

NATIONAL MASTERS NEWS

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

266th Issue

October 2000

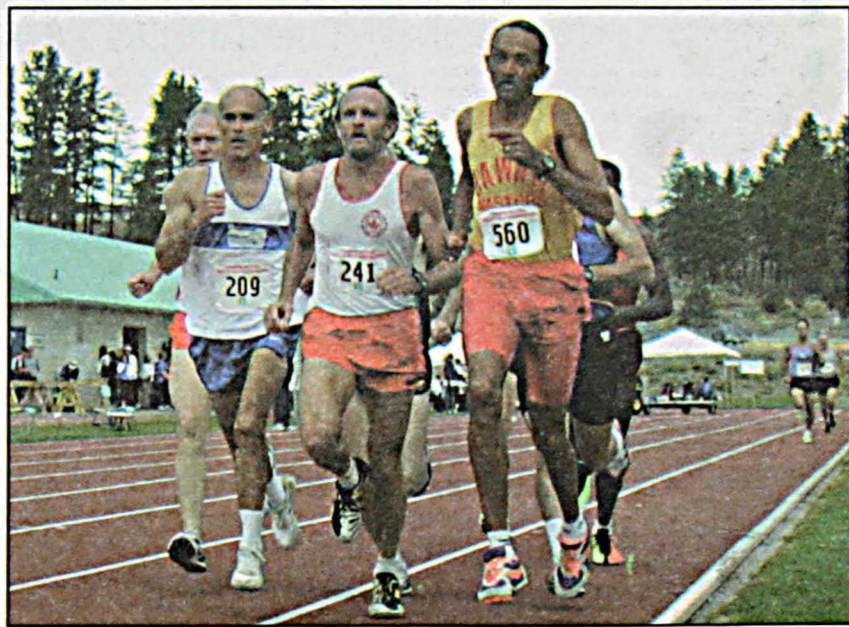
\$2.50

North American Championships Draw 522 to Canada



DOUGLAS SMITH

The diving finals at the Sydney Olympics? No, the 2000m steeplechase in Kamloops. From left: Judy Warick (51, CAN), Jim Hite (66, USA), Carlos Hernandez (69, MEX).



DOUGLAS SMITH

The M50 800 in Kamloops. From left: John Garland (CAN), Fred Judson (CAN, 1st, 2:15.41), Ron Pate (USA).

by JERRY WOJCIK

After a six-year interlude, the North and Central America and Caribbean WAVA Regional Championships returned to Canada on Aug. 17-20. In 1994, Edmonton, Alberta, hosted the NCCWAVA Champ-

ionships, followed by Eugene, Ore., in 1996, and Barbados in 1998. This year's meet was held in Kamloops, British Columbia, and also served as the Canadian National Masters Championships.

In addition to the expected large contingent from

Canada (284), the U.S. and Mexico were well represented with 154 and 44 entrants, respectively. The field also included entrants from Trinidad, Curacao, Guatemala, Jamaica, and Puerto Rico. Out-of-region

Continued on page 16

14,000 Run In Crim Festival

by SUSANNAH BECK

Flint, Michigan's Crim Festival of Races went off for the 24th year under warm, humid, sunny skies, on Aug. 26.

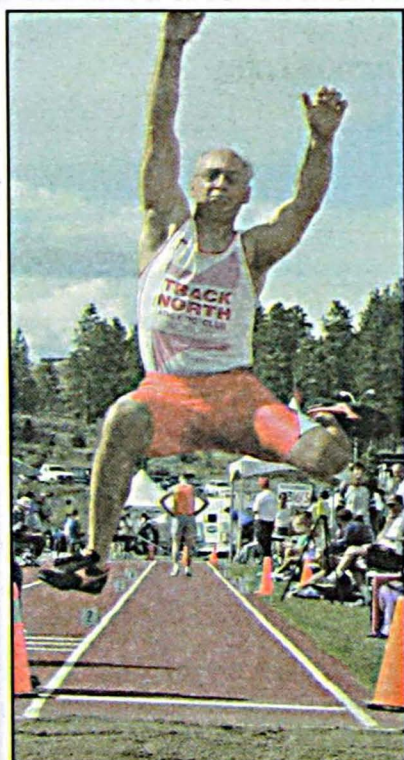
The headlining 10 mile race gained popularity with masters as a whistle-stop on the 1997-99 Indy Life Circuit, and is still a magnet for speed-seekers and Midwestern loyalists.

The masters prize money (\$1500-1000-500) doesn't hurt either. Despite a 74-degree temperature and 78% humidity (combining for a heat index of 85 degrees), times were generally faster this year than last.

Andrew Masai, 40, of Kenya and Albuquerque, N.M., dominated this year's Crim with a 48:56, comfortably leading defending champion Simon Karori, 41, also of Kenya, 49:12.

Graeme Fell, 41, Vancouver, B.C., rounded out the top three, perhaps out of mere habit. It has been Masai-Karori-Fell four times this summer at Utica Boilermaker, Beach to Beacon, Falmouth, and now Crim.

Continued on page 7



DOUGLAS SMITH

M50 Long Jump winner Jean-Pierre Meyer (CAN) at the North American Championships in Kamloops.

Seattle Hosts National Weight Meet

by JERRY WOJCIK

SEATTLE, Wash. — A nationally representative field of 17 men and six women competed for double honors in the USATF National Masters Weight & Superweight Championships held at West Seattle Stadium, Sept. 9.

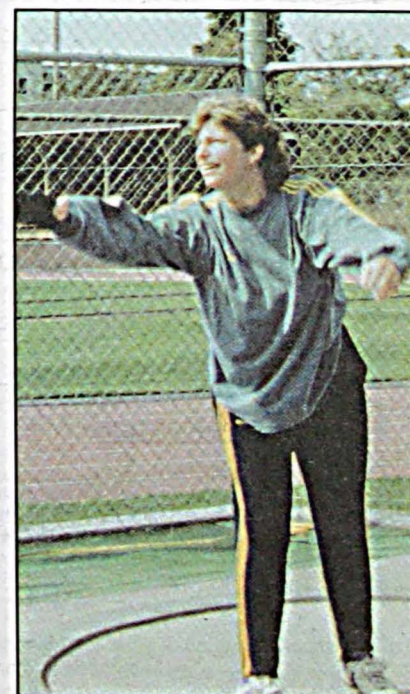
The field included athletes from Colorado, Florida, North Carolina, Kansas, California, South Carolina, and New York, besides the usual contingent from the Northwest.

While most of the competitors were returning champions and medalists who were successful again, first-timers also won gold medals.

Dick Bloomfield, M60, South Carolina, Bob Lawson, M65, Oregon, and Carla Surina, W40, Washington, took home first-place medals and national champion patches.

Tim Edwards, 52, Colorado, after defending his titles in the weight and superweight, repeated his 1999 win with a score of 3202 in the Ultra Weight Classic M30-59 division, held after the championships and lunch.

Continued on page 5



JERRY WOJCIK

Carla Surina, W40, won two championships in the USATF Masters Weight & Superweight Championships, Seattle, Sept. 9.

The New Jersey Association of USA Track & Field presents:

2000 USATF NATIONAL MASTERS

5km CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 19, 2000
plus Holmdel Park - Holmdel New Jersey

The Holmdel Park Alumni Open 5km Cross Country Shootout

Meet Schedule:

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

Eligibility:

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

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

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

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

Age Divisions/Awards:

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

Team Entries:

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

Team entries must be submitted (mailed) together.

Add-ins and scratches are allowed up until race day.

Proof of team (club) membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

The following will constitute teams:

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

Team Prize Money & Awards:

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

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

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

Lodging:

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

Entry Fees:

Masters National Championships: (no day of race entry)

Pre-entry: (postmarked by November 9th): \$20.00
 (include a SASE and Bib # and information will be mailed back)

Late Registration: (on 11/18) at Holiday Inn/Tinton Falls: \$35.00
 Long Sleeve Championship T-Shirt available at an additional charge

Open 5km Cross Country Shootout: (no day of race entry)

Pre-entry: (postmarked by November 9th): \$10.00
 (include a SASE and Bib # and information will be mailed back)

Late Registration: (on 11/18) at Holiday Inn/Tinton Falls: \$15.00
 T-shirts not available for this event

Information:

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



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

May be photocopied

INDIVIDUAL REGISTRATION FORM

One form/person

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

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Age (on Race Day): _____ Date of Birth: _____ Male _____ Female _____

Country of Citizenship: _____ Resident Alien: Yes / No

USATF #: _____ Phone: () _____

TEAM INFORMATION:

Team Affiliation: _____ Team Age Division: _____

- 1) Only fill this in if you are representing a team at this event
- 2) reminder all team applications should be received as a package.
- 3) Athletes in the Open 5km Cross Country Shootout indicate the High School you graduated from

Captain Name: _____ Captain Phone: () _____

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

(Signature) _____ (Date) _____

Check Appropriate Fees and Quantities

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

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NSGA POSITION ON DRUGS

The National Senior Games Association (NSGA) has received several inquiries about its position on senior athletes using medically prescribed drugs that may enhance their performance. Many questions were posed because of *National Masters News* coverage of Kathy Jager's recent and unfortunate circumstances surrounding her competition in the World Veterans Athletic Championships and her testing positive for drug use.

The NSGA would like to share with your readers its position on these issues:

- If and when the NSGA needs to address Ms. Jager's eligibility to compete in a Summer National Senior Games - The Senior Olympics, it presently will adhere to USATF member requirements and rulings. Therefore,

the NSGA would not allow Ms. Jager to compete in one of its national events.

- The NSGA is not committed to the philosophy that *all* drug use should impede an athlete from competing in one of its events. Clearly, as a not-for-profit organization whose mission is to promote healthy lifestyles for seniors, the NSGA will not support a concept that is contradictory to this goal. The NSGA believes that senior athletes using medically prescribed drugs critical to maintaining their health, should not be set outside of the senior games movement.

- The NSGA, through its national games and education departments, has made some preliminary inquiries as to whether other organizations have conducted any studies relating to senior athletes' use of medically prescribed drugs that may be performance enhancing. To date, we have not found that any such studies have been made. I invite your readers to contact me directly should they be aware of any.

- The NSGA hopes to spearhead a research initiative that will shed new and relevant light on these issues. Through one of its current or future partners, the NSGA hopes to examine if and what medically prescribed drugs for seniors are performance enhancing as well as if a healthy lifestyle of fitness and sports reduces the need for those types of drugs.

- The NSGA believes that there needs to be some fair way to accommodate senior athletes who are taking medically prescribed drugs that may

be linked to enhancing performance, unless these drugs are being used inappropriately for a competitive advantage. Certainly, if senior athletes need to take certain drugs to maintain their health, the NSGA would not want to penalize those athletes by disallowing competition. The NSGA's national games department will try to establish parameters that will respect the guidelines set forth by the federations and national governing bodies of its sports and that will support the health and medical needs of its senior athletes.

David F. Hull, Jr.
President & CEO, NSGA

RACEWALKING

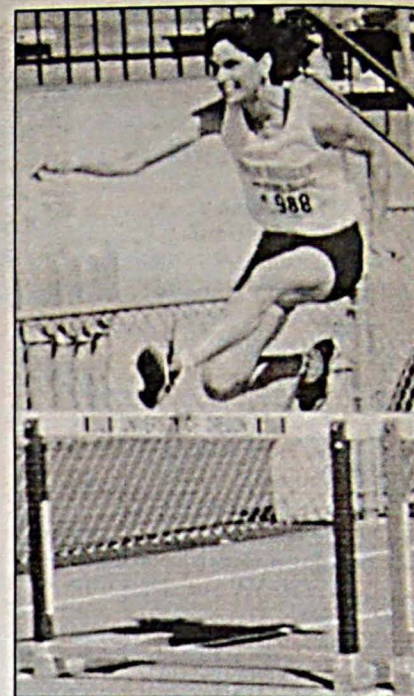
After a break of several years from coaching and competing, a return to walking is as enjoyable an experience as ever. I've also noticed that a common problem in the sport is still occurring at the local level.

Many walkers are using illegal form (bending their knees upon contact or, less common, lifting off the ground in a flight phase) and are not being called by the judges. This results in walkers who are not following the rules, yet completing an event uncorrected and often unaware that they were illegal.

This is a disservice to the walker, who has no incentive to improve his or her form. This walker often goes on to a national or international event only to be disqualified by competent judging. The naturally unhappy walker then comes home to complain about the "bad judging" at the better-judged event.

Not calling a walker on incorrect form is also a disservice to the legal competitors who have trained hard and correctly for their race; medals earned by an illegal walker are medals stolen from a legitimate competitor.

Most of all, poor judging hurts the development of the sport. Many athletes have dropped out of walking because of their frustration with



JERRY WOJCIK

Stella Orecchia, W40 winner in the 80H and 400H, National Masters Championships, Eugene, Ore., Aug. 10-13.

"kind" judges who can't bear to disqualify the local favorites, or unsure judges who are overly hesitant to DQ the illegal walkers because other judges aren't DQing.

This is unfortunate, because walking is one of the most healthful and protective of the track and field sports, and especially beneficial to the masters athlete. We hate to lose these mature competitors who have so much to give and get from the sport.

Event organizers, local clubs, judges and competitors need to support firm and correct judging. USATF (317-261-0481) has materials available on the rules of racewalking, as does AWA (303-938-9531).

Walking is a very technical sport, but judging a bent-knee is fairly simple after a little practice with an experienced judge's or competitor's help. Support your judges' efforts and donation of their time, while asking that they practice correct judging.

Viisha Sedlak
Boulder, Colorado

MEDALS

In answer to Jack Doorlay's letter (Sept. NMN) regarding winning

Continued on page 13

TWENTY YEARS AGO October 1980

- Toshiko d'Elia is First Woman 50+ to Break 3:00 (2:57:25) in Marathon
- 1200 Compete in XIII World Veterans LDR Championships, Glasgow, Scotland
- 3000 Spectators View Pan American T&F Meet in San Juan

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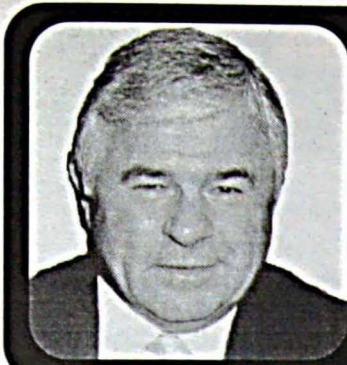
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Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

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Frank Kishi
M.C. Caudwell
Ann Yudell

Tulsa, Oklahoma
Elma, New York
Atlanta, Georgia
Los Angeles, California
Surrey, England
Charlotte, North Carolina



Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Preparations Under Way for Upcoming Convention

It is time once again to prepare an agenda for the annual meeting, prepare and present next year's budget, and try to conclude some of the unfinished business that always seems to surface.

Annual Meeting

2000 is an election year. Committee officers will be elected for new four-year terms. If you would like to be involved in the administration of the Masters Committee, you need to file your nomination with Roz Katz, Nominating Committee Chair.

If you are attending the annual meeting and want to be a voting delegate, be sure your association has appointed you accordingly.

WAVA Drug Policy

I am satisfied that the USATF Executive Committee and CEO Craig Masback extended themselves to the limits of their authority to be of assistance to me as I pursued drug policies for masters athletes.

We have sent our concerns and recommendations to WAVA President Torsten Carlus to establish a study to evaluate the use of performance enhancing drugs, considering the age and gender of masters athletes.

NSGA

As reported previously, our relationship with the National Senior Games Association has progressed to a point where we are ready for concrete proposals and decisions for future action. It is a very important step for both organizations and needs to be properly attend-

ed to. I have appointed a committee to maintain a continual working liaison with NSGA. The committee consists of Rex Harvey, Suzy Hess, Courtland Gray, and myself. For the present, I will chair the committee.

Track & Field Meet Manual

The masters track & field championship manual project has been passed from hand to hand, each time with enthusiasm that the latest will complete the project. Unfortunate circumstances have persisted, and the completion of the manual is on hold once more.

I have selected a group of members who have previously expressed an interest in bringing the project to completion. With their permission, I am appointing Don Austin, Dave Clingan, Rex Harvey, Dick Hotchkiss, and Becky Sisley to the committee. Each has special skills to bring to the committee and I am now confident the project will be completed in a timely manner.

There certainly are many more items that need attention, I am sure. Perhaps you have some matter you would like to bring to the attention of the Masters Executive Committee meeting. If so, contact Suzy Hess, secretary (address on p. 3), so we can address your concerns in Albuquerque. □

Weinbel Undergoes Surgery

Ken Weinbel, USATF National Masters Track & Field Chair, underwent successful quadruple by-pass surgery on Sept. 16 at Swedish Hospital in Seattle.

Weinbel remained hospitalized for five days. His recovery time is estimated to be at least six weeks. Weinbel is in his last year of office, which ends after the election of new officers in Albuquerque at the USATF Convention.

Until recovery is complete, Masters Track & Field business will be conducted by Suzy Hess, Secretary, Masters T&F Committee, and George Mathews, a member of the Masters T&F Executive Committee.

Well-wishers can send cards for

quick recovery to Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116.

TEN YEARS AGO October 1990

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

Elections Slated for Convention in Albuquerque

by SUZY HESS, USATF Masters
T&F Committee Secretary

At the annual USATF convention to take place in Albuquerque, N.M., Nov. 29 - Dec. 3, elections will be held for officers on the executive committee and for the three masters representatives as WAVA delegates.

Executive Committee positions up for election this year include: Masters Chair, Vice Chair, Secretary, and Treasurer. Nominations are welcome and encouraged for these positions. None of the current officers will be running for the positions they now hold.

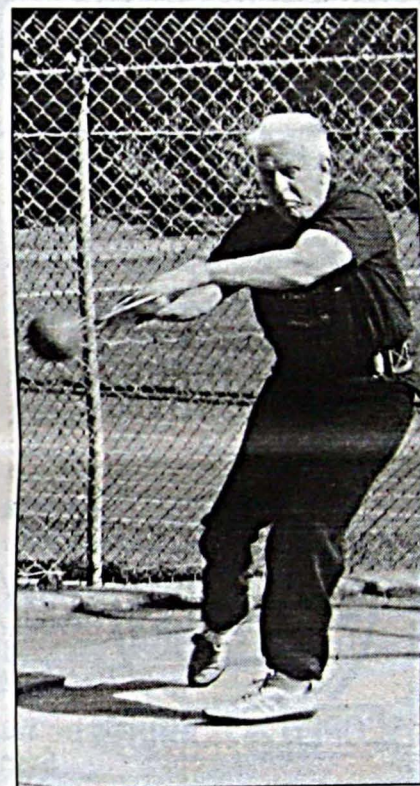
In accordance with the by-laws, the Masters Track and Field Executive Committee has appointed a nominating subcommittee of three persons to coordinate officer nominations. The nominating subcommittee will present its report of the nominations to the full masters track and field committee 48 hours before the election in December.

Members of the nominating subcommittee are: 1) Roz Katz, Chair, 170-11 65th Ave., Flushing, NY 11365, throwercfa@aol.com; 2) Phil Byrne, 55 Constellation Wharf, Charlestown, MA 02129, pmb02129@aol.com; 3) John Cosgrove, 7411 Earldom, Playa del Rey, CA 90293, jcosgrove@computer.org.

Individuals wishing to nominate a person for an elected office may do so by contacting any member of the nominating subcommittee. Nominations may also be made from the floor at the annual meeting in Albuquerque.

No nomination may be made for an absent person unless that person has notified the nominating subcommittee in writing of his or her willingness to serve in that specific position.

All individuals are urged to develop and encourage participation in the masters organization at all levels. Having more participation strengthens the organization and ensures a steady stream of new ideas. □



SUZY HESS

Dick Bloomfield, M60, became a double champion in the USATF Masters Weight & Superweight Championships, Seattle, Sept. 9.

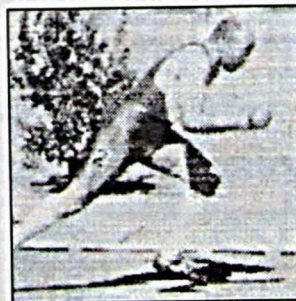
Weight Championships

Continued from page 1

In the Ultra event, the male contestants added their scores - determined by the modified Partridge Tables - for the next heaviest weights (98#, 200#, 300#) to their superweight scores. Pay Carstensen, 68, Florida, with a score of 3484 (last year 3229) defended his M60+ title, as did Georgia Cutler, 57, Oregon, with a score of 3809 (25#, 35#, 56#, 98#).

The weather cooperated, as it has in the past, with the forecasted rain holding off until after the meet. □

The People's Candidate

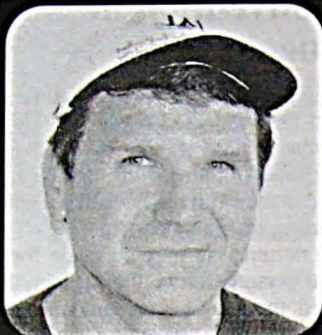


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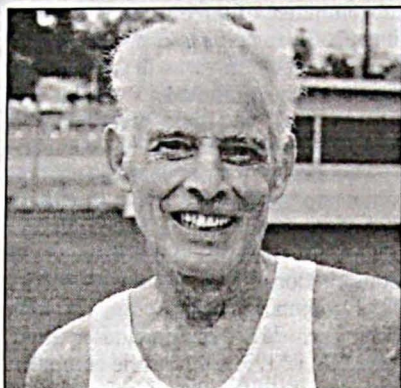
by MIKE TYMN

The Agony & Ecstasy of Bill Fortune

Bill Fortune stood out from all the other competitors in the 70-74 age division of the 5000-meter run at the Nationals in Eugene during August. While everyone else had an expression of grim determination, even anguish, Fortune appeared to be smiling from start to finish.

It's sometimes difficult to tell the difference between a grin and a grimace, but Fortune really looked like he was having a ball in spite of the obvious intensity. As he battled for the lead with Gunnar Linde and Joe King, I wondered if he was extremely confident of winning, or was simply having such a good time that he really didn't care whether he won or lost.

With a lap to go, King was clearly struggling and fading, while the strain on Linde's face increased. But Fortune's expression turned to one of downright ecstasy, even before he sprinted ahead of Linde for the victory.



Bill Fortune is all smiles after his victory.



MIKE TYMN

Bill Fortune (#14) says that's not an expression of glee on his face but a grimace as he begins his sprint to victory over Gunnar Linde in the 5000 at the Nationals in Eugene.

Fortune, a 72-year-old resident of Pearl River, New York, laughs when asked about his running face. "People are always asking me that," he said. "It's a grimace, believe me. It really is."

Career Highlight

Still, Fortune admits to thoroughly enjoying that 5000 in Eugene. Even though he has lost count of the number of national championships he has won, he calls that victory the highlight of his running career.

"At the start of the race I knew that any one of six guys could win it," he explained. "Most of them had beaten me at one time or another. My time (21:46.26) wasn't very fast, but it was an exciting race. Linde beat me by 45 seconds in a 5K at Carlsbad and Joe King is also a better runner. He was coming off an injury and is at the top of his age group."

Linde would turn the tables on Fortune in the 10,000 two days later, winning by a full minute in 45:35, but finishing second didn't bother Fortune. His 5000 victory was enough to have made the trip across country worthwhile.

Fortune, who retired from the New York City Police Department in 1987 as a deputy inspector, got into running right around his 50th birthday. "Before then, I spent a lot of my free time in search of the perfect Manhattan," he quipped. "I even found it a few times."

It was the annual five-mile race in Central Park between the police department and the fire department that got him started. "Whichever one had most of the top 100 runners was the winner," Fortune recalled. "The fire department used to beat us most of the time. But I did OK in my age division. I guess getting that little trophy for my age division made me begin to think I was a runner."

Best Efforts

Most of his personal bests, including

a 36:06 10K (Meadowlands) and a 3:03:34 marathon (Jersey Shore), were set in 1980 when he was 52. Some of his best efforts, however, were reserved for the 60-64 division, including a 10:33.59 national indoor age record for 3000 meters in 1990 and a 5:23.4 indoor mile victory at Fordham University in 1991.

More recently, Fortune has won the 70-74 division of the Fifth Avenue Mile in Manhattan the past two years. He recorded a 6:07 in his 1998 victory and a 6:16 last year.

"I really started slowing down around 1991," he lamented. "Until then I was pretty consistently under 40 minutes for 10K. The slow-down seems to accelerate as you get older. If you begin to lose a half-minute at some distance when you're 60, you're losing a minute by the time you are 70. At least that's the way it seems to me."

"A typical week of training now calls for 25 to 30 miles, including a weekly tempo run that involves an easy mile, followed by two hard miles, another easy mile, and another hard mile. Five or six weeks before a peak race I'll start doing track intervals every four days, or I'll do intervals once a week and then race more regularly on weekends," he explained his regimen.

"I'm trying to get my mileage up to 40 or so now, as it seems that everyone I was competing against in Eugene was doing at least that much."

Still Motivated

Fortune added that motivation is not a problem for him. "It's still just as strong," he ended. "It's still a big health issue and I enjoy the friendships made at the races. My problem is that as I get older I feel like spending more time in the bagel shop and less time running."

"But I'm a 'never say die' guy and I'll keep doing it as long as I can."

(Mike Tymn can be contacted by e-mail at METGAT@aol.com.)



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Crim Festival of Races

Continued from page 1

Masai, who has a 2:10 marathon PR, seems to be the master with the mostest this summer, with a string of victories that includes Peachtree, Beach to Beacon, Greater Clarksburg, the Utica Boilermaker 15K, and Falmouth.

Karori, who was the overall champion at Crim in 1992, and one of the fastest guys anywhere during the early nineties (finishing third at the 1991 World Cross-Country Championships), has also run up a storm this summer, with wins at Arts Fest 12K in May (where he beat Masai), Big Boy 20K, Mount Washington Hill Climb, Bix, and Steamboat 4 Miler. Crim marks Karori's fourth loss to Masai since July.

The women's race has become the personal domain of flinty Ukrainian, Tatayana Pozdnyakova, 45. Her 55:56 celebrates her fifth Crim masters title in a row, and placed her 13th woman overall. Single-age records for foreign athletes are not available, but her A-G

95.6% should give some idea as to the quality of this performance. Fellow Ukrainian and 1988 10,000m Olympic bronze medalist, Elena Viazova, 40, placed second in a distant 56:50, an A-G 90.2%.

Pozdnyakova and Viazova's one-two finish at Falmouth the week before



JUDITH CUTLER/www.runmichigan.com

Pablo Ceron (#63) leads Gerald Donakowski (#554) to 4th and 5th place M40+ at the Crim 10 Mile in Flint, Mich., Aug. 26.

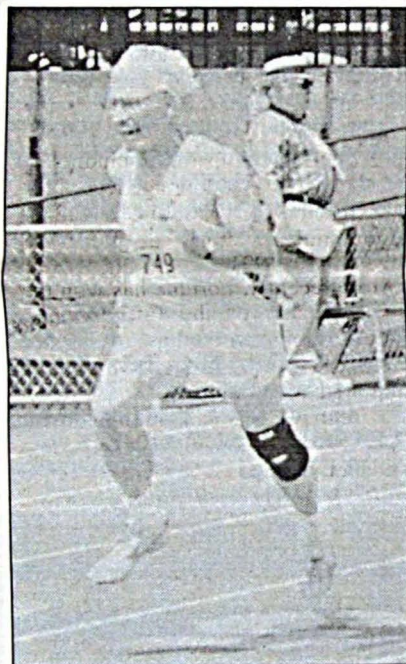
Crim doesn't seem to have tired them. Speaking of should-be-tired-by-now, Maria Trujillo de Rios, 40, Los Gatos, Calif., finished third in 57:39 (A-G 89.0%), just a week after her second place W40 finish over the demanding Parkersburg Half-Marathon course.

The most exciting race of the day was the duel between grand masters and 1999 *Running Times*' Age Group Runners of the Year Jack Nelson, 60, Winnetka, Ill., and Ed Whitlock, 69, Milton, Ontario, 60:07 to 60:08. It was a good win for Nelson, who was trounced by Whitlock by nearly a minute at their last meeting at Boilermaker, July 9; Nelson scored an A-G 92.3%; Whitlock a phenomenal 98.7%.

Jim O'Neill, 62, Holland, Ohio, contributed to the quality of the M60 field with his stellar 61:42, an A-G 92.8%.

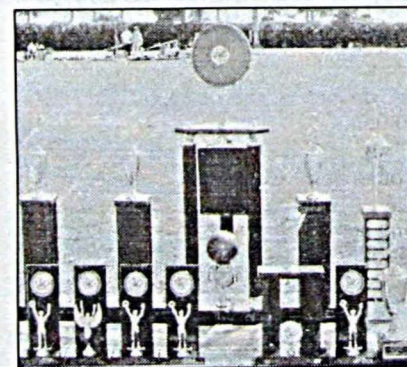
Another great showdown was provided by longtime Crimmers, Jim Forshee, 74, Ann Arbor, Mich., and Jerry Johncock, 72, Grand Rapids, Mich. Forshee regained the M70 title after a loss to Johncock last year that interrupted his winning streak (1996, 1998) by outrunning Johncock 74:02 to 74:13.

In other divisions, Frank Lewis, 52, Hamilton, Ont., was the bright spot in the M50 with his 57:09 win. Terry Mahr, 51, Oregon, Ohio, returned to Crim to run considerably better than



SUZY HESS

Mel Larsen, 76, winner of the M75 100 with an age-graded 97.2% 14:07, National Masters Championships, Eugene, Ore., Aug. 10-13.



JERRY WOJCIK

Special award trophies at the 1999 Club West Meet, Santa Barbara, Calif., include the Pane E Vino Trophy for the Best Woman Athlete, won by Elaine Iba, W35, and the Nick Carter Trophy for the Best Age-Graded 1500, won by Michael Hoover, M40. This year's meet is scheduled for Saturday, Oct. 7.



SUZY HESS

Finalists in the W55 javelin (l to r): Erika Szanto, Margery Swinton, Georgia Cutler, first U.S. (22.44), Marg Radcliffe, Canada, first overall (27.56), Linda Douglass, and Roslyn Katz, National Masters Championships, Eugene, Ore., Aug. 10-13.

her 1999 performance (65:06), by cruising to 63:27, an A-G 92.4%. Ellen Nitz, 60, Milford, Mich., 83:33, shone in the W60 division.

The Crim Festival includes the 10 mile, 8K, 5K, a one-mile race, a Special Olympics and Teddy Bear Trot, and is organized by race director

Sherlynn Everly. Over 14,000 participants run through the bricked streets of downtown Flint, enabled by 3000 volunteers. The race is named for the former State Speaker of the House of Representatives, Bobby Crim, a jogger looking for a fundraiser. For more information, go to www.crim.org. □

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Treatment for Muscle Cramps

Although no one is quite sure why muscle cramps occur, an important contributor to this painful condition appears to be dehydration. Therefore, it is recommended to drink plenty of water, especially you long distance runners. Don't wait until late in a race, when your body will not absorb the water as efficiently.

Reduce the chance of dehydration during exercise by replacing fluids as much as possible, and make it a habit to drink several glasses of water during the day. It is estimated that one can lose as much as two quarts of water through sweat while exercising.

Mineral Replacement

Make sure you get enough potassium and sodium. Bananas and oranges provide a good source of potassium. Sports drinks with potassium can also be beneficial. In the United States it is probably not necessary to replace sodium in our diet, since we most likely have enough. But for those of you who sweat excessively, sodium may need to be replaced. Avoid salt tablets, however, since they draw water from the bloodstream and may irritate the stomach.

Be sure your diet contains sufficient calcium and magnesium. Good sources include milk, yogurt, vegetables, peas, beans, etc. Vitamin C helps calcium absorption.

Loose Clothing

Other aids in cramp prevention or treatment include wearing clothing that will not restrict blood flow. The tight

clothing that appears fashionable today should be avoided, especially around the knees and ankles, since this restricts blood flow to the lower extremities.

Avoid sudden extremes in temperature, and avoid wind chill.

Warm-up Activity

Stretch lightly before exercise, move slowly or walk prior to your exercise, allowing the muscles to adapt; don't shock them. An increase in heel height can relieve stress to the calf muscle and reduce the chance of cramping. Break new shoes in slowly. Wear them around for a week before exercising in them.

Although cramps can be very painful and annoying, they do not have to prevent you from activity. Follow the examples above and go easy on your muscles which, in turn, will go easy on you. □

(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. E-mail: JMWPA@aol.com)



ART SHAHZADE

Dale Herring (184), winning the M50 50m (6.75), with Gary Wuest, second (6.90), 2000 Visalia Classic, Visalia, Calif.

Chip Happens: Age-Group Snafus At Falmouth

by SUSANNAH BECK

The Breakaway Solutions Falmouth Road Race, Falmouth, Mass., faced some problems with its age-group calculations, Aug. 20, thanks to chip-swapping by numerous competitors. "Chips" are the computerized identification charms that runners receive in their race packets and attach to their shoe during a road race.

The chip records a runner's start, finish and split times as their feet pass over sensitized rubber mats. Each chip is individual, in the same way that your race number identifies you individually, so if you loan your chip to someone else, they become "you" in the eyes of the computerized finish line.

It may seem perfectly harmless to loan your chip and race number to a friend, especially if you paid \$25 a

year in advance to save your spot in a race, and now you're injured or whatever. Why not just give your number and chip to a friend?

Here's why: it took race director Rich Sherman two weeks just to verify the winners in each age group, much less second, third, fourth place, etc. "The majority of those who showed up as top finishers gave their chip to someone else," he lamented.

The M65 division, for example, had five of the top six runners in the preliminary results give their chip to another (faster) runner. So from one race director to the maddening crowd: PLEASE DO NOT GIVE AWAY YOUR CHIP! □

Rankings Report

HJ/PV Compiler Sought

A compiler is needed for the high jump and pole vault for the 2000 outdoor season. If you want to become a compiler of those events, contact Jerry Wojcik, at P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com; applicants must have a computer and e-mail access.

Multi-Events Compiler Found

The new compiler of the outdoor combined-events (also referred to as the multi-events) for 2000 is Alan Russell, who will be doing the rankings for the decathlon, heptathlon, pentathlon, and weight pentathlon. He can be reached at 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu. □

Manny Herscher

Emanuel Herscher, known as Manny to all, died suddenly on Aug. 24. He was playing golf at Blackledge Country Club in East Hartford, Conn., when he was struck by an apparent heart attack. Resuscitation efforts were immediate and thorough, but to no avail.

Manny was an electronic engineer by profession, having received both bachelor's and master's degrees from Drexel University. He also attended Massachusetts Institute of Technology and SUNY.

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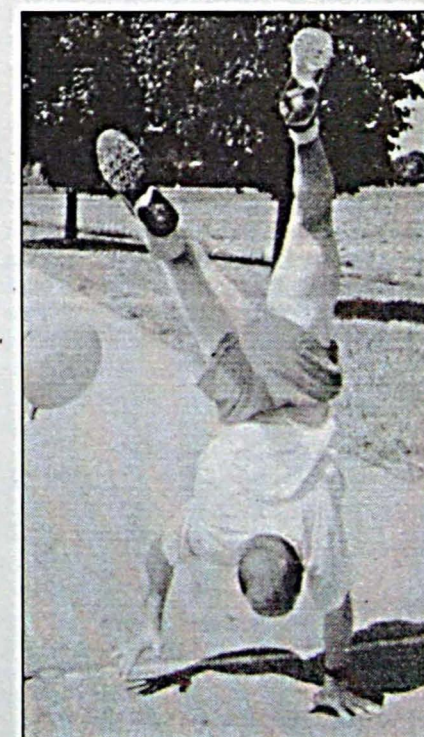
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All who knew Manny were aware of his love and dedication to his family. He was a gentle man, known for his soft spoken manner and his lively but classical sense of humor. Manny would never say a negative thing about anybody. He was always the first to welcome and embrace people into his circle of friends and family, regardless of the diversity of their backgrounds. He touched people's lives wherever he traveled.

A few weeks before his passing, he participated in the National Masters Track and Field Championships in Eugene, Ore.

Manny leaves a son, Phillip Herscher; four daughters, Sheryl Ault of St. Peters, Mo., Gail Byer of Deerfield Beach, Fla., Sandra Falcone of Broomall, Pa., and Ruth Cutler of Morrisville, Pa.; two grandchildren, many nephews and nieces, and many friends.

— from Jeff Byer



DOUGLAS BRYNER

Mike Hunger, 38, of Iowa, after running on his feet for over five hours, finished the last ten yards on his hands in the TimTam 50K, May 21, Ames, Iowa.

PROFILE

Herb Kirk, Runner for The Ages

by DAVE WALTER

Herb Kirk holds numerous world and U.S. records for ages 87-to-96 from the 100 to the 5K and the one-hour run. High school quarterback, intercollegiate wrestling champion at Lehigh U., wrestling coach, Montana senior tennis singles and doubles champion at age 70, he began his running career at age 82 and competed until he was 102.

Always active, and in good health at 104, he lives in Bozeman, Mont., on his ranch with his family and a stable of horses.

Kirk set five national records in 24 hours in the 400, 800, 1500, mile and 5K in 1983. In 1997, he ran a 5K with 10 relatives over four generations. His

Boyd Enjoys Foggy Splendor at Parkersburg Half-Marathon

by SUSANNAH BECK

August 19 on the Ohio-West Virginia border dawned foggy and cool, lovely, unbelievable. In coming to Parkersburg, one steels oneself to the probability of heat exhaustion, no matter who you are, of ceasing to run strategically, and just trying to get from one water station to the next. There's a reason Parkersburg has 20 water stops in 13 miles.

This year the morning was a freak, and it was cool at the Camden-Clark Memorial Hospital Parkersburg Half-Marathon. But the hills were still there, and boy, is it hilly. Making quick work of this unique meteorological window of opportunity, Marie Boyd, 40, Albuquerque, N.M., ran to the front of the masters ranks to collect the \$1000 prize, and bounce back from a slumpy summer.

Boyd, a pathologist and mother of two young boys, is finally coming out of the *ennui de vigor* that has visited her since the Olympic Marathon Trials in February. Her 1:17:39 was welcome confirmation of her return to dashing form, something she guessed at after placing third overall in the Avon-Albuquerque 10K (at 5000 ft. altitude) in 37:04 the previous week.

