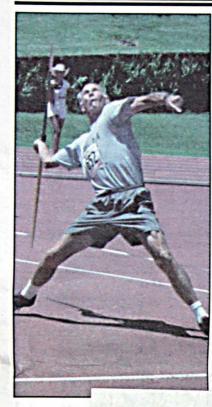
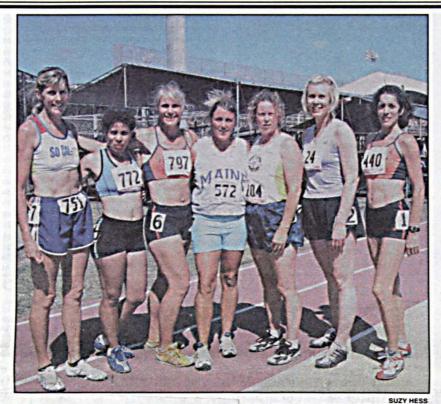


The official world and U.S. publication for masters track & field, long distance running and racewalking

325th Issue

September 2005







SUZY HESS Brian McKinley, M50 winner of the short hur-

dles (14.92) and the long hurdles (61.60).

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Phil Shipp set an N

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cond W40 (14.17); Denise Willard, first W40 atkus, second W45 (15.98); Linda Butler, W40;

802 Athletes Set 29 Records in Hawaii



Mike Egle won the M40 800 (2:02.65) and 1500 (4:14.97).

By JERRY WOJCIK

HONOLULU, Hi. – Athletes who showed up here for the USA National Masters Championships with leis around their necks had traded them for medals by the time they boarded their flights for home or to visit the other islands that make up the state of Hawaii.

The 802 athletes who entered were headed to the rainbow-colored track at Cooke Field on the University of Hawaii campus, just a few miles north of Waikiki, home of the most famous beach in the world.

Last year in Decatur, Ill., the Championships had 1107 entrants. This year's meet, the 38th annual, had to contend for entrants with the World Masters Games, Edmonton, Alberta, Canada, in late July, and the World Masters Athletics Championships, San Sebastian, Spain, in late August.

It also had to contend with Hawaii's high cost of airfare, accommodations, and living expenses, not to mention the heat and humidity in August.

The athletes, ranging in age from 30 to 95, broke or established nine world and 20 U.S. age-group records. Last year, 18 world and 23 national records were broken or established.

Trent Lane, at 95 the oldest entrant here, broke four throws records, all by substantial margins: shot put (6.14), discus (15.95), hammer (15.97), and javelin (17.58).

Two more world records were broken in the hammer, by Ed Burke, M65, 53.91, and Oneithea Lewis, W45, 52.89. She also broke the U.S. shot put record with a 13.55.

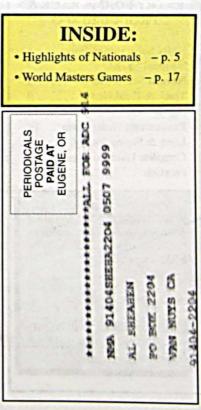
James Stookey, M75, ran a world record 53.15 in the 300H, well below the listed 56.95.

Johnnye Valien, W80, established a record in the pole vault (1.40), and added U.S. records in the high jump (5.12) and javelin (17.89).

A 4x800 relay team of Stephen Chantry, Russell Patton, James Robinson, and Bob Prather broke the M50-59 record with an 8:40.32.

National record breakers included Leland McPhie, M90, high jump (1.05) and shot put (7.01), and Carol Finsrud, W45, who upped her discus record from 50.62 to 50.85.

Afterwards, Finsrud, who saw her W45 shot put record fall to Lewis, said, "I was hoping to break the discus record, because it's been a couple of years since Continued on page 3



September 200

Nationals

Continued from page 1
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The relay team ever by a large m onships.

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Nationals – Hawaii

Continued from page 1

I've broken one, and it's always rewarding to break a record at the nationals, where I have so much support from the athletes and officials."

Although not official records, two performances are worthy of mention. Chris Yorges, 39, won his tenth straight title (10:34.30) in the 3000 steeplechase, a string not apt to be broken soon, if at all. Every age-group winner in the 5000 racewalk on the track on Friday also won the 10K on the road on Sunday, which is a good bet not to occur every year.

The relay team entries were the most ever by a large number for a championships.

Not everything was roses or hibiscus or plumeria for some athletes. Javier Naranjo, 46, thought he was finished in the 10,000 on Saturday but had another lap to go. He staggered around for a couple of seconds, shaking his head "No," then continued, collapsing after completing the last lap. He was attended by EMS personnel and taken to the hospital, where he remained for two days under observation, while he recovered.

Marty Krulee, M45 winner in the 100 (11.44), had to swerve out of lane one in the 200 final to avoid an official standing too close to the track. He broke stride, and did not finish.

Michael Pannell, one of the favorites in the M50 100H, fell after the final hurdle in the finals and did not finish. Later, he confessed to not hydrating enough and being somewhat overweight.

In addition to the heat and humidity, the wind was a factor in some events.

Chuck Coats, M45 winner in the 5000 on Thursday, said, "You came around the back stretch, and the wind hit you for 25 laps. I was lucky. I ran at 7:30 a.m. before it got too hot."

What was a bane for some was a boon for others. Doug "Bubba" Sparks, an M50 pole vaulter from Texas, said, "This was the best situation for vaulting I've experienced since I started at age 12. You ran somewhat downhill from the crown of the football infield and then received the advantage of a wind at your back. If they hold this meet again, I can promise 100 pole vaulters will enter."

Discus throwers also felt that the wind added four-to-five feet to their throws.

For some reason, several prominent athletes who had been off the stage for years, turned up in Honolulu for their comebacks, all with success. Irene Obera, W70, broke the U.S. record in the 100 (15.57). Dick Richards, M70, won

Continued on page 5

National Masters News



SUZY HESS Melvin Larsen broke the M80 U.S. short hurdles record (16.22), USA National Masters Championships, Honolulu.



SUZY HESS Bruce McBarnette won the M45 high jump with a 1.96, USA National Masters Championships, Honolulu.

www.nationalmastersnews.com

2005 USA National Masters T&F Champions, Honolulu, Hi., August 4-7

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
00	Snaer	Thomas '	Thigpen	Krulee		Allie	Neidig	Smith	Richards	Stookey	Larsen	Means	Trahan	
00	Snaer		Berry	Barnwell	Collins	Allie	Neidig	Lida	Williams	Cheek	Larsen	Means	Trahan	
00	Pettes		Berry			Allie	Neidig	Lida	Ware	Cheek	Englert	Tompkins		
300	Lanier, Kyle		Egle	Paulk	Robinson	Blake	Tucker	Howard	Mathes, G	Selby	Englert	Tompkins	Levine	
500	Lanier, Kyle		Egle	Paulk		Mathes, S	Boughter	Howard	Mathes, G	Fortune	Englert	Tompkins	Levine	
5000	Lanier, Kareem		Pope	Coats		MacDonald	Hamlyn	Weddle	Iffrig	Fortune	O'Neil		Levine	
10.000	Lanier, Kareem		Pope	Young	Horner	Taylor	Hamlyn	Weddle	Iffrig					
SH		Drummond	McCloud	McMahon	McKinley	Craig	Johnston	Pawlik	Clark	Stookey	Larsen			
LH		Grant	Monaghan	Brower	McKinley	Mount	Graff	Destefano	Clark	Stookey				
SC	Hardy	Yorges	Bouthillier	Kollars	Robinson	Pate	Norris	Cordero	McClenathen	Selby				
HJ			Stockard	McBarnette	Zahn	Baskauskas	Goodreau	Pawlik	Langenfeld	Stookey	Wilson		McPhie	
PV		Holton	Miller	Hintnaus	Mead	Altendorf	Baker	Cannon	Julian	Held	Grosh			
ω.	Robinson	Benjamin	Tureaud	Long	Wilson	Crockett	Jones	Pawlik	Richards	Stookey	Wilson	Hackett	Trahan	
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SP		Adelgren	Shannon	Carr	Shiaras	Shumaker	Economides	Vaughn	Shipp	Gaynor	Mulkern	Hackett	McPhie	Lane
DT	Contraction and	Bartelme	Shannon	Ciccone		Fahey	Economides	Cochran	Ward	Gaynor	Mulkern	Hackett	McPhie	Lane
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400	Jacobs	Daley	Black	Ney	Board	Stiles	Naftel	Daprano	Harada	Peterson	Davidson			
800	Lucero		Jasper	Ney	Martin	Stiles	Makoske	Daprano	Bigelow	Schley				
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TJ		Boyd	Ware		Cohn	Trotto		Channed	Donley	McDaniels	Valien		Jarvis	
SP		Thompson, K		Lewis	Kirkpatrick	Tucker	Jager	Sherrard		McDaniels	valien		Jarvis	
DT		Jones	Zakerski	Finsrud	Kirkpatrick	Matthews	Cutler	Sherrard	Meiler				Jarvis	
HT		Thompson, K		Lewis	O'Brien	Clark	Cutler	Roman	Lary					
JT		McPherson	Ware	Finsrud	Fabian	Glass	Cutler	Berman	Donley		Valien		Jarvis	
PENT	Foster	Look-Jaeger	Ware	Petkus	Thompson, I	Glass		Jordan	Meiler					
5KRW			Murphey-Gle		Topham	Frable	Steigerwalt	Berman	Gordon					
10KRW			Murphey-Gle		Topham	Frable	Steigerwalt	Berman	Gordon	;				
4X100	Ad Hoc-A		Brooks Fleet	Street	Ad Hoc-E				Ad Hoc-H					
4X400	Ad Hoc-A		So Cal TC		Ad Hoc-D				Ad Hoc-F					
4X800	Ad Hoc-A		So Cal T		Brooks Fleet	O 1 1				-				

page 3

National Masters News

September 2005

LDR

5K/10K runners need a week to recov-

er. Those runners, over a short term of

a few months, can race well every

Games in Pittsburgh, with athletes ages

50 and over, went the unconventional

route in scheduling the 5K for June 11

sion, they staged the 5K at 8:30 a.m.,

and the 10K at 9:30 a.m. on hilly,

1. As we age, it becomes more dif-ficult to run the full 10K distance.

are no longer able to run the 10K "as it

people to compete in this event.

2. Our times become slower, and we

3. This change will enable more

4. It will not be difficult to adminis-

ter this change; the older runners will

simply run 18 laps on the 400m track,

with our half-way split coming at 9-3/8

Irene Obera broke the W70 U.S. record for the

100 with a 15.57, USA National Masters

Championships, Honolulu.

Seth D. Bergmann

Glassboro, New Jersey

Then, continuing with their compas-

John Harwick

Indiana, Pennsylvania

and the 10K for June 13.

Conventional wisdom suggests that

Officials for the National Senior

September 2005



the 2005 Nati books. This though we o because of all the f

Everyone seeme time, both on and usual, the athletes records at a fast cli Congratulations

and the wonderful, of the local organiz Special thanks t

worked long and meet a reality. The officials w

unsung heroes of t was hot and the of their posts providing letic experience for you!

Biggest thanks s Pashkin and her

Nationals -

Continued from page 3 the 100 and his spec

Hurdlers Joe Jol 16.68, and Mike De 49.37, went home a Debbie Stiles, W5 800. Miriam Gord the double winner Dave Taylor, last Rouge championshi More than one a

their performances Ill. Mary Grene, aft 1500, said, "I knew was the toughest 1500, so I scratched until the last quarte and when I couldn' I knew that I was ok her in the 1500 last really wanted to wi Mike Egle, seco

last year, won bot and 1500 (4:14.97) This was the f team championship women's scores con 3-2-1 scale. Brool was the winner wit Track Club was s relatively small Ha third (209); Potom

(204); and Florida When athletes Field, they were Arizona National Harbor, climbing short distance from watching at Wail immense Ala Moa the flea market ne ing the other islan Mark Zeug, m ding to a question

meet again, said affected by the Edmonton, and he perhaps doing th

Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

TRACK & FIELD

WRITE

Regarding the July NMN issue, first, I want to thank Mike Tymn for all his years of great service to NMN. He is an asset to masters track & field.

George Mathews, in his column, did not understand what I meant in an earlier Write On! when I said the masters track and field scene was "far from vital." This is a clear indication of the problem denial, a condition in which people dismiss reality and distort it to how they "think things should be."

Every single track meet I attend has fewer masters athletes (accept for the Penn Relays) than it did in the past. Mathews says there has been a "slow but steady" gain in membership. Where are they?

I would like to offer these suggestions to Mathews: (1) get participation numbers from the Regional Coordinators to see who is actually competing; (2) use the Masters Exhibition program fairly by letting older athletes take part - that is what masters athletics is all about; (3) communicate with all masters athletes; (4) give free T-shirts (you can get them for \$3, paid for from the surcharge) to all participants at a National Championships - it's good advertising; and (5) recognize that the people who are writing the letters to the editor are the ones who actually care ... they are not the problem.

Francis A. Schiro New York City

I read with interest George Mathews' column (July NMN), and also the letter (May NMN) from Don Hudson, of Massachusetts, talking about the demise of Senior Games track & field.

First, may I remind Mr. Mathews and Mr. Hudson that what may be taking place in one state or local Senior Games does not reflect the situation in other state and local events.

Second, may I respectfully remind both that the National Senior Games/Senior Olympics, is a distinct and separate event from state and local Senior Games, except that participants in the national event must qualify at a sanctioned state event. You cannot assume that what happens in one happens in all.

Despite what Hudson reports about his local games, track in the Senior Games is far from done - whatever problems he may be having do not appear to be happening in other states. In addition, the NSG meet in Pittsburgh in early June, drew more than 1100 competitors from all over the U.S. and a few neighboring countries.

The meet was run on schedule and according to USATF rules. With one or two minor exceptions, people had a good time and competed well; injuries were few and records were many. I'm sorry Hudson missed it. I think it would have changed his mind about seniors track.

The Senior Games movement (as Mathews noted) is constantly looking for experienced seniors and masters to help us run these meets. But many of these same individuals don't want to give their time and effort back to the sport.

That hurts the sport and ultimately hurts their own desire to compete witness the situation Hudson talked about. If we do not give back to our sport, then we have no one to blame



Finalists in the M75 100 (I to r): Paul Bambrook; Bill Melville; Pat Brown; Wilfred Scott; James Stookey, first (14.21); Don Cheek, third (14.81); and Harry Brown, second (14.57), USA National Masters Championships, Honolulu.

weekend.

change:

laps.

should be done."

but ourselves.

Seniors track & field is one of the largest events in almost every state and local Senior Olympics event across the country, more than 300 at last count. In fact, in Hawaii we have "youngsters" who can't wait to be old enough to join us; they're 40+ Boomers, and we welcome them in our meets, as well.

Mark E. Zeug Chairman, National Senior Games Association; National Track Advisor and Head Track Referee, National Senior Olympics/Pittsburgh Meet Director, USA Masters Championships, Honolulu, Hawaii

In reference to the Rankings Report by Dave Clingan (May NMN), I have some reservations concerning including Senior Games results in the rankings.

and masters events for 11 years, these in a ratio of approximately three SG for one masters meet. Any of my meager rankings would be enhanced if results were included from the Senior Games. I have also been a USATF Certified T&F Official, Master Rating, for many years.

Most Senior Games are conducted using volunteers (parks department, civic clubs, school groups), where in many instances the workers have little or no t&f experience.

Quite often, while in competition, I or some other participant must help or correct the process of measurement, lane stagger positions, rules for entering and leaving throwing and jumping areas, or how to properly use handtimed devices.

The volunteers serving these events are great people, and I do not for a moment want to belittle them, but if we include rankings data obtained in the absence of qualified officials, we only waste Clingan's time and generate meaningless numbers and paperwork.

Possibly, as a compromise, Clingan could include results from the various State and National Senior Games only.

I intend to continue my competition in both sectors, including some in very isolated locations, and while I greatly appreciate the generous contributions from all volunteers, I really don't expect all results to become part of a national ranking system.

> Jim Leggitt Levelland, Texas

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shadeless courses without a 5K water stop. RANKINGS As an aging distance runner, I have a proposal for the 10,000m. This event should be shortened for older runners only (60+) to 7.5K. There are several reasons for this

I have participated in Senior Games

National Masters News

Highlights of Nationals

W30: Rachel Menge, BFFR, won three golds in the distances. Priscilla Jacobs took the 200 and 400.

W35: Lisa Dailey zipped to firsts in the 100 and 200 (25.81). Sarah Boyd leaped to wins in the LJ (4.84) and TJ. Kelly Thompson scored victories in the SP and HT.

W40: Karen Steen, CNW, broke her AR in the 2000m SC with a 7:05.06. Caren Ware, SOCA, won the PENT on Thursday and followed up with firsts in the LH, LJ, TJ, and JT for five golds. Debbie Zakerski, BFFR, vaulted to a first and won three throws. Marjorie Milligan-Jackson swept the 100 (13.23) and 200 (27.60). WR-holder Pat Porter (1.76) finished with a 1.70 HJ.

W45: Oneithea Lewis hit a WR in the HT (52.89), and Carol Finsrud an AR in the DT (50.85). Martha Mendenhall scorched the 100 (14.10) and 200 (29.77), and won the HJ (1.50).

Zeug's wife, Helene, in helping to make the meet a success. He also wanted to recognize James Hart, who took charge of the awards, and Helen Chisum, registration chair, who stepped in when someone else had to take a different job.

Continued on page 9

As with all championships, the meet received mixed reviews. One runner from the East Coast, said that it was the worst organized championships he'd entered in 20 years.

Ron Pate, one of the meet's supporters, said that he had received over two dozen favorable comments, with some requesting that Hawaii bid again.

Commenting on the meet, Bill Carter, M80 pentathlon winner, said, "The officiating was as good as it always is, but the administration and organization was not as good as it has been in past meets."

The 39th National Masters Championships are scheduled for Aug. 3-6 in Charlotte, N.C.D

JERRY WOJCI Michael DeStefano, gold medalist in the M65 long hurdles (49.37), USA National Masters Championships, Honolulu.

Pending World and U.S. Records 38th USA National Masters Championships

WORLD	RECOR	DS	international in		Hald De
Event	Age	New Mark	Name	Old Mark	
300mH	M75	53.15	James Stookey	56.95	Heinz Krenzer
4x800m	M50	8:40.32	USA	8:41.55	USA
PV	W80	1.40	Johnnye Valien		-
SP	M95	6.14	Trent Lane	5.11	Masami Okazaki
DT	M95	15.95	Trent Lane	13.56	Waldo McBurney
нт	M95	15.97	Trent Lane	11.40	Everett Hosack
HT	M65	53.91	Ed Burke	53.32	Karl Heinz-Wendell
HT	W45	52.89	Oneithea Lewis	50.75	Margrith Druss
TL	M95	17.58	Trent Lane		En i was she bad as
U.S. REO			Name	Old Mark	Held By
Event	Age	New Mark		10.87	Eddie Hart
100	M40	10.73	Aaron Thigpen	20.69	Buell Crane
100	M90	20.56	Clarence Trahan	15.72	Audrey Lary
100	. W70	15.57	Irene Obera	3:15.63	Suzi MacLeod
800	W70	3:15.12	Vicki Bigelow	16.30	Jack Greenwood
100mH	M65	16.19	Emil Pawlik	10.30	Jack Greenwood
80mH	M80	16.32	Mel Larsen	20.08	Johnnye Valien
80mH	W70	17.67	Flo Meiler		K Steen
2K SC	W40	7:05.06	Karen Steen	7:11.97	Buell Crane
HJ	M90	1.05	Leland McPhie	1.04	
TJ	M90	6.10	Clarence Trahan	5.51	Buell Crane
TJ	W80	5.12	Johnnye Valien	4.60	Margaret Hinton
SP	M90	7.01	Leland McPhie	6.97	Buell Crane
SP	W45	13.55	Oneithea Lewis	13.05	Carol Finsrud
DT	W45	50.85	Carol Finsrud	50.62	C Finsrud
HT	W90	10.31	Betty Jarvis	8.70	Margaret Evans
JT	M70	42.53	Phil Shipp	42.17	Robert Young
JT	W55	28.08	La Tanya Glass	26.53	Sharon Raham
JT	W80	17.89	Johnnye Valien	13.54	Mary Bowermaster
Pent	M70	3854	Phil Shipp	3810	Boo Morcom
Pent	W35	3560	Clare Look-Jaeger	2565	Regina Richardson

Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

who also have been working for years,

and night and day, Monday through

Sunday during the meet to make every-

thing work so well. Thanks again,

the Executive Committee worked from

9 to 5, in a conference room with no

windows, on the second part of the USATF Masters Track & Field

Strategic Plan. Even though he wasn't

able to attend, Todd Taylor gave us the

template to nearly complete the task.

on a plan that I believe everyone will

appreciate. We will have the latest

update in the next issue of National

Masters News.

All participants worked really hard

Also on Wednesday before the meet,

Aloha and Mahalo

the 2005 National Outdoor Masters Track & Field Championships are in the books. This meet was a unique experience for all who participated. Even though we only had 802 athletes at this meet, it seemed bigger, probably because of all the family and friends who were there as well.

Sandy!

Everyone seemed to have a good time, both on and off the track. As usual, the athletes continued to break records at a fast clip.

Congratulations to all our athletes and the wonderful, friendly hospitality of the local organizing committee.

Special thanks to Mark Zeug who worked long and hard to make this meet a reality.

The officials were, as usual, the unsung heroes of the meet. That sun was hot and the officials continued at their posts providing a professional athletic experience for everyone. Thankyou!

Biggest thanks should go to Sandy Pashkin and her Games Committee

Nationals – Hawaii

Continued from page 3

the 100 and his specialty, the long jump. Hurdlers Joe Johnston, M60, 100H, 16.68, and Mike DeStefano, M65, 300H, 49.37, went home as national champions. Debbie Stiles, W55, won the 400 and 800. Miriam Gordon, W80, was among the double winners in the racewalks. Dave Taylor, last seen in the Baton Rouge championships, won the 10,000.

More than one athlete improved on their performances in 2004 at Decatur, Ill. Mary Grene, after winning the W40 1500, said, "I knew that Karen Steen was the toughest competition in the 1500, so I scratched the 800. I waited until the last quarter to make a move, and when I couldn't hear her breathing, I knew that I was okay. I was second to her in the 1500 last year in Decatur, so I really wanted to win here.'

Mike Egle, second in the M40 1500 last year, won both the 800 (2:02.65) and 1500 (4:14.97).

This was the first official outdoor team championships, with men's and women's scores combined, on an 8-6-4-3-2-1 scale. Brooks-Fleet Feet Racing was the winner with a 555 total. So Cal Track Club was second with 383; the relatively small Hawaii Masters TC was third (209); Potomac Valley TC, fourth (204); and Florida AC, fifth (105).

When athletes weren't at Cooke Field, they were visiting the USS Arizona National Monument at Pearl Harbor, climbing up Diamond Head, a short distance from the campus, peoplewatching at Waikiki, shopping at the immense Ala Moana Mall, bargaining at the flea market near the airport, or visiting the other islands.

Mark Zeug, meet organizer, responding to a question about bidding for the meet again, said that the entries were affected by the WMA Games in Edmonton, and he would have to look at perhaps doing things differently. He Mary Grene, winner of the W40 1500 (4:45.80),

USA National Masters Championships, Honolulu.

noted that the month of July for tourism to the area was the busiest ever and that August looked to be better.

At the meeting, Gordon Edwards, representing the 2006 Masters Championships, gave information on hotel rooms and dormitory accommodations and the venue in Charlotte, N.C.

Norm Green, Masters Hall of Fame administrator, explained the HOF process.

Media coverage was extensive, with results in the Honolulu Advertiser and sports page lead articles by reporter Stan Lee of the Honolulu Star-Bulletin. Television network affiliates were also on the track, interviewing athletes for later programming, as were local radio stations. Melvin Jackson, of USATF Communications, sent out daily press releases, with records, outstanding performances, and age-group champions.

Meet Director Zeug gave thanks to members of the Organizing Committee Carmyn James, Andy McInnis, Richard Sutton, Ron Pate, Francis Mukai, and





Marjorie Milligan-Jackson (#500), won the 100

page 5

National Masters News

Third Wind By MIKE TYMN **More Quotes** from the Past Quarter Century ere are some more quotes from my interviews over the past 25 years. These

are mostly from the late 1990s and to date, although there are also a few I missed from earlier years.

What scum: "There was a certain stigma connected with being a professional in those days. It just wasn't acceptable. There was an association of professionalism with boxing and horseracing. I guess it was the gambling connection that made it unacceptable." - Aileen Riggin Soule, 1920 Olympic gold medal winner, mentioning that professional athletes had to enter country clubs through the back door

page 6

Poor guy: "I think the old guy's wife is in a camper and went off and left him...He looks like a homeless type ... What's he doing out there in this weather? The guy must be crazy... If I had a motor home, I'd give him a ride. He's an old guy, got gray hair." - Paul Reese, relating comments picked up by his wife, Elaine, on a CB radio from truckers observing him running on the highway in his quest to run across all 50 states

Life's unfair: "You're not going to be the same person at 70 as you were at 30, unequivocally, but 20 percent (loss) is not very much." - Walter Bortz, M.D., on the effects of aging and benefits of exercise

Try Starbucks for the rush: "I don't think I'd get a rush out of running 18 minutes for 5K, at any age. I really respect older competitors like Shirley Matson and Joan Ottaway, who can do that, but that's - Ruth Wysocki, former not for me." Olympian

Another customer for Starbucks: "Up until the last couple of years, the physical aspect was keeping me fit enough to do the exercising and training needed for the events I wanted to do. Mentally, I'm not as motivated to do the hard training required to be as competitive as I'd like to be." - Ruth Anderson, at 75

A lofty goal: "I was a man in search of the perfect martini." - Jim O'Neil, on his goal before taking up running at age 42

Same bar? "I spent a lot of my free time in search of the perfect manhattan. I found it a few times." - Bill Fortune

Risky business: "Olympic marathoners aren't running for exercise any more than NFL football players are knocking heads for their health. Sport involves taking chances, seeing how far we can push before we break, gambling that we can bend without snapping." Joe Henderson

Matter over mind? "The biggest problem when you turn 40 is that you still have a mind that wants to run 120 miles a week and a body that can run about 90. You're still trying to operate at a 24-yearold intensity. Between 40 and 50, you learn how many miles your body can handle, and you learn to be satisfied with that." - Frank Shorter, upon turning 50 When life imitates art: "Technically,

he was a better runner than Pre, because Pre stuck his butt out a little. He told us he was a slowpoke, but he was sandbagging us as he left me standing the first time we put him on the track." - Kenny Moore, about actor Billy Crudup, who portrayed Steve Prefontaine in the movie Without Limits

Call the shrink: "Once I get to 50 miles (a week), my body starts talking to me. Beyond 50, I don't feel it is productive." - Paul Heitzman, on his training regimen at age 67

Seeing spooks? "I told Paul (Heitzman) there was some unknown guy on my shoulder, that I would be kicking with 200 to go, and that he could go whenever he wanted. He kicked immediately, and we took off, never to hear the likes of the other runner." - Jim Sutton

Another case for the shrink: "I listen to my body more than I used to. I now understand that if you miss a day once in a while it's probably better than running tired and in pain." - Ed Cadman

No shrink needed here: "Rennie is truly my soulmate and really understands my drive to reach my goals, even when she is adversely affected. Professionally, she's a psychiatric nurse, and as we all know, runners need all the help we can get." - Jack Nelson

The toughest training: "I spent the better part of those 20 years running after my four kids." - Diane Palmason, on her training regimen during her 20s and 30s

A good way to go: "I knew I was dying, but I wasn't afraid. The light was incredibly beautiful, and I felt wonderfully calm and secure with a benevolent presence beside me." - Don Morse, on having a near-death experience after passing out during a workout

Exorcist needed: "I think I still have a 2:55 marathon in me." - Ed Whitlock, in 2001, before running a 2:54:48 at age

Yummie: "I tore into it like a wild man. We ate everything, eyeballs included and it tasted like a hot fudge sundae with nuts on top. It was delicious." - Lou Zamperini, 1936 Olympian on catching a bird while on a life raft for 49 days during WWII

Good therapy: "The sweat from the running could be the tears I couldn't cry." - Jane Robertz, on how running helped her overcome frustrations.

No rest for the weary: "Flexibility seems to take a vacation, unless one addresses it on a regular basis." - Payton Jordan

Double the fun? "Genia and I had remained friends and she was very much in favor of my marrying Vela." - Alex Imich, at age 101, on why he took his exSUZY HESS

Steeplechasers hit the water barrier, the coolest spot at Cooke Field, USA National Masters Championships, Honolulu.

wife along on his honeymoon with his new bride

Call the cobbler: "Look, Marie, he's got nails in his shoes." - Jim Manno, recalling two little old ladies observing him as he changed from warm-up shoes to spikes.

Up the down staircase: "The day I can't get my knees up and be running hell-bent-for leather is the day I will know it's over." - Bob Lida

What was, was: "I'm 76 years old now. I walk a few miles a day and do a little jogging, but I'm not up to doing a marathon. I'm just a has-been." - Bob McMillen, 1500 silver medalist in the '52 Olympics

Don't be a wimp, Marine! "I started to pull off my warm-ups for the 1500 when two big burly guys came out and said I couldn't run because I had already qualified in the 5000." - Wes Santee, on qualifying for the '52 Olympics

Overcoming wimpishness: "I think speed, equilibrium and good technique are more important to my success." John King, on competing in the discus and shot at 152 pounds

Masochist! "I did things for sheer torture then, knowing that no one else was doing that much. If I didn't do 20 miles a day, I was one unhappy cat." - Jerry Smartt, on his training regimen during the late '50s

A different approach: "Now, to me, being alive is to stay connected to that spiritual intelligence, to live as if about to die, and have faith that the universe will take care of material needs." - Roger Hart, on his change in philosophy after having had a near-death experience in a fall on Mt. Everest

(Mike Tymn can be contacted at MET-GAT@aol.com)

Emerson, Anderson-Abbs **Top Masters at 50M Trail Championships**

By SUSANNAH BECK

Prolific ultra racer William Emerson topped the masters field and placed second overall in the USATF 50 Mile Trail Championships held at the White River 50 Mile, Crystal Mountain, Wash., on July 30.

Emerson, 41, Portland, Ore., is the old man of the mountain, winning the race outright in 2001 (in 6:58:14), and finishing third, fourth, and sixth since then

While this year's 7:28:13 was his

slowest time yet, it was good for second overall in a competitive race with slower than usual course conditions. Temperatures were in the 70s with

Stanford physicist Dieter Walz, 70, Portola Valley, Calif., was the oldest competitor, showing great fitness with a 12:48:54

Adventure racer Beverly Anderson-Abbs, 41, Red Bluff, CA, 8:14:02, was

SUZY HESS The M50-59 relay team of (I to r) Stephen Chantry, Russell Patton, James Robinson, and Bob Prather, set a world record of 8:40.32 for the 4x800, USA National Masters Championships, Honolulu.

8700 feet of elevation gain.

the top W40 for the second year in a row, and fourth woman overall.



September 2005

Pop Win 8

September 2

By JERRY After winnin and Kathy Mar the USA 1 Championships Both had com **USA** National Championships Hawaii's Cook short distance Championships Park.

Pope, 42, Ox win the M40 d minutes, with Honolulu, seco Greg Cauller, 4 offering any cha Martin, 53,

31:41, was firs half minute. A R.I., was second Wokasch, 42, (33:19).

Thom Wede M65 winner masters champ country particip race, "It was so about ten minut pitch-black who The individual back numbers h head in order to

"Shortly bef cally, it was day events at Coo and humidity v The first mi at Diamond H

mile-plus upwa around, it was mile to the fir seemed like it that mile." The remain

ners were Gre Calif., 28:59; 1 31:53; Richard Del.; Norman Pa., Masters George Ishiki, and Robert H 53:50.

Cathy Var Md., took the Schoenecker, winner (47:50 lulu, won the Eight of th Hawaii reside

Cash prize every division ond, and \$2 received \$100 formance of

Sub

Nation

www.nat

Pope, Martin Win 8K in Hawaii

Individual ChampionshipAwards

USATF medals. Only US citizens are

The top 3 athletes in each five-year age division

Championship awards, including prize money.

The top three Age Graded male and female fin-

2nd

\$75

\$75

3rd

\$50

\$50

starting with 40-44, will receive regulation

allowed to win USATF medals and other

Individual Championship Prize Money

ishers will receive prize money as follows:

1st

\$125

Women \$125

Men

By JERRY WOJCIK

After winning on the track, Brian Pope and Kathy Martin took to the roads to win the USA National Masters 8K Championships in Honolulu on Aug. 7. Both had competed successfully at the USA National Masters Track & Field Championships held at the University of Hawaii's Cooke Track, Aug. 4-7, just a short distance north from where the 8K Championships were held at Kapiolani Park

Pope, 42, Oxford, Miss, ran a 26:28 to win the M40 division by more than two minutes, with only Craig Young, 49, Honolulu, second master in 27:10, and Greg Cauller, 45, York, Pa., third (27:31), offering any challenge.

Martin, 53, Northport, N.Y., with a 31:41, was first woman by more than a half minute. Anne Hird, 46, Providence, R.I., was second in 32:27. Jeannie Young-Wokasch, 42, Honolulu, finished third (33:19).

Thom Weddle, Minneapolis, Minn., M65 winner (36:18) and experienced masters championships road and crosscountry participant, commented on the race, "It was scheduled to start at 6 a.m., about ten minutes prior to sunrise. It was pitch-black when I arrived at the course. The individual passing-out age-group back numbers had a 'miner's light' on his head in order to read the competitors list.

"Shortly before the start, almost magically, it was daylight. Relative to the track events at Cooke Field, the temperature and humidity were semi-bearable.

The first mile was flat, then we arrived at Diamond Head Road, and started a mile-plus upward climb. After the turn around, it was a fast downhill. The last mile to the finish was flat; however, it seemed like it took a long time to cover that mile.'

The remaining men's age-group winners were Gregg Horner, M50, Goleta, Calif., 28:59; Ron Pate, M55, Honolulu, 31:53; Richard Webb, M60, Wilmington, Del.; Norman Green, M70, Coatesville, Pa., Masters LDR Chairman, 38:27; George Ishiki, M75, Kaneohe, Hi., 57:12; and Robert Henninger, M80, Honolulu, 53:50

Cathy Van Brocklin, Gaithersburg, Md., took the W55 race (40:05). Joy Schoenecker, Honolulu, was the W65 winner (47:50). Ellen Humphrey, Honolulu, won the W75 race (54:08).

Eight of the age-division winners were Hawaii residents.

Cash prizes were given three deep in every division: \$75 for first, \$50 for second, and \$25 for third. Kathy Martin received \$100 for the best age-graded performance of 90%.



Sunday, October 16, 2005 Saratoga Spa State Park, Saratoga Springs, New York Meet Schedule Team Competition 10:00am... Cross Country Classic Open Feam entries will be accepted from 2005 USATE USA Masters Men 40-49 11:00am... registered club teams only. All team members must 11:30am... USA Masters Men 50-59 have a 2005 individual USATF membership & 12:00pm... USA Masters Women belong to the club for which they are competing. 12:45pm... USA Masters Men 60+ Feam contact must submit a copy of your 2005 club certificate. Contact your club administrator for Eligibility All 2005 USATF members 40 years or older on details. All team entry forms must be received by Oct. 8th race day are eligible to compete. Proof of age may be required. The following will constitute club teams; 2005 USATF membership is required. If you Men 40-49 & 50-59 ... 5 score, declare up to 8 are not currently a member of USATF and wish to compete in this event, please visit Men 60-69 & 70+ ... 3 score, declare up to 5 All Women's Teams... 3 score, declare up to 5 www.usatf.org/membership/ to register for or renew your membership.

Team Awards Regulation USATF medals will be awarded to the scoring members of the 1st, 2nd and 3rd place eams. Only US citizens are allowed to win USATF medals and championship awards and score for a club team.

2005 USA MASTERS 5KM

CROSS COUNTRY CHAMPIONSHIPS

Team Prize Money will be distributed as follows:
 Men
 1st
 2nd
 3rd
 Women
 1st
 2nd
 3rd

 40-49
 \$350
 \$200
 \$100
 40-49
 \$200
 \$150
 \$100

 50-59
 \$350
 \$200
 \$100
 \$0-59
 \$200
 \$150
 \$100

 60-69
 \$175
 \$100
 \$0-59
 \$175
 \$175
 October 10th. ast Chance Registration:

Individual Entry Fees

no day of race entries)

Pre-Entry (mail & online)

10/15 Noon-6:00pm in the Executive Board Room of the Fairfield Inn & Suites. Team Entry Fees There is no additional team entry fee. Team

Registrations must be received on or before

entries must be submitted by October 8th. Lodging

airfield Inn & Suites, Malta NY (866) 368-6900 \$129/night - 2 double beds or 1 king bed \$149/night king suite - one king bed & one pull out double sofa bed Must call prior to the 9/23 room release date

\$ 25.00

\$ 40.00

For additional hotels around Saratoga, visit The Saratoga Convention and Tourism Bureau website at www.discoversaratoga.org or call: (518) 584-1531

Event Information Phone: (518) 273-5552 F ax: (518) 273-0647 Fax: E-mail: info@usatfadir.org www.usatfadir.org/USAMasters5k.htm

You must be a current 2005 USATF member in order to compete in this event **Registration Form**

	Age on race day:	
Street Address:	the A State State Providence in the State	averally and the second
City:	State: Zip Code:	Sex:
Phone:	Email:	Statistics and the
2005 USATF #:	2005 USATF Membership Numbe	r is Required. Subject to verification
Do you need transportation from the	Albany International Airport to the host hotel? Please circ	cle: YES NO
Are you a member of a team: Yes No Team Contact:	lo If yes see below Daytime Phone:	
Team Name:	Representing what Club?:	
Club Number:	Association:	
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2005 USATF Club # is Requin Team Members: 1	5. 6. 7. 8. Entry Fee (non refundable). Registrant Race Shirt(\$15)*	<u>\$ 25</u>

The Championships will be conducted in accordance with USATF Rules of Competition. For more information, please visit our website www.usatfadir.org/USAMasters5k.htm or call us at (518) 273-5552.

National Masters News



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

Greek Study Looks at Benefits of Stretching

Greek study looked at the role of stretching in hamstring injuries in 80 athletes (hopefully, those sprinters who missed their drug testing were not involved!). These athletes all had second degree hamstring strains, the kind that are not gross tears, but worse than a mild soreness.

The subjects were divided into two groups. Both were placed on stretching programs, one more vigorous than the other. Those with the vigorous approach healed faster than the other group.

The study's authors believe that stretching is of great importance in the rehabilitation program of those with hamstring strain.

Athletes were treated with ice, rest, and compression for 48 hours following injury. They were then placed on stretching programs following this protocol. The vigorous group had four stretching series a day, while the less vigorous group were limited to one series a day. If common sense dictates, stretching

does seem to help in the rehabilitation of hamstring injuries. The key is to not over-stretch, and to only stretch until one feels tension or slight discomfort.

The type of stretching is a hamstring stretch while standing with the leg on a chair or table. One would then lean forward as far as possible without pain. The theory is that stretching causes viscoelastic changes and produces an analgesic effect that permits the increase in muscle length. \Box

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



Bob Prather won the M50 5000 (17:02.88), USA National Masters Championships, Honolulu.

since it will be consumed by the muscle aerobically.

Moreover, for many years, a measurement known as the lactate threshold (LT) has been used to determine performance abilities of athletes, especially in longer workouts.

The idea has been that workout intensity above the LT can be sustained for only a short period of time and that only the best of athletes can sustain long workouts at LT level, where the amount of lactate produced is more or less equal to the amount of lactate cleared. Also, athletes have been working on improving their LT through training sessions specifically designed to achieve such improvement.

The trainers who advocate LT improvement claim that the aim of such training sessions "is to saturate the muscles in lactic acid which will educate the body's buffering mechanism (alkaline) to deal with it more effectively" (http://www.brianmac. demon.co.uk/lac tic.htm). In essence, we have been told that we are teaching our bodies to tolerate lactate.

Muscle soreness after an intense exercise has also been blamed on lactate. Are we really training our bodies toward higher tolerance for lactate? Can such training sessions improve our LT? Is LT a practical measurement, now that we know that lactate is not the culprit it was made out to be?

Train to Improve Oxygen Delivery The concentration of lactate in the blood (the parameter measured for the determination of LT) is a function of muscle oxygen availability, the proportion of muscle fiber types in the muscles involved in the exercise and the intensity of the exercise.

Thus, in the high mountains, under hypoxic conditions, lactate concentration in the blood should rise faster and higher than at sea level for a given exercise.

A muscle rich in type I fiber should produce lower amounts of lactate than a

September 2005



Kareem Lanier, M30 winner in the 5000 (16:33.38), USA National Masters Championships, Honolulu.

muscle rich in type IIX fibers under the same exercise intensity. A workout of great intensity should produce higher lactate blood level than a lower intensity workout. What do training sessions for LT improvement really do?

They improve oxygen supply to the muscles by a) enriching their blood capillary bed, b) building up muscle mass, and c) improving the ability of both type I and type IIA fibers to utilize lactate aerobically as a source of energy.

It has been said that Lance Armstrong's blood lactate concentration during high intensity workouts is significantly lower than most athletes, thus giving the impression that his LT is very high. However, evidently, Armstrong's muscles are rich in type I and type IIX fibers and thus highly efficient in consuming a large portion of the lactate produced by his muscles rich in type IIX fibers during the intense workout before it reaches the blood stream.

Other top cycling racers and marathon runners probably have a similar ability. Of course, all these athletes also have better than average lung capacity and thus higher VO₂ max (the maximum oxygen volume consumed during intense whole-body exercise at sea level) and their muscles are rich in blood capillaries that supply them with much more oxygen than muscles poor in blood capillaries.

The VO_2 max cannot be changed much with training sessions, but oxygen delivery can be improved through an increase in the number of blood capillaries that support the muscle.

Finally, I would like to highlight a recent scientific study, which has demonstrated that lactate, produced during exercise, is also consumed by the brain (Dalsgaard MK et al., Journal of Physiology, Vol. 554, pages 571-578, 2004), giving much credence to the old verse "a healthy mind in a healthy body."

(Avital Schurr can be contacted at: a0schu01@louisville.edu)

September



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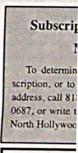
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Masters Scope

Lactate, Muscle Fiber Types and New Possibilities

By AVITAL SCHURR

This is the last in a series of three columns about muscle lactate. In the previous two, I summarized the major developments of the past 30 years in our understanding of the working muscle, including the shattering of some of the myths and dogmas about lactate.

Here I expand on the changes that these developments will slowly usher in, changes that will better our understanding of the complex relationships between the different types of fibers that compose the skeletal muscle. I also elaborate on the meaning of these developments for athletes everywhere.

Skeletal Muscle and its Fibers

As has been described in the second column (August 2005), lactate is produced in both the anaerobic and the aerobic muscle and, more importantly, studies have shown that lactate is being consumed (oxidized) by muscles for the production of energy.

In general, there are two types of muscle fibers, type I and type II. The latter muscle fiber type is sub-classified into type IIA and IIX (previously called IIB). Type I fibers, also known as slowtwitch fibers, produce energy aerobically, i.e., they metabolize glucose (and lactate) with the help of oxygen. Type II fibers are known as fast-twitch fibers.

Type IIA fibers can produce energy aerobically just like type I by metabolizing glucose with the help of oxygen, while they can also produce a significant amount of energy from glucose anaerobically, i.e., without oxygen. Type IIX fibers produce energy from glucose mainly anaerobically.

Most skeletal muscles in the body contain all three types of fibers, differing only in the proportion of the three fiber types they contain. Consequently, muscles containing a high proportion of type I fibers are expected to produce relatively small amounts of lactate, since they burn glucose completely to CO_2 and H_2O , while muscles rich in type II fibers are capable of producing significantly larger amounts of lactate, particularly when they perform high intensity work.

The discovery that skeletal muscles consume lactate (especially those rich in type I fibers) lends itself to the possibility that these muscle fibers receive their supply of lactate from muscles rich in type II fibers, the type that produces large quantities of lactate. The transport of lactate from the producing fiber to the consuming one can take place directly between neighboring type I and type II fibers or via the blood supply, where lactate produced by type II fibers is secreted into the blood stream and then taken up by type I fibers.

For years it has been assumed that the only way muscles can rid themselves of lactate is by secreting it into the blood, which carries it to the liver, where it is converted to glucose. However, the discovery that muscle tissue consumes lactate must force us to reexamine not only the biochemistry of muscle energy metabolism, but also muscle physiology and medicine.

Lactate Threshold – To Be or Not to Be

• For instance, if traditionally it was accepted that lactate is the cause of muscle fatigue and that the only way for the muscle to recover was to rest until all the lactate is washed out, it is clear now that lactate is not the cause of that fatigue and there is no reason to get rid of lactate,

National Masters News



Double Your Endurance...Double Your Fun

Double your endurance with three short workouts a week in only two weeks. Sounds like another gimmicky fitness commercial, I know. But it's true! In a landmark, major new study by one of the most respected research teams in the world, led by Dr. Martin Gibala, researchers show that recreationally active adults can actually double their endurance capacity in only two weeks with a workout almost identical to the Sprint 8 that's now available in Vision Fitness home cardio equipment (www.visionfitness.com) and described in *Ready Set Go Synergy Fitness*.

Researchers Conclusions

In a program very similar to the Sprint 8, the research summary posted on the National Institutes of Health Website states:

"We conclude that short sprint interval training (approximately 15 minutes of intense exercise over 2 weeks) increased muscle oxidative potential and doubled endurance capacity during intense aerobic cycling in recreationally active individuals.

"(Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans (2005, J Appl Physiol., 2005 Jun., Burgomaster KA, Hughes SC, Heigenhauser GJ, Bradwell SN, Gibala MJ.)."

Comments about the research by Edward F. Coyle, Ph.D., were published in the Journal of Applied Physiology. Dr. Coyle is director of the Human Performance Laboratory at the University of Texas, Austin, and he has worked with Tour de France champion Lance Armstrong.

This is the first report that you can show large increases in muscle endurance within just two weeks. In today's society, people spend so much time in front of the TV or video screen, that it is rare we exercise either intensely or for very long times.

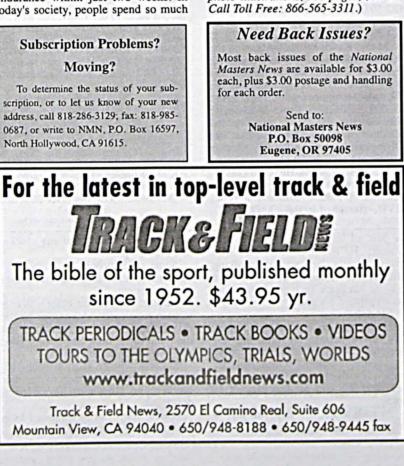
Since some people are devoting so little time to exercise, this reminds us how effective or efficient even short amounts of exercise are if performed very intensely.

The Take Home

If you read the first edition of *Ready*, Set, GO! Synergy Fitness in 2000, you discovered that exercise-induced growth hormone can do wonderful things for your body. Now there's conclusive research showing that the Sprint 8 can improve performance as well as fitness.

Get a copy of *Ready*, *Set*, *GO*! Synergy Fitness, take it home or give it to a friend who is into endurance training, and perhaps take home a new piece of award winning Vision Fitness cardio equipment with Sprint 8 and begin to improve fitness and endurance. In fact, double your endurance during the next two weeks!

(Get an autographed copy of Phil Campbell's fitness book, Ready, Set, GO! Synergy Fitness, 2nd edition, 300 photo-illustrations, 368-pages, \$19.95. Call Toll Free: 866-565-3311.)



Highlights of Nationals

Continued from page 5

Joanne Petkus won the PENT on Thursday and the LJ and LH later.

W50: Rita Hanscom won the 100 (13.61) and 200 (28.24) over veterans Jackie Board and Irene Thompson. Board won the 400, and Thompson skimmed to both hurdle wins and won the PENT. Kathy Martin, NRC, surprised nobody in winning the 800 (2:31.91), 5000, and 10,000. Linda Cohn, SOCA, soared to LJ (4.23) and TJ golds. Yvonne Kirkpatrick was victorious in the SP (9.68) and DT.

W55: La Tanya Glass, SOCA, stuck an AR 28.08 in the JT. Brenda Matthews, SOCA, won the 100 (15.00), 200, and PENT. Debbie Stiles, SLTC, has two golds for the 400 and 800 to take back to the Show Me State.

W60: Nadine O'Connor, a candidate for female Athlete of the Meet, won the 100 (14.36), 200 (30.17), and PV (2.90). Ann Makoske showed prowess in the 800 (3:04.33) and 1500 (6:16.13). Georgia Cutler, OTCM, out-threw everybody else in the DT, HT (35.83), and JT.

W65: Kathy Bergen nailed down wins in the 100 (14.71), 200 (32.92), and HJ. Barbara Jordan, GMAA, scored 3344 in the PENT, and took the SH, LH (66.67), and LJ. Jeanne Daprano, ATC, sped to firsts in the 400, 800, and 1500. Sherrie Sherrard captured SP (9.29) and DT (19.89) titles.



Nadine O'Connor, W60, won the 100, 200 and pole vault, USA National Masters Championships, Honolulu.

Joan Berman, AATC, had the exotic triple of the meet with wins in both walks and the JT. Mary Roman, at the top of her age group at 64, won the HT (21.01).

W70: Irene Obera broke the AR in the 100 (15.57) and won the 200. Vicki Bigelow, SOCA, erased the 800

Continued on page 10

25th Silver An	niversary Nevada Senior Game Las Vegas • Nevada
nevada senior olympics "Ner	w Custom Medals & Special Awards
and the second s	ptember 28 through October 2, 2005
2006 parch (1 mile from	UNLV Track 1 the famous Las Vegas Boulevard "Strip")
Wednesday, Sept. 28	10K Run – Wayne Bunker Park
Thursday, Sept. 29	5K Run – Wayne Bunker Park
Friday, Sept. 30	Weight Pentathlon (M&W): HT, SP, DT, JT, WT
Saturday, Oct. 1	Hurdles: 110m, 100m, 80m 5K RR, 50m, 400m, 1500m RR, 800m Individual HT, Individual SP, LJ, HJ Softball Throw
Sunday, Oct. 2	100m, 1500m, 200m, Individual DT, PV, TJ Individual JT, Standing LJ, Individual WT
No late re	Scoring • USATF Sanctioned and Officials gistration after Sept. 27 • No adds at meet s • Commemorative patch with registration
Print out Registra E-mai	ation Form at <u>www.nevadaseniorolympics.com</u> I: <u>nevadaseniorgames@earthlink.net</u> Phone: 702-242-1590
:	Nevada Senior Games, Inc. 3111 S. Valley View Blvd., B-201 Las Vegas · NV 89102

National Masters News

September 2005





By RON MAR In 1998, for

Littky's grandchil jogger so he could them. Since he ha about ten years, t surprising. But for someone suggesta running at all, eve would have been least.

"The doctors sa recalled. The story Hills, Mich., runne the book Death L and Kelly Garrett, ical miracle-alor nation.

"I was 48," he smoker, three pack also admitted to b man, running the fa prising in retrospec **Recovery Fort**

Recovery inc CardiAthletes at Hospital in Royal tation involved "I and running," a for 50 pounds and dec

He trained in th 1984, his target be Marathon that Oct a second time.

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Lapsing into a paramedics arrive hospital. Once the wife, Loretta, muc "The doctors c

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Yet, if nothing mined, strong-wi steps toward reco tation came rene marathon! He be life before and I v the going was slo "With the str

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"In races," "runners who d when I'd run ir but...." He per was very lucky. In stepped L first things Litt

wife is terrific!

Masters Racewalking **By ELAINE WARD**

Mental Keys for Personal Bests

Fisha Sedlak was not only a gold medal-winning, international competitor, she was also a uniquely race-wise and motivating coach. Her following ideas make good reading for all racewalkers whether competing in local events or at national and international masters championships. The following are excerpts from an interview with her for National Masters News in 1990 - ew.

Viisha Sedlak: Before an athlete starts working with me, I make it very clear that I expect my athletes to be the best competitive walkers they can be. I expect them to be serious and to be active mentally and physically even if they are fatigued from a long day of work.

I have had enough experience myself to know that the need to measure up to a hard workout can shake out fatigue.

My walkers learn what any competitive athlete must learn - that fatigue or nervous stress doesn't have to get in the way of good physical and mental athletic performance.

A Joyful Experience

I am very careful to expose my athletes to the joy of racewalking and to the job of the physical and mental development that competition brings. What I want them to experience is the success of moving toward a personal goal which is meaningful to them, and to experience the benefits that the greater discipline of the athletic attitude can bring to them.

I want them to find that reaching goals and taking the steps toward greater personal development is actually a pleasurable process, not one of pain and negative self-discipline, but one of joy. I have seen many, very physically talented athletes who could not keep that joy.

The joy is snuffed out by an externalizing of priorities and rewards. I have been a victim of this myself. When you set a record or place well, it is easy to start thinking that winning is the important element and, frankly, I don't think so.

Thanks to racewalking, I have participated in meets where I have met international and national champions. The ones who retain a fundamental understanding of why they started the sport remain competitively strong. **Staying Upbeat**

They remember that racewalking is fun, that it feels good, that workouts can be a kick, that they can sleep better and eat more, and after a cold workout in the rain, a shower feels so good.

As long as they remember the fundamental pleasures, they stay on top in the world for years and years. The ones who forget these pleasures are the ones who either don't last or get injured a lot so that their training is always a physical as well as mental pain.

Don't Externalize

Continued on page 12

A variant on this is athletes who are hard on themselves because they are externalizing. They aren't hard on themselves because they don't meet their own expectations. They are hard on themselves because they didn't satisfy what they think their peers or coach expect.

Do they have fun in the race? No, they don't. Why not? Because they are thinking about making a PR, instead of thinking about how fortunate they are to be able to walk, how fortunate they are to be healthy enough to compete, and how fortunate they are to be able to look back on a race where they didn't meet their time goal, and have the intelligence and experience to analyze why. Then when they do make a PR, it will be even better than the one they failed to make before.

Failure Leads to Success

If I may talk about myself, I believe it is because of my athletic failures that I have been as successful an athlete as I have been. When something went wrong in a race, or I didn't meet a time, it was by analysis that I changed my training program or changed a negative attitude.

When things are done right, the outcome is right. If the outcome isn't right, something wasn't done right. So you analyze.

That way, no race is a failure. And no time is a bad time. The vital part, the affirming part, is self-development.

Frank Alongi's innovative coaching career extends back into the 1970s. His immense contribution to the sport includes being an IAAF judge and the founder and director of the country's most prestigious international race in the 1980s and early 1990s. Frank is the present coach of champion race-walker Jack Bray and of Max Green who provided exciting competition for Bray when they were in their 60s. Frank discusses key elements to successful masters racewalking. -ew

Frank Alongi: The most important principle for an older walker is not to try to do what younger athletes do. Masters walkers are usually stiffer: their pulse rates are not the same; they require longer supervision as it takes longer to get the technique into the body's movements.

The Virtue of Patience

Max Green's success comes from his patience. He tries and tries and tries. Even if he doesn't do the best job, he tries as he wants to accomplish something he hasn't done before. Most importantly, he racewalks because he wants to do it.

Even if his body does not respond,

Continued from page 9 AR with a 3:15.12 and won the 1500. Flo Meiler lowered the 80H AR to 17.67, and won the PENT (top female score 3892) and DT. Audrey Lary, PVTC, was a three-time winner in the LJ, TJ, and HT, as was Christel Donley in the HJ, SP, and JT.

Highlights of Nationals

W75: Leonore McDaniels won the HJ (1.05), LJ (2.52), SP, and DT. Pat Peterson took the 100 (19.48), 200, and 400.

W80+: Johnnye Valien, W80, brought back eight gold medals to Los Angeles, including ones for establishing a PV WR of 1.40 and breaking ARs in the TJ (5.12) and JT (17.89). Betty Jarvis, W90, won all four throws, the HT with an AR 10.31.

M30: Demitrius Snaer, BFFR, caught 100 (10.98) and 200 (22.11) firsts. The Lanier twins, Kyle and Kareem, PCVR, dominated the longer events, with Kyle taking the 800 (2:03.44) and 1500 (4:14.47), and Kareem winning the 5000 (16:33.38) and 10,000 (34:02.21).

Robert Thomas, IINV, M35: clocked an 11.20 win in the 100 and the best time of the meet in the 400 (48.69). David Nash, FIBO, mastered the 800 (1:54.93) and 1500 (4:06.56). Don Drummond, SWS, made short work of the hurdles (14.34). Chris Yorges, FIBO, carved his 10th-straight win in the 3000SC. Wayne Bartelme, MTC, threw to wins in the DT (43.45) and JT (50.41).

M40: Aaron Thigpen sped to an AR 10.73 in the 100. Kettrell Berry, SWTC, hastened to firsts in the 200 (22.51) and 400. Mike Egle returned to Chicago with gold medals for the 800 (2:02.65) and 1500 (4:14.97). Brian Pope, SOCA, was machine-like in winning the 5000 (15:47.83) and 10,000 (32:50.00) in less than ideal conditions. Tim Shannon cleaned up in the SP (14.39), DT (45.98), and HT (45.78).

