158th Issue October, 1991 \$2.3

## Binder, Vera Smash Records in Crim 10-Miler

by LOIS CRAIG, Race Director

Laurie Binder, 44, fresh from her record-breaking performance in the Fujitsu 8K on June 15, smashed her own U.S. women's age 40-44 record of 58:34 for 10 miles with a dazzling 56:05 in the 15th Annual Crim Road Race in Flint Mich., August 24. Her time was just short of Zina Marchant's world best of 55:58. For her effort, Binder ran

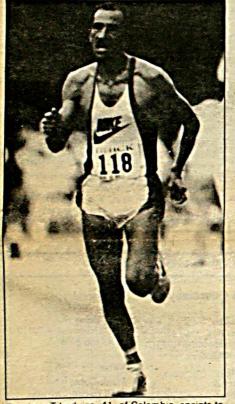
off with \$1500 in masters prize money.

Joining in the record-breaking spirit in the men's division was Manuel Vera, 40, who turned in a 49:17, shy of John Campbell's M40-44 performance of 47:55 in last year's Crim. Vera, a practicing pediatric cardiologist, in Mexico City, also took home \$1500.

Another outstanding performance in the 10-miler was by 62-year-old Whaywong Semer of Oakland, Calif., who eclipsed Jaclyn Caselli's single-age 1983 mark of 1:20:29 with a 1:19:36. Other masters men taking home prize money were Domingo Tibaduiza, 41 (50:29, \$800) and Henry Bickford, 40 (51:29, \$500). On the distaff side Gabriele Andersen, first W45, got \$800 for her 1:00:48 effort, while second W40, Laura Lynn picked up \$500 (1:01:8). Overall winners were Steve Kogo (47:15) and Lesley Lahane (54:02).

Now in its 15th year, the Crim drew a record 11,638 participants. Over 3200 volunteers provided water, directions,

Continued on page 9



Domingo Tibaduiza, 41, of Colombia, sprints to a 50:29 performance and \$800 2nd master prize in the Bobby Crim Road Race, Flint, Mich., Aug. 24. Photo by Mike Ramsåyer

#### Sutton, Finger Set Marks in Don Harris Memorial Meet

by PETER TAYLOR

WYNNEWOOD, PA., August 17—Hot, humid conditions prevailed to-day at the Third Annual Donald S. Harris Memorial Track Classic held at Lower Merion High School. Even so, world champion middle-distance runner Jim Sutton, 60, ran the 1500 in 4:38.94, smashing Joe King's M60 AR of 4:46.96. Sutton also became the first 60+ American to break 5 minutes with his one mile effort of 4:58.2, eclipsing Dave Stevenson's 2-year-old M60 AR of 5:14.2.

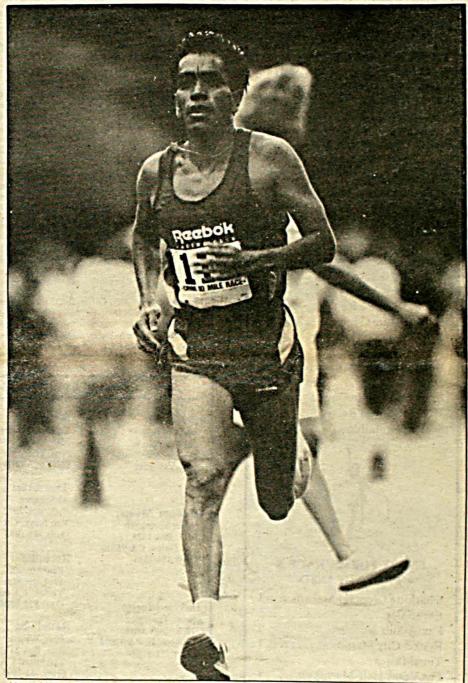
In another record-shattering effort, retired University of Virginia philosophy professor Frank Finger, 76, broke Gil Gonzalez' M75 WR 300H mark of 60.78 with a blistering 56.82.

Madeline Bost, 52, vaulted 2.23 meters for a new best for her. Retired chemist Claude Hills, 79, bettered Herb Anderson's mark in the 80H with an 18.10, while Rhode Island's Sparks Sorlien soared 8.39 in the triple jump.

World 200 champion Ken Brinker, 44, showed his stuff by winning the 110H (15.38), 400 (52.65), and 200 (23.39). Versatile Irene Thompson made her trip from Syracuse, New York, worthwhile by going 4-6 in the W35 high jump, 4.62 in the long jump, and running the 100 in 13.12 and the 400 in 1:02.96.

Among other standout performers, Ed Cox had the right prescription as the good doctor roared through the

Continued on page 8



Manuel Vera, 40, takes top mmasters honors with a 49:17 10-mile effort in the Bobby Crim Road Race, Flint, Mich., Aug. 24.

Photo by Mike Ramsayer

# Romesser Ends Campbell's Winning Streak at 46 Races

After going undefeated in 46 consecutive races in masters competition, New Zealand's John Campbell, 42, has finally lost.

Indiana's Gary Romesser, 40, upset Campbell in the Philadelphia Distance Run Half-marathon on September 15 in a time of 1:07:14. Luis Lopez, a Costa Rican living in New York, took second in 1:08:18 with Campbell third in 1:10:25.

It was Campbell's first masters loss since he turned 40 over two years ago. He had defeated Romesser in the Bix 7, on July 27.

California's Laurie Binder, at age 44 running better than ever, smashed the Continued on page 3

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# NATIONAL MASTERS NEV

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event

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

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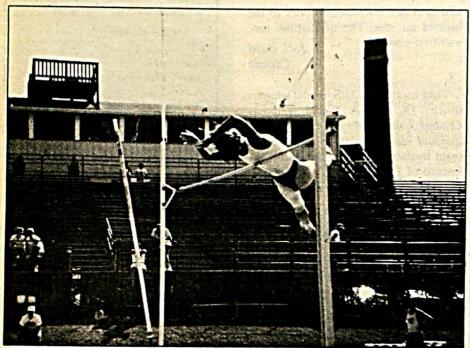
#### Romesser Ends Campbell's Winning Streak Continued from page 1

listed U.S. masters half-marathon record with a time of 1:13:57 for fifth place woman overall. Her time is a 97.9% on the masters age-grade scale and demolished Barbara Filutze's U.S. W40-44 mark of 1:16:00.

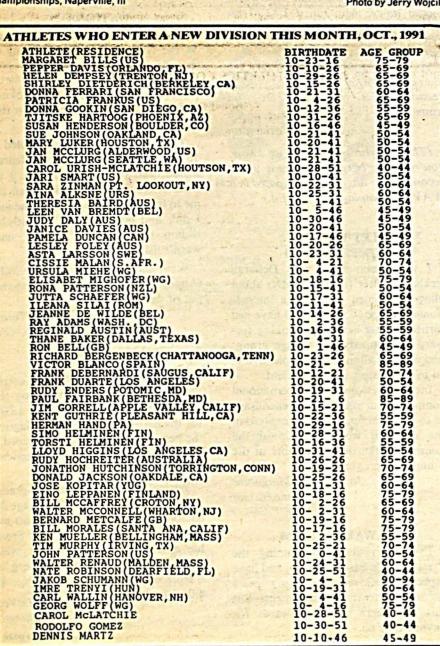
Nancy Grayson was second (no time

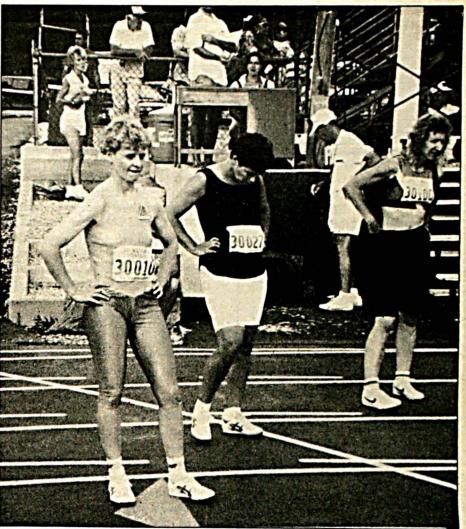
available). Heather Matthews (1:18:27 was third. England's Priscilla Welch started but did not finish.

Overall winners were Rolando Vera (1:03:00) and Kim Jones (1:12:53). Complete results next month.



Phil Raschker 44, breaking her W40-44 world pole vault record with a 3.00, TAC National Masters Championships, Naperville, III Photo by Jerry Wojcik





Margaret Perrott, #30010, of Australia waits for her time (12.52) after finishing first in the W30 100. She also beat the field in the 200 (25.82). Terri Woodruff, #30027, finished 5th (14.86), and Kris Wright, 3rd (14.11), TAC/USA National Masters T&F Championships, Naperville, III., July 4-7.

Photo by Jerry Wojcik

#### Races

Marathon • Women's 10K: includes 1992 TAC National and N.C./TAC Championships • Men's 10K: includes 1992 TAC National and N.C./TAC Championships • Men's Masters 10K

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#### **WAVA GAMES**

I certainly enjoyed the IX WAVA World Veterans Championships in Turku, Finland. NMN's analysis and reporting in the September issue was excellent and provided an even broader

Carol Rider, 49, Bridgeport, N.Y., (1:37:45), in the Phelps Sauerkraut 20K, Phelps, N.Y. Photo by Terry Pearl

view of all the activities and results. In addition, Al Sheahen's announcing was outstanding and lent much to knowing more about the athletes and the competition.

I especially enjoyed the people-topeople aspect of the event. In my mind that is the most enjoyable, important and satisfying part. Mel Larsen Springfield, Illinois

My motto is: "If you can't say anything good about something, don't say it." Therefore, I won't say anything at all about the World Games in Turku.

It was my first foreign country track meet - and it will be my last. I guess Eugene set too high a standard for everyone else to follow.

So, I thank Eugene once again for a wonderful experience, for the friendships I made there, and the camaraderie. Chuck Sochor Gowen, Michigan

Turku was another fabulous experience - meeting masters from around the world. It was different from Eugene but very special in its own way with spectacular performances and inspirational efforts.

Once again we proved that it's possible for people of every race, nationality and political persuasion to live together in unity and harmony.

First aid crews did a wonderful job

and provided immediate service to the injured athletes. The officiating, too, was first class. Jack Boyd Canada

Your total list of U.S. medal winners in the IX WAVA World Veterans Championships only represents the individual medal count. If you include team medals, the count should be 271 instead of 172.

In these events our U.S. masters managed to get another 35 gold, 31 silver and 33 bronze medals. I am very proud of my bronze in the team crosscountry event. Adrien Pronovost Corpus Christi, Texas

Great issue on the IX WAVA World Championships. The endless results are great for stat freaks. The W35 1500 showed Tatyana Kazankina in 2nd place at 4:47:58. Is that the 1500 world record holder who ran a 3:52.47 on August 13, 1980 and who was born on December 17, 1951? So she'd be almost

If so, I don't think the WAVA Games have ever had a current world record holder competing. Do you **Bob Langenbach** Seatac, Washington

(That was her. As far as we know, you're right. No other current world record holder has ever participated in a WAVA Championships. - Ed.)

#### LET WOMEN **COMPETE AT 30**

I very much agree with Deborah Eckhart's letter (August NMN) about allowing women to compete internationally at age 30. Like her, I have just turned 30 and have been looking forward to competing in an age group, and meeting all the neat people involved in submasters track and field.

Including women in international competition at age 30 would encourage us to keep training and stay involved in the sport. It would also boost the number of female participants in the submasters program.

> Joy Upshaw-Margerum Kamuela, Hawaii

#### NO AWARDS FOR 60+

I've always enjoyed running the Presidio 10 in San Francisco, and have especially enjoyed seeing my peers decorated after their achievements. But this year there were no awards for anyone over 60.

#### Nine Join **NMN Sustainers**

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

Special thanks this month goes

Don Mather Mt. Prospect, IL John Williams San Juan Capistrano, CA A. Goldman Los Alamos, NM Barbara Anderson St. Louis Park, MN David Pitkethly Kirkland, MA L.A. Valley Athletic Club L.A., CA Moshe Myerow Bangor, ME Ovidio de Jesus Guaynabo, PR Robert K. Stone Kensington, CA

When we mentioned this oversight to the race director, he treated us like a bunch of recruits doing K.P. and told us to come back next year. However, I doubt I'll re-enlist. I'm over 65 now and may forget where I placed my

> Warren Pait San Francisco, California

#### **NATIONALS**

I won a gold medal (W50 hammer) at the Nationals, and my family and friends shared my joy. However, NMN showed two other women threw farther than I, and that one of them broke my U.S. W50 record. But I never saw them

The W50 hammer was scheduled for July 5 at 8 a.m. But on arrival I learned it had been switched to July 4. I was livid. Meet Director Dick Green told me to throw the next day with the men. I did, and later received a first-place ribbon from Green. But my name wasn't listed in the results.

What goes? I agree with Gary Miller (August NMN). The present system is out of date.

Mildred Toman Parma, Ohio

#### AGE-GRADING

The July 1991 issue of NMN carried an article by Marty Post stating that Evy Palm's age-graded score of 1.0370 for the half-marathon in The Hague is the best age-graded mark on record.

It is also stated that no Americans have reached the 1.000 barrier.

Wrong! Al Oerter had age-graded scores in the discus of 1.0570 (age 50, 65.30m), 1.0461 (age 51, 63.80m) and 1.0420 (age 52, 62.74m). Larry Stuart has a score of 1.0094 for the javelin (age 51, 65.30), and Larry Almberg has a score of 1.0012 for the mile (age 43, 4:06.70).

Bev LaVeck Seattle, Washington Continued on page 11

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#### **Empire State Games Draw 500**

by PAUL MURRAY

Nearly 500 New York athletes participated in the 1991 Empire State Games Masters Track and Field meet



George Freeman clears the water hurdle en route to victory (13:31.6) in the M55 steeplechase, Empire State Games, Albany, N.Y., July 27. Photo by P. Murray

held in Albany, July 26-27. Despite the absence of some of the state's top Masters who were in Finland competing in the World Veterans Championships, several outstanding performances were turned in.

Adrian Sterrett of Jamaica dominated the M35 sprints, winning the 100 (11.86), 200 (24.30), and 400 (51.8).

Howard MacMillan of Liverpool sprinted away from his rivals to win the M65 100 (14.64), 200 (30.68), and 400 (70.05).

Rodney Wiltshire of Jamaica looked impressive winning the M40 400 meters (53.17) and 400 hurdles (58.81).

Joe Contario of Newark blew away the competition to win the M35 10K (32:19.6) and came back the next day with a strong second place finish in the 5K (15:37.5).

Vince Colgan scored a tough distance double, winning the M50 5K (17:36.4) and 10K (36:43.7).

Marcia Hulse of Brooklyn established herself as the fastest woman at the meet, easily winning the W35 100 (12.9), 200 (27.12) and 400 (64.4).

Kathy Pierce of Cortland was the busiest athlete at the Games as she won the W40 100 hurdles (16.36), javelin

Quincentennial Event



Mark Heidelberg (54.32) finishes the M45 400 ahead of Jim Buckley (55.34), Empire State Games, Albany, N.Y., July 27.

Photo by A. Tetrault

(23.42), and high jump (1.24) and placed second in the 100 (14.35) and 200 (29.2).

After months of uncertainty, the state legislature approved funding for the Games at the last minute, but organizational problems caused many problems for participants in New York's largest masters meet. Frequent delays between heats prolonged the track events unnecessarily. On both nights the last race finished after 11:00

p.m. Athletes and spectators who had arrived at 4:00 p.m. or earlier went home tired and hungry because no food was sold at the track. Disputes over lap counts in the 10K resulted in the disqualification of four runners, invalidating outstanding performances by Harold Rubin, Bob Gauvreau, Julie Wilcox, and Mary Wallace. Results were not provided for the press or participants, and no one seemed to know if meet records had been set.

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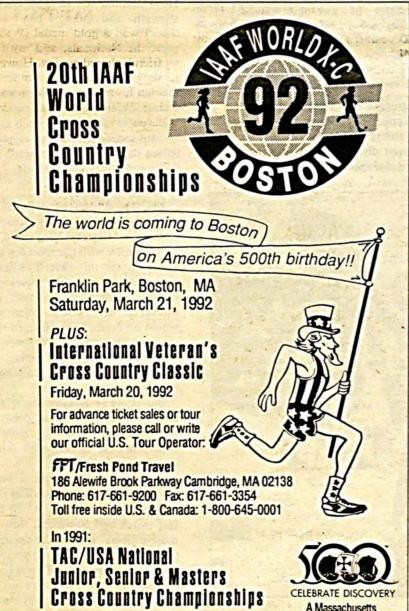
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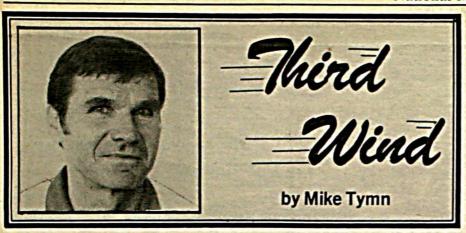
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Saturday, November 30, 1991



#### A Matter of Semantics

To doubt many readers reacted as I did to the media report that U.S. Open champion Payne Stewart, as well as fellow golf pros Lanny Wadkins and Mark Calcavecchia, all said that Jack Nicklaus shouldn't be picked for the U.S. Ryder Cup team because, at 51, Nicklaus would not be up to playing two rounds a day.

Thirty-six holes in one day! Wow! What a test of endurance for a person over 50! That's got to be the equivalent of running the Western States 100 miler in under 16 hours. So what if he gets to ride around in a cart for most of it; he's still faced with the challenge of climbing up to each green and then walking back down again. Doing that 36 times two days in a row certainly can tax the legs and cardiovascular system of someone Nicklaus' age.

It may very well be, though, that my facetiousness is based upon ignorance and false assumptions. My initial reaction was to assume that the three golf pros were talking about endurance. Moreover, I was applying my own definition of endurance. To me, endurance is something calling for both the aerobic and anerobic systems to be pushed to their limits, while the mind allows the body to continue through the exercise of great willpower. I find it very difficult to think of playing 36 holes of golf as requiring such endurance.

#### **Endurance vs Concentration**

What Stewart, Wadkins, and Calcavecchia may have had in mind is not endurance, but concentration. When Nicklaus turned 50, golf pro Johnny Miller had this to say in a USA TO-DAY interview: "Jack is a once-in-alifetime player. But the older you get, the more difficult it is to maintain your concentration over four rounds. The

later for the \$22 subscription price.

hardest thing for Jack will be that fourth round when he's in contention."

I can't quite comprehend in what way concentration is affected by age, although I do recall reading a few years back that world-class chess is a young man's game because the older chess masters had lost the ability to concentrate as they had in their youth.

Could it be that there is a link between concentration and the nervous system? "As you grow older, your nervous system isn't as good as it was," said former golf great Jerry Barber in a 1985 Golf Digest interview. "And when your nervous system deteriorates through age, that very fine fraction of a second that your timing is off affects your shotmaking, whether it's a chip, a bunker shot, or a drive."

Many aging golfers have made the same comment. Sam Snead referred to aging's attack on the nerves as the "vips."

#### Concentration vs Desire

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On the other hand, I wonder if the concentration problems are related to a lack of the necessary desire. Perhaps Nicklaus, having won more than his share of championships and not hungry enough to subject himself to the pressures of competition as the "weariness" of 36 holes begins to set in, would be inclined to back off and relax too much rather than bear down. In his book, Golf Begins at Forty, Sam

Snead advises that "When you've got a good round going, you've got to play cool mad. You've got to work extra hard to concentrate on the shot at hand. If you don't, you'll get careless and relaxed. That's when the other players start passing you in droves."

#### **Endurance vs Strength**

Shortly after turning 50 last year, Nicklaus had this to say: "I think my chances are pretty good. I don't have the strength I once had, but strength isn't a factor at Augusta." What exactly Nicklaus meant by strength is not clear. Did he mean the strength necessary to drive the ball as far as he once had, or the strength necessary to go 72 holes? I hear the word strength tossed around a lot among runners, sometimes used in place of endurance and other times used synonymously with speed. I'm never quite sure what the runners are referring to, and most of the time I don't think they know either.

#### Strength vs Power

To me, strength is a weightlifter pressing 500 pounds over his head or perhaps doing a full squat with similar poundage. Strength is not the same thing as power: rather it is a component of power. Strength combines with speed or quickness and the result is power. Al Oerter throwing the discus and Brian Oldfield putting the shot are examples of awesome power. Of course, technique is also a factor.

As I see it, there are people who have world-class strength but who do not necessarily have world-class power. The reverse also holds true.

#### Strength vs Stamina

Applied to running, I see strength as the ability to sustain a given pace over a given distance. A person may have the endurance necessary to run a mara-



Ruth Heidrich, W55 first (1:47:25), Windward Half-Marathon, Kailua, Hi.

Photo by Tesh Teshima



Libby Hagemann, shown here winning the javelin contest with a 58-11, broke the W70-74 hammer WR with a 72-6 and the U.S. discus record with a 62-8, Boston Masters NEAC Meet, Dedham, Mass., July 13.

Photo by Steve Schmitt

thon without stopping, but not have the strength necessary to sustain a 6-minute pace for the entire 26.2 miles.

Then again, I have heard two runners in recent months refer to their interval training as building stamina. How stamina ties in with endurance, strength, and speed, I can't say. My dictionary defines stamina as being pretty much synonymous with endurance. I suspect that some coach decided he'd use a different word, thereby making his runners think he was on to a unique training method.

If you're an aspiring coach and really want to awe your young runners, try telling them that your training system is designed to build fortitude.

#### Speed vs Leg Speed

On this subject of definitions and semantics, will somebody please tell me who coined the term "leg speed," as in "The runner with the most leg speed is going to win this race"? Whenever I hear a television color commentator offer something along that line, I marvel at his wisdom. Most viewers would no doubt have assumed that the runner with the most arm speed would win it. Isn't "leg speed" something of a redundancy when we're talking about running?

But if we're talking about a longdistance race, isn't it the person with the least leg speed (the most slowtwitch muscle fibers) who wins the races?

If we're talking about a one-mile run, where physiologists tell us the best competitors have about 50-percent fast-twitch and 50-percent slow-twitch muscle fibers, neither the person with the most leg speed nor the person with the least leg speed should win the race. I guess that means if you're not exceptionally fast or exceptionally slow, you should be a good miler.

Why is it so confusing?

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#### Campbell, Binder Take Masters Titles in Bix

by JERRY WOJCIK

John Campbell, 42, of New Zealand, with a 34:58, won his second straight masters title in the Quad-City Times Bix 7 Mile in Davenport, Iowa, on July 27. Gary Romesser, 40, Indianapolis, in 35:32, and Bill Rodgers, 44, Boston, Mass., a Bix perennial, with a 36:27, followed for second in the M40-49 division.

Ronn Baker, Omaha, Nebr., took the M50-59 race in 40:55. The M60-69 contest went to Warren Bystedt, Grand Junction, Colo., 45:52. Deno Tulini, Rock Falls, Ill., ran 51:48 to capture the M70+ division crown.

Laurie Binder, 44, of Oakland, Calif., won her third Bix masters title with a 39:28. Gabriele Andersen, 46, of Sun Valley, Ida., was second in 41:19, and Barbara Fitutze, 45, of Erie, Pa., third in 41:38.

#### **Ten Years Ago**

- John Alexander, 61, Scores 3611 Points To Win National Masters Pentathlon Championships
- New American W50 10K Mark of 38:16 is Set By Sister Marion Irvine
- Canadian Jean Cleator Breaks W55 5000 WR With a 21:18.5 in North American Masters Championships
- Philadelphia Expects 3000 Entrants For Masters Sports Festival

Wen Shi Yu, Kew Gardens, N.Y., won the W50-59 race with a 50:32. La-Dean Christensen, Davenport, took the W60-69 race in 61:18, and Ellen McCoy, St. Paul, Minn., won the W70+ affair with a fast 60:46.

This was the 17th running of the race, which was held in perfect weather with temperatures in the low 60s. A record number of 18,124 walkers and official runners started, with over 7700 of the runners finishing.

Ken Martin (32:21), Santa Fe, N.M., and Uta Pippig (37:04), Berlin, Germany, were open winners. □



Vanessa Hilliard broke U.S. records in the W50 discus (29.64) and hammer (39.41), TAC National Masters T&F Championships, Naperville, III., July 4-7. Photo by Jerry Wojcik

#### Romesser, Grayson Masters Winners in Asbury Park 10K

by JERRY WOJCIK

Gary Romesser, 40, of Indianapolis, and Nancy Grayson, 41, of Columbia, S.C., were masters firsts in the 11th Asbury Park 10K Classic in Asbury Park, N.J., on August 10.

Romesser ran 30:50 to take 25th place overall, the first masters prize of \$750, and the best age-graded masters performance with a 92.6%. Luis Lopez 42, of NYC, second master in 31:30, worth \$400, was also second best performer with a 91.8%. Philip Kircher, 41, Flourtown, Pa., took the third place award of \$300 with a 31:43, but John Hosner, 66, of Blacksburg, VA., M65 winner in 39:09, was third best performer with a 91.2%

Other division winners were Barry Brown, 47, Bolton Landing, N.Y., 33:32; Fay Bradley, 53, Washington, D.C., 34:31; John Dugdale, 56, Danbury, Conn., 36:40 Jay Sturdevant, 60, Ridgefield, Conn., 38:30; and Michael Bertolini, 71, Bridgeton, N.J., 43:08, in the M70-79 division.

Nancy Grayson, 41, of Columbia, S.C., captured the women's masters

top prize of \$750 with a 14th-place 35:29, a 90.5% performance. Nancy Oshier, 43, of Rush, N.Y., garnered \$400 for her masters second 36:12, but Barbara Filutze, 45, of Erie, Pa., who had the top W40-and-over performance of 91.2% with a 36:15, had to settle for the third-place award of \$300.

The other W40 + winners were Sofia Turosz, 51, Hartford, Conn., 41:07; Wen Shi Yu, 56, Kew Gardens, N.Y., 44:02; Toshiko d'Elia, 61, Ridgewood, N.J, 45:19; Edith Farias, 67, Salisbury Mills, N.Y., 51:00; and Althea Jureidini, 73, Bronx, N.Y., W70-79 victor in 68:50.

Of the 4300 registered runners, 3424 finished. Temperatures were in the low 70s, with a cool breeze, and without the heat and humidity that has plagued the event for the last several years.

Peter Weilenmann, 25, 29:02, of Virginia, and Olga Markova, 23, 32:57, of the now defunct USSR, both won \$3000 for their open victories. Sponsors were J.C. Penney and Shore Athletic Club of New Jersey.

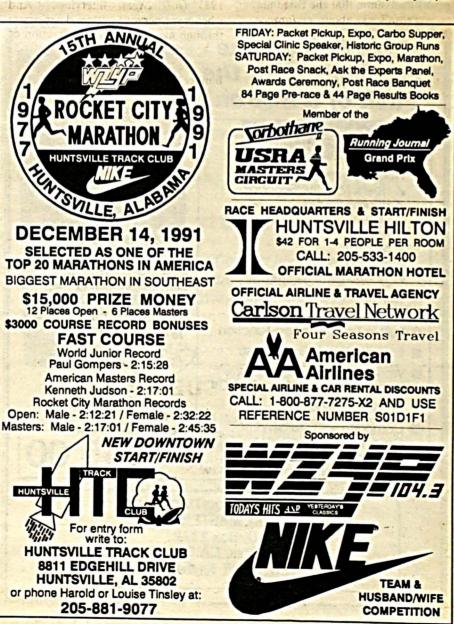


Bill Collins winning the M40 100 (10.88). Later, he won the 200 with a WR21.38, TAC National Masters T&F Championships, Naperville, Ill., July 4-7. Photo by Jerry Wojcik



Glen Conley, winner of the M30 high jump (2.13), clears the bar, TAC National Masters T&F Championships, Naperville, Ill., July 4-7.

Photo by Jerry Wojcik





#### Laurie Binder

his month's Sorbothane Masters Athlete-of-the-Month is Laurie Binder, 44. The Oakland, California nurse seems to be getting better with age. At the upper end of her age 40-44 age group, she demolished Barbara Filutze's fiveyear-old U.S. women's masters half-marathon record of 1:16:00 with a sensational time of 1:13:57 at the Philadephia Distance Run on September 15.

The time equates to an age-graded performance of 97.9% - the highest of any masters athlete during the past month.

In addition, she turned in a 96.7% effort with a 56:05 in the Bobby Crim 10-Mile Run on August 24. That broke her own U.S. W40 10-mile mark of 58:00, set two years ago when she was a mere lass of 42.

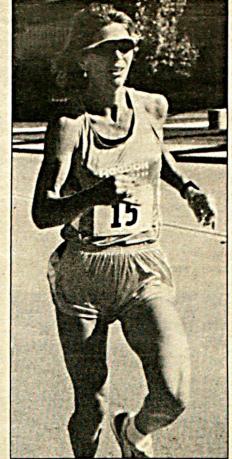
Runners-up this month included:

- Frank Finger, 76, who set a new world M75 record of 56.82 in the 300-meter hurdles - a 97.2% performance - at the Don Harris Memorial Meet in Philadelphia on August 17.
  - · Manuel Vera, 40, the first master

at Crim in 49:17 (95.7%).

- Jim Sutton, 60, who set a U.S. M60 record of 4:38.94 (94.4%) in the 1500 in the Don Harris Meet.
- Walt Butler, 50, who set a new M50 WR of 14.34 (93.9%) in the 100-meter hurdles at the Rocky Mountain Games on September 1.
- Gary Romesser, 40, who ended John Campbell's two-year-old masters winning streak with a 1:07:14 (98.7%) in the Philadelphia Distance run, and who won the masters division at the Asbury Park 10K in 30:50 (92.6%).

Each month an outstanding U.S. masters athlete is selected by the staff of NMN, based on performances in



Laurie Binder

track, field, road racing and racewalking during the previous month. The winner receives a \$100 check from Sorbothane.

Sorbothane produces lighweight, shock absorbing air-infused insoles and can be found at most sporting goods stores.

Congratulations to Laurie Binder — the Sorbothane Athlete-of-the Month.

#### Sutton, Finger Master Don Harris Memorial

Continued from page 1

M60 sprints, winning in 13.20 and 28.31. The very capable Sharon Osborne, 40, showed her ability by running 13.48 and 27.74 and 27.74 in the dashes. National W50 400 champion Jane Arnold ran the one-lapper in 67.6 and toured the 800 in 2:37.58. Old pro Ed Matthews, M70, showed good form in running 14.50 and 29.74 in the

Salih Talib, M45-49, had the day's best 800 (2:02.9). Shiela Smith, 55, impressed by walking 3000 meters in 17:59.3 (Larry Simmons, M45, led all walkers with 15:40.27). Newcomer Jan Wanklyn, an outstanding triathlete, ran the 1500 in 5:09.3 and 3000 in 10:34.9; Jan is 33 and hails from

Among the strong set, Virginia's Len Olson, 60, spun the discus 135-6 and put the shot 13.56. Tim Williams, M40, had the longest discus throw of the day-43.60 meters, while Dave Reiss, M40, was the only javelin thrower to break two hundred-204-3 on his first throw. Ann Cirulnick put the shot 8.98 in W55, while Lev Mozhaev, M65, shone in the weight throw with 13.54 meters.

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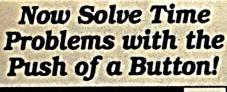
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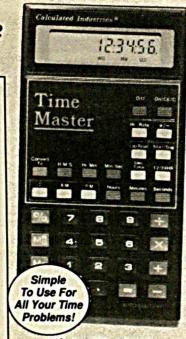
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All of the women's discus entrants, TAC Western Sectional Championships, Norwalk, Calif., June 22-23, front (from left), Fei-Mei Chou, W55; Shirley Dietderich W50, Shirley Kinsey, W60; rear (from left), Christel Miller, W55; Cheryl Kincaide, W40; Janet Wilson, W35; and Lorraine Coppola, W50. Photo by Jerry Wojcik

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#### DEADLINE

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

# Masters Health and Fitness

by DANIEL HAMNER, M.D.

#### **New Light On Muscle Function**

new light on muscle function has been brought about by combining magnetic resonance with optical spectroscopy, Bittance Chance, Ph.d., head of the Department of Biochemistry and Biophysics at the University of Pennsylvania, has developed a new technology where we can see joints, tendons, and muscle configurations during strenuous exercise.

For example, a runner's fiber composition can be analyzed as to fiber type, recruitment patterns and reaction to fatigue. While exercising to exhaustion the MRI will show whether or not this runner has fiber development for a sprinter, middle distance, or long distance. Just think, when we 50-year-olds can't decide whether to be a sprinter or marathoner, we can have the test done!

We need slow twitch fibers for endurance and long distance, and fast twitch fibers for speed and sprints. People ask should we start hopping, bounding and skipping to get these fibers? The answer is yes!

Plyometrics or accentric loading will



Joe King, finishing with an AR 4:56.81, M65 1500, National Masters T&F Championships, Naperville, III., July 4-7. Photo by Jerry Wojcik

help develop those fast twitch fibers necessary for shifting gears in the 800 and 1500 meter runs. If you are too embarrassed to do this, there is a new machine out called Shuttle 2001. This machine allows you to bounce horizontally on a slide against variable resistance while pushing off a foot pad. I use this for my injured runners to keep those fibers firing when I take them off their interval work.



Pat Gallagher, M65 second (63:37), Gasparilla 15, Tampa, Fla. Photo by Hank Kiesel

#### Binder, Vera Smash Records in Crim Road Race

Continued from page 1

food and pats on the back. The race "festival" also included an 8K, 5K, 8K racewalk, a family 5K walk, and a quarter-mile run for the kids.

The post-race party featured a smorgasbord of ethnic restaurants assembled under long, narrow tents, rides for the kids, and great music from several local bands.



Harvey Franklin, M45 1500 winner (4:20.02), TAC/USA National Masters T&F Championships, Naperville, Ill., July 4-7.

Photo by Jerry Wojcik



Yvette Lavigne, W50-54 800 first (2:43.8), TAC Western Sectional Masters Championships, Norwalk, Calif. Photo by Jerry Wojcik

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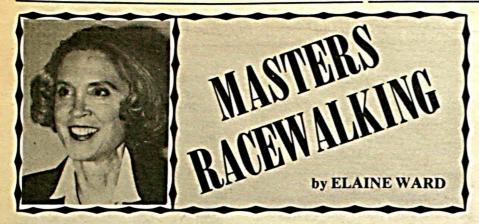
Columbus Cross-Country Invitational Airport Golf Course, Columbus, Ohio Sunday, November 3, 1991

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#### Racewalking in Turku

The following is taken from interviews with Viisha Sedlak, W40 Gold Medalist in the 5K and 10K walks; Joan Rowland, W65 Gold Medalist in the 5K and 10K walks; Jolene Steigerwalt, W45 Bronze Medalist in the 5K walk; Max Green, M55 Bronze Medalist in the 20K walk; Jack Bray M55 and John MacLachlan M60.

What did you think of the quality of the competition?

Viisha: The walkers are getting faster everywhere in the world. The women's competition was excellent, and I expect that it will get tougher in the next years. With the Women's 10K in the Olympics, more women will be getting involved with racewalking.

Jack: To understand the quality of competition in the men's divisions, look at the winning times and the first Americans' times. In M40, the winning time was 20:58.0; the first American's time was 23:58.9 and he was 10th! In M45, the winning time was 21:45.6; the first American's time was 24:22.7 and he was 12th. In M50, the winning time was 22:33.7 and the first American's time was 23:53.9 for 8th place. In Max's and my division, M55, the winning time was 22:44.5, and Max was 5th in a time of 24:23.9.

Using M55 as an example, the winner was Vladimir Golubnitshi, a Russian who is a four-time Olympian and Gold Medal Winner, and the present Russian racewalking coach. I am not sure about the 2nd place winner, but the Englishman, David Stevens, who came in 3rd, is also an Olympian and former member of the British National Team. These men are world-class walkers. It was very different in

How was the track for the 5K walks? John: The 5K walks were held on an all-weather track with an excellent, new surface. I didn't hear a complaint about it. The setting was more typical of one of our high school tracks where there are bleachers on one side of the field.

Joan: The racewalkers, as usual, had their races in a different venue than most of the major events. We were in Raisio, which is a town about 30 minutes away for Turku by bus. For this reason, and because of torrential showers the whole day of the 5Ks, the walks had no press coverage, and no photographers or spectators for the award ceremonies.

Besides the intense competition in many of the 5K races, did anything unusual happen?

Jolene: Some of the age groups had trouble with lap-counting which, in my case, made for a very hectic, but exciting race. A kid was in charge of flipping the lap cards telling the walkers how many laps they had to go. But he flipped the card as the lead walker went by, so as the slower walkers came through, they became confused as to the lap they were on.

Jack: Have you ever felt light in the head and light in your body? When the gun went off to start our race, I was levitating. I led the entire field for 11/2 laps. My first lap was 1:40 and, of course, it was too fast. A 1:55 pace would have been ample, and at that pace, I might have had a chance to contest the bronze medal. As it was, I led

Golubnitshi for 11/2 laps and it took Max nine laps to catch me. It wasn't wise race strategy, but it was an amazing feeling to feel so light and fast.

John: I watched Bob Mimm's race (M65), and we are talking about worldclass walkers. Bob took 5th, and he had to work to do that. There was a comical aspect to the race. Bob had a short, stocky Italian behind him who did not have Bob's speed. So nearly every time he was going around a curve or was at a certain place on the track, he would go into a creep to catch up to Bob. When the race was in the third mile, it started to get to me. I went through the gate and approached a female judge who had been there for some time and said, "Am I the only one seeing that, or are you people seeing it, too?" She answered, "He knows I am watching." I replied, "I hope that your associates are doing something because it is totally unfair."

During all the 5K races, there was a minimum of three judges on each side of the track. Because there were so many age divisions, they worked in shifts. They were all business, and though some were tougher than others, the judging was pretty fair.

What was the 10K and 20K road course like?

Viisha: The course was designed by someone who obviously wasn't familiar with racewalking. The coned turns were basically the width of the cone, so each walker lost time at the turns. The course was very hilly with long, fairly steep grades; and there was a section of chopped up asphalt where every walker lost more seconds. I feel that the 10K and 20K times of both the women and men are not truly reflective of the effort made.

Max: The course was okay, but it was hard to get splits. I like to get splits every 2 to 2.5 kilometers. The course went around the 400 meter track, down a hill, made four loops of 1900 meters or so, and went back up the hill to finish on the track. Though there was a clock on the loop, there was no way of judging how far you had walked so it was hard to use. I am real good at pacing so it hurt me a little.

#### How was the 10K walk?

Viisha: The strongest learning experience I took away form Turku was in the 10K. Because those of us in front had such an aggressive race, we were all very tired starting up the hill to finish on the track. I was pressing as hard as I could. I looked back and saw a walker behind me and was surprised because I thought I had left everyone behind. A few steps later, I looked back again, and she was closer. So again, I was surprised that she was coming on so fast.

Naturally, the last thing you want at the end of an aggressive race when you are pooped is to have someone walking you down quickly. So, after a little mental, "Oh, no," I realized that if I wanted to beat this woman, I would have to go faster, and I didn't know if I could. I told myself to go. My body tried to respond, but for a few moments, nothing really happened. Then, I was able to pick up my pace, eventually maintain, and then gain to beat the challenger.

