; 40-49: 36"; 50-59: 33"; 60+: 30".  
 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60+: 27".  
 4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.0kg.  
 6) Hammer: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-39: 800g; 40-49: 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 ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Event	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F35	7:22	8:03	15:16	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:16:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:55	16:05	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:16	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:60
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

## 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	22:15	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	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	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	3-7½	3-3½	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	9-4½	8-6½	7-8½	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	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	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	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
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
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

# TRACK & FIELD RESULTS

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

## NATIONAL

### National Masters Track & Field Championships Spokane, WA; August 15-18

#### 100 Meters

##### 100 METER DASH PRELIMS

M35	1 Martin Krulac	39	11.18	89.43
	2 Eugene Vickers	35	11.19	89.33
	3 Derek Holloway	35	11.36	88.04
	4 Noah Livingston	37	11.54	86.63
	5 Wayne Iba	37	11.71	85.43
	6 Michael Waller	38	11.74	85.13
	7 Warren Washington	36	12.33	81.13
	8 Jay Mathis	37	12.43	80.43
	9 Greg Wright	35	12.46	80.23
M40	1 Kevin Morning	40	11.42	90.43
	2 Thomas Jones	42	11.55	89.43
	3 Edward Gonera	44	12.01	86.03
	4 Robert Bowen	44	12.10	85.33
	5 Kirk Burgess	41	12.12	85.23
	6 Scott Shaughnessy	40	12.25	84.13
	7 Charles Hunter	40	12.28	84.13
	8 Keith Miles	40	12.32	83.83
	9 Steve Cummings	40	12.34	83.73
	0 William Rea	44	12.55	82.33
	1 John Zittercob	41	12.92	79.93
	2 Scott Thornley	44	12.93	79.83
	3 Fred James	43	12.99	79.53
	4 Don Grubbs	41	13.15	78.53

M50	1 Stan Whitley	50	11.71	94.23
	2 Stephen Robbins	53	12.04	91.63
	3 Peter Crombie	51	12.23	90.23
	4 Dan Durante	52	12.61	87.53
	5 David Naylor	52	12.67	87.13
	6 Dale Herring	50	12.96	85.13
	7 Paul Montgomery	50	13.04	84.63
	8 Will Leslie	51	13.18	83.73
	9 Ron Jensen	53	13.25	83.33
	0 Larry Armstrong	54	13.96	79.03
	1 Paul Gilbert	53	14.58	75.73
M55	1 Walter Butler	55	12.90	88.43
	2 James Paddie	57	13.26	86.03
	3 Wayne Bennett	59	13.29	85.83
	4 William Knoke	56	13.29	85.83
	5 Hugh Adams	56	13.31	85.73
	6 Dale Lance	58	13.50	84.53
	7 Ronald Kirkpatrick	58	13.53	84.33
	8 Norman Reynolds	57	13.55	84.23
	9 Marco Bonne Foi	55	13.73	83.13
	0 Paul Stepan	58	13.99	81.53
	1 Thomas Hunt	57	14.55	78.43
	2 Don Baumberger	57	14.77	77.23
	3 Jim Hill	57	15.51	73.53
	4 Ed Arnold	57	15.51	73.53

M60	1 Dick Richards	62	12.67	93.23
	2 Bobby Thomas	61	12.68	93.13
	3 Bill Wright	62	12.82	92.13
	4 Norbert Wedepohl	60	13.09	90.23
	5 Monty Hacker	61	13.20	89.43
	6 Bob Dobbs	62	13.24	89.23
	7 Ray Graves	62	13.62	86.73
	8 Fred Biederman	61	13.67	86.33
	9 William Jankovich	62	13.72	86.03
	0 Jim Schlewitz	62	14.35	82.33
	1 Heracleo Chandeck	63	15.01	78.63
	2 Ralph Riddick	64	15.59	75.73

M40	1 Cindy Steenberg	42	12.90	88.23
	2 Denise Foreman	40	13.15	86.53
	3 Denise McField	40	13.21	86.13
	4 Jacqueline Board	43	13.45	84.63
	5 Marsha Hamilton	42	14.14	80.43
	6 Sue Norton	40	14.23	79.93
	7 Linda Lanker	40	14.53	78.33
	8 Mette Fossberg	44	15.15	75.13
	9 Joy Cordell	41	16.38	69.43
	0 Miah Loeb	41	16.59	61.23
M50	1 Nadine Lowenstein	51	15.02	81.73
	2 Rosalie Carman	52	15.31	80.23
	3 Mary Robinson	54	15.45	79.43
	4 Nadine O'Connor	54	15.62	78.63
	5 Marlene Sachs	52	15.65	78.43
	6 Caroline Cooney	50	15.94	77.03
	7 Nina Bryant	54	16.27	75.43
	8 Ann Carter	54	17.42	70.43
	9 Rose Schlewitz	54	17.68	69.43
	0 Erika Szanto	52	20.33	60.43

M30	1 Paul Scarlett	33	11.01	89.53
	2 David Barner	32	11.03	89.33
	3 Brett Lawler	32	11.35	86.83
	4 Joe Hysa	33	11.52	85.53
	5 Richard Washington	33	11.89	82.93
	6 Gregory Font	34	12.20	80.83
M35	1 Martin Krulac	39	11.03	90.63
	2 Derek Holloway	35	11.22	89.13
	3 Eugene Vickers	35	11.26	88.83
	4 Noah Livingston	37	11.49	87.03
	5 Wayne Iba	37	11.77	84.93
	6 Jay Mathis	37	12.52	79.83
	7 Michael Waller	38	12.52	79.83

M40	1 Kevin Morning	40	11.35	91.03
	2 Thomas Jones	42	11.58	89.23
	3 Edward Gonera	44	11.78	87.63
	4 Robert Bowen	44	11.79	87.63
	5 Charles Hunter	40	12.17	84.83
	6 Keith Miles	40	12.20	84.63
	7 Scott Shaughnessy	40	12.28	84.13
	8 Kirk Burgess	41	12.30	83.93
M45	1 Marion McCoy	46	12.16	87.83
	2 Thurnan Matten	47	12.40	86.13
	3 Roger Parnell	47	12.46	85.73
	4 Philip Felton	47	12.47	85.63
	5 David Anderson	48	12.69	84.13
	6 Roy Chubb	46	13.03	81.93

M50	1 Stan Whitley	50	11.44	96.53
	2 Stephen Robbins	53	11.70	94.33
	3 Peter Crombie	51	12.37	89.23
	4 Dan Durante	52	12.63	87.43
	5 David Naylor	52	12.84	85.93
	6 Dale Herring	50	12.94	85.33
	7 Paul Montgomery	50	13.05	84.63
	8 Will Leslie	51	13.42	82.23

M55	1 Walter Butler	55	12.55	90.93
	2 Wayne Bennett	59	13.10	87.13
	3 James Paddie	57	13.14	86.83
	4 Dale Lance	58	13.15	86.73
	5 Ronald Kirkpatrick	58	13.45	84.83
	6 Norman Reynolds	57	13.85	82.33
M60	1 Bobby Thomas	61	12.63	93.53
	2 Dick Richards	62	12.81	92.13
	3 Bill Wright	62	13.16	89.73
	4 Bob Dobbs	62	13.26	89.03
	5 Norbert Wedepohl	60	13.35	88.43
	6 Monty Hacker	61	13.59	86.93
	7 Fred Biederman	61	13.86	85.23
	8 Ray Graves	62	13.87	85.13

M65	1 James Stookley	66	13.42	91.43
	2 John Poppell	65	13.62	90.03
	3 Jack Coy	65	13.88	88.43
	4 Dick Cottingham	68	15.14	81.03
	5 Frank Kishi	65	15.43	79.53
	6 David Cady	65	DNF	
M70	1 Bill Carter	73	14.88	86.23
	2 Robert Higginbotham	70	15.42	83.23
	3 Thomas Miller	72	16.07	79.83

M75	1 Milton Silverstein	76	14.63	92.33
	2 Charles Mercurio	76	17.76	76.03
	3 Albert Fairchild	78	19.58	69.03
	4 Konrad Slaughter	77	DNF	
M80	1 Frank Finger	81	16.45	87.23
	2 Bert Morrow	84	18.66	76.93
	3 Andy Anderson	81	21.57	66.53
	4 Ed Andrysiak	82	23.67	60.63
M85	1 Anthony Castro	87	18.60	82.93

M30	1 Dana Baumgarten	34	13.66	78.73
	2 Karen Johnson	34	13.69	78.63
M35	1 Joy Upshaw-Marguerum	35	12.71	86.13
	2 Susan Smith	35	13.57	80.63
	3 Angela Neazy	35	13.60	80.53
	4 Shellie Banks	38	14.20	77.13
	5 Elaine Iba	35	14.39	76.03

M40	1 Cindy Steenberg	42	12.76	89.13
	2 Denise Foreman	40	13.15	86.53
	3 Denise McField	40	13.32	85.43
	4 Jacqueline Board	43	13.42	84.83
	5 Marsha Hamilton	42	14.11	80.63
	6 Sue Norton	40	14.16	80.33
	7 Linda Lanker	40	14.68	77.53
	8 Lina Lanker	40	14.96	76.03

M45	1 Mary Libal	46	13.15	89.83
	2 Rhona Trotter	47	14.64	80.73
	3 Suzanne Williams	47	14.84	79.63
	4 Avril Naylor	49	14.85	79.63
	5 Teddie Bell	49	16.56	71.33
M50	1 Nadine Lowenstein	51	14.87	82.53
	2 Nadine O'Connor	54	14.92	82.33
	3 Rosalie Carman	52	15.23	80.63
	4 Mary Robinson	54	15.48	79.33
	5 Marlene Sachs	52	15.67	78.33
	6 Caroline Cooney	50	15.85	77.43
	7 Nina Bryant	54	16.30	75.33
	8 Ann Carter	54	17.52	70.03

M55	1 Kathy Bergen	56	14.45	88.33
	2 Kemisole Solwazi	56	14.58	87.53
	3 Joy MacDonald	55	16.33	78.13
	4 Louise Tricard	59	17.30	73.73
	5 Laura Stepan	56	20.15	63.33
M60	1 Rita Kerr	61	16.23	81.83
	2 Louise Reed	61	16.43	80.83
	3 Anne Yudel	63	16.52	80.33
	4 Fei-Mei Chou	61	17.17	77.33
	5 Carole Onderdonk	61	18.12	73.23
	6 Dorothy O'Neal	61	24.30	54.63

M65	1 Sum Onodera-Leonard	68	17.26	80.43
	2 Shirley Dietderich	69	19.59	79.93
M70	1 Patricia Peterson	70	17.20	80.03
	2 Johnnie Vallien	71	17.77	82.33
	3 Mary Holland	72	18.57	78.73
	4 Josephine Sullivan	71	18.75	78.03

M75	1 Margaret Hinton	75	19.50	79.63
	2 Diane Friedman	75	20.11	77.23
M80	1 Pearl Mehl	82	28.51	58.53

M30	1 Eugene Vickers	35	23.49	85.43
	2 Derek Holloway	35	23.65	84.83
	3 Noah Livingston	37	23.82	84.23
	4 Tyrone Williams	37	24.04	83.43
	5 Wayne Iba	37	24.04	83.43
	6 Michael Waller	38	24.40	82.23
	7 Anthony Krainik	37	24.42	82.13
	8 Stephen Winkel	38	24.75	81.03
	9 Jay Mathis	37	25.22	79.53
	0 Douglas Schnebeck	36	26.13	76.83
	1 Daniel Taylor	38	26.34	76.23
	2 Bob Good	38	26.59	75.43

M40	1 Kevin Morning	40	23.37	88.93
	2 Gerry Krainik	44	23.58	88.13
	3 Robert Bowen	44	23.74	87.53
	4 Keith Miles	40	24.17	85.93

5 Kirk Burgess	41	24.20	85.83
6 Mike Pannell	42	24.40	85.13
7 David Ortmann	43	24.46	84.93
8 Scott Shaughnessy	40	24.51	84.73
9 Edward Gonera	44	24.63	84.33
0 Steve Cummings	40	24.71	84.13
1 Thomas Jones	42	24.75	83.93
2 William Rea	44	25.52	81.43
3 Dennis Nelson	41	25.89	80.23
4 Fred James	43	26.16	79.43
5 Vince Costello	43	26.31	78.93

M45	1 Frederick Sowerby	47	25.05	85.93
	2 Philip Felton	47	25.11	85.73
	3 Norman Lewis	46	25.80	83.43
	4 Marion McCoy	46	25.80	83.43
	5 Roger Parnell	47	26.13	82.43
	6 Alex Constantinou	45	26.19	82.23
	7 Roy Chubb	46	26.45	81.43
	8 Turran Harper	45	26.67	80.73
	9 Philip Gnesin	46	28.77	74.83
	0 David Horace	45	29.52	72.93

M50	1 Stan Whitley	50	24.26	91.93
	2 Stephen Robbins	53	25.51	87.43
	3 Dan Durante	52	25.64	87.03
	4 Peter Crombie	51	25.75	86.63
	5 David Naylor	52	25.87	86.23
	6 Paul Montgomery	50	26.32	84.73
	7 Dale Herring	50	26.79	83.23
	8 Theo Viltz	53	26.80	83.23
	9 Ron Jensen	53	26.83	83.13
	0 Will Leslie	51	27.91	79.93
	1 Larry Armstrong	54	28.01	79.63
	2 Jack Karbens	54	29.12	76.63
	3 Paul Gilbert	53	29.76	74.93
	4 John Shenk	53	30.01	74.33
	5 William Hendricks	52	35.33	63.13

Continued from previous page

4 Walter Gale	65	2:39.89 83.62	5 Joel Hope	38	4:24.43 80.02	4 Lewis Watkins	30	18:09.10 71.42	3 Rich Friedlander	52	36:18.08 82.72	400 Meter Int. Hurdles			
5 Rodney Brown	69	2:41.80 82.62	6 David Harding	36	4:29.41 78.52	5 Michael Fenton	34	21:03.05 61.62	4 Jerry Graham	53	36:29.91 82.32	M30	1 Larry Beatty	32	56.76 82.42
6 Bill Fortune	68	2:47.51 79.82	7 Jose Cabrera	39	4:39.56 75.62	M35			5 Victor Sipes	53	39:59.35 75.12	M35	1 Ray Blackwell	38	57.34 84.52
7 Jim Sutton	65	2:56.63 75.62	8 Andrew Shields	38	6:00.94 58.62	1 David Harding	36	16:25.17 79.32	6 Neil Felgenhauer	50	40:27.41 74.22		2 Douglas Schneebeck	36	58.19 83.32
8 Jim Moorhead	68	2:58.15 75.02	M40			2 Mark Cleary	37	17:01.85 76.42	7 Nick Zilka	52	41:44.73 71.92		3 Stephen Winkel	38	59.92 80.92
9 Jack Nyhan	65	3:07.60 71.22	1 Peter Mogg	41	4:11.52 87.12	3 Luciano Camponolo	35	17:44.31 73.42	8 Neal Stoddard	53	50:36.89 59.32	M55	4 Brent Cottong	39	1:02.15 78.02
0 Donn Kirk	65	3:14.43 68.72	2 Tom Aspel	41	4:12.25 86.82	4 Jeffrey Endres	36	18:35.99 70.02	1 Chuck Keating	55	38:21.52 81.62		5 Cory Yost	37	1:12.62 66.72
800 METER RUN FINALS			3 Kenneth Leinbach	41	4:13.67 86.32	5 Benjamin Berriochia	37	18:42.15 69.62	2 Bobby Kincaid	59	38:21.68 81.62	M60	- Daniel Taylor	38	DNF
M30			4 Julio Reyes	40	4:15.77 85.62	M40			3 James Turner	56	40:10.41 77.92				
1 Vaughan Kastor	31	2:01.28 83.82	5 Garry Reittler	40	4:16.55 85.42	1 Anthony Rodiez	40	15:38.45 86.12	4 Wally Bramer	57	40:13.55 77.82	M60	1 Mike Pannell	42	58.14 87.22
2 Larry Beatty	32	2:02.27 83.22	6 Guy Gadoski	40	4:23.06 83.32	2 Kenneth Leinbach	41	15:43.01 85.72	1 Oleg Morozov	61	37:49.53 86.52		2 David Orban	43	59.91 84.62
3 Garth Merrill	30	2:12.02 77.02	7 Amy Stonkus	41	4:23.41 83.12	3 Daniel Gruber	41	15:47.71 85.32	2 Bill Iffrig	62	38:21.60 85.32		3 Russel Jacquet-Acea	43	1:01.22 82.82
4 Larry Robinette	33	3:04.56 55.12	8 Brad Hurst	43	4:26.40 82.22	4 Marty Higginbotham	40	15:58.55 84.32	3 Robert Ruggeri	60	40:42.82 80.42		- Greg Rees	40	1:02.77 80.82
M35			9 Michael Allison	44	4:26.89 82.12	5 Steve Blum	41	16:00.98 84.12	4 Larry Wright	60	42:06.31 77.72		4 Dennis Nelson	41	1:03.23 80.22
1 Paul Fragua	39	2:02.37 85.52	0 Randy Ware	40	4:32.37 80.42	6 Joe Winegardner	40	16:04.62 83.82	5 Mel Preedy	63	43:10.46 75.82	M65	5 George Hall	43	1:04.46 78.62
2 Mark Cleary	37	2:05.52 83.42	1 Kent Hoffmeyer	40	4:35.22 79.62	7 Thomas Cushman	42	16:25.77 82.02	1 Paul Heitzman	65	40:05.86 85.82		6 Vince Costello	42	1:05.43 77.52
3 Tad Gotting	36	2:05.80 83.22	2 Stephan Huda	42	5:04.66 71.92	8 Galen Martinez	40	16:50.02 80.02	2 James Beall	67	40:19.20 85.32		7 Mark Johnson	43	1:10.00 72.42
4 Joel Hope	38	2:09.53 80.82	M45			9 Michael Allison	44	16:51.10 79.92	3 Patrick Devine	67	43:23.82 79.32	M65	1 Rick Lapp	47	1:01.74 86.12
5 Jose Cabrera	39	2:09.74 80.62	- Roly McSorley	45	4:14.06 89.42	- Gerry Holliday	42	16:51.37 79.92	4 Donald Ross	66	43:30.89 79.12		2 Don Roberts	46	1:05.06 81.72
6 Marty Kruger	39	2:10.74 80.02	1 David Salzman	45	4:19.64 87.52	0 Garry Reittler	40	16:54.64 79.72	5 Bill Fortune	68	44:16.11 77.72		3 Terry Wardrobe	49	1:20.36 66.22
7 Jeffrey Endres	36	2:21.05 74.22	2 Jim Gorman	47	4:20.36 87.32	1 John Dickey	42	18:56.95 71.12	6 Jack Nyhan	65	48:57.78 70.32	M70	1 Larry Morris	51	1:05.49 84.32
M40			3 Ken Bell	45	4:20.38 87.32	- Doug Smith	44	20:05.90 67.02	7 Peter Mundle	68	54:53.94 62.72		2 Robert Baker	51	1:08.01 81.22
1 Peter Mogg	41	1:59.41 90.72	4 Randy Taylor	48	4:30.78 83.92	- Brad Hurst	43	DNF	1 Michel Kagan	75	52:16.70 74.42		3 Grant Lamthe	52	1:14.45 74.22
2 Daniel Barry	40	1:59.91 90.32	5 Wayne Morris	46	4:39.71 81.22	M45			2 Denman Stanfield	77	13:17.20 53.02	M75	4 Jack Karbens	54	1:31.93 60.12
3 Julio Reyes	40	1:59.92 90.32	6 Bob Pertak	45	4:41.10 80.82	M50			1 Dudley Healy	82	02:32.30 67.12				
4 Rick Barbero	42	2:01.16 89.42	7 David Elhoff	46	4:48.59 78.72	1 John Jordeth	50	16:43.81 86.82	M80			M80	1 Terry Rowan	56	1:12.74 80.22
5 Dave Clingan	42	2:02.63 88.32	8 Lindsay Bodden	48	4:50.15 78.32	2 Jeff Corkill	53	16:51.93 86.12	1 Jim Forshee	70	41:52.88 87.02		2 Bruce Mills	57	1:15.04 77.82
6 David Jansen	40	2:04.27 87.12	- Byron Dyce	48	DNF	3 Richard Murray	50	17:04.08 85.12	2 Jim O'Neill	71	44:08.11 82.52	M85	3 Jim Hill	57	1:27.26 66.92
7 Thomas Hartshorne	42	2:04.28 87.12	M50			4 Al Beck	50	17:18.27 83.92	M85			M85	1 Joy Upshaw-Marguerum	35	1:04.40 85.12
8 Michael Johnson	40	2:07.08 85.22	1 Al Beck	50	4:27.48 88.32	5 Jerry Graham	53	17:52.07 81.32	1 Dori Robertson	35	42:08.88 71.12	M90	1 Linda Lanker	40	1:17.93 74.02
M55			2 John Jordeth	50	4:28.35 88.02	6 Rich Friedlander	52	17:54.70 81.12	1 Lorna Squyer	42	42:52.37 72.82	M95	- Liz McLain	48	1:22.99 73.42
1 Bill Codd	45	2:05.94 89.12	3 Stan Mathes	50	4:30.73 87.32	7 Victor Sipes	53	18:41.90 77.62	- Cathy Tedford	43	07:34.10 46.12	M95			
2 Randy Taylor	48	2:06.02 89.12	5 Jim Gibbons	52	4:36.23 85.52	8 Neil Felgenhauer	50	20:05.67 72.22	M95			M95	1 Don Slocumb	62	8:48.65 78.32
3 David Salzman	48	2:06.58 88.72	6 Joseph Nelson	51	4:36.59 85.42	9 Neal Stoddard	53	23:39.94 61.32	1 Jeanne Bocci	53	00:30.30 56.22	M95	- Ron Johnson	64	9:12.69 74.92
4 Turran Harper	45	2:09.27 86.92	7 Richard Murray	50	4:38.12 84.92	0 Robert Edwards	53	25:41.38 56.52	1 Janet Baumann	57	27:41.50 40.72	M95	1 Jim Selby	68	9:28.53 77.82
5 Byron Dyce	48	2:10.43 86.12	- Jake Maddern	51	4:47.19 82.32	M55			1 June Machala	65	45:42.98 87.12	M95	1 Luis Torres Rosa	68	9:47.50 75.32
6 Wayne Morris	46	2:10.48 86.02	8 Jim Verdier	54	5:04.02 77.72	M55			1 Dawn Russell	72	58:33.56 72.72	M95	2 Efrain Sanchez	67	10:09.61 72.62
7 William Fitzpatrick	45	2:12.73 84.62	9 Joe Henry	51	5:05.49 77.32	M55			- Ivy Granstrom	84	20:55.60 62.12	M95	3 John Nelson	65	12:15.92 60.12
M60			- Garth Huck	51	5:11.90 76.02	M55			M95			M95	1 Avery Bryant	72	9:32.26 83.42
1 Stan Mathes	50	2:10.22 89.62	0 Larry Smith	51	5:13.94 75.22	M55			M95			M95	1 Daniel Bulkley	79	12:03.14 72.12
2 Richard Tucker	51	2:10.35 89.52	1 John Shenk	53	5:57.19 66.12	M55			M95			M95	1 Laurie Ticknor	34	9:10.18 65.42
3 Jim Gibbons	52	2:11.00 89.12	M55			M55			M95			M95	- Jennifer Fisher	36	7:43.02 80.22
4 Al Beck	50	2:11.95 88.42	1 Stephen Lyons	55	4:42.86 87.12	M55			M95			M95	1 Angela Krainik	37	10:25.86 59.32
5 Bob O'Connor	50	2:12.06 88.32	2 Eric Owers	55	4:44.16 86.72	M55			M95			M95	1 Madeline Bost	57	9:40.58 79.72
- Jake Maddern	51	2:18.43 84.32	3 James Williams	55	4:44.33 86.62	M55			M95			M95			
6 Glenn Goversen	51	2:20.72 82.92	4 Sid Howard	57	4:49.75 85.02	M55			M95			M95			
- Don Parker	53	DNF	5 Desmond O'Rourke	57	4:51.72 84.42	M55			M95			M95			
M55			6 Josef Fodor	58	5:03.32 81.22	M55			M95			M95			
1 Stephen Lyons	55	2:13.43 91.12	7 Bobby Kincaid	59	5:03.87 81.12	M55			M95			M95			
- Frank Hearn	55	2:13.50 91.02	8 Frank Hamilton	56	5:30.84 74.42	M55			M95			M95			
2 Eric Owers	55	2:13.66 90.92	9 John Hurley	59	5:47.96 70.82	M55			M95			M95			
3 Robert McMillan	55	2:15.34 89.82	- E. 'doc' Mordock	55	DNF	M55			M95			M95			
4 William McMillan	56	2:16.19 89.22	M60			M55			M95			M95			
5 Sid Howard	57	2:16.70 88.92	1 Bernard Hollander	60	5:07.74 83.82	M55			M95			M95			
6 Desmond O'Rourke	57	2:20.49 86.52	2 James Aneshansley	61	5:08.09 83.72	M55			M95			M95			
M60			3 John Conner	61	5:13.89 82.12	M55			M95			M95			
1 James Aneshansley	61	2:27.68 86.12	4 Derek Mahaffey	62	5:18.84 80.92	M55			M95			M95			
2 John Conner	61	2:29.88 84.82	5 Ken Ogden	60	5:21.31 80.22	M55			M95			M95			
3 Jerry Jefferson	63	2:34.46 82.32	6 Bailey Abernathy	61	5:25.58 79.22	M55			M95			M95			
4 Ken Ogden	60	2:35.34 81.82	7 Don Slocumb	62	5:26.78 78.92	M55			M95			M95			
5 Donald Kane	64	2:41.34 78.82	8 Larry Wright	60	5:33.63 77.32	M55			M95			M95			
6 Larry Wright	60	2:46.15 76.52	9 Field Ryan	64	6:02.08 71.22	M55			M95			M95			
7 Don Slocumb	62	2:52.12 73.92	M65			M55			M95			M95			
8 Field Ryan	64	2:57.07 71.82	1 Jim Sutton	65	4:58.62 90.82	M55			M95			M95			
M65			2 Paul Heitzman	65	5:03.30 89.42	M55			M95			M95			
- Earl Fee	67	2:21.23 94.62	3 James Beall	67	5:19.13 85.02	M55			M95			M95			
1 Jim Sutton	65	2:24.79 92.32	4 Tom Brinton	68	5:22.66 84.12	M55			M95			M95			
2 Paul Heitzman	65	2:28.95 89.72	5 Walter Gale	65	5:30.91 82.02	M55			M95			M95			
3 Tom Brinton	68	2:33.62 87.02	6 Jack Keener	65	5:36.70 80.52	M55			M95			M95			
4 Jim Selby	68	2:39.67 83.72	7 Donald Ross	66	5:47.39 78.12	M55			M95			M95			
5 Walter Gale	65	2:40.07 83.52	8 Efrain Sanchez	67	5:57.37 75.92	M55			M95			M95			
6 Rodney Brown	69	2:43.39 81.82	9 Donn Kirk	65	6:42.32 67.42	M55			M95			M95			
7 Efrain Sanchez	67	2:55.53 76.12	M70			M55			M95			M95			
8 Jack Nyhan	65	3:10.21 70.22	1 John McManus	73	5:46.38 82.92	M55			M95			M95			
M70			2 Archie Messenger	73	5:54.73 81.02	M55			M95			M95			
1 Archie Messenger	73	2:45.66 85.42	3 Avery Bryant	72	6:01.05 79.62	M55			M95			M95			
2 John McManus	73	2:48.44 83.92	M75			M55			M95			M95			
3 Avery Bryant	72	2:50.03 83.22	1 John Boots	77	5:59.38 85.42	M55			M95			M95			
- Arthur Wilson	72	3:08.95 74.82	2 Bill Tribou	75	6:35.90 77.52	M55			M95			M95			
- William Fix	70	DNF	M80			M55			M95			M95			
M75			1 Vincent Malizia	81	7:12.69 76.72	M55			M95			M95			
1 Bill Tribou	75	3:05.53 81.42	2 Bob Matteson	80	8:07.25 68.12	M55			M95			M95			
2 Daniel Bulkley	79	3:20.63 75.22	3 Maxwell Springer	82	8:17.69 66.72	M55			M95			M95			
3 Michel Kagan	75	3:21.27 75.02	4 Dudley Healy	82	8:20.45 66.32	M55			M95			M95			
M80			M90			M55			M95			M95			
1 Bob Matteson	80	3:29.06 78.02	1 Lisa Nichols	30	5:03.33 75.92	M55			M95			M95			
2 Vincent Malizia	81	3:29.23 78.02	2 Christine Hackman	32	5:21.31 71.72	M55			M95			M95			
3 Maxwell Springer	82	3:47.57 71.72	M9												

