



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

302nd Issue October 2003



AL PUMA
First three M70+finishers, NYRR Fifth Avenue Mile (I to r): Eric Seiff, 70, Jim Sutton, 72, and William

# Milers O'Driscoll, Jones Win on 5th Avenue; Nolan is Top Performer

By JERRY WOJCIK

This year, the NYRR Fifth Avenue Mile changed its format for the younger masters runners. Instead of competing by invitation in 10-year age groups as they had done previously, men and women ages 40-to-59 ran with the open runners with results shown in five-year age groups.

Runners ages 60+ ran in the George Sheehan Memorial Mile with their peers as they have in the past.

The races were held on Fifth Avenue, starting at East 80th St. and finishing at East 60th St. on Sept. 7.

Conor O'Driscoll, 42, Rye, N.Y., was first master and third overall in 4:29, an 89.1% age-graded time. Paul Mascali, 51, Manhasset, N.Y., was second M40+ in 4:41, an A-G 91.4%. Performance honors went to Harold Nolan, 56, Navesink, N.J., for his M55 winning 4:51, an A-G 92.1%.

The first two spots overall in the women's open mile went to masters. Catherine Jones, 41, Ringwood, N.J., ran an A-G 86.7% 5:08, and Mary

Continued on page 4

# **Creel Sets Course Record at 50K Trail Championships**

By SUSANNAH BECK

Wildlife ecologist Scott Creel, 41, Bozeman, Mont., co-author of The African Wild Dog, didn't stop to sniff the flowers in his first ultra-marathon, Aug. 23, at the spectacularly scenic and challenging Golden Headlands 50K/U.S. 50K Gate Championships in Rodeo Beach, Calif.

In only his first race over 22 miles, Creel set a new course record, 3:49:54, out-scrambling the runner-up, the talented and experienced Dennis Rinde, 44, Davenport, Calif., 3:54:45, by almost five minutes, on a sunny, warm

The five-year-old Golden Gate course boasts seven major hill climbs through the Mt. Tamalpais State Park and Headlands backcountry, totaling roughly 7000 feet of ups-with-a-view. Creel's hill-climbing fitness was suggested earlier this summer when he won the National Masters Mountain Running Championship at the Vail Hill

Continued on page 10

# **Throwers Peerless in Seattle**

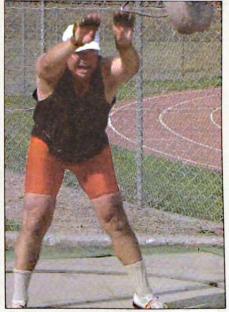
By JERRY WOJCIK

SEATTLE, Wash. – Again, the Seattle Masters Athletic Club hosted the USATF National Masters Weight and Superweight Championships at West Seattle Stadium's throws complex, Sept. 6. The meet has been held here for well over a decade and is nearing tradition status. And again, the weather was sunny and warm, perfect for throwing.

Besides competitors from local states, the field of seven women and 27 men included representatives from Arizona, Michigan, Ohio, Texas, and Florida.

Two Texans, Carol Finsrud, 46, and Bob Ward, 70, accounted for four of the five pending records set in the meet. Ward established a U.S. M70 record of 18.83 for the 16# weight and broke the record of 7.65 for the 35# superweight held by James York since





Todd Taylor, 56, tossing the 98# weight, Seattle Masters AC Ultra Weight, Sept. 6.

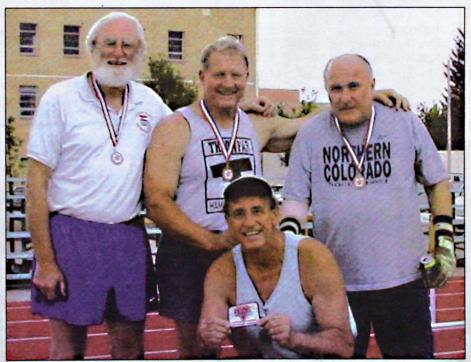
# Weight Pentathletes Break **Records in Fort Collins**

FORT COLLINS, Colo. - Four world and six U.S. records were set at the 2003 USATF National Masters Weight Pentathlon Championships held here on Aug. 23-24.

World records were broken by Oneithea Lewis, 43, Bayside, N.Y., Carol Finsrud, 46, Lockhart, Texas, and

Bob Ward, 70, Carrollton, Texas, in the overall weight pentathlon. Lewis and Finsrud's scores of 5261 and 5233 points, respectively, broke their own previous records set at the World Masters Athletics Championships in Puerto Rico in July.

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Top four M65s, USATF National Masters Weight Pentathlon Championships: Robin Herron, second, Bob Humphries, first, Vern Spencer, third, and (kneeling) Chuck Polizzi, fourth.

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# Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

#### Annual Meeting Slated for December

ost of you are aware that USATF holds its annual meeting every year during the first week in December. This year's meeting will be held Dec. 4-7 at the Sheraton Greensboro in Greensboro, N.C. This is where USATF technically conducts its business for the year. That is not to say nothing happens the rest of the year, but matters that require motions by full committees and the whole organization are handled at this meeting. Your Masters Executive Committee handles less important business on your behalf during the rest of the year.

You probably are aware that we have a representative form of governance. The Masters Committee is made up of 96 voting delegates. The largest group of delegates comprises the Masters Chairs from the 57 Associations. Next is active athletes with 21. Then 10 from amateur sport organizations, five each for at-large members (appointed by the Chair) and elected officers, three each from other organizations (AATRA, NSGA, and USCCA) and committees (athletics/disabled), officials and coach-

#### Athletes' Input

Where does that leave you, the athlete? One thing you can do is come to the meeting and hope you are elected by your fellow athletes to one of the 21 active athlete positions.

You might check with your local association to see if your masters chair (if they have one) is going to the annual meeting and will be in attendance at all of the masters meetings. If not, get yourself appointed with a letter from the association president. You might also be able to join some of the other organizations and committees and be their representative. We need better representation from these groups at our meeting.

If none of this works for you, then the obvious course of action would be for you to lobby these representatives to represent your point of view on matters you really believe in. They are representing you. If they don't get your input, then they are representing themselves.

#### **Advance Preparation**

One needs to understand that these meetings are not freewheeling like the athletes' meetings we have at the Outdoor and Indoor Championships. We have little time and many topics to cover to accomplish our business in the short period of time we have. It is best to work through issues that you have in advance, and have your representative present the topics to me and the Executive Committee for consideration

#### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: National Masters News, P.O. Box 50098, Eugene OR 97405

prior to Nov. 1.

A good place to work through your

issues is at your local association's October meeting, if they have one. This is where appointments to the annual meeting should be made and confirmed. If you don't like what your association is doing for masters, get elected as masters chair and work through the issues. This is how you have influence on the way your organization is run.

I believe we exist to provide safe, competitive opportunities for our athletes. I hope we see and hear from more of you. You can give us your input anytime. Also, please understand that writing a letter to the editor of National Masters News is an indirect communication to us, although we monitor those views carefully as well.

We look forward to a great Annual Meeting this year.

#### National Weight/Superweight

Continued from page 1

1991 with a 10.96 throw. Finsrud established W45 records for the 20# weight with a 13.79 and the 35# superweight with a 9.39.

Georgia Cutler, 60, Oregon, broke the U.S. record for the 12# weight

Other top marks came from George Mathews, M60, of California, with the 20# weight (19.68); Todd Taylor, M55, Oregon, 25# weight (17.68); Jim Wetenhall, M45, Ohio, 35# weight (15.35) and 56# superweight (10.33); and Joyce Taylor, W50, Oregon, 16# weight (11.39).

Twenty-five records were set in the 9th annual Ultra Weight Classic, where the contestants add the 98#, 200#, or 300# weights to their Championships marks, which are then all age-graded. Wetenhall scored 5350



Seattle Masters AC Ultra Weight

Jim Wetenhall, 50, throwing the 98# weight,

points to win the M30-69 bracket, with a big score (1392) in the 300# weight for his meet record 1.72. Bob Cahners, M60, Florida, was second

Ward took the M70+ group award with 5467 points. Mike Devlin, M70, Washington, was second (3758). The final weight in this division was the

The women's winner in the Ultra Weight was Finsrud, who scored 5569 points, 1138 coming from a 1.38



Jeff Crothers, 44, hurls the 98# weight, Seattle Masters AC Ultra Weight.

heave with the 200#. Joyce Taylor scored 5071 for second place.

Athletes, officials and volunteers were treated to a BBQ beef lunch, hosted by Meet Director Ken Weinbel and his wife, Noel.

# **THROWERS**

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top

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#### NATIONALS

The National Championships in Eugene were a resounding success. I would like to thank everyone involved in making this such a great event - The Organizing Committee, Northwest Event Management, the officials, and volunteers.

The Championships can't return to Eugene too soon to suit me. Any athlete interested in a high quality videotape of their events should contact Paul Dungan at 4016 NE Hazelfern Pl., Portland, OR 97232.

Paul Heitzman

I had a great time in the USA Masters Nationals. The meet in Eugene was well run, and it was a pleasure to run and socialize with some great athletes. I was impressed with the support given runners, especially at the massage tent and training room. The ice baths were chilling.

However, I was miffed at the number of competitors who were listed as UNA.

There were so many, I imagined a new running club - United Nations Athletic, for example. I wonder what happened, as I'm sure many, like myself, listed their club affiliation.

Robert Cozens **Houston Harriers** 

I am a bit perplexed by the scoring for the National Masters Championships. First, I assume the points were awarded on a 5-4-3-2-1 basis and that all events except relays were included in the totals.

The Dallas Masters Track and Field Club had 12 members participating in the meet, but only 6 of them were shown as DMTFC members. I personally talked to all of my members and they all said they registered as Dallas Masters members.

Those members listed as UNA were Don Denson (1-2, 1-3 & 1-5), Bill Carter (4-1, 3-2 & 1-5), Cindy Steenbergen (3-

1), Dorothy Vander- Cruyssen (1-1, 1-2 & 2-3), Clain Udy (1-4), Bob Ward (2-1, 1-2 & 1-3). This is a total of 94 points that our club is due.

All of these people have been members of the Dallas Masters Club for several years, except VanderCruyssen who joined last year.

In addition to the above, the others scoring points were Wayne Bennett, Joe Summerlin, Linda Douglass, Wendell Palmer and Fan Benno-Caris. We feel we scored 133 points total. Mack Stewart is also a member of our club, as well as a member of Houston Harriers with whom he registered.

Can you please advise is my assumption on scoring is correct? Is it possible to change the scoring to reflect what the Dallas Masters really achieved?

Wayne Bennett Arlington, Texas

The only place in the rule books that mentions team scoring for masters is rule 261.2a. The rule uses 5, 3, 2, 1 points for 1st, 2nd, 3rd and 4th places. Since team scoring at the Nationals is unofficial at this point, we used Rule 261.2a. When team scoring becomes official at the Nationals, the new rule will have to include the scoring methods.

Sandy Pashkin USATF Masters Games Committee Chair

#### FALSE START RULE

I have been involved with track & field on and off for 57 years, and I have always been bothered by the rule that disqualifies an athlete for false starts.

While the professional ranks certainly need some system to ensure fairness, it seems to me that disqualification is unduly harsh for masters athletes. We train hard, spend our own money to go to an away meet, and receive nothing tangible in return even if we win. We do

this for fun, not financial reward.

In other sports, disqualification requires some flagrant act such as abusing a referee, clubbing an opponent with a hockey stick, throwing a bean ball, or

I wonder if any consideration has ever been given to a football style penalty for a false start - that is, moving the offending athlete's starting line back some predetermined amount. Two percent of the race distance sounds about right.

This approach imposes a penalty without the need for disqualification. I would find this much more palatable.

Larry Patz Contoocook, New Hampshire

#### 5th Avenue Mile

Continued from page 1

Evans, 44, Scarsdale, N.Y., was five seconds back in 5:13, an 87.6%

In the George Sheehan Memorial Mile, Vic Heckler, 61, Chicago, Ill., won the M60-69 race in 5:13, an agegraded 89.7%, but best performance went to Sid Howard, 64, Plainfield, N.J., third behind Bill Borla, 63, Torrington, Conn., 5:17. Howard ran a 5:19 to register a 90.8% to Borla's 90.4%.

Evelyn Davis, 65, Cliffside Park, N.J., won the W60-69 race in 7:02.

Jim Sutton, 72, Reading, Pa., was the first M70-79 in an age-graded best 87.6% 6:03, with Eric Seiff, 70, Bronx, N.Y., second at 6:18.

Ginette Bedard, 70, Howard Beach, N.Y., was fifth overall in the combined men's and women's 70-79 race with an age-graded 84.1% 7:12.

In the 80+ groups, John McManus, 80, Woodside, N.Y., was first with a 7:41. Grace Salant, 80, Brooklyn, N.Y.,



Abraham Weintraub (I), 93, and David Gerli, 92, sprinting to the finish line, NYRR Fifth Avenue Mile, NYC, Sept. 7.

finished first woman in 14:06. Abe Weintraub, Brooklyn, the oldest finisher at age 93, edged out David Geril, 92, NYC, by one second with a 15:47 with both sprinting for the last 30 yards.

Next year, the George Sheehan Memorial Mile will also be discontinued, with runners competing in fiveyear age groups in the open races. Al Puma, organizer of the Sheehan Memorial Mile, said, "The new format will not be conducive to participation by out-of-towners. It'll just be another NYC race. It's time for me to retire from it."

After the races, Puma hosted a buffet luncheon at the Mangia Restaurant for the Sheehan Mile runners.

The Invitational Mile winners were Theresa Du Toit, 4:53, and John Itati, 3:56. The prize purse totaled \$5700 for the top three invited men and women and the top three masters men and women.



NYRR Fifth Avenue Mile runners in Central Park before the race (top I to r) Vincent Carnevale, 87, Abe Weintraub, 93, Imme Dyson, 66, Joe Pascarella, 70, Dolly Ann Finkelstein, 73, Jack Haar, 76, Joan Rowland, 77; (bottom I to r) Jerry Levasseur, 65, Sid Howard, 64, Vic Heckler, 61, Bill Borla, 63.

# Sustainers for October 2003

Periodically, 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.

We are grateful for the support of masters athletes. Special thanks this month go to:

**Richard Donley** Tim Dyas Jim Gerhardt **Jack Stevens Thomas Sullivan** 

**Bob Weiner** 

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## So Cal TC Takes First Team Title

By MICHAEL C. TIPPING

So Cal Track Club athletes outscored the competition to earn the first-ever team title at the USATF National Masters Championships in Eugene, Ore., on Aug. 7-10. Although the team championships is unofficial, it gives us a look into what the future may be when it becomes official.

The final results gave So Cal 151 points, followed by Oregon Track Club Masters (126), Atlanta Track Club (85), Portland Masters (82), and Midwest Masters (78).

So Cal's 28-member squad racked up 41 medals during the four-day meet, including six athletes who were double gold-medal winners. David Ashford, fresh off a world-record-setting effort in the 110H at the WMA Championships in Puerto Rico, won the M40 short hurdles and long hurdles.

Veronica Amarasekara successfully defended her national titles in the W40 triple jump and long jump, setting an age-group U.S. record in the latter event.

Brian Pope, appearing in his first Nationals for So Cal, won the M40 5000 and 10,000. Kettrell Berry repeated his feat of last year in sweeping the M40 100 and 200.

Combined-event standout Johnnye Valien limited herself to field events but still earned gold in the W75 shot put and javelin.

Sumi Onodera-Leonard may have achieved the most-distinctive double, winning the W75 400 and 800 to go with her silvers in the 100 and 200.

Another notable achievement was Larry Barnum's victory in the M55 800 that positioned him to challenge the world record in the M60 age group into which he is moving. So Cal's other 800 champion was M50 David Salazar.

Dave Cook, in winning the M45 3000 steeplechase, ran an over-40 personal best. Additionally in the steeple, Chris Yorges, 37, extended his streak of national gold medals that stretches

#### FIFTEEN YEARS AGO October 1988

- Bill Rodgers (M40, 49:14) and Laurie Binder (W40, 57:11) Set U.S. Records in Crim 10 Mile
- Larry Olsen, M40, and Barbara Filutze, W40, First in National Masters 10K
- North American Meet Lures 302 to Toronto

back well into the '90s. M35 high jump champion Ron Lee was So Cal's other gold medalist.

So Cal's final medal count included 17 gold, 15 silver and nine bronze.

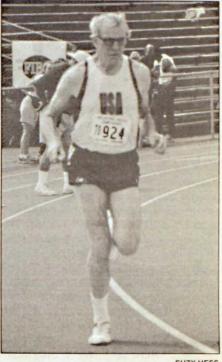
Noting that such potent outfits as Sprint Force America were largely absent from Eugene, So Cal coach Mark Cleary said his team looks for-

#### We Welcome Letters

- The National Masters News welcomes letters on topics of general interest. Our length limit is 250 words.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- · Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

ward to facing all the top masters teams next summer at the 2004 Nationals in Decatur, Ill.

He also said So Cal Track Club wishes to thank the makers of Jogmate muscle-recovery products for their support and sponsorship.



SUZY HESS

Al Sheahen, M70, National Masters News editor, in the 300H, 36th National Masters T&F Championships.

# Jogmate Muscle-Recovery Products Congratulates So Cal Track Club for winning the Team Championship at the 2003 USATF Masters National Outdoor Championships in Eugene, Oregon

Six So Cal athletes were double national champions: Veronica Amarasekara (long jump, triple jump), David Ashford (110-meter burdles, 400-meter burdles), Kettrell Berry (100 meters, 200 meters), Sumi Onodera-Leonard (400 meters, 800 meters), Brian Pope (5,000 meters, 10,000 meters), and Johnnye Valien (shot put, javelin). Larry Barnum (800 meters), Dave Cook (3,000-meter steeplechase), Ron Lee (bigh jump), David Salazar (800 meters) and Chris Yorges (3,000-meter steeplechase) won single national titles.



#### Payton Jordan: Master of Masters

was pleasantly surprised that my strength, flexibility, and reaction time were still intact," Payton Jordan commented, referring to his competitive comeback in 1972 at age 54. "It was exciting to have the competitive juices kick in, as I still found great joy in meeting the challenges of head-to-head competition, and striving to be the best I could be regardless of the age factor."

As discussed in this column last month, Jordan, now an 86-year-old resident of Santa Barbara, Calif., had been a world-class sprinter just prior to World War II, recording a 9.5 (and an unofficial 9.4) for 100 yards, as well as a 10.3 for 100 meters and 21.1 for 200 meters. He went on to a successful coaching career at Occidental and Stanford University and was the coach for the U.S. Track & Field team at the 1968 Mexico City Olympics.

#### Staying Fit

Although he had not competed in some three decades before making his comeback in 1972, Jordan had managed to maintain a fairly high level of fitness.

"Throughout my life I have regularly maintained fitness due to constant demonstration as a part of my teaching and coaching of athletes," he explained.

When he was 37 and coaching at Occidental, a few of Jordan's track team members were chiding him about his antiquity. Jordan bet an orange juice that he could beat them, which he did while clocking 9.7 for 100 yards.

It was 17 years later, while conducting an Olympic summer training program, that he was talked into taking part in a sprint for old timers at Lake Tahoe, Calif. He won the race and the next thing he knew he was competing in masters events and setting world age records, including 10.7 for 100 yards (age 55), 11.6 for 100 meters (55), and 23.6 for 200 meters (54).

#### **World Records**

Jordan would continue to compete and set world records until age 82. At 81, he was able to run 100 meters in

#### TWENTY YEARS AGO October 1983

- 350 Compete in West Regionals in Los Gatos, Calif.
- Norm Green, Jr., Sets M50 Half-Marathon Mark of 72:09 in San Diego
- NMN Letters Unanimously Oppose Ban of South Africans from 5th WAVA Championships in Puerto Rico

14.6 and 200 in 31.20. (See accompanying chart for Jordan's times at various ages.)

I asked Jordan what a sprinter can do to counter the effects of aging on performance. He responded by addressing four basic areas as having a dramatic effect on the aging process, particularly in sprinters: respiratory, flexibility, strength, and reaction.

Pointing to studies which indicate a loss of about one percent a year in VO<sub>2</sub> max (maximal oxygen uptake), Jordan feels the best way to minimize this respiratory loss is to keep the body weight at the ideal for size and height.

"Flexibility seems to take a vacation, unless one addresses it on a regular basis," he continued. "By doing so, we insure against injuries, we maintain better performance of muscles, ligaments, and tendons, which aid better acceleration and rhythm of movement."

#### Use It or Lose It

As for strength, you have to use it or lose it, Jordan offered. "Otherwise you won't have the power for sprinting. Strength and resistance work is vital, for strength is speed. Maintaining strength allows one to hold back the decline in speed."

Reaction time, defined by Jordan as basic speed resulting from an abundance of "fast-twitch" fibers, is the last of the four basic blocks to diminish and decline.

"Speed dynamic drills to condition neural pathways will give the best returns for maximizing one's natural gifts," he said. "It is very important to constantly be aware that specificity of the training regimen brings the greatest results in performance."

Jordan advocates routines and programs with an underlying philosophy of "flaming out, not rusting out" to

# Jordan's Best Times By Age

Age	100m	200m
24	10.3	21.1
54		23.6
55	10.7	
60		24.9
61	11.8	
65		26.1
66	12.56	
70		26.8
74	12.91	
75	13.4	28.14
80	14.35	30.89



For the first time in 25 races, Hurry-up Harold Davis, best of all the nation's sprinters, was beaten. It happened April 24, 1943, at Berkeley, California, as Ensign Payton Jordan of St. Mary's Pre-flight school, formerly of U.S.C. where he was National Champion, nipped Davis by one inch after the two had run neck and neck the entire 100 yards.



minimize the aging process.

"Train fast to be fast, train slow to run slow," he says. "You should try to duplicate the physical, organic, and psychological challenges of ballistic speed in practice so it becomes automatic in competition."

#### Weight Training

While weight training was pretty much frowned upon during his pre-war heyday, Jordan replies, "Absolutely!" when asked if weights should be an integral part of the sprinter's routine. He advocates lifting every other day, three times per week, focusing on the lower body one day, the upper body the second day, and the total body in the week's third session.

#### **Update Your Club Info**

An updated list of masters clubs will be published in the November issue. Changes, additions, and deletions to the most recent list, published in June, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the Oct. 10 deadline.

"For speed-oriented power development, the loads should range from three to 10 percent of maximum for arms, shoulders, and hip flexors," he offers, "and for the heavy extensor muscles of the hips and legs the loads should range from 10 to 40 percent. Increase in loads may be progressive in nature."

For strength-oriented power development, Jordan says that the loads should range from 10 to 30 percent of max for arms, shoulders and hip flexors, and from 30 to 60 percent for the hip and leg muscles.

"With the heavier weights, the exercises will be performed at a slower rate of speed, because of the heavier resistance," he adds, pointing out that flexibility stretching should be performed before and after weight training sessions.

"Our goal is to age slower than one's rivals, in both the physical and mental areas of our lives," Jordan ends the interview. "Maintenance is a must to avoid decline in performance. Attitude is everything. God blesses us and it is up to each of us to take care of His gifts!"

(Mike Tymn can be contacted by email at metgat@aol.com)



# Speakers Corner

By ROBERT S. WEINER

#### **Increasing Masters Press Coverage**

SATF Masters Chair George Mathews was right when he wrote that "Communication is Essential for Publicity" (Sept. NMN), but his column misses the main point. USATF cannot only look inward. The Boston Indoor Nationals, which brought in outside media coordination, drew eight TV cameras, daily front page press in all the major Massachusetts papers including the Boston Globe and Herald American, and national press including the Christian Science Monitor, Runners World, San Diego Tribune, Washington Times, and Associated Press with its hundreds of papers.

The outdoor nationals, just held in Eugene, was a wonderful meet but, in the area of press, without similar outside assistance, drew the local Eugene paper and two local cameras – period. The local meet organizers did all they could afford to help on their own by supporting the media workshop.

Attracting the Media

There is no mystery to drawing press, but it takes more than massive e-mails, which are generally ignored. It takes enthusiastic phone calls to a myriad of targeted press, a blitz of real conversations sensitive to press needs and deadlines, and certainly more than late-in-the-evening (and past deadline) press releases. Early-enough materials with precision phone calls sensitive to what media want (not what the meet wants, although the two can be blended) are key.

I was pleased that World Champion/USATF 2002 Outstanding Masters Athlete Phil Raschker and I had the chance to conduct the seminar for athletes at the Eugene Meet on how to

45

GEORGE BANKER

Dan Lawson, fourth M45 (34:51), 2003 Sallie

Mae 10K.

generate press in home media. No one "emphasized that athletes do it themselves" as a "do it yourself approach" instead of meet organizers carrying out a campaign. Both are important.

I am glad to report that Bruce McBarnette, world champion high jumper, came up to me at the recent Potomac Valley Games in Virginia to tell me, proudly and deservedly, that he just got in the current Sports Illustrated in "Faces in the Crowd" with his Eugene Nationals performance by using the model media telephone call sheet we gave him and many others in Eugene. I invite any athletes who want this sheet to download a copy from our Web site at www.weinerpublic.com, or write me for a copy.

#### Media Subcommittee

Dave Clingan's motion to create a masters media subcommittee is a brilliant idea that no one should oppose. Nor should anyone oppose placing real media-generating experts and enthusiastic people on the committee. The committee would advise and supplement USATF's efforts, not replace them – serving as a catalyst for both ongoing and new efforts, a win-win for everyone.

Good ideas and real contributions are not to be feared. If fear of turf becomes the issue, nothing will result. Further, without the positive outreach a media committee can bring, the USATF bureaucracy will maintain an image it could well afford to shed.

#### **Positive Publicity**

The object of the media subcommittee is to help our indoor and outdoor national, regional, and division championships build positive press coverage for meets and for the masters track and field movement, of which we are all proud. We can move dramatically forward if we have the vision to help ourselves do so and support those who are willing and able to help.

As a dedicated masters runner and organizer, as former Director of Public Affairs for the White House Drug Czar and the House Committee on Government Operations, and as Chief of Staff under Claude Pepper for the House Aging Committee, I've seen a lot of politics played and learned how to get things done despite the big egos and turf issues that inevitably occur.

#### Bring in the Best

That's why we had people like Bill Rodgers and Joan Benoit-Samuelson



Masters at the Potomac Valley Championships (I to r): Joe Guty, 3rd M45 in the 800, NMN photographer George Banker, and Steve Nearman, 1st M40 in the 800.

help us in Boston, Frank Shorter and Michael Johnson help us at the White House Drug Office, and Steve Scott, Rodgers, and Shorter help us at the Mobil Invitational. We need to look beyond the norm, bring in the best, and be all that we can be.

While helping our sport, we must help our existing leaders to do all they want to do. That should be the purpose of the media committee as well.

I wish George well in this effort and offer whatever assistance might be helpful to my masters athlete colleagues and organizers ... as long as I still have time to train, that is, so I can beat Ron Pate next year in the 3K steeplechase!

(Robert Weiner can be reached at Robert Weiner Associates Public Affairs, P.O. Box 28271, 1750 Pennsylvania Avenue, N.W., Washington, DC 20038-8271.)

#### Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to: National Masters News P.O. Box 50098, Eugene, OR 97405



JERRY WOJCIK
Robert Quist, second M50 (70.56), 400H, 2003
Hayward Masters Classic, Eugene, Ore.

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# PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

#### Fluid Replacement for Athletes

he National Athletic Training Association has established a set of guidelines for fluid replacement for athletes, recommending that athletes drink at least 17-20 oz. of water or sports drink, two to three hours prior to exercise and 7-10 additional oz., 10-20 minutes before exercise.

What interests us is the sodium content of sports drinks. Ellen Coleman in *Sports Medicine Digest* suggests that the sodium in sports drinks, 0.3 to 0.7 grams per liter, helps stimulate thirst, increases voluntary fluid intake, enhances retention and decreases risk of hyponatremia.

Drinking water alone decreases plasma osmolality, which limits the desire to drink, and increases urine output. So, it seems that sodium in the rehydration drink helps conserve fluid volume and increases the need to drink.

Also of interest is the carbohydrate concentration in sports drinks. Carbohydrate concentration greater than 8% (fruit juices, sodas, gels and some sports drinks) slows fluid absorption and probably would not be the greatest choice as the sole drink during exercise.

Most carbohydrate forms are good

(glucose, sucrose, etc.) and the absorption is maximized when multiple forms are consumed together. However, fructose should be limited, as amounts over 3 grams per 100 ml may decrease fluid absorption and cause stomach upset.

You may want to avoid alcohol and caffeine as they increase urine output and reduce fluid retention. Carbonated drinks may reduce voluntary fluid intake due to stomach fullness.

Therefore, those of us who have that great cup of coffee prior to running a marathon and all those Cokes during the run, may now have to rethink our fluid replacement guidelines.

(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, e-mail Dr. John Pagliano at thefootbeat@aol. com)

## National Weight Pentathlon

Continued from page 1

Ward's score of 5291 points smashed the record of 4666 held by Ladislav Filip of Oregon since 1998. Lewis and Ward each won \$250 in prize money as top scorers among men and women in the Championships. In addition, Ward also established a world mark in the 16# weight throw, with 18.94m.

American records in the weight pentathlon were also set by Dan John, 45, Murray, Utah, former Olympian Tom Gage, 60, Billings, Mont., and by Betty Jarvis, 88, Pine Bluff, N.C., the meet's oldest competitor. John's 4106 points beat the U.S. record held by second place finisher Jim Wetenhall, 48, Sylvania, Ohio.

Gage's 5062 points eclipsed the mark of 4403 set in 1995 by Wendell Palmer of Texas. Jarvis holds American records in the 75-79, 80-84 and 85-89 age groups, and beat her own record in the weight pentathlon set in 2000.

Individual event U.S. records were set by Carol Finsrud in the hammer and shot put, topping marks she set two weeks before at the USATF National Masters Outdoor T&F Championships, Eugene, Ore., and by Tom Gage in the hammer.

Lewis produced the highest scoring single event of the meet with an 18.16 with the 20# weight, worth 1463 points. The men's highest scoring single event

was a 21.61 with the 20# weight by Gage, worth 1293 points.

A rare tie in total points happened in the M75 division, when Hal Wallace and Phil Brusca both scored 4294. Brusca was given the title for having scored higher in three of the five events.

Meet organizers received financial support from the City of Fort Collins Fund (\$2000), Mark Chapman Foundation (\$1000), Colorado Masters Throwers Association (\$1000), and Poudre Valley Hospital Foundation (\$250).

In addition, significant in-kind contributions were made by the Fort Collins Convention & Visitors Bureau, Odell's Brewing Co., and Ben & Jerry's local franchise.

Ray Martinez, mayor of Fort Collins, greeted the competitors at the Saturday evening BBQ, where they were entertained by the piano offerings of Vern Spencer, 68, a retired music teacher and former national record holder in the superweight.

The weather both days was superbsunny and warm in the mornings and cloudy later in the day, which kept it from getting too hot. Highs were in the upper 80s, with low humidity.

A total of 60 athletes from 22 states took part, including 16 from Colorado.

- from Tim Edwards and Jerry

Bookin-Weiner

#### **Ohioans Win in USA 100-Mile**

By SUSANNAH BECK

For a decade now, the Olander Park Run has been known to the ultra-ultra-crowd as the site of the USATF National 24-hour championships. This year, for a change of pace, Tom Falvey and the Toledo Road Runners hosted the USATF 100 Mile Championships, Sept. 13, an event that hasn't been contested for 14 years.

According to American Ultrarunning Association's Dan Brannen, the road 100-miler has become the "orphan child of American ultrarunning" due to a decline in popularity. Softer, more scenic trail 100s, the international-standard 100K, and 24hour runs draw away many potential participants from an already small pool of willing eccentrics.

Loyal to its long-timers, however, Olander Park still offered runners a 24hour event, run concurrent with the 100-miler. Hundred-mile runners were allowed 27 hours to complete their rounds.

Official, record-quality splits were available en-route at various distances. Chip-timing has aided race volunteers enormously in an event that sees 94 runners each working toward 92 laps at different paces.

The course in Olander Park, located in suburban Sylvania, Ohio, loops a tiny Olander lake, with 1.0910 miles per lap. Race day dawned clear and sunny, but the high humidity foretold a hot day, and hot it became.

After the 10 a.m. start, the sun blazed hard, but evening brought a little breeze and some nice running conditions. The course was lit all night with lights brought in for the occasion.

Round and round they went, until



Jozef Gyurke, 46, became the oldest runner to win the Tantalus Triple Trek 50K, Honolulu, Aug. 30.

local Ohio talents Tim Clement, 42, Solon, 14:01:01, and Connie Gardner, 39, Medina, 16:22:15, finished their 92 laps before anyone else. Each won \$500, or \$5 a mile.

Clement averaged 8:25 minutes per mile, and won the race as the last man standing— or jogging— after running most of the race unflamboyantly in various positions in the top ten. Five of that top ten finished in strong array from 15:18 to 15:58, led by David Jones, 51, Eagleville, Tenn., 15:18:48, good for third overall and \$200.

Janet Runyan, 44, Boulder, Colo., was the second woman and first W40+, 17:45:43. The winner of the 2001 Leadville Trail 100M won \$300 for her efforts. Lynda Hendricks-Dana, 43, Tucson, Ariz., the academic director for an alternative school in Mexico, was third overall and second W40+, 19:40:44. She earned \$200.

The following athletes set pending U.S. age-group records recognized by USA Track & Field: 100 Miles, David Jones, 51, Eagleville, TN, 15:18:48, M50-54; Bruce Boyd, 65, Lakeville, CT, 19:56:55, M65-69. 12 Hour, Sam Soccoli, 71, North Babylon, NY, 80, 161 meters/49.81 miles, M70-74; Louis Miklovic, 65, Maumee, OH, 78, 407 meters/48.72 miles, F65-69.

Not everyone planned to go the whole 100 miles: Eric Clifton, 45, Albuquerque, N.M., took the opportunity provided at Olander Park to go for the U.S. M45 50K road record, 3:23:29, held by Kevin Setnes, 49, Eagle, Wisc., who was present, but competing in the 100 Miler (Setnes placed fifth overall, 15:45:59).

Clifton was the early race leader, needless to say, accumulating 9.45 miles in the first hour, and holding the lead until it was apparent he was not going to be able to get Setnes' record that day. Nevertheless, Clifton hung in to complete 67 laps, or 72.73 miles.

One of ultrarunning's dons, Don McNelly, 82, Rochester, N.Y., finished 90th, covering 35.63 miles in 22:40:19, including naps.

- from reports by Dan Brannen and Jay Hodde, AUA; Jo-ann Barnas, Detroit Free Press; and Dan Saevig, Toledo Blade.

#### FIVE YEARS AGO October 1998

- Craig Young (42, 50:33) and Ruth Wysocki (41, 57:21) Win National Titles in Crim 10 Mile/USATF Masters Championships
- Nike World Masters Games Draw 1403 T&F Athletes to Eugene, Oregon
- Steve Plasencia (41, 34:37) and Joan Benoit-Samuelson (41, 39:14) Rush to Wins in Falmouth 7.1 Mile

# PROFILE

# One Minute With...Lance Denning

Home: Boulder, Colorado

Occupation: Political Science Pro-

Although he is sometimes overshadowed by the international talent lurking around town, Lance Denning is well known on the Boulder running scene.

This summer, he has been moving out of the shadows, taking top master spots at the Boulder Race Series, comprised of the Uni-Hill 2K, the Pearl St. Mile, and the West End 3K.

On Sept. 1, Denning traveled far afield to claim top M40 at the Connecticut classic New Haven 20K. 1:05:29. NMN caught up with him the

NEIL PARKER Lance Denning turns the corner at the West End

new-fangled way, via e-mail.

3K, Boulder, CO, Aug. 21.

NMN: Lance, how did the New Haven 20K play out for you?

LD: Right now I'm training for the Chicago Marathon in October, so New Haven was a gauge of my fitness and what I need to do in these last 5-6 weeks. I didn't taper for the race, so my legs felt tired and heavy all weekend. I know I don't have much speed at all, so accumulating miles this summer has given me some confidence that I can be strong throughout a marathon. I think New Haven's results confirm this.

I ran the New Haven race comfortably strong. I didn't push the pace in the beginning at all, thinking my legs would tire by 10 or 11 miles. I ran with two or three younger guys through

10K, and we were methodically catching guys who went out a bit too hard.

I was just ahead of the women leaders, Colleen [De Reuck] and Marla Runyan, and I could hear the crowd cheer for them almost the whole race. I think I could have run a bit faster, especially after the 10-mile mark, but that may be more wishful thinking than realistic 42-year-old thinking.

I'm pleased with the result. The weekend atmosphere, with the students at Yale moving in, with Jesse Jackson in town to unify the striking Yale workers, and with the race and kicking around town with [fellow Boulderite] Colleen De Reuck was memorable.

NMN: What is your running back-

LD: I didn't run in high school or college. I started seriously training when I was 26 or 27 in about 1987 or so when getting my masters at CU/Boulder. With no track background, I was mainly a marathoner who trained based on my academic environment.

I've never had any consistent coaching until last year, although I did manage to run 2:24 in the late 1980s. I was working on my Ph.D. in the early and mid-90s, so I couldn't always train as I wanted or needed.

NMN: What are you teaching this fall?

LD: I have a visiting assistantship at Metropolitan State College in Denver and a lecturer position at CU/Boulder

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M60 javelin throwers at the 2003 Portland Masters Classic Meet (I to r): Gary Reddaway, John Burns, Doug Appel, Gary Stenlund, 1st (195-6), and Pete Labarge.

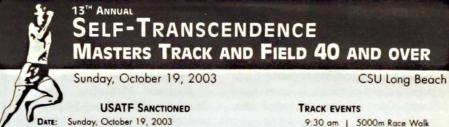
in their respective Political Science Departments. I teach both American Politics and Political Theory classes.

This fall I'm teaching introductory classes, as well as topics on "New World Order" at Metro State and "Politics and Literature" at CU/ Boulder. I've written a couple of books, one on workplace participation and another on America's civic health and political participation.

NMN: Are you also the guy who teaches high school tennis in Boulder? LD: I am not the guy who coaches

tennis at Niwot High School. He spells his name Lance Dehning, although I get phone calls for him all the time. - Susannah Beck

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



LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South east on Atherton, right on Fanwood Dr. (CSULB parking lot); straight ahead to

tration parking lot (don't park at the meters) Division: 5-year age groups

FACILITIES: 8-lane artificial surface track, 7mm (1/4") spikes; concrete rings

ENTRY FEE: First event \$15, additional events \$7 each No refunds. Colorful event T-shirt included. (T-shirt availability on race day not guaranteed!)

All entries must be postmarked no later than Oct. 10, or phoned-in no later than Oct. 13 Late/day-of-race entries add \$3

AWARDS: Medal to first three men/women in each event/age group AID: Light refreshments throughout day to all participants

> **GuestHouse Hotel**, 5325 East Pacific Coast Hwy. Long Beach CA, 90804

group rate). Call 800.990.9991 for reservations NOTE: 2003 USATF registration required lavailable at meet for \$201

9:30 am | 5000m Race Walk 10:15 am 80/100/110m Hurdle:

10:50 am 2000m Steeplechase 11:10 am 3000m Steeplechase 11:40 am 3000m Run 12:10 pm | 100m Sprint 1:00 pm | 800m Run 1:20 pm 200m Sprin 1:50 pm 1500m Run 2:15 pm | 300/400m Hurdles 3:00 pm 4 x 100m Team Relay

FIELD EVENTS

9:30 am	Hammer/Pole Vault
9:45 am	Long Jump
10:15 am	Javelin
11:00 am	Triple Jump/Discus
11:30 am	High Jump
1:00 pm	Shot Put

ENTR	Y FORM	
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# Masters Racewalking

By ELAINE WARD

#### 2003 Masters Champions

The Masters Nationals in Eugene, Oregon, offer a great venue for Track and Field. As Paul Johnson put it, "You can always count on a well-run meet." The next three months this column will feature some of our sport's 2003 men and then women gold medalists. These athletes were asked the following questions: (1) Why did you start racewalking? (2) How many years of training and competing did it take you to win gold medals at our national championships? (3) What are the most important ingredients in training for successful competition? (4) What unique experience did you have racing in Eugene this year?

Joe Nieroski: M40-44, 5K 24.48.56, 10K 50:13.

I started racewalking when both of my ankles gave out with the running I had been doing for 22 years. I had seriously twisted each of my ankles on separate occasions. I was a halfway decent runner prior to transitioning to racewalking, but the discomfort became a bit much.

I think successful training, whether it is for running or racewalking, requires perseverance, planning and, in my case, a supportive wife.

Years ago, I would have been thrilled to have had the chance to compete at Hayward Field. While late is better than never, I am glad I made my debut at UO this way. Some of the older athletes put on thrilling performances. How they have managed to maintain their flexibility and agility is something to research in itself.

Mike Wiggins: M50-54, 5K 27:07.15, 10K 50:01.

I started racewalking because I was experiencing too many injuries from running. My injuries included shin



Championships

Donna Cunningham, W55 winner (28:54.70), 5000 racewalk, 36th National Masters T&F

splints and chronic knee pain. Because I have a tendency to pronate, these injuries were aggravated by running. I've had no major problems since beginning to racewalk.

I have been racewalking for approximately 12 years and started competing in National Championships after the first year. My first gold medal was at the 1991 Championships in Naperville, Illinois.

My training includes flat areas, gentle rolling hills, and some graded inclines. I also have access to our high school track for interval training on a weekly basis if I feel it is needed. I also believe in tapering my training schedule during the week of a major race.

The special experience I had in Eugene was being the overall winner of the 10K race. Because I had received notification that one of my bank directors had passed away, I had dedicated my races to his memory. That provided me with inspiration and determination.

Richard McGuire: M55-59, 5K 26.03.64, 10K (silver) 54:24.

I entered racewalking through the back door. I had a running injury that turned out to be difficult to diagnose and even harder to cure – a hip injury called osteitis pubis. Even walking was painful.

Anti-inflammatories, steroids, and the voodoo of electrical stimulation all proved worthless. Finally an orthopedist told me it would take time – several years of time – for the injury to heal. In the meantime, he told me to stay active, walk, run in the pool, whatever my pain dictated I could manage.

My wife had learned to racewalk in Chicago at a clinic given by former Olympian Augie Hirt. I used to cheer her on during her races. My recovery became walks with her in the forest preserve when I practiced the technique. I soon could walk faster than she could.

As a masters runner, I used to compete in more than 20 races a year. Occasionally, I would win age division medals and enjoyed competing.

When Diane Graham-Henry of the Chicago Walkers sponsored a Midwest racewalk circuit, I entered several of the races. I did well at the outset, often winning my age division in 3K, 5K and 10K races.

I started competing at the National



ELAINE WARD

The Marin Racewalkers M80+ team, 2002 One-Hour Postal Champions, (I to r): Herman Arrow, Troy Grove, and John Levinsohn.

Masters Championships in Orono, Maine in 1998. By then I had been competing in judged racewalks for several years. I won a silver medal in the 5K and a gold in the 10K.

But, even better, I watched the greatest 5K duel I've ever seen between Jack Bray and Max Green, who were in their mid 60s. They kept exchanging the lead, lap after lap, both attacking and attacking, until Jack finally surged at the end to win. That was the kind of race I wanted to find myself competing in.

What's been fun for me is to meet motivators like Jack Bray, Diane Graham-Henry, Augie Hirt and Mike DeWitt. And I've also become friends with those I've competed against – friendly rivals like Max Walker, Bill Reed, Leon Jasionowski and Norm Frable.

My training regimen is simple. I put in the miles, but I try to avoid the street and sidewalk. Gravel paths and asphalt are easier on my legs and hip.