It was a good lesson for me. It is always exciting when you have to dig to a new depth in a competition. Sometimes you have to find out how much is in

Continued on page 19

#### 1991 Indoor Mile Walk Compiled by

Jerry Wojo	ik
Includes Dec 1990 results	ember
M40-44	12 S2134
1 Dean Easterlund	8:12.0
2 Phil kane 3 Greg McCoy 40	9:10
4 Lave Gustafson	9:40.5 9:48.1
5 stan Kaufmann	10:33
of the transfer of the same	
M45-49	
1 Gary Null 2 Larry Simons	0:51.21
3 Franco Pantoni	7:32.0 7:32.54
4 Paul Butkovich	8:34.3
5 Frank Weibel	8:57.2
6 Joel Dubow	9:11
7 Gerry Havasy	9:35.2
M50-54	
1 Tom Zdrojewski	8:05
2 Joe Stefanowicz	9:17
M55-59	
1 Ellis Lesack	9:30.7
2 Bob Flynn	13:52
M60-64	
1 Ed Gawinski 63	9:17
M65-69	
1 Ray kckeeman	10:14.9
M75-79	
1 Jerry Wible	11:02
2 Warren Wiggins	13:25.0
M80-84	
1 Al Sabaroff	13:52
W30-34	
1 Susan Liers	7:19.93
2 Karen Rezach	7:34.19
3 Glenda Heffer	9.23 9

#### 3 Glenda Heffer C Best-Hall

8:55.73 3 Lucy Alvarez 4 Jessica Krow 5 Holly Farmer 9:07.9 9:27.2 9:33 Holly Myers

1 Ceane Kabada 40 10:35.4

W45-49 1 Elis Butkovich 10:40.9 3 Eileen Furtman

W65-69

1 Queenie Thompson 11:28.65

10-08 13



W40 walkers get set for the start of the 5K walk at Raisio Field at the World Veterans Championships in Turku

#### Write On Continued from page 4

#### CORRECTION

In the July issue of NMN, page 26, Dean Reinke mentions in his Director's Corner column that I will soon be entering the veterans category and that meet directors should contact him if they are interested in having me in their race.

I do not wish — nor will I ever wish — to have Dean Reinke represent me in negotiations with race promoters.

Anyone interested in my participation at their event should contact either Greg Meyer at Brooks, U.S.A. or Kim McDonald, 24 Park Rd., Tradington, Middlesex, England. Kim's phone number is 081-977-2902.

Thank you for printing this clarifica-

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

tion and may I congratulate NMN on an excellent publication. Nick Rose Bristol, England

#### UNFAIR LANE ASSIGNMENTS

Who originated the present system for lane assignments in the 100/200/400-meter races, and why should it continue to be used?

The method is for the #1 seeded competitor to be assigned lane 4, #2 to lane 5, #3 to 3, #4 to 6, #5 to 2, #6 to 7, #7 to 1 and #8 to lane 8. This presupposes perfect seeding will result in an arrowhead figure as the finish line. Who cares?

Forgetting the 100 meters, which is run on a straightaway, and not subject to the disadvantages of such positioning. Has anyone ever asked a 200 or 400 competitor which lane they prefer? Most will pick lane 2 or 3 so they can key on their rivals in a staggered start.

Why should the #1 seed be handicapped by starting in lane 4, and the #2 seed be further handicapped by starting in lane 5? The tightness of turns in lanes 1 and 2 is vastly overrated when compared with the disadvantages of running in outside lanes.

In discussions with other sprinters, I have yet to find one who prefers lane 4 to 2. Wouldn't it be better to change

the present system to one preferred by the competitors? How about it?

Jim Manno Oradell, New Jersey

#### KUDOS

Congratulations to Jeff Baty and his coworkers for the outstanding TAC National Weight Pentathlon Championships which they conducted recently in Gonzales, La.

I join my fellow competitors in the often-expressed comment that this was the finest meet we have competed in. Every event had adequate judges and scorers, and the announced schedule was carefully followed.

The fellowship around the table laden with jambalaya was outstanding.

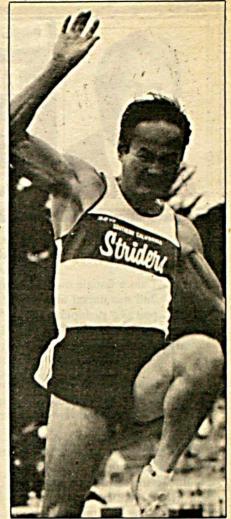
Gordon Powell

Holly Hill, Florida

I want to congratulate Scott Thornsley for a job well-done in organizing the TAC Eastern Sectionals. Thanks.

Terry G. Shuman Mountville, Pennsylvania

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.



Roger Tsuda won the M55 long jump with a 5.38, Club West Meet, Santa Barbara, Calif. last year. This year's meet is on October 19.

Photo by Fred Niedermeyer

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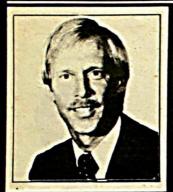
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THE FOOT BEAT

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

#### Metatarsalgia

I am a female masters runner who has been experiencing pain in the 2nd metatarsal area of my left foot. Even though I use an orthotic pad as a cushioning device, the pain continues to bother me and I feel as though I am walking on a big lump. I have begun to limit my mileage and have even started taking some days off. What can I do to get rid of this pain permanently?

A.

Unfortunately, your condition is one that is becoming more common among veteran long distance runners. Metatarsalgia is probably the most common term to describe this running injury.

Essentially, what happens, is the 2nd metatarsal-phalangeal joint becomes traumatized. In your case, it was probably due to the shifting of your body weight from the first to the second metatarsal. The second metatarsal joint is much smaller than the first and could not take the excessive load placed on it from running.

Age is another factor. With the weakening of the intermetatarsal ligaments, the metatarsals tend to 'drop' and become traumatized when we run. Trauma, such as that encountered when wearing light weight training shoes or shoes with poor midsole cushioning, can also cause this condition.

The sequence of events usually occurs when the joint is damaged. Obviously the soft tissue structures on the plantar side of the joint become irritated and inflamed. This includes the tendon, nerve and soft tissue capsule underneath the joint. Eventually the joint loses its flexibility and stiffness sets in.

In advanced cases, the second toe will ride up over the metatarsal head and cause retrograde pressure, further irritating the metatarsal-phalangeal joint. In severe cases, there is joint swelling and pain.

Obviously, this can be a severe disability to the running athlete. It is necessary to take aggressive action at once. The easiest process would be to take a 6-week layoff, using crosstraining to remove stress to the foot. This would be limited to swimming and easy bicycling. If the pain and swelling go down you can return to running on an asymptomatic basis.

I have found the use of a foot orthoses with a metatarsal lift to be quite helpful. You can return to running with this orthoses, but you may have to limit your running until the swelling has diminished. The use of ice packs after the run is recommended.

Medically, I have not had much luck with the use of oral anti-inflammatories. Probably buffered aspirin is your best choice. The use of a low-dye strapping, which is a foot-taping technique, is quite helpful. The drawback is you must tape your foot on a daily basis. In addition, the use of a well-cushioned training shoe is essential. Running on soft surfaces such as grass or dirt is recommended.

If all else fails, I have had great luck with the use of injection of a nonsteroidal anti-flammatory (yes, it is injected with a local anesthestic). This is probably the quickest and most effective method.

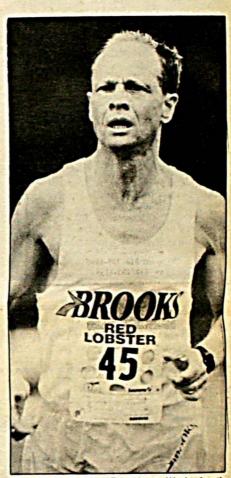
Finally, you may wish to try a surgical correction. There are simple procedures and more complicated procedures, so I recommend that you try all your conservative therapies first. Physical therapy can also be quite effective. This would include ultrasound, contrast baths and EMS to reduce joint swelling.

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



Roger Kamla, M35, and Mary Norckauer, W65, show off their plaques for men's and women's overall champions, Louisiana Lightning Southwestern TAC Masters Weight Pentathlon, Gonzales, La.

Photo by Jeff Baty



Larry Almberg, 43, of Ellensburg, Wash., fourth master (30:52) in the Red Lobster 10K, Orlando, Fla. Victor Sailer/Agence Shot

#### 26.2 - Trail of Truth

A "must" book for marathoners and those planning to run one.

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#### -New Books on Running-

Three new running books have recently been published:

1) 26.2 — Trail of Truth is subtitled "A to Z, the 26 miles of life." It's written by Bruce Morrison, a veteran runner and president of Running Journal. "Life is the marathon," Morrison writes, "young at the start, aging as we seek our destiny." Henley Gibble, president of the Road Runners Club of America, says: "Morrison captures both the agony and exhilaration of each progressive step of a marathon, comparing it to life." For a copy, send \$11.95 to Trail of Truth, NMN, PO Box 2372, Van Nuys, CA 91404.

2) Think Fast — Mental Toughness Training for Runners by Joe Henderson, author of Running Commentary who has written 15 books on running, and James Loehr.

In 140 pages, Think Fast describes

Loehr's principles of mental toughness—psychological conditioning for athletes preparing for competition—specifically for runners. To order, send \$12.95 to Plume, 375 Hudson St., New York, NY 10014; 212-366-2222.

3) Lore of Running by Tim Noakes, M.D. is subtitled "Discover the Science and Spirit of Running." It weighs in at three pounds, is 804 pages long, and answers hundreds of questions about running. Noakes, a marathon runner, physician, and exercise physiologist, helps the reader "discover the science and spirit of running." Among its 18 chapters are: Energy Metabolism During Exercise, Diagnosis and Treatment of Running Injuries, Nutrition and Weight Control. Send \$19.95 to Human Kinetics, PO Box 5076, Champaign IL 61825; 800-747-4457.

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Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$44.00. TAC/USA Patches. Embroidered, 4" x 3". \$2.50 U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50 U.S. Track and Field Team Lapel Pins. Cloissone enamel, 11/2" x 5/8" bar pin with safety catch. \$5.00. The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95. Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95. **Running Research News** Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensible running newsletter." — Amby Burfoot. \$16.00 per year. **Back Issues of National Masters News** \$2.25. Issues: . \$1.25 Postage and handling Overseas Air Mail (add \$5.00 per book) TOTAL Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404 Name Address City \_\_\_\_\_State \_\_\_Zip \_\_\_



# MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY Chairman, TAC Masters Track & Field Committee

#### U.S. Well Represented in Turku

Turku — 470 athletes competed, an increase of 72 over the Melbourne Championships in '87.

Having a full time Team Manager proved to be very important. Sandy Pashkin, who served in that capacity, did a terrific job. Sandy quickly developed rapport with the other team managers and the Director of Competition, and was instrumental in helping solve problems. Her knowledge and background as a competitor, official, meet director and coach, proved to be very beneficial. Her ability to respond quickly and in a fair manner was appreciated by all the athletes. Thanks again, Sandy!

The June issue of Modern Maturity featured an article on older athletes competing in senior sports. The response to the article was tremendous. Along with the Masters LDR committee chair, Charles DesJardins, and Bruce Douglass, TAC Racewalking Committee Chair, we received hundreds of inquiries regarding our track and field program. Each person was

sent a copy of our new program brochure, a listing of the masters clubs in the U.S., and a complimentary copy of *The National Masters News*.

From the letters we received we know there are many athletes who are not aware of our program, or who are possibly aware of it but feel it is for the "elite" athlete. Hopefully, the material they received will help dispel

this myth, and we will see many new competitiors from throughout the U.S. joining our program.

Additional brochures are available to anyone who would like to have them. We would like to see the brochure distributed wherever masters athletes compete, as well as at senior organizations, YMCA's, etc. Contact your Sectional Coordinator, our secretary Marilyn Mitchell, or write to me requesting your copies.

This year's TAC Convention will be held December 3-7, 1991, at the New Orleans Sheraton Hotel. Delegates and other interested persons are reminded that registrations postmarked after October will cost an additional \$10.00.

In order to assure confirmation of

your hotel reservation, it must be received on or before November 29. After that date they will be subject to availability inasmuch as the TAC/USA room block will be released to the public.

Items on our committee's agenda include awarding our 1993 Championship, budget, Meet Directors Manual, committee and sectional reports, awards, Committee Chair election, and USA uniforms.

If you need registration forms or hotel reservation cards, please contact TAC, Post Office Box 120, Indianapolis, IN 46206. If you are an Association Delegate, you should receive those materials from your Association.



Los Angelenos Dave Douglass (left), M55, and Juan Bustamante, M45, celebrate victories in last year's Club West Meet in Santa Barbara, Calif. This year's meet is set for October 19.

Photo by Fred Niedermeyer

#### Records Fall in Dayton Meet

by JERRY WOJCIK

The Dayton Classic Track and Field Meet in Ohio on August 10 drew a strong field of Midwesterners, who produced two U.S. age-group records.

Don Gammie ran a 10:13.7 in the M60-64 3000, breaking Californian Dave Stevenson's 10:31.4, set in 1989. Joann Grissom broke her own W50-54

mark of 39-71/2, of 1989, with a 40-0.

Denver Smith ran the short hurdles in a hand-timed 16.9. The U.S. record is an automatic-timed 17.43 by Robert Hunt in 1985.

Willie Blackmon had excellent times in winning the M65 100 (13.1), 200 (27.5), and 400 (62.1).

Lois Brown, W35, ran the 800 in 2:22.9 and the 1500 in 5:06.8.

#### Butler Hurdles to WR in Colorado

by FRANK BOWLES

Walt Butler of California bettered the listed world record with a 14.34 in the M50-54 100mH in the Rocky Mountain Games at Colorado University, Boulder, August 31-September 1. The unofficial record is a hand-timed 14.3 by Charles Miller in 1988. Butler has a pending 13.71, set at the Western Sectional in June.

In other events, Coloradan Thad Bell, 47, posted the best times of all M30-and-over in the 50m (6.37), 100 (11.64), and 200 (23.34). Viisha

Sedlak, 42, of Colorado, finished first overall of 21 men and women in the 5000 racewalk with a 25:38.6.

In the throws, Tom Gage, 48, of Montana, topped all competitors in the shot and hammer, with a 48-31/2 and a 183-6.

Pete Stopoulos, 55 (3141), of Illinois, and Charlotte Carter, 38 (2272), of Texas, were highest scorers in the pentathlon. Zamir Bavel, 62, of Kansas, had the best total (3297) in the weight pentathlon.

Over 120 competitors enjoyed sunny skies in the 11th edition of this event.

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# MASTERS LONG DISTANCE RUNNING REPORT

by CHARLES DES JARDINS
Chairman, TAC Masters
Long Distance Running Committee

#### **New Orleans to Host Convention**

e are again approaching TAC's annual convention — this time in New Orleans from December 3 to 7. The Masters LDR Committee will have many important tasks to perform. Come and be a part of determining our future.

We must select runners-of-the-year by 5-year-age-groups for both men and women. If you think you should be considered, provide your race results to Kirk Randall (men) or Ruth Anderson (women). Their addresses are listed on page 2.

One of the most important jobs at

the convention is awarding TAC National Masters Championships. For the first time, TAC rules allow us to conduct championships at any distance of one mile or longer.

For 1992, only the 5K X-C, half-marathon and marathon have already been awarded. For 1993, only the



"The Classic Collection," mixed masters winners of the 193-mile Hood-to-Coast in 23:04:17. Chuck Cammack, Sue Cammack, Jane Dods, Ed Englemann, Phil Klaus, Terry Loffelmacher, Rick Main, Maeve Metzker, Levi Query, Rob Rickard, Karen Romero, and Grace Walsh.

Photo by Jane Dods

#### Oregonian Hood-to-Coast Relay

by JANE DODS

The 10th annual running of the 193-mile relay from Mt. Hood to the Pacific Ocean took place on August 23-24. There were some 750 teams totaling close to 8000 runners. Teams are made up of 12 runners; each of whom runs three approximate five-mile legs. The interval between the legs is anywhere from 5 to 8 hours (depending on pace).

Although this would seem to allow ample time for runners to rest, in actuality, it was catnaps for most of us, as the team's vans rolled from one hand-off point to the next. All in all, the people with the most stamina may well have been the drivers of the vans, who stayed awake for over 24 hours.

Starting at the Timberline Lodge on Mt. Hood, the teams took off in waves from 2:30 p.m. to 11:00 p.m. After dark, reflective vests and flashlights are mandatory. This year, a full moon

lent a special aura to the scene but did little to illuminate the runners' footsteps as they paced through the night (as a number of trips and tumbles attested). Fortunately, no major injuries ensued.

Relays such as this promote a great deal of camaraderie — from the joy of cheering on one's teammates along the course while en route to the next hand-off point to the shared intimate ambience of wet socks and other assorted wearing apparel in the van.

Team names are also a big item, often a dead give away to the team's "inner self." Signs are prominently displayed on each van — ranging from the "Hot Flashes" (a women's masters team) to "Rode Hard, Put Away Wet."

Official cut-off time for finishers was midnight on Saturday. Awards were given out Sunday morning on the beach at Seaside.

marathon is closed. All other distances are available for championships. It is our intent to award our Championships two years ahead so as to give race directors and athletes optimum time for planning. Contact Kirk Randall for information.

There has been discussion within TAC to merge Masters LDR and Masters T&F into one committee. Both committees are strongly opposed to a merger. The most powerful among many reasons is the reduction of authority throughout TAC's structure.

Your voice and participation in TAC Association activities and national committee activities will insure masters representation. See you in New Orleans.



Nancy Grayson, 40, of Columbia, S.C., third woman master (37:00) in the Red Lobster 10K, Orlando, Fla. Victor Sailer/Agence Shot



Jim Boland, fourth M65 (70:12), Gasparilla 15K, Tampa. Photo by Hank Kiesel

#### **Masters Age-Graded Tables**

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- Chart your own performance progress.
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
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- Shows how to conduct an age-graded track & field meet, road race or race walk.
- 66 pages. Easy to use.
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- Compiled by the World Association of Veteran Athletes and the National Masters News.

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#### Chasing Paavo Nurmi's Shadow

n a sunny Saturday this summer, I jogged through the streets of Turku, crossed the river, and turned up the road to the stadium, passing as I did Paavo Nurmi's statue.

It cast a shadow in my path.

I was in Turku for the 1991 World Veterans Championships chasing that shadow. Turku once was home for Nurmi, arguably the world's greatest distance runner. A statue of him running guarded the approach to the *urheilupidto*, the track.

In a career spanning three Olympic Games, Nurmi won seven gold and three silver medals. His brightest moment came in the 1924 Games when he won the 1500 and 5000 meters on one day.

I never raced Nurmi, who was a generation before my time, but I raced his son on the same Turku track that served as a site for the 1991 World Vets. It was 1956. I was competing on a U.S. team travelling through Finland.

In three earlier meets, I scored three victories. My head swelled with pride. This was Finland, home of great distance runners, where Americans were not expected to succeed.



India's Murthy Narayana won five gold medals in the M90 division in Turku, including two WRs in the 200 (44.77) and 400 (1:59.76).

Photo by Bob Watanabe

Then I came to Turku, the big leagues. On the last lap of a 3000, two Finns swept past me. One happened to be Nurmi's son, a shadow of his dad, but good enough to beat me.

I also took third in a steeplechase the next day. After the race, I sat in a trackside sauna, my disappointment in defeat balanced by my having come at least close to a legend.

Turku in 1991, thus, became a passage back to youth, a quest for lost glory. In today's run-for-pay era, Turku has drifted into a backwater, but its track once was the world's fastest, its cinders imbued with the same sisu that lurks in the sauna. John Landy once set a world record there. So did Emil Zatopek and Ron Clarke.

Jogging past Nurmi's statue, I couldn't help but think on those greats. The Turku track sits atop a rocky hill. It is surrounded by a sawdust jogging trail used in winter for cross-country skiing. There is a separate area used only for warm-up.

I sat stretching in this area reflecting upon the single-minded effort that had brought me to this moment. For nearly two years, I had plotted my return to Turku.

I turned 60 just before Turku, moving into a new age group. It's easier to win when you're the youngest old guy in your race.

Although I had won three previous World Vets titles, I had not medaled since 1981, a 10-year drought. My focus had widened to other sports: triathlons, bike touring, downhill skiing.

During this period, the level of competition had improved dramatically with 5000 athletes from all over the world entered in Turku. I knew I would have to be at my best to succeed.

Thus, I had trained hard. Following advice I often give to others in Runner's World, I had spent the winter building an aerobic base. In spring, I worked on endurance with sharp runs near race pace. In summer, I switched to sprints and went to the Notre Dame

track several times to run barriers. I tapered carefully to assure going to the line strong.

Twenty-one runners appeared for the 2000 steeplechase for men 60-65 remarkable when you consider the difficulty of the event. I drew lane 21, starting off the track.

The early pace seemed too swift. I dawdled mid-pack, fearful that my medal quest was futile. But those ahead began faltering. With 500 meters to go, I moved into third. I wondered if I was doomed to finish eternally third in Turku.

But then body took control over brain; I found myself suddenly young again. My stride stretched. I flew over the barriers. As in some Nintendo game, a runner appeared in front of me; I passed. Another runner; I sprinted by.

After that, my wife said I acted shamelessly. I crossed the line arms spread wide like Carl Lewis. I bent down and kissed the track like I once had seen an Italian steeple chaser do at the Olympics. I took a victory lap, although nobody had requested I do so—and few were in the stands to cheer. It is one of the prerogatives of old age to act crazy now and then.

I still did not deserve to tie the shoe laces of Paavo Nurmi, but at least there were no more shadows on the track.

\*Either "old" or "new" javelin may be used



Judy Chandler, 1991 New Zealand champion in the W50 400 (71.5) and 800 (2:42.33).

#### WAVA/TAC Hurdles and Implements Specifications HURDLES WOMEN To 1st Hurdle Race Hurdle Between To Height .840m Hurdles Distance **Finish** Age 13.00m 100m 10.5m 30-39 27'101/2" 33" 34'5" 12.00m 42'81/2" 40-49 80m 762m 12.00m 39'4" 12.00m .762m 26'3" 39'4" 50-59 19.00m 7.0m 30" 39'4" 22'111/2" 60-69 70 Plus 30-39 45.00m 147'7¾' 400m .762m 35.00m 40.00m 40-49 30" 114'91/2 131'21/2' 50-59 50.00m 35.00m 40.00m 300m .762m 60-69 164'01/2 114'91/2 131'21/2' MEN 30-39 13.72m 40-49 110m .991m 9.14m 45' 13.00m 30' 8.50m .914m 10.50m 50-59 100m 34.5" 10.50m 27'101/2" 42'8" 36 100m 60-69 .840m 13.00m 33" .762m 27'101/2" 42'8" 70 plus 80m 7.0m 22'11½" 35.00m 19.0m 39'4" 45.00m 30" .914m 62'4" 400m 30-49 114'91/2" 131'21/2" .840m 50-59 400m .762m 50.00m 60+ 300m 35.00m 40.00m 131'2%" 30' 164'01/2 114'91/2' IMPLEMENTS DISCUS AGE SHOT PUT HAMMER JAVELIN Women 30-49 50 plus 1.00k 4.00k 600gms. 3.00k 3.00k 400 gms. Men 30-49 7.26k (16 lbs.) 2.00k 7.26k (16 lbs.) 800 gms. 50-59 6.00k 1.50k 800 gms.\* 60-69 5 00k 5.00k 600 gms. 70 plus 4.00k 1.00k 4.00k 600 gms.



#### Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

British opinion on the IX WAVA World Veterans Championships was divided. Many people would have liked to have been able to watch more of the races/field events but were unable to do so due to the widely dispersed arenas. Using the main facilities for evening sessions would have made more sense and probably would have attracted a large crowd of locals.

The presence of the U.S.S.R. contingent was widely applauded, especially in the field events, and no more so than in the javelin where Janis Lusis, M50, proved a very congenial competitor.

Despite the votes on commencement of veteran age for women at 40 being rejected by the women (why?), the W35 group was once again poorly-supported, and medals went to very modest performances. The W40 group was much higher in standard.

Five-year age groups for relays also

meant that medals were sprayed around like confetti, to all and sundry — much the same as in the cross-country, marathon and walks.

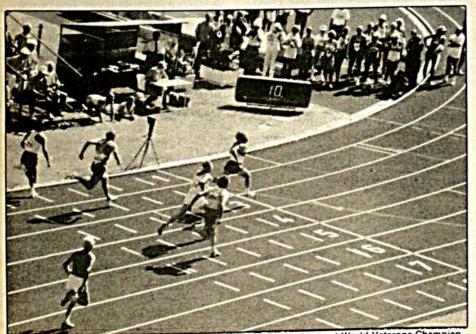
Back home after the games, the BVAF 10 Mile Championship took place at Oswestry on the Welsh border. Predictably, the outstanding performance on this difficult course under hot temperatures came from an athlete who did not participate in Turku. M40 Dennis Fowles won handily in a new record time of 50:25 (93.6% agegraded), over two minutes ahead of the rest, with 1990 winner Peter Banks, a sub 15:00 5000 runner this year, only managing a sixth place finish.

The M45 division was taken by Harry Clague in 54:25, with the M50 going to Phil Lancaster (54:54). In the women's group Dianne Payton finished first in the W35 division (62:18), Kath Grogan (72:15) took the W40, and Julie Beckford led the W45s in 65:27



Medalists in the W45 4x100 relay celebrate on the victory stand in Turku. From left: Australia (2nd), Germany (1st), Canada (3rd).

Photo by Bob Watanabe



Colorado's Hugo Hartenstein, M55, wins 100-meter age-graded race at World Veterans Champion-Photo by Fred Niedermeyer

## England to Host 1st WAVA World Road Championships

The city of Birmingham, England was chosen to host the I WAVA World Veterans 10K and 25K Road Racing Championships on August 29-30, 1992.

The site was selected by delegates to the WAVA General Assembly on July 24 in Turku, Finland. Birmingham was the only bidder for the event when a planned bid by Paris was withdrawn at the last minute.

The first WAVA 10K Road Championships actually were held in Eugene, Oregon in 1989 as part of the VIII WAVA World Veterans Athletics Championships. More than 1100 runners took part. But the LDR communi-

ty within WAVA lobbied for a separate road championship. Their request was granted, 11-1, by the WAVA Council in 1990. Thus, there was no 10K road championship this year in Turku. The intent is to hold the road event each even-numbered year in a different location. South Africa will reportedly bid for the 1994 event.

Also on the Birmingham program will be non-championship 20K (women) and 30K (men) racewalks.

Jacques Serruys, WAVA Vice-President of Non-Stadia events, predicted 4000 runners would enter the Birmingham race. Birmingham is a 90-minute drive or a 65-minute train ride from London.

#### 22 "Survive" All Nine WAVA Meets

by DON FARQUHARSON, WAVA Historian

The list of competitors who have taken part in all nine WAVA World Veterans Athletics Championships was reduced from 27 to 22 following the IX biennial Games in Turku, Finland in July.

George Simpson died last year in his eighties. Albert White, 88, decided not to enter. Irene Obera showed up but was unable to compete due to injury. Clem Green also appeared but did not compete. Roland Johansson did not show.

Our congratulations to the 22 "survivors."

### LIST OF 22 COMPETITORS WHO HAVE TAKEN PART IN ALL NINE WAVA WORLD CHAMPIONSHIPS

Ruth Anderson	USA	#John Gilmour	AUS	
*Reg Austin	AUS	Max Gould	CAN	
Norbert Barth	GER	Konrad Hernelind	SWE	
Robert Boutard	FRA	Don Johnson	USA	
Hari Chandra	SIN	Colin McDowell	GBR	
Phil Conley	USA	Bob Mimm	USA	
Willie Dunne	IRL	Jim O'Neil	USA	i
John Dunsford	GBR	#Isobel Saumier	CAN	
Don Farquharson	CAN	Ray Spencer	USA	
Bob Fine	USA	Jack Stevens	AUS	
Nolan Fowler	USA	*Jim Vernon	USA	

\*Won gold medal in all nine Championships #Won medal in all nine Championships

Compiled by Don Farquharson, WAVA Historian

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#### VICE-PRESIDENT (Stadia):

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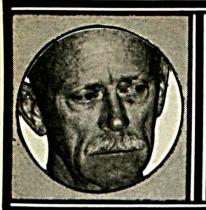
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# SPEAKER'S CORNER

by DAVID H.R. PAIN, WAVA North American Regional Delegate

#### **IAAF Captures WAVA**

The WAVA General Assembly held in Turku, Finland on July 24 adopted constitutional amendments and elected pro-IAAF officers which spelled the end of WAVA as a free and independent athletics entity. The IAAF capture of WAVA is now virtually accomplished.

In the vote for president between Alastair Lynn (the WAVA Councilendorsed candidate) and Cesare Beccalli (the IAAF candidate), the electorate was given a clear choice as to what WAVA's future direction should be. Lynn represented those who wished to maintain WAVA's independence and cooperation with the IAAF; Beccalli, an IAAF takeover.

The key role in the IAAF seizure was played by four of the five U.S. delegates and by Bob Fine, WAVA Executive Vice-President, who supported Beccalli and the pro-IAAF amendments. WAVA delegates are selected by their national bodies. In the U.S., delegates are chosen from TAC's Masters Track & Field and Long Distance Running Committees. In Turku, they consisted of Barbara Kousky, TAC Masters T&F Chairperson; Jerry Donley, former Masters T&F Chairperson; Rex Harvey,

Masters T&F Multi-events Chairperson; Norman Green, Masters LDR; and Ruth Anderson, Masters LDR.

At the outset, it should be noted that delegate Rex Harvey voted against the pro-IAAF candidates and constitutional amendments designed to facilitate the IAAF takeover.

The remaining four U.S. delegates, however, voted as a block in favor of Beccalli and the IAAF amendments. Without these four votes the Becning body or will be held persona non grata by the IAAF. We are already experiencing this difficulty in Peru and India.

5. One nation, one vote. The IAAF is organized on this basis, which means it is dominated by small nations who wish to throw their weight around in the athletic world. The subject was raised by Mouassiposso Mackonguy Pascal, an IAAF appointee from the Congo, at the Council meeting in



New Zealand's Pam Graham (2nd, 4:43.14) leads USA's Jacqueline Hansen (4th, 4:52.19), Denmark's Ingerlise Jensen (3rd, 4:50.61) and Poland's Krystyna Kacperczyk in the W40 1500. Australia's Judy Daly won in 4:37.43.

Turku. There is sentiment in WAVA to have its charter track that of the IAAF. When that happens, the U.S. and other

calli/IAAF ticket would have lost since the vote for president was 55-49. Had their votes gone the other way, as they should have, Lynn would have won, 53-51, and he would also have picked up two more votes from defeated presidential candidate Fernando Ferreira of Portugal. With Lynn in the chair as president-elect, the outcome of the election for the remaining offices and constitutional amendments might well have been different. In short, the election of Beccalli set the tone for the remainder of the General Assembly. The outcome of the positions for executive vice-president and secretary were then pre-ordained, as was the legislation.

The election was essentially Europe vs. the rest of the world. Lynn had the support of Oceania, Asia, most of North and South America, and some of Europe. Lynn hoped for U.S. support, based on the fact that his running mate for secretary was from the U.S. and supported his policy. His aspiration was misplaced as I proved a prophet without honor in my own land.

Why did Fine and four of the U.S. delegates support Beccalli and the pro-IAAF amendments?

Fine's support is particularly curious. In 1987, he wrote a letter in which he referred to a conversation he had with Ollan Cassell, Executive Director of TAC, regarding the IAAF's intentions, after which Fine concluded:

"The IAAF wishes to take total control of the Veterans program, including all income and funding and sanctioning; the IAAF Veterans Committee (elected solely by the IAAF) will be the actual governing body; the IAAF could cut out WAVA anytime it wanted, which is something I believe it would do as soon as possible . . . I certainly no longer have any faith or trust in the IAAF."

Has Fine now concluded that the IAAF is the leopard that has really changed its spots? Or have his concerns been overwhelmed by a desire for personal political advancedment in WAVA and the IAAF? Has Fine made a "Faustian deal" with Beccalli to assume Beccalli's position in the future?

The reasons for the U.S. delegation's support of Beccalli are not entirely clear.

Kousky and Fine both denied that what the IAAF was doing was, in fact,

a takeover. One can only reply that if it looks like a duck, quacks like a duck, and walks like a duck, it must be a duck.

The reasons to resist an IAAF seizure of WAVA seemed manifest. The veterans program of age-group athletics got its start in the U.S. The first World Masters Championships were held in 1975 in Toronto, Canada. By consensus, the best World Games to date were staged by the U.S. in 1989 in Eugene.

WAVA has built an enviable record in a short 16 years by producing excellent championships, funded basically by the efforts of the organizing committees and administered by WAVA's Council. WAVA has written the book on rules for the veteran athlete. Adding another layer of administration certainly was not called for. Neither does adding more IAAF affiliates to WAVA's membership appear to be a justification. Virtually all the countries making a significant contribution to WAVA are already affiliated. Those that the IAAF can contribute are, for the most part, small, third-world nations unable to sponsor a world championships and whose athletes cannot afford to participate, anyway.

With the IAAF now in the driver's seat, what does the future hold for WAVA?

1. Within the next four to six years, we can expect to see the IAAF continue to solidify its control. In order to mollify those on the fence, Beccalli backed off on both the drug-testing issue and the constitutional amendment that would have given the IAAF the last word on accreditation of affiliates. One can be certain that these issues will be re-asserted in the near future. Having now won a hotly-contested election, Beccalli will move in — with full IAAF approval — to further strengthen its stranglehold on WAVA. To think otherwise would be naive.

2. The IAAF will order drug testing at the next WAVA Championships regarless of the wishes of the participants and without regard to whether testing in veteran athletics is justified or not.

3. The IAAF as a political entity, dominated by third-world countries, will determine who may affiliate with WAVA.

4. Approximately 50% of WAVA's current affiliates are not associated with their IAAF national body. These affiliates — many WAVA charter members — will be squeezed out of WAVA or will be either forced to affiliate with their IAAF national gover
Continued on page 19

#### -Bob Fine Replies to David Pain:-

I will not respond in kind to the above article for the following reasons:

1) David's point of view has been clearly known and rejected by the WAVA Assembly in a democratic vote:

2) The average participant in the program is properly disgusted with personal attacks which do nothing to enhance the program.

Those who have worked closest with Dave voted against him for WAVA Secretary. His article is just one indication as to why they did so. — Bob Fine

#### Olson, Hilliard Tops in Weight Pentathlon

by JEFF BATY

The National Masters Weight Pentathlon Championships were held at East Ascension High School in Gonzales, La., on August 24.

Age-graded champions were Len Olson, 60, of Centreville, Va., with 4248 points, and Vanessa Hilliard, 50, of St. Petersburg, Fla., with 4140. Hilliard set an age-division world record of 47-31/4 for the 16-lb. weight.

Lurline Struppeck, of Baton Rouge,

La., broke the U.S. record for the W45-49 javelin with a 107-6. The old record of 102-8, set in 1983, was held by Christel Miller.

James York, Modesto, Calif., broke U.S. age-78 records in the 4kg. hammer (90-9) and 25-lb. weight (28-7½). Gordon Powell, Holly Hill, Fla., broke the national record for men 82 in the 25-lb. weight with a 21-8½.

After the competition, everyone was treated to a chicken and sausage jambalaya.

#### Speaker's Corner Continued from page 18

major nations which have supported the WAVA program financially and with large numbers of participants, can expect to be put in a minority position in the General Assembly. Even now, with the new IAAF token affiliates joining WAVA, we can see the power base shifting, in spite of WAVA's current constitution which gives to those countries with the most participants — such as the U.S. — up to five delegates. All WAVA affiliates — even those with no athlete participants — currently get at least one delegate.

6. The IAAF, being politically motivated, makes non-athletic rulings. Some are based on perceived problems raised in the context of the open athlete. Neither of these criteria have any rational application to veteran athletics. Nevertheless, the IAAF will implement its policies across the board, regardless of their applicability to the veteran athlete.

7. The IAAF and many of its national governing bodies — such as TAC — are not particularly competent. The current sorry plight of athletics in the U.S. is largely due to TAC administrative incompetence. While TAC and the IAAF bumble



Hans Gordon, third M45 (11.08) triple jump, National Masters Championships, Naperville, III., in July. Photo by Jerry Wojcik

along, we see organizations such as the U.S. Senior Olympics forge ahead with excellent leadership and substantial sponsorship. In spite of this reality, we find a surging successful, autonomous WAVA throwing itself into the arms of the IAAF.

8. WAVA, since its inception, has accepted all entrants wishing to compete in the world championships. With control of WAVA shifting to Europe and the IAAF, we can expect a change in WAVA policy to a more elitist championship event — more along the lines of the current IAAF open track and field championships.

If the U.S. delegates had been even remotely interested in why the WAVA Council rejected Beccalli for reelection, they could have easily found out. Perhaps they did not care, or were so interested in their own political turf that they were not concerned with the long-term consequences of their actions as they might impact WAVA.

Lacking the necessary support of the U.S. delegation, I have announced that I feel compelled to withdraw as the North American Regional Delegate to WAVA and as President of the North American region. As a matter of principle, I can no longer serve on a WAVA Council headed by the Beccalli-Fine faction.

(Speakers's Corner is an open forum for extended comments on all viewpoints on subjects of general interest to our readers. Replies or contrary opinions are always welcome. — Ed.)

#### **Five Years Ago**

- V European Veterans Championships Draws 2418 to Malmo, Sweden
- First NMN Age-Graded
   T&F Meet Held in Van Nuys,
   CA
- Englishman Ron Taylor, M50, Sets 200 WR of 22.91 in V European Veterans Championships

#### Masters Racewalking Continued from page 10

there and how much you are willing to put out. I would say that my effort in the last lap on the track was the biggest effort I have ever made in a race. It is always a nice moment of discovery when you have to go deeper than you have gone before to answer a challenge.

#### Did the men's 20K race go well?

Max: For much of the race, I followed a Russian named Zigurds Irbe who is really a Latvian, and didn't want to call himself a Russian. He was listed as Russian, but when he signed in, he substituted Latvia, and wore a shirt that had Latvia on it. He was the one who came in 4th in the 5K, beating me substantially with a time of 24:03.

Dave Stevens, who finished 2nd in the 20K, had told me that Irbe was on the 50K Russian team at one time, so I decided I would try to follow him. This worked well for about 10K. We got our splits at 5K, and my time was 19 seconds slow—26:19 rather than 26:00 flat. So I sped up and he did, too.

He had quite a few people with him telling him things. We went through the 10K point at 52:06 which was close to the 1:44 I was aiming for. Then he faltered badly, so I went by him. The next person was a New Zealander, Maurice Hinton. When I passed him, I was in third place. The guys ahead of me were much faster, going under a 1:43 20K and I didn't really try to catch them. I knew I had 3rd if nothing happened, so I settled for safe.

Some people didn't go to Turku because they didn't think they would do well enough.

Max: The middle of the pack didn't have great times, but everyone enjoyed themselves. It was a great experience and the friendliness was overwhelming. I would encourage people who walk seriously to go to Japan in '93 whether or not they think they are going to get a medal. It is fun to compete and talk with people from all over the world.

#### MIDWEST MASTERS WEIGHT PENTATHLON

National Masters Highland Games Championships SATURDAY — OCTOBER 26 9 A.M.

5-yr. age groups/M&F No advance entry required Show up day of the meet/\$3 Entry Fee/Starts at 10 A.M.

Meet Site: 1218 North Rte. 47, Woodstock, IL 60098
For Information Contact: Chuck Klehm (815) 338-2880

# PRIVATE TUTORING WITH COACH DON HOOD

Come spend a few days with Coach Don Hood in Abilene, Texas. Stay with Don and his wife, Betty Ann, in their spacious Texas ranch home and receive coaching and instruction from one of America's most successful coaches.

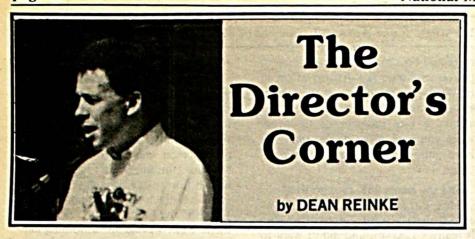
Talk with Don Mather of Chicago. Don and his wife stayed 3 days last March, and he improved over 30' in both the javelin and discus. Don won the 60-65 division javelin throw at the Masters' Meet last summer.

Bring your spouse and make this a vacation! The cost is only \$100 per day which includes room and food (for both husband and wife), coaching, and instruction. Video analysis, video study, drills, workout schedules, etc., will be used. Available training facilities are swimming pool, lighted tennis court, fishing, hunting, hiking, throw areas and rings, jumping pits, ropes, bars, rings, weights, and plyometrics.

