

# NATIONAL MASTERS NEWS

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

265th Issue

September 2000

\$2.50

## Nationals Draw 1503 to Eugene

### Athletes Come From 50 States and 12 Countries

by JERRY WOJCIK

Everybody expected a well-attended, good championships, but what they got was the biggest and perhaps the best ever at the 33rd USATF National Masters Track & Field Championships held at the U. of Oregon's Hayward Field in Eugene on Aug. 10-13.

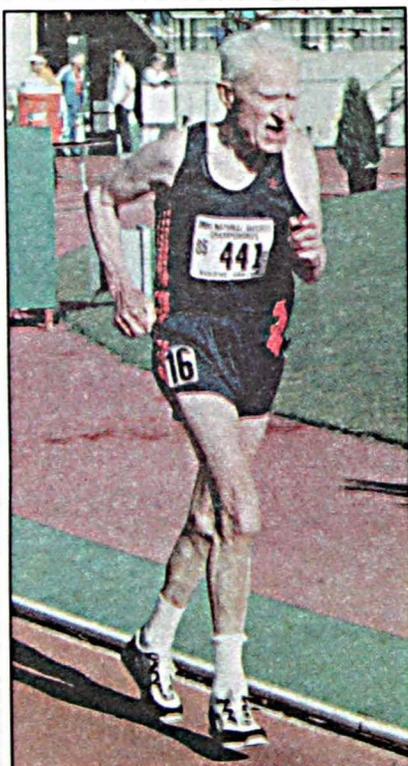
Large fields of entries packed with talented athletes resulted in superb competition. The weather was near-perfect, warm but not hot, and rainless. Athletes, especially field eventers, were particularly appreciative of a precise schedule that was generally adhered to. Those who stayed on campus extolled the proximity (across the street) of the dorms to the track and the high quality and quantity of food in the cafeteria, a rarity at previous masters meets.

The meet, which had been last  
Continued on page 9



SUZY HESS

Finalists in the M45 100 (l to r): Walwyn Franklin, Thomas Jones, second (11.51), Hubert Evans, Bill Collins, first (11.18), Robert Bowen, third (11.60), Dwayne Baruso, Tom Smith, and Charlie Powell.



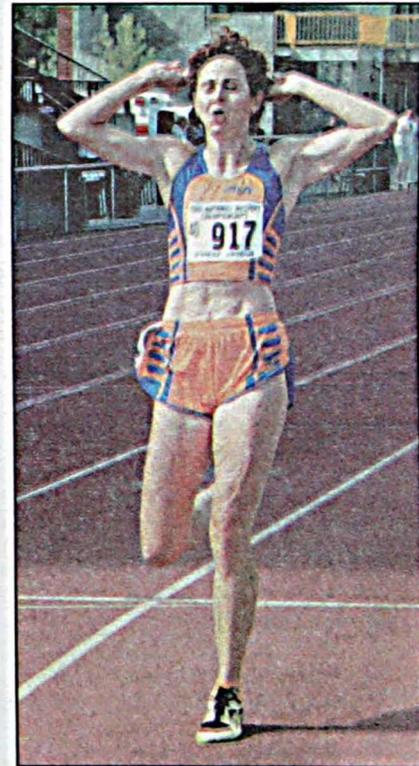
JERRY WOJCIK

Alfred Funk, 86, of Montana, broke M85 world records in the 800 (3:28.15), 5000 (25:47.54), and 10,000 (54:19.28).



JERRY WOJCIK

Steven Hardison, winning the M50 400 (53.20) from Alston Brown (53.41), National Masters Championships, Eugene, Ore. Later in the day, Hardison broke the M50 pole vault world record with a 4.53. Later in the meet, Brown won the 800 and 1500.



SUZY HESS

Rose Monday, W40 winner in the 400, 800, and 1500.

The New Jersey Association of USA Track & Field presents:  
**2000 USATF NATIONAL MASTERS**  
**5km CROSS COUNTRY CHAMPIONSHIPS**

**Sunday, November 19, 2000**  
**Plus Holmdel Park - Holmdel New Jersey**  
**The Holmdel Park Alumni Open 5km**  
**Cross Country Shootout**

**Meet Schedule:**

- 10:00am...Women 40 & Over
- 10:45am...Men 50-59
- 11:20am...Men 40-49
- 11:55pm...Men 60 & Over
- 12:30pm...Holmdel Park Alumni *Open 5km Shootout*

**Eligibility:**

All men and women 40 years or older on race day are eligible to compete in the Championship races. Race director may require proof of age.

USATF membership is required. Membership is also required for the non-championship open race.

Foreign athletes may participate as individuals (not on a team) and are eligible for (non-USATF) commemorative awards.

Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards.

**Age Divisions/Awards:**

The top 5 athletes in each 5 year age group will receive National Championships medals.

**Team Entries:**

Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed under USATF Masters rules.

Team entries must be submitted (mailed) together.

Add-ins and scratches are allowed up until race day. Proof of team (club) membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

The following will constitute teams:

- Men 40-49 & 50-59 — 5 score, declare upto 8
- Men 60-69, Men 70+ — 3 score, declare upto 5
- All women's teams — 3 score, declare upto 5

**Team Prize Money & Awards:**

Gold, Silver and Bronze medals will be awarded to all declared athletes on 1st, 2nd and 3rd place teams.

\$2700 in team prize money will be available as follows:

Men	1st	2nd	3rd	Women	1st	2nd
M40-49	\$400	\$200	\$100	W40-49	\$200	\$100
M50-59	\$400	\$200	\$100	W50-59	\$200	\$100
M60-69	\$200	\$100		W60-69	\$200	
M70-79	\$200					

**Lodging:**

Mention "USATF Masters XC" when calling any of the below:  
 Holiday Inn (Tinton Falls) 732-544-9300 (Meet Headquarters)  
 Red Roof Inn (Tinton Falls) 800-843-7663  
 Must call prior to 11/3/00 to ensure discounted rates.

**Entry Fees:**

**Masters National Championships:** (no day of race entry)  
**Pre-entry:** (postmarked by November 9th): \$20.00  
 (include a SASE and Bib # and information will be mailed back)  
**Late Registration:** (on 11/18) at Holiday Inn/Tinton Falls: \$35.00  
 Long Sleeve Championship T-Shirt available at an additional charge

**Open 5km Cross Country Shootout:** (no day of race entry)  
**Pre-entry:** (postmarked by November 9th): \$10.00  
 (include a SASE and Bib # and information will be mailed back)  
**Late Registration:** (on 11/18) at Holiday Inn/Tinton Falls: \$15.00  
 T-shirts not available for this event

**Information:**

(Phone): 732-296-0006 (E-mail): USATFNJ@aol.com  
 (Website): <http://www.usatf.org/assoc/nj>



**Holmdel Park Alumni Open Cross Country Shootout Info:** provides post-collegiate and collegiate athletes the opportunity to compete on the infamous Holmdel Cross Country course for the first time since their High School days. Just how good is Jason DiJoeseeph's (15:16) and Janet Smith's (17:35) course records. For the first time non-high school runners will be given the opportunity to see for themselves. **Alumni Team Competition:** top 3 (from the same High School) to score...male and female divisions.

May be photocopied

**INDIVIDUAL REGISTRATION FORM**

One form/person

Checks Payable and Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

Name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Age (on Race Day): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male \_\_\_ Female \_\_\_  
 Country of Citizenship: \_\_\_\_\_ Resident Alien: Yes / No  
 USATF #: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

**TEAM INFORMATION:**

Team Affiliation: \_\_\_\_\_ Team Age Division: \_\_\_\_\_  
 1) Only fill this in if you are representing a team at this event  
 2) reminder all team applications should be received as a package.  
 3) Athletes in the Open 5km Cross Country Shootout indicate the High School you graduated from  
 Captain Name: \_\_\_\_\_ Captain Phone: ( ) \_\_\_\_\_

**Check Appropriate Fees and Quantities**

Masters XC Championships	Open 5km Cross Country Shootout
\$ _____ Pre-Entry (\$20) (includes event program)	\$ _____ Pre-Entry (\$10)
\$ _____ Late Registration (\$35)	\$ _____ Late Registration (\$15)
\$ _____ Long Sleeve T-Shirt (\$12) <small>T-shirts sold at the event will be \$15.</small>	
<small>Size (Circle) S M L XL</small>	
\$ _____ Total Enclosed	\$ _____ Total Enclosed

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USATF-NJ, volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

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### DRUG TESTING

Those who are new to the IOC's Doping-in-Sport policy need to understand a few fundamentals about it.

First, there is more chance of the proverbial snowball surviving in Hell than the IAAF agreeing to having special rules for masters athletes in track & field. One size fits all in This Great Sport of Ours. The oldest athletics Olympic medalist, a bronze in the 20K walk, was 48-years-old at the time.

Secondly, the IAAF is proud of its long history of turning a deaf ear to pleas of innocence. Kathy Jager was trapped by the catch-all "when necessity demands medical treatment... that too is regarded as doping." There was such a huge amount of performance enhancing methyltestosterone found in her urine sample that it weighed almost as much as 0.000,000.001 of an ounce, well above the zero permitted.

While such travesties are being acted out, at the rate of approximately 2000 a year sports-wide and world-wide, one beacon of truth burns brightly - that performance enhancement is not the real issue. The real issue is the IOC - the major player in what has long been a farce.

From the day after its protocol was first announced in 1969, the IOC has only concerned itself with the chemical analysis of the urine sample, NEVER with performance in competition, enhanced or otherwise. It has imposed a zero threshold for all testosterone substitutes. The only criterion it

recognizes is the degree of resolution in urine of its banned substances which the chemists can deliver.

Max Jones  
max.jones@virgin.net

### HUMAN GROWTH HORMONE

I have had several people comment to me that they had read my article in the July issue, and passed it on to female partners, friends, etc. I hope it is proving to be helpful. However, I did make an inadvertent error.

After seeing that Human Growth Hormone had been highlighted, I looked up the ad I had seen. The product is called "HGH Select," and I leaped to the conclusion that it was an HGH product. However, smaller print read "Human Growth Hormone Release."

I checked with the manufacturer's website, where I read that "HGH Select Stimulates Your Body to Produce Human Growth Hormone." So, it doesn't actually contain HGH, which makes sense, as I had understood that HGH is very expensive - intended to help people suffering from various forms of dwarfism, etc.

The ad was on page 85 of the June 2000 issue of *Alive: Canadian Journal of Health and Nutrition*, #212. I don't know what HGH Select actually does contain - there is reference to "specific amino acids" - but it does *not* contain HGH. My apologies for not catching that at first reading (an error the ad copy writers may have intended!).

Diane Palmason  
Blaine, Washington

### NATIONALS

Hats off to the Eugene organizers of the 2000 U.S. Nationals. They sure know how to run a track meet!

We keep hearing that there's declining interest in U.S. track and field. We all know that part of the reason is that meets are poorly run and tend to ignore the spectator. Who wants to sit in the stands and watch track events separated by 20 minutes of dead time; and then never learn who finished where or what the final times were?

Events in Eugene were managed with the precision of a fine Swiss watch. Additionally, spectators and athletes were treated to immediate results on U of O's terrific electronic scoreboard.

If track has a future in the U.S., it will be because meets look like those they stage in Eugene. As we're all learning, it isn't by chance that Eugene has become the favored track meet site of masters and elite athletes alike.

Thank you, Eugene, for giving us masters an opportunity to see how a track meet should be run.

Stephen Robbins  
Seattle, Washington

### OLYMPIC TRIALS COVERAGE

NBC TV's coverage of the Olympic Trials on Sun., July 23, was some of the worst I've ever seen. In the first 30 minutes, they showed three races lasting about 20 seconds each.

Major league baseball would never allow TV coverage that showed the first three pitches of an inning and then went off to explore the childhood fantasies of the ump behind the plate.

If NBC was trying to discourage people from watching the Olympics in Sydney, they couldn't have done a better job.

Worse, in traveling through the northwest in July, we found virtually no coverage of the Trials in the Seattle, Billings, or Denver papers.

David Ortman  
Seattle, Washington

### FIFTEEN YEARS AGO September 1985

- George Cohen Sets World M45 800 Mark of 1:57.73
- Zimmerman, Dalrymple Top Masters in Utica 15K
- Villanueva, Welch Win at Peachtree 10K



JERRY WOJCIK

Phil Raschker, W50, who won nine events, including the pentathlon, 100, 80H, and pole vault, National Masters Championships, Eugene, Ore., Aug. 10-13, displaying her Outstanding Masters Female Award for 1999.

### TRAINING ADVICE

Great article on horse racing (Aug. NMN).

Science has told us that all training is specific, and that in all races of 800 meters and up, even splits is the best way to get an optimum time.

Neither horses nor dogs in the wild ever get stress fractures. It's only when man attempts to train dogs and horses that we screw them up. The Europeans and South Americans know that longer runs at a slow pace is the best way to develop horses' legs.

Al Morris  
Washington, D.C.

### SOUTHEAST REGIONALS

The recent southeast Regional Masters meet was, for most people, a rewarding experience. We received many words of thanks.

The weather was as expected - very hot and humid. The biggest problem was the wind in the face of the runners coming down the home stretch. In many cases you can change direction when Mother Nature doesn't cooperate. Unfortunately we couldn't do it here. We did have FAT that gave accurate but slow times.

I only wish that the athletes who wanted to run or jump to their best performances could have done so. The track at Middle Tennessee State university is a fast one, but not with winds in excess of 3.5 mps in your face.

I would like to thank: Larry Schrader, Phil Campbell, Fred Lovelace, Pat Meagher, and Steve Wenkel for their support of the meet.

Randall Brady  
Nashville, Tennessee

Continued on page 24

## NATIONAL MASTERS NEWS

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(Air mail)

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## Third Wind

by MIKE TYMN

### Pat McDonald: Oldest Olympic Gold Medalist

When Patrick "Babe" McDonald won the 56-pound weight throw in the 1920 Olympic Games, he was 42 years, 26 days old. To this day, he is the oldest track & field gold medalist in Olympic history. It is unlikely that anyone will erase his name from the Guinness Book of World Records in the upcoming Olympics.

#### Who was McDonald?

"He was a big Irish cop, an enormous guy, like a big Santa Claus with pink cheeks," Aileen Riggan Soule recently told me. Soule, a Honolulu resident, was McDonald's teammate in 1920.

"He directed traffic for many years at 42nd and Broadway (Times Square in Manhattan)," she continued. "I'd always see him there on my way to school."

McDonald and Soule, then Aileen Riggan, were photographed together (see accompanying photo) on the deck of the Princess Matoika, a battered old troop transport from the recently-ended war, en route to the Games in Antwerp, Belgium. "It was because he was the largest and I was the smallest," Soule explained the reason for the photo. They returned to the U.S. as the oldest and youngest gold medalists. Riggan, just 14 at the time, won the springboard diving competition.

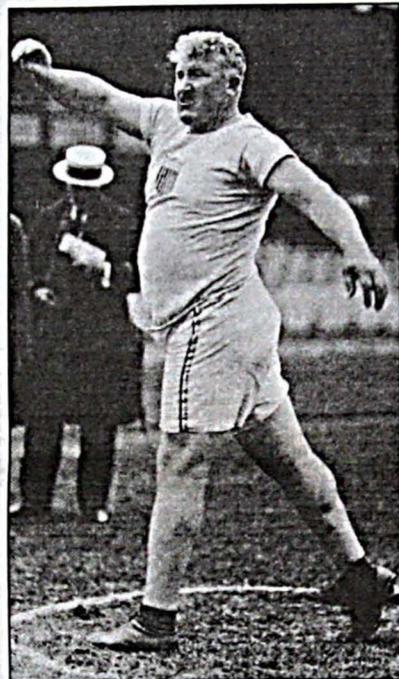
Now 94, Soule, who grew up in New York City, recalled some crossings at McDonald's intersection after the Olympics. "He'd see me waiting at the corner and throw up his hands to stop the next car. The driver would be shaking in his boots, thinking he had done something wrong. Then, Pat would say, 'Take this young lady wherever she wants to go.' They seemed relieved to know that they hadn't done anything wrong, and I think they were afraid of Pat."

#### A Safer Time

Soule added that in those days there was no concern over a stranger giving a ride to a young girl, and she willingly took advantage of the free transportation. How times have changed!

A 1969 book on the history of the New York Athletic Club, of which McDonald was a member, mentions an incident in which McDonald halted a limousine speeding through Times Square. He began reprimanding the driver when he noticed Cardinal Hayes sitting in the back. He quickly changed his tone and said, "Ah, good day, Your Eminence. I was just telling the chauffeur to be careful. There are a couple of Protestant cops in the next couple of blocks."

Another source, on the history of the Olympics, states that McDonald brought a new technique to traffic con-



Pat McDonald winning the shot put in the 1912 Olympic Games (note the absence of a toe board).

trol. He'd often stop traffic, walk to the curb, and arm-in-arm escort a female pedestrian across the crowded intersection. One day, Johnny Hayes, the marathon runner, asked McDonald why he usually selected the least attractive ladies to assist. McDonald explained that they gave bigger tips.

Born Patrick Joseph McDonnell in County Clare, Ireland, on July 19, 1878, McDonald emigrated to the United States around the turn of the century. His sister had preceded him and had her name misspelled as McDonald by Ellis Island immigration officials. Since her sponsorship was required, family members who followed her took the same name, apparently fearing that immigration officials would question their relationship and not admit them.

#### From Hammer to Shot

McDonald is said to have been inspired by John Flanagan, another Irish American, who won the hammer throw in the 1900, 1904, and 1908 Olympics. While McDonald aspired to be a hammer thrower, he found that he was better



PHOTO COURTESY OF AILEEN RIGGIN SOULE  
Pat McDonald and Aileen Riggan were photographed en route to the 1920 Olympic Games in Antwerp as the largest and smallest members of the team. They returned to the U.S. as the oldest and youngest gold medal winners.

as a shot putter. He placed second in the shot, behind Ralph Rose, in the 1909 and 1910 AAU national championships. With Rose absent, he won the AAU nationals in 1911 and then defeated Rose for the gold medal in the 1912 Olympic Games with a lifetime best toss of 50-4 inches to Rose's 50-1/2 inch.

Rose, who had taken the gold in both 1904 and 1908, was the first man to break 50 feet in the shot. He set the world record of 51-0 in 1909. It stood for 19 years. However, McDonald set world records in the 18-pound shot (46-2/4), the 21-pound shot (42-5) and the 24-pound shot (39-3/4).

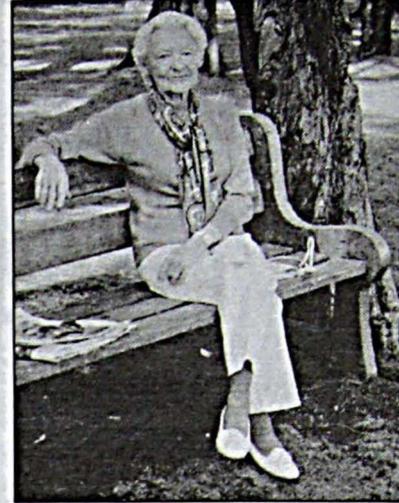
In those same 1912 Games, Rose edged McDonald for the gold medal in the "both hands aggregate" shot put, pushing the iron ball an even 50 feet with his right hand and 40-5/2 with his left. McDonald took the silver with a 48-11/4 right-handed put while going 38-3 with his left. Clearly the event in those days was more brute strength than power. To put it another way, speed or quickness was not a significant part of the effort.

#### Back From the War

McDonald served in the U.S. Army during World War I and returned to competition in 1919. In addition to his 1920 gold medal winning heave of 36-11/2 in the 56-pound weight throw, McDonald took fourth in the shot that year with a 46-2/4 effort.

One reference has McDonald at 6-2, 250 pounds, not all that big by today's standards, but another one puts him at 6-4, 350 pounds. Photos of him show that a fair percentage of the weight was in a very prominent paunch.

Soule remembered that McDonald and two of his Irish-American cohorts, Matthew McGrath and Patrick Ryan, were known as "the Whales." Her recollection is confirmed by the NYAC history book. McGrath, also an NYPD cop, won the gold medal in the hammer throw at the 1912 Games. He did not medal in 1920, but in 1924 he became, at 45 years, 205 days, the oldest track and field silver medalist. In 1928, at age 49, McGrath finished fifth in the Olympic hammer throw. Ryan captured



Aileen Riggan Soule, 94, the only surviving gold medal winner from the 1920 Olympic Games, now lives in Honolulu. She holds numerous 85-89 and 90-94 world records in swimming and is looking forward to competing in the 95-99 division next year.

the gold in the hammer in 1920 and took second to McDonald in the weight throw.

In spite of their law and order jobs in Manhattan, Soule recalls McDonald and McGrath as being quite loud and disorderly. "They liked their booze," she recalled. "They were always laughing and telling jokes. You could hear them all over the ship. One day in Antwerp we were walking around and heard some commotion up the street, but one of the girls said, 'Oh, it's only the Whales.'"

#### A Whale of a Time

According to the NYAC history book, the Whales "were a group apart from their teammates. They ate together, roomed together, and drank together." When there was little or no hotel space for the U.S. team at Antwerp, most of the team slept on cots in a little red schoolhouse. But the Whales would have none of that. The cots were too small for them, so they moved to an Antwerp inn and amazed innkeepers and guests with their voracious appetites.

With the 56-pound weight throw dropped from the Olympic agenda, McDonald did not compete in the '24 Games. However, he accompanied the team as an honorary member. Riggan was also on that team, winning the silver in springboard diving and the bronze in the 100-meter backstroke.

But McDonald, who was married to Mary McMahan and had one son, continued to compete, winning the last of 16 national titles (six in the shot, 10 in the weight throw) in the 56-pound weight throw in 1933 at age 56. His winning heave that year was 35-9/4, just a little more than a foot short of his Olympic gold medal heave. His longest national championship heave was 38-9/4 in 1911.

McDonald advanced to the rank of captain on the NYPD, while McGrath went even higher, to deputy inspector. McDonald made his transition to the arena of higher vibration on May 16, 1954. □

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





PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Achilles Bursitis

**Q** I have had Achilles bursitis in both feet for about five years now. I've tried numerous things (physio, chiropractic, massage therapy, cortisone shot) in order to get rid of it. While the physio seemed to clear it up in my right foot, the left is much more stubborn. I run about three days a week as a result of the bursitis, since this is all I can tolerate. I run for 25-40 minutes each time. Total rest and alternate activity doesn't make any impact. Is there any other treatment I should consider? Is surgery an option and, if so, what is done during this process?

**A** Achilles bursitis is certainly a debilitating running pathology. Use of chiropractic, massage therapy, and cortisone injection all work well. Now I am assuming that the problem is where the Achilles attaches to the heel bone. If so, you may have a few other related problems.

Most runners we see with this problem have a fairly high arch construction. This places excessive stress on the Achilles calcaneal junction and, therefore, bursal inflammation occurs. This is resistant to treatment and often requires some type of foot orthosis.

I would suggest a professional examination to determine if there is any rearfoot or forefoot biomechanical problem that could cause the Achilles bursitis. This can usually be reduced by the use of a foot orthosis with a heel plate stabilizer.

Secondly, I think you need to have a bone scan. This would determine the nature and location of the pathology and whether it is in the calcaneus itself, or in the tendon. Also, an x-ray should show if you have any calcification of the tendon in this area. You may have some arthritic degeneration, which could cause the bursal inflammation.

I have no problem with cortisone shots as long as they are not into the tendon. We have had some luck with an oral anti-inflammatory called Celebrex. Two of these tablets a day

has brought relief to many athletes.

If all else fails, a surgical intervention is not as bad as it seems. As long as the surgical procedure is directed to the bone or bursal inflammation and the Achilles is left intact, this should be considered. It should be followed by three weeks in a cast, then aggressive physical therapy. The total time for this may extend to three months. □

*(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 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)*

### Midwest Masters Classic Returns to Marshall University

The Midwest Masters Classic Meet was again hosted by Marshall U. in Huntington, W. Va., on July 29. Along with the usual masters events, the schedule included two racewalks and a weight throw.

Lloyd Hathcock, 53, posted the fastest 100 (12.55) of all M40+ sprinters in his three sprint wins. Mary Robinson, 58, recorded the quickest times of the meet for the women in the 100 (14.99), 200, and 400.

Dennis Coleman, 42, dominated the

Competing in what Dave Dunbar, the meet director, called "the Texas summer cool," 102 athletes turned out for the USATF Southwest Regional Masters Championships at Trinity University, San Antonio, July 22. The meet included competition divisions for athletes age 8-17 and 18-29.

Sprinter Wylie Turner, 43, turned in



SUZY HESS

Finalists in the M35 100 (l to r): Michael Burke, Tommy Baker, Orlando Matthews, second (11.20), Hank Warrington, first (10.76), Clain Udy, third (11.30) and Ken Petroff, National Masters Championships, Eugene, Ore., Aug. 10-13.

### Lewis Breaks U.S. Hammer Record at East Regionals in Springfield, Mass.

Over 300 athletes, age 30 to 88, contested for regional honors in the USATF East Regional Masters Championships, Springfield College, Springfield, Mass., on July 15. Oneitha Lewis, NYC, who broke three W35 U.S. indoor records at age 39 last March at the Boston Indoor Championships, smashed the W40 national hammer record of 41.96 by Marcia Mechlenburg in 1998 with a 46.21 throw.

On the track, Larry Colbert, 63, ran an age-graded 92.5% 26.56 in winning the M60 200 and won the 100. James Stookey, 70, won the M70 100 with an A-G 90.7% 14.14.

distance races, with wins in the 1500 (4:48.68), 3000, and 5000. James Stookey, 70, included a 4-2 high jump in his multiple firsts.

Glen Allen Johnson, 61, outdistanced everybody else in the shot (49-11) and discus (166-2). Debbie Lancashire, 36, finished with a 128-1 with the 4kg hammer and 35-11½ with the weight.

John Mike Nichols, 33, was the winner in the 1500 racewalk (8:29.73). Gary Kidd, 53, won the M50 5000 racewalk in 39:07.02. □

### Hot Marks at Southwest Regionals in San Antonio

The best marks of the meet in the 100 (11.22/age-graded 93.9%) and 200 (24.10). Julio Reyes, 44, bested the M40+ field with a 52.74 (A-G 89.9%). Tom Fisher, 57, won the M55 400 gold medal with a 58.13 (89.9%). Ronald Kirkpatrick, 62, top-ranked (47.76) in the 30" 300H in 1999, won in 49.30.

Monzell Baker, 41, hit 21-0¼ to

The 400m races supplied some of the best performances of the day. Ed Gonera, 48, ran the fastest 400 of the meet, an A-G 91.9% 53.05. Alston Brown, 51, who was 18th in the M50-59 at this year's Boston Marathon, won the 400 (55.50), 800 (2:09.28/A-G 91.0%), and 1500 (4:29.71). Adina Valdez, 39, ran an A-G 88.4% 57.91.

Tom Rauscher, 54, was the top performer in the pole vault with a 3.36. Ivan Black, 51, recorded the longest triple jump (10.66).

Carl Wallin, 58, prevailed over a field of nine M50 shot putters with a 13.75/A-G 88.2%.

First in the 5000 racewalk were Robert Keating, 53, 24:20.74/A-G 88.0%, and Marcia Gutsche, 38, 28:27.14.

Conditions were overcast with occasional showers and temperatures in the 70s. The number of entrants was up 20% over 1999, with a significant increase in the number of throwers. Over 450 individual competitive throws came out of one discus circle from 9:30 a.m. to 5:00 p.m., not including time for warm-ups and between groups.

The New England Association of USATF organized and directed the meet, which, based on the 2001 National/WAVA dates, will likely move into August in 2001. □

win the M40 long jump and 44-9 to take the day's best triple jump honors. Linda Douglas, 55, cleared 4-0½ in the high jump.

Larry Pratt, 59, topped everybody else in the shot (41-3¼) and discus (155-0). Jerry Dyes, another 59-year-old, threw the javelin a season's top-ranked, age-graded 96.6% 180-3. □

### TWENTY YEARS AGO September 1980

- 13 World Records Fall in Pan-American Games in Los Angeles
- Bert Lancaster Sets M50 WRs in 100 (11.3) and 200 (23.6)
- Ray Hatton Sets M45 5000 WR of 15:17.4
- Clive Davies Breaks M60 5000 WR with a 17:19

## National Championships

Continued from page 1

staged here in 1994, was open to men and women age 30-and-above, who competed in five-year age brackets through 85-89. In 1994, the Championships drew 1418 entrants. This year, the roster of competitors listed 1503 – 1141 men and 362 women – making it the largest ever. The 1989 meet in San Diego attracted 1450, including 400 foreign athletes on their way to the WAVA Championships in Eugene.

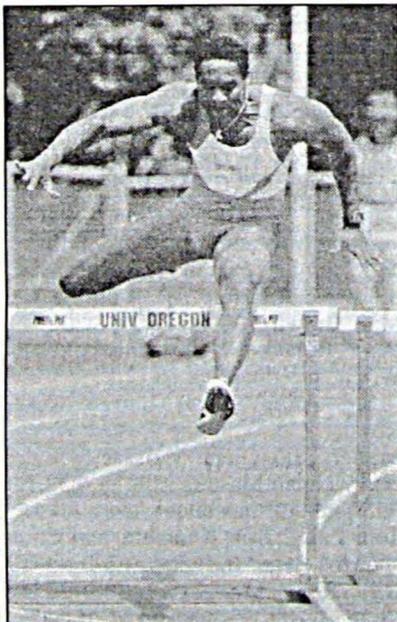
All 50 states were represented, as were 12 foreign countries, including Canada, Scotland, India, Barbados, Australia, Great Britain, and Hong Kong. Foreign athletes and non-U.S. citizen residents did not displace U.S. citizens, but did receive duplicate awards.

### Funk Sets Three M85 WRs

Seven age-group world records were broken, three by Alfred Funk, 86, of Montana, who started breaking them early, with a 25:47.54 in the 5000 on Thursday, the first day of competition. On Saturday, he set a record of 54:19.28 for the 10,000, which had a 7:00 a.m. start, and, later in the day, he broke the 800 record with a 3:29.42.

Funk, a retired college forensics professor, took a gold medal in the 1500 on Sunday but came up short of the record (7:03.38) with a 7:19.80. The consensus among athletes, officials, and spectators was that Funk deserved the unofficial Male Athlete of the Meet Award.

Other record setters were Phil Fehlen, M65, California, high jump (1.66); Steve Hardison, M50, California, pole vault (4.53); Johnnie Valien, W75, California, pole vault (1.70); and hometown icon Ross Carter, M85, who broke his record in the discus with a 30.49. Hardison vaulted a short time later after winning in a tough 400 finals on Friday. After the 400 and before the pole vault, he remarked, "Why would I



BEN ROSALES

Dray Hargrove, third M40 (57.66), 400H, National Masters Championships, Eugene, Ore., Aug. 10-13.

run a 400 before the vault? What can I say? I'm a vaulter. I'm crazy and just thankful to be healthy."

Twenty-one U.S. records were set, four in the throws by Betty Jarvis, W85, Oklahoma. Frank Finger, M85, broke records in the 100 and 200. Miriam Gordon, W75, broke records in the 5000 and 10K racewalks. Valien, who won seven gold medals, also added the national records for the long and triple jumps to her world record in the vault. Of the 30 records set, 21 were by athletes age 70-and-over.

### Raschker, Larsen Star

Although not in record territory, other athletes were garnering multiple first places. Phil Raschker, 53, Georgia, who could have been Funk's female counterpart for Athlete of the Meet, won nine events, including the pentathlon on the first day, and capped off the meet with a victory in the Age-Graded 100m, which showcased the meet's age-group 100m winners in a distance-handicapped race. Raschker was presented with both the Masters Outstanding Female Athlete and Outstanding Female Multi-Event Athlete awards for 1999 at the Athletes' Meeting on Friday evening.

Mel Larsen, 76, honored with two awards for the 1999 Masters Outstanding Male Athlete and Outstanding Male Single Performance (80mH/13.68) at the Athletes' Meeting, won four events, including the 80H with an age-graded 100% performance of 14.16. He also won the men's Age-Graded 100m race on Sunday.

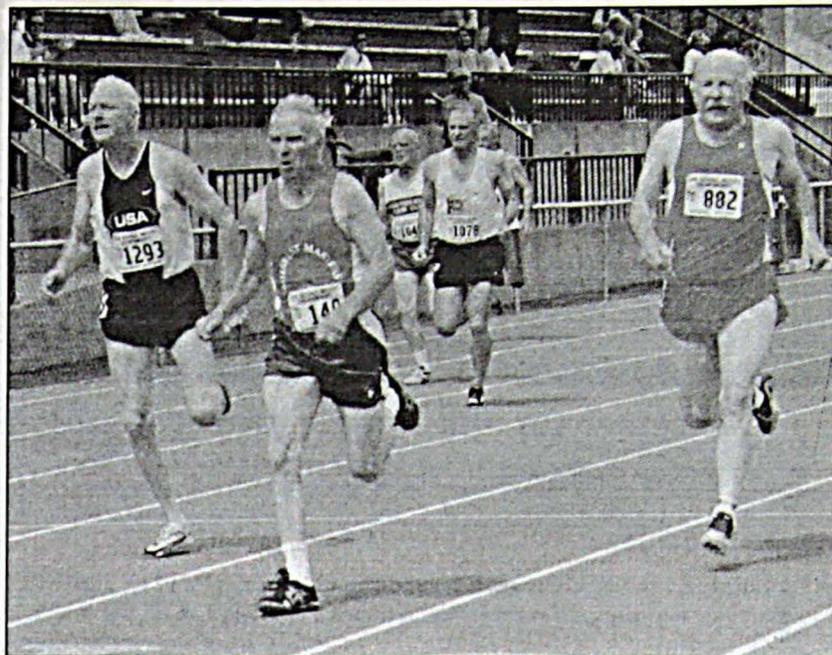
Raschker and Larsen each received \$50 for their age-graded victories from the *National Masters News*.

Other performers in the 90+% international-class were plentiful. These were 98% or better: Neville Hodge, 44, Maryland, won the 100 with a 98.0% 10.82; Bill Collins, 49, Texas, posted a 98.1% 11.18 victory in the 100; James Stookey, 70, Maryland, ran the 80H in a 98.3% 13.05; Karl Smith, 40, Maryland, did the 110H in a 98.0% 14.11; Phil Fehlen's M65 world record high jump mark of 1.66 was an age-graded 99.4%; guest Canadian Debbie Brill, 47, high jumped a 98.8% 1.65; Glen Johnson, 61, Tennessee, put the 6kg shot to a 99.6% 15.95 mark; and Vanessa Hilliard, 59, Florida, hurled the 3kg hammer a sensational 100% 44.64.

Not all of the winners were seasoned veterans of past championships. Barb Acosta, California, winner of the W40 5000 and 10,000, was third overall in the 2000 Wharf to Wharf race in San Francisco. After the 5000, she said, "I've been competing as an open runner. With two children and working 80 hours a week, I've really learned to run within myself." Teri Van Cott, California, who won the W50 1500 and 5000, after her win in the 1500, said, "This was the first time I've ever been with runners my own age on a track. It was great."

### High Tallies in Events

The best represented division was



SUZY HESS

Harry Brown, winning the M70 100 (13.36), with James Stookey (#1293), second (13.54), and Bill Melville, third (13.56), National Masters Championships, Eugene, Ore., Aug. 10-13. Brown also won the 200 and 400.

the 40-44, with 197 men and 71 women. Some of the event entries were probable meet bests. Thirty M40s ran in the 100m preliminaries; 24 M50s were in the 100m prelims; 11 W50s did the 100m prelims; 32 M40s were in the 200m prelims; 27 M40s ran in the 1500m prelims; 14 M50s ran in the 5000m finals; 22 M50 discus throwers showed for the finals; 11 W40s threw

the javelin; and 17 W50s did the 5000 racewalk.

The oldest competitors were Ivy Granstrom, 88, Canada, and Leon Joslin, 88, Washington.

But even the best of endeavors is flawed. Some athletes were caught in a lapse in lap-counting. Sally Richards, W45, Colorado, thought she was fin-

Continued on page 11

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## Masters Racewalking

by BERNICE FINCH  
with ELAINE WARD

### Electrolytes and Body Chemistry

(Bernie Finch is a Board certified member of the American Board of Chiropractic Internists and of the American Academy of Chiropractic Physicians. In the June issue of NMN, he initiated discussion on the role of mineral electrolytes in athletic performance. Following is a continuation of discussion on this topic.)

Overall, the population of the U.S. is calcium deficient. It is an epidemic. My mentor in nutritional therapy had some practical rules of thumb, which I find useful.

#### Calcium Depletion

First, he said if you test a person's serum calcium and it is too high, you should prescribe calcium. He explained that if calcium is too high, that individual is probably robbing calcium from bones or teeth in order to have enough for metabolic processing.

Of course, there are certain pathological conditions that can cause a high calcium reading and it may be necessary to check on these. But, generally speaking, if a person's serum calcium is too high, there is a strong possibility that he or she is getting the extra calcium by breaking down bone. You give them calcium to stop that process and prevent osteoporosis.

Second, he said that if a person has just enough calcium in their serum and you are not going to do anything else nutritionally to improve the function of specific organs, you are going to

have to give supplemental calcium. Why? Because as soon as the liver, muscles, or other target organs begin to function better, they are going to need more calcium. In this case, you supplement calcium in order to prevent calcium deficiency.

Third, obviously, if a person is calcium deficient, you give calcium.

#### Alkaline or Acidic?

The bottom line is that almost everyone needs supplemental calcium. But it is not quite as simple as that. You also have to determine what kind of calcium to give, because calcium is pH dependent. If an individual's urine or saliva tests alkaline, they should be given an acid type of calcium. If an individual is found to be acidic, they should take an alkaline-based calcium.

Consequently, the quantity of calcium used for supplementation is not as important as the kind of calcium taken and its regular use.

Personally, I like microcrystalline hydroxy apatite, a calcium supplement that comes from Europe. It has a combination of ipriflalone with vitamin D. Several companies supply it, but my source is Metagenics, a California based company in San Clemente. I like it because it is not pH sensitive and it includes vitamin D.

#### Calcium/Phosphorus Index

Now, to the importance of the electrolyte, phosphorus. A working unit of calcium equals 2.5 ions of calcium plus 1 ion of phosphorus. If you have a lower ratio than that, it means that some of the calcium is not getting into the cells to assist the body's functioning. Having said that, it is interesting to note that the phosphorus index is not lifted by taking more phosphorus. You first have to check your parathyroid function and level of vitamin D.

The parathyroid gland puts out a hormone which makes it possible to absorb phosphorus. However, for the parathyroid to work efficiently, it needs an adequate supply of vitamin D. In nature, vitamin D results from the action of sunlight on bare skin.

If you live in Wisconsin from November 1 to April 15, no bare skin shows except for the end of your nose.



JERRY WOJCIK  
Elton Richardson (r), W60 winner (28:49.80), and Bev LaVeck, second (29:13.41), 5000 racewalk, National Masters Championships, Eugene, Ore., Aug. 10-13.

Such winter conditions are apt to promote vitamin D deficiency. This deficiency means that even though phosphorus is amply present in the food you eat, you cannot utilize it well and calcium function is inhibited. This is why vitamin D is added in milk.

#### An Interesting Case

I have a very interesting problem in my practice, with an athlete. This athlete trains in a warm climate and has sun exposure all the time, but he still gets vitamin D deficient. I do not have the foggiest idea why. After a race, his calcium/phosphorus index drops down to 14 - half of what is needed. He requires massive doses of vitamin D to bring his index up. If he doesn't supplement vitamin D, he has trouble finishing a race and will suffer pain and spasms toward the end.

The problem with vitamin D supplementation is that this vitamin is fat

soluble. Any fat soluble vitamin is potentially toxic. For example, you wouldn't leave a bottle of vitamin D with 5000 unit tablets lying around within reach of a child. At the same time, you wouldn't leave aspirin lying around either. Since supplementing vitamin D with more than the generally recommended dose is risky, regular laboratory monitoring is essential.

The mineral electrolytes - calcium, potassium, magnesium and phosphorus - are important interdependent components in assuring proper functioning of the human body. This discussion has touched on the necessity to look at the total context of imbalances before seeking remedies. There are no general, good "fixes" for everyone. The body's chemistry must always be approached on an individual basis. □

(Elaine Ward can be reached by e-mail at narwf@aol.com.)

### Petranoff, LeBourne Stand Out in Holmdel Meet

By ELLIOT DENMAN

HOLMDEL, N.J. - Former world record-holder Tom Petranoff had always been a good buddy of Bob Roggy, so his return visit to the Holmdel International Meet at Bob Roggy Memorial Field, June 14, was an emotional experience.

Petranoff and Roggy had taken turns demolishing javelin records in the '80s. Petranoff eventually threw the "old" implement over 327, and Roggy, over 314. The Holmdel Meet began in 1987 after Roggy's tragic death in an accident after competing at the 1986 Sports Festival in Houston.

Petranoff, 42, marked his first trip to Holmdel since 1987 by winning the Roggy Memorial Javelin Throw with a 229-4. "Just being here brings back a lot of memories. Bob was such a great guy and great athlete," Petranoff told the crowd.

Using the meet as a warm-up for the

U.S. Olympic Trials in Sacramento, Petranoff was one of many masters starring here. World champion Anselm LeBourne, M40, opted to run the Eamonn Coghlan Mile against younger men and turned in a brilliant 4:18.78, ninth overall. Tim McMahon, of host club Shore AC, won the Dr. Matt Brown 100 in 12.79, with '99 Penn Relays M75+ winner Lester Wright speeding to a 16.11.

Sal Allah (51.3) outran Keith Royster (53.5) in the Lester Wright Masters 400. Glenn McIsaac took the Harry Nolan Masters Mile in 4:52.76. A Shore AC quartet of Tony Plaster, Tom Zarra, Bob Andrews, and Chris Harkins won the down-to-the-wire Bill Reid Masters 4x800 Relay (8:55.3) over Westchester TC (8:55.8).

The 15th annual Holmdel International Meet, with masters athletes always featured, takes place in June 2001. □



JERRY WOJCIK  
Steven Renard, M35 winner in the 5000 and 20K racewalks, National Masters Championships, Eugene, Ore., Aug. 10-13.

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## Highlights of the Nationals

by JERRY WOJCIK

Following are some of the top performers, by division, at the USATF National Masters Championships in Eugene:

**M30:** Art Anderson, 34, OR, doubled in the 100 and 200. Chris Yorges, 34, OR, won his fifth-straight title in the SC (9:47.61). Al Lechler, 31, OH, won the SP and DT.

**M35:** Hank Warrington, 35, HI, darted to wins in the 100 (10.76) and 200 (21.63). Mark Holme, 35, WA, won the 800 (1:55.13) and 1500. Phil Bedford, 38, MI, was first overall in the 5000 (14:54.11). Ron Stilwell, 37, AZ, was best in the SP and DT. Chuck Gaudette, 39, CA, after winning the pentathlon on Thursday, won the javelin contest later in the meet. Steven Renard, 39, FL, won the 5K and 20K RWs.

**M40:** Neville Hodge, 44, MD, hit the 100 finish line in 10.82/A-G 98.0%. Elvis Forde, 40, TN, a non-U.S. citizen, was first in the 200 (22.32/93.1%) and 400 (48.26/95.5%), with Kevin Morning, 44, CA, the first U.S. in the 200 (22.35/95.6%), with all finalists over 90%. Jamin Aasum, 41, OR, won the 1500 in a field of 27 entrants. Steven James, 40, WA, sped to victory in the 5000 (16:03.85) and SC. Karl Smith, 40, VA, bested the 110H field

with a 98.0% 14.11, but lost to Peter Grimes, 41, CA, in the 400H, 55.14 to 58.25. Monzell Baker, 42, won the LJ (6.47) and TJ (13.74). Tom Petranoff, 42, RI, past open and present masters javelin WR-holder, was the best of the meet.

**M45:** James Barrineau, 45, VA and Keith Nelson, 45, broke the HJ WR with 1.92. Barrineau the winner on fewer misses. Bill Collins, 49, TX, zoomed to wins in the 100 (11.24/97.6%) and 200 (23.05/96.1%). Richard Burns, 45, CA, finished first of 20 finalists in the 1500 (4:14.14). Charles Brown, 45, CA, soared a 96.1% 4.80 in the PV. Ralph Fruguglietti, 45, CA, left Eugene with two gold medals for wins in the SP (15.49) and DT.

**M50:** An interesting group, with two of the best conditioned athletes of the meet, Alston Brown, 51, NY, and Steve Hardison, 50, CA. Brown lost to Hardison in the 400, 55.73 to 55.94. A short time later, Hardison broke the M50 PV WR with a 4.53 (97.4%), the top four vaulters over 94%. Brown went on to win the 800 (2:09.26/91.0%) and 1500. In the 2000 Indoor Championships - Boston, he was second (54.26) in the 400. Three weeks later, he was 17th M50-59 with a 2:54 in the Boston Marathon. Here, Roger Price, 51, NJ, was the distance star with golds in the 5000 (16:36.82) and 10,000



JERRY WOJCIK

Contestants in the Age-Graded 100m race, held on Sunday, Aug. 13, at the USATF National Masters Championships, Eugene, Ore., (l to r): Paula Leslie, 31; Fei-Mei Chou, 65; Johnnye Valien, 75; Pat Peterson, 74, third (12.03); Phil Raschker, 53, first (11.41); Kathy Bergen, 60, second (11.82); Mary Robinson, 58; and Jacqueline Board, 47.

(34:57.87). Stan Druckrey, 52, WI, covered the 110H in 14.24 (97.1%) and won the 400H race. Lad Pataki, 52, CA, won the SP (12.84/91.0%) and HT, but lost the DT by inches to Tom Fahey, 52, CA, 52.64. Richard McGuire, 52, IL, won the 5000 (24:56.68) and 20K RWs.

**M55:** Roger Kroodsmas, 56, TN, was top male pentathlon scorer (3985) of the meet. In a highlighted 100, Don Neidig, 56, NM, 2000 indoor sprint champion, lost to Aussie guest Peter Crombie, 55, (11.96/95.4% to 12.12/94.8%), but won

Continued on page 17

## Nationals Cont.

Continued from page 9

ished but was erroneously told to do an extra lap in the 5000 racewalk, which may have cost her a gold medal. She returned on Sunday to win the 10K. In one of her races, Kathy Martin, W45, a Canadian citizen who lives in New York, stopped at the finish line after completing what she had been told was her last lap. After wandering around near the finish for about 20 seconds, she learned that she had another lap to go and did so.

### Above and Beyond the Track

Results were on the scoreboard seconds after each race and put on bulletin boards later. Immediate results were posted on the web by Flash Results, which did the timing. Awards were announced on the public address system and presented at the awards stand near the scoreboard. The *Eugene Register-Guard* featured front-page articles in the sports section every day of the meet. All three local television stations had evening and nightly coverage.

A Fox Northwest Television crew filmed the meet for a one-hour show, which was scheduled for broadcast in the Northwest on Saturday, Aug. 19, and in other regions in September.

On Saturday, USATF Chief Executive Officer Craig Masback came to the meet and visited with athletes and track fans, the first time that a CEO of the USA Track & Field governing body has ever made an appearance at a masters championships.

Later on Saturday evening, athletes, officials, and visitors attended the AARP barbecue on a dormitory grass area across the street from Hayward Field.

Besides on-line entry, athletes at the

meet were provided with web access and free e-mail, courtesy of one of the sponsors, willamette.net. Other primary sponsors were AARP, which paid for the Fox broadcast, Gill Athletics, KVAL-TV, Nike, Pacific Continental Bank, and PeaceHealth Medical Group.

The Oregon TC Masters were the meet's host. The meet directors were Tom Jordan and Barbara Kousky of Northwest Event Management. Sixty-five local OTC certified officials, plus 48 from throughout the U.S., were coordinated by Eric Zemper. Melinna Faw, NEM Administrator, coordinated 156 volunteers from the OTCM and the community.

Sandy Pashkin, Operations Manager, worked with local organizers for four weeks prior to the meet. Pashkin and John Gillespie, Competition Director, were major contributors to the schedule, which was a huge factor in the success of the meet. Rick Easley, M45 winner in the 400H, said, "It was great. It enabled me to be able to eat at the right times." Another athlete said, "It sure beats those 8:00 a.m. starts with women first, followed by men, older to younger, where we younger guys stand around for three hours, afraid to leave."

Al Sheahan, of the *National Masters News*, and Charles DesJardins, of the USATF Masters LDR Committee, did the announcing.

The Chief Engineer was Richard Reske; Ed Kousky was the Hospitality Coordinator; Charlie Fleishman was the webmaster for the Championships' site. The U. of Oregon's Hayward Field staff provided excellent support.

The 2001 National Championships will be held in Baton Rouge, La., July 25-28. □

## AGE GROUP RECORDS SET AT 33RD USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS EUGENE, OREGON; AUGUST 10-13, 2000

### World Records

Event	Age	New Mark	Name	Old Mark	Held By
800	M85	3:28.15	Alfred Funk	3:29.42	Longino Perez
5000	M85	25:47.54	Alfred Funk	25:50.97	Yoshiharu Ueda
10000	M85	54:19.28	Alfred Funk	54:23.0	Josef Galia
HJ	M65	1.66	Phil Fehlen	1.64	Jim Gillcrist
PV	M50	4.53	Steve Hardison	4.52	Jerry Cash
PV	W75	1.70	Johnnye Valien	1.50	Margaret Hinton
DT	M85	30.49	Ross Carter	30.40	R Carter

### U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
100	M85	17.49	Frank Finger	17.98	Russell Randall
200	M85	37.40	Frank Finger	40.29	Konrad Boas
5000	W70	24:09.86	Toshiko d'Elia	24:19.68	E Van Battum
10000	W55	40:03.46	Shirley Matson	40:37.13	Marion Irvine
10000	W70	49:39.15	Toshiko d'Elia	50:28.33	Pat Dixon
300H	M70	50.91	James Stookey	52.44	Dan Bulkley
HJ	M45	1.95	Keith Nelson	1.92	Charlie Rader
HJ	-	-	James Barrineau	-	-
LJ	M80	3.89	Milt Silverstein	3.67	Thomas Walsh
LJ	M85	2.97	Clarence Trahan	2.94	James Elliott
LJ	W75	3.20	Johnnye Valien	3.10	Mary Holland
TJ	W75	6.23	Johnnye Valien	6.13	Sheila Evans
SP	W85	4.50	Betty Jarvis	2.83p	Marilla Salisbury
DT	W85	12.76	Betty Jarvis	5.84p	-
HT	W40	47.01	Oneithea Lewis	41.96	M Mechlenburg
HT	W60	35.38	Carol Young	29.70	Erika Mesner
HT	W85	13.16	Betty Jarvis	-	-
JT	W85	9.32	Betty Jarvis	5.47	Mary Haines
5000RW	W75	34:47.11	Miriam Gordon	35:10.20	Jane Dana
10KRW	W50	56:41	Gayle Johnson	57:06	JoAnn Nedelco
10KRW	W75	72:05	Miriam Gordon	72:14	Jane Dana
20KRW	M85	3:01:01	Bill Patterson	-	-

### U.S. Bests

Event	Age	New Mark	Name	Old Mark	Held By
Pent	W50	4252	Phil Raschker	-	-
SC 2000	W75	10:40.02	Avery Bryant	11:15.63p	A Bryant
SC 2000	W40	7:42.55	Dee Ann Dougherty	7:59.59	Sue Grigsby
SC 2000	W45	8:38.52	Robin Vesey	-	-
SC 2000	W50	10:54.85	Mary Trotto	-	-

p=pending

Winning javelin throws in the M50, M55, M70, M75, M80+, W50, & W55 divisions are new event bests. Records will be determined when sufficient data is accumulated.



## On The Run

by HAL HIGDON

### Maximizing Your Mileage

Scott Adams wants to know about mileage. Recently, he posted this question to one of my Virtual Training boards: "I have noticed that your marathon training programs max out around 50 miles per week. I was wondering what your take on those runners who train more than 100 miles a week was. Is training this much safe? Is it useful? Or is running that many miles a quick road to burnout and injury?"

Maximizing mileage is not easy. A lot of runners would like to know the ideal number of miles to run each week to attain various levels of fitness, everything from simply getting in shape to setting Personal Records in the marathon.

People differ in their ability to run a certain number of miles, just as they differ in their ability to run fast. Only a few gifted individuals have the talent to dip under 13:00 for 5K; most of us are happy to achieve 5K times of double that number. And only a few individuals have the talent to run the 100 weekly miles that seems necessary these days for peak performance. But not everybody who, through some combination of talent and perseverance, breaks the 100-mile barrier, can achieve times that fast.

It's a conundrum. Are some runners able to achieve fast times because they train 100 miles a week, or are they able to run that much because they are fast to begin with? Would Haile Gebreselassie still have set the 5000-meter world record at 12:39.36 if he cut his training by 20-25 miles? Would he run even faster if he ran 20-25 more miles, or would he crash? Scientists can't always tell us.

#### One Workout is Not Enough

In responding to Scott Adams, I wrote: "Think of how difficult it is for a beginning runner to go from 0 to 50 miles a week. Then consider how much more difficult it would be to go from 51 to 100. For one thing, you probably can't do it on one workout a day. You'll need to do double workouts, meaning once in the morning, once in the

evening."

I've been there and done that, and it's not easy. There were several periods in my career when I trained at more than 100 miles a week. This was back in the 1960s, a time when runners were not paid to race, meaning I also had a full-time job plus family responsibilities. So it's hard to find the time to train.

Consider also the extra time wasted taking showers and changing clothes. There were times when I felt like all I was doing was getting in and out of my running gear. And if you do it right, you need to stretch more and do strength training. You'll also need more time to sleep. Eight hours won't be enough. You'll find yourself needing nine to ten hours daily.

Carey Pinkowski, race director for The LaSalle Bank Chicago Marathon, ran 110 miles a week while in high school. He won state championships in the mile and cross-country. His team, Hammond High School, was unique in that it had three runners who broke 9:00 for two miles. That was 25 years ago. High school runners no longer run that many miles, nor do many of them run that fast.

