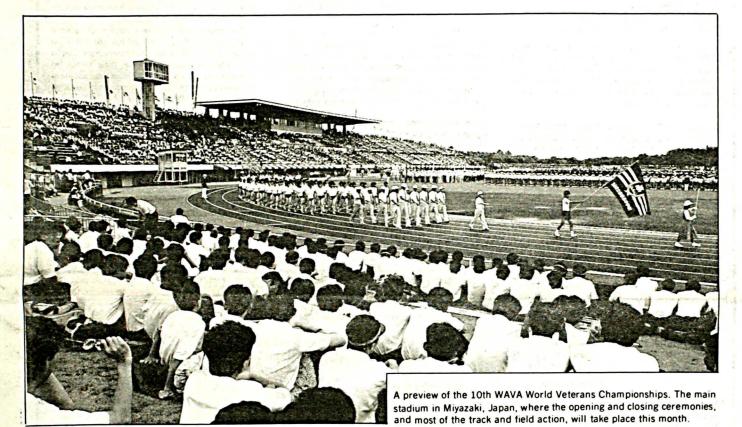


**182nd Issue** 

## **Record 12,102 Athletes From 77 Nations Enter 10th World Veterans Championships**



**Record Turnout for National Decathlon Championships** 

#### by JOHN WHITE

The 1993 USATF National Masters Decathlon/Heptathlon Championships drew 57 men and eight women the largest participation ever - to Upper Arlington High School in Columbus, Ohio on July 10-11.

The athletes came from 25 states and Canada with Tom Light of Chuglak, Alaska coming the farthest.

The meet competition was based on 1989 WAVA Age-Grading and the 1985 IAAF Scoring Tables.

Three multi-event marks exceeded the current world age-group records. Phil Mulkey, 60, of Marietta, Ga., scored an amazing total of 8347 points, breaking his own world M60 mark of 8254 points garnered at the Kansas Relays in April. Boo Morcom held the old record. In principle, these scores can be compared with Dan O'Brien's current world record of 8891 points.

Heptathletes Phil Raschker, 46, also of Marietta; and Leonore McDaniels, 65, of Virginia Beach, Va., smashed Continued on page 11



Gold medalists in the 1993 USATF National Decathlon Championships, Columbus, Ohio, July 10-11: (from left) Bill Angus, M50, Salem, Ohio; Rex Harvey, M45, Cleveland Heights, Ohio; and Denver Smith, M65, Louisville, Ohio. Photo by Irene Smith

#### Miyazaki to Host **Spectacular Event**

With the addition of 214 late entries, a record total of 12,102 veteran athletes from 77 nations have entered the 10th WAVA World Veterans Athletics Championships this month in Miyazaki, Japan.

It will easily be the largest World Veterans Championships ever held, more than doubling the previous high of 4817 participants in Melbourne in 1987, and exceeding the previous high of 57 nations represented in Eugene in 1989.

Another 7000 family members and friends will descend on the town of 290,000 on Kyushu island in southwestern Japan, bringing an economic impact to the area of about US\$50 million.

The final entry total was bolstered by 51 entries from Russia, as well as a smattering of sign-ups from other nations, many from the area of the former Soviet Union.

The number of USA entrants is 313 – 229 men and 84 women.

Competition will be held in the traditional five-year age groups, beginning at age 40 for men and age 35 for women. The action will begin on Thursday, October 7 with the Decathlon/Heptathlon and 10,000-meter finals. Opening ceremonies are set for October 9. Then, action continues through Sunday, October 17, with off days on Tuesday, the 12th, and Thursday, the 14th.

**Olympians to Compete** 

Several Olympians have been invited to the event, including:

1) Frank Shorter (45, USA) in the 10,000 and cross-country. Shorter won Olympic marathon medals in 1972 (gold) and 1976 (silver).

2) Evelyn Ashford (36, USA) in the 100 and 200. Ashford won Olympic gold medals in 1984 (100 and 400 relay), 1988 (400 relay), and 1992 (400 relay).

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

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 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 competi-

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

NMN welcomes contribution 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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#### National Masters News

#### **NATIONAL MASTERS 25K CHAMPIONSHIP** RACE USA TRACK & FIELD For the 27th time

RELAY õ RACE 🖙 Saturday, Nov. 20, 1993 7:30 am° ROAD

#### the SAN DIEGO TRACK CLUB presents this 15.6 mile race on a flat, fast course around Fiesta Island. After the 25K, enjoy freshly baked muffins from Souplantation and fresb fruit.

#### GRAND PRIZE DRAWINGS

2 nights for 4 people at the Travelodge SeaWorld/Sports Arena area.

T

1 night\* for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village. \*Restrictions apply.

T

designed T-Shirt (only guaranteed through 11/12 postmark)

page 3

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

25KTEAMFEE: \$25 Team fee plus individual entry. Day of race entry permitted. Masters Teams (Clubs) must be USAT&F registered and must include current USAT&F number on entry form.

#### T DAY OF RACE

Registration and late-entry packet pick-up from 6:00 am - 7:15 am. Race walk competition begins at 7:00 am.

**TINFORMATION** (619) 292-6132

#### T 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

1:17:30 (Ed Mendoza)

1:25:25 (Graham Parnell) 1:36:25 (Laurie Binder)

T RESULTS

Will appear in San Diego Running and National Masters News.

Souplantation Summer.

SPORTS ARENA		CK CA	a destruction of the second and the second
ENTRY FORM:	the second se		SASE to: Joni Shirley, Race Director an Diego, CA 92124
USAT&F REGISTRATION NO Are you a U.S. Citizen?	es 🗌 No		y Name:egistered Club name or No.:
	(last) Sex (Check One) M F SDTC Member? (Circle) Y / N SDIAC Member? (Circle) Y / N Born: / Horn: / Late fee T-Shirts	and the fame to set it.	I, the undersigned, understand that there are risks associated with stremuous physical 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. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims 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 heris and assigns and shall run in favor of SDTC, USAT&F, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though their liability may araise out of negligence or carelessness on their part. Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for tuture competitions. Some prescriptions and over the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0393.
MEMBERSHIP BENEFITS: 50% discount on 4 SDTC (Families receive 8) Lower race fees San Diego Running News Free workouts	Family	\$200 \$40 )\$25	Name         Street Address         City      Zip         Phones: Home      Bus.         Birth Date: (Mo/day/yr)          You may call me to help at an event: Y / N

#### T RACE FEATURES

USAT&F National Masters Championship, USAT&F Sanctioned Event, Quality T-Shirts, flat, fast, record breaking course. Aid stations with water and ERG.

#### T DRAWINGS

Dinner and/or gift certificates from Benihana, John's Waffle Shop, Movin' Shoes, Salmon House and many more!

#### T SPECIAL RELAY DIVISION

Relay 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 1 st and 2nd place relay, regardless of composition.

#### **T DIVISIONS**

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

#### **TAWARDS**

\$50 awarded to overall Open Male and Female Winner. \$50 to 1st Masters Male and Female finisher with the best Age-Graded Performance. Awards to top three in most divisions, varying at Race Director's discretion and based on pre-registered entries. USAT&F medals and patches to top three men and women Masters USAT&F

competitors, in 5 year age divisions from 40 years to 95 years old. USAT&F Team medals & patches to 1st, 2nd & 3rd place qualified team finishers. Masters Teams consist of 10 Year Age Division for M40 and M50 and 5 score; 3 score in all other divisions

#### **TLODGING**

Travelodge SeaWorld/Sports Arena is offering a special discounted rate of \$40 (up to 4 people in a room) for this event. They also offer free airport shuttle and will provide free shuttle to and from the race site. Call (619) 226-3711 for reservations and refer to the special rate code of NMC.

#### T ENTRY PROCEDURE

Send entry form, check & stamped, self-addressed envelope before 11/8 to the address below. Registration material will be returned only to entries received by 11/8. All masters competitors competing in the National Master's Championship must include their current USAT&F Registration number on the entry form to be eligible for awards and records. Registration for San Diego-Imperial USAT&F (\$11) will be available day of race.

#### ENTRY FEE

SDTC Members \$8 or Discount Activity Card. Non-Members: \$12. Add \$2 for entries postmarked after November 8 or day-of-race. \$7.00 for optional, beautifully

San Dica



SPC	ORTS	ARENA	1.20

COURSE OPEN RECORDS:

#### 1:26:50 (Sylvia Mosqueda) COURSE MASTERS RECORDS:



#### National Masters News



#### **NATIONALS IN PROVO**

Congratulations to the organizers and participants in the USA National Masters Track and Field Championships in Provo, Utah.

Special thanks, as well, to the officials who contributed their time and energy to a pleasurable event.

However, there was one awkward situation. Like previous years, the men's pentathlon was doomed to ragged staging. While the facilities in Provo (and other sites of this meet) are generally excellent, they can't cope with the simultaneous needs of the pentathlon along with competitors in other events.

In Provo, the throwing zones overlapped so it was not possible to conduct competitions at the same time in all areas. There were lengthy waiting times for all competitors in the field areas. The result was akin to a fourlane road that has been narrowed to two lanes - competitive traffic came to a standstill.

We should either: 1) hold the event at a different venue, perhaps even at a different time; 2) hold it one day prior to the start of all other events; 3) start it earlier in the day, with more time between age groups.

I am extremely appreciative of the work of the organizers and officials. I hope my comments will be taken constructively by those who perform the advance planning for future national meets.

> Andrew Miller Fairfield, Connecticut

I'm sure that most who were in Provo would like to see that superb setting be part of the rotation of sites for future nationals.

Has there been a national meet without at least a few glitches in scheduling, timing, lap counting, etc.? Getting 1000 athletes through their events smoothly is never a fail-safe operation, unless the budget allows for backup support every step of the way - and a crystal ball that works, too.

To the general praise for the officials, I would add highest marks for the announcers, always the key to a meet's atmosphere. Great job.

For the suggestion box: 1) admission should be free for the public. Any other means of funding the meet would be preferable. The more noise the better. 2) Day-one open events should, of course, be those which wouldn't conflict with pentathlon activity, if that's at all possible.

#### Bill Forsyth Albuquerque, New Mexico

(Editor's note: Please see Rex Harvey's "Speaker's Corner" on page 17 for a thorough discussion of the day-one scheduling problems.)

Congratulations again to Al Sheahen for an outstanding job as announcer for the USA National Masters Track & Field Championships in Provo, Utah. As editor and publisher of National Masters News, this athlete is a class act and his efforts are truly appreciated. Age-Graded, he would break the

#### record for these performances. Ted Ensslin Porterville, California

My humble thanks to the good people of Provo and Brigham Young University, the officials and administrators of the 1993 USATF National Masters Championships, but most of all, to my fellow comrades in arms and legs who all made my four days at the meet extremely memorable. Mike Boudreaux Metairie, Louisiana

It's great to be winning races and feeling good about it. I sincerely admire the runners who shoot for PRs and the joy they show when they come close or surpass it. It felt great to see the happy face on Al Sheahen when he topped his PR and placed in the 300-meter hurdles in Provo.

We're all shooting to win medals, but it is truly a small part of the whole competitive scene. Doing better than our best and staying healthy are the big factors.

It was sheer delight to see Bruce Springbett back in action and looking super after his bypass operation. Amazing! It is a real tribute to his determination.

I enjoy the competition, but I love the camaraderie.

> Marion A. Sanchez Hayward, California

#### WAVA PRESIDENT'S REPORT

There are a number of comments which can be made regarding Cesare Beccalli's Presidential report. I shall. however, restrict myself to five so that I do not take up too much space in your excellent publication.

1. "A year of great confusion." The issues were so fundamental to WAVA that it was essential to discuss them



NMN columnist Hal Higdon, Michigan City, Ind., in the M60 5000, USATF National Masters Championships, Provo, Utah, August 11-14. Photo by Jerry Wojcik

publicly. "Back room" politics has never been my style and it was right and proper that all athletes in WAVA understood the implications of Beccalli's IAAF stance.

L

S

I would remind Beccalli that his win in Turku was by a very small margin, particularly in view of the fact that one of the IAAF's "top guns" - August Kirsch of the IAAF Council - was in Turku supporting Beccalli in the days preceding the election.

2. The more WAVA becomes integrated into the IAAF the more we are at risk of our policies being controlled by the IAAF Congress instead of the WAVA General Assembly.

3. Cesare Beccalli's arithmetic is very inexact. We had 70 Affiliates at Turku - not the "about 50" he quotes. Assuming his "about 100 now" is correct the increase is around 30. However, out of this number, nine have evolved from the break-up of the USSR (an affiliate in Turku) so that the true increase is approximately Continued on page 5

#### Six Join NMN Sustainers

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

Edward Curran Neil Doherty Aaron Goldman Herman Hart Jon Kilroy **Gordon Selfert** 

Vienna, Virginia Los Angeles, California Los Alamos, New Mexico Island Heights, New Jersey Santa Monica, California Birmingham, Alabama

## NATIONAL MASTERS NEWS

Masters Athletics is booming!

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#### Write On

#### Continued from page 4

twenty. Hence Beccalli's extremely loose use of figures makes the IAAF connection seem much better than it is in reality.

4. He refers to the IAAF Veterans' Committee. This committee is entirely composed of males. Bridget Cushen, who has represented women on the WAVA Council in a most excellent fashion for ten years, raised this bias with the Chairperson of that Committee and Beccalli. The matter was ignored by them. I do not see how any fair minded delegate, man or woman, can vote for a WAVA President who ignores the tremendous contribution of women veterans to our movement!

5. I am pleased to see that Owen Flaherty is running for President. Owen's contribution in his year as WAVA Secretary was tremendous in terms of intellect and innovation.

I hope that the many people who voted for me in Turku (and those who didn't) will vote for Owen Flaherty to be the next President of WAVA.

Alastair Lynn WAVA Honorary Life Vice President Toronto, Canada

The issue of WAVA's relationship to IAAF was settled at Turku, so this year's election of the WAVA President can focus on the relative merits of the two candidates — Owen Flaherty and Cesare Beccalli.

When Flaherty was WAVA Secretary in 1986, he sent out questionnaires to the WAVA affiliates to obtain information on their Presidents, Secretaries, Treasurers and Women's Representatives.

Beccalli replied for WAVA's Italian affiliate at that time, IMITT, saying that he was President. As to the Secretary, Treasurer and Women's Representative, Beccalli said that IMITT did not have such officers as these services were provided to IMITT by a division of Beccalli's company.

In other words, Beccalli was not only President of IMITT, he was also Secretary, Treasurer and Women's Representative. Clearly, he alone ran veteran athletics in Italy at that time. So who nominated Beccalli for the WAVA Presidency in 1987? Presumably, Beccalli nominated himself.

Beccalli has been a divisive President of WAVA. He has succeeded in alienating half of the membership. Flaherty has no such drawbacks. He is not identified with only one half of WAVA. Flaherty can repair the damage done by Beccalli.

> Henry Morrison Edinburgh, Scotland

I have no intention of taking any initiative towards removing from the WAVA constitution the seven amendments which were adopted in Finland, and which will inevitably, bring WAVA closer to IAAF. Nor would I encourage others to do so. Owen Flaherty

and the state of the second second

Alicante, Spain

#### **MIYAZAKI SCHEDULING**

I'm concerned to find a serious conflict in the scheduling of the M55 100 and 400 in Miyazaki.

The semifinals and finals of the M55 100 are in Stadium 1 at 9:40 and 12:20, respectively, but the first heat of the M55 400 is in Stadium 3 at 11:40. Thus, it will be impossible for any M55 100 and 400 competitor to run both events.

In most other age groups, the 400 events don't start until after the 100 finals. This would be more logical for the M50 and M55 events, even though it is still expecting a lot for older runners to complete two 100s and two 400s in a single day.

I hope something can be done about this problem.

Martyn Adamson San Francisco, California

#### WIND READINGS SUSPECT

Remember those incredible negative gale-force winds the sprinters and hurdlers faced at last year's National Championships in Spokane? And remember how our brave sprinters and hurdlers muscled their way to World and American records anyway (not to mention a flock of PR's)?

Well, they're baaack! At the National USATF Junior Championships held there this past June, the Junior Men faced negative winds of -3.0, -3.0, & -4.3 in the 100, 200, & Hurdles. The Junior Women had it even worse with -7.0, -4.8, & -6.0 respectively.

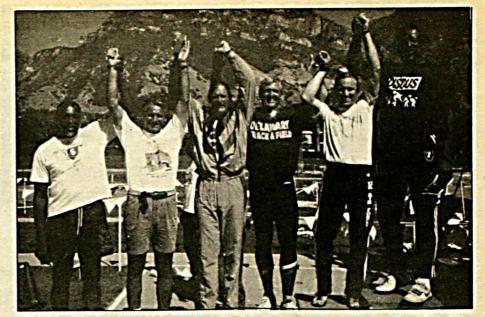
Anyone even vaguely familiar with wind-readings will recognize these as near tornadic-levels. And yet, just as in our own National Championships, almost all of the runners achieved PR's. Once again I submit that while I haven't the foggiest idea wherein lies the error, the error does indeed exist.

This fact remains: There is absolutely no way one can run personal record times for themselves with this kind of wind-tunnel readings. Either re-check the equipment or have someone with a better understanding of mathematics do the reporting.

> Phil Mulkey Marietta, Georgia

#### TEN YEARS AGO October, 1983

- 350 Compete in Western Regionals in Los Gatos, CA
- Norm Green Sets M50 Half-Marathon Mark of 1:12:09 in San Diego, CA
- Oppose Ban of South Africans



M50 discus throwers on the Victory stand in Provo. From left: Lloyd Long (NJ, 6th), Gerry Moro (CA, 5th), Richard Hotchkiss (CA, 4th), Larry Pratt (DE, 3rd), Glenn Passey (WA, 2nd), Lloyd Higgins (CA, 1st in 56.48m/185-4). Photo by George Clark

#### SENIOR SPORTS CLASSIC

Two years ago, I wrote to you complaining that you didn't publish the sixth place finisher in the 1991 Senior Sports Classic in Syracuse.

Well, you did it again. You only published the first five from the 1993 event in Baton Rouge,

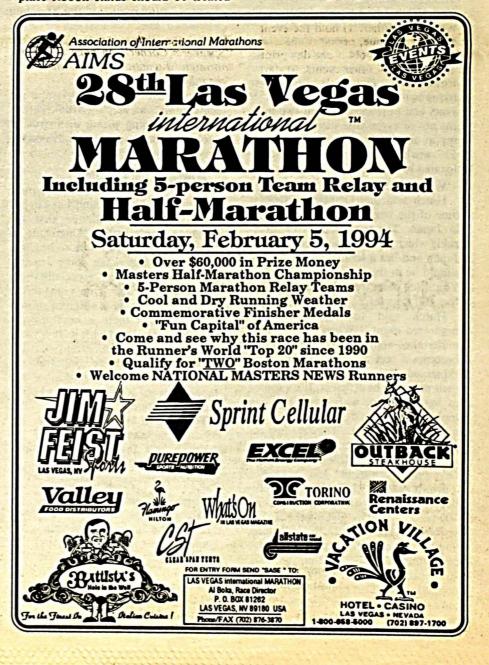
When we're competing against the best of 50 states — 4th through 6th place ribbon status should be treated equally or not at all. John McCarthy

Waymart, Pennsylvania

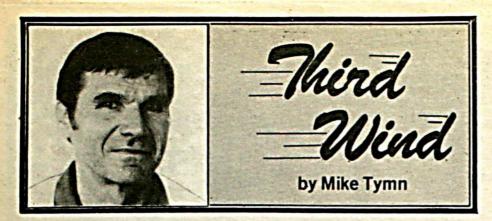
#### **KUDOS**

I enjoyed Maury Dean's July articles (Same Racing Faces? and Hit the Road, Jack).

Barbara Hennig Springfield, Massachusetts



page 5



#### When in Japan, Do as the Japanese Do

f you're headed for Miyazaki, Japan, for the WAVA World Athletic Championships, October 7-17, you should consider preparing for more than your track & field events.

You might want to practice some football drills, such as run and cut movements to avoid getting hit by some of Japan's kamikaze taxi drivers, or some offensive lineman's charges should you get caught up in a Japanese train station. You should practice your squatting in the event you encounter Japanese-style toilets, and perhaps develop some finger dexterity in case you are forced to eat with chopsticks.

If you've been to Japan before, you probably know what to expect, although some things may have changed since your last visit. I lived there for several years during the 1960s and have been exposed to a strong Japanese influence in Hawaii for the past two decades. However, since things have changed over there, I decided to get some tips for those going to Japan from Clark Hatch, a fitness entrepreneur who lived in Japan for 15 years and now spends about two months out of every year there while looking in on his fitness centers. Six of his 52 worldwide fitness centers are located in Japan.

#### What to Expect

Hatch said that October is the best time of the year for track competition in Japan. The temperatures in Miyazaki, which is in the southern part of Japan and has a semi-tropical climate, should be in the upper 60s or low 70s. You'll see palm trees there and quite a few golf courses.

Hatch said to expect a wellorganized event. "When the Japanese undertake something like that, it becomes a real national product," he explained. "They do everything within their power to be efficient. It's a source of national pride with them. You can look for all of the officials to be in immaculate uniforms. They're just so methodical in their preparation for something like this. It'll be just like the Olympics, I can assure you."

Don't expect the Japanese competitors to be anything less than 100-percent ready. "They take it very seriously," Hatch said. "I don't think you'll find any of the Japanese athletes competing just to have fun, as many Americans do. It's pretty much an obligation for them to try to excel. Doing their best is a number one priority."

#### **Running Is Peaking in Japan**

As I found out last year, when some 18,000 Japanese showed up for the Honolulu Marathon, the running and fitness movement seems to be peaking in Japan. A Japanese running magazine editor informed me that there are an estimated six to seven million runners in Japan.

Hatch agreed that there are more runners now than ever before in Japan, but he sees the growth slowing significantly. As in the United States, the young people are not joining in the fitness movement.

As is clear from the thousands of Japanese participating in the Honolulu Marathon over the past six or seven years, the Japanese are much more subdued and not likely to give boisterous demonstrations in victory as so many Americans do.

"But most of them understand the American ways," said Hatch. "There's nothing wrong with struttin" your stuff, but be a little humble on the victory stand."

#### **Bowing is the Custom**

Although bowing is a Japanese custom much like the handshake in our country, Hatch mentioned that the Japanese don't expect Americans to bow. However, if you want to brighten some faces and make some friends, you might try bowing, especially if the person is your elder. Don't mistakenly assume that bowing is a sign of subservience, or that there is anything nationalistic connected with it. It is simply a manner of greeting and showing respect. If you want to congratulate a competitor and don't remember the Japanese word (O-Mede-To), a bow is a nice substitute.

The general rule is: The older the person, the more respect he or she deserves and the deeper you bow. Competitors older than you, even if you beat them, rate generous bows.

#### Some Do's and Don'ts

According to Hatch, the Japanese are very big on exchanging pins, patches, singlets, and race t-shirts. He recommends taking at least a halfdozen such items to exchange, or to just give to a host or race official to show your appreciation.

Tipping is something you simply do



The annual October Festival at Miyazaki Shrine, also known as Jimmu-Sama, embodies the essence of Miyazaki.

not do in Japan, and that includes hotel employees and taxi drivers. "If you try to tip someone, you'll probably embarrass him," Hatch said.

Also, don't attempt to bargain for any goods in the Japanese marketplace. Expect to pay the listed price, which you'll probably find quite high compared to prices for comparable goods in the United States.

#### Making Yourself Understood

A very large percentage of the Japanese population speaks some English, but if you talk too fast, or if you are from points between Texas and Georgia, or if you are from New England and speak with a Kennedylike dialect, you might not be understood, and the person you're speaking to may very well indicate to you that he or she doesn't understand English at all. If you have the time, especially when asking directions, Hatch recommended writing down in a brief sentence what you have to say or ask, as most Japanese read English better than they can grasp the spoken word.

"When it comes to asking directions," Hatch said, "the Japanese will bend over backwards to show you around. It doesn't hurt to carry a map along to overcome any language barrier."

Although a crash course in Japanese probably won't do you any good at this time, Hatch recommended learning just five or six words, including Good Morning (Ohayo-go-zai-mas), Good Day (Kon-nichi-wa), Thank you (Domo Ari-gato), I'm sorry (Go-menasai), and Pardon me (Sumi-sen). If you can't remember any of those, just bow your head, and you'll communicate any one of them.

#### More Tips

Drugs of any kind, including even inhalants, that might enhance performance are much frowned upon by the Japanese, according to Hatch.

Don't be afraid to drink the water in Japan. "There are a lot of places in Asia where you shouldn't drink the water at all, but in Japan all the city water is potable," Hatch offered. "What's more, the sanitation is very high standard. You can go in any small restaurant and eat safely."

If you do end up in one of those train stations or in a large crowd of some kind where there is a lot of shoving or pushing, don't mistake that for rudeness, Hatch advised. "It's a matter of survival," he said, laughing. "There are so many people in the train stations that if you don't force your way in, you might not get on the train. Many of the people are commuting two hours to or from work, and they have to be forceful in situations like that. As a rule, the Japanese are very courteous people."

#### Spaghetti is Popular

If you're not into Japanese cuisine, Hatch said that spaghetti is a very popular dish almost anywhere in Japan. Other popular dishes among Americans in Japanese restaurants are curry rice and hash rice.

As a final thought, Hatch said: "If you want to enjoy yourself over there, be positive and curious, and don't criticize. Don't try to change the way they do things by telling them that we don't do it that way in the States. Do it their way."

#### GRAND CIRCLE TRAVEL USATF NATIONAL MASTERS 8K CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 20, 1993

Historic Franklin Park, Boston, MA - The Site of the 1992 World Championships Hosted by the BOSTON RUNNING CLUB

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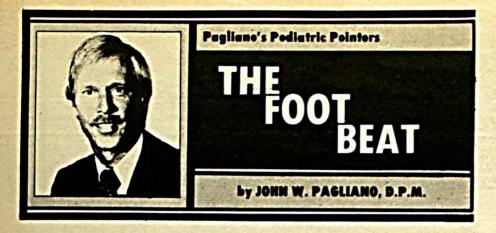
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GRAND CIRCLE TRAVEL

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#### **Heel Bursitis**

A nother condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

Heel bursitis is a bump of bone on the back of the heel. This is usually in the area where the Achilles' tendon attaches.

This condition is usually initiated by an ill-fitting shoe whose heel counter rubs up against the back of the heel causing an irritation and inflammation.

In this area there is a small bursa which sits between the Achilles' tendon and the heel bone. When this is irritated it becomes inflamed and swollen. Most athletes with a lick of sense will abandon the offending shoes, but most, in an attempt to save money, will continue along with the irritant shoe and aggravate an already bad condition.

Usually, the change to a nonirritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthosis for those who hyperpronate may



John Whittemore, 93, (r), recently named Masters Athlete of the Year by the Santa Barbara Hall of Fame, is pictured showing his huge display of medals to friend, Jimmie Whitney. Whittemore, long time resident of Santa Barbara, has won trophies and medals over the past 20 years in not only track and field but also swimming and tennis. He'll be competing October 2, in the annual Club West Meet in Santa Barbara.

Photo by Beverley Lewis

be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

Other conservative methods include icing the area after workouts and, perhaps, the use of physical therapy, such as ultrasound. Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.



National Masters News

page 9



#### Phil Mulkey and Phil Raschker

This month's Sorbothane Masters-Athlete-of-the-Month award is divided between two outstanding and versatile performers — Phil Mulkey and Phil (Philippa) Raschker.

Mulkey, 60, won seven gold medals at the National Masters Track and Field Championships in Provo, Utah, August 11-14, in the M60 100-hurdles, high jump, pole vault, long jump, triple jump, shot put, and pentathlon.

Raschker, 46, the U.S. female masters track and field athlete of the year in 1992, won nine events in the W45 100, 200, 80-hurdles, high jump, pole vault, long jump, triple jump, pentathlon, and age-graded 100. This summer, she set W45 world records in the high jump (5-3) and pole vault (10- $3\frac{1}{4}$ ).

Mulkey and Raschker were the top scorers overall in the National Masters Decathlon/Heptathlon championships, July 10-11, in Columbus, Ohio. They live and train together in Marietta Ga

ta, Ga. Runners up (using the new WAVA age-graded tables) were:

• Jim Mathis, 58, of Tennessee, with three strong age-graded wins at the Nationals in the M55 100 (12.32, 94.6%), 200 (25.06, 94.4%) and a near-WR 54.60 (97.0\%) in the 400.

• Stan Whitley, 47, of California, with three U.S. wins in the 100 (11.17, 96.5%), 200 (22.59, 96.8%), and 400 (50.39, 95.5%).

• Jim Law, 67, of North Carolina, with three triumphs in Provo in the 100 (13.04, 96.0%), 200 (26.21, 97.6%), and 400 (61.84, 93.5%).

• Stan Druckrey, 45, of Wisconsin, with a U.S. M45 record 14.84 in the 110H (97.8%), a 55.79 win (95.4%) in the 400H, and runner-up to Whitley in the 200 (22.61, 95.4%).

• Bill Weinacht, 76, of Ohio, with Utah wins in the 100 (14.21, 96.6%), 200 (29.65, 95.3%), and in the agegraded 100 (10.36).

• Marion Sanchez, 61, with triumphs in four events in Provo: 100 (12.61, 94.5%), 200 (26.21, 92.4%), 400 (59.54, 91.4%), and 300H (44.39, 95.6%). Sanchez won two more golds in the relays.

• Bill Collins, 42, of Texas, with wins in the 100 (10.96, 96.1%) and 200 (22.19, 95.4%).

• Harold Morioka, 50, of Canada, with a double-win in the 200 (23.79, 93.7%) and 400 (51.80 WR, 95.7%).

• Chuck Sochor, 65, of Michigan, with wins in the 400 (61.31, 92.3%) and 300H (48.05, 92.7%).

• Ken Popejoy, 42, of Illinois, with

a middle-distance double in the 800 (1:55.93, 95.4%) and 1500 (4:02.60, 92.8%).

• Vic Heckler, 51, of Illinois with a triple in the 800 (2:07.31), 1500 (4:29:23) and 5000 (17:01).

• Dan Bulkley, 75, of Oregon, with four golds in the 300H (55.92), 800 (2:50.72), 80H (16.74), and 2000SC (9:54).

• Larry Stuart, 55, of California, with the best single age-graded performance in the Nationals — 98.8% with a javelin throw of 59.34 (194-8). • Jim Gilchrist, 65, of Florida, with

a 1.62 (5-3<sup>3</sup>/<sub>4</sub>, 97.6%) high jump. • Greg Miguel, 46, of California

with a 4.71 (15-5½, 96.5%) pole vault. • Jim Barrineau, 38, of Kansas, with

a 2.14 (7-0, 96.0%) high jump. • Tom Gage, 50, of Montana, with a 62.38 (204-8, 92.5%) hammer throw. • Don DeNoon, 50, of Illinois, with

U.S. record wins in the 5000 walk (22:48, 91.6%) and 20K walk (1:35.19, Continued on page 12



Phil Mulkey

Photo by Sports Pix



Phil Raschker (left) receiving the 1992 award for USA masters female track and field athlete of the year from Barbara Kousky, USATF Masters Chairman.

Photo by Jerry Wojcik



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#### **Paul Warburton** — The English Connection

(Paul Warburton, a fine racewalker in his own right, is a feature writer for Athletics Weekly, England's track and field publication. With a journalist's eye, Paul has observed racewalking throughout the world and interviewed many Olympic, IAAF World Cup and World Championship medal winners. After the Barcelona Olympics, NMN carried Paul's interview with Jose Marin, who at age 41, finished 9th in the 50K with a time of 3:58.41, walking the 30 + miles at a pace of 7:41. In the following interview, Paul discusses Gary Little, Marin and other masters of lesser renown, and explores the conventional wisdom about aging and distance.)

EW: Don DeNoon, America's top 50-year-old master, and Gary Little, 51, New Zealand's wonder, will meet in Miyazaki this October in the 20K. If both athletes are in top form, it should be a very exciting contest. There has been speculation as to whether Gary has made all his extraordinary record times on legitimate courses with the required judging. Can you comment on this?

PW: Let me establish a little background here. My friend, Graham Seatter - Seats as he is known to everybody - is the New Zealand racewalking team manager. Seats was one of the New Zealand Team members with Murray Day in the 1986 Commonwealth Games in Edinburgh. Seats, Murray and I lived together, so we all got to know each other quite well. After he became team manager, I met him in San Jose at the World Cup in 1991, and we started talking. Pointing to a hardened, bronzed man, Seats said, "Watch this guy."

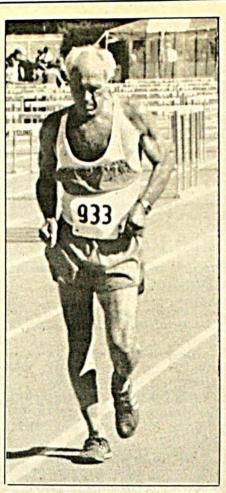
The guy he was referring to was Gary Little. I thought that Gary was essentially there just to make up the team, but when he started to walk, I thought differently. His leg speed is phenomenal. He has this turnover which is absolutely blinding; it is like a whirring type of vision, and when I first saw him, he was just warming up. It strikes me that Gary is a man who is supremely fit. He can walk a very straight line and does not seem to be at all inefficient. If anything, his one problem has been that the longer the race, the less quality in the eventual result. This is surprising for a 51-year-old. For example, in his 20K best, his half way split was the masters 10K record of 42:20. However, he ended up with a 20K of 86 + minutes; so he slowed considerably in the second 10K. He was very disappointed with this.

The conventional idea is that the older you get, the better you are at longer distances. Gary has done a 3K at 12:05.2 on the Christchurch 400-meter track with judges. So, I am quite happy to believe that his times are as legitimate as anyone else's. Keep in mind that the New Zealand authorities are very stingy about sending people to any kind of international meet. They have a long tradition of winners. If you wear that famous, all black, kiwi shirt, and you are going to a major Games, they fully expect you to make finals or preferably win medals.

I think they had a team of eight or nine at the 1984 Olympics here in Los Angeles. When you consider that Britain sent a team of 150 track and field athletes, and New Zealand sent eight, you can probably guess that the eight people who made the team were there deservedly. The New Zealand qualifying time for the '84 Olympics was 84 minutes. When you consider the Olympic record in 1984 was 83 minutes or something like that, a New Zealand walker had to come close to the record just to make the team. New Zealanders tend to send people only when they have obtained the highest standards, ridiculously high in effect. So you can probably guess when Gary has done his best times, he has probably done them because he needed to do them. And he has fully deserved his place on any team he has been on, which now amounts to two different Lugano or IAAF Racewalk World Cups.

EW: Is he showing any signs of slowing?

PW: He looked pretty whacked out on the last lap of the Monterey World Cup 20K last April, but there again, so did just about everybody else. It looked very tough for him, and his time was 1:41:13, but I don't think Monterey is a good guide as to whether he is slowing down. His goal is to make the New Zealand Commonwealth Team next year. He wants to go to Vancouver as part of the 30K team, and probably 30K would be ideal for him. It is not too short or too long. I think he has every opportunity of making it, but he needs to do a 2:14 to 2:15 to even qualify for the team. When you consider that Murray's New Zealand record is 2:15:07 when he was in his early 20's, you can probably guess that



Max Green, Taylor, Mich., second M60 5000 racewalk (26:18.31), USATF National Masters Championships, August 11-14, Provo, Utah. Photo by Jerry Wojcik

Gary is going to have to work at it. But because of his personal circumstances, he does have the opportunity to make it, and he has the advantage of not being burned out yet. He has only been in the sport just over five years.

EW: You did a wonderful article on Marin which was well received by all who read it. Are there any other comparable masters racewalkers?

**PW:** Marin is an exception at age 42. He still maintains a regime and a mileage which allows him to compete with the very best. How he does it, I don't know. He has been at it for over 20 years, day in and day out. It sounds almost treadmill-like to me, but he has gained much success from it.

Off the top of my head, I don't think anybody quite equates with Marin, but there would be plenty if they wanted to give it a second try. I suppose the other Spaniard, Jorge Llopart, the silver medalist in the 1980 Moscow Olympics, would be another. He was born in February 1952, so he is 41. He missed out on an Olympic Team place in 1992 by less than 2 minutes. He was 4th in a 50K team qualifier with a time of 3:48 to 3:49. Marin and Llopart are still very much in the fray.

As I reported in my article on Marin, the amusing thing about Marin and Llopart is that they each have a camp of walkers, and the camps are very competitive. For example, the Olympic gold medalist, Daniel Plaza, is coached by Jorge Llopart. Valentin Massana, who was DQ'd at the last moment in Barcelona and was the gold medalist in the World Championships, is coached by Marin. They have others who are not quite as famous yet, but you can probably guess that they are going at each other hammer and tongs.