Coach Don Hood's Abilene Christian University teams won 10 National Titles in the last decade. He watched 7 of his ACU athletes compete in the Seoul Olympics — more than any other U.S. coach. He has coached more vaulters over 18' than any U.S. coach and is the only coach in the U.S. to have 2 vaulters over 19' — Billy Olson and Tim Bright. He coached Bill Schmidt at North Texas State who was the last American to win a javelin medal. He has coached numerous National Champions in all events at all levels in his 35 years of coaching experience. He has conducted clinics and camps all over the world. He has produced training videos for vaulters, throwers, and jumpers. He can help you!

For more information or reservations call Coach Hood at (915) 677-9677

or write to him at 4073 Caldwell Road, Abilene, Texas 79601



#### Circuit Happenings

Plans continue to come together for the February 1, 1992 Sorbothane/USRA Master's Circuit National Championship. The event will be held at the MetroWest development, an upscale community near Universal Studios, and features an 8K layout that will be a fast and flat course. While promoters are hoping to again have a stellar masters field of competitors, attempts are being made to feature the first ever match race between circuit defending champion John Campbell and 1991 Master Runner-of-the-Year Manuel Vera. Recent world steeple chase champion Hal Higdon, M60, is the first major grand master name to commit to the event.

Wilson Waigwa leads the PowerBar men's divison, and defending circuit champion Nancy Grayson leads the Lily of France women's division after 14 events on the circuit. Norway's Kaare Osnes holds the second spot on the men's side, followed by Bill Rodgers and Canada's Ken Hamilton. Defending Grand Master's Champion Fay Bradley of Washington, D.C. and Susie Kluttz of North Carolina lead their respective divisions while Wen Shi Yu, W55, and Bill Fortune, M60, lead the divisions they captured a year ago.

Circuit organizers have also announced the prize money breakdown for both the Grand Prix Circuit and the National Championship in Orlando. Prize money for men and women will be equal. For the Grand Prix, money will be awarded for first through fifth, including \$1500 (1st), \$750

SORBOTHANE/USRA MASTERS CIRCUIT Point Standings after 14 Events PowerBar Hen's Division 50-54 Women John Hosner William Kohrs 40-44 Hen 15/3 Susie Kluttz 12/3 9/2 9/2 Judy Kirchoffer Sofia Turosz Lis Valladsen 30/3 27/3 John Burton Wilson Walgue 5/1 Joe King George Thom Tom Edwards 5/1 5/1 Bill Rodgers Ken Hamilton Mary Connelly Carolyn Hickey Joan Williams 17/2 5/1 5/1 Barry Schaeffer 16/2 Charles Dotson Joan Willia Billen Pus 15/3 15/3 Steve Ruckert 5/1 Luis Lopez
John Campbell
Gary Rossesser 70+ Hen 10/1 55-59 Women Edwin Small 5/1 Clayton Breisford Wen Shi Yu 15/3 45-49 Hen Paul Randall Masko Shimazaki Jeanette Chambers 9/2 9/2 5/1 5/1 Ron Ogilive Barry Brown Roger Clark Dot Jones Toni Valdez Alvin Grahn Bev Brunke Mary Woodring Don McCarthy 5/1 5/1 Graham Tattersall Don Coffman 5/1 Lily of France Women's Division Bill Rader 40-44 Women 60-64 Nomen 21/3 Cassie Bazar Toshiko Delia Verian Bruce 50-54 Hen Claudia Ciavarella Claudia Scott Pay Bradley James Lackey Peter Jones Cahrles Teseniar Nancy Oshier 5/1 5/1 5/1 5/1 5/1 Judith Miller Janice Greiner Darlene Wallach Hary Geible Colleen Hershon 5/1 5/1 5/1 Jerry McGrath Marion Irvine 10/1 Dorothy Ranson el Heffernan Anna Knowles Tim Rostage 45-49 Women 65-69 Women 55-59 Hen Barbara Filutze Charlotte Baker Jimmy Davis Bob Rice 8/2 Edith Farias Heather Hathews 5/1 5/1 5/1 5/1 5/1 5/1 Peggy Smith Hite Frances Strain Virginia Hoore Lynn Edwards orany Honioz 5/1 Charles Flynn Doris Gordon Mary Storey Helen Lachner 5/1 Helen Phelps 5/1 Gerald Koch orbothane 60-64 Hen 70+ Women Bill Fortune Patrick Devine Louise Martin 5/1 5/1 5/1 5/1 5/1 5/1 5/1 Takeji Shimazaki Charles Byans Hanfred Struse Ellen HoCox Irene Crane MASTERS CIRCUIT Jaclyn Caselli Althea Jureidini Jay Sturdeviant Paul Saucedo 5/1 PowerBar INCERNICE Trudi Desinor Esko Sormuren

(2nd), \$500 (3rd), \$250 (4th) and \$100 (5th) for both men and women. Each individual age division winner from the 45-49 through 70 and over division will receive \$100. Any ties will be decided by head-to-head competition at the championship in Orlando. In addition, the top two individuals in each age division will receive all-weather jackets from Circuit sponsor Sub 4.

Twenty-five hundred dollars of the Sorbothane/USRA Master's Circuit \$10,000 prize fund will go toward the Orlando championship. Money will be awarded to the top men and women overall masters as follows, first - \$750, second - \$250, third -\$100, and fourth - \$50. One hundred dollars will go to the grand masters (50 and over) men's and women's champions.

New forty-year-old Larry Swanson of Chicago captured the Park Forest scenic 10 Mile master's race in 53:39. He was followed by 1980 U.S. Olympic Marathoner Benji Durden, 17 seconds back . . . Third place went to former University of Chicago Track Club ace Ken Sparks of Cleveland who had an outstanding feature in the current Running Times . . . Tremendous thanks to our good friends on the Sorbothane/USRA Circuit who hosted circuit officials for August events. Hats off to Asbury Park 10K, Fiesta 5000, Arco/America's Finest City Half Marathon and the Maggie Valley 8K. With ten events remaining on the 1991 Circuit, the remaining races will be hardpressed to match the hospitality of our friends in those cities.

Excitement reigns at Running Times magazine with new ownership coming from a Connecticut-based publisher. Larry Flynt has sold the popular book, and ambitious plans call for circulation to rise significantly on the newsstands to over 100,000. Best wishes to editor Bob Cooper and publisher Carol Lasseter . . . Caught up with '88 Circuit Grand Prix Champion Bob Schlau during a recent trip to Charleston. Bob is planning on running the Twin Cities Marathon . . . Officials at the Myriad Gardens 10K (October 5, 405-297-2597) expect over 6000 entrants at this popular Oklahoma event . . . On the first place stand at the New Haven 20K was Mexican Luis Lopez running 65:53 and netting \$500. Barbara Mathewson won the women's race in 81:06.

Paul Corroza reports that things are progressing well for the January 5 Run Tex Marathon, the last regular season's stop on the '91 Sorbothane Circuit (512-472-3254). . . California Road Mile will have no prize money to offer this month, but event promoter Mike Marcus will be producing a similar event in Miami on January 18. . . The October 12 Bowling Green Classic will offer \$400 to the top masters man and woman finishers. The event could not secure a car for a random prize give-a-way, so they will be distributing \$20,000 in cash to a lucky random drawing winner. . . Barb Filutze of Erie, Pa., repeated her '90 circuit championship victory over Nancy Grayson at the Maggie Valley Moonlight Run. Grayson came back to win the Parkersburg Half Marathon masters title, running 1:17:45 and netting \$250.

October 6 will be the only Pennsylvania stop on the Sorbothane circuit with the Delaware Distance Classic 15K (302-234-1189). . The much ballyhooed Denver Marathon scheduled for this month has been delayed until next year due to a change in city administration. Organizers report they are still enthusiastic and will be back in '92. . In less than two years, marathon man Doug Kurtis will join the masters ranks. The Detroit resident is the



Ed Glander of the USA competing in the M45 20K Road Walk at the World Veterans Championships in Eugene.

subject of a feature in this month's Runner's World, written with Hal Higdon.

The October 13, Iowa Hospice Race continues to grow under the able direction of Peg McElroy. That event joins Bix, All Iowa 8K, Dam to Dam 20K and the Fifth Season 8K as five of the best events offered by any state in the county . . . Olympian Frank Shorter will appear at the Providence Hospital Run October 12 in Waco, Texas . . . Make that \$500 for the first master female finisher at the Tuft's Race in Boston on October 14. . . \$500 to the top master finisher in the Detroit FreePress/Mazda Marathon on October 20.

Manuel Vera continues his record-setting year with a win at Falmouth, finishing 14th overall in 33:51, just six seconds back of Keith Brantly, and netting \$3600. Fellow Mexican Artemio Navarro came in 11 seconds back, winning \$2350, finishing ahead of Bryan Sheriff and Steve Jones. Laurie Binder set a new course record on the women's masters side running 39:16 and grabbing \$3350. . . A new race on the horizon in Montgomery, Ala., the Lightning 10K, appears to be fairly ambitious. Keep an eye on it. . . One of the best last chances for a quality tune-up for the fall marathons is the Dayton-Corridor Classic Half-Marathon, a member of the Sorbothane Circuit (513-885-4683).

Enthusiasm remains high at the Senior Bowl/Delchamps Charity Run 10K in Mobile - make a note on your calendar (205) 458-2276). . . November 2 Tulsa 15K will offer \$500 to the first male and female master finisher. . . Henry Rono is at it again, this time at the Wharf to Wharf race in California. It seems Henry didn't quite make it to the starting line as he became inebriated and ended up sleeping it off at race director Kirby Nicoll's house. The 39-year-old former Olympic world record holder is only one year away from the master's ranks. . . Make that \$7000 to the first place male and female at the October 10 Twin Cities Marathon. . . The Birmingham Vulcan Run will continue on November 23 in spite of the loss of Pepsi's sponsorship. The loal newspaper has picked up the event. No word yet on prize money. . . November 17 Old Reliable Run will award \$1000 to the top male and female and \$400 to the top grand masters in the popular North Carolina event. . . See you next month on the roads.



#### One Best Exercise?

by JOE HENDERSON

e's the other Bob Anderson. Not "Runner's World" Anderson from California who is now out of running, but "Stretch" Anderson from Colorado who's still very much in it.

Bob II appeared this summer at Jeff Galloway's running camp. While teaching stretching, Anderson was asked, "If someone were to do just one exercise, which would you recommend."

Bob had a ready answer: "The Saigon squat. Asians sit in this full-

squat position for long periods of time, and it stretches out most of the leg muscles. It's the single best exercise that a runner can do."

His answer raised a question of my own: How would I single out the one addition to running that has helped me the most?

I wouldn't name any stretching or strengthening exercise. Though I practice several or each, the benefits are at best subtle.

I wouldn't vote for any of today's favored cross-training activities: running in water, swimming or biking. I haven't practiced any of them enough to know how well they work.

My clear choice would be the humble act of walking. My biggest break through in the past 20 years has been learning to walk again.

You may not be ready to believe that it works. I too sometimes forget its value in the rush to get on with running. But walking never fails to help if I give it a chance.

We aren't talking here about RACE walking, which is a demanding sport in

# byen now 24

Mario Cuevas, first master (46:42), Jacksonville 15,000 in Florida. Victor Sailer/Agence Shot

its own right. Mine are normal walks used to fill the gaps between runs.

This walking is something to do in the rest phase of interval training. Intermittent running probably is the most natural way to train (witness the gostop activity of kids and puppies), and the uses of intervals reach far beyond speedwork on the track.

Let me praise some of those applica-

- 1. Walking as a warmup before and cooldown after running. It's better than stretching for working out prerun kinks. The stiffer you are, the longer you need to walk before starting. Walking also works better than any other exercise to ease away the post-run effects. The harder you run, the more you need to walk afterward.
- 2. Walking to make the running faster and longer. The interval system works both ways. By breaking a piece of work into smaller pieces, you can run each piece at higher speed or add more pieces without increasing total effort. Training can range from Jack Daniels' "cruise intervals" on the track (run a lap at 10-K race pace, walk a minute and repeat) to Jeff Galloway's marathon plan on the road (walk a minute for each kilometer or mile of the longest runs).
- 3. Walking to make the running easier and safer. For injury recovery start by walking, later mix brief runs into the walk, then brief walks into the run. For injury prevention walk the steepest hills or roughest terrain. If you feel minor twinges in midrun, walk through them to prevent escalation in seriousness.
- 4. Walking as an alternative or addition to running. It's a satisfying form

Name



Judith Inazu, W40 second (1:50:24), Windward Half-Marathon, Kailua, Hi., May 19. On April 15, she ran the Boston Marathon in 3:51.

Photo by Tesh Teshima

of cross-training. It doesn't mimic the physical benefits as well as some other alternatives. But walking is unmatched in mimicking the experience of running. It puts you on the same ground, in the clothes and shoes, at the same time. These are all pluses if you need days away from running but still want to stay close to it. Walking is as close as you'll get.

Walking doesn't promise to make you a better runner any more than Bob Anderson's "Saigon squat" does. But well-placed walks will let you do more of the running that can make you a better runner.

Reprinted from Joe Henderson's Running Commentary, available for \$18.00 per year from Joe Henderson, 441 Brookside Dr., Eugene, OR 97405.

## **Masters Age Records 1990**

(1991 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1990
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1990.
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#### **CUMULATIVE PRIZE MONEY EARNINGS MASTERS MEN 1991** 1 Campoell, John \$25,750 I 2 Romesser, Gary 3 Navarro, Artemio \$12,350 16 \$11,800 B Judson, Ken \$10,000 5 Vera, Manuel 6 Tibaduiza, Domingo COL/NV 13,625 11 Rodgers, Bill Hamilton, Ken KEN/TI \$5,000 8 Waigva, Wilson Mazda of ten, sevent 101 14.350 11 Marczak, Ryszard \$4,050 2 13 Bell, Doug \$2,900 10 14 Osnes, Kaare NOR/FL \$2,200 10 15 Reiser Rick CO SC \$2,150 16 Schlau, Bob \$2,015 5 17 Pearson, Jia 18 Lopez, Luis 18 Umberg, Richard \$1,850 \$1,800 \$1.R00 20 Molnar, Steve \$1,600 21 Krivoy, Vladieir URS \$1.400 22 Tibiduiza, Domingo 23 Alaberg, Larry \$1.100 24 Ovens Fart \$1.050 \$1,000 \$1,000 26 0'Meil.Bill 26 Ortega, Fred **CUMULATIVE PRIZE MONEY EARNINGS MASTERS WOMEN 1991**

RNK	- NAME	ST/NAT	CUM PRIZE	
	Grayson, Nancy	SC	\$19,615	22
	Binder, Laurie	CA	113,600	15
	Welch, Priscilla	SBR/CO	113,450	9
	Striulli, Grazilla	ITA	19,300	1
	Oshier, Nancy	NY	16,250	14
	Filutze, Barbara	PA	\$5,250	10
	Virga, Carol	FL	14,850	7
	Wood, Hary	CO	14,500	1
	Hine, Judith	NZL/MN	\$3,775	6
	Keskitalo, Sennika	FIN	\$3,000	-1
- 11	Ciavarella, Claudia	TN	\$2,800	8
12	Hutchison, Jane	MO .	\$2,600	1
	Matson, Shirley	CA	\$2,000	2
14	Kruger, Jeanne	VA	\$1,575	2
15	Greer, Judy	FL	\$1,450	4
16	LaPierre, Odette	CAN	\$1,400	1
	Bugyi, Judith	PA	\$1,300	2
	Banning, Linda	SC	\$1,250	3
	Blais, Helene	N/A	\$1,150	1
	Mieszczak, Mancy	NY	\$1,100	4
	Ingelhart, Alfreda	CA	\$1,100	2
	Stromsmoe, Marcia	N/A	\$1,000	-1
	Nielsen, Ana	ARG	\$1,000	1
	Miller, Kathryn	N/A	\$1,000	1
25	Kluttz, Susie	NC	\$900	2

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# MASTERS SCENE

#### NATIONAL

- Tom Rauscher's first-place height in the M45 PV at the '91 Nationals, Naperville, IL, was incorrectly listed as 4.60. His actual mark was 4.41 (14-6).
- Yvette Lavigne was listed as second in the W50 1500 in 5:43.06 in the '91 Nationals results. She should have been first with the same time. Joyce Hodges, credited with the win in 5:13.81, should have been third in 6:13.81.
   Abal Kiviat 99 who was the oldest living U.S.
- Abel Kiviat, 99, who was the oldest living U.S.
   Olympian (2nd in 1500 in Stockholm, 1912)
   died at Lakehurst, N.J. last month.
- WAVA Age-Graded factors are built into the Runtime Software (607-754-2339), a popular road race computer scoring system.
- Hal Higdon, 60, of Michigan City, IN, who won the M60 steeplechase gold medal in Turku, will attempt to complete six marathons in six weekends. He'll begin October 5 in the Twin Cities Marathon, and follow with the Lake Shore (Milwaukee), Detroit, Chicago, Marine Corps (Washington), and Columbus Marathons. "I'd like to break three hours in all six," Hidgon told NMN, "but the main thing is to finish them all."
- Running Times Magazine has been acquired by Air Age, Inc. of Wilton, CT, beginning with

the December, 1991 issue. The magazine was previously published by LFP, Inc., of Beverly Hills, CA. Louis DeFrancesco, Jr., Group Publisher of Air Age, says "Running Times will be redesigned and enhanced."

 Our apologies to the following U.S. medalists at the WAVA World Championships in Turku, Finland, for omitting their names in the chart on page 14 of the September issue: M50: Gerald, Counihan, PV bronze; Joe Keshmiri, DT silver; Ron Mickle, DT bronze. M60: Gaylon Jorgensen, marathon bronze. W60: Ruth Anderson, marathon bronze.

#### EAST

- Hector Vargas, 44, was fifth of 1396m finishers, with a 1:15:44, in the Hispanic Half-Marathon, Central Park, NYC, August 18. Sam Skinner, 48, took the ninth spot in 1:17:02. Other division winners included Bill Fortune (63, 1:30:26) and Vince Carnevale (a recent 75, 1:55:29) In Davies, 44, was third of 485w in 1:29:15. Althea Wetherbee, 72, won the W70 + race in 2:18:15.
- John Costa, 40, finished tenth (22:21) in the NYRRC Back To Work 4 Mile, Central Park, August 24. Alan Fairbrother, 55, took the M55



Fred Waybright, 43, of South Charleston, W. Va., first overall (5:55:40), TAC National Masters 50 Mile Championships, Columbus, Ohio, relaxes with one of the race workers.

Photo by John White

race in 24:20. Cheryl Ralya, 44, was fifth woman in 25:26. Lisa Praskins, 57, won the W55 contest with a 28:57.

- Laurie Binder, 43, of California, collected \$3350 for a 13th-woman, W40 + course-record 39:16 in the Falmouth 7.1 Mile, Falmouth, MA, August 18. Manuel Vera, 40, of Mexico, denied the pleasure of John Campbell's company when the latter failed to show, pocketed \$3600 for his 14th-place 33:51.
- Gloria Brown, 59, Grand Island, NY, set a U.S. single-age record of 1:32:44 in the 25th Phelps Sauerkraut 20K, Phelps, NY, August 3. Derck Frechette, 46, Rochester, NY, and Rich Rima, 40, Parish, NY, finished together in 1:11:51 for masters honors. Barbara Blaszak, 41, Syracuse, NY, was first W40+ with a 1:22:06. One of the best organized races in the East, the event, directed by George Tillson, drew 511 entrants: five years ago there were 185 participants.

#### **SOUTHEAST**

- Lawrence Hillis (41, 16:06) and Pam Marshall
   (41, 22:35) were top masters in the RRCA
   Women's Festival 5K, held in their hometown,
   Huntsville, AL, July 20.
- Bill Adams, 50, Plantation, FL., won masters honors in the Florida International University Labor Day 5K with an 18:06. Miguel Estremadoyro, 50, Cooper City, FL. was second in 18:15. Elizabeth Thomas, 41, Miami, FL. took the W40 + crown in 19:31.

#### MID AMERICA

- Gary Madison (45, 16:46), Tulsa, OK, and Vicky Fegaly (42, 20:01), Catoosa, OK, captured masters titles in the Mohawk 5000, Tulsa, July 27.
- Deborah Wagner, 41, Draper, UT, was first woman overall (4:45:59) in the Pikes Peak Marathon, Colorado Springs, August 25. Andy Marshall, 42, Hobart, IN, was first master in 4:31:23. Robert Weed, 40, Wilson, WY, broke the masters record by almost six minutes in the ascent race (13.1 miles) held on the 24th, with a 2:18:46. Cheryl Beckwith, 42, Denver, was first W40+ in 3:11:08.



Manuel White of Helena, Mont., broke the M75-79 javelin WR with a 135-4, Montana Senior Olympics, Billings, August 16-17. The old record of 126-4 was held by Gerhard Schepe of Germany.

Photo from Montana Senior Olympics

#### **SOUTH WEST**

• Athletes in the second annual Alamo City Vintage Masters Meet, San Antonio, TX, July 27, set 24 meet records. Seven competitors exceeded the U.S. Masters Standards of Excellence, among them were John Head, M50, who won the 400H in 69.9, and Pamela King, W35, with a 12.9 in the 100. The meet directed by Arthur Rodriguez and Don Austin, was held in the afternoon and evening after they had conducted a morning meet for over 200 children ages 4 through 18.

#### WEST

- Marshall Ulrich, Fort Morgan, CO. celebrated his 40th birthday on July 4 looking forward to his masters debut in the Hi-Tec Badwater 146 from Badwater, Death Valley (-282 feet) to the Mt. Whitney Trail Head (8360 feet), July 24-27. When the 139-mile test was over, Ulrich not only was the winner but also the record holder with a 26:34:10, collecting \$1000 for the win and \$500 for the record.
- Masters wins in the America's Finest City Half-Marathon, San Diego, August 18, were contrasts. Don Paul, 41, San Francisco, took the men's \$250 prize in 1:10:59, 98 seconds up on Steven Ware, 40, Riverside, CA. Darlene Wallach, 40, San Jose, CA, was much harder pressed to earn her \$250, finishing four seconds and one place ahead of Linda Cash, 42, Bloomfield, CO, with a 1:25:54. Over 5300 runners started.
- Highly-ranked javelin thrower Dr. Frances
  Conley, W50, Professor of Neurosurgery at
  Stanford University, who resigned her position
  in June due to sexual harrassment, has decided
  to return. According to her, the university is
  making a concerted effort to correct the situation.



Frank Struna, 50, long jumps 19-9 in the 13th Montana Masters Meet, Bozeman, Mont., Aug. 9-10.

#### NORTHWEST

• Ralph Roylance, M65, broke Bill Morales' 1984 javelin AR of 148-3 with a throw of 157-7 in the 13th Montana Masters Meet, Bozeman, MT, August 9-10. The high elevation (4900 ft.), coupled with aiding winds up to 3.3 mps, helped many sprinters and throwers set new PRs.

#### CANADA

• Art Meaney, 47, ran 55:42 to finish ninth in the Evening Telegram 10 Mile, St. John's, Newfoundland, August 11. He tuned up for the race, one of Canada's oldest, by running a 34:24 10,000m in the Newfoundland t&f championships on the previous weekend.

#### INTERNATIONAL

 NBC plans to offer three pay-per-view, commercial-free channels for the 1992 Olympic Games in Barcelona, July 25-August 9, 1992.
 The network also plans to offer 160 hours of free programming, which is comparable to air time for the 1988 Games in Seoul.

#### Here's What Readers Say About THE MASTERS RUNNING GUIDE



This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

- Joyce Rankin, Reston (VA) Runners

-I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

- Gordon Pitz, River to River (IL) Runners

The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.
— Mike Davis, Indianapolis News

"I generally stay away from endorsing books, but this one is worth making an exception for."

- Jim Ferstle, St. Paul Pioneer-Press

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# schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



December 2-7. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316/261-0500.

## TRACK & FIELD NATIONAL

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

August TBA. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

#### EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

October 10-12. Maryland Senior Olympics, Towson St. U. 55+. Residents only. Robert Ziegler, Towson St. U., Baltimore, MD 21204. 301/830-3163.

December 21. Tri-State TC Indoor Meet, Hagerstown, JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

January 12. Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

February 29. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

October 12. Last Chance Mini-Meet, Vanderbilt U., Nashville, Tenn. R. Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. October 22-November 2. Ft. Lauderdale Senior Games, Ft. Lauderdale, Fla. 55+. Suzanne Broucek, P.O. Box 14250, Ft. Lauderdale, FL 33302. 305/761-5383.

November 1-11. The Paradise Senior Games, Marco Island, Fla. 55 + . Connie Kormanyos, P.O. Box 1492, Marco Island, FL 33969. 813/394-4229.

November 3-9. Golden Age Games, Sanford, Fla. 55+. Golden Age Games, Box 1778, Sanford, FL 32772-1778. 407/330-5687.

December 29. Elmer Shaw Memorial Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. Phil Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

#### **MID-AMERICA**

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

October 8-9. Arkansas Senior Olympics, Harrison. 55 + Phil Peters, P.O. Box 1795, Harrison, AR 72601. 501/741-1144.

October 11-13. Kansas Senior Olympics, Topeka, 55 + Marge Rightmeier, KSO, City Hall, Rm. 250-259, Topeka, KS 66603. 913/232-9665.

October 19. Kansas Big Guys Classic IV, U. of Kansas, Lawrence, Gary England, Rm. 143, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

December 8. Minnesota Masters-Seniors EM "R" Meet, U. of Minnesota, Rachel Lyga, 122 63½ Way NE, Fridley, MN 55432.

#### SOUTHWEST Louisiana, Mississippi, Texas.

October 9-12. Mississippi Golden Games, Gulfport, 55 + Residents only. Don Cross, 1800 Beach Dr., Gulfport, MS 39507. 601/896-8469.

#### WEST

Arizona, California, Hawaii, New Mexico, Utah.

October 19. Club West Masters Meet, Santa Barbara, Calif. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540.

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races; 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1605 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

November 1-17. California Senior Olympics, Long Beach. 55 + . Carol Patton, Long Beach Parks and Recr. Dept., 2760 Studebaker, Long Beach, CA 90815. 213/421-9431.

November 30. Long Beach State Distance Carnival, Long Beach, Calif. 800/1500/ 3000/5000/10,000. Coach Andy Sythe, 213/985-4666; or Coach Rosenthal, 985-1700.

November 30-December 1. Long Beach Winter Decathlon/Heptathlon, Long Beach, Calif. See above.

#### INTERNATIONAL

October 8-20. 3rd Australian Masters Games, Brisbane, Australian Masters Games Hotline: (07) 221-1890.

November 1-4. Miyazaki International XII All-Japan Masters Athletic Championships, Miyazaki Prefecture. Miyazaki Prefectural Office, 2-10-1 Tachibanadorihigashi, Miyazaki City, Japan. 0985-26-7033. Fax: 0985-26-7331.

November 10. Guyana Masters International Games. Guyana Masters, Bridget Bayne, P.O. Box 10807, Guyana.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

#### LONG DISTANCE RUNNING NATIONAL

October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

October 26. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ulrich, P.O. Box 6667, Louisville, KY 40206. 502/459-6820.

October 26. TAC/USA National Masters 100K Championship, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 512/593-9809.

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Stan Austin, Tulsa Run Inc., 1 William Center, Box 2400, Tulsa, OK 74102. 918/299-3429. November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 42230. 614/459-2547.

November 23. TAC/USA National Masters 25K Championships, San Diego, Calif. Also Team Championships. SASE to Joni Shirley, 8565 Lake Murray Blvd., No. 223, San Diego, CA 92119. 619/465-1049.

November 30. TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston Mass. Steve Vaitones, New England AC, P.O. Box 1905 Brookline, MA 02146. 617/566-7600, or John McGrath, Boston X-C Committee, P.O. Box 252, Boston, MA 02113. 617/891-4538.

December 8. TAC/USA National Masters 8K or 10K Championships, New Orleans, La. Contact TBA.

#### EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

October 6. Delaware Distance Classic 15K, Wilmington. USRA Masters Circuit. Doug White, 302/234-1189, or Dean Reinke & Associates, 407/647-2918.

October 6. Connecticut Senior Olympic 10K Race & Racewalk, Bridgeport. 55 + . Under 55 run as open. CT Sr. Olympics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. Ginger or Will, 203/576-4722; 576-4242.

October 6. Women's 5K Race For The Cure, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/870-4455.

October 12. Mendon Ponds Park 5K Cross-Country, Hendon, N.Y. Pete Glavin, 716/654-8991(d); 385-2679(e).

October 12. Applefest Half-Marathon, Hollis, N.H. Bill Gray, 24 Woodhawk Way, Litchfield, NH 03051. 603/889-8049. October 13. Historic Reading 10K, Reading, Pa. Savings bonds masters prizes. Glenn Mohler, City Hall, 815 Washington St., Reading, PA 19601. 215/320-6326(d). October 13. Belmont Plateau Autumn 5 Mile Cross-Country, Philadelphia. Peter Taylor, 3120 School House Ln. (J-A9), Philadelphia, PA 19144. 215/842-3807.

October 13. Army Ten-Miler, Washington, D.C. SASE to: Army 10-Miler, P.O. Box 46594, Washington, DC 20050-6594.

October 14. Tufts Health Plan 10K For Women, Boston, Mass. Masters money. Meg Crowley, 250 Summer St., Boston, MA 02210. 617/439-7700(d).

October 19. Adirondack/TAC Cross-Country Championships, New York State U.-Albany. Roberts Vives, 57 Brenden Ct., Clifton Park, NY 12065. 515/442-3064.

October 19. Mercedes Mile On Fifth Ave., NYC, NYRRC, 9 E. 89th St., NY, NY 10128, 212/860-4455.

October 20. 8th Annual Great Northern 10K, Revere, Mass. Great Northern Mfg.

#### ON TAP FOR OCTOBER

#### TRACK AND FIELD

Offerings are scanty but varied, ranging from the Kansas Big Guys Classic and the Club West Masters Meet in Santa Barbara on the 19th to the World Senior Games in Utah, starting on the 22nd, laced with other senior meets in almost every region.

#### LONG DISTANCE RUNNING

National Masters Championships will be held in the marathon, Minneapolis, on the 6th; the 10K cross-country, Louisville; and 100K, Duluth, both on the 26th.

USRA Masters Circuit events are the Myriad Gardens, 10K, Oklahoma City, on the 5th; Delaware Distance 10K, Wilmington, on the 6th; and Dayton-Corridor Half-Marathon in Ohio, on the 13th.

The East provides most of the action, including the Fifth Avenue Masters Mile, NYC, on the 19th, and Great Northern 10K, Revere, Mass., on the 20th.

In the Midwest, the Chicago Marathon/Rogaine 5K on the 7th is the big draw.

In the West, the St. George Marathon, Utah, on the 5th, features a downhill course, and the Humboldt Redwoods Marathon, California, on the 20th, offers nonpareil scenery.

#### RACEWALKING

The North American Masters Championships, Midland, Texas, are scheduled for the 6th, and the Florida TAC 10K Championships, Orlando, are set for the 19th.

Corp. Race, P.O. Box 9107, Chelsea, MA 02150. Tony Jr. or Sal, 617/284-4444; 1-800-258-6245.

October 20. Stamford Classic Marathon/Half-Marathon, Stamford, Conn. Steve Lobdell, 700 Canal St., Stamford, CT 06902. 203/359-1248.

October 20. Richmond Newspapers Marathon/Half-Marathon, Richmond, Va. Dewayne Davis, Box C-32333, Richmond, VA 23293. 804/649-6325.

October 27. New Jersey TAC Masters 5K Cross-Country Championships, Readington. George Miller, 23 Fox Hunt Rd., Ringoes, NJ 08551.

Rd., Ringoes, NJ 08551.

October 27. Cape Cod Marathon, Falmouth, Mass. Courtney Bird, Box 699, West Falmouth, MA 02574. 508/548-0348.

October 27. Mohawk-Hudson River Marathon, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 3. 14th Fred J. Hackett 10K, West Concord, N.H. Masters cash based on age-graded tables. SASE to: Concord Savings Bank Autumn Run, P.O. Box 739, Concord, NH 03302. Bob Teschek, 603/863-2537. Continued on page 24

November 3. Marine Corps Marathon, Washington, D.C. MCM, Box 188, Quantico, VA 22134. 703/640-2225/690-3431.

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

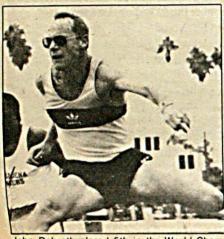
November 15-17. Road Race Management Race Director's Meeting and Trade Exhibit, Washington, D.C. SASE to RRM Race Director's Meeting, 2001 Wilson Blvd., Ste. 437, Arlington, VA 22201. 703/276-0056.

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

October 5. Av-Med Coconut Grove 5 Miler, Miami. Florida Masters Road Race.

800/940-4RUN.
October 12. Capital Trail 10 Mile/5K,
Raleigh, N.C. Dean Reinke, 400 N. New
York Ave., Ste. 103, Winter Park, FL
32789. 407/647-2918.

November 2. LDDS Run For Child Protection 10K, Montgomery, Ala. Masters money. Brian Doby, 855 Park Ave., Montgomery, AL 36106. 205/240-8650.



John Dobroth placed 5th in the World Championships M50 100H in 15.83.

Photo by Fred Niedermeyer

November 2. Senior Bowl/Delchamps Charity Run 10K, Mobile, Ala. USRA Masters Circuit. Vic Knight, 205/458-2276, or Dean Reinke & Associates, 407/647-2918.

November 10. The Old Reliable Run 10K. Raleigh, N.C. 919/829-4843.

December 14. Rocket City Marathon, Huntsville, Ala. USRA Masters Circuit, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077. Dean Reinke & Associates, 407/647-2918.

January 4. Charlotte Observer Marathon & 10K, Charlotte, N.C. \$4250 masters money, plus bonuses. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

#### **MIDWEST**

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

October 12. Bowling Green 10K, Bowling Green, Ky. Rick Kelley, Box 1802, Bowling Green, KY 42102. 502/782-3660.

October 13. Tandem-Dayton River Corridor Half-Marathon, Dayton, Ohio. USRA Masters Circuit. Lloyd Laubach, Wright Brothers, Box 9154, Dayton, OH 45409. 513/296-1845.

October 13. Fox Cities Marathon, Neenah, Wisc. Gloria West, 316 N. Appleton St., Appleton, WI 54911. 800/452-9526.

October 13. U.S. International 10K Peace Race, Youngstown, Ohio, Masters money Jack Cessna, Peace Race, P.O. Box 1320, Youngstown, OH 44501. 216/743-6632.

October 13. INB StepAhead Stampede 25K/ 10K/5K Walk, Indianapolis. Ken Long & Associates, 107 W. Loretta Dr., Indianapolis, IN 46217. 317/786-8812.

October 20. Louisville Marathon/Half-Marathon, Louisville, KY. Gil Clark, Box 36452, Louisville, KY 40233, 502/456-8160. October 20. Detroit Free Press-Mazda International Marathon, Detroit, Mich. Barbara Bennage, 321 W. Lafayette, Detroit, MI 48226. 313/222-6676.

October 27. Chicago Marathon, Chicago, Ill. Also Rogaine 5K. Chicago Marathon, 11.

223 W. Erie, Chicago, IL 60610.

October 27. Rogaine 5K, Chicago. In conjunction with Chicago Marathon. M&W40+ \$750-500-350-200-150. John Ruane or Andy Clark, 312/280-7086.

October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220, 614/459-2547.

November 9. Ohio TAC Open/Masters X-Country Championships, Lancaster H.S. M8K/W5K. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

November 10. Columbus Marathon, Columbus, Ohio. P.O. Box 26806, Columbus, OH 43226, 614/433-0395.

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

October 5. Myriad Gardens 10K, Oklahoma City. USRA Masters Circuit. Carolyn Sims, 405/297-2597, or Dean Reinke & Associates, 407/647-2918. October 6. Continental Insurance Governoors of the Property of the Associates of the Property of the Associates of the Associ

nor's Cup 5K, Denver. Creigh Kelley, 8400 E. Prentice Ave., No. 202, Englewood, CO 80111. 303/741-3587(d).

October 13. KAZY Marathon, Denver, Colo. BKB Ltd., 8400 E. Prentice Ave., Ste. 202, Englewood, CO 80111. 303/741-3587.

October 27. Humana Prime Health Marathon, Kansas City, Mo. Betsy Titterington, 5001 State Line, Kansas City, MO 64112. 816/531-2387.

November 2. Tulsa 15K Run, Tulsa, Okla. Stan Austin, 1 William Center, Box 2400, Tulsa, OK 74102. 918/588-2850.

November 2. Striders Half-Marathon, Brookings, S. Dak. Bob Bartling, Prairie Striders, Box 267, Brookings, SD 57006. 605/692-2414.

November 2. Omaha Riverfront Marathon, Omaha, Nebr. USRA Masters Circuit. Gary Myer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

#### SOUTHWEST Louisiana, Mississippi, Texas.

October 5. El Paso/Juarez International 15K, El Paso, Texas/Juarez, Mex. El Paso Sun Carnival Assn., 2609 N. Stanton, El Paso, TX 79902. 915/533-4416.

October 19. Louisiana Mini-Marathon, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

November 22. Dallas White Rock Half-Marathon, Dallas. SASE to: Cross Country Club of Dallas, 7021 Prestonshire, Dallas, TX 75225.

November 10. San Antonio Marathon, San Antonio, Texas. USRA Masters Circuit. John Pernell, 512/732-1332, or Dean Reinke & Associates, 407/647-2918.

#### WEST Arizona, California, Hawaii, Nevada, New Mexico, Utah.

October 5. St. George Marathon, St. George, Utah. Kent E. Perkins, 86 S. Main St., St. George, UT 84770. 801/634-5850. October 5. Manhattan Beach Old Hometown Fair 10K, Manhattan Beach, Calif. Russ Lesser, 213/372-3553; Ann Martin, 213/372-2823.

October 6. Sacramento Marathon/Half-Marathon, Sacramento, Calif. Ron Sturgeon, Box 995, Dixon, CA 95620.

916/678-5005.
October 12. Chrysalis Run For The Homeless 5K/10K, Los Angeles. Susan Romick, 702 S. San Pedro St., Los Angeles, CA 90014. 213/623-9394.

October 12. 10th annual Moving Comfort 8K For Women, San Diego, Calif. Also separate men's race. SASE to Race Director, 2115 Craig Court, Lemon Grove, CA 91945-4237. 619/460-3110.

October 20. Humboldt Redwoods Marathon/Half-Marathon, Weott, Calif. Masters money. SASE to Karen Angel, Race Director, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/442-6463 (M-F, 2-4 p.m.)

October 26. Twilight Last Gleaming Mile Cross-Country. Arroyo Verde Park, Ventura, Calif. 5:00 p.m. Andrew Hecker, P.O. Box 7793, Ventura, CA 93006. 805/983-0044(d); 642-3879(e).

October 26. Alhambra Moonlight 8K, Alhambra, Calif. Open women's TAC championships. City of Alhambra. 111 So. First St., Alhambra, CA 91801. 818/570-5044.

November 3. Santa Barbara Half-Marathon, Santa Barbara, Calif. John Brennand, Box 6616, Santa Barbara, CA 93160. 805/964-2591.

November 10. Long Beach Shoreline Half-Marathon, Long Beach, Calif. Michael Braunstein, 1500 E. Anaheim St., Long Beach, CA 90813. 213/433-4557.

December 21. 25th Las Vegas Half-Marathon, Las Vegas, Nev. No. 10 size SASE to Bill Callanan, LVTC, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269; 878-8414.

February 1. 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

#### **NORTHWEST** Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

October 27. Tri-Cities Marathon, Pasco, Wash. SASE to 3RRRC 1205 Ryan Ave., Pasco, WA 99301, 509/545-5693.

November 16. U.S. vs. Canada Cross-Country 8K, Seattle. Noon. Carol Lagen-bach, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

#### CANADA

October 6. Toronto Marathon, Ontario. Marathon, 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2X1. 416/495-4311.

#### INTERNATIONAL

October 11-27. Adventures: India. Multiday Trial Race, Trek and Delhi Marathon (25th). Extension and optional tours available. Force 10 Expeditions LTD., P.O. Box 30506, Flagstaff, AZ 86003 USA. 1-800-922-1491.