M45: Kevin Paulk, BAC, won the 800 and 1500 (4:12.07) in a duel with teammate Chuck Coats, who won the 5000 (16:11.57). Craig Young, at age 49, was second overall to Pope in the 10,000 (33:26.17). Bruce McBarnette thrilled the HJ fans with record attempts over 1.96. Tim Hintnaus, ex-Olympian, hit 4.40 in the PV. Dennis Morris got off a 50.59 JT.

M50: Bill Collins, HE, didn't disappoint with wins in the 100 (11.50), 200, and 400 (53.96). James Robinson, GVH, triumphed in the 800 (2:06.12),

he puts all his heart in. Plus he is a winner. He is not an individual who gives up easily. He started racewalking after he was 50 and never quit. This is why he has made such good times and accomplished his goals. Stretch

Besides patience, it is very important for masters to do limbering and stretching exercises. If they don't, they risk getting injured. Once an older person is injured, it takes a long time to heal and this can be discouraging to some.

At such times, it is easier to say, "I am too old and might as well quit,"



Michael Wiggins, first M55 (25:41.53), 5000 racewalk, USA National Masters Championships, Honolulu,

1500, and SC (10:55.80). Brian McKinley pulled a rare double, winning the 100H (14.92) and 400H (61.60). Ralph Fruguglietti, un-leashed a 53.61 DT. Mike Wasp buzzed a 54.53 JT. Mike Shiaras notched a 15.58 SP.

M55: Charles Allie crackled to wins in the 100 (12.19), 200 (24.55), and 400. David Taylor registered a 39:56.26 win in the 10,000. Craig Shumaker, LST, turned in a 14.84 SP. Tom Fahey reeled off a 54.16 DT.

M60: Donald Neidig bolted to firsts in the 100 (12.48), 200, and 400 (58.47). Max Hamlyn, CGTC, toughed out the 5000 (19:51.89) and 10,000 (43:44.26). Paul Economides blasted to a 15.15 SP and 52.79 DT. George Mathews, standing in for missing Games Committee members, was able to hurl a 51.03 HT. M65: Ed Burke, the first athlete

age-40+ to make an Olympic t&f team, broke the WR in the HT with a 53.91. Emil Pawlik bolted to a U.S. record 16.19 in the 100H, and won the HJ, LJ, and PENT (top scorer at 4023). Thom Weddle, RNF, won the 5000 (21:06.18) and 10,000 (44:58.84). Gerald Vaughn won the SP (14.02) and Richard Cochran, the DT (50.20) DT (50.29

M70: Phil Shipp, after winning the PENT on Thursday, won the SP (13.96) from a tough field, and JT with an AR 42.53. George Mathes was first in the 800 and 1500 (5:47.77). Bill Iffrig, STC, negotiated the 5000 in 20:53.81 and the 10,000 in 44:13.21. AR record-holder Bob Ward, DMTC, won the HT (51.35).

M75: James Stookey, PVTC, ran a

Continued on page 11

than to say, "I can't heal any quicker and must be patient.'

Some older people feel they don't have much time left and this makes them impatient.

Another must for the older walker is to train religiously. A younger person may be able to lay off training a few days and come back and have a good race. An older person cannot.

Masters who are seriously competitive need to train regularly to maintain conditioning. They must have a strong desire. 🔾

(Elaine Ward can be contacted by email at: narwf@sbcglobal net)

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National Masters News

page 11

Profile

Bob Littky – Beating the Odds

By RON MARINUCCI

In 1998, for his 63rd birthday, Bob Littky's grandchildren bought him a baby jogger so he could run with the youngest of them. Since he had been a serious runner for about ten years, that was nice, but not too surprising. But fourteen years before, had someone suggested that Littky would be running at all, even still be alive in 1998, it would have been met with disbelief at the least.

"The doctors said I was dead-twice," he recalled. The story of the former Farmington Hills, Mich., runner is right there on p. 156 of the book Death Defiers (by Selene Yeaher and Kelly Garrett, Rodale Press). It is a medical miracle-along with guts and determination

"I was 48," he later told me. "I was a smoker, three packs a day, and I was fat." He also admitted to being a Type-A businessman, running the family print shop. Not surprising in retrospect, he had a heart attack.

Recovery Formula

Recovery included working with CardiAthletes at the local Beaumont Hospital in Royal Oak, Mich. His rehabilitation involved "lots of walking, jogging, and running," a formula he still uses. "I lost 50 pounds and decided to do a marathon."

He trained in the summer and early fall of 1984, his target being the Detroit Free Press Marathon that October. Disaster then struck a second time.

He returned home from a training run with what he said was "a terrible headache." That "headache" turned out to be an aneurysm. "Two blood vessels had burst in my brain," he said.

Lapsing into a coma even before the paramedics arrived, he was rushed to the hospital. Once there, doctors didn't offer his wife, Loretta, much hope.

"The doctors cut into my brain," Littky related. He was about to be released when, still in the hospital, he had another stroke. This is when the doctors said, "not once, but twice" he visited the nether world.

Thirty days and two surgeries later, he had recovered enough to be sent home. "I couldn't walk, read, or write," he said about his return. "I had aphasia, an inability to use or comprehend words."

He admitted to me, "This conversation we're having, we couldn't have had it." Compounding matters for one who had planned to run a marathon, he had lost the use of his right leg and hand.

On the Mend

Yet, if nothing else, Bob Littky is a determined, strong-willed man. He began the steps toward recovery again. With rehabilitation came renewed motivation to run-a marathon! He believed "running saved my life before and I wanted to do it again." But, the going was slow, very slow.

With the strokes and aphasia, for the longest time, I didn't even know what a watch was," he mused. For a while, guide runners helped him to run in a straight line because he kept drifting to his right.

"In races," he admitted with a shrug, "runners who didn't know would get nasty when I'd run into them. I didn't mean it, but " He persevered, acknowledging "I was very lucky. I couldn't even use a car.

In stepped Loretta. To this day, one of the first things Littky will tell anyone is "My wife is terrific! She was never nasty. She's great!" Loretta would drive him out to places where he could run, sit and wait for

him to finish, and then drive him home. The Marathon - Finally

Justice prevailed; hard work and determination paid off. He finished his Free Press Marathon, although three years later than he originally planned. "I finished in five hours and 30 minutes. Six of my doctors ran five or six miles with me."

Now, almost twenty years later, "My running is fine. I feel better than ever." That's saying something, considering that a few years ago doctors told Littky "inside you're more like 40 [years old]." And, he enthused, "I still do my racing."

Since that first Free Press, he has completed nineteen marathons and countless shorter races. At his "peak," it was not uncommon for him to run two or three races in a weekend. He has run the Boston Marathon twice.

"The first one was as an American Medical jogger. The second one I qualified for in 3:30," which remains his personal best. Just last October he finished the halfmarathon event at the Free Press.

Oldest Runner

Today, he seems to get his biggest kick when "I'm the oldest runner out there," he chuckled. At the recent Fathers' Day Run in Plymouth, Mich., "I did the 10K. I was the oldest in the race."

Loretta and he recently packed up and moved from Farmington Hills to Madison, Wisc. There, on July 4th, "I did a 5K in the local park. I was the oldest guy in that race." In his new surroundings, Littky is still running. "The streets in Madison have biking lanes. You can use them for running and walking. No one in cars is looking to kill you," he quipped.

He noted, like much of Oakland County, Mich., "there are lots of hills," but he still manages quite well.

"I'm out there about an hour-walk, jog, run-in the morning. Then I'll do another four miles in the afternoon." As in the past, he has also done cross-training in the form of weight training and spinning. That's a lot, even for those of us who haven't come back from the dead-twice!

But he and Loretta plan on spending time in Oakland County. One of their children still lives here and is expecting their fifth grandchild. He smiled and said, "You know how that is. I have to be there."

Motivating Others

In appreciation, over the years, Littky has done a lot of motivational work. He has worked with others' rehabilitation. "I still do a lot of motivation with stroke [victims]. They sit. They get fat. They hate everyone. They need some motivation.

If you push your brain, things get better. It's very easy to quit. I won't live that way." He doesn't, and he works to make certain others don't either. Part of this has involved serving as an exercise leader for senior citizens

It's hard to come away from a conversation with Bob Littky without feeling good, good about running and good about life. Through this ordeal (and that's not how he would describe it), he's been the first one to say, "I've been very lucky." And so have we.

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

Highlights of Nationals

Continued from page 10

53.15 300H to break the WR, and won five other gold medals. Don Cheek, who has been a master since the discovery of fire, won the 200 and 400 (70.11). Arnie Gaynor took the SP (12.06) and DT (36.63).

M80: Mel Larsen, looking as crisp as a freshly picked ear of Iowa corn, established a U.S. record (16.22) for the 27' 80H, and won the 100 (15.00) in the field of six 80-year-olds, and the 200. Jim O'Neill, who has competed in all 38 masters championships, won the 5000. Roy Englert, PVTC, steamed to wins in the 400, 800, and 1500. Dick Mulkern, FAC, won all four throws, with a 29.86 DT and a 27.58 HT.

M85+: Trent Lane, M95, went home to Louisiana with four WRs in the throws. Clarence Trahan, M90, scored ARs in the 100 (20.56) and TJ (6.10). Leland McPhie, M90, added the HJ (1.05) and SP (7.01) to his skein of records. Hugh Hackett, M85, left Hawaii's shores with six gold medals in the throws and jumps.

Reflections on the National Championships

Honolulu

By PETER TAYLOR

Long before I packed my bags for Honolulu to announce for four days, I began thinking about the heat. I was badly burned by the sun at the meet in Randolph, N.J., in June, and on July 24 (Mid-Atlantics in Pennsylvania) I got toasted again, less severely. As the Honolulu meet got closer, I was also July 10. Talk to "The Penguin" at my fitness club: Tells me that the

August sun is tougher in Honolulu than in Orlando. Oh, Penguin.

July 16. See that Mike Egle is an entrant, and his name doesn't even register. This is the same Mike Egle who won that masters invitational race (put on by Mark Cleary) in NYC several years ago, and his name bounces right off me at first. If I can't know the runners, I will have to sell the sizzle. Eventually, I will be all sizzle (but not right now).

July 16. From Kuakini Health System (kuakini.org): "If possible, avoid exposure to the sun between 10 a.m. and 4 p.m." But that's most of the meet!

July 24. Announce Mid-Atlantic meet. My voice lacks quality, and I wear it out as well. Spend most of time in shade and end up with burned face.

July 26. Get e-mail from New England competitor who had been to Hawaii before. The sun burned her sons at the beach even though they wore shirts. It went right through their clothing.

August 2. Fly to Honolulu from Baltimore-Washington International. After arriving, ride the free shuttle to hotel with three officials. I'm the last to get off, and the driver says, "I was told to collect from Taylor." What? Get that The others paid nothing. straightened out eventually.

August 3. Study the competitors a little bit and swim 30 lengths of pool (in stages).

August 4. (opening day of meet). Have dream about announcing: I have no sheet for 200, don't know anyone in the race, call the race as a close finish even though it is a runaway, see clearly that #1 is winning and announce that he is #2. Wake up eventually and get out of bed about 4:04 a.m. Have breakfast at Denny's across the street (fruit cup, three scrambled eggs, toasted English muffin, and orange juice).

(5:17.35), USA National Masters Championships,

Will eat the same breakfast every day of meet (with at least three different prices). It has to last for a long time, as I will go without lunch (my choice) throughout the meet. Thank goodness, Sid Howard gives me an early ride to track.

Meet opens with 5000. Dissatisfied with the quality of my voice, I'm not very good. Send postcard to colleagues at office: announced in the 75th percentile. Overnight: If I can't announce any better than this, I should quit. Of course, I don't want to quit, but I'm very disappointed.

August 5. Announce very well -98th percentile. Am quick as a cat, picking up the leaders in the sprints almost immediately. I know everything and my voice has excellent tone. Yes! Tell Bill Collins how well I did: "I was hot." Tell Charles Allie and Stephanie Vega the same thing. They agree. I'm wearing special pants and a long-sleeved shirt for the sun, a hat, and have SPF 45 lotion for my skin. Weather not a big problem, as I announce from under a tent.

August 6. For some reason I can't announce well two days in a row. I even shout a few times. What's my problem? One, I distrust the sound system (the speakers), and two, I seem to have forgotten how to use my voice. In addition, I get sloppy with a couple of heats. Grade: 84. Go back to hotel, and lie on bed (on my back) with my



National Masters News



3x15: Andy Warhol Promised Everyone 15 Minutes of World Fame

Three Warholian moments: It happened to me. Andy Warhol, of course, was the artist who once opined: "In the future, everyone will be world-famous for 15 minutes." Warhol believed the Media could convert anyone to a paparazzi target, at least briefly. But some of us are blessed - or cursed - with more than the normal allotment of fame, as I learned last week.

I realized this after I received an email message from a college classmate, who claimed I was the answer in a New York Times crossword puzzle: "Wrote run-ning book, nine letters." That clue came toward the end of the week, when Times puzzles get tougher, so she was relieved to fill in the boxes: H-A-L-H-I-G-D-O-N.

About the same time, I learned that John Roberts had been nominated as the next Supreme Court Justice. Within hours of the nomination, I received a call from a newspaper reporter asking if I knew Judge Roberts.

Well, not really, although he grew up only two blocks from our home in Long Beach, Indiana. His youngest sister Barbara was a close friend of our daughter Laura. Another sister, Peggy, once had been our babysitter.

Then in the same week, I heard from the producers of an Off Broadway play titled Thrill Me!, a musical based on the Leopold & Loeb case, if you can believe that. One of my books was titled The Crime of the Century about that same murder case from 1924. The producers wondered if I could come to New York and do a "Talkback" after one of the performances?

How to Handle Celebrity

Humbly, I agreed, but how does one handle the celebrity that comes with three Warholian moments? I wondered: Do I serve my three periods of world fame simultaneously or concurrently?

Do the 3 x 15 minutes count merely as one infamous 15-minute segment, or do I claim a total of 45 minutes of near immortality? Would Judge Roberts please offer an opinion? No, he probably doesn't want the Senate to know too much about his views.

Perhaps I shouldn't agonize too much, since when I checked with the New York Times crossword puzzle editor, he claimed that my name never had

been used in one of their crossword puzzles. Rather huffily, I might add.

My classmate later admitted that maybe it was a puzzle in the Rochester Democrat & Chronicle, lower on the feeding chain, but is anyone going to really check my resume after my 3 x 15 minutes pass? And how credible is the Times these days since one of its reporters just got sent to jail?

Valid Connection

The connection with John Roberts is real, since his sister Barbara did stop by my booth several years ago at the LaSalle Bank Chicago Marathon Expo to say hello and ask about our daughter. I'm not sure whether Barbara was running the marathon or supporting a friend, maybe even her more-famous-than-me brother. About Sister Peggy: did we file W2 forms in her name? Is there some-thing about her babysitting past that Ted Kennedy might like to know?

The appearance in New York at Thrill Me! was fun, because unlike my usual appearances, I got to talk to a near capac-ity audience of non-runners about a subject sadly more popular than running: crime and violence.

Nobody asked about their knee injuries, nobody asked how much Gatorade to drink per mile, and I learned after my Off Broadway stint that the show had been extended an extra two weeks.

Unfortunately, while Thrill Me! continues to play to the public and while John Roberts moves inexorably toward his confirmation, my three Warholian moments have passed. Will I ever be a nine-letter answer to a crossword puzzle again?

(Hal Higdon, a Contributing Editor for Runner's World, serves as a consultant to his wife when she does crossword puzzles. His Web site, halhigdon.com, features training programs for all distances.)

A A		
P	EN A	
	<u></u>	
	15	

SUZY HESS David Nash, winner of the M35 1500 (4:06.56), USA National Masters Championships, Honolulu

Reflections on Nationals

Continued from page 11

feet on floor, a very awkward position. Incredibly, I fall asleep. Maybe it's getting up at 4:04 each morning that

fans (including "emerging superstar" Nadine O'Connor) and confirmed some old ones.

exhausted from weather conditions did not hold up. The key was "sun avoidance," not "sun protection," as I simply avoided being in the sun's direct rays.

KEN STONE Kettrell Berry, M40, winner of the 200 (22.51) and 400 (51.49), USA National Masters Championships, Honolulu.

September 2005

things to announce for four full days in the outdoor championships: (1) keep from getting burned, (2) avoid exhaustion from overexposure to sun or heat, and (3) avoid wearing my voice out. The last depends on breathing properly and on opening my mouth more fully when speaking. I "quarter-drank" water the entire meet (take the water in, taste it, wash my mouth with it, then spit 3/4 of it out), which helped a great deal.

Jim Russ (pentathlete from North Carolina) gave me good compliment about my "rhythm." Others seemed to think I did a good job. Mary Grene (dynamic 1500 runner from Kansas) wondered how I knew so much. Overall, a fairly good performance, and now my thoughts turn to Boston and Charlotte.



Runners of the first leg get into position for the 4x100m relay, USA National Masters Championships, Honolulu

September



Brian Coushay, se (6.07), USA Natio Honolulu.

FIVE Sep

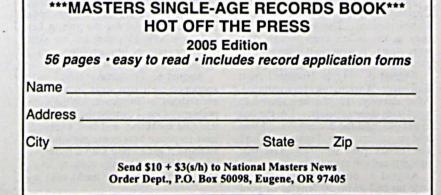
•National ward Fie

> •Revived Draw 35 Andrew





Ted Poulos, third USA National Honolulu.



has done me in. August 7. Final day of meet, and I

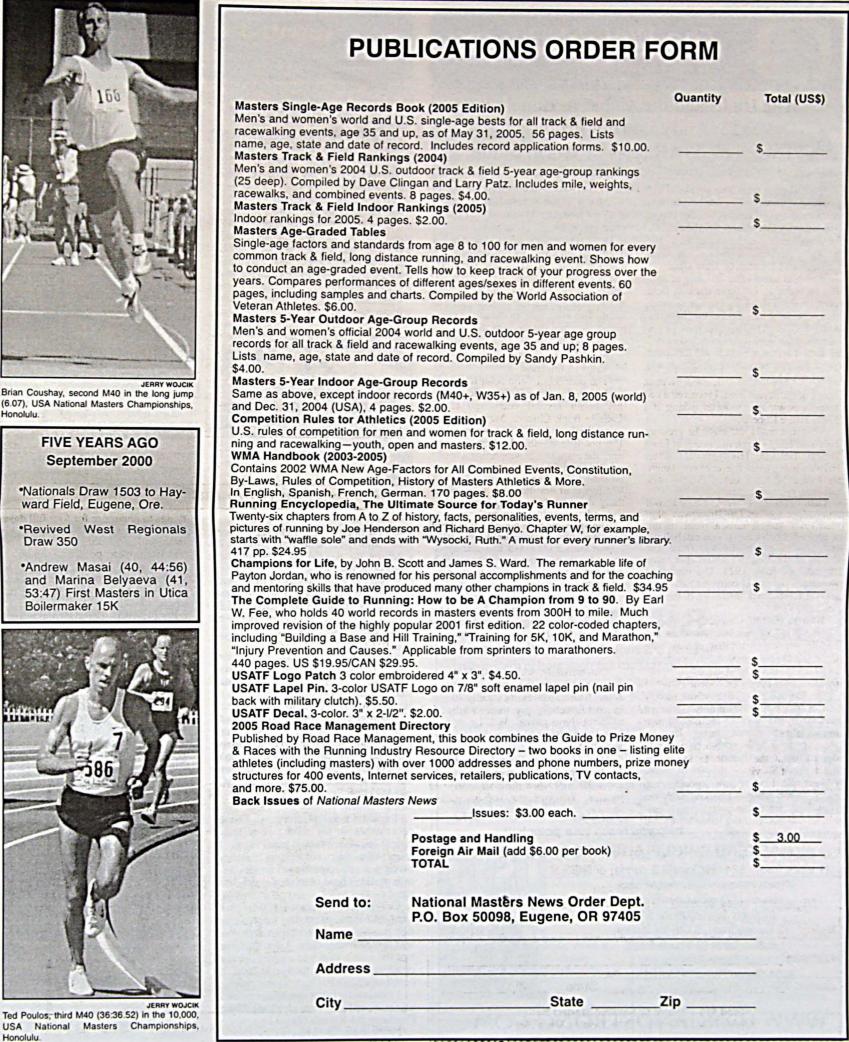
announce well again. I am sharp as a tack, my voice is good. Score of 95. Well, two good days out of four is not bad, albeit disappointing.

Reflections: Announcing well (at times) was thrilling. Made some new

My fear that I would get completely

As an announcer I must do three

September 2005



students?).

for hours.

came out at night.

was seduced, in spite of no air conditioning, by the promised "trade winds" and The Weight Room the cost Mokihana dorm, I finally called campus

By JERRY WOJCIK

The Highs and the Alohas in Honolulu

fter learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

It all worked out. The shuttle to the javelin site was on time, the venue was good, and the officials were top notch. The hammer ring was thought to be slick by the older throwers (me included), but it didn't bother Ed Burke, Oneithea Lewis, Carol Finsrud, or Trent Lane

Page 14

Burke, at age 44 the first athlete age-40+ to make an Olympic track & field team, in the 1984 Los Angeles Games, and now an M65, broke the hammer world record (53.91). Oneithea Lewis increased the W45 hammer world record by over two meters with a 52.89, and Carol Finsrud upped her W45 national discus mark to 50.85.

Trent Lane broke two of his four M95 world records using that ring, in the discus (15.95) and hammer (15.97)

Impressive Performances

The most impressive athlete, I thought, was Phil Shipp, an M70 from Sedona, Ariz. When I first saw him, warming up for the shot put (4kg) on Thursday, the same day he won the pen-

tathlon (3854) by 900 points, I figured he was a steeplechaser who had wandered over by mistake. He doesn't look like your typical bulked-up thrower.

He won the shot with a 13.96/45-9 3/4 in a field of nine, including James Koch and Bob Ward, two formidable throwers.

On Friday, at Punahou High School, Shipp won the M70 javelin (500g) with a U.S. record 42.53/139-6. Compared to some of us who were in the group competing with him, he looks as if he knows how the event is supposed to be done.

So, here's a guy who wins the pentathlon, not an event usually won by national champion shot putters, wins the shot with a 2005 probable top-ranked mark, and breaks a national record in the javelin.

I hope Phil Byrne and his Masters Awards Sub-Committee are taking note of Shipp.

Campus Life

I was leery of staying in a dorm in Honolulu after Decatur last year. But, I

JERRY WOJCIK Ed Burke broke the M65 world hammer record with a 53.91, USA National Masters Champion-ships, Honolulu.

night.

I'm sure that most of the U. of Hawaii students are thoughtful, but this was a strange bunch.

My hopes for that segment are that their federal and state grants dry up and the job market is flat for their majors when they graduate. Plus, it wouldn't bother me too much if the UH Warriors lost their season opening games to USC and Michigan State,

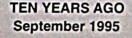
Unwelcome Guests

To add to our pleasure, we found cockroaches in the room. I actually caught one with a folded facial tissue. I knew that they were local roaches because a self-respecting stateside vermin wouldn't have been seen, much less caught.

Our beddng and towels were not changed for the entire stay. I was told that the water in the women's shower was several inches deep. I don't believe that the men's john was cleaned for the entire time we were there. At least, it didn't smell like it.

I lived under better conditions when I was stationed in Wonju and Yong Dong Po during the Korean War. Never again.

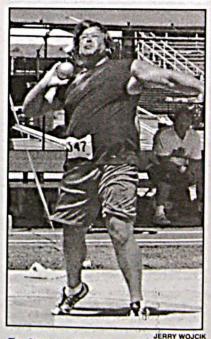




5335 Athletes Take Part in 11th World Veterans Championships in Buffalo

Competitors from 79 Nations Set 58 World Records

·Gateshead, England, Chosen to Host 13th Veterans Championships in 1999



Tim Shannon, M40 winner (14.39) in the shot put, USA National Masters Championships, Honolulu.

September 2



n optim cess in s the imm ning attitude in toughness.

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TRAIN YOUR **BRAIN!**

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Speaker's Corner By Earl Fee

Achieving a Winning Attitude

n optimistic, positive attitude is essential for a higher quality life and success in sports. On the other hand, a negative attitude creates stress, reduces the immune system and de-energizes. I will discuss how to achieve a winning attitude in sports, which has mainly to do with self-confidence and mental toughness.

Reacting to Events Beyond Our Control

· Realize we have a choice regarding our behavior and reaction.

· You put pressure on yourself: stress comes from within.

· Life is 25% of what confronts you

and 75% how your react to it. · Your reaction is often more impor-

tant than the happening. · Choose the positive-in-control-

not-over-reacting attitude. · Always look on the bright side. A

negative experience often has positive consequences.

In many cases a negative experience can have some positive consequences. For example, an injury is an opportunity to develop more strength with weight training, and become stronger in cycling, rowing and swimming.

Work on Developing Mental

Toughness

Mental toughness development is an everyday, lifelong process, and can be practised during daily activities, workouts and races.

A mentally tough athlete is:

Consistent

· Confident, positive, optimistic Persistent

 Able to deal well with distractions and pain

• Resilient to disappointments

Possessor of the ideal state of mind

Effective Techniques

The following are some effective techniques that have helped me and will work for you too:

· Practise mental techniques: relaxation, meditation, visualization and assertive statements. Practise these techniques daily.

· Relax the body to get rid of anger, fear, and negative emotions and return to a positive mental state.

· Exercise the mind every week. Mental toughness comes from exercising the mind with games like chess, bridge, memorizing poetry, learning a foreign language, etc.

· Physical toughness results in mental toughness. Consistent disciplined training results in mental toughness. Do the workout you hate to do. The coach may incorporate some stress, i.e., the athlete is given no advance knowledge of the hard workout, or the workout is made harder as the athlete tires.

 Experience frequent races over many years. Direct your thoughts to performing at your very best and deemphasize winning to reduce stress. Think of your past successful performances and your strategy, rather than what you think your competitors can do. And go for your personal best.

· Control what you think, visualize

how you look. Control what you think by substituting positive thoughts for negative; e.g., concentrate on "I am ..." or "I can ..." statements. Develop the habit of thinking tough.

 Overcome day-to-day emotional challenges (social, family, and work).

· Avoid overreacting to, and overdramatization of, a situation. Practise self control in everyday situations, cool down before reacting - counting to ten is a good idea.

· Believe you can do more than you think you can. The mind is actually the weak link and can play tricks on you.

· Know the purpose of each workout. When you know the purpose and the ultimate rewards, the pain or discomfort becomes more tolerable and the workout more beneficial. (If necessary, ask the coach.)

. Think as if. To change an attitude. think as if you had the desired attitude already.

· Act as if. By acting calm, confident, energetic, and happy, you achieve these qualities. Practise looking and acting calm, etc., on the outside. Finally, think and act like the "ideal" athlete – the "warrior" athlete.

Set Goals

Setting performance and outcome goals helps to produce a winning attitude. Short-term performance goals are more effective than long-term outcome goals, since they focus on daily, weekly, and monthly training targets.

With the accomplishment of each small goal, the athlete is encouraged and motivated, resulting in greater confidence and optimism.

Have the Right Focus

Thoughts or focus = Feelings = Performance. Our focus on the happening affects our feelings (emotions) and hence our reaction. With a winning attitude, we have strength and controlled emotions in the face of things we cannot change.

The chart on this page illustrates some examples of the wrong focus (poor attitude) and right focus (winning attitude).

Walk Tall Like a Champion

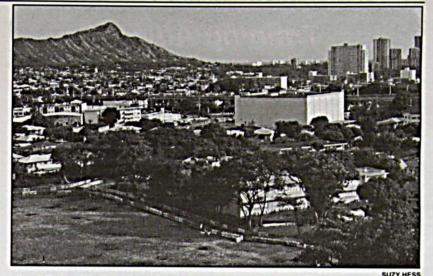
I have found a poor attitude is normally associated with poor posture. But a person with a good attitude has good physical bearing and posture.

So it follows that to improve your attitude you simply have to walk tall like a champion, and immediately your self-confidence and inner control are improved.

Good posture produces positive feelings which lead to self-confidence, self-esteem and greater energy.

Summary

Put it all together with: daily mental techniques, the right outlook and focus,



View of Diamond Head, downtown Waikiki, and the campus from the University of Hawaii dormitories, USA National Masters Championships, Honolulu.

Happy Labor Day from the staff at NMN

and goal-setting. Now walk tall like a champion, and go for your dream. (Further details may be found in Earl Fee's book The Complete Guide to Running, all in color, presently on sale at the introductory price of \$19.95. See the web site www.feetnessfor life.com, ad on page 18, or NMN order form on page 13).

Subscribe to the National Masters News on-line at: www.nationalmastersnews.com

TWENTY-FIVE 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)

Clive Davies Breaks M60 5000 WR with a 17:19

Wrong Focus Losing a competition and feeling how painful to lose	Right Focu How much you learn fro
Worried about the competition	Look on the competition friends to bring out your
Self-talk is negative, resulting in negative emotions	Self talk is positive and resulting in positive emo
Thinking of what the your com- petitors might do	Thinking of your race p good preparation and go performances
Looking on a higher intensity workout as a threat	Looking on the workout challenge
Winning viewed as the only acceptable outcome	Seeing the competition a learning experience
Seeing only the negative aspects of a situation	Looking for the positive the situation
Viewing the situation as difficult	Realizing how hard you get here and your reading
Adopting the killer instinct; seeing the competition as a savage battle	You are competing again go for a personal best, so competition as an enjoy
Competing for fame, and reputation	Competing for the love
Putting too much stress on the outcome	Realizing the process, th is more important
Focusing on a long term un- realistic goal	Focusing on short-term goals
Looking on fatigue as something you hate	Looking on fatigue as d a necessary training part to condition your body
In a competition fretting about a past mistake or a momentary success of the opposition	Not dwelling on the pas concentrating on your ra and your technique
Losing focus when distracted	Concentrate on your ref
Distracted externally	Counteracting the extern by focusing internally
Distracted internally	Counteracting the intern by focusing externally

	Right Focus
	How much you learn from the loss
	Look on the competition as your
12	friends to bring out your best
	Self talk is positive and constructive
	resulting in positive emotions
1	Thinking of your race plan, your
	good preparation and good past
	performances
100	Looking on the workout as a
	challenge
	Seeing the competition as a
	learning experience
alts -	Looking for the positive side of
	the situation
100	Realizing how hard you worked to
	get here and your readiness
	You are competing against yourself;
	go for a personal best, seeing the
	competition as an enjoyable challenge
n	Competing for the love of it
	Realizing the process, the training
	is more important
1	Focusing on short-term process
	goals
	Looking on fatigue as discomfort,
	a necessary training partner, helping
2	to condition your body
	Not dwelling on the past, but
	concentrating on your race plan
	and your technique
-	Concentrate on your refocused plan
	Counteracting the external distraction
12	by focusing internally
	Counteracting the internal distraction

page 15

National Masters News

Training Advice By MIKE SPINO

Expressive Voices from the Middle of the Pack

While looking for your name on a result sheet in the middle of the pack, do you sometimes think, "My experience is important to me, but who can I tell about it, and who cares anyway?" Well, I would like to make a six week pact with you, and work together to allow you to achieve a result and experience that will be satisfying to both of us.

continuous/1 day fartlek.

before each race day:

Formula A:

Stretches

Stretches

recovery.

for training. Formula B:

Stretches

Stretches

above.

seconds

for training. Formula C:

Stretches

Stretches

ing would be 6:20)

assessment pace

faster would be 2:57.)

Repeat the following for six weeks,

racing at the end of week 2, 4 and 6. Follow each warm-up with a few lim-

ber stretches. Only jog 20 minutes

8 times 100 meters at half speed

2 times 600 at a pace that is approx-

imately 3 seconds faster than when you

passed 600 meters on the 1600 meter

assessment. (For instance if you ran 8

minutes, it would be 3 minutes, and

Days 3 and 4: Run up to 30 minutes

Day 5: Jog and stride telephone

Rest two of the seven days whenev-

12 times 100 at half speed with

1 times 3 laps at speed 5 seconds faster than you would have passed dur-

ing the mile assessment (for instance, if

you ran 8 minutes for the mile, and

passed the third lap in 6 minutes, aim

for 5:55 on your 3 laps). Follow with 3 times 600 using the 3 second formula

Days 3 and 4: Run up to 40 minutes

Day 5: Jog and stride telephone poles or do a trail with four to six

times/half at 2 minutes and half at 3:30

er you feel like it or time doesn't allow

Day 1: Jog for 5 minutes

with breathing technique on a few Day 2: Jog for 5 minutes

Rest two of the seven days whenev-

15 times 100 meters at half speed

1 time 4 laps, 20 seconds slower

4 times 600 at 3 seconds faster than

Days 3 and 4: Up to 50-minute run

Day 5: Run telephone poles or trail/

Day 6: One hard run between 20 and

5 to 6 times/3 at 2 minutes and 2 at 4

than assessment pace (6:00 minute tim-

poles or on a trail do 4-6 runs for 2 min-

utes each at about half speed with as much rest as you want to almost full

er you feel like it or time doesn't allow

Day 1: Jog for 5 minutes

breathing technique on a couple

Day 2: Jog for 5 minutes

Day 1: Jog for 5 minutes

with breathing technique on a few Day 2: Jog for 5 minutes

Six Weeks to Glory!

Hey, you, in the middle of the pack, here are some hints to make your experience of running more than just a time on a result sheet, or an ordeal to overcome in the name of good health. The way to improvement in your times, and greater "personality" satisfaction begins with thorough planning.

Give yourself six weeks to incorporate the suggestions in this article into your racing and training and point for the third race during a sequence of six weeks to achieve your mark. I'll provide my mailing address and e-mail so you can send me a note on your achievement.

First Steps to Achievement

Time yourself for four laps around a regulation 400-meter track and enter yourself into one of the three following categories:

• Over 9 minutes

- Between 6:30 and 9 minutes
- Under 6:30 minutes

Then, cease running one tempo runs or an occasional unplanned interval session and follow the plan that will follow. The plan will include a breathing technique that will make your running and training more diverse and satisfying.

Find a quiet place in your home or work environment where you can relax for 5 minutes three times a week. I will show you how to do mental relaxation exercises and race rehearsal imagery. Please keep a diary (even one sentence) of your training and racing experiences.

Plan three races over the next few weeks: one at two weeks slightly over your target distance, one at five weeks slightly under the target distance, and the last at six weeks at your target distance of one mile (fun run), 5K or 10K.

Environments Needed

• A track with a grass field in the middle or alongside.

• A running loop from your house or nearby start location.

• A comfortable straight-backed chair

Workout Formulas

Do one of the following for six weeks according to the level you have accomplished from your assessment. The formulas are based on a time-tested combination of categories of training for the level of fitness you displayed.

Formula A: 1 day intervals/2 days continuous/1 day "speed play" or "fartlek."

Formula B: 2 days of intervals/2 days continuous/1 day "speed play" or "fartlek."

Formula C: 2 days of intervals/2



Kevin Paulk (r), first (4:12.07) and Chuck Coats, second (4:15.11), M45 1500, USA National Masters Championships, Honolulu.

Visit the National Masters News Web Site at: www.nationalmastersnews.com

30 minutes

Rest one day from training or rac-

ing. Use This Breathing Technique In the middle of an interval workout, to propel yourself forward, do this breathing technique (it is called tidal breathing).

Practice it: Stand still, empty all the breath from your lungs, then fill them completely by raising your shoulders on the inhale, hold it for a moment, than forcefully exhale.

Use it: While running an interval, half way to the finish, while running, exhale, then inhale completely by raising your shoulders, hold it for a brief moment, then forcefully exhale, propelling yourself forward towards the end of the interval.

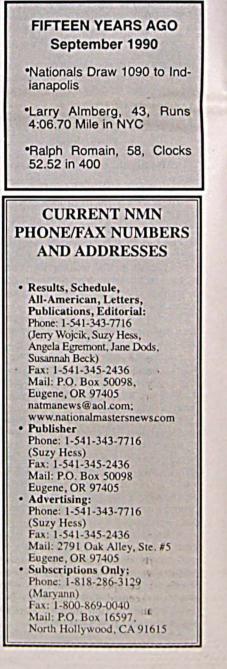
Think this way: Three days a week find a quiet place and sit straight up in a chair. Close your eyes, or gaze out at an object. Breathe in with a comfortable breath (count that as one), on the exhale count as two. Do two breaths for a count of four. When you feel a level of comfort you can cease counting and just breathe easily, relaxing with each exhale. Wear a watch and at 5 minutes open your eyes. Keep a diary and write down your thoughts and impressions.

Think this way for the last days before the last race: Sit in your chair with closed or gazing eyes. Let the idea of the upcoming race come to mind and break it up in your mind into three parts - beginning, middle and end. In your mind's eye "see" yourself doing well in each phase of the race and finishing just as you would like with friends and loved ones cheering you on.

(Send your results to: Mike Spino, 5056 Newpark Drive, Acworth, Ga. 30101; mspino@bellsouth.net) September 2005



Kyle Lanier (#397), M30 first (4:14.47), and Matt Bogdanowicz, M35 second (4:14.79) in the 1500, USA National Masters Championships, Honolulu.



September 2

World N

By AL SHE, "Passion Qu Life," and "T Ends," were th Masters Games Canada, July 22 The sixth qu

astonishing 21, 84 countries, e down an ent (CAN\$185) to more) of the 27 was the largest petitors from (2591), ice hocl (1433) and swin next most popul

Competitors event ranged in Twenty-three p were from Edm rest of Alberta; Canada; and 33 including 1974 from Australia, 58% were male;

An additiona coaches, and Western Canad total number o over 23,000.

The successf by the Interna Association (IM first WMG in 8305 participar Denmark in 1 Australia in 19 OR in 1998 (1 Australia in 200 Organization

Most of the 2 smoothly. It w professional E who have done t - from the Con 1978 to the V Championships bers in those ev son to the mag extravaganza.

Except for a University of A field events were Brian Keavene T&F Coordinat organizers for a got the technica competition right

Equally amain participants was teers. "We has said Morley Sco of the Games approached, we away."

Volunteers a were uniforml knowledgeable, of Edmonton. them got paid. Participatio

The dominal was clearly pa competitive. C of fierce con everyone seen healthy and j marks, and sco

National Masters News

21,285 Athletes Take Part in 6th World Masters Games in Edmonton, Canada

By AL SHEAHEN

"Passion Qualifies You," "Sport for Life," and "The Challenge Never Ends," were the mottoes of the World Masters Games in Edmonton, Alberta, Canada, July 22-31.

The sixth quadrennial event drew an astonishing 21,285 participants from 84 countries, each of whom plunked down an entry fee of US\$150 (CAN\$185) to compete in one (or more) of the 27 sports. Track and field was the largest sport, with 3050 competitors from 52 nations. Soccer (2591), ice hockey (1772), basketball (1433) and swimming (1411) were the next most popular events (see chart).

Competitors in this multi-sport event ranged in age from 24 to 96. Twenty-three percent of the athletes were from Edmonton; 24% from the rest of Alberta; 20% from the rest of Canada; and 33% were international, including 1974 from the USA, 1442 from Australia, and 408 from Russia; 58% were male; 42% were female.

An additional 2000 companions, coaches, and managers joined the Western Canada festivities, bringing total number of participants to well over 23,000.

The successful event was sponsored by the International Masters Games Association (IMGA), which staged the first WMG in Toronto in 1985 with 8305 participants. Next came Aarhus, Denmark in 1989 (5500), Brisbane, Australia in 1994 (24,500), Portland, OR in 1998 (11,000) and Melbourne, Australia in 2002 (25,000).

Organization Excellent

Most of the 27 events seemed to go smoothly. It was a testament to the professional Edmonton organizers, who have done this sort of thing before - from the Commonwealth Games in 1978 to the World Track & Field Championships in 2001. But the numbers in those events paled in comparison to the magnitude of this 10-day extravaganza.

Except for a lack of parking at the University of Alberta, the track and field events went virtually flawlessly. Brian Keaveney, Canadian Masters T&F Coordinator, worked with the organizers for a year to make sure they got the technical details of the T&F competition right. They did.

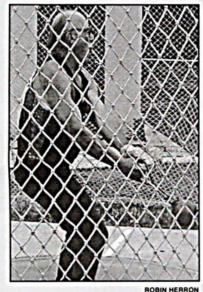
Equally amazing as the number of participants was the number of volunteers. "We had 6000 applications," said Morley Scott, Media Coordinator of the Games. "As the Games approached, we had to turn people away."

Volunteers and over 1000 officials were uniformly gracious, friendly, knowledgeable, and a credit to the city of Edmonton. And virtually none of them got paid.

Participation is Key

The dominant mood of the Games was clearly participatory rather than competitive. Oh, there were hot spots of fierce competition, but mostly everyone seemed just happy to be healthy and participating. Times, marks, and scores were secondary. Competitors included former worldclass athletes like Olympic highjumpers Debbie Brill, 52, and Robert Zmelik, 36; hockey Hall-of-Fame goaltending legend Grant Fuhr; Olympic swimmer Gary Hall, 52; and ex-NBA basketball stars Greg Kite, Fred Roberts, Mickey Johnson, and James Donaldson.

The Games also included Albertan John Berg, 70, in the 100m. Berg had never run a competitive race in his life. But he was as enthusiastic as anyone, saying hello to fellow competitors in the "call room" before his race. When a runner false-started in the previous race, Berg asked: "Why two gun shots?" Others gently explained the false start rules and the "on your mark, set, go" formalities to him. He was as welcome in the Games as any Olympian or world champion. He didn't qualify for the 100m finals, but, hopefully, he enjoyed his new experience.



George Mathews, WMA Games, Edmonton, Alberta, Canada.

Dan Bulkley, 88, Phoenix, Ore., was amazing. On Monday afternoon, he ran the 2000m steeplechase. The next morning, he won a singles match in badminton, then drove to the track in time to run the 300mH final. Then he took off to get ready for a badminton doubles match that afternoon.

A few age-group world records were set, but the announcers and the local newspapers didn't seem too interested. Jim Stookey's M75 WR of 54.98 in the 300-meter hurdles went unnoticed. No age-graded marks were compiled or reported

reported. "Let's not sugarcoat things, there was not a lot of world-class speed on display during the umpteen 100-meter sprint finals," wrote Jim MacKinnon in the Edmonton Journal. "Happily, there was a refreshing absence of the allworld attitude, trash talking, pouting, preening and testosterone run-amok that accompany the sprint events at, say, the Olympics. Instead, Foote Field was awash in inspiration and the kind of pure joy only intense sports competition can provide. Feel-good stories



Myrle Mensey, W55 shot put winner, WMA Games, Edmonton, Alberta, Canada.

kept charging over the finish line, one after another. It was beautiful."

Media Coverage Abundant Newspaper and television coverage

was abundant. Both the Journal and the Edmonton Sun had a daily page-one story and photo. The two local TV stations had cameras and reporters at most venues. As usual, the media focused mainly on former Olympians and the age 80+ participants. But, Keaveney said, "Any publicity is good publicity." The oldest participants were swimmers Jaring Timmerman, 96, of Winnipeg, and Margo Bates, 95, of Australia.

Debbie Brill

Debbie Brill, 52, is a giant in Canada. Despite withdrawing from her W50 high jump with a sore Achilles, she was mobbed by the local TV, radio, and newspaper outlets, who interviewed her and sister Connie, 51, for 30 minutes. She was the lead story on that night's TV broadcasts, and was the front-page story and photo in the next day's Journal.

"It's the first time Connie and I have competed together since high school," the friendly Brill said.

Connie cleared 1.40 meters (4-7). Debbie, who leaped 1.96 (6-5) in 1979 and holds the W50 WR of 1.60 (5-3), was set to enter the competition with the bar set at 1.45m (4-9), but her Achilles wouldn't cooperate.

"My style has changed but I still love high jumping," she said. "It makes me happy and gives me self-satisfaction." The mother of three manages a physician's office near Vancouver and, along with her husband, owns and manages a detox center.

Opening Ceremonies

More than 35,000 athletes, visitors and spectators attended the elaborate opening ceremonies, featuring nationally-known performers, pyrotechnics, and aerial displays. It ended with an on-thefield dance party to live music.

A 20- to 40-page booklet was pre-

pared for each sport, giving the venue addresses, rules, procedures, medical info, etc. Each participant received a quality 19"ax15" backpack.

The Games' organizers produced a daily eight-page summary – in English and French – of the previous day's activities. A shuttle bus service funneled athletes from the venues to the downtown hotels. Free public transportation was available.

One of the best examples of the cameraderie of the Games came on the slow-pitch softball field. The Moscow Teapots were a team composed of Russian university professors of modest means who scraped together the funds to make the trip to Edmonton. When a Canadian player realized the team didn't have any cleats, he spent \$900 of his own

Continued on page 18

2005 World Masters Games Athletics

TRANS STATES	Meet E	ntries
Country	T&F	Total
Argentina	-singular	8
Armenia	2	6
Australia	103	329
Austria	3	9
Bahamas	Tomate 1	5
Barbados		2
Belarus	receiver.	2
Belgium	5	14
Bermuda	-	2
Brazil	21	73
Bulgaria	. 2	8
Canada	2238	4096
Chile	-calification	8
Czech Republic	31	103
Denmark	distant in the	3
Estonia	6	13
France	2	- 4
Germany	26	83
Great Britain	19	56
Greece	Lastenster 1	5
Guam	10.00.0	2
Guatemala	Matteria 1	2
Hungary	12	39
India	73	126
Indonesia		2
Israel	- 4	10
Italy	4	5
Jamaica	7	12
Japan	30	109
Latvia	9	18
Lithuania	5	7
Mexico	19	53
Mongolia	2	3
Nepal	distant 1	1
New Zealand	37	107
Nigeria	11	13
Norway	2	7
Peru	1	3
Poland	7	14
Russia	39	128
Slovakia		120
Slovakia		12
	6	19
South Africa	- Sheet a	
Spain	-	2
Sri Lanka	6	13
Sweden	5	9
Switzerland	3	5
The Netherlands	9	
Trinidad & Tobago	(registering)	
Ukraine	12	
United Arab Emirates	anisotrain.	-case 1
United States TOTAL	267	728
TOTAL	3050	6341

World Masters Games

Continued from page 17

money to buy a pair for each player. **Medal Ceremonies**

Medals still mattered. Overall, Games organizers distributed 15,481 medals over the 10-day event. The track and field medal ceremonies were professionally done. About 30 minutes after a final, the announcer directed the fans' attention to a spot near the



Rick Becker, here winning the M50 8K XC race (28:48), 2005 World Masters Games, also won the 5000 on the track (16:15).

finish line where three medals were awarded, Olympic style. Medal engraving was available.

The track and field announcing was inconsistent. Athletes were intro-duced. All races were called. Some broadcasters identified the country of each runner; others did not. World records were rarely mentioned.

One downside to the planning was the lack of a list of competitors' numbers in the program. Spectators were unable to identify who the athletes were.

Sightseeing

Edmonton is at 53.5 North latitude, about the same as Amsterdam, so it stayed light until 10:30 p.m. Social



events were plentiful. Covering 48 city blocks, the West Edmonton Mall is the largest shopping and entertainment complex in the world.

Following the meet, many athletes and their guests explored the stunning scenery of Jasper, Banff, and the Canadian Rockies.

Weather

Some travelers flew in on a propeller-driven airplane from Seattle over the snow-covered Rockies. They came from a U.S. heatwave to find temperatures of 57F (high) and 43F (low) in Edmonton,. Athletes huddled indoors as they waited for their events to be called, and lined up alongside officials and spectators for hot coffee.

"I should have brought my gloves,"



Jeanne Daprano, W65, won the 800 and 1500, World Masters Games

said one Californian. "It was 109 when I left Los Angeles and 45 when our plane landed last night.'

But the weather warmed up to the 70s as the week went on. And the near-frost drove off all the mosquitoes. Conditions were generally good, except for daily late-afternoon thunder

September 2005



Medalists in the M85 100m, 2005 World Masters Games (I to r): Champion Goldy, USA, second (18.48); Ralph Maxwell, USA, first (17.17); and Fred Thompson, USA, third (19.51).

showers, which softball teams just played through. Players and volunteers pitched in for six hours to remove 1.25" of water from softball fields after one torrential rainfall **Favorite Part of Games**

A poll by the Journal asked "What was your favorite part of the World Masters Games?" "Competing" (26.8%) ranked first, closely followed by "The people I've met" (24.4%), "The city of Edmonton" (24.4%),

"Spectating" (17.1%), and "Volunteering" (7.3%)

Closing Ceremonies

Nearly 8000 people came out to the closing ceremonies on a sunny Sunday night after a week of intermittent rains. Flags were marched in to the field in alphabetical order. The Chinese Taipei Olympic flag flew for the first time, replacing the Taiwanese flag that was meet as their world championships.

Some are wondering if WMA should hold its world championships in conjunction with the WMG? It would seem logical, but maybe not. The mind-set of these Games would change. "We're a hybrid between participation and competition," said Tracy Bednard of the press office. "The emphasis is not on winning but on just being here and having a good time." It's also about US\$25 million

(CAN\$31 million). That's what the Games brought to Alberta in the form of money spent on hotels, restaurants, souvenirs, tours, etc., according to Economic Development Edmonton.

Indeed, the entry fees alone accounted for more than US\$3 million (21,285 x US\$150). The sanction fee paid by Edmonton to the IMGA was US\$1 million



AL SHEAHEN Volunteers line up behind the starting line, waiting to whisk the athletes' baskets to the finish line, at the World Masters Games

marched in during the opening ceremonies, prompting a protest from China.

Taiwanese soccer players boycotted the closing ceremonies to protest the ban on their controversial flag. China considers Taiwan a renegade province. Most nations severed relations with the democratic island off China's coast in the 1970s. China's Nationalists and Communists split amid civil war in 1949, when the Nationalists fled Taiwan.

"Best Games Ever"

Kai Holm, president of the IMGA, called the event "the most perfect Games ever." He said Edmonton proved to be the perfect-sized city for the Games. After the 2002 WMG in Melbourne, officials said they'd felt the event got lost in the city of three million people

Should WMA Hold Championships with WMG?

Only two of the 27 sports - orienteering and weight lifting - used this



On June 13, 2004, Sydney was chosen by the 10-member IMGA Board of Governors to host the 2009 Games over bids submitted by Shiga, Japan, and Copenhagen, Denmark. The IMGA General Assembly is composed of representatives from each of 17 core sports. Each organizer is allowed to include 10 additional sports, depending on local interest. But, unlike WMA, no vote on anything is ever taken of the participants.

Bob Adby, director of the New South Wales Department of Tourism in Australia, expects 30,000 to come to Sydney (pop. 4.3 million) from Oct. 10-18, 2009. "These games fit into the concept of sports for all and provide a general social value and well being. And, of course, the tourism value is obvious."

(For more information, go to www.2009worldmasters.com and www. imga-masters.com.)

September 2005



 Mary Harada, Liber the W70 US record for 14:41.60 in the USA Championships, Springfi 23. The present reco Jaclyn Caselli in 199 entrants, with fewer th shows, took advantage of

competition days of the s • Susanne Myette, W ter (20:14), RRCA Dista Dryden, NY, July 14. W65, ran a 24:18.



Brian Pope (#584), M40 win National Masters Champion

 Karen Friedman, V age-40+ runner to brea 39:28, Johnny Kelley 10 July 24. Liz Brodrich wo

67:59. • Mbarak Hussein, Ramilia Burangulova, masters winners in the 10K, Cape Elizabeth, ME Coyne, M50, zipped to win. Dottie Gray ran W80+ race.

· Leading the ma Stadium, Queens, NYC, Run to Home Plate 5 Wierslaw Perszke, 45 Huste, 40, 18:50. Dom age-group were Witol 21:47, and Ginette Beda

SOUTHE

· Phil Roberts, M Rachel Monderer, W40 ters firsts in the Crazy TN, July 16. Bob Barbe Elfrieda Wyner, W60, ra · John Anderson,

overall first in 37:27 in th 10K, Beaufort, NC, Christian, W40, took 46:47.

- MIDWE

· Jim Harrington, in 2:43:35, Grand Islan Island, MI, July 30. Ma were Gary Whitmer, Joan Rundman, W40, • Wayne Bush, Karen Manske, W45, ters wins, Bastille Day 14. Janet Omer, W60, division title.

****NEW REVISED EDITION**** The Complete Guide to RUNNING: How to be a Champion from 9 to 90 By Earl Fee

Earl Fee, holder of 40 world records in masters running events, from 300H to the mile, has updated his highly successful previous edition to include many action photos, new chapters on plyometrics, additional information on weight training, new magic supplements, best treatments for injury, effect of age on stride length and frequency, new training workouts and more

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Masters Scene

EAST

• Mary Harada, Liberty AC, obliterated the W70 US record for the 3000 with a 14:41.60 in the USATF-NE Masters Championships, Springfield College, July 23. The present record is 16:55.0 by Jaclyn Caselli in 1995. About 160 entrants, with fewer than a dozen noshows, took advantage of one of the best competition days of the summer.

 Subs, took advantage of othe of the best competition days of the summer.
 Susanne Myette, W40, was top master (20:14), RRCA Distance Festival 5K, Dryden, NY, July 14. Margaret Betz, W65, ran a 24:18.

SOUTHWEST

• Mark Dolph, M45, ran a 17:18, and Pam Sneed, W45, a 19:38, to garner masters honors, Mohawk 5000, Tulsa, July 23. Andy Hogan, M65, turned in a 22:05, and Susie Williams, W50, a 21:14.

WEST

• Ed Burke, who, at age 44, became the first athlete age-40+ to make a US Olympic t&f team for the 1984 Games, showed that he still has it with M65 ARs in the hammer (50.49) and 20# weight



Brian Pope (#584), M40 winner (32:30.00), and Craig Young, M45 first (33:26.17) in the 10,000, USA National Masters Championships, Honolulu.

• Karen Friedman, W40, was the only age-40+ runner to break 40:00 with a 39:28, Johnny Kelley 10K, Hyannis, MA, July 24. Liz Brodrich won the W80 with a 67:59.

67:59. • Mbarak Hussein, M40, 29:39, and Ramilia Burangulova, W40, 34:39, were masters winners in the Beach to Beacon 10K, Cape Elizabeth, ME, Aug. 6. Michael Coyne, M50, zipped to a 35:53 division win. Dottie Gray ran an 86:03 in the W80+ race.

• Leading the masters into Shea Stadium, Queens, NYC, at the NY Mets Run to Home Plate 5K, July 30, were Wierslaw Perszke, 45, 16.11, and Bea Huste, 40, 18:50. Dominating the 70-74 age-group were Witold Bialokur, 70, 21:47, and Ginette Bedard, 71, 24:21.

SOUTHEAST

 Phil Roberts, M40, 28:41, and Rachel Monderer, W40, romped to masters firsts in the Crazy 8's 8K, Kingsport, TN, July 16. Bob Barber, M55, 31:41, and Elfrieda Wyner, W60, ran notable division winning times.
 John Anderson, 41, chalked up an

• John Anderson, 41, chalked up an overall first in 37:27 in the Historic Beaufort 10K, Beaufort, NC, July 16. Tracy Christian, W40, took the W40+ title in 46:47.

- MIDWEST

 Jim Harrington, 40, was first overall in 2:43:35, Grand Island Marathon, Grand Island, MI, July 30. Masters 10K winners were Gary Whitmer, M45, 37:37, and Joan Rundman, W40, 41:53.
 Wayne Bush, M40, 16:57, and Karen Manske, W45, 21:23, blew to mas-

 Wayne Bush, M40, 16:57, and Karen Manske, W45, 21:23, blew to masters wins, Bastille Day 5K, Chicago, July 14. Janet Omer, W60, breezed to a 25:02 division title. (19.92) in the Pacific Association Championships, Los Gatos, July 16. Both present records (48.74 HT and 17.60 WT) belong to Bob Ward, set in 2003.

 Nadine O'Connor, 63, added 2 cm.
 Nadine O'Connor, 63, added 2 cm.
 to her W60 pole vault WR with a 3.12 (an A-G 116%) at a USATF-sanctioned allcomers meet at UC-San Diego, July 20.
 Five US records were broken in the

• Five US records were broken in the West Regional Masters Championships, Carson, CA, July 23-24, two by W70 Vicki Bigelow, in the 800 (3:15.39) and 1500 (6:34.60). Suzi MacLeod holds the 800 record at 3:15.63 in 2004, and Pat Dixon has the 1500 record of 6:42.17 in 1989. Phil Shipp, M70, hurled the 500g javelin 43.41 (Robert Youngs, 42.17, 2004), and La Tanya Glass, W55, also using the 500g, stuck a 28.27 (Sharon Raham, 26.53, 2004) for new records. The 4x800 So Cal TC W40-49 squad of Carrie Sherburne, Patricia Contreras, Mary Grene, and Lorraine Jasper ran a 9:56.82, below the 10:13.61 by a Fleet Feet team in 2004.

 George Cohen lowered the M65 US record for the 800 by a whopping six seconds with a 2:15.42, Southern California Striders Meet of Champions, Long Beach, May 7. The present record is 2:21.14 by Sid Howard, set at the 2004 USA National Masters Championships, Decatur, IL.

 Shirley Matson, 64, set at the 2004 OSA National Masters Championships, Decatur, IL.
 Shirley Matson, 64, set a single-age record of 43:09 (age-graded 91.3%) in the Alameda Run for Parks 10K, Alameda, CA, Aug. 7, better than her 43:14 set in April.