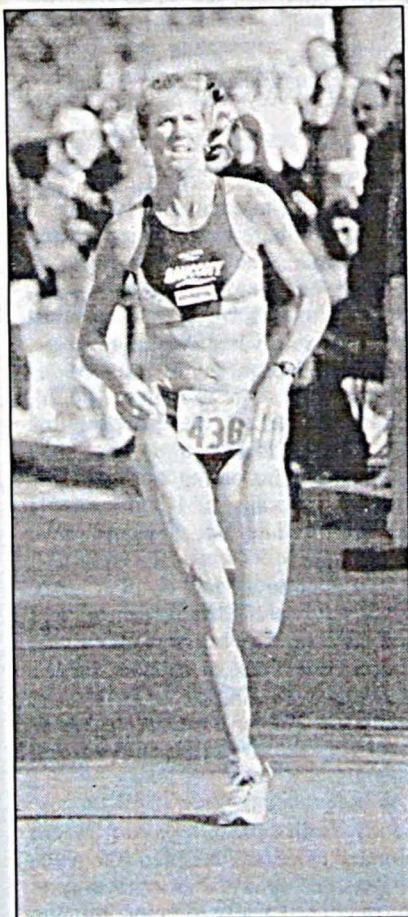
Boyd is known for her sensible come-from-behind racing tactics, and she won at Parkersburg after chasing down early leader Maria Trujillo de Rios, 40, Los Gatos, Calif., who finished second in 1:19:03.

Sam Ngatia, 40, Fort Carson, Colo., easily handled the mostly-U.S. masters field in 1:06:33, placing him just

out of the top-ten overall. Not a bad showing, considering it was the USATF National Open Half-Marathon Championships. Rodale Press's running sage, Budd Coates, 43, Emmaus, Penn., was the best of the rest in 1:09:17.

Other standouts of the day include Peter Wayte, 56, Maineville, Ohio, with an M55 win in 1:20:25, and Joan Ellis, 51, Parma, Ohio, placing third masters woman overall in 1:26:15.

In its 14th year, the race helps to celebrate Parkersburg's Homecoming weekend, and is followed by a parade and carnival. □



GEORGE BANKER

Lee DiPietro, 42, Ruxon, Md., second W40+ (36:12), 2000 Sallie Mae 10K, Washington, D.C.



Herb Kirk

first track accomplishment was the U.S. 1500 record in 1980.

The late Paul Spangler, who still holds track and road race records from M80 to M90, encouraged Kirk to compete at the Eugene World Veterans Championships in 1989, where he got a silver in the 200. His fondest memory came at the Turku World Championships in 1991, where he won gold medals in the 800 and 5000, and a silver in the 200.

Kirk received degrees in chemical engineering and business administration from Lehigh, industrial engineering from Penn State, and ceramic engineering from the U. of Illinois. He was research associate and lecturer for the Montana State U. Chemical Engineering Department, 1961-1995, and director of its McGill Museum, 1959-1961.

He worked for Universal Sanitary Pottery, New Castle, Pa., the town of his birth, and was president of Kirk China Co., 1943-1954. Kirk was an aviator in WWI, for which he won the French Legion of Honor. □

Master The Board

for more information
contact heidi shelhamer
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CLASSIFIED

RACES

NOVEMBER 5 - Zoo Run for Wildlife, 10-K, Philadelphia, PA. Contact: Allison Walker, Philadelphia Zoo, 3400 W. Girard Avenue, Philadelphia, PA 19104. (215) 243-4375.

NOVEMBER 11 - Rim Rock Run VIII, 37-K, Grand Junction, CO. Send SASE to: Elaine Peterson, Rim Rock Run VIII, PO Box 3685, Grand Junction, CO 81502. (970) 243-4055. Website: www.rimrockrun.org

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Masters Racewalking

by BERNICE FINCH
with ELAINE WARD

Walkers Enjoy Fair Weather at Nationals

Nature smiled upon the racewalks at the National Masters Outdoor Championships in Eugene, Oregon, on Fri., Aug. 11 and Sun., Sep. 3, with the weather varying from ideal in the early morning to agreeable by mid-morning. In the 5K held between 7 a.m. and 2 p.m. on Aug. 11, the oldest age divisions started first when it was the coolest and the youngest last. Sixty men and 70 women competed in eight races with the men receiving 13 DQs and the women five. The groups receiving the most DQs were M65 with four, and M80&85 also with four. (It has been noted that men are less likely than women to slow down when they receive cautions.)

Both the men's 20K and women's 10K started at 7 a.m. on Sep. 3. Forty-two men and 70 women enjoyed not only cool temperatures at the start, but also a shaded road course. In the words of Arvid Rolle of So. Calif., "I think the organization of the walks was beyond fault." Referring to the whole track & field meet, he added, "I have not seen any event requiring organization of such magnitude running so smoothly. It was really marvelous."

Special recognition should go to Jim Bean, Director of the Walks, whose meticulous attention to detail not only ensured excellent competition, but also made work conditions for the volunteers optimum. Further recognition should also go to Barbara Kousky and Tom Jordan, the directors of the entire track and field championships. On a scale of 1-10, they merited an 11.

Judges for the walks were: Ross Barranco, Shirley Clemons, Thelma Fallows, Jerry Ford, Lynn Ford, Bev LaVeck, David Snyder, Elaine Ward and Jim Bean.

Following are highlights as reflected in comments by participants in the 5K:

M35

Mike Blanchard, of Colo., 2nd, 27:52.8: "My goal is to qualify for the North American Racewalking Foundation's 5K Ladder. I had a groin injury earlier this year, so my training hasn't been consistent." (Mike met the M35 5K qualifying time of 28:00 for the ladder.)

M40

Rod Craig, of Mich., was DQ'ed, but his experience perhaps illustrates how being DQ'ed in one race may simply be a heads-up for the next. Two days later, he placed first in the 20K with a time of 1:47:39.

M50

Max Walker, of Indiana, 2nd, 25:29.33: "I've been training real hard for the 40K championship in New Jersey next month. I was under three

hours in the 30K this year (2:56:00), so I hope to be under four hours in the 40K. I train four days a week doing about 35 miles a week. I do a couple of speed days and a couple of long days. It's been working out well. So far I've been staying away from injuries and not getting sick - the two most important things to avoid."

M60

Paul Johnson, of Ark., 1st (27:09.62): "John (Elwarner, 2nd in 27:17.58) was going a lot slower than I thought he would be going. He was right on my heels, but never would pass me. The first time, I said, 'John come on around and break some of this wind,' and he said, 'I'm not big enough.' The second time, I said, 'John, get on up here. I can't do this.' He didn't say anything. The third time, I said, 'John, please get up here.' He said, 'I'm too tired.'"

M65

Jack Bray, of Calif., 1st (27:08.00): "Training has been very good. It always could be better. I would like to do a 24:00 or 25:00 5K, but at my age you need a lot of speed work to do this. It is very difficult to find workout partners to help get the necessary speed work in. So the races here are reality checks for Australia."

M70

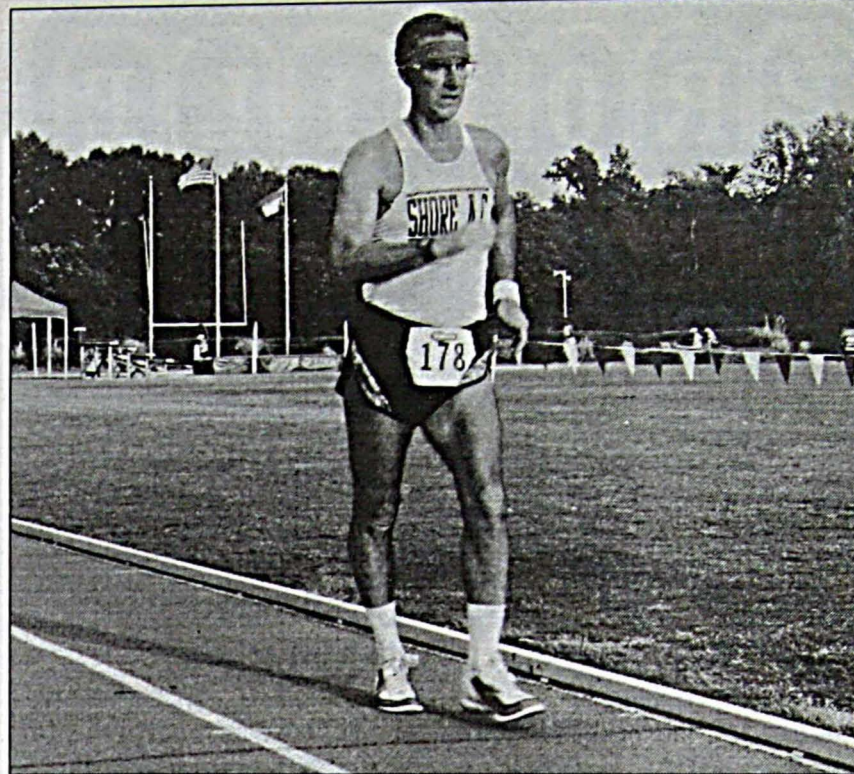
Jack Star, of Dela., 1st (30:12.05): "I wanted to do under 30:00, but couldn't do it. Nobody pushed me real hard. I do have a 20K coming up, so maybe it's good that I wasn't pushed. I didn't get any calls, so I have to be pleased."

M75

John Nervetti, of N.J., 1st (33:09.06): "The race went great. You see I don't push too much. I always say, 'Tomorrow there is another race.' At my age, I don't push because I want to continue until I'm 95. I tell the Lord, 'I did what I did and I feel very blessed.'"

W35

Kelly Murphy-Glenn, of Idaho, 2nd, 26:33.02: "Before the race, I hit



PAUL HRONJAK

John Fredericks, first M50 (28:11.10), 2000 Southeastern U.S. Masters Meet, Raleigh, N.C.

burnout after trying to meet the 20K standard for the Olympic Trials earlier in the year. So this meet in Eugene is for fun. There are four of us here from the Treasurer Valley Fitness Walkers (Boise, ID). For Toni Hodge (W40, 28:20.56), this is her first year of competing. My mom, Karen Murphy (W55), is competing in the 10K and Mary Snyder (W45, 5K 1st, 26:20.5) is competing in both the 5K and 10K. The gals have been getting up at 4:30 in the morning and going to the track because the temperature in Boise has been about 100 degrees. You have to either get up very early or train indoors like I do."

W45

Sally Richards, of Colo., 2nd (26:21.20): "I'm excited to be here in Eugene, but there was a major mix-up with my race. The lap counter was off from the very beginning. At the point where I should have been on my last lap, I was told I had two more to go. Most times I count my own laps, but I thought, 'Oh, we're in Eugene. I don't have to.' I filed a protest, hoping that they might consider a tie, but they gave me the time on my lap sheet. It is frustrating, because if I had known I was on my last lap, I would have poured it on."

"My goal now has a bit of revenge in it. I won the 10K in Gateshead, and then won the 5K, but was DQ'ed 30 minutes after the race. Lots of the Americans got DQ'ed. It was very bizarre. So I have a grudge match in store for the Veterans Games in Australia next year."

W50

Judy Heller, of Ore., 7th: "I am delighted to be out here pain free without surgery. My 31:51 is my best time this year. (A walk director for the Portland to Coast Relays, Judy has been struggling for years with "compartment" syndrome.) "We have 400

teams in the walk relays and have our first international team from Canada. It's a great event for walkers of all ability levels. As the event grows and we attract enough racewalking teams, we will be able to have an elite separation."

W55

Jolene Steigerwalt, of Calif., 1st (31:08.12): "When I was in Gateshead, my ego said, 'I've paid for this trip. I'm going to do something.' They put me in the slow group because I had failed to put my times on the race entry form. This was great because I started off slow in the 5K and kept my speed to the pain level I could handle."

"By the sixth lap, my muscles were warmed up and I was starting to catch the 'rabbit' in front of me. She was only 10 yards away at the finish line. I was happy, as the experience showed I could start out slower and do okay. I always knew it, but I was afraid to test it. I kept thinking, 'I can't come from behind. I won't have enough poop left.' In the 5K today, if I had been speed training, I would have caught the 60-year-olds, Bev LaVeck and Elton Richardson. It's funny that 60-year-olds beat us 55-year-olds. It's great. It gives me hope for the future."

W65

Shirley Dockstader, of Calif., 1st (31:41.21): "The 5K felt good. I got a little tired at the end, so I need to work on my endurance. Since laying off for a year, I find that my knees are no longer a problem. I have confidence and can just build from here. Marjorie Larragoite was right behind me when we started, so I thought she was going to be with me the whole way. She told me she got a knee warning and backed off a little bit. I kept trying to think about technique and having a great time." □

(Elaine Ward can be contacted by email at narwf@aol.com.)



The Weight Room

by JERRY WOJCIC

Not Just a Stroll in the Park

Lately, whenever I plan to amble along with readers on a shady lane to some lofty masters track & field meadow, I find myself stumbling along a recently much traveled road littered with "old" and "new" javelins and weights. Along the way, spooky questions spring out from the bushes, the progeny of the adoption of the new WAVA specification javelins that have transmuted from the Tactiles (Where can I get one? How do I throw it?) to the Statisticals (What about records? Rankings? Age-Grading? Where are the All-American standards for the new implements?).

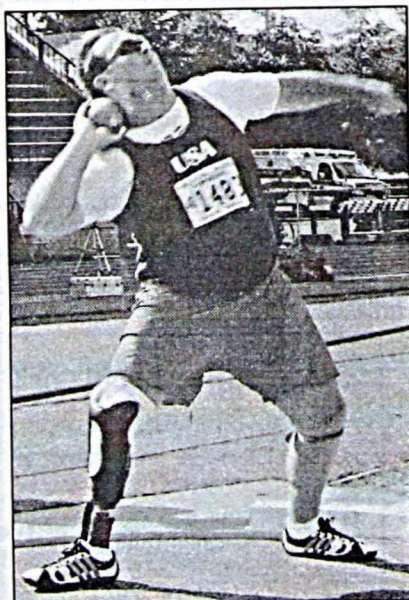
First off, it is my understanding that, as with other new events and implements, for records the better marks with the new javelins for M50-59, M70-79, M80+, and W50-59, will be compiled as "bests" for three years. Then, the top marks for each age group will be submitted for approval to the USATF Records Committee at its annual meeting.

However, documentation is essential in record setting, so paperwork has to be filed before a record is made official. I'm assuming that the proper forms will be filled out at national championships and other major meets, but what about the forms for potential records/bests at lesser events? Are they being submitted? Does everybody know what to do? Does anybody care?

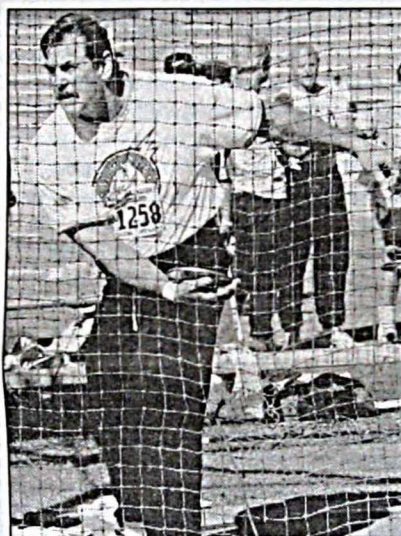
If you had a glorious toss with the 700g at the Show Low Senior Games in Arizona last summer, will you be among the candidates up for record consideration three years hence?

A Knotty Problem

I've contacted Pete Mundle, USATF Masters T&F Records guru, about the javelin records, and he said that he can't



JERRY WOJCIC
Edwin Cockrell, fourth M40 (12.25) shot put, National Masters Championships, Eugene, Ore., Aug. 10-13.



SUZY HESS
Richard Sorin, fifth in the M50 discus (46.78), National Masters Championships, Eugene, Ore., Aug. 10-13.

tell from the meet results who threw what in respect to the involved age groups. I think it would be a good idea for directors and athletes with potential record marks last season with the new javelins to let him know what implements were used. I was hoping to have Mundle untangle the records knot for the large crowd at the Athletes' Meeting at the Championships in Eugene, but time ran out.

Clay Hull, the javelin ranker for 2000, and I have chatted briefly about the rankings for the concerned age groups. It will make much more work for him to keep two lists, for example, of M70-74 throwers who threw both the 600g and the 500g. Like Mundle, how can Hull, without quitting his real job, possibly get involved with discerning what was thrown at every meet listed in the results? I competed in a meet where some M70-74 throwers hurled the 500g and others threw the 600g.

The development of A-A Standards will take about the same course of action as the records. It'll take time and study by the Masters Standards Committee to develop Standards of Excellence that are challenging but fair. Once they are



SUZY HESS
Top three, M70 javelin (l to r): Bill Garrahan (34.53), Tom Allison (36.41), and Phil Brusca (33.61), National Masters Championships, Eugene, Ore., Aug. 10-13.

established, they'll be retroactive, as they are now.

Revisions in the Works

Age-grading for the new javelins must also be resolved, especially for the combined events. The A-G tables are based on reams of international data for each event, and the tables are presently in the process of revision. I doubt if one year's collection of data is sufficient a basis for A-G tables for the age-groups affected.

On the matter of the proposed adoption of the WAVA weights, which haven't even been adopted yet, the NMN already has people inquiring about applying for A-A status for marks

made with the WAVA weights used by M50+ and W60+. Those weights are not used in a USATF approved single event but only as one part of the weight pentathlon.

If the WAVA weights are okayed in December in Albuquerque, just about everything dealing with the new javelins will apply for the weights, except that age-grading does exist for the WAVA weights; it is under consideration for revision also.

It seems that what I thought would be a leisurely stroll down a dusty road became, instead, a 10-mile forced march with a 60-pound backpack at Fort Leonard Wood, Missouri, in August. □

It's never too early to think Brisbane*

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On The Run

by HAL HIGDON

Hal Higdon's Column will resume next month.

Running Boom Continues

In 1999, an estimated 7.1 million Americans finished a total of more than 12,000 running events in the USA, according to the Road Running Information Center, the statistical arm of USA Track and Field.

That number was more than double the 3 million participants 15 years ago.

On this page are listed the top 100 "Timed Road Races" in 1999. In addition, there were dozens of what the

RRIC calls "events and festivals," such as the Peachtree 10K, most Race for the Cures, the Crescent City 10K, etc.

Twenty years ago there were only four road races with more than 10,000 finishers; the 100th race had 1800 finishers. In 1999, there were 48 races with more than 10,000 finishers; the 100th race had 5393 finishers. The most popular race was the 5K. □



JIM OAKS
Alice Thureau, 44, fifth master (2:46:41), 2000 U.S. Olympic Trials Women's Marathon, Columbia, S.C.



MIKE POLANSKY
Don Di Donato, 42, running for Federal Express, was first overall (17:57) for his seventh victory in the last eight years in the Chase Corporate Challenge 3.5 Mile, Jones Beach's Bay Parkway, Long Island, N.Y. Over 8000 runners and walkers from 261 companies took part.

Largest Timed Races in the U.S. - 1999

FIN99	RACENAME	LOCATION	DATE99	50	5703	Omaha Corporate Cup 10K	Omaha, NE	09/19/99
1	53023 Examiner Bay to Breakers 12K	San Francisco, CA	05/16/99	51	5669 Atlanta Half-Marathon	Atlanta, GA	11/25/99	
2	47215 Lilac Bloomsday Run 12K	Spokane, WA	05/02/99	52	5606 Gasparilla Distance Classic 15K	Tampa, FL	02/13/99	
3	46060 Race for the Cure: DC 5K	Washington, DC	06/05/99	53	5586 Richard S. Caliguiri Great Race 10K	Pittsburgh, PA	09/26/99	
4	39285 Boulder Boulder 10K	Boulder, CO	05/31/99	54	5546 Nortel Cherry Blossom 10MI	Washington, DC	04/11/99	
5	35491 Revlon Run for Women 5K	Los Angeles, CA	05/08/99	55	5516 Crim Festival of Races 10MI	Flint, MI	08/28/99	
6	31785 New York City Marathon	New York, NY	11/07/99	56	5516 Cherry Creek Sneak 5MI	Denver, CO	05/02/99	
7	29877 Race for the Cure: Portland 5K	Portland, OR	09/19/99	57	5433 Healthsource 5K	Manchester, NH	08/12/99	
8	24604 LaSalle Banks Chicago Marathon	Chicago, IL	10/24/99	58	5196 Union-Trib Dr. Seuss Race for Literacy 8K	San Diego, CA	05/02/99	
9	21211 Honolulu Marathon	Honolulu, HI	12/12/99	59	5161 Tufts Health Plan for Women 10K	Boston, MA	10/11/99	
10	18594 Indianapolis Life 500 Festival Half-Marathon	Indianapolis, IN	05/01/99	60	4800 America's Finest City Half-Marathon	San Diego, CA	08/15/99	
11	17866 Race for the Cure: Peoria 5K	Peoria, IL	05/08/99	61	4796 Omaha Corporate Cup 2MI	Omaha, NE	09/19/99	
12	17316 Race for the Cure: Orange County 5K	Newport Beach, CA	09/26/99	62	4758 Arthur Andersen Bastille Day 5K	Chicago, IL	07/16/99	
13	16827 City of Los Angeles Marathon	Los Angeles, CA	03/14/99	63	4709 Run to Feed the Hungry 5K	Sacramento, CA	11/25/99	
14	14399 Quad-City Times Bix 7 Mile	Davenport, IA	07/31/99	64	4692 Get in Gear 10K	Minneapolis, MN	04/24/99	
15	14278 Marine Corps Marathon	Washington, DC	10/24/99	65	4676 Delaware YMCA 104th Turkey Trot 8K	Buffalo, NY	11/25/99	
16	12538 Cooper River Bridge Run 10K	Charleston, SC	03/27/99	66	4659 Race for the Cure: L.A. County 5K	Pasadena, CA	11/07/99	
17	12407 Suzuki Rock 'n' Roll Marathon	San Diego, CA	05/23/99	67	4608 Nation's Bank River Run 2MI	Wichita, KS	05/08/99	
18	11688 Nationwide Direct Hood to Coast Relay	Mt. Hood-Seaside, OR	08/27/99	68	4600 Nationwide Direct Portland to Coast Relay	Portland-Seaside, OR	08/27/99	
19	11460 Army Ten-Miler	Washington, DC	10/10/99	69	4570 Chicago Half-Marathon	Chicago, IL	09/12/99	
20	11274 Boston Marathon	Boston, MA	04/19/99	70	4376 Suzuki Seattle Half-Marathon	Seattle, WA	11/28/99	
21	10004 Manchester Road Race 4.75MI	Manchester, CT	11/25/99	71	4369 Methodist Health Care Houston Marathon	Houston, TX	01/17/99	
22	9166 LaSalle Banks Shamrock Shuffle 8K	Chicago, IL	03/28/99	72	4323 CVS-Cleveland 10K	Cleveland, OH	05/02/99	
23	9123 U.S. 10K Classic	Cobb, GA	09/06/99	73	4282 Mercury News 10K	San Jose, CA	03/14/99	
24	7821 Race for the Cure: San Francisco 5K	San Francisco, CA	10/17/99	74	4256 Canon Long Island Half-Marathon	East Meadow, NY	05/02/99	
25	7475 Race for the Cure: Quad Cities 5K	Rock Island, IL	06/12/99	75	4241 Cincinnati Flying Pig Marathon	Cincinnati, OH	05/09/99	
26	7393 Spring Lake 5MI	Spring Lake, NJ	05/29/99	76	4240 Rodes City Run 10K	Louisville, KY	03/20/99	
27	7359 Ulrica Boilermaker 15K	Ulrica, NY	07/11/99	77	4186 KNBR Bridge to Bridge 12K	San Francisco, CA	10/03/99	
28	7268 Race for the Cure: San Diego 5K	San Diego, CA	11/07/99	78	4163 Sound to Narrows 12K	Tacoma, WA	06/12/99	
29	7082 Walt Disney World Marathon	Orlando, FL	01/10/99	79	4163 Race for the Cure: Boston 5K	Boston, MA	09/12/99	
30	7058 Falmouth Road Race 7.1MI	Falmouth, MA	08/15/99	80	4144 Light the Night Against Crime 5K	San Diego, CA	10/23/99	
31	6880 Race for the Cure: Baltimore 5K	Baltimore, MD	10/03/99	81	4006 Bally Total Fitness B-Fit 5K	Chicago, IL	10/24/99	
32	6708 Gate River Run 15K	Jacksonville, FL	03/06/99	82	3924 Nordstrom Beat the Bridge 8K	Seattle, WA	05/16/99	
33	6705 Portland Marathon	Portland, OR	10/03/99	83	3907 Manhattan Half-Marathon	New York City, NY	08/07/99	
34	6571 Jingle Bell Run 5K	Seattle, WA	12/05/99	84	3879 Houlihan's to Houlihan's 12K	San Francisco, CA	03/28/99	
35	6473 Race for the Cure: Cincinnati 5K	Cincinnati, OH	09/12/99	85	3875 Vencor Stakes 15K	Louisville, KY	04/10/99	
36	6470 Broad Street Run 10MI	Philadelphia, PA	05/02/99	86	3839 Great Cow Harbor 10K	Northport, NY	09/18/99	
37	6332 Race for the Cure: Ft. Worth 5K	Ft. Worth, TX	04/17/99	87	3788 Philadelphia Marathon	Philadelphia, PA	11/21/99	
38	6261 Jefferson Hospital Philadelphia Distance HM	Philadelphia, PA	09/19/99	88	3755 Manhattan Beach Old Hometown 10K	Manhattan Beach, CA	10/02/99	
39	6260 Michael Forbes Trolley Run 4MI	Kansas City, MO	04/25/99	89	3743 Old Kent River Bank Run 25K	Grand Rapids, MI	05/08/99	
40	6121 Grandma's Marathon	Duluth, MN	06/19/99	90	3742 New Times Phoenix 10K	Phoenix, AZ	11/14/99	
41	6041 United Way Turkey Trot 4MI	Denver, CO	11/25/99	91	3733 Run to the Farside 10K	San Francisco, CA	11/28/99	
42	6000 Twin Cities Marathon	Minneapolis, MN	10/03/99	92	3701 Zoo Run for Life 10K	Philadelphia, PA	11/07/99	
43	6000 Junior Bloomsday 2MI	Spokane, WA	04/17/99	93	3666 La Jolla Half-Marathon	La Jolla, CA	04/25/99	
44	5983 Cowtown 5K	Fort Worth, TX	02/27/99	94	3655 Tulsa Run 15K	Tulsa, OK	10/30/99	
45	5967 Kentucky Derby Festival Half-Marathon	Louisville, KY	04/24/99	95	3629 St. George Marathon	St. George, UT	10/02/99	
46	5953 Gasparilla Distance Classic 5K	Tampa, FL	02/13/99	96	3586 Race to Deliver 4MI	New York, NY	09/26/99	
47	5909 Cowtown 10K	Fort Worth, TX	02/27/99	97	3576 Walt Disney World Half-Marathon	Orlando, FL	01/10/99	
48	5905 Y-Me Run Against Breast Cancer 5K	Chicago, IL	05/09/99	98	3553 Columbus Marathon	Columbus, OH	11/14/99	
49	5716 Carlsbad 5000	Carlsbad, CA	03/28/99	99	3544 ORRRC Turkey Trot 8K	Miamisburg, OH	11/25/99	
				100	3525 Tommy's Surf City Run 5K	Huntington Beach, CA	07/04/99	



JERRY WOJCIK
Roger Price, M50 winner in the 5000 and 10,000 National Masters Championships, Eugene, Ore., Aug. 10-13.

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Write On

Continued from page 4

medals without any competition, I, too, am often the only competitor in my age group (now W85) and felt the same way. While participating at a Southeast Masters Meet in Raleigh, N.C., the man giving out medals said, "You had no competition. You could have dropped the shot and won."

I felt crushed until the man behind me spoke up. He said, "You're wrong. She had plenty of competition. They were all home on the couch."

If you want to do something to increase the numbers of competitors, get more people to compete. I'm doing a discus clinic for women in my village. These gals never had a discus in their hands. We are aiming for the Oklahoma Senior Olympics, Tulsa, September 2001. So Just Do It!

Betty Jarvis
Tahlequah, Oklahoma

NCCWAVA CHAMPIONSHIPS

My wife, Jeanne, and I have just returned from Kamloops, Canada, and thought it the best NCCWAVA Championships ever. The Canadians did one superlative job officiating and conducting the meet, the key ingredient for a championship meet of this kind.

Athlete and spectator interest was high, but Peter Taylor took it to another level with the terrific job he did on the public address system. He definitely kept the meet moving with his creative commentary. He did this with somewhat of a handicap. On the flight to Kamloops, his bags with all his notes were lost for the first two days.

Would suggest to the people in Baton Rouge that they could only enhance the Nationals next year by having Peter Taylor and Al Sheahan do the announcing. What an all-star duo that would be!

Bill Daprano
Riverdale, Georgia

LONG RUN POOL METHOD

In my article, Long Run Pool Method (Sept. NMN), I wish to point out a small, but important, typesetting error; otherwise all was perfect. A dash meant to be a minus sign was omitted from the following sentences.

It should have read:

"Assume you want to achieve the equivalent of a 26 mile long run by a combination of a land run and a pool run. Pool running time = (26 miles minus land miles run) x land minutes/mile = minutes. Total run distance in pool = (26 miles minus land miles run) x 100 metres/mile = metres."

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

Earl Fee
Mississauga, Ontario

PUBLICATIONS ORDER FORM

Masters Age Records (2000 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (1999)

Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings (2000)

Indoor rankings for 2000. 4 pages. \$1.50.

Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.50.

Competition Rules for Athletics (2000 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

USATF Governance Handbook (2000)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

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USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

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USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

Guide to Prize Money Races and Elite Athletes 2000

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$64.00.

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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9 Months to Go



2001 WORLD
VETERANS'
ATHLETIC
CHAMPIONSHIPS

Countdown to Brisbane

"Brisbane is Ready"

Organization for the 14th WAVA World Veterans Athletics Championships is well under way with sponsorships in place, the local and national media interested, Australian merchandise designed, venues confirmed, social activities taking shape and the athletics program planned.

"Brisbane is ready," says Jacey Octigan, Event Manager for the games. The biennial event is expected to draw more than 6000 athletes (plus another 6000 friends and family

members) to Brisbane, Australia, on July 4-14, 2001. Competition will be held in five-year age groups in all track and field events, plus the marathon, road walks and cross-country races. The meet is open to all men age 40-and-up and to all women age 35-and-up.

The entry fees have been released and can be found on the event's web site at www.worldvac2001.com.au. The fees have been restructured for the 2001 Championships. The first event fee is now divided into two separate fees – an entry fee which is compulsory for all athletes and then the event fee itself. Organizers have split the fee to show the entry fee for "administration purposes." The entry fee covers all administration costs, including the transport service, competition program and sports bag. In the past, the program was often an additional cost.

Accompanying persons will receive the same benefits as athletes for a fee of AUS \$40 (about US \$25).

The welcoming ceremony will be conducted at the conclusion of competition on Sat., July 7, 2001, at ANZ

Stadium. All athletes will be invited to march with their teams into the stadium that night. The event management team is putting together "a fun evening for all with rock-n-roll music, entertainment, and lots of color and fanfare."

The entry book is currently on the press and will be ready for distribution shortly. The deadline for entries is March 30, 2001.

The following individuals have accepted positions:

- **Reg Brandis**, Officials Manager, has a long history of experience with organizing officials for a variety of national and international events.

- **Greg Gilbert**, Competition and Infrastructure Manager, works with the Australian Sports Commission and has had a long involvement with athletics in Australia.

- **Alan Bell**, Competition Director, was the Meeting Manager and Coordinator of Officials for the 13th WAVA Championships last year in Gateshead, England. He'll arrive a few weeks before the competition begins and is in regular contact with the organizers. □

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

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

www.natmanews.com

Curacao Set to Host Meet

by JERRY JENSON

The island of Curacao, tucked in a corner of the Caribbean almost half a world away from the United States, is the setting for the Regional Masters & Open Caribbean, Central American, and South American T&F Meet to be held Oct. 27-28.

Curacao exudes Old World charm and ambience coupled with balmy weather almost all year long. Picturesque streets and buildings are the most striking features one sees on debarking from an airplane or ship.

The first day of competition is set aside for the racewalk and long distance races both inside and outside the

stadium. The second day will consist of track & field competition. A full slate of events will be offered and entry fees are very low.

Many of the visiting athletes and officials will be housed in local resorts at almost half the normal rates. The Organizing Committee has set up special activities for those wishing to tour the island, visit popular sites, or shop duty-free.

For more information on Curacao, a registration packet, and information on lodging and airlines, contact: Dr. Jerry & C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. Phone: 541-592-3787; fax: 592-3787; email: Luvu2@Cavenet.com. □

Moretto, Kasutani Win Over 27,000 in 27th Berlin Marathon

Giovanni Moretto, M40, and Sayuri Kasutani, W40, found their way through a field of over 27,000 runners to win in the 27th Berlin Marathon,

Sept. 10, in 2:27:38 and 2:40:05, respectively.

Race-time temperatures in the low sixties and the famously fast Berlin course combined to make fast times for many, and a good show for the crowd of one million. The course tours Berlin's elegant boulevards, visits monuments, and runs through the Brandenburg Gate.

Berlin has become one of the five largest marathons in the world, and drew a cosmopolitan field representing 85 countries this year, including a strong Japanese presence.

While the upcoming Olympic marathon siphoned away some of the top open talent, masters made the best of things, particularly Manuel Rosales Touza, M65, 2:57:53, and Chie Matsuda, W50, 2:59:52. The marathon also includes an in-line skating division that draws 6000 skaters. □

FIVE YEARS AGO October 1995

- **Martin Mondragon** (41, 49:30) and **Nancy Grayson** (45, 60:05) Win in Crim 10-Miler; **Ottaway** (63:46) Breaks U.S. Record

- **At Age 48, Raschker** Competes in Pole Vault on USA Team in England

- **U.S. Marks Broken** in Midwest Regionals



International Scene

by **TORSTEN CARLIUS**
WAVA President

Africa Championships Site Being Sought

As the first year of the new millennium nears an end, a number of veterans meets still remain. In particular, I refer to the following Regional Championships: **Asia:** Bangalore, India, Nov. 6-10; **South America:** Mar del Plata, Argentina, Nov. 5-12; **Africa:** December (no location or date yet).

This year's Regional Championships so far have been very well organized with high-level athletic performances. I anticipate the Asia and South America events to maintain the same standards. However, I must admit some concern for Africa.

We started the year with what appeared to be very good conditions for staging the Africa Championships in Cairo at the IAAF Development Center. However, for a number of reasons, this became unfeasible and, to date, attempts to find another site in Northern Africa have not been successful. Currently, discussions are being held with Kenya in hopes that the Africa Championships can be staged in Nairobi in December.

In 2001 we will stage the 14th WAVA World Veterans Athletics Championships-Stadia in Brisbane, Australia, as well as a number of Regional Championships:

Europe: Indoor Championships in Bordeaux, France, Mar. 8-11; and Non-Stadia Championships in Quormi, MLT, Apr. 27-29.

Asia: Non-Stadia, May 20 (site to be decided).

For Asia, these Non-Stadia Championships will be the first. I hope our other regions will also feel it worthwhile to put Non-Stadia Championships on their future programs.

Regional Masters Games

In Europe, after several years of discussion, the European Masters Games Association was founded in Munich on August 6. The working-group is now preparing a draft constitution to be considered in Copenhagen on October 22, as well as a proposed timetable for the first European Masters Games. Our European Veterans Athletic Association has a strong role in this work and we will follow its development with interest. The first possibility to represent Europe will be at the International Masters Games Association's annual meeting in Monaco on October 27.

Drug Testing

Since WAVA's Gateshead meet and Kathy Jager's positive drug test, there has been much discussion on testing of veterans. First, I would like to say it is my sincere opinion that WAVA should continue to conduct drug testing at its Championships. However, our procedures and rules may not need to replicate exactly those of the IAAF. Therefore, we hope to meet with IAAF medical representatives in November to discuss the matter, following which our Medical Committee will consider whether or not they wish to recommend any new rules for WAVA.

So far, Kathy Jager's case has been handled by the IAAF, but the appeal for early reinstatement has now been



LEO BENNING

Jenny Allebone (l), W55 5000 winner with South African record 19:51.1, and Peter Brennan, M60 winner (19:49.6), 2000 South African Veteran Championships, Oudtshoorn.

referred to WAVA, whose Council will study the circumstances and make a decision. As we have not been

involved prior to now, the Council must first become familiar with the details before making such decision.

Brisbane

Only nine months remain until we meet in Brisbane. This time will pass quickly and I look forward to a wonderful championships event. Indications to date are that the number of participating athletes will exceed our last championships in Durban and Gateshead.

In Brisbane, as usual, we will convene the WAVA General Assembly for elections, decisions on amendments to our Constitution/By-Laws/Rules of Competition, and awarding of stadia championships for 2005 and non-stadia championships for 2004. WAVA's secretary will shortly be sending out the traditional circular to all WAVA affiliates indicating time limits that must be observed with respect to agenda items.

WAVA Handbook

The new WAVA Handbook 2000-2001 has been distributed to all affiliates and council/committee members. Some of the contents will also be published on our WAVA home page www.wava.org. The book itself may be purchased from WAVA Secretary, Monty Hacker, who can be reached at fax 27-11-483-3392 or by e-mail at wavasec@icon.co.za. Publication of the handbook was slightly delayed to allow inclusion of the most recent javelin specifications. □

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

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Kamloops Meet

Continued from page 1

athletes came from Great Britain, Australia, Ireland, Switzerland, and the Netherlands. Many of the athletes had competed the week before in the U.S. National Championships in Eugene.

The meet saw many impressive performances, in which 124 meet records fell, 44 of them on the track.

Competing on their own turf, Canadians posted top age-graded performances in the sprints, led by 57-year-old Harold Morioka. In the M55 200, Morioka won over visiting Australian athlete Peter Crombie, with an age-graded 93.5% 25.06. Crombie, 55, ran a 92.2% 25.07. In the 400, Morioka won again with a 96.2% 54.30, Crombie finishing in a 91.1% 54.40.

Avril Douglas, 54, Canada, had the women's best performances in the 200 (28.53/90.5%) and 400 (62.95/92.1%).

In the M65 400, Paul Johnson, 65, USA, won with a 95.0% 59.14 over Ralph Romain, 68, Trinidad, who ran a 59.85 for a 96.8%, one of the top five performances in the entire meet.