November 2. Rosarito Beach Holiday 5K & 10K, Baja California, Mexico. Finish LIne international, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

#### RACE WALKING

October 5. Octoberfest 10K Racewalk, Greenville, S.C. Olympic Trials qualifier; open and masters. Certified, sanctioned, masters and national judges. Greenville Recr. Dept., 103 Cleveland Park Dr., Greenville, SC 29601.

October 5. Alden 3K RW, Naperville, Ill. Bill Wojcik, 1525 Oxford Ln., Naperville, IL 60565. 312/286-3883.

October 6. North American Masters 20K Championships and 20K/5K Open. Midland, TX. Norm Frable, P.O. Box 8248, Midland TX 79708. 915/694-2134.

October 12. Sweet Potato Festival 20K Racewalk, Darlington, S.C. Open and masters. Darlington County Recr., P.O.

Box 1740, Darlington, SC 29532.

October 19. Florida TAC 10K Championships, Orlando. Central Fla. Walkers, Verna Buchs, 585 Via Lugano, Winter Park, FL 32789. 407/645-4706.

November 1-3. Martin Rodow 3K/Seminar, Ft. Lauderdale, Fla. Paul Geyer, P.O. Box 630096, Miami, FL 33163. 305/935-6063.

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

M30-34 William Harry M35-39	400	50.7	7-24-91	M50-54 James Huffman Jack Miller Ed Schmidt	800 800 Shot Put	2:18.14 2:19.0 12.55	7-6-91 7-6-91 2-3-91	M65-69 Lloyd Young Ed Holmes M70-74	1 Mile High Jump	5:31.7 4-8	7-23-88 6-1-91
Mark Cwiek  M40-44 Wayne Gripp	Javelin 100 400	210-6	7-7-91	M55-59 Bob Santine	100	12.8	6-29-91	Myron Dover Charles Irwin Adrien Pronovost	Long Jump Discus High Jump 5000	3.77 33.89 1.25 23:04.6	3-30-91 3-30-91 6-27-91 7-23-91
Pete LaRouech Ben Brockwell Gordon Overbye	200 800 1 Mile RW 1 Mile 3000 SC	53,52 24,19 2:03,2 7:31 4:30,0 10:52,98	7-14-91 7-18-91 7-26-91 2-16-91 6-4-91 6-22-91	Everett Hardy Chris Rush Doug Alberts	Discus 800 High Jump 100H	129-11 2:25.7 5-0 17.7	6-22-91 7-26-91 6-21-91 6-22-91	M75-79 Fred Praeger Eugene Bradford	100 Shot Put Shot Put	16.31 9.09 30-10 1/2	6-22-91 6-22-91 6-15-91
Larry Purtell Gary Westlund Karl F. Birns Ken Cooper Alan Russell	1 Mile 3000 RW 35# Wt. High Jump 200	4:40.96 14:41.3 44-7 1.77 24.04	2-17-91 6-30-91 10-1-91 7-5-91 7-4-91	M60-64 Bailey Gore	Long Jump 200 100 Long Jump	15-1 3/4 28.10 12.97 15-2	6-22-90 6-22-90 6-9-90 2-1-91	Skipper Clark	High Jump Long Jump 5000 RW	4-4 4.26 27:23,81	7-21-91 8-17-91 6-22-91
M45-49 Rich Davis Jack Karbens Larry Norris	5000 Pentathlon 3000 SC 800	16:22 2708 pts. 10:53.16 2:08.7	7-25-91 7-4-91 7-1-91 7-26-91	Ed Mahany Warren Doscher Jack Lance Arnold Meardon	2000SC 200 100 Long Jump 100 800	9:12.44 27.25 13.41 15-3 1/2 11.8 2:34.5	7-27-91 7-4-91 7-4-91 7-28-91 7-6-91 7-13-91	Mary Lou Platis Karen Wright	Long Jump Javelin Discus Shot Put	12-10 22.34 24.19 27.8	2-3-91 8-3-90 8-3-90 7-27-91

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3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:1
2Mile	15:04	15:30	15:54	16:24		17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:2
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:5
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:1
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:2
20K		1:40	1:43		1:52	1:57	2:02	2:09	2:17	2:27	2:40		3:1
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3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48		32:3
2Mile	16:44		27:42	28:33	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	A PARIS FOR				Dec - Street	31:33		37:30	39:36	42:00	45:09	50:18	55:1
10K		54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:41	1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:4

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1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:10 32:30 32:30
110H 100H 80H 400H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
300Н	A COLUMN				48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нј	1.94	1.85	1.76 5-94	1.68 5-6	1.59	1.50 4-11	1.41	1.32	1.23	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7%	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-24	2.55 8-44	2.30 7-64	2.05 6-85	1.80 5-11	1.50 4-11
. W	6.55 21-6	6.20 20-44	5.85 19-24	5.45 17-10 <sup>1</sup> 2	5.10 16-9	4.75 15-7	4.40 14-5%	4.00	3.65 11-114	3.35 11-0	3.00 9-10	2.65 8-84
IJ	13.35 43-94	12.65 41-6	11.90 39-1	11.15 36-7	10.40 34-15	9.65 31-8	8.90 29-2½	8.20 26-11	7.50 24-7½	6.80	6.10 20-½	5.50 18-1
Shot	15.20 49-10 <sup>1</sup>	14.10 46-34	13.00 42-8	12.00 39-44	12.40 40-84	11.20 36-9	12.00 39-4½	10.80 35-54	10.00	8.80 28-10 <sup>1</sup> 2	7.65 25-14	21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-24	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00
Jav	62.00 203-5	57.00 187-0	52.G0 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00	35.00 114-10	29.00 95-2	24.00 78-9	19.00	15.00
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				FC	OR W	OMI	EN				
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
400	63.5		30.3 67.5	31.4 69.5	32.5	73.5	35.7 78.5	37.5 83.7	90.0	43.5 96.5	47.0 103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500 Mile	5:10 5:34	5:19	5:29		5:58	6:20	6:48	7:23		8:52	9:48
5000	19:45	20:30	21:20	22:16	6:26		7:19 26:08	7:46 28:08	8:47	9:39 32:21	10:45
10000	41:00	42:40			49:30				66:00	76:00	86:00
100H 80H	17.2	18.2	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8	Shelet S					23.0	28.0
300H			Sept.		66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07 3-6½	1.02 3-44	.97 3-21/4	.92 3-0½	.89 2-11	2-9
u	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5		S. Shakadania	12-95	Chicago Marie Co.	10-6	NEW YORK WAR TON	8-614	SHOW THE RESERVE	6-11	6-7
ŢJ		30-24	8.60 28-25	A Property of	THE RESERVED		0 18-8%		15-5	13-94	12-54
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Jav		33.50 109-11		21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1		15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0	9.0 29-7
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APP	LICATION FOR	AN
ALL-AMERI	ICAN CERTIFIC	ATE/PATCH
NAME	Architecture (Architecture)	AGE-GROUP
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□ CERTIFICATE	□ PATCH	PATCH TAG
If you have bettered the standard or \$15 for both a certificate and a each.) Send to: All-American, Naticlose copy of results, or note in w suitable for framing — and/or a 3 (Allow six weeks for patches with	a patch. (A patch tag, showin onal Masters News, P.O. Box hich issue they appeared.) A 3-color, 3" x 4" patch will be	ng event and year, is an extra \$5 2372, Van Nuys, CA 91404. (En- 3-color, 8" by 10" certificate —

MD 46:11.30 NY 47:45.40 IL 48:23.30 TN 49:14.00 NY 50:36.10

SC 49:28.60 VA 50:05.20 NJ 51:31.20 MI 54:26.90 CO 54:28.00

WI 51:38.70 MO 52:00.40 OH 59:15.00 PA 60:34.70 NM 61:18.20

OH 59:29.10 NM 64:33.40 AZ 71:47.40

CT 68:52.40 TN 77:31.10 CO 79:40.00

TX 84:21.90 TN 94:47.40 AZ 94:43.60

#### **TRACK & FIELD RESULTS**

Please send masters meet results to NATION NEWS, PO BOX 2372 VAN NUYS CA 91404 please type single s

#### NATIONAL

National Senior Sports Classic Syracuse, NY; June 27-July 3

100 and 1500 results were

100 and 1500 result published in the Au	
issue	Aust
200m	
M55-59 Andrew Branch	NY 25.70
Clifford Pauling	NY 26.10
Alexander Johnson	NJ 26.20
Joseph Hemler Vince Waltz	MD 27.20 IA 27.60
M60-64	
Rich Barretta Chuck Sochor	NJ 26.50 MT 27.30
Chuck Sochor Larry Anderson	MI 27.30 NM 27.70
Ed Destremps	NC 28.10
Rich Chapin M65-69	AZ 28.30
Jim Lav	NC 26.20
Willie Blackmon Paul Saunders	OH 26.40 MO 28.30
Joe Rogers	SC 28.40
Dick Herzer M70-74	AZ 29.00
Ed Matthews	MD 29.30
Bill Weinacht	OH 29.60
Milt Silverstein Jim Manno	AZ 29.80 NJ 30.30
Jay Sponseller	FL 30.40
M75-79 Conrad Shuck	CA 32.10
Gil Gonzalez	PR 33.00
Lloyd Houston	NM 34.30
Milo Lightfoot Murphy Domingues	IN 35.20 LA 35.30
M80-84	REAL PROPERTY.
Casimir Bechner Kermit Webber Luman Parrott	NM 37.05 FL 37.62
Luman Parrott Byron Fike	MO 39.34 OH 39.41
Herb Steele	FL 45.99
M85-89 Sam Dorman	IL 44.90
Waldo McBurney	KS 45.69
William Maine M90-94	OH 82.90
Guy Sibley	IL 95.34
W55-59	_spint -
Janet Freeman	OH 33.40
Joan Doucet Lucy Anne Brobst	NM 34.30
Joan Dugan	NC 34.90 CO 36.70
Nina Wood	CA 37.00
W60-64 Jane Clarkson	WO 24 00
Leonore McDaniels	MO 34.00 VA 35.00
Barbara Coates Susie Barnes	PA 36.70
Mary Dasen	DC 37.20 MI 39.00
W65-69	FE 26 10
Lavinia Haefele Pat Peterson	KS 36.19 NY 36.38
Pat Peterson Lillian Lake	NM 36.43
Dottie Gray Johnnye Valien	MO 37.47 TX 39.18
W70-74	
Molly MacKown Florence Berry	CO 39.88 IL 40.34
Carol Peebles Carla Convery	WI 41.78
	VA 45.19
Sis Warnke W75-79	NM 46.70
Lucille Monroe	MO 40.90
Millie Crews Ellen Charlie	WI 43.30 MI 45.80
Josephine Gregg	MI 45.80 OH 47.40
Mavis Borthick	TN 47.40
W80-84 Polly Clarke	CO 41.39
Kate Phillips	NC 64.80
Allie Walker Carmelia Rumple	TN 68.67 OH 86.16
W85-89	
Anna Ward	MO 59.49
Florad Mendoza Rose Monda	CO 63.77 AZ 65.57
Sue Matthews	PA 67.80
400-	
400m M55-59	
Cliff Pauling	NY 57.64
Fritz Schlereth Ernest Walls	NY 58.43 OH 59.39
Joe Hemler	MD 59.83
James Ware M60-64	IN 62.10
Chuck Sochor	MI 60.23
Chuck Sochor Larry Anderson	NM 61.33
Benjamin Knaub Jack Greenwald	CO 61.76 OH 62.76
Fred Frost	SD 63.88
	a language

					Mike Mac George H
AL	M65-69	NO 50 50	W60-64	NI 2-11 (0	Pace Ken M70-74
AL	Jim Law Willie Blackmon	NC 58.52 OH 58.98	Lois Filreis G P Embler	NJ 3:11.60 SC 3:15.00	Cokey Da
	John Haefele	KS 65.87	Nancy Smalley	CO 3:22.10	Tim Dyas Paul Gey
ts Classic	Harold Johnson Foster Anderson	GA 66.95 LA 73.92	Ethel Lehmann Vera Whiteside	FL 3:29.80 IL 3:40.70	E E Hers
27-July 3	M70-74	LR 73.92	W65-69	16 3.40.70	Tom Henn
	Ed Matthews	MD 66.91	Dottie Gray	MO 3:17.78	M75-79 Ed Seege
were	Jay Sponseller Erich Dahl	FL 68.38 MO 68.61	Agnes Reinhard Melanie Paschal	WI 3:20.49 FL 3:28.99	Phil Law
	Jim Manno	NJ 69.71	Pat Peterson	NY 3:53.78	Martin P
	Phil Protheroe	PA 73.15	Esther Wilson	IA 3:55.99	Wm Patte Irving F
	M75-79 Lloyd Houston	NM 76.32	W70-74		M80-84
NY 25.70 NY 26.10	Murphy Domingues	LA 79.82	Anna Romagna	MD 4:01.90	Kurt Str
NJ 26.20	Delbert Bender	SD 79.90	Carol Peebles Helen Fluke	WI 4:04.65 PA 4:17.03	Harold H Ellery C
MD 27.20	Robert Matteson Milo Lightfoot	VT 80.93 IN 83.23	Sis. E Warnke	NM 4:33.10	C R Wood
IA 27.60	M80-84	IN 63.23	Alverna Dewald	PA 5:22.76	Alex Mur
NJ 26.50	Casimir Bechner	NM 84.77	W75-79 Pearl Mehl	CO 4:15.20	M85-89 Waldo Mc
1I 27.30	Luman Parrott Byron Fike	MO 89.75 OH 95.75	Mavis Borthick	TN 4:22.60	wardo no
M 27.70 IC 28.10	Anthony Denardis	NM 1:44.82	Millie Crews	WI 4:25.90	W55-59
Z 28.30	Oscar Baer	AZ 1:59.00	Josephine Gregg		Joyce De
1 1 1 1 1 1	M85-89	TI 1.5/ 00	Miriam Miller	PA 5:19.40	Maurine Jeanne K
IC 26.20	Sam Dorman	IL 1:54.89	LOCKING DI		Joann De
H 26.40 IO 28.30	W55-59	WELL THE RESERVE	1500m RW M55-59		Doris Li
C 28.40	Janet Freeman	OH 1:13.46	Art Noll	PA 7:13.70	W65-69
Z 29.00	Joan Doucet	NM 1:16.47	Pres Donaldson	TX 7:13.90	Miriam G Joan Row
ID 20 20	Kathy McIntyre LucyAnne Brobst	AZ 1:17.20 NC 1:19.53	John Boitano Chris Amoroso	CT 7:18.60	Marion N
D 29.30 H 29.60	Beth Carrin	NC 1:19.55	F D Brown	CO 7:19.60 IA 7:26.80	Frances
Z 29.80	W60-64		M60-64		Millie F
J 30.30		MO 1:16.49	Jack Shuter	OH 8:24.70	W70-7 L Nottag
L 30.40	Lois Filreis Barbara Coates	NJ 1:23.64 PA 1:24.40	Pete Palmer Joe Kendall	CO 8:57.10 IL 8:57.80	Imogene
CA 32.10		FL 1:26.40	Ken Campbell	NV 9:05.90	Helen Wa
PR 33.00	Mary Dasen	MI 1:30.91	Joe Miller	NM 9:14.10	Margaret
NM 34.30 IN 35.20	W65-69	MO 1:23.78	M65-69	NI 9.35 00	Ada Wind
LA 35.30	Pat Peterson	NY 1:27.30	John Nervetti Don Gladding	NJ 8:35.90 AZ 8:42.50	Velma Ja
A PROPERTY	Agnes Reinhard Margot McCaffrey	WI 1:29.45	Harvey Geller	MD 8:43.10	E G Fren
NM 37.05 FL 37.62	Margot McCaffrey Angie Smith	NH 1:33.90 NY 1:45.45	Mike Machnicki Pace Kenyon	AZ 8:53.40 AZ 8:58.30	Mary Nic
MO 39.34 OH 39.41	W70-74	Legal Catholic School	M70-74		Mary Lat
OH 39.41 FL 45.99	Anna Romagna		Cokey Daman E E Hershberger	VA 8:27.00 AZ 9:14.00	W80-84 Polly C1
and the state of	Carol Peebles Anna Royer	PA 1:42.10	Paul Geyer	FL 9:16.20	Louise S
IL 44.90 KS 45.69	Helen Fluke	PA 1:48.80	Tom Hennen Jerry Jerome	PA 9:16.80	Allie Wa Margaret
OH 82.90	Sis Warnke W75-79	NM 1:53.50	M75-79	MI 9:19.40	Arda Per
	Alice McCormick		Wm Patterson	NC 9:15.30	W85-89
IL 95.34	Margaret Jackson	OH 2:05.71	Ed Seeger	VA 9:15.40	Anna War Eleanor
WATER STATE	Helen Birch Miriam Miller	OH 2:08.84 PA 2:12.15	Phil Lawrence M E Peterson	AZ 9:27.20 FL 9:49.20	Sue Matt
OH 33.40	Dorothy Bavaro		Madeleo Blake	IA 9:58.10	
NM 34.30 NC 34.90	W80-84		M80-84		
CO 36.70	Polly Clarke W85-89	CO 1:45.20	Kurt Straus Harold Hoffman	AZ 10:04.20 NC 10:50.80	5K Road M55-59
CA 37.00	Flora Mendoza	CO 3:18.49	L R Thomas	OH 11:04.40	T R Miln
MO 34.00			Al Nellis	SC 11:28.50	John Dug
VA 35.00	900		Ellery Clark M90-94	MD 11:42.50	Gerald K Don Farl
PA 36.70	800m M55-59		Guy Sibley	IL 17:30.60	Wm Hoss
DC 37.20 MI 39.00	Cliff Pauling	NY 2:18.70	M95-99	Dr. 10.00.45	M60-64
	Fritz Schlereth	NY 2:20.40	John Fleck	PA 19:39.40	Joe Fern
KS 36.19	Leon Bierbower Bailey Abernathy	PA 2:24.10	W55-59		Jack Gen H S Rubi
NY 36.38 NM 36.43	Franklin Brown	MS 2:24.60 IA 2:27.30	Joyce Decker	IL 8:28.60	John Ber
MO 37.47	M60-64		Maurine Lia	MO 8:46.30	Harrie H
TX 39.18	William Cooney Benjamin Knaub	NY 2:20.88	Doris Liberman Joann Deiner	MO 9:39.50 AZ 9:46.60	M75-79 Austin N
CO 39.88	Benjamin Knaub Jack Gentry	CO 2:23.49 AR 2:26.51	Gail Sangree	CT 10:07.20	Eugene K
IL 40.34	J S Tobey	VT 2:26.54	W60-64		Edmund V
WI 41.78	Fred Frost M65-69	SD 2:28.08	Ruth Leff Pat Nesley	WI 9:02.70 DC 9:28.90	Larry Pa Marvin L
VA 45.19 NM 46.70	John Meeks	NY 2:34.57	Pat Palmer	CO 9:36.30	M80-84
40.70	Carl Hammen	RI 2:40.34	Phyllis Goodland	CAN 9:40.60	Luman Pa
MO 40.90	J B McManus	NY 2:41.29	Pat Merriman	TX 9:44.80	Caldwell
WI 43.30	Paul Schmitt Harold Johnson	MO 2:42.09 GA 2:44.99	W65-69 Miriam Gordon	FL 9:08.20	W55-59
MI 45.80 OH 47.40	M70-74		Joan Rowland	NY 9:18.50	Joanne M
TN 47.40	Jay Sponseller	FL 2:46.10	M F Mahoney	AZ 9:47.00	May Chou Faith Wa
	Erich Dahl Jim Manno	MO 2:47.60 NJ 2:53.64	Millie Bolton Frances Kenney	OH 10:15.00 MI 10:22.00	Marriet
CO 41.39	Norman Hansen	WA 2:54.98	W70-74		Lois Bel
NC 64.80 TN 68.67	Bill Tribou	CT 2:56.20	L Nottage	NM 9:34.80	W60-64 G P Emble
OH 86.16	M75-79 Larry Patterson	MO 3:08.80	Imogene Watkins Helen Waag	MS 10:00.20 CO 10:18.40	Doralie :
NO 50 10	Edmund Vuolo	CT 3:11.20	Margaret High	NC 10:18.40	Pepper Da
MO 59.49 CO 63.77	Harry Lindower	OH 3:11.30	Marg Lambert	CO 10:33.90	Bobbie W
AZ 65.57	Robert Matteson Max Springer	VT 3:20.90	W75-79 Helen Sutter	FI 10.42 70	Sis. M B
PA 67.80	M80-84	TN 3:28.00	Millie Crews	FL 10:43.70 WI 10:47.00	Agnes Re
	Caldwell Nixon	NC 3:53.20	Lucille Monroe	MO 11:01.20	Dottie Gr
1,000	Luman Parrott	MO 4:23.10	Faytine Allen	TX 11:03.70	Mally Her
NY 57.64	Oscar Baer Anthony Denardis	AZ 4:24.70 NM 4:39.10	Fran Harngraves W80-84	NC 11:04.30	Lilli Man Esther Co
NY 58.43	M85-89	111 4.39.10	Laura Payne	TX 10:32.80	W70-74
OH 59.39	Waldo McBurney	KS 4:46.30	Polly Clarke	CO 10:49.20	Jane Doug
MD 59.83	M90-94 John Pino	NM 0.44 70	Susie Hughes	TX 11:42.20	Vadine Ko
IN 62.10	W55-59	NM 9:44.70	Margaret Murray Mary Thoms	NJ 12:21.50 NJ 12:23.10	Luise Not Lois Clar
MI 60.23	Audrey Sullivan	MO 3:17.94	W85-89		Gurnelle
NM 61.33	Jean Hopkins	OH 3:23.39	Anna Ward Eleanor Cheek	MO 13:28.10	W80-84
CO 61.76 OH 62.76	Sis. J Schaeffer Janet Freeman	IL 3:25.04 OH 3:36.68	Sue Matthews	NC 13:52.90 PA 13:56.20	Allie Wal W85-89
	Peggy Bliss	NC 3:37.32			Rose Mond

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1. If possible hite space.	),
W60-64	
Lois Filreis G P Embler	NJ 3:11.60 SC 3:15.00 CO 3:22.10
Nancy Smalley Ethel Lehmann Vera Whiteside	CO 3:22.10 FL 3:29.80 IL 3:40.70
W65-69 Dottie Gray Agnes Reinhard	
Melanie Paschal	MO 3:17.78 WI 3:20.49 FL 3:28.99 NY 3:53.78 IA 3:55.99
Pat Peterson Esther Wilson	IA 3:55.99
W70-74 Anna Romagna Carol Peebles	MD 4:01.90 WI 4:04.65
Carol Peebles Helen Fluke Sis. E Warnke	PA 4:17.03
Alverna Dewald W75-79	NM 4:33.10 PA 5:22.76
Pearl Mehl Mavis Borthick Millie Crews	CO 4:15.20 TN 4:22.60 WI 4:25.90
Josephine Gregg	W1 4:25.90 OH 4:58.90 PA 5:19.40
1500m RW	
M55-59 Art Noll	PA 7:13.70
Pres Donaldson John Boitano Chris Amoroso	PA 7:13.70 TX 7:13.90 CT 7:18.60 CO 7:19.60
F D Brown M60-64	1A 7:26.80
Jack Shuter Pete Palmer Joe Kendall	OH 8:24.70 CO 8:57.10 IL 8:57.80
Ken Campbell Joe Miller	IL 8:57.80 NV 9:05.90 NM 9:14.10
M65-69 John Nervetti	NJ 8:35.90
Don Gladding Harvey Geller Mike Machnicki	AZ 8:42.50 MD 8:43.10 AZ 8:53.40 AZ 8:58.30
Mike Machnicki Pace Kenyon M70-74 Cokey Daman	
E E Hershberger Paul Geyer	VA 8:27.00 AZ 9:14.00 FL 9:16.20
Tom Hennen Jerry Jerome M75-79	PA 9:16.80 MI 9:19.40
Wm Patterson Ed Seeger	NC 9:15.30 VA 9:15.40
Phil Lawrence M E Peterson Madeleo Blake	AZ 9:27.20 FL 9:49.20 IA 9:58.10
M80-84 Kurt Straus	AZ 10:04.20
Harold Hoffman L R Thomas	NC 10:50.80 OH 11:04.40
Al Nellis Ellery Clark M90-94	SC 11:28.50 MD 11:42.50
Guy Sibley M95-99	IL 17:30.60
John Fleck W55-59	PA 19:39.40
Joyce Decker Maurine Lia	IL 8:28.60 MO 8:46.30
Doris Liberman Joann Deiner Gail Sangree	MO 9:39.50 AZ 9:46.60
W60-64 Ruth Leff	CT 10:07.20 WI 9:02.70
Pat Nesley Pat Palmer	DC 9:28.90 CO 9:36.30
Phyllis Goodland Pat Merriman W65-69	CAN 9:40.60 TX 9:44.80
Miriam Gordon Joan Rowland	FL 9:08.20 NY 9:18.50
M F Mahoney Millie Bolton Frances Kenney	AZ 9:47.00 OH 10:15.00
W70-74 L Nottage	MI 10:22.00 NM 9:34.80
Imogene Watkins Helen Waag	MS 10:00.20 CO 10:18.40
Margaret High Marg Lambert W75-79	NC 10:29.50 CO 10:33.90
Helen Sutter Millie Crews	FL 10:43.70 WI 10:47.00
Lucille Monroe Faytine Allen Fran Harngraves	MO 11:01.20 TX 11:03.70
W80-84 Laura Payne	TX 10:32.80
Polly Clarke Susie Hughes	CO 10:49.20 TX 11:42.20
Margaret Murray Mary Thoms W85-89	NJ 12:21.50 NJ 12:23.10
Anna Ward Eleanor Cheek	MO 13:28.10 NC 13:52.90

M60-64	
Robert Fine	FL 26:59.90
Jack Ozment Chas Deuser	VA 28:29.10 OH 28:44.30
Jack Shuter	OH 29:35.00
Fred Shaffer	PA 29:36.00
M65-69 Don Gladding	
Don Gladding	AZ 30:57.70
John Nervetti Mike Machnicki	NJ 31:00.80 AZ 31:24.40
George Heller	NJ 31:28.90
Pace Kenyon	AZ 31:39.90
M70-74	
Cokey Daman	VA 29:55.20 NJ 31:32.60
Tim Dyas Paul Geyer	NJ 31:32.60
E E Hershberger	FL 31:36.40 AZ 31:38.70
Tom Hennen	PA 32:20.10
E E Hershberger Tom Hennen M75-79	Property of the second
Ed Seeger	VA 32:15.70
Phil Lawrence	AZ 33:03.10
Martin Peterson Wm Patterson	FL 33:46.40
Irving Firestein	NC 33:56.20 n NY 35:34.20
M80-84	1 11 33.34.20
Kurt Straus	AZ 35:29.60
Harold Hoffman	NC 38:50.70
Ellery Clark	MD 40:21.70
C R Woodland Alex Murphy	PA 40:41.30
M85-89	CT 42:17.10
Waldo McBurney	KS 43:59.00
W55-59	
Joyce Decker	IL 30:16.00
Maurine Lia Jeanne Kirsch	MO 31:03.70 SD 32:59.50
Joann Deiner	AZ 33:21.30
Doris Liberman	MO 33:52.60
W65-69	
Miriam Gordon	FL 31:30.00
Joan Rowland	NY 31:59.80
Marion Mahoney	AZ 34:09.10
Frances Kenney	MI 35:10.60 OH 35:38.60
Millie Bolton W70-7	ОН 35:38.60
L Nottage	NM 34:35.80
Imogene Watkins	MS 34:58.40
Helen Waag	CO 35:11.40
Margaret High	NC 35:52.70
Ada Windolph W75-79	AZ 37:40.40
Velma Jacobs	CO 36:51.00
E G Frendberg	AZ 37:55.00
Miriam Miller	PA 38:33.40
Mary Nichols Mary Lathram W80-84	MI 39:19.00 VA 39:23.20
W80-84	ery salaming of 05
Polly Clarke	CO 37:40.80
Louise Swanson	WA 41:58.90
Allie Walker	TN 43:35.00
Allie Walker Margaret Murray Arda Perkins	TN 43:35.00 NJ 43:47.40 MI 49:15.10
Allie Walker Margaret Murray Arda Perkins W85-89	TN 43:35.00 NJ 43:47.40 MI 49:15.10
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  5K Road Race M55-59	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  5K Road Race M55-59 T R Milner	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  5K Road Race M55-59 T R Milner John Dugdale	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60 NY 17:21.20 CT 17:29.70 TN 18:00.80
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  5K Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60 NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20 NJ 21:31.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20 NJ 21:31.90 OH 22:36.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20 NJ 21:31.90 OH 22:36.90 CT 22:38.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20 NJ 21:31.90 OH 22:36.90 CT 22:38.90
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20 NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:46.20
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30
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Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30  MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 21:42.40
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Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Pattersom Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40 NY 23:45.90 SC 23:28.40 VA 23:40.00
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Pattersom Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NY 23:45.90 SC 23:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 TN 23:145.90 SC 23:28.40 OFL 23:41.50
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Pattersom Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70  MA 17:47.90 AR 18:29.70 NY 19:12.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30  MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 TL 22:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 VA 23:40.00 FL 23:41.50 GA 23:43.60
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NY 23:45.90 SC 23:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 TN 23:145.90 SC 23:28.40 OFL 23:41.50
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Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon  W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 VA 23:40.00 FL 23:41.50 GA 23:43.60 WA 24:07.20  WI 24:11.60 MO 22:35.90 NY 26:00.70 NM 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage Lois Clarke	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30  MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 22:28.40 NY 23:40.00 FL 23:41.50 GA 23:43.60 WA 24:07.20  WI 24:11.60 MO 26:35.90 NY 26:00.70 NM 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20 MN 30:40.30
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon  W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage Lois Clarke Gurnelle Jones	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NY 23:45.90 SC 23:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 VA 23:40.50 GA 23:41.50 GA 23:41.50 GA 23:43.60 WA 24:07.20  WI 24:11.60 MO 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20 NM 28:34.20
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon  W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage Lois Clarke Gurnelle Jones W80-84	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NY 23:41.80 MD 21:42.40 NY 23:45.90 SC 23:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 VA 23:40.00 FL 23:41.50 GA 23:43.60 WA 24:07.20 WI 24:11.60 MO 24:35.90 NY 26:00.70 NM 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20 NM 28:34.20 MN 30:40.30 AZ 32:04.40
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage Lois Clarke Gurnelle Jones W80-84 Allie Walker	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30  MO 31:46.20 NC 31:54.80  MD 21:42.40 NY 22:27.70 IL 22:28.40 NY 22:27.70 IL 22:28.40 NY 23:40.00 FL 23:41.50 GA 23:43.60 WA 24:07.20  WI 24:11.60 MO 26:35.90 NY 26:00.70 NM 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20 MN 30:40.30
Allie Walker Margaret Murray Arda Perkins W85-89 Anna Ward Eleanor Cheek Sue Matthews  SK Road Race M55-59 T R Milner John Dugdale Gerald Koch Don Farley Wm Hoss Jr M60-64 Joe Fernandez Jack Gentry H S Rubin John Bertsche Harrie Hess M75-79 Austin Newman Eugene Keller Edmund Vuolo Larry Patterson Marvin Loyd M80-84 Luman Parrott Caldwell Nixon  W55-59 Joanne Mallet May Chou Faith Walkwitz Marriet Locke Lois Bell W60-64 G P Embler Doralie Segal Pepper Davis Bobbie Wright Sis. M Buder W65-69 Agnes Reinhard Dottie Gray Mally Hennig Lilli Marjon Esther Cox W70-74 Jane Dougherty Vadine Koenig Luise Nottage Lois Clarke Gurnelle Jones W80-84	TN 43:35.00 NJ 43:47.40 MI 49:15.10 MO 46:56.60 NC 47:33.10 PA 58:08.60  NY 17:21.20 CT 17:29.70 TN 18:00.80 NY 18:12.30 VA 18:14.70 MA 17:47.90 AR 18:29.70 NY 19:12.90 IL 19:15.60 NV 20:09.20  NJ 21:31.90 OH 22:36.90 CT 22:38.90 MO 23:48.70 GA 24:42.30 MO 31:54.80  MD 21:42.40 NY 23:41.80 MD 21:42.40 NY 23:45.90 SC 23:28.40 TN 23:11.80 NY 23:45.90 SC 23:28.40 VA 23:40.00 FL 23:41.50 GA 23:43.60 WA 24:07.20 WI 24:11.60 MO 24:35.90 NY 26:00.70 NM 26:56.60 CT 27:01.90  PA 26:36.90 OH 27:40.20 NM 28:34.20 MN 30:40.30 AZ 32:04.40

SERVICE STREET		The second secon
10K Road Race	学为法言验证的	W55-59
M55-59	201	Joanne Mallet
T R Milner	NY 37:02.20	May Chou
Gerald Koch	TN 37:43.80	Faith Walkwitz
Don Farley	NY 38:07.00	Harriet Locke
Carl Trimber	PA 39:11.40	Lois Bell
Wm Hoss Jr	VA 39:23.60	
M60-64	5,1251	W60-64
Joe Fernandez	MA 36:56.70	G P Embler
Ed Stabler	NY 38:09.20	Doralie Segal
Jack Gentry	AR 38:41.20	Lois Filreis
John Bertsche	IL 40:05.70	Mary Dasen
Fred Frost	SD 41:16.20	Nancy Smalley
M65-69	<b>美国共和国</b>	11/5 (0
Pat Gallagher	MO 41:06.20	W65-69
Roland Anspach	OH 41:51.90	Agnes Reinhard
Phil Mongillo	CT 44:49.10	Dottie Gray
Clyne Lumsford	CT 44:52.70	Vickie Memmel
Dennis Egley	CA 45:52.30	Bev LaFollette
M70-74		Lilli Marjon
Will Metz	MT 41:57.70	W70-74
Paul Amadio	OH 46:32.80	Vadine Koenig
Nate White	NY 46:39.40	Luise Nottage
Norm Hansen	WA 47:54.90	Gurnelle Jones
Larry Johnson	NM 48:35.20	W75-79
M75-79	The second lines.	Mary Haines
Austin Newman	NJ 45:28.40	Mavis Borthick
Ed Vuolo	CT 48:14.20	Pearl Mehl
Gene Keller	OH 49:21.10	W80-84
Marvin Loyd	GA 51:52.30	Susie Hughes
Larry Patterson	MO 51:54.50	Allie Walker
M80-84		W85-89
Caldwell Nixon	NC 78:00.60	Rose Monda
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TAC National Masters Weight Pentathlon Championships

Talk shoot Gor	zales,	LA; Au	gust 2	4	16161	on a
	SP	нт	DT	JT	WT	Score
7.(M30-34 -signer h	D 7 1 1 1 1 1 1 1				Ag	e-Grade
Kelly Carmoughe 3	4 9.08	3 23.64	20.17	33.30	7.78	1768 1920
e Suit 35.5	6431	307	275	346	349	1920
M35-39 (1103)	G A CLI		-111	at the		See The Co
M35-39 Jeff Baty 36	12.3	37.18	38.75	46.76	12.62	3061
	020	011	639	541	644	3372
M40-44	neg.					
Bob Sager 43	11.22	32.82	2 27.99	29.05		
M50-54	229	236	425	286	494	2757
Brian McKenna 50		27 50	20 50			100
Di Ian nekemia 30	587	616	635	29.36 290	10.37	2636
Carl Klehm 52	10.25	30 42	27 03	290	11 00	3208
	501	496	424	22.35 193	551	230/
Steve Biddinger 53	7.58	23.90	20.07	22.71	6.97	1490
	341	372	273	198	306	1954
M55-59					EN	
Tom Jackson 57	10.33	28.12	30.93	31.95	8.55	2168
M60-64	505	454	483	327	399	3037
Len Olson 60	13.49	41 06	43 03	36.90	14 71	2202
	091	0/2	145	397	772	1.21.0
Phil Brusca 64	12.53	29.62	36.64	38.82	11.11	2696
	639	482	597	425	553	3887
Eugen Staniciu 60	9.53	37.18	30.34	38.81	12.68	2612
Von Weighel 62	45/	611	471	425	648	3/56
Ken Weinbel 63	9.07	32.98	28.78	20.63	10.91	2121
Rich Lesneski 60	430 9.64 464	541	440	170	540	2958
Mich besiteski 00	464			28.39 276	7.56	
M65-69	STATE OF THE PARTY OF		390	2/6	340	1993
Cy Buchert 69	6.74	14.58	24.75	20.22	6 30	1245
	292	161	362	164	266	2179
M70-74						
Tom McDermott 73	7.96	36.94	33.32	16.32 112	11.09	2283
A U Ricciardi 71	483	607	530	112	551	3720
a o Riccialdi /I	431	33.10	27.50	26.50	7.52	1979
Bob Stone 71	731	244	410	250 24.59	338	3177
Late Sol To Day of the	428	492	394	224	8.80 414	
M/5-79					414	2974
James York 78	9.54	27.66	26.67	18.53	8.73	1854
M80-84	458	445	399	142		3556
Gordon Powell 82	7 2/	17 04	21 00			
KIND OF THE PARTY	327	2/3	21.83	15.92	6.62	1269
	Ser.	243	306	107	285	3062
W35-39						
Jenni Peters 36	6.66	16.62	20.21	25.73	6 27	1405
	313	212	276	396	288	1739
W45-49						
L.Struppeck 45	9.39	28.02	26.31	32.79	7.03	2200
W50-54	490	452	392	529	337	3017
W50-54 Vanessa Hilliard50 W65-69	12 03	36 90	20 24			4014
430	663	605	460	29.52	14.41	3026
Mary Norckauer 66	6.03	19.98	18.43	18.23	5 47	1200
- 10 mg					237	2750
Millie Buchert 69	4.90	7.18	14.06	11.35	5.29	721
	202	0	163	130		1907
		-			THE REAL PROPERTY.	-

Continued on next page

#### Continued from previous page

#### **EAST**

#### **Dartmouth Weight Meets**

Dartmouth Weight Hanover, NI		eets
July 20 16# Shot		
2 Carl Wallin	49	48-3
3 Bob Harvey	48	40-10
6k Shot 1 John Brownstein	51	26.1
12# Shot	71	30-3
2 Carl Wallin		53-10
3 Bob Harvey 16# Hammer	48	48-111
1 Carl Wallin	49	146-5
3 Ed Daniels	39	133-11
6k Hammer 1 John Brownstein	51	111-6
2 Bob Harvey 2k Discus 2 Carl Wallin		108-9
2k Discus	40	110.0
3 Bob Harvey	49	119-9 117-8 116-9 107-5
4 John Brownstein	51	116-9
5 Ed Daniels 1.5k Discus	39	107-5
l Carl Wallin	49	133-7
l Carl Wallin 2 John Bronstein	51	133-7 129-8
August 3		
16# Shot 1 Carl Wallin	49	49-31
2 Bob Mead 4 Bob Harvey	47	45-5½ 40-10
4 Bob Harvey 5 Harold Krause	48	40-10 38-81
16# Hammer	43	30-03
3 Bob Mead	47	150-10
4 Carl Wallin	49	148-4 136-0
7 Ed Daniels	39	132-11
8 Bob Harvey	48	110-3
6 Harold Krause 7 Ed Daniels 8 Bob Harvey 2k Discus 3 Bob Mead	7.7	122 10
4 Bob Harvey	48	133-10 117-6
5 Carl Wallin	11	7-3
6 Ed Daniels	39	105-11
1.5 Discus 1 Bob Mead	47	148-3
2 Carl Wallin	49	135-1
3 Bob Harvey August 11	48	127-7
16# Shot		
16# Shot 2 Carl Wallin 3 Bob Mead	49	46-2 <del>1</del> 46-2
4 Luke Hotte		41-21
5 Al Neville		39-51
1 Bob Mead	47	155-2
4 Al Neville	47	117-10
5 Luke Hotte 2k Discus	44	117-10 115-9
2 Bob Mead	47	133-3
4 Luke Hotte	44	123-4
5 Al Neville	47	106-10
35# Weight 1 Bob Mead	47	48-2
4 Al Neville	47	38-11/2
August 18		
16# Shot	49	10
1 Carl Wallin 2 Bob Mead		49-1 46-2
3 Cliff Blair	62	38-10
4 Al Neville 6k Shot	47	36-11
6k Shot 1 Carl Wallin	49	
2 Bob Mead		49-81
16# Hammer 1 Bob Mead	47	154-11
2 Carl Wallin	49	142-6
3 Cliff Blair	62	140-8
4 Al Neville 2k Discus	47	116-10
1 Bob Mead	47	129-7
2 Carl Wallin 2k Discus	49	118-3
1 Bob Mead	47	129-7
2 Carl Wallin	49	118-3
3 Al Neville 4 Cliff Blair	47 62	
TOTAL DIGIT	02	103-0