Usually I'll walk five to eight miles four or five times a week. I try to do one long walk of 10 miles or more a week when I'm training for a 15K or a 20K. I also do weekly speed work on a track when I'm preparing for a 3K to 20K race, usually a series of six to eight 800s close to racing speed. I also

work to keep the 800 times within a 10 second range, i.e., 3:45 to 3:55.

I usually work out solo, but when I'm on a running path with other runners, I'll play greyhound and rabbit and try to catch up to runners who are ahead of me. My workout speed, then, depends on my enthusiasm and the number of runners on the path ahead of me. The presence of other runners and walkers challenges me into speed play. Otherwise, I tend to be a slow walker preoccupied with the parade of my own solitary thoughts and with glimpses of nature - deer in the meadow, a groundhog rumbling to his burrow, a blue heron stalking fish in the pond.

In Eugene I felt my times were slow, but I was pleased to share the medal stand with Max Walker and Norm Frable, both of whom I have competed against for seven-plus years. We've all had our good days and disappointments over the years, but we're still racing against each other. And I hope that battling goes on and on for years to come.

(Next month features Jack Bray, M70, and Jack Starr, M75, who both made American Records in Eugene, plus the beginning of the women champions. Elaine Ward can be contacted by e-mail at narwf@aol.com)

#### 50K Trail Championships

Continued from page 1

Climb, in July, finishing tenth in the open race.

Still, that was only 7.5 miles. "I was worried about the last hour of the race because I'd never run for more than three hours," Creel told *Running USA Wire*'s Bob Cooper. "Sure enough, I really suffered in that last hour. But it's a gorgeous course."

Creel spent most of the 1990s studying wild dogs in Tanzania. He is also a member of the U.S. Summer Biathlon team (running and shooting).

Defending masters champion Luanne Park, 43, Redding, Calif., 4:48:04, held off Valerie Pino, 40; Memphis, Tenn., 4:48:51, to hold onto her crown another year, running eleven minutes faster than in 2002. She was second woman overall, in her third running here.

Danny Dreyer, 53, San Rafael, Calif., who holds three of the five fastest M50 times on this course, was the top M50, 4:55:50.

Eldrith Gosney, 62, Fairfield, Calif., broke her 2002 course record by two minutes with a 6:36:11.

The race was organized by Guy Palmer and the Tamalpa Runners Club, and was also a stop on the Montrail Ultra Cup Series. For more information, go to www.headlands50k.org.

# Report from Britain

By BRIDGET CUSHEN

Peter Gordon, who won the M50 discus (59.77) in Puerto Rico, not only heads the masters rankings, but is now ranked fourth in the UK's end of season senior list with 55.27 for the 2kg implement. World W35 steeplechase gold medalist, Jane Pidgeon, was 13th in the UK Senior 2000 SC championships in 7:24.39.

The BMAF outdoor pentathlon held in Birmingham attracted a large entry with M45 Brian Slaughter notching 3475 points over his archrival, John Mayor (3142). The M55 title was even more competitive. At the close, Mike Corden's score of 3552 opened up some daylight between himself and John Charlton (3350).

The Midlands VAC 10,000 championships were held at the same time. Brian Ashwell went through the 5000 mark in 19:15.4, 1.4 seconds inside the British M70 record.

At the fifth meeting of the Southern Counties Veterans inter-club league, Doug Lucas, M50, ran a 400 in 55.7,

Chris Melluish won the hammer (47.50), and W50 all-rounder, Pat Oakes, had a double in the triple jump (7.68) and hammer (23.13). Up in the North East, Dr. Rob Hand, a former British masters cross-country champion, won the M40 800 in 2:09 and the 3000 in 9:20.04

Athletes who have had a frustrating time with injuries returned to competition at the Northern Counties VAC championships. Colin Shafto, now M65, won the high jump, clearing

BMAF President Keith Whitaker won the M70 100 and 80H. Tony Wells returned to winning ways in the M50 400 and 400H in 58.7/63.3. Caroline Marler, a former indoor 400/800 record holder, won the W50 200 and 400.

The picturesque New Forest 10 Mile in Hampshire attracted a very large entry of which over 80% were 40+. The winner, Ian White, M40, raced home in 56:04. Zena Marchant, W50, led the older age group, finishing in 76:22.



Finalists in the M55 400 (I to r): Franz Hohl, AUT, 4th; Colin McCurry, AUS, 3rd (55.16); Robert Fraser, GBR, 7th; Charles Allie, USA, 1st (WR52.24); Roger Pierce, USA, 2nd (55.11); Larry Barnum, USA, 5th; and Jose Romero, ESP, 6th, 15th WMA World Championships

# NATIONAL MASTERS NEWS

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#### **TEN YEARS AGO** October 1993

- Record 12,102 Athletes Enter 10th WAVA Championships in Miyazaki, Japan
- · Decathlon/Heptathlon Championships Draw Record 65 Entries to Columbus, Ohio
- · Ric Sayre, 40, and Nancy Grayson, 43, Win in Parkersburg Half-Marathon

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Visit the National Masters News on our Web site at: www.nationalmastersnews.com

#### **USA MASTERS UNIFORMS & HOLIDAY GIFT** CLOTHING FROM 1996 OLYMPICS OVERSTOCK

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

Available uniform items include warm-ups, rain suits, stretch shorts ("half-tights"), Tshirts, polo shirts, and more. Unfortunately, not all sizes are available in every style. All items will be sold on a first-come, first-served basis.

These are wonderful holiday gifts for your athlete friends and family members. All garments are superior NIKE quality. Buy now for Christmas.

Half-Tights/Bike Shorts \$15

uns a bit small. Sizes available: Unisex XL

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Top and pants of lightweight nylon, fleece-lar, and removable hood. White with navy. Sizes available: Unisex S. M. L.

#### Dress "Medal" Sweats \$50

Top and pants, heavy polyester knit. White with navy trim. Sizes available: Unisex S, M, L, XL, XXL

\$15 or 2/\$25 White with navy trim, embroidered flag logo. Sizes available: Unisex: S, M,

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# On The Run

By HAL HIGDON

#### Tell Us About Yourself As a Masters Athlete

Recently I signed a contract with Rodale Press to write *The Runner's World Guide to Masters Running.* This book follows two previous books I wrote: *Fitness After Forty* (1977) and *Masters Running Guide* (1990), both now out of print. I expect to complete work on the *RW Guide* during the spring of 2004 with publication scheduled for 2005, just before the next World Masters Championships in San Sebastian, Spain.

This questionnaire is designed to provide me facts for the book. I would appreciate your answering the questionnaire below and mailing it to: Hal Higdon, c/o Roadrunner Press, Box 1034, Michigan City, IN 46361-1034. Or, go to my website (www.halhigdon.com) and answer online. You may contact me directly by e-mail at MastersRunning@com cast.net. Thanks for your cooperation.

- Hal Higdon

Name	
Address	24.55.05
City/State/Zip	
Telephone	
Email address	
Birthday	Age
☐ Male ☐ Female	
Events (Check as many as apply to you)  Long distance running: road (5-K/marathon)  Long distance running: track (5000/10,000)  Middle distance: track (800-3000)  Short distance: track (100-400)  Field event (jumping)  Field event (throwing)	

- 1. When you hear the term "Masters Running," do you feel it applies to all of the events above (including field), or only some of them? Please explain.
- 2. What event or events do you compete in? (In answering this and following questions, please assume that the word "running" encompasses your event, even though you may be a field event competitor.)
- 3. Why did you begin your running career? What motivated you to get started?
- 4. When did you become a masters runner: at what age and how long have you been running?
- 5. What is most important to you about running? Please check one or more.

  Competition at world, national or local level

  Setting world, national or other records

  Setting personal records

  Camaraderie

  Disconnected to the setting personal records
- Camaraderie
  Physical fitness
  Looking good
  Relaxation
  Other (please explain)
- 6. Do you plan to compete in the World Masters Championships in Spain in 2005? Do you plan other national or local competitions?
- 7. Are you aware of research by Dr. Ken Cooper and others suggesting that if we run and/or exercise, we may live longer? How important is this to you?
- 8. Does your being a "masters runner" serve as a source of pride to you? Does it make you feel better as a human being?
- 9. Are you still improving as a masters runner, or have you begun to decline with age? Does the fact that you perhaps cannot run as fast or jump as far as when younger bother you?
- 10. How would you motivate others to become a masters runner?

- 11. Has becoming a masters runner had any positive effects on your overall health and/or physical fitness (i.e., weight loss, lowered cholesterol, etc.)?
- 12. Have there been any negative effects on your health or on your overall lifestyle (including relationships with others)?
- 13. When was the last time you had a complete physical examination? Did the exam include a stress test?
- 14. What is the attitude of your doctor(s) to your continuing to compete as a masters runner?
- 15. How many days a week do you train in your main event? How many other days do you devote to a) cross-training, or b) complete rest?
- 16. How often do you do speedwork (defined as training as fast or faster than race pace)? What blend of hard and easy training works best for you?
- 17. How often do you do cross-training (cycling, swimming, walking, etc.)? What type of cross-training works best for you?
- 18. How often do you do strength training (weight lifting or any muscle strengthening exercise)? What exercises work best for you?
- 19. How often do you stretch or do flexibility drills? What specific stretches work best for keeping you loose enough to perform well?
- 20. How often have you been injured? Please place a check mark in the box beside any injuries that have caused you to miss more than a week of training, or otherwise limited your performance.

1. Shin splints

2. Stress fracture

3. Ilio Tibial Band

4. Knees5. Plantar fascia

6. Achilles tendonitis

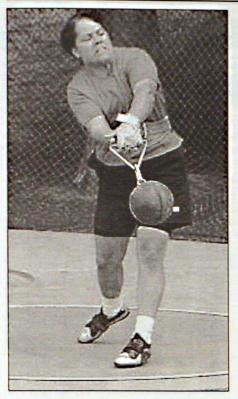
7. Muscle pull (specify below)
8. Non-running injury (specify below)

9. Health-related problem

10. Other (specify below)

#### Comments:

- 21. What was the cause of your injury (or injuries), assuming you know?
- 22. If injured, what methods of rehabilitation have you employed? What sports professionals have been most useful to you?
- 23. Have any of your injuries been major, requiring surgery? If so, please explain? How long and how complete was recovery?
- 24. What did you learn from your injury? What strategies do you now employ to insure you will not get injured again?
- 25. Do you feel that you are more susceptible to injuries as a masters runner? If so, how have you modified your training because of this fact?
- 26. How important is nutrition for performance and/or good health? Have you modified your diet since becoming a masters runner?
- 27. Do you take supplements to improve your health, or because of a doctor's recommendation? Which ones?
- 28. Do you take any supplements or products solely to improve performance? If so, are any on the IAAF list of banned aids? (Confidentiality assured.)
- 29. Some masters athletes take prescribed drugs that might be on the banned list. What do you think of current drug regulations as they relate to older runners?
- 30. Do you have a coach or advisor? How important is it to have one?
- 31. How did you learn how to train? Are there enough training schedules available for you as a masters runner?
- 32. Since I will be designing training programs and schedules for this book, what words of advice do you have for me?
- 33. In a book titled *The Runner's World Guide to Masters Running*, what else would you like to know?



JERRY WOJCIK
Kathy Wetenhall, 50, with the 56# weight,
Seattle Masters AC Ultra Weight, Sept. 6.



TESH TESHIMA
Bob Terukina, winning the M85 100, 2003 Aloha
State Games, Honolulu. Running all of his
races barefoot, he also won the 200 and 400.



MIKE POLANSKY
Top finishers, Sprint for the Parks 5K, East
Meadow, N.Y., Aug. 12, (I to r): Larry Frankel,
1st, 20:03, Lutz Hoffman, 2nd, 20:30, and Cliff
Foster, 3rd, 23:56.

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all track & field and racewalking e	vents, age 35 and up, as of Dec. 7, 2002;	
	and date of record. Compiled by Peter Mundle,	Commercial State of the Commer
USATF Masters T&F Records Coo Masters 5-Year Indoor Age-Grou		_ \$
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# Masters Scene

#### NATIONAL

- Olympic gold medalist and world record holder in the 400H Edwin Moses, 48, announced at the World Championships in Paris that he is planning a comeback with the goal of qualifying for the Olympic Trials in 2004 under the "B" standard of 50.5. He plans to compete primarily in masters events and hopes to set age-group WRs. Realistically, he doubts whether he will make the Olympic team, but is motivated to act as an example to counter the increase of obesity and the disregard for PE in the U.S.
- Scott Creel, 41, Bozeman, MT, with a 10th-place 53:04, and Cindy O'Neill, 41, Manitou Springs, CO, with a third-place 63:11, worth \$100, were first masters in the USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb, Vail, CO, July 6. Tom Borschel, 45, was second M40+ (54:06). Pablo Vigil, 51, 60:24, took the M50 race. Gail Hunter, 59, won the W55 in 79:01.
- Regina Richardson, Clayton, NC, was omitted from the 2003 National Masters Championships W35 outstanding performance list in the September issue. In her second season after a 10-year layoff, she was competing in her first Championships: "I was so excited I entered six events." When the dust settled, she had won three gold, one silver, and two bronze medals, and broken the W35 TJ record of 11.15 with an 11.74.

#### EAST

- Tim Necsell, 43, Albuquerque, NM, 23:18, and Rose Dunican, 42, NYC, 31:10, were first 40+ in the NYRR Henry Isola 4 Mile XC, Van Cortlandt Park, Bronx, Aug. 31. Vladimir Tomilov, 46, Brooklyn, was second M40+ (23:31) and best performer (78.2%). Mary Rosado, 53, NYC, was second W40+ (31:22).
- Kathy Martin, 51, Northport, NY, started the coming LDR season with an overall m&w masters first (18:21), Sprint for the Parks 5K, Eisenhower Park, East Meadow, NY, Aug. 12. Kenneth Ong, 44, Bethpage, NY, 18:42, and Paul Bonanni, 43, Selden, NY, 18:45, were 1-2 M40+. Sarah Pettinato, 60, Wantagh, NY, won the W60 race (27:45). Bert Jablon, 76, Syosset, NY, took the M75+ contest (26:17). The event raised funds for the Nassau County Park and Recr. programs.
- Charles Pistorino, 80, McLean, VA, broke the M80 AR for the 400g JT with a 30.60, and Evelyn Wright, 66, Annapolis, MD, upped the W65 WR for the HJ with a 1.31, Potomac Valley Games, McLean, VA, Aug. 30-31. The JT record belongs to Armando Ricciardi at 19.11 in 2000. The HJ record is held by Leonore McDaniels at 1.27 in 1993.
- Tatyana Pozdnyakova, 45, Gainesville, FL, narrowly held off Maria Luisa Servin, 40, on a sultry evening in Manchester, NH, Aug. 17, at the Cigna Healthcare Corporate 5K. The Poz looked fit and tan but a little creaky as she cruised to a 16:36 to 16:42 win. Servin, the Mexican running star, now spends half the year in Marlboro, MA, with her husband and three children.
- Lawyer-turned-writer Jim Hage, 45, Kensington, MD, 54:13, took the wind out of the sails of all other masters and placed fifth overall at the Annapolis 10M, Annapolis, MD, Aug. 24.
- Summer bloomer Jackson Kipng'ok, 42,
   Kenya, has been cleaning up on the elite road racing scene recently. Kipng'ok's late-summer blasts include M40+ victories at the Crim 10 Miler, Flint, MI, Aug. 3, 47:26; Falmouth Road Race 7.1M, Falmouth, MA, Aug. 10, 33:31; Parkersburg News & Sentinel Half Marathon, Parkersburg, WV, Aug. 16, 1:05:01; Rock N' Roll Half-Marathon, Virginia Beach, VA, Aug. 31, 1:04:01; CVS Downtown 5K, Providence, RI, Sept. 7, 14:03.
- Masters ace, Jerry Macari, 43, once again snagged the top overall spot (27:59), winning the NYRR Dash & Splash 8K, Central Park NYC, Aug.
   First masters female was Jan Farnung-Krause, 40, in 40:20.

 The NYRR Run to Liberty 10K, Aug. 30, took to the streets of downtown Manhattan, NYC.
 Masters winners were Scott Brown, 42, 33:09, and Jean Chodnicki-Stemm, 44, 39:09. Anna Thornhill, 63, 46:00, overpowered her division, as did Eric Seiff, 70, 48:13.

#### SOUTHEAST

 In the results of the Tennessee Association Championships (Sept. NMN, p. 29), Dexter McCloud was listed with a 53.76 in the M40 400H.
 That time should have been credited to Don Drummond, M30.

#### MIDWEST

- The well-named Chuck Masters, 50, was the first M40+ in the Club Kokomo Age-Graded 4 Mile, Kokomo, IN, Aug. 9, with a 25:04.4 (clock time 30:49.4, 5:45 handicap time). Anne Wiles, 54, was the first W40+ with a 34:48.3 (35:33.3, 0:45 handicap).
- Todd Kelly, 42, Troy, MI, 60:04, and Stacey Geierman, 40, Monroe, MI, 66:56, blazed to masters firsts in the Run Through Hell 10 Mile, Pinckney, MI, Aug. 9. First Grand Masters (50+) were Mike McAlynn, 53, Jackson, MI, 64:56, and Donna Olson, 53, Bloomfield Hills, MI, 76:41. Doug Goodhue, 61, Milford, MI, 64:52, and Cathy Detman, 64, 95:16, led the Senior Masters runners (60+). Joe Thornburg, 86, Troy, MI, ran a 2:15:32.
- Debbie Wagner, 51, Perrysburg, OH, was first overall in 19:06, Women's Distance Festival 5K, Oregon, OH, Aug. 2. The Mother/Adult Daughter winners (52:51) were Louise Miklovic, 65, Maumee, OH, 26:37, and Staci Kissel, 38, Defiance, OH, 26:14.
- Susan Loken, 40, Phoenix, AZ, 1:19:12, burst upon the windy city like a sirocco blowing away all the women before her at the Chicago Half-Marathon, Sept. 7. Simply put, she was first woman overall. Three weeks earlier, Loken made a successful appearance at America's Finest City Half-Marathon, San Diego, CA, Aug. 17, 1:21:31 (1st W40+).
- Masters went one-two at the Hurley, WI, Paavo Nurmi Marathon, Aug. 3. Rick Stefanovic, 41, Milwaukee, 2:46:02, was first over the line, followed by Jarrow Wahman, 42, Duluth, MN, 2:48:50. Almost-forty Ann Heaslett, 39, Madison, WI, was the women's winner, 3:16:38. Dawn Long, 46, Poplar, WI, was the W40+ winner, 3:31:41, good for third woman overall.

#### **MID-AMERICA**

- With masters winners determined by age-grading, Dick Wilson, 71, Lawrence, KS, won the 40+ division with an A-G time of 33:05 (actual time 45:15) in the Crosstown Unity 5K, in Lawrence, Aug. 9. Sue Mowder, 44, Topeka, KS, was top W40+, A-G 46:07 (49:44).
- Don Carter, M40, Emporia, KS, posted three impressive wins in the LJ (20-61/2), TJ (42-91/4), and HJ (5-10), in the Halstead Open & Masters Mini Meet, Halstead, KS, Aug. 23. Wendell Donaldson, M35, Halstead, broke his own meet record in the DT (145-10). Donald Kottner, M40, Wichita, KS, was the fastest in the 100 (11.68). Besides Kansas, athletes traveled from Nebraska, Oklahoma, and Arkansas.
- Robin Galloway darted to W40 wins in the 50m, 100 (14.61), 200, and 400, and 2003 M40 national champion Kettrell Berry reeled off firsts in the 100, 200 (22.60), and 400 (52.09), Rocky Mountain Masters Games, Fort Collins, CO, Aug. 30-31. Jon Sinclair outchested Brad Pace, 9:47 to 9:48, to win the M45 3000. Charles Lindsay, M30, hit 15.51 in the SP. Ed Morland, M55, stuck a 51.48 JT. Mattias Borman, M30, the Swedish champion and a resident of Loveland, CO, marked a 56.01 in the DT, just 30cm off of his Swedish championships winning toss.

#### SOUTHWEST

 Tom Gage broke the M60 US record for the 20# WT with 22.99 and established pending records for the 56# SW (8.88) and the WP (5296) in the Cat Spring Grunt V throwers meet, Cat Spring, TX, July 12. The present 20# WT record belongs to Carl Wallin at 20.04 in 2002.

#### WEST

- The Club West Meet scheduled for Oct. 4 in Santa Barbara, CA, has been cancelled. The track at UC-Santa Barbara, the meet's site, is being re-surfaced and will not be ready by the 4th, nor the 8th, which the meet organizers had considered as another date. The meet, one of the oldest masters meets in the U.S., would have been in its 30th year.
- Diana Hall, 45, Santa Barbara, CA, surfed to a third woman overall 19:44, McConnell's Ice Cream 5K, Santa Barbara, Aug. 17. Scott Deardoff, 40, Santa Barbara, cruised to a 17:24 for the M40+ win. Kei Zehr, 60, Thousand Oaks, CA, took the W60 race in 23:30. In the 10K, Karen Kunz, 48, Lacey, WA, was third woman in 42:47. Deardorff got under 40:00 with a 39:27 to take the M40+ race. Dennis Mihora, 58, Santa Barbara, third M50 (19:48) in the 5K to Gary Maxwell, 53, Santa Barbara, 19:26, and David Groom, 54, Santa Barbara, 19:31, captured the 10K title over both with a 44:14. Vic Birtalan, 60, Goleta, CA, ran an age-graded best 43:33.
- "24 Nuts on 36 Legs" of Wilsonville, OR, narrowly defeated the Calgary, Alberta "Old Dogs" to take the masters trophy at the Nationwide Hoodto-Coast Relay, 22:02:19 to 22:21:54, Aug. 22-23. The 196-mile 12-person/team relay descends circuitously from Mt. Hood to the coastal resort of Seaside, OR. Reno's "Tahoe Trail Babes" returned to win their fourth consecutive masters women's division, 24:09:25. Eugene's proud and unbeatable "Aging Heroes" topped the charts again, 21:25:10, for men's supermaster bragging rights. Local "Hot Shoes Returns" from Portland outdistanced "Heart N' Sole," 25:04:18 to 30:35:14, for the women's supermasters. The event limits the field at 1000 teams. A Portland-to-Coast relay adds thousands more to the chaotic van-clogged trail west.

#### **NORTHWEST**

Before breaking two WRs in the 36th U.S.
 National Masters T&F Championships, Eugene,
 OR, Diane Palmason lowered the W65 WR in the
 1500 from 5:48.48 by Jeanne Daprano in 2001 to
 5:46.61 in the Seattle Masters Classic, July 26.

#### CANADA

 Jean Horne, Kitchener, CAN, broke the W70 800 WR with a 3:04.44, Canadian Masters Championships, Richmond, BC, Aug. 16-17. The present WR is 3:10.72 by Nina Naumenko, URS, in 1996.

#### INTERNATIONAL

- The adoption of the M35-39 age-group into WMA competition was not on the agenda for approval at the IAAF meeting at the World Championships in Paris in August. The M35 will compete as an unofficial age-group in Auckland in the 2004 Non-Stadia Championships, Sindelfingen, in the inaugural World Indoor Championships, 2004, European Stadia Championships, and 16th WMA Championships, San Sebastian, Spain.
- Other items of interest to masters at the IAAF Congress: road world bests will become official IAAF WRs for these events: 10K, 15K, 20K, halfmarathon, 25K, 30K, marathon, 100K, and road relay. Mountain running was added to T&F, road running, racewalking, and cross-country under IAAF jurisdiction.
- A 50K RW will be held on Nov. 15 in conjunction with the WMA 100K (run) World Championships in Taiwan, Nov. 16. Prizes, including cash, will be awarded for men and women in five-year age-groups from age 35. A schedule of events can be found at www.iau.org.tw.
  - · Wolfgang Ritte, M50, and Ingrid Meier,



JOE GUTY

Chuck Shields, M40, in the 800 (2:13.26), USATF Mid-Atlantic/Philadelphia Masters Summer Championships, Fort Washington, PA.

W55, set WRs in the German Masters Championships II (50+), Scheinfurt, Aug. 2-3. Ritte 's 4.72 in the PV broke **Jerry Cash**'s 4.57 in 2000. Meier reduced **Avril Douglas**' 27.90 in 2001 in the 200 with a 27.50.

• Igor Astapkovich, 40, threw the hammer 81.35/266-10 in the recent Belarus Championships. The M40 WR is 75.66 by Yuriy Syedikh in 1995.

#### **OBITUARIES**

- After a two-year battle with a very rare form of cancer, Harry Hawke died on July 17, 2003. In 1947, Harry won the pole vault championship at the Illinois high school state meet with a 12-7. He lettered in t&f, Purdue University in 1950 and 1951, and was proud of a large plaque Purdue gave him for supporting Purdue t&f throughout the years. He also supported San Diego T&F belonging to the San Diego t&f Officials Association. Harry won many gold medals in masters track and was a U.S. record holder in the decathlon, shot put and discus. He earned the San Diego Masters Athlete of the Year Award in 1994, 1997 and 2000. He was especially proud of being named the San Diego Amateur Athlete of the month at the San Diego Hall of Champions for July 1995, awarded because of his accomplishments at the 1995 Masters Nationals, where he captured gold medals in the hammer and shot put and a silver in the discus. At the annual Hall of Champions dinner, Harry and his daughter, Susan, sat close to sports announcer Dick Enberg and baseball hall of famer Ted Williams. Harry's daughter was an All American tennis player at San Diego State University and is also remembered in San Diego's Hall of Champions. Harry retired from teaching after 35 years. The San Diego City Council adjourned a meeting on July 29 in memory of Harry Hawke. A memo signed by the mayor and eight city council members was given to Harry's wife, Beverly. A memorial service was held on July 23 at Palisades Presbyterian Church in San Diego where Harry was a faithful member. He was a champion and will be missed by all. (from Bob
- Ken Carnine passed away on July 15 at age 95 in Sacramento. A masters national champion many times, he was active his entire life in t&f and was still setting records when he was 85. The Ken Camine Meet held at Sacramento State U. in the spring was named in his honor. He is survived by his son and daughter-in-law.
- The WMA Newsboard (info@world-mas tersathletics.org) reported the death of Dr. Hans Axman of Germany on Aug. 25. Axman had worked for many years within the WAVA/WMA and EVAA organizations. In 1978, he founded the EVAA and served as vice-president (1978-1988) and president (1988-1996). He held various offices in WAVA/WMA from 1979 to 1994.

# 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

December 4-7. 2003 USA Track & Field Annual Meeting, The Sheraton Greensboro at Four Seasons, Greensboro, N.C. Celebrating "25 Years of Excellence." One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 317-261-0481; www.usatf.org

March 26-28, 2004. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 26th. USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org

August 5-8, 2004. 37th Annual USATF National Masters Championships, Decatur, Ill.

#### EAST

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

October 26. Philadelphia Masters All-Comers Runners Pentathlon (3000/800/200/1500/400) & Weight Triathlon (SP/JT/DT). Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenborg, 215-393-1382; krmeck@erols.com; weights: Ray Feick, 610-754-6007; ffeick@aol.com

January 24, 2004. 37th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+ & W40+. Prize purse for M & W Elite Mile; bonus for new record (M & W40+). 10:00 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

#### SOUTHEAST

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

October 5. PVTC Throwers Meet & Hour RW, Langley HS, McLean, Va. 703-671-2520; www.pvtc.org
October 18. USATF Florida M & O

October 18. USATF Florida M & O Weight Pentathlon Championships, Venice, Fla. Athletes may enter WP or individual events. Early reg. deadline, Oct. 4; on-site reg. 8:30-9:30 am. Bob Voege, 941-493-4113; cell: 468-6290.

October 26. PVTC Throwers Meet, 5K Track, & Hour RW, Langley HS, McLean, Va. See Oct. 5.

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 4. 30th annual Club West Meet, UC-Sarta apocal Collif. Gordon McClenathen, 805-964-3005.

October 4-5. Nevada Senior Olympics,

Las Vegas, NV. 702-242-1590; e-mail: srgames1@juno.com; www.nevadasenior olympics.com

October 19. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 310-645-0271.

November 1. 6th Great Punkin Throws Meet, Nevada Union HS, Grass Valley, Calif. WP/All throws. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945; 530-273-3660; ashglaze42@hot mail.com

November 2. San Jose Senior Games, Los Gatos HS, Calif. M&W 40+. Oct. 24 deadline. SJSG, 408-297-0247.

March 6, 2004. Saddleback Masters Meet, Saddleback College. Mark Blethen, T&F Coach, Saddleback College, Mission Viejo, CA 92692-3635. 949-582-4640; mblethen@saddleback.cc.ca.us

#### NORTHWEST

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

October 6-8. Huntsman Senior Games, St. George, Utah. 800-562-1268; www. seniorgames.net; hwsg@infowest.com March 13-14, 2004. Idaho Masters Indoor Classic, Boise. 208-859-9219; idaho classic@earthlink.net

#### INTERNATIONAL

March 10-14, 2004. Ist World Masters Athletics Indoor Championships, Sindelfingen, Germany. Plus World Throwing Challenge & Cross-Country. www.leichath letik.de; www.sindelfingen2004.de

July 6-16, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.205worldmasters.com

#### LONG DISTANCE RUNNING

#### NATIONAL

October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www. twincitiesmarathon.org

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, Genesee Valley Harriers, PO Box 16375, Rochester, NY 14616. 585-242-9031; email: gvhxc2rochester.rr.com. www.gvh.net

November 8. USATF National Masters

Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 760-967-8348.

November 23. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 4-7. 2003 USA Track & Field Annual Meeting. (See National T&F)

December 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C. Register on-line after Nov. 1 at USATF's Web site: www.usatf.org.

#### EAST

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

October 4. New Hampshire Marathon, Newfound Lake. 603-744-2150; www.nh marathon.com

October 5. Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com

October 5. Army Ten-Miler, Washington, D.C. 202-685-3361; www.armytenmiler. com

October 5. 22nd annual Wineglass Marathon & 3-Person Relay, Bath to Corning, N.Y. 570-882-4808; www.wine glassmarathon.com

October 5. Leaf Peepers Half-Marathon, Waterbury, Conn. 802-223-2080.

October 5. Jersey Shore Half-Marathon, Sand Hook, N.J. www.shoreac.org

October 5. Syracuse Festival of Races 5K, Syracuse, N.Y. 315-446-6285; festival ofraces.com

October 11. USATF New Jersey 5K Cross-Country Championships, Highland Park. Julie Schick, 732-296-0006.

October 11. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 12. Ocean State Marathon & Half-Marathon, Providence, R.I. 401-885-4499; www.OSM26.com

October 12. Hackensack 5K, Hackensack, N.J. 732-381-0318; www. oymp.net

October 12. Steamtown Marathon, Scranton, Pa. 800-22-WELCOME; www. steamtownmarathon.com

October 12. NYRR Staten Island Half-Marathon, Staten Island, NYC. 212-860-4455; www.nyrrc.com

October 12. BAA Half-Marathon, Boston, www.baa.org

October 12. 44th Atlantic City Marathon & Half-Marathon, Atlantic City. 609-601-RUNN; www.racegate.com

October 12. Delaware Distance Classic 15K, Wilmington, Del. 302-798-4719; www.pcvrc.com

October 13 (Mon.). Tufts Health Plan 10K for Women, Boston, Mass. 888-767-7223; tuftshealthplan.com

October 18. Baltimore Marathon, Half-Marathon & Relay, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com

October 18. Oyster Festival 5K, Oyster Bay, N.Y. 516-349-7646; www.glirc.org October 18. Women's Classic 5K, Allentown, Pa. 610-395-2438; www.womens5kclassic.org

October 19. USATF Adirondack M & O 5K Corss-Country Championships, Saratoga Springs, N.Y. 518-584-3114; www.saratoganational.com

October 19. Mohawk Hudson River Marathon, Schenectady, N.Y. MHRiver

# ON TAP FOR OCTOBER

#### TRACK AND FIELD

Most action takes place in the West, starting with the Nevada Senior Olympics, Las Vegas, on the 4th-5th, followed by the Huntsman Senior Games, St. George, Utah, on the 6th-8th in the Northwest, and the Self-Transcendence Games, Long Beach, Calif., on the 19th. On the 26th, Fort Washington, Pa., will host a Runners Pentathlon and a Throwers Triathlon.

#### LONG DISTANCE RUNNING

The USATF National Masters Championships will be held as a major part of the Twin Cities Marathon, Minneapolis, on the 5th. Akron, Ohio, stages the National Masters Marathon Relay Championships, with \$10,500 in prize money, on the 11th. A heavy marathon month, other offerings range from the Maine. New Hampshire, Sacramento, Detroit, St. George, Portland, Ore., and Big Sur marathons on the first weekend, with the Hartford, Ocean State, Steamtown, Baltimore, Mohawk Hudson River, Cape Cod, Chicago, Lake Tahoe, Long Beach, Humboldt Redwoods, Duke City, Indianapolis, Columbus, Spokane, and more filling in the rest of the month. Shorter events include the Tufts Health Plan 10K for Women, on Monday, the 13th, Boston, Mass.; Peachtree City, Ga., 15K on the 18th; and Arturio Barrios 10K, Chula Vista, Calif., on the 26th.

#### RACEWALKING

Hauppage, N.Y., on Long Island is the site for the National Masters 50K Championships on the 19th. More action is available in Indianapolis on the 5th; NYC, Coconut Creek, Fla., and Aurora, Colo., on the 12th; and Seaside, Calif., on the 25th. □

Marathon@nycap.rr.com

October 25. LITF Cross-Country Championships/Run for Their Dreams 8K, Bethpage St. Park, N.Y. 516-349-7646; www.glirc.org

October 25. Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com

October 25-26. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.com

October 26. USATF New Jersey 8K Cross-Country Championships, Readington. Julie Schick, 732-296-0006.

October 26. Compass Bank Cape Cod Marathon, Falmouth, Mass. 508-540-6959; www.capecodmarathon.com

October 26. Mayor's Cup 5K Cross-Country, Boston, Mass. 617-236-1652; www.baa.org

October 26. Marine Corps Marathon, Washington, D.C. 703-784-2225; www. marinemarathon.com

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November 2. New York City Marathon. 212-860-4455; www.nyrrc.com

November 9. Stockade-athon 15K, Schenectady, N.Y. hamletbryans@aol. com

November 23. Citizens Bank Philadelphia Marathon & Rothman Institute 8K. 215-685-0054; philadelphiamarathon.com November 27. Manchester 4.75 Mile, Manchester, Conn. 860-643-5295; www. manchesterroadrace.com

November 29. NYRR Knickerbocker 60K, Central Park, NYC. 212-860-4455; www.nyrrc.com

#### SOUTHEAST

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

October 4. NCRC Women's 5K, Cary, N.C.919-787-8087; www.ncroadrunners.org October 4. Run for the Rose 5K, Oak Ridge, Tenn. 865-481-1656.

October 4. Women's Distance Classic 5K, Fort Myers, Fla. 239-481-4833; www. ftmyerstrackclub.com

October 12. Disney's 10K Classic, Orlando, Fla. disneysports.com

October 18. Peachtree City Classic 15K & 5K, Peachtree City, Ga. 770-487-7652; www.ptcrc.com

October 19. Anthem Bay Bridge Marathon & Relay, Virginia Beach, Va. 757-498-0215; www.baybridgemarathon.com

October 26. Low Country Distance Classic Marathon, Half-Marathon, 10K, Bluffton, S.C. 843-815-5267; www.palmettorace.com November 1. 29th Vulcan Run 10K, Birmingham, Ala. 205-445-0956; www.vulcanrun.com

November 8. Senior Bowl Charity Run 10K/ USA Men's National Championship, Mobile, Ala. 251-438-2276; www.seniorbowl.com

November 9. USATF Georgia 50K Championships, Peachtree City, Scott Ludwig, 770-487-7445

November 15. SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-7223; richmondmarathon.com

November 27. Outback Distance Classic Half-Marathon, Jacksonville, Fla. www.1st placesports.com

November 27. Atlanta Marathon & Half-Marathon, Atlanta, Ga. 404-231-9064; atlanta trackelub.org

November 27. Hyatt 8K Turkey Trot, Charlotte, N.C. 704-554-1234, x2002; www.hyat tturkeytrot.com

November 27, 19th annual Thanksgiving 10 Mile & 5K, DeLand, Fla. www.altavista sports.com

**December 6.** OUC Orlando Half-Marathon & 5K, Orlando, Fla. 407-423-2476; www.orlandohalf.com

December 6. St. Jude Memphis Marathon & Half-Marathon, Memphis, Tenn. 800-877-5833; www.stjudemarathon.com

December 13. Huntsville Times Rocket City Marathon, Huntsville, Ala. 256-828-6207; www.huntsvilletrackclub.org

December 14. Florida Gulf Beaches Halfathon, Madeira Beach. 727-347-4440; www.floridahalf.com

December 14. Jacksonville Bank Marathon & Half-Marathon, Jacksonville, Fla. 904-731-1900; www.lstplacesports.com

#### **MIDWEST**

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

October 4. 15th Karla's Run 5K, Lake Geneva, Wisc. 262-275-3852. October 4. Remembrance Run 5K, Traverse City, Mich. 231-941-8118; www. tctrackclub.com

October 5. Detroit Marathon, Detroit, Mich. 313-222-6676; www.freep.com/marathon

October 11. Women only 8K & 5K, Flint, Mich. 810-659-6493; gaultracemanage ment.com

October 12. LaSalle Bank Chicago Marathon. 312-904-9800; www.chicago marathon.com

October 18. Indianapolis Marathon & Half-Marathon/Relay & 5K, Indianapolis, Ind. www.indianapolismarathon.com

October 19. Columbus Marathon, Columbus, Ohio. 614-421-RUNN; www. columbusmarathon.com

November 27. Thanksgiving Turkey Trot 10K, Detroit, Mich. www.motorcitystri ders.com

November 27. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-241-6479; www.thanksgivingdayrace.com

#### MID-AMERICA

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

October 4. USATF Colorado Association Cross-Country Championships, U. of Colorado, Buffalo Ranch. 8:30 am: 5.8K women (age 19+); 5.8K men (60+); 9:15 am: 8K men (19-59); 10:15 am: CU Rocky Mountain Shootout.

October 12. Durango Marathon, Half-Marathon, 10K, & 5K Durango, Colo. 970-375-2413; durangomarathon.com

October 12. Mt. Rushmore Marathon, Rapid City, S. Dak. 605-721-1251; mount rushmoremarathon.com

October 12. Mayor's Cup Challenge 5K & 10K, Colorado Springs, Colo. 719-635-8803; www.csgrandprix.com

October 19. Wichita Marathon, 316-708-0808; www.runwichita.org/marathon/ index.htm

October 26. USATF Minnesota Masters 5K Cross-Country Championships, U. of Minn. Golf Course, St. Paul. 952-380-5823; 920-0558.

November 8. Rim Rock Run XI, 37K, Grand Junction, Colo. 970-243-4055; www.rimrockrun.org

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 4. USATF Oklahoma Championships/Reuel Little Half-Marathon, City Park, Madill. okrunner.com

October 4. Komen Race for the Cure 5K, Oklahoma City, www.okckomen.com

October 4. 23rd annual Woolaroc 5K, Bartlesville, Okla. 918-333-0900.

October 25. Tulsa Run 15K, Tulsa, Okla. okrunner.com

November 1, 28th annual White Rock Half-Marathon, Dallas. 214-321-3211; www. whiterockhalf.org

November 9. San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-696-3797; www.samarathon.org

December 13. Sunmart Texas Trail Endurance Runs, Huntsville State Park. 50K & 50 Mile. For more information, contact John Welch, 210-494-9493; jwelch2@ satx.IT.com

December 14. Dallas White Rock Marathon, Dallas, Texas. www.RunThe

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 4. Big Sur Trail Marathon, Half-Marathon & 8K, Big Sur, Calif. 415-868-1829; www.envirosports.com

October 5. Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacra mentomarathon.net

October 11. Northern Exposure 10K, North Las Vegas, Nev. 702-633-1612; cityofnorthlasvegas.com

October 11. Lake Tahoe Marathon, South Lake Tahoe, Calif. 530-544-7095; www. laketahoemarathon.com

October 12. Long Beach International City Bank Marathon, Half-Marathon & 5K, Long Beach, Calif. 562-728-8829; runlongbeach.com

October 12. Do the Bridge 8K, San Diego, Calif. 760-736-1001; www.strideamerica. com

October 18. Heart of the City 5K & 10K, Los Angeles, 213-742-6030; www.heartof thecity.info

October 19. U.S. Half-Marathon, San Francisco, Calif. www.ushalf.com

October 19. Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods St. Park, Calif. HRM, PO Box 4989, Arcata, CA 95518-4989. www.hrmandhalf.org

October 20. Komen Inland Empire Race for the Cure 5K, Temecula, Calif. 909-304-9500; www.iekomen.com

October 25. New Beginnings 5K & 10K, Concordia U., Irvine, Calif. Finish Line International, 714-841-5417; nealand.com/ finishline

October 25. Napa Valley Wine Country Marathon & Half-Marathon, Calistoga, Calif. 415-868-1829; www.envirosports. com.

October 25. Whiskeytown Trail Runs 50K, 30K & 8 Mile, Redding, Calif. 530-246-8560; www.geocities.com/sweatrc

October 26. Arturo Barrios 10K, Chula Vista Calif. 800-311-1255; www.elite racing.com

October 26. Duke City Marathon, Half-Marathon, & 5K, Albuquerque, N.M. 505-880-1414; www.dukecitymarathon.com

November 2. Santa Clarita Marathon, Santa Clarita, Calif. (30 minutes n. of L.A.). 888-823-3455; www.scmarathon. org

November 15. USATF SCA Masters/ Open Cross-Country Championships, Walnut, Calif. Skip Stooley, 310-453-7655 November 23. USATF Pacific Masters/ Open Cross-Country Championships, San Francisco. Tim Watson, 415-648-1467.

November 27. Ralph's Dana Point Turkey Trot 10K, 5K, & Masters 5K, Dana Point, Calif. 949-496-1555; lisa@kinaneevents. com; www.turkeytrot.com

December 6. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

**December 7.** Tucson Marathon/Relay & Half-Marathon, Tucson, Ariz. 520-320-0667; www.tucsonmarathon.com

December 14. 26th annual Lasse Viren 20K, Pt. Mugu St. Park, (8 miles s. of Oxnard), Calif. 805-652-1744; blumper@pacbell.net

#### NORTHWEST

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

October 4. St. George Marathon, St.

George, Utah. 435-634-5850; www.st georgemarathon.com

October 5. Portland Marathon, Portland, Ore. 503-226-1111; www.portlandmara thon.org

October 12. Spokane Marathon, Half-Marathon, & 5 Mile, Spokane, Wash. 509-624-4297; active.com

October 25. ORRC Autumn Leaves 25K, 50K, & 50 Mile, Champoeg St. Park, St. Paul, Ore. 503-646-7867; www.orrc.net

October 26. McDonald Forest 15K Cross-Country, Corvallis, Ore. 541-758-8124.
October 26. Silicon Valley Marathon,

Half-Marathon & 10K, San Jose, Calif. 831-477-0965; www.firstwaveevents.com November 2. City of Trees Marathon & Half-Marathon, Boise, Idaho. 208-378-7160; www.CityofTreesMarathon.com

**November 9.** USATF Pacific 30K Championships, Clarksburg, Calif. Doug Thurston, 916-974-0786.

November 15. USATF Oregon M & O Cross-Country Championships, Sandy HS, Sandy, OR. 3:00 pm. XC Registrar, 471 Quarry Rd., Springfield, OR 97477. 541-504-1077; email:runjumpthrow@usatforegon.org

**November 30.** Seattle Marathon & Half-Marathon, Seattle, Wash. 206-729-3660; www.seattlemarathon.org

#### CANADA

October 26. Casino Niagara International Marathon, Niagara Falls, Ontario. 800-56-FALLS; www.niagarafallsmarathon.com

November 16. Ontario Masters 5K Cross-Country Championships, Guelph. www3. sympatico.ca/ontario.masters

#### INTERNATIONAL

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw November 22. British & Irish Veterans Cross-Country, Celtic Manor, Newport. www.bvaf.org.uk

April 18-24, 2004. World Masters Athletics Non-Stadia Championships, Auckland, New Zealand. 10K/10K,20K, 30K, 50K, RW/Team Cross-Country/Ekiden Relay/Half-Marathon. www.wma2004.org

May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

#### RACEWALKING

October 5. USATF Indiana One Hour RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

October 12. USATF West Region One Hour RW Championships, Aurora, Colo. Shirley Clemons, 303-770-9181

October 12. USATF East Region 30K RW Championships, NYC. Stella Cashman, 212-628-1317.