 April.
 Vytautas Ezerskis, M40, 2:42:56, and Jane Bloom, W40, 3:14:01, took masters titles in the San Francisco Marathon, July 31. Katherine Beiers, W70, finished in 4:52:00

• Nadine O'Connor, 63, had a stellar day at the Chuck McMahon Memorial Meet, San Diego, CA, July 9, with performances in the 100, 14.14 (96.5% A-G); 200, 29.61 (94.4% A-G); and pole vault,



Exchanging the baton in one of the relays held on Sunday, Aug. 7, USA National Masters Championships, Honolulu.

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2.90 (102+% A-G). Leland McPhie, 91, set a new US record in the high jump with a 1.09 (97.3% A-G) to eclipse that by Buell Crane, 1.04, set in 1990.

NORTHWEST

• Stephen Robbins, 62, and Brian McKinley, 52, had the top three performances in the NW Association Championships, Pullman, WA, July 23. Robbins scored an A-G 95% 25.61 in the 200 and a 93.2% 12.71 in the 100. McKinley hit 92.3% for his 14.97 in the 100H. Top two clubs were the County TC Masters with 60.

scored an A-G 95% 25.61 in the 200 and a 93.2% 12.71 in the 100. McKinley hit 92.3% for his 14.97 in the 100H. Top two clubs were the Comets TC Masters with 70, and Clark County TC Masters with 60. • Keefer Whan, M40, 26:29, and Suzanne Ray, W40, 35:06, took masters firsts, Seafair Torchlight 8K, Seattle, July 30. Bill Iffrig won the M70 race in 35:14. Wilma Parker took the W70 contest in 48:45.

48:45. • Irina Bogacheva, 44, was first female overall with a 2:42:36, Deseret News Marathon, Salt Lake City, July 25. Bob Cobler, M40, took the M40+ race in 2:52:24. In the 10K, Larry Smithee, M40, 32:03, and Brenda Gray, W40, 35:25, were prevailing masters. Sandra Branney, W50, ran a 37:44. John Cahill won the M80+ division in 55:10. • Odie Sanders M45, 1:13:07, and

 Odis Sanders, M45, 1:13:07, and Jane Higdon, W45, 1:35:05, posted masters firsts, Coburg Half-Marathon, Coburg, OR, July 17. John Keston won the M70+ group in 1:52:29.

CANADA

• Earl Fee, 76, Etobicoke Harriers, added another WR to his skein with a 53.73 fo the 300H, CMAA Championships, York U., Toronto, July 9-10. Dan Bulkley (OR) has the record at 55.33 set in October 2004. Karla Del Grande, 52, another Etobicoke Harrier, was the sprint standout with 99+% performances in the 100 (12.98) and 200 (26.22), and a 98+% in the 400 (60.33). In the 5000, Jerry Kooymans, 50, Toronto Olympians, ran a 92% 15:47.10, and Ed Whitlock, 74, Milton RR, turned out a 96% 19:15.33, and in the 10,000 Whitlock finished in 39:42.04, worth 97%. Jan Graczyk, 52, was the throws king with 79% in the HT (55.60) and WT (17.72). Michigan's Matti Kilpelainen, at the top of his age group at 59, was also top jumper with an 88.9% 3.7 PV.

INTERNATIONAL

The old forms for TUE applications on

the WMA Web site – section Antidoping/TUE forms – have been replaced by new forms designed especially for WMA. The new forms have the WMA logo and the address of the WMA Anti-Doping Officer, **Dr. Karri Wichmann**.

Officer, Dr. Karri Wichmann. • On Aug. 3, the IAAF Congress in Helsinki approved the M35-39 age group for masters/veterans competition, which made that group official for the WMA World T&F Championships in San Sebastian, Spain.

OBITUARIES

• Richard J. Dedham, Jr., or "Dick", as we knew him, succumbed to apparent cardiac arrest early into the 5000 at the USATF-NJ Masters Championships, Shore Regional HS, West Long Branch, on July 10. He was 68. He served in the US Army for 22 years, much of that time as a sergeant first class with tours of duty in Vietnam and long stateside duty at Fort Sill, OK, before retiring in 1977. He started a new career in public service in New Jersey, at which time he resumed the track career that had started in his days as a state high school champion in Massachusetts. He joined several of the local track clubs and participated with great joy in their running, throwing and racewalking events, as well as on the Senior Games and masters circuits. He lived in Brick Township, NJ, where a memorial service was held on July 14. His son, Army Colonel Patrick C. Dedham, and his daughter, Kerry Ann Armstrong, and family gave him a tearful farewell. -*Elliott Denman*

2



National Masters News

Championships, Saratoga Springs, NY. George Regan, george@usaffadir.org November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

September 4. NYYR Henry Isola XC Classic 4 Mile, Van Cortlandt Park, NYC. 212-860-

4455; www.nyrr.com September 5. New Haven 20K & 5K, New Haven, CT. 203-481-5933; newhavenroadrace

org. September 11. Stowe Marathon & Half-Marathon, Stowe, VT. www.stowemarathon.com September 11. Erie Marathon & Half-Marathon, Erie, PA. www.criemarathon.org September 17. Great Cow Harbor 10K, Northport, NY. 631-754-4616; www.cowhar borrace.com

September 18. Jefferson Hospital Philadelphia Half-Marathon, Philadelphia. 1-800-311-1255; www.runphilly.com

September 18. Komen Race for the Cure 5K, Boston, MA. 617-746-9292; www.komen boston.org

September 18. Portland Trails 10K, Portland, ME. 207-775-2411; www.trails.org September 18. Dutchess County Marathon &

Half-Marathon, Wappinger Falls., NY. 845-797-2205; www.mhrrc.org

September 24. Continental Airlines Fifth Avenue Mile, Manhattan. 212-860-4455; www.nvrr.com September 24. Fred Brown-Lake Winnipe-

saukee Relay, Weirs Beach, VT. 66 miles/5-8 per team. 603-889-1980; www.northmedford club.org

September 25. Richard S. Caliguiri Pittsburgh Marathon & 10K. 412-255-2493; www.Run GreatRace.com

September 25. Liberty Waterfront Half-Marathon, Jersey City, NJ. 201-377-6057;

www.libertyhealth.org September 25. Over The Hill TC 5K XC, Hunting Valley, OH. Trophies to top 3 in each age-group & to the top 2 teams. 440-473-0636; www.othtc.org

October 1. New Hampshire Marathon, 10K & 5K RW, Newfound Lake. 603-744-2150; www.nhmarathon.com

October 2. Maine Marathon, Half-Marathon & Relay, Portland. 207-741-2084; www. mainemarathon.com

October 2. Leaf Peepers Half-Marathon & 5K, Waterbury, VT. 802-223-2080; e-mail: teef30@aol com

October 2. Army Ten-Miler, Washington, DC. armytenmiler.com October 2. USATF-NE Championships/Ollie

5 Mile, Boston. 617-268-1619; www.ollieroad race.org

October 2. NYRR Grete's Great Gallop Half-Marathon, NYC. 212-860-4455; www.nyrrc.org October 8. Greater Hartford Marathon, Half Marathon & 5K, Hartford, CT. www.hartford marathon.com

October 9. Steamtown Marathon, Scranton, PA. www.steamtownmarathon.com

October 9. BAA Half-Marathon, Boston. www.baa.org

October 9. Adirondack USATF Championships /Mohawk-Hudson River Marathon, Schenectady, NY. 518-435-4500; www.hmrrc.com

October 10. Tufts Health Plan 10K for Women, Boston, MA. www.tuftshealthplan.com 888-767-RACE;

October 15. Baltimore Marathon, Half-Marathon & 5K, Baltimore, MD. 800-487-0670; www.TheBaltimoreMarathon.com October 15. Baltimore Marathon, Half-Marathon, 5K & Relay, Baltimore, MD.

www.thebaltimoremarathon.com October 22-23. Mystic Places Marathon, Relay & 10 Mile, East Lyme, CT. 203-481-5933; mysticplacesmarathon.com

October 29. Seaside 10 mile & 5K, Ocean

City, MD. www.ocoean.com October 30. Cape Cod Marathon, Falmouth, MA. 508-540-6959; www.capecodmarathon.com November 6. ING New York City Marathon. September 2005

ON TAP FOR SEPTEMBER TRACK AND FIELD

This year's national masters champi-onships end with the Weight & Superweight in Seattle, WA, on the 10th. Before that, on the 3rd-4th, the Rocky Mountain Masters Games hit Fort Colliins, CO. The Norm Bower Memorial Weight Pentathlon is set for Kent St. U. in Ohio in the 17th. Senior Games/Olympics meets include the Arkansas Senior Olympics, Hot Springs, on the 21st-25th, and the Silver Anniversary Nevada Senior Games, Las Vegas, which open on the 28th.

LONG DISTANCE RUNNING

The USA National Masters Championships/Heritage Oaks 10K returns to Paso Robles, CA, on the 25th With summer heat almost gone, the LDR schedule blossoms, starting with the Rock 'N' Roll Half-Marathon Virginia Beach, VA, on the 4th, and the New Haven, CT, 20K; Park Forest, IL, Scenic 10 Mile; and Pre's Trail Restoration 8K, Eugene, OR, on the 5th; the Erie, PA, Marathon; City of Lakes 25K, Minneapolis; and Oregon Grand Prix 8K in Eugene, on the 11th. The weekend of the 17th-18th offers the Great Cow Harbor 10K, Northport, NY; US Air Force Marathon in Ohio; Motor City Shakedown 8K, Detroit; and Prefontaine Memorial 10K, Coos Bay, OR, on Saturday, and the Philadelphia Half-Marathon; Naples, FL, on the Road 20K; and Maui Marathon, Kaanapali, HI, on Sunday. The NYRR Fifth Street Mile in Manhattan, the Hurricane Run 8K, Tulsa, OK; St. Luke's Women's Fitness 5K, Boise, ID; and NCRC Women's 5K, Cary, NC, are listed for the 24th. The Pittsburgh Marathon and Chicago Half-Marathon are set for the 25th.

RACEWALKING

The National Open & Masters 40K Championships take place in Ocean Township, NJ, on the 11th. The Long Island 5K Championships will go off on the 18th in Long Beach, NY.

212-860-4455; www. nyrr.com

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

September 2. Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. 864-716-6809; http://ymca.electric-city.net September 3-4. Tour De Pain South, Coconut Creek, FL. 3rd-5K & mile; 4th-5K XC. 954-

474-4074; www.csprr.com September 4. Rock 'N' Roll Half-Marathon, Virginia Beach, VA. 858-450-6510; www.mr half.com

September 10. Hurricane 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org September 17. Lewis & Clark Half-Marathon, Pierre, SD. Kevin Honness, 605-843-2842. September 18. Naples on the Road 20K, Naples, FL. 239-434-9786; www.gcrunner.org September 24. NCRC Women's 5K, Cary,

NC. www.ncroadrunners.org October 20-22. RRM Race Directors' Meet-ing, Ft. Lauderdale, FL. RRMRDM, 110 East State St., Suite 15, Kennett Square, PA 19348.

www.rrm.com October 22. St. Jude 5K, Point Clear, AL.

251-473-7223; www.pcpacers.org

September 2005 MIDWE

Illinois, Indiana, Kentuck Wisconsin, West

September 3. Charleston 5K & 3-Person Relay, Ch 345-5433; www.charlestor September 4. U.S Half CO. www.rundenver.com September 5. Park Fore Park Forest, IL. www.scer September 17. U.S. A Wright-Patterson AF Ba 1823; afmarathon.wpafb.af September 11. Dann Championship, Mason, (www.pem-usa.com September 17. Motor C Detroit, MI. 313-965-11

shakedown.com September 17. Shoreline Decatur, IL. decaturrunnin September 17. Walker N thon, Walker, MN. 218 northcountrymarathon.com September 18. Northwest for the Cure 5K, Toled

www.nwohkomen.org September 24. VASA T City, MI. 231-947-6417; w September 25. Communi Marathon & Half-Marath 920-882-5219; foxcitiesma September 25. Chicago H 347-0233; chicagohalfmara September 25. WBTV Da Half-Marathon, Dayton, O www.keysports.net October 1. Akron Marath Akron, OH. 877-375-

marathon.org October 9. LaSalle Bank 312-904-9800; chicagomar October 23. Detroit Free Marathon & Half-Maratho

pressmarathon.com

MID-AME Colorado, Iowa, Kan Missouri, N. Dakota, Ne

September 10. Dick Beard & 5K, Detroit Lakes, M imohr@lakesnet.net September 11. City of polis, MN. 612-823-2554; t September 17. Turkey Da MN. 507-376-6105(d); www September 18. Des Moine Marathon, Des Moines, desmoinesmarathon.com September 24. Jack 15 Rd SD. 605-688-5386;www. October 15. Edmund Fitz

luth, MN. 952-546-7376; s

SOUTHW Arkansas, Louisiana Oklahoma,

September 4. Tupelo Ma Tupelo, MS. www. Homestead.com September 10. The Tul:

sa.com September 10. Route 66 918-732-2106; www.activ September 17. Tulsa R 918-744-5099; www.rfctu September 24. Hurrican 918-492-3338; www.runt October 8. 36th Tulsa 918-669-6608; tulsazoo. October 15. 25th Wool OK. 918-333-0900; www October 29. Tulsa Run

> WE Arizona, California New M

September 5. Mt. Ba Mile, Mt. Baldy, CA, 90 2top.com September 5. Inside Couples 10K Relay, Ven 805-643-1104. Ken September 11.

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

September 5. Cedarville Throwing Classic, Cedarville U., OH. O/M. All throws/WP. Mickey Bitsko, 937-429-5221; www.cedar ville.edu

September 7-19. Wisconsin Senior Olympics, Milwaukee. 414-224-6464; x118; www.agingresource.com

September 9-14. Indiana Senior Games, Indianapolis. 800-253-2188; indianasenior games.org

September 14-18. Kentucky Senior Games, Pikeville. 270-358-4321; ksgpikeville.com September 15-19. Illinois Senior Olympics, Springfield. 217-753-0701.

September 17. OTHTC Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Jeff Gerson, 440-473-0636.

MID-AMERICA Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

September 3-4. 25th Rocky Mountain Masters Games, CSU-Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockymtmastersgames@msn.com September 8-11. South Dakota Senior Games, Madison. 605-427-2218; geocities.com/sdse niorgames

September 17. Halstead Masters & Open Meet, Halstead HS, KS. 3:00 pm. Bob Everoski, Halstead Parks & Recr. Commission, 316-835-3366; 835-2286.

September 22-25. Kansas Senior Olympics, Topeka. 785-368-3798; topeka.org/parksrec

com/eng

LONG DISTANCE RUNNING

ionships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org October 16. USA National Masters 5K XC

Eugene, OR 97405.

NATIONAL

September 10. USA National Masters Weight

& Superweight Championships, Seattle, WA.

Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-

March 24-26, 2006. USA National Masters

Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600;

office@usatfne.org; www.usatfne.org/masters August 3-6, 2006. 39th USA National Masters

EAST

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

September 9-13. Maine Senior Games,

September 10-12. New Jersey Senior Olympics, Ft. Monmouth. 973-618-1111.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina,

S. Carolina, Tennessee, Virginia

September 26-October 2. North Carolina

Senior Games Finals, Raleigh. 919-851-5456; www.ncseniorgames.org September 29-October 2. Georgia Golden

Olympics, Waner Robbins. 404-657-6644;

938-3895 kweinbel@comcast.net

Championships, Charlotte, NC.

Portland. 207-396-6500.

georgiagoldenolympics.org

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

SOUTHWEST TRACK & FIELD

Schedule

USA track and field events feature competition for men and women over age 30 unless other-

wise 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

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 18-October 16. Louisiana Senior Olympics, Baton Rouge. 225-925-17489; www.lsog.net

ics, Tulsa. 918-596-7866; oksrgames.com September 24-October 1. Texas Se Texas Senior

WEST

Arizona, California, Hawaii, Nevada, New Mexico

September 9-18. Carson City Senior Games, Carson City, NV. 775-783-6455. September 28-October 2. 25th Silver Anniversary Nevada Senior Games, Las Vegas. 10K-28th; 5K-29th; WP-30th. No late registration after Sept. 27. Nevada Sr. Games, 3111 S.

Valley View Blvd., B-201, Las Vegas, NV 89102; 702-242-1590; www.nevadase 702-242-1590; www.nevadase

Norolympics.com October 16. Self-Transcendence Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310-645-0271; fax: 645-8618. October 22. Arizona Senior Olympics, Phoenix. Paradise Valley CC. 602-534-3500;

seniorgames.org October 20-23. Laughlin Senior Games, Laughlin, NV. Bill Kesgen, 702-298-3413.

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

September 15-18. Idaho Senior Games, Boise. 208-322-7033, x267. October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-

562-1268; www.seniorgames.net October 15-18. Idaho Senior Games, Boise. Jennifer Thompson, 208-322-7033. x267.

INTERNATIONAL

September 25. BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf. org.uk

November 25-27. South Island Masters

Championships, Invercargill, New Zealand. 03 21 58298; evan.macintosh@xtra.co.nz December 2-4. North Island Masters Championships, Wellington, New Zealand. 04

477 4914; kath.d@xtra.co.nz January 14- 21, 2006. 13th Oceania Masters

Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christ-church, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.

NATIONAL

September 25. USA National Masters Champ-

September 21-25. Arkansas Senior Olymp-ics, Hot Springs. 800-720-7276; srsports.org September 21-29. Oklahoma Senior Olymp-Games, Austin. 214-670-6266; tsga.com

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

September 3. Charleston Distance Run 15K, K & 3-Person Relay, Charleston, WV. 304-45-5433; www.charlestondistancerun.com September 4. U.S Half-Marathon, Denver, CO. www.rundenver.com

September 5. Park Forest Scenic 10 Mile, Park Forest, IL. www.scenic10.com September 17. U.S. Air Force Marathon,

Wright-Patterson AF Base, OH. 800-467-1823; afmarathon.wpafb.af.mil

September 11. Dannon Midwest 10K Championship, Mason, OH. 866-454-6561; ww.pem-usa.com

September 17. Motor City Shakedown 8K, Detroit, MI. 313-965-1110; www.motorcity shakedown.com September 17. Shoreline Classic 5K 7 15K,

Decatur, IL. decaturrunningclub.com

September 17. Walker North Country Marathon, Walker, MN. 218-547-4157; walker

northcountrymarathon.com September 18. Northwest Ohio Komen Race for the Cure 5K, Toledo. 419-824-1789;

www.nwohkomen.org September 24. VASA Trail 25K, Traverse City, MI. 231-947-6417; www.tctrackclub.cm September 25. Community First Fox Cities Marathon & Half-Marathon, Appleton, WI. 920-882-5219; foxcitiesmarathon.org

September 25. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com September 25. WBTV Dayton River Corridor

Half-Marathon, Dayton, OH. 937-435-2633;

www.keysports.net October 1. Akron Marathon & Team Relays, Akron, OH. 877-375-2786; www.akron

marathon.org October 9. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com

October 23. Detroit Free Press/Flagstar Bank Marathon & Half-Marathon. www.detroitfree pressmarathon.com

MID-AMERICA Colorado, Iowa, Kansas, Minnesota, issouri, N. Dakota, Nebraska, S. Dak Mi

September 10. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, MN. 800-542-3992; jmohr@lakesnet.net

September 11. City of Lakes 25K, Minnea-polis, MN. 612-823-2554; tcmbarb@mn.rr.com September 17. Turkey Day 10K, Worthington, MN. 507-376-6105(d); www.turkeyday10k.com September 18. Des Moines Marathon & Half-Marathon, Des Moines, IA. 515-288-2692; desmoinesmarathon.com

September 24. Jack 15 Road Race, Brookings, SD. 605-688-5386;www.gojacks.com October 15. Edmund Fitz 100K, Finland to Du-

luth, MN. 952-546-7376; sniewinski@aol.com

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 4. Tupelo Marathon & 14.2 Mile, Tupelo, MS. www.TupeloRunningClub. Homestead.com

September 10. The Tulsa Mile. www.runtul sa.com

September 10. Route 66 CPA 5K, Tulsa, OK. 918-732-2106; www.active.com September 17. Tulsa Race for the Cure 5K.

918-744-5099; www.rfctulsa.org September 24. Hurricane Run 8K, Tulsa, OK.

918-492-3338; www.runtulsa.com October 8. 36th Tulsa Zoo Run 10K & 5K.

918-669-6608; tulsazoo.org October 15. 25th Woolaroc 8K, Bartlesville,

OK. 918-333-0900; www.osagchills.org October 29. Tulsa Run 28. www.tulsarun.com

WEST Arizona, California, Hawaii, Nevada, New Mexico

September 5. Mt. Baldy Run-to-the-Top 8 Mile, Mt. Baldy, CA; 909-628-6877; www.run 2top.com

September 5. Inside Tracks Sweetheart Couples 10K Relay, Ventura, CA. Gary Tuttle, 805-643-1104. September 11. Kennedy Drive 8K, San National Masters News

Francisco. 415-978-0837; www.dserunners.com September 11. Four Seasons 4 Mile, Carlsbad, CA. www.kinaneevents.com

CA. 949-856-3555; www.ocheartwalk.org September 18. Orange County Heart 5K, Irvine, CA. 949-856-3555; www.ocheartwalk.org September 18. Maui Marathon & Half-Marathon, Kaanapali, HI. 808-871-6441, x2; www.mauimarathon.com

September 18. Jamba Juice 5K, San Fran-cisco. 415-759-2690; rhodyco.com

September 24. Mount Diablo Fall Trail Runs, 8K, 25K, 50K, Clayton, CA. 925-947-3787; www.pacifictrailruns.com

September 25. Komen Orange County Race for the Cure 5, Newport Beach, CA. 760-434-7706; kinaneevents.com September 25. Komen Race for the Cure 5K,

San Francisco. 415-978-0837; www.dserun ners.org

September 25. Pardee OceanView 5K, San Diego, CA. www.eliteracing.com October 16. Humboldt Redwoods Marathon,

Half-Marathon & 5K, Arcata, CA. www.red woodsmarathon.org

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

September 5. Pre's Trail Restoration 8K, Eugene, OR. Funds raised will go to restoring Pre's Trail; donations tax deductible. Bill McChesney, 541-344-8106; www.oregon trackclub.org September 10. Atla Peruvian Lodge Down-

hill Dash 8K, Alta, UT. www.altaperu vian.com

September 11. Oregon Grand Prix Series -Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

September 17. Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com September 18. Maui Marathon & Half-

Marathon, Kahului, HI. www.mauimara thon.com

September 24. St. Luke's Women's Fitness 5K, Boise, ID. 208-381-2221; www.cele

brateall.org October 9. Bend Marathon, Bend, OR. 866-702-1110; www.bend-marathon.com October 9. Portland Marathon. 503-226-1111;

www.portlandmarathon.org

October 16. Spokane Marathon, Relay, Half-Marathon, & 5 Mile, Spokane, WA. 509-624-4297; www.brrc.net

October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org November 12. Oregon Grand Prix Series -USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

CANADA

September 25. Scotiabank Toronto Waterfront Marathon. www.torontowaterfrontmara thon.com

October 16. Toronto Marathon, Half-Marathon, 5K, & Relay. www.TorontoMarathon.com October 23. Niagara Fallsview Casino Resort

International Marathon, Niagara Falls, Ont., CAN. 905-356-9460; www.niagarafallsmara thon.com

INTERNATIONAL

September 25. Berlin Marathon. 800-444-4097; www.marathontours.com

October 9. BMAF Marathon Championships, Cardiff. www.bmaf.org.uk October 22. BMAF Cross-Country Relay

Championships, Newport. www.bmaf.org.uk November 20. BMAF 10 Mile Championships, Bishops Stortford, Herts. www.bmaf. org.uk

RACEWALKING

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usaff.org September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org

JEBBY WOJCIN Lynne Anderson (#14), second W40, and Maria Glickman, fourth W40, in the 10,000, USA National Masters Championships, Honolulu.

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Tom Hintnaus, first in the M45 pole vault (4,40). USA National Masters Championships, Honolulu.

W	MA/USAT	F Hurdle	es and Imp		Specific	ations
			WOMEN		1.	Contraction of the local division of the loc
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'/2"	8.5m 27'10'/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60+	80m 80m	.762m 30" .686m	12.00m 39'4"	7.0m 22'11'/2"	19.00m 62'4"	8
30-39	400m	27" .762m	45.00m	35.00m	40.00m	10
40-49		30"	147'7%	114'9'/2"	131'2'/2	the second se
50-59 60+	300m 300m	.762m 30" .686m	50.00m 164'0'/2"	35.00m 114'9'/2"	40.00m 131'2'/a	
	- 2020	27"	and the second second			
C. C. C.			MEN	CALLER		
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/2	10
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	
70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2%	7
Flander L	in to de	SALE IN	IMPLEMEN	ITS		Section 1990
AGE GROUP		DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women 30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-79 80+			3.00k 3.00k	500 gms. 400 gms.	16# 12#	25# 20#
Men 30-49 50-9 60-69 70-79	49 7.26k(16 lbs.) 2.00k 9 6.00k 1.50k 59 5.00k 1.00k		7.26k (16 lbs.) 6.00k 5.00k 4.00k	800 gms. 700 gms. 600 gms. 500 gms.	35# 25# 20# 16#	56# 56# 56# 35#
80+			4.00k	400 gms. 6	12#	25#

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

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



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page 22	National M	lasters News	and the second	September 2005	100 million (100 m	ember 200
A30-34 A30-34 A35-39 leggie Pendland 100 11.13 7/23/05 A0-44	RECIPIENTS OF ALL	-AMERICAN AWARDS	LJ 200 TJ Alan Poisner 1500 RV M75-79 Ray Propst HT David Rider PV	30.26 6/18-19/05 7.04 6/18-19/05	Pleas	se send result anews@aol.c than 3 month
David Bynoe 400 52.44 7/2-3/05 George San M45-49 800 2:02.88 7/15-16/05 George San M45-49 0 55.25 6/25/05 Robert Bart David DiMassa 400 55.25 6/26/05 Robert Bart Michael Boldon DT 123.11 6/26/05 Tony Coope David Dissmann SP 43-02 7/17/05 Patrick Lyon Jawrence Pistrang 800 2:09.63 7/16/05 Bob Shirres Stoarts Lutz 1500 4:42.88 7/24/05 Dan Bigelon	ber 1500 5:02.60 6/16/05 er HJ 5.0 5/20/05 400 61.53 7/16/05 55M 7.89 6/11/05 1500 RW 7:46 6/3-18/05 TJ 32-13/4 5/14/05	Robert Norton 100 HH 19.97 7/30/05 Ernest Takahashi Mile 5:53.6 7/10/05 Ernst Wendland 5K 18:33 7/21/05 M55-69 George Cairns 200 29.50 9/4-5/04 William Eisenhart JT 121.8 7/16/05 M70-74 Mile 6:08.1 7/9/05 M70-74 Mile 6:08.1 7/10/05 AI Clowser WP 2896 pts. 7/10/05 Bob Golly 300 HH 1:01.24 6/18-19/05	W35-39 Rebecca Connolly 200 400 W45-49 Debra Lowell Mille W55-59 Jeanne Ratzloff 10K W65-69 Linda Stringer HJ	27.93 7/23/05 1:03.48 7/23/05 5:51.4 8/13/05 49:53 6/26/02 3-6 7/9/05	W30	USA National 100m 1 Aikels, Carol
U.S. MASTERS ALL-AMERICA	AN STANDARDS	U.S. MASTERS ALL-A	MERICAN STAN		W35	2 Jacobs, Prisi 1 Lawrence, Do 2 "West, Neder 3 Boyd, Sarah
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60	8.9 9.4 10.4 11.8 13.5 9.5 10.0 11.2 12.8 14.8 9.4 10.0 11.2 12.8 14.8 9.46 16.0 18.0 22.0 9.5 32.0 35.0 40.2 52.0 9.75.0 88.0 98.0 12.0 53.0 5.630 7.20 81.0 92.0 55.5 5.13.40 15.50 19.10 23.00 25.00 9.23.30 25.00 29.00 32.30 25.00 9.48.30 54.30 61.15 68.30 11.2 11.6 12.5 11.4 12.0 13.6 12.0 14.00 16.30 19.30 1.25 1.15 1.00 8.00 12.50 14.00 16.30 19.30 1.25 1.15 1.00 8.00 12.50 15.0 15.0 19.30 1.30 1.41.4 3.43 3.35 2.85 2.20	Event 30-34 35-39 40-44 45-49 50-54 55-59 55 8.0 8.20 8.50 8.80 9.10 9.40 60 8.60 8.80 9.10 9.50 9.90 10.20 100 13.8 14.1 14.4 15.0 15.5 16.4 200 28.0 28.8 30.0 31.5 33.0 35.0 400 63.5 65.5 68.0 70.0 7.86 80.0 800 2:33 2:35 2:40 2:46 2:54 3:10 1500 5:10 5:20 5:30 6:10 6:30 6:50 7:00 3000 11:30 11:50 12:00 12:30 14:30 14:30 10000 41:30 42:40 44:00 86:00 50:00 52:00 10000 17.2 18.2 100 10:01 10:25 HJ 14:0 14:0 114:0 1.35 <	60-64 65-69 70-74 75-79 9.80 10.30 10.80 11.50 10.60 11.10 11.70 12.40 16.8 18.6 19.8 22.0 37.0 39.0 42.0 48.0 83.0 84.0 86.0 98.0 3:20 3:35 3:56 4:30 6:45 7:30 8:00 8:50 7:40 8:10 8:50 9:40 15:00 16:00 18:30 20:00 26:00 28:00 30:00 34:00 56:00 60:00 66:00 76:00 18.7 20.2 22.2 25:0 10.2 9:7 9:2 0:89 3:4 3:2% 3:0% 2:11 1.00 1.00 0.90 0.80 3:7/ 3:3% 2:11% 2:7/ 3:10 2:60 2:30 2:10 10-2 8:5% 7:5% 5:5	27" 400g	W40 W45 W50 W55 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65 W60 W65	4 Lowe, Terri 1 Milligan Jack 2 Shook, Kathla 3 Nealy, Angela 4 Willard, Denii 5 Zakerski, Del 6 Marks, Cynth 1 Mendenhall, 2 Ney, Mimi 3 Clayson Loet 4 Selby, Debbie 5 Aguilera, Gio 6 Chan, Chris 7 Chin, Joni 1 Hanscom, Rii 2 Board, Jacqu 3 Thompson, In 4 Cohn, Linda 5 Mitchell, Rebd 6 Staszkow, Ro 7 McCurdy, Luc 1 Matthews, Bre 2 'von Maltzahr 1 Vander Cruys 4 'Trott, Rhona 5 Tucker, Lorrai 5 Totto, Mary 1 O'Connor, Nai 2 Jager, Kathy 3 Natlel, Lynn 4 'Radcliff, Mar 5 Cardan, Barba 3 Tricard, Louis 4 Roman, Mary 5 Coftee-Carnee 8 Baumann, Jai 1 Obera, Irene 8 Meiler, Flo 5 Chou, Fei-Mei 5 Leek, Edytthe 9 Lettes, Alfy 4 'Rodting, Jonder Charles, Jonger, Jonger, Kathy 9 Jordan, Barba 3 Tricard, Louis 4 Roman, Mary 5 Coftee-Carner 6 Baumann, Jai 1 Obera, Irene 8 Meiler, Flo 5 Chou, Fei-Mei 5 Leek, Edythe 9 Pettes, Alfy 4 'Robinson, Os 5 'Bean, Tony 7 Jackson, Corv Clark, Ron
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 66 7) Javelin: 30-49: 800g; 50-59: 700g; 66 8) Weight: 30-49: 35# 50-59: 25# 600;	0+: 1.0kg; 0-69: 5k; 70+: 4k 0-69: 600g; 70-79: 500g 80+: 400g 0-69: 20# 70-79: 16# 80+: 12# 0+: 25# listed for convenience.	 6) Weight: 30-49; 20#; 7) Superweight: 30-49; 35#; 8) Metric heights and distances ar convenience. 	50-59: 16#; 60+: 1 50-79: 25# 80+: e the standard; feet and inc ION FOR AN	20# ches listed for	M35 1	Clark, Ron Jett, Rod Jacey, Harold Drummond, D Anderson, Art Green, Chuck Thomas, Rob Smith, James Burks, Anthon Thompson, Ri "Tanaka, Akira
1.5K Mile 3K 5K 8K 10K 15K 22 W30 7:13 7:47 14:50 25:38 42:04 52:43 1:21:56 1:52: W40 7:37 8:21 15:53 27:26 44:47 55:56 1:22:32 1:53: W40 7:37 8:21 15:53 27:26 44:47 55:56 1:26:37 1:58: W40 7:37 8:21 15:53 27:26 44:47 55:56 1:26:37 1:58: W50 8:25 9:05 17:15 29:49 48:36 1:00:41 1:34:08 2:08: W55 8:55 9:31 18:05 31:14 50:54 1:03:33 1:38:40 2:14: W60 9:17 10:01 19:01 32:51 53:32 1:06:50 1:43:51 2:21: W65 9:48 10:35 20:06 34:43 56:33 1:15:01 1:56:49 2:39: W70 10:26	18 3:42:50 4:37:46 6:27:35 8:49:28 :24 4:01:36 5:01:39 7:01:26 9:47:35 :00 4:26:20 5:33:10 7:46:16 10:39:15	EVENT	SEX: MSTATE DATE OF MEET DATE OF MEET DATE OF IMPLEMENT WEIGHT OF IMPLEMENT CH 1 P	T T ATCH TAG se fill out this appli-	M40	2 Villegas, Gwy 3 Pollard, Tony 4 Hartle, Dr. Mik Final 1 Thomas, Rob 2 Jett, Rod 3 Lacey, Harold 4 Anderson, Art 5 Green, Chucc 6 Smith, James 1 Thigpen, Aarc 2 Fields, Don 3 Berry, Kettrell 4 Marshall, Will 5 Strong, Franh 6 Shute, Dr. Ma 7 Jones, David 8 Merriweather 9 Sims, Alan 0 Blake, Aaron 1 Burke, Micha 2 Hatano, Alan Final 1 Thigpen, Aar 2 Berry, Kettrel
M65 8:38 9:19 17:43 30:33 49:56 1:02:45 1:36:01 2:08: M70 9:08 9:50 18:44 32:18 52:46 1:06:21 1:41:37 2:16: M75 9:43 10:28 19:55 34:20 56:04 1:10:35 1:48:13 2:25: M80 10:26 11:14 21:22 36:50 60:06 1:15:44 1:56:15 2:36: M85 11:21 21:14 21:12 23:14 40:04 65:20 1:22:02 2:06:43 2:50:	:58 2:44:53 3:21:11 4:35:15 6:01:01 :35 2:53:56 3:33:31 4:52:23 6:23:51 :34 3:05:02 3:48:05 5:12:40 6:50:54 :31 3:20:50 4:55:57 5:37:34 7:24:11 :48 3:39:31 4:29:16 6:10:11 8:07:50 :28 4:06:38 5:03:17 6:57:43 9:11:37	2. A copy of your results or a note statin accompany this application. 3. Please send \$10 for a certificate, \$10 event and year. The cost for both a certificate 4. Send to: All-American, National Maste 5. A 3-color, 8" by 10" certificate, suitab will be mailed to you within six weeks. Allo	for a patch, and \$10 for a p the and patch ordered at the rs News, P.O. Box 50098, E	atch tag showing same time is \$15. Sugene OR 97405.	M45	 Fields, Don Stelds, Don Strong, Frani Marshall, Wil Shute, Dr. M. Merriweather Sims, Alan Barnwell, Val Krulee, Marty Chinn, Jame

National Masters News

Melville, Bill Bambrook, Paul Brown, Pat

78 MWM 76 UNA 75 HMTC 78 UNA 81 UNA

15.04 15.80 17.10

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48 GVH

46 BEER

46 BFFR 45 SCS 45 UNA 48 UNA 45 WVJS 46 UNA 45 HMTC 46 HMTC 46 BBS 48 BEEP

48 BEER 46 UNA 46 SCS 47 UNA 49 UNA

45 UNA

47 UNA 46 BFFR 46 SWTC 45 SCS 45 WVJS 45 UNA 46 UNA 54 HE 52 UNA 53 UNA 53 UNA

UNA SWTC HE BFFR 50 51 52 51

50 HE 51 HMTC 53 UNA 51 UNA 51 BFFR 54 HMTC

54 HE 52 UNA 53 UNA 50 HE 52 HE 50 UNA 51 SWTC 57 UNA 56 UNA 57 UNA 57 AUS 57 EFEC

57 AUS 57 BFFR 57 HMTC 60 UNA 61 UNA 61 UNA 63 CTC 63 HMTC 63 HMTC 63 HMTC 63 HMTC 63 HMTC 64 DMTC

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63 HMTC 68 UNA 66 SCS 65 PVTC 66 UNA 65 UNA 68 GTC 67 HH 68 UNA

65 UNA 68 GTC 67 HH 68 UNA 65 UNA 67 PMTC

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66 SCS 65 PVTC 65 UNA 66 UNA 68 UNA 67 UNA 67 UNA 71 UNA 71 UNA 71 UNA 71 UNA 71 UNA 73 UNA 73 UNA 73 UNA 75 UNA 78 UNA 81 UNA

78 MWM 78 UNA 78 UNA 81 UNA 81 WPTC 84 FAC 82 UNA 85 OHTC 88 UNA 90 UNA

30 UNA 33 BFFR 33 BFFR 35 UNA 36 CNYI 37 HE 39 BHTC 35 OTC 35 BFFR 42 UNA 43 UNA 43 UNA

43 UNA 42 BFFR

63 68 66 HMTC

2 James, Bennie

23.88Q 24.09Q 24.24Q

24.30Q 25.05Q

24.29q 24.91q 25.58 26.00 26.51 26.52

26.62 26.72

27.25 27.50 28.01 28.48

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24.55 25.16 25.28 25.63 24.25Q 24.61Q 24.68Q

24.68Q 25.33Q 25.62q 25.63q 25.65q 25.73q 26.40 27.37 29.57 31.62

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23.36 23.59 24.37 25.55 25.57 25.57 24.55 25.80 26.35 27.00 27.13 29.96 26.59Q 27.20Q 26.71Q 27.63Q 27.20Q 26.71Q

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26.92 27.15 27.45 27.47 28.47 29.33 30.11 31.12 29.80 30.98 31.94 33.56

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

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	the second second second second second							1	4 Bower, Raymond 5 Power-Waters, Brian		18.48 23.45	230	9 DiMassa, David 0 Oyape, Phillip
			NATI	ONAL				M85	6 Davidson, Robert 1 Means, John	82 UNA 85 OHTC	28.83 17.23		1 Chin, Richard 2 Kennell, Patrick
	A National Maste	rs Track &	Field C	hampi	onships, Honolulu	, HI; Aug.	4-7		2 Tompkins, Frederic 1 Trahan, Clarence	88 UNA 90 UNA	20.40 20.56		3 Copeland, Scott 4 Carter, Calvin
	0m	34 HE	12.24	1. 1. 1.	4 Smith, J. 5 Disalvo, Tony	46 BFFR 45 UNA	11.95Q 12.01Q	200m W30	1 Jacobs, Prisila	30 UNA	27.51		5 Schwieterman, Joe 6 Johnson, Rodney
		30 UNA 37 UNA	12.54 12.68		6 Dixon, Eric 7 Pasos, Mark	45 SCS 45 WVJS	12.02Q 12.13g	W35	2 Lucero, Monique 1 Daley, Lisa	33 BFFR 35 UNA	35.65 25.81		7 Finley, Lawrence 8 Simmons, Michael
*We	st, Nedenia	36 UNA 35 UNA	13.57 13.93	1	8 Oyape, Phillip 9 DiMassa, David	45 HMTC	12.58q		2 Lawrence, Donna 3 Smith, Angela	37 UNA 36 CNYI	26.08 26.54		9 White, Richard Final
Lov	ve, Terri	35 BFFR	17.30		0 Kennell, Patrick	45 UNA	12.60 12.74		4 *West, Nedenia 5 Byal, Amy	36 UNA 35 QTC	29.44 29.62		1 Barnwell, Val 2 Smith, J.
Sho	ook, Kathleen	44 UNA 44 SXL	13.91 14.51		1 Waller, Michael 1 Chin, Richard	47 UNA 46 HMTC	12.92 12.92	W40	6 Leslie, Paula 1 Black, Jai	36 UNA 43 UNA	29.87 28.06Q		3 Chinn, James 4 Dixon, Eric
Will	ard, Denise	43 AHTC 43 BFFR	14.91 15.02		3 Copeland, Scott 4 Simons, Ken 5 Lim, Thomas	46 BBS 46 HMTF	12.97 13.23		2 Williams, Shemayne 3 Shook, Kathleen	44 UNA	28.46Q 29.22Q		5 Pasos, Mark 6 Disalvo, Tony
Ma	rks, Cynthia	40 BFFR 46 UNA	15.34		6 Finley, Lawrence	49 HMTC 47 UNA	13.45		4 Milligan Jackson, M 5 Smith, Michaeli	40 UNA 42 SOCA	29.37Q 29.81q	M50	7 DiMassa, David 1 Collins, Bill
Ney	, Mimi	46 UNA 45 UNA	14.10		7 Johnson, Rodney 8 Simmons, Michael	46 SCS 49 UNA	13.65 13.68		6 Butler, Linda 7 Kimber, Kim	42 UNA 42 BFFR	29.90q 30.49q		2 Peyton, Oscar 3 Bowen, Robert
Sel	by, Debbie	48 UNA	15.32 15.84		Final 1 Krulee, Marty	48 UNA	11.44		8 Zakerski, Debbie 9 Nealy, Angela	43 BFFR 44 SXL	30.75q 31.31		4 Duncanson, Rob 5 Pizza, Greg
Cha	in, Chris	48 MPRR 47 BFFR	17.03 18.08		2 Barnwell, Val 3 Dixon, Eric	47 UNA 45 SCS	11.61 11.87		Final 1 Milligan Jackson, M	40 UNA	27.60		6 Haywood, George 7 Evans, Hubert
Han	scom, Rita	45 UNA 51 UNA	18.14 13.61	1.1.1	4 Smith, J. 5 Chinn, James	46 BFFR 46 SWTC	11.96 11.97	124	2 Williams, Shemayne 3 Black, Jai	42 UNA 43 UNA	27.80 28.20		B Hastings, Mark B Blair, Billy
Tho	mpson, Irene	52 AFTC 51 CNYI	13.67 14.42		6 Disalvo, Tony 7 Oyape, Phillip	45 UNA 45 HMTC	12.25 12.75		4 Shook, Kathleen 5 Kimber, Kim	44 UNA 42 BFFR	28.39 29.86		Moody, Raymont Diaz, Edward
Mitcl	hell, Rebecca	52 SOCA 51 OTCM	15.20 15.57	2000	1 Peyton, Oscar 2 Collins, Bill	52 UNA 54 HE	11.47Q 11.64Q	and the second second	6 Smith, Michaeli 7 Butler, Linda	42 SOCA 42 UNA	29.95 30.49		2 Glickman, Jim 3 Chang, Williamson
McC	Curdy, Lucy	54 UNA 54 MPRR	16.13 20.91	12.20	3 Williams, Randy 4 Pizza, Greg	51 UNA 51 SWTC	11.70Q 12.30Q		8 Zakerski, Debbie 1 Mendenhall, Marthe	43 BFFR 46 UNA	32.61 29.77		Final 1 Collins, Bill
Ma 'vo	tthews, Brenda in Maltzahn, Hill	56 SCS 56 TEND	15.00 15.02		5 Bowen, Robert 6 Hastings, Mark	53 UNA 50 HE	11.96q 12.34g		2 Ney, Mimi 3 Brown, Theresa	46 UNA 45 BFFR	30.39 31.92		2 Peyton, Oscar 3 Bowen, Robert
Va	nder Cruyssen, D	59 UNA 56 CAN	15.55 15.71	1.200	7 Duhe, Reginald 8 Arend, Gary	50 UNA 54 PMTF	12.82q 13.10q	5	4 St James, Valerie 5 Selby, Debbie	48 BFFR 48 UNA	33.12 33.63	1	4 Hastings, Mark 5 Haywood, George
Tu	cker, Lorraine	58 UNA 58 BTC	16.46 18.60	3(3) V	9 Stone, Kenneth 0 *Burge, Conrad	51 UNA 54 AUS	13.27 13.47		6 Aguilera, Giovanna 1 Hanscom, Rita	48 MPRR 51 UNA	35.43 28.24		6 Duncanson, Rob 7 Pizza, Greg
0	Connor, Nadine	63 UNA 62 UNA	14.36 15.09	1.58	1 Cramer, Johannes 2 Washington, Hulan	50 UNA 53 BFFR	14.53 14.63	-	2 Board, Jacqueline	52 AFTC 51 CNYI	28.37 30.29	M55	1 Allie, Charles
Na	iftel, Lynn	60 UNA 63 CAN	16.17 16.53		3 Glickman, Jim 4 Alporque, Davie	51 BFFR 54 UNA	14.99		4 Mitchell, Rebecca	51 OTCM	32.34		2 Tharpe, Bill 3 Yeck, Raymond
Cr	amer, Marilou	60 UNA 62 WTC	17.11 17.28		5 Chang, Williamson	54 HMTC	15.61		5 Janneck, Denise 6 McCurdy, Lucy	51 SOCA 54 MPRR	32.37 46.27		4 *Sims, Geoff 5 Jacobson, Vance
Sa	mpson, Joann	64 FAC 64 HMTC	18.35 28.83		Collins, Bill Peyton, Oscar	54 HE 52 UNA	11.50	W55	2 Matthews, Brenda	56 TEND 56 SCS	31.01 32.66	M60	6 Ng, Allen 1 Neidig, Donald
Ber	gen, Kathy	65 UNA 69 GMAA	14.71 16.48		Bowen, Robert Pizza, Greg	53 UNA	11.60 11.97		3 Vander Cruyssen, Do 4 Behrens, Martie	57 SOCA	33.21 35.53		2 Barnum, Larry 3 Fields, Melvin
Trica	ard, Louise	68 UNA 69 UNA	18.22		5 Hastings, Mark	50 HE	12.46 12.49		5 Trotto, Mary 1 O'Connor, Nadine	58 BTC 63 UNA	38.49 30.17		4 Robbins, Stephen 5 Ching, Sai
Cot	fee-Carney, Mari	67 UNA	18.41 19.67	7	5 Duhe, Reginald 7 Arend, Gary	50 UNA 54 PMTF	13.01 13.40		2 Jager, Kathy 3 Naftel, Lynn	62 UNA 60 UNA	32.20 33.27	10.75	6 Ritte, Walter 7 Duffy, Dennis
Obe	era, Irene	66 UNA 71 WVTC 71 PVTC	28.89 15.57 17.36		Allie, Charles Tharpe, Bill Yeck, Raymond	57 UNA 56 UNA	12.19Q 12.50Q		4 *Radcliff, Marg 5 Kaufman, Margaret	63 CAN 62 WTC	34.85 36.92	1200	8 Karbens, John(Jack) 9 Gilbert, Paul
*Ree	d, Louise	70 CAN 71 UNA	17.93	1.1.1	4 Imrie, Donn	57 UNA 55 UNA 57 BFFR	12.76Q 13.02Q	Service.	1 Bergen, Kathy 2 Jordan, Barbara	65 UNA 69 GMAA	32.92 35.32		0 Pittman, Andy Final
Chou,	Fei-Mei	70 WVTC 74 BFFR	18.95 19.20 21.32	Exercit.	6 Craig, Jack	56 UNA 57 UNA	13.08q 13.34q		3 Tricard, Louise 4 Roman, Mary	68 UNA 69 UNA	39.51 41.92		1 Neidig, Donald 2 Robbins, Stephen
Peters	on, Patricia	79 UNA	19.48 21.62	1	7 Lettieri, Lawrence 8 Ng, Allen Final	57 HMTC	13.77q 13.90q		5 Coffee-Carney, Mari 6 Daprano, Jeanne	68 ATC	42.51 1:06.60		3 Ching, Sai 4 Fields, Melvin
Valie	dera-Leonard, S n, Johnnye eod-Smith, Flora	80 UNA	20.83		1 Allie, Charles	57 UNA 56 UNA	12.19		1 Obera, Irene 2 Lary, Audrey	71 WVTC 71 PVTC	34.32 37.65	1.5	5 Duffy, Dennis 6 Ritte, Walter
Snae	er, Demitrius	30 BFFR	10.98		2 Tharpe, Bill 2 Imrie, Donn 4 Yeck, Raymond	55 UNA	12.59 12.59	200	3 *Reed, Louise 4 Chou, Fei-Mei	70 CAN 70 WVTC	38.59 42.33	M65	
Pet	tes, Alty	32 HE 30 SOCA	10.99		5 Jacobson, Vance	57 UNA 57 BFFR	12.86 13.16	W75	5 Leek, Edythe 1 Peterson, Patricia	74 BFFR 79 UNA	48.86 44.97		2 Smith, Doug 3 Williams, Albert
R	binson, Oscar	33 SYTC 30 UNA	11.56 11.76	M60	6 Ng, Allen 1 Robbins, Stephen	57 HMTC 62 UNA	13.75 12.68Q	100	1 Valien, Johnnye 2 McLeod-Smith, Flora		47.37 52.10	and the second se	4 Harrison, Marion 5 Denson, Charles
Ja	ckson, Corwin	32 BER 34 UNA	12.06		2 Neidig, Donald 3 Fields, Melvin	60 UNA 60 GTC	12.78Q 12.85Q	M30	3 Davidson, Gerry 1 Snaer, Demitrius	84 UNA 30 BFFR	1:00.80 22.11	-1199-201	6 Colbert, Larry 7 Stewart, Mack
Je	tt, Rod	35 UNA 38 BFFR	10.70Q 11.08Q	1.1	4 Ching, Sai 5 *Crombie, Peter	63 HMTC 60 AUS	12.97Q 13.13q		2 Culpepper, Jeff 3 Pettes, Alfy	32 HE 30 SOCA	22.13 22.16	1	B Camp, Dick B Bartholomew, Charle
Dr	ummond, Don	36 SWS 36 SWS	11.21Q 11.52Q	100	6 Ritte, Walter 7 Jones, Edward	60 HMTC 60 UNA	13.39q 13.82q	28	4 Pittman, Lyndell 5 Nesifort, Lee	33 SYTC 33 UNA	23.32 24.59	A la at	0 Sawyer, Dale 1 Lida, Robert
G	reen, Chuck	39 UNA 38 HE	11.48q 11.52q		8 Armstrong, Larry 9 Karbens, John(Jack	63 UNA 63 HMTC	14.55q 14.63	M35		34 UNA 35 UNA	24.85 22.45Q		Final 1 Lida, Robert
S	mith, James	38 IINV 39 AFTC	11.58q 11.67q	1.2.8	0 Gilbert, Paul Final	62 UNA	15.14	100	2 Anderson, Art 3 Maye, Sean	39 UNA 36 UNA	23.70Q 22.85Q	1	2 Smith, Doug 3 Williams, Albert
Т	hompson, Randy	37 ATC 36 TSDP	11.87 11.98	1	1 Neidig, Donald 2 Robbins, Stephen	60 UNA 62 UNA	12.48 12.48	antes.	4 Thomas, Robert 5 Lacey, Harold	38 IINV 36 SWS	23.77Q 23.29q		4 Denson, Charles 5 Harrison, Marion
۷	illegas, Gwynn	37 JPN 36 UNA	12.21 12.29	1.	3 Fields, Melvin 4 Ching, Sai	60 GTC 63 HMTC	12.92 12.93	120	6 Gardner, Larry 7 Aurelien, Clinton	36 UNA 39 SYTC	23.39q 24.31q	Stell I	6 Camp, Dick 7 Bartholomew, Charle
H	artle, Dr. Michael	39 UNA 38 UNA	12.73 14.69		5 Ritte, Walter 6 Jones, Edward	60 HMTC 60 UNA	13.59 13.68	115	8 Green, Chuck 9 Burks, Anthony	38 HE 37 ATC	24.43q 24.72	M70	B Stewart, Mack
TI	homas, Robert	38 IINV	11.20	M65	7 Armstrong, Larry 1 Williams, Albert	63 UNA 65 PVTC	14.73 12.86Q		0 Villegas, Gwynn Final	36 UNA	26.01		2 Ware, James 3 Wright, William
J	ett, Rod	38 BFFR 36 SWS	11.31 11.42	24	2 Lida, Robert 3 Smith, Doug	68 UNA 66 SCS	13.05Q 12.87Q	- not file	1 Clark, Ron 2 Thomas, Robert	35 UNA 38 IINV	21.90 22.69	Com The	4 Williams, Paul 5 Berry, Edwin
A	nderson, Art	39 UNA 38 HE	11.56 11.74	1000	4 Denson, Charles 5 Paddie, James	65 UNA 66 UNA	13.07Q 13.17q	103.00	3 Lacey, Harold 4 Anderson, Art	36 SWS 39 UNA	23.28 23.58	and the second se	6 Kishi, Francis 7 Cauldwell, John
S	mith, James	39 AFTC 40 UNA	12.02 10.80Q		6 Dennis, Kenneth 7 Harrison, Marion	68 UNA 66 UNA	13.42q 13.43q	1.1.1	5 Gardner, Larry 6 Green, Chuck	36 UNA 38 HE	23.93 24.07	M75	
Fi	elds, Don	40 UNA 42 SWTC	11.23Q 11.23Q	100	B Colbert, Larry 9 Camp, Dick	68 GTC 68 UNA	13.76q 13.80	M40	7 Aurelien, Clinton 1 Berry, Kettrell	39 SYTC 42 SWTC	24.28 22.63Q		Brown, Rodney Scott, Wilford
Ma	arshall, William	41 SYTC 43 UNA	11.53Q 11.38q		0 Bartholomew, Charle 1 Sawyer, Dale		13.86	Constant.	2 Thigpen, Aaron 3 Muhammad, Courtney	40 UNA	22.66Q 23.16Q	M80	
Sh	ute, Dr. Marcus	42 ATC 40 SWS	11.70q 11.78q	AN AN	Final 1 Smith, Doug	66 SCS	12.82		4 Strong, Frank	43 UNA .	23.98Q		3 Kennell, Tom
Me	rriweather, Eric	41 UNA	11.90g	and the second se	2 Williams, Albert 3 Lida, Robert	65 PVTC 68 UNA	12.87	1000	5 Marshall, William 6 *Lindsay, Howard	41 SYTC 41 SYTC	23.72q 23.93q 24.07a	M85	
Bla	ke, Aaron	41 HE 44 FAJS	12.26	2. 12	4 Paddie, James	66 UNA	13.12		7 Moody, Corey 8 Shute, Dr. Marcus	44 SACA 42 ATC	24.07q 24.47q	M90	2 Tompkins, Frederic 1 Trahan, Clarence
Hat		42 DD 44 BFFR	12.56 12.94		5 Denson, Charles 6 Harrison, Marion	65 UNA 66 UNA	13.19 13.46	and the second sec	9 Johnson, Spencer 0 Blake, Aaron	42 UNA 44 FAJS	24.83 25.98	400m W30	
		40 UNA	10.73	M70	7 Camp, Dick 1 Richards, Dick	68 UNA 71 UNA	13.96 13.81	1.4	1 Ota, Duke Final	42 HMTC	26.28	1.0.1	2 Lucero, Monique 3 Menge, Rachel
Fiel	ds, Don	42 SWTC	11.04 11.26		2 Williams, Lloyd 3 Williams, Paul	71 UNA 70 OHTC	14.25	1.5	1 Berry, Kettrell 2 Thigpen, Aaron	42 SWTC 40 UNA	22.51 22.97	W35	1 Daley, Lisa 2 Smith, Angela
	rshall, William	43 UNA 41 SYTC	11.46 11.57		4 Wright, William 5 Cauldwell, John	71 UNA 73 UNA	15.17 16.59	1 Fe	3 Muhammad, Court. 4 Marshall, William	42 OTC 41 SYTC	23.57 23.93		Bruff, Dionne Look-Jaeger, Clare
Shi	ute, Dr. Marcus	42 ATC 41 UNA	11.95 12.09	they want	6 Kishi, Francis 7 Jankovich, William	74 SCS 71 UNA	17.03	200	5 *Lindsay, Howard 6 Shute, Dr. Marcus	41 SYTC 42 ATC	24.06 24.22	1 - 1	5 Byal, Amy 6 Lowe, Terri
Sims	s, Alan	41 HE 47 UNA	12.17 11.52Q	M75	8 Walsh, Gene 1 Stookey, James	71 SOCA 75 PVTC	27.01 14.21	1	7 Strong, Frank 8 Moody, Corey	43 UNA 44 SACA	24.31 25.07	W40	1 Williams, Shemayne 2 Black, Jai
	lee, Marty	48 UNA 46 SWTC	11.56Q 11.70Q	-	2 Brown, Harry 3 Cheek, Don	75 MWM 75 UNA	14.57	M45	1 Chinn, James	46 SWTC	23.80Q	100	3 Kimber, Kim