#### Empire State Games Albany, NY: July 24-25

A	ibany, NY; July 24	25
		May alle
100n	A CONTRACTOR OF THE	
M30	Jesse Thomas	11.04
	Val Barnwell	11.08
	Fred Feaster	11.57
M35	Adrian Sterrett	11.86
	Chris Best	12.12
	Steve Signor	12.56
M40	Bill Overby	nta
	Smokey Santillo	nta
	Larry Bradwell	12.32
M45	Gene Ballard	12.1
	Sam Hall	12.2
MEO	Ed Howard	12.2
MOU	Walt Thorne	13.04
	Howard Dewey	13.36
wee	Tom Fondy	13.46
MOO	Andy Branch	12.67
	Fritz Schlereth	13.48
MEO	Gus Franze	14.04
MOU	Ed Cox	13.55
	Tom Brooks Bill Townsend	14.41
MCE		15.17
1103	Howard MacMillan	14.64
	Anthony Nero	15.89
	Francis Mariano	17.30
A THE WAY	THE PARTY OF THE P	

W30	Barbara Fishbaugh		13	.2
强性	Barbara Tomczak		14	.4
W35	Cathy McKeever Marcia Hulse		12	.0
100	Della Branch Darbie MacCubbin		14 14	.2
W40	Sharon Osborne		13	.67
	Kathleen Pierce Marie Beretey		14	.35
W45	Nadine Lowenstein		15	.35
-14	Mary Wallace Nancy Swanson			.83
W50 W55	Norma Schilloff Ruth Smith			.01
uco	Betty Sotile Sally Secome		19	.68
W60 W65	Barbara Hennig			.72
200 M30				.26
200	Val Barnwell		22	.73
M35	Fred Feaster Adrian Sterrett		22	.74
	Ted Daher		24	.71
M40	Chris Best Bill Overby			.88
1	Smokey Santillo Bob Micho		nta	3
M45	Gene Ballard		25	.50 .48
	Ed Howard Bob Dilwith			.92 .02
M50	Ed Small		25.	46
	Walt Thorne Tom Fondy			.09
M55	Andy Branch Fritz Schlereth		26.	26
1	Gus Franze		28.	44
M60	Ed Cox Jim Dowling			.05
M65	H MacMillan		30.	.68
	Anthony Nero Francis Mariano		37.	.37
M70 M75	Sid Zecher Bill Shrader		37. 44.	
W30	Louise Clark		nta 28.	
138.3	Barb Tomczak	H	28.	16
W35	Kathy Mead Marcia Hulse		31. 27.	12
W40	Darbie MacCubbin Sharon Osborne		30. 28.	06
No.	Kathy Pierce		29.	2
W45	Marie Beretey N Lowenstein		29. 30.	
W55	Mary Wallace Ruth Smith		32. 37.	
3535.0	Betty Sotile		41.	82
	Pat Moran Sally Secome		42. 41.	
W65 400m	Barbara Hennig		44.	25
M30	Fred Feaster	10	50.	5
. Mile	Dave Bull		50.	5
M35	A Sterrett Chris Best		51. 56.	8
M40	Rod Wiltshire		53.	17
THE STATE OF	Rob Jackson Don Hodge	旗	53. 54.	76
M45	M Meidelberg Jim Buckley		54. 55.	32
	Paul Stelmaszyk		57.	94
M50	Ed Small Walt Thorne		56. 57.	
MSE	Walt Thorne John Allen Fritz Schlereth		58. 60.	41
	Fritz Schlereth Chris Rush		63.	61
A STATE OF	George Freeman Jim Dowline		64	
	Bob Warner H MacMillan		75.	63
1103	A Noro		74.	.04
M70	F Mariano Sid Zecher		81. 99.	.66
M75	Chas Jorgenson		87	.23
	Louise Clark Marcia Hulse		68.	.4
W40	Darbie MacCubbin		64 nta	.9
	Sally Annechino		76	
800i *me	n's results not av	ai	la	ble
W30	Joan Pertak	2:	58 04	.68
W35	Ann Michalek	2:	30	.51
1	Darbie MacCubbin Maureen McLoed	2:	33	.00

	Chris Kush	03.01
	George Freeman	67.45
M60	Jim Dowling	64.20
	Bob Warner	75.63
M65	H MacMillan	70.05
	A Nero	74.04
	F. Mariano	81.42
M70	Sid Zecher	99.66
M75	Chas Jorgenson	87.23
W30	Louise Clark	68.2
	Marcia Hulse	64.4
	Darbie MacCubbin	64.9
W40	Kathy Pierce	nta
W40	Sally Annechino	76.7
000		10.1
800	HE STANDARDS	<b>新国的企业</b>
	s results not a	vallable
W30	Joan Pertak	2:58.68
	Julie Leeper	3:04.67
W35	Ann Michalek	2:30.51
	Darbie MacCubbin	2:33.00
	Maureen McLoed	2:41.55
W40	Ann Trela	3:13.13
	Diane Wagner	3:13.21
	Catherine Clark	3:18.25
W45	Nancy Swanson	2:54.25
"	Louise Liberty	3:06.89
	Kathy Hoffman	3:19.71
WSO	Marge Rajczewski	3:28.0
WOO	Betty Sotile	4:23.7
150		4:23.7
		Erok Det.
-me	n's results not a	vallable
W30	Amy Herold-Russon	m5:08.61
W35	Ann Michalek	5:14.79
	D MacCubbin	5:24.77
	Joan Celentano	5:52.60
W40	Gayle Wilson	5:38.65
	Lorraine Vail	5:58.50
W45	Nancy Swanson Kathy Hoffman	6:10.9
	Kathy Hoffman	6:32.5
	Mary Wallace	6:43.8
W50	Marge Rajczewski	6:41.6
W55	Betty Sotile	9:00.9
W65	Barbara Hennig	7:19.0
500		THE RESERVE
		17:08.8
		15:35.9
	Joe Contario	15:37.5
	Chip Button	16:14.0
	Curb paccou	10:14.0
100		

Nati	onal M
M40 Kevin Kelly Reinhold Wotawa	16:19.3 16:47.2
Pat Glover M45 Salih Talib	16:49.8 16:30.1
Jerry Smith Howard Phasan	16:55.1 17:02.7
M50 Vince Colgan Lee Wilcox	17:36.4
- Steffenhagen M55 Hilton Goring Peter Hettrich	17:44.2 18:21.3 18:44.1
M60 Howard Rubin Bob Gauvreau	19:17.6 19:56.7
David Rider M65 Bob Hennig	21:03.4 21:56.1
M70 Nate White M75 Chas Torgenson	22:16.2
M75 Chas Torgenson W30 A Herold-Russom Pat Nagy	29:04.6 19:05.1 19:55.5
Mary Steffen W35 Joan Barlow	20:10.0 25:04.4
Diane Kram W40 Julie Wilcox Gayle Wilson	25:25.5
Lorraine Vail W45 Mary Wallace	21:20.4 22:56.2 24:46.8
Jean Davio M Thompson	27:34.2 30:14.1
W50 Judy Maguire M Rajczewski	22:26.7 23:57.9
W55 Betty Sotile W60 N Gerstenberber R Tumidajewicz	33:22.7 26:43.2
10,000m	27:11.1
M30 Nike Miller M35 Joe Contario Jake Kearney	33:36.0 32:19.6 33:05.0
Bill McMullen M40 Pat Glover	33:26.9 34:17.7
Ron Bagnoli Jim Ascioti	35:13.8 36:22.7
M45 Jerry Smith Joe DelSanto	35:01.8 35:01.6
Frank Davio M50 Vince Colgan Lee Wilcox	39:49.2 36:43.7 36:46.4
Mike Cannon M55 Hilton Goring	37:41.7 38:15.4
M60 George Savras M65 Don Sill	nta 50:31.3
M70 Nate White Don McNeilly	46:53.1 57:39.1
W40 Cindy Kelly W45 Kathy Hoffman	50:06.5 52:31.3 49:55.3
W50 Judy Maguire Ellie White	48:50.1 54:18.6
W60 R Tumidajewicz Short Hurdles	55:14.6
M30 Wm Johnson M35 Roberto Vives Horace Hudson	16.73 16.83 16.97
Tony Torre	18.21
M40 Ivan Black M45 Mike Milove Paul Gansle	18.10 20.10
John Harulak M50 John O'Neill M55 Ralph Bacote	20.17 21.34 24.61
M60 Bill Townsend W30 Cathy McKeever	18.93 19.92
W35 Marbry Gansle W40 Kathy Pierce	21.29 16.36
Long Hurdles	E0 26
M35 Horace Hudson Tony Torre	58.36 64.81 71.44
Jim Cole M40 Rod Wiltshire Ivan Black	58.81 64.46
G Megelick M45 Mike Milove	68.45
Paul Gansle M50 Bill Drake M55 Ralph Bacote	69.69 71.3 nta
George Freeman W35 Marbry Gansle	83.2 nta
3000m SC M30 Tom Greene	10:47.5
Al Schmidt M35 Jim Zimmons Jim Cole	11:53.5 10:41.8 11:23.4
M40 Reinhold Wotawa Bill Weigel	10:52.9 10:58.7
Stephan Perks M50 Joe Cordero	11:16.5 12:44.9
Roger Luden M55 George Freeman M60 Walt Siderwitz	12:52.2 13:31.6 14:55.6
	index 1
High Jump M30 Jim McGurl Wm Johnson	1.88
Tom Schulz M35 Bob Doran Jim Henderson	1,83 1,73 1,52
M40 Alan Taylor Ivan Black	1.63
Brian Simmons M45 Paul Gansle	1.37
Jan Decker M50 Bill Lightfoot John O'Neill	1.52
M55 Roger Burke Mickey Lafferty	1.37 1 1.37
Ralph Bacote	1.27
M65 Ed Lukens W40 Kathy Pierce W55 Rosa Gioia	1.24 0.91
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sters News	
Pole Vault	and a second
M30 Dan Kennedy Wayne Bequette	3.66 3.35
Pat Haley M35 Jim Henderson Kevin Donovan	3.15 3.96 3.66
Gary Watkins M40 Paul Torreano	3.50 3.66
Jim Trott Mike Watson	3.23
M45 Tom Rauscher Jan Decker	3.96 3.35 3.35
M50 Norm Cyprus M60 Chas Stevenson	3.35
*men's results not av	
W35 Marbry Gansle Donna Sayers W40 Marie Beretey	4.15 3.47 4.59
W55 Ruth Smith Rosa Gioia	3.20
Triple Jump *men's results not a	
W35 Marbry Gansle Donna Sayerts	8.11 7.22
W55 Rosa Gioia	5.96
Shot Put M35 Ulises Delgado	12.31
Rod Krysztof Ray Bzibziak M40 Roger Taylor	12.02
M40 Roger Taylor B Warrington Tony Ficorelli	12.91 11.32 11.03
M45 Ken Straky	12 20
Geoff Brown Jerry Spicer M50 Harold Schwarze	8.46 13.42
W Schilloff	10.91
M55 Chuck Yost Martin Kintish	11.46 10.43
Kurt Krastin M60 John Pavacic	10.02
Ed Keene John Sheridan	9.12
M65 Bob Chotoff Bill Russo M70 Erwin Sorkin	9.10 8.58 9.15
Ralph Williams Sid Zecher	8.84 6.58
*women's results una	
M30 Jim Vander Wood	35.25
M35 Bob Lane Ulises Delgado	42.68 32.82
Mike Sayers M40 Marty Krempa G McDearmon	29.40 34.50 33.92
Roger Taylor M45 Geoff Brown	33.73
Ron Cross M50 Harry Schwarze Brian McKenna	34.96 40.09 37.50
Walt Schilloff M55 Martin Kintish	32.04 38.09
Chuck Yost Kurt Krastin	33.01
M60 Ed Keene John Sheridan	35.59 33.74
Rich Hollaway M65 Bob Chotoff	32.19 32.76
Bill Russo Ed Lukens M70 Ralph Williams	30.01 28.96 26.23
W30 Debbi Eckhardt W35 Nancy LaChiusa	21.74
Mary Coles W40 Kathy Pierce	18.12 23.90
W45 Karen Wright W50 Norma Schilloff	23.89 18.16
W55 Joan Dash Rosa Gioia	17.32 16.02
Hammer M30 Tom Lambdin M40 Bob Warrington	39.92 24.08
Jim Lamondra  M45 Ron Cross	23.84
M50 Norm Cyprus Brian McKenna	42.38 38.64
M55 Martin Engel Kurt Krastin Nick Palladino	39.54
Nick Palladino M70 Ralph Williams Erwin Sorkin	22.94 23.92 21.98
W30 Debbie Eckhart W35 Nancy LaChiusa	15.28 19.52
Javelin	Marine (C)
M30 Mark Bellanca M35 Mike Sayers	42.54 47.42
Tom Wood Ulises Delgado	43.24 41.80
M40 James Ulrich Bob Warrington Jim Larmondra	46.18 37.18
M45 Herb May	36.90 43.50 35.52
Jack Lyda Jerry Spicer M50 Walt Schilloff	30.76 26.78
Rich Kaye M55 Walt Kennedy	26.48 33.40
Martin Kintish Frank Ryan	28.98 28.00
M60 Rich Holloway John Sheridan	35.56 21.92
M65 Ed Lukens	29.42

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Pole Vault	W35 Donna Sayers 17.	78 Ly
M30 Dan Kennedy 3.66 Wayne Bequette 3.35	W40 Kathy Pierce 23.	
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M35 Jim Henderson 3.96	W55 Joan Dash 16.	90 M45 Joe
Kevin Donovan 3.66 Gary Watkins 3.50	Rosa Gioia 13.	Pau Ed
M40 Paul Torreano 3.66	Pentathlon M30 Ken Switnicki 242	2 7 7 (5) - 20 -
Jim Trott 3.23 Mike Watson 3.15	Jim Vanderwood 239	M50 Bot
Mike Watson 3.15 M45 Tom Rauscher 3.96	M35 Mark Culotti 1890 M40 Armand LaFramboise 1920	
Jan Decker 3.35	M45 Tim Collins na	Bil
M50 Norm Cyprus 3.35 M60 Chas Stevenson 2.17	Al Drew 184	The state of the s
Long Jump	Tom Kilroy 116- M50 John Hamm 142	
*men's results not available	M55 Dillon Maier 109	
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Triple Jump *men's results not available	August 17	M65 Osc
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Bill Russo 8.58	.M45 Joe Johnson 11.7	2 M45 To
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Frank Ryan 28.00 M60 Rich Holloway 35.56	M35 Ralph Penn 24.4 Warren Fisher 25.5	
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W30 L	harmaine Sam	1:07.42
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W30 L W35 I W50 J B00m H30 J G H35 A J J K E G G H40 J B H50 S I H50 S I H50 S I H55 C H65 B G W50 J B H55 C H65 B G H55 C H60 J H G H60 J H H60	erry Elson huck Shields drian Sterre oel Hoffsmit arl Castor ( d Murphy reg Hanson asper Royal en Draper arry Hart alih Talib ruce Carter id Howard im Hodge ob Evan inff Pauling ruce Gilbert orge Jackson both Cilmarti and Arnold  ennis Coleman ith Sample Rodriguez ick Hroz en Hoffsmith arren Walker is Kanekuni en Brockwell enny Mellish rry Tompkins illiam Payne orge Sanders regg Atzert d Howard db Evan iff Pauling ruce Gilbert orge Jackson in Brockwell enny Mellish rry Tompkins illiam Payne orge Sanders regg Atzert d Howard b Evan iff Pauling ruce Gilbert orge Jackson im Sutton in Manklyn	1:07.42 ple 1:09.99 n 1:02.96 1:07.6  2:04.65 2:05.51 tt 2:05.41 h 2:09.7 40) 2:10.77 2:18.69 2:19.88 2:06.53 2:18.23 2:21.07 2:02.9 2:04.8 2:12.98 2:20.9 2:44.71 2:28.38 12:36.51 3:04.37 n 2:34.54 2:37.58  4:15.29 4:20.36 5:02.62 5:14.4 4:26.42 4:46.61 n.t. 4:19.84 4:27.01 4:38.51 4:47.49 4:58.63 4:59.01 4:58.63 4:59.01 4:58.63 4:59.01 4:58.63 4:59.01 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01 4:38.51 4:47.49 4:58.63 4:59.01
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The state of the s	M60-75)	<b>SOUTHEAST</b>	Gene Curtis 5:34.4 M50 Paul Hamilton 4:43.7	Dayton, OH; August 10
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M40 Phil Yoder 10:05.53	Al Russo 34.70	Miami RC All-Comers Miami, FL; July 30	M60 Lyle Ramsey 6:17.7	100m
Denny Mellish 10:21.86	Remo Biagoni 32.06	miailii, FL, July 30	M70 Campbell Neel 6:36.6 W30 Linda Redouty 6:20.3	M30 Chris Bastien 11.2 Leonard Strong 11.2
George Sanders 11:29.09  Kyle Mecklenborg11:41.81	M35 John Kalnas 38.79 Tom Talbot 36.45	100m	W35 Annette Castelle 6:34.5	Leonard Strong 11.2 Mark Leeper 11.7
M45 Bill Cooper 10:29.9	Nick Helfrich 31.87	M30 Ron Cotton 12.1 Alex Fernandez 13.0	W40 Linda Curtis 6:00	M35 Michael Andrews 11.3
M60 Larry Dickerson 12:30.09	Pat Cassidy 30.13	M40 Emilio Labori 11.9	5000m M30 Chris Parsons 16:56.5	Larry Lewis 11.8 Ted Martin 11.7
Earl Smith 13:26.34 Jerry Nolan 13:56.99	M40 Tim Williams 43.6 Rich Dunphy 33.3	Joe Hart 12.1	M35 Judd Rosebury 18:23.6	Ted Martin 11.7 M40 Lloyd Hathcock 11.9
W30 Jan Wanklyn 10:34.9	Ed Beebe 30.6	Matt Sitkowski 12.1	M50 Paul Hamilton 18:38.6	Bobby James 12.0
W35 Neysa Westman 13:34.24	Woody Disharoon 29.9	M30 Jeff Allen 25.0	Ed Canterbury 24:27.7 M60 Lyle Ramsey 24:36.5	Steve Smith 12.0
W50 Nancy Rose 15:49.10	Dennis Chandler 26.1 M45 John Abbott 39.3	Ron Cotton 27.0	M70 Campbell Neel 26:18.2	M45 Abdul Singh 12.1 Caleb Brown 12.2
3000m racewalk	Terry Shuman 35.9	Alex Fernandez 28.0 M40 Emilio Labori 25.0	W30 Michelle Endicott22:52.9	Avital Schurr 12.3
M40 Stan Kauffman 19:21.11	George Reynolds 26.4 M50 John Bronstein 43.0	Joe Hart 25.0	W35 Chris Rosebury 33:52.2 W40 Linda Curtis 21:58.9	M50 Paul Dorsey 12.6
Greg McCoy 19:28.59	Ed Bradway 36.7	400m M30 Jeff Allen 35 56.0	ACA MEDICAL PROPERTY CONTRACTOR	Ken Sullivan 14.7 M55 Paul Williams 12.9
M45 Larry Simmons 15:40.27	Tom Kilroy 27.4	Rawn James 37 69.0	High Jump M35 Ken Rowe 6-0	Thom Phillips 13.2
M55 Fred Barfield 17:58.42 Robert Sadler 19:23.98	Aarand Roos 25.3 Larry Pratt n.d.	M40 Laureano Cancio 41 83.0	M60 Eugene Hess 4-7	Leon Cook 14.2
M65 Ray McKeeman 21:19.81	Larry Pratt n.d. M55 Ray Feick 32.5	800m	M65 Victor Golowash 4-0	M60 Troy Banks 12.9 Burt Saidel 13.1
M80 Albert Sabaroff 26:25.8	Fred Wimmer 20.5	M30 Coleman McCaskey 352:21 M40 L Cancio 41 5:05	M85 Arling Pitcher 2-81	Jack Greenwald 13.5
W30 Ellen Marshall 17:26.09 W35 Jessica Krow 19:01.66	M60-M75 in feet/inches M60 Len Olson 135-6	1600m	Pole Vault	M65 Willie Blackmon 13.1
W40 Ceane Rabada 20:38.49	Richard Holloway 104-6	M30 C McCaskey 35 5:06	M30 Don Maynard n/a	Joe Hessell 14.0 W30 Deborah Leeper 13.0
W45 Rukm. Spiritoso 19:30.01	Art Harris 96-3	Jeff Allen 35 5:18 Trevor King 37 6:11	M35 Charles Cronacher 11-6 Mickey Kollross 11-0	Toni Cox 14.2
W55 Shiela Smith 17:59.3	Ned Curran 87-9 Mark Richards 85-11	M40 L Cancio 41 6:19	M40 Richard Beckner 12-8	Pat Finley 14.6
4 x 200 relay (8 teams)	M65 John McCarthy 97-11	Greg Graham 45 6:23	Terry Wilson 10-6	W35 Gail Miller 13.9 W45 Patrice Thomas 16.5
	Manny Herscher 94-4	John Marshall 6:53	M45 Curt Fletcher 10-6 M85 Arling Pitcher 4-6	W50 Eunice Brown 15.4
Younger Men 1:35.90 1:35.94	M75 Gene Wood 68-10	M30 Trevor King 13:45	The state of the s	W70 Ernestine Yeomans 24.5
1:33.94	W35-55 in meters	M40 Joe Hart 10:55	Long Jump M30 Phil Cunningham 15-3	200m M30 Chris Bastien 23.3
	W35 Patricia Brown 16.5 W40 Skipper Clark 20.0	L Cancio 14:22	M35 James Dean 19-1	Lawrence Finley 24.5
Older Men + Women 1:43.56 1:45.08	W45 Roslyn Katz 20.8	Orlando Salas 16:06 W60 Nancy Wienand 61 11:58	Randy Dean 16-101	Eric Joiner 24.9
1:46.39	W50 Joan Youngs 20.3 W55 Ann Cirulnick 20.5	Long Jump	Mike Davis 14-4½	M35 Mike Jacobs 23.5 M Andrews 23.8
1:46.51	W55 Ann Cirulnick 20.5	M30 Ron Cotton 18-7	M40 Terry Wilson 15-8½ Barry Scragg 14-9	Ted Martin 25.4
1:47.00	shotput (in meters)	Garth Brown 16-8	M55 Paul Williams 16-31	Tony Herrell 25.4
pole vault (meters)	Wan Santa William Branch	M30 Rawn James 37 10:57	Wendell Curry 14-11	M40 Bobby James 24.2
The Article Company of the Company o	M30 Scott Bull 12.43 Al Russo 11.91	Rod Johnson 30 12:27	M60 Eugene Hess 13-2½ M65 Vic Golowash 10-6½	Lloyd Hathcock 24.4 Alex Thompson 24.6
M35 Ken Kring 3.95  Jim Henderson n.h.	M35 Pat Cassidy 12.13	John Blair 39 13:59 M40 Ron Rodin 44 12:47	W70 E Yeomans 6-4	M45 Abdul Singh 25.0
M40 Rich Holmes 3.05	Nick Helfrich 11.30	L Cancio 41 13:14	Triple Jump	Avital Schurr 25.6 John Blakely 27.7
M60 George Taylor 2.03	Joel Westman 9.70 M40 Craig Shumaker 13.24	W30 Olga Cancio 38 · 13:30	M30 Denver Word - 40-111	John Blakely 27.7 M55 P Williams 27.2
M65 Jack Doorlay 2.28 M75 Claude Hills 1.63	Rich Dunphy 12.00	W40 Ronni Capsuto 45 17:09 W60+Yolanda Gouffray62 13:55	M35 James Dean 36-6	Richard Strinni 29.2
W50 Madeline Bost 2.23	Ed Beebe 11.24	Gloria Sadowsky 70 15:18	Ken Rowe 35-5	Woody Sharp 29.7
The second second second	Woody Disharoon 9.88 Jim Shea 9.14	Nancy Wienand 61 17:49	Mike Davis 32-21 M40 Terry Wilson 32-11	M60 Burt Saidel 27.5 Troy Banks 27.5
	Jim Shea 9.14 M45 Joe Kalnas 11.89		M60 Eugene Hess 25-3	J Greenwald 27.5
high jump (ft/in)	Terry Shuman 10.72	MIDWEST	M65 Vic Golowash 27-72	M65 Willie Blackmon 27.5
M30 Richard Alexander 6-6	Jacob Katz 5.65 M50 Ed Bradway 11.71	中華/12/10/2012年中华的中华大学中华	M75 Hugh Yeomans n/a M85 Arling Pitcher 12-2	M75 Milo Lightfoot 35.6 Hugh Yeomans 46.2
M35 Ed Fern 5-10 M40 Ivan Black 5-0	John Bronstein 11.17	Midwest Meet	W70 E Yeomans 15-3	W30 Pat Finley 31.5
Rob Schaible 4-10	M55 Ray Feick 12.10 Fred Wimmer 8.15	Huntington, WV; August 3-4	Shot Put	Linda Browning 35.5 W45 Patrice Thomas 37.7
Ed Laurelli 4-10 William Corsey n.h.	Morton Hahn 7.36	100m	M30 Phil Cunningham 32-61	W70 E Yeomans 54.8
M45 James Dickerson 5-6	M60 Len Olson 13.56 Richard Holloway 10.90	M30 Chris Bastien 11.2	M40 Barry Scragg 33-7½ M45 Mickey Bitsko 38-4	400m
M50 Aarand Roos 4-2	Ned Curran 10.58	Leonard Strong 11.3	M50 Sonny Haynes 34-1	M30 C Bastien 54.4 L Finley 54.7
M55 Doug Alberts 4-6 Earl Mege 4-2	Art Harris 9.05	Denver Word 11.5 M35 Mike Andrews 11.6	M55 Brad Ankerstar 36-11	John Gudgel 56.0
Morton Hahn 3-10	M75 Gene Wood 9.22 W35 Patricia Brown 6.34	James Dean 12.3	M60 Fred Anson 28-5 M65 Cliff Sampson 35-10}	M35 Claude Holland 54.9
M60 Tom Delany 4-4	W35 Patricia Brown 6.34 W40 Marianne Winters 6.91	Vince Carter 13.6	Vic Golowash 26-3	Walt Hawkins 57.4
Mark Richards 3-10 Art Harris 3-10	W45 Roslyn Katz 6.36	M40 Barry Scragg 12.6	M50 Everett Hosack 20-3	Ted Martin 58.3 M40 Carter Grimmett 54.6
M75 Claude Hills 3-8	W55 Ann Cirulnick 8.98	George Castelle 13.3 M45 Robert Watts 15.8	W55 Betty Steele 26-11 W60 Bernice Holland 29-0	- Don Drozd 56.4
W30 Mary Ellen Malloy 4-2	weight throw (in meters)	M50 Sonny Haynes 14.4	Lucille Sampson. 25-51	Stephen Smith 56.5
W35 Irene Thompson 4-6 W40 Skipper Clark 4-6	and an (In moters)	Richard Copley 14.6	Discus	M45 Avital Schurr 57.1 Allen Huff 57.2
CAMBRIAN SANTAR ON	M40 Ed Beebe 12.41	M55 Paul Williams 13.0 M60 Jack Greenwald 13.6	M35 Mike Davis 101-4	John Blakely 60.0
。 1. 工程的基本企业的基本的基本的基本的基本的基本的基本的基本的基本的基本的基本的基本的基本的基本的	John Casamassima 12.35 Frank Monroe 9.46	Eugene Hess 15.0	M40 Barry Scragg 105-9	M55 Richard Strinni 65.7
long jump (meters)	M50 John Bronstein 8.85	Frank Anson 16.2	M45 Mickey Bitsko 117-1 M50 Terry Simmons 131-1	Woody Sharp 66.8 Robert Premo 85.5
M30 Remo Biagoni 5.51	M55 Ray Feick 9.43 M60 Len Olson 10.37	M65 Philip Wilson 14.1 M85 Arling Pitcher 22.7	Sonny Haynes 82-9	M60 Jack Greenwald 63.9
Frank Makozy 5.40	M60 Len Olson 10.37 Art Harris 9.22	200m	M55 Brad Ankerstar 102-1	M65 Willie Blackmon 62.1
M35 Mark Gershon 5.19	Ned Curran 6.14	M30 C Bastien 23.2	M65 Cliff Sampson 135-10 Vic Golowash 87-4	M75 Milo Lightfoot 84.0 Hugh Yeomans 85.2
Joel Westman 4.89 Richard Ryan 4.73	M65 Lev Mozhaev 13.54 W35 Patricia Brown 5.58	L Strong 23.9 D Word 24.0	M85 Everett Hosack 46-9	800m
M40 William Corsey 5.77	W35 Patricia Brown 5.58 W40 Marianne Winters 6.67	M35 M Andrews 23.4	Amling Pitcher 42-7	M30 Vincent Walls 2:06.1
Woody Disharoon 5.40	Skipper Clark 5.80	James Dean 25.6	W55 Betty Steele 67-3 Arlene Stooke 50-2	Willie Speight 2:10.0 Darrell Sharp 2:37.9
Ed Laurelli 5.13 Ivan Black 5.01	W45 Roslyn Katz 6.75 W55 Ann Cirulnick 8.56	Randy Dean 27.2 M40 Joe Broce 26.0	W60 Bernice Holland 82-11	M35 Bill McCormick 2:02.0
Jim Shea 4.78	THE RESERVE AND THE PROPERTY OF THE PARTY OF	Barry Scragg 26.9	Lucille Sampson 80-1	Walter Hawkins 2:13.3
Lyle Bryant 4.66	javelin (M30-M35 in meters)	M45 Robert Watts 32.2 M50 Ed Canterbury 32.2	Hammer	M40 Carter Grimmett 2:08.2 Norman Thomas 2:10.4
M45 James Dickerson 5.86 Joe Johnson 5.46	M30 Scott Bull 47.74	M55 P Williams 27.6	M40 Barry Scragg 72-7	Jeff Gerson 2:23.5
Jacob Katz 4.20	Al Russo 31.74 M35 Dick McMullin 46.82	Wendell Curry 29.4	M45 Mickey Bitsko 136-2	M45 Peter Wayte 2:08.6 Allen Huff 2:12.3
M50 Nate Byrd 4.04	M35 Dick McMullin 46.82 M40-60 in ft/in	M60 Eugene Hess 34.1 Lyle Ramsey 34.4	M65 Cliff Sampson 100-5 Vic Golowash 72-7	Allen Huff 2:12.3 William Waterman 2:16.6
M55 Earl Mege 4.32 M60 Tom Delany 4.21	M40 Dave Reiss 204-3	M65 Philip Wilson 29.5	M85 Everett Hosack 46-1	M50 Ed Phillips 2:32.3
Jack Lance 3.85	Dennis Chandler 178-9 Woody Disharoon 106-11	M70 Campbell Neel 38.9	W55 Betty Steele 56-11 W60 Bernice Holland 78-3	M55 Richard Strinni 2:36.9 Robert Premo 3:14.4
George Taylor 3.30 Art Harris 3.14	Ed Beebe 103-9.75	M75 Hugh Yeomans 43.5 M85 Arling Pitcher 50.9		Robert Premo 3:14.4 M75 Milo Lightfoot 3:19.5
M65 Oscar Harris 4.04	M45 George Reynolds 153-11	W70 Ernestine Yeomans 56.0	Javelin M30 Phil Cunningham 119-10	Hugh Yeomans 4:00.2
Jack Doorlay 3.83	Jacob Katz 58-1 M55 Bob Youngs 144-2.5	400m	M30 Phil Cunningham 119-10 M35 Randy Dean 121-2	W30 Ann Steiner 3:04.4 W35 Lois W Brown 2:22.9
M70 Sparks Sorlien 3.72	Ray Feick 120-1.5	M30 Chris Bastien 53.3 Mark Brown 55.8	Mike Davis 120-3	W35 Lois W Brown 2:22.9
W35 Irene Thompson 4.62 Patricia Brown 3.07	Morton Hahn 93-11 M60 Richard Holloway 117-3	Don Maynard 56.2	M55 Wendell Curry 71-10 M65 Vic Golowash 72-10	M30 Vincent Walls 4:27.7
Patricia Brown 3.07 W40 Skipper Clark 4.25	Mark Richards 114-11	M40 George Castelle 65.5	M65 Vic Golowash 72-10 M75 Hugh Yeomans 51-4	M40 Norman Thomas 4:40.9
	Len Olson 112-4.5	M50 Ed Canterbury 72.9 M60 Jack Greenwald 64.7	W50 Sonja Moretz 35-6	M45 Peter Wayte 4:28.7 M50 Ed Phillips 5:14.8
all the second of the second o	Ned Curran 98-2.5 George Taylor 86-3	Lyle Ramsey 76.2	W55 Betty Steele 54-0 W60 Bernice Holland 76-6	M55 Richard Strinni 5:59.3
triple jump (meters)	George Taylor 86-3 Art Harris 54-2.5	M70 C Neel 87.5	W60 Bernice Holland 76-6 W70 E Yeomans 28-5	Robert Premo 7:08.8
W20 Prock Molecule 10 00	M65 in meters	M85 A Pitcher 2:17.2 800m	TOTAL CONTRACTOR OF THE PARTY O	M60 Don Gammie 5:00.0 M65 Roland Anspach 5:20.0
M30 Frank Makozy 10.28 M35 Mark Gershon 10.36	John McCarthy 26.58	M30 Don Maynard 2:21.4	Weight	W35 Lois W Brown 5:06.8
Richard Ryan 9.40	Jack Doorlay 24.06 Ed Cunningham 22.64	M35 D M Taylor 2:03.3	M45 Mickey Bitsko 48-5 M65 Cliff Sampson 41-9	3000m
M40 Ivan Black 11.33	M75 Gene Wood (ft/in) 53-5	M50 Paul Hamilton 2:17.5	Vic Golowash 26-4	M30 Randy Reukauf 9:59.6 M35 Jack Lintz 9:24.8
Ed Laurelli 10.73 Jim Shea 9.95	W35-55 in meters	Ed Canterbury 2:32.9 M60 Lyle Ramsey 3:00.3	M85 Everett Hosack 15-9	Denny Carrigan 10:29.6
M45 James Dickerson 11.33	W35 Patricia Brown 19.22 W40 Lorraine Tucker 29.30	M75 Hugh Yeomans 4:07.1	W55 Betty Steele 15-11	M40 Rich Davis 9:37.0
M50 Aarand Roos 9.75	Skipper Clark 25.10	W70 E Yeomans 5:03.4	Racewalk	Peter Lee 11:43.4 M50 Ron Rohrer 10:31.8
M55 Earl Mege 7.74 Morton Hahn 6.12	W45 Roslyn Katz 17.18	1500m M35 D M Taylor 4:22.7	M40 Gene Harrison 29:41.2	Ed Phillips 11:52.1
M60 George Taylor 6.48	W50 Joan Youngs 19.76 W55 Ann Cirulnick 15.84	Steve Shattles 5:03.5	M75 Hugh Yeomans 31:50 W45 Sylvia Miller 38:14	M55 Robert Premo 13:54.0
M65 Jack Doorlay 7.23	Caroline Richards 12.64	M40 Bill Hill 4:23.6	W45 Sylvia Miller 38:14 W70 E Yeomans 37:05	M60 Don Gammie 10:13.7 M65 Roland Anspach 11:53.1
M70 Sparks Sorlien 8.39		Stefan Loehr 4:55.1		W30 Ann Steiner 12:45.4

Short Hurdles
M35 Tyrone Redmond
M40 Larry Hill
James Crutcher
M60 Bill Townsend
M65 Denver Smith
4x100m Relay
M30 Dayton Masters
Ohio Alumni
M40 Dayton Masters
Over The Hill TC
4x200m Relay
M30 Ohio Alumni
M40 Dayton Masters
I High Jump
M35 Scott Evans
Ken Lowe
John Valiska
M40 John Hall
Paul Buford
M45 Phil Barcus
M50 Paul Dorsey
M55 Thom Phillips
Robert Jones
M60 Harry Bolia
Clarence Johnson
James Davis
M65 Denver Smith
Joe Hessell
Long Jump 19.5 17.7 18.9 18.9 16.9 46.4 47.2 48.2 56.1 6-4 6-0 5-8 5-2 4-8 4-10 5-4 4-6 3-9 3-8 3-6 4-6 Long Jump
M30 Mark Leeper
Joe Kolger
Terry Cornett
M35 Scott Evans
Ben Isabell
John Valiska
M40 John Butera
John Hall
M45 Caleb Brown
M50 John Sloan
M55 Paul Williams
Thom Phillips
Jack See
M60 Burt Saidel
Bill Townsend
Harry Bolia
M65 Joe Tessell
W50 Joann Grissom
Triple Jump 21-5] 20-3] 18-1] 19-6] 16-10] 14-6] 17-3 15-2] 14-1] 16-3] 14-10] 12-5 15-4 14-2 12-] 14-6] 11-5 