The Russians, in particular, could produce a number of outstanding masters walkers if they wanted to. Vladimir Golubnitshi and Semjenov competed in Turku; however, most of the Russians seem to disappear pretty quickly. They either go into administration or simply disappear out the back door. I have always thought that the Russians had a pretty tough regime, and they do some crazy, mad things. Maybe it is the life style they have. For example, Andrey Perlov and Alexandr Potashov finished hand-inhand in the 1992 World Championships in Tokyo. They crossed the 50K finish line together, although the IAAF gave it to Potashov. Apparently, they did things such as train 30K a day for five or six days, and at the end of each day, managed to knock back half a bottle of vodka each. I think the Russians have lived hard and played hard. Then there is Mikhail Schennikov, world indoor champion three or four times, world Lugano Cup winner twice, and winner of umpteen other awards. He didn't have a particularly good race in Barcelona, and in the days that followed the 20K, whenever I would see him, he was puffing away in a big cloud of capitalist tobacco. I wonder if some of these top Russians have the stomach or the fight to go on, past their ultimate best, into masters competition.

EW: You were commenting that Gary Little seemed to reverse the conventional wisdom about age and distance, and excel in the shorter distances at 50. Yet, on the other hand, I heard that Maurizio Damilano deliberately started walking longer distances, particularly as comparative youngsters like de Benedictis began pushing up.

PW: The conventional wisdom is the same in track and field, generally. The sprinters or the middle distance people always traditionally move up, so that the 1500 meter runner becomes a 5000 meter runner and then maybe a 10,000 meter - even a marathon runner. But the thing about walkers that I have noticed is that at the very top, they are probably likely to be able to walk a 5K as well as a 50K. I have never quite worked out why people such as Ronald Weigel can walk a 5K in 18:43 and still do a 50K in 3:45 at the age of 34. By and large, when walkers are at the very top, they seem to be able to take in stride whatever the distance is.

Damilano announced his retirement at age 36, last September, on a world record 30K time, but the times he set en route to that 30K record were nothing short of outstanding. His 5K, 10K and 20K splits were all excellent. In fact, he set a world best for the 2-hour mark. Considering that he finished the 30K in 2:01, his range is fairly extensive.

I don't think there is much evidence to suggest that walkers do need to move up, unless they are as lazy as I am, and basically can't hack the speed work any longer when it hurts; and it does hurt to go out and do that kind of Continued on page 11

#### **Don Johnson Dies**

In Miyazaki there will tragically be one less recipient of the award for participating in all 10 WAVA World Veterans Championships.

Don Johnson was one of only 24 athletes who had competed in all nine previous World Games. But he died of bone cancer in New Jersey on August 25 at the age of 76.

"The hormone Lupron had brought his P.S.A. blood score. back to normal," wrote Alan Wood in *The Master Walker*. But it came back stronger than ever. Leg-swelling and a jump in the score were the first tipoffs, and other symptoms followed. The cancer went to his bones, and he entered the hospital for radiation treatments on August 4. But asthma developed to complicate matters, and in just three weeks he was gone.

"Johnson was one of the most beloved and respected people in our sport. He was quiet and unassuming, to the point that one week before the end, he didn't even want me to print that he was in the hospital."

Johnson was a member of state championship high school track teams in the mid-30s. He was an outstanding middle-distance runner for the Shore Athletic Club.

"He rose to first lieutenant in the Army Air Corps in World War II, navigating dangerous missions in the Pacific," wrote Elliot Denman in *The* Asbury Park Press. "He married, was father to son Greg and daughter Karen, and rose through the civilian ranks at Fort Monmouth, from apprentice instrument maker to fullblown engineer whose concepts contributed much to the success of the U.S. helicopter."

A collapsed lung prompted him to take up walking, and he went on to set age records from the 1500 to 50K.

"He found time, too, to serve as designer and certifier of many of the racing courses so busily used today in the Shore area," Denman wrote.



The state of the second

Photo by Al Zacharka

But it was the World Veterans Championships that was his special love, that stirred his competitive juices, that served as his personal Olympics. He won medals, individual and team, at virtually all the World Games.

"Long-time teammate and traveling companion Bob Mimm knew Don as a man who had friends in every corner of the planet," Denman wrote. "Whither he'd wander, virtually every continent included, there would be a 'Hi, Don' from a friendly face."



Denver Smith, receiving 1993 USATF National Decathlon Championships medal, M65 division, from Meet Director John White, Columbus, Ohio. Photo by Irene Smith

#### Masters Racewalking

#### Continued from page 10

hard, hard endeavor. I think if you are lazy, you can move to longer distance better than you can actually travel at speed.

EW: How do you see the masters movement in England?

PW: In England, unfortunately, it is growing. It seems a strange thing to say, doesn't it? But racewalking in England, quite frankly, is at an all time low. It isn't due to lack of effort on the part of the people in charge; although their efforts are limited by the times and emphasis. We desperately need a major success in a major racewalk. I am talking about the Halcyon days of the '60s when people such as Don Thompson were winning gold in Rome, and Paul Nihill, Ken Matthews, and Roger Mills were champions. With these names, racewalking attracted fields of 200 to 300 walkers. Even our top races these days very rarely attract 100. In fact, our top field this year, so far, has been 89 in any one single race. When you compare this to fields of 200 to 300, you can see that things are on an ebb.

One of the problems is that although people have stayed in the sport — and there is a hard, knotty core — these walkers have all become masters; so that now, the open races often are won by masters without anybody else being in it. A famous race like the Belgrave Seven is an example. This race is held every November, usually the third Saturday. In the past, the winners have been walkers of international caliber leading fields of 200 to 300 walkers. However, in the last race, of the first 15, there were only four people who weren't masters. So the masters thing is quite healthy in Britain, but there isn't the developing talent coming up.

We need to do three things in Britain to promote the sport: (1) We need to channel some effort into producing a major medal winner; (2) We need to have a walk division in the London Marathon, as sixteen million people see the marathon on the Sunday morning in April when it takes place; (3) We need to really push to make a walk part of the League track and field competitions in Britain. League competition is very, very strong. We need to have a 3K or 5K walk as part of a League event.

If two of these three happened, new energy might come into walking. However, at this point, masters walking is quite healthy, but that is not what people would say about the general state of walking in Britain.

#### **Record Turnout for Decathlon Championships**

#### Continued from page 1

the world records for their respective age groups. Raschker tallied 6031 points to better the current W45 record of 5670 set by F. Kummerle-Volk of Germany in Turku, Finland, in 1991. McDaniels' 4805 points topped the W65 mark of 4499 set by Australia's Gwen Davidson in Eugene in 1989.

A total of 31 individual-event meet records were set, including six by Mulkey, five by Raschker and McDaniels, four by Dan Buckley, 76, of Phoenix, Ore., and three by Claude Hills, 81, of Flourtown, Penn. Raschker's 1.60 high jump is a new W45 WR, while Liz McBlain (45) cleared 1.47 in the high jump for a new W45 Canadian mark.

As successful as this meet appeared, it was nevertheless marred by a horrendous wind and rain storm that caused a two-hour delay on the afternoon of the first day. The wind was so strong and sudden that the accutrack scaffolding was blown over, striking a meet official. Fortunately, her back and foot injuries appear to be healing well.

Next to Mulkey in the decathlon scoring were Dale Lance (55, OK, 7627); Denver Smith (67, OH, 7298); Rex Harvey (47, OH, 7259); Buckley (6938); Ken Ellis (35, OK, 6997); Eddie Fye (33, NE, 6895); and Al Brenda (65, CA, 6809). Behind Raschker and McDaniels was Sande Lambert (35,

#### TX, 4623).

The meet was hosted by the Wolfpack TC and the Ohio USATF Officials Committee, the same group that conducted the National Indoor T&F Championships in 1989 and 1992. The site and date of next year's event

will be decided at the USATF annual convention in Las Vegas, December 3.



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## Masters Health and Fitness

#### Nobody is Bulletproof

by JACK BOYD

uring August 1990, I was completing my final preparations to compete in the Canadian Masters Track and Field Championships to be held in Montreal. I was feeling fit, for a 56-year-old decathlete. My discus was flying well and my 400-meter time was good, for me.

As I completed the organ donor card on my driver's license, I was thinking that it was quite possible I might be killed trying to drive to Montreal, but someone could get another 50 years use out of my heart. Life is full of surprises.

#### Awakened from Sleep

At 1:00 a.m. I was awakened from a deep sleep by the discomfort of indigestion. It was bothersome enough that I rose, took two antacid tablets and walked around a bit. When this failed to clear up the problem, I proceeded to do a series of bending and stretching exercises in an attempt to get rid of the gas.

Every time I lay down again, it came back as bad as ever — not a severe pain, just discomfort. I was rather proud of not waking my wife, and I continued exercising until about 5:30 a.m. Finally, the process seemed to have helped; the problem abated, and I was able to sleep for about an hour before going to work.

#### Having a Heart Attack

Since it is difficult to get a doctor's appointment on short notice, and I was about to leave for Montreal, I popped into the emergency department of a local Sudbury hospital to see if they could give me a more effective medicine for the indigestion. They conducted an EKG and did some bloodwork, then informed me I was having a heart attack. I was admitted to a critical care unit where I spent four days. While the championships were being run, I was lying in my cot with a stop watch in my hand, mentally competing in the six events I had entered.

I had none of the normal factors that make one a candidate for cardiac problems — obesity, smoking, high blood pressure, sedentary lifestyle, diabetes and family history of heart disease. Despite this, subsequent tests showed that for years my system had been silently building up with cholesterol — two main cardiac arteries were reduced by 50%, another by 80%. A piece of this material flaked off an artery causing a blockage which later cleared by itself, but not before the blood and oxygen supply to the heart was reduced, and I had a grade-3 heart attack. My cardiologist informed me that if I had not been fit, the incident would have happened sooner, would have been more severe, and my recovery would not be so good.

No More Decathlons

What does it mean to have permanent, irreversible damage to the heart muscle? I am not allowed to compete in decathlons any more, no sprints, no explosive events. After a carefully monitored recovery, I am allowed to do light weight training and to jog providing I keep my pulse below 153 beats per minute. I am presently running about 12 to 15 miles per week. I am allowed to compete in the discus and high jump.

I strongly believe in having goals to work towards. Sitting in the critical care u uit I made a promise to myself, "I am going to compete at the World Championships in Finland, in some event." In August 1991, I was able to finish a respectable 20th in the discus at the IX World Championships. Last season I won the M55 Canadian Championship in the discus and even had a lifetime personal best at an interclub meet in September 1991. I feel just fine — but then I felt fine before the 1990 seizure happened.

#### **Get Help Immediately**

What can you learn from this? If you experience any of these symptoms, get medical help immediately. If a blockage is treated within two hours of its onset, it is quite likely that it can be cleared by medication with no damage to the heart whatsoever. Get a cholesterol check annually and keep track of your results for comparison. Your doctor may be competent, but

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Jack Boyd

nobody has as big a stake in your health as you do. Like me, you have to live with your mistakes. Of the 50,000 Canadians who die from heart attacks annually, nearly two thirds never make it to the hospital, choosing to believe that the pain will go away. Sound familiar? Others accept the possibility of a heart attack, but continue with chores or errands just to "finish up."

Remember the immortal words of Al Capone, "Nobody is bulletproof." He went on to prove it. I did too. Don't you.

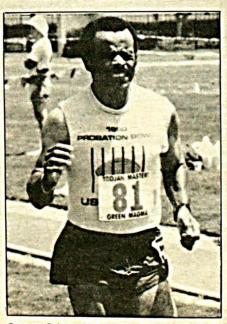
#### U.S. Ultra Teams Score Well in World Championships

#### by RUTH ANDERSON

In the 4th IAU 100K World Challenge, Torhout, Belgium, August 7, held under the patronage of the IAAF, U.S. athletes performed their best competitive placings. The women were third of ten national teams; the men fifth of 23.

All six men and six women finished, with Sue Ellen Trapp, 46, Fort Myers, Fla., in 8:17:62, scoring in the top three for the second time on the USA women's team. She was also third in her age group. Debbie Peebles, 41, Tyler, Texas, ran 8:25:36, placing fifth for the team.

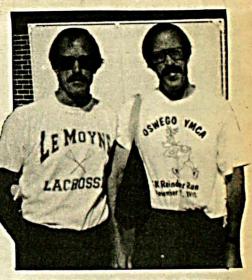
Rae Clark, 40, Camino, Calif., placed fifth for the men's team in 7:44:19.



George Cohen, M50, sprinting to a 2:14.40 finish in the 800, Trojan Meet, Los Angeles, July

Photo by Jerry Wojcik

Only one of the 12 team members was under 30 years old.



Double Trouble for officials at East Regionals, Syracuse, NY, July 25. Identical twins Don and Dan Masterson competed in the 800.

#### Photo by Evelyn White

#### Mulkey and Raschker

Continued from page 9 92.1%).

• Nick Rose, 41, with a masters win (46:00, 93.8%) in the Utica Boilermaker 15K.

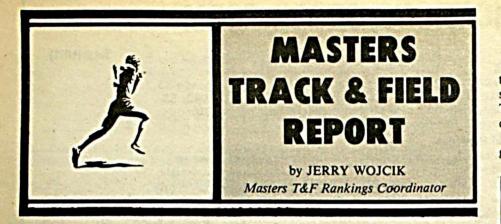
Sorbothane sponsors the Athlete-ofthe-Month Award every other month in NMN. Sorborthane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

For their efforts, Mulkey and Raschker will each receive a check for \$50, compliments of Sorbothane.

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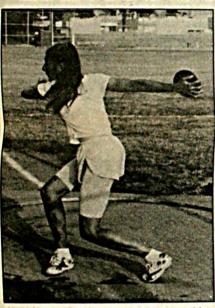
#### **Rankings Report**

Which the publication of the indoor pole vault in the September issue, all of the rankings for the 1993 indoor season have been printed. The indoor weight marks will be combined with the outdoor throws and published in the 1993 rankings book.

Changes in the 1993 indoor rankings will be published in the December issue.

Compilers for the 1993 outdoor season are listed below. Please forward your best marks, if they were not published in the NMN, after your season is over.

Marks sent to me or the NMN in-



Ranjana Ghose, 42, was the best woman athlete in the Sri Chinmoy Masters Games, Queens, N Y

Photo by Adarini

stead of the appropriate compilers will not be forwarded. All marks, including those made in open competition, should have some form of verification. 100, 200, 400, 1500, 5000, 4x100, 4x400 relays:

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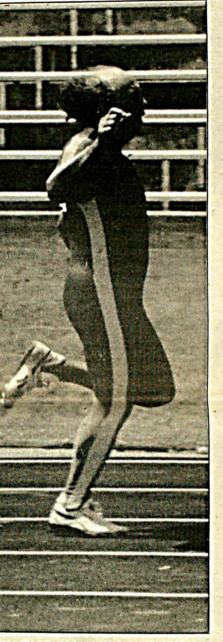
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#### Aloha State Games Draw 7000 to Hawaii

by JANE DODS

Despite a problem with sponsorship, the Aloha State Games went on as scheduled and were a great success. This Olympics-style sports festival drew nearly 7000 athletes.

The track and field portion of the games took place June 12-18 at the



Tim Murphy, Irving, Texas, won the M70 50m (7.35) and 100 (13.94), at the Senior Games, Kerrville, Texas.

Photo from Tim Murphy

#### New Jersey Meet Draws Over 200

by SANFORD KALB

More than 200 men and women competed in the New Jersey T&F Championships, June 6, under sunny skies at Monmouth College, West Long Branch. Highlights of the meet included blind athlete Rich Ruffalo, M40, winning the javelin (129-4), and placing third in the shot and discus.

Mike Pascuzzo, M30, high jumped 7-0. Ray Funkhouser, M40, won the 5000 racewalk in 21:39.

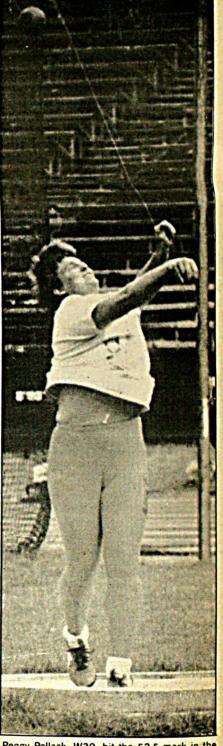
Jim Manno, M70, tripled in the dashes. Libby Hagemann, W70, won the hammer throw (21.16), weight, and javelin.

University of Hawaii, Manoa. Jack Karbens, the director, was pleased to note the vast majority of the 400 + entrants were over 30 and appeared to thoroughly enjoy the competition.

Excellent marks were recorded in all age-groups. Duncan Macdonald, M50, sped to a 2:04 victory in the 800; the M30 James Ferrigno TC 4 x 400 team tore up the track in 3:25.00; and Steve Feith, M45, racewalked the 3000 in 18:07.5 for a gold medal.

On the women's side, Pat McLachian, W50, heaved the shot 30-9½ to easily win her division; Robyn Calhoun, W50, sprinted to a 14.54 in the 100; and Adeline Crocker, W80, quickly stepped out to a 29:16.8 in the 3000 racewalk.

The 1994 games are set for June 10-19. □



Peggy Pollack, W30, hit the 52-5 mark in the shot and 147-6 with the discus, Stanford Throws Meet.

Photo by Gary Kelmenson

National Masters News



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#### The Throwers' Forum

by LARRY STUART

n response to an inquiry from Rod Lamb of Oklahoma City about weight training for throwers:

Weight lifting is not the most important factor when you're a masters athlete, mainly because it's extremely difficult to train your muscle groups as you grow older. If you lifted weights prior to masters competition, you will be a leg up on most masters athletes. However, it's important to do certain weight training exercises to prevent injury while throwing at any level.

1) I recommend sprinting to strengthen your legs and build explosion. I do my sprinting on grass, running criss-crosses at 100 yards. Do what feels good at 3/4 speed, trying to increase your efforts each sprint.

2) Light-weight reps to stretch muscles rather than build size. Three sets per exercise twice a week is enough. Use a weight that will tire you out at ten to fifteen reps. Don't try to break your personal best on each exercise, this will happen by itself over a period of workouts. Believe me, you will be surprised.

3) Pullovers from a bench are probably the best overall exercise to build good explosive muscles and stretch muscle groups, which are very important when you're throwing an implement. When I was throwing my best in open competition I was doing pullovers



Sandy and John Tucker, Lexington, Va., after John competed in the M40 division, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

at over 250 lbs. which explains why I threw 281-11 back in 1971. Don't try that much weight but do lots of pullovers, and you will improve greatly.

To have good rhythm and explosion is very important, and to accomplish this you need to be very flexible. This is something very rare in most throwers. I would concentrate on building flexibility and explosion. Most people equate long throws with large size and strength. However, flexibility and arm speed are the factors which separate the good throwers.

I hope this will give you a different slant on your weight training efforts.

(Larry Stuart won the 1993 USA National Masters M55 javelin in Provo with a throw of 59.34 meters (194-8). He holds the world javelin record for M55 (63.74 in 1993), M50 (65.76 in 1988), and M45 (72.80 in 1984). He lives and trains in El Toro, Calif.)



Sid Wing, M60, finishing the 800 in 2:20.69, Trojan Meet, Los Angeles Photo by Jerry Wojcik

Suzie Kluttz was top W55 in 1:40:22 in the Parkersburg Half-Marathon.

Grayson Repeats Win

#### Sayre Beats Kurtis in Parkersburg

by JERRY WOJCIK

Ric Sayre, 40, Ashland, Ore., handed Doug Kurtis, 41, a rare (for Kurtis) masters defeat in the Parkersburg Half-Marathon, Parkersburg, W. Va., on August 15. Sayre ran a 1:06:41, one second over Gary Romesser's 1992 masters course record, for an easy win. Kurtis, Northville, Mich., finished in 1:09:00, 40 seconds better than his fourth-place masters time last year.

Earl Owens, 43, Dunwoody, Ga., was third in 1:10:36. Fay Bradley, 55, Washington, D.C., won the M55 race with a sparkling 1:21:17.

In the W40 + race, Nancy Grayson, 43, Northville, Mich., retained her title with a 1:20:32, over a minute slower than her 1992 time of 1:19:17.

Malcolm Gillis was top M60 in 1:23:07 in the

Parkersburg Half-Marathon.

Catherine Lempesis, fourth in 1992, moved up two places for second with a 1:23:22. Suzie Kluttz, 56, Winston-Salem, N.C., ran a 1:40:22 to win the W55 contest by 17 seconds.

Sayre and Grayson both collected \$1000. Camden-Clark Memorial Hospital served as the coordinating sponsor, as it has since 1987. Dorsey Cheuvront, Jr., was the race director. The weather at the 8 a.m. start was sunny and 70°.

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#### **Nationals Age-Graded** by PHIL MULKEY

How would the "Best of the Best" fare in direct competition with one another? Age-grading results show just that. The purpose of age-grading is to level the playing field (or running, jumping and throwing areas) so that all performers are brought to a common factor that allows us to compare any age performance against all others of any age.

It can show how the marks of some of the great men and women competing in the upper age brackets are able to out-perform many of the seemingly "superior" performances of the younger set. It offers a system of fairness for recognition in all performances on a level with today's top nationally and internationally ranked open athletes.

We picked the top six in each event. There was only one double winner, Don Denoon, M50, who won both walks - and by big margins. Decathlete Phil Mulkey, M60, didn't win any one event but did take three silvers and ended up placing in the top six in eight events. In fact, only three gold medal winners were able to place in more than two events (Stan Whitley, M45; Marion Sanchez, M60; and Jim Law, M65).

It was a great "paper" competition with many of the events being extremely close, while others were won by incredibly broad margins. And unless we do age-grading, appearances can fool

us. Take a look at the high jump. Former Olympian, Doug Nordquist, M30, a one-time 7-9 jumper, cleared a beautiful 6-11. He didn't even qualify for the top six. James Barrineau, M35, cleared a terrific 7-0. He didn't beat Jim Gilchrist, M65, who jumped 5-4. In fact, it wasn't even close. Barrineau, a previous 7-5 jumper, was graded at 7-5. Gilchrist's effort was graded at 7-9, 97.9% of "perfect." It was the second highest single-event percentage of the meet and enabled him to beat his closest opponent by 3.7%, or a four inch margin. Will Nordquist and Barrineau be able to jump as high as Gilchrist at his age? I can't say. However, they have another thirty years to practice.

Want to know who are the best

hurdlers and sprinters in the Nation? The best jumpers and throwers? The best distance runners and walkers? Read on.

Who had the toughest time winning? Three of the contests went to margins of less than 1/10th of onepercent. M45 Druckrey barely squeaked by M60 Mulkey in the high hurdles (2/100th of a second). M65 Law stayed ahead of M45 Whitley in the 200 by 3/100th. M40 Popejoy outlasted M40 Spinney in the 1500 by only 3/10 seconds.

Some of the athletes were so dominant in their event that winning was not a problem. M50 Burke outhammered M60 Thompson by almost 40 feet (15.4%). Pole vaulter M45 Continued on page 31

#### 1993 AGE-GRADED NATIONAL USATF MASTERS CHAMPIONSHIPS - PROVO, UTAH

National Masters News

100 :10.29 STAN WHITLEY (M45) :10.34 Bill Collins (M40) :10.41 Steve Robbins (M50) :10.58 Bill Weinacht (M75)	1500 3:46.27 KEN POPEJOY (M40) 3:46.57 Ed Spinney (M40) 3:51.16 Nolan Smith (M40) 3:54.16 Paul Hertzman (M60)	High Hurdles :13.36*STAN DRUCKERY (M45) :13.38*Phil Mulkey (M60) :13.67 Colin.Williams (M40) :13.84 Clarence Trinkner (M60)	Long Jump 26-61 * MEL-LARSEN(M65) 24-111 Richard Thomas (M40) 24-81 Ed Lukens (M70) 24-52 Phil Mulkey (M60)	Hammer 243-6 * TOM GAGE (M50) 204-5 Stew Thompson (M60) 191-2 Bill McWilliams (M55) 188-9 Tom McDermott (M75)
:10.65 Jim Law (M65) :10.68 Marion Sanchez (M60) 200	3:54.31 Ralph Miller (M60) 3:54.62 Joe King (M65) 5000	:13.91 Marion Sanchez (M60) :14.11 Chuck Miller (M55) . Intermediate Hurdles	24-2 Ken Medley (M50) 24-2 Ed Jones (M45) Triple Jump	180-10 Jim Minah (M70) 175-8 Wendell Palmer (60) Javelin 299-10 * LARRY STUART (M55)
:20.36 * JIM LAW (M65) :20.39 * Stan Whitley (M45) :20.41 * Stan Druckery (M45) :20.65 Bill Collins (M40) :20.77 Bill Weinacht (M75) :21.03 Ben James (M35)	14;48.65 RIC ROJAS (M40) 14:58.70 Vic Heckler (M50) 15:13.51 Norman Roper (M35) 15:14.27 John Brennand (M55) 15:19.12 Joe King (M65) 15:31.47 Darrell Natter (M55)	:48.02 *MARION SANCHEZ (M60) :48.35 *Dan Buckley (M75) :48.51 *Stan Druckery (M45) :48.62 *Chuck Sochor (M65) :50.19 Lee Blount (M60) :50.96 Phil Mulkey (M60)	54-91 ED LUKENS (M70) 51-01 Phil Mulkey (M60) 49-4 Mike Lariza (M35) 48-71 Ken Winters (M50) 48-71 Joe Smith (M35) 48-41 Charles Obye (M70)	281-3 * Del Pickarts (M65) 264-0 * Ralph Roylance (M65) 246-6 * Bill Duckworth (M55) 245-11 * Jack Shields (M60) 244-3 * Ed Morland (M45)
400 :44.37 * JIM MATHIS (M55) :44.53 * Stan Whitley (M45) :45.19 Chuch Sochor (M65) :45.58 JIM Law (M65) :45.59 Fred Soverby (M40) :45.81 Ed Small (M55)	10,000 31;12.71 BEN BROCHWELL (M45) 31:20.77 Charles Williams (M60) 31:43.14 John Brennand (M55) 31:54.44 David Pitkethly (M55) 32:03.66 Norman Roper (M35) 32:47.58 Brian Fernee (M55)	7-21 Brady Walker (M70) 7-2 Phil Mulkey (M60) 7-2 Richard Richardson (M60)	Shot Put 61-4 JOE KESHMIRI (M55) 58-51 Phil Mulkey (M60) 55-7 Wendell Palmer (M60) 53-9 Ray Feick (M60) 53-41 Len Olsen (M60) 52-71 Jim Hart (M55)	5K Walk 20:23.13 DON DENOON (M50) 21:32.27 Jack Bray (M60) 21:50.47 Max Green (M60) 21:54.32 Jim Cummins (M50) 22:29.55 Al Sturni (M70) 22:54.36 Vic Snipes (M50)
800 1:47.21 RALPH MILLER (M60) 1:47.64 Ken Popejoy (M40) 1:48.27 Nolan Smith (M40) 1:49.99 Sid Wing (M60) 1:50.37 Vic Heckler (M50) 1:50.70 Fred Sowerby (M40)	SteepleChase 8:49.24 DAN BUCKLEY (M75) 9:39.57 Ian Cumming (M40) 9:54.09 Avery Bryant (M65) 10:10.01 Mike Persak (M50) 10:15.27 Jim Bevins (M55) 10:21.07 Syeve Ottaway (M40)	Pole Vault 18-7‡ * GREG MIGUEL (M45) 16-7‡ TOM Rauscher (M45) 16-7 Gary Hunter (M35) 16-7 Robert Olsen (M35) 16-5‡ Paul Babbits (M30) 16-5‡ Phil Mulkey (M60)	Discus 208-9 *LLOYD HIGGINS (M50) 208-0 *Wendell Palmer (M60) 192-8 Joe Kesmiri (M55) 186-2 Phil Mulkey (M60) 174-2 Glenn Passey (M50) 173-11 Larry Pratt (M50)	20K Walk 1:25:41 * DON DENOON (M50) 1:33:48 Max Green (M60) 1:34:03 Jack Bray (M60) 1:38:49 Robert Mimm (M65) 1:41.16 Don Gladding (M70) - 1:41:56 Paul Johnson (M55)

National T&F Ch	ampion	ships in F	Sugene	Start Line he	CONTRACTOR AND	だり			al and a sugar	· 一般的意思。	
	Selection of	Man Person	Part of the		<u>10000 METER RUN</u> Janet Jordan	40	39:41.83			POLE VAULT	See.
The second second second second second	in the second	and shake and the part of the	And the other station.	P. D. March M. Land	Debbie Hanson	35		80.32	37:12.49	Phil Raschker	45
NATIONAL OUTDOOR	AGE	ACT.	AGE	AGE GRAD	Kim Ruppert		39:36.44	77.81	38:24.20	Leonore McDaniels	6
100 METER DASH		PERF.	GR. 1	PERF.	Mini Depert	35	40:47.32	75.55	39:32.92	Barbara Stewart	50
Phil Raschker	45	12.85	91.83%	11.74	Mimi Baranowski Thelma Wilson	45	44:54.34	73.64	40:34.88	Lucy Anne Brobst	6
Irene Thompson	35	12.96	86.57	12.45		60	52:02.89		40:48.97	Shirley Kinsey	6
Lorraine Tucker	45	13.66	86.38	12.48	Evelyn Zerfoss	55	51:03.53	70.70	42:18.13	and the second second second second second	
Deby Sweezey	40	13.35	86.07	12.52	100/00 10000	1		1200		SHOT PUT	1
Louise Clark	35	13.07	85.85	12.56	100/80 METER HURDL	ES				Joann Grissom	55
Donna Settles	40	13.54	84.86	12.30	Phil Raschker (Pent		12.32	90.10	13.60	Bernice Holland	65
bound occures		13.34	04.00	12.70	Deby Sweezey	40	11.78	89.81	13.66	Joan Stratton	40
200 METER DASH				10 4 10 M	Michael Hill	45	15.08	73.61	16.65	Margaret Hinton	70
Phil Raschker	45	26.81	00 12		Christel Miller(Pt		16.56	73.19	16.74	Lurline Struppeck	
Donna Settles	40	26.95	90.12	23.94	Irene Thompson	35	18.19	70.92	17.27	Karen Huff	50
Irene Obera	55		86.68	24.90	Marlene Sachs(Pent	)45	15.89	69.86	17.54	DISCUS	
		30.23	86.24	25.02	a second a second with the second	1.1					6.94
Irene Thompson	35	26.86	84.25	25.61	400/300 METER HURD	LES			二、有人的 天下之	Carol Finsrud	35
Carolyn Cappetta Lorraine Tucker		31.19	83.58	25.82	Leonore McDaniels	65	74.28	76.17	69.53	Janet Wilson	40
Lollaine Tucker	45	28.96	83.43	25.86	Carol Asam	30	77.51	70.13	75.48	Monette Branson	40
				MAR NO	Ann Carter	50	68.11	68.58	77.17	Bernice Holland	65
400 METER DASH	200	W The law relay	1.		Debbie Stiles	40	86.22	68.55	77.22	Joan Stratton	40
Carolyn Cappetta		68.82	87.52	54.65	Julie Seely	30	80.24	67.75	78.14	Joann Grissom	55
Deedee Grafius	40	60.57	86.81	55.10	A DECK DECK DECK DECK DECK	1994			10.14	JAVELIN	
Theresa Haynes	35	58.25	86.80	55.10	2000 METER STEEPLE	CHAS	E		A STATISTICS	Mavis Lorenz	65
Donna Settles	40	60.85	86.41	55.36	Kim Ruppert	35	8:20.58	75.93	7:54.10	Bernice Holland	65
Donna Nielsen	35	60.42	83.68	57.16	Cheryl Kincaide	40	15:03.39	44.64	13:26.37	Lurline Struppeck	
Irene Thompson	35	60.68	83.32	57.40	The state of the second second				13:20.37	Christel Miller	45
					LONG JUMP				12 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Karen Huff	55
800 METER RUN	-11-12	A STATE OF A STATE	not the state	E GALLEN COST	Phil Raschker (Pent	145	17'07-	88.03	31.05 5-		50
Linda Upton	50	2:32.12	86.95	2:09.86	Mavis Lorenz	65	12'06"		21'05.5*	Lorraine Tucker	45
Deedee Grafius	40	2:21.75	86.47	2:10.59	Leonore McDaniels	PAS	12'02.5"	83.37	20'04.5"	BANNER	
Rae Baymillers	50	2:33.28	86.29	2:10.86	Deby Sweezey	40	16'03.75"	81.40	19'11"	Joan Stratton	40
Cathy Love	35	2:17.64	86.07	2:11.20	Lorraine Tucker	45	14'06"		18'07.5"	Brenda Bloomfield	50
Joan Sterrett	35	2:17.74	86.00	2:11.29	Margaret Hinton	70	9'09.75"		17'08.5"	Joann Grissom	55
Linda Mantynen	45	2:27.97	85.91	2:11.44	Jaroc arneon	10	3.03.12.	70.69	17"03.5"	Betty Jarvis	75
Shine and the second		and the second			TRIPLE JUMP		100 A 100 A		The second second	Sal Polk	60
1500 METER RUN		Ving Parts	a Flore .	at line the se	Phil Raschker	45	35.05 35-		Charles and	Anne Cirulnick	55
Linda Mantynen	45	5:06.99	84.82	4:34.08	Leonore McDaniels	65	35'05.25"	88.82	43'05"	- THE PERSONNELL CONTRACTOR	22
Ruth Nalepa	50	5:20.52	84.54		Joann Grissom		24'11.25*	83.98	41'01"	5000 METER WALK	
Rae Baymillers	50	5:20.65			Lucy Anne Brobst	55	26'02.25*	75.71	37'00.25"	Sally Richards-Ker	T40
Linda Upton	50	5:21.51			Sarah Boslaugh	60		70.35	34'04.75"	Joann Nedelco	50
Diane Palmason	55	5:40.35				35	31'09.5"	70.32	34'04.25"	Ruth Eberle	60
Deedee Grafius	40	5:01.66			Josephine Sulliva	n 65	19'09"	66.52	32'06.25"	Elton Richardson	50
and the second		5.01.00	03.23	4133.34	BIOR TING				and the second	Donna Cunningham	45
5000 METER RUN				15.	HIGH JUMP		A DECOMP		and the same	Cindy Paffumi	35
Ruth Nalepa	50	20:00.16	82.74	17:22.22	Leonore McDaniels	65	4'01.5"	95.45	6'06.25*		22
Louise Adams	70				Phil Raschker (Pen		5'03"	93.02	6'04.25*	10000 METER WALK	2.3
Janet Jordan	40	19:33.57			Christel Miller	55		83.44	5'08.5"	Sally Richards-Kern	r40
Sarah Babbitt	. 55	23:44.99			Margaret Hinton	70		82.11	5'07.25"	Ruth Eberle	60
Mimi Baranowski		21:51.30			Michael Bill	45		77.33	5'03.75*	Joann Nedelco	50
Thelma Wilson	60				Johnnye Valien	65		76.52	5'03"	Elton Richardson	50
A A A A A A A A A A A A A A A A A A A	00	23123.23	/1.0/	19:59.24	Josephine Sulliva	n 65	3'03.75"	76.52	5'03*	Gayle Johnson	40

Contract of the second s		the state of the	THE OWNER OF	a state of the state of the state of
POLE VAULT		S. Cantolin a		
Phil Raschker	45	9'10"	103.81	12'04.5"
Leonore McDaniels	65	5'03"	76.19	9'01"
Barbara Stewart	50	6'02.75"	70.90	8'05.5"
Lucy Anne Brobst	60	4'09"	61.70	7'07"
Shirley Kinsey	60	3'07.25	46.81	5'08.75
Contraction and the second second				
SHOT PUT	-	A CONTRACTOR OF THE OWNER	and and	Contraction of the
Joann Grissom	55	39'10.5"	84.38	54'2.5"
Bernice Holland	65	26'05.75"	69.27	44'06"
Joan Stratton	40	36'07.5"	66.39	42'08"
Margaret Hinton	70	22'04.25"	65.04	41'09.25
Lurline Struppeck	45	31'03.25"	61.80	39'08.5"
Karen Huff	50	32'03"	61.75	39'08"
DISCUS				
Carol Finsrud	35	159'08"	78.55	170'01"
Janet Wilson	40	144'07"	75.57	163'07-
Monette Branson	40	143'04-	74.92	162'02"
Bernice Holland		77'02"	61.65	133'05"
Joan Stratton	40	113'05"	59.31	128'05"
Joann Grissom	55	88'00"	58.11	125'09"
JAVELIN		00 00	50.11	125 05
Mavis Lorenz				1. 1. 1. 1. 1. 1.
Bernice Bolland	65	86'04	83.58	181'03"
Lugling Chand	65	82'09"	80.09	173'09"
Lurline Struppeck	45	114'05"	77.29	167'07"
Christel Miller Karen Huff	55	94'10"	73.00	158'04"
Lorraine Tucker	50	105'06"	72.96	158'03"
the state of a low state of the	45	96'05"	65.15	141'03"
BANNER		and the second second		
Joan Stratton	40	128'09-	76.19	149'11"
Brenda Bloomfield		114'01"	73.62	144'10"
Joann Grissom	55	99'01-	70.98	139'08"
Betty Jarvis	75	59'6.25"	66.20	130'04"
Sal Polk	60	81'03"	64.84	127'07"
Anne Cirulnick	55	78'06.5"	56.26	110'08"
5000 METER WALK		and have been	1000	Land La Fish
Sally Richards-Kern	-40	24.52 11		
Joann Nedelco	50	24:52.14	89.07	23:28.88
Ruth Eberle	60	27:43.58	85.42	24:29.77
Elton Richardson	50	30:21.04	84.73	24:41.05
Donna Cunningham	45	28:22.63	83.46	25:04.27
Cindy Paffumi	35	27:33.96 26:33.09	82.95	25:13.54
		20133.09	81.16	25:46.57
10000 METER WALK	135	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	and and a	
Sally Richards-Kerr Ruth Eberle		50:50.00	88.46	48:17.50
	60	61:50.00	84.45	50:36.26
Joann Nedelco	50	57:06.00	84.18	50:45.71
Elton Richardson	50	57:21.00	83.81	50:59.05
Gayle Johnson	40	53:45.00	83.66	51:03.75
Donna Cunningham	45	55:40.0	83.38	51:15.14

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\*Would have placed in top six in USATF Open

National Masters News



#### Pentathlon Should Be a Priority

The outdoor pentathlon is an increasingly popular event. Its mix of events allows a "different" type of athlete to excel compared to other multi-events. For many years, it was held in conjunction with the national masters outdoor championships. But an experiment in the mid-80s broke it out as a separate championship.