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1	5 Shook, Kathleen	44 UNA	1:06.85q 1:08.29g		4 Gorden, Paul 5 Moody, Raymont	51 UNA 53 UNA	57.19 59.21		3 Hawkins, Walter 4 Baker, Anthony	52 CPTC	2:45.67		2 Holmes, Bob	76 UNA 82 PVTC	7:25.93 8:33.26		2	Qualls, Hobert
	7 Butler, Linda	42 UNA	1:08.95q		6 Duhe, Reginald 7 Hawkins, Walter	50 UNA 50 UNA	1:00.55		Final 1 Robinson, James	51 GVH	2:06.12		1 Englert, Roy 2 McManus, John 1 Tompkins, Frederic	82 UNA 88 UNA	9:23.08 10:26.79	1	4	Sturgeon, Randel Manley, James
	8 Sherburne, Carrie 9 Woo, Mary 0 Zakarski, Dabbia	42 SOCA 43 BFFR	1:09.61q 1:09.74	M55	1 Allie, Charles	57 UNA 55 UNA	55.64	1	2 Prather, Bob 3 Chantry, Stephen	50 UNA 50 UNA	2:08.76 2:09.62	M90 1	1 Tompkins, Frederic 1 Levine, Frank	91 UNA	10:26.74	M	2	Taylor, David Prizer, Kent
COLTS!	0 Zakerski, Debbie 1 Noonan, Kelly	43 BFFR 42 UNA	1:09.97 1:13.82	1000	2 Blake, Carroll 3 *Sims, Geoff	57 AUS	1:01.93		4 Patton, Russell	50 UNA 50 HMTC	2:10.49 2:13.43	5000m W30	1 Menge, Rachel	33 BFFR	22:47.74	M	160 1	"Webb, Richard
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	5 Smith, Michaeli 6 Nowakowski, Aman. 7 Butler, Linda		1:07.68 1:08.76 1:09.73		4 Ching, Sai 5 Fields, Melvin 6 Duffy, Dennis	60 GTC 62 SOCA	1:00.58q 1:01.48q		3 Cash, Grady 4 *Sims, Geoff	57 NS 57 AUS	2:20.79 2:22.10		5 *Glickman, Maria 6 *Brady, Mary 7 Noonan Kelly	40 BFFH 42 MLTC 42 UNA	21:14.68	100	4 5	Howard, Geoff *Kenny, Bill
	1 *Chaplin-Swann, Les	47 UNA	1:03.64	10/50	7 Leslie, Will	60 CNW 61 UNA	1:09.23q 1:10.57q	1. 1.	5 Hall, Gary 6 *Payne, Tim	58 UNA 55 CAN	2:24.98 2:29.08		7 Noonan, Kelly 8 Love, Desiree	42 UNA	21:33.35	1000		
	2 Ney, Mimi 3 Brown, Theresa	46 UNA 45 BFFR	1:08.17 1:10.32	1	8 Boughter, James 9 Pittman, Andy	61 UNA 60 DMTC	1:10.570	M60	1 Tucker, Rich 2 Barnum, Larry	60 BFTC 61 UNA	2:19.69 2:19.85	W45	1 Brown, Theresa 2 Barraza-Lee, Debbie	45 BFFR 48 SOCA	21:16.04 21:29.23	- Sint	2	Pratt, Donald
	4 Contreras, Patricia 5 Selby, Debbie	47 SOCA 48 UNA	1:11.17 1:19.93		Final 1 Neidig, Donald	60 UNA	58.47	12-3	3 Galazin, John	62 UNA 62 SOCA	2:22.04 2:27.51		3 Comiso-Fanelli, Con 4 Dunn, Odette	49 UNA 45 BFFR	22:17.00 24:21.98	5		Murphey Glenn, I
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2	2 Hanscom, Rita 3 Janneck, Denise	51 UNA 51 SOCA	1:06.65		4 Tucker, Rich 5 Ching, Sai	60 BFTC 63 HMTC	1:00.37 1:01.20		6 Boughter, James 7 Alarid, Daniel	61 UNA 62 RCR	2:35.13 2:53.32	-	3 Crisp, Victoria	53 UNA	19:54.84	N	2	Sokol, Leslie Kawana, Linda
	4 Mitchell, Rebecca 5 *Staub, Britta	51 OTCM 53 UNA	1:18.31		6 Duffy, Dennis 7 Leslie, Will	62 SOCA 60 CNW	1:03.27 1:09.76		8 Karbens, John(Jack) 1 Howard, Sid	66 CPTC	2:58.90 2:25.29	24	4 Ward, Kathy 5 Janneck, Denise	50 BFFR 51 SOCA	19:55.13 19:57.30	N	V50 1	Topham, Debbie Gelbard, Nancy
i	6 Rowland, Sherri	52 BFFR	1:28.26	8	8 Boughter, James 1 Lida, Robert	61 UNA 68 UNA	1:11.20		2 Stewart, Mack 3 McCormack, Dan	67 HH 66 OTCM	2:26.29 2:34.39		6 Miyashiro, Angie 7 Prather, Sherri	52 HMTC 51 UNA	21:04.09	N	V55 1	Frable, Kathleen
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	2 Stiles, Debbie	56 TEND 56 SLTC	1:14.67		3 Stewart, Mack 4 Colbert, Larry 5 McCormack Dan	68 GTC	1:04.23		2 Mathes, George	70 UNA 73 NZL	2:53.18 3:01.32	W55	0 Webb, Cynthia	51 PCVR 58 UNA	26:04:03 24:20.34		V60 1	Van Brocklin, Cat Steigerwalt, Joler
4	3 Behrens, Martie 4 Nickel, Yvonne	57 SOCA 56 BFFR	1:23.12 1:28.58		5 McCormack, Dan 6 McMillen, William	66 OTCM 65 WVTC	1:08.26	and the	3 *Johnson, Ronald 4 Berry, Edwin	70 UNA	3:11.87	1.35	2 Spannaus, Barbara 3 Nickel, Yvonne	57 UNA 56 BFFR	25:06.05 25:28.01	N	V80 1	Berman, Joan Gordon, Miriam
W60 1	5 Trotto, Mary 1 Naftel, Lynn	58 BTC 60 UNA	1:34.91 1:19.37	M70 1		67 PMTC 70 UNA	1:19.48		5 Smith, Alan 1 Selby, Jim	74 UNA 77 UNA	3:51.94 3:05.20	W60	1 Barnett, Rusty	63 BFFR	26:11.27	M	40 1 2	Blanchard, Micha Peters, Colin
23	2 *Radcliff, Marg 3 Barnett, Rusty	63 CAN 63 BFFR	1:28.78 1:40.97	23	2 Williams, Lloyd 3 Berry, Edwin	71 UNA 70 UNA	1:12.51 1:21.89	M80	2 Holmes, Bob 1 Englert, Roy	76 UNA 82 PVTC	3:34.40 3:45.30	1000	1 Marsolais, Mary 2 Baumann, Janet	68 UNA 66 UNA	33:27.34 38:46.43		145 1 150 1	Aunan, Tommy Thiedmann, Klau
W65 1	Daprano, Jeanne	68 ATC 68 UNA	1:25.35	4	4 Leis, Donold 5 Jankovich, William	73 UNA 71 UNA	1:29.14 1:31.57	M85	2 McManus, John 1 Tompkins, Frederic	82 UNA 88 UNA	4:38.14 4:48.88	W70	1 Harada, Mary 2 Chang, Mollie	70 LAC 72 HMTC	26:04.16 29:37.44	N		Klein, Arthur Pruckner, Jarosli
3	3 Coffee-Carney, Mari	67 UNA	1:44.02	M75 1	1 Cheek, Don	75 UNA 75 MWM	1:31.57 1:10.11 1:15.82		1 Levine, Frank	91 UNA	5:36.21	W80	1 Lachman, Helen 1 Lanier, Kareem	80 UNA 32 PCVR	44:46.43 16:33.38		4	Kalb, David
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W80 1	Davidson, Gerry Pettes, Alfy	84 UNA 30 SOCA	2:06.02 50.82	W30 1 W40 1	Jasper, Lorraine	33 BFFR 43 SOCA	3:01.43 2:23.37	and the second se	5 Jeffers, Karen 6 Young, Jeannie	42 BFFR 43 UNA	5:13.29 5:40.01		2 Egle, Mike 3 Bouthillier, Norman	43 UNA 40 WRT	16:30.89 17:04.59	215	3	Weeks, Robert Horton, Jim
2	Culpepper, Jeff	30 SOCA 32 HE 32 BER	50.82 51.97 53.41	2	2 Sherburne, Carrie	43 SOCA 42 SOCA 42 BFFR	2:23.37 2:25.91 2:28.73		 Foung, Jeannie Glickman, Maria Chaplin-Swann, Les 	40 BFFR	5:40.01 5:47.32 4:55.92	1000	4 Poulos, Ted 5 Cotti, Ted	43 PVTC 43 SOCA	17:24.06 17:33.91		5	Ray, Stuart
4	Dean, William	32 UNA	53.83	4	3 Kimber, Kim 4 Smith, Michaeli 5 Jeffers Karen	42 SOCA	2:34.22	Car Der	2 *Hayden, Julie	45 SOCA	5:09.91	1. 1. 1.	6 Umphress, Val	41 MLTC	18:33.61	100		Johnson, Paul Backlund, John
6	Nesifort, Lee	32 PCVR 33 UNA	53.92 56.97		5 Jeffers, Karen 5 Nowakowski, Aman.		2:34.75 2:37.10	Sec. 1	3 Barraza-Lee, Debbie 4 Contreras, Patricia	47 SOCA	5:30.92 5:31.63	8	7 Gonzalez, Sergio 8 Gregory, Peter	43 UNA 43 UNA 45 BAC	19:03.53 23:32.18	1.20	470 1 2	Acosta, Carl Solis, George
M35 1 2	Thomas, Robert Gardner, Larry	38 IINV 36 UNA	48.69 50.53	7	Woo, Mary Hart, Beverlee	43 BFFR 43 UNA	2:37.80 2:47.53	W50	5 Brown, Theresa 1 Smith-Hanna, Caroly		5:36.88 5:17.35	M45 1	1 Coats, Chuck 2 Cauller, Gregory	45 BAC 45 UNA	16:11.57 16:32.94	1	475 1 0,000m	Corona, Peter Walk
3	Nash, David	37 FIBO 36 UNA	51.32 51.37	W45 1	Chaplin-Swann, Les Hayden, Julie		2:21.56 2:27.07		2 Janneck, Denise 3 Ward, Kathy	51 SOCA 50 BFFR	5:33.48 5:37.41		3 Allen, Mac 4 Nelson, Brian	48 UNA 48 UNA	17:15.83 17:18.17		N40 1	Murphey Glenn, Marmstrong, Ginge
5	Grant, Chris	36 SWS 39 SYTC	51.38 55.83		Ney, Mimi Contreras, Patricia	46 UNA 47 SOCA	2:37.44 2:38.72	The second	4 *Sims, Kathy 5 Miyashiro, Angie	54 AUS 52 HMTC	5:57.49 6:08.13		5 Decollibus, Angelo	48 TRH 49 BFFR	17:49.53 18:03.43		N45 1	Sokol, Leslie Topham, Debbie
78	Green, Chuck	38 HE 38 UNA	56.82 1:02.05		5 Brown, Theresa 6 Barraza-Lee, Debbie	45 BFFR	2:39.54 2:43.28		6 Prather, Sherri 7 McCurdy, Lucy	51 UNA 54 MPRR	6:35.27 9:00.17	7	7 Kollars, Steven	46 BFFR	18:10.13 22:57.27			Frable, Kathleen Mcguire, Doris
M40 1		42 SWTC	52.25Q 52.59Q	W50 1	1 Martin, Kathryn	53 NRC	2:43.28 2:31.91 2:34.58	W55	1 Berman, Wah 2 Nickel, Yvonne	58 UNA 56 BFFR	6:29.92 6:33.76	M50 1	1 Prather, Bob	50 UNA 51 UNA	17:02.88	For	2 3 N60 1	Backlund, Darlen
3	Jones, David	40 SWS	52.52Q	3	2 Smith-Hanna, Caroly 3 Janneck, Denise 4 Ward Kathy	51 SOCA	2:45.15	Sec. 1	3 Stiles, Debbie	56 SLTC	6:49.84	3	3 Chantry, Stephen	50 UNA	17:30.03	/ V	N65 1	Berman, Joan
4 5	Bynoe, David	44 SACA 43 SAC	53.09Q 53.38q	5	Ward, Kathy Sims, Kathy	50 BFFR 54 AUS 53 UNA	2:50.28	W60	4 Trotto, Mary 1 Makoske, Ann 2 Barnott Busty	58 BTC 60 UNA	6:55.90 6:16.13 7:17.05	5	4 Garcia, Robert 5 Lundblad, Mike	50 UNA 52 VIRR	17:47.02 18:14.80 18:30.76	N	W80 1	Gordon, Miriam Blanchard, Micha
67	Shute, Dr. Marcus	41 SYTC 42 ATC	53.75q 54.21q	67	5 *Staub, Britta 7 Prather, Sherri	51 UNA	3:12.04 3:13.02	127	2 Barnett, Rusty 3 Davis, Joan	63 BFFR 64 HMTC	7:17.95 13:32.85	1	6 Hoffsmith, Joel 7 Sturgeon, Randell	51 UNA 53 BFFR	18:39.76 19:29.61		M45 1 M50 1	Aunan, Tommy Thiedmann, Klau
89	Brown, Paul Watts, Jim	42 SWS 43 UNA	54.25q 55.32	W55 1	McCurdy Lucy	54 MPRR 56 SLTC	4:10.30 3:09.92	W65	1 Daprano, Jeanne	68 ATC 66 UNA	6:44.18 12:43.77		8 Brand, Paul 9 Sasaki, Sterling	50 CTF 50 UNA	20:11.00 21:16.71	12	23	*Pruckner, Jarosl Klein, Arthur
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2	Herscu, Robert	41 UNA 42 HMTC	56.96 58.33	- 2	Naftel, Lynn Barnett, Bush	60 UNA 63 BFFR	3:18.32 3:36.19	W75	3 Chang, Mollie 1 Schley Helon	72 HMTC 77 PVTC	7:58.51 10:01.71	3	3 Prizer, Kent	55 UNA 58 UNA	20:18.82 20:23.54	100	3	Mcguire, Richard
4	Hatano, Alan	42 HMIC 44 BFFR	58.33 61.12	WEE	Davis, Joan	64 HMTC 68 ATC	7:02.08	W/5 W80	1 Davidson, Gerry	84 UNA	10:14.15	Men	4 Hall, Gary 5 Moeller, Richard 1 Hamlyn, Maxwell	58 UNA	21:37.70	1	460 5	Mcguire, Richard Novak, Robert Glend, Ray Sorrenti, Edoardo
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3	Muhammad, Court.	40 SWS 42 QTC	52.21 52.24	W70 1	1 Bigelow, Vicki 2 Harada, Mary	70 SOCA 70 LAC	3:15.12 3:32.61	M35	1 Nash, David 2 Bogdanowicz, Matt	37 FIBO 36 PS	4:06.56 4:14.79	34	3 Manago, Jon 4 Brenneck, Steven	60 UNA 64 UNA	20:53.84	1	34	Horton, Jim Ray, Stuart
4 5	Moody, Corey Bynoe, David	44 SACA 43 SAC	52.79 53.51	W75 1	3 Chang, Mollie 1 Schley, Helen 2 Onodera-Leonard, S	72 HMTC 77 PVTC	3:52.38 4:36.63		4 VanCleve, Robert	38 FIBO	4:16.13 4:19.52	M65	5 Alarid, Daniel 1 Weddle, Thom	62 RCR 66 RNF	21:36.36 21:06.18	100	M65 1 2	Johnson, Paul Backlund, John
	5 *Lindsay, Howard 7 Brown, Paul	41 SYTC 42 SWS	53.85 54.03	W80 1	2 Onodera-Leonard, S 1 Davidson, Gerry	84 UNA	4:42.42 5:02.08		5 Miskimens, David 6 Hales, Greg	39 HCRC 39 SCTC	4:26.29 4:37.40		2 Mohica, Ken	67 HMTC 67 HMTC	21:06.28 21:23.25	and the second second	M70 1	Acosta, Carl Solis, George
M45 1	B Shute, Dr. Marcus	42 ATC 46 SWTC	55.37 54.06Q	M30 1	1 Lanier, Kyle 2 Hardy, Bob	32 PCVR 34 UNA	2:03.44 2:16.42	M40	1 Egle, Mike 2 Londos Dale	43 UNA 41 OTCM	4:14.97 4:18.40	Juan	4 Cordero Joe	67 BTC	21:52.97	N	M75 1	Corona, Peter
M45 1	2 James, Bennie	48 GVH	54.06Q 54.11Q 54.61Q	Mar	Garvin, Geoffrey	33 UNA	2:19.71		2 Londos, Dale 3 Bouthillier, Norman	40 WRT	4:34.15		5 *Kenny, Bill 6 LeVasseur, Jerry	69 NZL 67 MMM	22:19.90 22:21.46	i	W40 1	Willard, Denise
4	4 Smith, J.	45 UNA 46 BFFR 45 WV IS	55.10Q	M35 1	3 Garvin, Geoffrey 1 Nash, David 2 VanCleve, Robert	37 FIBO 38 FIBO	1:54.93 2:05.30		3 Bouthillier, Norman 4 Leon, V. Ted 5 Poulos, Ted	43 UNA 43 PVTC	4:51.07 5:42.48		1 Iffrig, Bill 2 Mathes, George	71 STC 70 UNA	20:53.81	1	23	Ware, Caren Zakerski, Debbie
5	6 DiMassa, David	45 WVJS 46 UNA	56.18Q 56.33Q		4 Hickey, Dr. Brian	39 SCTC 37 UNA	2:08.31 2:17.30	and the second s	2 Coats, Chuck	45 BAC 45 BAC	4:12.07 4:15.11	3	4 Tuck, Carl	72 UNA 71 UNA	21:50.53 25:33.11 26:21.55	1	4	Butler, Linda Marks, Cynthia Atwood, Darla
8	7 Stanley, Robert 8 Lucas, David	45 UNA 46 SOCA	56.38q 56.39q	M40	5 Coleman, BaoKim 1 Egle, Mike	38 UNA 43 UNA	2:29.34 2:02.65		3 Nash, Timothy 4 Carver Mark	45 SCTC	4:29.14 4:30.74	M75 1 M80 1	1 Fortune, William	77 UNA 80 UNA	26:36.85 32:43.59		2	Petkus, Joanne
9	9 Connell, Steven 0 Kennell, Patrick	46 UNA 45 UNA	57.67 59.33	1	2 Bynoe, David 3 Watts, Jim	43 SAC 43 UNA	2:03.35 2:04.15	States .	5 Cleary, Mark 6 Kollars, Steven	46 SOCA 46 BFFR	4:37.24 4:37.98	M90 1 10000m	1 Levine, Frank	91 UNA	40:15.50	1	W50 1	"Wiodarczyk, An Thompson, Irene
1.1.1.1	1 Carter, Calvin 2 Chin, Richard	48 BFFR 46 HMTC	59.69 59.70		4 Londos, Dale 5 Kastor, Vaughan	41 OTCM 40 UNA	2:04.15 2:04.51 2:06.77	and a second	7 Decollibus, Angelo 8 Houar, Michael	46 BFFR 48 TRH 49 BFFR	4:37.98 4:39.06 4:49.58	W30 1	1 Menge, Rachel	33 BFFR	49:53.75		W55 1	*Trott, Rhona
3		49 UNA 46 HMTF	1:00.06		6 Bouthillier, Norman	40 WRT	2:08.82		9 McFarlane, James	49 UNA	4:58.38	W40 1	2 Andersson, Lynne	43 UNA 40 PHAC	41:43.69 42:49.33		80m Hu	McCormick, Car urdles 27"
:	5 Johnson, Rodney	46 SCS	1:00.29		7 Leon, V. Ted 8 Miller, Nils	43 UNA 41 UNA	2:15.12 2:37.35	M50	0 *Kadatsky, Sergei 1 Robinson, James	46 UKR 51 GVH	5:07.63 4:33.44		3 Mohr, Trudy 4 Glickman, Maria	41 BFFR 40 BFFR	43:29.76 44:36.34 46:02.57	1	W65 1 W70 1	Jordan, Barbara Meiler, Flo
	6 White, Richard Final	45 UNA	1:26.02	M45	1 Paulk, Kevin 2 Carver Mark	45 BAC 45 NS	2:04.35 2:08.78		2 Chantry, Stephen 3 Prather Bob	50 UNA 50 UNA	4:34.15 4:36.25		5 *Brady, Mary 6 Love, Desiree	42 UNA	46:02.57 50:41.53	1	80m Hu	urdles 30" 1 Clark, William
	1 James, Bennie 2 Chinn, James	48 GVH 46 SWTC	53.24 54.45		3 Lucas, David 4 Otte, Kevin	46 SOCA 45 UNA	2:11.33 2:12.88		4 Scott, Basil 5 Garcia, Robert 6 Qualls, Robert 7 Tjogas, Paul	50 HMTC 50 UNA	4:40.01 4:44.50	W45	1 Comiso-Fanelli, Con	49 UNA	47:14.32		2	2 Spainhower, Do 3 Bonifield, Lowel
2	3 Smith, J. 4 Lucas, David	46 BFFR 46 SOCA	55.48 58.02		5 *Boltje, Robert 6 Cleary, Mark 7 McFarlane, James	45 SCTC 46 SOCA	2:13.88 2:14.54	2.20	6 Qualls, Robert 7 Tiocas Paul	53 BFFR 52 UNA	5:01.87	W50	1 Martin, Kathryn	45 BFFR 53 NRC	55:10.12 40:38.31 59:07.35		1.1.1	4 Shipp, Phil
	5 DiMassa, David 6 Pasos, Mark	46 UNA 45 WVJS	58.24 58.73		8 PICINI JOSEDD	49 UNA	2:18.89	MER	8 Brusher, William	52 UNA 53 PS 59 UNA	5:05.39	3	3 Rowland, Sherri	50 UNA 52 BFFR	59:59.64	Lot Manuel	80m H	1 Stookey, James lurdles 27
M50 1	1 Gorden, Paul	51 UNA	57.50Q	1. 1. 1.	8 PICINI JOSEDD	47 UNA 46 UKR	2:22.41	M55	2 Payne, Tim	55 CAN	4:53.27 4:56.93	W65 1	4 Smith, Racquel 1 Nickel, Yvonne	52 BFFR 1	1:01:07.58		M80 1	1 Larsen, Melvin Hurdles 33"
	2 Collins, Bill 3 Bowen, Robert	54 HE 53 UNA	57.96Q 57.55Q		9 *Kadatsky, Sergei 0 Peterson, Thomas 1 White, Richard	46 UNA 45 UNA	2:44.81 3:08.84		3 Hall, Gary	58 UNA 56 HMTC	5:00.96 5:09.94	M30 1 M35 1	1 Lanier, Kareem	32 PCVR	55:32.12 34:02.21 37:36.45	A STATE	W35 1	1 Lowe, Terri Hurdles 36"
-	4 Moody, Raymont 5 Haywood, George	53 UNA 52 HE	1:00.45Q 58.05g	M50	2 Prather, Bob	50 UNA 50 UNA	2:09.98Q 2:12.40Q		4 Rodriguez, Alex 5 Shirley, Graeme 6 Weiner, Robert	59 UNA 58 PVTC	5:42.63 6:31.57	M35 2 M40 1	2 Hickey, Dr. Brian	39 UNA 37 UNA 42 SOCA	37:36.45 43:05.92	1	M50	 McKinley, Brian
12.1	6 Evans, Hubert 7 Duhe, Reginald	51 BFFR 50 UNA	59.26q 1:00.44q		3 Robinson, James	51 GVH 50 UNA	2:11.71Q 2:14.19Q	M60	1 Boughter, James	61 UNA 64 CGTC	5:14.86	2	2 Bouthillier, Norman	42 SOCA 40 WRT	32:50.00			2 Pannell, Michae 3 Zahn, Robert
6	8 Hawkins, Walter 9 Washington, Hulan	50 UNA 53 BFFR	1:02.51q 1:06.74		4 Chantry, Stephen 5 Scott, Basil 6 Shapiro, Gary	50 HMTC	2:12.75q 2:17.51q		3 Brenneck, Steven	64 UNA	5:16.47	- include	4 Cotti, Ted	43 PVTC 43 SOCA	36:36.52 39:53.68	1		4 Wilson, Thadde 5 Jacquet-Acea,
(0 Diaz, Edward	51 UNA	1:08.72	and the second	7 Garcia, Robert	50 UNA	2:18.82g	M65	4 Alarid, Daniel 1 Howard, Sid	62 RCR 66 CPTC	5:46.13 5:17.59	M45 1	5 Gonzalez, Sergio	43 UNA 49 UNA	40.05.60 33.26.17 34:46.60			6 Broun, James
	1 Glickman, Jim Final	51 BFFR	1:11.68	un m	8 Jones, Jim 9 Tjogas, Paul 0 Bowland Stan	53 PMTC 52 UNA	2:21.75		2 McCormack, Dan 3 LeVasseur, Jerry	66 OTCM 67 MMM	5:23.98 6:17.26		2 Naranjo, Javier 3 Allen, Mac	46 UNA 48 UNA	34:46.60			7 Costello, Vince 8 *Burge, Conrac 9 Angulo, Sergio
	1 Collins, Bill 2 Bowen, Robert	54 HE 53 UNA	53.96 55.68	12	0 Rowland, Stan 1 Green, Duane	52 FMRC 54 CTF	2:22.01 2:27.35		1 Mathes, George 2 *Cook, Barry	70 UNA 70 AUS	5:47.77 5:48.79		4 Houar, Michael	49 BFFR 45 UNA	36:11.47 37:48.85 39:42.59	1		9 Angulo, Sergio 0 Boehr, Douglas
	and the	·	·	10.1	A CONTRACTOR	wind the in			A State of the state		-		A CONTRACTOR OF THE REAL OF	45 UNA	39:42.59	13		1 McKinley, Brian

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and the second second	childer acce	at the second second	and the second		and the second	Ital	tional M	laster	snews					1. 1. T.	page 25	
and the second se	Abrams, Scott Homer, Gregg	49 UNA 51 UNA	43:20.13		2 Zahn, Robert	51 UNA	15.17	M45	1 Kollars, Steven	46 BFFR	11:38.41	W50 1	Anderson, Dinah	52 UNA	1.20m	
M50 1	Qualls, Robert	53 BFFR	36:21.88 40:24.37		Broun, James Burge, Conrad	53 UNA 54 AUS	15.50	Contraction of the	2 Gardner, Bradley	47 UNA	11:52.75	W55 1	Vander Cruyssen, Do	59 UNA	1.25m	
3	Sturgeon, Randell	53 BFFR	41:48.80			54 AUS	16.05 16.54		3 Harding, David	45 UNA	11:53.37	2		56 TEND		
4	Manley, James	53 BFFR	49:56.22	6	6 Costello, Vincent	52 HMTC	16.67	M50	4 Houar, Michael 1 Robinson, James	49 BFFR 51 GVH	12:05.38 10:55.80	3	Glass, La Tanya *McBlain, Liz	58 SOCA 57 CAN	1.15m 1.05m	
M55 1	Taylor, David Prizer, Kent	55 UNA 55 UNA	39:56.26 42:16.47	M55	Wilson, Thaddeus	54 UNA	18.08	23554	2 Worthen, Kenneth	54 UNA	13:05.95	W60 1	Douglass, Linda	60 UNA	1.25m	
M60 1	"Webb, Richard	61 PCVR			1 Craig, Jack 2 Parker, Phil	56 UNA 57 ATC	17.35	1	3 Camp, Gary	50 BFFR	13:15.14	2	*Radcliff, Marg	63 CAN	1.25m	
2	Hamlyn, Maxwell	64 CGTC	43:24.26		Hurdles 33"	57 410	25.90	1 200	4 Manley, James 5 White, Parker	53 BFFR 53 BFFR	15:01.52 15:34.01	W65 1 W70 1		65 UNA 70 UNA	1.30m 1.15m	
3	Manago, Jon Martin, Jeffrey	60 UNA 64 BRR	44:04.22 45:20.81	M60 1		61 FAC	16.68	M55	1 Pate, Ronald	58 UNA	12:10.56	2		71 UNA	1.05m	
M65 1		66 RNF	44:58.84		2 Milove, Michael 3 Ewing, Johnston	60 UNA 61 UNA	19.90 20.40	and the second s	2 Taylor, David	55 UNA	12:13.42	3		70 WVT0		
2	Cordero, Joe	67 BTC	45:38.35	M65		66 UNA	16.19	4x100	3 Weiner, Robert	58 PVTC	14:33.45	W75 1 W80 1		77 UNA 80 UNA	1.05m 0.90m	
3	Brawner, Wally	66 UNA	47:33.53	Transferration of the local division of the	2 Kline, Barry	65 UNA	20.92	W30	1 ADH (Williams, Bru	uff, Aikels, Ve) 51.46	M35 1	Chmielewski, Thadde		1.80m	
45	Howard, Geoff *Kenny, Bill	67 HMTC 69 NZL	47:45.23 50:09.41		3 Mills, Bruce Hurdles 39"	66 MWM	21.49	1000	2 ADH (Lucero, Men	ge, Kehoe,	and the second	2	Pollard, Tony	39 UNA	1.80m	
6		67 MMM	53:20.81	M35 1		36 SWS	14.34		3 BFFR (Marks, Lowe	St lamos	1:01.49	M40 1		39 UNA 40 UNA	1.75m	
M70 1	Iffrig, Bill	71 STC	44:13.21	2	2 Jett, Rod	38 BFFR	14.52	100	Woo)	o, or sames,	1:03.59	14140 2		43 UNA	1.85m 1.80m	
5000m	Pratt, Donald	72 UNA	54:34.96	3		39 AFTC	15.85	1.1.1	4 ADH (Leslie, Kawa	na, Chin,		2	Coushay, Brian	41 PMTC	1.80m	
	Murphey Glenn, Kel	1 44 UNA	27:55.31		4 Watson, Johnny 5 Wilcox, Rod	38 SOCA 39 UNA	16.23 16.96	W40	Prath) 1 BFFR (Jeffers, Zak	areki Brown	1:10.57	4		44 UNA	1.75m	
2			31:50.18	e		36 UNA	18.42	W50	1 ADH (Matthews, O			M45 1		40 UNA 47 UNA	1.70m 1.96m	
3		41 UNA	34:35.70	M40 1	interioud, bealer	44 ATC	15.26		2 ADH (McCurdy, vo		1.1	2		47 UNA	1.80m	
W45 1	Sokol, Leslie Kawana, Linda	47 SCTC 47 MLTC	28:57.12 48:19.92	M45		42 DD 46 SAC	19.27	1	Stau)	ad Carlin	1:06.19	3		48 UNA	1.75m	
W50 1		52 PAC	28:03.13	2		46 UNA	16.63 17.00	12.270	3 ADH (Leek, Rowla Nicke)	na, smith,	1:15.81	M50 1	Brower, Jeff Zahn, Robert	46 UNA 51 UNA	1.70m 1.55m	
2		51 BFFR	49:31.12	3		47 SOCA	17.46	W70	1 ADH (Peterson, Va	lien, Chou,	1.10.01	2		50 HMTC		
W55 1	Frable, Kathleen Mcguire, Doris	59 UNA 56 UNA	32:32.63 33:12.37	4	Schwieterman, Joe McDaniels, Robert	46 UNA 48 UNA	18.31	1120	Obe)		1:15.65	3		53 BFFR		
3	Backlund, Darlene		V 34:54.93	ě		47 SOCA	19.10 20.15	M30	1 SWS (Jones, Drum Lac)	nmond, Grant	43.64	4	Stone, Kenneth	52 HMT0 51 UNA	1.35m 1.25m	
4	Van Brocklin, Cathe	59 UNA	36:24.03	7	7 Stanley, Robert	45 UNA	23.12	- 14	2 SYTC (Marshall, AL	relien, Lindsa		ĕ		52 UNA	1.20m	
W60 1		61 UNA	31:57.95 37:52.87		Hurdles 30"			-	3 ADH (Green, Thom		Section and	M55 1	Baskauskas, Edward	55 UNA	1.51m	
W65 1 W80 1	Berman, Joan Gordon, Miriam	68 AATC 80 UNA	38:07.46		Thompson, Irene Bowman, Tina	51 CNYI 52 BHTC	55.90 1:01.01	Sunday.	4 BFFR (Snaer, Smith	Cartor Hat	45.75 an) 48.14	23		56 GBTC 59 UNA	1.51m 1.50m	
M40 1	Blanchard, Michael	44 HART	26:41.33		Trott, Rhona	56 CAN	59.79	1 Bell	5 ADH (Monaghan, (Dibley, Villega	an) 48.14	1	Wysong, Mark	56 UNA	1.45m	
145 1		43 HMTC			Hurdles 27"			M40	1 ADH (Disalvo, Krul	lee, DiMassa,	T) 45.12	5	Jacobson, Vance	57 BFFR	1.40m	
M45 1 M50 1	Aunan, Tommy Thiedmann, Klaus	46 UNA 51 CWC	26:51.46 27:34.76		I Jordan, Barbara Hurdles 30"	69 GMAA	1:06.67		2 HMTC (Ota, Oyape 1 ADH (Hastings All		50.05	M60 1		60 UNA 64 UNA	1.55m	
2	Klein, Arthur	52 SCTC	33:39.6h	M60 1	Graff, Warren	60 MVS	48.76		1 ADH (Hastings, All 2 ADH (Peyton, Bow	en, Pizza. Di	the) 46.93			60 UNA	1.45m 1.45m	
3	*Pruckner, Jaroslav	51 CZR	34:24.87		2 Norris, Larry	60 OTCM	49.22		3 ADH (Hahn, Angul	o, Spencer,	Sector Sector		Johnston, Joe	61 FAC	1.40m	
M55 1	Kalb, David Wiggins, Michael	51 BFFR 56 UNA	37:42.07 25:41.53	M65 1		61 UNA 66 UNA	59.45	1.25	Moun)	Kalk MAN	52.16	4	Galazin, John	62 UNA	1.40m	
2	Frable, Norman	59 UNA	27:14.85	1005 2		66 UNA	49.37 51.23		4 BFFR (Washington, 5 HMTC (Costello, No.	, Chang Da	Ja) 52.28 ilv) 55.55	-	Armstrong, Larry Schaedel, Ronald	63 UNA 60 HMT	1.40m 1.40m	
3	Mcguire, Richard	57 UNA	27:33.98	3	B Rowan, Terry	65 UNA	54.24		1 ADH (Smith, Lida,	Stewart, Den	so) 52.38	É	Kozusko, Ray	63 UNA	1.35m	
	Novak, Robert	56 PP 62 UNA	28:24.45 29:40.97		Mills, Bruce	66 MWM	1:00.57		2 HMTC (Kuroda, Sci	haedel, Karbe	ens,) 56.35	9	Ewing, Johnston	61 UNA	1.30m	
M60 1	Sorrenti, Edoardo Null, Gary	62 UNA 60 UNA	29:40.97 30:14.48		Hurdles 27" I Clark, William	71 UNA	54.54		1 ADH (Stookey, Her 2 ADH (Selby, Leis, I	Melville, Booi) 56.39	-	Wright, Jerry Peters, Dan	62 UNA 64 UNA	1.30m 1.25m	
3	Weeks, Robert	64 UNA	30:23.72	2	2 Bonifield, Lowell	72 UNA	55.39	4x400		merrine, Dorn	, 1.00.01	M65 1		66 UNA	1.50m	
4	Horton, Jim	64 UNA	34:08.22	1175 3		70 SCS	1:10.39		1 ADH (Zakerski, Lu		i) 4:42.94	2		66 UNA	1.45m	
M65 1	Aay, Stuart Johnson, Paul	63 SCW 67 FAC	36:08.84 28:36.68	M75 1	Stookey, James Hurdles 30"	75 PVTC	53.15		2 BFFR (Mohr, St Jar Mark)	mes, Menge,	5:24.82		B Kline, Barry Bergen, Bert	65 UNA 67 HMT	1.45m 1.40m	
	Backlund, John	65 RWNV	V 30:47.25	W40 1	Ware, Caren	43 SOCA	1:13.67	1157	3 ADH (Leslie, Chin,	Kawana,	J.L4.02		Reiche, Ralph	67 UNA	1.35m	
M70 1		71 WCLA		2		43 BFFR	1:16.11	1000	Chapl)	States of	5:31.08		5 Mills, Bruce	66 MWN	1.25m	
M75 1	2 Solis, George Corona, Peter	73 ESWC 76 MRW	33:31.79		Butler, Linda Marks, Cynthia	42 UNA 40 BFFR	1:18.59 1:25.05	and the	4 BFFR (Lowe, Smith Glickman)	n, Dunn,	6:09.67	M70	Head, John Langenfeld, Tom	67 UNA 70 UNA	1.20m 1.45m	
10,000	m Walk			1000	5 Render, Lisa Marie	40 UNA	1:29.98	W40		Hayden,	0.03.07			70 UNA	1.40m	
W40 1	Murphey Glenn, Ke		57:32.00		Petkus, Joanne	46 UNA	1:31.95	10000	Smith, J)	distant of the	4:26.55	:	3 Shipp, Phil	70 UNA	1.40m	
W45 1	2 Armstrong, Ginger Sokol, Leslie		1:07:30.00	400m M35 1	Hurdles 36" I Grant, Chris	36 SWS	54.67		2 BFFR (Jeffers, Woo Kimber)	b, Brown,	4:40.72	and the second sec	Ware, James 5 Sullivan, Jerry	70 UNA 70 UNA	1.30m 1.25m	
W50 1	Topham, Debbie	52 PAC	59:22.00	2		36 SWS	54.75	110.84	3 SOCA (Grene, Jan	neck, Barraza		1-26	5 Fitzhugh, Raymond	70 SCS	1.25m	
	Frable, Kathleen		1:09:07.00	3	Smith, James	39 AFTC	1:00.80	A STATE A	Lee)		4:51.82	1999	7 Husic, Robert	74 HMT	C 1.20m	
23			1:09:26.00	M40	Watson, Johnny Monaghan, Drew	38 SOCA 40 UNA	1:04.33 1:04.57	Sec. 7	4 ADH (Selby, Naftel Maltzahn)	l, von	5:00.61	M75	8 Leis, Donold 1 Stookey, James	73 UNA 75 PVT		
W60 1		61 UNA	1:07:04.00		2 McCloud, Dexter	44 ATC	1:06.48	1.00	5 ADH (Hart, Comise	o-Fanelli, Agu		M/5		76 UNA		
W65 1	Berman, Joan		1:18:48.00	and and the second	3 Sakuma, Steve	42 HMTC	1:16.63	W50	1 ADH (Makoske, Tr	otto, Smith-	San Person			75 ABTO	1.15m	
W80 1 M40 1			1:18:20.00 55:07.00	M45	1 Brower, Jeff 2 Gatling, Darnell	46 UNA 45 UNA	1:01.27 1:03.57	1.1.1.1	2 BFFR (Ward, Rowla	and Barnett	5:20.15	M80	Brown, Pat Wilson, Charles	75 HMT	C 1.10m 1.15m	
111111	Aunan, Tommy	46 UNA	55:29.00		3 Mcmahon, Timothy	46 SAC	1:04.75		Nic)	and, Damen,	6:10.00		Kennell, Tom	84 FAC	0.90m	
M50 1	Thiedmann, Klaus		57:20.00	1.0	4 Russ, Jim	48 UNA	1:08.35	W70	1 ADH (Leek, Chang	, Peterson,	and the second		McPhie, Leland	91 UNA	1.05m	
3	Pruckner, Jaroslav Klein, Arthur	52 SCTC	1:06:58.00		5 Davison, Jeff Hurdles 33"	47 SOCA	1:12.63	M30	Hara) 1 SOCA (Pettes, Wat	son Clean	8:00.98	Pole V	Zakerski, Debbie	43 BFFF	1.80m	
M55 1	Wiggins, Michael	56 UNA	54:18.00		1 Pannell, Michael	51 TNT	1:04.110	Contraction of	Luc)	the second second	3:47.06		Ware, Caren	43 SOC		
	Frable, Norman	59 UNA	55:51.00		2 Easley, Ricky		1:05.63Q	M40	1 ADH (Gardner, Ha	rding,			Hanscom, Rita	51 UNA	2.40m	
34		57 UNA 56 PP	57:20.00 58:37.00		3 McKinley, Brian 4 Costello, Vincent	52 UNA 52 HMTC	1:07.430	1000	Brower, D) 2 HMTC (Oyape, Chi	n Sakuma	3:58.97	WEE 1	2 Anderson, Dinah 1 *von Maltzahn, Hill	52 UNA 56 TEND	2.00m 2.70m	
	Glend, Ray		1:13:45.00	10075	5 Jacquet-Acea, Russe		1:08.33q	17.38	Ota)	n, oakuma,	4:05.13		Vander Cruyssen, Do		1.90m	
M60 1			1:01:30.00		6 Kemp, Steve	52 UNA	1:08.46q	M50	1 ADH (Collins, Hay	wood,	and the second	3		57 CAN	1.40m	
23			1:03:23.00 1:10:36.00	1. 25	7 Angulo, Sergio 8 Boehr, Douglas	53 UNA 52 UNA	1:12.91q 1:14.55q	The s	Glaspy, A) 2 ADH (Hahn, Angul		3:46.36	W60	O'Connor, Nadine	58 BTC 63 UNA	1.30m	
4	Ray, Stuart	63 SCW	1:13:55.00		9 Baker, Anthony	52 CPTC	1:22.73	1000	Mount)		4:17.67	W70 1		71 UNA	2.90m 1.90m	
M65 1	Johnson, Paul		1:00:44.00		Final			5.5	3 BFFR (Washington,	, Glickman,		W80 1	Valien, Johnnye	80 UNA	1.40m	
M70 1	Backlund, John Acosta, Carl		1:05:05.00		1 McKinley, Brian 2 Kemp, Steve	52 UNA 52 UNA	1:01.60 1:03.04	1	4 ADH (Pate, Ng, Ma	0000	4:20.38	M35	Holton, Daniel Brooks, Peter	36 UNA 36 UNA	4.25m 3.95m	
2	Solis, George	73 ESWC	1:29:56.00	And and the second s	3 Easley, Ricky	51 SOCA	1:05.25	The set	Costello)		4:35.13	3	Wilcox, Rod	39 UNA	3.95m	
M75 1	Corona, Peter	76 MRW	1:10:36.00		4 Jacquet-Acea, Russe	52 UNA	1:05.84	M60	1 HMTC (Schaedel, H	Karbens,		M40 1	Miller, Bernie	44 UNA	3.95m	
W40 1	Willard, Denise	43 AHTC	14.08	And a	5 Costello, Vincent 6 Boehr, Douglas	52 HMTC 52 UNA	1:10.46 1:18.33	1	Ritte, C) 2 ADH (LeVasseur, V	Neddle	4:30.59	M45 1	Hintnaus, Tom Beck, Wendell	47 UNA 47 AHTC	4.40m	
2	Ware, Caren	43 SOCA	14.17		7 Pannell, Michael	51 TNT	1:31.54	- 2010	Cooper,)	a langer and a second	5:15.06		Bunner, Thomas	49 UNA	4.10m	
	Zakerski, Debbie	43 BFFR	15.09	M55	1 Mount, Lester	59 DMTC	1:10.99	M70	1 ADH (Leis, Selby,	Melville, Boni		1	McFarling, Bradford	46 UNA	3.95m	
4	Butler, Linda Marks, Cynthia	42 UNA 40 BFFR	15.78 18.35	000	2 Phillips, Bill 3 Schuster, Neal	55 UNA 57 UNA	1:16.99 1:34.09	4x800 W30	Relay 1 ADH (Mohr, Zakers	ski Fitzpatriel	10.59 08			47 JPN 47 UNA	3.80m 3.80m	
W45 1	Atwood, Darla	47 UNA	14.71	2000m	SC		1.000		2 BFFR (Glickman, M	lenge, Marks	Sector Sector	1000	Jacobson, Rod	48 UNA	3.65m	
2	Petkus, Joanne	46 UNA	15.98	W30	1 Lycan, Nicole	31 UNA	7:47.13	and the second	Luc)	State of the second	12:24.28		Rosenthal, Thomas	47 UNA	3.50m	
	*Wiodarczyk, Anna Thompson, Irene	54 POL 51 CNYI	13.99 14.07	W40	1 Steen, Karen 2 Jeffers, Karen	41 CNW 42 BFFR	7:05.06 8:42.59	W40	1 SOCA (Sherburne, Grene, J)	Hayden,	9:59.45	M50		51 OCTO 54 UNA		
W55 1	*Trott, Rhona	56 CAN	16.10	200	3 Render, Lisa Marie	40 UNA	10:21.17	The second	2 BFFR (Jeffers, Woo	, Brown,				52 UNA	3.80m 3.50m	
2	McCormick, Carolyr	58 UNA	19.08		4 Love, Desiree	42 UNA	10:24.53	1913	Kimber)	and the second second	10:55.68		Jacquet-Acea, Russe	52 UNA	3.20m	
	Jordan, Barbara	69 GMAA	17.42	W45	5 Duncanson, Karen 1 Dunn, Odette	40 UNA 45 BFFR	10:49.10	- Contraction	3 SOCA (Contreras, Barraza)	Janneck,	11:30.51	M55	5 Costello, Vincent Altendorf, John	52 HMT		
W70 1	Meiler, Flo	71 UNA	17.67	W50		50 BFFR	9:21.69	W50		, Barnett.	11.30.51		Hammonds, Chuck	58 OTC		
80m Hu	urdles 30"	and the second			2 Diver, Mary	51 CPTC	9:56.01	A REAL PROPERTY.	Nicke)		14:36.47	M60 1	Baker, Robert	60 UNA	3.35m	
	Clark, William	71 UNA 70 UNA	13.71	W55	3 Smith, Racquel 1 *von Maltzahn, Hill	52 BFFR 56 TEND	12:11.27	M30	1 ADH (Hardy, Bell, I 1 SOCA (Popp Easter		el) 9:28.98	-	2 Johnston, Joe	61 FAC	3.20m	
23		70 UNA 72 UNA	14.29 14.61		2 Trotto, Mary	58 BTC	8:59.60 11:26.40	M40	1 SOCA (Pope, Easle Lucas)	y, cleary,	9:09.51		Warr, Steven Andresen, John	64 UNA 64 IJUM	3.05m 2.90m	
4	Shipp, Phil	70 UNA	14.74	M60	1 Norris, Larry	60 OTCM	8:26.87	1.	2 ADH (Gardner, Ha	rding,	and the state	and and	Ewing, Johnston	61 UNA	2.90m	
M75 1	Stookey, James	75 PVTC		1	2 Cooper, William	62 UNA	10:01.26		Brower, L)		9:30.47		Townsley, Joe	60 UNA	2.75m	
	Larsen, Melvin	81 UNA	16.22		3 Murdock, E. 'doc 4 Maillet, Arthur	64 UNA 63 MDRA	10:28.05 11:19.19	1 1.	3 BFFR (Houar, Hata Ko)	no, sturgeon	10:03.89	M65	Armstrong, Larry Cannon, Terry	63 UNA 67 UNA	2.45m 3.05m	
100m H	lurdles 33"	Belland		M65	1 Cordero, Joe	67 BTC	8:55.90	M50	1 ADH (Robinson, P	rather, Patton	.) 8:40.32		2 Tinelli, Frank	65 UNA	2.75m	
W35 1	Lowe, Terri	35 BFFR	24.61	Sec. 1	2 *Kenny, Bill	69 NZL	9:04.51		2 HMTC (Costello, So	cott,	And in the second s	3	B Doerrer, Dave	66 UNA	2.60m	
M50	McKinley, Brian	52 UNA	15.06Q		3 Brawner, Wally 4 LeVasseur, Jerry	66 UNA 67 MMM	9:12.77 10:00.14	1 Car	BFFR (Camp, White	e Manley	10:51.58	M70 1		71 UNA	2.40m	
	Pannell, Michael	51 TNT	15.34Q	M70	1 *Cook, Barry	70 AUS	9:30.74		Qualls)	a production of the	11:24.22		Fitzhugh, Raymond Johnson, Ronald	70 SCS 73 NZL	2.30m 2.00m	
3	Zahn, Robert	51 UNA	15.22Q	for the set	2 McClenathen, G.	71 CW	9:48.45	M60	1 ADH (LeVasseur, V	Neddle,			Jankovich, William	71 UNA	1.85m	
4	Wilson, Thaddeus Jacquet-Acea, Russ	54 UNA	15.45Q 16.07g	M75 1 3000m	1 Selby, Jim	77 UNA	11:36.75	High .	Cordero,)	· ·	12:29.63	M75		77 UNA	2.75m	
6	Broun, James	53 UNA	16.15q		1 Hardy, Bob	34 UNA	11:50.65		1 Bruff, Dionne	37 HE	1.55m	M80	2 Donley, Jerry Grosh, Don	75 ABTO	2.60m 1.93m	
7	Costello, Vincent	52 HMTC	16.33q	M35	1 Yorges, Christopher	39 FIBO	10:34.30	and the second	2 Lowe, Terri	35 BFFR	1.00m	Long J	lump		and the second second	
8	Burge, Conrad	54 AUS 53 UNA	16.47q 16.89		2 Miskimens, David 3 Coleman, BaoKim	39 HCRC 38 UNA	10:46.29 16:43.16		1 Porter, Patricia 2 Ware, Caren	42 UNA 43 SOCA	1.70m 1.30m		Boyd, Sarah Lowe, Terri	35 UNA 35 BFFF	4.84m	
	Angulo, Sergio Boehr, Douglas	52 UNA	18.34	M40		40 WRT	11:26.70		3 Zakerski, Debbie	43 BFFR	1.20m	W40		43 SOC		
F	inal				2 Poulos, Ted	43 PVTC	11:39.17		1 Mendenhall, Marthe	46 UNA	1.50m	1	2 Jamain, Diane	41 UNA	4.29m	
1	McKinley, Brian	52 UNA	14.92	1 3	3 Miller, Randy	43 ERC	11:59.59		2 Chan, Chris	47 BFFR	1.00m	1 3	Zakerski, Debbie	43 BFFF	4.17m	

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Some interested

Sontember 2005 September 2005

		and the second sec	Contraction of the local distribution of the
	2	Lowe,	Terri
W40	1	Ware,	Debt
	2		ki, Debt
	3		
1135	2	Trotto,	Mary
W65	ĩ		
	1	Meiler,	Flo
M35	1	Ellison,	Steven
	2	Wilcox,	Rod
		Byrne,	James
M40		Dibley,	David
	2		
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1445	1		
M45	2		
211	3		
	4		
	6	Bozzini	Mark
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M50	1	Duncar	son, Ro
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Age	Na	me	ALC: NO
49			n
50			Jim
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			A STATE OF A
	M40 M45 M50 Age 49 50 58 58 58 73 73	₩50 1 ₩55 1 ₩55 1 ₩70 1 M35 1 2 3 M40 1 2 3 M40 1 2 3 M45 1 2 3 4 5 M50 1 2 3 4 5 M50 1 2 3 4 5 M50 1 2 3 4 5 5 8 6 8 73 7 73 7 73 7 7 7	W45 1 Petkus, W50 1 Thomp W55 1 Glass, 2 Trotto, W55 1 Jordan, W70 1 Meiler, M35 1 Ellison, 2 Wilcox, 3 Byrne, M40 1 Dibley, 2 Cawley 3 Monagl 4 Jones, M45 1 Russ, J 2 Winkel, 3 Carver, 4 Makozy 5 Kruszoi 6 Bozzini 7 Hodson 6 Bozzini 7 Hodson 6 Bozzini 7 Hodson 6 Bozzini 7 Hodson 6 Bozzini 7 Hodson 6 Bozzini 7 Hodson 5 Ultra Weie 3 Jacque 4 White, J 5 Watson Vetenhall, 9 POINTS 58 Sager, Bob POINTS 58 Sager, Bob POINTS 57 Cartensen, 73 Cartensen, 73 Cartensen, 73 Feick, Ray POINTS 73 Feick, Ray