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## Women's 4X800 Meter Relays

1 BRC (Robertson, Holman, Ticknor, ) 11:08.58

## High Jump

M30	1 David Turnbull	30	1.90m	78.8%
M35	2 Michael Jaqua	33	1.70m	70.5%
M40	1 Jeff Helton	35	1.85m	80.7%
M45	2 Alan Wardsworth	35	1.65m	72.0%
M50	1 Keith Nelson	41	1.95m	89.8%
M55	2 Ric Teller	44	1.92m	88.4%
M60	3 Stephan Miller	41	1.75m	80.0%
M65	4 Donald Rasmussen	41	1.70m	78.3%
M70	5 David Ortmann	43	1.70m	78.3%
M75	6 Joseph Hippensteel	42	1.70m	78.3%
M80	7 Steve Banton	43	1.55m	71.4%
M85	8 Richard Watson	43	1.45m	68.8%
M90	- Kenneth Bacon	42	NH	

M45	- John Hawkins	47	1.85m	89.8%
M50	1 James Savers	48	1.85m	89.8%
M55	2 Charlie Rader	48	1.70m	82.5%
M60	3 Kevin Carper	45	1.65m	80.1%
M65	4 Thomas Light	48	1.60m	77.6%
M70	5 Dick Clintworth	48	1.55m	75.2%
M75	- John Solas	48	1.55m	75.2%
M80	6 Michael Walker	48	1.50m	72.8%
M85	7 Turran Harper	45	1.45m	70.3%

M50	1 Roberto Pozzi	50	1.85m	84.6%
M55	2 Emmett Graham	54	1.60m	82.0%
M60	3 Stephen Robbins	53	1.60m	82.0%
M65	4 Jim Kolva	50	1.55m	78.4%
M70	5 Norman Frable	51	1.55m	78.4%
M75	6 Pat Shober	51	1.45m	74.3%
M80	7 Mark Chapman	51	1.45m	74.3%
M85	8 Robert Baker	51	1.45m	74.3%
M90	- Kenneth Underdahl	51	1.45m	74.3%

M55	9 William Wood	51	1.45m	74.3%
M60	0 Larry Armstrong	54	1.45m	74.3%
M65	1 Frank Condon	54	1.40m	71.7%
M70	2 Grant Lamothe	52	1.30m	66.6%

M55	1 Earl Pawlik	57	1.62m	87.5%
M60	2 James Paddie	57	1.57m	84.8%
M65	3 Hugh Adams	56	1.47m	79.4%
M70	4 Bert Bergen	58	1.42m	76.7%
M75	5 Bruce Mills	57	1.37m	74.0%
M80	6 Tom Jones	57	1.27m	68.6%

M60	1 Philip Fehlen	61	1.60m	90.9%
M65	2 Tom Langenfeld	61	1.55m	88.0%
M70	3 Jerry Sullivan	61	1.50m	85.2%
M75	4 Dale Preedy	60	1.45m	82.3%
M80	5 Hal Smith	60	1.40m	79.5%
M85	- Ron Johnson	64	1.30m	73.8%

M65	1 Bud Held	68	1.45m	86.8%
M70	2 Sheldon Varney	68	1.40m	83.8%
M75	3 Jack Fischer	65	1.40m	83.8%
M80	4 James Stookey	66	1.40m	83.8%
M85	- Darrold Skartvedt	65	NH	
M90	- Ray Probst	67	NH	

M70	1 Vince Sempronio	70	1.45m	91.7%
M75	2 Edward Holmes	71	1.30m	82.2%
M80	3 Arnold Scott	74	1.15m	72.7%
M85	4 Jim Johnson	74	1.10m	69.6%

M75	1 Walter Dahlin	75	1.25m	83.3%
M80	2 Armando Ricciardi	76	1.20m	80.0%
M85	3 Kenneth Wheeler	75	1.15m	76.6%
M90	4 Les Hintz	75	1.05m	70.0%
M95	5 Ted Yenari	76	1.05m	70.0%
M100	6 Myron Dover	76	1.05m	70.0%

M80	- Bust Gist	76	NH	
M85	1 Manuel White	80	1.15m	80.9%
M90	2 Milo Lightfoot	82	1.10m	77.4%
M95	3 Charles Roloff	81	1.05m	73.9%

M85	1 Ted Hatlen	85	1.00m	76.3%
M90	1 Anne Jennings	33	1.70m	82.5%
M95	2 Lisa Doyon	33	1.55m	75.2%

M95	1 Martha Mendenhall	37	1.35m	69.5%
M100	- Debbie Brill	43	1.70m	93.4%
M105	1 Kimmie Allegre	41	1.15m	63.1%

M45	- Becky Willis	48	1.50m	87.7%
M50	- Liz McBlain	48	1.40m	81.8%
M55	1 Barbara Stratton	49	1.10m	64.3%

M50	1 Marlene Sachs	52	1.25m	77.6%
M55	2 Caroline Cooney	50	1.20m	74.5%
M60	1 Kathy Bergen	56	1.30m	85.5%
M65	2 Becky Sisley	57	1.20m	78.9%
M70	3 Joann Grissom	58	1.10m	72.3%
M75	4 Madeline Bost	57	1.05m	69.0%
M80	5 Janice Condon	55	0.90m	59.2%

M60	1 Christel Miller	61	1.20m	84.5%
M65	2 Fei-Mei Chou	61	1.05m	73.9%
M70	1 Shirley Kinsey	67	0.95m	70.9%
M75	1 Johnnie Valien	71	1.00m	79.3%
M80	2 Patricia Peterson	70	1.00m	79.3%
M85	3 Josephine Sullivan	71	0.95m	75.4%
M90	1 Margaret Hinton	75	1.01m	85.5%

## Pole Vault

M30	1 Michael Jaqua	33	4.20m	68.2%
M35	2 Jerome Tine	31	4.00m	65.0%
M40	3 Eric Allison	30	3.70m	60.1%
M45	1 Bill Halverson	39	4.75m	82.7%
M50	2 Gregory Charles	35	4.20m	73.1%
M55	- Doug Ross	39	4.20m	73.1%
M60	3 James Fountain	39	4.10m	71.4%
M65	- Bob Good	38	NH	

M40	1 Larry McIntyre	48	4.40m	88.1%
M45	2 Reg Hulbert	46	3.95m	79.1%
M50	- John Hawkins	47	3.65m	73.1%
M55	3 John Patterson	47	3.65m	73.1%
M60	4 Dick Clintworth	49	3.55m	71.1%
M65	- Thomas Light	48	NH	

M50	1 Matti Kilpelainen	50	4.00m	86.0%
M55	2 Dennis Phillips	50	3.90m	83.8%
M60	- Kenneth Underdahl	51	NH	
M65	- Tomlinson Rauscher	50	NH	
M70	- Dennis Stempel	52	NH	
M75	- Rogers Werne	52	NH	

M55	1 Dale Lance	58	3.90m	89.8%
M60	2 Terry Cannon	59	3.50m	80.6%
M65	1 Raymond Fitzhugh	61	2.90m	71.7%
M70	2 Duane Rykhus	61	2.90m	71.7%
M75	3 John Steinman	60	2.70m	66.8%
M80	4 Hector Cisneros	62	2.70m	66.8%
M85	5 William Jankovich	62	2.50m	61.8%
M90	- Ron Johnson	64	2.30m	56.9%
M95	- Hal Smith	60	NH	

M65	1 Jerry Donley	66	3.00m	79.5%
M70	2 Albert Brenda	68	2.90m	76.9%
M75	- Tom Hinkes	67	NH	
M80	1 Don Grosh	71	2.55m	72.4%
M85	2 Jim Johnson	74	2.20m	62.5%

M75	1 Ralph Halverson	76	2.30m	70.1%
M80	2 Ted Yenari	76	2.30m	70.1%
M85	3 Armando Ricciardi	76	2.10m	64.0%
M90	4 Les Hintz	75	1.70m	51.8%

M80	1 Milo Lightfoot	82	1.80m	58.8%
M85	1 Pamela Reynolds	32	2.80m	63.6%
M90	2 Laurie Ticknor	34	2.15m	48.8%
M95	1 Angela Neazy	35	2.51m	61.5%

M95	- Petra Pleterssen	52	2.25m	69.0%
M100	1 Joy MacDonald	55	2.45m	80.8%
M105	2 Becky Sisley	57	2.45m	80.8%
M110	3 Madeline Bost	57	1.85m	61.0%

M105	1 Shirley Kinsey	67	1.85m	70.8%
M110	1 Johnnie Valien	71	1.55m	64.0%
M115	1 Margaret Hinton	75	1.45m	64.4%

## Long Jump

M30	1 David Turnbull	30	6.29m	70.2%
M35	2 Gregory Font	34	6.16m	68.8%
M40	1 Warren Washington	36	6.67m	78.4%
M45	2 Michael Janusey	39	5.86m	68.9%
M50	3 John Kimura	37	5.69m	66.9%
M55	4 Darrell Charles	36	5.66m	66.5%
M60	5 Dwayne Deckard	37	5.14m	60.4%
M65	- Greg Wright	35	FOUL	

M40	1 William Rea	44	6.73m	84.7%
M45	2 David Quick	40	6.10m	76.8%
M50	3 Mike Lariza	40	6.01m	75.6%
M55	4 David Ortmann	43	5.86m	73.8%
M60	- Greg Rees	40	5.76m	72.5%
M65	5 Steve Cummings	40	5.60m	71.5%
M70	6 Fred James	43	5.59m	70.4%
M75	7 Scott Thornsley	44	5.43m	68.3%
M80	8 Steve Banton	43	4.67m	58.8%
M85	9 Ric Teller	44	4.53m	57.0%
M90	- Charles Hunter	40	FOUL	
M95	- Kevin Morning	40	FOUL	

M45	1 Roger Parnell	47	5.85m	78.7%
M50	2 David Anderson	48	5.72m	76.9%
M55	3 Rick Lapp	47	5.68m	76.4%
M60	4 Taylor Weatherbee	45	5.67m	76.3%
M65	5 Roger Trujillo	46	5.66m	76.1%
M70	6 John Gray	48	5.61m	75.5%
M75	7 James Manor	48	5.42m	72.9%
M80	8 David Horace	45	5.15m	69.3%

M85	1 Robert Baker	51	5.59m	80.5%
M90	2 James Paddie	51	5.59m	80.5%
M95	3 Kenneth Troy	50	5.46m	78.6%
M100	4 Louis Christensen	51	5.27m	75.9%
M105	5 Emmette Graham	54	5.17m	74.5%
M110	- George Pachovsky	51	4.80m	69.1%
M115	6 Grant Lamothe	52	4.75m	68.4%
M120	- Kenneth Underdahl	51	4.67m	67.2%
M125	7 William Wood	51	4.54m	65.4%
M130	8 Frank Condon	54	4.38m	63.1%
M135	9 Mark Chapman	53	3.55m	51.1%

M45	1 Kenneth Medley	55	5.55m	85.5%
M50	2 James Paddie	57	5.33m	82.1%
M55	3 Frank Struna	55	5.14m	79.2%
M60	4 Jim Swayze	55	5.06m	77.9%
M65	- Norman Reynolds	57	4.56m	70.2%
M70	5 Ed Arnold	57	3.95m	60.8%

M60	1 Dick Richards	62	5.47m	90.1%
M65	2 William Jankovich	62	4.68m	77.1%
M70	3 Raymond Fitzhugh	61	4.25m	70.0%
M75	- Heracilio Chandeck	63	4.08m	67.2%
M80	- Ron Johnson	64	3.91m	64.4%

M65	1 James Stookey	66	4.91m	86.6%
M70	2 Albert Brenda	68	4.12m	72.6%
M75	3 Jim Moorhead	68	4.05m	71.4%
M80	4 Jim Selby	68	3.97m	70.0%
M85	5 Jack Lance	66	3.94m	69.4%
M90	- Darrold Skartvedt	65	FOUL	

M70	1 Robert Higginbotham	70	4.12m	77.7%
M75	2 Bill Carter	72	4.01m	75.6%
M80	3 Kenneth Yahiyo	70	3.86m	72.8%
M85	4 Manny Herscher	70	3.50m	66.0%
M90	5 Jim Johnson	74	3.49m	65.8%
M95	6 Arnold Scott	74	3.37m	63.5%

M75	1 Milton Silverstein	76	4.10m	82.6%
M80	2 Kenneth Wheeler	75	3.10m	62.5%
M85	3 Armando Ricciardi	76	3.03m	61.0%
M90	4 Carl Bock	76	2.82m	56.8%

M80	1 Leon Joslin	84	2.37m	51.0%
M85	1 Ted Hatlen	85	2.54m	60.7%
M90	1 Pamela Reynolds	32	4.72m	62.7%

M95	1 Joy Upshaw-Marguerum	35	5.36m	76.5%
M100	2 Susan Smith	35	5.13m	73.2%
M105	3 Elaine Iba	35	4.78m	68.2%
M110	- Mette Fossberg	44	4.21m	64.6%
M115	1 Kimmie Allegre	41	4.07m	62.5%

M45	- Becky Willis	48	4.56m	75.2%
M50	- Liz McBlain	48	4.04m	66.6%
M55	- Avril Naylor	49	3.82m	63.0%
M60	1 Barbara Stratton	49	3.25m	53.6%

M50	1 Nadine O'Connor	54	4.07m	72.1%
M55	2 Marlene Sachs	52	3.90m	69.1%
M60	3 Rosalie Carman	52	3.72m	65.9%
M65	- Petra Pleterssen	52	3.69m	65.4%
M70	4 Caroline Cooney	50	3.65m	64.7%
M75	- Ursula Grady	52	3.27m	57.9%
M80	5 Ann Carter	54	3.07m	54.4%
M85	6 Erika Szanto	52	3.02m	53.5%

5 Ann Carter	54	3.07m	54.4%
6 Erika Szanto	52	3.02m	53.5%
M55			
1 Becky Sisley	57	3.71m	70.8%
2 Joann Grissom	58	3.64m	69.4%
M60			
1 Fei-Mei Chou	61	3.10m	63.5%

Continued from previous page

M75			
1 Jim Minah	76	34.14m	70.01
2 Armando Ricciardi	76	31.68m	64.91
3 Leo Chapman	77	22.34m	45.81
4 Carl Bock	76	19.56m	40.11

M80			
1 Manuel White	80	28.74m	65.41
2 Leon Joslin	84	22.10m	50.31
3 Andy Anderson	81	18.18m	41.31

M30			
1 Elan Bavel-Goldberg	34	33.10m	55.11
2 Melissa Tyler	30	32.88m	54.81
3 Nicki Luper	34	31.50m	52.51