Morioka carried his skills over to the 800, winning with a 92.4% 2:13.97 in a field of 12, with Richard Tucker, USA, second in a 90.5% 2:14.26. Other Canadians also registered international class times of 90% or better in the 800. Earl Fee, 71, won in a tough field with a 94.4% 2:31.68. Francisco Ramirez, 71, MEX, was

second (2:37.17/91.1%), and James Beall, 71, USA, third (2:38.56/90.4%). Diane Palmason, 62, Canada, won the W60 race with a 93.4% 2:40.58.

Ramirez also won the M70 1500 with a 5:23.47. Roger Price, 51, USA, winner of the 5000 and 10,000 in Eugene a week earlier, won the 5000 here.

Hurdler James Stookey, 70, USA, dominated with a 95.7% 13.41 in the 80H and a 94.3% 50.53 in the 300H. Former Canadian Olympian Leslie Estwick ran a 92.2% 14.55 in the 100H. The versatile Morioka sped over the hurdles in the 400H in 63.03, an A-G 94.8%.

Phil Fehlen, 65, USA, who broke the high jump world record (1.64) in Eugene a week before with a 1.66, leaped a 1.65 here. Debbie Brill, 47, Canada, cleared the bar at 1.65. Coincidentally, both marks age-grade to a 98.8%.

Dennis Phillips, 54, USA, ended with a 97.7% 4.30 to win in the M50 pole vault.

Tim Edwards, 52, USA, with a 43.92, and Neil Saling, 64, with a 43.34, triumphed over large fields in the discus. Hammer thrower Emil Muller, 65, Canada, almost had an event best 88.6% 47.64, but British guest athlete Evaun Williams, 62, won the W60 hammer with a 40.47, an age-graded overall meet's best of 100+%. Williams is the world-record-holder in the W55 and W60 weight pentathlon.

Bev LaVeck, 64, USA, took the

O'Doherty, Hyde-Peters First in British Vets 5K

by MARTIN DUFF

The south coastal naval town of Portsmouth played host to three days of masters athletics over the August Bank Holiday three-day weekend, Aug. 26-28. On Saturday, there was a combined southern area Masters Track and Field Championships. On Sunday, there was an open five-mile race, and on Monday, the British Veterans 5K road race championships.

Races were run by age group: the M40s and M45s ran together in one race, followed by the M50s and M55s, etc. There was a stiff wind along the inner harbor wall throughout the day. In the M40, Mick O'Doherty repeated his BVA 10K victory over Westbury club mate Chris Buckley, in 15:15, but the early pace was slow, which did not help the times.

M45 winner Martyn Flower had not revealed to his teammates that it was his birthday – his 45th to be precise – and was home sixth to take his first title at this level in 15:55. "You only get one chance," said the birthday boy, who was forced to leap one of the bolards on the course.

Peter Hyde, 53, of Altrichan, made it three Vets Champs M50 victories in a row, as he dominated from the outset, took most of the wind, and strode

away to win in 16:28. Dave Gibson, M55, was up with the leaders in the early stages, but admitted afterwards that he "went off too fast." This let in John Treadwell to win in 17:13.

Harry Clayton had a close battle with Swansea's Brian Griffiths before just edging the Welshman to win the M60 title in 18:36. Mick Ward confirmed his position at the top of the M65 rankings by taking his age group in 19:26. Derek Howarth annexed the M70s in 20:13, while Ron Hale completed a successful weekend by taking the M75s in 23:59 after a busy week-end of track victories two days earlier.

Zara Hyde-Peters turned out to help her local club, Havant, to annex the team awards. She dominated the women's race from the start and was eventually a clear winner in 17:09. She was chased home by Gateshead's three-time world W45 champion, Bronwen Cardy.

Cardy ran 17:23 despite having been confined to bed all week with a virus, and planning for her move to Australia in two weeks. Carol Fereday, W50, 19:44; Elaine Statham W55, 20:35; and Pam Jones W60, 22:56, all went well to win their groups. Top-ranked Judy Rowntree looked impressive in the W65s, winning in 24:21. □



JERRY WOJCIK

In an M55 800 semi-final at WAVA-Gateshead, James O'Neil (2811), Ireland, ran a 2:14.09, Reginald Phipps (2240), Great Britain, a 2:14.19, and Gerhard Flachowsky, Germany, a 2:14.99. In the finals, Phipps defeated O'Neil, 2:06.33 to 2:07.23, with Flachowsky, fourth in 2:11.49.

best-performance honors in the 5000 racewalk with a 91.0% 29:30.41. Jack Bray, 67, was the best male racewalker, with an 89.6% 27:16.34.

The Championships' expanded schedule included a pentathlon, weight pentathlon, 10K road race and racewalk, and 8K cross-country race. Phil Byrne, 60, USA, 3521, and Liz McBlain, 52, CAN, 2910, were the highest scorers in the pentathlon. Marek Glowacki, 59, CAN, 3957, and world-record-holder Williams, with 4638, were the high scorers in the weight pentathlon.

Herb Phillips, M60, CAN, with a third-overall 36:30, and Jean Whittingham, W45, CAN, the only W40+ to break 40:00, with a 38:40, were the standouts in the 10K road race. Randy Nelson, M40, CAN, 31:30, and Gwyn Woodson, W45,

CAN, were first overall in the 8K cross-country race, which included pre-masters runners, ages 30-39. Roger Price, M50, USA, who won the track 5000, finished in fourth-place with a superb 33:35.

Alan Mendez, M40, MEX, 49:16, and Holly Gerke, W35, CAN, 53:14, were first overall in the 10K racewalk, held along the scenic North Thompson River. Rita Sinkovec, USA, did a 61:56 to win in the W60 division.

The Kamloops Ridge Runners and Kamloops T&F Club joined forces with the City of Kamloops to host the Championships. The Toronto Dominion Bank Financial Group was the major corporate sponsor. Clarence Wiseman and Neville Flanagan of the local organizing committee were instrumental in producing a successful event. □

Records Fall at Bedford Meet

by BRIDGET CUSHEN

One world, five British and 45 championship records were set at the 30th BVA Track & Field Championships in Bedford, England, July 29-30, attracting a record home entry, plus athletes from Australia, Holland, Ireland, Israel, and the USA, but 14 athletes from the Ukraine failed to turn up.

There were some major surprises during the two warm but blustery days. Peter Browne tasted a rare defeat on home soil when he was out-sprinted by Bob Minting in thrilling M50 400 and 800 races.

Royal Air Force man, Philip Delbaugh, fresh from his 100 and 200 European victories, won here again over a very classy field.

Look out for a new M40 name – Kermitt Bentham – who blazed round the arena for a new championships 400 record in 49.88.

Stephen Peters and his arch rival, Viv Oliver, had a great tussle in the M45 400, which Peters just snatched

on the line in a new championships record of 51.16. Peters, 47, also won the 100 and 200 (22.53), just as he did in the European Championships two weeks earlier.

The world record came in the M85 3000 track walk (21:20.33) by George Mitchell.

The Annual General Meeting on Saturday evening was well attended as the outgoing chairman, Keith Whitaker, was nominated by the BVA Executive Council to stand as president. The current incumbent also sought re-election; Whitaker won.

After 25 years on the Council, seven as chairman and 18 as treasurer, Whitaker was a founding member of the BVA. He will still have a major role to play as the BVA works toward complete integration with U.K. Athletics.

Mick Statham defeated Martin Duff for the chairmanship, with Maurice Doogan taking over from Winston Thomas as secretary for track and field. □

Masters Scene

NATIONALS

• According to statistics from American Sports Data, Inc., published in the RRIC's *On the Roads*, Vol. 14, Summer 2000 edition, the total number of "runners and joggers" of the U.S. population age 6+ who run one or more days a year is 34,047,000, with 55.1% male/44.9% female, and an average age of 27.1. Some 9,821,000 have an income of \$75,000+. Those who run 100+ days per year – "frequent runners" – number 10,000,000, with 62.5% male/37.5% female, with an average income of \$62,100; 3,136,000 have an income of \$75,000+.

• The three-year-old National Distance Running Hall of Fame, Utica, NY, is under new management: a co-directorship has been named in the dynamic duo of **Earle C. Reed** and **John Petrone**, who will succeed **Joe Kelley** in the management and development of the museum. Reed is best known as the race director of the Utica Boilermaker 15K for 23 years. Petrone is the chair of the Founders Club, the fiscal and fund raising arm of the museum, which has raised over \$750,000 under his watch.

EAST

• **Michael Augeri**, Master Sports International coach, indicates that some past or present Olympic medalists will help to coach in the MSI Winter Training Session scheduled for Barbados, Feb. 19-March 5, prior to the Indoor Nationals in Boston. Athletes who have expressed an interest in participating include 1996 Olympic medalist **Derek Adkins**, current Olympians **Jerome Young** and **Antonio Pettigrew**, and past Olympic sprinter **Rochelle Stevens**. See T&F Schedule, International, for contact information.

• **Wojciech Jaskowski**, 42, 27:49 and **Pam Rasulo**, 41, 35:39, dashed home first in the



TESH TESHIMA

Barbi Dial-Crandlemire, third W55 (25:45), 2000 Race Against Violence 5K, Honolulu

masters division of the NYRRRC Dash Splash 8K, Central Park, NYC, July 29. **Jerry Stalls**, 67, 46:00, and **Dolly Finkelstein**, 70, 55:05, convincingly dashed their competitors.

• The NYRRRC Manhattan Half-Marathon, Central Park, NYC, Aug. 5, was mastered by **Walter Dupont**, 44, 1:11:51 and **Jean Chodnicki**, 41, 1:24:58. Standouts in the 65-69 division were **Alfred Finger**, 66, 1:33:06 and **Lisa Praskins**, 1:49:14.

• At the Henry Isola XC Classic 4-Miler, Van Courtlandt Park, Bronx, NY, Sept. 3, **Stephen Redmon**, 42, 22:48, barely outstrode **Jerry Macari**, 22:51, to take the men's masters title. Leading the women's masters was **Ann Makoske**, 55, in a remarkable 32:14.

MIDWEST

• **Jim O'Neill**, 62, Holland, OH, finished seventh overall at the flat n' speedy Toledo Classic 10K in Toledo, OH, Sept. 2, in 35:32, good for an A-G 94.0%. **Debra Wagner**, 48, Perrysburg, OH, was second woman overall, just 12 seconds out of the win, in 37:58, an A-G 88.0%. Noteworthy runs were also turned in by **Jim Forshee**, 74, Ann Arbor, MI, 45:45, 83.9%, and **Eric Bronson**, 76, Bowling Green, OH, 48:43, 81.1%.

• **Mary Knisely**, 41, Naperville, IL, continued to improve her comeback form with a 16:47 overall win at the Brian Diemer 5K in Wyoming, MI, Aug. 12. The race's eponymous founder, a 38-year-old former steeplechaser and Olympian, promises a doughnut or bagel to anyone who can beat him. This year, Diemer bought doughnuts for 5 masters runners who beat his 16:20 clocking (A-G 81.3%). Missing the pastry, but deserving sweets if age-graded doughnuts had been awarded, were Ann Arbor elementary school principal **Dr. Wally Herrala**, 56, Ann Arbor, MI, who ran a speedy 18:27 (though he is known among his students to prefer green eggs and ham) for an A-G 82.8%, and jumpin' **Jerry Johncock**, 74, Grand Rapids, MI, *Michigan Runner's* Senior Runner of the Year, who strutted to 21:43, A-G 85.4%. Hometowneer **Diane Arbanas**, 57, turned in a solid 23:57 to put paid to the over-50 women's field.

• Perfect fall weather made Labor Day less laborious at the Park Forest 10 Miler, Park Forest, IL, Sept. 4. **Mary Knisely**, 41, Naperville, IL, 57:12, was the jackpot winner of the day by quadruple dipping, that is, winning prize money in four categories: 6th place woman overall, 1st Illinois woman, 1st W40+, and 1st Illinois W40+, for a total of \$2100, more than the overall winner earned. **Mike Yuhasz**, 40, Oak Lawn, IL, 55:19, double-dipped for \$1000. **Warren Utes**, 80, Park Forest, IL, set a U.S. single-age record of 1:14:56 (old record: **Benham**/1:15:25/1988).

WEST

• **Arnie Robinson**, 52, 1976 Olympic gold medalist in the long jump, and Mesa College

FIFTEEN YEARS AGO October 1985

- 700 Compete in Nationals in Indianapolis
- Beligne, Madeira Top Masters in Asbury Park 10K
- Boo Morcom Tops U.S. Decathletes in San Diego



PAT BERG

M50-54 steeplechasers on the awards stand (l to r): **Robert Weiner**, fourth (14:19.36); **Ron Pate**, second (12:34.92); **David Taylor**, first (11:31.86); and **Carter Holmes**, third (12:41.42), USATF National Masters Championships, Eugene, Ore., Aug. 10-13.

(San Diego) track coach, suffered a hip fracture, closed head injury, and internal bleeding when his car was broadsided by another on the night of Aug. 19. The driver of the car that struck Robinson's is under investigation for driving under the influence of alcohol. Robinson, the organizer of the California State Senior Games, Sept. 16-17, underwent surgery at San Diego's Mercy Hospital and is expected to make a full recovery after a three-week stay at the hospital and at least three months of rehabilitation.

• **Jim Hage**, 42, Latham, MD, 1:12:02, and **Marina Belyaeva**, 41, Russia, 1:17:28, captured the 40+ laurels at America's Finest City Half-Marathon, San Diego, Aug. 13. Top division winners included **Marina Jones**, 48, Palm Desert, 1:26:16; **Farley Simon**, 45, Camp HM Smith, 1:13:54; **Juan Cabeza**, 56, Torrance, CA, 1:22:33; **Wilma Maddock**, 66, Laguna Beach, 2:02:04; and **Dick Robinson**, 70, Bonita, CA, 1:45:02.

• **Gregg Horner**, 46, won the overall title at the 22nd McConnell's Ice Cream 5K, Santa Barbara, CA, Aug. 20. **Steve Blum**, 45, 17:20, M40+ runner-up, edged **Tim Mock**, 43, by one second. **Elaine Tripplett**, 49, 19:36, held off **Teri Van Cott**, 51, 19:39, to win the W40+. Standouts included **Carl Schulhof**, 54, 18:14; **Don Truex**, 63, 19:44; **Dianna Hall**, 42, 20:05; **Gordon McClenathen**, 66, 22:00; **Gene Welch**, 73, 29:09; and **Ann Chadwick**, 68, 33:40. In the 10K, **Shigy Suzuki** won the masters race in 37:19, and **Leslie Oliver** and **Helen Cox** paced the women masters, both in 43:00.

• **Team Hazben**, Dallas, TX, 19:33:38, held off the **SLO and Old**, San Luis Obispo, CA, 19:46:05 to win the M40+ at the Hood to Coast 194.6 Mile Relay, Seaside, OR, Aug. 26. One thousand teams competed, each with 12 runners racing three legs. **Tahoe Trail Babes** by **Igloo**, Tahoma, CA, took the women's masters in 23:02:58, and **Do Not Go Gentle**, Minnetonka, MN, 27:28:56, won the women's supermasters (50+). **Aging Heroes**, Eugene, OR, set a new men's 50+ record, 21:16:11, outdueling an amazing 50+ mixed team stacked with world class ringers **John Campbell**, **Priscilla Welch**, and **Judith Hine** called **PaceSetter Gray Hounds**, Portland, OR, 21:33:43. **Pace Setter WeB40**, Clackamas, OR, 19:55:17, edged **No Walkin Till the Van**

Passes, Champaign, IL, 19:59:29, in the mixed masters division.

INTERNATIONAL

• Three hundred athletes competed in the 11th Dutch Championships in Tilburg, June 10-11. Two European and nine national records were broken. **Erik Oostweegel**, who turned 40 on April 29, ran a 10.84 100. **Weia Reinboud**, who tied the W50 HJ record of 1.55 on May 14, set a European TJ record of 10.16. **Kees van Pelt**, M40 400 world champion, won the 400 in 50.15 and the 800 in 1:58.87.

• On Sept. 19, the Malta Amateur Athletic Association was awarded the right to hold the European Veterans Non-Stadia Championships on April 28-29, 2001. The 10K road race, men's 30K RW, and women's 20K RW will be held on the 28th; the half-marathon on the 29th. The 10K and half-marathon will be held at St. Paul's Bay, a popular tourist resort; the RWs along Ta' Xbiex Sea Front, two miles from Valletta, the capital of Malta. According to **Tony Chircop**, MAAA president, a 4x3000 road relay, although not a part of the EVAA Championships, will be held on May 1, following a bank holiday on April 30.

CORRECTIONS

• **Dick Richards'** M65 times of 12.4 in the 100 and 26.09 in the 200 were omitted from the results of the California State Games, July 14, in the September issue. His marks were obscured, as he ran in combined age-group races with younger runners.

• In the National Championships results given to NMN after the meet, the first-place finisher in the M50 pentathlon was not identified as a foreign guest athlete and given a place number; consequently, his name appeared in the Champions Chart on p. 17 of the September issue. The national champion is **John Tucker**, 50, of Virginia, who scored 3560 points. Everybody below Tucker moves up one slot as shown in the results of the pentathlon in this issue.

• Also in the National Championships results, the listed winner in the M65 800 is Canadian; the first place actually goes to U.S. contestant **Frank Haviland**, of New Jersey.

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

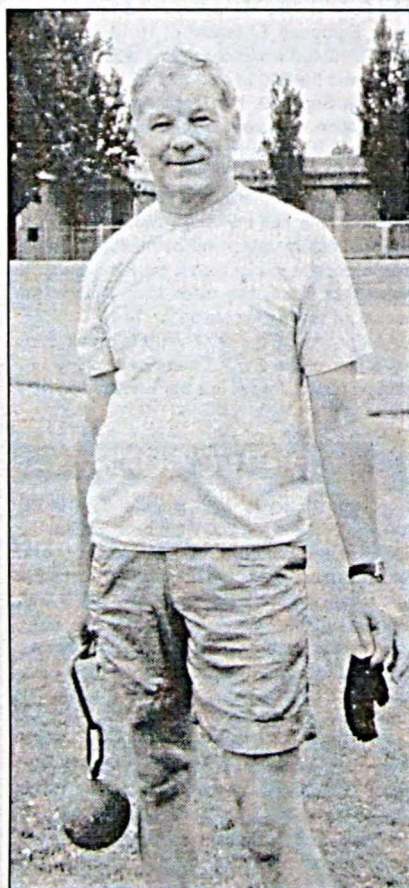
November 29-December 3. USATF 22nd Annual Meeting, Albuquerque Convention Center, New Mexico. USATF, PO Box 120, Indianapolis, IN 46206-0120. Tel: 317-261-0500; fax: 261-0481; www.usatf.org. Housing: Albuquerque Housing Bureau, 505-346-0522; fax: 346-0176; usatf@nmtravel.com.

March 23. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HJ/1000m; women: 60H/HJ/SP/LJ/800m. See below.

March 23-25. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600.

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

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



JERRY WOJCIK

Bob Lawson, M65 winner, 25# weight (40-6 1/2), 2000 Portland Masters Classic, Portland, Ore.

EAST

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

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

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

January TBA, 2001. Adidas Invitational Indoor Meet, M40 & M50+ Mile, George Mason U., Fairfax, Va. Potomac Valley TC, 302-945-2457; corrallo@erols.com

SOUTHEAST

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

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

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

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

MID-AMERICA

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 2-8. Scott & White Texas Senior Games, Temple, Tex. Peter Laverty, 806-743-1861.

October 21. 11th annual Lions/Waterloo Relays, McNeil HS, Austin, Texas. Field events: 10 am; track: 1 pm. Seth Brower, 512-345-9573; email: sethbrower@earthlink.net

WEST

Arizona, California, Hawaii, Nevada

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

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

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

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

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

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

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

January TBA, 2001. San Diego Indoor Games Masters 3000, San Diego Sports Arena. Brian Culley, kip@riftvalley.org

NORTHWEST

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

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

INTERNATIONAL

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

October 26-29. Mercosul Masters Athletics Championships, Sao Leopoldo, Brazil. www.acavem.org; click Welcome. Paulo daRosa, Fax: 55 48 234 2023. email: acavem@fastianc.com.br.

October 27-28. Regional Masters & Open Caribbean, Central American, and South American T&F Meet, Curacao. Jerry Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787; Luvu2@Cavenet.com.

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

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

November 6-10. WAVA Asia Regional Championships, Bangalore, India.

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

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

July 4-14. 14th WAVA World Veterans

ON TAP FOR OCTOBER

TRACK AND FIELD

Autumn action is available in the Ageless Games, Minneapolis, and Sri Chinmoy Games, Long Beach, Calif., on the 1st; the Club West Meet, Santa Barbara, Calif., on the 7th; the Huntsman Senior Games, St. George, Utah, on the 12th-13th; the Waterloo Relays in Texas on the 21st; and a weight pentathlon in Grass Valley, Calif., on the 28th.

LONG DISTANCE RUNNING

Two masters championships will be hosted by foremost events: the marathon at the Twin Cities, Minneapolis/St. Paul, on the 8th, and the 15K at Oklahoma's Tulsa Run on the 28th. A huge slate, replete with big-name marathons, fills the month, ranging from the Portland, Ore., Fox Cities, Appleton, Wisc., and Sacramento marathons on the 1st, to the St. George Marathon, Utah, on the 7th, the St. Louis Marathon on the 14th, and Detroit Marathon on the 15th. The 22nd is bursting with more, including the Marine Corps, Chicago, Louisville, and Columbus marathons. San Francisco's breezy Kezar Stadium is the setting for the Champions Mile Run for Children on the 28th.

RACEWALKING

The Masters One-Hour Championships step off on the 1st in Worcester, Mass., followed by the 5K Championships, Kingsport, Tenn., on the 14th. More fun can be had on the 7th and 21st in Florida, on the 15th in Providence, R.I., and on the 14th-15th in Colorado. □

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

OPEN

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

LONG DISTANCE RUNNING

NATIONAL

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

Continued on page 19

Continued from page 18

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

October 28. Shelter Island 5K Run/Walk, Shelter Island, Long Island, N.Y. 10 a.m. Mary Ellen Adipietro, 631-749-0479.

November 4. USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

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

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

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

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

EAST

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



ROGER PIERCE

Mixed age-group 400 race (l to r): Richard Hamner, 55, 58.08; Ralph Souppa, 53, 57.96; and Tom Cunningham, 50, 57.84, 2000 USATF East Regional Masters Championships, Springfield, Mass.

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

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

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

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

October 22. Mayor's Cup 8K, Boston, Mass. Steve Vaitones, 617-566-7600.

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

October 28. Seaside 10 Mile & 5K, Ocean City, Md. Special Events, 200-125th St., Ocean City, MD 21842. 410-250-0125.

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

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

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

November 5. Alan Ranofsky 10K, Coconut Creek, Fla. 954-970-9634(h); fax: 970-0382.

November 5. Zoo Run for Wildlife 10K, Philadelphia, Penn. Allison Walker, Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA 19104. 215-243-4375.

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

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

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

November 12. MADD Dash 8K, New Haven, Conn. M.S. Running Productions, 46-2A Cherry Hill Dr., Bridgeport, CT 06606. 203-374-6433.

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

marathon.com

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

November 23. 64th Manchester 5 Mile, Manchester, Conn. SASE to MRR Committee, PO Box 211, Manchester, CT 06040-0211. 860-649-6456; www.manchesterroadrace.com

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

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

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

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

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

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

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

April 16. 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

SOUTHEAST

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

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

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

October 14. Peachtree City Classic 15K/RRCA National Championships, Peachtree City, Ga. Richard Horning, 770-487-5280; www.peachcity.com/runclub/race.htm

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

October 21. Bob Fine 15K, Tradewinds Park, Coconut Creek, Fla. 954-970-9634 (h); fax: 970-0382.

November 4. Delchamps Senior Bowl Charity/USATF Men's 10K Championships, Mobile, Ala. 334-438-2276; www.

seniorbowl.com

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

November 18. Avon Running Circuit 10K & 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com

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

November 23. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantaclub.org

November 23. St. Petersburg Times Turkey Trot 10K & 5K, Clearwater, Fla. Skip Rogers, 727-442-5838; www.runwestflorida.com

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

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

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

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

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

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

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

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

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

February 3. Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum

February 17. Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.coastal.edu/mbmarathon

February 24. Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.sigmeupsports.com

MIDWEST

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

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

October 7. Cinergy Indianapolis Marathon & Half-Marathon, Indianapolis. 317-578-2388; www.indianapolismarathon.com

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

October 15. Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W. Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon

October 22. Chicago Marathon. CM, PO Box 5709, Chicago, IL 60680-5709. 312-

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904-9800; 888-243-3344; www.chicagomarathon.com

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

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

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

MID-AMERICA

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

October 1. Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

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

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

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

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

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

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

November 11. Rim Rock Run VIII, 37K, Grand Junction, Colorado. SASE: Elaine Peterson, Rim Rock Run VIII, PO Box 3685, Grand Junction, CO 81502. 970-243-4055; www.rimrockrun.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

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

October 7. Arkansas Traveller 100 Mile, Perryville. Charles Peyton, 501-225-6609; cpeyton@aristotle.net

October 14. USATF Arkansas Open & Masters Cross-Country Championships, Fayetteville. Shellie Morrison, 501-444-8626; smorris@tcac.net

October 14. Longest Causeway 5K & 10K, Port Isabel, Texas. 800-527-6102.

November 4. White Rock Half-Marathon & 5K, Dallas. Larry Martin, PO Box 12764, Dallas, TX 75225. www.cccd.org

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

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

December 10. Dallas White Rock Marathon. Bob Luchsinger, 214-467-3369; www.white-rock-marathon.com

December 16. Larry Fuselier State Championships 25K, New Orleans. Chuck George, NOTC, 504-482-6682; www.runNOTC.org

January 13. The Wall 30K & 15K State Championships, New Orleans. Chuck George. NOTC, 504-482-6682; www.runNOTC.org

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

January 14. Houston Marathon, Houston, Texas. David Hannah, 713-957-3453; www.houstonmarathon.com

February 4. Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

February 10. Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo-run.conoco.com

February 18. Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

WEST

Arizona, California, Hawaii, Nevada

October 1. Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. starlite99@aol.com

October 8. Lake Tahoe Marathon, Lake Tahoe, Calif. Les Wright, 530-544-7095; www.laketahomarathon.com

October 15. Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, 707-443-1220; www.northcoast.com/~hrm

October 15. Arturo Barrios Invitational 10K & 5K Run/Walk, Chula Vista, Calif. Brent McDuffie, Elite Racing, 5452 Oberlin Dr., Ste. B, San Diego, CA 92121. 858-450-6510.

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

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

October 29. Silicon Valley Marathon, San Jose, Calif. 831-477-0965; www.svmrathon.com

October 29. Champions Run For Children, Kezar Stadium, Golden Gate Park, San Francisco, Calif. Register at www.rhodyco.com or call 415-759-2690.

November 4. SBAA/S.B. News Press Half-Marathon, Santa Barbara, Calif. John Brenand, 805-964-2591; www.newspress.com

November 5. Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 888-823-3455; www.scmrathon.org

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

November 12. Isuzu Long Beach Marathon, Long Beach, Calif. 562-590-8686; www.longbeachmarathon.com

November 12. New Times 10K & 5K, Phoenix, AZ. Stacy Underwood, 602-229-8504; www.phoenixnewtimes.com/10K

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

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

November 26. Run To The Far Side XV 10K & 5K, San Francisco. 415-759-2690.

December 3. Jim Click Tucson Marathon, Half-Marathon, & Relay. 520-320-0667;

www.tucson.marathon.com

December 3. California International Marathon, Sacramento. John Mansoor, 916-983-4622; www.runcim.org

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

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

December 10. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

December 10. Avon Circuit 10K & 5K Run/Walk, Phoenix, Ariz. 212-282-5350; www.avonrunning.com

January 13. Paramount 10K Run & Racewalk (judged), Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

January 21. San Diego Marathon & Half-Marathon, Carlsbad, Calif. Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 858-792-2900; imisdma@aol.com

February 4. 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; www.lvmarathon.com

March 4. City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamarathon.com

NORTHWEST

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

October 7. St. George Marathon, St. George, Utah. Carlene Barone, 435-634-5850, x22; fax: 634-0709; www.stgeorgemarathon.com

October 1. Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; email: info@portlandmarathon.org; www.portlandmarathon.org

November 11. USATF Inland Northwest Cross-Country Championships, Ephrata, Wash. Joe McManus, 509-754-4251.

November 26. Seattle Marathon & Half-Marathon. Louise Long, 206-729-3660; www.seattlemarathon.org

CANADA

October 15. Canadian International Marathon & Half-Marathon, Toronto. Jay Glassman, 416-972-1062; www.RunToronto.com

October 22. Casino International Marathon & 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; www.niagarafallstourism.com

INTERNATIONAL

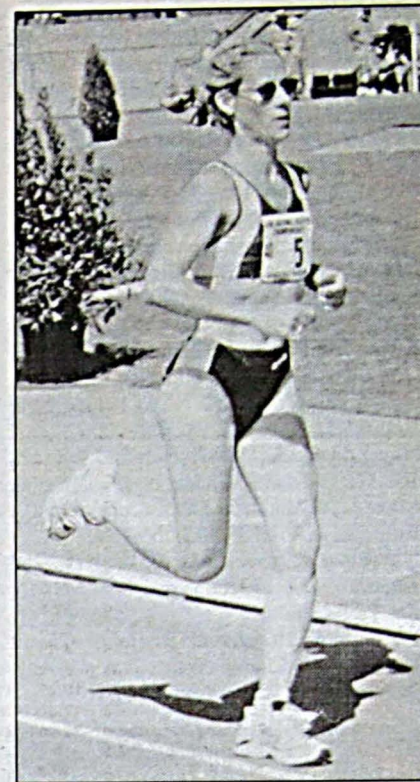
October 15. Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; www.globalinteractions.org

October 22. Venice Marathon, Italy. Marathon Tours, 800-444-4097; www.marathonthontour.com

October 30. Dublin City Marathon, Ireland. Marathon Tours, 800-444-4097; www.marathonthontour.com

November 5. Athens Marathon, Greece. Marathon Tours, 800-444-4097; www.marathonthontour.com

December 3. Grand Pacifico Marathon &



JERRY WOJCIK

Barbara Acosta, W40 winner in the 5000 and 10,000 National Masters Championships, Eugene, Ore., Aug. 10-13.

Half-Marathon, Mazatlan, Mexico. Bill Ligas, Barton Beers, Ltd., 312-346-9200; www.marathon.org

January 28, 2001. Millennium Marathon, Hampton City, New Zealand. +2-person marathon relay, 10K funrun/funwalk. www.active.com.

RACEWALKING

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

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

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

October 14-15. American Walking Association Walkers Racing Camp, Boulder, Colo. AWA, PO Box 20491, Boulder, CO 80308. 330-3938-9531; email: american-walk.org

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

October 21. Bob Fine International 15K Florida State RW Championships/North American WAVA Championships & 5K Open RW. Tradewinds Park, Coconut Creek, Fla. See Oct. 7.

November 5. Alan Ranofsky 10K Invitational/Florida State Championships/Southeast Region Championships & 5K Open RW, Coconut Creek, Fla. 954-970-9634(h); fax: 970-0382.

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

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34
Mark Wenzel 80m 7.16 8-28-00

M35-39
Phil Bedford 8000 14:54.11 8-10, 13-00
Mike Manning 800 2:03.95 8-10-00
Tim O'Neill P 2782 8-10, 13-00
Dean Janz 3000 9:31.64 7-1-00

M40-44
Dave Albo 1500 4:20.8 8-13-00
David Bradley 800 2:04.04 8-10-00
Mark Carver 800 2:04.38 8-10, 13-00
Marty Moran Mile 4:47.41 8-11-00
Steve Hulst 800 2:05.66 8-10, 13-00
1500 4:12.82 8-10, 13-00
Doug Johnson 1500 RW 8:05.1 7-22-00
James Singleton TJ 12.19 8-24-00

M45-49
Gregg Horner 5K 18:35 8-20-00

M50-54
Stephen Bates 200 25:22 8-4-00
Eishi S-Muhammad SP 44-4 8-10-00
Richard Sorin D 46-78 8-12-00
Douglas Watson P 3311 8-10-00
J 148 8-10-00

M55-59
Richie Gelsel 5000 17:42.31 8-10, 13-00
1500 4:48.82 8-10, 13-00
John Lang J 138 8-1-88
Alex Meyer J 138-8 8-17-00
Leon Savanes 400 80.88 7-30-00

M60-64
Bobby Fischer 800 2:33.34 8-12-00
John Lang J 44.88 8-13-00
Raymond Lebowitz 100 13.2 7-20-00
Abe Underwood 2K sc 9:23 8-1, 13-00
Rich White 2K sc 10:21.93 8-11-00

M70-74
Don Bramante 400 1:14.85 8-10, 13-00

Bob Koch 10K 48:27 8-13-00
Robert Lelaheer H 30.84 8-4, 8-99
WP 2952 8-4, 8-99
Jerry Wojcik WT 8.65 8-11-00
SW 8.76 8-11-00

M75-79
Ernie MacDonald 800 3:34.89 7-9-00
Gilbert Young HJ 1.20 8-12-00

W30-34
Silver Lumedaine 5K 18:58 8-20-00
Melissa Marsted 5K 19.01 8-20-00
Jill Zachary 5K 19.12 8-20-00

W35-39
Susan Patronio 5K 19:46 8-20-00
Marianne Thomas 5K 19:38 8-20-00

W40-44
Dianne Hall 5K 20:08 8-20-00
Kimberly Harrell 80m hh 14.45 8-11-00

W45-49
Debra Flores 5K 20:58 8-20-00
Elaine Triplett 5K 19:38 8-20-00

W50-54
Brenda Matthews 100 14.70 8-11-00
200 32.45 8-12-00
LJ 3.88 8-11-00
400 1:16.84 8-30-00
Teri Van Cott 5K 19:38 8-20-00

W55-59
Marcella Pauli 10K 50:46 8-5-00
Teri Van Cott WT 8.17 8-11-00
Suzy Hess SW 8.17 8-11-00
Wanda Tichy 20K RW 2:14:01 4-16-00

W60-64
Joanne Elliott 5K RW 31:48:83 8-11-00
10K RW 1:08:40 8-13-00

W70-74
Joyce Bahier 5000 28:00.40 8-10, 13-00
Mellicent Whinston LJ 7-8 7-8-00

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1/2	5-9/16	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/16	3-3/16	2-7/16	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	28.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.60	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2			19-8 1/2	16-4 1/2	13-1 1/2	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18-1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 33"; 50-59: 36"; 60-69: 33"; 70+: 30"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"
4) Shot put: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60-69: 1.0kg
6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg
7) Javelin: 30-49: 800g; 50-59: 600g; 60-69: 500g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:51	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