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ge							and the second		9 MWM	35.40m		1 Shannon, Tim	42 UNA	45.78m 21.58m		2 Lowe, Ter W40 1 Ware, Ca
4 5	Willard, Denise 43 AHTC Mohr, Trudy 41 BFFR	4.08m 3.56m		1 Stookey, James 2 Bambrook, Paul	75 PVTC 76 UNA	8.90m 7.85m	-	Hallen, Susan 4	8 MWM 6 UNA	24.98m 19.82m		5 maninoon, cour,	43 UNA 41 UNA	17.46m		2 Zakerski, 3 Marks, Cy
67	Woo, Mary 43 BFFR Kimber, Kim 42 BFFR	3.40m 2.64m		1 Kennell, Tom 1 Hackett, Hugh	84 FAC 85 UNA	6.97m 4.49m		Mellenthin, Cheryl 4	9 UNA	18.02m 26.27m	M45	2 Both Eric	48 UNA 46 UNA	41.52m 37.45m		W45 1 Petkus, Jo
	Petkus, Joanne 46 UNA	3.67m 3.16m	M90	1 Trahan, Clarence 2 McPhie, Leland	90 UNA 91 UNA	6.10m 4.92m	W50	Dow Lynn 5	UNA 4 UNA	22.63m		3 Goudge, Ted 1 Meyer, Thomas	48 UNA 53 THOR	26.83m 48.60m		W55 1 Glass, La
23	Brown, Theresa 45 BFFR	3.10m	Shot P	Put		Y's CONTRACT	W55	Cohn, Linda 5	2 SOCA 6 SCS	21.72m 21.15m	M50	2 Reichard, T. Carl	52 UNA	45.68m		2 Trotto, Ma W65 1 Jordan, B
4	Dunn, Odette 45 BFFR Cohn, Linda 52 SOCA	1.75m 4.23m		1 Thompson, Kelly 2 Lowe, Terri	38 UNA 35 BFFR	8.34m 6.88m		Clark, Skipper 5	7 UNA 6 CAN	19.49m 17.12m	12 2	3 O'Neill, James 4 White, Parker	50 UNA 53 BFFR	37.07m 16.77m		W70 1 Meiler, Flo
2	Kirkpatrick, Yvonne 50 UNA Janneck, Denise 51 SOCA	3.16m 2.62m		1 Zakerski, Debbie 2 Tillman-Lanier, Gin	43 BFFR 40 UNA	8.32m 8.05m		Trotto, Mary 5	8 BTC	15.55m	M55	1 Conboy, Roger 2 Hull, Clayton	55 DMTC 55 UNA	42.81m 40.84m		M35 1 Ellison, St 2 Wilcox, R
4	Rowland, Sherri 52 BFFR	2.58m		3 Ware, Caren	43 SOCA 45 UNA	7.53m 13.55m	W60	Cutler Georgia 6	6 BTC	15.00m 21.17m		3 Schuster, Neal	57 UNA	21.92m	, 1	3 Byrne, Ja
5 1	*von Maltzahn, Hill 56 TEND Matthews, Brenda 56 SCS	4.08m 3.91m	1	1 Lewis, Oneithea 2 Finsrud, Carol	48 UNA	11.80m	1.1.1	Katz, Roslyn 6	3 NYM	19.86m 18.24m	M60	1 Mathews, George 2 Economides, Paul	62 IWT 60 UNA	51.03m 47.24m		M40 1 Dibley, Da 2 Cawley, R
3	Vander Cruyssen, Do 59 UNA Trotto, Mary 58 BTC	3.64m 3.34m		3 Welding, Ruth 4 Hallen, Susan	49 MWM 48 MWM	10.08m 7.86m		Huff, Karen 6	2 MWM	18.22m	-	3 Higgins, Lloyd 4 Chapman, Mark	63 UNA 62 UNA	42.76m 31.36m		3 Monaghar 4 Jones, Ga
5	*McBlain, Liz 57 CAN	2.95m		5 Petkus, Joanne	46 UNA 46 UNA	7.60m 7.51m	W65	Sherrard, Cherrie 6	6 UNA	11.73m 19.89m	AS LA	5 Karbens, John(Jack)	63 HMTC	26.99m		M45 1 Russ, Jim
0 1	McCormick, Carolyn 58 UNA Jager, Kathy 62 UNA	2.88m 3.60m		5. Check, Vicki 7 Mellenthin, Cheryl	49 UNA	6.40m		Berman, Joan 6	8 AATC	18.27m 16.29m	M65	1 Burke, Edward 2 Hotchkiss, Richard	65 UNA 66 UNA	53.91m 42.40m		2 Winkel, St 3 Carver, M
5 1		3.65m 3.64m	W50	B Chan, Chris Kirkpatrick, Yvonne	47 BFFR 50 UNA	5.94m 9.68m		Parish, Almeta 6	8 UNA	13.31m	See.	3 Chase, Jeff 4 Fasteen, Jerry	65 UNA 69 HMTC	36.98m 25.51m		4 Makozy, F
2	Meiler, Flo 71 UNA	3.31m	1	2 Cohn, Linda	52 SOCA 50 GVH	8.98m 7.87m	W70		1 UNA	20.47m 19.40m		5 Molyneux, Robert	67 HMTC	19.79m		5 Kruszona, 6 Bozzini, N
3	Chou, Fei-Mei 70 WVTC McDaniels, Leonore 77 UNA	2.31m 2.51m	2	Anderson, Dinah	52 UNA	7.27m		Girulnick, Anna 7	7 UNA	15.69m 11.78m	M70	1 Ward, Bob 2 Tomlinson, Doug	72 DMTC 73 UNA	51.35m 34.64m		7 Hodson, C
1	Valien, Johnnye 80 UNA Robinson, Oscar 30 UNA	2.69m 6.65m		Tucker, Lorraine McBlain, Liz	58 UNA 57 CAN	9.45m 9.21m	W75 W80	McLeod-Smith, Flora 8	O CAN	11.91m		3 Husic, Robert 4 Walsh, Gene	74 HMTC 71 SOCA	30.75m 23.32m		M50 1 Duncanso 2 Costello, V
2	Pettes, Alty 30 SOCA	6.27m		Matthews, Brenda Clark, Skipper	56 SCS 57 UNA	9.08m 8.97m	W90 M45		O UNA	9.39m 38.55m		1 *Mullins, Tom	75 AUS	33.80m		3 Jacquet-A
3	Jackson, Corwin 34 UNA Benjamin, Henderson36 UNA	5.85m 5.97m		5 Glass, La Tanya	58 SOCA	8.77m		Goudge, Ted 4	8 UNA	36.42m 36.05m		2 Wojcik, Gerald 3 Allison, Tom	75 OTCM 75 UNA	28.57m 27.05m		4 White, Par 5 Watson, R
23		5.70m 5.45m	67	 *Trott, Rhona Vander Cruyssen, Deterministry 	56 CAN 059 UNA	7.42m 7.27m	1913	DeWeese, David 4	6 AFTC	35.36m	M80	1 Mulkern, Richard	80 FAC	27.58m		
4	Thompson, Randy 36 TSDP	4.99m		Trotto, Mary Jager, Kathy	58 BTC 62 UNA	6.99m 8.21m	20.2		18 UNA	30.04m 26.79m		2 Power-Waters, Brian 1 Hackett, Hugh	82 UNA 85 UNA	17.28m 19.41m		and the second second
5	Pollard, Tony 39 UNA Tureaud, Joey 41 UNA	4.89m 6.31m	2	2 Cutler, Georgia	62 OTCM	8.15m		Kollars, Steven 4	6 BFFR	19.65m	M95 Javeli	1 Lane, Trent	95 UNA	15.97m		Lilling Minist
23	C I D I D I TO	6.07m 5.95m	3	Huff, Karen Katz, Roslyn	62 MWM 63 NYM	7.89m 7.57m		2 Curry, Mike 3	B5 MTC	43.45m 33.94m	W35	1 Mcpherson, Shaun	39 UNA	16.50m	-	Ultra Weigh
4	Shute, Dr. Marcus 42 ATC	5.21m	MICE 5	Davis, Joan Sherrard, Cherrie	64 HMTC 66 UNA	4.92m 9.29m			39 UNA 37 UNA	33.72m 30.73m		2 Lommel, Nancy 1 Ware, Caren	38 UNA 43 SOCA	11.11m 22.32m		49 Wallace, Dan POINTS
12		5.80m 5.58m	W65 1	Roman, Mary	69 UNA	8.31m	Even:	Hartle, Dr. Michael 3	38 UNA	29.57m	2000	2 Jeffers, Karen	42 BFFR 40 BFFR	19.02m 13.14m	1	50 Wetenhall, Jin
3	Schwieterman, Joe 46 UNA Copeland, Scott 46 BBS	5.31m 5.16m	3	Schultz, Tomasa Parish, Almeta	68 SOCA 68 UNA	6.55m 6.05m		Shannon, Tim 4	12 UNA	27.44m 45.98m	W45	3 Marks, Cynthia 1 Finsrud, Carol	48 UNA	33.70m	-	58 Sager, Bob
5	Davison, Jeff 47 SOCA	4.74m	W70 1	Donley, Christel	70 UNA	7.71m	1.1.1.1	Lutz, Jeff 4	13 UNA	43.11m 42.56m	1.1	2 Welding, Ruth 3 Hallen, Susan	49 MWM 48 MWM	24.78m 19.70m		58 Allen, Ray
	McFarlane, James 49 UNA Wilson, Thaddeus 54 UNA	4.72m 5.35m	3	Lary, Audrey Cirulnick, Anna	71 PVTC 70 NYM	7.43m 6.92m		Garvey, John 4	13 UNA	38.99m	100	4 Chan, Chris	47 BFFR	17.79m	1	POINTS
	Costello, Vincent 52 HMTC	5.18m 4.52m	W75 1	Meiler, Flo	71 UNA 77 UNA	6.66m 5.48m			10 UNA	35.68m 29.36m	W50	5 Mellenthin, Cheryl 1 Fabian, Claudette	49 UNA 52 BHTC	15.71m 36.15m	-	POINTS
	Sturgeon, Randell 53 BFFR	3.51m	W80 1	Valien, Johnnye	80 UNA	6.38m		Hammock, Gary 4	11 UNA	23.92m		2 Cohn, Linda 3 Bowman, Tina	52 SOCA 52 BHTC	33.02m 27.38m		73 Feick, Ray POINTS
•	Kalb, David 51 BFFR Crockett, Roger 57 PVTC	3.12m 4.86m	W90 1	McLeod-Smith, Flora Jarvis, Betty	80 CAN 90 UNA	4.50m 3.64m	M50		50 UNA 53 UNA	53.61m 44.28m	-	4 Anderson, Dinah	52 UNA	17.54m		Female 51 Wetenhall, K.
2	Manor, James 57 UNA	4.80m	M35 1	Adelgren, Todd	38 UNA 38 UNA	14.38m 12.73m			51 FSTC	42.45m 40.24m		1 Glass, La Tanya 2 Tucker, Lorraine	58 SOCA 58 UNA	28.08m 25.39m		POINTS
	Jacobson, Vance 57 BFFR Nakasone, Alan 56 HMTC	4.63m 4.10m	23	Curry, Mike Riggs, Geoffrey	35 UNA	11.24m	-	Schleppi, Joseph 5	51 UNA	38.49m	1.	3 Vander Cruyssen, Do	59 UNA	24.99m		Philadelphia M
	Jones, Edward 60 UNA	4.93m 4.74m	4	Bickel, David Hartle, Dr. Michael	39 UNA 38 UNA	11.07m 10.34m			52 BFFR	36.30m 34.73m		4 Clark, Skipper 5 *McBlain, Liz	57 UNA 57 CAN	24.07m 15.99m		Association
	Baker, Robert 60 UNA	4.72m	6	Ellison, Steven	37 UNA	10.06m		Watson, Richard 5	52 UNA	32.19m	W60	1 *Radcliff, Marg	63 CAN	28.61m	2	mouth White Plymouth Me
	Johnston, Joe 61 FAC Milove, Michael 60 UNA	4.62m 4.43m	M40 1	Shannon, Tim Lutz, Jeff	42 UNA 43 UNA	14.39m 12.89m	12.12		52 UNA 53 OTCM	28.85m 26.33m	A LATIST	2 Cutler, Georgia 3 Huff, Karen	62 OTCM 62 MWM	24.50m 20.34m		June
,	Chaney, Victor 64 UNA	4.22m	3	Johnson, Derrick	40 UNA 41 UNA	12.60m 12.55m	M55	Fahey, Thomas 5	57 UNA 56 LST	54.16m 43.14m	40.40	4 Douglass, Linda 5 Katz, Roslyn	60 UNA 63 NYM	19.36m 17.10m	Ye	100m M35 Fred Barnett
	Peters, Dan 64 UNA Wright, Jerry 62 UNA	4.04m 3.32m	5	Edwards, Timothy Garvey, John	43 UNA	10.85m		Conboy, Roger 5	55 DMTC	33.42m	W65	1 Berman, Joan	68 AATC	14.77m		Joe Williams
9	Cawley, James 62 UNA Pawlik, Emil 66 UNA	2.90m 4.84m	M45 1	Hammock, Gary Carr, Robert	41 UNA 47 UNA	7.90m 13.74m	M60		55 UNA	32.53m 52.79m		2 Schultz, Tomasa 1 Donley, Christel	68 SOCA 70 UNA	14.56m 23.99m		M45 Lovell Butler Tim McMaho
2	Tinelli, Frank 65 UNA Bartholomew, Charle 65 UNA	4.35m 4.27m	2	Ossmann, Paul Ciccone, Tony	48 UNA 49 UNA	12.52m 12.33m			53 UNA	49.64m 42.30m	April Sector	2 Cirulnick, Anna 1 Valien, Johnnye	70 NYM 80 UNA	11.03m 17.89m		M50 Gary Arend
ł	Doerrer, Dave 66 UNA	4.06m	4	Goudge, Ted	48 UNA	11.22m	der	Burns, John 6	54 UNA	37.88m	Mariant	2 McLeod-Smith, Flora	80 CAN	10.96m	1-	M60 Fred Ederste Bob Fuhrman
	Richards, Dick 71 UNA Spainhower, Doug 70 UNA	4.97m 4.63m		DeWeese, David Johnson, Rodney	46 AFTC 46 SCS	11.03m 8.49m			52 UNA 52 UNA	36.84m 34.80m	W90 M35	1 Jarvis, Betty 1 Bartelme, C. Wayne	90 UNA 35 MTC	7.09m 50.41m	2.13	W45 Bonnie Hauch
	Shipp Phil 70 UNA	4.51m	M50 1	Shiaras, Michael	54 UNA	15.58m	1000	Check, Ralph 6	52 UNA	34.07m	-distri	2 Ellison, Steven	37 UNA 38 UNA	45.11m 36.91m	19	W60 Barb Leighton 200m
	Hewitt, Robert 72 PMTC Wright, William 71 UNA	4.40m 3.81m	3	Henry, Frank Wasp, Mike	51 FSTC 53 UNA	12.58m 12.24m	1000		52 UNA	31.03m 29.84m	1 199	3 Curry, Mike 4 Bickel, David	39 UNA	32.48m	1	M30 Vernon Wate
	Cauldwell, John 73 UNA Leis, Donold 73 UNA	3.49m 3.33m	d-0.14	Belli, Richard	52 BFFR 51 UNA	11.80m 11.80m			54 UNA 57 UNA	24.32m 50.29m		1 Barba, Steve	43 BHTC 40 UNA	47.32m 40.84m	R	M35 Rafael Suare M45 Michael Patte
	Stookey, James 75 PVTC	4.24m	6	Schleppi, Joseph Reichard, T. Carl	52 UNA	11.56m	Indana.	2 MacMillan, David 6	55 UNA	43.10m	19101	3 Dibley, David	40 UNA	38.96m		M50 Russ Patton
	Bambrook, Paul 76 UNA Donley, Jerry 75 ABTC	4.02m 3.40m	M55 1	Poasa, Foloi Shumaker, S Craig	53 OTCM 56 LST	8.91m 14.94m			56 MWM	41.65m 39.16m	NE INE	4 Garvey, John 5 Hammock, Gary	43 UNA 41 UNA	27.34m 26.92m		John Silan M60 Bob Fuhrmar
4	Brown, Pat 75 HMTC Wilson, Charles 81 UNA	3.29m 3.79m	2	Roll, Charles	59 SAC 55 DMTC	14.06m 12.88m		5 Saling, Neil 6	59 PMTC	37.81m 35.42m		1 Morris, Dennis 2 DeWeese, David	48 UNA 46 AFTC	50.59m 48.03m		W35 Manee Coler
2	Larsen, Melvin 81 UNA	3.48m	12244	Conboy, Roger Rinaldi, Angelo	56 SOCA	12.80m		Camp, Dick 6	58 UNA	35.20m		3 Russ, Jim	48 UNA	44.80m		Aimee Louise W60 Barb Leighto
1	Kennell, Tom 84 FAC Hackett, Hugh 85 UNA	3.10m 2.02m	5	Rose, Kenneth Nakasone, Alan	59 UNA 56 HMTC	11.88m 6.73m	1 CTRINE	B Fasteen, Jerry 6	59 HMTC	31.21m 28.76m	CU.S.	4 Marchand, Edouard 5 Goudge, Ted	46 UNA 48 UNA	39.91m 37.95m		400m
	Trahan, Clarence 90 UNA	2.43m	M60 1	Economides, Paul	60 UNA	15.15m	M70	Ward, Bob 7	2 DMTC	41.49m	1450	5 Goudge, Ted 6 Kollars, Steven	46 BFFR	28.89m		M30 Vernon Wate Neill Clark
J	McPhie, Leland 91 UNA	2.29m		2 Hartfield, John 3 Flint, Larry	60 UNA 60 UNA	13.74m 13.01m	1.1	3 Van Pelt, Edward 7	A HMTC	35.95m 35.05m	Children .	1 Wasp, Mike 2 McPherson, Paul	53 UNA 53 UNA	54.43m 51.47m	1	M35 John Mehl
	Boyd, Sarah 35 UNA Ware, Caren 43 SOCA	9.72m 8.86m	4	Mathews, George Chapman, Mark	62 IWT 62 UNA	12.93m 12.14m	A Contractor	Tomlinson, Doug 7	73 UNA 73 NZL	34.48m 32.57m	the second	3 Costello, Vincent 4 Watson, Richard	52 HMTC 52 UNA	42.87m 34.58m		Bill Miller M45 Ryan Gober
2	Mohr, Trudy 41 BFFR	8.09m		5 Check, Ralph	62 UNA	11.25m		6 Carney, James 7	2 UNA	29.55m	10.55	5 Henry, Frank	51 FSTC	32.54m	1	M50 Russ Patton
3	Cohn, Linda 52 SOCA	7.76m 9.11m		7 Miller, Jack 8 Karbens, John(Jack)	62 UNA 63 HMTC	10.42m 9.51m	M75	Gaynor, Arnie 7	TI UNA	21.45m 36.63m	M55	6 Poasa, Foloi 1 Menkin, Martin	53 OTCM 59 FAC	25.36m 49.34m	1	M60 Bob Fuhrman W30 Sheena Fran
2	Thompson, Irene 51 CNYI	8.93m 8.29m	9	Peters, Dan Vaughn, Gerald	64 UNA 69 UNA	8.06m 14.02m	1 25.9	2 Held, Franklin (Bud 7	77 UNA	33.14m	Second	2 Powers, Bob	59 FAC 56 UNA	49.03m	1	W35 Manee Coler
2	*McBlain, Liz 57 CAN	6.06m	STORE I	2 Cohen, Stephen	66 MWM	11.55m	2 million	Patrick, William 7	75 UNA	31.49m 26.14m		3 Conboy, Roger 4 Watson, Douglas	55 DMTC 55 UNA	42.53m 42.33m		W60 Barb Leighto 800m
	Trotto, Mary 58 BTC Lary, Audrey 71 PVTC	6.01m 7.99m		3 Saling, Neil 4 Fasteen, Jerry	69 PMTC 69 HMTC	11.06m 10.12m	M80	Mulkern, Richard 8	BO FAC	29.86m 26.26m		5 Rook, Ron 6 Hull, Clayton	56 TMTC	37.89m	1	M30 Michael Seln
	Valien, Johnnye 80 UNA	5.12m 12.77m		5 Molyneux, Robert	67 HMTC	8.06m		3 Kennell, Tom 8	34 FAC	21.92m	C.C. Martin	7 Schuster, Neal	55 UNA 57 UNA	36.47m 35.16m		M35 Robert Down M40 Scott Landis
I	Coushay, Brian 41 PMTC	13.17m		1 Shipp, Phil 2 Koch, James	70 UNA 70 UNA	13.96m 13.18m	1 2		32 UNA	19.63m 12.56m		1 Burns, John 2 Harasti, Thomas	64 UNA 64 UNA	43.63m 41.82m	1	Tom Stroma
	Battle, Marcus 46 PVTC Lycan, Kelly 46 UNA	12.86m 11.63m	1.00	3 Ward, Bob 4 Tomlinson, Doug	72 DMTC 73 UNA	12.71m 11.60m	M85 M90	Hackett, Hugh 8	5 UNA	15.38m	1000	3 Francis, Glenn	63 UNA	37.23m		Gregory Gre
3	Levine, Craig 48 UNA	10.84m	1.1.1	5 Smith, Ernie	72 UNA	10.12m	Treater	2 Trahan, Clarence 9	0 UNA	18.40m 15.13m		4 Chapman, Mark 5 Kozusko, Ray	62 UNA 63 UNA	35.82m 34.58m		M45 Chuck Shield Pat Good
4	Copeland, Scott 46 BBS Davison, Jeff 47 SOCA	9.87m 9.21m	1 mil 4	6 Husic, Robert 7 Carney, James	74 HMTC 72 UNA	9.85m 9.34m	M95 Hamm	Lane, Trent 9	5 UNA	15.95m	200		63 HMTC 61 UNA	29.39m		M50 Russ Patton
۱		11.46m 10.45m	Aaren	8 Walsh, Gene 9 Blackstone, Tom	71 SOCA 71 UNA	9.29m 8.80m	W35	Thompson, Kelly 3	BE UNA	28.98m		8 Peters, Dan	64 UNA	25.54m 19.90m		M60 Carl Landis Art Brown
3	Johnson, Mark 54 UNA	9.26m	M75	1 Gaynor, Arnie	77 UNA	12.06m	W45	Lewis, Oneithea 4	3 BFFR	17.88m 52.89m		1 Tinelli, Frank 2 Fasteen, Jerry	65 UNA 69 HMTC	38.35m 30.69m		W30 L Sonnier
12		10.23m 9.94m		2 Allison, Tom 3 Patrick, William	75 UNA 75 MJTC	10.95m 9.64m	10000	2 Finsrud, Carol 4	8 UNA	41.96m 34.02m	1	3 Molyneux, Robert	67 HMTC	23.18m		Sheena Fran W45 Joan Affleck
3	Nakasone, Alan 56 HMTC	9.00m	and the	4 *Mullins, Tom	75 AUS	9.11m	T	Hallen, Susan 4	AWM 8	29.90m	1000	2 Ward, Bob	70 UNA 72 DMTC	42.53m 34.90m		Mile
4		8.31m 10.17m		1 Mulkern, Richard 2 Nettles, William	80 FAC 82 UNA	9.09m 8.80m	W50	5 Mellenthin, Cheryl 4 1 O'Brien, Sandra 5	9 UNA	20.82m 17.86m	1000	3 Duncan, James	73 UNA 73 UNA	34.12m		M30 Mike Padilla Neill Clark
2	Jones, Edward 60 UNA	10.06m 9.86m		3 Power-Waters, Brian 1 Hackett, Hugh		7.19m 4.93m	W55	McBlain, Liz 5	7 CAN	27.81m	M75	1 Allison, Tom	75 UNA	31.00m 30.27m		Chris Carrol
4	Ching, Sai 63 HMTC	9.85m	M90	1 McPhie, Leland	91 UNA	7.01m	W60	Cutler, Georgia 6	T UNA	19.09m 35.83m	123	2 Failor, Edward	77 UNA 78 ATC	27.76m 26.66m		M40 Kevin Forde
56	Kozusko, Ray 63 UNA Ewing Johnston 61 UNA	9.55m 8.12m		2 Trahan, Clarence 1 Lane, Trent	90 UNA 95 UNA	5.87m 6.14m	STREET, ST	2 Katz, Roslyn 6	3 NYM 9 UNA	25.23m	Der:	4 Wojcik, Gerald	75 OTCM	25.31m	E	Brian Carr Tim Scanlin
7	Karbens, John(Jack) 63 HMTC	6.78m	Discus	and the second second second				2 Schultz, Tomasa 6	8 SOCA	21.01m 19.05m	M80	1 Mulkern Richard	75 MJTC 80 FAC	17.44m 24.24m		M45 Chuck Shiel
12		9.01m 8.98m	1	1 Jones, Frances 2 Thompson, Kelly	36 CLTC 38 UNA	27.45m 24.50m	W70	Lary, Audrey 7	1 PVTC	18.93m 17.14m	M85	2 Power-Waters, Brian	82 UNA	15.95m	1	Bob Reynold Ryan Gober
1	Spainhower, Doug 70 UNA	9.42m	the second se	3 Lowe, Terri	35 BFFR	15.37m	W80	McLeod-Smith, Flora 8	O CAN	12.75m	M90	1 McPhie, Leland	85 UNA 91 UNA	15.97m 15.83m	1	M50 Joel Hoffsmi
23	Hewitt, Robert 72 PMTC Fitzhugh, Raymond 70 SCS	9.06m 7.35m		4 Lommel, Nancy 1 Zakerski, Debbie	38 UNA 43 BFFR	13.72m 20.10m	M35	1 Curry, Mike 3	BE UNA	10.31m 41.66m	M95 Outdo		95 UNA	17.58m	1	Terry Perma
4	Fitzhugh, Raymond 70 SCS Cauldwell, John 73 UNA Leis, Donold 73 UNA	7.11m 6.81m	W45	1 Finsrud, Carol 2 Lewis, Oneithea	48 UNA 45 UNA	50.85m 37.88m	A DECEMBER	2 Bickel, David 3	9 UNA	39.07m 23.91m	W30	1 Foster, Barbara	31 MVS	1000		Joe Kern M60 Carl Landis
F				Letting, Grielling		01.0011	and the second division of the second divisio	. manne, Li, michael 3		CONTRACTOR OF	W 15	1 Look-Jaeger, Clare	39 BHTC	3560		the second s

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2 Lowe, Terri 35 BFFR 80 W40 1 Ware, Caren 43 SOCA 273 2 Zakerski, Debbie 43 BFFR 232 3 2 Zakerski, Debbie 43 BFFR 232 3 Marks, Cynthia 40 BFFR 132 W45 1 Petkus, Joanne 46 UNA 198 W55 1 Glass, La Tanya 58 SOCA 190 2 Trotto, Mary 58 BTC 149 W65 1 Jordan, Barbara 69 GMAA 334 W70 Meiler, Flo 71 UNA 326 200 2 Wilcox, Rod 39 UNA 203 3 Byrne, James 39 UNA 204 M40 1 Dibley, David 40 UNA 248 2 Cawley, Rick 43 UNA 248 3 30 2 Winke, Stephen 47 U	19 2 "Waltermann, Stefan 55 OTF 266 77 3 Jacobson, Vance 57 BFFR 244 4 Rice, Robert 59 UNA 199 5 Schuster, Neal 57 UNA 196 60 1 Baker, Robert 60 UNA 356 77 3 Cawley, James 62 UNA 266 10 3 Cawley, James 62 UNA 266 11 3 Cawley, James 62 UNA 246 4 Karbens, John(Jack) 63 HMTC 266 5 6 Taylor, Robert 64 HMTC 170 14 4 Karbens, John(Jack) 63 HMTC 266 15 Martinec, Milan 64 UNA 246 16 Taylor, Robert 72 PMTC 293 3 Duncan, James 73 UNA 217 10 <t< td=""><td>66 9 So. Calif. Striders T.C. SCS 71.5 38 S 77 10 Atlanta Track Club ATC 62 G 81 12 Dallas Masters Track & Field CDMTC 54 41 N 88 12 Dallas Masters Track & Field CDMTC 54 41 N 61 13 Bohemia Track Club BTC 52 42 N 31 14 Portland Masters Track Club PMTC 48 V V 46 13 13 Bohemia Track Club FIBO FIBO 46 15 Southwest Sprinters Track Club SWS 46 46 54 11 17 Fibo Track Club FIBO 45 FI 54 41 N 31 19 Arizona Flames Track Club AFTC 40 N 44 20 West Valley Track Club AFTC 37 D A 32 11 Speedwest Track Club BHTC 37 D A A NY Master Sports Club NYM 37 D A A A</td><td>Racewalkers Northwest RWNW 20 Bt. Louis Track Club SLTC 18 Chicago Walkers Club CWC 18 Synergy Track Club SYTC 18 Jashville Striders, Inc. NS 17 Aaul Throwers Club MTC 16 Valkers Club Of Los Angeles WCLA 16 Auin Race Walkers MNF 16 Aarin Race Walkers MSW 16 Pegasus Athletic Club PAC 16 Valve Northwest CNW 14 Ong & Strong Throws LST 14 Silenarden Track Club Inc. ABTC 14 Ong & Strong Throws LST 14 Silenarden Track Club Of FSTC 12 Vestern Pennsylvania Track Clu WPTC 12 Vantum TC OTC 12 Vantum TC OTC 12 Vantum TC OTC 12 <</td></t<>	66 9 So. Calif. Striders T.C. SCS 71.5 38 S 77 10 Atlanta Track Club ATC 62 G 81 12 Dallas Masters Track & Field CDMTC 54 41 N 88 12 Dallas Masters Track & Field CDMTC 54 41 N 61 13 Bohemia Track Club BTC 52 42 N 31 14 Portland Masters Track Club PMTC 48 V V 46 13 13 Bohemia Track Club FIBO FIBO 46 15 Southwest Sprinters Track Club SWS 46 46 54 11 17 Fibo Track Club FIBO 45 FI 54 41 N 31 19 Arizona Flames Track Club AFTC 40 N 44 20 West Valley Track Club AFTC 37 D A 32 11 Speedwest Track Club BHTC 37 D A A NY Master Sports Club NYM 37 D A A A	Racewalkers Northwest RWNW 20 Bt. Louis Track Club SLTC 18 Chicago Walkers Club CWC 18 Synergy Track Club SYTC 18 Jashville Striders, Inc. NS 17 Aaul Throwers Club MTC 16 Valkers Club Of Los Angeles WCLA 16 Auin Race Walkers MNF 16 Aarin Race Walkers MSW 16 Pegasus Athletic Club PAC 16 Valve Northwest CNW 14 Ong & Strong Throws LST 14 Silenarden Track Club Inc. ABTC 14 Ong & Strong Throws LST 14 Silenarden Track Club Of FSTC 12 Vestern Pennsylvania Track Clu WPTC 12 Vantum TC OTC 12 Vantum TC OTC 12 Vantum TC OTC 12 <
Ultra Weight Pentathlon, Philadelph Age Name 16# 25# 354 49 Wallace,Dan 11. 25# 354 9 Wallace,Dan 11. 651 9 Wetenhall, Jim 10.28m 651 9 POINTS 10.98 12.49m 9 POINTS 749 749 58 Allen, Ray 14.20m 864 73 Cartensen, Pay 14.32m 7.1 POINTS 917 74 73 Feick, Ray 14.34m 7.7 POINTS 919 810 Female 51 Wetenhall, K. 10.80m 51 Wetenhall, K. 10.80m 7.53m 5.6 910 Formale 850 862 770 Philadelphia Masters T&F Art Brow W35 Jennife 3000m M30 Mike Par June 21 100m M30 Kevin F George 100m 35 Fred Barnett 11.0 Joe Williams 12.3 M50 Joel Hote	05m 7.10m 2.51m 1.10m 63m 6 664 435 367 437 255 10.89m 5.25m 2.40m 1.53m 115 114 1068 9.64 1271 551 6.46m 2.67m 1.23m 69m 320 735 586 531 610 320 7.23m 3.80m 2.01m 1.18m 467 1 679 994 946 427 72m 5.22m 2.48m 1.12m 427 6 895 844 749 422 6 895 844 749 422 6 895 844 749 422 6 895 844 749 422 6 895 844 749 422 6 895 844 749 422 6 895 844 749 422 <t< td=""><td>M45 George Munro32.83M70 Burt Hughes200m200mW50 Gloria NashM45 Tony Disalvo25.08Paul Allen26.33M50 Edward Gonera27.29M50 Matr Lacy32.05M60 Melvin Fields26.45M65 Larry Colbert28.83M70 Robert Bruce34.28M70 Robert Bruce34.28M50 Juil Cypress-Turmer29.08M60 Maton Walders53.60M60 Melvin Fields100.82M50 Joe MyersGeorge CasteliJim O'Donnell53.60M60 Melvin Fields1:00.82M60 Melvin Fields1:00.82M60 Melvin Fields1:00.82M60 Melvin Fields1:06.33M60 Melvin Fields1:06.33</td><td>8.72W35 Jenay Lawrence9:58.54.62USATF New England17.8Masters Championships Springfield College, MA8.64July 23100m13.2413.24M35 Barney Borromeo10.83Bob Chinchillo12.21M40 Paul Maclure14.31Michael Needham12.44Richard Forman13.40Rischard Forman13.41M45 Samuel Everad</td></t<>	M45 George Munro32.83M70 Burt Hughes200m200mW50 Gloria NashM45 Tony Disalvo25.08Paul Allen26.33M50 Edward Gonera27.29M50 Matr Lacy32.05M60 Melvin Fields26.45M65 Larry Colbert28.83M70 Robert Bruce34.28M70 Robert Bruce34.28M50 Juil Cypress-Turmer29.08M60 Maton Walders53.60M60 Melvin Fields100.82M50 Joe MyersGeorge CasteliJim O'Donnell53.60M60 Melvin Fields1:00.82M60 Melvin Fields1:00.82M60 Melvin Fields1:00.82M60 Melvin Fields1:06.33M60 Melvin Fields1:06.33	8.72W35 Jenay Lawrence9:58.54.62USATF New England17.8Masters Championships Springfield College, MA8.64July 23100m13.2413.24M35 Barney Borromeo10.83Bob Chinchillo12.21M40 Paul Maclure14.31Michael Needham12.44Richard Forman13.40Rischard Forman13.41M45 Samuel Everad
W35 Manee Coleman 28.4 W35 Virginia	Lehman11:55.4 fileckel Park, Long Island, NY July 14fileck11:57.5July 14ell Wootten5-8 Lehman200mLehman3-10M40 Charles Weekes24.1Myst Kield4-2M45 Charles de la Parra 26.2 M55 Rick Lapp25.9 M60 Richard Rosen30.3arbstein8-6800m840 Marc Nesbitt2:05.8Butler5.08M45 Joseph Picini2:17.5shae Sonnier3.53M50 George Haywood 2:16.1 M55 Rick Lapp2:31.4Jawrence2.74W50 Kathy Martin2:31.4Suarez11.11 M55 Carlos Castro9:20.4 400m Hurdleselfrich8.81 M45 Darnell Gatling56.8 456.84Suarez35.43 445 Robert Windorf8:29.3 45 Ralph Kleppansuarez31.80 High Jump M45 Ralph Kleppan1.3 Triple JumpWiffield21.98 M45 Ralph Kleppan9.3	M45 Steve Nearman2:08.75 Chuck ShieldsMike ValleM50 Steve Shantry2:13.33 Joe BurnoM55 Edmund JoyceM50 Steve Shantry2:13.33 Joe BurnoRay Feick Jay GoldenburgM50 Steve Shantry2:13.33 Joe BurlesonM55 Edmund JoyceM50 Mayne Jacobs2:37.30 Joe BurlesonW40 Heather ScanlonM60 Carl Landis2:39.94 Jonathan TetherlyW50 Gloria Nash DiscusM60 Carl Landis2:39.94 Jonathan TetherlyW50 Gloria Nash DiscusM50 Steve Nearman4:16.65 Chuck ShieldsM45 David HughesM50 Steve Chantry4:29.19 Gavid HughesM55 J Bookin-Weiner Larry PrattM50 Steve Chantry4:25.19 Joe BurlesonM55 J Bookin-Weiner Larry PrattM60 Carl Landis5:41.14 W30 Kareem LanierM60 Larry Pratt Roger Busch Matrin Eisner Mike ValleM30 Dureil Johnson20.41 M45 Timothy McMahonM65 John Lang Mite ValleM55 Ivan Black19.87 M70 William Clark19.87 Harmer	9.14 M50 Edward Gonera 12.33 11.22 Robert Segal 13.45 10.01 Taft Tucker 13.45 7.14 M55 Lee Hess 12.78 9.14 M55 Lee Hess 12.78 9.14 M55 Lee Hess 12.78 9.15 Larry Libow 14.30 4.44 M60 Roger Pierce 12.43 M65 Spencer Parrish 15.23 23.75 M70 Dennis Melanson 13.98 39.86 M75 Ed Cox 15.72 34.96 Frank Brako 17.34 34.96 Frank Brako 17.34 34.95 Mobert Bruce 16.44 33.24 W65 Barbara Jordan 15.93 34.75 Mary Roman 19.36 53.65 W50 Gail Johns-Rees 14.76 200m 43.32 Paul Maclure 24.84 43.80 Terrance Haynes 24.43 43.80 Paul Maclure 24.84
M35 Robert Downs 2:42.4 M40 Scott Landis 2:05.3 Tom Stroman 2:12.5 Gregory Green 2:19.9 M45 Chuck Shields 2:09.0 Pat Good 2:18.5 M50 Russ Patton 2:55.2 M40 Jim Re	Series #1, Mitch- Long Island, NY July 7M70 Rick Janson Javelin29.3 JavelinBowers12.80 billyM55 John Harbulak M55 John Harbulak35.4 1500m Racewalk M35 Michael Roth35.4 1500m Racewalk 	7W50 Irene Thompson14.82 Long HurdlesM50 Nick Helfrick Tim Sprecht9M45 Phil Bujalski1:01.82 Timothy McMahon1:11.96 S Ant ElisM55 Art Elis J Bookin-Weiner0M55 Ivan Black1:17.95 M65 Robert PaulsonM60 Mike Valle0M65 Robert Paulson53.80 M70 William ClarkM65 Edmond Joyce4M19 Jump M40 Jerry Espinosa1.63 M45 David HughesM70 Ray Feick Chuck Yost5M45 David Hughes1.46 M40 Jerry EspinosaM40 Jerry Espinosa5M45 David Hughes1.46 M55 Nan BlackM40 Jerry Espinosa6M55 Ivan Black1.40 M40 Jerry EspinosaM50 George Edson Steven Riva Joe Myers7M65 Ronald Snow2.29 M50 Gioria Nash0.95 Steven Riva Joe Myers8M55 Tomlinson Rauscher3.07 J Bookin-Weiner8M40 Bruce Mannon5.20 M65 John Lang M70 Robert Youngs John BrooksM20 A 204Gerad Dunne3.07 M50 Scott ThornsleyM20 Aley Evick5M55 Gert Nornsley4.93 M50 Scott ThornsleyM20 Aley Evick	37.93 Ed Cox 34.45 26.75 Frank Brako 38.59 33.19 W35 Rebecca Connolly 27.93 28.07 W40 Paula Fortuna 31.12 27.92 W50 Gail Johns-Rees 29.87 19.97 400m 18.17 18.17 M40 Michael Needham 54.09 7 Jerry Espinosa 57.02 35.29 M45 Sal Allah 50.57 48.40 L Discenza 1.09.90 45.19 W35 Kim Sheffield 5:10.00 40.35.53 Karen Lein 7:09.42 30.87 M45 Fred Kitzrow 2:11.49

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M60 Jonathan Tetherly 2:14.37 M65 Tony DaPonte 3:06.75 M80 Bill Tribou 3:55.73 Barbara Foster 3:22.26 W30 W65 Barbara Jordan 3:49.40 Mil M35 Kent Lemme 4:47.43 Steve Nearman 4:51.46 Jeff Weatherhead 5:33.54 M45 M50 M55 Bon Johnson 5:44.17 Joseph Burleson 6:34.02 M75 Dennis Branham 6:59.42 M80 Bill Tribou 8:35.41 3000m M35 Kent Lemme 9:25.30 Mike LeMay 10:21.67 M40 Mike Early 10:14.19 M45 Norm Larson 10:01.99 Michael Buchina M50 Richard Clark 14-18 84 10:45.96 Pascal Cheng 11.15 19 12:09.54 Paul Grogan 15:25.42 M75 Ed Doucette M85 Dan Greer W45 Karen Lein 24:26.23 14:09.68 W70 Mary Harada 14:41.60 Short Hurdles 21.34 M45 Brady Mayer M50 John Brubaker M70 James Duncan 23 99 16.45 W40 Pamela Gunneson 14.45 W70 Flo Meiler Long Hurdles 18.31 1:48.55 M50 John Brubaker M60 Steve Pouty M65 Gustave Davis 51 62 1:22.27 High Jump M40 David Murphy 1.72 M40 David Murphy M45 Brady Mayer M50 Roy Currie John Brubaker M55 Richard Sobol 1.57 1.21 M65 Jerry Sullivan M70 John Polevy 1.01 Kenneth Perkins 1.16 M75 Frank Brako W40 Pamela Gunneson 1.16 W65 Barbara Jordan 1.01 W70 Flo Meiler 1.01 Pole Vault M30 Rob Frangione M40 Marc Fish 3 20 3.81 M45 Russ Versteeg 3.05 Kurt Fischer M50 Stan Washuk 2.44 Peter Fichter 3.05 M55 William DeHorn 2.90 M70 Deke Conklin 2.75 Long Jump M45 Rick Choppa Brady Mayer Michael Travers 5.50 5.01 4 98 M50 Rick Censullo 4.54 Stan Washuk 4 29 M55 John Oleski 4.82 M65 Joel Jacobson 2.28 John Polevy 4.04 M70 James Duncan 3.80 Kenneth Perkins M75 Frank Brako 3.18 W35 Laura Barre 5.18 W65 Barbara Joarday Flo Meiler 3 60 3.20 Triple Jump M40 Marc Fish 9.46 M45 Brady Mayer M50 Jim Clark 10.27 10 90 Fred Clark Stan Washuk 10.04 9.30 9.13 M55 John Oleski John Polevy Donald Hudson M70 6.02 M75 Frank Brako 6.37 9.60 Laura Barre W35 Shot Put M35 Robert Palazzo 9.68 M40 Al Russo M45 Michael Rubin 11.32 11.07 Dave Farnsworth George Castelli Carl Richard 10.40 M50 13.13 11.02 9.44 9.40 M55 Geoffrey Brown Kent Worden 9.37 Ned Rich M60 Bill Hiney Walter Boucken 11.12 Gary Crawford 10.85 M65 Robert Tosoni 10.16 George Cormey Noel Certain 10.06 9.96 M70 A Xanthopoulos William Barker 12.09 10.71 M75 William Clew 11.02 William Garrahan 9.94 Saul Reichbach 5.03 W30 Barbara Foster 12.56 W45 Oneithea Lewis 9.21 W50 Barbara McCuen 6.69 W60 Joyce Bahar 8.19 W65 Mary Roman W70 Flo Meiler 8.34 6.93 Fran Moravesic

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6.48 Barbara Jordan 5.75 4.29 W70 Harriet Patch W80 Doris Berlepsch Discus M35 Robert Palazzo 30.56 M40 Al Russo 28.51 Jerry Espinosa M45 Dave Farnsworth Dan Wallace 35.73 34 83 Michael Rubin 30.66 M50 Ken Effler 34.31 George Castelli Carl Reichard 33.39 32.25 Geoffrey Brown Kent Worden MSS 34 56 30.65 William Dellorn 26.62 Bill Hine 51 52 M60 51.09 Larry Pratt Roger Busch M65 George Cormey Jerry Sullivan M70 Nick Loras A Xanthopoulos 43.98 25.41 20.99 37 49 33.17 William Barker 28.33 William Garrahan William Clew 30.88 M75 27.43 W45 Oneithea Lewis 39.16 17.76 20.50 Barbara McCuen W50 W60 Joyce Bahr W65 Joan Youngs Mary Roman W70 Fran Moravcsik 18 92 15.77 17.37 Flo Meiler 17.07 Harriet Patch W80 Doris Berlepsch 10.77 M35 Robert Palazzo 39.62 M45 Dan Wallace 36.04 Michael Rubin M50 Carl Reichard 21.37 M55 Art Ellis 41.50 Pat Lynn Ken Worden 38.43 31.48 Vladimir Strelnitski Jim Chamberas 35.26 30.18 M60 Cary Crawford 28 87 M65 Groege Cormey M70 Donald Hudson 25.90 33.16 Nick Leras William Barker 32.28 30.36 M75 William Garrahan 30 49 William Clew 26.61 M80 James Crawford 30.37 W30 Barbara Foster W35 Cindy Lathan W45 Oneithea Lewis W50 Barbara McCune 29.74 29.39 54 76 22.76 W60 Joyce Bahr W65 Mary Roman 19.00 22.74 Javelin M35 Robert Palazzo 30.30 M40 Jerry Espinosa M45 Dave Farnsworth 40.86 M50 Ken Effler 46.34 37.59 Jim Queeney Carl Reichard 32.50 M55 Buzz Gagne 51.84 37.99 Will Russel Will Hussell William DeHorn M60 Jim Chamberas M65 George Cormey Robert Tosoni 32.15 31.79 28.38 28.35 Joel Jacobson 20.05 M70 Robert Youngs James Duncan 40 59 37.03 A Xanthopoulos 33.98 M75 William Garrahan 29 92 Frank Brako 13.93 W45 Laura Charewicz 30.07 W50 Barbara McCune 16.54 17.70 W60 Joyce Bahr W65 Joan Youngs 18.37 W70 Fran Moravcsik Harriet Patch 14.02 10.66 W80 Doris Berlegsch 10.95 5000m RW M50 Joseph Steele 42:05.75 M65 Gustave Davis 36:11.72 Spencer Parrish 37:46.16 W40 Jean Tenan 31:20.78 G Armstrong 33:08.39 G Armstrong 33:08.39 Patricia Godfrey 34:10.74 W55 W60 Dotty Fine 34.17 87 SOUTHEAST Throws Meet, Winston-Salem, NC; July 23 Hammer Peter Farmer (53) John von Rohr (57) 50.19m 41.12m Mike Valle (64) 40.07m Tim Twomey (70) 39.38m Pay Carsentsen (73) 37.42m Bill Gramley (69) David Speaks (41) 32 630 23.14m Shot Put Tom Steed (64) Gerald Vaughn (69) John von Rohr (57) Mike Valle (64) 14.29m 14.12m 12.33m 11.64m

Bill Gramley (69) Pay Carsetensen (74 Gordon Herbert (59) (74) Terry Martin (58) Tony Speaks (41) Rebecca Vaughn (60) Discus Bill Gramley (69) Mike Valle (64) Tom Steed (64) 3 Dave Speaks (41) Terry Martin (58) Gordon Herbert (59) Pay Carstensen (73) Tony Smith (32) Weight Peter Farmer (53) John von Rohr (57) Mike Valle (64) Tim Twomey (70) Pay Carstensen (73) Tom Steed (64) Bill Gramley (69) Dave Speaks (41) Javelin Dave Speaks (41) Mike Valle (64) Gordon Herbert (59) 2 Pay Carstensen (73) 2 Superweight Pay Carstensen (73) Tim Twomey (70) MIDWEST **USATF Midwest Reg** Masters Champions Grand Valley St. U. July 16 100m M35 David Bowers M40 Steve Gallero M45 Steve Heiskell Tom Bunner Rodney Wilson John Schmeider Robert Knoell M50 Tom Smith **Bob Shaffer** M55 Rick Parker M60 Tim Butts M65 Harry Tollive Al Nmatheis M70 Arden Seipke M75 Howard Byers Dean Shawn Charles Sochor M80 Jack Hipple W35 Kelley Rich W55 Rhona Trot 200m (storm postponed) 400m M30 Brent Roland M35 Robert Thomas Don Jackson Roger Malone M45 M Woodbeck M50 Charles Wasson Walter Hawkins M60 Frank Bonham W50 Deborah Feltz W55 Sharada Sarniak W60 Ruth Thelen 800m M35 Don Jackson M45 Mark Furkis Vincent Walls Brian Gallagher M50 Wally Barnowski Walter Hawkins John Treleaven M65 Rod Smith 1500m M35 Steven Cassar David Buysse William Walters M45 M Woodbeck Mark Furkis Brian Gallagher M50 Wally Barnowski M60 John Shaw 5000m M40 Gary Brimmer M45 Mark Furkis M50 John Treleaven Bob Shaffer M55 Bruce Watson M60 John Shaw W60 Sharon Dolan Short Hurdles M40 David Ashford M45 Joe Schwelterman M50 James Broun Ralph Cilevitz Dave Hall M65 George LaBelle Bruce Mills M75 Charles Sochor Frederic Hirsimaki M80 W55 Rhona Trott Long Hurdles M65 George LaBelle

National	Masters News	
9) 10.49r en (74) 10.25r		W65 Harriet Kaufn
t (59) 9.44	m W55 Rhona Trott 59.38	M50 Dan Mehlbred M60 Richard Burg
B) 9.11r (1) 8.81	m M40 Guy Stockard 1.70	M70 Eugene DeH
nn (60) 6.51		M75 Glen Nelson W65 Harriet Kaufn
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41) 31.20	m W50 Rhona Trott 1.15	M70 Lovell Wheel M75 Glen Nelson
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) 24.52	M60 Howard Booth 2.70	M40 Todd Pharis M50 Dan Mehlbre
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0) 14.85 n (73) 14.63	m M65 Al Matheis 3.67	M75 Glen Nelson
13.88	m George LaBell 3.66	M80 Ken Kessing W65 Harriet Kaufr
9) 13.34 41) 9.61	m M80 Frederic Hirsimaki 3.30	Javelin
Might partie	Jack Hipple 1.80	M50 Dan Mehlbre M55 Jerome Ever
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and partice of	M35 Toby Pallett 14.05 M40 Walter Shields 14.49	USATE Sou
WEST	M45 Robert O'Higgins 12.82	Association
vest Regiona	Craig Rinker 12.40 Larry Munski 11.12	Champion Mesquite, TX
ampionships ey St. U., MI y 16	Don Bailey 10.96	100m
y 16	Kurt Koehler 9.71 M50 Ron Summers 15.41	M35 Reggie Pend Wade Menzie
wers 11.8	0 Jim Wetenhall 14.51	Ward Menzie
lero 13.6 skell 12.2		M40 Trent Hagler Randy Wight
er 12.6	2 Mikey Bitsko 12.48	M45 Paul Nelson
vilson 12.9 meider 13.0		Michael Ancy M50 Rick Riddle
oell 13.1		John Dolan Mike Shufelt
er 16.9	7 Jacob Stein 5.30	M60 Don Denson
er 13.0 13.5		M65 Wayne Benn M70 James Leggi
ver 13.5	8 W45 Ruth Welding 9.59	Edward Rob
eis 15.6 pke 15.9		M75 Jack Gilbert M80 Bob Wingo
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le 20.2 h 15.2	6 M45 Robert O'Higgins 46.95 9 Frank Broadus 39.70	Wade Menzie Ward Menzie
ott 16.1	8 Larry Munski 34.03	M40 Trent Hagler
ostponed)	M50 Jim Wetenhall 51.75 Jim O'Neill 40.81	Randy Wight Quinton Yoal
and 55.5	0 Ron Summers 38.65	M45 Ray Pennie
omas 49.1 son 55.3		Lindy Raney Jeff Brower
lone 59.7	5 M65 George LaBelle 20.40	M50 Rick Easley
eck 1:07.0 Vasson 57.5	6 Javelin	Lamar Gallov Terry Helton
wkins 1:01.0 nham 1:16.3		M60 Don Denson John Hesley
Feltz 1:15.9	6 M80 Jack Hipple 19.92	M65 Wayne Benn
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son 2:23.0 kis 2:25.1	h W65 Joan Berman 14.80	M80 Bob Wingo W35 Sara Davis
/alls 2:56.6 lagher 2:33.9		W65 S Brooks-Sm 400m
nowski 2:17.9	h Superweight (storm	M30 Lincoln Lond
wkins 2:41.4 eaven 2:51.3		M35 Gary Eckert M45 Ray Pennie
h 2:55.0		Dennis Moor
assar 4:17:4	W55 Doris McGuire 34:33.3	Michael Ancy M50 Rick Riddle
vsse 4:18.2 /alters 4:57.3		Dave Moore M60 John Hesley
eck 4:40.4	8	M70 Lowell Bonifie
kis 4:41.8 lagher 5:05.9		M80 Bob Wingo
nowski 5:05.8 w 6:41.6	4 Falls, SD; June 18-19	W70 Phyllis Provo
	M50 Phillip Gorby 15.00	800m M40 Chris Hughes
is 17:55		M45 Lindy Randy M50 Dave Moore
eaven 20:30	2 M75 Donald Phillips 15.68	M70 James Bower
ter 21:50. Itson 19:29	5 200m	1500m M50 Anthony Colo
w 22:10 olan 22:34	3 M50 Phillip Gorby 33.53	Short Hurdles
and the second second	M75 Donald Phillips 34.82	M35 Don Drummo M40 Rusty Ryan
velterman 17.2	7 M80 Gerald Armitage 36.75	M45 Ken Ellis
oun 15.3	5 M60 Richard Burgard 1:18.66	Paul Nelson Jeff Brower
evitz 18.4 1 18.6	1 800m	M70 Lowell Bonife Long Hurdles
aBelle 19.8 Is 21.9	0 M75 Donald Phillips 3:34.20	M35 Chris Grant
Sochor 18.2	2 High Jump	M45 Jeff Brower High Jump
Hirsimaki 18.5 ott 18.8		M45 Jeff Brower
	M70 Eugene DeHoogh 3'10"	M50 Terry Helton M60 Jerry Wright
aBelle 58.7	76 M75 Glen Nelson 3'4"	M65 Don Isett

65 Harriet Kaufman 150 Dan Mehlbrech 160 Richard Burgard 170 Eugene DeHoogh 137" 8'7" Glen Nelson 7'6 8'2.5" 65 Harriet Kaufman hot Put 31'6' 55 Jerome Even 34'3" 160 Jack Strong 170 Lovell Wheeler 175 Glen Nelson 33'0" 23'6" 180 Ken Kessinger 165 Harriet Kaufman 27'8" 19'9" iscus 140 Todd Pharis 150 Dan Mehlbrech 130'4" 112'2" 82' 3" 98'11" 155 Jerome Even M60 Jack Strong M70 Al Weisbecker 87'7" 60'6" 175 Glen Nelson 180 Ken Kessinger 79'11" 45'3" 65 Harriet Kaufman avelin 114'0" 50 Dan Mehlbrech 155 Jerome Even 160 Jack Strong 70'7.5" 81'10" 92'4" 70 Lovell Wheeler A80 Ken Kessinger V65 Harriet Kaufman 76'6" SOUTHWEST USATF Southwest Association Masters Championships Mesquite, TX; June 18 A35 Reggie Pendland Wade Menzies 11.40 12.17 Ward Menzies 12.67 40 Trent Hagler 11.70 Randy Wight M45 Paul Nelson 13.21 Michael Ancy 14.33 150 Rick Riddle 12.67 John Dolan 13.34 Mike Shufelt 13.37 160 Don Denson 13 28 13.54 Wayne Bennett M70 James Leggitt Edward Roberts 22.21 175 Jack Gilbert 19.95 180 Bob Windo 18.38 V70 Phyllis Provost 22.27 00m A35 Reggie Pendland Wade Menzies 24.41 24.81 Ward Menzies 26.11 140 Trent Hagler 23.58 Randy Wight 26.78 Quinton Yoakum 145 Ray Pennie 28.52 Lindy Raney Jeff Brower 25 45 26.45 150 Rick Easley 27.23 Lamar Galloway 27.66 Terry Helton 29.89 160 Don Denson 28.09 John Hesley 31.16 M65 Wayne Bennett M70 Paul Johnson 28.63 30.51 James Leggitt 31.61 48.62 175 Jack Gilbe 180 Bob Wingo V35 Sara Davis 27.03 65 S Brooks-Smith 41.65 00m 130 Lincoln London 48.65 A35 Gary Eckert A45 Ray Pennie Dennis Moore 58.90 57.40 58.71 Michael Ancy 1:09.19 59.71 150 Rick Riddle Dave Moore 1:03.11 A60 John Hesley A70 Lowell Bonifield 1:10.68 James Bowen 1:30.40 180 Bob Wingo V70 Phyllis Provost 1:45.51 2:31.85 00m 40 Chris Hughes 2:40.97 145 Lindy Randy 150 Dave Moore 2.25.01 2:27.93 70 James Bowen 2:11.28 500m 150 Anthony Colon 5:09.48 hort Hurdles A35 Don Drummond A40 Rusty Ryan A45 Ken Ellis 14.90 22.37 18.00 Paul Nelson 18.20 Jeff Brower 20.21 170 Lowell Bonifeld 14.61 35 Chris Grant 54 97 145 Jeff Brower 1:04.38 high Jump 145 Jeff Brower

1.62

1.57

1.37

3'2"

	September	2005	1	eptember 2005
Ī	M70 James Leggitt	1.22	2	75 Val Smith
I	Richard Hein M75 Val Smith	1.17	144	70 Phyllis Provost 6
I	M80 Bob Wingo W70 Phyllis Provost	0.92	3	000m RW
I	Pole Vault M40 Richard Barrett	3.65		70 P Donaldson 20:55 55 Kathy Frable 19:36
I	M45 Brad McFarling	3.95	1	USATF Southwest Re
I	James Fountain M50 Terry Porter	3.80 4.10	1	and Masters Champic
I	John Worcaster M55 Warren Wilke	3.95 3.35		ships, Tulsa, OK; July
	Dennis Schmitt M60 Steven Warr	2.90 2.75	1	00m 135 Harold Lacey 11
	Jerry Wright	2.30		Wade Menzies 12
	M65 Don Isett Long Jump	2.75	N	40 Christian Boda 11
	M55 Dennis Schmitt M60 Jerry Wright	14-2.50 13-0.50		Andrew Seach 12 Chris Powell 13
		13-8.50	N	45 Ron Boleware 12 William Brown 12
	Richard Hein	11-4		Roger Davis 12
	M75 Jack Gilbert Val Smith	10-8 9-2		Joseph Peebles 14
	W70 Phyllis Provost Triple Jump	5-4	M	450 Ernest Snodgrass 1 Larry Burney 1
	M55 Dwnnis Schmitt M65 Pete LaBarge	22-5.50 28-0.50	1	Robert Hahn 13 Mike Watson 17
	M75 Val Smith	19-4.50	M	455 Mike Steinmetz 1
	Shot Put M30 Robert Duncan	6.47	1	James Snook 1
-	M40 Brian Suter Jose Torres	14.10 12.24		W65 Bob Lida 13 Wayne Bennett 13
	Dave Rothenbury	10.38	1	Don Isett 1 M85 Roderick Parker 1
1	M45 Kenneth Jansson Ken Ellis	13.57 11.45	1	W35 Elaine Boda 14
	Arny Ferrando M50 Dan Roloff	10.34 13.71		Julia Barber 1
-	Roger Conboy Donald Lantrip	12.83		W50 Paula Steinmetz 1 200m
	M55 Paul Daily	10.73		M35 Harold Lacey 2 Wade Menzies 2
	M60 David Moore M65 Pete LaBarge	10.59 10.22	T.	Ward Menzies 2
	M70 Bob Ward Richard Hein	13.42 11.70		David Jones 2
	M75 Val Smith	9.40		Christian Boda 2 Andrew Seach 2
	W70 Phyllis Provost Discus	6.36	1.0	Sean Abannanto 2 M45 Lindy Raney 2
	M30 Kevin Harrison Robert Duncan	33.35 16.17	124	Jeff Lindsay 2
	M40 Dave Rothenbury Brian Suter	40.62 33.26		Roger Davis 2 William Brown 2
1	Jose Torres	31.90	36	Ron Boleware 2 M50 Ernest Snodgrass 2
1	M45 Kenneth Jansson Ken Ellis	36.04	N	Mike Watson 3 M60 Ron Colliver 2
	Arny Ferrendo M50 Donald Lantrip	29.62 35.50		James Snook 3
	Dan Roloff Roger Conboy	34.34 32.65	T	Wayne Bennett
	M55 Paul Daily	42.13	1	Don Isett 3 M95 Roderick Parker 3
-	M60 David Moore M65 Pete LaBarge	35.87 36.08	木	W35 Elaine Boda 3 W45 Deborah McCarty 2
	M70 Bob Ward M75 Val Smith	38.86 26.01		Julia Barber 3
	W65 S Brooks-Smith W70 Phyllis Provost	15.24 16.00		M40 Andrew Seach
	Hammer			Lindy Raney 5
1	M30 Kevin Harrison Robert Duncan	53.14 11.19		Bryan Shilcutt R. McDermott 1:0
	M40 Dave Rothenbury Brian Suter	41.24 34.06		M50 Rick Easley 5 E. Snodgrass 1:1
	M45 Kenneth Jansson Arny Ferrando	53.21 29.68		800m
	Ken Ellis	27.01		M30 Gary Hamer 2:0 Yancy Culp 2:0
	M50 Roger Conboy Dan Roloff	41.43 30.87		M45 Jeff Lindsay 2: Brooks Wright 2:
	M55 Paul Daily M65 Pete LaBarge	24.28 35.71		Randy McDermott2: Marvin Gaines 2:
	M70 Bob Ward M75 Val Smith	50.02 22.35	1	M50 Ken Cassel 2:
	W70 Phyllis Provost	9.59	1	1500m M45 Marvin Gaines 5:
	W30 Robert Duncan	14.89		W40 Terri Cassel 5: Short Hurdles
	M40 Dave Roghenbury Quinton Yoakum	37.96 29.36		M35 Don Drumond M45 Ken Caviness
	M45 Arny Ferrando Ken Ellis	45.54 42.53		M50 Kelly Meares
	Kenneth Jansson	30.94		M70 Charlie Richard
	M50 Dan Roloff Roger Conboy	40.27 34.97		Glen Stone 4x100m Relay
	M55 Warren Wilke Paul Daily	40.76 28.32		M35 SW Sprinters TC-A Texas TC-A
	M65 Pete LaBarge M70 Jack Parker	38.48		4x400m Relay
	Bob Ward	33.87		M45 Team Oklahoma-A 3 High Jump
	James Leggitt M75 Val Smith	31.18 26.94		M40 Steve Selvidge M45 Randy McDermott
	W65 S Brooks-Smith W70 Phyllis Provost	16.66 15.19		Ken Caviness M50 Garry Pirch
	Weight Throw M30 Robert Duncan			Kelly Meares
	M40 Dave Rothenbury	3.60 14.82		M55 Michael Walker M60 Ron Colliver
	Jose Torres M45 Kenneth Jansson	10.31 16.87		Henry Clapper M65 Don Isett
	Ken Ellis Arny Ferrando	9.90 9.85		Pel Stringer
	M50 Roger Conboy	16.61	1	M70 Ross Vrooman M75 Dick Donley
	Dan Roloff Donald Lantrip	12.37 10.98		Val Smith W65 Linda Stringer
	M55 Paul Daily M65 Pete LaBarge	11.69 14.83		Pole Vault
1	M70 Bob Ward	19.12	-	M45 James Fountain Ken Caviness