M35			
1 Marcia Mecklenburg	39	39.24m	65.91
2 Carol Flinsrud	39	30.96m	52.01
3 Sue Hallen	39	23.58m	39.61
4 Deborah Ecklund	36	17.80m	29.91

M40			
1 Ruth Welding	40	35.48m	65.81
2 Cheryl Mellenhith	40	15.64m	29.01

M45			
1 Pauline Thomas	47	28.74m	58.91
2 Sue Hinz	48	25.42m	52.11
3 Liz McBlain	48	21.68m	44.41
4 Sandra Harrison	47	18.22m	37.31

M50			
1 Roslyn Katz	54	29.18m	57.21
2 Georgia Cutler	53	21.92m	43.01
3 Suzy Hess	54	20.64m	40.51

M55			
1 Vanessa Hilliard	55	46.90m	01.61
2 Joann Grissom	58	29.96m	64.91

M60			
1 Judy Fetherston	64	26.36m	63.11
2 Anne Cirulnick	61	23.52m	56.31
3 Christel Miller	61	19.90m	47.61

M75			
1 Melanie Reske	75	14.22m	45.91
2 Katharine Gradick	78	10.20m	32.91

M80			
1 Betty Jarvis	81	15.22m	54.31

## Javelin

M30			
1 Kenneth Hall	30	67.08m	69.81
2 Rich Paul	33	56.42m	58.71

M35			
1 Ralph Howe	38	67.74m	75.91
2 Tomas Silva	37	65.20m	73.11
3 Michael Janusey	39	59.76m	67.01
4 John Hansen	38	56.62m	63.41
5 Christopher Clark	39	55.60m	62.31

M40			
1 Tom Walker	41	59.88m	73.71
2 Michael Finkbeiner	42	54.64m	67.31
3 Richard Watson	43	47.98m	59.11
4 Greg Rees	40	45.78m	56.41

M45			
1 Edrin Morland	48	64.04m	86.71
2 Dennis Chandler	48	53.12m	71.91
3 John Solas	48	43.86m	59.31
4 Bruce Hedeland	48	38.52m	52.11
5 Ron Charlevalski	47	36.88m	49.91
6 Roy Chubb	46	30.50m	41.31
7 John Gallen	48	27.70m	37.51

M50			
1 Richard Sander	50	54.94m	81.71
2 Lloyd Higgins	54	45.88m	68.21
3 Richard Warrick	50	45.78m	68.11
4 Ian Percy	51	45.60m	67.81
5 Louis Christensen	52	45.46m	67.61
6 James Jones	52	39.88m	59.31
7 Bill Berg	53	37.18m	55.31
8 Jack Karbens	54	31.76m	47.21

M55			
1 Gary Reddaway	55	51.04m	83.41
2 John Burns	55	47.12m	77.01
3 Tony Dumay	55	46.06m	75.31
4 John Conniff Jr.	55	42.52m	69.51
5 Paul Taylor	57	33.92m	55.41

M60			
1 Stephen Holmes	60	48.90m	80.91
2 Phil Conley	61	47.16m	78.01
3 Robert Youngs	62	44.72m	74.01
4 Malcolm Russell	60	44.04m	72.91
5 Phillip Lord	61	41.84m	69.21
6 John Tansley	60	41.04m	67.91
7 Gary Correll	60	39.04m	64.61
8 Murdo Campbell	63	36.60m	60.61
9 Hal Smith	60	33.76m	55.81
10 Chuck Coutts	63	31.82m	52.61
11 William Jankovich	62	30.54m	50.51
12 Jim Schiewitz	62	28.96m	47.91
13 Roberts Smillens	60	27.16m	44.91

M65			
1 Delfs Pickarts	69	46.76m	85.01
2 William Brazelton	67	42.26m	76.81
3 Leonard Olson	65	40.92m	74.41
4 Reed Quinn	66	34.26m	62.31
5 John Nelson	65	26.88m	48.91

M70			
1 Don Tavolacci	71	31.90m	63.71
2 Robert Higginbotham	70	31.54m	63.01
3 Kenneth Yabiro	70	29.34m	58.61
4 Arnold Scott	74	26.82m	53.61
5 Jacob Stein	72	23.88m	47.71

M75			
1 Armando Ricciardi	76	24.52m	53.81
2 Myron Dover	76	23.90m	52.51
3 Jim Minah	76	23.50m	51.61
4 Kenneth Wheeler	75	23.30m	51.11
5 Leo Chapman	77	21.30m	48.11
6 Carl Bock	76	21.36m	46.91
7 Albert Fairchild	78	17.68m	38.81

M80			
1 Manuel White	80	33.76m	81.51
2 Charles Roloff	81	22.52m	54.31
3 Milo Lightfoot	82	21.70m	52.31

M85			
1 Ted Hatlen	85	14.34m	40.01

M30			
1 Shaney Redmon	32	44.34m	58.81
2 Lisa Doyon	33	32.20m	41.21
3 Laurie Ticknor	34	28.26m	33.61

M35			
1 Peta Bird	39	29.26m	42.61
2 Deborah Ecklund	36	19.78m	28.61
3 Sue Hallen	39	18.02m	27.41

M40			
1 Kate Schmidt	42	43.58m	72.11
2 Kimme Allegre	41	35.08m	58.01
3 Ruth Welding	40	28.80m	44.31
4 Cheryl Mellenhith	40	17.58m	29.11

M45			
1 Pauline Thomas	47	23.78m	44.71
2 Teddie Bell	49	23.66m	44.51
3 Sandra Harrison	47	17.26m	32.41

W50			
1 Karen Huff	54	27.00m	48.01
2 Rosalie Carman	52	26.34m	47.81
3 Marlene Sachs	52	21.70m	39.41
4 Erika Szanto	52	19.06m	34.61
5 Rose Schlewitz	54	17.80m	32.31

W55			
1 Becky Sisley	57	32.26m	68.61
2 Vanessa Hilliard	55	29.28m	60.51
3 Joann Grissom	58	29.02m	59.91

W60			
1 Christel Miller	61	27.82m	65.31
2 Dorothy O'Neal	61	18.18m	37.91

W65			
1 Mavis Lorenz	69	22.22m	59.21
2 Shirley Dietderich	69	18.00m	48.01
3 Lillian Snaden	67	10.40m	27.71

W70			
1 Renee Roloff	73	18.60m	50.31

W75			
1 Margaret Minton	75	16.52m	56.91
2 Katharine Gradick	78	15.96m	55.01
3 Diane Friedman	75	11.90m	41.01

W80			
1 Betty Jarvis	81	10.66m	41.71

## 5K Racewalk

M35			
1 Michael Blanchard	35	25:46.91	72.81
2 Douglas Ermini	39	DQ	1

M40			
1 Warrick Yeager	42	22:20.24	86.81

M45			
1 Stan Chraminski	48	25:10.67	79.81
2 Gene Opheim	49	25:25.02	79.01
3 Steven Hedges	48	26:25.48	76.01
4 Shoji Torabian	47	27:15.43	73.71
5 Andrew Smith	46	28:43.01	70.01
6 David Kolva	49	32:38.60	61.51
7 Steve Petrakis	46	DNF	1
8 Art Grant	47	DQ	1

M50			
1 James Carmines	53	24:36.17	84.91
2 Norman Frable	51	26:00.60	80.31
3 Victor Sipes	53	26:57.38	77.51
4 David Crabb	51	27:34.36	75.71
5 Gary Bower	53	29:47.98	70.11
6 Eric Hedges	50	31:28.72	66.31
7 John Schulz	57	32:28.33	64.31

M55			
1 John Elvarner	57	26:04.92	83.51
2 John Schulz	57	28:18.05	76.91
3 Bernie Finch	56	29:30.76	73.71
4 Calvin Brown	59	29:58.53	72.61
5 Stuart Sonne	58	32:17.14	67.41
6 John Backlund	56	33:15.63	65.41
7 Fredrick Seewerker	58	33:41.17	64.61
8 Paul Johnson	58	DQ	1
9 Frederick Belt	56	DQ	1
10 Edgar Kousky	55	DQ	1
11 Gerald Bocci	58	DQ	1

M60			
1 Jack Bray	63	25:15.20	90.21
2 Max Green	64	25:21.93	89.81
3 Dick Petrucci	63	28:20.00	80.41
4 Carl Acosta	62	28:47.69	79.11
5 Ray Everson	61	28:57.78	78.61
6 Ed Lane	60	30:33.80	74.51
7 Paul Kaal	63	30:44.57	74.11
8 Lloyd McGuire	64	32:22.35	70.31
9 John Weston	63	33:57.06	67.11

M65			
1 Jack Starr	68	28:59.31	82.51
2 Vanee Genzlinger	67	29:40.19	80.61
3 Robert Eisner	67	29:58.01	79.81
4 Edward Gwinski	69	30:07.82	79.41
5 Robert Fine	65	30:12.10	79.21
6 Bill McClaren	67	34:51.74	68.61
7 Jack Castle	66	44:22.88	53.91
8 William Kinder	67	DQ	1

M70			
1 Masashi Moritake	72	35:08.90	71.81
2 John Carroll	74	35:16.06	71.51
3 Mel Lees	73	36:04.91	69.91
4 Arthur Clevenger	73	37:49.92	66.71
5 John Snaden	70	38:28.03	65.61
6 Robert Davidson	73	DQ	1

M75			
1 Paul Geyer	76	36:31.70	73.31
2 Herb Arrow	76	37:13.18	71.91
3 Richard Stark	79	37:43.89	70.91
4 Herb Appell	77	DQ	1
5 John Levinsohn	75	DQ	1

M80			
1 Bill Tallmadge	80	40:07.20	71.21

M30			
1 JoAnni Cole-Hansen	33	29:11.69	69.41
2 Camille Johnson	32	34:27.05	58.81

M35			
1 Kelly Murphy-Glen	35	26:24.96	79.01
2 Teresa Aragon	35	27:58.04	74.61
3 Jackie Kerby-Moore	35	28:50.02	72.31
4 Robin Helm	39	32:32.35	64.11
5 Marjory McClaren	37	DQ	1

M40			
1 Phyllis Hansen	44	26:43.12	80.91
2 Peggy Miller	42	27:04.88	79.81
3 Virginia Fong	41	31:00.84	69.71
4 Cindy Algeo	44	31:56.20	67.71
5 Liesbeth Matthieu	43	35:57.57	60.11

M45			
1 Marianne Martino	46	27:21.64	82.11
2 Jeanette Smith	47	27:43.06	81.01
3 Gayle Johnson	47	28:26.68	79.01
4 Sandy Womack	48	29:13.98	76.81
5 Brenda Carpino	49	29:59.34	74.91
6 Victoria Velkoff	47	39:40.41	54.61

M50			
1 Kathleen Frable	51	29:58.11	78.11
2 Lani LeBlanc	53	30:17.63	77.31
3 Judy Heller	50	31:08.04	75.21
4 Jeanne Bocci	53	32:18.73	72.51
5 Darlene Backlund	50	34:33.44	67.71
6 Julia Wing	54	DQ	1

- Herb Appell	77	DQ	8
- John Levinsohn	75	DQ	8
M80			
1 Bill Tallmadge	80	40:07.20	71.2%

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Name	Points	MURDLE	HJ	SP	LJ	800
<b>Pentathlon M54 Age-Graded Results</b>						
2 Jim Swayze #554		5.24m	37.26m	27.29	27.18m	6:18.34
Phoenix, AZ		w: 2.6122'03.00	w: 0.2 89'02.00			
Age graded mark:		7.22m	58.48m	23.29	32.68m	5:18.87
Age graded percent:		80.74%	60.93%	84.72%	45.96%	65.14%
Age: 55	3312	(866)	(715)	(758)	(517)	(456)
<b>Pentathlon M56 Age-Graded Results</b>						
3 Philip Byrne #80		4.61m	37.40m	29.35	29.56m	6:25.41
Charlottesville, VA		w: 0.4122'08.00	w: 0.2 97'00.00			
Age graded mark:		6.35m	58.70m	25.04	35.54m	5:24.83
Age graded percent:		71.03%	61.16%	78.77%	49.98%	63.94%
Age: 56	2985	(664)	(718)	(603)	(575)	(425)
<b>Pentathlon M513 Age-Graded Results</b>						
4 Bob Sheedy #513		4.51m	36.46m	41.98	31.90m	6:44.70
Port Angeles, WA		w: 0.9119'07.00	w: 0.2104'08.00			
Age graded mark:		6.21m	57.22m	35.82	38.34m	5:41.09
Age graded percent:		69.49%	59.62%	55.07%	53.94%	60.89%
Age: 55	2328	(632)	(696)	(23)	(631)	(346)
<b>Pentathlon M616 Age-Graded Results</b>						
5 Brad Wilson #616		3.65m	32.96m	34.08	24.04m	6:38.82
Everett, WA		w: 6.4108'02.00	w: 0.2 78'10.00			
Age graded mark:		5.03m	51.74m	29.08	28.90m	5:36.13
Age graded percent:		56.24%	53.90%	67.84%	40.65%	61.79%
Age: 57	2121	(388)	(614)	(306)	(443)	(370)

## Pentathlon M60 Age-Graded Results

<b>M60</b>						
1 William Jankovich #295		4.44m	34.04m	28.73	30.52m	6:16.08
Racine, WI		w: 2.2111'08.00	w: 0.4100'01.00			
Age graded mark:		6.54m	54.08m	23.64	34.10m	5:02.82
Age graded percent:		73.15%	56.36%	83.43%	47.95%	68.59%
Age: 62	3172	(707)	(649)	(726)	(546)	(544)
<b>M306 Age-Graded Results</b>						
2 Ron Johnson #306		4.15m	24.86m	31.26	28.22m	5:44.69
Auckland		w: 1.6 81'07.00	w: 0.4 92'07.00			
Age graded mark:		6.11m	39.50m	25.72	31.52m	4:37.55
Age graded percent:		68.37%	41.16%	76.68%	44.34%	74.84%
Age: 64	2782	(610)	(435)	(547)	(494)	(696)
<b>M183 Age-Graded Results</b>						
3 Raymond Fitzhugh #183		4.16m	36.34m	32.33	32.64m	7:59.67
Irvine, CA		w: 0.7119'03.00	w: 0.4107'01.00			
Age graded mark:		6.13m	57.74m	26.60	36.46m	6:26.24
Age graded percent:		68.53%	60.17%	74.14%	51.28%	53.78%
Age: 61	2557	(615)	(704)	(478)	(593)	(167)

Name	Points	MURDLE	HJ	SP	LJ	800
<b>Pentathlon M65 Age-Graded Results</b>						
1 Darrold Skartvedt #522		4.81m	32.06m	30.91	38.64m	8:07.77
Seattle, WA		w: 2.6105'02.00	w: 0.4126'09.00			
Age graded mark:		7.58m	55.98m	24.41	48.12m	6:13.34
Age graded percent:		84.83%	58.32%	80.82%	67.61%	55.63%
Age: 65	3333	(955)	(678)	(657)	(831)	(212)

2 Ray Propst #460		4.29m	28.86m	33.57	31.86m	7:53.28
Astoria, OR		w: 1.8 94'08.00	w: 0.4104'06.00			
Age graded mark:		6.76m	50.40m	26.51	39.68m	6:02.25
Age graded percent:		75.66%	52.50%	74.41%	55.81%	57.34%
Age: 67	2750	(757)	(595)	(485)	(658)	(255)
3 John Nelson #417		3.29m	26.78m	33.53	28.46m	8:00.97
Milwaukee, WI		w: 4.1 87'10.00	w: 0.4 93'04.00			
Age graded mark:		5.18m	46.76m	26.48	35.44m	6:08.14
Age graded percent:		58.02%	48.72%	74.50%	49.85%	58.42%
Age: 65	2250	(417)	(541)	(487)	(573)	(232)

<b>Pentathlon M70 Age-Graded Results</b>						
1 Bill Carter #90		3.90m	25.58m	31.53	29.30m	7:28.60
Marlow, OK		w: 0.3 83'11.00	w: 0.4 96'01.00			
Age graded mark:		6.57m	49.08m	23.73	40.68m	5:24.21
Age graded percent:		73.58%	51.14%	83.13%	57.22%	64.06%
Age: 73	3111	(713)	(575)	(717)	(678)	(428)
2 Manny Herscher #253		3.52m	23.80m	33.02	28.34m	8:14.37
White Plains, NY		w: 0.7 78'01.00	w: 0.4 93'00.00			
Age graded mark:		5.93m	45.66m	24.85	39.34m	5:57.29
Age graded percent:		66.42%	47.58%	79.38%	55.34%	58.13%
Age: 70	2641	(571)	(525)	(619)	(651)	(275)
3 William Fix #690		3.18m	23.48m	38.05	23.04m	7:37.46
Spokane, WA		w: 1.9 77'00.00	w: 0.4 75'07.00			
Age graded mark:		5.36m	45.06m	28.64	31.98m	5:30.61
Age graded percent:		60.00%	46.94%	68.88%	44.99%	62.82%
Age: 70	2203	(453)	(516)	(334)	(504)	(396)

<b>Pentathlon M75 Age-Graded Results</b>						
1 Daniel Bulkley #73		3.34m	19.40m	34.03	23.02m	7:56.46
Phoenix, OR		w: 3.9 63'08.00	w: 0.4 75'06.00			
Age graded mark:		6.02m	40.90m	24.22	35.62m	5:22.23
Age graded percent:		67.34%	42.62%	81.43%	50.11%	64.46%
Age: 79	2733	(591)	(455)	(673)	(576)	(438)
2 Armando Ricciardi #474		3.25m	22.14m	38.33	26.20m	9:52.07
Reno, NV		w: 0.7 72'08.00	w: 0.4 85'11.00			
Age graded mark:		5.86m	46.68m	27.28	40.56m	6:40.42
Age graded percent:		65.52%	48.64%	72.29%	57.03%	51.87%
Age: 76	2322	(556)	(540)	(427)	(676)	(123)

Name	Points	LJ	JT	200	DT	1500
3 Kenneth Wheeler #609		3.02m	22.02m	39.71	28.22m	9:44.42
Honolulu, HI		w: 3.8 72'03.00	w: 0.4 92'07.00			
Age graded mark:		5.44m	46.44m	28.26	43.68m	6:35.25
Age graded percent:		60.89%	48.37%	69.78%	61.43%	52.55%
Age: 75	2243	(469)	(536)	(359)	(740)	(139)

## Pentathlon W30 Age-Graded Results

<b>W30</b>						
1 Anne Jennings #1094		15.37	1.75m	7.95m	5.36m	2:37.92
Cambridge, MA		w: 1.0 5'08.75	26'01.00	w: 0.3		
Age graded mark:		15.37	1.77m	7.95m	5.36m	2:37.92
Age graded percent:		79.44%	84.95%	37.06%	71.28%	71.48%
Age: 33	3387	(793)	(941)	(396)	(660)	(597)
2 Lisa Doyon #1048		18.04	1.55m	10.90m	4.44m	2:32.26
Ipswich, MA		w: 1.0 5'01.00	35'09.25	w: 0.6		
Age graded mark:		18.04	1.57m	10.90m	4.44m	2:32.26
Age graded percent:		67.68%	75.24%	50.82%	59.04%	74.14%
Age: 33	2852	(484)	(701)	(589)	(413)	(665)

## Pentathlon W45 Age-Graded Results

<b>W45</b>						
1 Becky Willis #1200		14.97	1.45m	8.89m	4.59m	2:55.94
Vancouver, BC		w: 0.1 4'09.00	29'02.00	w: 0.5		
Age graded mark:		16.02	1.76m	10.89m	5.69m	2:36.70
Age graded percent:		76.22%	84.80%	50.80%	75.74%	72.04%
Age: 48	3595	(712)	(928)	(588)	(756)	(611)
2 Liz McBlain #1120		15.64	1.40m	9.44m	3.79m	3:00.51
Edmonton, AB		w: 0.1 4'07.00	30'11.75	w: 0.4		
Age graded mark:		16.74	1.70m	11.57m	4.70m	2:40.77
Age graded percent:		72.95%	81.87%	53.94%	62.54%	70.22%
Age: 48	3157	(626)	(855)	(633)	(479)	(564)

## Pentathlon W50 Age-Graded Results

<b>W50</b>						
1 Marlene Sachs #1206		16.56	1.35m	8.89m	3.77m	2:58.68
Norwich, VT		w: 0.4 4'05.00	29'02.00	w: 0.7		
Age graded mark:		17.07	1.75m	10.82m	5.03m	2:32.17
Age graded percent:		71.56%	83.85%	50.45%	66.84%	74.18%
Age: 52	3321	(589)	(916)	(583)	(567)	(666)

## Pentathlon W70 Age-Graded Results

<b>W70</b>						
1 Johnnie Valien #1191		23.54	1.02m	6.75m	3.12m	4:05.50
Los Angeles, CA		w: 0.4 3'04.00	22'01.75	w: 0.0		
Age graded mark:		18.28	1.69m	14.22m	5.55m	2:46.72
Age graded percent:		66.82%	80.95%	66.31%	73.93%	67.71%
Age: 71	3324	(460)	(842)	(809)	(715)	(498)