Mark Leeper   Mark Milatovich   Mark Leeper   Mark Milatovich   Mark Leeper   Mark Milatovich		'	
M30 James Bell			
Mark Leeper	Sho	Loren Pell	45 01
## AB-04 ##	risu	Mark Looper	43-81
## AB-04 ##		Mike Miletowich	43-03
Ed Pittman Mike Plummer Mike Plummer Mike Plummer Mike Plummer Mike Plummer Mike Plummer Mike Mickey Bitsko Mickey	M35	Rick Meindl	48-61
Mike Plummer 34-9½  M40 Wayne Owen 45-1½  M45 Mickey Bitsko 39-3  Barry Donovan 38-7½  M50 Harold Koch 36-3  Rob Johnson 30-9  M55 Brad Ankerstar 30-9  M55 Brad Ankerstar 30-1½  M60 R E Bertrand 36-1  R Bredenbeck 35-2  C Johnson 30-4½  M65 Cliff Sampson 36-2½  W30 Linda Browning 19-6½  W50 Joann Grissom 40-0  M55 Betty Steele 25-½  W60 Bernice Holland 27-10½  Lucille Sampson 27-0  M30 James Bell 134-6  M35 Rick Meindl 146-5  Thomas Forte 16-10  Mike Plummer 81-5  M40 Wayne Owen 110-10  M45 Mickey Bitsko 100-10  M55 Rudy Haug 144-2  Everett Hardy 124-4  Al Pike 103-3  M60 R E Bertrand 147-7  Rudy Bredenbeck 121-3  M65 Cliff Sampson 132-8  Denver Smith 126-0  Robert Peters 86-0  M55 Betty Steele 66-8  M55 Betty Steele 66-8  M55 Betry Steele 66-8  M60 Bernice Holland 120-0  Hugh Yeomans 60-0  Hugh Yeomans 60-0  M65 Betry Steele 66-8  M66 Bernice Holland 86-4  Lucille Sampson 60-10			
M45   Mickey Bitsko   39-3			34-91
M45   Mickey Bitsko   39-3	M40		45-11
Barry Donovan   38-7	M45	Mickey Bitsko	
M50   Harold Koch   So-3     Rob Johnson   30-9     John Sloan   30-9     M55   Brad Ankerstar   33-6½     Jack See   30-2     Frank Caron   30-1½     M60   R E Bertrand   36-1     R Bredenbeck   35-2     C Johnson   30-4½     M65   Cliff Sampson   36-2½     W30   Linda Browning   19-6½     W50   Joann Grissom   40-0     W55   Betty Steele   25-½     W60   Bernice Holland   27-10½     Lucille Sampson   27-0     Lucille Sampson   27-0     M30   James Bell   134-6     M35   Rick Meindl   146-5     Thomas Forte   116-10     Mike Plummer   81-5     M40   Wayne Owen   110-10     M45   Mickey Bitsko   120-6     M55   Rudy Haug   144-2     Everett Hardy   124-4     Al Pike   103-3     M60   R E Bertrand   147-7     Rudy Bredenbeck   121-3     M65   Cliff Sampson   132-8     Denver Smith   126-0     Robert Peters   86-0     M55   Betty Steele   66-8     W60   Bernice Holland   86-4     Lucille Sampson   60-10		Barry Donovan	
Rob Johnson   32-9   John Sloan   30-9   John Sloan   30-9   M55 Brad Ankerstar   33-6	M50	Harold Koch	36-3
M55 Brad Ankerstar 33-6½     Jack See 30-2     Frank Caron 30-1½ M60 R E Bertrand 36-1     R Bredenbeck 35-2 C Johnson 30-4½ M65 Cliff Sampson 36-2½ W30 Linda Browning 19-6½ W50 Joann Grissom 40-0 W55 Betty Steele 25-½ W60 Bernice Holland 27-10½     Lucille Sampson 27-0 Lucille Sampson 27-0 M30 James Bell 134-6 M35 Rick Meindl 146-5 Thomas Forte 116-10 Mike Plummer 81-5 M40 Wayne Owen 110-10 M45 Mickey Bitsko 120-6 M50 Terry Simmons 137-0 Harold Koch 108-10 Rob Johnson 96-6 M55 Rudy Haug 144-2 Everett Hardy 124-4 A1 Pike 103-3 M60 R E Bertrand 103-3 M60 R E Bertrand 124-2 Everett Hardy 124-4 A1 Pike 103-3 M60 R E Bertrand 126-0 Robert Peters 86-0 M55 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10			32-9
Frank Caron 30-1½  M60 R E Bertrand 36-1  R Bredenbeck 35-2 C Johnson 30-4½  M65 Cliff Sampson 36-2½  W30 Linda Browning 19-6½  W50 Joann Grissom 40-0  M55 Betty Steele 25-½  W60 Bernice Holland 27-10½  Lucille Sampson 27-0  W70 E Yeomans 17-7  Discus  M30 James Bell 134-6  M35 Rick Meindl 146-5  Thomas Forte 116-10  Mike Plummer 81-5  M40 Wayne Oven 110-10  M50 Terry Simmons 137-0  Harold Koch 108-10  Rob Johnson 96-6  M55 Rudy Haug 144-2  Everett Hardy 124-4  Al Pike 103-3  M60 R E Bertrand 147-7  Rudy Bredenbeck 121-3  M65 Cliff Sampson 132-8  Denver Smith 126-0  Robert Peters 86-0  M75 Milo Lightfoot 79-0  Hugh Yeomans 60-0  W55 Betty Steele 66-8  W60 Bernice Holland 86-4  Lucille Sampson 60-10		John Sloan	
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M60 R E Bertrand R Bredenbeck   35-2 C Johnson   30-4½ M65 Cliff Sampson   30-4½ M65 Cliff Sampson   30-6½ M65 Cliff Sampson   19-6½ M60 Bernice Holland   27-10½ Lucille Sampson   27-0 Lucille Sampson   20-6 Lucille Sampson   27-0 Lucille Sampson   2			30-2
R Bredenbeck 35-2 C Johnson 30-4½ M65 Cliff Sampson 36-2½ W30 Linda Browning 19-6½ W50 Joann Grissom 40-0 M55 Betty Steele 25-½ W60 Bernice Holland 27-10½ Lucille Sampson 27-0 W70 E Yeomans 17-7 Discus M30 James Bell 134-6 M35 Rick Meindl 146-5 Thomas Forte 116-10 Mike Plummer 81-5 M40 Wayne Owen 100-10 M45 Mickey Bitsko 120-6 M50 Terry Simmons 137-0 Harold Koch 108-10 Rob Johnson 96-6 M55 Rudy Haug 144-2 Everett Hardy 124-4 A1 Pike 103-3 M60 R E Bertrand 147-7 Rudy Bredenbeck 121-3 M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	MAO		
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M65 Cliff Sampson         36-21           W30 Linda Browning         19-61           W50 Joann Grissom         40-0           M55 Betty Steele         25-1           W60 Bernice Holland         27-101           Lucille Sampson         27-0           W70 E Yeomans         17-7           Discus         134-6           M30 James Bell         134-6           M35 Rick Meindl         146-5           Thomas Forte         116-10           Mike Plummer         81-5           M40 Wayne Owen         110-10           M45 Mickey Bitsko         120-6           M50 Terry Simmons         137-0           Harold Koch         108-10           Rob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         144-2           Everett Hardy         144-2           Everett Bardy         12-4           A1 Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           M55 Betty Steele         66-8           W60 Bernice Holland	CI	Dicachibeek	
W30 Linda Browning         19-61           W50 Joann Grissom         40-0           M55 Betty Steele         25-1           W60 Bernice Holland         27-101           Lucille Sampson         27-0           W70 E Yeomans         17-7           Discus         17-7           M30 James Bell         134-6           M35 Rick Meindl         146-5           Thomas Forte         116-10           Mike Plummer         81-5           M40 Wayne Owen         110-10           M45 Mickey Bitsko         120-6           M50 Terry Simmons         137-0           Harold Koch         108-10           Rob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           A1 Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           ROS Hillo Lightfoot         79-0           Hugh Yeomans         60-0           M65 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson	M65	Cliff Sampson	
W50 Joann Grissom	W30		
M55         Betty Steele         25-½           W60         Bernice Holland         27-10½           Lucille Sampson         27-0           W70         E Yeomans         17-7           Discus         134-6           M35         Rick Meindl         146-5           Thomas Forte         116-10           Mike Plummer         81-5           M40         Wayne Oven         110-10           M45         Mickey Bitsko         120-6           M50         Terry Simmons         137-0           Harold Koch         108-10           Rob Johnson         96-6           M55         Rudy Haug         144-2           Everett Hardy         124-4           A1 Pike         103-3           M60         R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65         Cliff Sampson         132-8           Denver Smith         126-0           M75         Milo Lightfoot         79-0           Hugh Yeomans         60-0           M60         Bertycele         66-8           W60         Bernice Holland         86-4           Lucille Sampson         6			
W60 Bernice Holland         27-10½           Lucille Sampson         27-0           W70 E Yeomans         17-7           Discus         11-7           M30 James Bell         146-5           M35 Rick Meindl         116-10           Mike Plummer         81-5           M40 Wayne Owen         110-10           M45 Mickey Bitsko         120-6           M50 Terry Simmons         137-0           Harold Koch         108-10           Rob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           Al Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           RObert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10			
Lucille Sampson 27-0 W70 E Yeomans 17-7 Discus M30 James Bell 134-6 M35 Rick Meindl 146-5 Thomas Forte 116-10 Mike Plummer 81-5 M40 Wayne Owen 110-10 M45 Mickey Bitsko 120-6 M50 Terry Simmons 137-0 Harold Koch 108-10 Rob Johnson 96-6 M55 Rudy Haug 144-2 Everett Hardy 124-4 Al Pike 103-3 M60 R E Bertrand 147-7 Rudy Bredenbeck 121-3 M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10			
W70 E Yeomans 17-7  Discus 17-7  M30 James Bell 134-6  M35 Rick Meindl 146-5  Thomas Forte 116-10  Mike Plummer 81-5  M40 Wayne Owen 110-10  M45 Mickey Bitsko 120-6  M50 Terry Simmons 137-0  Harold Koch 108-10  Rob Johnson 96-6  M55 Rudy Haug 144-2  Everett Hardy 124-4  Al Pike 103-3  M60 R E Bertrand 147-7  Rudy Bredenbeck 121-3  M65 Cliff Sampson 132-8  Denver Smith 126-0  Robert Peters 86-0  M75 Milo Lightfoot 79-0  Hugh Yeomans 60-0  W55 Betty Steele 66-8  W60 Bernice Holland 86-4  Lucille Sampson 60-10	No.		
Discus         134-6           M30 James Bell         134-6           M35 Rick Meindl         146-5           Thomas Forte         116-10           Mike Plummer         81-5           M40 Wayne Owen         110-10           M45 Mickey Bitsko         120-6           M50 Terry Simmons         137-0           Harold Koch         108-10           Rob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           A1 Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           RObert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10	W70	E Yeomans	
M30 James Bell       134-6         M35 Rick Meindl       146-5         Thomas Forte       116-10         Mike Plummer       81-5         M40 Wayne Owen       110-10         M45 Mickey Bitsko       120-6         M50 Terry Simmons       137-0         Harold Koch       108-10         Rob Johnson       96-6         M55 Rudy Haug       144-2         Everett Hardy       124-4         Al Pike       103-3         M60 R E Bertrand       147-7         Rudy Bredenbeck       121-3         M65 Cliff Sampson       132-8         Denver Smith       126-0         Robert Peters       86-0         M75 Milo Lightfoot       79-0         Hugh Yeomans       60-0         W55 Betty Steele       66-8         W60 Bernice Holland       86-4         Lucille Sampson       60-10	Dis	cus	
M35 Rick Meind1         146-5           Thomas Forte         116-10           Mike Plummer         81-5           M40 Wayne Owen         110-10           M45 Mickey Bitsko         120-6           M50 Terry Simmons         108-10           Rob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           Robert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10	M30	James Bell	134-6
Thomas Forte Mike Plummer M40 Wayne Owen M45 Mickey Bitsko M50 Terry Simmons Harold Koch M50 Johnson M55 Rudy Haug Everett Hardy A1 Pike M60 R E Bertrand M65 Cliff Sampson M65 Cliff Sampson M75 Milo Lightfoot M79-0 M86 Ret Wedenbeck M75 Milo Lightfoot M79-0 M95 Betty Steele M60 Bernice Holland M64 Bernice Holland M65 Cliff Sampson M75 Milo Lightfoot M79-0 M85 Betty Steele M60 Bernice Holland M6-4 Lucille Sampson M60-10	M35	Rick Meindl	146-5
Mike Plummer Mike Plummer M40 Wayne Owen M10-10 M45 Mickey Bitsko M50 Terry Simmons Harold Koch Rob Johnson M55 Rudy Haug M60 R E Bertrand M60 R E Bertrand M60 R E Bertrand M65 Cliff Sampson Denver Smith Robert Peters M60 Milo Lightfoot M75 Milo Lightfoot M60 Reservice M60-8 M55 Betty Steele M60 Bernice Holland M60 Reservice M66-8 M60 Reservice M60-10		Thomas Forte	
M40 Wayne Owen M45 Mickey Bitsko M50 Terry Simmons 137-0 Harold Koch Rob Johnson M55 Rudy Haug M60 R E Bertrand M60 R E Bertrand M65 Cliff Sampson Denver Smith Denver Smith M10 Lightfoot Hugh Yeomans M60 Rethe Red M75 Milo Lightfoot M75 Milo Lightfoot M60 Rethe Red M60 Bernice Holland Lucille Sampson M60 Red		Mike Plummer	
Kob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           Al Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           Robert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10		Wayne Owen	
Kob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           Al Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           Robert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10		Mickey Bitsko	
Kob Johnson         96-6           M55 Rudy Haug         144-2           Everett Hardy         124-4           Al Pike         103-3           M60 R E Bertrand         147-7           Rudy Bredenbeck         121-3           M65 Cliff Sampson         132-8           Denver Smith         126-0           Robert Peters         86-0           M75 Milo Lightfoot         79-0           Hugh Yeomans         60-0           W55 Betty Steele         66-8           W60 Bernice Holland         86-4           Lucille Sampson         60-10	M50	Terry Simmons	137-0
M55 Rudy Haug 144-2 Everett Hardy 124-4 A1 Pike 103-3 M60 R E Bertrand 147-7 Rudy Bredenbeck 121-3 M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10		Harold Koch	
Everett Hardy 124-4 Al Pike 103-3 M60 R E Bertrand 147-7 Rudy Bredenbeck 121-3 M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	MSC		
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M60 R E Bertrand 147-7 Rudy Bredenbeck 121-3 M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10		Al Dile	
M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	MAC		
M65 Cliff Sampson 132-8 Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	HOU	R E Bertrand	
Denver Smith 126-0 Robert Peters 86-0 M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	M65	Cliff C.	
Robert Peters   86-0		Denver Catal	
M75 Milo Lightfoot 79-0 Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10		Robert Poter	
Hugh Yeomans 60-0 W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	M75	Milo Lightfort	
W55 Betty Steele 66-8 W60 Bernice Holland 86-4 Lucille Sampson 60-10	1	Hugh Yeomans	
W60 Bernice Holland 86-4 Lucille Sampson 60-10	W55	Betty Steele	
Lucille Sampson 60-10	W60		
		Lucille Sampson	
Continued on next page			
		Continued on	next page

#### Continued from previous page

#### MID-AMERICA

#### Colorado Masters Championships

	- Aurora; July	14
	50m	
	M45 Walt Gibson	6.2
	M50 Ed Arnold	6.5
	M60 H J Fisher	6.7
	M70 John Davison	6.7
	100m	
	M40 Fred Berry	13.3
	M45 Robb Bong	11.9
	M50 Ed Arnold	14.2
	M60 H J Fisher	13.7
	M65 Norm Katzman	. 14.2
	M70 John Davison	14.17
	200m	out district
1	M40 Fred Berry	28.15
	M45 Robb Bong	24.08
	M60 H J Fisher	29.62
	M65 Norm Katzman	31.17
	M85 Herb Anderson	49.32
	400m	
	M45 Robb Bong	53.0
	M65 Norm Katzman	69.1
	800m	
	M55 Ernie Black	2:50.44
	1500m	
0	M55 Ernie Black	5:38.28
	High Jump	A STATE OF THE PARTY OF
	M40 Fred Berry M50 Ed Arnold	5-0 4-8
	Long Jump	4-6
99		17.11
	M40 Fred Berry M70 John Davison	14-11
	Shot Put	12-61
	MSS Ernie Black	20 /
		30-4
	M70 Dale Buysse	40-9
	M85 Herb Anderson	21-2
	Discus MSS Parks Black	01.0
1	M55 Ernie Black	81-8
	M70 Dale Buysse	126-5
	Javelin D.	150.0
	M40 Rocco Petitto	159-0
	M70 Dale Buysse	86-7

#### **Rocky Mountain Masters Games** Potts Field, Colorado University August 31-September 1

( )	
6.60	E/VI
6.44	R/CO
	R/CO
	R/C0
	R/CO
	R/00
6 96	R/NH
7 10	R/CO
7 13	R/CO
7 16	R/CO
	E/OK
	R/CO
	R/CD
	E/IL
7 50	
1.51	R/NM
	W/AZ
	E/TX
	R/CO
	R/CO
	W/AZ
7.62	R/CO
	****

000	F33 ZAHN, LAUREN F39 DUGAN, JOAN	7.63 7.91 7.62	E/WI
		A Libertie	R/CO
	M38 THOMAS, RICHARD	11.75	E/TX
	M37 ZAHN, ROBERT	12.15	E/VI
	M43 AZUOĞU, MAC M41 VERTI, BOB	11.88	R/CO R/CO
	M41 BRYANT, EARL	12.14	W/CA
	MAO GREINER, LEE	12.69	E/OK
	M41 DOLEZEL, JIM M41 BERRY, FRED	12.91 12.93	E/OK R/CO
	M47 RELL THAD	11.64	R/CO
		II DE	R/CO
	M47 LUPLOW, DAVID M49 HELLESSEN, JOHN M49 STARR, TOM	13.03	R/CO
	M49 STARR TOM	13.40	R/CD R/CO
	MSO BUTLER, WALT	12.13	W/CA
	MSO BUTLER, WALT MSI TOZER, BENTZ	12.44	R/NM
	MOS KIKKPHIKICK, KUN	12.54	R/NM
	MS3 LANCE, DALE	13.14	E/OK R/CO
	MS3 HENRY, LARRY MS2 ARNOLD, ED	13.88	R/CO
	MS6 MARTENSTEIN, HUGO	12.49	R/CO
	M59 BROWN, DONALD M62 FISHER, HARVEY	14.49	R/HM
	MGO WELCH, FRANK MG2 COHEN, ALAN	13.79	R/CO R/NM
	MGZ COHEN, ALAN	15.10	W/AZ
	MGG PARKO HAVON	13.92	E/TX
	MG9 MURPHY, TIM MG9 PARKS, HAYDN MG6 KATZMAN, NORMAN	14.84	R/CO
	M72 DAVISON, JOHN	14.02	R/CO R/CO
	M71 SILVERSTEIN, MILTON M75 PRAEGER, FRED	14.53	W/AZ
	M84 RANDALL, RUSSELL	18.59 17.98	R/CO R/CO
	MB1 BENNETT, EMMETT MB9 ANDERSON, HERB	21.92	E/SD
	MB9 ANDERSON, HERB	21.19	R/CO
	F32 SPOERL, AMETTE	14.39	R/CO
	F53 KLASSEN, TINA	14.96	E/WI R/CO
	F53 DUGAN, JUAN	17.77 15.75	R/CO
	F77 MEHL, PEARL	21.73	R/CO

M43 AZUOGU, MAC M41 BRYANT, EARL M40 GREINER, LEE M41 BERRY, FRED M41 DOLEZEL, JIM M47 BELL, TMAD M45 BONG, ROBB

as leideach i the State (190			1
M45 SIMONS, DAVE M49 NELLESSEN, JOHN M50 BUTLER, MALT M50 KITELER, MALT M50 KITELER, MALT M51 TOZER, BENTZ M51 TOZER, BENTZ M52 RESSER, HOWARD M52 KRELL, DAVE M53 LANCE, DALE M53 HENRY, LARRY M54 RENDLO, ED M55 JOHNSON, PAUL M59 BROWN, JONALD M51 MCGUMAN, ROBERT M62 FISHER, HARVEY M60 WELCH, FRANK M62 COHEN, ALAN M63 MARKS, HAYON M66 KATZMAN, MORNAN M72 DAVISON, JOHN M193 ANDERSON, HERB F71 JOYCE, YUNNHE F73 ZAHN, LAUREN F77 MEHL, FEARL  M50 MALTENDINGER, TODO M10 GREINER, LEE M52 WEISSER, HOWARD M50 IRELAND, STEPHEN M50 KRELL, DAVE M50 MELLESSEN, JOHN M50 IRELAND, STEPHEN M50 KRELL, DAVE M50 MELLESSEN, JOHN M50 IRELAND, STEPHEN M50 KRELL, DAVE M50 MELLESSEN, JOHN M50 IRELAND, STEPHEN M50 KRELL, DAVE M50 MELLESSEN, JOHN M50 IRELAND, STEPHEN M50 KRELL, DAVE M50 MORLL, GLE M52 WEISSER, HOWARD M53 HENRY, LARRY M56 MATTAM, NORMAN M66 KATZMAN, MORNAN M66 KATZMAN, MORNAN M67 MALTAMAN M67 MATTAMAN M67 MARTAMAN M67 M7 M7 M7 M7 MARTAMAN M67 MARTAMAN M67 M7	25.06 27.93	R/CD	MS2 ARM
MSO BUTLER, WALT	24.47	W/CA	MGO NOR
MS1 TOZER, BENTZ	25.29	R/NM	F59 DU
MS2 WEISSER, HOWARD	26.36	E/NE	
M53 LANCE, DALE	27.24	E/OK	M32 CH
M52 ARNOLD, ED	28.32	R/CO	M41 COI
MS9 BROWN, DONALD	29.55	R/NM	MAS LO
M62 FISHER, HARVEY	28.28	R/CO	M46 LE
MG2 COHEN, ALAN	29.98 30.34	W/AZ	WEO NO
MG9 PARKS, HAYON	30.16	R/CO	W00 F
M72 DAVISON, JOHN	30.28	R/CO	M30 JE
F31 JOYCE, YVONNE	26.64	R/C0	M41 CO
F32 SPUEKE, HANETTE	31.81	E/WI	M45 BO
FIT HERE, FERRE	41.12	K/CU	MS2 AR
M30 ALLMENDINGER, TODO	52.28	R/C0	M72 DA
M40 GREINER, LEE	60.66	E/OK	M89 AN
M47 BENSTON, STRIDER	62.94	R/CO	F32 SP
MS3 KIRKPATRICK, RON	55.04	R/HH E/TY	Will .
MSO KRELL, DAVE	58.06	R/CO	M41 00
MS2 WEISSER, HOWARD	62.59	E/NE	MS4 CA
MSG JOHNSON, PAUL	56.38	E/TX	MB9 AN
M61 MCGOWAN, ROBERT	63.40	W/CA	M37 DA
MGG KATZMAN, NORMAN	68.94	R/CO	M38 CA
F77 MEHL, PEARL	1:46.92	R/CO R/CO	M43 SA M40 HI
M30 ALLMENDINGER, TODO M33 GREEN, WODDY M35 FUERST, JOHN M40 RODRIGUEZ, DAVID M41 COUMN, DAVID M45 EIDINGER, GEORGE M52 WEISSER, HOMARD M53 HENRY, LARRY M61 MCSOWAN, ROBERT M60 BLACK, ERNIE M62 CONIEN, BLAN M66 MACOONALD, ERNIE M81 BENNETT, ENHETT F31 JUYCE, YVONNE F30 KILBANE, KATE F38 FILLEY, TRISH F38 FILLEY, TRISH F39 PALMASON, DIANE F77 MEHL, PEARL	******		M40 JO
M30 ALLMENDINGER, TODO M33 GREEN, WOODY	1:59.73 2:18.82	R/CO R/CO	M49 HA
M35 FUERST, JOHN M40 RODRIGUEZ, DAVID	2:06.42 2:05.79	R/CO E/TX	MSO KR
MAI COWAN, DAVID MAS EIDINGER, GEORGE	2:28.09 2:24.64	R/NM R/CO	MS6 SF MS5 HA
M52 WEISSER, HOWARD M53 HENRY, LARRY	2:28.93 2:34.19	E/NE R/CO	M62 BR
MGI MCGOWAN, ROBERT MGO BLACK, ERNIE	2:26.66 2:38.13	W/CA R/CQ	M60 NO
MGC MACDONALD, ERNIE	3:06.59 3:08.57	R/CO	N72 TR
F31 JOYCE, YVONNE	2:13.84	R/CO	M71 HA
F38 FILLEY, TRISH	2:33.62	R/CO R/CO	F62 AZ
F77 MEHL, PEARL	3:58.41	R/CU R/CO	A STATE OF THE PARTY OF THE PAR
17004		Contraction of the Contraction o	
M33 GREEN. WOODY	4:57.50	R/CO	M37 DAI M38 CAL
M33 GREEN, WOODY M35 HAAS, DOUG M60 BLACK, ERNIE	4:57.50 4:30.23 5:43.86	R/CO R/CO R/CO	M37 DAI M38 CAL M38 AND M41 WIL
M33 GREEN, WOODY M35 HAAS, DOUC M60 BLACK, ERNIE M62 COHEN, ALAN F39 GREEN, LORPAINE	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12	R/CO R/CO R/CO W/AZ R/CO	M37 DAH M38 CAL M38 AND M41 WIL M40 HIL M40 JOH
M33 GREEN, MODDY M35 HAAS, DOUG M60 BLACK, ERNIE M62 COHEN, ALAN F39 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEML. PEARL	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59	R/CO R/CO R/CO W/AZ R/CO R/CO	M37 DAI M38 CAL M38 AND M41 WIL M40 HIL M40 JOH M43 SAG M44 BRO
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M50 CHEN, ALAN F33 GREEN, LORRAINE F33 PALMASON, DIAME F77 MEHL, PEARL	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59	R/C0 R/C0 R/C0 R/C0 W/AZ R/C0 R/C0 R/C0	M37 DAI M38 CAL M38 AND M41 WIL M40 HIL M40 JOH M43 SAG M44 BRO M49 HAN M50 KRE
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL ****** SOOOM M45 FOUND, PHIL	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59	R/CO R/CO R/CO W/AZ R/CO R/CO R/CO	M37 DAR M38 CAL M38 AND M41 WIL M40 HIL M40 JOH M43 SAG M44 BRC M49 HAR M50 KRE M54 WEE
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, EURIC M50 CHEN, ALAN F39 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL  M55 FOUND, PMIL M55 BEAN, FRED	4:57.50 4:30.21 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59	R/C0 R/C0 R/C0 W/AZ R/C0 R/C0 R/C0 R/C0 R/C0	M37 DAH M38 CAL M38 AND M41 WII M40 JOH M43 SAG M49 HA7 M50 KRE M54 WEE M56 WES
M33 GREEN, WOODY M35 HAAS, DOUG H50 BLACK, ERNIE H52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M55 BEAN, FPED H50 BLACK, ERNIE F43 STARY, JIGGER	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 20:12.8 19:56.8 25:23.2	R/CO R/CO R/CO R/CO R/CO R/CO R/CO R/CO	M37 DAH M38 CAL M38 AND M41 WIL M40 WIL M40 JOH M43 SAG M49 HA7 M50 KRR M56 KRR M56 SPR M56 SPR M58 KIN M58 BAI M58 BA
M33 GREEN, WOODUS M55 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M55 BEAN, FROM M5 STABY, PAUL M56 BEAN, FROM M50 BLACK, ERNIE F43 STABY, JIGGER F53 PALMASON, DIAME	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 23:12.8 19:56.8 25:23.2 20:51.5	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 DAI M38 CAL M38 AND M41 M40 HIL M40 JOH M43 BAR M44 BR M44 BR M56 KR M56 WE M56 WE
M33 GREEN, WOODY M25 HAAS, DOUG M50 BLACK, ENTIE M52 COMEN, ALAN F39 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL  M55 FOUND, PHIL M56 BEAN, FRED M60 BLACK, ERRIE F43 STARY, JIGGER	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 19:56.8 25:23.20:51.5 (************************************	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 DAH M38 CAL M38 AMI M40 MII M40 MII M40 JAH M43 SAH M44 BRI M49 HAH M50 WE M56 WE
M33 GREEN, WOODU'S M35 HAAS, DOUG' M30 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL  WWW. WITH PEARL M50 BEAN, FRED M50 BLACK, ERNIE F43 STABY, PAUL M50 BLACK, ERNIE F43 STABY, JIGGER F53 PALMASON, DIAME  ***********************************	4:57.50 4:30.23 5:43.86 6:29.17 5:36.81 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 DAH M38 CAL M38 AND M41 M11 M40 H11 M40 H31 M40 H39 M43 SAC M44 BRC M49 HA7 M50 KRE M50 KRE M50 KRE M56 SPE M58 K1 M62 BAC M60 H01 M60 E14 M71 HA6 M72 FL
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M55 BEAN, FRED M50 BLACK, ERNIE F43 STABY, PAUL M30 BLANCHARD, MICHAEL M44 BROWN, CHARLES M41 HEMEFELD, LOU M49 YAP, ALAN M50 MARCHANT, LARRY	4:57.50 4:30.23 5:43.86 6:29.77 5:36.81 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	#37 DAH #38 AND #38 AND #41 WII #40 WI
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M45 FORMO, PHIL M47 STABY, PAUL M56 BEAN, FREE F43 STABY, JICGER F53 PALMASON, DIAME M30 BLANCHARD, MICHAEL M44 BROWN, CHARLES M11 HEMEFELD, LOU M49 YAP, ALAN M50 MARCHANT, LARRY M58 LYLE, JOHN M57 STRAUTINS, VILNARS	4:57:50 4:30:23 5:43:86 6:29:17 6:39:12 6:39:12 8:31:59 8:31:5	R/CO R/CO R/CO R/CO R/CO R/CO R/CO R/CO	M37 DAP M38 AND M38 AND M38 AND M38 AND M38 AND M39 AN
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORPAINE F53 PALMASON, DIAME F77 MEHL, PEARL M55 BEAN, FRED M65 BLACK, ERNIE F43 SIABY, PAUL M56 BEAN, FRED M60 BLACK, ERNIE F43 SIABY, JIGGER F53 PALMASON, DIAME M30 BLANCHARD, MICHAEL M44 BROWN, CHARLES M41 HEHEFELD, LOU M49 YAP, ALAN M50 MARCHANT, LARRY M56 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STORIE, GERALD M57 HATFIELD, CLYDE	4:57.50 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 19:56.8 25:23.2 20:51.5 (************************************	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 OAH M38 AND M38 AND M38 AND M41 M11 M40 JIH M50 JIH M50 JIH M50 JIH M50 JIH M60 JIH M71 HAI M75 FR F41 FUI F59 OR F41 FUI F59 AZ
M33 GREEN, WOODUS M55 HAAS, DOUG M50 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL  ***********************************	4:57.59 4:30.23 5:43.86 6:29.17 5:36.81 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 90:27.5 31:49.8 90:27.5 90:27.	2/00 R/00 R/00 R/00 R/00 R/00 R/00 R/00	M37 OAH M38 ANL M38 ANL M41 M11 M40 JOH M43 SAC M49 HA4 M50 KE M56 KE M56 SPE M56 SPE M56 SPE M50 EI M50 EI M71 HA0 M72 FL M75 FA M75 FA M75 FA M75 FA M75 FA M76 PA M76 P
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M55 BEAN, FRED M50 BLACK, ERNIE F43 STABY, PAUL M56 BLACK, ERNIE F43 STABY, JIGGER F53 PALMASON, DIAME M50 BLACK, ERNIE F43 STABY, JIGGER F53 PALMASON, DIAME M50 BLANCHARD, MICHAEL M14 BROWN, CHARLES M14 HEMEFELD, LOU M57 M67 LYLE, JOHN M57 STRAUTINS, VILMARS M58 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M171 PETERS, MAX	4:57.50 4:30.23 5:43.86 6:29.77 5:36.81 8:31.59 8:36.81 8:31.59 8:36.82 20:51.5 22:12.8 19:56.8 22:51.5 (************************************	2/00 2/00 2/00 2/00 2/00 2/00 2/00 2/00	M37 DAP
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M47 STABY, PAUL M56 BEAN, FRES M50 BEAN, FRES M50 PALMASON, OLAME F43 STABY, JICCER F53 PALMASON, OLAME M50 BLACK, ERNIE F43 STABY, JICCER F53 PALMASON, OLAME M50 BLANCHARD, MICHAELE M11 HEMEFELD, LOU M97 M67 ALAN M50 MARCHANT, LARRY M58 LYLE, JOHN ULMARS M59 STORIE, GERALD M57 M17FIELD, CLYDE M57 M17FIELD, CLYDE M58 M05KOUTI, LEONARD M71 PETERS, MAX F37 MILLER, PEGGY F58 RICHARDS-KERR, SALI	4:57.50 4:30.22 5:43.86 6:29.77 5:36.81 8:31.59 8:31.5	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 DARM M18 M18 M18 M18 M18 M18 M18 M19
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORPAINE F53 PALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M56 BEAN, FRED M56 BEAN, FRED M56 BEAN, FRED M50 BLACK, ERNIE F43 STARY, JIGGER F53 PALMASON, DIAME M30 BLANCHARD, MICHAEL M44 BROWN, CHARLES M41 HENEFELD, LOU M93 MARCHANT, LARRY M50 MARCHANT, LARRY M50 TIRMITELD, CLYDE M52 TINHERHOUS, K.O. M55 MOFFMAN, JOHN M56 MOSKOUTT, LEONARD M71 PETERS, MAX F73 MILLER, PEGGY F38 RICHARDS-KERR, SALI F42 SEDLAK, VIISHA F45 LOBMAN, LYNN	4:57.59 4:30.23 5:43.86 6:29.77 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 18:54.0 20:51.5 25:23.2 20:51.5 (************************************	2/00 R/00 R/00 R/00 R/00 R/00 R/00 R/00	M38 AND
M33 GREEN, WOODU' M35 HAAS, DOUG' M50 BLACK, ERNIE M50 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL  ******* SOOOM M5 FOUND, PMIL M7 STABY, PAUL M56 BEAN, FRED M60 BLACK, ERNIE F43 STABY, JIGEER F53 PALMASON, DIAME  ******** SK WALL M30 BLANCHARD, MICHAEL M44 BROWN, CHARLES M44 BROWN, CHARLES M41 HENEFEL, JOHN M55 NARCHANT, LARRY M50 NARCHANT, LARRY M50 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STORIE, GENALD M57 STRAUTINS, VILMARS M59 STORIE, GENALD M57 STRAUTINS, VILMARS M59 STORIE, JOHN M58 M56 TIMETIELD, CLYDE M52 TIMETRIAUS, K.D. M57 MILLER, MAX F57 MILLER, MAX F57 MILLER, MAX F58 LOGRAM, LYNN F49 CLEMONS, SHIRLEY F49 DETTHERING, DIAMA F49 CLEMONS, SHIRLEY F49 DETTHERING, DIAMA	4:50:23 4:30:23 5:43:86 6:29:17 5:36:81 8:31:59 18:44.0 8:31:59 18:44.0 20:51.5 20:51.5 (************************************	2/00 R/00 R/00 R/00 R/00 R/00 R/00 R/00	M37 DAP
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M45 FOUND, PHIL M47 STABY, PAUL M55 BEAN, FREE F43 STABY, PAUL M56 BLACK, ERNIE F43 STABY, JIGGER F53 PALMASON, DIAME  ***********************************	4:57.50 4:30.22 5:43.86 6:29.17 5:36.81 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 8:31.59 90:27.5 90:27.	2/00 2/00 2/00 2/00 2/00 2/00 2/00 2/00	M37 DAR CALL M38 ANEM M38 CALL M38 ANEM M41 WII M40 JOH M43 SAC M43 SAC M43 SAC M54 WEE M56 SPE M56 SPE M56 SPE M56 SPE M57 ROO M60 H01 M72 FL M76 ROO M75 FG9 HA M75 FG8 ROO M60 SPE M58 SAC M59 SAC
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COMEN, ALAN F33 GREEN, LORRAINE F53 PERMASON, DIAME F77 MEHL, PEARL M47 STABY, PAUL M56 BEAN, FRES M50 BEAN, FRES M50 BEAN, FRES M50 BEAN, FRES M50 PALNASON, DIAME M50 BLACK, ERNIE F43 STABY, JICGER F53 PALNASON, DIAME M50 BLACK, ERNIE F43 STABY, JICGER F53 PALNASON, DIAME M50 BLACK, ERNIE M51 BEAN, FARS M51 BEAN, FRES M51 BEAN, DIAME M55 MARCHANT, LARRY M58 LYLE, JOHN VILNARS M59 STORIE, GERALD M57 M17FIELD, CLYDE M57 M17FIELD, CLYDE M57 M17FIELD, CLYDE M57 M17FIELD, CLYDE M58 M05KOUTI, LEONARD M71 PETERS, MAX F37 MILLER, PEGY F38 RICHARDS-KERR, SALI F42 SEDLAK, VITISMA F54 LOCAMA, LYNN F55 MARCSAN, BEUFELY F75 JACOBS, VELMA  ***********************************	4:57.50 4:50.22 5:43.86 6:29.77 5:36.81 8:31.59 8:3	R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0 R/C0	M37 OAP MAR
M33 GREEN, WOODY M35 HAAS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F33 GREEN, LORRAINE F53 PALMASON, DIAME F77 MEHL, PEARL M75 STABY, PAUL M56 BEAN, FRED M60 BLACK, ERNIE F43 STABY, PAUL M75 STABY, PAUL M75 STABY, PAUL M75 STABY, PAUL M75 BEAN, FRED M70 HARSON, DIAME M70 BLANCHARD, MICHAEL M71 HEMEFELD, LOU M72 M73 ALAN M50 MARCHANT, LARRY M78 LYLE, JOHN M75 STRAUTINS, VILMARS M79 STORIE, GERALD M71 M75 STRAUTINS, VILMARS M75 STRAUTIN	4:57.50 4:30.23 5:43.86 6:29.17 6:39.12 5:36.81 8:31.59 18:44.0 20:51.5 19:56.8 22:51.5 20:51.5 (20:51.5 20:51.5 (20:51.5 20:51.5 20:51.5 (20:51.5 20:51.5 20:51.5 (20:51.5 20:51.5 20:51.5 (20:51.5 20:51.5 (20:51.5 20:51.5 (20:51	2/00 2/00 2/00 2/00 2/00 2/00 2/00 2/00	M38 ANEM CALL M36 ANEM CALL M3
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M50 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 MARCHASON, MICHAEL M50 STRAUTINS, VILMARS M51 HEHEFELD, LOU M57 MARCHASON, CLYDE M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, JULMARS M57 MILLER, PEGGY F49 TETERS, MAX F77 MILLER, PAGE F47 SEDLAK, VITISHA F45 LOGHAN, LYNN F49 CLEHONS, SHITREY F49 DETTHERING, DIANA F55 MARCSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M51 LANCE, DALE M55 MARILTON, RUSTY	4.30, 23 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 5 20, 51, 5 22, 12, 8 19, 56, 81 19, 56, 81 10, 10, 81 11, 10,	#/CO #/CO #/CO #/CO #/CO #/CO #/CO #/CO	1138 ANE 1131 1131 1131 1131 1131 1131 1131 11
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M50 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 MARCHASON, MICHAEL M50 STRAUTINS, VILMARS M51 HEHEFELD, LOU M57 MARCHASON, CLYDE M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, JULMARS M57 MILLER, PEGGY F49 TETERS, MAX F77 MILLER, PAGE F47 SEDLAK, VITISHA F45 LOGHAN, LYNN F49 CLEHONS, SHITREY F49 DETTHERING, DIANA F55 MARCSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M51 LANCE, DALE M55 MARILTON, RUSTY	4.30, 23 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 5 20, 51, 5 22, 12, 8 19, 56, 81 19, 56, 81 10, 10, 81 11, 10,	#/CO #/CO #/CO #/CO #/CO #/CO #/CO #/CO	1138 ANE 1131 1131 1131 1131 1131 1131 1131 11
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M50 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 MARCHASON, MICHAEL M50 STRAUTINS, VILMARS M51 HEHEFELD, LOU M57 MARCHASON, CLYDE M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, JULMARS M57 MILLER, PEGGY F49 TETERS, MAX F77 MILLER, PAGE F47 SEDLAK, VITISHA F45 LOGHAN, LYNN F49 CLEHONS, SHITREY F49 DETTHERING, DIANA F55 MARCSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M51 LANCE, DALE M55 MARILTON, RUSTY	4.30, 23 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 5 20, 51, 5 22, 12, 8 19, 56, 81 19, 56, 81 10, 10, 81 11, 10,	#/CO #/CO #/CO #/CO #/CO #/CO #/CO #/CO	1138 ANE 1131 1131 1131 1131 1131 1131 1131 11
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M50 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 MARCHASON, MICHAEL M50 STRAUTINS, VILMARS M51 HEHEFELD, LOU M57 MARCHASON, CLYDE M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, JULMARS M57 MILLER, PEGGY F49 TETERS, MAX F77 MILLER, PAGE F47 SEDLAK, VITISHA F45 LOGHAN, LYNN F49 CLEHONS, SHITREY F49 DETTHERING, DIANA F55 MARCSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M51 LANCE, DALE M55 MARILTON, RUSTY	4.30, 23 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 5 20, 51, 5 22, 12, 8 19, 56, 81 19, 56, 81 10, 10, 81 11, 10,	#/CO #/CO #/CO #/CO #/CO #/CO #/CO #/CO	1138 ANE 1131 1131 1131 1131 1131 1131 1131 11
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 GREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M56 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 HARSON, DIAME M50 BLACKARIT, LARRY M59 LYLE, JOHN M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS M59 STDRIE, GERALD M57 STRAUTINS, VILMARS F59 HOFFMAN, JOHN M68 MOSKOUIT, LEONARD M71 PETERS, MAX F77 MILLER, PGGY F38 RICHARGOS-KERR, SALI F45 LOGHAN, LYNN F49 CLEDONS, SHITREY F49 DETTHERING, DIAMA F55 MARGOSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M50 LANCE, DOLG M50 SHILLER, MALT M50 LANCE, DOLG M51 SCHNEEBECK, DOUG M30 JELDEN, KEUIN M31 ZAHN, ROBERT M45 OREBAUGH, BILL M48 LOUBET, JEFF	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN
M35 HARS, DOUG M50 BLACK, ERNIE M52 COHEN, ALAN F39 GREEN, LORRAINE F39 FALMASON, DIAME F77 MEHL, PEARL M50 BEAN, FRED M50 BLACK, ERNIE F49 STBRY, JIGGER M50 MARCHASON, MICHAEL M50 STRAUTINS, VILMARS M51 HEHEFELD, LOU M57 MARCHASON, CLYDE M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, VILMARS M57 STRAUTINS, JULMARS M57 MILLER, PEGGY F49 TETERS, MAX F77 MILLER, PAGE F47 SEDLAK, VITISHA F45 LOGHAN, LYNN F49 CLEHONS, SHITREY F49 DETTHERING, DIANA F55 MARCSAN, BEUERLY F75 JACOBS, VELMA M50 BUTLER, MALT M51 LANCE, DALE M55 MARILTON, RUSTY	4.30, 22 5.43, 86 6.29, 77 5.36, 81 8.31, 59 18.40, 83 19.56, 81 19.56, 81 19.56	#200   #2	138 ANE 118 AN