Sep	tember 2005	2
1075	Val Smith Phyllis Provost	9.34 6.34
3000	Norman Frable 1	Real Property in
M/0 W55	Kathy Frable 1	9:36.12
1 am	ATF Southwest al Masters Chan ips, Tulsa, OK;	nnion- I
100m M35	n Harold Lacey Wade Menzies	11.52 12.62
M40	Ward Menzies Christian Boda	12.85 11.74
	Andrew Seach Chris Powell	12.66 13.24
M45	Ron Boleware William Brown	12.56
	Roger Davis Bryan Shilcutt Joseph Peebles	12.66 12.90 14.43
M50	Ernest Snodgrass Larry Burney	13.06 13.36
	Robert Hahn Mike Watson	13.84 17.27
M55 M60	Mike Steinmetz Ron Colliver James Snook	13.23 14.39 15.06
M65		15.06 13.13 13.92
	Don Isett Roderick Parker	15.64 16.82
	Elaine Boda Deborah McCarty	
W50	Julia Barber Paula Steinmetz	16.02 17.89
	Harold Lacey Wade Menzies	23.04 25.23
M40	Ward Menzies Trent Hagler	25.86 23.27
	David Jones Christian Boda	23.60 23.88
M45	Andrew Seach Sean Abannanto Lindy Raney	25.11 25.88 24.79
MITS	Lindy Raney Jeff Lindsay Roger Davis	25.02 25.46
1	William Brown Ron Boleware	25.60 27.77
M50 M60	Ernest Snodgrass Mike Watson Ron Colliver	28.51 35.90
M65	James Snook Bob Lida	28.95 30.77 26.61
a a a	Wayne Bennett Don Isett	28.16 30.65
	Roderick Parker Elaine Boda Deborah McCarty	35.38 31:01 26.77
400m	Julia Barber	33.08
	Andrew Seach Jeff Lindsay Lindy Raney	56.55 55.31
	Lindy Raney Bryan Shilcutt R. McDermott	57.28
M50		58.30 1:10.59
800m M30	Gary Hamer	2:01.80
M45	Jeff Lindsay	2:05.22 2:08.53
	Brooks Wright Randy McDermot Marvin Gaines	t2:30.56
M50 1500	Ken Cassel m	2:27.60
W40	Marvin Gaines Terri Cassel	5:10.29 5:01.67
M35	t Hurdles Don Drumond Ken Caviness	14.49 19.60
M50	Kelly Meares Douglas Boehr	18.24
M70	Charlie Richard Glen Stone	15.42 15.67
M35	Om Relay SW Sprinters TC- Texas TC-A	A 43.66 49.36
M45	Om Relay Team Oklahoma-A	3:52.55
High M40 M45	Steve Selvidge Randy McDermot	4-11 t 4-9
M45	Ken Caviness	4-9 4-7 5-5
M55	Garry Pirch Kelly Meares Michael Walker	4-11 4-5
	Ron Colliver Henry Clapper	4-7 4-3
M65	Don Isett Pel Stringer Ross Vrooman	4-5 3-5 3-11
M75	Dick Donley Val Smith	3-11 3-7 3-5
Pole	Linda Stringer	3-6
M45	James Fountain Ken Caviness	12-0 10-6

M50Kelly Meares11-0Vince BreM60Ron Colliver10-0M60 Mark ChaM60Ron Colliver10-0M60 Mark ChaM40Steve Selvidge17-225M61 Mark ChaM41Steve Selvidge17-225M70 Pay CarsiM45Keint Yoakum15-1Jack HallM50Keily Meares14-025Sue HalleM50Keily Meares14-025Sue HalleM50Keily Meares14-025Sue HalleM65Don Isett12-8.25M64 Dave RottM65Don Isett12-8.25M64 Dave RottM50Keint Yoakum9.49M55 Jores PitM50Robert Duncan6.26Michael AM50Shot PutM55 Jores PitM50 Jores PitM51Jon Clemons11.61Michael AM50Keint Yoakum9.49M55 Vince PitM60Sheppard Miers12.91Mon ShilbM60Sheppard Miers12.91M06 Mark ChaM60Sheppard Miers12.91M65 Larold CM51Sosels Dick Pilgirm12.71M66 Mark ChaM60Sheppard Miers12.91M65 Larold CM51Sosels Dick Pilgirm12.71M66 Mark ChaM52Joan RolodM70 Back A77M65Shore Pilgirm2.91M70 Mark ChaM50Shore Pilgirm2.91M70 Mark ChaM51Sosels Dick Pilgirm3.95M72 John FinsM53Joan Rol			
Méb Ron Colliver Tool Méb Son lett 9-6 Méb Steve Selvidge 17-225 Keith Yoakum 15-1 Méb Randy McDermottle 3-25 Kron Caviness 15-5 Méb Randy McDermottle 3-25 Kron Caviness 15-5 Méb Shenp Peebles 3-6.25 Wats Carol Fins But Nevé Méb Shenp Perich 14-125 Wats Carol Fins Méb Shenp Prich 14-025 Meb Neuros Méb Shenp Prich 14-025 M40 Dave Roti Méb Shenp Pirch 14-025 M40 Dave Roti Méb Shenp Pirch 14-125 M40 Dave Roti Méb Shenp Pirch 13-10.50 M45 Bruce Nai Méb Shenp Pirch 13-11.51 Michael A Méb Shenp Pirch 13-11.51 Michael A Méb Shenp Pirch 12-11 Tom Gag Méb Shenp All Gans 13-11.51 Michael A Méb Shenp All Gans 13-11.51 Michael A Méb Shenp All Gans 14-11.51 14-12.51 Méb Shenp All Gans 14-11.51 14-12.51			Vince Bre
Pel Stringer4-6465 Harold Čr Ward LanM40 Steve Selvidge17-2:25M70 Pay Carsi Jim Cerni Jack Halle Jack Halle Jack Halle Jack Halle Jack StallM45 Randy McDermottl 8-3:25M50 Kelly Meares14-1:25M50 Kelly Meares14-1:25W45 Carol Fins W45 Carol Fins Pel StringerW45 Carol Fins W45 Carol Fins M40 Jose ForesM40 Jose Fores11:81 Walter HamiltonM45 Kenneth Jansson Jon ClemonsM55 Vince Bre Ward Lan M65 March Mark May Robert Duncan M40 Jose ForesM40 Dave Roti John StilbertM50 Kelly Meares11:81 Walter HamiltonM55 Vince Bre M30 Robert Duncan Ken CavinessM56 Mark Mark Mard Lan Mard LanderM50 Kelly Meares9:10 Ward Lan M40 Jose ForesM55 Vince Bre Ward Lan Mard LanderM50 Kelly Meares9:10 Ward LanderM55 Jores Pice M30 Robert Duncan M55 Joseph CoatsM40 Dave Roti John Stilbert Hamilton M40 Dave Roti John Stilbert Mark M40 Dave Roti M40 Walter Hamilton M55 Folyd JackM57 Silbert Mark M45 Carol Fins M45 Kenneth Jansson M46 Ren Ellis M40 Dave Roti John Stilbert Hamilton M55 Folyd JackM57 Silbert Mark M55 Kenet Blis M55 Folyd JackM55 Kene Kene M55 Kenet Blis M55 Folyd JackM55 Kene Kene M55 Kenet Hamilton M55 Folyd JackM55 Kene Kene M55 Kenet Blis M55 Kenet Blis M55 Kenet Blis M55 Folyd JackM55 Kene Kene M55 Kenet Blis M55 Kenet Blis M55 Kenet Blis M55 Kenet Blis M55 Folyd Jack<	M60 Ron Colliver	10-0	Harold La
M40Steve Selvidge17-2 ±5M70 Pay CarsiKeint Voakum15-1Jm CarmeM45Randy McDermott18-3 ±5Joseph Peebles13-6 ±5M50Kelly Meares14-1 ±5W45 Carol FinsM55Jim Dolezel16-0Sue HalleM66Ron Colliver15-6 ±5M40 Dave RotM75Val Stringer6-2 ±5John FinsM70Charlie Richard13-10.50M45 Bruce NaM30Robert Duncan6-2 ±5M40 Dave RotM30Robert Duncan6-2 ±5M50 Jeff BatyM30Robert Ouncan6-2 ±5M50 Jeff BatyM30Robert Duncan6-2 ±5M50 Jeff BatyM45Kenneth Jansson12.17Harnold LaKeith Yoakum9.49Roger CoM55Dick Pilgrim12.11Tom GageJulius Cassels9.10M65 Harold CrWard LanM50Kelly Waeres9.40M75 Jim GerhM50Soleppard Miers1.91M75 Jim GerhM51Soleph Coats1.68JohnFinsM52Joann McBride5.95Cheryl M4M53Joaseh Coats3.64M70 Jim CarneM54Joann McBride5.95M40 Dave RotJobiscus9.115.67M50 Breyl Mit WelcyM55Joann McBride5.75Keith Yoakum27.17M55Keith Yoakum7.77M55Keith Yoakum7.76M50Keith Yoakum7.76<			M65 Harold Cr
M45Randy McDermott IB-3 25M75 Jun Gerh Jack HalkM50Keily Meares14-025M50Keily Meares14-025M55Jin Dolezel16-0M66Ron Collwer15-625M70Charlie Richard13-10.50M75Val Stringer6-225M70Charlie Richard13-10.50M30Robert Duncan6-26M30Robert Duncan6-26M40Jose Torres11.81M40Jose Torres11.81M40Jose Torres11.91M41Keith Yoakum9.49M50Kelly Meares8.74M50Kelly Meares8.74M50Kelly Meares9.10M55Dick Pilgrim12.71Heny Clapper9.6610-00M55Dick Pilgrim12.71M54Kenneth Jansson44.19M54Somesph Coats11.69M55Joseph Coats11.69M55Joseph Coats11.69M55Joseph Coats11.69M55Noseph Coats11.69M55Noseph Coats11.69M50Keily Meares21.71M54Kenneth Jansson36.46M50Keily Meares21.71M55Keily Meares21.71M55Keily Meares21.71M55Keily Meares21.71M55Keily Meares21.71M55Keily Meares21.71M50Keily Meares<	Keith Yoakum	15-1	M70 Pay Carst
Joseph Peebles 13-6.25 M50 Kelly Meares 14-1.25 M55 Jim Dolezel 16-0 M60 Ron Colliver 12-8.25 M70 Charlie Richard 13-10.50 M75 Val Smith 5-11.25 M70 Charlie Richard 13-10.50 M75 Val Smith 5-11.25 M70 Charlie Richard 13-10.50 M75 Val Smith 5-11.25 M70 Dave Rotur 13-10.50 M75 Val Smith 5-11.25 M70 Jose Torres 11.91 Walter Hamilton 11.87 Keith Yoakum 9.49 M65 Kenneth Jansson 14.61 Jon Clemons 12.17 Ken Caviness 9.10 M50 Kelly Meares 8.74 W70 Jim Came Pay Carsis M70 Jim Carne Pay Carsis M55 Rioger Co Kent Caviness 26.28 M55 Kelly Meares 22.18 M55 Roger Co Kent Caviness 26.28 M55 Kelly Meares 22.18 M55 Noger Co Was Carol Fins M45 Parad Car M70 Pay Carsis M45 Linda Stringer 11.54 M40 Naiter Hamilton 39.77 M45 Kenneth Jansson 38.44 Ken Ellis 47.11 M40 Waiter Hamilton 39.77 M45 Kenneth Jansson 38.64 Ken Ellis 47.11 M40 Waiter Hamilton 39.77 M45 Ken Ellis 47.11 M40 Waiter Hamilton 15.24 M45 Parl Stringer 14.90 M40 Dave Rothenbury 19.77 John Finsrud 9.96 M45 Parl	M45 Randy McDermot	t18-3.25	M75 Jim Gerha
Garry Pirch 14-0.25 Robert Delezel 16-0 Sue Halle Sue Halle Chery Mk M40 Dave Rot M40 Dave Rot M45 Kenneth Jansson 14.61 M50 Kelly Meares 11.91 Ken Caviness 9.10 M50 Kelly Meares 8.74 M50 Sheppard Miers 12.91 M50 Kelly Meares 8.74 M50 Sheppard Miers 12.91 M55 Dick Pilgrim 12.71 Has Meares 8.74 M50 Sheppard Miers 12.91 M55 Dick Pilgrim 12.71 M57 Floyd Jack 9.71 Val Smith 8.42 W45 Joann McBride 5.95 M40 Walter Hamilton 35.67 M50 Kelly Meares 22.68 M55 Dick Pilgrim 30.69 M40 Walter Hamilton 35.67 Ken Caviness 22.68 M55 Neeppard Miers 44.19 Julius Cassels 30.51 Henry Clapper 28.54 M55 Dick Pilgrim 30.69 M55 Dick Pilgrim 30.69 M55 Neeppard Miers 44.19 Julius Cassels 30.51 Henry Clapper 28.54 M55 Dick Pilgrim 30.69 M55 Neeppard Miers 44.19 Julius Cassels 30.51 Henry Clapper 28.54 M55 Dick Pilgrim 30.69 M65 Pil Stringer 24.30 M70 Bob Sanline 23.17 M55 King Jack 431.78 M55 Jing Gent Juncan 10.52 M55 Floyd Jack 23.18 M60 Ron Colliver 37.02 Julius Cassels 26.53 M55 Vince Bre M45 Ken Ellis 27.13 M60 Rohert Duncan 15.74 M40 Walter Hamilton 39.27 M45 Ken Ellis 27.13 M60 Rohert Duncan 15.74 M40 Walter Hamilton 39.27 M45 Ken Ellis 27.13 M60 Rohert Duncan 15.74 M40 Walter Hamilton 39.27 M45 Ken Ellis 10.55 M60 Ron Colliver 37.02 Juhn Fins 44 M55 Vince Bre M55 Vince Mather M55 Vince Mather M55 Vince Bre M55 Vince Mather M55 Vince Mather M55 Vince Mather M55 Vince Mather M55 Vince Bre M55 Dinck	Joseph Peebles	13-6.25	Discus
M65Don Colliver15-625Charl MM65Don Isett12-625M40 Dave RotM70Vallis Charl Gard13-10.50M75Vallis Charl GardM45 Enuce NaM30Robert Duncan6.26M35Joseph Coats11.81M40Jose Torres11.91M40Jose Torres11.91M40Kein Yoakum9.49M55Kenneth Jansson14.61Jon Clemons12.17Ken Caviness9.10M50Keily Weares8.74M50Keily Meares8.74M50Keily Meares8.74M50Keily Meares8.74M50Keily Meares9.10M55Dick Pilgrim12.11M65Dick Pilgrim12.11M65Dick Pilgrim12.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Yoakum7.71M51Kent Pilgrim30.69M50Nelly Meares30.69M50Shoepp Coats3.65M50Shoepp Coats3.65M50Shoepp Coats3.65M50Shoepp Coats3.65M50Shoepp Coats3.65M50Shoepp Coats3.65M50	Garry Pirch	14-0.25	Ruth Weld
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7.87	W70 Phyllis Provost	23.30
7.73 5.53	200m M30 Sean Williams	25.70
8.44 5.03	M35 Alfonso Watts M40 Trent Hagler	24.86 23.49
4.77	Andrew Seach	25.16
8.45 6.34	Sean Abbananto M45 Jeff Lindsay	26.13 24.74
4.05	William Brown Howard Knaub	25.51
4.91	M50 Ron Boleware	27.48 25.51
3.17 2.94	Mark Hastings Will McHone	25.85 27.75
2.82	M55 Mike Loyd M60 Bonnetoi	28.45 30.50
2.01	Martinec Milan	32.94
1.81 4.87	M65 Don Denson Wayne Bennett	28.17 28.73
2.96 4.40	Don Isett M75 Chester Studdard	30.53 38.44
3.80	M80 Bob Wingo	40.41
2.92	W30 Monica Yones W35 Donna Laurence	30.41 26.97
3.96 3.95	W45 Rose Seach W50 Jacqueline Board	38.31 29.14
2.35	Brenda Cook	29.94
1.61 3.00	W55 D Vander Cruysse W70 Phyllis Provost	n 32.84 57.41
2.17	400m M30 Joey Vanlaningha	m 54 05
1000	Kevin Jolly	1:07.20
1.50 0.90	M40 David Jones Andrew Seach	52.05 55.92
0.85	Gary Eckert M45 Jeff Lindsay	58.59 54.16
2.33	Scott Anderson	58.93
1.78 1.68	Bryan Shilcutt M50 Rick Easley	59.53 57.42
1.60 2.05	Mark Hastings M55 Mike Loyd	58.28 1:05.62
1 01	M65 Cleveland Payne	1:12.70
0.34	W50 Jacqueline Board Laura Kearns	1:07.98 1:21.13
0.28	W70 Phyllis Provost 800m	
0.93	M45 Jeff Lindsay	2:05.07
0.39 0.26	Bill Payne M50 Steve Gibson	2:49.55 3:39.46
0.94 1.42	M60 Martinec Milan M65 Cleveland Payen	3:06.53 2:53.40
1.06	Ralf Wolf	3:14.02
0.90	W70 Phyllis Provost 1500m	4:34.92
0.46 0.87	M45 Tom Sherwood Blade Norman	4:21.30 5:13.72
Lange and	M50 Anthony Colon M60 Mike Broyles	5:06.22 7:24.45
4943	M65 Ralph Wolf	6:43.55
3720 2875	W40 Terri Cassel W45 Elizabeth Rudy	5:11.41 5:37.92
2107 3173	W70 Phyllis Provost 5000m	9:40.78
1928 3501		21:58.24
2812 3685	Short Hurdles M30 Thomas Peeples	18.72
3012	M35 Don Drummond	14.45
2682 3789	M45 Jeff Brower Paul Nelson	16.49 19.22
3626 3599	M50 Colin Williams Don Keller	14.93 15.94
3593 2824	M70 Charlie Richard	14.76
2383	Lowell Bonifield Long Hurdles	14.83
2049 3412	M30 Jeff Westy M35 Don Drummond	1:03.53 55.22
4416	M40 Bert Williams M45 Jeff Brower	1:04.06
2539	M55 Lester Mount	1:04.77 1:13.61
ion-	M70 Lowell Bonifield High Jump	58.17
Bar	M35 Matt Sunderman M40 Rusty Ryan	1.87 1.62
and a	M45 Jeff Brower	1.72
2.46	Benedict Olusola M50 Kon Deller	1.67
2,83	M60 Ray Kozusko Jerry Wright	1.37 1.27
1.13	M65 Don Isett	1.32
1.86 1.41	M70 Richard Hein M75 Val Smith	1.16
2.45 2.46	John Goggin M80 Bob Wingo	1.01 1.06
2.32	W50 Dinah Anderson	1.11
2.55 2.82	W55 D Vander Cryusse W65 Shelly Whitlock	n 1.21 1.11
2.32 2.55	W70 Phyllis Provost Pole Vault	0.96
2.62	M30 Tim Dooley M45 James Fountain	2.90
4.64	M50 Charlie Bing	3.95
3.21 3.71	Don Keller M55 Robert Duncan	3.05
5.31 7.68	M60 Steven Warr M65 Don Isett	3.05
8.82	M75 John Goggin	1.85
4.35 7.92	W50 Dinah Anderson W55 D Vander Cruysse	2.00 n 1.50
3.84 4.21	W65 Shelly Whitlock Long Jump	1.50
6.68 5.46	M30 Kevin Jolly M40 Alan Sims	5.60 6.16
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1	pag	ge 29
12	Michael LaBay Rick Cawley	5.85 4.88
M45	Michael Ancy	5.32
	Paul Blankenship Randall Hollis	4.79 2.51
M60	Ray Kozusko Jerry Wright	4.95 3.91
M65	Jerry Wright Martinec Milan Don Isett	3.64
M70	Lowell Bonifield	3.97
	Richard Hein Charlie Richard	3.96 3.94
	John Goggin Val Smith	2.60
M80	Bill Carter Bob Wingo	3.96 2.40
W35	Sarah Boyd	4.72
Tripl	D Vander Cruyssen Jump	3.62
M50 M60	Ray Kozusko	9.23
M70 W35	Charlie Richard Sarah Boyd	8.81 9.75
Shot	Put Brian Suter	13.23
	Walter Hamialton	12.18
M45	Jose Torres Richard Stewart	12.09 11.79
M50	Arny Ferrando Dan Roloff	9.90 12.90
	Donald Lantrip Ronny Cook	11.82 10.20
M55	Roger Conboy Paul Daily	12.37
	Randall Hollis	6.62
M60	Sheppard Miers Julius Cassels	12.53 11.34
M65	Harold Landry Peter LaBarge	10.96 10.82
M70	Joseph Landry Dean Hesse	6.96 12.15
	Wendell Palmer	11.93
M75	Richard Hein Jim Gerhardt	11.13 11.47
	Val Smith Jack Heller	8.71 8.08
W50	Dinah Anderson Brenda Cook	7.75
W55	D Vander Cruyssan	7.87
Disc		7.06
M40	Dave Rothenbury Rick Reed	41.86 36.28
M45	Jose Torres Richard Stewart	32.65 38.12
M50	Arny Ferrando Ronny Cook	29.14 36.83
	Donald Lantrip	36.56
M55	Denis Tallini Paul Daily	33.57 45.10
	Roger Conboy Randall Hollis	32.93 11.61
M60	Sheppard Miers Harold Landry	41.58 32.81
M65	Julius Cassels Peter LaBarge	31.28 38.29
	Joseph Landry	19.76
M70	Wendell Palmer Dean Hesse	42.08
M75	Jim Gerhardt Val Smith	36.00 26.98
M80	Jack Haller Bill Carter	21.46 25.67
	Earl Blassingame	21.73
W65	Brenda Cook Shelly Whitlock	15.71 13.70
Ham		15.65
	Dave Rothenbury Walter Hamilton	45.63 37.77
M45	Brian Suter Richard Stewart	35.53 39.42
	Arny Ferrando	30.33
M55	Dan Roloff Roger Conboy	32.14 37.36
M60	Randall Hollis Julius Cassels	15.43 26.67
M65	Peter LaBarge Joseph Landry	35.57 18.87
M70	Wendell Palmer	33.47
M75	Jim Gerhardt Val Smith	23.86 21.86
Jave		18.36
	Rick Cawley Dave Rothenbury	40.79 38.93
	Walter Hamilton	37.30
M45	Arny Ferrando Richard Stewart	46.82 35.79
M50	Denis Tallini Dan Roloff	46.64 36.30
M55	Roger Conboy Randall Hollis	42.54 18.78
M60	Ray Kozusko	32.64
	Martinec Milan Julius Cassels	29.99 28.48
M65	Peter LaBarge Joseph Landry	42.60 14.87
M70	Charlie Richard Jack Parker	37.14 34.87
	Wendell Palmer	23.10
WI/5	Jim Gerhardt	31.22

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The second second second second second	7.21	W40 Jai Black 1:01.92	M60 Kenneth Baker 9.46	1.000	Makini Enakaya 12.30	M30 Robert Price	16.27	W55 Lisle Cohen 24:19.44 M60 Juan Garcia 18:07.61	Laurent Birars
Jack Haller 20	0.14	W45 Debbie Selby 1:25.47	M65 Paul Lissy 11.64	M45		M35 Rod Jett Brett Presley	14.56 19.27	John Doane 19:04.69	M40 Tony Nogueras Vaughn Kastor
M80 Earl Blassingame 18 W30 Monica Yones 16	8.11 6.23	W50 Rita Hanscom 1:05.18 Jeanne Bowman 1:12.68	Jerry Harwood 9.58 Alan Rosen 8.49		Mark Pasos 12.11	M55 Roger Parnell Ed Baskauskas	18.34 20.41	M65 Steven Popell 20:49.21 John Mullane 20:56.43	M45 James Lofton
W50 Dinah Anderson 20 W55 D Vander Cruyssen 28	0.37	W60 Donna Benson 1:51.95 W65 Marilyn Ongley 1:31.25	M90 Leland McPhie 6.53 W50 Christine Stone 6.19	M50	Hulan Washington 13.28	M65 Fred Baer	24.94	USATF West Regional	J Smith David Lucas
Weight Throw		W80 Gerry Davidson 2:04.09	W60 Ingrid Mancini 7.84	M55	Jack Cramer 13.31 Ralph Peterson 12.35	Long Hurdles W40 Debbie Zakerski	81.31	Masters Championships	Rodney Johnson
M40 Dave Rothenbury 13 Brian Suter 13	3.44	800m M45 Steve Markland 2:15.46	W65 Ann Abreu 6.82 Discus	MISS	Larry Lettieri 12.64	Mary Wool M35 Laurent Birade	94.26 58.63	Carson, CA; July 23-24	1:02.09 M50 James Robinson
Walter Hamilton 12	2.44	Mark Cleary 2:17.39 Adam Weiner 2:18.11	M40 Jeffrey Gonzales 34.02 M50 Richard Comber 47.45	M60	Bob Callori 15.73	M50 Steve Kemp	65.19 86.06	M30 Johann Jack 10.68 M35 James Smith 11.70	Francis Schiro Charles Williams
	3.66	M50 Gary Shapiro 2:18.48	Rob Duncanson 32.96	M65 M70		Patrick White M55 Will Wright	76.53	Hugo Estrada 11.92	Charlie Powell Paul Shires 1:
	0.76 4.31	Bill Fitzpatrick 2:23.81 Horace Grant 2:31.81	Mike Tripping 31.41 M55 Louis Jordan 34.84		Milton Meux 18.69	Bill Phillips High Jump	77.92	M40 Willie Gaualt 10.49 Aaron Thigpen 10.68	M55 Ralph Petterson
Randall Hollis 8	8.37	M60 Ronald Salupo 2:24.43	James McEvoy 31.22 M60 Llovd Higgins 47.47	M75 200m	n	W40 Debbie Zakerski	4-2	Frank Strong 11.43	Graeme Shirley 1:1 M60 Larry Barnum
	2.80	Eric Jones 2:51.18	Michael Woodward 41.94	W30 W40		W70 Fei-Mei Chou M40 Rand Crippen	2-10 5-6	Alan Tucker 11.82	Dennis Duffy 1:0 Frank Strouse 1:0
	3.98	M65 Herman Esquibel 3:03.19 M70 Ed Karas 3:41.76	Ronald Damschen 34.02 M65 Alan Rosen 35.83	W45	Valerie St James 32.76	Stephen Berkeley M50 Hulan Washington		M45 J Smith 11.71 Hillel Catzeff 12.23	Simeon Baldwin 1:0
M70 Wendell Palmer 13	3.14	Richard Gardner 4:17.05	Jerry Harwood 34.21 M80 Paul Evans 19.00	W55 W70	Fei-Mei Chou 42.47	M55 Ed Baskauskas	4-8	Rodney Johnson 13.40	Garry Cox 1:0 M70 Don Cheek 1:1-
	.78 62	Bob Holmes 3:30.99	Robert Davidson 12.62	M30 M35		Gary Wuest M75 Thomas Harney	4-6 3-6	Jeffrey Davison 13.46 M50 Greg Pizza 12.15	Donald Leis 1:2
Jack Heller 7 Superweight	.08	W45 D Barraza Lee 2:42.96 W50 Denise Janneck 2:43.84	M90 Leland McPhie 17.01 W65 Ann Abreu 15.51	1.1.1.	Juan Torres 24.90	Pole Vault M35 Dan Holton	14-4	Charles Williams 12.32 Charlie Powell 12.34	W40 Jai Black 1:0
M40 Walter Hamilton 7	.54	Lynette Zeckua 3:13.72	Hammer M45 Carl Darby 31.08	M40	Tommy Baker 23.81	M40 Paul Sinatra	15-7	Calvin Evans 12.63	Lorraine Jaster 1:0 A. Nowakowski 1:0
	.56	1500m M30 Catfish Daniels 5:09.04	M50 Richard Watson 36.12	M45	Rand Crippen 26.38 Marty Krulee 23.68	M55 Steven Hardison Gary Wuest	13-4 8-4	Paul Shires 13.29 M55 Ralph Petterson 12.08	W45 Mimi Ney 1:0
	10	M35 Darren Cox 4:35.03 Aaron Goodall 4:35.89	M65 Charles Polizzi 35.72 Javelin	11.40	J Smith 23.89	M60 Bruce Hotaling Thomas Sharples	10-10 8-10	Stan Whitley 12.24 Raymond Yeck 12.72	P Contreras 1:1 Debbie Lee 1:1
M70 Wendell Palmer 7	.68	Larry Gessler 4:53.91	M40 Jeffrey Gonzales 43.85 M45 John Hansen 50.25	M50	Hulan Washington 26.77	M75 Thomas Harney	6-6	Eric Stucki 13.08	Debbie Selby 1:2 W50 Rita Hanscom 1:0
Jack Haller 4	.18	M40 Norman Suguitan 6:17.44 M45 Adam Weiner 4:37.08	Michael Arcieri 39.08		Paul Shires 27.11 Jerry Beatty 30.12	W40 Debbie Zakerski	4.17	Patrick Lyons 13.14 M60 Frank Strouse 13.87	Denise Janneck 1:1
3000m RW M50 Dave Gwyn 17:09	9 55	Mark Cleary 4:37.19 Steve Markland 4:40.32	M50 Barry Warmerdam 43.57 Mike Tipping 43.18	M55	Ralph Peterson 24.70	Mary Woo W70 Fei-Mei Chou	3.49	Garry Cox 14.24 Ron Muranaka 14.75	W75 S OnoLeonard 2:0
		M50 Rob Duncanson 4:42.18	David Lewis 39.27 M55 James McEvoy 40.20	1215	Larry Lettieri 27.49	M30 Matt Spiller	3.81	Paul Gilbert 15.41	W80 Gerry Davidaon 2:0 800m
WEST		Maurice Waters 5:29.77	M60 John Schneider 39.54	M60	Dennis Duffy 27.81 Frank Strouse 28.43	M40 Makini Enakaya Drew Monaghan	5.41 5.16	Bob Callori 15.45 M65 Doug Smith 12.90	M35 John Oakes 2:0 B Kim Coleman 2:2
Chuck McMahon Memorial Masters/USA	TE	Gary Kenyon 5:51.55 M65 Herman Esquibel 6:43.51	Kenneth Baker 29.67 M65 Jerry Harwood 22.38	MEE	Bob Callori 31.77	Rand Crippen M45 Peter Chen	5.02 4.94	Ken Dennis 13.36	M40 Brett Darrington 2:0
San Diego Associatio		M70 Ed Karas 7:33.55	W40 Caren Ware 21.61 1500m RW	M65	Fred Baer 41.26	Mark Rozzini	4.23	Lee Gillespie 14.25 Karl Thorpe 14.63	Tim Hickcock 2:1 Greg Hancock 2:1
Championships San Diego, CA; July 9	9	M75 Jim Selbly 7:00.40	M45 John Murdzek 8:37.66	M70 400m		Gred Hodson M50 Paul Shires	3.87 4.90	Otis Williams 16.35 M70 Don Cheek 14.72	M45 Mark Lewis 2:0
100m	.91	M80 John Cross 8:08.32 W45 D Barraza-Lee 5:25.34	M50 David Ciccone 7:09.34 M55 Jack Cassidy 9:01.30	W30	Monigue Lucero 74.63	M55 Roger Parnell	5.47	Ben Rivera 15.42	David Lucas 2:0 Matthew Neve 2:2
Jim Mount 12	2.28	W50 Denise Janneck 5:35.07	M65 Dale Sutton 9:18.81	W45 W55	Martie Behrens 83.29	James Manos Gary Wuest	4.58 3.91	Francis Kishi 17.11 Gene Walsh 17.18	Steven Prideaux 2:3 M50 Dave Clingan 2:0
	.40	Lynette Zeckua 6:23.65 W80 Jerry Davidson 9:17.43	M70 Lloyd McGuire 10:48.70 M75 Peter Corona 9:21.70	W70 M30		M65 Richard Imperiale Fred Baer	4.30 3.12	Phillip Johnson 17.90 M75 Al Escobosa 15.63	Basil Scott 2:1
Jerome Cadoret 11 Marcus Sims 11	.59	5000m M30 Vince Augelli 16:40.0h	W50 Kath. Hampton 18:49.20 5000m RW	M40	Tim Dempsey 59.74	M70 Milton Meux	2.77	Jim Selby 15.77	Mike Tipping 2:2 Steve Lassegard2:3
M45 Eugene Anton 12	.35	M35 Aaron Goodall 16:40.5h	M40 Noman Suguitan 45:53.6h	M45	Rand Crippen 66.03 J Smith 54.63	M75 Lee Conway Triple Jump	1.59	Stafford Silverman 16.86 M80 Tom Pitsalis 18.40	M55 Bruce Wint 2:2 M60 Larry Barnum 2:1
	.38	Steven Lopez 17:18.1h Gary Leivers 18:36.5h	M45 John Murdzek 31:28.2h M50 David Ciccone 25:01.0h		David Lucas 56.39 Mark Pasos 57.24	W70 Fei-Mei Chou M35 Curtis Moore	5.20 12.56	Robert Davidson 28.88 W30 Dena Birars 12.45	Dennis Duffy 2:2
	.47	M40 Robert O'Toole 18.11.2h M45 Billy Whitford 22:01.2h	M55 Jack Cassidy 32.15.6h M60 Bob Weks 29:25.0h	M50	James Robinson 54.80	M40 Rand Crippen	10.72	W40 V. Amarasekara 12.86	M75 Jim Selby 3:0
Patrick Lyons 13	.20	Steven Brenneck 20:37.4h	M65 Dale Sutton 32:37.0h	Call .	Steve Kemp 59.19 Reggie Dune 62.89	M45 Peter Chen M50 Paul Shires	9.39 9.05	Denise Willard 14.69 W45 Debbie Selby 16.15	Al Escabosa 3:3 W35 Chris Gentile 2:1
	.74	M65 Herman Esquibel27:54.1h M70 Brian McCarthy 21:29.7h	M70 Lloyd McGuirer 37:22.0h M75 Peter Corona 32:26.7h	M55	Bruce Wint 60.95 Danny Moon 64.67	M55 James Manoa M65 Richard Imperiale	9.67 8.70	W50 Rita Hanscom 13.30 Christine Stone 19.71	W40 Lisa Davis 2:2 Lorraine Jasper 2:2
Ron Muranaka 14	1.88 5.67	Ed Karas 29:23.3h Richard Gardner 41:00.8h	W50 Susan Cottey 37:22.0h+ Kath. Hampton 38:42.0h	M60	Larry Barnum 59.18	Shot Put		W55 Brenda Matthews 14.96	A. Nowakowski 2:3
M65 Doug Smith 13	8.07	M80 John Cross 31:48.5h	of the last of the second second	TICL	Dennis Duffy 62.53 Frank Strouse 63.84	W40 Debbie Zakerski W55 Lorraine Tucker	7.13 9.56	Lorraine Tucker 16.06 W60 Nadine O'Connor 13.95	W45 K. Carstensen 2:3 Debbie Lee 2:4
	.33	W30 Zorica Rahovic 19:11.7h Theresa Lowry 19:18.0h	Team Thor USA Thunder Series, La Jolla, CA	M65	Gary Sims 64.17 Jeremy Lys 74.46	W65 Cherrie Sherrard M35 Mike Curry	9.70 12.69	W65 Kathy Bergen 14.48 W75 S Onodora-Leonard 21.15	W50 Denise Janneck 2:4 W60 Eileen Cohen 3:2
Richard Gardner 20 M75 Jim Selby 16	.97	W50 Lynette Zeckua 21:09.1h W60 Donna Benson 33:30.2h	July 16 Shot Put		Irvin Faria 90.20	M40 Steve Colvin	11.75	Shirley Dietderich 21.99	W70 Vicki Bigelow 3:1
M80 Robert Davidson 28	.96	Short Hurdles	Doug Tomlinson 72 10.98	800m W40	Kim Kimber 2:30.20		12.61 12.12	200m M30 Johann Jack 22.99	W80 Gerry Davidson 5:0 1500m
	.27	M35 James Smith 14.83 M40 Doug Harwood 16.61	Bob Humphries 69 10.74 Doug Dunagan 33 12.97		Karen Jeffers 2:34.39 Mary Woo 2:39.37	Rick Thomas M55 Gary Wuest	9.07 10.47	Edward Jones 25.07 M35 Curtis Moore 23.38	M30 Matt Spiller 4:5 M35 John Oakes 4:2
	.32	M45 Eugene Anton 16.15 M50 Thad Wilson 15.92	Discus D Tomlinson 72 35.94	M35	Mike Gottardi 2:07.36	Gary John	9.73	James Smith 23.93	Aaron Goodall 4:2
Jeanne Bowman 15	5.55	M70 Don Ryan 15.34	B Humphries 69 43.13	M45	Greg Hales 2:09.51 David Lucas 2:11.82	M60 Bob Callori M70 Robert Jordan	6.45 10.04	M40 Willie Gault 21.49	M40 Brett Darrington 4:1 Curtis Musser 4:3
	0.60 0.14	Long Hurdles M35 James Smith 1:03.96	Chuck Polizi 68 39.32 Thomas Fahey 57 52.77	125	Steve Kollars 2:17.72 Mark Cleary 2:14.27	Milton Meux M75 Thomas Harney	8.15 7.46	Aaron Thigpen 22.17 Tommy Baker 23.56	M45 Mark Lewis 4:3 Adam Weiner 4:3
	.19 7.49	W40 Caren Ware 1:16.18 High Jump	Ralph Fruguglietti 50 58.86 Richard Comber 52 46.96	M50	Randy Sturgeon 2:23.73	M80 Ed Chynoweth	9.08	Alan Tucker 24.05	A Decollibus 4:3 Eric Drummond 4:4
W75 Frances Styles 20	0.29	M35 Tony Pollard 1.82	Jeff Gonzales 40 34.51	M55	Patrick White 2:41.41 Bruce Wint 2:17.06	Discus W55 Lorraine Tucker	23.61	J Smith 24.15	Matthew Neve 4:
	1.34	M40 Ron Lee 1.82 M55 John Little 1.62	D Dunagan 33 33.05 Hammer	M60	Danny Moon 2:27.64 Larry Barnum 2:16.90	W65 Cherrie Sherrard W75 Shirley Dietderich	20.02	Hillel Katzeff 25.43 Rodney Johnson 27.37	M50 Dave Clingan 4: Basil Scott 4:4
M40 Berry Kettrell 27	7.34	M65 Davie Perry 1.52 M90 Leland McPhie AR 1.09	Kio Song 79 30.16 D Tomlinson 72 33.63		Fred Martin 2:26.97	M30 Matt Spiller	26.20	M50 Rob Duncanson 25.03	Tim Stone 4:4 M55 Bruce Wint 5:
M45 James Chinn 23	3.52	(Buell Crame/1.04/1990)	C Polizi 68 37.20	M65	Dennis Duffy 2:29.25 Jeremy Lys 2:46.43	M35 Mike Curry Brett Presley	32.02 28.53	Francis Schiro 25.32	Keith Noren 5:2
Hillel Katzeff 25	4.88	W35 Leslie Martin 1.36 W75 Frances Styles 0.94	B Humphries 69 36.26 Tom Meyer 53 48.93	M70 1500	Irvin Faria 3:06.50	M40 David Dibley Drew Monaghan	31.55 23.41	Charlie Powell 25.46 Barry Warmerdam 27.16	Searcy Barnett 6: M75 Jim Selby 7:
	7.52	Pole Vault M30 Creed Stary 4.60	D Dunagan 33 38.03 Javelin	W30	Monique Lucero 6:04.34 Karla Kehoe 5:13.68	M45 Mark Bozzini M50 Gary Schmidt	26.93 37.92	M55 Raymond Yeck 26.26 Patrick Lyons 27.87	W40 Lisa Davis 4: Mary Grene 5:
M60 Eric Jones 32	2.86	M35 Peter Brooks 4.10	J Gonzales 40 45.18	Fore 2	Karen Jeffers 5:27.30	Richard Belli	32.80	George Moore 28.78	W45 K. Carstensen 5:
Karl Thorpe 30	0.80	Richard Fox 3.50	Weight Throw D Tomlinson 72 12.33		Vicki Bigelow 6:27.78 David Owens 6:00.81	Pat White M55 Gary John	23.46 32.82	M60 Frank Strouse 27.85 Garry Cox 29.04	W70 Vicki Bigelow 6: W80 Gerry Davidson 9:
	2.25	M40 Bernie Miller 3.95 M65 Dick Cunningham 2.75	C Polizi 68 13.22 T Meyer 53 18.03	12002	Matt Spiller 6:53.89 Matt Bogdanowicz 4:17.28	Gary Wuest M60 Lee Schwartz	27.90 39.41	John Darlington 29.32	5000m M30 Jae Yung Hyung 1
	4.23	M75 Bud Held 2.75	D Dunagan 33 12.36	tilles .	Greg Hales 4:42.49	James Barnes	30.26	Paul Gilbert 32.04	M35 Aaron Goodall 10
W40 Caren Ware 30	0.13	Long Jump	Pole Vault Nadine O'Connor 62 3.05	M40	Jeff Hongo 4:24.46 Tim Keenan 4:30.43	M70 Robert Jordan Milton Meux	32.31 26.95	M65 Doug Smith 26.80 Lee Gillespie 29.48	M40 Pete Gregory 22 M45 A. Decollibus 1
	5.39	M50 Thad Wilson 5.13 Paul Baumhoefner 4.40	Bud Held 77 2.89 Creed Stary 31 4.57	M45	John Lehman 4:30.61 Robert Pickens 4:19.00	Joe Keever M75 Thomas Harvey	18.60 21.03	Karl Thorpe 30.41	Matthew Neve 1 M50 Stuart Hancock 1
Denise Janneck 3	2.90	Jerry Moylan 3.80 M55 John Little 4.60	Pacific Association	1000	Thom Trimble 4:29.50 Jeff Kirk 4:31.39	Hammer	a commenter	M70 Don Cheek 30.56	M55 Keigh Noren 1
Donna Benson 4	8.46	M60 Ron Muranaka 4.21	Championships	M50	Arthur Beckert 4:46.21	M35 Mike Curry M45 Michael Venning	37.97 45.24	Ben Rivera 32.39 Phillip Johnson 40.16	M65 Marvin Rowley 1 M70 G McClenathen 2
	8.77	M65 Dick Cunningham 4.14 M70 Don Ryan 3.64	Los Gatos, CA; July 16 100m	1 =	Randy Sturgeon 5:02.34 Bill Brusher 5:07.25	M50 Gary Schmidt M55 Gary John	35.19 22.08	M75 Jim Selby 33.84 Al Escobosa 34.16	Louis Simms 3 W30 Soonduk Kang 1
400m	0.34	M80 Paul Evans 3.91 W40 V Amarasekara 4.92	W30 Dena Birads 12.61 W45 H ClaysonLoeb 15.54	M60	Fred Martin 5:01.04 Dan Alarid 5:47.93	M65 Ed Burke AR	50.49	M80 Robert Davidson 1:06.47	Jenniter Murphy 1
David Masgay 1:1:	3.01	Caren Ware 4,45	W55 Avril Naylor 15.88	1170	Allan Chapman 6:14.49	(Ward/48.74/2003 Jeff Chase	38.48	W40 Jai Black 28.06 A. Nowakowski 31.36	W45 K. Carstensen 1 10,000m
Norman Suguitan 1:10 M45 James Chinn 55	6.56	Denise Willard 3.98 W65 Marilyn Ongley 3.11	W60 Marilou Cramer 17.25	5000		Weight Throw M35 Mike Curry	12.17	W45 Mimi Ney 30.00 Debbie Selby 34.67	M30 Jae Yung Hyung 3 M60 Robin Taliaferro 4
M50 Horace Grant 54	4.01	Ann Abreu 2.38 W75 Frances Styles 3.23	W70 Fei-Mei Chou 19.45 W75 Shirley Dietderich 22.33	M40	Alex Gonzales 17:16 Tim Keenan 17:40	M45 Michael Venning	13.00	W50 Rita Hanscom 27.05	M65 Marvin Rowley 3
Robert Richardson 5	9.20	Triple Jump	M30 Demitrius Snaer 11.16	M50	Tom Bernhard 18:12	M50 Gary Schmidt M55 Gary John	9.08 8.17	Denise Janneck 32.23 W60 Nadine O'Connor 28.62	M75 G Linde 5 Short Hurdles
M60 Eric Jones 1:26 M70 Richard Gardner 1:40		W75 Frances Styles 4.84 Shot Put	M35 Rod Jett 11.29 Matt Devine 11.45		Rober Qualis 19:18 It Hurdles	M65 Ed Burke AR (Ward/17.60/2003	19.92	W65 Solwazi Kemisole 31.72 W75 S Onodera-Leonard 46.67	M35 James Smith Johnny Watson
Brian McCarthy 1:53 M75 Jim Selby 1:18	3.07	M45 Robert Carr 13.56 M50 Jerry Moylan 8.18	Curtis Moore 11.67 M40 Aaron Thigpen 11.04	W40	Debbie Zakerski 16.49 Karen Jeffers 18.07	3000m Racewalk	1	W80 Gerry Davidson 56.30	Brett Presidy
	7.98	M55 Bruce MacDonald 10.60	Tommy Baker 11.64	W55	Avril Naylor 16.87		6:50.15 0:56.49	400m M35 Curtis Moore 51.77	M40 Willie Gault Brian Conley
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Laurent Birars 54.12 M40 Tony Nogueras 52.99	M45 Eugene Anton 15.65 Jeffrey Davison 20.78	M45 Carl Darby 12.29 M50 Gary Schmidt 12.72	M70 Leon Glazman 36:03.42	M35 Mark Riedl 13.23	W85 Olga Kotelko 0.85
Vaughn Kastor 55.86	M50 Thad Wilson 16.84	Rick Thoman 8.44	Lloyd McGuire 39:07.93 W50 Susan Cottey 34:02.96	M40 Michael Lee Foon 11.70 M45 Dave Brown 11.81	M40 Alain Gallant 1.68 M45 Bev Lepard 1.60
M45 James Lofton 52.80 J Smith 54.60	Andrew Hecker 17.14 M55 Cliff Koon 22.88	M55 Mike Nash 13.92 Angelo Rinaldi 11.90	W55 Yoko Eickel 28:47.81 D. Cunningham 29:53.94	M50 Kerry Smith 11.71	M50 Ralph Cilevitz 1.25
David Lucas 57.05	M60 James Holister 15.35	Gary Wuest 10.22	Carol Beretino 31:30.24	M55 Greg Marshall 12.94 M60 Tony Powell 12.80	M60 Rob Campbell 1.30
Rodney Johnson 1:02.09	M70 Phil Shipp 14.74 Phillip Johnson 21.37	Cameron Dennis 10.18 M60 Rich Noble 11.23	W70 Kaye Arroues 41:46.37	M65 David Stem 14.05 M70 Charles Agnoo 14.67	M65 Paul Kniivila 1.20 M70 Jack Boyd t 1.05
M50 James Robinson Francis Schiro 55.15	W35 Clare Look-Jaeger 15.90 W40 Stephanie Thomas 11.80	Bob Callori 5.89	NORTHWEST	M80 Jahan Behboodi 24.29	K Singh Poonia t 1.05
Charles Williams 57.64	V. Amarasekara 12.68	M65 Riley O'Neill 11.48 Bob Humphreys 10.79	Inland NW Masters	200m W30 Foy Williams 24.99	Long Jump W45 Roshani Gunasekera 4.09
Charlie Powell 58.17 Paul Shires 1:03.99	Denise Willard 14.21 Long Hurdles	M70 Phil Shipp 13.53 Henry Ross 11.83	Classic, Pullman, WA July 23	W35 Agnes Kuczalska 28.20 W45 Denise Jolicoeur 32.96	W50 Maria Mallia 3.71 W85 Olga Kotelko 1.96
M55 Ralph Petterson 56.76	M30 Robert Price 53.12	Ernie Smith 9.65	100m	W50 Karla Del Grande 26.22	M35 Mark Riedl 5.21
Graeme Shirley 1:05.70 M60 Larry Barnum 57.41	M35 Laurent Birars 58.09 James Smith 1:01.01	Gene Walsh 8.93 M75 Hal Wallace 9.90	M50 David Ortman 12.41 M60 Stephen Robbins 12.71	W60 Marg Radcliffe 35.50 M30 Desmond Allen 22.55	M40 Rashid Balogun 5.74 M45 Kevin Sanjari 5.51
Dennis Duffy 1:01.62 Frank Strouse 1:03.82	Johnny Watson 1:02.89	W45 C. Warmerdam 7.73	M65 John Knudsen 14.90	M35 Malik Crepsac 22.99	M50 Ralph Cilevitz 4.57
Simeon Baldwin 1:04.01	M45 Eugene Anton 1:06.13 Jeffrey Davison 1:12.50	W50 Linda Cohn 9.46 Christine Stone 5.72	David Summers 15.75 M70 Paul Flanagan 16.68	M40 DarrenStarchuk 24.74 M45 Dave Brown 24.57	M55 Jean-Pierre Mayer 5.26 M60 Alan Slater 4.61
Garry Cox 1:09.03 M70 Don Cheek 1:14.04	M50 Andrew Hecker 1:08.60 M60 James Hollister 49.67	W55 Brenda Matthews 8.73 Lorraine Tucker 9.74	M75 Bill Platts 15.10 W35 L Blume-Michels 14.68	M50 Kerry Smith 23.63	M65 Hyke Van DerWal 3.57
Donald Leis 1:28.17	M70 Ray Fitzhugh 1:10.90	Latanya Glass 8.98	W75 Melicent Whinston 22.90	M60 Tony Powell 25.72	M70 Kesar Singh Poonia 3.75 Triple Jump
M75 Jim Selby 1:16.98 W40 Jai Black 1:02.80	2000m Steeplechase M70 G McClenathen 9:27.2h	W60 Kathy Noble 6.32 Hattie Perry 6.25	200m M50 David Ortman 25.21	M65 David Stem 28.82 M70 Charles Agnoo 31.52	W45 RoshaniGunasekera 8.62 M40 Rashid Balogun 11.74
Lorraine Jaster 1:05.75	M75 Jim Selby 11:41.5h	W65 Cherrie Sherrard 9.43	M60 Stephen Robbins 25.61	400m	M45 Kevin Sanjari 11.71
A. Nowakowski 1:07.98 W45 Mimi Ney 1:07.61	W35 L. D-Alessandro 8:32.4h 3000m Steeplechase	Tomasa Schultz 6.23 Ann Abreu 6.10	M65 John Knudsen 30.27 David Summers 32.70	W30 Foy Williams 55.11 W40 Maureen Rodrigue 61.23	M50 Ralph Cilevitz 8.72 M55 Jean-Pierre Mayer 10.40
P Contreras 1:11.66 Debbie Lee 1:13.23	M45 Chuck Perdue 12.43.4h M50 Stuart Hancvock 12.29.1h	Discus M30 Matt Foreman 32.49	M70 Paul Flanagan 35.67	W50 Karla Del Grande 60.33	M60 Alan Slater 9.94
Debbie Selby 1:23.18	M55 Search Barnett 13:43.7h	Matt Spiller 26.41	M75 Bill Platts 31.80 W35 L Blume-Michels 31.19	W70 Jean Horne 83.63 M30 Tyler Atkinson 63.22	M65 Paul Kniivila 8.32 M70 Kesar Singh Poonia 7.65
W50 Rita Hanscom 1:04.02 Denise Janneck 1:13.42	High Jump M40 Ron Lee 1.95	M35 David Bickel 34.00 Brett Presley 25.83	400m M45 G H Quinn 61.57	M35 Malik Crepsac 51.97 M40 Paul Osland 53.87	Pole Vault M30 James Sniatenchuk 3.90
W65 K Solwazi 1:14.35	M45 Henry Watson 1.60	M40 Tim Edwards 42.76	M60 Rich Tucker 61.27	M45 Bennie James 52.44	M35 Kevin Lake 4.75
W75 S OnoLeonard 2:02.63 W80 Gerry Davidaon 2:05.80	M50 Keith Nelson 1.75 Steve Stafford 1.65	Ray Biggs 37.26 M45 Ray Burton 47.29	M70 Paul Flanagan 77.20 W35 L Blume-Michels 72.96	M50 Ken Davis 57.24 M55 Greg Marshall 61.29	M50 Ralph Cilevitz 2.30 M55 Matti Kilpelainen 3.75
800m	Douglas Schuessler 1.60	Carl Darby 41.47	800m	M60 Leon Savenas 65.07	M65 Harvey Boles 1.70
M35 John Oakes 2:04.36 B Kim Coleman 2:28.22	Richard Rivas 1.45 Stuart Hancock 1.40	Charles Staley 36.26 M50 Gary Schmidt 38.59	M45 Bob Prather 2:10.12 M65 Des O'Rourke 2:49.01	M65 Abraham Bernstein 67.30 M70 Gerhard Krolow 82.27	Shot Put W35 D JaamShahriari 10.65
M40 Brett Darrington 2:09.95 Tim Hickcock 2:11.89	M55 Charlie Rader 1.60 Ed Baskauskas 1.50	Robert Rice 34.64 Rob Duncanson 32.92	M70 Paul Flanagan 3:09.21 1500m	M75 Earl Fee 66.73 800m	W50 Marj Robinson 7.88 W55 Rhona Trott 7.28
Greg Hancock 2:15.27	Gary Wuest 1.35	Mike Tipping 31.99	M35 David Miskimens 4:55.03	W45 Faith Nesdoly 2:23.79	W75 Velta Tomsons 6.20
M45 Mark Lewis 2:08.79 David Lucas 2:09.37	M60 John Burns 1.45 M65 Dave Perry 1.50	M55 Dennis Cameron 33.93 Gary Wuest 30.42	M45 Bob Prather 4:19.03 M65 Des O'Rourke 5:59.91	W70 Jean Horne 3:10.96 M35 Derek Hackshaw 1:59.61	W85 Olga Kotelko 5.27 M40 Dave Watkins 11.41
Matthew Neve 2:23.23	Bert Bergen 1.40	M60 Lloyd Higgins 44.53	M70 Paul Flanagan 6:31.16	M40 Paul Osland 2:00.29	M45 Danny Yoisten 11.66
Steven Prideaux 2:32.68 M50 Dave Clingan 2:05.99	M70 Phil Shipp 1.40 Ray Fitzhugh 1.25	John Burns 39.86 Rich Noble 35.92	3000m M45 Michael Carlson 9:28.20	M45 Doug Kennedy 2:11.04 M50 James Robinson 2:07.91	M50 Bill Pearson 11.86 M55 Jean-Pierre Mayer 13.11
Basil Scott 2:14.67	Donald Leis 1.15 M80 Donald Roser 1.05	M65 Bob Humphreys 45.53 Hal Smith 37.41	Bob Prather 13:04.49 M70 Paul Flanagan 12:23.39	M55 Mike Carter 2:28.63 M65 Jim Irons 2:35.68	M60 Ron Nastiuk 9.67 M65 Bob Burniston 9.56
Mike Tipping 2:29.06 Steve Lassegard 2:33.87	W35 Clare Look-Jaeger 1.65	Riley O;Neill 36.30	W50 Sherri Prather 13:04.90	M70 Gerhard Krolow 3:05.22	M70 Leonard Rosen 12.09
M55 Bruce Wint 2:23.25 M60 Larry Barnum 2:14.88	Leslie Martin 1.30 W55 A Steekelenburg 1.40	Al Rosen 35.31 M75 Hal Wallace 31.66	100mH M50 Brian McKinley 14.97	M75 Earl Fee 2:44.54 1500m	M75 Evalds Viskers 8.68 Discus
Dennis Duffy 2:26.04	Latanya Glass 1.20	Franklin Held 31.30	400mH	W40 Gerda Zonruiter 5:15.73	W35 D JaamShahriari 35.85
M70 Louis Simms 3:53.20 M75 Jim Selby 3:06.59	W65 Kathy Bergen 1.30 Pole Vault	M80 Donald Roser 21.08 Robert Davidson 12.29	M50 David Ortman 61.70 Brian McKinley 62.15	W45 Faith Nesdoly 5:05.11 W50 Clara Northcott 5:44.04	W55 Rhona Trott 15.46 W75 Velta Tomsons 16.00
Al Escabosa 3:31.99 W35 Chris Gentile 2:18.13	M35 Pete Brooks 4.26 M40 Dolf Berle 3.81	W50 Linda Cohn 23.80 W55 Brenda Matthews 20.60	3000m Steeplechase M35 David Miskimens 11:17.08	W55 Linda Findley 5:48.64 W70 Jean Horne 6:56.52	M30 Mike Ransky 52.05 M45 Danny Yoisten 36.59
W40 Lisa Davis 2:20.07	Ken Bayless 3.65	W65 Cherrie Sherrard 20.39	W35L Blume-Michels 14:24.70	M35 Kevin Smith 4:20.51	M50 Murray Hall 39.45
Lorraine Jasper 2:23.68 A. Nowakowski 2:35.71	M50 Mead Murray 4.11 Richard Rivas 3.20	Ann Abreu 17.58 Tomasa Schultz 16.52	High Jump M40 Mike Toll 1.76	M40 Vince Friel 4:21.18 M45 Doug Kennedy 4:34.46	M55 Jean-Pierre Mayer 41.20 M60 Rick Cummings 33.17
W45 K. Carstensen 2:38.58 Debbie Lee 2:41.17	Stuart Hancock 3.04 M55 Steve Morris 3.35	W75 Shirley Dietderich 12.58 Hammer	W35 Julie Toll 1.24 Pole Vault	M50 James Robinson 4:32.69 M55 John De Finney 4:48.76	M65 Bob Burniston 38.10 M70 Bill Smith 40.75
W50 Denise Janneck 2:41.75	Gary Wuest 2.74	M35 David Bickel 40.20	M65 John Steinman 2.59	M60 Gary Cassel 5:10.93	M75 Evalds Viskers 30.34
W60 Eileen Cohen 3:27.30 W70 Vicki Bigelow 3:15.39	M60 Roger Werne 3.20 Bruce Hotaling 3.05	M40 Ray Biggs 39.84 M45 Ray Burton 48.64	M80 John Cleveland 1.98 Long Jump	M65 Jim Irons 5;35.86 M70 Gerhard Krolow 6:05.56	Hammer W35 D JaamShahriari 24.00
W80 Gerry Davidson 5:02.65 1500m	Mardon Connelly 2.75 Art Ribbell 2.59	Carl Darby 36.50 M50 Thomas Meyer 45.18	M40 Mike Toll 6.02 M45 g H Quinn 4.57	5000m W45 Lynda DeBoer 19:20.64	M40 Dave Watkins 32.81 M45 Danny Yoisten 32.17
M30 Matt Spiller 4:53.97	M70 Phil Shipp 2.44	Gary Schmidt 32.61	M75 Bill Platts 3.52	W50 Clara Northcott 21:52.16	M50 Jan Graczyk 55.60
M35 John Oakes 4:22.15 Aaron Goodall 4:26.49	Ray Fitzhugh 2.14 W60 Nadine O'Connor 2.90	Alfred Cain 24.29 M55 Dennis Cameron 39.35	W30 Sheila Smith 5.47 W75 Melicent Whinston 2.20	W55 Linda Findley 22:08.82 M35 Ken Gosleigh 16:57.12	M55 Rudy Boghina 32.11 M60 Ron Nastiuk 29;08
M40 Brett Darrington 4:11.84 Curtis Musser 4:31.50	Long Jump M30 Matt Spiller 3.36	M60 Lloyd Higgins 38.42	Triple Jump	M40 John Kaandorp 17:14.03	M65 Bob Burniston 29.17
M45 Mark Lewis 4:32.82	M35 Stuart Richmond 6.84	M65 Bob Humphreys 37.23 W65 Tomasa Schultz 15.58	M40 Mike Toll 12.32 W30 Sheila Smith 11.63	M45 John Holliday 16:38.47 M50 Jerry Kooymans 15:47.10	M70 Bob Staveley 36.04 Javelin
Adam Weiner 4:34.91 A Decollibus 4:39.79	Curtis Moore 6.20 Anthony Pollard 4.70	Javelin M30 Matt Spiller 22.18	W35 Julie Toll 8.81 Shot Put	M55 John De Finney 19:14.25 M60 Gary Cassel 19:48.39	W45 Laura Charewicz 30.50 W60 Marg Radcliffe 30.09
Eric Drummond 4:42.23	M40 Lavell Davenport 5.66	M35 Brett Presley 41.25	W40 Karen Miller 10.43	M65 Robert Glazier 20:25.21	M40 Jamie Greenbank 47.72
Matthew Neve 4:50.86 M50 Dave Clingan 4:16.74	M45 Jeffrey Davison 4.29 M50 John Kuechle 5.61	M50 David Hamel 50.19 Barry Warmerdam 45.04	W55 Sue Hinz 7.79 W75 Melicent Whinston 4.70	M70 Ed Whitlock 19:15.33 M75 Felix Charles 37:56.40	M45 Marty Withers 53.99 M50 Mike Finkbeiner 49.52
Basil Scott 4:40.56	Rob Duncanson 5.21	Rob Duncanson 43.96	Discus	10,000m	M55 Gary Knox 29.13
Tim Stone 4:46.40 M55 Bruce Wint 5:12.21	Thad Wilson 5.05 Paul Shires 4.91	Mike Tipping 43.01 Gary Schmidt 36.43	M50 Mark Neal 33.98 M55 David Kolva 20.76	W40 N Gauthier 47:03.48 M45 Vlad Jevremovid 44:17.32	M60 Rick Cummings 37.97 M65 Fred Pamenter 37.07
Keith Noren 5:22.94 Searcy Barnett 6:06.04	Rob Farber 4.82 M55 Carl Flowers 5.34	M55 Ron Rook 39.57 Bill Weinstock 38.92	M65 Dick Dow 34.59 John Steinman 31.81	M50 Bill Cook 40:41.06 M55 Mike Bedley 40:22.36	M70 Eric Malmstrom 31.40 Weight Throw
M75 Jim Selby 7:01.48	Roger Trujillo 5.29	Dennis Cameron 35.19	W40 Karen Miller 34.31	M60 David Sheridan 41:24.68	W35 D JaamShahriari 6.74
W40 Lisa Davis 4:52.35 Mary Grene 5:53.52	John Tomaschkea 5.02 Cliff Koon 4.22	Gary Wuest 34.75 M60 John Burns 41.39	W45 Lani Powell 31.01 W50 Lynn Dow 22.10	M70 Ed Whitlock 39:42.04 Short Hurdles	M40 Dave Watkins 12.28 M45 Danny Yoisten 10.99
W45 K. Carstensen 5:20.47	M60 James Hollister 5.03	Paul Buccola 27.29	W55 Sue Hinz 20.62	W55 Rhona Trott 17.50	M50 Jan Graczyk 17.72
W70 Vicki Bigelow 6:34.60 W80 Gerry Davidson 9:50.01	Vic Chaney 4.28 Ron Muranaka 4.12	M65 Hal Smth 30.68 Bob Humphreys 28.13	W70 Sabra Cleveland 13.68 Hammer	M35 Alex Palimaka 20.61 M50 Ralph Cilevitz 18.04	M55 Rudy Boghina 12.90 M60 Ron Nastiuk 10.64
5000m M30 Jae Yung Hyung 15:44.73	M65 Otis Williams 3.75 M70 Dick Richards 5.01	M70 Phil Shipp 43.41 Ray Fitzhugh 30.38	M55 David Kolva 25.64 W55 Sue Hinz 28.06	M55 Bill Pontius 19.78 M70 KesarSingh Poonia 18.34	M65 Bob Burniston 12.12 M70 Bob Staveley 12.53
M35 Aaron Goodall 16:52.66	Phil Shipp 4.24	M75 Allan Trefry 32.39	Javelin	Long Hurdles	1500m RW
M40 Pete Gregory 22:47.81 M45 A. Decollibus 17:10.53	Donald Leis 2.89 M80 Tom Patsalis 3.13	Hal Wallace 28.38 W50 Claudette Fabian 36.53	M40 Dan Scott 45.94 M65 Dick Dow 15.91	W55 Rhona Trott 61.22 M50 Ralph Cilevitz 75.55	W35 Laura Houston 9:18.51 W40 Kitty Cashman 7:48.28
Matthew Neve 19:52.34	W35 Clare Look-Jaeger 5.10	Linda Cohn 36.46	M75 Bill Platts 40.25	M55 Bill Pontius 71.81	W45 NPattenSweazey 7:21.57
M50 Stuart Hancock 19:20.77 M55 Keigh Noren 19:42.77	W40 V. Amarasekara 5.23 Denise Willard 4.27	Tina Bowman 25.75 W55 Latanya Glass 28.27	W45 Lani Powell 24.69 W55 Sue Hinz 16.25	M60 Lornel Anderson 85.37 M65 Hyke VanDerWal 53.68	W50 Lily Whalen 8:53.54 W55 Nancy Leo 8:31.83
M65 Marvin Rowley 19:07.97	W55 Brenda Matthews 3.59	Lorraine Tucker 24.04	3000m Racewalk	M75 Earl Fee WR 53.73	W60 AnnMRosenitsch 8:36.16
M70 G McClenathen 23:20.73 Louis Simms 32:15.90	Lorraine Tucker 3.32 W65 Ann Abreu 2.25	A Steekelenburg 23.13 Brenda Matthews 20.78	M55 David Kolva 22:30.19 W35 L Blume-Michels 26:53.65	(Bulkley/55.33/1994) 3000mSC	W65 Joan Christenen 9:09.98 M45 Dave Keenan 7:07.10
W30 Soonduk Kang 15:44.67 Jennifer Murphy 18:59.27	Triple Jump M35 Stuart Richmond 14.30	W65 Kathy Bergen 21.17 Ann Abreu 20.21	CANADA	M40 Jim Fullarton 11:03.01 M50 James Robinson 10:48.12	M55 Don Krueger 8:37.70 M70 S Summerhayes 8:38.75
W45 K. Carstensen 19:12.84	Curtis Moore 12.42	Tomasa Schultz 14.81		2000mSC	M80 Peter Fellowes 12:28.28
10,000m M30 Jae Yung Hyung 30:27.38	M40 Lavell Davenport 12.68 Ron Lee 10.28	W75 Shirley Dietderich 10.24 Mile RW	CMAA Championships York U., Toronto; July 9-10	W45 N PattenSweazey 8:56.03 M60 Vern Christensen 8:35.63	5000m RW W35 Laura Houston 34:01.52
M60 Robin Taliaferro 41:18.68	M50 Andrew Hecker 9.83	M45 Raymond Billig 9:53.99	100m	M65 Jack Geddes 8:36.63	W40 Kitty Cashman 28:23.99
M65 Marvin Rowley 39:47.31 M75 G Linde 51:48.06	Steve Stafford 9.76 Paul Shires 8.97	M70 Leon Glazman 10:59.87 5000m RW	W35 Agnes Kuczalska 13.44 W40 Lyn Barrett 14.63	4x100m Relay 1 Ontario "A" 47.54	W45 NPSweazey 27:20.35 W50 Lily Whalen 31:10.75
Short Hurdles	M55 Roger Trujillo 10.51	M45 Chris Rael 25:06.12	W45 R Gunasekera 15.18	4x400m Relay	W55 Nancy Leo 30:54.95
M35 James Smith 15.79 Johnny Watson 16.29	Shot Put M30 Matt Foreman 11.35	Pedro Santoni 25:56.34 Raymond Billig 32:37.33	W50 Karla Del Grande 12.98 W55 Rhona Trott 15.52	1 NewmarketHuskies"A"4:07.81 High Jump	W60 Ann Rosenitsch 32:36.02 W65 J Christensen 32:20.99
Brett Presidy 18.81 M40 Willie Gault 14.39	M40 Steve Colvin 12.33 Tim Edwards 11.58	M50 Davic Ciccone 24:53.25 M55 Rick Campbell 29:43.73	W60 Marg Radcliffe 16.31 W65 Olga Kotelko 23.53	W45 R Gunasekera 1.25 W50 Maria Mallia 1.35	W70 June-M Provost 33:56.78
Brian Conley 17.79	Ray Biggs 10.63	Jack Cassidy 31:37.45	M30 Desmond Allen 10.97	W60 Marg Radcliffe 1.15	M45 Dave Keenan 26:04:38 M70 SSummerhayes 31:22:13