Carey recalled barely being able to walk up stairs between classes, the mileage took such an energy toll. One Saturday morning his coach, Dan Candiano, canceled practice, so Carey went home to go back to sleep and didn't wake up until Sunday!

#### Double the Mileage

This much training probably is necessary if you are running at the elite level, where a 5-second improvement might be the difference between winning the gold medal and not even making the Olympic team, but it's probably not worth it for ordinary mortals. Most distance runners – if they train intelligently – probably can achieve at a level within 95 percent of their maximum ability if they run 50 miles a week.

Double that mileage and you might squeeze out a few more percentage points. I certainly did during periods of my career, and it was worth it. After one bout of 100-mile training, I set a marathon PR and finished first American (5th overall) in the Boston Marathon. On another occasion, I won a gold medal in the marathon at the World Veterans Championships. (After that, I took two months off from running – not a step!) But for every success, there were failures where I crashed badly in races or became injured. High mileage training definitely is a double-edged sword.

Based on my own experience plus what I have learned from different exercise scientists, here is how to determine how much mileage to run:

**Fitness:** 10-15 miles weekly. The American College of Sports Medicine suggests 20 minutes or more of exercise, three or four times a week, as being adequate for fitness.

H. Cooper, MD, author of *Aerobics* and founder of the aerobics movement, tells us that if you run more than 15 miles a week, "you're doing it for reasons other than fitness." That angered

some runners, but he's probably correct.

**Maintenance:** Those of us who enjoy running for its psychological as well as physical benefits probably run this far. Five 4-milers a week plus a somewhat longer run on the weekends gets you this much. It's a pleasurable level of training, and you probably won't get injured that often.

**Performance:** 30-35 miles weekly. Want to improve that 5K or 10K time? You probably need to at least train at this level. And if you run more than one marathon a year, this probably is your base level between periods of higher mileage. Most of the extra mileage would come from a longer weekend run and several runs of 5 or 6 miles midweek. For people interested in setting PRs, this is a good level. Sure, there's more risk of injury, but if you listen to your body, you can probably minimize down time and maximize race times.

**Marathons:** 40-50 miles weekly. My marathon training programs do peak at this level, as Scott pointed out, and I suspect most runners will find this much mileage allows them to meet most of their goals – including qualifying for Boston. It's those 20-milers toward the end of the marathon program that bring you this high. Train sensibly at this level, and you still can avoid getting hurt.

**Peak Performance:** 50-75 miles weekly. If you're looking not merely to qualify for Boston, but sneak under 3 hours, this is how much you need to run. Train this hard and you'll win age-group trophies, and even win races overall, which can be a rewarding experience. You'll need a bulletproof body, however, to avoid injury. And while you can run this much on one workout a day, you're getting near the point where that's not enough.

**The Elite:** 75-100 miles. You're way past qualifying for Boston. You want to qualify for the Olympic Trials. Twice-daily training is a necessity. Yet you may not get injured more than those who run less. At this level, runners are so talented that they float over the ground, and don't get hurt.

**The Super-Elite:** 100 miles plus. These are the people who not only qualify for the Olympic Trials; they make the team. Adding many more miles than this, however, won't necessarily permit you to win the gold medal. For that, supreme talent is needed. And maybe you should have arranged to have been born in Africa.

**The Obsessed:** Near 200 miles. Yes, there have been some runners who have trained that much. They haven't always achieved great success, however. There seems to be a point beyond which even superhuman runners cannot pass.

Picking your own level of training is not always easy. And sometimes that level can shift, dependent on your motivation as well as your ability to train intelligently and learn from your mistakes.

**Running Tips:** Most beginning runners move quickly up in distance to the

Continued on page 22



## Art by Hal Higdon

Along with writing and running, *Runner's World's* Hal Higdon has pursued a successful career as an artist. This spring, Hal had three separate exhibits of his paintings in three separate galleries. For information on purchasing Art by Hal Higdon (plus info on training), visit his web site: [www.halhighdon.com](http://www.halhighdon.com). Or call: 219-879-0133.

[www.halhighdon.com](http://www.halhighdon.com)

Fehlen, Sheffield Break Records

**Revived West Regionals Draw 350**

Another major Southern California masters meet, seemingly doomed to cancellation for 2000, was successfully brought back to life when the USATF West Regional Masters Championships were held at Cerritos College, Norwalk, Calif., on July 8. Andrew Hecker, who, two weeks earlier on short notice, had almost single-handedly staged the limbo-locked, siteless and directorless SCA Masters Championships, pulled it off again with the Regionals after the original director withdrew.

The meet attracted 350 competitors, including some open athletes (high jumper Amy Acuff finished with a 1.79; Kevin McMahon threw 73.19 in the hammer) getting in a little practice or trying for qualifying marks for the U.S. Olympic Trials in Sacramento a week later.

Perhaps inspired by Acuff's presence, Phil Fehlen, 65, broke the M65 world record for the high jump with a pending 1.65. The present record of 1.64 in 1993 is held by Jim Gillcrist (USA).

LaTanya Sheffield shattered the W35 U.S. 400 record of 56.8 with a 53.22. Myra Mayberry was second with a 54.75. The present record was set by Phil Raschker in 1983.

The Southern California Association team of Diane Heil (800), Kathryn Herring (200), Michelle Freeman (200), and Elaine Iba (400) broke the W30-39 U.S. sprint medley record (4:40.55) with a 4:39.95 in extremely windy conditions. Only one member of the team is under 40 years old.

The area's cadre of sprinters was prominent in the 100, ranging from George Onyenyeonwu, who won the M30 race in 10.27 (w+3.17) to Harold Tolson, M60 winner in 12.25, and Anthony Castro, M90, who ran a wind-aided 20.39. Guest athlete from Georgia, Phil Raschker, W50, raced the best masters women's 100 of the day with a 12.75 (w+3.0).

Hecker, an opponent of early registration and late fee penalties, used same day registration for the Regionals, as he did for the SCA Meet. "This goes to further prove my point to which 350 witnesses can attest," he said after the meet. "Same day registration works - well. This is a message for all people who put on track meets. If you use your organizational requirements as an excuse to prevent people from competing, change your system. I'll be glad to instruct you." □

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## The Weight Room

by JERRY WOJCIK

### Throwers Kick Up the Dust in Eugene

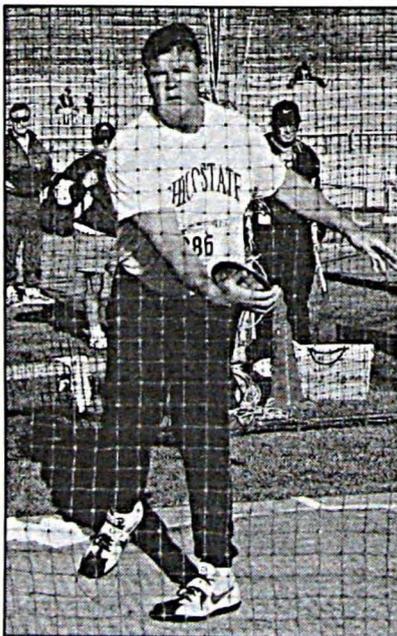
Trying to take in all of the throws at the Nationals in Eugene gave new meaning to the idiom "a three-ring circus," what with two shot rings, two discus circles, two javelin runways, and a hammer ring seeing heavy use all four days. When the sawdust settled at about 3:30 on Sunday, Ross Carter, 86, who may be as well-known in Eugene as Olympian hammer thrower Lance Deal is, had broken his own world record of 30.40 with the 1kg discus with a 30.49. To help you appreciate that mark, 30.49 would have ranked Carter 11th of 56 M75 throwers last year. The top-ranked M80 is listed with a 28.98. Carter, who likes competition, was pleased that there were three M85s in the shot.

Betty Jarvis, 85, left Eugene with four pending W85 U.S. age-group records in the shot, discus, hammer, and javelin. Oneitha Lewis, W40, with a 47.01, and Carol Young, W60, with a 35.38, added two more U.S. hammer records.

#### Large Throws Fields

Some of the throws fields had a dozen or more competitors, especially in the discus, a rarity just ten years ago at a Nationals: Tom Fahey (52.64) won in a field of 22 M50s, with Lad Pataki, who won the shot and discus, taking second. Glen Johnson was the top survivor (53.44) in a field of 19 M60s.

The Championships' large turn out and the individual high age-graded performances raise some questions. First, when the number of entrants becomes large (1500+ here), even the best of facilities would have trouble accommodating all throwing events into a convenient four-day schedule. Despite the schedule at Hayward Field, which was probably the best I've ever seen at an



SUZY HESS  
Tom Fahey, M50 discus winner (52.64), National Masters Championships, Eugene, Ore., Aug. 10-13.

outdoor championships, and as fine a facility as Hayward is, some pentathletes and age-group javelinists had to throw on grass at an adjoining field.

I don't know if this affected anyone's performance, but some throwers were disappointed that they weren't competing on the runway within the track, and most did not have long spikes, which meet management did, however, have available for purchase. Discus throwers who had to use a ring in front of the hammer circle next to the field said they would prefer to have thrown within the stadium off what they think is a better circle.

#### Time for A-G Revisions

Secondly, taking a look at the age-graded performances reveals that changes are essential. For example, Glen Johnson, 61, won the M60 shot with a 15.95, an A-G 99.6% performance, but not a U.S. record. Carter, 86, hit the 9.94 mark in the shot, a 104+% performance, but not a world or U.S. record; his discus toss was a 92.7% and beat his WR of 1999. Age-grading is presently undergoing revision; let's hope these anomalies are recognized and adjusted.

Sometimes you get what you ask for. For several years, I've been championing the cause of younger division javelin throwers, who, because meet directors in the past have simply borrowed the previous championships schedule, were competing in the last event on Sunday, when the meet was essentially over, and officials, spectators, and awards often in short supply.

In this year's schedule, the javelin throwers were switched for another group - mine. But, it all worked out - as you would expect at a Hayward Field meet, there were plenty of hammer officials, awards, and spectators. Okay, so most of them were early arriving hammer aficionados waiting to see Deal, Kevin McMahon, and Jerry Ingalls in an exhibition hammer event after we were done. Judging from their applause and vocal encouragement, they were just as appreciative of our efforts as we were of theirs. □

### Bigelow Breaks U.S. 1500 Record

### Bozeman Stages Northwest Regionals

by BOB SAGER, Meet Director

The Montana Masters hosted the USATF Northwest Regional Masters Championships at Montana St. U., Bozeman, under a blazing sun with the Big Sky slightly smoky because of nearby forest fires. The 115 athletes who competed came from every state in the region, plus California, South Carolina, Colorado, and two Canadian Provinces.

The meet was dedicated to Manuel White, who was affectionately called the Grandfather of Montana Masters and held many M70+ and M80+ world and U.S. records when he passed away last year. The Manuel White Memorial Award was presented to Ross Carter, M85, the world-record holder in the shot and discus in several age groups.

Vickie Bigelow, of California, broke the W65 U.S. record for the 1500 with a 6:12.68. The present record is 6:26.49 in 1986 by Jaclyn Caselli. Bigelow already holds the national records for W55 (5:14.2/1992) and W60 (5:39.96/1995).

Twenty-nine Northwest Regional records were set, 18 of them in the throws.

Tim Edwards, M50, won the Athlete's Sportsmanship award for his weight and hammer throw perfor-



LL WILLIAMS  
Frank Struna, M55 long jump winner (5.24), Northwest Regional Masters Championships, Bozeman, Mont., July 29-30.

mances on Saturday; Sunday's award went to Becky Sisley, W60, Northwest Regional Coordinator. Tom Gage, M55, took best-age-graded performance honors for his 56.60 hammer throw.

The meet was hosted by the Montana Masters with the purpose of introducing athletes to masters competition. Over 30% of the athletes were first-time participants from Montana.

With few officials and volunteers and a small budget, the championships went off very well and even reflected a profit. Meet organizers set a precedent to award officials financially, along with providing accommodations and a western barbecue, hosted by the Sager family on Saturday for all participants.

A well-attended regional meeting followed the barbecue. □



LL WILLIAMS  
Joyce Taylor (l) and Pauline Thomas, W50 throwers, Northwest Regional Masters Championships, Bozeman, Mont., July 29-30.

### Seattle Meet Draws Solid Crowd

The Seattle Masters Classic offered northwestern athletes another chance to test themselves against first-rate competition before heading to the National Championships, Eugene, Ore., a month later. The meet, conducted at West Seattle Stadium, held some events on the evening of July 7th with a full schedule on the 8th, and served as the Greater Seattle Senior Games.

In the sprints, Steve Robbins took the M55 100 race in a field of seven with a 12.14. Dave Walter won the M55 200 (24.60) and ran the fastest 400 (54.31) of the meet. Marilyn Dewarder, W40, hurried to women's bests in the 100 (13.72) and 200

(28.50).

Greg Beyerlein, M45, with a 4:26.98 1500, and Bob Stephenson, M45, with a 15:32.23 5000, were the distance stars.

Cathryn Cole-Dow's five W35 field event gold medals included one in the pole vault (3.05). In a probable masters meet first, there were more women (6) than men (5) in the high jump. Martha Mendenhall, W40, cleared 1.50.

Matt Burks, M30, took the meet's "strongman" award, with wins in the shot, discus, hammer, 35# weight (14.48), and 56# superweight (9.36).

Stan Chraminski, M50, was first overall (26:22.4) in the 5000 RW. □

## Outdoor Rankers Selected for 2000

by JERRY WOJCIK  
Masters T&F Rankings Coordinator

The rankers for the 2000 outdoor track & field season are listed below. If your best marks for the 2000 season have not been published in the NMN results section by the January 2001 issue, and to assure that they are included in the rankings, send those marks with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 22, 2001.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task, which increases the possibility of typographical error. Meet directors are asked to remind their officials that marks should be recorded in metric measurements for submission to the NMN.

Mistakes in athletes' names, age groups, marks, etc., in the NMN results can be corrected for the rankings by athletes' notifying the compilers before the Jan. 22, 2001, deadline.

Compilers are needed in the high jump, pole vault, and combined events (decathlon, heptathlon, pentathlon,

weight pentathlon) for the 2000 outdoor season. If you want to become a compiler for those events, contact me at P.O. Box 50098, Eugene, OR 97405. Phone: 541-343-7716; e-mail: jerrywoj@aol.com.

### Rankers for the 2000 Outdoor Season:

**100, 200, 4x100, 4x400** - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

**400** - Ruth BreMiller, 590 W. 29th Avenue, Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu

**800, 1500, Mile** - Erich Reed, 2260 Kincaid St., Eugene, OR 97405. E-mail: erichreed@yahoo.com

**Short Hurdles, Long Hurdles, Steeplechase, 5000** - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

**High Jump, Pole Vault - Open Long Jump, Shot Put, Discus** - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

**Hammer, Javelin** - Clay Hull, 4001 W. Voltaire Ave., Phoenix, AZ 85029-1047

**Combined Events - Open 3000, 10,000, Triple Jump, Weight, Superweight** - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com □

## St. Hilaire and Masai Spin Records at Beach Party

by SUSANNAH BECK

Cape Elizabeth's People's Beach to Beacon 10K marked high summer in Maine for the third year in a row this Aug. 5. Vacationland's most prestigious race, Beach to Beacon sailed off under warm, sunny skies along a route showcasing gorgeous Casco Bay and the hometown of Olympic gold medalist marathoner, Joan Benoit-Samuels. "Joanie's Race," as it is known locally (and accurately, since Samuelson is the race's creator), attracts 3500 runners from around New England and is Maine's first race to feature an international elite field.

This year's race supported Beach to Beacon's growing reputation. Andrew Masai, of Kenya, and Judi St. Hilaire, 40, Somerset, Mass., led an elite masters field with record times worthy of the \$2000 masters prize money.

Masai set a new CR of 29:12, erasing Steve Plasencia's 1998 CR 29:37, and defeating a sound masters field that included Kenyan Simon Karori, 30:01 (\$1000), Canadian Graeme Fell, 30:11 (\$250), and Kenyan Sammy Ngathia, 41, 30:43. Masai, who does not like to view a course before racing, in the belief that it will make him run poorly, finished ninth in the overall standings.

St. Hilaire added another notch to her summer winning spree (including a win at Peachtree, July 4), by tying the CR set by Russian Marina Belyaeva last year in 33:37, and placing 10th woman overall. Belyaeva fin-

ished second master this year in 34:38. Elena Viazova, of Russia, was third in 34:41.

The older age groups were dominated by strong native Maine talent. Carol Hogan, 49, 38:54, Portland, repeated her 1999 win and led a speedy W45 trio under the 40:00 barrier, including Rebecca Ransom-Ferguson, 46, Weston, 39:37, and Ellie Tucker, 45, Brunswick, 39:51.

The M50 win went to Ronald Newbury, 50, Auburn, 35:32, in a close finish over Bob Sholl, 53, Scarborough, timed also at 35:32. Gordon Terwilliger, 51, Franklin, Tenn., was a near third in 35:42. Gretchen Read, 57, Portland, ran a stellar 41:37 to lead the W55 by a large margin, and Imme Dyson, 63, Princeton, New Jersey, cruised to a 48:49 W60 win.

Other large-margin winners include Bill Springer, 60, Keene, N.H., 39:52; Beverly McCoid, 65, Charlottesville, Va., 58:28; Mary Seamans, 70, New London, N.H., 65:59; and Joe Fernandez, 71, Fairhaven, Mass., 42:08. It wouldn't be a Maine road race without the attendance of uber-racer Carlton Mendell, 78, Portland, who finished seventh M70+, in 59:51.

Beach to Beacon is sponsored by People's Heritage Bank, Nike, MNBA, American Airlines, and Poland Spring. Over 900 volunteers donated time and effort. Fundraising from this year's race benefits Turning Point Farm, a New Gloucester, Me., group home for children. □

## Nielsen, Kulsik Triumph in Western States 100

by RUTH ANDERSON

The 27th annual Western States 100 Mile Endurance Run took place in Squaw Valley, Calif., June 24. Three hundred-and-eighty runners started the race, which is run cross-country over the challenging Sierra Mountains. Some parts of the trail are so rugged that the use of hands is required for balance.

Two-hundred-and-twenty-two runners made it home before the cut-off time of 30:00:00 (18:00 per mile pace), three-quarters of whom were masters. The first master in (and second overall) was Tom Nielsen, 40, San Diego, Calif., in 17:38:37.

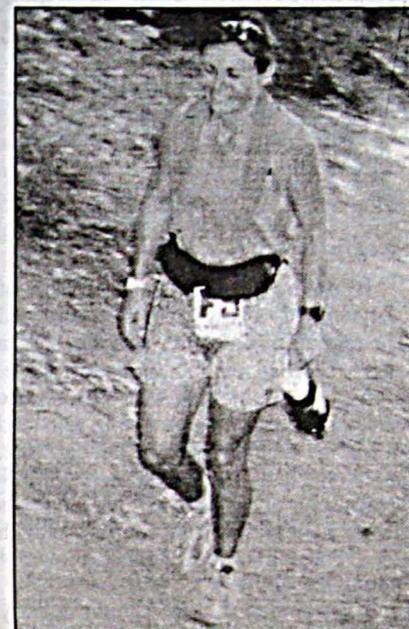
Only ten minutes back was 1988 overall Western States champion Brian Purcell, 44, Sebastopol, Calif., in 17:49:11. In hot pursuit was Tom Tweitmeyer, 41, Auburn, Calif., a five-time overall champion, finishing his 19th Western States run in a third-placing 17:53:15. The 2000 overall winner was 26-year-old Scott Jurek, of Seattle, in 17:15:24.

The women's masters race was also closely contested, with the runners closely bunched in the middle portions of the race. Laura Kulsik, 40, Folsom, Calif., took the crown in 22:51:01. Three-time masters winner Helga Backhaus, 47, of Germany, placed a little way back in 23:23:21, and June Gessner, 47, Laguna Niguel, Calif., ran 23:43:20 for third.

Older age group winners were Carlos Banderas, 50, West Covina, Calif., 21:16:00, and Kathryn Forshey, 51, Reno, Nev., 27:37:19. Alfred

Bogenhuber, 61, San Mateo, Calif., took the M60 in 23:39:32.

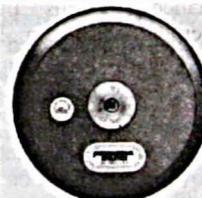
The oldest men and women finishers were Karsten Solheim, 63, Glendale, Ariz., 25:51:34, and Christa Revstock, 57, of Germany, 29:04:12. The two 70+ entrants, Ray Piva, 73, and Richard Laine, 70, dropped out of the race near the 30-mile mark. Piva is Western States' only previous 70+ finisher. □



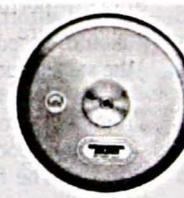
RUTH ANDERSON

June Gessner, 47, Laguna Niguel, Calif., finished third W40+ (23:43:20), Western States 100 Mile, Squaw Valley, Calif., June 24.

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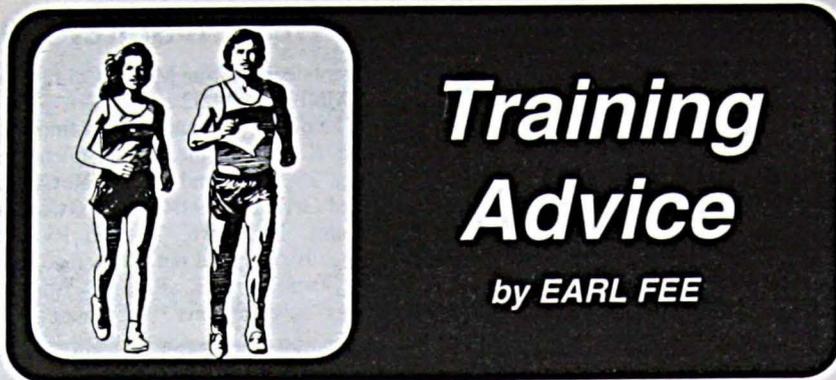
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## Training Advice

by EARL FEE

### Long Run Pool Method

Following is an excerpt from Earl Fee's book, *Secrets of a World Masters Champion & How to be Champion from Nine to Ninety*, to be published this year. All distance runners will benefit from incorporating into their training the basic concepts of this Long Run Pool Method, LRPM, but marathoners should benefit the most.

In marathon training, the length of the long run every other weekend and the total number before race day have a large bearing on the final race time. Typically, the runners with slower race times have much shorter long runs and fewer in number before the big race. Also, typically there is a drastic slowdown after about mile 20, which varies from about 14% to 58% for runners with race times of sub-3 hours to over 4 hours, respectively.

The method below should greatly assist in preventing your "hitting the wall" at about mile 20, and reduce considerably the drastic slowdown after 20 miles for most runners.

The method I propose is designed to achieve the benefits of a 26-mile long run or longer, but reducing the stress and pounding on the legs to avoid injury. I call it the Long Run Pool Method.

A marathon runner runs a total of 26 to 30 long run miles every other weekend with more than half on the roads and the remainder equal to an equivalent amount in the deep end of a pool as soon after as practical - this is the key concept. Hence, a longer long run is achieved with many side benefits. Details are explained below.

#### Advantages of Supplementing Long Run Land Miles with Pool Miles

The main advantage is that the pounding of the long run on the roads is reduced to lessen the possibility of injury while at the same time achieving the effect of a 26- to 30-mile long run every other week.

The pool session following the road run also aids recovery of the muscles, tendons, and ligaments, and provides mental relief as well.

Flexibility in the schedule - some days you feel like doing more or less on the roads due to: weather, sore muscles, your workouts during the previous week, stress at work, body biorhythms, fatigue, etc. So, in the pool you make up the difference to get the desired total long run mileage. Alternately, on a bad day the whole long run can be done in the pool - in this case, some short breaks may be required.

Pool running builds overall body strength and fitness for any race distance. These are essential for a success-

ful marathon, or even to survive.

#### Basics of Pool Running

**Form:** Run in the deep end of the pool with a flotation vest or belt (a belt is best). Your running form is the same as on land, except keep the arms straight ahead and straight back. Keep upright with little leaning for good form and for longer stride. It's not a bicycle type motion (up and down); the feet reach out as in running. Do not paw the water with your hands; thumbs are nearly vertical. Concentrate on arm movement and the legs will follow; keep arms relaxed.

**Perceived Effort:** In the pool, when running with the same perceived effort (feels the same) as on land the heart rate, theoretically, is 10 to 20 beats lower than on land; the lower value is for an aerobic workout and the higher is for an anaerobic workout. With the same perceived effort, road and pool workouts should be equivalent if conducted for the same time in the pool as on the land.

Based on 12 years of enjoyable water running, I concluded the following for deep and pool running with a flotation device. The following are based on the same perceived effort on land and in the pool:

- 25m running in the pool in "t" minutes feels like 400m in the same "t" minutes running on land.

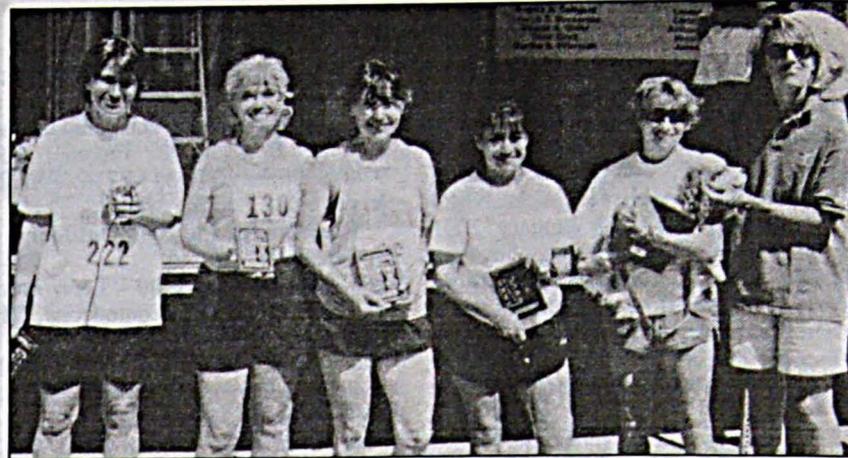
- 100m in "T" minutes running in the pool is equivalent to one mile in "T" minutes running on land. (For example, about 100m in 8 minutes running in the pool feels like 1 mile in 8 minutes on land.)

- To make a pool workout equivalent to a land workout, run in the pool 1/16th of the land distance in the same time and effort as for the land distance.

The above will give some idea of how far you will have to run in the pool at the same perceived effort or with a heart rate monitor to simulate some equivalent land miles.

**With Heart Rate Monitor:** Instead of the same perceived effort, more exact equivalence between a land and pool session can be obtained while wearing a heart rate monitor. In the pool, maintain the heart rate at 10 beats per minute below the land value for the same length of time as for a land aerobic workout.

#### Running Time and Length in the



MIKE POLANSKY

Donna Howard (r) of sponsor Vytra Health Plans presents awards to M50-54 leaders, Vytra Long Island Women's 5K, Farmingdale, N.Y., July 8, (l to r): Jane D'Agostino, Irene Thompson, Celine Blais, Elizabeth Penagos, and Judy Anker, first (22:32).

**Pool for the LRPM:** Assume you want to achieve the equivalent of a 26-mile long run by a combination of a land run and a pool run.

- Pool running time = (26 land miles run) x land minutes/mile = minutes
- Total run distance in pool = (26 land miles run) x 100m/mile = meters

Therefore, it is only necessary to substitute into the above equations the number of miles run on land and the pace (minutes/mile) during your long land run to determine your pool workout running time and total distance of pool run.

**Further Details of LRPM:** This method has to do mainly with the marathon long run, but other finer details of this program are suggested as follows (other distance runners could benefit from these concepts, but with shorter long runs):

- After building a good aerobic base with some speed for two to three months, the speedwork (sharpening) phase follows. The length of the speedwork period is close to three months maximum if there has been good base training.

- In the first week of the speedwork phase, a marathoner should be able to handle a long run on land between 12 to 15 miles.

- Every two weeks increase the long run on land by 1 to 1.5 miles, or no more than 10%, but the longest (last) land run is not to exceed 20 to 22 miles or three hours.

- On a weekend between the long run weekends do medium length easy runs or low key 5K, 10K, or half-marathon race, or a quality interval session.

- During the week do easy and medium length runs with one or two quality sessions (anaerobic threshold/tempo, VO<sub>2</sub>max, or speed workout) depending on your experience and conditioning. The experienced do more quality sessions.

- The last long run should be two to three weeks (preferably the latter) before the race.

- The day or two after the long run should be easy days.

- Don't take too long between the land long run and the pool run for best results. Have a coffee on the way to the pool; I know this works. If there are several hours between, you will not feel motivated to continue and you will not

be warmed up.

- It is important to stretch after the pool run.

#### Advantages of Pool Miles During the Week

- Apart from long run supplementation, running in the water can be done during the week to increase weekly mileage without stress on the body. For those who have time for two workouts per day, one of these can be a pool workout.

- Aerobic mileage can be increased without shock to the feet, legs, knees, and hips by running in the water with heart rate preferably at least 65% of MHR minus 10 beats per minute. In the water, when your body adapts to this activity, you will be able to go for a longer time than on land without over-tiring yourself.

- Pool running has further advantages. It improves flexibility and running form. Mitochondrial density and capillaries are increased. Due to the water's resistance, fast twitch muscles are activated.

- More repetitions in an interval session (one minute to five minute "reps" can be done in the water (with much shorter rest) than on land, due to buoyancy and increased oxygen extraction from the blood when submerged in cool water.

- Pool running is also useful for recovery on easy days.

**Caution:** Although the long run pace in the pool is conversation pace or easier than "comfortably hard," one cannot become pool proficient overnight. It may take many sessions before you can run at this pace for, say, 90 minutes, and particularly after running over 15 miles on land. So start getting adapted to pool running during base training.

Also, less experienced runners may find the 26 (land + pool) miles total too ambitious and requiring too much recovery; therefore, a total of less than 26 miles would be prudent in the first few weeks. However, land miles should be more than equivalent pool miles.

**Summary:** This method will help avoid injury, build strength and flexibility, greatly reduce slowing down in the last six or so miles of the marathon, and, above all, make the marathon a more enjoyable experience instead of a survival exercise. □

# Highlights of Nationals

Continued from page 11

over Canadian Harold Morioka, 57. In the 200, Crombie (24.47/94.4%) won over Morioka (24.71/94.9%), with George Lyden, 55, WA, the national champion with a 90.4% 25.56. Local distance favorite Dave McJunkin, 55, captured titles in the 5000 and 10,000 (35:47.11). Jumping Jim Hollister, 55, CA, led the field in the LJ, TJ, and 100H (15.52/91.8%). Tom Gage, 57, MT, won his specialty, the HT, with a 56.10 (96.9%) and the SP 15.13 (94.9%). Winning race-walkers were Rich Friedlander, 56, MO, 5000 (24:10.08), and James Carmines, 57, PA, 20K (1:50:59).

**M60:** Masters Outstanding Male Multi-Event Athlete for 1999, Emil Pawlik, 61, MS, took firsts in the pentathlon (3899), HJ, and LJ. In another showcase 100, Harold Tolson, 62, CA, won with a 12.25/97.8%, in which the first nine in the prelims had times age-grading over 90%. In the finals, Doug Smith, 61, CA, was second (12.28/96.9%), and Ken Dennis, 63, CA, third (12.46/96.9%). Eastern distance phenom Bill Borla, 60, CT, won the 5000 (17:31.59/90.3%) and 10,000 (36:28.56). Bill Knocke, 60, CA, won the 100H (15.49/93.3%) - Pawlik second in 15.74 (93.0%) - and the 300H. Glen Johnson, 61, TN, fired off one of the top five marks of the meet with a 99.6% 15.95 in the SP and won the DT. Racewalker Paul Johnson, 62, AR, was first in the 5000 (27:09.62) and 20K (1:58:08).

**M65:** Phil Fehlen, 65, CA, boosted the M65 HJ WR to 1.66, a 99.4% effort, and won the javelin contest, Dick Richards, 66, CA, world champion at Gateshead in 1999, defeated strong fields in the 100 (12.83/96.4%) and 200 (26.41/95.4%), and won the LJ. Kansan Paul Heitzman, at the top of his age group at 69, is a three-time champion, in the 1500 (5:18.11), 5000, and 10,000. Wendell Palmer, 68, TX, ruled the roost in the DT with a 90.9% 48.57. Jack Bray, 67, CA, did a double in the RWs, a 90.0% 27:08.00 5000 and a 1:59:18 in the 20K.

**M70:** Harry Brown, 70, IL, was the sprint star of the meet, winning all three in

international-class times: 100 (13.71/93.5%), 200 (27.41/95.6%), and 400 (64.00/92.5%). 1998 Masters Male Athlete of the Year, James Stookey, 70, MD, flew to an AR 50.91/93.6% in the 300H, and won the 80H (13.05/98.3%), LJ, and TJ. Gunnar Linde, 72, CA, exhibited track versatility with firsts in the 1500, 10,000, and 2000m SC. Gordon Seifert, 72, AL, hit the heights in the HJ (1.45/93.5%) and PV. Ladislav Filip, 72, competing on his home turf, won SP (12.84/91.0%) and HT golds. Jack Starr, 72, DE, took both RWs.

**M75:** Mel Larsen, 76, IA, garnered champion status in the 100 (14.07/97.2%), 200 (30.32/92.5%), LJ, and 80H, with a phenomenal 100+% 14.16. Avery Bryant, 76, CA, used his past national SC experience to win it and the 1500. John Gamble, 75, FL, hit gold in the SP (10.97) and HT. Bill Carter, 77, OK, added the TJ win to his first in the pentathlon.

**M80:** Speedy Milt Silverstein, 80, AZ, leaped to an AR in the LJ (3.89), and won the 100 (14.85/96.7%) and 200 (31.58/93.6%), leaving the 400 to Rod Parker, 81,



SUZIE HESS

Finalists in the W60 100 (l to r): Hannelore Boerner, Barbara Cleveland, third (15.68), Kathy Bergen, first (14.23), Barbara Jordan, Mary Roman, Marilyn Rickson, and Kemisole Solwazi, second (14.42), National Masters Championships, Eugene, Ore., Aug. 10-13.

AR, second to Silverstein in the shorter sprints. Bill Benson, 81, NY, tripled in the 800, 1500, and 5000. David Schlothauer, 82, MA, who has amassed throws championships for the last two years, added the SP, DT, and HT to his skein.

**M85:** This division went on a record-breaking spree, led by Alfred Funk, 86, MT, the popular choice for Athlete of the Meet honors. Funk broke three WRs: 800 (3:28.15), 5000 (25:47.54), and 10,000

Continued on page 18

## USATF National Masters Track & Field Champions Eugene, Oregon; August 10-13, 2000

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100	Anderson	Warrington	Hodge	Collins	Payton	Naidig	100 Tolson	Richards	Brown	Larsen	Silverstein	Finger
200	Anderson	Warrington	Morning	Collins	Azuogu	Lyden	200 Tolson	Richards	Brown	Larsen	Silverstein	Finger
400	Wilson	Berry	Williams	Giaspy	Hardison	Pruitt	400 Colbert	Johnson	Brown	Wright	Parker	Springer
800	Bogdanowicz	Holme	Allah	Mogg	Brown	Tucker	800 Stewart	Richardson	Selby	McManus	Benson	Funk
1500	Metz	Holme	Aasum	Burns	Brown	Perry	1500 McCormack	Heitzman	Linde	Bryant	Benson	Funk
5000	Daer	Bedford	James	Burns	Price	McJunkin	5000 Borla	Heitzman	Fortune	O'Neil	Benson	Funk
10000	Merrifield	Cordts	Clark	Towne	Price	McJunkin	10000 Borla	Heitzman	Linde	Prince	—	Funk
SH	Drummond	Burke	Smith	Price	Druckrey	Hollister	SH Knocke	Bonifield	Stookey	Larsen	Ricciardi	Finger
LH	Stuffle	Sloan	Grimes	Easley	Druckrey	Norris	LH Knocke	Jankovich	Linde	Bryant	—	—
SC	Yorges	Wagner	James	Hill	Taylor	Cavaletto	SC Brawner	Haviland	—	—	—	—
HJ	Ashe	Coushay	McBarnette	Barrineau	Sauers	Baker	HJ Pawlik	Fehlen	Seifert	Young	Maxwell	McPhee
PV	Benson	Besmer	Halverson	Brown	Hardison	Morris	PV Cannon	Gray	Seifert	Grosh	Yenari	—
LJ	Martin	Sampson	Baker	Skoflanc	Parnell	Hollister	LJ Pawlik	Richards	Stookey	Larsen	Silverstein	Trahan
TJ	Weston	Davenport	Baker	Richardson	Troy	Hollister	TJ Rowan	Langenfeld	Stookey	Carter	Mercurio	Trahan
SP	Lechler	Stilwell	Slinkard	Fruguglietti	Pataki	Gage	SP Johnson	McGrady	Filip	Gamble	Schlothauer	Carter
DT	Lechler	Stilwell	VanWinkle	Fruguglietti	Fahey	Pratt	DT Johnson	Palmer	Hawke	Mulkern	Schlothauer	Carter
HT	Cavender	—	Jansson	Vandergriff	Pataki	Gage	HT Humphreys	Thomson	Filip	Gamble	Schlothauer	Joslin
JT	Rains	Gaudette	Petrano	Brown	Sander	Groen	JT Lang	Fehlen	Allison	Bronson	Ricciardi	McPhee
Pent	Wilson	Gaudette	Janusey	Kemp	Charlton	Kroodsmma	Pent Pawlik	Johnson	Daprano	Carter	—	—
4x100	SAND	—	SCTC	—	NORT	—	4x100 TUSA	—	CALS	—	—	—
4x400	FIBO	—	CHEE	—	CPTC	—	4x400 MIDA	—	CALS	—	—	—
4x800	RUNP	—	SCTC	—	—	—	4x800 EGRA	—	CALS	—	—	—
5KRW	—	Renard	Kale	Detloff	McGuire	Friedlander	5KRW Johnson	Bray	Starr	Nervetti	Tallmadge	—
20KRW	—	Renard	Craig	Berendt	McGuire	Carmines	20KRW Johnson	Bray	Starr	Noritake	Geyer	Patterson
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
100	Leslie	Moore	Anderson	Board	Raschker	Robinson	100 Bergen	Chou	Peterson	Valien	Crane	—
200	Leslie	Moore	Anderson	Board	Raschker	Robinson	200 Solwazi	Chou	Peterson	Valien	Crane	—
400	Ellington	Smith	Monday	Board	Riordan	Lowenstein	400 Palmason	Calhoun	Peterson	Adams	—	—
800	Zachary	Wright	Monday	Teran	Shirley	Makoske	800 Palmason	MacLeod	Smalley	Adams	—	—
1500	Leonard	Wright	Monday	Teran	VanCott	Mattson	1500 Lavigne	MacLeod	Smalley	Davidson	—	—
5000	Murray	Jefferson	Acosta	Teran	VanCott	Ottaway	5000 Walker	Calhoun	Adams	—	—	—
10000	Murray	Waters	Acosta	J Martin	Stevenson	Matson	10000 HodgesHite	—	d'Elia	Russell	—	—
SH	—	—	Orechia	Drotar	Raschker	Carter	SH —	—	—	—	—	—
LH	—	—	Orechia	Drotar	Clark	—	LH —	—	—	—	—	—
SC	—	Hilsenteger	Dougherty	Vesey	Trotto	—	SC —	—	—	—	—	—
HJ	—	Iba	Mendenhall	—	Raschker	Douglass	HJ Wright	Miller	McDaniels	Valien	—	—
PV	—	Croissant	Schultz	—	Raschker	—	PV Cleveland	—	McDaniels	Valien	—	—
LJ	Leslie	Amarasekara	Flannery	—	Raschker	—	LJ Cleveland	Chou	McDaniels	Valien	—	—
TJ	Toll	Amarasekara	—	—	Raschker	Carter	TJ Wright	Chou	McDaniels	Valien	—	—
SP	—	Geurkink	Lewis	Stratton	Hartzler	Hilliard	SP Grissom	Miller	Lorenz	Valien	Gradick	Jarvis
DT	—	Geurkink	Finsrud	Rowe	Hartzler	Hilliard	DT Flynn	Crooks	Lorenz	Hinton	Gradick	Jarvis
HT	—	—	Lewis	Stratton	Thomas	Hilliard	HT Young	Fetherston	Osmon	Reske	Gradick	Jarvis
JT	—	Iba	Bowers	Capwill	Raschker	Cutler	JT Sisley	Miller	Lorenz	Hinton	Gradick	Jarvis
Pent	—	Cole-Dow	Hoppie	—	Raschker	Carter	Pent —	—	—	—	—	—
4x100	EAST	—	NORT	—	NORT	—	4x100 EAST	—	—	—	—	—
4x400	WEST	—	—	—	—	—	4x400 —	—	—	—	—	—
4x800	RRFC	—	NIKE	—	ORAS	—	4x800 —	—	—	—	—	—
5KRW	—	Gehrke	Herazo	Snyder	Johnson	Steigerwalt	5KRW Richardson	Dockstader	—	Gordon	BennoCaris	—
10KRW	Storrs	MurphyGlenn	Herazo	Richards	Johnson	Steigerwalt	10KRW LaVeck	Dockstader	—	Gordon	BennoCaris	—



JERRY WOJCIK

Phil Fehlen broke the M65 world record for the high jump with a 1.66, National Masters Championships, Eugene, Ore., Aug. 10-13.



## Track and Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

### Nationals Provide a Memorable Experience

**G**ood going, Eugene. The 2000 Outdoor National Masters Championships Track and Field Meet, August 10-13, was truly a gold medal winner. The athletes were treated to a first-class meet that featured a record number of entries, abundant, courteous, qualified officials, fantastic weather and an excellent facility. The enthusiasm displayed by the crowds of spectators and competitors all contributed to four days of record-breaking performances and excitement.

The event was all that meet directors Barbara Kousky and Tom Jordan promised, smoothly run with minimum glitches; they can be proud of their accomplishment. The Oregon Track Club Masters (Frank Lulich, president) were perfect hosts, always available to assist athletes in any way possible. One could not ask for more.

Most of all, special kudos to all the participating athletes who performed to expectations of excellence. Special camaraderie and friendly competition were visibly on stage throughout the duration of the championships. You

truly displayed what masters track and field is all about.

I would be remiss not to comment that we also had a record number of attendees at the athletes' meeting, where we honored deserving athletes and recognized others for their contributions. Thanks to all who took time from their agendas to attend.

All in all, the 2000 meet in Eugene was a positive and memorable experience. □



**JACQUILINE BOARD**  
Jacqueline Board, W40 winner in the 100, 200, and 400, National Masters Championships, Eugene, Ore.



**MARCELLA TERAN**  
Marcella Teran, W45 national champion in the 800, 1500, and 5000, National Masters Championships, Eugene, Ore.

### Highlights of Nationals

Continued from page 17

(54:19.28), and won the 1500. Frank Finger, 85, VA, set ARs in the 100 (17.49) and 200 (37.40) and won the 80H. Ross Carter, 86, broke his SP WR with a 30.49 in front of his hometown fans. Clarence Trahan, 85, CA, increased the LJ AR to 2.97. Bill Patterson, NC, 85, set a U.S. record (3:01:01) in the 20K RW.

**W30:** Paula Leslie, 31, OR, tripled in the 100, 200, and LJ. Patty Murray, 34, CO, outdistanced the competition in the 5000 (16:51.62) and 10,000 (35:17.41).

**W35:** Robin Moore, 35, NJ, scored wins in the 100 (12.51) and 200 (26.29). Sheri Wright, 32, CO, flew to titles in the 800 (2:21.22) and 1500 (4:54.77). Adina Valdez, 30, NY, non-U.S., was first in the 800 (2:16.42). Elaine Iba, 39, CA won the HJ and JT. Veronica Amarasekara, 39, CA, earned championships in the LJ and TJ. Katrina Geurkink, 39, VT, lofted the farthest SP and DT.

**W40:** Rose Monday, 40, TX, swept the 400 (59.35), 800 (2:15.07), and 1500 (4:47.20). Felecia Anderson, 41, streaked to wins in the 100 (13.17) and 200 (27.47). Oneitha Lewis, 41, NY, upped the HT AR to 47.01. Barbara Acosta, 42, CA, paced the pack in the 5000 (17:46.61) and 10,000 (37:08.26). Stella Orechia, 43, WA, sailed over the 80H (13.19) and 400H (70.11). Victoria Herazo, 41, NV, strutted to wins in the 5000 (24:43.21) and 10K (51:32) RWs.

**W45:** Jacqueline Board, 47, AZ, mastered the sprints: 100 (13.72), 200 (29.28), and 400 (66.08). Canadian high jumper Debbie Brill, 47, ascended 1.65 (98.8%). Marcella Teran, 45, CA, is a triple champion in the 800, 1500, and 5000. Kathy Martin, a non-U.S. from Long Island, NY, was first in the 1500

(5:02.56) and 5000 (18:06.05). Teresa Drotar, 45, CO, coasted over the 80H (15.66) and 400H. Joan Stratton, 48, AZ, won the SP and her specialty, the HT (31.53).

**W50:** Phil Raschker, 53, GA, the 1999 Outstanding Masters Female Athlete, won nine events, eight after scoring the women's best (4252) in Thursday's pentathlon: 100 (13.64/92.0%), 200, 80H (13.19/93.1%), HJ (1.45/93.5%), PV, LJ, TJ, and JT. Teri Van Cott, 51, CA, earned championships in the 1500 and 5000. Avril Douglas, 54, of Canada, was first in the 800 and 1500. Mary Hartzler, 51, OH, won gold medals in the SP (10.71) and DT. Racewalker Gayle Johnson, 51, MO, also doubled in the 5000 (27:36.77) and 10K (56:41), the latter in a U.S. record.

**W55:** Shirley Matson, 59, CA, hastened to a win in the 1500 (5:28.88) and a U.S. record in the 10,000 (40:03.46/92.9%). Vanessa Hilliard, 59, FL, captured titles in the SP (11.12), DT (32.12), and HT with a whopping 100+% 44.64. Mary Robinson, 58, OH, cruised to champion titles in the 100 (15.08) and 200. Ann Carter, 58, SC, won the pentathlon and later took firsts in the 80H and TJ. Jolene Steigerwalt, 56, CA, bested her division field in the 5000 (31:08.12) and 10K (1:03:33) RWs.

**W60:** Carol Young, 60, GA, stretched the HT AR to 35.38. Kathy Bergen, 60, CA, streaked to victory in the 100 (14.23/93.3%), with Kemisole Solwazi, 60, CA, second (14.42/92.0%). Solwazi (29.73/91.4%) took the 200, from Diane Palmason, 62, WA, (30.69/90.2%). Palmason won the 400 (68.34/92.0%) and 800 (2:42.10/92.5%). Barbara Cleveland, 60, FL, did the high and long of it with wins in the PV and LJ. In the

5000 RW, Elton Richardson, 61, NY, won in 28:49.80 (90.2%), with Bev LaVeck, 64, WA, second (29:13.41/91.9%). LaVeck prevailed on Sunday in the 10K with a 91.6% 59:37 to Richardson's 59:43.

**W65:** Fei-Mei Chou, 65, CA, did a quad, winning the 100, 200, LJ, and TJ. Christel Miller, 65, CA, tripled in the HJ, SP, and JT. Double winners were Lois Calhoun, 65, CA, 400 and 5000; Suzi MacLeod, 66, OR, 800 and 1500; and Shirley Dockstader, 67, CA, 5000 (31:41.21) and 10K (1:04:58) RWs.

**W70:** Toshiko d'Elia, 70, NJ, set an AR of 24:09.86 in the 5000. Leonore McDaniels, 72, VA, won all of the jumps, topped by a HJ of 1.15 (93.5%). Pat Peterson, 74, NY, did a trio in the sprints: 100 (16.57/92.6%), 200 (35.24/90.2%) and 400. Mavis Lorenz, 73, MT, exploded to titles in the SP, DT, and JT. Nancy Smalley, 73, CO, loomed large in the 800 and 1500.

**W75:** Johnnye Valien, 75, took seven gold medals back to California, including two for the sprints and all four jumps, with a WR in the PV (1.70). Miriam Gordon, 75, FL, notched U.S. records in the 5000 (34:47.11) and 10K (72:05) RWs. Louise Adams, 78, CO, chalked up firsts in the 400, 800, and 5000. Margaret Hinton, 78, TX, won the DT (15.07) and JT.

**W80:** Katharine Gradick, 82, FL, is a four-time throws champion. Irene Crane, 82, OR, took the 100 and 200. Olga Kotelko, 81, Canada, supplied ample competition on the track and in the field in this division. Fan Benno-Caris, 82, took both RWs.

**W85:** Betty Jarvis, 85, OK, set four ARs: SP (4.50), DT (12.76), HT (13.16), and JT (9.32). □



**JERRY WOJCIK**

Mel Larsen, M75, accepts the Outstanding Masters Male Athlete Award for 1999 from Ken Weinbel, USATF Masters T&F Chair, at the Athletes' Meeting, held Friday, Aug. 11, National Masters Championships, Eugene, Ore.

### TEN YEARS AGO September 1990

- Nationals Draw 1090 to Indianapolis
- Larry Almborg, 43, Runs 4:06.70 Mile in NYC
- Bix 7 Draws 16,521 to Davenport, Iowa
- Ralph Romain, 58, Runs 400 in 52.52

## New Ruling a Disappointment for Jager

by KEN STONE

Kathy Jager's bumpy road to early reinstatement from her two-year IAAF drug ban took a wrenching turn in late July. And if she wasn't bruised enough before, she is now.

First, USATF informed the Arizona sprinter, 56, that her doctor-prescribed menopause treatment yielded a "drug positive" at the 1999 Gateshead World Veterans meet, where she won six medals, including two sprint golds.

Then she was told she could compete again soon if she passed a series of drug tests and received a medical exemption from the IAAF, allowing her to resume taking her daily dose of Estratest HS, which contains a minute amount of methyltestosterone, a banned steroid.

Now Jager has learned that the IAAF has rejected her request for a medical waiver. "After a period of constant e-mail contact with the Monaco and Swedish offices of the IAAF Anti-Doping Commission" she and her husband, Carl, wrote in late July, "we finally wrung an answer out of them on Kathy's exemption request.

"The answer was: No exemption will be allowed. No specific reasoning was advanced - just that the IAAF cannot allow any athlete to use testosterone."

The Jagers said the fact that Estratest was a required medication - with no proven link to improved athletic performance - "was obviously not an effective argument."

But what came next was equally mystifying. "The IAAF has also informed us that it is turning over the whole matter to the World Association of Veteran Athletes for their 'medical exemption' consideration." Until now,

WAVA has assumed a studiously silent stance in the case, giving no hint of its potentially decisive role. USATF, meanwhile, informed Jager that it had yanked its recommendation for early reinstatement, based on the IAAF's refusal to grant her a waiver.

Jager - the oldest track athlete in history to be banned for drugs - now has to begin a fight on a new front.

"We're turning our attention to WAVA," the Jagers said. "In spite of these rather stark turnarounds in support, we're confident that it will eventually become apparent that positive, enlightened actions and changes in policy are required."

USATF chief Craig Masback and WAVA President Torsten Carlus of Sweden failed to respond to e-mail requests for comment. Bridget Cushen, of Britain, chairwoman of WAVA's Women's Committee, would only say: "Yes, members of the Women's Committee were informed some time ago of a positive drug case involving a W55 competitor. I am unable to make any further comments at this stage."

But David Pain of San Diego - who launched masters track in the United States in the late 1960s and who helped create WAVA - wasn't coy in his reaction. "To apply current IAAF rules to that problem was totally out of line," Pain said of Jager's plight. Pain said he left active involvement in WAVA after 1991 partly as a protest against WAVA's move toward affiliating with the IAAF, with its Draconian drug policies.

At the General Assembly that July in Turku, Finland, Pain lost a race for WAVA secretary to Carlus. Pain campaigned against drug-testing in WAVA, first because it was "prohibitively expensive" and also because it was "a non-issue."

The IAAF, meanwhile, has moved on to other drug cases. In early July, a three-member IAAF arbitration panel that included WAVA General Secretary Monty Hacker, of South Africa, ordered Jamaican sprinter Merlene Ottey, 40, reinstated from her drug ban. And in early August, the IAAF cut short the drug ban of Cuban high jumper Javier Sotomayor, allowing him to compete in the Sydney Games.

Among the reasons for letting Sotomayor compete, despite testing positive for cocaine, the IAAF cited "exceptional circumstances" and the jumper's "humanitarian work." □

### FIVE YEARS AGO September 1995

- 5335 Athletes Take Part In 11th World Veterans Championships in Buffalo
- Competitors from 79 Nations Set 58 World Records
- Gateshead, England, Chosen to Host 13th Veterans Championships in 1999

## Ed Stotsenberg

Ed Stotsenberg died July 10 in a Santa Monica Hospital after a long illness.

Ed's long career as a master runner (he started at age 63) gave him friends around the world. The WAVA track meets, beginning with Hannover in 1979, were one of the great joys of his long life. He was born March 3, 1914, in North Dakota.

His "win" in the M65 1500 at Christchurch, New Zealand, was always a very special memory to him. The friends we made during his career with WAVA (after Hannover and Christchurch, there was San Juan, Rome, Melbourne, Eugene and Turku) are among our nearest and dearest.

Chronic bronchitis began in October 1991 and cut Ed's racing career to only an occasional 5K. He coached a group of masters runners at Pepperdine until just three months before his death. When three of them won medals at a recent meet, Ed was as pleased as if he had won the gold himself.

Ed will be remembered as the donor of the Stotsenberg Track at Pepperdine University, and as the "spark" behind the new track at Santa Monica City College. These were just two of his many philanthropic endeavors, both as president and founder, with Miss Pickford of the Mary Pickford Foundation and with the Edward and Dorothy Stotsenberg Foundation.

