

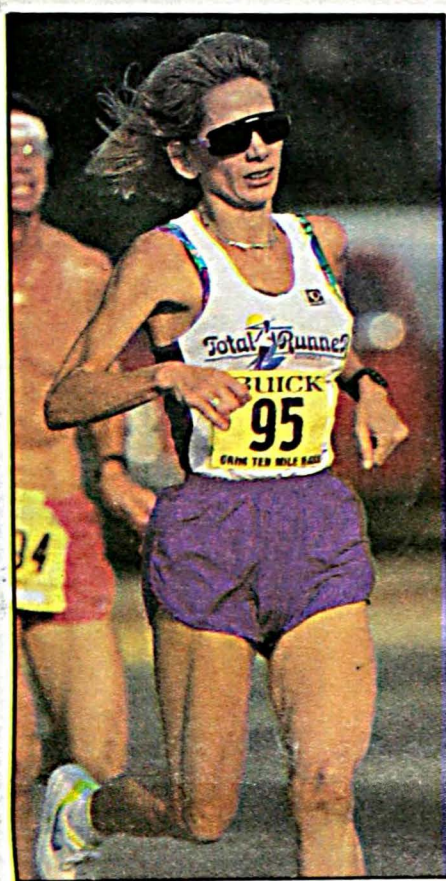
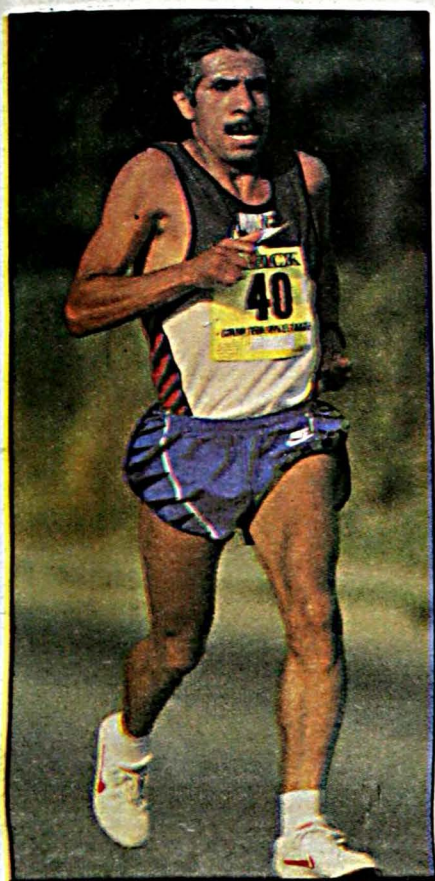
NATIONAL MASTERS NEWS

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

206th Issue

October, 1995

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Martin Mondragon, 41, and Nancy Grayson, 45, win masters titles in the Crim 10-Mile Run.
Photos by Victah

Mondragon, Grayson Win in Crim; Ottaway Breaks U.S. Record

by JERRY WOJCIK

Martin Mondragon, 41, of Mexico, retained his masters title in the Crim 10-Mile Run, Flint, Mich., on Aug. 26, with a 49:30. His time was above last year's 49:13, but his take of \$1200 for first master was the same.

Gary Henry, 40, of Australia, was second in 50:19, worth \$800. Nick Rose, 43, of England, took third with a 50:56 for \$500.

Mondragon also won the age-graded masters performance title with a 93.5%, with Rose runner-up at 92.2%.

Rose has never beaten Mondragon. "I'm really frustrated," Rose said. "Every race I'm in, he wins." Mondragon has lost only one race in two years as a master — a fourth place in the 1994 Boston Marathon. "He's in a class by himself," Rose said.

Wally Herrala, 50, of nearby Ann Arbor, one of Michigan's top 50+ runners, won the M50 race in 57:57. James Forshee, 69, also of Ann Arbor, ran an A-G 87.9% 67:33 to beat a younger James Beall, 66, Waterford,

Mich., by three seconds in the M65 contest.

Chuck Davey, welterweight title contender in the 1950s, won the M70+ race in 78:40.

Joan Ottaway, 51, Sausalito, Calif., winner of the W50 5000 and 10,000 at the 11th WAVA Championships in Buffalo, broke Marion Irvine's 1983 record of 63:46 with a 63:02, a W40+ top age-graded 89.5%.

Nancy Grayson, 45, Northville, Mich., won the masters women's race in 60:05. Honor Fetherston, 40, Mill Valley, Calif., was second with a 60:46. Last year's W40+ winner in 59:33, Suzanne Ray, 42, Anchorage, Alas., settled for third with a 62:16.

Whayong Semer, 66, Fremont, Ohio, repeated last year's W65 win with an 83:56.

Women's cash prizes equaled the men's. The weather at the start was cool in the high 50's with no wind.

Laurie McCann was the race director. The Health Alliance Plan and Buick Motor Division, GMC, were the primary sponsors. □

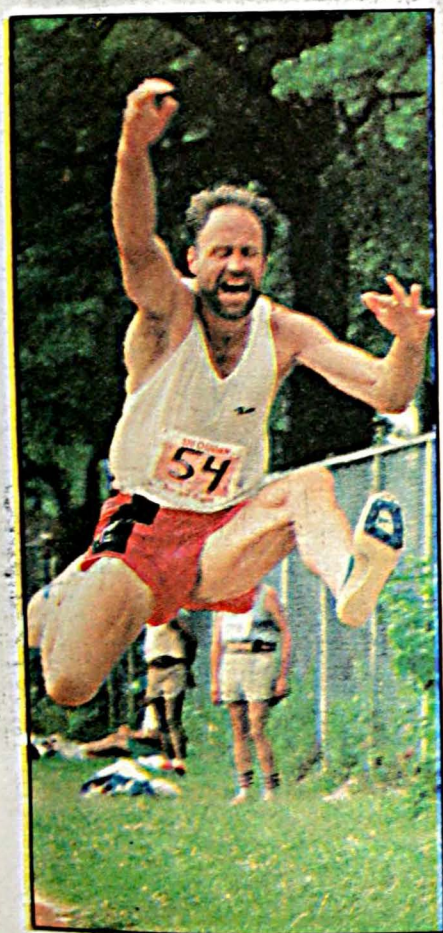
At Age 48, Raschker Competes on USA Team in England

Philippa (Phil) Raschker, 48, cleared 10-10 (3.30m) in the pole vault to place fourth in the USA vs. Great Britain open dual meet in Gateshead, England, Aug. 21. The leap equalled her 3rd-place height at the National Open T&F Championships in Sacramento in June, which qualified her for the dual meet.

This site is where the XIII WAVA World Veterans Championships will be held in 1999. "The main stadium will be absolutely second to none," said Phil Mulkey, M60 decathlon world record-holder who accompanied Raschker. "The officials there are quite used to conducting the biggest of major track and field competitions."

Two weeks later, back on home soil, Raschker closed her season with a world W45 record. She has been in the W45 division for four years now, and until her race in the finals of the women's 100m in the Coca Cola/Life College Challenge meet in Atlanta, Ga., Sept. 2, had not been able to better the W45 world record of 12.63 in that event by Irene Obera of California in 1979.

Continued on page 18



Rick Lapp, 46, men's overall champion with 29 points, Sri Chinmoy Masters Games, Forest Hills, N.Y., July 29. Story on page 6.



Representing the USA in its dual meet with Great Britain in Gateshead, England, Aug. 21, were, from left: Philippa (Phil) Raschker (48, GA); Stacy Draglia (23, ID), and Melissa Price (17, CA).

Photo by Phil Mulkey

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WORLD CHAMPIONSHIPS

It was time for the opening ceremony at Buffalo and all the participants were forced to leave the stadium, go get a ticket and sit on the opposite side facing the sun.

This is just one more example in the growing evidence of the "it's all about money" attitude at national and world meets. Stories about these meets always include a line about the economic impact (millions) they have on the community, as they should reap the benefits of the many many hours volunteered. But, when meet management uses underhanded tactics to milk every possible cent from participants, with little regard for the competitive conditions that bring those participants there . . . it makes you wonder if you should go any more.

We already know that they are not true "National or World Championships" because not everyone can afford to attend. Then when we factor in the obvious "they just want your money" attitude, we lose more participants.

I met a lot of wonderful people in Buffalo and as a rule the volunteers went out of their way to be helpful. The glaring exception was the "executive director" who refused to refund my dorm deposit after I was told no rooms were available.

I would like to hear from anyone else who was ripped-off in Buffalo or East Lansing, so we can let the governing body know about the frequency and severity of the problem, and possibly

use the information in a class-action suit.

Joe Johnston
329 W. James Ave.
Apopka, Florida 32712

I'd like the opportunity to give a hearty thanks to the organizers of the WAVA World Championships held in Buffalo. I was particularly impressed with the quality of officiating and the friendliness of all the staff involved in the staging of this extravaganza.

I also enjoyed the PA announcing; Al Sheahen gave his usual outstanding performance. In addition, I was very impressed with the performance of Peter Taylor. His general knowledge of track and field and of each of the participants in each heat and final was very extensive. His up-to-the-second call of each race added tremendously to the enjoyment of all the spectators.

I hope that future organizing committees will take note of his performance, and he will be included in future championship meets.

Robert E. Bowen
Martinsburg, West Virginia

Buffalo has presided over the worst run Veterans Athletics Championships anyone can recall. What a contrast with Eugene where athletes departed full of praise for all aspects of the championships which were held there in 1989.

What actually took place on the

track bore little resemblance to advance information sent to athletes or to the information in the competitors' packets.

I finished second in my M75 100 heat, qualifying for the finals. But just before the final, I was pulled out by officials who said that only the heat winners plus the four fastest losers would be included. That's a completely new rule to me. My appalling treatment in the 100, which also contributed to my failure to make the 200 final, was very disappointing.

Alvin Monen
Nottingham, England

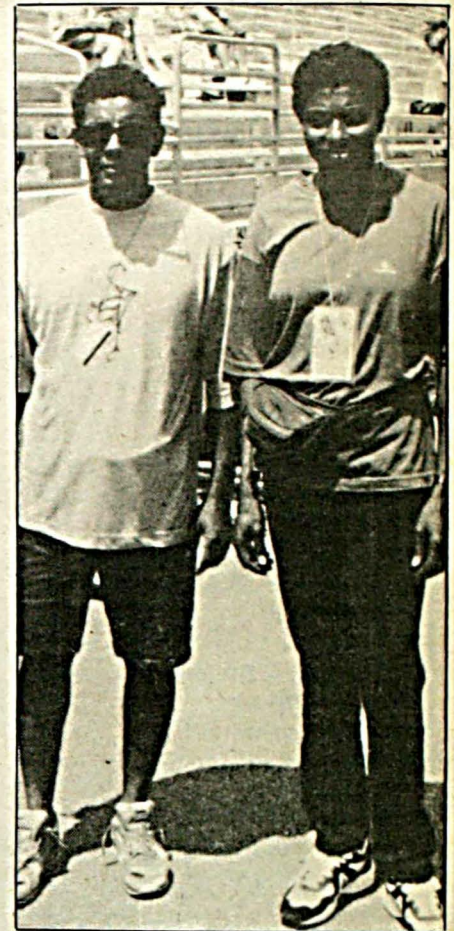
I enjoyed your coverage of the meet in Buffalo. Didn't enjoy the weather, but did enjoy the meet.

My only complaint is about the schedule in that I wish it could have been tailored to put the distance events in the evening after 7:00 p.m. We could have had much faster times in the 5000 and 10,000.

The cross-country appeared to be a complete fiasco. When are meet directors going to quit running events like that in the heat of the day, instead of early morning or late evening?

Anyway, I met a lot of personable athletes of all ages and got to see a few old friends from Miyazaki. The officials were very accommodating, and I appreciate everything they did to make the meet a success.

Carol McLatchie
Houston, Texas



Conceicao Geremias, Brazil, winner of the W35 heptathlon, with her brother, Claudio Honorio, 37, WAVA Games, Buffalo, N.Y.

Photo by Jerry Wojcik

The conditions in Buffalo were unacceptable.

I used the suggested travel agency for booking flights. My roommate used her own travel agent. To my dismay, my flight from Oakland to Buffalo involved layovers in Phoenix and Cleveland, arriving 12 hours later. My friend had one plane change in Chicago and a \$125 cheaper ticket.

On my return trip, Continental told me I had too much baggage, even though it was the same amount as when I left Oakland. I was forced to

Continued on page 9

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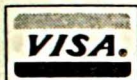
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1-\$19.16, 3-\$53.31 (\$17.77 each)
Endura Optimizer - Orange (2.8 lbs.) - Retail \$32.95
1-\$26.36, 3-\$73.35 (\$24.45 each)
DMG - 2 oz. Retail \$14.95
1-\$11.96, 3-\$33.30 (\$11.10 each)

Next Nutrition

ProOptibol (2.2 lbs.) - Retail \$26.95
1-\$21.56, 6-\$119.76 (\$19.96 each)
(Chocolate, Vanilla, Very Berry & Original)
2 Gro 2000 (4.55 lbs.) - Retail \$29.95
1-\$23.96, 6-\$133.20 (\$22.20 each)
(Chocolate, Strawberry & Vanilla)
Pro Opti Bar - Chocolate Retail \$1.59/Bar
12-\$16.80, 24-\$30.00 (\$1.25 each)
Hypro Cell Energy Exercise Drink (1.51 lbs.)
Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)
Ultimate Whey Designer Protein (2 lbs.)
68% Better Than Egg Whites * Absorbs 200% Faster
Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)

Optimum Nutrition

Pro Amino Sports Bar - Retail \$1.50/Bar
24-\$32.40, 36-\$43.20 (\$1.20 each)
(Chocolate, Peanut, Butter Pecan, Burgundy Cherry
& Blueberry Cheesecake)

Strength Systems USA

Ultra Paks - Special 30 Day Multi-Vit/Mineral And More For Runners
And Endurance Athletes - Retail \$26.99, Our Price \$21.60
Gold Paks - Special 44 Day Multi-Vit/Mineral And More For Power
And Strength Athletes - Retail \$37.99, Our Price \$30.40
Yohimbe Bars - Chocolate Raisin Nut
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate)
Retail \$2.69/Bar 12-\$25.99, 24-\$49.99
Ultra Fuel (Powder)
Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)
(Orange, Tropical Fruit, Lemon & Grape)
Carbo Fuel (43 oz - Powder)
Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)
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Metabolift Thermogenic Formula
120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)

Alacer

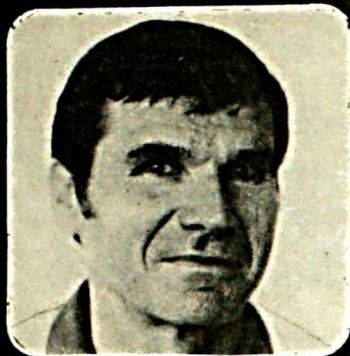
Emergen C - 35 Paks \$12.65 - At Elite \$10.00
Emergen C - Lo Cal - 36 Paks \$12.65 - At Elite \$10.00
Emergen C - Lite - 36 Paks \$11.55 - At Elite \$9.20
Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00
Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50
Emergen C Sports Pak - Makes 3 gallons \$13.85
1-\$11.08, 3-\$30.75 (\$10.25 each)
Pro Lysine Ascorbates - 90 Tabs. \$17.95 - At Elite \$14.25

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Third Wind

by MIKE TYMN

Yards Are Fetching, Meters Not

According to the *Information Please Almanac*, a meter is defined as the distance traveled by light in a vacuum in $1/299,792,458$ of a second. Until 1893, it was 1,650,764.73 wavelengths in vacuum of the orange-red line of the spectrum of krypton-86.

All this is about as meaningful to me as the results of the jumps and throws in *National Masters News*, which are reported only in meters.

I'm sorry Al, Jerry, Suzy, whoever is responsible for the policy of not reporting in feet and inches, for taking you on here, but not giving me results in feet and inches is causing me to lose interest in the sport. I suspect there are others out there in the same boat.

It's comparable to giving me the results of a marathon from a sundial reading, or for that matter telling me how the sun lines up with Stonehenge in England when the winners cross the line.

What's That Per Mile?

Oh, I know, we are all supposed to have started thinking metric a dozen or more years ago, but I doubt many of us have. To some degree, I have adjusted to the metric distances in running events, at least to the extent of appreciating world-class times, but I still find myself making calculations that give me the minutes per mile before I have a full appreciation of anything below world-class. When Haile Gebrselassie of Ethiopia recently broke the world record at 5000 meters by nearly 11 seconds with a 12:44.39, I didn't need to get my calculator out to gasp in awe at the effort. But when I mentioned this almost unbelievable performance to a number of friends who are casual observers of the sport, the first thing nearly all of them asked is what that is per mile.

It was only after I told them that it figures out to about 4:06 per mile and that it is equal in effort (based upon the tables of comparative performance by Jack Daniels and Jimmy Gilbert) to a 3:41.6 mile and 7:53.2 two-mile that they began to share in my appreciation of the accomplishment. Incidentally, it also equates to a 26:33 10,000 and a 2:02:17 marathon.

I suspect that jumpers and throwers have made a similar adjustment in their events and that a triple jumper can appreciate the 18.29-meter recent world record by Great Britain's Jonathan Edwards without being informed that it was just over 60 feet. Frankly, I'm not sure what that .29 signifies. I thought it was 29/100 of a meter, but now I'm thinking it must be centimeters. I could figure it out if I wanted to take the time, but it still wouldn't mean much to me. I can mentally visualize two or

three inches, but I can't really get more than a very rough picture of .29 meters.

Hard To Visualize The Difference

When this publication reports that Harry Hawke of California won the M65 shot at the nationals with a 12.54-meter effort while Pete Augsburger of Ohio took second at 11.26 meters, I can't easily visualize the difference and without the aid of a calculator can't fully appreciate Hawke's throw. The end result is that I more or less skip the throwing and jumping results, whereas if they were in feet and inches I'd probably look at every one of them.

I happened to be in England at the time of Edwards' sensational jump and was glad to see that most of the media reports there gave the distance in both meters and in feet and inches.

Fortunately, the American wire services and *USA Today* still give us results in feet and inches.

While motoring (driving) around the U.K. during my annual holiday (vacation), I noticed that the carriageway (road) distance signs in England, Scotland, and Wales, are still in miles rather than in kilometers. They are in kilometers in Ireland, however.

An English friend tells me that they are considering going back to gallons from liters at the petrol (gas) stations because the Brits "are not keen" on the system.

Interest On The Decline

We keep hearing that interest in track and field in the United States is on the decline. I think this conversion to the metric system is one reason why. Many people grew up like me, thinking of 26-foot "broad" jumps, 7-foot high jumps, and 60-foot shot puts and measuring all efforts against those standards. When we can no longer measure, we can't appreciate and we lose interest.

I don't think the younger generation is any more prepared to appreciate metric results than us older guys, as I polled several people in their 20s and early 30s in my office and was informed that no significant effort was made in either high school or college to introduce them to the metric system.

In my opinion, it would be a real



Stonehenge in England. Can you imagine using it and its alignment with the sun to time a marathon? Photo by Mike Tymn

boost for track and field if we were to go back to running miles every other year. Let's face it, many people, including the media, are record conscious and there would be more records to shoot for that way — records that most people can appreciate.

To employ a word seldom used in this country but sometimes heard in England, I find miles to be much more "fetching" than kilometers. I think the word has the same meaning as "ap-

pealing," at least that's the way it was used to describe an attractive young lady. I like that word.

I did find one advantage to being a mental moron while in Great Britain and Ireland. Unable to make a quick conversion from liters to gallons and from pounds to dollars, I never quite got a handle on how much I was paying per gallon for petrol over there. If I had, I might not have enjoyed the trip as much as I did. □

Lapp, Turosz Best at Sri Chinmoy Games

from ATALA TOY and SAHISHNU SEZESIUL

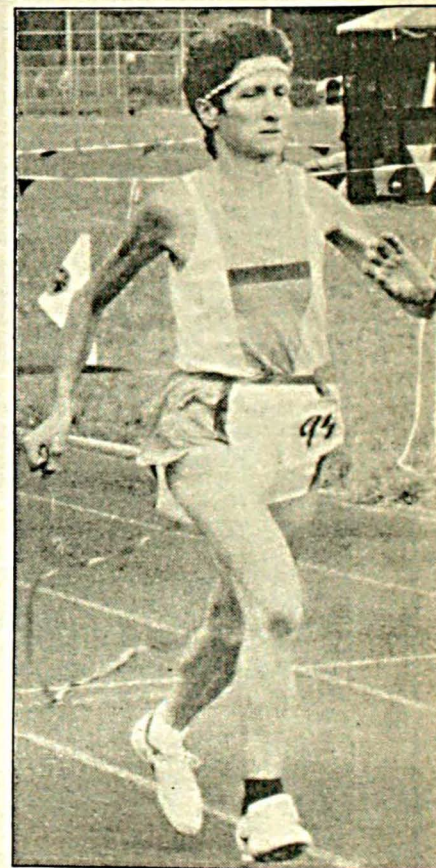
Rick Lapp, 46, Coram, N.Y. won the overall men's title at the 11th Annual Sri Chinmoy Masters Games, held at Victory Field, Forest Hills, N.Y. July 29.

Lapp, just back from winning the pentathlon at the National Masters Championships in Michigan, earned 29 points, the highest point count ever in these Games. He took first place in 9 of his 10 events, surpassing a field that included many national record holders.

Lapp has been competing in masters track and field since he turned thirty, winning three national masters pentathlon titles. "He's the best athlete we've seen at these Sri Chinmoy Games. His form is impeccable and his strength and endurance awesome," said Haig Bohigian USATF East Regional Masters Coordinator and third-place for the overall men's title.

The women's overall winner was Zofia Turosz, 57, Hartford, Conn., with 24 points, drawn from 11 events. Turosz competes in races of all distances, from 100 meters through 100K as well as in the field events.

This year, 160 athletes competed in the Games, which have been held annually since 1985, drawing competitors from throughout the East Coast. □



Zofia Turosz, 57, women's overall winner with 24 points, Sri Chinmoy Masters Games, Forest Hills, N.Y., July 29. Photo by Pulak

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ELIGIBILITY: This meet is open to all athletes who meet the age requirements & have a current USATF membership regardless of levels of ability. There are no qualifying competitions. USATF membership is available by contacting your local USATF office. New England area residents can call (617)566-7600.

ENTRY FEES: Entry Fee per Athlete = \$16 Includes: Athlete goody bag & 1 pair of runner's gloves. A complete set of results will be mailed to all entrants. *Entry Fees Will Neither Be Refundable Nor Transferable!*

DEADLINE: All entries must be Paid & Recv'd by 11/15/95. **Absolutely NO On-Site Registration!**

Make check Payable (No Cash) & Mail to: Boston Running Club, 79 Manet Rd. Chestnut Hill, MA 02167.

To Receive a confirmation of receipt of entry enclose a SASE & we'll enclose a course map.

TEAM ENTRIES: All athletes must enter individually. Only USATF Association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry forms. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40+ & 50+ score 5 runners, 60+ & 70+ score 3 runners. All women's teams score 3 runners. If entering more than one team in an age division, all such teams must be declared in writing via mail or fax (617)964-8356 to our office by 5PM on Friday, 11/17.

MEET HOTEL: Holiday Inn Newton (Formerly DaysInn Newton), 399 Grove St. Newton, MA. For reservations (617)969-5300. (You must mention Masters 8k X-C Championship to receive the special rate of \$60 per room plus 9.7% tax before 11/10)

RACE SCHEDULE:

10-12:30 PM	Number Pickup @ Franklin Park	<u>Men 40-49 Top 3 Teams:</u> \$300/\$200/\$100	<u>Men 60-69 First Place Team:</u> \$200
11:00 AM	Start of race ALL Women & 60+ Men	<u>Men 50-59 Top 2 Teams:</u> \$300/\$150	<u>Men 70-79 First Place Team:</u> \$200
12Noon	Start of Race 50-59 Men	<u>Women 40-49 Top 2 Teams:</u> \$250/\$150	<u>Women 50-59 First Place Team:</u> \$200
1:00 PM	Start of Race 40-49 Men	Awards Presentations will follow each race.	

For Additional Information: Call(617)964-7802 / Fax: (617)964-8356 Race Management: TRACS, Inc. USATF Sanctioned Event



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ENTRY FORM

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Name: _____ City: _____ St _____ Zip: _____
Street: _____
Phone: _____ Age on Race Day: _____ DOB _____ / _____ / _____ Sex: _____ USATF#: _____

Exact Name of Team: _____

I know that running in a x-c activity is a potentially hazardous activity. I should not enter & run unless I am medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in x-c activities including, but not limited to, falls, contact with other participants, the effects of the weather, including heat, extreme cold, & or humidity, traffic & the conditions of the competitive surface, all such risks being known & appreciated by me. Having read this waiver & knowing these facts & in consideration of accepting your application, I, for myself & anyone entitled to act on my behalf, waive & release the USATF, Grand Circle Travel, the BRC, TRACS Inc., the City of Boston, Boston Parks and Recreation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Delayed Onset Muscle Soreness (DOMS)

Q. I am a 42-year-old runner. About 12 hours after running a long race, my muscles — especially the hamstrings — become extremely sore and painful. Why does it take so long before I begin to experience any pain, and what can I do to prevent it from happening again?

A. The condition you are describing is a common ailment, especially among masters long distance runners and marathoners who have recently completed a competitive run. Known as DOMS (Delayed Onset Muscle Soreness), the athlete will generally experience pain and soreness about 8-10 hours after activity.

At this point, the discomfort is usually mild, but often progresses in severity, reaching a peak of intensity in 1-3 days. Most of the pain is concentrated in the stomach muscles, hamstrings, and in the front thigh and shin areas.

There has been a lot of research done on this problem — most of it inconclusive. Some studies believe that the pain is caused by excessive exercise and pounding, which cause fragile tissues to tear. But the "torn tissue" theory doesn't explain why it takes so long to feel the pain. Normally, if you tear a tissue, it hurts at the time of the injury.

Other theories attribute DOMS to localized muscle spasms or an increase in fluids in the lower leg area. When the sore muscles are slowly stretched, the spasms are relieved and the fluid is dispersed, providing some relief from the pain.

But the most obvious cause of DOMS appears to be downhill running. This kind of running magnifies the intensity of muscle contractions, contributes to tendinitis, and aggravates knee problems.

Although most DOMS problems could be eliminated by stopping downhill racing completely, that is not always possible for the competitive runner because most road race courses are not totally flat.

For the athlete who suffers from DOMS and still wants to continue long distance running over hilly courses, my advice is to stop downhill racing until the pain subsides. Then prepare for your next race with a training regimen that includes some downhill runs for a few minutes each week. Make sure the incline is only about 10%. This type of training will allow the muscles to gradually adapt to the stress, and help alleviate a recurrence of DOMS.

As with all persistent pain, a thorough diagnosis by a physician is often in order. In addition, you should not overlook the basics of injury-free athletics — good training shoes, proper stretching techniques, and a gradual training program. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)



Dick Hotchkiss, M55 double winner in the USATF National Masters Weight & Superweight Championships, Seattle, Aug. 19.

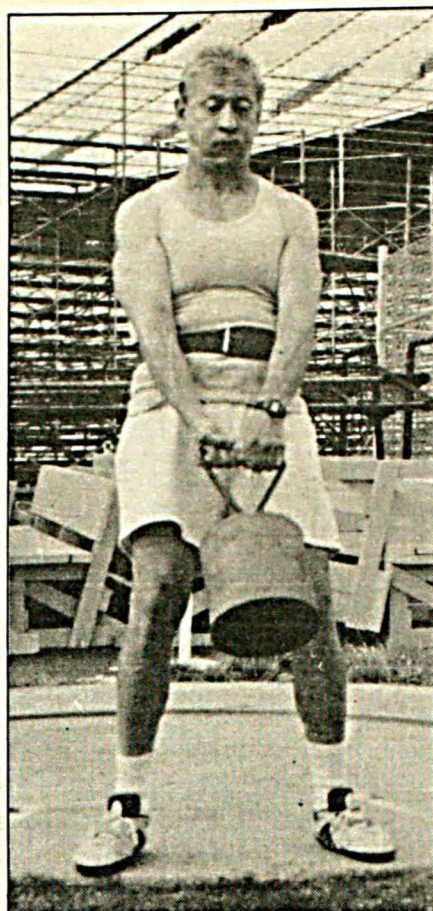
Photo by Suzy Hess

Sparks, Sampson Set U.S. Marks in Midwest Regionals

by KEN ROWE

Ken Sparks, 50, of Chagrin Falls, Ohio, narrowly missed becoming the first person over age 50 ever to break two minutes for the 800-meter run with a sensational time of 2:00.84 in the USATF Midwest Regional Masters Track and Field Championships in Indianapolis, Aug. 12.

This was a new U.S. M50 record.



Frank Miller, M60, grapples with the 200-lb. weight in the Ultra Weight Classic, after the USATF National Masters Weight & Superweight Championships, Seattle, Aug. 19.

Photo by Suzy Hess



Chuck Chapin, M50, heaves the 300-lb. weight 4-11, the farthest distance in the Ultra Weight Classic, held after the USATF National Masters Weight & Superweight Championships, Seattle, Aug. 19, while an official looks on.

Photo by Jerry Wojcik

Seattle Hosts National Weight Championships

by JERRY WOJCIK

The Seattle Masters Athletic Club staged the USATF National Masters Weight and Superweight Championships on Aug. 19, drawing 23 men and three women to the University of Washington's fine throwing facility in Seattle.

Manuel White, 79, Helena, Mont., broke age world records in the 25-lb. weight (10.14) and 35-lb. superweight (7.65).

Dick Hotchkiss, Grass Valley, Calif., out-threw his four opponents in the M55 division and all of the other 35-lb. weight throwers with a 14.17. George Mathews, M50, Seattle, took top honors in the meet with the 56-lb. weight with an 8.66.

Fred Shanaman, Seattle, won the M60 weight championship with the day's best mark of 12.82 with the 25-lb. weight but lost the superweight title to Pay Carstensen, Florida, who threw 6.23.

Pauline Thomas, W45, Seattle, and

Suzy Hess, W50, Eugene, Ore., added championships patches to those won last year. Debbie Ecklund, W35, returned to New York as a double champion.

In the post-championships Ultra Weight Classic, competitors threw the next three heaviest weights. The five marks were adjusted for difficulty and added together to determine places in each division.

The standout in this event was Chuck Chapin, M50, Oregon, who finished second to Mathews in the championship events. Chapin heaved the 100-lb. weight 3.89/12-9, the 200-lb. 2.04/6-8¼, and the 300-lb. 1.50/4-11, which surpassed the next best 300-lb. throw of 0.96m by over a foot and a half, to post the highest adjusted score of 35.18 in the event.

Meet director Ken Weinbel and Mathews of SMAC propose to bid for the 1996 championships. If SMAC is awarded the bid, age-factoring will be used to determine the winners of the Ultra Weight Classic. □

(131 men and 29 women) from 15 states. Competitors traveled from as far away as Massachusetts and New Mexico.

Many top performances were posted at the Indiana U. Stadium despite difficult weather conditions. Temperatures were in the mid-90s with high humidity. □

Write On!

Continued from page 4

pay an extra \$135 (\$45 per extra piece of luggage). They had me; there was nothing I could do and they knew it. Boy, talk about being held hostage.

Our housing at the Ramada, arranged through the meet organizers, was quite expensive and totally inadequate. The room had moldy/mildewy carpet. On more than one occasion our room was not only not cleaned, the bedding was not changed. We complained five or six times before we got hot water.

We tried to talk to the housing director, but she almost completely ignored us the first time. We approached her a second time and her response was "there was no more housing" and that she was "merely the data entry person; arrangements had been made through the travel agency."

I have no problem with staying in tiny dorm rooms where you have to trot down the hall to use the facilities. I certainly don't have to be in a fancy hotel in order to perform well, but the housing and transportation systems were totally misrepresented. Unfortunately, there didn't seem to be much we could do about it once we were there. I'm allergic to molds, so the longer I was in the room, the more severe the symptoms. It's hard to describe my disappointment at having trained all year just for this meet to know that my diminished performance was due to my allergic reaction.

As for the non-existent shuttles and transit systems, everything I read prior to arriving led me to believe there was no need to even think about having to rent a car. The morning of the 200m semifinal, I arrived in the lobby of our hotel 20 minutes prior to what I thought would be the shuttle arrival time, only to hear from the very helpful volunteers the shuttle had left five minutes ago. One hour and 15 minutes later, another shuttle arrived. I had allowed plenty of time, but there was no replacing all the energy I wasted getting upset.

It's not as if we haven't all had problems at one time or another at meets. My objection is that once everything was arranged, nothing was refundable. We were effectively stuck, whether we liked it or not. I found myself fatigued trying to stay focused and relaxed for competition while, at the same time, being furiously mad and frustrated.

*Martie Behrens
Antioch, California*

While the awards presentations were beautifully done, I was not able to attend my own as it happened two days after the event. That fact was unknown to me, and my return trip could not be changed. Instead, I had to chase my medal by long distance and finally received it in late August. So, WAVA, please let the athletes know when the awards are given out when they register, so that they can plan accordingly.

Lastly, try to schedule the track and

road walks closer together, so that more of us can compete in both events, especially when we have traveled a long distance.

*Marianne Martino
Littleton, Colorado*

My quest for gold ended successfully in Buffalo, as I was part of the USA first place M70 20K racewalk team which included Bob Mimm and Mel Lees. The 20K course was a scenic 2K loop along the Niagara River with the mist from the Canadian falls rising in the distance.

I congratulate the judging in Buffalo; I received no warnings for rule infractions. I'm just as proud of this as I am of my medals.

I had the wonderful opportunity of meeting contestants from Canada, New Zealand, Australia, South Africa, Argentina, Peru, England, and many more countries. All spoke a little English but that didn't matter. We communicated with our hands, our eyes, our smiles, our embraces, our "thumbs up" or anything that could express friendship or acknowledge individual efforts. If only the leaders and politicians of the world could experience and practice such feelings, there's no telling what mankind could achieve.

Finally, I must say that finding one's way inside the dorm at the Buffalo State University presented one of the biggest challenges of the World Games. It was easier to get in my rented car and drive around the corner of the building rather than locate my destination on the inside where every corner looked identical.

*Erik Johansson
Fort Lauderdale, Florida*

The World T&F Championships are behind us and, except for some minor difficulties, everything went smoothly.

In the 5000, there were problems with lap counters. Some laps were missed and times not recorded on the cards. Some competitors took advantage of this situation and ran a lap short, displacing faster runners.

One athlete complained about Ivy Granstrom being "pulled." I can assure you that Ivy and I do our best to play in accordance with the WAVA rules. I try to stay behind Ivy at all times. We let younger runners pass on our left. Ivy does not have an unfair advantage. I am a big man and am unable to run in unison. Because of this, Ivy is not able to use her right arm to her full advantage; it's a big disadvantage to her.

*Paul Hoeberigs
Vancouver, B.C., Canada
(Ivy Granstrom, a blind W80 runner, runs with a wrist tether attached to her guide, Paul Hoeberigs. — Ed.)*

NATIONALS

This was the first year I participated in the National Masters Track and Field Championships and I was overwhelmingly impressed with how well the meet was run.

I also wish to thank Al Sheahan for the excellent job he did announcing the



Finalists in the M55 400, WAVA Championships, Buffalo, from left: Guido Mueller (1st in 53.04), Germany; Lawrence Colbert, U.S.A.; Martyn Adamson, U.S.A.; Bill McIlwaine, Canada; and Zildo Bueno, Brazil.
Photo by Shirley Dietderich

meet, and the comprehensive meet coverage given in the August issue of *National Masters News*. Since my return home, I have spent hours enjoying that issue.

*Rick Sherrod
Big Sandy, Texas*

BILL TAYLOR REMEMBERED

I would like to thank the World Association of Veteran Athletes and the individual council members for their generous donations to the fund closest to Bill Taylor's heart — the British Wheelchair Sports Foundation. The gifts fill my heart with joy. Thank you from Bill's family. Our loss is their gain.

I went to our National Championships in Exeter because I know Bill

would have wanted me to, but it was one of the hardest things I have had to do since Bill died. I miss him so much — not surprising after more than 50 years of a loving and happy marriage.

I am lucky to live in a village such as Milton; everyone is so kind and they are very supportive. Everyone knew Bill; they all say how they miss his cheery smile and wave as they called out to him. He is missed by so many people. What a memory to leave behind.

I have had a seat put on the Village Green where he spent the last 15 years enjoying his sport. It has his date of birth and date of death. The village approves, and I think he would too.

*Peggy Taylor
Milton-Under-Wychwood, England*

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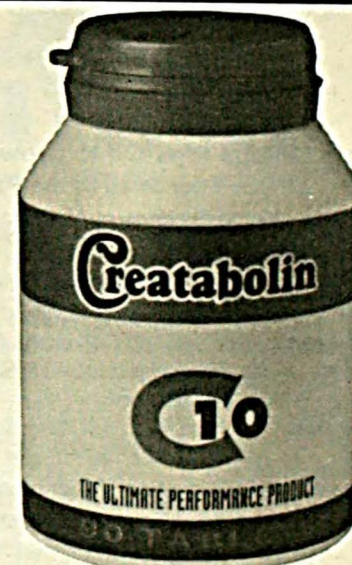
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Masters Racewalking

by ELAINE WARD

IAAF Rule Changes

The following rule changes have been approved by the IAAF Council. Their probability of being instituted by USATF is near certain. Note the use of "caution," "warning" and "DQ" relating to judging procedures. This progression of terms decidedly improves communication and understanding of the judging process.

1. Revision of IAAF Rule 191.1 on the definition of racewalking:

Definition of Racewalking: Racewalking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

Old Rule: Racewalking is a progression of steps so taken that unbroken contact with the ground is maintained. A. During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. B. The supporting leg must be straightened (i.e., not bent at the knee) for at least

one moment when in the vertical upright position.

Comment on Changes in Contact Rule: The new wording now conforms to what has in fact been going on for the last many years. The judges' eyes determine illegal loss of contact. The written requirement for double contact has been removed.

Comment on Changes in Straight Knee Rule: The knee must now be straight from the moment of heel contact with the ground until the leg is in the vertical upright position. This change involves technique.

2. The following are the most relevant revisions of the judges' duties for masters:

c) In road races, depending on the size of the course, there should normally be a minimum of nine judges in-



Bill Penner, 48, California, was the first U.S. racewalker (25:20) M45 5000, USATF National Masters Championships, East Lansing, Mich.

Photo by Jerry Wojcik

cluding the Chief Judge. In track races, there should normally be six judges including the Chief Judge.

Comment: According to Frank Soby, at the National Masters Outdoor Championships in East Lansing, a competitor complained to the Games Committee that one of the 5000 meter heats had "too many judges." The above rule change states that there should normally be six judges including the Chief Judge. Certainly championships should meet normal standards; however, "normally" is the key word here and allows for realistic adaptation to local conditions.

3. The revision of Rule 191.3 and 191.4 is as follows:

Caution: Competitors must be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 191.1. They are not entitled to a second caution from the same judge for the same offense. Having cautioned a competitor, the judge must inform the Chief Judge of his action after the competition.

Warning and Disqualification:

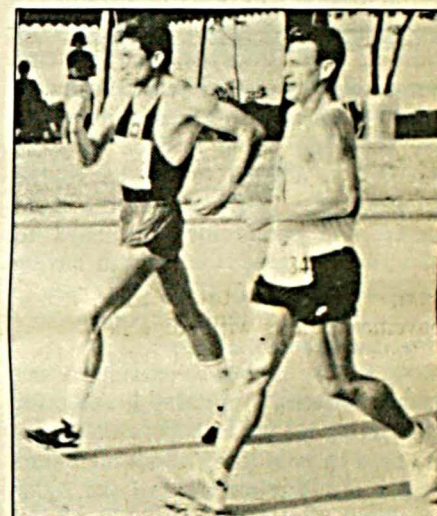
a) Each judge's proposal for disqualification (red card — ew) is called a warning.

b) When, in the opinion of three judges, a competitor's mode of progression fails to comply with Rule 191.1 for loss of contact or bent knee during any part of the competition, the competitor having received three warnings shall be disqualified and informed of this disqualification by the Chief Judge.

e) A white sign with the symbol of the offense on each side must be shown to the competitor when a caution is given. A red sign symbolizes the disqualification of the competitor. The latter may only be used by the Chief Judge.

g) A warning posting board must be used to keep competitors informed about the number of warnings (red cards — ew) that have been handed in to the Chief Judge for each competitor.

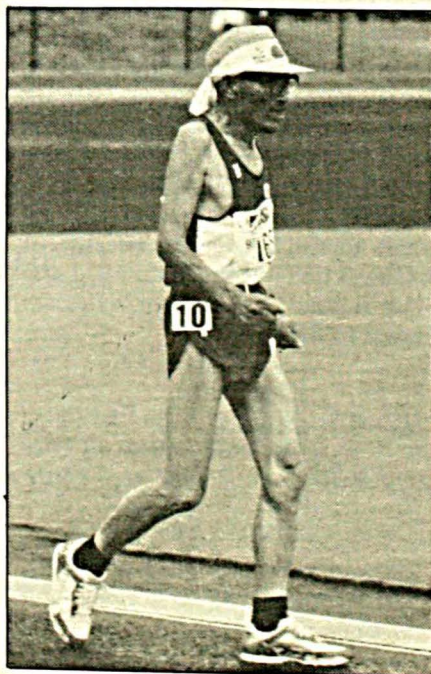
Comment: This revision and clarification of the process of judging



Uriel Barrera Villa, Chile, leads Warrick Yeager, California, in the M40 race in the 20K racewalk, WAVA Championships, Buffalo. Yeager finished second (1:38:19), with Villa fourth (1:45:57).

is elegant — a decided improvement. It defines what in fact is taking place. When a competitor receives a white paddle, he or she is being cautioned of being close to a rule infraction. When the judge writes a red card, the competitor has made a rule violation and the judge is submitting a proposal or warning for an athlete's disqualification. The warning is posted on the warning board to warn the athlete of his or her status regarding disqualification. Disqualification is reserved for the act of the Chief Judge in removing a competitor from a race after three warnings by three separate judges have been received.