TRACK & FIELD RESULTS

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

NATIONAL

2000 USATF National Masters Outdoor Pentathlon Championships Hayward Field, Eugene, OR; Aug. 10

M30	Athlete Name	Points	LJ	JT	200	DT	1500
1	WILSON, KANE	M30	2016	5.86	50.27	24.36	43.62 5:16.53
2	JOACHIM, GEORGE	M30	2682	6.01	35.57	23.84	27.08 4:52.99
3	HARDY, TERRY	M32	2628	5.85	41.33	25.19	27.96 4:53.26
4	BAKER, LARRY	M30	2523	5.25	37.68	24.86	26.66 4:42.21
5	CORLENS, GLEN	M32	2407	5.20	35.33	25.41	24.68 4:40.31
6	WALTER, ROBERT	M32	2363	5.82	33.16	25.35	23.02 4:59.03
7	WILCOX, ROD	M34	2362	5.58	39.81	25.11	29.40 5:35.05
8	CHILES, MICHAEL	M32	2295	5.66	37.51	23.98	28.60 5:05.21
9	GODGE, DAUNTE	M30	2112	4.84	38.18	25.33	25.20 5:30.85
M35							
1	GAUDETTE, CRUCK	M39	2982	5.54	54.16	26.09	36.25 5:02.13
2	O'NEIL, TIM	M39	2782	5.86	50.17	25.93	37.38 5:50.42
3	LIGHT, ROB	M37	2630	5.86	40.67	25.22	28.69 5:26.74
4	HENDRICKS, CHRISTIA	M37	2374	5.66	38.71	25.58	28.63 5:58.13
5	KOOLBERGEN, JONAS	M35	2279	4.71	43.40	27.91	31.50 5:25.29
6	MCNEWE, JOHN	M35	1988	5.18	FOUL	25.90	33.29 4:55.95
7	LUNDERS, SCOTT	M37	1982	4.71	35.50	28.27	28.46 5:43.13
8	STOKE, JEFFREY	M39	1280	WD	FOUL	25.48	13.69 5:12.35
M40							
1	JANUSEY, MICHAEL	M42	3432	5.55	53.30	24.47	35.67 4:57.99
2	DYER, JOHN	M42	3287	5.79	37.76	24.81	35.34 4:40.72
3	WINKEL, STEPHEN	M42	3240	5.80	40.59	25.10	34.42 4:49.54
4	BLACKBURN, BOB	M44	2692	5.89	30.38	25.07	24.93 5:26.85
5	WELLS, JAMESON	M42	2022	4.28	34.18	30.19	27.27 5:31.38
6	WOODS, BRETT	M41	2005	5.36	37.10	27.12	25.03 DNF
7	BODSON, GREG	M43	1604	3.99	28.12	30.12	18.45 5:50.18
M45							
1	KEMP, STEVE	M47	3429	5.43	47.37	25.66	34.75 5:21.19
2	VALLEY, BRIAN	M45	3214	4.97	49.42	25.99	36.29 5:47.83
3	JACQUET-ACCA RUSSELL	M47	2658	4.83	33.31	26.79	24.60 5:25.74
4	WATSON, RICHARD	M47	2407	4.42	46.66	31.51	32.46 6:19.67
5	TIPPING, MIKE	M47	2254	4.74	42.57	DO	22.83 5:04.05
6	MCILLIEN, MATT	M46	2170	4.32	35.18	28.64	24.04 6:18.55
7	KERNAN, JOHN	M49	1800	3.92	26.95	30.78	18.89 5:50.09
M50							
1	*CHARLTON, JOHN (GBR)	M53	3588	5.71	38.42	25.58	29.76 5:14.88
2	TUCKER, JOHN	M50	3560	4.76	47.92	27.81	32.78 4:46.76
3	RUSSELL, ALAN	M50	3555	4.99	34.90	25.61	41.30 5:13.56
4	WATSON, DOUG	M50	3311	4.65	45.28	27.99	35.20 5:20.61
5	BEADLE, RONALD	M51	2900	5.65	27.72	25.24	26.00 6:38.38
6	GRAY, JAMES	M54	2880	4.70	43.04	27.66	34.68 6:51.02
7	MIYOSHI, JOSEPH Y	M53	2632	4.59	33.16	28.23	26.92 6:01.77
8	WEITER, GORDON	M54	2629	4.56	29.24	27.33	21.72 5:36.32
9	WEINSTOCK, BILL	M53	2532	4.43	31.86	26.60	30.06 6:50.06
10	TAPT, THOMAS	M52	1934	4.55	29.82	33.21	27.94 7:28.49
11	EISKO, PETER	M50	1870	3.60	29.15	31.84	28.32 6:53.81
M55							
1	KROODMA, ROGER	M56	3985	5.26	40.08	26.22	36.48 5:21.11
2	BOLLISTER, JAMES	M55	3865	5.04	41.00	25.92	30.66 5:12.29
3	BAKER, ROBERT	M55	3155	4.87	31.68	26.89	28.97 6:14.43
4	MARTINEC, MILAN	M59	2497	3.73	28.10	30.19	23.27 5:44.26
5	KARRERS, JACK	M58	2454	3.49	28.49	30.69	31.23 6:14.48
6	LANOWITZ, GRANT	M56	2407	4.66	34.78	29.56	25.72 DNF
M60							
1	FAMLIK, ENIL	M61	3899	4.89	40.71	27.50	44.97 6:19.17
2	BYRNE, PHIL	M60	3676	4.90	41.38	28.97	38.62 6:14.98
3	ROMAN, TERRY	M60	3211	4.24	33.23	29.25	35.03 6:02.82
4	OLEATA, EDWARD	M63	3205	3.92	31.84	28.57	36.65 5:54.54
5	LA BARGE, PETER	M61	2523	3.90	43.69	34.19	39.13 DNF
6	DEAN, ROGER	M61	1870	3.05	27.24	35.53	25.77 7:01.68
M65							
1	*JOHNSON, ROW (NIR)	M68	3186	3.89	29.46	31.55	31.43 6:01.83
2	JANKOVICH, BILL	M64	3078	4.12	30.20	31.88	33.10 6:52.70
3	MAIER, DILLON	M65	2684	3.91	24.14	34.15	25.31 6:12.95
4	FITTEGUS, RAYMOND	M65	2559	3.98	30.50	34.26	31.03 6:14.18
5	CLYVELAND, JIM	M64	2317	3.38	26.92	35.25	30.26 7:33.12
6	VADHAM, CULLY	M69	2020	3.49	27.81	35.80	24.60 8:36.92
7	NELSON, JOHN	M69	1567	2.67	21.02	39.14	25.81 8:03.85
M70							
1	DAPRANO, WILLIAM	M73	2821	3.21	32.12	33.29	28.62 7:55.53
2	PROBST, RAY	M71	2814	3.82	28.48	34.36	28.83 8:15.32
M75							
1	CARTER, BILL	M77	2576	3.28	24.91	44.01	28.85 7:55.49
M80							
1	COLE-DOW, CATHRYN L	M39	2552	18.15	1.45	9.25	4.16 3:03.16
M40							
1	BOFFIE, CARLA	M43	2324	18.85	1.30	9.01	3.46 2:40.44
2	JOHNSON, LIE	M44	1547	16.58	1.15	5.97	FOUL 3:07.16
M50							
1	RASCHEK, PHIL	M53	4252	13.23	1.42	9.39	4.58 2:56.67
2	TROTTO, MARY	M53	1583	26.98	1.06	6.69	2.60 3:15.31
M55							
1	CARTER, ANN	M58	1898	19.30	1.06	6.20	2.97 4:27.67
2	FRINKER, CATHY	M57	1804	DNF			

USATF National Masters Weight & Superweight Championships W. Seattle Stadium, Seattle, WA; Sept. 9

35# Weight		Pay Carstensen	11.78
M40 Ken Jansson	18.10	Don Hughes	9.46
Jeff Crothers	10.80	M70 Jerry Wojcik	9.65
M50 Tim Edwards	14.34	M75 Jim Minah	4.88
Todd Taylor	12.52	M85 Leon Joslin	5.71
Gary Kelmenson	11.56		
Bob Sager	11.54		
M55 George Mathews	13.06	20# Weight	
John White	10.76	W40 Carla Surina	8.48
Bob Cahners	10.34	Debbie Ecklund	8.43
25# Weight			
M60 Dick Bloomfield	12.70	W50 Joyce Taylor	11.64
M65 Bob Lawson	13.00	W55 Georgia Cutler	MR10.50
Vern Spencer	11.96	Brenda Bloomfield	10.05
		Suzy Hess	8.17

56# Superweight			
M40 Ken Jansson	11.58		
Jeff Crothers	7.70		
M50 Tim Edwards	9.46		
Todd Taylor	8.28		
Bob Sager	7.54		
Gary Kelmenson	7.36		
M55 George Mathews	7.94		
John White	6.94		
Bob Cahners	6.74		
M60 Dick Bloomfield	4.76		
M65 Pay Carstensen	5.88		
Vern Spencer	5.52		
Bob Lawson	5.38		
Don Hughes	5.14		
35# Superweight			
M70 Jerry Wojcik	6.76		
M85 Leon Joslin	4.30		
W40 Carla Surina	5.24		
Debbie Ecklund	4.01		
25# Superweight			
W50 Joyce Taylor	MR8.39		
W55 Georgia Cutler	7.00		
Brenda Bloomfield	6.82		
Suzy Hess	5.18		

EAST

Philadelphia AC Masters Weight Meet Germantown Academy; June 11 (corrected results)

(25# 56# 88# 100# 130#)	
Pay Carstensen 68	3197
(12.72/3.32/3.12/1.75/0.96)	
Pay Feick 68	1807
(11.94/5.97/2.91/1.18/0.28)	
Lev Mozhayev 74	
(25# 87.5/35# 70)	
Paul Eberharding 80	1379
(25# 57/35# 4.08/56# 2.51/88# 0.96/200# 0.35)	
Debbie Ecklund 40	1712
(20# 63/35# 4.04/56# 2.41/88# 1.62/200# 0.56)	
Roz Katz 54	3489
(18# 27/25# 8.65/35# 3.84/56# 1.2/98# 1.22)	

Pittsylvania Mile Run Carnegie Mellon University Pittsburgh, PA; July 8

M30 Hans Rottmann	4:42
Dan Holland	4:46
George Wehrle	5:03
M35 Dan Sheehan	5:40
Leonard Brown	6:28
M40 Carl Hubel	4:48
Dennis Bierbower	5:12
Greg Zamule	5:56
Bob Freund	6:59
M45 Lee Zilkowitz	5:01
Alan Hill	5:49
Gary Caskey	5:50
M50 Ken Kizynski	5:43
Joe Silverio	6:29
M55 George Carroll	5:35
Bill Plues	6:29
Tom MacPhallan	8:24
M65 Elmer Gasper	8:08
M75 Sam Madia	8:05

Potomac Valley TC Meet Alexandria, VA; July 9

100m	
M30 Tony McCray	11.70
M40 Charles Chisley	11.91
M45 Thomas Jones	11.41
M50 Melvin Fields	12.52
M60 Larry Colbert	13.12
W40 Margaret Zalenska	14.40
W80 Carla Convery	24.31

200m	
M40 Herbert Roper	25.00
M45 Thomas Jones	23.20
M50 Melvin Fields	25.43
M60 Larry Colbert	25.95
M65 Ed Abramic	31.33
M70 James Stookey	28.85
W80 Carla Convery	58.40
400m	
M30 Marc Goldman	1:08.26
M40 Roy Blackwell	51.13
M45 Robert Bowen	54.84
M50 John Thornton	69.74
M55 Del Meriwether	55.74
M60 Larry Colbert	59.01
M65 Ed Abramic	1:11.82
M70 Don Bramante	1:18.19

800m	
M30 Jimmy Blackman	2:08.31
M35 Lorenzo Nelson	2:11.87
M40 Joe Varone	2:20.36
M45 Roger McCleskey	2:42.88
M50 Jay Wind	2:36.44
M55 Jim Verdier	2:47.11
M65 Ed Abramic	3:01.03

Mile	
M30 Charles Brady	4:54.91
M35 Lorenzo Nelson	5:24.98
M40 John Arbab	5:03.09
M45 Bruce Hamilton	4:51.18
M50 Jay Wind	5:23.33
M55 Jim Verdier	6:07.34
W30 Joan Greaves	5:57.04
W55 Julie Trapp	7:34.63

3000m	
M30 Jimmy Blackman	9:22.10
M40 John Ruskin	10:04.45
M50 Jay Wind	10:35.62
M55 Bill Osburn	16:00.00
W55 Julie Trapp	14:43.50

Short Hurdles	
M40 Lloyd Jeremiah	15.70
M70 James Stookey	13.30

Long Hurdles	
M70 James Stookey	51.84

High Jump	
M70 James Stookey	4-4
W60 Evelyn Wright	4-2.25

Long Jump	
M30 Tony McCray	20.50
M45 Keith Mathis	16-7.50
M70 Carlos Vera	13-11
W40 Margaret Zalenska	14-1
W60 Evelyn Wright	11-5
W80 Carla Convery	5-3

Triple Jump	
M45 Keith Mathis	32-8
W60 Evelyn Wright	25-5.25

Shot Put	
M30 James Barr	40-8.75
M40 Warren Taylor	46-10
M45 John Priestley	34-4
M50 Terry Shuman	41-10
M55 Victor Litwinski	32-5.75
W60 Evelyn Wright	26-4
W65 Sharon Good	15-3.25
W75 Bernie Kleinschmidt	16-1

Discus	
M30 James Barr	119-5
M40 Warren Taylor	147-6
M45 John Priestley	112-11
M50 Terry Shuman	154-2
M55 Bill Smith	155
M75 Charles Pistorino	93
W60 Evelyn Wright	83-8
W65 Sharon Good	36-6
W70 Terry Hamilton	36-6

Continued from previous page

High Jump	
M40 Bill Brown	5-0
Brad Kell	4-6
M50 Ivan Black	4-10
M60 Jerry Sullivan	4-0
Pole Vault	
M35 Duncan Littlefield	15-6
Dave Richard	11-0
M45 Steve Raab	11-0
Jim O'Neil	10-8
M50 Tom Randolph	11-6
Tom Taft	11-0
M55 Jeff Tindall	11-0
M75 Jack Doorlay	6-0
Long Jump	
M35 Brandon Newell	5.85
M40 Lovell Butler	5.85
Brad Kell	5.17
M45 Mark Gershon	5.46
M50 Ivan Black	4.68
M60 K M Thomas	4.15
Dave Rosenthal	3.55
M65 Earl Mege	3.75
M75 Jack Doorlay	3.05
M85 Claude Hills	1.70
W35 Dawn Best	4.28
Triple Jump	
M35 Don Hardy	13.20
M40 Brad Kell	10.73
M45 Mark Gershon	10.96
M50 Ivan Black	10.54
M60 Dave Rosenthal	8.32
K M Thomas	7.79
Shot Put	
M45 Mike Kalnas	9.77
M50 Terry Shuman	12.58
Rich Dunphy	10.32
Dan Folk	8.98
M55 Joe Kalnas	10.81
M60 John Boykin	10.18
John Lang	8.72
M65 Ezzat Pashai	11.07
Ray Feick	10.73
Burt Hughes	8.66
M70 Tom Rice	8.56
Art Harris	7.03
W45 Shelley Keeling	6.12
Discus	
M40 Herman Pinque	40.60
John Kalnas	34.96
Remo Biagioni	32.48
M45 Dick McMillin	36.78
M50 Terry Shuman	48.96
Dan Folk	30.86
M60 John Lang	38.82
John Boykin	37.68
Russ Van Put	37.56
M65 Ezzat Pashai	38.26
Ray Feick	35.20
Burt Hughes	21.40
M70 Tom Rice	25.38
Art Harris	20.94
Manny Herscher	19.26
M85 Claude Hills	15.78
Javelin	
M30 Dan Adams	57.98
M35 Eric Schaad	50.90
M40 Remo Biagioni	46.80
M45 Greg Geraci	53.58
Dick McMullin	48.22
Ken Kring	41.30
M60 John Lang	44.18
Jerry Sullivan	27.60
M65 Ezzat Pashai	40.46
Ray Feick	31.50
John Reider	22.08
M70 Tom Rice	27.82
Art Harris	16.16
M75 Jack Doorlay	20.70
100m Racewalk	
M30 Eric Litt	8.16.3

Chelmsford Twilight Throws Series

Chelmsford, MA; Aug. 2 & 13

--August 2--

Shot Put

M45 Carmen Letizia 33-0

M50 Jerry Bookin Weiner 41-3.5

Discus

M40 Brian Doherty 106-1

M45 C Letizia 102-3

Jim Queeny 69-6

M50 Lance Turley 89-7

M55 Al Neville 100-10

Hammer

M40 B Doherty 139-3

M45 Bob Cedrone 150-0

C Letizia 105-8

M50 J Bookin Weiner 134-0

L Turley 76-2

M55 A Neville 130-1

Bob Cahners 113-5

Javelin	
M40 B Doherty	99-6
M45 Jim Queeny	114-8
C Letizia	103-4
M50 J Bookin Weiner	109-7
Weight Throw	
M40 B Doherty	42-4
M45 Bob Cedrone	47-3.75
Carmen Letizia	34-5
M50 J Bookin Weiner	37-1
L Turley	25-8.5
M55 Bob Cahners	34-10.5
A Neville	34-0
58# Weight	
M40 B Doherty	29-6
M45 B Cedrone	29-11
Potomac Valley TC Meet	
Alexandria, VA; Aug. 13--	
Weight Pentathlon	
Dave Tolson 41	3073
Brian Doherty 40	3004
Carmen Letizia 47	2677
Jim Queeny 49	2127
Dave Touseignant 50	2617
Carl Wallin 58	4360
Buster Byrnes 58	3219
Jim Chamberas 57	3018

Potomac Valley TC Meet

Alexandria, VA; Aug. 6

100m	
M30 Andrew Higgins	11.30
M45 Anthony Markley	12.98
M50 Larry Nolly	13.50
M55 Robert Kootz	13.00
M60 Larry Colbert	12.91
W80 Carla Convery	23.30
200m	
M30 Andrew Higgins	23.10
M40 Herbert Roper	24.90
M45 Wendell Williams	26.10
M60 Larry Colbert	25.60
M65 Ed Abramic	31.50
W80 Carla Convery	1:00.20
400m	
M30 Mark Gleason	1:00.56
M35 Al Blocker	1:03.56
M40 Herbert Roper	55.59
M55 Del Meriwether	58.39
M60 Alby Williams	58.93
M65 Ed Abramic	1:14.60
800m	
M35 Lorenzo Nelson	2:12.10
M40 Curtis Davis	2:15.40
M50 Jay Wind	2:37.45
1 Mile	
M35 Ted Poulos	4:53.00
M40 Curtis Davis	5:05.00
M45 Larry Washington	5:11.00
M50 Bob Ryan	6:51.00
3000m	
M35 Ted Poulos	10:06.30
M40 John Rusinko	10:09.10
M45 Peter Blank	12:43.70
M50 Jay Wind	10:37.10
Short Hurdles	
M40 Karl Smith	14.40
M45 Keith Mathis	22.84
Long Hurdles	
M40 Timothy McMahon	1:03.41
M45 Anthony Markley	1:14.19
High Jump	
M30 James Barr	5-8
M45 Anthony Markley	4-2
M50 Larry Nolly	4-2
Long Jump	
M45 Tom Cooper	16-2
M50 Larry Nolly	15-11.50
Shot Put	
W65 Sharon Good	14-4
Discus	
M30 James Barr	116
M45 Keith Mathis	77-5
M50 Toli Wellihozsky	103
M55 Norman Johnson	97-10
M65 Bill Smith	149-4
M75 Charles Pistorino	86-6
W65 Sharon Good	34-8
W75 Bernie Kleinschmidt	37-9
Javelin	
M30 James Barr	155-9
M45 Keith Mathis	122-6
M65 Jim Eyer	101-2
M75 Charles Pistorino	91-3
W65 Sharon Good	27-8
W75 Bernie Kleinschmidt	38-2
W80 Carla Convery	37
1600m RW	
M40 John Winkert	11:45.30

M45 Peter Blank	11:32.70
M50 Bob Ryan	8:55.30
M35 John Bannan	11:54.10
M60 Joanne Bannan	13:26.10
W70 Terry Hamilton	11:49.40
3000m RW	
M45 Peter Blank	23:25.70
W35 Virginia Inglese	19:19.10
W60 Lois Dicker	17:48.80
W70 Terry Hamilton	22:46.20

Potomac Valley TC Meet

Alexandria, VA; Aug. 20

100m	
M30 Andrew Higgins	11.30
M35 Lorenzo Thomas	12.98
M40 Stephen Jackson	12.60
M50 Mike McDaniel	12.92
M55 Robert Kootz	12.80
M60 Austin Cotton	15.71
M70 Don Bramante	16.01
W30 Lillian Awdi	13.20
W45 Pamela Wusthof	18.30
W80 Carla Convery	25.30

200m	
M30 Andrew Higgins	23.69
M35 Joseph Aukward	29.73
M40 Lawrence Finley	26.16
M50 D J Bertagnoli	30.55
M55 Del Meriwether	25.56
M60 Austin Cotton	33.00
M70 Don Bramante	33.90
W30 Lillian Awdi	28.79
W80 Carla Convery	59.32

400m	
M30 Mark Gleason	58.08
M40 Lawrence Finley	56.71
M50 Norman Thomas	1:05.85
M55 Del Meriwether	56.48
M60 Austin Cotton	1:16.58
M65 Ed Abramic	1:11.38
M70 Don Bramante	1:15.68
W35 Adina Valdez	57.03

800m	
M35 Randy Ward	2:07.63
M40 Willes Lee	2:20.69
M50 Eric Gyaki	2:32.17
M55 James Verdier	2:39.87
M65 Bill Price	3:20.14
W30 Shari Liebschner	2:42.81
1 Mile	
M30 Craig Chasse	4:49.23
M35 Ted Poulos	4:53.60
M40 John Arbab	4:59.61
M45 Dan Eddy	5:05.14
M50 Eric Gyaki	5:34.46
W45 C Caravoulas	8:26.50
W55 Julie Trapp	7:28.67

3000m	
M30 Craig Chasse	9:48.20
M35 Ted Poulos	9:35.30
M40 John Rusinko	10:06.00
M45 James Moreland	12:24.80
M50 Jay Wind	10:51.80
M55 Jim Lombardi	10:50.60
M65 Bill Price	17:06.00

Short Hurdles	
M40 Jeremiah Lloyd	15.95
High Jump	
M30 James Barr	5-8
M50 Larry Nolly	3-10
M55 Victor Litwinski	4-0
Long Jump	
M30 James Barr	19-8
M35 John McKenzie	18-1
M45 Tom Cooper	14-8
M50 Larry Nolly	15-8
W80 Carla Convery	5-2

Triple Jump	
M40 Stephen Jackson	31-4.50
Shot Put	
M30 James Barr	48-8.75
M35 John McKenzie	25-10.25
M55 Victor Litwinski	31-6.75
M60 Roger Peterson	30-6.50
M75 Charles Pistorino	30-11.25
Discus	
M30 James Barr	126-11
M35 Chris Pendergrass	142-11
M50 Eric Gyaki	74-6
M55 Norman Johnson	102-9
M60 Roger Peterson	106-10
M70 Geoffrey Ross	67-10
M75 Charles Pistorino	90-10

Hammer	
M34 John Priestley	109-4

Javelin	
M30 Kevin Kanyan	198-10
M35 John McKenzie	100-10
M50 Eric Gyaki	85
M55 Victor Litwinski	72-5
M65 Jim Eyer	108
M70 Ed Cooper	91
M75 Charles Pistorino	93
Weight Throw	
W55 Victor Litwinski	25-8
1600m RW	
M45 Peter Blank	10:50.10
M60 Roger Webb	12:28.70
W45 C Caravoulas	11:51.30
3000m RW	
M45 Peter Blank	21:57.60
W55 Victor Litwinski	18:34.90
M60 Roger Webb	22:43.90
W45 C Caravoulas	23:02.50
W60 Lois Dicker	17:52.10

Dartmouth Weight Meet

Hanover, NH; Sept. 2

16# Shot Put	
Carl Wallin 58	43-6.5
Bob Mead 56	42-9.75
Don Filkins 46	40-6.75
Bob Cedrone 45	38-0.5
Carmen Letizia 47	36-11.5
Bob Harvey 57	35-11.75
Brian Doherty 40	35-6.5
6# Shot Put	
C Wallin	48-6
B Mead	47-11
Jerry Bookin-Weiner	40-9
B Harvey	39-5.5
Packy Fusco 57	36-4.5
Len Rosen 66 5k	40-6.5
Katrina Geurkink 39 4k	37-0.75

Discus	
J Bookin-Weiner 1.5k	143-1
L Rosen 1k	138-3
B Mead 1.5k	125-2
B Harvey 1.5k	122-7
K Geurkink 1k	118-4
P Fusco 1.5k	116-9
D Filkins 2k	111-10
B Doherty 2k	99-5
C Letizia 2k	97-9

Hammer	
B Cedrone 16#	151-4
C Wallin 6k	150-4
B Mead 6k	148-2
B Doherty 16#	138-6
D Filkins 16#	130-0
J Bookin-Weiner 6k	126-10
C Letizia 16#	100-8

35# Weight	
B Cedrone	46-6
B Doherty	44-5
D Filkins	43-5.75

SOUTHEAST

All American TC Throws Meet

Hampstead, NC; Aug. 20

Shot Put	
M35 Andre Minor	40-4.5
M50 Frank Reilly	42-6.5
M55 Mike Valle	35-9.5
W40 Ronda Minor	19-0
Discus	
M35 A Minor	107-1
M50 F Reilly	152-11
M55 M Valle	119-2
Hammer	
M35 A Minor	64-11
M50 F Reilly	139-1
M55 M Valle	124-0

Javelin (700g)	
M35 A Minor	107-7
M50 F Reilly	137-3
M55 M Valle	103-11
35# Weight	
M35 A Minor	25-7.5
M50 F Reilly	35-8.5
M55 M Valle	32-0

MIDWEST

Michigan Senior Olympics

Battle Creek; June 13-17

100m	
M50 Zbigny Ziobicki	12.30
M55 Tim Butts	12.70
M60 Albert Matheis	14.10
M65 Ernest Alcocer	14.20
M70 John Wiek	16.10
M75 Nile Russell	16.40
M85 John Boesenhofer	18.40
W50 Linda Knapp	18.40
W40 Nancy Hinshon	17.20

W65 Charlotte Ambrose	28.3
W70 Georgia Johnson	18.2
W75 Mary Holland	18.8
W80 Dorothy Ray	29.4
200m	
M50 Zbigny Ziobicki	25.9
M55 Frank Bonham	27.2
M60 Jerry White	29.8
M65 Ernest Alcocer	30.5
M70 James Beall	31.3
M75 Roland Rossli	35.4
M85 John Boesenhofer	43.8
M50 Linda Knapp	45.6
W55 Cora Hill	39.1
W60 Nancy Hinshon	37.4
W70 Georgia Johnson	42.1
W75 Mary Holland	43.8
W80 Dorothy Ray	1:07.3
400m	
M50 Ralph Wallace	1:00.5
M55 Leon Savenas	1:01.8
M60 Jerry White	1:07.6
M65 Paul Mason	1:25.1
M70 James Beall	1:11.4
M75 Roland Rossli	1:23.2
M50 Linda Knapp	1:40.2
W55 Ruth Thelen	1:19.4
W65 Annette Hardy	2:05.3
W70 Georgia Johnson	2:07.3
W75 Mary Holland	2:07.0
W80 Dorothy Ray	2:34.9
800m	
M50 Ronald Ruffin	2:25.8
M55 Paul Hakes	2:54.8
M60 Jack Miller	2:23.7
M65 Paul Mason	3:11.9
M70 James Beall	2:43.3
M75 Harold Gates	3:23.9
M50 Linda Knapp	4:11.8
W55 Ruth Thelen	2:59.9
W60 Yvonne Conzas	5:22.2
W65 Annette Hardy	4:30.3
W75 Mary Holland	4:48.9
1500m	
M50 Ronald Ruffin	5:01.1
M55 Paul Hakes	6:22.1
M60 Jerry White	5:50.5
M65 Edward Hardy	6:52.2
M70 James Beall	5:51.4
M50 Faith Unser	9:35.2
W55 Ruth Thelen	6:20.3
W60 Yvonne Conzas	11:19.4
W65 Annette Hardy	9:13.9

Continued from previous page

M50 Dwight Cartier	27.80	M70 John Monroe	6:28.80	Hans Rosenberg	21-4	Mabel Lewis	23-3	800m		W50 J Harrington	17.07
Lee Taste, Jr	29.10	Donald Myers	6:58.30	W50 Mary Hartzler	34-6	W75 Diane Friedman	31-4	M30 David Nash	1:57.80	Sharon Raham	17.47
M55 Fred Svoboda	28.00	Richard Hopper	7:25.50	Charlotte Jarvis	26-10	Mary Cook	24-11	M40 Bob Prince	2:11.32	D Scoville	18.32
M60 Clayton Davis	29.30	M75 Richard Cavicchi	13:39.80	W55 Carol Smith	23-8.50	Ruby Wise	22-3	M50 Ron McKay	2:21.03	W65 Joyce Franks	21.41
Bruce Cosmik	35.00	W50 Mary Hartzler	6:19.10	Rebecca Baker	16-7	W80 Mary Bowermaster	42-10	M60 Al Ravenscroft	2:48.36	200m	
John McGinty	45.20	Laura McManamon	7:47.50	W60 Rita Matz	27-6.50	Eleanor Ridinger	29-6	W40 L Hardcastle	2:47.50	M35 M Hileman	24.91
M65 Tom Labbe	31.20	W55 Susie Todd	7:00.00	Jane Mills	20-6.25	1500m RW		W50 Madonna Hosch	3:18.83	M40 Mike Mosier	25.13
Terence McHugh	32.30	Betty Warwick	7:18.00	W65 Betty Steele	25-7	M50 David Cramer	9:41.70	M30 David Nash	4:07.08	J Schwieterman	25.67
Homer Halsey	47.60	W70 Viola von de Porche	10:02.00	Ruth Slicker	25-7	Eugene Kester	11:17.80	M40 Burton Adrian	4:31.32	Arthur Scott	27.71
M70 Jerry Webb	34.20	W75 Millie Bolton	9:11.20	Fran Yost	21-11	M55 Paul Hammer	7:36.40	M50 Ron McKay	4:56.24	M45 T Reynolds	25.03
Richard Soller	36.20	W80 Vadine Koenig	10:40.70	W70 Lucille Sampson	22-9	M60 William Learmonth	8:47.30	M60 Al Ravenscroft	5:42.41	Dan Radiff	25.41
Edward McKibbin	52.50	W85 Josephine Gregg	13:31.80	Mabel Lewis	17-7	John McGinty	9:59.70	W30 Angie Neville	5:46.99	Jim Fallen	27.13
M75 George Riser	35.00	High Jump		Kathryn King	17-4	Robert Denney	10:00.70	W40 Kari Gilarski	5:49.98	M50 Scott Smith	27.11
Frederic Hirsimaki	37.00	M50 Al Gabbard	5-2	Mary Cook	17-7.50	M65 Jack Scheuer	9:55.80	W50 Madonna Hosch	6:47.07	John Stiehl	28.28
Harold Wagner	42.00	Ralph Baker	5-0	Ruby Wise	16-1	Paul Lawrence	10:10.70	Short Hurdles		Dave Simons	28.91
M80 Gene Abdenour	41.80	Robert Fuett	4-8	Diane Friedman	14-3	M70 Richard Hopper	9:11.30	M40 Randy Schon	22.46	M55 Lee Mayfield	27.12
Norman Woolley	51.90	M55 Philip Barcus	4-8	Mary Bowermaster	19-6	Jack Shuter	9:30.50	M50 Randy Olson	18.28	T Scoggins	27.54
M85 Jphn Boesenhofer	42.10	Richard Baker	3-10	Eleanor Ridinger	14-4.50	M75 Gunter Sprockhoff	10:45.00	M60 Dick Doyle	21.82	Paul Gilbert	31.41
W50 Charlotte Jarvis	32.20	M60 James Mills	4-2	Discus		Jack Eifers	10:45.30	W30 Karma Nielsen	19.11	M60 R Kirkpatrick	27.95
M55 Mary Robinson	32.20	George Telle	4-2	M50 Douglas Weikert	112-4	M80 Anthony Silvini	10:13.70	W40 Martha Bauder	22.22	R McKisson	29.31
Trudy Roth	37.10	Boyd Martin	4	Eugene Kester	78-3	Hugh Yeomans	14:01.60	Long Hurdles		L Thompson	30.61
Mary Eimermacher	37.30	M65 Wayne Mishler	4-6	M55 Herb Bachorik	109-5	W50 Joyce Prohaska	8:59.20	M30 Marek Wensel	57.19	M65 Ray Franks	31.43
W60 Essie Kea	36.20	Terence McHugh	4-2	Randy Strader	91-10	W55 Doreen Jeske	10:25.40	M40 Steve Winkel	61.74	M70 A Anderson	32.30
W65 Charlene Oliver	41.30	Chuck Wiedman	3-10	Philip Barcus	88-7	W65 Barbara Self	12:39.10	M50 Mike Kitchell	69.52	M80 Ed Carter	35.83
Mary Myers	1:07.00	M70 Richard Soller	4	M60 Stephen Cohen	140-5	Joyce Munchel	12:49.50	M60 Tom Williams	75.31	W35 R Galloway	32.56
Hattie Barnes	1:28.20	Jerry Webb	4	Paul Deem, Sr	126-1	W70 Viola von de Porche	11:17.60	W30 Lori McQuiston	1:40.26	Lynn Chance	33.37
W70 Mabel Lewis	1:00.50	Donald Myers	3-10	Tom Fulton	119-2	W75 Millie Bolton	10:33.10	Long Jump		W40 Sue Norton	31.16
W75 Diane Friedman	53.50	M75 Frederic Hirsimaki	4-0	M65 John Tasseff	94-11	W80 Vadine Koenig	11:48.30	M30 Mike Cunningham	20-0	W45 R Martin	37.79
W80 Ernestine Yeomans	1:03.30	Jack Eifers	3-6	Chuck Wiedman	90-3	W85 Josephine Gregg	14:43.20	M40 L Weismantel	17-4	Mileah Loeb	38.87
W85 Josephine Gregg	1:18.20	Richard Cavicchi	3-0	Tarp Taormina	83-3	5K		M50 Randy Olson	15-1	W50 J Harrington	38.28
400m		M80 Anthony Silvini	3-4.50	M70 Cliff Sampson	108-1	M50 John Hickey	18:27	M75 Mel Larsen	13-6	D Scoville	39.35
M50 Dwight Cartier	1:04.80	M85 John Boesenhofer	3-9	Rafael Carmoega	72-5	Tim Payne	18:39	W30 Angelica Terry	15-7	W65 Joyce Franks	48.90
Lloyd Hathcock	1:07.30	W55 Rebecca Baker	3-2	M75 George Riser	121	Jack Hall	21:26	W40 Kay Glynn	13-0	400m	
James Troutwine	1:08.80	W60 Essie Kea	3-8	Villen Rahe	76-10	M60 John Eimermacher	24:10	W50 S Christensen	6-7	M35 M Hileman	55.18
M55 Allen Huff	59.90	W65 Charlene Oliver	3-4	William McOwen	64-1	M65 John Tasseff	24:43	Triple Jump		M40 Mike Mosier	56.35
Fred Svoboda	1:03.10	W70 Mary Seebeck	2-10	Gene Abdenour	78-11	James Flowers	26:48	M30 Mike Cunningham	37-5	M45 Jim Fallen	61.12
Dennis Marsh	1:19.50	W80 Mary Bowermaster	3-0	Theodore Cook	52-10	Robert Stute	27:13	M40 L Weismantel	32-5	Dan Radiff	57.95
M60 Clayton Davis	1:06.30	Pole Vault		M85 Eugene Davis	58-5	M70 Peter Grasselli	22:35	M50 Randy Olson	30-4	M50 Noel Hughes	66.64
Jim Ballinger	1:09.90	M50 Eugene Kester	4-0	John Boesenhofer	54-9	David Staley	23:55	M60+Ken Clark	26-1	M55 Lee Mayfield	65.87
John Eimermacher	1:21.70	Donald Thalheimer	4-0	Hans Rosenberg	53-7	Donald Myers	26:02	W30 Joanne Olson	27-9	S Thomas	88.16
M65 Tom Labbe	1:16.40	M55 Richard Baker	4-0	W50 Mary Hartzler	101-5	Trudy Roth	24:33	High Jump		M60 R McKisson	68.81
John Corbet	1:18.60	M70 Jerry Webb	6-6	Charlotte Jarvis	63-11	Betty Wawick	24:44	M30 Mark Twedt	5-8	W35 R Galloway	81.62
Terence McHugh	1:19.10	M85 John Boesenhofer	4-11	W55 Rebecca Baker	50-2	Susie Todd	25:42	M40 Jim Stamp	5-6	W45 R Martin	91.74
M70 John Monroe	1:15.40	Long Jump		Carol Smith	49-8	W60 Rose Day	33:53	M50 Alan Russell	5-4	W50 D Scoville	92.1h
Donald Myers	1:29.30	M50 James Potter	14-4.50	Carole Ragan	44-4	W65 Billie Stacy	29:58	M60+Chuck Wolfe	4-2	800m	
Edward McKibbin	2:15.20	James Troutwine	13-8.50	W70 Rita Matz	56-10	Charlene Oliver	35:34	M30 Joseph Beadle	46-8	M35 M Hileman	2:06.39
M75 George Riser	1:23.80	Eugene Kester	11-6.50	Jean Meyer	51	W70 Viola von de Porche	35:21	M40 Matt Byrnes	41-7	M40 A Crook	2:03.05
Richard Cavicchi	2:36.90	M55 Philip Barcus	12-50	W65 Betty Steele	61-1	W75 Millie Bolton	29:05	M50 Jim Kelly	37-8	M45 S Gallegos	2:06.25
Norman Woolley	2:05.80	Richard Baker	10-2.50	Evelyn Nealeigh	50-8	W80 Vadine Koenig	37:32	M60+Richard Ave	32-5	T Reynolds	2:16.76
M85 Woodie Davis	2:30.50	M60 George Telle	13-4.75	Olive Channell	47-2	10K		W30 Karma Nielsen	25-4	M50 D Whiting	2:36.62
W50 Mary Hartzler	1:16.80	Laura McManamon	13-1.25	W70 Lucille Sampson	64-9	M50 John Hickey	38:54	W40 Rose Vroegh	33-8	J Underwood	2:39.87
M55 Mary Robinson	1:15.90	James bills	12-2	Mabel Lewis	39-1	Jack Hall	45:04	Carol Scheid	33-8	G Eldinger	2:56.52
Trudy Roth	1:24.90	M65 Wayne Mishler	13.75	Kathryn King	38-7	David Cramer	48:36	W50 Carol Dillard	19-1	M55 S Thomas	3:27.85
Florence Gilmore	1:52.60	Jack Wallington	8-2.25	W75 Mary Cook	44-5	M60 John Eimermacher	51:25	Discus		M75 E MacDonald	3:37.29
W65 Charlene Oliver	1:40.70	Tarp Taormina	8	Diane Friedman	35-2	M70 David Staley	49:20	M30 Joseph Beadle	160-10	W45 Teresa Drotar	2:41.37
Hattie Barnes	5:02.60	M70 Richard Soller	11-11.50	Eleanor Ridinger	34-5	Jerry Martin	58:27	M40 Mark Smith	115-0	1500m	
W70 Mary Cavicchi	3:50.90	M75 Frederic Hirsimaki	11-1.50	Javelin		Betty Warwick	56:02	M50 Alan Russell	132-7	M35 Jim Bogus	4:40.1
W75 Millie Bolton	2:07.70	Villen Rahe	8-9	M50 Douglas Weikert	108	Susie Todd	56:02	M60+Otto Weifring	117-10	M45 S Gallegos	4:35.4
W80 Ernestine Yeomans	2:48.50	Richard Cavicchi	7.75	Thomas Worley	103-6	Trudy Roth	56:02	W30 Karma Nielsen	63-6	M50 D Whiting	5:41.2
W85 Josephine Gregg	3:07.80	M85 John Boesenhofer	8-9.75	Douglas Holland	99-6	W65 Billie Stacy	59:16	W40 Linda Rowe	108-8	M55 J Wachwitz	6:04.9
800m		W55 Florence Gilmore	7-7	M55 Herb Bachorik	110					W30 Lesia Hlady	5:25.0
M50 Tim Payne	2:29.00	Rebecca Baker	6-3.50	Ronald Dombrauckas	108-6					W40 P Gilmour	5:54.7
James Cooper	2:45.00	W60 Mary Kelly	4-4	Philip Barcus	102-4					3000m	
Donald Thalheimer	2:53.50	W65 Charlene Oliver	9-8.50	M60 Robert Pangburn	109-3					M45 Tom Rojas	11:52.8
M55 Ralph O'Neal	2:38.30	Ruth Slicker	8-7.25	Richard Otzman	109					M55 J Wachwitz	13:31.4
Larry Hadley	3:32.30	Evelyn Nealeigh	7-9.50	James Mills	106-7					M60 H Sinkovec	12:02.0
M60 Jack Miller	2:32.50	W70 Mabel Lewis	4-4.25	Lee Irvine	117-1					W30 Lesia Hlady	11:35.0
Clayton Davis	2:41.80	W75 Diane Friedman	4-10.25	Gerald Keenan	98-7					W40 P Gilmour	12:49.3
John Eimermacher	3:13.70	W80 Mary Bowermaster	8-3.75	John Murray	96-5					110H	
M65 John Corbet	3:03.00	Shot Put		M70 Everett Poe	79-6					M45 Dan Radiff	19.27
John Tasseff	3:04.90	M50 Douglas Holland	35.25	Ronald Myers	58					Gene Iwen	20.62
Herschel Ownbey	3:05.10	James Potter	33-9	Clark Beck, Sr	45-9					M65 Ritch White	31.62
M70 Donald Myers	3:39.60	Douglas Weikert	32-6	M75 Frederic Hirsimaki	103-3					Long Hurdles	
Edward McKibbin	5:18.80	M55 Herb Bachorik	37-7	Villen Rahe	96-9					M35 Doug Schneebeck	57.36
M75 George Riser	4:05.20	Philip Barcus	34-7.75	William McOwen	47-4					Wayne Wood	67.77
M80 Norman Woolley	5:31.60	Randy Strader	30-10	M80 George Cuny	41-4					M45 Gene Iwen	68.52
M55 John Murray	4:23.60	M60 Stephen Cohen	42-10	Theodore Cook	36-2					T Reynolds	71.38
W50 Mary Hartzler	3:05.80	Paul Deem, Sr	39-8	Karl Dipping	30-7					M60 R Kirkpatrick	nta
W55 Betty Warwick	3:45.70	Jack McDonald	35-10.50	M85 Woodie Davis	56-1					M70 Chuck Sochor	65.87
W60 Mary Pace	3:56.40	M65 Chuck Wiedman	31-2.50	Hans Rosenberg	51-3					High Jump	
W70 Mary Cavicchi	7:18.10	Tarp Taormina	30-1	John Boesenhofer	50-2					M45 V Snezhko	1.53
W85 Josephine Gregg	7:03.80	Gerald Keenan	29-8	Charlotte Jarvis	73					M50 T Schaffer	1.53
1500m		M70 Peter Augsburg	39-3.25	W55 Carol Smith	44-2					G Eldinger	1.47
M50 George Panak	4:46.50	Cliff Sampson	33-8	Rebecca Baker	43-10					M55 D Lezczinski	1.27
Tim Payne	4:48.40	Harold Brandenburg	26-11.50	Carole Ragan	36-1					M60 Larry Carter	1.37
John Hickey	4:57.20	M75 George Riser	37-11.75	Joyce Mason	61-5					A Zahn	1.37
M55 Larry Hadley	7:11.40	Villen Rahe	30-7	Jean Meyer	53					Ed Arnold	1.07
M60 John Medici	6:13.20	William McOwen	26-8	Jane Mills	44-8					M65 Ritch White	1.27
John Eimermacher	6:35.20	M80 George Cuny	29-2	Ruth Slicker	64-4					M75 Bill Chivvis	1.12
Tjoe Kwan	7:00.20	Theodore Cook	18-7.75	Alice Fitzpatrick	45-6					M80 R Maxwell	1.12
M65 John Corbet	6:16.00	Karl Dipping	14-10.3	Evelyn Nealeigh	43					Ed Carter	1.07
John Tasseff	6:21.60	M85 John Boesenhofer	26-2	Mary Seebeck	36-4					W Trimmell	0.70
Herschel Ownbey	6:34.00	Woodie Davis	22-9	Bea Zimmer	31-5					W50 Sharon Raham	0.90
										W75 Willie Gatzka	0.70
										Pole Vault	
										M30 J Culligan	3.97
										M45 Brad Winter	3.81
										M50 Ed Halik	3.66
										M60 A Zahn	1.98
										M75 Bill Chivvis	1.98
										Long Jump	
										M40 A Scott	5.72
										J Schwieterman	5.61