1996 U.S. National Masters Track & Field Champions  
Spokane, Washington August 15-18

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100	Barmer	Kruee	Morning	McCoy	Whitley	Butler	Thomas	Stookey	Carter	Silverstein	Finger	Castro
200	Berry	Holloway	Morning	Sowerby	Whitley	Miller	Thomas	Stookey	Herscher	Silverstein	Lightfoot	Castro
400	Berry	Blackwell	Gonera	Sowerby	Crombie	Owens	Thomas	Cheek	Johnson	Kagan	Matteson	---
800	Kastor	Fragua	Mogg	Codd	Mathes	Lyons	Aneshansley	Sutton	Messenger	Tribou	Matteson	---
1500	Parker	Fragua	Mogg	Salzner	Beck	Lyons	Hollander	Sutton	McManus	Boots	Malizia	---
5000	Holman	Harding	Rodiez	O'Brien	Jordeth	Williams	Iffrig	Sutton	Forshee	Kagan	Boulden	---
10000	Holman	Harding	Rodiez	O'Brien	Corkill	Keating	Morozov	Heitzman	Forshee	Kagan	Healy	---
SH	Berry	Jeremiah	Zahn	Roberts	Viltz	Butler	Klicker	Stookey	Hig'nbotham	Dahlin	Finger	---
LH	Beatty	Blackwell	Pennell	Lapp	Norris	Rowan	Trinkner	Stookey	Hig'nbotham	Bulkley	---	---
SC	Yorges	James	Winzenreid	Chaidez	Pfueller	Brawner	Slocum	Selby	Bryant	Bulkley	---	---
HJ	Turnbull	Helton	Nelson	Sauers	Pozzi	Pawlik	Fehlen	Held	Sempronio	Dahlin	White	Hatlen
PV	Jaqua	Halverson	Kingstad	McIntyre	Kilpelainen	Lance	Fitzhugh	Donley	Grosh	Halverson	Lightfoot	---
LJ	Turnbull	Washington	Rea	Parnell	Baker	Medley	Richards	Stookey	Hig'nbotham	Silverstein	Joslin	Hatlen
TJ	Turnbull	Martin	Lariza	Trujillo	Shaw	Struna	Langenfeld	Stookey	---	Mercurio	Springer	---
SP	Taylor	Crawford	Neal	Shumaker	Gage	Johnson	Palmer	Olson	Orlich	Cumley	Carter	Hatlen
DT	Bennett	Hambrick	Neal	Martinez	Higgins	Johnson	Palmer	Olson	Hooker	Thompson	Carter	Hatlen
HT	Tyler	Jansson	Vandergriff	Edwards	Gage	Carl	Humphreys	Chadbourne	Bangert	Minah	White	---
JT	Hall	Howe	Walker	Morland	Sander	Reddaway	Holmes	Pickarts	Tavolacci	Ricciardi	White	Hatlen
PEN	---	Janusey	Costello	Lapp	Harvey	Pawlik	Jankovich	Skartvedt	Carter	Bulkley	---	---
4x100	West	---	---	---	West	---	East	---	---	---	---	---
4x400	Mid-Atlantic	---	East	---	---	---	West	---	---	---	---	---
4x800	West	---	California	---	Northwest	---	Snohomish	---	---	---	---	---
5000W	---	Blanchard	Yeager	Chraminski	Carmines	Elwarner	Bray	Starr	Noritake	Geyer	Tallmadge	---
20K-W	---	Blanchard	Yeager	Chraminski	Carmines	Elwarner	Green	Eisner	Flick	Geyer	---	---
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	---
100	Baumgarten	Margerum	Stenbergen	Libal	Lowenstein	Bergen	Kerr	Leonard	Peterson	Hinton	Mehl	---
200	Baumgarten	Margerum	Stenbergen	Libal	Lowenstein	Solwazi	Kerr	Leonard	Peterson	Hinton	Mehl	---
400	Nichols	Robertson	Foreman	Libal	Lowenstein	---	Kerr	---	Peterson	Davidson	Mehl	---
800	Nichols	Grigsby	Taylor	Treleven	Francel	Arnold	Carinci	Filreis	Adams	Davidson	Mehl	---
1500	Nichols	Jones	McLatchie	Williams	Makoske	Arnold	Ingraham	---	Russell	---	Mehl	---
5000	Franz	Jones	McLatchie	Brannan	---	Curtis	Ingraham	Machala	Adams	---	---	---
10000	Holman	Robertson	Squyer	---	Bocci	Baumann	---	Machala	Russell	---	---	---
SH	Reynolds	Margerum	Hamilton	---	Sachs	Sisley	---	---	---	---	---	---
LH	---	Margerum	Lanker	---	---	---	---	---	---	---	---	---
SC	Ticknor	Krainik	---	---	---	Bost	---	---	---	---	---	---
HJ	Jennings	Mendenhall	Allegre	Stratton	Sachs	Bergen	Miller	Kinsey	Valien	Hinton	---	---
PV	Reynolds	Neazy	---	---	---	MacDonald	---	Kinsey	Valien	Hinton	---	---
LJ	Reynolds	Margerum	Allegre	Stratton	O'Connor	Sisley	Chou	---	Valien	Hinton	---	---
TJ	---	Margerum	---	Stratton	Carter	Grissom	Chou	---	Sullivan	Hinton	---	---
SP	---	Finsrud	Welding	Thomas	Szanto	Hilliard	Miller	Snaden	Valien	Hinton	Jarvis	---
DT	Goldberg	Finsrud	Welding	Thomas	Carman	Hilliard	Miller	Lorenz	Rololff	Hinton	Jarvis	---
HT	Goldberg	Mecklenberg	Welding	Thomas	Katz	Hilliard	Fetherston	---	---	Reske	Jarvis	---
JT	Redmon	Ecklund	Schmidt	Thomas	Huff	Silley	Miller	Lorenz	Roloff	Hinton	Jarvis	---
PEN	Jennings	---	---	---	Sachs	---	---	---	Valien	---	---	---
4x100	Exhibition	---	---	---	Northwest	---	West	---	---	---	---	---
4x400	West	---	---	---	---	---	---	---	---	---	---	---
4x800	Bloodsday	---	---	---	---	---	---	---	---	---	---	---
5000W	Hansen	Glenn	Hansen	Martino	Frable	Richardson	LaVeck	Eberle	Rowland	Dana	Roberts	Conti
10K-W	CScorrs	Glenn	Hansen	Martino	LeBlanc	Richardson	Parks	Walker	Rowland	Dana	---	---

Continued from previous page

**EAST****Thursday Night Races  
Rochester, NY**

--June 6--

**1500m**

Section One:

George Chapman 44 5:38.2

## Section Two:

Tim Matthews 43 5:50.5

Nelson Motzer 49 5:56.1

Tom Brannon 61 6:05.0

Karin Gogolsky W40 6:22.1

Rich Merriam 41 6:39.7

Pat Scheiber W58 6:43.2

**5000m**

M30 Steve Limperis 17:11.4

Roger Janezic 17:32.7

M35 John Lisak 16:57.7

Vinnie Hagan 17:38.9

M40 Jim Boyle 17:38.3

Roger Messenger 20:19.9

M50 Jim May 17:24.9

M60 Tom Brannon 22:48.7

W40 Karin Gogolsky 24:22.3

Janet Courtwright 26:21.9

W50 Pat Scheiber 24:40.5

**--June 20--****Mile**

Invitational:

9 Bill McMullen 42 5:03.9

M30 Roger Janezic 4:57.3

David Askins 5:11.6

M35 Vinnie Hagan 5:02.3

John Lisak 5:04.7

M40 Gary Moore 4:55.7

Gary Sterber 5:13.6

M50 Jim Palmeri 6:00.4

Bill Kehoe 6:20.0

M60 Tom Brannon 6:27.2

Larry Brown 6:28.2

**--June 27--**

800m Section 1:

Jim Palmeri 54 2:28.5

Larry Brown 61 2:49.6

Dave Smith 33 2:55.4

Tom Brannon 61 2:58.1

Nelson Motzer 49 3:03.8

Dick Courtwright 48 3:07.0

Janet Courtwright W47 4:21.9

## Section 2:

Vinnie Hagan 35 2:13.3

Craig Coon 36 2:29.7

**Two Mile**

Invitational:

1 Tim McMullen 42 9:33.7

M30 Steve Limperis 10:49.0

M35 Dave O'Leary 9:58.5

M40 Gary Moore 10:15.0

M50 George Haupt 13:57.4

M60 Tom Brannon 14:01.2

W40 Janet Courtwright 18:42.0

W50 Mary Shaver 15:04.3

**Potomac Valley TC Meet  
Alexandria, VA; June 9****100m - men**

R Bowen 44 11.50

Paul Allen 39 11.90

Thomas Lorenzo 32 12.00

Mike McDaniel 50 12.10

Lonnie Crittenden 45 12.70

Bruce Waggoner 40 13.00

Joseph Himler 61 13.20

Albert Gardner 55 13.50

Dennis Tucker 41 13.70

D J Bertagnoli 49 14.50

Lee Young 51 14.90

Ed Matthews 76 15.00

Bill Bergen 68 15.10

Alan Gersman 58 15.70

**100 - women**

Sonya Jordan 33 14.60

Audrey Lary 62 16.10

Dru Klinger 45 18.30

**200m - men**

George Ridley 33 22.70

R Bowen 44 23.10

Paul Allen 39 23.30

Lorenzo Thomas 32 23.90

Joseph Himler 61 24.40

Art Harden 42 25.70

Mike McDaniel 50 26.60

James Stookey 65 27.10

Bruce Waggoner 40 27.10

D J Bertagnoli 49 28.70

Albert Gardner 55 28.90

Bill Bergen 68 30.40

Ed Matthews 76 31.40

Bud Averitt 73 51.10

**200m - women**

Sonya Jordan 33 31.20

Audrey Lary 62 33.50

Dru Klinger 5 39.90

**400m - men**

George Ridley 33 50.40

Karl Smith 36 53.50

William Greene 35 57.40

Julius Tonelli 32 58.10

Tom Rogers 39 59.90

D J Bertagnoli 49 1:04.30

Bruce Waggoner 40 1:04.60

Jack Barrar 44 1:05.20

Bob Weiner 49 1:09.00

Albert Gardner 55 1:10.50

James Connor 44 1:11.10

Bill Bergen 68 1:14.70

James Keat 64 1:25.80

Alan Gersman 58 1:31.50

Bud Averitt 73 2:09.30

**800m - men**

Steve Nearman 36 2:07.90

William Greene 35 2:10.90

Paul Zink 48 2:19.10

Joseph Aukward 35 2:24.10

Jack Barrar 44 2:29.50

Steve Coy 35 2:32.30

Bob Weiner 49 2:32.80

Walter Gibson 53 2:48.10

Mark Selva 32 2:59.50

James Keat 64 3:05.70

**Mile - men**

Bruce Hamilton 41 4:39.60

Paul Ryan 45 4:44.50

Julius Tonelli 32 4:49.10

Ted Poulos 34 4:53.30

Maurice Pointer 40 4:54.70

Glen Barrentine 40 4:58.10

Paul Zink 48 5:02.60

Jack Barrar 44 5:04.80

Joseph Aukward 35 5:21.90

Tom Martin 40 5:24.60

Bob Weiner 49 5:41.90

Daniel Bradley 37 5:45.80

Rolland Elliot 60 6:13.90

James Connor 44 6:25.30

Will Vchrs 43 6:59.50

Dennis Winstead 57 7:05.60

**Bud Averitt 73**

13:20.00

**Mile - women**

Chris Stockdale 52 5:49.20

**Short Hurdles - men**

James Stookey 65 18.00

**Long Hurdles - men**

James Stookey 65 49.50

**Long Jump - men**

Tom Carr 30 17.6

Dennis Tucker 41 16.3

**Shot Put - men**

William Smith 60 33.3.75

Victor Litwinski 52 32.3.25

Bernie Gould 61 30.9.75

Jim Barnhart 62 29.9

B E Booth 48 29.6.75

Tom Carr 30 24.11

Peter Taylor 51 24.3.25

Bill Bergen 68 23.7.75

Clarence Larson 86 16

**Shot Put - women**

Audrey Lara 62 24.11.75

Sharon Good 63 18.6.50

B Kleinschmidt 74 17.8.75

Dru Klinger 45 17.2.75

**Discus - men**

William Smith 60 134.5

Michael Ellis 42 110.6

Ryss White 52 103.10

Charles Pistorino 73 97.5

Victor Litwinski 52 91.2

Bill Bergen 68 90

Jim Barnhart 62 85.4

Richard Thompson 83.11

Rick Lator 69 83.8

Tom Carr 30 60.1

Clarence Larson 86 49.8

**Discus - women**

Carol Ellis 46 60.3

Audrey Lary 62 58.10

B Kleinschmidt 74 44.5

Sharon Good 63 42.7

**3000m - men**

Ted Poulos 34 9:28.40

Maurice Pointer 40 9:36.20

Glen Barrentine 40 10:20.70

Jack Barrar 44 10:21.30

John Winkert 39 12:57.30

Bud Averitt 73 26:59.30

**3000m RW - men**

B E Booth 48 15:01.30

Jim Goldstein 47 16:00.90

Victor Litwinski 52 18:03.10

Newell Hewson 73 22:30.80

Meyer Mathis 77 25:53.00

**3000m RW - women**

Fran Carnevale 44 17:43.30

Victoria Wood 35 19:04.10

Raquel LiPuma 39 27:15.30

**Massachusetts Senior Games  
Springfield, MA; June 14-16****100m**

M50 Roger Pierce 11.06

M55 Richard Camp 13.40

M60 William Wright 13.00

M65 Guy Pellegrinelli 15.10

M70 John Gilligan 13.90

M75 Vernon Mattson 16.70

M80 George Craig 20.50

M85 David Ryan 23.70

W50 Shelia Morris 17.08

W55 Arlene Dupis 18.01

W60 Mary Roman 18.10

W70 Ann McGowan 20.30

**200m**

M50 Roger Pierce 24.30

M55 Phillip Byrne 30.40

M60 William Wright 27.40

M65 Walter Sanders 33.90

M70 Frank Brako 33.60

M80 George Craig 47.40

M85 David Ryan 53.00

W50 Shelia Morris 37.40

W55 Shelia McKenna 40.50

W60 Joan Burgess 38.90

W65 Brigitte Langer 44.60

W70 Ann McGowan 47.30

**400m**

M50 Roger Pierce 56.40

M55 Peter Muzeroll 1:06.90

M60 John Waller 1:13.70

Hermio Agustin 1:13.70

M65 Walter Sanders 1:20.80

M70 Y Naci 1:24.90

W50 Shelia Morris 1:32.05

W55 Shelia McKenna 1:37.01

W60 Joan Burgess 1:35.03

W65 Brigitte Langer 1:58.05

W70 Jean Marra 2:38.08

**800m**

M50 Joseph Sinicrope 2:31.30

M55 Peter Muzeroll 2:40.80

M60 Jim O'Toole 2:42.10

M65 Joseph Fernandez 2:37.90

M70 John Burton 3:34.50

M75 William Tribou 3:10.20

M85 Ellery Clark 14:22.79

W50 Shelia Morris 1:23.80

W55 Shelia McKenna 1:29.70

W60 Lucy Duffy 3:48.80

W70 Jean Marra 5:42.40

**1500m**

M50 Joseph Sinicrope 5:11.00

M55 Peter Muzeroll 5:34.60

M60 Jim O'Toole 5:20.10

M65 Raymond Lussier 5:45.50

M70 Sid Toabe 6:29.20

M75 William Tribou 6:21.30

W50 Ann Onton 8:15.00

W55 Shelia McKenna 7:20.20

W60 Lucy Duffy 7:45.20

W65 Camilla Cesarini 9:51.90

W70 Jean Marra 11:09.90

**High Jump**

M50 John Campbell 4.9

M55 Peter Gartner 4.7

M60 Richard Atkinson 4.3

Bernard MacKinnon 4.3

M65 Wray Gunn 4.1

M70 Frank Brako 4.5

M75 Bruno Maki 3.9

W55 Arlene Dupis 3.2

W60 Dorothy Bemis 3.6

Joan Burgess 3.6

W70 Ann McGowan 2.11

W75 Libby Hagemann 2.7

**Pole Vault**

M50 Ruster Byrnes 8

M60 Richard Atkinson 4.9.50

M65 Harold Miller 5.9

M70 George Brown 4.3

M75 Vernon Mattson 4.3

W55 Arlene Dupis 3.9

W60 Amy Hlicks 3.9

**Long Jump**

M50 John Campbell 13.5

M55 Phillip Byrne 13.11

M60 Lou Massaja 12.9

## Continued from previous page

M60	Donald Hudson	14.85
M65	Ross Mitchell	13.72
M70	George Horner	16.92
M75	Nathaniel Heard	16.85
	Sparks Sorlien	18.49
W45	Lorraine Tucker	14.94
	Kathy Nary	17.98
W70	Ann McGowan	20.94

## 200m

M40	Neil Steinberg	23.40
	Larry Schworer	23.80
	Wayne Fisher	25.10
	Michael Cassamasse	26.10
M45	Philip Felton	24.90
	Tom Cunningham	25.75
	Ralph Souppa	25.78
	Tom Marchand	30.36
M50	Roger Pierce	24.67
	Lincoln Russin	25.39
	Warren Graff	27.64
	Jeffrey Spoor	27.96
	Robert Schuler	29.54
M55	Philip Byrne	29.05
	Bob Matteson	29.08
	David Galligani	29.77
	James DeSimone	38.80
M60	Phil Schaffer	33.39
	Jack Nyhan	34.12
M65	Ross Mitchell	29.70
M70	George Horner	35.60
M75	Nathaniel Heard	36.16
	Sparks Sorlien	40.11
W45	Kathy Nary	37.48
W50	Marlene Sachs	32.83

## 400m

M40	Don Ryan	57.17
	Peter Michaelson	59.20
	Chuck Radis	59.81
M45	Philip Felton	54.29
	Tom Cunningham	56.21
	Ralph Souppa	56.88
	Tom Marchand	1:05.94
M50	Roger Pierce	57.75
	Warren Graff	1:01.49
	Jeffrey Spoor	1:01.73
M55	David Galligani	1:05.68
	James DeSimone	1:40.89
M60	Jim Aneshansley	1:05.56
	Jack Nyhan	1:14.70
	John DeFranco	1:17.30
M75	Bob Morcom	1:25.67
	William Stern	1:50.34
M80+	Bob Matteson	1:31.56
W60	Sally Strazdins	1:21.46

## 800m

M40	Don Salamone	2:03.40
	Bill Okerman	2:04.65
	Richard Clark	2:12.42
	Harvey Blonder	2:21.42
M45	Dan Frye	2:05.00
	Michael Conway	2:18.63
M50	John Babington	2:22.70
	Sam McClendon	2:30.42
	Bob Chinchillo	2:34.83
M60	Phil Schaffer	2:50.80
M75	William Stern	4:21.38
M80+	Bob Matteson	3:35.45
W45	Sandy Miller	2:52.37
W55	Jane Arnold	2:37.16

## 1500m

M40	Alan Muir	4:15.27
	Ed Zarenski	4:23.24
	Don Ryan	4:25.18
	Richard Clark	4:30.37
	Chris Armen	4:30.58
M45	Dan Frye	4:15.87
	Ed Poirier	4:31.46
	David Wood	4:59.24
M50	Rich Murray	4:33.67
M55	Sid Howard	4:39.75
	Art Conno	5:00.29
M60	Jim Aneshansley	4:58.42
M65	Don Ross	5:39.99
M75	William Stern	8:36.48
M80+	Bob Matteson	7:20.33
W40	Sheila Purves	4:47.79
W55	Jane Arnold	5:16.87

## 3000m

M40	Joseph Sullivan	9:13.87
	Brad Hurst	9:23.02
	Ed Zarenski	9:24.38
M45	Jose Solorzano	9:43.08
	Gary Wale	9:50.13
M60	Bill Spencer	10:55.50
M65	Don Ross	11:48.80
M70	Sid Toabe	13:16.10
W40	Eileen Troy	10:56.86
	Susan O'Connor	11:57.28

## 5000m

M40	John Goodwin	15:48.00
	Bob Hodge	15:48.41
M50	Rich Murray	16:41.73
M60	Jim O'Toole	20:00.37

## 4x100m Relay

M40	Maryland Masters	44.64
	Boston RC	46.27
	Central Park TC	46.32

## 4x400m Relay

M40	MD Masters	3:37.49
	Central Park TC	3:38.19

## Sprint Medley (4-2-2-8)

M40+	Central Park TC	3:45.36
	Maryland Masters	3:45.89

## High Jump

M40	Eugene Loo	5-6
	Jim Henderson	5-4
M50	Buster Byrnes	4-8
M55	Herm Pettegrove	5
W50	Marlene Sachs	4

## Pole Vault

M45	John Hoogasian	12
	Jim Bell	8
M50	Buster Byrnes	8-6
M75+	Bob Morcom	9

## Long Jump

M40	Wayne Fisher	5.99
	Eugene Loo	5.24
	M Cassamasse	4.84
M45	John Oleski	4.91
M55	Bhilih Byrne	4.95
	George Corney	3.62
	Robert Tosoni	3.60
M70	George Horner	3.16
M75+	Sparks Sorlien	3.01
	Nathaniel Heard	2.34
W50	Marlene Sachs	3.91

## Triple Jump

M45	Doug Fredericks	30-5
M75+	Sparks Sorlien	22-2
W70	Ann McGowan	13-11

## Shot Put

M40	Bill Goodwin	11.27
	Fred Anderson	3.07
M45	Ken Woodard	10.61
M50	Larry Pratt	13.62
	Robert Harvey	12.93
	John Schlosser	12.81
	J Bookin-Weiner	11.51
	Oscar Brookins	11.00
M55	Robert Tosoni	10.59
	George Corney	9.27
M60	Leonard Rosen	12.59
	John Pakulis	10.21
M65	Bill Garrahan	10.95
	Charles Dolecki	9.11
M70	George Horner	8.53
M75+	Nathaniel Heard	7.59
W45	Lorraine Tucker	9.22
W70	V O'Connor	6.18
	Doris Berlepsch	5.08
	Ann McGowan	5.02