Judges continue to be instructed to give cautions before giving warnings; however, a caution is still not deemed mandatory. As one of the most frequent complaints from competitors is not being cautioned and suddenly finding themselves DQ'd, it is important for athletes to understand that cautions are effectively technique "instructions." They give competitors a chance to focus, make technique adjustments and remain in the race. But again, a caution is not a requirement of rule enforcement. □



Kazuo Morikawa, 90, Japan, the oldest walker in the WAVA Championships, Buffalo.

Photo by Leo Benning

4th Annual BOWL TO BOWL WALK

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5K Fitness Walk - Unjudged
1.5 Mile Recreational Walk
Saturday, November 4, 1995
Meet Director: Jim Hanley

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Includes t-shirt, goody bag, refreshments

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For more information, please call Cynthia Vaughan at (818) 397-4062

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Events: 5KUSATF _____ 5K Unjudged _____ 1.5 Mile _____ T-Shirt: M _____ L _____ XL _____ XXL _____

Make checks payable & mail to Pasadena Senior Center, 85 E. Holly St., Pasadena 91103

Waiver: I, the undersigned, certify that I am in good physical condition, as verified by a licensed physician within the last year. I, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Altadena, Pasadena, and South Pasadena Senior Centers, the Cities of Pasadena and Alhambra, Home Savings of America, California Senior Citizen, or any person, sponsor(s), or volunteers affiliated with this event for any and all injuries or damages of any nature suffered while taking part in the activities connected with this event, including travel to and from this event. I grant my full permission for organizers to use videotapes and photographs of me and/or quotations from me for any legitimate purpose in connection with this event.

Signature _____ Date _____

PROFILE

John Keston — Aging FAST

by JOE HENDERSON

John Keston confessed to the radio interviewer, "I am superstitious. In my marathons, I carry a penny with me that I've found on a run." He said this two days before the Kelowna International Marathon in British Columbia. On race day, he tucked two cents — One U.S., one Canadian — into his shorts to doubly appease the gods of running.

Keston sought the record that had barely escaped him twice this year. He wanted to become the first 70-year-old to break three hours for a marathon.

He already was one of the few to average sub-seven-minute miles after 70. His target: Warren Utes' over-70 record of 3:01:14. (Keston had already set the half-marathon record at 1:25:04.)

Food poisoning waylaid Keston's first record attempt. He ran 3:14 at Houston-Tenneco in January.

In February at Valencia, Spain, he ran a nearly solo 3:02:40. That race was age-handicapped, with the oldest runners starting first, and he led until the last kilometer.

In April at London, Keston missed the record by just 21 seconds despite a mishap. He was flattened while grabbing a drink at the halfway point, and said, "I left my world record on the pavement, along with some skin."

Kelowna was his next try and best chance yet. He would have company but not crowds at this 400-runner event.

I met him there for the first time, though we both live in Oregon. I'd known him only by reputation, and the advance publicity had told only the numerical side of his story.

Bill Stewart Jailed for 2½ Years

by LEW KIDDER and M.B. DILLON

The Michigan running community is reeling with the news that Bill Stewart, a respected coach and record-holding masters runner, was sentenced Sept. 8 in United States District Court in Alexandria, Va. to 30 months in prison.

Stewart was convicted in May on four counts of converting government property. The property consisted of digitized maps on computer tape obtained from a graduate student at Cornell University who told Stewart the tapes were neither restricted nor classified. While the material was openly copied at Cornell, the government claims it is restricted.

Stewart was sent by U.S. District Judge Albert V. Bryan, Jr. to a detention center where he was placed in an 8 x 10 foot cell with three young felons. A more permanent assignment is expected by mid-October.

Bryan denied requests made by Stewart's attorney that he be freed on bond pending appeal. The judge also refused to take testimony on two other motions: one on the value of the tapes,

Keston has the face that a senior earns. From the chest down, he has the straight, graceful carriage of a man decades younger.

Before starting to run, he led several active lives. Born in England, he faked his age to get into World War II action at 16.

He performed as an actor and singer in Europe and the U.S. In 1975, he came to this country with the Royal Shakespeare Company and was invited to stay at Bemidji State University in Minnesota as artist-in-residence for a year.

That stay stretched until his retirement from teaching music in 1990. His running had started 10 years earlier in Bemidji.

"I was playing squash four times a week then," Keston says. "But I thought I needed to do a bit of jogging to control my rising blood pressure."

Jogging led to running, then to racing. Keston ran his first marathon 11 years ago and his best time of 2:52 at age 64.

Last year, at age 69, he set single-age world records at five distances. He recites the times without a moment's pause: mile in 5:34; 3000 in 10:54; 5000 in 18:36; 10,000 in 38:30; marathon in 2:58:32.

the other requesting a new trial.

An expert witness traveled from Bowling Green University to Alexandria for the sentencing prepared to testify on Stewart's behalf that the maps in question were actually of little or no value. Professor Robert Vincent, a specialist in remote sensing technology, was not allowed to address the court, however.

Bryan also did not consider the motion for a new trial. Stewart's attorney, William B. Moffitt, is optimistic, however, about chances for a successful appeal. Moffitt bases this on the litany of errors made at the original trial.

Stewart was formerly represented by a different attorney.

Stewart's many friends and the athletes he coaches have formed a legal defense committee to help defray the rather considerable costs involved. Contributions are much appreciated. They can be sent to the Bill Stewart Legal Defense Committee, 802 Granger, Ann Arbor, Mich. 48104. □

Keston is the oldest marathoner to break three hours. But going into the Kelowna International race, he still hadn't done it at 70.

This event gave him the treatment usually reserved for young pros. Pre-race interviews centered on his record attempt. When word got out about this performing background, he agreed to sing "O, Sole Mio" at the pasta dinner.

Reports from the course told as much about his progress as the leaders. The warm day wasn't record-fast, and Keston's lucky pennies weren't quite enough. He slipped about 1½ minutes above record pace with 3:02:51, but reacted with a shrug and a smile.

There would be other marathons, and soon Keston tried two more in the next month, running 3:03:23 and 3:07:30.

One runner his age remains faster. But no one in his 70s has ever run so fast, so often. □

(Editor's note: At the WAVA World Championships in Buffalo in July, Keston won the M70 5000 (19:37) and 10,000 (40:10) in stirring come-from-behind victories over Sweden's Rune Bergman.)

(Reprinted from Joe Henderson's "Running Commentary," published monthly. Subscriptions are \$19 per year from RC, 61 West 34th Avenue, Eugene OR 97405. Phone: 503-683-2118. Fax: 503-344-9956.)



John Keston, 70, first in the National Masters News Age-Graded Mile (5:52.03 88.1%), Hayward Masters Classic, Eugene, Ore., June 24-25. Keston also won the 10,000, 5000, 3000, and 1500. Photo by Suzy Hess

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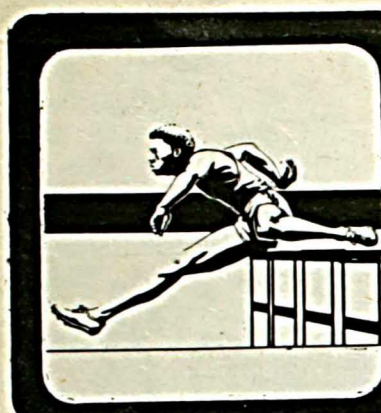
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Training Advice

by GUY AVERY

The Science of Peaking

Why did only three out of 26 track gold medalists from the 1991 World Championships in Tokyo win gold medals in the 1992 Olympic Games in Barcelona? Why did so many athletes' finishing performances change so dramatically in just one year's time?

Injuries, race tactics, and competitive pressures probably played an important role in determining the Olympic results. However, one reason many of the defending world champions could not repeat their previous-year performances was *their inability to fully reach and properly time their peak performances to occur during the Olympic Games.*

It may come as a surprise that elite athletes are not always able to "peak" perfectly. All of us have similarly important races where we want to do our best. Peaking for a race can be the difference between doing our very best or performing below our potential.

When done properly, training for a peak can put the finishing touches on your racing ability. It can give you the extra edge you need for a breakthrough performance or to run your best in the race or races that are most important to you.

Studies have shown that when the proper peak training is performed, significant improvements in racing times can occur in a relatively short period of time. In addition, peak performances can be timed with reasonable accuracy so that a runner can be at his or her best for the goal race.

Tapering

Reducing your training mileage in the days and weeks before your goal race, also known as "tapering," is the peaking tactic most frequently used by runners and their coaches.

A 1985 study of collegiate swimmers by Dr. David Costill, Director of the Human Performance Lab at Ball State U. in Muncie, Ind., suggests you should gradually cut your average

weekly mileage in half over a two-week period, but continue to perform about the same percentage of your weekly mileage in the form of speed or interval-type workouts.

For instance, a 25-mile-a-week runner who runs about 10 percent (or 2.5 miles) in quality speed workouts might cut her mileage to about 15 miles in the first week (with 1.5 miles of intervals) and then to 10 miles in the second week (with 1 mile of intervals) before her goal race. This totals 25 miles for two weeks — or about half of her weekly mileage prior to tapering.

To ensure the best possible results, she would also allow two to three days of light jogging (or a day of light jogging and two days of complete rest) in the days just before her important race.

Recent research on runners suggests that a 10- to 17-day taper period will produce the best results. A high-intensity/low-mileage taper proved to be superior to a low-intensity/low-mileage taper or a rest-only taper.

The high-intensity/low-mileage taper produced a major improvement in the runners' race time. These peaks were confirmed when the tested runners ran at a race pace on a treadmill for an incredible 27 percent longer after the high-intensity/low-mileage taper versus before it.

The chart below lists the amount of mileage, the number of days, and the number of quality speed workouts that should be performed depending on your average weekly mileage before tapering. □

(Reprinted from *Peak Running Performance*, published bimonthly, for \$24 a year, from PRP, Box 128036, Nashville, TN 37212.)

Various Tapering Periods for Reaching Your Peak

Average Weekly Mileage Prior to Tapering Period	Length of Taper	Mileage During Taper	Number of Quality Sessions During the Tapering Period
30 miles/week	10 days	First 7 days: 18 miles Final 3 days: 5 miles	Every third day for a total of 3 workouts during the taper.
45 miles/week	10 days	First 7 days: 28 miles Final 3 days: 7 miles	Every second to third day for up to 4 workouts during the taper.
60 miles/week	14 days	First 7 days: 36 miles Final 7 days: 24 miles	Every other day for a total of 6 workouts during the taper.
75 miles/week	17 days	First 7 days: 45 miles Second 7 days: 30 miles Final 3 days: 10 miles	About every other day for up to 7 workouts during the taper.
90 miles/week	17 days	First 7 days: 54 miles Second 7 days: 36 miles Final 3 days: 12 miles	About every other day for up to 8 workouts during the taper.

2700 Climb Pikes Peak

by JERRY WOJCIK

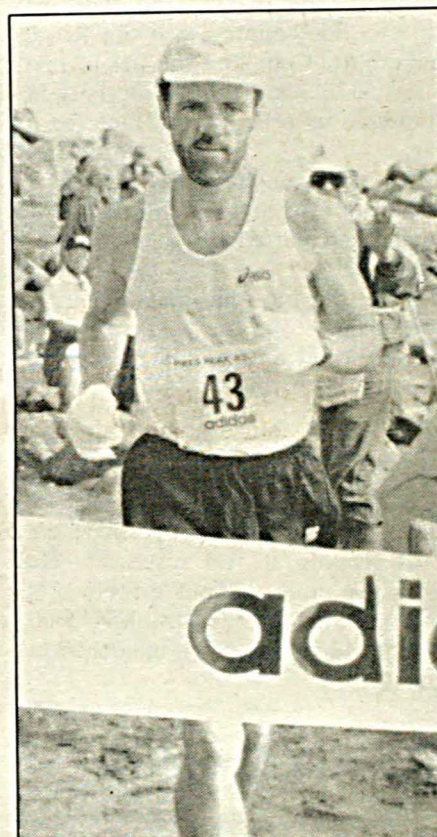
Some 1870 runners, representing 46 states and nine foreign countries, assailed the 13.4-mile ascent of Pikes Peak, Manitou Springs, Colo., on Aug. 19. On the next day, 863 marathoners, from 45 states and four foreign countries, attacked the 26.3-mile course up and down the famous mountain.

Mark Seelye, 43, Monument, Colo., finished 11th overall in the ascent with a 2:43:22. Donnie Andersen, 42, Traverse City, Mich., was second master in 2:45:30. Dale Goering, Santa Fe, N.M., led the M65 runners to the finish with a quality 3:23:22.

Kathy White, 44, Lakewood, Colo., was first woman master in 3:30:33, followed by Corinne Hendren, 43,



Bob McAndrews, M55 winner (3:01:57), Pikes Peak Ascent. Photo by Nancy Hobbs



Thomas Seelye, first M40+ (2:43:22), Pikes Peak Ascent. Photo by Nancy Hobbs

Aurora, Colo., in 3:34:02.

In the marathon, Senovio Leo Torres, 41, Cordova, N.M., was fourth overall with a masters record 3:52:38. Duncan Hammon, 40, Los Alamos, N.M., was second M40+ (4:38:20). Paul Gionfriddo, 72, Muskego, Wisc., won the M70 race in 8:49:59.

Jill Julin, 40, Pittsburgh, Pa., won the W40+ title in 5:35:42.

The Pikes Peak Ascent & Marathon is the final event of the Triple Crown of Running, sponsored by KRDO-TV.

A history of the marathon, which originated in 1956, has been written by Hal Walter and Harald Fricker. Entitled *America's Ultimate Challenge*, it is available for \$15, plus \$2 postage, from Pikes Peak Marathon, PO Box 38235, Colorado Springs, CO 80937. □

Keenan, Glover Lead Hour Run

by PAUL MURRAY

Dale Keenan, 45, Selkirk, N.Y., and Pat Glover, 49, Clifton Park, N.Y., were the first two finishers in the Hudson Mohawk RRC Hour Run, in Albany, Aug. 10, as masters runners captured four of the top six places.

Keenan covered 10.37 miles, while Glover logged 9.78 miles. Ken Klapp, 45, Schenectady, N.Y., and Jim Bowles, 46, Latham, N.Y., placed fifth and sixth with 9.60 and 9.57 miles, respectively.

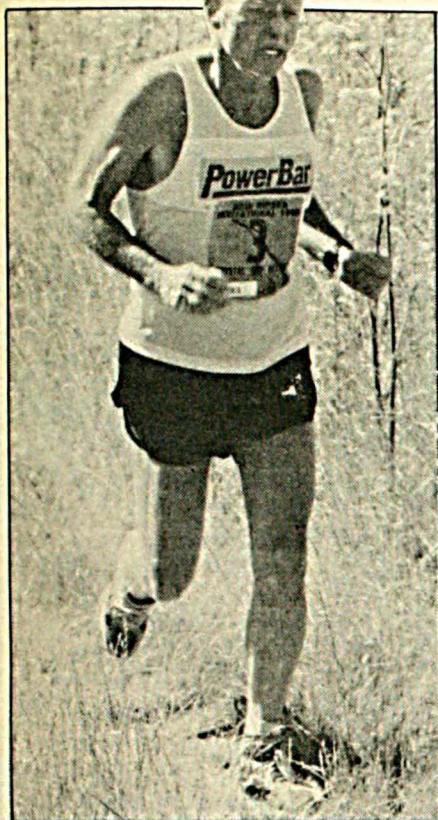
John Pelton, 56, West Rupert, Vt., was the first 50+ finisher with 9.13 miles. Wade Stockman, 60, East Greenbush, N.Y., edged Ray Bremm, 62, Colonie, N.Y., by 60 yards to win the 60+ age group completing 8.36 miles.

Martha DeGrazia, 44, Slingerlands, N.Y., was the first W40+ and third female, with an 8.17 total. Anny Stockman, 62, East Greenbush, N.Y., covered 7.06 miles to win the W60 division race.

Thirty-eight of the 58 finishers were masters runners. □

Ten Years Ago October, 1985

- 700 Compete in Nationals in Indianapolis
- Belilgne, Madeira Top Masters in Asbury Park
- Boo Morcom Tops U.S. Decathletes in San Diego



Joe King, Alameda, Calif., is en route to victory in the 85th annual Dipsea Run near San Francisco. At 69, King became the oldest winner of the event, a 7.1-mile cross-country run from Mill Valley to Stinson Beach. Running with a 22-minute handicap, King, a retired school teacher, clocked 44:03 (actual time 1:06:03) to win by more than two minutes over 31-year-old Dave Dunham (1 minute handicap). Five-time-winner Sal Vasquez, 55, finished third, another 15 seconds behind. Vasquez had a seven-minute handicap and an actual time of 53:51.

Photo by Klaus Muehlmann

Midwest Masters Meet

Over 50 meet records were broken at the Midwest Masters Meet, July 29, in Huntington, W. Va. Several athletes also surpassed the U.S. Standards of Excellence for All-American masters honors.

National champion James Stookey, M65, took six firsts, including the 100H (17.69) and high jump (4-10). Scott Hartman, M40, posted the meet's best times in the 200 (23.59) and 400 (53.76). National Championships medalists Glen Johnson, M55, and Rudy Houg, M60, won in the discus and shot put.

Vickie Hearn's three wins in the W30 sprints included a 26.50 200. Betty Steele, W60, and Lucille Sampson, W65, each won four throws, with both over the 82-0 mark in the hammer.

The USATF West Virginia Association sponsored the meet and will continue to do so in the future. David Stooke was the meet organizer. □

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

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The Weight Room

by JERRY WOJCIK

A Thrower's Perspective

by DR. DAVID V. VANDERGRIF

(I have donated my column space this month to David Vandergriff, an M40 hammer and weight thrower from South Carolina. Next month, we'll take a tour of the WAVA weight pentathlon in Buffalo and the 1995 Weight, Superweight, and Weight Pentathlon Championships — Jerry Wojcik)

Enough is enough. As a rule, throwers are hardworking, dedicated athletes, who ask nothing more than to be treated as equals with other track and field athletes. Typically, throwers are a friendly bunch of men and women who often take the extra time to thank officials for their hard work and to assist one another during the competition.

Several serious concerns in recent meets have become so frustrating that I can bite my tongue no longer and would like to comment on them, starting with the National Championships in East Lansing, Mich., in July:

1. No insert was provided for the hammer circle, even though we were told several days before the meet began that one would be available on competition day.

2. The hammer cage was insufficient and dangerous. We were fortunate that there was no serious accident.

3. At about 6 p.m. on the day the hammer was contested, the official combined the last three flights into one large group, saying that they were running out of daylight, even though sunset was three hours away, which resulted in throwers having more than 20 minutes between throws. It was a total disregard for the athletes' health, and a violation of the rules, which, it is my understanding, call for flights no larger than eight. Because the officials would not allow us to do turns away from the circle, there was no way for us to stay loose between throws.

4. The weights and measurement official, although knowledgeable and helpful, allowed the athletes to take implements sometimes several days before the competition, instead of impounding them.

5. During the throws, officials engaged in discussion back and forth across the circle, sometimes about silly things such as metric vs. standard measurements.

6. Several throwers competed at a local high school, where there was no recessed ring for the discus. The ring official said, and I quote, "Those of you who have on those shoes that the toes point up (referring to throwing shoes), if you have your toe in the air over the painted circle, it will be called a foul because if we had a recessed circle you would be touching it." When the throwers said that was incorrect, the official responded, "I'm the official and that's how I'm gonna call

it." The athletes requested that he measure the throws if he made that call, so they could protest the call. In an extremely put-out manner, the official stated, "Just make it quick."

7. Concrete circles at the high school were so rough that throwers were tearing shoes and injuring backs and legs because they could not pivot.

8. The discus site at the high school had no painted sector lines or field arcs. String was used for sector lines. In addition, a maintenance man rode a very loud lawnmower within 10 feet of the back of the cage just as an athlete was throwing. The ultimate in distractions. During the fifth round of the discus, a 20-to-25 minute break was taken to discuss mowing at the shot circle. When questioned, one official stated, "He's probably paid by the hour," to which the competitors replied that they would pay him to get the hell out of the way until they were finished, citing their personal expenditures and effort in coming to East Lansing.

9. During the M35 shot put, after the shot putters had warmed up and were ready to go on time, the head official brought in three M30 throwers from the high school site, stopped the M35 throwers, and allowed the three M30s to warm up, while the M35s cooled down. The amount of warm-ups allowed one M30 was excessive, and the event started 30 minutes after the M35s finished their warm-up throws.

10. A small number of throwers actually received their medals on the stand. When requested to put an occasional field event among the runners, the officials said, "Oh, we had one or two earlier today." To compound the situation, one could not receive medals at other times without major battles with officials. The evening medal ceremony was always held prior to the throws being completed.

The National Championships were not unique in these problems. For example, at the Indoor Championships in Reno:

1. All throwers had to report at 8:00

a.m. to throw the 35-lb. weight. The M35s actually threw the weight at 6:00 p.m. Then it was so late that all age groups were combined into one for the superweight with no warm up. The event finished around 9:00 p.m., with large amounts of time in between throws.

2. The superweight implement had a rusty swivel and weights were attached to the handle to make it legal.

The Southeastern Masters Meet in Knoxville was no exception:

1. Athletes had to throw out of a terrible circle with a partial cage at a park instead of the track.

2. The computer broke down, so the weight pentathlon was not scored.

3. No superweight was provided and the event was cancelled.

4. As usual, the medals ran out, so throwers did not receive their awards. The Raleigh Southeastern Track Championships also had its problems:

1. Younger groups had to show up at 8:00 a.m., with their first throws occurring at around 1:00 p.m. These throwers finished the superweight at 8:00 p.m., after everyone had left for the banquet. The awards stand had closed, and, as of today, most younger throwers still have not received some of their medals. This was particularly frustrating because this facility has many circles available.

2. The weight and superweight had to be thrown from circles with toe boards. The hammer was thrown at a different site with no insert and a field that went uphill.

3. The superweight did not swivel. OUCH!!!!

4. Officials, tired and hungry, hurried younger groups at the end of the event.

The Molnir Throwers Club, of which I am a member, is based in the Southeast, the reason why my comments are directed at those meets; although, from reports, these problems are not unique to that area.

How would hurdlers feel if no hurdles were provided, and the officials decided to just draw lines and watch to see if the athletes jumped high enough at the required distances or be disqualified if they didn't? How would sprinters and distance runners feel about arriving for an event at eight in the morning but not competing until six in the evening?

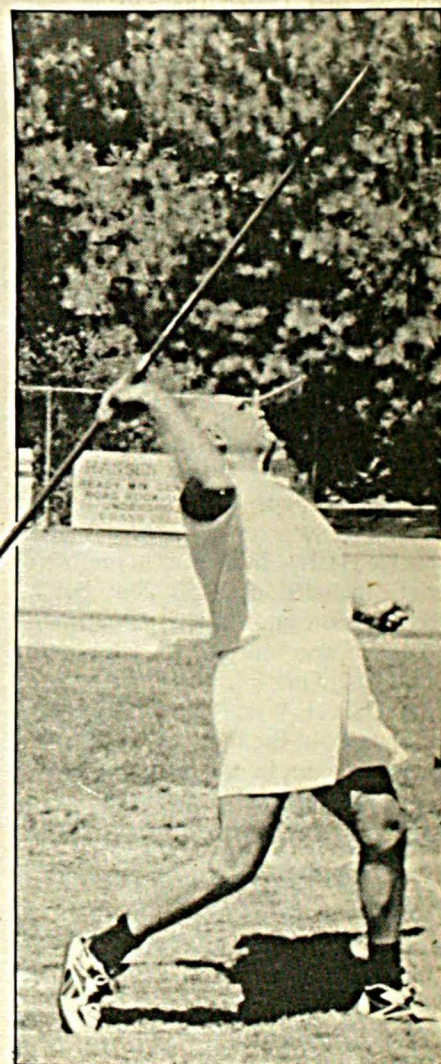
Throwers and jumpers, realizing that they are being treated with disrespect, are starting to offer meets excluding the runs. No event or age group is more important than any other. If the object of national and regional meets is to provide athletes the opportunity to compete under conditions that maximize their potentials rather than minimize them, we are sure missing the boat. If the object is just to get a bunch of people to sign up under the guise of a championship that promises adequate facilities but doesn't deliver, then we have another problem, perhaps to be met by athletes suing for the price of travel, room and board, and lost work time.

I don't want my comments on the poor quality of organization and site



Ken Weinbel, 67, first M65 (12.53), weight throw, Hayward Masters Classic, Eugene, Ore.
Photo by Jerry Wojcik

preparation to reflect in any way on the hard-working volunteers who help run meets. However, enough is enough. If you want to do it . . . do it right. If you don't . . . don't do it.!



Stu Thomson, better known for his hammer and weight throwing than for his javelin skill, was the winner of the M60 division, USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif., Aug. 26.

Photo by Suzy Hess



Track & Field Report

by BARBARA KOUSKY
Masters T&F Chairman

The Championships in Review

Without exception, fault can be found in the organization of any track and field meet — be it at the local, national, or international level. No matter how much effort is put in by the organizers, problems will inevitably arise. This is the nature of all events, including track and field meets. What is important is to have the structure in place to deal with problems as they arise. This can be more critical than the problems themselves.

At this year's Nationals in East Lansing, there were significant problems with the throwing areas. In an attempt to provide the shot and discus throwers with a legal ring, the decision was made to move some of the throwing events to the high school. This enabled the athletes to continue with their competition. While the move didn't solve all the problems, under the circumstances, the decision by Field Event Referee Lee Slick and the organizers was made quickly and in the best interest of the majority of the athletes.

Similarly, when the unseasonably hot weather forced the Buffalo and WAVA medical personnel to cancel two remaining cross-country events, the Buffalo organizers responded swiftly to reschedule the event at the first opportunity. This entailed obtaining clearance for the public site, additional volunteers, officials, and medical personnel. Despite the circumstances, they did everything possible to accommodate the majority of the athletes while ensuring their safety.

It is unfair when those on the inside (either organizing the event, or privy to every dispute and mistake) portray these mistakes as the experience of the majority. The critique of the WAVA Buffalo Championships "Problems Mar Successful World Championships" (whose title is self-contradicting) should have been identified as an editorial by Al Sheahan, Editor of *National Masters News*.

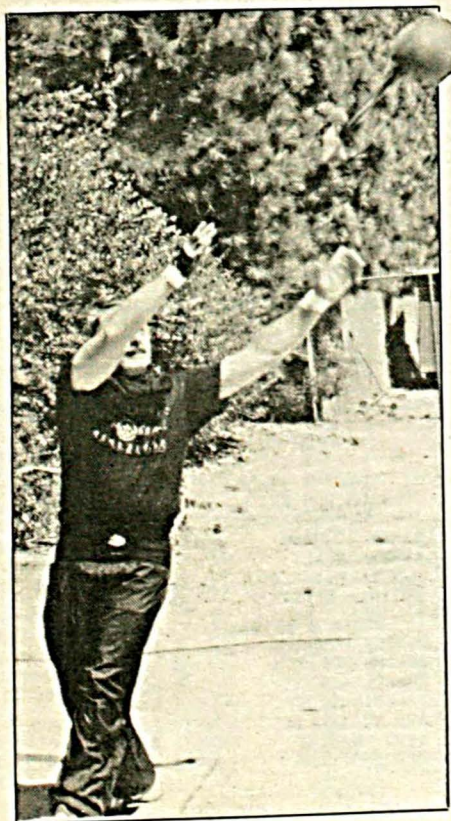
Along with valid criticisms, the article contains inaccurate information and quotes. It contradicts itself by saying that "more than 90% of the meet went well," while focusing 90% of the article on what he believed were major problems, all (including the weather) presumably attributable to the Buffalo organizers.

It was my observation that, despite significant problems that arose during these two championships, the overwhelming majority of participants were impressed with the quality and breadth of the competition, the helpfulness of the volunteers and officials, and the friendly atmosphere. At each championships, we learn new ways to improve competition for

masters. But while it is clear that we need to increase our scrutiny of those areas that can be corrected (e.g., venue standards, oversight of the event), we also need to make the best of situations that are beyond the control of the organizing committee (e.g., weather, individual judgement calls).

I believe the attitudes of Thomas Gilliard (see Write On!, September '95 NMN) and Yvette Lavigne (cover story, September '95 NMN) echo the feelings of the majority of masters athletes. In describing their experience in Buffalo, they don't dwell on the individual problems they encountered. They are able to see beyond that to view the quality of the championships as a whole. □

(NMN devoted 24 of its 48 pages last month to the World Championships. Of those 24 pages, the "Problems" column occupied less than a page-and-a-half, or about six percent. — Ed.)



Bob Sager, M45 weight pentathlete, USATF National Masters Championships, Grass Valley, Calif., Aug. 26. Photo by Jerry Wojcik



All of the six women weight pentathletes who competed in the USATF National Championships, Grass Valley, Calif., Aug. 26: (l to r) Debbie Ecklund, W35; Joan Stratton, W40; Suzy Hess, W50; Pauline Thomas, W45; Dona Reitz, W50; and Julie Watson, W35. Photo by Richard Watson

National Weight Pentathlon Held in Grass Valley

by TOM GAGE

Aug. 26, 5:00 a.m. — The sleeping bag is unceremoniously removed from my peacefully reclining form. The day is about to begin. Coffee, black and potent, accompanies fried potatoes and pheasant. Sunlight is just blazing the tops of the trees, which blanket a crystal blue sky. This is Grass Valley, Calif., and I am the guest of Meet Director Dick Hotchkiss at the USATF National Weight Pentathlon Championships to be held at Nevada Union H.S.

At 6:30, a few volunteers are on the site. Dick is mowing the javelin runways, while Russ Hodge and I are flagging the javelin sectors. The borrowed scale arrives, along with the first early competitors.

Everyone's mood seems to be high. This is a thrower's day. If there are any complaints about the venue, we did it, so if there is an enemy, it is us!

Competition begins. Two hammer circles host the M60+ and women. Two shot circles await them. M50-59 follow the hammer throwers and provide a short diversion as we search a thorny cluster of blackberry bushes for George Mathews' errant hammer, while George calls for the grounds crew and a bulldozer.

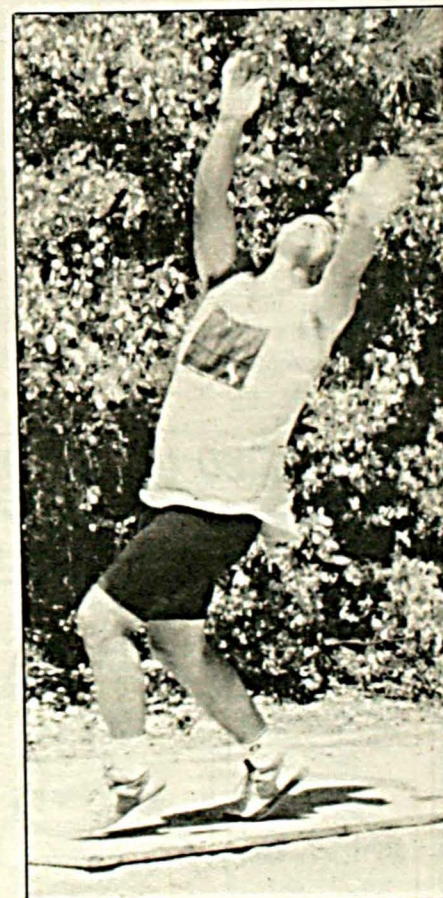
The weather cooperates all day with clear skies but withholds any favorable discus winds. From the M50 javelin group comes a mighty roar and an answering towering scream from the M45 weight circle. A few of us chuckle at our enthusiasm as birds flush and circle, stunned.

It is an almost flawless competition, marred only by the lack of a ring for one of the discus-shot circles, and the questionable slope of the shot landing areas. But, we have all competed under far inferior conditions at meets which promised us perfection.

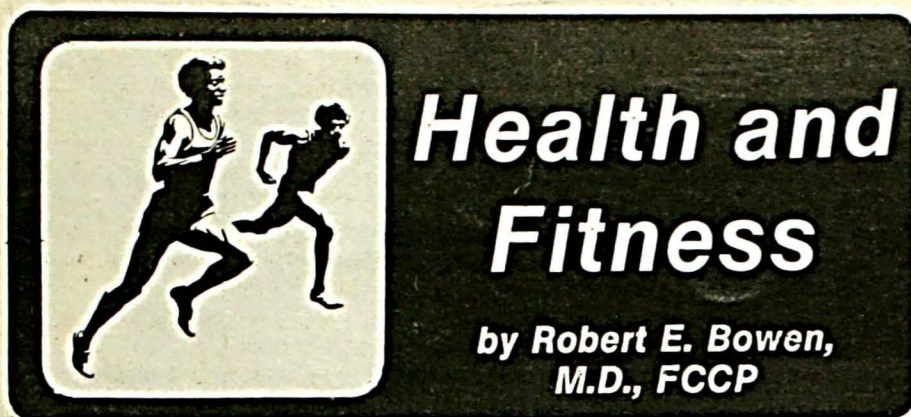
The beginning of this event is commemorated on the meet T-shirt, which depicts a 40-year-old photo, provided by Stew Thomson, of himself and ten others in the first "national" weight

pentathlon in 1955 in Paterson, N.J. We, indeed, have a tradition to carry on, and thanks to a lot of effort, the tradition is fully recognized at the masters level.

Thanks to Dick for the many hours of labor, days of worry, and sleep lost, for pulling the meet together. To the many volunteers, three hearty cheers. As we gathered around the barbecue feast for the awards, I reflected on the many years of pleasure and the multitude of friends that throwing has given me. I'll keep my ceramic coffee cup award, glazed in Dick's kiln, in a prominent spot always. □



Jeff Carpenter, M30 winner, in the weight throw, USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif., Aug. 26. Photo by Jerry Wojcik



Health and Fitness

by Robert E. Bowen,
M.D., FCCP

Unexplained Shortness of Breath During Exercise

Imagine starting out on a cool morning in the crisp fall air, running the same course you have covered dozens of times the previous summer — and 6-8 minutes into your training you begin to cough, feel tightness in your chest, and experience enough discomfort with breathing that you slow to a walk. "What's going on?" you think. And then you remember — it's been two weeks since you tackled this hilly course, plus late hours at work have recently kept you below your usual mileage. You check your pulse. "But it's only 110, and my legs aren't the least bit tired. What's going on?"

This is exactly what runners' suffering from Exercise-Induced Asthma ("EIA") might experience. Exercise-Induced Asthma can occur at any time during exercise, but is most common between 5-10 minutes after the onset of strenuous activity. Asthma is a condition characterized by episodes of narrowing of — and inflammation in — the air passages of the lungs, resulting in increased resistance to the flow of air in and out of the lungs. Characteristically, then, the airway muscle constricts and the bronchial lining swells, causing a tightening in the chest, shortness of breath, and coughing — most often noticeable in exposure to cool, dry, dusty or pollen-filled air.

Wheezing

Most of us are familiar with the classic asthma symptom, "wheezing," which is the sound made when air is forced through the narrowed airways. But not all patients with asthma wheeze, especially if their condition is mild or if symptoms only occur with exercise. And sometimes athletes participating in indoor sports, such as swimming or weight training, may exhibit no symptoms whatsoever, but

when participating in basketball, soccer, or track may be very symptomatic. As a result, most cases of EIA go undiagnosed because: 1) victims may avoid the stimulus which triggers their discomfort, i.e., exercise, and 2) such discomfort may easily be confused with the normal shortness of breath which occurs from strenuous exercise.

But it has been reported that up to 15% of the population may suffer from EIA, which means that at the recently concluded WAVA Championships in Buffalo as many as 900 of the participants may have suffered from the condition. Competitive athletes, as well as recreational level athletes, may occasionally find their performances limited by breathing difficulties.

While making a correct asthma diagnosis in adult athletes will improve performance and the enjoyment of sports, it takes on even more urgency in children because an early diagnosis can allow children to participate normally in games and sports which teach lessons about teamwork, winning and losing, as well as developing a sense of self-confidence and positive self-image.

If this sounds more than clinical, it's

because it is colored by my own childhood experiences of being restricted from participation in outdoor activities, such as camping and sports and the humiliation of being teased for being a "sissy" and a "geek" and the necessity of being protected from bullies by my younger brother. Fortunately, while aggressively treating my asthma, my forward-thinking family doctor insisted that I participate in sports. This allowed me to develop a level of confidence in my physical ability that no longer left me as a spectator.

Difficult To Diagnose

Diagnosis of EIA may be difficult and a "high index of suspicion" is necessary. This means that unless the doctor thinks of it, the diagnosis is easily missed by routine tests. It is very helpful for the athlete to suggest this possibility to the physician who may then order appropriate tests or refer the athlete to a pulmonary specialist.

Standard pulmonary function tests (or PFTs) may not detect mild asthma or EIA. Ideally, PFTs should be done immediately before and after an exercise challenge, and if this is done in the exercise lab, EIA still might not be

discovered due to the exercise being performed under optimal conditions. At the same time, performing this test in the field is usually not practical, so an accurate diagnosis requires very specific laboratory tests. (I'd be happy to tell any runner which test(s) he should request of his physician.)

Once diagnosed, what can the athlete with EIA do, which can result in both improved performance and increased enjoyment of his sport?

1. Fifteen minutes before the start of exercise, 90% of athletes will find it effective to take two puffs of a B2 agonist inhaler (such as Proventil, Ventolin, Brethaire). Use of theophylline preparations (Theodur, etc.) and cromolyn or tilade inhaler may provide additional benefit in some athletes.

2. Athletes should conduct a thorough warm up of at least 10-15 minutes at submaximal effort but vigorous enough to raise heart rate to 115-130, before beginning their normal workout.

Most Asthma Drugs Approved

Note that most asthma drugs are now approved for use in NCAA and

Continued on page 19

Track & Field Rankings Report

by JERRY WOJCIK, USATF

Masters T&F Rankings Coordinator

The compilers for the 1995 outdoor season are listed below. The last *National Masters News* from which 1995 rankings data will be taken is the February 1996 issue.

However, if your best marks for 1995 have not appeared by the January 1996 issue, you can facilitate the compilations by submitting your marks (with verification) at the end of your outdoor season before the February issue is published.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc. but not reported in the results should submit them for the rankings.

Marks submitted to me prior to this issue have been forwarded to the appropriate rankers. Marks sent to me instead of the correct rankers now will not be forwarded.

Anyone interested in compiling the

rankings for the 5000m track racewalk should contact me.

100, 200, 400, 1500, 5000, 4x100, 4x400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

800: William Benson, 6 Eton St., Valley Stream, NY 11581.

3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132.

SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

Mile, both hurdles, SC, PV, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

Decathlon, heptathlon, pentathlon, weight pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. □

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1995 60m Rankings

Compiled by Larry Patz

WOMEN'S 30-34		WOMEN'S 45-49		WOMEN'S 60-64	
JULIANA VON EVIG	7.99	PHIL RASCHKE	8.02	IRENE OBERA	9.05
JOY UPSHAW-MARGERUM	8.36	LORRAINE TUCKER	9.02	FEI-MEI CHOU	10.83
KAREN JOHNSON	8.36	BETSY PENNEY	10.66	MARJORIE MOORE	11.33
ANGELA NEALY	8.49	RHONA TROTT	CAN 9.19	D CARMICHAEL	CAN 10.05
PAMELA REYNOLDS	8.58	PAMELA DUNCAN	CAN 9.48	JANET HOLMES	CAN 10.45
RUFINIA KELLY	8.96				
WOMEN'S 35-39		WOMEN'S 50-54		WOMEN'S 65-69	
DENISE FOREMAN	8.10	MARILYN MITCHELL	9.37	PATRICIA PETERSON	10.81
DENISE MCFIELD	8.43	BARBARA STEWART	9.89		
CHERYL ALSTON	8.60	ROSE SCHLEWITZ	10.79		
VALERIE SCOTT	8.83	ANN ROSENITSCH	CAN 9.58		
AVA BATTAGLIA	9.88				
TERRY MANLEY	CAN 8.80	WOMEN'S 55-59			
DEBORAH LENZ	CAN 8.90	KATYIY BERGEN	8.98		
		CAROLYN CAPPETTA	9.38		
		JOANN GRISSOM	9.98		
		RITA KERR	10.01		
WOMEN'S 40-44					
IRENE THOMPSON	8.19	GINNY BAKER	10.66		
ALISON PRATT-SHELLING	8.64	LAURA STEPAN	11.96		
JACQUELINE BOARD	8.64	JUTTA REIGEL	CAN 10.01		
LEAH REWOLINSKI	9.71				
MARNE MCMILLAN	CAN 9.24				

Club West to Honor Cheadle and Adams

by BEVERLEY LEWIS

Club West's October 7 meet at Santa Barbara City College's Nick Carter Track will be dedicated to the memories of former members and local dignitaries, Vernon Cheadle and George Adams.

Cheadle, who passed away July 23, was Chancellor at UCSB from 1962 until his retirement in 1977. He was an active masters athlete during his latter years and was elected into the Miami Athletic Hall of Fame in 1978. A memorial service honoring him was held Sept. 11 at the University of California, Santa Barbara, where many academics spoke, including Jack Peltason, President, University of California, and current UCSB Chancellor Henry Wang.

This year's meet will feature inaugural trophies honoring both men, donated by masters athlete Ted Hatlen, with the Vernon Cheadle Memorial Trophy for High Point Field Champion and the George Adams Memorial Trophy for the High Point Track Champion.

The October 7 meet will also hold memories for Santa Barbara City College's well known track coach and masters javelin thrower Robin Paulsen who lost his daughter Vickie Paulsen, 22, on August 14. Vickie, a Special Olympics athlete, was one of the stars at the Santa Barbara Special Olympics



The winning U.S. W65 4x100 relay team on the victory stand, 1995 WAVA Championships, Buffalo (from left): Leonore McDaniels, Johnnie Valien, Pat Peterson, and Sumi Onodera-Leonard. Photo from L. McDaniels

held earlier this year. A fun run in Vickie's memory will be held in Santa Barbara on October 14.