Continued on next page

Continued from previous page

M50 W Gillette	4.90
J Underwood	4.07
M55 D Leczinski	3.86
Paul Gilbert	3.50
M60 G Cairns	4.32
L Thompson	3.90
Ed Arnold	3.62
M65 Ritch White	3.46
M70 Jerry Donley	3.91
M75 G Butchko	2.88
Bill Chivvis	2.81
M80 Ed Carter	3.53
R Maxwell	3.10
W Trimmell	1.83
W45 Deb Vestal	2.48
W50 Sharon Raham	3.05
W75 Willie Gatzka	1.46
Triple Jump	
M40 A Scott	11.66
M55 D Leczinski	8.47
T Scoggins	8.15
M60 Jay Stinson	7.28
M80 Ed Carter	7.33
R Maxwell	6.25
W45 Deb Vestal	5.57
W50 Sharon Raham	6.51
W75 Willie Gatzka	3.50
Shot Put	
M35 M Girouard	13.89
M40 R Anderson	13.55
M45 R Sartain	13.12
M McGraw	12.19
Tim Fuehrer	9.45
M50 Tim Muller	14.34
Ron Broce	13.00
B Hedendal	12.35
M55 Ian Percy	13.12
R Hambrick	10.81
D Caligaris	10.24
M60 R Anderson	12.21
Robin Herron	10.97
A Zahn	10.64
M65 Tom Wesselowski	10.51
Vern Spencer	10.15
Allen Norris	7.67
M70 Stan Hayes	10.33
H Kroeker	8.39
M75 Dale Buysee	9.70
Roger Lee	9.52
Frank Bowles	8.84
M80 W Trimmell	8.73
W50 Sharon Raham	8.00
W75 Willie Gatzka	5.26
C Acton	4.79
Discus	
M35 M Girouard	41.60
M40 R Anderson	43.90
M45 M McGraw	41.84
S Sartain	41.12
Mark Daniels	26.46
M50 Tim Muller	45.98
B Hedendal	43.85
T Schaffer	36.55
M55 Ian Percy	42.35
D Caligaris	29.45
R Hambrick	27.99
M60 R Anderson	50.28
Robin Herron	35.67
Jay Stinson	30.56
M65 Vern Spencer	38.36
Tom Wesselowski	33.62
M70 Stan Hayes	31.73
H Kroeker	30.89
M75 Dale Buysee	28.38
G Butchko	24.66
Roger Lee	23.53
M80 W Trimmell	17.05
W50 Sharon Raham	21.67
W75 C Acton	13.12
Willie Gatzka	12.20
Hammer	
M35 Randy Treece	41.80
T Matsumoto	37.22
M50 Tim Edwards	49.75
B Hedendal	42.76
Ron Broce	41.66
M55 Ian Percy	42.75
D Caligaris	28.23
M60 Robin Herron	27.43
M65 Vern Spencer	33.38
Al Clowser	23.56
Allen Norris	17.84
M70 H Kroeker	25.68
M75 Roger Lee	26.41
Dale Buysee	22.85
Frank Boyles	19.40
W75 C Acton	14.84
Willie Gatzka	10.83
Javelin	
M35 M Girouard	43.37
M45 Dan Dinkler	39.97
M50 R Pettito	48.89
Jim Ogan	48.15

B Hedendal	39.07
M55 Ian Percy	42.38
Jim Francis	31.49
R Hambrick	34.62
M60 G Cairns	36.35
Robin Herron	25.73
A Zahn	24.43
M65 Vern Spencer	22.22
Allen Norris	14.56
M70 H Kroeker	17.11
M75 Fred Hirsimaki	30.86
Frank Bowles	29.22
Dale Buysee	22.61
W75 Willie Gatzka	12.92
C Acton	9.78
Weight Throw (WAVA Specs)	
M35 Rande Treece	10.56
M Girouard	10.54
M50 Tim Edwards	17.42
B Hedendal	14.71
Ron Broce	15.23
M55 Ian Percy	15.70
D Caligaris	11.60
R Hambrick	8.51
M60 Robin Herron	12.27
Al Norris	6.86
M65 Vern Spencer	13.93
M70 H Kroeker	13.11
M75 Roger Lee	9.72
Frank Bowles	8.67
G Butchko	6.61
W60 Joy Kaylor	9.96
W75 Willie Gatzka	4.98
C Acton	4.87
Superweight	
M50 Tim Edwards	9.28
T Schaffer	4.95
M60 Robin Herron	5.05
M65 Vern Spencer	5.59
W60 Joy Kaylor	5.91
Pentathlon	
M40 Jim Knoll	1008
M45 Mike Hill	3074
Paul Fields	2023
M60 G Cairns	3209
M65 Al Clowser	1942
M75 Fred Hirsimaki	3000
Weight Pentathlon	
M35 M Girouard	2797
Rande Treece	2329
M50 B Hedendal	3772
Ron Broce	3523
T Schaffer	2747
M55 Ian Percy	3618
D Caligaris	2938
M60 Robin Herron	2974
Al Norris	1773
M65 Vern Spencer	3449
M70 H Kroeker	2995
M75 G Butchko	3465
Frank Bowles	3084
Roger Lee	2998
W60 Joy Kaylor	3110
W75 C Acton	2316
Willie Gatzka	2279
3000m Racewalk	
M65 V Staubs	20:00.0
John Lyle	20:23.5
M70 R Kaylor	23:39.1
M75 K Timmerhaus	21:31.8
W40 S Brintnall	21:58.2
W45 S Gossert	18:24.0
Marge Smith	23:00.8
W50 M Martino	17:14.3
Barb Amador	17:48.9
W60 R Sinkovec	18:22.4

SOUTHWESTTexas Masters Championships
Dallas, TX; July 29

100 METERS	
M O Oliver Sirop	10.86
Atwell West	11.52
Perry Scott	11.62
Eliot Whitfield	12.37
M30 Kirk Beeby	11.39
James Smith	11.69
Shawn Anger	11.73
M35 Francois Boda	11.15
Clain Udy	11.33
Alan Sims	11.95
Bert Williams	12.12
M40 Wiley Turner	11.46
Ray Pennie	11.81
Ron Valmore	11.89
Jeff Matthews	12.94
M45 Willard Thompson	12.17
Will McHone	12.27
Larry Burney	12.73
Robert Hahn	13.32
Richard Brownjohn	13.65
Roy Morales	13.7
M50 Randy Smith	12.06

Robert Mitchell	12.31
David Cotner	12.51
Mike Loyd	13.3
T H Wilson	13.31
Tom Swan	14.41
James May	14.48
M55 Tom Fisher	12.96
Troy L. Scoggins	13.43
M60 Don Denson	12.75
James Paddie	12.76
M65 Paul Johnson	13.00
Joe Summerlin	13.51
Pat Meagher	14.11
David Cady	14.56
Bill Wareham	15.01
Bill Biddy	16.53
M70 Bill Pardue	15.04
Jack Gilbert	15.76
M75 Bob Wingo	18.04
Doc Bennett	21.61
M80 John Alexander	16.07
W C LaParsha Jordan	14.75
W3K Elaine Boda	12.62
Veronica Smith	13.53
W4K Felicia Anderson	13.21
Willie Lester	14.66
Mary Nell Cash	15.18
Debra Stuart	15.78
W6K Sylvia Brooks-Smith	18.06
Mary Lou Bradford	19.03
W6K Phyllis Provost	19.17
200 METERS	
M O Oliver Sirop	22.17
Brandon Bisco	23.37
Perry Scott	24.12
Jeff McKinley	24.64
Eliot Whitfield	25.14
Michael Scott	32.66
M30 Kirk Beeby	22.94
Shawn Anger	23.92
M35 Francois Boda	22.70
Clain Udy	23.08
Bert Williams	24.70
M40 Wiley Turner	23.90
Lindy Raney	24.10
Ron Valmore	24.21
Ray Pennie	24.63
William Brown	25.70
Jeff Matthews	30.15
M45 Will McHone	25.12
Horace Grant	25.67
Jimmy Jones III	25.90
M50 Robert Mitchell	25.29
David Cotner	25.54
Mike Loyd	27.55
M55 Tom Fisher	26.24
M60 Bob Lida	26.06
Don Denson	26.51
James Paddie	26.53
Bob Cozens	28.26
M65 Paul Johnson	26.42
Joe Summerlin	28.51
Pat Meagher	29.21
David Cady	30.93
Bill Wareham	31.38
M70 Jack Gilbert	32.56
Bill Pardue	33.22
M75 Doc Bennett	46.15
M80 John Alexander	34.19
W3K Diane Broff	26.48
Veronica Smith	29.87
W4K Felicia Anderson	27.38
Cynthia Samilton	30.61
Mary Nell Cash	32.46
Debra Stuart	33.24
W6K Sylvia Brooks-Smith	40.53
W6K Phyllis Provost	40.83
400 METERS	
M O Richie Harrington	55.01
David McWhirter	64.72
M 3K Kirk Beeby	50.11
James Whitlatch	54.45
Carlo Deason	57.02
M40 Jeff Lindsay	53.57
Lindy Raney	54.85
Bryan Shilcutt	58.06
M45 Rick Easley	54.94
Will McHone	59.24
M50 Mike Loyd	59.88
T H Wilson	61.02
James May	67.95
M55 Tom Fisher	57.86
M60 Bob Lida	59.74
M65 Bill Wareham	01:16.0
M75 Bob Wingo	01:31.3
W3K Diane Broff	60.44
W3K Beth Michalak	64.11
W4K Laura Keams	01:15.5

W6K Phyllis Provost	01:46.7
800 METERS	
M O Brian Stephenson	02:01.6
Jacob Shaffer	02:05.2
Blain Montgomery	02:09.7
M30 James Whitlatch	02:05.5
Carlo Deason	02:07.3
Wade Butler	02:18.6
M35 Scott Steffan	02:02.5
Luke Luo	02:04.8
Kerry Sloan	02:08.9
M40 Jeff Lindsay	02:02.5
David DeSosa	02:05.2
M45 J J Jenkins	02:12.7
Horace Grant	02:14.4
Bill Schumann	02:19.7
Doug Story	02:31.7
M50 Dave Joyce	02:14.6
M55 Milan Martinic	02:45.1
M60 Bob Cozens	02:34.6
M65 Dick Doores	03:11.7
M75 Bob Wingo	03:46.3
M80 Orville Rogers	04:03.8
W 3 Magi Curtis	03:24.2
W3K Misti Taylor	03:00.4
W6K Phyllis Provost	03:45.8
1500 METERS	
M O Jacob Shaffer	4:34
Martin Wageman	4:35
Blain Montgomery	5:54
Henry Gongoria	6:37
M30 Carlo Deason	4:27
Mac Curtis	7:07
M35 Kirk Siklar	4:21
Chris Hughes	4:30
M40 Mac Allen	4:22
Steve Elwonger	4:25
Frank Houston	4:29
M45 Terry Zeigler	4:48
Greg Harrison	6:06
M50 Don McKenzie	5:26
John Smeby	6:12
M60 Mack Stewart	5:25
David Lard	5:32
M80 Orville Rogers	8:30
W3K Magi Curtis	7:07
W6K Phyllis Provost	9:26
3000 METER RW	
M50 Norman Frable	15:40
M55 Mike Broyles	19:45
David Gordon	19:46
M60 Carl Mills	20:22
M65 Presley Donaldson	18:43
W5K Kathy Frable	19:41
Patti Mills	21:57
W7K Jane Nightingale	21:23
W8K Fan Benno-Caris	26:29
5000 METERS	
M O John Wames	21:37
M35 Doug McDougal	19:24
M40 Marc Dick	17:48
W30 Magi Curtis	####
M30 James Smith	15:48
M35 Dan Cook	16:03
Kerry Sloan	16:44
M60 Charley Miller	15:65
M70 Val Smith	20:05
300/400 IH	
M O Brandon Bisco	57.40
M30 James Smith	59.13
M35 Kerry Sloan	59.28
M40 Peter Biadasz	01:30.6
W0 Jackie Shilcutt	01:21.0
HIGH JUMP	
M O Glad Morrison	1.98
Jeff McKinley	1.83
Dan Strong	1.83
M30 Matt Sunderman	1.93
M35 Guvener Isik	1.83
M40 Jeff Matthews	1.62
Peter Biadasz	1.22
M50 Milan Jamrich	1.78
Terrell Schaffer	1.52
Norman Frable	1.52
Harold Bourgeois	1.37
M55 Jerry Wright	1.27
George Jagaman	1.14
M65 Ross Vrooman	1.22
M60 James Paddie	1.42
M70 Val Smith	1.22
M75 Bob Wingo	1.07
Doc Bennett	1.07
W6K Mary L. Bradford	0.87
W7K Georgia Goggin	0.87

POLE VAULT	
M0 Kyle Ellis	4.10
Dan Strong	3.95
Matt Burnside	3.80
Tim Dooley	3.65
John Cherry	3.35
Glen Goodrich	3.35
Travis Timm	1.60
M30 Anthony Beimer	3.20
Richard Hare	3.05
M35 Tom Garzillo	3.35
M40 Jerry Strong	4.55
Ken Ellis	4.25
Coy Akers	3.65
Mike Timm	2.90
M45 Mike Vick	2.90
M50 Dennis Schmitt	3.20
M55 Jerry Wright	2.30
M60 George Jagaman	2.15
LONG JUMP	
M0 Bruce Jones	6.01
Richard Counts	5.20
Raymond Brunner	4.79
Eliot Whitfield	4.73
Dylan Akes	2.62
M30 Anthony Beimer	4.40
M35 Kerry Sloan	5.28
Alan Sims	5.20
Bert Williams	5.08
M40 Monzell Baker	6.35
Jerry Moore	5.93
Peter Biadasz	3.35
M50 Dennis Schmitt	4.48
Tom Swan	3.78
M55 Jerry Wright	3.84
Milan Martinic	3.80
M60 James Paddie	4.80
George Jagaman	3.12
M70 Jack Gilbert	3.76
Val Smith	2.70
M75 DocBennett	2.48
W0 Keionora Preston	4.34
W7K Georgia Goggin	1.90
TRIPLE JUMP	
M0 Bruce Jones	13.66
M35 Kerry Sloan	11.37
M40 Monzell Baker	13.16
Jerry Moore	12.06
Peter Biadasz	6.06
M50 Dennis Schmitt	6.26
M55 Milan Martinic	7.98
Troy L. Scoggins	7.30
M70 Val Smith	6.26
M75 Doc Bennett	5.21
SHOT PUT	
M35 Stefan Bloomquist	18.38
Dave Rothenbury	12.38
Jim Ward	10.64
M40 Richard Stewart	12.20
Gary Stanley	9.64
Peter Biadasz	8.68
M45 David Rhatigan	13.18
Lonnie Lewis	12.95
M50 Harold Bourgeois	12.56
Terrell Schaffer	10.30
Rick Dambrogi	10.01
M55 Sheppard Miers	12.58
Jerry Wright	8.91
M60 John Cantrell	13.06
Harold Crater	11.80
George Jagaman	9.32
M65 Bob Ward	13.12
Wendell Palmer	12.41
M70 Val Smith	9.30
M75 Doc Bennett	7.38
Adrien Pronovost	6.10
M80 John Alexander	8.31
W3K Penni Pardue	8.62
W6K S. Brooks-Smith	6.31
Mary L. Bradford	5.50
W7K Georgia Goggin	5.30
W8K Alatha Cole	3.67
DISCUS THROW	
M35 Dave Rothenbury	43.59
Jim Ward	27.80
M40 Richard Stewart	43.33
Coy Akers	32.88
Gary Stanley	28.79
M45 David Rhatigan	40.48
M50 Harold Bourgeois	42.02
Warren Wilkie	39.94
Terrell Schaffer	36.86
M55 Sheppard Miers	40.59
Jerry Wright	21.08
M60 Harold Crater	37.83
John Cantrell	33.47

Continued from previous page

Lions/Waterloo Trials
Austin, TX; Aug. 19

100m	
M40 John O'Neal	11.90
M45 Jimmie Jones	11.90
M50 Randy Smith	11.46
M60 Roy Eisenbach	13.55
M75 Bob Wingo	13.67
W40 Mary Neil Cash	14.89
W45 Willie Lester	14.16
W55 Betty Davis	18.96

200m	
M35 Van Eisenbach	28.00
M40 Alfred Pennie	23.73
M50 T H Wilson	27.50
M60 Roy Eisenbach	32.60
W30 Norma O'Connell	32.39
W40 Debra Stuart	33.24
W45 Willie Lester	31.21
W55 Betty Davis	44.29
400m	
M30 Oscar Smith	54.41
M45 Bill Burton	62.53

800m	
M45 Robert Iles	2:12.55
M50 T H Wilson	3:12.28
W35 Miste Taylor	2:45.19

1500m	
M45 Robert Iles	4:59.2h
W30 Norma O'Connell	6:03.9h
W35 Miste Taylor	6:11.64

Short Hurdles	
M55 Jim Cawley	17.05
4x100m Relay	
M30 Waterloo	49.63

(Herring/Brower/O'Neal/O'Connell)	47.46
M40 Dart	
(Boleman/Turner/Penne/Burton)	

4x200m Relay	
M40 Dart	1:41.51
(Penne/Turner/Boleman/Jones)	

High Jump	
M40 Jeff Brower	5-6
M50 Terrel Schaffer	5-2
M55 Bob Lewis	3-8
M75 Bob Wingo	3-6

Pole Vault	
M30 Richard Hare	10-0
M40 Coy Akers	12-0
M45 Mike Vick	11-6
M50 Dennis Schmitt	10-6
M55 Bob Lewis	8-6
M60 Ben Nowotny	8-0
M65 R P Adams	7-0

Long Jump	
M30 Keith Herring	16-6
M40 Jerry Moore	18-9
M50 P Blankenship	16-0
M55 Bob Lewis	11-0
M60 Ben Nowotny	12-1
M65 R P Adams	10-10
M75 Bob Wingo	9-8

Triple Jump	
M50 Dennis Schmitt	24-4
M55 Bob Lewis	25-9
M65 R P Adams	22-0

Shot Put	
M50 Jimmy Salazar	40-6
M55 John Conniff	38-10
M60 Harold Crater	38-4
M65 D E Hendrix	30-2

Discus	
M40 Dan Arnold	108-0
M50 Jimmy Salazar	117-9
M55 John Conniff	115-9
M60 Harold Crater	129-0
M65 D E Hendrix	104-3
M75 Bob Wingo	46-1

Hammer	
M40 David Bolles	124-0
M50 Terrel Schaffer	87-0
M60 Howard Zingg	111-11
M65 R P Adams	75-5

Javelin	
M40 David Bolles	129-9
M45 Glen Pere	158-10
M50 Terrel Schaffer	97-5
M55 Jerry Dyes	168-10
M60 Harold Crater	95-7
M65 R P Adams	77-10

WEST

Hawaii Masters TC Meet
Honolulu; Sept. 3

100m	
M50 Ron Pate	13.6
M55 Sai Ching	13.4
M60 Lionel Low	15.4
600m	
M50 R Pate	1:39.20
M55 S Ching	1:43.5h
M60 L Low	2:17.1h

High Jump	
M40 Kevin Kruszona	4-10
M45 Vince Costello	4-6
M50 R Pate	4-6
M55 Jack Karbens	3-6
M60 L Low	4-0
Shot Put	
M40 Kevin Kruszona	33-6
M45 Vince Costello	32-1
M50 Tom Reppuhn	24-8
M55 J Karbens	29-10
M60 Bob Molynux	27-7

NORTHWEST

Seattle International Classic	
Age-Graded 200	
Edmonds, WA; June 27	
Dave Walter 55	21.12
Steve Robbins 57	21.35
Paul Edens 59	21.56
John Wells 46	23.03
Clyde Hundley 53	23.15
Will Leslie 54	23.65
(w-1.2)	

Inland Northwest Masters	
Classic	
Pullman, WA; July 22	

100m	
M40 Bill McKinney	12.06
M50 Mark Lesniak	13.35
M55 Joe Johnson	13.75
M60 Paul Stepan	14.8h
M65 Keith Lloyd	14.56
M75 John Cleveland	18.04
W30 Laura Blume	14.2h
W50 Janet Weibold	18.57

200m	
M40 Bruce Mathison	26.83
M50 Mark Lesniak	26.46
M60 Paul Stepan	30.44
M65 Jack Coy	32.51
W30 Laura Blume	29.41

400m	
M40 Na'im Hasan	53.88
M50 Jim Hoppe	64.82
M55 Rich Tucker	57.85
M60 Paul Stepan	71.5h
M65 Jack Coy	71.93
W30 Laura Blume	67.26
W40 Laura Schwartz	69.89
W50 Janet Weinbold	93.12

800m	
M35 Larry Robinette	2:33.79
M40 Jack Porter	2:35.02
M55 Rich Tucker	2:18.57
M60 Larry Wright	2:40.13

1500m	
M35 Larry Robinette	5:26.11
M50 Marc Wiitala	4:48.54
M55 Joseph Nelson	4:53.51
M60 Des O'Rourke	5:37.02
M65 Ralph Riddick	7:28.06
M80 Wilber Inks	9:18.84
W45 Gail Jones	6:12.65
W65 Vicki Bigelow	AR6:16.06
(Caselli/6:26.49/1986)	

5000m	
M40 Jerry Greenman	17:46.4
M60 Larry Wright	22:31.0
M65 Ralph Riddick	28:24.9
M80 Wilber Inks	36:47.7
W30 Laura Blume	23:31.6

Short Hurdles	
M30 Robert Walter	17.16
M40 Bob Blackburn	19.17

Steeplechase	
M35 Chip Roe	12:15.7
M45 Glen Cantor	18:19.1
W30 Laura Blume	9:01.3
W40 Laura Schwartz	10:11.3

High Jump	
M30 Robert Walter	1.64
M35 -- Wadsworth	1.60
M55 Joe Johnson	1.36
M60 Don Hertz	1.24
W60 Becky Sisley	1.18

Pole Vault	
M50 Richard Ying	2.90
M55 Larry Holmes	3.51
M75 John Cleveland	2.34

Long Jump	
M30 Robert Walter	5.89
M40 Vincent Martin	5.68
M55 Pat Shober	4.73
M60 Don Hertz	nma
M65 Keith Lloyd	3.67
W50 Janet Weibold	2.57

Triple Jump	
M30 Robert Walter	12.32
M40 Bob Blackburn	10.76

Shot Put	
M55 Dan Nipp	13.00
M60 Neil Saling	11.44

M65 Bob Lawson	11.74
W30 Adele Thompson	7.96
W50 Sue Hinz	7.90
Discus	
M32 Robert Walter	33.38
M40 Bob Blackburn	20.95
M55 Dan Nipp	43.72
M60 Neil Saling	43.52
M65 Bob Lawson	42.90
M85 Andy Anderson	16.92
W50 Sue Hinz	23.36

Hammer	
M50 David Kolva	17.12
M65 Bob Lawson	36.86
M85 Andy Anderson	15.77
W50 Sue Hinz	30.61

Javelin	
M30 Robert Walter	33.29
M40 Bob Blackburn	32.40
M65 Bob Lawson	39.49
M85 Andy Anderson	17.00
W60 Becky Sisley	29.95

5000m Racewalk	
M50 David Kolva	30:27.2
M60 Harry Borland	34:28.9
W45 Cindy Algeo	35:19.2
W50 Bessie Kolva	39:44.3

Ultra Weight Championships	
West Seattle Stadium	
Seattle, WA; Sept. 9	

56# Weight	
M85 Leo Joslin	2.36
W40 Carla Surina	3.13
Debbie Ecklund	2.45
W55 Georgia Cutler	2.15

98# Weight	
M40 Ken Jansson	5.62
Jeff Crothers	3.20
M50 Tim Edwards	3.58
Bob Sager	3.18
Gary Kelmenson	3.09
M55 John White	3.43
Bob Cahners	3.17
M65 Pay Carstensen	3.07
Vern Spencer	2.81
Don Hughes	2.07
M85 Leon Joslin	1.43
W40 Carla Surina	1.73
Debbie Ecklund	1.40
W55 Georgia Cutler	1.10

200# Weight	
M40 Jeff Crothers	1.41
M50 Tim Edwards	1.86
Bob Sager	1.43
Gary Kelmenson	0.97
M55 John White	1.62
Bob Cahners	1.54
M65 Pay Carstensen	1.54
Vern Spencer	0.96
Don Hughes	0.81
W40 Carla Surina	0.67
Debbie Ecklund	0.48

300# Weight	
M40 Jeff Crothers	0.62
M50 Tim Edwards	1.23
Bob Sager	0.76
Gary Kelmenson	0.36
M55 John White	0.95
Bob Cahners	0.80
M65 Pay Carstensen	0.87
Don Hughes	0.33
Vern Spencer	0.31

Age-Graded Results	
M30-59	
1 Tim Edwards CO	52 3202
2 John White WA	59 3070
3 Bob Cahners FL	58 2709
4 Bob Sager MT	52 2357
5 Jeff Crothers AZ	41 1798
6 Gary Kelmenson CA	50 1685

M60+	
1 Pay Carstensen FL	68 3484
2 Leon Joslin WA	88 2511
3 Vern Spencer CO	65 2095
4 Don Hughes CA	66 1816

Women	
1 Georgia Cutler OR	59 3809
2 Carla Surina WA	41 2502
3 Debbie Ecklund NY	42 1851

INTERNATIONAL	
BVAF Championships	
Bedford, England; July 29-30	

100m	
M40	
1 Phillip Delbaugh	10.93
2 Kevin Burgess	11.10
3 Ricky Huskisson	11.38

M45	
1 Steven Peters	11.18
2 Robert Cawson	11.90
3 Douglas Lucas	12.04

M50	
1 Robert Salter	12.37
2 Bob Minting	12.41
3 Mike Clerihew	12.55
M55	
1 Ian Foster	12.46
2 John Steede	12.65
3 Victor Novell	12.76
M60	
1 Arthur Penwarden	13.03
2 Byron Gray	13.30
3 Brian Ariss	13.37

M65 FINAL	
1 Alan Mellett	13.35
2 Gordon Daborn	13.89
3 Bill Stent	14.89
M70	
1 Allan Meddings	13.71
2 George Cheetham	14.66
3 John Quantrell	16.04

M75	
1 Norman Baum	15.63
2 Sylvester Stein	15.76
3 Alf Sutton	19.44
W35	
1 Julie Money	12.40
2 Lesley Hopkins	13.18
3 Denise Timmis	13.32

W40	
1 Angela Beadnall	12.98
2 Alison Brown	13.26
3 Janice Pryce	13.69
W45	
1 Helen Godsell	12.86
2 Edna Roe 45	13.68
3 Yvonne Newton	14.00

W50	
1 Valerie Parsons	13.61
2 Brenda Elliott	13.71
3 Mary Waters	14.82
W55	
1 Iris Holder	15.16
W60	
1 Barbara Colwell	15.41
2 Dorothy Fraser	15.44
3 Mary Webb	16.22

W65	
1 Rosemary Chimes	16.59
W70	
1 Brenda Green	20.03

M40	
1 Phillip Delbaugh	22.46
2 Gordon Sinclair	22.98
3 Kevin Burgess	23.12
M45	
1 Steven Peters	22.53
2 Viv Oliver	22.82
3 Robert Cawson	23.86

M50	
1 Bob Minting	25.27
2 Michael O'Donovan	25.71
3 Tony Wells	25.78
M55	
1 Ian Foster	26.25
2 Victor Novell	26.25
3 John Steede	26.28

M60	
1 Tony Crocker	27.17
2 Tony Bowman	27.65
3 Arthur Penwarden	27.73
M65	
1 Alan Mellett	27.93
2 Gordon Daborn	29.29
3 Bernard Griffiths	30.24

M70	
1 Allan Meddings	28.65
2 Edwin Cheetham	30.23
3 John Quantrell	33.16
M75	
1 Alf Sutton	42.03
W35	
1 Julie Money	25.64
2 Jacquelyn Brett	25.95
3 Tracy Brighton	26.65

W40	
1 Angela Beadnall	26.72
2 Alison Brown	27.01
3 Jennifer Tinkler	29.07
W45	
1 Helen Godsell	26.71
2 Edna Roe	27.39
3 Anne Wainwright	29.10

W50	
1 Maureen Lewington	27.43
2 Brenda Elliott	28.40
3 Valerie Parsons	28.97
W55	
1 Iris Holder	32.01
W60	
1 Dorothy Fraser	32.29
2 Barbara Colwell	33.19
3 Mary Webb	35.32

W70	
1 Brenda Green	45.32
400m	
1 Kermit Bentharn	49.88

2 Phil Knowles	51.12
3 Alan Harrison	51.32
M45	
1 Steven Peters	51.16
2 Viv Oliver	51.56
3 David Anderson	53.82
M50	
1 Bob Minting	54.34
2 Peter Browne	54.50
3 Derek Wardle	56.83
M55	
1 Reg Phipps	57.08
2 Vic Blanchard	57.15
3 Derek Graves	59.05
M60	
1 John Ross	59.06
2 Robert Sheridan	63.88
3 Brian Ariss	65.33