## Discus

M40	Bill Goodwin	32.66
M45	Tom Bezytzyk	34.82
M50	Larry Pratt	41.66
	Robert Harvey	40.20
	John Schlosser	38.40
	Packy Fusco	35.34
	Je Bookin-Weiner	35.12
M55	George Corney	30.80
	Philip Byrne	24.78
M60	Leonard Rosen	42.10
	Donald Hudson	32.38
	John Pakulis	25.90
M65	Bill Garrahan	41.52
	Charles Dolecki	29.00
M75+	Bob Morcom	28.14
W55	Joan Youngs	20.40
W70	Doris Berlepsch	12.46
	V O'Connor	12.34

## Hammer

M45	Paul Germanowski	42.26
M55	James DeSimone	18.90
M70	James Crawford	39.00
M80+	P Narcessian	16.76
W40	Susana O'Connor	21.80
W55	Joan Youngs	19.08
W70	Doris Berlepsch	13.44
	V O'Connor	12.80
	Ann McGowan	12.80

## Javelin

M45	Bob Powers	47.02
	Peter Mitchell	36.48
	Doug Fredericks	35.90
M50	Oscar Brookins	37.46
	Buster Byrnes	32.34
M55	Philip Byrne	36.82
M60	Robert Youngs	40.54
	Donald Hudson	33.50
M75+	Bruno Maki	26.58
	Walter Dickor	16.34
W45	Lorraine Tucker	29.48
W55	Joan Youngs	23.14
W70	Doris Berlepsch	13.60
	V O'Connor	12.26
	Ann McGowan	11.10

## 5000m RW

M40	Justin Kuo	28:31.6
	Fried Anderson	31:30.2
	Brian Savilonis	24:43.1
M45	Stan Sosnowski	25:57.6
	Robert Ullman	27:40.8
	Bill Harriman	28:26.0
	Bill Purves	25:29.4
M50	Charles Mansback	30:07.6
	Tom Knatt	28:00.6
M55	Richard Rugaist	28:11.3
	Michael Hoffer	32:14.4
M60	R Shepherdson	33:23.6
	Stuart Corning	36:36.1
M75+	Joe Biersteker	34:43.9
W40	Chris Anderson	28:44.8
W45	Danny Hegg	30:22.4
	Donna Goguen	33:31.4
W50	Margaret DeCotis	35:10.3
W60	J Shepardson	31:37.1

## Maine Distance Classic -

## Masters Mile, Bowdoin College

## Brunswick, ME; July 6

Barry Harwick	4:29.94
Bob O'Hara	4:34.06
Roly McSorley (CAN)	4:37.47
Bob Hodge	4:39.58
Brad Hurst	4:42.46
Rich Murray (50)	4:54.04
Dennis McIver	4:57.27
Pablo Nicolaides	5:01.07
Kevin McDonald	5:01.58
Lester Devoe	5:06.64
Rob Craig	5:11.21
Chuck Radis	5:14.71

## Weight Meet

## Hanover, NH; July 20

Carl Wallin 54	44-8
Don Filkins 42	41-3
Bob Harvey 53	38
Ed Daniels 43	33

## 6K Shot Put

Carl Wallin 54	48-2
Bob Harvey 53	40-9.50
Packy Fusco 53	37-2

## Discus

Bob Harvey (1.5#) 53	125-3
Don Filkins (2K) 42	115-8
Carl Wallin (1.5#)	114-5
Packy Fusco (1.5#)	110-10

## USATF East Regional Masters

## Championships

## Randalls Island, NYC; July 20

100 METERS	
W30	KAREN PYLE GRIC 33 14.87
W40	IRENE THOMPSON SC 42 13.09
W50	JEAN PRESTON IM 52 17.11
W70	PATRICIA PETERSON SC 70 16.97
M30	RICHARD WASHINGTON UN 33 11.51
M35	DEREK HOLLOWAY NIS 35 11.06
M40	STEVE GALETTA IM 39 11.64
M45	TIM MCWILSON SAC 37 12.93
M50	THOMAS JONES CP 42 11.32
M55	JOHNIE THOMAS PONY 43 11.36
M60	EDWARD GONERA CP 44 11.60
M65	LARRY SCHMORER BRC 40 11.83
M70	AL HADEN IM 42 12.31
M75	RONALD JACKSON UN 41 12.67
M80	MICHAEL CASSAMASSE SHAC 42 13.17
M85	JOHN PRESTA UN 43 14.89
M90	JESSE NORMAN CP 45 12.09
M95	RICK LAPP UN 47 12.26
M100	PHILIP FELTON IM 47 12.46
M105	JOE FERRISI UN 46 13.12
M110	DAVID FRIEDMAN SAC 45 15.01
M115	RON JOHNSON CP 50 12.04
M120	MELVIN FIELDS PV 50 12.14
M125	ROGER PIERCE BRC 51 12.20
M130	DAVID DAGG STEV 52 13.05
M135	GILBERT SANDERS UN 51 14.64
M140	LARRY COLBERT PV 55 12.59
M145	JULIO MARIN NIM 55 13.08
M150	CHRIS FELMER UN 59 13.20
M155	ED KENT NIM 59 14.28
M160	BILL WRIGHT BRC 62 12.82
M165	JOE HEDLER IM 61 12.99
M170	ALEXANDER JOHNSON SAC 63 13.08
M175	HAIG BOHIGIAN CP 50 13.68
M180	VINCENT RUFFIN SAC 60 13.74
M185	BOB DOBBS UN 62 14.00
M190	JACK LANCE GSAC 66 14.58
M195	HOWARD MACMILLAN SC 70 14.58
M200	LESTER WRIGHT SAC 74 15.25
M205	FRANK BRIDGES ISG 79 18.20
M210	RUFINA KELLY AUI 34 28.75
M215	KAREN PYLE GRIC 33 30.86

## W70

PATRICIA PETERSON SC 70	36.82
M30	WENDELL DICKINSON CP 32 21.76
TRACY FOX FCIC 30	22.77
RICHARD WASHINGTON UN 33	25.79
M35	DEREK HOLLOWAY UN 35 22.05
RINO BIANCHI NIS 37	24.15
PAUL ALLEN PM 39	24.16
M40	TIMMY JONES IM 42 23.12
LARRY SCHMORER BRC 40	23.24
GARY CRAWFORD PM 43	23.66
AL HADEN IM 42	24.96
HOWARD HODSON GRIC 43	25.73
C D COOK CP 44	27.11
JOE GILL CHIR 40	27.72
M45	JESSE NORMAN CP 45 24.28
PHILIP FELTON IM 47	24.85
ALEX CONSTANTINOV CP 45	25.16
TOM CUNNINGHAM BRC 46	25.94
M50	ROGER PIERCE BRC 51 24.35
RON JOHNSON CP 50	24.40
MELVIN FIELDS PV 50	24.87
WILLIAM FRIEDMAN NYS 54	26.02
DAVID DAGG STEV 52	26.63
M55	LARRY COLBERT IM 59 25.61
RICHARD RIZZO NYS 59	26.76
ED KENT NIM 59	30.84
M60	BILL WRIGHT IM 60 26.85
BOB DOBBS BRC 62	27.06
ALEXANDER JOHNSON SAC 63	27.39
HAIG BOHIGIAN CP 60	28.64
VINCE RUFFIN SAC 60	28.77
M65	JACK LANCE GSAC 66 33.53
M70	HOWARD MACMILLAN SC 70 30.89
LESTER WRIGHT SAC 74	31.48
M75	RUFINA KELLY AUI 34 28.75
M80	IRVING THOMPSON SC 42 63.99
PAULA DICKSON TAYLOR AUI 43	66.39
M85	JEAN PRESTON IM 52 88.20
W70	PATRICIA PETERSON SC 70 1:40.14
M10	TRACY FOX FCIC 30 49.28
RICKY FLOWERS UN 30	51.63
M35	SAL ALJAH CP 36 49.73
BEN JAMES FCIC 39	50.16
PAUL ALLEN PM 39	53.26
ALEXANDER YOUNG UN 37	54.24
M40	ED GONERA CP 44 51.94
JOHNIE THOMAS PONY 43	52.05
GARY CRAWFORD IM 43	52.58
LARRY SCHMORER BRC 40	54.82
MARK JOHNSON SAC 43	61.70
RONALD JACKSON UN 41	62.84
JOE GILL CHIR 40	63.55
C D COOK CP 44	66.22
M45	JESSE NORMAN CP 45 53.67
PHILIP FELTON IM 47	53.91
ALEX CONSTANTINOV CP 45	54.62
TOM CUNNINGHAM BRC 46	56.95
M50	ROGER PIERCE BRC 51 54.15
MELVIN FIELDS PV 50	54.71
DAVID DAGG STEV 52	59.23
JOHNNY TETHERLY BRC 51	66.54
M55	LARRY COLBERT PV 59 57.22
RICHARD RIZZO NYS 59	60.00
M60	FRED SCHLERTH SC 63 62.59
ALEXANDER JOHNSON SAC 63	65.84
JIM ANESHANSLEY CP 61	66.11
HAIG BOHIGIAN CP 60	67.77
M65	WALT GALE UN 65 74.02
M70	HOWARD MACMILLAN SC 70 75.42
M80	BOB MATTESON UN 80 93.42

## 1500 METERS

## Continued from previous page

W70	JENNIE THOMPSON UN	73	42:33.07
M45	JOE LIGHT	NH 48	25:11.89
M55	JUSTAVE DAVIS	CINW 58	34:48.44
M70	JOHN NERVETTI	SAC 71	30:44.52

TEAM RESULTS BY AGE GROUPS  
POINTS: 1ST-5, 2ND-3, 3RD-2, 4TH-1  
SCORED IN FIVE YEAR AGE GROUPS

AGE	TEAM	POINTS
1	SHORE ATHLETIC CLUB (SAC)	21
2	NEW JERSEY STRIDERS (NJS)	20
3	CENTRAL PARK TC (CP)	15
4	FLOWER CITY TC (FCTC)	11
5	MONTREAL INTERVAL (MTI)	11
6	SYRACUSE CHARGERS	11
7	ACHIEVEMENTS UNIM (AU)	10
8	MARYLAND MASTERS (MM)	9
9	UNITED NATIONS AC (UNAC)	8
10	GREATER ROCHESTER TC (GRIC)	8
11	PELAGUS (PEG)	5
12	WITOLD'S RUNNERS (WITR)	5
13	PHILADELPHIA MASTERS (PM)	3
14	TOWH OF CLASS (TOC)	3
15	WESTCHESTER TC (WCTC)	3
16	UNATTACHED (UN)	49

AGE	TEAM	POINTS
1	CENTRAL PARK TC (CP)	41
2	FLORIDA ATHLETIC C (FLAC)	25
3	NEW YORK AC (NYAC)	17
4	MARYLAND MASTERS (MM)	15
5	SYRACUSE CHARGERS (SC)	15
6	BOSTON RUNNING CLUB (BRC)	14
7	GARDEN STATE AC (GSAC)	13
8	NEW YORK MASTERS (NYM)	12
9	MERCURY LONG IS. AC (MLI)	10
10	PHILADELPHIA MASTERS (PM)	10
11	SHORE ATHLETIC ASSOC (SAC)	9
12	ACHIEVEMENTS UNIM (AU)	8
13	SUGARLOAF Mtn AC (SMAC)	6
14	PONY EXPRESS (PONY)	6
15	NEW ENGLAND WALKERS (NEW)	5
16	GREATER ROCHESTER TC (GRIC)	5
17	MILWAUKEE A.C. (MIL)	5
18	MILWAUKEE (MIL)	5
19	HARTFORD TRACK CLUB (HHC)	4
20	UNATTACHED (UN)	73

AGE	TEAM	POINTS
1	NEW YORK MASTERS (NYM)	32
2	NEW YORK AC (NYAC)	30
3	BOSTON RUNNING CLUB (BRC)	23
4	(HRC)	20
5	POTOMAC VALLEY (PV)	18
6	CENTRAL PARK TC (CP)	16
7	SYRACUSE CHARGERS (SC)	15
8	CONNECTICUT RM (CIRM)	10
9	NORTH HAVEN CLUB (NHC)	8
10	NEW YORK PIONEERS (NYP)	7
11	GARDEN STATE AC (GSAC)	5
12	PHILADELPHIA MASTERS (PM)	5
13	WITOLD'S RUNNERS (WITR)	5
14	STAMFORD VALLEY CANTIER (SV)	3
15	UNATTACHED (UN)	2

AGE	TEAM	POINTS
1	SYRACUSE CHARGERS (SC)	54
2	PHILADELPHIA MASTER (PM)	35
3	SHORE ATHLETIC CLUB (SAC)	26
4	CENTRAL PARK AC (CP)	25
5	GARDEN STATE AC (GSAC)	25
6	BOSTON RUNNING CLUB (BRC)	20
7	ACHIEVEMENTS UNIM (AU)	10
8	NEW HAMPSHIRE TRACK (NH)	10
9	MILWAUKEE AC (MIL)	10
10	PURDUE RICO RUNNERS (PRR)	7
11	LIFE STYLE GYM (LSG)	5
12	NEW YORK TRACK CLUB (NYT)	5
13	WITOLD'S RUNNERS (WITR)	5
14	MARYLAND MASTERS (MM)	3
15	NEW YORK MASTERS (NYM)	3
16	UNATTACHED (UN)	80

AGE	TEAM	POINTS
1	CENTRAL PARK TC (CP)	97
2	SYRACUSE CHARGERS (SC)	95
3	BOSTON RUNNING CLUB (BRC)	57
4	SHORE ATHLETIC CLUB (SAC)	56
5	PHILADELPHIA MASTERS (PM)	53
6	NEW YORK ATHLETIC C (NYAC)	47
7	NEW YORK MASTERS (NYM)	47
8	GARDEN STATE AC (GSAC)	43
9	ACHIEVEMENTS UNIM (AU)	28
10	MARYLAND MASTERS (MM)	27
11	FLOWER CITY TRACK (FCTC)	25
12	NEW JERSEY STRIDERS (NJS)	20
13	(HRC)	20
14	POTOMAC VALLEY TC (PV)	18
15	UNATTACHED (UN)	204

Iron Horse Farm  
Throwers Meet  
Ringoes, NJ; July 20

Shot Put	Points
M30 Glenn Thompson	17.63
M35 Warren Taylor	15.54
Wm Wolverton	13.25
M40 Tony Ciccone	13.96
Bob Gunn	13.27
Mike Ellis	12.27
Rich McMullin	12.01
M45 Rich Dunphy	12.24
Dennis Chandler	11.90
Richard Smith	10.54
M50 Terry Shuman	12.84
Jimmy Jones	10.97
Carl Levine	9.71
Matt Schiwinent	8.37
M55 Harold Crater	11.71
Sam Rufford	11.17
John Bronstein	10.18
M60 Len Olson	12.80
Pay Carstensen	11.70
Martin Kintish	10.67
Bill Barker	10.59

M65 Jonas Cowles	10.89
Sereno Danese	10.51
M70 Irv Mondschein	11.45
Charles Covino	9.56
Zelig Strauss	9.39
M75 Angelo Oliver	7.99
Eddie Coyle	7.78
W30 Arlene Hansen	9.50
W35 Deborah Ecklund	7.49
Julie Wiedis	6.61
W40 Sarah Boslaugh	10.82
Renee DiGiacomo	6.35
W45 Michael Hill	8.51
Carolyn Ellis	6.56
W50 Roslyn Katz	8.04
Eliz Baumach	6.69
W60 Anne Cirulnick	8.29
W75 Libby Hagemann	7.00
Discus	
M30 Ian Dillin	53.66
Glenn Thompson	46.48
Bob Trunolone	29.72
M35 Mike Hambrick	49.92
Warren Taylor	45.30
Willy Moers	43.02
M40 Tony Ciccone	41.48
Rich McMullin	37.74
Michael Ellis	35.90
Ed Ferraro	35.80
M45 Dennis Chandler	31.98
Rich Dunphy	31.70
Frank Monroe	29.36
Richard Smith	24.36
M50 Terry Shuman	48.74
Jimmy Jones	45.16
Carl Levine	28.22
M55 John Bronstein	39.70
Harold Crater	32.70
Sam Rufford	29.88
Russell Van Put	26.82
M60 Len Olson	44.74
Martin Kintish	42.46
Don Hudson	34.64
M65 Sereno Danese	32.38
M70 Zelig Strauss	30.90
M75 A U Ricciardi	28.94
Paul Eberhardinger	17.32
Bob Detweiler	16.74
W30 Arlene Hansen	30.68
W35 Deborah Ecklund	22.42
W40 Sarah Boslaugh	31.48
W50 Elizabeth Baumach	20.30
Roslyn Katz	19.94
W60 Anne Cirulnick	19.18
Delores Faber	17.28
W75 Libby Hagemann	16.62

Empire State Games  
Buffalo, NY; July 26-27

100m	Points
M30 Tom Smith	11.98
M35 Barry Grimes	11.87
M40 Chris Best	12.08
M45 Smokey Santillo	11.57
M55 Walt Thorne	13.28
M60 Andrew Branch	13.27
M65 Ed Cox	13.78
M70 Russell More	17.00
W30 Deb Szatko	15.41
W35 Cath CornellMcKeev	15.41
W40 Luann VanPurseum	14.51
W45 Cath CirinaCorsivo	14.88
M50 Mary Casey	16.31
M55 Norma Schilloff	19.68
M65 Verna Engstrom	22.60
M70 Pat Peterson	17.39
200m	Points
M30 Vinnie Goodman	24.31
M35 Ed Harris	23.70
M40 Chris Best	24.42
M45 Smokey Santillo	24.03
M50 Ron Johnson	24.62
M55 Ed Taft	27.89
M60 Fritz Schlereth	28.75
M65 Ed Cox	28.85
M70 Russell More	34.99
M75 Sidney Zecher	43.13
W30 Gabriell Yates	35.34
W35 Mog Benke	32.71
W40 Luann VanPurseum	29.74
W45 Cath CirinaCorsivo	30.62
M50 Mary Casey	34.85
M55 Norma Schilloff	43.98
M60 Edna Hyer	41.89
M65 Helen Buene	41.36
M70 Pat Peterson	36.18
400m	Points
M30 Vinnie Goodman	54.57
M35 Ben James	51.09
M40 Chas Swanekamp	55.33
M45 Jesse Norman	56.36
M50 Ron Johnson	57.16
M55 John Allen	62.29
M60 Fritz Schlereth	63.56
M75 Sidney Zecher	97.04
W30 Gabriell Yates	85.54
W40 Darbie McCubbin	68.28
M50 Mary Casey	79.26
M55 Helen Buene	89.81
M70 Pat Peterson	93.59
800m	Points
M30 Tim Hoff	2:06.7
M35 Brendan Jackson	2:01.64
M40 Mark Caldwell	2:07.61
M45 Duane Green	2:10.43
M50 Don Masterson	2:22.44
M55 John Allen	2:22.61
M60 Cliff Pauling	2:25.43
M65 David Rider	2:56.71
M70 Chas Bauer	3:34.33
M75 Sidney Zecher	3:36.17

W30 Carol Schuster	2:34.93
W40 Darbie McCubbin	2:41.57
W45 Carolyn Dewitt	2:55.82
1500m	
M35 Bob Carroll	4:13.88
M40 Mark Caldwell	4:26.54
M45 Duane Green	4:23.21
M50 Don Masterson	4:05.95
M55 Ralph Zimmerman	5:09.31
M60 Bruce Marsh	5:29.92
M65 David Rider	6:16.90
M70 Charles Bauer	7:15.30
W35 Marilyn Brandt	5:21.54
W40 Karin Goyolsky	6:32.54
W45 Carolyn Dewitt	6:05.13
W50 Mary Casey	6:23.25
W55 Pat Schuler	6:33.33
W60 Gloria Brown	6:37.17
W65 Helen Buene	6:36.31
5000m	
M35 Phil Dillmore	17:50.14
M40 Chip Button	17:00.73
M50 David Willbern	19:30.80
M55 Bill Steffenhagen	18:59.88
M60 Carl Pegels	20:45.58
M70 Charles Bauer	23:18.95
W35 Sue O'Malley	19:32.44
W40 Jean Quaal	20:01.44
10,000m	
M35 John Pakulis	37:26.25
M45 Jim Bowles	38:11.02
M50 James Thomas	43:18.90
M55 Mike Williams	41:31.64
M60 Carl Pegels	42:55.41
W35 Sue O'Malley	41:41.42
W40 Jean Quaal	40:15.59
W45 Carolyn Dewitt	49:14.19
W50 Karen Davies	44:25.44
W55 Lori Karlson	62:31
W60 Sheila Scandura	60:24
Short Hurdles	
M30 Paul Foster 100m	18.73
M35 Dan Glushefski	16.16
M40 Ted Hoca 100m	17.16
M50 Mike Milove	17.24
M55 Willie Lightfoot	24.87
M65 Ted Swanson 80m	22.75
W35 C Cornell McKeev	20:21.05
W40 Marby Gansle	17.52
W45 Linda Adams	22.43
W50 Barbara Stewart	17.87
Long Hurdles	
M35 Roy Arnesen	67.27
M40 James Cole	68.68
M45 Jesse Norman	66.83
M55 W Lightfoot 300m	43.92
M60 George Freeman	64.52
M65 Ted Swanson	63.76
W40 Marby Gansle	86.77
Steeplechase	
M35 Neil Farrell	14:15.76
M40 Jim Cole	12:09.15
M45 Bill Weigle	11:32.11
M55 John Hurley	15:28.82
M60 George Freeman	9:37.51
W35 Marilyn Brandt	8:23.98
4x800m Relay	
M30 Miller/Arnesen/Gosset/	
Pertak	8:51.62
M40 Corridan/Taylor/Skinner/	
Rush	9:43.45
M50 Williams/Steffenhagen/	
Shea/Zimmerman	10:25.59
M60 Meegan/Garritty/Magoffin/	
Sullivan	13:07.60
4x400m Relay	
M40 Hopf/Rasmussen/Swanson/	
Heberger	4:01.37
High Jump	
M30 Ken Schaumburg	1.70
M35 Scott Matthews	1.70
M40 Mike Saafir	1.75
M45 Dale Bosworth	1.55
M50 Paul Gansle	1.55
M55 Willie Lightfoot	1.25
M60 Roger Burke	1.20
M65 Ted Swanson	1.25
M70 Ed Lukens	1.25
W40 Elaine Humphrey	32:37
W45 Judy Sielski	33:36
W50 Olga Figueroa	31:44
W55 Susan Richter	31:35
W65 Verna Engstrom	42:58