It was moderately successful, but many participants lobbied for it to be placed back with the outdoor championships. The main reasons were so they could travel less and also so they could participate in the rest of the meet activities. This is possible because the pentathlon is not as exhausting as the decathlon/heptathlon which remain a separate championship.

These participants were even willing to spend an extra day to get the two back together. So, in 1989, the pentathlon was again added to the permanent outdoor championship schedule. It was placed on its own day (usually Thursday) ahead of the rest of the meet (usually Friday, Saturday, and Sunday) to ensure that it did not interfere with the rest of the meet, and so it could serve as a good tune-up for officials and administrators.

#### **Takes 12 Hours Now**

In the five years since, other events have been creeping back into the pentathlon day. In fact, so many events have been sneaked back in that it now takes over 12 hours to complete the pentathlon.

This is unacceptable. We are killing off performances, interest, and possibly even people when 80-year-olds are kept out in the sun for that long.

Officials are also being overworked. The first day of a meet should be a "break-in" period for officials, not a "kill-off" period with three long days still in front of them.

Some people are even getting the idea that the pentathlon is interfering with the other events when, of course, the exact opposite is true.

#### Track is Free

The pentathlon uses the track relatively little (men: 200 and 1500; women: hurdles and 800). So it's free most of the time for preliminary or other events. However, the philosophy must be that the multi-events have strict priority over all other events, not because they are more important, but because they must be done in order. Any delays build on each other all through the day. Some people went six hours this year without completing two events.

Multi-event heats and flights tend to be small; specialist heats and flights tend to be large. It's better to have a specialist wait a half-hour once in the day than to have the multi-eventer wait an hour several times.

Certain field events do not interfere much with the pentathlons. Only women (usually only about 10 people) shot put and high jump so those areas are empty most of the day. Pole vault pits are empty all day unless they share long jump runways, which is often the case.

Hammer Not Compatible

The hammer throw is not compatible with the pentathlon. It is usually thrown from the same rings as the discus. And even when it's not, the landing areas are sometimes common with the discus or javelin, and sometimes both.

This year's meet director stated in the athletes' meeting that the problem causing the pentathlon to run long was caused by 35 or 40 more participants than he had planned for. This was a little surprising, because there was actually only one more participant than last year. In Spokane, there were 63 men and seven women. In Provo, 62 men and nine women.

The men's numbers should remain fairly constant, while the women's numbers should slowly increase.

Multi-events, being the "ultimate test," are very popular with more and more participants. Let us, please, conduct those competitions as quickly and efficiently as possible in order to give those participants a chance to perform as well as possible.

Specialists would not expect, and would not tolerate, repeated delays in the middle of their competitions. Multi-eventers certainly feel the same way.

The "pentathlon" day of the national championships would welcome other events if it would help out the meet schedule, but not at the cost of many extra draining hours on the track. It is too hard on both athletes and officials.

#### Pikes Peak Ascent and Marathon Draws 2600

#### by JANE DODS

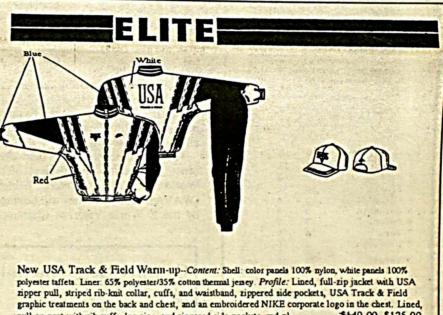
The faithful, plus a few newcomers, once again converged on Manitou Springs, Colo., on August 20-21 for the 38th annual assault on Pikes Peak.

The 13.4 mile ascent, which took place on Saturday, drew 1800 runners. The 60-65° temperature at the start cooled significantly to a wind-chilled 35° at the 14,110-foot summit. Dennis Fowler, 42, Sandy, Utah, was the first master to reach the top in 2:38:12. Virginia Egger, 40, Telluride, Colo., led the women up the hill in 3:00:22. A fine age-division performance (3:18:12) was recorded by Dale Goering, 63, of Santa Fe, N.M.

The 26.2-mile marathon on Sunday drew 800 runners (up from 13 in 1956). Leading the masters men in this brutal round-trip was Jerry Martinez, 42, Velarde, N.M. (4:09:24). On the women's side, Deborah Wagner, 42, Droper, Utah, was the victor in 4:54:31. An exceptional performance was also turned in by Verne Carlson, 60, Boulder, Colo. (4:56:51).



Liz Szawloski, Marblehead, Mass., W60 1500 (6:21.92), USATF National Masters Championships, Provo, Utah. August 11.14. Photo by Jerry Woicik



ripper pull, striped rib-knit collar, cuffs, and waistband, zippered side pockets, USA Track & Field graphic treatments on the back and chest, and an embroidered NIKE corporate logo in the chest. Lined, pull-on pant with rib cuffs, leg zips, and zippered side pockets. md-x1......\$140-00. \$125.00 Team USA Sweatshirts--embroidered USA logo, sm & lg only......\$660-00. \$39.00 Team USA Caps--white, adjustable ......\$12-00. 1/\$9.50 2/\$17.50 3/\$25.50 Team USA T-Shirts--sm, md, lg......\$16-00. \$12.00

THROWN FREE-by William Oscar Johnson and Anita Verschoth with Wolfgang Schmidt Bacerpts appeared in "Sports Illustrated". Compelling story of sow the Bast German Sports Machine mokled, it simed, and arede an Olympic Hero and how he wan his fight for freedom. Herd over 310 pages with unique	Product/color	Size	Qıy.	Price	Ext.
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10th WAVA Championships Number of Participants					
by Co			H. S. T.		
EUROPE:	Men We		C. Wanter P.		
1 Austria 2 Belgium	12 10	89	20 19		
3 Belarus 4 Croatia	4 2	1	5 2		
5 Czech Republic	20	2	22		
6 Denmark 7 Estonia	12	3	15 13		
8 Finland	69	18	87		
9 France 10 Germany		9 105	47 316		
11 Great Britain	85 27	39 2	124 29		
13 Hungary	18	9	27		
14 Iceland 15 Ireland	1 12	05	17		
16 Italy 17 Latvia	40 11	10 1	50 12		
18 Moldavia	0	ī	1		
19 Netherlands 20 Norway	8 22	9	17 31 ·		
21 Poland	12 33	3	15 34		
23 Romania	1	0	1		
24 Russia 25 Slovakia	42	93	51 4		
26 Slovenia 27 Spain	8 15	3 5	11 20		
28 Sweden	32	22	54		
29 Switzerland 30 Turkey	26 5	9 2	35 7		
31 Ukraine	5	ç	_5		
	789	303 1	092		
AFRICA: 1 Cape Verde	1	.0	1		
2 Congo	1	0	1		
3 Ghana 4 Kenya	1 2	0	1 2		
5 Namibia 6 Nigeria	0	1	1		
7 South Africa .	Contract of the local day	34	83		
Total	55	35	90		
NORTH AMERICA: 1 Canada	37	23	60		
2 Dominican Rep. 3 El Salvador		01	1		
4 Mexico	27	12	39		
5 Puerto Rico 6 Trinidad/Tob. 7 USA	1	0	3		
		751	313		
Total	298	120	418		
SOUTH AMERICA: 1 Argentina	7	11	18		
2 Bolivia 3 Brazil	0 62	2 42	2 104		
4 Chile	15	6	21		
5 Colombia 6 Guyana	35	5	8		
7 Peru	1	0	1		
8 Uruguay Total	94	66	160		
ASIA:	A CON	Margel.	Contraction of		
1 Brunei 2 China	4 13	06	4 19		
3 Hong Kong	15	12	27		
4 India 5 Indonesia	131 6	44 12	175 18		
6 Israel	4 8130	2	6		
8 Kazakhstan	1	0	1		
9 Korea 10 Malaysia	34 12	6 2	40 14		
11 Maldives	2	0	2		
12 Mongolia .13 Philippines 14 Singapore	10	4	24		
14 Singapore 15 Sri Lanka	19 16	4	23 16		
16 Taiwan 17 Thailand	74	16	90		
18 Uzbekistan	1 2	1	1 3		
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1 Australia 2 Guam 2 Nov. Zecland	1	2	3		
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2 Guam 3 New Zealand 4 Noumea	1 36 1 _1 141	2 29 0 <u>0</u> 81	3 65 1		



#### 12,102 to Compete in Japan

#### Continued from page 1

3) Kenji Kinihara (52, Japan) in the marathon. Kinihara competed in three Olympic marathons (1964; 1968, when he won the silver medal; and 1972).

4) Yekeshi So (40, Japan) in the marathon. So ran two Olympic marathons (1980 and 1984, when he was fourth).

5) Juri Tararak (47, Estonia) in the high jump, in which he won the 1972 gold in Munich.

6) Tatyana Kazankina (41, Russia) in the 1500. She won gold medals in 1976 (800, 1500) and 1980 (1500). She still holds the official women's world records at 1500 (3:52.47 in 1980) and 3000 (8:22.62 in 1984). (Two Chinese women, Ou Yunxia and Wang Junxia, bettered those marks, respectively, in China last month.)

Camaraderie

While the competition is the reason for the whole affair, the best experience for most participants in Miyazaki will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year, they will be staged by the X World Veterans Champion-

ships Organizing Committee, under the leadership of Miyazaki's Governor Suketeka Matsukata, Meet Director Hidenori Kawasaki, General Affairs Director Shoichi Chuman, and hundreds of other government officials and volunteers from the Miyazaki community.

"We are literally working day and night, seven days a week, to ensure the meet's success," said Chuman.

A press conference was held on September 7 to announce the total entries, competing Olympians, and other highlights of the Games.

Miyazaki is gearing up for the biggest gathering of tourists in its history. Many activities have been planned with the veterans in mind.

Lighting 't'he Flame

On October 8, the Veterans' Flame will be lit in Heiwadal Park. Traditional Japanese spectacles such as NOH plays and Yogagura (a sacred dance performed in Miyazaki) will be held.

Optional sightseeing tours are available to introduce various aspects of Miyazaki.

"We hope to entertain the athletes while exposing them to Japanese culture," Kawasaki said.

The Championships are the first to be held in Asia.

"Miyazaki prides itself in offering some of Japan's best tourist attractions," said Matsukata. "The world's largest 'ocean dome' has recently opened. We are confident that participants

will be able to enjoy the resort and tourist attractions between their competitions."

#### Facilities

The track and field events, 5K racewalk, and the finish of the marathon will be staged in Miyazaki Sports Park, a 15-minute ride from downtown. The main stadium can accommodate 31,000. Next to it is a 300-meter cinder practice track; next to that is a throwing field. A few minutes walk away is a new 400-meter track, built especially for this event.

Thus, all the track and field action will be within the Park, creating a wonderfully festive atmosphere. The marathon will begin downtown, wind through the city and continue on a flat, traffic-free road along the Pacific Ocean. The cross-country will be held in Saito City, a 40-minute ride from Miyazaki City. Runners will complete two loops of a 5K course set in a hilly park. There are some 350 meters of road in each lap, so runners are advised not to wear spikes.

The road walk course will be a 2.5K circuit on a flat road along the coast. Transportation

Free shuttle buses will transport athletes and their families from the Park to the downtown hotel area. On October 4, 5, and 6, a free shuttle bus will make four return trips between Miyazaki Airport and the city center. Miyazaki also has good public bus and train systems which can be used. Interpreters

More then 500 volunteer interpreters have been trained in English, French, Spanish, and German. In addition, a force of professional interpreters will be on hand to help with any language difficulties that may arise.

**Opening Ceremony** 

More than 15,000 are expected to attend the opening ceremony, which will include a 100-member brass band, a 600-member women's choir, a Usutaiko Dance performed by 500 elementary school children, and marching by 200 high school students. **Special Awards** 

A special award will be given to Continued on page 19



Tachibana-dori is the main street in Miyazaki City. A green-belt of Washington Palms surrounds the department stores, specialty shops, and souvenir stands which form the biggest shopping center in Miyazaki Prefecture.

#### **Competition Schedule** 10,000 m Decathlon, Heptathlon, 8 (Fri.)

	10,000 m
A STATISTICS	Celebration of the Lighting
	of the Veterans' Flame
9 (Sat.)	Track & Field Competition
	Opening Ceremony
10 (Sun.)	Track & Field Competition
an apple and	Cross-Country
11 (Mon.)	Track & Field Competition
	Road Walk
12 (Tue.)	Non-Competition Day
The start	Regional Meeting
	Women's General Meeting
	Stadia and Non-Stadia
	Committee Meetings
13 (Wed.)	Track & Field Competition
14 (Thur.)	Non-Competition Day
ALL MARKE	WAVA General Assembly
15 (Fri.)	Track Competition
16 (Sal.)	Track Competition, Party
17 (Sun.)	Relays
a the last	Marathon
and the second s	Closing Ceremony

Oct. 7 (Thur.) Decathlon, Heptathlon,

#### **WAVA Amendments Proposed**

Following are proposed amendments to the WAVA Constitution and By-Laws. The WAVA General Assembly will vote on these amendments in Miyazaki on October 14.

(The number of the section in the Constitution to which the amendment applies is listed on the left.)

Voting cards will be distributed for the Constitutional Amendments. Voting on by-laws will be done by voice or hand vote.

#### **Proposed Amendments to WAVA Constitution:**

4D. Requires a two-thirds vote to amend the Constitution.

4H. Prohibits a defeated motion from being reintroduced at the next Assembly.

4J. Prohibits anyone found guilty of any offense under by-law 7 from serving as a delegate during the suspension period.

4K. Permits substitutes for regional delegates upon written verification from the regional president.

4L. Clarifies voting eligibility. Each delegate of an affiliate shall be a member of that affiliate. There shall be no proxy voting.

5. Changes Council quorum from five to nine members.

8B. Limits voting in Women's Meeting to actual delegates.

9. Adds to standing committees: 1) Organizing Advisory Committee; 2) Law and Legislation Committee; 3) Doping Committee.

9al. Moves Records Committee language to By-Laws; changes number of members from three to 10.

Other proposals:

1)Adopt the weight pentathlon as an official event beginning in 1994 hammer, shot, discus, javelin, heavy weight.

2) Hold 20K road racewalking championships for men and women in the WAVA Non-Stadia Championships, and eliminate road walk from Stadia Championships; a British proposal would change the men's distance to 30K.

3) Hold cross-country championships, now held with Stadia championships, with IAAF championships. Proposed distances: men 10K; women 7K.

4) Determine an athlete's age by year of birth, rather than by date of birth.

#### **Championship Sites**

Also to be decided at the General Assembly will be the sites for the 1995 and 1997 WAVA Stadia Championships, and the 1994 and 1996 WAVA Non-Stadia Championships.

Bidding for the 1995 event are Buffalo (USA), Malmo (Sweden), and Durban (South Africa). Bidding for 1997 will be the two losers from 1995, plus Concepcion (Chile) and Kuala Lumpur (Malaysia).

Toronto (Canada) and Brugge (Belgium) will each bid unopposed for the 1994 and 1996 Championships, respectively.

#### **Election of Officers**

Elections will be held for two offices: President, where incumbent Cesare Beccalli (Italy) is being challenged by Owen Flaherty (Great Britain); and Vice President, Stadia, where incumbent Bill Taylor (Great Britain) is being opposed by Vadim Marshev (Russia).

The other four incumbents, Bob Fine (Executive Vice-President), Jacques Serruys (Vice-President, Non-Stadia), Torsten Carlius (Secretary), and Al Sheahen (Treasurer), are running unopposed.

One other election will be held. The Women's Delegate will be selected at the Women's Meeting on October 12. 🗆

# In Miyazaki Sports Park, the different heights of trees supposedly show the musical scale of the

Prefectural anthem. Under the palms, azaleas bloom.

#### Countdown to Miyazaki

#### Continued from page 18

athletes who have participated in all 10 World Veterans Championships.

Cafeteria A cafeteria will be set up in the Park, offering meals to athletes and the public.

#### **Farewell Party**

A farewell party will be held on Saturday, October 16 at the Miyazaki Kanko Hotel - all you can eat and drink for 3000 yen (US \$28) - featuring Shishimai, a Japanese lion dance. Publicity

During the event, an amateur radio room will be set up at the Park, so that information can be broadcast both inside and outside Japan.

#### Medical Aid

PRESIDENT:

P.O. Box 76

EXECUTIVE

(Vr) Italy

Bob Fine

USA

(Stadia):

Bill Taylor

Cesare Beccalli

37010 Assenza di Brenzone

VICE PRESIDENT:

3250 Lakeview Blvd.

Delray Beach, FL 33445

VICE-PRESIDENT

17 Poplar Farm Close

VICE PRESIDENT

B8000, Brugge, Belgium

S-25276 Helsingborg, Sweden

Oxford, OX7-6LX

Great Britain

(Non-Stadia):

Postbox 7

Jacques Serruys

SECRETARY:

**Torsten Carlius** 

Smalandsgatan 25

Milton-under-Wychwood

All costs of medical treatment received in Japan must be borne by athletes, themselves, excluding treatment received at the first aid stations in the Sports Park.

TREASURER:

P.O. Box 2372

Van Nuys, CA 91404

**PAST-PRESIDENT:** 

269 Ridgewood Road West Hill, Ontario

WOMEN'S Delegate:

Don Farquharson

MIC 2x3 Canada

Bridget Cushen 156 Mitcham Road

West Croydon Surrey, England

IAAF Delegate:

Mexico

Cesar Moreno Bravo

Camino a la Piedra del

16020 Xochimilco, D.F.

Comal No. 24 Col. Tepepan

Al Sheahen

USA

#### **U.S. Team Meetings**

U.S. Team Manager, Sandy Pashkin, will hold daily meetings for all U.S. participants beginning October 7, about one hour prior to the first event of the day. Athletes are urged to check the message board and attend the daily briefings. Throughout the competition, Pashkin will be stationed in the main stadium in an area above the finish line. Look for the USA banner ard flag.

#### **Relay Teams**

Relays (4x100, 4x400) are limited to one team per country. The selection process varies from country to country. U.S. relay teams will likely be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Miyazaki. Relay selections and practice times will be posted on the message board.

**DELEGATE OF:** 

Rex Harvey

USA

ASIA:

NORTH AMERICA

160 Chatham Way

SOUTH AMERICA

Jorge Alzamora P.O. Box 685 Santiago, Chile FAX: 56-2-696-5006

Phone: 56-2-621-1417

Marine Crescent, Singapore

Hari Chandra

Hans Axmann

Eichendorffstrasse 2 D-8800 ANSBACH

EUROPE:

Germany

OCEANIA:

AFRICA:

Jim Blair 43 Emslie Road

Pinehaven, Upper Hutt New Zealand

Col. Pascal Mackonguy

BP 1222 Brazzaville

Rep Pop Du Congo

#24-12 Block 44.

Mayfield Heights, OH 44124

#### Sections

The 5000 and 10,000 runs, steeplechases, and 5000 track walks may have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

page 19

In the field events (except the high jump and pole vault), age groups with large entries will be divided into flights with three trials each. The top eight performers will advance to the finals Continued on page 20

NOMINATIONS TO THE WAVA COUNCIL
PRESIDENT:
*Cesare Beccalli, Italy (1)
Owen Flaherty, Great Britain
EXECUTIVE VICE-PRESIDENT:
*Bob Fine, USA (i)
VICE-PRESIDENT, STADIA:
🗌 Vadim Marshev, Russia
*Bill Taylor, Great Britain (1)
VICE-PRESIDENT, NON-STADIA:
☐ *Jacques Serruys, Belgium (i)
SECRETARY:
*Torsten Carlius, Sweden (i)
TREASURER:
*Al Sheahen, USA (1)
WOMEN'S DELEGATE
Barbara Dunsford, Britain
Marilyn Mitchell, USA
To be chosen by the Women's Committee. Other nominations may be made in Miyazaki.
*Nominated by the WAVA Council
(i) = incumbent
Election takes place on Oct. 14 at the meeting of the WAVA
General Assembly in Miyazaki

on Clothing, which states: "The competitors must not wear clothing which could

However, with modern clothing which is light and fits snugly, the wearing of should be avoided.

impede the view of the judges." She insisted on competing in the walk in a loose fitting track suit and was disqualified.

tights would be allowed if they did not impede the view of the judges. Certainly tights would be allowed during cold weather conditions or for any other good reason such as those situations where cultural or religious requirements dictate the wearing of clothing. These tights should not be of a design that could present visual problems to the judges. Solid colours are preferable; camouflage-type designs

#### **Does Hormone Replacement Therapy Contravene IAAF Doping Control Rules?**

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by BRIDGET CUSHEN Women's Representative, WA

rug testing is now, sadly, necessary in international veteran athletics. Hormone Replacement Therapy is now widely prescribed to women of menopausal age, but what is its status within the IAAF Doping Regulations? I brought this question to Professor Arne Ljunggvist, Chairman of the IAAF Medical Committee. He said that there are several treatments available such as estrogens, progestogens, and gonadotrophins (e.g., Tibolone).

In relation to the doping regulation in sports, estrogen and progestogen therapy prescribed to women would be allowable. However, because of its reported anabolic activity, it is suggested that Tibolone not be used, and an alternative treatment be sought where possible.

If you are in any doubt, you are advised to contact your sport's governing body.

#### Wearing Clothing on the Legs in Race Walk Competition

nder our By-Laws, entries to our World Track & Field Championships are not subject to prior achievement of qualifying standards. The majority have had no previous international experience, and, unfortunately, in one instance at our Championships, a competitor was totally unaware of IAAF Rule 139

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which the second	Louis Company	ENERGY AN	WOMEN	Station Proto Conta		and - freely	
sin and	Race	Hurdle	To 1st	Between	То	No. of	
Age	Distance	Height	Hurdle	Hurdles	Finish	Hurdles	
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40-49	80m	.762m	12.00m	8.0m	12.00m	1212033	
	in a third to be the	30"	39'4"	26'3"	39'4"	8	
50-59		Renatal States		7.0m	19.00m	A STATE	
60-69	80m	.762m	12.00m	22'11'/2"	62'4"	8	
70 Plus	C. S. S. Sapel	30"	39'4"	22117	OL 4		
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30-39	400m	.762m	45.00m	35.00m	40.00m	10	
40-49.	40011	30"	147'7%"	114'91/2"	131'21/2"	10	
		State water	4 mer charter and	A Managara	131 2/2	No.	
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60-69	300m	.762m	50.00m	35.00m	40.00m	7	
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11 Branching		Seal Products	MEN	是是代表的社会的思想的		and the second	
30-39	110-	001-	10 70	Station and the state	State - Louis	Ser Barris	
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m	10	
50-59	100m	.914m	13.00m	8.50m	46' 10.50m	1992-200	
50-55	, 100111	36"	42'8"	27'101/2"	34.5"	10	
60-69	100m	.840m	13.00m	8.50m	10.50m	1.000	
States of St.	A REAL PROPERTY.	33"	42'8"	27'101/2"	34'5"	10	
70 plus	80m	.762m	12.00m	7.0m	19.0m	A Sala Barrison	
E	1 . May 1	30"	39'4"	22'111/2"	62'4"	8	
30-49	400m	.914m	A Set Annal	St. Elenthica Stati	di basinti tekste	Stat Sec.	
Providence and	The second second	36"	45.00m	35.00m	40.00m	10.25	
50-59	400m	.840m	147'71/2"	114'9½"	131'2'/2"	10	
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50 plus	3.	OOk	1.00k	3.00k	400 gms.	1999	
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50-59		00k	1.50k	6.00k	800 gms. 800 gms.		
60-69	Contraction of the second s	OOk	1.00k	5.00k	600 gms.	17-7 W	
70 plus		OOk	1.00k	4.00k	600 gms.	The second	

Continued from page 19

with three more jumps or throws. **Advancement from Heats** 

In track events from 1500 down, heats will be run, if necessary. In accordance with a new WAVA rule, at least two competitors will advance from each heat to the next round. Medals

Medals will be awarded for the first three finishers in the individual events and the first three teams in the nonstadia and relay team events.

Medal standards will apply in all events' except the non-stadia events, women's steeplechase, hammer throw, pole vault, triple jump, and for all athletes over age 90. In all other events, the last place finisher, where there are three or fewer competitors in an event, must meet the medal standard.

Commemorative medals and participation certificates will be given to

		R OF PARTI			
5	NAVA V	<b>VORLD CHAN</b>	<b>A</b> PION	ISHIPS	-31
			1	Ath-	12
	Year	Site		letes	4
1	1975	Toronto	CAN	1408	29
2	1977	Gotheborg	SWE	2750	44
3	1979	Hannover	GER	3126	42
4	1981	Christchurg	hNZL	2400	44
5	1983	San Juan	PUR	1935	48
6	1985	Rome	ITA	4330	48
7	1987	Melbourne	AUS		52
8	1989	Eugene	USA	4754	57
9	1991	Turku	FIN		56
10	1993	Miyazaki *			72
*	Prelim	inary #No.	of n	ations	-

all participants. Awards - Team Events

In team scoring and relay events, an athlete may move down an age group subject to declaration by 5:00 p.m. the day before the race. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. Marathon, road walks, and cross country will be scored on aggregate times by teams of the first three of each country to finish in each 5-year age group.

#### National Uniforms

In the WAVA World Veterans Championships, everyone competes as an individual, not as a member of a national team. While there will be national team scoring in the relays, marathon, cross-country and race walks, WAVA has always downplayed the nationalism that surfaces at the Olympic Games. In the opening ceremonies, athletes have traditionally paraded in by age groups, not by nations. Athletes may wear a uniform of their choice — either a national uniform, club uniform, or favorite T-shirt.

However, per a new WAVA rule, anyone wishing to score as a member of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Miyazaki community is encouraging the wearing of national uniforms in the streets and around the town so residents will know

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

Countdown to Miyazaki and to stands allo gnikar viewinsni





#### Ruth Ryan at the Plate

#### by MARILYN J. MITCHELL

uth Ryan aka Mrs. Nolan Ryan, frequently seen on the Race for the Cure circuit, is becoming known as a good, solid masters runner. She was one of the 5500 women recently taking part in the Advil Mini-Marathon 10K race in New York City on June 12. Typical of the many women masters runners in the U.S.A., she did not compete in running in high school or college because there were rarely competitive running programs in place for women at that time.

Out-of-shape and lacking energy after the birth of a third child, Ruth was encouraged by husband, Nolan, to go out running. The first day, she ran past three houses in her neighborhood and quit, she was so out of breath.

But Nolan told her to go out and run the following day, which she did. She ran a bit farther than she had the first day, and ran a bit farther each day thereafter.

She was well on her way. "Ever since I was thirty-years-old, I have been running, and I love it," she said.

Forty-four years old, trim and fit, Mrs. Ryan has been concentrating upon 5Ks, 10Ks and fun runs. She devised her own training program, which consists of increasing the distance a bit each time she trains and instinctively taking off a couple of days (recovery days) before resuming training. Five days a week she alternates jogging for fitness with aerobic exer-



Nolan and Ruth Ryan

Phil Mulkey presents medals to the winning Junior Women's Regional Relay Teams, USATF National Masters Championships, August 11-14, Provo, Utah.

cise, biking, walking and gym workouts. "A lot of the time I work out in hotel fitness centers or at ball parks. At home I have a Life Cycle and a Stair Master.'

Daughter Wendy, a 16-year-old All-District athlete in volleyball and basketball who also excels in softball, flew in from Hawaii via Texas for the race the day before. She was tired, but happy that she finished in 1:06.44. Although a fine athlete, Wendy does not place running high on her agenda and runs very few races. Ruth says that she and Wendy run in order to spend time together.

The New York Road Runners presented a surprised Ruth with racing bib number 34 (her husband's baseball jersey number) at a press conference prior to the race. Ruth was slightly disappointed that she did not beat last year's time of 54+. After the race, she said, "I'm happy that I finished in less than an hour . . . I wanted to beat last year's time, but I didn't. But that's okay. Even though I wanted to do it. I was unable to train hard. I'm not a competitive runner, but more of a fitness runner." Her 57.21 finish placed her well within the top third of the finishers.

Photo by Jerry Wojcik

ATHLETES WHO ENTER A NEW DIVISION 1 ATHLETE (RESIDENCE) GORDON ALBURY (SANTA FE,NM) ALFRED ALTHAUS (WG) L. A. BATT (GB) CHARLES BOOTH (AUS) PAT DEVINE (SAN PEDRO, CA) HAROLD ELRICK (NATIONAL CITY, CA) WILLIAM FLOERKE (SHAWNEE MISSION, KS) JAMES HARTSHORNE (ITHACA, NY) RICHARD HOTCHKISS (GRASS VALLEY, US) JOHN JOHA (HONOLULU, HI) HOLGER JOSEFSSON (SWE) WILLI KALBERMATTER (SUI) PERCY KNOX (EDWARDS, CA) GEORGE MASON (CAN-EL CERRITO, CA) HANS MEISELBACH (WG) TERRY MERRIT (WILKES-BARRE, MA) DON SLEEMAN (ANN ARBOR, MI) LEWIS SMITH (BOSTON, MA) ILPO SOPANEN (FIN) JOHN STOWERS (HOUSTON, TX) GUDMUND STRAUMP (NOR) WALTER STREUBEL (WG) ANTON TESIJA (AUS) RAMSAY THOMAS (CATONSVILLE, MD) WILLIAM WALMROTH (SOUTHFIELD, MI) MITCH WILLIAMS (LA) DEBBIE ANDERSON (TERRE HAUTE, IN) LINDA BURKE (SAN GABRIEL, CA) MARIE HENRY (WESTWOOD, CA) ANNE JOHNSON (OLIVENHAIN, CA) JUNK KELLER (ASHLAND, OH) GLORIA NEIGHBORS (US) BELVA NORINS (VENTURA, CA) UNA MARIE PIERCE (SAN DIEGO, CA) RUTH WATERS (SAN CARLOS, CA) ERMARA BROOKES (GB) CORNELIA BURKI (SUI) DORIS DREWING (WG) PAM GRAHAM (NZ) REMATE GUETTLER (WG) JEAN HULLS (GBR) MARCIT MARKO (HUN) ANNETTE MCNEILL (AUS) JANIMA PASYTE(URS) MARGARET PETERS (NZ) THEMA SELS (AUS) SILVINA DE SILVA (BRA) RIET JONKERS SLECERS (HOL) GRETE WAITZ (NOR)	THIS MONTH O	CT. 1993
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ALFRED ALTHAUS(WG)	10-29-28	65-69
L. A. BATT(GB)	10-18-13	80-84
CHARLES BOOTH (AUS)	10-1-3	90-94
HAPOLD ELECTOR (NATIONICA)	10-10-28	65-69
WILLIAM FLOFRKE (SHAWNEE MISSION VC)	10-11-18	75-79
JAMES HARTSHORNE (ITHACA, NY)	10-11-23	50-54
RICHARD HOTCHKISS (GRASS VALLEY, US)	10-29-38	55-59
JOHN JOHA (HONOLULU, HI)	10- 4-18	75-79
WILLI KALBEDMATTED (CIT)	10-24-18	75-79
PERCY KNOX (EDWARDS CA)	10-2-38	55-59
GEORGE MASON (CAN-EL CERRITO, CA)	10-26-43	50-54
HANS MEISELBACH (WG)	10-18-28	65-69
TERRY MERRITT (WILKES-BARRE, MA)	10-26-38	55-59
LEWIS SMITH (BOSTON WA)	10- 8-38	55-59
ILPO SOPANEN (FIN)	10-15-22	65-69
JOHN STOWERS (HOUSTON, TX)	10-10-28	65-69
GUDMUND STRAUMF (NOR)	10-30-18	75-79
WALTER STREUBEL (WG)	10-12- 8	85-89
RAMSAY THOMAS (CATONSVILLE ND)	10-29-13	80-84
WILLIAM WALMROTH (SOUTHFIELD, MT)	10-17-23	50-54
MITCH WILLIAMS (LA)	10-19-23	70-74
DEBBIE ANDERSON (TERRE HAUTE, IN)	10-17-48	45-49
MIDGE BURKHEAD (OAKLAND CA)	10- 0-38	55-59
MARIE HENRY (WESTWOOD, CA)	10- 6-23	75-79
ANNE JOHNSON (OLIVENHAIN, CA)	10-21-28	65-69
CLOPIA NEICHPORE (UC)	10-12-48	45-49
BELVA NORINS (VENTURA CA)	10- 2-28	65-69
UNA MARIE PIERCE(SAN DIEGO, CA)	10-29-39	60-64
RUTH WATERS (SAN CARLOS, CA)	10-30-33	60-64
BARBARA BROOKES (GB)	10-22-38	55-59
DORIS DREWING (NG)	10- 3-53	40-44
PAM GRAHAM (NZ)	10-13-28	65-69
RENATE GUETTLER (WG)	10-28-43	45-49
JEAN HULLS (GBR)	10- 8-38	55-59
MAEVE KYLE(EIR)	10- 6-28	65-69
IRJA LAINE(FIN)	10-28-48	45-49
ANNETTE MCNETLL (AUS)	10-13-43	50-54
JANINA PAKSYTE(URS)	10-19-29	45-49
MARGARET PETERS (NZ)	10-18-33	60-64
THELMA SELLS (AUS)	10- 5-23	70-74
RIET JONKERS SLECERS (HOL)	10-31-48	45-49
CRETE WAITZ (NOR)	10- 4-43	50-54

#### Countdown to Miyazaki

Continued from page 20 where athletes are from.

#### **WAVA** Meetings

Several important meetings will take place during the Championships, many of which are open to everyone (see meeting schedule).

#### **General Assembly**

Everyone is invited to attend the WAVA General Assembly Meeting on Thursday, October 14 at a downtown hotel. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business. (The U.S. delegates are Ruth Anderson, Jerry Donley, Norm Green, Barbara Kousky, and Marilyn Mitchell. Alternates are Sandy Pashkin, Christel Miller, and Pete Mundle.)

#### **Time Difference**

Miyazaki is 13 hours ahead of New York and 16 hours ahead of Los Angeles. Thus, when it's 10:00 p.m. on Tuesday in Los Angeles, it's 2:00 p.m. on Wednesday in Japan.

#### **Currency** Exchange

Competitors are advised to bring either U.S. dollars or Japanese yen to Miyazaki as only a limited number of currencies can be exchanged there. Japan is a cash society and most purchases are paid for in cash.

#### Jet Lag

You can't avoid tiredness and jet lag, but you can make things easier if you: 1) take your shoes off; feet tend to swell during flight; 2) don't eat or drink too much; 3) get off at transit stops; walk around; 4) stretch your legs by standing on tip-toe; 5) do deep breathing exercises; 6) exercise in any way possible.

#### Results

The results of the Championships will be published in either the November or December issue of the National Masters News. A complete Results Book, available in December, can be purchased in Miyazaki for 1000 yen (U.S. \$9.50).

Gifts

The Japanese have made an art of gift giving. Even the most modest gift is beautifully wrapped and presented with a special grace. If you are asked to visit someone's home, an appropriate gift would be flowers or a wrapped gift of liquor. You may wish to bring small, light, souvenir items from your home town to exchange with new friends.

#### **Useful Phrases**

Good morning: Ohio Go-zy-mus. Hello/Good day: Ko-nee-chee-wa.

Continued on page 22



#### NATIONAL

• Eileen Lawrence, 40, Kenmore, NY, was first (2:07:43) of ten in the hot and humid USATF National Masters Women's 20K Racewalk Championships, Albany, NY, August 15. Nancy-Lee Whitney, 57, Silver Springs, MD, took second (2:18:13). Bob Keating, 46, Nashua, NH, was first (2:12:40) of 12 in the men's 25K championships. Brian Savilonis, 43, of Massachusetts, followed for second (2:22:22). Charles Brush, at 70 the oldest walker, finished in 3:20:57. The USATF Adirondack Association hosted the event. A certified team of eight judges monitored.

• In the September issue, p. 10, Max Gould of Canada was listed with an "extraordinary" performance for the 50K RW at 5:50:37. His time should have been an even more extraordinary 4:50:37.