October 12. Bob Fine Invitational RW, Coconut Creek, Fla. 954-427-0032; 771-3347.

October 19. USATF National Masters 50K RW Championships, Hauppage, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

October 25. USATF Pacific 10K RW Championships, Seaside, Calif. Hansi Rigney, 831-626-6602.

November 8. USATF South Carolina One Hour RW Championships, Greenville. Heinrich Looser, 864-246-5101.

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

35#w 13.55 3-28-03 56#w 8.83 3-28-03 H 41,92 6-14-03 400m 53.42 5-8-03 1500m 4:17.11 8-10-03 3000s: 10:28.97 8-6, 10-03 Mile 4:44.58 2-15-03 Mile 4:44.0 6-28-03 LJ 5.96 8-8-03

# **RECIPIENTS OF ALL-AMERICAN AWARDS**

James Dill	3000m	10:06.2	5-2-03
Harry Janetzko	SP	42-2	6-29-03
Maurice Pointer	3000m	9:59:16	8-31-03
	5000m	17:10	9-1-03
Steve Terrill	800m	2:03.68	6-8-03
Tad Trombley	100m	11.83	6-14-03
M50-54			
Joe Myers	SP	13.29	6-14-03
Greg Schwab	100m	11.96	8-9-03
George Sandas	H	43.90	7-25-03
Gary Schmidt	SP	13.18	8-7-03
	1	45.19	8-1-03
Michael Wasp	J	52.43	7-26-03

The second second				
M55-59				
Bruce Hertzbeg	200m	27.0	6-4-03	
Vance Jacobson	200m	25.93	8-7, 10-03	
	Pent	2836	8-7, 10-03	
Bruce Jones	SP	12.17	8-7, 10-03	
M60-64				
John Galazin	400m	59.82	8-7, 10-03	
George Linn	2000sc	9:27.2	8-8-03	
M65-69				
Lawrence Golan	200m	29.03	7-26-03	
Ralph Reiche	HU	1.40	8-9-03	
Rodger Young	HJ	4-8	6-14-03	
M70-74				
Bill Baxter	1500rw	8.28.27	7-19-03	

		400m	1:11.06	3-29-03
		200m	32.0	6-17-03
M75-79				
- Phil O'C	onnell	200m	32.33	6-15-03
James W	ilkie	1500m	7:03.59	2-21-03
W30-34				
Karlyn C	rotty	HJ	1.52	6-29-03
W40-44		-		
Karen Je	ffers	800m	2:30-03	8-9-03
Martha I	Lutz -	200m	31.04	6-7-03
Robin H	anson	SP	8.71	7-27-03
W50-54				
Jeanne E	lowman	400m	77.24	5-25-03
		100m	15.40	6-14-03
		200m	30.90	6-14-07
		400m	73.50	6-14-03
Lynn De	w	D	22.86	7-26-03
-		D	22.25	8-17-03
Ronda S	tabler	800m	3:00.10	6-8-02
- Contract of		LI	11-09.50	6-8-02

Irwin Bernstein 800m 2:51.3 3-22.03

Event 55 60 100 200 400 800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 3K-SC 2K-SC HJ	30-34 6.8 7.4 11.0 22.4 51.5 2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	35-39 6.9 7.55 11.3 23.2 52.5 2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3 16.5	40-44 7.1 7.7 11.5 23.8 53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4 17.8	45-49 7.2 7.85 11.9 24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00 9.5	50-54 7.4 8.05 12.2 25.5 57.5 2:16 4:45 5:10 10:45 17:30	FOR N 55-59 7.9 8.5 12.6 27.0 62.0 2:25 5:10 5:30 11:15	60-64 8.1 9.0 13.2 27.9 65.0 2:35 5:20 6:00	65-69 8.4 9.25 13.8 29.5 69.0 2:45 5:45	70-74 8.9 9.5 14.6 32.0 75.0 3:06 6:30	75-79 9.4 10.0 16.0 35.0 88.0 3:35 7:20	80-84 10.4 11.2 18.0 40.2 98.0 3:55 8:10	85-89 11.8 12.8 23.0 52.0 120.0 4:30	90 <del>94</del> 13.5 16.6
60 100 200 400 800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	7.4 11.0 22.4 51.5 2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	7.55 11.3 23.2 52.5 2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3	7.7 11.5 23.8 53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4	7.85 11.9 24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00	8.05 12.2 25.5 57.5 2:16 4:45 5:10 10:45 17:30	8.5 12.6 27.0 62.0 2:25 5:10 5:30 11:15	9.0 13.2 27.9 65.0 2:35 5:20	9.25 13.8 29.5 69.0 2:45	9.5 14.6 32.0 75.0 3:06	10.0 16.0 35.0 88.0 3:35	11.2 18.0 40.2 98.0 3:55	12.8 23.0 52.0 120.0 4:30	
100 200 400 800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	11.0 22.4 51.5 2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	11.3 23.2 52.5 2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3	11.5 23.8 53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4	11.9 24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00	12.2 25.5 57.5 2:16 4:45 5:10 10:45 17:30	12.6 27.0 62.0 2:25 5:10 5:30 11:15	13.2 27.9 65.0 2:35 5:20	13.8 29.5 69.0 2:45	14.6 32.0 75.0 3:06	16.0 35.0 88.0 3:35	18.0 40.2 98.0 3:55	23.0 52.0 120.0 4:30	16.6
200 400 800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	22.4 51.5 2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	23.2 52.5 2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3	23.8 53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4	24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00	25.5 57.5 2:16 4:45 5:10 10:45 17:30	27.0 62.0 2:25 5:10 5:30 11:15	27.9 65.0 2:35 5:20	29.5 69.0 2:45	32.0 75.0 3:06	35.0 88.0 3:35	40.2 98.0 3:55	52.0 120.0 4:30	
400 800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	51.5 2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	52.5 2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3	53.8 2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4	56.0 2:11 4:35 5:00 10:25 16:45 36:00	57.5 2:16 4:45 5:10 10:45 17:30	62.0 2:25 5:10 5:30 11:15	65.0 2:35 5:20	69.0 2:45	75.0 3:06	88.0 3:35	98.0 3:55	120.0 4:30	
800 1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	2:02 4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	2:04 4:22 4:40 9:40 16:00 32:50 8.7 9.3	2:06 4:24 4:50 10:00 16:15 33:30 9.0 9.4	2:11 4:35 5:00 10:25 16:45 36:00	2:16 4:45 5:10 10:45 17:30	2:25 5:10 5:30 11:15	2:35 5:20	2:45	3:06	3:35	3:55	4:30	
1500 Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	4:20 4:40 9:25 15:45 32:30 8.6 9.0 15.4	4:22 4:40 9:40 16:00 32:50 8.7 9.3	4:24 4:50 10:00 16:15 33:30 9.0 9.4	4:35 5:00 10:25 16:45 36:00	4:45 5:10 10:45 17:30	5:10 5:30 11:15	5:20	- Contraction	1000000			1000	
Mile 3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	4:40 9:25 15:45 32:30 8.6 9.0 15.4	4:40 9:40 16:00 32:50 8.7 9.3	4:50 10:00 16:15 33:30 9.0 9.4	5:00 10:25 16:45 36:00	5:10 10:45 17:30	5:30 11:15	100000	5:45	6:30	7:20	8:10		
3000 5000 10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	9:25 15:45 32:30 8.6 9.0 15.4	9:40 16:00 32:50 8.7 9.3	10:00 16:15 33:30 9.0 9.4	10:25 16:45 36:00	10:45 17:30	11:15	6:00		-			9:20	
5000 10000 55H 60H 110H 80H 400H 300H 3K-SC 2K-SC HJ	15:45 32:30 8.6 9.0 15.4	16:00 32:50 8.7 9.3	16:15 33:30 9.0 9.4	16:45 36:00	17:30			6:15	6:55	8:20	8:45	10:15	
10000 55H 60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	32:30 8.6 9.0 15.4 58.0	32:50 8.7 9.3	33:30 9.0 9.4	36:00			11:50	12:45	13:40	15:50	19:10	23:00	26:0
55H 60H 110H 100H 80H 400H 3K-SC 2K-SC HJ	8.6 9.0 15.4 58.0	8.7 9.3	9.0 9.4			18:25	19:30	21:00	23:30	26:00	29:00	32:30	
60H 110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	9.0 15.4 58.0	9.3	9.4	9.5	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
110H 100H 80H 400H 300H 3K-SC 2K-SC HJ	15.4				10.0	10.3	10.6	10.9	11.2	11.6	12.5		
100H 80H 400H 300H 3K-SC 2K-SC HJ	58.0	16.5	17.8	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
80H 400H 300H 3K-SC 2K-SC HJ				18.8									
400H 300H 3K-SC 2K-SC HJ					18.0	19.0	20.0	21.0					
300H 3K-SC 2K-SC HJ PV									18.0	21.0	25.0	30.0	
3K-SC 2K-SC HJ PV	10:10	60.0	62.0	64.0	68.0	71.0							
3K-SC 2K-SC HJ PV	10:10				48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
2K-SC HJ PV		10:30	11:45	12:40	13:30	14:00							
HJ PV		-					9:30	10:30	12:00	14:00	16:30	19:30	
PV	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-23/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-71/2	
	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
IJ	14-51/4		12-11/2	12-11/2	11-7%	10-0	8-101/4	7-101/2	7-61/2	6-61/4	5-10%	4-31/4	
LJ		6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	6.50								12-51/2	10-11%		7-21/2	
	21-4	20-1/4	19-21/4	18-41/1	17-81/2	16-1/4	14-9	13-91/4			9-41/4	5.51	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94		
10,100	43-31/4	41-41/4	37-83/4	35-51/4	34-11/2	31-2	29-21/2	26-11	22-10	21-4	19-6	18-1	
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		42-11%	39-41/2	42-0	37-83/4	36-11/4	29-61/2	26-3	19-81/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	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	
Bed Ton	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-71/2	56-0	
Javelin	62.00	56.00	48.76	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	
	49-21/2	45-111/4	42-8	39-41/2	32-93/4	29-61/2			19-81/4	16-41/4	13-11/2	9-10	1
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.0
	49-21/2	45-111/4	43-51/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/2	38-61/4	32-93/	28-81/2	19-8
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		27-10%	26-3	19-81/4	18-1/2	16-43/4	14-9	11-51/4	9-10	8-21/2	6-63/4	
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)					tic time; u						70 00"	••	
2)		hurdles			9";		59: 36	150	69: 33		-79 30"; -79 30";	80+:	27
4)		hurdles:			6"; .26k (16#);		59: 33 59: 6k		-69: 30 -69: 5k				
5)		put: is throw:			26K (16#); kg;	50-		kg: 60		; 70- )kg;	. 21		
6)					26k (16#);	50-			+: 1.0 -69: 5k		+: 4k		
7)	7				20K (10#);	50-	and the same				+: 4K	80+:	4000
8)					5#		59: 25#				. J. Judy		ALCOHOLD !
9)		ec/Wt.Pr						00	-69: 20	70-	-79: 16#	80+:	12#

,	).S. MA	ASTER	SALL	AME	dCAN S		RDS OF I	EXCELL	ENCE F	OR RAC	EWALE	ERS
	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					
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	3:39:31	4:29:18	6:10:11	8:07:50
M90		13:39	25:58	44:45		1:32:08		3:11:28				9:11:37

								Con I		LJ	11-09.50		
1	U.S.	MA	STI	ERS	AL				ANS	STAP	NDA	RDS	
						FOR	WOME	N					
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
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
н	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	40	3-8	3-6	34	3-21/4	3-01/4	2-11	2-9		
PV								1.00	0.90	0.80	0.70		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10						
100	8-101/4	7-101/2	6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/2	2-7/h	2-31/2		
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/2	6-10%	411		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/2	30-7	27-11	27-63/4	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	14-11/4		
lavelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
aveilli			91-10	82-0	75-51/2	72-8	65-71/2	55-91/4		49-21/2	39-41/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00		13.00	11.00		
	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-1/4	52-6		42-8	36-11/4		
ammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00		12.00	9.00		
	114-10	106-7	98-5	82-0	75-51/2	72-21/4	68-10%	59-1/4	45-111/4	39-41/2	29-61/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-91/4	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2	15-7	11-5%
up.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-81/4	18-1/2	16-41/4	17-21/4	16-41/4	15-7	14-9	13-11/2	11-51/4	9-10		
/LPent.	2600	2500	2500	2500	2800	2600	2600	2500		2400	2300		
Notes									standar			for han	d tim
	2)	District Control	hurdi		0-39:	33";	40-		30"	60+	27"		
	2)		hurdi		0-59:	30";	60+		27"				
	3)	Shot	ALCOHOL:		0-49:	4k;	50+		3k	co	100-		
	4)	Javel			0-49:	600g;	50-		500g;	60+	400g		
	5)	Hamn		- SE-	0-49:	4k;	50+		3k	-	10"		
	6)	Weigl			0-49:		50-		16#;	60+	: 12#		
	7)	DESCRIPTION OF	rweigh			35-lb;	50+		25-lb				
	8)		c neig		a aist	ances a	re the	stand	ard; fee	t and I	ncnes I	isted fo	or

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

AGE-GRO	OUP		
	SEX: MF		
ST	ATEZIP		
DATE	E OF MEET		
	MARK THE PARTY OF		
MARK			
WEIGHT OF IMPLEMENT			
□ PATCH	□ PATCH TAG		
	STST		

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

  3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing
- event and year. The cost for both a certificate and patch ordered at the same time is \$15.
- 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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 metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### NATIONAL

USATF Masters Weight Pentathlon Championships Colorado State University, Fort Collins, CO; Aug. 23-24

				DT	л	WT	
The second secon	LAST	Total HT	SP		493 38.9	426 12.19	575
	Kuemmerlin	2142 0	0 12.69	648 31.43	759 53.72	679 14.26	713
	Barrett	3441 50.72	688 11.92		722 43.42	574 12.75	675
	Girouard	3256 35.84	491 14.68	794 42.82		509 14.07	757
	Hambrick	3204 43.26	622 12.00	626 41.25		395 14.48	783
	Treece	3107 50.93	759 11.65	604 35.14	A STATE OF THE PARTY OF THE PAR		570
41 Bob	Jones	2667 35.07	477 11.96	623 39.72	659 29.03	338 11.06 670 16.18	964
45 Dan	John	4106 51.02	850 12.43	718 49.17	904 45.17		
48 Jim	Wetenhall	3885 47.98	790 13.52	792 42.66	762 38.85	555 16.50	986
45 Richard	Stewart	3856 47.81	786 12.74	739 44.65	805 41.16	597 15.67	929
	Gonzales	2190 21.44	277 9.62	528 30.70	508 32.91	448 8.17	429
53 Roger	Conboy	3636 43.98	697 12.35	738 38.28	630 47.60	751 14.82	820
	Reichard	3580 49.97	813 12.07	719 34.24	548 36.40	538 17.04	962
53 Clay	Hull	3398 44.95	716 11.52	680 35.31	570 38.61	579 15.33	853
51 David	Dunnigan	3230 35.02	525 13.49	819 38.36	631 37.35	556 12.92	699
50 John	Edmonston	3198 41.65	652 11.57	683 35.78	579 31.94	454 14.98	830
50 Richard	Watson	3124 33.33	493 11.23	659 36.42	592 45.81	717 12.36	663
53 Tim	Muller	2873 25.36	343 14.17	867 45.84	784 27.10	365 9.98	514
50 Dan	Roloff	2464 0	0 12.27	733 36.34	591 38.62	580 10.73	560
58 *lan	Percy	4007 41.58	743 12.60	854 40.61	759 42.35	731 15.05	920
55 Bob	Sager	3435 41.48	741 11.83	793 33.05	590 28.99	453 14.16	858
57 Jerry	Bookin-Weine	3278 37.60	657 11.39	759 35.29	639 27.51	423 13.33	800
57 Bob	Maltby	2682 24.03	370 10.46	687 32.94	587 28.32	439 10.43	599
60 Tom	Gage	5062 60.51	1266 14.51	1002 46.91	926 33.17		1293
61 *Carl	Wallin	4374 44.95	896 14.25	981 35.69	666 37.00		1172
60 Mickey	Bitsko	4094 47.36	953 12.82	869 41.06	790 31.31	535 16.40	947
61 Bob	Cahners	3974 48.37	977 11.73	784 34.00	628 27.32		1137
64 Dick	Hotchkiss	3474 39.59	770 10.70	703 44.02	859 16.16	215 16.10	927
60 Mark	Chapman	3316 28.35	510 12.38	834 39.16	746 36.02	638 10.90	588
64 Jack	Kuhns	3155 32.35	602 11.23	744 34.69	643 29.02	485 12.35	681
61 Ron	Hambrick	2838 21.89	363 11.17	739 34.29	634 34.20	598 9.59	504
67 Bob	Humphreys	4203 41.43	938 11.67	924 38.86	842 28.35	541 14.97	958
66 Robin	Herron	3670 37.99	846 10.31	800 33.3	699 23.86	433 14.06	892
68 Vernon	Spencer	3451 35.18	772 9.45	722 36.66	785 20.82	361 12.94	811
66 Charles	Polizzi	3247 0	0 10.81	846 39.37	855 32.7	647 14.16	899
70 Bob	Ward	5291 51.24	1223 13.11	917 43.97	1126 34.94	753 18.74	1272
71 Ray	Feick	4059 32.40	713 12.00	828 33.3	809 32.61	692 15.37	1017
73 Tom	Allison	3866 32.44	714 11.63	798 34.44	842 32.86	698 12.65	814
74 William	Garrahan	3847 33.18	734 10.27	689 34.05	831 34.09	731 13.31	862
71 Doug	Tominson	3413 24.36	500 11.71	804 29.64	703 26.66	538 13.38	868
73 Reed	Quinn	3238 31.43	687 9.26	609 29.34	694 25.01	495 11.83	753
70 AJ	Clowser	3198 28.49	609 10.53	710 29.95	712 23.26	451 11.34	716
75 Hal	Wallace	4294 29.50	764 11.22	905 37.23	1089 29.39	724 11.09	812
**76 Phil	Brusca	4294 31.10	814 11.55	936 33.80	971 28.62	701 11.80	872
82 Frank	Bowles	3543 20.58	613 8.94	846 23.60	765 25.56	628 9.05	691
Age FIRST	LAST	Total HT	SP	DT	л	WT	1462
43 Oneithea		5261 53.30	1367 14.39	986 45.26	853 32.97	100	1463
46 Carol	Finsrud	5233 44.20	1315 12.88	993 48.80	1022 31.60	654 14.21	1249
	Mellenthin	2123 20.63	521 6.63	447 18.06	307 14.80	259 7.45	589
54 Mary	Hartzler	3644 38.10	880 10.55	836 30.09	640 23.68	520 11.65	768
50 Kathy	Wetenhall	2823 25.00	520 9.26	717 19.20	370 21.50	464 11.45	752
56 Lorraine	Tucker	3027 21.66	488 9.79	852 22.40	503 23.75	604 8.41	580
57 Sharon	Raham	2736 20.70	460 8.11	682 22.14	496 24.84	636 6.99	462
60 Georgia	Cutler	3859 34.12	978 8.30	789 21.53	544 24.67	726 12.04	822
63 Carol	Young	3703 36.83	1070 8.05	761 21.48	542 19.56	555 11.45	775
65 Joy	Kaylor	3391 25.76	803 7.88	845 21.74	632 17.31	550 7.77	561
68 Christel	Donley	2899 15.73	428 7.22	763 16.67	458 23.59	785 6.67	465
68 Anna	Cirulnick	2608 19.84	580 7.16	755 14.55	388 11.20	324 7.77	561
66 Tomasa	Schultz	2458 14.86	396 6.34	653 14.65	391 13.91	424 8.15	594
72 Gloria	Bortell	3345 18.84	642 7.27	890 14.51	454 19.72	741 7.39	618
78 Charlotte	Acton	2554 14.80	573 5.31	727 11.59	415 8.28	313 5.56	526
88 Betty	Jarvis	3555 11.36	678 4.07	816 11.29	648 9.00	551 5.68	862
*Percy, r	not-U.S. atize	n/Wallin competed	out of his group	on 8/23/ **/	Awarded first place	ce on more even	ts won

**USATF National Masters** Weight & Superweight Championships Seattle, WA; Sept. 6

Weight		W50 Joyce Taylor
Weight		Kathy Weteni
(M30-49 35#/M50-59 25#/	100. 104/	W55 Judy Watson
M60-6920#M70-79 16#/ M		W60 Georgia Cutle
W30-49 20#W50-59 16#A		Superweight
M40 Jeff Crothers	11.76	(M30-69 56#/M70-
M45 Jim Wetenhall	15.35	35#/W50+ 25#)
Jim O'Neil	11.52 15.23	M40 Jeff Crothers
M50 Mark Neal	15.23	M45 Jim Wetenhal
Richard Watson	12.58	Jim O'Neil
M55 Todd Taylor	17.68	M50 Mark Neal
Bob Sager	13.86	Richard Wats
M60 George Mathews	19.68	M55 Todd Taylor
Bob Cahners	18.63	Bob Sager
	13.98	M60 George Math
Jack Kuhns	12.71	Bob Cahners
M65 Bob Lawson	14.00	Jack Kuhns
Vern Spencer	13.82	M65 Vern Spencer
Robin Herron	12.32	Bob Lawson
M70 Bob Ward	18.83	Robin Herron
Jim Hitchman	15.11	M70 Bob Ward
Harvey Lewellen	13.85	Pay Carstens
Jerry Wojcik	13.46	Harvey Lewe
Doug Tomlinson	13.40	Mike Devlin
Mike Devlin	13.03	Jerry Wojcik
Tom Allison	12.96	Tom Allison
Pay Carstensen	11.94	Doug Tomlins
M75 Vince Sempronio	11.97	M75 Vince Sempre
Ken Weinbel	11.61	Ken Weinbel
Jack Morrill	8.60	Jack Morrill
M80 Bob Horsley	12.21	M80 Bob Horsley
	1	

W35 Laurie Jinkins	10.20
W40 Carla EdmanSurina	8.62
W45 Carol Finsrud	13.79
W50 Joyce Taylor	11.39
Kathy Wetenhall	10.50
W55 Judy Watson	4.78
W60 Georgia Cutler	12.28
Superweight	
(M30-69 56#/M70+ 35#N	V30-49
35#/W50+ 25#)	
M40 Jeff Crothers	8.26
M45 Jim Wetenhall	10.33
Jim O'Neil	6.65
M50 Mark Neal	8.94
Richard Watson	6.64
M55 Todd Taylor	8.11
Bob Sager	7.12
M60 George Mathews	8.48
Bob Cahners	7.90
Jack Kuhns	4.76
M65 Vern Spencer	5.35
Bob Lawson	4.81
Robin Herron	3.94
M70 Bob Ward	10.96
Pay Carstensen	7.99
Harvey Lewellen	7.63
Mike Devlin	7.19
Jerry Wojcik	6.85
Tom Allison	6.71
Doug Tomlinson	6.59
M75 Vince Sempronio	7.58

M90 Leon Joslin

6.95

M90 Leon Joslin	3.38
W35 Laurie Jinkins	6.69
W40 Carla EdmanSurina	4.96
W45 Carol Finsrud	9.39
W50 Joyce Taylor	8.65
	7.29
	3.73
W60 Georgia Cutler	6.38
EACT	100
	W35 Laurie Jinkins W40 Carla EdmanSurina W45 Carol Finsrud W50 Joyce Taylor Kathy Wetenhall W55 Judy Watson W60 Georgia Cutler

#### EAST

USATF New Jersey Association Championships Tinton Falls; June 29

*=1st Out-of-State	
100m	
W30 Karlyn Crotty	15.2
W35 Kisha Carman	*14.4
M30 Corey Radcliffe	12.1
Shaun Dietz	*11.4
M35 James Melton	111.9
M40 Steve Barlage	12.9
M45 Keith Royster	11.8
Val Barnwell	*11.5
M50 David Gritz	13.1
Peter Thompson	*13.1
M55 Paul Henry	14.8
M60 John Boykin	13.6
M65 Roosevelt Weaver	14.1
William Bittner	*13.6
M70 Giorgio Chiavelli	16.2
M75 Ed Cox	*14.7
200m	
W35 Kisha Carman	*30.0

asters News	
M30 Rob Crotty M35 James Melton	24.8
M40 Greg Foster M45 Keith Royster	23.4
M50 R G McDonald	26.9
M55 Paul Henry M60 Nate Byrd	29.8
M70 Alex Johnson M75 Ed Cox	*31.4
W30 Karlyn Crotty	66.3
M30 Rob Crotti M35 Chris Potter	55.8 *54.1 53.4
M40 David Byner M45 Don Passman	60.3
M50 Charles Pleasant M55 Paul Henry	62.0
M65 John MacDonald M70 Irwin Bernstein	67.9 71.1
M75 Ray Cherniak 800m	80.4
W40 CatherStone-Borko	
M30 Mark Ladoletta Kyle Lanier	2.12.2
M35 Steve Magara M40 David Byner	2:26.9
M45 Rich Smith	2:05.2
JeromO'Shaugnes M50 Tony Plaster	2:23.0
M55 JohnKuhi M60 John Saarman	2:46.9
M70 Irwin Bernstein M85 Dudley Healy	2:54.6
1500m W40 CatherinStone-Bork	4:53.5
M35 Gerard Pearlberg	4:19.1
Angelo Hurusts M40 Craig Plummer	4:55.8 5:11.3
M45 David Zurheide	4:54.1
M50 Bill Scholl M60 Daniel Kirsch	5:00.4
M70 Joe LaBruno 5000m	7:23.6
M30 Kyle Lanier M35 Angelo Hurusts	*16:57 18:37
Jeff Benjamin M50 Bill Scholl	*18:15 17:59
M70 Joe LaBruno M75 Robert Mimm	26:51 41:21
M85 Dudley Healy Short Hurdles	48:01
M35 James Melton M40 Glenn Patterson	*15.4 14.9 17.1
M45 Phil Bujalski M50 David Friedman Long Hurdles	17.1 38.4
M40 Craig Plummer M45 Phil Bujalski	*74.0 64.1
M50 David Friedman M65 Bob Paulen	96.9 *54.4
High Jump W30 Karlyn Crotty	1.52
M30 Rob Crotty M45 Tim Carr	1.67
Wayne Stahlmann M50 David Friedman	1.57
M55 Tom Walsh M65 Leon Trout	1.22
Pole Vault M35 Duncan Littlefield	4.41
M45 Pete Hischmann M50 Robert Reese	*3.81
Long Jump M35 James Melton	5.20
M40 Greg Foster M45 Al Cestero	6.35
Wayne Stahlmann M50 David Friedman	*5.00 3.94
M60 John Boykin M65 Leon Trout	4.08 3.85
Bob Paulen M70 Jack Lance	*3.95 3.31
Triple Jump M35 James Melton	7.79
M40 Greg Foster M45 Al Cestero	14.27 9.28
Wayne Stahlmann	*9.72
M50 David Friedman	7.86
M65 Bob Paulen M70 Jack Lance	7.86 *8.63 6.38
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker	*8.63 6.38
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio	*8.63 6.38 *10.00 9.70 12.62
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 11.30 9.63
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Torn Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 11.30 9.63 *12.13 10.46
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin Carl Levine M65 Edmund Joyce	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 11.30 9.63 *12.13
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin Carl Levine	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 11.30 9.63 *12.13 10.46 *9.25 *9.06
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Torn Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin Carl Levine M65 Edmund Joyce M70 Giorgio Chiavelli Stew Thomson	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 11.30 9.63 *12.13 10.46 *9.25 *9.06 8.66
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin Carl Levine M65 Edmund Joyce M70 Giorgio Chiavelli Stew Thomson Discus W35 Jane Decker M35 James Melton M40 Tom Lanzalotio	*8.63 6.38 *10.00 9.70 12.66 10.36 *10.36 11.30 9.63 12.13 10.46 *9.25 *9.06 *11.48 *30.92
M65 Bob Paulen M70 Jack Lance Shot Put W35 Jane Decker M35 James Melton M40 Tom Lanzalotio M45 John Mattei Patrick Cannon M50 Richard McMullin M55 Rich Dunphy Joe DeStephano M60 John Boykin Carl Levine M65 Edmund Joyce M70 Giorgio Chiavelli Stew Thomson Discus W35 Jane Decker M35 James Melton	*8.63 6.38 *10.00 9.70 12.62 10.69 *10.36 *12.13 10.46 *9.25 *9.06 *11.48 *30.92 29.93 41.44

M55 Glenn Weaven
M60 Jacques Lebel
Larry Pratt
M65 Russell Van Put
M70 Giorgio Chiavelli
Stew Thomson

24.8	Hammer		Shot Put
*24.2	W35 Jane Decker M40 Michael Bersch	*26.55 46.41	M50 Mitch Farbstein M55 Dennis Morriss
23.4	M50 Richard McMullin	36.59	Pole Vault
26.9	M60 John Bronstein Carl Levine	34.36 *23.25	Doug Johnson
27.0 29.8	M65 Edmund Joyce	*22.31	Kevin Ward
30.7	M70 Stew Thomson Javelin	*46.46	Kevin Clark
*31.4	W35 Jane Decker	*20.62	Taylor McGallia
66.3	M30 Dan Adams M35 James Melton	52.11 37.13	Lori Belinsky Dan Samson
55.8 *54.1	M40 Rich Cetlin	49.86	M50 Mitch Farbstein
53.4	M45 Al Cestero M50 Greg Geraci	31.32 54.20	M55 Carl Grossman
60.3 62.3	Jim Caldwell	*39.09	Nutmeg State (
62.0	M55 Glenn Weaver M60 Jerry Sullivan	39.61 26.42	East Hartford, CT;
67.9 71.1	John Lang	*39.60	50m
80.4	M65 Frank Illuzzi M70 Giorgio Chiavelli	40.40 22.48	M50 Lee Hess
*2:46.7	M75 Sioh Kiwitt	*31.86	M55 Paul Archer
2:12.2	Weight Throw M40 Michael Bersch	14.83	M60 Rich McDonough M65 Ron Whittemore
*2:04.2	M50 Richard McMullin	12.63	M70 Ken Perkins
2:26.9	M60 John Bronstein Carl Levine	11.29 *7.45	M75 Frank Brako
2:05.2	M70 Stew Thomson	*12.81	M80 Earl Sweeney
2:16.6	5000m Racewalk W45 NoreenBoranian	32:49	W50 Kathy Satter
2:23.0	W50 Joan Venslavsky	33:13	W60 Arlene Dupuis
2:46.9	W55 Panseluta Geer M35 John Soucheck	35:13 24:28	W75 Anne McGowan
2.42.2 2.54.6	M40 Wayne Baker	30:57	M50 Lee Hess
6:13.7	M45 Cliff Mimm M50 Tom Quattrocchi	24:53 29:15	M60 Rich McDonough
k4:53.5	M55 Marcus Kantz	37:10	M65 Ron Whittemore
*4:19.1	M60 Manny Eisner M70 Joe LaBruno	31:59 37:10	M70 Ken Perkins
4:25.3	M75 Robert Mimm	33:31	M75 Frank Brako
*5:11.3	Philadelphia Master	s Meet	W80 Earl Sweeney W50 Paula Sawyer
4:54.1	Germantown Academ		W55 Barbara Hardy
5:00.4	100m		W60 Martha Oppenhe
5:55.7 7:23.6	M40 Eugene Vickers	11.5	W70 Brigitte Langer
	Lovell Butler	11.7	W75 Anne McGowan
*16:57 18:37	M50 Mike Royale	12.4	200m
*18:15	Herb Lynett	12.8	M50 David Westover M55 Graff
17:59 26:51	Gary Arend John Borden	13.1	M60 Bob Chinchillo
41:21	Steven Bubb	14.1	M65 Dick Croak
48:01	M60 Fred Edelstein	14.2	M70 Frank Brako
*15.4	Nelson Polun	14.4	M80 Jay Charles
14.9	M65 Bill Bittner	13.2	M85 Bob Matteson W50 Kathy Satter
38.4	Walt Palmer 200m	15.5	W70 Brigitte Langer
*74.0	M50 Herb Lynett	26.8	W75 Minna Charles
64.1 96.9	Tony Natale	27.5	400m
*54.4	M60 Fred Edelstein	31.5	M60 Bob Chinchillo M65 Dick Croak
1.52	M65 Walt Palmer	46.6	M75 Stanton
1.67	M80 George Blyn 400m	53.5	M80 Earl Sweeney
1.62	M50 Tony Natale	59.4	W50 Kathy Satter
1.27	M65 Walt Palmer	2:04.0	W55 Linda Hunt
1.22	M80 George Blyn	2:01.8	W60 Sheila McKenna
	800m		M50 Dwight Barday
*3.81	M40 Chuck Shields	2:18.6	M55 Larry Flint
2.63	Oliver Williams M45 Tom Yunker	2:20.2	M60 Charles Sawyer
5.20	M60 Jim Assal	2:44.8	M65 Ken Graves
6.35	M65 Bruce Gilbert	2:47.4	M70 Freeman
4.82	M80 George Blyn	4:48.7	M75 Stanton W50 Kathy Satter
3.94	M85 Frank Levine	6:02.8	W55 Linda Hunt
4.08 3.85	W35 Jacqueline Maruca Mile	2:41.7	1500m
*3.95	M40 Chuck Shields	5:09.2	M55 Larry Flint
3.31	Andy Ross	5:22.4	M60 Charles Sawyer
7.79 14.27	M45 Bob Reynolds	5:09.8	M65 Ron Whittemore
9.28	Anthony Hollis	5:52.6	M70 Freeman M80 Vern Matteson
9.72 7.86	John Kostenbaude M55 Tom Jennings	6:37.7 5:50.6	W50 Kathy Satter
*8.63	M60 Jim Assal	6:11.4	W55 Linda Hunt
6.38	M65 Bruce Gilbert	6:07.9	High Jump
*10.00	Jim Durkin	7:14.5	M50 Richard Sobel
9.70	M85 Frank Levine	12:38.9	M55 Gagne M60 Palmer Sweet
10.69	W35 Jacqueline Maruca Mile RaceWalk	5:51.7	M65 Joel Stinson
*10.36 11.30	M65 William May	9:10.3	M70 Ken Perkins
9.63	3000m	3.10.3	M75 Frank Brako
*12.13 10.46	M45 Tom Yunker	11:40.7	M80 Hy Levy
*9.25	M50 Kyle Mecklenborg	16:07.5	Long Jump
*9.06 8.66	M55 Tom Jennings Carl Grossman	11:39.5 12:24.8	M50 John Oleski M55 Kenerley
*11.48	M65 Jim Durkin	14:41.3	M60 Palmer Sweet
*30.92	M80 George Blyn	21:32.5	M65 Joel Stinson
29.93	100m Hurdles	100000	M70 Ken Perkins
41.44 35.97	M50 Mitch Farbstein	22.9	M75 Frank Brako
35.05	Long Jump	71775	M80 Hy Levy
38.37 36.93	M40 Lovell Butler Discus	17' 7.75"	W55 Barbara Hardy W60 Arlene Dupuis
36.75	M50 Mitch Farbstein	110' 8"	Shot Put
*55.13 37.61	M55 Dennis Morrissy	92" 2.5"	M50 Ken Woodward
28.47	Javelin		
*45.99	M50 Gerry Shatzer	111'2"	Continued of

	Octobe	
Shot	Put	
M50	Mitch Farbstein	35' 1.25"
M55	Dennis Morrissy	30' 11"
Pole	Vault	
	Doug Johnson	13' 6"
	Kevin Ward	13' 0"
	Kevin Clark	13' 0"
	Taylor McGalliard	11' 0"
	Lori Belinsky	10' 0"
	Dan Samson	9' 6"
M50	Mitch Farbstein	8' 6"
M55	Carl Grossman	6' 6"
	Nutmeg State Gar t Hartford, CT; Ju	

Doug Johnson	13' 6"
Kevin Ward	13' 0"
Kevin Clark	13' 0"
Taylor McGalliard	11' 0"
Lori Belinsky	10'0"
Dan Samson	9' 6"
M50 Mitch Farbstein	8' 6"
ALL PROPERTY OF THE PROPERTY O	6' 6"
M55 Carl Grossman	00
Nutmeg State Game	es
East Hartford, CT; July	12-20
50m	
M50 Lee Hess	6.9
	7.9
M55 Paul Archer	
M60 Rich McDonough	7.7
M65 Ron Whittemore	8.3
M70 Ken Perkins	8.1
M75 Frank Brako	8.3
M80 Earl Sweeney	8.9
W50 Kathy Satter	6.6
W60 Arlene Dupuis	10.3
W75 Anne McGowan	10.7
100m	
M50 Lee Hess	12.2
M60 Rich McDonough	15.0
	A CONTRACTOR OF THE PARTY OF TH
M65 Ron Whittemore	16.0
M70 Ken Perkins	15.6
M75 Frank Brako	16.5
M80 Earl Sweeney	17.6
W50 Paula Sawyer	21.0
W55 Barbara Hardy	19.6
W60 Martha Oppenheimer	
W70 Brigitte Langer	20.9
W75 Anne McGowan	21.4
	21.4
200m	
M50 David Westover	25.7
M55 Graff	26.0
M60 Bob Chinchillo	30.1
M65 Dick Croak	30.6
M70 Frank Brako	38.1
M80 Jay Charles	56.7
M85 Bob Matteson	39.9
W50 Kathy Satter	40.2
W70 Brigitte Langer	49.9
W75 Minna Charles	1:18.7
400m	
M60 Bob Chinchillo	1:07.0
M65 Dick Croak	1:12.7
M75 Stanton	1:41.2
M80 Earl Sweeney	1:25.1
	1:31.0
W50 Kathy Satter	-
W55 Linda Hunt	1:32.0
W60 Sheila McKenna	1:49.6
800m	
M50 Dwight Barclay	3:13.6
M55 Larry Flint	3:39.8
M60 Charles Sawyer	2:50.7
M65 Ken Graves	3:48.4
M70 Freeman	3:18.8
M75 Stanton	4:03.6
W50 Kathy Satter	3:21.6
W55 Linda Hunt	3:29.4
1500m	3.23.4
	0.000
M55 Larry Flint	8:02.2
M60 Charles Sawyer	6:01.1
M65 Ron Whittemore	7:10.1
M70 Freeman	7:50.0
M80 Vern Matteson	9:56.7
W50 Kathy Satter	7:11.2
W55 Linda Hunt	7:37.3
High Jump	
M50 Richard Sobel	1.50
M55 Gagne	1.05
M60 Palmer Sweet	
	1.10
M65 Joel Stinson	1.27
M70 Ken Perkins	
	1.20
M75 Frank Brako	1.20
M80 Hy Levy	
M80 Hy Levy	1.15
M80 Hy Levy Long Jump	1.15
M80 Hy Levy Long Jump M50 John Oleski	1.15 .85 4.43
M80 Hy Levy Long Jump M50 John Oleski M55 Kenerley	1.15 .85 4.43 4.01
M80 Hy Levy Long Jump M50 John Oleski M55 Kenerley M60 Palmer Sweet	1.15 .85 4.43 4.01 3.54
M80 Hy Levy Long Jump M50 John Oleski M55 Kenerley M60 Palmer Sweet M65 Joel Stinson	1.15 .85 4.43 4.01 3.54 3.53
M80 Hy Levy Long Jump M50 John Oleski M55 Kenerley M60 Palmer Sweet	1.15 .85 4.43 4.01 3.54