M55 Harry Schwarze	11.44
M60 Chuck Yost	11.50
M65 John Sheridan	9.53
M70 Bob Chotoff	9.54
M75 Sid Zecher	7.47
W30 Mary Doud	10.19
W35 Cath CornellMcKeev	7.54
W40 Marby Gansle	7.94
W45 Kath CirinaCorsivo	8.57
W50 K Balthazarchitz	6.95
W55 Dortha Swanson	7.64
Discus	
M30 Joe Winiacki	41.44
M35 Tom Winiacki	38.98
M40 Jim Fruscoella	35.74
M45 Mike Ayres	35.60
M50 Geoff Brown	41.04
M55 Harry Schwarze	36.24
M60 Martin Kintish	42.32
M65 John Sheridan	32.84
M70 Bob Chotoff	29.33
M75 Sid Zecher	16.72
W30 Mary Doud	28.60
W35 Lagie Swanson	21.58
W40 Nancy Lachiusa	16.72
W45 Cath CirinaCorsivo	26.56
W50 Betty Baumach	19.26
W55 Dortha Swanson	19.22
W60 Edna Hyer	16.76
Hammer	
M40 Gary Acker	33.44
M50 David Caligaris	31.22
M60 Martin Kintish	30.00
M65 John Sheridan	20.58
M70 William Russo	23.02
W30 Mary Doud	24.24
W35 Lagie Swanson	17.18
W40 Nancy Lachiusa	22.52
W45 Cath CirinaCorsivo	22.90
W50 Nancy Livergood	21.34
W55 Dortha Swanson	24.52
W60 Curlye Faberscala	22.68
Javelin	
M35 Mark Bellanca	44.78
M40 Mike Sayers	47.54
M45 Jim Ulrich	52.60
M50 Ed Fox	46.89
M55 Walt Schilloff	33.38
M60 Chuck Yost	34.84
M65 John Sheridan	17.98
M70 Ed Lukens	28.98
W30 Mary Doud	30.46
W35 Lagie Swanson	23.58
W45 Cath CirinaCorsivo	23.38
W50 Betty Baumach	19.94
W55 Dortha Swanson	18.30
W60 Curlye Faberscala	15.88
Pentathlon	
M30 Paul Foster	2008
M35 Ken Switnicki	2246
M40 Bob Zanot	2094
M45 Armand Laframboise	1884
M55 Don French	685
M60 Dillon Maier	1266
5K Racewalk	
M35 Glenn Irizarry	32:09
M40 Jeff Knutson	33:48
M45 Dan Chase	32:23
M50 Bob Lubelski	30:16
M55 Frank Masterson Jr	27:51
M60 Bob Barrett	27:51
M65 Frank Fina	31:41
M70 Bob Engstrom	39:29
M75 Ken Rundell	43:57
W30 Cathy Irizarry	46:21
W35 Lori Ann Yohe	33:31
W40 Elaine Humphrey	32:37
W45 Judy Sielski	33:36
W50 Olga Figueroa	31:44
W55 Susan Richter	31:35
W65 Verna Engstrom	42:58



10K Racewalk	Points
M40 Len Kataskas	71:35
M50 Bob Lubelski	62:44
M55 Frank Masterson Jr	57:19
M60 Bob Barrett	57:20
M70 Bob Engstrom	81:52
Add:	
TJ Marby Gansle W40	8.30
LJ Wayne Spitz M45	4.82
TJ Barb Stewart W50	6.84
10,000 John Garrity M65	46:45

## MIDWEST

Great Lakes State Games &  
5K Road Race  
Lansing, MI; June 22/29

## Continued from previous page

<b>Short Hurdles</b>		
M30 Gary Cousino	17.81	
M50 Alexander Livonia	22.10	
W40 Vi Hames-Frazier	20.80	

<b>4x100m</b>		
M40 Team-Detroit	44.83	

**High Jump**

M30 Bill Lambert	5-6	
M40 Rocky Ybarra	5-4	
Stan Kus	5	

M50 H Van Blaricum	4-2	
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M60+ Al Huisjen	2-11	
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W40 Cindy Hancox	3	
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**Long Jump**

M30 Gary Cousino	15-9.50	
M40 Rocky Ybarra	18-4.50	
M50 Robert Holley	15-1.25	

M60+ Art Holland	10-1.50	
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W60 Mary Holland	9-4	
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**Shot Put**

M30 Mike Kelly	36-2	
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M40 Hilary George	40	
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Tony Griggs	31-1	
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Stan Kus	29-6	
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**Discus**

M40 Hilary George	129-5	
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David Welihan	102-5	
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Stan Kus	97-8	
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M60+ Art Holland	90-10	
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Al Huisjen	67-2	
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W40 Cindy Hancox	34	
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**3200m RW**

M40 Ross Barranco	19:59	
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M50 H Van Blaricum	16:12	
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Victor Sipes	17:32	
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William Turner	20:11	
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W30 Kristen Mullaney	16:12	
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**June 22****SK Road Race**

M30 Peter Bruno	19:28	
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M35 David Hinchbaugh	19:41	
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M40 Dan Washburn	17:59	
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M45 Robert Rice	19:52	
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M50 Richard Horvitz	28:52	
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M55 H Van Blaricum	20:24	
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M60 Alvin Ravenscroft	22:44	
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M65 Dick Young	29:53	
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M70+ Bruce Walker	32:01	
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William King	3	
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**USATF Indiana Masters Championships Carmel, July 27****100m**

M30 Kelly Atkinson	11.30	
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Mike Davidson	11.90	
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Chris Stubbs	12.26	
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Vandor Sutton	12.26	
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M40 Gerry Krainik	11.62	
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Bob Zahn	12.50	
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John Carr	12.67	
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M45 Mark Galovic	12.14	
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M50 Dan Hansman	13.72	
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M55 Darrell Huey	13.77	
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M60 Vern Schewe	13.29	
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Jim Washington	13.43	
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M65 John Wisdom	13.53	
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Richard Soller	14.32	
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M70 Paul Saunders	14.45	
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Ed Gill	16.07	
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M75 Chuck Whitney	17.75	
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W55 Siglinde Moore	nta	
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**200m**

M30 Kelly Atkinson	23.27	
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Vandor Sutton	25.25	
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M40 Gerry Krainik	23.45	
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Scott Hartman	25.18	
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Ken Drollinger	27.00	
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M45 Mack Galovic	25.04	
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T W Tesche	29.60	
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M50 Dan Hansman	30.83	
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M55 Darrell Huey	30.04	
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M60 Vern Schewe	28.51	
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Jim Washington	32.02	
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M65 Richard Soller	32.94	
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John Wisdom	33.25	
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M70 Paul Saunders	34.63	
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M80+Milo Lightfoot	38.96	
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W60 Joanne Keaton	53.12	
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**400m**

M30 Mike Davidson	53.11	
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M35 Dan Holland	58.03	
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M40 Bill McCormick	51.14	
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Scott Hartman	53.00	
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M55 Darrell Huey	70.62	
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M60 Vern Schewe	68.64	
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Jim Washington	80.48	
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M80+Milo Lightfoot	92.06	
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W55 Siglinde Moore	97.44	
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W60 Joanne Keaton	1:59.97	
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<b>800m</b>		
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M30 David Jones	2:02.28	
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M40 Scott Van Jacob	2:01.90	
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M35 Ben Goreci	2:12.00	
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M45 Javier Abrego	2:24.00	
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M50 Jim Verdier	2:37.00	
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M60 Mike Goldman	2:51.00	
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Bob Morris	3:26.00	
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M70 Wilbur Harter	3:37.00	
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W50 Theresa Fachum	3:23.00	
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**1500m**

M50 Jim Verdier	5:11.00	
M55 Robert Morris	6:13.00	
M60 Mike Goldman	5:22.00	

W60 Joanne Keaton	8:24.00	
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**5000m**

M30 David Jones	17:15.00	
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M45 Javier Abrego	17:57.00	
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W50 Theresa Fachum	24:23	
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**Short Hurdles**

M40 Bob Zahn	16.17	
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M45 T W Tesche	21.50	
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M55 Rex Hane	21.14	
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**High Jump**

M30 Rob Robinson	5-10	
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M35 Kelly Lycan	5-6	
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M40 Ken Drollinger	5-10	
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Ken Rowe	5-10	
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M45 T W Tesche	4-8	
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Tom Turney	4-4	
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M50 Kent Hall	4-10	
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M55 Jim Mills	4-6	
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Rex Hane	4-0	
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M60 Jerry Lambert	4-6	
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M65 Richard Soller	4-0	
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M70 Paul Saunders	4-2	
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**Pole Vault**

M40 George Lehman	13-6	
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John Anderson	13-0	
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Ken Drollinger	13-0	
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M50 Matti Kipelainen	12-6	
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Henry Hopkins	12-0	
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Kent Hall	10-6	
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M45 Dick Kochert	11-6	
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T W Teschem	9-0	
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M60 Don Zimmerman	9-0	
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M70 Don Kennedy	5-6	
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M80+Milo Lightfoot	4-6	
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W35 Angie Nealy	8-0	
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**Long Jump**

M35 Kelly Lycan	19-2	
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M40 Ken Drollinger	16-10	
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M45 Dick Kochert	15-3	
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Tom Turney	13-9	
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M55 Jim Mills	14-3	
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M60 Vern Schewe	10-6	
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M65 Richard Soller	12-4	
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M70 Paul Saunders	12-8	
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**Triple Jump**

M30 Rob Robinson	33-0	
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M35 Kelly Lycan	41-5	
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M40 Ken Rowe	33-10	
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M55 Jim Mills	24-2	
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**Shot Put**

M35 Jim Bell	42-11	
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M45 Tom Turney	30-1	
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M50 Mickey Bitsko	39-6	
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Barry Donovan	38-7	
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M55 Paul Deen Sr	35-0	
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Rex Hane	29-4	
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M60 Bob Verbanic	36-2	
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Jerry Lambert	35-8	
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M70 Cliff Sampson	35-5	
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Don Kennedy	32-11	
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M80+Milo Lightfoot	24-1	
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W35 Sue Hallen	26-4	
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W60 Betty Steele	25-11	
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W65 Lucille Sampson	26-9	
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**Discus**

M35 Jim Bell	138-11	
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M40 John Wakeman	94-10	
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M50 Mickey Bitsko	123-0	
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Bill Meacham	120-0	
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Barry Donovan	100-0	
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M55 Rex Hane	91-6	
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M60 Everett Hardy	145-5	
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Al Pike	104-11	
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Bob Verbanic	102-0	
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M70 Cliff Sampson	113-7	
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Don Kennedy	92-3	
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W35 Sue Hallen	79-1	
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W60 Betty Steele	65-11	
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W65 Lucille Sampson	69-2	
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**Hammer**

M45 Rob Roeder	146-10	
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David Stebing	117-1	
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M50 Mickey Bitsko	159-9	
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Bill Meacham	89-2	
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M60 Jerry England	117-9	
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Don Zimmerman	96-7	
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M70 Cliff Sampson	102-6	
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W35 Sue Hallen	80-11	
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## Continued from previous page

M60 Bill Elrod	19:13.89
M70 Cy Buchert	21:07.12
W35 Cindy Lescale	21:26.82
W40 Becky Comeaux	15:41.33
Sharon Lewis	17:19.16
W45 Rickey Abbott	23:58.32
<b>Weight Pentathlon</b>	
Bengt Jarlsjo 30 SWE*	3300
Bo Jarlsjo 51 SWE	1671
John Conniff 55 TX	3635
Don North 58 LA	3012
Pay Carstensen 64 FL	3895
John Cantrell 60 TX	3659
Milton Brady 62 LA	3234
Roland Forman 63 LA	2720
R Paul Adams 63 LA	2644
Ward Landry 60 LA	2411
Mary Norckauer 71 LA	2896
*IAAF scoring/others WAVA	

<b>Decathlon</b>	
David Saye 32 TX*	1887+
Phil Mulkey Jr 41 AL	5104
Emil Pawlik 57 MS	7817
Jerry Rouse 58 MS	4839
Hal Herrington 61 TN	4312
Dick Scott 67 MO	6357
*IAAF scoring/others WAVA	
+DNS-second day	

Louisiana Games  
New Orleans; June 14

<b>100m</b>	
M30 Billy Kean	14.38
M35 Jesse Perkins	12.90
M40 Walden Curry	12.35
M45 Johnny Hollier	12.38
Dortie Moore Jr	12.75
M50 Jay Webb	12.78
M55 Jack Theriot	13.63
M65 Al Badinger	15.36
M75 Ted Yenari	17.93
W60 Bernice Bordelon	18.85
<b>200m</b>	
M35 Jesse Perkins	25.85
M45 Johnny Hollier	25.27
M50 Jay Webb	26.38
M55 Jack Theriot	29.25
M65 Al Badinger	31.51
M75 Ted Yenari	41.52
W60 Bernice Bordelon	41.42
<b>400m</b>	
M30 Alonzo Ruffin	49.52
M40 Walden Curry	55.79
M45 Johnny Hollier	55.78
Dortie Moore Jr	57.13
M50 Lorenzo Bergen	62.64
W55 Eliz Testerd	2:05
<b>800m</b>	
M30 Billy Kean	2:23.24
M35 Leslie Troclair	2:10.26
M40 Stephen Merrihew	3:03.65
M45 Roger Brown Jr	2:24.71
M60 Chas Wimberley	2:30.97
W55 Eliz Testerd	4:56.21
<b>1500m</b>	
M30 Billy Kean	4:56.88
M35 Leslie Troclair	4:31.30
M40 Stephen Merrihew	5:50.25
M45 Roger Brown Jr	4:42.68
M60 Chas Wimberley	5:09.04
<b>High Jump</b>	
M40 Walden Curry	5-4
Tom Wilson	5-3
M50 Robert Baker	4-4
M75 Ted Yenari	3-0
W60 Bernice Bordelon	3-2
<b>Pole Vault</b>	
M35 Kevin Troclair	12-1
M45 Robert Manard	11-7
M55 Don North	7-0
M60 R Paul Adams	7-0
M75 Ted Yenari	6-0
<b>Long Jump</b>	
M40 Tom Wilson	17-8
M45 Ed Gumpert	11-9½
M50 Webb Jay	17-6½
M55 James Dunn	11-6½
M60 Roland Forman	10-1½
M65 Al Badinger	11-3½
M75 Ted Yenari	9-9½
W35 Theresa Wilson	12-3
W60 Bernice Bordelon	9-11
<b>Triple Jump</b>	
M40 Travis Smith	30-5.75
M50 Robert Baker	31-5.75
M55 James Dunn	26-10½
M75 Ted Yenari	19-6½
<b>Shot Put</b>	
M30 Bengt Jarlsjo SWE	52-0
M40 Jeff Baty	38-4
M50 Bo Jarlsjo SWE	26-11
M55 Don North	32-5½
M60 Milton Brady	34-2½
R Paul Adams	31-3½
M65 Jack Haller Sr	31-0
M70 Robert Daw	20-½
<b>Discus</b>	
M30 Bengt Jarlsjo SWE	163-8
M40 Jeff Baty	121-6
M50 Bo Jarlsjo	69-5
M55 Linden Schneider	103-11
M60 Milton Brady	107-4
R Paul Adams	102-10
M70 Cy Buchert	63-11
W70 Miller Buchert	42-6
<b>Hammer</b>	
M40 Jeff Baty	112-2
M55 Don North	72-8
M60 Milton Brady	93-10

<b>Javelin</b>	
M40 Jeff Baty	139-5
M45 Herb Stein	123-2
M55 Jack Theriot	127-0
M60 Milton Brady	92-8
R Paul Adams	87-0
<b>3000m Racewalk</b>	
M45 Ed Gumpert	21:22.55
M55 Wayne Ory	21:22.47
M60 Bill Elrod	19:13.89
M70 Cy Buchert	21:07.12
W35 Cindy Lescale	21:26.82
W40 Becky Comeaux	15:41.33
W45 Rickey Abbott	23:58.32
W50 Sandra Warren	23:58.29
W60 Martha Tolbird	25:28.68

USATF Southwest Regional  
Masters Championships  
San Antonio, TX; July 20

<b>100m</b>	
M30 Raymond Joe	10.97
Kenney Atron	11.70
Leon Jackson	12.34
M35 Fred Porter	11.09
Wyllie Turwer	12.45
Don Locke	12.52
M40 Jim Lofton	11.28
Willard Thompson	11.58
T J Lester	11.78
M45 Bill Collins	11.18
Curtis Simpson	12.62
Paul Massiatte	12.72
M50 Ed Jones	11.67
Ron Helton	12.59
Merrill Clark	13.53
M55 Wayne Bennett	12.76
W Bonifoi	13.30
Fred Lentjes	13.79
M60 Jimmy Weaver	12.78
Joe Summerlin	13.37
Don Kline	14.57
M65 Bill Pardue	15.11
M70 Bill Carter	15.31
W40 Cindy Steenberg	12.48
W55 Sylvia Brooks	17.26
<b>200m</b>	
M30 Raymond Joe	22.21
Matt Pfannstiel	24.11
Alan Sims	24.91
M35 Fred Porter	22.55
Tommy Williams	23.92
Herman Barnett	25.03
M40 James Lofton	22.63
Willard Thompson	23.94
T J Lester	24.07
M45 Bill Collins	22.56
M50 Ed Jones	23.94
Ron Helton	25.87
Merrill Clark	28.17
M55 Wayne Bennett	26.35
W Bonifoi	27.02
John Head	28.99
M60 Jimmy Weaver	26.52
Joe Summerlin	27.79
Lowell Bonifield	28.09
<b>400m</b>	
M70 Bob Wingo	34.47
Alvin Williams	56.39
W40 Cindy Steenberg	26.04
<b>800m</b>	
M30 Robert Williams	61.40
Leon Jackson	64.16
M35 Herman Barnett	53.90
Van Eisenbach	60.11
Arlington Callies	65.41
M40 Julio Reyes	52.75
Whitney Prevost	53.52
Ron Boleware	55.85
M45 Robert Ramirez	53.52
Jimmie Jones	59.54
M50 Jeff Champion	68.25
Lloyd Rust	69.51
Paul Burroughs	70.21
M55 Mack Stewart	59.00
Hugh Adams	60.97
Wayne Bennett	63.67
M70 Bob Wingo	80.96
W30 Melissa Stripling	66.00
Wrelesha Hysaw	73.00
<b>1500m</b>	
M30 Robert Williams	5:52.49
M35 Arne Hasselquist	5:01.34
M45 Mike Henderson	5:02.71
M50 Kent Albright	5:35.88
W60 Mickie Aguilar	7:20.95
<b>5000m</b>	
M30 Gary Brimmer	17:20.70
M40 Jim Reppert	20:39.10
M45 Mike Henderson	22:17.10
M50 Mike Chuka	19:42.31
Vincent Meija	24:59.42
<b>Short Hurdles</b>	
M35 Dan Cook	16.31
M40 Michael Mitchell	17.61
M50 Courtland Gray	14.45
M55 John Head	19.32
M60 Lowell Bonifield	16.27
George Gillar	19.54

M65 Bill Pardue	21.34
<b>Long Hurdles</b>	
M40 Michael Mitchell	67.53
M50 Courtland Gray	59.95
M55 John Head	79.21
M60 George Gillar	59.45
<b>High Jump</b>	
M30 Guvener Isik	6-2
Bill Wright	5-10
M35 Chris Benjamin	5-10
M40 Stephen Cox	5-2
Mike Mitchell	4-8
David Windhorst	4-8
M45 Larry McIntyre	5-0
M50 Darel Petty	5-0
Mark Chapman	4-10
Ed Jones	4-6
M55 Fred Lentjes	4-8
Milan Martinez	4-4
M60 Glenn Hoffman	4-0
M65 Roy Morgan	4-0
M70 Adolph Hoffman	4-0
Bob Wingo	3-10
M75 Bob McAttee	3-6
<b>Pole Vault</b>	
M35 Jim Fountain	12-6
Chris Benjamin	11-0
Coy Akers	11-0
M45 Larry McIntyre	13-0
M50 Darel Petty	9-4
Jerry Wright	7-6
M60 Glenn Hoffman	8-4
M65 Roy Morgan	6-6
M70 Adolph Hoffman	9-0