#### EAST

• Carlos Roa, 40, NYC, took first of 308 M40-44 runners, with a 32:59, in the Asbury Park 10K, NJ, August 14: Harold Nolan, 46, Navesink, NJ, followed in 33:06 for the M45 victory. Zofia Turosz, 55, Hartford, NJ, romped to the W40 + victory in 41:09. Despite temps in the high 70s and humidity of 95%, 2700 of 3300 finished.

• Atlaw Belilgne, 48, was first overall with an adjusted time of 25:24 in the NYRRC Equalizer 10K, Central Park, August 8. Luis-Antonio Flores, 51, was second (28:09), and John McManus, 70, third (28:21). Laurie Baker, 50, was second (32:01), behind Yumi Tomoda (31, 31:17), with May Chou, 57, third (33:17). 535 males and 232 females checked in for the race. A week later, in the NYRRC Hispanic Half-Marathon, Central Park, Tom Hart (47, 1:11:58) and Ann Davies (46, 1:31:11) logged 40+ firsts.

• Marian Stanjones, W55, hurried to the W40 + win in 20:43, Entenmann's 5K, Brentwood, NY, August 23. Dennis Nee, M40, won the M40 + title in 17:07.

• Nick Rose, 41, England, defeated Wilson Waigwa, 44, Kenya, by one second, with a 34:14 in the masters contest, Falmouth, MA, 7.1 Mile Race, August 22. Artemio Navarro, 43, Mexico, was third (34:26). First U.S. runner was Larry Olsen, 46, Millis, MA, in 36:05. Francie Larrieu, 40, Dallas, TX, took the W40 + race in 39:42 from Canadian Jacqueline Garreau (41, 41:09) and Alaskan Suzanne Ray (41, 41:11).

• Carlos Roa, 40, negotiated the NYRRC Back To Work 4 Mile, Central Park, August 29, in 20:55 for masters honors. S. Rae Baymiller, 50, was 11th of 334w and first W40+ with a 24:46.

• Larry Olsen (46, MA, 65:46, \$500) led all masters in the New Haven Labor Day 20K. Luis Lopez (44, 66:18, \$250) was runner-up.Barbara Filutze (47, PA, 74:27, \$1400) topped the W40 + field.

#### SOUTHEAST

• Dale Parfit, 44, Lantana, FL, outkicked Alan Miller, 44, Cooper City, FL, in the last half mile to win with a 17:00 in the Over The Hill Masters 5K, Cooper City, August 21. Sharon Beale, 46, Fort Lauderdale, won the women's race in 20:08. First Grandmasters (50+) were David Compton, 51, Boynton Beach, FL, In 17:55, and Barbara Boutin, 58, Pompano Beach, FL, with a 27:01.

• Miriam Gordon broke the age-66 U.S. record for the 3000 track RW by almost four minutes with a 20:01, while Bob Fine erased the age-62 U.S. record with a 16:15 in the USATF Florida 3000 Championships, Miami, August 22. • Wilson Waigwa (44, KEN/TX, 23:43, \$2400), topped a strong masters field including Nick Rose (41, ENG, 24:06, \$1500), Doug Kurtis (41, MI, 24:51, \$1000), and Doug Bell (42, CO, 24:54, \$800) in the Maggie Valley, NC, Moonlight 8K, August 28. The 40+ women were led by Barbara Filutze (47, PA, 28:42, \$2400), Carol McLatchie (41, TX, 29:00, \$1500), Diana Tracy (40, CA, 29:50, \$1000), and Judith Hine (44, NZL/GA, 30:28, \$800), in the 887-finishers race in the Smoky Mountains.

#### MIDWEST

• Dwight Stones, former world high-jump record-holder, will attempt to become the first over-40 athlete to clear seven-feet in the World High Jump Classic, in Chicago, February 26. The Classic is the only single-event track meet in the USA, employing a format popularized in Europe. World record-holder Javier of Cuba will be the featured participant.

• Ric Sayre (40, OR, 50:54 \$1200) was 1st 40 + in the Crim 10-Mile, August 28, in Flint, MI. Suzanne Ray (41, AK, 59:22) took W40 + honors. Wally Herrala (48, MI, 55:30) and Priscilla Welch (48, CO, 64:30) won M45 and W45 honors, respectively. Over 13,000 runners of all ages competed in the race and other associated races which comprise the Crim Festival of Races, now in its 17th year.

#### SOUTH WEST

• Corrections to the Southwest results, August issue: USATF SW Championships, June 5, PV M35 Ken Ellis, 15-6; Jim Fountain, 14-9: Ponca City Classic, June 12, PV M35 Ken Ellis, 13-6, M40 Jim Dolezel, 9-0.

#### NORTHWEST

• Tom Gage, 50, Billings, MT, was the outstanding performer in the Montana Masters Meet, Bozeman, July 30-31, with an age-graded 93.2% for his 197-6 HT. Alfred Funk, 79, Bozeman, ran the 1500 in 6:04.9, after a 22:47 5000, at 4900' altitude. Thirty-eight of the 58 participants won medals, based on the meet's unique set of medal standards.

• Martha Mendenhall, 34, who won the USATF W30 pentathlon in Provo in August, received a five-column spread with photo in her hometown Federal Way, WA News, August 19. The mother of three, in only her second nationals, told sports editor Rob Huff: "I trained all winter long with long distance work, then when the season came along, I started interval training." A week before the nationals, she suffered a stress fracture, and was told by her doctor not to go. "But I couldn't bear missing the meet, so I taped the leg real well and it held up. Now I'm in a cast, but I'm happy; I did what I wanted to do."

#### INTERNATIONAL

• Norway's Grete Waitz turns 40 October 1. Will she compete on the masters circuit? Not likely. "I'm very happy with what I've achieved," Waitz told the San Francisco Chronicle. "There's nothing out there for me. My times will be slower ... and I don't feel I need the recognition that could come from the masters ranks. And I don't need the money (from race purses); I can make a lot more doing other things."

• Carla Beurskens, 41, won the women's race overall in 54:32 in the Heerlen, Holland 10-miler, August 29.



The second athletic sports field in Miyazaki's Sports Park.

#### Countdown to Miyazaki

#### Continued from page 21

Good evening: Kom-ban-wa. Thank you: Domo arigato. Yes: Hi. No: Eeah. Excuse me, please: Soo-me-massen. Pleased to meet you: Haji-memash-tay.

#### Weather

The average high in Miyazaki in October is 75 °F (24 °C); the average low is 57 °F (14 °C). The typhoon season has passed. There is a 19% chance of rain daily, so bring an umbrella.

#### Japanese Culture

Japan is a fascinating, exciting and absorbing place to visit. Its history is rich. Its people are warm, soft-spoken, polite, and friendly. They have great respect for older people, which is one of the reasons the Championships have attracted so many participants, and why the Miyazaki community will roll out the red carpet for its visitors.

"We are hoping to stage a grand event that will linger in the memories of all who come to Miyazaki," Kawasaki said.

When speaking to people in Japan, it is considered most polite to call them by their last name followed by the word "san." When greeting people, a handshake is not the normal custom in Japan, but is acceptable from a foreigner. The Japanese custom is a slight bow from the waist. Since most Japanese can read English with more fluency than speak or understand it when spoken, you can often communicate better by printing what you wish to say.

While women have traditionally been relegated to the status of secondclass citizens, the situation is slowly changing. Women are beginning to branch out from their normal roles as housewives and teachers, into political, business, and scientific careers.

The Japanese work ethic is legendary; 12 hour days are the norm for most male office workers, who often skip earned vacations to stay on the job. But that behavior, too, is slowly changing, as more Japanese companies and workers see more leisure time as beneficial to the companies, the workers' families, and to society, in general.

In a tremendous political upheaval earlier this year, Morihiro Hosokawa became Japan's first prime minister in 38 years who does not represent the Liberal Democratic Party. Although the yen is up 20 percent against most currencies this year, the economy is in the same recession affecting the rest of the world.

The Japanese are too polite to discuss the subject, but there may be some hidden resentment against the U.S. dropping two atomic bombs in 1945. U.S. intelligence reports made available this year bolster the view that Japan was willing to surrender as early as three months before the bombs obliterated Hiroshima and Nagasaki, and that the bombs were dropped "as a warning to Moscow, not to save thousands of American lives by making an invasion of Japan unnecessary," according to historian Gar Alperovitz. There are memorial shrines in both cities that will be on the sight-seeing list of many tourists.

A characteristic of the Japanese that is a legacy of their traditional culture — and also contributes to personal security — is a high degree of honesty. Honesty was formerly taught as the only way of life. While it is no longer taught as it was in the feudal age with the same dedication, it remains strong enough to make Japan a favorite destination for foreign travelers.

"We are anticipating warm exchanges of friendship with overseas visitors," Matsukata said. "We hope you will have the chance to deepen your understanding of Japan by this face-to-face, direct contact with the people of Miyazaki and the culture of Japan." -Al Sheahen National Masters News



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.



NORTHWEST Alaska, Idabo, Montana, Oregon, Utah, Washington, Wyoming.

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



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

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

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

October 7-9. Maryland Senior Olympics, Baltimore, Md. 55+. Dr. Robert Zeigler, Towson Center, Rm 318, Towson St. U., Baltimore, MD 21204. 301/830-3163. December 18. Tri-State TC Indoor Holiday Festival. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

October 9. Nashville TC Mini-Meet. Vanderbilt LL Randa Mirally 2009 Linmar Ave., 54 Nashville, TN 37215. 615/383-6733.

October 26-November 6. South Florida Senior Games. Suzanne Broucek, Ft. Lauderdale Parks & Rec., 301 N. Andrews Ave., Ft. Lauderdale, FL 33301. 305/761-5394.

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

January 23. USATF Southeast Regional Masters Indoor Championships, Murfreesboro, Tenn. Randall Brady, 615/383-6733.

#### WEST Arizona, California, Hawaii, Nevada

October 1-15. Nevada Senior Olympics. 55 +. Marilyn Louden, PO Box 70863, Las Vegas, NV 89170. 702/229-6307.

October 2-9. San Bernardino Senior Olympics. 55 +. Cynthia Brooks, 600 W. Fifth St., San Bernardino, CA 92410. 909/384-5363.

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

November 13. Senior Olympics, Long Beach, Calif. 55+. Windi Snellen, 310/421-9431. October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

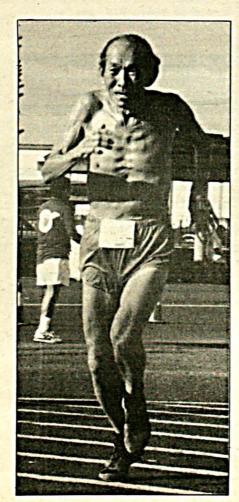
#### CANADA

August 4-7, 1994. WAVA North American Regional Championships, Edmonton, Canada.

#### INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletic Championships, Miyazaki, Japan. M40+, W35+. World Veterans Championships, - 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-984-32-3376; Fax: 81-985-31-1153.

July, 1994. Oceania Regional Championships, Fiji. September 24-October 8, 1994. World Masters Games, Brisbane, Australia.



Naoto Inada placed second (53:26) in the Wahiawa Pineapple Run 6.75 Miles, Honolulu. Photo by Tesh Teshima



October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.



October 3. Freihofer's 5K for Women, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285. October 10. Tri-State TC Age-Group Cross-Country Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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#### ON TAP FOR OCTOBER

#### **TRACK AND FIELD**

The 10th WAVA World Veterans Athletics Championships open on the 7th and run through the 17th in Miyazaki, Japan. LDR and RW events are also included. About 12,000 entrants are expected.

Two popular meets are scheduled in the U.S., the Club West, Santa Barbara, on the 2nd, and the Huntsman's Chemical Senior Games, St. George, Utah, on the 20th-22nd.

#### LONG DISTANCE RUNNING

Two USATF Masters Championships are listed — the marathon in the Twin Cities, Minneapolis, on the 3rd, and the 10K Cross-Country, Louisville, on the 31st. The month offers a full and diverse menu, ranging from the 5th Avenue Mile, NYC, on the 2nd, to the Chicago Marathon on the 31st.

#### RACEWALKING

Two championships here also — the 1-Hour/2-Hour, Cambridge, Mass., on the 3rd, and the 30K, Atlanta, Ga., on the 31st.

#### 1993 USATF NATIONAL MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS

the third year for this successful meet in Louisville, KY

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

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



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

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

AIRLINE AND LODGING DISCOUNTS AVAILABLE

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

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

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Continued from page 23

October 10. Yankee Runner 5K Crosscountry. Separate masters race. David Abusamra, Governor Dummer Academy, Byfield, Mass. 01922. 508/462-8672 (7-9 pm); 465-1763 X83.

October 10. Connecticut Senior Olympics 10K & RW, Bridgeport, 55 + . Senior Olym-pics, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT 06601. 203/576-4722/576-4242.

October 11. Tufts 10K. Andrew Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617/439-7700.

October 16. Oyster Bay 5K, Oyster Bay, N.Y. Mike Polanski, 62 Sylvia Lane, Plainview, NY 11803. 516/433-0919.

October 17. Army 10 Miler. SASE to Army 10 Miler, PO Box 46594, Washington, DC 20050-6594.

October 17. Atlantic City Marathon/Half-Marathon/5K/10K. Boardwalk RC, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, race director, 609/822-6911. October 17. Nute Ridge Half-Marathon, Farmington, N.H. Masters money. Farmington Parks & Rec., Town Hall, Farmington, NH 03835. 603/755-2405.

October 17. NYRRC Women's Half-Marathon/Coed 5K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 24. Cape Cod Marathon. Washington, DC. MC Marathon, PO Box 188, Quantico, VA 22134. 703/640-2225; 690-3431.

October 24. Cape Code Marathon. Falmouth TC, PO Box 699, West Falmouth, MA 02574. 508/548-0348.

October 31. Rhode Island Marathon. Mark Levine, Richmond Sq., Suite 315W, Pro-vidence, RI 02906. 401/351-2556.

November 7. USATF New England 8K Cross-Country Championships, Franklin Park, Boston. Separate masters race.

November 14. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

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

October 17. Richmond Newspapers Marathon. DeWayne Davis, PO Box Richmond, VA 23293. 32333 804/649-6738.

November 14. Old Reliable 10K. Butch Robertson, PO Box 1229, Raleigh, NC 27602, 919/829-4843.

#### MIDWEST

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

October 10. Fox Cities Marathon, Ap-

October 10. Fox Cities Marathon, Ap-pleton, Wisc. Marathon, 835 Valley Rd., Menasha, WI 54952. 414/954-6790. October 10. Over The Hill Cross-Country, Univ. School, Pepper Pike, Ohio. Donna Mann, 28791 Clark Dr., Wickliffe, OH 44092. 216/585-1663; Jeff Gerson, 216/382-2656 216/382-2656.

October 16. Bowling Green 10K. Rick Kelley, PO Box 1802, Bowling Green, KY 42102. 502/782-3600.

October 17. Motor City Marathon, Detroit. Edward Kozloff, 10144 Lincoln, Hunt-ington Woods, MI 48070. 313/544-9099. October 17. Louisville Marathon. Gill Clark, PO Box 36452, Louisville, KY 40233. 502/456-8160.

October 17. Dayton River Corridor Half-Marathon/5K. Masters money. DRC, Wright Brothers, PO Box 9154, Dayton, OH 45409-9154.

October 24. Columbus Marathon. Marathon, PO Box 26806, Columbus, OH 43226. 614/433-0395.

October 30. Ohio USATE 20K/50K Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/459-2547.

October 31. Chicago Marathon/5K. Chicago Marathon, 214 W. Erie, Chicago, IL 60610. 312/951-0660. November 13. Illinois/USATF Cross-

Country Championships. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. 708/833-7303.

November 14. Ohio/USATF Cross-Country Championships, Cincinnati. M8K/W5K. Scott Brooker, Timberjack Way, West Chester, OH 45069. 513/860-2253.

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

October 2. 1993 Chickasaw Festival. c/o Johnston County CoC, 101 South Capitol, Tishomingo, OK 73460. 405/371-2175. October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 3. Denver International Marathon. Denver Marathon, 655 Broadway, Suite 777, Denver, CO 80203. 303/534-6555. October 24. Columbus Marathon. P.O. Box 26806, Columbus, OH. 614/433-0395. October 31. Kansas City Marathon/10K. Betsy Titterington, 5001 State Line, Kansas City, MO 64112. 816/531-2387.

November 7. Omaha Riverfront Marathon/10K. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

SOUTHWEST Louisiana, Mississippi, Texas. Arkansus, Oklanoma

October 23. Cherry Street Mile. Masters money. SASE to Fred Ebrahimi, PO Box 4246, Tulsa, OK 74159-0246. 918/744-4222. October 30. Tulsa Run 15K. \$3000 masters. Stan Austin, One Wiliams Center, Box 2400, Tulsa, OK 74102. 918/588-2850. November 13. Crescent City Fall 10K. Bill Burke, 8200 Hampson St. #217, New Orleans, LA 70118. 504/861-8686.

#### WEST Arizona, California, Hawaii, Nevada

October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. October 2. Sacramento Marathon. Ron

Sturgeon, PO Box 995, Dixon, CA 95620. 916/678-5005.

October 9. Juan In A Million 5K. Masters money. Ed Preciado or Eileen Brown, 700 East Charleston Blvd., Las Vegas, NV 89104. 702/385-1281.

October 17. Humboldt Redwoods Marathon/Half-Marathon, Weott, Calif. Karen Angel, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/442-6463. October 23. Marina Breakers 5K/10K,

Marina del Rey, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

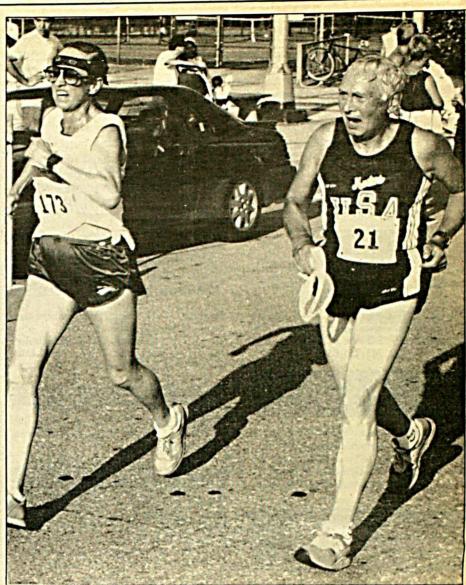
October 30. City of Alhambra 8K. Elinor Fong, 111 S. First St., Alhambra, CA 91801. 818/284-4905.

November 7. Back Lot 5K/10K, Universal City, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 13. Time Of Your Life Masters 5K, Anaheim, Calif. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 14. New Times Phoenix 10K. Harvey Beller, 1201 E. Jefferson, Phoenix, AZ 85034, 602/229-1060.

December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. Fax 702/878-1038.



It's not unusual to see two competitors challenging each other in a sprint to the finish at a road race, but it may be slightly unusual when their combined ages total 135 years! That's exactly what happened at the June 27 Long Island Police Appreciation 5K, as 61-year-old Cecele Miller outlegged 74-year-old Bill Benson at the finish. Miller won the W60 race (27:42.9), while Benson, less than a second behind, won the M70 + title.

NORTHWEST Alaska, Idaho, Montana, Oregon,

November 7. Dream Of Roses 10K. Phidip-

pides RC, PO Box 2315, Salem, OR 97308.

CANADA

October 2. Canada vs USA Cross-Country

Challenge, Mundy Park, Coquitlam, B.C.,

Canada. John Woodcock, 1833 Walnut

Crescent, Coquitlam, B.C. V3J7T4. 604/939-1324.

INTERNATIONAL

October 7-17, 10th WAVA World Veterans

Athletics Championships, Miyazaki,

Japan. M40+, W35+. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-153.

November 6. Rosarita Beach Holiday 5K/10K/5K Walk, Baja California, Mex-

ico. Finish Line International, 7846 Connie

Dr., Huntington Beach, CA 92648.

July 30-31, 1994. WAVA World Non-

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N.

Locust Ave., West Long Branch, NJ 07764.

Stadia Championships, York, Canada.

503/399-7057.

714/841-5417.

Utah, Washington, Wyoming.

#### Photo from Mike Polansky

#### 908/222-9080.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 16. MAC 30K Championships, Central Park, NYC. Stella Cashman, Park Racewalkers, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

October 17. One-Hour RW, Williams HS, Alexandria, Va. 9 a.m. Sal Corallo, 703/243-1291.

October 23. Picayune Fall 10K/5K RW. Picayune, Miss. Masters money. David Guizerix, 601/798-4881 (d); 504/847-1701 (e).

October 23. 2nd Annual Bowl To Bowl Walk, Rose Bowl, Pasadena, 5K USATF, 5K unjudged, 1.7 mile recreational, men, women, children, Jim Hanley, director. Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064; 397-4062.

October 30. Art Keay Memorial 10K RW, Toronto, Ontario, Canada. Ontario Racewalkers, 260 Town Centre Rd., Suite 103, Markham, Ontario L3R 8H8 Canada. Jan Donovan, 416/470-7009.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

November 6. Racewalk Clinics, Los November 6. Racewalk Clinics, Los Angeles. Technique 10 am; racing 2 pm. Viisha Sedlak, coach. ARWA, 303/ 447-0156; Elaine Ward, 818/577-2264. November 6. WAVA Centre CANCELLED American, Centre CANCELLED obean 20K Champ. Josuips, Darlington, S.C.

National Masters News

5405 5374

7/10-11/93 7/10-11/93

6/19/93

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

Decathion Decathion

and the second sec			
W30-34		State of the	and a second
Robin Welch	100M	13.4	
RODIN WEICH	2000	27.6	7/17/93
	2004	47.0	7/17/93
W35-39	Education Parts 22-2	And the state of the second	
Baiba Cunard	Shot Put	32-5	8/01/93
	and the second	and a set of	
W40-44	5000K	and the second	
Debby Jamieson		21:10	5/22/93
and the second states where the second states in the	800M	2:37.7	7/01/93
Nancy Klepack	Long Jump	15-11	7/10/93
¥45-49	· · · · · · · · · · · · · · · · · · ·	- Tala and a star	
Bonnie Lynn Frankel	800M	2:41.6	8/01/93
bonnie bynn reason	CLUBSER LUIS	CARDING STORES	
¥35-59	Part Harris	A STATISTICS 31	
Betsy Kay Robinson	Shot Put	24-0	7/29/93
M35-39		Charles and the second	
Keith Petranek	Pole Vault	4.27	7/10/93
Keith Fetranes	Fore veure	-24 - 10 CT - 10	1110/33
M40-44		NE 15 2 1 2 2 1 1	
Mark Gershon	Long Jump	5.87	6/20/93
Patrick E. Malone	Pentathion	2651	5/30/93
Richard McMullin	Javelin	175-11	6/27/93
Sam Strickland	Javelin	174-6 1/2	5/29/93
		CONTRACTOR OF ME	1. 1. 1. 2. 2 1
M45-19		State State	
Wayne Gripp	200M	24.0	5/01/93
A CONTRACTOR OF A CONTRACT OF A	100M	11.4	6/25/93
	BOOM	2:06.1	7/22/93
	400M	52.92	7/29/93

150-54	and an open state of the second	
Jerry C. Arline, Sr.		3310
	Hammer	127-8
Bob Brewer	1500RW	7:27.1
as which we will deal	3000RW	14:49.1
the state of the state of the state of the state	5000RW	25:30.3
	1 MileRW	7:37.92
Kingsley Clarke	400M	58.31
Construction of the second second second	800M	2:15.18
Lionel Y. H. Low	Triple Jump	34-3
Robert C. Lund	200M	25.7
and the second second second second	400M	58.1
	BOOM	2:15.3
Kenneth Matney	Shot Put	44-2
Allen P. McDaniel	BOOM	2:15.19
Dob Morgan	400 Hurdles	66.80
and the second second second	400M	57.5
H55-59		-
Joseph DeLuca	Shot Put	11.30
Robert E. Miller	2000	25.7
Ted Oviatt	Steeplechase	13:05.
ieu veinet	Pentathion	2619
Norman Saucedo	1 Mile	5:22.1
	I MILE	3.66.1

Thomas Light Allen Glenn Roy

#### 6/19/93 6/19/93 2/19/93 6/12/93 7/17/93 7/17/93 6/11-15/93 6/11-15/93 6/12/93 6/12/93 6/12/93 6/12/93 6/12/93 8/20/93 5/12/93 8/13-16/92 5/15/93 M65-69 Walter C. Atcheson Steeplechase Raymond F. Maloney Javelin 9:52.68 122-7 7/17-18/93 7/10/93 M75-79 Fred Sandoy 1500M 5000M 100M 100M 100M 6:50.99 23:38.3 15.1 15.9 16.1 16.5 6/05/93 6/05/93 6/20/92 6/29/92 7/25/92 8/30/92 Gar Schoener 5/22/93 7/21/93 5/15/93 6/19/93 8/21/93 M80-84 William Andberg 7/27/93 800M 3:46.0 7:35.6 M90-94 George L. Conway 1/16/93 1 MileRW 10K RW 13:13.9

400M BOOM Triple Jump Long Jump Pentathion 200M 100 Hurdles 1 Mile 100M

62.6 2:28.8 30-0 1/4 4.48 2931 28.2 19.0 5:24.8 13.5 4.78 2929

#### **U.S. MASTERS STANDARDS OF EXCELLENCE** FOD MEN

FOR MEN												
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8 84.5	39.8 94.0	44.0
800	2:01	2:04	2:08	2:13	2 2 2 2	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile 5000	4:31 15:30	4:35	4:42 16:06	4:53 16:44	5:07	5:25	5:49	6:14 21:08	6:51 23:30	7:38 26:00	8:42 29:00	10:10 37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61-15	39-30
110H	15.3	16.4	17.75	18.75								
100H 80H	Stark.				18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6		1 -14-4				CE SHE
300H			1000	ener al	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
ZK-SC HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-45	6-3/4		5-6	5-24	4-11	4-75	4-4	4-1	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2:55	2.30	2.05	1.80	1.50
12.0	14-5%		12-95	11-95	10-10	10-0	9-2%	8-4%	7-6-5	6-81	5-11	4-11
<b>u</b>	6.55	6.20	5.85 19-25	5.45 17-105	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65 8-84
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
a la faire	43-95	41-6	39-5	36-7	34-15	31-8	29-25	26-11	24-7%	22-4	20-1	18-5
Shot	15.20	14.10	13.00	12.00	12.40 40-84	11.20 36-9	12.00	10.80	10.00	8.80 28-10-	7.65	6.50 21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
6.00	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-25	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
and the	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00 203-5	57.00 187-0	52.60	48.00	43.00	38.50	40.00	35.00	29.00 95-2	24.00	19.00	15.00
35 Wt .	15.00	14.00	13.00	12.00	10.00	9.00		W. Chatt	1		3.5	The last
25#Wt.	R. S. F.				(may at a		11.00	10.00	9.00	8.00	7.00	6.00
	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Per	280	0 260	0 2600	0 2600	2600	2600	2600	2500 5250	5250	5250	5250	5250
and the second	: 1) 100						PECTOR S					
af Con	2) Sho	ort hurd	les: 30-	49: 39";	50-59	: 36";	60-69:	13"; 70				
1 Star	4) Sho	t pet:	30-		k (16#)	: 50-59	: 6k;	60-69: 5	k; 70+:	4k.	1 15	
	5) Die 6) Hee			49: 2kg:				1.0kg. 60-69: 5	. 204.	42	7.5	
	7) Jav	elin:	30-	59: 800g	: 60+:	600g.						
	8) Net 9) Pe	n/Dec	: 30-	39 IAJ	F pts	the stan	dard; fe	A fac	torin	g (new	WAV	A).
to f lag to fell	ALL ALL	7000			100						P	

#### U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS MEN $\begin{array}{c} 30-34 \\ \hline 35-39 \\ \hline 6;42 \\ \hline 6;53 \\ \hline 7;03 \\ \hline 7;15 \\ \hline 7;29 \\ 7;29 \\ \hline 7;29 \\ 7$ 1500 Mile 2Mile 5000 48:38 49:10 50:27 51:54 53:33 55:26 59:06 63:21 66:30 70:09 78:36 84:06 93:18 1:12 1:14 1:16 1:19 1:23 1:27 1:31 1:35 1:40 1:47 1:58 2:10 2:22 1:38 1:40 1:43 1:47 1:52 1:57 2:02 2:09 2:17 2:27 2:40 2:55 3:10 4:30 4:36 5:00 5:09 5:20 5:41 5:53 6:20 6:48 7:12 108 15K 20K 50K WOMEN 7:25 7:39 7:53 8:08 8:26 8:45 9:08 10:29 11:15 11:58 12:50 14:17 15:36 8:00 8:15 8:30 8:45 9:03 9:42 10:18 11:30 12:09 12:54 13:48 15:21 16:48 15:30 16:00 16:30 17:00 17:33 18:48 20:06 22:12 23:33 25:00 26:48 29:48 32:36 16:44 17:15 17:46 18:18 18:54 20:12 21:36 24:00 25:21 26:54 28:54 32:09 35:09 26:13 26:56 27:42 28:33 29:36 31:33 33:48 37:30 39:36 42:06 45:09 50:18 55:12 1500 Mile 3000 2Mile 53:25 54:41 56:12 58:00 63:12 65:48 70:33 76:06 82:42 87:54 94:12 1:42 1:51 1:24 1:26 1:29 1:32 1:35 1:39 1:46 1:55 2:04 2:13 2:22 2:33 2:48 1:54 1:57 2::1 2:05 2:09 2:14 2:23 2:34 2:47 3:00 3:13 3:38 3:47 5:11 5:26 5:36 5:46 6:00 6:25 6:41 7:13 15K 20K SOK A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

#### **U.S. MASTERS STANDARDS OF EXCELLENCE** FOR WOMEN

M60-64 Irwin F. Bernstein

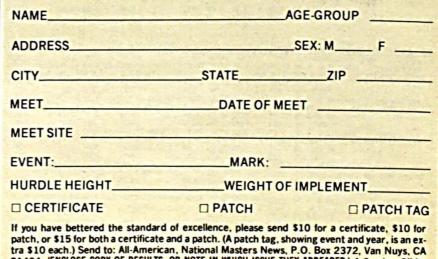
John Cauldwell James Duncan

Morren Greenburg Alan Maxwell Ken Napier Jack Pritchard

Jack Pritchard 100M Jan Smit 566 Weight Clarence Trinkner Pentathion

				Sand Street of the			100 C 200					
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2	
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0	
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3	
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35	
							Construction of the	1000	100 - Y 11	1000	and shares in	
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48	
Mile	5:34	5:44	5:55		6:26	6:49	7:19	7:46	8:47	9:39	10:45	
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26	
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00	
100H	17.2	18.2					1.76 10					
BOH	11.4	10.4	10.0	- 15.8	16.5		10 7	20.2	22.2	25.0	28.0	
400H	75.5				10.5	17.6	18.7	20.2	22.2	25.0	28.0	
	13.3	79.9	84.4	88.8								
300H		2.5			66.0	72.0	79.0	87.0	96.0			
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84	
100000	4-8	4-54	4-2	3-11	3-8	3-64	3-44	3-24	3-04	2-11	2-9	
			100	3-11	3-0	202	2.44	200	2-03			
PV	2.70	2.40	2.10	1.80	1.50	1,20	1.10	1.00	0.90	0.80	0.70	
		7-104		5-11	4-11						0.70	
	0-10-	1-103	0-11	3-11	4-11	3-11	3-7%	3-34	2-11	2-75	2-35	
IJ		1 10	4						2:35			
5	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60		2.10	2.00	
	16-5	15-1	13-114	12-95	11-8	10-6	9-42	8-64	7-84	6-11	6-7	
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80	
and the second second				25-71			18-84				12-55	
- Salar				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		1010 - 20						19.00
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25	
	33-95	30-6%	27-7	25-34	26-1	23-74	21-4	19-0%	17-3	15-5	13-114	
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00			Sec. 2.	
Jav	129-7	109-11		70-65					15.00	14.00	13.50	
	123-1	109-11	33-0	10-03	82-0	62-4	59-1	52-6	49-2	45-11	44-4	
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5	
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4	
	and a second of							A State of Lot o				
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0	
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7	
20 Mt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3 34			
a second second					0.00	5.00	4.00	3.30	3.25	3.00	2.75	
notes:	1) 100	standar	ds are	for aut	matie			dand		-	and time	
	2) Shor	rt hurd	30	-39: 33"	. 404	20"	use stat	idard co	nvers10	I TOT I	and time	
	3) Shot	t put :		-49: 4k;						120		
and t	4) Jáve						+			1000		
			30-	-49: 600	gm; 50	H: 400g	gm					
	5) Ham		30-	-49: 4k;	50+:	Jk.		7. 1 1				
	o) Heti	ric heig	this and	distan	ces are	the st	andard;	feet a	nd inch	es list	ed	
	for	convent	ence.			1 ACT 42						

#### **APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**



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

7/25/93 7/25/93 6/12/93 5/22/93 8/06/93 7/31/93 8/21/93 6/26/93 7/23/93 8/11/93

#### TRACK & FIELD RESULTS Please send results to: National Masters News, P.O. Box 2372, Van

Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### NATIONAL

#### National Masters Championship Decathlon Scoring Results Upper Arlington HS, Columbus, OH July 10-11

(corrected to 1991 WAVA Standards, 1989 WAVA Age-Factoring, 1985 IAAF Scoring)

30-34 AGE GROU	UP RESULTS		and the second of the second	
PL AGE NAME RES			DT PV JT	
	11.7 6.04 11.98(16	1.83 52.2 15.4	(110/39) 38.92(2.0) 4.40 51.80(800N)	4:43.0
SCORE: 6895 AGE:33	19-9 3/4 39-3 1/	2 6-	127-8 1/4 14-5 169-11 1 38.94 4.51 54.90	1/4
and the second sec	11.77 6.16 12.12	1.86 51.45 15.52	38.94 4.51 54.90	4:40.0
			643 763 661	
2 Doug Porter (WA)	12.0 5.98 11.28(16	1.77 53.5 15.4	(110/39) 35.14(2.0) 4.50 53.60(800N)	4:33.7
SCORE: 65/9 AGE:31	19-7 1/4 3/-	3.9 1/2	115-3 1/4 14-9 175-10 35.16 4.61 56.80	1.57 4
	12.06 6.10 11.41	1.80 32.73 13.32	567 793 690	4:52.0
			(110/39) 35.14(2.0) 3.10 36.64(800N)	
5 JIN ECKENFODE (UA)	22-4 1/4 33-2	1.05 51.1 10.5	115-3 1/4 10-2 120-2 1/	2
SCORE: DEVE AGE: SU	12 04 7 01 10 23	1 84 50 37 16 42	35.16 3.17 38.82	4:31.4
	AT0 816 499	679 798 686	567 398 425	735
4 Hichael Durham (GA)			(110/39) 31.20(2.0) 3.70 50.46(800W)	
SCORE: 5951 AGE:32	21-5 39-9 3/4	6-3 1/2	102-4 1/4 12-1 1/2 165-6 1/	2
and the second se	12.16 6.66 12.28	1.96 56.17 16.12	- 31.22 3.79 53.48	6:04.2
	620 734 623	767 553 719	488 560 640	247
5 Nike Davidson (IN)	11.7 6.08 10.69(16)	1.80 51.4 16.7	(110/39) 34.72(2.0) 2.70 39.76(800N)	4:53.8
SCORE: 5888 AGE:30	19-11 1/4 35-3/4	5-10 3/4	113-10 3/4 8-10 7/4 130-5 1/	4
Constant Property of the State			34.74 2.76 42.14	
			558 300 473	
6 Steven Wills (OW)	13.3 5.40 9.35(16)	1.71 62.4 18.6	(110/39) 23.62(2.0) 3.80 38.92(800N)	5:32.3
SCORE: 4541 AGE:34	17-8 1/2 30-8	5-7 1/4	77-5 3/4 12-5 1/2 127-8 1/ 23.64 3.89 41.24	·
	13.34 5.51 9.46	1.74 61.48 18.70	23.64 3.89 41.24	5:28.8
and the second second			341 587 460	
			(110/39) 20.72(2.0) 2.90 28.46(800N)	
SCORE: 4068 AGE:32	13-0 1/2 28-4 3/4	3-1 1/4	67-11 1/2 9-6 93-4 1/	
the second second	16.03 4.03 8./6	1.59 58.25 19.30	20.74 2.97 30.16 286 350 301	5:04.1
		•31 •13 •UI	200 350 301	221
the second se				

#### 35-39 AGE GROUP RESULTS

PL AGE NAME RES.	100M LJ	SP	HJ 400M	HH	DT	PV JT	1500M
1 Ken Ellis (OK)	12.3 5.77	11.84(16)	1.83 54.0	15.5	(110/39) 36.84(2	.0) 4.70 44.98(80	ON) 5:21.5
SCORE: 6897 AGE:35	18-11	38-10	6-		120-10 1/4	15-5 147-6	3/6
and the second second	12.10 6.18	12.62	1.95 51.49	15.29	38.82	5.05 50.82	5:09.3
					641		
2 Bill Lawson (1A)							
SCORE: 6694 AGE:36	20-1 1/4	42-3 3/4	5-9 1/2	2	131-1/4	13-1 1/4 160	-9 3/4
					42.08		
hard and the					707		
3 Jeff Watry (WI)							
SCORE: 6211 AGE:38							
A STATE OF A STATE OF A STATE					35.64		
La Million and a second second					577		
4 Tim Stamp (1A)							
SCORE: 2343 AGE:35							
					0.00		
a the second second	558 604	537	644 0	0	0	0 0	0