Four athletes from Moldova and three from Russia will compete in the meet. □

Borrey Breaks Vault Record in Berkeley

by JERRY WOJCIK

Dan Borrey, who just turned 50, smashed the world record for the M50-54 pole vault by soaring 14-9 (4.50m) in the Northern California Seniors meet at the U. of California, Berkeley, on Sept. 2.

Borrey, who won the world veterans M45 title in Buffalo last July with a vault of 15-1 (4.60m), bettered Vic Cook's 13-year-old record of 14-4 (4.37m). Borrey's mark equals a 96.7% age-graded performance.

Jaclyn Caselli, 74, broke the U.S.

W70-74 record of 18:22.0 for the 3000 by Bess James in 1982 with a 16:55.0. In the 1500, Jim Selby, 67, lowered the single-age U.S. record to 5:15.41. All of these records are pending until approved.

In the sprints, Bobby Thomas, 60, defeated solid M60 fields in the 100 and 200 in 12.71 and 26.05.

Cherrie Sherrard, 57, took W55 shot and discus firsts with a highly-ranked 9.39 and a 21.24. Jay Groen, 51, out-distanced all javelin throwers with a 53.94. □

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT. 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LUCIANO ACQUARONE (ITA)	10- 4-30	65-69
RICHARD BREDEBECK (INDEPENDENCE, OH)	10- 1- 5	90-94
HUGO DEGROOT (EL TORO, CA)	10-23-15	80-84
ROBERT EMMERLING (MANHATTAN BEACH, CA)	10- 5-35	60-64
HELMUT FACKLER (WG)	10-11-30	65-69
MARK FURKIS (US)	10-25-55	40-44
JAMES GALLUP (HONOLULU, HI)	10-15-35	60-64
ALBERT HOLDER (BALTIMORE, MD)	10-17-35	60-64
ROGER HUGUES (FRA)	10-21-40	55-59
ART JAAGO (CAN)	10-27-25	70-74
VEIKKO JAVANAINEN (FIN)	10-31-25	70-74
TEUVO JOKINEN (FIN)	10-18-35	60-64
JIM MANNO (ORADELL, NJ)	10-10-20	75-79
MARTIN MANUEL (CHI)	10- 9-10	85-89
SHIGENOBU MURFUSI (JPN)	10- 2-45	50-54
RICHARD NORDQVIST (TALENT, ORE)	10-25-25	70-74
PER GUNNAR OVERLAND (NOR)	10-26-45	50-54
JORG PETER (GDR)	10-23-55	40-44
WILL ROBINSON (THOUSAND OAKS, CA)	10- 7-30	65-69
HAGUES ROGER (FRA)	10-21-40	55-59
RICK RYCKMANN (ARLINGTON, TX)	10- 4-40	55-59
ERLAND SANDQUIST (SWE)	10-25-30	65-69
STEPHAN SEYMOUR (HOLLYWOOD, CA)	10- 4-20	75-79
DOUG SHAW (SANTA BARBARA, CA)	10-20-45	50-54
GULAB SINGH (IND)	10-13- 5	90-94
DENVER SMITH (LOUISVILLE, OH)	10- 2-25	70-74
HAL SMITH (TARZANA, CA)	10- 3-35	60-64
JOHN TANSLEY (NORWALK, CA)	10-21-35	60-64
STAN THOMPSON (HONOLULU, HI)	10- 9-10	85-89
LEN THORNTON (CA)	10-26-30	65-69
JOHN WALKER (LAS VEGAS, NV)	10- 8-20	75-79
JOE WEHRLY (ENCINO, CA)	10- 2-15	80-84
HELENE BEDROCK (CLIFFSIDE PARK, NJ)	10- 6-35	60-64
NANCY CUNNINGHAM (CONWAY, AZ)	10-30-55	40-44
LYNDA DRAKE (HOUSTON, TX)	10-13-40	55-59
JUDY FOX (SUNNYVALE, CA)	10-22-40	55-59
DOROTHY KELLEY (NEW YORK CITY NY)	10-23-35	60-64
IDA MINTZ (GLENCOE, IL)	10-15- 5	90-94
DONNA RADIGAN (PA)	10- 9-35	60-64
CAROL STEELE (US)	10-16-30	65-69
DAISY WONG (BURBANK, CA)	10- 5-35	60-64
JENNIFER WRIGHT (INDIO, CA)	10- 5-35	60-64
DENISE ALFVOET (BEL)	10-13-35	60-64
AGNES BLOM (BEL)	10- 2-30	65-69
EVA CARLSEN (NOR)	10- 4-40	55-59
EDNA DUNDAS (AUS)	10-18-50	45-49
ISOLDE FISCHER (WG)	10-22-35	60-64
PAT ANN GALLAGHER (GB)	10- 4-45	50-54
ANGELIKA HOLDER (GER)	10-12-55	40-44
ASTRID KLAESSON (SWE)	10- 8-35	60-64
LORE KLITSCH (WG)	10-20-20	75-79
CORRY KONINGS (HOL)	10-16-40	55-59
CHEISTA KREUZWIESER (WG)	10-15-30	65-69
YVONNE MILES (GB)	10-11-40	55-59
KAMEKO OZAKI (JPN)	10-29-20	75-79
ANN MARIE ROSENITSCH (CAN)	10-28-40	55-59
LILLIAN WHITE (CAN)	10- 7-10	85-89
JANIS WRIGHT (AUS)	10-21-50	45-49

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

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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



On The Run

by HAL HIGDON

Running in the Morning

At the time when Jim Fixx's best-selling *The Complete Book of Running* first appeared, I was invited to appear with Jim on a morning TV show in Chicago. Also on the show was Erma Tranter, one of the better local runners at that time.

At some point, I mentioned having already run that morning, meaning I had to rise around 4:00 to complete my run before driving into Chicago for the show.

Erma was astounded. Not a morning person, she always had waited until evening before doing her daily run. This meant she would rush home from work and try to squeeze in a workout before preparing dinner. Everything was rush, rush, rush, and sometimes Erma didn't enjoy her run because of the hassle.

A Responsive Chord

When I mentioned running in the morning, however, it struck a responsive chord. "I could run in the morning," Erma realized. Later, she told me this changed her life. Although getting

out of bed an hour early never would seem easy, five or ten minutes into her morning run she began to come alive. The city looked different at dawn. Breakfast tasted better. She went off to work charged with energy. And evenings became less of a hassle — although she often didn't stay awake for the evening news.

I don't necessarily recommend that everyone train in the morning. Actually, some surveys suggest that if you're a morning runner you have a higher risk of injury. Presumably this is because we're stiffer right after getting

out of bed. Also, we're less likely to stretch, or warm-up properly, before starting that morning run.

During the winter, it can be colder in the hours before dawn. It's also somewhat scary. The roads can be icy and snow-covered if the snowplows have not yet done their work. On the other hand, you often can run down the middle of the road, because there's not much traffic moving at that time of the day.

Having flexible hours, I usually run midday during winters, hoping to suck what possible warmth I can from a low-lying sun. Others I know run during their lunch hours for this same reason. But by spring, as the days stretch in length, I find myself more often running in the morning.

Daily Miracle

There is a quiet and beauty to the morning that you don't find at other hours of the day. I'm not the only one who has discovered this. When I run early, I encounter a regular crew of joggers and walkers and bikers enjoying the dawn. Yes, I know the sun comes up each morning, but this miracle of daily rebirth never ceases to astound and invigorate me.

Training early in the morning is particularly sensible in mid-summer. It's less fun running midday or late afternoon on very hot days. Evening running is fun, but it interferes with other activities. I enjoy training on golf courses the most since the smooth and springy surface offers a perfect anti-

dote for aging knees, but I don't like the idea of interfering with golfers who have paid greens fees. Running early allows me to stay out of their way and to become acquainted with greenskeepers up doing early sprinkling.

Running in the morning is not for everybody, nor is it for all seasons. Runners, rather, should consider that there may be many means of achieving your daily fitness fix other than the way you've been doing it for years.

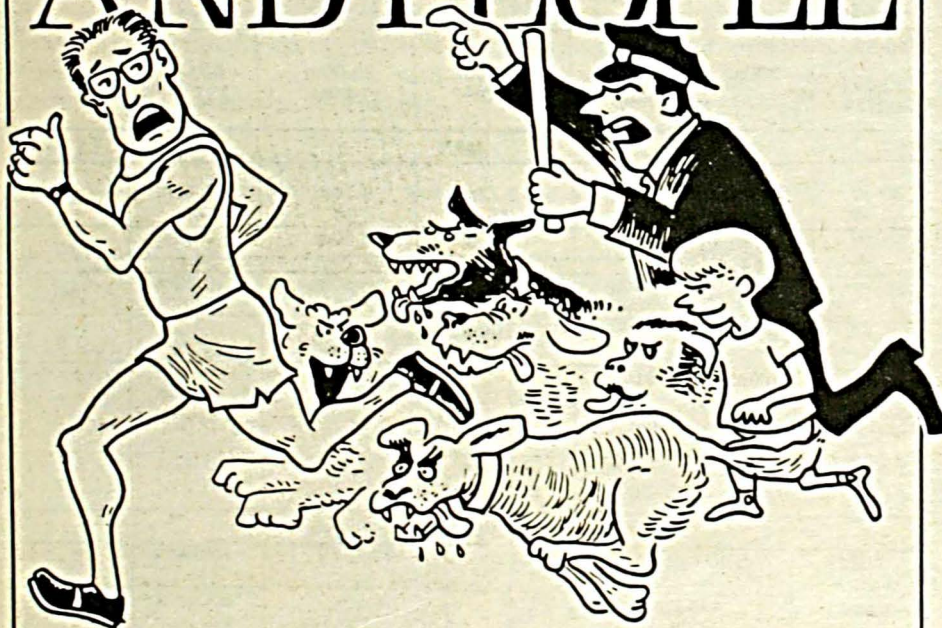
Consider A Change

If you run after work, like Erma Tranter, consider changing your routine. Likewise, morning runners should consider taking some workouts at other times of the day. Most important, we should all become more flexible in our training methods, bringing to our sport a willingness to shift approaches and test new ideas.

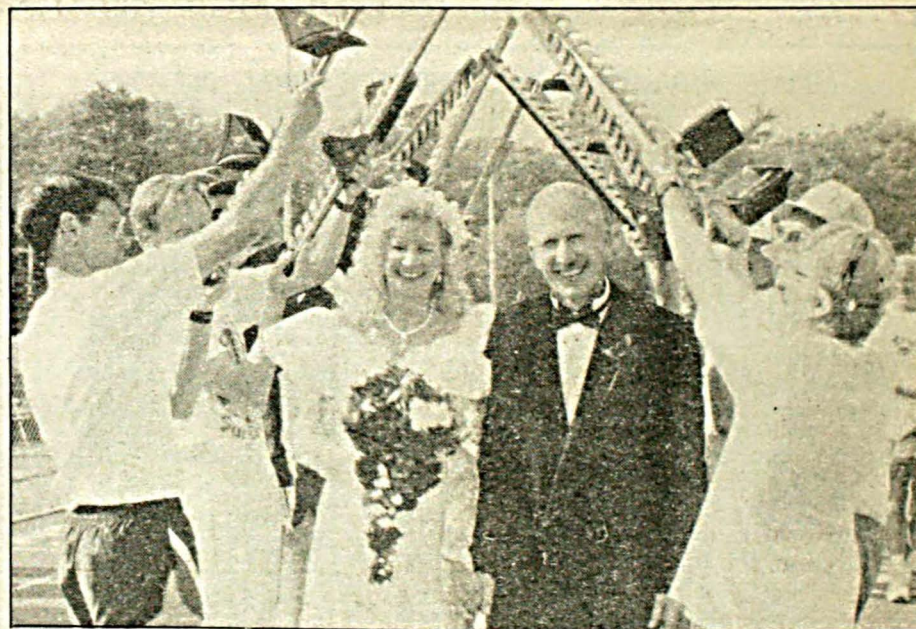
For those squeezed for time because of the demands of a nine-to-five job, I've often recommended that they move their serious training to the weekends. On Saturday and Sunday people usually have more time and freedom. There's nothing wrong with being a weekend warrior.

Train hard on Saturdays and Sundays, bracketing those two hard workouts with days of rest on Friday and Monday. On such a schedule, a little training mid-week can go a long way. Whether or not you run in the morning then becomes a matter of personal choice. □

ON THE RUN FROM DOGS AND PEOPLE



HAL HIGDON'S 1971 cult classic is available again in a reprint edition: \$14.95. Also: *Boston: A Century of Running*: \$40. (Add \$1.50 for postage and handling.) Get your signed copies from Hal Higdon, Box 1034, Michigan City, IN 46361-1034.



Shown here under an archway of starting blocks, Pamela Duncan, 49, and Bob Zimmerman, 48, exchanged wedding vows at the Canadian Masters Championships, Ontario, June 25.

Photo by Edith Gray

Raschker Competes For USA in England

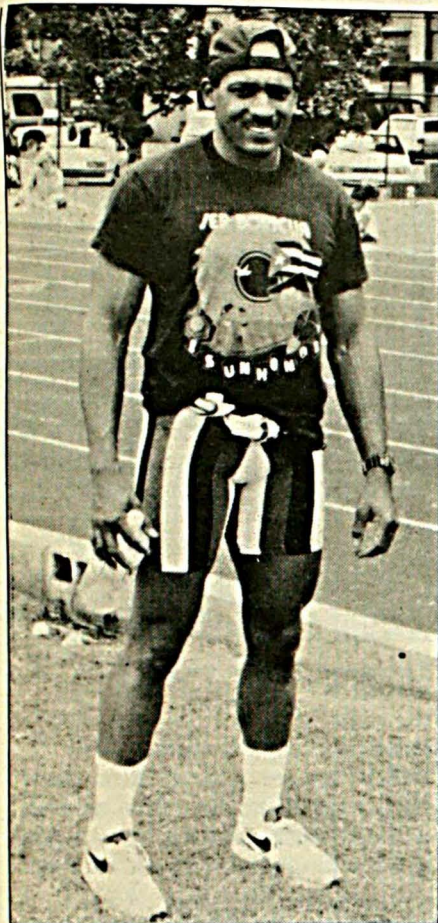
Continued from page 1

"It always seemed," Raschker said, "that I was either running into a very strong headwind, or the event came so late in the program that I simply didn't have enough energy and quickness to get the time needed to break it. I knew I could do it. It was only a question of getting the right conditions."

She found the right conditions on the brand new, Olympic-style Mondo surface at the inaugural international

meet at Life College. With more than 200 countries represented, Raschker finished second with a 12.50 in a field in which she was more than twice the age of any other finalist. Her time was aided by wind of only +0.23 mps, well below the maximum allowable of 2.00 mps.

It was Raschker's final competition of the outdoor season, and she limited herself to only this single event as opposed to her regular seven to ten. □



James Bonilla, California, M35 winner in the 100 (11.52) and 200 (23.21), USATF National Masters Championships, East Lansing, Mich., Photo by Jerry Wojcik

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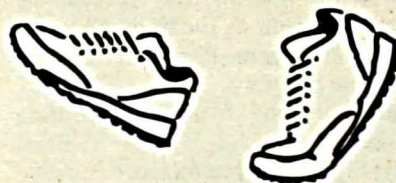
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Health and Fitness

Continued from page 16

IOC competition, including inhaled albuterol (Ventolin and Proventil), theophylline and inhaled corticosteroid (Azmecort, Beclovent, Vancril). Oral corticosteroids (taken by mouth), which are much different from anabolic steroids (which are always banned) are not permitted and injected corticosteroids are permitted only if they are injected into the joint (Medrol).

Inhaled epinephrine (Primatene Mist) is banned in competition and all inhalers, including over-the-counter inhalers, are dangerous to use any time, except as directed by a physician. The seriousness of asthma and the use of unprescribed inhalers was recently publicized by the death of Kristin Taylor, the 17-year-old Florida model who died of undiagnosed asthma. It was initially thought that her use of an unprescribed over-the-counter inhaler contributed to her death, but while this has been eliminated by the medical examiner as a direct cause of death in this case, reliance on the inhaler may have delayed her seeking medical attention and contributed to her death by masking the seriousness of her asthma.

The best advice is, if you have any of the symptoms mentioned above that occur with running or exercise, consulting a physician trained in this area may result in improved performance and enjoyment. □



Countdown from Buffalo

by VITO BORRELLO

Problems? What Problems?

On behalf of the Buffalo Organizing Committee for the XI World Veterans' Athletic Championships, I wish to respond to an article written in the September edition of the *National Masters News* entitled "Problems Mar Successful Championships." Unfortunately, the article was not factually based, and contained misinformation in numerous areas.

However, I am pleased to report that through numerous complimentary letters received and conversations with the WAVA Council, athletes and guests, the OC has received favorable reviews, and has been complimented by President Cesare Beccalli on hosting one of the best events in the WAVA history.

Possibly the largest misperception in the article was that the OC "seemed determined to cut costs, wherever possible." The budget for the XI Championships was nearly \$2 million, as much as or more than any past host, with the exception of Japan, which received substantial government funding.

As organizers, our objective was to operate a premier event, with a balanced budget, as was successfully accomplished in Eugene, OR. Because Buffalo is a larger city than Eugene, there were increased opportunities to secure additional sponsors, enhancing the Championships experience. An example of this is the sponsorship of NYNEX, which sponsored the Opening and Closing Ceremonies.

Due to situations which occurred during the Championships, the Organizers made decisions which, in fact, increased expenses for the event. Bus service was increased to the downtown hotels, as more guests than were projected attended the Championships. This meant an additional cost of \$6,000. In total, the organizers spent \$92,000 on a complimentary shuttle service for athletes and guests. It is my understanding that some past hosts charged for shuttles.

The heat posed a number of problems for the organizers and decisions were made to increase costs. After discussions with medical personnel and the WAVA Council, a decision was made to postpone the last two races of the cross-country meet incurring additional cost to organizers. However, the athletes' health and safety were our utmost concern.

Due to unseasonably hot temperatures in Buffalo, 30% of our volunteers, many of whom were seniors, were unable to participate. Therefore, it was necessary to provide our remaining volunteers with liquid and sandwiches, since most were working 10-15 hour days, substantially increasing cost. Drinks were also provided complimentary to athletes at all non-stadia sites which included water, sometimes All-Sport and soft drinks.

For the marathon, water and All-Sport were provided at every mile, after hearing concern that past Championships did not have adequate liquid.

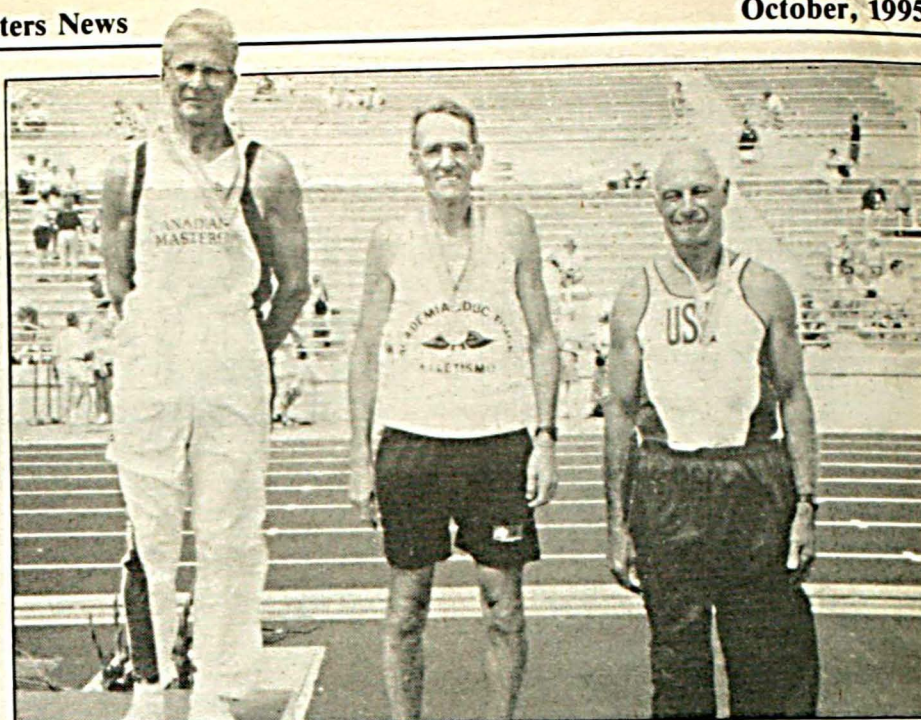
While two other local marathon routes were sanctioned, logistically easier to operate and half of the expense, the organizers chose to resurrect the famous Skylon Marathon which crossed into Canada and ended near Niagara Falls. Representatives of the WAVA Council and USA Track and Field long distance running agreed that this marathon route would enhance these Championships and be memorable for participants. We believe we achieved that objective.

Surprisingly, there were two areas containing misinformation by NMN regarding WAVA contract stipulations. The OC completely fulfilled financial responsibilities for drug testing costing the organizers over \$8000. Further, while the organizers were asked to subsidize these tests, WAVA was always fully responsible for all operation of the tests, and flew in a doctor from Portugal to coordinate the program.

Regarding the issue of providing translation for the WAVA General Assembly, the organizers fulfilled obligations as stipulated in the contract. The WAVA contract stipulated instantaneous translation which was provided, similar to past organizing committees.

There were several references to the competition scheduling. As all participants realize, this meet is the most challenging to schedule, considering the number of heats, age groups, and events. However, the WAVA Council approved our preliminary schedule, claiming it was the best schedule yet and the late Bill Taylor, WAVA Vice President of Stadia, and other representatives of the Stadia Committee approved the final schedule.

Realizing that WAVA is as much a social reunion of friendships as a world class sporting event, organizers planned accordingly. The banquet at "The Pier" was a rousing success, as evidenced by more than 2000 people



Top three M65 in the 300H, XI WAVA Championships, Buffalo, N.Y.: Earl Fee, Canada, 45.71; Ariel Standen Levis, Chile; and Chuck Sochor, U.S.A.

singing and dancing. Food was provided until 9:30 p.m. and drinks and entertainment until 10:00 p.m. Numerous attendees were grateful for a party they will long remember fondly.

The Beer Garden at the University was extremely popular and frequented daily by an average of 500-700 athletes and guests who rekindled friendships and danced to the variety of live music performed daily. This was the cultural hotspot!

Buffalo indeed had a "Host an Athlete" program, enabling athletes to mingle with western New Yorkers. Numerous ethnic receptions also occurred throughout the Championships, involving hundreds of athletes and guests, who experienced first-hand the melting pot which makes up the western New York community.

The overall operation of competition was a highlight. The Hy-Tek meet management system was outstanding, results were available immediately and the scoreboard kept people well informed. Our facilities, particularly UB Stadium, were world class, evidenced by the more than 40 world records set at UB stadium and 55 records in total. Our competition staff worked long hours and did a tremendous job. The WAVA Council reported that they felt the competition operation was superior

to all past championships.

While we are pleased with many components of the operation, areas in which our local organization will improve for future international competitions include increased signage in multiple languages. Also, we were disappointed that the resurfacing of Stadium II was not fully settled prior to competition, due to the excessive heat for the month prior to the event.

Overall, we are thrilled to have had the opportunity to host the XI World Veterans' Athletes Championships. As the "City of Good Neighbors," I hope that your stay was memorable and you found the people of western New York to be friendly and hospitable. Our community is hopeful that you will make a return visit, perhaps to another international sporting competition.

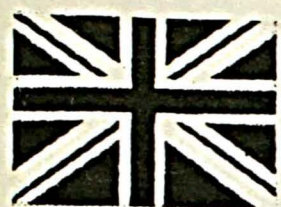
Vito J. Borrello
Executive Director
World Veterans' Athletic Championships

(As we said last month, the schedule for running events was near-perfect and a model for the future. We stand by our statement that the OC did not provide simultaneous, or instantaneous, translation at the General Assembly. Instantaneous means just that: in an instant, such as is done at the United Nations. That was not done in Buffalo. — Ed.)



Russian athletes competing in the World Veterans Championships, Buffalo, who found their way to the Buffalo Subaru 4-Mile Chase in Buffalo, July 15, and won the masters team championships: (l to r) Alexandre Tsoukanov, Valeri Aristov, Valeri Kioun, and Imeninnik Viatcheslan.

Photo from James Nowicki



Report from Britain

by MARTIN DUFF &
BRIDGET CUSHEN

Although some of the competitors in Buffalo chose to miss the National Championships at Exeter, Aug. 5-6, any deficiency was quickly made up by Australian and New Zealand athletes taking the long way home from the World Championships. Australian Peter Combie got a hat trick in the M50 100, 200, and 400.

The Buffalo heat wave also came to Exeter on the first day. Nigel Gates, M40, winner of the WAVA 10K road race in Toronto, ran a solo 14:57.9 5000. Myra Garret won the W50 10,000 in 40:48.8, despite the conditions. One world record: M80 3000

racewalk by George Mitchell in 19:59.0. Reg Phipps repeated his world wins with an M50 double 800 and 1500.

Lee Duffy, 49, ran 2:00.8 for 800, Aug. 19, at Birmingham. Peter Molloy, M45, lowered the British 1500 best three times, the last a world record 3:58.3 at Watford, Aug. 9.

At an IAAF Grand Prix meeting in Gateshead, Aug. 27, Olympic heptathlete Clova Court, 35 last February, posted 13.19 in the 100mH. Judy Oakes, who has officially retired three times from international competition, reached 18.11 in the shot. □

British, Belgians Reign in Brugge

by JERRY WOJCIK

British runners dominated the shorter portion of the 22nd Veterans Grand Prix 10K and 20K in Brugge, Belgium on June 25.

Andrew Catton, M40, Great Britain, was first in 31:03, with Pyotr Ponomaryov, M40, Russia, just two seconds back. He was pursued by Michael Girvan, M40, Great Britain, third in 31:08.

Diane Marsh, W45, Great Britain, won the women's race in 37:58. Arlene Carswell, W35, Great Britain, was second in 38:33. Catharina Pauwels, W40, Belgium, took third with a 38:40.

British runners were particularly strong in the older age groups, sweeping the top five places in several races. Martin Malcolm led a strong M50 contingent of U.K. runners to the finish with a 32:30. Laurie O'Hara ran a 36th overall 35:58, the first of five top Britishers in the M60 race. Rose Grimsley in 39:57 paced a British quintet to the wire in the W50 contest.

Led by Catton, Great Britain took the country championship, but Sport Club Uralmed, the only Russian club of the 30 entered, captured the club title, with Ponomaryov at the helm.

The British were not as dominant in the longer race, won by Herbert Steffny, M40, Germany, in 1:21:58. Belgian runners were prominent, headed by Omer Van Noten, M45, second in 1:23:45. Paul Smith, M40, Great Britain, finished third in 1:24:44.

Belgian runners won all of the remaining division races, except the M80. George Deschacht ran a powerful 1:51:41 to win the M70 race, good enough to have finished fourth in the M60 division.

Angelika Dunke, W35, Germany, was the women's winner with a 25th-overall 1:38:49. Maton Siska, W35, Belgium, took second in 1:43:05.

Denise Alvoet, W55, evidenced some of the Belgian strength shown by the men, with a 1:51:40 win. The time would have placed her fifth in the W35 results.

The club championship again went to a British trio — the Hastings Runners, led by M40 Graham Stewart's 10th-place 1:33:17. Steffny's 1:21:58 played a large role in Germany's denying the British a second country championships.

The total number of finishers in the 10K was 343, in the 25K, 379. Jacques Serruys was the Grand Prix organizer. □

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



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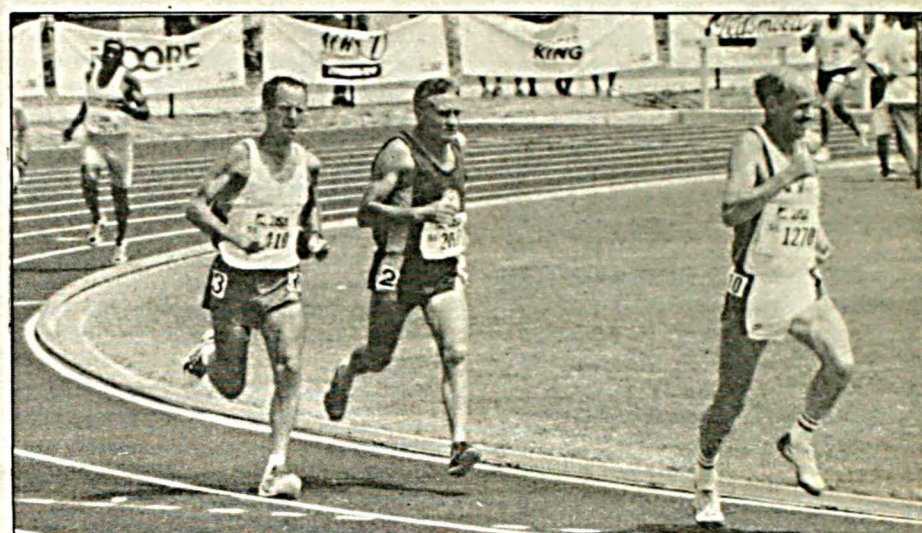
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Rod Dixon, New Zealand, (left), put on a final burst of speed and was able to beat Nolan Shaheed, U.S.A., 4:01.21 to 4:01.65, M45 1500, WAVA Championships, Buffalo. Photo by Leo Benning



Stephen James, Great Britain, leads Sybrand Mostet (c), South Africa, and Herb Phillips, Canada, in the M55 1500 finals, WAVA Championships, Buffalo. Photo by Leo Benning



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The Masters Wizard

Masters Glossary of Terms

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

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

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

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

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

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

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

AR: American Record.

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

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

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

masters competition for a period of two years.

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

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

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

LDR: Long Distance Running.

Masters: Men and women age 40 or over.

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

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

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

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

NGB: National Governing Body.

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

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

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

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

PR: Personal Record.

PW: Personal Worst.

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

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

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

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

RW: Racewalking.

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

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

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

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

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

T&F: Track and Field.

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

USATF: USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national gover-

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

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

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

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

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

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

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

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

WR: World Record.

Masters Scene

NATIONAL

• For information about the 1995 Race For The Cure events schedule, call 1-800-653-5355.

• The photo on p. 25, September issue, of Jim Barrineau, M40, of the U.S., clearing the HJ bar at 2.11 for a WR at the WAVA Championships, Buffalo, should have been credited to Marlene Sachs.

EAST

• **Harry Polites**, Ventnor, N.J., at age 85 a first time competitor in the U.S. Senior Sports Classic in May in San Antonio, was the only athlete to win seven gold medals (swimming, racewalking, track) with meet records in the 800 and 1500 on the oval.

• The Boston RC Masters Sprint Force quartet of **Lincoln Russin**, **Joe Kopka**, **Roger Pierce**, and **Bic Stevens** set its second WR of the summer with a 1:40.33, below the old record of 1:41.3, for the 4x200 relay at the Sugarloaf T&F Meet, Smith College, Northampton, MA, Aug. 3. On June 24, at the Reebok/USATF NE Championships, the four speedsters ran a 3:58.16 sprint medley to break the former record of 3:59.1.

• The NYRRC Hispanic Half-Marathon, Central Park, Aug. 13, drew 2700 competitors. Besting the masters in 83-degree heat were **Jose Santiago** (40, 1:16:46) and **Joan Baldassarri** (40, 1:34:07). **Wen-Shi Yu**, 60, crossed the line in 1:46:26 to take her division decisively.

SOUTHEAST

• **Steve Jones**, 40, registered a masters win with a 32:09, U.S. 10K Classic, Atlanta, GA, Sept. 4. **Nick Rose**, 43, was second in 32:27. **Lorraine Moller**, 40, New Zealand, took the W40+ title in 35:50. Olympic gold medalist, 1972, in the marathon, **Frank Shorter**, 47, ran a 37:01.

• **Martin Mondragon**, 41, Mexico, in 30:20, and **Lorraine Moller**, with a 33:10, collected \$1500 each for 40+ firsts in the Peachtree 10K, Atlanta, July 4. First 50+ were **Tom Dooley**, 51, Toccoa, GA, in 35:22, and **Manna Lukien**, 50, Netherlands, in 40:43.

MIDWEST

• **Steve Jones**, who ran a 2:07:13 marathon in Chicago in 1985, turned 40 on August 4 and will attempt to better **John Campbell's** age 40+ marathon record of 2:11:04 in the same Chicago race, October 15. Jones also wants to challenge the world masters 10K best of 28:56, set by **Martin Mondragon** at Azalea Trail in 1994.

• **Warren Utes** of Illinois turned 75 this summer and ran 8K in a new world M75 best of 31:52, bettering the old mark of 34:21, set by **Ed Benham**, 78, in 1985.

• **Warren Utes**, 75, Park Forest, IL, won the M70+ race in the Chicago Distance Classic 20K, July 9, with a 40+ age-graded best 96.1% 1:23:51. First masters were **Gary Townsend** (43, 1:08:54), **Oak Park, IL**, and **Marietta Sievert** (40, 1:25:41), **Wheeling, IL**.

MID AMERICA

• **Rick Hogan** (50, 18:05) and **Bobby Kincaid** (58, 18:33) were two of the three runners who attained a national-class performance level of 80% in the first running of the Beat The Clock 5K, Kansas City, KS, Aug. 20. In the race, the WAVA Age-Graded Tables were used to determine the performance level of each runner, ranging from a world-class 90% to fitness class (below 50%). The first masters were **Hogan** and **Peggy Zilm** (49, 24:15).

• **Stephen Lester**, 52, Magna, UT, ran a world-class 93.7% 32:36 to take the M40+ first in the Deseret News 10K, Salt Lake City, July 24. **Debbie Hanson**, W40, Pleasant Grove, UT, was 14th female (37:01). In the companion marathon, **Richard Sette**, M40, SLC, in 2:54:36, and **Ellen Ives**, W40, SLC, with a 3:29:32, garnered masters titles.

• **Gary Henry**, 40, Australia, in 35:38, and **Lorraine Moller**, 40, New Zealand, in 40:10, turned in masters firsts in the Quad-City Times Bix 7, Davenport, IA, July 29. **Bill Rodgers**, 47, Sherborn, MA, several-time overall winner of the Bix in his younger days, was third M40+ (36:57).

• **Lee Todd** broke **Herb Anderson's** M80 U.S. javelin record of 28.80 with a 31.50 in the



These are 15 of the 17 runners who have completed all 16 WZYP Cotton Row Runs. (All are from Madison county unless noted). Front: (l to r) Donnie Hillis (38); George Beason (51); Hector Ramirez, Sr. (69); Lon Porch (47), Scottsboro, AL; Gary Deere (50); Bill Allbritton (40); Morris Black (42), Athens, AL. Back: (l to r) Charles Van Valkenburgh (38); Merrill Jones (54); Carl Senkbeil (58); Moody Davis (59); Bill McDowell (41); James Carroll (44), Burns, TN; Lynn Bemby (41), Fayetteville, TN; Bruce Woody (46).

Rocky Mountain Masters Games, Sept. 2-3, at U. of Colorado's Pott's Field, Boulder. The meet, hosted by the Denver TC and City of Boulder, drew 123 men and 25 women.

WEST

• The San Francisco-area based Excelsior RC M40-49 team extended its string of victories going back to 1993 by winning the masters title in the Cox Cable 10K, Eureka, CA, Aug. 6, led by first M40+ **Francesjohn Gailson**, 41, 31:24. Other team members were **Bob Darling**, 46, **Charles Thompson**, 45, **Bill Knapp**, 45, **Jim Gorman**, 46, **Lloyd Stephenson**, 40, and **Jim Tracy**, 45.

• The Moonlight 8K, Alhambra, CA, is offering over \$5000 in prize money for masters women in the Oct. 28 race, which is also the RRCA Women's Masters Championships. Contact **Bill Kinman**, 818/284-7294, fax: 818/284-9217; or **Owen Guenthard**, 818/282-8481, fax: 818/282-5596.

• **Bess James** turned 86 on Sept. 5, and is in the Point Loma Convalescent Home, 3202 Duke St., San Diego CA. James still holds USA records for W75 5000 (29:19) and W70 3000

NORTHWEST

• Oregon's **John Keston** broke **Monty Montgomery's** 18-year-old M70 world mile record (5:42.2) with a 5:34.03.

INTERNATIONAL

• **Lorraine Moller** of New Zealand, who turned 40 on June 1, logged a new world best 21:05 in the Steamboat Classic 4-miler, June 17, slicing nine seconds off **Priscilla Welch's** mark.

• **Jeremy Hyams**, 48, a British marathoner, quoted in Sports Illustrated: "I have the body of a man half my age. Unfortunately, he is in terrible shape."

• At the IAAF Congress meeting in Goteborg, Sweden in August, new members were elected to the IAAF Veterans Committee. The new line up: **Alberto Arino** (Colombia), **Jim Blair** (New Zealand), **Torsten Carlus** (Sweden), **Bridget Cushen** (Great Britain), **Ismael Delgado** (Puerto Rico), **Charles Desjardins** (USA), **Marina Hoernecke** (Spain), **Teruji Kogake** (Japan), **Dieter Massin** (Germany), **Umraro Singh** (India), **Cesare Beccalli** (Italy), and **Cesar Moreno Bravo** (Mexico), Chairman.

• Russia's **Yekaterina Podkayeva**, 42, ran a mile in an incredible 4:26.82, only three seconds away from her own W40 world record set in 1993.

OPEN

• The World T&F Championships held in Sweden in August received good TV ratings in the USA, including a 4.0 rating and 11 share for Sat. August 12, one of the sport's highest non-Olympic rankings, according to the Associated Press.

Sayre, Grayson Winners in Parkersburg

by JERRY WOJCIC

Ric Sayre, 42, Ashland, Ore., and **Nancy Grayson**, 45, Northville, Mich., won the masters races in the Camden-Clark Parkersburg Half-Marathon, Parkersburg, W. Va., on Aug. 19. Sayre took a 15-second victory over **Gary Romesser**, 44, Indianapolis, with a 1:10:53. Sayre, second last year in 1:09:56, earned \$1000, while Romesser won \$500.

Romesser could take some solace with the masters best, age-graded 88.6% performance to Sayre's 87.5%. **Reno Stirrat**, 41, Spartanburg, S.C., was third in 1:12:24, winning \$250.

Matt Norris, 67, Westlake, Ohio, with a 1:39:29, and **Lou Lodovico**, 71, Ellwood City, Pa., with a 1:42:11, were winners by large margins in their respective divisions.

Grayson won her race with a 1:23:07, an 85.5% age-graded performance, over **Suzanne Ray**, 43, Anchorage, Alaska, who finished in 1:25:55. **Claudia Piepenburg**, 46, Arl-

ington, Va., was third with a 1:27:17. Women's cash prizes equaled those of the men.

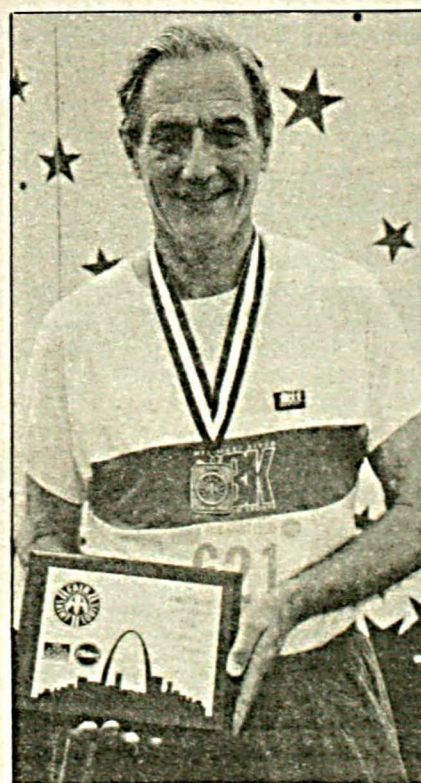
Susie Kluttz, 58, Winston-Salem, N.C., won the W55 contest by 18 minutes.

Running conditions were sunny with temperatures in the 70s at the start.

Overall winners were **Godfrey Koprotich**, 29, 1:03:38, and **Carmen de Oliveria**, 30, 1:13:22. □

COMING NEXT MONTH

- USA Long Distance Records
- Masters Club Listings
- Results of National Marathon
- Training Advice
- And More



Hank Kiesel, 66, Chesterfield, Mo., first M65 (12:54), Fair St. Louis 3K, July 2. Kiesel is a contributing photographer for the National Masters News. Photo by Jim Kent

Five Years Ago October, 1990

- Coup Attempt in Trinidad Fails to Stop North American Meet
- Asbury Park 10K Draws 4500
- John Campbell, 41, Runs World Masters 10-Mile Best of 47:55 at Crim

Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

November 28-December 2. USATF National Convention, Westin Peachtree Plaza, Atlanta, Ga. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317/261-0500.

March 29, 1996. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thornesley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31, 1996. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009.

August 15-18, 1996. 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509/533-3644; fax 509/533-4128.

EAST

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

October 29. Runner's Pentathlon (outdoor), Swarthmore College, Pa. 3000/800/200/1500/400. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

SOUTHEAST

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

October 7. Tennessee Age-Graded Meet (200/400/800/1500). Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215-1170. 615/383-6733.

October 28. Sarasota County Senior Games, Florida. 55+. County Parks & Rec. Dept., 941/316-1172.

November 11. Golden Age Games, Sanford, Fla. 55+. Seminole County Convention & Visitors Bureau, 407/330-5699.

November 18. Good Life Games, St. Petersburg. 55+. Shirley Lewis, Barnett Bank, PO Box 12288, St. Petersburg, FL 33733.

December 9. USATF South Carolina Weight Pentathlon Championships, Florence, SC. Florence Rec. Dept., 803/665-3253.

WEST

Arizona, California, Hawaii, Nevada

October 1, 15, 22. Timber Wolf TC Meets, Encina HS, Sacramento. Field events only. 10 a.m. 916/489-2708.

October 7. Club West Masters Meet, Santa Barbara City College. Club West, 937 Arcady Rd., Montecito, CA 93108. 805/969-5851.

October 16-27. Huntsman Senior Games, St. George, Utah. M&W 50+. Huntsman Games, 50 E. 100 South, Ste. 211, St. George, UT 84770. 1 hour drive from Las Vegas. 800/562-1268; 801/374-0550.