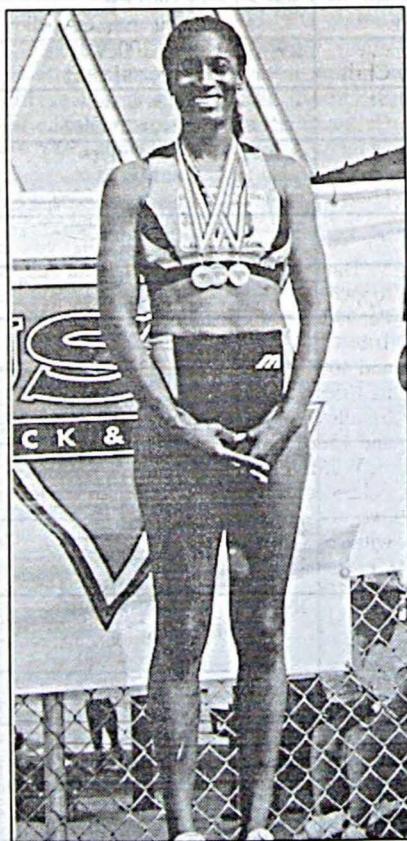


Ed Stotsenberg

Before he "discovered" running, Ed was an excellent skier, a breeder of American saddlebred horses, sculptor, and musician. He took up the classical guitar at age 73 to "keep the brain active" and in 1995 established the Stotsenberg International Guitar Competition at USC with a \$10,000 first prize. The biannual competitions now are held at Pepperdine University, with the next one coming up June 1, 2, and 3, 2001.

A celebration of Ed's life was held in Smothers Theater, Pepperdine University, Aug. 18.

- Dorothy Stotsenberg



SUZY HESS

Veronica Amarasekera, W35 winner in the long and triple jumps, National Masters Championships, Eugene, Ore., Aug. 10-13.

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AGE 50+

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Opening Ceremonies  
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Volleyball • Billiards  
Table Tennis • Bowling  
Softball • Tennis  
Rock Climbing



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## Coaching Update

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a vari-

ety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a supportive group without a professional

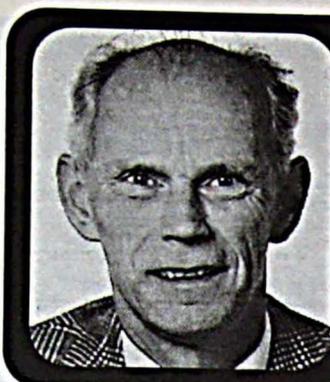
coach. Often, an individual offers to serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit.

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

## MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 microjas@aol.com www.ric-rojasrunning.com
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Desert Valley Rockets	Cathedral City HS Cathedral City, CA	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825
Ross Dunton, SCS	152Q Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 423-774-0023 coachr880@worldnet.att.net	Running Unlimited	Blaine/Bellingham, WA	MD, LD	C-Diane Palmason 360-332-2077 dpalmason@msn.com
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	Jerry Hiatt	Seabreeze HS Daytona Beach, FL Tuesdays A.M.	MD, LD	Jerry Hiatt 904-255-1279 donna@totcon.com
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 fax 561-368-1090 www.FastProgram.com
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	San Diego Panthers TC	San Diego, CA	T, F	James King Randy Thompson 619-475-5252
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trailnet.com
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Tim Graf	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tvgraf@msn.com
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	Mike DeWitt	Parkside Athletic Club Mike DeWitt	RW	Mike DeWitt 414-551-0142
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863	Ken Grace	Chabot College Hayward, CA		Ken Grace 510-723-6662
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaelite1@earthlink.net
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Gamespeed	Brentwood, CA	S	Aaron Thigpen 925-513-8676
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S, F	C-David Jackson 915-533-3941	Gulf Coast Racewalkers	Dade City, FL	RW	Susan Heft 352-567-0855
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595	Club Vault	Beaverton, OR		Jerry Cash 503-524-5078
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	American Walking Assoc.	Boulder, CO	RW	Viisha Sedlak 303-938-9531 viisha@americanwalk.org
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	American Walking Assoc.	St. George, UT	RW	Sharon Conland 435-688-1438 sconlan@redrock.net
Tom Craig	Oakland, CA	MD	C-510-633-1161	American Walking Assoc.	Cardiff, CA	RW	Claudia Lane 760-944-9213 claudiawlk@aol.com
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. RonKulik; Dr. Neil McLaughlin	American Walking Assoc.	Highland, IL	RW	Laurie Plocher/ Kathy Southwick 618-654-3981
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188	American Walking Assoc.	Bluebell, PA	RW	Tami Zylka 215-641-4658
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841	American Walking Assoc.	Thunder Bay, ONT, Canada	RW	Karl Dahl 807-344-9807 kdahl@baynet.net
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843				
SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986				
Elmer Haynes	Sacramento, CA	All Events	916-845-3080				
Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935				
Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262				
MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m. Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170				
Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076				
Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.



## International Scene

by **TORSTEN CARLIUS**  
WAVA President

### European Championships Draw 2900 Athletes

I do hope everyone is enjoying a good summer which, I must admit, I am not where I sit in Helsingborg. Since May, most days have brought rain and wind, and the sun has been visible for only a few hours at a time. Far more sad, of course, was the news in July that WAVA's founding president, Don Farquharson, had passed away. I first met Don at the WAVA Council meeting in Miyazaki, Japan, in 1992, since when we maintained a very good relationship. I believe the best way we can honor him is to ensure that WAVA and the veterans' movement continue to grow stronger still. I am confident we will all do our utmost to fulfill this ambition.

That said, WAVA's work continues to move ahead. Like all other even-numbered years, the year 2000 means we hold the WAVA World Veterans Championships Non-Stadia and all our Regional Championships. Valladolid, Spain (the Non-Stadia Championships' host), was a great success and we owe the organizers and its Chairman Felipe Mendez a very great "Thank you." These championships have already been covered in NMN, so I will not comment further.

#### Oceania and Finland

By August we had held this year's first two regional championships, i.e., Oceania in Norfolk Island, NFI, January 16-23, and the European Championships in Jyväskylä, Finland, July 6-16. Although very well organized, both events brought the organizers problems of various kinds. Norfolk Island suffered from mist and late arrivals, and in Jyväskylä the number of competitors was high, as usual.

The European Veterans Championships-Stadia drew approximately 2900 competitors from 40 countries – fewer competitors than the last two European Championships, but, at 40, the number of participating countries was a new record. This means that only nine of 49 European countries did

not participate – mostly the smaller countries.

The championships were successful, well organized by the LOC, and the results were at a very high level. As usual, many new European and world records were established (for complete results you can visit the Jyväskylä website at [www.jkl.fi/evaco2000](http://www.jkl.fi/evaco2000)).

Jyväskylä was fortunate in having good weather this year. Like the European Championships, the WAVA World Championships schedule four days of competition, one rest day for the General Assembly, followed by another four days of competition. Almost every competition day was sunny, almost too much so at times, and the competitors enjoyed a wonderful mixture of challenging competition and a warm vacation.

#### General Assembly

Since the term for WAVA officers is four years, the General Assembly meeting was very short as there were no elections – just like the WAVA meeting in Gateshead, England. Only three proposals for amendment of Constitution/By-Laws/Rules of Competition were brought to the Assembly.

Great Britain proposed that the General Assembly, not the Council, award the European Championships,

and that the two-year-old rule that a country can have only one delegate on any EVAA council/committee/working-group be amended to allow two persons from the same country. Both proposals were rejected. However, the General Assembly did approve the Czech Republic's proposal that the Non-Stadia events be included when calculating the number of votes for the European General Assembly and Women's Assembly – keeping the maximum number of votes at five.

#### Regional Championships

Oceania and Europe have awarded their 2002 Stadia Championships as follows:

**Oceania** – Geelong, AUS, January 12-19

**Europe** – Potsdam, GER, August 15-25

The remaining four regional championships are: (1) North and Central America & the Caribbean, held in Kamloops, Canada, August 17-20 (already staged at the time of publication), (2) Asia, November 6-10, (3) South America, November 5-12, and (4) Africa, which is still experiencing problems after having tried hard to interest first the IAAF Development Center in Cairo and then in Nairobi.

It now appears that the Africa Championships will again be held in South Africa, a location opposed by many. I believe Cairo would be preferable as it would bring our veterans movement to a new area and attract many new countries as participants. Moreover, there were plans to invite two athletes from each country. Even if these plans cannot be realized in 2000, I do hope the Africa Council will continue its efforts toward 2002. It would mean a great deal to the African veterans.

#### WAVA Championships

The next WAVA Championships-Stadia, our 14th, will be staged in Brisbane, Australia, July 4-14, 2001. The WAVA Council has been there to view preparations, has met with Brisbane's delegates in Jyväskylä and Norfolk Island, and will visit other regional championship venues. Our WAVA Vice President-Stadia, Jim Blair, and his group have also visited Brisbane to follow the preparations

closely.

I am confident that WAVA's 14th Stadia Championships will possibly be the greatest success yet. The LOC is very competent and their only wish is to give us the very best. I am also confident we will see more athletes than ever – except Miyazaki, Japan, in 1993 – and Brisbane will provide a meaningful memory for life.

We have been in contact with our 2003 Stadia Organizer in Kuala Lumpur, Malaysia, and Jim Blair has revisited to check weather, temperature and humidity, so as to plan for a daily program that avoids the worst heat. We look forward to the first ideas from Kuala Lumpur's LOC and expect, of course, that they will attend the WAVA General Assembly in Brisbane with an up-to-date progress report. The same goes also for San Isidro, Argentina, where we will hold the next World Non-Stadia Championships in 2002 with the new program approved by the General Assembly in Gateshead.

#### Masters Games

The WAVA Council decided in Brisbane, in March, to continue discussions with the International Masters Games Association (IMGA) to determine where a closer cooperation and coordination will lead. These discussions will take place in the autumn to allow for a full report to the General Assembly in Brisbane next year.

At the regional level, there have also been discussions regarding Regional Masters Games, with most interest in Asia and Europe. Perhaps Europe now has taken the lead, as, on August 6, six sports (athletics, swimming, table tennis, orienteering, handball and basketball) agreed to found the European Masters Games Association in Munich, Germany. This initiative has the support of IMGA but the new association is independent and means that the European Sports Federations now will take responsibility for the Masters Games development at the European level. Similar thoughts have been expressed in Asia, which perhaps will be the second area to establish a regional Masters Games Association. □

### Important Announcement Re Gateshead Results/Videos

The WAVA Council has been informed that some athletes/officials might not have received results books and/or videos from Gateshead for which they have paid.

This must be settled and anyone in this situation is asked to send copy of payment/receipt to:

Torsten Carlus, WAVA President, Smalandskatan 25,  
S-252 76 Helsingborg, Sweden,

or to

Monty Hacker, WAVA Secretary, 115 Froome Road, Athol,  
2196 Sandton, South Africa

who will then try to settle all problems with the Gateshead LOC.

### XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001

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10 Months to Go



## Countdown to Brisbane

by **RON BELL**  
WAVA Vice-President, Non-Stadia

### What to Expect in Brisbane

**D**uring the first three months of the year, I was fortunate to visit the venues for our next three WAVA Championships – Brisbane, 2001; Argentina, 2002; and Kuala Lumpur, 2003. Below is a perspective of Brisbane; the other two will appear in later issues.

#### Brisbane 2001

Under the guidance of event general manager, David Lloyd, I was shown the three stadiums to be used, non-stadia venues, and a sample of the accommodations. The main athletics activity will be at the QEII complex, which consists of the state athletic center and the much larger ANZ stadium.

The state facility is a 10-lane, fully-equipped stadium with a seating capacity of 3500 in the grandstand. Adjacent to this track is the ANZ stadium which by the time the championships arrive, will have a new 8-lane full international track facility. The stadium seats 50,000 and was the centerpiece of the

1982 Commonwealth Games and 1994 World Masters Games. The third track is the Queensland University stadium, which is approximately 10 minutes away from the QEII complex.

#### Don't Be Fooled

The cross-country will be held at the St. Lucia Golf Club and offers a challenging course to all competitors. Do not be fooled by having a cross-country on a golf course. I can assure you it is not flat; there is a hill, which has to be negotiated on each lap. Both start and finish areas are on a fairway close to the clubhouse, allowing plenty of space at the start and the opportunity for fast finishing. There is a small brook,

which has to be negotiated by a bridge. A picturesque course will be enjoyed by all.

The marathon course is that used for the annual Brisbane Marathon with slight changes made to the start and finish areas, which have been relocated to the Southbank Park area of the city. The course is mainly flat and, for a large proportion of the route, follows the river. The walks course has not yet been finalized; it seems likely that this venue will also follow the river.

#### What to expect

There are lots of little extras being planned by the organizers, and it would be wrong to disclose them now; however, some points are already well known. These include university accommodation that is within walking distance of the tracks, and a 5K run/walk get-together with a pasta party on the day prior to competition starting.

The opening ceremony (now called a welcoming ceremony) will allow the full team to be in the march past, and the closing ceremony has a spectacular firework display. There will be specially priced meals available at the ANZ stadium club for an anticipated price of AUD \$7-\$10. Meals are also available at trackside dining. All competitors will become members of the club, allowing them to use the restaurant, bar and gaming machines.

#### Proximity of Locations

Distance/time from city to:

QEII complex – 11 km/12 min.

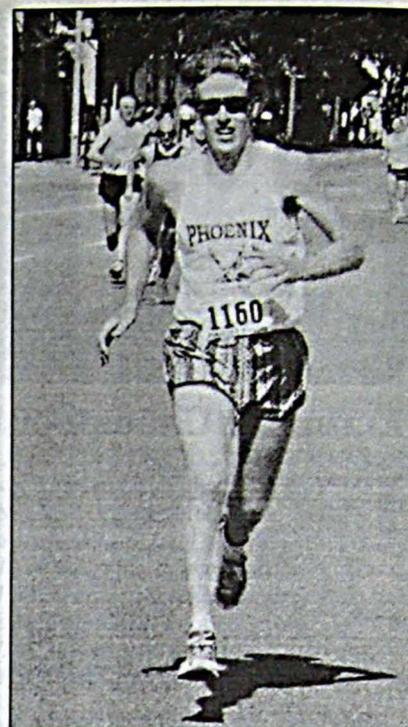
University – 6 km/10 min.

Golf Course – 6 km/10 min.

Airport – 18 km

#### Sightseeing

Brisbane has many attractions and the city is well worth exploring. The



Dave Reed, M45, first overall (4:25), Ambleside Masters Mile, West Vancouver, B.C., Canada, June 3.

compact layout makes it easy to get around. One of the best forms of sight-seeing is the city catamaran, which acts as a ferry on the river.

Slightly farther afield, the Lone Pine Koala Sanctuary is worth a visit, and the woolshed is not to be missed. For me, one of the best attractions is the Brisbane casino which has a most unusual architecture, resulting from strict building constraints placed on the builders.

Then, of course, there is the rest of Australia! □

## Naoumenko Sets Four W75 World Records in European Championships in Finland

by BRIDGET CUSHEN

Records fell by the score in the European Veterans Championships held at Jyväskylä, Finland, on July 6-16. Twenty-one world records and bests, 29 European records, and 123 championship records were set by athletes who competed in five-year age groups, starting at 40 for men and 30 for women.

Nina Naoumenko, of Russia, who holds the W70 world records in the 800 (3:10.72) and 1500 (6:14.52), was sensational in recording four W75 pending records in the 800 (3:31.37), 1500 (6:42.14), 5000 (25:14.44), and 10,000

(52:08.73). The present records for those events are 3:32.98, 7:06.13, 25:43.39, and 53:13.63, respectively.

German relay teams accounted for records in the M65 4x100 (50.19), M70 4x100 (54.62), W60 4x100 (55.77), and W65 4x100 (62.65). The Finnish M75 4x400 team ran a record 5:05.89.

Rolf Geese, of Germany, upped the M55 pentathlon record to 4185, as did Dieter Bartzsch, Germany, for the M60 pentathlon, with a 4383.

Four javelin marks for the M70-79 500g and M80+ 400g newly-adopted implements were reported as "bests." □

### On The Run

Continued from page 12

point where they complete their first 10K, a popular racing distance. The next goal for many is the marathon, but Roy Benson, a coach and fitness consultant from Atlanta, believes that runners should look back to consider race distances they've passed en route to running longer and longer. Specifically, he believes that runners need to focus more attention on the

5K. "If you can improve your speed at shorter distances," he says, "it will help your performances at all distances."

(Hal Higdon, Senior Writer for *Runner's World* and a Training Consultant for The LaSalle Bank Chicago Marathon, has already made plans to run the Gate River Run next year. He can be contacted by e-mail at [hhigdon@mediaone.net](mailto:hhigdon@mediaone.net).)

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## Masai, Belyaeva Steam to Masters Wins in Utica Boilermaker 15K

by ERICH REED

Kenyan Andrew Masai, 40, ran a 44:56 to win the \$1000 prize at the Utica Boilermaker 15K, Utica, N.Y., July 9, breaking John Tuttle's masters record from last year (46:17). Fellow countryman, Simon Karori, 40, placed second master in 46:00, followed by Canadian Graeme Fell, 46:22, and Tuttle, 46:59. The Boilermaker is the largest 15K (9.3 miles) in the nation, and posted a record number of finishers this year with 7889.

Marina Belyaeva, 41, of Russia, won the women's masters race in 53:47, out-dueling Sabrina Robinson, 42, Tempe, Ariz., 54:19, for the \$1000 first prize. In addition to winning \$500, Robinson surpassed Nancy Grayson's single age record of 54:34 set in 1993 at the

Gasparilla 15K in Tampa, Fla. Diane Legare, 49, Montreal, Canada, placed third in 55:12, and posted the highest W40+ age-graded score of 96.9%.

Frank Lewis, 52, Mississauga, Ontario, 52:38, claimed \$400 and the rare honor of leading Bill Rodgers, 52, Sherborn, Mass., in the M50 division. Joan Ellis, 51, Parma, Ohio, took the W50-54 with a strong 60:39.

Amazing Ed Whitlock, 69, Milton, Ontario, blazed a 55:04 to soar above the A-G 100%, and outstrip Jack Nelson, 60, Winnetka, Ill., 55:59. Margaret Betz, 63, Conklin, N.Y., 69:16, joined Whitlock, and last year's masters champion, Diane Legare, W45, 55:12 as returning age-group division winners. □

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KAREN MILLER (SPOKANE, WA)	9-14-60	40-44
JOAN TAYLOR (SANTA CRUZ, CA)	9-15-60	40-44
RACHEL KOEKEMOER (RSA)	9-6-55	45-49
VERONIQUE MAROT (GBR)	9-16-55	45-49
SALLY YOUNG (GBR)	9-29-55	45-49
PATTI FORD (LAFAYETTE, NY)	9-30-55	45-49
EMME MISSENE (CHL)	9-8-50	50-54
ZINA MARCHANT (GBR)	9-13-50	50-54
DUANE GREEN (RUSTON, VA)	9-16-50	50-54
SUZANNE MUSIKANTOW (CHICAGO, IL)	9-25-50	50-54
DAGMAR WIDMAN (GER)	9-12-45	55-59
LAMAR MILLER (ANN ARBOR, MI)	9-13-45	55-59
RUDITE ZIEMANE (URS)	9-15-45	55-59
LYNN DONALDSON (NZL)	9-16-45	55-59
BOBBI ROTHMAN (MILLER PLACE, NY)	9-19-45	55-59
MATTI KILPELAINEN (CANTON, MI)	9-21-45	55-59
COLIN AYLING (GBR)	9-24-45	55-59
ANJA AALTONEN (FIN)	9-25-45	55-59
JUDY VERNON (GBR)	9-25-45	55-59
DORIS THIELE (GER)	9-26-45	55-59
MARIO TROMBELLI (WG)	9-1-40	60-64
WLODZIMIERZ SOKOLOWSKI (POL-NYC, NY)	9-1-40	60-64
DONNA SENSIG (MADISON, WI)	9-9-40	60-64
YVONNE DEWIT (RSA)	9-11-40	60-64
STEVE LYONS (CA)	9-14-40	60-64
BRIDGET CUSHEN (GBR)	9-16-40	60-64
IRMA KIRCHOPF (GER)	9-16-40	60-64
JUTTA MCCORMICK (CUPERTINO, CA)	9-17-40	60-64
FRIDERUN KUMMERLE-VALK (GER)	9-24-40	60-64
MARTIN HEE (HONOLULU, HI)	9-26-40	60-64
MAURICE MCDONALD (DURHAM, NC)	9-26-40	60-64
ANNIE LANDS (KENMORE, NY)	9-29-40	60-64
LJUDMILA HMELEVSKAJA (URS)	9-30-40	60-64
BRUCE TULLOH (GB)	9-0-35	65-69
SHARON BINTLIFF (HONOLULU, HI)	9-5-35	65-69
WAVA MOSBRUCKER (GREEN BAY, WI)	9-6-35	65-69
ARNOLD BUDD (NYC, NY)	9-10-35	65-69
SHIELA CHAMPION (IRL)	9-11-35	65-69
DOROTHY MCLENNAN (IRL)	9-11-35	65-69
JOHN BRENNAN (SANTA BARBARA, CA)	9-15-35	65-69
JOYCE SCHMIDT (AUS)	9-15-35	65-69
HELGA BALZER (GER)	9-20-35	65-69
BARBARA DUNSFORD (GBR)	9-20-35	65-69
SALLY FREDERICKSON (S. GERONIMO, CA)	9-20-35	65-69
SUMIKO KODAMA (JPN)	9-25-35	65-69
VELA BELBEZE (FRA)	9-27-35	65-69
BILLY TOY (TX)	9-27-35	65-69
KATIE MCINTYRE (SANTA MONICA, CA)	9-29-35	65-69
MARY ROMAN (NORWALK, CT)	9-30-35	65-69
PEGGY FLETCHER (GBR)	9-5-30	70-74
FRED GALLARDO (RIVERSIDE, CA)	9-7-30	70-74
IRVING BLACK (NEW BRITAIN, CT)	9-14-30	70-74
DOREEN CARMICHAEL (CAN-NY)	9-14-30	70-74
SKIP DOUGHERTY (US)	9-17-30	70-74
ULLA SEGER (SWE)	9-17-30	70-74
DOLLY DOWNEY (LAKE WORTH, FL)	9-18-30	70-74
LLOYD SCHAEFER (AUS)	9-23-30	70-74
EMILY WEBER (BROADVIEW, IL)	9-1-25	75-79
KIT PICKLES (COBB, CA)	9-5-25	75-79
L. HERTER (WG)	9-6-25	75-79
TOTTI KASEKAMP (URS)	9-22-25	75-79
ROLF STRANDLI (SWE)	9-22-25	75-79
LILLIAN RANKIN (ST. LOUIS, MO)	9-27-25	75-79
SVERRE STRANDLI (NOR)	9-30-25	75-79
ANTHONY NAPOLI (BUFFALO, NY)	9-8-20	80-84
PIERRE DARROT (FRA)	9-10-20	80-84
JACK RICE (TAMPA, FL)	9-19-20	80-84
MARIA VAN AS (RSA)	9-20-20	80-84
ARNE WELLFELT (SWE)	9-25-20	80-84
MARGARET CAHILL (AUS)	9-30-20	80-84
ALEXANDER CARNIE (RSA)	9-30-20	80-84
ALICE WERBEL (SAN LUIS OBISPO, CA)	9-28-15	85-89
MARY LAHAIE (PENSACOLA, FL)	9-29-15	85-89
WILFRED BIGELOW (BERKELEY, CA)	9-6-10	90-94
MITZI PROBST (IL)	9-16-10	90-94
ROSARIO IGLESIAS (MEX)	9-20-10	90-94
IRJA SARNAMA (FIN)	9-27-5	95+

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

### Barbados Winter Training

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### WAVA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
70-79	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	8
80+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	7
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
					WAVA USATF	USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20# 20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16# 16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12# 16#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25# 35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16# 25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12# 25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
 WAVA weights are used for USATF weight pentathlons.  
 Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.  
 \* New 1999 IAAF specifications.

# Masters Scene

## NATIONALS

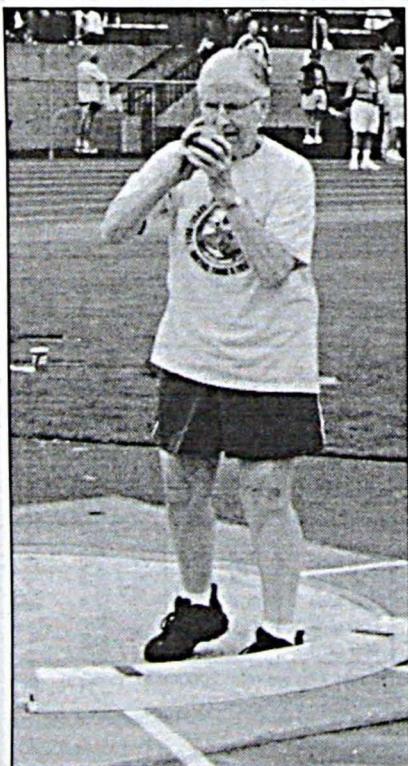
• Nearly seven million people (6.5 rating) watched the final Sunday evening of the Olympic Trials on NBC-TV, July 23. The show rated 58th out of 108 programs that week, garnering higher ratings than *Dateline*, *Sabrina*, *Once and Again*, *The Pretender*, *Big Brother*, and *Ally McBeal*. The Trials' Saturday daytime rating was 4.6, with 13 percent of the TV audience watching – higher than any other sport except the British Golf Open with Tiger Woods. The ratings bettered those of baseball, boxing, cycling, figure skating, superstars, and women's golf. Many felt the ratings would have been even higher had the network shown more of the action and less of the sappy profiles.

• Road Race Management, the newsletter and directory publisher for race officials, seeks nominations for its Road Race Director of the Year Award (presented by *Running Times*). A ten-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA and USATF officials will choose the winner of the award. Nominations close September 19 and the winner will be announced at the annual Road Race Management Race Directors' Meeting, Nov. 11, in Washington, D.C. Nomination forms may be obtained (at this late date) by downloading from the Road Race Management web site ([rrm.com](http://rrm.com)).

• On July 8, the National Distance Running Hall of Fame, Utica, N.Y., inducted four new members: seven-time Boston Marathon champion, **Clarence DeMar**; University of Oregon track star, **Steve Prefontaine**; three-time NYC Marathon champion, **Alberto Salazar**; and nine-time NYC Marathon winner **Grete Waitz**.

## EAST

• **Kathy Martin**, 48, Northport, NY, scored a masters first with a fifth-place 18:12, Vytra Health Plans L.I. Women's 5K, Farmingdale, NY, July 8, to win the Paula Wunderlich Memorial Award for the second year in a row as the first member of the Greater Long Island RC club to



JERRY WOJCIK

Betty Jarvis broke four W85 U.S. records in the throws, National Masters Championships, Eugene, Ore., Aug. 10-13.

finish the race. **Thelma Wilson** won the W65 race in 25:33. The GLIRC administered the run; a portion of the event's proceeds went to the Nassau County Coalition Against Domestic Violence.

• **Flo Meiler**, 65, who broke the W65 indoor WR for the HJ in the 2000 Dartmouth Meet, resides in Shelburne, VT, not Sherburne, VT, as reported in the March issue.

• **Karl Proffitt**, 43, 1:24:25, was nine minutes ahead of the rest of the women's masters field at the NYRRC Bronx Half-Marathon, NY, July 7. **Walter Dupont**, 44, 1:12:35, claimed the men's title. Handily capturing the M80 division was **Yu Huang**, 80, 2:23:45.

## MIDWEST

• Severe rain, thunder, and lightning forced Meet Director **Gerry Krainik** to halt the USATF Midwest Regional Masters Championships, Romeville, IL, July 30, after a few events. The storm raised havoc throughout the Midwest, causing power outages and flooding in the Detroit and Chicago areas. Notable performers in the abbreviated meet included **Harry Brown**, 70, 63.58 (A-G 93.2%) in the 400; **Sveer Falk-Pedersen**, 50, 4:37.00 in the 1500; and **Pat Beam**, 60, 24.15 in the javelin.

• **Harry Brown**, 70, was top scorer (3951) in the Oak Forest Age-Graded Sprint Challenge, Oak Forest, IL, July 9, with his best score in the four events (100/400/200/300) coming in the 100 (13.35/A-G 10.27 and 96.1%/1030 points). **Lynne Ingalls**, 57, was first woman (3202), scoring 846 points in the 300 (50.84/A-G 41.15 and 83.1%).

## MID-AMERICA

• **Helen Hart-Pena**, 41, Denver, CO, 30:24, and **Brad Pace**, 44, Fort Collins, CO, 26:37, took masters honors at the Cherry Creek Sneak 5 Miler, Denver, April 30. A pending age-group best for M60-64 was set by **Nico Solomos**, 61, Denver, with a 27:40, surpassing **Norm Green's** 28:07.

## WEST

• **Ron Pate**, of the Hawaii Masters TC and Mid-Pacific RRC, indicates that those organizations are working on a bid proposal to hold the 2003 National Masters Championships in Hawaii.

• **Lad Pataki** increased the age-54 WR for the 1.5kg discus to 188-11/57.58. **Klaus Liedtke** (GER) holds the present best at 182-2.

## NORTHWEST

• **Jerry Henley**, 41, Alpine, UT, 2:43:19, and **Janice Kreuz**, 53, Cincinnati, OH, 3:33:06, claimed the masters titles at the Deseret News Marathon, Salt Lake City, July 24. **Mel Lemon**, 40, Magna, UT, 33:36 and **Marie Boyd**, 40, Albuquerque, NM, 34:45, took the masters laurels in the 10K. Standouts included **Larry Ingram**, 55, Grand Junction, CO, 35:30; **Ruben Bigil**, 72, Albuquerque, 44:40; and **Jeanie Groves**, 53, Cedar Hills, UT, 42:53.

## CANADA

• **Nancy Tinari**, W40, took best age-graded honors overall with a 44:44/AG 4:01 in the Ambleside Masters Road Mile, West Vancouver, June 3. **Dave Reed**, M45, first overall with a 4:25, was A-G runner-up with a 4:03. Starters numbered 161 in what is billed as the biggest mile road race in the world.

## INTERNATIONAL

• According to **Torsten Carlus**, WAVA President, the final javelin specifications have



JERRY WOJCIK

First three in the M30 pentathlon (l to r): **George Joachim**, second (2682), **Kane Wilson**, first (3016), and **Terry Hardy**, third (2628), National Masters Championships, Eugene, Ore., Aug. 10-13.

been approved with these changes from the original specifications: for the 500g, the overall length has changed from minimum 2.00m-maximum 2.20m to 2.00m-2.10m, and the length of the metal head has changed from min. 220 mm-max. 300mm to 220-270; for the 400g, the length of the metal head has changed from min. 200 mm-max. 280mm to 200mm-250mm, and the distance from tip of the metal head to the center of gravity has changed from min. 0.75-max. 0.82 to 0.75-0.80.

• **Merlene Ottey**, 40, of Jamaica, returning from a one-year ban from international competition, placed fourth in the 100 with a W40 pending WR of 11.21 at Jamaica's Olympic Trials, July 21, and will be going to her sixth Olympics. The present W40-44 WR is 11.99 by **Zdenke Mosika** (CZE) in 1997.

• Interest in hosting the 2005 WAVA World Veterans Athletics Championships has been shown by San Sebastian, Spain; San Juan, Puerto Rico; Vancouver, Canada; and Sacramento, USA. The WAVA Council has agreed that, prior to future General Assemblies, full inspection of the bidding sites will take place well in advance of the General Assembly. A report on the ability of each bidding city to host

the games will be sent to all affiliates to help them judge each city's bid. At the biennial WAVA General Assembly last year in England, Kuala Lumpur, Malaysia, was chosen to host the Championships in 2003. The 2002 WAVA World LDR Championships will be held in Argentina.

## CORRECTIONS

• The photo caption on Page 11, col. 1, Aug. NMN, should have read: **Yvette Lavigne**, 60, Los Angeles, CA....

• Runners in the M50 3000 in the Philadelphia Meet, June 7, published in the July issue were **Dick Green**, 1st, 9:53.8 and **Steve Rook**, 2nd, 9:57.6.

• Results of the USATF Arizona Masters Meet, April 29, sent to the NMN and published in the July issue, listed **Milt Silverstein** as an M75; he is in the M80 division.

• **Scott Caldwell**, of Indiana, should have been listed as a Guest in the M45 400 results in the August issue, with a 57.27, and his correct time in the 800 was 2:11.96, USATF S.E. Regional Championships, Murfreesboro, TN, June 24..

## Write-On

Continued from page 4

### NORTHWEST REGIONALS

Several of us recently had the opportunity to attend the Northwest Regionals in Bozeman, Mont. Although the weather and the elevation gave us a bit to contend with, we had a wonderful time. I would certainly go back again. The supreme effort by **Bob Sager** (and family) with the help of a few, but very dedicated, volunteers made this a totally enjoyable meet.

Even the barbecue, also by **Bob and family**, was excellent, and I thank them for providing the event for us.

*Margaret Seewerker  
West Linn, Oregon*

### MEDALS

I recently competed in five events at a masters track meet. I won five gold medals. Was that an accomplishment? Not really, since I was the only competitor in the 75-79 age group in all five events.

Did I deserve my medals? For example, I threw the javelin 68-0, which is 85% of the All-American standard, so perhaps it was deserved. But I would have been awarded a gold medal if I had only stepped up to the line and thrown the javelin three ft. Some meet directors have addressed this problem by combining five-year age groups into 10. That is not the solution, since there is no way a 79-year-old can compete with a 71-year-old.

Why can't we establish minimum standards, based on a percentage of the "All-American" performance? Perhaps some fellow athletes have ideas as to how high these standards should be. We are really only talking about the 70-and-up age group, since there are usually several competitors in the lower age groups.

I would be interested in hearing the opinion of my fellow athletes.

*Jack Doorlay  
Philadelphia, Pennsylvania*

# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually 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 9.** USATF National Masters Weight & Superweight Championships, Seattle. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**September 16.** USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

**November 29-December 3.** USATF 22nd Annual Meeting, Albuquerque Convention Center, New Mexico. USATF, PO Box 120, Indianapolis, IN 46206-0120. Tel: 317-261-0500; fax: 261-0481; www.usatf.org. Housing: Albuquerque Housing Bureau, 505-346-0522; fax: 346-0176; usatf@nmtravel.com.

**July 14-28, 2001.** National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

**July 25-28, 2001.** 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

### EAST

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

**September 2-3.** Potomac Valley Association Masters Championships, T.C. Williams HS, Arlington, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvta.org/

**September 6-11.** Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

**September 16.** New Jersey Senior Olympics, Fort Monmouth. Mike Garamella, 973-618-1111.

**September 19-20.** Green Mountain Senior Games, Green Mountain College, Vt. Jack Carlock, 802-875-4508.

**October 1-8.** Delaware Senior Olympics, Dover. Mary Costello, 302-736-5698.

**October 5-7.** Maryland Senior Olympics, Towson. Phil Adams, 410-830-4456. No out-of-state.

### SOUTHEAST

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

**September 10.** All-American TC Throws Meet, Hampstead, N.C. Frank Reilly, AATC, 20184 Hwy 17, Hampstead, NC 28443. 910-270-3635.

**September 20-23.** Georgia Golden Olympics, Robins Air Force Base. Vicki

Pilgrim, 404-657-6644.

**September 25-30.** North Carolina Senior Games, Raleigh. No out-of-state. Call for other dates. Cindy Trumbower, 919-851-5456.

**October 8.** All-American TC Throws Meet, Hampstead, N.C. Frank Reilly, AATC, 20184 Hwy 17, Hampstead, NC 28443. 910-270-3635.

**November 18.** USATF South Carolina Weight Pentathlon Championships, Myrtle Beach. Open to all. Dick Austin, 102 Pepperhill Circle, Myrtle Beach, SC 29579. 843-236-1852; austin@juno.com

**November 28-December 3.** Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.

### MIDWEST

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

**September 3.** Wolfpack Throwing Classic, Ohio St. U., Columbus. All throws, plus SW, and WP scoring. John White, 4865 Arthur Place. Columbus, OH 43220. 614-459-2547.

**September 6-16.** Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445.

**September 7-10, 13-17.** Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

**September 21-24.** Kentucky Senior Games, Elizabethtown. Nancy Addington, 270-769-2393.

**September 23.** Norm Bower Memorial Weight Pentathlon, Kent State U., Kent, Ohio. 11:00 am. Jeff Gerson, Over The Hill TC, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

### MID-AMERICA

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

**September 2-3.** 20th annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452. Sue Norton, 303-443-2695.

**September 7-10.** South Dakota Senior Games, Pierre. Al Weisbecker, 605-428-3807; letsplay@wans.net

**September 21-24.** Kansas Senior Olympics, Topeka. M&W50+. KSO, Topeka Parks & Rec., 1534 SW Clay St., Topeka, KS 66604. Marge Rightmeier, 785-368-3798.

**October 1.** 21st Century AGELESS GAMES, U. of Minn., Minneapolis, SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 14-17.** Arkansas Senior Olympics, Hot Springs. Deadline Aug. 25. Gail Ezelle, 501-321-1441; 800-720-7276 (AR only); arsolmp@ipa.net; www.SrSports.org

**September 16.** North Texas Senior Meet, Wichita Falls. 940-322-6232.

**September 16-17.** Louisiana Senior Olympics, Baton Rouge. Butch Gipson, 225-925-1748.

**September 21-27.** Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866; danabrown@ci.tulsa.ok.us; www.oksgames.com

### WEST

Arizona, California, Hawaii, Nevada

**September 16.** KelField Throws Series #88 (Annual), Santa Cruz. WP scoring. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

**September 16-17.** Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316 (h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

**September 28-October 8.** Nevada Senior Games, Las Vegas. Roger Owen, 702-242-1590.

**October 1.** Sri Chinmoy Masters Games, CSU-Long Beach. Bigalita Egger, 310-645-0271.

**October 7.** Club West Meet, Santa Barbara CC, Calif. Gordon McClenathen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverly Lewis, 805-969-5851; 969-5852; 452-5020 (cell); fax: 969-6613.

**October 12-13.** Huntsman World Senior Games, St. George, Utah. Kathie Thayne/Nancy Colarossi, 435-674-0550/800-562-1268; hwsjinfowest.com

**October 25-November 15.** Southland Senior Olympics, Long Beach/Anaheim/Cerritos, Calif. Tel: 562-570-3537; www.ci.long-beach.ca.us/park/

**October 28.** 4th Annual Great Punkin Throwin' Meet & Weight Pentathlon, Grass Valley, Calif. 530-273-3660; email: ashglaze42@hotmail.com.

**October 29.** Champions Run For Children Mile, Kezar Stadium, San Francisco. Invitational Masters & Masters Mile. \$3600 masters money. Expenses available for elite runners; apply by Aug. 15. RhodyCo Productions, 415-759-2690; fax: 759-2699; runrhody@aol.com.

**November 10-12, 18-27.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; zeug@lava.net

**December 16.** KelField Throws Series #89, Santa Cruz. WP scoring. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kel field@aol.com

Continued on page 26

12th Annual

# SRI CHINMOY MASTERS TRACK & FIELD 40 AND OVER

Sunday, October 1, 2000 CSU Long Beach

<p><b>USATF SANCTIONED</b></p> <p>DATE: Sunday, October 1, 2000</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fanwood Dr. (CSULB parking lot); straight ahead to Administration parking lot (don't park at the meters)</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings</p> <p>ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)</p> <p>DEADLINE: All entries must be postmarked no later than Sept. 22, or phoned-in no later than Sept. 24. Late/day-of-race entries add \$2.00</p> <p>AWARDS: Medals to first three men/women in each event/age group</p> <p>AID: Light refreshments throughout day to all participants</p> <p>ACCOMMODATIONS: GuestHouse Hotel, Long Beach, (\$63 plus tax per room), call direct 800/990-9991 for reservations</p> <p>NOTE: 2000 USATF registration required (available at meet for \$15).</p>	<p><b>TRACK EVENTS</b></p> <table border="0"> <tr><td>9:30 am</td><td>5000m Race Walk</td></tr> <tr><td>10:15 am</td><td>80/100/110 Hurdles</td></tr> <tr><td>10:50 am</td><td>2000m Steeplechase</td></tr> <tr><td>11:10 am</td><td>3000m Steeplechase</td></tr> <tr><td>11:40 am</td><td>3000m Run</td></tr> <tr><td>12:10 pm</td><td>100m Sprint</td></tr> <tr><td>1:00 pm</td><td>800m Run</td></tr> <tr><td>1:20 pm</td><td>200m Sprint</td></tr> <tr><td>1:50 pm</td><td>1500m Run</td></tr> <tr><td>2:15 pm</td><td>300/400 Hurdles</td></tr> <tr><td>2:30 pm</td><td>400m Sprint</td></tr> <tr><td>3:00 pm</td><td>4 x 100m Team Relay</td></tr> </table> <p><b>FIELD EVENTS</b></p> <table border="0"> <tr><td>9:30 am</td><td>Hammer</td></tr> <tr><td>9:30 am</td><td>Pole Vault</td></tr> <tr><td>9:45 am</td><td>Long Jump</td></tr> <tr><td>10:15 am</td><td>Javelin</td></tr> <tr><td>11:00 am</td><td>Triple Jump</td></tr> <tr><td>11:00 am</td><td>Discus</td></tr> <tr><td>11:30 am</td><td>High Jump</td></tr> <tr><td>1:00 pm</td><td>Shot Put</td></tr> </table>	9:30 am	5000m Race Walk	10:15 am	80/100/110 Hurdles	10:50 am	2000m Steeplechase	11:10 am	3000m Steeplechase	11:40 am	3000m Run	12:10 pm	100m Sprint	1:00 pm	800m Run	1:20 pm	200m Sprint	1:50 pm	1500m Run	2:15 pm	300/400 Hurdles	2:30 pm	400m Sprint	3:00 pm	4 x 100m Team Relay	9:30 am	Hammer	9:30 am	Pole Vault	9:45 am	Long Jump	10:15 am	Javelin	11:00 am	Triple Jump	11:00 am	Discus	11:30 am	High Jump	1:00 pm	Shot Put
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• Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.  
• Make checks payable to: SCMT. For more information please call (310) 645-0271.

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**ENTRY FORM**

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USATF # \_\_\_\_\_ PHONE # \_\_\_\_\_ T-SHIRT SIZE: S M L XL AMOUNT ENCLOSED \_\_\_\_\_

PLEASE ENTER ME: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and associates waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition.

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

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

Throwers get to thrust their stuff in the Weight & Superweight Championships on the 9th in Seattle, and in the Weight Pentathlon Championships on the 16th in Pampa, Texas. The Potomac Valley Masters Championships, Arlington, Va., and the Rocky Mountain Masters Games, Boulder, Colo., open two-day stints on the 2nd. While others may be watching the Olympic Games, starting on the 15th and finishing on Oct. 1, masters will be competing at the ARCO Olympic Training Center near San Diego, Calif., in the Chuck McMahon Memorial Meet/California State Senior Games Championships on the 16th-17th. The schedule lists more Senior Games action in every region.

### LONG DISTANCE RUNNING

Interested in a good day's work? Try the National Masters 24-Hour Championships, Sylvania, Ohio, on the 16th-17th. A full schedule, especially in the East and Midwest, opens on the 4th with the New Haven 20K, New Haven, Conn., and Park Forest 10 Mile, Park Forest, Ill. The agenda on the 10th includes the USATF New England 5K Championships, Brookline, Mass., and the Eriesistible Marathon, Erie, Pa. On the next weekend, the options include Long Island's Great Cow Harbor 10K in Northport, Prefontaine Memorial 10K, Coos Bay, Ore., and the Larry Fuselier 25K, New Orleans, on the 16th, and the Philadelphia Half-Marathon and Minnesota Masters 15K on the 17th. Following those are the NYRRRC Fifth Avenue Mile on the 23rd, and the Adirondack Marathon, Schroon Lake, N.Y., and Quad Cities Marathon, Moline, Ill., on the 24th. The Bowling Green 10K in Kentucky, and the New Hampshire Marathon round out the month on the 30th.

### RACEWALKING

Racewalkers will strut their stuff in the National Masters 40K Championships, Fort Monmouth, N.J., on the 17th. The Chuck McMahon Memorial Meet on the 16th presents a 1500, 3000, and 5000 on the track for the novice and the expert. □

Continued from page 25

### NORTHWEST

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

September 6-10. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324/208-549-2411; aaa3@cyberhighway.net

October 12-13. Huntsman World Senior Games, St. George, Utah. Huntsman World Senior Games, 82 W. 700 South, St. George, UT 84770. Phone: 800-562-1268. Web: www.seniorgames.net

### INTERNATIONAL

October 21-28. Honda Masters Games, Alice Springs, N.T., Australia. www.hondamastersgames.nt.gov.au

October 28-November 5. Asia Pacific Masters Games, Queensland, Australia. Phone: 07-5564-0480; fax: 07-5564-0498; email: aspac@mastersgames; www.mastersgames.com.au

November 5-12. South American Veterans Championships, Mar Del Plata, Argentina. Luis Gramaccioni, president of Argentinian Confederation of Veteran Athletes, Diaz Velez St. 192, Rosario 2000, Sante Fe, Argentina. Phone/fax: 54-341-438-8062.

February 2-11, 2001. International Master Athlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.masterathletewintergames2001.com

February 19-March 5, 2001. Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

July 4-14, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

### OPEN

September 15-October 1. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

September 15. RRCA National Run To Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

September 16-17. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

October 8. USATF National Masters Marathon Championships/Twin Cities Marathon. Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 28. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

November 4. USATF National Masters 8K

Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

November 19. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

November 25. USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207, Brighton, MA 02135. 617-566-7600.

November 29-December 3. USATF 22nd Annual Meeting, Albuquerque, New Mexico. See T&F-National.

December 10. Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.com

### EAST

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

September 4. New Haven 20K/USATF Open Men's Championships, New Haven, Conn. John Bysiewicz, 203-481-5933; jbsports@javanet.com

September 7. NYRRRC American Heart Association Wall Street 5K Run, Manhattan, N.Y. 6:30 pm. NYRRRC, 212-860-4455; www.nyrrc.org

September 10. Dutchess County Marathon, Poughkeepsie, N.Y. Pat DeHaven, 203 Cherry Hill Dr., Poughkeepsie, NY 12603. 914-473-3204; www.pojone.com/dcclass

September 10. Backwards Half-Mile & 10 Mile, East Meadow, N.Y. 516-569-4959.

September 10. USATF NE Championships/Brewery Exchange 5K, Lowell, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

September 10. Avon Running Circuit 10K & 5K, Baltimore, Md. 212-282-5350; www.avonrunning.com

September 10. Eriesistible Marathon, Erie, Pa. Jim Thompson, 814-866-6269; thompson1@erie.net

September 16. Great Cow Harbor 10K, Northport, L.I. N.Y. Rich Boziwick, 631-754-5064.

September 17. Jefferson Hospital Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 215-864-8225; www.philadistance.com

September 17. Yonkers Marathon & Half-Marathon, Yonkers, N.Y. A.J. Cambria, 914-377-6430; www.cityofyonkers.com/marathon

September 23. NYRRRC Fifth Avenue Mile, Manhattan, New York. NYRRRC, 212-860-4455; www.nyrrc.org. M&W60+ contact Al Puma, email: alpuma@att.net

September 24. Adirondack Marathon, Schroon Lake, N.Y. (5K & 10K Races on Sept. 23 in Chestertown.) Adirondack Marathon, PO Box 583, Schroon Lake, NY 12870. 888-724-7666. www.adirondackmarathon.org. (Entry form on p. 17, June issue).

September 24. PowerGel Capital 20 Miler, Alexandria, Va. SASE to DCRRC, POB 1352, Arlington, VA 22210-0652. 703-241-0395; http://patriot.net/dcrcc

September 24. NYRRRC Fred Lebow 5K Cross-Country, Van Cortlandt Park, NYC. See Sept. 7.

September 24. LIRRC 5K, East Meadow, N.Y. 516-569-4959.

September 24. Richard S. Caliguiri Great Race 10K, Pittsburgh, Pa. Patrick Cannon, 459 City-County Blvd., 414 Grant St., Pittsburgh, PA 15219. www.rungreat

race.com

September 24. Providence 5K, Providence, R.I. Charles Breagy, 401-294-1107(e); fax: 294-9925; email: cbreagy@worldnet.att.net

September 24. Nationwide Ocean To Sound Relay, Jones Beach, L.I., N.Y. 8 am. Alan End, 516-349-7646.

September 24. East Lyme Marathon & 5K, East Lyme, Conn. 860-739-2864; www.coolrunning.com

September 24. Rockland Half-Marathon/RRCA State Championships, Orangeburg, N.Y. Shelly Morgan, 49 Gregg Ct., Tappan, NY 10983. 914-359-5425; shellytzb@aol.com; www.active.com

September 30. New Hampshire Marathon & 10K, Newfound Lake. SASE to NHM, PO Box 6, Bristol, NH 03222. 603-744-2150; nwfndcoc@worldpath.net

October 1. Maine Marathon, Relay & Half-Marathon, Portland. 207-741-2084; email: marathon@maine.rr.com

October 1. USATF NE Championships/Ro-Jacks Run 5 Mile, Attleboro, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

October 1. Jersey Shore Half-Marathon, Gateway National Recr. Area Park, Sandy Hook, N.J. 732-222-1348.

October 1. Syracuse Festival Of Races Men's 5K and Women's 5K, Syracuse, N.Y. Dave Oja, 315-446-6285; fax: 449-2222; www.festivalofraces.com

October 1. Wineglass Marathon, Bath-Corning, N.Y. 800-284-3352, x66; www.WineglassMarathon.com

October 8. Tufts Health Plan Women's 10K, Boston, Mass. 888-767-RACE.

October 8. Chancellor Challenge 100K, Boston, Mass. Dave McGillivray, 978-774-3842; fax: 774-8893; ww.chancellorchallenge.org

October 8. Steamtown Marathon, Scranton, Pa. Bill King, 570-963-7864; fax: 348-3564; email: kingwf@ns.neiu.k12.pa.us

October 8. USATF NJ Masters Men's 8K & Women's 5K Cross-Country Championships, Deer Path Park, Readington. 732-296-0006; www.usatf.org/assoc/nj

October 14. Greater Hartford Marathon, Half-Marathon Relay, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 14. Avon RRCA Women's 5K Series, Pittsburgh, Pa. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

October 14. Oysterfest Supervisors 5K, Oyster Bay, N.Y. 9 am. Mike Polansky, 516-349-7646.

October 15. NYRRRC Staten Island Half-Marathon, NYC. 212-423-2292; www.nyrrc.org

October 15. Atlantic City Marathon. #10 SASE to AC Marathon, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, director. 609-601-1RUN; fax: 823-7694; www.virtualac.com

October 15. Mohawk Hudson River Marathon, Schenectady to Albany. MHRM, PO Box 29, Guilderland, NY 12084. 518-435-4500; http://crisny.org/users/hmrrc/index.html

October 15. Army 10 Miler, Washington, D.C. 202-685-3361; www.armymtenmiler.com

October 22. BayState Marathon & Half-Marathon, Tyngsboro, Mass. BayState Marathon, 26 Groton St., Pepperell, MA 01463. www.baystatemarathon.com

October 22. Marine Corps Marathon, Washington, D.C. Rick Nealis, director, POB 188, Quantico, VA 22134. 800-RUN-USMC;

Continued on page 27

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www.marinemarathon.com

**October 28.** USATF NJ Masters Women's 5K & Men's 8K Cross-Country Championships, Deer Path Park, Readington. See Oct. 8.

**October 29** USATF NE Championships/Cape Cod Marathon, Falmouth, Mass. 508-540-6959; www.capecodmarathon.com; USATF NE, 617-566-7600.

**November 4.** JFK 50 Mile, Boonsboro, Md. Michael Spinnler, 301-739-7004; fax: 733-0097.

**November 5.** New York City Marathon, NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; www.nyrrc.org

**November 11.** Pittsylvania Cross-Country Challenge, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Warwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**November 12.** Brooks Pharmacy Ocean State Marathon, Warwick-Providence, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; email: OSM26@IDS.net; www.OSM26.com

**November 12.** Nasdaq Veterans Day 10K, Washington, D.C. www.runwashington.com

**November 19.** Philadelphia Marathon. PM, Memorial Hall, PO Box 21601, Philadelphia, PA 19131. 215-685-0054; www.philadelphiamarathon.com

**November 19.** Philadelphia Marathon. PM, Memorial Hall, PO Box 21601, Philadelphia, PA 19131. 215-685-0054; www.philadelphia.marathon.com

**November 23.** NYRR Turkey Trot 5 Mile, Prospect Park, NYC. See Nov. 5.

**November 25.** NYRR Knickerbocker 60K, Central Park, NYC. See Nov. 5.

**November 26.** Robs Run 5K, Syosset, L.I., N.Y. 516-349-9157.

**December 10.** USATF NJ Masters 10 Mile Championships, Picatinny Arsenal, Rockaway Twp., 11:00 am. 732-296-0006; www.usatf.org/assoc/nj

**December 17.** Ho Ho Ho Holiday 5K Run, Bethpage, L.I., N.Y. 561-349-9157.

**December 30.** Greenbelt 20 Miler & 10 Miler, Greenbelt, Md. DCRRC, POB 1352, Arlington, VA 22210-0652. 703-241-0395.

**December 31.** NYRR Runner's World/Asics Midnight Run 5K, Central Park. 212-860-4455; www.nyrrc.org

**December 31.** Asbury Park Polar Bear 5 Mile & 10 Mile RW, Sunset Park Convention Hall, Asbury Park, N.J. Elliott Denman, 732-222-9080; Elliottden@aol.com

**SOUTHEAST**

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

**September 2.** Landsford Canal 50K, Fort Lawn, S.C. Claude Sinclair, 803-286-8388(h); clsinclair@infowave.net

**September 23.** One Valley Bank Virginia 10 Miler & 4 Miler, Lynchburg. 804-845-5338(d). www.besttrace.com@Virginia10Miler

**October 1.** Naples On The Run 20K, Naples, Fla. NOTR 20K, 2128 9th St. N. Naples, FL 34102. 941-434-9786.

**October 8.** Disney's 10K Classic, Orlando, Fla. 407-898-1313; www.trackshack.com

**October 21.** Governor's Cup Half-Marathon, Columbia, S.C. 803-929-1996; www.carolinamarathon.org

**November 18.** Richmond Marathon & 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

**November 18.** Avon Running Circuit 10K

& 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com

**November 23.** Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-739-1917; www.1stplacesports.com

**November 23.** Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlanta.trackclub.org

**November 26.** Space Coast Marathon & Half-Marathon, Melbourne, Fla. Linda Thompson, 321-454-4352(h); 459-2444(w); linathom@aol.com

**December 3.** First Tennessee Memphis Marathon. 1000 limit. 800-893-RACE; www.runmemphis.com

**December 3.** Fulcrum Raleigh Marathon, Relay, & 5K, Raleigh, N.C. www.raleighmarathon.com

**December 9.** Huntsville Times Rocket City Marathon, Huntsville, Ala. RRCA Southern Region Championships. Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 35773. 256-828-6207; www.HuntsvilleTrackClub.org

**December 10.** Hops Marathon By The Bay, Tampa Bay, Fla. HM, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doit.sports.com/Hopsmarathon

**December 16.** Jacksonville Marathon, Half-Marathon, & 5K. 904-739-1917; www.1stplacesports.com

**January 7.** Walt Disney World Marathon & Half-Marathon, Orlando. Register online at runningnetwork.com or disney-worldsports.com

**January 20.** Charlotte Marathon & Relays, Charlotte, N.C. 704-358-0713; www.runforpeace.org

**January 21.** Florida Gulf Beaches Marathon & Relay. 727-347-4440; 888-LIV-2RUN; www.floridamarathon.com

**MIDWEST**

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

**September 2.** Charleston 15 Miler & 8K, Charleston, W. Va. Distance Run, PO Box 11595, Charleston, WV 25339. 304-348-6464.