#### 40-44 AGE GROUP RESULTS

PL AGE NAME RES.	. 100M LJ	SP	NJ 400M	HH	DT	PV JT	1500M
1 Brant Tolsma (VA)	12.7 5.34	10.67(16)	1.74 58.2	17.7	(110/39) 32.50(2.0	3.80 41.58(80Gm)	5:16.7
SCORE: 6320 AGE:43	17-6	35-	5-8 1/2		106-7 1/2	12-5 1/2 136-5	
	12.21 6.04	12.00	1.94 53.56	16.87	36.06	4.31 49.88	4:55.4
	610 595	606	749 658	638	585	705 587	587
2 Russell Acea (WA)	12.2 5.22	7.40(16)	1.53 55.5	16.6	(110/39) 25.36(2.0	3.10 31.40(800w)	4:50.7
SCORE: 5772 AGE:40	17-1 1/2	24-3 1/4	5-		83-2 1/4	10-2 103-	
Stated and the second second	11.74 5.90	8.32	1.70 51.08	15.84	28.14	3.51 37.68	
	703 565	385	544 765	751	428	485 409	737
3 Bob Workman (TX)	12.7 4.69	8.71(16)	1.47 58.5	17.2	(110/39) 29.00(2.0	) 2.60 42.44(800m)	5:18.1
SCORE: 5388 AGE:40	15-4 1/2	28-6 3/4	4-9 3/4		95-1 1/2	8-6 1/4 139-2 3/4	
Contraction of the second	12.21 5.30	9.79	1.64 53.83	16.40	32.18	2.95 50.92 345 602	4:56.7
The second second second	- 610 441	473	496 647	688	507	345 602	579
• sob Green (SC)	12.2 4.71	11.39(16)	0.00 56.2	18.6	(110/39) 31.32(2.0	3,20 38,08(800w)	5:19.1
SCURE: 3208 AGE:44	15-5 1/4	37-4 1/4	- 0-	Star Con	102-9	10-5 3/4 124-11	and the second
	11.74 5.33	12.81	0.00 51.72	17.72	34.76	3.63 45.68	4:57.6
	703 447	656	0 737	551	550	517 525	571
5 Steve Caus (CAN	)00.0 0.00	0.00(16)	0.00 0.0	0.0	(110/39) 0.0 (2.0	) 0.0 0.0 (800x)	0:00.0
SCORE: V AUE:41	0-	0-	0-		0-	0- 0-	
A. 402	0.00 0.00	0.00	0.00 0.00	0.00	0.00	0.00 0.00	0.00 0
	0 0	. 0	0 0	0	0	0 0	0

#### 45-49 AGE GROUP RESULTS

PL AGE NAME RES.	100M LJ 5	P	NJ 400M	MM	DT PV JT 1500M
I Lex Harvey (OH)	12 0 5 61 11	20/14> 1	45 57 0	17 0	
SCORE: 7259 AGE:47	18-5 1/2 1	7-6 3/6	5-4 3/4		(110/34) 37.38(2.0) 4.10 45.74(8008) 5:52.6
A second of the second s	11 20 6 76 11	54	07 51 71	14 77	(110/39) 37.58(2.0) 4.10 45.74(8000) 5:52.6 123-3 1/2 13-5 1/4 150-3/4 44.34 4.94 58.08 5:18.3
	707 757	701	7/0 75	10.33	44.34 4.94 58.08 5:18.3
7 Pay Starnes (18)	12.0 5 45 0	14/143 1	50 57 7	040	753 892 .739 459
SCORE - 5000 ACE -48	17.10 1/2		.30 57.3	18.8	(110/39) 24.50(2.0) 2.80 30.12(800N) 5:15.5
SCORE. STTO ADE. OD	11 20 4 5/ 1	1/2	4-11		80-4 1/2 9-2 98-9 3/4
	11.27 0.34 1		./5 50./8	17.14	28.90 3.37 38.24 4:44.8
	191 101	222	585 779	610	43 449 417 650
S BILL Denorn (USA)					
Seattle and a state of the					
	200 0/0	2/3	740 605	638	540 574 437 437
4 Tom Light (AK)					
SCORE: 5405 AGE:45	16-5	25-11 1/4	5-2 1/2		70-1 1/2 10-9 3/4 115-1 25.22 3.97 44.54 4:50.5 371 609 508 615
	12.95 6.01	9.41	1.86 54.22	18.50	25.22 3.97 44 54 4.50 5
	476 589	450	679 631	477	371 609 508 415
5 Allen Ray (OH)	13.3 4.98 1	1.12(16)	1.47 66.7	20.3	(110/39) 30.50(2.0) 3.10 43.92(800w) 6:37.5
SCORE: 5374 AGE:40	10-4	36-5 3/4	4-9 3/4		100-3/6 10-2 144-1
	12.48 5.98 1	3.23	1.72 59.08	18.50	35.98 3.73 55.76 5:58.8 583 543 674 269
	560 582	681	560 445	477	583 543 474 200
A Bill Siart (CA)	14.0 4.75	8 90(16)	1 47 70 4	21 6	(110/39) 24.36(2.0) 2.80 31.02(800w) 6:26.9
SCORE: 4394 AGE:46	15.7	20.2 1/4	4.0 3/4		79-11 9-2 101-9 1/4
	17 17 5 70 1	0 50	1 77 47 74	10 47	
	13.13 3.70 1	6.34	1.72 02.30	19.0/	
2					
John Ewing (TH)	14.0 4.30	7.31(10)	1.50 65.7	0.0	(110/39) 21.88(2.0) 0.0 0.0 (800m) 0:00.0
SCORE: 2/24 AGE:49	14-3 1/2	23-11 3/4	4-11		71-9 1/4 0- 0-
	13.13 5.23	8.69	1.75 58.20	0.00	25.80 0.00 0.00 0:00.0 383 0 0 0
	446 427	407	585 476	0	383 0 0 0

The and the second second	and the second	in the second	- Jost La	al co	and the streets		Section 10
50-54 AGE GROU	P RESULT	s		19.1	a state and	entra eraka	
PL AGE NAME RES 1 Bill Angus (ON)	12.8 5.18 1	D. 23( 6) 1	NJ 400M				
SCORE: 6554 AGE:50	16-11 3/4 3	11-6 1/6	5-		100-3 3/4	9-10 113-4 1/	2
1	11.72 6.62 1 707 725	589	696 710	738	552	3.85 47.34 576 549	712
2 James Cauley (TX)	12.7 5.13	0 /0/ 41 1	47 41 0	14 4 4	100/361 31 20/1 5	1 1 10 37 06(800m)	6:08.1
SCORE: 6429 AGE:50	11.63 6.56 1	0.76 2	.00 52.67	15.95	35.10	10-2 121-7 3.98 50.76 612 600	5:20.6
7	725 711	531	803 696	738	566	612 600 3.30 35.46(800m)	6:14.1
3 Jeff Loubet (NM) SCORE: 6080 AGE:50	15-8 3/4 3	1-3	4-9 3/4		93-2	10-9 3/4 116-4	
West of the second	11.63 6.13 10	.91 1	.81 55.13 1	5.47	31.94	10-9 3/4 116-4 4.24 48.58 685 568	420
						3.00 38.80(800m)	
SCORE: 6050 AGE:50							13
	12.35 6.21 1	1.86	1.92 54.96	16.53	38.00	3.85 53.14	5:30.7
5 David Ayers (VA) SCORE: 5779 AGE:51 6 John Sloan (OH)	13.6 4.54	9.34( 6)	1.35 62.7	18.6	(100/36) 32.48(1.5	5) 3.20 31.84(800N	5:16.8
SCORE: 5779 AGE:51	14-10 1/2	30-7 1/2	4-5	18.04	106-6 1/2	10-5 3/4 104-5 1.	4:35.9
All Start in the	567 544	527	512 667	518	595	648 495	706
6 John Sloan (OH)	14.5 4.06	9.71( 6)	1.20 71.9	20.5	(100/36) 29.74(1.)	5) 2.40 39.00(800N 7-10 1/4 127-11	) 6:21.2
SLUKE. 4444 AUE.25	13.25 5.19 1	1.11	1.48 61.16	19.88	33.44	3.08 53.42	5:32.0
7 Henry Hopkins (IN)	426 419	553	1.59 64.6	0.0	(100/36) 34.46(1.	5) 0.0 0.0 (800M	) 0:00.0
6 John Sloan (OH) SCORE: 4444 AGE:53 7 Henry Hopkins (IH) SCORE: 3979 AGE:50	17-1 3/4	35-7 3/4	5-2 1/2	0.00	113-1/2	0- 0-	0.00.0
的形式的现在分词	601 739	633	767 600	0.00	639	0 0	0
8 Dave Marovich (OH)	14.7 3.86 1	0.84( 6)	1.26 81.7	23.7	(100/36) 26.36(1.	5) 2.00 31.30(800N 6-6 1/2 102-8 1	) 8:54.6
8 Dave Marovich (ON) SCORE: 3329 AGE:50	13.43 4.93 1	2.41	1.55 69.48	22.95	. 29.64	2.57 42.88	7:45.6
and the second	397 369	631	426 149	154	457	257 484	
55-59 AGE GRO			1.1.1.1.1.1.1.1	15/23		1 California	- Bellines
PLAGE NAME RE 1 Dale Lance (OK	5. 100H LJ	SP 9.86( 6)	HJ 400M	HH 15.2	(100/36) 34.26(1	.5) 3.40 44.04(800	1500M
PL AGE NAME RE 1 Dale Lance (OK SCORE: 7627 AGE:55 2 Bill Jankovich (VI SCORE: 5458 AGE:59 3 Bay Eitthugh (FE	17-6 1/2	32-4	5-1 1/4	17	112-4 3/4	11-1 3/4 144-5	3/4
	793 888	608	831 744	986	41.10 687	810 856	424
2 Bill Jankovich (WI	) 13.2 4.67	8.77( 6)	1.26 65.6	22.2	(100/36) 24.54(1	.5) 2.70 29.80(800	6:01.2
SCORE: 3438 AUE:39	11.75 6.38	10.69	1.64 53.44	20.22	29.44	3.71 45.88	5:01.6
3 Ray Fitzhugh (CA	701 670	527	496 663	332	453	538 528	550
SCORE: 4737 AGE:58	15-1 3/4	31-3 3/4	4-8 1/2		102-9 3/4	8-6 1/4 95-8	3/4
	13.15 6.31	11.65	1.87 60.27	20.22	37.60	8-6 1/4 95-8 3 3.57 44.92 501 514	0:00.0
4 Rex Name (11 SCORE: 3836 AGE:55	) 14.6 3.94	9.22( 6)	1.20 82.7	22.2	(100/36) 29.70(1	.5) 1.40 26.22(800)	7:19.9
SCORE: 3836 AGE:55	12.98 5.38	30-2 3/4	1.56 67.34	20.22	97-5 1/4 35.64	1.92 40.36	6:07.3
	471. 457	560	434 198	332	577	125 447	235
5 Don Zimmerman (IN SCORE: 3788 AGE:57	12-11	25-11 1/	3-11	22.0	89-9	8-10 1/4 71-6	1/4
	13.67 5.38	9.65	1.56 61.65	20.58	32.82	3.71 33.56	0:00:0
A Marold Merrinoton							
SCORE: 945 AGE:58	13-5 1/4	0.00( 6)	0.00 0.0	0.0	(100/36) 0.0 (1	.5) 0.0 0.0 (800x 0- 0- 0.00 0.00 0 0	0:00.0
SCORE. PAS HOLISO	13.15 5.60	0.00	0.00 0.00	0.00	0.00	0.00 0.00	0:00.0
	443 502	0	0 0	0	0	0 0	•
60-64 AGE GRO	UP RESUL	TS			and the second second	the second second	-
1 Phil Mulkey (GA	) 13.2 5.22	13.90( 5)	1.56 63.3	15.3	(100/33) 47.40(1.	0) 3.20 34.68(6000	) 6:43.6
SCOOF . 8347 ACE . 40	17-1 1/2	45.7	5-1 1/4		155.4	10.5 3/4 111.0 1	11
2 Dick Scott (NO SCORE: 5756 AGE:64	776 970	923	944 851	1049	935	825 629	45
2 Dick Scott (MO SCORE: 5756 AGE:64	13-5 1/4	34-1/4	1.35 70.9	19.7	(100/33) 35.44(1.	7-10 1/4 96-7 3	6:49.7
	12.49 6.00	12.80	1.86 55.10	17.23	39.68	3.54 44.76	5:25.8
3 John Copp (VA	) 14.1 4.30	8.27( 5)	1.38 75.2	19.1	(100/33) 23.24(1.	.0) 0.0 24.70(6000	0:00:0
SCORE: 4401 AGE:63	14-1 1/4	27-1 1/2	4-6 1/4	16.71	76-2 3/4	0- 81-1/4	0:00.0
Sector Sector	622 650	498	714 468	655	387	0 407	0
4 William Brobst (NC SCORE: 3525 AGE:63	10-5 3/4	7.49( 5) 24-6 3/4	1.20 85.9	24.2	(100/33) 26.26(1. 86-1 3/4	6-10 1/2 79-4 3	0 6:53.9
	15.37 4.68	9.25	1.65 66.74	21.12	29.40	3.09 36.78	5:29.1
5 Doug McFetters (AZ	140 323	0.00( 5)	0.00 0.0	0.0	(100/33) 0.0 (1	.0) 0.0 0.0 (6000	0.00:0 (
SCORE: 740 AGE:60	0-	0-	0-		0-	0- 0-	0.00 0
2 Dick Scott (MO SCORE: 5756 AGE:64 3 John Copp (VA SCORE: 4401 AGE:63 4 William Brobst (MC SCORE: 3525 AGE:63 5 Doug McFetters (AZ SCORE: 760 AGE:60	740 0	0.00	0 0	0.00	0.00	0 0	0
			1				1999
65-69 AGE GRO	S. 100M LJ	SP	HJ 400M	MM	DT	PV JT	1500M
1 Denver Smith (Of	1) 14.2 4.59	10.17( 5)	1.35 70.4	16.9	(100/33) 38.26(1	.0) 2.50 33.06(600	0) 7:02.7
SCORE: 7298 AGE:67	11.60 7.22	13.83	1.97 52.01	13.94	47.04	3.96 55.20	5:18.7
MARK PURC	691 866	718	776 724	985	809	606 666	457
2 Al Brenda (C) SCORE: 6809 AGE:65	13-5 3/4	27-10 1/	1.35 07.2	19.3	112-9 1/2	8-6 1/4 104-3	
SCORE: 7298 AGE:67 2 AL Brenda (CJ SCORE: 6809 AGE:65 3 Fred Nirsimaki (O) score: SA09 AGE:64	11.80 6.46	11.54	1.97 51.12	15.87	42.28	4.12 53.06	4:58.6
3 Fred Hirsimaki (O	1) 15.4 4.09	8.77( 5)	1.26 76.1	20.6	(100/33) 28.90(1	.0) 2.40 31.44(600	C) 7:14.7
SCORE: 5809 AGE:68	13-5	28-9 1/4	4-1 1/2	284	94-9 3/4	7-10 1/4 103-1	5/4
一 他们的这些事。 是 教	506 682	602	661 551	633	35.54	3.80 52.50	5:27.7
4 Buck Bradberry (AL	14.5 4.50	9.86( 5)	1.35 0.0	0.0	(100/33) 0.0 (1.	0) 0.0 0.0 (6000	0:00.0
JUNE: 2742 AUE:00	12.05 7.08	13.40	1.97 0.00	0.00	0.00	0.00 0.00	0:00.0
3 Fred Hirsimaki (O SCORE: 5809 AGE:68 4 Buck Bradberry (AL SCORE: 2942 AGE:66 70-74 AGE GRO PLAGE NAME RE 1 A.U. Ricciardi (UV	UP RESUL	692 TS	776 0	0	0	0 0	0
PL AGE NAME RE	5. 100M LJ	SP	NJ 400M	HH	DT	PV JT	1500
1 A.U. Ricciardi (NV SCORE: 3599 AGE:73	11-1	29-3/4	3-2 3/4	0.0	90-11 1/4	7-2 1/2 71-3 3	/4
一, 我们的学习 能能	13.82 5.72	12.13	1.54 72.99	0.00	37.96	3.76 40.20	0:00.0
75-79 AGE GROU	JP RESUL	rs	and the			In the second second	-
75-79 AGE GROU PL AGE NAME RES 1 Dan Bulkley (OR)	15.2 3 31	SP 7.72( 4)	HJ 400M	HH 16.1	t 80/30) 23 24/1	PV JT	1500M
SCORE: 6938 AGE:76	10-10 1/4	25-3 3/4	3-10		76-2 3/4	7-2 1/2 64-1/2	
1.23 State	750 595	604	740 909	15.15	36.02	4.08 40.60	4:16.8
2 Ham Morningstar (MI) SCORE: 6938 AGE:76 2 Ham Morningstar (MI)	16.5 3.20	7.09( 4)	1.23 95.2	0.0	( 80/30) 17.84(1.	0) 1.80 24.28(6000)	0:00.0
SLURE: 4272 AGE:76	12.47 5.84 1	0.98	2.03 62.59	0.00	58-6 1/4 27.64	3.33 50.50	0:00.0
	562 552	545	831 329	0	418	439 596	0
80-84 AGE GPO	IP PESIT	TS	-				
80-84 AGE GROU PL AGE NAME RE 1 Claude Wills (PA SCORE: 5272 AGE:81	S. 100M LJ	SP	HJ 400M	нн	DT	PV JT	1500M
SCORE: 5272 AGE:81	10-4 1/4	6.52( 4)	1.11 96.1	19.8	( 80/30) 25.16(1.	0) 1.60 19.36(6000	) 0:00.0
	12.38 6.22	1.54	1.95 59.08	17 10	44 28	3 24 45 48	0.00 0

CORE: 5272 AGE:81 10-6 1/2 3-7 1/2 3-7 1/2 82-6 1/2 5-2 3/4 63-6 12.38 6.22 11.54 1.95 59.08 17.39 44.28 3.24 45.68 0:00.0 578 635 579 758 445 584 752 416 525 0

\* = Non-Standard Implements or Distances U = Wind Aided Performance 1 Decimal Digit = Nand Timing, 2 Decimal Digits = Fully Automatic Timing Shotput:16=16 Pounds, 12=12 Pounds, 8=8 Pounds, 6=6 Kilograms, 5=5 Kilograms, 4=4 Kilograms Hurdles:110,100,80=110,100,80 Meters, 42,39,36,33,30=42,39,36,33,30 Inches Discus: in Kilograms Javelin:800=800 Gram, 600=600 Gram, 0=01d IAAF(pre-1987 Javelin, N=New IAAF(1987 Javelin) Fall Ball 200 100

121

108.0 154.4 755.4

1500 1:8.2

5.8.5 QX 101.2

11.5 51 10.1

10.3 19.9

17.3 5 0.0 ...

1

500

5:16.7 67 636.1

4:52.4 548 7:34.7 5:27.7 611 0:00.0

0:00.0 1500 0:00.0 14 0:00.0 1

1500

4:16.8 854 0:00.0 0:00.0 0

1500M 0:00.0

a pase

3

0

70

October, 1995	1919-1-4	and the factor		1+21-21	1. 100			ational
Continued from previous page			1		1		Sec. 1	
USA Track and Fiel Upper Arlin						ionships		
(corrected to 1991 WAV,	-			and there was a series	-	d 1985 1	AAF Scori	ng)
Place Age Score Name	Res.	Hur.	нл	SP	200M	L	Л	800M
Invitational Group	5 300		The la					
1. 5273 W22 Nicole Hudson	(GA)	14.7	1.86	11.84	26.3	5.08	43.16	2:32.8
W30-34 Age Group		850	1054	651	751	581	728	658
1. 3982 W31 Jana Sipes	(PA)	18.0	1.56	9.90	29.8	4.59	38.58	2:49.7
		502	736	548	517	477	706	496
W35-39 Age Group 1. 4623 W35 Sande Lamber	t (TX)	16.0	1.41	9.20	28.0	5.01	23.50	2:25.9
the strate of the set of the set	,	786	644	525	718	671	443	836
W45-49 Age Group 1. 6031 W46 Phil Raschker	(GA	12.2	1.60	7.49	26.3	5.15	24.28	2:36.8
1. 0051 W40 Finit Kaschker	(UA	1015	1158	497	1009	937	582	833
Guest 4408 W45 Liz McBlain	(Can)	14.8	1.47	8.89	32.6 530	3.94 508	22.48 532	2:54.6 630
2. 3964 W49 Marlene Sachs	(VT)	641 14.9	953 1.25	614 7.96	31.6	3.77	20.26	2:53.1
		628	632	536	597	454	471	646
3. 2644 W46 Carolyn McCo	ormick(1A	566	.96 275	5.11 302	31.9	2.87 200	10.76 211	3:06.0 514
W65-69 Age Group					25 4		11.20	2.50.4
1. 4805 W65 Leonore McD	aniels(VA)	517	1.23	6.34 572	35.43	3 3.72 868	14.30 477	3:50.4 494
2. 3811 W67 Johnnye Valie	n (CA)	21.5	1.05	5.78	37.1	3.07	14.74	3:49.5
		326	806	510	616	559	494	500
EAST	Short Hu M30 Leon			15.1			Ehrnstrom	
USATF/New Jersey	M35 Mar	k Monti	And the second second	15.6	ME	5 Lev M	ozhaev	38.00
Championships	M40 Ster M50 Nati	e Byrd		17.6	ME	0 Paul I	e Bradfor Narcessia	in 24.71
West Long Branch; June 6	M55 Leo M65 Tom	n Trout		16.5 18.9		0 Libby	Hagemann	21.16
M30 Rich Washington t 11.4	W40 Bre	nda Bro	ooks	15.1	M	30 Kevin		128-8
Remo Biagioni 11.4 M35 Tom Jones 10.8	W45 Mic Long Hu	rdles	ute Hi		M		rd Ruffal	
M40 P G Felton 12.0	M30 Kev M35 Kei	in Dee	nev	61.7 90.9	M		s Chandle	
M45 Rab Hagin 12.1 M50 Bob Williams 12.4	M55 Joh	n McDor	hald 30	Dm 56.3	M	55 Bob B	alderston	n 141-10
M55 Matt Brown 12.9 M60 Alex Johnson 12.9	M60 Jac 4x100m			63.4 ages)men		55 Al Ja	e Taylor nkola	94-1 67-4
M65 Tom Delaney 13.8	Garden NJ Stri			45.2 47.6		70 John 75 Gene	McCarthy	89-1 58-8
M70 Jim Manno 14.9 W30 Beryl Frederick 13.1	4x400m	Relay		agesnen	W	30 Julie	Wiedis	62-10
W35 Cheryl Alston 14.5 W40 Brenda Brooks 14.7	Phila M NJ Stri	ders "/		3:54.6 4:43.1	W	70 Libby	Hageman	udgins58-2 n 55-9
W55 Marilyn Fitzgerald 14.9 W60 Nancy Ammermuller 16.3	4x400m Team Ru			5:29.0		Bight 30 Mike	Bersch	10.87
200m±	High Ju M30 Mik	gm		7-0	M	40 John	Casamass. Ehrnstro	
M30 Bill Hughes 25.1 M35 Tom Jones 22.3	M35 Kur	t Schro	eder t	6-0	M		arstense	12.70
M40 P G Felton 24.2 M45 Paul Henry 25.0	M40 Ster M50 Jer	ve Hark	ins	6-0	M	75 Eugen	e Bradfor	11.49 rd 6.11
M50 Bob O'Brien 27.2	M55 Jon	in MCDO	haid	4-8	5	000m Pac	Hageman	
M55 Matt Brown26.7M60 Alex Johnson26.5M65 T Delany28.8	M65 Ton W30 Jul	Delana	ey dis	4-2	M	30 Cliff 35 Pat C	Mimm Grimes	24:30 30:11 r 21:39 26:57 s 24:45
M70 Jim Manno 32.0	W40 Joh	nnie H	ill Hud	gins4-2	M	40 Ray F	Lach	r 21:39 26:57
W30 Kelly Etheridge 28.1 W35 Cheryl Alston 31.3	W45 Mic Pole Va	ult	arie ni	1000	M	50 James	Carmine	s 24:45 CAN 26:45
W35 Cheryl Alston 31.3 W40 Brenda Brooks 31.8 W60 Nancy Ammermuller 35.5	M35 Dar M50 Jef	f Tind	all	9-6 11-11				28:22 28:14
400m	M60 Geo	orge Ta	ylor	4-10	W	35 Glori 40 Phyll	la Rawls lis Hanse	28:14 n 26:01
M30 Bill Hughes 52.9 M35 Jim Easter 52.2	Long Ju M30 Gre	mp g Fost	er	7.10	W	45 Sandy	Rubel	n 26:01 33:53 40:21
M35 Jim Easter52.2M40 Bill Krieger54.1M45 Paul Henry55.1	M35 Roc	hvale I	Hudson	5.61		and the second second		ers Games
M50 Bob Williams 59.7	M45 Cha	s Thor	son	5.51 4.82 5.53	2.	Quee	ens, NY; J	and the second se
M50 BOD Williams 59.7 M55 John McDonald 60.6 M60 Hal Smith 69.6 M65 Bob Naylor 67.9 M70 Jim Manno 74.6 W30 Kelly Etheridge 65.8 W45 Eliz Ireland 87.5	M50 Har M55 Lec	n Trou	on t	5.53		Om O Rick I	apo	11.28
M65 Bob Naylor 67.9 M70 Jim Manoo 74.6	M60 Qui	nto Bia	agioni	4.07	M4	5 Bhashw	ar Hart	11.53
W30 Kelly Etheridge 65.8	M70 Edd	lie Coy	le	5.53 4.95 4.07 4.24 2.09 2.72 4.67	MS	5 Ed Sma	11	12.37
W45 Eliz Ireland 87.5 W55 Marilyn Mitchell 76.7	W30 Jul W40 Nar	ie Wie	dis pack	2.72	M7	5 Carl S	Darrell Zavas	13 90
W60 Nancy Ammermuller 82.3 800m					WA	0 Ranjar	a Ghose	13.76
M30 Paul Peacock 2:07.7	M40 Mai	k Gers	hon	14.74 10.94	WS	0 Srotas	ine Tucke swini Kla	r 13.22 indt 20.39
M35 Pat Forkins 2:08.1 M40 Tom Ryan 2:08.4	MOU BOO	D O.BLI	en	9.01 6.29 7.38	W5	5 Paula	Kleinman han Kalla	24.59 1 18.84
M45 Tom Mahon 2:17.7	M60 Jac M70 Ed	k Lano	ele	7.38	WG	5 Pramo	da Vacher	21.98
M50 Tom Cannon 2:18.8 M55 Ken Baker 2:21.6	Shot P	17					at Flower	
M60 Irwin Bernstein 2:30.6 M70 Jim McGilvray 3:38.2 M75 Dudley Healy 3:24.9 W35 Mimi Dipietro 2:19.7 W50 Marilyn Ryder 3:27.7	M30 Gle M35 Bil	I Wolv	erton	15.66 13.33 12.31	MA	5 Ron Jo		24.11
M75 Dudley Healy 3:24.9 W35 Mimi Dipletro 2:19 7	M40 Her M45 Pir	try Kal	nas ·	12.31	M	5 Ed Sm	all Darrell	25.58
W50 Marilyn Ryder 3:27.7	M50 Joe	Kalna	s	11.63 11.50 11.36	W	10 Ranja	na Ghose	28.65
W55 Marilyn Fitzgerald3:07.7 1500m	M60 Wil	liam B	arken	11.36	W	15 Lorra	ine Tucke	er 28.32 andt 44.68
M30 Phil Gibbons 4:14.2	M65 A11	fred Ja	nkola	8.58	W	55 Chame	li Herdes	s 71.80
M35 Pat Forkins 4:14.2 M40 Tom Ryan 4:24.5	W30 Yar	ncy Mun	oz	10.82 8.58 8.37 7.65 7.40 6.80	W	55 Pramo	hana Kali da Vacher	
M45 Tom Mahon 4.40 2	W40 Ca	rol Lon	ig i	6.80	40 M	00m 40 Rick	Lapp	53.40
M50 Dave Gerridge 4:55.4 M55 Ken Baker 4:54.0 M70 Jim McGiluray 7:18.8	W45 Joh Discus	nnie H	IIIHudg	ins 9.12	M	45 Bhash	war Hart do Davila	55.64
M70 Jim McGilvray 7:19.8 M75 Dudley Healy 6:43.3 W30 Janice Morra 4:46.6	M30 Key		They's	115-5	M	SS Cliff	Pauling	61.90
W30 Janice Morra 4:46.6 W35 Mimi Dipietro 4:50.3	M35 Tor M40 Her	nry Kal	nas	124-1 115-9	M	60 John 65 John	Darrell	68.68
W40 L McCarthyPascuzzo5:43.6	M45 Jol M50 Lat	nn Abbo	tt	115-9 129-1 160-8	0 W	40 Betty	Clair Ellis	67.5 86.9
W50 Marilyn Ryder 7:02.7	M55 Sar	Rumfo	rd	160-8 104-1 119-1	W	50 SIOLA	ISWIIII KI	anul1.40.1
M30 John McFadden 16:25.0 M35 Chris Peters 16:08.0	MOS AL	red Ja	inkola	89-9	8	00m		lai 1:40.4
M40 Mark Sepkowski 15:59.0	M70 Jo M75 Ja	hn McCa ck Hage	man	101-0	M	40 Viren	rundstei	hier2:08.9
M45 Harold Nolan 15:46.0 M55 Gere Chase 18:34.0 M60 Chris Pappas 24:50.0 M75 Dudley Healy 24:30.0	W30 Ya	ncy Mun	stor	71-3	M	50 Sid H	loward	2:13.8
M75 Dudley Healy 24:30.0	W40 Ca	rol Ion	ig	71-3 66-1 47-0 64-1	M	60 A1 PL	ima	2:25.5
W30 B BrennanMoldoch 18:58.0 W35 Michele Kirch 23:19.0	Hammer				0 W	45 Mary	Clair	2:42.6
W40 Barbara Johnson 25:23.0 W45 Lois BrownButcher24:20.0	M30 Mi	ke Bers	sch	46.34	W	50 Srota	swini Kl	andt4:32.5
HAD LOIS Brownbutcher24:20.0	1 10 10	ai casa	10351N2	43.07	255	SU BUIDC	maria Nal	ar 4:01.10
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	M40 Virendra Gauthier 4:55 M45 Ben Grundstein 5:45
1	M50 Luis Flores 5:36 M55 Witold Bialokur 5:14
5.20	M60 John Darrell 7:26 W40 Diane Ditchfield 5:57 W45 Hladini Wilson 7:23
14	W45 Hladini Wilson 7:23
1	W55 Srotaswini Klandt10:12 W60 S Kallai 9:14
1	3000m W40 Lahory Brummell 12:57 W45 Hladini Wilson 15:01
	W45 Hladini Wilson         15:01           W55 S Klandt         21:52           W60 S Kallai         18:33
	5000m
14	M40 Virendra Gauthier17:30
-	M45 L Guachichulcha 17:45 M50 Luis Flores 17:59
	M40 Virendra Gauthier17:30 M45 L Guachichulcha 17:45 M50 Luis Flores 17:59 M55 Phil Brewer 21:00 M60 Ross Grasso 23:52
	HIGH JUND
	M40 Ivan Black5-1M45 Rudra Tamm4-3M50 Delfido Davila4-1
the state	M55 Haig Bohigian 4-1
	M55 Hairdo Davila 4-1 M56 Paul Soraparu 4-1 W40 Marie Beretey 4-0 W45 Lorraine Tucker 3-9 W50 Sandy Pashkin 3-7
	W45 Lorraine Tucker 3-9 W50 Sandy Pashkin 3-7
1.1	Long Jump
	M45 Rudra Tamm 3.46
	M50 Mel Miller 4.09 M55 Haig Bohigian 3.88
51 33	M55 Haig Bohigian 3.88 M60 John Darrell 3.88 M70 Hillar Saareste 3.59 W40 Marie Beretey 4.38
00	W40 Marie Beretey 4.38
57 71	W40 Marie Beretey 4.38 W45 Lorraine Tucker 4.65 W70 Pearl Auerbach 1.78
16	W80 Sylvia Swartz 1.52
-8	Shot Put M40 Mike Fortunato 9.04 M45 Dick Dunphy 11.27
-4	MSU August Kauffman 11.48
6-0 9-10	M55 Louis Capanpo 10.19 M60 Martin Kintish 11.35 M65 Martin Busch 7.78 M70 Mario Minafra 6.70 W40 Betty Clair 9.78 W45 Shantishri McGrath 6.09 W50 Srotaswini Klandt 5.87 W55 Chameli Herdes 1.67
-10	M65 Martin Busch 7.78 M70 Mario Minafra 6.70
7-4	W40 Betty Clair 9.78
8-8	W50 Srotaswini Klandt 5.87
2-10	W55 Chameli Herdes 1.67 W60 Chris McKenzie 6.13 W70 Pearl Auerbach 5.86
5-9	W75 Rose Ruston 6 25
.87 .52	W80 Sylvia Swartz 5.39 Discus
76	M40 M Fortunato 30.36
49	M55 Giulio Romano 31.00
.11	M60 M Kintish 38.50 M65 Martin Busch 22.69
:30	M65 Martin Busch38.50M65 Martin Busch22.69M70 Mario Minafra21.79W40 Ranjana Ghose30.13W45 S McGrath15.15W50 S Klandt13.99W60 Chris McKenzie15.43W70 P Auerbach14.76W70 P Conservent14.76
:11	W45 S McGrath 15.15 W50 S Klandt 13.99
:57 :45	W60 Chris McKenzie 15.43 W70 P Auerbach 14.76
:45	W/J Rose Ruscon 15.30
:14	Javelin
:53	M40 Rick Lapp 41.31 M45 Ed Fox 40.46
:21	M50 Richard Kaye 28.12 M55 Louis Capano 28.56
ies	M60 Martin Kintish 26.76
.28	M65 Martin Busch 13.19 M70 Mario Minafra 17.49
.53	M70 Mario Minafra 17.49 W40 Ranjana Ghose 26.42 W45 Lorraine Tucker 23.78
.90 .37	
.89	W60 C McKenzie 12.73 W70 Pearl Auerbach 17.11 W75 Rose Ruston 14.14
.76	W80 Sylvia Swartz 11.37
.39	Mile Racewalk M40 Sanatan Ourchack 10:13
.59	M45 Rudra Tamm8:22M60 Ross Grasso10:32W40 Labory Brummell10:34
.98	W40 Lahory Brummell 10:34
.50	W45 Hladini Wilson 10:28 W50 Elton Richardson 8:28
.50	W55 Srotaswini Klandt 12:51 W70 Pearl Auerbach 15:09
.58	Potomac Valley TC Meet
3.65 3.32	Alexandria, VA; July 11
.68	Spencer Robinson 39 12.2 Larry Colbert 56 12.2
1.13	Russell Hardley 31 12.4
5.00	Jay Wind 43 12.5 William Greene 32 13.7 Matthew Snith 30 13.8
3.40 5.64	Matthew Snith 30 13.8 Don McCarten 63 14.4 Mark Richards 62 15.1
3.02	John Mertin 66 154
8.68	Lynn Davis W37 15.5
7.55	Cindy Weare W30 24 1
6.92 8.17	400m W78 25.9
0.40	Ivan Jordan         30         51.1           E. Abdul         44         54.2
8.93 8.95	Spencer Robinson 39 54.8
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2.56	Jay wind 43 1:07.6 Donald McCarten 63 1:08.3
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1	Lynn Davis Rolland Elliott	W37	1:10.4 1:11.2
	Cliff DeWitt	58	1:19.5
	Cindy Weare		2:07.7
	Steve Nearman Al Logie	43	2:03.0 2:06.1
	William Greene Dion O'Mara	32	2:13.0 2:14.8
	Matthew Smith James Moreland		2:20.3 2:26.9
	Win Rincon Newlie Hewson	33	2:30.6 3:16.0
	Mile		
	Ted Poulos Dion O'Mara	31 35	4:55.3
	James Moreland Marcio duffles	32	5:03.4 5:05.5
	Will Vehrs Michael Mutek		5:11.4 5:12.1
	Matthew Smith Jay Wind	30	5:16.6
	Jim Felty	35	5:25.2
	Don Hayes Dan Kornhauser	37	5:25.2 5:35.7 5:40.9 5:57.3
	Robert Harper Rolland Elliott	51	0:04.4
	Newlie Hewson Eric Nelson		6:58.7
	3000m Ted Poulos	31	9:54.9
	John Rusinko James Moreland	33	10:03.5
	Jay Wind	43	10:35.8
	Bob Weiner Jim Felty	46	10:37.0 10:49.6
	Danvers Long David Lippold	50	10:50.9 11:08.8
	James Lundeen Robert Harper	34	11:11.8 11:55.5
	Janet Felty Eric Nelson	W34	13.29.7
	High Jump		15:25.9
	Bruce McBarnett David Schorr	35 32	6-9 5-8
	John Martin Long Jump	66	3-10
S. Sec. Sec.	Mark Richards Shot Put	62	10-9
	Mike Lauderdale	38 53	35-11
	Richard Fox Albert Gardner	52	32-2
A DURA	Robert Leishear	49 64	30-7 26-34
	Stan Skrzypek B. Kleinschmidt	82 23 W71	19-6
	Sharon Good Discus	<b>W60</b>	19-3%
	Robert Leishear Richard Fox	64 53	97-3 88-4
	Victor Litwinski Albert Gardner	49	83-9
	Stan Skrzypek	82	63-1 54-8 49-0
	Sharon Good B. Kleinschmidt	82 60 W71 83 W78	48-11
	Mary Lathram	8.3 W78	48-8 33-8
	Javelin Russ White		189-11
	Russ White Richard Fox Victor Litwinski	53 49	97-3 81-1
	Robert Leishear	64 48	80-2 72-11
	Ray Cwalina Lee Glassco B. Kleinschmidt	62 W71	81-1 80-2 72-11 72-1 50-3 45-6 33-8
	Stan Skrzypek	82 W60	45-6
	Sharon Good Mile RW (Unjudged	0	
	James Moreland Dan Kornhauser Dave Kodner	40 37	7:56.8
	Dave Kodner Victor Litwinski	30	8:39.1
	Robert Harper Dick Cherry	43	9:45.1 9:47.5 10:54.3
	John Dunaway	71	10:54.3
	Mary Lathram Mil Wood	78	11:41.9
	Clarence Larson 3000m RW (Unjudge	d)	14:25.1
	James Moreland	40	15:09.8
-	Jim Goldstein Victor Litwinski	44	16.46.5 17:03.9 17:10.2
	Robert Harper	43	18:07.6
	Robert Harper Newlie Rewson John Dunaway Judy Ochs	71	20:38.9 20:45.8 22:26.7
	Mary Lathram	W78	24:19.6
	Mil Wood	-	24:20.7
-	Don Harris Memo Philadelphia; Au		
	100m M30 Larry Baker	1	12 11
	M35 Tom Jones		11.21
	M40 Johnnie Thoma	s	11.55
	Bill Corsey		12.01
1.1	M45 Joe Johnson M50 Tom O'Hara	124	11.79
1	Ross Donolow M40 Johnnie Thoma Pershing Reid Bill Corsey M45 Joe Johnson M50 Tom O'Hara M55 Larry Colbert Ed Small M60 Alex Johnson		12.66
	Ed Small M60 Alex Johnson Jesse Johnson M65 Ed Cox		13.48
	M65 Ed Cox Oscar Harris	1	13.45
	170 Rudy Valentin	e	14.70
	M/S Champ Goldy		15.01
	M90 Everett Hosac W30 Denise Jones W35 Denise Daniel	K	24.23 14.12
	W35 Denise Daniel	S	14.12 14.43
10		10.00	