Continued on next page

3.30

1.81

36-9.25

Continued from previous page	Discus	ı High Jump	6k SP 36-8.75/6k HT 106-8/1.5g	, 5000m	W35 Jane Decker 31.87
M55 Ken Worden 27-5	M50 Mitch Farbstein 106'3"	M50 Keith Mathis 5-3	DT 96-0	M30 Mark Zahner 19:25.03	W40 Stacy Sapko 28.53
M60 John Schlosser 38-0.25	M70 Ray Feick 104' 4"	Ivan Black 4-9	Bill Cotter 38, 16# HT 145-7/2k DT 127-0	M35 Brian Hickey 18:39.88	W45 M Spurgeon 24.09
M65 Carlozzi 35-11.7	Shot Put M50 Mitch Farbstein 37 9"	M65 K M Thomas 3-6	Sam Messiter 74, 4k SP 29-10.75/	M40 Tom Murphy 18:16.97	W50 Barbara McCuen 19.07
M70 Bill Clew 36-8.50	M70 Ray Feick 37' 4.5"	Long Jump	4k HT 88-3/1k DT 88-8 Mark Putnam 45, 16# HT 92-2/2k	M45 Nathaniel Tiggs 17:13.40	W55 Diana Schultz 16.36
M75 Messiter 31-0.75	Pole Vault	M40 Lovell Butler 18-5.50 M45 Stephen Platt 15-3	DT 79-0	M55 Paul Spinner 25:50.54 M60 William Woehrle 24:41.81	W60 Joyce Bahr 20.07 W70 Janice Wolowicz 15.13
M80 Hy Levy 24-5.75	M45 Pete Hischmann11'6"	M50 Mauro Medina 17-7	State Games of America	M60 William Woehrle 24:41.81 M70 Martin Quinn 26:21.42	Javelin
W55 Linda Hunt 22-5.75 W60 Arlene Dupuis 22-1.75	M50 Mitch Farbstein 9' 0" M55 Carl Grossman 5' 0"	Larry Nolly 16-4	Hartford, CT; Aug. 7-10	W30 Marika Sickinger 24:48.72	M30 Kunle Lawson 41.76
W60 Arlene Dupuis 22-1.75 W65 Joan Webber 17-4.25		Keith Mathis 14-7	M30 Mark Coley 12.44	Short Hurdles	M35 Daniel Alonzo 65.46
W70 Marcia Crooks 21-8.25	USATF Mid-America and Philadelphia Masters	M55 Gerard Dunne 12-7	M35 Duane Gosa 11.39	M30 Michael Jackson 15.62	M40 Anthony Boerio 34.01
W75 O'Connor 16-4.50	Championships	M60 John Boykin 15-1	M40 Lovell Mutter 11.55	M50 Michael Daniels 16.87	M45 Joe Hazucha 33.28
W80 Jeanne Berlepsch 15-3	Fort Washington, PA; July 27	M65 Robert Paulen 13-7	M45 Keith Royster 11.84	M55 Neal Schuster 20.69	M50 Jeffrey Bartal 43.65
Discus	100m	K M Thomas 11-8.50	M50 Steven Bates 12.34	M60 William Woehrle 21.23	M55 Neal Schuster 34.62 M60 John Lang 39.88
M50 Mike Lozeau 97-		M70 Burt Hughes 9-4 W65 Audrey Lary 11-6.50	M55 Lloyd Hathcock 12.41	W40 Southern Speed 1:22.41	M60 John Lang 39.88 M65 Robert Youngs 38.90
M60 John Schlosser 118-		W65 Audrey Lary 11-6.50 Triple Jump	M60 Richard Jones 13.04	W40 Southern Speed 1:22.41 Long Hurdles	M70 Robert Hewitt 30.61
M65 Nick Leras 119		M45 Stephen Platt 9.13	M65 Robert Reid 14.22 M70 Dennis Melanson 13.81	M30 Michael Jackson 57.76	W30 S Pingling-Spence 21.65
M70 Don Levesque 90- M75 Messiter 90-		M50 Mauro Medina 11.75	M75 Richard Soller 17.08	M35 John Light 1:05.49	W35 Jane Decker 24.01
M80 Ed Logan 41-		Ivan Black 9.64	M80 Robert Dowling 17.26	M40 Darnell Gatting 57.25	W40 Stacy Sapko 27.55
W55 Sweet 33-		Keith Mathis 8.40	W30 Jill Cypress 13.11	M50 Jesse Norman 1:07.14	W45 Mary Spurgeon 15.44
W60 Martha Oppenheimer 58-	M60 John Boykin 13.52	M55 Gerard Dunne 7.52	W35 Vikki Smith 15.23	M60 William Woehrle 1:01.10	W50 Barbara McCuen 16.27
W65 Joan Youngs 64-		M65 Robert Paulen 8.65	W40 Karen Warneling 14.72	M65 Donald Beck 56.88	W55 Diana Schultz 20.75
W70 Marcia Crooks 57-		K M Thomas 7.18	W65 Marilyn Fitzgerald 16.42	M70 John Schreiber 1:08.36	W60 Maria Pasho 19.28
W75 O'Connor 33-		M70 Burt Hughes 5.93 W65 Audrey Lary 8.04	W80 Carla Convery 24.69	High Jump M30 Terry Hollingsworth 1.68	W70 Dolores Faber 15.58 W80 Carla Convery 9.52
W80 Jeanne Berlepsch 34	M75 Sam Madia 16.91 M80 Marvin Levy 49.00	Pole Vault	200m	M30 Terry Hollingsworth 1.68 M35 Richard Palma 1.68	1500m RW
Javelin 12		M45 Pete Hirschman 11-6	M30 Mark Coley 25.64 M35 Duane Gosa 23.33	M45 Ronald Utz 1.57	W40 Jean Tenan 8:35.70
M50 Mike Lozeau 12		M50 Mitch Farbstein 8	M40 Scott Williams 24.08	M50 William Crowley 1.63	W45 Debra St Germain 9:38.46
M55 Gagne 177 M60 Sweet 99		M55 Gerard Dunne 9-6	M45 Keith Royster 24.39	M55 Robert Norton 1.27	3000m RW
M65 Cormey 103		Carl Grossman 5-6	M50 Jesse Norman 24.89	M60 Buster Byrnes 1.32	W40 Jean Tenan 17:37.98
M70 Webber 57	7 M45 Keith Royster 24.35	Shot Put	M55 Lloyd Hathcock 35.50	M65 Joel Stinson 1.27	W45 Debra St Germain 20:22.45
M75 Messiter 87	Ron Manion 26.14	M40 Glenn Thompson 16.27	M60 Richard Jones 27.43	M75 Richard Soller 1.12	W60 Ellie Kallal 19:37.35
M80 Hy Levy 43	9 Rockdale Hudson 27.76	Thomas Lanzalotto 12.18 M45 Nick Helfrich 9.69	M65 Robert Reid 30.57	W30 Lisa Tanguay 1.32 W60 Ann Carter 1.02	Granite State Senior Games
W60 Arlene Dupuis 47		Kimberton Messner 8.21	M70 Dennis Melanson 29.21 M75 Richard Soller 37.50	W60 Ann Carter 1.02 Pole Vault	Manchester, NH; Aug. 10 50m
1500m RW		M50 Mitch Farbstein 11.37	M75 Richard Soller 37.50 W30 Jill Cypress 27.19	M45 David Gorman 3.96	W50 Kathy Satter 6.6
M55 Larry Flint 10:	7	Dan Valasek 10.91	W35 Vikki Smith 37.83	M50 Robert Reese 2.59	W60 Arlene Dupuis 10.3
M60 Tom Fitzgerald 10: M70 George Freeman 10:	1 1105 111 11 12 1 20 50	Henry Kalnas 10.50	W40 Barbara Scott 32.60	M55 Gerard Dunne 2.90	W75 Anne McGowan 10-7 M50 Lee Hess 6.9
M80 Jay Charles 14	1 100 0 11 0 00 10	M55 Frank Monroe 10.11	W55 Terry Foody 50.46	M60 Buster Byrnes 2.44	M55 Paul Archer 7.9
W55 Judy Sweet 12	7 Bill Bergen 49.47	Terry Shuman 10.10	W65 Marilyn Fitzgerald 35.45	M65 John Sharp 2.74	M60 Rich McDonough 7.7 M65 Ron Whittemore 8.3
W75 Minna Charles 13	g M80 George Blyn 58.53	Richard Dunphy 9.81	W80 Carla Convery 1:06.51	W30 Carrie Palange 2.13	M70 KenPerkins 8.1
5000m RW	Marvin Levy 2:02.83	M60 John Bronstein 11.21	400m	Long Jump	M75 Frank Brako 8.3 M80 Earl Sweeney 8.9
M60 Bob Aucoin 34	1 1100 0 1 1 101 00	Joseph Kalnas, Jr 10.82 John Boykin 10.79	M30 Michael Jackson 52.77	M30 Todd Hill 5.50 M35 Richard Palma 5.85	100m
M65 Bob Dickerson 43		M70 Ray Feick 11.63	M35 Duane Gosa 51.66 M40 Damell Gatting 54.77	M40 Scott Williams 6.41	W50 Paula Sawyer 21.0 W55 Barbara Hardy 19.6
M70 Jack Finan 36: 5K Road Race	400m	William Barker 11.40	M45 Bernard Gant 1:01.17	M45 Ronald Utz 5.66	W55 Barbara Hardy 19.6 W60 Martha Oppenheimer 24.1
M50 Sidney Slark 20:	8 M40 Hassan Harneed 1:02.12	Burt Hughes 8.52	M50 Jesse Norman 56.68	M55 Gerald Guman 4.46	W70 Brigitte Langer 20.9 W75 Anne McGowan 21.4
M60 Charles Sawyer 20:	3 M55 Glenn Schmehl 1:05.76	Discus	M55 John Jackson 1:05.79	M60 Charles Bartholomew 4.43	M50 Lee Hess 12.2
M65 Rod L'Italien 22		M40 Glenn Thompson 47.07	M60 Theador Greve 1:09.49	M65 John Sharp 4.05	M55 Warren Graff 12.3
M70 Bob Bowers 32		Warren Taylor 41.72 Thomas Lanzalotto 37.84	M65 Donald Beck 1:10.42	M70 Robert Hewitt 4.34 M75 Richard Soller 3.48	M60 Rich McDonough 15.0 M65 Ron Whittemore 16.0
M75 Ken Folsom 27:	100 10 11 11 100 10	M45 Nick Helfrich 29.39	M70 Ron Jelinek 1:29.77	W30 Lisa Tanguay 4.13	M70 Ken Perkins 15.6
W50 Jacqueline Keith 27:		Kimberton Messner 27.00	M75 William Bergen 1:32.70 W35 Vikki Smith 1:08.39	W40 Karen Warneling 3.68	M75 Frank Brako 16.5 M80 Earl Sweeney 17.6
W65 Joan Youngs 33: W75 Minna Charles 42:		M50 Mitch Farbstein 35.53	W40 Lynn Johnson 1:10.25	W60 Ann Carter 2.39	200m
10K Road Race	Marvin Levy 4:26.39	Henry Kalnas 33.87	W45 Sandra O'Brien 1:30.94	W80 Carla Convery 1.52	W50 Kathy Satter 40.2 W70 Brigitte Langer 49.9
M50 Sidney Slark 44:		M55 Terry Shuman 37.69	W55 Terry Foody 1:50.51	Triple Jump	W75 Minna Charles 78.7
M60 B Aucoin 47:		Frnak Monroe 31.45	W65 Marilyn Fitzgerald 1:26.68	M30 Todd Hill 10.92	M50 David Westover 25.7 M55 Warren Graff 26.0
M65 Ron Whittemore 55:		Richard Dunphy 24.95 M60 John Bronstein 39.26	800m	M35 Richard Palma 11.04	M60 Bob Chinchillo 30.1
M75 Russ Stanton 1:05:		James Kenney 37.16	M30 Stephen Johnson 2:15.05	M40 Frank Makozy 10.49 M45 Ronald Utz 10.97	M65 Dick Croak 30.6
Philadelphia Masters Mee	M40 Glenn McIsaac 2:06.04 Chuck Shields 2:13.26	Jerry Sullivan 28.02	M35 Brian Hickey 2:15.75 M40 Chuck Shields 2:13.94	M50 Ivan Black 9.60	M75 Frank Brako 38.1 M80 Jay Charles 56.7
Germantown Academy; July		M65 Russ Van Put 35.28	M45 Randy Schmidt 2:26.58	M55 Wayne White 6.94	M85 Bob Matteson 39.9
100m	M45 Russ Patton 2:11.00	M70 Ray Reick 33.61	M50 Russ Susko 2:32.35	M60 Buster Byrnes 7.98	W50 Kathy Satter 91.0
M40 Lovell Butter 11.1 M50 Gary Arend 12.8	M50 Tony Plaster 2:17.22	William Barker 30.83	M55 Julian Nichols 2:42.05	M70 Robert Hewitt 9.25	W55 Linda Hunt 92.0
John Borden 13.7	M65 Bruce Gilbert 2:45.99	M75 Bill Bergen 25.50	M65 Robert Randall 3:02.86	W30 Jill Cypress 10.85	W60 Sheila McKenna 1:49.6 M60 Bob Chinchillo 67.0
200m	M75 Ray Chemiak 3:21.30	Sam Madia 20.88 M80 Paul Eberhardinger 12.17	W30 Marika Sickinger 3:06.87	Shot Put	M65 Dick Croak 72.7
M45 Ron Manion 25.4	Bob Parsons 5:06.10	M80 Paul Eberhardinger 12.17 W65 Audrey Lary 19.85	W40 Lynn Johnson 2:40.62	M30 Adam Freyler 13.77 M35 Brian Libent 14.79	M70 Geo Freeman 79.2 M75 Russ Stanton 1:41.2
W40 Lorraine Jasper 2:26.5	M80 George Blyn 4:27.92 Marvin Levy 8:56.93	Javelin 19.65	W45 Sandra O'Brien 3:49.85	M35 Brian Libent 14.79 M40 Glenn Thompson 17.06	M80 Earl Sweeney 85.1
M40 Chuck Shields 2:16.8	Marvin Levy 8:56.93 M85 Frank Levine 5:33.84	M40 Rich Cetlin 45.26	W55 Terry Foody 4:12.86 W65 Marilyn Fitzgerald 3:27.88	M45 Mark Warner 12.18	800m
M45 Russ Patton 2:13.5	W40 Catherine Borkowski 2:19.64	R V Biagioni 44.50	1500m	M50 Joseph Meyers 13.14	W55 Linda Hunt 3:29.4
Tom Yunker 2:25.7 Joel Hoffsmith DNF	Lorraine Jasper 2:24.18	M45 Nick Helfrich 36.64	M30 Mark Zahner 5:07.02	M55 Loam Robertson 13.44	W60 Sheila McKenna 3:54.8
M85 Frank Levine 5:40.1	W60 Sue Levy 4:40.68	M50 Jim Caldwell 40.88	M35 Brian Hickey 4:52.86	M65 James Koch 12.29	M50 Dwight Barclay 3:13.6 M55 Larry Flint 3:39.8
Mile	W75 Helen Schley 4:29.26	Keith Mathis 33.74	M40 Chuck Shields 4:30.74	M70 William Barker 11.08	M60 Chas Sawyer 2:50.7
Cynthia Talerico 9:08.3	Mile	Gerry Shatzer 34.24	M45 Nathaniel Tiggs 4:33.51	W30 S Pingling-Spence 10.89	M70 Geo Freeman 3:18.8 M75 Russ Stanton 4:03.6
M40 Oliver Williams 5:21.0	M40 Chuck Shields 5:05.13	M60 James Kenney 42.39 Jerry Sullvan 26.10	M50 Dennis Smith 5:13.12	W35 Jane Decker 10.18	1500m
M45 Russ Petton 5:01.0	Andy Ross 5:24.04 M45 Russ Patton 5:30.68	M70 Ray Feick 31.80	M55 Julian Nichols 5:34.32	W40 Debra Kage 9.92 W45 Mary Spurgeon 7.38	W50 Kathy Satter 7:11.2 W55 Linda Hunt 7:37.3
M50 Ron Rivers 6:29.3	Pat Good 5:31.01	William Barker 23.20	M70 Martin Quinn 7:08.55 W30 Marika Sickinger 6:39.58	W50 Martha Green 7.50	M55 Larry Flint 8:02.2
M55 Lenny Jaynes 7:10.5	Tom Yunker 5:36.45	M75 Sid Kiwott 32.55	W45 Karen Lein 6:16.64	W55 Diana Schultz 7.05	M60 Chas Sawyer 6:01.1 M65 Ron Whittemore 7:10.1
M85 Frenk Levine 12:01.	M50 Kyke Mecklenborg 8:02.60	Sam Madia 20.48	W55 Terry Foody 8:19.95	W60 Joyce Bahr 7.80	M70 Geo Freeman 7:50.0
Mile RW	M55 Harold Nolan 5:16.28	Mile RW	W65 Zofia Turosz 7:14.40	W70 Dolores Faber 6.02	M75 Russ Stanton 9:15.7
M45 Karl Rother 14:01.	M/3 Ray Cherman 0.10.42	M65 William May 8:15.34	3000m	Discus	M80 Vern Matteson 9:56.7 High Jump
3000m M40 Mark Wenneker 9:52.6	M80 George Blyn 10:26.05	M75 Ed Gawlnski 10:26.40	M30 Mark Zahner 10:55.58	M30 Adam Freyler 44.38	W55 Barbara Hardy 0.85
M45 Tom Yunker 12:00.	Martin Levy 18:19.54	Dartmouth Weight Meet	M35 Brian Hickey 10:35.34	M35 Brian Libent 41.24 M40 Glenn Thompson 52.97	W60 Arlene Dupuis 0.95 W70 Brigette Langer 0.90
M55 Carl Grossman 12:34	M85 Frank Levine 12:32.20 W40 Catherine Borkowski 5:27.51	Hanover, NH; Aug. 2 Bob Mead 59, 16# SP 43-0/	M40 Steven Dodson 9:47.44	M40 Glenn Thompson 52.97 M45 Mark Warner 36.83	M50 Richard Sobel 1.50
M50 Ron Rivera 12:59. Kyle Mecklenborg 15:40.	Lorraine Jasper 5:30.39	6k SP 45-8.5	M45 Nathaniel Tiggs 9:47.50 M50 Dennis Smith 11:11.43	M50 Gary Parkosewich 36.12	M55 Buzz Gagne 1.35 M60 Palmer Sweet 1.10
100m Hurdles	5000m	Carl Wallin 61, 16# SP 40-10.75	M55 Paul Spinner 13:13.70	M55 Loam Robertson 37.85	M65 Joel Stinson 1.27
M50 Mitch Farbstein 21.0	M40 Mark Wenneker 17:45.22	(age WR)/ 5k SP 47-7/5k HT 145-6/2k DT 86-0	M60 William Woehrle 13:51.73	M60 Roger Busch 42.40	M70 Ken Perkins 1.20
Javelin	Jim Cuono 17:45.42	Don Filkins 49, 16# SP 39-0.25/	M65 Joe Liechty 12:09.18	M65 William Gramley 38.13	M75 Frank Brako 1.15 M80 Hy Levy 0.85
M70 Ray Feick 91' 10'	M45 Bob Reynolds 18:03.74	6k SP 40-7/16# HT 116-7/2k DT 102-11	M70 Martin Quinn 14:56.33	M70 William Barker 31.59	Long Jump
M40 Lovell Butler 18'2"	Dave Thomas 19:02.01 Mark Gilman 19:49.88	Luke Hotte 56, 16# SP 37-9	W40 Loretta Dodson 12:04.41	M75 William Bergen 21.53	W55 Barbara Hardy 2.50 Continued on next page
	mark Gillian 19:49.88	Carmen Letizia 50, 16# SP 33-4.5/	W45 Karen Lein 13:27.90	W30 S Pingling-Spence 28.16	- Communed on next page

page 20		National M	asters News		October 2003
Continued from assurious asset	M60 Carnell Lewis 28 43	M60 Wm Clark 93-10	Potomac Valley Games	W65 Evelyn Wright 19.70	VladimirStrelnitski 18.41
Continued from previous page W60 Arlene Dupuis 2 38	M65 Pat Meagher 30.51	M65 Larry Heine 70-0	McLean, VA; Aug. 30-31	M75 William Meanix 24.70	M65 Ezzat Pashai 40.96 Martin Rademacher 34.84
W70 Brigitte Langer 2.29	M70 John Wall 31.83 M75 Chas Baker 33.93	M70 Chas Green 98-1 M75 Ed Wians 77-10	W45 Irene Thompson 14.05	W45 Irene Thompson 76.18	Bill Gramley 23.10
W75 Anne McGowan 1.94 M50 John Oleski 4.43	M75 Chas Baker 33.93 M80 H B Reed 44.94	M80 Harold Loudy 41-1	W65 Audrey Lary 15.89	M35 Richard Hill 68.74	M80 Chas Pistorino AR30.60 (Ricciardi/19.11/2000)
M55 Bill Kennerly 4.01	400m	M90 John Hagar 49-2 1500m Racewalk	W80 Carla Convery 24.99 M30 Lyndell Pittman 11.30	4x100m Relay Masters M50+ 55.00	Weight Throw
M60 Palmer Sweet 3.54	W50 Barbara Sauceman 1:41 W55Carol Stricklin 1:31	W50 Rosemary Sexton 9:25	Andrew Higgins 11.40	Moon/Koontz/Palmer/Mack	W65 Evelyn Wright 7.46 M30 Kunle Lawson 13.66
M65 Joel Stinson 3.53 M70 Ken Perkins 3.65	W60 Margie Stoll 1:23	W55 Carol Stricklin 10.41 W60 Diane Sanderson 9.37	Mike Cassidy 12.30 M35 William Marshall 11.67	Long Jump W65 Audrey Lary 3.61	M40 James Brown III 13.35
M75 Frank Brako 3.30	W65 Valera Jones 1:44 W70 Lena Henderson 2:12	W65 Joyce Curtis 9:37	Richard Hill 12.27	Evelyn Wright 3.47	M45 Gary Sutton 9.44
Shot Put W55 Linda Hunt 22-5.75	W75 Pat Ingram 2:12	W80 Virginia Irving 15:13 W85 Mavis Borthick 17:49	Chris Sarsony 12.97	W80 Carla Convery 1.56 M40 Marcus Battle 5.22	Scott Medlin 9.29 M50 Phil Ochs 6.20
W60 Arlene Dupuis 22-1.75	W85 Mavis Borthick 3:28 M50 David Garvey 55.62	M55 Robert Bice 10:25	M40 Robert Harding 12.09 Darnell Smith 12.16	M40 Marcus Battle 5.22 M50 Roger Crockett 5.03	M55 Terry Shuman 12.04
W65 Joan Webber 17-4.25 W70 Marcia Crooks 21-8.25	M55 Paul Jacobson 62.0h	M60 Jerry Dixon 8:39 M65 Gene Siler 9:03	Tony Ringgold 12.33	M65 Anthony Besase 3.86	Wm Gainey 11.53 Vic Litwinski 7.33
W75 O'Connor 16-4.5	M60 Delmer Hayes 63.0h M65 Don Deaton 78.0h	M65 Gene Siler 9:03 M70 Fred Lovelace 10:16	M45 Anthony Searles 12.08 Larry Finley 13.01	M70 James Stookey 4.08 M75 Fred Everhart 4.00	M60 Mike Valle 15.67
W80 Jeanne Berlepsch 15-3 M50 Ken Woodward 36-9.25	M70 Fred Lovelace 75.0h	M80 H B Reed 13:17	M50 Oscar Peyton 12.08	Triple Jump	VladimirStrelnitski 11.22 M65 Bill Gramley 13.26
M55 Kent Worden 27-5	M75 Chas Baker 78.0h	5K Run W50 Barbara Sauceman 29:47	Sky Webb 12.94 John Borden 13.21	W45 Irene Thompson 9.05 Gloria Nash 3.81	M65 Bill Gramley 13.26 Ezzat Pashai 9.86
M60 John Schlosser 38-0.25	M80 H B Reed 1 49 M85 Jesse Jolly 2 45	W55 Sandra Davis 27:26	M55 Robert Koontz 12.66	W65 Audrey Lary 8.10	Jay Edwards 8.46
M65 Jim Carlozzi 35-11.75 M70 Bill Clew 36-8.5	800m	W60 Margie Stoll 22:26 W65 Helen Reed 33:29	M65 Walt Palmer 15.00 Anthony Besase 15.27	M35 Jim O'Malley 9.06 M40 Rick Acker 11.07	Weight Pentathlon (unofficial) W65 Evelyn Wright 3482
M75 Sam Messiter 31-0.75	W50 Barbara Sauceman 4:02 W55 Sandra Davis 3:32	W85 Mavis Borthick 60:42	Anthony Besase 15.27 M70 James Stookey 14.88	M55 Roger Crockett 9.93	M30 Kunle Lawson 3003
M80 Hy Levy 24-5.25 Discus	W60 Joan Wilder 5:58	M50 Perry Meerdink 30:38 M55 Jerry Edmundson 22:24	Wilton Gordon 16.01 Larry Greco 17.06	Gerard Dunne 7.99 M70 James Stookey 8.94	M45 Scott Medlin 2591 Gary Suttoni 2451
W55 Judy Sweet 33-3	W65 Valera Jones 3:34 W70 Lena Henderson 5:27	M60 Delmer Hayes 21:05	M75 Fred Everhart 16.38	M70 James Stookey 8.94 High Jump	M55 Vic Litwinski 2475
W60 M Oppenheimer 58-1 W65 Joan Youngs 64-5	W75 Luella Morris 6:05	M65 Dennis Christian 22:59 M70 Fred Lovelace 29:29	200m W40 Shawn Fontenette 32.63	W65 Evelyn Wright WR1.31	M60 Mike Valle 3830 Vladimir Strelnitski 2282
W70 Marcia Crooks 57-6	W85 Mavis Borthick 7:59 M50 David Garvey 2:21	M75 Gian Sahota 27:56	W40 Shawn Fontenette 32.63 W65 Audrey Lary 34.15	(McDaniels/1.27/1993) M45 Bruce McBarnette 1.96	M65 Bill Gramley 3664
W75 O'Connor 33-11 W80 Jeanne Berlepsch 34-0	M55 Grady Cash 2:25	M80 John Smartt 33:27 M85 Jesse Jolly 47:48	W80 Carla Convery 64.25	M50 Keith Mathis 1.53	Ezzat Pashai 3607 Jay Edwards 2790
M50 Mike Lozeau 97-11	M60 Delmer Hayes 2:33 M65 Cecil Vaughn 3:34	10K Run	M30 Lyndell Pittman 22.56 Andrew Higgins 23.10	M60 Mike Valle 1.26 M65 Anthony Besase 1.26	Mark Richards Pentathion
M55 Buzz Gagne 100-9 M60 John Schlosser 118-3	M70 Ross Dunton 3:11	W55 Sandra Davis 58:32 W60 Tykey Truett 61:00	M35 Wm Marshall 23.30	M70 James Stookey 1.31	M30 Les Young 2815 M35 Daniel Mack 2095
M65 Nick Leras 119-11	M75 Gian Sahota 3:48 M80 H B Reed 4:22	W65 Helen Reed 65:18	Chris Sarsony 26.13 M40 Robert Harding 24.05	James Condell 1.21 M75 Fred Everhart 1.36	John McKenzie 1989
M70 Don Levesque 90-5 M75 Sam Messiter 90-4	M85 Jesse Jolly 6:27	W85 Mavis Borthick 2:04:48 M50 Larry Keown 50:34	Tony Ringgold 24.38	Pole Vault	M40 David Griffin 2412
M80 Ed Logan 41-2	1500m W50 Barbara Sauceman 8:18	M55 Phillip Davis 40:39	Darnell Smith 24.45 M50 Oscar Peyton 24.68	M30 Jeff Spugnardi 11-0 M55 Gerard Dunne 9-6	James Higgins 1256 M55 Nick Stevens 1504
Javelin W60 Arlene Dupuis 47-4	W55 Sandra Davis 7:03	M60 Chas Gray 46:30	Tom Clark 31.92	M65 Taylor Goode 10-6	Mile Racewalk
W65 Joan Youngs 61-2	W60 Laura Sanders 11:10 W65 Valera Jones 7:07	M70 Fred Lovelace 63:56	M55 Robert Koontz 26.53 Richard Moon 31.93	Anthony Besase 6-6 M70 James Condell 8-0	W35 Laura Niel 9:03.00 M45 Peter Blank 12:23.60
W70 Marcia Crooks 44-4 M75 Anne McGowan 38-8	W70 Lena Henderson 10:37	M75 Gian Sahota 61:39	Walt Palmer 31.17	Shot Put	M55 Vic Litwinski 9:31.30
M80 Jeanne Berlepsch 41-3	W75 Pat Ingram 11.41.25 W85 Mavis Borthick 16.07	M80 H B Reed 93:00 M85 Jesse Jolly 1:42	M70 James Stookey 31.43 Wilton Gordon 35.17	W40 Monica Thornton 6.69 W65 Evelyn Wright 7.86	John Gersh 9:54.60 M65 Roger Webb 10:47.90
M50 Mike Lozeau 121-1 M55 Buzz Gagne 172-2	M50 David Garvey 4:58	Potomac Valley Track Club Meet	Larry Greco 39.01	W75 Dorothy Wilson 4.48	M75 Chas Boyle 11:09.10
M60 Palmer Sweet 99-1	M55 Gary Baird 6:29 M60 Delmer Hayes 5:25	McLean, VA; Aug. 9	M75 Bill Bergen 40.55	W80 Carla Convery 3.62 M30 Kunle Lawson 11.49	3000m Racewalk W35 Laura Niel 17:58:30
M65 Geo Cormey 103-4	M60 Delmer Hayes 5:25 M65 Cecil Vaughn 7:11.12	100m	W30 Zenia Ayrton 57.83	M40 Glenn Thompson 17.48	W85 Mary Lathram 27:16.20
M70 Paul Webber 57-7 M75 Sam Messiter 87-3	M70 Jimmie Tolbert 7:42	M30 Andrew Higgin 11.28	W35 Sheri Liebschner 78.03	James Brown III 10.94 Frank Cancino 10.55	M45 Peter Blank 23:48.80 M55 John Gersh 19:37:30
M80 Hy Levy 43-9	M75 Gian Sahota 7:24 M80 John Smartt 9:00	M40 Darnell Smith 12.31	W45 Irene Thompson 70.72 M35 Chris Sarsony 57.03	M45 Scott Medlin 10.94	M65 Robert Webb 21:46.10
Weight Meet	M85 Jesse Jolly 12:49	M45 Kirk Godton 14.4h M55 Robert Koontz 12.61	Tommy Lovelace 57.47	Gary Sutton 9.55 M50 Dan Valasek 10.70	M75 Charles Boyle 21:46.10 5000m Racewalk
Hanover, NH; Sept. 6	High Jump W50 Pat McSwain 3-5	M60 Barry Kline 15.01	Jim O'Malley 60.87 M40 Howard Lindsay 53.01	M50 Dan Valasek 10.70 Michael Kalnas 10.19	W85 Mary Lathram 46:44.80
1. CARL WALLIN 61 41'6"	W55 Carol Stricklin 3-9	200m	Robert Harding 53.37	Phil Ochs 9.45 M55 Joe DeStefano 12.45	M55 Vic Litwinski 32:09.00 John Gersh 34:44.60
2. DON FILKINS 49 38' 2 1/2"	W60 Donna Beeler 3-6 W65 Clara Covington 3-3	M30 Andrew Higgins 23.2h	Darnell Smith 53.54 M45 Larry Finley 58.26	Frank Monroe 9.64	10,000m Racewalk
3. CARMEN LETIZIA 50 34 9 60 33 9 3/4	W75 Sarah Overton 3-7	M40 Darnell Smith 24.5h	M55 D J Bertagnoli 67.93 Phil Stafford 69.83	Vic Litwinski 9.44 M60 Mike Valle 11.27	M40 Tim Good 64:59 M65 Roger Webb 79:19
5. BRIAN DOHERTY 43 33'9" SHOT PUT	M55 Robert Bice 3-5	M55 D J Bertagnoli 31.1h	M65 Walt Palmer 77.18	Joseph Kalnas 10.12	
1. CARL WALLIN-5K 01 48 1 2. BOB MEAD-6K 59 44 3	M60 Tommy Guy 4-6 M65 Bob Southerlan 4-1	M35 Greg Pennell 1:00.23	M75 Bill Bergen 94.46 800m	Troy Mashburn 9.30 M65 Bill Gramley 10.71	MIDWEST
3. BOB HARVEY-5K 60 41 7 4. CARMEN LETIZIA-6K 50 37 3 3/4	M70 Jim Nicholson 4-5	M40 James Higgins 1:14.0h	W30 Camille Martin 2:13.05	Ezzat Pashai 10.40	Dayton Masters Classic
W FRAN MORAVCSIK-3K 69 22' 8 1/2" HAMMER THROW	M75 Chas Baker 3-10 M80 Warren Barger 3-11	M45 Kirk Gordon 1:10.28	M30 Bernard Dillard 2:06:23 M35 Chris Sarsony 2:36:99	Wm Smith 10.22 M70 Ward Jones 10.39	Dayton, OH; July 19
1. BOB MEAD-6K 59 151' 2. CARL WALLIN-5K 61 148' 4"	Long Jump	M55 D J Bertagnoli 1:09.3h	M40 Steve Nearman 2:06:26	James Condell 9.17	M30 David Chave 11.0
3. BOB CEDRONE-16. 49 134	M50 Gil Verbist 15-9 M55 Dean Tutor 14-9	M80 Walt Washburn 1:53.5h W30 Zenia Ayrton 58.27	Brett Pelham 2:15.08 M45 Jos Guty Jr 2:19.91	M75 Bill Bergen 7.86 M80 Chas Pistorino 8.27	George Joaching 11.4
5. DON FILKINS-16# 49 117 10"	M60 Tommy Guy 11-4	W30 Zenia Ayrton 58.27 800m	Bernard Gant 2:23:21	Discus	Matt Maglicic 11.6 M35 Rod Meeker 12.3
7. BOB HARVEY-5K 60 108' 2 1/2"	M65 Max Falk 14-4 M70 Jim Nicholson 11-9	M30 Bernard Dillard 2:09.7h	Dion O'Mara 2:24.40 M50 Rick Hower 2:29.15	W65 Evelyn Wright 21.91 W70 Sharon Good 8.98	M35 Rod Meeker 12.3 Roger Malone 12.4
1. CARL WALLIN-20 61 63'9"	M75 Chas Baker 12-7	M35 Greg Pennell 2:21.1h	Larry Hart 2:45.44	W80 Carla Convery 8.15	M40 Steve Hieskell 12.1
2. BOB MEAD-35 59 44 3 3/4 3. DON FILKINS-35 49 40 6	M80 Warren Barger 8-11 M85 Jesse Jolly 2-7	M45 D J Bertagnoli 3:02.6h	M55 Robert Weiner 2:37.03 Phil Stafford 2:38.16	M30 Kunle Lawson 47.05 M40 Glenn Thompson 51.32	Eric Joiner 12.7
4. BRIAN DOHERTY-35. 43 40 1 5. CARMEN LETIZIA-35. 49 30 61/2"	Shot Put	M50 Jay J Wind 2:56.3h	D J Bertagnoli 2:42.57	Warren Taylor 45.92	Kent Powers 12.9 M45 Tom Smith 11.5
DISCUS THROW 1. BOB MEAD-1.5K 59 118'6"	W50 Barb Tiedemann 26-1 W55 Betty Hensley 25-6	M80 Walt Washburn 4:09.0h	Mile W30 Camille Martin 5:15.36	Frank Cancino 35.37 M45 Scott Medlin 31.23	Tom Bunner 12.1
2. BOB HARVEY-IK 60 115'4"	W60 Jan Power 23-0	M50 Larry Hart 2:43.8h	W35 Sheri Liebschner 6:48.59	Gary Sutton 26.63	A.J. Mason 12.2
4. DON FILKINS-2K 49 100'	W65 Jeanne Morton 24-1 W70 Betty Potts 20-2	Mile M30 Brian Goebel 4:58.8h	M30 Kyle Lanier 4:30.18	M55 Terry Shuman 40.55 Joe DeStefano 38.58	M50 Michael Daniels 12.8 M55 Lloyd Hathcock 12.2
5. BRIAN DOHERTY-2K 43 95 1 JAYEUN THROW	W75 Rowena Cupp 20-5	M35 Greg Pennell 5:12.8h	N Mcvey-Finney 4.54.80 Pietro Michelucci 5.00.22	Wm Gainey 36.58	Rick Parker 13.6
1. CARL WALLIN-600G 61 121 4 2. BRIAN DOHERTY-800G 43 116 5	W80 Margie Atkins 18-0	M45 Kirk Gordon 5:35.3h	M40 Te Poulos 4:58.04	M60 Larry Pratt 51.01	Allen Huff 14.6
3. DON FILKINS-800G 49 113	W85 Eva Cantrell 12-8 M50 Byron Breininger 42-11	M50 Dan Eddy 5:21.8h	Robt Pasqual 5:07.18 Vincent McDonald 5:40.99	Mike Valle 41.70 John Lang 34.32	M60 bob shoemaker 14.0 Bruce Cosmik 15.9
SOUTHEAST	M55 Bob Cargile 34-4	M60 John Haubert 6:17.2h	M45 Dion O'Mara 5:02.77	M65 Bill Gramley 41.13	M70 Byford Reed 15.9
Tennessee Senior Games	M60 Wm Clark 34-9 M65 Louis Vodopya 35-5	W45 Christina Caravoulias 9:28.9h	Jim Darr 5:50.73 Bill Fogarty 6:27.03	Wm Smith 40.16 Russ Van Put 35.09	W30 Riki Carson 13.0
Clarksville; July 25-31	M70 Chas Green 39-9	M45 Kirk Gordon 12:10.6h	M50 Dan Eddy 5:16.45	M70 Ward Jones 26.08	W35 Vikki Smithy 14.4
100m	M75 C W Minkel 30-11 M80 Harold Loudy 21-9	M50 Jay J Wind 11:29.2h	Rick Hower 5:26.23 Jay Wind 5:45.28	James Condell 25.51 M75 Wm Meanix 14.52	Lon Hunt 19.4 W40 Kathleen Shook 13.3
W50 Linda Harlan 16.76 W55 Carol Stricklin 16.62	Discus	W30 Camille Martin 10:50.0h	M55 Jim Noone 5:38.99	M80 Chas Pistorino 23.35	Susan Stephenson 15.4
W60 Sandra Guy 16.01	W50 Barb Tiedemann 69-10 W55 Betty Hensley 67-0	Short Hurdles	Robert Weiner 5:57.80 3000m	Hammer W65 Evelyn Wright 23.68	200M
W65 Valera Jones 19.35 W70 Lena Henderson 23.60	W60 Alice Tym 64-4	M30 Leslie Young 15.55	M30 Kareem Lanier 9:08.31 N McVey-Finney 9:37.57	M30 Anders Halvorsen 62.60	M30 David Chave 22.4 George Joaching 23.4
W75 Luella Morris 23.52	W65 Jeanne Morton 69-6 W70 Betty Potts 46-2	M60 Barry Kline 19.87 Long Jump	N McVey-Finney 9:37.57 M40 Ted Poulos 9:46.75	Kunle Lawson 42.96 M45 Scott Medlin 30.14	Matt Magilicic 23.5
W80 Margie Atkins 24.36 W85 Mavis Borthick 42.84	W75 Sarah Overton 52-11	M30 Leslie Young 20-10.50	Brett Pelham 10:11:94	Gary Sutton 25.68	M35 Roger Malone 25.4
W90 Eleanor Pease 49.23	M80 Margie Atkins 40-10 W90 Eleanore Pease 19-1	M35 Daniel Mack 16-5	Vince McDonald 11:11.73 M45 Maurice Pointer 9:59.16	M55 Toli Welihozkiy 32.89 Vic Litwinski 23.05	Rod Meeker 25.5 M40 Mark Stabler 28.7
M50 Wade Carter 12.57 M55 David Hamilton 13.06	M50 Phil Campbell 121-5	Shot Put	Peter Blank 13:17.96 M50 Steven Schaeffer 12:37.75	M60 Mike Valle 41.53	M45 Tom Smith 24.3
M60 Carnell Lewis 13.42	M55 Vic Arwood 101-4 M60 Swayne McCauley 146-5	M50 Ted Barilla 11.64	Jay Wind 14:57.16	VladimirStrelnitski 28.88 M65 Bill Gramley 30.57	Tom Bunner 25.1
M65 Pat Meagher 14.71 M70 John Wall 15.09	M65 Louis Vodopya 112-1	M55 Victor Litwinski 9.36	M55 Jim Noone 11:20:30	Ezzat Pashai 29.72	Charles Wasson 25.3
M75 Chas Baker 16.39	M70 Sherwin Dixon 112-10	M65 Jay Edwards 8.97	5000m M30 Kareem Lanier 15:56.70	Jay Edwards 22.78 Javelin	M50 Gary Stoetzer 30.4 M55 Lloyd Hathcock 24.7
M80 H B Reed 21.73 M85 Jesse Jolly 38.72	M75 Chas Baker 75-5 M80 Warren Barger 75-7	W70 Sharon Good 4.87 Discus	N McVey-Finney 17:08:20	W40 Monica Thomton 14.61	Rick Parker 29.1
M90 John Hagar 27.75	M90 John Hagar 52-7	M30 Leslie Young 37.25	M40 Ted Poulos 16:56:90 M45 Dion O'Mara 17:43:90	W65 Evelyn Wright 22.29 W80 Carla Convery 8.82	Allen Huff 48.0
W50 Linda Harlan 42.10	Javelin W50 Barb Tiedemann 41-9	M35 Daniel Mack 27.69	M50 Jay Wind 19:39.10	M30 Kevin Kanyan 58.25	M60 Bob Shoemaker 30.6 Bruce Cosmik 35.4
W55 Carol Stricklin 36.41	W55 Carol Stricklin 68-6	M50 Ted Barilla 34.37	Steven Schaeffer 22:14.10 M55 Jim Noone 20:19.80	Kunle Lawson 37.00 M40 Frank Cancino 38.61	W35 Lori Huff 42.6
W60 Sandra Guy 34.77 W65 Valera Jones 39.95	W60 Donna Beeler 67-6 W65 Jeanne Morton 65-0	M55 Victor Litwinski 28.40	M60 John Haubert 21:03.90	Rodney Wilson 30.76	W40 Kathleen Shook 27.6
W70 Lena Henderson 53.61	W70 Betty Potts 55-10	W70 Sharon Good 11.22	10,000m W40 Pat Zerfas 41:35.10	M45 Gary Sutton 35.41 Scott Medlin 28.17	Sylvia Wasson 29.4
W75 Pat Ingram 59.55 W80 Margie Atkins 67.65	W75 Sarah Overton 52-5	Javelin M30 Leslie Young 44.05	M30 Anthony Belber 35:08:50	M50 Keith Mathis 37.19	400M
W85 Mavis Borthick 90.89	W85 Eva Cantrell 22-3	M30 Leslie Young 44.05 M35 Daniel Mack 25.74	M35 Malcolm Lester 35:56:20 Tom Brennan 47:15:70	M55 Russ White 49.28 Seyavash Karimian 33.45	M30 George Joaching 51.7 Matt Maglicic 52.9
W90 Eleanore Pease 1:56.61 M50 Phil Campbell 26.58	W90 Eleanor Pease 12-4 M50 Phil Campbell 118-6	MSS Duce White 48 73	M45 John Winkert 56:40.20	Gordon Herbert 31 31	M35 Roger Malone 58.1
	M55 Doug Sumrell 126-11	W70 Sharon Good 9.29	80mH W45 Irene Thompson 13.80	M60 John Lang 40.70 Mike Valle 27.62	Continued on next page
			Trongle Hompson 15.80	27.02	, and a second