October 21. KELfield Throws Series Meet #42. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

October 29. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. 40+. Bigalita Egger, 310/645-0271.

November 1-11. Long Beach Senior Olympics. 55+. Windi Snellen, 2760 Studebaker Rd., Long Beach, CA 90815. 310/570-1780.

November 18. KELfield Throws Series, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 9-18. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 24-27. Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs, CA 92382. 909/867-2411.

NORTHWEST

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

October 1. Helena Octoberfest Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

October 16-27. Huntsman Senior Games, St. George, Utah. M&W 50+. Huntsman Games, 50 E. 100 South, Ste. 211, St. George, UT 84770. 1 hour drive from Las Vegas. 800/562-1268; 801/374-0550.

June 29-30. Hayward Masters Classic, Eugene, Ore. Contact TBA.

INTERNATIONAL

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619)

225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

October 8-10. All Japan Masters Athletic Championships, Hiratsuka City, Kanagawa Prefecture. Nippon Masters Athletic Union, Fuji Kasai Bldg., 1-25 Kitanoshinchi, Wakayama City, 640 Japan. Tel: 0734-32-0787/7416.

October 12-15. Mexican Veterans Meet, Mexico City. Charlotte Bradley, 277-81-09.

July 7-13, 1996. WAVA Oceania Championships, Papeete, Tahiti.

July 19-August 4, 1996. Olympics, Atlanta. 404/744-1996.

August 21-24, 1996. WAVA North American Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

LONG DISTANCE RUNNING NATIONAL

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd., #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 28-December 2. USATF National Convention, Atlanta, Ga. See T&F National.

EAST

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

October 8. Belmont Plateau Autumn 5 Mile Cross-Country, Philadelphia. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

October 9. Tufts Women's 10K, Boston. Masters money. Andrea Mrusek, 250 Summer St., Boston, MA 02210. 617/439-7700(d).

October 14. Hartford Marathon. Hartford Marathon, 221 Main St., Hartford, CT 06106. 203/525-8200.

October 15. Army Ten-Miler. Claudia Ciavarella, Box 46594, Washington, DC 20050-6594. 703/614-1551.

October 15. Atlantic City Marathon, Atlantic City, N.J. Barbara Altman, Boardwalk Runners, P.O. Box 2181, Ventnor, NJ 08486. 609/822-6911.

October 22. Marine Corps Marathon. Maj. Rick Nealis, Box 188, MCB-MCDDC, Quantico, VA 22134. 703/784-2225.

October 22. Ocean State Marathon, Narragansett, R.I. Masters money, individual & teams. Marathon, 5 Division St., East Greenwich, RI 02818. 401/885-4499.

October 22. Mohawk-Hudson Marathon, Albany, N.Y. MHM, 4022, Albany, NY, P.O. Box 4022, Albany, NY 12204.

October 28. Civil War Relay, Washington, D.C. to Richmond, Va. 118 miles. 5-person teams. Relays of America, PO Box 17086, Seattle, WA 98107. 206/782-6547.

October 29. Cape Code Marathon/Relay (USATF-NE Championships). CCM, P.O. Box 699, West Falmouth, MA 02574. Courtney Bird, race director, 508/540-6959.

November 12. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.

November 19. Philadelphia Marathon. Joe Callan, Memorial Hall, P.O. Box 21601, Philadelphia, PA 19131. 215/685-0054.

ON TAP FOR OCTOBER

TRACK AND FIELD

A brief but savory menu opens on the 1st with a throws session in Helena, Mont. Club West will hold its annual bash on the beautiful campus of Santa Barbara City College on the 7th. The Huntsman Senior Games opens on the 16th, St. George, Utah. Another KELfield Throws meet is set for the 21st in Santa Cruz, Calif. Sarasota stages a senior games meet on the 28th. A runner's pentathlon (200m to 3000m) unfolds in Philadelphia on the 29th. The Sri Chinmoy Games in Long Beach, Calif. have been switched from the 1st to the 29th. Meets in Australia, Japan, and Mexico await the internationalists.

LONG DISTANCE RUNNING

The USATF National Masters Marathon Championships on the 8th in Minneapolis and the 10K Cross-Country Championships on the 15th in Canandaigua, N.Y., head an extensive list of major events. The slate includes the Portland Marathon, Ore., on the 1st; St. George Marathon, Utah, the 7th; Dayton River Half-Marathon, Ohio, the 14th; St. Louis, Chicago and Detroit marathons and Army 10 Miler, Washington, D.C., the 15th; Marine Corps Marathon, also in D.C., the 22nd; and Kansas City Marathon, the 29th. Two women's races of note are the Tufts 10K, Boston, on the 9th, and the Moonlight 8K, Alhambra, Calif., the 28th. The U.S. vs. Canada Masters Cross-Country Challenge 5K will be decided in Bellingham, Wash., on the 22nd.

RACEWALKING

The USATF One-Hour Championships will appear for 60 minutes in Cambridge, Mass., on the 8th. The Southern Regional 15K Championships take place in Atlanta on the 15th, followed by the Eastern Regional 30K in Central Park, NYC, on the 22nd. □

November 23. Manchester 4.75 Mile. Manchester Road Race, P.O. Box 211, Manchester, CN 06040. 203/649-6456.

SOUTHEAST

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

October 7. Virginia Hotfoot Half-Marathon, Triangle, Va. Prince William RC, Box 602, Garrisonville, VA 22463.

October 14. Governor's Cup 8K/25K. Masters money. Governor's Cup, P.O. Box 50205, Columbia, SC 29250. 803/799-0400.

November 11. Vulcan Run 15K. Birmingham TC, PO Box 530363, Birmingham AL 35253. 205/995-5344.

November 12. Old Reliable 10K. Butch Robertson, P.O. Box 1229, Raleigh, NC

Continued on next page

Sri Chinmoy Masters Track and Field (40+)

SCHEDULE CHANGE

New date: Sunday, October 29
Same place: Cal State Long Beach

Pre-registration extended to October 22.

For information, please call (310) 645-0271

Continued from previous page

27602. 919/829-4843.

November 23. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064.

December 3. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800/893-RACE.

December 9. Rocket City Marathon. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205/881-9077.

MIDWEST

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

October 1. Motorola Half-Marathon/Relays. Half-Marathon Race Director, Automotive, Energy & Controls Group, 4000 Commercial Ave., Northbrook, IL 60062-1840. 800/956-9800; 312/944-9762.

October 14. Autumn Shoreline Classic 15K. Bob Schwandt, Autumn Shoreline 15K, 2740 Burgener Dr., Decatur, IL 62521.

October 14. Dayton River Corridor Half-Marathon/5K, Dayton, Ohio. Dayton Convention Center, Tom Schommer, 513/233-1021.

October 15. Chicago Marathon/5K. PO Box 10597, Chicago, IL 60610-0597. 800/527-3214; 312/527-2200.

October 15. Detroit Marathon. Detroit Free Press/Mazda International Marathon, 300 Stroh River Place, Suite 4000, Detroit, MI 48207. 313/393-7749.

November 12. Columbus Marathon/Team Relay & 5K. SASE to Joan Riegel, Marathon, Box 26806, Columbus, OH 43226. 614/433-0395.

MID-AMERICA

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

October 1. Duke City Marathon/Half-Marathon. Marathon, Box 4543, Albuquerque, NM 87196. 505/890-1018.

October 15. St. Louis Marathon. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314/781-3926.

October 21. Wichita Marathon. Clark Ensz, 121 N. River Blvd., Wichita, KS 67203. 316/267-6812.

October 29. Kansas City Marathon & 10K. Marathon, 5001 State Line, Kansas City, MO 64112. 816/941-5439.

November 5. Omaha Riverfront Marathon. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

November 12. Head Start Hustle 10K. Staggered start by age/sex time adjustment. KCRC, 7201 W. 129th St., #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).



Charlie Gray, 41, 31:17, and Nancy Grayson, 45, 36:28, masters winners in the Fair St. Louis 10K, July 2.
Photo by Jim Kent

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 21. Cherry Street Mile, Tulsa. Masters money. Fred Ebrahimi, PO Box 4246, Tulsa, OK 74159. 918/744-4222.

October 22. Halloween Pumpkin Chase 5K, Metairie, La. 6:00 pm. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

October 28. Tulsa 15K. Masters money. WAVA performance comparison scoring will be used. Tulsa Run, Inc., PO Box 2008, Tulsa, OK 74101-2008. 918/587-8786.

November 4. Picayune Fall 10K & 5K Racewalk (separate judged event). Masters money. David Guizerix, director, PO Box 1152, Picayune, MS 39466. 601/798-4881(d); 504/847-1701(e).

November 12. Houston Masters 25K, Downtown Houston, Texas. S. Bill Hadley, 713/729-6646.

December 3. Dallas White Rock Marathon. Marathon, 3607 Lake Lawn, Dallas, TX 75219. 214/526-5318.

WEST

Arizona, California, Hawaii, Nevada

October 1. Sacramento Marathon. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916/678-5005.

October 14. 21st 10-Mile Handicap, Lake Miramar, San Diego. Kevin Heaton, SDTC, 619/578-7539.

October 15. Humboldt Redwoods Marathon. Weott, Calif. Karen Angel, 351 Roundhouse Creek Rd., Trinidad, CA 95570. 707/443-1220.

October 28. Moonlight 8K, Alhambra, Calif. \$5250 in prize money, women masters only. RRCA Women's Masters Championships. Owen Guenthard, 104 S. First St., Alhambra, CA 91801. 818/282-8481.

October 29. Gene Fair 5K, Honolulu. Sponsored by the American Parkinson Disease Association. \$500 to 1st 40+ M&W. 808/528-0935.

November 4. Big Sur Trail Marathon. Big Sur St. Park, Calif. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970.

November 5. Stride & Ride 5K/10K (5K RW), Upland, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 12. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602/229-1060.

November 18. Mission Bay 25K, Fiesta Island, San Diego. Joni Shirley, SDTC, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

November 26. Run To The Far Side 10K/5K, San Francisco. RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/668-2243 or 387-2178.

December 10. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Wailae Ave., #208, Honolulu, HI 96816. 808/734-7200.

January 13, 1996. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 13, 1996. Paramount 10K World Masters Division. Qualifying standards for each age division. See above.

February 11, 1996. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, PO Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

NORTHWEST

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

October 1. Portland Marathon/5K Run & Walk. Les Smith, Box 4040, Beaverton, OR 97076. 503/226-1111.



John del Maestro, 40, (3rd overall) is master, indeed, in a winning time of 17:05 on June 29 in East Meadow, NY.
Photo from Mike Polansky

October 7. St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

November 25. Seattle Marathon. PO Box 31849, Seattle, WA 98103.

INTERNATIONAL

October 21. U.S. vs. Canada Masters Cross-Country Challenge 5K, Bellingham, Wash. 9 a.m. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

October 31-November 14. Himalayan 100 Mile Stage Race (Oct. 31-Nov. 7) & Mt. Everest Challenge Marathon/Darjeeling 10K (Nov. 7-14). Force 10 Expeditions Ltd., PO Box 1925, Eagar, AZ 85925-1925. Phone/fax: 520/333-4840; 800/922-1491.

June 29-30, 1996. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K). Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

RACE WALKING

October 1. El Paso-Juarez 15K & Southwestern Regional 15K Masters RW Championships. Bill Barry, 5024 Vista Del Monte, El Paso, TX 79922. 915/581-3704.



Linda Upton, Massachusetts, W50 winner in the 800 (2:35.50) at the Nationals.
Photo by Suzy Hess

October 7. Big Chicken 3M Road Race and 3M Judged Racewalk, Marietta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

October 8. USATF One-Hour Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 617/734-6322.

October 15. USATF Southern Regional 15K Championships, Atlanta, Ga., Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

October 22. USATF Eastern Regional MAC 30K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18; NY, NY 10028. Entry deadline Oct. 19. No race day entries. 212/628-1317 (9-11 p.m.).

October 28. Race for the Cure 5K Road Race and 5K Judged Racewalk, Smyrna, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

November 4. USATF 5K Racewalk, Rose Bowl, Pasadena, CA. Jim Hanley/Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064, 397-4062.

November 26, December 3, December 10. Annual Holiday Gran Prix 5K Series. Central Park, New York City. Send SASE to Park Racewalkers, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317 (9-11 p.m.).

December 9. USATF Southeast Regional Masters 10K Racewalk Championships & Open 10K, Florence, S.C. Florence Rec. Dept., 803/665-3253.

Fifteen Years Ago October, 1980

- Toshiko d'Elia Becomes First Woman Over 50 to Break 3 Hours (2:57:25) in Marathon
- 1200 Compete in XIII World Veterans LDR Championships in Glasgow, Scotland
- 3000 Spectators View Pan American T&F Meet in San Juan

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

M35-39

R.A. Blackwell	400M	50.08	07-09-95
Scott R. King	1500M	4:09.11	06-10-95
	1500M	4:06.79	07-09-95
Jeff Lindsay	800M	1:56.04	07-09-95

M40-44

Michael Skoflanc	Long Jump	5.94	03-04-95
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M45-49

Oron Lott	Long Jump	5.49	07-01-95
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M50-54

Ritchie Geisel	1500M	4:33.3	07-21-95
	5000M	17:12.56	07-19-95

M55-59

Neil Saling	Discus	39-62	06-25-95
	Shot Put	11-94	07-09-95
Gerald Vaughn	Shot Put	40-4	06-10-95

M60-64

Ray Everson	1500 RW	7:56	05-24-95
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M65-69

Alvin Ravenscroft	2000 SC	8:58.36	07-09-95
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Fred Shanaman	25# Weight	12.82	08-19-95
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	56# Weight	5.97	08-19-95
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Clarence Trinkner	300HH	48.44	07-09-95
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Glen Yoder	High Jump	1-5	05-06-95
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M65-69

Jim Gerhardt	Shot Put	38-99/4	05-24-95
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	Discus	130-1	05-24-95
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Thomas Roy Harney	Pole Vault	8-6	06-10-95
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William Melville	100M	13.85	05-21-95
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Al Swinick	800M	2:46.3	07-27-95
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	1500M	5:45.7	07-27-95
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	5000M	21:05.05	07-29-95
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M70-74

Jim Holland	Shot Put	36-6	07-08-95
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Kenneth Wheeler	Discus	105-4	06-11-95
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M75-79

Herb Appell	1500 RW	9:32	05-21-95
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	5K RW	33:20	07-22-95
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Garfield Schoener	100M	16.5	03-04-95
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	200M	35.8	03-04-95
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W30-34

Carrie Schultz	100M	13.68	07-09-95
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	200M	27.86	07-09-95
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W45-49

Marianne Martino	10K RW	57:40	08-13-95
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Suzy Hess	20# Weight	6.45	08-19-95
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Betty Lafferty	800M	2:45.0	06-24-95
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W50-54

Marion Coffee	300HH	1:06.79	07-23-95
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U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	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
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	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
	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	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35Fwt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Fwt.							11.00	10.00	9.00	8.00	7.00	6.00
56Fwt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	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									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Fwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Fwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-39: 4k; 50+: 3k.
 4) Javelin: 30-39: 600gm; 50+: 400gm.
 5) Hammer: 30-39: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F

TRACK & FIELD RESULTS

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

NATIONAL

USATF National Masters Weight & Superweight Championships Seattle, Aug. 19

WEIGHT (M30-59 35#; M60+ 25#W30-49 20#W50+ 16#)

M40 Paul Brown	11.73
Forrest Brouillard	10.37
M45 Bob Sager	12.66
Gary Kelmenson	12.27
Tim Edwards	11.66
Bill Galler	8.21
M50 George Mathews	13.25
Chuck Chapin	12.65
M55 Dick Hotchkiss	14.17
Russ Hodge	10.42
Jim Hart	10.02
Wayne Cassity	6.72
Brad Wilson	6.42
M60 Fred Shanaman	12.82
Pay Carstensen	12.46
Frank Miller	12.19
Don Hughes	8.50
M65 Ken Weinbel	11.51
Jerry Wojcik	9.98
M70 Art Jaago CAN	8.21
M75 Manuel White age79WR10.14	9.69
Jim Minah	5.68
Gerald Cysewski	5.68

W35 Debbie Ecklund 7.22
W45 Pauline Thomas 9.22
W50 Suzy Hess 7.48

SUPERWEIGHT (M30-69 56#; M70+ 35#; W30-49 35#; W50+ 25#)

M40 Paul Brown	7.75
Forrest Brouillard	6.21
M45 Tim Edwards	7.92
Bob Sager	7.89
Gary Kelmenson	7.88
Bill Galler	4.82
M50 George Mathews	8.66
Chuck Chapin	8.56
M55 Dick Hotchkiss	8.61
Russ Hodge	7.29
Jim Hart	5.55
Brad Wilson	4.28
Wayne Cassity	4.12
M60 Pay Carstensen	6.23
Fred Shanaman	5.97
Frank Miller	5.44
Don Hughes	5.00
M65 Ken Weinbel	5.90
Jerry Wojcik	3.66
M70 Art Jaago CAN	6.98
M75 Manuel White age79WR7.65	7.65
Jim Minah	4.73

W35 Debbie Ecklund 4.66
W45 Pauline Thomas 5.83
W50 Suzy Hess 5.36

Ultra Weight Classic Score

M40 Paul Brown	28.34
(100# 3.32/200# 1.39/300# .69)	
M45 Gary Kelmenson	28.89
(100# 3.78/200# 1.16/300# .66)	
Tim Edwards	28.85
(100# 3.35/200# 1.40/300# .78)	
Bill Galler	19.71
(100# 2.10/200# 1.01/300# .64)	
M50 Chuck Chapin	35.18
(100# 3.89/200# 2.04/300# 1.50)	
George Mathews	32.24
(100# 3.77/200# 1.58/300# .85)	
M55 Dick Hotchkiss	34.65
(100# 3.75/200# 2.14/300# .96)	
Jim Hart	23.54
(100# 2.63/200# 1.45/300# .61)	
Brad Wilson	16.49
(100# 2.48/200# .97/300# .33)	
Wayne Cassity	16.08
(100# 2.36/200# .97/300# .23)	
M60 Pay Carstensen	29.56
(100# 3.17/200# 1.71/300# .92)	
Fred Shanaman	25.86
(100# 2.75/200# 1.26/300# .45)	
Frank Miller	23.82
(100# 2.14/200# .93/300# .55)	
Don Hughes	19.62
(100# 2.30/200# .73/300# .59)	
M65 Ken Weinbel	25.12
(100# 2.57/200# 1.39/300# .59)	
M70 Art Jaago	25.53
(56# 4.93/100# 3.01/200# 1.08)	
M75 Manuel White	24.08
(56# 4.93/100# 2.03/200# .56)	
W35 Debbie Ecklund	19.98
(56# 2.78/100# 1.66/200# .50)	
W45 Pauline Thomas	25.00
(56# 3.79/100# 1.94/200# .57)	
W50 Suzy Hess	22.20
(35# 3.70/56# 1.79/100# .52)	

USATF National Masters Weight Pentathlon Championships Grass Valley, CA; Aug. 26

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
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Event 2 Weight Pentathlon 30-34 Men Age Graded Results

1 Carpenter, Jeff	53.46m	11.93m	34.26m	33.16m	15.85m
Age graded mark:	53.46m	11.93m	34.26m	33.14m	15.85m
Age graded percent:	64.20%	53.74%	48.17%	34.54%	63.40%
Age: 30	3003	(734)	(602)	(549)	(344)

Event 4 Weight Pentathlon 40-44 Men Age Graded Results

1 Watson, Richard	33.84m	10.49m	33.00m	46.34m	10.17m
Age graded mark:	37.52m	11.11m	33.00m	54.80m	11.41m
Age graded percent:	45.08%	50.10%	46.40%	57.10%	45.67%
Age: 42	2732	(472)	(553)	(524)	(660)

Event 5 Weight Pentathlon 45-49 Men Age Graded Results

1 Kelmenson, Gary I	40.78m	11.69m	34.38m	36.18m	13.30m
Age graded mark:	50.20m	13.80m	37.64m	47.02m	16.13m
Age graded percent:	60.29%	62.18%	52.92%	48.99%	64.56%
Age: 45	3348	(680)	(716)	(617)	(545)

2 Harvey, Rex	33.78m	11.31m	38.94m	46.84m	10.80m
Age graded mark:	41.58m	13.35m	42.62m	60.88m	13.10m
Age graded percent:	49.94%	60.16%	59.94%	63.43%	52.43%
Age: 49	3314	(538)	(689)	(718)	(751)

3 Sager, Bob	38.80m	11.30m	30.64m	34.24m	12.25m
Age graded mark:	47.76m	13.34m	33.54m	44.50m	14.86m
Age graded percent:	57.36%	60.11%	47.17%	46.36%	59.47%
Age: 46	3089	(640)	(688)	(535)	(508)

4 Edwards, Tim	34.60m	9.92m	35.22m	30.02m	11.40m
Age graded mark:	42.58m	11.71m	38.56m	39.02m	13.83m
Age graded percent:	51.15%	52.77%	54.22%	40.65%	55.34%
Age: 47	2865	(554)	(589)	(635)	(428)

Event 6 Weight Pentathlon 50-54 Men Age Graded Results

1 Gage, Tom	60.96m	15.69m	46.62m	35.52m	21.71m
Age graded mark:	75.70m	18.76m	50.28m	50.74m	24.05m
Age graded percent:	90.93%	84.54%	70.71%	52.86%	96.23%
Age: 52	4854	(1107)	(1022)	(876)	(600)

2 Mathews, George	47.72m	12.32m	36.06m	30.48m	16.82m
Age graded mark:	59.26m	14.73m	38.88m	43.54m	18.63m
Age graded percent:	71.18%	66.38%	54.69%	45.36%	74.56%
Age: 52	3673	(830)	(773)	(642)	(494)

Event 7 Weight Pentathlon 55-59 Men Age Graded Results

1 Hotchkiss, Dick	43.24m	13.77m	43.42m	38.50m	16.18m
Age graded mark:	59.60m	18.35m	52.20m	60.42m	19.37m
Age graded percent:	71.59%	82.70%	73.42%	62.96%	77.49%
Age: 56	4469	(836)	(997)	(916)	(744)

2 Hodge, Russ	32.14m	15.12m	45.28m	40.18m	14.08m
Age graded mark:	44.30m	20.15m	54.44m	63.06m	16.85m
Age graded percent:	53.21%	90.81%	76.56%	65.71%	67.43%
Age: 55	4271	(583)	(1109)	(963)	(784)

Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
3 Terhune-Young, Rassal		42.26m	10.07m	33.74m	37.26m	13.64m
Age graded mark:		58.24m	13.42m	40.56m	58.48m	16.33m
Age graded percent:		69.97%	60.48%	57.05%	60.93%	65.33%
Age: 56	3698	(813)	(693)	(676)	(715)	(801)
4 Humpries, Bob		37.56m	10.86m	40.96m	20.42m	13.85m
Age graded mark:		51.78m	14.47m	49.24m	32.04m	16.58m
Age graded percent:		62.19%	65.23%	69.26%	33.39%	66.33%
Age: 59	3462	(706)	(757)	(855)	(328)	(816)
5 Hart, Jim		35.20m	12.32m	37.92m	25.52m	11.42m
Age graded mark:		48.52m	16.42m	45.58m	40.06m	13.67m
Age graded percent:		58.28%	73.99%	64.12%	41.73%	54.69%
Age: 58	3401	(652)	(877)	(779)	(443)	(650)
6 Cassity, Wayne		21.42m	9.85m	23.06m	13.90m	8.69m
Age graded mark:		29.52m	13.13m	27.72m	21.82m	10.40m
Age graded percent:		35.46%	59.16%	38.99%	22.73%	41.62%
Age: 56	2090	(343)	(675)	(420)	(186)	(466)
7 Biddinger, Steve		25.88m	7.50m	21.54m	17.44m	8.85m
Age graded mark:		35.66m	9.99m	25.90m	27.36m	10.59m
Age graded percent:		42.85%	45.05%	36.42%	28.52%	42.39%
Age: 56	2050	(442)	(485)	(384)	(262)	(477)

Event 8 Weight Pentathlon 60-64 Men Age Graded Results

1 Thomson, Stu	48.08m	13.01m	49.80m	27.30m	17.61m
Age graded mark:	67.14m	17.63m	55.64m	43.38m	20.38m
Age graded percent:	80.64%	79.47%	78.24%	45.20%	81.53%
Age: 62	4429	(962)	(952)	(989)	(491)

2 Olson, Len	41.64m	13.08m	43.68m	38.94m	15.39m
Age graded mark:	58.14m	17.73m	48.80m	61.88m	17.81m
Age graded percent:	59.84%	79.96%	68.63%	64.47%	71.25%
Age: 64	4267	(812)	(958)	(845)	(766)

3 Carstenson, Pay	39.28m	10.89m	32.92m	29.52m	14.54m
Age graded mark:	54.86m	14.76m	36.78m	46.90m	16.82m
Age graded percent:	65.88%	66.52%	51.72%	48.87%	67.31%
Age: 63	3504	(757)	(775)	(599)	(543)

4 Reitz, Dennis	31.58m	12.30m	38.44m	33.64m	11.59m
Age graded mark:	44.10m	16.67m	42.94m	53.46m	13.41m
Age graded percent:	52.97%	75.14%	60.39%	55.70%	53.66%
Age: 62	3473	(579)	(893)	(725)	(640)

5 Fitzhugh, Ray	21.32m	10.47m	32.54m	32.06m	10.88m
Age graded mark:	29.76m	14.19m	36.36m	50.94m	12.59m
Age graded percent:	35.76%	63.96%	51.12%	53.08%	50.37%
Age: 60	2870	(347)	(740)	(591)	(603)

Event 9 Weight Pentathlon 65-69 Men Age Graded Results

1 Brusca, Phil	31.30m	11.48m	34.18m	34.06m	12.44m
Age graded mark:	48.52m	17.34m	42.56m	59.48m	15.55m
Age graded percent:	58.27%	78.10%	59.87%	61.96%	62.23%
Age: 68	3790	(652)	(934)	(717)	(730)

2 Weinbel, Ken	34.20m	8.52m	32.14m	19.08m	13.36m
Age graded mark:	53.00m	12.87m	40.02m	23.32m	16.70m
Age graded percent:	63.66%	57.96%	56.30%	34.71%	66.83%
Age: 67	3219	(726)	(659)	(665)	(346)

3 Allison, Tom	22.56m	10.22m	33.86m	31.34m	9.40m
Age graded mark:	34.96m	15.43m	42.16m	54.72m	11.75m
Age graded percent:	42.00%	69.52%	59.31%	57.01%	47.02%
Age: 65	3156	(430)	(816)	(709)	(659)

4 Wojcik, Jerry	30.74m	8.42m	29.80m	25.98m	11.76m
Age graded mark:	46.38m	12.71m	37.12m	45.36m	14.70m
Age graded percent:	55.70%	57.28%	52.20%	47.26%	58.83%
Age: 65	3123	(638)	(650)	(606)	(520)

Event 10 Weight Pentathlon 70-74 Men Age Graded Results

1 Silsdorf, Jerry	19.18m	8.46m	19.74m	14.24m	7.64m
Age graded mark:	29.50m	12.73m	27.40m	27.32m	9.23m
Age graded percent:	35.45%	57.36%	38.55%	28.47%	36.94%
Age: 72	2070	(342)	(651)	(414)	(262)

Event 11 Weight Pentathlon 75-79 Men Age Graded Results

1 Cumley, Don	22.66m	11.64m	30.44m	20.60m	8.69m
Age graded mark:	38.70m	19.52m	47.12m	43.44m	11.35m
Age graded percent:	46.48%	87.98%	66.26%	45.25%	45.40%
Age: 75	3383	(491)	(1070)	(811)	(492)

2 Ricciardi, Armando	27.88m	8.24m	24.80m	21.60m	9.90m
Age graded mark:	47.60m	13.82m	38.38m	45.54m	12.93m
Age graded percent:	57.19%	62.28%	53.98%	47.45%	51.72%
Age: 75	3117	(637)	(717)	(632)	(523)

3 Cronkhite, Hal	18.86m	9.41m	22.40m	11.90m	8.34m
Age graded mark:	32.20m	15.78m	34.66m	25.08m	10.89m
Age graded percent:	38.69%	71.13%	48.76%	26.14%	43.57%
Age: 77	2505	(386)	(838)	(557)	(231)

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Name	Points	HAMMER	SP	DISCUS	JAVLIN	WT
4 Stone, Bob		16.46m	6.13m	15.30m	13.40m	5.82m
Age graded mark:		28.10m	10.28m	23.68m	28.26m	7.60m
Age graded percent:		33.76%	46.33%	33.30%	29.44%	30.41%
Age: 75	1750	(320)	(502)	(342)	(275)	(311)

Event 12 Weight Pentathlon 80-84 Men Age Graded Results

1 York, Jim		21.42m	7.58m	20.72m	16.12m	9.41m
Age graded mark:		40.60m	14.16m	35.76m	37.34m	11.50m
Age graded percent:		48.76%	63.80%	50.28%	38.92%	46.01%
Age: 82	2771	(522)	(738)	(579)	(404)	(528)

Event 18 Weight Pentathlon 35-39 Women Age Graded Results

1 Ecklund, Debi		17.70m	7.48m	24.30m	18.10m	7.28m
Age graded mark:		17.84m	7.48m	24.30m	21.08m	9.49m
Age graded percent:		29.75%	34.87%	32.90%	26.37%	49.56%
Age: 35	1719	(235)	(366)	(356)	(309)	(453)

2 Watson, Julie		16.22m	7.39m	18.76m	18.78m	5.99m
Age graded mark:		16.34m	7.39m	18.76m	21.88m	7.80m
Age graded percent:		27.26%	34.45%	25.40%	27.36%	40.78%
Age: 39	1495	(203)	(360)	(256)	(324)	(352)

Event 19 Weight Pentathlon 40-44 Women Age Graded Results

1 Stratton, Joan		36.34m	10.61m	34.94m	25.44m	11.56m
Age graded mark:		40.48m	11.33m	37.02m	33.68m	16.22m
Age graded percent:		67.47%	52.86%	50.12%	42.12%	84.75%
Age: 43	3348	(722)	(617)	(596)	(546)	(867)

Event 20 Weight Pentathlon 45-49 Women Age Graded Results

1 Thomas, Pauline		25.60m	9.74m	28.62m	24.28m	10.61m
Age graded mark:		31.50m	11.93m	34.26m	36.54m	16.03m
Age graded percent:		52.51%	55.66%	46.39%	45.67%	83.74%
Age: 45	3182	(526)	(656)	(543)	(601)	(856)

Event 21 Weight Pentathlon 50-54 Women Age Graded Results

1 Hess, Suzy		22.28m	6.31m	16.10m	16.04m	7.16m
Age graded mark:		26.22m	7.68m	21.78m	23.32m	9.30m
Age graded percent:		43.72%	35.81%	29.49%	29.16%	48.61%
Age: 53	1893	(412)	(379)	(310)	(351)	(441)
2 Reitz, Donna		15.80m	6.13m	14.04m	12.56m	5.65m
Age graded mark:		18.60m	7.46m	18.98m	18.26m	7.34m
Age graded percent:		31.00%	34.79%	25.71%	22.84%	38.36%
Age: 52	1455	(250)	(365)	(259)	(257)	(324)

EAST

Maryland Masters Weight
Throw Series #1
Catonsville, June 3

SHOT PUT

M60 Dick Burton	32-1
M65 Bob Leishear	27-1
W55 Evelyn Wright	24-1

DISCUS

M45 Doug Hines	76-2
M60 Dick Burton	119-0
H. Blinichikoff	68-3
M65 Bob Leishear	99-1
Dick Enstrom	60-8
W35 Laura Oliphant	78-4
W55 Evelyn Wright	62-6

HAMMER

M45 Doug Hines	62-5
M60 Dick Burton	83-0
M65 Bob Leishear	100-7
W35 Laura Oliphant	44-1
W55 Evelyn Wright	55-1

JAVELIN

M45 Doug Hines	55-8
M55 Dick Fox	100-1
M60 H. Blinichikoff	97-1
Dick Burton	62-8
M65 Bob Leishear	83-5
Dick Enstrom	74-1
W35 Laura Oliphant	69-7
W55 Evelyn Wright	55-11
25# WEIGHT	
M55 Dick Fox	29-4
M60 Dick Burton	31-11
M65 Bob Leishear	30-0
PENTATHLON	
M60 Dick Burton	2114
M65 Bob Leishear	2000

New Jersey Masters T&F
Outdoor Championships
Matawan, June 17

100	
M30 Derek Holloway	11.1
Matt Godbolt	11.5
Bill Hughes	11.6
M35 Remo Biagioni	11.6
Rich Alexander	12.2
Mike Romanski	14.5
M40 Joe Hehn	12.0
Ken Bauersfeld	12.2
Ron Jackson	12.8

M45 Nick Pavlik	13.0	M35 Remo Biagioni	54.4
Howie Robinson	13.9	M40 Chris Monroe	58.8
M50 Joe Johnson	11.8	M45 Philip Felton	53.2
Lloyd Hart	12.2	Bob Ihne	57.9
Jerry Krumeich	12.4	Charles Pleasant	63.2
Bob Williams	12.8	Paul Henry	55.8
Bill Hughes, Sr.	13.6	Rab Hagin	57.1
John McDonald	14.0	Tom Hartman	64.3
M60 Rich Barretta	13.0	M55 John McDonald	61.1
Alex Johnson	13.1	Bill Hughes, Sr.	63.3
Matt Brown	13.8	M60 Frank Haviland	60.8
M65 Tom Delaney	14.1	Irwin Bernstein	64.6
Jack Lance	14.6	M65 Bob Naylor	73.5
Bob Naylor	15.2	M70 Jim Manno	78.8
W30 Ruvina Kelly	14.7	M30 Micia Johnson	67.3
Alicia Johnson	15.2	Jen Osbourne	68.8
W35 Cheryl Alston	14.1	Ruvina Kelly	70.9
W40 Carole Solomon	14.9	W35 Cheryl Alston	67.9
W45 Michael Hill	14.4	Out of State	
J. Hill-Hudgins	15.4	M30 Jim Watts	51.1
Out of State		M40 Ed Gonera	51.5
M40 Ed Gonera	11.4	Alex Constantinou	55.4
M45 William Overby	12.2	M45 Rudra Tamm	68.7
M60 Chinmoy Ghose	16.2	M65 Manny Herscher	76.4
200		800	
M30 Derek Holloway	22.6	M30 Kevin Davis	2:00
Matt Godbolt	23.1	Charles Jenks	2:01
Bill Hughes	23.6	Chris Lewis	2:03
M40 Bruce Clark	24.9	M35 Bill Possidente	2:08
Ken Bauersfeld	25.3	Tim McMahon	2:19
Ronald Jackson	26.5	M40 Tom Ryan	2:08
M45 Ken Brinker	24.0	Chris Monroe	2:17
Philip Felton	24.2	Paul Leestma	2:18
Bob Ihne	26.6	M45 Harry Nolan	2:09
M50 Joe Jackson	24.5	Bill Inde	2:34
Jerry Krumeich	25.3	M50 Dan Kirsch	2:33
M55 Bob Williams	25.8	M60 Irwin Bernstein	2:29
John McDonald	27.8	M80 Dudley Healy	3:46
Bill Hughes, Sr.	28.5	W30 Kathy Tolney	2:39
M60 Alex Johnson	29.0	W40 P. Dickson-Taylor	2:30
M65 Tom Delany	30.0	W50 Eileen Cox	3:11
Bob Naylor	31.7	W65 Lois Filreis	3:16
M70 Jim Manno	32.2	Out of State	
W30 Ruvina Kelly	29.8	M35 Henry Coleman	2:08
Alicia Johnson	29.9	M40 Duane Green	2:05
W35 Cheryl Alston	29.9	M50 Frank Handelman	2:16
W40 Carole Solomon	31.4	M55 Jim Aneshansley	2:26
Out of State		W35 Joan Sterret	2:25
M30 Jim Watts	23.6	1500	
M40 Ed Gonera	23.1	M30 Ed Sanders	4:24
Alex Constantinou	25.3	M35 John Connolly	4:47
M45 William Overby	24.8	M40 Tom Ryan	4:3
Ron McDonald	25.4	Paul Leestma	4:43
400		Tony Plaster	4:59
M30 Bill Hughes	52.6	M45 Harry Nolan	4:18
Tom O'Connor	57.1	Bill Inde	5:17

M50 Dan Kirsch	5:07	W35 Janet Hirst	29.16
Armando Oliveira	5:23	Lynn Gilmore	29.12
M55 Dave Gerridge	4:55	Nancy Munoz	20.38
Frank Mari	5:18	TRIPLE JUMP	
Dick Dedham	6:03	M30 Brian Corrigan	46-4
M60 Frank Haviland	5:15	M35 David Stauffen	42-5
M80 Dudley Healy	7:30	M40 Robert Richardson	38-6
W30 Kathy Tolney	5:25	Ronald Jackson	33-5
W35 Joan Sterret	5:00	Dave Friedman	26-2
Maria Turner	6:06	M45 Ron Salvio	30-3
W40 P. Dickson-Taylor	5:12	M50 George Homsany	27-3
Barbara Johnson	6:57	M55 Mort Hahn	20-9
W50 Eileen Cox	6:25	M65 Tom Delaney	28-11
W65 Lois Filreis	6:38	Jack Lance	27-5
Out of State		W30 Lesley Duncan	28-10
M50 Ben Grundstein	4:51	W35 Julie Wiedis	25-11
M55 Jim Aneshansley	5:01	Edna Crawley	23-2
M60 John Orr	6:54	W40 Michael Hill	27-1
W30 Elizabeth Murray	5:01	Out of State	
5000		M45 Ivan Black	35-10
M30 Kevin Green	16:45	HIGH JUMP	
M35 Frank Darden	18:48	M30 Brian Corrigan	5-8
M40 Jose Pais	18:02	Kevin Dee	5-2
Neil Golemen	19:42	M35 Richard Alexander	6-6
M45 Ritchie Geisel	17:13	Frank Darden	4-4
Roger Johnson	18:51	M40 Dan Goia	5-6
M50 Armando Oliveira	20:11	Dave Friedman	4-2
Bill Cooper	21:48	M45 Richard Sohel	5-4
M55 Frank Mari	20:55	Ron Salvio	4-10
Ralph Garfield	22:12	M55 John McDonald	4-6
Dick Dedham	25:34	Mort Hahn	3-10
M70 Bob Mimm	25:40	M60 Jonas Cowles	4-6
M80 Dudley Healy	29:26	M65 Tom Delaney	4-2
W35 Maria Turner	22:44	W30 Lesley Duncan	5-0
W40 Maisha Nguvu	24:10	W35 Cheryl Alston	4-2
Barbara Johnson	25:50	Julie Wiedis	3-10
W50 Toshiko d'Elia	22:58	W45 Michael Hill	4-6
Out of State		Out of State	
M40 Sean Doyle	16:09	M45 Ivan Black	5-0
M60 John Orr	24:46	W30 Caryl Senn	5-0
5000 RACEWALK		LONG JUMP	
M35 Frank Darden	32:23	M30 Brian Corrigan	21-6
M40 Ray Funkhouser	24:35	M35 David Stauffer	19-9
John Clifford	25:24	Rich Choppa	18-4
M45 Jacinto Mogenia	30:42	M40 Al Cestero	18-11
M50 Manny Eisner	28:17	Eddie Mose	17-7
Walter Stein	49:08	Mark Johnson	17-4
M55 Dave Romanski	24:04	M65 Tom Delaney	14-6
Ralph Garfield	31:27	Jack Lance	13-6
M60 Ben Ottmer	29:39	W30 Ruvinia Kelly	14-10
Al Hayden	39:09	W35 Julie Wiedis	11-0
M65 Stan Berger	39:59	W40 Nancy Klepack	15-10
M70 Bob Mimm	30:39	Out of State	
John Nervetti	30:41	M30 Duncan Payne	14-10
W40 Phyllis Hanson	26:47	M45 Ivan Black	16-7
W50 Ellen Stein	49:08	POLE VAULT	
Out of State		M35 Joe Petrillo	13-6
W40 Gloria Rawls	27:49	M40 Dan Goia	9-6
110H		M45 Ron Salvio	7-4
M30 Brian Corrigan	16.4	M55 Madeline Bost	6-0
Kevin Dee	16.8	Out of State	
M35 Tony Ciccone	16.1	M30 Duncan Payne	8-0
Tim McMahon	16.7	M35 Bob Doran	9-0
M40 Al Cestero	20.9	JAVELIN	
Out of State		M30 Rich Cetlin	49.40
M30 Duncan Payne	19.4	Brian Corrigan	47.48
M45 Ivan Black	20.1	Kevin Dee	41.98
W30 Caryl Senn	16.3	M35 Tony Ciccone	44.28
80H		Ray Biagioni	44.28
W45 Michael Hill	15.1	Michael Romanski	37.80
100H		M40 Thomas Nielsen	52.46
M60 Leon Trout	16.7	Dick Dow	47.66
M65 Tom Delany	20.0	M45 Glenn Weaver	41.06
300H		M50 Jimmy Jones	40.28
M60 Leon Trout	50.7	M55 Frank Illuzzi	38.16
M65 Jack Lance	60.4	Mort Hahn	26.26
400H		M70 Charles Cavino	20.74
M30 Mike Mallory	59.5	W30 Lesley Duncan	38.44
M35 Tim McMahon	61.2	W35 Lynn Gilmore	29.96
M50 Rab Hagin	68.0	Julie Wiedis	25.40
W40 Nancy Klepack	85.2	Out of State	
Out of State		W30 Caryl Senn	34.08
M30 Duncan Payne	67.9	SHOT PUT	
M45 Ivan Black	68.0	M35 Tony Ciccone	12.9
WEIGHT THROW		John Kalnas	10.61
M30 Kevin Dee	10.11	Michael Romanski	10.35
M35 Mike Bersch	10.88	M40 Mike Dow	12.07
M40 Rich McMullin	11.99	Henry Kalnas	11.95
M45 Edward Beebe	11.7	Richard McMullin	10.31
Richard Smith	10.84	Rich Dunphy	11.27
Ron Salvio	8.85	Richard Smith	10.57
W30 Lesley Duncan	10.02	M50 Joe Kalnas	11.63
W35 Lynn Gilmore	10.62	Jimmy Jones	9.85
W45 J. Hill-Hudgins	8.14	M55 William Hughes	11.50
HAMMER		Mort Hahn	7.80
M35 Mike Bersch	47.79	M60 Jonas Cowles	11.87
M40 Richard McMullin	35.07	M70 Charles Cavino	11.39
M45 Edward Beebe	43.67	M80 Gene Bradford	8.65
Richard Smith	32.67	W35 Lynn Gilmore	11.20
Ron Salvio	26.44	Janet Hirst	8.90
M70 Charles Cavino	30.21	Nancy Munoz	7.91
M80 Gene Bradford	19.86	W45 J. Hill-Hudgins	9.13
W30 Lesley Duncan	27.34	Out of State	
W35 Lynn Gilmore	29.24	M30 John Bauer	13.39
W45 J. Hill-Hudgins	21.20	M50 Paul Marrone	13.09
discus			