W45 Sue Green W50 Marilyn Mitchell	And Street, Square, Squa
W50 Marilyn Mitchell	19.10
200m	15.04
M30 Reg Hardy Larry Baker	23.68
M35 Tom Jones	24.58 23.02
Terry O'Connell M40 Phil Felton	
Pershing Reid	24.75 24.76
Bill Krieger M45 Joe Johnson M50 Tom O'Hora M55 Larry Colbert	24.94 23.66
M50 Tom O'Hora	27.30
M55 Larry Colbert Ed Small	24.92 24.93
M60 Alex Johnson	28.13
M65 Tom Delany Ed Cox	28.98 29.46
M70 Rudy Valentine	30.76
M75 Gar Schoener W30 Denise Jones	29.24
W45 Michael Marie Hi W50 Karen Haber	11 29.93 36.78
400m	
M30 Sal Allah Reg Hardy	50.21 52.78
Geo Hadrick M35 Tom Jones	54.02
Terry O'Connell	53.27 54.56
Bob McFarland	54.70 54.24
Bob McFarland M40 Phil Felton Bill Krieger M45 Mel Fields	54.41
M45 Mel Fields M50 Tom O'Hora	54.71
Rett Oren	62 49
M55 Larry Colbert Ed Small	55.05
M60 Alex Johnson	56.44
M65 Oscar Harris M70 Rudy Valentine	71.75 69.95
M65 Oscar Harris M70 Rudy Valentine W30 Denise Jones W35 Irene Thompson 800m	67.23
M30 Sal Allah Chris Lewis	1:58.32 2:02.86
M35 Joel Hoffsmith	2:10.05
M40 Duane Green Karl Castor	2:07.92 2:11.58
M45 Tim Dickens M50 Sid Howard M55 Bob Evans	2:27.91
M50 S1d Howard M55 Bob Evans	2:12.22 2:42.49
M55 Bob Evans M70 George Blyn W30 Liza Maree W35 Joan Sterrett W40 Diane McMannus	3:46.30
W30 Liza Maree W35 Joan Sterrett	2:35.87
W40 Diane McMannus 1500m	3:14.32
M30 Fred Farwagi M35 Joel Hoffsmith	6:10.30
M40 Roper Gutzwille	r 4:16.6
Phil Yoder M45 Bill Indek	4:26.4
M50 Sid Howard M55 Bob Evans	4:34.2
M65 Luther Burdelle	5:27.5
W30 Lisa Maree	6:57.5
M65 Luther Burdelle M70 George Blyn W30 Lisa Maree W35 Beth Barrie W40 Diane McManus	6:01.8
W45 Sue Green W50 Sue Levy	7:02.39
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	9:26.45 9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McPadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy Short Hurdles	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McFadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy Short Hurdles M30 Martin Broker	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McFadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy Short Hurdles M30 Martin Broker	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McFadden M50 Jerry McFadden M50 Marv Levy W30 Pat Dantzler W50 Susan Levy <u>Short Hurdles</u> M30 Martin Booker M35 Ken Schupp M40 Ivan Black M55 Nate Byrd M60 Mark Richards	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McPadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy <u>Short Hurdles</u> M30 Martin Booker M30 Martin Booker M35 Ken Schupp M40 Ivan Black M55 Nate Byrd M60 Mark Richards M65 Tom Delany W35 Irene Thompson	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 18.56
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McPadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy <u>Short Hurdles</u> M30 Martin Booker M30 Martin Booker M35 Ken Schupp M40 Ivan Black M55 Nate Byrd M60 Mark Richards M65 Tom Delany W35 Lirene Thompson W45 Michael Marie Hi	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 18.56
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McFadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy <u>Short Hurdles</u> M30 Martin Booker M35 Ken Schupp M40 Ivan Black M55 Nate Byrd M65 Ton Delany W35 Irene Thompson W45 Michael Marie Hi Long Hurdles (300m) M35 Ken Schupp	9:49.34 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15:47.78 19.82 19.77 18.46 19.85 19.46 18.56 11 15.46
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M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Bob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M55 Jim Bradley         Might Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M55 Vince Ruffin         M60 Paul Soraparu	9:49.34 10:28.74 112:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 18.56 11.15.46 18.56 11.15.46 6-3 5-4 4-4 4-8 4-2
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Bob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M50 Fred Ruley         M50 From Leany	9:49.34 10:28.74 112:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 19.85 19.46 19.85 19.46 19.85 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.4
M30 Larry Rechtin M40 Phil Yoder M45 Fred Dedrick M50 Jerry McFadden M55 Bob Evans M70 Marv Levy W30 Pat Dantzler W50 Susan Levy Short Hurdles M30 Martin Booker M30 Martin Booker M35 Ken Schupp M40 Ivan Black M65 Tom Delany W45 Michael Marie Hi Long Hurdles (300m) M35 Ken Schupp M40 Ivan Black M55 Jim Bradley High Jump M35 Mark Williamson M40 Rich Sobel Bob Schaible M55 Vince Ruffin M60 Paul Soraparu M65 Tom Delany Pole Vault	9:49.34 10:28.74 112:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 19.85 19.46 19.85 19.46 19.85 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.4
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Bob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M50 Fred Ruley         M50 From Leany	9:49.34 10:28.74 112:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 19.85 19.46 19.85 19.46 19.85 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.55 19.46 19.45 19.4
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M55 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michaelley         M10 Ivan Black         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M50 Vince Ruffin         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Jack Dorlay	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 11:47.78 15.05 19.85 19.46 18:52.90 51.946 18.56 11 15.46 18.56 11 15.46 46.17 46.96 52.95 51.60 6-3 5-4 4-4 4-8 4-2 4-2 14-0 10-6 7-1
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Bob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M55 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M55 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M	9:49.34 10:28.74 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15:45.78 19.46 19.82 19.77 18.46 19.85 19.46 19.85 19.46 18.56 19.46 18.56 11.15.46 18.56 11.15.46 18.56 52.95 51.60 6-3 5-4 4-4 4-8 4-2 4-2 14-0 10-6 7-1 5.45m 5.71
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Bob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M55 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M50 Fred Riley         M55 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M	9:49.34 10:28.74 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15:45.78 19.46 19.82 19.77 18.46 19.85 19.46 19.85 19.46 18.56 19.46 18.56 11.15.46 18.56 11.15.46 18.56 52.95 51.60 6-3 5-4 4-4 4-8 4-2 4-2 14-0 10-6 7-1 5.45m 5.71
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M55 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300n)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Joft Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorg Jump         M35 Rockdale Hublso	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 18.56 11 15.46 18.56 11 15.46 46.17 46.96 52.95 51.60 6-3 5-4 4-8 4-8 4-2 4-2 14-0 10-6 7-1 5.45m 5.71 5.68 5.39 5.33
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M55 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300n)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Joft Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorg Jump         M35 Rockdale Hublso	9:49.34 10:28.74 10:28.74 10:28.74 11:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15:45.90 15:47.78 15:45.95 19.46 18.56 19.46 18.56 19.46 18.56 19.46 18.56 19.46 18.56 19.46 18.56 52.95 51.60 6-3 5-4 4-4 4-8 4-2 4-2 14-0 10-6 7-1 5.45m 5.39 5.31 5.45
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M55 Tom Delany         W35 Irene Thompson         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300n)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Joft Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorg Jump         M35 Rockdale Hublso	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15.05 19.82 19.77 18.46 19.85 19.46 19.46
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorge Jump         M35 Rockla L Hudson         M40 John T	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 11:47.78 15:05 19.82 19.77 18.46 19.85 19.46 19.55 19.46
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorge Jump         M35 Rockla L Hudson         M40 John T	15.05 19.82 19.77 18.46 19.85 19.46 18.56 11 15.46 46.17 46.96 52.95 51.60 6-3 5-4 5-2 4-4 4-8 4-2 4-2 4-4 4-8 4-2 14-0 10-6 7-1 5.45m 5.71 5.68 5.33 4.67 4.94 4.50 9.51 5.39
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M55 Dob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300m)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300m)         M35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorge Jump         M35 Rockla L Hudson         M40 John T	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 11:47.78 15:05 19.82 19.77 18.46 19.85 19.46 19.55 19.46
M30 Larry Rechtin         M40 Phil Yoder         M45 Fred Dedrick         M50 Jerry McFadden         M55 Eob Evans         M70 Marv Levy         W30 Fat Dantzler         W50 Susan Levy         Short Hurdles         M30 Martin Booker         M30 Martin Booker         M35 Ken Schupp         M40 Ivan Black         M55 Nate Byrd         M60 Mark Richards         M65 Tom Delany         W35 Irene Thompson         W45 Michael Marie Hi         Long Hurdles (300n)         W35 Ken Schupp         M40 Ivan Black         M45 Michael Marie Hi         Long Hurdles (300n)         W35 Ken Schupp         M40 Ivan Black         M45 Mick Augeri         M55 Jim Bradley         High Jump         M35 Mark Williamson         M40 Rich Sobel         Bob Schaible         M45 Bill Graf         M60 Paul Soraparu         M65 Tom Delany         Pole Vault         M40 Jeff Kingstad         M45 Rick Holmes         M65 Jack Dorlay         Lorg Jump         M35 Rockdale Hubson         M40 John T	9:49.34 10:28.74 110:28.74 110:11.60 12:47.4 20:52.71 18:52.90 15:47.78 15:45.90 15:47.78 15:45.90 15:47.78 15:46 18:56 19.46 18:56 19.46 18:56 19.46 18:56 19.46 18:56 19.46 18:56 19.46 19.85 19.46 19.46 19.85 19.46 19.46 19.85 19.46

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#### Continued from previous page Triple Jump M35 Steve Platt M40 Ivan Black M50 Kiet Vener 10.01 11.15 10.56 10.25 M60 Jim Stookey M65 Jack Doorlay 7.93 6.29 8.80 M70 Ed Coyle M75 Sparks Sorlein Shot Put M30 Al Russo M30 Al Russo 11.30 M35 Jim Craigs 12.17 M40 Henry Kalas 12.26 M45 Rick Dunphy 12.03 M50 Larry Fratt 13.36 M55 Jay Edwards 11.62 M60 Ray Feick 12.76 Len Olson 12.54 M70 Ed Coyle 8.39 M75 Champion Goldy 7.90 M30 Everett Hosack 4.94 M30 Denise Jones 7.09 M35 Irene Thompson 8.19 Neysa Westnan 7.09 M50 Roslyn Katz 7.43 11.30 W45 Johnnie Hill W50 Roslyn Katz W60 Joan Dash 7.43 Discus M30 Al Russo M35 Tom Talbot M40 Jim Williams 36.70 36.98 39.94 37.16 Henry Kal M45 John Abbott 37.20 Terry Shuman M50 Larry Pratt Gus Giviskos M55 Jay Edwards 35.10 49.24 33.46 32.64 43.66 M60 Len Olson 40.96 27.52 28.62 Tom Henderson M65 Art Harris M70 John McCarthy M75 Champion Goldy W35 Lorraine Sibilia 25.26 20.78 20.16 20.38 W50 Roslyn Katz W55 Joan Youngs W60 Joan Dash 16.18 . . Javelin M30 Kevin Richardson 53.18 Eric Schad M35 Nick Helfrich 53.24 39.16 M40 Bob Sing Dick McMullin M45 Ed Fox M50 Geo Reynolds Hans Ehrnstrom 63.82 53.70 38.60 45.92 40.04 Hans Ehrnstrom M55 Pat Conley M60 Ray Feick Len Olson M65 Al Jankola Art Harris M70 John McCarthy N20 This Micdia 40.04 35.15 39.84 35.66 23.60 23.50 26.08 19.64 W30 Julie Wiedis W35 Irene Thompson W50 Roslyn Katz W55 Joan Youngs W60 Joan Dash 27.60 18.54 21.42 20.42 Weight Throw M40 Mike Sherrill M50 Hans Ehrnstrom M60 Len Olson Ray Feick M65 Al Jankola 12.66 13.59 13.12 12.47 9.10 7.91 4.59 9.27 M70 Paul Eberhardinger M90 Everett Hosack W50 Roslyn Katz 3000m Racewalk M40 Greg McCoy M50 Hans Ehrnstrom M55 Bernard Mazaro M65 Ed Gawinski M80 Al Sabaroff 18:26.6 17:50.0 18:27.3 16:55.7 26:51.0 W35 Lorraine Sibilia W40 Rabada Ceane W55 Selma Felman 21:18.5 20:43.7 25:11.0 MIDWEST

MIDWEST	
The Masters Retur To Illinois Meet Libertyville: July 10	N. A.
100m	arthr &
M30 Rob Robinson	12.70
M35 Mike Skoflanc	12.40
M40 Gerry Krainik	11.90
M45 Jim Lee	12.20
M50 Dennis Buss	12.30
M55 Pierre Dobrovolny	12.70
M60 Harry Brown	12.70
M65 Chuck Sochor	13.20
M70 Lee Farmer	13.90
M75 Mel Flachs	17.40
W35 Lynn Latoria	14.80
W40 Claudia Masterson	17.20
W55 Roddie Larsen	17.20
W60 Helen Hess	23.00
200m	
M30 Joe Schwieterman	24.3
M35 Bob Zahn	24.0
M40 Gerry Krainik	23.3
M45 Jim Lee	24.4
M50 Dennis Buss	25.3
M55 Don Amery	27.9
M60 Harry Brown	26.4
M65 Chuck Sochor	27.2
M70 Lee Farmer	29.1
M75 Mel Flachs W35 Lynn Latoria	36.3
W40 Claudia Masterson	37.1
W55 Roddie Larsen	35.7
W60 Helen Hess	48.2
400m	-0.2
M30 Tony Krainik	55.0
The second second	33.0

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M35 Alvin Smith	56.0
M35 Alvin Smith M40 Dan Connors	55.0
M45 Drew Jackson M50 Don Mowles	59.0 63.0
M60 Mario Bertolani	88.0
M50 Don Mowles M60 Mario Bertolani M65 Chuck Sochor M75 Mel Flachs	61.0
M75 Mel Flachs W30 Angie Krainik	93.0 68.0
M75 Mel Flachs W30 Angie Krainik W35 Sheree Robertson W40 Tricia Scully W50 Terry Untz	64.0
W40 Tricia Scully	79.0
W50 Terry Untz W55 Roddie Larsen	2:25
W60 Helen Hess	1:48
800m M30 Dick Kennedy	2:02
M35 Glenn Drakeley	2:41
M30 Dick Kennedy M35 Glenn Drakeley M40 Jerry Feldhausen M45 Stan Mathes M50 Vick Heckler M55 Ernie Tracy M65 Chuck Sochor M75 John Williams W35 Sherree Robertso	2:09
M50 Vick Heckler	2:08
M55 Ernie Tracy	2:38
M75 John Williams	6:09
W35 Sherree Robertso	n 2:31
W40 Tricia Scully W45 Renata Miskinis W50 Terry Untz W55 Boots Worlek	2:53 3:03
W50 Terry Untz	5:26
W55 Boots Wodek W75 Algene Williams	3:29
W75 Algene Williams W80 Anne Clarke	4:53 5:12
1500m	
M30 Dan Skarda M35 Phil Gayter M40 Darryl Johnson M45 Alex Posper	4:12
M40 Darryl Johnson	4:27
M45 Alex Posner	4:40
M50 VIC Heckler M55 Ernie Tracy	5:16
M60 Ted Pasquesi	7:24
M40 Darryl Johnson M45 Alex Posner M50 Vic Heckler M55 Ernie Tracy M60 Ted Pasquesi M65 George Rasch M75 John Williams W40 Ellie Johnson W45 Caroll Cooke M45 Ponet Micking	7:15
W40 Ellie Johnson	6:39
W45 Caroll Cooke	5:45
W45 Renat Miskinis W75 Algene Williams	5:51 9:00
3000m	5.00
M30 Dan Skarda	9:10
M35 Jim Ramig M40 Darryl Johnson M45 Alex Posner M50 Ron Thomas M55 Ernie Tracy M65 George Rasch M70 Joe Schmidt	10:51 9:25
M45 Alex Posner	10:08
M50 Ron Thomas	10:17
M55 George Rasch	11:10 15:27
M70 Joe Schmidt	15:53
M70 Joe Schmidt W30 Joy Gayter W35 Peg Cronin	10:52
W45 Caroll Cooke	12:21
W75 Algene Williams	18:08
W80 Anne Clarke	20:21
M70 Joe Schmidt W30 Joy Gayter W35 Peg Cronin W45 Caroll Cooke W75 Algene Williams W80 Anne Clarke Short Hurdles M30 Joe Schwieterman	15.40
M35 Bob Zahn M40 Stan Druckrey	15.70
MAU Stan Druckrey	14 80
M45 Johnnie Meisner	18.00
M45 Johnnie Meisner M50 Bruce Mills	18.00 18.40
M45 Johnnie Meisner M50 Bruce Mills	18.00
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman	18.00
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles	18.00 18.40 16.40 19.30 23.40
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey	18.00 18.40 r 16.40 19.30
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M55 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team	18.00 18.40 16.40 19.30 23.40 57.05 47.7
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M55 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski,	18.00 18.40 16.40 19.30 23.40 57.05 47.7
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik)	18.00 18.40 16.40 19.30 23.40 57.05 47.7
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M55 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns	18.00 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider)	18.00 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team	18.00 18.40 19.30 23.40 57.05 47.7 /wright/ 66.0 on/ 4:05
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnsu Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman	18.00 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team	18.00 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /wright/ 66.0 on/ 4:05 /Jackson/ 5:46
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnso	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnsus Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis)	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnso Miskinis) High Jump	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 m/
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Wuckk/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Misk mis) High Jump M30 Rob Robinson	18.00 18.40 19.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.69
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Wuckk/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Misk mis) High Jump M30 Rob Robinson	18.00 18.40 19.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.69
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Wuckk/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Misk mis) High Jump M30 Rob Robinson	18.00 18.40 19.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.69
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnso Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Larry Gardner M50 Larry Gardner	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 m/ 1.73 1.68 1.73 1.57 1.32 1.57
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Cocke/Packel/Johnson M15 Rob Robinson M35 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M55 Mike Murphy M60 Dick Richardson	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 m/ 1.73 1.68 1.73 1.67 1.57 1.32 1.57 1.57 1.57
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Mist Bob Zahn M45 Johnnie Meisner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M65 Eugene Hess	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johns Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnso Miskinis) <u>High Jump</u> M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M55 Eugene Hess M70 Mel Buschman	18.00 18.40 19.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Wockk/Johnson/Scull Snider) Co-Ed Team (Wockk/Johnson/Scull Snider) Co-Ed Team (Cocke/Packel/Johnson Miss Bob Zahn M45 Johunie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M65 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Vault	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.57 pr 1.42 1.77 1.01 4.42
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Wuskat/Schwieterman Whitemore) Female Team (Cocke/Packel/Johnson Miskinis) <u>High Jump</u> M30 Rob Robinson M35 Bob Zahn M45 Johunie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M55 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Vault M30 Steve Hable M35 Keith Petranek	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 m/ 1.73 1.68 1.73 1.57 pr 1.42 1.27 1.17 1.01 4.42 4.27
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnso Snider) 4x400m Relay Male Team (Gand/Miskinis/Johnso Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M55 MaryLou Platis Pole Vault M30 Keith Petranek M40 Pat Malone	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.68 1.73 1.68 1.73 1.67 1.32 1.57 1.32 1.57 1.32 1.27 1.17 1.01 4.42 2.74
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnso Snider) 4x400m Relay Male Team (Gand/Miskinis/Johnso Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkne M55 MaryLou Platis Pole Vault M30 Keith Petranek M40 Pat Malone	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Modek/Johnson/Scull Snider) Co-Ed Team (Cocke/Packel/Johnso Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M55 Mike Murphy M60 Dick Richardson M55 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Vault M30 Steve Hable M35 Keith Petranek M40 Fat Malope M45 Ed Greene M55 Joe Griffin M60 Tom Hinkes	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Modek/Johnson/Scull Snider) Co-Ed Team (Cocke/Packel/Johnso Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M55 Mike Murphy M60 Dick Richardson M55 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Vault M30 Steve Hable M35 Keith Petranek M40 Fat Malope M45 Ed Greene M55 Joe Griffin M60 Tom Hinkes	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 on/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Modek/Johnson/Scull Snider) Co-Ed Team (Cooke/Jackel/Johnson Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Lick Richardson M60 Dick Richardson M60 Dick Richardson M65 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Valt M30 Steve Hable M35 Keith Petranek M40 Pat Malope M45 Ed Greene M45 Ed Greene M45 Ed Greene M55 Joe Griffin M60 Tom Hinkess Long Jump M30 Chuck Truax	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Modek/Johnson/Scull Snider) Co-Ed Team (Cooke/Jackel/Johnson Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M50 Lick Richardson M60 Dick Richardson M60 Dick Richardson M65 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Valt M30 Steve Hable M35 Keith Petranek M40 Pat Malope M45 Ed Greene M45 Ed Greene M45 Ed Greene M55 Joe Griffin M60 Tom Hinkess Long Jump M30 Chuck Truax	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Johnson/Scull Snider) Co-Ed Team (Cooke/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson M35 Bob Zahn M35 Bob Zahn M36 Dick Richards M35 Bob Zahn M36 Charry Gardner M30 Chuck Truax M35 Mike Skoflanc M40 Jim Hawkins M45 Johnnie Meisner M30 Chuck Truax M35 Mike Skoflanc M45 Johnnie Meisner	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.68 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52 4.56
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Wodek/Johnson/Scull Snider) Co-Ed Team (Cooke/Johnson/Scull Snider) Co-Ed Team (Cooke/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson M35 Bob Zahn M35 Bob Zahn M36 Dick Richards M35 Bob Zahn M36 Charry Gardner M30 Chuck Truax M35 Mike Skoflanc M40 Jim Hawkins M45 Johnnie Meisner M30 Chuck Truax M35 Mike Skoflanc M45 Johnnie Meisner	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.68 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52 4.56
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkme M65 Chuck Sochor M70 Mel Buschman Long Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnsu Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnsu Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnsu Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wocket/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis) <u>High Jump</u> M30 Rob Robinson M15 Bob Zahn M45 Johnnie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkme M55 Joe Griffin M35 Keith Petranek M40 Pat Malope M55 Joe Griffin M60 Tom Hinkes Long Jump M30 Chuck Truax M35 Mike Skoflanc M40 Jim Hawkins	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 4:52 n/ 1.73 1.68 1.73 1.57 1.42 1.57 1.42 1.57 1.47 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52 4.02 ar 4.42
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Nodek/Johnson/Scull Snider) Co-Ed Team (Cocke/Packel/Johnson M15 Bob Robinson M15 Bob Robinson M15 Bob Robinson M15 Bob Robinson M15 Bob Robinson M15 Bob Robinson M15 Dick Richardson M55 Mike Murphy M60 Dick Richardson M65 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Valt M30 Steve Hable M35 Keith Petranek M40 Pat Malone M45 Ed Greene M55 Joe Griffin M60 Tom Hinkes Long Jump M30 Chuck Truax M15 Mike Skoflanc M40 Jim Hawkins M45 Johnnie Meisner M50 Larry Gardner M50 Larry Gardner M50 Larry Gardner	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 y/ 4:52 n/ 1.73 1.68 1.73 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 4.56 4.02 4.52 4.56 4.52 1.57 1.57 1.57 1.57 1.42 1.57 1.5
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkne M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Gand/Miskinis/Johns Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis) High Jump M30 Rob Robinson M35 Bob Zahn M35 Johnnie Meisner M50 Larry Gardner M55 Mike Murphy M60 Dick Richardson M65 Eugene Hess M70 Mel Buschman W45 Johnnie Meisner M55 Joe Griffin M60 Tom Hinkes Long Jump M30 Chuck Truax M35 Mike Skoflanc M45 Johnnie Meisner M50 Larry Gardner M50 Larry Gardner M	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.274 3.05 nha 3.05 3.96 5.52 4.98 5.05 4.56 4.02 er 4.23 3.04
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkoe M65 Chuck Sochor M70 Mel Buschman Lorrg Hurdles M40 Stan Druckrey 4x100m Relay Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnsu Snider) 4x400m Relay Male Team (Gand/Miskinis/Johnsu Snider) 4x400m Relay Male Team (Gand/Miskinis/Johnsu Snider) 4x400m Relay Male Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman Whitemore) Female Team (Muskat/Schwieterman M30 Rob Robinson M35 Bob Zahn M30 Rob Robinson M35 Bob Zahn M30 Rob Robinson M35 Dolarry Gardner M50 Larry Gardner M55 Joe Griffin M60 Tom Hinkes Long Jump M30 Chuck Truax M35 Mike Skoflanc M45 Johnnie Meisner M50 Larry Gardner M50 Larry Gardne	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.68 1.73 1.57 1.32 1.57 1.42 1.27 1.17 1.01 4.42 4.274 3.05 nha 3.05 3.96 5.52 4.98 5.05 4.56 4.02 er 4.23 3.04
M45 Johnnie Meisner M50 Bruce Mills M60 Clarence Trinkme M65 Chuck Sochor M70 Mel Buschman Lorg Hurdles M40 Stan Druckrey <u>4x100m Relay</u> Male Team (Blueford/Rewolinski, G Krainik) Co-Ed Team (Gand/Miskinis/Johnss Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnss Snider) <u>4x400m Relay</u> Male Team (Gand/Miskinis/Johnso Snider) <u>4x400m Relay</u> Male Team (Muskat/Schwieterman Whitemore) Female Team (Wocket/Johnson/Scull Snider) Co-Ed Team (Wocket/Johnson/Scull Snider) Co-Ed Team (Cooke/Packel/Johnson Miskinis) <u>High Jump</u> M30 Rob Robinson M35 Bob Zahn M45 Johnnie Meisner M55 Mike Murphy M60 Dick Richardson M60 Clarence Trinkme M65 Eugene Hess M70 Mel Buschman W45 MaryLou Platis Pole Vault M30 Steve Hable M35 Keith Petranek M40 Pat Malone M45 Ed Greene M55 Joe Griffin M60 Tom Hinkes Long Jump M30 Chuck Truax M35 Mike Skoflanc M40 Jim Hawkins M45 Johnnie Meisner M50 Larry Gardner M55 Diarry Gardner M55 Diarry Gardner M50 Larry Gardner M50 Larence Trinkm M45 MaryLou Platis Triple Jump	18.00 18.40 18.40 19.30 23.40 57.05 47.7 /Wright/ 66.0 0n/ 4:05 /Jackson/ 5:46 1.73 1.68 1.73 1.57 1.42 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 3.96 5.52 4.98 5.05 4.56 1.27 1.17 1.01 4.42 4.27 2.74 3.05 nha 3.05 4.55
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1500m M40 M	Racewalk arcus Selwyn	8:34	
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W50 B	iane GrahamHenry arb Welsch	8:17 9:09	
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M40 M	arcus Selwm	17:59 17:58	
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Rocky	Mountain Masters	Games	A State of the second balance is
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Rocky Bould H 39 H 43 H 43 H 43	Mountain Masters der, Colorado; Seg ***50M*** ZAHN, BOB DOLEZEL, JIH VERTI, 308 STEINL, JOHN STEINHETZ, HIKE	6.66 6.94 6.69 6.95 7.01	A CAN BE MINE INCOME INTO MANUAL TO AN
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Rocky Bouk n 39 n 43 n 45 n 46 n 47 n 51 n 51 n 51 n 51 n 52 n 54 n 55 n 56 n 59 n 65 n 65 n 65 n 67 n 70 s F 44	Mountain Masters der, Colorado; Se ***50M*** ZAHN, BOB DOLEZEL, JIH VERTI, 308 STIEIME, JOHN STEIMETZ, HIKE BONG, ROBB STEIMETZ, HIKE BONG, ROBB STERMEN GIBSON, WALTER LECZINSKI, DENNIS STARR, TOH SCHURR, AVITAL JUNGENS, ROB LANCE, DALE DICKEY, BILL, ROTH, JIH HILGER, JIH COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRAEGER, FREDERICK TOOD, LEE SCHOENTHALER,	s Games bt. 4-5 6.66 6.69 6.67 7.01 6.61 6.52 6.98 7.54 7.54 7.54 7.54 7.54 7.54 7.60 7.60 7.60 7.60 7.60 7.60 7.95 9.80 9.80 7.61 8.00 7.95 9.80 9.80 7.44 6.97 8.00 7.52 8.00 7.54 6.77 7.72	the second state of the second s
Rocky Bouk n 39 H43 H43 H45 H45 H45 H47 H51 H51 H51 H51 H51 H51 H51 H51 H51 H51	Mountain Masters der, Colorado; Se ***50M*** ZAHN, BOB DOLEZEL, JIH VERTI, 308 STIEIME, JOHN STEIMETZ, HIKE BONG, ROBB STEIMETZ, HIKE BONG, ROBB STEIMETZ, HIKE BONG, ROBB STEIMETZ, HIKE BONG, ROBB LANCE, DALE DICKEY, BILL, ROTH, JIH MILGER, JIH COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRAEGER, FREDERICK TODO, LEE SCHOENTHALER, SERIMA CURRAN, LURLINE LARSEN, RODDIE	s Games bt. 4-5 6.66 6.69 6.67 7.01 6.61 6.52 6.98 7.54 7.54 7.54 7.54 7.54 7.54 7.60 7.60 7.60 7.60 7.60 7.60 7.95 9.80 9.80 7.61 8.00 7.95 9.80 9.80 7.44 6.97 8.00 7.52 8.00 7.54 6.77 7.72	
Rocky Bouk n 39 n43 n45 n45 n45 n45 n51 n51 n51 n51 n55 n56 n56 n56 n67 n77 n78 F 44 f 57 F 61	Mountain Masters der, Colorado; Sey ***50M*** ZAHN, BOB DOLEIZEL, JIM VERTI, SOB SIEIMEL, JOHN SIEIMEL, JOHN STEIMEL, JOHN BOBLINS. STEPHEN GIBSON, WALTER LECZINSKI, DENNIS SIARR, TOM SCHUR, AVIIAL DUCKEY, BILL ROTH, JIM HILGER, JIM COHEN. ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREGER, FREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RADUEL DUGKN, JOAN	s Games bt. 4-5 6.66 6.94 6.69 6.95 7.01 6.61 8.52 6.98 7.54 7.44 6.99 8.80 7.61 8.14 7.74 9.80 8.08 7.74 9.80 8.08 8.08 8.08 8.04 8.04 8.04 8.04 8	
Rocky Bouk n 39 n43 n45 n45 n45 n51 n51 n51 n54 n55 n56 n56 n56 n56 n56 n57 r57	Mountain Masters der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIM VERTI, 308 SIIEML, JOHN SIEIMETZ, HIKE BONG, ROBB SIEIMETZ, HIKE BONG, ROBB SIENEN, UALTER LECZINSKI, DENNIS SIEDNEN, MALTER LECZINSKI, DENNIS SIENEN, ALER DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRACER, FREDERICK TODO, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODOIE SANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ, FARNK	s Games bt. 4-5 6.64 6.94 6.63 6.95 7.01 6.61 6.52 6.98 7.54 7.44 6.99 7.54 7.44 6.99 7.54 7.54 7.44 6.99 7.60 7.60 7.9.80 8.80 7.60 7.9.80 8.14 7.72 8.43 9.14 9.14 9.14 8.16 8.16 8.16 8.16 8.16 8.16 8.16 8.16	
Rocky Bouk n 39 n43 n45 n45 n45 n45 n51 n51 n51 n51 n55 n56 n56 n56 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIM VERTI, 308 SIIEML, JOHN SIEIMETZ, HIKE BONG, ROBB SIEIMETZ, HIKE BONG, ROBB SIENEN, UALTER LECZINSKI, DENNIS SIEDNEN, MALTER LECZINSKI, DENNIS SIENEN, ALER DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRACER, FREDERICK TODO, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODOIE SANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ, FARNK	s Games bt. 4-5 6.64 6.94 6.63 6.95 7.01 6.61 6.52 6.98 7.54 7.44 6.99 7.54 7.44 6.99 7.54 7.54 7.44 6.99 7.60 7.60 7.9.80 8.80 7.60 7.9.80 8.14 7.72 8.43 9.14 9.14 9.14 8.16 8.16 8.16 8.16 8.16 8.16 8.16 8.16	
Rocky Bouk n 39 n43 n45 n45 n45 n45 n51 n51 n51 n55 n56 n56 n56 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIM VERTI, 308 SIEIMEL, JOHN SIEIMEL, JOHN STEIMEL, JOHN STEIMEL, JOHN STEIMEL, MOB BOBLINS. STEPHEN GIBSON, WALTER LECZINSKI, DENNIS STARR, TOM STARR, TOM STARR, TOM STARR, AVITA JUNGENS, DOB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SANCHEZ BISHOP, RAODIE LANCHEZ BISHOP, RAOCHAR, JONN **10001E SANCHEZ BISHOP, RAOCHAR, JONN **10001E SANCHEZ BISHOP, RAOCHARD, CURAN, JOAN **10001E SANCHEZ BISHOP, RAOCHARD, COMAN, JONN **10001E SANCHEZ BISHOP, RAOCHARD, COMAN, JONN **10001E SANCHEZ BISHOP, RAOCHARD, COMAND, COMAND, COMAND, COMAND, COMAND, COMAND, COMAND, COMAND, COMAN, COMAND,	s Games bt. 4-5 6.66 6.94 6.95 7.95 7.61 8.61 6.98 7.54 7.44 6.99 7.60 7.90 7.60 7.95 9.80 8.08 7.61 8.14 7.72 8.43 9.14 10.68 8.16 12.63 12.37 11.69 13.26	
Rocky Bould H 39 H 43 H 45 H 45 H 51 H 51 H 51 H 51 H 51 H 51 H 51 H 5	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEZEL, JIM VERTI. 308 SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN STEIMEL, JIM COMEN, AVITAL JUNGENS, NOB LANCE, DALE DICKEY, BILL, ROTH, JIM MILGEN, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRAEGER, FREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RANCHEZ BISHOP, RANCHEZ, FRANK MARCHAND, EDUARD, MILBERT ZAMM, BOB CHEADEE, BILL DOLEZEL, JIM	s Games bt. 4-5 6.66 6.94 6.67 7.01 6.61 6.52 6.70 7.75 7.44 6.99 7.54 7.44 8.80 7.60 7.60 7.90 8.80 7.60 7.90 8.80 7.60 8.80 7.60 8.80 7.60 8.80 7.60 8.80 7.61 8.14 10.68 8.14 10.68 8.16 8.16 8.16 8.16 8.16 8.16 8.16 8	
Rocky Bould H 39 H 43 H 43 H 43 H 43 H 43 H 43 H 43 H 43	Mountain Master: der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIH VERTI, 308 SIEIMEZ, MIKE BOMG, ROBB ROBBINS. SIEPMEN GIBSON, WALTER LECZINSKI, DENNIS SIAR, TOM SIANG, ROBB CHARA, AVITAL JUNGENS, NOB LANCE, DALE DICKEY, BILL ROTH, JIH MILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODOIE SCHORNHALER, SCHORNHALER, SERENA CURAN, JOAN ***100M*** MARCHARD, EDWARD MARCHARD, EDWARD MARCHARD, SILLL DOLEZEL, JIH VERTI, BOB SILEMETZ, MIKE PONG, BORB	s Games bt. 4-5 6.66 6.69 6.69 6.69 7.01 6.61 6.52 6.98 7.54 7.41 8.52 7.44 9.80 7.60 7.00 7.60 7.95 9.80 8.06 7.95 9.80 8.06 7.95 9.80 8.06 7.41 9.49 8.77 7.41 9.49 8.14 7.72 8.43 9.14 10.65 8.16 8.16 8.16 9.12 9.12 9.14 10.65 8.16 9.16 9.16 9.16 9.16 9.16 9.16 9.16 9	
Rocky Bouk n 39 n 43 n 45 n 45 n 45 n 51 n 51 n 51 n 55 n 56 n 56 n 65 n 65 n 65 n 65 n 65	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEZEL, JIM VERTI. 308 SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMES. SIEPHEN GOBBINS. SIEPHEN GIBSON, WALTER BOK, ROBB LANCE, DALE DICKEY, BILL ROTH, JIM MILGEN, JIM COHEN. ALAN SOCHOR, CHUCK SILVA. ALEX DAVISON, JOHN PREGER; FREDERICK TOOD, LEE SCHOENIHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RACHZE BISHOP, RACHT, FRANK MARCHAND, EUMARD. SIEIMETZ, MILERT ZAWN, BOB CHEADLE, BILL DOLEZEL, JIM VERTI. BOB SIEIMETZ, HINN SIESSAN, TOM SIEIMETZ, MALTER SIESSAN, MALTER SIESSAN, TOM	s Games bt. 4-5 6.66 6.94 6.69 6.95 7.54 7.44 6.90 7.54 7.44 6.90 7.60 7.60 7.60 7.60 7.60 7.60 7.60 7.6	
Rocky Bould n 39 n 43 n 45 n 51 n 51 n 51 n 52 n 54 n 56 n 59 n 666 n 59 n 744 n 77 n 78 n 56 n 59 n 666 n 744 n 77 n 78 n 56 n 744 n 77 n 78 n 56 n 744 n 75 n 745 n 55 n 746 n 74 n 745 n 755 n 755	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEZEL, JIM VERTI. 308 SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMES. SIEPHEN GOBBINS. SIEPHEN GIBSON, WALTER BOK, ROBB LANCE, DALE DICKEY, BILL ROTH, JIM MILGEN, JIM COHEN. ALAN SOCHOR, CHUCK SILVA. ALEX DAVISON, JOHN PREGER; FREDERICK TOOD, LEE SCHOENIHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RACHZE BISHOP, RACHT, FRANK MARCHAND, EUMARD. SIEIMETZ, MILERT ZAWN, BOB CHEADLE, BILL DOLEZEL, JIM VERTI. BOB SIEIMETZ, HINN SIESSAN, TOM SIEIMETZ, MALTER SIESSAN, MALTER SIESSAN, TOM	s Games bt. 4-5 6.66 6.94 6.95 7.95 7.61 8.61 6.98 7.54 7.44 6.99 7.60 7.00 7.00 7.00 7.00 7.00 7.00 7.00	
Rocky Bouk n 39 n 43 n 45 n 45 n 51 n 51 n 51 n 51 n 55 n 65 n 77 n 78 n 75 n 76 n 75 n	Mountain Master: der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIH VERII, 30B SIEIMMEJ, JOHN SIEIMMEJ, MIKE BOMG, ROBB ROBBINS, SIEPMEN GIBSON, WALTER LECZINSKI, DENNIS SIARR, TOH SILAR, TOH SCHURR, AVITAL JUNGENS, BOB LANCE, DALE DICKEY, BILL COHEN, ALAN SCHURR, AVITAL ANSOLO, JOHN PREDERICK TOOD, LEE SCHOENHALER, SERENA CURRAN, LURLINE LARSEN, RODOIE SANCHEZ BISHOP, RAOUEL DUGAN, JOAN ***100M*** HAKOTY, FRANK HAKOTY, FRANK HAKOT	s Games bt. 4-5 6.66 6.94 6.69 6.95 7.95 7.61 8.61 6.98 7.54 7.44 6.99 7.60 7.00 7.00 7.00 7.60 7.00 7.00 7.00	
Rocky Bould n 39 n43 n43 n45 n45 n45 n45 n45 n51 n51 n51 n51 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Master: der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIH VERII, 30B SIEIMMEJ, JOHN SIEIMMEJ, MIKE BOMG, ROBB ROBBINS, SIEPMEN GIBSON, WALTER LECZINSKI, DENNIS SIARR, TOH SILAR, TOH SCHURR, AVITAL JUNGENS, BOB LANCE, DALE DICKEY, BILL COHEN, ALAN SCHURR, AVITAL ANSOLO, JOHN PREDERICK TOOD, LEE SCHOENHALER, SERENA CURRAN, LURLINE LARSEN, RODOIE SANCHEZ BISHOP, RAOUEL DUGAN, JOAN ***100M*** HAKOTY, FRANK HAKOTY, FRANK HAKOT	S Games bt. 4-5 6.66 6.94 6.69 6.95 7.01 6.61 6.52 6.70 7.70 7.44 6.99 7.54 7.44 6.99 7.60 7.54 7.44 6.99 7.60 7.60 7.95 9.80 8.80 7.60 7.60 7.61 8.14 7.77 7.72 8.43 9.14 10.66 8.16 8.16 8.16 8.16 8.16 8.16 8.16 8	
Rocky Bould n 39 n43 n43 n45 n45 n45 n45 n45 n45 n51 n51 n51 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** ZAHH, BOB DOLEZEL, JIM VERTI, 308 SIEIMEL, JIM VERTI, 308 SIEIMEL, JIM NOBEINS. STEPHEN GIBSON, WALTER LECZINSKI, DENNIS STARR, TOM STARR, TOM STARR, TOM STARR, AVITAL JUNGENS, NOB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PRAEGER, FREDERICK TOOD, LEE SANCHEZ BISHOP, RAOULE LANSCY, FRANK MARCHAND, EDWARD ANCY, FRANK MARCHAND, EDWARD STIEM, JOHN STEIMET, MIL BERTIS, BOB CHEADLE, BILL OUGAR, AVITAL ANNOLD, ED JUNGENS, BOB KIRKPATRICK, ROMALD LANCE, DALE BONG, ROBB GIBSON, WALTER SCHORTHEZ, MINE BONG, ROBB GIBSON, WALTER SCHORTHEZ, MINE CHARCH, AVITAL ANNOLD, ED JUNGERS, BOB KIRKPATRICK, ROMALD LANCE, DALE CARTER, LARRY DICKEY, BILL MATHIS, JIM	<b>5 Games</b> <b>bt. 4-5</b> <b>6.66</b> <b>6.94</b> <b>6.67</b> <b>6.67</b> <b>6.67</b> <b>6.67</b> <b>6.52</b> <b>6.78</b> <b>7.61</b> <b>6.52</b> <b>6.78</b> <b>7.64</b> <b>7.64</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.60</b> <b>7.61</b> <b>8.14</b> <b>7.74</b> <b>9.80</b> <b>8.68</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>8.16</b> <b>12.63</b> <b>12.63</b> <b>12.67</b> <b>12.69</b> <b>12.69</b> <b>12.69</b> <b>12.69</b> <b>12.69</b> <b>12.69</b> <b>12.76</b> <b>12.69</b> <b>12.69</b> <b>12.69</b> <b>12.76</b> <b>13.76</b> <b>14.24</b> <b>13.76</b> <b>14.24</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>14.25</b> <b>13.76</b> <b>13.76</b> <b>13.76</b> <b>13.76</b> <b>13.12</b> <b>13.76</b> <b>13.12</b> <b>13.76</b> <b>13.12</b> <b>13.12</b> <b>13.12</b> <b>13.26</b> <b>13.12</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.25</b> <b>13.12</b> <b>13.26</b> <b>13.26</b> <b>13.25</b> <b>13.12</b> <b>13.26</b> <b>13.26</b> <b>13.25</b> <b>13.12</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.27</b> <b>13.26</b> <b>13.26</b> <b>13.27</b>	
Rocky Bould N 39 N 43 N 43 N 43 N 43 N 43 N 43 N 43 N 43	Mountain Masters der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIH VERTI, 308 STIETHEZ, HIKE BOMG, ROBB ROBBINS. STEPHEN GIBSON, WALTER LECZINSKI, DENNIS STARR, TOH STARR, TOH SCHURR, AVITAL JUNGENS, ROBB LANCE, DALE DICKEY, BILL ROTH, JIH HILGER, JIH HILGER, JIH HILGER, JIH COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAM, LURLINE LARSEN, RODDIE SACHEZ BISHOP, RAQUEL BISHOP, RAQUEL BISHOP, RAQUEL, JIH VERTI, BOB GIBSON, WALTER STIEHL, JOHN STIEL, JIH VERTI, BOB CHEADLE, BILL COMER, AVITAL ANNOLO, ED JURGENS, BOB RIBSON, WALTER STARR, TOH SCHURR, AVITAL ANNOL, ED JURGER, LARRY DICKEY, BILL MATHIS, JIM SCOTT, RICHARD COMMAL ON COMER, ALAN SCOHOR, CHUCK	s Games bt. 4-5 6.66 6.69 6.91 6.61 6.67 6.91 7.01 6.61 6.52 6.98 7.54 7.41 7.49 8.52 6.98 7.54 7.41 9.80 8.00 7.60 7.60 7.95 7.95 9.80 8.06 8.06 8.06 8.06 8.07 7.41 9.80 8.06 8.14 7.72 8.43 9.14 10.66 8.16 8.16 12.63 11.69 12.09 13.25 13.10 13.25	
Rocky Bould n 39 n43 n45 n45 n45 n45 n45 n45 n45 n51 n51 n51 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEIZEL, JIM VERTI, SOB SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN STEIMEL, JOHN STEIMEL, JOHN STEIMEL, JOHN STEIMEL, MALTER BONG, ROBB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREGER, FRANK HOD, LEE SCHOENTHALER, SCHOENTHALER, SCHOEN, ALAN CURAAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RAOCHI DUGAN, JOAN **100M*** STIEML, JOHN SIEIMET, MILBERT IAHN, SOB SIEIMET, MILBERT IAHN, BOB SIEIMET, JOHN SIEIMET, MILBERT IAHN, BOB SIEIMET, MILBERT MILBERT, MILBERT IAHN, BOB SIEIMET, MILB	S Games bt. 4-5 6.66 6.94 6.69 6.95 7.95 7.54 7.44 6.98 7.54 7.44 6.98 7.60 7.95 9.80 8.08 7.60 7.95 9.80 8.08 7.60 7.61 8.14 7.72 9.43 9.14 10.68 8.16 12.63 11.69 12.59 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 13.50 13.50 13.50	
Rocky Bould n 39 n43 n45 n45 n45 n45 n51 n51 n51 n55 n56 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEIZEL, JIM VERTI, SOB SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN STEIMEL, JOHN STEIMEL, MALTER BONG, ROBB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RAOUT, FAANK MACHANO, JOHN SIEIMEL, JIM VERTI, BOB SIEIMEL, MALTER SIENE, AVITAL ANDOD, ED JURGER, AVITAL ANNOLD, ED JURGER, ALAN SOCHOR, ROBB SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, ANNOL COMEN, ALAN SCHUR, AVITAL ANNOLD, ED JURGER, AVITAL ANNOLD, ED JURGER, AVITAL ANNOLD, ED JURGER, ALAN SOCHOR, ALEX DAVISON, JONN SILVA, ALEX DAVISON, JONN SILVA, ALEX DAVISON, JONN	S Games bt. 4-5 6.66 6.94 6.95 7.54 7.44 6.98 7.54 7.44 6.90 7.60 7.95 7.60 7.95 9.80 8.08 7.61 8.14 7.74 9.14 9.14 9.14 9.14 10.68 8.16 12.63 12.37 11.69 12.09	
Rocky Bould n 39 n43 n45 n45 n45 n45 n45 n45 n51 n51 n51 n54 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEIZEL, JIM VERTI, SOB SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN SIEIMEL, JOHN STARR, TOM SCHURR, AVITAL JUNGENS, NOB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RAOUEL DUGAN, JOAN **100M*** HILGER, JIM COHEN, ALAN SCHURR, KURLINE LARSEN, BOD SHEIMETZ, MILBERT ZAWN, BOB STIEIMEL, JOHN SIEIMETZ, MILBERT ZAWN, BOB SIEIMETZ, MILBERT ZA	S Games ot. 4-5 6.66 6.94 6.69 6.95 7.01 6.61 6.52 6.98 7.54 7.44 6.99 7.60 7.60 7.00 7.60 7.00 7.00 7.00 7.00 7.00 7.00 8.00 8.08 8.14 7.72 8.00 8.00 8.00 8.00 8.08 8.08 8.08 8.14 7.72 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.14 12.03 11.69 13.06 12.09 13.76 13.76 13.76 13.76 13.76 13.76 13.72 13	
Rocky Bould n 39 n43 n45 n45 n45 n45 n45 n45 n51 n51 n51 n54 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Masters der, Colorado; Sey ***50M*** IAHN, BOB DOLEIZEL, JIM VERTI, SOB SIEIMEL, JOHN SEIEIMET, MIKE BONG, ROBB SIEIMET, MIKE BONG, ROBB SIEIMET, MIKE BONG, ROBB LANCE, DALE DICKEY, BILL ROTH, JIM HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAN, LURLINE LARSEN, RODDI ESANCHEZ BISHOP, RAOUEL DUGAN, JOAN ***100M*** HILGER, JIM COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN SIEINET, JIM MACHARD, BOB SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINET, JIM SIEINER, AVITAL ANDOD, ED JURGENS, BOB SIIEN, JOHN SIEINET, LARRY DICKEY, BILL MATHS, JIM SCOUR, ROBB SIEINET, LARRY DICKEY, BILL MATHS, JIM SCOUR, RICKARD COMEN, ALEX DAVISON, JONN SILVA, ALEX DAVISON, JONN SILVA, ALEX DAVISON, JONN	S Games bt. 4-5 6.66 6.94 6.95 7.95 7.44 6.52 6.98 7.54 7.44 6.99 7.60 7.00 7.00 7.00 7.00 7.00 7.00 7.00	
Rocky Bould n 39 n43 n45 n45 n45 n45 n45 n45 n51 n51 n51 n54 n55 n65 n65 n65 n65 n65 n65 n65 n65 n65	Mountain Master: der, Colorado; Sey ***50M*** ZAHN, BOB DOLEZEL, JIH VERII, 308 SIEIMMEJ, JOHN SIEIMMEJ, MALTER BOMG, ROBB ROBBINS. SIEPMEN GIBSON, WALTER LECZINSKI. DENNIS SIARN, TOH SIANR, TOH SCHURR, AVIIAL JUNGENS, ROB LANCE, DALE DICKEY, BILL ROTH, JIH HILGER, JIH HILGER, JIH HILGER, JIH HILGER, JIH HILGER, JIH HILGER, JIH HILGER, JIH HILGER, JIH COHEN, ALAN SOCHOR, CHUCK SILVA, ALEX DAVISON, JOHN PREDERICK TOOD, LEE SCHOENTHALER, SERENA CURRAM, LURLINE LARSEN, RODDIE SANCHEZ BISHOP, RAOUEL DUGAN, JOAN ***100M*** HARCHAND, EDWARD ANNOLD, ED JUNGENS, BOB GIBSON, WALTER SILMETZ, MILBERT ZAHN, BOB CHEADLE, BILL DOCEZEL, JIH VERII, BOB SILENETZ, MINE SCHOENTHALER, SILHMETZ, MIKE BONG, ROBB GIBSON, WALTER SILMER, AVITAL ANNOLD, ED JUNGENS, BOB KIRKPATAICK, ROMALD LANCE, DALE CAMEN, LORLER SCHOENTHALER, SERMA SCHOR, ALAM SCOTOR, CHUCK KATIMAN, NORMALD LANCE, JAH BEUMHOND, JAN BEUMOND, JAN BEUMON, JONN	S Games ot. 4-5 6.66 6.94 6.69 6.69 6.97 7.01 6.61 6.61 6.63 6.98 7.05 7.90 7.97 7.54 7.44 6.99 7.60 7.60 7.60 7.60 7.60 7.60 8.80 7.60 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.80 7.60 8.80 8.14 12.63 12.07 11.69 12.69 12.69 12.69 12.69 12.69 12.69 12.69 12.69 12.69 12.69 12.76 11.85 13.76 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.50 14.49 13.55 14.49 15.10 15.12 13.55 14.49 15.10 15.12 13.55 14.49 15.10 15.25 15.35 14.49 15.35	