**September 3.** Scott Hanton Marathon & Half-Marathon, Port Huron, Mich. John Haas, 810-364-4550; jhaas@yahoo.com

**September 4.** Park Forest 10 Mile & 5K. PF Scenic Ten, 350 Victory Dr., Park Forest, IL 60466. 708-748-2005; www.villageofparkforest.com

**September 16.** Fourth Annual U.S. Air Force Marathon, Wright-Patterson Air Force Base, Dayton, Ohio. 800-467-1823; 937-257-4350. http://afmarathon.wpafb.af.mil.

**September 24.** Quad Cities Marathon & Relay, Moline, Ill. Joe Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; moji@firecrackerrun.com; www.qcmarathon.org

**September 30.** Bowling Green 10K Classic, Bowling Green, Ky. Jennifer Day, 270-782-3660(d); www.bg10k.com

**October 1.** Fox Cities Marathon & Relay, Half-Marathon, & 5K (Sept. 30), Appleton, Wisc. Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. Toll Free Hotline: 877-230-7223; www.foxcitiesmarathon.org

**October 1.** 10th Annual Fox Cities Marathon, Appleton, Wisc. PO Box 1315, Appleton, WI 54912-1315. 877-230-7223.

**October 15.** Avon Running Circuit 10K & 5K, Cincinnati, Ohio. 212-282-5350; www.avonrunning.com

**October 15.** Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W.

Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon

**October 22.** Chicago Marathon. CM, PO Box 5709, Chicago, IL 60680-5709. 312-904-9800; 888-243-3344; www.chicagomarathon.com

**October 22.** Louisville Marathon, Half-Marathon & 10K. Phil Jones, 7910 Albrecht Circle, Louisville, KY 40241. Email: pjones3@bellsouth.net; cherokeeroadrunners.org

**October 29.** Columbus Marathon, Columbus, Ohio. Mike Collins, 614-794-1566; www.columbusmarathon.com

**December 2.** Kentucky 50 Miler, Louisville. Pet Schuler, 502-893-9521; www.cherokeeroadrunners.org

**MID-AMERICA**

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

**September 4.** Heart of America Marathon, Columbia, Mo. Joe Duncan, 573-445-2684; ctc.columbia.missouri.org/hoa

**September 9.** 5th annual Dick Beardsley Half-Marathon & 5K, Detroit Lakes. DL Chamber of Commerce. PO Box 348, Detroit Lakes, MN 56502.

**September 10.** Prostate Awareness Trot For Health (PATH) 10K & 5K, Camp Dodge, Johnston, Iowa. 515-241-6838.

**September 17.** Minnesota Masters 15K, White Bear Lake, USATF MN, 5429 Wooddale Ave., Edina, MN 55424. Barb Leininger, race director, 952-881-0888; 612-823-2554.

**October 1.** Avon Running Circuit 10K & 5K

Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

**October 1.** Sun Healthcare Duke City Marathon, Half-Marathon, & 5K, Albuquerque. Matt Segura, 1815 Solano N.E., Albuquerque, NM 87110. 505-265-4580; www.dukecitymarathon.com

**October 7.** Hobo Day 5K, Brookings. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058; www.brookings.com/striders

**October 14.** 38th Annual Jackrabbit 15 (15.202 miles) & Jackrabbit Relays, Brookings. Shari Landmark, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

**October 14-15.** Spirit Of St. Louis Marathon, Relay & 5K (14th), St. Louis, Mo. 314-725-9880; www.stlouismarathon.com

**October 21.** USATF Minnesota Open & Masters 10K & 5K Championships, U. of Minn. Golf Course, St. Paul. USATF MN, 5429 Wooddale Ave., Edina, MN 55424. 952-920-0558.

**October 29.** The Rib Run Marathon, Half-Marathon, & 5K, Kansas City, Mo. 816-331-4286; www.kcpl.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 1.** Arkansas Marathon, Malvern. 501-337-0007; www.arkansasrunner.com

**October 7.** Tulsa Zoo 10K & 5K, Tulsa, Okla. 918-669-6635; www.tulsazoo.org

**October 7.** Arkansas Traveller 100 Mile, Perryville. Charles Peyton, 501-225-6609;

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## Huntsville Times Rocket City Marathon

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JERRY WOJCIK

First four W70 in the 5000 (l to r): Marcia McChesney, fourth, Nancy Smalley, second, Toshiko d'Elia, first (AR 24:09.86), and Joyce Bahler, third; National Masters Championships, Eugene, Ore., Aug. 10-13.

Continued from page 27

cpayton@aristotle.net

**November 5.** San Antonio Marathon. SASE to SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652. <http://samarathon.org>.

**November 11.** Dusty Fun Run 5K & 10K, Texas A&M International U., Laredo. Michelle Alexander, 956-326-2175; fax: 326-2174.

**December 3.** Dallas White Rock Marathon. Bob Luchsinger, 214-467-3369; [www.white-rock-marathon.com](http://www.white-rock-marathon.com)

**December 16.** Larry Fuselier State Championships 25K, New Orleans. Chuck George, NOTC, 504-482-6682; [www.runNOTC.org](http://www.runNOTC.org)

**January 13.** The Wall 30K & 15K State Championships, New Orleans. Chuck George, NOTC, 504-482-6682; [www.runNOTC.org](http://www.runNOTC.org)

**January 13.** Mississippi Marathon & 10K, Clinton. Jim Myrick, 601-856-9884.

**January 14.** Houston Marathon, Houston, Texas. David Hannah, 713-957-3453; [www.houstonmarathon.com](http://www.houstonmarathon.com)

## WEST

Arizona, California, Hawaii, Nevada

**September 10.** Cross City 10K, Fresno, Calif. Sheri Durham, 1121 S. Chance Ave., Fresno, CA 93702. 559-650-3228; [www.fresnofair.com](http://www.fresnofair.com)

**September 17.** Terry Fox 4 Mile Trail Run, Carlsbad, Calif. Kinane Events, 760-434-7706; [lisa@kinaneevents.com](mailto:lisa@kinaneevents.com)

**September 24.** Orange County Race For The Cure 5K, Newport Beach, Calif. Race info & entry form: 714-957-9165. Kinane Events, See Sept. 17.

**October 1.** Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. [starlite99@aol.com](mailto:starlite99@aol.com)

**October 15.** Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, 707-443-1220; [www.northcoast.com/~hrm](http://www.northcoast.com/~hrm)

**October 22.** San Joaquin Valley Marathon & Team Relay, Fresno, Calif. Paula Castadio, San Joaquin Valley Marathon, 1544 Van Ness, Fresno, CA 93721. 559-266-1800; fax: 650-1880.

**October 22.** Inland Empire Race For The Cure 5K, Temecula, Calif. Race info & entry form: 909-600-7156. Kinane Events, 760-434-7706; [lisa@kinaneevents.com](mailto:lisa@kinaneevents.com)

**October 29.** Silicon Valley Marathon, San Jose, Calif. 831-477-0965; [www.svmara.com](http://www.svmara.com)

**October 29.** Champions Run For Children, Kezar Stadium, Golden Gate Park, San Francisco, Calif. Register at [www.rhodyco.com](http://www.rhodyco.com) or call 415-759-2690.

**November 4.** SBAA/S.B. News Press Half-Marathon, Santa Barbara, Calif. John Bren-

nand, 805-964-2591; [www.newspress.com](http://www.newspress.com)  
**November 5.** Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 888-823-3455; [www.scmarathon.org](http://www.scmarathon.org)

**November 11.** CPVA Seal Beach 5K Run/Walk & 10K, Seal Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, Calif. CA 92648. 714-841-5417; [www.nealand.com/finishline](http://www.nealand.com/finishline)

**November 12.** Isuzu Long Beach Marathon, Long Beach, Calif. 562-590-8686; [www.longbeachmarathon.com](http://www.longbeachmarathon.com)

**November 18.** AMCS 16th annual Jet To Jetty 5K & 10K, Dockweiler Beach, Playa del Rey, Los Angeles, Calif. 310-670-1410.

**November 23.** Ocean Spray Dana Point Turkey Trot 10K, 5K, & Masters (40+) 5K, Dana Point Harbor, Calif. Race info & entry forms: 949-496-1555. Kinane Events, 760-434-7706; [lisa@kinaneevents.com](mailto:lisa@kinaneevents.com)

**December 3.** Jim Click Tucson Marathon, Half-Marathon, & Relay. 520-320-0667; [www.tucson.marathon.com](http://www.tucson.marathon.com)

**December 3.** California International Marathon, Sacramento. John Mansoor, 916-983-4622; [www.runcim.org](http://www.runcim.org)

**December 3.** Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, Culver City Recr. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

**December 10.** Lasse Viren 20K, Pt. Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

**December 10.** Honolulu Marathon. 808-734-7200; [www.honolulu-marathon.org](http://www.honolulu-marathon.org)

**January 21.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 858-792-2900; [imisd@aol.com](mailto:imisd@aol.com)

## NORTHWEST

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

**September 9.** Alta Peruvian Lodge Downhill Dash 8K, Alta, Utah. John Cahill, 801-359-4432.

**September 16.** Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-2381.

**October 7.** St. George Marathon, St. George, Utah. Carlene Barone, 435-634-5850, x22; fax: 634-0709; [www.stgeorge-marathon.com](http://www.stgeorge-marathon.com)

**October 1.** Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; [email:info@portlandmarathon.org](mailto:info@portlandmarathon.org); [www.portlandmarathon.org](http://www.portlandmarathon.org)

**November 26.** Seattle Marathon & Half-Marathon. Louise Long, 206-729-3660; [www.seattlemarathon.org](http://www.seattlemarathon.org)

## CANADA

**October 15.** Canadian International Marathon & Half-Marathon, Toronto. Jay Glassman, 416-972-1062; [www.RunToronto.com](http://www.RunToronto.com)

**October 22.** Casino International Marathon

& 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; [www.niagarafallstourism.com](http://www.niagarafallstourism.com)

## INTERNATIONAL

**September 10.** Berlin Marathon, Germany. Marathon Tours, 800-444-4097; [www.marathontour.com](http://www.marathontour.com)

**October 15.** Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; [www.globalinteractions.org](http://www.globalinteractions.org)

**October 22.** Venice Marathon, Italy. Marathon Tours, 800-444-4097; [www.marathontour.com](http://www.marathontour.com)

**October 30.** Dublin City Marathon, Ireland. Marathon Tours, 800-444-4097; [www.marathontour.com](http://www.marathontour.com)

**November 5.** Athens Marathon, Greece. Marathon Tours, 800-444-4097; [www.marathontour.com](http://www.marathontour.com)

**December 3.** Grand Pacifico Marathon & Half-Marathon, Mazatlan, Mexico. Bill Ligas, Barton Beers, Ltd., 312-346-9200; [www.marathon.org](http://www.marathon.org)

## RACEWALKING

**September 10.** Florida 3K State Racewalk, Tropical Park, Miami. Don Matuszak, 305-252-0276.

**September 16.** 2nd Annual Chuck McMahon Memorial Masters Track Meet and Senior Olympics State Championships, Chula Vista (San Diego), California. 1500m, 3000m, 5000m on track - Novice and Expert. San Diego Senior Sports Festival, PO Box 84202, San Diego, CA 92138-4202. 619-226-1324. [email: SueLoveall@aol.com](mailto:SueLoveall@aol.com).

**September 17.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**October 1.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. [kvo@world.std.com](mailto:kvo@world.std.com).

**October 7.** One-Hour National Postal Walk, Central Park, Plantation, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

**October 14.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. [bbaker@preferred.com](mailto:bbaker@preferred.com).

**October 15.** Sherwood Foundation East Side 5K Home Run/NCCWAVA 5K Racewalk Championships, Providence, R.I. M45 & W35. Russ Wolfgang-Smith, 401-943-1123; [email: sherwood@ids.net](mailto:sherwood@ids.net); [www.sherwoodfoundation.org](http://www.sherwoodfoundation.org).

**October 21.** Bob Fine International 15K Florida State RW Championships/North American WAVA Championships/South Region Championships, Tradewinds Park, Coconut Creek, Fla. See Oct. 7.

**November 5.** Alan Ranofsky 10K Florida State Championships & 5K RW, Tradewinds Park, Coconut Creek, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

**November 18.** USATF South Region One-Hour RW Championships, Myrtle Beach, S.C. J/O/M. All regions accepted. John W. Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.

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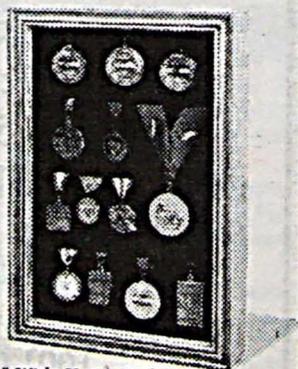
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# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>			
Carl Clark	Mile	4:25.02	3-25, 26-00
	800	2:00.7	3-25, 26-00
Rob Light	P	2630	8-10-00
<b>M40-44</b>			
Bob Blackburn	LJ	5.89	7-8-00
Blake Surina	D	39.99	7-7,8-00
Dan Wojcik	3K	9:36.79	7-1,2-00
<b>M45-49</b>			
Dennis Brown	100	11.8	4-16-00
	200	24.8	4-16-00
Jim Fraid	10K	35.55	8-10-00
Mark Smith	D	127-10	7-25-99
Allen Bynum	3000	10:24.7	7-22-00
<b>M50-54</b>			
Al Gabbard	HJ	5-4	7-22-00
Glen Palmer	SP	44-11	11-99

<b>M55-59</b>			
Walter Atcheson	800	2:17.3	7-24, 25-82
David Golden	200	25.66	5-29-00
Bill Hiney	D	42.59	6-25-00
Larry Norris	400	1:01.00	7-13-00
	400hh	1:09.52	8-13-00
	800	2:23.2	7-20-00
	3000SC	13:00.05	8-11-00
<b>M60-64</b>			
David Budz	800	2:33.0	7-20-00
Walter Deal	HJ	4-10	3-18-00
Joe Myers	HJ	5-0	7-1, 2-00
PM Sanders	HJ	5-0	3-18-00
Stephen Wordell	J	134-5	6-11-00
<b>M65-69</b>			
Ole Hottel	5K RW	30:19	2-13-00
James Koch	SP	42	7-28-00
Jerry Lyons	J	120-9	4-15-00
Clarence Trinker	Decathlon	5632	6-24, 25-00

<b>M70-74</b>			
James Wilkie	5K	23:24	7-4-00
Peter Wood	800	3:04.3	8-10-00
Val Smith	HJ	4-2	6-6-00
<b>W40-44</b>			
Carla Surina	W	8.55	7-7,8-00
<b>W45-49</b>			
Jelene Campbell	LJ	12-10 1/2	7-22-00
	HJ	4-2	7-22-00
Diane Sardes	5000	20:39	7-29-00
Sharon Sellerette	H	25.39	7-13-00
<b>W50-54</b>			
Tish Roberts	8K	47.43	6-24-00
	1500 RW	7:43	7-22-00
	SK RW	27:59	7-30-00
<b>W55-59</b>			
Janet Higbie	5K	30:30.7	7-30-00
	3K	17:51.2	6-11-2000
	1500	6:46.03	7-30-00
<b>W70-74</b>			
Snela Gildee	D	51-8	7-10, 14-00
	SP	21.00.75	7-10, 14-00

## U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2%	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-7 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5 1/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-7 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

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

## U.S. MASTERS ALL-AMERICAN STANDARDS 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	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	76.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

NOTE: The age-graded percentages for the M50-59, M70-79, M80+, and W50-59 are for the "old" javelins, not the newly adopted WAVA specified implements.

2000 USA National Masters Championships  
Hayward Field, Eugene, OR; Aug. 10-13

### 100

M30 -100m PRELIMS-			
1 Bwabo Tshimanga	31	10.89	90.5%
2 Kirt Beebey	32	11.30	87.2%
3 Art Anderson	34	11.02	90.1%
4 George Joachim	30	11.62	84.8%
5 James Smith	34	11.63	85.3%
6 Marco Ramos Llopiz	34	11.82	84.0%
7 Rod Weston	31	11.74	83.9%
8 Randy Thompson	31	11.94	82.5%
9 Will Holland	31	11.95	82.5%
0 Tobey Hay	30	11.99	82.2%
1 Robert Walter	32	12.47	79.0%

M30 -100m-			
1 Bwabo Tshimanga	31	10.87	90.7%
2 Art Anderson	34	11.05	89.8%
3 Kirt Beebey	32	11.42	86.3%
4 George Joachim	30	11.50	85.7%
5 James Smith	34	11.62	85.4%
6 Marco Ramos Llopiz	34	11.69	84.9%
7 Rod Weston	31	11.81	83.4%
8 Randy Thompson	31	11.95	82.5%

M35 -100m PRELIMS-			
1 Hank Warrington	35	11.14	89.7%
2 Tommy Baker	38	11.60	87.9%
3 Orlando Matthews	36	11.27	89.2%
4 Michael Burke	37	11.69	86.6%
5 Clain Udy	36	11.49	87.5%
6 Brian Coushay	36	11.70	85.9%
7 Ken Petroff	36	11.75	85.6%
8 Paul Scarlett	37	11.79	85.9%
9 Alan Sims	36	12.00	83.8%
0 Lawrence Johnson	35	12.70	78.7%
1 Jeffrey Stone	39	12.92	79.4%
2 Matthew Childress	35	17.01	58.7%

M35 -100m-			
1 Hank Warrington	35	10.76	92.9%
2 Orlando Matthews	36	11.20	89.8%
3 Clain Udy	36	11.30	89.0%
4 Tommy Baker	38	11.67	87.4%
5 Ken Petroff	36	11.72	85.8%
6 Michael Burke	37	12.02	84.2%

M40 -100m PRELIMS-			
1 Val Barnwell	42	11.21	93.4%
2 Edward Daniels	40	11.22	92.0%
3 Neville Hodge	44	11.34	93.5%
4 Michael Waller	42	11.48	91.2%
5 Kevin Morning	44	11.33	93.6%
6 David Washington	41	11.45	90.8%
7 Michael Puckerin	42	11.55	90.6%
8 Benito Rosales	41	11.61	89.5%
9 Mark Kibort	40	11.55	89.4%
0 Eric Dixon	40	11.66	88.5%
1 Dray Hargrove	43	11.70	90.0%
2 R.V. Biagioni	41	11.73	88.6%
3 Charles Atwater	43	11.90	88.5%
4 Billy McKinney	44	11.91	89.0%
5 R. Kevin Marbury	44	12.00	88.4%
6 Harold Pierce	40	12.16	84.9%
7 Richard Novelli	42	12.22	85.6%
8 Michael Janusey	42	12.28	85.2%
9 Ronald Walter	44	12.33	86.0%
0 Steve Cummings	44	12.34	85.9%
1 George Walcott	40	12.41	83.2%
2 David Hockersmith	44	12.42	85.4%
3 Kurt Christeson	41	12.45	83.5%
4 Eric Halford	40	12.48	82.7%
5 David DiMASSA	41	12.52	83.0%
6 Lawrence Finley	42	12.93	80.9%
7 Ronny Harrison	41	12.97	80.1%
8 Glen Reid	42	13.11	79.8%
9 Paul Harms	41	13.21	78.7%
- Alvin Millerbis	41	DQ	

M40 -100m SEMIS-			
1 Neville Hodge	44	11.02	96.2%
2 Val Barnwell	42	11.14	93.9%
3 Kevin Morning	44	11.17	94.9%
4 David Washington	41	11.24	92.5%
5 Edward Daniels	40	11.28	91.5%
6 Michael Waller	42	11.40	91.8%
7 Michael Puckerin	42	11.44	91.5%
8 Mark Kibort	40	11.50	89.8%
9 Benito Rosales	41	11.65	89.2%
0 Eric Dixon	40	11.68	88.4%
1 Harold Pierce	40	11.78	87.6%
2 Billy McKinney	44	11.82	89.7%
3 R.V. Biagioni	41	11.83	87.9%
4 Dray Hargrove	43	11.83	89.1%
5 R. Kevin Marbury	44	12.05	88.0%
6 Charles Atwater	43	12.22	86.2%

M40 -100m-			
1 Neville Hodge	44	10.82	98.0%
2 Kevin Morning	44	11.01	96.3%
3 Val Barnwell	42	11.06	94.6%
4 Mark Kibort	40	11.13	92.8%
5 David Washington	41	11.18	93.0%
6 Edward Daniels	40	11.19	92.3%
7 Michael Waller	42	11.25	93.0%
8 Michael Puckerin	42	11.58	90.4%

M45 -100m PRELIMS-			
1 Bill Collins	49	11.24	97.6%
2 Robert Bowen	48	11.75	92.7%

3 Charlie Powell	48	12.15	89.7%
4 Thomas Jones	46	11.48	93.6%
5 Walwyn Franklyn	47	11.89	91.0%
6 Dwayne Baruso	45	12.26	87.1%
7 Tom Smith	46	11.81	91.0%
8 Hubert Evans	46	12.01	89.5%
9 Trevor Wells	48	12.30	88.6%
0 Steve Kloch	48	12.38	88.0%
1 Neil Chin Aleong	46	12.40	86.6%
2 Gerald Bills	46	12.45	86.3%
3 Jimmie Jones III	49	12.50	87.7%
4 Phil Campbell	47	12.57	86.0%
5 Bill Skillern	46	12.80	83.9%
6 Kenneth Stone	46	13.04	82.4%
7 Calvin Evans	45	14.18	75.3%
8 Don Helton	46	15.16	70.9%

M45 -100m-			
1 Bill Collins	49	11.18	98.1%
2 Thomas Jones	46	11.51	93.4%
3 Robert Bowen	48	11.60	93.9%
- Walwyn Franklyn	47	11.77	91.9%
4 Tom Smith	46	11.78	91.2%
5 Charlie Powell	48	12.11	90.0%
6 Hubert Evans	46	12.13	88.6%
7 Dwayne Baruso	45	12.31	86.7%

M50 -100m PRELIMS-			
1 Norbert Payton	51	11.66	95.2%
2 James St. Cyr	51	11.74	94.6%
3 Stan Whitley	54	12.06	94.0%
4 Marion McCoy	50	11.84	93.2%
5 MAC Azuogu	52	12.12	92.3%
6 Mike Steinmetz	53	12.42	90.6%
7 Eugene Driver	50	12.25	90.1%
8 Lloyd Hathcock	53	12.51	90.0%
9 William Venable	50	12.54	88.0%
0 Zbigy Zlobicki	50	12.59	87.6%
1 Lex Freitas	52	12.60	88.8%
2 Greg Marshall	52	12.60	88.8%
3 Mark Lesniak	50	12.61	87.5%
4 Raymond Yeck	52	12.76	87.7%
5 Vance Jacobson	52	12.85	87.0%
6 Jeff Schaller	52	12.90	86.7%
7 Homi Hormasji	52	12.98	86.2%
8 Douglas Spencer	53	12.98	86.7%
9 James Gray	54	13.36	84.8%
0 Sakshat Flowers	51	13.42	82.7%
1 Michael Augeri	53	13.52	83.2%
2 James Posey	53	13.72	82.0%
3 David Dolsen	51	14.18	78.3%
4 Peter Zisko	50	15.24	72.4%

M50 -100m-			
1 Norbert Payton	51	11.59	95.8%
2 Marion McCoy	50	11.68	94.5%
3 James St. Cyr	51	11.89	93.4%
4 MAC Azuogu	52	12.06	92.7%
5 Lloyd Hathcock	53	12.42	90.6%
6 Mike Steinmetz	53	12.60	89.3%
7 Stan Whitley	54	18.12	62.5%
- Eugene Driver	50	DNF	

M55 -100m PRELIMS-			
1 Donald Neidig	56	12.13	94.7%
2 Peter Crombie	55	12.23	93.3%
3 Paul Edens	59	12.52	93.6%
4 Harold Morioka	57	12.42	93.1%
5 George Lyden	55	12.44	91.7%
6 Robert Sebesta	55	12.98	87.9%
7 Charles Brocato	56	12.66	90.7%
8 Samuel Hall	55	12.86	88.7%
9 David Naylor	56	12.94	88.7%
0 Roger Phillips	56	13.28	86.5%
1 Tom Fisher	57	13.43	86.1%
2 Tim Butts	57	13.49	85.7%
3 Allen Huff	55	13.96	81.7%
4 Paul Gilbert	57	14.67	78.8%
5 Jack Karbens	58	14.94	77.9%
- Stephen Robbins	57	DNF	

M55 -100m-			
- Peter Crombie	55	11.96	95.4%
1 Donald Neidig	56	12.12	94.8%
- Harold Morioka	57	12.17	95.0%
2 Paul Edens	59	12.28	95.5%
3 George Lyden	55	12.42	91.8%
4 Samuel Hall	55	12.58	90.7%
5 Charles Brocato	56	12.65	90.8%
6 Robert Sebesta	55	12.85	88.7%

M60 -100m PRELIMS-			
1 Harold Tolson	62	12.28	97.5%
2 Doug Smith	61	12.51	95.1%
3 Don Denson	60	12.63	93.5%
4 Larry Colbert	63	12.60	95.8%
5 Bill Knocke	60	12.92	91.4%
6 Kenny Dennis	63	12.98	93.0%
7 Dick Camp	63	13.03	92.7%
8 Wayne Bennett	63	13.12	92.0%
9 Emil Pawlik	61	13.15	90.4%
0 Charles Bartholomew	60	13.17	89.6%
1 Gary Sims	62	13.21	90.6%
2 Bumper Emerson	62	13.50	88.7%
3 Norb Wedepohl	64	13.68	88.9%
4 Julio Vargas	61	14.26	83.4%
5 Paul Stepan	62	14.32	83.6%
6 Bob Hassenger	63	16.22	74.4%
- Marion Harrison JR	61	DNF	

M60 -100m-			
1 Harold Tolson	62	12.25	97.8%
2 Doug Smith	61	12.28	96.9%
3 Kenny Dennis	63	12.46	96.9%
4 Larry Colbert	63	12.50	96.6%
5 Don Denson	60	12.54	94.1%
6 Bill Knocke	60	13.10	90.1%
7 Dick Camp	63	13.14	91.9%
8 Wayne Bennett	63	13.26	91.1%

M65 -100m PRELIMS-			
1 Dick Richards	66	12.90	95.8%
2 Milton Newton	66	13.18	93.8%

3 Paul Johnson	65	13.43	91.3%
4 Ray Graves	66	13.60	90.9%
5 Bob Dobbs	66	13.80	89.6%
6 Ronald Brown	65	13.84	88.6%
7 John Poppell	69	14.09	90.2%
8 Pierre Dobrovoly	66	14.09	87.7%
9 Benson Ford	69	14.30	88.8%
0 Lloyd Williams	66	14.45	85.6%
1 John Schreiber	68	14.60	86.3%
2 Jim Schlewitz	66	15.23	81.2%
3 John Cauldwell	68	15.29	82.4%
4 Jack Coy	69	15.35	82.8%
5 Francis Kishi	69	15.37	82.6%

M65 -100m-			
1 Dick Richards	66	12.83	96.4%
2 Paul Johnson	65	12.94	94.8%
3 Milton Newton	66	13.20	93.7%
4 Ray Graves	66	13.67	90.4%
5 Bob Dobbs	66	13.82	89.5%
6 Ronald Brown	65	13.85	88.5%
7 John Poppell	69	14.11	90.0%
8 Pierre Dobrovoly	66	14.30	86.5%

M70 -100m PRELIMS-			
1 Harry Brown	70	13.71	93.5%
2 James Stookey	70	14.41	89.0%
3 Bill Melville	73	14.26	92.7%
4 Vernon Regier	73	14.77	89.5%
5 AL Escobosa	72	14.57	89.8%
6 EV Poe	71	15.03	86.2%
7 Dick Cottingham	72	15.34	85.3%
8 Lawrence Greco	71	16.01	80.9%
9 Jack Lance	70	16.51	77.7%
0 Manny Herscher	74	18.15	73.6%

M70 -100m-			
1 Harry Brown	70	13.36	96.0%
2 James Stookey	70	13.54	94.7%
3 Bill Melville	73	13.56	97.5%
4 AL Escobosa	72	14.54	90.0%
5 Vernon Regier	73	14.90	88.7%
6 Dick Cottingham	72	15.09	86.7%
7 EV Poe	71	15.36	84.3%
8 Lawrence Greco	71	16.33	79.3%

M75 -100m-			
1 Melvin Larsen	76	14.07	97.2%
2 Raymond Bower	76	15.81	86.5%
3 William Bronson	78	17.04	82.2%
4 Tom Miller	76	17.34	78.8%
5 Robert Davidson	77	25.86	53.5%

M80 -100m-			
1 Milton Silverstein	80	14.85	96.7%
2 Roderick Parker	81	15.95	91.3%
3 John Means	80	16.43	87.4%
4 Champion Goldy	83	16.82	89.1%
5 K.K. Slaughter	81	18.41	79.1%
6 Angelo Oliver	80	18.56	77.3%
7 Frederic Tompkins	83	18.61	80.5%
8 Armando Ricciardi	80	21.73	66.0%

M85 -100m-			
1 Frank Finger	85	17.49	88.2%
- Mamikon Pogosebko	86	27.43	57.2%
W30 -100m-			
1 Paula Leslie	31	13.24	81.2%
2 Yvonne Ellington	33	13.55	79.6%

W35 -100m PRELIMS-			
1 Robin Moore	35	12.71	86.1%
2 Elaine Iba	39	13.77	81.9%
3 Joy Sargis	39	12.99	86.9%

Continued from previous page

3 Ronald Walter	44	25.05	85.3%
4 Eric Halford	40	25.29	82.1%
5 Kurt Christeson	41	25.44	82.2%
6 Jeffrey Stamp	40	25.51	81.4%
7 Lawrence Finley	42	25.53	82.5%
8 David Hockersmith	44	25.59	83.5%
9 Bob Gill	44	26.29	81.3%
0 Rich Stewart	43	26.75	79.3%
- Harold Pierce	40	DQ	
- Alvin Millerbis	41	DQ	
M40 -200M SEMIS-			
1 Elvis Forde	40	22.42	92.6%
2 Edward Daniels	40	23.14	89.8%
3 Brady Crain	44	22.78	93.8%
4 Neville Hodge	44	23.17	92.2%
5 Kevin Morning	44	22.87	93.4%
6 Mark Kibort	40	23.51	88.3%
7 Val Barnwell	42	23.18	90.9%
8 David Washington	41	23.75	88.1%
9 Benito Rosales	41	23.92	87.5%
0 Michael Puckerin	42	24.06	87.6%
1 Gregory Simons	42	24.09	87.5%
2 R.V. Biagioni	41	24.34	85.9%
3 Keith Royster	43	24.50	86.6%
4 Steve Cummings	44	25.21	84.8%
M40 -200M-			
- Elvis Forde	40	22.32	93.1%
1 Kevin Morning	44	22.35	95.6%
2 Neville Hodge	44	22.51	94.9%
3 Edward Daniels	40	22.56	92.1%
4 Brady Crain	44	22.59	94.6%
5 Mark Kibort	40	22.67	91.6%
6 David Washington	41	23.19	90.2%
M45 -200M PRELIMS-			
1 Bill Collins	49	23.05	96.1%
2 Robert Bowen	48	23.50	93.5%
3 Edward Goner	48	23.76	92.5%
4 Thomas Jones	46	23.59	91.9%
5 Archie Glaspy	45	24.04	89.5%
6 Hubert Evans	46	24.37	88.9%
7 Tom Smith	46	24.47	88.6%
8 Charlie Powell	48	24.55	89.5%
9 Dwayne Baruso	45	24.72	87.1%
0 Neil Chin Aleong	46	24.95	86.8%
1 Thomas Rewolinski	46	25.12	86.3%
2 Charles Smith	46	25.14	86.2%
3 John Wells	46	25.22	85.9%
4 Steve Kloch	48	25.37	86.6%
5 Jimmie Jones III	49	25.85	85.6%
6 Kai Bergheer	45	25.97	82.9%
7 Phil Campbell	47	25.98	84.0%
8 Bill Skillern	46	26.34	82.3%
9 Kenneth Stone	46	26.52	81.7%
0 Jim Fallen	49	27.28	81.2%
M45 -200M-			
1 Bill Collins	49	23.22	95.3%
2 Thomas Jones	46	23.52	92.1%
3 Robert Bowen	48	23.53	91.4%
4 Edward Goner	48	23.93	91.8%
5 Archie Glaspy	45	24.28	88.6%
6 Tom Smith	46	24.33	89.1%
7 Hubert Evans	46	24.74	87.6%
8 Charlie Powell	48	24.79	88.7%
M50 -200M PRELIMS-			
1 MAC Azuogu	52	24.36	92.9%
2 Lloyd Hathcock	53	25.76	88.4%
3 William Venable	50	25.79	86.5%
4 Shawn Regan	50	25.86	86.2%
5 Marion MCOY	50	25.22	88.4%
6 Donn Imrie	50	26.03	85.7%
7 Lex Freitas	52	26.09	86.7%
8 Mike Steinmetz	53	26.21	86.9%
9 Mark Lesniak	50	26.08	85.5%
0 Zbigny Zlobicki	50	26.14	85.3%
1 Raymond Yeck	52	26.37	85.8%
2 Bill Weinstock	53	26.41	86.2%
3 Sakshat Flowers	51	26.43	85.0%
4 Roger Parnell	51	26.53	84.7%
5 Homi Hormasji	52	26.55	85.2%
6 Jeff Schaller	52	26.59	85.1%
7 Douglas Spencer	53	26.68	85.3%
8 Vance Jacobson	52	26.97	83.9%
9 Reggie Davis	50	27.35	81.5%
0 James Gray	54	28.47	80.6%
1 Phillip Gnesin	50	28.81	77.4%
2 David Dolsen	51	29.14	77.1%
- James Posey	53	DNF	
- Tim Nicholson	51	DNF	
- Greg Marshall	52	DQ	
M50 -200M SEMIS-			
1 MAC Azuogu	52	24.58	92.0%
2 Lloyd Hathcock	53	25.77	88.4%
3 Marion MCOY	50	25.04	89.1%
4 Donn Imrie	50	25.98	85.8%
5 Zbigny Zlobicki	50	26.01	85.7%
6 Mark Lesniak	50	26.11	85.4%
7 William Venable	50	26.09	85.5%
8 Bill Weinstock	53	26.36	86.4%
9 Shawn Regan	50	26.40	84.5%
0 Raymond Yeck	52	26.54	85.2%
1 Sakshat Flowers	51	27.04	83.1%
2 Homi Hormasji	52	27.35	82.7%
M50 -200M-			
1 MAC Azuogu	52	24.73	91.5%
2 Marion MCOY	50	24.96	89.3%
3 Lloyd Hathcock	53	25.34	89.9%
4 Donn Imrie	50	25.82	86.4%
5 Zbigny Zlobicki	50	26.13	85.3%
6 Mark Lesniak	50	26.51	84.1%
7 Bill Weinstock	53	26.86	84.8%
8 William Venable	50	26.90	82.9%
M55 -200M PRELIMS-			
1 Peter Crombie	55	24.95	92.6%
2 Paul Edens	59	25.40	93.7%
3 Matthew Pruitt	55	25.49	90.7%
4 Harold Morioka	57	25.17	93.1%
5 George Lyden	55	25.46	90.8%
6 Mel Brooks JR	59	25.95	91.7%
7 Lee Southern	56	25.83	90.1%
8 Robert Sebesta	55	25.90	89.2%
9 Roger Phillips	56	25.95	89.7%
0 Samuel Hall	55	25.95	89.0%
1 David Naylor	56	26.24	88.7%
2 Richard Hamner	55	26.44	87.4%
3 Tom Fisher	57	27.01	86.8%

4 Walter Ritte	55	27.23	84.9%
5 Tim Butts	57	27.66	84.7%
6 John Shenk	57	28.61	81.9%
7 Allen Huff	55	28.75	80.4%
8 Garry Cox	57	29.17	80.3%
9 Jack Karbens	58	29.81	79.2%
0 Paul Gilbert	57	31.47	74.5%
- Kinsley Clarke	57	DNF	
M55 -200M-			
- Peter Crombie	55	24.47	94.4%
- Harold Morioka	57	24.71	94.9%
1 George Lyden	55	25.56	90.4%
- Lee Southern	56	26.01	89.5%
2 Robert Sebesta	55	26.48	87.3%
- Mel Brooks JR	59	DNF	
M60 -200M PRELIMS-			
1 Larry Colbert	63	25.63	95.8%
2 Doug Smith	61	26.20	92.2%
3 Harold Tolson	62	25.65	94.9%
4 Wayne Bennett	63	27.23	90.2%
5 Bob Lida	63	26.19	93.8%
6 Don Denson	60	26.41	90.7%
7 Gary Sims	62	26.96	90.3%
8 Dick Camp	63	27.48	89.4%
9 Ronald Kirkpatrick	62	27.73	87.8%
0 Julio Vargas	61	28.35	85.2%
1 Paul Stepan	62	29.43	82.7%
2 Bob Hassenager	63	32.30	76.0%
- Kenny Dennis	63	DNF	
- Norb Wedepohl	64	DNF	
M60 -200M-			
1 Harold Tolson	62	25.09	97.0%
2 Larry Colbert	63	25.63	95.8%
3 Doug Smith	61	25.91	93.2%
4 Don Denson	60	26.38	90.8%
5 Bob Lida	63	26.45	92.8%
6 Gary Sims	62	27.07	89.9%
7 Wayne Bennett	63	27.41	89.6%
8 Dick Camp	63	27.53	89.2%
M65 -200M PRELIMS-			
1 Paul Johnson	65	26.65	93.7%
2 Dick Richards	66	26.76	94.2%
3 Jim Mathis	65	28.42	87.9%
4 Bob Dobbs	66	28.80	87.5%
5 Ray Graves	66	28.66	87.9%
6 John Poppell	69	28.99	89.5%
7 Benson Ford	69	30.65	84.6%
8 John Schreiber	68	30.78	83.5%
9 Francis Kishi	69	32.44	79.9%
0 John Cauldwell	68	32.48	79.1%
- Lloyd Williams	66	DNF	
M65 -200M-			
1 Dick Richards	66	26.41	95.4%
2 Paul Johnson	65	26.50	94.2%
3 Jim Mathis	65	28.45	87.8%
4 Ray Graves	66	28.96	87.0%
5 Bob Dobbs	66	29.24	86.2%
6 John Poppell	69	29.96	86.6%
7 Benson Ford	69	31.60	82.1%
M70 -200M PRELIMS-			
1 Harry Brown	70	28.44	92.1%
2 Bill Melville	73	30.51	88.7%
3 James Stookey	70	28.71	91.2%
4 AL Escobosa	72	31.17	85.9%
5 Don Cheek	70	28.96	90.5%
6 Vernon Regier	73	31.30	86.5%
7 Dick Cottingham	72	31.52	84.9%
8 Don Bramante	70	32.64	80.3%
9 Milo Sather	73	33.62	80.5%
0 Lawrence Greco	71	34.63	76.4%
M70 -200M-			
1 Harry Brown	70	27.41	95.6%
2 James Stookey	70	27.76	94.4%
3 Bill Melville	73	28.30	95.7%
4 Don Cheek	70	29.28	89.5%
5 AL Escobosa	72	30.70	87.2%
6 Vernon Regier	73	31.55	85.8%
7 Dick Cottingham	72	31.91	83.9%
8 Don Bramante	70	32.36	81.0%
M75 -200M-			
1 Melvin Larsen	76	30.32	92.5%
2 Tom Miller	76	38.91	72.1%
- Raymond Bower	76	DNF	
M80 -200M-			
1 Milton Silverstein	80	31.58	93.6%
2 Roderick Parker	81	33.24	90.3%
3 John Means	80	33.75	87.6%
4 Champion Goldy	83	37.30	83.0%
5 Frederic Tompkins	83	37.80	81.9%
6 K.K. Slaughter	81	37.85	79.3%
M85 -200M-			
1 Frank Finger	85	37.40	85.4%
2 Vincent Malizia	85	47.53	67.2%
M90 -200M-			
1 Paula Leslie	31	27.24	79.4%
2 Yvonne Ellington	33	27.62	78.8%
3 Lorri Stratton	32	30.43	71.1%
M95 -200M PRELIMS-			
1 Joy Sargis	39	25.87	88.2%
2 Michael Smith	37	28.64	78.4%
3 Robin Moore	35	26.56	83.2%
4 Barbara Cress	36	28.86	77.2%
5 Shemayne Williams	37	27.57	81.5%
6 Elaine Iba	39	29.06	78.6%
7 Tammy Nolen MACK	36	29.97	74.3%
8 Robin Galloway	39	32.48	70.3%
9 Christine Halford	37	33.55	66.9%
M95 -200M-			
1 Robin Moore	35	26.29	84.1%
2 Joy Sargis	39	26.39	86.5%
3 Shemayne Williams	37	27.92	80.4%
4 Michael Smith	37	28.80	78.0%
5 Barbara Cress	36	29.31	76.0%
6 Elaine Iba	39	29.81	76.6%
7 Tammy Nolen MACK	36	30.72	72.5%
8 Robin Galloway	39	32.93	69.3%
M40 -200M PRELIMS-			
1 Felecia Anderson	41	27.47	84.4%
2 Betsy Lord	44	27.59	86.1%
3 Denise McFIELD	44	27.70	85.8%
4 Diane Heil	42	28.85	81.0%
5 Marilyn Dewar	40	28.82	79.8%
6 Linda Lanker	44	29.78	79.8%
7 Louisa Clayton	40	30.06	76.5%
8 Liz Johnson	44	32.46	73.2%
9 Debbie Selby	43	35.48	66.4%

M40 -200M-			
1 Felecia Anderson	41	27.24	85.2%
- Betsy Lord	44	27.49	86.5%
2 Denise McFIELD	44	27.85	85.3%
- Marilyn Dewar	40	28.23	81.5%
3 Diane Heil	42	28.85	81.0%
4 Louisa Clayton	40	30.00	76.7%
5 Linda Lanker	44	30.52	77.9%
6 Liz Johnson	44	33.57	70.8%
M45 -200M-			
1 Jacqueline Board	47	29.28	83.2%
2 Teresa Drotar	45	31.14	77.0%
3 Michele Freeman	46	31.19	77.4%
4 Leah Rewolinski	46	36.47	66.2%
5 Rebecca Martin	48	37.40	65.7%
6 Mileah Loeb	45	38.39	62.4%
M50 -200M PRELIMS-			
1 Phil Raschker	53	30.15	84.9%
2 Brenda Matthews	51	32.45	77.6%
3 Elizabeth Riordam	52	31.43	80.8%
4 Susan Hill	51	36.32	69.3%
5 Caroline Cooney	54	35.75	72.2%
6 Mary Trotto	53	36.66	69.8%
7 Jane Harrington	53	37.07	69.0%
8 Ruth Obadal	51	37.64	66.9%
9 Deanna Scoville	52	37.92	66.9%
M50 -200M-			
1 Phil Raschker	53	27.97	91.5%
2 Elizabeth Riordam	52	31.44	80.7%
3 Brenda Matthews	51	32.74	76.9%
4 Caroline Cooney	54	35.50	72.7%
5 Susan Hill	51	36.46	69.0%
6 Mary Trotto	53	36.78	69.6%
7 Jane Harrington	53	36.81	69.5%
8 Ruth Obadal	51	37.11	67.8%
M55 -200M-			
1 Mary Robinson	58	31.37	85.1%
2 Nadine Lowenstein	55	31.39	82.9%
3 Sally Curtis	56	32.85	79.9%
4 Sharon Whitney	58	34.53	77.3%
5 Mary Althaus	58	38.41	69.5%
M60 -200M-			
1 Kemisole Solwazi	60	29.73	91.4%
2 Diane Palmason	62	30.69	90.2%
3 Barbara Jordan	64	34.60	81.6%
4 Hannelore Boerner	63	35.20	79.4%
5 Mary Roman	64	36.84	76.6%
6 Marilyn Rickson	62	38.95	71.1%
M65 -200M-			
1 Fel-Mei Chou	65	39.53	72.1%
2 Joyce Franks	67	46.35	62.9%
M70 -200M-			
1 Patricia Peterson	74	35.24	90.2%
2 Georgia Johnson	70	45.34	66.5%
3 Shirley Dietrich	73	47.22	66.4%
4 Malicent Whinston	72	52.88	58.5%
M75 -200M-			
1 Johnnye Valien	75	40.60	79.3%
2 Diane Friedman	79	48.33	70.8%
3 Ella Burks	79	58.44	58.5%
4 Margaret Hinton	78	58.63	57.5%
M80 -200M-			

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4 MACK Stewart	62	1:02.80	86.9%
5 Fred Kjer	63	1:02.87	87.6%
6 Dan McCORMACK	61	1:03.60	85.0%
7 Julio Vargas	61	1:05.31	82.8%
8 Desmond O'Rourke	61	1:07.09	80.6%
9 Paul Stepan	62	1:10.88	77.0%
M60 -400m-			
1 Larry Colbert	63	57.35	96.1%
2 Bob Lida	63	59.06	93.3%
- Bill McILWAINE	61	59.60	90.8%
3 Fred Kjer	63	1:01.67	89.4%
4 Julio Vargas	61	1:04.41	84.0%
5 Desmond O'Rourke	61	1:06.55	81.3%
M65 -400m-			
1 Paul Johnson	65	1:00.90	92.2%
2 Frank Haviland	65	1:03.43	88.5%
3 Jim Mathis	65	1:05.49	85.8%
4 Donald Kane	68	1:07.36	86.0%
5 Ray Franks	65	1:13.39	76.5%
6 Jim Schlewitz	66	1:14.71	76.0%
M70 -400m-			
1 Harry Brown	70	1:04.00	92.5%
2 Don Cheek	70	1:05.28	90.7%
3 Louis Beadle	73	1:11.09	86.4%
4 AL Escobosa	72	1:12.05	84.2%
5 Milo Sather	73	1:14.65	82.3%
6 Don Bramante	70	1:14.85	79.1%
7 Harold Larkin	72	1:17.35	78.4%
M75 -400m-			
1 Lester Wright SR	78	1:18.61	83.6%
2 John McMANUS	77	1:24.08	77.0%
M80 -400m-			
1 Roderick Parker	81	1:17.59	88.8%
2 John Means	80	1:23.25	81.4%
3 Frederic Tompkins	83	1:28.85	80.4%
M85 -400m-			
1 Maxwell Springer	86	1:37.12	78.1%
2 Vincent Malizia	85	1:47.86	68.7%
W30 -400m-			
1 Yvonne Ellington	33	1:03.65	76.8%
W35 -400m-			
- Adina Valdez	39	58.55	87.4%
1 Michaeli Smith	37	1:03.99	78.7%
2 Barbara Cress	36	1:05.30	76.6%
3 Kimberly Jefferson	36	1:07.02	74.6%
4 Robin Galloway	39	1:19.50	64.3%
W40 -400m-			
1 Rose Monday	41	59.35	87.5%
2 Felecia Anderson	41	1:03.26	82.1%
3 Diane Heil	42	1:04.26	81.5%
4 Stephanie Vega	42	1:06.17	79.1%
5 Susan Krogstad-Hill	42	1:07.46	77.6%
6 Laura Schwartz	42	1:09.46	75.4%
7 Carla Hoppie	43	1:09.90	75.5%
8 Debbie Selby	43	1:25.90	61.4%
W45 -400m-			
1 Jacqueline Board	47	1:06.08	82.5%
2 Sharlet Gilbert	49	1:13.35	75.6%
3 Mileah Loeb	45	1:33.18	57.5%
W50 -400m-			
- Avril Douglas	54	1:05.23	88.9%
1 Elizabeth Riordam	52	1:10.73	80.5%
2 Mary Hartzler	51	1:15.70	74.6%
3 Lynn Kleiman	50	1:20.47	69.5%
4 LA Tanya Glass	53	1:27.72	65.5%
5 Susan Hill	51	1:28.73	63.6%
6 Deanna Scoville	52	1:32.25	61.7%
W55 -400m-			
1 Nadine Lowenstein	55	1:11.28	82.1%
2 Mary Robinson	58	1:14.26	81.2%
- Marg Radcliffe	58	1:22.34	73.2%
3 Mary Althaus	58	1:34.10	64.0%
W60 -400m-			
1 Diane Palmason	62	1:08.34	92.0%
2 Kemisole Solwazi	60	1:10.27	87.5%
3 Yvette Lavigne	60	1:12.01	85.4%
4 Jeanne Daprano	63	1:16.81	82.7%
W65 -400m-			
- Jean Horne	67	1:17.60	85.8%
1 Lois Calhoun	65	1:28.11	73.7%
2 Joyce Franks	67	1:53.74	58.5%
W70 -400m-			
1 Patricia Peterson	74	1:27.87	83.4%
2 Georgia Johnson	70	2:04.31	55.6%
3 Melicent Whinston	72	2:16.11	52.3%
W75 -400m-			
1 Louise Adams	78	1:47.03	73.1%
2 Gerry Davidson	79	1:47.38	74.1%
3 Ella Burks	79	2:32.51	52.2%
W85 -400m-			
- Ivy Granstrom	88	2:46.43	58.9%