	Nationa	
MSZ ARNOLD, ED MGZ COHEN, ALAN MGO HORRIS, ALLEN M70 BOWLES, FRANK FSS DUGAN, JOAN FG2 AZELTINE, JEANE	4-4 3-10 3-8 3-6 3-10 3-0	R/CO W/AZ E/TX R/CO R/CO R/CO
MIZE CHINE, VENNE MIZE CHANDLER, JIM MISH ACEA, RUSSELL MII COMAN, DAVID MII DOLEZEL, JIM MISH HOLNES, LARRY MISH BLOUBET, JEFF MISH LEMIS, KENT MISH DONERLY, JERRY MISH NORRIES, ALLEN MISH NORRIES, ALLEN	15-3 10-0 10-0 9-6 12-0 11-6 10-0 11-6 6-6	N/UT R/MT R/MM E/OK W/OR R/NM R/CO R/CO E/TX
M30 JELDEN, KEUIN M30 THOMAS, RICHARD M41 DOLEZEL, JIM M41 COWAN, DAVID M45 COWAN, DAVID M50 LANCE, DALE M52 ARNOLD, ED M55 STOPDULOS, PETE M72 DAVISON, JOHN M72 TRIMELL, WILLI M39 ANDERSON, HERB F33 ZAMN, LAWREN F33 SPOERL, ANNETTE	18-6 21-5 16-0 13-5 20-1 15-11 18-0 15-5 12-3 6H 8-9 ½ 6-3 13-5 13-2	R/CO E/TX E/OK P/MM R/CO E/CO E/OK R/CO E/IL R/CO E/KS R/CO E/WI R/CO
M30 JELDEN, KEVIN M41 DOLEZEL, JIM M54 CARTER, LARRY M62 COHEN, ALAN	37-815 32-015 28-515 22-8	R/CO E/OK R/CO W/AZ
M93 ANDERSON, HERB  M37 CAHLBERG, CREG M38 CALE, POPERT M48 BROCE, RON M43 SAGER, ROB M40 HILL, MIKE M40 JOHNSON, TOM M48 GACE, TOM M50 KRELL, DAVE M50 KRELL, DAVE M50 KRELL, DAVE M50 KESSLEDWSKI, TOI M50 SFENCER, VERN M55 HARBLION, RUSTY M50 M68 FENCER, VERN M50 M68 FENCER, VERN M50 M68 M68 TORLING M60 M68 M60 M68 M60 M68 M60 M68 M60	33-014 33-024 38-834 38-014 37-10 29-1014 48-315 34-214 37-115 34-214 37-115 34-214 37-115 34-214 37-115 34-115 34-115 33-2 29-015 28-614 33-2 29-1014 21-874 21-874 21-874 21-15 EYE 18-015	R/CO R/CO R/CO R/CO R/CO R/CO R/CO E/IL R/CO E/SS R/CO E/SS R/CO E/TX W/AZ E/TX W/AZ E/TX R/CO R/CO R/CO R/CO
MY DOWNERS, PRILLIF MAI WILCOXSON, DALE MAO HILL, MIKE MAO JOHNSON, TON MAJ SAGER, BOB MAH BROCE, RON MAJ HAMBRICK, RON MAJ SAGER, BOB MAS RECE, JIM MAS KEEL, DAVE MAS KEEL, JAW MAS KEEL, JAW MAS KEEL, JAW MAS KEEL, JAW MAS KIEN, STU MAS KEEN, CARL MAS KING, STU MAS BRAZELTON, BILL MAS COUEN, ALAN MAS	121-4'2 108-9 76-4 130-0'2 124-8 104-9 103-10 102-9 85-4 122-3 113-0 104-10 105-5 103-8'2 125-5 113-3 104-0 88-5 79-1 96-5 93-4 94-7 69-1 73-4 69-1 73-4 73-10 73-10 73	R/CO R/CO R/CO R/CO R/CO R/CO R/CO R/CO
M44 BROCE, PON M48 GACE, TON M47 MARTINEZ, JOHN M52 KLEHN, CARL M56 WESSELOWSKI, TO M56 SPENCER, UENN M57 BAVEL, ZANIR M58 WEINBEL, KEN M58 WEINBEL, KEN M58 WERZELTON, BILL M58 COHEN, ALAN M50 NORRIS, ALLEN M72 FLACK, TON M70 BOWLES, FRONK M75 PRACEER, FRED F59 FETHERSTON, JUD	93-0 183-6 64-214 127-4 M 113-8 102-3 118-3 109-8 61-1115 60-314 78-214 78-214 68-015 68-015	R/CO R/MT R/CO E/IL E/KS R/CO E/KS W/WA E/AK W/AZ E/TX R/CO R/CO R/CO R/CO
M30 CANT, STEVE M3 PETITIO, ROCCO M49 PETITIO, ROCCO M40 HILL, MIKE M43 COPLEN, RUSS M49 HAMBRICA, FORMIS M46 HESS. JIM M52 COCKERHAM, WALT M54 WEED, JIM	140-4 175-4 172-03-2 123-10 137-3 111-3 97-103-2 ER 133-0	R/CO R/CO R/CO R/CO R/CO R/CO E/IL R/CO R/CO

CEA DIICCELL	10.0	D/HT	MOO MADUOTT DAME	The second second
CEA, RUSSELL DWAN, DAVID	10-0 10-0	R/MT R/NM	M38 MARYOTT, MIKE 3059 M38 ACEA, RUSSELL 2509 M36 CASTRO, KEN 2238 M47 JOUETT, DENNIS 2607 M47 BENSTON, STRIDER 2423 M46 H5FS JTM 1256	E/NE R/MT
OLEZEL, JIM OLMES, LARRY OURET JEFF	9-6 12-0	E/OK W/OR	M36 CASTRO, KEN 223B	E/RI
OUBET, JEFF EWIS, KENT	11-6	R/NM	M47 BENSTON, STRIDER 2423	R/CD R/CD
ENIS, KENT	10-0	R/CO	MAG HESS, JIM 1255	L' IL
OHLEY, JERRY ORRIS, ALLEN	6-6	R/CO E/TX	MSS STOPOULOS PETE 2141	E/II
			MG2 COHEN, ALAN 2725	W/AZ
LONG JUM ELDEN, KEVIN HOMAS, RICHARD OLEZEL, JIM OWAN, DAVID OMG, ROBB UPLON, DAVID ANCE, DALE RNOLD, ED TOPOULOS, PETE AVISON, JOHN RIMHELL, WILLIAM MOERSON, HERB AMBETSON, HERB POERL, AMBETTE	18-6	R/CO	MGZ COHEN, ALAN 2725 M70 BOWLES, FRANK 3039 M81 BENNETT, ENMETT 2736 M89 ANDERSON, HERB 1689	R/CO E/SD
OLEZEL. JIM	16-0	E/TX	M89 ANDERSON, HERB 1689	R/CO
OWAN, DAVID	13-5	P/NH	F38 CARTER, CHARLOTTE 2272 F39 GREEN, LORRAINE 1523 F46 ROCCO, JANE 0410 F53 KLASSEN, TINA 1263	E/TX R/CO
UPLOW. DAVID	20-1	R/C0	F46 ROCCO, JANE 0410	R/CO
ANCE, DALE	18-0	E/OK	F53 KLH35EN, 11NH 1263	R/CO
TOPOULOS, PETE	15-5	R/C0	MAZ CACED DOD UT PENT BARRES	18 A MY
AVISON, JOHN	12-3	R/CO	M43 SAGER, BOB 2870 M44 BROCE, RON 2789 M47 MARTINEZ, JOHN 1227 M52 KLEHN, CASL 2886	R/MT R/CO
KIMMELL, WILLIAM	8-9-2	E/KS	M47 MARTINEZ, JOHN 1227	R/CO
AHN, LAUREN	13-5	E/VI	MS6 WESSELOWSKI, TOM 3286	E/IL E/KS
POERL, ANNETTE	13-2	R/CO	MSG WESSELDHSKI, TOM 3286 MSG SPENCER, UERN 2753 MSZ BAVEL, ZAMIR 3297 MSZ WEINBEL, KEN 3020	R/CO
TRIPLE JU	MP ******		MG3 WEINBEL, KEN 3020	E/KS W/WA
ELDEN, KEVIN OLEZEL, JIH	37-815 32-015	R/CO E/OK R/CO	MG2 BRAZELTÓN, BILL 2999	E/AK
ARTER, LARRY	28-512	R/CO	MGO NOPRIS. ALLEN 2072	W/AZ E/TX
ARTER, LORRY OHEN, ALAN NDERSON, HERB	22-B	W./AZ	M63 WEINBÉL, KEN 3020 M62 BRAZELION, BILL 2939 M62 COHEN, ALAN 2463 M60 HORRIS, ALLEN 2072 M72 FLACK, TOM 3241 M75 PRAEGER, FRED 2525	R/CO
NUERSUN, NERB	15-9.4	K/CU	HIS PRIEGER, FRED 2525	R/CO
AM PERC CRECC	20 014	D./00	COUTUUE	ST.
ALE, ROBERT	33-21/2	R/CO	SOUTHWES	
ROCÉ, RON	38-834	R/CO		
ILL, MIKE	37-10	R/CO		
OHNSON, TOM	29-1034	R/C0		
AMBRICK, PON	34-214	R/MT R/CO	一直 一	1
LEHM, CARL	37-111/2	E/IL	Alama Olive Mink	
ESSELOWSKI, TOM	40-11/2	E/KS	Alamo City Vintage Masters Meet	1727
PENCER, VERN	29-012	R/CO	San Antonio, TX; July	27
RAZELTON, RUSTY	33-2	E/SC E/AK	100m	MINIST OF
IGHMY, JACK	32-2	R/CO	M30 David Smith	11.5
OHEN, ALLEN	29-1014	E/TX	Henry Landry	11.6
AHLBERG, GREEG ALE, ROBERT ROCE, RON AGER, ROB ILL, MIKE ONNSON, TON AGE, TOM ANBRICK, RON LEHM, CARL RELL, DAVE ESSELOWSKI, TOM FENCER, VERN ANILTON, RUSTY RAZELTON, BILL IGHNY, JACK ORRIS, ALLEN RIMHELL, WILLIAM LACK, TOM ACKETT, HUGH HODERSON, HERB	35-61/2	E/KS	M30 David Smith Henry Landry Oscar Garza M35 T J Lester	11.8
ACKETT, HUGH	35-4	R/CO R/NM	Rich Nordhaus M45 John Hartfield	
NDERSON, HERB ZELTINE, JEANE ACGINNITY, BETTYE	21-834	R/CO	M45 John Hartfield Edward Jones Steve Kent M50 John Kellman Jr	11.6
ZELTIME, JEANE ACCINNITY RETTYF	18-0'2	R/CO R/CO		
			M50 John Kellman Jr	11.9
AHLBERG, GREGG	121-4-5	R/CO	Steve Kent M50 John Kellman Jr John Head Bufe Morrison	13.2
ALE, ROBERT	76-4	R/CO	M55 Les Bleamaster	13.9
ILCOXSON, DALE	130-014	E/NE		
ILL, MIKE	124-8	R/CO	Henry Garcia	14.5
AGER, BOB	103-10	R/MT	Sam Patterson W30 Pamela King	12.9
ROCE, RON	102-9	R/C0	Michelle Samuel	13.0
AHLBERG, CREGG HLE, ROBERT HOREWS, PHILLIP HICKOMSON, DALE HLL, MIKE HHNSON, TOM AGER, BOB ROCE, RON AMBRICK, RON FELL, DAVE EED, JIM LEHM, CARL ESSELOWSKI, TOM FENCER, UERN HOS STILL HIS	122-3	R/CO	Mary Miller W40 Pat Spiller	16.9
EED, JIM	113-0	R/CO	Shirley Dockery	26.6
ESSELOWSKI, TOM	121-4	E/KS	200m	
PENCER, VERN ING, STU	105-5 103-8 <sup>1/2</sup>	R/CO R/CO	M30 Herman Barrett	22.4
AVEL, ZAMIR	125-5	E/KS	M30 Herman Barrett Henry Landry	23.1
RAZELTON, BILL	113-3	E/AK W/AZ	Uscar Garza	24.9
ORRIS, ALLEN	88-5	E/TX	Mike Degregorio	29.2
OHEN, ALAN ORRIS, ALLEN IGHNY, JACK ACKETT, HUGH	79-1	R/CO R/NM	Rich Nordhaus	34.7
LACK, TOM	93-4	R/CO		30.0 23.7
LACK, TOM OLOFF, CHARLES RAEGER, FRED PEEN LOPPATHE	P4-7	W/AZ	M45 John Hartfield M50 John Kellman Jr John Head Bufe Morrison M55 Les Bleamaster	24.7
KLLII, LUKKITIAL	79-10	R/CO R/CO	John Head	28.6
UKSI, MAKIAN	73-4	R/CU	Bufe Morrison	29.3
ZELTINE, JEANE OLOFF, RENEE	69-1 46-10	R/C0 R/C0	MOD I'm Murphy	21.9
OLOFF, RENEE	50-7	W/AZ	Henry Garcia	29.8
ACGINNITY, BETTYE	41-612	R/CO	Sam Patterson W30 S Gegenhzimei	29.9
ACER DOD HOMMER	07 11	D INT	400m	
AGER, BOB ROCE, RON	97-11 93-0	R/MT R/CU	M30 Herman Barrett Jr	49.6
AGE, TOM	183-6	R/MT	Brian Pottinger	54.2 57.6
ROCE, RON AGE, TOM ARTINEZ, JOHN LEHM, CARL	127-4	R/CO E/IL	Aldin Johnson M35 Vic Urbiola	66.3
EGGEL DUCKT TOM	117-8	F/KS	Mike Degregorio	66.7
AVEL, ZAMIR	118-3	E/KS	Kich Nordhaus	81.0
PENCER, UERN AVEL, ZAMIR JEINBEL, KEN RAZELTON, BILL	109-8	W/WA	D. M.C. J. L. M.	62.4
OHEN, ALAN	60-334	W/AZ	M55 Les Bleamaster W30 Charlotte Carter	63.5
ORRIS, ALLEN	58-314	E/TX	W30 Charlotte Carter Eliz Angulo	71.8 99.0
IRACELTUM, BILL ONIEN, ALAN ORRIS, ALLEN LACK, TOM ONLES, FRANK PRAEGER, FRED	69-015	R/CO R/CO	800m	
RAEGER, FRED ETHERSTON, JUDY	68-012	R/CO R/NM	M30 Brian Pottinger	2:12.1
Linesaturi, VUUT	43 3	IV HII		2:25.0 2:26.1
JAUFL IN	*******	P. C.	Bob Ramirez M35 Rich Nordhaus	2:37.0
CANT, STEVE PETITTO, ROCCO HILL, MIKE	140-4	R/CO R/CO	M40 Mike McCracken	2:08.3
ILL, MIKE	172-014	R/CO	Steve Smith	2:46.0
OFLEN, RUSS	123-10	R/CO R/CO		
COPLEN, RUSS IAMBRICK, RON JOUETT, DENNIS JESS, JIM	111-3	R/CO	Sid Sablow	2:35.5
ESS. JIM	97-101	E/IL	M55 Les Bleamaster	3:18.0 2:37.0
FFD. JIN	109-4	R/CO R/CO	M60 Mario Valencia	3:37.0
LEMM. CHRL	D0-0-2	E/IL	M40 OIR DELIOR	2:58.0
SPENCÉR, VERN BRAZELTON, BILL COMEN, ALAN	135-7	R/CO E/AK	Mile	5:55
		W/AZ	M35 Rich Nordhaus	7:42.8
BOMLES, FRANK	108-4	R/CO	M40 Mike McCracken	4:58.7
BOWLES, FRANK HACKETT, HUGH FLACK, TOM ROLOFF, CHARLES PRAEGER, FRED	107-0	R/NM R/CO	MSO Sid Sahlow	7:24
OLOFF, CHARLES	84-512	W/AZ	M60 Mario Valencia	7:10
RAEGER, FRED BENNETT, EMMETT	59-734	R/CO E/SD	M60 Mario Valencia W30 Eliz Angulo W40 Olga Bellog	8:18
CHELLI, CHIELL	10-0-74	E/SD	w4U UIga Bellog	6:25

F32 SPOERL, ANNETTE	67-111/2	R/CO
F37 JOHNSON, VICKI	77-514	E/IA
F39 GREEN, LORRAINE	74-1134	R/CO
F39 GREEN, LORRAINE F49 HESS, LUCINDA	44-334	E/IL
FEB ROLOFF, RENEE	56-712	W/AZ
TOO ROCOTT, KEILE	30-1-2	W/ HZ
PENTATHLE	OH	
M33 JELDEN, DENNIS	2197	R/CO
M30 BLANCHARD, MICHAEL	1956	R/CD
MAS MODAULT WIRE	3059	E/NE
M38 ACEA, RUSSELL	2509	R/MT
M36 CASTRO, KEN	2238	E/RI
MAT JOUETT, DENNIS	2607	R/CD
MAT BENSTON, STRIDER	2423	R/CO
M46 HESS. JIM	1255	E/IL
MS4 WEED, JIM	2668	
MSS STOPOULOS, PETE	7141	E/IL
MG2 COHEN, ALAN	7770	U/A7
M70 BOWLES. FRANK	3039	R/CO
MRI BENNETT, EMMETT	3039 2736 1689	E/SD
M89 ANDERSON, HERB	1689	R/CO
F38 CARTER, CHARLOTTE	2272	E/TX
F39 CREEN LOPPOINE	1523	R/CO
F46 ROCCO, JANE	0410	R/CO
F53 KLASSEN, TINA	1263	
All the many to the last		
WT PENT		7
M43 SAGER, BOB	2870 2789	R/HT
M44 BROCE, RON	2789	R/CO
M47 MARTINEZ, JOHN M52 KLEHM, CARL	1227	
MSZ KLEHM, CARL	2886	E/IL
MS6 WESSELOWSKI, TOM		E/KS
MSG SPENCER, VERN	2753	R/CD
M62 BAVEL, ZAMIR	3297	E/KS
MG3 WEINBEL, KEN	3020	W/WA
MG2 BRAZELTON, BILL	2333	E/AK
MOZ CUMEN, ALAN	2489	W/AZ
MGO NOPRIS, ALLEN	2072	E/TX
M72 FLACK, TON	3241	
M75 PRAEGER, FRED	2525	R/CO
	The second second	-
SOUTHV	VECT	1

5000m M35 Jesse Steurgeon

19:21 30:30 17:49 22:57

24:34

19.7 19.5 18.6

18.9

66.7

68.6 69.9 77.0

4-10 4-6 4-4 4-2

15-0 12-0 11-0 7-0

Lorenzo Ortiz Rich Nordhaus M45 George Saldana M50 Al Herrera

Sid Sablow

Short Hurdles
M35 Serio Angulo
M45 John Merris
M50 John Head

M35 Sergio Angulo M45 John Morris

AP TX Relay
W30 Lady Striders
High Jump
M30 Rodney Johnson

Gary Martin M50 John Head Bufe Johnson M55 Bill Morrison

W30 Jayna Lyle
Pole Vault
M30 James Fountain
Rodney Johnson
Gary Martin
M55 Don Crook

Long Jump M30 Tim Payne

Jim Cauley M50 John Head M55 Don Crook

4x100m Relay M30 Mixtures

M55 Don Crook W35 Charlotte Carter

~ ~ ~			16	M30 11m Payne	10-11
	Mary Manager and Mary Mary	Sisteman	3	Oscar Garza	18-101
	Marie Annual Ann		3	M35 Herman Lampkin	15-10
			.0	Sergio Angulo	15-91
	Thought !		13	M40 Carlos Sanchez	14-11
CL.	a horizona dal	N.	5	Alvin Lampkin	12-31
STORE .	· · · · · · · · · · · · · · · · · · ·		1	M45 Ed Jones	19-10
No.	THE RESERVE TO SERVE THE PARTY OF THE PARTY		13	Jim Cauley	18-11
Alam	o City Vintage	-	100	Steve Kent	15-2
	asters Meet	- 400	3		
			3	M50 John Head	15-1
San Ant	onio, TX; July 2	1		Bufe Johnson	14-81
Om	DESCRIPTION OF PARTY AND PROPERTY.		3	M55 Bill Morrison	13-11
O David	Smith	11.5	3	W30 Pamela King	16-1
	Landry	11.6	8	Triple Jump	The state of
	Garza	12.3	13	M30 Rod Johnson	35-4
5 T J L		11.8	45	M35 Sergio Angulo	32-9
			3	Mike Degregorio	27-1
	Nordhaus	15.6	12	M45 Jim Cauley	38-3
	Hartfield	11.6	3	M50 John Head	28-2
	d Jones	11.8	3	Bufe Morrison	24-8
	Kent	13.2	7		
U John	Kellman Jr	11.9	1	W35 Charlotte Carter	27-11
John		13.2	5	Shot Put	20 21
	Morrison	13.6	ď	M35 Herman Lampkin	28-31
	leamaster	13.9	2	M40 Alvin Lampkin	29-10
5 Tim M		13.6	3	George Squyres	26-9
	Garcia	14.3	3	M45 Steve Kent	30-1
Sam P	atterson	14.5	22	M50 Bufe Morrison	32-11
O Pamel	a King	12.9	3	M55 Tom Jackson	37-61
	lle Samuel	13.0	36	John Lindsay	35-81
	Miller	14.3	-2	Bill Morrison	30-101
O Pat S		16.9	3	Discus	NATIONAL PROPERTY.
			3	M30 Herman Lampkin	75-0
Sulli	ey Dockery	26.6	1	M40 Alvin Lampkin	75-3
Om O				M45 Steve Kent	88-10
	n Barrett	22.4	1		86-9
		23.1	8	M55 John Lindsay	120-2
	Landry		- 33		
	Garza	24.9	3	Bill Morrison	96-2
15 T J L		24.2	:2		83-5
	Degregorio	29.2	8	Javelin	Destruction
Rich	Nordhaus	34.7	3	M35 Herman Lampkin	67-0
0 Steve	Smith	30.0	1	M40 George Squyres	102-2
5 John	Hartfield	23.7		Alvin Lampkin	85-8
	Kellman Jr	24.7	3	M50 Bufe Morrison	106-1
John		28.6	3	M55 Ziggy Przewodek	128-3
	Morrison	29.3	38	John Lindsay	113-1
	leamaster	28.6		Tom Jackson	104-8
5 Tim M		27.9	4	1600m RW	S. Mary
		29.8	8	M40 John Hoke	11:04
	Garcia	29.9	3	M50 Bufe Morrison	12:24
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	enhzimei	41.0	-	M55 Bill Morrison	10:18
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	n Barrett Jr	49.6			
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35 Vic U	rbiola	66.3	-		Accessed .
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	Nordhaus	81.0	1		
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100	
	15.9 Rose Schlewitz
M35	11.7w Russell Acea
M40	11.3w Clint Bickham
Gr. St.	12.1w Pat Connell
M50	12.4w Russ Miller
	12.6w Dwaine Horton
SERM	12.6w Mery Armstrong
1 3	12.9w Richard Garvin
M55	13.0w Jim Schlewitz
M60	13.0 Jack Coy
	13.8 Bob Graham
	14.4 BJ Smith
	17.8 RF Haynes
M75	15.7 Clarence Trahan
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M80	18.7 Emmett Bennett
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W30	29.2 Sian Leyshon
	34.1 Becky Hunter
W40	31.6 Priscilla Birtic
	34.5 Rose Schlewitz
M30	25.7w Bob Tobin
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M35 24.2w Russell Acea	
M40 26.0w Marc Wiitala	
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60.0 Mike Schaul	
65.2 Gary Sims	
M40 64.0 Jim Nelson	
M60 1:11.5 Frank Newman	
1:38.5 RF Haynes	
M75 2:45.2 Lloyd Berg .	
M80 1:43.3 Emmett Bennett	
M95 3:02.8 Herb Kirk	*
Short Hurdles	

Short Hurdles M30 15.5 Robert Tobin M35 15.7 Russell Acea M45 17.2 Steve Blood

Long Hurdles M30 63.2 Bob Tobin

4x100 Relay M30 47.4 Mercury TC (Odwin, Martin, Acea, Gray) 52.4 Cougars 53.6 Flathead Valley M40 49.7 Conoco Express (Bickham, Wetzel, Odom, Connell) 61.4 Slugs

4x400 Relay M30 3:49.0 Mercury TC (Acea, Gasche, Hartin, Boos) 8005) 4:22.8 Flathead Valley M40 4:35.3 Cougars M50 5:31.5 Slugs

800
W40 2:36.7 Priscilla Birtic
W55 4:14.2 Kay Newman
W75 5:16.8 Edna Berg
H30 2:13.2 Mike Schaul
M35 2:06.1 Brian Jannsen
2:06.5 Terry Boos
2:18.3 Jim Arestad
2:31.5 Bob Boland
H40 2:14.3 Harc Wiitala
2:39.8 Jim Nelson
H45 2:16.0 Glenn Govertsen
2:21.4 Frank Wilson
2:29.9 Walt Metzel
H50 2:18.4 Stephen Odwin
H60 2:54.8 Frank Newman
3:51.7 RF Haynes
H75 5:23.1 Lloyd Berg

3000 Steeplechase M30 13:15.1 Mike McLean M35 11:40.0 Jim Arestad

2000 Steeplechase M60 8:49.8 Frank Newman 13:08.3 RF Haynes

5000
M30 20:29.7 L. Kirkpatrick
24:34.1 Sian Leyshon
W40 19:49.4 Priscilla Birtic
22:33.1 Cheryl Chadwick
W55 29:38.1 Kay Newman
W75 38:36.4 Edna Berg
M30 15:42.3 Tom Raunig
18:20.4 Mark Salo
18:50.2 Mike O'Malley
19:39.4 Mike McLean
Continued on next page Continued on next page

page 30
Continued from previous page
M35 15:21.4 Mike Layman 15:48.4 Terry Boos
16:12.7 Bob Boland 17:18.5 Jim Arestad
18:22.5 David Rowell M40 16:31.9 Jim Hatcher 17:18.7 Dan Heimbigner
.17:18.7 pan Heimbigher .17:49.5 Marc Wiitala M45 17:39.2 George Tuthill
18:02.1 Walt Wetzel 18:04.1 Frank Wilson
18:11.9 K. Kirkpatrick 20:24.1 Gene Murray
23:23.2 Peter Clark M50 19:55.8 Mike Copeland
M55 21:04.6 Ron Paige M60 21:07.2 Frank Newman 25:19.8 Hank Barksdale
25:42.0 RF Haynes 28:00.2 Larry Prince M70 20:59.9 Will Metz
M70 20:59.9 Will Metz 26:09.3 Jack Kirkpatrick M75 22:57.9 Al Funk
37:25.6 Lloyd Berg
5000 Racewalk W30 35:47.1 Viviana Odwin W50 32:22.0 Jean MacInnes
W50 32:22.0 Jean MacInnes W65 39:16.0 Stella Anacker M45 32:18.4 George Birtic
35:42.3 Andy Sangray M50 32:32.7 Lew Savik
M55 32:39.0 Howard Austin 35:57.0 Reed Thomas M60 35:40.0 Ken Chomo
M65 33:40.0 Arne Hovin M70 36:07.0 Ed Anacker
M75 33:53.0 Al Funk
High Jump - W60 3'9" Mavis Lorenz
M30 4'9" Mike McLean M35 5'2" Bill Monro
M50 5'2" Dwaine horton M55 4'4" Ross Thomas M65 4'0' Annold Scott
3'10" Don Tavolacci M70 4'2" Brady Walker
3'10" Tom Regan M75 4'0" Manuel White
3'6" John Mays
Pole Vault M30 13'1" Ted Polette M35 11'0" Russell Acea
M30 13'1" Ted Polette M35 11'0" Russell Acea M40 16'3" Ed Lipscomb M55 10'6" John Diges B'6" Malter Diges
Long Jump
M30 18'11 1/2" Vince Martin M35 19' 1/2" Russell Acea
18'6 1/2" Bill Monro M45 18'5 3/4" Steve Blood
16'1 3/4" Francis Odom M50 19'9' Frank Struna M60 14'5 1/2" Bob Graham
9' 4 3/4" RF Havnes
M65 12/7 3/4" Arnold Scott M70 11/10 3/4" Brady Walker M75 12/9 3/4" Clarence Traha
10'6 1/2" John Mays MBO 8'10" Emmett Pennett
W40 10'9" Priscilla Birtic W60 11'1 3/4" Mavis Lorenz
Triple Jump
M30 37' 1/2" Vince Martin M35 35'11 1/4" Bill Monro M45 36'2 3/4" Steve Blood
M45 36'.2 3/4" Steve Blood M50 38'4 3/4" Frank Struna
M50 38'4 3'4" Frank Struna 29'8 1/2" Merv Armstron M60 28'5 1/4" Bob Graham
M70 28'3' Charles Mercurio 23'7 1/2" Brady Walker M75 23'1" Clarence Trahan
W30 27'9 1/4" Sian Leyshon
Shot Put
W30 38'2' Lisa Neff 27'7 1/2" Sian Leyshon M35 33'5" John Patrick
M40 43'5" Gary Bills 38'8" Bob Sager
M45 47'10" Tom Gage 38'11" John Kasperski
M50 33' 1/2" Tony Dumay M55 28'11" Walter Diggs
25'9" Reed Thomas M60 36'2 1/2" Wes Goodwin 32'10" BJ Smith
M65 35'2' Arnold Scott 28'1" Don Tavolacci
M65 35'2' Arnold Scott 28'1" Don Tavolacci M70 37'2 1/2" Brady Walker M75 36'4" Manuel White
30'6 1/2" John Mays

Discus
W30 120'4" Lisa Neff
W35 67'1" Kimberly Kasperski
W60 68'5' Mavis Lorenz
M35 111'2" John Patrick
M40 106'7" Bob Sager
M45 136'6" Tom Gage
115'7" Mike Moravec
112'6" John Kasperski
M50 114'9" Dwaine Horton
95'3" Tony Dumay

e 30				
nued from previous page	M55 82'11" Walter Diggs			
15:21.4 Mike Layman	78'4" Reed Thomas 72'6" Ross Thomas			
15:48.4 Terry Boos	M60 113'2" Wes Goodwin			
16:12.7 Bob Boland 17:18.5 Jim Arestad	M65 107'2" Don Tavolacci 106'6" Arnold Scott			
18:22.5 David Rowell	M70 103'10" Brady Walker			
16:31.9 Jim Hatcher	M75 114'11" Manuel White			
17:18.7 Dan Heimbigner 17:49.5 Marc Wiitala	M80 62'0' Emmett Bennett			
17:39.2 George Tuthill	FIBO 82 O Elimett Bernett			
18:02.1 Walt Wetzel	Javelin (IAAF for M30-59)			
18:04.1 Frank Wilson 18:11.9 K. Kirkpatrick	W30 90'9 1/2" Lisa Neff W35 54'0" Becky Hunter			
20:24.1 Gene Murray	W45 59'10" Rose Schlewitz			
23:23.2 Peter Clark	W60 65'5" Mavis Lorenz			
19:55.8 Mike Copeland 21:04.6 Ron Paige	M40 98'7' Bob Sager M45 159'8" Steve Blood			
21:07.2 Frank Newman	M50 160'1" Russ Miller			
25:19.8 Hank Barksdale	142'1' Tony Dumay			
25:42.0 RF Haynes 28:00.2 Larry Prince	M55 137'4" Malcolm Russell 83'1" Ross Thomas			
20:59.9 Will Metz	80'1 3/4" Reed Thomas			
26:09.3 Jack Kirkpatrick 22:57.9 Al Funk	78'3" Walter Diggs			
37:25.6 Lloyd Berg	M65 157'7" Ralph Roylance AR 108'0" Don Tavolacci			
Andrews (1986年)	97'2" Arnold Scott			
Racewalk	M70 108'4" Brady Walker			
35:47.1'Viviana Odwin 32:22.0 Jean MacInnes	M75 132'10" Manuel White <u>WR</u> 63'8 1/2" John Mays			
39:16.0 Stella Anacker				
32:18.4 George Birtic 35:42.3 Andy Sangray	Hammer			
32:32.7 Lew Sayik	W30 63'4" Kimberly Kasperski 63'0" Sian Leyshon			
32:39.0 Howard Austin	M40 100'8" Bob Sager M45 192'2" Tom Gage			
35:57.0 Reed Thomas 35:40.0 Ken Chomo	M45 192'2" Tom Gage			
33:40.0 Arne Hovin	120'7" John Kasperski M50 64'10" Tony Dumay			
36:07.0 Ed Anacker	M55 66'0" Ross Thomas			
33:53.0 Al Funk	M70 105'11" Brady Walker M75 97'7" Manuel White			
Jump	m/5 47.7" Manuel White			
3'9" Mavis Lorenz	Exhibition			
4'9" Mike McLean 5'2" Bill Monro				
5'2" Dwaine horton	25# Weight Throw M70 31'1" Brady Walker			
4'4" Ross Thomas	M75 29'9" Manuel White			
4'0' Annold Scott 3'10" Don Tavolacci	4			
4'2" Brady Walker	IAAF 800g Javelin M75 117'2" Manuel White			
3'10" Tom Regan				
4'0" Manuel White	1.5 Kilo Discus			
3'6" John Mays	M75 91'9 1/2" Manuel White			
e Vault	2.0 Kilo Discus			
13'1" Ted Polette	M75 81'4 1/2" Manuel White			
5 10'6" John Diess	Team Scores			
B'6" Malter Diggs	Helena Cougars 121 Mercury TC 114			
	Hissoula Road & Track 64 Helena Cougars II 59			
ong Jump 30 18'11 1/2" Vince Martin	Flathead Valley TC 51			
95 19' 1/2" Russell Acea	Thunderbolts 51			
18'6 1/2" Bill Monro	Portland Masters 37 Yellowstone Valley TC 24			
15 18'5 3/4" Steve Blood 16'1 3/4" Francis Odom	Mercury TC 23			
50 19'9' Frank Struna	Helena Cougars III 11			
0 14'5 1/2" Bob Graham	Top Appellanded Parksons			
9' 4 3/4" RF Haynes 5 12'7 3/4" Arnold Scott	Top Age-Graded Performances 93.9 Tom Gage HT 192'2"			
70 11'10 3/4" Brady Walker	93.2 Ed Lipscomb PV 16'3"			
75 12'9 3/4" Clarence Trahan	93.1 Manuel White JT 132'10"			
10'6 1/2" John Mays 30 8'10" Emmett Bennett	92.8 Clint Bickham 100 11.3w 90.5 Stephen Odwin 200 25.5w			
10 10'9" Priscilla Birtic	26.8 Jack Coy 200 26.8w			
00 11'1 3/4" Mavis Lorenz	Management of State of the State of Sta			
	Montana Soniar Olympics			
Triple Jump	Montana Senior Olympics Billings; August 16-17			
30 37' 1/2" Vince Martin	Dimigs, August 10-17			
35 35'11 1/4" Bill Monro	60m			
45 36'2 3/4" Steve Blood 50 38'4 3/4" Frank Struna	M50 Russell Miller 8.14			
29'8 1/2" Mery Armstrong	M60 Richard Chapin 8.41 M65 Lloyd Monahan 9.24			
50 28'5 1/4" Bob Graham	M70 Jack Davison 8.49			
70 28'3' Charles Mercurio	M80 Robert Miller 12.90			

M50 Russell Miller	8.14
M60 Richard Chapin	
M65 Lloyd Monahan	9.24
M70 Jack Davison	8.49
M80 Robert Miller	12.90
W55 Ione Schmidt	11.04
100m	1 15 15 15
M60 Richard Chapin	
Alan Cohen	. 14.56
Jim Yorgason	15.13
M65 Lloyd Monahan	14.83
Robert Hinkel	17.24
M70 Jack Davison	13.82
Hap Gilliland	18.56
200m	A THE SHARE
M50 Russ Miller	26.73
Joe Stewart	27.48
Darrell Short	29.9
M55 Frank Page	30.10
M60 Rich Chapin	28.69
Alan Cohen	30.79
Jim Yorgason	34.37
M70 Jack Davison	31.50
Wm Knuppel	33.56 41.94
M80 Emmett Bennett	41.94
400m	60.22
M50 Gary Robinson Darrell Short	69.81
M60 Alan Cohen	78.87
M80 E Bennett	98.45
NOO L Delinett	30.43
800m	
M50 Vince Ruegamer	
Bob Redpath	3:06.82

M60 Alan Cohen

1500m M50 Vince Ruegamer

M55 Don Jelinek M60 Alan Cohen W55 Donna Sweeney

3:30.03

6:20.27

6:20.27

Natio	nal Ma	15
Short Hurdles		1 19 11
M60 Bob Graham High Jump	17.9	4.400.00
M50 Russ Miller Darrell Short	4-8 4-2½	
M60 Harold Rhode	4-3½ 3-11½	
Francis Kindt M65 Arnold Scott	3-111	
George Cross M70 Tom Regan	3-10½ 3-8½	
M75 Manuel White W60 Mavis Lorenz	3-8½ 3-8	
Lee Anthony	3-2	
M50 Darrell Short	13-10	
M55 Jack Hegardt M60 Rich Chapin	12-5 14-3 <sup>1</sup>	
Francis Kindt M65 George Cross	12-0 12- <del>1</del>	
George Butchko Arnold Scott	11- <del>1</del> 9-5	
M70 Jack Davison M80 Robert Miller	12-2 6-10	ı
W60 Mavis Lorenz	10-9	ı
W65 Edith McDonough Triple Jump	6-2	١
M50 Joe Stewart Darrell Short	31-5 24-1	۱
M60 Francis Kindt M80 Robert Miller	23-8 17-0	١
Shot Put M50 Russell Miller	31-4	I
M60 Wes Goodwin	36-4½ 33-1	١
Harold Rhode Francis Kindt	29-10	١
M65 Arnold Scott v	34-9 34-9	١
Irv Gerber M75 Manuel White	26-3 <del>1</del> 34-7	١
W60 Lee Anthony Discus	23-7	
M50 Art Reno M60 Wes Goodwin	92-11 127-4	
Harold Rhode	120-8	
Alan Cohen M65 Arnold Scott	101-6 121-1	
Don Tavolacci Vern Anthony	115-2 104-7	
M75 Manuel White M80 Emmett Bennett	109-2 58-1	A DATE OF THE PARTY OF THE PART
W55 Doris Hinkle	41-3	D Marchine
W60 Lee Anthony Mavis Lorenz	76-11 73-10	-
M50 Russ Miller	166-6	The same
Ken Hanify Robert Redpath	94-8 85-11	
Robert Redpath M55 Jack Hegardt M60 Harold Rhode	103-4 107-1	
M65 Don Tavolacci Arnold Scott	106-4 98-9	THE CTES
George Butchko M75 Manuel White	86-0 135-4	To Charles
(age-group WR) W55 Doris Hinkle		Charles
W60 Mavis Lorenz	76-11	6 d 11 APC
1500mRW	in the second	
M50 Art Reno	9:18.6 10:11.7	
M55 Frank Page M65 Emmett Know M70 Hap Gilliland W55 Marilyn DeSonio	11:39.0 10:44.2	
W55 Marilyn DeSonia W60 Ruth Anderson	10:44.0 11:05.0	
Lee Anthony	11:52.8	
W65 Marie Knox W70 Wilma Fender	11:24.6 12:56.8	The Court
Dottie Schook	14:12.0	
M55 Frank Page	35:44.64	- 127 March
M55 Frank Page M65 Don Anderson M70 Ted Berreth	46:14.08 41:03:02	
W55 Marilyn DeSonia	38:14.15	
W70 Wilma Fender Dottie Schook	45:13 48:34	
W75 Lucy Baker	43:28.7	