Continued from previous page

W60 Alfredo Brando 6:19	M70 Voldemar Vaher 9:17	M50 Trenton Jackson 12:52	M45 Joe Daley 4:27.77	M40 Norman/DiCesare/Conti/Black 9:23.88	W50 K Balthazarheitz 7:59
Ruben Cordon 6:26	M80 Alfred Skonberg 7:09	Richard Jones 12:54	Ken Klapp 4:35.42	William/Palmer/Waldron/Steffenhagen 10:10.04	Barbara Stewart 6:17
John Orr 7:38	W40 Ranjana Ghose 8:53	Chuck LaChiusa 12:79	Jeff Green 4:36.88	W30 Kassel/Michalek/Steffen/Zolner 11:11.09	W55 Dortha Swanson 8:17
W40 Saudamini Siegrist 7:20	Pranika Baum 6:76	M55 Edwin Taft 13:23	M50 Salih Talib 4:44.51		W60 Rosalia Gioia 7:43
Sutushiti Lang 7:29	Chetana Hein 6:54	Thomas Fondy 13:46	Carlos Cuprill 4:47.51		Joan Dash 6:44
Nayana Hein 9:07	W55 Zofia Turosz 5:96	Dick Camp 13:57	M55 Seth Kaminsky 4:52.8		W70 Elsie Adams 4:90
W45 Marie Roach 6:03	Namrata Moses 5:70	M60 Andrew Branch 12:76	Ken Skinner 5:06.5		
Nirjari DeLong 7:41	W60 Rosalia Gioia 7:56	Cliff Pauling 13:88	Joe Cordero 5:12.9		
Pat Aragundi 9:39	W65 Sulochana Kallai 4:56	Ed Biondi 14:08	W30 Marcy Tobin 7:36.9		
W55 Zofia Turosz 6:37	W70 Pearl Auerbach 5:33	M65 Ed Cox 13:86	W35 Marilyn Brandt 5:05.6		
Jordis Aust 7:38	W80 Sylvia Swartz 4:73	Robert Bruce 14:33	W40 Ann Michalek 5:40.8		
Srotaswini Klandt 8:37	Discus	M75 Blair McFarlane 15:04	W45 Mary Casey 6:09.7		
W65 Sulochana Kallai 9:04	M40 Misha Pavlovic 21:70	Fred Engelmann 17:25	W55 Pat Scheiber 6:36.9		
	Gregor Knauer 20:57	Horace Cook 17:39			
	M45 Rick Lapp 27:42	W30 Tracey Ackerman 12:65			
	Ivan Black 20:35	Marcia Wallace 14:26			
	Rudra Tamm 18:55	Betty Whitaker 14:28			
	M50 Jimmy Jones 43:12	W35 Louise Clark 13:46			
	Kenneth Straley 39:54	Judy Newton 15:01			
	Edward Fox 33:81	C CornellMcKeeve 15:26			
	M55 Haig Bohigian 26:82	W50 Barbara Stewart 15:90			
	M60 Meemo Maasik 38:44	Jean Preston 16:80			
	Pete Barker 37:71	K Balthazarheitz 19:40			
	Martin Kintish 37:45	W55 Alexandra Johnson 17:52			
	James Duncan 36:03	Sally Rusby 18:71			
	M65 Manny Hersher 26:16	W60 Rosalia Gioia 19:37			
	Roosevelt Cox 21:58	Maryann Zeppetello 21:32			
	M70 Voldemar Vaher 25:23	W65 Pat Peterson 16:01			
	W40 Ranjana Ghose 27:62				
	Pranika Baum 20:38				
	Chetana Hein 17:19				
	W45 Ann Gauss 9:80				
	W55 Zofia Turosz 14:55				
	Olga Lombana 14:42				
	Rosemaria Asiaghi 9:95				
	W60 Rosalia Gioia 17:60				
	W65 Sulochana Kallai 12:92				
	W70 Pearl Auerbach 14:15				
	W80 Sylvia Swartz 11:83				
	Javelin				
	M40 Tom Nielsen 52:76				
	Misha Pavlovic 29:26				
	M45 Rick Lapp 41:32				
	Adhiratha Keefe 32:41				
	Ivan Black 29:70				
	M50 Edward Fox 39:39				
	Jimmy Jones 36:10				
	Carl Levine 27:33				
	M55 Frank Illuzzi 38:96				
	Haig Bohigian 26:08				
	M60 James Duncan 41:09				
	Meemo Maasik 34:73				
	Lou Capano 28:95				
	Martin Kintish 27:75				
	Pete Barker 23:15				
	M65 Roosevelt Cox 15:90				
	W40 Chetana Hein 23:01				
	Ranjana Ghose 21:87				
	W45 Kalpita Lawless 11:03				
	Ann Gauss 8:28				
	W55 Zofia Turosz 12:05				
	Rosemarie Asiaghi 7:00				
	W60 Rosalia Gioia 13:89				
	W70 Pearl Auerbach 15:96				
	W80 Sylvia Swartz 10:40				
	Mile RW				
	M40 Misha Pavlovic 8:52.1				
	M45 Rudra Tamm 8:15.0				
	Santan Curchak 9:51.1				
	Kirit Shah 10:09.0				
	Adhiratha Keefe 10:14.7				
	M50 Jerry Givner 8:26.0				
	Corneliu Tatu 11:26.9				
	Vajra Henderson 11:27.2				
	M55 Haig Bohigian 12:52.5				
	M60 Robert Barrett 8:32.0				
	Alfredo Brando 9:26.5				
	Frank Turley 11:37.7				
	M65 Sidney Wankoff 11:16.6				
	M70 Joe Weber 11:37.2				
	W40 Saudamini Siegrist 11:22.4				
	W45 Nirjari DeLong 11:15.4				
	Betty Durkin 12:45.7				
	Ann Gauss 12:48.8				
	W55 Zofia Turosz 9:56.0				
	Srotaswini Klandt 10:57.9				
	W65 Sulochana Kallai 11:47.5				
	W70 Pearl Auerbach 15:45.9				
	Martha Horiuchi 15:50.2				
	Empire State Games				
	Albany, NY: Aug. 4-5				
	100m				
	M30 John Burke 11:54				
	Barry Grimes 11:67				
	Tom Smith 12:15				
	M35 Fred Feaster 11:69				
	Ed Harris 11:72				
	Aubrey Jones 12:00				
	M40 Steve Schlanger 13:28				
	Bernard Gansle 20:19				
	M45 William Overby 12:15				
	Dale Case 12:54				
	William Mathis 12:40				
	M30 John Burke 1:57.91				
	Oscar Heath 1:58.28				
	Ada Diagne 1:59.77				
	M35 Harold White 2:10.34				
	Ric Bond 2:12.45				
	Doug Miller 2:18.67				
	Mark Caldwell 2:06.24				
	M40 Mark Corridan 2:17.91				
	James Corridan 2:22.06				
	Bob Pertak 2:09.57				
	M45 Joe Daley 2:16.46				
	Rodney Wiltshire 2:16.63				
	Ken Klapp 2:26.10				
	M60 Cliff Pauling 2:43.79				
	Bruce Marsh 2:47.84				
	M65 Harold Larkin 2:58.88				
	Howard MacMillan 3:00.17				
	David Rider 3:24.89				
	M75+Verne Rockcastle 2:42.89				
	W30 Kelly Etheridge 3:47.33				
	Marcy Tobin 3:03.58				
	W35 Meg Benke 2:44.48				
	W40 Ann Michalek 2:54.45				
	Grace Iovine 3:18.91				
	W55 Pat Scheiber 3:35.16				
	W60 Sally Rusby 4:33.32				
	Maryann Zeppetello 4:06.90				
	1500m				
	M30 Jensie Kort 4:16.04				
	Dave Yendreski 4:31.76				
	Lewis Jeffers 4:15.70				
	M35 Douglas Miller 4:23.14				
	Harold White 4:35.23				
	Robert Pasqual 4:38.30				
	M40 Bob Pertak 4:27.77				
	Ken Klapp 4:35.42				
	Jeff Green 4:36.88				
	M50 Salih Talib 4:44.51				
	Carlos Cuprill 4:47.51				
	M55 Seth Kaminsky 4:52.8				
	Ken Skinner 5:06.5				
	Joe Cordero 5:12.9				
	W30 Marcy Tobin 7:36.9				
	W35 Marilyn Brandt 5:05.6				
	W40 Ann Michalek 5:40.8				
	W45 Mary Casey 6:09.7				
	W55 Pat Scheiber 6:36.9				
	5000m				
	M30 Glenn Miley 16:32.3				
	M35 Marty Dibattista 16:55.2				
	M40 Chip Button 16:40.34				
	Bill McMullen 17:06.31				
	M45 Pat Glover 17:35.04				
	James Bowles 17:48.71				
	Terry Hlabecker 17:55.84				
	M50 Jerry Smith 17:46.81				
	Mike William 20:27.64				
	M55 Bill Steffenhage 19:25.43				
	J Iretton Hewitt 21:18.50				
	M65 George Gavras 23:51.47				
	M75+Tom Walnut 24:35.45				
	W30 Sandra Gregorich 19:43.93				
	Molly Huff 20:01.62				
	W35 Karen Messecar 20:08.82				
	Suzanne O'Malley 20:09.05				
	Marybeth Steffen 20:57.49				
	W40 Jean Queal 19:01.34				
	Diane Sherrer 24:50.15				
	Deborah Daniels 25:56.24				
	W45 Mary Casey 22:02.60				
	W50 Margaret Henry 22:01.84				
	W60 Sally Rusby 24:46.10				
	10,000m				
	M35 Ron Hulslander 35:13.74				
	Richard Zwirn 35:24.96				
	Marty Dibattista 35:41.80				
	M40 Carl Matuszek 36:22.80				
	Pat Glover 36:19.30				
	Dave Delfavero 36:22.38				
	James Bowles 37:09.56				
	M50 Jerry Smith 37:08.08				
	Bob Congdon 38:48.93				
	Mike William 42:22.73				
	M55 Vincent Colgan 40:34.07				
	Richard Jarrett 42:37.53				
	M75+G Nigogosyan 59:39.10				
	W30 Sandra Gregorich 41:22.12				
	W35 S Woodford 42:14.72				
	Karen Messecar 45:13.53				
	Karin Gogolsky 49:31.21				
	W40 Jeann Queal 39:48.72				
	Cheryl Sears 52:45.37				
	Short Hurdles				
	M45 Horace Hudson 18:52				
	John Kapturowski 18:98				
	M50 Mike Milove 16:88				
	Paul Gansle 19:24				
	M55 Willie Lightfoot 19:88				
	M60 Ted Swanson 25:71				
	W30 Ed Lukens 14:86				
	M70 C CornellMcKeeve 18:83				
	Wendy Zolner 20:63				
	Long Hurdles				
	M35 Roy Arnesen 65:37				
	M40 Horace Hudson 62:78				
	Jesse Norman 63:34				
	John Kapturowski 71:94				
	M45 Rodney Wiltshire 62:40				
	M50 Mike Milove 300m 65:91				
	Paul Gansle 67:96				
	M55 Willie Lightfoot 300m 61:58				
	M60 Ted Swanson 57:91				
	George Freeman 59:16				
	Steeplechase				
	M45 Reinhold Wotawa 11:31.90				
	James Bowles 12:38.01				
	M60 George Freeman 9:46.75				
	W35 Marilyn Brandt 8:10.04				
	M50 Joe Cordero 13:26.35				
	John Hurluy 16:21.37				
	4x100m Relay				
	M35 Cherry/Vaughn Jr/Vaughn/Burks 45:71				
	Best/Grimes/Smith/Swintnicki 46:91				
	M40 Geiger/Davis/Dilwith/Fortunato 49:18				
	Constantinou/Norman/Overby/Kienzie 49:80				
	M65 Peoples/Byrd/Burks/Swanson 71:96				
	W30 Whitaker/Clark/Jones/Etheridge 54:61				
	add M50 Fondy/Bruce/Branch/Allen 55:57				
	4x400m Relay				
	M30 Cherry/Burks/Vaughn Jr/Schlereth 3:28.23				
	Swintnicki/Yendreski/Smith/Grimes 3:48.57				
	M40 Billman/Overby/Milove/Corridan 3:51.76				
	Gordon/Micho/Kunzler/Hopf 4:05.68				
	M55 Fondy/Allen/Taylor/unk 4:14.93				
	MacMillan/Schlereth/Walnut/Rider 5:53.12				
	W30 Whitaker/Newton/Jones/Etheridge 4:43.02				
	4x800m Relay				
	M30 Sterrett/Jeffers/Heath/Williams 8:27.66				
	Arnesen/Beckerle/Miller/Pertak 8:53.33				
	M40 Norman/DiCesare/Conti/Black 9:23.88				
	William/Palmer/Waldron/Steffenhagen 10:10.04				
	W30 Kassel/Michalek/Steffen/Zolner 11:11.09				
	High Jump				
	M30 David Olson 1.80				
	David Bull 1.55				
	M35 James Kazda 1.75				
	Garry Preece 1.75				
	Jim Henderson 1.50				
	M40 Mike Saafir 1.75				
	M45 Alan Taylor 1.50				
	Bruce Siegel 1.25				
	M50 Norm Chambliss 1.50				
	Paul Gansle 1.45				
	Robert Coane 1.35				
	M55 Willie Lightfoot 1.30				
	Wm Pratley 1.25				
	M60 Roger Burke 1.30				
	Ted Swanson 1.30				
	John Pakulis 1.15				
	M65 David Rider 1.30				
	M70 Ed Lukens 1.30				
	Blair McFarlane 1.10				
	Robert Metzner 1.05				
	W30 Tracey Ackerman 1.42				

Continued from previous page

M60 Bob Barrett	27:33
M65 Frank Fina	30:21
M70 Don McNelly	37:25
Robert Engstromhag	38:31
Jay Charles	38:31
M75+Ken Rundell	43:08
W35 Mary Krupanich	38:30
W40 Elaine Humphrey	33:10
W45 Olga Figueroa	32:43
Lucila Gordon	43:17
W50 Annette Kaminsky	36:38
W55 Susan Richter	30:38
Maryalice Hurley	33:14
W60 Patricia Ryan	37:24
W70 Minna Charles	40:32
10K Racewalk	
M40 Larry Beckerle	51:27
Len Kataskas	70:33
M70 Don McNelly	78:11
Robert Engstromhag	79:49
W65 Annette Kaminsky	57:00

Half-Marathon

M30 Peter Holowka	1:19:24
M35 James Regan	1:32:50
M40 Joe Spencer	1:31:04
John O'Malley	1:32:04
C Tumidajewicz	1:33:39
M45 James Bowles	1:25:09
Bob Ellison	1:26:51
Norman Ward	1:33:32
Ron Knewstubb	1:37:17
M50 Jerry Smith	1:25:09
Bob Congdon	1:26:33
M55 Richard Jarrett	1:39:07
Peter Monteleone	1:53:36
M65 Joe Penabad	1:47:57
Johnnie McCarthy	1:49:12
Robert Wilson	1:56:07
M70 Don McWilliams	1:51:24
Sam Gratch	1:59:44
W35 Shirley Woodford	1:34:18
Karin Gogolsky	1:49:00
Cynthia Schnedeker	1:51:51
W40 Susan Elder-Room	1:47:07
A Eziquielshiro	1:49:02
Ginny Burton	1:49:49
W45 Barbara Morrissey	1:47:36
W50 Wendy Molenan	1:52:01
W65 R Tumidajewicz	2:25:21

Dartmouth Weight Meet
Hanover, NH; Aug. 6

(16#SP/6KSP/DT/16#HT)	
Carl Wallin 53 (46-11 1/2/51-4/123-8/135-4)	
Bob Mead 51 (44-8/50-2 1/2/149-5 1.5k/165-8 6k)	
Bill Cotter 30 (42-11 1/2/134-5 2k/---)	
Don Filkins 41 (42-1/---/115-2 2k/124-3)	
Bob Harvey 52 (38-3/41-9/127-5 1.5k/---)	
Len Rosen 61 (---/39-1 5k/132-1 1k/---)	
Packy Fusco (110-11 1.5k DT)	

Summer Track Festival
South Orange, NJ; Aug. 6

Mile	
Tom Ryan 43	4:48
John Adams 42	5:07.6
Tim Shay 47	5:20.3
John Leary 43	5:23.7
Jim Seymour 54	5:34.2
Bill Indek 48	5:46.6
800m	
Tom Ryan 43	2:05.7
Chris Monroe 43	2:12.7
Sid Howard 56	2:21.1
Tony Plaster 43	2:24.6
Tim Shay 47	2:27.1
Charles Bishop 44	2:35.6
Richard Barbini 48	2:42.9

Bill Jameson-South Atlantic Assoc.
Weight Throw Championships
Catonsville, MD; Aug. 12

SP	
Jimmy Jones (51) (1)	11.00m
Jack Hoppenstein (56) (1)	9.92m
Dick Burton (60) (1)	9.91m
Dick Fox (55) (2)	8.69m
Bill Bergen (67) (1)	8.41m
Bob Leishear (66) (2)	8.10m
Evelyn Wright (58) (1)	8.56m
Ely McComas (55) (2)	7.20m
Sharon Good (62) (1)	5.59m
Wally Dashiell (71) (1)	4.96m

Hammer	
Jimmy Jones (51) (1)	32.04m
Bob Leishear (66) (1)	31.96m
Jack Hoppenstein (56) (1)	24.98m
Dick Burton (60) (1)	27.26m
Dick Fox (55) (2)	24.02m
Bill Bergen (67) (2)	20.86m
Evelyn Wright (58) (1)	23.22m
Ely McComas (55) (2)	20.12m
Sharon Good (62) (1)	17.16m
Wally Dashiell (71) (1)	10.94m

Discus

Jimmy Jones (51) (1)	45.40m
Dick Burton (60) (1)	33.96m

Jack Hoppenstein (56) (1)	32.74m
Bob Leishear (66) (1)	32.06m
Bill Bergen (67) (2)	28.18m
John Sellers (59) (2)	28.04m
Howard Cohen (59) (3)	24.18m
Dick Fox (55) (4)	22.72m
Evelyn Wright (58) (1)	18.48m
Ely McComas (55) (2)	16.56m
Wally Dashiell (71) (1)	14.76m
Sharon Good (62) (1)	12.62m

Javelin

Jimmy Jones (51) (1)	39.72m
Dick Fox (55) (1)	30.26m
Herman Blinichoff (60) (1)	29.86m
Bob Leishear (66) (1)	28.34m
Jack Hoppenstein (56) (2)	27.82m
John Sellers (59) (3)	25.80m
Dick Burton (60) (2)	23.46m
Howard Cohen (59) (4)	21.78m
Evelyn Wright (58) (1)	24.98m
Ely McComas (55) (2)	15.62m
Wally Dashiell (71) (1)	14.02m
Sharon Good (62) (1)	9.46m

Weight Throw

Bob Leishear (66) (1)	10.24m
Jimmy Jones (51) (1)	10.09m
Dick Burton (60) (1)	9.04m
Jack Hoppenstein (56) (1)	7.89m
Dick Fox (55) (2)	5.60m
Evelyn Wright (58) (1)	8.88m
Ely McComas (55) (2)	7.89m
Sharon Good (62) (1)	6.60m
Wally Dashiell (71) (1)	4.70m

Pentathlon

Jimmy Jones (51) (1)	2591 pts
Bob Leishear (67) (1)	1992 pts
Dick Burton (60) (1)	1929 pts
Jack Hoppenstein (59) (1)	1852 pts
Dick Fox (55) (2)	1491 pts
Evelyn Wright (58) (1)	1833 pts
Ely McComas (55) (2)	1412 pts
Sharon Good (62) (1)	989 pts
Wally Dashiell (71) (1)	832 pts

Age-Graded Pentathlon

Jimmy Jones (51) (1)	3316 pts
Bob Leishear (67) (2)	3303 pts
Dick Burton (60) (3)	2740 pts
Jack Hoppenstein (56) (4)	2733 pts
Dick Fox (55) (5)	2406 pts
Evelyn Wright (58) (1)	2850 pts
Ely McComas (55) (2)	2029 pts
Sharon Good (62) (1)	1636 pts
Wally Dashiell (71) (1)	1546 pts

Added Event

58# Weight Throw	
Ed McComas (60) (1)	21' 5"
Dick Burton (60) (2)	16' 6"

Dartmouth Weight Meet
Hanover, NH; Aug. 13

Carl Wallin 53 16#SP 46-9 3/4/6KSP 49-8/16#HT 133-10/1.5k DT 111-3/35#WT 48-3	
Don Filkins 41 16#SP 40-8 1/2/6KSP 46-6 1/2/16#HT 130-0/2kDT 120-8/35#WT 50-2	
Carmen Letizia 42 16#SP 37-11 1/2/16# HT 105-10/DT 110-8/35#WT 31-8 1/2	
Cliff Blair 5kSP 40-6 1/2/35#WT 40-6 (age WR)	
Len Rosen 5kSP 39-11/1kDT 139-3 (age 61)	
Al Neville 51 6kHT 137-6 1/2/1.5kDT 111-4/35#WT 35-10	

Dartmouth Weight Meet
Hanover, NH; Aug. 27

Shot Put	
Lorraine Tucker 48 4k 29-8	
Bob Mead 51 16# 44-4 3/4/6k 48-7	
Luke Notte 48 16# 41-8 1/2	
Bob Harvey 52 16# 39-8 1/2/ 6k 43-2	
Mike Grisko 48 16# 31-9 1/2	
Carl Wallin 53 6k 52-2 1/2/ 4k 62-9	
Packy Fusco 52 6k 36-7	
Len Rosen 61 5k 40-3	
Bill Garahan 66 5k 37-7	
Hammer	
Bill Cotter 30 16# 163-10	
Bob Mead 51 6k 163-4	
Carl Wallin 53 6k 150-10	
Bill Garahan 66 5k 129-7	

Discus	
Lorraine Tucker 48 1k 88-10	
Bob Mead 51 1.5k 143-9	
Bill Garahan 66 1k 134-10	
Bob Harvey 52 1.5k 133-4	
Len Rosen 61 1k 132-1	
Packy Fusco 53 1.5k 115-4	
Russ Forreger 57 1.5k 101-8	

Potomac Valley TC
Championships
Alexandria, VA; Sept. 3

100m	
M30 Louis Merricks	10.7
Jeff Gold	10.8
David Barmer	11.0
M35 R V Biagioni	11.6
Jeffrey Waldo	11.6

M40 Thomas Jones	11.4
James Rudasill	11.5
John Emanuel	12.8
M45 Al Logie	12.1
Mike McDaniel	12.2
Eddie Watson	12.4
M50 Melvin Fields	12.2
Justin O'Hara	14.4
Albert Gardner	16.3
M55 Larry Colbert	12.3
M60 Tony Besase	13.8
M65 James Stookey	13.3
Lawrence Greco	14.5
William Bergen Jr	14.6
M70 John Emanuel	16.4
W45 Hope Shakyia	16.7
W55 Evelyn Wright	17.8
W75 Carla Convery	21.9

200m	
M30 Louis Merricks	22.3
David Barmer	22.6
M35 R V Biagioni	23.7
M40 Thomas Jones	23.5
Garry Crawford	23.7
James Rudasill	24.1
M45 Al Logie	25.7
Eddie Watson	26.7
M50 Melvin Fields	25.0
Dan Masterson	29.5
Frederick Cook	31.1
M55 Larry Colbert	25.4
M60 Tony Besase	30.4
M65 James Stookey	27.8
William Bergen Jr	30.9
Lawrence Greco	32.0
M75 Ed Matthews	32.8
Bud Averitt	45.8
W30 Shelley Martinez	30.8
W45 Hope Shakyia	35.8
W65 Leonore McDaniels	37.1
W75 Carla Convery	47.7

400m	
M30 Deon Taylor	52.3
Joe Aukward	59.0
M40 Garry Crawford	53.1
Brian Lee	58.5
M45 Abdul Elmehdaoui	55.5
D J Bertagnoli	1:02.8
Grady Dale Jr	1:04.3
M50 Melvin Fields	54.8
Ed Cartledge	1:16.2
M55 Larry Colbert	55.3
M60 Ralph Romain	55.7
M65 William Bergen Jr	1:14.0
M75 Budd Avertii	1:30.4
W30 Shelley Martinez	1:13.7
W35 Lynn Davis	1:10.0
W55 Tami Graf	1:30.4

800m	
M35 Dannis Coleman	2:03.7
M40 Scott Winston	2:08.7
Emeric Butler	2:12.2
William Cason	2:13.8
M45 Gary Richwine	2:20.3
J J Wind	2:23.4
Steven English	2:26.5
M50 Dan Masterson	2:28.5
Ed Cartledge	2:45.7
M55 Don Kohler	2:42.1
Rolland Elliott	2:42.4
M75 Bud Averitt	4:12.9
W35 Lynn Davis	2:42.1
W55 Tami Graf	3:14.5

1500m	
M30 Ted Poulos	4:40.2
Doug Smith	4:48.7
Joe Aukward	5:22.1
M35 Maurice Pointer	4:34.0
Dion Omara	4:35.2
Zerougui Abdelkader	4:39.4
M40 Bruce Hamilton	4:15.3
John Mornini	4:33.0
Dan Eddy	4:39.4
M45 J J Wind	4:50.4
Gary Richwine	5:21.6
M50 Ed Cartledge	5:42.2
M55 Rolland Elliott	5:36.6
M75 Bud Averitt	9:13.4

5000m	
M30 Jonathan James	16:26.6
Ted Poulos	17:12.3
William Greene	17:48.6
M35 Maurice Pointer	16:24.5
Kevin Ellis	17:08.2
M45 J J Wind	18:15.0
George Englert	21:35.1
M50 Ed Cartledge	22:57.6

10,000m	
M30 Ted Poulos	35:24.2
Bill Stahr	36:03.3
Clifford Tell	40:33.8
M45 Mike Cotner	36:49.3
J J Wind	37:25.3
Rick Kelsey	38:48.2

M50 Dave Danze	45:37.8
M55 Bob Rupert	42:36.1
M60 George Waxter	49:10.1
Short Hurdles	
M40 John Emanuel	18.7
M55 Jack Kuhns	19.7
John Sloan	22.0
M65 James Stookey	17.8
Mark Richards	21.9
M70 John Emanuel	16.3

High Jump	
M30 James Tunstall	6
David Shorr	5-10
M35 Bruce McBurnette	6-7
M40 John Emanuel	5-2
M45 Randy Yohe	4-6
M50 Kirt Vener	4-8
Frederick Cook	4-8
M55 Jack Kuhns	4-6
Howard Cohen	4
Richard Fox	3-10
M60 Floyd Smith	5
Tony Besase	4-4
Russel McDaniels	3-10
M65 James Stookey	4-6
M75 Ed Matthews	3-8
M80 Bob Swarthmore	2-6
W65 Leonore McDaniels	3-10

Pole Vault	
M30 Paul Bocard	10
M35 Lewis Affronti	11-6
M40 Randy Yohe	8
M55 Jack Kuhns	8
John Sloan	7-6
Richard Fox	6-6
M60 Tony Besase	7-6
Russel McDaniels	7
M65 Robert Leishear	3-8
W65 Leonore McDaniels	6

Long Jump	
M30 Dwayne Miller	21-5
James Tunstall	21
Joe Aukward	16-6
M35 Stephen Metcalfe	18-2
M40 Dennis Tucker	15-1
M45 Mike McDaniel	18-10
M50 Kirt Vener	17-2
Ed Cartledge	13
M55 Howard Cohen	12-9
M60 Tony Besase	15-3
Russel McDaniels	11-9
M65 James Stookey	15-4
Russel McDaniels	11-9
Mark Richards	10-9
W45 Hope Shakyia	9-5
W65 Leonore McDaniels	11-7

Shot Put	
W55 Evelyn Wright	7.83
Discus	
M30 Daemon Dartouzos	32.89
M35 Warren Taylor	50.02
M40 Thomas Talbot	39.02
Gary Sutton	29.88
Frank Henry	26.53
M45 Terry Shuman	41.30
Seldon Cooper	36.47
Randy Yohe	29.80
M50 Larry Pratt	51.43
Michael Harrington	44.59
Victor Litwinski	25.70
M55 Jack Hoppenstein	37.80
Jack Kuhns	32.20
Richard Fox	24.30
M60 William Smith	41.48
M65 Robert Leishear	32.78
William Bergen Jr	29.76
Ned Curran	25.30
M70 Don Reid	30.64
Charles Pistorino Sr	29.24
M75 Ed Matthews	15.04
M80 Bob Detweiler	16.58
M85 Clarence Larson	15.27
W35 Laura Oliphant	25.22
W55 Evelyn Wright	22.21
W60 Sharon Good	12.32
W70 Wally Dashiell	14.61
Bernie Kleinschmidt	14.04
W75 Carla Convery	10.93
W80 Mary Lathram	8.64

Hammer	
M30 Troy Herr	55.48
M35 Mike bersch	42.16
Peter Collins	39.92
M40 Mike Lauderdale	43.46
M45 Terry Shumjan	34.66
Jim Tomayko	11.38
M55 Richard Fox	22.22
Scott Bentley	15.30
E Robert Premo	11.34
M60 Norman Brand	13.84
M65 Robert Leishear	32.64
William Bergen Jr	20.80
Ned Curran	19.88
M70 Don Reid	31.56

W55 Evelyn Wright	22.94
W60 Sharon Good	15.26
W65 Jimmie Reid	19.62
W70 Bernie Kleinschmidt	16.06
Wally Dashiell	13.82
Javelin	
M30 Daemon Dartouzos	46.02
Joe Aukward	27.40
M40 Frank Henry	43.08
Gary Sutton	39.64
M45 James McFadyen	45.36
Randy Yohe	29.08
Jim Tomayko	17.36

Continued from previous page

M35 Phil Gregory	82-6
M40 Mike Lauderdale	140-0
M45 L.B. Clayton	94-4
Roger W. Long	87-5
Kasey Capps	60-3
M50 Mickey Bitsko	152-11
M65 Cliff Sampson	98-9
William Patrick	83-3
Ned Curran	64-2
M70 Victor Golowash	78-10
M75 Carl Bock	68-8
W40 April Capwill	73-2
W60 Betty Steele	84-3
W65 Lucille Sampson	82-10

WEIGHT THROW

M35 Phil Gregory	35-1
M45 L.B. Clayton	34-9
Kasey Capps	25-4
Gary Kidd	15-3
M50 Mickey Bitsko	38-8
M65 Cliff Sampson	35-7
William Patrick	29-7
Ned Curran	24-10
M70 Victor Golowash	23-6
M75 Carl Bock	20-1
W40 Betty Steele	24-1
W65 Lucille Sampson	24-10

JAVELIN

M35 Phil Gregory	172-9
M40 Randy Dean	117-0
M45 Barry Faust	115-1
Gary Kidd	91-6
Kasey Capps	85-1
M50 Philip Barcus	96-5
Thomas Plummer	62-0
M55 John Sloan	120-6
Thomas Masterson	73-1
M60 Bob Medley	83-6
M65 Mark Richards	101-8
Fred Anson	9-09
Ned Curran	85-0
M70 Jack Hipple	71-5
Victor Golowash	56-1
M75 Carl Bock	61-2
W40 April Capwill	104-5

1500 RACEWALK

M50 Gary Kidd	9:24.4
Ron Chase	9:37.7
M55 Gene Miller	7:24.4
H. Van Blaricum	7:24.8
Bill Smith	8:22.8
M70 Gene Boston	10:09.8
W30 Jeanne Dorton	7:54.1
W40 Daryl Ann Kidder	7:56.7
Barbara Dean	10:59.3
W45 Linda Pryor	10:59.9

USATF Midwest Regional Championships Indianapolis, IN; August 12

100 M	
M30 Kettrell Berry	10.57
Eugene Vickera	10.57
Nathan Williams	10.93
Eric Joiner	11.69
M35 Jay Mathis	11.27
Charles Johnson	11.29
Kurt Shade	11.72
Ben Thomas	11.91
Rodney Wilson	11.99
Lee Hale	11.11
M40 Lee Krainik	11.31
Andrew Mason	11.38
Herbert Henry	11.50
Mike Skoflanc	11.89
Bob Burnett	11.91
Larry Hankins	12.06
Jane Lyons	12.07
Bob Zahn	12.08
Mike McCormack	12.18
M45 Dana Harrell	12.05
Jerry Officer	12.41
Mark Galovic	13.02
Larry Kokinda	14.06
M50 Roger Phillips	12.04
Roy Starnes	12.08
Tim Butta	12.23
Avital Schurr	12.24
Chet Dow	13.05
Malachi McGruder	13.06
Tom Hamilton	13.06
M55 Dennis Bues	12.25
Darrell Huey	12.40
M60 Jim Mathis	12.43
Mario Bertolani	14.70
M65 Chuck Sochor	12.80
M70 Mel Larsen	14.23
Joe Berghold	14.24
Art Holland	17.02
Chuck Whitney	18.00
M80 Ken Elliott	17.05
Ed Andrysiak	23.02
M90 Rhonda Pope	13.68
Vikki Hearns	13.23
Karen Johnson	13.46
Belinda McCoy	13.02
Denise McField	13.22
Lynn Latoria	13.46
Jacqueline Board	13.47
Nadine Lowenstein	14.62
Mary Robinson	15.02
Ruth Thelen	16.02
Cathy Primer	16.44
M55 Siglinde Moore	18.17
Jane Mills	19.09
M70 Mary Holland	18.02
200 M	
M30 Kettrell Berry	22.02
Eugene Vickera	22.52
Eric Joiner	25.09
M35 Jay Mathis	24.09
Charles Johnson	24.51
Joe Schwieterman	25.56
M40 Gerry Krainik	23.51
Lee Hale	23.53

Scott Hartman	24.52
Robert Bowen	25.00
Andrew Mason	25.09
Mike McCormack	25.52
Jane Lyons	26.03
M45 Mark Galovic	26.05
Jerry Officer	26.10
M50 Roger Phillips	24.52
Glenn Johnson	25.03
Tim Butta	25.52
Roy Starnes	25.52
Robert Lloyd	26.55
Avital Schurr	26.55
M55 Dennis Bues	25.57
Jim Mathis	26.05
M60 Chuck Sochor	26.05
M65 Chuck Sochor	28.02
M70 Joe Berghold	30.51
M80 Milo Lightfoot	40.10
Ed Andrysiak	50.51
M90 Rhonda Pope	26.02
Vikki Hearns	27.03
M95 Belinda McCoy	27.16
M40 Jacquelline Board	27.53
Lynn Latoria	28.10
M50 Nadine Lowenstein	30.52
Mary Robinson	31.57
Ruth Thelen	37.51
Cathy Primer	34.03
M60 Joanne Keaton	50.53

400M	
M30 Eugene Vickera	51.06
George Yonides	52.07
M35 Joe Schwieterman	55.07
Alvin Smith	59.07
M40 Scott Hartman	51.05
Bob Burnett	57.16
Bob Zahn	59.16
Jane Lyons	1:01.23
M45 David Juday	55.02
N.Z. Bryant	57.03
M50 Glenn Johnson	57.03
Randall Brady	1:01.11
M60 Jim Mathis	1:00.02
Jim Ware	1:02.23
M65 Chuck Sochor	1:04.42
M70 Vikki Hearns	1:00.69
M40 Jacqueline Board	1:03.54
M50 Nadine Lowenstein	1:10.11
Ruth Thelen	1:19.53
M55 Siglinde Moore	1:34.29
Ruth Everson	1:34.47
Beth Young-Grady	1:37.99
M60 Joanne Keaton	2:10.00

800 M	
M30 Whiting Gilman	1:58.52
M35 Bill McCormack	1:59.51
Dwayne Manuel	2:04.51
David Bradley	2:06.14
M40 Curtis Baldwin	2:24.08
M50 Ken Sparks	2:00.84
(American Record)	
Tom Bowden	2:05.52
William Waterman	2:21.08
Kingsley Clarke	2:24.06
Jim Verdier	2:34.09
M55 Bob Hyten	2:37.10
M70 Nina Brahm	2:39.51
M45 Mary Hartzler	3:05.20

1500 M	
M35 Chuck Kennell	4:38.32
Dana Jaster	5:01.52
M40 Curtis Baldwin	5:14.22
M45 Patrick McCormack	5:24.31
M50 Jim Verdier	4:59.50
M55 Bob Hyten	5:33.51
M65 Tom Burkhardt	8:00.18
M60 Joanne Keaton	8:08.62

5000 M	
M30 Gregory Lane	20:47.07
M35 Gerald Hutchins	16:51.47
M40 Dan Winzenried	18:53.52
Kenneth Stevens	19:05.93
M50 James Kinsling	23:01.48
M60 Al Ravenscroft	22:45.47
M65 Tom Burkhardt	25:40.04
M40 Donna Spenoer	20:30.23

80 M Hurdles	
M70 Ed Holmes	17.10
Mel Buschman	17.20
100 M Hurdles	
M65 Chuck Sochor	18.03
Alfonzo Wilton	24.03
M55 Bruce Mills	19.02
Dennis Bues	25.20
M50 Chet Dow	17.03
Henry Hopkins	18.03

110 M Hurdles	
M45 Sylvester Edwards	34.05
M40 Bob Zahn	15.19
M35 Joe Schwieterman	15.05
1000 M Racewalk	
M45 Max Walker	15:14.60
Vince Abell	15:59.76
M50 George Quinn	17:40.56
Robert Campbell	17:40.56
M60 Ray Everson	18:03.23
Cedric Huatace	21:02.27
M70 Chuck Whitney	29:27.37
M40 Jeannette Smith	19:23.92
M55 Ruth Everson	19:28.85
Beth Young-Grady	20:30.59
Sam Bailey	20:30.59

4 x 100 M Relay	
M30-39	
Lake Erie Area's	46.62
(Willson, Shade, Johnson, Mathis)	
M40-49	
Indy Dinos	50.27
(Galovic, Mason, Officer, Lyons)	
M50-59	
Fast Track	52.09
(McCoy, Pope, Green, Hearns, Pope)	

Shot Put	
M40 Joe Brodhecker	39.10 1/4
M45 David Stebing	42.7 1/4
Hilary Goerre	39.11 1/4
Jerry Amundson	37.2 1/4
Jeff Mendenhall	35.8 1/4
Gerald Bowersox	32.0 1/4
M50 Larry Pratt	42.5
Barry Donovan	39.5 3/4
Mickey Pittano	38.11 3/4
Mike Cresser	38.11 3/4
Phil Barcus	33.7 3/4
Malachi McGruder	32.11
M55 Jerry Lambert	35.11 1/2
M60 Rudy Houg	39.11 3/4
Robert Verbanac	38.10
M65 Cliff Sampson	32.1 1/2
Tom Coughlin	31.1 1/4
M70 Ed Holmes	31.0 1/4
Art Holland	31.1 1/2
M75 Hugh Hackett	28.3
M80 Ken Elliott	31.7 1/4
M35 Ruth Welding	31.7 1/4
Sue Hallen	25.5 1/2
M45 Mary Hartzler	26.8
M55 Carol Young	25.7 1/2
Jane Mills	22.7 1/2
M60 Elizabeth Steele	25.7
M65 Lucille Sampson	26.4
Lillian Snaden	15.2 1/2
M70 Mary Holland	17.5

Discus	
M40 Joe Brodhecker	108-10
M45 David Stebing	122-6
Hilary Goerre	118-4
Greg Hammond	115-4
Gerald Bowersox	113-7
Jerry Amundson	109-11
Jeff Mendenhall	93-9
M50 Larry Pratt	151-7
Mickey Bitsko	126-11
Bill Meacham	104-7
Malachi McGruder	102-7
Barry Donovan	100-8
Henry Hopkins	96-9
M55 Don Zimmerman	88-4
M60 Rudy Houg	148-8
Al Pike	110-9
M65 Cliff Sampson	108-7
John Snaden	98-11
M70 Ed Holmes	91-5
Art Holland	89-3
Mel Buschman	85-2
M75 Hugh Hackett	94-2
M80 Ken Elliott	78-8
M35 Ruth Welding	105-6
Sue Hallen	68-3
M45 Mary Hartzler	81-10
M55 Carol Young	76-5
M60 Elizabeth Steele	63-10
M65 Lucille Sampson	68-11
M70 Mary Holland	38-7

Hammer Throw	
M45 Bob Roeder	139-6
David Stebing	132-0
Gerald Bowersox	96-7
M50 Mickey Bitsko	158-9
M55 Don Zimmerman	83-0
M60 Jerry England	128-1
M65 Cliff Sampson	96-4
John Snaden	99-11
M75 Hugh Hackett	106-7
M35 Ruth Welding	70-8
Sue Hallen	67-8
M55 Carol Young	85-6
M60 Elizabeth Steele	83-2
M65 Lucille Sampson	77-2

Javelin	
M35 Chris Clark	172-4
John Vallsa	141-6
Rodney Wilson	86-3
M45 David Stebing	145-8
Hilary Goerre	131-8
Gerald Bowersox	102-5
M50 Malachi McGruder	127-5
Phil Barcus	118-11
M55 Jim Mills	118-3
M60 Robert Verbanac	105-0
M65 Tom Coughlin	113-8
M75 Hugh Hackett	87-6
M80 Milo Lightfoot	65-9
M55 Carol Young	64-1