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2 Saladin Allah	40	2:04.09	87.3%
3 Paul Fragua	43	2:03.12	89.9%
4 David Bradley	44	2:04.47	89.5%
5 Kevin Paulk	40	2:03.16	87.9%
6 Joe Fabris	42	2:03.57	88.9%
7 Mark Carver	40	2:04.36	87.1%
8 Lance Podolski	43	2:05.18	88.4%
9 Steve Hulst	44	2:05.66	88.7%
0 Dave Albo	44	2:07.79	87.2%
1 David Hulst	41	2:08.16	85.1%
2 Bryan Burdo	43	2:08.80	85.9%
3 John Araujo	42	2:09.24	85.0%
4 Mike Sanner	42	2:10.53	84.2%
5 Jim Hershberger	44	2:11.96	84.5%
6 Rob Stark	41	2:12.47	82.3%
7 Michael Davis	42	2:12.53	82.9%
8 David Langer	42	2:14.36	81.8%
9 Bob Brush	42	2:15.48	81.1%
0 Jeffrey Endres	40	2:19.81	77.5%
1 Steve Bertrand	44	2:21.30	78.9%
2 Julio Reyes	44	2:27.43	75.6%
3 J.Neil Munro	42	2:28.87	73.8%
4 Joe Mallon	44	3:03.74	60.6%
M40 -800m-			
1 Saladin Allah	40	1:56.56	92.9%
2 Jeff Lindsay	41	1:59.48	91.3%
3 Paul Fragua	43	2:00.48	91.8%
4 Kevin Paulk	40	2:01.32	89.3%
5 David Bradley	42	2:02.67	90.9%
6 Joe Fabris	44	2:03.21	89.2%
7 Lance Podolski	43	2:04.07	89.2%
8 Mark Carver	40	2:05.20	86.5%
M45 -800m PRELIMS-			
1 Steve Gallegos	45	2:07.05	88.4%
2 Rick Kushman	45	2:08.42	87.4%
3 Dave Clingan	46	2:07.77	88.5%
4 Peter Mogg	45	2:09.06	87.0%
5 Eugene VanKRUCHTEN	46	2:09.08	89.0%
6 Thomas Hartshorne	48	2:09.24	87.5%
7 Allan Muir	45	2:09.46	86.7%
8 Jim Jones	48	2:09.49	88.7%
9 Scott Caldwell	45	2:10.11	86.3%
0 Jim Hiebert	49	2:10.59	88.6%
1 Terry Parks	49	2:11.10	88.3%
2 Arny Stonkus	45	2:12.43	84.8%
3 Turran Harper	49	2:12.66	87.3%
4 Rick Hammond	48	2:17.52	83.5%
5 Bob Pertak	49	2:24.11	80.3%
6 Steve Hall	48	2:25.00	79.2%
7 Anthony Baker	47	2:26.35	77.9%
8 Edward Diaz	46	2:36.66	72.2%
M45 -800m-			
1 Peter Mogg	45	2:03.54	90.9%
2 Dave Clingan	46	2:04.27	91.0%
3 Steve Gallegos	45	2:04.39	90.3%
4 Rick Kushman	45	2:05.66	89.3%
5 Allan Muir	45	2:05.85	89.2%
6 Thomas Hartshorne	46	2:06.52	89.4%
7 Jim Jones	48	2:09.07	89.0%
- Eugene VanKRUCHTEN	48	2:10.32	88.1%
M50 -800m PRELIMS-			
1 Jim Loftus	50	2:10.17	89.6%
2 Ron Pate	53	2:18.55	86.3%
3 Alston Brown	51	2:10.88	89.9%
4 Kenneth Briell	50	2:18.67	84.1%
5 Burke Grandjean	51	2:11.19	89.6%
6 Shawn Regan	50	2:11.71	88.6%
7 Dick Green	52	2:11.88	89.9%
8 Steven Rook	52	2:12.82	88.5%
9 Herve Pastre	53	2:13.51	89.5%
0 Marc Wiitala	52	2:14.14	88.4%
1 Peter Reinhart	50	2:14.31	86.9%
2 Michael Carter	51	2:20.32	83.8%
3 Tim Payne	50	2:20.59	83.0%
4 Chet Thompson	52	2:21.18	84.0%
5 Matthew Duncan	53	2:21.37	84.6%
6 Victor Diaz	52	2:22.24	83.3%
7 Gordon Reiter	54	2:22.25	84.7%
8 Timothy Shelley	51	2:24.93	81.1%
9 Lindsay Bodden	52	2:35.82	76.1%
0 Joseph Burleson	53	2:38.61	75.4%
- Wayne Douglas	52	DNF	
M50 -800m-			
1 Alston Brown	51	2:09.26	91.0%
2 Jim Loftus	50	2:09.66	90.0%
3 Burke Grandjean	51	2:11.17	89.7%
4 Dick Green	52	2:11.26	90.3%
5 Steven Rook	51	2:12.25	88.9%
6 Shawn Regan	50	2:13.30	87.5%
7 Kenneth Briell	50	2:14.22	86.9%
8 Ron Pate	53	2:20.50	85.1%
M55 -800m PRELIMS-			
1 Rich Tucker	55	2:15.22	89.9%
2 James Gibbons	56	2:17.83	89.0%
3 Dale Gaide	56	2:15.52	90.5%
4 Simeon Baldwin	56	2:18.31	88.7%
5 Don McMILLAN	59	2:16.30	92.4%
6 Jan Frisby	56	2:17.45	89.2%
7 Ramsay Thomas	56	2:18.03	88.8%
8 Frank Handelman	55	2:18.70	87.6%
9 James Boughter	56	2:22.79	85.9%
0 Jake Madderm	55	2:22.91	85.1%
1 Steven Cottle	57	2:27.17	84.1%
2 Eric Owers	59	2:31.78	83.0%
3 David Sanchez	57	2:33.50	80.6%
4 John Shenk	57	2:35.10	79.8%
5 Jim Verdier	58	2:38.26	78.9%
6 John Kuhl	56	2:39.02	77.1%
M55 -800m-			
1 Rich Tucker	55	2:13.95	90.7%
2 Dale Gaide	56	2:14.46	91.2%
3 James Gibbons	56	2:14.72	91.0%
4 Don McMILLAN	59	2:16.46	92.3%
5 Jan Frisby	56	2:16.95	89.5%
6 Ramsay Thomas	56	2:17.29	89.3%
7 Simeon Baldwin	56	2:17.41	89.2%
8 Frank Handelman	55	2:20.41	86.6%
M60 -800m-			
1 MACK Stewart	62	2:19.83	92.7%
2 Dan McCORMACK	61	2:20.21	91.6%
3 Rick Kleyman	60	2:21.65	89.7%
4 William McMILLEN	60	2:22.69	89.1%
- Bill McILWAINE	61	2:27.99	86.8%
5 Robby Fischer	60	2:33.84	82.6%
- Desmond O'Rourke	61	DNF	
- Sid Howard	61	DQ	

M65 -800m-			
1 Pete Richardson	65	2:28.17	90.2%
2 Frank Haviland	65	2:28.43	90.0%
3 Charles Wimberley	66	2:31.30	89.3%
4 Jim Aneshansley	65	2:32.20	87.8%
5 Bruce Marsh	66	2:35.26	87.0%
6 Paul Heitzman	69	2:36.11	89.5%
7 Chris Noble	65	2:40.65	83.2%
8 Donald Kane	68	2:44.16	84.2%
9 Ray Franks	65	2:53.96	76.8%
0 Ross Dunton	68	3:06.60	74.0%
M70 -800m-			
1 Jim Selby	72	2:39.04	91.2%
2 Tom Brinton	72	2:43.36	88.8%
3 Efrin Sanchez	71	2:54.62	82.0%
4 Milo Sather	73	3:00.04	81.6%
5 Harold Larkin	72	3:07.07	77.5%
M75 -800m-			
1 John McMANUS	77	3:06.71	83.3%
2 Avery Bryant	76	3:09.22	81.0%
M80 -800m-			
1 William Benson	81	3:41.54	75.0%
2 Frederic Tompkins	83	3:51.18	74.7%
M85 -800m-			
1 Alfred Funk	86	3:28.15	88.4%
2 Vincent Malizia	85	3:53.12	77.0%
3 Maxwell Springer	86	4:05.43	75.0%
W30 -800m-			
1 Jill Zachary	32	2:22.13	80.2%
2 Laura Shapiro	33	2:48.80	68.1%
W35 -800m-			
- Adina Valdez	39	2:16.42	88.3%
1 Sheri Wright	36	2:21.22	83.3%
2 Mary MACAULEY	38	2:22.58	83.8%
3 Kimberly Jefferson	36	2:27.35	79.8%
W40 -800m-			
1 Rose Monday	41	2:15.07	90.7%
2 Diane Heil	42	2:23.99	85.8%
3 Denise Foote	41	2:29.89	81.7%
4 Debbie Barraza	43	2:37.49	79.1%
5 Carla Hoppie	43	2:39.15	78.3%
6 Elaine Rancatore	41	2:47.31	73.2%
W45 -800m-			
1 Marcella Teran	45	2:36.70	80.8%
2 Janet Martin	45	2:44.83	76.9%
3 Sharlet Gilbert	49	2:47.67	78.3%
4 Shelley Walsh	46	2:48.33	75.9%
W50 -800m-			
- Avril Douglas	54	2:35.18	88.7%
1 Joni Shirley	53	2:39.41	85.5%
2 Jeanette Groesz	50	2:40.75	82.4%
3 Elizabeth Riordam	52	2:43.47	82.6%
4 Phyllis Nelson	53	2:51.59	79.5%
5 Lynn Kleiman	50	2:52.79	76.7%
6 Mary Hartzler	51	2:52.83	77.4%
7 Mary Trotter	53	3:16.57	69.4%
W55 -800m-			
1 Ann Makoske	55	2:58.95	77.7%
2 Linn Smith	55	3:13.64	71.8%
W60 -800m-			
1 Diane Palmason	62	2:42.10	92.5%
2 Yvette Lavigne	60	2:45.67	88.5%
3 Madeline Bost	61	3:08.63	78.6%
4 Joyce Hodges-Hite	63	3:32.55	71.4%
- Marilyn Moorehead	60	DNF	
W65 -800m-			
- Jean Horne	67	3:06.02	85.8%
1 Suzi MacLEOD	66	3:10.65	82.6%
2 Thelma Wilson	68	3:25.54	78.7%
3 Mary Harada	65	3:32.26	73.2%
W70 -800m-			
1 Nancy Smalley	73	3:58.14	73.0%
W75 -800m-			
1 Louise Adams	78	4:21.76	72.4%
2 Gerry Davidson	79	4:22.45	73.6%
W85 -800m-			
- Ivy Granstrom	88	6:37.54	60.8%

1500

6 Kevin Paulk	40	4:14.85	85.9%
7 Tim Nash	40	4:18.30	84.8%
8 David Lucas	41	4:19.16	85.1%
9 Mark Cleary	41	4:20.14	84.8%
0 Dave Albo			



Continued from previous page

M40 -3km SC- 1 Steven James 40 9:47.85 88.28

M45 -3km SC- 1 Leonard Hill 47 10:25.90 88.68

M50 -3km SC- 1 David Taylor 50 11:31.86 82.78

4x100 Relay 1 SAND (MATTHEWS, BERRY, THOMPSON, W)

M30-39 -4x100m RELAY- 1 SAND (MATTHEWS, BERRY, THOMPSON, W)

M40-49 -4x100m RELAY- 1 SCTC (MORNING, ROSALES, HARGROVE, )

M50-59 -4x100m RELAY- 1 NORTH (SCHALLER, VEHALE, LYDEN, WA)

M60-69 -4x100m RELAY- 1 TUSA (DENNIS, SMITH, RICHARDS, TOL)

M70-79 -4x100m RELAY- 1 CALS (CHEEK, BEADLE, SELBY, ESCOBO)

M80-89 -4x100m RELAY- 1 EAST (MOORE, WILLIAMS, MCFIELD, BO)

M90-99 -4x100m RELAY- 1 NORTH (COONEY, ORADY, BLAKELY, SCH)

M40-49 -4x400m RELAY- 1 FIBO (BEEBY, DITTMAR, HOLLAND, WEN)

M50-59 -4x400m RELAY- 1 SAND (THOMPSON, BERRY, LARUSH, KAS)

M60-69 -4x400m RELAY- 1 MIDA (FRANKS, FISCHER, KIRKPATRIC)

M70-79 -4x400m RELAY- 1 CALS (CHEEK, BEADLE, SELBY, ESCOBO)

M80-89 -4x400m RELAY- 1 RUNP (HEGELBACH, LONDOS, HINKSTON)

M90-99 -4x400m RELAY- 1 PAC (MARTIN, HABERMAN, HOPPIE, GI)

M30 -HJ- 1 David Ashe 33 1.85m 79.4%

M35 -HJ- 1 Brian Coushay 36 1.80m 79.6%

M40 -HJ- 1 Bruce McBARNETTE 42 1.97m 92.9%

M45 -HJ- 1 James Barrineau 45 1.95m 94.6%

M45 -HJ- 1 James Barrineau 45 1.95m 94.6%

M50 -HJ- 1 James Sauers 52 1.80m 94.2%

M55 -HJ- 1 Robert Baker 55 1.45m 78.3%

M60 -HJ- 1 Emil Pawlik 61 1.55m 89.0%

M65 -HJ- 1 Phil Fehlen 65 1.66m 99.4%

M70 -HJ- 1 Gordon Seifert 72 1.45m 93.5%

M75 -HJ- 1 Gilbert Young 78 1.20m 82.7%

M80 -HJ- 1 Ralph Maxwell 80 1.15m 80.9%

M85 -HJ- 1 Leland McPHEE 86 1.05m 82.0%

M90 -HJ- 1 Elaine Iba 39 1.25m 67.9%

M95 -HJ- 1 Martha Mendenhall 41 1.55m 86.1%

M40 -HJ- 1 Evelyn Wright 63 1.20m 87.5%

M45 -HJ- 1 Barbara Cleveland 60 1.10m 77.4%

M50 -HJ- 1 Christel Miller 65 1.10m 82.0%

M55 -HJ- 1 Leonore McDANIELS 72 1.15m 93.5%

M60 -HJ- 1 Linda Douglass 55 1.25m 82.2%

M65 -HJ- 1 Ann Carter 58 1.05m 71.9%

M70 -HJ- 1 Evelyn Wright 63 1.20m 87.5%

M75 -HJ- 1 Barbara Cleveland 60 1.10m 77.4%

M80 -HJ- 1 Christel Miller 65 1.10m 82.0%

M85 -HJ- 1 Leonore McDANIELS 72 1.15m 93.5%

M90 -HJ- 1 Linda Douglass 55 1.25m 82.2%

M95 -HJ- 1 Ann Carter 58 1.05m 71.9%

M50 -PV EAST- 1 Steven Hardison 50 4.53m 97.4%

M55 -PV EAST- 1 Mike Morris 56 3.85m 89.9%

M60 -PV EAST- 1 Donald Gray 65 2.80m 74.2%

M65 -PV EAST- 1 Duane Rykhus 65 2.80m 74.2%

M70 -PV WEST- 1 Gordon Seifert 72 2.80m 81.8%

M75 -PV WEST- 1 Don Grosh 75 2.40m 73.1%

M80 -PV WEST- 1 Ted Yenari 80 2.00m 65.3%

M85 -PV WEST- 1 Barbara Cleveland 60 2.10m 74.7%

M90 -PV WEST- 1 Leonore McDANIELS 72 1.80m 76.6%

M95 -PV WEST- 1 Johnnye Valien 75 1.70m 75.5%

M30 -LJ EAST- 1 Vincent Martin 32 7.16m 81.0%

M35 -LJ EAST- 1 Aaron Sampson 38 6.69m 81.9%

M40 -LJ EAST- 1 Monzell Baker 42 6.47m 83.7%

M45 -LJ WEST- 1 Robert Baker 55 5.06m 77.9%

M50 -LJ WEST- 1 Roger Parnell 51 5.76m 84.0%

M55 -LJ WEST- 1 James St. Cyr 51 5.71m 83.3%

M60 -LJ WEST- 1 Ben Benson 32 4.60m 76.9%

M65 -LJ WEST- 1 Brooks Morris 32 4.60m 76.9%

M70 -LJ WEST- 1 Tom Nordyke 30 4.20m 68.2%

M75 -LJ WEST- 1 Daniel Besmer 37 4.60m 82.5%

M80 -LJ WEST- 1 Bill Halverson 43 4.70m 91.6%

M85 -LJ WEST- 1 Charles Brown 45 4.80m 96.1%

M90 -LJ WEST- 1 Emil Pawlik 61 5.20m 86.8%

M65 -LJ WEST- 1 Dick Richards 66 5.29m 94.4%

M70 -LJ WEST- 1 James Stookey 70 4.92m 92.8%

M75 -LJ WEST- 1 Melvin Larsen 76 4.45m 91.0%

M80 -LJ WEST- 1 Milton Silverstein 80 3.89m 83.8%

M85 -LJ WEST- 1 Clarence Trahan 85 2.97m 71.0%

M90 -LJ WEST- 1 Paula Leslie 31 5.24m 70.7%

M95 -LJ WEST- 1 Julie Toll 34 4.19m 59.0%

M30 -TJ WEST- 1 Rod Weston 31 14.30m 79.5%

M35 -TJ WEST- 1 Lavell Davenport 38 14.33m 83.5%

M40 -TJ WEST- 1 Monzell Baker 42 13.74m 84.9%

M45 -TJ WEST- 1 Robert Richardson 47 11.74m 77.9%

M50 -TJ WEST- 1 Angel Cachinero 52 11.36m 81.0%

M55 -TJ WEST- 1 James Hollister 55 10.70m 79.7%

M60 -TJ WEST- 1 Terry Rowan 60 9.15m 73.2%

M65 -TJ EAST- 1 Tom Langenfeld 65 9.29m 79.9%

M70 -TJ EAST- 1 James Stookey 70 9.68m 89.5%

M75 -TJ EAST- 1 Bill Carter 77 7.11m 72.8%

M80 -TJ EAST- 1 Charles Mercurio 80 6.61m 70.7%

M85 -TJ EAST- 1 Clarence Trahan 85 5.45m 62.6%

M90 -TJ EAST- 1 Julie Toll 34 8.82m 59.0%

M95 -TJ EAST- 1 Julie Toll 34 8.82m 59.0%

M30 -TJ WEST- 1 Rod Weston 31 14.30m 79.5%

M35 -TJ WEST- 1 Lavell Davenport 38 14.33m 83.5%

Triple Jump

Long Jump

Pole Vault

High Jump

Continued from previous page

W35 -TJ EAST-		
1	Veronic Amarasekara	39 10.64m 77.1%
2	Elaine Iba	39 9.37m 67.9%
W50 -TJ EAST-		
1	Phil Raschker	53 9.23m 83.9%
W55 -TJ EAST-		
1	Ann Carter	58 6.24m 61.4%
W60 -TJ EAST-		
1	Evelyn Wright	63 7.58m 80.9%
2	Barbara Jordan	64 7.54m 81.7%
W65 -TJ EAST-		
1	Fei-Mei Chou	65 5.63m 62.0%
W70 -TJ EAST-		
1	Leonore McDANIELS	72 6.46m 79.7%
W75 -TJ EAST-		
1	Johnnye Valien	75 6.23m 80.7%
2	Margaret Hinton	78 5.31m 72.2%

Shot Put

M30 -SP 7.26K NO-		
1	AL Lechler	31 15.36m 69.1%
2	Robert Walter	32 10.93m 49.2%
3	Roy Rains	30 8.28m 37.3%
M35 -SP 7.26K NO-		
1	Ron Stilwell	37 14.17m 63.8%
2	Christian Hendricks	37 10.18m 45.8%
M40 -SP 7.26K NO-		
1	Bradley Slinkard	43 14.32m 73.0%
2	Kenneth Jansson	42 13.89m 69.3%
3	Martin Jaqua	40 13.10m 62.5%
4	Edwin Cockrell	40 12.25m 58.5%
5	Martin Martinez	40 12.17m 58.1%
6	Stephen Zedella	42 11.57m 57.7%
M45 -SP 7.26K NO-		
1	Ralph Fruguglietti	45 15.49m 82.3%
2	Jim Wetenhall	45 13.47m 71.6%
3	Robert Gunn	47 13.29m 73.9%
4	Jim Lothrop	45 13.00m 69.1%
5	Mark Neal	47 12.00m 66.7%
6	T. Carl Reichard	47 10.86m 60.4%
7	Richard Watson	47 10.66m 59.3%
M50 -SP 6K NORTH-		
1	Ladislav Pataki	54 15.69m 92.2%
2	Craig Shumaker	51 15.20m 83.7%
3	Tim Muller	50 14.29m 76.9%
4	Steven Saner	51 13.33m 73.4%
5	Jerry Ford	53 13.28m 76.4%
6	Dennis Chandler	52 13.01m 73.3%
7	Jerry Bookin-Weiner	54 12.68m 74.5%
8	Angelo Rinaldi	51 12.63m 69.6%
9	Bruce Hedendal	52 12.41m 69.9%
0	Bob Sager	52 12.22m 68.8%
1	Gary Kelmenson	50 11.00m 59.2%
2	Daniel Cole	53 10.01m 57.6%
3	Peter Zisko	50 9.46m 50.9%
M55 -SP 6K NORTH-		
1	Thomas Gage	57 15.13m 94.9%
2	Mickey Bitsko	57 12.09m 75.8%
3	Mark Chapman	57 11.47m 72.0%
4	Bob Cahners	58 10.45m 67.0%
5	Jack Miller	57 9.76m 61.2%
6	Richard Behrens	58 9.41m 60.3%
7	Don McCREA	59 8.27m 54.1%
8	John Sells	56 8.12m 49.8%
M60 -SP 5K NORTH-		
1	Glen Johnson	61 15.95m 99.6%
2	Gerald Vaughn	64 13.64m 90.9%
3	Gene Thacker	61 12.65m 79.0%
4	Neil Saling	64 11.82m 78.8%
5	Robin Herron	63 11.66m 76.1%
6	William Gramley	64 11.37m 75.8%
7	Joe Myers	60 10.20m 62.3%
8	Richard Hotchkiss	61 9.86m 61.5%
-	Abani Bhattacharyya	61 7.20m 44.9%
M65 -SP 5K NORTH-		
1	Ben McGRADY	65 12.78m 86.9%
2	Bob Ward	67 12.67m 90.1%
3	Wendell Palmer	68 12.22m 88.8%
4	F. Stewart Thomson	67 12.05m 85.7%
5	Leonard Rosen	66 11.98m 83.3%
6	Leonard Olson	69 11.93m 88.5%
7	James Koch	65 11.55m 78.5%
M70 -SP 4K NORTH-		
1	Ladislav Filip	72 12.84m 91.0%
2	Harry Hawke	71 12.56m 87.1%
3	Philip Brusca	73 12.06m 87.3%
4	Harold Wallace	72 11.27m 79.9%
5	Tom Allison	70 11.23m 76.1%
6	William Patrick	70 10.90m 73.9%
7	Charles Bispala	72 9.44m 66.9%
M75 -SP 4K NORTH-		
1	John Gamble	75 10.97m 82.9%
2	Bill Bangert	76 10.61m 81.9%
3	Edward Chynoweth	76 10.51m 81.2%
4	Dick Mulhern	75 9.51m 71.8%
5	Robert Reiman	75 9.21m 69.6%
6	Robert Horsley	78 7.83m 63.2%
7	Jacob Stein	76 7.59m 58.6%
M80 -SP 4K NORTH-		
1	David Schlothauer	82 7.75m 70.0%
2	Jim Minah	80 7.48m 62.9%
3	Armando Ricciardi	80 7.18m 60.4%
4	Angelo Oliver	80 7.13m 60.0%
5	Donald Jacobs	81 5.14m 44.8%
M85 -SP 4K NORTH-		
1	Ross Carter	86 9.94m 84.8%
2	Leland McPHIE	86 7.74m 81.6%
3	Leon Joslin	88 6.75m 79.2%
W30 -SP 4K SOUTH-		
-	Adele Thompson	30 8.07m 37.6%
W35 -SP 4K SOUTH-		
1	Katrina Geurkink	39 11.35m 55.1%
W40 -SP 4K SOUTH-		
1	Oneithe Lewis	40 13.49m 67.2%
2	Carol Finsrud	43 12.76m 69.2%
3	Ruth Welding	44 10.06m 56.0%
4	Barbara Dickson	40 9.71m 48.3%
5	Linda Millman	42 9.12m 48.1%
6	Sue Hallen	43 8.59m 46.5%
7	Laura Charewicz	40 7.99m 39.8%
8	Kimberley Harrell	40 7.86m 39.1%
W45 -SP 4K SOUTH-		
1	Joan Stratton	48 10.20m 63.4%
2	April Capwill	49 9.93m 61.4%
3	Linda Rowe	48 9.08m 56.4%

4	Sandra O'Brien	46 5.47m 32.1%
W50 -SP JK SOUTH-		
1	Mary Hartzler	51 10.71m 62.5%
2	LA Tanya Glass	53 10.18m 62.8%
-	Henny VankRUCHTEN	50 9.72m 55.1%
3	Joyce Taylor	50 8.88m 50.4%
4	Melissa Christensen	50 7.65m 43.4%
5	Susan Hill	51 6.32m 36.9%
6	Linda Romansic	52 6.28m 37.7%
-	Rekka Bhattacharyya	50 FOUL
-	Lorraine Tucker	53 FOUL
W55 -SP JK SOUTH-		
1	Vanessa Hilliard	59 11.12m 80.9%
2	Erika Szanto	56 9.53m 63.8%
-	Margery Swinton	57 9.16m 63.1%
3	Roslyn Katz	58 8.17m 57.8%
4	Georgia Cutler	57 7.72m 53.2%
W60 -SP JK SOUTH-		
1	Joann Grissom	62 11.09m 87.6%
2	Cherrie Sherrard	61 9.43m 72.4%
3	Mary Roman	64 8.69m 72.5%
4	Ann Flynn	61 8.35m 64.1%
5	Carol Young	60 7.51m 56.0%
-	Birut Varvnauskienė	60 FOUL
W65 -SP JK SOUTH-		
1	Christel Miller	65 8.00m 68.4%
-	Mae Turek	68 7.35m 68.5%
2	Marcia Crooks	66 7.04m 62.0%
3	Marilyn Gray	67 4.88m 44.2%
W70 -SP JK SOUTH-		
1	Mavis Lorenz	73 6.91m 73.8%
2	Georgia Johnson	70 6.29m 61.7%
3	Patricia Osmon	73 5.51m 58.8%
4	Mellicent Whinston	72 4.78m 49.6%
W75 -SP JK SOUTH-		
1	Johnnye Valien	75 6.99m 78.7%
2	Margaret Hinton	78 6.00m 73.5%
3	Melanie Reske	79 5.45m 68.6%
4	Diane Friedman	79 4.50m 56.6%
5	Ella Burks	79 4.37m 55.0%
W80 -SP JK SOUTH-		
1	Olga Kotelko	81 5.83m 78.1%
2	Katharine Gradick	82 4.93m 68.5%
-	W85 -SP JK SOUTH-	
1	Betty Jarvis	85 4.50m 69.2%

Discus

M30 -DT 2K NORTH-		
1	AL Lechler	31 37.42m 52.6%
2	Robert Walter	32 27.12m 38.1%
3	Roy Rains	30 20.01m 28.1%
M35 -DT 2K NORTH-		
-	Paul Quirke	37 47.49m 66.7%
1	Ron Stilwell	37 44.02m 61.9%
2	Glen Sigman	38 26.86m 37.7%
-	Chin HO Liu	39 25.70m 36.1%
3	John MCKENZIE	35 23.47m 33.0%
M40 -DT 2K NORTH-		
1	Michael VanWINKLE	41 46.11m 65.1%
2	Richard Stewart	42 45.85m 66.2%
3	Kenneth Jansson	42 44.22m 63.8%
4	Martin Jaqua	40 39.87m 56.0%
5	David DeWEESE	41 37.35m 52.7%
6	Larry Schrader	43 31.37m 46.3%
7	William Harris	43 24.65m 36.3%
M45 -DT 2K NORTH-		
1	Ralph Fruguglietti	45 48.33m 74.4%
2	Jim Wetenhall	45 47.18m 72.6%
3	Jim Lothrop	45 41.66m 64.1%
4	Mark Neal	47 41.50m 66.8%
5	Lorin Zastoupil	46 38.09m 59.9%
6	Richard Watson	47 31.58m 50.8%
7	T. Carl Reichard	47 30.47m 49.0%
8	Phil Campbell	47 28.75m 46.3%
M50 -DT 1.5KNORTH-		
1	Tom Fahey	52 52.64m 83.5%
2	Ladislav Pataki	54 52.44m 86.8%
3	Dale Wilcoxson	50 47.65m 72.2%
4	Tim Muller	50 47.11m 71.4%
5	Richard Sorin	50 46.78m 70.9%
6	Valentino Martinez	51 45.50m 70.6%
7	Craig Shumaker	51 45.14m 70.0%
8	Jerry Bookin-Weiner	54 42.53m 70.4%
9	Bruce Hedendal	52 42.23m 66.9%
0	Jack Romansic	52 41.72m 66.1%
1	Gerald Bowersox	52 40.18m 63.7%
2	Gary Kelmenson	50 39.20m 59.4%
-	John Hawkins	51 37.03m 57.4%
3	Gregory Zachwieja	51 36.94m 57.3%
4	Dennis Chandler	52 36.18m 57.3%
5	Patrick Fahey	50 36.09m 54.7%
6	Steven Saner	51 35.46m 55.0%
7	Geoffrey Brown	54 34.03m 56.3%
8	Daniel Brown	50 31.88m 48.3%
9	Peter Zisko	50 26.75m 40.5%
0	Richard Beswick	52 25.04m 39.7%
1	John Gallen	52 24.75m 39.2%
2	Ela Bradley-Muhamad	54 21.99m 36.4%
M55 -DT 1.5KSOUTH-		
1	Larry Pratt	59 47.72m 88.0%
2	Thomas Gage	57 47.38m 83.7%
3	Lee Englund	55 44.61m 75.4%
4	Don Hardaway	57 40.52m 71.6%
5	Gary Schneider	57 38.69m 68.4%
6	Mickey Bitsko	57 36.32m 64.2%
7	Cornelius McCORMICK	56 34.17m 59.1%
8	Mark Chapman	57 34.10m 60.3%
9	David Sears	55 33.94m 57.3%
0	Richard Behrens	58 28.08m 50.7%
1	Jack Miller	57 25.39m 44.9%
2	Jack Karbens	58 21.93m 39.6%
M60 -DT 1K SOUTH-		
1	Glen Johnson	61 53.44m 85.8%
2	Bob Humphreys	64 48.28m 82.8%
3	Joe Marino	62 47.55m 78.1%
4	David MacMILLAN	60 46.02m 72.3%
5	Emil Pawlik	61 45.98m 73.9%
6	Neil Saling	64 44.22m 75.8%
7	Richard Hotchkiss	61 43.85m 70.4%
8	William Gramley	64 42.81m 73.4%
9	Conrad Sundholm	61 40.41m 64.9%
0	Gene Thacker	61 38.76m 62.3%
1	Robin Herron	63 38.09m 63.9%
2	John Lang	60 37.87m 59.5%
3	Dick Dow	61 37.80m 60.7%
4	Mort Bohn	60 37.24m 58.5%

5	Joe Myers	60 36.92m 58.0%
6	Frank Carl	62 36.79m 60.4%
7	John King	61 36.43m 58.5%
8	Dick Camp	63 36.32m 61.0%
9	Phil Byrne	60 33.87m 53.2%
M65 -DT 1K SOUTH-		
1	Wendell Palmer	68 48.57m 90.9%
2	Leonard Olson	69 42.45m 81.1%
3	Bob Ward	67 42.39m 77.6%
4	Grove Bolles	69 41.76m 79.8%
5	Leonard Rosen	66 39.97m 71.6%
6	ED VanPELT	67 39.14m 71.7%
7	Ben McGRADY	65 36.61m 64.1%
-	Ron Johnson	68 29.56m 55.3%
8	Steve Smith	66 28.70m 51.4%
9	Robert Peters	63 25.12m 48.0%
M70 -DT 1K SOUTH-		
1	Harry Hawke	71 42.95m 85.8%
2	Ladislav Filip	72 40.34m 82.3%
3	Harold Wallace	72 38.10m 77.8%
4	Sherrell Sears	70 34.86m 68.0%
5	Philip Brusca	73 34.84m 72.7%
6	Tom Allison	70 33.23m 64.8%
7	William Patrick	70 32.63m 63.7%
8	Lou Mozzini	73 28.57m 59.6%
9	Charles Bispala	72 27.80m 56.7%
0	Manny Herscher	74 21.08m 44.9%
M75 -DT 1K SOUTH-		
1	Dick Mulhern	75 36.12m 78.6%
2	John Gamble	75 34.70m 75.5%
3	Bill Carter	77 30.75m 70.0%
4	Bill Bangert	76 30.74m 68.4%
5	Jacob Stein	76 28.04m 62.4%
6	Robert Reiman	75 27.07m 58.9%
7	Robert Horsley	78 23.94m 55.7%
M80 -DT 1K SOUTH-		
1	David Schlothauer	82 23.38m 60.8%
2	Champion Goldy	83 21.35m 57.5%
3	Armando Ricciardi	80 19.47m 47.2%
4	Angelo Oliver	80 17.36m 42.1%
5	Donald Jacobs	81 13.53m 34.0%
M85 -DT 1K SOUTH-		
1	Ross Carter	86 30.49m 92.7%
2	Leland McPHIE	86 19.89m 60.5%
3	Leon Joslin	88 18.64m 63.1%
W35 -DT-		
1	Katrina Geurkink	39 31.49m 44.1%
W40 -DT-		
1	Carol Finsrud	43 48.92m 75.6%
2	Oneithe Lewis	40 40.43m 58.0%
3	Ruth Welding	44 35.80m 56.7%
4	Linda Millman	42 30.40m 45.8%
5	Sue Hallen	43 25.81m 39.9%
6	Barbara Dickson	40 24.68m 35.4%
7	Tina Perle	44 22.30m 35.3%
8	Cheryl Mellenthin	44 18.00m 28.5%
W45 -DT-		
1	Linda Rowe	48 33.49m 58.5%
2	April Capwill	49 30.72m 54.9%
3	Joan Stratton	48 29.73m 51.9%
4	Sandra O'Brien	46 14.33m 23.8%
W50 -DT-		
1	Mary Hartzler	51 28.37m 53.3%
-	Henny VANKRUCHTEN	50 25.78m 47.2%
2	LA Tanya Glass	53 22.86m 45.1%
3	Melissa Christensen	50 20.48m 37.5%
4	Susan Hill	51 17.22m 32.3%
5	Mary Trotto	53 13.80m 27.2%
6	Linda Romansic	52 12.07m 23.2%
W55 -DT-		
1	Vanessa Hilliard	59 32.12m 73.3%
2	Erika Szanto	56 22.14m 47.0%
-	Margery Swinton	57 22.06m 48.0%
3	Roslyn Katz	57 21.80m 48.6%
4	Georgia Cutler	57 21.52m 46.8%
5	Karen Huff	57 17.86m 39.8%
6	Sandy Pashkin	58 16.14m 36.0%
W60 -DT-		
1	Ann Flynn	61 25.31m 60.7%
2	Evelyn Wright	63 23.17m 58.4%
3	Carol Young	60 21.15m 49.4%
4	Cherrie Sherrard	61 20.27m 48.6%
5	Mary Roman	64 20.23m 52.2%
6	Joan Berman	63 18.80m 47.3%
7	Barbara Cleveland	60 17.87m 41.7%
W65 -DT-		
-	Mae Turek	68 20.48m 58.3%
1	Marcia Crooks	66 19.38m 52.5%
2	Fei-Mei Chou	65 15.93m 42.1%
3	Marilyn Gray	67



Continued from previous page

W60 Pat Murray	1:50.00
W75 Ann McGowan	2:50.00
M75 Y Naci	1:34.13
<b>800m</b>	
M50 Tim Payne	2:27
M55 Sam McClendon	2:53
M65 Walter Gale	3:10
M70 Robert Davidson	3:20
W50 Ginger Katz	3:31
W55 Jo Marchetti	3:02
W60 Pat Murray	4:02
W65 Jeanette Cyr	3:50
<b>1500m</b>	
M50 Tim Payne	4:46
M55 Russell Tew	5:25
M60 Mill Borta	4:47
M65 Walter Gale	6:14
M70 Robert Davidson	8:50
M75 Bill Tribou	7:20
W55 Jo Marchetti	6:06
W60 Pat Murray	7:56
W65 Jeanette Cyr	7:38
W85 Mary Haines	14:50
<b>1500m RW</b>	
M60 Spencer Parrish	9:43.00
M65 Charles Dolecki	9:56.30
M70 Carl Brungard	13:59.11
M75 Malcolm Goening	11:53.98
W60 Barbara Frasca	10:17.13
W75 Minna Charles	13:25.74
W85 Mary Haines	17:44.00

Massachusetts Senior Games  
Springfield, MA; June 10-11

**100m**

M50 Angel Nieves	12.3
M55 Warren Graff	12.3
M60 Thomas Ranuga	12.9
M65 Richard Atkinson	14.4
M70 Peter Kronberg	15.1
M75 Frank Brako	16.4
M80 William Stern	20.1
M85 George Craig	22.4
M50 Cindy Smith	17.5
W55 Julie Bradley	16.9
W60 Shirley Sheridan	28.8
W65 Joan Burgess	18.0
W70 Patricia Peterson	17.4
W75 Ann McGowan	22.0

**200m**

M50 John Oleski	28.4
M55 Warren Graff	28.2
M60 Thomas Ranuga	26.4
M65 William Wright	27.5
M70 Earland Briggs	34.4
M75 Frank Brako	35.2
M80 Bob Matteson	39.6
M85 George Craig	1:08.0
W50 Cindy Smith	36.4
W55 Julie Bradley	35.4
W65 Mary Roman	37.5
W70 Patricia Peterson	35.8
W75 Ann McGowan	54.7

**400m**

M50 George Smith	1:06.6
M55 Warren Graff	59.2
M60 Thoams Ranuga	58.9
M65 Georg Chamberas	1:17.4
M70 John Bromstaed	1:35.6
M75 YN Naci	1:26
M80 Bob Matteson	1:38.3
W55 Julie Bradley	1:24.8
W60 Sheila McKenna	1:32
W65 Joan Burgess	1:38.4
W70 Patricia Peterson	1:35.5

**800m**

M50 Bob Willis	2:14.9
M55 Steve Prouty	2:24.9
M60 Roland Cormier	2:48.5
M65 Phillip Schaffer	2:55.3
M70 Ray Willis	3:09.3
M75 George Brown	3:48.6
M80 William Stern	4:35.0
W60 Diane Bromstead	3:50.1
W65 Mary Harada	3:32.2
W70 Patricia Peterson	4:55.9
W75 Jean Marra	6:14.3

**1500m**

M50 Stephen Viegas	5:16.3
M55 John Banbington	5:03.4
M60 Roland Cormier	5:23.2
M65 Olham Brooks	6:16.7
M70 Raymond Lussier	6:28.9
M75 Jean Marra	11:55.1
W55 Julie Bradley	6:29.9
W60 Diane Bromstead	7:10.0
W65 Mary Harada	6:57.3
W70 Patricia Peterson	10:19.7
W75 Jean Marra	11:55.1

**High Jump**

M50 Richard Sobel	4-7
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M55 James Brady	4-9
M60 Phil Byrne	4-9
M65 John Cushing	4-3.25
M70 Peter Kronberg	4-1.25
M75 Frank Brako	4-1.25
W65 Joan Burgess	3-5.25
W70 Brigitte Langer	3-2.5
W75 Ann McGowan	2-10.5
<b>Pole Vault</b>	
M50 Peter Fichter	9-6.25
M55 Steve Prouty	8-9.75
M65 Peter Perkins	8-6
W55 Ingrid Miller	5-3
W65 Amy Hicks	3-8.75
<b>Long Jump</b>	
M50 John Oleski	16-4
M60 Phil Byrne	16-7.5
M65 Richard Atkinson	13-10
M70 Horst Langer	9-9
M75 Frank Brako	10-11.5
M80 Vern Mattson	5-1.75
M85 George Craig	5-4.25
W55 Judith Scott	6-7
W65 Lucy Duffy	6-10.25
W70 Brigitte Langer	8-2.5
W75 Ann McGowan	6-11

**Shot Put**

M50 Jerry Bookin-Weiner	39-10
M55 Charles Thompson	42-4
M60 Nicholas DeNitto	41-9.5
M65 Leonard Rosen	40-2.5
M70 William Clew	37-3.75
M75 Frank Brako	25-7.5
M80 Angelo Oliver	23-1.25
W50 Patricia Fogg	25-4.5
W55 Ingrid Miller	38-6.5
W60 Jean Acheson	23-10.75
W65 Amy Hicks	23-4.5
W70 Eliza Dalzell	20-5
W75 Donis Berlepsch	16-7.5

**Discus**

M50 Jerry Bookin-Weiner	131-8
M55 Charles Thompson	143-0
M60 Phil Bymes	132-3
M65 Leonard Rosen	135-6
M70 William Clew	93-2
M75 Graeme Dalzell	69-9
M80 Angelo Oliver	60-0
W50 Patricia Fogg	69-7
W55 Ingrid Miller	107-9
W60 Mary Dowling	68-8
W65 Amy Hicks	68-4
W70 Eliza Dalzell	53-8
W75 Donis Berlepsch	37-7

**Javelin**

M50 Jerry Bookin-Weiner	113-11
M55 Roy Brown	91-4
M60 Phil Byrne	119-2
M65 Robert Youngs	143-0
M70 Samuel Messiter	94-2
M75 Frank Brako	67-2
M80 Angelo Oliver	56-8
W50 Cindy Smith	75-0
W55 Julie Bradley	72-0
W60 Mary Dowling	76-6
W65 Amy Hicks	74-9
W70 Violet Presz	41-2
W75 Dorid Berlepsch	40-10

**Potomac Valley TC Meet  
Alexandria, VA; June 11**

**100m**

M30 Robert Thomas	11.00
M35 Jeff Gold	11.20
M40 Matt Texier	12.00
W65 Mary Harada	3:32.2
W70 Patricia Peterson	4:55.9
W75 Jean Marra	6:14.3

**1500m**

M50 Stephen Viegas	5:16.3
M55 John Banbington	5:03.4
M60 Roland Cormier	5:23.2
M65 Olham Brooks	6:16.7
M70 Raymond Lussier	6:28.9
M75 Jean Marra	11:55.1
W55 Julie Bradley	6:29.9
W60 Diane Bromstead	7:10.0
W65 Mary Harada	6:57.3
W70 Patricia Peterson	10:19.7
W75 Jean Marra	11:55.1

**High Jump**

M50 Richard Sobel	4-7
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**400m**

M35 Yonco Mermersky	54.64
M50 Wayne Harris	1:01.01
M55 Del Meriwether	56.57
M70 Don Bramante	1:18.86
W35 Leanne Ayres	1:08.37
W40 Margaret Zalenska	1:06.94
W60 Tami Graf	1:35.54

**800m**

M35 Lorenzo Nelson	2:14.35
M45 Tom Inzana	2:18.19
W35 Patricia Zerfas	2:50.93

**3000m**

M30 Darrell General	8:41.14
M35 Ted Poulos	9:34.59
M75 Bill Osburn	15:46.16
W60 Tami Graf	14:56.38

**Mile**

M30 Terrance McMahon	4:57.00
M35 Lorenzo Nelson	4:54.10
M45 Jim Darr	5:45.60
M55 Jim Verdier	6:01.30
M75 Bill Osburn	7:34.60
W60 Tami Graf	7:18.20

**High Jump**

M35 David Shorr	5-4
M45 Keith Mathis	5-2
W*0 Evelyn Wright	4-0

**Shot Put**

M40 Warren Taylor	47-3
M45 John Priestley	34-8.50
M50 Terry Shuman	44-8
M55 Victor Litwinski	31-9
W60 Evelyn Wright	27-5.50
W65 Sharon Good	16.75
W70 Kate DeAngelis	17-5.50
W80 Carla Convery	13-2.50

**Discus**

M40 Warren Taylor	149-10
M45 John Priestley	108-9
M50 Terry Shuman	156-8
M55 Larry Curran	96-1
M65 Bill Smith	144-7
W60 Evelyn Wright	69-7
W65 Sharon Good	36-11
W80 Carla Convery	28-7

**Javelin**

M35 Jonathan James	158-1
M55 Victor Litwinski	87-3
M65 Jim Eyer	103-6
W60 Evelyn Wright	76-10
W65 Sharon Good	32-9
W80 Carla Convery	36-11

**Weight Throw**

M50 Terry Shuman	38-6
M55 Victor Litwinski	25-8
W60 Evelyn Wright	24-10
W65 Sharon Good	14-1

**1600m RW**

M50 John Gersh	9:35.40
M55 Michael Schwed	9:36.00

**3000m RW**

M50 Alan Price	17:30.30
M55 Victor Litwinski	17:51.40
M70 Marvin Dicker	24:57.70
W45 Susanne Meadows	28:43.00
W60 Lois Dicker	18:38.10
W70 Terry Hamilton	23:10.00

**Syracuse Chargers Summer Meets  
Syracuse, NY; June 12 & 19**

**100m**

M45 Tim Daly	13.7
M50 Paul Kidder	14.6
M65 Andy Branch	14.3
W40 Karen Spink	16.2

**200m**

M30 Michael LaNeve	26.3
M40 Bill Leberman	26.5
M45 Tom Daly	28.1
M50 Bob Micho	26.8
M60 Tom Fondy	27.7
M65 Andy Branch	29.4
M70 Howard MacMillan	33.8
M75 Don Hanlon	37.3

**800m**

M35 Andy Lewis	2:13.5
M40 Dave Cole	2:09.6
M45 Kevin Morrisroe	2:31.7
M65 Roger Hahn	3:24.0
W45 Irene Thompson	2:39.8
W60 Estelle Hahn	4:14.1

**3000m**

M35 Sam Doubleday	9:51.4
M40 David Cole	9:36.1
M55 Allen Drew	14:15.6
M80 Nate White	19:14.1

**Short Hurdles**

W45 Irene Thompson	18.0
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**High Jump**

M45 Tim Daly	4-8
M75 Bob Metzger	3-2

**Long Jump**

W45 Irene Thompson	13-10
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**Triple Jump**

W45 Irene Thompson	26-10
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**Shot Put**

M35 Pat Gillette	9.25
M40 Mike Cabrinha	11.28
M50 Jim Alexander	8.30
M55 Gary Crawford	10.29
M75 E Rice	6.49
W30 Angel Ralligh	9.05

**Discus**

M35 Pat Gillett	27.28
M50 Pat Lynn	28.72
M55 Gary Crawford	30.21
M75 E Rice	22.51
W30 Angel Ralligh	23.67

**Hammer**

M50 Pat Lynn	40.38
W30 Angel Ralligh	22.84

**Javelin**

M75 Bob Metzger	18.22
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**---June 19---**

**100m**

M30 Mike LaNeve	12.7
M40 Bill Leberman	12.8
M45 Paul Citek	13.6
M50 Harry Luke	13.7
M60 Tom Fondy	13.5
M70 Howard MacMillan	15.8
W40 Karen Spink	16.4

**400m**

M30 Michael Boni	58.2
M35 Andy Lewis	57.5
M40 Tyrone Guiden	51.4
M45 Tom Daly	63.2
W30 Angela Scott	61.2
W45 Irene Thompson	64.4

**1500m**

M30 Michael Boni	4:31.0
M35 Sam Doubleday	4:30.7
M40 Robin Wheelless	4:25.2
M50 Jim Dever	5:10.6

**Short Hurdles**

W45 Irene Thompson	19.0
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**High Jump**

M35 Phil Longo	4-10
M45 Tom Daly	4-10

**Shot Put**

M30 Al Howell	8.85
M40 Mike Cabrinha	11.46
M45 Ed Ferraro	9.75
W30 Stacey Stegenmoller	25-11

**Discus**

M35 Phil Longo	82-0
M40 Walt Morris	76-2
M45 Ed Ferraro	112-0
M50 Jim Lawlor	65-9
M55 Dick Landers	107-6
W30 Stacey Stegenmoller	77-8

**Potomac Valley TC Meet  
Alexandria, VA; June 25**

**100m**

M35 Jeff Gold	11.20
M40 Andrew McLean	12.80
M50 Dennis Newton	12.10
M65 Ed Abramic	16.00
W45 Pamela Wusthof	17.10
W80 Carla Convery	24.10

**200m**

M40 Gordon Smith	21.70
M45 Anthony Markley	27.50
M50 Jay Wind	37.10
M60 Roland Hill	29.60
M65 Ed Abramic	31.10

**400m**

M35 George Ridley	51.30
M40 Herbert Roper	55.70
M45 Anthony Markley	1:03.20
M50 Jay Wind	1:13.80
M55 John Shenk	1:02.90
M65 Ed Abramic	1:12.90
M70 Don McCarten	1:23.20
M40 Chris Newsham	1:18.90

**800m**

M35 Lorenzo Nelson	2:13.70
M50 Jay Wind	2:42.70

**Mile**

M30 Craig Chasse	4:56.70
M35 Michael Powell	4:46.70
M45 Dan Eddy	5:06.90
M50 Jay Wind	5:29.90
M55 John Shenk	6:31.70
W40 Chris Newsham	6:07.70

**3000m**

M30 Craig Chasse	9:50.80
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**M35 Michael Powell** 9:26.70

**M40 Jon Winkert** 14:53.00

**M50 Jay Wind** 11:14.70

**M70 Bill Osburn** 16:51.60

**Long Hurdles**

**M30 Reginald Thornton** 1:02.70

**High Jump**

M40 Mike Haynie	6
M45 Jim Barrineau	6-2
M60 Evelyn Wright	4-2

**Long Jump**

M30 James Barr	19-5.50
M40 Jeff James	14.50
M45 Anthony Markley	14-3
W60 Evelyn Wright	11-1

**Triple Jump**

M40 Jeff James	34-1.50
M45 Anthony Markley	29-7
M55 Victor Litwinski	27-10
W60 Evelyn Wright	24-11.50

**Shot Put**

M40 Jeff James	25-9.50
M55 Victor Litwinski	30-10
M65 Ezzat Pashai	34-4
W50 Carmela Miller	26-11
W60 Evelyn Wright	27-0
W70 Terry Hamilton	14-4

**Discus**

M30 James Barr	110-8
M45 Barry Merritt	74-1
M55 Larry Curran	108-6
M60 Jack Kuhns	115-8
M65 Bill Smith	149-6
W35 Teresa Henderson	121-11
W55 Carmela Miller	67-0
W60 Evelyn Wright	75-1
W70 Terry Hamilton	37-3
W80 Carla Convery	28-3

**Javelin**

M30 James Barr	166-4
M45 Anthony Markley	93-9
M35 Johathan James	140-9
M50 Eric Gyaki	92-7
M55 Jay Groen	141-1
M60 Jack Kuhns	105-11
W55 Carmela Miller	99-4
W60 Evelyn Wright	75-6
W80 Carla Convery	37-9

**Weight Throw**

M30 James Barr	41-6
M55 Victor Litwinski	24-0
M60 Jack Kuhns	37-11
M75 Charles Pistorino	31-0
M65 Ezzat Pashai	133-3
M75 Charles Pistorino	98-1

**1600m RW**

M40 John Winkert	12:19.90
M45 Peter Blank	12:19.40
M50 John Gersh	9:32.80
M55 Michael Schwed	9:30.10

**3000m RW**

W45 Susanne Meadows	28:40.11
W70 Terry Hamilton	23:02.30

**Chelmsford Twilight Throwers  
Series #3  
Chelmsford, MA; July 12**

**Shot Put**

M40 B Lambert	40-9
M45 Carmen Letizia	35-3.5
Bob Cedrone	32-8
Paul Phelan	32-7.25

**M50J Bookin-Weiner** 38-11

**W35 D Houseman** 35-11

**Brian Doherty** 96-0

**M45 Carmen Letizia** 103-8

**Paul Phelan** 99-10

**Bob Cedrone** 98-7

**M50 J Bookin-Weiner** 136-10

**W35 D Houseman** 90-0

**W65 Amy Hicks** 69-8

**Hammer**

M40 Dave Tolson	111-7
B Lambert	81-2
M45 Bob Cedrone	145-7
Carmen Letizia	107-2
Paul Phelan	93-7

**M50 J Bookin-Weiner** 126-4

**M55 Jim Chamberas** 93-2

**W35 D Houseman** 120-2

**W65 Amy Hicks** 81-0

**Javelin**

Continued from previous page

M30	Charles Demirgian	1:00.20
M35	Philippe Neron	55.65
	Alan Bautista	56.01
M40	Michael Elliott	56.41
	Joe Natalie	57.04
	Craig Plummer	58.20
	Richard Stewart	58.24
M45	Edward Gonen	53.05
	Francis Schiro	53.45
	Rick Easley	55.50
	Raptiara DeValle	1:07.11
M50	Alston Brown	55.50
	Carroll Blake	56.31
	Tom Cunningham	57.84
	Ralph Souppa	57.96
	Neville Bogle	1:04.71
M55	Richard Hamner	58.08
	Frank Handelman	1:01.64
M60	Larry Colbert	58.49
	Thomas Ranuga	59.26
	David Galligani	1:04.23
	John MacDonald	1:05.62
	Darrell Huey	1:08.56
M65	Bruce Marsh	1:09.67
	Don Bramante	1:15.55
	Douglas Blanchard	1:44.54
	Tim Sugrue	2:13.29
M75	Y M Naci	1:31.62
M80	William Stern	1:58.94
W35	Adina Valdez	57.91
W40	Susan Krogstad-Hill	1:07.94
W45	Sikka Manjit	1:20.59
800m		
M30	Isaya Okwiya	2:02.06
	Max Crispi	2:10.00
M35	Jorge Hernandez	2:03.96
	Bill Newsham	2:06.08
	Gino Caro	2:16.06
M40	Miles Vaughn	2:06.55
	Peter Schmidt	2:16.87
	Craig Plummer	2:45.80
M45	Allan Muir	2:09.44
	Richard Clark	2:14.88
	Wayne Dwyer	2:20.36
M50	Alston Brown	2:09.28
	Harold Nolan	2:11.81
	Dick Green	2:12.33
	Peter Reinhart	2:16.46
	Joseph Burleson	2:43.21
M55	Steve Prouty	2:24.18
	Jonathan Thethery	2:33.09
	Ernest Heimberg	2:36.11
M60	Sidney Howard	2:24.06
	Christopher Rush	2:31.48
M65	Jim Aneshansley	2:32.38
M70	Joseph Kernan	3:58.10
	Tim Sugrue	4:53.84
M80	Bob Matteson	4:11.15
W35	Dawn Best	2:44.08
W40	Susan Krogstad-Hill	2:44.40
W50	Elizabeth Riordan	2:46.50
	Mary Rosado	3:04.38
W60	Madeline Bost	3:10.84
W65	Mary Harada	3:31.20
1500m		
M35	Rich Marion	4:14.87
	Bill Newsham	4:23.87
	Martin Devine	4:37.61
M40	Douglas Miller	4:20.30
	Bob Brush	4:38.30
	Paul D'Lubac	4:42.89
	Craig Plummer	4:50.87
	David Goldberg	4:53.42