									Pa	Pc 21
Continued from previous pa	ige I	Bob Shoemaker	3'8	Paul Deem 35' 31/4	W70 Harnet Bloemaker 21.00	M50 Maure Weigel	4-2		Joseph Peebles	28.00
THE RESERVE AND ADDRESS OF THE PERSON NAMED IN		M70 Chuck wiedman		Paul Riggens 31' 81/4	W70 Harnet Bloemaker 21.00	M55 Dale Deuvall	4-0		Jess Holler	28.30
	9	Cliff Dickman	3'8	M65 Don Heldt 30' 91/4	M50 Scott Marshall 29.87	M60 Jerrol Springer	3-8		Mike Ford	24.56
	3	M75 Fredd Hirsimaki		M70 Pete Augsburger 38'8	M55 Tom Bassett 25.90	Long Jump M40 Don Carter	20-6.5		Trip Reynolds	25.00
	9	W30 Riki Carson	5'0	Cyrus Deem 35' 4	M60 Howard Weisser 28.31	Lyle Whitaker II	14-1			
	.3	Pole Vault	BANKS TOTAL	Cliff Dickman 33' 101/2	M65 Richard McKisson 28.89 M70 Lee Alexander 30.06	M50 Douglas Boehr	14-6.25		Kevin Callihan	27.55
	.8	M35 Jon Baatos	13'6	M75 Allen Ward 29' 11/2	M70 Lee Alexander 30.06 M75 Gill Hill 38.40	Maure Weigel M55 Joe Hoover	14-3.5 15-5.75		David Munoz	29.26
	6	M40 Steve Miller	12'0	W45 W. Hunter-Trammel 26' 21/2	W50 Charlene Pratt 39.10	Dale Deuvall	11-11		Dan Radiff	25.74
The state of the s	.3	Scott Carney	11'0	W50 Mary Hartzler 34' 11/2	400m	M75 Dale Hearon	8-9.5		Maurice Williams	27.15
	9	M45 Tom Bunner	13'6	Javelin	M50 Monty Stanley 59.90	Triple Jump M40 Don Carter	42-9.25		Douglas Boehr	30.39
	6	M60 David Servis	7'6	M40 Anthony Boeno 74' 1	M55 StevenRothenberger69.56 M60 Howard Weisser 64.61	Lyle Whitaker li	29-10	M55	Rick Myre	38.83
	3	M75 Fred Hirsimaki	6.0	M45 Kurt Koehler 99' 5	M60 Howard Weisser 64.61 M65 Richard McKisson 70.16	M50 Maure Weigel	30-10.75	M60	Jim Francis	27.78
W40 Kathleen Shook 61	4	Long Jump		M50 David Stebing 129' 8	M70 Lee Alexander 66.64	Douglas Boehr	29-5.25	M65	Richard McKisson	29.42
W50 Mary Hartzler 77	6	M30 George Joaching		M55 Allen Ray 98' 11	M75 Gill Hill 94.84	M55 Joe Hoover	32-4		Ray Franks	32.26
800M	000	M40 Kent Powers	18'8'/	M60 Dave Servis 98' 7	W50 Patricia Jones 1:47.24	Dale Deuvall Discus	24-4.75	400 M		
M40 Keith Lander 2:20	0.0	Joe Schwieterm		Mickey Bitsko 94' 3	800m	M35 Wendell Donaldson	145-10	W30	Jackellyn Kirstein	0:01:18
Anthony Boerio 2:46	2	Anthony Boeno	The state of the s	Bob Shoemaker 92'8	M50 Monty Sanley 2:21.57	M40 Mark Talbert	110-3		Connie Williams	0:01:03
M45 Bill Lowery 2:14		M45 Tom Bunner	17' 11	M65 James Rigby 68'11	M55 Steve Rothenbergr2:43.29 M60 Howard Weisser 2:39.45	Lyle Whitaker II M50 Bob Maserati	100-3		Robin Galloway	0:01:18
Larry Lux 2:2	2	A.J. Mason	12' 10	M70 Chuck Weidman 93'4	M65 Ray Franks 2:58.99	Maure Weigel	94-5 74-5	2,000		
Walter Hawkins 2:3	2	M50 John Jones	15' 3	Cliff Dickman 69'3	M70 Les Demmel 3:37.11	M55 Dale Deuvall	91-10		Colleen Burns	0:01:12
M50 Turran Harper 2:20	0	M55 Jerry Boswell	16' 10	M75 Fred Hirsimaki 87'9	W50 Charlene Pratt 3:17	M60 Jerrol Springer	113-8		Theresa Myre	0:01:46
M55 Dale Gaide 2:19	2	M60 David Servis	12' 21/2	Discus	W55 Regina McCann 4:24	M65 Ron Anderson M70 Bill Butterworth	154-11		Mary Kirsling	0:02:37
Allen huff 2:39	9	M70 Cliff Dickman M75 Fred Hirsimaki	5' 9%	M40 Craig Rinker 135' 5	1500m	M75 Dale Hearon	111-8 83-7	M35	Jeff Williams	0:01:02
W50 Mary Hartzler 3:0	7 4		11'4	Anthony Boeno 64' 11	M50 Monty Stanley 4:58.66 M55 Phil Found 5:25.88	M80 Scott Herman	80-11	M40	Kettrell Berry	52.09
1500M		W35 Lori Huff	7' 10%	M45 Kurt Koehler 102' 5	M60 Jack Miettinen 6:11.68	W35 Pam Lauer	73-2	- Marie	Raphael August	58.11
M40 Anthony Boerio 5:4	00	W40 Susan Stephens	ion 12 10%	M50 David Stebing 130' 3	M65 Alvin Ravenscroft 6:19.66	Rocky Mountain Maste	ers Games	100	Craig M Allinckrodt	58.22
M45 Lawrence Cox 7:0		Triple Jump M40 Kent Powers	38' 10%	M55 Mike Creager 111'5	M70 James Manners 8:27.88	Fort Collins, CO; Au	AND DESCRIPTION OF THE PERSON	Comments.	David Munoz	0:01:07
M55 Dale Gaide 4:5			37'3	Allen Ray 110' 7	W50 Charlene Pratt 6:45.51	50 M	3		Trip Reynolds	56.25
M70 David Nightingale 6:3		M45 Tom bunner M55 Jerry Boswell	35' 21/2	M60 Terry Simons 136' 0	High Jump	W30 Jackellyn Kirstein	8.18		Burke Grandjean	0:01:00
		Rob Juett	26' 6	Mickey Bitsko 135' 6	M55 Tom McCann 4-2	W35 Carol Nixon	9.18	,,,,,,	Dan Radiff	56.95
3000M M45 Lawrence 14:1:	5.5	M70 Chuck Wiedman		Paul Deem 125' 11	M60 Leslie Lane 4-9 M65 Armand Zahn 4-8			1460		
		M75 Fred Hirsimaki	24' 1/2	M65 James Rigby 88' 4	M70 Lyle Pfaff 4-2	W40 Robin Galloway	7.85		Jim Francis	0:01:04
Short Hurdles		Shot Put	24 /1	Done Heldt 87'8	M75 Frank Bollinger 3-8	W45 Teresa Drotar	8.36		Richard McKisson	0:01:10
			45' 41/2	M70 Thom Phillips 104'11	W60 Audrey Kempf 3-4	W55 Jenny Dobbert	8.72		Ray Franks	0:01:15
		M40 Craig Rinker	33' 5%	Cyrus Deem 104'7	W70 Harriet Bloemker 3-2	Jane Harrington	9.52	M75	Emie MacDonald	0:01:55
		M45 Kurt Koehler	43'10%	Chuck Weidman 81'6	Long Jump	M35 Steven Bunn	6.23	800 M		
High Jump		M50 Tim Quinn	38' 91/4	1500M Racewalk	M50 George McConnell 11-8.5	Jeff Williams	7.24		Theresa Myre	0:04:04
	8	David Stebing M55 Allen Ray	34' 81/2	W35 Lori Huff 11:52.5	M60 Leslie Lane 14-9.75	M40 Raphael August	6.24	The state of the s	Mary Kirsling	0:06:01
		M60 Mickey Bitsko	40' 3%		M65 Armand Zahn 12-0 M70 Lyle Pfaff 10-5	Mike Mosier	6.76		Craig M Allinckrodt	
M60 Dave Servis 4	0	MOU MICKEY BILSKO	40 3/4	W45 Gloria Lewis 16:09.5	M70 Lyle Pfaff 10-5 M75 Lester Dappen 8-2		6.97			0:02:28
The second secon	olfpack	k Throwing Classic	Ohio State	University,	Shot Put	Eric Johnson		M50	Ben Wiley	
		Columbus, Ohio;			M50 David Dunnagan 44-7	M45 Reginald Gunter	6.62		William Doe	0:02:35
Weight Pentathlon	Poin		SP	DT JT WT	M55 Bob Peters 42-1.5	Mike Ford	6.68	1500		
weight rentatition	, 011	The state of the s	.40m 25.5		M60 Lavane Johnson 40-7.5	David Munoz	7.53	W50	Colleen Burns	0:05:51
1 Fox, Randy	19		463) (37		M65 Armand Zahn 36-7.5	M50 Maurice Williams	7.07	160	Theresa Myre	0:08:33
M52	-			02m 34.12m	M70 Alfred Clowser 32-1.5 M75 Glenn Ebbers 27-3	Douglas Boehr	8.30	W80	Mary Kirsling	0:11:53
2 Winters, Dale	17		672) (54		M90 Eugene Price 14-3	M55 Ronald Awalt	7.84	M40	Tim Kellogg	0:05:50
M53				44m 38.59m 15.32m	W60 Audrey Kempf 22-5.5	Rick Myre	8.17	M45	Alex Alvarez	0:04:56
1 Stebing, Davi	d 37		793) (66		W70 Ardelle Ebbers 15-2	A CONTRACT OF THE PARTY OF THE	7.85	7775	William Doe	0:05:12
MSS				84m 38.61m 11.83m	Discus	M60 George Labelle		1000000		0:05:03
2 Harvey, Rex	32		744) (54		M50 David Dunninger 147-7	Ed Amold	8.59		Kent Oglesby	0.05.03
M57				82m 30.19m 8.96m	M55 Bob Peters 123-11 M60 Jerrol Springer 136-2	100 M		3000		
3 Mallory, Ken	23	57 (305) (4	490) (58		M65 Ron Anderson 166-2	W30 Jackellyn Kirstein			Tanya Poel	0:10:37
M59		34.73m 9	9.35m 29.	16m 23.01m ND	M70 Alfred Clowser 96-7	W35 Carol Nixon	17.79	The second second	Luann Grebler	0:13:06
4 Pearce, Jim	20	32 (596) (6	600) (50	4) (332) (0)	M75 Frank Bollinger 95-1	W40 Robin Galloway	14.61	W50	Theresa Myre	0:18:00
M58		1	8.70m 23.	94m 25.37m	M90 Eugene Price 30-1	W45 Teresa Drotar	15.36	M40	Jim Nagel	0:10:28
5 Brown, Ed	13	323 (0) (5	551) (39	2) (380) (0)	W60 Audrey Kempf 66-0 W65 Janet Amery 31-7	Claudia Lewis	17.04		Tom McKeman	0:11:17
M57		46.58m 11	1.98m 38.	42m 28.02m 15.08m	W70 Dorothy Meyer 39-2	W50 Colleen Burns	15.23		Tim Kellogg	0:12:48
1 Bitsko, Micke	y 37	90 (934) (8	803) (72	9) (464) (860)	Javelin	Rebecca Martin	15.99	M45	Jon Sindair	0:09:47
M60				52m 19.54m 7.18m	M55 Terry Medjo 110-9	Theresa Myre	17.63		Brad Pace	0:09:48
1 McCaa, Dave	21		553) (52		M65 Gary Mason 93-6	The second secon		M50		0:12:03
M67			9.40m 25.		M70 Alfred Clowser 8010	W55 Jenny Dobbert	16.62		Bob Manning	
1 Carstensen, P	ay 34		520) (59		M75 Glenn Ebbers 57-6 M90 Eugene Price 35-11	Sharon Raham	16.80	M55	Jerry Brown	0:12:24
M71			0.10m 23.		W60 Audrey Kempf 54-5	Jane Harrington	17.70		Daniel Lang	0:12:43
2 Dickman, Clif	f 27	, ,	576) (52		W70 Harriet Bloemaker 69-7	W60 Mary Althauser	19.17	M65	Hans Sinkovec	0:12:49
M73			0.36m 31.		1500m Racewalk	Open Steve Saleeby	12.26	MARKET	Ray Franks	0:14:03
1 Ezerins, Karl	is 35		325) (89		M50 Monty Stanley 9:59	M35 Steven Bunn	11.59	3K RA	CEWALK	
M76			7.63m 21.		M55 Wm Graham 8:32 M65 Bill Krueger 9:50	Jeff Williams	13.62	W50	Marianne Martino	0:17:06
2 Schorr, Charl	es 23		574) (54		M65 Bill Krueger 9:50 M70 Lyle Pfaff 12:16	M40 Kettrell Berry	11.14		Coween Dickesor	0:27:26
M78			5.97m 20.		M75 Gill Hill 10:22	Raphael August	11.70		Rita Sinkovec	0:19:32
3 Stein, Jacob	21		(54		W65 Kay McKisson 12:17	the state of the s	12.44	M40	Michael Blanchard	0:15:28
M79			50m 30.3		W70 Gloria Glissman 11:34	Mike Mosier				
1 Hartzler, Mary	34		331) (64		5000m Racewalk	Joseph Peebles	13.60	M45	Rich Harter	0:22:58
W54	-	and the second second	94m 17.8		M55 Bob Gaston 7:17 M65 Bill Krueger 13:02	M45 Reginald Gunter	12.10		Ed Guiff	0:20:37
1 Holland, Berni	e 366	02 (737) (8	(69	7) (645) (694)	M75 Gill Hill 15:03	Mike Ford	12.20	M75	Klaus Timmerhaus	0:22:27
W76		The second secon				Kevin Callihan	13.43	80 M I		
			DICA		Halstead Mini Meet	David Munoz	13.60		Teresa Drotar	15.02
STEEL		MID-AME	$\Lambda I C A -$			David Marioz		M75	Fred Hirsimaki	17.34
The second second second	-	MID-AME	MICA	In the second se	Halstead, KS; Aug. 23	Alex Alvarez	16.63	1417.0	HH	
Blair Open Track Mee	et	MID-AME W40 Deb Kluthe	6:57.45	Javelin	100m		16.63 13.03	100 M	THE	
Blair Open Track Mee Blair, NE; July 27		W40 Deb Kluthe	San	M30 Darwin Gushard 115-4	100m M30 Jim Barnett 12.56	Alex Alvarez M50 Maurice Williams		100 M	Dan Radiff	16.21
Blair, NE; July 27		W40 Deb Kluthe 3200	6:57.45		100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35	Alex Alvarez M50 Maurice Williams Douglas Boehr	13.03 14.11	100 M M50	Dan Radiff	
Blair, NE; July 27		W40 Deb Kluthe 3200 M40 Craig Christians	San	M30 Darwin Gushard 115-4	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt	13.03 14.11 14.95	100 M M50	Dan Radiff Douglas Boehr	20.46
Blair, NE; July 27 100m M30 Jeff Hageman 1	1.53	W40 Deb Kluthe 3200 M40 Craig Christians High Jump	6:57.45 9:57.18	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre	13.03 14.11 14.95 16.50	100 M M50 M60	Dan Radiff Douglas Boehr George Labelle	
Blair, NE; July 27 100m M30 Jeff Hageman 1 M40 Michael Ford 1	1.53	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker	6:57.45	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold	13.03 14.11 14.95 16.50 16.34	100 M M50 M60 110 M	Dan Radiff Douglas Boehr George Labelle HH	20.46 19.48
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1	1.53 2.07 3.24	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump	6:57.45 9:57.18 5-4	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11 M60 Alex Meyer 102-4 Mile RW	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Arnold M65 Richard McKissor	13.03 14.11 14.95 16.50 16.34 14.10	M60 110 M M45	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson	20.46
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3	1.53 2.07 3.24 3.24	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker	6:57.45 9:57.18	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11 M60 Alex Meyer 102-4 Mile RW M45 Peter Blank 11:11.9	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36   M70 Roger Weidman   15.90	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks	13.03 14.11 14.95 16.50 16.34	M60 110 M M45 300 M	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson	20.46 19.48 16.59
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m	1.53 2.07 3.24 3.24	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump	6:57.45 9:57.18 5-4	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11 M60 Alex Meyer 102-4 Mile RW M45 Peter Blank 11:11.9 M55 Victor Litwinski 9:50.3	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36   M70 Roger Weidman   15.90   400m   400m   12.56   M70 Roger Weidman   15.90   M70 Roger Weidman   M70	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M	13.03 14.11 14.95 16.50 16.34 14.10 15.34	M60 110 M M45 300 M M60	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle	20.46 19.48 16.59 0:01:09
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m	1.53 2.07 3.24 3.24	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker	6:57.45 9:57.18 5-4	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M45 Peter Blank       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36   M70 Roger Weidman   15.90   400m   M45 Roger Davis   58.45   Mark Chaplin   62.75	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks	13.03 14.11 14.95 16.50 16.34 14.10 15.34	M60 110 M M45 300 M M60 M75	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki	20.46 19.48 16.59
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2	1.53 2.07 3.24 3.24 2.61	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump	6:57.45 9:57.18 5-4 13-9	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M45 Peter Blank       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1	100m M30 Jim Barnett M40 Donald Cottner M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti M55 Jay Coonrod Joe Hoover M70 Roger Weidman M45 Roger Davis M45 Roger Davis Mark Chaplin M50 Wm Sellers III 62.75 M50 Wm Sellers III 61.18	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M	13.03 14.11 14.95 16.50 16.34 14.10 15.34	M60 110 M M45 300 M M60 M75 400 M	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH	20.46 19.48 16.59 0:01:09
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2  M40 Michael Ford 2	1.53 2.07 3.24 3.24 2.61 4.50	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put	6:57.45 9:57.18 5-4 13-9 29-5.25	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW	100m M30 Jim Barnett M40 Donald Cottner 11.68 M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti 14.40 M55 Jay Coonrod Joe Hoover 13.79 Joe Hoover M45 Roger Weidman M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti 66.92	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir	13.03 14.11 14.95 16.50 16.34 14.10 15.34	M60 110 M M45 300 M M60 M75 400 M	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki	20.46 19.48 16.59 0:01:09
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2  M40 Michael Ford 2  M60 Howard Weissner 2	1.53 2.07 3.24 3.24 3.24 2.61 4.50 9.2h	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyte Whittaker Long Jump M40 Lyte Whittaker Triple Jump M40 Lyte Whittaker Shot Put M30 Danwin Gushard	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW         M45 Peter Blank       23:28.5	100m M30 Jim Barnett M40 Donald Cottner M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti M55 Jay Coonrod Joe Hoover M70 Roger Weidman M45 Roger Davis M45 Roger Davis Mark Chaplin M50 Wm Sellers III 62.75 M50 Wm Sellers III 61.18	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46	M60 110 M M45 300 M M60 M75 400 M M40	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH	20.46 19.48 16.59 0:01:09 0:01:12
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2  M40 Michael Ford 2  M60 Howard Weissner 2  M70 Bryon Winter 1:0	1.53 2.07 3.24 3.24 3.24 2.61 4.50 9.2h	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Darwin Gushard M40 Dave Doty	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M45 Peter Blank       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW       W         M45 Peter Blank       23:28.5         M55 Victor Litwinski       20:06.8	100m M30 Jim Barnett M40 Donald Cottner 11.68 M45 Roger Davis Mark Chaplin M50 Wm Sellers III Joe Hoover Joe Hoover M70 Roger Weidman M45 Roger Davis M45 Roger Davis M45 Bob Maseratti 14.40 M55 Jay Coonrod M70 Roger Weidman M45 Roger Davis M45 Roger Davis M45 Roger Davis M50 Wm Sellers III Bob Maseratti Bob Maseratti G6 92 M55 Dale Deuvali G9 14 Jay Coonrod 80.53	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46 31.19	M60 110 M M45 300 M M60 M75 400 M M40 M50	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson	20.46 19.48 16.59 0:01:09 0:01:12
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2  M40 Michael Ford 2  M60 Howard Weissner 2  M70 Bryon Winter 1:0  400m	1.53 2.07 3.24 3.24 2.61 4.50 9.2h	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Darwin Gushard M40 Dave Doty M50 Dave Dunnigan	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW         M45 Peter Blank       23:28.5	100m M30 Jim Barnett M40 Donald Cottner 11.68 M45 Roger Davis Mark Chaplin M50 Wm Sellers III M55 Jay Coonrod Joe Hoover Joe Hoover M45 Roger Davis M70 Roger Weidman M400m M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maserati 62.75 M50 Wm Sellers III Bob Maserati 66.92 M55 Dale Deuvali Jay Coonrod 80.53 800m M35 Jeff Davis 2.21.02	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Arnold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON	20.46 19.48 16.59 0:01:09 0:01:12 0:01:12 0:01:35
Blair, NE; July 27  100m  M30 Jeff Hageman 1  M40 Michael Ford 1  M50 David Lee 1  M70 Byron Winter 3  200m  M30 Merek Wensel 2  M60 Howard Weissner 2  M70 Bryon Winter 1:0  400m  M30 Merek Wensel 5	1.53 2.07 3.24 3.24 3.24 2.61 4.50 9.2h 1.41	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Darwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carotyn Anderson       10:39.1         3000m RW       23:28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6	100m M30 Jim Barnett M40 Donald Cottner 11 68 M45 Roger Davis Mark Chaplin 13 38 M50 Wm Sellers III Bob Maseratti 14 40 M55 Jay Coonrod Joe Hoover M70 Roger Weidman 400m M45 Roger Davis Mark Chaplin Bob Maseratti 58 45 Mark Chaplin 62 75 M50 Wm Sellers III Bob Maserati 66 92 M55 Dale Deuvali 69 14 Jay Coonrod 80 53 800m M35 Jeff Davis 2 21 02 M45 Michael Valdois 2 29 40	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis	13.03 14.11 14.95 16.50 16.34 14.10 15.34 27.50 40.46 31.19 32.53 37.76	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse	20.46 19.48 16.59 0:01:09 0:01:12 0:01:12 0:01:35
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M60 Howard Weisser  1:0  1:0  1:0  1:0  1:0  1:0  1:0  1:	1.53 2.07 3.24 3.24 3.24 2.61 4.50 9.2h 1.41	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carotyn Anderson       10:39.1         3000m RW       23:28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics	100m M30 Jim Barnett M40 Donald Cottner 11.68 M45 Roger Davis Mark Chaplin M50 Wm Sellers III M55 Jay Coonrod Joe Hoover Joe Hoover M45 Roger Davis M70 Roger Weidman M400m M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maserati 62.75 M50 Wm Sellers III Bob Maserati 66.92 M55 Dale Deuvali Jay Coonrod 80.53 800m M35 Jeff Davis 2.21.02	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81	M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M55	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice	20.46 19.48 16.59 0:01:09 0:01:12 0:01:12 0:01:35 1631 2490
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Bryon Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  1:0  M70 Byron Winter	1.53 2.07 3.24 3.24 2.61 4.50 9.2h 1.41 0.37 5.41 0.28	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carotyn Anderson       10:39.1         3000m RW       23:28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17	100m M30 Jim Barnett M40 Donald Cottner 11 68 M45 Roger Davis Mark Chaplin Bob Maseratti M50 Wm Sellers III Bob Maseratti 14 40 M55 Jay Coonrod Joe Hoover M70 Roger Weidman 400m M45 Roger Davis Mark Chaplin M50 Maseratti 66 92 M50 Maseratti 66 92 M55 Dale Deuvall G9 14 Jay Coonrod Bob Maseratti 66 92 M55 Dale Deuvall G9 14 Jay Coonrod M05 Jeff Davis M35 Jeff Davis M45 Michael Valdois M55 Richard Golden M16	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Bums Rebecca Martin	13.03 14.11 14.95 16.50 16.34 14.10 15.34 27.50 40.46 31.19 32.53 37.76 31.81 33.87	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Byron Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  200  M40 Deb Kluthe  1:1	1.53 2.07 3.24 3.24 2.61 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Discus	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11 M60 Alex Meyer 102-4 Mile RW M45 Peter Blank 11:11.9 M55 Victor Litwinski 9:50.3 W45 Christina Caravoulias 13:23.0 W50 Carolyn Anderson 10:39.1 3000m RW M45 Peter Blank 23:28.5 M55 Victor Litwinski 20:06.8 W35 Laura Niel 17:22.6  Nebraska Senior Olympics Kearney; Aug. 14-17	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36   M70 Roger Weidman   15.90   M45 Roger Davis   M45 Roger Davis   68.45   Mark Chaplin   62.75   M50 Wm Sellers III   61.18   Bob Maseratti   66.92   M55 Dale Deuvall   69.14   Jay Coonrod   80.53   800m   M35 Jeff Davis   2.21.02   M45 Michael Valdois   2.29.40   M50 Maure Weigel   3.17.46   M55 Richard Golden   3.17.03   Mile   M30 Grant Williams   6.13.59	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59	100 M M50 M60 110 M M45 300 M M60 M75 400 M M50 PENT/ M35 M60	Dan Radiff Douglas Boehr George Labelle IHH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Bryon Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  1:0  M70 Byron Winter	1.53 2.07 3.24 3.24 2.61 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M45 Peter Blank       9:50.3         W55 Victor Litwinski       9:50.3         W50 Carotyn Anderson       10:39.1         3000m RW       23:28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17         100m       M50 Scott Marshall       13.82	100m   M30 Jim Barnett   12.56   M40 Donald Cottner   11.68   M45 Roger Davis   12.35   Mark Chaplin   13.38   M50 Wm Sellers III   12.93   Bob Maseratti   14.40   M55 Jay Coonrod   13.79   Joe Hoover   14.36   M70 Roger Weidman   400m   M45 Roger Davis   58.45   Mark Chaplin   62.75   M50 Wm Sellers III   61.18   Bob Maseratti   66.92   M55 Dale Deuvall   Jay Coonrod   80.53   800m   M35 Jeff Davis   2.21.02   M45 Michael Valdois   2.29.40   M55 Richard Golden   Mile   M30 Grant Williams   6.13.59   M35 Jeff Davis   5.18.02   5.18.02   5.18.02   M35 Jeff Davis   5.18.02   5.18.02   M35 Jeff Davis   5.18.02   5.18.02   M35 Jeff Davis   5.18.02   M36 Jeff Davis   M36 Jeff Davis   5.18.02   M36 Jeff Davis   M36 Je	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Bums Rebecca Martin	13.03 14.11 14.95 16.50 16.34 14.10 15.34 27.50 40.46 31.19 32.53 37.76 31.81 33.87	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60 M65	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer Richard Larkin	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033 1101
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Byron Winter  400m  M30 Merek Wensel  M60 Howard Weissner  M70 Byron Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  200  M70 Byron Winter  M80 Deb Kluthe  800m	1.53 2.07 3.24 3.24 2.61 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Discus	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21	M30 Darwin Gushard 115-4 M40 Lyle Whitaker 119-6 M50 Dave Dunnigan 116-11 M60 Alex Meyer 102-4 Mile RW M45 Peter Blank 11:11.9 M55 Victor Litwinski 9:50.3 W45 Christina Caravoulias 13:23.0 W50 Carolyn Anderson 10:39.1 3000m RW M45 Peter Blank 23:28.5 M55 Victor Litwinski 20:06.8 W35 Laura Niel 17:22.6  Nebraska Senior Olympics Kearney; Aug. 14-17	100m M30 Jim Barnett M40 Donald Cottner M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti M55 Jay Coonrod Joe Hoover M70 Roger Weidman M45 Roger Davis Mark Chaplin M45 Roger Davis M61 Roger Weidman M45 Roger Davis M61 Roger Mark Chaplin M50 Wm Sellers III Bob Maseratti Bob Maseratti Bob M30 M30 M30 M30 M35 Jeff Davis M55 Richard Golden M30 Grant Williams M30 Grant Williams M30 Grant Williams M30 M30 Maure Weigel M40 Bryan Niewald M50 Maure Weigel M40 Bryan Niewald M50 Maure Weigel M30 Grant Williams M35 Jeff Davis M45 Michael Valdois M30 Grant Williams M35 Jeff Davis M30 Grant Williams M35 Jeff Davis M456 Maure Weigel M456 Roger M456 M30 M30 Grant Williams M35 Jeff Davis M456 M30 M30 Grant Williams M456 Roger M456 M30	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre	13.03 14.11 14.95 16.50 16.34 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60 M65	Dan Radiff Douglas Boehr George Labelle IHH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Bryon Winter  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  2:0  W40 Deb Kluthe  800m  M40 Mike Hajek-Jones  3:0	1.53 2.07 3.24 3.24 3.24 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Discus M30 Todd Davis	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21 159-2 102-6	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M45 Peter Blank       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW       23:28.5         M45 Peter Blank       23:28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17       100m         M50 Scott Marshall       13.82         M55 Tom Bassett       13.34         M60 Leslie Lane       13.34         M65 Richard McKisson       13.66	100m M30 Jim Barnett M40 Donald Cottner M45 Roger Davis Mark Chaplin M50 Wm Sellers III M55 Jay Coonrod M70 Roger Weidman M50 Wm Sellers III M55 Jay Coorrod M70 Roger Weidman M55 Roger Davis M645 Roger Davis M65 Roger Davis M65 Mark Chaplin M55 Wm Sellers III M61 M62 M65 Maserati M66 92 M55 Dale Deuvall M69	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre W55 Jane Harrington	13.03 14.11 14.95 16.50 16.34 14.10 15.34 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59 39.24	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60 M65 M65 M70	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer Richard Larkin	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033 1101
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M30 Merek Wensel  M60 Howard Weisser  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  2:0  W40 Deb Kluthe  800m  M40 Mike Hajek-Jones  3:2  W30 Laurie Hajek-Jones  3:2	1.53 2.07 3.24 3.24 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Discus M30 Todd Davis M40 Lyle Whittaker M50 David Dunnigan	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21 159-2 102-6 136	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW       40:23.28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17       100m         M50 Scott Marshall       13.82         M55 Tom Bassett       12.04         M60 Leslie Lane       13.34         M65 Richard McKisson       13.66         M70 Lee Alexander       14.29	100m M30 Jim Barnett M40 Donald Cottner M45 Roger Davis Mark Chaplin M50 Wm Sellers III Bob Maseratti M55 Jay Coonrod Joe Hoover M70 Roger Weidman M45 Roger Davis Mark Chaplin M45 Roger Davis M45 Roger Davis M65 Wm Sellers III Bob Maseratti M55 Jay Coonrod M70 Roger Weidman M55 Richard Solder M66 92 M55 Dale Deuvall Jay Coonrod M55 Dale Deuvall Jay Coonrod M55 Dale Deuvall M55 Pichard Golden M50 Maure Weigel M50 Maure Weigel M30 Grant Williams M35 Jeff Davis M45 Mayor Niewald M50 Maure Weigel M45 Mayor Niewald M50 Maure Weigel M45 Mayor Niewald M50 Maure Weigel M55 Richard Golden M50 Maure Weigel M55 Richard Golden M16 Jump	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Conie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre W55 Jane Harrington Open Steve Saleeby M35 Steven Bunn	13.03 14.11 14.95 16.50 16.34 1 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59 39.24 24.18 23.85	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60 M65 M65 M70	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer Richard Larkin AJ Clowser	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033 1101 1983
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  400m  M30 Merek Wensel  M30 Merek Wensel  M60 Howard Weissner  400m  M30 Merek Wensel  M60 Howard Weisser  M70 Byron Winter  1:0  400m  M40 Mike Hajek-Jones  W30 Laurie Hajek-Jones  W30 Deb Kluthe  3:0  3:2  W40 Deb Kluthe  3:0	1.53 2.07 3.24 3.24 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyte Whittaker Long Jump M40 Lyte Whittaker Triple Jump M40 Lyte Whittaker Triple Jump M40 Lyte Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Dlecus M30 Todd Davis M40 Lyte Whittaker M50 David Dunnigan M60 Alex Meyer	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21 159-2 102-6 136 131-3	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Peter Blank       11:11.9         M55 Victor Litwinski       9:50.3         W50 Carolyn Anderson       10:39.1         3000m RW       10:39.1         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17       100m         M50 Scott Marshall       13.82         M55 Tom Bassett       12.04         M60 Leslie Lane       13.34         M65 Richard McKisson       13.66         M70 Lee Alexander       14.29         W50 Charlene Pratt       18.06	100m   M30 Jim Barnett   12.56	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Connie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre W55 Jane Harrington Open Steve Saleeby M35 Steven Bunn M40 Kettrell Berry	13.03 14.11 14.95 16.50 16.34 1 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59 39.24 24.18 23.85 22.60	100 M M50  M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M55 M60  M65 M70 M75 HJ	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer Richard Larkin AJ Clowser	20.46 19.48 16.59 0:01:09 0:01:12 0:01:35 1631 2490 2787 2033 1101 1983
Blair, NE; July 27  100m  M30 Jeff Hageman  M40 Michael Ford  M50 David Lee  M70 Byron Winter  200m  M30 Merek Wensel  M40 Michael Ford  M60 Howard Weissner  M70 Bryon Winter  1:0  M30 Merek Wensel  M40 Byron Winter  1:1  800m  M40 Mike Hajek-Jones  W30 Laurie Hajek-Jones  W40 Deb Kluthe  1:0  1:0  1:0  1:0  1:0  1:0  1:0  1:	1.53 2.07 3.24 3.24 4.50 9.2h 1.41 0.37 5.41 0.28 5.56	W40 Deb Kluthe 3200 M40 Craig Christians High Jump M40 Lyle Whittaker Long Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Triple Jump M40 Lyle Whittaker Shot Put M30 Danwin Gushard M40 Dave Doty M50 Dave Dunnigan M60 LaVane Johnson W40 Debra Kage W60 Vera Gushard Discus M30 Todd Davis M40 Lyle Whittaker M50 David Dunnigan	6:57.45 9:57.18 5-4 13-9 29-5.25 35-11.50 38-1.50 43-10.75 40-6.50 32-2.75 21 159-2 102-6 136	M30 Darwin Gushard       115-4         M40 Lyle Whitaker       119-6         M50 Dave Dunnigan       116-11         M60 Alex Meyer       102-4         Mile RW       11:11.9         M55 Victor Litwinski       9:50.3         W45 Christina Caravoulias       13:23.0         W50 Carolyn Anderson       10:39.1         3000m RW       40:23.28.5         M55 Victor Litwinski       20:06.8         W35 Laura Niel       17:22.6         Nebraska Senior Olympics Kearney; Aug. 14-17       100m         M50 Scott Marshall       13.82         M55 Tom Bassett       12.04         M60 Leslie Lane       13.34         M65 Richard McKisson       13.66         M70 Lee Alexander       14.29	100m   M30 Jim Barnett   12.56	Alex Alvarez M50 Maurice Williams Douglas Boehr M55 Ronald Awalt Rick Myre M60 Ed Amold M65 Richard McKissor Ray Franks 200 M W30 Jackellyn Kirsteir W35 Conie Williams Carol Nixon W40 Robin Galloway W45 Teresa Drotar Claudia Lewis W50 Colleen Burns Rebecca Martin Theresa Myre W55 Jane Harrington Open Steve Saleeby M35 Steven Bunn	13.03 14.11 14.95 16.50 16.34 1 14.10 15.34 1 32.89 27.50 40.46 31.19 32.53 37.76 31.81 33.87 38.59 39.24 24.18 23.85	100 M M50 M60 110 M M45 300 M M60 M75 400 M M40 M50 PENT/ M35 M60 M65 M70 M75 HJ	Dan Radiff Douglas Boehr George Labelle HH Bryan Johnson IMH George Labelle Fred Hirsimaki IMH Eric Johnson Douglas Boehr ATHLON J.D. Causse Robert Rice Bob Fulton Alex Meyer Richard Larkin Al Clowser Fred Hirsimaki	20.46 19.48 16.59 0:01:09 0:01:12 0:01:12 0:01:35 1631 2490 2787 2033 1101 1983 2847

W65				
	inued from previou	is page	M60 George Labelle	29.98
	Christel Donley	1.12	Jerrol Springer	24.25
W75	Willie Gatza	0.76	M70 Chuck Wiedma	n 22.87
M40	Eric Johnson	1.27	Wayne Sabin	20.84
M45	Bryan Johnson	1.73	M75 Fred Hirsimaki	
	Craig Levine	1.68	Robert Carleso	
	Valery Snezhko	1.62	M80 Frank Bowles	25.04
	Garry Pirch	1.57	M85 Harry Miller	10.18
	Brian Felt	1.32	HAMMER	
M50	Maurice Williams	1.52	W55 Sharon Raham	
M55	Rick Myre	0.66	W65 Joy Kaylor	25.78
M60	Bob Fulton	1.29	W75 Willie Gatza M40 Randy Treece	8.47
	George Labelle	1.17		51.32 35.52
M65	Robin Herron	1.22	Bob Jones M50 Thomas Meyer	
M75	Fred Hirsimaki	1.17		
LJ			Richard Watso M55 Rick Myre	n 36.85
W50	Theresa Myre	2.58	M60 Jerrol Springer	The second secon
W55	Sharon Raham	2.87	George Labelle	
W75	Willie Gatza	1.07	M65 Robin Herron	38.24
M40	Eric Johnson	3.75	Vern Spencer	36.18
	Joseph Peebles	4.28	M80 Frank Bowles	18.05
M45	Garry Pirch	3.75	M85 Harry Miller	15.87
	Brian Felt	3.96	DISCUS	
M50	Douglas Boehr	2.95	W40 Barbara Felt	22.40
M55	Rick Myre	3.19	Cindy McKee	16.87
M60	George Labelle Ed Amold	3.19	W55 Sharon Raham	22.38
1475	Fred Hirsimaki	3.30	W65 Joy Kaylor	20.34
M75	ried misimaki	3.30	Christel Donley	17.20
W55	Sharon Raham	7.01	W75 Willie Gatza	10.70
W75	Willie Gatza	2.98	M30 Mattias Borman	56.01
M40	Eric Johnson	7.98	M35 Brian Bednard	42.66
M40 M45	Bryan Johnson	12.19	M40 Milt Girouard	42.34
M45	Garry Pirch	8.82	Bob Jones	37.78
	Brian Felt	7.57	M45 Kris Lettow	41.78
M50	Douglas Boehr	8.48	Garry Pirch	21.44
100000		7.93	Brian Felt	19.08
M60	George Labelle	6.89	M50 Tim Muller	44.53
MCE	Ed Arnold	8.27	Valentino Marti	nez 44.42
M65	Richard McKisson Fred Hirsimaki	7.67	Richard Watson	34.56
M75 PV	Fred Hirsimaki	1.01	M55 Terry Medjo	36.63
M45	Jeff Bilderbeck	2.29	Jerry Bookin-W	einer 35.93
M50	Lance Morey	3.35	Rick Myre	24.47
MOU	John Carmony	3.20	M60 Alex Meyer	37.69
M55	Terry Medio	2.74	George Soule	37.22
M60	Bob Fulton	2.74	Jerrol Springer	THE RESERVE OF THE PERSON OF T
M70	Jerry Donley	2.95	Ralph Check J	
SHO		2.50	Bob Fulton	29.08
W40		7.30	M65 Vem Spencer	35.68
	Cindy McKee	6.71	Robin Herron	32.40
W55		7.72	M70 Wayne Sabin	26.19
W65	Joy Kaylor	7.46	Chuck Wiedma	
	Christel Donley	7.41	M75 Robert Carleso	
W75	Willie Gatza	4.49	M80 Frank Bowles	23.68
M30	Chas Lindsay	15.51	M85 Harry Miller	13.25
M35	J.D. Causse	9.71	WT THROW	7.30
	Milt Girouard	14.97	W55 Sharon Raham	
M40			W65 Joy Kaylor M50 Richard Watso	9.82
M40	Bob Jones	12.02		42 27
M40	Garry Stanley	9.04	COLUMN TO THE PROPERTY OF THE	
M40			M55 Jerry Bookin-W	leiner 13.78
M40	Garry Stanley Eric Johnson	9.04	M55 Jerry Bookin-W Rick Myre	leiner 13.78 7.60
	Garry Stanley Eric Johnson Kris Lettow Garry Pirch	9.04 8.06	M55 Jerry Bookin-W Rick Myre M60 George Labelle	/einer 13.78 7.60 9.89
	Garry Stanley Eric Johnson Kris Lettow	9.04 8.06 13.22	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron	7.60 9.89 14.05
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller	9.04 8.06 13.22 8.76 8.20 13.19	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer	/einer 13.78 7.60 9.89
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre	9.04 8.06 13.22 8.76 8.20 13.19 9.00	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles	7.60 9.89 14.05 13.36
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnson	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller	7.60 9.89 14.05 13.36 8.95
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnson Alex Meyer	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT	7.60 9.89 14.05 13.36 8.95
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnson Alex Meyer Ralph Check Jr.	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT	7.60 9.89 14.05 13.36 8.95 6.50
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnson Alex Meyer Ralph Check Jr. George Labelle	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32
M45 M50 M55 M60	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32
M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 1 3.88 n 6.90
M45 M50 M55 M60	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 1 3.88 n 6.90
M50 M55 M60	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 1 3.88 1 6.90 Veiner 5.94 4.34
M45 M50 M55 M60	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 1 3.88 1 6.90 Veiner 5.94 4.34
M45 M50 M55 M60 M70	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.73 9.46 9.43 10.52 9.65 8.26 7.13 8.32	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 1 3.88 1 6.90 Veiner 5.94 4.34 e 4.04 6.12
M45 M50 M55 M60 M70 M70 M80 M85	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 4.04
M45 M50 M55 M60 M70 M70 M80 M85 JAV	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.43 10.52 9.65 8.26 7.13 8.32 5.15	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/MT	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 4.04 6.12
M50 M55 M60 M70 M70 M80 M85 JAV	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W55 Sharon Raham	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 4.04 6.12 TOTAL
M45 M50 M55 M60 M70 M70 M80 M85 JAV	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W55 Sharon Raham 25.13/8.00/23.97	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 4.04 6.12 TOTAL
M50 M55 M60 M70 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.626 7.13 8.32 5.15	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M50 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/07/J/T/W7 W55 Sharon Raham 25.13/8.00/23.97	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 6.12 TOTAL 2982 727.63/6.89 3415
M50 M55 M60 M70 M70 M80 M85 JAV	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.626 7.13 8.32 5.15 25.74 23.20 17.07 19.66	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/J/T/MT W55 Sharon Raham 25.13/8.00/23.97 W65 Joy Kaylor 25.74/7.31/21.55	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 6.12 TOTAL 2982 727.6396.89 3415
M50 M55 M60 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/J/T/MT W55 Sharon Raham 25.13/8.00/23.97 W65 Joy Kaylor 25.74/7.31/21.55 W65 Christel Donley	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 10 3.88 10 6.90 Veiner 5.94 4.34 6.12 TOTAL 2982 727.63/6.89 3415 747.26/8.97 2945
M50 M55 M60 M70 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Actor M50 Richard Watson M50 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/OT/JT/WT W55 Sharon Raham 25.13/8.00/23.97 W65 Joy Kaylor 25.74/7.31/21.55 W65 Christel Donley 17.41/7.21/17.96	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 13.38 10.690 Veiner 5.94 4.34 6.12 TOTAL 2982 727.6376.89 3415 777.2678.97 2945
M50 M55 M60 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W55 Joy Kaylor 25 74/7 31/21 55 W65 Christel Donley 17 41/7 21/17 96 W75 Charlotte Acton	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 13.38 10.690 Veiner 5.94 4.34 6.12 TOTAL 2982 727 6376 89 3415 777.2678 97 2945
M50 M55 M60 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W55 Joy Kaylor 25 74/7 31/21 55 W65 Christel Donley 17 41/7 21/17 96 W75 Charlotte Acton 15 67/5 34/12 23	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 13.38 10.690 Veiner 5.94 4.34 6.12 TOTAL 2982 727 6376 89 3415 777.2678 97 2945
M50 M55 M60 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66 26.53	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W56 Sharon Raham 25 13/8 00/23 97 W65 Christel Donley 17 41/7 21/17 96 W75 Charlotte Acton 15 67/5 34/12 23 M50 Richard Watson	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 n 6.90 Veiner 5.94 4.34 e 4.04 6.12 TOTAL 2982 7/27.63/6.89 3415 7/17.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282
M50 M55 M60 M75 M80 M85 JAV W55 W65	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66 26.53 38.09	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 George Labelle M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/MT W55 Sharon Raham 25.13/8.00/23.97 W55 Christel Donley 17.41/7.21/17.96 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 n 6.90 Veiner 5.94 4.34 e 4.04 6.12 TOTAL 2982 7/27.63/6.89 3415 7/17.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282
M45 M50 M55 M60 M75 M80 M85 JAV VV55 VV65 W75	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck Garry Pirch	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66 26.53 38.09 30.03	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W56 Sharon Raham 25.13/8.00/23.97 W55 Christel Donley 17.41/7.21/17.96 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8 M65 Vern Spencer	Veiner 13.78 7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 n 6.90 Veiner 5.94 4.34 4.04 6.12 TOTAL 2982 7/27.63/6.89 3415 7/7.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282 0/46.75/13.47 3420
M45 M50 M55 M60 M75 M80 M85 JAV W55 W65 M40 M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck Garry Pirch Richard Watson	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.63 34.53 33.66 26.53 38.09 30.03 45.61	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/JT/WT W56 Sharon Raham 25.13/8.00/23.97 W65 Christel Donley 17.41/7.21/17.96 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8 M65 Vern Spencer 35.38/9.01/35.10	Veiner 13.78 7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 n 6.90 Veiner 5.94 4.34 4.04 6.12 TOTAL 2982 7/27.63/6.89 3415 7/7.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282 0/46.75/13.47 3420
M45 M50 M55 M60 M75 M80 M85 JAV VV55 VV65 W75	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck Garry Pirch Richard Watson Ed Morland	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66 26.53 38.09 30.03 45.61 51.48	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/J/T/WT W55 Sharon Raham 25.13/8.00/23.97 W65 Christel Donley 17.41/7.21/17.96 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8 M65 Vern Spencer 35.38/9.01/35.10 M70 Al Clowser	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 6.90 Veiner 5.94 4.34 6.12 TOTAL 2982 7/27.63/6.89 3415 7/7.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282 0/46.75/13.47 3420 7/22.15/13.11 3291
M45 M50 M55 M60 M70 M85 JAV W55 W65 M40 M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck Garry Pirch Richard Watson Ed Morland Rocco Petitto	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.35 9.46 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.63 34.53 33.66 26.53 38.09 30.03 45.61	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/J/T/WT W55 Sharon Raham 25.13/8.00/23.97 W55 Joy Kaylor 25.74/7.31/21.55 W65 Christel Donley 17.41/7.21/17.92 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8 M65 Vern Spencer 35.38/9.01/35.10 M70 Al Clowser 30.18/9.91/28.94	7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 3.88 6.90 Veiner 5.94 4.34 6.12 TOTAL 2982 7/27.63/6.89 3415 7/7.26/8.97 2945 7/22.83/6.32 2678 7/9.02/5.67 3282 0/46.75/13.47 3420 7/22.15/13.11 3291
M45 M50 M55 M60 M70 M85 JAV W55 W65 M40 M45	Garry Stanley Eric Johnson Kris Lettow Garry Pirch Brian Felt Tim Muller Rick Myre LaVane Johnsor Alex Meyer Ralph Check Jr. George Labelle Jerrol Springer Wayne Sabin Chuck Wiedman Jerry Donley Robert Carleson Frank Bowles Harry Miller ELIN Sharon Raham Christel Donley Joy Kaylor Dorothy Morgan Willie Gatza Milt Girouard Garry Stanley Eric Johnson Bob Jones Jeff Bilderbeck Garry Pirch Richard Watson Ed Morland	9.04 8.06 13.22 8.76 8.20 13.19 9.00 12.12 11.72 11.35 9.43 10.52 9.65 8.26 7.13 8.32 5.15 25.74 23.20 17.07 19.66 11.30 40.68 34.53 33.66 26.53 38.09 30.03 45.61 51.48 45.05	M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Robin Herron Vern Spencer M80 Frank Bowles M85 Harry Miller SUPER WT W55 Judy Watson W65 Joy Kaylor W75 Charlotte Acton M50 Richard Watso M55 Jerry Bookin-W Rick Myre M60 George Labelle M65 Vern Spencer WT PENTATHLON HT/SP/DT/J/T/WT W55 Sharon Raham 25.13/8.00/23.97 W65 Christel Donley 17.41/7.21/17.96 W75 Charlotte Acton 15.67/5.34/12.23 M50 Richard Watson 38.75/10.89/35.8 M65 Vern Spencer 35.38/9.01/35.10 M70 Al Clowser	Veiner 13.78 7.60 9.89 14.05 13.36 8.95 6.50 3.65 4.32 15.00 9.89 14.05 13.36 8.95 6.50 15.00 15