Long Jump	
M35 Ben Thomas	20-1 1/4
Ken Drollinger	19-0 1/2
M40 Mike Skoflanc	12-7 1/2
Larry Hankins	18-4
Jeff Watry	18-0
Lee Hale	17-5
M45 Dana Harrell	18-11 1/4
Jerry Boswell	18-9 1/4
M50 Ray Starnes	17-9 1/4
Avital Schurr	15-10 1/4
Chet Dow	14-4 1/2
M55 Jim Mills	14-9 1/4
M65 Richard Soller	13-1 1/2
Eugene Hess	11-5 1/4
Alfonzo Wilton	11-4
M70 Mel Buschman	11-9
M75 Hugh Hackett	12-0
M80 Ken Elliott	10-8
M35 Donna Pope-Green	16-5
Denise McField	13-8
M40 Jacqueline Board	13-9 1/4
Jelene Campbell	12-10
M70 Mary Holland	8-4 1/4

Triple Jump	
M40 Mike Skoflanc	36-9 1/4
Larry Hankins	36-6
M45 Jerry Boswell	38-3 1/2
M55 Jim Mills	27-1
M65 Eugene Hess	24-4 1/2

High Jump	
M35 Ken Drollinger	6-2
John Vallsa	5-8
M40 Jeff Watry	5-8
Rick Christoph	5-8
M45 Eric Bray	5-9
M50 Phil Barcus	5-9
Henry Hopkins	4-10
Bruce Mills	4-8
M55 Jerry Lambert	4-8
Jane Mills	4-8
M60 Tom Langenfeld	5-2
Jim Ware	4-6
Robert Verbanac	4-4
Eugene Hess	4-4
Tom Coughlin	4-4
Richard Soller	3-10
M70 Ed Holmes	4-0
Mel Buschman	4-0
M80 Ken Elliott	3-10
Milo Lightfoot	3-6
M40 Jelene Campbell	4-0
M50 Cathy Primer	3-10

Pole Vault	
M30 Tim Winder	14-11
M35 Ken Drollinger	12-5 1/2
M40 Jeff Kingstad	14-11
Rick Christoph	14-5
Kelth Peterson	13-5 1/4
M45 Kipelaenen	12-11 1/2
Dick Koehert	11-5 3/4
Kent Hall	10-5 3/4
M50 Henry Hopkins	11-11 1/2
M55 Don Zimmerman	9-0 1/4
M70 Art Holland	6-0 3/4
M80 Milo Lightfoot	5-3

(All pole vault marks are converted from metric)

MID AMERICA**Sunflower State Games Lawrence, KS; July 28-30**

100m	
M30 Richard Fisher	12.1
M35 Rick Schwindt	12.3
M40 Bob Swafford	13.5
M45 Mike Kuder	15.5
M50 Roger Nyfeller	12.6
M55 Thronto Shelton Sr.	12.9
M60 Charles Newman	13.2
M65 Earl Ventura	12.8
M70 Jack Haelefe	14.7
W30 Kalene Sanders	14.6
W35 Claire Overstake	N/A
W45 Elizabeth Snipe	18.0

W70 Lavina Haelefe	17.5
200m	
M35 Cornell Sowell	24.6
M40 William Sellers	24.1
M45 Dana Ferrell	28.0
M50 Ross Jensen	25.8
M55 Thronto Shelton Sr.	27.4
M60 Edwin Alexander	31.2
W30 Kalene Sanders	31.5
W35 Claire Overstake	31.5
W70 Lavina Haelefe	41.0

400m	
M30 Menefer	49.5
M35 Russ Gaedert	54.3
M40 Jay O'Neill	55.3
M45 Dale Bean	1:01.6
M50 Ross Jensen	58.8
M55 Thronto Shelton Sr.	1:05.1
M60 Paul Heitzman	1:03.3
W30 Pelton	1:25.8
W35 Maria Rhoden	1:20.6
W45 Margie Rogers	1:25.9

800m	
M30 Mark Davidson	2:12.1
M35 Dave Camden	2:20.8
M40 Jay O'Neill	2:11.7
M45 Dale Bean	2:27.3
M50 Bob Conn	2:41.2
M55 Wally Brawner	2:29.6
M60 Paul Heitzman	2:31.0
W30 Gayla Ward	2:50.7
W45 Margie Rogers	3:35.0

M30 Tony Phillips	4:49.1
M35 Mark Stanbrough	4:24.9
M40 Jay O'Neill	4:21.5
M45 Dale Bean	4:59.6
M50 David Phiester	5:52.4
M50 Piece	6:09.3
M55 Paul Heitzman	5:01.8
W30 Gayla Ward	5:44.0
W35 Marla Rhoden	5:20.4
W45 Margie Rogers	6:31.8
W50 Carol Pfister	8:02.7

Continued from previous page

Larry Carter	28.73
M60 Donald Weiss	31.16
Phil Schaffer	32.02
Ritch White	32.32
M65 Charley Salsman	32.51
M70 Norman Katzman	30.23
M75 John Davison	29.95
Harry Miller	40.89
M85 Russ Randall	41.68
W30 Liz Adams	29.50
Dee Nelson	34.50
Nancy Stevens	40.50
W35 Yvonne Joyce	26.30
W40 Charlotte Carter	30.72
W45 Marianne Rose	33.62
W55 Marilyn Olen	54.15
W80 Pearl Mehle	60.05
400m	
M30 Gerald Owens	52.26
Cyrus Dodson	59.71
M35 Steve Winkel	54.84
Craig Mallinrodt	56.34
Goddard James	64.97
M40 Gary Shearer	61.53
M45 Robb Bong	57.73
Jim Dolezel	60.70
Alan Johnson	66.11
Ronald Tacka	69.18
M55 Bentz Tozer	58.29
Ron Kirkpatrick	59.04
Merv Armstrong	67.49
Dennis Kavanaugh	72.09
M60 Donald Weiss	76.40
Phil Schaffer	76.90
Ritch White	85.20
M65 Richard Hayes	72.74
M70 Norm Katzman	73.82
W30 Liz Adams	65.62
Lorraine Shugrue	73.48
Dee Nelson	85.27
W45 Marianne Rose	77.75
Mary Lee	106.32
W80 Pearl Mehle	144.94
800m	
M30 Scott Bainbridge	2:08.17
Curtis Dodson	2:15.39
M35 Craig Mallinrodt	2:11.89
Tony Quinn	2:24.08
Rick Logan	2:55.58
M40 Trip Reynolds	2:10.21
Stephen Huda	2:26.79
M45 Rick Sherrod	2:21.51
Alan Johnson	2:24.91
George Edinger	2:28.30
Ron Taoka	2:35.78
M55 Bobby Fischer	2:31.69
M60 Ritch White	3:21.33
M65 Richard Hayes	2:56.16
M85 Emmett Bennett	4:24.02
W30 Nancy Stevens	3:18.88
W35 Yvonne Joyce	2:18.72
Linda Abercrombie	2:42.39
W45 Mary Lee	4:08.65
W80 Pearl Mehle	5:41.65
1500m	
M30 Scott Bainbridge	4:46.61
M35 Kyle Hubbard	4:37.85
Doug Schneebeck	4:59.53
Tony Quinn	5:06.44
M40 Stephen Huda	5:13.28
M45 Alan Johnson	5:15.53
M55 Dennis Kavanaugh	5:35.58
M65 Richard Hayes	6:20.33
W30 Mya Jones	5:17.73
5000m	
M45 John Pappas	21:13.30
M60 Ray Franks	22:17.30
M65 Richard Hayes	23:13.40
Basil Williams	26:44.00
M70 Sidney Wright	32:52.70
Wm Prekajac	35:11.80
W50 Rosanne Pappas	23:48.80
W55 Jessie Standart	26:05.70
W80 Pearl Mehle	44:18.30
Short Hurdles	
M35 Doug Schneebeck	15.85
Ken Ellis	15.94
Rod Jacobson	22.56
M40 Dan Radiff	18.89
Jeff Watry	17.41
M50 Jeff Loubet	17.54
M55 Charlie Miller	15.20
M60 Ritch White	24.74
M70 Glenn Bradd	19.23
Long Hurdles	
M30 Alton Waynewood	64.56
M35 Doug Schneebeck	57.23
M40 Mike Hill	62.91
M60 Ritch White	64.93
M70 Glenn Bradd	77.72
Steeplechase	
M35 Tony Quinn	8:14.30
W35 Marilyn Brandt	8:17.40
High Jump	
M35 Greg Hayne	1.78
Earl Haskins	1.73
M40 Jeff Watry	1.78
Keith Johnson	1.73
Ben DelVillar	1.58
M45 Jim Dolezel	1.52
M50 Jeff Loubet	1.37
M55 Larry Carter	1.37
M60 Don Breese	1.37
Ritch White	1.17
M70 Wm Chivvis	1.22
Willie Gatz	0.81
M75 Wilber Ragland	1.02
Wm Trimnell	0.91
Harry Miller	0.86
M80 Lee Todd	0.71

M65 Marilyn Olen	0.91
Pole Vault	
M30 Mike Stevens	3.96
Brian Clute	3.51
M35 Ken Ellis	4.57
Rod Jacobson	3.51
Rick Logan	3.05
M45 Jim Dolezel	3.05
M50 Jeff Loubet	3.05
M65 Jerry Donley	3.20
M70 Wm Chivvis	2.29
Long Jump	
M30 Cyrus Dodson	5.83
Robert Whitaker	4.65
M35 Earl Haskins	5.55
M45 Jim Dolezel	5.15
M55 Terry Rowan	4.72
Ed Arnold	4.03
Merv Armstrong	3.99
M60 Ritch White	3.70
Jack Short	3.37
M65 Charley Salsman	4.40
Jerry Donley	4.22
M75 Hugh Hackett	3.62
Harry Miller	2.66
Wm Trimnell	1.93
M80 Lee Todd	3.29
M85 Russ Randall	3.58
W40 Deb Vestal	2.53
W55 Marilyn Olen	2.42
Triple Jump	
M30 Robert Whitaker	10.74
M45 Jim Dolezel	9.96
Tom Witherspoon	8.29
M55 Merv Armstrong	8.72
Larry Carter	8.62
M60 Ritch White	6.84
M75 Harry Miller	5.38
Ham Morningstar	2.49
W40 Charlotte Carter	8.34
Deb Vestal	5.30
Shot Put	
M30 John Taylor	13.70
M40 Mike Hill	11.24
Tim Fuehrer	9.56
M45 Tim Edwards	10.44
Larry Myers	7.80
M50 Ron Hambrick	11.54
Jack Crawford	11.24
M60 Tom Wesselowski	12.68
Tom Jackson	10.64
Vern Spencer	9.84
James Barnhart	9.46
M65 Phil Brusca	11.32
Richard Hayes	9.90
Rick Holloway	9.86
Harold Kroeker	9.14
M70 Dale Buysse	11.78
Frank Bowles	10.40
Willie Gatz	5.14
M75 Hugh Hackett	9.98
Wm Trimnell	9.48
Harry Miller	7.36
Ham Morningstar	4.84
M80 Lee Todd	10.34
W50 Janis Hayes	5.22
Discus	
M30 John Taylor	38.17
M35 Scott Genter	47.95
Steve Winkel	37.36
M40 Mike Hill	38.52
Tim Fuehrer	26.41
M45 Tim Edwards	34.82
Tom Bullard	30.50
Tom Witherspoon	27.99
Larry Myers	26.88
M50 Jack Crawford	36.15
Ron Hambrick	34.14
Jeff Loubet	31.30
M55 Terry Rowan	31.07
M60 Tom Wesselowski	41.50
Vern Spencer	37.34
Tom Jackson	32.92
James Barnhart	26.94
Harold Kroeker	38.20
Phil Brusca	37.30
Dick Holloway	34.21
Richard Hayes	33.93
M70 Dale Buysse	34.28
Willie Gatz	15.40
M75 Hugh Hackett	29.81
Ham Morningstar	17.52
Harry Miller	16.70
M80 Lee Todd	29.44
W40 Charlotte Carter	23.58
Deb Vestal	16.85
W50 Janis Hayes	17.36
W65 Marilyn Olen	11.18
Hammer	
M45 Tim Edwards	36.28
Larry Myers	25.58
M50 Jack Crawford	23.70
M60 Vern Spencer	35.66
Tom Wesselowski	32.10
Tom Jackson	29.04
James Barnhart	20.78
M65 Harold Kroeker	31.44
Phil Brusca	29.34
M70 Dale Buysse	25.54
M75 Hugh Hackett	33.20
Harry Miller	17.74
Ham Morningstar	11.50
Javelin	
M40 Mike Hill	47.96
Rocco Petito	53.37
Larry Myers	24.50
M50 Ron Hambrick	43.33
Jack Crawford	32.50
M55 Merv Armstrong	29.85
M60 Tom Jackson	29.30
Vern Spencer	26.56
James Barnhart	23.68

M65 Dick Holloway	36.60
Phil Brusca	33.92
Dick Scott	28.90
Harold Kroeker	27.48
M70 Frank Bowles	31.24
Dale Buysse	26.54
M75 Hugh Hackett	29.56
Harry Miller	13.96
Ham Morningstar	11.27
M80 Lee Todd	31.50
(M80 AR/Anderson/28.80/1992)	
M85 Emmett Bennett	13.94
Weight Throw	
M40 Tim Fuehrer	7.41
M45 Tim Edwards	11.85
M50 Ron Hambrick	11.70
Jack Crawford	8.10
M60 Vern Spencer	14.74
Tom Wesselowski	14.30
Tom Jackson	11.12
James Barnhart	10.04
M65 Phil Brusca	13.37
Harold Kroeker	12.17
Dick Holloway	11.35
Jerry Donley	7.85
M70 Dale Buysse	9.84
Frank Bowles	9.30
M75 Hugh Hackett	13.15
Harry Miller	6.93
Ham Morningstar	5.59
M80 Lee Todd	11.14
Pentathlon	
M35 Steve Winkel	3041
Jeff Bilderbeck	2780
M55 Terry Rowan	2896
Merv Armstrong	2792
M65 Dick Scott	2740
Bob Chado	2206
M75 Ham Morningstar	728
M80 Lee Todd	3149
W40 Charlotte Carter	2198
Decathlon	
M35 Rob Jacobson	3688
Mark Zitka	3494
M40 Jeff Watry	6192
M75 John Alexander	3175
Ham Morningstar	878
Weight Pentathlon	
M45 Tim Edwards	3269
M50 Jack Crawford	2809
M60 Tom Wesselowski	3642
Vern Spencer	3505
Tom Jackson	3235
James Barnhart	2598
M65 Phil Brusca	4285
Harold Kroeker	3873
M70 Dale Buysse	3922
Frank Bowles	3646
M75 Hugh Hackett	4202
Harry Miller	2300
Ham Morningstar	1706
M80 Lee Todd	4208
5000m Racewalk	
M35 Albert Leibold	22:51.50
M60 John Lyle	31:11.00
M70 Klaus Timmerhaus	30:42.20
John Carroll	34:06.50
W45 Marianne Martino	27:35.90
W50 Barbara Jansen	33:39.70
Carol Gericke	35:43.80
(from Dave Simons, Denver TC)	

SOUTHWEST

Sooner State Games
Norman, OK; June 24

100m	
M30 Francois Boda	10.90
Travis Lightsey	11.10
Mike Stanton	11.20
M35 Roger Davis	11.98
Melvin Maloy	13.56
M40 Evans Brown	12.22
Charles Rozien	12.35
M45 Jim Dolezel	11.69
Mike Steinmetz	12.02
M50 Tom Fisher	12.61
Larry Link	12.87
M55 V T Aktansel	nta
M60 Glen Stone	13.10
Glendale Markwell	nta
M75 Doc Bennett	nta
W50 Nina Bryant	16.10
W60 Jean Cobb	17.90
200m	
M30 Travis Lightsey	22.30
Francois Boda	22.30
M35 Roger Davis	25.09
David Hunt	29.22
M40 Lee Greiner	26.05
Ken Stewart	26.93
M45 Jim Dolezel	24.11
Mike Steinmetz	25.41
M50 Tom Fisher	26.23
Larry Link	26.71
M60 Glen Stone	27.74
M75 Doc Bennett	40.01
400m	
M35 Mike Barber	56.22
Danny Coe	67.70
M40 George Hall	58.27
Felix Scott	59.21
M45 Jim Dolezel	57.53
Dale Deuval	60.96
M50 Sam Pfenning	83.59
Ron Gilbert	91.98
M55 Roy Kelly	1:47.68
W30 Muriel Brown	68.00
800m	
M30 John Novak	2:09.10
Ervin Wyatt	2:15.30

M45 Greg Owings	2:16.60
John Hoke	2:18.60
W30 Muriel Brown	2:30.50
1500m	
M35 Gary Caton	4:29.30
M45 Greg Owings	4:52.20
John Hoke	5:32.10
M55 Roy Kelly Sr	nta
W45 Linda Hogan	6:09.20
M55 Roy Kelly Sr	35:31.10
3000m	
W30 Sue Lucas	12:18.50
100mH	
M50 Sam Pfenning	24.40
High Jump	
M35 Ken Ellis	5-8
M45 Jim Dolezel	5-3
M50 Tim McGough	4-4
Sam Pfenning	4-4
M55 Wayne Skartved	4-0
M60 Glendale Markwell	4-4
M65 Floyd Jack	3-6
M70 Doc Bennett	3-8
Pole Vault	
M35 Ken Ellis	15-0
M40 Jim Blevins	12-0
M50 Mike Wilhite	7-0
M60 Chuck Crawford	8-0
Long Jump	
M35 Allen Blaylock	5.84
M40 Evan Brown	5.30
Jim Blevins	4.62
M45 Jim Dolezel	5.42
Dale Deuval	3.89
M50 Sam Pfenning	4.39
Mike Wilhite	4.22
M55 Wayne Skartved	3.95
Glendale	3.87
M60 Chuck Crawford	3.90
M70 Doc Bennett	3.35
M75 Bob Warwick	3.21
W55 Sue Tunniff	2.75
W60 Jean Cobb	3.22
Triple Jump	
M35 Allen Blaylock	12.14
M45 Jim Dolezel	10.84
Ken Hogan	8.31
M50 Mike Wilhite	7.74
Sam Pfenning	7.53
M55 Glendale Markwell	8.48
Wayne Skartved	8.46
M70 Doc Bennett	6.72
Shot Put	
M30 Tom Arrington	44-9
M35 Ken Ellis	42-4
M40 Ed Forester	39-4
M45 G C Collins	37-0
Ken Hogan	36-10
M50 Sheppard Miers Jr	44-2 1/2
Phil Hower	43-9
M55 Glendale Markwell	28-0
M60 D W Foerster	38-8 1/2
Earnie Albritton	37-7
M65 Floyd Jack	41-1 1/2
M70 A T Richeson	35-10
Doc Bennett	27-1
W55 Sue Tunniff	23-2 1/2
W60 Jean Cobb	24-8 1/2
W65 Wanda Jack	17-11 1/2
Discus	
M30 Tom Arrington	134-0
M35 Ken Ellis	127-9
David Hunt	82-5
M40 Ed Forester	118-6
M45 Ken Hogan	116-6
G C Collins	92-7
M50 Phil Hower	133-2
Miers Sheppard	133-1
M60 D W Forester	119-4
Earnie Albritton	110-8
M65 Floyd Jack	133-0
M70 A T Richeson	77-8
Doc Bennett	61-0
W40 Linda Hogan	60-3
W55 Sue Tunniff	66-9
W60 Jean Cobb	57-8
W65 Wanda Jack	41-3

Tulsa Meet
Tulsa, OK; July 29

100m	
M35 Carlos Gomez	12.63
M45 Jim Dolezel	12.03
Mike Steinmetz	12.36
M55 Dale Lance	12.77
M60 Glen Stone	13.65
M70 Doc Bennett	19.41
W35 Julia Barber	15.30
W40 Anita Hall	17.14
W50 Nina Bryant	16.44
200m	
M35 Carlos Gomez	26.81
M45 Jim Dolezel	24.83
Mike Steinmetz	25.51
M60 Glen Stone	28.69
M70 Doc Bennett	41.62
W35 Julia Barber	33.26
W50 Nina Bryant	37.31
400m	
M35 Carlos Gomez	55.99
M40 George Hall	61.36
5000m	
M40 Bill Isaac	19:57.04
M50 Charlie Baker	19:39.29
400mH	
M40 George Hall	67.11
4x100m Relay	
Kirby/Steinmetz/Stone/Dolezel M40+	49.88

4x400m Relay	
Barber/Hall/Bentley/Vaughn M30+	4:52.38
High Jump	
M55 Dale Lance	5-0
M70 Doc Bennett	3-9
Pole Vault	
M30 Joe Dial	16-6
M35 Dave Swezey	15-0
M45 Jim Dolezel	11-0
M55 Dale Lance	12-0
Long Jump	
M45 Jim Dolezel	5.43
M55 Dale Lance	5.43
M70 Doc Bennett	3.15
Triple Jump	
M35 Allen Blaylock	12.26
M45 Jim Dolezel	10.23
M55 Bob Ardrey	8.25
M70 Doc Bennett	6.47
Shot Put	
M35 Ed Chesney	31-9
M45 G C Collins	33-10
M50 Sheppard Miers	44-0
M55 Dale Lance	38-7 1/2
M65 Floyd Jack	35-6 1/2
M70 Doc Bennett	26-5 1/2
W45 Cathe Cardenas	14-4 1/2
Discus	
M35 Ed Chesney	81-

Continued from previous page

M45 Riley McHugh	24.26
Paul Raymond	24.75
Roger Parnell	25.65
M50 James Hollister Jr	25.07
Mel Brooks	25.67
Dan Durante	26.03
Steve Gillman	27.20
Lance Pierce	27.25
Gary Patterson	27.28
Ben Miller	27.59
M55 Richard Martin Jr	26.93
Phil Maresca	28.81
Robert Fuller	29.25
M60 Bobby Thomas	26.05
Bruce Springbett	27.20
Don Shields	27.70
Marvin Smoller	28.55
M65 Fred Gunther	29.36
Ed Manougian	30.56
Alex Pappas	31.13
M75 Frank Toner	33.18
Konrad Slaughter	40.53
M80 Wilfred Bigelow	51.04
M35 Valerie Scott	29.43
Edith Mourtos	37.93
M40 Heather Maffucci	34.95
M45 Martie Behrens	31.12
M60 Fei-Mei Chou	36.42
400m	
M35 Mark Kibort	52.23
Greg Canfield	52.52
Edouard Marchand	54.18
M40 Floyd Malone	54.03
Stan Vegar	54.18
Greg Belancio	56.30
M45 Riley McHugh	54.98
Paul Raymond	58.44
Brian Legakis	59.74
M50 Ben Miller	59.66
Jim West	64.03
M55 Robert Fuller	68.66
M60 Marvin Smoller	63.58
Gilman Jung	79.60
M65 Jim Selby	56.50
Ed Manougian	72.80
M75 Pete Ganahl	1:53.60
M35 Edith Mourtos	81.20
M45 Martie Behrens	70.20
800m	
M35 David Lucas	2:04.97
Nikos Mourtos	2:18.74
M45 Randall Maple	2:21.44
C Chateaubriant	2:24.93
Greg Dorman	2:27.28
M50 Ben Miller	2:17.49
Ron McLennan	2:19.36
Jeff Neighbor	2:41.59
M55 Martyn Adamson	2:21.95
Ralph Harms	2:34.28
M60 Carl Jackson	2:46.68
Gilman Jung	3:06.21
M65 Jim Selby	2:35.30
M35 Debbie Selby	4:06.52
M40 Melinda Villar	2:34.26
Heather Maffucci	2:57.70
M60 Barbara Robben	3:37.19
1500m	
M35 David Lucas	4:19.73
Brian Davis	4:21.98
Nikos Mourtos	4:40.52
M40 Bill Brusher	4:43.37
M45 Randall Maple	4:46.48
C Chateaubriant	4:48.74
Greg Dorman	5:13.45
M50 Fred Martin	4:55.04
Jerry Goodwin	4:56.81
Ron McLennan	4:58.30
M55 Ralph Harms	5:15.70
M60 John Gregson	6:02.15
Gilman Jung	6:13.68
Donelson Moss	6:18.10
M65 Jim Selbyage67AR	5:16.41
M35 Debbie Selby	8:20.70
M40 Gisele Walker	5:15.00
Marilyn Taylor	5:24.21
Heather Maffucci	5:28.25
M60 Barbara Robben	7:11.70
3000m	
M45 Roger Scott	11:08.6
Teddy Walton	14:11.0
M50 Fred Martin	11:06.4
M60 Carl Jackson	12:18.5
John Gregson	12:30.0
Donelson Moss	13:07.3
M75 Lyman Glenn	16:03.7
M60 Barbara Robben	14:53.6
M70 Jaclyn Caselli	16:55.0
(age-group AR/James/18:22.0)	
Short Hurdles	
M50 James Hollister Jr	15.33
M55 Bill Knoke	17.08
M60 Marion Sanchez	18.80
300m Hurdles	
M30 David Bradley 36"	46.90
M35 Peter Grimes 36"	38.45
M60 Marion Sanchez	49.70
M75 Pete Ganahl	77.27
4x100m Relay	
M40-49 Silver St Striders	46.8
M40-51 West Valley TC	48.6
High Jump	
M30 Rand Crippen	1.75
M40 Stan Vegar	1.90
John Townsend	1.50
M45 Ed Baskauskas	1.60
Teddy Walton	1.25
M50 Bill Wood	1.40
M55 John Steinman	1.40
Ken Carper	1.25
Henry Chang	1.25

M60 Phil Fehlen	1.55
Marion Sanchez	1.50
Darwin Grimm	1.40
M65 Paul Bambrook	1.20
M70 Jim Johnson	1.10
M75 Pete Ganahl	1.10
M45 Barbara Stratton	1.10
M60 Christel Miller	1.10
Pole Vault	
M40 David Earsley	10-0
M45 Paul Heglar	12-6
M50 Dan Borrey	14-9
(age-group WR/Cook/14-4)	
Bruce Hotaling	12-6
M55 John Steinman	7-6
Ken Carper	7-6
M65 Tom Harney	8-0
M70 Jim Johnson	7-0
Long Jump	
M30 Rand Crippen	5.37
M35 Scott Wiley	5.42
M40 David Thomas	5.43
John Townsend	4.09
M45 Roger Parnell	5.87
Roger Trujillo	5.51
Teddy Walton	4.50
M50 James Hollister Jr	5.45
John Lawson	5.02
Bill Wood	4.72
M55 Richard Imperiale	4.81
Ken Carper	3.68
M60 Darwin Grimm	4.66
M65 Paul Bambrook	4.10
M70 Jim Johnson	3.49
M45 Barbara Stratton	3.43
Triple Jump	
M30 Rand Crippen	10.92
M35 Edouard Marchand	11.71
M40 David Thomas	10.46
M45 Roger Trujillo	11.68
M50 James Hollister Jr	11.37
Bill Wood	10.47
John Lawson	10.13
M60 Darwin Grimm	8.57
M65 Paul Bambrook	8.37
M45 Barbara Stratton	7.44
M60 Christel Miller	7.27
Fei-Mei Chou	6.33
Shot Put	
M30 Steven Daniel	12.35
M40 Stan Vegar	13.24
John Townsend	11.02
Timothy Lynch	5.72
M45 Wayne Shaffer	9.88
M50 Paul Thiel	11.76
M55 Jim Hart	12.56
John Steinman	9.11
M60 Stewart Thomson	12.58
M75 Bob Stone	6.60
M30 Amy Bublak	12.42
M55 Cherrie Sherrard	9.39
Almeta Parish	6.58
M60 Christel Miller	7.98
Discus	
M40 Stan Vegar	38.86
John Price	37.30
John Townsend	29.02
M45 Wayne Shaffer	31.92
John Gallen	21.92
M50 Paul Thiel	35.72
Dave Nuttall	35.50
M55 Jim Hart	39.42
Dusty Miller	36.16
Ken Carper	28.84
M60 Stewart Thomson	49.74
George Whiting	38.80
M75 Bob Stone	16.02
M55 Cherrie Sherrard	21.24
Almeta Parish	11.76
M60 Fei-Mei Chou	18.60
Hammer	
M30 Jeff Carpenter	51.84
M40 Magnus Thordarson	31.71
M50 Dave Nuttall	28.24
M55 Jim Hart	36.30
M60 Stewart Thomson	47.50
M75 Rick Hustace	17.78
Bob Stone	16.14
Javelin	
M35 John Hansen	53.20
M40 Stan Vegar	52.16
Skip Butler	46.50
T J M Lynch	13.60
M45 Bob Powers	49.46
John Gallen	29.62
M50 Jay Groen	53.94
Gary Reddaway	49.50
John Burns	46.78
M55 Barton Gale	31.94
M60 Phil Conley	46.60
Phil Fehlen	46.16
Don Rose	34.54
M65 Tom Harney	25.20
M74 Rick Hustace	17.50
M30 Amy Bublak	41.72
M60 Christel Miller	25.12

INTERNATIONAL

Dutch National Championships
Vught, Netherlands; June 24-25

100m	
M 40 Kees Bakx	12.09
M 45 Fred van Gasteren	11.99
M 50 Caspari de Geus	12.70
M 55 Geert van Dijk	14.45
M 60 Pieter Schouten	13.96
M 70 Joop Dorsaan	17.71

M 35 Tilly Verhoef	12.72
M 40 Riny Hagenaars	13.24
M 45 Netty van Hedel	14.19
M 50 Corrie Vinke	15.68
M 55 Corrie Roovers	14.34
200m	
M 40 Kees Bakx	23.87
M 45 Wim Scholtes	23.86
M 50 Caspari de Geus	25.05
M 55 Theo Evers	29.99
M 60 Pieter Schouten	28.72
M 70 Joop Dorsaan	37.86
M 35 Tilly Verhoef	25.48
M 40 Anja Akkerman	27.07
M 45 Netty van Hedel	28.60
400m	
M 40 Kees Bakx	53.04
M 45 Fred van Gasteren	52.58
M 50 Berry Hilkes	55.48
M 55 Henk Barends	64.96
M 60 Boy van Heemstede	66.51
M 35 Tilly Verhoef	57.79
M 40 Lena Jansen	62.47
800m	
M 40 Wim Sterrenburg	2:00.06
M 45 Ronald Mercelina	2:01.08
M 50 Ton Peters	2:12.38
M 55 Steven Koelink	2:28.89
M 65 Hein Zethof	2:30.17
M 70 Joop Dorsaan	3:15.15
V 35 Marlies van Geel	2:21.81
V 40 Petra van Limpt	2:15.44
V 45 Martha van Hal	2:31.53
V 50 Corrie Keijzers	2:30.18
V 55 Gerda van Kooten	2:35.42
1500m	
M 40 Sip Stal	4:06.78
M 45 Rob Wiegels	4:30.83
M 50 Rob van Kempen	4:31.67
M 55 Ad Heijdens	4:29.06
M 60 Joop Ruter	4:36.90
M 65 Siem Herlaar	4:39.88
M 35 Jolanda Vos	4:55.59
M 40 Petra van Limpt	4:39.81
M 45 Leny v.d. Plas	4:57.73
M 50 Corrie Keijzers	5:00.47
5000m	
M 40 Cees de Munck	15:16.01
M 45 Steef Kijne	16:00.56
M 50 Rob van Kempen	17:15.69
M 55 Hans v.d. Kooy	18:04.16
M 65 Siem Herlaar	17:30.22
M 70 Hans Kamperdijk	21:57.91
M 35 Jolanda Vos	18:02.39
M 40 Tilly v.d. Laar	18:46.71
M 45 Els Raap	18:12.99
5000m Racewalk	
M 40 Theo Koenis	24:04.50
M 45 Philip Krul	25:55.35
M 50 Ad van Dyen	28:46.23
M 55 Wim Sowsen	29:27.83
Short Hurdles	
M 40 Martin de Pater	16.34
M 45 Jan Titulaer	21.24
M 50 Frank Larsen	15.59
M 60 Kees van Giezen	18.83
M 40 Riny Hagenaars	12.11
M 45 Elly Willemsen	14.09
M 50 Laura Blommesteijn	15.01
M 55 Corrie Roovers	13.87
Long Hurdles	
M 40 Martin de Pater	58.96
M 45 F. v.d. Steenhoven	70.55
M 50 Frank Larsen	63.29
M 60 Kees van Giezen	51.60
M 55 Corrie Roovers	53.96
3000m SC	
M 40 Jan v.d. Bos	10:56.50
M 45 Steef Kijne	9:53.96
M 50 Chris Metrop	12:40.42
M 55 Gerrit Kramer	11:30.98
High Jump	
M 40 Jan Huijbers	1.82
M 45 Henny van Wijk	1.78
M 50 Frans van Boven	1.62
M 55 Rob Bleijert	1.59
M 60 Kees van Giezen	1.38
M 35 Jacqueline Bakker	1.62
M 40 Janine Kortbeek	1.44
M 50 Mary Larsen	1.41
M 55 Rietje Dijkman	1.32

Pole Vault

M 40 Frans van der Ham	4.20
M 45 Ko Florusse	3.00
Long Jump	
M 40 Frans van der Ham	6.12
M 45 Wim Scholtes	5.67
M 50 Frank Larsen	5.23
M 55 Theo Evers	4.06
M 60 Jan Kempe	4.42
M 35 Evie Roelands	4.81
M 40 Anja Akkerman	4.97
M 45 Corrie Meyer	4.55
M 50 Laura Blommesteijn	4.15
M 55 Rietje Dijkman	4.07

Triple Jump

M 40 Theo Brusche	12.13
M 45 F.v.d. Steenhoven	10.32
M 35 Evie Roelands	10.52
M 50 Laura Blommesteijn	8.60
M 55 Rietje Dijkman	8.67

Shot Put

M 40 Rob Hermans	13.39
M 45 Hans Schouten	13.91
M 50 Joop Tournier	12.58
M 35 Jan Pronk	11.07
M 60 Jan Smit	11.24
M 65 Nico Storre	8.90
M 35 Tine Schenkels	13.69
M 40 Mariet Thomas	11.65
M 45 Jannie Schot	10.59
M 50 Mary Larsen	10.07
M 55 Corrie Roovers	10.07

Discus

M 40 Rob Hermans	44.48
M 45 Hans Schouten	44.30
M 50 Harry Zitzen	46.34
M 35 Jan Pronk	41.30
M 60 Jan Smit	40.98
M 35 Tine Schenkels	43.26
M 40 Anneke de Pater	33.82

M 45 Annie van Anholt	39.20
M 50 Jet van Wageningen	30.18
M 55 Corrie Roovers	31.00
Hammer	
M 45 Frits van Buuren	38.62
M 50 Jan-Peter Zillen	31.88
M 55 Jan Pronk	36.52
M 60 Jan Smit	36.90
M 45 Annie van Anholt	27.74
Javelin	
M 40 Dirk Kooreman	57.28
M 45 Ad Doren	48.34
M 50 Jan van Empel	43.98
M 55 Harry Hagenaars	32.70
M 60 Piet Olofsen	40.30
M 65 Carel van Venetien	27.08
M 70 Joop Bakker	34.38
M 35 Ingrid Zuidervliet	35.76
M 45 Henny van Kruchten	34.76
Total 359 competitors	

1995 WAVA World Championships Decathlon Results
Buffalo, NY; July 13-14

Name	Points	100	LJ	SP	HJ	400	Day 1	HURDLES	DT	PV	JT	1500
40-44												
1 Stan Vegar #3393		13.14	6.06m	13.05m	1.91m	56.35		15.74	40.52m	4.20m	50.34m	5:00.03
United States			w:-8.5	w: 4.0				w: 5.4				
Age: 40	7473	(549)	(771)	(718)	(944)	(687)	3669	(889)	(675)	(856)	(731)	(653)
2 Roland Hepperle #951		13.12	6.11m	10.47m	1.73m	56.84		16.45	36.88m	4.20m	48.86m	5:11.36
Germany			w:-4.8	w: 2.6				w: 5.4				
Age: 40	6870	(552)	(785)	(551)	(758)	(667)	3313	(808)	(601)	(856)	(704)	(588)
3 Klaus-Peter Neuend #1062		12.80	6.20m	10.53m	1.76m	55.70		15.96	33.08m	3.60m	38.76m	4:54.10
Germany			w:-4.7	w: 3.3				w: 5.4				
Age: 40	6728	(608)	(809)	(556)	(785)	(713)	3471	(863)	(525)	(654)	(527)	(688)
4 Jeffrey Watry #3415		13.22	5.95m	11.20m	1.88m	56.21		16.46	33.12m	3.30m	41.30m	4:52.86
United States			w:-5.3	w: NW1				w: 5.4				
Age: 40	6642	(534)	(743)	(599)	(915)	(692)	3483	(807)	(526)	(560)	(571)	(695)
5 Michael Hill #3526		12.61	6.22m	11.46m	1.70m	55.78		15.83	36.24m	NH	48.12m	4:46.77
United States			w:-4.7	w: 5.1				w: 5.4				
Age: 44	6404	(643)	(814)	(615)	(731)	(709)	3512	(878)	(589)	(0)	(692)	(733)
6 Jean Pierre Porcher #824		13.42	5.40m	11.85m	1.82m	58.91		15.97	36.08m	3.30m	45.40m	5:30.50
France			w:-8.5	w: 5.0				w: 7.0				
Age: 41	6319	(501)	(604)	(640)	(850)	(587)	3182	(862)	(585)	(560)	(644)	(486)
7 Nicholas Phipps #1305		12.77	5.80m	12.91m	1.61m	59.32		16.58	39.28m	3.60m	43.24m	5:54.44
Great Britain			w:-4.7	w: 2.7				w: 5.4				
Age: 42	6308	(614)	(704)	(709)	(636)	(572)	3235	(794)	(650)	(654)	(605)	(370)
8 Thomas Hoener #959		12.30	6.17m	10.35m	1.58m	56.51		17.87	29.16m	2.50m	37.96m	4:57.99
Germany			w:-2.6	w: 5.3				w: 5.4				
Age: 41	5951	(703)	(802)	(544)	(610)	(680)	3339	(659)	(448)	(326)	(514)	(665)
45-49												
1 Finar Johan Svendg #1871		13.32	5.91m	9.67m	1.66m	58.57		16.88	34.82m	3.90m	48.50m	4:58.12
Norway			w:-6.2	w: 2.7				w: 3.9				
Age: 45	7289	(593)	(842)	(571)	(776)	(676)	3458	(843)	(626)	(849)	(784)	(729)
2 Brant Tolmsa #3372		13.33	5.75m	10.31m	1.66m	58.53		17.75	35.44m	3.90m	40.48m	5:09.72
United States			w:-6.2	w: 4.4				w: 4.7				
Age: 45	6987	(591)	(795)	(617)	(776)	(677)	3456	(753)	(640)	(849)	(627)	(662)
3 Tyrone Lewis #1281		12.92	5.70m	7.91m	1.66m	55.18		16.30	22.90m	3.60m	33.54m	4:51.60
Great Britain			w:-8.5	w: 3.2				w: 4.7				
Age: 46	6757	(665)	(781)	(446)	(776)	(812)	3480	(907)	(368)	(740)	(494)	(768)
4 Rex Harvey #2770		13.54	5.35m	11.28m	1.57m	59.35		18.21	36.64m	3.90m	47.14m	5:48.53
United States			w:-8.5	w: 2.9				w: 3.9				
Age: 49	6690	(556)	(684)	(687)	(679)	(646)	3252	(707)	(667)	(849)	(757)	(458)
5 Herbert Hanke #937		12.80	5.75m	9.66m	1.48m	1:00.39		18.57	27.48m	2.30m	39.06m	5:27.16
Germany			w:-3.5	w: 4.9				w: 5.0				
Age: 47	5873	(687)	(795)	(570)	(593)	(608)	3253	(672)	(466)	(316)	(600)	(566)
6 Jarmo Lipasti #3544		13.55	5.61m	9.79m	1.63m	1:05.02		20.15	29.78m	3.60m	40.58m	6:07.95
Finland			w:-6.2	w: 3.7				w: 5.0				
Age: 46	5869	(554)	(755)	(580)	(749)	(449)	3087	(528)	(516)	(740)	(629)	(369)
6 John Hoogasian #2811		13.71	5.56m	8.76m	1.42m	59.59		22.35	29.92m	3.70m	37.06m	5:01.64
United States			w:-6.2	w: 2.2				w: 3.9				
Age: 46	5869	(527)	(741)	(506)	(536)	(637)	2947	(356)	(519)	(778)	(561)	(708)
8 William Dehorn #322		13.81	5.25m	8.96m	1.66m	1:02.40		19.36	26.86m	3.50m	39.90m	6:12.75
Canada			w:-3.5	w: 1.5				w: 3.9				
Age: 48	5722	(511)	(657)	(521)	(776)	(536)	3001	(598)	(453)	(705)	(616)	(349)
50-54												
1 Rolf Geese #913		12.99	6.09m	12.08m	1.66m	56.99		14.54	38.02m	3.20m	42.28m	5:25.79
Germany			w:-4.9	w: 2.9				w: 2.3				
Age: 51	7947	(730)	(1020)	(756)	(878)	(820)	4204	(991)	(685)	(682)	(744)	(641)
2 Snowy Brooks #1208		12.97	5.83m	11.94m	1.51m	1:00.06		15.14	39.88m	3.20m	47.50m	6:43.75
Great Britain			w:-6.3	w: 3.6				w: 2.3				
Age: 50	7288	(734)	(937)	(745)	(705)	(700)	3821	(917)	(726)	(682)	(856)	(286)
3 Wilhelm Kraatz #995		13.38	5.64m	11.59m	1.54m	58.57		17.86	38.82m	2.90m	43.72m	5:12.14
Germany			w:-6.5	w: 4.0				w: 1.6				
Age: 51	7138	(661)	(876)	(720)	(740)	(757)	3754	(620)	(702)	(570)	(775)	(717)
4 Dieter Millbradt #1049		13.35	5.61m	10.25m	1.66m	56.44		16.71	31.24m	3.00m	38.92m	5:38.81
Germany			w:-8.4	w: 3.2				w: 2.0				
Age: 50	7004	(665)	(869)	(622)	(878)	(842)	3876	(740)	(537)	(606)	(672)	(573)
5 Bill Angus #2368		13.66	5.21m	10.31m	1.57m	1:01.06		16.33	28.26m	3.30m	38.86m	5:09.54
United States			w:-6.5	w: 3.9				w: 2.0				
Age: 52	6798	(612)	(746)	(626)	(776)	(663)	3423	(781)	(474)	(719)	(670)	(731)
6 James Cawley #2493		13.55	5.42m	9.21m	1.63m	1:00.76		17.77	30.70m	3.20m	35.78m	6:17.48
United States			w:-6.5	w: 2.1				w: 2.0				
Age: 52	6330	(629)	(809)	(546)	(840)	(674)	3498	(628)	(526)	(682)	(605)	(391)
7 Peter Ovie #1072		13.83	5.50m	9.90m	1.51m	1:01.94		17.27	30.22m	3.10m	35.20m	5:43.57
Germany			w:-4.9	w: 2.8				w: 5.9				
Age: 52	6327	(582)	(833)	(597)	(705)	(631)	3348	(680)	(515)	(642)	(593)	(549)
8 Tom Thorne #3365		14.09	5.04m	10.58m	1.54m	1:05.52		16.63	31.84m	3.10m	37.80m	6:30.58
United States			w:-4.9	w: 3.5				w: 5.9				
Age: 52	6052	(540)	(695)	(646)	(740)	(508)	3129	(747)	(550)	(642)	(648)	(336)
55-59												
1 Dale Lance #2924		13.10	5.39m	10.06m	1.62m	1:01.43		15.17	35.00m	3.90m	43.96m	6:21.84
United States			w:-6.5	w: 3.1				w: 3.4				
Age: 57	8179	(791)	(918)	(692)	(934)	(737)	4072	(1008)	(707)	(1077)	(874)	(441)
2 Werner Schallau #1112		14.05	5.38m	12.07m	1.59m	1:06.18		17.58	41.30m	3.20m	47.58m	6:41.46
Germany			w:-6.5	w: 2.5				w: 7.0				
Age: 56	7553	(624)	(913)	(856)	(896)	(570)	3859	(742)	(863)	(769)	(961)	(359)