#### INTERNATIONAL

#### **Veterans Meet** Piracicaba, Sao Paulo, Brazil; July 14

Mild.	The Alletina	
100r		
M40	Milton Araujo	12.70
	Mauri Parra	12.74
	A J Assato	13.45
M45	Paulo Burity	11.97
	Massatshi Nakano	12.99
1	Sergio Lazoshi	13.28
M50	Zildo Bueno	12.31
	Vicente Viegas	12.84
100	Hiromu Shimizu	13.83
M55	Haruki Saito	14.74
	Tadashi Tahira	15.02
M65	Mario Cesar	14.90
	Ataulpho Oleto	17.27
	A R Santos	19.33
	Maria Eufrazio	15.17
	Elisabete Kemari	15.68
	Gloria Loraya	14.45
	M R Petanys	15.34
W50	Minako Goshima	16.97
A de la la	Eliza Taname	18.50
W55	Mioho Kaneyamie	16.52
	Jae Natumi	17.49
	Yoko Terante	17.62

sters	News	
Long	Jump	[
A	ilton Araujo ntonio Assato	5.31 5.03
	icente Hatteri ntonio de Limas	4.87
S	ergio Lazoski Sunao Saita	4.89
M50 H	liromu Shimizu	5.06 4.72
I	lissaa Ikeba Ducio Morita	4.01
M55 K	laruki Saito	4.09 3.94
	Tadashi Tahira Hagimi Nakagima	3.64
THE REAL PROPERTY.	Yoshiuki Shimizu Iomikiko Shimizu	4.65
M65 7	[ Watanabe	4.04
M75	Yasutaka Fukui Yoshitaka Ide	3.90
M80 1	Koichi Nishitani Eliz Ikemoru	2.90 3.60
W40	Eliz Ikemoru Gloria Laranja M I Ribeiro	3.46
	Fumi Suzuki	3.16 3.30
CONTROL OF	Minako Goshima Eliz Tanoue	2.67
N. Saints	Mihoko Kanega W S Sakata	3.76 3.21
W60	Mitsu Shimizu Kazue Fugivara	3.12
W65	Hatsuko Nishimura	2.55
M45	Put Jose Filho	9.31 8.32
M50	Vittorio Bado Artur Palma	10.36
M55	Tokio Goshima J M Afonso	9.11
M60	M Shibuya M P Santos	6.87
THE REAL PROPERTY.	Hajime Nakajima	8.77 8.91
M65	A B Pereira Mamoru Ursami	8.36 8.35
M70	Sueiko Mori Susumu Hise	9.69
	T Shimizu Z Huzita	8.28
M75	J S Morin	8.15
M80 Dis	cus	6.81
M45	J P Filho Vittonio Bado	29.30
M50	Artur Palma Tokio Goshima	35.32
	J M Afonso	27.22 39.88
M60	M P Santos: Hajime Nakajima	41.24 27.60
M65	Mainoru Ussami	30.78 23.38
55.81.25	T Shimizu Sussumu Hisiyi	27.40
	J S Marin Elisabeth Mori	23.86 18.24
W40	Tiemi Hoota Gloria Ferraz Musa	16.60
	Maria da Silva Nobumi Shimizu	24.54 22.96
W45	Fumi Suzuki	18.06
Woo	Creuza Andrade Minako Goshima	19.46 15.86
W55	Yoko Shine ( Wanda dos Sakata	15.08 22.20
	Dirce Coelho Yoko Terada	20.82 18.18
	Mafalda Soares	16.34
W65	Toshito Muzita	24.06
W70 400	) Kazume Hara	22.07
M35		58.52 64.18
M40		54.19 59.31
	J A Leite	61.09
M45	Antonio de Cemos	60.87
MSC	Wigberto Ribeiro Nelson da Silva	Jr61.98 56.49
ALE L	V P Viegas F A de Barro	62.78
M55	Delio de Souza	65.06
M60	Miguel Ribeiro ) Yoshifuki Shimizu	64.49 62.91
M65	Gregorio de Souza	68.86 67.41
	M C Carnereiro	69.25
M70		73.41 79.52
100	Herotdis Takage	82.59
150 M60	A D Nogueira	:52.72
10000	Darcy Fernandes	0:40.31
M65	Benedito de Paula Alfrido Castilho	5:39.15
M70	Tsuzio Shiki	5:28.74

1133 DE110 de 3002a 03.01	The state of the s
Miguel Ribeiro 64.49	
M60 Yoshifuki Shimizu 62.91	Overall
Gregorio de Souza 68.86	Pete Weilenmann 25 29:02
M65 Joao Bidin 67.41	01ga Markova 23 32:57
M C Carnereiro 69.25	M40 Gary Romesser 30:50
Yasutake Fukin 73.41	Luis Lopez 31:30
M70 Tsugio Shiki 79.52	Phil Kircher 31:43
M75 Herotdis Takage 82.59	Dale Keenan 31:58
1500-	Earl Owens 32:42
1500m	Kare Osnes 32:53
M60 A D Nogueira 4:52.72	Mike McHale 32:57
Tekeo Kimura 5:53.69	Hector Urincho 33:09
Darcy Fernandes 5:40.31 M65 Benedito de Paula5:39.15	Rich Hoebeke 33:35
Alfrido Castilho 5:56.06	Harold Nolan 33:40
M70 Tsuzio Shiki 6:28.74	M45 Barry Brown 33:32
Susumu Mitake 6:32.25	Sam Skinner 34:02
M75 Tatsumi Okomo 7:52.65	Pat Cosgrove 35:16
M80 Takejiro Tanaka 8:49.89	Paul Acosta 35:20
100 lake 1110 lanaka 0:49.09	Sam Huckel 35:27
3000m	Mike Wilson 36:00
W30 Q dos Santos 15:49.40	Roy Carl 36:36
W40 M J A Tavares 12:59.52	Juan Ramirez 36:56
W50 Eliza Tanoue 16:27.39	Larry Schanbacher 37:55
T Shimabukuro 16:57.40	James Pfaff 38:27
W55 Norma de Martim 14:59.05	M50 Fay Bradley 34:31
Mitiko Nakatoni 15:15.58	Victor Cruz 35:23
W60 Tudeko Skiki 15:13.02	Kirk Randall 36:04
FROM	Dan Hammer 37:19
5000m	Stan Edelson 37:25
M35 R R Ferreiro 17:32.29	Jeff Martin 37:46
P S de Franca 17:54.04	Butch Pivano 38:11
Cicero Rima 17:55.72	Mel Cowgill 38:17

#### IX WAVA World Veterans Championships Turku, Finland; July 18-28

	The second of the bases and a present the part
M40 A J Greters 17:01.	
J F Filho 17:47.	16 Championships
J A Leite 17:52.	Turku, Finland; July 18-28
M45 J F da Silva 17:32.	76
A M Silva 17:41.	
Pedro Rodrigues 20:05.	58 M40 Robert Bong (1st) 54.1
M50 F A de Barros 19:26.	48 Rex Harvey 54.3
Hiromi Tanove 21:02.	26 Ken Brinker 50.9
M55 Leonildo de Lima20:13.	77 Billy Smith 49.7
Pedro da Silva 21:43.	90 M50 Jon Lomax (2nd) 59.4
4x400m Relay	Cliff Bedell 58.2
M35 Nitro 4:25.4	Etic Owells
M40 Tiete 4:00.3	Joseph The Line.
M45 Anasp 4:26.6	MOS HECTOI CISHELOS DE COL
HOU Milasp	M60 Lawrence Anderson (2) 02.
1100 Hilash	7/4 Bill Smallwood
HOJ TIECE	Harry Brown
My Introduced	Chuck Socnor
4x100m Relay	W35 Jody Murray (5th) 63.
W35 Anasp 64.0 W45 SPFC 58.2	Irene Thompson
W50 Ibirapuera 74.0	Jacqui Hansen
W55 Anasp 68.0	Kathy Holmstion
W60 Ibirapuera disq	W50 Meredith Theilman (3)00.
WOO IDITADUETA GISQ	Madeline Bost
9	Gean mong-
复文	Yvette Lavigne 69. W55 Kathy McIntire (1st)76.
高·高·斯斯·西·罗·太·克斯·	Christel Miller 81.
<b>温度加度效应</b>	Lucy Brobst 79.
	Betty Vosburgh 70.
是大型技术。	W65 Pat Peterson Anc 90.
大型·人名英格兰	HOS FOR TREESON THE

## LONG **RESULTS**

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

M55 John Dugdale

Alex Kasten Chas Palladino Doug Rowlatt

39:03

Eas

Ce

#### EAST

#### Sauerkraut 20K

and the second section is the second second second second	total State of State	1180	Chas Palladino	39:03
Sauerkraut 20	K		Doug Rowlatt	39:05
			George Hirsch	39:08
Phelps, NY: August 3			Bob Ford	39:45
0		5-2	Hilton Goring	39:49
Overall Jerry Lawson	1:04:50		Frank Dudley	40:20
Beth DeCiantis		M60	Jay Sturdevant	38:30
		2500	Bill Johnson	39:05
M40 Rick Zima			Bill Fortune	39:18
Paul Persia Tom Lamme	1:12:53		Joe Burns	41:36
		The state of	John Crawford	41:40
Ric Perry		OF THE PARTY OF	Ralph Aquino	42:07
Eshetu Setegn M45 Derck Frechette	1.11.51	M65	John Hosner	39:09
			Joe King	39:59
Dick Withrow	1.17.47	The same of	George Thompson	42:00
John Hackney	1.17.49	# CO	John MacManus	42:23
Jerry Bergenstock		THE REAL PROPERTY.	Oddvar Ask	43:39
	1:18:28	M70	Mike Bertolini	43:08
Sam Graceffo	1:21:56	The Park	Fred Ely 76	46:20
Garry Curnock	1:26:11	T	Vince Carnevale 75	
M55 John Doody	1:25:08		Joe Makar	50:14
	1:27:14	- CE-100	George Sheehan	50:23
Art Wagner	1:27:19		Vince Rak	51:21
M60 Robert Ealy	1:30:55	W40	Nancy Grayson	35:29
Lewis Proper	1:34:24		Nancy Oshier	36:12
Rich Sullivan	1:36:08		Jan Vermilye	37:54
M70+Paul Robertson	1:46:20	- The Allen	Mary Heilman	38:08
Don McNelly	1:55:56		Barbara Blaszak	39:07
Bob Wood	2:04:29		Elaine McBride	40:36
W40 Barbara Blaszak	1:22:06	THE REAL PROPERTY.	Laureen Jones	41:04
Joanne Richardson			Susan Juronics	41:44
Kathy Brown	1:24:56	W45	Barbara Filutze	36:15
W50 Mary Shaver	1:32:33	-	Heather Matthews	36:55
Gloria Brown 59	1:32:44		Merri Boedlid	37:27
Lois Bell	1:49:37		Nancy Frisillo	39:54
W60+Sandy Bovenzi	2:03:16	1 1	Marilyn Greeley	42:41
AND STREET ASSOCIATIONS OF	2.03.10		Ann Piccolo	43:53
Contraction of the Contraction o	State and St.		Suzie Klein	44:27
	0	100	Marjorie Kos	44:38
Asbury Park 10k	(	W50	Sofia Turosz	41:07
Asbury Park, NJ; Aug		Elimin.	Helen Valent	44:08
ASSULT TURK, 145, Aug	ast 10	A STATE	Rita Alles	45:25
The property and state -		20 mg/c	Joan Bondell	47:49
Overall	<b>旧经明期</b>		Marilyn Ryder	50:46
Pete Weilenmann 25	29:02	W55	Wen Shi Yu	44:02
Olga Markova 23	32:57	4	Lisa Praskins	44:22
M40 Gary Romesser	30:50	4 - 2 - 5	May Chou	46:45
Luis Lopez	31:30		Thelma Wilson .	48:50
Phil Kircher	31:43		Carol Fenichel	51:31
Dale Keenan	31:58	W60	Toshiko d'Elia	45:19
Earl Owens	32:42	ATTIMES.	Cassie Bazar	52:23
Kare Osnes	32:53	HEALT	Lois Filreis	53:06

#### Hispanic Half-Marathon Central Park, NYC; August 18

Lulu Mancini

Juanita Goldman W70 Althea Jureidini Marie Stover

W65 Edith Farias

<b>第一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个</b>	and the second
Overall	
David Clark 29	1:09:59
Kathleen Amato 28	1:24:09
M40 Hector Vargas	1:15:44
Vincent Gaines	1:19:39
Stephen Browne	1:20:23
M45 Sam Skinner	1:17:02
Julio Lugo	1:24:02
Luis Flores	1:25:31
259 /21/4 1 A	1.23.31

Continued on next page

44:22 46:45 48:50 51:31 45:19 52:23 53:06 51:00

62:04

73:32

#### Continued from previous page

M50 Daniel Hamner	1:25:55
Ramon Ruiz	1:27:45
Abraham Bernstei	in1:28:49
M55 Frank Dudley	1:31:16
Dario DeLeon	1:37:29
Doug Reilly	1:40:51
M60 Wm Fortune	1:30:26
Don Dixon	1:32:11
Joseph Burns	1:36:38
M65 John Corrigan	1:41:06
George Thompson	1:42:20
Bob Muller	1:42:45
M70 Andrew Neidnig	1:49:10
T J Gibbons	1:59:34
Wilfredo Rios	2:09:34
M75+Vince Carnevale	1:55:29
Chas Feldman	2:09:42
George Jaffe	2:55:07
W40 Ann Davies	1:29:15
Suzanne Rohr	1:33:03
Lily Kosaka	1:37:59
W45 Jessie-Lea Hayes	
S B Beltrandi	1:46:58
Jillian Lazarid	
W50 PattyLee Parmale	
Edith Jones	1:44:01
C G Garino	1:51:46
W55 Rosa Nales	1:52:02
May Chou	2:00:24
Naomi Vogel	2:11:30
W60 Muriel Merl 2:0	1:22
	2:01:47
Daisy Klein	
W70+Althea Wetherbe	e 2:18:15
Finishers: 1396m; 4	85w
Weather: 78°/h82%/ha	azy
Company of the Compan	



#### **New England Athletics** Congress 5K Championships East Greenwich, RI; August 25

39:05 39:08 39:45 39:45 39:49 40:20 18:30 2:05 18

un Bosect co co	tot zah
Overall Overall	A.
Eric Morse 26	28:44
Peg Donovan 37	18:00
	16:07
Tom Carroll	16:31
Henry Finch	16:31
M45 Bernie Allen	16:19
Ken Skelly	16:34
Sumner Brown	16:41
M50 Doug MacGregor	16:52
Chuck Keating	17:20
Kirk Randall	17:48
M55 George Bisson	18:42
Stu Thurston	20:00
Harry Katzan	20:59
M60 Jack Nyhan	21:58
Fred Ward	24:37
M65 Carl Hammen	21:27
M70 Wm Stern	28:44
W40 Janet Maguire	19:42
Eleanora Mendonca	19:49
W45 Mary Ryczek	19:55
Laura Beckwith	21:05
C Farrell	22:17
W50 Carrie Parsi	21:42
Judy Williams	22:08
Barbara Pike	22:53
W55 none	
W60 Berna Finley	27:16
Rosemary Phelan	33:58
266 finishers	
from C S Hammen	

#### Back To Work 4 Mile Central Park, NYC; August 24

Overall	
Nicholas Tsilibes 24	21:10
MaryLou DiNardo 36	24:22
M40 John Costa	22:21
M45 Pat Cosgrove	22:57
M50 Ramon Ruiz	24:26
M55 Alan Fairbrother	24:20
M60 Wm Fortune	24:36
M65 John McManus	26:49
M70 Thomas Gibbons	30:22
M75+Vince Carnevale	31:31
W40 Cheryl Ralya	25:26
W45 Floyd Humphreys	32:57
W50 Edith Jones	29:10
W55 Lisa Praskins	28:57
W60 Barbara Beck	39:08
W70 Mayme Bdera 76	59:05
Finishers: 372m/206w	DIMENSE.
Weather: 67°/h93%/w12	mph NE
The same of the sa	7

#### DC RRC Greenbelt 15K Greenbelt, MD; September 1

like Lieder	36	53:21
Bill Wooden	47	56:12
Jay Wind	41	57:14
Bill English	40	58:13
Bob Platt		60:22
John Haubert	48	60:46
Alan Weiss		61:39
Peter Monahan	57	63:27
Roy Peacock	51	68:41
Dick Good	61	70:12
Sid Conger	62	81:39
Alvin Guttag	72 1:	57:15
Bud Averitt	71 2:	00:28
Alice Roupar		69:42
Nancy Imhoff	51	81:19
Lois Chaffin	42	82:35
Shirley Moore	48	93:36
	Bill Wooden lay Wind Bill English Bob Platt John Haubert Alan Weiss Peter Monahan Roy Peacock Dick Good Sid Conger Alvin Guttag Bud Averitt Alice Roupar Nancy Imhoff Lois Chaffin	### ### ### ### ### ### ### ### ### ##

#### SOUTHEAST

#### RRCA Women's Festival 5K Huntsville, AL; July 20

	A STATE
Overall	
Steve Dudley 19	15:43
Cheryl Boessow 30	18:29
M40 Lawrence Hillis	16:06
Carl Nicholson	16:27
M45 Don Wallace	19:04
John Roberts	19:47
M50 Jim Oaks	18:24
Earl Jacoby	18:57
M55 Ray Mattle	20:13
Hooty Crittenden	20:30
M60 L A Doering	23:43
Robert Cobb	24:39
M65 Gene Simonson	29:52
W40 Pam Marshall	22:35
Judy Granger	23:14
W45 Carol Ward	23:22
Genie Street	25:41
W50 Barbara Meyer	24:51
Cele Coyle	25:24
W55 Dorothy Stockard	32:52
	No.

#### Florida International U Labor Day 5K Miami, FL; September 1

A STATE OF THE PARTY OF THE PAR	The state of the s
Overall Overall	
Chris Daniels 28	15:56
Cathy Dowling 36	19:01
M40 German Andujar	18:32
Jack Wilson	19:23
Fred Burgess	19:57
Robert Norris	20:04
William Shisler	20:11
M45 Ralf Lindberg	19:47
Bob Broadwater	19:57
Frank Nowicki	21:20
Jerry Meyer	22:19
Tommy Hyde	22:27
M50 Bill Adams	18:06
m Estremadoyra	18:15
Jeff Kurland	20:37
M55 Don Magyari	19:28
Joe Staniewicz	22:17
John Sheldon	23:59
M60 Porfirio Carrillo	22:59
Napoleon Franco	27:10
M65+Bob Johnston	21:49
Ray Flynn	25:12
Dan Biele 72	25:43
W40 Eliz Thomas	19:31
Sandra Henchy	21:36
Cindy Jacobson	23:48
W45 Linda Sparrow	23:23
Virginia Fuentes	23:50
W50 Mary Wagner	26:26
W55 Dottie Sywenki	29:39
W60 Helen Weiss	31:01
Tita Silsby	31:30
W65+Ann Monroe 73	49:01
THE RESIDENCE PROPERTY OF THE PARTY OF THE P	

#### **MIDWEST**



#### Metro-Macomb Runners 5K Mt. Clemens, MI; August 14

Address of American Property and Property an	
Overall	
Ramon Lara	16:58
Windi Gutsch	21:08
M40 Gary Flatt	18:50
Tim Klinkham	er18:56
David Glaser	23:41
M50 Terry Wild	19:11
Darrell McKee	e19:48
Herb Seegert	20:12
W40 Maggy Zidar	

#### Metro-Macomb Runners 5K Mt. Clemens, MI; August 21

Overal1	
Larry Graves	16:38
Windi Guntsch 13	20:58
M40 Gary Flatt	18:20
M45 Tim Klinkhamer	19:08
M50 Jim Fitch	17:59
M55 Herb Seegert	20:14
M60+A1 Evers	27:46



#### 10-Mile Road Race Flint, MI; August 24

49:17 50:29 51:29 54:58 55:01 55:04

ш	M40	Manuel Vera	49:17
		D. Tibaduiza	50:29
1		Henry Brockford	51:29
		Gary Wolfram	54:58
		Peter Hallop	55:01
		Tyrone Griffin	. 55:04
T		Aaron Randal	55:10
ı		Rich Rima	55:52
		Paul Wilsson	56:55
		Nick Mercucci	57:12
П	M45	Ken Sparks	54:30
		Walter J. Merral	a 56:29
	the state of	Pat Monahan	56:37
1		Cliff Dorlin	57:26
		Doug Goodhue	58:37
rice .		Michael Persak	59:49
1		Frank Wilson	1:00:30
		James Carlton	1:01:15
ı		Robert Penile	1:01:42
1	M50	Edwin Sirelunas	58:46
	X SEC	Ron Thomas	59:36
		Greg Osmun	1:00:08
		Ralph Judd	1:00:45
100		Lloyd Laubach	1:01:48
		Jim Fitch	1:02:01
	ALCO DE	Gerald Bruce	1:02:43
		Kurt Makowski	1:03:19
		200	

	Jim Fitch	1:02:01
	Gerald Bruce	1:02:43
	Kurt Makowski	1:03:19
	Fred Germaine	1:04:12
- X	Lloyd Cox	1:04:45
155	Andre Tocco	1:03:14
	Jim Matherley	1:03:26
	Larry Nicholson	1:05:39
Top!	Ted Fasing	1:05:40
	Dick Wagen	1:06:17
TO STATE OF	Robert Daly	1:06:58
	Ralph Palmer	1:08:27
t P	Darrell McKee	1:08:56
	Jim Campbell	1:10:12
	Gerald Loviska	1:10:25
160	Norm Eastman	1:02:11
	John Kolmetz	1:06:27
	High Sweeney	1:08:50
	Dick Lamermayer	1:09:57
(Kalaka		

	COIDS MOZINGOD	2.00.2
	High Sweeney	1:08:50
	Dick Lamermayer	1:09:57
	Dick Griese	1:10:29
	Jim Beall	1:12:10
	Jack Hoskins	1:12:48
	Manuel Teodoro	1:13:27
	Herb Spence	1:16:09
	George Pauling	1:16:14
165	Jim Forshee	1:03:57
	John Tanzer	1:16:55
	Marlynn Bandlow	1:20:53
	Darwin Spaysky	1:21:37
	Bob McCafferty	1:22:10
1	Jim Parker	1:23:03
	Don Sill	1:23:23
	John Roberts	1:28:19
	John Lobur	1:38:33
	Doug Moore	1:48:57
170	+Tony: Napoli	1:10:03
	Paul Hansen	1:19:33
	Joe Thornburg	1:33:05
	Arnold Citron	1:45:07
	Jim Ramsey (83)	1:56:02
	Ken Gempel	2:03:23

	John Lobur	1:38
	Doug Moore	1:48
170	+Tony Napoli	1:10
	Paul Hansen	1:19
	Joe Thornburg	1:33
	Arnold Citron	1:45
	Jim Ramsey (83)	1:56
	Ken Gempel	2:03:
	Joe Abbas	2:13:
140	Laurie Binder	56:
	Laura Lynn	1:01:
		1 00

W40	Laurie Binder	56:05
	Laura Lynn	1:01:08
	Karen Hubbard	1:03:27
	M. Strawbridge	1:04:16
	Kathy Kellogg	1:06:09
	Vickie Putnam	1:08:39
	Donna Olson	1:11:08
	Barbara Heys	1:11:11
	Helen Donahue	1:11:24
	Barbara Olson	1:12:06
W45	Gabriele Anderse	n1:00:48
- KALE	Nina Bovio	1:09:12
	Ana Copsey	1:09:32
	Pat Roselli	1:11:56
	Diane Arbanas	1:14:20
	Carol Santoro	1:14:25
	Joan Stibbard	1:15:17
	Kathryn Dehner	1:15:44
	Vicki Voisin	1:15:50
	Carol Swaney	1:17:28
W50	C. Tattersall	1:07:25
	Ellen Witz	1:15:28
	Barbara Jackson	1:16:46
	Prances Read	1:17:36
	Diane Dipzinski	1:19:56
	Peg O'Flynn	1:21:25
	M. Morehead	1:21:50
	Gail Salinský	1:23:22
	Manou Wilcon	1.24.17

Nancy Wilson

Betty Bentley

1:21:50 1:23:22 1:24:17 1:24:36

W55	Wen Shi Yu	1:10:46
	Gloria Brown	1:13:18
	Karen Holappa	1:20:34
	Chris Swanson	1:22:24
	Marion Kowalski	1:26:15
	Marlies Parenti	1:33:39
	Dee Crowe	1:35:23
	G. Verhoeven	1:36:13
	Dolores Wilson	1:43:07
	G. Gale	1:44:38
W60	Rayma Dixon	1:14:07
	Whaywong Semer	1:19:36
	Mary Dasen	1:30:51
	G. Dillon	1:45:08
	B. Dziwura	1:58:50
W65	Roberta Feldhahn	
	Rose McCourt	1:57:43

#### Metro-Macomb Runners Labor Day 10K Mt. Clemens, MI; September 2

Overall	50 Z
Davis Louwers	35:37
Ronda Spezia	40:13
M40 David Agnew	49:44
Tom Williams	56:37
M45 Tim Klinkhamer	40:45
Doug Kenyon	42:41
M50 Sid Cram	40:28
Greg Kemp	43:40
M55 Herb Seegert	41:53
Jerry Lovejoy	46:19
M60 Carl Jirkousky	46:54
M70+Fred Gurol	49:30
Joe Thornburg	53:00

#### MID AMERICA

Quad-City Bix 7 Mile Davenport, IA; July 2	er 27
Overall .	
Ken Martin	32:21
Uta Pippig	37:04
M40 John Campbell	34:58
Gary Romesser	35:32
Bill Rodgers	36:27
Mieczyslaw Majer	37:54
Daryl Johnson	38:30
Gary Julin	38:45
Peter Matthias M50 Ronn Baker	39:10
Jerry Anders	42:40
Dick Ruzicka	42:56
Ed Hernandez	43:04
Larry Avery	43:19
Bert Smith	44:08
Lou Alvracht	44:34
M60 Warren Bystedt	45:52
Richard Lamermayer	
Leonard Hoffman Don Novak	50:20
Paul Gould	51:56 52:20
Marion Demuri	52:48
Wm Hallihan	54:27
M7O+Deno Tulini	51:48
Joe Anholt	57:21
W40 Laurie Binder	39:28
Gabrielle Andersen	41:19
Barbara Filutze	41:38
Claudia Scott	45:36
Diane Langston	46:46
Gwenell Archer	47:11
W50 Wen Shi Yu	50:32
Sue Nebel	56:00
Lois Brusko	57:05
Ruth Lemke	58:22 59:25
Donna Gulley W60 LaDean Christensen	
Jo Gonse	70:29
JoAnn Platter	71:04
Vera Whiteside	72:20
Mabel Velge	73:10
Mabel Velge W70+Ellen McCoy	60:46

#### Mohawk 5000 Tulsa, OK: July 27

Tuisa, OK, July 2	
Overall .	
Wesley Brown 29	15:20
Mary Kates 39	18:52
M40 Greg Leroy	17:24
Larry Krutka	17:50
M45 Gary Madison	16:46
Dan Vasicek	18:05
M50 Larry Worth	17:34
Jim McFadden	18:04
M55 Steve Blanchard	18:27
Fred Dice	18:37
M60 Artura Mendez	19:00
Tom Lucas	21:14
M65 Jim Smith	20:49
Ralph Ratcliff	23:26
M70+Fisher Lewis	23:54
Richard Evans	30:40
W40 Vicky Fegaly	20:01
Martha Heinsius	20:03
W45 Barbara Manning-P	
Barbara Parker	24:57
W50 Linda Brown	21:40
Joy Austin	24:11
W55 Dru Young	24:36
Fran Dice	28:54
W60 Marilyn Thompson	27:05
Opal Alexander	29:10
W65 Jimmie Haggard	41:28



#### Pikes Peak Ascent (13.1 miles) Colorado Springs, CO; August 24

Overall	
	2:11:58
Shayne Allison 32	2:48:36
M40 Robert Weed	2:18:46
Paul Fuller	2:39:51
Andy Churchill	2:42:11
Richard Kinney	2:45:47
John Swartz	2:49:53
M45 Rich Pitcairn	3:03:25
Chas T Mabry	3:08:41
James Hubbs	3:08:44
Phil Stevenson	3:12:55
Ron Wisner	3:14:27
M50 Robt McAndrews	2:45:21
Glen Ash	3:02:05
Robt L Spurr	3:03:07
Jim Way	3:03:12
Maurice Ballard	3:18:21
M55 Verne Carlson	2:56:01
Joe Dana	2:57:58
Al Petersen	3:30:46
Ray Nelson	3:32:06
Bob Winters	3:49:06
M60 Dale Goering	3:17:25
Bob Schweikhardt	3:28:00
Eckart Lemberg	3:43:21
M65 Larry Fox	4:22:55
Leon Beverly	4:26:41
Nash Abrams	4:36:16
M70+Bob Martin	4:05:49
Clarence Osborn	4:14:10
Orval Lohman	4:20:53
Edson Sower	4:41:18
W40 Cheryl Beckwith	3:11:08
Brenda Lebrasse	3:27:01
Leslie Howa	3:31:34
Shane Holonitch	3:33:23
W45 Donna Allenbaugh	3:51:06
Judy Connally	3:53:06
Jo Selinger	4:10:06
Joy Miller	4:16:01
W50 Grace Rome-Kuhn	3:58:34
Jana Hlavaty	4:05:03
Sharon Martin W55 Elke Abitbol	4:09:18
Sonva Walhere	4:05:35

W55 Elke Abitbol Sonya Walberg Julie Foster W60 Betty Willis Mary Burrell W65 Annabel Marsh W70+Judy Golding

Pikes Peak Marathon (26.2 miles) Colorado Springs, CO; August 25

 Overal1
 3:46:43

 Deborah Wagner 41
 4:45:59

 M40 Andy Churchill
 4:31:23

 Chuck Huss
 4:42:38

 Tim Loftus
 4:48:05

 Ted Quintana
 5:01:46

 M45 Jeff Tarbert
 4:35:52

 Steve Maloney
 4:56:37

 Bob Johnston
 5:00:36

 Fred Kuhn
 5:01:55

Fred Kuhn 5:01:55
Rick Reid 5:03:24
M50 Allyn Cureton 4:34:08
Fred Dyer 5:25:47
Bill Nolan 5:28:26
Stephen Utley 5:38:13
P Von Der Gathen 5:38:52
M55 Phil Foster 6:11:23
Ron Covert 6:28:52
Vincent Albert 6:35:51
Harold Duff 6:55:37
Jim Linn 7:15:48

M60 Hal Winton 5:11:26
Ed Mighell 5:37:51
Don Navrkal 6:34:38
M65 Lionel Ortega 6:54:38
Ed Fishman 7:04:21
Virgil Schlack 7:52:07
W40 Deborah Wagner 4:45:59
Marg Loyd-Allison5:01:45
Michelyn Caskey 5:51:19
W45 Bobbie Johnson 6:07:18
Donna Allenbaugh 6:12:58
Margrit Howard 6:22:40
W50 Sara Risser 6:22:59
W55 Phyllis Slinker 9:47:01

W55 Phyllis Slinker 9:47:01

Fred Kuhn

Jim Linn M60 Hal Winton

5:03:51

5:31:20

6:30:07 5:56:59

Killer B's	16:57:13
Overall Women	
Coastline Cruisers	21:21:44
First Men's Masters	
Pace Setters To Be	18:30:10
O1d	
First Women's Maste	rs
Heart & Soul	28:00:30
First Mixed Masters	
Classic Collection	23:04:17

#### RACE WALKING

#### TAC Southwestern Regional 20K RW Championships New Orleans, LA; May 18

Mei			
1	Dave Waddle	38	1:46:42
3	Bill McCray	41	1:49:23
4	Andrew Smith	41	1:53:11
5	N B Frable	45	1:53:44
6	Ed Whiteman	52	1:55:04
7	Jim Chapman	52	2:05:19
8	Don Lee	56	2:06:41
9	Mike Adams	54	2:17:03
10	David Bozant	45	2:18:46
Wor	nen		
1	Bonnie McAfee	35	2:15:13
2	Kathy Frable	45	2:19:41
		50	2:29:20
5	Rhea Snyder	56	2:33:45
	Karren Kloiber		
8	Dot Watson	42	2:51:15

#### North American Masters 15K RW Championships Albuquerque, NM: September 1

M40-44	
Andrew Smith	NM 1:20:07
Roswell Barranco	MS 1:33:59
N45-49	
Norman Frable	TX 1:23:33
Bob Wilson	NM 1:28:41
Robert Reedy	NM 1:28:54
Pat Ryan	NM 1:37:24
Henry Davis	NM 1:52:54
M50-54	
Paul Johnson	AK 1:28:00
Robert Meador	CA 1:31:34
Chuck Brandt	NM 1:39:55
Richard Harris	NM 1:41:15
M60-64	
Maurice Sheehan	NM 1:39:54
M70-74	
Richard Starke	NM 1:59:42
W40-44	
Kathy Lovell	NM 1:38:09
Maile Kane	NM 2:00:24
W45-49	
Jol Steigerwalt	CA 1:33:00
Georgia Thomas	TX 1:36:49
Kathy Frable	TX 1:41:38
Judith Clymer	NM 1:55:59
W55-59	
Carolyn Martinez	NM 1:54:06

#### WEST

#### America's Finest City Half-Marathon San Diego, CA; August 18

The second		
Over	all	
Rafa	el Munoz 26	1:04:06
Kath	lene Bowman 30	1:14:18
M40	Don Paul	1:10:59
	Steven Ware	1:12:37
	Barry Schaeffer	1:13:24
	Bill Tippets	1:16:30
	Joe Alvarado	1:17:14
M45	Ron Ogilvie	1:17:51
TEN.	Phil Grant	1:19:17
Salle Vi	Gordon Lutes	1:21:55
	Daniel Klein	1:23:29
M50	Tim Rostege	1:17:59
	Rich Greene	1:21:43
+	Jim Temples	1:27:17
M55	Doug McHattie	1:15:16
	Ramon Sandoval	1:21:05
	Robert Rice	1:30:55
M60	Esko Sormunen	1:26:12
	Pat Devine	1:28:15
	Takeji Shimazaki	1:31:07
	Wayne Zook	1:44:54
W40	Darlene Wallach	1:25:54
	Linda Cash	1:25:58
	Sandra Marshall	1:28:28
W45	Judy Kewley	1:39:51
	Carol Babbitt	1:40:41
	Mary Wise	1:42:05
W50	Eileen Pue	1:38:29
	Ursula Rains	1:43:32
	Wen Shi Yu	1:32:58
	Masako Shimazaki	
W60	Doris Gordon	2:08:05
	Roberta Hennings	
W70-	Lois Edds	2:06:34
17.0	The second secon	a reaction of cold

#### **NORTHWEST**

#### Oregonian Hood-to-Coast Relay (193 miles) Mt. Hood to Seaside August 23-24

Overall Men	
Killer B's	16:57:13
Overall Women	
Coastline Cruisers	21:21:44
First Men's Masters	
Pace Setters To Be	18:30:10
01d	
First Women's Maste	rs
Heart & Soul	28:00:30
First Mixed Masters	
Classic Collection	23:04:17



## Mission Bay 25K

#### Road Race & Relay Race

Saturday, Nov. 23, 1991 7:30 am

#### **Grand Prize Drawings**

- 2 nights, 3 days for 2 people at the Long Beach Travelodge next to the Queen Mary
- 2 nights, 3 days for 2 people at the San Diego
   Marriott Hotel & Marina next to Sea Port Village

For the 25th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island, the ULTIMATE MARATHON TUNE UP. Denny's Restaurants will provide Mother Butler's Pies to award winners. After the 25K, enjoy freshly baked muffins from Souplantation and fresh fruit.

RACE FEATURES

□ TAC National Masters Championship, San Diego-Imperial TAC Championship, TAC Sanctioned Event, Quality T-Shirts with Silver Anniversary design, flat, fast, record breaking course. Medical support courtesy of "CALL DOCTOR, Inc. Providing Acute Care Physician House Calls".

DRAWINGS

Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, Cafe del Rey Moro, T.D. Hayes, T.G.I. Friday's, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Cook's Champagne and many more.
No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.

SPECIAL RELAY
TEAM DIVISION

Relay teams shall consist of 5 runners. The first 4 runners will run 3 miles and the fifth runner will run the last 3.6 miles for a total of 15.6 miles. Exchange zones will be at 3, 6, 9, & 12 mile marks. Awards will be given to Public Safety (Police, Fire & Military), Open & Masters categories. Award to 1st all Women's team.

DIVISIONS

Runners: Men and Women under 19, 19-29, 30-34, 35-39, etc., through 95+. Wheelchair, Racewalk.

AWARDS

Pies given to Top three in most divisions, varying at Race Director's discretion, based on entries.

ENTRY FEE

SDTC Members \$8 or Activity Card. Non-Members: \$12. Add \$2 for entries postmarked after November 9 or dayofrace. \$7 for optional, beautifully designed 25th Anniversary T-Shirt (only guaranteed through 11/15 postmark) Non-members may run free by joining SDTC.

SPECIAL DISCOUNTI Earn \$\$\$ and run this race free, including T-shirt. A \$3 discount will be allowed for every non-track club member you enter in the 25K. You need only to recruit 4 non-members (self excluded & relay excluded).

RELAY FEE: \$30 for 5 person team - no individual fee required. All participants must complete & sign individual entry forms & indicate team name.

25K TEAM FEE: \$25 Team fee plus individual entry. Dayofrace entry permitted. Masters Teams (Clubs) must be TAC registered.

ENTRY PROCEDURE

Send entry form, check & stamped, self-addressed envelope before 11/9 to the address below. Registration material will be returned only to entries received by 11/9.

DAY OF RACE

Registration and late-entry packet pick-up from 6:00 am - 7:15 am.

INFORMATION

D (619) 465-1049

COURSE

Starts and finishes on NW side of Fiesta Island. Includes loop on path to De Anza Cove and back. Markers every mile. Water and ERG at start, finish, and every 2-3 miles. Certification CA88067RS

RACE RECORDS: 1:17:30 [Ed Mendoza] 1:26:50 [Sylvia Mosqueda]

SDTC & TAC AWARDS

Medals to top three men and women SDIAC members & Medals to top three men and women Masters TAC Members. In 5 year divisions from 40 years to 95 years old. Points in the Challenge Series to the top ten (275-6542 for info). SDTC members will earn Grand Prix points.

RESULTS

Will appear in SDTC News and National Masters News.

William Williams and the long to be the problem. The long to the l	manapanette the best and	Team/ Relay Team Name:		
Are you a U.S. Citizen? Yes No TAC-Regist		TAC-Registe	tered Club name or No.:	
\$ Enclosed: + _	(last)  Sex (Circle One) M / F  SDTC Member? (Circle) Y / N  SDIAC Member? (Circle) Y / N  Born:	Total	L the undersigned, understand that there are risks associated with strenuous physics exertion and with this event, including but not limited to those caused by the terrain weather, condition of the athlete, vehicles, other participants and lack of hydration. It consideration of the right to participate in the above event, I hereby assume all risk associated with this event and I hereby waive, release and discharge any and all claim for damages, for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or to any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run is favor of SDTC, TAC, City of San Diego, County of San Diego, and all promoters appreciate and any individuals or entities in any way connected with his event even though their flability may araise out of negligence or carelessness on their part.  Athletes who participate in this competition will be subject to formal drug testing is accordance with TAC rules and IAAF Rule 14. Athletes found positive for bannes substances will be disqualified from this event and will lose eligibility for future competitions. Some preceiptions and over-the-counter medications contain banned substances information regarding drugs and drug testing may be obtained by calling the USOC Hotling at (800) 223-0393.  Signature  (Parent if entrant under 18)	
BENEFITS:  Two free race entries annual (for four families)	MEMBERSHIP COSTS	\$200	NameStreet AddressZipPhones: HomeBus	