	Natio	nai M
M85	Harry Miller	2368
	15.80/5.05/12.45/10.47	7/6.22
HI4		
S	<b>OUTHWE</b>	ST
C	at Spring Grunt M	leet
C	at Spring, TX; Jul	y 12
Shot	Put Mathias Wennberg	12.72
	Stefan Blomquist	18.16
	Dave Rothenbury	13.10
	Bruce Navarre Richard Stewart	13.08
	Jeff Baty	11.97
MSO	Amie Ferrando Dan Roloff	10.26
NISO	Roger Conby	12.32
	Vince Breaux Tom Gage	12.27
NIOU	John Conniff	12.57
	Mark Chapman	12.47
	Harold Crater Harold Landry	10.93
	Pat Arceneaux	10.49
M65 M70	Milton Brady Jim Gerhardt	8.62 11.73
NITO	Pay Carstensen	10.88
	Joe Quartano	9.61
M75	Jack Haller Fred Adams	8.87 6.53
	Ruth Welding	10.15
	Sue Hallen Cheryl Mellenthin	7.90 6.64
W50	Diana Gutierrez	11.47
	Discus Dave Both anhum	45 02
	Dave Rothenbury Bruce Navarre	45.82 52.37
M45	Richard Stewart	45.51
	Jeff Baty Amie Ferrando	36.68
	Rick Easley	28.14
M50	Roger Conboy Dan Roloff	37.44 35.33
26375 250	Vince Breaux	37.52
M60		50.83
	John Conniff Mark Chapman	41.22
	Harold Crater	38.02
	Pat Arceneaux Harold Landry	31.83
	Milton Brady	29.08
M/0	Jim Gerhardt Pay Carstensen	37.08 25.27
	Joe Quartano	23.95
M75	Jack Haller Fred Adams	23.77 15.93
	Ruth Welding	35.29
	Sue Hallen Cheryl Mellenthin	25.85
W50	Diana Gutierrez	29.22
	Javelin	20.62
	Dave Rothenbury Bruce Navarre	38.63 34.95
	Amie Ferrando	46.60
	Jeff Baty Rick Easley	41.91
	Richard Stewart	40.97
M50	Roger Conboy	43.38
M55	Dan Roloff Vince Breau	32.13 43.33
	John Conniff	36.87
	Tom Gage Mark Chapman	34.23
	Pat Arceneaux	32.14
	Harold Landry Harold Crater	28.51
M65	Milton Brady	24.46
M70	Jim Gerhardt	30.94
	Pay Carstensen Joe Quartano	26.39
	Jack Haller	21.78 12.52
	Fred Adams Ruth Welding	21.89
	Sue Hallen	20.19
	Cheryl Mellenthin Hammer	16.16
	Mathias Wennberg	50.70
	Dave Rothenbury Bruce Navarre	42.38 38.91
	Richard Stewart	45.09
	Jeff Baty	37.52
M50	Amie Ferrando Roger Conboy	25.76 40.79
	Dan Roloff	30.06
	Vince Breaux Tom Gage	37.90 59.16
11200	Mark Chapman	34.77
	John Conniff Harold Crater	30.58 29.34
	Harold Landry	26.27

ster	's News	
	Pat Arceneaux	22.20
	Milton Brady Pay Carstensen	26.01 33.27
	Joe Quartano	28.42
	Jim Gerhardt Jack Haller	22.07
M75	Fred Adams	17.78
W45	Ruth Welding Sue Hallen	33.93 28.47
	Cheryl Mellenthin	20.28
	Weight	12.01
	Dave Rothenbury Bruce Navarre	13.91
M45	Richard Stewart	16.55
	Jeff Baty Amie Ferrando	11.91 9.84
M50	Roger Conboy	15.32
M55	Dan Roloff Vince Breaux	12.20
	Tim Edwards	13.89
M60	Tom Gage John Conniff	22.99 12.95
	Mark Chapman	12.59
	Harold Crater Harold Landry	11.46 9.87
	Pat Arceneaux	9.67
	Milton Brady Pay Carstensen	16.55
14170	Jim Gerhardt	11.06
	Joe Quartano	10.33
	Jack Haller Fred Adams	9.09 8.56
	Ruth Welding	11.72
	Sue Hallen Cheryl Mellenthin	8.86 7.57
7	Super Weight	The state of
	Dave Rothenbury Bruce Nararre	9.56 9.53
	Jeff Baty	8.31
	Roger Conboy	7.80
M55	Vince Breaux Tim Edwards	7.57 6.15
M60	Tom Gage	8.88
	John Conniff Mark Chapman	5.57 4.75
	Harold Crater	4.72
M70	Pay Carstensen Jim Gerhardt	8.26 6.34
	Jack Haller	4.67
M75	Fred Adams Cheryl Mellenthin	5.30 3.94
	56# Weight	
M70	Pay Carstensen Jim Gerhardt	5.33 4.46
	Jack Haller	3.42
	Fred Adams Ruth Welding	3.23 3.76
W43	98# Weight	3.70
	Bruce Navarre	4.60
M43	Jeff Baty Rick Easley	4.57 2.58
	Roger Conboy	4.01
-0.00	Vince Breaux Tom Gage	3.91 4.85
14100	Mark Chapman	2.93
1470	John Connigg Pay Carstensen	2.65 3.12
	Jack Haller	1.83
	Fred Adams Cheryl Mellenthin	1.84
	200# Weight	
	Bruce Navarre	2.29
	Roger Conboy Vince Breaux	1.63
	Tim Edwards	1.59 1.98
Mod	Mark Chapman	1.98
M70	Pay Carstensen	1.60
M40	300# Weight  Bruce Navarre	1.35
	Tim Edwards	.89
M60	Vince Breaux ) Tom Gage	1.19
	) Pay Carstensen	.97
100	Weight Pentathlo	n 3146
	Bruce Navarre	3353
	Richard Stewart	3954
	Jeff Baty Arnie Ferrando	3192 2663
M50	Roger Conboy	3507
MS	Dan Roloff Vince Breaux	2947 3808
	Tom Gage	5296
	John Conniff Mark Chapman	3646 3584
	Harold Crater	2949
	Harold Landry	2816
M6	Pat Aroeneaux Milton Brady	2751 2877
M70	Pay Carstensen	3689

Jim Gerhardt Joe Quartano Jack Haller M75 Fred Adams W45 Ruth Welding	3509 2868 2489 2092 3843
Sue Hallen Cheryl Mellenthin	2927
WEST	
Prescott Senior Oly Prescott, AZ; Jul	y 19
50m M50 Myron Hartz M55 Chris Jensen M60 Steve Bowles M65 Glenn Corrigan M70 John Fessler M75 Bob McDonald M80 Johnny Gibson M85 Paul Hall W50 Robin Fox W55 Myra Bair W65 Ginger Rhodes W75 Betty Gaudy	7.42 7.35 7.00 8.67 9.38 8.36 9.62 10.80 9.18 8.89 8.63 10.71
M50 Oscar Lopez M55 Chris Jensen M60 Steve Bowles M65 Ray Graves M70 John Fessler M75 Bob McDonald M80 Johnny Gibson M85 Paul Hall W50 Robin Fox W55 Myra Bair W65 Ginger Rhodes W75 Betty Gaudy	14.61 13.13 12.71 14.00 18.30 16.89 19.69 23.71 19.07 17.37 17.96 25.63
200m M50 Oscar Lopez M55 Chris Jensen M60 Steve Bowles M65 Ray Graves M70 Gus Salazar M80 Johnny Gibson M85 Paul Hall W75 Betty Gaudy 400m M50 Steven Waples M50 Chris Jensen	30.94 26.41 26.86 34.59 36.40 48.63 52.73 53.11 69.17 70.09
M60 Garry Cox M65 John Corrigan M70 Gus Salazar M80 Clyne Lansford 800m M50 Bill Sayers	65.17 79.22 93.43 90.31 2.38.63
M55 Ron Hunt M65 John Corrigan	3:10.58
1600m	The sales and
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald	5:39.48 4-8 4-6 3-8 3-6 3-4
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson	5:39.48 4-8 4-6 3-8 3-6 3-4 13-8 14-5 13-7.5
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson Shot Put M50 Tim Colby M55 Martin Eisner M60 Larry Alexander M60 Carry Alexander M70 Kenneth Server M75 Murlin Martin M80 Ole Schjeide W50 Susie Kingstrom W55 Esther Brown	5:39.48 4-8 4-6 3-8 3-6 3-4 13-8 14-5 13-7.5 9-10.5 11-2 10-9 8-10 35-0.5 37-1.5 33-4.5 34-1 29-10 nma 25-5.5
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson Shot Put M50 Tim Colby M55 Martin Eisner M60 Larry Alexander M65 Gary Showalter M70 Kenneth Server M75 Murlin Martin M80 Ole Schjeide W50 Susie Kingstrom W55 Esther Brown W60 Elke Davis W65 Jeri Castronova Discus M50 James McEvoy M55 Martin Eisner M60 Jim Rivard M65 Don Judd M70 Kenneth Server M80 Ole Schjeide W50 Diane Riivera W55 Esther Brown	5:39.48  4-8 4-6 3-8 3-6 3-4  13-8 14-5 13-7.5 9-10.5 11-2 10-9 8-10 35-0.5 37-1.5 33-4.5 34-1 29-10 nma 25-5.5 27-11 25-9.5 17-8 18-9.5 106-2 108-6 116-7 103-2 73-4 68-5 41-1 55-3
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson Shot Put M50 Tim Colby M55 Martin Eisner M60 Larry Alexander M65 Gary Showalter M70 Kenneth Server M75 Murlin Martin M80 Ole Schjeide W50 Susie Kingstrom W55 Esther Brown W60 Elke Davis W65 Jeri Castronova Discus M50 James McEvoy M55 Martin Eisner M60 Jim Rivard M65 Don Judd M70 Kenneth Server M80 Ole Schjeide W50 Diane Rivera W55 Esther Brown W60 Elke Davis W65 Jeri Castronova Javelin M50 James McEvoy M55 Robert Colby M65 Robert Colby M65 Bobert Colby M65 Ed Elfenbein M70 Wes Dudley M80 Johnny Gibson	5:39.48  4-8 4-6 3-8 3-6 3-4 13-8 14-5 13-7.5 9-10.5 11-2 10-9 8-10 35-0.5 37-1.5 33-4.1 29-10 nma 25-5.5 27-11 25-9.5 17-8 18-9.5 106-2 108-6 116-7 103-2 73-4 68-5 41-1 55-3 50-2 36-0 138-0 137-4 75-10 52-0 57-7 55-4
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson Shot Put M50 Tim Colby M55 Martin Eisner M60 Larry Alexander M65 Gary Showalter M70 Kenneth Server M75 Murlin Martin M80 Ole Schjeide W50 Susie Kingstrom W55 Esther Brown W60 Elke Davis W65 Jari Castronova Discus M50 James McEvoy M55 Martin Eisner M60 Jim Rivard M65 Don Judd M70 Kenneth Server M80 Ole Schjeide W50 Diane Rivera W55 Esther Brown W60 Elke Davis W65 Jeri Castronova Javelin M50 James McEvoy M65 Bobert Colby M65 Ed Elfenbein M70 Wes Dudley M80 Johnny Gibson W55 Esther Brown W60 Elke Davis W65 Let Elfenbein M70 Wes Dudley M80 Johnny Gibson W55 Esther Brown W60 Elke Davis T500m Racewalk M60 Charles Stark M65 Cliff Elkins W50 Joy Sayers W55 Myra Bair W70 Claire Elkins S000m Racewalk	5:39.48  4-8 4-6 3-8 3-6 3-4 13-8 14-5 13-7.5 9-10.5 11-2 10-9 8-10 35-0.5 37-1.5 33-4.5 34-1 25-5.5 27-11 25-9.5 17-8 18-9.5 106-2 108-6 116-7 103-2 73-4 68-5 41-1 55-3 50-2 36-0 138-0 137-4 75-10 52-0 57-7 55-4 39-5 1051.665 1001.77 11.08.88 11.31.01 12.45.95
M50 Bill Sayers High Jump M50 Tim Colby M55 Bob Zawidski M60 Larry Jones M70 Don Leis M75 Bob McDonald Long Jump M50 Oscar Lopez M55 Bob Zawidski M60 Larry Jones M65 Loren Whitehead M70 Gus Salazar M75 Joe Sarvis M80 Johnny Gibson Shot Put M50 Tim Colby M55 Martin Eisner M60 Larry Alexander M65 Gary Showalter M70 Kenneth Server M75 Murlin Martin M80 Ole Schjeide W50 Susie Kingstrom W55 Esther Brown W60 Elke Davis W65 James McEvoy M55 Martin Eisner M60 Jim Rivard M65 Don Judd M70 Kenneth Server M80 Ole Schjeide W50 Diane Rivera W55 Esther Brown W60 Elke Davis W65 Jeri Castronova Jiscus M50 James McEvoy M55 Robert Colby M65 Ed Elfenbein M70 Wes Dudley M65 Ed Elfenbein M70 Wes Dudley M80 Johnny Gibson W55 Esther Brown W60 Elke Davis SW65 Jeri Castronova Javelin M50 James McEvoy M65 Ed Elfenbein M70 Wes Dudley M80 Johnny Gibson W55 Esther Brown W60 Elke Davis ST00m Racewalk M60 Charles Stark M65 Cliff Elkins W50 Joy Sayers W55 Myra Bair	5:39.48  4-8 4-6 3-8 3-6 3-4 13-8 14-5 13-7.5 9-10.5 11-2 10-9 8-10 35-0.5 37-1.5 33-4.5 34-1 29-10 nma 25-5.5 27-11 25-9.5 17-8 18-9.5 106-2 108-6 116-7 103-2 73-4 68-5 41-1 55-3 50-2 36-0 138-0 137-4 75-10 52-0 57-7 55-4 39-5 10-51-65 10-01.77 11-08.88 11-31-01

Octobe	
Aloha State Gar Honolulu; July 2	
100m W35 Wendy Kinimaka	16.2
M30 Alvin Taylor	12.3
M35 Kelsey Nakanelua M40 Richard Chin	12.3
M45 Bill Blair M50 Alan Nakasone	12.5 15.0
M55 Walter Ritte	13.6 12.9
M60 Sai Ching M65 Standord Kuroda	14.7 15.5
M70 Paul Oshiro M75 Richard Wong	22.2
M80 Shoichi Tanouye M85 Bob Terukina	29.1 42.3
200m W50 Britta Staub	36.8
W55 Mary Trotto	39.9 39.0
W60 Brenda Andrieu M30 Douglas Ota	26.2
M35 Kelsey Nakanelua M40 Richard Chin	25.9
M45 Bill Blair M55 Walter Ritte	26.2 28.5
M60 Sai Ching M65 Stanford Kuroda	26.7 31.2
M70 Celestine De Mello M75 Richard Wong	
M80 Shoichi Tanouye	77.5
M85 Bob Terukina 400m	96.5
W45 Linda Kawana W50 Britta Staub	2:13.1
W55 Mary Trotto M35 William Gardner	98.0 60.3
M40 Duke Ota	59.5
M50 George Downham M55 Walter Ritte	65.5 63.4
M60 Sai Ching M65 Stanford Kuroda	59.2 73.2
M70 Cliff Youth	84.3 1:45.7
M75 Richard Wong M85 Bob Terukina	3:28.2
W50 Britta Staub	3:14.1
W55 Mary Trotto W60 Joan Davis	3:36.7 7:15.9
M35 Val Umphress M40 Steve Sakuma	2:18.9 2:53.6
M45 Michael Houar	2.21 9
M50 George Downham M55 Wayne Joseph	2:54.0
M55 Wayne Joseph M65 Tom Smyth M70 Cliff Youth	4:12.8 3:31.4
M75 Richard Wong 1500m	4:33.2
W50 Britta Staub	6:31.7 7:00.1
W55 Mary Trotto M40 Val Umphress M45 Michael Houar	4.46.5 4.45.4
M50 Al Linsky	7.18.7 5.07.4
M55 Ron Pate M65 Tom Smyth M70 Cliff Youth	8:10.7 7:16.1
M75 Brooks Kakiuchi	9:32.8
3000m M45 Michael Houar	10:17.0
M55 Ron Pate M70 Cliff Youth	11:09.8
5000m M35 Ollie Ocampo	15:58.0
M45 Ashley Dustow M55 Wayne Joseph	19:03.4
Short Hurdles	
W35 Wendy Kinimaka M35 Ollie Ocampo	20.9
M55 Absalon Amodo M60 Lionel Low	19.3 20.8
Long Hurdles	
M35 Ollie Ocampo M55 Absalon Amodo	88.7 83.2
M60 Lionel Low 4x100m Relay	64.1
M30 Bactad/Hee/Water Shim	53.1
M40 Blair/Chin/Mukai/ Ng	50.9
M50 Amodo/Nakasone Rees/Ritte	
M60 Karbens/Taylor/Ki	uroda/
Molyneux M70 Brown/Oshiro/You	
DeMello High Jump	69.3
W35 Amanda Stevens W60 Brenda Andrieu	3-6 3-6
M35 Wm Gardner M45 Darryl Wong	5-2 5-6
M60 Don Hemmes	4-0
M70 Pat Brown Long Jump	3-4
W35 Amanda Stevens M35 Wm Gardner	10-9.5 16-11.5
M40 Beje Mahoe M45 Francis Mukai	12-4.25 17-0.5
M50 Alan Nakasone M55 Absalon Amodo	11-9.75 11-8.75
M60 Lionel Low	12-0.75 12-5.75
M65 Stanford Kuroda M70 Pat Brown	9-4
M80 Shoichi Tanouye Triple Jump	4-10.25
W35 Amanda Stevens M35 Wm Gardner	25-6.75 35-10.5
M45 Francis Mukai M50 Alan Nakasone	34-8.5
M60 Lionel Low	28-3
Continued on	next page

Continued from previou	s page
Shot Put W45 Linda Kawana W60 Joan Davis M35 Mark Hee M40 Eric Roth M50 David Aguirre M55 Billy Rees M60 Jack Karbens	18-0 15-4 32-1 34-8 26-8 31-7 33-3
M65 Robert Molyneux M70 Thomas Lee M80 Shoichi Tanouye M85 Mazumi Masuko Discus W45 Linda Kawana	26-7 35-1 17-9 16-4 40-10
W60 Joan Davis M40 Eric Roth M50 David Aguirre M55 Billy Rees M60 Jack Karbens M65 Robert Molyneux M70 Ed Van Pelt	30-4 103-6 64-5 99-5 110-2 92-9 131-9
Hawaii Masters TC	Weight

# Pentathlon Honolulu; Sept. 6

HT/SP/DT/JT/WT	
Jack Karbens 61	3132
29 14/9 56/35 72/33 01/1	3.41
Bob Husic 72	3054
23 80/9 02/35 50/20 75/1	1.33
Eric Roth 44	2660
40.83/10.88/33.47/37.61	/10.18
	2527
21 80/8 03/30 36/20 85/8	1.94
Thomas Reppuhn 55	2050
18.30/7.72/25.72/28.18/8	
Vince Costello 50	1801
/10.28/35.22/41.82/	
Lee Thomas 70	995
17 59/10 04//	
Don Shields 70	671
//-/31.82/	
	1780
14.99/6.03/12.61/12.86/5	20
Superweight	
Bob Husic 72	6.39
Jack Karbens 61	5.86
Thomas Reppuhn 55	3.89
Robert Molyneux 65	2.53
Brenda Andrieu 63	4.10
NOPTHUE	070

Brenda Andrieu 63	4.10
NORTHWE	EST
2003 Ultra Weight ( Seattle, WA; Se	Classic pt. 7
M30-49	
(35#/56#/98#/200#/300 M40 Jeff Crothers	2528
(11.76/8.26/3.89/1.52/-	-)
(11.76/8.26/3.89/1.52/- M45 Jim Wetenhall *1 (15.35/10.33/5.29/2.51	st 5350
Jim O'Neil	/1.720 3151
(11.52/6.65/2.78/1.72/	1.02)
M50-59 (25#/56#/983/200#/300	
M50 Mark Neal	4539
(15.223/8.94/4.15/2.36	/1.35)
Richard Watson (12.58/6.64/2.60/1.28/0	2662
M55 Todd Taylor	4207
(17.68/8.11/3.03/1.74/0 Bob Sager	0.93)
(13.86/7.12//)	1547
M60-69	W.F.
(20#/563/983/2003/300 M60 Bob Cahners * 2n	d 4827
(18.63/7.90/3.32/1.73/1	.10)
John White	3820
(13.98/-/3.26/1.95/1.16 Jack Kuhns	2869
(12.71/4.76/2.24/1.15/0	.45)
George Mathews (19.68/8.48//)	2100
M65 Robin Herron	2281
(12.32/3.94/1.95/0.90/0 Vern Spencer	1641
(13.82/5.35//)	1041
Bob Lawson (14.00/4.81//)	1562
M70-79	
(16#/35#/56#/98#/200# M70 Bob Ward *1st	)
M/0 Bob Ward "1st (18 83/10 96/6 71/3 44/	5467
(18.83/10.96/6.71/3.44/ Mike Devlin *2nd	3758
(13.03/7.19/5.03/2.51/1.	09)
Doug Tomlinson (13.40/6.59/4.99/1.97/1.	01)
Tom Allison	2225
(12.96/6.71/4.31//) Harvey Lewellen	1745
(13.85/7.63//)	
Jerry Wojcik (13.46/6.85//)	1563
Pay Carstensen (11.94/7.99//)	1493
(11.94//.99//) Jim Hitchman	891
(15.11/-//)	
M75 Vince Sempronio (11.97/7.58/4.17//)	2556
Ken Weinbel	1449
(11.61/5.89//) Jack Morrill	1489
(8.60/4.40/3.06//)	1400
M80+	
(12#/35#/56#/983/200#) M80 Bob Horsley	2715
(12.21/4.39/2.83/1.65/0.	52)
M90 Leon Joslin	1454

(6.95/3.38/1.69//)
W30-49
(20#/35#/56#/98#/200#)
W35 Laurie Jinkins 3594
(10.20/6.69/4.20/2.10/0.90)
W40 Carla EdmanSurina 3252
(8.62/4.96/3.62/1.94/0.87)
W45 Carol Finsrud *1st 5569
(13.79/9.39/4.80/2.57/1.38/
W50-59
(16#/25#/35#/56#/98#)
W50 Joyce Taylor *2nd 5071
(11.39/8.65/6.73/3.37/1.95)
Kathy Wetenhall
(10 FOR 2014 0010 0714 07)
(10.50/7.29/4.29/2.97/1.67)
W55 Judy Watson 1886
94.78/3.73/2.78/1.70/0.68)
W60+
(12#/25#/35#/56#/98#)
W60 Georgia Cutter
(12.28/6.38/4.16/2.64/1.19)
*Places in M30-69; M70+; W30+

*Places in M30-69; M70	
CANADA	
Canadian Masters Cham	
Richmond, BC; Aug	. 16-17
W40 100m Rogers, Patti	13.18
Delmonico, Megan Meloche, Laurie	13.41
W45 100m	
Lauridsen, Susanne Hendershot, Margare	DNE
W50 100m Del Grande, Karla	
Trott, Rhona	14.94
W60 100m	
Jager, Kathy La Fayette-Boyd, Ca	14.23
La Fayerte-Boyd, Ca Radcliffe, Marg W65 100m	15.55
Palmason, Diane	15.06
Boiven, Gwen W70 100m	18.34
Webb, Coral W75 100m	18.33
McQuarrie, Betty McLeod-Smith, Doree	20.36
Erskine, Doreen	26.26
W80 100m Kotelko, Olga Fleming, Annie	21.19
Fleming, Annie M30 100m	21.26
Weniger, Mike	11.47
M35 100m Fostvelt, Shawn	11.43
Kelly, Brett Jacobsen, Craig	12.31
M40 100m	12 10
Johnson, Winchester Bolstad, Gordon M45 100m	11.88
M45 100m	11.72
Murray, Brian	12.30
Chin Aleong, Neil M50 100m	12.52
Dickson, Tom Gartner, Bruno Little, Mike	11.91
Liccle, Mike	12.99
M55 100m Hathcock, Lloyd	12.44
Lech, Richard	12.87
M60 100m	
Reynolds, Norman Armstrong, Larry	13.16
Armstrong, Larry M65 100m	14.52
Bennett, Wayne	13.27
Sims, Gary Fraser, Doug	13.28
M70 100m Nett, Arnold	14.55
Giegerich, Joe	15.19 15.83
M75 100m	
Brown, Rodney Robson, Leslie	15.43
M80 100m	16.85
Thompson, Harry M90 100m	
West, Howard W40 200m	31.76
Rogers, Patti Meloche, Laurie	27.31
Delmonico, Megan	28.09
W50 200m Del Grande, Karla	27.15
Burrowes, Sarita W60 200m	33.45
Jager, Kathy La Fayette-Boyd, Ca	29.69
Robinson, Mary	32.25
W65 200m Palmason, Diane	30.26
Boiven, Gwen W70 200m	41.49
Webb, Coral	42.85
W75 200m McQuarrie, Betty	42.85
McLeod-Smith, Dorea W80 200m	47.18
Fleming, Annie	47.06
Kotelko, Olga M30 200m	46.38
Weniger, Mike	23.65
Fostvelt, Shawn	23.74
M40 200m	26.36
Provo, David Lee, Jimson	22.47 23.73
Bolstad, Gordon	24.56

Nati	ional Ma
M45 200m Chin Aleong, Neil	25.36
Roblin, Blair	25.59 25.72
M50 200m	25.03 25.19
Gartner, Bruno	25.19
M55 200m Hathcock, Lloyd Lech, Richard	25.91 27.63
Delisle, Victor M60 200m	28.47
Gee, Herb Renwick, Doug Mitchell, Bruce	26.97 29.35 29.46
M65 200m Sims, Gary	27.24
M65 200m Sims, Gary Bennett, Wayne Fraser, Doug	27.30 28.35
Thompson, Bill	33.37
M75 200m Brown, Rodney Robson, Leslie	32.10 33.08
Thompson, Harry	
M60 800m Renwick, Doug	
M65 800m Pascoe, James	2:47.15
Oracheski, Stan W40 400m	3:43.57
Meloche, Laurie Santamaria, Hanusch Sieben, Karen	62.62
W50 400m	
Del Grande, Karla Hartzler, Mary Ann	78.90
W55 400m Douglas, Avril W60 400m	67.40
Robinson, Mary Radcliffe, Marg	
W65 400m Daprano, Jeanne	75.39
W70 400m Horne, Jean	1:21.21
W75 400m McLeod-Smith, Doree W80 400m	
Fleming, Annie M35 400m	2:06.69
Frauenfeld, Barton M40 400m	
Johnson, Winchester Corcoran, Bill	56.14
Abildgaard, Erik Jackman, Kenny	61.53
M45 400m Reimer, Paul Davy, Brent	56.36 58.21
Davy, Brent M50 400m Freeman, Peter Cassidy, Gary	
Cassidy, Gary 2apf-Gilje, Reidar	59.03 61.13
Zapt-Gilje, Reidar M55 400m Machado, Francisco Birring, Sewa Clark, Fred M60 400m	62.72
Clark, Fred M60 400m Gee, Herb	
Gee, Herb Renwick, Doug Mitchell, Bruce	63.39
Clarke, Kingsley	70.52
M65 400m Sims, Gary van der Wal, Hylke	64.66 65.80
Odwin, Stephen M70 400m	66.76
Giegerich, Joe	72.23 1:22.81
Brown, Rodney	72.84
Robson, Leslie Oracheski, Stan	1:44.93
	1:30.20
Nesdoly, Faith Meloche, Laurie	2:24.14 2:30.43
Santamaria, Hanusch W45 800m	2:37.66
Boon, Kim W50 800m	2:57.58
W65 800m	
Daprano, Jeanne MacLeod, Suzi W70 800m	3:14.16
Harna Jaan	3:04.44
M40 800m Corcoran, Bill Smillie, Malcolm Rowlands, Mark	2:09.58 2:10.52 2:15.88
Reimer, Paul Burdo, Bryan Reed, Dave	2:06.13 2:10.48 2:12.32
M50 800m	2:12.08
Cassidy, Gary Zapf-Gilje, Reidar	2:12.85
M55 800m	2:18.58
Judson, Fred Pawluk, Fred Clark, Fred	2:26.87 2:27.85
W40 1500m Tinari, Nancy Corcoran, Marlene Willis, Katherine	4:43.71 5:26.69
W45 1500m	
W50 1500m	5:41.94
Freeman, Mary W60 1500m Bost, Madeline	5:52.66 DNF
W65 1500m Visser, Helly	6:35.95

ters News		
MacLeod, Suzi	6:50.45	1
lorne, Jean lontgomery, Lenore	6:30.79	1
Millie, Malcolm	4:30.42	1
orcoran, Bill lowlands, Mark	4:31.01 4:49.19	,
145 1500m leed, Dave	4:29.66	1
	4:33.41	C
uxley, David rice, Roger rayne, Tim	4:37.55	202
ayne, Tim	4:55.66	0
udson, Fred aluzniak, Marvin ickard, John	4:51.41	
160 1500m		F
ollingshead, Bill Christensen, Vern underson, Lornel	5:01.82 5:33.93	2
165 1500m		4 10
Davies, Roger van der Wal, Hylke Pascoe, James	5:21.47 5:53.12 6:00.13	X
70 1500m	6:00.45	1
775 1500m Oracheski, Stan		1
M80 1500m Thompson, Harry	7:03.20	L
	19:14.40	E
140 5000m Tinari, Nancy	16:56.60	RA
Corcoran, Marlene Dumais, Jocelyne	23:09.60	0 00
750 5000m Freeman, Mary 770 5000m	21:50.70	K
Montgomery, Lenore	23:56.90	2 2 3
Lee, Richard	15:58.87 17:04.27	E
	18:00.61	1
M45 5000m Mooley, Chuck Stanage, Steven McKinnon, Robert	18:43.20 21:10.91	H
rice, Roger	17:09.17	1 1
uso 5000m Price, Roger Muxley, David Payne, Tim Uso 5000m	17:34.15	F
455 5000m Kaluzniak, Marvin Kamieson, Alex	18:38.51	1
Cobbledick, Roger	19:52.07	1
follingshead, Bill	18:30.93 19:09.91 20:00.71	I
Caruso, John Mackie, Chris M70 5000m		1 F
(urucz, Frank 175 5000m	23:07.50	1
Oracheski, Stan 140 10000m Booth, Ed	34:11.40	1
doon, Mike-	35:38.10	1
Cobbledick, Roger Breton, Gaetan	41:43.80 43:26.00	V P
Swadling, Jim 460 10000m	DNF	5
Anderson, Lornel 470 10000m		H
Marrant, Maurice	44:00.30	M M M
Oracheski, Stan 1:01:04.60 W35 5000m Walk		D
Gerke, Holly 740 5000m Walk	24:50.70	J
Welchman, Jenniter	30:17.50 30:21.90	h
Clinson Johanna	28:17.70	M
Gill, Jacqueline Geatley-Campbell, L	31:18.80	SMA
KSO 5000m Walk Okamura, Katherine Ruzgaitis, Dianne	31:26.50	H
Ruzgaitis, Dianne W55 5000m Walk Backlund, Darlene Haylor, Shirley Hohnson, Faune W60 5000m Walk	33:03.30	E
Waylor, Shirley	33:05.10 33:47.30	1
760 5000m Walk Christensen, Joan 770 5000m Walk	31:49.30	1
770 5000m Walk Carrier, Ruth	47:29.00	I
Keenan, Dave	26:16.76	1
M50 5000m Walk Oragomir, Gerald	25:02.13	1
Dragomir, Gerald Silchrist, Ed 160 5000m Walk Ibarra, Salvador	DQ 29:04.10	1
Backlund, John	30:17.74 DQ	1
Howard, Neville W50 80m Hurdles Frott, Rhona	15.38	1
Cochrane, Nancy	15.83	1
450 100m Hurdles	19.87	1
Capf-Gilje, Reidar Watson, Richard Chubb, Roy	17.47	1
455 100m Hurdles	16.97	1
460 100m Hurdles Renwick, Doug	21.70	1
Renwick, Doug M65 100m Hurdles Benjamin, William	21.24	1
Poonia, Kesar W50 300m Hurdles	21.60	
rott, Rhona	55.35 79.26	
Anderson, Lornel		

van de	OOm Hurdles or Wal, Hylke	52.36
Benjan 435 40	or Wal, Hylke nin, William Oom Hurdles	55.66
rauer	nfeld, Barton	64.16
	Om Hurdles on, Winchester	64.17
445 40	Oom Hurdles Gilje, Reidar	66.70
fachad	io, Francisco	69.97
rigsb		8:56.05
50 20	000m SC	10:48.98
		0.05.05
Inders	censen, Vern son, Lornel	11:20.29
165 20 van de	000m SC or Wal, Hylke	9:07.89
140 30	or Wal, Hylke 000m SC nds, Mark	12.44 76
150 30	000m SC	
apf-G	Doug Reidar	12:03.50
155 30	000m SC	12:46.17
30-99	4x100m Relay	
Chin A	(Kuno, Provo, C Al) 47.11 (Delmonico, Rog	heng,
RIC (	Delmonico, Rog	ers,
/2C (	Simpson, Zapf- ) 57.00 Palmason, Rade ) 58.90 Poonia, Nett,	Gilje,
ech,	) 57.00 Palmason, Rado	liffe,
soyd,	) 58.90	Poheon
enwi)	65.56 Jolicoeur, McB	RODSOII,
B (	Jolicoeur, McB	lain,
K (	Kotelko, McLeo 1:25.91	d-Smith,
30-99	4x400m Relay Kuno, Provo, C	
reema	n) 3:50.19	
U (	Palmason, Stei ) 4:59.11	nberg,
45 HJ		
lece,		1.05m
	ine, Nancy	1.27m
(cBlai	in, Liz	1.10m
Moders	son, Sand	1.25m
Radcli	son, Sand iffe, Marg	1.20m
435 HJ		
Macobs		1.70m
Johnso	on, Winchester	1.75m
MAS HO	Walter	1.80m
AcHeni Roblin	ry, Blair n, Blair	1.75m 1.20m
450 H.	J	
dateor	Richard	and the
Natsor Chubb,	Richard Roy	1.55m 1.35m
hubb,	J n, Richard , Roy J l, Warren	1.55m
Judson	. Fred	1.55m 1.35m
Judson 160 HJ Natson	n, Fred J n, Brent	1.55m 1.35m 1.51m 1.41m
Judson 160 HJ Natson Inders	n, Fred J n, Brent son, Lornel	1.55m 1.35m 1.51m 1.41m
Judson 160 HJ Vatson Unders 165 HJ	n, Fred  J  n, Brent son, Lornel J  nan, John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m
Judson Matson Ma	n, Fred n, Fred n, Brent son, Lornel nan, John nan, John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m
Judson Matson Ma	n, Fred n, Fred n, Brent son, Lornel nan, John nan, John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m
Vudson Matson Ma	n, Fred  J, John John John J, Stan  Douglas	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m
Judson 460 HJ Vatson Anders 465 HJ Steinm Cksted Jurton 70 HJ Jonds,	n, Fred  J  J  J  J  J  J  J  J  J  J  J  J  J	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m
Judson 460 HJ Vatson Anders 465 HJ Steinm Cksted Jurton 70 HJ Jonds,	n, Fred  J  J  J  J  J  J  J  J  J  J  J  J  J	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m
Natson Na	n, Fred  Jan, Fred  Jan, Brent  Jan, John  Jan, John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.05m 1.30m
Judson Matson Ma	John John John John John John John John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m
Judson Matson Ma	A Artendary, Fred  Jan, Fred Jan, Brent John John John John John John John John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.80m 3.60m
Watson Matson Ma	Jan, Fred Jan, Fred Jan, John John John John John John John John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m
Watson Matson Ma	A Artendary A Arte	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.80m 3.60m
Judson Holder Ho	A, Fred  John John John John John John John Joh	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.70m 2.50m
Mudson High Research High Rese	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m
Mudson Hall Marson	Douglas  Kathy  , Brian  , William  Kathy  , Virginia  , Brian  , Brian  , Brian  , Brian  , Brian  , Richard  , Richard  , Are  , Warren  , Fred	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.60m 3.70m 2.50m 3.80m 3.60m 3.60m 3.60m
Multiplication of the control of the	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.70m 2.50m
John States of the state of the	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.50m 2.40m
loudson Market M	An, Fred  John John John John John John John Joh	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.40m
John Street Brown	A standard of the standard of	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.50m 2.40m 2.40m 2.20m
John St.	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.
John St.	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 1.30m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.
and the state of t	A standard of stan	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.10m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.40m 2.40m 2.40m 2.40m 4.32m 4.32m
industrial	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m
Journal of the control of the contro	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.10m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m 4.07m 3.38m 2.97m 3.88m
All the state of t	A state of the sta	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m
Journal of the control of the contro	A Action of the control of the contr	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.40m 2.20m 4.32m 4.07m 3.88m 3.80m 3.0m 3.0m 3.0m 3.0m 3.0m 3.0m 3
James Process	A Anterest of the control of the con	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m 4.07m 3.38m 2.50m 2.20m 4.32m 4.07m 3.38m 2.50m 2.50m 2.50m 2.73m 2.57m 2.73m
James of the state	A Anteres of the control of the cont	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m 4.
James Programme State of the Control	A Anteres of the control of the cont	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.80m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.20m 4.32m 4.07m 3.38m 2.50m 2.20m 4.32m 4.07m 3.38m 2.50m 2.50m 2.50m 2.73m 2.57m 2.73m
Mudson Middle Mi	A standard s	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.10m 2.30m 3.60m 3.70m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.40m 2.50m 3.70m 3.80m 3.70m 3.80m 3.70m 3.80m 3.70m 3.80m 3.70m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 2.50m 3.70m 3.70m 2.50m 3.70m 3.
Johnson Linaker Market Blagger Linaker Market Blagger Linaker Market Blagger Linaker Market Blagger Linaker Bl	A Anteres of the control of the cont	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.40m 2.40m 2.20m 4.32m 4.07m 3.88m 3.80m 3.80m 3.70m 2.50m 3.88m 3.88m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.90m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.
Johnson Linaker Market Blagger Linaker Market Blagger Linaker Market Blagger Linaker Market Blagger Linaker Bl	A Anteres of the control of the cont	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.35m 1.10m 1.05m 1.10m 1.30m 3.60m 3.60m 3.70m 2.50m 2.50m 2.50m 2.40m 2.40m 2.40m 2.20m 4.32m 4.07m 3.88m 3.80m 3.80m 3.70m 2.50m 3.88m 3.88m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.80m 3.90m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.00m 3.
Johnson Johnso	A Anterior Andrews Anterior An	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.80m 3.60m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 2.50m 4.32m 4.07m 3.38m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.80m 3.97m 4.32m 4.07m 3.57m 2.57m 2.57m 4.97m 5.18m 5.29m 4.99m 4.25m 4.99m 4.25m 4.25m 4.25m 4.25m 4.32m 4.
Jacobs Matson Linaker	An, Fred  Jo, Fred  Jo, Fred  Jo, Fred  Jo, Brent  John  John  Kathy  John  Kathy  John  Minchester  John  Minchester  John  Minchester  John  John  Marren  John	1.55m 1.35m 1.51m 1.41m 1.31m 1.06m 1.10m 1.05m 1.00m 1.10m 2.30m 1.30m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.60m 3.70m 2.50m 3.80m 3.80m 3.60m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 3.80m 3.70m 2.50m 2.50m 4.32m 4.07m 3.38m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.88m 3.70m 2.50m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.70m 4.32m 4.07m 3.80m 3.80m 3.97m 4.32m 4.07m 3.57m 2.57m 2.57m 4.97m 5.18m 5.29m 4.99m 4.25m 4.99m 4.25m 4.25m 4.25m 4.25m 4.32m 4.