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service of the servic	Edmon	ton, Alberta, Canada; July 2 M60 1 Crombie, Peter AUS	2-31 24.83
100m W30 1 Sima-Ledding, Pat CAN	13.83	2 McIntyre, Neville AUS	26.09
2 Yowney, Nancy CAN 3 Remenda, Charlene CAN	14.27 15.13	3 Morioka, Harold CAN M65 1 Sims, Gary USA	26.60
W35 1 Roland, Leslie CAN	13.55	2 Bueno, Zildo BRA	27.46
2 Zuniga, Leila CAN 2 Pollard Sonua AUS	13.82 13.98	3 Dunn, Dave CAN M70 1 Nett, Arnold CAN	28.03
3 Pollard, Sonya AUS W40 1 Lee Pong, Noella CAN	13.91	2 Cote, Norman R. CAN	34.79
2 Miyahara, Naomi JPN 3 Simpson, Sandra CAN	14.02	3 Rodrigues, Wilfred CAN M75 1 Reuter, Wolfgang GER	39.92 28.62
W45 1 Burnett, Evelyn CAN	13.53	2 Windred, Norman AUS	30.94
2 McDonald, Catherin AUS 3 Lord, Betsy CAN	13.89	3 Meeuwissen, Adrian CAN M80 1 Sargent, James CAN	31.56 36.75
W50 1 Verbeek, Sue CAN	14.73	2 Wright, Wilfred CAN	43.66
2 Sloan, Jeanette CAN 3 Hawthorn, Doreen CAN	15.04	3 Coates, Max E. CAN M85 1 Maxwell, Ralph USA	43.68 38.80
W55 1 McDonnell, Hazel AUS	15.21	2 Tompkins, Frederic USA	42.23
2 Trott, Rhona CAN 3 Tamura Yida, Keiko BRA	15.31 15.35	3 Goldy, Champion USA M90 1 Lavender, Donald CAN	42.30
W60 1 LaFayette-Boyd, Ca CAN	14.29	400m	1:01.44
2 Jonkers, Riet NED 3 Hopchin, Maria CAN	15.47 16.07	W30 1 Rothwell, Alison AUS 2 Sima-Ledding, Pat CAN	1:06.31
W65 1 Crosthwaite, Gerda CAN	15.92	3 Rogova, Natalia RUS	1:12.89
2 Trader, Joyce USA 3 Miyamae, Miyoko JPN	16.33 17.14	W35 1 Heschuk, Sherry CA 2 Pollard, Sonya AUS	1:04.86
W70 1 Lary, Audrey USA	16.87	3 Frost, Andrea CAN	1:08.14
2 Yamamoto, Midori JPN 3 Larmour, Constance AUS	17.37 17.45	W40 1 Meloche, Laurie CAN 2 Ridout, Gwen CAN	1:02.30
W75 1 McQuarrie, Betty CAN	20.91	3 Felix, Darlene CAN	1:03.86
2 Smith, Leona CAN 3 Erskine, Doreen CAN	23.79 25.51	W45 1 McDonald, Catherin AUS, 2 Fulford, Parn CAN	1:12.49
W80 1 Hilhorst, Johanna CAN	20.16	3 Redenz, Ursula GER	1:14.91
2 Mcleod-Smith, F. D CAN 3 Nishimura, Hatsuko BRA	21.81 22.45		1:10.13 1:12.31
W85 1 Kotelko, Olga CAN	22.62	3 Nutting, Jan CAN	1:13.07
M30 1 Farbin, Rob CAN 2 Wight, Trevor CAN	11.65		1:15.15 1:18.83
3 Harrower, Will CAN	12.00	3 McDonnell, Hazel AUS	1:20.25
435 1 Thomas, Robert USA 2 Simon, Luiston CAN	11.17 11.53	2 Robinson, Mary USA	1:11.75 1:20.76
3 Fostvelt, Shawn CAN	11.57	3 Radcliffe, Marg CAN	1:22.61
440 1 Francois, Andre CAN 2 Starchuk, Darrer, CAN	11.56 11.91	2 Williams, Julie NZL	1:25.90 1:31.21
3 Zaran, Jason CAN	12.00	W70 1 Larmour, Constance AUS	1:29.15
145 1 Brown, Dave CAN 2 Camano, Alvaro ARG	12.09 12.35		2:34.83 1:12.65
3 Allen, Paul USA	12.77	M35 1 Thomas, Robert USA	49.50
150 1 Collins, Bill USA	11.61 11.76	2 Ross, Robert CAN 3 McNamara, John USA	54.47 54.86
2 Michelchen, Reinha GER 3 Boyd, Barry CAN	11.88	M40 1 O'Brien, Steven CAN	53.48
155 1 Marshall, Gregory CAN	13.04	2 Van Nest, Matthew CAN	53.71 53.96
2 Zlobicki, Zbigy USA 3 Pereira, Luiz Feli BRA	13.05 13.38	3 Kent, Scott CAN M45 1 Brown, Dave CAN	56.41
60 1 Crombie, Peter AUS	12.58	2 Sharp, Richard AUS	56.99
2 McIntyre, Neville AUS 3 Morioka, Harold CAN	12.72 13.09	3 Headley, John CAN M50 1 Collins, Bill USA	57.93 54.63
165 1 Sims, Gary USA	13.75	2 Michelchen, Reinha GER	55.48
2 Green, Charlie CAN 3 Dunn, Dave CAN	14.00	3 Herzog, Walter CAN M55 1 Sims, Geoff AUS	56.64 58.83
170 1 Leggitt, James USA	14.60	2 James, Rob NZL	1:00.50
2 Nett, Arnold CAN 3 Poonia, Kesar Sing CAN	15.14 15.28	3 Marshall, Gregory CAN M60 1 Crombie, Peter AUS	1:00.91 56.95
175 1 Reuter, Wolfgang GER	13.81	2 Morioka, Harold CAN	58.67
2 Meeuwissen, Adrian CAN 3 Robson, Leslie CAN	15.28 17.05	3 McIntyre, Neville AUS M65 1 Dunn, Dave CAN	59.33 1:04.04
80 1 Wright, Wilfred CAN	19.96	2 Sims, Gary USA	1:04.56
2 Coates, Max E. CAN 3 Bergland, Ralph N. CAN	20.47 20.79	3 Friesen, Les CAN M70 1 Giegerich, Joe CAN	1:05.04
85 1 Maxwell, Ralph USA	17.17	2 Cote, Norman R. CAN	1:22.47
2 Goldy, Champion USA 3 Tompkins, Frederic USA	18.48 19.51	M75 1 Reuter, Wolfgang GER 2 Windred, Norman AUS	1:06.75
90 1 Lavender, Donald CAN	37.20	3 Inoue, Takashi JPN	1:14.65
00m /30 1 Jackson, Jennifer CAN	27.87	M80 1 Sargent, James CAN, 2 McMillan, Roger CAN	1:27.09
2 Sima-Ledding, Pat CAN	28.17	3 Coates, Max E. CAN	1:45.74
3 Samoylenko, Tatian RUS, /35 1 Heschuk, Sherry CAN,	31.37 28.19	M85 1 Tompkins, Frederic USA 800m	1:45.40
2 Pollard, Sonya AUS	28.21	W30 1 Rothwell, Alison AUS	2:21.02
3 Timmer, Corrine CAN 40 1 Lee Pong, Noella CAN	29.95 27.48	2 Staley, Angela CAN W35 1 Martin, Devon Joan USA	3:26.29
2 Meloche, Laurie CAN	28.03	2 Suffolk, Cristine AUS	2:50.25
3 Rankin, Megan CAN V45 1 Burnett, Evelyn CAN	28.19 28.14	3 Nielsen, Larisa CAN W40 1 Everton, Nicola CAN	3:08.90
2 McDonald, Catherin AUS	28.16	2 Patterson, Janice CAN	2:21.00
3 Lord, Betsy CAN V50 1 Sloan, Jeanette CAN	29.45 31.54	3 Dixon, Donna CAN W45 1 Joyce, Regina USA	2:31.49
2 Nutting, Jan CAN	31.60	2 McDonald, Catherin AUS	2:26.70
3 Hawthorn, Doreen CAN N55 1 McDonnell, Hazel AUS	31.65 31.87	3 Redenz, Ursula GER W50 1 Nicoletti, Catheri USA	3:00.8
2 Tamura Yida, Keiko BRA	31.90	2 Richards, Mary USA	2:44.2
3 Hondromatidis, Chr AUS W60 1 LaFayette-Boyd, Ca CAN	33.95 29.53	3 Ana, Jerman SLO W55 1 Denehey, Jessica AUS	2:47.4
2 Hopchin, Maria CAN	33.40	2 Hoberts, Catherine CAN	2:45.5
3 Robinson, Mary USA W65 1 Crosthwaite, Gerda CAN	33.78 33.50	3 Cunningham, Joyce CAN W60 1 Jonkers, Riet NED, Rijen	4:23.8
2 Daprano, Jean USA	35.23	2 Kolesnikova, Alla RUS	2:56.1
3 Williams, Julie NZL W70 1 Lary, Audrey USA	35.98 36.10	3 Rocnakova, Milosla CZE W65 1 Daprano, Jean USA	3:21.4
2 Larmour, Constance AUS,	36.61	2 Siegers, Ingeborg GER	4:15.5
3 Reed, Louise CAN W75 1 McQuarrie, Betty CAN	37.59 44.02	W70 1 Visser, Helly CAN 2 Robben, Barbara USA,	3:30.2
W80 1 Mcleod-Smith, F. D CAN	49.55	W75 1 Krause, Margaret AUS	5:23.8
M30 1 Farbin, Rob CAN 2 Wight, Trevor CAN	23.79 23.88	W80 1 Naumenko, Nina RUS M35 1 Chomos, Neil CAN	3:47.6
3 Harrower, Will CAN	24.12	2 Thomas, Robert USA	2:06.3
M35 1 Kopecek, Karel CZE 2 Francois, Andre CAN	24.07 24.44	3 Zero, Nick CAN M40 1 Corson, Robert CAN	2:06.5
3 Starchuk, Darren CAN	24.46	2 Muldrew, Shawn CAN	2:04.4
M40 1 Francois, Andre CAN 2 Kopecek, Karel CZE	23.14 23.19	3 Kent, Scott CAN M45 1 Newhouse, Ian CAN	2:04.9
3 Starchuk, Darren CAN	24.40	2 Smillie, Malcolm CAN	2:02.4
M45 1 Brown, Dave CAN 2 Camano, Alvaro ARG	24.36 25.23	3 Kennedy, Doug CAN M50 1 Pushilin, Nikolay RUS	2:10.8
3 Allen, Paul USA	25.23	2 Herzog, Walter CAN	2:09.3
M50 1 Collins, Bill USA	23.49	3 Holmes, Bob CAN	2:13.8
2 Boyd, Barry CAN 3 Dickson, Thomas CAN	24.66 24.67	M55 1 McGlynn, Mike USA 2 Sims, Geoff AUS	2:17.6
M55 1 Zlobicki, Zbigy USA 2 Sims, Geoff AUS	26.65	3 Carter, Michael CAN	2:23.7
2 SITIS, GOOT AUS	27.72 28.10	M60 1 Kasparaitis, Vytau LTU 2 van Tol, Arie NED	2:27.3

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National Masters News

	N	ational Masters N	lews
	M65	3 Hollingshead, Bill CAN 1 Fedosov, Eduard RUS	2:29.00 2:46.22 2:48.93
22-31	ALC: NOT THE OWNER OF	2 Fischer, Bobby USA 3 Hirabayashi, Eiji JPN 1 Davies, Roger CAN	2:49.55 2:39.38
24.83 26.09	and the second se	1 Davies, Roger CAN 2 Giegerich, Joe CAN 3 Klassen, Ed CAN	2:53.56 2:59.98 3:01.83
26.60 27.45 27.46	M75	1 Matsouka, Hiroshi JPN 2 Inoue, Takashi JPN 3 Matzner, Karel CZE	3:07.66 3:09.11
28.03 31.88	M80 M85	1 Tompkins, Frederic USA	3:35.43 4:48.96
34.79 39.92 28.62	1500m W35	1 Romans, Tracy CAN 2 Martin, Devon Joan USA	5:06.90 5:38.45
30.94 31.56	W40	3 Suffolk, Cristine AUS 1 Everton, Nicola CAN	6:01.75 4:58.49
36.75 43.66 43.68	W45	2 Patterson, Janice CAN 3 Dixon, Donna CAN 1 Joyce, Regina USA 2 Nyagolova, Yovka BUL	5:00.22 5:13.43 4:55.66
38.80 42.23	W50	1 Miller, Shauna CAN	6:42.18 5:43.88
42.30 1:21.97		2 Nicoletti, Catheri USA 3 Richards, Mary USA 1 Groesz, Jeanette USA	5:44.76 5:46.85 5:48.75
1:01.44 1:06.31		2 Stromsmoe, Marcia CAN 3 Janeckova, Anezka CZE	6:07.75
1:12.89 1:04.86	W60	Kolesnikova, Alla RUS Rocnakova, Milosla CZE	6:25.35 6:44.54 7:07.36
1:07.62 1:08.14 1:02.30	W65	3 Forde, Bridget CAN, 1 Daprano, Jean USA 2 Kavtaskina, Nadezd LAT	6:42.69 6:47.90
1:03.63 1:03.86	W70	Siegers, Ingeborg GER Visser, Helly CAN Borovkova, Maria RUS	8:34.99 6:54.34 7:35.10
1:03.70 1:12.49 1:14.91		2 Borovkova, Maria HUS 3 Robben, Barbara USA 1 Montgomery, Lenore CAI	8:34.24
1:10.13 1:12.31	W80	2 Krause, Margaret AUS I Naumenko, Nina RUS,	10:47.47 7:48.77
1:13.07 1:15.15 1:18.83	M30	I Lamoureux, Johanne CA 2 Dejongh, Simon CAN 3 Zapisocki, Cory CAN 1 Chomos, Neil CAN	N4:37.26 4:37.38 4:45.60
1:20.25	M35	Chomos, Neil CAN Zero, Nick CAN	4:27.16 4:34.75
1:20.76 1:22.61	M40 1	2 Zero, Nick CAN 3 Kelly, Mike CAN 1 Nightingale, Larry CAN	4:38.79 4:22.71
1:25.90 1:31.21 1:29.15		2 Ferman, Leonard USA 3 Muldrew, Shawn CAN 1 Smillie, Malcolm CAN	4:22.78 4:26.25 4:34.02
2:34.83 1:12.65		2 Bourgeois, Jacques CAN 3 Bustos, Beto CAN	4:34.66 4:35.04
49.50 54.47	M50	Pushilin, Nikolay RUS 2 Marijan, Krempl SLO	4:33.18 4:37.58
54.86 53.48 53.71	M55 1	3 Secker, Michael D. CAN 1 Tsukanov, Alexande RUS 2 Solovyov, Victor UKR	4:39.94 4:39.13 4:39.94
53.96 56.41	M60	3 Van Noten, Omer BEL I Miller, Jack CAN	4:48.16 5:02.62
56.99 57.93 54.63	:	2 van Tol, Arie NED 3 Shakirov, Makhmut RUS 1 Libra, Jiri CZE	5:07.07 5:07.56 5:26.87
55.48 56.64	The second s	Gubenkov Leonid RUS	5:28.50 5:33.68
58.83 1:00.50	M70	Mensel, Gerhard GER Davies, Roger CAN, Klassen, Ed CAN	5:31.30 5:51.90
1:00.91 56.95 58.67	M75 1	3 Jones, Donald USA I Matsouka, Hiroshi JPN 2 Meeuwissen, Adrian CAN	6:20.17 6:28.55 6:35.12
59.33 1:04.04	1100	Matzner, Karel CZE	6:36.71 7:46.46
1:04.56 1:05.04 1:20.47	M85 1	Churchward, Roger AUS Tompkins, Frederic USA	8:20.08
1:22.47 1:06.75	5000m		18:56.16
1:11.95 1:14.65 1:27.09		3 Suffolk, Cristine AUS	19:30.15 20:39.19
1:41.92 1:45.74		Pieczulis, Krystyn POL Yaworski, Sandra CAN Gauthier, Nathalie CAN	18:54.67 19:38.36 21:58.43
1:45.40	W45	Joyce, Regina USA Slavica, Poznic SLO	18:34.07 23:18.65
2:21.02 3:26.29 2:34.92	W50 1	3 Magathan Haluschak CAN I Goodwin, Christine AUS 2 Hendrickx, Vicky BEL	24:22.92 21:23.32 21:27.99
2:50.25 3:08.90	W55	3 Sims, Kathy AUS I Groesz, Jeanette USA	22:16.03 20:41.79
2:21.08 2:26.77 2:31.49		2 Skov, Bonnie CAN 3 Paull, Marcella USA 1 Rocnakova, Milosla CZE	23:22.16 23:55.59
2:26.70 2:45.13		2 Kingsep, Patricia CAN 3 Kessner, Adelheid GER	24:18.92 24:32.53 26:41.71
3:00.86 2:44.25 2:45.01	W65	Kavtaskina, Nadezd LAT 2 Paul, Marilyn USA	24:42.44 26:23.75
2:47.47 2:45.50	Table :	1 Borovkova, Maria RUS 2 Cole, Alice CAN 3 Robben, Barbara USA	28:14.81 28:17.79 30:04.80
3:03.97 4:23.86 2:56.16	W75	1 Montgomery, Lenore CAN 2 Moonie, Doris CAN	25:14.78 29:59.67
3:04.95 3:21.45	M30	1 Naumenko, Nina RUS 2 Graham, Ethel CAN 1 Comer, Ben CAN	29:21.17 37:55.35 19:05.99
3:23.61 4:15.55 3:30.25	Congering a	2 Woodill, Craig CAN 1 Colburn, Dennis CAN 2 Renman, Robert CAN,	21:46.98 16:40.77
4:07.08 5:23.89	M40	Whan Keeler USA	17:09.78 17:17.22 15:57.69
3:47.66 2:00.36 2:06.34	100	2 Johnson, Murray AUS 3 Guss, David CAN	16:55.00 17:03.05
2:06.52 2:04.43	STIF.	1 Bourgeois, Jacques CAN 2 Nelson, Brian USA 3 Bickley, Ed CAN	17:05.05 17:07.93 17:16.25
2:04.61 2:04.99	M50	1 Becker, Rick USA 2 Pushilin, Nikolay RUS	16:15.49 16:31.76
2:02.49 2:08.89 2:10.83	M55	3 Matecha, Miroslav CZE 1 Tsukanov, Alexande RUS	16:45.73 17:29.06 17:31.10
2:09.39 2:09.40	M60	2 Van Noten, Omer BEL 3 McGlynn, Mike USA 1 Miller, Jack CAN	18:37.88 18:29.20
2:13.87 2:17.60 2:17.79	M65	2 Shakirov, Makhmut RUS 3 Krummert, Robert B USA 1 Kioun, Valeriy RUS	18:34:33 18:51:35 18:59:61
2:17.79 2:23.76 2:27.37		2 Libra, Jiri CZE 3 Gubenkov, Leonid RUS	19:06.98 19:56.91
2:28.64	M70	1 Klassen, Ed CAN	20:27.98

2 Burkov, Igor RUS 21:19.85 3 Fedyna, Victor Joh CAN 24:40.59 M75 1 Tarrant, Maurice CAN 21:24.22 2 Matsouka, Hiroshi JPN 23:30.34 3 Matzner, Karel CZE 24:37.31 M80 1 Churchward, Roger AUS 30:44.80 M80 8K X-C 8K X-C W30 1 Henkel, Annette CAN 2 Mehling, Rachel CAN 3 Morin, Elyse CAN W35 1 Suffolk, Cristine AUS 37:42.00 38:54.00 41:07.00 2 Mehling, Rachel CAN 37.42.00 2 Mehling, Rachel CAN 38:54.00 3 Morin, Elyse CAN 41:07.00 W35 1 Suffolk, Cristine AUS 35:32.00 2 Braun, Monika CAN 36:08.00 3 Ryan, Kara CAN 37:02.00 W40 1 Burden, Nancy CAN 35:4.00 2 Sturgess, Teresa CAN 3 Bzdel, Colleen CAN 35:36.00 2 King, Robin AUS 36:43.00 3 Yackulic, Susan CAN 37:37.00 W5 1 Ariano, Jenny CAN 36:51.00 2 Hendrickx, Vicky BEL 37:48.00 W5 1 Semenova, Alfiya RUS 37:41.00 2 Stromsmoe, Marcia CAN 39:05.00 W60 1 Bastedo, Sandra CAN 37:52.00 2 Rocnakova, Milosla CZE 42:14.00 3 Fraser, Lynn NZL 57:48.00 0 1 Visser, Helly CAN 46:35.00 2 Roul, Marija NUS 54:16.00 3 Fraser, Lynn NZL 57:48.00 2 Borovkova, Maria RUS 54:46.00 3 Fraser, Lynn NZL 57:48.00 2 Borovkova, Maria RUS 54:46.00 3 Fraser, Lynn NZL 3 Matecha, Miroslav CZE 29:05:00 1 Tsukanov, Alexande RUS 30:08:00 2 Van Noten, Omer BEL 30:16:00 3 Solovyov, Victor UKR 31:15:00 1 Shakirov, Makhmut RUS 33:59:00 2 Frantisek, Joch CZE 33:59:00 3 Tanaka, Takao JPN 35:09:00 1 Kioun, Valeriy RUS 32:40:00 2 Libra, Jiri CZE 33:04:00 3 Burkov, Ioor RUS 36:59:00 M60 M65 32:40.00 33:04.00 34:43.00 36:59.00 37:51.00 M70 1 Burkov, Igor RUS 2 Davies, Roger CAN 2 Davies, Řoger CAN 3 Svenningsen, Roy CAN M75 1 Tarrant, Maurice CAN 2 Matzner, Karel CZE 3 Favreau, Bernard CAN 10K Road Race W30 1 Henkel, Annette CAN 2 Wolski, Rose CAN 3 Petryshen, Barb CAN W35 1 Jacobson, Sandy CAN 2 Braun, Monika CAN 3 Shaw, Diana CAN W30 1 Pieczulis, Krystyn POL 47:13.00 38:59.00 43:04.00 50:32.00 43:16.00 43:44.00 44.48.00 39:01.00 42:38.00 2 Braun, Monika CAN 42:38:00 3 Shaw, Diana CAN 42:41.00 1 Pieczulis, Krystyn POL 40:24:00 2 Hopkins, Colleen CAN 41:19:00 3 Shulhan, Karen CAN 42:15:00 1 Yackulic, Susan CAN 43:25:00 3 King, Robin AUS, 43:48:00 1 Miller, Shauna CAN 42:31:00 1 Hendrickx, Vicky BEL 43:31:00 3 Biggs, Barb CAN 44:42:00 1 Stromsmoe, Marcia CAN 44:57:00 2 Semenova, Alfiya RUS 45:49:00 3 Murray, Laurie CAN 45:58:00 1 Bastedo, Sandra CAN 49:53:00 3 Kingsep, Patricia CAN 49:53:00 3 Kingsep, Patricia CAN 49:53:00 1 Paul, Marityn USA 55:42:00 2 Gox, Maureen CAN 1:24:23:00 2 Borovkova, Maria RUS 58:34:00 2 Robben, Barbara USA 1:02:16:00 42:41.00 W40 W45 W50 W55 W60 W65 1 Borovkova, Maria RUS 124/23.00 2 Robben, Barbara USA 102:16.00 1 Montgomery, Lenore CANS2:27.00 2 Krause, Margaret AUS 1:20:55.00 1 Naumenko, Nina RUS 58:39.00 2 Graham, Ethel CAN 1:19:51.00 1 Zapisocki, Cory CAN 37:53.00 2 Unger, Roger CAN 41:12.00 3 Panas, Marcel CAN 42:07.00 1 Colburn, Dennis CAN 22:0000 W70 W75 W80 M30 2 Unger, Roger CAN 41:12:00 3 Panas, Marcel CAN 42:07:00 M35 1 Colburn, Dennis CAN 33:33:00 2 Villegas, Victor CAN 33:35:00 3 Mueller, Kurt CAN 33:35:00 M40 1 Miroslav, Vindis SLO 34:20:00 2 Johnson, Murray AUS 34:59:00 3 Amstrong, James M CAN 35:43:00 34:59:00 M45 1 Johansen, Tom Roge NOR 34:00:00 2 Bickley, Ed CAN 3 Shipka, Clark CAN 36:30:00 3 Shipka, Clark CAN 36:00:00 2 Matecha, Miroslav CZE 35:07:00 3 Prior, Neil CAN 36:30:00 2 Van Noten, Omer BEL 36:00:00 2 Van Noten, Omer BEL 36:00:00 2 Van Noten, Omer BEL 36:00:00 3 Clement-Smith, Ian AUS 39:34:00 1 Shakirov, Makhmut RUS 39:24:00 2 Wilkjrov, Makhmut RUS 39:22:00 2 Ubra, Jiri CZE 40:00:00 3 Gubenkov, Leonid RUS 39:22:00 2 Ubra, Jiri CZE 40:00:00 3 Gubenkov, Leonid RUS 41:20:00 3 Hobomann, Leo GER 47:50:00 </tr

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September 2005 2 Oracheski, Stanley CAN 57:19.00 1 Churchward, Roger AUS 1:08:48.00 M80 1 Churchward, Roger AUS 1 80m Hurdles W40 1 Linaker, Launa CAN 2 Miyahara, Naomi JPN 3 Lam, Jane CAN W45 1 Kominami, Sachiko JPN 2 Freeman, B J CAN 3 Gieni, Muriel CAN W50 1 Caldova, Milada CZE 2 Smith, Julie AUS 3 Cochrane, Nancy CAN W55 1 Trott, Rhona CAN 2 McDonnell, Hazel AUS W60 1 Jonkers, Riet NED 2 Nitzke, Arlete BRA W65 1 Dykman, Rietje NED M55 1 Skotine, Leonid RL M55 1 Skotine, Leonid RU High Jump W30 1 Jackson, Jennifer (2 Nakatake, Kimiko U 3 Loland, Darlene CA W51 1 Krepkina, Valentyn W40 1 Potvin, Annie CAN 2 Stepanova, Olga R 3 Preradovich, Sonja W45 1 Thom, Roslyn CAN 2 Gunasekera, Rosha W50 1 Brill, Connie CAN 2 Gipson, Eleanor US 3 Avizoniene, Genova 13.72 27.63 13.56 14.66 14.93 16.21 16.33 20.93 16.38 17.16 14 85 19.96 Avizoniene, Genov McBlain, Liz CAN 2 Nitzke, Arlete BRA W65 1 Dýkman, Rietje NED W75 1 Gomberadze, Kaleri RUS M70 1 Popov, Vladimir RUS 2 Sluga, Marko SLO 3 Rodrigues, Wilfred CAN 14.57 W55 Otaka, Cecilia JPI 2 Otaka, Cecilia JPN W60 1 Douglass, Linda US 2 Radcliffe, Marg CAI 3 Nitzke, Arlete BRA W65 1 Dýkman, Rietje NE 2 Anderson, Sandra U 16.18 3 Rodrigues, Wilfred CAN M75 1 Stookey, James USA 2 Dobribán, Géza HUN M85 1 Zensch, Emmerich AUT (1.5 adjusted hand time) 100m Hurdles W35 1 Krepkina, Valentyn UKR 2 Zuniga, Leila CAN M50 1 Stacey, Price USA 2 Pannell, Michael USA 3 Burge, Conrad Mich AUS M55 1 Parnell, Roger USA 2 Rib, Anatoly RUS 3 Cesar, Normando T. BRA 19.60 13.62 24.31 22.08 2 Anderson, Sandra U 1 Kovalenskaya, Gali 2 H. Shimizu, Mitsu I 2 Boivin, Gwendolyn 1 Gomberadze, Kaleri 2 Minami, Chieko BR 1 Mcleod-Smith, F. D 1 Chornohub, Roman 4 La Blase, Marc Cal W70 17.90 W75 W80 M30 15.55 2 Le Blanc, Marc CA 16.00 1 Mysikov, Oleg USA 2 Barr, James USA 3 Gould, Dwayne CA 1 VanZandt, Thomas M35 16.33 2 Rib, Anatoly RUS 3 Cesar, Normando T. BRA M60 1 Benjamin, Victor USA 2 Vykydal, Frantisek CZE 3 Lemos, Antonio Lau BRA M65 1 Armstrong, Mervyn CAN 2 Chambers, Don AUS 3 Yamaguchi, Iwao JPN 110m Hurdles 16.58 M40 1 VanZandt, Thomas 2 Johnson, Wincheste 3 Blue, David CAN 1 Vozar, Eduard USA, 2 Dixon, Walter CAN 3 Houba, Peter USA 1 Tompkins, Clay AUS 2 Geis, Hildebrand GE 3 Faris, Dean CAN 18.81 18.86 M45 19.48 19.80 20.41 M50 110m Hurdles M30 1 Schwanke, Peter CAN 2 Tischer, Dean CAN AU 1 Bakx, Wan NED 2 Dong, Waiter CAN 3 Mosser, Scott USA M45 1 Hayrapetyan, Geras ARM 2 Gavenciak, Igor SVK 3 Szücs, András HUN 300m Hurdles 16.65 3 Faris, Dean CAN 1 Hawkins, John CAN 2 Jensen, Reinhard U: 3 Peter, Heinz CAN 1 Rielly, Roger AUS 2 Franc Branko, Vivo 3 2 Vykydal, Frantisek C 1 Kurunczi, Zoltán HU 2 Ukhov, Valeriy RUS 3 East, Les CAN 1 Taylor, Keith CAN 2 Leggitt, James USA 17.65 M55 16.27 16.59 18 57 M60 16.42 3 Szücs, András HUN 300m Hurdles W50 1 Smith, Julie AUS 2 Ana, Jerman SLO 3 Cochrane, Nancy CAN W55 1 Trott, Rhona CAN 2 McDonnell, Hazel AUS 3 Roberts, Catherine CAN W60 1 Jonkers, Riet NED W65 1 Dýkman, Rietje NED W65 1 Dýkman, Rietje NED W60 1 Benjamin, Victor USA 2 Badowski, Tony CAN 3 McCune, Derek CAN M65 1 Armstrong, Mervyn CAN 2 Chambers, Don AUS 3 Yamaguchi, Iwao JPN 17.14 M65 58.13 59.10 1:16.61 57.49 M70 2 Leggitt, James USA 3 Berardi, Jose-Mari A 59.04 M75 1 Stookey, James US/ 2 Dobribán, Géza HUI 1:06.45 2 Dobribán, Géza HUI 3 Reuter, Wolfgang Gi M85 1 Zensch, Emmerich A 2 Maxwell, Raiph USA 7 Nifel, George USA Pole Vault W30 1 Desmarais, Terry C W45 1 Johnson, Liz USA W50 1 Watkins, Yasha AUS 2 Cochrane Narcy C 55.76 55.69 47.20 50.04 50.28 52.91 53.62 2 Chambers, Don AUS 3 Yamaguchi, Iwao JPN M70 1 Leggiti, James USA 2 Johnson, Ronald NZL 3 Sheahen, Al USA M75 1 Stookey, James USA 400m Hurdles W30 1 Rothwell, Alison AUS W40 1 Schlachter, Teresa CAN W45 1 Kominami, Sachiko JPN 2 Jolicoeur, Jovette CAN 3 Nyagolova, Yovka BUL M40 1 Samson, Marc CAN 3 Nyagolova, Yovka BUL M40 1 Samson, Marc CAN 3 Mosser, Scott USA M45 1 Warden, Don CAN M50 1 Pannell, Michael USA 2 Easley, Rick USA 3 Berquist, Brian CAN M55 1 Majauskas, Vytas LTU 2 Brewer, Jess H. CAN 3 Cesar, Normando T. BRA 3 Yamaguchi, Iwao JPN 57.06 56.37 2 Cochrane, Nancy C. W55 1 Cattermole, Lyndse 2 McBlain, Liz CAN 1:01.02 1:11.21 2 McBlain, Liz CAN W60 1 Hoover, Virginia CA W65 1 Riegel, Jutta CAN 2 Anderson, Sandra (W70 1 Yamamoto, Midori M35 1 Holton, Dan USA M40 1 Johnson, Wincheste 2 Estrada, Mario MEX M45 1 Walley, Brian CAN 1:33.76 1:07.73 1:08.32 1:20.00 1-21 73 1:35.42 58.85 1:01.66 1:02.38 M45 1 Walley, Brian CAN 2 Bowman, Gordon C M50 1 Williams, Allan GBR 2 Banton, Steven US/ M55 1 Hawkins, John CAN 2 Hamill, Warren CAN 1:08.32 1:02.84 3 Perkins, Bruce USA 3 Perkins, Bruce USA M60 1 Remvick, Doug CAN 2 Poulter, Jim AUS 3 Campbell, Robert C M65 1 Kurunczi, Zoltán HU 2 Steinman, John US/ M70 1 Dumas, Gerard CAN 2 Johanna Ganad N2 1:09.25 1:12.80 1:13.50 3 Cesar, Normando T. BHA 2000m Steeplechase W30 1 Rothwell, Alison AUS W35 1 Ryan, Kara CAN 2 Pittwood, Diana NZL W45 1 Slavica, Poznic SLO 2 Redenz, Ursula GER 3 Nyagolova, Yovka BUL W50 1 Ana, Jerman SLO W55 1 Warick, Judy CAN 2 Janeckova, Anezka CZE W60 1 Rocnakova, Milosia CZE 2 Oppliger, Jayne USA W65 1 Fraser, Lynn NZL M60 1 van Tol, Arie NED 2 Renwick, Doug CAN 3 Wyatt, Norris NZL M65 1 Blakitny, Anatoly RUS 2 Olle, Ludovit CZE 3 Hana, Kvetoslav CZE M75 1 Matzner, Karel CZE 1 Johnson, Ronald NZL 2 Relly, George CAN 3 Oppliger, Al USA M75 1 Matzner, Karel CZE 1 3000m Steeplechase 7:46.01 2 Johnson, Ronald NZ 8:38.76 10:51.90 3 Berardi, Jose-Mari A 1 Conner, John USA 2 Olsen, Edward CAN 1 Cleveland, John P. U 1 Zensch, Emmerich M75 8:51.68 9:03.77 M80 M85 Long W30 Jump 1 Rothwell, Alison AU 1 Rothwell, Alison AL 2 Desmarais, Terry C. 3 Jackson, Jennifer C 1 Krepkina, Valentyn 2 Klaue, Heike GER 3 Dundas, Tammy CA 1 Miyahara, Naomi JF 2 Linaker, Launa CAN 3 Feitz, Dariene CAN 1 Freeman, B J CAN 3 Lauridsen, Susanne 1 Smith, Julie AUS 2 Caldova, Milada CZ 3 Sloan, Jeanette CA 1 Crothers, Carol US 2 McBlain, Liz CAN 1 LaFayette-Boyd, Ca 9:16.74 9:30.75 10:04.82 17:25.90 W35 13:38.91 8:09.20 8:13.12 W40 8:39.85 8:34.47 9:06.31 9:18.71 W45 9:50.80 11:23.06 11:50.73 10:04.72 W50 15:05.25 W55
 3000m
 Steeplechase
 11.09.58

 M30
 1 Palavicini, Martin USA
 11.09.58

 2 Adams, John NZL
 17.07.30

 M35
 1 Woodhouse, Mark CAN
 1221.83

 2 Ozar, Steve CAN
 1342.08

 M40
 1 Fullarton, Jim CAN
 1052.99

 2 Johnson, Murray AUS
 11:16.73

 3 Guss, David CAN
 11:23.43

 M45
 1 Pechek, Vladimir CZE
 11:02.98

 3 Cook, David USA
 11:11.44

 M50
 1 Campbell, Dale USA
 11:26.21

 2 Russell, Cliff CAN
 11:39.88

 3 Williams, Frank J USA
 13:25.76
 W60 1 LaFayette-Boyd, C 2 Minor, Susan USA 3 Burton, Lucille CAN W65 1 Trader, Joyce USA 2 Crosthwaite, Gerda 3 Anderson, Sandra W70 1 Lary, Audrey USA 2 Boivin, Gwendolyn 3 Kuehne, Magdalen W75 1 Smallwood, Maxine W80 1 Hilhorst, Johanna W85 1 Kotelko, Olga CAN M30 1 Le Blanc, Marc CA 2 Humeniuk, Lance (3 Sim, Stewart CAN

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Sep	tember 2005	-
M55	I One and I	2:35.12
W30	Jump 1 Jackson, Jennifer CAN 2 Nakatake, Kimiko USA	1.60m
	2 Nakatake, Kimiko USA 3 Loland, Darlene CAN	1.55m 1.50m
W35	1 Krepkina, Valentyn UKR	1.45m
W40	1 Potvin, Annie CAN	1.50m
	2 Stepanova, Olga RUS 3 Preradovich, Sonja CAN	1.30m
W45	1 Thom Boslyn CAN	1.35m
	2 Gunasekera, Roshan CAN 1 Brill, Connie CAN	1.20m 1.40m
W 50	2 Gipson, Eleanor USA	1.35m
	3 Avizoniene, Genova LTU	1.30m
W55	1 McBlain, Liz CAN 2 Otaka, Cecilia JPN	1.10m 1.05m
W60	1 Douglass, Linda USA 2 Radcliffe, Marg CAN 3 Nitzke, Arlete BRA,	1.25m
	2 Radcliffe, Marg CAN	1.25m 1.05m
W65	1 Dykman, Rietje NED	1.25m
1	2 Anderson, Sandra CAN	1.15m
W70	1 Kovalenskaya, Gali RUS 2 H. Shimizu, Mitsu BRA	1.05m 1.00m
	2 Baivin Gwendolyn CAN	1.00m
W75	1 Gomberadze, Kaleri RUS 2 Minami, Chieko BRA 1 Mcleod-Smith, F. D CAN 1 Chornohub, Roman CAN	1.05m 0.85m
W80	1 Mcleod-Smith, F. D CAN	0.80m
M30	1 Chornohub, Roman CAN	1.80m
M35	2 Le Blanc, Marc CAN 1 Mysikov, Oleg USA	1.60m 1.85m
	1 Mysikov, Oleg USA 2 Barr, James USA	1.80m
M40	3 Gould, Dwayne CAN	1.55m 1.93m
	2 Johnson, Wincheste CAN	1.75m
	3 Blue, David CAN	1.65m
M45	1 Vozar, Eduard USA, 2 Dixon, Walter CAN	1.83m 1.75m
1.5	3 Houba, Peter USA	1.70m
M50	1 Tompkins, Clay AUS 2 Geis, Hildebrand GER	1.70m 1.45m
1.1	3 Faris, Dean CAN	1.35m 1.70m
M55	1 Hawkins, John CAN	1.70m
	2 Jensen, Reinhard USA 3 Peter, Heinz CAN	1.55m 1.45m
M60	1 Rielly, Hoger AUS	1.60m
	2 Franc Branko, Vivo SLO	1.60m 1.60m
M65	1 Kurunczi, Zoltán HUN	1.35m
	2 Ukhov, Valeriy RUS 3 East, Les CAN	1.30m 1.25m
M70	1 Taylor, Keith CAN	1.25m
	2 Leggitt, James USA	1.20m
M75	3 Berardi, Jose-Mari ARG 1 Stookey, James USA	1.10m 1.25m
	2 Dobribán, Géza HUN	1.25m
M85	3 Reuter, Wolfgang GER 1 Zensch, Emmerich AUT	1.25m 1.22m
14105	2 Maxwell, Ralph USA	1.15m
Pole	3 Ryffel, George USA Vault	0.85m
W30	1 Desmarais, Terry CAN 1 Johnson, Liz USA 1 Watkins, Yasha AUS	2.50m
W45 W50	1 Johnson, Liz USA	1.90m
	2 Cochrane, Nancy CAN	1.20m
W55	1 Cattermole, Lyndse AUS	1.60m 1.40m
W60	2 McBlain, Liz CAN 1 Hoover, Virginia CAN	1.30m
W65	1 Riegel, Jutta CAN	1.80m
W70	2 Anderson, Sandra CAN 1 Yamamoto, Midori JPN	1.60m 1.80m
M35	1 Holton, Dan USA	4.41m
M40	1 Johnson, Wincheste CAN 2 Estrada, Mario MEX	3.60m 3.10m
M45	1 Walley, Brian CAN	3.10m
M50	2 Bowman, Gordon CAN 1 Williams, Allan, GBR	2.80m 4.30m
	1 Williams, Allan GBR 2 Banton, Steven USA	2.90m
M55	1 Hawkins, John CAN 2 Hamill, Warren CAN	3.40m 3.40m
	3 Perkins, Bruce USA	2.70m
M60	1 Renwick, Doug CAN	2.60m 2.30m
	2 Poulter, Jim AUS 3 Campbell, Robert CAN	2.20m
M65	1 Kurunczi, Zoltán HUN	3.00m
M70	3 Campbell, Robert CAN 1 Kurunczi, Zoltán HUN 2 Steinman, John USA 1 Dumas, Gerard CAN	2.70m 2.40m
	2 Johnson, Honald NZL	2.30m
M75	3 Berardi, Jose-Mari ARG 1 Conner, John USA	1.80m
	2 Olsen, Edward CAN	1.70m
M80 M85	1 Cleveland, John P. USA 1 Zensch, Emmerich AUT	2.20m
	Jump	1.4011
W30	1 Rothwell, Alison AUS	5.12m
	2 Desmarais, Terry CAN 3 Jackson, Jennifer CAN	5.05m 5.04m
W35	1 Krepkina, Valentyn UKR	5.45m
	2 Klaue, Heike GER 3 Dundas, Tammy CAN	4.40m 3.66m
W40	1 Miyahara, Naomi JPN	4.90m
	2 Linaker, Launa CAN 3 Felix, Darlene CAN	4.68m
W45	1 Freeman, B J CAN	4.35m 4.44m
	2 Thom, Roslyn CAN	4.39m
W50	3 Lauridsen, Susanne CAN 1 Smith, Julie AUS	4.17m 4.14m
	2 Caldova, Milada CZE	3.97m
W55	3 Sloan, Jeanette CAN 1 Crothers, Carol USA	3.92m 3.25m
	2 McBlain, Liz CAN	2.94m
W60	1 LaFayette-Boyd, Ca CAN 2 Minor, Susan USA	4.21m
1.1	3 Burton, Lucille CAN	3.38m 3.20m
W65	1 Trader, Joyce USA	3.66m
	2 Crosthwaite, Gerda CAN 3 Anderson, Sandra CAN	3.57m 3.26m
W70	1 Lary, Audrey USA	3.52m 2.77m
	2 Boivin, Gwendolyn CAN	2.77m 2.33m
W75	3 Kuehne, Magdalena USA 1 Smallwood, Maxine CAN	1.55m
W80 W85	1 Hilhorst, Johanna CAN 1 Kotelko, Olga, CAN	2.50m 2.07m
M30	1 Le Blanc, Marc CAN	5.66m
	2 Humeniuk, Lance CAN 3 Sim, Stewart CAN	5.39m
	S Jun, Suewart CAN	5.27m