M45	Allan Muir	4:19.84
	Richard Clark	4:39.51
	Keith McCormick	4:44.10
	Wayne Dwyer	4:47.58
	Paul Chase	4:54.42
M50	Alston Brown	4:29.71
	Dick Green	4:34.32
	Wayne Denyse	4:45.92
	Harold Nolan	5:31.88
	Joseph Burleson	5:31.88
M55	Vaidis Jurenas	5:13.33
	Phil Byrne	5:56.88
M60	Sidney Howard	5:04.34
	David Galligani	5:15.59
	Christopher Rush	5:17.82
	Jerry LeVasseur	5:57.10
M65	Jim Aneshansley	5:26.25
	Bruce Marsh	5:46.32
	Dillon Maier	6:02.56
M70	Douglas Blanchard	6:49.11
	Tim Sugrue	9:07.07
M80+Bob Matteson 84		8:56.03
	Dudley Healy 86	9:46.33
W35	Susan Menz	5:18.32
W40	Karen Lein	6:00.34
W45	Sidney Letendre	5:25.08
W50	Mary Rosado	5:50.74
W60	Madeline Bost	6:20.90
W65	Mary Harada	6:43.52
5000m		
M35	Gregory Green	16:42.6h
	Glenn Ward	23:14.3h
M40	Will Bashan	18:13.3h
M45	Richard Oviar	17:04.6h
M50	Roger Price	17:13.9h
	Jose Solarzano	17:23.2h
	Francis Maineri	19:31.7h
M55	Greb Beuford	18:44.8h
M60	Bill Boria	17:25.4h
	Jerry LeVasseur	21:23.0h
	Fred Wellman	21:40.8h
M65	Harry Brooks	23:07.2h
M80+Dudley Healy		34:56.1h
W40	Karen Lein	22:37.0h
W45	Mary Beth Gorey	21:37.8h
Short Hurdles		
M30	Tim Gunn	16.71
M50	Ivan Black	19.22
M60	Tom Butterfield	22.27
M70	James Stookey	13.48
W50	Skipper Clark	18.57
W60	Flo Meiler	20.30
Long Hurdles		
M35	Martin Devine	1:01.80
M40	David Goldberg	1:09.25
M50	Warren Graff	1:11.57
	Ivan Black	1:13.02
M60	Tom Butterfield	58.1h
W50	Skipper Clark	1:11.2h
2000m Steeplechase		
M60	Tom Butterfield	8:59.39
	Jerry LeVasseur	9:54.22
	John Hurley	10:56.56
M65+Walter McConnell 68		10:27.05
	Doug Blanchard 74	10:39.90
3000m Steeplechase		
M30	Briann Hickey	13:48.26
M40	Douglas Miller	11:02.03
	David Goldberg	11:46.24
M50	Stephen Viegas	13:59.38
4x100m Relay		
M40	Shore AC	4:15.93
M50	All-Star	5:18.72
4x800 Relay		
M50	Greater Springfield	
	Harners	11:10.96
High Jump		
M35	Igor Agaev	1.82
M45	Keith Mathis	1.47
M50	Richard Sobel	1.52
	Ivan Black	1.42
M55	Phil Byrne	1.47
	James Brady	1.42
	Ernest Heimberg	1.32
	Buster Byrnes	1.32
	Carl Wallin	1.32
M60	Jerry Sullivan	1.16
M70	James Stookey	1.31
	Frank Brako	1.21
M80+Ralph Maxwell		1.16
W50	Skipper Clark	1.26
W65	Joan Burgess	1.06
Pole Vault		
M40	Brian Batherson	3.36
	Ambroise Courteau	3.20
	Mark Fields	3.05

Rob Doran	3.05	
Curtis Neronski	3.05	
M45	Charles Hill	2.59
M50	Tom Rauscher	3.36
	Peter Fichter	2.90
	Jim Bell	2.59
M55	Buster Byrnes	2.29
M60	Norm Cyprus	2.62
M75	Boo Morcom	2.62
	Jack Doorlay	1.83
W30	Jennifer Stevenson	1.98
W60	Jutta Riegel	2.14
W65	Flo Meiler	1.81
Long Jump		
M35	Martin Devine	5.49
M40	Rick Choppa	5.61
M45	Mark Gershon	5.18
	Keith Mathis	4.97
M50	Ivan Black	5.02
	John Oleski	4.89
	Buzz Gagne	4.19
	Michael Augeri	3.77
M55	Norman Chambliss	5.01
	Phil Byrne	4.86
	Jewell Wilson	3.65
	Buster Byrnes	3.32
M60	Darrell Huey	4.36
	Tom Butterfield	3.73
	David Rosenthal	3.61
M65	Dillon Maier	4.00
M70	James Stookey	4.71
	Frank Brako	3.49
	Manny Herscher	3.05
	Burton MacIver	1.51
M75	Jack Doorlay	3.06
M80	Ralph Maxwell	3.01
W50	Skipper Clark	3.71
W60	Barbara Jordan	3.19
	Hannelore Boerner	2.92
W65	Flo Feiler	3.28
W75	Anne McGowan	2.07
Triple Jump		
M35	Martin Devine	10.56
M45	Mark Gershon	10.53
	Keith Mathis	9.73
M50	Ivan Black	10.66
	John Oleski	9.68
M55	Norman Chambliss	10.43
	Steve Prouty	8.96
	Buster Byrnes	7.74
M60	Tom Butterfield	8.78
	David Rosenthal	7.83
M70	James Stookey	9.69
	Frank Brako	7.69
	Charles Stevenson	6.79
M75	Jack Doorlay	5.80
M80	Ralph Maxwell	6.15
W60	Barbara Jordan	6.94
W65	Flo Meiler	6.33
Shot Put		
M30	Roy Rains	8.72
	John Jones	7.48
M35	Brian Donahue	15.88
M40	Bob Otrando	14.97
	Goran Milanovich	12.57
	David Tolson	12.20
M45	Bob Decrone	11.18
	Carl Reichard	10.86
	Dan Balazek	9.99
M50	Dave McDowell	13.68
	James Nichols	13.37
	Mark Dupuis	13.36
	Dennis Chandler	12.85
	Jerry Bookin-Weiner	12.31
M55	Carl Wallin	13.75
	Bill Hinzy	13.01
	Charles Thompson	12.38
	Robert Harvey	11.98
	Allan Neville	11.74
M60	Robert Tosoni	10.58
	George Cormey	9.75
	Edmund Joyce	9.54
M65	Leonard Rosen	12.36
	Leonard Olson	12.15
	James Duncan	10.97
	A Xanthopoulos	10.83
	William Barker	9.70
M70	William Garrahan	11.30
	Burton MacIver	6.60
M75	George Brown	8.54
M80	Champion Goldy	7.46
	Angelo Oliver	6.97
W35	Katrina Geurkink	10.93
	Denise Houseman	10.70
W40	Oneitha Lewis	13.21
W45	April Capwell	9.62

Barbara McCuen	6.29	
W50	Skipper Clark	8.25
	Patricia Fogg	8.00
W55	Annie Lands	9.18
	Joyce Bahr	7.90
	Roslyn Katz	7.66
	Judy Scott	6.60
W60	Mary Roman	9.09
	Hannelore Boerner	6.80
W65	Anne Cirulnick	7.52
	Marcia Crooks	7.05
	Dolores Faber	6.80
	Amy Hicks	6.78
	Flo Meiler	6.51
W75	Doris Jeanne Berlepsch	4.93
	Anne McGowan	4.68
	Alverta Perkins	4.59
Discus		
M30	Roy Rains	27.29
	John Jones	19.80
M35	Bill Robertson	46.30
	Desmond Washington	38.46
	Brian Donahue	38.19
M40	David Tolson	34.97
	Goran Milanovich	34.79
M45	Patrick Morris	37.58
	Mike Fortunato	33.70
	Carl Reichard	27.88
	Michael Sherrill	17.95
M50	Mark Dupuis	46.09
	James Nichols	42.94
	Jerry Bookin-Weiner	40.30
	Dave McDowell	37.96
	Geoffrey Brown	35.49
M55	Larry Pratt	45.87
	Charles Thompson	41.67
	Bill Hinzy	41.14
	Robert Harvey	34.52
	Phil Byrne	32.35
M60	Russell Van Put	36.02
	George Cormey	29.33
	Jerry Sullivan	29.21
M65	William Smith	46.06
	Leonard Olson	41.29
	Leonard rosen	41.19
M70	William Garrahan	35.59
	Samuel Messiter	24.98
	Manny Herscher	23.62
M75	George Brown	24.63
M80	Champion Goldy	20.14
	Angelo Oliver	17.94
W35	Katrina Geurkink	32.45
	Denise Houseman	28.76
W40	Oneitha Lewis	40.41
W45	April Capwell	30.21
	Barbara McCuen	19.36
W50	Patricia Fogg	21.36
	Skipper Clark	19.12
W55	Annie Lands	22.68
	Linda Schmitt	22.64
	Joyce Bahr	22.00
	Roslyn Katz	21.29
	Judy Scott	17.67
W60	Joan Youngs	18.77
	Mary Roman	17.48
	Hannelore Boerner	12.34
W65	Amy Hicks	20.90
	Marcia Crooks	19.09
	Flo Meiler	18.69
	Anne Cirulnick	17.86
	Dolores Faber	17.50
W75	Doris Jeanne Berlepsch	11.68
	Anne McGowan	10.99
	Alverta Perkins	9.22
Hammer		
M30	Roy Rains	24.73
M35	Peter McCutcheon	45.89
M40	David Tolson	33.82
M45	Bob Cedrone	44.40
	Carl Reichard	40.67
	Michael Sherrill	20.53
M50	Richard Narcessian	46.69
	Patrick Lynn	43.12
	Jerry Bookin-Weiner	38.80
	Frank Ruhle	36.28
	Dave Tousignant	30.47
M55	Carl Wallin	42.97
	Charles Thompson	41.01
	Allan Neville	37.82
	Bob Cahners	37.47
	Buster Byrnes	31.78
M60	Norm Cyprus	40.49
	George Cormey	23.51
M65	Leonard Olson	35.74
M70	William Garrahan	33.43
	Charles Stevenson	32.85

Lev Mozhaev	30.75	
Burton MacIver	9.88	
M75	James Crawford	35.05
	M80+Paul Narcessian	16.11
W30	Margaret Faber	41.81
W35	Denise Houseman	38.31
W40	Oneitha Lewis	46.21
W45	April Capwell	28.77
	Barbara McCuen	20.29
W50	Meg Savilonis	22.83
	Patricia Fogg	20.71
W55	Roslyn Katz	28.86
	Annie Lands	28.19
	Linda Schmitt	22.84
W60	Mary Roman	23.81
W65	Dolores Faber	25.49
	Anne Cirulnick	22.30
	Amy Hicks	22.06
	Marcia Crooks	17.67
W75	Doris Jeanne Berlepsch	12.60
	Anne McGowan	10.33
Javelin		
M30	Ken Hall	66.60
	Frank Illuzzi	49.18
	Roy Rains	19.58
M40	R V Biagioni	46.66
	David Tolson	45.46
	Rob Doran	38.68
	Goran Milanovich	32.48
M45	Greg Geraci	52.10
	Mike Fortunato	41.78
	Keith Mathis	34.58
M50	Dennis Chandler	46.20
	Buzz Gagne	45.32
	James Nichols	35.92
	Frank Ruhle	32.74
	Jerry Bookin-Weiner	32.56
M55	Carl Wallin	38.34
	Phil Byrne	38.14
	Jim Chambers	29.40
	Buster Byrnes	27.68
	Carl Levine	25.88
M60	Frank Illuzzi	43.20
	Patrick Conley	30.50
	Jerry Sullivan	27.98
	Leonard Olson	31.79
	John Pakulis	24.34
M65	Robert Youngs	42.60
	James Duncan	33.98
	A Xanthopoulos	33.06
M70	William Garrahan	30.37
	Samuel Messiter	29.46
	Frank Brako	13.14
	Burton MacIver	11.04
M80	Angelo Oliver	13.68
	Champion Goldy	10.80
W35	Linda Robins	19.14

Continued from previous page

W55 Vanessa Hilliard	95-5
W65 Gloria Bortell	80-4
<b>Hammer</b>	
M65 CarlosFraundorfer	90-2
Joe Strykowski	69-7
M70 Reed Quinn	115-11
M75 John Gamble	103-8
Dick Mulhern	82-0
M80 Alex Lake	112-4
W50 Lorraine Quinn	65-1
W55 Vanessa Hilliard	148-5
<b>Javelin</b>	
M35 Curtis Barnes	124-2
M40 Jesus Virella	160-11
Jose Ortiz	146-6
M45 Mike Brown	207-6
Antonis Loudaros	69-11
M55 Charles Futch	90-7
Anthony Ames	82-11
M65 Herman Lofton	88-8
Richard Lowery	85-7
W50 Lorraine Quinn	50-10
W65 Gloria Bortell	74-6
<b>1500m Racewalk</b>	
M30 David Leon	10:36.95
M35 Steve Renard	6:26.29
M50 Gene Ophem	7:47.91
M55 Doug Brown	11:15.40
M60 Miro Mitusina	11:01.05
M65 Robert Fine	8:51.18
W40 Judy Buchanan	13:06.26
W45 Linda Calogero	13:39.11
W50 Marita Beach	9:34.15
<b>3000m Racewalk</b>	
M35 Steve Renard	15:45.45
M50 Gene Ophem	16:04.72
M55 Doug Brown	23:07.97
M60 Miro Mitusina	20:56.15
M65 Robert Fine	18:00.92
W55 Joy Clingman	21:04.23

**SOUTHEAST**

Florida Sunshine Games  
University of Florida  
Gainesville; July 9

<b>100m</b>	
M30 Rod Gooch	11.24
Daren Wellborn	11.70
M35 Orlando Matthews	11.15
Harold Pierce	11.95
M40 Kevin Marbury	12.12
Steve Palacios	12.30
M45 Steven Hyde	12.73
David Rogers	13.46
M50 Duane Peacock	12.92
Jon Davis	13.47
M55 Chris Mladinich	18.07
M70 Al Treichel	16.41
W35 Dana Baumgarten	13.36
McLin Anderson	13.96
W40 Ingrid Williams	15.29
Janet Feehe	17.66
W45 Jocelin Lowther	13.68
<b>200m</b>	
M35 Orlando Matthews	22.83
EvertonWhitehorn	23.20
M40 Kevin Marbury	24.68
Steven Palacios	25.26
M45 Steven Hyde	27.08
David Rogers	27.35
M50 Duane Peacock	27.18
Jon Davis	28.57
M55 John Shenk	31.72
Doug Brown	37.63
M70 Al Treichel	32.92
W45 Jocelin Lowther	29.48
<b>400m</b>	
M30 Curtis Ward	55.27
Daren Wellborn	58.30
M35 Randy Bower	53.85
Kerry Jackson	55.58
M40 John Riley	56.96
M50 John Davis	66.61
M55 John Shenk	64.43
M70 Al Treichel	88.50
W35 McLin Anderson	63.49
W45 Jocelin Lowther	66.62
W55 Willy Moolenaar	90.34
<b>800m</b>	
M40 Pat Stauffer	3:16.14
M45 Antonis Loudaros	2:53.62
M50 Lindsey Bodden	2:31.91
M55 John Shenk	2:42.74
M65 Herman Lofton	2:46.57
Martin Quinn	3:24.30
M70 Al Treichel	3:18.16
M75 Bart Ross	3:19.93
ErnieMacDonald	3:34.69
W55 Willy Moolenaar	3:04.00

M45 Bob Cedrone	47-6.25
Carmen Letizia	32-4
Paul Phelan	27-7.5
<b>25# Weight</b>	
M50 J Bookin-Weiner	47-3
<b>16# Weight</b>	
W65 Amy Hicks	20-8

**MIDWEST**

<b>Dayton Masters Classic</b>	
Dayton, OH; July 22	
<b>100m</b>	
M30 Kenny Jones	11.3
M35 Robert Love	11.5
M40 Rob Dennis	12.9
M45 Warren Braswell	13.3
M50 Lloyd Hathcock	12.4
Ike Murphy	12.8
Kim Williams	13.3
M55 Phil Barcus	14.8
M60 Scott Tyler	13.3
M65 Thom Phillips	13.9
Paul Williams	14.2
M70 Jack Greenwald	14.8
M75 Sam Madia	15.9
M80 Hugh Yeomans	36.1
<b>200m</b>	
M40 Rob Dennis	26.9
M45 Walter Hawkins	28.1
M50 Lloyd Hathcock	25.9
Ike Murphy	26.0
M55 Dale Gaide	26.9
M70 Jack Greenwald	31.5
M75 Sam Madia	33.9
W35 Lisa Spence	38.9
W80 ErnestineYeomans	87.3
<b>400m</b>	
M40 Tyrone Williams	52.7
M45 Walter Hawkins	62.7
M50 Gordon Reiter	59.9
M55 Dale Gaide	58.6
M70 Jack Greenwald	79.5
M75 Sam Madia	80.4
W35 RicheeCunningham	70.9
W80 ErnestineYeomans	2:57.3
<b>800m</b>	
M35 Clay Johnson	2:11.3
M40 Shannan Bell	2:08.7
M45 David Amster	2:15.9
M50 Gordon Reiter	2:21.6
M55 Dale Gaide	2:15.0
W30 Sheri Liebschner	2:39.2
W35RicheeCunningham	2:41.2
W80ErnestineYeomans	6:18.4
<b>1500m</b>	
M45 David Amster	4:46.3
M50 Ron Ruffin	4:56.2
W30 Sheri Liebschner	5:44.0
<b>3000m</b>	
M50 Allen Byrum	10:24.7
Ron Ruffin	10:35.6
<b>Short Hurdles</b>	
M50 Jim Woosley	20.3
M60 Scott Tyler	18.8
M75 Fred Hirsimaki	16.2
<b>High Jump</b>	
EvertonWhitehorn	5-4
M50 Al Gabbard	5-4
M55 Phil Barcus	4-8
M60 Dave Servis	4-6
M65 Thom Phillips	4-2
M70 William Simmons	4-2
M75 Fred Hirsimaki	3-10
<b>Pole Vault</b>	
M40 Jeff Sprague	12-6
M45 Rich Christoph	13-6
M60 Dave Servis	8-10.5
M75 Fred Hirsimaki	7-0
<b>Long Jump</b>	
M50 John Butera	15-1
M60 Dave Servis	12-5
M65 Burt Saidel	12-0
M70 Richard Soller	13-0
<b>Triple Jump</b>	
M70 William Simmons	24-6
M75 Fred Hirsimaki	26-8
W45 Rose Carnell	21-4
<b>Shot Put</b>	
M50 Larry Pacifico	40-6
M55 Mickey Bitsko	40-8.25
Mike Creager	40-7
M60 Dave Servis	25-11
M70 Pete Augsburg	40-9
W35Deb Lancashire	38-6.75
W55 Erika Szanto	28-10
<b>Discus</b>	
M35 Steve Davidson	114-10
M50 Larry Pacifico	118-11
Doug Weikert	117-1
M55 Mickey Bitsko	122-3
Mike Creager	117-3
M60 Dave Servis	101-3
M65 Thom Phillips	109-3

M75 Sam Madia	74-11
W35 Deb Lancashire	133-9
W55 Erika Szanto	71-10
<b>1500m Racewalk</b>	
M50 Jeff Gerson	9:55.7
M80 Hugh Yeomans	14:03.3
W40 Patricia Finley	11:57.5
W60 Alice Saidel	12:21.9
<b>Midwest Masters Classic</b>	
Marshall University	
Huntington, WV; July 29	
<b>100m</b>	
M30 Ken Hogans	11.99
Francis Jones	12.55
M40 Trace Barnette	12.58
Lindsey Thurman	12.67
Al Leftwick	12.68
M45 Tim Walters	13.46
M50 Lloyd Hathcock	12.55
Ron Mosley	13.47
M55 Rob Hagin	13.26
M70 James Stookey	13.70
Jack Greenwald	15.15
Lawrence Greco	15.90
M75 Sam Madia	15.62
Tom Kennell	16.39
W30 Elaine Nichols	18.70
W40 Antoinette Savage	15.56
W55 Mary Robinson	14.99
W75 Diane Friedman	22.55
<b>200m</b>	
M30 Kenneth Hogans	25.17
M40 Barry Haworth	24.80
Lindsey Thurman	25.62
Trace Barnette	25.64
M50 Lloyd Hathcock	26.37
Richard Jackson	37.19
M55 Rob Hagin	26.94
M60 Alex Ross	34.91
M70 James Stookey	29.20
Jack Greenwald	31.23
Lawrence Greco	34.57
M75 Sam Madia	33.83
Tom Kennell	36.15
W40 Antoinette Savage	32.59
W55 Mary Robinson	31.32
W75 Diane Friedman	51.47
<b>400m</b>	
M35 JohnEinreinhofer	59.18
M40 Barry Haworth	55.68
Larry Finley	58.29
Al Leftwick	63.61
M50 Lloyd Hathcock	64.48
Richard Jackson	80.01
M60 Alex Ross	77.69
M65 Bill Coker	71.03
M70 Jack Greenwald	79.97
M75 Sam Madia	80.88
W50 Mary Hartzler	75.26
W55 Mary Robinson	73.50
<b>800m</b>	
M40 Mike Sanner	2:12.76
Rob Dennis	2:27.83
M60 Jack Miller	2:32.08
Alex Ross	3:27.75
M65 Bill Coker	2:50.07
W30 Sheri Liebschner	2:43.59
W50 Mary Hartzler	3:02.95
<b>1500m</b>	
M40 Dennis Coleman	4:48.68
Robert Swartz	5:02.36
M55 Don Mega	6:17.05
M65 Bill Coker	6:07.16
W30 Sheri Liebschner	5:37.02
<b>3000m</b>	
M40 Dennis Coleman	10:31.22
M55 Don Mega	13:21.72
<b>5000m</b>	
M40 Dennis Coleman	17:17.90
Robert Swartz	18:02.84
M55 Stephen Feaster	24:46.23
<b>Short Hurdles</b>	
M30 Francis Jones	17.43
M40 Trace Barnette	18.67
M45 Tim Walters	17.28
M50 Ron Mosley	19.53
Jim Woosley	25.96
M60 Scott Tyler	18.34
M70 James Stookey	13.45
<b>Long Hurdles</b>	
M40 Rick Dye	70.27
Trace Barnette	2:07.71
M70 James Stookey	52.66
<b>Long Jump</b>	
M30 Eric Davis	21-3.25
M40 Trace Barnette	17-3.75
Rick Dye	14-7.75
M45 Tim Walters	16-8.75
M50 Bob Rockwell	16-0.5
Gary Kidd	9-1
M55 Mike Valle	13-3
M60 Taylor Goode	13-3.75
M70 James Stookey	15-11

M75 Tom Kennell	12-5.5
W60 Evelyn Wright	10-6.5
W75 Diane Friedman	4-9.75
<b>Triple Jump</b>	
M40 Trace Barnette	38-0.25
M50 Bob Rockwell	36-5.25
M70 James Stookey	32-0
M75 Tom Kennell	25-9.25
W60 Evelyn Wright	25-2
<b>High Jump</b>	
M40 Trace Barnette	5-2
Jeff McClung	4-10
Rick Dye	4-8
M55 Mike Valle	4-2
M60 Barry Kline	5-0
M65 Chuck Weidman	4-0
Bob Medley	3-8
M70 James Stookey	4-4
W60 Evelyn Wright	4-1
<b>Pole Vault</b>	
M40 Rick Dye	11-0
M55 Tim Walters	10-0
<b>Shot Put</b>	
M40 Phil Gregory	49-2.75
Greg Henger	41-1.5
M45 Tim Walters	32-2.5
M50 Doug Weikert	33-3.25
Gary Kidd	24-3.25
M55 Mickey Bitsko	39-11.75
Mike Valle	36-2.5
Tom Russell	35-0
M60 GlenAllenJohnson	49-11
Gerald Vaughn	44-8.5
Paul Deem	40-9.25
M65 William Smith	36-6
Chuck Weidman	30-7.5
M70 William Bergen	27-11.75
Bill Snaden	25-2.25
W35 Deb Lancashire	36-10
W45 April Capwill	31-8
W50 Mary Hartzler	37-4.5
W60 Evelyn Wright	27-6.5
W70 Lillian Snaden	19-4
W75 Diane Friedman	14-2.5
<b>Discus</b>	
M30 Chester Monroe	101-10
M40 Mike Hambrick	146-11
Phil Gregory	123-0
Greg Henger	115-4
M45 Tim Walters	97-7
M50 Doug Weikert	110-0
Gary Kidd	53-9
M55 Mickey Bitsko	119-2
Mike Valle	114-2
Tom Russell	99-7
M60 GlenAllenJohnson	166-2
Bill Gramley	137-10
James Hill	135-0
Paul Deem	130-11
M65 William Smith	156-2
John Moll	127-9
M70 William Bergen	85-9
Bill Snaden	62-10
W35 Deb Lancashire	129-11
W45 April Capwill	101-4
W50 Mary Hartzler	96-9
W60 Evelyn Wright	77-6
W70 Lillian Snaden	41-4
W75 Diane Friedman	31-1
<b>Hammer</b>	
M40 Mike Hambrick	125-9
Phil Gregory	76-6
Jeff McClung	60-6
M50 Doug Weikert	105-1
Gary Kidd	50-7
M55 Mickey Bitsko	145-7
Mike Valle	122-5
M60 Abe Sheinker	95-1
Bob Harris	86-1
M70 William Bergen	64-6
Bill Snaden	61-2
W35 Deb Lancashire	128-1
W45 April Capwill	90-2
W60 Evelyn Wright	80-1
W70 Lillian Snaden	55-10
W75 Diane Friedman	38-7
<b>Javelin</b>	
M30 Chester Monroe	80-0
M40 Phil Gregory	150-2
Mike Hambrick	118-8
Trace Barnette	94-6
M45 Tim Walters	132-5
M50 Doug Weikert	105-2
Gary Kidd	89-3
M55 Mickey Bitsko	96-0
Mike Valle	95-6
Tom Russell	93-9
M60 Dave Dixon	83-4
James Hill	81-2
Dave McCan	73-9
M65 Bob Medley	105-10
M70 Bill Snaden	57-1
W35 Deb Lancashire	90-7
W45 April Capwill	104-8
W60 Evelyn Wright	63-3

W70 Lillian Snaden	34-3
W75 Diane Friedman	35-10
<b>Weight Throw</b>	
M40 Mike Hambrick	45-2
Phil Gregory	36-1
M50 L B Clayton	30-1
M55 Mickey Bitsko	37-1
Tom Russell	35-5
Mike Valle	30-7
M60 Bob Harris	30-10
M70 Bill Snaden	20-9
William Bergen	19-7
W35 Deb Lancashire	35-11.25
W45 April Capwill	31-10
W60 Evelyn Wright	30-7.75
W70 Lillian Snaden	23-6
W75 Diane Friedman	13-4.5
<b>1500m Racewalk</b>	
M30 JohnMike Nichols	8:29.73
M40 Jeff McClung	10:19.51
M50 Gary Kidd	10:18.63
W65MaryAliceStookey	12:12.57
<b>5000m Racewalk</b>	
M30 JohnMikeNichols	30:51.19
M40 Jeff McClung	44:28.14
M50 Gary Kidd	39:07.02
<b>USATF Midwest Regional</b>	
Masters Championships	
Romeoville, IL; July 30	
(Other events cancelled due to severe rain, thunder & lightning)	
<b>400m</b>	
M30 Robert Thomas	48.94
Bob O'Brien	53.14
M35 Ulrich Graham	50.54
Roy Birch	52.34
Doug Kulper	53.74
M40 Tyrone Williams	50.64
David Langer	55.04
Paul Turpin	55.10
Tony Miksanek	63.50
M45 Paul Gordon	55.60
Tom Rewolinski	56.26
Scott Caldwell	56.81
Gene Pemberton	58.04
M50 Ike Murphy	57.56
Don Yeager	63.86
M55 Leon Savenas	60.68
Kingsley Clarke	63.92
M60 Phil Maresca	67.32
M70 Harry Brown	63.58
W55 Lynne Ingalls	73.31
W70 Mary Holland	1:48.20
<b>1500m</b>	
M40 David Hulst	4:27.40
Kevin Holmes	4:43.80
Jeffery Endres	4:58.90
M45 Brent Ayers	4:43.00
David Amster	4:48.20
M50SveerFalkPedersen	4:37.00
Paul Skubic	5:38.00
Bruce Peterson	6:10.00
M55 Dale Gaide	5:30.70
Tom Sullivan	5:38.40
M60 Rod Smith	5:39.60
W55 Ruth Thelen	6:07.40
<b>High Jump</b>	
M30 Ron Smith	5-6
M40 Kevin McLaughlin	5-7
KenDrollinger	5-4
M50 Mike Oliver	3-7
M65 Bud Smith	4-2
M70 Richard Soller	4-0
W45 Sandra O'Brien	5-0
<b>Long Jump</b>	
M40 Paul Zelmanski	17-7.5
M60 Dick Otzman	13-6.5
<b>Discus</b>	
M50 Jerry Bowersox	41.23
Jerry Amundson	37.59
GregZachwieja	28.61

Continued from previous page

M55 Henry Clapper	4-8
Roger Nyfeier	4-4t
Charles Beck	4-4t
M60 Roger Young	4-6
Jack Skilling	4-2
M65 CL Bruce	3-10
William Cannon	3-8
M70 JC Brown	4-8
Peter Kronberg	4-0
M75 Paul Sanders	3-8
Cecil Clark	3-8
M80 Donald Pellman	3-10
W50 Jane Kaiser	3-4
W55 Rebecca Baker	3-4
W60 Aileen McComas	3-4
Marilyn Richey	3-4
W65 Vera Whiteside	3-2
<b>Pole Vault</b>	
M50 Gene Bard	12-6
M55 Charles Beck	8-0
Henry Clapper	7-0
M60 Rodger Young	8-0
M65 Don Livasy	9-0
M70 John Weiss	7-0
M75 Cecil Clark	6-0
Howard Dewell	5-6
M80 Ronald Pellmann	6-0
<b>Long Jump</b>	
M50 Marty McClintock	14-9.75
James Bruce	14-9.25
M55 Thomas Hall	13-8.75
Roger Nyfeier	13-2.75
M60 Bob Bryant	14-6.00
Ronald Szweda	13-10.50
M65 CL Bruce	11-9.75
Vern Schewe	11-1.50
M70 Richard Soller	11-11.75
Peter Kronberg	11-9.75
M75 Cecil Clark	11-7.50
Howard Dewell	8-7.25
M80 Donald Pellmann	10-10.50
Oscar Hartmann	7-8.25
W50 Rita Eckart	10-10.50
Sheila Uva	9-10.50
W55 Rebecca Baker	7-00.25
W60 Char Sobkowski	9-01.25
Aileen McComas	8-08.50
W65 Alice Purdes	4-05.50
<b>Shot Put</b>	
M50 Mike Varel	39-7.5
Bob Peters	38-8.0
M55 Jack Crawford	33-9.0
George Ruh	31-6.0
M60 George Smith	39-5.0
Edward Schmidt	37-9.0
M65 CL Bruce	34-0.0
Arthur Tayon	33-11.0
M70 Phillip Brusca	37-8.0
Rick Degregorio	33-0.0
M75 Bill Bangert	33-10.0
Howard Dewell	26-8.0
M80 Donald Pellmann	30-9.0
W50 Connie Strobach	34-4.5
Marjorie Mangels	24-9.0
W55 Rebecca Baker	15-0.0
W60 Char Sobkowski	24-6.0
Loretta Hopgood	22-2.0
W65 Betty Adams	23-1.0
Euline Tayon	21-6.0
W70 Mary Jane Miller	20-9.0
<b>Discus</b>	
M50 Valentio Martinez	154-11
Ron Jorgenson	126-4
M55 Richard Bailey	111-2
Jack Crawford	105-7
M60 Richard Cochran	176-8
Ron Anderson	173-11
M65 Arthur Tayon	101-6
CL Bruce	96-9
M70 Bill Webb	121-3
Edward Hooker	120-2
M75 Howard Dewell	88-0
Bill Bangert	84-6
W50 Connie Strobach	88-5
Jane Kaiser	55-2
W55 Rebecca Baker	47-11
W60 Char Sobkowski	76-4
Aileen McComas	48-10
W65 Vera Whiteside	60-3
Betty Adams	49-8
W70 Mary Jane Miller	54-1
Lillian Rankin	31-7
<b>Weight</b>	
M50 Kevin Shaner	26-9
Ron Jorgenson	25-7
M55 Jack Crawford	26-9
George Ruh	21-2
M60 George Smith	25-2
Bill Kremer	23-5
M65 CL Bruce	23-10
M70 Phillip Brusca	26-7
Bill Webb	25-1
M75 Bill Bangert	27-2

W50 Connie Strobach	26-2
W60 Char Sobkowski	23-6
Loretta Hopgood	19-4
W70 Mary Jane Miller	18-4
Lillian Rankin	15-9
<b>Javelin</b>	
M50 Ron Jorgenson	116-10
Terrell Schaffer	95-6
M55 Henry Clapper	98-3
Jack Crawford	94-0
M60 Ted Frank	129-8
James Weston	113-8
M65 Arthur Tayon	113-0
CL Bruce	86-6
M70 Phillip Brusca	107-3
James Williams	89-4
M75 Howard Dewell	73-0
Paul Sanders	65-1
M80 Bruce McDonald	105-11
Donald Pellmann	95-8
W50 Connie Strobach	114-2
Jane Kaiser	46-5
W55 Rebecca Baker	38-1
Jeanne Cesteros	38-0
W60 Char Sobkowski	66-3
Aileen McComas	63-0
W65 Betty Adams	67-1
Vera Whiteside	66-10
W70 Mary Jane Miller	55-7
Lillian Rankin	32-10
<b>1500m Racewalk</b>	
M55 Ray Braudis	8:40
John Groner	8:52
M60 James Baker	10:10
Rodger Young	10:48
M65 Gene Hall	9:40
Jim Weaver	9:42
M70 Jerard Hargis	9:44
Don Carey	11:06
M80 Harry Kublin	12:40
John Lasco	14:04
W65 Maurine Lia	9:01
Ruth Morris	10:44
W70 Cindy Powell	12:12
<b>5K Racewalk</b>	
M50 Eric Hedges	30:22
M55 Ray Braudis	31:55
John Groner	32:05
M65 Ronald Kolbe	49:35
M70 Jerard Hargis	36:34
Joe Cragin	45:23
W65 Maurine Lia	31:31
Ruth Morris	38:03
<b>5K</b>	
M50 Rudy Kelley	19:35
Jack Maybee	21:05
M55 Dennis Williams	27:04
M60 Bobby Kincaid	21:26
Bobby Widhalm	21:28
M65 Robert Ostheim	25:51
Don Waltman	27:51
M70 Bob Humphreys	25:34
Bill Monsees	27:01
M80 Ralph Lia	39:04
Harry Kublin	40:14
W50 Joy Long	27:27
W55 Carol Kuhlmann	26:27
W60 Aileen McComas	30:51
W65 Jeanelle Twillman	34:41
W80 Elizabeth Gerhardt	40:08
<b>10K</b>	
M50 Rudy Kelley	42:13
M55 Bob Yang	59:17
M60 Bobby Kincaid	45:26
Richard Nistendirk	47:37
M65 Barney Sword	62:13
Carl Specking	66:37
W50 Linda Reckart	59:24
W55 Laura Wells	63:13
Carol Kuhlmann	75:21
W80 Diane Bromstead	58:02
W65 Dorothy Davis	81:18
W70 Mary Specking	71:46
W75 Dottie Gray	75:00
W80 Elizabeth Gerhardt	90:36
<b>New Mexico USATF Masters Meet</b>	
<b>Albuquerque; July 9</b>	
<b>100m</b>	
M45 Stacey Price	11.58
M55 Donald Neidig	12.09
Richard Wild	13.13
M60 Bufe Morrison	15.80
M70 Andy Anderson	15.20
Chet Warwick	19.71
W35 Sabrina Jackson	19.91
W50 Colleen Burns	15.47
Jane Fuller	19.71
W55 Frances Stohl	16.42
W60 Karol Perry	16.47
W65 Joan Blair	24.56
<b>200m</b>	
M40 Tom Csanadi	26.51
M45 Jim Fallen	27.72

M50 Tom Toft	29.92
M55 Donald Neidig	24.51
Richard Wild	27.11
M70 Andy Anderson	32.02
M75 Lee Hirst	38.48
W30 Yvonne Ellington	27.98
W35 Michael Smith	29.06
W50 Jane Fuller	43.65
W55 Frances Stohl	34.62
W65 Joan Blair	55.13
<b>400m</b>	
M45 Jim Fallen	61.53
M55 Alan Levine	63.45
M60 William Perry	77.15
M70 Chet Warwick	1:40.35
W30 Yvonne Ellington	63.63
W35 Michael Smith	66.41
W40 Patti Marconett	75.03
W65 Joan Blair	2:21.10
<b>800m</b>	
M45 Steve Gallegos	2:07.10
Larry Walker	2:14.49
W65 Joan Blair	5:40.57
<b>1500m</b>	
M35 Jim Bogus	5:06.07
M40 Paul Fragua	4:31.75
M45 David Salazar	4:45.27
M55 Kent Blair	5:07.79
W50 Colleen Burns	5:55.17
<b>3000m</b>	
W40 Lucille Brasher	12:15.37
<b>Short Hurdles</b>	
M35 Roy Birch	15.83
Doug Schneebeck	16.48
M45 Gene Iwen	20.60
<b>Long Hurdles</b>	
M35 Roy Birch	57.96
Doug Schneebeck	58.78
M45 Gene Iwen	67.97
<b>High Jump</b>	
M35 Doug Schneebeck	1.67
M40 Tom Csanadi	1.62
M45 Gene Iwen	1.27
M55 Johnston Ewing	1.47
M60 Bufe Morrison	1.22
Robert Painter	1.17
M70 Chet Warwick	1.07
<b>Pole Vault</b>	
M35 George Barber	4.28
M45 Brad Winter	3.95
M55 Johnston Ewing	3.04
M60 Gary Isham	2.75
M70 Jerry Donley	2.90
<b>Long Jump</b>	
M30 Doc Holliday	5.71
M40 Tom Csanadi	5.58
M55 Richard Wild	5.25
M60 Gary Isham	3.99
Ross Aragon	3.38
M70 Chet Warwick	3.11
W45 Deb Vestal	2.63
W50 Colleen Burns	3.91
W55 Frances Stohl	2.98
<b>Triple Jump</b>	
M55 Johnston Ewing	7.96
M60 Bufe Morrison	6.83
M70 Carlos Martinez	6.62
W45 Deb Vestal	5.71
<b>Shot Put</b>	
M30 Richard Harnson	19.68
M45 Randy Sartain	12.68
Mike McGraw	11.77
M55 David Caligaris	10.20
M60 Bufe Morrison	9.45
Robert Painter	8.19
M65 James Koch	11.28
M70 Carlos Martinez	11.06
M75 Lee Hirst	8.48
Edwin Johnson	8.21
M80 Hugh Hackett	7.60
W55 Frances Stohl	7.69
W60 Shirley Lambert	7.50
W75 Ann Toya	6.67
Winnifred Averback	5.55
<b>Discus</b>	
M35 Robert Griego	43.94
M40 Ken Weddington	54.07
M45 Mike McGraw	43.32
Randy Sartain	39.63
M55 David Caligaris	31.38
M60 Ross Aragon	36.10
Robert Painter	31.47
M65 Floyd Riddle	37.74
Roy Johnson	32.05
M75 Lee Hirst	23.21
Edwin Johnson	22.75
M80 Hugh Hackett	17.04
W30 Charnia Parrish	20.02
W55 Frances Stohl	18.47
W65 Judy Fetherston	17.84
W75 Ann Toya	16.51
Winnifred Averback	11.55
<b>Hammer</b>	
M55 David Caligaris	31.10

M60 Bufe Morrison	23.38
M65 James Koch	25.96
M75 Robert Broadbent	13.86
M80 Hugh Hackett	22.36
W30 Charnia Parrish	21.88
W65 Judy Fetherston	24.48
W75 Ann Toya	15.26
<b>Javelin</b>	
M40 Tom Csanadi	39.12
M50 Tom Toft	38.76
M55 David Caligaris	27.43
M60 Ross Aragon	34.01
Bufe Morrison	33.32
M65 Floyd Riddle	29.38
M70 Chet Warwick	20.39
M75 Lee Hirst	23.31
M80 Hugh Hackett	18.00
W35 Robert Griego	46.63
W55 Frances Stohl	22.43
W60 Shirley Lambert	21.03
W75 Ann Toya	13.53
Winnifred Averback	13.16
<b>3000m Racewalk</b>	
M55 Winston Crandall	18:32.17
Jerry Whitten	19:39.28
M60 Mark Adams	17:12.94
W40 Karen Jeffery	17:51.91
W65 Marj Larraquite	19:40.44
<b>Blair Track Club Open</b>	
<b>Blair, NE; July 30</b>	
<b>100m</b>	
M40 Fred Sillik	11.91
M50 Tom Baddett	12.09
M60 Jim Muxen	13.64
M70 Robert Thomas	16.94
<b>200m</b>	
M40 Fred Sillik	24.81
M50 Tom Bassett	25.31
M60 Jim Muxen	29.50
W40 Cindy Schenck	49.07
<b>400m</b>	
M40 Bruce Schenck	1:18.21
M50 Bob Franzese	1:03.00
M70 Byron Winter	1:32.72
W40 Cindy Schenck	1:41.78
<b>800m</b>	
M40 Brad Rasmussen	3:01.36
<b>1600m</b>	
M40 Randy Raymond	5:40.98
<b>3200m</b>	
M40 Randy Raymond	12:18.23
<b>100m Hurdles</b>	
M50 Roger Williams	22.13
<b>80m Hurdles</b>	
M70 Byron Winter	20.59
<b>High Jump</b>	
M50 Roger Williams	4-10
M60 Jay Knepper	4-6
M70 Gerald Matz	3-8
<b>Long Jump</b>	
M50 Roger Williams	15-0
M60 Jay Knepper	15-3
M70 Robert Thomas	11-9.5
<b>Triple Jump</b>	
M50 Bob Everoski	25-8
<b>Shot Put</b>	
M40 Dick Weers	33-1.75
M50 Virgil Paulsen	40-2.5
M70 Robert Thomas	31-3
W40 Linda Rowe	31-0
<b>Discus</b>	
M40 Dick Weers	88-9
M50 Virgil Paulsen	133-2
M70 Robert Thomas	97-3
W40 Linda Rowe	111-8
<b>SOUTHWEST</b>	
<b>USATF Southwest Regional</b>	
<b>Masters Championships</b>	
<b>San Antonio, TX; July 22</b>	
<b>100m</b>	
M35 Alvin Mack	11.94
Marshall Millard	12.04
Alan Sims	13.07
M40 Wylie Turner	11.22
Fred Porter	11.29
Tyrone Ray	11.80
M45 Ronald Boleware	12.16
Bill Burton	12.38
Larry Vollmer	12.48
M55 Edward Jones	12.80
Tom Fisher	13.14
Curtis Thomas	13.87
M60 Don Denson	12.87
John Head	14.99
Ben Nowotny	15.67
M65 Joe Summerlin	13.60
M70 Val Smith	18.31
M75 Bob Wingo	17.82
W35 Da Johnson-Doffeny	11.58
W40 Debra Stuart	15.51
W60 Sylvi Brooks-Smith	

<b>200m</b>	
M30 Jamin Carson	24.71
M35 Alan Sims	24.93
M40 Wylie Turner	24.10
Tyrone Ray	25.16
James Hamlett	25.70
M45 Ronald Boleware	24.27
Gary Rudick	25.09
Bill Burton	25.34
M50 Wayne Turner	26.10
James Hensely	26.67
Turner McGarity	27.20
M55 Edward Jones	25.71
Tom Fisher	26.33
M60 Don Denson	26.77
Ronald Kirkpatrick	29.22
John Head	31.96
M65 Joe Summerlin	28.45
M70 Val Smith	43.26
W35 Da Johnson-Doffeny	30.42
W40 Debra Stuart	33.18
Mary Cash	34.18
W60 Sylvi Brooks-Smith	42.22
<b>400m</b>	
M30 Hugo Estrada	51.59
M40 Julio Reyes	52.74
M45 Rick Easley	55.08
Gary Rudick	56.56
Jimmy Jones	1:01.66
M50 James Hensely	1:00.20
Turner McGarity	1:03.24
M55 Tom Fisher	58.13
M70 Val Smith	1:42.52
<b>800m</b>	
M35 Anthony Grennes	2:27.90
M50 Carter Holmes	2:45.10
M60 Vincent Vardy	3:16.40
<b>1500m</b>	
M40 Mac Allen	4:28.30
M55 Milan Martinec	5:44.70
<b>5000m</b>	
M30 Sebastian Villava	15:47.70
M45 Thomas Gaudette	17:25.10
M70 Wilson Petefish	32:21.80
M75 Leonard Stern	37:52.70
W35 Victoria Cruz	36:44.40
<b>Long Hurdles</b>	
M60 Ronald Kirkpatrick	49.30
John Head	55.89
<b>High Jump</b>	
M40 Coy Ackers	5-7
Don Arnold	4-7.75
M45 Silverio Sil Bosch	5-8.75
Larry Vollmer	5-7
M50 Milan Jamrich	5-10.75
Terrell Schaffer	4-1.50
David Middour	4.75
M55 Bob Lewis	4-11.75
M60 John Head	4-5.50
Paul Beckman	3-9.50
M70 Val Smith	3-11.50
M75 Bob Wingo	3-5.25
W55 Linda Douglas	4.50
<b>Long Jump</b>	
M30 Jamin Carson	18-7.25
M35 Alan Sims	18-9.25
M40 Monzell Baker	21.75
Jerry Moore	19-9.75
M45 Larry Vollmer	18-4.25
Silverio Sil Bosch	15-5
M50 Carter Holmes	15-5.50
Paul Blankenship	15-2.25
David Middour	11-5.50
M55 Edward Jones	18-1.50
Bob Lewis	11.25
M60 Don Denson	15-8.25
Paul Beckman	15-7
Ben Nowotny	11-11.75
M65 R Paul Adams	9-4
M70 Val Smith	10-10
M75 Bob Wingo	9-9
<b>Triple Jump</b>	
M40 Monzell Baker	44-9
Jerry Moore	40-3.25

Continued from previous page

M40	Will Jones	23.41
	Dave DiMassa	25.71
	Dave Hockersmith	26.14
M45	S Onyepunuka	24.01
	Trevor Wells	25.79
	Burrel Bender	27.07
M50	James Brown	26.36
	Ronnie Jordan	26.92
M55	John Davis	27.26
	Garry Cox	28.30
	Curt Searcy	29.21
M60	Fred Kjer	27.26
M70	Steve Unger	44.14
W45	Jacqueline Board	28.61
400m		
M30	Tim Woods	50.41
	Burney Trimble	53.47
	Brian Dempsey	57.29
M35	C Muhammad	49.88
M40	Anthony Krainik	53.36
	Dave DiMassa	54.58
	Greg Brogdon	1:01.53
M45	Mike Smith	1:00.42
	Charles Holloway	1:03.75
	Will Jefferson	1:15.26
M50	Fred Nelson	1:13.60
M55	Garry Cox	1:04.58
800m		
M30	Burney Trimble	2:11.39
	Brian Dempsey	2:11.93
	P Kjerstad	2:17.73
M40	Jim Hershberger	2:11.58
	James Wagner	2:39.25
	Pat Fahy	2:13.76
M50	Raul Berrelez	2:29.57
M55	Tim Bagby	3:03.99
M55	Rob Sylvester	3:15.40
W40	Diane Knoz	3:26.98
1500m		
M30	Jeff Maples	5:37.49
	P Kjerstad	4:48.04
M40	David Edwards	4:50.37
	Tom Lablonde	5:19.24
M45	Ray Hays	4:46.24
	David Parnell	5:48.27
	Jim Synodis	5:49.52
M50	Mark Mahl	4:54.26
	Raul Berrelez	5:00.49
	Carl Yoshioka	5:32.42
M55	Tim Bagby	6:15.89
M55	Rob Sylvester	6:42.60
W35	Leasa Chase	NTA
W40	Laura Clark	5:37.49
3000m		
W35	Leasa Chase	14:22.04
	Terry Arrowood	15:08.85
W40	Angela French	10:33.28
5000m		
M40	S Greenspan	17:23.33
	Paul Ruckle	17:45.25
M45	Ray Hayes	17:28.98
	Lars Leader	19:49.20
	Jim Synodis	22:11.41
M50	C Balchunas	21:12.71
	G Zepeda	26:19.25
M55	Karl Schmitz	23:22.02
	Ray Reynolds	23:40.15
	Dewey Schade	23:48.80
Short Hurdles		
M30	James Smith	15.72
	Tom Polochak	18.52
M35	Greg Carr	18.94
M40	Danny Jackson	15.69
	Michael Smith	18.34
	Jim Langley	19.93
M45	Stacey Price	15.66
M55	Bob Osterhoudt	17.29
M60	Dave Doerger	19.09
Long Hurdles		
M30	James Smith	58.69
M45	Pat Fahy	1:06.57
M45	Jeff Buhmiller	1:07.20
W40	Diane Knox	1:31.40
Steeplechase		
M30	Jeff Maples	11:58.90
High Jump		
M35	Gregory Carr	1.55
M40	Brian Campbell	1.85
	Zygeum Gorgol	1.40
	Leonard Reed	1.35
M45	Pat Fahy	1.65
	Richard Watson	1.45
M50	John Perkins	1.40
M65	Dave Douglas	1.25

Pole Vault		
M35	Shawn Brown	2.89
M40	Henry Barella	3.91
M45	Mark Herman	3.65
	Richard Watson	2.89
	Steve Abel	2.89
M50	Mick James	3.04
	John Perkins	2.74
M55	Larry Jones	2.89
	Bruce Long	2.28
M60	Bob Bergfeldt	2.89
	Gary Isham	2.74
	Dave Doerger	2.59
Long Jump		
M30	Marv Williams	6.75
	Cameron Ivie	5.45
M35	Anthony Buckler	4.31
	James Haro	4.15
M40	Brian Campbell	5.93
	Michael Smith	4.70
	Zygeum Gorgol	3.81
M45	Pat Fahy	5.37
	Burrel Bender	4.87
M50	John Gray	5.37
M55	John Davis	4.80
Triple Jump		
M30	Tony Kern	12.06
	Cameron Ivie	11.78
M35	Anthony Buckler	8.63
M40	Brian Campbell	12.29
M45	Pat Fahy	11.70
	Rick May	9.52
M50	John Perkins	8.11
W35	Leasa Chase	7.02
Shot Put		
M35	Ron Stilwell	14.68
	Phillip Dole	11.56
M40	M Martinez	12.39
	Jeff Nelson	11.18
	Erwin Jones	9.79
M45	Jeff Phister	12.68
	Ted Williams	12.12
	Eugene Oberholtzer	9.12
M50	Doug McCarthy	12.22
	Clay Hull	11.57
	Phil High	10.25
M65	Ben McGrady	12.53
M70	Paul O'Leary	11.80
W35	Leasa Chase	7.20
W40	Carrie Davis	7.36
Discus		
M35	Ron Stilwell	43.77
	John Karahalios	41.87
	Tim O'Neil	38.11
M40	Henry Barella	39.29
	Ted Williams	35.27
	Jeff Nelson	34.39
M45	Richard Watson	31.68
	Eugene Oberholtzer	18.60
	Michael Slaughter	18.35
M50	Clay Hull	37.51
	Doug McCarthy	33.71
	Carl Yoshioka	17.07
M55	Jim Rivard	31.32
M60	Bob Bergfeldt	40.55
	Dick Dow	38.15
M65	Dave Douglass	33.52
W40	Carrie Davis	23.49
Hammer		
M40	M Martinez	44.39
	Jeff Crothers	35.40
M45	Richard Watson	35.28
	Eugene Oberholtzer	24.32
M50	Clay Hull	41.58
M55	Bob Osterhoudt	39.41
M65	Dave Douglass	32.56
M75	Thom De Vaughn	23.03
Javelin		
M30	Chris Anderson	50.89
	Kary Dunham	47.13
M35	Tim O'Neil	53.95
	H McAdams	53.00
	Tom Dineen	38.55
M40	Jim Lothrop	54.44
	Jeff Nelson	44.64
	Leonard Reed	29.36
M45	Richard Watson	45.77
	Rick May	37.92
M50	Clay Hull	41.90
M65	Ben McGrady	38.61
	Dave Douglass	26.45
USATF Hawaii Masters Meet		
Honolulu; June 17&24, July 1&15		
--June 17--		
100m		
M30	Kelsey Nakanelua	10.53h

M35	Hank Warrington	10.45h
M45	Dacre Bowen	11.45h
M50	Allen Ng	12.97h
M55	Jack Karbens	14.39h
200m		
M50	Allen Ng	27.05h
M55	Sai Ching	27.32h
400m		
M50	Ron Pate	61.59h
1500m		
M55	Sai Ching	5:13.65h
W30	Buffy Whiteman	5:22.61h
3000m		
M50	Ron Pate	11:09.16h
Shot Put		
M55	Jack Karbens	28-7
Discus		
M60	Lionel Low	70-2
--June 24--		
100m		
M30	Kelsey Nakanelua	10.8
M45	Dacre Bowen	11.7
M50	Allen Ng	13.1
M55	Jack Karbens	14.7
200m		
M40	Bob Gill	25.7
M45	Bill Blair	25.0
M50	Allen Ng	27.8
M55	Jack Karbens	29.6
400m		
M40	Bob Gill	59.7
M55	Jack Karbens	68.2
800m		
M45	Willes Lee	2:18.1
M50	Ron Pate	2:20.9
M55	Sai Ching	2:19.7
3000m		
M35	Gary Brimmer	19:08.86h
Shot Put		
M70	Bob Voegel	29-2
Discus		
M70	Bob Voegel	83-1
--July 1--		
100m		
M30	Kelsey Nakanelua	10.5
M35	Hank Warrington	10.5
200m		
M40	Bob Gill	25.7
M45	Dacre Bowen	24.4
400m		
M40	Bob Gill	59.4
800m		
M55	Sai Ching	2:22.8
1500m		
W30	Buffy Whiteman	5:20.3
3000m		
M35	Gary Brimmer	10:36.6
Long Jump		
M50	Alan Nakasone	12-9.75
M60	Lionel Low	13-10
Triple Jump		
M50	Alan Nakasone	26-2
M60	Lionel Low	29-11.5
--July 15--		
100m		
M30	Kelsey Nakanelua	21.77
400m		
M30	Kelsey Nakanelua	49.28
M50	Ron Pate	61.52
800m		
M55	Sai Ching	2:20.73
1500m		
M50	Ron Pate	4:54.00
Discus		
M55	Don Hardaway	148-8
Long Jump		
M50	Alan Nakasone	12-2
M60	Lionel Low	14-1
Triple Jump		
M50	Alan Nakasone	26-5
USATF West Regional Masters		
Championships		
Norwalk, CA; July 8		
100m		
M30	George Onyeyonwu	10.27
	Jeff Williams	10.29
	Frederick Morrison	11.02
	James Smith	11.41
M40	David Washington	11.05
	Ed Daniels	11.14
	Eric Dixon	11.54
	Lorenzo Cooper	11.96
	Alvin Millerbis	11.97
M45	Gregory Holmes	11.75
	Clauweue Rapides	12.35
	Steve Kloch	12.51
	Gerald Bills	12.62
	Ken Stone	13.16
M50	Eugene Driver	12.04
	Raymond Yeck	12.69
	Gary Wuest	13.31
	Barry Green	13.54