2 Vic Blanchard	57.1
3 Derek Graves	59.0
M60	
1 John Ross	59.0
2 Robert Sheridan	62.8

Continued from previous page

Continued from previous page			W55	1 Jill York	35-49.68	M45	1 Wendy Laing	1.55	W45	1 Gwen McFarlane	8.47	M60	1 George Eccles	43.61
M45	1 Stanley Owen	34-07.44	W65	1 Paul Pinnington	6.02	M45	2 Christine Pates	1.40	W50	2 Fiona Crompton	7.09	M60	2 John Ross	40.98
2 Rob Sargent	39-54.91	1 Maureen Spelman	31-04.81	2 Gary Gallagher	5.93	M45	3 Claire Bowman	1.30	W50	3 Margaret Curtis	6.86	M60	3 Vic Adcock	39.60
M50	1 George Sim	33-18.38	W70	3 Christopher Briggs	5.78	M50	W40		W50			M65		
2 Neil Robson	36-06.44	1 Anne von Bismarck	36-42.12	1 Mike Clerihew	5.63	M50	1 Jenny Brown	1.65	W50	1 Romana Martin	10.02	M65	1 Joe Phillips	44.11
3 Paul Allen	38-26.58	2000m Steeplechase		2 Michael James	5.53	M50	2 Manndy Laing	1.50	W50	2 Margaret Woodger	8.13	M65	2 Gordon Hickey	31.80
M55	1 Trefor Pugh	8-29.37	M60	3 Dennis Wallington	5.47	M50	3 Hazel Barker	1.45	W55	3 Elaine Mee	7.91	M65	3 Gordon Daborn	31.59
1 Charles Verrall	38-52.63	M70	M55	1 Peter Duckers	5.50	M50	W45		W55			M70		
M60	1 Peter Couttie Australia	9-58.39	M55	2 George Jephcott	5.24	M50	1 Pam Garvey	1.35	W55	1 Elizabeth Sissons	9.30	M70	1 Robert Laidler	27.56
1 Fred Gibbs	38-02.7	W35	M55	3 Mike Garvey	5.07	M50	W50		W55	2 Margery Swinton	8.81	M75		
2 Steve James	38-14.9	W40	M60	1 Pinchas Shechter Israel	5.16	M50	1 Pat Oakes	1.18	W60	3 Carol Rafferty	6.85	M75	1 Janis Gercs	22.90
3 Geoff Harrold	39-55.7	W45	M60	2 Colin Field	4.80	M50	W55		W60			M75	2 Richard Glover	20.88
M65	1 Geoff Oliver	40-13.0	W45	3 Arthur Penwarden	4.36	M50	1 Iris Holder	1.15	W60	1 Evaun Williams	11.10	M75	3 Christine Pates	26.12
1 Geoff Oliver	40-13.0	3000m Steeplechase	M65	1 Gerald Wilkinson	4.45	M50	2 Carol Rafferty	1.10	W60	2 Kay Koppel	7.29	M75	1 Caroline Garatt	36.18
2 Mick Ward	40-32.7	M70	M65	2 Geoffrey Feast	4.36	M50	W60		W65	3 Barbara Dunford	5.76	M75	2 Wendy Laing	29.49
3 Ian Barnes	41-11.3	M40	M65	3 John Evans	4.08	M50	1 Kay Koppel	1.10	W65	1 Rosemary Chimes	10.39	M75	3 Christine Pates	26.12
1 Ted Cooper	45-17.1	M45	M65	1 Ajit Kalirai	3.95	M50	W65		W75	2 Marie Grant-Stevens	6.59	M75	W40	
2 Arthur Walsham	50-44.2	M50	M65	2 Bill Morrow	3.03	M50	1 Rosemary Chimes	1.24	W75	1 Rosemary Chimes	10.39	M75	1 Manndy Laing	32.80
M75	1 Ronald Hale	50-21.7	M50	W35		M50	Pole Vault		W75	2 Marie Grant-Stevens	6.59	M75	2 Carole Morris	29.31
W35	1 Pauline Atkinson	39-43.64	M50	W45		M50	M40		W75	1 Mary Wixey	4.20	M75	3 Deborah Murch	24.84
2 Lynne Marr	40-29.22	M45	M50	W50		M50	1 Keith Hatton	4.00	W75	Discus		M75	1 Gillian Dobson	30.90
W45	1 Sabrina Diggins	43-59.47	M45	W55		M50	2 Kevin McClymont	3.20	W75	M40		M75	2 Kirsten Workman	28.12
1 Maureen Coffey	44-19.89	W50	M45	W60		M50	3 = Robert McKenna	3.00	W75	1 John Moreland	44.89	M75	3 Gwen McFarlane	24.15
W55	1 Pauline Rich	43-24.03	M45	W60		M50	3 = David Franklin	3.00	W75	2 Jan Drzewiecki	38.14	M75	W50	
2 June Johnson	47-45.32	80m Hurdles	M45	W60		M50	M45		W75	1 Neville Thompson	51.01	M75	1 Margaret Woodger	22.52
3000m Walk		M40	M45	W60		M50	1 David Blunt	3.40	W75	2 Michael Small	41.56	M75	2 Pat Oakes	21.82
M40	1 Colin Bradley	14-00.62	M45	W60		M50	2 Thomas Thompson	3.00	W75	3 Tim Needham	29.63	M75	3 Rosemary Champion	21.19
2 Michael Kelly	17-47.49	M45	M45	W60		M50	3 Tony Fortes	2.80	W75	M50		M75	W55	
M45	1 Charles Ryan	14-38.17	M45	W60		M50	M55		W75	1 Neil Griffin	51.24	M75	1 Elizabeth Sissons	26.51
1 Charles Ryan	14-38.17	1 Anne-Grete Howarth	16.89	W60		M50	1 Michael Goodall	3.60	W75	2 Bill Renshaw	43.20	M75	2 Carol Rafferty	25.72
2 Neil Munroe	16-55.33	2 Jenny Denyer	17.04	W60		M50	2 Richard Morris	3.20	W75	3 Anthony Richards	42.60	M75	3 Margery Swinton	23.66
3 Sean Pender	17-18.44	3 Judi Stafford	17.13	W60		M50	3 Bruce Hendrie	3.10	W75	M55		M75	W60	
M50	1 Barry Hardwick	14-40.07	W50	W60		M50	M55		W75	1 John Conboy	38.36	M75	1 Evaun Williams	36.12
1 Barry Hardwick	14-40.07	1 Jean Fail	13.13	W50		M50	1 John Bradley	3.15	W75	2 Godfrey Leak	36.02	M75	1 Mary Wixey	9.24
2 Don Cox	14-41.42	2 Emily McMahon	13.69	W50		M50	2 John Howe	3.10	W75	3 Patsy Conboy Ireland	35.17	M75	Hammer	
3 Trevor Taylor	17-55.87	100m Hurdles	M50	W50		M50	3 Brian Harlick	2.80	W75	M60		M75	M40	
M55	1 Peter Hannell	15-01.19	M50	W50		M50	M65		W75	1 Jack Kee	39.94	M75	1 Malcolm Fenton	56.60
M60	1 Brian Gore	15-38.08	M50	W50		M50	W35		W75	2 Peter Hallett	37.38	M75	2 Nigel Winchcombe	50.75
1 Brian Gore	15-38.08	1 Barry Ferguson	15.91	W50		M50	W45		W75	3 Colin Brand	35.55	M75	3 Martin Roberts	46.79
2 Dave Stevens	16-24.27	2 John Howe	16.20	W50		M50	W50		W75	M65		M75	1 Alan Woods	48.53
3 Dennis Myers	17-08.84	3 Bob Cutler	10.41	W50		M50	W55		W75	1 Michael McGarry Ire.	40.28	M75	2 Michael Small	45.13
M65	1 Colin Stapleford	17-19.14	M55	W50		M50	W60		W75	2 Robin Sykes	36.28	M75	3 Nigel Hooker	37.58
1 Colin Stapleford	17-19.14	1 Colin Shafo	20.12	W50		M50	W65		W75	3 Patrick Tomney	35.31	M75	M50	
2 John Short	18-09.09	2 Jim Day	21.57	W50		M50	W70		W75	1 Jaroslev Hanus	35.64	M75	1 Paul Dickenson	54.41
M70	1 Dennis Withers	18-59.51	W35	W50		M50	W75		W75	2 Robert Laidler	32.24	M75	2 Merrik Bousfield	40.24
2 Karl Abolins	19-02.22	1 Jacquelyn Brett	14.1	W50		M50	W75		W75	3 Ian Briggs	30.77	M75	3 Bill Renshaw	38.79
3 Paul Sargent	23-02.12	2 Wendy Laing	15.1	W50		M50	W75		W75	1 Janis Gercs	28.11	M75	1 Christopher Melliush	50.75
M85	1 George Mitchell	21-20.33wr	M40	W50		M50	W75		W75	2 Janet Smith	31.85	M75	2 Patsy Conboy	43.46
W35	1 Christine Pates	20-18.08	M45	W50		M50	W75		W75	2 Cathy Breslin	28.65	M75	3 John Conboy	41.47
1 Christine Pates	20-18.08	1 Howard Moscrop	15.12	W50		M50	W75		W75	3 Danuta Krzyzanska	25.98	M75	M60	
W40	1 Sigrun Sangvik	15-50.06	M45	W50		M50	W75		W75	W40		M75	1 Jack Kee	45.84
2 Ann Wheeler	16-58.78	2 Michael Coker	15.50	W50		M50	W75		W75	1 Claire Cameron	40.06	M75	2 Dennis Rafferty	28.06
3 Fiona Bishop	17-41.26	3 Ian Scholes	15.62	W50		M50	W75		W75	2 Karen Heweth	34.29	M75	3 David Williams	22.41
W50	1 Roger Honey	15.26	M45	W50		M50	W75		W75	3 Christine Strode	28.05	M75	M65	
1 Ann Lewis	16-51.72	2 Philip McIlfratrick	16.27	W50		M50	W75		W75	W45		M75	1 Peter Barber	42.69
2 Jacqueline King	17-12.49	3 Jon Ireland	17.39	W50		M50	W75		W75	1 Gwen McFarlane	28.47	M75	2 David Bayes	39.48
W55	1 Jill York	19-41.63	M60	W50		M50	W75		W75	2 Beatrice Simpson	24.11	M75	3 Philip McEvoy	38.54
W60	1 Jill Langford	18-17.80	M60	W50		M50	W75		W75	3 Jacky Ricketts	19.44	M75	M70	
1 Jill Langford	18-17.80	1 John Ross	48.07	W50		M50	W75		W75	1 Margaret Woodger	24.10	M75	1 Jaroslev Hanus	34.59
M65	1 Maureen Spelman	18-19.95	M60	W50		M50	W75		W75	2 Romana Martin	23.70	M75	2 John Watson	32.94
W70	1 Beryl Randle	18-38.41	M60	W50		M50	W75		W75	3 Rosemary Champion	21.53	M75	3 Robert Laidler	21.09
2 Anne von Bismarck	21-37.27	1 Ajit Kalirai	70.38	W50		M50	W75		W75	1 Margery Swinton	22.14	M75	W35	
5000m Walk		2 Emily McMahon	51.44	W50		M50	W75		W75	2 Elizabeth Sissons	22.09	M75	1 Irene Duffin	45.10
M40	1 Colin Bradley	24-06.5	M60	W50		M50	W75		W75	W60		M75	2 Janet Smith	41.41
2 Alan Ellam	24-54.9	1 Howard Moscrop	53.79	W50		M50	W75		W75	1 Evaun Williams	27.63	M75	W40	
3 Michael Kelly	30-28.4	2 Michael Coker	56.35	W50		M50	W75		W75	2 Kay Koppel	18.75	M75	1 Jenny Earle	39.53
M45	1 Neil Munroe	29-14.9	M60	W50		M50	W75		W75	W65		M75	2 Claire Cameron	33.16
1 Neil Munroe	29-14.9	3 Peter West	57.97	W50		M50	W75		W75	1 Rosemary Chimes	32.62	M75	3 Brenda Russell	29.47
2 Sean Pender	30-09.1	M45	M60	W50		M50	W75		W75	Javelin		M75	W45	
M50	1 Barry Hardwick	26-30.4	M60	W50		M50	W75		W75	M40		M75	1 Beatrice Simpson	36.86
2 Trevor Taylor	31-07.1	M45	M60	W50		M50	W75		W75	1 Kevin Murch	62.30	M75	2 Marilyn Anness	27.05
M55	1 Colin Turner	27-05.7	M60	W50		M50	W75		W75	2 Timothy Creese	47.39	M75	3 Jenny Piercey	26.87
M60	1 Brian Gore	27-02.76	M60	W50		M50	W75		W75	3 Martin Safford	36.10	M75	W50	
2 Dave Stevens	28-38.95	M60	M60	W50		M50	W75		W75	M45		M75	1 Lesley Shrosbree	38.92
3 Dennis Myers	28-50.99	M60	M60	W50		M50	W75		W75	1 Steve Ladds	49.63	M75	2 Romana Martin	27.19
M65	1 Colin Stapleford	29-32.30	M60	W50		M50	W75		W75	2 Michael Small	44.58	M75	3 Margaret Woodger	25.91
2 James Munn	30-42.07	M60	M60	W50		M50	W75		W75	3 Peter Everard	39.82	M75	W55	
3 John Short	31-02.28	M60	M60	W50		M50	W75		W75	W50		M75	1 Margery Swinton	32.37
W40	1 Ann Wheeler	29-25.85	M60	W50		M50	W75		W75	W60		M75	2 Elizabeth Sissons	27.26
2 Fiona Bishop	30-43.66	M60	M60	W50		M50	W75		W75	2 Robert Richards	47.75	M75	3 Carol Rafferty	20.89
W45	1 Cath Reader	29-19.91	M60	W50		M50	W75		W75	3 Mike Hazlewood	47.31	M75	W60	
W50	1 Ann Lewis	29-05.28	M60	W50		M50	W75		W75	M55		M75	1 Evaun Williams	40.39
2 Jacqueline King	29-50.47	M60	M60	W50		M50	W75		W75	1 Phil Owen	38.26	M75	2 Barbara Dunford	20.54
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		
		M60	M60	W50		M50	W75		W75			M75		

Canadian Masters Championships, and WAVA Regional Championships
Kamloops, BC, Canada; Aug. 17-20

- 100 -			3 Tom Dickson	47 CAN 12.30 87.9%
M30			4 Walwyn Franklyn	48 GBR 12.55 86.8%
1 Raul Garces	34 MEX 12.87 77.1%		5 Dave Burton	45 CAN 12.66 84.3%
M35			6 Kostie Killas	46 CAN 12.76 84.2%
1 John Olivier	36 CAN 12.29 81.8%		7 Brent Davy	45 CAN 12.85 83.1%
2 Winchester Johnson	39 CAN 12.34 83.1%		8 Sandy ParharSantokh	48 CAN 13.66 79.8%
3 Gordon Bolstad	39 CAN 12.35 83.0%		M45 -100m-	
4 Todd Wiseman	35 CAN 12.56 79.6%		1 Walwyn Franklyn	48 GBR 12.04 90.5%
5 Wayne Lewin	38 CAN 12.93 78.8%		2 Walter Linder	49 CAN 12.17 90.1%
M40 -100m-			3 Siefried Regales	47 CAN 12.18 88.8%
1 Allan Tissenbaun	40 CAN 11.22 92.0%		4 Tom Dickson	47 CAN 12.34 87.6%
2 Jim Bissenden	42 CAN 12.08 86.6%		5 Kostie Killas	46 CAN 12.72 84.5%
3 Aurelio Alvarez	42 MEX 12.52 83.6%		- Dave Burton	45 CAN DNF
4 Blair Roblin	42 CAN 12.88 81.2%		M50 -100m PRELIMS-	
5 Rogelio Meneses	43 MEX 13.01 81.0%		1 Mike Steinmetz	53 USA 12.81 87.9%
M45 -100m PRELIMS-			2 Kenrick Prime	50 TRI 13.05 84.6%
1 Siefried Regales	47 CAN 12.05 89.7%			Continued on next
2 Waltr Linder	49 CAN 12.14 90.1%			

Continued on next page

Continued from previous page

3 Jean-Pierre Mayer	52 CAN 12.99 86.1%	M30	-200-	1 Raul Garces	34 MEX 26.93 73.9%	M70	1 Patricia Peterson	74 USA 35.71 89.0%	M55	1 Harold Morioka	57 CAN 2:13.97 92.4%
4 Jeff Schaller	52 USA 13.20 84.7%	M35	1 Jimson Lee	37 USA 24.48 83.1%	M75	1 Johnnie Valien	75 USA 39.58 81.4%	M55	2 Rich Tucker	55 USA 2:14.26 90.5%	
5 Dennis Lang	52 CAN 13.64 82.0%	M40	2 Gordon Bolstad	39 CAN 25.39 81.2%	M80	2 Diane Friedman	79 USA 49.42 69.2%	M55	3 Don McMillan	59 USA 2:17.21 91.8%	
6 James Posey	53 USA 13.76 81.8%	M45	3 John Olivier	36 CAN 25.45 79.3%	M85	3 Margaret Hinton	79 USA 55.75 61.4%	M55	4 Paulino Lopez	55 MEX 2:18.95 87.5%	
7 David Dolson	51 CAN 13.99 79.4%	M50	4 Todd Wiseman	35 CAN 25.69 78.1%	M90	4 Olga Kotelko	81 CAN 46.95 75.3%	M55	5 Jake Madderm	59 MEX 2:21.57 89.0%	
8 Jim Sullivan	52 CAN 14.02 79.8%	M55	5 Wayne Lewin	38 CAN 26.22 78.1%	M95	5 Annie Fleming	81 CAN 47.53 74.4%	M55	6 Alfr Tadeo Palomares	56 CAN 2:24.12 85.1%	
9 Pedro Trejo Almaguer	50 MEX 14.54 75.4%	M60	6 Garnett Gerke	35 CAN 26.86 74.7%	M100	6 Ivy Granstrom	88 CAN 71.05 57.0%	M55	7 Michael Mullaley	58 CAN 2:25.55 85.8%	
M50 -100m-		M65	7 Allan Tissenbaun	40 CAN 23.27 89.3%	M105	7 Rosario Iglesias	89 MEX 76.22 54.4%	M55	8 Barry Adams	59 CAN 2:46.79 75.5%	
1 Kenrick Prime	50 TRI 12.70 86.9%	M70	8 Brian Monteith	42 CAN 25.44 82.8%	M110			M55	9 Bill McNamara	58 CAN 2:49.59 72.3%	
2 Mike Steinmetz	53 USA 12.94 87.0%	M75	9 Aurelio Alvarez	42 MEX 25.53 82.5%	M115			M55	10 John Powell	56 MEX 2:54.85 71.4%	
3 Jean-Pierre Mayer	52 CAN 12.98 86.2%	M80	10 Blair Roblin	42 CAN 26.37 79.9%	M120			M55	1 Nicolas Ordaz	56 CAN 3:00.85 67.8%	
4 Jeff Schaller	52 USA 13.24 84.5%	M85	1 Rogelio Meneses	43 CAN 26.86 79.0%	M125			M55	2 George Smith		
5 Dennis Lang	52 CAN 13.82 80.9%	M90	- Jim Bissenden	42 CAN DQ	M130			M55	1 Bill McIlwaine	61 CAN 2:27.51 87.0%	
6 Jim Sullivan	53 USA 14.02 80.3%	M95	1 Siegfried Regales	47 CUR 24.71 88.3%	M135			M55	2 Federico Diaz	60 MEX 2:27.73 86.1%	
7 James Posey	51 CAN 14.59 76.1%	M100	2 Walter Linder	49 CAN 25.88 85.5%	M140			M55	3 Jack Miller	63 USA 2:32.99 85.6%	
8 David Dolson	51 CAN 14.52 76.1%	M105	3 Tom Dickson	47 CAN 24.84 87.9%	M145			M55	4 Mario Salazar	64 GUA 2:39.71 82.8%	
M55 -100m PRELIMS-		M110	4 Walwyn Franklyn	48 GBR 25.93 84.8%	M150			M55	5 James Pascoe	62 CAN 2:42.73 79.7%	
1 Peter Crombie	55 AUS 12.60 90.5%	M115	5 Kostie Killas	46 CAN 25.04 86.5%	M155			M55	6 Salam Hashem	60 CAN 2:44.99 77.0%	
2 Harold Morioka	57 CAN 12.68 91.2%	M120	6 Peter Freeman	48 CAN 26.38 83.3%	M160			M55	7 Hylke Van der Wal	62 CAN 2:48.85 76.8%	
3 Tony Badowski	57 CAN 13.07 88.5%	M125	7 Brent Davy	45 CAN 25.24 85.3%	M165			M55	- Clifford Bedell	62 USA DNF	
4 Erv Hickie	57 CAN 14.21 81.4%	M130	8 Bill Sutherland	49 CAN 26.60 83.2%	M170			M55	1 James Aneshansley	65 USA 2:35.81 85.8%	
5 Herb Gee	59 CAN 13.27 88.3%	M135	9 Sandy ParharSantokh	48 CAN 27.51 79.9%	M175			M55	2 Gerhard Krolow	65 CAN 2:59.37 74.5%	
6 Jack Karbens	58 USA 14.92 78.0%	M140	0 Andrew Delecki	47 GUA 27.65 80.1%	M180			M55	- Joe Giegerich	68 CAN DNF	
7 Gary Malo	57 CAN 14.64 79.0%	M145	- Byro Paredes Sanchez	47 GUA DQ	M185			M55	1 Earl Fee	71 CAN 2:31.68 94.4%	
8 Lopez Argueta	55 GUA 15.02 75.9%	M150	1 Walwyn Franklyn	48 GBR 24.25 90.6%	M190			M55	2 Francisco Ramirez	71 MEX 2:37.17 91.1%	
- Bernard Igwe	57 CAN DNF	M155	2 Walter Linder	49 CAN 24.59 90.0%	M195			M55	3 James Beall	71 USA 2:38.50 90.4%	
M55 -100m-		M160	3 Siegfried Regales	47 CUR 24.68 88.4%	M200			M55	4 Stan Oracheski	72 CAN 3:11.51 75.7%	
1 Peter Crombie	55 AUS 12.37 92.2%	M165	4 Tom Dickson	47 CAN 25.25 86.5%	M205			M55	5 Milo Sather	73 USA 3:16.08 74.9%	
2 Harold Morioka	57 CAN 12.56 92.1%	M170	5 Brent Davy	45 CAN 25.57 84.2%	M210			M55			
3 Herb Gee	59 CAN 13.33 88.0%	M175	6 Kostie Killas	46 CAN 25.60 84.6%	M215			M55			
4 Tony Badowski	57 CAN 13.36 86.6%	M180	7 Peter Freeman	48 CAN 26.81 82.0%	M220			M55			
5 Erv Hickie	57 CAN 14.60 79.2%	M185	8 Bill Sutherland	49 CAN 26.87 82.4%	M225			M55			
6 Gary Malo	57 CAN 15.02 77.0%	M190	M50 -200m PRELIMS-		M230			M55			
7 Jack Karbens	58 USA 15.14 76.9%	M195	1 John Garland	51 CAN 27.20 82.6%	M235			M55			
8 Lopez Argueta	55 GUA 15.40 74.0%	M200	2 Kenrick Prime	50 TRI 27.63 80.7%	M240			M55			
M60 -100m PRELIMS-		M205	3 Jess Brewer	54 CAN 27.58 83.2%	M245			M55			
1 Gary Sims	62 USA 13.13 91.2%	M210	4 Michael Carter	51 CAN 28.28 79.4%	M250			M55			
2 Douglas Fraser	62 CAN 13.42 89.2%	M215	5 Dennis Lang	52 CAN 27.85 81.2%	M255			M55			
3 Larry Forseille	63 CAN 13.94 86.6%	M220	6 James Posey	53 USA 28.34 80.3%	M260			M55			
4 Merv Armstrong	61 CAN 14.01 84.9%	M225	7 Jim Sullivan	52 CAN 28.38 79.7%	M265			M55			
5 Les Friesen	63 CAN 13.97 86.4%	M230	8 Al McLeod	52 CAN 29.15 77.6%	M270			M55			
6 Phil Byrne	60 USA 14.13 83.5%	M235	9 Pedro Trejo Almaguer	50 MEX 29.30 76.1%	M275			M55			
7 Clarence Wiseman	60 CAN 14.01 84.3%	M240	0 David Dolson	51 CAN 29.46 76.2%	M280			M55			
8 Salam Hashem	60 CAN 15.55 75.9%	M245	1 John Garland	51 CAN 27.17 82.7%	M285			M55			
9 Eric Wisneth	61 CAN 15.79 75.3%	M250	2 Michael Carter	51 CAN 27.60 81.4%	M290			M55			
M60 -100m-		M255	3 Jess Brewer	54 CAN 28.25 81.2%	M295			M55			
1 Gary Sims	62 USA 13.48 88.8%	M260	4 Dennis Lang	52 CAN 28.40 79.6%	M300			M55			
2 Phil Byrne	60 USA 13.84 85.3%	M265	5 James Posey	53 USA 28.67 79.4%	M305			M55			
3 Douglas Fraser	62 CAN 13.88 86.3%	M270	6 Jim Sullivan	52 CAN 28.82 78.5%	M310			M55			
4 Larry Forseille	63 CAN 14.42 83.7%	M275	7 Pedro Trejo Almaguer	50 MEX 30.12 74.0%	M315			M55			
5 Les Friesen	63 CAN 14.48 83.4%	M280	- Kenrick Prime	50 TRI DQ	M320			M55			
6 Merv Armstrong	61 CAN 14.77 80.5%	M285	M55 -200m PRELIMS-		M325			M55			
M65 -100m PRELIMS-		M290	1 Peter Crombie	55 AUS 25.43 90.9%	M330			M55			
1 Paul Johnson	65 USA 13.43 91.3%	M295	2 Harold Morioka	57 CAN 26.42 88.7%	M335			M55			
2 Charles Agnoo	65 CAN 13.83 88.7%	M300	3 Tony Badowski	57 CAN 27.00 86.8%	M340			M55			
3 Oscar Ponce	66 GUA 13.98 88.4%	M305	4 Richard Hammer	55 USA 27.24 84.8%	M345			M55			
4 Bernie Smith	68 CAN 14.27 88.3%	M310	5 Herb Gee	59 CAN 27.64 86.1%	M350			M55			
5 Paul Williams	65 USA 14.29 85.8%	M315	6 Jack Karbens	58 USA 29.78 79.3%	M355			M55			
6 Benson Ford	69 JAM 14.53 87.4%	M320	7 Gary Malo	57 CAN 30.31 77.3%	M360			M55			
7 Kesar Singh Poonia	66 CAN 14.78 83.6%	M325	8 Lopez Argueta	55 GUA 31.10 74.3%	M365			M55			
8 Willis Bass	66 CAN 16.97 72.8%	M330	M55 -200m-		M370			M55			
- George Gluppe	67 CAN DNF	M335	1 Harold Morioka	57 CAN 25.06 93.5%	M375			M55			
M65 -100m-		M340	2 Peter Crombie	55 AUS 25.07 92.2%	M380			M55			
1 Paul Johnson	65 USA 13.50 90.8%	M345	3 Richard Hammer	55 USA 27.23 84.9%	M385			M55			
2 Paul Williams	65 USA 14.40 85.2%	M350	4 Tony Badowski	57 CAN 27.28 85.9%	M390			M55			
3 Bernie Smith	68 CAN 14.48 87.0%	M355	5 Herb Gee	59 CAN 27.61 86.2%	M395			M55			
4 Oscar Ponce	66 GUA 14.63 84.5%	M360	6 Jack Karbens	58 USA 30.65 77.0%	M400			M55			
5 Benson Ford	69 JAM 15.13 84.0%	M365	7 Lopez Argueta	55 GUA 31.87 72.5%	M405			M55			
6 Kesar Singh Poonia	66 CAN 15.38 80.4%	M370	M60 -200m		M410			M55			
7 Willis Bass	66 CAN 18.10 68.3%	M375	1 Gary Sims	62 USA 28.06 86.8%	M415			M55			
- Charles Agnoo	65 CAN DNF	M380	2 Phil Byrne	60 USA 29.40 81.5%	M420			M55			
M70 -100m-		M385	3 Les Friesen	63 CAN 30.07 81.7%	M425			M55			
1 James Stookey	70 USA 14.50 88.4%	M390	4 Larry Forseille	63 CAN 30.80 79.7%	M430			M55			
2 Bob Alexander	70 USA 15.38 83.4%	M395	5 James Pascoe	62 CAN 33.14 73.5%	M435			M55			
3 Bill Thompson	70 CAN 15.70 81.7%	M400	6 Eric Wisneth	61 CAN 33.33 72.5%	M440			M55			
4 Isaac Thiesen	71 CAN 16.17 80.1%	M405	M65 -200m		M445			M55			
5 Norm Lesage	71 CAN 16.41 78.1%	M410	1 Paul Johnson	65 USA 27.53 90.7%	M450			M55			
6 Danny Daniels	71 CAN 16.77 77.2%	M415	2 Ralph Romain	68 TRI 28.07 91.5%	M455			M55			
7 Jim Flowers	72 CAN 16.91 77.4%	M420	3 Bernie Smith	68 CAN 30.44 84.4%	M460			M55			
M75 -100m-		M425	4 Oscar Ponce	66 GUA 30.86 81.6%	M465			M55			
1 Harry Palidwor	75 CAN 16.17 83.5%	M430	5 Kesar Singh Poonia	66 CAN 32.29 78.0%	M470			M55			
2 Harry Thompson	77 CAN 17.24 80.2%	M435	6 Enriq Heredia Lozano	65 MEX 32.94 75.8%	M475			M55			
M80		M440	7 Jack Coy	69 USA 33.05 78.5%	M480			M55			
1 Milton Silverstein	80 CAN 15.83 90.7%	M445	8 Carlos Hernandez	69 MEX 35.09 73.9%	M485			M55			
2 Roberto Higuera Gil	80 MEX 16.90 84.9%	M450	M70 -200m		M490			M55			
3 Armando Ricciardi	80 USA 20.70 69.3%	M455	1 Bob Alexander	70 USA 31.32 83.6%	M495			M55			
M85		M460	2 Isaac Thiesen	71 CAN 33.34 79.4%	M500			M55			
1 Howard West	87 CAN 25.00 63.8%	M465	3 Bill Thompson	70 CAN 33.66 77.8%	M505			M55			
M90		M470	4 Milo Sather	73 USA 34.71 78.0%	M510			M55			
1 Agnes Kuczalska	32 CAN 14.09 76.3%	M475	5 Jim Flowers	72 CAN 35.82 74.7%	M515			M55			
M95		M480	M75		M520			M55			
1 Veronica Amarasakara	39 USA 13.76 82.0%	M485	1 Harry Palidwor	75 CAN 33.16 83.5%	M525			M55			
2 Lucia Villalon	36 MEX 14.63 75.4%	M490	M80		M530			M55			
M100		M495	1 Milton Silverstein	80 CAN 32.71 90.4%	M535			M55			
1 Betsy Lord	44 CAN 13.87 84.5%	M500	2 Roberto Higuera Gil	80 MEX 36.99 79.9%	M540			M55			
2 Hillierie Smith	42 CAN 15.31 75.4%	M505	M85		M545			M55			
3 Jovette Jolicoeur	40 CAN 16.01 71.0%	M510	1 Howard West	87 CAN 59.27 55.8%	M550			M55			
M45 -100m-		M515	M90		M555			M55			
1 Selina Coward	45 CAN 14.47 81.6%	M520	1 Agnes Kuczalska	32 CAN 28.64 75.5%	M560			M55			
2 Mette Fosberg	48 CAN 15.19 79.5%	M525	M95		M565			M55			
3 Laura Aguilar	46 MEX 15.51 76.7%	M530	1 Anna Cranton	37 CAN 28.20 79.6%	M570			M55			
4 Daphne O'Sullivan	48 CAN 15.51 77.9%	M535	2 Lucia Villalon	36 MEX 29.51 75.5%	M575			M55			
M50		M540	3 Vanda Killen	38 CAN 32.94 68.7%	M580			M55			
1 Avril Douglas	54 CAN 15.15 83.5%	M545	M100		M585			M55			
M55		M550	1 Betsy Lord	44 CAN 28.10 84.6%	M590			M55			
1 Carol LaFayette-Boyd	58 CAN 14.88 87.8%	M555	2 Anne Skinner	42 CAN 29.18 80.1%	M595			M55			
2 Joan Vogel	59 CAN 15.34 85.8%	M560	3 Hillierie Smith	42 CAN 30.89 75.7%	M600			M55			
3 Mary Robinson	58 USA 15.74 83.0%	M565	4 Jovette Jolicoeur	40 CAN 32.93 69.9%	M605			M55			
4 Marg Radcliffe	58 CAN 16.70 78.2%	M570	M105		M610			M55			
M60		M575	1 Selina Coward	45 CAN 28.65 83.7%	M615			M55			
1 Eyaun Williams	62 GBR 16.10 83.9%	M580	2 Mette Fosberg	48 CAN 30.35 80.9%	M620			M55			
2 Monica Tang Wing	64 TRI 16.62 82.7%	M585	3 Daphne O'Sullivan	48 CAN 30.42 80.7%	M625			M55			
3 Mary McCarron-Egner	63 CAN 16.73 81.5%	M590	4 Laura Aguilar	46 MEX 30.52 79.1%	M630			M55			
4 Mary Roman	64 USA 17.78 77.3%	M595	M110		M635			M55			
5 Sylvia Brooks-Smith	62 USA 19.13 70.6%	M600	1 Avril Douglas	54 CAN 28.53 90.5%	M640			M55			
6 Eileen Watson	63 CAN 20.70 65.8%	M605	M115		M645			M55			
M65		M610	1 Carol LaFayette-Boyd	58 CAN 30.72 86.9%	M650			M55			
1 Coral Webb	69 CAN 18.67 77.5%	M615	2 Joan Vogel	59 CAN 31.42 85.8%	M655			M55			
2 Gwen Boivin	66 CAN 19.49 7										

Continued from previous page

2 Donna Dixon	37 CAN 4:58.37 80.3%
3 Brenda Zavala	39 GUA 5:02.14 80.6%
4 Ann Hislop	35 CAN 5:09.99 76.1%
5 Kelly Robinson	36 CAN 5:39.89 69.9%
M40	
1 Kathleen Northey	41 CAN 5:18.04 77.8%
2 Sue Grigsby	43 USA 5:30.73 76.1%
3 Jovette Jolicoeur	40 CAN 6:11.17 66.1%
M45	
1 Christine Guy	47 CAN 6:02.21 72.0%
M50	
1 Avril Douglas	54 CAN 5:25.95 85.5%
2 Jeanette Groesz	50 USA 5:31.96 80.8%
3 Mary Hartzler	51 USA 5:58.78 75.4%
M55	
1 Min Rayson	58 CAN 6:47.34 71.3%
M60	
1 Jeanne Daprano	63 USA 6:04.08 84.5%
2 Madeline Boet	61 USA 6:18.33 79.4%
3 Barbara Saunderson	60 CAN 6:43.74 73.5%
4 Joyce Hodges-Hite	63 USA 7:22.15 69.5%
5 Mari Vasquez Bajardo	63 GUA 7:55.20 64.7%
6 Eileen Watson	63 CAN 9:20.27 54.9%
M65	
1 Jean Horne	67 CAN 6:14.11 86.5%
2 Helly Visser	66 CAN 6:19.25 84.2%
3 Suzi MacLeod	66 USA 6:19.45 84.1%
4 Mary Harada	65 USA 6:55.31 75.9%
M75	
1 Louise Adams	78 USA 8:32.73 75.1%
M80	
1 Lenore Marvin	80 CAN 8:14.48 80.9%

-5K-

M40	
1 Manue Alfaro Guevara	41 MEX 16:24.68 82.7%
M45	
1 John Moe	46 CAN 18:00.30 78.2%
2 Gust Villagran Cifue	46 GUA 18:13.66 77.2%
3 Jose Martinez	45 MEX 18:34.58 75.2%
4 Derek Crowder	47 CAN 19:25.61 73.0%
5 Hal Puttick	45 CAN 19:56.71 70.0%
6 Doug Smith	48 CAN 20:58.62 68.1%
M50-59 -5km-	
M50	
1 Roger Price	51 USA 17:30.45 83.6%
2 Hector Chavez	53 MEX 17:34.96 84.6%
3 Rick Larush	53 CAN 18:29.74 80.4%
4 Robert Haines	50 CAN 19:06.49 76.0%
5 Etelberto Gallecos	53 MEX 19:33.35 76.1%
6 Gaetan Breton	52 CAN 20:32.38 71.8%
7 Steve Meyers	52 USA 20:36.68 71.6%
8 Samuel Neal	50 USA 21:08.41 68.7%
- Randy Warick	50 CAN DNF
M55	
1 Jack Miller	55 CAN 17:58.83 84.1%
2 Vern Christensen	59 CAN 20:22.46 77.0%
M60	
1 Fidel Diaz Mendez	62 MEX 17:48.88 90.6%
2 Herb Phillips	60 CAN 17:53.77 88.4%
3 Hans Sinkovics	63 USA 19:45.43 82.5%
4 Mario Salazar	64 GUA 20:29.17 80.4%
5 Jose Castaneda Corte	62 MEX 20:31.77 78.5%
6 Salam Hashem	60 CAN 21:12.56 74.6%
7 Lornel Anderson	60 CAN 23:40.77 66.8%
8 Charles Des Jardins	63 USA 29:38.64 55.0%
M65	
1 Alber Chares Ramirez	66 MEX 21:27.09 78.4%
2 Gerhard Krolow	65 CAN 22:27.41 74.1%
3 Jim Hite	66 USA 25:07.62 66.9%
M70	
1 Francisco Ramirez	71 MEX 20:36.59 86.5%
2 Stan Orzechski	72 CAN 24:22.51 74.1%
M75	
1 James Johnston	77 GBR 30:54.72 62.6%
M80	
1 Les Leyland	83 CAN 31:22.85 68.4%
1 Dudley Healy	86 USA 36:15.69 63.1%
M85	
1 Sandra Yaworski	38 CAN 18:18.68 81.2%
2 Brenda Zavala	39 GUA 18:32.71 80.8%
3 Ann Hislop	35 CAN 20:01.79 72.5%
M90	
1 Bernadette Duffy	41 CAN 19:20.06 78.8%
2 Jocelyne Dumais	41 CAN 24:03.07 63.3%
M95	
1 Glyn Woodson	49 CAN 19:25.45 84.0%
2 Catherine Tedford	47 CAN 31:01.06 51.7%
M100	
1 Jeanette Groesz	50 USA 20:31.14 80.3%
M105	
1 Min Rayson	58 CAN 23:00.94 77.5%
M110	
1 Mart Mendiburo Areva	62 MEX 22:33.66 82.6%
2 Ellen Nitz	60 USA 23:00.94 79.1%
3 Joyce Hodges-Hite	63 USA 26:03.07 72.4%
4 Eileen Watson	63 CAN 33:28.89 56.3%
M115	
1 Helly Visser	66 CAN 23:28.28 83.3%
2 Mary Harada	65 USA 24:46.74 77.9%
M120	
1 Louise Adams	78 USA 28:14.29 83.2%
M125	
1 Lenore Marvin	80 CAN 31:28.11 77.5%

-80M HURDLES-

M70	
1 James Stookey	70 USA 13.41 95.7%
2 Ray Propst	71 USA 19.64 66.4%
3 Danny Daniels	71 CAN 21.06 61.9%
- Jim Flowers	72 CAN DNF
M40+ -80M LH-	
M40	
1 Kimberley Harrell	41 USA 14.54 74.9%
M45	
1 Nancy Cochrane	48 CAN 19.26 61.4%
M75	
1 Johnnie Valien	75 USA 21.11 82.1%

-100M HURDLES-

M60	
1 Phil Byrne	60 USA 18.14 79.7%
2 Merv Armstrong	61 CAN 20.73 70.6%
M65	
1 Udo Grady	66 CAN 24.63 63.5%
M75	
1 Leslie Estwick	39 CAN 14.55 92.2%

-110M HURDLES-

M35	
1 Winchester Johnson	39 CAN 15.8h 85.5%
M40	
1 Douglas Schneebeck	40 USA 16.2h 84.1%
M45	
1 Robert Zahn	46 USA 16.2h 88.9%
2 Dennis Nelson	45 USA 17.9h 79.8%
3 Russell Jacquet-Acea	47 USA 18.1h 80.5%
4 Gene Iwen	49 USA 19.7h 75.5%

-300M HURDLES-

M60	
1 Phil Byrne	60 USA 51.24 81.8%
2 Hylke Van der Wal	62 CAN 52.20 82.2%
3 Merv Armstrong	61 CAN 58.20 72.8%
1 Lornel Anderson	60 CAN 70.91 59.1%
M70	
1 James Stookey	70 USA 50.53 94.3%
2 Earl Fee	71 CAN 52.06 92.9%
3 Jim Flowers	72 CAN 75.29 65.3%
M50	
1 Liz McBlain	52 CAN 70.41 63.6%

-400M HURDLES-

M40	
1 Douglas Schneebeck	40 USA 60.39 83.9%
M45	
1 Russell Jacquet-Acea	47 USA 64.52 84.1%
2 Dennis Nelson	45 USA 65.52 81.2%
3 Gene Iwen	49 USA 66.01 83.9%
4 Brian Berquist	47 CAN 66.98 81.0%
5 Andrew Delecki	49 CAN 78.01 71.0%
M50	
1 Fred Judson	54 CAN 65.19 88.5%
2 Peter Duhig	50 GBR 70.75 78.1%
- Roy Chubb	50 CAN DQ
M55	
1 Harold Morioka	57 CAN 63.03 94.8%
M45	
1 Nancy Cochrane	48 CAN 1:49.5h 57.5%

-2K SC-

M60	
1 Hylke Van der Wal	62 CAN 9:17.76 76.2%
2 Lornel Anderson	60 CAN 10:18.04 66.9%
M65	
1 Jim Hite	66 USA 10:00.48 74.8%
2 Carlos Hernandez	69 MEX 10:27.57 74.9%
M30+ -2km SC 30" BAR-	
M50	
1 Judy Warick	51 CAN 9:08.41 80.3%

-3K SC-

M35	
1 Roberto Almazan	37 MEX 11:18.28 74.4%
M40	
1 Paul Roberts	41 CAN 10:28.17 83.3%
- Steven Keating	40 CAN DNF
M45	
1 Doug Smith	48 CAN 12:40.54 73.7%
2 Grant Spelsberg	46 CAN 13:56.66 65.6%
M50	
1 Peter Duhig	50 GBR 11:27.94 83.1%
2 Ron Pate	54 USA 12:34.17 79.2%
M55	
1 Gale Pfueller	57 USA 12:46.86 80.7%
2 Bruce Suffield	55 CAN 13:14.67 76.0%
3 Vern Christensen	59 CAN 13:15.10 79.7%
4 Bill McNamara	59 CAN 14:44.77 71.6%

-4X100 RELAY-

M30-39	
1 (Olivierre, Johnson, Prime, Re)	46.50
2 (Meneses, Garces, Magana, Alva)	48.30
M40-49	
1 (Mayr, Brownlie, Smillie, Cars)	54.90
2 (Roblin, Paredes Sanchez, Vill)	55.50
- (Dickson, Davy, Killas, Bissen)	DNF
M50-59	
1 (Morioka, Gee, Malo, Badowski)	51.22
M60-69	
1 (Johnson, Ford, Byrne, Sims)	54.16
2 (Armstrong, Hashem, Forcellie)	56.36
3 (Wong Moran, Ramirez, Hernandez)	59.80
4 (Calderon, Salazar, Lorenzana)	60.81
- (Smith, Poonia, Flowers, Thomp)	DQ
M70-79	
1 (Lesage, Palidwor, Thiessen, T)	65.23
M40-49	
1 (Smith, Cochrane, Harrell, Mill)	63.66
- (Watts, Coward, McCarron-Egner)	DQ
M60-69	
1 (Palmason, Webb, Visser, Horne)	69.02
M70-79	
1 (Valien, McDaniels, Adams, Pet)	77.01