<b>Long Jump</b>	
M30 Kevin Lendo	21-10.75
Matt Pfannstiel	20-1
Alan Sims	19-5½
M35 Randy Williams	21-11½
M40 Jim Lofton	23-6.75
Whitney Prevost	19-0
Mike Mitchell	18-7.75
M50 Ed Jones	20-9.75
Ron Helton	15-4½
Jerry Wright	15-1½
M55 John Head	15-½
Fred Lentjes	14-10.75
M60 Charlie Richard	15-11
Lowell Bonifield	15-4½
Glenn Hoffman	12-11½
M65 Val Smith	11-10½
M70 Bill Carter	12-7½
Adolph Hoffman	11-10½
W45 Steph DeAngelo	8-4.75
W70 Ruth Seeger	7-5
<b>Triple Jump</b>	
M30 Tanju Yurserver	43-1½
Kevin Lendo	41-11½
Bill Wright	39-8½
M40 Mike Mitchell	37-3
M55 Milan Martinez	27-11½
M60 Charlie Richard	34-3½
M75 Bob McAttee	16-5½
W30 Wrelesha Hysaw	31-4.75
<b>Shot Put</b>	
M30 Stephan Bloomquist	56-2½
Matt Pfannstiel	35-11½
M35 Arny Fernando	28-5.75
M45 Jerry Brewer	35-5
M50 Harry Windham	35-10.75
Mark Chapman	35-½
C Jackson	33-3.75
M55 John Conniff	42-0
Cliff Davis	29-7½
M60 Milton Brady	34-4.75
M65 Jim Gerhardt	35-9½
Val Smith	30-2
M70 Fred Adams	28-10½
Les Frisk	23-7½
M85 John Pearce	24-3½
W40 Cheryl Mellenthin	23-6.75
W45 Steph DeAngelo	16-1.75
W55 Fay Richard	23-7½
Sylvia Brooks	21-7½
W70 Ruth Seeger	23-3½
<b>Discus</b>	
M35 Coy Akers	112-5
M45 Jerry Brewer	109-1
M50 Mark Chapman	112-5
Darel Petty	102-3
C Jackson	101-6
M55 John Conniff	155-4
Howard Zingg	122-1
Cliff Davis	98-9
M60 Milton Brady	97-2
M65 Jim Gerhardt	137-6
Roy Morgan	120-3
Val Smith	92-6
M70 Bill Carter	121-8
Les Frisk	72-0
Fred Adams	68-2
M85 John Pearce	70-10
W40 Cheryl Mellenthin	63-4
W45 Steph DeAngelo	41-1
W55 Sylvia Brooks	65-0
W70 Ruth Seeger	59-1
<b>Hammer</b>	
M50 Mark Chapman	78-10
Monroe Ashworth	69-10
M55 Howard Zingg	90-10
John Conniff	89-10
M60 Milton Brady	93-5
M70 Fred Adams	72-3
W40 Cheryl Mellenthin	59-4

<b>Javelin</b>	
M35 Arny Fernando	160-10
Coy Akers	126-4
M40 Stephen Cox	129-9
Russ Jacquet-Acea	116-3
M45 Bill Dulose	130-10
Jerry Brewer	105-8

M50 Ken Wilson	134-10
Darel Petty	129-10
Mark Chapman	103-4
M55 John Conniff	133-5
Gary Dzuris	113-4
Milan Martinez	99-0
M60 Zbyszek Przewodek	124-8
Milton Brady	95-9
M65 Val Smith	93-7
M70 Bill Carter	91-4
Les Frisk	55-1
Al Williams	34-6
M85 John Pearce	59-4
W40 Cheryl Mellenthin	54-5
W55 Fay Richard	70-6
Sylvia Brooks	53-10
W70 Ruth Seeger	71-5
<b>Weight</b>	
M45 Jerry Brewer	19-8
M50 Monroe Ashworth	13-6
M55 John Conniff	19-4½
Howard Zingg	17-½
M60 Milton Brady	14-1
M70 Fred Adams	16-9½
<b>1600m Racewalk</b>	
M35 Bob Watson	8:04.00
M55 John Knifton	8:10.00
M60 A C Jaine	11:09.00
M65 Wilson Petefish	9:39.00
M75 John Calvarese	13:31.00
W30 Heidi Tryon	10:21.00
W50 Marsha Windham	10:59.00

<b>WEST</b>	
<b>KELfield Throws Meet #51</b>	
<b>Santa Cruz, CA; July 13</b>	
<b>Shot Put</b>	
M40 Mike Crowley	35-3½
M45 Gary Kelmenson	33-7½
M55 Dick Hotchkiss	46-4½
<b>Discus</b>	
M30 Mike Buncic	195-11
M45 Gary Kelmenson	106-5
M55 Dick Hotchkiss	150-1
<b>Hammer</b>	
M30 Tore Gustafsson	246-9
M45 Gary Kelmenson	129-2
M55 Dick Hotchkiss	150-1
<b>Javelin</b>	
M40 Mike Crowley	128-0
M45 Gary Kelmenson	104-9
<b>Weight</b>	
M45 Gary Kelmenson	40-5
M55 Dick Hotchkiss	61-0
<b>56# Weight</b>	
M45 Gary Kelmenson	26-1
M55 Dick Hotchkiss	28-6

USATF Meet  
Punahou, HI; July 13

<b>100m</b>	
M30 Rodney Clark	11.15
M50 Kack Karbens	14.08
M65 Bob Voegel	18.57
W35 Joy Margerum	12.49
<b>200m</b>	
M30 Rodney Clark	23.00
M50 Jack Karbens	28.77
W35 Joy Margerum	25.38
<b>400m</b>	
M50 Jack Karbens	1:03.5
M50 Jon Kunitake	2:34.0
W30 Marial Brown	2:37.1
<b>1500m</b>	
M45 Vince Costello	5:08.2
M50 Jon Kunitake	5:19.1
<b>5000m</b>	
M35 Jim Frayer	18:27
M40 Joe Laturnau	19:23
M50 Jon Kunitake	18:59
<b>Short Hurdles</b>	
M40 Vince Costello	17.85
W35 Joy Margerum	14.57
<b>Long Hurdles</b>	
W35 Joy Margerum	1:04.00
<b>Pole Vault</b>	
M40 Vince Costello	10
<b>Long Jump</b>	
M60 Bob Voegel	8-0.50
W35 Joy Margerum	18-2.50
<b>Triple Jump</b>	
M60 Bob Voegel	19-10.25
<b>Shot Put</b>	
M60 Bob Voegel	26
<b>Discus</b>	
M40 Bob DeBenedetto	107-6
M50 Jack Karbens	106
M55 Bob Molyneux	77-1
M60 Bob Voegel	78-7
M70 Ken Wheeler	94-8

San Jose-Silicon Valley Senior  
Games

## San Jose, CA; July 14

M30 Rodney Clark	11.15
M50 Kack Karbens	14.08
M65 Bob Voege	18.57
W35 Joy Margerum	12.49
<u>200m</u>	
M30 Rodney Clark	23.00
M50 Jack Karbens	28.77
W35 Joy Margerum	25.38
<u>400m</u>	
M50 Jack Karbens	1.03.5
<u>800m</u>	

## Continued from previous page

M35 Paul Fragua	4:08.02	Sharos Madeiros	3.45
Bill McQuown	4:20.93	W60 Fei-Mei Chou	3.22
Mark Cleary	4:23.08	<b>Triple Jump</b>	
Angelo Decollibus	4:24.09	M30 Lavell Davenport	14.83
Joe Cabrera	4:29.51	Derek Brown	12.77
M40 Peter Moog	4:08.32	M40 David Quick	13.44
Richard Burns	4:08.54	M80 Clarence Trahan	6.93
M45 David Salazar	4:20.73	W35 Elaine Iba	8.38
Jim Gorman	4:21.20	W60 Fei-Mei Chou	6.60
Agustin Medina	4:54.33	<b>Shot Put</b>	
John Davis	5:05.91	M30 Steve Barba	11.84
M50 Juan Cabeza	4:34.45	James Barry	10.96
Rob Russell	4:48.58	M35 Jeff Crothers	11.64
M55 Charles Burton	5:05.22	M40 Bill Gardner	13.94
M60 Earl Davis	5:29.09	M45 John Von Rohr	12.76
R Archibald	6:05.32	Alfred Cain	9.70
M65 Gunnar Linde	5:27.62	M50 Doug Wells	14.68
Pete Mundie	6:44.64	Dennis McCraven	12.42
W30 Gillian Drummond	5:42.22	David Pena	11.90
W35 Debbie Selby	7:45.30	Richard Behrens	11.34
W45 Joni Shirley	5:28.42	Robin Paulsen	10.82
W60 Vicki Bigelow	5:47.52	M60 Hal Smith	13.68
<b>5000m</b>		Sam Adams	13.04
M40 Murray Greenberg	18:48.08	Stewart Thompson	12.70
Leslie Caldera	19:37.63	Alan Rosen	9.24
M45 Irwin Mercin	18:56.90	Walter de Rothne	7.70
M60 R Archibald	21:18.44	M65 Don Hegberg	8.80
G McClathen	32:30.39	M70 Bill Bangert	11.18
W35 Vickie Ford	19:10.10	M75 Jim Sullenger	9.20
W40 Lorraine Gersitz	20:04.03	W35 Karen Vaughn	8.67
W45 Anita Greenberg	21:55.79	W40 Joan Stratton	10.98
<b>Short Hurdles</b>		W45 Lorraine Tucker	8.86
M30 Berry Kettrell	14.95	Sandra Harrison	8.12
Roger Drummond	17.04	W50 Kathy Jager	9.44
Steve Selvidge	18.46	W30 Karen Huff	8.70
M40 Ken Stone	19.58	Ricki Nichols	8.10
M45 Sheridan Groves	19.10	Jane Serra	7.06
M50 Theo Viltz	15.01	<b>Discus</b>	
M55 Walt Butler	14.63	M30 Steve Barba	36.74
M65 John Martel	19.00	John Price	35.82
W70 Johnny Valien	21.07	James Barry	35.20
<b>Long Hurdles</b>		Steve Selvidge	29.98
M30 Roger Drummond	1:02.30	M40 Bill Gardner	36.88
M40 Andrew Ilcker	1:07.52	M45 Alfred Cain	28.14
Ken Stone	1:10.67	M50 Lloyd Higgins	50.16
M45 Sheridan Groves	1:07.35	Doug Wells	49.70
M60 Al Sheanen	56.59	David Pena	38.38
W40 Tina Stough	55.01	M55 Joe Marino	42.34
<b>2000m Steeplechase</b>		Gary Miller	37.62
M65 Jim Selby	9:18.99	Ron McKnight	19.58
Efrain Sanchez	9:54.45	M60 Stewart Thompson	51.46
Walt Atcheson	10:35.72	Bob Humphreys	50.72
M70 Avery Bryant	9:30.89	Sam Adams	43.82
<b>3000m Steeplechase</b>		Alan Rosen	36.12
M40 Neal Bojko	12:54.21	Walter de Rothne	22.76
M45 Don Chadez	11:41.07	M65 Don Hegberg	37.90
M50 Dick Jones	12:47.56	Walt Atcheson	23.86
<b>4x100m Relay</b>		M70 Bill Bangert	32.06
M40 MON	49.02	Don Roser	30.64
W50 MAX	1:07.43	M75 Wilbur Thompson	34.12
W60 LEG	1:05.88	Jim Sullenger	30.14
<b>High Jump</b>		Bob Hunt	23.22
M30 Derek Brown	1.61	W40 Joan Stratton	31.00
M50 Roberto Pozzi	1.66	W45 Lorraine Tucker	27.18
M60 Phil Fehlen	1.66	Sandra Harrison	19.78
Nick Newton	1.56	W50 Ricki Nichols	21.10
Hal Smith	1.41	Walt Atcheson	20.20
M65 Bud Held	1.41	Kathy Jager	19.92
Budd Hamilton	1.01	Jane Serra	17.74
M70 Don Roser	1.16	W60 Kristel Miller	19.56
M75 Burt Gist	1.06	<b>Hammer</b>	
W35 Karen Vaughn	1.20	M35 Jeff Crothers	35.82
W45 Anali Steekelenburg	1.42	M45 Mike Diller	45.16
W50 Sharon Madeiros	1.12	John von Rohr	40.54
W60 Kristel Miller	1.16	Alfred Cain	28.74
W70 Johnny Valien	1.00	M60 Stewart Thompson	49.28
<b>Pole Vault</b>		Bob Humphreys	46.24
M30 Greg Ronlov	4.25	M70 Bill Bangert	30.94
M35 Bill Halverson	4.75	W40 Joan Stratton	35.28
Greg Charles	3.96	W45 Sandra Harrison	21.22
M40 Mike Hogan	4.26	<b>Javelin</b>	
M45 Greg Miguel	4.11	M30 Ken Hall	61.98
Steve Morris	3.96	Steve Barba	47.50
M50 Mardon Connelly	3.66	M35 John Hansen	54.46
M60 Hal Smith	2.28	M40 Bill Gardner	46.62
M70 Jim Johnson	2.13	M45 Joe Greenberg	56.20
Don Roser	1.98	Ron Rook	36.98
W65 Shirley Kinsey	1.68	M50 David Pena	41.60
<b>Long Jump</b>		Robin Paulsen	39.02
M30 Kerek Brown	6.95	Richard Behrens	32.54
Steve Selvidge	6.29	M55 Gary Miller	40.10
M40 David Quick	5.84	Steve Wordell	38.78
Andrew Hecker	4.92	M60 Edward Martin	36.52
M45 Carl Flowers	5.59	M65 Del Pickarts	42.96
M55 Milan Tilt	3.98	Don Hegberg	28.58
M60 Roger Tsuda	4.75	M70 Don Roser	28.86
Edward Martin	3.94	W35 Karen Vaughn	22.32
M65 Jim Selby	3.58	W50 Ricki Nichols	25.28
M70 Jim Johnson	3.32	Karen Huff	24.42
M80 Clarence Trahan	3.95	Jane Serra	21.50
W35 Elaine Iba	4.48	W60 Kristel Miller	26.58
W50 Nadine O'Conner	3.90	<b>3000m RW</b>	
Kathy Jager	3.66	M50 Mike Blaakeman	21.32
		M60 Lloyd McGuire	19.05

USATF West Regional Masters  
Weight Pentathlon  
Championships  
Santa Cruz, CA; Aug. 3

(HT/SP/DT/JT/WT)	
M35 Andrew Miller	39 2863
(37.82/11.69/40.52/44.28/11.77)	
M40 Richard Watson	43 2864
(34.00/10.85/36.28/47.30/10.56)	
John Townsend	41 2043
(22.82/10.33/27.34/37.58/6.68)	
M45 Gary Kelmanson	46 3025
(40.28/10.28/32.88/30.24/12.34)	
M60 Rick Behrens	54 2715
(24.60/11.46/32.88/28.82/11.77)	
M65 Jim Hart	58 3500
(36.36/12.32/38.00/25.40/12.51)	
Mike Parker	55 2804
(25.02/11.40/34.06/23.02/9.35)	
M60 Steve Thomson	63 4332
(49.56/12.80/50.32/24.68/16.62)	

Bay Area Pole Vault  
Development Invitational  
San Francisco; Aug. 3

M30 Kevin Stange	13-0
M35 Jerry Strong	14-6
Mike Garzillo	12-0
M40 Wilson Soohoo	12-0
M45 Eddie Seese	12-0
Skip Seabeck	10-3
M50 Roger Werne	12-0
Bruce Hotaling	11-6

## NORTHWEST

USATF Northwest Regional  
Masters Championships/  
KeyBank Classic  
Tacoma, WA; Aug. 3-4

<b>100m</b>	
M30 Art Anderson	10.80
Paul Scarlett	10.90
Mike Streeter	14.20
M35 Mike Waller	11.30
Karry Cameron	11.50
Everette Deveaux	11.90
Greg Wright	12.50
M40 Billy McKinney	11.80
John Wells	11.86
Prentis Johnson	12.31
Roger McIntosh	12.33
M45 Greg Williams	12.60
Jack Craig	12.70
Richard Ying	13.20
M50 Steve Robbins	11.70
Mike McDaniel	12.69
Ron Jensen	13.12
Will Leslie	13.23
M55 Paul Stepan	14.03
Tom Hunt	14.70
M60 Jim Schlewitz	14.41
Richard Harrison	15.06
Melvin Preedy	16.59
M65 Jack Coy	14.01
Dick Cottingham	15.11
Irv Shotwell	16.43
M80 Alvin Klier	18.52
W35 Susan Smith	13.39
W40 Joy Cordell	15.86
W45 Geri Piper	15.52
Caroline Cooney	16.29
Teddie Bell	16.30
W50 Rose Schlewitz	17.50
W55 Laura Stepan	19.60
W70 Pat Peterson	16.91
W75 Evelyn Lercher	24.30
<b>200m</b>	
M35 Benito Rosales	24.04
Robert Good	26.27
Greg Wright	26.80
M40 John Wells	24.84
Roger McIntosh	25.04
Russ Acea	25.79
M45 Greg Williams	25.81
Jack Craig	26.71
M40 Russell Acea	27.07
Richard Ying	27.07
Dave Manthey	27.83
M50 Grant Lamothe	27.62
M55 Paul Stepan	28.38
Tom Hunt	31.07
M60 Jim Schlewitz	29.62
Larry Wright	34.76
M65 Jack Coy	28.35
Dick Cottingham	31.72
M80 Alvin Klier	39.99
W35 Susan Smith	27.47
W40 Denise Foreman	27.74
W45 Teddie Bell	35.76
W70 Pat Peterson	36.67
W85 Mabel O'Hare	70.99
<b>400m</b>	
M30 Paul Scarlett	50.46
Frank Coleman	51.96
M35 Karry Cameron	53.42
Doug Schlewitz	54.14
Tim Douglas	61.74
M45 Dave Manthey	62.47
Tony Hanson	63.53
Charles Byres	68.30
M50 Steve Robbins	52.87
Ron Jensen	60.65
M55 Paul Stepan	66.18
M60 Don Kane	65.11
Jim Schlewitz	71.33
Larry Wright	75.35

M65 Jack Coy	64.09
W35 Susan Smith	65.69
W70 Pat Peterson	91.29
<b>800m</b>	
M30 Jona Silva	2:22.50
M35 Rich Ben	2:05.00
Tad Gotting	2:05.90
M40 Dave Clingan	2:04.60
Bill Codd	2:05.40
Arny Stonkus	2:09.90
Mike Allison	2:16.00
Ron Dimmerman	2:39.00
Ken Bell	2:12.90
Dean Koga	2:14.70
Charles Byres	2:34.10
M50 Joe Henry	2:20.90
Ron Taylor	2:39.30
M55 Elbert Field	2:48.90
M60 Ken Ogden	2:34.40
Don Kane	2:35.80
Field Ryan	2:56.60
M65 Tom Brinton	2:31.90
M75 Dan Bulkley	3:31.90
W30 Esther Holman	2:58.60
W35 Jennifer Fisher	2:20.50
Sue Grigsby	2:25.80
Mary Russell	2:30.90
Renec Jackman	2:42.40
W45 Jane Treleven	2:32.00
W55 Madeline Bost	3:06.60
<b>1500m</b>	
M35 Rich Ben	4:19.80
Tim Douglas	5:13.70
M40 Arny Stonkus	4:24.30
Mike Allison	4:25.20
Ron Dimmerman	5:36.00
M45 Ken Bell	4:21.00
Roger Price	4:28.80
Dean Koga	4:44.60
Brian Peterman	5:14.90
M50 Larry Wilson	4:40.40
Joe Henry	4:59.40
M55 Herb Phillips	4:46.50
Eugene Chase	5:14.00
Elbert Field	5:57.60
Bob Shedy	6:23.70
M60 Ken Ogden	5:22.60
Field Ryan	5:59.30
W35 Sue Grigsby	4:53.99
W40 Joy Cordell	5:25.83
Colleen RhayStone	6:05.11
W50 Rose Schlewitz	7:55.65
W55 Laura Stepan	8:11.27
W60 Suzi MacLeod	6:07.01
Peggy Ainslie	6:27.77
<b>5000m</b>	
M30 Stan Holman	15:22.28
Mark VanPoyke	15:32.94
Dan Salazar	15:40.98
M35 Luciano Campagnolo	17:35.84
Lucia Montes	21:11.10
M45 Roger Price	16:20.08
Jim McGill	16:30.34
Phil Codd	18:33.15
M50 Jerry Graham	17:20.47
Ron Taylor	18:22.51
M55 Gene Chase	18:24.56
Dennis O'Hare	20:44.60
M60 Bill Iffrig	18:22.80
Derek Mahaffey	19:23.47
Melvin Preedy	19:48.90
Larry Wright	20:21.40
W40 Colleen RhayStone	20:35.70
<b>10,000m</b>	
M35 Luciano Campagnolo	36:53.32
M45 Douglas Sturm	43:08.01
M50 Chuck Mackack	39:17.89
M60 Larry Wright	41:47.28
Melvin Preedy	42:18.93
<b>Short Hurdles</b>	
M30 Mike Streeter	20.01
M35 Doug Schlewitz	16.21
Karry Cameron	16.93
M45 Jack Craig	16.75
M65 Chadwick Bolender	21.40
M65 Darold Skartvedt	27.30
(110mH)	
<b>Long Hurdles</b>	
M30 Mike Streeter	77.50
M35 Doug Schlewitz	57.80
M40 Russell Acea	65.30
M50 Jess Brewer	62.20
Grant Lamothe	74.20
M65 Darold Skartvedt	61.40
M75 Dan Bulkley	64.80
<b>Steeplechase</b>	
M30 Pat Wagner	10:25.90
Eric Roley	13:30.50
M35 Jack Prestrud	10:41.30
M40 Dan Winzenried	10:47.00
M45 Walt Atcheson	10:14.85
W35 Jennifer Fisher	7:42.00
W55 Madeline Bost	10:08.14
<b>4x100m Relay</b>	
M50-54 Portland Mas TC	57.70
<b>4x800m Relay</b>	
M60-64 Snohomish TC	11:20.00
<b>High Jump</b>	
M30 Mark Crippen	1.56m
Mike Streeter	1.32
M40 Richard Teller	1.84
M45 Tom Light	1.51
Tony Hanson	1.42
Jack Craig	1.42
M50 Jim Anderson	1.42
Pat Shober	1.42
M55 Brad Wilson	1.32
M60 Melvin Preedy	1.25
Jim Hitchman	1.25
M65 William Hill	1.37
Charles Bispala	1.05