M55	Ron Stock	14.01
M60	Hal Tolson	12.25
	Doug Smith	12.32
	Gary Sims	12.95
	Bill Knocke	13.17
	Lee Gillespie	13.35
M65	Dick Richards	12.71
	Nick Newton	13.16
	Frank Kishi	15.30
M70	Don Cheek	14.17
	Jim Selby	15.05
	Rodney Brown	16.00
	Bob Frier	16.11
M90	Anthony Castro	20.39
W35	V Amarase Kara	13.02
	Tammy Nolen Mack	13.47
	Elaine Iba	13.73
	Monique Hudson	14.75
W40	Debbie Selby	16.59
W45	Michele Freeman	14.54
	Kathryn Herring	16.14
	Christine Stone	20.77
W50	Phil Raschker	12.75
	Brenda Matthews	15.29
W35	Lynn Naftel	15.14
W60	Kathy Bergen	14.23
W70	Shirley Diedtrich	20.80
200m		
M30	Jeff Williams	21.35
	Rudy Huber	23.0h
	Jeffery Thomas	24.68
M35	Fred Lipscomb	23.8h
	Edward Arenberg	25.4h
M40	Ed Daniels	22.52
	David Washington	22.84
	Eric Dixon	24.08
	Alvin Millerbis	25.50
	Hockersmith	25.89
M45	Gregory Holmes	24.77
	Clarence Rapides	25.96
	Ron Smith	26.15
	Bill Fitzpatrick	27.56
M50	Eugene Driver	25.85
	Raymond Yeck	26.65
M55	Joe Perry	27.85
M60	Harold Tolson	25.51
	Doug Smith	26.56
	Roger Tsuda	28.55
	Lee Gillespie	28.56
M65	Dick Richards	27.46
	Frank Kishi	35.12
M70	Don Cheek	29.87
	Jim Selby	31.84
	Bob Frier	33.84
	Milo Sather	34.42
	Efrain Sanchez	36.89
M60	Charles Mercurio	40.21
W30	Grace Dinkins	23.97
W35	Myra Mayberry	24.37
	Tammy Nolen Mack	30.65
W40	Debbie Selby	38.31
W50	Phil Raschker	26.92
	Lorraine Tucker	33.14
	Brenda Matthews	34.78
W55	Lynn Naftel	31.78
W60	Yvette LaVigne	33.02
	Mary Bonher	50.29
W70	Diedtrich	49.11
400m		
M30	Ben Crouch	55.29
	Jon Stone	55.98
	Badkim Coleman	1:01.47
M35	Kettrel Berry	49.38
	Von Kastor	50.67
	Fred Lipscomb	51.71
M40	Robert Hicks	51.87
	Vincent Galloway	54.43
	Neal Bojko	1:02.71
M45	Ron Smioth	58.45
	Steve Kloch	59.54
	Bill Fitzpatrick	1:00.02
M50	Eugene Driver	58.8h
	Bill Weinstock	1:01.5h
	Philip Gnesin	1:04.2h
M55	Larry Barnum	59.6h
M65	Jerry Jefferson	1:10.93
M70	Rodney Brown	1:19.81
	Efrain Sanchez	1:19.81
	Bob Frier	1:22.88
M75	Avery Bryant	1:25.63
W35	La Tanya Sheffield	53.22
	Myra Mayberry	54.75
	Joy Sargis	1:00.89
W40	Diane Heil	1:04.03
	Debbie Selby	1:27.15
W55	Mary Jane McMaster	1:56.8h

W60	Yvette LaVigne	1:12.26
	Mary Bonner	1:52.0h
W75	Gerry Davidson	1:55.4h
800m		
M30	Patrick Robinson	1:50.98
	Joe Carnegie	1:53.26
	Brian Gore	2:05.57
	Robert Davis	2:07.52
M35	Jack Armour	1:52.93
	Angel Roman	2:01.95
	Edward Arenberg	2:13.26
M40	Mark Cleary	2:09.67
	Jim Hershberger	2:10.14
	Dave Van Sickle	2:10.14
	Frank Boegeman	2:14.42
M45	Peter Mogg	2:03.38
	Jim Jones	2:10.42
	Gregory Lash	2:17.94
M50	Graeme Shirley	2:25.73
M55	Simeon Baldwin	2:20.99
	Lairy Barnum	2:29.59
	David Sanchez	2:40.70
M60	Charles Burton	2:55.01
M65	Jerery Jefferson	2:43.44
	Ray Archibald	3:42.49
M70	Jim Selby	2:44.58
	Rodney Brown	2:58.57
	Efrain Sanchez	3:01.55
	Milo Sather	3:11.49
M75	Avery Bryant	3:24.11
W30	Annie Lunsman	2:25.71
	Laura Shapiro	2:54.08
W40	Debbie Barraza	2:38.21
	Lana Hendricks	2:52.20
W45	Tracey Cox	3:01.39
W50	Joni Shirley	2:49.12
W55	Gerry Davidson	4:20.52

Continued from previous page

M30 Carl Brown	61.27
Anthony Washington	59.85
M35 Cameron Bolls	55.25
Dolf Berle	31.10
M40 Jeff Voorhees	37.68
M45 Ralph Frouguglietti	49.11
Richard Watson	31.83
M50 Gary Knox	44.86
Clay Hull	34.55
John Montandon	32.11
Larry Lloyd	25.31
M55 C McCormick	36.91
Hal Sheaky	29.10
M60 Joe Marino	48.90
Bob Humphreys	47.98
C Po	44.28
Hal Smith	41.88
Alan Rosen	37.48
M65 Bob Ward	44.15
Len Rosen	41.10
M70 Fred Lochner	33.45
Kio Shik Song	26.77
M75 Don Roser	27.02
W35 Brenda Westbrook	50.69
W50 Lorraine Tucker	24.48
W70 Shirley Diedrich	15.67
Hammer	
M30 Marvin Williams	64.12
Michael Henry	60.81
M45 Tom Meyer	38.37
Richard Watson	34.56
M50 Clay Hull	40.99
Larry Lloyd	22.54
M60 Bob Humphreys	45.50
Paul Ward	36.60
M65 Bob Ward	44.22
M70 Kio Shik Song	34.46
Javelin	
M35 Jim Connoly	67.79
Alan Collatz	63.86
M40 Frank Vacek	48.86
Hal Halpern	33.24
M45 Jim Lothrop	58.78
Richard Watson	45.33
Vern McGarry	37.80
Gregg Adams	30.97
M50 Clay Hull	41.11
Ed Baskauskas	38.69
Ron Rook	35.69
Gary Wuest	34.68
Larry Lloyd	33.74
M55 Bert Shirk	34.34
James Brennan	34.11
Duane Holmes	33.26
Hal Sheakley	32.06
M60 C Po	46.42
Steve Wordell	39.45
Bob Humphreys	28.34
M65 Phil Fehlen	43.47
Bob Ward	36.17
E Martin	35.73
M70 D Richardson	29.28
M75 Don Boser	27.50
W35 Tammy Nolen Mack	21.11
W40 A McCormick	29.14
W60 Kathy Bergen	22.36
W70 Shirley Dietterich	14.61
5000m RW	
M40 Richard Lenhart	25:37.79
Pedro Santoni	28:01.88
M45 Mike Kroll	36:54.18
M50 Ed Bouldin	29:27.34
Rick Campbell	29:50.08
M55 Stewart Ray	31:33.73
M60 Robert Nyman	30:48.06
M65 Carl Acosta	30:57.09
Arvid Rolle	32:34.90
M70 Bill Moreman	32:03.89
M75 Masashi Noritake	34:44.12
Jorge Newberry	39:56.65
W35 Margaret Govea	27:16.22
W50 Pamela Flowers	34:03.32
Jean Boggs	40:12.75
W65 Patti Kennedy	39:45.06
2000 California State Games	
San Diego, CA; July 14	
100m	
M30 John Sears	11.1
Rod Weston	11.5
Randy Thompson	11.7
M35 Jeffrey Gonzales	12.5
Mike Bynum	13.0
M40 Jerry Sommerville	12.2

Conny Grigsby	13.2
M45 Ken Stone	13.0
Greg Gurerius	13.6
M50 John Tomaschke	12.7
Barry Green	15.1
M60 Harold Tolson	12.1
Bill Knocke	12.9
M70 Dick Oden	14.7
Jim Selby	15.0
W40 Lauri Stock	14.7
W45 Christine Stone	20.8
W50 Lorraine Tucker	14.5
Latanya Glass	15.9
200m	
M30 Randy Thompson	24.2
M35 Kettrell Berry	22.5
Brian Pheneger	26.1
Peter Simms	26.2
M40 Jerry Sommerville	25.2
Frank Boegeman	26.9
M45 Ken Stone	46.26
M50 John Tomaschke	26.4
Larry Pesch	28.1
Barry Green	28.4
M60 Harold Tolson	25.6
M70 Jim Selby	32.1
W55 Lauri Stock	31.0
400m	
M30 Chris Mack	59.9
Roland Morris	1:01.4
M35 Kettrell Berry	49.7
Parcy Bojader	54.1
M40 Ken Chisholm	59.2
M50 Carlos Holmes	1:00.4
Don Irvine	1:01.5
M65 Jerry Jefferson	1:08.5
M70 Jim Selby	1:11.1
W50 Lorraine Tucker	1:30.6
Latanya Glass	1:35.6
800m	
M35 Kettrell Berty	2:13.8
M40 Dave Cook	2:26.5
M50 Gary Rust	2:15.0
Don Irvine	2:16.3
M65 Jerry Jefferson	2:46.8
M70 Jim Selby	2:45.0
M75 John Cross	3:33.1
W55 Isabel Chee	3:09.4
1500m	
M35 John Reyes	5:34.6
M40 Mike Rodrigues	5:12.5
John Pidgeon	6:09.7
M50 Don Irvine	4:40.0
M60 Antulio Martinez	5:48.7
M70 Jim Selby	5:50.7
M75 John Cross	7:10.1
M95 Zacarias Orta	12:31.0
W40 Lauri Stock	5:21.2
Raquel Flores	5:57.6
W55 Maria Elena Rivera	6:15.1
Isabel Chee	8:00.3
3000m	
M40 Dave Cook	12:04.4
John Pidgeon	13:35.8
M70 Jim Selby	15:03.7
Short Hurdles	
M45 David Gaete	22.1
M50 Frederick Johnston	15.3
Long Hurdles	
M45 Davie Gaete	1:21.7
M50 Carter Holmes	1:08.5
M60 Jerry Connor	46.6
Bill Knocke	47.2
W30 Monge Contreze	1:17.9
2000m Steeplechase	
M40 Steve Markland	11:22.1
Dave Cook	11:50.9
High Jump	
M30 Rod Weston	1.75
M40 Ken Chisholm	1.60
M50 Charlie Rader	1.70
Larry Lloyd	1.37
M85 Leland McPhie	1.30
Pole Vault	
M30 David Bourguignon	2.59
M50 Wayne Lambert	4.11
M70 Bob Holmes	2.13
Long Jump	
M30 Rod Weston	6.12
Randy Thompson	5.21
M40 Ken Chisholm	4.52
Dereck Deleon	4.34
M50 Larry Pesch	4.50
M85 Leland McPhie	1.85
Shot Put	
M30 Kevin Rinehart	14.80

M40 Jeff Voorhees	12.10
James Heam	9.37
Hal Halpern	8.59
M45 Ralph Fruguglietti	14.57
Williams Gardner	13.50
Stephen Weeks	9.32
M50 Angelo Rinaldi	12.77
Bruce McDonald	10.20
Larry Lloyd	8.31
M55 Hal Sheakley	10.36
Bet Shirk	9.56
M70 Don Hegberg	11.30
Joe Benintende	5.97
M85 Leland McPhie	7.38
W50 Latanya Glass	10.54
Ardienette Tucker	10.39
W55 Ingrid Mancini	8.86
Discus	
M30 Kevin Rinehart	43.15
M35 Jeffrey Gonzales	28.96
Peter Mines	19.15
M40 Scott Young	43.54
Jeff Voorhees	40.26
Harry Woods	28.73
M45 Ralph Fruguglietti	47.75
Stephen Weeks	25.73
M50 Larry Pesch	34.06
Larry Lloyd	38.32
M55 Bert Shirk	30.21
Hal Sheakley	29.87
M70 Don Hagberg	39.54
Lou Mozzini	31.62
Kio Smik	25.95
M85 Leland McPhie	19.25
W50 Latanya Glass	24.61
W55 Ingrid Mancini	18.39
Ardienette Tucker	18.59
Javelin	
M35 Jeffrey Gonzales	37.80
Peter Mines	25.78
M40 Scott Young	45.95
Hal Halpern	32.28
Harry Woods	19.13
M50 David Johnson	47.43
Larry Lloyd	33.32
Larry Pesch	32.96
M55 Mick Murray	41.40
Bert Shirk	31.70
Hal Sheakley	29.41
M70 Doug Richardson	27.64
Joe Benintende	11.53
M75 Jerry Siefert	21.48
M85 Leland McPhie	15.62
W40 Jenny Stary	36.02
W50 Ardienette Tucker	25.44
Latanya Glass	17.09
3000m RW	
M65 Lloyd McGuire	33:59.2
M75 John Cross	21:33.7
San Jose Senior Games	
San Jose, CA; July 20-30	
50m	
M50 Roger Tomlinson	7.0
M55 Curtis Thomas	7.0
M60 William Clark	8.3
M65 John Silva	7.9
M70 Vernon Regier	7.7
M75 Ray Silva	14.3
M80 Don Pellman	8.8
M85 Toby Solorzano	12.9
W65 Fei-Mei Chou	9.7
W75 Diana Smith	13.9
100m	
M50 Lex Freitas	12.6
Roger Tomlinson	13.0
M55 Jack Karbens	14.7
Phil Giambone	16.7
M60 Jim Haugabook	13.0
Frank Hollier	13.0
M65 Bobby Thomas	12.8
Gilman Jung	18.3
M70 Vernon Regier	14.6
Joe Spicer	15.6
M80 Don Pellman	16.5
Frank Toner	16.7
M85 Toby Solorzano	27.7
W60 Lucille Ligon	17.4
W65 Fei-Mei Chou	20.4
Marj Moore	22.3
200m	
M50 David Pogue	28.5
Andre Russell	30.3
M55 Mel Brooks	25.8
Jack Karbens	30.0
David Piper	32.1
M60 Martyn Adamson	26.5
Frank Hollier	27.4
M65 Bobby Thomas	26.8
Gilman Jung	nta

M70 Vernon Regier	32.7
Vernon Dolphin	49.5
M80 Don Pellman	35.9
Frank Toner	36.6
W65 Fei-Mei Chou	41.4
Marj Moore	48.9
400m	
M50 Rob Shomo	62.8
David Pogue	63.1
M55 Matt Pruitt	57.8
Mel Brooks	59.2
M60 Martyn Adamson	62.8
M65 Gilman Jung	87.5
M70 Vernon Dolphin	1:47.7
M85 Toby Solorzano	2:57.0
W50 Carol Kemnitz	97.2
800m	
M50 Greg Burke	2:28.5
Kurt Gravenhorst	2:32.1
M55 E Murdock	2:48.6
John Weidinger	3:00.8
M60 Jeremy Lys	2:47.1
M65 Gilman Jung	3:35.5
M70 Peter Wood	3:08.3
Vernon Dolphin	4:29.7
1500m	
M50 Kurt Gravenhorst	5:34.6
M55 E Murdock	5:46.7
John Weidinger	6:02.1
M60 Jeremy Lys	5:51.3
M65 Gilman Jung	nta
M70 Peter Wood	6:57.5
3000m	
M50 Greg Burke	10:59.0
M55 John Weidinger	12:33.9
M65 Gilman Jung	14:29.1
J E Axline	14:55.1
M70 David Jeong	15:05.7
High Jump	
M50 Ed Baskauskas	5-2
Rob Shomo	5-0
M55 Don Dvorak	4-8
Fred Dillemoth	4-0
M60 John Steinman	4-4
M65 Steve Richmond	4-4
Ken Tronstad	3-10
M70 Chas Bispala	3-8
Reggie Kenyon	3-8
M80 Don Pellman	2-10
M85 Bob Boucke	3-8
W55 Kathy Noble	3-4
W60 CherrieSherrard	3-4
W65 Fei-Mei Chou	3-4
Marj Moore	3-4
Pole Vault	
M50 Gary Wuest	8-6
M55 Fred Dillemoth	6-0
M60 John Steinman	9-0
M75 James Johnson	6-0
M80 Don Pellman	5-0
Long Jump	
M50 Andre Russell	15-1
Gary Wuest	13-10
M55 Gary Mader	15-6
Don Dvorak	14-5.5
M65 Steve Richmond	13-2.75
John Silva	11-9
M70 Reggie Kenyon	7-10
M75 James Johnson	9-9
M80 Don Pellman	10-8.5
M85 Bob Boucke	3-7
W60 Lucille Ligon	10.4.5
W65 Fei-Mei Chou	9-2.75
Marj Moore	8-1.75
W85 Ivy Browne	1-9.5
Shot Put	
M50 Gary Kelmenson	11.46
Richard Crowley	11.45
M55 Bill Starkey	10.96
Richard Noble	10.10
M60 Gene Thacker	13.33
Les Atteberry	10.73
M65 Ken Tronstad	11.23
Dick Huxley	8.95
M70 Carlos Martinez	11.29
Chas Bispala	10.22
M75 Ed Chynoweth	10.21
Jerry Silsdorf	7.49
M80 Don Pellman	9.78
Russ Weeks	6.74
M85 Bob Boucke	6.76
W50 Kathryn Noble	6.37
W60 CherrieSherrard	9.80
Lucille Ligon	9.36
W85 Ivy Browne	4.26
Discus	
M50 Gary Kelmenson	120-0
Richard Crowley	92-9
M55 Jack Karbens	107-3
Bill Starkey	92-5
M60 Gene Thacker	129-8
Arian Witham	52-6
M65 Ken Tronstad	109-0
Dick Huxley	83-11

M70 Lou Mozzini	108-0
Carlos Martinez	106-3
M75 Louie Toscano	75-11
Jerry Silsdorf	59-5
M80 Don Pellman	88-4
Russ Weeks	49-6
M85 Bob Boucke	53-0
W80 CherrieSherrard	65-10
Lucille Ligon	64-8
W65 Fei-Mei Chou	61-11
W85 Ivy Browne	29-4
1500m Racewalk	
M55 John M Doane	9:18.1
M65 Gilman Jung	11:29.0
W55 Christina Dillemoth	11:23.0
3000m Racewalk	
M55 John M Done	19:18.16
M65 Gilman Jung	23:03.0
Kelfield Throws Series #87	
Santa Cruz, CA; July 22	
Shot Put	
M45 Rich Watson	10.54
M50 Lad Pataki	15.87
Bruce Hedendal	13.09
Gary Kelmenson	11.41
M60 Jim Hart	10.59
Discus	
M45 R Watson	34.12
M50 L Pataki	52.72
B Hedendal	43.75
G Kelmenson	38.65
M60 J Hart	34.73
Hammer	
M45 R Watson	35.55
M50 L Pataki	50.66
B Hedendal	42.77
G Kelmenson	42.10
M60 J Hart	32.75
Javelin	
M45 R Watson	45.54
M50 L Pataki	43.81
B Hedendal	38.52
Weight	
M45 R Watson 35#	11.89
M50 G Kelmenson 35#	11.80
L Pataki 25#	18.36
B Hedendal 25#	15.79
M60 J Hart 35#	9.89
56# Superweight	
M50 G Kelmenson	7.81
M60 J Hart	5.43
Weight Pentathlon	
M45 Richard Watson 47	3246
M50 Lad Pataki 54	4759
Bruce Hedendal 52	3911
Gary Kelmenson 50	2744
(Marks above)	
NORTHWEST	
Seattle Masters Classic	
Greater Seattle Senior Games	
W. Seattle Stadium, WA; July 7-8	
100m	
M35 Ken Petroff	11.89
M40 Michael Waller	11.60
Gary Zasimovich	12.83
M45 Wayne Baruso	12.56
John Wells	12.74
M50 Clyde Hundley	12.82
Willie Venable	13.19
Wendell Jones	15.80
M55 Steve Robbins	12.14
George Lyden	12.51
Ron Jensen	13.99
M65 Richard Harrison	14.80
M80 Phil Flash	22.36
M85 Mamikon Pogosebko	26.82
W30 Laurie Blume	14.65
W40 Marilyn Dewarder	13.72
W50 Fran Trinder	19.34
W80 Olga Kotelko CAN	22.21
200m	
M35 Ken Petroff	14.41
M40 Michael Waller	23.53
Paul Aleinikoff	29.30
M45 Wayne Baruso	24.83
John Wells	25.97
Russ Jacquet Acea	26.13
M50 Clyde Hundley	26.46
Willie Venable	27.57
M55 Dave Walter	24.60
George Lyden	25.85
Lee Southern	26.10
N65 Richard Harrison	33.35
M80 Phil Flash	48.63
W30 Laurie Blume	29.82
W40 Marilyn Dewarder	28.50
W80 Olga Kotelko	49.85
400m	
M30 Lester Jackson	66.68
M45 Arnie Stonkus	59.77
M50 Tom Rowland	59.02
Dan Cole	60.68

Jim Hoppe	64.80
M55 Dave Walter	54.31
Rich Tucker	59.02
Jack Karbens	67.51
W30 Laurie Blume	68.22
800m	
M30 Anthony Joseph	2:40.43
M35 Dean Janz	2:13.35
M45 Terry Parks	2:13.61
Arnie Stonkus	2:16.44
Dean Koga	2:22

Continued from previous page

<b>Discus</b>	
M30 Matt Burks	41.62
Byron Dondoyano	26.58
M40 Blake Surina	39.99
Gary Zasimovich	35.63
M45 Mark Neal	41.69
Paul Brown	25.92
M50 Bill Demeroutis	37.17
M55 John White	34.86
Jack Karbens	29.88
Jack Miller	29.10
M60 Neil Saling	42.17
Conrad Sundholm	41.58
Pete LaBarge	39.62
M65 Richard Harrison	29.19
M75 Robert Horsley	24.95
M85 Ross Carter	28.95
Leon Joslin	18.80
W35 Cathryn ColeDow	30.70
Laurie Jinkins	24.17
W40 Carla Surina	26.93
W50 Pauline Thomas	26.87
W55 Georgia Cutler	20.89
W80 Olga Kotelko CAN	15.45
<b>Hammer</b>	
M30 Matt Burks	46.83
M40 Gary Zasimovich	36.86
M45 Paul Brown	30.38
M50 Todd Taylor	47.72
M55 George Mathews	48.04
John White	36.79
Jack Karbens	27.42
M60 Pete LaBarge	33.47
M70 Ken Weinbel	29.96
M75 Robert Horsley	24.92
M80 Jim Minah	26.11
M85 Leon Joslin	18.33
W35 Laurie Jinkins	28.85
W40 Carla Surina	24.28
W50 Joyce Taylor	34.86
Pauline Thomas	32.14
W55 Georgia Cutler	32.16
W80 Olga Kotelko CAN	14.89
<b>Javelin</b>	
M30 Byron Dondoyano	32.49
M40 Blake Surina	43.47
Gary Zasimovich	34.95
M45 Barry Ryan	44.41
M50 Don Fate	46.47
Bill Demeroutis	34.33
Daniel Cole	33.13
M55 Jack Karbens	30.47
Bob Stewart	26.14
Bill Dow	25.29
M60 Pete LaBarge	42.27
Roger Dean	27.18
W35 Cathryn ColeDow	30.89
W50 Pauline Thomas	23.30
W55 Marg Radcliff CAN	25.81
Georgia Cutler	18.95
W80 Olga Kotelko CAN	17.86
<b>Weight</b>	
M30 Matt Burks	14.48
M40 Gary Zasimovich	13.22
M45 Paul Brown	9.50
M50 Todd Taylor	13.32
M55 George Mathews	13.76
John White	10.04
Jack Karbens	7.71
M85 Leon Joslin	5.62
W35 Laurie Jinkins	8.14
W40 Carla Surina	8.55
W50 Joyce Taylor	11.81
Pauline Thomas	10.71
W55 Georgia Cutler	8.64
W80 Olga Kotelko CAN	6.43
<b>Superweight</b>	
M30 Matt Burks	9.36
M40 Gary Zasimovich	7.80
M45 Paul Brown	6.38
M50 Todd Taylor	8.30
M55 George Mathews	8.61
John White	7.04
Jack Karbens	4.97
M85 Leon Joslin	4.22
W35 Laurie Jinkins	6.39
W40 Carla Surina	4.89
W50 Joyce Taylor	7.88
Pauline Thomas	7.28
<b>5000m Racewalk</b>	
M40 Bart Kale	30:19.9
M50 Stan Chraminski	26:22.4
Bob Novak	27:21.4
Terry Buchanan	30:06.5
M65 Paul Kaald	32:48.8
W40 Joslyn Slaughter	30:14.5
<b>Wyoming Senior Games</b>	
Laramie; July 27-30	
<b>50m</b>	
M50 George Eberle	7.10
M55 Jimmie McKinzie	7.34
M60 Dick Camp	7.01
M65 Richard Bright	8.20

M70 Ben Knaub	7.90
M75 George Butchko	9.18
M80 Ed Carter	8.68
W50 Sharon Raham	8.40
W65 Doris Gwynn	9.20
W70 Mary Ann Boe	8.71
W75 Charlotte Acton	11.34
W80 Velma Jacobs	nta
W85 Bette Keefer	13.40
<b>100m</b>	
M50 George Eberle	13.09
M55 Jim Francis	13.59
M60 Dick Camp	12.80
M65 Ron Rule	14.59
M70 Ben Knaub	15.40
M75 George Butchko	18.10
M80 Ed Carter	15.75
W50 Susan Hill	17.50
W60 Kathy Van Pelt	22.90
W65 Doris Gwynn	18.37
W70 Mary Ann Boe	16.90
W75 Gladys Sajwaj	23.37
W80 Molly Mackown	19.28
W85 Bette Keefer	28.03
<b>200m</b>	
M50 Burke Grandjean	25.7h
M55 Jim Francis	28.46
M60 Dick Camp	26.2h
M65 Ron Rule	30.21
M70 Ben Knaub	31.06
W50 Susan Hill	36.00
W60 Kathy Van Pelt	53.00
W70 Mary Ann Boe	35.93
W80 Molly Mackown	49.53
<b>400m</b>	
M50 Burke Grandjean	56.40
M55 Jim Francis	66.10
M60 Thomas Ciesielski	62.93
M65 Ron Rule	69.75
M70 Ben Knaub	73.50
M80 Gus Gendler	2:15.50
W50 Susan Hill	88.70
W60 Kathy Van Pelt	2:00.40
W65 Betty Gendler	2:09.62
W70 Mary Ann Boe	82.84
W80 Velma Jacobs	2:29.90
<b>800m</b>	
M50 Burke Grandjean	2:15.40
M55 Ray Kunselman	2:42.60
M65 Ray Franks	3:16.06
M70 R Stan Hayes	3:12.60
W60 Diane Bromstead	4:08
W65 Della Works	5:08
<b>1500m</b>	
M50 Max Peters	6:49.80
M55 Ray Kunselman	5:48.30
M60 James Boucher	7:25.28
M65 Don Navrkal	7:11.71
M70 R Stan Hayes	6:56.40
M75 Wallace Tufford	13:48
W55 Marion Burr	7:38.8
W60 Diane Bromstead	8:00.3
W65 Della Works	10:11.09
W70 Dorothy Bradley	7:30.6
<b>High Jump</b>	
M50 Dwaine Horton	5-0
M65 K C Keefer	4-6
M70 Joe Craze	4-0
M75 Bill Chivvis	3-8
M80 Ed Carter	3-8
W50 Sharon Raham	3-6
W70 R Jean Jones	3-0
W75 Willie Gatza	2-8
<b>Pole Vault</b>	
M50 Doug Bryant	8-6
M60 Thomas Woodrings	9-0
M65 K C Keefer	8-6
M75 Bill Chivvis	7-0
<b>Long Jump</b>	
M50 Doug Bryant	15-9
M60 Darrel Short	14-2
M65 Loren Medord	10-5
M70 Ben Knaub	12-5
M75 George Butchko	9-3
M80 Mike Kilmer	6-9
W60 Gayle Keffer	9-11.5
W70 R Jean Jones	7-5
W75 Gladys Sajwaj	6-1.5
W80 Molly Mackown	7-4
<b>Triple Jump</b>	
M50 Bob Gaston	18-3
M60 Darrel Short	28-5
M70 Ben Knaub	19-10
M80 Ed Carter	24-11
W50 Sharon Raham	21-2
W70 R Jean Jones	16-6
W75 Willie Gatza	12-0
W80 Molly Mackown	13-9
<b>Shot Put</b>	
M50 Britt Ready	30-0
M55 Roger Corliss	35-9
M60 Robin Haddon	38-8
M65 Al Weisbecker	31-7
M70 Floyd Jack	35-2

M75 Glenn Burgess	35-6
W50 Sharon Raham	28-1
W60 Joy Kaylor	28-2
W65 Pat Hutson	20-9
W75 Willie Gatza	18-6
<b>Discus</b>	
M50 Britt Ready	95-2
M55 Roger Corliss	100-6
M60 Dick Camp	125-3
M65 Al Weisbecker	100-1
M70 Floyd Jack	119-0
M75 Glenn Burgess	94-4
W50 Sharon Raham	70-6
W55 C Haugan	67-6
W60 Joy Kaylor	73-6
W65 Pat Huston	55-9
W70 Barbara Brandt	62-2
W75 Charlotte Acton	50-4
<b>Javelin</b>	
M50 Britt Ready	103-10
M55 Jim Francis	101-4
M60 Ken Ormsby	99-1
M65 Al Weisbecker	62-6
M70 R Stan Hayes	106-2
M75 Frank Bowles	86-9
W55 Marion Burr	47-2
W65 Sallie Wesaw	36-10
W70 Barbara Brandt	71-10
W75 Willie Gatza	53-3
<b>1500m Racewalk</b>	
M60 John McGinty	11:14.84
M65 Ray Franks	9:33.00
M70 Robert Kaylor	11:41.31
<b>5000m Racewalk</b>	
M60 John McGinty	37:05
M65 John Lyle	35:05
M70 Darrell Stewart	36:10
<b>5K</b>	
M50 Ben Millard	19:44
M55 Ray Kunselman	20:29
M60 Don Jacobson	24:21
M65 Clinton Baxter	25:48
M70 Stan Hayes	24:53
M80 E G Meyer	51:12
W50 Barbara Orms	22:32
W55 Lana Henman	37:11
M60 Kathy Van Pelt	37:42
M65 Della Works	35:56
M70 Dorothy Bradley	27:23
M75 Gladys Sajwaj	51:21
<b>10K</b>	
M50 Ben Millard	40:38
M55 Ray Kunselman	41:53
M60 Don Jacobson	49:55
M65 Clinton Baxter	53:45
M80 E G Meyer	95:30
W50 Virginia Wabbe	59:45
W55 Esther McGann	53:59
W65 Della Works	77:40
W70 Dorothy Bradley	54:40
<b>USATF Northwest Regional</b>	
Masters Championships	
Bozeman, MT; July 29-30	
<b>100m</b>	
M30 Thal Wright	12.83
M35 Mark Hileman	12.62
M40 Bob Blackburn	12.06
M45 Charlie Powell	12.20
Dwayne Baruso	12.23
John Wells	12.24
M50 Willie Venable	12.69
Vance Jacobson	12.99
Jeff Schaller	13.01
M55 Jerry Carey	14.33
M60 Paul Stepan	14.28
Jim Puckett	14.90
Larry Wright	16.58
M65 Jack Coy	14.90
Cully Vaughn	16.71
W30 Lauriea Blume	14.38
W60 Becky Sisley	17.71
W80 Olga Kotelko CAN	22.24
<b>200m</b>	
M30 Nathan Olson	26.71
M35 Mark Hileman	25.10
M40 Dwayne Baruso	24.65
M45 Charlie Powell	24.46
John Wells	25.21
M50 Willie Venable	26.12
Vance Jacobson	27.02
M55 Dave Walter	25.47
Terry Carey	30.38
M60 Paul Stepan	30.10
Larry Wright	34.52
M65 Jack Coy	31.51
Cully Vaughn	35.65
W30 Lauriea Blume	29.01
W50 Ruth Dupperon	37.69
W80 Olga Kotelko CAN	49.77
<b>400m</b>	
M35 Mike Hileman	54.52
Steve Gideon	62.15
M45 Charlie Powell	56.80
Steve Gardiner	67.24

M50 Dan Cole	60.70
M55 Dave Walter	54.74
Rich Tucker	57.14
M60 Paul Stepan	67.08
Larry Wright	78.64
M65 Jack Coy	69.71
W30 Lauriea Blume	67.08
W50 Ruth Dupperon	87.18
<b>800m</b>	
M35 Steve Gideon	2:11.71
Mark Hileman	2:11.85
M45 Steve Gardiner	2:54.76
M55 Rich Tucker	2:13.28
Fred Martin	2:28.24
M60 Larry Wright	2:55.01
Joe Howell	3:41.32
W30 Lauriea Blume	2:50.03
W35 Mary Thane	2:20.67
W45 PriscillaFeschBrtic	2:51.25
W50 Ruth Dupperon	3:47.52
W60 Laura Stepan	4:06.14
<b>1500m</b>	
M35 Jim Bogus	4:37.45
M55 Fred Martin	5:08.80
M60 Dean Hersey	5:38.25
Larry Wright	6:02.27
M65 Donn Kirk	7:29.64
M70 Joe Howell	7:05.64
W35 Mary Thane	4:58.86
W40LisaLandenburger	5:29.16
W45 PriscillaFeschBrtic	5:55.47
W60 Laura Stepan	8:21.10
W65 Vickie Bigelow AR6:12.68	
<b>(Caselli/6:26.49/1986)</b>	
<b>5000m</b>	
M30 Patrick Judge	16:20.46
M35 Tony Banovich	15:49.62
Jim Bogus	17:51.07
M45 Fred Edelen	19:44.91
Phil Edelen	20:34.60
M60 Larry Wright	22:26.04
M65 Donn Kirk	27:04.78
W30 Lauriea Blume	21:51.16
<b>10,000m</b>	
M45LouieVanDrugen	38:38.62
Phil Edelen	41:06.70
M55 Martin Reed	41:15.58
M60 Larry Wright	46:27.57
W30 Lauriea Blume	46:33
<b>Hurdles</b>	
M40 Bob Blackburn	18.80
M45 Gene Iwen	20.26
W45 Marsha Hamilton	13.52
<b>Long Hurdles</b>	
M30 Nathan Olson	67.76
M40 Gene Iwen	69.66
<b>Steeplechase</b>	
M35 Chip Rose	11:54.00
Dave McGovern	12:57.00
M60 Dean Hersey	9:02.22
W30 Lauriea Blume	10:24.6
<b>High Jump</b>	
M75 Arnold Scott	1.03
W55 Marge Radcliff CAN	1.19
W60 Becky Sisley	1.19
W80 Olga Kotelko CAN	0.91
<b>Pole Vault</b>	
M75 Don Grosh	2.40
John Cleveland	2.40
<b>Long Jump</b>	
M30 Thal Wright	4.86
M40 Bob Blackburn	5.76
M50 Vance Jacobson	4.25
Ernie Noble	3.66
M55 Frank Struna	5.24
M60 Pete Labarge	4.29
M65 Cully Vaughn	3.86
W45 Marsha Hamilton	4.42
Deb Vestal	2.54
W60 Becky Sisley	3.35
<b>Triple Jump</b>	
M40 Vincent Martin	11.65
Bob Blackburn	10.83
M55 Frank Struna	11.95
W45 Deb Vestal	5.39
<b>Shot Put</b>	
M40 Dale Janzen	11.49
Bob Blackburn	9.82
M45 Tim Fuehrer	9.45
M50 Bruce Jones	12.58
Charles Widicombe	12.33
M55 Tom Gage	15.16
M60 Neil Saling	11.82
Pete Labarge	10.10
M65 Bob Lawson	11.82
M70 Hal Wallace	11.31
M75 Arnold Scott	8.71
Graeme Dalzell	7.88
W50 Pauline Thomas	10.51
Joyce Taylor	8.22
W70 Mary Birgenbeuer	7.01
Mavis Lorenz	6.55
Eliza Dalzell	6.50
W80 Olga Kotelko CAN	6.04

<b>Discus</b>	
M40 Dale Janzen	31.32
Bob Blackburn	22.66
M50 Tim Edwards	42.48
Charles Widicombe	40.64
Bruce Jones	38.64

Continued from previous page

M40 -400m- Glenn Chipkar 58.57	M40 -400m- Robert Moore 18:33.75	M60 -LJ- Harvey Boles 3.69m	M60 -JT 600 GMS- William Eisenhart 42.29m	M55 Gerold Schmitt GER 24.96	W75 N Naoumenko RUS 25:14.44
M45 -400m- Ken Davis 57.77	M60 -5km- Hugh Wilson 21:46.75	M65 -LJ- Kesar SinghPoonia 4.22m	M60 -JT 600 GMS- Russell Van Put 30.18m	M60 Dieter Bartzsch GER 25.25	M40 F G Gonzales ESP 30:33.34
M50 -400m- Dave Gibson 1:02.03	M65 -5km- Gerhard Krowlow 23:06.65	M70 -LJ- Jim Mathers 3.39m	M65 -JT 600 GMS- Alf Sundin 31.12m	M65 Armando Roca ESP 26.66	M45 Marjan Krempel SLO 33:02.93
M50 -400m- Paul Ciaravella 1:09.13	M65 -5km- Ed Whitlock 18:02.11	M70 -LJ- Linda Carty 4.63m	M65 -JT 600 GMS- Bob Staveley 28.87m	M70 Wolfgang Reuter GER 30.28	M50 Alexei Gavrilov RUS 34:09.40
M55 -400m- John Garland 59.43	M70 -5km- Bob Wild 22:12.79	M75 -LJ- Kathy EyreCopland 4.11m	M75 -JT 500 GMS- Karl Pavasars 23.54m	M80 Ugo Sansonetti ITA 33.14	M55 Carvalho da Sil POR 33:30.15
M60 -400m- Michael Carter 1:00.20	Morgyn Paterson 23:09.58	M75 -LJ- Marg Radcliffe 3.39m	M75 -JT 500 GMS- Garry Bachman 21.23m	M85 Vittorio Colo ITA 37.46	M60 Valeri Kloun RUS 36:31.49
M60 -400m- Ted Sauer 1:07.04	M70 -5km- Felix Charles 27:15.38	M75 -LJ- Helgi Pedel 2.48m	M80 -JT 400 GMS- Aleks Upmalis 13.89m	M85 P Amond lawler IRL 25.62	M65 F Vicente POR 37:59.94
M65 -400m- Shanti McLelland 1:10.83	M75 -5km- Odino Soligo 29:48.82	M35 -TJ- John Olivierre 10.23m	M80 -JT 400 GMS- April Capwill 32.05m	M85 Christa Stedter GER 29.83	M70 Kjell Linder SWE 41:58.00
M65 -400m- Mike Morris 1:04.69	M75 -5km- Viki Bankuti 23:17.56	M40 -TJ- Jaswant Grewal 9.48m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 D Hoffmann GER 28.87	M75 H Buchwald GER 48:17.60
M60 -400m- Bill McIlwaine 1:03.80	M75 -5km- Jackie Mandziak 24:57.19	M60 -TJ- Harvey Boles 7.72m	M85 -JT 600 GMS- April Capwill 32.05m	M85 Christa Stedter GER 29.83	M80 E Holmbacka FIN 56:09.81
M60 -400m- Jim Irons 1:06.83	M45 -5km- Charles Agnoo 1:17.49	M65 -TJ- Kesar SinghPoonia 8.28m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 H Burkler GER 33.07	M75 A Saaskelainen FIN 36:27.28
M60 -400m- Hugh Wilson 1:07.43	M70 -400m- Cathy Tedford 32:00.85	M70 -TJ- Jim Mathers 6.48m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 D Hoffmann GER 28.87	M85 Christa Stedter GER 29.83
M65 -400m- Dev Sharma 1:09.26	M70 -400m- Brenda Cassel 27:10.09	M45 -SP 4.0 KGM- April Capwill 9.83m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 H Burkler GER 33.07	M85 Christa Stedter GER 29.83
M65 -400m- Charles Agnoo 1:17.49	M70 -400m- Jeannie McKeigan 31:47.57	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Kenneth Morris 1:20.25	M70 -400m- William DeHorn 16.95	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Bill E. Thompson 1:22.64	M60 -100m HH 0.840 M- Hugo Bain 22.04	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W30 -400m- Katonya Harding 1:02.61	M35 -110m HH 0.991 M- Michael Heron 16.89	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W35 -400m- Anna Cranton 1:02.88	M70 -300m LH 0.686 M- Kenneth Morris 1:08.84	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Vikki Bears 1:03.68	M40 -400m LH 0.914 M- Glenn Chipkar 1:01.01	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Belinda McCoy 1:05.69	M50 -400m LH 0.840 M- Steve Bogatek 1:04.62	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Rose Noesges 1:06.64	M60 -2km SC- Jack Geddes 7:57.77	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Carol Felepchuk 1:07.95	M75 -2km SC- Peter Fellowes 12:22.72	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Debbie Middleton 1:16.10	M40 -3km SC- Paul Roberts 10:28.80	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Louise Choquette 1:17.18	Steven Keating 11:48.30	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Rhona Trott 1:11.08	M45 -3km SC- Doug Smith 13:24.50	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W65 -400m- Jean Horne 1:20.81	M55 -3km SC- Vern Christensen 12:58.70	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M40 -800m- Doug Kennedy 2:10.59	M40 -HJ- Amroise Courteau 1.65m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Glenn Chipkar 2:23.52	Bev Lepard 1.60m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Alex Keating 2:37.87	Scott Hopkins 1.50m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M45 -800m- Turran Harper 2:11.85	M50 -HJ- Jean-Pierre Mayer 1.60m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M50 -800m- John Garland 2:16.35	Roy Chubb 1.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Bradford Simser 2:17.34	M60 -HJ- David Morris 1.25m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Tim Payne 2:21.85	Harvey Boles 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Ronald Ruffin 2:27.04	M65 -HJ- Max Woerle 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M60 -800m- Jack Geddes 2:31.33	M70 -HJ- M70 -DT 1.0 KGM- Olga Kotelko 0.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Jim Irons 2:38.80	M60 -HJ- David Morris 1.25m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Jim Pascoe 2:40.96	Harvey Boles 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Ed Whitlock 2:31.11	M65 -HJ- Max Woerle 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Bob Wild 3:00.81	M70 -HJ- M70 -DT 1.0 KGM- Olga Kotelko 0.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W35 -800m- Anna Cranton 2:22.47	M60 -HJ- David Morris 1.25m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W40 -800m- Faith Nesdoly 2:24.27	Harvey Boles 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Rina Moss 2:41.98	M65 -HJ- Max Woerle 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Katherine Willis 2:45.70	M70 -HJ- M70 -DT 1.0 KGM- Olga Kotelko 0.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M40 -1,500m- Doug Kennedy 4:28.36	Jim Mathers 1.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Alan Davis 4:47.81	M35 -HJ- Leslie Estwick 1.65m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M45 -1,500m- Ken Felepchuk 4:55.49	M40 -HJ- M40 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Frank Di Rienzo 5:18.11	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M50 -1,500m- Bradford Simser 4:37.20	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Tim Payne 4:50.46	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Ronald Ruffin 4:58.38	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M55 -1,500m- Gary Cassel 5:06.70	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Jack Geddes 5:19.98	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Hugh Wilson 5:38.44	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Jim Pascoe 5:49.86	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M65 -1,500m- Morgyn Paterson 6:05.17	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Bob Wild 6:20.97	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W35 -1,500m- Anna Cranton 5:01.23	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- W40 -1,500m- Faith Nesdoly 5:01.44	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Rina Moss 5:36.00	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Katherine Willis 5:45.57	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M50 -1,500m- Mary Zadel 6:20.80	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Brenda Cassel 7:20.03	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M40 -5km- Raymond Pacque 16:48.20	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Steven Keating 17:44.42	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- David Tooke 18:43.08	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Alex Keating 19:28.43	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Peter Smith 20:32.57	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M45 -5km- George Aitkin 17:16.63	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- John Clarke 18:23.43	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M50 -5km- Roger De Plancke 19:28.37	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- Don Krueger 21:18.37	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
M70 -400m- M55 -5km- Dennis Featherston 18:27.95	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Roy Chubb 2.10m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	M60 -PV- M60 -PV- Ambroise Courteau 3.90m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Mark Schaber 3.35m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	M50 -PV- William DeHorn 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m	M85 Christa Stedter GER 29.83	M85 Christa Stedter GER 29.83
	Hugh Miller 3.20m	M45 -SP 3.0 KGM- Marg Radcliffe 7.21m	M85 -JT 600 GMS- Marg Radcliffe 23.40m		

Continued from previous page  
 M75 Finland 5:05.89  
 M80 Germany 6:45.76  
 W35 Great Britain 4:02.60  
 W40 Germany 4:10.54  
 W45 Germany 4:17.72  
 W50 Great Britain 4:36.25  
 W55 Germany 5:05.63  
 W60 Germany 5:08.39

**High Jump**  
 M40 M Wiodarczyk POL 1.90  
 M45 E Kunigkelt GER 1.85  
 M50 Hans-Theo Nieder GER 1.75  
 M55 Franc Vivod SLO 1.75  
 M60 H Albrecht GER 1.60  
 M65 L Vandebosch BEL 1.54  
 M70 Nils-Bertil Nevrup SWE 1.42  
 M75 Gerhard Windolf GER 1.27  
 M80 Emmerich Zensch AUT 1.28  
 M85 Eduard Tamm EST 1.10  
 W35 Monique Seerden NED 1.55  
 W40 Jenny Brown GBR 1.70  
 W45 Carmen Karg GER 1.68  
 W50 Alena Plischke AUT 1.48  
 W55 Renate Vogel GER 1.46  
 W60 C Schmalbruch GER 1.32  
 W65 Leili Kaas EST 1.23  
 W70 Crista Happ GER 1.15  
 W75 Nora Kutti EST .91  
 W80 Linnea Lehtonen FIN .80

**Pole Vault**  
 M40 Peter Pazak SVK 4.40  
 M45 Wolfgang Ritte GER 4.55  
 M50 Helmut Hubl AUT 3.80  
 M55 Heinz Wyss SUI 3.70  
 M60 Hans Lagerqvist SWE 3.70  
 M65 Ipo Sopanen FIN 3.20  
 M70 Martin Kutman EST 2.80  
 M75 Amelio Comprì ITA 2.20  
 W35 Gabriella Auth HUN 2.90  
 W40 Petra Herrmann GER 2.90  
 W45 Ute Rittge GER 2.50  
 W50 H Stubendorf GER 2.65  
 W55 Pirkko Pitkanen FIN 2.40  
 W60 D McLennan IRL 1.80

**Long Jump**  
 M40 Reiner Wenk GER 6.69  
 M45 Jouko Nikula FIN 6.39  
 M50 Pertti Ahomaki FIN 6.15  
 M55 T Taavitsainen SUI 6.15  
 M60 Stig Backlund FIN 5.70  
 M65 L Vandebosch BEL 5.00  
 M70 Wolfgang Reuter GER 4.75  
 M75 Astos Sainio FIN 4.21  
 M80 Aate Lehtimäki FIN 3.55  
 M85 Vittorio Colo ITA 3.18  
 W35 Zuzana Mukrasova SVK 5.39  
 W40 Petra Herrmann GER 5.37  
 W45 Inge Dech GER 5.42  
 W50 V Taudien GER 4.56  
 W55 Helgi Lamp EST 4.77  
 W60 C Schmalbruch GER 4.67  
 W65 H Burkle GER 3.99  
 W70 Inge Timm GER 3.14  
 W75 Ingrid Lorenz GER 2.87  
 W80 Unnea Lehtonen FIN 1.95

**Triple Jump**  
 M40 Lu Gonzal Martinez ESP13.43  
 M45 J Kaduszkiewicz POL 13.93  
 M50 Reijo Pynnonen FIN 11.93  
 M55 T Taavitsainen SUI 12.80  
 M60 Vladimir Roitman RUS 11.35  
 M65 Vladimir Popov RUS 10.79  
 M70 Jakob Rypdal NOR 9.68  
 M75 Astos Sainio FIN 9.14  
 M80 Aate Lehtimäki FIN 7.92  
 W35 Agni Georgiou GRE 11.84  
 W40 Petra Herrmann GER 12.29  
 W45 Angelika Benzing GER 10.48  
 W50 G Geismann GER 9.16  
 W55 Edith Graff BEL 9.56  
 W60 C Schmalbruch GER 9.49  
 W65 E Enarsson SWE 7.41  
 W70 K Gomeradzke RUS 6.72  
 W75 N Naoumenko RUS 5.53

**Shot Put**  
 M40 H Radzikowski POR 15.22  
 M45 V Maganas GRE 15.28  
 M50 Vlastimil Koca CZE 15.70  
 M55 Axel Hermanns GER 14.16  
 M60 Franz Ratzler AUT 15.74  
 M65 Peter Speckens GER 14.07  
 M70 Heiner Will GER 14.03  
 M75 Erik Eriksson FIN 13.10  
 M80 O Pursiainen FIN 11.11  
 M85 Anton Polgar GER 6.95

W35 Asta Ovaska FIN 14.70  
 W40 Tine Schenkels NED 12.28  
 W45 Ritta Puikkonen FIN 11.23  
 W50 Edith Anderes SUI 13.67  
 W55 Karin Ilgen GER 11.95  
 W60 Anne Ruhlow GER 11.75  
 W65 Sigrun Kofink GER 11.67  
 W70 R Hanssens BEL 8.60  
 W75 Kaija Jortikka FIN 7.50  
 W80 Liselott Dezenter GER 5.87

**Discus**  
 M40 Charles Ronigkeit GER 48.14  
 M45 Gejza Valent CZE 52.17  
 M50 S Angioupas GRE 50.89  
 M60 Klaus Albers GER 57.48  
 M65 Neinz Harre AUT 45.52  
 M70 Klaus Albers GER 57.48  
 M65 Peter Speckens GER 52.63  
 M70 Heinz Brandt FIN 43.04  
 M75 Unto Leimukoski FIN 38.06  
 M80 O Pursiainen FIN 30.40  
 M85 Eduard Tamm EST 20.74  
 W35 Jaana Kivisto 41.41  
 W40 Claire Cameron GBR 40.50  
 W45 Valentyna Karsak UKR 41.81  
 W50 Annie van Anholt NED 39.53  
 W55 Karin Ilgen 38.56  
 W60 Tamara Danilova RUS 36.89  
 W65 Sigrun Kofink GER 31.87  
 W70 Ruth Uckel GER 21.61  
 W75 Kaija Jortikka FIN 19.54  
 W80 Aili Kaukinen FIN 12.13

**Hammer**  
 M40 Viktor Larine RUS 51.95  
 M45 V Maganas GRE 56.96  
 M50 F Kulczynski POL 62.65  
 M55 H Viertbauer AUT 60.10  
 M60 Johann Hansen GER 51.56  
 M65 Raimo Leino FIN 49.17  
 M70 Richard Rzehak GER 50.50  
 M75 Lembit Tamme 36.24  
 M80 O Pursiainen FIN 33.40  
 W35 C Hodel-Brunner SUI 51.00  
 W40 Margrith Duss SUI 47.05  
 W45 M Henriksson FIN 39.36  
 W50 Inge Faldager DEN 47.69  
 W55 Gudrun Mellmann GER 42.50  
 W60 Helvi Erikson EST 40.18  
 W65 Jutta Schafer GER 38.68  
 W70 Tynne Vuorinen FIN 26.26  
 W75 Kaija Jortikka FIN 23.15  
 W80 Aili Kaukinen FIN 16.22

**Javelin**  
 M40 Jozsef Belak HUN 69.67  
 M45 Jorma Markus FIN 67.92  
 M50 Esa Kiuru FIN 65.22  
 M55 Kauko Tuisku FIN 55.14  
 M60 A Sakow POL 54.09  
 M65 Aki Itkonen FIN 46.75  
 M70 Narje Noreborn SWE 46.47  
 M75 Erik Eriksson FIN 40.17  
 M80 Viljo Kyyro FIN 33.27  
 M85 Gerhard Schepe GER 22.16  
 W35 O Goginiceanu MOL 45.58  
 W40 Sandra Dejus LAT 46.25  
 W45 Anne Jensen DEN 36.08  
 W50 Anneli Virkkala FIN 36.98  
 W55 Renate Vogel GER 39.91  
 W60 G Schoenauer AUT 37.73  
 W65 Almut Brommel GER 30.68  
 W70 Rachel Hanssens BEL 26.60  
 W75 Hildegard Riedle GER 19.98  
 W80 G Khintchuk RUS 14.67

**Pentathlon**  
 M40 Brian Slaughter GBR 3373  
 M45 V Grouzenkine RUS 3788  
 M50 Uli Weigel GER 3793  
 M55 Rolf Geese GER 4185  
 M60 Dieter Bartzsch GER 4383  
 M65 Konrad Gerhard GER 4005  
 M70 R Schmiedel GER 3842  
 M75 Pekka Penttilä FIN 3626  
 M80 Alpo Kautto FIN 3028  
 W35 A Straszewski GER 3731  
 W40 Jenny Brown GBR 4226  
 W45 Inge Eeck GER 4156  
 W50 Grete Rivenes NOR 3587  
 W55 Marianne Maier AUT 4529  
 W60 Erika Sauer GER 4393  
 W65 Leili Kaas EST 4885  
 W70 Rachel Hanssens BEL 4206