-4X400 RELAY-

M30-39	
1 (Almazan, Vidales, Magana, San)	4:09.03
2 (Garces, Meneses, Alvarez, Cha)	4:18.42
M40-49	
1 (Davy, Carscadden, Faget, Mayr)	3:50.34
2 (Burton, Willisko, Munro, Cars)	4:13.61
3 (Sutherland, Cameron, Smith, P)	4:27.39
4 (Mendez, Martinez, Salas Mart)	4:28.59
5 (Paredes Sanchez, Villagran)	5:01.81
6 (Render, Duhig, Pidgen, Reader)	5:14.02
M50-59	
1 (Lopez, Tadeo Palomares, Trej)	3:55.35
2 (Badowski, Morioka, Madermon)	3:57.61
3 (McMillan, Troy, Hammer, Tucke)	4:40.01
M60-69	
1 (Forcellie, Friesen, Pascoe, A)	4:47.86
2 (Calderon, Salazar, Smith, Pon)	5:21.92
M70-79	
1 (Villalon, Aguilar, Robinson,)	4:38.25
2 (Arch, Reader, Alexander, Pidg)	5:23.99
M40-49	
1 (Lord, Warick, McBlain, Dougl)	4:50.19
2 (Vogel, McCarron-Egner, LaPay)	5:14.92
M60-69	
1 (Butcher, Daprano, Boet, Hodge)	5:49.44

-HIGH JUMP-

M35	
1 Winchester Johnson	39 CAN 1.75m 79.9%
2 John Neufeld	37 CAN 1.70m 75.8%
M40	
1 Bruce McBarnette	42 USA 1.85m 87.2%
2 Jim Bissenden	42 CAN 1.73m 81.6%
M50	
1 John Hawkins	51 CAN 1.70m 88.0%
2 Jean-Pierre Mayer	52 CAN 1.55m 81.1%
3 Fred Judson	54 CAN 1.45m 77.5%
M55	
1 Ken Underdahl	55 CAN 1.45m 78.3%
M60	
1 Phil Byrne	60 USA 1.40m 79.5%
2 John Steinman	64 USA 1.40m 83.3%
3 Lornel Anderson	60 CAN 1.20m 68.1%
4 John Ekstedt	62 CAN 1.15m 66.8%
M65	
1 Phil Fehlen	65 USA 1.65m 98.8%
2 Richard Westberg	65 USA 1.40m 83.8%
3 Gerhard Krolow	65 CAN 1.05m 62.8%
4 George Ladoucer	65 CAN 1.00m 59.8%
M70	
1 Ray Propst	71 USA 1.35m 86.5%
2 James Stookey	70 USA 1.35m 85.4%
3 Val Smith	70 USA 1.20m 76.9%
4 Danny Daniels	71 CAN 1.15m 73.7%

5 Douglas Monds	71 CAN 1.10m 70.5%
5 Richard Solter	73 USA 1.10m 71.9%
M75	
1 Harry Palidwor	75 CAN 1.15m 76.6%
M80	
1 Ralph Maxwell	80 USA 1.20m 84.5%
2 Lembit Saar	81 CAN 1.05m 75.0%
- Armando Ricciardi	80 USA NH
M85	
1 Leslie Estwick	39 CAN 1.55m 84.2%
M40	
1 Kimberley Harrell	41 USA 1.60m 88.8%
M45	
1 Debbie Brill	47 CAN 1.65m 98.8%
M50	
1 Liz McBlain	52 CAN 1.25m 79.6%
M55	
1 Marg Radcliffe	58 CAN 1.20m 82.1%
M60	
1 Evelyn Wright	63 USA 1.25m 91.2%
2 Sandra Anderson	60 CAN 1.20m 84.5%
3 Eileen Watson	63 CAN 0.95m 69.3%
M65	
1 Christel Miller	65 USA 1.10m 82.0%
M70	
1 Leonore McDaniels	72 USA 1.15m 93.5%
M75	
1 Margaret Hinton	79 USA 0.85m 75.2%
M80	
1 Olga Kotenko	81 CAN 0.90m 82.5%

-POLE VAULT-

M35	
1 Winchester Johnson	39 CAN 3.90m 71.9%
2 Wayne Psotka	36 CAN 3.70m 65.4%
M40	
1 Doug Ross	43 CAN 4.00m 77.9%
2 Wilson Soohoo	44 USA 3.60m 71.1%
M45	
1 Jeff Kingstad	47 USA 4.00m 82.4%
- Michael Jackson	49 USA NH
M50	
1 Dennis Phillips	54 USA 4.30m 97.7%
2 Jerry Cash	51 USA 4.20m 91.7%
3 John Hawkins	51 CAN 3.30m 72.0%
4 Fred Judson	54 CAN 2.70m 61.3%
5 Roy Chubb	50 CAN 2.10m 45.1%
M55	
1 Marjory Connelly	58 USA 3.50m 84.1%
2 Ken Underdahl	55 CAN 2.85m 65.6%
3 Erv Hickie	57 CAN 2.55m 60.4%
M60	
1 John Steinman	64 USA 2.85m 74.6%
2 Stan Hurton	64 CAN 1.85m 48.4%
M65	
1 Maximilia Wong Moran	67 MEX 2.65m 72.2%
2 Gerard Dumas	65 CAN 2.45m 64.9%
M70	
1 Jerry Donley	70 USA 2.75m 78.1%
2 Danny Daniels	71 CAN 1.65m 47.5%
M75	
1 Don Grosh	75 USA 2.35m 71.6%
M80	
1 Armando Ricciardi	80 USA 1.75m 57.1%
M30-39	
1 Leslie Estwick	39 CAN 2.65m 69.0%
M75	
1 Margaret Hinton	79 USA 1.04m 49.2%

-LONG JUMP-

M35	
1 Winchester Johnson	39 CAN 6.11m 75.9%
2 Wayne Lewin	38 CAN 4.94m 60.5%
3 Gordon Bolstad	39 CAN 4.90m 60.8%
M40	
1 Jim Bissenden	42 CAN 6.48m 83.8%
2 Gilberto Montes	44 MEX 4.11m 54.5%
3 Blair Roblin	42 CAN 3.63m 46.9%
M45	
1 Dave Burton	45 CAN 5.19m 69.8%
2 Andrew Delecki	49 CAN 4.46m 63.3%
M50	
1 Jean-Pierre Mayer	52 CAN 5.32m 78.7%
2 John Hawkins	51 CAN 5.15m 75.1%
3 Jeff Schaller	52 USA 4.85m 71.7%
M55	
1 George Pachovsky	55 CAN 4.77m 73.5%
2 Herb Gee	59 CAN 4.49m 73.0%
3 Erv Hickie	57 CAN 4.15m 65.6%
4 Ken Underdahl	55 CAN 4.01m 61.7%
5 Jack Karbens	58 USA 3.48m 55.8%
M60	
1 Phil Byrne	60 USA 4.85m 79.9%
2 Lionel Low	60 USA 4.42m 72.8%
3 Merv Armstrong	61 CAN 4.32m 72.1%
4 Hylke Van der Wal	62 CAN 4.12m 69.8%
5 Les Friesen	63 CAN 3.86m 66.2%
6 John Ekstedt	62 CAN 3.12m 52.8%
M65	
1 Kesar Singh Poonia	66 CAN 4.09m 73.0%
2 Paul Williams	65 USA 3.98m 70.1%
3 Bernie Smith	68 CAN 3.94m 72.2%
M70	
1 James Stookey	70 USA 4.66m 87.9%
2 William Daprano	73 USA 3.91m 76.8%
3 Richard Solter	73 USA 3.87m 76.0%
4 Isaac Thiesen	71 CAN 3.61m 69.0%
M75	
1 Harry Palidwor	75 CAN 3.28m 66.1%
M80	
1 Ralph Maxwell	80 USA 3.01m 64.8%
M85	
1 Leslie Estwick	39 CAN 5.56m 84.2%
2 Veronica Amarasekara	39 USA 5.07m 76.8%
M40	
1 Anne Skinner	42 CAN 4.09m 64.7%
M45	
1 Mette Fosberg	48 CAN 4.04m 69.6%
2 Yvette Royer	47 AHO 2.57m 43.7%
M50	
1 Liz McBlain	52 CAN 3.55m 64.9%
M55	
1 Marg Radcliffe	58 CAN 3.22m 64.1%
M60	
1 Euan Williams	62 GBR 3.52m 74.2%
2 Evelyn Wright	63 USA 3.43m 73.4%
3 Sandra Anderson	60 CAN 2.99m 61.2%
4 Eileen Watson	63 CAN 2.56m 54.8%
M65	
1 Gwen Boivin	66 CAN 2.86m 63.9%
2 Coral Webb	69 CAN 2.70m 63.0%
M70	
1 Leonore McDaniels	72 USA 2.98m 72.6%
2 Betty McQuarrie	72 CAN 2.13m 51.9%
M75	
1 Margaret Hinton	79 USA 2.36m 63.6%

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2 Erika Szanto	56 USA	8.87m	59.4%
3 Margery Swinton	57 GBR	8.64m	59.5%
4 Georgia Cutler	57 USA	7.35m	50.6%
5 Roslyn Katz	58 USA	7.17m	50.7%
6 Dawn Copping	58 CAN	6.90m	48.8%
W60			
1 Sandra Anderson	60 CAN	8.34m	62.2%
2 Evelyn Wright	63 USA	8.30m	67.4%
3 Mary Roman	64 USA	7.97m	66.5%
4 Carol Young	60 USA	7.80m	58.2%
5 Eileen Watson	63 CAN	6.15m	49.9%

W65+ SP 3KGRINGI-			
W65			
1 Christel Miller	65 USA	7.80m	66.7%
2 Marcia Crooks	66 USA	7.04m	62.0%
3 Mae Turek	68 CAN	7.01m	65.3%
W70			
1 Velta Tomsons	72 CAN	7.06m	73.3%
2 Mavis Lorenz	73 USA	6.43m	68.7%
3 Maxine Smallwood	71 CAN	5.36m	54.2%
4 Betty McQuarrie	72 CAN	4.84m	50.3%
W75			
1 Johnnie Valien	75 USA	6.57m	73.9%
2 Margaret Hinton	79 USA	5.81m	73.1%
3 Melanie Reske	79 USA	5.30m	66.7%
4 Diane Friedman	79 USA	4.33m	54.5%
W80			
1 Olga Kotelko	81 CAN	5.30m	71.0%
W85			
1 Betty Jarvis	85 USA	4.19m	64.4%

- DISCUS -

M30-49 -DT 2.00KG-			
M35			
1 Andrew Smith	39 CAN	39.50m	55.5%
2 Winchester Johnson	39 CAN	33.11m	46.5%
M40			
1 Dale Janzen	40 CAN	33.34m	46.8%
2 Harold Willers	41 CAN	31.66m	44.7%
M45			
1 Donald Alemeersch	46 CAN	41.79m	65.8%
2 Jim Lothrop	45 USA	39.85m	61.3%
3 Zenon Smiechowski	45 CAN	39.03m	60.0%
4 Richard Watson	47 USA	31.86m	51.3%
5 Carl Reichard	48 USA	29.31m	48.2%

M50 -DT 1.50KG-			
M50			
1 Tim Edwards	52 USA	43.92m	69.6%
2 Jean-Pierre Mayer	52 CAN	42.40m	67.2%
3 Jerry Bookin-Weiner	54 USA	41.24m	68.2%
4 Bruce Hedendal	52 USA	40.13m	63.6%
5 John Hawkins	51 CAN	35.66m	55.3%
6 Bruce Lange	52 USA	34.92m	52.9%
7 Bob Sager	52 USA	34.75m	55.1%
8 Clayton Hull	50 USA	34.66m	52.5%
9 Dennis Chandler	52 USA	33.85m	53.7%
0 Brock Pullen	51 CAN	33.77m	52.4%
1 Mauricio Jubis	54 ESA	33.77m	55.5%
2 Ron Chmielewski	51 CAN	31.71m	49.2%

M55 -DT 1.50KG-			
M55			
1 John Kasperski	56 CAN	41.31m	71.4%
2 Marek Glowacki	59 CAN	40.08m	73.9%
3 Robert Cahners	58 USA	29.76m	53.7%
4 Jack Karbens	58 USA	28.74m	51.9%
5 Herb Gee	59 CAN	25.09m	46.3%
6 Bruce Suffield	55 CAN	24.05m	40.6%
M60 -DT 1.00KG-			
M60			
1 Neil Salting	64 USA	43.34m	74.3%
2 Chuck Po	63 USA	42.53m	71.4%
3 Phil Byrne	60 USA	40.03m	62.8%
4 Dick Dow	61 USA	37.46m	60.2%
5 Stan Hurton	64 CAN	36.82m	63.1%
6 George Maier	63 CAN	35.83m	60.1%
7 Robin Herron	63 USA	35.08m	58.9%
8 Merv Armstrong	61 CAN	33.84m	54.1%

M65			
1 Ray Feick	68 USA	33.33m	62.4%
2 Udo Grady	66 CAN	33.29m	59.6%
3 Peter Kabel	66 CAN	32.23m	57.7%
4 Gerard Dumas	65 CAN	28.15m	49.3%
5 Willis Bass	66 CAN	22.49m	40.3%
W70			
1 Harry Hawke	71 USA	38.88m	77.6%
2 William Patrick	70 USA	34.03m	66.4%
3 Max Woerle	70 CAN	33.25m	64.9%
4 Val Smith	71 USA	29.51m	58.9%
5 Douglas Monds	71 CAN	25.57m	51.0%
6 Agapito Rocha Ibarra	73 MEX	22.31m	46.5%
7 Isaac Thiessen	71 CAN	21.26m	42.4%

M75			
1 Bill Bangert	76 USA	27.80m	61.9%
2 Harry Palidwor	75 CAN	23.21m	50.5%
3 Ted Pierson	76 CAN	21.09m	46.9%
4 Conrado Rodriguez	77 MEX	18.77m	42.7%
5 Cecil Goodwin	77 CAN	14.04m	31.9%
M80			
1 Armando Ricciardi	80 USA	22.49m	54.5%
2 Aleks Upmalis	82 CAN	21.88m	56.9%
3 Lembit Saar	81 CAN	20.90m	52.5%
4 Malcolm Bissenden	81 CAN	13.86m	34.8%

M85			
1 Ross Carter	85 USA	28.60m	82.0%
2 Jim Murray	85 CAN	20.14m	57.8%
3 Howard West	87 CAN	16.50m	53.0%
W35			
1 Ann Hislop	35 CAN	17.89m	24.2%
W40			
1 Linda Millman	42 USA	31.29m	47.2%
2 Jovette Jolicoeur	40 CAN	24.29m	34.8%
3 Janet Maskell	44 CAN	18.94m	30.0%

W45			
1 Joan Stratton	48 USA	30.60m	53.4%
2 Yvette Rojer	47 AHO	25.47m	43.4%
3 Esther Rosales	45 MEX	23.08m	37.4%
4 Kimberly Kasperski	47 CAN	18.02m	30.7%
W50			
1 Mary Hartzler	51 USA	29.13m	54.7%
2 Judy Warick	51 CAN	21.90m	41.1%
3 Sharon Chmielewski	50 CAN	19.94m	36.5%
W55			
1 Joan Vogel	59 CAN	23.47m	53.6%
2 Erika Szanto	56 USA	21.55m	45.7%
3 Roslyn Katz	58 USA	20.35m	45.4%
4 Margery Swinton	57 GBR	20.34m	44.2%
5 Georgia Cutler	57 USA	19.91m	43.3%
6 Dawn Copping	58 CAN	17.18m	38.3%

W60			
1 Evelyn Wright	63 USA	22.57m	56.8%
2 Carol Young	60 USA	20.60m	48.1%
3 Mary Roman	64 USA	18.88m	48.7%
4 Joan Berman	63 USA	18.64m	46.9%
5 Sandra Anderson	60 CAN	18.22m	42.6%
6 Sylvia Brooks-Smith	62 USA	14.15m	34.8%
W65			
1 Mae Turek	68 CAN	19.46m	55.4%
2 Marcia Crooks	66 USA	18.07m	48.9%

W70			
1 Velta Tomsons	72 CAN	17.25m	54.1%
2 Mavis Lorenz	73 USA	16.78m	54.0%
3 Maxine Smallwood	71 CAN	13.75m	42.1%
W75			
1 Margaret Hinton	79 USA	14.28m	53.1%
2 Melanie Reske	79 USA	11.13m	41.4%
3 Diane Friedman	79 USA	9.96m	37.0%
W80			
1 Olga Kotelko	81 CAN	14.28m	56.2%
W85			
1 Betty Jarvis	85 USA	12.58m	56.0%

- HAMMER -

M30-49 -HT 7.26KG-			
M30			
1 Ian Maplethorpe	34 CAN	64.62m	77.6%
2 Hardeep Gill	32 CAN	32.88m	39.4%
M40			
1 Harold Willers	41 CAN	49.52m	67.4%
2 Cory Holly	42 CAN	40.49m	56.3%
3 Dale Janzen	40 CAN	38.57m	51.3%
M45			
1 Carl Reichard	48 USA	41.25m	65.0%
2 Zenon Smiechowski	45 CAN	34.40m	50.8%
3 Richard Watson	47 USA	33.04m	50.9%

M50-59 -HT 6.00KG-			
M50			
1 Todd Taylor	53 USA	49.97m	79.4%
2 Tim Edwards	52 USA	46.07m	71.7%
3 Clayton Hull	50 USA	41.23m	61.5%
4 Bob Sager	52 USA	40.47m	63.0%
5 Bruce Hedendal	52 USA	38.75m	60.3%
6 Ron Chmielewski	51 CAN	27.64m	42.1%
M55			
1 George Mathews	57 USA	48.91m	84.5%
2 John Kasperski	56 CAN	39.91m	67.5%
3 Marek Glowacki	59 CAN	38.41m	69.1%
4 Robert Cahners	58 USA	37.50m	66.2%
5 Jack Karbens	58 USA	26.88m	47.4%

M60-69 -HT 5.00KG-			
M60			
1 Stan Hurton	64 CAN	35.07m	64.0%
2 Robin Herron	63 USA	28.57m	51.0%
3 George Maier	63 CAN	26.66m	47.6%
M65			
1 Emil Muller	65 CAN	47.64m	88.6%
2 Bob Staveley	66 CAN	37.02m	70.4%
3 Ray Feick	68 USA	34.11m	67.6%
4 Udo Grady	66 CAN	33.06m	62.9%

M70+ -HT 4.00KG-			
M70			
1 Luis Velaz	70 PUR	37.91m	70.0%
2 Max Woerle	70 CAN	37.31m	68.9%
3 Ken Weinbel	72 USA	35.17m	67.8%
4 Douglas Monds	71 CAN	30.03m	56.7%
5 William Patrick	70 USA	29.99m	55.4%
6 Isaac Thiessen	71 CAN	20.27m	38.2%
7 Agapito Rocha Ibarra	73 MEX	20.09m	39.5%
M75			
1 Bill Bangert	76 USA	23.54m	49.3%

M80			
1 Armando Ricciardi	80 USA	23.40m	53.2%
2 Lembit Saar	81 CAN	23.01m	54.2%
3 Aleks Upmalis	82 CAN	22.98m	55.9%
M85			
1 Howard West	87 CAN	19.26m	57.3%
2 Jim Murray	85 CAN	17.72m	47.3%
3 Ross Carter	85 USA	16.90m	45.1%
W30-49 -HT 4.00KG-			
M45			
1 Joan Stratton	48 USA	34.23m	74.6%
2 Esther Rosales	45 MEX	21.28m	43.6%
3 Kimberly Kasperski	47 CAN	18.75m	40.0%
M50-59 -HT 3.00KG-			
M50			
1 Joyce Taylor	50 USA	38.05m	74.6%
2 Rosemarie Alexander	53 GBR	36.60m	76.3%
3 Liz McBlain	52 CAN	30.49m	62.3%
4 Rebecca Rios	54 MEX	26.08m	55.4%

M55			
1 Margery Swinton	57 GBR	35.56m	80.3%
2 Georgia Cutler	57 USA	35.35m	79.8%
3 Erika Szanto	56 USA	28.58m	63.2%
4 Roslyn Katz	58 USA	26.33m	60.6%
5 Dawn Copping	58 CAN	23.66m	54.5%
W60			
1 Evaun Williams	62 GBR	40.47m	81.0%
2 Carol Young	60 USA	30.91m	74.0%
3 Evelyn Wright	63 USA	24.87m	63.3%
4 Mary Roman	64 USA	21.59m	56.0%
M65			
1 Mae Turek	68 CAN	17.30m	48.6%
2 Marcia Crooks	66 USA	17.04m	46.0%
M70			
1 Mavis Lorenz	73 USA	17.97m	55.8%

M75			
1 Diane Friedman	79 USA	12.57m	43.9%
2 Melanie Reske	79 USA	11.67m	40.8%
W80			
1 Olga Kotelko	81 CAN	17.72m	65.3%
W85			
1 Betty Jarvis	85 USA	13.99m	58.1%

- JAVELIN -

M30-49 -JT 800GM-			
M40			
1 Marty Withers	40 CAN	56.80m	69.9%
2 Terry Harbicht	40 CAN	39.47m	48.6%
3 Dale McNeely	40 CAN	37.54m	46.2%
M45			
1 Jim Lothrop	45 USA	59.32m	80.3%
2 Greg Geraci	49 USA	50.11m	73.2%
3 Michael Finkbeinel	46 CAN	49.75m	68.7%
4 Richard Watson	47 USA	47.27m	66.5%
5 Zenon Smiechowski	45 CAN	45.78m	61.9%

M50-59 -JT 700GM-			
M50			
1 Dennis Chandler	52 USA	47.16m	72.9%
2 Clayton Hull	50 USA	42.72m	63.5%
3 Bruce Hedendal	52 USA	42.24m	65.3%
4 Al McLeod	52 CAN	41.16m	63.6%
5 John Hawkins	51 CAN	40.76m	61.8%
6 Bruce Lange	50 CAN	35.81m	53.2%
7 Ron Chmielewski	51 CAN	30.48m	46.2%
M55			
1 Victor Njume	57 CAN	47.48m	80.7%
2 Douglas Appel	58 USA	46.60m	80.7%
3 Marek Glowacki	59 CAN	41.10m	72.5%
4 Jack Karbens	58 USA	28.54m	49.4%

M60-69 -JT 600GM-			
M60			
1 Chuck Po	63 USA	46.03m	80.7%
2 Phil Byrne	60 USA	41.30m	68.3%
3 Merv Armstrong	61 CAN	34.83m	58.8%
4 Salam Hashem	60 CAN	30.90m	51.1%
5 Don Armstrong	62 CAN	29.14m	50.1%

6 Stan Hurton	64 CAN	26.45m	47.2%
7 John Ekstedt	62 CAN	25.73m	44.2%
M65			
1 Phil Feiken	65 USA	44.09m	80.2%
2 Ray Feick	68 USA	34.77m	67.0%
3 Bob Staveley	66 CAN	33.11m	61.4%
4 Peter Kabel	66 CAN	28.41m	52.7%
5 Willis Bass	66 CAN	14.26m	26.4%
M70+ -JT 400/500G-			
M70			
1 Tom Allison	70 USA	33.75m	67.4%
2 William Daprano	73 USA	31.88m	67.5%
3 Doug Richardson	70 USA	29.29m	58.5%
4 Val Smith	71 USA	29.26m	59.6%
5 Agapito Rocha Ibarra	73 MEX	19.09m	40.4%

William Dafrano	73	USA	31.29m	58.5%
Doug Richardson	70	USA	29.29m	58.5%
John Smith	71	USA	29.26m	59.6%
Agapito Rocha Ibarra	73	MEX	19.09m	40.4%
M75				
1 Ted Pierson	76	CAN	22.53m	50.4%
2 Conrado Rodriguez	77	MEX	17.87m	40.8%
3 Harry Palidwor	75	CAN	17.79m	39.0%
M80				
1 Armando Ricciardi	80	USA	19.06m	46.0%
2 Lembit Saar	81	CAN	16.52m	41.1%
3 Aleks Upmalis	82	CAN	15.41m	39.5%
M85				
1 Ross Carter	85	USA	18.83m	52.5%
2 Howard West	87	CAN	15.68m	48.2%
3 Jim Murray	88	CAN	15.68m	48.2%

Continued from previous page

- 5K WALK -

M35					
1 Paulo Vidales	36 MEX	23:16.03	81.2%		
M40					
1 Adan Mendez	42 MEX	24:25.91	80.5%		
2 Barton Kale	44 USA	29:15.90	68.2%		
M45					
1 Gerald Dragomir	48 CAN	24:30.81	83.9%		
2 Xerman Vazquez	48 MEX	25:39.77	80.1%		
M50					
1 Gildardo Pineda	53 MEX	24:25.86	87.6%		
2 Hecto Salas Martinez	51 MEX	26:51.23	78.4%		
3 Robert Novak	51 USA	27:45.29	75.8%		
4 Don Ramsden	53 CAN	28:01.67	76.4%		
M55					
1 James Carmines	57 USA	25:21.87	87.4%		
2 Richard Roberts	57 CAN	27:42.43	80.0%		
M60					
1 Brian Gore	63 GBR	26:48.45	87.5%		
2 Wesley Thorne	62 TRI	34:18.19	67.7%		
M65					
1 Jack Bray	67 USA	27:16.34	89.6%		
2 Stuart Summerhayes	66 CAN	29:13.15	82.7%		
3 Robert Fine	69 USA	30:45.22	81.2%		
4 Presley Donaldson	66 USA	31:19.46	77.2%		
5 Peppo Galfetti	68 SUI	31:28.34	78.5%		
6 Willis Bass	66 CAN	32:51.14	73.6%		
7 Cliff Elkins	69 USA	33:55.68	73.6%		
- Enriq Heredia Lozano	65 MEX		DQ		
M70					
1 Jack Munnell	70 USA	35:17.18	71.5%		
M80					
1 Paul Geyer	80 USA	38:47.92	73.7%		
- Greg PeralesDeLaGarr	82 CAN		DQ		
M35					
1 Margie McNeely	38 CAN	27:58.17	76.2%		
M40					
1 Victoria Herazo	41 USA	24:53.29	87.5%		
2 Donna Chamberlain	43 USA	26:04.64	84.8%		
3 Debbie Benton	44 USA	26:17.70	84.1%		
4 Lind Keatley-Campbell	44 CAN	29:23.47	75.8%		
5 Jo Ellen Floor	41 CAN	33:01.27	65.9%		
6 Jacqueline Gill	42 CAN	33:41.51	65.1%		
7 Catherine Atchison	42 CAN	34:51.75	62.9%		
M45					
1 Cath Reader	45 GBR	28:45.78	78.1%		
2 Sherry Watts	47 CAN	29:39.47	77.0%		
3 Lorrie Leiker	46 USA	36:30.09	62.0%		
M50					
1 Katherine Okamura	50 CAN	31:39.59	74.0%		
2 Nancy Leo	50 CAN	32:58.64	71.0%		
3 Agnes Ramsden	51 CAN	33:24.38	70.7%		
4 Rinka Laman	53 NED	33:41.98	71.4%		
5 Rosemarie Alexander	53 GBR	34:22.95	69.9%		
6 Barbara Bass	52 CAN	34:28.84	69.1%		
7 Faune Johnson	52 CAN	34:52.41	68.3%		
8 Carolyn Nash	53 USA	38:25.30	62.6%		
- Gay Fox	53 CAN		DNF		
M55					
1 Shirley Naylor	55 CAN	33:24.47	73.3%		
2 Ann Marie Rosenitach	59 CAN	35:16.00	72.2%		
M60					
1 Bev LaVeck	64 USA	29:30.41	91.0%		
2 Rita Sinkovec	64 USA	30:15.69	85.0%		
3 Joanne Elliott	64 USA	31:24.03	85.5%		
4 Joan Berman	63 USA	33:07.59	80.2%		
- Jeannie McKeigan	60 CAN		DQ		
M65					
1 June-Marie Provost	67 CAN	31:09.01	89.2%		
M70					
1 Raquel Solis Moreno	71 MEX	35:16.81	82.6%		
2 Brigitte Killat	72 CAN	36:19.25	81.2%		
3 Claire Elkins	70 USA	42:13.48	68.1%		
M75					
1 Jennie Binning	75 CAN	34:31.84	88.4%		

- 10K ROAD RACE -

M30-39					
1 Clint Render	CAN	36:56			
2 Ian Robertson	CAN	38:56			
3 Peter Dickhoff	CAN	44:08			
M40					
1 Manuel Guevara Altano	MEX	33:15			
2 Randy Nelson	CAN	34:09			
3 Steve Wilson	CAN	38:09			
4 Brian Martinson	CAN	38:39			
5 Murry Oster	CAN	40:24			
6 Dan Perry	CAN	44:28			
M45					
1 John Moe	CAN	36:37			
2 Gustavo Villagran	GUA	37:37			
3 Salvador Martinez	MEX	38:02			
4 Ed Russell	CAN	41:47			
5 Hal Puttick	CAN	42:28			
6 Doug Smith	CAN	43:52			
M50					
1 Etalberto Gallegos	MEX	40:03			
2 Gaetan Breton	CAN	40:48			
3 Paul Wood	CAN	41:07			
4 Ric Hanna	CAN	41:42			
5 Samuel Neal	USA	43:07			
6 Jack Penfold	CAN	43:20			
M55					
1 Carlo Lopez Argueta	GUA	41:07			
2 Neville Flanagan	CAN	42:03			
3 Bill English	CAN	53:19			
M60					
1 Herb Phillips	CAN	36:30			
2 Hans Sinkovec	USA	41:07			
3 Stephen Odwin	CAN	41:33			
M65					
1A Ramirez Chavez	MEX	43:37			
2 Bruce Bertolotti	CAN	51:09			
3 Jim Hite	USA	54:54			
M70					
1 Stan Orachelski	CAN	50:01			
2 Milo Sather	USA	50:42			
M75					
1 James Johnston	GBR	58:53			
M80					
1 Les Leyland	CAN	72:43			
M85					
1 Dudley Healy	USA	68:03			
W30					
1 Franca Vasil	CAN	42:53			
2 Marie Whalen	CAN	53:63			
3 Colleen Belland	CAN	54:37			
W35					
1 Sandra Yaworski	CAN	38:17			
2 Lyn Helliwell	NZL	46:19			
W40					
1 Irma Calderon Garcia	MEX	43:08			
2 Hillier Smith	CAN	44:36			
3 Robies Nunez	MEX	45:21			
4 C Turnbull Spence	CAN	45:40			
5 Kathy Flannery	CAN	48:54			
W45					
1 Jean Whittingham	CAN	38:40			
2 Gwyn Woodson	CAN	40:15			
3 Eileen Harvey	CAN	55:17			
W55					
1 M J Rayson	CAN	48:02			
2 Bonnie Flanagan	CAN	58:07			
3 Beverly English	CAN	63:18			
W60					
1 Areval Mendiburo	MEX	47:42			
2 Joyce Hodges Hite	USA	54:53			
3 Jean Barkman	CAN	56:16			
W70					
1 Ruth Anderson	USA	69:14			
8.4K Cross-Country					
M30-39					
1 Clint Render	CAN	34:12			
2 Ray Vandale	CAN	38:00			
3 Ted Desireau	CAN	42:06			
M40					
1 Randy Nelson	CAN	31:30			
2 Ed Bickley	CAN	33:27			
3 Brian Martinson	CAN	35:08			
4 Murray Oster	CAN	36:59			
5 Tony Buckley	CAN	39:47			
6 Phillips Sigalet	CAN	42:05			
7 Rob Kerr	CAN	44:37			
8 Tom Hughes	CAN	47:59			
M45					
1 Normand Drolet	CAN	33:04			
2 Gustavo Villagran	GUA	34:32			
3 Ken Krohman	CAN	34:48			
4 Salvador Martinez	MEX	34:54			
5 Brendan Matthews	CAN	41:03			

8 Ron Wichmann	CAN	41:17			
7 Grant Speleberg	CAN	41:44			
8 Ed Russell	CAN	41:54			
M50					
1 Roger Price	USA	33:35			
2 Peter Duhig	GBR	34:15			
3 Gaetan Breton	CAN	36:37			
4 Etalberto Gallegos	MEX	37:43			
5 Paul Wood	CAN	38:04			
6 Gerald Gorman	CAN	40:19			
7 Ric Hanna	CAN	40:20			
8 Samuel Neal	USA	42:23			
M55					
1 Jack Miller	CAN	34:27			
2 Neville Flanagan	CAN	40:26			
3 Vern Christensen	CAN	42:03			
4 Richard Roberts	CAN	46:30			
5 David Romain	USA	57:04			
M60					
1 Fidel Mendez Diaz	MEX	34:21			
2 Stephen Odwin	CAN	39:37			
M65					
1 Roger Davies	CAN	40:22			
2 Gerhard Krolow	CAN	44:24			
3 Bruce Bertolotti	CAN	47:45			
4 Jim Hite	USA	48:34			
5 Brian Oxley	CAN	55:14			
M70					
1 Milo Sather	USA	53:19			
2 Jack Castle	CAN	80:18			
M75					
1 James Johnston	GBR	59:45			
W35					
1 Lyn Helliwell	NZL	45:34			
W40					
1 Bernadette Duffy	CAN	37:12			
2 Irma Calderon Garcia	MEX	40:27			
3 Roblez Nunez	---	41:17			
4 Julie Arch	GBR	48:48			
W45					
1 Gwyn Woodson	CAN	36:59			
2 Diane McKelvey	CAN	41:21			
3 Janice McDonald	CAN	44:27			
4 Christine Guy	CAN	47:06			
W50					
1 Jeanette Groesz	USA	43:55			
2 Caroline Nash	USA	74:51			
W55					
1 M J Rayson	CAN	47:33			
2 Bonnie Flanagan	CAN	59:32			
W60					
1 Frances Steinfeld	CAN	52:01			
2 Joyce Hodges Hite	USA	54:35			
3 Jennie McKeigan	CAN	65:26			
W65					
1 Helly Visser	CAN	49:11			
2 Suzi MacLeod	USA	50:11			
W70					
1 Betty McQuarie	CAN	63:05			
2 Ruth Anderson	USA	67:26			
W80					
1 Lenore Marvin	CAN	77:54			
10K Racewalk					
M30-39					
1 Paulo Vidales	MEX	48:06			
M40					
1 Alan Mendez	MEX	49:16			
2 Jon Hofs	CAN	52:44			
3 David Keenan	CAN	57:58			
M45					
1 Gerald Dragomir	CAN	51:14			
2 Xerusu Vazquez	MEX	57:18			
M50					
1 Gildardo Pineda	MEX	51:15			
2 H Martinez Salas	MEX	55:11			
3 Robert Novak	USA	55:53			
M55					
1 James Carmines	USA	54:08			
2 Richard Roberts	CAN	57:10			
M60					
1 Brian Gore	GBR	55:51			
2 Briah Foan	CAN	68:49			
3 Wesley Thorne	TRI	71:57			
M65					
1 Jack Brey	USA	58:56			
2 Stu Summerhayes	CAN	59:44			
3 Robert Fine	USA	63:19			
M70					
1 Jack Munnell	USA	75:02			
M80					
1 Paul Geyer	USA	80:31			
W35					
1 Holly Gerke	CAN	53:14			
2 Marg McNeely	CAN	56:35			
W40					
1 Donna Chamberlain	USA	54:15			
2 Debbie Benton	USA	55:15			
3 L Campbell Keatley	CAN	60:19			
W45					
1 Cath Reader	GBR	59:17			
2 Sherry Watts	CAN	61:47			
3 Lorrie Leiker	USA	75:37			
W50					
1 Kathy Okawara	CAN	65:39			

2 Agnes Ramsden	CAN	70:34			
3 Barbara Bass	CAN	73:22			
W60					
1 Rita Sinkovec	USA	61:56			
2 Bev LaVeck	USA	62:09			
3 Joanne Elliott	USA	66:07			
W65					

1 June Marie Provost	CAN	63:58
W70		
1 Moreno Solis	MEX	72:59
2 Brigitte Killat	CAN	73:25
3 Maxine Smallwood	CAN	81:44
W75		
1 Jennie Binning	CAN	71:18

Continued from previous page

Vera Stek	37:14
Pam Allen	37:39
Susan Packard	38:30
Linda Feerst	38:56
Dorothy McNeill	39:48
Jan F-Krause	41:13
W50 Linda Ferrara	39:01
Ellie Lowell	39:13
Mary Vish	40:55
Kathleen Kennedy	44:00
Elizabeth Ireland	45:11
Sharon Ritacco	45:27
Lois Brownklein	46:04
Rose Weissman	46:22
Cathy Simprin	48:00
Deanna MacLean	48:10
W55 Patricia O'Hanlon	39:27
Rosemary Pappa	43:52
April Hubbard	45:02
Nadir Cleary	47:29
Manlyn Ryder	47:30
Peggy Casey	47:40
Margaret Long	51:49
Joan Vecchio	52:14
Christine Mellas	53:06
Theresa Cummings	57:50
W60 Imme Dyson	40:06
Gloria Jenkins	45:00
Cindy Suttler	45:24
Kathy Setaro	46:40
Charlotte Conover	50:30
Josephine Lee	59:54
Monica Caraballo	66:47
W65 Denise Kitchell	68:25
Barbara Caffyn	71:43

Saunders 10K Rye Harbor, NH; Aug. 17

Overall	
Mike O'Brien 40	31:17
Emily Hampson 16	38:28
M40 Mike O'Brien	31:17
Todd Hanson	33:53
Steven Bedsole	34:19
M45 Richard Stockdale	37:09
James Belanger	37:39
M50 Mike Dubois	37:16
John Lee	37:30
M55 Bob Aucoin	43:13
Barry Pearson	44:08
M60 Doug MacGregor	38:47
Shu Minami	48:05
M65 Gerald Gingras	60:27
M70 Sam Daniel	49:10
W40 Paula Wilkinson	42:03
Cathy Page	44:06
Claire McManus	44:12
W45 Pamela Hall	43:06
Janet Parkinson	48:24
W50 Kathy Northrop	48:40
Nadia Cardozo	51:47
W55 Wendy Burbank	44:23
Heidy McGaffigan	48:08
W60 Kathy Bradford	58:22
W75 Louise Rossetti 79	75:45