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Name	Points	100	LJ	SP	HJ	400	Day 1	HURDLES	DT	PV	JT	1500
3 Gerhard Boehm #868		13.71	5.56m	11.71m	1.65m	1:04.15		18.25	35.96m	2.60m	37.08m	5:41.83
Germany		w:-6.5	w: 3.2					w: 7.0				
Age: 58	7372	(681)	(975)	(827)	(973)	(639)	4095	(675)	(731)	(530)	(711)	(630)
4 Edward Oleata #3111		13.50	4.74m	11.35m	1.41m	59.30		17.29	37.36m	2.90m	35.88m	5:31.38
United States		w:-4.0	w: 3.6					w: 3.4				
Age: 58	7268	(717)	(704)	(797)	(679)	(817)	3714	(773)	(765)	(648)	(683)	(685)
5 Knut Henrik Skrams #1868		14.48	4.94m	11.02m	1.50m	1:07.20		17.63	39.78m	2.90m	40.82m	5:47.31
Norway		w:-4.0	w: 2.8					w: 7.0				
Age: 58	7025	(554)	(769)	(770)	(785)	(536)	3414	(737)	(825)	(648)	(799)	(602)
6 Tor Trondset #2229		13.84	5.04m	9.02m	1.38m	1:01.42		17.38	31.22m	2.30m	33.36m	5:49.28
Sweden		w:-6.5	w: 2.1					w: 3.4				
Age: 59	6462	(659)	(799)	(608)	(644)	(737)	3447	(762)	(615)	(421)	(624)	(593)
7 Kjartan Solberg #1869		14.54	4.53m	11.20m	1.41m	1:04.47		19.86	35.02m	2.40m	31.48m	5:28.26
Norway		w:-6.5	w: 4.7					w: 7.0				
Age: 58	6196	(543)	(639)	(785)	(679)	(628)	3274	(526)	(658)	(457)	(580)	(701)
8 Anatoly Romanov #2090		13.57	4.92m	9.88m	1.35m	1:10.65		18.75	33.44m	2.70m	33.98m	6:38.71
Russia		w:-6.5	w: 4.0					w: 3.4				
Age: 57	6057	(705)	(762)	(678)	(610)	(431)	3186	(626)	(669)	(568)	(638)	(370)
60-64												
1 Phil Mulkey #3061		13.68	5.43m	13.49m	1.55m	1:09.04		15.87	42.42m	3.40m	34.52m	7:17.78
United States		w:-1.3	w: 3.0					w: 1.6				
Age: 62	8025	(767)	(1061)	(992)	(953)	(569)	4342	(951)	(816)	(960)	(661)	(295)
2 Tiso Figueroa #480		13.56	4.50m	8.36m	1.40m	1:03.84		20.27	31.90m	3.30m	32.56m	6:11.82
Chile		w:-2.0	w: 3.0					w: 2.4				
Age: 60	6767	(789)	(727)	(566)	(758)	(745)	3585	(515)	(577)	(913)	(614)	(563)
3 Jaromir Kalis #576		14.34	4.72m	11.44m	1.34m	1:08.66		19.51	40.08m	2.40m	34.90m	6:08.57
Czech Republic		w:-2.0	w: 2.4					w: 1.9				
Age: 61	6650	(655)	(804)	(821)	(679)	(582)	3541	(580)	(762)	(519)	(670)	(578)
4 Karel Mokris #585		14.56	4.53m	10.09m	1.46m	1:10.77		19.16	39.22m	2.30m	28.36m	6:06.82
Czech Republic		w:-2.0	w: 2.6					w: 1.9				
Age: 60	6349	(618)	(736)	(709)	(831)	(516)	3410	(613)	(743)	(480)	(516)	(587)
5 William Jankovich #2842		13.87	4.51m	9.31m	1.25m	1:06.32		19.49	32.18m	2.70m	32.64m	6:10.99
United States		w:-1.4	w: 2.7					w: 1.9				
Age: 61	6338	(734)	(732)	(644)	(577)	(658)	3345	(582)	(583)	(645)	(616)	(567)
6 Lambert Vandebosch #229		14.29	4.90m	9.69m	1.58m	1:12.21		21.14	32.76m	2.40m	28.26m	6:07.29
Belgium		w:-2.0	w: 0.9					w: 2.2				
Age: 60	6325	(663)	(866)	(675)	(992)	(473)	3669	(443)	(596)	(519)	(514)	(584)
7 Pacifico Gatti #78		13.97	3.99m	9.93m	1.34m	1:03.94		19.76	34.22m	1.60m	33.26m	5:54.96
Australia		w:-1.3	w: 2.8					w: 1.6				
Age: 61	6081	(717)	(561)	(695)	(679)	(741)	3393	(558)	(628)	(227)	(631)	(644)
8 Rolf Merten #1041		14.78	4.20m	9.61m	1.34m	1:06.15		18.78	32.00m	2.30m	32.32m	6:31.54
Germany		w:-4.3	w: 2.9					w: 2.4				
Age: 60	6014	(584)	(628)	(668)	(679)	(664)	3223	(648)	(579)	(480)	(609)	(475)
65-69												
1 Gordon Seifert #3260		13.91	4.11m	9.26m	1.48m	1:04.80		20.07	29.66m	2.50m	29.30m	5:55.99
United States		w:-0.5	w: 2.2					w: 4.6				
Age: 66	7238	(819)	(693)	(727)	(963)	(818)	4020	(644)	(603)	(637)	(606)	(728)
2 Ariel Standen Lewis #500		13.96	4.90m	7.87m	1.42m	1:04.65		16.79	29.90m	2.10m	23.88m	6:43.32
Chile		w:-0.5	w: 1.3					w: 2.4				
Age: 65	7116	(810)	(990)	(599)	(878)	(823)	4100	(967)	(609)	(462)	(467)	(511)
3 Richard Schmiedel #1122		15.65	4.38m	10.60m	1.21m	1:11.19		21.38	31.46m	2.30m	33.72m	5:43.38
Germany		w:-2.2	w: 1.2					w: 3.3				
Age: 65	6632	(540)	(790)	(852)	(602)	(605)	3389	(533)	(648)	(549)	(721)	(792)
4 Bailey Gore #2716		14.16	4.26m	9.80m	1.30m	1:12.12		19.52	32.66m	2.10m	34.08m	7:51.29
United States		w:-1.1	w: 0.7					w: 4.6				
Age: 67	6424	(776)	(746)	(777)	(723)	(576)	3598	(694)	(678)	(462)	(731)	(261)
5 Jerzy Przyborowski #1910		14.85	4.26m	8.13m	1.33m	1:18.51		19.91	28.74m	2.30m	23.62m	6:24.83
Poland		w:-0.5	w: 1.8					w: 2.4				
Age: 65	6026	(663)	(746)	(623)	(758)	(397)	3187	(658)	(580)	(549)	(460)	(592)
6 Willy Schlott #1117		14.42	4.11m	9.15m	1.21m	1:09.77		21.14	29.50m	2.00m	25.54m	6:54.91
Germany		w:-0.5	w: 1.9					w: 3.3				
Age: 67	5938	(732)	(693)	(717)	(602)	(650)	3394	(552)	(599)	(421)	(509)	(463)
7 Ian Steedman #1323		14.78	4.08m	6.88m	1.18m	1:10.24		17.75	21.10m	1.70m	27.08m	6:20.48
Great Britain		w:-0.8	w: 2.1					w: 3.3				
Age: 67	5787	(673)	(682)	(509)	(569)	(635)	3068	(865)	(392)	(303)	(548)	(611)
8 Virgilio Colombo #1562		15.29	4.14m	8.71m	1.21m	1:28.53		21.66	36.66m	2.10m	28.58m	7:41.66
Italy		w:-1.1	w: 2.0					w: 2.4				
Age: 67	5384	(593)	(704)	(676)	(602)	(177)	2752	(511)	(780)	(462)	(587)	(292)
70-74												
1 Gerhard Windolf #1184		15.31	4.31m	10.13m	1.42m	1:19.13		15.55	25.94m	2.40m	23.92m	7:28.97
Germany		w: NWI	w: 1.1					w: 2.4				
Age: 71	6844	(697)	(878)	(804)	(992)	(490)	3861	(773)	(584)	(671)	(528)	(427)
2 Pekka Penttila #715		15.28	4.10m	10.18m	1.22m	1:15.52		16.24	24.34m	2.50m	30.78m	7:13.95
Finland		w: NWI	w: 1.1					w: 4.3				
Age: 71	6764	(701)	(792)	(809)	(705)	(592)	3599	(695)	(540)	(722)	(724)	(484)
3 Fred O'Conner #133		14.58	4.14m	9.10m	1.25m	1:18.08		15.28	28.38m	2.00m	29.60m	7:23.02
Australia		w: NWI	w: 0.6					w: 4.3				
Age: 71	6667	(814)	(809)	(709)	(740)	(519)	3591	(805)	(652)	(480)	(690)	(449)
4 Frederick E. Hirs #2800		15.94	3.76m	9.96m	1.22m	1:22.29		15.35	27.30m	2.30m	27.80m	7:12.86
United States		w: NWI	w: 0.4					w: 2.4				
Age: 70	6333	(601)	(661)	(789)	(705)	(409)	3165	(797)	(622)	(623)	(638)	(488)
5 Pierre Darrot #785		15.27	3.67m	9.74m	1.19m	1:17.16		18.18	27.14m	1.70m	24.28m	7:16.99
France		w: NWI	w: 0.9					w: 4.3				
Age: 74	5781	(703)	(628)	(769)	(661)	(545)	3306	(497)	(618)	(350)	(538)	(472)
6 Federico Zuniga La #1890		15.79	3.73m	9.03m	1.22m	1:21.08		19.63	27.02m	1.50m	22.94m	6:46.31
Peru		w: NWI	w: 0.9					w: 2.4				
Age: 70	5470	(624)	(650)	(703)	(705)	(439)	3121	(369)	(614)	(268)	(501)	(597)
7 Kjell Egge #1847		16.96	3.76m	7.43m	1.19m	1:18.54		19.99	25.84m	2.10m	19.42m	6:35.56
Norway		w: NWI	w: 0.6					w: 4.3				
Age: 70	5342	(461)	(661)	(557)	(661)	(506)	2846	(341)	(581)	(527)	(403)	(644)
8 Albertus H.A. Van Z #3516		14.77	3.94m	9.30m	1.22m	1:29.84		14.64	29.38m	2.10m	FOUL	NT
Republic of South Africa		w: NWI	w: 0.9					w: 2.4				
Age: 72	5276	(782)	(729)	(728)	(705)	(242)	3186	(882)	(681)	(527)	(0)	(0)
75-79												
1 Adolf Koch #989		16.50	3.94m	9.49m	1.11m	1:32.31		19.73	31.82m	1.90m	29.96m	9:01.97
Germany		w: NWI	w: 1.5					w: NWI				
Age: 78	6148	(643)	(840)	(846)	(636)	(304)	3269	(502)	(855)	(498)	(786)	(238)
2 Takuro Miura #1652		16.77	3.53m	7.92m	1.29m	1:28.09		20.83	17.02m	2.00m	21.76m	7:45.34
Japan		w: NWI	w: 2.2					w: NWI				
Age: 77	5607	(605)	(668)	(684)	(896)	(395)	3248	(411)	(393)	(549)	(528)	(478)
3 Philipp Frech #904		16.45	3.47m	9.75m	1.14m	1:46.61		19.55	33.06m	1.60m	24.30m	10:09.58
Germany		w: NWI	w: 0.9					w: NWI				
Age: 75	5389	(649)	(644)	(873)	(679)	(77)	2922	(517)	(895)	(357)	(607)	(91)
4 Ugo Sansonetti #1595		14.82	3.62m	6.43m	1.14m	1:16.74		18.95	14.20m	NH	8.42m	7:28.35
Italy		w: NWI	w: 0.5					w: NWI				
Age: 76	5063	(901)	(704)	(533)	(679)	(693)	3510	(572)	(309)	(0)	(131)	(541)
5 Juan Fabre #24		18.55	3.52m	7.10m	1.17m	1:39.68		20.73	22.30m	1.20m	15.12m	8:44.88
Argentina		w: NWI	w: 1.5					w: NWI				
Age: 77	4310	(380)	(664)	(600)	(723)	(170)	2537	(419)	(554)	(189)	(326)	(285)
6 Armando Ricciardi #3192		20.04	2.69m	8.12m	1.08m	2:02.54		21.67	26.72m	1.30m	20.46m	NT
United States		w: NWI	w: 0.9					w: NWI				
Age: 75	3635	(229)	(354)	(705)	(593)	(0)	1881	(347)	(692)	(227)	(488)	(0)

Name	Points	100	LJ	SP	HJ	400	Day 1	HURDLES	DT	PV	JT	1500
7 Jitsunobu Igi #265		25.50	2.34m	7.55m	1.02m	DNF		NT 17.62m	NH	FOUL	NT	
Brazil			w: NWI					w: 1.5				
Age: 76	1812	(0)	(242)	(647)	(512)	(0)	1401	(0) (411)	(0)	(0)	(0)	
80-84												
1 Kizo Kumura #1634		18.00	3.22m	7.42m	1.17m	1:43.88		19.56	21.46m	1.70m	16.08m	8:58.63
Japan		w: NWI	w: 0.9					w: NWI				
Age: 84	5499	(582)	(632)	(720)	(813)	(223)	2970	(696)	(604)	(459)	(403)	(367)
2 Giichi Suda #1680		16.52	3.69m	6.70m	1.08m	1:29.29		20.38	16.04m	NH	16.46m	8:19.50
Japan		w: NWI	w: 1.8					w: NWI				
Age: 82	5412	(786)	(842)	(638)	(679)	(519)	3464	(623)	(419)	(0)	(415)	(491)
3 Kichisuke Ishikawa #1622		17.62	3.06m	7.27m	1.17m	1:38.25		29.22	18.94m	1.70m	16.26m	8:44.86
Japan		w: NWI	w: 1.3					w: NWI				
Age: 83	4916	(631)	(565)	(703)	(813)	(324)	3036	(86)	(517)	(459)	(409)	(409)
4 Robert Boal #2420		20.15	2.61m	5.44m	1.08m	1:40.41		21.47	17.32m	1.20m	15.02m	9:06.63
United States		w: 2.0	w: 1.6					w: NWI				
Age: 83	4107	(335)	(388)	(495)	(679)	(283)	2180	(532)	(462)	(222)	(367)	(344)
5 Gilberto Gonzalez #1984		18.02	3.06m	7.52m	1.08m	1:53.08		NT	21.52m	1.70m	15.16m	NT
Puerto Rico		w: NWI						w: 1.6				
Age: 82	4088	(580)	(565)	(731)	(679)	(95)	2650	(0)	(607)	(459)	(372)	(0)
85-89												
1 Erkki Haapalaunen #3543		19.02	2.32m	4.51m	0.78m	1:54.72		NT	14.48m	1.20m	13.26m	10:03.59
Finland		w: NWI						w: 1.1				
Age: 85	3493	(620)	(375)	(483)	(352)	(207)	2037	(0)	(455)	(282)	(378)	(341)

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Name	Points	100HH	HJ	SP	200	Day 1	LJ	JT	800
4 Erika Staehle #505	15.29	1.37m	9.53m	31.90			4.54m	21.56m	3:16.70
Germany	w:-2.2		w: NWI	w: 1.4					
Age: 53	4836	(744)	(941)	(635)	(659)	2979	(865)	(502)	(490)
5 Marlene Sachs #1257	15.93	1.34m	8.70m	32.73			4.10m	27.10m	2:55.21
United States	w:-1.8		w: NWI	w: 0.3					
Age: 51	4776	(664)	(891)	(568)	(603)	2726	(691)	(656)	(703)
6 Elsa Sophia Jordaan #867	19.11	1.07m	6.50m	31.97			3.94m	17.14m	2:46.48
Republic of South Africa	w:-2.2		w: NWI	w:-2.2					
Age: 50	3676	(328)	(491)	(394)	(655)	1868	(628)	(381)	(799)
7 Rachel E. Rossouw #877	18.27	1.10m	7.32m	34.42			3.19m	22.70m	3:05.19
Republic of South Africa	w:-1.8		w: NWI	w:-0.8					
Age: 53	3393	(406)	(534)	(458)	(495)	1893	(367)	(534)	(599)
8 Karin Mathes #448	19.21	1.19m	7.48m	38.48			3.46m	25.90m	3:42.11
Germany	w:-1.8		w: NWI	w: 2.2					
Age: 53	3093	(319)	(666)	(471)	(274)	1730	(456)	(622)	(285)
55-59									
1 Renate Schaden #98	15.52	1.26m	9.42m	32.67			4.06m	26.52m	3:02.16
Austria	w:-1.1		w: NWI	w: 0.0					
Age: 56	5415	(832)	(891)	(737)	(699)	3159	(795)	(741)	(720)
2 Evaun Williams #591	15.56	1.19m	11.74m	32.36			3.77m	36.76m	3:42.12
Great Britain	w:-1.1		w: NWI	w: 0.7					
Age: 57	5388	(827)	(783)	(954)	(721)	3285	(671)	(1069)	(363)
3 Hella Kuppe #749	15.06	1.40m	8.17m	33.90			4.33m	23.30m	3:30.80
Namibia	w:-2.4		w: NWI	w: 0.9					
Age: 55	5281	(891)	(1145)	(621)	(617)	3274	(915)	(639)	(453)
4 Erika Sauer #480	15.57	1.16m	9.07m	32.90			4.15m	24.24m	3:00.63
Germany	w:-1.1		w: NWI	w: 0.0					
Age: 55	5189	(826)	(736)	(705)	(684)	2951	(834)	(668)	(736)

Men's Weight Pentathlon
Buffalo, NY; July 22

Name	Points	HT	SP	DT	JT	WT
Event 327 Weight Pentathlon 40-44 Men Results						
1 Vasilios Maganas #1361	58.86m	15.32m	31.68m	41.58m	18.30m	
Greece						
Age: 41	3914	(931)	(865)	(498)	(576)	(1044)
2 Gary England #2622	43.52m	15.48m	42.22m	53.92m	14.58m	
United States						
Age: 40	3833	(648)	(876)	(710)	(795)	(804)
3 Kazimierz Jankowski #1897	37.34m	12.96m	44.24m	38.42m	13.40m	
Poland						
Age: 42	3247	(535)	(712)	(751)	(521)	(728)
4 Victor Gruzenkin #2063	32.98m	12.97m	39.12m	54.12m	10.84m	
Russia						
Age: 43	3178	(457)	(712)	(646)	(798)	(565)
5 Richard McMullin #3014	35.08m	11.58m	38.32m	48.54m	10.62m	
United States						
Age: 43	2997	(494)	(623)	(630)	(699)	(551)
6 David Vandergriff #3390	47.16m	10.54m	33.90m	28.54m	14.26m	
United States						
Age: 40	2949	(715)	(556)	(542)	(352)	(784)
7 Kim Salzer #3230	34.46m	12.13m	37.14m	40.72m	11.82m	
United States						
Age: 41	2937	(483)	(658)	(607)	(561)	(628)
8 Didier Cognard #778	34.04m	13.77m	37.52m	37.50m	9.88m	
France						
Age: 40	2864	(475)	(765)	(614)	(505)	(505)
Event 326 Weight Pentathlon 45-49 Men Results						
1 Jan Roodt #2033	50.22m	12.03m	34.20m	43.22m	14.50m	
Republic of South Africa						
Age: 47	3782	(873)	(741)	(613)	(681)	(874)
2 Marten Regtop #1782	39.46m	12.91m	45.24m	42.46m	12.54m	
Netherlands						
Age: 46	3721	(653)	(804)	(860)	(666)	(738)
3 Vlastimil Koca #581	35.50m	13.94m	38.88m	48.20m	12.04m	
Czech Republic						
Age: 46	3651	(573)	(880)	(717)	(778)	(703)
4 Manfred Kalupke #974	42.96m	12.02m	38.70m	45.08m	11.06m	
Germany						
Age: 45	3529	(724)	(740)	(713)	(716)	(636)
5 Jostein Myrvang #1862	44.66m	11.15m	38.12m	36.76m	13.58m	
Norway						
Age: 48	3502	(759)	(677)	(700)	(556)	(810)
6 Hans Schouten #1783	34.40m	13.94m	42.58m	37.10m	12.10m	
Netherlands						
Age: 46	3500	(550)	(880)	(800)	(562)	(708)
7 Jorge Grave #1946	47.22m	11.60m	36.62m	34.32m	12.96m	
Portugal						
Age: 45	3463	(811)	(710)	(666)	(509)	(767)
8 Gerhard Zachrau #1191	34.84m	11.96m	40.36m	46.22m	10.96m	
Germany						
Age: 45	3413	(559)	(736)	(750)	(739)	(629)
Event 325 Weight Pentathlon 50-54 Men Results						
1 Thomas Gage #2673	62.62m	15.13m	45.64m	32.90m	20.64m	
United States						
Age: 52	4701	(1142)	(981)	(854)	(544)	(1180)
2 Graeme Rose #153	50.48m	13.36m	42.64m	51.08m	16.22m	
Australia						
Age: 51	4356	(888)	(850)	(787)	(935)	(896)
3 Ryszard Krzesinski #1902	52.06m	12.13m	42.96m	39.40m	17.54m	
Poland						
Age: 52	4137	(921)	(760)	(794)	(682)	(980)
4 Ants Paju #642	43.84m	13.50m	51.96m	34.04m	13.18m	
Estonia						
Age: 50	3879	(750)	(861)	(997)	(568)	(703)
5 George Mathews #2985	48.76m	12.66m	33.48m	35.04m	17.18m	
United States						
Age: 51	3782	(852)	(798)	(586)	(589)	(957)
6 Olavi Koivukangas #689	47.98m	11.85m	37.86m	29.50m	16.44m	
Finland						
Age: 53	3638	(836)	(739)	(681)	(473)	(909)
7 Wilhelm Kraatz #995	44.60m	11.47m	41.16m	40.32m	13.18m	
Germany						
Age: 51	3635	(766)	(711)	(754)	(701)	(703)
8 Marek Glowacki #347	32.42m	12.76m	39.16m	39.74m	13.72m	
Canada						
Age: 54	3458	(516)	(806)	(710)	(689)	(737)

Name	Points	100HH	HJ	SP	200	Day 1	LJ	JT	800
5 Hella Werner #524	14.98	1.22m	9.43m	33.64			3.76m	24.44m	3:15.63
Germany	w:-2.4		w: NWI	w: 1.3					
Age: 59	5034	(902)	(830)	(738)	(634)	3104	(668)	(675)	(587)
6 Aida Menezes #138	15.98	1.25m	8.58m	32.97			3.74m	20.96m	3:22.31
Brazil	w:-2.4		w: NWI	w: 3.8					
Age: 58	4743	(774)	(879)	(660)	(679)	2992	(660)	(565)	(526)
7 Sigrid Schroepfer #496	18.33	1.28m	8.44m	36.38			3.67m	15.12m	3:23.46
Germany	w:-2.4		w: NWI	w: 2.1					
Age: 56	4079	(509)	(928)	(647)	(466)	2550	(631)	(382)	(516)
8 Monica Tang Wing #999	18.81	1.19m	6.84m	32.50			3.39m	15.16m	3:14.75
Trinidad & Tobago	w:-1.1		w: NWI	w: 1.1					
Age: 58	3956	(461)	(783)	(500)	(711)	2455	(522)	(383)	(596)
60-64									
1 Asta Larsson #957	15.75	1.13m	8.20m	33.33			4.01m	21.62m	3:43.84
Sweden	w:-1.6		w: NWI	w: 0.5					
Age: 63	5240	(934)	(795)	(736)	(751)	3216	(905)	(679)	(440)
2 Christel Miller #1205	17.54	1.26m	8.46m	36.13			3.12m	25.90m	4:09.09
United States	w:-1.6		w: NWI	w: 1.5					
Age: 60	4688	(720)	(1029)	(763)	(572)	3084	(506)	(834)	(264)
65-69									
1 Isabel Hofmeyr #863	19.37	1.13m	6.53m	36.76			3.11m	16.34m	3:31.99
Republic of South Africa	w:-1.6		w: NWI	w: 4.0					
Age: 67	4714	(671)	(928)	(660)	(640)	2899	(601)	(569)	(645)
2 Colleen Blair #771	18.22	1.04m	7.80m	38.70			3.53m	20.16m	4:47.03
New Zealand	w:-1.6		w: NWI	w: 2.9					
Age: 65	4566	(791)	(759)	(815)	(528)	2893	(801)	(725)	(147)
3 Leonore McDaniels #1194	21.45	1.19m	6.72m	37.61			3.57m	9.16m	4:12.18
United States	w:-1.6		w: NWI	w: 0.2					
Age: 67	4230	(476)	(1041)	(684)	(590)	2791	(822)	(280)	(337)
4 Johnnye Valien #1304	21.05	1.01m	5.84m	41.93			2.88m	13.56m	4:13.52
United States	w:-1.6		w: NWI	w: 2.1					
Age: 69	3437	(511)	(701)	(577)	(364)	2153	(498)	(457)	(329)

Event 324 Weight Pentathlon 55-59 Men Results

1 Richard Hotchkiss #2817	48.24m	13.99m	42.98m	36.86m	15.24m	
United States						
Age: 56	4489	(952)	(1015)	(905)	(706)	(911)
2 Johann Hansen #939	45.24m	12.42m	39.76m	41.44m	14.30m	
Germany						
Age: 57	4253	(882)	(885)	(825)	(814)	(847)
3 Aleksander Sakow #1912	35.58m	11.23m	35.20m	49.56m	14.30m	
Poland						
Age: 56	4016	(661)	(787)	(712)	(1009)	(847)
4 Norm Cyprus #2557	42.40m	11.07m	37.50m	35.54m	15.16m	
United States						
Age: 56	3940	(817)	(774)	(768)	(675)	(906)
5 William Gentleman #1252	49.94m	10.91m	38.80m	26.82m	13.38m	
Great Britain						
Age: 55	3810	(991)	(761)	(801)	(473)	(784)
6 Hermann Albrecht #839	43.56m	10.23m	33.56m	37.04m	13.84m	
Germany						
Age: 55	3746	(843)	(706)	(671)	(710)	(816)
7 Alain Clement Quinta #826	41.22m	10.46m	31.00m	37.68m	13.24m	
France						
Age: 55	3623	(790)	(725)	(609)	(725)	(774)
8 Karl Baumann #856	39.86m	10.70m	39.54m	28.12m	13.34m	
Germany						
Age: 57	3604	(758)	(744)	(819)	(502)	(781)
Event 323 Weight Pentathlon 60-64 Men Results						
1 Peter Speckens #1139	40.94m	13.88m	52.12m	40.22m	15.40m	
Germany						
Age: 60	4548	(796)	(1025)	(1043)	(797)	(887)
2 Enrique H. Helf #948	45.02m	13.63m	51.76m	30.74m	17.08m	
Germany						
Age: 62	4500	(891)	(1004)	(1035)	(571)	(999)
3 Wendell Palmer #3125	41.82m	13.16m	52.88m	34.70m	15.38m	
United States						
Age: 63	4393	(816)	(965)	(1061)	(665)	(886)
4 Leonard Olson #3113	41.40m	13.05m	47.72m	37.74m	15.96m	
United States						
Age: 63	4365	(806)	(956)	(940)	(738)	(925)
5 Raimo Leino #697	47.68m	12.88m	45.26m	30.38m	16.40m	
Finland						
Age: 60	4294	(953)	(942)	(882)	(563)	(954)
6 Phil Mulkey #3061	36.16m	13.75m	47.78m	37.54m	13.76m	
United States						
Age: 62	4152	(685)	(1015)	(941)	(733)	(778)
7 Heinz Schulz #1128	40.96m	12.42m	47.66m	31.54m	15.80m	
Germany						
Age: 62	4141	(796)	(903)	(938)	(590)	(914)
8 Aki Iikonen #677	38.60m	11.61m	44.68m	48.90m	11.14m	
Finland						
Age: 62	4058	(741)	(835)	(869)	(1007)	(606)

Continued from previous page

2 Ernst Schmidt #1121	15.40m	6.28m	15.52m	13.62m	7.60m
Germany					
Age: 89	2497	(419)	(720)	(498)	(391)
Age: 94					
1 Everett W. Hosack #2816	13.20m	4.24m	11.78m	6.74m	6.06m
United States					
Age: 93	2225	(476)	(617)	(490)	(197)

Women's Weight Pentathlon Buffalo, NY; July 22

Name	Points	HT	SP	DT	JT	WT
Event 334 Weight Pentathlon 35-39 Women Results						
1 Sarah Boslaugh #1031	41.00m	10.92m	38.04m	20.66m	12.19m	
United States						
Age: 39	3159	(741)	(590)	(616)	(365)	(847)
2 Gudrun Emmert #382	37.96m	10.89m	35.48m	19.70m	10.50m	
Germany						
Age: 39	2880	(673)	(588)	(566)	(344)	(709)
3 Jenny Earle #549	31.92m	8.77m	28.12m	17.30m	10.17m	
Great Britain						
Age: 36	2391	(540)	(449)	(427)	(292)	(683)
4 Katalin Bodi #604	21.68m	9.25m	24.12m	31.14m	8.73m	
Hungary						
Age: 39	2316	(319)	(480)	(353)	(596)	(568)
5 LaGie Swanson #1290	20.78m	7.56m	19.52m	26.40m	4.41m	
United States						
Age: 36	1661	(300)	(371)	(269)	(491)	(230)
6 Deborah Ecklund #1086	17.12m	7.13m	23.44m	19.64m	6.74m	
United States						
Age: 35	1658	(222)	(343)	(340)	(343)	(410)
7 Abha Sharma #645	18.60m	5.83m	18.00m	12.84m	4.62m	
India						
Age: 38	1198	(253)	(261)	(242)	(196)	(246)
Event 333 Weight Pentathlon 40-44 Women Results						
1 Christine Schultz #79	34.46m	13.30m	43.36m	37.32m	12.06m	
Australia						
Age: 44	4015	(676)	(808)	(771)	(849)	(911)
2 Anne Jensen #294	34.86m	10.75m	35.20m	39.70m	11.29m	
Denmark						
Age: 41	3667	(685)	(627)	(602)	(910)	(843)
3 Joan Stratton #1285	38.16m	11.19m	36.02m	28.60m	12.23m	
United States						
Age: 43	3594	(766)	(658)	(618)	(626)	(926)
4 Zsuzsanna Rakoczi #611	32.92m	10.81m	36.78m	37.94m	10.79m	
Hungary						
Age: 40	3568	(638)	(631)	(634)	(865)	(800)
5 Hilde Matheussen #111	36.96m	10.06m	31.56m	21.22m	10.70m	
Belgium						
Age: 41	3078	(737)	(579)	(528)	(441)	(793)
6 Bozena Wojcikian #218	26.60m	11.43m	34.06m	24.90m	9.86m	
Canada						
Age: 41	2990	(485)	(675)	(578)	(533)	(719)
7 Renate Hofmann #411	33.88m	9.32m	39.58m	18.42m	9.57m	
Germany						
Age: 43	2946	(662)	(527)	(692)	(371)	(694)
8 Eva Gacs #671	34.40m	7.93m	24.74m	23.42m	10.10m	
Italy						
Age: 44	2730	(674)	(430)	(391)	(496)	(739)
Event 332 Weight Pentathlon 45-49 Women Results						
1 Inge Faldager #292	41.56m	9.84m	32.12m	20.00m	11.78m	
Denmark						
Age: 47	3692	(958)	(665)	(624)	(479)	(966)
2 Hester Du Plessis #857	32.58m	10.46m	32.95m	24.34m	10.37m	
Republic of South Africa						
Age: 45	3508	(713)	(715)	(644)	(603)	(833)
3 Wilma Perkins #71	24.24m	9.45m	28.80m	29.86m	8.08m	
Australia						
Age: 45	3051	(489)	(633)	(548)	(762)	(619)
4 Gertrud Heinrich #406	29.14m	9.91m	39.78m	17.54m	7.07m	
Germany						
Age: 49	3028	(620)	(670)	(804)	(408)	(526)
5 Danuta Scepanskiene #725	FOUL	10.96m	36.56m	22.16m	10.84m	
Lithuania						
Age: 46	2901	(0)	(756)	(728)	(540)	(877)

6 Liz McBlain #187	22.80m	9.40m	21.24m	22.52m	9.42m	
Canada						
Age: 47	2751	(451)	(629)	(377)	(550)	(744)
7 Monica Snyman #879	28.44m	7.96m	26.24m	19.50m	7.62m	
Republic of South Africa						
Age: 46	2644	(602)	(513)	(489)	(464)	(576)
8 Lorraine Tucker #1301	16.42m	9.19m	23.06m	29.46m	7.21m	
United States						
Age: 48	2601	(284)	(612)	(417)	(750)	(538)
Event 331 Weight Pentathlon 50-54 Women Results						
1 Vanessa Hilliard #1137	43.50m	10.82m	35.34m	25.00m	13.48m	
United States						
Age: 54	4051	(959)	(739)	(807)	(598)	(948)
2 Mary Thomas #84	34.00m	12.02m	33.10m	40.02m	10.74m	
Australia						
Age: 51	4043	(712)	(836)	(748)	(1020)	(727)
3 Gudrun Melmann #451	40.74m	10.18m	32.68m	28.28m	13.00m	
Germany						
Age: 53	3909	(887)	(687)	(736)	(689)	(910)
4 Hella Boeker #366	37.92m	11.90m	36.90m	23.18m	11.44m	
Germany						
Age: 53	3819	(813)	(826)	(850)	(547)	(783)
5 Karin Illgen #418	28.44m	12.02m	40.38m	30.28m	8.26m	
Germany						
Age: 54	3622	(569)	(836)	(944)	(745)	(528)
6 Faina Melnik #905	24.34m	12.12m	36.54m	26.06m	10.94m	
Russia						
Age: 50	3518	(464)	(844)	(840)	(627)	(743)
7 Gisela Stecher #506	34.04m	11.44m	29.24m	25.64m	9.70m	
Germany						
Age: 52	3405	(712)	(789)	(646)	(615)	(643)
8 Lilly Balik #89	32.24m	11.20m	26.44m	29.38m	9.96m	
Austria						
Age: 52	3391	(666)	(769)	(572)	(720)	(664)
Event 330 Weight Pentathlon 55-59 Women Results						
1 Helen Searle #80	46.30m	11.86m	27.54m	20.84m	14.08m	
Australia						
Age: 56	4469	(1161)	(966)	(695)	(561)	(1086)
2 Evaun Williams #591	39.36m	11.24m	30.00m	27.52m	12.70m	
Great Britain						
Age: 57	4372	(959)	(907)	(769)	(773)	(964)
3 Joann Grissom #1117	28.50m	11.60m	24.50m	25.32m	10.66m	
United States						
Age: 56	3682	(647)	(941)	(605)	(703)	(786)
4 Lyudmila Khmelyeva #1376	23.48m	12.22m	38.76m	14.52m	9.08m	
Belarus						
Age: 55	3555	(505)	(999)	(1037)	(364)	(650)
5 Christa Baum #358	32.80m	8.60m	29.96m	21.24m	9.08m	
Germany						
Age: 59	3423	(770)	(661)	(768)	(574)	(650)
6 Helvi Erikson #300	33.52m	9.40m	29.72m	FOUL	10.82m	
Estonia						
Age: 55	3085	(790)	(735)	(760)	(0)	(800)
7 Odile Schmitt #352	26.64m	8.22m	25.82m	14.40m	7.78m	
France						
Age: 55	2762	(594)	(626)	(644)	(360)	(538)
8 Elisabeth Bildstein #90	25.96m	8.10m	24.34m	16.36m	7.80m	
Austria						
Age: 57	2752	(575)	(616)	(600)	(421)	(540)
Event 329 Weight Pentathlon 60-64 Women Results						
1 Jutta Schaefer #481	44.28m	10.44m	31.02m	26.46m	15.96m	
Germany						
Age: 63	5061	(1238)	(976)	(923)	(854)	(1070)
2 Antonina Ivanova #897	40.56m	11.46m	32.66m	19.88m	13.16m	
Russia						
Age: 62	4656	(1117)	(1087)	(980)	(616)	(856)
3 Annemarie Scholten #493	31.32m	8.86m	26.02m	22.82m	10.98m	
Germany						
Age: 61	3792	(821)	(807)	(751)	(722)	(691)
4 Elisabeth Dwenger #380	27.40m	9.20m	24.78m	23.74m	9.66m	
Germany						
Age: 61	3596	(697)	(843)	(709)	(755)	(592)
5 Valerie Worrell #87	30.12m	6.84m	22.96m	16.66m	10.62m	
Australia						
Age: 60	3188	(783)	(592)	(648)	(501)	(664)

6 Hedwig Steinlechner #100	26.62m	8.52m	19.08m	13.94m	11.78m
Austria					
Age: 63	3116	(672)	(770)	(519)	(404) (751)
7 Eva Poetsch #97	29.76m	7.22m	17.70m	14.38m	12.58m
Austria					
Age: 61	3108	(772)	(632)	(473)	(420) (811)
8 Amy Hicks #1135	23.96m	7.04m	22.06m	20.70m	7.64m
United States					
Age: 62	2907	(589)	(613)	(617)	(646) (442)
<u>Event 908 Weight Pentathlon 65 & Over Women Results</u>					
<u>— 65-69 —</u>					
1 Marianne Barth #356	26.76m	8.28m	19.84m	16.94m	11.28m
Germany					
Age: 69	3641	(766)	(874)	(629)	(593) (779)
2 Jeanne De Wilde #105	25.90m	8.00m	18.56m	20.02m	9.54m
Belgium					
Age: 68	3514	(735)	(840)	(581)	(720) (638)
3 C Bernice Holland #1140	22.78m	7.76m	23.84m	20.06m	8.46m
United States					
Age: 68	3492	(627)	(811)	(782)	(721) (551)
4 Maria Surza #677	22.36m	8.28m	22.36m	17.20m	9.78m
Italy					
Age: 68	3472	(612)	(874)	(725)	(604) (657)
5 Tyne Vuorinen #338	27.46m	6.98m	19.34m	16.90m	10.18m
Finland					
Age: 69	3397	(790)	(715)	(610)	(592) (690)
6 Suzanne Malherbe #870	22.90m	7.46m	16.04m	20.64m	9.90m
Republic of South Africa					
Age: 65	3304	(631)	(774)	(487)	(745) (667)
7 Marianne Neubert #457	22.46m	7.98m	18.00m	13.10m	8.96m
Germany					
Age: 66	3042	(616)	(837)	(560)	(438) (591)
8 Anna Flaibani #670	20.72m	7.34m	16.18m	17.90m	8.22m
Italy					
Age: 66	2970	(555)	(759)	(492)	(633) (531)
<u>— 70-74 —</u>					
1 Katri Jortikka #321	24.72m	7.38m	21.70m	17.26m	10.06m
Finland					
Age: 71	3936	(785)	(897)	(809)	(703) (742)
2 Hanna Kiehr #425	20.32m	8.06m	20.06m	16.74m	6.72m
Germany					
Age: 70	3478	(615)	(994)	(737)	(679) (453)
3 Libby Hagemann #1120	20.38m	6.48m	17.32m	15.88m	7.54m
United States					
Age: 74	3171	(618)	(771)	(619)	(639) (524)
4 Mary Norckauer #1218	17.70m	5.38m	16.54m	13.66m	6.86m
United States					
Age: 70	2720	(516)	(617)	(586)	(536) (465)
5 Bernie Kleinschmid #1160	17.52m	5.28m	13.28m	14.42m	6.32m
United States					
Age: 73	2551	(509)	(603)	(449)	(571) (419)
<u>— 75-79 —</u>					
1 Aemchen Reile #469	16.90m	5.72m	17.84m	11.86m	5.78m
Germany					
Age: 79	3013	(552)	(782)	(741)	(527) (411)
2 Betty Jarvis #1145	16.92m	5.00m	14.26m	12.30m	6.10m
United States					
Age: 79	2778	(553)	(666)	(568)	(551) (440)
3 Aili Kaukinen #324	17.18m	4.94m	12.72m	11.88m	6.78m
Finland					
Age: 78	2747	(564)	(656)	(495)	(529) (503)
4 Marliss Fleckner #221	16.60m	5.18m	12.32m	11.72m	5.28m
Chile					
Age: 75	2596	(540)	(695)	(476)	(520) (365)
5 Elisabeth Scheppe #483	15.22m	4.96m	11.52m	9.70m	5.14m
Germany					
Age: 78	2347	(482)	(660)	(438)	(415) (352)
<u>— 80-84 —</u>					
1 Aino Korkeila #325	15.82m	5.76m	10.90m	13.10m	7.24m
Finland					
Age: 80	3260	(576)	(925)	(475)	(687) (597)
<u>— 85-89 —</u>					
1 Ruth Frith #46	15.80m	5.16m	13.12m	9.16m	7.06m
Australia					
Age: 85	3623	(698)	(997)	(716)	(548) (664)