Hamill, Warren M60 LJ	4.77m
Gee, Herb Renwick, Doug	4.58m 3.77m
M65 LJ van der Wal, Hylke	
Friesen, Les Poonia, Kesar	3.83m 3.83m
M70 LJ Nett, Arnold	3.43m
M75 LJ Daprano, William	
Robson, Leslie	3.28m
Fossberg, Mette	8.87m
W55 TJ McBlain, Liz	6.48m
W60 TJ La Fayette-Boyd, C	a 8.90m
Hoover, Virginia W65 TJ	6.56m
Boiven, Gwen M35 TJ	6.52m
Jacobsen, Craig M40 TJ	10.67m
Jackman, Kenny Lloyd, Rick	11.45m 10.18m
Lloyd, Rick M45 TJ Chin Aleong, Neil	10.02m
Roblin, Blair M50 TJ	8.38m
Zapf-Gilje, Reidar Chubb, Roy	9.94m 7.09m
M55 TJ Hamill, Warren Simpson, Peter	10.65m
M60 TJ	6.86m
Edwards, Bob M65 TJ	7.02m
Poonia, Kesar Friesen, Les	8.36m 7.75m
M70 TJ Nett, Arnold	7.86m
W40 SP Clements, Denise	9.23m
Jolicoeur, Jovette	8.05m
Ecklund, Deborah W50 SP	6.19m
Palmer, Denise Hartzler, Mary Ann	10.68m 10.22m
W55 SP McBlain, Liz	9.45m
Koloska, Amelie W60 SP	8.41m
Jager, Kathy Anderson, Sand	9.13m 8.67m
Hoover, Virginia	6.91m
Blair, Colleena Smallwood, Maxine	6.56m 5.46m
W75 SP Tomsons, Velta	6.84m
McLeod-Smith, Dore	
WBO SP	3.00m
Kotelko Olga	5 60m
W80 SP Kotelko, Olga M35 SP	5.69m
Morfitt, Graham M40 SP	12.14m
Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian	12.14m 11.90m 10.39m
Morfitt, Graham Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny	12.14m
M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie	12.14m 11.90m 10.39m 9.44m
M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m
Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m 12.56m 11.85m 10.96m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 12.24m 9.59m 12.56m 11.85m 10.96m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m 12.56m 11.85m 10.96m 9.77m 9.64m 11.64m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug Sillantaus, Rainer	12.14m  11.90m 10.39m 9.44m 7.70m  9.19m  11.91m 11.49m 11.36m  12.35m 11.24m 9.59m  12.56m 11.85m 10.96m  9.80m 9.77m 9.64m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug Sillantaus, Rainer Feick, Ray M75 SP	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 12.24m 9.59m 12.56m 11.85m 10.96m 9.77m 9.60m 9.77m 9.60m
Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug Sillantaus, Rainer Feick, Ray M75 SP Daprano, William M85 SP	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m 12.56m 11.85m 10.96m 9.77m 9.64m 11.52m 11.52m 11.45m 6.85m
M35 SP Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug Sillantaus, Rainer Feick, Ray M75 SP Daprano, William M85 SP Murray, William M85 SP	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m 12.56m 11.85m 10.96m 9.77m 9.64m 11.64m 11.52m 11.64m 11.52m 11.45m
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Morfitt, Graham M40 SP Johnson, Winchester Walley, Brian Lutes, Gary Jackman, Kenny M45 SP Dosanjh, Jessie M50 SP Pearson, Bill Zapf-Gilje, Reidar Watson, Richard M55 SP Percy, Ian Hamill, Warren Townsend, Ken M60 SP Woodworth, Mike Watson, Bob La Barge, Peter M65 SP Hurton, Stan Steinman, John Poonia, Kesar M70 SP Tomlinson, Doug Sillantaus, Rainer Feick, Ray M75 SP Daprano, William M85 SP Murray, William Miller, Harry M90 SP West, Howard W40 DT Bouliane, Karen Jolicoeur, Jovette Clements, Denise W50 DT Palmer, Denise Hartzler, Mary Ann Dow, Lynn W55 DT McBlain, Liz Koloska, Amelie W60 DT Jager, Kathy Anderson, Sand W70 DT Blair, Colleena Ferguson, Lil Smallwood, Maxine W75 DT Tomsons, Velta McLeod-Smith, Doree NcQuarrie, Betty W80 DT	12.14m 11.90m 10.39m 9.44m 7.70m 9.19m 11.91m 11.49m 11.36m 12.35m 11.24m 9.59m 12.56m 11.85m 10.96m 11.85m 10.96m 11.64m 11.52m 11.45m 6.85m 6.17m 5.34m 5.57m 29.28m 21.81m 30.05m 22.25m 19.06m 19.03m 18.79m 14.78m 14.78m 14.78m 14.78m 14.78m 14.78m 14.78m 14.78m 15.85m
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M65 Kjartan Solvberg

19.79

44:52

Guy Barra 50

Continued from previo	ous page
M40 DT Johnson, Winchester	33.26m
Lutes, Gary Walley, Brian M50 DT	31.55m 27.36m
Pearson, Bill Watson, Richard Pullen, Brock	37.64m 37.51m
MDO DI	34.98m 407.09m
Percy, Ian Hamill, Warren Townsend, Ken	35.24m 29.63m
M60 DT Schneider, Gary	46.21m
La Barge, Peter M65 DT	41.75m 39.15m
Steinman, John Hurton, Stan	30.45m 29.84m
Dumas, Gerard M70 DT Tomlinson, Doug	27.23m 33.69m
Feick, Ray Sabin, Wayne	32.70m 27.28m
M75 DT Daprano, William	23.00m
M80 DT Goodvin, Cecil	13.64m
M85 DT Murray, William Miller, Harry	19.15m 13.68m
West, Howard	13.93m
W40 HT Clements, Denise Ecklund, Deborah	22.03m 19.60m
W50 HT Hartzler, Mary Ann	
Janssens, Robyn	35.45m 23.93m
W55 HT McBlain, Liz W60 HT	27.14m
Jager, Kathy Anderson, Sand	22.67m 18.74m
Hoover, Virginia W75 HT	18.74m 16.22m
McLeod-Smith, Doree W80 HT Kotelko, Olga	12.61m
M30 HT Wilson, Kier	29.68m
M50 HT Watson, Richard	36.71m
Pearson, Bill Chmielewski, Ronald M55 HT	33.16m 27.18m
Percy, Ian M60 HT	40.44m
Mathews, George Cahners, Bob	51.42m 41.75m
La Barge, Peter M65 HT Staveley, Bob	35.00m 35.63m
M70 HT	33.69m
Feick, Ray Monds, Douglas	37.18m 32.59m
Tomlinson, Doug M75 HT Weinbel, Ken	30.32m
M85 HT Murray, William	16.87m
Miller, Harry M90 HT	16.80m
West, Howard W35 JT Kuno, Jan	23.32m
W40 JT	
Bouliane, Karen Clements, Denise Ecklund, Deborah W50 JT	20.54m 15.82m
Palmer, Denise Cochrane, Nancy	23.94m 17.01m
W55 JT Kolosks, Amelie McBlain, Liz	28.03m 19.37m
W60 JT Radcliffe, Marg Anderson, Sand	
Richardson, Eleanor	32.10m 23.90m 16.87m
W70 JT Blair, Colleena Ferguson, Lil Smallwood, Maxine	16.92m
W/D UI	
McLeod-Smith, Doree W80 JT Kotelko, Olga	11.03m
M30 JT Wilson, Kier	42.43m
M35 JT Morfitt, Graham	64.14m
M40 JT Morgan, Kevin Lutes, Gary	51.95m
Jackman, Kenny M45 JT	43.77m 34.27m
Roblin, Blair	33.04m 18.17m
McPherson, Paul Watson, Richard	52.66m 44.36m
Zapr-Gilje, Reidar M55 JT	39.60m
Percy, Ian Hamill, Warren Judson, Fred	43.76m 38.34m
M60 JT	33.42m
Watson, Bob Miyoshi, Mike	43.22m 38.00m 35.05m
Hurton Stan	31.52m
Ekstedt, John Staveley, Bob	27.88m 27.08m

		Nati	onal N
1 M70 JT		M50 Alf Einar Fornes	17:26.25
Sillantaus, Rainer Feick, Ray	22 12-	M55 Bjorn Lauglo	17:29.2
Tomlinson, Doug	27.77m	M65 Aksel Roeste M75 Svein Ovesen	20:55.28
Daprano, William M80 JT	24.39m	W45 Anna Traave	18:15.84
Goodvin, Cecil	11.67m	10,000m	
M85 JT Murray, William	11.46m	M40 Rolf Hernes M50 Alf Einar Fornes	33:57.95
Miller, Harry M90 JT	9.92m	M55 Bjorn Lauglo	36:44.8
West, Howard W40 WT	12.37m	Short Hurdles	00.11.0
Ecklund, Deborah W50 WT	6.68m	M50 Einar Svendgaard	17.83
Palmer, Denise Hartzler, Mary Ann	11.52m	M60 John Rolseth M65 Kiartan Solvberg	18.95
W55 WT		M75 Erik Holoe	16.00
McBlain, Liz W60 WT	10.67m	M80 Knut Moe	20.44
Hoover, Virginia W70 WT	7.79m	W45 Anny Undheim W50 Marit Huflaatten	13.47
	8.27m	W55 Grete Rivenes	14.97
McLeod-Smith, Doree	6.10m	Long Hurdles	
W80 WT Kotelko, Olga	7.37m	M50 Einar Svendgaard M65 Jostein Haraldseid	
M50 WT Watson, Richard Pearson, Bill	12.79m	M70 Tor Warnes	55.15
Pearson, Bill Chmielewski, Ronald	11.65m	M75 Erik Holoe	1:01.05
M55 WT Percy, Ian	14.59m	W50 Marit Huflaatten W55 O Haakensveen	52.38 54.99
Cummins, Jim	7.87m	2000m Steeplechase	34.33
M60 WT Mathews, George		M60 Nils Undersaaker	7:51.63
Cahners, Bob La Barge, Peter	17.55m 13.50m	M65 Aksel Roeste M70 Ari Waldemarsson	8:25.30 8:45.58
M65 WT Staveley, Bob		3000m Steeplechase	0.40.50
Hurton, Stan	10.43m	M55 Harald Odegard	11:15.98
Feick, Ray Tomlinson, Doug	16.23m	High Jump M55 Elling Loftskjær	1.58
M75 WT		M65 Anders Buland	1.46
Weinbel, Ken M85 WT	11.87m	M90 Torgeir Brandvold	1.03
Murray, William Miller, Harry	7.80m 6.60m	W35 Mariann Sandsund W45 Anny Undheim	1.54
M90 WT West, Howard	9.96m	Pole Vault	1.30
		M50 Einar Svendgaard	3.00
INTERNATIO	THE RESERVE OF THE PERSON NAMED IN	M60 Sverre Ofstaas M65 Kjartan Solvberg	2.60
Norwegian Mast Championship		Long Jump	2.40
Stjordal; Aug. 1	1-3	M35 Even Hytten	6.57
M35 Hallvard Rise	11.83	M45 Stein Klungland M55 Hans Foosnes	6.45 4.87
M40 Kare Strande	11.96	W45 Anny Undheim	4.71
M45 Stein Klungland M55 Stein Ohr	12.40 13.38	W50 Marit Huflaatten W55 Grete Rivenes	4.18 3.76
The second secon		1 1100 GIELE POVERIES	3.10
M60 Jostein Haraldseid	13.82	W60 Elise Waale	3.65
M75 Erik Holoe	15.71	W60 Elise Waale Triple Jump	
	15.71 18.84	W60 Elise Waale Triple Jump M45 Stein Klungland	12.86
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m	15.71 18.84 14.50	W60 Elise Waale Triple Jump	
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise	15.71 18.84 14.50 23.63	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim	12.86 8.19 9.73 10.02
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m	15.71 18.84 14.50 23.63 25.08	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten	12.86 8.19 9.73 10.02 9.17
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta	15.71 18.84 14.50 23.63 25.08 26.76 28.60	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim	12.86 8.19 9.73 10.02
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undhelm W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen	12.86 8.19 9.73 10.02 9.17 8.21
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe	15.71 18.84 14.50 23.63 25.08 26.76 28.60	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undhelm W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen	12.86 8.19 9.73 10.02 9.17 8.21
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Clav Nystrom M60 Svein Hytten	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Clav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.273 41.25 27.80
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen B00m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Hytten M65 Leif Gundersrud M70 Stein Hytten M60 Svein Hytten M60 Helge Fossnes M90 Torgeir Brandvold Hammer	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Fængsrud W55 O Haakensveen W60 Marie Svevad 1500m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Hytten M65 Leif Gundersrud M70 Stein Hytten M60 Svein Hytten M60 Svein Hytten M60 Svein Hytten M60 Svein Hytten M60 Torgeir Brandvold Hammer M35 Tore Vaagen	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen B00m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.273 41.25 27.80 19.31
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W45 Inger Faengsrud W45 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Igesund	15.71 18.84 14.50 23.63 25.08 26.76 28.80 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39
M75 Erik Holoe M90 Torgeir Brandvold W50 Marit Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W55 Odd Aae W45 Anny Undheim W55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austfid M75 Alf Igesund M40 Petter Green	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjelta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W51 Odd Aae W45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen W60 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Igesund M90 Petter Green W45 Inger Faengsrud	15.71 18.84 14.50 23.63 25.08 26.76 28.80 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjeta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Odd Aae W45 Annyh Undheim W55 Odd Aae W45 Annyh Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Igesund M40 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen B00m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austfid M75 Alf Igesund M90 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63 11:03.99	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Clav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 30.35 30.35 30.35
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjeta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Odd Aae W45 Annyh Undheim W55 Odd Aae W45 Annyh Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Igesund M40 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Clav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 30.35
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Inger Faengsrud W55 Inger Faengsrud W55 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Svein Ovesen	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63 11:03.99 11:04.52 12:23.16 12:48.81	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M55 Kjell Adamski M55 Harald Loirentzen	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26 45.24
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Merit Undheim W50 Merit Undheim W50 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen B00m M35 Tord Thorshov M55 Odd Aae W65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austfid M75 Alf Igesund M90 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Svein Ovesen M90 Petter Green	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63 11:03.99 11:04.52 12:23.16 12:48.81 20:35.58	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Arne Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M35 Even Hytten M35 Even Hytten M35 Even Hytten M40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M55 Kolbjorn Jorfald	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26 45.24 43.64
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Halfvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseld M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim 400m M35 Henning Valseth M40 Rex Hinchliffe M45 Stig Wemundstad M55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Inger Faengsrud W55 Inger Faengsrud W55 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Svein Ovesen	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63 11:03.99 11:04.52 12:23.16 12:48.81	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Ame Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M65 Kolbjorn Jorfald M70 Magne Sund	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26 45.24
M75 Erik Holoe M90 Torgeir Brandvold W50 Martt Huflaatten 200m M35 Hallvard Rise M45 Stig Wemundstad M55 Stein Ohr M60 Oddvar Tjetta M65 Jostein Haraldseid M75 Erik Holoe W45 Annyh Undheim W50 Merit Undheim W50 Odd Aae W45 Anny Undheim W55 Odd Aae W45 Anny Undheim W55 O Haakensveen 800m M35 Tord Thorshov M55 Odd Aae M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Alf Igesund W45 Inger Faengsrud W55 O Haakensveen W60 Marie Svevad 1500m M40 Rex Hinchliffe M70 Knut Austlid M75 Alf Igesund M90 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Svein Ovesen M90 Petter Green W45 Inger Faengsrud W50 Bjorg Reknes 3000m M60 Hagbart Vebostad M65 Bjorn Tvedt M70 Ari Waldemarsson M75 Svein Ovesen M90 Petter Green	15.71 18.84 14.50 23.63 25.08 26.76 28.60 28.81 33.67 28.31 29.79 53.24 54.73 55.09 58.47 1:01.76 1:11.16 2:01.92 2:18.62 2:39.73 2:42.40 3:02.06 2:26.75 3:42.77 2:57.87 4:11.27 5:58.77 6:19.07 9:29.23 5:08.68 5:27.63 11:03.99 11:04.52 12:23.16 12:48.81 20:35.58 10:36.91 11:34.16	W60 Elise Waale Triple Jump M45 Stein Klungland M75 Jakob Rypdal W35 Marian Sandsund W45 Anny Undheim W50 Marit Huflaatten W60 Grethe Myklestad Shot Put M35 Vidar Rasmussen M40 Aage Indreboe M50 Kjell Adamski M60 Svein Hytten M65 Leif Gundersrud M70 Tarald Rui M75 Roald Skaare M85 Erling Borg M90 Torgeir Brandvold Discus M35 Even Hytten M40 Aage Indreboe M50 Kjell Adamski M55 Jan Olav Nystrom M60 Svein Hytten M65 Leif Gundersrud M70 Stein Haugen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M80 Helge Fossnes M90 Torgeir Brandvold Hammer M35 Tore Vaagen M50 Nils S Glesnes M60 Svein Hytten M65 Arne Lothe M70 Stein Haugen W40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M35 Even Hytten M35 Even Hytten M35 Even Hytten M40 Janice Flaathe W55 Inger Austboe W60 Grethe Myklestad Javelin M35 Even Hytten M55 Kolbjorn Jorfald	12.86 8.19 9.73 10.02 9.17 8.21 14.00 13.34 13.85 13.71 11.65 12.97 10.71 8.91 7.17 44.10 41.53 44.82 41.12 46.96 42.73 41.25 27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35

M45 Even Loekken

16:48.75 | M60 John Rolseth

Nati	onal M	
0 Alf Einar Fornes	17:26.29	
5 Bjorn Lauglo	17:29.23	ı
5 Aksel Roeste	20:55.28	ı
5 Svein Ovesen	21:47.10	ı
5 Anna Traave	18:15.84	
000m		ı
0 Rolf Hemes	33:57.95	ı
O Alf Einar Fornes	35:55.04	ı
5 Bjorn Lauglo	36:44.87	ı
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5 Kjartan Solvberg	19.79	l
5 Erik Holoe	16.00	ı
0 Knut Moe	20.44	l
5 Anny Undheim	13.47	ı
0 Marit Huflaatten	14.08	l
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5 Jostein Haraldseid	51.96	ı
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Nils Undersaaker	7:51.63	ľ
Aksel Roeste	8:25.30	
Ari Waldemarsson	8:45.58	
0m Steeplechase		
Harald Odegard	11:15.98	
h Jump		
Elling Loftskjaer	1.58	
Anders Buland Torgeir Brandvold	1.46	
Mariann Sandsund	1.54	
Anny Undheim	1.38	
e Vault	1.00	
Einar Svendgaard	3.00	
Sverre Ofstaas	2.60	
Kjartan Solvberg	2.40	
g Jump		
Even Hytten	6.57	۱
Stein Klungland Hans Foosnes	6.45 4.87	
Anny Undheim	4.71	
Marit Huflaatten	4.18	
Grete Rivenes	3.76	
Elise Waale	3.65	
le Jump		
Stein Klungland Jakob Rypdal	12.86	
Marian Sandsund	8.19 9.73	
Anny Undheim	10.02	
Marit Huflaatten	9.17	
Grethe Myklestad	8.21	
t Put		
Vidar Rasmussen	14.00	
Aage Indreboe	13.34	
Kjell Adamski	13.85	
Svein Hytten	13.71	
Leif Gundersrud Tarald Rui	11.65 12.97	
Roald Skaare	10.71	
Erling Borg	8.91	
Torgeir Brandvold	7.17	
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Even Hytten	44.10	
Aage Indreboe	41.53	
Kjell Adamski	44.82	
Jan Olav Nystrom Svein Hytten	41.12	
Leif Gundersrud	46.96 42.73	
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Helge Fossnes Torgeir Brandvold	27.80 19.31	
Heige Fossnes Torgeir Brandvold	27.80 19.31	
Helge Fossnes Torgeir Brandvold Inner Tore Vaagen	27.80 19.31 51.69	
Heige Fossnes Torgeir Brandvold Inner Tore Vaagen Nils S Glesnes	27.80 19.31 51.69 51.14	
Helge Fossnes Torgeir Brandvold armer Tore Vaagen Nils S Glesnes Svein Hytten	27.80 19.31 51.69 51.14 42.83	
Helge Fossnes Torgeir Brandvold armer Tore Vaagen Nils S Glesnes Svein Hytten Arne Lothe	27.80 19.31 51.69 51.14 42.83 49.39	
Helge Fossnes Torgeir Brandvold  Tore Vaagen Nils S Glesnes Svein Hytten Arne Lothe Stein Haugen	27.80 19.31 51.69 51.14 42.83 49.39 39.35	
Helge Fossnes Torgeir Brandvold  Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35	
Helge Fossnes Torgeir Brandvold armer Tore Vaagen Nils S Glesnes Svein Hytten Arne Lothe Stein Haugen Janice Flaathe Inger Austboe	27.80 19.31 51.69 51.14 42.83 49.39 39.35	
Helge Fossnes Torgeir Brandvold Amer Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe inger Austboe Grethe Myklestad	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81	
Helge Fossnes Torgeir Brandvold Amer Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe inger Austboe Grethe Myklestad elin Even Hytten	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39	
Helge Fossnes Torgeir Brandvold Amer Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe Inger Austboe Grethe Myklestad Blin Even Hytten Kjell Adamski	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26	
Helge Fossnes Torgeir Brandvold Amer Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe Inger Austboe Grethe Myklestad Blin Even Hytten Kjell Adamski Harald Loirentzen	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26 45.24	
Helge Fossnes Torgeir Brandvold Amer Tore Vaagen Nils S Glesnes Svein Hytten Ame Lothe Stein Haugen Janice Flaathe Inger Austboe Grethe Myklestad Blin Even Hytten Kjell Adamski	27.80 19.31 51.69 51.14 42.83 49.39 39.35 30.35 35.81 27.51 50.39 48.26	

W40 Janice Flaathe	11.02
W55 Inger Austboe	11.86
W60 Grethe Myklestad	10.83
Woo Gretile Myklesiau	10.63
Anniversary Meet	
Rosario, Argentina; Au	ıg. 16
100m	
M35 Oscar Fernandez	12.01
M40 Andres Tuorino M45 Jorge Ruffini	13.00
M50 Juan Noli	13.06
M55 Manuel Michlig	13.00
M60 Atilio Gudino	13.09
M65 Raul Girgenti	13.06
M70 Agustin Boschi M85 Efrain Wachs	14.03
M85 Efrain Wachs	25.03
W35 Andrea Cederstrom	13.05
W40 Nora Ponce	14.09
W45 MariaLuisaSimoni W50 Cristina Romero	15.02
W55 Ana Maria Gimenez	
W70 Norma Coman	20.05
200m	20,00
M35 Marcelo Marquez	25.05
M40 Andres Tourino	26.05
M45 Jorge Ruffini	28.02
M55 Manuel Michlig	27.03
M60 Atilio Gudino M65 Hector Curin	29.03 29.05
M70 Agustin Boschi	30.08
M75 Alfredo Belllini	41.03
M85 Efrain Wachs	68.07
W35 Sonia Oliva	29.02
W40 Nora Ponce	31.06
W50 Cristina Romero	32.05
W55 AnaMaria Gimenez	35.07
800m M40 Miguel Gomez 2	20.00
	20.02
	54.00
M85 Efrain Sachs 6	04.07
W40 Nora Ponce 2	50.08
	06.08
3000m	1
W35 Graciela Valdez 14	01.00
W45 Nora Luduena 13 W50 Alicia Lopez 12	07.09
WSO Alicia Lopez 12	20.00
LONG DIS	IA

W55 Mirtha Contreras	13:21.06 13:55.06
W60 Susana Sarco 5000m	13.55.06
M35 Jorge Casas	17:09.00
M40 Mario Oviedo	17:20.07
M45 Alberto Albernoz	17:16.08
M50 Juan D Peron	20:16.08
M55 Ricardo Cifuentes	20:06:04
	22:24.02
M75 Alfredo Bellini	29:31.07
M85 Efrain Wachs	50:34.08
High Jump	
M35 Jesus Rubio	1.60
M55 Robert Pozzi	1.60
M65 Jose Berardi	1.25
Pole Vault	
M40 Olmes Formero	3.40
M60 Hector Garcia	3.00
M65 Jose Berardi	1.70
Long Jump	F 20
M35 Oscar Fernandez M40 Dario Baudicio	5.32 5.54
M65 Jose Berardi	3.24
W50 Cristina Romero	3.27
Shot Put	3.21
M45 Nestor Carrer	8.50
M55 Fernando Farto	6.57
M60 Hector Garcia	10.43
M65 Edmundo Serra	8.93
M85 Federico Artis	5.47
W50 Esther Fernandez	6.86
W70 Norma Coman	5.36
Discus	
M40 Olmes Formeo	32.34
M45 Nestor Carrer	31.10
M60 Hector Garcia	31.34
M65 Edmundo Serra	28.20
M85 Federico Actis W50 Esther Fernandez	14.19 16.95
Hammer	16.95
M60 Hector Garcia	39.30
M65 Oliver Panozzo	17.76
M85 Federico Actis	12.67
Javelin	12.07
M45 Nestor Carrer	28.36
M55 Fernando Farto	28.36 17.78
M60 Manuel Rocha	33.42
M85 Federico Actis	11.70
W65 Magdalena Garcia	22.77
ICE RESU	TC

Guy Barra 50	44:52
Kevin McCarthy 55	45:13
Robert Briglio 53	45:39
Steve Allen 50	45:46
Bill McGuire 56	46:19
Ed Verschoor 50 Joseph Kvilhaug 52	47:05
Jack Afarian 51	47:41
M60 Will Mason	52:23
Al Nagel	52:27
Rodger Weismann	52:30
Dick Hoyt	54:24
Charles Fobert II	54:27
DavidCowperthwaite	55:03
David McSally	56:56
Kevin Moriarty	59:01
M65 William Riley	46:41
Tony Cerminaro	49:40
Fred Zuleger III	54:53
Bill Masterson	57:01
John Quinton	58:02 59:01
Richard Hill Wayne Curtis 1	04:20
	05:56
	:00:17
	02:36
	06:13
	07:11
Jack Dunsmore 1	07:40
	09:47
	15:29
	17:39
	:09:07
	10:08
	11:56
	:22:44
	:30:50
Harry Pars 75 1 W40 Ramilia Burangulova 42	32:23
Tatyana Pozdnyakova 48	
Maria Servin 40	41:11
Joan Samuelson 46	
Susan Faber 41	43:23
Marisa S Hanson 40	
Marge Bellisle 48	44:47
Lynne Schuler 40	48:03
Mary Holleman 43	48:43
Nanci Cahalane 44	48:45
W50 Janet Bober 59	48:56
Betty Blank 50 Cathy Klim 54	49:44
Judith Hine 54	52:58
Rose Galligan 53	55:46
Betty Horstmann 58	56:19
Joan MacClary 55	57:45
Allison Laudati 51	58:23
Jeanne Schmidt 50	58:29
Gael Gilmore 51	59:25 59:32
W60 Nancy Spiro Wendy Burbank 1	01:47
	03:34
	05:43
	08:43
	09:12
Dorothy Campbell 1:	11:28
Joan Abbett 1	11:48
	:06:47
Rebekah Stephens 1	:06:51
Elizabeth Jazowski1	10:19
	15:49
	17/0

## W45Bonnie Busch 21:44:51 Mylinh Nguyen 25:35:31 W50 Debbie Jones 21:52:44 Louise Mason 24:25:17 Rosemary Evans 26:02:17 USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb Vail, CO; July 6 EAST

Lynda H-Dana

Debra Horn

19:40:44

Overall	The Real Property lies
Pete De la Cerda 29	47:42
Anitz Ortiz 38	61:19
M40 Scott Creel	53:04
Bernie Boetcher	56:09
Dan Verrington	58:36
M45 Tom Borschel	54:06
Nate Anderson	59:37
Jeff Adams	67:44
M50 Pablo Vigil	60:24
Ron Hendricks	60:52
Cary Segall	71:56
M55 John Swartz	nta
M60 Jim Romero	77:34
Bob McAndrews	78:12
W40 Cindy O'Neill	63:11
Kari DiStefano	64:22
Heidi Vosbeck	64:51
W45 Jan Rastall	72:00
Susan Schulte	77:51
W50 Shirley Raney	92:02
W55 Gail Hunter	79:01
Jo May	99:26
Kathleen Allison	1:45:55

NATIONAL

# **USATF National 100 Mile Road**

41.53	OSAIT Hational 100	· · · · · · · · · · · · · · · · · · ·
44.82	Championsh	
	Olander Park, Sylva	inia, OH;
41.12	Sept. 13	
46.96		
42.73	Overall	
	Timothy Clement 42	14:01:01
41.25	Connie Gardner 39	16:22:15
27.80	M40 Timothy Clement	14:01:01
19.31	Kent Towler	15:39:01
	David Corfman	17:46:08
		The second second
51.69	Gregory Trapp	20:24:33
51.14	Ronald Kageyama	23:38:35
42.83	M45 Kevin Setnes	15:45:59
49.39	Scott Ludwig	18:23:17
	Joe Winch	22:14:54
39.35	John Mcquire	22:39:24
30.35	Bryan Huffman	25:20:05
35.81	M50 David Jones	15:18:48
27.51		17:20:45
21.51	Christophe Gibson	The state of the s
THE PARTY	Thomas Green	20:12:43
50.39	Gary Griffin	21:52:06
48.26	James Gawle	21:57:17
45.24	M55 Jeff Hagen	17:56:25
43.64	Frederick Davis	21:28:48
	Neil Weygandt	24:21:40
36.05	M60 Edward Rousseau	21:17:02
BUILT O	M65 Bruce Boyd	19:56:55
13.35		
18.38	Dieter Walz	23:00:32
	Gaylon Dodson	25:23:22
18.95	W40 Janet Runyan	17:45:43

Control of the Contro	and a second
Midsummer Nigh	t's Mile
Rockville, MD; J	iuly 11
Overall	
Paul Anderson 23	4:29:23
Laura Holtrop 18	5:15:42
M40 Ted Poulos	4:45.75
David Haaga	4:47.9
M45 Dan Lawson	4:45.25
Peter Kirk	4:54.15
M50 Dan Eddy	5:03.33
Richard Morgan	5:23.30
M55 Jim Noone	5:42.92
Robert Weiner	5:43.54
M60 Nick Keeling	6:43.58
John Sissala	6:55.96
M65 Robert Smith	7:13.32
Jim Turner	7:27.93
M70 Peter Hui	7:34.95
Burton Squires	7:52.05
M75+Bill Osburn 78	8:07.81
J. Hickey 75	11:03.27
W40 Sarah Buckheite	
Connie Barton	6:35.74
W45 K. Daragan	6:20.18
Lili Wang	7:03.09
W50 Jane Godfrey	6:47.64
Linda Crawford	9:06.42
W55 Janet Newburgh	
W60 Sharon Dolan	6:28.34
Betty Smith	9:16.93
W75+K. Morrison 75	
TITOTIC MONISON 75	10.39.30

Falmouth Road Race	
Falmouth, MA; Aug.	10
Overall	
John Korir 27	31:59
Jen Rhines 29	37:08
M40 Jackson Kipng'ok 42	233:31
Andrew Masai 43	34:56
Salvatore Bettiol 41	35:04
Dennis Simonaitis 4	135:08
Eddy Hellebuyck 42	35:48
Gilbert Rutto 40	35:52
Peter Fleming 42	39:01
Kenneth Gartner 43	39:33
Bill Solimine 43	40:22
Paul Fendler 47	41:24
M50 Gary Romesser 52	38:21
Bill Rodgers 55	41:39

	-
Sprint for the Parks East Meadow, NY; Au	
Overall	
Tyson Smith 30	16:58
Kathy Martin 51	18:21
M40 Kenneth Ong	18:42
Paul Bonanni	18:45
M45 Hugh Donaldson	19:04
M50 Peter Martin	19:57
M55 Lawrence Frankel	20:03
M60 Daniel Badalament	21:27
M65 George Shreck	29:31
Sol Muchnik	29:33
M70 George Devoe	26:58
M75+Bert Jablon 76	26:17
John McManus 80	29:08
W40 Vicky Dalton	21:02
W45 Susan Skidmore	19:04
W50 K Martin	18:21
Mary Von Bevern W55 Janice Romano	23:32
W60 Sarah Pettinato	27:45
W65 Kate Shreck	29:28
WOS Nate Stilleck	29.20