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4	100m		
8		Travis Lightsey Fred Mills	
	M40	R. Smallwood Mike Steinmetz	12.16
r,			
- Annah	M55 M60	Bob Santine Bill Wright Bill Carter	13.74
Jaid and	M/54	H.B. Smith	17.74
No.	110H	Regina Law	14.65
,	M50	Tollie Bibb	14.55* 21.70
	200m	Wayne Skartwee	C.S. Marting Mart
	M30 M35	Travis Lightsey Fred Mills	22.59 23.54
	M45	Fred Mills Colin Williams David Harris	25.05
	NOU	Tom Fisher 111	n20.93 M
	M60 M70	Jack Pritchard Doc Bennett H.B. Smith Regina Law	29.74*
	M754 W35	H.B. Smith Regina Law	42.56 31.71
	W40	Suzanne William	s 30.07*
	M30 M35	Jerry Loveall Fred Mills	56.61 53.16*
	M40 M45	S. Calonkey Greg Owings	1:02.50 1:02.15
See Second	M50 M55	M. Williams Antone Rolette	1:04.89
	M60	Jerry Loveall Fred Mills S. Calonkey Greg Owings M. Williams Antone Rolette Bill Wright S. Williams	1:15.02
	800r	n S. Calonkey	2.25 58
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	W30 M35	S. Calonkey Greg Owings L. Toothaker Jim Kennedy M. Johnson Tom Snider	2:10.81
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	M45 M50	5. Calonkey Greg Owings Ed Winn Max Price M. Johnson Linda Hogan	4:55.61 5:55.42
	M55 W30	Max Price M. Johnson	5:42.25 6:21.58
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	M45 M50	Ed Winn	10:05.74 13:05.47
	M55 W30	Greg Owings Ed Winn Jim Kennedy M. Johnson	12:13.87* 13:19.68
		Roy Kelly	30:15.45*
	SHO M30	James Gibson	8.74
	M35 M40	Ken Ellis Ed Forester	11.53 11.56
	M45	James Gibson Ken Ellis Ed Forester Kenneth Hogan Sheppard Miers Ernie Albritten A. Billigmeier Floyd Jack	10.66 s 13.79
	M55 M60	Ernie Albritten A. Billigmeier	10.87 12.37
1	M65	Floyd Jack Bill Carter	12.02
	M75 W30	+ H.B. Smith Lynne Cameron	5.53* 8.35*
	W45 W60	Floyd Jack Floyd Jack Bill Carter H.B. Smith Lynne Cameron Annis Brauser Wanda Jack	6.55 5.27*
	DIS	CUS	
1	M40 M45	Ed Forester Ken Hogan	114-6
	M50	Dan Dewelt Brad Brauser	132-2
	M60	A. Billigmeier	109-6
	M70	Bill Carter	99-81+
	W40	Ken Ellis Ed Forester Ken Hogan Dan Dewelt Brad Brauser A. Billigmeier Ed Hooker Bill Carter Lynne Cameron Linda Hogan Doris Wheeler Wanda Jack	57-0*
	W60	Wanda Jack	46-3
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	A STATE	A. Carlow
W55 Doris Stalcup W65 Loy Donley	28-0	M45 Robe M50 Lion
W65 Loy Donley W70 Addie Mae George 5K Road Race	31-9	Shot Put
M50 Bob Guajardo	21:17 25:45	M35 Dale
10K Road Race M50 Bill Mayfield M55 Martin Harms M60 Hugh Haynes	23:45	M40 Scot M45 Mike
M55 Martin Harms	59:39 50:33	M50 Mel M60 Brax
M60 Hugh Haynes M65 Jack Paslay	57:01 53:43	MOO Brax M70 Ken M75 Lew W50 Pat
WEST		W50 Pat Discus
Aloha State Gam	es	M30 Juli M35 Greg
University of Hawaii, June 12, 13 & 1		M40 Doug
100m 130 Forika McDougald		M50 Jack M60 Ed V M70 Ken
35 Elijah Thomas	11.64	3000m RW
W10 Joe Keill W15 Drvid Walker W50 Clement Chun W55 Stanford Kuroda	11.88 12.20	M40 Gord
M50 Clement Chun M55 Stanford Kuroda M60 Richard Elwell M65 Bob Voege	13.44 14.18	M45 Stev W30 Wei
MGO Richard Elwell MG5 Bob Voege	15.99 31.93	W35 Bles W45 Step
M70 Johnson Lau W30 Alberta Davis	18.53 15.18	W50 G. E W80 Ada1
MGD BOD VOEge MTO Johnson Lau MGD Alberta Davis MGD Alberta Davis WGD Alberta Davis WGD Della Suarez 200m	15.59 14.54	Stanfor
		Shot Put
M30 Forika McDougald M35 Elijah Thomas M40 Willie McNillan	23.12	M30 Ron
M40 Willie McMillan	26.80	M35 Eric M40 Gary
M55 Stan Duroda	28.85	Discus M30 John
W70 Johnson Lau W30 Vivian Tobias	39.99 33.02	M40 G Ke Hanmer
W30 Vivian Tobias W35 Ethel Guerrero W10 Robyn Calhoun W45 Della Suarez	35.18 31.50	M30 Dave M35 Eric
400m	20.43	M40 G Ke
M30 Mark Elwell M35 Elijah Tixmas	53:19 57,45	Stanfor
M35 Elijah Tiomas M40 Roger Vargas M45 John Bush M50 Jack Karbeus M55 Stanford Kuroda M35 George Ishiki M70 Naoto Inada 800n	1:13.41 58.90	Shot Put
M50 Jack Karbens	1:03.7	M30 Dave M40 Gary
M65 George Ishiki	1:22.86	Discus M30 John
		M40 G Ke Hammer
M35 Jim Youngquist. M40 Duncan Macdonald	2:04.17	M30 Mart M35 Mike
W45 Ron Pate W50 Jon Kunitake W55 Ken Monica	2:16.37 2:32.85	M40 G Ke Javelin
M65 George Ishiki	2:40.13 3:13.61	M30 Lou M40 G Ke
		Weight
M30 Kraig Lysek M35 James Youngquist	4:37.19 4:30.68	M35 Mike M40 G Ke
1500n KGO Kraig Lysek MG5 James Youngquist. M40 Derek Goudge M45 Wayne Joseph M50 Jon Kunitake M50 Jon Kunitake M55 Ken Monica M60 Richard Elwell M65 George Ishiki M70 Naoto Inada 3000m	5:06.90 5:15:48	Bay
M50 Jon Kunitake . M55 Ken Nonica	5:13.90 5:20.99	C
M60 Richard Elwell M65 George Ishiki	6:35.80 6:30.75	Soqu M40 Jim
M70 Naoto Inada 3000m	6:05.70	Eddi M45 Greg
135 James Youngquist 140 Derek Goudge		Bruc Roge
and beren counge	11.00	Joe M75 Jim
M45 Ron Pate M50 John Kunitake M65 Bob Henniger		
Short Hurdles W30 Derek Bolds W40 Larry Luehrs W45 Bebeut Leners	22.01	NO
		15th Tra
M50 Michael Dudock Long Hurdles	22.65	Bozeman
Long Hurdles M45 Robert Larson M50 Michael Dudock	1:15.29 1:34.95	max wind 1130 Robe
		H35 Hike Stev 1140 Russ
MGO James Ferrigno TC M40 Hawaii Masters TC M50 Hawaii Masters TC M70 Hawaii Masters TC	48.78 53.93	HAS Kell
M70 Hawaii Masters TC W30 Faerber's #1 W60 Faerber's Flyers	1:25.16	H55 Dwai Johr
4x400m Relay	SPIC ASSIST	1160 Dave
M30 James Ferrigno TC M50 Macdonald/Pate	3:35.00	H65 Jim H75 Clar W35 Hart
M50 Hawaii Masters TC	4:39 64	Bet
W30 Faerber's Flyers W60 Faerber's Flyers High Jump	6:41.53	W65 Hav 200 mas H30 Scot
NGO Bill Rothmeier	5-10	H30 Sco H35 Sime Ster
NGO Bill Rothneier NGS Taras Chepurny NGO Larry Luehrs NGS Patert Bloom	5-6 5-2	H40 Pat H55 Dwa
M45 Robert Bloom M50 Nathan Aiwohi	3-10 4-10	1160 Dav H65 Jim W35 Mar
Clement Chung M65 Bob Voege	(tie) 3-2	Short H
WHO LATTY Litents WHS Robert Bloom NSO Nathan Aiwohi Clement Chung WHS Bob Voege WTO Ken Wheeler WTO Lew Luchts Pole Vault	3-10 3-4	M30 Dav H35 Hik
		H40 Rus W35 Mar
M30 Bill Rothmeier M35 Steven Benson M40 Larry Luchrs M50 Nathan Alwohi M55 Braxton Norton	11-0 10-6	400 M30 Sco H40 B11
M50 Nathan Alwohi M55 Braxton Norton	9-6 7-0	H50 BII H60 Dav
Long Jump MGO Teavaiki Vaa	10-6	H65 Jim W35 Lor Bet
N35 Henry Dutro	17-54	Long Hu H40 Rus
W45 Courtland Pang	14-5	800 H30 5 H
Long Jump Kilo Teavaiki Vaa Niis Benry Dutro H40 Larry Luchrs H45 Courtland Pang N50 Clement Chung N55 Standord Kuroda Triple Jump	15-11 13-4	1135 SIM 1450 BII 1465 JIM
Triple Jump M30 Teavaiki Vaa M35 Steven Benson M40 James Caddis	37-10	H75 A14
M35 Steven Benson M40 James Gaddis	34-10 30-1	1500 M30 Sha Ton
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1	M35 Simon Hale	4:20.6
	David Vaughn H40 Jim Hatcher	4:20.3
	1145 John Devitt	5:34.2 5:20.2
	1175 Alfred Funk	5120.5
5	W55 Kay Neuman 5000	8:08.8
	M30 Tom Raunio	15:07.8
	Tony Banovich H35 David Vaughn	17:10.8
120	Charles Steele H40 Jim Hatcher	19:42.3
2	H45 John Devilt Leon Shearman	20:19.4 20:26.1
	H75 Alfred Funk	22147.2
-	5000 Racewalk H35 Steve Gardiner	28:56.0
ŝ.	H60 Ken Chomo Bill HcClaren	34132.5
No.	H70 Arne Hovin W30 Harj licClaren W55 Hartha Yale	34149.2 32122.9
	Kay Nevento	37134.5 39120.4
5	W60 Lois HcLaren	38:00.1
5	High Jump H30 Ron Sinnema	5'8
5	H25 lin Johnson	6'0 5'1
5	H55 Dwaine Horton H60 Lloyd Clark H70 Brady Walker	4.4
2	Tom Regan H75 Manuel White	3'10
-	Pole Vault	and a start of the
	1130 Dave Susanj Gary Wageman	14'2
	H55 John Diggs Long Jump	9.9
	M30 Vince Hartin	20'6
14.0	H45 Keith Beartusk H50 Frank Struna H60 Dave Cady	16'2
	H60 Dave Cady	
E STA		
AL R. L	H70 Brady Walker H75 Clarence Trahar W35 Marsha Hamilton W65 Mavis Lorenz	12'2
1	W65 Havis Lorenz Triple Jump	ir.a.
Sec.	H30 Vince Hartin	44'0
	1130 Frank Struna	38'5
Sec.	H65 Jim Hoorhead H70 Brady Walker H75 Clarence Traham	20'10 24'6 24'2
CH2	Shat Put	a start and
	Gary Bills	45'0
	IHS Rick Stowell Gary Bills Ron Broce Bob Seger	38'2
	FILL ION UAGP	50'3
Real	H60 Dave Cady H65 Wes Goodwin H70 Brady Walker	35'10
	H70 Brady Walker H75 Hanuel Wilte Discus	34"1
and and	H30 Dave Susanj 145 Tim Vollmer	130'0
	Rick Stowell	130'7
No.	Ron Broce Bob Sager HISS Dwilne Horton	107'4
5	Hou Lloyd Clark	105'8
かったい	H65 Wes Goodwin	120"2
-	H45 Wes Goodwin H70 Brady Walker H75 Hanuel White W65 Havis Lorenz	109'6 120'4 64'2
	Hanmer	
こうち たちに	HAS Bob Sager Ron Broce	114'2
and a standard a standard a	H45 Bob Sager Ron Broce H50 Tom Bage H50 Brady Walker	114'2 99'10 197'6 127'10
and the fight of the second	Hammer H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H75 Nanuel White Javelin	114'2 99'10 177'6 127'10 102'0
a start of the second of the second of	Hammer H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H73 Manuel White Javelin H30 Dave Sussel	114'2 98'10 197'6 127'10 102'0 162'3 123'10
and the second state of the second	1435 Bob Sager Ron Broce 1150 Ton Bage 1170 Brady Walker 1173 Manuel White Javelin M30 Dave Susanj M45 Ron Broce Bob Sager M55 Malcolm Russel	114'2 90'10 197'6 127'10 102'0 162'3 123'10 112'5 145'3
こうしていたいないない いたい いたい うちのでき、	H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H73 Manuel White Javelin M30 Dave Susanj H45 Ron Broce Bob Sager H55 Halcolm Russel H65 Wes Goodwin	114'2 98'10 177'4 127'10 102'0 162'3 123'10 12'5 145'3 92'9 105'7
the state of the s	1435 Bob Sager Ron Broce 1150 Ton Bage 1170 Brady Walker 1173 Manuel White Javelin M30 Dave Susanj M45 Ron Broce Bob Sager M55 Malcolm Russel	114'2 99'10 197'6 127'10 102'0 162'3 123'10 112'5 145'3 92'9
こう、というないないので、いたののない いいたい	H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H73 Hanuel White Javelin M30 Dave Susanj H45 Ron Broce Bob Sager H55 Halcolm Russel H65 Wes Goodwin H70 Brady Walker H75 Hanuel White W65 Havis Lorenz Weight Pentat	114'2 99'10 197'4 127'10 102'0 142'3 123'10 123'10 123'10 123'11 12'5 145'3 92'9 105'7 120'11 80'5
「「「「「「「」」」「「「「」」」」」」」」」」」」」」」」」」」」」」」	H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H73 Hanuel White Javel In H30 Dave SusanJ H45 Ron Broce Bob Sager H55 Halcolm Russel H55 Halcolm Russel H55 Halcolm Russel H55 Hauel White H36 Havis Lorenz Weight Pentat Provo, Utah; Augu	114'2 99'10 197'4 127'10 102'0 142'3 123'10 123'10 123'10 123'11 12'5 145'3 92'9 105'7 120'11 80'5
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The substantian of the state of	H45 Bob Sager Ron Broce H50 Tom Bage H70 Brady Walker H73 Hanuel White Javelin H30 Dave Susanj H45 Ron Broce Bob Sager H55 Halcolm Russel H65 Wes Goodwin H70 Brady Walker H75 Hauel White W65 Havis Lorenz Weight Pentat Provo, Utah; Augu I=new WAVA Tables III=Partridge/Stone III=average of both	11472 9910 19764 12710 10270 14273 12310 1125 14573 9279 10377 10377 10377 10377 10377 10375 http://doi.org/10.000 1125 14573 9279 103777 103777 103777 103777 103777 103777 103777 1037777 1037777 1037777 103777777 10377777777 1037777777777
「「「」と記述のはないないなりの言。」「「記録語」11日間でもな	H45 Bob Sager Ron Broce H50 Ton Bage H70 Brady Walker H73 Hanuel White Javel In H30 Dave Susanj H45 Ron Broce Bob Sager H55 Halcolm Russel H65 Wes Goodwin H70 Brady Walker H75 Hanvel White W65 Havis Lorenz Weight Pentat Provo, Utah; Augu I=new WWA Tables II=Partridge/Stone III=average of both I	114'2 98'10 197'4 127'10 102'0 142'3 123'10 102'0 142'3 123'10 112'5 145'3 92'9 105'7 120'11 80'5 hlon st 11-14 Tables II III
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National Masters News

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400m	Store +	Pole Vault	-
M35 J Therrien	56.39	M45 Hugh Miller	3.30
M40 Mike Nedd	56.27	M65 Jim Mathers	2.07
M45 B Zimmerman	55.81	W50 A M Rosenitsch	1.97
M50 Bill McIlwaine	59.04	Long Jump	
M55 J Vander Vleuter		M40 Bert Lee M45 J P Mayer	4.61
M60 Earl Fee M65 Valden Sadul	60.08	M50 Alan Slater	5.30
W35 Kathy Bliss	71.77		4.22
W40 Rhona Trott	72.41	M55 Hugo Bain M60 Max Woerle	3.97
Christine Guy	73.77	M65 Kark Kinanen	4.10
W45 Pam Duncan	69.82	M75 Max Pickl	3.55
W60 Janet Holmes	81.94	M80 Karl Trei	3.10
Ruth Carrier	82.39	W35 Maria Mallia	4.41
800m	A MARTINE -	W65 Helgi Pedel Triple Jump	2.88
M35 B Davidson	2:22.53	M45 J P Mayer	10.78
M45 Ray Tucker M50 Bill Thompson	2:02.89 2:11.98	M50 Alan Slater	11,19
	2:35.53	M55 H Bain	8.23
	2:18.89	M65 Karl Kinanen	8.93
M65 Valden Sadul		M80 Karl Trei	6.83
M70 Kurt Gelbhaar	2:47.26	Shot Put	Call See
W40 C Guy	2:47.56	M35 Jim Jussila	9.55
W60 Jean Horne	2:45.67	M40 Rob Murphy	10.10
1500m		M45 J P Mayer M55 Eero Yla-Outinen	11.25
	4:21.70	M60 Max Woerle	10.91
M40 George Aitken M45 Ray Tucker		M65 Jim Flowers	8.09
	4:16.19 4:36.09	M70 Gary Bachman	11.95
M55 Jim Pascoe	5:21.14	M75 Aleks Upmalis	9.41
M60 Ed Whitlock	4:58.03	M80 Karl Trei	7.37
M70 Kurt Gelbhaar	5:43.71	W35 Bozena Wojciekian	
W40 Cathy Tedford		W40 Darlene Aulenback	
W45 Linda Findlay		W60 Doreen Carmichael W65 Helgi Pedel	7.58
	6:19.59 5:46.15	Discus	
	9:22.61	M35 Chas Swanekamp	25.16
the state of the state of the state of the state			26.48
5000m	16.77.14	M40 Rob Murphy M45 J P Mayer	33.70
M40 George Aitken M45 Doug Crawford	16:27.14 19:20.74	M50 Malachi McGruder	33.78
M50 Dan Anderson	18:53.42	M55 E Yla-Outinen M60 Max Woerle	37.88
M55 Norm Abbott	19:56.36	M65 Karl Kinanen	33.88 28.46
M60 Ed Whitlock	18:21.42	M70 Karl Jirgens	19.96
M70 Kurt Gelbhaar	20:55.42	M75 Aleks Upmalis	23.96
W40 Cathy Tedford	25:50.56	M80 Karl Trei	21.92
W50 Pat Reed	23:57.06	W35 Bozena Wojciekian	
10,000m	<b>机压弹-用</b> 。	W40 D Aulenback	24.08
M35 Jim Wallbridge		W60 D Carmichael	15.54
M40 Gary Young	36:03.96	W70 Elga Meri <u>Hammer</u>	19.40
M45 Ron Poirier M50 Dan Anderson	36:12.93 40:10.87	M35 R Carmichael	20.66
M55 Norm Abbott		M45 Boris Zaichuk	50.70
	37:28.50	M55 E Yla-Outinen	35.54
M70 K Gelbhaar	43:22.40	M60 Max Woerle	38.04
W55 Molly Turner		M65 Gus Giagnoglou	31.06
W70 Judy Kazdan	66:32.75	M70 Karl Jirgens M75 Aleks Upmalis	23.82
Short Hurdles	The second second	W35 Bozena Wojciekian	28.44
M35 Doug Trahan	19.49	W40 Darlene Aulenback	
M55 Hugo Bain	20.37	Javelin	al a state
M65 Jim Mathers M75 Max Pickl	21.84	M35 M Finkbeiner	49.10
Long Hurdles	19.0	M40 F Dellavedova M45 A Laframboise	51.28
M35 Bob Davidson	70.36	M50 Fred Pamenter	43.36
M40 Steve Bogatek	60.26	M55 E Yla-Outinen	40.20
M45 F Machado	67.44	M60 Gord Field	30.36
M55 Hugo Bain	89.90	M65 Karl Kinanen	34.68
M60 Earl Fee	48.07	M75 Ed Purgalis	29.22
M65 Valden Sadul W60 Ruth Carrier	56.44	M80 Karl Trei W40 Darlene Aulenback	19.40
A CARACTER DATA CONTRACTOR	nt	W70 Elga Meri	20.44
Steeplechase	10.00	Weight	
M35 Fred Robbins	10:41.42	M45 Doris Zaichuck	15.02
M40 John Pickard M50 Dan Anderson	11:30.24	M55 E Yla-Outinen	10.27
M65 Valden Sadul	9:49.25	M60 Max Woerle M65 G Giagnoglou	9.90
High Jump	a service the	M70 Karl Jirgens	9.40
M35 B Davidson	1.60	M75 Aleks Upmalis	9.45
M55 David Morris	1.38	W35 Bozena Wojciekian	
M60 Max Woerle	1.38	W40 Darlene Aulenback	10.73
M65 Jim Mathers	1.35	W70 Elga Meri	6.30
M75 Max Pickl M80 Karl Trei	1.20	5000m Racewalk	
W35 Maria Mallia	1.35		9:40.75
W65 Helgi Pedal	1.17		2:32.64
LONG DISTAN RESULT	CE gene than TS form	e send results to: National Mas s, P.O. Box 2372, Van Nuys, D4. To keep information current, rally do not publish results in 3 months old. Results that are ty cimum 28 spaces/2%" wide) in sat receive preference. Deadlini Oth of the smooth price to lesson	CA we more ped our is
Representation	Poundate the	10th of the month prior to issue d	ste.