M65 Peter Speckens GER 5043  
 M70 Heinz Brandt GER 4794  
 M75 Unto Leimukoski FIN 4699  
 M80 Olavi Pursiainen FIN 4550  
 W35 Christine Hessler GER 3618  
 W40 Lis Glavind DEN 3762  
 W45 Ritta Puikkonen FIN 4119  
 W50 Inge Faldager DEN 3904  
 W55 Hella Baker GER 4489  
 W60 Helvi Erikson EST 4657  
 W65 Sigrun Kofink GER 4933  
 W70 Rachel Hanssens BEL 4206  
 W75 Kaija Jortikka FIN 4205  
 W80 Aili Kaukinen FIN 2919

**5000m RW**  
 M40 S Woegerbauer AUT22:58.59  
 M45 S Oussov RUS 23:51.64  
 M50 Yves Mederle FRA 23:22.38  
 M55 Ants Palmer EST 24:46.57  
 M60 Zigurds Irbe 26:21.90  
 M65 Aaro Nokela FIN 25:56.49  
 M70 D FotheringhamGBR28:42.63  
 M75 T Hokkanen FIN 33:57.03  
 M80 Torsten Stale SWE 35:15.90  
 W35 M Pynnonen FIN 27:05.01  
 W40 O Veremiychuk UKR24:38.63  
 W45 Silva FernandesPOR26:20.96  
 W50 Rosina Blume GER 31:06.01  
 W55 W Seiler GER 28:18.78  
 W60 J Sommier FRA 30:07.29  
 W65 P Kinnunen FIN 31:48.32  
 W70 L Trochenkova RUS 34:58.74  
 W75 Ursula Theune GER 38:40.76  
 W80 M Nyberg SWE 44:14.57  
 W85 Margit LindgrenSWE44:14.65

**10,000m RW**  
 W35 M Pynnonen FIN 58:19

**EAST**  
 Vytra Health Plans L.I.  
 Women's 5K  
 Farmingdale, NY; July 8  
**Overall**  
 Naomi Wangui 16:05  
 W40 Barbara Gubbins 18:51  
 Patty Zebersky 19:14  
 W45 Kathy Martin 18:12  
 Diane Gordon 21:15  
 W50 Judy Anker 22:23  
 W55 Helma Clavin 25:48  
 W60 Pat Cataldo 24:30  
 W65 Thelma Wilson 25:33  
 W70+ Dolly Finkelstein 30:35

Spirit of Gettysburg 5K  
 Gettysburg, PA; July 8  
**Overall**  
 Aurelio Handanga 27:14.29  
 Misty Demko 32:17.14  
 M40 Michael Flaherty17:39  
 Jim Adams 18:03  
 Ed Newcomer 18:51  
 George Bender 19:13  
 Tyler Bachman 19:16  
 M45 Courtland Howard 17:40  
 Scott McClosky 17:53  
 Dennis Robertson 18:55  
 Mike Richardson18:59  
 Ronald Black 19:10  
 M50 Dale Williams 19:08  
 Ron Sloxat 19:11  
 Larry Anderson 19:18  
 Tom Cook 19:26  
 M55 Jim Becker 18:35  
 Edward Locates 18:44  
 Ray Kitchen 19:17  
 Bob D'Agostino 20:10  
 M60 Jim Bartoli 21:06  
 Mort Oaks 21:31  
 M65 Vincent Criniti 21:48  
 Leon Bierbower 21:58  
 M70+Bill Osborn 76 25:27  
 Bill Morrison 73 28:08  
 W40Shelley Ralston 20:32  
 Beverly Black 21:43  
 Barbara Wagner22:25  
 Rose Mercer 22:41  
 Kerry O'Hara 23:27  
 W45Elizabeth Camody 20:23  
 Peggy Schrader 21:32  
 F. Buczynski 21:57

W40 O Veremiychuk UKR 52:19  
 W45 N Sapounova ITA 54:47  
 W50 Rosina Blume GER 1:04:48  
 W55 W Seiler GER 57:09  
 W60 J Fijalkowska POL 1:01:05  
 W65 Denise Leclerc FRA 1:08:04  
 W70 A Von Bismarck GBR 1:14:55  
 W75 Ursula Theune GER 1:17:44  
 W80 Margit Lindgren SWE 1:28:11

**20,000m RW**  
 M40 G Caldarelli ITA 1:38:47  
 M45 H Karagiogos GRE 1:35:51  
 M50 Yves Mederle FRA 1:41:44  
 M55 Ants Palmer EST 1:47:34  
 M60 Juris Dadzis LAT 1:55:36  
 M65 Gerard Weidner GER1:51:42  
 M70 D Fotheringham GBR 2:04:29  
 M75 Rudolf Blixt SWE 2:21.19  
 M80 Torsten Stale SWE 2:31.02

**Marathon**  
 M40 E Zarakoski RUS 2:29:51  
 M45 Gerald Hendriks NED 2:35:53  
 M50 Omer Van Noten BEL 2:39:42  
 M55 E Hamalainen FIN 2:57:55  
 M60 A Pryszazhnyuk UKR 2:51:59  
 M65 Pekka Raty FIN 3:12:41  
 M70 Kjell Linder SWE 3:22:41  
 M75 Herbet Buchwald GER4:28:48  
 M80 Aino Virolainen FIN 4:54:44  
 W35 Anu Katanen FIN 2:59:15  
 W40 Erja Nurkkala FIN 2:53:00  
 W45 Gertrud Huber GER 3:12:47  
 W50 Eva Novotna CZE 3:15:19  
 W55 H Bensch GER 3:37:20  
 W60 N Kavtashina LAT 3:29:38  
 W65 P Kinnunen FIN 3:52:03

Dave Salmon 65:03  
 Charles Mix 65:15  
 Tom Rasmussen 65:50  
 Jeffrey Fisher 68:43  
 M60 Jack Nelson 55:59  
 Tony Cerminaro 60:07  
 Carl Grimm 62:57  
 Daniel Cohen 64:48  
 Paul Halbert 65:07  
 Fitzroy Mark 68:13  
 M65 Ed Whitlock 55:00  
 Rich Hause 72:00  
 Dick Green 73:16  
 Lawrence Fisher 74:18  
 Gordon Walker 78:08  
 M70 Howard Rubin 75:32  
 Marcel Bourgeault 78:17  
 Roger Whalley 81:55  
 M75 Ed Buckley 87:32  
 Phil Mongillo 88:48  
 M80 Albert Savicki 81 98:11  
 W40 Marina Belyaeva 53:47  
 Sabrina Robinson 54:19  
 Claudia Kasen 58:32  
 L. Weibel-Kinney 61:54  
 S. Sivers-Corigan 62:01  
 Ann Sick 62:20  
 Jen MacDonnell 63:05  
 Reann Rose 63:27  
 Helen Risney 64:37  
 Donna Lockett 65:27  
 Lisa Plescia 65:31  
 W45 Diane Legare 55:12  
 C. Smith-Hanna 63:04  
 Betty Blank 64:24  
 Beth Howlett 64:43  
 Coreen Steinbach 65:21  
 Joanne Wightman 65:36  
 Catherine Oehrlein 68:43  
 Char Davidson 68:57  
 Deryll Burmester 69:49  
 W50 Joan Ellis 60:39  
 Judith Hine 63:27  
 Virginia Verdoes 68:47  
 Karen Davies 71:32  
 Gail Vernold 72:28  
 Comelia Brown 73:01  
 Lee Saroken 73:19  
 Marie Pitarresi 74:06  
 W55 Joanne Cunningham 75:50  
 Jayne Zinke 76:13  
 Carol Rider 77:00  
 Antonia Asa-Thomas 77:15  
 Martina Dralle 83:07  
 Molly Thayer 83:43  
 Susan Robinette 85:43  
 W60 Margret Betz 69:16  
 Becky Morris 79:48  
 Donna Hill 86:55  
 Christine Rodgers 88:58  
 Ginny Burth 88:02  
 Patricia Scheiber 89:03  
 W65 Delores Dedek 96:41  
 Shela Scandurra 97:49  
 Fanny George 99:32  
 W70 Helen Buema 70 95:12  
 Regina Tumidajewicz 73 1:51:00

M60 Ed Whitlock 55:00  
 Rich Hause 72:00  
 Dick Green 73:16  
 Lawrence Fisher 74:18  
 Gordon Walker 78:08  
 M70 Howard Rubin 75:32  
 Marcel Bourgeault 78:17  
 Roger Whalley 81:55  
 M75 Ed Buckley 87:32  
 Phil Mongillo 88:48  
 M80 Albert Savicki 81 98:11  
 W40 Marina Belyaeva 53:47  
 Sabrina Robinson 54:19  
 Claudia Kasen 58:32  
 L. Weibel-Kinney 61:54  
 S. Sivers-Corigan 62:01  
 Ann Sick 62:20  
 Jen MacDonnell 63:05  
 Reann Rose 63:27  
 Helen Risney 64:37  
 Donna Lockett 65:27  
 Lisa Plescia 65:31  
 W45 Diane Legare 55:12  
 C. Smith-Hanna 63:04  
 Betty Blank 64:24  
 Beth Howlett 64:43  
 Coreen Steinbach 65:21  
 Joanne Wightman 65:36  
 Catherine Oehrlein 68:43  
 Char Davidson 68:57  
 Deryll Burmester 69:49  
 W50 Joan Ellis 60:39  
 Judith Hine 63:27  
 Virginia Verdoes 68:47  
 Karen Davies 71:32  
 Gail Vernold 72:28  
 Comelia Brown 73:01  
 Lee Saroken 73:19  
 Marie Pitarresi 74:06  
 W55 Joanne Cunningham 75:50  
 Jayne Zinke 76:13  
 Carol Rider 77:00  
 Antonia Asa-Thomas 77:15  
 Martina Dralle 83:07  
 Molly Thayer 83:43  
 Susan Robinette 85:43  
 W60 Margret Betz 69:16  
 Becky Morris 79:48  
 Donna Hill 86:55  
 Christine Rodgers 88:58  
 Ginny Burth 88:02  
 Patricia Scheiber 89:03  
 W65 Delores Dedek 96:41  
 Shela Scandurra 97:49  
 Fanny George 99:32  
 W70 Helen Buema 70 95:12  
 Regina Tumidajewicz 73 1:51:00

**NYRRC Bronx Half-Marathon**  
 Bronx, NY; July 9  
**Overall**  
 Paul Mwangi 33 1:08:29  
 Yvonne Callan-Brito 27 1:18:27  
 M30 Toby Tanser 31 1:10:05  
 R Veras Luna 30 1:10:32  
 Leonardo Chalco 33 1:11:01  
 M40 Walter Dupont 1:12:35  
 Jaime Cuitiva 1:14:20  
 Peter Allen 1:16:28  
 M45 Jaime Palacios 1:14:38  
 Steve Calidonna 1:15:56  
 Primitivo Garcia 1:18:05  
 M50 Julio Aguirre 1:24:53  
 Brown Yoo 1:25:58  
 Joseph Porcaro 1:26:11  
 M55 Samuel Skinner 1:25:45  
 Michael Hudick 1:28:31  
 Jack Brennan 1:29:13  
 M60 Jose Mendez 1:34:11  
 Herbert Navarro 1:36:16  
 Mariusz Solarski 1:38:43  
 M65 Alfred Finger 1:33:49  
 Kenneth Jones 1:40:57  
 George Reilly 1:48:13  
 M70 Moises Salama 1:58:58  
 George Marr 2:01:16  
 Joseph Coco 2:03:41  
 M75 Sab Koide 2:11:26  
 Sheldon zinn 2:54:02  
 M80 Yu Huan 2:23:45  
 Wilfredo Rios 3:18:07  
 W30 McElroy Lemmond 33 1:22:04

**Overall**  
 Reuben Cheruiyot 26 43:07  
 Catherine Ndereba 27 48:47  
 M40 Andrew Masai 44:56  
 Simon Karori 46:00  
 Graeme Fell 46:22  
 John Tuttle 48:59  
 Sam Ngatia 48:00  
 Charlie Andrews 50:29  
 Casey Carlstrom 51:23  
 Adlai Wheeless 51:39  
 Tom Smith 51:42  
 Joseph Puopolo 52:32  
 Christopher Anklin 53:04  
 David Cole 53:06  
 M45 Tom Carter 53:47  
 Brian Truax 55:01  
 Mark Rybinski 55:24  
 George Shurter 55:58  
 David Alessi 56:00  
 Jim Robinson 56:17  
 Leonard Martin 57:29  
 Charles Bradshaw 57:32  
 David Wright 57:40  
 Richard Hosey 58:12  
 M50 Frank Lewis 52:38  
 Bill Rodgers 53:25  
 Richard Hoebeke 53:35  
 Gary Hastings 56:45  
 James Mattingly 57:23  
 Edward Kelly 57:30  
 Thomas Powers 58:36  
 David Peterson 58:37  
 Thomas Davis 59:23  
 M55 Michael Watson 60:35  
 Richard Jennings 64:42  
 Tom Appenheimer 64:58

Juana Vazquez 32 1:25:40  
 Grace Behrens 33 1:26:39  
 W40 Kari Proffitt 1:24:25  
 Terri Sonendar 1:36:16  
 Talya Nevo-Hacohen 1:37:24  
 W45 Leah Whipple 1:33:55  
 Regina Birch-Walzer 1:38:01  
 Sandra Powers 1:38:25  
 W50 Deborah Barchat 1:42:10  
 Carol Gellman 1:44:42  
 Mara Vidalc 1:49:30  
 W55 Ruth Fairbrother 1:50:14  
 Marjorie Kos 1:50:52  
 Angela Conte 2:00:19  
 W60 Edith Jones 2:00:22  
 Evelyn Davis 2:06:20  
 Nike Mizelle 2:08:50  
 W65 Lisa Praskins 1:47:18  
 Thelma Wilson 2:02:12  
 Naomi Vogel 2:25:49  
 W70 Toshiko D'Elia 2:00:54  
 Bertha McGruder 2:43:57  
 Joan Zinn 3:53:39

**Subaru Buffalo 4M Chase**  
 Buffalo, NY; July 15  
**Overall**  
 Ronald Mogaka 17:58  
 Lucia Subano 21:45  
 M40 John Tuttle 19:18  
 James Earl 20:59  
 Robert Earl 21:05  
 Casey Carlstrom 21:12  
 M45 Jerry Kooymans 20:43  
 Charlie McMullen 21:22  
 Tim McMullen 21:52  
 M50 Rick Hoebeke 22:00  
 Stephen Forrester 22:55  
 Murray Priest 23:54  
 M55 Samuel Adams 24:21  
 David Sheridan 25:01  
 M60 George Markoff 25:53  
 Bill Steffenhagen 28:40  
 M65 Ed Whitock 22:52  
 Joseph Antkowiak 28:45  
 M70 Jerry Magoffin 30:39  
 M75 Henry Sypniewski 34:44  
 W40 Nancy Tnari 22:10  
 Janet Takahashi 23:42  
 Patti Ford 23:54  
 Kathleen Northey 25:36  
 W45 Diane Legare 22:45  
 C. Smith-Hanna 24:54  
 Brigitte Soltz 24:56  
 W50 Terry Mahr 24:25  
 Judy Allyn 28:57  
 W55 Patricia Kunselman 30:01  
 Joanne Cunningham 30:21  
 W60 Helen Botti 31:48  
 Edye Radice 37:21  
 W65 Edna Hyer 38:15  
 W70 Helen Buema 38:54

**Yankee Homecoming 10 Mile & 5K**  
 Newburyport, ME; Aug. 1  
**Overall**  
 Michael Slinsky 31 51:21  
 Kelly Keane 27 57:19  
 M40 Mike Brady 52:54  
 Larry Sayers 53:16  
 Doug Martyn 54:14  
 Lou Ristaino 54:57  
 M45 Robert O'Hara 56:26  
 James Morisseau 59:00  
 Donald Hennigar 60:39  
 M50 Laurence Olsen 57:19  
 Ken White 60:28  
 Gordon MacFarland 61:11  
 M55 David Sawyer 64:21  
 Charlie Farmington 64:47  
 M60 Bill Springer 67:44  
 Robert Gusmini 70:51  
 M65 Paul McDermott 80:36  
 M70 Carl Humphreys 1:55:06  
 M75 Carlton Mendell 1:43:48  
 W40 Julie Peterson 60:07  
 Nancy Corsaro 63:49  
 Virginia Nichols 66:50  
 W45 Gillian Horovitz 62:11  
 Nancy Byrne 73:02  
 Paula Holm 73:06  
 W50 Mary Ryzek 73:40  
 Nancy McCarthy 76:49  
 Diana Thomas 80:51  
 W55 Wendy Burbank 76:28  
 Heidi McGaffigan 77:27  
 W60 Annette Swain 81:58  
 Ann Rawnsley 81:03  
 W65 Betsy Page 1:47:53  
**5K**  
**Overall**  
 Matthew Ely 24 15:16  
 Continued on next page

Continued from previous page

Donna D'Agostino 38	18:24
M40 Mark Dudley	16:29
M45 Russell Wogan	17:13
M50 Steve Reed	17:31
M55 Byron Petrakis	22:44
M60 Bob Emerson	20:09
M65 Jim Lavalley	23:24
M70 John DiComandrea	28:12
M80 Phil Campbell 82	34:21
W40 Keri Marshall	20:19
W45 Ann Kucharski	22:38
W50 Susan Madden	23:58
W55 Donna Lemay	23:01
W60 Zaida McFarlane	31:04
W65 Mary Harada	27:56
W70 Louise Rossetti 79	38:50

Beach to Beacon 10K  
Cape Elizabeth, ME; Aug. 5

**Overall**

Joseph Kimani 27	28:07
Catherine Ndereba 28	32:19
M40 Andrew Masai	29:12
Simon Karori	30:01
Graeme Fell	30:11
Sammy Ngathia	30:43
Andrey Kuznetov	31:18
Art Sorrell	33:29
Guy Segars	34:39
Agustin Diaz	34:47
Kevin McCusker	35:31
Tom Hathaway	35:34
Newell Lewey	35:35
Sam Eid	35:39
Jim Shimberg	36:20
Hugh Mclean	36:32
M45 Russell Wogan	35:29
Tek Kilgore	36:07
Giles Norton	36:17
Mark Steege	36:17
John Mollica	36:34
Mark Uliasz	36:42
Donald Cameron	37:03
Bob Hodge	37:08
Paul Oparowski	38:09
Guy Barra	38:12
M50 Ronald Newbury	35:32
Bob Sholl	35:32
Gordon Terwilliger	35:42
George Towie	36:29
David Williams	36:31
James Toulouse	36:36
Guy Berthiaume	36:38
Bill Reilly	36:39
John Lee	37:38
M55 Joel Croteau	39:14
Lawson Noyes	40:09
Zeke Zucker	40:27
Charlie Farrington	40:36
Richard Dickinson	42:14
John Jones	42:39
Joel Russ	43:08
M60 Bill Springer	39:52
Bob Payne	42:07
Bob Coughlin	43:13
Chan Robbins	43:38
Fred Zuleger	43:49
David Griffiths	44:48
M65 Bill Engle	45:15
Jim McLaughlin	49:15
Joseph Corrigan	50:51
Arnold Mueller	51:46
Ormond Irish	52:07
M70 Joe Fernandez	42:08
Don Ross	48:40
Paul Ahrens	52:21
Keith Curtis	52:34
M75 Len Locke	58:10
Carlton Mendell	59:51
John Parish	60:44
W40 Judi St. Hilaire	33:37
Marina Belyaeva	34:38
Elena Viazova	34:41
Susan Foster	39:02
Donna Hurley	39:12
Kate Meyers	41:16
Mary Ann Doss	41:52
Leslie Krichko	42:11
Nancy Grant	42:14
Claire McManus	42:23
Annie Hendrix	42:27
Maureen Sproul	42:58
Jeanne Hackett	43:10
W45 Carol Hogan	38:54
R. Ransom-Ferguson	39:37
Ellie Tucker	39:51
Kimberly Moody	41:38
Jennifer Desena	43:28
Pamela Hall	43:32
Melinda Harder	43:45
Deirdre Bird	44:18
Carol Lampe	44:21
Sarah Andrus	45:42
W50 Joan Lavin	45:06

Kitty Kelley	45:51
Jane Rau	45:58
Susan Joy Szczesny	46:49
Jeanne Weber	49:07
Hannah Nedzbal	49:09
Nancy Lagin	49:50
Candi Schermerhorn	50:20
W55 Gretchen Read	41:37
Wendy Burbank	44:45
Marjorie Kos	48:44
Donna Lemay	48:59
Elizabeth Gonnerman	49:36
Faye Gagnon	49:40
Marcia Puryear	50:28
W60 Imme Dyson	48:49
Polly Kenniston	52:56
Marcy McGuire	55:31
Beverly Brown	61:06
Patricia Fry	64:11
Chalice Fong	64:23
W65 Beverly McCoid	58:28
Maryann Atwood	67:24
Nancy Wilson	67:55
Lois Tripodi	70:28
Janet Aldous	73:23
W70 Mary Seamans	65:59
Elizabeth Irwin	74:19
Patricia Chick	97:37
W75 Dottie Gray	69:22

**SOUTHEAST**

Crazy 8's 8K Run  
Kingsport, TN; July 15

**Overall**

Reuben Cheruyot 26	22:24
Naomi Wangui 21	26:21
M40 Greg Johnson	26:40
Finn Pincus	30:28
M45 Avery Goode	29:37
Dan Richardson	30:43
M50 Gordon Terwilliger	28:57
Dan Henderson	30:00
Lynwood Wagner	30:08
M55 Jimmy Miller	31:43
Tony Borghetti	25:30
M60 Charles Gray	33:08
M70 Al Kress	50:03
W40 Doris Windsand-Dauman	33:17
Annis Halvorson	41:05
W45 Debbie Smith	37:37
Rickey Cox	39:18
W50 Jennie Rosenberg	35:12
Donna Akers	41:42
W55 Janice Hicks	46:20
W65 Virginia Austin	52:47

**MIDWEST**

Tommy Hilfiger 8K  
Chicago, IL; July 4

**Overall**

Jeremy Parks 23	25:30
Annette Ronnerman 32	29:09
M40 Mark Buciak	29:57
Porfiero Balo	31:10
Kevin McCarthy	31:12
M45 James Boird	35:25
Stephen Baker	35:45
M50 Jim Goodridge	32:33
Otis Gunn	35:26
M55 Chuck Sorensen	32:57
Chuck Little	40:30
M60 Jim Endler	45:52
Ralph Schroeder	46:11
M65 David Sullivan	40:15
M70 Eugene Scheckman	48:12
W40 Megan Brunick	35:11
Karen Jaeger	38:05
Carolyn Russell	39:38
W45 Mary Yerkes	37:57
Mary Beth Flagg	39:05
Pat Zarembo	41:15
W50 Krista Mizen	40:06
Janine Rudin	40:32
W55 Joyce Hecht	46:15
Andrea Benedict	53:17
W60 Jancie Hufford	51:29
W65 Barbara Scheckman	58:14
W70 Teresa Ramirez	70:36
W75 Anne Teske 75	77:11

Arthur Andersen Bastille Day 5K  
Chicago, IL; July 14

**Overall**

Brian Shea	15:57
Annette Ronnerman 32	17:16
M40 Alex Moore	17:59
Michael Svodoba	18:16
Derek Powell	18:25
Henry Amezaga	18:34
M45 Christopher Devine	18:29
Merlin Tripp	18:59
Joseph Peterson	19:09
M50 Darryl Johnson	17:40
Ken Jagmin	18:03

Dean Denman	18:54
M55 Miguel Yanez	20:37
Saied Eftekhari	21:42
Richard Pleet	22:16
M60 Ron Dornecker	17:33
Frank Nicholson	22:04
M65 George Suter	22:25
George Vivian	26:00
M70 Alex Muster	27:20
John Horde	28:23
M80 Anthony Azzaro 80	34:00
W40 Radka Naplatonova	18:05
Jane Murphy	18:56
Adela Gamboa	22:37
Katharine Wilson	23:00
W45 Elizabeth Fontai	22:45
Lori Berletch	25:17
Mary Burke	25:45
W50 Connie Nelson	26:49
Sissy McClowry	27:51
Georgia Noland	28:20
W55 Kathy Schamburg	29:59
Nancy Boracchia	31:38
Kay Wissman	33:20
W60 Joan Bentvenga	42:14
Susan Robbins	46:46
W65 Dorothy Koehler	29:09
Jacqueline Robbins	46:33

Greater Clarksburg 10K  
Clarksburg, WV; July 29

**Overall**

Reuben Cheruyot 26	28:57
Naomi Wangui 22	33:36
M40 Andrew Masai	29:42
Don Norman	33:49
Mark Tensing	34:05
Glenn Baldwin	34:43
Don Smith	35:05
M45 Peter Paris	36:46
Greg Edgell	38:07
Chip Allmann	38:47
Robert Steele	40:32
Tom Rownd	41:02
M50 Jeff Hlinka	38:18
Dale Fox	39:57
Don Kardong	40:42
Bab Gracie	41:01
M55 Rick Brown	42:34
Bill Fitchek	43:24
Warren Carter	46:04
George Moser	46:40
M60 Bob Schule	42:46
David Peele	45:51
Leonard Morgan	46:28
M65 Willis Ridenour	48:43
Robert Bretwell	52:00
Charles Warren	55:24
M70 Richard Bunner	50:26
Maunce Miller	56:23
Dick Good	66:22
W40R.Riemenschneider	42:01
Roxanne Carte	42:32
Kitty Consolo	44:44
Janet Gates	46:05
Carol Davis	46:17
W45Connie Hurst	50:13
Mary Helmick	55:26
MaryAnn Renzelli	55:59
Deborah Bittinger	56:34
Louann Cottrell	57:58
W50Terri Mahr	40:08
Sandra Adams	43:08
Della McIntyre	55:43
Alice Tenney	63:15
W55Sue Stone	60:51
Linda Cooper	63:29
Ionis Stemple	64:11
Irene Keeley	73:32
W60Marty During	74:05

**MID-AMERICA**

Trinity Hospital Hill Run Half-Marathon, 12K & 5K  
Kansas City, MO; June 4

**Overall**

Eric Biyase 24	1:07:07
Lucia Subano 37	1:22:08
M40 Sam Ngatia	1:10:05
Mark Curp	1:11:34
Randy Cudney	1:12:34
Tony Estes	1:20:44
Steve Pierce	1:20:48
M45 Dmitri Voldman	1:22:11
Bob Lareau	1:29:39
Jamie Mondello	1:32:05
Steve Scott	1:32:33
Wayne Maggard	1:33:02
M50 Victor Garcia	1:29:46
Greg Hartman	1:30:34
John Brink	1:30:53
Dennis Hodgins	1:31:17
Don Turner	1:31:38
M55 Rick Hogan	1:23:27

James Burlingham	1:38:51
Hipolito Gomez	1:39:31
Bob Hollis	1:43:23
Antonio Leal II	1:43:24
M60 Richard Wooten	1:31:23
Wally Brawner	1:39:08
Don Roth	1:43:11
Jim Price	1:46:38
M65 Louis Joline	1:42:47
Don Miller	1:53:27
Dean Graves	1:57:43
Herman Azocar	2:00:59
M70 Jack Gentry	1:39:02
Glenn Opie	2:19:37
M80+Ed Burnham 80	2:47:12
W40 Carol McFall	1:28:56
B. Samson-Huston	1:32:38
Cathie Burroughs	1:37:06
Barbara Zima	1:45:40
Becky McClure	1:49:16
W45 M-A Lambrechts	1:38:54
Gail Leedy	1:44:34
Debbie Johnson	1:48:57
Diana Fitch	1:49:06
Debra Callaway	1:50:07
W50 Dee Boeck	1:45:04
Suzi Kilbride	1:47:16
Linda Hodges	1:49:42
Dorris McManis	1:51:37
Jan Lewis	1:54:57
W55 Celeste Leonard	2:08:22
Mary Haley	2:08:58
Barbara Massello	2:10:37
Erika Hull	2:13:08
Verna Troutman	2:23:24
W60 Ann Nelson	2:16:56
Mary Dugan	2:17:35
Sue Carroll	2:29:56
W65 Fritzi Hazelrigg	2:44:29
W70+Dottie Gray 74	2:34:01
Mary Otie 75	2:54:07

**12K**

**Overall**

Dale Dexter 19	41:10
Beverly Thomas 43	47:53
M40 Thomas Snodell	43:55
Gary Lile	45:47
Steve Chesterton	48:34
Scott Cozad	49:45
Doug Williams	50:35
M45 Roger Hahn	47:20
Jack Uhrig	50:02
JR Flores	50:21
Craig Willemsen	50:35
Gayle Van Durme	50:56
M50 Gustavo Penazola	47:38
Rusbell Gonzalez	48:14
Bob Malkames	53:02
John Patch	54:32
Rusty Leffel	55:37
M55 Gary Noble	56:48
Dean Kelley	59:52
Carl Flood	59:54
Leonard Duff	59:58
Brian Barkley	62:04
M60 Robert Risser	58:35
Pat Daniels	59:59
Roy Cotton	60:31
Clay Lang	62:21
Jack Gelbaugh	63:12
M65 Paul Heitzman	50:27
David Arst	61:58
Firmin Snodell	66:27
Stephen Johnson	66:53
Delmont Hadley	67:12
M70+Jim Gerson 76	65:34
Bill Kephart 72	68:05
Al Pursell 71	97:54
W40 Bev Thomas	47:53
J. T.-Lundgren	52:15
Becky Lowrance	53:47
Ann Lord	55:41
Kimberly Dodd	59:42
W45 Mani Mohr	56:25
Kathy Tinnen	61:40
Liz Dobbins	63:33
Tami O'Dell	64:46
M. Christopher	65:25
W50 Jane Hutchison	54:18
Donna Romans	64:32
Cris Siebenlist	65:04
Connie Piekarski	65:51
Mari Bashor	66:05
W55 Donna Decker	73:57
Judy Moore	80:31
Muna Hussain	85:01
Susan Drury	85:16
Susan Everson	86:34
W60 Janice Talge	74:57
W65 Jean Buchanan	80:32
Bobbie Thrutchley	93:24

**5K**

Overall	
Carlos Rodriguez 18	17:08
Leeann Reed 30	18:46

M40 Stan McCormack	17:44
Jose Contreras	18:45
Phil Cyrulik	19:54
M45 James Haire	21:30
Terry Friedrich	21:42
Tom Stark	23:30
M50 Bob Buhmester	19:27
Dave Crawford	19:57
Kenneth Johnson	21:05
M55 Joe Griggs	25:23
Bill Mackey	26:08
Bill Lobdell	26:17
M60 James Forrest	23:14
William Hoobing	24:38
John McKane	29:16
M65 Ridge Shannon	32:01
William Phelps	33:00
Sal Macias	34:51
M70 Floyd Delon	44:59
M80+Donald Dillingham 80	41:47
Allan Blackman 88	50:53
W40 Carolyn Jackson	25:18
Theresa Ruddy	25:40
Dawn Peete	26:13
W45 Joanne Heap	21:16
Gayle Freeman	29:00
Annette Letourneau	30:33
W50 Marilyn Ferguson	30:01
Kathleen Costello	30:16
Sam Hartman	30:53
W55 Janice Askeland	33:07
Elaine Joslyn	38:47
Alice Harper	39:33
W60 Jeanne O'Rourke	36:17
Marilyn Vaughn	38:35
Linda Dodge	48:27
W65 Trudy Petty	41:50
W70 Elaine Berry 73	52:00

Susan G. Komen Race For The Cure 5K

St. Louis, MO; June 17

M40 Doug Pohman	16:36
Tim Biscan	17:46
Kevin Hitt	18:16
M45 Frank Curotto	17:14
Bill Wagner	18:11
John Zeigler	19:01
M50 Bernie Violand	17:27
Neil Ackerman	18:47
Dave Gocken	19:37
M55 Mike Toolen	18:30
Jim Wright	22:14
B Blattenburger	23:23
M60 Harold Dix	22:47
Jack Gelbaugh	2

Continued from previous page

**Firecracker 5K**  
Little Rock, AR; July 4

**Overall**

Sean Kaley 25	14:10
Desiree Owen 25	16:32
M40 Clark Douglas	15:54
Brian Polanski	16:48
John Grice	17:08
M45 Tom Aspel	18:21
William Martin	17:10
Jerry Rephan	18:01
M50 Bill Rodgers	16:31
David Douglas	17:30
Andy Bryant	17:34
M55 Ken Steele	22:20
Randy Oates	22:23
M60 Tom Mayfield	18:38
Tom Bonner	22:55
M65 Edwon Stanfield	69:27:44
W40 Margo Braud	18:17
Diane Novotny	20:25
June Barron	20:35
W45 Rita Caldwell	21:25
Bemita Lovelace	21:48
Virginia Anderson	22:12
W50 Angie Ransom	20:52
Julie Bridgforth	21:27
Sidney Spitzer	24:54
W55 Martha Shaver	30:12
Gaye Caldwell	32:22
W60 Linda Starr	24:52
Jane Preiss	27:58
W65 Betty Ray 65	33:34

**WEST**

Western States 100 Miler  
Squaw Valley, CA; June 24

**Overall**

Scott Jurek 26	17:15:24
Ann Trason 39	19:44:42
M40 Thomas Nielsen	17:38:37
Brian Purcell	17:49:11
Tim Twietmeyer	17:53:15
Leland Barker	18:56:13
Mike Topper	20:05:56
Jim Scott	22:04:19
Glenn Hamilton	22:19:45
Timothy Johnson	22:22:06
Terry Lewis	22:23:53
Rodolfo Afanador	23:02:52
M45 Steve Smucker	20:21:27
Scott Mills	22:33:35
Mike Pelechaty	23:15:44
Richard Boretti	23:31:18
Curtis Ringstad	23:40:44
Chuck Cofer	23:48:51
Chip Lee	23:49:17
James Howard	25:39:40
M50 Carlos Banderas	21:16:00
Dan Williams	21:17:10
Jussi Hamalainen	21:23:58
Charles Crompton	21:50:01
Vince Pedroia	23:10:04
James Benike	23:51:09
Michael Campbell	24:55:55
M55 Roger Dellor	23:44:53
Glen Boline	23:50:40
Charles Jones	23:55:26
David Kim	26:13:04
Scott Hunter	27:50:16
Patrick Clark	28:41:50
M60 Alfred Bogenhuber	23:39:32
Karsten Solheim	25:51:34
Hans Rebstock	26:50:35
Hans Weisshaar	28:14:14
Tom Trabert	28:34:38
W40 Laura Kulsik	22:51:01
Lisa Conover	26:33:10
Jan Schlueter	26:52:07
Sharon Sanders	27:41:03
Suzanne Brana	28:12:04
Peggy Davidson	29:21:44
W45 Helga Backhaus	23:23:21
June Gessner	23:43:20
Janice Levat	27:01:45
Diana Lundy	27:48:45
Debra Mayhew	27:52:18
Liz Hodges	27:57:37
W50 Kathryn Forshey	27:37:19
Joan Scannell	28:58:29
Brigitta Biermanski	29:15:08
W55 Christa Rebstock	29:04:12

Chronicle San Francisco  
Marathon  
San Francisco, CA; July 9

**Overall**

Michael Buchanan 26	2:32:49
Lisa Murphy 34	3:08:15
M40 Francisco Lugo	2:49:27
Dennis Wallach	2:52:14
Louis Gassman	2:53:06
M45 Ronald Kubokawa	3:01:22

Eric Klein	3:04:23
Rae Clark	3:06:32
M50 Dave Roberts	2:46:53
Terry Buller	2:56:13
Jim Granahan	3:14:09
M55 Frank Blanco	2:55:49
Vic Birtalan	3:21:19
M60 Herb Phillips	2:52:40
Ken Gaal	3:22:25
M65 Douglas Cameron	3:43:27
M70 Don Sherman	4:19:38
W40 Christine Chapon	3:24:50
Elaina McMahon	3:35:00
Toni Modig	3:37:43
W45 Betty Wagner	3:42:07
Sandra Bradley	3:45:42
Becky Ballantine	3:48:19
W50 Jo Anne Rowland	3:43:07
Shirley Heichel	4:00:29
W55 Ann Grove	4:22:07
Cheri Brandt	4:24:25
W60 Ginger Bryan	4:05:23
Trudi Hofmann	4:10:48
W70 Lorraine Sharman	7:05:09:08

Kilauea Volcano Marathon  
Kilauea, HI; July 29

**Overall**

John Smith	3:14:24
Jodi Jackson	3:39:46
M40 Frank Fugliese	3:32:36
John Lyle	3:40:33
Thomas Palmer	3:42:28
Robert Standard	3:47:48
Rod Huddleston	3:59:48
M50 Robert Ludwig	4:03:31
Akabil Molmen	4:17:55
Justin Costa	4:18:30
Billy Conner	4:32:24
Bruce Reynolds	4:34:45
M60 Andrew Kotulski	4:42:53
Yoshiharu Ito	4:48:55
Phil Damon	4:49:29
M70+Ed Fishman	8:37:04
W40 Naomi Sakai	4:50:47
Alison Koepfgen	4:55:14
Yasuko Teshima	5:09:59
Sandra Burgess	5:13:11
Marian Yasuda	5:17:50
W50 Patricia Carroll	5:31:40
Marcia Krolfsky	5:48:42
Marie Kuramoto	6:43:45
Betty Mae Burrell	7:06:25
Mae Martinez	7:12:43

**NORTHWEST**

Mayor's Midnight Sun Marathon  
Anchorage, AK; June 17

**Overall**

Joe Alward 37	2:38:30
Rachel Cook 32	2:59:19
M40 Vernon Campbell	2:39:33
Andy Holland	2:58:47
Matthew Guzik	2:59:50
Lou Armstrong	3:02:53
Larry Omerod	3:08:22
M45 Frank Cahill	3:00:05
Bob Davis	3:08:44
Bill Grether	3:10:25
Stephen Arndt	3:10:48
Bart Meyer	3:14:38
M50 William McNelly	3:09:18
Patrick Kalen	3:19:44
Charles Hansell	3:30:11
Warren Shaul	3:30:43
M55 Timothy Middleton	3:39:11
Jim Lieb	3:39:53
Ken Hanson	3:57:00
Ken Akin	3:58:22
Dennis Holway	3:59:05
M60 Yoshiharu Ito	3:36:56
Wayne Wheeler	3:40:31
E G Brown	3:55:23
Mel Pugliese	3:57:20
Kurt Bittingmaier	4:05:35
M65 Mikio Kashiwagi	3:30:49
Dan Shuff	4:02:33
Roger Hauge	4:35:17
Tom Briggs	4:36:40
Richard Gonzales	4:39:09
M70+Saburo Matsuda	7:04:47:36
John Pierce 72	5:10:02
Ed Burnham 80	6:09:10
W40 Gem Litzenger	3:13:51
Patricia Munz	3:21:24
Janet Tune	3:38:37
Susan Adams	3:41:17
Karen Sanders	3:42:33
W45 Patricia Shipley	3:18:40
Cathy Dwyer	3:37:28
Loretta Ulibami	3:38:12
Gloria Hunter	3:42:58
Janice Webb	3:45:29
W50 Betty Shonts	3:26:23
Mary Flanigin	3:47:24

Patty Ginsburg	3:53:17
Barbara McKinley	3:55:03
Elaine Nelson	4:05:56
W55 Vivian Reinkainen	3:57:07
Toni Reynolds	4:27:33
Marilyn Denison	4:36:59
Mary Hitchcock	4:52:31
Marjorie Sam	5:15:59
W60 Marianne Stolen	4:33:30
Kharoto Brown	4:43:12
Michiyo Matsuda	5:21:53
Sandy Becker	5:39:30
Jeanne McCoy	5:48:17
W65 Joyce Duval	6:03:30
Maris Schmid	6:19:13
Deloris Langseth	6:31:33
Marilyn Stevens	6:43:34
Audrey Burdett	7:12:35
W70+June Raque 73	7:04:22
Katy Stone 70	7:10:19
Mary McManemin	7:44:29

**Tommy Run 5K**  
Portland, OR; July 4

**Overall**

Michael Bilyeau 34	14:37
Rebecca Moore 26	17:37
M40 Alan Knoop	16:12
Robert Conrad	16:18
Bob McClement	17:14
M45 Greg Gustafson	15:55
Roger Tumasonis	17:38
Doug Brown	18:30
M50 Gaylord Davis	19:17
Mike Araiza	20:16
John Gleason	20:24
M55 Mike Breitbach	20:19
Steven Sullivan	22:38
Don Grossnickle	26:02
M60 David Loprinzi	20:54
Len Edholm	23:50
M65 Richard Olafson	22:46
Tony Freeman	22:50
M70 Al Nakata 77	30:07
W40 Bridget Dawson	19:11
Susan Melhaney	19:17
Ellie Nolan	19:52
W45 Katey Angel	20:05
Betty Wagner	20:13
Corinne Loprinzi	23:27
W50 Cheryl Chadwick	21:16
Jo Margesson	28:52
W55 Joy Morgan	30:09
Lois Colson	30:43
W60 Dorothy Van Riper	52:08
Karen West	52:08
W65 Barbara Olafson	31:01
Barbara Dougan	31:40
W70 Ramona Baurer	71 62:58

**Fort Dalles Days 5K & 10K**  
The Dalles, OR; July 15

**Overall**

Trevor Olson	19:05
Robyn Carne	22:46
M40 David LaRue	21:31
Hector Osuna	21:33
W40 Kathy Wickman	29:50
Trudy Hull	30:45
--10K--	
Dusty Lopez	34:55
Glynnis McMullen	48:59
M40 Mark Forbes	35:52
M50 George Stephens	51:44
W40 Janet Stauffer	50:14

**Avon Portland 10K**  
Portland, OR; July 23

**Overall**

Tatiana Salazar	36:15
W40 Julie Guzman	38:54
Cheryl Tronson	39:05
Jennifer Teppo	39:44
Denise Foote	39:51
Audrey Obrien	39:58
Theresa Caspell	40:51
Mollie Starr	42:28
W45 Katey Angel	41:26
Robin Vesey	42:25
Diane Yensen	45:01
Christy Marchant	50:29
Janice McKee	52:42
W50 Barbara Mathewson	43:14
Charlotte Hartwig	48:20
Lani Johnson	50:49
Karen Beck	51:06
W55 Karen Deveney	54:43
Carol Moore	58:56
Carol Schottman	60:39
W60 Mariva Brodigan	71:15
W65 Barbara Dougan	66:41

**Desert News Marathon & 10K**  
Salt Lake City, UT; July 24

**Overall**

Craig Lawson 29	2:31:30
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Marty Hernandez 25	3:04:30
M40 Jerry Henley	2:43:19
Russell Bennett	2:47:19
Scott Kotter	2:57:14
Joe Martel	2:57:34
M45 Steve Bremner	2:44:29
Bill Francis	3:00:54
Ray Schoenwald	3:08:11
M50 Bill Sayre	3:06:24
Bill Grether	3:10:03
Andy Schnebly	3:15:54
M55 Paul Jensen	3:15:34
Kenneth Pierce	3:28:48
M60 Bud Derbigge	3:19:55
P Keith Nelson	3:51:10
M65 J. McBride	3:26:04
Carl Pegels	4:13:16
M70 Ennis Egle 76	5:47:48
W40Marsha Thompson	3:42:11
Sandra Wilkie	3:43:37
Doris Hoopes	3:46:49
Joanne Sorensen	3:52:56
W45 Sue Oldroyd	3:57:48
Ellen Ives	4:02:20
Julie Briggs	4:08:39
W50 Janice Kreuz	3:33:06
Christy Felton	4:38:16
Mary Parkin	4:39:23
W55 Christie Edinger	4:30:44
Carol Davis	5:15:24
W60 Elaine Dunn	5:22:32
W65 Elfriede Dalto	4:32:59
10K	
<b>Overall</b>	
Simon Sawe 26	28:45
Katrina Price 30	33:06
M40 Mel Lemon	33:36
Mark Dickey	34:03
Bret Dattke	34:37
George Katz	34:48
M45 John Armstrong	35:22
Thomas Mather	35:50
Clive Saffery	36:22
Curt Catmull	36:25
M50 Alan Stewart	36:35
Michael Akagi	37:33
Tom Calame	38:58
M55 Larry Ingram	35:30
Gary Peirce	40:17
John Nelson	41:25
M60 Thomas Anderson	40:58
John Swyers	42:15
M65 John Cushing	43:42
Douglas Warren	44:31
M70 Ruben Bigil	44:40
John Broome	52:31
M75 William Moseley	54:40
W40 Marie Boyd	34:45
Lisa Schnieder	40:17
Annette Breen	41:18
Kim Lundgreen	42:27
W45 Diane McKelvey	42:41
Jean Sander	44:44
Sandy Straley	45:54
Joni Lowe	46:47
W50 Jeanie Groves	42:53
Linda McLatchy	43:16
Miki Karg	43:38
W55 Carol Johnson	49:32
Gladys Buxtan	51:41
W60 Dixie Mathis	54:21

Shery Bennion	58:36
W65 Judith Bullough	57:20

**CANADA**

Ambleside Masters Road Mile  
West Vancouver, B.C.; June 3

M40 Malcolm Smillie	4:31
Gord Carscadden	4:32
David Wilburn	4:34
Brian Blamey	4:38
David McGivern	4:40
Alex Seres	4:44
Reid Carter	4:46
Hugh Wilson	4:48
M45 Dave Reed	4:25
Paul Reimer	4:33
John Moe	4:52
Andrew Deleki	5:09
Ralf Schmidtk	5:19
M50 Peter Ladner	4:49
Mark Lawrence	4:57
Pat Brand	5:14
Jim Sullivan	5:27
M55 Herb Phillips	5:00
John Woodcock	5:14
Phil Crawford	5:19
Peter Polhammer	5:25
M60 Stephen Odwin	5:19
Jim Thomson	5:34
Jerry Asner	5:37
Frank Reynolds	5:48
M65 Harvey Nelson	5:55
Charlie Kingston	6:23
Don Mackay	6:40
M70 Frank Kurucz	5:51
Alton Green	9:14
M75+Waldemar Broda	7:27
Clifford Hill	9:07
Lloyd Williams	10:10
W40 Nancy Tinari	4:44
Adele Wilson	5:12
Claudia Dow	5:17
W45 Bonni Walker	5:21
Izbe Rupners	5:23
W50 Nancy Power	6:52
Diane Goos	7:04
W55 Diana Sonderhoff	8:24
W60 Diane Palmason	6:06
W70 Lenore Montgomery	7:36

**Age-Graded Results**

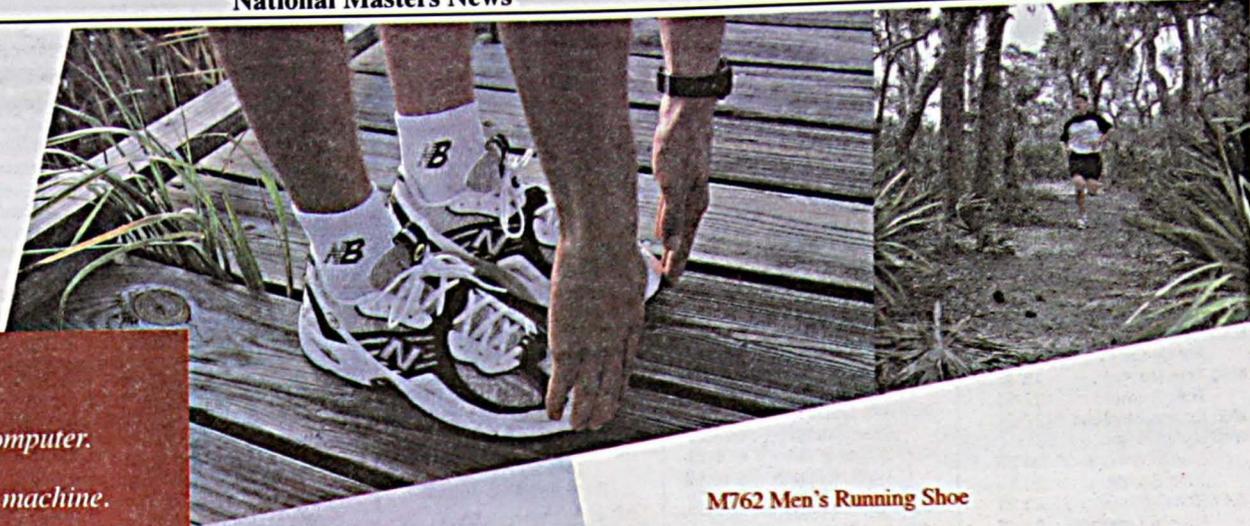
Name	Actual Time	A-G
1 Nancy Tinari	4:44	4:01
2 David Reed	4:25	4:03
3 Herb Phillips	5:00	4:04
4 Stephen Odwin	5:19	4:09
5 Paul Reimer	4:33	4:10
6 Diane Palmason	6:06	4:10
7 Gord Carscadden	4:32	4:11
8 Bonni Walker	5:21	4:11
9 Peter Ladner	4:49	4:13
10 Frank Kurucz	5:51	4:15

Avon Toronto 10K  
Toronto, Ont.; July 9

**Overall**

Lucia Subano	34:44
W40 Sharon Crawford	39:18
Carolyn Silvey	39:56
Karen McKenzie	40:04
Karen Hoffman	40:29

Faith Nesdoly	40:35
W45 Glenda Morris	39:24
Colleen Stewart	43:42
Chris Marino	44:45
Patty Cranston	46:06
Kajia Moutain	46:29
W50 Virginia McGarry	46:38
Brenda Lee Hall	47:18
Nancy Wells	48:00
Susan Stewart	49:22
Lynda Hurley	51:54
W55 Joan Stibbard	47:56
Jeraldine Ballon	49:01
Eris Murkel	52:04
Margaret Rolfe	54:05
Margaret Story	55:20
W60 Jean Doench	54:59
Roseanne Wilson	59:08
Alice Foster	63:04
Helen Fraser	64:33
Sheila Noonan	91:44
W65 Marlene Murdoch	49:44
Katherine Pye	51:05
M.K. Philbrook	

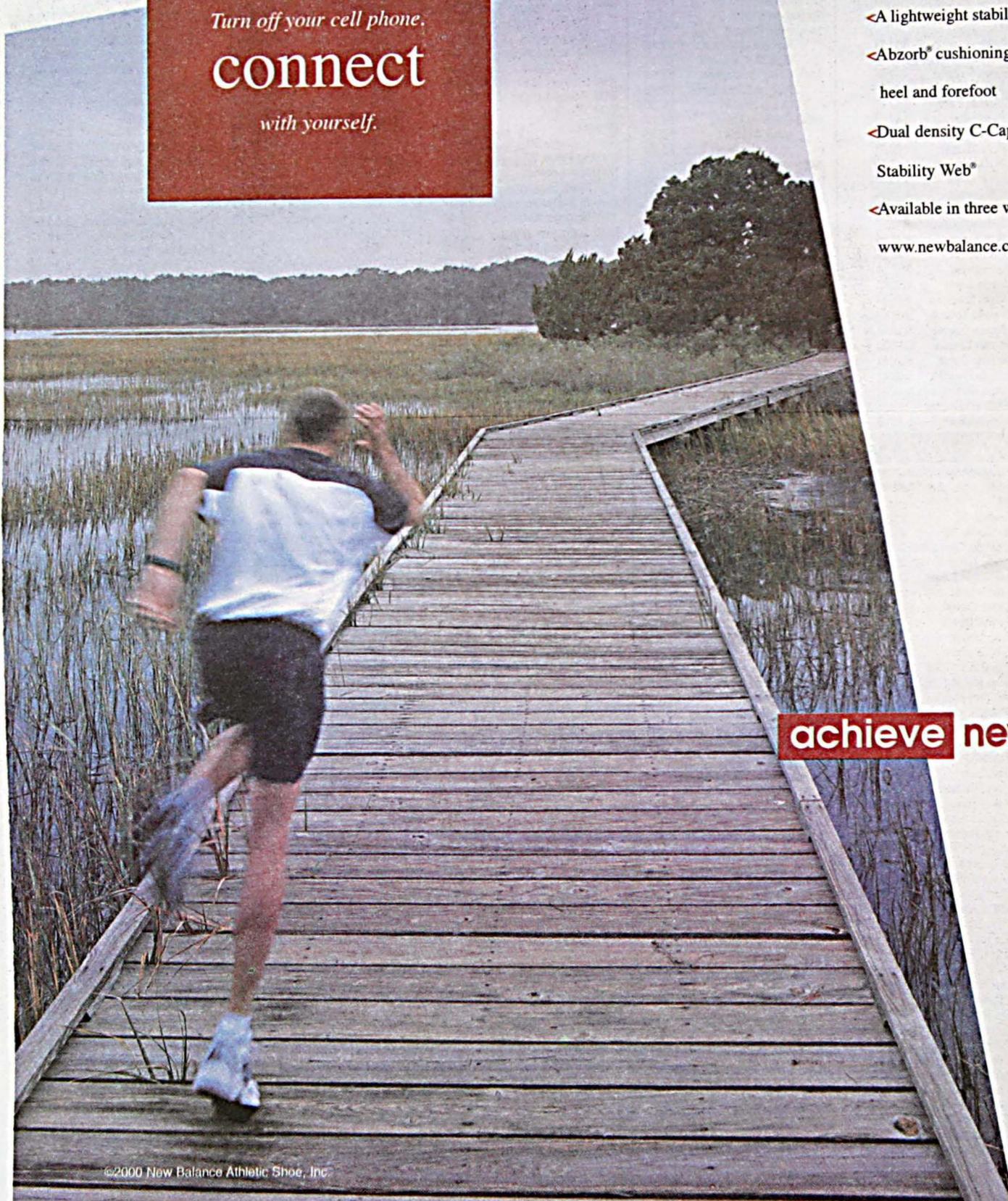


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