Continued from previous page

M45* Ahmed Amraoui 15:27.9	Gordon Daborn 49.2	Roger Honey 12.56	Doreen Daborn 17.84	5000m RW	M70 Len Cree 29:48.91
M45* Charles Dickinson 16:10.9	Geoffrey Feast 51.2	Ian Thompson 12.09	Mary Smith 15.54	M40* Christopher Hobbs 24:25.1	Jack Fitzgerald 32:44.83
Gareth Jones 16:15.8	Ian Steadman 52.8	Michael James 11.78	Mavis Williams 9.54	William Kingston 28:19.8	M75 Philip Malins 34:49.84
M50* Simon Crawshaw 17:09.4	Bernard Thomas 1:02.5	Dennis Wallington 11.17	Hammer	M45* Stuart Maidment 25:56.8	M80 George Mitchell 33:55.51
Martin Duff 17:52.0	M75* Tony Rawlinson 1:28.6	Robert Stinchcombe 10.82	M40 John Little 40.86	M50* Glyn Jones 26:44.8	W40 Cath Reader 27:16.04
Chris Abrahams 18:28.2	W35* Carole Filer 1:11.7	Sean Power 12.33	Royston Steventon 36.40	M55* Edmund Shillabeer 24:29.7	W45 Ann Lewis 27:41.50
M55* Alan Peers 18:02.3	Lynette Elliott 1:15.0	Brian Loten 11.28	Nigel Hooker 35.78	Brian Gore 24:36.3	Sheila Bull 32:38.65
Mike Turner 18:43.6	Julie Dusing 1:15.3	Colin Green 11.15	M45 Brian Lockley 43.76	Dave Stevens 25:28.2	W50 Jill York 33:52.33
M60* Maurice Morrell 18:16.5	W40* Vivien Hazelton 1:22.9	John Newcombe 10.83	James Edwards 38.72	M60* John Short 27:13.3	W55 Jill Langford 30:08.39
Richard Gould 18:44.8	<u>Steeplechase</u>	John Darlington 10.60	Merrick Bousfield 35.16	John Godbeer 27:42.0	W70 Laura Precious 43:04.55
Robert Stewart 18:51.9	M40* Michael Eveleigh 9:54.0	Joseph Phillips 9.46	Christopher Melluish 50.72	Pete Stapleford 27:57.2	*Hand Timing
M65* William Davies 20:32.4	Stuart Nice 10:06.3	Maurice Morrell 8.83	Pat Conboy 44.78	M65 D Fotheringham 27:36.13	
Laurie Forster 20:39.0	Kevin Archer 10:10.4	Jim Day 8.66	John Conboy 42.38	Karl Abolins 29:53.87	
Arthur Walsham 21:14.0	M45* Peter Duhig 10:37.0	M65 Ajit Kalrai 9.60	Hugh Richardson 42.90	Denis Withers 30:00.32	
M70* James Todd 21:14.1	Peter Leviston 10:45.1	James Crehan 8.96	Kenneth Hall 27.68		
Ronald Hale 22:13.7	Jim Phelan 10:58.3	Norman Carter 7.35	Dennis Rafferty 25.20		
Bruce Davidson 23:35.0	M50* Simon Crawshaw 12:00.9	M70 George Leete 8.79	Warwick Dixon 42.60		
M75* Richard Creese 24:03.8	M55* Maurice Doogan 12:22.9	M75 Denis Philcox 7.59	Philip McEvoy 37.34		
W35* Teresa Duer 18:06.1	<u>High Jump</u>	W35 Deborah Keenleyside 10.64	Barrie Strange 33.00		
M Woodridge 18:11.4	M40 Robert Smith 1.78	Danea Herron 10.24	John Watson 32.80		
Barbara Boylan 18:19.1	Paul Oakes 1.60	Carole Filer 9.97	Jaroslav Hanus 31.60		
W40* Judith Meeten 18:24.5	Eric Shirley 1.60	W40 Gwen Cunningham 9.93	Janis Gercs 23.18		
Bonny Appleby 18:51.2	Duncan Talbot 1.60	Helen Godsell 9.68	Jack Swinton 19.20		
Denise Farnham 19:01.7	M45 Stephen Faulkner 1.70	Gill Hevingham 9.64	M75 Bernard Metcalfe 20.88		
W45* Felicity Garland 19:10.3	Robert Minton 1.63	Pat Oakes 8.94	Roger Spikes 17.88		
Elizabeth Parsons 20:34.7	Joe Reece 1.60	W50 Janice Hindle 7.86	W35 Jennifer Cunnane 36.36		
W50* Myra Garrett 19:53.4	M50 Sean Power 1.70	W60 Betty Steedman 7.97	Jenny Earle 31.40		
Pauline Rich 19:59.4	Colin Green 1.50	W70 Mary Wixey 5.66	Wendy Dunsford 30.80		
Maureen Farish 22:05.0	David Myerscough 1.35	<u>Shot Put</u>	W40 Beatrice Simpson 32.22		
W55* Pamela Jones 21:40.5	M55 Anthony Bateman 1.60	M40 Richard Healey 12.35	W45 Rosemarie Alexander 31.20		
Ann Dukes 23:56.8	Tony Crocker 1.60	Royston Steventon 12.18	Lesley Shrobsree 30.42		
W65* Betty Forster 25:43.6	Ernie Chambers 1.35	M45 Neil Griffin 13.34	Barbara Terry 28.04		
Betty Norrish 27:12.2	M60 Colin Shaflo 1.52	Douglas Wood 11.95	Margery Swinton 28.26		
W75* Grace Bulger 28:30.9	Jim Day 1.37	James Edwards 12.40	Yvonne Miles 21.26		
<u>10,000m</u>	M65 Jack Cross 1.25	Merrik Bousfiels 12.37	Carol Morris 20.98		
M40 Gordon Seward 32:31.18	Alf Woods 1.20	M50 David Myerscough 12.83	W55 Carole Derrien 28.00		
Paul Sturtridge 32:51.09	M70 George Leete 1.31	John Conboy 12.29	Barbara Dunsford 22.64		
David Jones 33:14.47	Ian Adams 1.20	Snowy Brooks 11.48	W65 Mary Smith 8.36		
M45* Ahmed Amraoui 32:39.4	M75 Tony Rawlinson 1.10	M55 Peter Hallett 11.32	<u>Javelin</u>		
Gareth Jones 33:02.0	W35 Manndy Laing 1.53	Kenneth Hall 7.58	M40 Paul Oakes 49.46		
Peter Kelly 34:16.9	Danea Herron 1.50	M60 Gordon Hickey 12.43	John Little 45.12		
M50* Martin Duff 36:41.1	W40 Pam Garvey 1.45	Robin Sykes 11.11	Royston Steventon 38.10		
Graham Bradbury 37:29.4	Gill Hevingham 1.40	Brian Sumner 10.87	M45 Robert Richards 51.40		
John Lane 37:48.9	Jenny Piercy 1.40	M65 Alf Woods 9.25	Michael Stoneman 46.60		
M55* Alan Peers 37:37.3	W45 Pat Oakes 1.25	M70 Janis Gercs 9.58	Philip Bramford 46.02		
Edmund Shillabeer 40:38.7	W50 Iris Holder 1.20	M75 Roger Spikes 7.83	M50 Mike Turner 46.74		
M60 Ian Barnes 37:52.42	Carol Morris 1.20	W35 Claire Cameron 10.76	Snowy Brooks 46.34		
Richard Gould 38:58.01	Janice Hincle 1.15	Wendy Dunsford 10.61	Peter Cramp 42.96		
Byron Rogers 39:12.01	Mary Wixey .88	Manndy Laing 10.32	M55 Roger Bartlett 47.84		
M65 Kenneth Crooke 49:06.14	<u>Pole Vault</u>	Jacqueline Wright 9.90	George Eccles 43.10		
M70 Ronald Hale 48:41.28	M40 Graeme Leckie 3.30	Heather Dolan 6.63	Hugh Richardson 37.22		
Bruce Davidson 49:26.03	Graham Martin 3.30	Marian McAuley 5.92	M60 Joseph Phillips 40.36		
Edward Joynton 49:51.22	Thomas Ojasoo 3.10	W45 Barbara Terry 10.61	Maurice Morrell 37.48		
W35* Barbara Boylan 38:25.9	M45 Bruce Hendrie 2.90	Gillian Hoskins 8.39	Keith Lewis 14.16		
Liz Clarke 39:42.8	Robert Abdy 2.90	Anne Maguire 6.78	M65 Ian Steedman 24.58		
Sharon Honey 40:42.3	Brian Webster 2.60	Margery Swinton 9.75	Norman Carter 19.24		
W40* Sabrina Diggins 39:45.1	M50 Godfrey Benson 3.75	Jackie Charles 7.14	M70 Janis Gercs 24.72		
Allison White 44:32.2	John Bradley 3.20	Carol Morris 6.89	Jack Swinton 17.84		
W50* Myra Garrett 40:48.8	Snowy Brooks 3.00	W55 Barbara Dunsford 7.13	M75 Tony Rawlinson 20.94		
Pauline Rich 41:18.6	M55 Bryan Chillery 3.40	Carole Derrien 6.73	Denis Philcox 15.96		
W55* Mary Anstey 44:33.0	M60 Robert Brown 3.31	W60 Marie Grant-Stevens 8.91	W35 Manndy Laing 35.10		
Pamela Jones 45:36.5	Jim Day 2.80	Doreen Daborn 5.72	Peta Bird 31.06		
Ann Dukes 48:47.8	Peter Ferguson 2.50	Eileen Kear 5.38	Judith Hine 29.38		
W65* Betty Norrish 56:01.4	M65 Alf Woods 2.90	Mary Smith 6.32	Theresa Stoneman 25.36		
W75* Grace Bulger 58:48.8	Bernard Thomas 2.50	<u>Discus</u>	Margaret Balch 17.16		
<u>Short Hurdles</u>	W35 Debbie Singleton 2.05	M40 John Little 41.56	Gillian Hoskins 22.12		
M40* Roger Honey 15.7	W40 Gill Hevingham 2.45	Richard Healey 38.48	Sue John 18.70		
Roy Buchanan 16.9	W45 Carole Eames 2.00	Royston Steventon 35.52	Elaine Mee 16.16		
M45* Tony Wells 16.2	<u>Long Jump</u>	W50 Carol Morris 27.82	W50 Carol Morris 27.82		
Brian Webster 21.1	M40 David Folgate 5.81	Neil Griffin 43.52	Margery Swinton 23.04		
Robert Green 21.6	Graeme Leckie 5.67	William Renshaw 38.44	Jackie Charles 17.90		
M50 Barry Ferguson 15.19	Terry Hall 5.65	Anthony Richards 36.72	Barbara Dunsford 11.56		
Brian Loten 16.96	M45 Michael James 5.88	David Myerscough 42.00	W60 Averil Williams 30.90		
Frederick Bush 20.17	Dennis Wallington 5.83	Snowy Brooks 41.50	W65 Mary Smith 19.40		
M55 Michael Stevenson 16.77	Albert Eland 5.40	Patrick Robbins 40.84	W80 Mavis Williams 9.36		
Tony Bowman 18.74	M50 Peter Duckers 5.67	Hugh Richardson 35.66	<u>3000m RW</u>		
Brian Aniss 19.08	Peter Hallett 35.20	Peter Hallett 35.20	M40* Christopher Hobbs 14:08.0		
M60* Gordon Daborn 17.6	Kenneth Hall 28.82	Robyn Sykes 41.10	William Kingston 16:33.6		
Jim Day 18.3	M60 Robin Sykes 41.10	Barrie Strange 38.70	M45* Graham Elliott 14:30.4		
Colin Sheppard 20.8	M55 Anthony Bateman 4.96	Patrick Tomney 38.62	Stuart Maidment 14:41.0		
M65* Ian Steedman 18.3	John Newcombe 4.87	M65 Jaroslav Hanus 36.28	M50* Peter Hannell 14:20.6		
Alf Woods 20.7	M60 Joseph Phillips 4.51	Norman Carter 27.22	Glyn Jones 15:35.4		
M70 George Leete 15.68	Colin Sheppard 4.04	Ian Steedman 21.26	Alan Francis 17:45.0		
W35 Mandy Laing 15.00	Jim Day 4.01	Janis Gercs 31.34	M55* Brian Gore 14:08.7		
Deborah Keenleyside 16.70	Jack Cross 4.46	Les Williams 25.88	Edmund Shillabeer 14:24.9		
Lynette Elliott 18.20	James Crehan 4.04	Jack Swinton 22.44	Dave Stevens 14:35.0		
W40 Gill Hevingham 13.53	Norman Carter 3.41	M75 Roger Spikes 23.12	John Short 15:56.0		
Sue Burridge 14.85	George Leete 3.85	Colin Fairley 20.56	John Godbeer 16:22.2		
W45 Emily McMahon 14.48	Jack Swinton 3.47	W35 Claire Cameron 37.34	Pete Stapleford 16:25.5		
<u>Long Hurdles</u>	W35 Carole Filer 5.39	Debbie Singleton 32.52	M65* Doug Fotheringham 16:13.2		
M40* Andrew Laird 59.2	Manndy Laing 5.00	Karen Sharp 32.40	Karl Abolins 17:22.5		
Alan Greaves 1:00.1	W40 Gwen Cunningham 4.44	Jacqueline Wright 42.02	Denis Withers 17:24.1		
Roger Morley 1:01.1	Christine Love 4.42	Beatrice Simpson 26.28	M70* Len Cree 17:20.5		
M45* Tony Wells 59.1	Helen Godsell 4.35	Heather Dolan 18.66	Jack Fitzgerald 18:14.0		
John Glover 1:02.9	W45 Emily McMahon 4.62	Valerie Bovell 29.90	Ronald Hale 19:25.0		
Brian Webster 1:11.0	Sue John 3.14	Barbara Terry 28.98	M75* Philip Malins 20:22.9		
Frederick Bush 1:06.2	W50 Janice Hindle 3.83	Anne Maguire 21.86	M80* George Mitchell 19:59.0		
George Jephcott 1:70.1	Gibby Meneer 3.22	Margery Swinton 24.44	Bernard Osborn 24:19.1		
M55* Mike Hall 1:06.9	W60 Betty Steedman 3.78	Patricia Stanley 20.58	W40* Cath Reader 15:53.6		
Brian Ariss 1:09.5	Eileen Kear 2.90	Jackie Charles 17.68	W45* Ann Lewis 15:59.1		
John Bacon 1:11.6	W70 Mary Wixey 3.04	Carole Derrien 22.36	Sheila Bull 19:13.0		
M60* Colin Shaflo 46.1	<u>Triple Jump</u>	Barbara Dunsford 15.70	W50* Jill York 18:59.2		
	W40 Gary Gallagher 12.59	Marie Grant-Stevens 18.02	W55* Gloria Burns 21:22.0		
			W70* Laura Precious 25:27.5		

LONG DISTANCE RESULTS

EAST

Subaru Buffalo 4 Mile Chase Buffalo, NY; July 15

Overall	Miles
Peter Maher 35	19:05
Anne Hare 31	20:30
M40 Grenville Wood	19:59
Gary Romesser	20:12
Desmond O'Connor	20:22
Brian Kirkwood	20:26
Dennis Packard	20:33
Terry Permar	20:52
D P O'Connor	22:07
Fred Robbins	22:08
M45 Alexandre Tsoukanov	20:36
Valeri Aristov	20:47
Frank Lewis	21:01
T J Lanne	23:15
Fran Emmerling	23:41
Larry De Remer	23:52
M50 Jim Lupton	22:45
Elias Dobre	23:32
Robert Bitner	24:29
David Soda	24:48
M55 Valeri Kioun	21:54
Cal Loomis	23:44
R D Glazier	26:21
M60 Carl Pegels	27:37
John Garrity	28:13
R J Kieffer	28:45
M65 Jerry Magoffin	30:20
R D Sullivan	30:36
M70 C D Bauer	35:13
M75+Henry Sypniewski	40:04
W V Sheridan	75:09
W40 Donna White-Fallon	26:17
Anne Lippitt	26:26
Brigitte Soltiz	26:27
Vicky Hendrickx	26:36
W45 Nancy Grayson	23:46
Judith Hine	24:43
Barbara Filutze	25:06
W50 Margaret Henry	31:02
Wendy Mohrman	31:20
Verna Kieffer	33:25
W55 Wendi Hanger	32:58
Maureen Dunn	36:04
W60 Edna Hyer	38:31
Marg Armstrong	43:07

Hudson Mohawk RRC Hour Run Albany, NY; Aug. 10

Overall	Miles
Dale Keenan 45	10:37
Amy Herold-Russon 34	8.95
M40 Dale Keenan	10:37
Pat Glover 49	9.78
Ken Klapp 45	9.60
M50 John Pelton 56	9.13
Doug Griset 52	8.85
Bill Corbett 55	8.81
M60 Wade Stockman 60	8.36
Ray Brem 62	8.32
Jim Tierney 60	7.58
W40 Martha DeGrazia 44	8.17
Susan Elderbrook 42	7.58
W60 Anny Stockman 62	7.06
B J Sotile 63	4.91

NYRR Hispanic Half-Marathon Central Park, NYC; Aug. 13

Overall	Miles
Trevor Murray 29	1:08:13
Regina Ronan 25	1:22:41
M30 Raul Puente 30	1:09:44
Itamar DaSilva 32	1:10:35
Nicholas Gelasso 31	1:12:49
M40 Jose Santiago 40	1:16:46
Primitivo Garcia	1:17:35
Louis Calvano	1:19:15
M45 Robert Briglio	1:17:51
Nicholas Caswell	1:20:16
Joseph Porcaro	1:20:46
M50 Jay Kranis	1:20:32
Samuel Skinner	1:21:07
Norbert Sander	1:23:36

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.



SOUTHEAST

Peachtree 10K Atlanta, GA; July 4

M40 Martin Mondragon	30:20
Nick Rose	30:42
Brian Kirkwood	31:17
Ric Sayre	31:23
Lloyd Stephenson	31:46
Davis Askin	32:07
Joseph Nzau	32:34
Manuel Vera	32:42
M45 Wilson Waigwa	31:29
Earl Owens	32:05
Jeff Galloway	34:10
Hector Chavez	35:04
David Hill	35:16
Joel Majors	35:41
M50 Tom Dooley	35:22
Anson Clapcott	36:25
Terry Vannetta	36:45
Michael Malloy	37:22
Vern Noble	37:59
M55 Donald Mullins	38:31
James Adams	38:32
Andrew Sherwood	38:51
Don Waltrip	39:33
M60 Casey Jones	40:39
Chas Williams	41:59
Lloyd Chambers	42:54
Walter McDaniel	43:10
W40 Lorraine Moller	33:10
Suzanne Ray	36:06
Reb Stockdale-Woolley	36:18
Honor Fetherston	36:42
Joanna Scianna	37:05
Diana Tracy	37:20
W45 Judith Hine	37:14
Barbara Filutze	38:54
Carolyn Mather	40:43
Barbara Blaszak	42:14
W50 Manna Lukken	40:43
Birgin Horn	42:11

Continued on next page

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**U.S. 10K Classic
Atlanta, GA; Sept. 4**

Overall		
Benson Masya 25	29:33	
Jill Hunter 28	33:43	
Top M40+		
Steve Jones 40	32:09	
Nick Rose 43	32:27	
Bob Dalton 42	35:13	
M40 Barry Bauer	36:45	
Richard Minter	37:58	
Richard Marcon	38:27	
M45 Robert Barks	36:49	
Frank Shorter	37:01	
Frank Zimmerman	37:51	
M50 Sherman Wade	42:15	
Bill Curtain	42:36	
Mel Russ	42:53	
M55 Don Waltrip	40:35	
Gerald Freidman	41:35	
Jon Adamson	42:04	
M60 Walter McDaniel	45:21	
John Livingston	46:17	
Ren Shibota	48:37	
M65 Joe Petrolino	55:01	
John Carew	60:50	
Richard Pickens	70:11	
M70+Randolph Smith 70	60:11	
Eric Bader 94	69:46	
Top W40+		
Lorraine Moller 40	35:50	
Marcella Teran 40	39:49	
Kim Ashworth 52	45:37	
W40 Laura Barnes	47:00	
Lexa Alley	47:20	
Theresa Vangrov	48:28	
W45 Jo Adamson	46:21	
Linda Sledge	46:44	
Barbara Cox	47:44	
W50 Janet Ralston	57:07	
Joan Butler	57:46	
Denise Hickey	58:07	
W55 Shirley Carter	52:46	
Irma Winters	54:46	
Alpha Bennett	56:56	
W60 Eva Petrolino	62:32	
Arlene Bishop	69:25	
Christine Beard	81:08	
W65 Etoby Hopper	92:20	

MIDWEST**Chicago Distance Classic 20K
Chicago, IL; July 9**

Overall		
Mike Yuhasz 35	1:05:46	
Midde Hamrin 38	1:13:21	
M40 Gary Townsend	1:08:54	
Ron Piro	1:10:46	
Vincent Morales	1:11:31	
Gregg Silzer	1:15:41	
Steven Smith	1:16:45	
Francisco Duran	1:16:52	
Ron Gluffrida	1:17:13	
Thomas Holub	1:17:50	
Ron Stoffregen	1:18:10	
Dick Mitchell	1:19:06	
M45 Gary Moss	1:10:09	
Ron Woods	1:12:57	
Mike Barrett	1:16:23	
Gordon Pleus	1:19:53	
Pat LeGloane	1:20:25	
Patrick Rowan	1:21:01	
Larry Kline	1:21:24	
Glz Youngerman	1:22:05	
M50 Rodolfo Navarro	1:19:09	
Dave McAdams	1:19:15	
John Maltby	1:22:33	
John Osher	1:22:37	
Jack Hasson	1:23:06	
Frank Koster	1:23:57	
Richard Cassaro	1:27:26	
M55 Jack Nelson	1:15:42	
Rick Brodine	1:25:43	
John Quinton	1:27:18	
Auburn Wells	1:29:05	
Fred Buffett	1:31:46	
M60 Richard Cumming	1:26:22	
Bob Scott	1:28:41	
Richard Kowalski	1:29:00	
Johnny Jackson	1:40:01	
M65 Chuck Hinde	1:46:00	
Frank Roty	1:51:32	
M70+Warren Utes 75	1:23:51	
John Cahill 71	1:27:36	
Tony Azzaro 75	1:55:43	
W40 Marietta Sievert	1:25:41	
Nancy Fazio	1:26:36	
Cathy Johnson	1:27:34	
Debbie Hawney	1:28:34	

Barbara Franzen	1:31:36	
Joanne Raleigh	1:34:34	
W45 Joanne Rowland	1:31:50	
Jan Bednarczyk	1:33:13	
Jo Adamson	1:34:54	
Betty Cahill	1:35:13	
Patricia Lorch	1:39:30	
W50 Althea Stevens	1:40:17	
Mary Sliwa	1:46:52	
Barbara Kennedy	1:49:17	
W55 Barbara Norman	1:48:45	
Nancy Billish	1:54:32	
W60 Rita Nowak	2:07:14	
Badonna Reingold	2:14:24	

**Camden Clark Parkersburg
Half-Marathon
Parkersburg, WV; Aug. 19**

Top Five M40+		
Ric Sayre 42	1:10:53	
Gary Romesser 44	1:11:05	
Reno Stirrat 41	1:12:24	
Allen Choma 42	1:13:13	
David Wilson 41	1:17:35	
M40 Don Slusser	1:19:40	
William Schultz	1:23:11	
Mike Sellon	1:24:21	
Jim Freid	1:24:29	
Greg Brock	1:25:13	
M45 David Blankenship	1:17:39	
Terry McCluskey	1:18:17	
Dan Giner	1:20:05	
David Lowe	1:21:16	
John Snider	1:21:30	
M50 Terry Van Natta	1:24:55	
Ward McAllister	1:27:54	
Ray Kitchen	1:31:33	
Rick Brown	1:31:48	
James Sinclair	1:32:38	
M55 Ron Rohrer	1:25:50	
Walter Seamon	1:27:08	
Jack Mook	1:30:54	
Daniel Cook	1:32:14	
Wayne Wheeler	1:33:32	
M60 Clay Baker	1:36:20	
Wendell Ware	1:39:24	
Carl Trimmer	1:41:03	
Wm Maraney	1:41:36	
M65 Matt Norris	1:39:29	
Joe Killeen	1:51:36	
Eugene Barker	1:51:58	
M70+Lou Lodovico	1:42:11	
Harry Kirsch	1:55:16	
Junius Crowgey	2:00:07	
Top Five W40+		
Nancy Grayson 45	1:23:07	
Suzanne Ray 43	1:25:55	
Claudia Piepenburg	1:27:17	
Sue Given 42	1:29:09	
Elaine Arthur 43	1:30:00	
W40 Eileen Telford	1:33:43	
Connie Young	1:35:55	
Michelle Pitts	1:36:04	
Lorraine Caldwell	1:37:26	
W45 June Schlabach	1:32:05	
Sandy Padgett	1:42:06	
Suzy Lorentz	1:44:10	
Ethel Kovatch	1:47:21	
M50 Pauline Nilend	1:39:40	
Elizabeth Ervin	1:46:04	
Diana Porter	1:51:01	
W55 Susie Kluttz	1:45:11	
Carol Westerman	2:03:55	
Virginia Farneman	2:09:58	
W60 Norma Phillips	2:36:29	
Myrtle Tourtloft	2:54:33	
Elsie Staats	2:57:51	
W65 none		
W70+Margaret Hagerty	2:44:23	

**Crim 10 Mile
Flint, MI; Aug. 26**

Overall		
Thomas Osano 25	46:06	
Delilah Aslago 23	53:08	
Top M40+		
Martin Mondragon 41MEX	49:30	
Gary Henry 40	AUS 50:19	
Nick Rose 43	ENG 50:56	
Charlie Gray 41	MO 51:28	
Lloyd Stephenson 40CA	52:11	
Doug Kurtis 43	MI 52:16	
Gary Romesser 44	IN 52:42	
Larry Baker 40	MI 53:06	
Juriy Mikhailov 42	RUS 53:41	
John Boes 46	MI 53:54	
M40 Robert Johnson	53:54	
Terry Elsey	55:09	
Earl McWilliams	56:41	
Thomas Hollander	57:42	

Randy Bates	57:47	
Richard Wellman	58:44	
Bob Schneider	59:09	
David Osborn	59:56	
Danny Murphy	59:58	
Glen Feldpausch	60:00	
M45 Joe Horne	55:37	
Ken Rowe	57:31	
Richard Warner	57:49	
Paul Deladurantaye	57:52	
John Hunt	58:33	
Randy Bulla	58:43	
Mike McDowell	59:43	
James Carter	60:13	
Thomas Hardy	60:41	
Richard Davis	60:46	
M50 Walter Herrala	57:57	
Wm Clifford	60:29	
Bill Robson	60:31	
James Carlton	60:34	
Richard Ferguson	60:36	
Ken Raymond	62:17	
Ray Tiberg	63:46	
Dale Johnson	63:54	
M55 Edwin Skrelunas	62:15	
Paul Bishop	64:25	
Fred Germaine	65:10	
David Armantrout	66:00	
Lloyd Cox	66:05	
James Robinson	66:23	
Richard Wallen	68:11	
M60 Brian Harris	63:25	
Robert Daly	71:33	
Dick Wagen	71:35	
Ralph Palmer	71:52	
Ken Halling	73:05	
Marv Stevenson	73:46	
Sidney Bedrosian	74:06	
M65 James Forshee	67:33	
James Beall	67:36	
John Kolmetz	69:16	
Jerry Johncock	69:52	
Herbert Spence	81:21	
M70+Chuck Davey 70	78:40	
Marlynn Bandlow 73	79:56	
John Roberts 72	85:21	
Nathan Pack 72	90:09	

Top W40+		
Nancy Grayson 45	MI 60:05	
Honor Fetherston	CA 60:46	
Suzanne Ray 43	AK 62:16	
Ellen Gibson 44	UT 62:43	
Joan Ottaway 51	CA 63:02	
Judith Hine 46	GA 63:28	
W40 Debbie Wagner	63:49	
Nancy Patton	65:32	
Robyn Frankowicz	67:38	
Tamara Stell	68:09	
Maureen Monaghan	69:45	
Michelle Dvorak	70:00	
Ann Smith	70:03	
Donna Swanson	70:15	
W45 Karen Blackford	64:18	
Jacqueline Donahue	69:53	
Renee Vettorello	72:45	
Nina Bovic	73:43	
Donna Olson	74:31	
Janice Vandyke	75:10	
M50 Judy Carroll	71:58	
Pamela Lovell	73:24	
G Tunningley	77:45	
Ana Copsey	78:24	
Patricia Roselli	78:53	
M55 Sharon Sowell	79:55	
Peg O'Flynn	86:03	
Cathy Detman	86:25	
Merion Knight	87:11	
M60 Jean Horne	84:07	
Lavon Gula	85:45	
Chris Swanson	90:08	
W65 Whayong Semer	83:56	
W70+Edith Farias 71	1:37:13	
Sue Horn	1:46:26	

MID AMERICA**Quad-City Times Bix 7
Davenport, IA; July 29**

Top M40+		
Gary Henry 40	35:38	
Gary Romesser	36:24	
Bill Rodgers 47	36:57	
M40 Phil Coppess	37:05	
Grenville Wood	37:21	
Joseph Nzau	38:04	
M50 Donn Baker	42:12	
Ken Belvel	44:10	
Don Van Dell	44:14	
Frank Webb	45:11	
Ron Brault	45:20	
M60 Jack Gentry	48:17	
Ron Barr	50:50	

Fran Riley	52:15	
John Madden	52:52	
Top W40+		
Lorraine Moller 40	40:10	
Suzanne Ray 43	43:50	
Marcy Gilles	43:54	
W40 Barbara Filutze	44:54	
Claudia Scott	45:57	
Vickie Fifield	47:51	
W50 K Flamingo	52:57	
Judy Teeple	54:38	
Janet Ross	56:41	
Mary Pratt	57:39	

**Pikes Peak Ascent
Manitou Springs, CO; Aug. 19**

Overall		
Michael Tobin 31	2:12:03	
Marie Boyd 35	2:44:36	
M40 Mark Seelye	2:43:23	
Donnie Andersen	2:45:30	
Dennis Fowler	2:45:50	
James Hill	2:50:05	
M45 Jim Freim	2:54:31	
A M Anaya	2:55:28	
Barry Roth	2:57:33	
Curtis Long	3:01:19	
M50 Jim Hubbs	2:52:00	
Ben Chavez	2:52:33	
Bryce Jenkins	3:07:25	
Ron Wisner	3:17:14	
M55 Robert McAndrews	3:01:57	
Joe Dana	3:19:27	
Jim Way	3:20:07	
M60 Cliff Doughty	4:18:48	
Chas Mensing	4:20:14	
Bobby Hammett	4:20:49	
M65 Dale Goering	3:23:25	
Bill Turley	3:52:27	
Roger Wilcox	4:10:47	
William Cooper	4:18:54	
M70 Bob Martin	4:27:13	
Larry Fox	4:35:15	
Friou Jones	4:41:09	
W40 Kathy White	3:30:23	
Corinne Hendren	3:34:02	
Diana Nelson	3:38:13	
Ann Daxberger	3:41:13	
W45 Jeannie McDaniel	3:35:55	
Helen Bisbee	3:37:12	
Karonan Young	3:46:12	
W50 Jennie Diesslin	3:42:21	
J ConnollyWilson	3:50:22	
Nan Madden	4:06:39	
W55 Linda Knudsen	3:58:20	
Sandra Njaa	3:58:53	
Kary Maris	4:23:13	
W60 Arlen Ruark	4:44:31	
SharonLee Franz	5:11:53	
W65 Margarethe Styskel	4:03:02	
Nelma Burnett	4:48:11	
Marion Irvine	5:11:35	
W70 Annabel Marsh	7:19:31	

**Pikes Peak Marathon
Manitou Springs, CO; Aug. 20**

Overall		
Ricardo Mejia 32	3:21:32	
Danella Ballengee 24	4:38:55	
M40 Senovio Torres	3:52:38	
Duncan Hammon	4:38:20	
David Adams	4:42:19	
Randy Scafe	4:49:21	
M45 Kurt Blumberg	4:41:14	
Dan Tessier	4:44:58	
Acevedo Anaya	4:48:15	
M50 Zeke Zucker	5:03:50	
John Moha	5:10:24	
Wm Slaughter	5:21:58	
M55 Marv Bradley	5:59:39	
Don Mosel	6:20:24	
Allyn Cureton	6:24:19	
M60 Tom Haggard	5:53:35	
Robert Maytag	6:22:13	
Philip Foster	6:23:50	
M65 Eckart Lemberg	5:59:04	
Jimmy Terrell	8:07:05	
Mario Delaloye	8:48:00	
M70 Paul Gionfriddo	8:49:59	
Bill Wallace	9:07:50	
W40 Jill Julin	5:35:42	
JulieAnn Bergman	5:38:59	
B B McBride	5:47:19	
W45 Pennie Hobert	5:45:57	
Marg LloydAllison	5:55:48	
Jenine Ebersohl	5:57:45	
W50 Olga Hnizdil	6:41:51	
Jackie Cooley	6:55:52	
Marilyn Self	7:34:22	
W55 Ceis Wildin	8:43:17	
W60 Vici Dehaan	7:27:56	
Lois Cook	9:01:55	

WEST**Lake Chabot Half-Marathon
(RRCA State Championships)
Castro Valley,**

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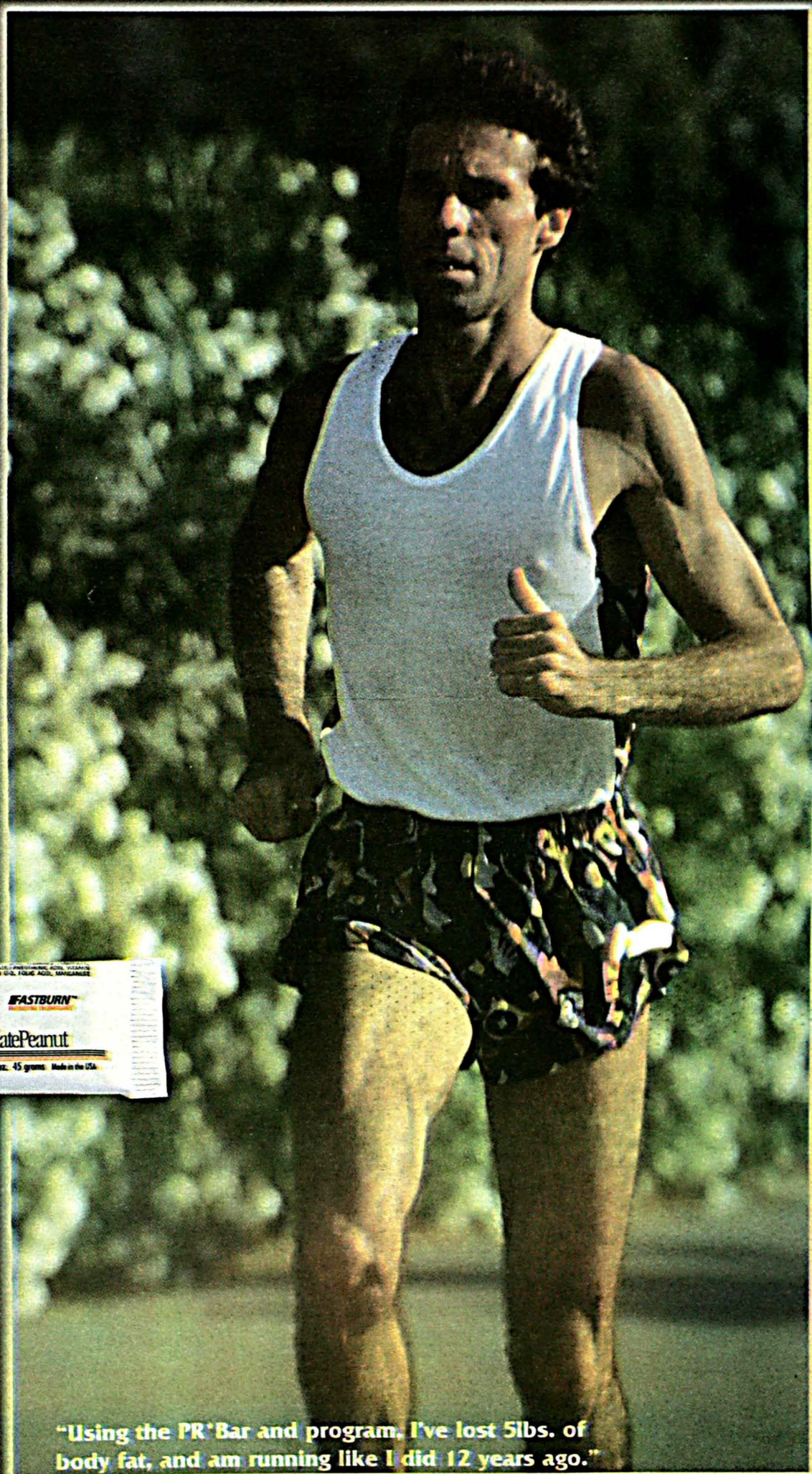
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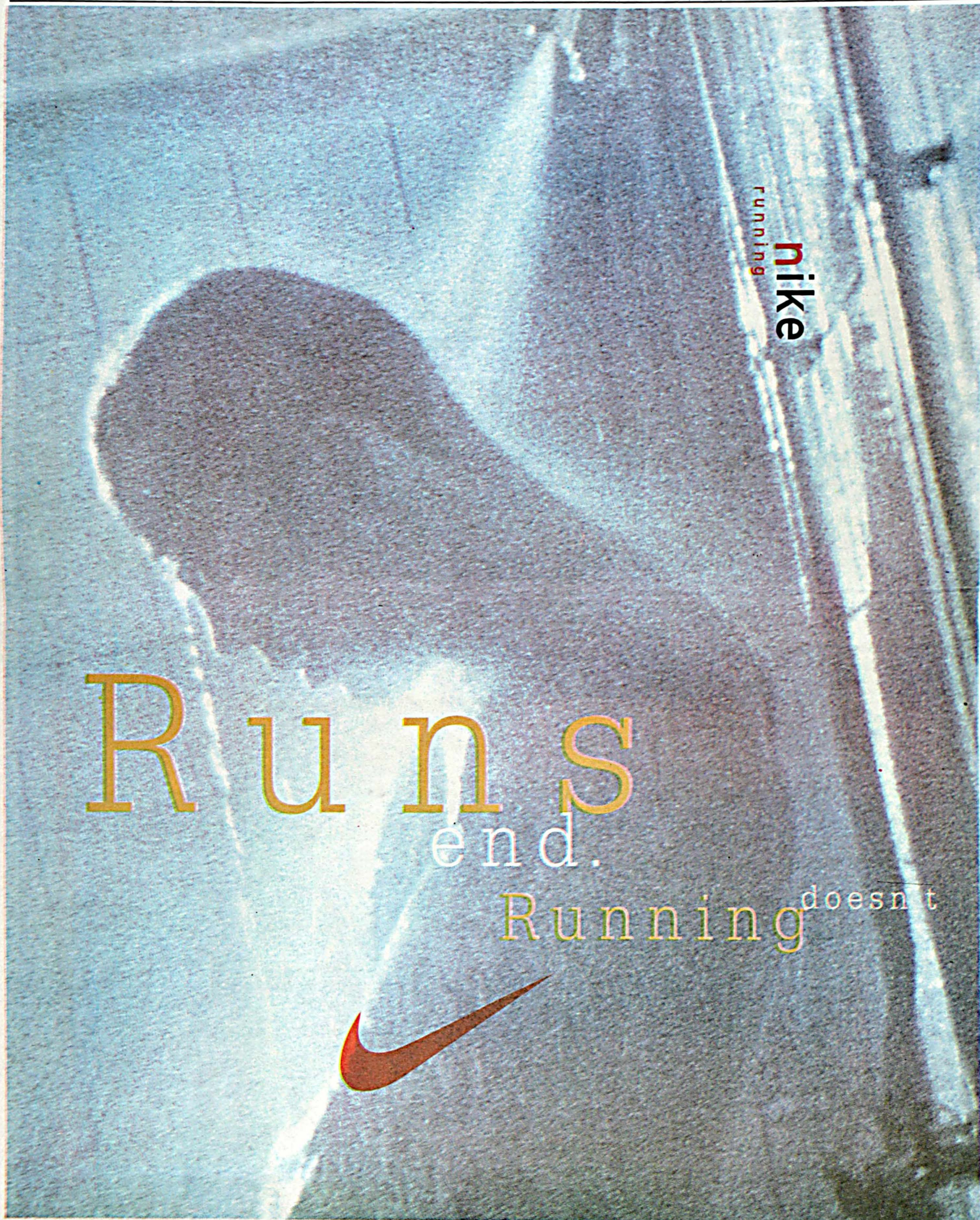
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nike

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