EAST

New England USATF 10 Mile Championships

Newburyport, MA; August 3

 Newburyport, MA; August 3

 Overall

 Simon Kirori 33
 48:56

 Jane Welzel 38
 56:39

 M40 Bruce Meder
 54:34

 Tom Carroll
 55:03

 M45 Larry Olsen
 53:02

 M50 D MacGregor
 56:45

 M55 Al Sproul
 65:34

 M60 Joe O'Connor
 72:57

 M65 John Noftle
 66:53

 M70 Harold Luetjen
 90:30

 M75 John Maillot
 1:49:28

 W40 R StockdaleWooley4262:22
 W45 Ann Sipka

 M55 Marlena Yanetti
 80:52

 W60 Dorothy Bergman
 69:32

 W60 Dorothy Bergman
 69:32

 W70 Louise Rosetti
 1:48:08

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 Alexandria, VA; August 4

 Open Mile

 1
 Steve Nearman 33
 4:38.57

 3
 Ted Poulos 31
 4:49.73

 4
 Mike Hart 37
 4:52.08

 6
 Jeff Kramer 35
 4;57.01

 7
 Steve Sedlacko 36
 5:01.24

 10
 Mark Drosky 30
 5:09.56

 Masters Mile
 1
 Rick Loughery 41
 5:01

 2
 Bob Weiner 46
 4:54
 3
 Rick Loughery 41
 5:01

 4
 Jim Medas 49
 5:10
 5
 J.11
 6
 Doug Wham 40
 5:13

 7
 Jim Derham 51
 5:17
 8
 John Haubert 50
 5:19

 9
 Will Vehrs 40
 5:23
 10
 Pat Finn 40
 5:27

 12
 R Elliott 57
 5:53
 13
 Larry Dickerson 62
 5:57

DC Roadrunners Mile/5000m

Championships Alexandria, VA; August 4

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service and service and service service and and the service service of

#### Continued from previous page 14 Dixon Hemphill 68 15 Andy Buechele 50 16 David Mabry 58 19 Bill Osburn 69 22 Frank Luff 71 23 Bud Averitt 73 24 Henry Heymann 73 5000m 6:19 6:41 7:25 8:21 9:01 9:30 5000m 1 Dan Murphy 29 15:31.14 1 Dan Murphy 29 4 Ric Banning 40 8 Paul Quinn 45 16 J J Wind 43 18 Doug Wham 40 19 Jim Medas 49 21 Jim Derham 51 25 Bachik Machter 4 16:35 17:34 18:43 18:49 18:50 19:07 21 Jim Derham 51 19:07 25 Randy Washburn 48 19:47 29 Larry Dickerson 62 21:07 30 Andy Buechele 50 21:08 33 David Mabry 58 21:41 36 Tom Kurihara 57 22:08 49 Frank Luff 71 26:44 50 Bud Averitt 73 30:34 51 Henry Heymann 73 30:35 Asbury Park 10K Asbury Park, NJ; August 14 Overall Simon Karori 33 Wilma Van Onna 28 M40 Carlos Roa David Dunne 28:22 32:52 32:59 34:12 Don McNeal Nick Caswell 34:26 Rob Hermesch 34:48 Mark Vernacchia Vincent Shaw Rolando Castro 35:11 35:31 35:35 M45 Harold Nolan llerb Tolbert Roy Carl Bill Chawner 33:06 35:28 36:04 36:38 37:03 Tom Mahon Peter Carsino 37:05 Sam Skinner Victor Cruz M50 34:37 36:09 Pat Cosgrove George Wittman Frank Hopper 36:29 38:07 38:33 38:16 M55 Gene Cha Mel Cowgill 40:01 Fred Zuleger James Smith M60 Frank Dudley 40:35 41:18 Robert Robbins Guenter Erich Isaias Solero M65 John Hosner Jack Harr 41 : 41 42:05 43:07 41:42 46:21 Mario Cavallo M70 John McManus 70 Santee Tallia 70 Fred Ely 78 W40 Susan Curtis 48:14 47:12 51:13 51:56 42:28 Jane McGraw 43:54 Jane McGraw Linda Kranick C Tarantino W45 Lulu Wechsler Kathy Albosta Cathy Pillet W50 Madeline Bost 44:41 44:43 49:30 49:41 49:46 44:45 W50 Madeline Bost Carole Lelli C Di Giambatista W55 Zofia Turosz Marion Stanjones Rita Alles W60 Lois Filreis 45:05 46:25 41:09 43:26 45:30 52:20 Nancy Ammermuller 54:53 Melva Murray 59:34 W65 Helen Dempsey 57:46 Trudy Schmidt 67:18 W70 Althea Weatherbee7464:15 Markie Stover 72 81:34 **Hispanic Half-Marathon** Central Park, NYC; August 15 Overall Charlie Bevier 33 1:09:42 M40 Sammy Sanchez 1:19:12 Kevin O'Connor 1:19:11 David Francis 1:19:14 M45 Tom Hart 1:11:58 Vince Gaines Hector Vargas Sam Skinner Luis Flores 1:19:16 1:19:18 1:17:25 1:22:25 M50 Dan Klein 1:23:22 M55 Alan Fairbrother 1:31:41 Philmore Brewer 1:33:55 M60 Juan DeLeon Cruz 1:33:56 Joe Burns 1:36:57 M65 Phil Mongillo 1:40:18 John Corrigan 1:46:00 M70 Bill Coyne 1:58:17 Francis Kwaku 1:59:15 M75+Wilfredo Rios 76 2:20:32 W40 Suzanne Rohr 1:34:05 Any Bahrt 1:39:24 W45 Ann Davies 1:31:11 M55 Alan Fairbrother 1:31:41 1:39:24 W45 Ann Davies 1:31:11 Carol Ann Zanoni 1:39:55 W50 PattyLee Parmalee1:43:39 W55 Wen-Shi Yu 1:49:39 W60 Helena Close 2:11:08 W65 Bertha McGruder 2:30:53 W70+Althea Wetherbee742:32:41 Finishers: 1530m/531w Weather: 79°/h648/caro

1		Fa	uth, MA;	.1 Mile	
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		Manu	mio Nava el Vera	MEX	34:26 35:07
	M45	Jerr	y Kieman y Olsen	IRE	35:53 36:05
		Paul	Thompso	n PA	42:31
	2		Sbarra d Baker	MA	43:53 44:07
	M50	Dick	Knight	BER t RI	44:49 40:43
	MOU	Dan	Badalame	nteNY	43:52
I			Reagan Gusmini	MA	44:09
1	10	Bob	Soldani	MA	46:46 42:13 47:14
ł	M55		Riley Mullo	MA	42:13 47:14
I	M60	John	Saarine Fernande		47:20 42:31
I	MOU	Bud	Pauling	NY	48:34
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I	W55	Eliz	Jazowsk	AM L	56:23 58:51
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	W60	Mary	McCaule Burke	Y RI 62:	58:28 31
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	W40	Peter Estel	Paul D		24:50 20:48
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#### Full Moon Frolic 8 Mile DeLand, FL; August 14 Overall Kevin Butler 30 Kim McCollum 27 M40 Rudy Muler Alan La Motte 42.51 56:09 52:50 52:58 M45 Terry Hayden Jack Wicks M50 Jim Wharton Phil Little 47:25 52:39 53:51 56:50 64:42 70:44 M55 Tony Manduca Wilfred Larm M60 Jim Blount 51:53 M75 Dick Fortier 84:18 W40 Patty Dye Jane McCrossan W45 Carol Hafner 58:24 7jə16 6,.04 W55 Jean De Baun W65 Audrey Jacobson W70 Elaine Geyer 85:16 **Over The Hill Masters 5K** Cooper City, FL; August 21 Overall Dale Parfitt 44 Alan Miller 44 Richard Bohrer 17:26 Grand Masters (50+) David Compton 51 M40 Rolando Cabrera M45 Dan Healy M50 Matt Quechiara 17:55 17:49 18:09 M50 Matt Cucchlara M55 Joseph Singer M60 Art Merkle M55 Wesley Reuter M70+Carmelo Crupi <u>Overall Women</u> Sharon Beal 46 20:02 21:57 23:03 24:15 20:08 Betty Lou Murphy Suzanne Staples 21:53 22:45 Grand Masters (50+) Barbara Boulin 58 W40 Sandra Henchy W45 Yvonne Richardson 27:01 23:24 25:15 W50 Evelyn Hayes W65 Helen Weiss 29:36 31:01 walk--Overall Dale Nelson 26:25 Elizabeth Nelson 29:19 Grand Masters (50+) John Iee June Ranofsky 30:17 33:29 **Education Finishes First 5K** Port Charlotte, FL September 4 Overall Samir Perez (15) Tina Pontoni (36) M40 Michael Varnum Donald Collette A. Paderewski 17:17 19:16 19:01 19:33 21:13 M45 Tom Bedford Otis Fesler 18:52 19:05 Otis Fesler Eddie Johns M50 R. Quevillon Ed Gantner M55 Pierce Powers Ben McAnally 19:09 17:34\* 26:09 20:36 21:20 Ben McAnally John Bradford M60 Kent Wiley Robert Tedford William Waters M65 Myron Meyer John Hickey B. Sindledecker M70 Carl Hammen William Neely Harry Campbell W40 Donna McKenna Judy Sharpe 23:51 21:53 23:48 30:25 20:44 24:51 25:23 21:33-27:20 36:06 W40 Donna McKenna 22:26 Judy Sharpe 45:11 W45 Rita Kramer 24:44 Karen Sanford 36:25 O. de Arriba 56:34 W50 Diane Leach 23:30 Valerie Wilson 23:42 Patricia Hollett 30:57 W55 Chickie Fink 47:08 Janice Lewis 56:34 W60 Vera Jones 30:36 W65 Erma Hickey 25:48 \*Best time, 2nd overall \*First win in new age group, second best time 22:26 MIDWEST Parkers burg Half-Marathon Parkersburg, WV; August 15 1:06:41 1:09:00 1:10:36 M40 Ric Savre Doug Kurtis Earl Owens Allen Choma 1:10:56 Richard Banning 1:12:25 Gary Romesser Jim Scheckel 1:12:2 1.13.4 Charles McMullen Don Slusser 1:15:0 Dale Leeper M45 Terry McCluskey Dan Giner 1:16:48 1:15:53 1:16:1

National Masters News

Nat	ional N	lasters News		
50K	4.10.50		1:21:00	
	4:18:50 4:59:36		1:23:37	
	6:17:34 7:15:32		1:25:37	
	7:55:40	M55 Fay Bradley	1:21:17	
Full Moon Frolic 8			1:21:59 1:26:58	
DeLand, FL; Augus Overall	st 14		1:29:22	
Kevin Butler 30	42:51	M60 Malcolm Gillis	1:23:07	
Kim McCollum 27 M40 Rudy Muler	56:09 52:50		1:24:43 1:32:12	
Alan La Motte	52:58		1:34:43	
M45 Terry Hayden Jack Wicks	47:25 52:39	M65 Lou Lodovico	1:36:45	
M50 Jim Wharton Phil Little	53:51 56:50		1:38:54 1:42:39	
M55 Tony Manduca Wilfred Larm	64:42 70:44		1:45:32	
M60 Jim Blount	51:53	M70 Jack McClain	2:02:38	
M75 Dick Fortier W40 Patty Dye	84:18 58:24		2:28:59	
Jane McCrossan W45 Carol Hafner	7jə16 6,.04	W40 Nancy Grayson	1:20:32	
W55 Jean De Baun	81:44	Catherine Lempesis June Schlabach	1:26:01	
W65 Audrey Jacobson W70 Elaine Geyer	85:16	C. Ciavarella Sue Green	1:26:43	
Over The Hill Masters	5K	Pam Waybright	1:33:40	
Cooper City, FL; Augus	st 21	April Capwill Betsy Weikle	1:39:02	
verall ale Parfitt 44	17:00	Deborah Young Debbie Buckles	1:39:56	
lan Miller 44 ichard Bohrer	17:15	W45 Judith Bugyi	1:31:04	1
rand Masters (50+)	17:26	Anne Yarbraough Merle Hines	1:31:32 1:44:11	
avid Compton 51 40 Rolando Cabrera	17:55 17:49	Judy Melton Margo Haren	1:47:02	
45 Dan Healy 50 Matt Cucchiara	17:29 18:09	W50 Elizabeth Ervin Barbara Jerman	1:43:22	
55 Joseph Singer	20:02	Constance Martine:		
60 Art Merkle 65 Wesley Reuter	21:57 23:03	Janice Hicks Deborah Bramlage	1:48:20	
70+Carmelo Crupi	24:15	M55 Susie Kluttz	1:40:22	
werall Women haron Beal 46	20:08	Judith Asmus Jean Hogan	1:57:38 2:00:26	
etty Lou Murphy Juzanne Staples	21:53 22:45	Barbaia Scarbro Faun Peters	2:03:38 2:09:45	
rand Masters (50+)	al alla	W60 Mary Woodring Myrtle Tourtlott	2:06:40	Check of the
arbara Boulin 58 40 Sandra Henchy	27:01 23:24	Elsie Staats	2:47:47	
45 Yvonne Richardson 50 Evelyn Hayes	25:15	W65 Doris Holman Julia Jones	2:29:19 2:36:58	
165 Helen Weiss	31:01	W70 Margaret Hagerty		
Racewalk Werall	2 The sh	Crim 10 Mile	NUMERIA:	
ale Nelson Llizabeth Nelson	26:25 29:19	Flint, MI; August 2	8	
Frand Masters (50+)	ALL AND ALL AND	Overall Alejandro Cruz 25 MEX	47:05	
June Ranofsky	30:17 33:29	Lynn Jennings 33 NH M40 Ric Savre 40 OR	52:53	
<b>Education Finishes Fin</b>	st 5K	Luis Lopez 44 CA Joe Nzau	52:12	
Port Charlotte, Fl	L	Gary Wolfram 42 MI		
September 4	1	Randy Bates 41 MI M45 Wally Herrala48 MI	55:17 55:30	
Samir Perez (15)	17:17	W40 Suzanne Ray 41 AK Karen Blackford MI	59:22	
Tina Pontoni (36) M40 Michael Varnum	19:16 19:01	Jacq. Gareau 40 CAN	1 60:35	
Donald Collette A. Paderewski	19:33 21:13	Nancy Grayson43 MI Linda Leonard43 MI	61:11 64:52	
A. Paderewski M45 Tom Bedford Otis Fesler	18:52 19:05	W45 Priscilla Welch CO Vickie Putnam45 MI	64:32	
Eddia Johns	19:09 17:34*	Barbara lleys 46 MI	71:55	
Ed Gantner	26:09	W50 Judy Carroll 51 OH		
M55 Pierce Powers Ben McAnally	20:36 21:20	MID AMER	ICA	
Ben McAnally John Bradford M60 Kent Wiley	23:51 21:53	St. Louis TC Serie	s	-
Robert Tedford	23:48	St. Louis, MO;	1995	٨
William Waters M65 Myron Meyer	30:25 20:44	Mile - June 8	4.36	-
John Hickey B. Sindledecker	24:51 25:23	M30 Kenny Cook Jon Delano	4:36 4:47	100
M70 Carl Hammen	21:33+	M35 Rick Fernandez M40 Dan Sebben	5:11	
William Neely Harry Campbell	27:20 36:06	Jim Pannebecker	4:54 4:57	
W40 Donna McKenna	22:26 45:11	M45 Mike Toolen M50 Orlyn Skrien	5:10 5:27	
W45 Rita Kramer Karen Sanford	24:44	Stove Cottle	E. 20	
0. de Arriba	36:25 56:34	M55 Bill Stewart M60 Leon Fennel M65 Bob Logue	5:39	
W50 Diane Leach Valerie Wilson	23:30 23:42	W30 Wendy Halamicek	5:01	
Patricia Hollett W55 Chickie Fink	30:57 47:08	W35 Carol Keller W40 Donna Springer W45 Carol Bollors	6:24	
Janice Lewis	56:34	and caror bertora	0:04	
W60 Vera Jones W65 Erma Hickey		W50 Carol Peluso W65 Dottie Gray	6:56 8:21	
*Best time, 2nd over	25:48 all	1500- June 15	Faire	
*Best time, 2nd over +First win in new age second best time	25:48 all group,	1500- June 15 M30 Kenny Cook Jon Delano	4:21 4:23	
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*Best time, 2nd over +First win in new agg second best time MIDWES Parkersburg Half-Ma Parkersburg, WV; Aug 40 Ric Sayre Doug Kurtis Earl Ovens Allen Choma Richard Banning Gary Romesser Jim Scheckel Charles McMullen	25:48 all # group, rathon gust 15 1:06:41 1:09:00 1:10:56 1:12:25 1:12:24 1;13:41 1:14:09	1500- June 15 M30 Kenny Cook Jon Delano Bob Schwarz M35 Gary Lorenz M40 Dan Sebben Dan Hardwick M45 Roger Lowry M50 Steve Cottle Derek Redmore M55 John Munch Bill Stewart M60 Hank Kiesel M65 Bob Logue W30 Wendy Halamisck	4:21 4:23 4:24 4:30 4:32 4:42 4:57 4:56 5:07 5:05 5:08 6:02 6:55 4:38	1
*Best time, 2nd over +First win in new agg second best time MIDWES Parkersburg Half-Ma Parkersburg, WV; Aug 40 Ric Sayre Doug Kurtis Earl Ovens Allen Choma Richard Banning Gary Romesser Jim Scheckel Charles McMullen	25:48 all # group, rathon gust 15 1:06:41 1:09:00 1:10:56 1:12:25 1:12:24 1;13:41 1:14:09	1500- June 15 M30 Kenny Cook Jon Delano Bob Schwarz M35 Gary Lorenz M40 Dan Sebben Dan Hardwick M45 Roger Lowry M50 Steve Cottle Derek Redmore M55 John Munch Bill Stewart M60 Hank Kiesel M65 Bob Logue W30 Wendy Halamicek W35 Jean Michalak W40 Havdee Muse	4:21 4:23 4:24 4:30 4:32 4:42 4:57 4:56 5:07 5:05 5:08 6:02 6:55 4:38 5:19 6:27	1
*Best time, 2nd over +First win in new agg second best time MIDWES Parkersburg Half-Ma Parkersburg, WV; Aug 40 Ric Sayre Doug Kurtis Earl Owens Allen Choma Richard Banning Gary Romesser Jim Scheckel Charles McMullen Don Slusser Dale Leeper H45 Terry McCluskey	25:48 all a group, rathon gust 15 1:06:41 1:09:00 1:10:36 1:10:56 1:12:25 1:12:24 1:13:41 1:14:09 1:15:08 1:16:48 1:15:53	1500- June 15 M30 Kenny Cook Jon Delano Bob Schwarz M35 Gary Lorenz M40 Dan Sebben Dan Hardwick M45 Roger Lowry M50 Steve Cottle Derek Redmore M55 John Munch Bill Stewart M60 Hank Kiesel M65 Bob Logue W30 Wendy Halamicek W35 Jean Michalak W40 Haydee Muse W45 Carol Bellora W50 Carol Peluso W60 Betty Benkert	4:21 4:23 4:24 4:30 4:32 4:42 4:57 4:56 5:07 5:05 5:08 6:02 6:55 4:38 5:19 6:27	1
<ul> <li>Best time, 2nd over</li> <li>First win in new agg second best time</li> <li>MIDUES</li> <li>Parkers burg Half-Ma Parkers burg, WV; Aug</li> <li>Markers burg, WV; Aug</li> <li>Ma</li></ul>	25:48 all e group, rathon gust 15 1:06:41 1:09:00 1:10:36 1:10:56 1:12:25 1:12:24 1:13:41 1:14:09 1:15:08 1:16:48 1:16:48 1:16:57 1:17:18	1500- June 15 M30 Kenny Cook Jon Delano Bob Schwarz M35 Gary Lorenz M40 Dan Sebben Dan Hardwick M45 Roger Lowry M50 Steve Cottle Derek Redmore M55 John Munch Bill Stewart M60 Hank Kiesel M65 Bob Logue W30 Wendy Halamicek W35 Jean Michalak W40 Haydee Muse W45 Carol Bellora W50 Carol Peluso W60 Betty Benkert 800-June 22 M30 Kenny Cock	4:21 4:23 4:24 4:30 4:32 4:42 4:57 4:56 5:07 5:05 5:08 6:02 6:55 5:08 6:02 6:55 4:38 5:19 6:37 5:33 6:26 7;22	1 1
<ul> <li>Best time, 2nd over</li> <li>First win in new agg second best time</li> <li>MIDUES</li> <li>Parkers burg Half-Ma Parkers burg, WV; Aug</li> <li>Markers burg, WV; Aug</li> <li>Ma</li></ul>	25:48 all e group, rathon gust 15 1:06:41 1:09:00 1:10:36 1:10:56 1:12:25 1:12:24 1:13:41 1:14:09 1:15:08 1:16:17 1:17:18 1:19:03	1500- June 15 M30 Kenny Cook Jon Delano Bob Schwarz M35 Gary Lorenz M40 Dan Sebben Dan Hardwick M45 Roger Lowry M50 Steve Cottle Derek Redmore M55 John Munch Bill Stewart M60 Hank Kiesel M65 Bob Logue W30 Wendy Halamicek W35 Jean Michalak W40 Haydee Muse W45 Carol Bellora W50 Carol Peluso W60 Betty Benkert 800-June 22 M30 Kenny Cock	4:21 4:23 4:24 4:30 4:32 4:42 4:57 4:56 5:07 5:05 5:08 6:02 6:55 4:38 5:19 6:37 5:33 6:26	1 1

#### M35 Rick Fernandez Mike Woods M40 Marcus Hamilton Dan Sebben 2:22.5 2:23.7 2:11.9 2:16.7 2:18.6 M45 Roger Lowry M50 Steve Cottle M50 Steve Cottle M55 Bob Tarrant M60 Joe Bell M65 Bob Logue M70 Faul Schmitt W30 Janet Lunnemann W35 Carol Keller W40 Haydee Muse W45 Carol Bellora W50 Carol Peluso W60 Betty Benkert W65 Dottle Gray 400-June 29 2:18.3 2:29.1 2:46.7 3:15.2 2:48.0 2:37.9 2:52.9 3:06.1 2:42.0 3:26.7 3:48.8 400-June 29 400-June 29 M30 Charles Johnson Kenny Cook M35 Rich &ishop M40 Marcus Hamilton Mike Rich M45 Gordon Reiter M50 Steve Cottle M55 Bob Tarrant M50 Joe Bell 52.1 54.1 56.7 56.7 57.6 57.6 60.3 63.0 M60 Joe Bell M65 Bob Logue W30 Janet Lunnemann W35 Carol Keller 71 6 82.0 66.5 75.9 W40 Haydee Muse W45 Carol Bellora W50 Carol Peluso 78.6 69.4 86.7 W65 Dottie Gray 94.1 **Bix 7 Miler** (AARA Championships) Davenport, IA; July 24 Overall Thomas Osano 32:19 Uta Pippig 36:27 Masters Men 34:41 Bill Rodgers 36:00 Terry Stewart 36:58 M40 Gary Holda Darryl Johnson Leo VanderVlught Peter Matthias 37:44 39:40 39:58 Mon Baker Don Vandell Bill Bergan 40:05 40:07 41:32 41:59 43:05 44:57 46:55 50:05 Dick Ruzicka M60 Jim Smedema Dick Hoff Gino Guidotti 50:09 Dixon Hemphill M70+George Rajcevich Vince Rak Robert Evers 52:00 62:10 71:31 72:17 Masters Women Carol McLatchie 40:31 Barbara Filutze Sally Brent W40 Charlene Soby Elaine Moore Nancy Rollins Anne McNeece W50 Kathy Sager Kay Schleusener Mary Connolly Susan Welke W60 Lois Gilmore Ladean Christens Barbara Filutze 41:29 41:29 43:54 44:00 46:37 47:53 47:54 57:37 58:24 59:23 59:38 58:24 Ladean Christensen 62:36 W70+Gloria Davis 98:34 Lillian Cederstrom 99:20 Pike's Peak Ascent & Marathon Manitou Springs, CO; Aug. 21-22 Ascent (13.4 miles) Overall Scott Elliott Scott Elliott 2:13:39 J'ne Day-Lucore 2:43:51 M40 Dennis Fowler 2:38:12 Rick Katz 2:41:53 P J Cullinane 2:45:44 Donald Bauder 2:56:24 Bill Stenquist 2:66:44 Michael Orendorff 3:00:52 Larry Feise 3:05:39 M45 John Swartz 2:46:00 Jin Freim 2:57:41 2.13.39 Jin Freim 2:57:41 Jin Freim 2:57:41 Larry Rose 3:01:45 John Moha 3:02:52 Robert Ahlgren 3:03:54 Jim Swalling 3:12:33 Gary Graham 3:14:26 M50 Robert McAndrews 2:57:35 Phillip Stevenson 3:03:54 David Musick 3:13:31 Ron Wisner 3:14:16 Ron Wisner 3.14.16 Mike Foster James Hubbs M55 Robert Spurr Glen Ash 3:14:16 3:14:17 3:16:28 2:59:48 Glen Ash Jerome Michel Tom Haggard James Snyder M60 Dale Goering J T Garcia Jerry Berkowitz Tom Griffith M70 Bob Martin Larry Fox 3:19:32 3:35:49 3:39:25 3:39:25 3:42:22 3:18:12 3:39:00 3:53:39 4:01:53 4:22:13 Larry Fox Friou Jones M75 Clarence Osborn Edson Sower W40 Virginia Egger 4:26:03 4:26:03 4:26:07 4:34:14 5:28:06 3:00:22 Cheryl Beckwith 3:08:02

Ann Daxberger

3:18:14

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October, 1993

October	, 1993
Joanne Urioste	3:24:29
Joanne Scott	3:38:57
Jeannie McDaniel W45 Pennie Hobert	3:48:54 3:13:08
Joyce Rankin	3:21:27
Bev Buchler Joyce McKelvey	3:35:32 3:39:53
Carol Stewart	3:45:32
. W50 Linda Knudsen Jana Illavaty	4:00:20
Nan Madden	4:03:27 4:19:24
Sharon Stillwater	4:20:42
W55 Elke Abitbol Martha Kinsinger	4:34:20 4:39:00
Kay Maris	4:46:31
W60 Chris Kassube	5:48:49 5:48:55
W65 Betty Willis Marathon	0.40.00
Overall Matt Carpenter	3:16:39
Karen Gorman	4:42:03
M40 Jerry Martinez Paul Fuller	4:09:24 4:22:31
Bob Whitney	4:44:39
Tim Edgar Don Zimmerman	4:44:58
M45 Barry Roth	4:45:54 4:31:52
Bob Johnston	5:23:22
Lon Spann Toger Malone	5:24:58 5:26:32
M50 Stephen Utley	5:00:36
Robert Reedy Bill Nolan	5:01:33
M55 Allyn Cureton	5:33:08 5:20:23
Eldon Cornish	5:38:59
M60 Verne Carlson M65 Eckart Lemberg	4:56:51 5:51:55
M65 Eckart Lemberg M70 Lionel Ortega	6:47:31
W-10 Deborah Wagner	4:54:31
Randi Bromka Eileen Cram	5:12:47 5:52:59
Marlis Dejongh	6:25:56
W45 Joyce Taylor Liz De Long	5:52:42 7:08:12
Yvonne Thompson	7:08:12 7:10:48
W50 Fay Zerega	6:48:11
Nancy Halley W55 Sandra Njaa	7:31:04 6:57:09
W65 Lou Myers	8:24:18
Leawood Labor Day 5	K/1CK
Leawood KS; Sept	
5K	and the second
Robbie Garcia Cindy Blakeley	15:53
	17:45
M40 Dave Crawford	
Bill Beyer	18:09
Bill Beyer Mike Baker M45 Mike Ott	18:09 18:11 18:32
Bill Beyer Mike Baker M45 Mike Ott Jim Dicker	18:09 18:11 18:32 18:33
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Continued from previous	page	M50 Larry
		M60+Len Th
SOUTHWES		W40 Charle
		W50 Ellen
Muscular Dystrophy		W60+D Help
Tulsa, OK; August 6 Overall	5	INTER
Wes Brown	14:43	
Suzy Hunt	17:37	IAU 100
M40 Tom Lloyd	16:54	Torhout,
M45 Bob Anderson	16:46	USA Men's 1
M50 Bobby Bomer	18:07	Bryan Hacke
M55 Fred Dice	18:31	Joe Perske
M60 Steve Blanchard	18:24	Sean Crom
M65 Jack Gentry	19:22	Kevin Setne
M70+Jim Smith	21:45	Rae Clark
W40 Martha O'Rourke	18:48	Clement Gr
M45 Trudy Calloway	20:11	USA Women's
W50 Judy Bomer	26:10	Kris Clark
W55 Kathy Moffitt	24:09	Ellen McCu
W60 Joan Whitmier	27:39	Sue Ellen
W65+Opal Alexander	28:17	Lorraine G
Racewalk Overall	25.16	Debbie Pee Daniele Ch
Jim McFadden 54	25:16	Daniele Ch
Linda Brown 52	31:15	Wester
WEST	Salar and	Cha
		Cape Tow
Avila Pier 5K		M40 Eddie
Avila Beach, CA; Augu	st 21	James
Overall	and and	Danie
Ivan Huff 34	14:45	M50 Clive
Katy McGarry 21	19:14	Carl H
M40 Frank Hutchinson40		M60+Leo Be
Louie Quintana 40		Solomo
M50 Larry Jamison 51	18:25	W40 Nancy
Jim Casper	18:57	Jean H
	21:32	W50 Care D
Ted Locker 66	23:49	W60+Jane G
M70+Joe Norris 75	24:17	
W40 Charlotte Coyes 41		RACE
Dale McVay 41 W50 Jeanette Locker 54	23:30	IN THE IT
	424:37	USATE
Bear Foot 5K		Women's
Los Osos, CA; Augus	t 29	Racewal
Overall		Albanu
Overall Sean McCormick	16:01	Albany
Sean McCormick	16:01 21:02	20K
Sean McCormick Jegnifer Massengill		20K W40 Eileen
Sean McCormick Jegnifer Massengill M40 Frank Hutchinson	21:02	20K
Sean McCormick Jegnifer Massengill M40 Frank Hutchinson	21:02	20K W40 Eileen

DEADLINE

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and the second se	
450 Larry Jamison 19:13	Priscilla Frappier2:43:28
160+Len Thornton 21:21	Martha Libby 2:48:36
40 Charlotte Coves 23:39	W45 Olga Figueroa 2:18:27
\$50 Ellen Kanthack 29:05	Linda Queipo 2:21:07
N60+D Helphingstine 53:45	W50 Lois Dicker 2:18:53
	W55 Nancy-Lee Whitney2:18:13
NTERNATIONAL	Beth Young-Grady 2:21:07
and the second second of the second of the	W60 Joan Presser 2:34:39
IAU 100K World Challenge	25K
Torhout, Belgium; August 7	M40 Brian Savilonis 2:22:22
SA Men's Team (5th of 23)	Bob Novak 2:31:15
ryan Hacker 29 6:54:44	Robert Ullman 2:34:25
pe Perske 37 7:10:26	Ross Barranco 2:54:59
ean Crom 37 7:15:35	M45 Bob Keating 2:12:40
evin Setnes 39 7:16:39	Dick Incremona 2:37:25
ae Clark 40 7:44:19	M50 Herb Zydek 2:35:55
lement Grum 37 7:52:39	Pat Bivona 2:43:56
SA Women's Team (3rd of 10)	M55 Dave Romansky 2:34:57
ris Clark Setnes 33 8:01:50	Bernard Kaufman 2:57:10
llen McCurtin 31 8:16:33	M60 Mike Michel 2:52:25
ue Ellen Trapp 46 8:17:02	M70 Charles Brush 3:20:57
orraine Gersitz 38 8:20:09	W40-49 Team
ebbie Peebles 41 8:25:36	Indiana Racewalkers 7:14:13
aniele Cherniak 32 8:41:39	(Figueroa/Young-Grady/
	Presser)
Western Province 10K	M40-49 Team
Championships	New England Walkers 7:09:27
Cape Town, S.A.; August 14	(Keating/Savilonis/Ullman)
40 Eddie Hendricks 31:04 James Bhana 33:06	
	USATF/Florida 3K Racewalk
	Championships
Carl Hendricks 38:20 60+Leo Benning 40:33	Miami; August 22
Solomon Ross 43:40	Internit, redeat an
40 Nancy Will 38:20	Overall
Jean Hann 39:00	Eric Schmook 28 14:03
50 Care Dovies 47:02	Sara O'Bannon 31 16:33
60+Jane Geldenhuys 50:05	M45 Javier Olondo 19:18
outoane derderindys 50.05	M60 Robert Fine 16:15
1712 11 11 KING	M65 Summer Shafmaster 19:42
ACE WALKING	M70+Ron Storm 71 19:25
(A)	W45 Linda Stein 16:55
USATF National Masters	W50 Mary King 21:29
Women's 20K/Men's 25K	W55 Anne Dawn 20:23
Racewalk Championships	W60 Marcia Shafmaster 21:08
Albany, NY; August 15	W65 Miriam Gordon 20:01
	W70+Ruth Usatorres 76 28:27
-20K	(certified { mile track; 6
0 Eileen Lawrence 2:07:43	USATE certified judges)
M J Mudar 2:32:35	Junges

2:07:43

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Issues?

#### Nationals Age-Graded

#### Continued from page 16

Miguel went over the top of M45 Rauscher two feet (10.1%). And M75 Buckley got home more than 50 seconds ahead of M40 Cumming in the steeplechase (8.0%). M55 Larry Stuart wasn't all that dominant in winning his event, the javelin, because M65 Del Pickarts managed to stay within 18 feet (6.3%).

Phil Raschker dominated the women's overall age-graded National Championships as surely as she dominated her own W45 division in the actual meet itself. (Why aren't we surprised?) She led all performers with six victories and one silver. Leonore McDaniels won a pair with the high jump and long hurdles, and Sally Richards-Kerr won both walks.

Once again the value of the agegrading becomes apparent with the classic example of former Olympian hurdler, Debbie Sweezey, and her W40 record-equaling 80 meter high hurdle race which graded 89.9% for a 13.66 time. Raschker bettered the W45 U.S. record and graded 90.1% for 13.60. Who would have thunk it?

The team title went to the solid performances of the W40s. Raschker, with her individual efforts bringing 41 points to the W45s, pushed them into second spot 83 to 74. McDaniels' 26 points brought her W65 team to fourth.



Marion Higgins celebrates her 100th birthday. At age 88 she captured 3 Senior Olympic medals.

Photo by Shirley Dietderich

page 31

The tightest wins were 3/10ths of one percent: W45 Raschker over W40 Sweezey in the high hurdles and W45 Mantynen over W50 Nalepa in the 1500. The biggest margins of victory went to W35 Ruppert getting home 51/2 minutes ahead of M40 Kincaide (31.1%) in the steeple, and W45 Raschker vaulting a full meter over the top of W65 McDaniels (27.7%).

(Editor's note: the performances were calculated using the 1989 WAVA agegraded tables. The WAVA Council has approved the new, revised 1993 tables, which will be published in the near future.)

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October, 1993

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