12.	1	the second secon	
M35	1	Tkachenko, Yevoen UKR	5.96m
	2	Tkachenko, Yevgen UKR Wardecki, Krzyszto POL	5.68m
M40	3	Maul, Wolfgang CAN	5.33m
M40	2	Foster, Greg USA Bakx, Wan NED	6.65m
	3	Johnson, Wincheste CAN	6.01m 5.85m
M45	1	Farkas, Balázs HUN	6.36m
	2	Lasik, Jozef POL	6.05m
M50	1	Gavenciak, Igor SVK Boyd, Barry CAN	6.01m 6.10m
	2	Calda, Jaroslav CZE	6.08m
	3	Terrell, Bobby USA Parnell, Roger USA	5.15m
M55	2	Bib Anatoly BUS	5.69m 5.60m
	3	Rib, Anatoly RUS Svyatoslav, Saulya RUS Benjamin, Victor USA	5.50m
M60	1	Benjamin, Victor USA	5.45m
	2	Shcherbina, Fedor RUS Etter, Carl USA	5.05m
M65	1	Kurunczi, Zoltán HUN	4.87m 4.40m
	2	Lushchikov, Vladim RUS	4.39m
M70	3	Lushchikov, Vladim RUS Yamaguchi, Iwao JPN Popov, Vladimir RUS	4.25m
M/U	2	Nett, Arnold CAN	4.90m 3.53m
		Poonia, Kesar Sing CAN	3.50m
M75	1	Poonia, Kesar Sing CAN Reuter, Wolfgang GER	4.75m
	23	Stookey, James USA Meeuwissen, Adrian CAN	4.31m 4.07m
M80	ĭ	McMillan, Roger CAN	2.43m
M85	1	Zensch, Emmerich AUT	3.20m
	2	Maxwell, Ralph USA	3.16m 2.01m
Triple		Ryffel, George USA	2.0111
W30	1	Petrech, Helena CAN Rothwell, Alison AUS	11.10m
	2	Rothwell, Alison AUS	10.26m
W35	1	Nakatake, Kimiko USA Krepkina, Valentyn UKR	9.74m 10.87m
	2	Heschuk, Sherry CAN	8.76m
W40	1	Nakatake, Kimiko USA Krepkina, Valentyn UKR Heschuk, Sherry CAN Russell, Kelly CAN Osia Claira CBP	8.07m
W45	2	Ogie, Claire GDH	7.45m 7.90m
		Gunasekera, Roshan CAN	7.54m
	3	Johnson, Liz USA	7.20m
W50	1		9.87m 7.87m
	3	Watkins, Yasha AUS Caldova, Milada CZE	7.85m
W55	1	Warick, Judy CAN	7.33m
	2		6.50m 5.34m
W60	3	LaFayette-Boyd, Ca CAN	5.34m 8.95m
	2	Burton, Lucille CAN	7.25m
	3	Burton, Lucille CAN Minor, Susan USA	6.67m
W65	12		8.93m 6.76m
			6.31m
W70	1	Carter, Mavis M NZL Lary, Audrey USA	7.93m
	2	Boivin, Gwendolyn CAN Kuehne, Magdalena USA	6.39m
W75	1	Gomberadze, Kaleri RUS	5.99m 6.22m
M30	1	Le Blanc, Marc CAN	11.52m
	2	Humeniuk, Lance CAN	11.48m 10.76m
M35	1	Sim, Stewart CAN Tkachenko, Yevgen UKR	15.18m
et the	2	Rowein, Scott CAN	10.10m
M40	3	John, Vern CAN	9.86m
M40	2	Foster, Greg USA Gécsek, Tibor HUN Jennett, Terry CAN Farkas, Balázs HUN	14.20m 11.68m
	3	Jennett, Terry CAN Farkas, Balázs HUN	10.89m
M45	1	Farkas, Balazs HUN Gavenciak, Igor SVK	13.87m 13.07m
	3	Lasik, Jozef POL	12.85m
M50	1	Calda, Jaroslav CZE	12.03m
	2	Terrell, Bobby USA	10.76m
M55	1	Graham, Gordon CAN Tiff, Milan USA	10.63m 12.20m
	2	Kates, Dave CAN	9.94m
MED		Purkis, Jim CAN	9.85m
M60	12	Shcherbina, Fedor RUS Rielly, Roger AUS	10.65m 10.60m
-	3	Boosev Derek USA	10.59m
M65	12		9.40m
1.2	3	Shechter, Pinchas ISR	9.37m 9.25m
M70	.1	Popov, Vladimir RUS	9.88m
	2	Nett, Arnold CAN	8.24m
M75	1	Poonia, Kesar Sing CAN Stockey James USA	8.20m 9.00m
	2	Stookey, James USA Dobribán, Géza HUN	7.84m
M80	1	McMillan, Roger CAN Maxwell, Ralph USA	5.20m
M85	1	Maxwell, Ralph USA Zensch, Emmerich AUT	7.00m 6.99m
Shot	P	ut	0.0011
W30	1	Weber, Andrea CAN	10.34m
		Huppie-Parsons, Pa 1 CAN Reid, Pam CAN	9.42m 9.11m
W35	1	Reed, Georgette CAN	15.00m
2.5	2	Banack, Angle CAN	10.72m
	3	Pfanner, Judy AUS Potvin, Annie CAN	10.53m
W40	2	Clements Denise CAN	10.43m 9.34m
	3	Clements, Denise CAN Stepanova, Olga RUS	8.71m
W45	1	Cameron, Claire GBR	10.25m
	2	Angelika, Holder GER Virgin, Beverley AUS	9.43m 9.29m
W50	1	Iranyi Marnit HUN	13.06m
100	2	Melnikova, Svetlan RUS	12.40m
W55	3	Melnikova, Svetlan RUS Yesayan, Svetlana ARM Mensey, Myrle USA Hartzler, Mary USA Magyar, Maria HUN	10.54m 11.21m
1122	2	Hartzler, Mary USA	10.65m
1927	3	Magyar, Maria HUN	10.58m
W60	1	Jakoosone, Maija LAI	10.54m
	20	Nakano, Yuko CAN Swinton, Margery GBR	7.96m 7.84m
W65	1	Searle, Helen AUS	10.99m
-	2	Tumurbat, Iserendo 7 MGL	10.15m
W70	3	Tosh, Margaret CAN	8.80m
	2	Kovalenskaya, Gali RUS Baumann, Ruth GER	8.57m 6.97m
1	3	Acton, Myrtle CAN	6.92m
W75	1	Gomberadze, Kaleri RUS	6.77m
	3	Foerster, Ursula GER McQuarrie, Betty CAN	5.65m 5.49m
W80	1	McQuarrie, Betty CAN Mcleod-Smith, F. D CAN	4.47m
MIRE	2	Nishimura, Hatsuko BRA Kotelko, Olga CAN	3.35m
W85 M30	;	Kotelko, Olga CAN Lindsay, Chad USA	5.38m 17.36m
	1		

N	a	tional Masters N	ews
	2 3	Keler, Grigoriy RUS	12.88m
M35	1	Mullarvey, Michael AUS Meszaros, Robert HUN	11.36m 14.15m
	-	Kuemmerlin, John USA Tessier, Yves CAN Smith, Andrew CAN	14.07m 14.00m
M40	2	Purcell, Sean USA	11.79m 11.05m
M45	3	Lefevre, Robert CAN Jansson, Kenneth USA	10.97m 13.22m
	23	Jansson, Kenneth USA Yoisten, Danny CAN Funabiki, Norimasa JPN	12.06m 11.82m
M50	1	Summers, Ronald USA Ross, Steven USA	15.45m 14.36m
M55		Vegar, Stan USA Semborowski, Andrz POL	14.08m 13.25m
11.55	2	Carcioffo, Frances ITA	12.94m
M60	1	Dariotis, Chris USA Glowacki, Marek CAN	11.81m 13.22m
	22	Flint, Larry USA Yamada, Hiroshi JPN	12.76m 12.76m
M65	12	Fukagawa, Hiroo JPN	13.52m 12.87m
M70	3	Koch, John Barrie AUS Koch, James USA	12.24m 13.75m
	2	Speckens, Peter GER Tronstad, Kenneth USA	13.56m 12.51m
M75	2	Meeuwissen, Adrian CAN	11.02m 9.86m
M80	3	Mullins, Thomas AUS	9.31m 8.11m
moo	2	Power-Waters, Brian USA	7.46m
M85		Goldy, Champion USA	5.87m 6.55m
M90	12	Murray, Jim CAN West, Howard CAN Lane, Trent USA	6.11m 4.63m
M95 Disc	1		6.16m
W30	1	Weber, Andrea CAN Carlos, Nicole CAN	37.33m 32.02m
War	3	Gregoire, Debbie CAN	26.98m
W35	2	Reed, Georgette CAN Pfanner, Judy AUS	46.54m 39.33m
W40	1	Banack, Angie CAN Yeomans, Zofia CAN	29.01m 28.84m
	3	Clements, Denise CAN Leverenz, Marlene AUS	24.12m 23.52m
W45	1	Cameron, Claire GBR Angelika, Holder GER	37.84m 27.74m 26.77m
WED	3	Virgin, Beverley AUS	26.77m
W50	12	Iranyi, Margit HUN	33.81m 32.97m
W55	3	Yesayan, Svetlana ARM Hartzler, Mary USA Magyar, Maria HUN	32.23m 29.90m
	23	Mensey, Myrle USA	27.62m 25.11m
W60	1	Jakobsone, Maija LAT	32.24m 27.36m
W65	3	Nakano, Yuko CAN Swinton, Margery GBR Searle, Helen AUS	20.48m 28.36m
1105	2	lumurbat, Iserendo MGL	24.40m
W70	1	Padia, Elsbeth USA Baumann, Ruth GER	22.32m 21.22m
신는	23	Kovalenskaya, Gali RUS Acton, Myrtle CAN	20.48m 18.42m
W75	12	Acton, Myrtle CAN Foerster, Ursula GER Smallwood, Maxine CAN Kawakami, Toshi BRA	14.05m 12.99m
W80	3	Kawakami, Toshi BRA Nishimura, Hatsuko BRA Mullarvey, Michael AUS Wilson, Kier, CAN	12.70m 9.20m
M30	1 2	Mullarvey, Michael AUS Wilson, Kier CAN	29.53m 28.65m
M35	3	Adams, John NZL Zmelik, Robert CZE	24.07m 45.17m
MOO	2	Meszaros, Hobert HUN	43.92m
M40	3	Gagné, France CAN	42.20m 43.07m
	23	Quirke, Paul USA	40.56m 40.19m
M45	12	Yamasaki Yuji JPN	47.62m 44.22m
M50	3	Jansson, Kenneth USA	38.12m 44.72m
	2	Baty, Jeffrey USA Szafranski, Longin CAN	44.41m 42.34m
M55	1	Fahey, Thomas USA	48.71m
	23	Edwards, Tim USA	39.80m 36.31m
M60	12	Pratt, Larry USA Glowacki, Marek CAN	51.28m 42.67m
M65	3	Gray, Peter CAN	39.99m 51.61m
	2	Horak, Vladimir CZE Gentleman, William GBR	42.45m 36.27m
M70	1	Speckens, Peter GER	42.78m
	3	Rosen, Leonard L USA Matsushima, Takumi BRA	36.19m 36.18m
M75	2	Lewellen, Harvey USA Aso, Katsuya JPN	36.04m 30.64m
M80	3	Hanus, Jaroslav GBR	29.86m 29.13m
	23	Power-Waters, Brian USA Ogura, Takashi JPN Goldy, Champion USA	22.13m 21.12m
M85	1	Goldy, Champion USA Ryflel, George USA	17.73m
M90	1	Murray, Jim CAN	13.73m 16.44m
M95	1	West, Howard CAN Lane, Trent USA	10.33m 14.99m
Ham W30	1	Gregoire, Debbie CAN	23.32m
W35	2	Gregoire, Debbie CAN Huppie-Parsons, Pa CAN Reed, Georgette CAN	19.19m 45.12m
W40		Clements, Denise CAN	29.24m 22.83m
W45	1	Cameron, Claire GBR	33.56m
	3	Maeda, Kayako JPN Murfitt, Anne CAN	25.33m 12.18m
W50	12	Palmer, Denise AUS Watkins, Yasha AUS	37.80m 33.59m
W55	3	Watkins, Yasha AUS Rosales, Esther MEX Hartzler, Mary USA Taylor, Joyce USA	28.37m 39.93m
	2	Taylor, Joyce USA Mensey, Myrle USA	36.43m 27.68m
W60	1	Melimann Gudrun GER	35.11m
	3	Swinton, Margery GBR Oppliger, Jayne USA Searle, Helen AUS	26.56m 16.08m
W65	1	Seane, melen AUS	41.33m

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	2 Tosh, Margaret CAN	20.16m
W70	3 Anderson, Sandra CAN 1 Hicks, Amy USA	19.89m 22.93m
	2 Turek, Mae CAN 3 Acton, Myrtle CAN	19.37m 17.64m
W75	1 Foerster, Ursula GER	16.71m 12.01m
	2 Kawakami, Toshi BRA 3 Taniguchi, Kazuko BRA	11.04m
W80	1 Mcleod-Smith, F. D CAN 2 Nishimura, Hatsuko BRA	13.01m 10.80m
W85 M30	1 Kotelko, Olga CAN 1 Mullarvey, Michael AUS	15.78m 34.71m
	2 Wilson, Kier CAN	32.58m
M35	3 Adams, John NZL 1 Maplethorpe, Ian CAN	22.02m 58.79m
	2 Lowe, Mark CAN 3 Meszaros, Robert HUN	46.94m 38.17m
M40	1 Tsvetikov, Alexey RUS 2 Sterling, Mark BAH	49.32m 41.76m
	3 Cheema, Rana Ranji CAN 1 Jansson, Kenneth USA	37.96m
M45	2 Yoisten, Danny CAN	54.25m 32.28m
M50	3 Funabiki, Norimasa JPN 1 Voigt, Jan GER	31.10m 46.56m
124	2 Smiechowski, Zenon CAN 3 Sacher, Martin CAN	36.21m 31.37m
M55	1 Kulczynski, Floria POL 2 Taylor, Todd USA	56.72m
	3 Edwards, Tim USA	51.86m 40.76m
M60	1 Mathews, George USA 2 Yamada, Hiroshi JPN	51.47m 46.63m
M65	3 GIOWACKI, MATER CAN	39.58m
MOS	1 Burke, Ed USA 2 Gentleman, William GBR	55.52m 47.77m
M70	3 Singh, Ajmer IND 1 Speckens, Peter GER	46.85m 45.48m
	2 Staveley, Bob CAN 3 Grady, Udo CAN	39.14m 35.09m
M75	1 Rittweger Manfred GER	36.09m
	2 Mullins, Thomas AUS 3 Monds, Douglas CAN 1 Ogura, Takashi JPN	35.89m 34.35m 20.20m
M80	2 Power-Waters, Brian USA	20.20m 18.34m
M85	3 Stein, Jacob USA 1 Ryttel, George USA	17.30m 15.51m
M90	1 Murray, Jim CAN	15.86m
M95	1 Murray, Jim CAN 2 West, Howard CAN 1 Lane, Trent USA	12.57m 15.96m
Jave W30	In 1 Jackson, Jennifer CAN	33.52m
1	2 Carlos, Nicole CAN 3 Gregoire, Debbie CAN	30.54m 29.18m
W35	1 Pfanner, Judy AUS	32.28m
	2 Klaue, Heike GER 3 Gross, Camille CAN	25.24m 21.42m
W40	1 Urra, Eugenia CHI 2 Ostergard, Alison CAN	36.42m 34.77m
WAF	3 Potvin, Annie CAN	34.47m
W45	2 MacKichan, Nancy CAN	37.13m 31.92m
W50	3 Maeda, Kayako JPN 1 Watkins, Yasha AUS	24.48m 30.63m
10.00	2 Smith, Julie AUS 3 Richter, Maria Apa BRA	25.01m 23.95m
W55	1 Raham, Sharon USA 2 Bell, Teddie USA	24.29m
	3 McBlain, Liz CAN	22.72m 17.35m
W60	1 Radcliffe, Marg CAN 2 Mellmann, Gudrun GER	29.02m 27.34m
W65	2 Mellmann, Gudrun GER 3 Swinton, Margery GBR 1 Tosh, Margaret CAN	19.87m 26.21m
	2 Searle, Helen AUS	22.85m
W70	3 Anderson, Sandra CAN 1 Kovalenskaya, Gali RUS	20.39m 20.42m
	2 Hicks, Amy USA 3 Ferguson, Lil CAN	18.16m 18.02m
W75	1 Smallwood, Maxine CAN 2 Kawakami, Toshi BRA	12.52m 9.17m
	3 Taniguchi, Kazuko BRA	8.03m
W80 M30	1 Mcleod-Smith, F. D CAN 1 Mullarvey, Michael AUS	10.36m 53.83m
	2 Arsenault, David CAN 3 Wilson, Kier CAN	52.32m 42.00m
M35	1 Kamas, Roman SVK	49.56m
1	2 Barr, James USA 3 Senior, Andrew CAN	45.69m 39.13m
M40	1 Morgan, Kevin CAN	55.30m 49.61m
MAE	2 Luckmann, Jan GER 3 Kent, Scott CAN 1 Havras Serbiy LIKB	47.41m
M45	1 Havras, Serhiy UKR 2 Morris, Dennis USA	60.68m 54.85m
M50	3 Beamish, Lee CAN 1 Brown, Michael USA	48.87m 65.87m
1	2 Finkbeiner, Michae CAN 3 Gudzowsky, Terry CAN	51.12m 48.27m
M55	1 Kouvolo, Hobert USA	57.42m
4.13	2 Drab, Frantisek CZE 3 Dec, Jan POL	48.39m 45.57m
M60	1 Kolar, Josef CZE 2 Appel, H. Douglas USA	49.78m 46.80m
M65	3 McFadyen, Bob CAN 1 Illuzzi, Frank USA	36.73m 42.89m
	2 Goreis, Helmut AUT	42.33m
M70	3 Lang, John USA 1 Koster, Stanley USA	37.19m 40.89m
	2 Matsushima, Takumi BRA	38.95m 36.51m
M75	3 Sluga, Marko SLO 1 Alaways, Del USA 2 Sillantaus, Rainer CAN	34.99m 34.61m
	3 Aso, Katsuya JPN	25.86m
M80	1 Ogura, Takashi JPN 2 Power-Waters, Brian USA	19.79m 16.82m
M85	3 Stein, Jacob USA 1 Goldy, Champion USA	11.97m 17.18m
M90	1 Murray Jim CAN	14.58m
M95	2 West, Howard CAN 1 Lane, Trent USA	11.61m 18.92m
Weig W30	1 Huppie-Parsons, Pa CAN	7.43m
W35	1 Banack, Angle CAN 2 Dundas, Tammy CAN	9.52m 9.01m
W40	1 Clements, Denise CAN	9.10m
W45	2 Lambrick, Fiona AUS 1 Cameron, Claire GBR	6.82m 10.71m
	2 Maeda, Kayako JPN	8.65m
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The second s	Bert
3 Murfitt, Anne CAN W50 1 Palmer, Denise AUS	6.24m 12.92m
2 Rosales, Esther MEX	9.94m
3 Melnikova, Svetlan RUS W55 1 Hartzler, Mary USA	9.87m 11.62m
W55 1 Hartzler, Mary USA 2 Taylor, Joyce USA 3 Mensey, Myrle USA	11.01m 10.23m
W60 1 Swinton, Margery GBR W65 1 Searle, Helen AUS	9.64m 14.99m
2 Anderson, Sandra CAN	9.25m 10.89m
W70 1 Lary, Audrey USA 2 Hicks, Amy USA 3 Turek, Mae CAN	7.99m
3 Turek, Mae CAN W80 1 Mcleod-Smith, F.D. CAN	7.15m 6.05m
M30 1 Mullarvey, Michael AUS 2 Adams, John NZL	10.35m 8.03m
M35 1 Maplethorpe, Ian CAN	18.95m 13.90m
2 Meszaros, Robert HUN 3 Kuemmerlin, John USA	12.15m 19.32m
M40 1 Gécsek, Tibor HUN 2 Tsvetikov, Alexey RUS 3 Sterling, Mark BAH	14.83m
M45 1 Jansson, Kenneth USA	13.17m 17.44m
2 Navarre, Bruce USA 3 1892 Yoisten, Danny CA	13.79m N 11.56m
M50 1 Baty, Jeffrey USA 2 Voigt, Jan GER	17.02m 16.84m
3 Smiechowski, Zenon CA	N 13.86m
M55 1 Kulczynski, Floria POL 2 Taylor, Todd USA	19.16m 17.79m
3 Edwards, Tim USA	15.24m 20.11m
M60 1 Mathews, George USA 2 Glowacki, Marek CAN 3 Skuse Boy NZI	14.80m
3 Skuse, Roy NZL M65 1 Gentleman, William GBR	15.75m
2 Horak, Vladimir CZE 3 Herron, Robin USA	14.08m 12.66m
M70 1 Speckens, Peter GER 2 Feick, Ray USA	16.83m 13.78m
3 Ropelin, Arvo AUS M75 1 Lewellen, Harvey USA	13.03m 15.22m
2 Rittweger, Manfred CAN	13.55m 12.48m
3 Monds, Douglas CAN M80 1 Ogura, Takashi JPN	10.45m
2 Power-Waters, Brian US 3 Stein, Jacob USA M85 1 Ryffel, George USA	8.84m
M85 1 Ryffel, George USA Weight Pentathion	7.41m
W35 1 Dundas, Tammy CAN 2 Klaue, Heike GER	1710 1634
W40 1 Clements, Denise CAN	2322
2 Lambrick, Fiona AUS W45 1 Cameron, Claire GBR	2233 3535
2 Maeda, Kayako JPN 3 Johnson, Liz USA	2758 1879
3 Johnson, Liz USA W50 1 Palmer, Denise AUS 2 Iranyi, Margit HUN	3621 3264
3 Rosales, Esther MEX	2570
3 Rosales, Esther MEX W55 1 Hartzler, Mary USA 2 Magyar, Maria HUN	4016 3601
3 Mensey Myrie USA	3453 3073
W60 1 Swinton, Margery GBR 2 Hoover, Virginia CAN W65 1 Searle, Helen AUS	2108 5290
2 Anderson, Sandra CAN W70 1 Kovalenskaya, Galina R	3222
2 Hicks, Amy USA	3272 3120
W75 1 Foerster, Ursula GER	2903
W85 1 Kotelko, Olga CAN	US 2794 4886
M30 1 Mullarvey, Michael AUS M35 1 Meszaros, Robert HUN	2461 3090
2 Kuemmerlin, John USA 3 Barr, James USA	2696 2554
M40 1 Luckmann, Jan GER	3076
2 Tsvetikov, Alexey RUS 3 Sterling, Mark BAH	2855 2051
3 Sterling, Mark BAH M45 1 Jansson, Kenneth USA 2 Navarre, Bruce USA	3743 3204
M50 1 Baty, Jeffrey USA 2 Talpsepp, Lembit EST	3671 3532
3 Smiechowski, Zenon CA	N 3312
M55 1 Kulczynski, Florian POL 2 Gotsch, Joergen DEN	4213 3396
3 Sager, Bob USA M60 1 Yamada, Hiroshi JPN	3141 3945
2 Glowacki, Marek CAN 3 Gray, Peter CAN	3885 3069
M65 1 Horak, Vladimir CZE	4307
2 Gentleman, William GBF 3 Fukagawa, Hiroo JPN	3845
M70 1 Speckens, Peter GER 2 Feick, Ray USA	4940 3425
3 Ropelin, Arvo AUS M75 1 Lewellen, Harvey USA	3297
2 Hanus, Jaroslav GBR 3 Aso, Katsuya JPN	3893
M90 1 Murray, Jim CAN	3593 3996
2 West, Howard CAN M95 1 Lane, Trent USA	3050 5999
Outdoor Pentathion W30 1 Rothwell, Alison AUS	2993
W35 1 Senn Deana CAN	818
2 Soderstrom, Cathy CAN	1905
3 Ogie, Claire GBR W45 1 Thom, Roslyn CAN	1237 2661
2 Jolicoeur, Jovette CAN W50 1 Smith, Julie AUS	2367 2910
2 Hodgson, Bonny Lynn C W55 1 Trott, Rhona CAN	
W60 1 Nitzke, Arlete BRA	1893
W75 1 Minami, Chieko BRA	4610 2717
M30 1 Wight, Trevor CAN 2 Wilson, Kier CAN	2265 1864
3 Mullarvey, Michael AUS M35 1 Barr, James USA	
2 Wardecki, Krzysztof POL 3 Woodboulse Mark CAN	2268
M40 1 Johnson, Winchester CAN 2 Mosser, Scott USA	N 2926
3 Lelevie, Hobert CAN	1851
M45 1 Houba, Peter USA	2673

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Page 6 002 Banipal, Baljit singh IND 3 Knitter, Henry CAN2655 3 Prokop, Christine 3 Prokop, Christine 2 Christine, Bethy Call 2 Chamura, Katherir 3 Christal, Bethy Call 2 Legalt, Bethy Call 2 Denoby, Mike CAN 3 Townley, Mike CAN 3 Christal, Bethy Call 2 Denoby, Pat CAN 3 Deitl, Margaret CA 3 Deitl, Margaret CA 3 Deitl, Margaret CA 3 Deitl, George CAN 3 Beilly, George CAN 2 Paracken, Hanna CAN 3 Stalt 98 W30 1 Bergeson, Jolene CAN 3 Stalt 98 W30 1 Bergeson, Jolene CAN 3 Stalt 98 W40 1 Mcheely, Margie CAN 2 Bracken, Hanna CAN 3 Banasch Vail, Kari CAN 3 Banasch Vail, Kari CAN 3 Banasch Vail, Kari CAN 3 De Witt, Mike USA2 Bartoch 2 Kemsley, Eric NZI 3 De Witt, Mike USAW45 1 King, Robin AUS27:30.02Witt, Mike USA	30:00.16 M55 1 Siegele, Johann AUT 27:20 CAN 30:25.35 2 McIntosh, Ronald CAN 30:28 32:07.11 3 Barrow, Geoff AUS 30:32 CAN 32:35.68 M60 White, George AUS 26:32 N 33:38.41 2 Opsahl, George AUS 26:32 VN 29:29.57 3 Ibara, Salvador CAN 29:16 GER 32:06.52 3 Kessner, Gerhard GER 34:17 GER 32:08.54 M70 1 Summerhayes, Stuar CAN 31:38 N 33:24:48 2 Smith, Leigh AUS 34:55 A 35:03.51 M75 1 Hainsworth, Colin AUS 33:50 N 35:05.19 2 ONeil, Ron AUS 35:02 35:02 A 41:48.05 10K Racewalk 35:02 104:55:02 AN 37:12.59 W30 1 Bergeson, Jolene CAN 1:04:58 A 42:07.56 W30 1 Bergeson, Jolene CAN 1:04:58 X 24:06.49 3 Jones, Audra CAN 1:04:33 X 24:06.82 <td>198 2 Vermeeren, Karen CAN 1:06:09.00 46 3 Christal, Betty CAN 1:06:29.00 27 W55 1 Peters, Connie CAN 1:00:37.00 86 2 Leo, Nancy CAN 1:03:35.00 81 3 Okamura, Katherine CAN 1:03:41.00 71 W60 1 Herrendoeffer, Urs GER 1:05:02.00 73 2 De Wolf, Frieda BEL 1:08:08.00 51 3 Sarkar, Eileen CAN 1:08:17.00 06 W65 1 Sinkovec, Rita USA 1:06:15.00 78 2 Detl, Margaret CAN 1:08:58.00 78 2 Detl, Margaret CAN 1:32:59.00 76 2 Marasek, Elaine CAN 1:32:59.00 76 2 Darling, Violet CAN 1:32:59.00 78 3 Darling, Violet CAN 1:32:59.00 79 1 Vogelsang, Eva CAN 1:16:09.00 70 2 Bring, Jennie CAN 1:16:22.00 70 1 Baring, Jennie CAN 1:16:22.00 70 1 Barabash, Vladimir RUS 50:34.00 70 2 Roberts, Colin CAN 1:11:10.00 70 2 Krause, Margaret RUS 50:34.00 70 2 Krause, Jave CAN 50:37.00 70 2 Kreenan, Dave CAN 50:37.00 70 3 Morgan, Gary USA 54:50.00 <t< td=""><td>2 Sheppard, Douglas AN 1:09:34.00 3 Blackwood, Bob CAN 1:14:25.00 5 I Pogrebinsky, Alexa CAN 1:09:42.00 2 Mitusina, Miro USA 1:12:25.00 3 Hippola, Upali CAN 1:14:23.00 0 I Summerhayes, Stuar CAN 1:04:02.00 2 Smith, Leigh AUS 1:10:05.00 3 Donaldson, Presley USA 1:12:48.00 5 I Hainsworth, Colin AUS 1:09:18.00 2 Whyte, Donald AUS 1:12:50.00 0 I Cooke, Edgar CAN 1:49:58.00 C Racewalk 5 I Estrada, Rene MEX 1:45:15.00 0 I Berrett, Tim CAN 1:26:43.00 2 Blanchard, Michael USA 1:54:03.00 2 Isanchard, Michael USA 1:54:03.00 2 Dragomir, Gerald CAN 1:47:24.00 3 Jones, Terry CAN 2:07:50.00 5 I Siegele, Johann AUT 1:55:44.00 2 Fischer, Rolfpeter GER 2:08:17.00 3 Michish, Ronald CAN 2:09:40.00 0 I White, George AUS 1:46:00.00 2 Opsahl, George USA 2:02:20.00 3 Ionara, Salvador CAN 2:06:21.00 5 I Sinagulov, Miniral RUS 1:58:26.00 2 Kessner, Gerhard GER 2:24:21.00 5 I O'Neil, Ron AUS 2:25:26.00</td><td>Robert Berrick JOHN WALLACE NORM WYNER ALLEN KRESS W40 RACHEL MONDEREI BEVERLY LEAMON BRENDA HITCH KAREN BUCHANAN W45 KAREN SEIFERTH KAREN BLIZARD LINDA MORGAN W50 BETTY SCHOHL RHONDA WORTHAM JUDY DICKENSON W55 DONNA AKERS JENNY BREEDEN ANNE MCKENNA W60 ELFRIEDA WYNER HELEN WILMOTH JANICE HICKS W70+HARRIET LOCKE MIDWEST Niketown Bastille Da Chicago, IL; July (no open results available M40 WAYNE BUSH MIKE RUGGO</td></t<></td>	198 2 Vermeeren, Karen CAN 1:06:09.00 46 3 Christal, Betty CAN 1:06:29.00 27 W55 1 Peters, Connie CAN 1:00:37.00 86 2 Leo, Nancy CAN 1:03:35.00 81 3 Okamura, Katherine CAN 1:03:41.00 71 W60 1 Herrendoeffer, Urs GER 1:05:02.00 73 2 De Wolf, Frieda BEL 1:08:08.00 51 3 Sarkar, Eileen CAN 1:08:17.00 06 W65 1 Sinkovec, Rita USA 1:06:15.00 78 2 Detl, Margaret CAN 1:08:58.00 78 2 Detl, Margaret CAN 1:32:59.00 76 2 Marasek, Elaine CAN 1:32:59.00 76 2 Darling, Violet CAN 1:32:59.00 78 3 Darling, Violet CAN 1:32:59.00 79 1 Vogelsang, Eva CAN 1:16:09.00 70 2 Bring, Jennie CAN 1:16:22.00 70 1 Baring, Jennie CAN 1:16:22.00 70 1 Barabash, Vladimir RUS 50:34.00 70 2 Roberts, Colin CAN 1:11:10.00 70 2 Krause, Margaret RUS 50:34.00 70 2 Krause, Jave CAN 50:37.00 70 2 Kreenan, Dave CAN 50:37.00 70 3 Morgan, Gary USA 54:50.00 <t< td=""><td>2 Sheppard, Douglas AN 1:09:34.00 3 Blackwood, Bob CAN 1:14:25.00 5 I Pogrebinsky, Alexa CAN 1:09:42.00 2 Mitusina, Miro USA 1:12:25.00 3 Hippola, Upali CAN 1:14:23.00 0 I Summerhayes, Stuar CAN 1:04:02.00 2 Smith, Leigh AUS 1:10:05.00 3 Donaldson, Presley USA 1:12:48.00 5 I Hainsworth, Colin AUS 1:09:18.00 2 Whyte, Donald AUS 1:12:50.00 0 I Cooke, Edgar CAN 1:49:58.00 C Racewalk 5 I Estrada, Rene MEX 1:45:15.00 0 I Berrett, Tim CAN 1:26:43.00 2 Blanchard, Michael USA 1:54:03.00 2 Isanchard, Michael USA 1:54:03.00 2 Dragomir, Gerald CAN 1:47:24.00 3 Jones, Terry CAN 2:07:50.00 5 I Siegele, Johann AUT 1:55:44.00 2 Fischer, Rolfpeter GER 2:08:17.00 3 Michish, Ronald CAN 2:09:40.00 0 I White, George AUS 1:46:00.00 2 Opsahl, George USA 2:02:20.00 3 Ionara, Salvador CAN 2:06:21.00 5 I Sinagulov, Miniral RUS 1:58:26.00 2 Kessner, Gerhard GER 2:24:21.00 5 I O'Neil, Ron AUS 2:25:26.00</td><td>Robert Berrick JOHN WALLACE NORM WYNER ALLEN KRESS W40 RACHEL MONDEREI BEVERLY LEAMON BRENDA HITCH KAREN BUCHANAN W45 KAREN SEIFERTH KAREN BLIZARD LINDA MORGAN W50 BETTY SCHOHL RHONDA WORTHAM JUDY DICKENSON W55 DONNA AKERS JENNY BREEDEN ANNE MCKENNA W60 ELFRIEDA WYNER HELEN WILMOTH JANICE HICKS W70+HARRIET LOCKE MIDWEST Niketown Bastille Da Chicago, IL; 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Jim Harrington M40 2: Vicki Asmus W35 3: M40 Jim Harrington 2: M45 Kevin Rassier 3: 1.1 100

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201		
M65	DAVID PIKE	38:34
MOS	Robert Berrick	43:57
	IOHN WALLACE	44:40
170	MICHAEL SPENCHEN	44:41
	NORM WYNER	52:15
201	ALLEN KRESS	57:33
W40	RACHEL MONDERER	35:45
	BEVERLY LEAMON	36:58
	BRENDA HITCH	38:00
63	KAREN BUCHANAN	40:41
-	KAREN SEIFERTH	38:11
1145	KAREN BLIZARD	41:29
88	LINDA MORGAN	43:20
W50	BETTY SCHOHL	37:46
WOU	BHONDA WORTHAM	42:48
88	JUDY DICKENSON	45:17
W55	DONNA AKERS	42:33
W20	JENNY BREEDEN	55:54
82	ANNE MCKENNA	56:31
	ELFRIEDA WYNER	38:28
W6 0	HELEN WILMOTH	45:53
88	JANICE HICKS	50:33
	HARRIET LOCKE	48:57
w/0-	HARRIETLUCKE	40.5/

MIDWEST

(no 0 M40	WAYNE BUSH MIKE RUGGIO	16:57 17:09
M45	ISIDVO EUERAS BRIAN CONNELLY BILL COHN	18:28 17:26 18:47
M 50	CARY ADAMS	19:01 19:07 19:15
455	EDWARD KICHURA DAVID HOLMBERG DAVID CLEMENTS	20:00 21:29 22:06
M60	RICHARD PLEET	22:17 21:54 22:47
465	CLARENCE MELION PHILLIP TRAST DANIEL SUSMANO	27:53 29:43 31:14
470	WILLIAM GONZALEZ CHAMP MERRICK AL SERED	31:35 31:08 40:08
4754	S ROTHSTEIN MARK SCHMELTEER ROBERT TAYLOR	48:07
N40	BETH RUPPE CRICKET WEAVER LINDA RUECKERT	24:36 25:01 25:12
N45	KAREN MANSKE ADELA GAMBOA	21:23 22:34
N50	KAREN GRAHAM	22:55 29:35 30:17
W55	MARY LANDI ELLEN JACQUES JACQUELYN GOLAB	31:34 25:45 28:24
W60	GINA KAESER	29:21 25:02 26:03
W65	HISAE BELLIARD	29:52

ships Madison; July 23

Overall	
Rider Clauss 19	4:34.5
Jolly Burke 17	5:11.2
M40 Steve Barczi	5:12.5
Daniel Harris	5:22.8
Michael Bunton	5:30.7
Jeff Bakken	5:52.4
Dithi Wolfe	6:09.0
N Nugzkiewicz	6:26.3
Rich Tomscak	6:40.2
Risola	6:47.7
M45 Ron Ofstun	5:01.1
Bill Gilmore	5:04.4
Mike Kohrs	5:11.2
Jeff Groose	5:17.3
Chris Reedy	6:10.2
Don Smith	6:30.0
Bruce Maybee	6:48.3
K Fitzpatrick	6:56.1
Dylan Abraham	9:35.8
M50 Jeff Pearman	5:56.2
Greg Kesling	6:02.1
	6:15.4
Frank Brodkey Billy Maybee Jr.	
Rob Allen	6:21.3 6:28.7
Michael Lutz	7:16.7
M55 Stan Mathes	5:22.8
Marvin Ripp	6:27.9
Gary Lowenthal	7:31.4
M60 Peter Senzig	
John Schultz	7:42.8
W40 Doreen Groshan	8:55.1 5:33.1
H. Harrington	
Julie Isola	7:16.1
W45 Mary Hinkes	8:21.9 6:41.7
1145 Mary Hinkes	0.41./
Grand Island	Trail
Marathon &10K,	Grand
Island, MI; July	y 30
and the second second	and Ball
Overall	
Jim Harrington M40	2:43:35
Vicki Asmus W35	3:26:01
M40 Jim Harrington	2:43:35
M45 Kevin Rassier	3:15:14

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M50	David Luckhardt	3:20:29
M55	Terry Hakkola	3:29:35
M60	Marvin Lafler	3:46:47
M70-	Eugene Bruckert	5:38:02
W40	Donna Gering	3:42:46
W45 W50	Janice MacKay Janet Koistenen	3:50:00
10K	Janet Kuistenen	5:20:36
Over	all	
Mike	Holik	34:39
Joan	Rundman	41:53
M40	Paul Hartman	50:10
M45	Gary Whitmer	37:37
M50	Ronald Durham	41:51
M55 M60	Mike Lindquist	53:26
M65	Dennis Wilbee Dick Jenkins	57:31 1:03:21
W40	Joan Rundman	41:53
W45		56:34
W50	Janet Courtright Joanie Rogucki	53:27
W55	Joan Nashelsky	1:11:35
W60	Joyce Tuchel	1:07:14
	MID-AMERIC	A
Marcal	Bix 7M	and the second division of the
D	avenport, IA; Ju	10 30
	avenport, iA, Ju	ily 30
Over	all	
	rt Okari	32:24
	Olaru	36:53
M40-	Philip Kauder	38:41
	Dan Lawson	39:51
	Richard Fuller	39:59
M40	Jim McCoy	40:26
	Russell Boore Bill Field	40:51 41:13
	Larry Sullivan	41:13 42:01
	Larry Sullivan Les Youngren	42:04
1.1	Matt Mattheus	42:38
	Marty Gingerich	42:44
	Steve Beck	42:57
M50	Frederic Whitesid	
-	Terry Stewart	43:31
5.1	Peter Matthias Mark LeDue	43:36
	Bob Ensminger	44:10 44:11
	Ron Seats	44:44
	John Malson	44:49
1.7	Doug Newton	45:06
M60	Ron Brault	46:16
-	Frank Davis	46:57
	Jared Mondry	47:34
1. 1.	Juan Collazok	49:25
	Frank Bay	50:25
		52.07
	Wayne Taber	52:07
M70-	Charley Fowler Wayne Taber Warren Bystedt	52:26
M70-	Warren Bystedt	52:26 55:14 1:04:28
1	Warren Bystedt Fran Riley Joe Mahaffey	52:26 55:14 1:04:28 1:04:56
1	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva	52:26 55:14 1:04:28 1:04:56 41:51
1	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson	52:26 55:14 1:04:28 1:04:56 41:51 41:53
W40	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma	52:26 55:14 1:04:28 1:04:56 41:51 41:53 m 44:10
1	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman	52:26 55:14 1:04:28 1:04:56 41:51 41:53 In 44:10 49:15
W40	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman	52:26 55:14 1:04:28 1:04:56 41:51 41:53 an 44:10 49:15 49:42
W40	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert	52:26 55:14 1:04:28 1:04:56 41:51 41:53 In 44:10 49:15
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W40	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstro	52:26 55:14 1:04:28 1:04:56 41:51 41:53 m 44:10 49:15 49:42 49:49 49:51 49:56 50:02 50:11 m 50:33
W40	Warren Bystedt Fran Riley Joe Mahaftey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes	52:26 55:14 1:04:28 1:04:26 41:51 41:53 n 44:10 49:15 49:49 49:51 49:56 50:02 50:11 n 50:33 53:42
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W40 W40 W50	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Rita Schaeffer Pamela Heinz	52:26 55:14 1:04:28 1:04:28 1:04:56 41:51 41:51 49:15 49:42 49:49 49:51 49:56 50:02 50:11 n 50:33 53:42 53:57 54:33
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W40 W40 W50	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Riita Schaeffer Pamela Heinz Sandy Rupnow Kay Ralston Judith Turner Lynda Merrill Connie Short	52:26 55:14 1:04:28 1:04:28 1:04:56 41:51 41:53 n 44:10 49:15 49:49 49:51 49:56 50:02 50:11 n 50:33 53:42 53:57 55:15 55:56 59:40 1:04:08 1:04:09 1:04:21 1:06:41 1:06:41
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W40 W40 W50	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Riita Schaeffer Pamela Heinz Sandy Rupnow Kay Ralston Judith Turner Lynda Merrill Connie Short	52:26 55:14 1:04:28 1:04:28 1:04:56 41:51 41:53 n 44:10 49:15 49:49 49:51 49:56 50:02 50:11 n 50:33 53:42 53:57 55:15 55:56 59:40 1:04:08 1:04:09 1:04:21 1:06:41 1:06:41
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W40 W40 W50	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstor Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Rita Schaeffer Pamela Heinz Sandy Rupnow Kay Ralston Judith Turner Lynda Merrill Connie Short Penny Danielson M Fahrenkrug +Lois Gilmore	52:26 55:14 1:04:28 1:04:28 1:04:56 41:51 41:53 n 44:10 49:15 49:49 49:51 49:56 50:02 50:11 n 50:32 53:42 53:57 55:15 55:56 59:40 1:04:08 1:04:08 1:04:08 1:04:08 1:04:28 1:06:41 1:06:41 1:06:44
W40 W40 W50	Warren Bystedt Fran Riley Joe Mahafley +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Rita Schaeffer Pamela Heinz Sandy Rupnow Kay Ralston Judith Turner Lynda Merrill Connie Short Penny Danielson M Fahrenkrug +Lois Gilmore L Christensen	52:26 55:14 1:04:28 1:04:28 1:04:56 41:51 41:53 n 44:10 49:49 49:51 49:56 50:02 50:11 n 50:33 53:42 53:57 55:56 59:40 1:04:08 1:06:41 1:06:41 1:06:44
W40 W40 W50 W60	Warren Bystedt Fran Riley Joe Mahaffey +Lyubov Kremleva Joan Samuelson Kelley Timmerma Doreen Groshan Maria Waterman Nancy Phelps Chris Eifert Christa Buenting Ann McConnell Judy Springer Andriette Wickstror Rhonda Brandes Gwenell Hobson Sandee Millage Jan Daker Rita Schaeffer Pamela Heinz Sandy Rupnow Kay Ralston Judith Turner Lynda Merrill Connie Short Penny Danielson M Fahrenkrug +Lois Gilmore L Christensen	52:26 55:14 1:04:28 1:04:28 1:04:56 1:04:56 1:04:56 1:04:57 49:51 49:52 49:49 49:51 49:56 50:02 50:02 50:02 50:02 50:01 50:020
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M70 Steve Blanchard 22:00 M75 Rich Thompson 32:38	Greg Thomps Neal Forreste
Tom O'Connell 35:33 W40 Donna Oxley 20:06	M55 Joe Canale David Dunn
Sheryl Weatherford 22:05	Karl Wagenkr
Nicole Miranda 23:58 W45 Pam Sneed 19:38	M60 John Stebbin David Wilkins
Adele Baker 22:16 Cindy Wayman 24:20	Ray McCann M65 Larry William
W50 Susie Willard 21:14 Marcella Morton 27:42	M70+John Keston Art Dietz
Priscilla Tiger 28:59	Carter Keane
W55 Grace McČoy 25:20 Betty Ryan 26:00	W40 K White Donna Eads
Janet Vedros 27:05 W60 Judy Bomer 26:19	W45 Jane Higdon
W70 Faith Walkwitz 29:56	Martha Řocke Deb Finch
WEST	W50 Marilyn Nippo Cheryl Nordh
San Francisco Marathon	Patricia Wign W55 Kathy Sansor
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Overall Tony Torres 35 2:31:57	Deseret News
Tony Torres 35 2:31:57 Sarah Hallas 25 2:56:55 M40 Vytautas Ezerskis 2:42:56	&10K, Salt Lak July 2
Colin Solomon 2:47:32 Dave Pratt 2:47:35	Overall
Steve Krebs 2:50:04	Jonathan Ndambul
Matthew Mullen 2:52:41 M45 Don Henderson 2:47:37	Irina Bogacheva 44 M35 David Bradley
Ronald Davis 2:47:48 David Tappe 2:52:50	M40 Bill Cobler Shaun Jacob
Carlos Farre 2:55:46 Michael Becher 2:55:56	Bill Cobler M45 Pete Peterse
M50 Barry Wallman 3:07:04 Steven Slawson 3:09:31	Dan Kerns Kennard Blac
Christopher Berka3:10:01	M50 Bill Francis
David Mackenzie 3:11:28 Douglas Maclean 3:14:00	Stanton Call Kerry Steadm
M55 Jim Mayo 3:22:03 Ted Levine 3:25:42	M55 Andy Schneb Mike Rosner
Pat O'Rourke 3:26:20 John Frerichs 3:28:28	Wayne E Joh M60 Gary Peirce
Frank Hughes 3:28:33 M60 David Beverley 3:32:22	Rex Carter Wally Burnha
Francesco Criniti 3:33:52	M65 Darryl R Bear Mel Pugliese
John Farah 3:43:08	Jim A Heinz
Robert Terry 3:44:56 M65 Juan Sobenes 3:56:15	M70 Milton Taylor Thomas Greg
Ed Luce 4:02:29 Bob Fredericks 4:07:06	Charlie Grege W35 M Simonaitis
Sam Roake 4:08:31 Peter Harvey 4:11:29	W40 Irina Bogache Kerilyn Hatch
M70 David Morgan 4:15:52 James Woolf 4:43:15	Lori Christian W45 Joyce Huddle
Orin Scandrett 4:56:00	Deborah Tart
Edgar Driver 5:01:45	Joanne Sorer W50 Margaret Set
W40 Jane Bloom 3:14:01 Kristin Babington 3:21:34	Jeri N Pugh Edith Helo
D Kerber-Rehr 3:24:01 Sharon Miller 3:24:42	W55 Mary Parkin Joann Jung
Anne Coyle 3:27:26 W45 Jean Watson 3:27:53	W60 Marita L Price
C Haldenwang 3:29:11 Becky Lowrance 3:30:13	10K Overall
L Jacobson 3:30:20	Teren Jameson 28
W50 Amy Yanni 3:25:02	Emily Jameson 27 M40 Larry Smither
Ana Mitchell 3:39:16 Janet Green 3:45:19	M45 Mel W Lemon M50 John Erickson
Barbara Bregman 3:46:25 Elizabeth Weaver 3:50:38	M55 Ray Workman M60 Ron Petersor
W55 Susan Love 3:53:49 Lynda Churchfield 4:00:40	M65 Fred J Bonne M70 Paul Lindsay
Marilyn Henriques4:07:29 Charlie Hunter 4:10:48	M80+John Cahill W40 Brenda G Gra
Marian Lyons 4:13:11	W45 Katy Christian
Barbara Brady 4:07:01	W50 Sandra Brann W55 Jeanie Grove
Vivian Reinikainen 4:12:54 Cheri Brandt 4:44:53	W60 Gladys Buxto W65 Sherilyn Benr
Hideko Okamoto 4:59:34 W65 Heather Yeowell 4:35:41	W70 Charlotte Fra
Sally Shipman 6:06:00 Virginia Farneman 6:22:57	Seafair Torchlig Seattle, WA;
Jane Cutting 7:16:31 W70 Katherine Beiers 4:52:00	Overall
Therese Fanelli 5:49:55	Nick Rogers 30
Kathleen Callaway5:57:21	Laura Turner 25 M40 Keefer Whan
NORTHWEST	Loren Hill David Whitee
Coburg Half-Marathon	M45 Daryl Montgo Craig Schiebe
Coburg, OR; July 17	John Rowley M50 Michael Alliso
Overall Dan Olmstead 33 1:09:09	Steve Bertran Rudi Schmidt
Jessica Carmona 26 1:24:10	M55 Rick Allan
M40 Joseph Dudman 1:15:05 Alan Whalen 1:19:50	Osamu Yama Greg Larson
Scott Frey 1:20:49 M45 Odis Sanders 1:13:07	M60 Chris Steer Ian Gilchrist
Tom Bascom 1:22:26 Todd Bosworth 1:26:22	Tom Rogers M65 Lee Parker
	Glen Jurges
M50 Ed Wilson 1:25:33	Cherrounges

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Neal Forrester	1:45:58 1:51:56 1:31:35	M70
Karl Wagenknecht M60 John Stebbins	1:46:28	W40
Ray McCann M65 Larry Williams	1:55:15 1:57:04 1:43:38 1:52:29	W45
Art Dietz Carter Keane	2:03:06 2:38:04 1:35:07	
Teresa Tarbuck W45 Jane Higdon	1:45:03 1:46:49 1:35:05	AT
Deb Finch	1:51:52 1:53:54 1:44:03 2:05:44	VA
Patricia Wigney W55 Kathy Sansone Rita Thompson	2:14:01 1:49:39 2:30:51	RI
	1:52:33 2:21:38	JO
Deseret News Mara &10K, Salt Lake Cit July 25		EF R/ VE S/
<u>Overali</u> Jonathan Ndambuki 303	2.22.30	P/ EM ZI
Irina Bogacheva 44	2:42:36	D
M40 Bill Cobler	2:52:24	SU
Bill Cobler M45 Pete Petersen	2:52:24	
Kennard Black	3:07:21	RI LY BC
Stanton Call Kerry Steadman	3:14:34 3:33:31 3:37:14	M. CC
M55 Andy Schnebly Mike Rosner	3:24:51 3:36:19	
Wayne E Johnson M60 Gary Peirce Rex Carter	3:51:02 3:45:02 3:52:01	M. W
Wally Burnham M65 Darryl R Beardall	3:57:54 4:45:09 4:46:56	M D Y
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Charlie Gregory W35 M Simonaitis	5:21:30 2:59:51	JL Di Ff
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W45 Joyce Huddleston Deborah Tarboton Joanne Sorensen	3:29:41 3:43:44	An Lu Br
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Joann Jung	4:46:57 4:50:11	AF
W60 Marita L Price	7:13:51	DO
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M40 Larry Smithee M45 Mel W Lemon	32:03 36:29	B/ SI
	34:20 35:01	BI
M65 Fred J Bonney	39:48 46:13	K/ M
	48:22 55:10	PE FF
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Seafair Torchlight R Seattle, WA; July	un 8K 30	R
Overall Nick Rogers 30	24:30	S
Laura Turner 25 M40 Keefer Whan	28:44 26:29	PI JA
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Craig Schieber John Rowley M50 Michael Allison	31:45 32:26 31:06	P/ AL
Steve Bertrand Rudi Schmidt M55 Rick Allan	31:50 33:08 33:34	M. IZ W
Osamu Yamamoto Greg Larson M60 Chris Steer	34:44 33:59	RC EL
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E. G. Ned Brown M70 Bill Iffrig Melvin Preedy	44:23 35:14 41:28	Edd	anne Ray li Walker b Dewitt	
France Cokan	France Cokan 41:39 W55 Sign			•
J Van Allen 36:59 Linda			an Bowles la Benefiel	
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ATHLETES W				
	NTH - S	EPTEMBE		G
VALENTINA GOTOVS	Service and the service of		9- 3-65	
VALENTYNA KREPKI RICHARD CISTONE(R.AZ)	9-5-65 9-23-65	1
DEXTER MCCLOUD(KAREN MILLER(SPO	NORCRO	SS,GA)	9-1-60 9-14-60	-
JOAN TAYLOR (SANT	A CRUZ,C		9-15-60	4
JOY SARGIS(ENCINI ZANETTA HOEHLE(S			9-16-60 9-22-60	2
ERIC ROESKE(NED) RACHEL KOEKEMOE	R(RSA)		9-26-60 9- 6-55	1
VERONIQUE MAROT SALLY YOUNG(GBR)			9-16-55 9-29-55	-
PATTI FORD(LAFAYE			9-30-55	5
EMME MISSENE(CHL ZINA MARCHANT(GB	Ŕ)		9-8-50 9-13-50	-
DUANE GREEN(RUS DAVID FRIEDMAN(US	S)		9-16-50 9-20-50	-
SUZANNE MUSIKAN DELMON MCNABB(L	TOW(CHI		9-25-50 9- 8-45	-
DAGMAR WIDMAN(G	ER)		9-12-45	(
LAMAR MILLER(ANN RUDITE ZIEMANE(UF	RS)	MI)	9-13-45 9-15-45	-
LYNN DONALDSON(BOBBI ROTHMAN(MI		ACENY	9-16-45 9-19-45	-
MATTI KILPELAINEN			9-21-45	(
COLIN AYLING(GBR) ANJA AALTONEN(FIN			9-24-45 9-25-45	-
JUDY VERNON(GBR) DORIS THIELE(GER)			9-25-45 9-26-45	-
MARIO TROMBELLI(WLODZIMIERZ SOKO	GER)		9-2-40	
MAREK GLOWACKI(NAPLES,	FL)	9-7-40	1
DONNA SENSIG(MAD YVONNE DEWIT(RSA)	9-9-40 9-11-40	-
STEVE LYONS(CA) IRMA KIRCHOFS(GE	R)		9-14-40 9-16-40	1
BRIDGET CUSHEN(G	BR)		9-16-40	
JUTTA MCCORMICK(DON MCCRAY(PORT	LAND, OF	3)	9-17-40 9-19-40	1
FRIDERUN KUMMER MARTIN HEE(HONOL	LULU,HI)	and the second	9-24-40 9-26-40	
MAURICE MCDONAL ANNIE LANDS(KENM			9-26-40 9-29-40	
LJUDMILA HMELEVS BRUCE TULLOH(GBP	KAJA(UR		9-30-40 9- 0-35	1
HORST MEYER(CA)	1		9- 5-35	
SHARON BINTLIFF(H WAVA MOSBRUCKER	R(GREEN		9- 5-35 9- 6-35	
PATRICIA DRAYTON(ARNOLD BUDD(NYC)			9-8-35 9-10-35	
SHEILA CHAMPION(I DOROTHY MCLENNA	RL)		9-11-35 9-11-35	-
CHRISTINE MCCLEN	NAN(GB		9-11-35	1
JOHN BRENNAND(SA JOYCE SCHMIDT(AU		BARA,CA)	9-15-35 9-15-35	
SALLY FREDERICKSC HELGA BALZER(GER		RONIMO,CA	9-20-35 9-20-35	-
BARBARA DUNSFOR	D(GBR)		9-20-35	1
SUMIKO KODAMA(JF BILLY TOY(TX)			9-25-35 9-27-35	-
VELA BELBEZE(FRA) KATIE MCINTYRE(SA		NICA,CA)	9-27-35 9-29-35	
MARY ROMAN(NORV PEGGY FLETCHER(C	VALK,CT)		9-30-35 9- 5-30	1
FRED GALLARDO(RI	VERSIDE		9-7-30	
IRVING BLACK(NEW DOREEN CARMICHA			9-14-30 9-14-30	
SKIP DOUGHERTY(U ULLA SEGER(SWE)	IS)		9-17-30 9-17-30	
DOLLY DOWNEY(LAP		H,FL)	9-18-30	
EMILY WEBER(BROA	DVIEW,II	_)	9-23-30 9- 1-25	
L HERTER(GER)	(A)		9- 5-25 9- 6-25	
ROLF STRANDLI(SW TOTTI KASEKAMP(U			9-22-25 9-22-25	1
LILLIAN RANKIN(ST.	LOUIS,M	0)	9-27-25	1
SVERRE STRANDLI(I ANTHONY NAPOLI(B	UFFALO,	NY	9-30-25 9- 8-20	
PIERRE DARROT(FR JACK RICE(TAMPA,FI			9-10-20 9-19-20	1
MARIA VAN AS(RSA) ARNE WELLFELT(SW	Server 1		9-20-20 9-25-20	1
ALEXANDER CARNIE	(RSA)		9-30-20	
MARGARET CAHILL(PAUL HALL(CA)	Participa	12	9-30-20 9-7-15	1
ALICE WERBEL(SAN MARY LAHAIE(PENS	LUIS OB	ISPO,CA)	9-28-15 9-29-15	1
IZOU SATOU(JPN)		1. C	9-30-15	1
WILFRED BIGELOW(MITZI PROBST(IL)		1,04)	9-6-10 9-16-10	
ROSARIO IGLESIAS(ELEANORE PEASE(FA		GLADE, TN)	9-20-10 9-26-10	1
IRJA SARNAMA(FIN)		A CONTRACTOR	9-27-5	
	plied but	Pete Mun		

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"Pain-Free Relief... finally, after decades of running!"

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- Jim Selby, World Champion

FlexGen is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Available without a prescription, FlexGen is made with a 100% safe and natural formula, rich in cetylated fatty acids. FlexGen has been shown in clinical trials to relieve pain and impeded range of motion. The unique system underwent strict clinical tests and scientific studies at the University of Connecticut and University of Minnesota.

Used by Champions to: • Reduce Pain • Improve Range of Motion • Reduce Stiffness • Support Flexibility

Incredible Two Part System:

FlexGen softgels are made with a 100% safe and natural formula, rich in cetylated fatty acids, shown in clinical trials to support healthy joint motion. The powerful blend of fatty acid esters in FlexGen allows for healthy, nourished joints without any harmful side effects.

FlexGen[®] pain relief cream is mild yet extremely effective at easing joint related pain and stiffness, as well as muscle aches. Different from most products on the market that simply mask the pain, FlexGen[®] cream works below the surface of the skin. Its transdermal formula passes through deep layers of skin to work directly on the source of the pain.

In a double blind clinical trial conducted at the University of Connecticut, participants using the ingredients found in the FlexGen" system showed significant and cumulative improvement throughout the study. The focus of the study was cetylated fatty acids and their effects on joint function and in particular those who suffered from knee osteoarthritis. Patients involved in the study showed improved flexibility and function just thirty minutes after the initial application of the ingredients found in FlexGen".

The results were so powerful, we are willing to make you a money back offer... if FlexGen doesn't work for you, we'll refund your money (less shipping).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease. "After decades of running, it's important to have the absolute best for my joints. FlexGen is far superior to any product I've ever tried in my 60 years of athletics"

Jim Selby Senior Star Athlete

Instant Pain Relief

"I decided I wanted to use something more natural, and what I decided on was FlexGen because I believed this would be the answer to my problems. I was thrilled with the results. FlexGen cream provides instant pain relief while the softgels support the flexibility in my joints. I don't know what I would do without FlexGen."

Derek Boosey

1968 Olympic Athlete for Great Britain, Triple Jump 1998 World Masters Triple Jump Gold Medallist, (55-59 age category)

Nothing Like It

"The only thing that's ever worked for me has been FlexGen". I've never had anything else that's given me any sort of relief either short or long term, but the FlexGen" has just been a blessing. It's the greatest thing I've ever tried."

1964 & 1968 Olympic Basketball Team

I'm a Believer

"FlexGen" worked better than anything the patients we tracked had tried before. Many of them were borderline surgery candidates, looking for something as a last resort. Nobody was more skeptical than I was. But when we saw the results: the increase in range of motion and significant reduction in pain, certainly I'm a believer now. I recently gave it to my mother, and she swears by it."



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