Pole Vault	
M30 Mike Jaqua	13-0
M35 Robert Good	12-4
M45 Tom Light	10-0
Richard Ying	10-0
M50 Dennis Phillips	13-0
M65 Chadwick Bolender	5-6
M70 John Cleveland	8-6
Don Grosh	8-2
W55 Lucky Sisley	7-10
Madeline Bost	6-10
Long Jump	
M30 Greg Font	19-1
Rob Robertson	16-8½
M35 Greg Wright	17-7½
M40 John Wells	18-8
Dale Cummings	16-5
John Lowe	13-8.75
M45 Oron Lott	16-10½
M50 Mike McDaniel	18-5½
K H Troy	17-6½
Pat Shober	14-10
Johnny Edwards	14-8½
Jim Anderson	13-2½
M55 Bob Sheedy	14-9
Brad Wilson	11-6
M60 Rich Harrison	13-4
W35 Susan Smith	15-5
W45 Caroline Cooney	11-8
W75 Evelyn Lercher	6-11
Triple Jump	
M35 Greg Wright	10.39
M40 Mike Iariza	13.12
Russ Acea	10.01
M45 Oron Lott	10.35
M50 K H Troy	10.95
Johnny Edwards	8.78
Grant Lamothe	8.58
M55 Brad Wilson	7.78
M65 Ray Ryan	5.48
Shot Put	
M35 Mike Westlin	13.55
M40 Gary Zasinovich	11.90
M45 Cleveland Futch	10.66
Pat Ellsberg	10.57
M50 John Allamano	14.52
Jack Miller	10.44
Steve Torgensen	9.27
M55 Russ Hodge	15.20
Larry Lundgren	10.82
Brad Wilson	8.82
M60 Neil Saling	11.87
Turk Markishtum	11.29
Jim Hitchman	10.46
Paul Kaald	8.70
M65 Reed Quinn	10.80
Charles Bispala	9.87
Jerry Wojcik	8.28
M70 Harvey Williams	9.95
M75 Jim Minah	9.51
Gerald Cysewski	8.32
M80 Leon Joslin	8.20
W35 Mary Harrington	9.65
W40 Joli Sandoz	7.22
W45 Pauline Thomas	9.65
Sue Hinz	7.85
Discus	
M30 Mike Bennett	48.06
Robby Robertson	28.26
Mike Streeter	23.94
M35 Mike Westlin	40.34
M40 Mark Neal	41.40
Gary Zasinovich	31.40
M45 Tim Edwards	41.94
Tom Taugher	33.08
Pat Ellsberg	31.86
Cleveland Futch	29.88
M50 Jack Miller	34.40
Steve Torgensen	30.20
M55 Russ Hodge	44.18
Larry Lundgren	34.26
Bob Sheedy	32.60
J W King	29.08
Brad Wilson	26.74
Dick Dow	28.16
M60 Neil Saling	45.00
Turk Markishtum	35.12
Frank Miller	34.66
Rich Harrison	28.46
M65 Darrol Skartvedt	40.94
Reed Quinn	35.26
William Hill	31.62
Jerry Wojcik	30.58
Charles Bispala	28.42
M70 Harvey Williams	37.22
M80 Leon Joslin	25.30
W40 Joli Sandoz	18.38
W45 Pauline Thomas	29.26
Sue Hinz	29.04
Hammer	
M40 Gary Zasinovich	27.54
M45 Tim Edwards	40.80
Pat Ellsberg	29.50
Bill Guller	24.30
Cleveland Futch	18.24
M50 George Mathews	46.24
M60 Frank Miller	36.70
Jim Hitchman	33.54
Fred Shanahan	30.66
M65 Ken Weinzel	35.34
Jerry Wojcik	33.84
Reed Quinn	27.50
M75 Jim Minah	33.68
M80 Leon Joslin	21.04
W45 Sue Hinz	25.52
Pauline Thomas	24.70
W50 Suzy Hess	21.70
Georgia Cutler	20.10
Javelin	
M30 Mike Streeter	34.06
Rob Robertson	

## Continued from previous page

W45 Bonni Walker	18:41.70
W50 K McFarland	23:27.80
W60 Shirley Smith	25:22.00
W80 Ivy Granstrom	37:45.90

## Short Hurdles

M50 Jess Brewer	16.09
M65 Danny Daniels	21.45
400m	
M50 Jess Brewer	63.33
High Jump	
M40 John Beers	1.81
M45 John Hawkins	1.75
M50 Ken Underdahl	1.45
M60 George Reilly	1.15
M65 Danny Daniels	1.20
M40 Debbie Brill	1.70
M45 Becky Willis	1.50

## Long Jump

M40 Greg McGinn	5.76
M45 John Hawkins	5.33
M50 Ken Underdahl	4.59
M55 Norm Reynolds	4.43
M65 Isaac Thiessen	3.56
M80 Ron Linsdell	2.26

## Triple Jump

M40 Roger McBride	9.94
M50 K II Troy III	11.31
M65 Ray Ryan	5.38

## Shot Put

M40 Murray Hall	11.71
M45 Tom Woodske	10.22
M65 Isaac Thiessen	7.73
M70 Art Jaago	11.24
M45 Becky Willis	8.54
M60 Mae Turek	8.76

## Discus

M40 Murray Hall	40.84
M45 John Hawkins	32.62
M60 Vernon Priebe	39.48
M70 Art Jaago	34.88
M60 Mae Turek	23.48

## Hammer

M45 Tom Woodske	25.20
M50 George Mathews	47.00
M60 Fred Shanahan	29.66
M65 Ken Weinbel	34.72
M70 Art Jaago	34.22
M60 Mae Turek	21.48

## Javelin

M60 Gordon Reilly	30.42
M65 Isaac Thiessen	23.70
M70 Art Jaago	32.30
M80 Ron Linsdell	17.10
M60 Mae Turek	19.34

## 1500m Racewalk

M60 Bev LaVeck	8:18.63
Pentathlon	
M45 Brock Pullen	2714
M50 Grant Lamothe	2830
M55 Roger Dean	2595
M65 Danny Daniels	2481

## INTERNATIONAL

Dutch National Championships  
Barendrecht; June 15-16

100m	
M40 Sam Monsels	11.68
M45 Fred v Gasteren	11.79
M50 Henny v Verseveld	12.28
M55 Ab Heynemans	14.30
M60 Pieter Schouten	13.76
M65 Bram Lindhout	15.09
W35 Tilly Verhoef	12.18
W40 Riny Hagenaars	12.92
W45 Mariet Thomas	13.33
W50 Marja Broers	14.43
W55 Lisa Plat	15.78
W60 Corrie Roovers	14.36

## 200m

M40 Kees Bakx	24.28
M45 Wim Scholtes	24.16
M50 Henny v Verseveld	25.42
M55 Ab Heynemans	29.04
M60 Pieter Schouten	28.05
M65 Boy v Heemstede	29.81
W35 Tilly Verhoef	25.05
W40 Anja Akkerman	26.89
W45 Mariet Thomas	27.62
W50 Marja Broers	29.24
W55 Rietje Kijkman	30.70

## 400m

M40 Robert Schuwer	52.85
M45 Wim Scholtes	52.53
M50 Wim Schreuder G	59.66
M55 Rob Kila	1:01.63
M60 Theo Evers	1:05.77
M65 Boy v Heemstede	1:04.39
W35 Tilly Verhoef	57.74
W40 Diny vd Ven	1:03.03
W45 Lena Jansen	1:04.93
W50 Marja Broers	1:08.89
W55 Lisa Plat	1:15.04

## 800m

M40 Robert Schuwer	2:00.53
M45 Jan Laan	2:04.36
M50 Ronald Mercelina	WR1:59.45
M55 Hans Boon	2:29.12
W35 Mariet v Geel	2:18.75
W40 Diny vd Ven	2:25.32
W45 Martha v Hal	2:39.58

W55 Gerda v Kooten	2:34.98
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## 1500m

M40 Bert Tielen	4:21.39
M45 Jaap Vallentoged	4:20.23
M50 Ronald Mercelina	WR4:09.53
M55 Ad Heijdens	4:40.59
M60 Theo Evers	5:10.65
W35 Mariet v Geel	4:45.58
W40 Tilly vd Laar	4:59.49

## W45 Martha v Hal

## 5000m

M40 Cees Kraaijeveld	15:20.97
M45 Jan Cammeraat	15:55.99
M50 Rien Oele	17:06.60
M55 Hans vd Kooij	17:46.18
M60 Sjef Senden	20:15.76
M70 Hans Kamperdijk	22:10.39
W35 Gieske Jansen	18:04.48
W40 Tilly vd Laar	18:06.00
W45 Els Raap	18:07.25
W50 Han Vos	19:57.38
W65 Sophie Wisman	23:35.78

## Short Hurdles

M40 Teun Vis	19.50
M45 Bert Voerman	20.19
M50 Frank Larsen	15.64
M60 Kees v Giezen	18.17
M65 Harm Hendriks	21.22
W40 Riny Hagenaars	12.11
W45 Lena Jansen	13.42
W50 Laura Blommestijn	14.95
W55 Rietje Dijkman	14.08
W60 Corrie Roovers	WR13.89

## Long Hurdles

M40 Martin de Peter	1:01.46
M45 Cees Berg	1:06.04
M50 Frank Larsen	1:07.16
M60 Kees v Giezen	51.27
W45 Leny Herstel	1:26.63
W55 Rietje Dijkman	54.26
W60 Corrie Roovers	58.47

## 3000m Steeplechase

M40 Van vd Bos	11:18.06
M45 Steef Kijne	10:40.57

## 4x100 Relay

M40 Zuidwal	47.60
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## High Jump

M40 Teun Vis	1.70
M45 Ton de Graaff	1.75
M50 Peter Blommestijn	1.60
M55 Rob Bleyert	1.65
M65 Arend Koet	1.40
W35 Sjan Roest	1.47
W40 Janine Kortbeek	1.47
W50 Laura Blommestijn	1.30
W55 Rietje Kijkman	1.30

## Pole Vault

M40 Frans vd Ham	4.00
M60 Kees v Giezen	2.80

## Long Jump

M40 Wout v Drunen	6.01
M45 Wim Scholtes	5.89
M50 Jacques Janssen	5.35

## W45 Elenora Mendonca

## EAST

## Riverside Twilight 8K/USATF

## New England 8K Championships

## Agawam, MA; May 19

## Overall

Scott Bagley	24:12
Maggi Murray	28:13
M40 Bob O'Hara	25:26
Ken Leinback	25:53
Wayne Jacob	26:07
M45 Vladimir Krivoy	25:40
Larry Olsen	26:29
Tom Carroll	26:40
M50 Sumner Brown	27:32
Stoddard Melhado	27:37
Doug McGregor	28:18
M55 Gabriel Bernal	30:01
Paul Hoffman	30:49
Will Mason	32:03
M60 Billy Spencer	31:42
Jim O'Toole	32:50
Paul McDermott	34:21
M65 Jack Nyhan	38:46
Stephen Brookd	45:52
W40 R Stockdale-Woolley	29:46
Sandy Lovejoy	30:24
Marge Belisle	31:19

## Teams (5 men/3 women)

M40 TriValley FR	2:12:59
Greater Lowell RR	2:13:22
Central MA Str	2:23:23
M50 Greater Lowell RR	2:28:36
Cambridge Sprt Un	2:34:06
W40 Central MA Str	1:32:32
Liberty AC	1:37:33
Cambridge Sprt Un	1:42:54
W50 Liberty AC	1:51:24
Central MA Str	1:58:05

## Lesbian &amp; Gay Pride Run 8K

## Central Park, NYC; June 29

## Overall

Michael Keohane 31	24:51
Susan Yang 31	32:01
M40 Peter Diaz	28:57
Theodore Peterson	29:04
Ilacive Cayachi	29:51

M55 Nol vd Zalm	4:31
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## M60 Kees v Giezen

M65 Bram Lindhout	4:32
W35 Evier Roelands	5:10
W40 Anja Akkerman	5:04
W45 Elly Willemsen	4:73
W50 Mia Linskens	4:14
W55 Rietje Dijkman	4:09

## Triple Jump

M40 Wout v Drunen	12.30
M50 Frank Larsen	11.07
M60 Jan Smit	7.29
W35 Evier Roelands	10.70
W40 Jannet Vermeulen	8.99
W50 Laura Blommestijn	8.47
W55 Rietje Dijkman	8.98

## Shot Put

M40 Joop vd Laar	14.04
M45 Hans Schouten	14.48
M50 Piet Klaassen	13.90
M55 Wim Fokker	12.24
M60 Jeltje Doornbos	12.12
M65 Jan Oerlemans	10.12
W35 Annermieke Bolte	9.86
W40 Tine Schenkels	12.87
W45 Mariet Thomas	11.82
W50 Janne Schot	11.69
W60 Corrie Roovers	9.21

## Discus

M40 Rob Hermans	44.40
M45 Hans Schouten	46.02
M50 Harry Zitgen	47.18
M55 Jan Pronk	41.54
M60 Jan Smit	41.22
M65 Cor Braak	39.20
M70 Joop Bakker	25.66
W35 Hanneke Ebbinkink	38.34
W40 Tine Schenkels	40.38
W45 Annie v Anholt	40.60
W50 Jolanda Brassier	33.22
W60 Corrie Roovers	29.72

## Hammer

M40 Peter v Noort	55.90
M45 Martin Regtop	39.38
M50 Frits v Buuren	44.12
M55 Jan Pronk	36.50
M60 Jan Smit	35.52

## Javelin

M40 Dirk Kooreman	56.68
M45 Fred Harmsens	46.90
M50 Jan v Empel	44.58
M55 Wim Fokker	38.00
M60 Piet Olofsen	40.10
M65 Cor Braak	36.44
M70 Joop Bakker	32.68
W35 Hanneke Barnhoorn	35.38
W40 Bep v Pelt	28.22
W45 Henny v Kruchten	33.76

## 5000m RW

M40 Theo Koenis	23:51.87
M45 Philip Krul	25:53.99
M50 Ad v Oyer	28:30.09
M60 Nico Schrotten	27:19.66

## W45 Elenora Mendonca

## Jean Stawiecki

## Diane McLaughlin

## W50 Sue Gustafson

## Laura Beckwith

## Judith Williams

## W55 Carrie Parsi

## Beverly Savage

## W60 Leslie Lowrey

## W65 Lillian Christmas

## Teams (5 men/3 women)

M40 TriValley FR	2:12:59
Greater Lowell RR	2:13:22
Central MA Str	2:23:23
M50 Greater Lowell RR	2:28:36
Cambridge Sprt Un	2:34:06
W40 Central MA Str	1:32:32
Liberty AC	1:37:33
Cambridge Sprt Un	1:42:54
W50 Liberty AC	1:51:24
Central MA Str	1:58:05

## Lesbian &amp; Gay Pride Run 8K

## Central Park, NYC; June 29

## Overall

Michael Keohane 31	24:51
Susan Yang 31	32:01
M40 Peter Diaz	28:57
Theodore Peterson	29:04
Ilacive Cayachi	29:51

M45 Edgar Sandoval	28.30
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## Edson Sanchez

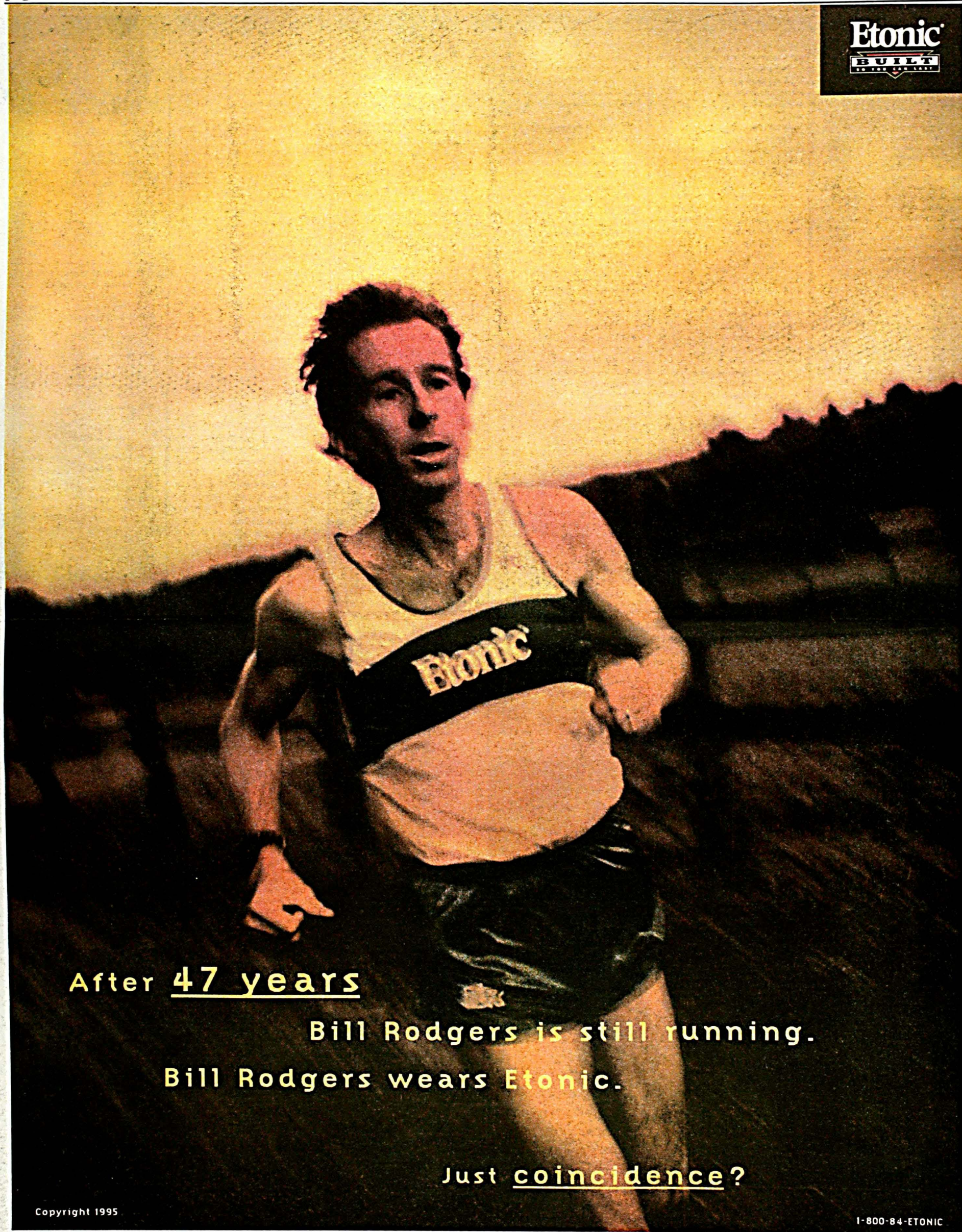
Bob McCormack	34.55
M50 Julio Aguirre	29.45
Charles Walt	33.41
Chuck Poole	34.52
M55 Michael Goldman	32.35
Joseph Puglisi	34.33
Walter Klores	38.36
M60 Graham Opie	34.20
Edward Pyle	41.20
Bob Ziering	51.14
M65 Joseph Burns	36.20
Gene Silbert	40.20
Chauncey Leake Jr	46.51
M70 Sab Koide	42.08
M75 Albert Goldstein	48.41
Wilfredo Rios	48.48
M80 Charles Feldman	54.37
W40 Diane Hawkins	38.21
Sarah Scott	39.28
Pam Palumbo	39.55
W45 Katherine McIntyre	34.37
Irene Jackson	35.43
Dorothy Fuscaldo	36.38
W50 Chuang Chang	37.43
Susan Stevens	39.12
Bonnie Dietrich	42.15
W55 Valdene Ranum	46.54
Sheila Isaacs	53.11
Mary Silverman	56.02
W60 May Chou	42.02
Eileen Dimfeld	43.44
Joan Heidenreich	54.29
W65 Joan Fisher	50.33
W70 Daisy Klein	51.01

## Utica Boilermaker 15K

## Utica, NY; July 14

## Overall

Joseph Kimani 24	42:40
Catherine Ndereba 23	48:55
M40 Karel Jircik	47:29
Antoni Niemczak	47:58
Martin Mondragon	48:16
Brian Kirkwood	48:18
Jeff Foster	48:42
Len Lally	51:02
Tom Carter	52:13
Gary Moore	54:06
David Alessi	54:08
Leonard Martin	54:20
M45 Bill Rodgers	50:23
Richard Hoebeke	53:31
Ric Perry	54:14
M50 Phil Barker	54:59
Richard Webb	55:20
Jim Lupton	59:25
M55 Fay Bradley	54:48
Tony Ceminaro	58:12
Rich Asaro	60:56
M60 Charles Rose 63	60:00
Wayne Thompson 60	62:05
Wayne Decker 60	63:36
Donald Sibley	64:15
M70+Phil Mongillo	69:26
Antony Napoli	69:30
Sam Gratch	90:07
W40 Tatyana Poznyakova	52:03
Jane Welzel	53:08
Alice Thurau	55:40
Carol McLatchie	59:31
Jean Queal	61:44
Margaret Hartman	63:42
W45 Diane LeGare	56:32
Judith Hine	59:54
Claudia Piepenburg	62:45
W50 Barbara Filutze	59:45
Nancy Frisillo	64:24
Jayne Zinke	68:43
W55 Margaret Betz	71:18
Mary Shaver	72:26
Becky Morris	78:14
W60+Wen-Shi Yu 61	72:38
Gloria Brown 64	76:18
Connie LaSalle 60	82:43



After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?