Tom Ausherman Memorial 5 Mile Run Chambersburg, PA; Aug. 19

Overall	
Paul Mgugua 38	23:33
Lucy Njeri 20	27:08
M40 Greg Cauler 40	26:18.9
Randy Hoon 44	27:41.8
Jack Harbaugh 44	29:57.1
Eugene Gignac 44	30:04.8
John Molnar 41	30:39.5
M45 Tim Cook 47	27:15.4
Ron Knepper 49	28:20.5
Joe Muldowney 46	29:15.0
Randy Stroble 47	29:21.1
Michael Fitzgerald 45	30:10.5
M50 Bill Sensensy 51	30:46.4
Tim Spenseller 51	32:15.8
Les Bell 53	33:29.1
Rich Centula 50	33:49.3
Steven Schaeffer 51	34:34.9
M55 Len Sowinski 55	30:48.5
Jim Becker 58	30:49.9
Edward Lecates 55	31:29.4
John Stump 58	34:57.1
Tom Cannon 56	35:38.1
M60 Dick Williams 64	36:38.9
Jim Lowrie 60	38:21.0
Gary Grubb 60	39:05.8
Charles Meltzer 63	45:36.6
M65 Leon Bierbower 65	36:57.7
Lee McMindes 68	39:01.7
Denis Dirscherl 66	39:10.3
Bob Archibald 68	39:46.4
Glenn Wright 66	40:20.7
M70 Bob Eyer 73	44:16.0
Guy Mullen 72	44:43.6
Bob Horst 70	47:15.1
M80 Albert Booth 80	47:57.3

W40 Ruth Riemenschneider	33:00.0
Colleen Cohle 40	33:35.7
Karen Keeler 43	35:07.4
Patty Stevens 42	37:45.1
W45 Carolyn Showalter 46	34:09.0
Donna Mooney 45	39:30.9
Gretchen Schlag 49	40:52.7
Debby Burd 47	41:16.1
Eileen Finucane 48	43:14.1
W50 Sandra Adams 50	34:17.2
Marlys Palmer 53	36:35.2
Judy Kuhns 52	43:30.3
Pat Phenice-Grandel	45:43.6
Sandy Falenski 54	46:52.1
W55 Merrilyn Kessler 57	1:00:58.7

Falmouth Road Race 7.1M Falmouth, MA; Aug. 20

Overall	
Mark Yatch 24	31:43
Lomah Kiplagat 28	CR35.02
M40 Andrew Masai	33:05
Simon Karori	33:45
Graeme Fell	34:10
Andrey Kuznetsov	34:45
Juan Torres Ruiz	35:13
M50 Bill Rodgers 52	38:14
M60 William Riley 64	44:20
M65 James Hines 67	54:36
M70 Paul Woodberry 72	59:09
M75 Sam Koide 76	63:39
Carlton Mendell 78	65:22
M80+Phillip Campbell 82	78:34
Ray Frost 80	1:44:44
W40 Judi St. Hilaire	38:04
Tatyana Pozdnyakova 38	24
Elena Viazova	38:40
Marina Belyaeva	40:00
Joan Samuelson	40:25
W50 Judith Hine 51	45:52
W60 Elizabeth Jazowski 64	59:15
W65 Virginia Fettig 65	62:55
W70 Joyce Supple 70	69:02
Sumi Koide 70	1:21:44
W75 Dottie Gray 75	80:55
Louise Rossetti 79	1:29:41

Annapolis 10 Mile Annapolis, MD; Aug. 27

Overall	
David Brendle 33	55:15
Jill Hargis 39	61:30
M40 Anthony Basile	58:07
Mark Rosasco	61:39
Wilhel Anderson	63:07
M45 Chuck Moeser	58:47
Scott Eden	61:15
William Moore	61:18
M50 Reuben Beauchamp	60:45
Michael Hurley	64:16
Den Muhlenforth	65:41
M55 Piriya Pinit	64:57
John Kirkpatrick	65:38
John Pitara	68:19
M60 Anthony Cerminaro	68:31
Dick Hipp	75:23
Stan Neumann	78:06
M65 George Yannakakis 76	1:14
Don Singer	81:19
Ercolini Gresia	85:37
M70+Pat Nutt 70	86:52
Bill Morrison 73	91:46
Ben Moore 75	120:50
W40 Pat Wilkerson	69:09
Joan Fowler	69:16
Lesli Varrelman	69:50
Karen Miller	70:40
W45 Karen Erb	72:25
Janet Kroner	76:56
Carla Pastore	78:35
W50 Deborah Gebhardt	77:57
Jane Godfrey	81:27
Lucia Davidson	84:27
W55 Ellie Thayer	85:10
Mary Lindsay	84:36
Judith Gilbert	86:38
W60 Marie Killeen	89:58
Kathleen Guernieri 107	32
M. Tomaszewski	118:32
W65 Nancy Berlett	124:58
W70+Hedy Marque 83	118:10

Henry Isola X-C Classic 4-Miler Van Cortlandt Park Bronx, NY; Sept. 3

Overall	
Toby Tanser 32	20:48
Mary Evans 40	25:40
M30 Andrew Cleary 30	21:47
John Marron 31	23:54
Hamid Boujild 30	24:13
M40 Stephen Redmon	22:48
Jerry Macari	22:51
Mooly Sagiv	25:15
M45 Bob Pertak	29:16

Michael Williams	30:10
Henry Wuethrich	30:20
M50 Joseph Porcaro	25:05
Robert Santoli	26:59
Bronislaw Czech	28:02
M55 Teddy Seymour	30:08
Victor Broushet	35:45
Antonio Conejo	36:14
M60 James Filis	29:33
Paul Shanahan	34:38
Joseph Gallacher	36:00
M65 Guenter Erich	32:06
Eric Seiff	33:24
Jerry Stolls	39:41
M70 Jack Haar	38:27
Jack Dwyer	42:09
M75 John McManus	39:18
Wallace Cutler	49:12
W30 Susan Yang 36	27:15
Ellen Kvinta 30	27:53
Rachel Quinones 39	28:41
W40 Jacqueline Saunders	35:20
Andrea Hollandt	39:39
Kathy Kass	40:47
W45 Joyce Vastola	33:46
Judy Quinby	42:04
Eva Usadi	42:43
W50 Miriam Gomez	35:49
Judy Hummel	45:38
W55 Ann Makoske	32:14
Mollie Spiegel	43:21
Judith Estrine	51:57
W60 Patty Parmalee	34:58
Margaret Carinci	39:55

New Haven 20K New Haven, CT; Sept. 4

Overall	
William Kiptum 29	59:43
Ludmila Petrova 32	1:08:37
M40 Simon Karori	1:07:33
Kevin McCaffrey	1:09:28
Alan Ruben	1:10:42
Michael Bruhn	1:11:06
Joseph Puopolo	1:11:33
M45 Mark Uliasz	1:18:17
Paul Rosin	1:20:01
Brad Charron	1:20:04
John Dicarlo	1:20:27
Dennis Barone	1:20:54
M50 Carlos Guzman	1:09:28
Timothy Smith	1:16:10
Rafael Torres	1:22:05
John Andrews	1:22:16
Ron Rembaum	1:24:01
M55 Alex Silverman	1:25:21
John Samsel	1:28:06
Guy Pulino	1:28:49
Ray Fair	1:30:47
M60 David Sonstrom	1:27:13
Fred Zuleger	1:33:28
Ramon Ruiz	1:36:55
Jerry Lavasseur	1:41:11
M65 Anthony Pecoraro 1	32:51
John Cook	1:46:18
James Latourette	1:53:52
M70 Ted Holly	1:59:49
Chuck Marti	2:08:17
W40 Laune Barnicki	1:25:29
Lisa Fairbanks	1:28:08
Emmy Stocker	1:29:00
Stephanie Kessler 1	31:08
Gail Case	1:33:08
W45 Mary Dunn	1:24:04
William Bedard	1:28:11
Sharon Vos	1:28:17
Susan Gold	1:28:04
Sidney Letendre	1:28:28
W50 Megan Goldstein	1:34:36
Ellie Lowell	1:44:10
Terry Guadi	1:48:33
June Norman	1:49:14
Rita Labar	1:49:17
W55 Jo Marchetti	1:32:23
Judy Pierson	1:48:14
Carol Kane	1:51:05
Carol Getsinger	1:52:07
Noreen Hendley	1:53:08
W60 Edith Jones	2:08:14
Barbara Protass	2:36:42
Rose Marie Asiah 2	37:34
W65 June Gravener	2:55:56

TOUR DE PAIN 4 Mile Beach Run Jacksonville Beach, FL; Aug. 4

Overall	
Randy Hollinger 26	21:40
Rebecca Sparks 33	25:26
M40 Michael Nichols	23:43
Jim Winnale	24:30

Kenneth Johns	25:42
M45 Bill Phillips	24:08
Scott Ludwig	25:31
Jim Hanson	26:56
M50 Bernie Candy	23:47
Bruce Holmes	24:49
Frank Spicer	28:42
M55 James Derham	27:46
Kent Smith	28:42
M60 Charlie Kramer	30:56
Tom Sullivan	35:47
M65 Everett Crum	28:18
Larry Penrod	32:46
M70 Epifanio Agosto	31:09
John Aimone	32:16
W40 Sharon Smith	28:32
Trish Kassab	29:46
L. Jensen	33:57
W45 Sherm Hintz	27:03
Janet Lavoie	28:26
L. Bushong-Reid	30:15
W50 Joyce Duarte	40:39
Cuc Smith	40:44
W55 Ann Williams	40:30
W65 Ann Beach	56:01
W70 Audrey Jacobson	61:20

Pigeon Forge Midnight 8K Pigeon Forge, TN; Aug. 5

Overall	
Rodney Stoker 24	24:30
Jan Gautier 35	29:02
M40 Chuck Francis	29:25
David Gee	30:34
James Lee	30:52
M45 Brad Tucker	28:03
Tony Rowe	29:46
Paul Wardzinski	31:34
M50 Jack Castner	32:25
Bob Townsend	32:36
Don Brown	35:15
M55 Jerry Tipton	38:43
Doug Anderson	41:30
M60 Charley Denney	35:06
John Wallace	38:51
M65 Robert Braden	40:14
M70 Charles Dotson 77	43:38
W40 Linda Barnett	35:16
Donna Thackway	35:35
Nancy Sterling	37:48
W45 Teresa Trammel	39:05
Evelyn Wardzinski	39:26
Rhonda Wortham	40:36
W50 Phyllis Sizemore	41:13
Doris Brown	49:35

Dilworth Jubilee 8K Charlotte, NC; Aug. 12

Overall	
Rich Falcone 27	25:54
Sabrina Martin 32	29:48
M40 John Zizzi	27:01
Steve Shonts	27:09
Dan Hyde	27:46
Harry Ash	28:20
Keith Waldrop	31:03
M45 Jerry Clark	28:08
Greg LeBlanc	28:36
Jim Freid	29:03
Anthony Pizzuti	31:22
Steve Staley	31:57
M50 Randy Mendat	30:16
George Rolling	31:27
Thomas Bohr	32:36
Ken Kendall	33:27
Walt Talley	34:39
M55 Peter Mugglestone	31:51
Jim Strowd	34:19
Carl King	34:56
Larry Seavers	35:06
Tom O'Neal	36:04
M60 Bill Gardener	38:34
Frank Hannah	39:28
John Spikes	41:46
Bill Gerhardt	43:01
Jim Giles	45:03
M65 Charles Rose	33:30
David Bertke	38:26
Bob Mason	42:23
Dan Toth	42:24
M70+Skip Crandall 70	43:21
W40 Sherry Thompson	31:36
Mame Emmrich	31:41
Jean Hargett	32:48
Susan Airheart	33:17
Aprille Shaffer	34:07
W45 Michelle Withers	37:35
Susan Krepelka	38:31
Peggy Sundling-Oak	40:55
Teresa Carey	41:07
Vera Tang	41:18
W50 Kathy Seavers	36:46
Linda Simmons	42:26
Brenda Bishop	42:53
Julia Stout	42:55
Lucy McDow	48:53

W55 Patricia Guthrie	37:51
Pauline Nilend	40:34
Rosemary Klein	44:46
W65 Dot Jones	55:41
Eston Mason	61:10
W70+Margaret Hagerty 77	67:24

Brenner's Children Classic 5K Winston-Salem, NC; Aug. 26

Overall	
Per Kristian Moerk 35	15:32
Farrell Burns 24	18:26
M40 Joe Hall	17:19
Marcus Putnam	17:41
Mike Esposito	18:14
Andy Myers	18:22
Tim Wray	18:53
M45 Sam Lewis	18:21
William Menius	18:47
Jeffrey Hardin	19:05
Danny Page	19:56
M50 George Lawson	19:32
Rick Bray	21:35
Jack Dubel	21:44
M55 Dan Hyre	18:52
Wade Clark	20:28
Jim Strowd	20:45
Bert Grisard	22:38
M60 Richard Watson	20:42
Heinz Drawing	22:13
Richard Vadney	24:46
M65 Walter Fisher	27:50
M70 Bill Hottinger	26:44
W40 Linda Wagers	22:30
Mindy Nichols	22:31
Annie Cruitt	23:05
W45 Lynn Basler	20:02
Carolyn Kanoy	22:22
Debbie Com	23:34
Susan Cornell	25:14
Frances McDonald	26:54
W50 Marlene McGraw	25:28
W55 Donna Carlyle-Aldret	23:52
Shelia Grisard	24:45
Sally Moyer	26:39
W60 Susie M Klutz	22:45

Landsford Canal 50K Landsford Canal State Park, SC Sept. 2

Overall	
Brian Kistner 30	4:19
Tara Novit 31	6:22
M40 Robert Crosby 42	5:10
Mark Long 41	5:34
Tim Morgan 43	6:16
Sam Baucom 41	6:42
M45 Ray Krolewicz 45	4:30
Dan Besse 45	6:15
Andy Wright 46	6:51
M50 Mike Marchant 53	4:40
Danny Keasley 53	4:45
Alex Morton 51	6:22
M55 Phil Keane 56	5:52
Robert Calabria 59	5:56
Robert Roberts 57	6:02
William Kelch 55	6:19

Continued from previous page

Phil McNamee	60:29
Sam Torres	60:56
Roger Hoggard	62:05
Martin Denonville	62:09
Mike Stone	62:57
M50 Frank Lewis	57:09
Larry Parker	59:57
Tim Flues	61:59
Kenneth Rowe	62:17
Paul Nilsson	62:27
Randy Bulla	62:36
Ronald Ruffin	63:21
David Peterson	63:25
Marty Povirk	64:19
James Carter	65:34
M55 Doug Goodhue	62:11
James Carlton	63:28
Gerard Malaczynski	63:32
John Farah	68:18
Bill Robson	69:07
Eduardo Munoz	70:07
Jerome Mittman	70:19
James Rillema	71:01
Bill Craig	71:45
Budd Cicciarelli	71:51
M60 Jack Nelson	60:07
Jim O'Neill	61:42
Bill Olrich	68:27
Lee Burch	69:54
Bill Agresta	70:39
James Matherly	72:33
Richard Wallen	72:37
David Peele	73:45
Dwight Dehner	73:56
Herbert Burdett	74:30
M65 Ed Whitlock	60:08
Brian Harris	66:41
Paul Heitzman	69:07
Kenneth Isherwood	74:35
Bob Daly	76:29
Ralph Palmer	78:16
Joseph Kalina	83:55
Kenneth Halling	84:08
Charles Maas	84:10
Darrell McKee	84:19
M70+Jim Forshee 74	74:02
Jerry Johncock 72	74:13
John Kolmetz 71	80:10
William Hayes 71	87:43
James Hurst 70	91:43
W40 Elena Viazova	56:50
Maria Trujillo de Rios	57:39
Jeanne L-Johnson	60:11
Monica Joyce	61:13
Mary Sweeney	61:33
Robin SamisHallop	67:25
Angie Smith	67:52
Marcy Kossak	69:51
Jeanette Robinson	70:10
Helen Ross	70:36
W45 Tatyana Pozdnyakova	55:55
Brenda Lynch	66:00
Mary Hanley	68:01
Jackie Blair	69:18
Marcia Selley	72:00
Tamara Steil	73:57
Karen Jo White	75:09
Joanie Rogucki	75:17
Dottie SpencerBejesky	75:34
Annette Sharrard	77:02
W50 Terry Mahr	63:27
Nancy Cassell	66:58
Maggy Zidar	66:24
Donna Olson	66:50
Kathleen Gina	67:28
Grace Harrison	78:17
Sandy Hoppe	85:03
Catherine Johnson	85:23
Lynn Peters	85:47
W55 Ruth Thelen	86:03
Karen Bell	83:49
Marilyn Brown	86:47
Jan Wallen	87:39
Dale Magee	91:43
Jill Wittenberg	93:27
Betty De Bose	93:51
Nancy Teel	94:17
Doris Chelune	94:54
Cora Hill	95:21
W60 Ellen Nitz	83:33
Catherine Detman	86:57
Amande Pieschke	89:34
Mary Anne Isaacson	90:19
Merion Knight	91:18
Gunveig Janse	92:45
Sharon Sowell	93:06
Francine Bangs	94:13
Jean Toth	94:18
Betty Shier	94:22
W65 Katherine Pye	88:08
Bonnie Sumner	96:23
Chris Swanson	98:27
Ardis Bowers	1:52:22

Marie Miller	1:56:25
Marion Callis	2:01:09
Vi Martin	2:08:32
Betty Dunlap	2:09:43
Carole Beebe	2:19:39
W70+Noreen Pulford 72	2:28:40
Belen Dzizwa 72	2:36:15

8K	
Overall	
Chris Chiaro 23	26:25
Laurie Decker 40	31:57
M40 Michael Cudlip	28:45
Jay Vanderest	32:51
Darryl Moros	33:59
M45 Wally Bamowski	32:07
Allen Narverud	34:19
Paul Green	34:39
M50 Bob Cross	31:05
Robert Perry	32:32
Julius Tillman	32:50
M55 Leo Zehnder	33:20
Leonard Block	40:13
Larry Nosek	41:41
M60 Shelton Williams	43:09
Richard Mazur	44:52
Thomas Stack	45:15
M65 Earl Battle	42:59
Jerry Stuber	51:34
Chuck Leahy	55:03
M70 George Smith	51:26
Jack Fallon	70:24
W40 Laurie Decker	31:57
Laurie Byrd	36:14
Kristen Hansen	36:59
W45 Valerie Perry	42:24
Linda Patrick	43:38
Terese Fitzpatrick	44:17
W50 Christine Azbell	44:20
Sharon Albertson	44:20
Norma Shue	46:19
W55 Judith Skene	47:10
Lynne Pirie Hill	48:22
Judith Ann Cooper	53:43
W60 Carolyn Pfeiffer	48:52
Mary Helms	49:47
Samantha Decker	55:56
W65 Joan Daly	68:32
W75+Virginia Forshee 76	75:35

Toledo Classic 10K Toledo, OH; Sept. 2

Overall	
Keith Madaras 31	32:05
Ann Stewart 36	37:46
M40 Dave Furey	34:29
Lou Milliron	35:14
Glen Miller	35:40
Bruce Harrison	36:21
Dan Sechrist	38:09
M45 Ken Kovacs	39:02
Ed Osborne	39:20
Len Baker	40:04
John Kantner	40:47
John Longthorne	41:42
M50 L. Travis Chapin	39:32
John Gee	40:19
Amie Elton	41:44
Arturo Quintero	42:50
Tony Shelbourne	42:59
M55 Dennis Scott	41:24
Gary Gronau	45:29
Jim Troknya	45:51
Norman Staniszewski	47:25
David Hess	49:04
M60 Jim O'Neill	35:32
Ron Rohrer	41:41
Bill Zehner	42:33
David Lee	45:30
Gil Gilmore	45:42
M65 Fred King	55:23
Everett Luoma	55:24
Dick Corado	58:14
Bill Davis	59:23
Marvin Gottlieb	67:22
M70 Jim Forshee	45:45
Richard Matuszewski	55:10
Roy Miller	56:17
Walter Koysdar	73:16
Terry Mohler	74:04
M75+Eric Bronson 76	48:43
John Wemert 79	62:08
Jim Zink 75	63:22
Charles Machala 79	90:10
W40 Joanne Collins	39:57
Ronda Massey	43:39
Tammy Szymanski	45:25
Deborah Karl	46:39
Joan Mathews	47:48
W45 Debra Wagner	37:58
Karen McKeachie	41:14
Boo Hensien	42:41
Pam Graver-Koenig	45:14
Julie Weidner	50:35
W50 Kay Heinrichs	45:30
Karen Wolf	54:08
Rosie Moreno	54:23

Sue Carter	57:42
Annette Wicks	58:10
W55 Barbara Lindeman	54:09
Carolyn Damschroder	65:04
Jane Zbinder	70:30
Judith Cleveland	71:44
W60 Louise Miklovic	53:58
Ann Briggs	58:17
Sue Potts	58:51
W65 Jill Calcamuggio	62:44
Carol Mohler	69:41
W70 Whayong Semer	64:01
Marjorie Appling	72:03

Park Forest 10 Mile Park Forest, IL; Sept. 4

Overall	
David Njuguna 22	47:29
Naomi Wangui 22	54:36
M40 Mike Yuhasz	55:19
Ken Endrezzi	57:07
David Engelke	57:48
Andy Leonard	58:02
Dan Martin	58:18
M45 Gary Romesser	55:50
Sam Cortes	57:13
David Gavin	60:57
Rick Terhune	61:56
Bob Theodore	63:23
M50 Craig Donath	61:50
Christopher Nemet	62:38
Bob O'Neill	64:22
Tom Cleary	64:41
Tom Korn	67:17
M55 Bob Fitts	62:15
Paul Perry	65:42
Frank Koster	69:36
M60 James Kalas	71:51
John Quinton	73:40
Joe Arnold	73:40
M65 Steve Goldberg	75:23
George Suter	77:47
Richard Kowalski	79:04
M70 Joseph Paleczny	80:54
Dick Lamermeier	85:59
Dennis Lane	94:21
M75+Warren Utes 80	74:56
Robert McKeague 75	80:39
George Hosokawa 75	92:22
W40 Mary Knisely	57:12
Ann Hanson	61:22
Corinne Hlayka	62:55
Cheryl Neumann	67:54
Lynn Vocelka	69:15
W45 Sandi Coletto	71:25
Mary M Moss	72:58
Linda L Kovacs	77:49
Karen A Judge	79:35
Ellen C Bushman	79:53
W50 Susan Croll	70:13
Nancy Rollins	71:59
Deborah Pausz	77:10
Isola Metz	77:32
Kate Spencer	79:24
W55 Dorothy Tanner	77:38
Robert Whiteley	85:35
Kris McKinnon	87:22
W60 Bonnie McElwee	85:41
Kay Golden	103:41
Betty Lavis	110:14
W65 Eileen Nelson	78:59
Faith Walkwitz	89:13
Norine Weatherford	103:46
W70 Teresa Ramirez	146:36
W75+Kathleen McDonoug 76	116:30

MID-AMERICA

Avon Twin Cities 10K Lake Nokomis, MN; Aug. 12

Overall	
Kelly Keeler 38	38:09
W40 Janet Robertz	38:15
Judy Meyer	38:21
Bev Docherty	38:51
Janice Ettie	40:51
Donna Melody	42:46
Joan Wilson	42:55
W45 Julie Virkus	42:37
Ann Haugejorde	45:20
Chris Daymont	46:58
Connie Foster	47:44
Debbie Janey	47:52
W50 Gloria Jansen	42:24
Ann Day	45:48
Diane Stoneking	46:41
Francine LaPage	49:15
W55 Marien Bradsher	48:14
Judy Cronen	48:35
Janice Fike	54:06
W60 Judy Lutter	55:19
Joan Odd	61:47
Dorothy Marden	62:52
W65 Lois DeGonda	61:07
W70 Marcy Cahow 71	60:07

Avon Running 10K Albuquerque, NM; Aug. 13

Overall	
Elva Dryer 28	34:02
W40 Marie Boyd	37:04
Catriona Dowling	39:51
Jean Herbert	40:56
Gina Pomo	44:46
Patrice Leddy	48:57
Mary Castle	49:03
W45 Cecilia Niemczyk	44:01
Luana Platero	50:50
Connie Beimer	50:58
W50 Jean Garlie	48:25
Pat Weiss	50:28
Kathy Kirsling	50:43
W55 Pat Vigil	55:17
Ellen Grapin	59:07
Irene Terronez	61:21
W60 Hatsuko Goodson	57:38
Edwina Hubert	59:38
Arlene Bowles	91:33
W65 Kenny Goering	63:28
Mary Daniels	67:40
W75 Lilli Marjon	68:19
Mary Kirsling	85:29

Pikes Peak Marathon Manitou Springs, CO; Aug. 19

Overall	
Steven Smalzel 36	3:54:48
Erica Larsen 29	4:50:37
M40 David Eckley	4:14:21
Mark Koch	4:30:22
John Martestock	4:34:50
Bryan Martinelli	5:05:37
Bill Coffelt	5:08:04
Marcus Roeder	5:08:21
Robert Gill	5:15:29
Randy Albrecht	5:17:05
Roger Patrizio	5:21:03
Jim Haack	5:23:31
M45 Senovio Torres	4:09:38
Steve Bremner	4:33:11
Chris Reveley	4:46:49
Dennis Pfeffer	5:07:59
William Cordova	5:20:03
Harry Ladewig	5:21:41
Gary Pyke	5:25:03
Don Platt	5:27:02
Tim Edgar	5:31:43
Rick Albano	5:35:04
M50 Jim Dewitt	4:54:33
Roger Jensen	5:17:24
Gary Wall	5:19:19
Rob Ladewig	5:24:13
George Jones	5:29:44
Steven MacIntosh	5:49:10
Rob Parker	5:53:51
Bob Findlay	5:56:29
Doug Cannight	6:05:47
Dennis Aslett	6:08:17
M55 Tim Hicks	5:33:09
Zeke Zucker	5:33:33
Mike Patterson	5:57:08
Robert Whiteley	5:58:57
Joe Oliver	6:33:37
John Campbell	6:35:21
Mark Scarff	6:40:29
Jim Keen	6:57:15
Bill Faulkner	6:57:39
John Sellers	7:05:04
M60 Carl Schwenk	5:59:04
Don Mosel	6:02:24
Ira Robinson	6:19:44
Hans Zimmerman	6:28:48
Nico Solomos	6:35:08
Robert Risser	7:02:28
Adrian Wolford	7:04:58
Bill Moyle	7:38:38
Franklin Madden	7:44:19
Robert Bell	7:54:24
M65 Don Taylor	8:08:10
Roger Hauge	9:38:41
Robert Anderson	11:17:04
M70 John Moran	8:41:56
William Hollihan	9:05:12
Mario Delaloye	9:11:37
Jimmy Terrell	9:32:53
W40 Jane Hilt	5:24:07
Barb Dutrow	5:48:43
Lisa Ann Trainor	5:59:12
Karen Stuckey	6:00:23
Carol Thomas	6:04:31
Krista Koot	6:09:09
Kristin Woesthoff	6:13:17
Judy Baumeister	6:15:40
Diane Van Deren	6:16:37
Marcia Moore	6:17:57
W45Neddie Legg	5:52:58
Ann Finley	5:55:58
Vickie Martin	6:01:32
Sandra Canright	6:25:39
Pam Golden	6:35:25
Baldwin Sanders	6:39:03
Beatrice Zurcher	6:42:17

Elizabeth Bouquet	6:43:52
Marci Hutchison	6:48:23
Jude Griffith	6:49:12
W50Joyce Taylor	6:10:49
Marilyn Collett	6:50:08
Angie Ransom	6:58:17
Carol Ann Kinzy	7:08:31
Dianne Anderson	7:14:22
LeAnne Cook	7:43:03
Charlene Aldridge	8:14:06
Maureen Morrow	8:26:17
Sally Myers	8:31:55
W55Joyce Kelvey	6:50:58
Olga Hnizdil	7:07:31
Sylvia Wiegand	7:40:53
Marilyn Self	7:55:16
Jennie Schrage	8:34:35
Sally Squier	9:18:53
Shirley Taylor	9:43:21
W60Margaret Curtis	7:53:59
Mary Elen Howard	8:46:34
Jane Queal	8:57:44
Marian Barry	9:15:53
Linda Cook	9:41:09
W65Vici Dehaan	8:16:39
Sharon Franz	9:28:45
Deette Andersen	10:37:05

WEST

America's Finest City Half-Marathon San Diego, CA; Aug. 13

San Diego, CA; Aug. 13	
Overall	
Peter Githuka 31	1:02:24
Christina Pomacu 27	1:10:44
M40 Jim Hage	1:12:02
Brad Pace	1:14:01
Adolfo Lopez	1:18:22
Brendan Reilly	1:19:33
Wayne Jewett	1:19:58
M45 Farley Simon	1:13:54
Jim Christopher	1:18:14
Julian Ramirez	1:19:13
Manuel Pino	1:20:05
Barry Schaeffer	1:22:58
M50 Jacob Sutter	1:29:43
Mike Griffith	1:29:48
Leo Arellanes	1:30:12
John McKay	1:33:07
M55 Juan Cabeza	1:22:33
Wayne Mitchell	1:25:55
Chuck Sorensen	1:32:41
Richard Gauntner	1:34:46
M60 Jerry Albert	1:37:22
Rafael Alvarez	1:38:30
Carl Petersen	1:38:55
Ralph Smith	1:44:11
M65 Stanley Polski	1:48:17
Richard Burch	1:49:17
Cyril Jones	1:57:35
M70 Dick Robinson	1:45:02
Wayned Myers	1:55:33
M75 Chas Christ	2:03:34
John Cross	2:07:22
M80 George Boyle 81	2:33:00
W40 Marina Belyaeva	1:17:28
Cheryl Sheremeta	1:26:01
Marie Romero	1:31:01
Colleen Alton	1:32:54
Lisa Segura	1:36:16
W45 Marina Jones	1:26:16
Carol Bennett	1:33:40
Elizabeth Robertson	1:34:08
Mariat Frenandez	1:34:50
Trish Vlastnik	1:36:10
W50 Claudia Piepenburg	1:38:55
Dee Chadwick	1:43:41
Kerry Tabler	1:44:21
Kathy Frank	1:44:12
W55 Marilyn Carpenter	1:48:08
Susan Kilfoil	1:55:02
Betty Bulich	1:55:52
Carole Flanigan	1:58:06
W60 Una Pierce	2:04:30
Eileen Pue	2:04:11
Barbara Camp	2:14:47
W65 Wilma Maddock	2:02:04
Faith Ramirez	2:21:13
Maria Zambrano	2:35:53
W70 Karen Gould	2:19:24
Trudy Pietrolungo	2:34:54
W75 Mary Storey	2:30:56
Marjorie Lawson	2:53:00

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Brisbane, Queensland AUSTRALIA

4-14 July 2001 www.worldvac2001.com.au



For further information on the 14th WAVA World Veterans' Athletics Championships contact:

PO Box 7889
WATERFRONT PLACE, QLD 4001
AUSTRALIA

Telephone: +61 7 3222 1000
Facsimile: +61 7 3221 1684
Email: wavainfo@qldevents.com.au

Accommodation Information: General Travel Australia

Telephone: +61 7 3217 7456
Facsimile: +61 7 3221 8024
Email: gtbne@ozemail.com.au

Athletics:

**Track and Field - QEII Sports Complex
(1982 Commonwealth Games and 1994 World Masters Games)
and the University of Queensland**

- Marathon - South Bank and Inner City
- Road Race Walks - Brisbane River Course
- Cross Country - St Lucia Golf Course

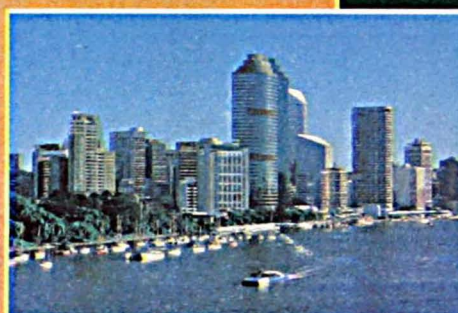
Special Events:

- 5km Fun Run/Walk
- "Taste of Australia" Party Night
- Opening Ceremony - ANZ Stadium
- Closing Ceremony Fireworks
- Spectacular - South Bank Parklands

No qualifying standards

Open to women 35+ and men 40+

Invite a friend to join all the fun and action of veteran athletics. Be part of the 14th WAVA World Veterans' Athletics Championships and march together into ANZ Stadium in Brisbane 2001.



Brisbane City



Tangaloona Resort



QEII Sports Complex

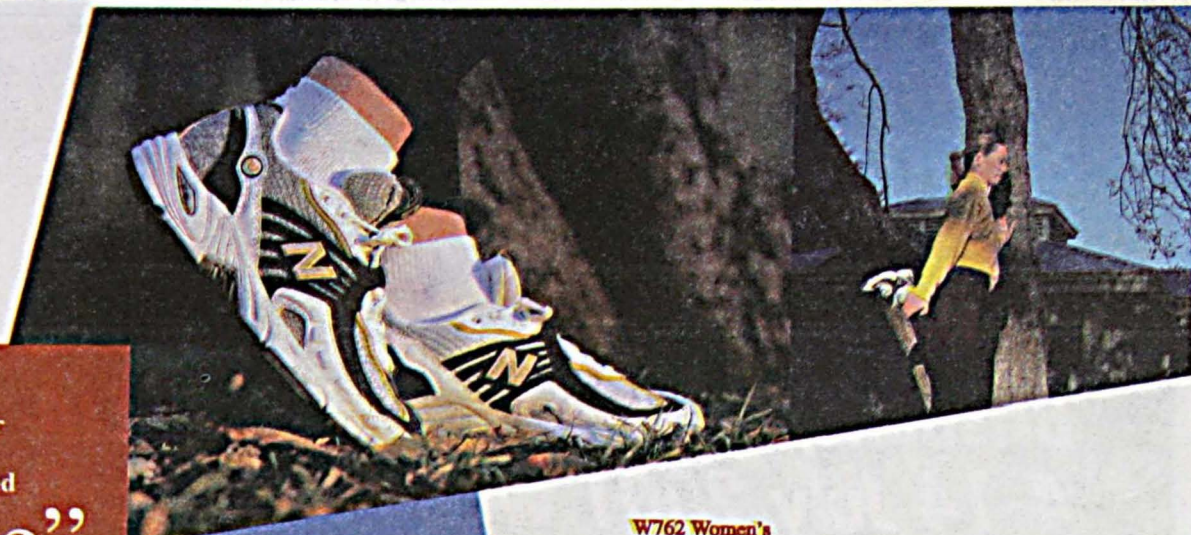


Stroll amongst living history



14th WAVA World Veterans' Athletics Championships
Entry Books available from your local Association of Veterans/Masters Athletics from late July 2000.
Entries close 30 March 2001.

www.worldvac2001.com.au

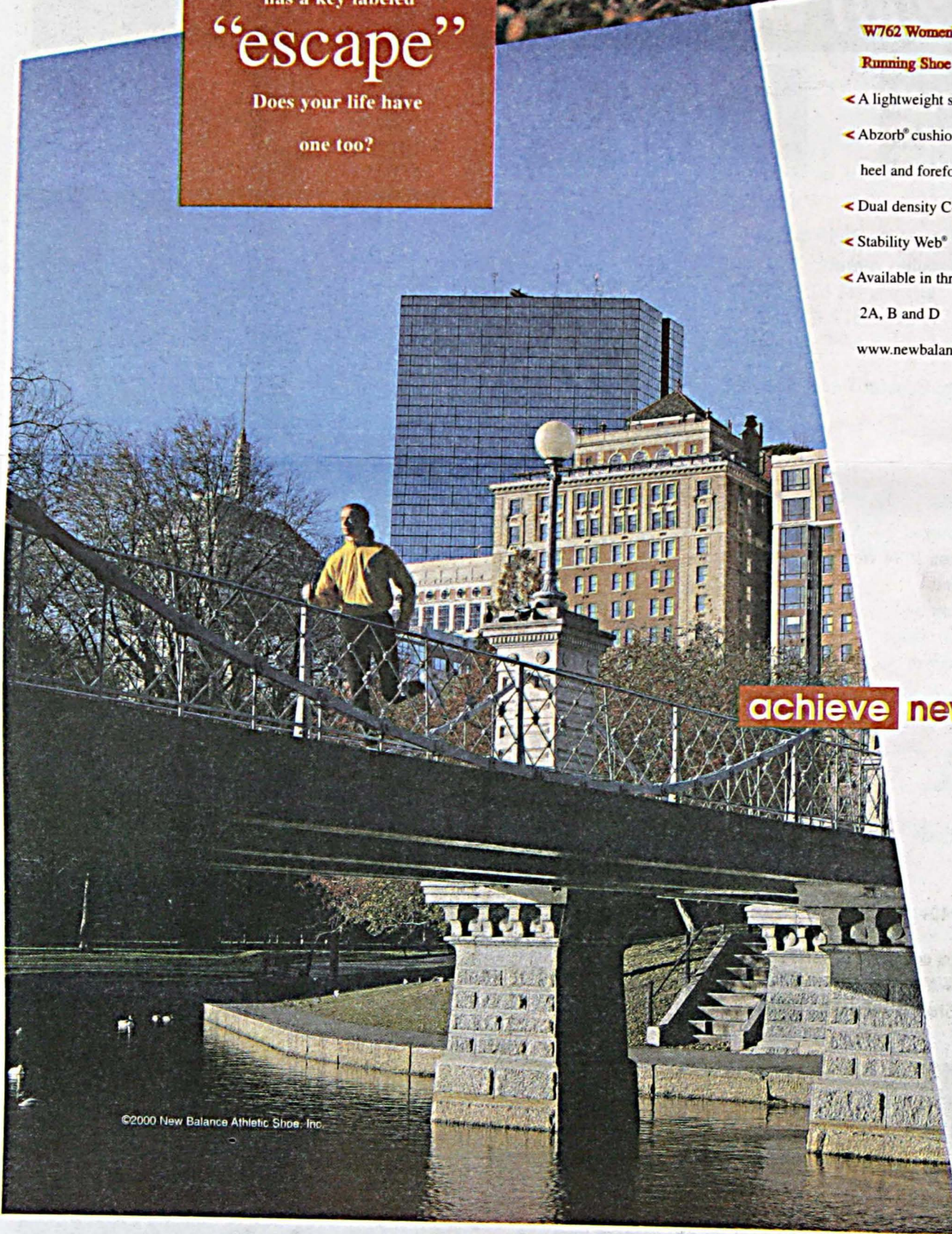


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