W80+ Louise Rossetti 82 1:47:00 www.falmouthroadrace.com

Judith Mackay Doris Beatty

Jane Dunn W70 Susan Wilson

Lucy Duffy Shirley Simmers W75 Dottie Gray 78

1:17:26

1:20:03 1:20:21 1:27:59

1:34:24 1:54:37 1:28:29

Continued on next page

1 18 01 . 2 Fric Seiff 70

M50 WES BYERLY

Annapolis 10 Miler

1 16 46

GARY COHEN

IAN FRANKEL

W65 Naomi Vogel

W75 Bertha McGruder

3-19-36

3:47:51

Continued from proving		Annanalia 40 sall		. MEN	WES BYERLY		2 Frie Call 70	0.10		25.54
Continued from previou		Annapolis 10 Mil		IVIOU		1.18.01	2 Eric Seiff 70	6:18	Janine Comer	25:54
Cigna Healthcare Corpo	orate 5K	Annapolis, MD; Au	g. 24		JOHN DICARLO	1:18:22	3 William Fortune 75	6.42	Jane Callen*	26:55
Manchester, NH; Au	g. 14	Overall		1-32-6	WAYNE JOLLEY	1.19.29	4 Joseph Pascarella 70	7:02	Sharyn Gordon	31:32
Overall	9. 14		1:41	The E	CHARLES WHYNACHT		5 Frank Dudley 70	8:00	W50 Dee Nelson	25:47
					DANIEL LAVOIE	1.20.18	6 Sab Koide 79	8:08		
Joseph Mwai 20	13:55	Susannah Kvasnicka 31 6	0:35	1100			7 Jack Haar	8:24	Mary Carter	30:07
Emily Samoei 22	15:49	M40 JON SCHOENBERG	57 18	M55	TIM SMITH	1:20:29	8 Michael Margolies 75	8:47	Sabra Harvey	36:43
M40 Salvatore Bettiol	14:47	WILLIAM ALLEN	1:01:51		RAFAEL TORRES	1:22:50	M80+		W60 Tami Graf	29:17
Daniel Verrington	15:37	SCOTT PARIS		100	KENNETH SHIPP	1:23:06	1 John McManus 80	7:41	Lois Dicker	33:27
			1.01.58		Control Colonia Coloni		2 William Benson 84	9:58	Helen M. Elzeroth	40:48
Tony Bates	16:19	M45 JIM HAGE	54:13				3 Mel Freidel 82	11:17		40.40
John Clopeck	16:22	MAURICE POINTER	1 00 45		BILL MARSHALL	1:25:05	4 Bob Matteson 87	11:31	"raced in 'After' race	
Jason Barnes	16:37	STEPHEN COMBER	1:00:48	M60	JOHN COURTMANCHE	E 1:25:37	5 Dudley Healy 89		Run After the Women	
M45 Barry Harwick	15:54				PETER MADDEN	1:33:42		14:46	Overall	
The state of the s			1:01:31		LEE BRADLEY	1.34.07	6 Vincent Carnevale 87	15:11	Malcolm Lester 36	17:47
Todd Hanson	16:28	MICK SLONAKER	1.01.55				7 Abe Weintraub 93	15:47		
John Tuttle	16:36	DAVID WEBSTER	1 02 09	149	JIM BEST	1:36:21	8 David Gerli 92	15:48	M40 Vincent McDonald	20:00
M50 Randy Waterman	17:45	M55 REUBEN BEAUCHAM	AP1 03 19		RAY FAIR	1:36:50	W60-69		Kirk Gordon	20:24
Richard Stockdale	17:58			M65	FRED ZULEGER	1:37:01	1 Evelyn Davis 65	7:02	Harry Ellison	21:39
		ARTHUR BURGER	1:05:49		DAVID SONSTROEM	1 38 01	2 Carol Johnston 60	7:09	M50 Dave Crawford	19:52
William Pine	17:58	PIRIYA PINIT	1:06:51		BILL MCLAUGHLIN		3 Imme Dyson 66	7:36		
M55 Ken Houle	18:08	M60 JOHN PITARRA	1 09 24			1:43:10	W70-79		Jay Jacob Wind	20:16
David Avery	20:31	F SANCHES	1 09 23	1200	CHARLES YAGIELSKI	1:50:26	1 Ginette Bedard 70	7:12	Ken Shipp	20:44
Dan Dorazio	20:56	WILLIAM TWIGG	1 20 50		JERRY BRUENING	1:51:47	2 Muriel Merl 77	8:17	M60 Lou Shapiro	22:12
		the state of the s		M70	KENNETH JOHNSON	1.54.30	3 Dolly Ann Finkelstein 7		John Haubert	22:45
M60 Denny Leblanc	21:28	M65 ART MOREY	1:15:55		AL CHAMEIDES	1:57:54	4 Gloria Lipton 70	9:53	The second secon	22.45
Lucien Trudeau	22:13	CHARLES ROSS	1:20:38	1 223			5 Joan Rowland 77	10:00	www.dcroadrunners.org	
John Chappell	22:44	RICHARD WILLIAMS	1:20:55	Contract of the	FERNANDO RUIZ	1.59.49	6 Arlene Eneman 69	16:01	Manage Walley Manage	- LA OV
M65 Bill Spencer	20:45	M70+ GEO, YANNAKAKIS	1:27:09	THE STATE OF THE S	DAVID HERSTINE	2:06:20	W80+	10.01	Maggie Valley Moonlig	
		The second secon	1 31 48	100000	PETER PANTELIS	2:07:10	1 Grace Salant 80	14:00	Maggie Valley, NC; At	ug. 23
Donald Stephenson		R CHAMBERLIN	and the same of th	M80+	GEORGE WHITNEY	3:00:12	I Grace Salant 60	14:06	Overall	
Stan Vancelette	24:30	JAMES FRATINO	1:33:01		SUSAN FABER	and the second	CVS Downtown 5	,	JOSEPH GIBSON 26	24.22
M70 Benjamin Pratt	27:54	W40 PAT WILKERSON	1.07.11	4440		1:18:29				24:32
Bill Sturgeon	28:50	JEANNE GRILLO	1.08:48	The same of	CINDY POMEROY	1:19:31	Providence, RI; Sep	t. 7	AGNES NGUNJIRI 27	28:24
				237	MARTHA MERZ	1:20:13	Overall		M40 ROBERT MURRAY	28:04
Daniel Holland	31:24	MARJORIE BOYD	1:09:09	THE RESERVE	JANICE FLYNN	1:22:52	Thomas Kiplitan 20	13:29	PHIL ROBERTS	28:41
M75 Andrew Gingras	33:21	W45 JANET JONES	1:11:10							
John Noftle	33:33	ALISON SUCKLING	1 13 00		LYNN MUELLER	1:25:56	Marie Davenport 28	15:24	DWIGHT JACOBS	
Norman Laflamme		ROBIN GOODWIN	1:14:04	W45	SHARON VOS	1:21:16	M40 JACKSON KIPNGOK 42	14:03	BOBBY ASWELL	29:56
		W50 LINDA BROOK	1:14:50		STEPHANIE KESSLER	1:28:56	EDDIE HELLEBUYCK 4	2 14:13	GEO. PATTERSON	N 30:46
M80+Carlton Mendell	34:29				DIANE MIERZ	1.34.20			M45 NORMAN BLAIR	30:48
Charles Luiz	57:54	KAREN ERB	1:16:02		DEA COLLINS	1:35:12	ANDREW MASAI 43	14:24	DAVID GEE	30:57
W40 Maria Servin	16:42	MARY WINSTON	1:16:41	65.			GILBERT RUTTO 42	14:38		
Jeanne Hackett	19:49	W55 NATALIE VASLAVSKY			LEAH VOGEL	1:35:13	MIKE PLATT 41	15:35	JOHN EWING JR	31:15
			1 20 27	W50	KATHRYN MARTIN	1:17:51	KIERAN STACK 40	16:02	M50 AVERY GOODE JE	32:01
Lynn Mueller	20:06	CRIS STERLING			MELINDA STRUWAS	1:32:32	SASHA COOKE 41	16:14	RALPH VEYTIA	32:28
Patricia Bourgault	20:10	MEREDITH BONTA	1.22:05	1500			The second secon	The second second	JACK TODD	32:30
Jayne Tallarico	20:37	W60 SHARON DOLAN	1:15:24			1:34:30	KEN LEINBACH 48	16.21		
		JUDY GILBERT	1:32:11			1:34:51	LOU PANACCIONE 46	17:05	M55 MICHAEL CORDELL	
W45 Tatyana Pozdnyako		NANCY LINCK	1:31:03	1	NINA GLICKSON	1:36:24	PETER SLOAN 40	17:18	L.C. MOORE JR	33:42
Liane Pancoast	21:00	The second secon		W55		1:43:32	M50 WILLIAM DIXON 56	17:14	RUSS BROWN	33:43
Beth Sautter	21:44	W70+HIROKO HUNT	1:53:56	11.00		1:44:38			M60 D SNOWDON	35:07
W50Judy Owen	20:59	MARJORIE LANE	2:06:07				JERRY LEARNED 55	17:23		
		www.annapolisstriders.org	1		LINDY OLEWINE	1:44:47	COLIN MCARDLE 59	18:13	NED LESESNE	36:23
Janet Parkinson	22:26				JUNE NORMAN	1:44:56	CARL EKLUND 50	19:25	BILL ZEHNER	37:10
Hannah Nedzbala	23:37	NYRR NYC Run to Lib	erty 10K		GRACE HANOVER	1:45:45	JOHN FITCH 51	19:58	M65 RONNIE STANLEY	34:26
W55 Marcia Masland	24:40	Downtown Manhatta		MICO					ANDY EDWATDS	44:24
Marie Mullins	26:31	The second secon	,,	AAOO		1:48:01	GIOVANNI COLETTA 5			
Jackie Whatmough		Aug. 30		1		1:54:57	R BLINKHORN 51	20:01	JACOB COOTER	45:31
		Overali			KAREN DORNEY	1:56:02	RICK LANDAU 57	20:23	M70 BOB BRADLEY	42:34
W60 Wendy Burbank	23:37	Joseph Mwrai 20	29:44		CATHERINE JACKSON	2:01:16	DAVID FARRELL 54	20:25	ROBT. MONTHEIT	H43:38
	30:56	Theresa de Toi 30							BILL BRIGGS	
Patricia Smith	30.30				JUDITH MAI AMUT	2-12-01				46:19
	33:47	Service of Manager at 1984	33:58	MEE		2:12:01	JOHN MCGRATH 52	21:00		46:19
Liz Murphy	33:47	M40 Scott Brown	33:09		JEANNETTE CYR	2:05:06	M60+ARYENIO FERREIRA 6	18:19	M75 CHARLES DOTSO	N46:58
Liz Murphy W65Wally Ramsden	33:47 32:19	M40 Scott Brown	33:09			2:05:06			M75 CHARLES DOTSO	N46:58 1:04:27
Liz Murphy W65Wally Ramsden Dolores Lemay	33:47 32:19 41:08	M40 Scott Brown M45 Amador Ybanez	33:09 34:02	www	JEANNETTE CYR newhavenroadrace	2:05:06 .org	M60+ARYENIO FERREIRA 61 JACK THORNHILL 61	18:19	M75 CHARLES DOTSO	N46:58
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote	33:47 32:19 41:08 43:04	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall	33:09 34:02 37:43	N.W.	JEANNETTE CYR newhavenroadrace. YRR Fifth Avenue M	2:05:06 org	M60+ARYENIO FERREIRA 61 JACK THORNHILL 61 GEORGE KASIERSKI 6	18 19 18 41 1 20 28	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS	N46:58 1:04:27 30:50
Liz Murphy W65Wally Ramsden Dolores Lemay	33:47 32:19 41:08 43:04	M40 Scott Brown M45 Amador Ybanez	33:09 34:02	N.W.	JEANNETTE CYR newhavenroadrace	2:05:06 org	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60	18 19 18 41 1 20 28 20 38	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE	N46:58 1:04:27 30:50 R 31:17
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70Jeannine Emerson	33:47 32:19 41:08 43:04 40:02	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco	33:09 34:02 37:43 41:30	N M	JEANNETTE CYR newhavenroadrace. YRR Fifth Avenue M	2:05:06 org	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69	1 18 19 18 41 1 20 28 20 38 21 18	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTED C ROBERTSON	N46:58 1:04:27 30:50 R 31:17 32:07
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi	33:47 32:19 41:08 43:04 40:02	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner	33:09 34:02 37:43 41:30 39:39	N M	JEANNETTE CYR newhavenroadrace YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll	2:05:06 org Mile pt. 7	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60	18 19 18 41 1 20 28 20 38	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE	N46.58 1.04.27 30.50 R 31.17 32.07 34.15
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70Jeannine Emerson www.doitsports.com/cigi	33:47 32:19 41:08 43:04 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski	33:09 34:02 37:43 41:30 39:39 48:40	N M	JEANNETTE CYR newhavenroadrace YRR Fifth Avenue M anhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen	2.05.06 .org Mile pt. 7 4:25 4:48	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69	1 18 19 18 41 1 20 28 20 38 21 18	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTED C ROBERTSON	N46:58 1:04:27 30:50 R 31:17 32:07
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70Jeannine Emerson www.doitsports.com/cigi	33:47 32:19 41:08 43:04 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner	33:09 34:02 37:43 41:30 39:39	N M	JEANNETTE CYR  newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  0 Conor O'Driscoll  Peter Allen  Adrian Brewster	2.05.06 org Mile pt. 7 4.25 4.48 4.50	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE	N46.58 1.04.27 30.50 R 31.17 32.07 34.15 35.27
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70Jeannine Emerson www.doitsports.com/cigi y.html NYRR Dash & Splas	33:47 32:19 41:08 43:04 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff	33:09 34:02 37:43 41:30 39:39 48:40 48:13	N M	JEANNETTE CYR newhavenroadrace YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60	1 18 19 18 41 1 20 28 20 38 21 18 22 30 22 39 22 41	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING	N46.58 1.04.27 30.50 R 31.17 32.07 34.15 35.27 G 35.55
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cig y.html  NYRR Dash & Splas Central Park, NYC; A	33:47 32:19 41:08 43:04 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22	N M	JEANNETTE CYR Anewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03	M60+ARYENIO FERREIRA 6:     JACK THORNHILL 61     GEORGE KASIERSKI 6     DAVID PEMBER 60     RICHARD SILVA 69     RICH RUDERT 65     WILLIAM MYERS 63     RAYMOND KELLEY 60     FRED ZUELEGER 65	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT	N46 58 1 04 27 30 50 R 31 17 32 07 34 15 35 27 G 35 55 38 18
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splai Central Park, NYC; A Overal	33:47 32:19 41:08 43:04 1 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17	N M M4	JEANNETTE CYR  newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06	M60+ARYENIO FERREIRA 6:     JACK THORNHILL 61     GEORGE KASIERSKI 6     DAVID PEMBER 60     RICHARD SILVA 69     RICH RUDERT 65     WILLIAM MYERS 63     RAYMOND KELLEY 60     FRED ZUELEGER 65     HARRY CARTER 66	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI	N46 58 1 04 27 30 50 R 31 17 32 07 34 15 35 27 G 35 55 38 18 D 38 38
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splai Central Park, NYC; A Overal	33:47 32:19 41:08 43:04 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17	N M M4	JEANNETTE CYR J. newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54	M60+ARYENIO FERREIRA 6:     JACK THORNHILL 61     GEORGE KASIERSKI 6     DAVID PEMBER 60     RICHARD SILVA 69     RICH RUDERT 65     WILLIAM MYERS 63     RAYMOND KELLEY 60     FRED ZUELEGER 65     HARRY CARTER 66	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT	N46 58 1 04 27 30 50 R 31 17 32 07 34 15 35 27 G 35 55 38 18
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43	33:47 32:19 41:08 43:04 1 40:02 na/gatewa	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09	N M M4	JEANNETTE CYR J. newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov	205.06 org Mile pt. 7 4.25 4.48 4.50 5.00 5.03 5.06 4.54 4.57	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI	N46.58 1.04.27 30.50 R 31.17 32.07 34.15 35.27 G 35.55 38.18 D 38.38 34.28
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K tug. 16 27:59 32:18	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir	205.06 org Mile pt. 7 4 25 4 48 4 50 5 00 5 03 5 06 4 54 4 57 5 02	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40	1 18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE	N46:58 1:04:27 30:50 R 31:17 32:07 34:15 35:27 35:55 38:18 0:38:38 34:28 43:25
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43	33:47 32:19 41:08 41:08 41:09 41:09 41:09 41:09 41:09 10:00 10:00	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05	N M M4	JEANNETTE CYR  newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson	2.05.06 org Mile pt. 7 4.25 4.48 4.50 5.00 5.03 5.06 4.54 4.57 5.02 5.07	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY	N46.58 1.04.27 30.50 R 31.17 32.07 34.15 35.27 35.55 38.18 38.38 34.28 43.25 43.43
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari	33:47 32:19 41:08 41:08 41:09 41:09 41:09 41:09 41:09 10:00 10:00	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Sternm W45 Marie Wickham W50 Mary Dunn	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54 4:57 5:07 5:07 5:18	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 3 35:55 3 38:38 3 34:28 43:25 43:43 43:47
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios	33:47 32:19 41:08 41:08 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54 4:57 5:02 5:07 5:18 5:20	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON	N46.58 1.04.27 30.50 R 31.17 32.07 34.15 35.27 35.55 38.18 38.38 34.28 43.25 43.43
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26 32:15	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thomhill	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54 4:57 5:07 5:07 5:18	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 6 35:55 38:18 0 38:38 34:28 43:25 43:43 43:43 44:47 46:56
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios	33:47 32:19 41:08 41:08 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54 4:57 5:02 5:07 5:18 5:20	M60+ARYENIO FERREIRA 6  JACK THORNHILL 61  GEORGE KASIERSKI 6  DAVID PEMBER 60  RICHARD SILVA 69  RICH RUDERT 65  WILLIAM MYERS 63  RAYMOND KELLEY 60  FRED ZUELEGER 65  HARRY CARTER 66  W40 M-LUISA SERVIN 41  MARISSA HANSON 40  Z WIECIORKOWSKA 40  MARGE BELLISLE 48  ANNMARIE MARINO 41  GRACE JENSEN 40	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 3 35:55 38:18 0 38:38 34:28 43:25 43:47 46:56 48:32
Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26 32:15 32:03	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thomhill W65 Evelyn Davis	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:05 50:33 46:00 53:16	N M M4	JEANNETTE CYR I newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep 0 Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney 5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen 0 Paul Mascali Julian Alvarez	2:05:06 org Mile pt. 7 4:25 4:48 4:50 5:00 5:03 5:06 4:54 4:57 5:02 5:07 5:18 5:20 4:41	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40	18:19 18:41 1 20:28 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 3 35:55 38:18 34:28 43:25 43:43 44:43 46:56 48:32 55:36
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Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cig y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K aug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05	M4 M4 M4	JEANNETTE CYR J. newhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein Harold Nolan John Samsel Hernan Patino Roger Meyer	2.05.06 org Mile pt. 7 4.25 4.48 4.50 5.03 5.06 4.54 4.57 5.07 5.18 5.20 4.41 5.20 5.32 5.32 5.43 4.51 5.26 6.03	M60+ARYENIO FERREIRA 6  JACK THORNHILL 61  GEORGE KASIERSKI 6  DAVID PEMBER 60  RICHARD SILVA 69  RICH RUDERT 65  WILLIAM MYERS 63  RAYMOND KELLEY 60  FRED ZUELEGER 65  HARRY CARTER 66  W40 M-LUISA SERVIN 41  MARISSA HANSON 40  Z WIECIORKOWSKA 40  MARGE BELLISLE 48  ANNMARIE MARINO 41  GRACE JENSEN 40  IVONNE PARKER 40  SUSAN HAMMOND 40  SUSAN KENNEY 47  ROSE SAKACH 41  W50 DEIRDRE BIRD 52	18:19 18:41 1 20:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:29 21:03 21:09 21:12 21:34 20:33 23:58	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTEI C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM ANN NEWTON SANDRA MICHENER W65 LUCY GLEASON DONNA BROWN	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 3 35:55 38:18 3 38:38 34:28 43:25 43:43 43:43 43:43 44:47 46:56 48:32 55:36 58:25 58
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Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cig y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Famung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K ug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Overall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05 Mile ; Aug. 31	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR J. newhavenroadrace J. newhavenr	2.05.06 org  Mile pt. 7 4.25 4.48 4.50 5.00 5.03 5.06 4.54 4.57 5.02 5.07 5.18 5.20 4.41 5.20 5.32 5.39 5.43 4.51 5.26 6.01 5.08 5.13 5.26 6.01 6.02	M60+ARYENIO FERREIRA 6: JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50	18:19 18:41 1 20:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:33 22:59 21:03 21:09 21:12 21:34 20:13 20:29 21:03 21:09 21:12 21:34 20:13 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:12 21:34 25:47 26:56 27:25	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM ANN NEWTON SANDRA MICHENER W65LUCY GLEASON DONNA BROWN www.maggievalleyonline moonlightracecom  Rock N' Roll Half-Mar Virginia Beach, VA; A Overall Martin Lel 25	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 35:555 38:18 34:28 43:25 43:43 44:47 46:56 58:25 8:59:26 48:32 59:26 48:17 6:00m/mv
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Liz Murphy W65 Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Famung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mille Central Park, NYC; A Overall David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K ug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11 57:50 41:24 58:51 Marathon es ug. 24 1:43:43 1:58:23 1:48:36 1;51:07 1:57:08	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Oyerall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Diana Leifels W60 Wendy Burns  New Haven 206	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05 Mile  ; Aug. 31  22:24 27:01 23:18 23:31 27:46 30:38 31:56 37:32 31:09 41:00 31:10 36:21 31:22 40:52 38:58	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR  Inewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney  5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen  O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein 5 Harold Nolan John Samsel Hernan Patno Roger Meyer Gary Circosta  O Catherine Stone Mary Evans Cindy Reeder Judith Rodenbeck Kathy Van Italie 5 Jane Gillham Michelle Falkow Bernadette Janelle Eileen Bjorkman Denise Mangano O Deborah Hamm Charl KohlerBritton Cathy Abrams Julie Joslyn Rebecca Kaplan 5 Bonnie Dietrich Judith Tripp Agnes Mak Phyllis Giarro	205.06 org  Mile pt. 7  4.25  4.48  4.50  5.00  5.06  4.54  4.57  5.02  5.07  5.18  5.20  5.32  5.32  5.32  5.32  5.32  6.03  6.21  5.42  6.03  6.21  7.20  7.20  7.35  7.38  7.38  7.38  7.38  7.34  8.30	M60+ARYENIO FERREIRA 6 JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50 S BISSONNETH 56 SOFIA MORIARTY 59 W60+MARGARET RAAD 63 WENDY BURBANK 60 LINDA DEWING 60 DORIS DARLING 63 SHELIA BASQUE 61 BARBARA RONEY 62 KATHLEEN KELLEY 62 ARLENE KNIGHT 64 PAT BLENKIRON 65 JOAN JOHNSON 61	18:19 18:41 120:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:35 20:56 33:56 34:17 37:56 39:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM ANN NEWTON SANDRA MICHENER W65 LUCY GLEASON DONNA BROWN www.maggievalleyonline moonlightracecom  Rock N' Roll Half-Mar Virginia Beach, VA; A Overall Martin Lel 25 Margaret Okayo 27 M40 Jackson Kipng'Ok Dai Roberts Timothy Schuler P Bezuidenhout John Anderson M45 Herb Spicer William Abrams James Bates Daniel Hartnett Louis Anderson M50 Rick Platt	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 35:55 38:18 38:28 43:25 43:43 43:47 46:56 58:25 8:59:26 48:40 658:25 1:01:27 1:04:01 1:01:27 1:04:01 1:12:58 1:15:02 1:19:38 1:20:13 1:17:30 1:20:16 1:25:05 1:26:44 1:26:51
Liz Murphy W65 Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Famung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mille Central Park, NYC; A Overali David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes M55 Adolf Lawrowski	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K ug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11 57:50 41:24 58:51 Marathon es ug. 24 1:43:43 1:58:23 1:48:36 1;51:07 1:57:08 2:04:22	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Oyerall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Diana Leifels W60 Wendy Burns  New Haven, CT; Se	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05 Mile  ; Aug. 31  22:24 27:01 23:18 23:31 27:46 30:38 31:56 37:32 31:09 41:00 31:10 36:21 31:22 40:52 38:58	MA MA MA WA	JEANNETTE CYR  Inewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney  5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen  O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein  Harold Nolan John Samsel Hernan Patino Roger Meyer Gary Circosta  O Catherine Stone Mary Evans Cindy Reeder Judith Rodenbeck Kathy Van Italie  5 Jane Gillham Michelle Falkow Bernadette Janelle Eileen Bjorkman Denise Mangano  O Deborah Hamm Charl Kohler Britton Cathy Abrams Julie Joslyn Rebecca Kaplan  5 Bonnie Dietrich Judith Tripp Agnes Mak Phyllis Giarro orge Sheehan Memor	205.06 org  Mile pt. 7  4.25  4.48  4.50  5.00  5.06  4.54  4.57  5.02  5.07  5.18  5.20  5.32  5.32  5.32  5.32  5.32  6.03  6.21  5.42  6.03  6.21  7.20  7.20  7.35  7.38  7.38  7.38  7.38  7.34  8.30	M60+ARYENIO FERREIRA 6 JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50 S BISSONNETH 56 SOFIA MORIARTY 59 W60+MARGARET RAAD 63 WENDY BURBANK 60 LINDA DEWING 60 DORIS DARLING 63 SHELIA BASQUE 61 BARBARA RONEY 62 KATHLEEN KELLEY 62 ARLENE KNIGHT 64 PAT BLENKIRON 65	18:19 18:41 120:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:35 20:56 33:56 34:17 37:56 39:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM ANN NEWTON SANDRA MICHENER W65LUCY GLEASON DONNA BROWN www.maggievalleyonline moonlightracecom  Rock N' Roll Half-Mar Virginia Beach, VA; A Overall Martin Lel 25 Margaret Okayo 27 M40 Jackson Kipng'Ok Dai Roberts Timothy Schuler P Bezuidenhout John Anderson M45 Herb Spicer William Abrams James Bates Daniel Hartnett Louis Anderson M50 Rick Platt Carl Randall	N46:58 1.04:27 30:50 R 31:17 32:07 34:15 35:27 3 35:55 38:18 38:38 34:25 43:43 43:47 46:56 48:32 55:36 58:25 8:59:26 48:40 58:17 1:09:17 1:09:17 1:04:01 1:12:58 1:15:02 1:19:38 1:20:13 1:17:30 1:20:16 1:25:05 1:26:44 1:26:51 1:26:51 1:26:51 1:26:27 1:29:16
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Liz Murphy W65 Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Famung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mille Central Park, NYC; A Overali David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes M55 Adolf Lawrowski	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K ug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11 57:50 41:24 58:51 Marathon es ug. 24 1:43:43 1:58:23 1:48:36 1;51:07 1:57:08 2:04:22	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Overall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Diana Leifels W60 Wendy Burns  New Haven, CT; Se Overall Meb Keflezighi 28 AR	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05  Mile 427:01 23:18 23:31 22:24 27:01 23:18 23:31 22:46 30:38 31:56 31:50 38:58	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR  Inewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney  5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen  O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein 5 Harold Nolan John Samsel Hernan Patino Roger Meyer Gary Circosta  O Catherine Stone Mary Evans Cindy Reeder Judith Rodenbeck Kathy Van Italie 5 Jane Gillham Michelle Falkow Bernadette Janelle Eileen Bjorkman Denise Mangano O Deborah Hamm Charl KohlerBritton Cathy Abrams Julie Joslyn Rebecca Kaplan 5 Bonnie Dietrich Judith Tripp Agnes Mak Phyllis Giarro Orge Sheehan Memor O-69 ic Heckler 61	205.06 org  Mile pt. 7  4.25  4.48  4.50  5.00  5.06  4.54  4.57  5.02  5.07  5.18  5.20  5.32  5.32  5.32  5.32  6.03  6.21  5.13  5.22  6.03  6.21  7.20  7.35  7.36  7.36  7.36  7.36  7.37  7.36  7.36  7.36  7.37  8.41	M60+ARYENIO FERREIRA 6 JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50 S BISSONNETH 56 SOFIA MORIARTY 59 W60+MARGARET RAAD 63 WENDY BURBANK 60 LINDA DEWING 60 DORIS DARLING 63 SHELIA BASQUE 61 BARBARA RONEY 62 KATHLEEN KELLEY 62 ARLENE KNIGHT 64 PAT BLENKIRON 65 JOAN JOHNSON 61	18:19 18:41 120:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:12 21:34 25:41 25:47 25:14 25:47 25:14 25:47 25:14 25:47 25:14 25:47 25:14 25:47 25:14 25:47 25:14 25:47 26:36 26:52 27:25 27:30 27:44 23:34 23:34 24:09 24:15 27:14 33:26 33:56 39:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. MCMANUS W45 SUSAN BREEDING D ALLSTAEDT C RAES-BARNARI W50 TONI CRUZ DEBBIE HOPE MARY CADY W55 BRENDA COOTER CAROL THOMASON JUDY WHITE W60 WOLLIE WISHAM ANN NEWTON SANDRA MICHENER W65 LUCY GLEASON DONNA BROWN www.maggievalleyonline moonlightracecom  Rock N' Roll Half-Mar Virginia Beach, VA; A Overall Martin Lel 25 Margaret Okayo 27 M40 Jackson Kipng'Ok Dai Roberts Timothy Schuler P Bezuidenhout John Anderson M45 Herb Spicer William Abrams James Bates Daniel Hartnett Louis Anderson M50 Rick Platt Carl Randall Per Kristiansen M55 George Neil	N46:58 1.04:27 30:50 R31:17 32:07 34:15 35:27 33:18 38:18 38:38 34:28 43:25 43:43 44:47 46:56 58:25 53:6 58:25 65:26 48:40 1:01:27 1:04:01 1:12:58 1:15:02 1:19:38 1:20:13 1:17:30 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:17 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:16 1:20:24 1:26:35
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Liz Murphy W65 Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Famung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mile Central Park, NYC; A Overall David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes M55 Adoif Lawrowski M60 Samuel Skinner M65 Alfred Finger M70 Kenneth Jones M75 Sab Koide	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K ug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:20 42:20 38:29 42:11 57:50 41:24 58:51 Marathon es ug. 24 1:43:43 1:58:23 1;48:36 1;51:07 1:57:08 2:04:22 2:11:11 2:20:32 2:43:27 3:11:15	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Qyerall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Dana Leifels W60 Wendy Burns  New Haven, CT; Se Overall Meb Keflezighi 28 M81 LANCE DENNING CHRIS CHISHOLM	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05 Mile  ; Aug. 31  22:24 27:01 23:18 23:31 27:46 30:38 31:56 37:32 31:09 41:00 31:10 36:21 31:22 40:52 38:58  Kept. 1	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR  Inewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney  5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen  O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein 5 Harold Nolan John Samsel Hernan Patno Roger Meyer Gary Circosta  O Catherine Stone Mary Evans Cindy Reeder Judith Rodenbeck Kathy Van Italie 5 Jane Gillham Michelle Falkow Bernadette Janelle Eileen Bjorkman Denise Mangano O Deborah Hamm Charl KohlerBritton Cathy Abrams Julie Joslyn Rebecca Kaplan 5 Bonnie Dietrich Judith Tripp Agnes Mak Phyllis Giarro orge, Sheehan Memor O-69 ic Heckler 61 ill Borla 63 id Howard 64 hom Weddle 65 at Cosgrove 62	205.06 org  Mile pt. 7  4.25  4.48  4.50  5.00  5.03  5.06  4.54  4.57  5.02  5.07  5.18  5.20  5.32  5.32  5.32  5.32  6.03  6.21  5.42  6.03  6.21  7.20  7.20  7.35  7.38  7.36  7.36  7.37  7.38  7.38  7.30  8.41  mal Mile  5.13  5.17  5.19  5.32	M60+ARYENIO FERREIRA 6 JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50 S BISSONNETH 56 SOFIA MORIARTY 59 W60+MARGARET RAAD 63 WENDY BURBANK 60 LINDA DEWING 60 DORIS DARLING 63 SHELIA BASQUE 61 BARBARA RONEY 62 KATHLEEN KELLEY 62 ARLENE KNIGHT 64 PAT BLENKIRON 65 JOAN JOHNSON 61 www.cvsdowntown5k.com	18:19 18:41 1 20:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:34 20:33 21:09 21:12 21:34 20:35 23:56 23:56 23:56 33:56 33:56 33:56 33:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. 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Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70Jeannine Emerson www.doitsports.com/cigi y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Farmung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mile Central Park, NYC; A Overall David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes M55 Adolf Lawrowski M60 Samuel Skinner M65 Alfred Finger M70 Kenneth Jones M75 Sab Koide W40 Corinna Cortes	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11 57:50 41:24 58:51 Marathon es tug. 24 1:43:43 1:58:23 1;48:36 1;51:07 1:57:08 2:04:22 2:11:11 2:20:32 2:43:27 3:11:15 2:02:50	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Oyarall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Diana Leifels W60 Wendy Burns  New Haven, CT; Se Overall Meb Keflezighi 28 Maria Runyan 34 M40 LANCE DENNING	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05 Mile  ; Aug. 31  22:24 27:01 23:18 23:31 27:46 30:38 31:56 37:32 31:09 41:00 31:10 36:21 31:22 40:52 38:58  K ept. 1 58:56 1:05:51 1:05:29	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR  Inewhavenroadrace  YRR Fifth Avenue Manhattan, NYC; Sep  O Conor O'Driscoll Peter Allen Adrian Brewster Thomas Buffolano Evaristo Roldan Martin McElhiney  5 Doug Bell Vladimir Tomilov Allan Muir Anthony Watson Michael Mbugua Roy Tore Mentzen  O Paul Mascali Julian Alvarez David King Leo Ciesa Harry Lichtenstein  5 Harold Nolan John Samsel Hernan Patno Roger Meyer Gary Circosta  O Catherine Stone Mary Evans Cindy Reeder Judith Rodenbeck Kathy Van Italie  5 Jane Gillham Michelle Falkow Bernadette Janelle Eileen Bjorkman Denise Mangano  O Deborah Hamm Charl Kohler Britton Cathy Abrams Julie Joslyn Rebecca Kaplan  5 Bonnie Dietrich Judith Tripp Agnes Mak Phyllis Giarro orge Sheehan Memoro  169 ic Heckler 61 ill Borla 63 id Howard 64 hom Weddile 65 at Cosgrove 62 ob Edmonds 61	205.06 org  Mile pt. 7  4.25  4.48  4.50  5.00  5.03  5.06  4.54  4.57  5.02  5.32  5.32  5.32  5.33  4.51  5.26  6.03  6.21  5.03  6.21  5.03  6.21  7.20  6.13  7.20  7.35  7.38  7.46  7.35  7.38  7.46  7.35  7.34  8.30  7.34  8.31  7.35  7.34  8.30  7.34  8.31  7.35  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34  8.30  7.34	M60+ARYENIO FERREIRA 6 JACK THORNHILL 61 GEORGE KASIERSKI 6 DAVID PEMBER 60 RICHARD SILVA 69 RICH RUDERT 65 WILLIAM MYERS 63 RAYMOND KELLEY 60 FRED ZUELEGER 65 HARRY CARTER 66 W40 M-LUISA SERVIN 41 MARISSA HANSON 40 Z WIECIORKOWSKA 40 MARGE BELLISLE 48 ANNMARIE MARINO 41 GRACE JENSEN 40 IVONNE PARKER 40 SUSAN HAMMOND 40 SUSAN KENNEY 47 ROSE SAKACH 41 W50 DEIRDRE BIRD 52 CAROLINE TROISE 52 DOMINIANA BISHOP 54 PAT KIESSELBACH 54 NORMA DIBARTOLO 50 VALERIE BARCELOS 56 GENIA SANBORN 53 K MC LAUGHLIN 50 S BISSONNETH 56 SOFIA MORIARTY 59 W60+MARGARET RAAD 63 WENDY BURBANK 60 LINDA DEWING 60 DORIS DARLING 63 SHELIA BASQUE 61 BARBARA RONEY 62 KATHLEEN KELLEY 62 ARLENE KNIGHT 64 PAT BLENKIRON 65 JOAN JOHNSON 61 WWW.CVSdOWNTOWNSK.COM	18:19 18:41 120:28 20:38 20:38 21:18 22:30 22:39 22:41 22:50 23:25 16:56 17:55 18:32 18:34 20:13 20:29 21:03 21:09 21:12 21:34 20:29 21:03 21:09 21:14 22:50 26:36 26:52 27:25 27:30 27:44 32:26 33:42 24:09 24:15 27:14 32:26 33:41 37:56 39:56	M75 CHARLES DOTSO FRED SIMMONS W40 SUSAN ROGERS LUANNE COULTE C ROBERTSON TRACY STEELE M.E. 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Liz Murphy W65Wally Ramsden Dolores Lemay Phyllis Cote W70 Jeannine Emerson www.doitsports.com/cig y.html  NYRR Dash & Splas Central Park, NYC; A Overall Jerry Macari 43 Cara Jordan 33 M40 Jerry Macari M45 Jaime Palacios M50 Vincent Shaw M55 Tomas Maruri M60 Lawrence Diggs M65 Michael Goldman M70 Eric Seiff M75 Sab Koide W40 Margaret Riley W45 Jan Farmung-Krause W50 Barbara Earl W55 Katheen Horton W60 Susanna Beltrandi W65 Phyllis Roth W70 Ginette Bedard W75 Bertha McGruder  NYRR New York City N Tune-Up 18 Mile Central Park, NYC; A Overall David Walsh 26 Abby Dean 31 M40 P Bezuidenhout M45 Greg Diamond M50 John Pontes M55 Adolf Lawrowski M60 Samuel Skinner M65 Alfred Finger M70 Kenneth Jones M75 Sab Koide W40 Corinna Cortes W45 Marie Wickham W50 Admas Beliligne	33:47 32:19 41:08 43:04 40:02 na/gatewa sh 8K tug. 16 27:59 32:18 27:59 28:26 32:15 32:03 36:42 36:57 37:37 48:35 40:46 40:20 42:00 38:29 42:11 57:50 41:24 58:51 Marathon es sug. 24 1:43:43 1:58:23 1;48:36 1;51:07 1:57:08 2:04:22 2:11:11 2:20:32 2:43:27 3:11:15 2:02:50 2:09:17 2:19:34	M40 Scott Brown M45 Amador Ybanez M50 Thomas Hall M55 Hexuen Paticco M60 Samuel Skinner M65 K Modzelewski M70 Eric Seiff M75 William Fortune M80 Pasqualino Maio W40 J Chodnicki-Stemm W45 Marie Wickham W50 Mary Dunn W55 Carol Hansen W60 Anna thornhill W65 Evelyn Davis W70 Annie Adams W75 Joan Rowland W80 Grace Salant  NYRR Henry Isola 4 Cross-Country Van Cortlandt Park, NYC Oyerall Jacobo Perez 27 Heidi Hackemer 24 M40 Tim Necsell M45 Vladimir Tomilov M50 Robert Santoli M55 Edward James M60 Michel Meliarenne M65 Yoshi Higa M70 Eric Seiff M75 Jack Haar W40 Rose Dunican W45 Zsuzsa Orban W50 Mary Rosado W55 Diana Leifels W60 Wendy Burns  New Haven, CT; Se Overall Meb Keflezighi 28 AR M40 LANCE DENNING CHRIS CHISHOLM MICHAEL PAYSON SASHA COOKE JOHN TOLBERT	33:09 34:02 37:43 41:30 39:39 48:40 48:13 52:22 1:07:17 39:09 41:59 41:05 50:33 46:00 53:16 58:15 1:19:29 1:22:05  Mile  ; Aug. 31  22:24 27:01 23:18 23:31 22:46 30:38 31:56 37:32 31:09 41:00 36:21 31:22 40:52 38:58  K ept. 1	N M M M M M M M M M M M M M M M M M M M	JEANNETTE CYR J. newhavenroadrace.  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Stephanie Shipp

Susan Aaronson\*

24:58

Bebsie Thompson 2:01:38 Edward Jefferson 2:12:48

12 David Kenney 68

M70-79 1 Jim Sutton 72

M75 Rick Galinta 2:06:48 Franklin Mason 2:20:53 2:59:08 Fred Simmons M80+Cokey Daman 3:26:32 W40 Ramilia Burangulova 1:16:50 Mercedes Gil 1:22:07 Kendall Tata Miae Jacobs 1:29:33 Maribeth Cowan 1:38:38 1:25:20 W45Leisa Ensle 1:35:08 Sheri Segal Janet Jones W50 Patricia Carroll 1:35:56 Barbara Mathewson 1:41:42 Kathy Ward 1:49:35 W55J Kruger-Williams Shelia Grisard 1:56:50 1:59:56 Maureen O'Brien W60 Carolyn Kriesen 1:57:37 Joan Coven Sylvia Boecker 1:58:29 2:16:06 W65 Ane Gade 2:21:06 2:22:38 Ann Vella 2:50:23 Donna Brown W70Pat Ewell 2:22:34 2:39:19 Hiroko Hunt Ellen Stevenson 3:47:31 W75Bertha McGruder 2:56:48 www.rnrhalf.com U.S. 10K Classic Atlanta, GA; Sept. 1 Overall THOMAS KIPLITAN JANE KIPTOO 33:30.1 M40 EDDY HELLEBUYCK 30:58.7 KEN YOUNGERS 35:36.0 36:08.0 FRIC PUTNAM M50 BOB DALTON ALON STEWART 40:07 0 41:53.6 GEORGE TAYLOR M60+PETE SCALIA 44:09.5 BENJAMIN JORDAN 45:10.6 GEORGE FINCHER W40 CONNIE ROBERTSON 42:31.3 43:30.6 BETSY FRICK SUSAN ADAMS 44:45.0 W50 SAM NORMAN 47:37.0 JORGE M MANZO MARLENE ATWOOD 52:11.5 W60+DOROTHY WRIGHT 1:01:43.4 LINDA A BOYD SHIRLEY CARTER 1.08.18.9 MIDWEST Fleet Feet Sports Women's 5K & 10K Chicago, IL; July 27 Overall Dot McMahan 26 21:31 W40 Monica O'Hara Carrie Bush 22:48 20:25 Janet Julien W45 R. Naplatanova 24:03 Tracy Hurst 24:38 25:35 W50 A. Baumgartner Connie McCabe Jeanne Ryding 26:57 W55 Ginger Semple Susan Zwolfer 26:27 26:45 Diane Schultz 28:53 W60 Patricia Aimes 28:40 36:17 42:16 Susan Robbins Phyllis Hansen W65 Cathie McCormick29:55 Beatrice Bacalzo 31:55 Ruth Seeler -10K-Overall Kim Weidman 20 W40 Christian Meyer 39:42 40:02 M. Henderson Miss Sprite 48:14 W45 Sharon Murphy 49:38 Ellen Holthaus Merium Redleaf W50 G. Wasielewski Susan Hruskoci 52:56 57:28 Patrice Barton 1:00:40 W55 Pamela Fritzcshe 53:18 K. Cannady-Stass 54:10 Christian Scribner 56:00 Mary Cullen 1:11:13 W60 Mary Cullen Barbara Coats 1:11:32 Ann Carney 1:16:37 Continued on next page

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W50 Catherine Wides

Diana Morris

Amy Rockhill W55 Sarah Land

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M55 And

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Women's Distance Fest Oregon, OH; Aug.	
Overall	
Debbie Wagner 51 W40 Robyn Aldrich	19:06 23:58
Lisa Diekman W45 Deb Karl	24:59
W50 Sandi Reardon W55+Sue Carter 55	24:50 26:46
BarbaraLindeman6	
Crim 10M Flint, MI; Aug. 3	T E IV
Overall John Korir 27	46:23
Lyudmila Biktasheva 29	51:52
M40 Jackson Kipngo'k Andrew Masai	47:26 49:12
Salvatore Bettoil Dennis Simonaitis	49:48
M45 Chris Glowacki	55:24
Felix Brooks Kenneth Stebbins	58:09
M50 Scott Liversedge Joseph Caruso	59:06 59:56
Gary Rizzo	1:00:12
	59:26 1:04:38
	1:05:31
Gerard Malaczynski	1:04:09
M65 Leland Burch	1:04:43
	1:13:26
M70 Ed Whitlock	1:02:25
John Kolmetz	1:15:33
	1:18:44
Ed Kimmel	1:31:51
M85 Joe Thornburg 2 W40 Ramilia Burangulova	57:27
Cindy James 1	:00:03
W45 Tatyana Pozdnyakova	57:55
	:07:06
W50 Debra Wagner 1	:03:14
Donna Olson 1	:13:36
	:15:29
	25:36
Ellen Nitz 1	:21:50
W65Liz Lancaster 1	:25:23
Armande Plesehke1 Merion Knight 1	:31:40
W70 Jean Home 1	28:38
Betty Dunlap 2	:12:04
W75Belen Dziwura 2 www.crim.org	:23:08
Paavo Nurmi Marat	
Hurley, WI; Aug.	3
	2:46:02 3:16:38
M40 Rick Stefanovic	2:46:02
Jarrow Wahman Thomas Wetter	2:48:50
M45 Norb Lauer Joe Manders	2:56:49 3:14:31
Greg Rittman	3:15:12
M50 Terrance Werner Larry Schmidt	3:13:25 3:17:48
Jim Ehasz M55 Jim Baillargeon	3:25:03
Mark Stodghill	3:53:22
Richard Olson M60 Edward Rousseau	3:53:58 3:46:30
John Rodee Lee Fassett	3:54:56 4:17:05
M70+William Hollihan	4:41:56
W40 Dawn Long Suzanne Swafford	
Sharon Hobbs W50 Joy Imms	4:04:10 3:59:59
Sara Cherne	4:36:00
Joyce Wyzlic	4:40:29
Chicago Distance Clas Chicago, IL; Aug	
Overall DANIEL CHERUIYOT 29	
THERESA DUTOIT 31	1:13:16
M40 MIKE YUHASZ MIKE DUFFALA KURT FIENE	1:13:21
KURLEINE	1:20:02

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		Shirley Sirois
GARY MOSS	1:13:59	Barbara Ferraro
JIM JORDAN	1:20:11	www.iplayoutside.com/Ever
55 RICK STETSON ANDREW SUOZZO	1:22:55	Park Forest Scenic
TOM CLEARY	1:24:46	Park Forest, IL; Se
60 EDWARD PACKEL	1:31:54	Overall Patrick Nthiwa 20
JERRY HEWITT FRANK KOSTER	1:32:49	Alevtina Ivanova 28
65 JOE ARNOLD	1:36:00	M40 Dennis Simonaitis
TED KOHN	1:40:32	Paul Pilkington
JOHN DAVIS 70 JOSEPH PALECZNY	1:47:01	John Mirth
DICK LAMERMAYER	1:55:41	Gordon Sanders Victor Tellez
JOSEPH DILEONARDI	2:18:47	W45 Antoni Niemczak
75 GEO. HOSOKAWA 79 40 KATHRYN FROEHLICH	2:20:10	Bruce Hall
KRISTY HOWLAND	1:27:20	Steve Wikner
CHRISTINE LIPA	1:32:59	Keith Holzmueller
45 MARY KRAUSE CHRISTINA NIXON	1:30:44	Bill Wachter M50 Sam Cortes
MARY MOSS	1:37:39	Gary Moss
50 LOUISE GINGRAS	1:33:43	Bob Theodore
KAORI MAESHIMA BETH ONINES	1:40:08	Ron Kahler
55 SUSAN CROLL	1:31:04	Brian Fredricks
NANCY ROLLINS	1:36:05	M55 Merlin Anderson Rick Stetson
SUSAN GOLDMAN 50 BEVERLY SCHULZ	1:49:45	Steve Currins
YVONNE SMITH	2:04:41	Andrew Suozzo
CYNTHIA BRENT	2:17:31	Tom Cleary
55 DOLORES SMITH CICILY MATON	2:58:35	M60 James Bahr
O B. KUMMERER	2:29:22	Jerry Hewitt
5 K. MCDONOUGH 79	2:40:26	Winston Rasmussen
w.chicagodistancecla	issic.com	Dave Davis
Run Through Hell 10	Mile	M65 Joe Arnold
Pickney, MI; Aug.		John Quinton
verall		Frank Nicholson
yan Desgrange 23 m Peterson 34	53:35 63:33	Matthew Kraly George Suter
40 Todd Kelly	60:04	M70 Dick Lamermayer
Rick Ames	60:18	Tom Magill
Bent Andersen 45 Vladimir Lupov	61:38 65:29	Hal Weatherford
Jim Fanning	66:28	Wayne Gilmore
Marlin Howe	67:03	James Johnson M75 Gerry Hopkins
50 Mike McAlynn David Luckhardt	64:56 65:50	Bob Mckeague
Doug Soliz	66:57	George Hosokawa
55 Ronald Ruffin Ed Valentine	66;11 69:01	Robert Gand
Robert Marty	70:47	W40 Jenny Spangler
60 Doug Goodhue	64:52	Janet Robertz Carmen Ayala-Troncoso
John Farah Norman Hart	70:12 77:46	Kathryn Froehlich
65 Jim Matherley	79:36 83:38	Janet Marks
Douglas Harger Larry Mishler	88:13	W45 Christina Nixon
70 Joseph Perrino	97:01	Mary Krause Jude King
Hugh Sweeney	1:40.05	Terri Krentz
75 Jim Zink 80+JoeThornburg 86	2:28.51	Mary Moss
40 Stacey Geiermann	66:56	W50 Colleen Seville
Wanda Gunderson Sandra Haras	72:48	Kaori Maeshima
45 Jackie Blair	75:55	Debbie Jones
Gina Norris	78:38	Beth Onines Susan Nolte
Maureen Tippen 50 Donna Olson	79:02 76:41	W55Nancy Rollins
Maggy Zidar	79:32	Isola Metz
Louise Forsythe	88:05	Lynn Adler
55 Kay Heinrichs Merle Heidermann	87:49 90:44	Char Green
60 Cathy Detman	95:16	Dee Budelier W60 Judy Teeple
65 Merion Knight Joan Gary	99:49	Sandy Kurtenbach
		Margie Van
arleston Distance F		Eeva Kallio
Charleston, WV; Au	ig. 30	Kay Golden
verall llary Lelei 24	1:16:06	W65Ida Hey Joan Bobber
via Skvortsova 28	1:31:52	W70 Eileen Nelson
40 Andrew Masai	1:21:32	Norine Weatherford
Larry Taylor	1:33:58	Barbara Kummerer
Joseph Molinaro	1:40:13	W75Kath. Mcdonough
45 Andrey Kuznetsov Glenn Baldwin	1:28:26	www.scenic10.com
Mike Boyer	1:35:24	Chicago Half-Marat
50 Michael Barr	1:43:47	Chicago, IL; Sept
James Sturgeon	1:45:27	Overall Andrzey Krzyscin 36
Don Slusser 55 Doc Weiss	1:48:24	Andrzey Krzyscin 36 Susan Loken 40
Glenn Gailey	1:43:44	M40 Sam Davis
Fred Waybright	1:47:43	John Gervase
60 Walter Seamon	1:52:11	Trent Sinnett
Joel Hicks	2:06:54	M45 Thomas Dever
Andy Lattal 55 Willis Ridenour	2:10:05	Victor Cuevas Luis Diaz
	2:09:51	M50 James Jordan
Richard Albaugh	2:18:31	1000 Jairies Jordan

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Forest Scenic	10M	Emmanuel Eckert W40 Susan Loken	
Forest, IL; Se	pt. 1	Cindy James	1:19:28
Nthiwa 20	47:48	Christen Meyer W45Mary Farris	1:24:11
Ivanova 28	53:18	Mary Krause	1:39:31
Il Pilkington	51:48	Louise Perkowski W50 Jeanne Dulski	1:41:48
n Mirth don Sanders	52:04 52:14	Susan Puzey	1:43:48
or Tellez	55:34	Mary Aaron W55 Isola Metz	1:49:29
oni Niemczak	53:08	Susan Goldman	1:52:41
ce Hall ve Wikner	56:02 1:01:08	Mary Mcdermott W60 Yvonne Smith	2:01:57 2:07:35
h Holzmueller	1:01:58	Nancy Billish	2:14:37
Wachter n Cortes	1:02:21 57:15	Joan Szarfinski	2:15:03
y Moss	1:01:47	W65Dolores Cross Nan Higgins	2:33:27 2:35:31
Theodore Kahler	1:04:09	Eleanor Rzeminsk	12:48:16
n Fredricks	1:06:53	W75 Gloria Schiffler www.chicagohalfmaratl	3:10:45
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n Cleary nes Bahr	1:06:00	Marathon (26.21M Ascent/ Colorado Springs, CO;	
y Hewitt	1:11:46	Ascent	g. 10
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e Davis	1:14:51		2:52:11
Arnold	1:15:17		2:32:58
n Quinton	1:17:28		2:34:16 2:53:13
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orge Suter Lamermayer	1:23:45	Tom Borschel Steve Bresler	2:37:48 2:48:38
Magill	1:44:49	M50 Ron J Hendricks	2:56:40
Weatherford	1:47:11	Curt Krieger	3:01:27
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y Krause	1:14:02	Don N Hayes	5:38:13
e King ri Krentz	1:14:02	W40 Laura I Kelecy Sharon Greenbaum	3:13:50
y Moss	1:19:45	J'Ne Day-Lucore	3:17:24
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bie Jones	1:18:19	Lucy M West	3:35:07
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a Metz	1:16:40	W55 Holly Alexander	3:57:01
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Budelier	1:32:26	W60 Jana Hlavaty	4:23:21
y Teeple ndy Kurtenbach	1:15:08	Nan M Madden B J Smith	4:34:58
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n Alvarez rew Suozzo	1:23:03	Jamie Harris David B Griffith	6:43:52 6:48:23
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nes Jenness	1:35:15	M60 Leo Rutten	6:11:39
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y Crump	1:43:38	Mike Patterson	6:20:08
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orge Brown	1:46:47	George F Johnson	

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Bob F Mathes	8:17:17
M70 Lee Rhodes	7:05:22
Louis B Joline	7:09:28
Tony F Garcia	8:19:49
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William J Hollihan	9:17:14
W40 Jenny P McCargo	5:09:01
Paula A Bowman	5:20:55
Susan Petronio	5:39:38
Jane D Hilt	5:40:22
Amy K Regnier	5:44:26
W45 Jeanne Regh	6:00:00
Jo H Gathercole	6:04:54
Vicki K Martin	6:09:38
Janet E Green	6:12:11
Jennifer Schubert-Akir	6:20:46
W50 Jenine Ebersohl	6:45:14
Angie M Ransom	6:54:27
Ingrid Honzak	7:00:13
Karen R Fox	7:14:08
Carla Branch	7:15:16
W55 Charlene Aldridge	
Betty A Sobeski	6:51:13
Joyce McKelvey	6:53:49
Pamela L Penfield	
Gretchen D Smith	
W60 Janet Newburgh	8:06:09
Nan M Madden	9:44:34
Vici A De Haan	9:16:15
W70Myra Rhodes	9:00:09
www.pikespeakmaratho	on.org
Dick Beardsley Half-M	
Detroit Lakes, MN; S	Sept. 6
Overall	
Chris Ronan 29	1:12:32
Desiree Budd 23	1:22:10
M40 John Ofstedal,40	1:15:15
Kirt Goetzke,42	1:16:01
Dick Beardsley,47	1:19:26
Monty Steffens,44	1:22:23
Michael Moulsoff,40	1:22:40

#### 1:27:15 M50 Tom Silverberg 50 Jim Graupner,58 Gary Thompson,51 1:29:31 1:30:42 Doug Newton,54 1:30:57 Wayne Walvatne,55 M60 Paul Ford,60 1 28 48 Dale Summers, 60 1:30:40 Lee Stauffacher,62 Bob Koshnick,60 1:38:21 Don Domfield 60 1:41:16 Ed Rousseau,63 M70 Roger Aiken,70 2:27:21 W40 Colleen Carter,45 Marlee Meshbesher,44 1:40:53 1:45:35 Becky Swanson, 49 Peggy Becker,42 Lisa Hines,40 1:46:03 1:39:55 W50 Therese Vogel,51 Becky Williams,52 1:40:17 Patti Vitek 51 2:01:07 Diane Norlin,53 2:02:57 Susan Julien,54 2:02:57 W60 Kathy Peterson.60 1:50:59 Pat Lysford,62 2:28:16 Robin Cambra Arlene Craig,61 detroitlakes.com 2:28:17 W50 Nancy Buck Leslie Davis Raquel Smith SOUTHWEST W55 Maggie Ward New Orleans Track Club 40th Gloria Takagishi 27:19 Anniversary 5K Susan Hatton New Orleans, LA; Aug. 17 W60 Rusty Barnett Overall K. Diekmeyer

19:18

16:19

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18:00

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24:00

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33:00

Solomon Kandie 25

Ahmad Noorulhaqq 17:55

M45 Kenneth Schexnayder 18:14

Bob Lanteigne

J. Roger Brown

**Buster Matthews** 

Joseph Rumage

Kathy Feldbaum

Yvonne Thomas

M65 Charlie Wimberly

Frank Abene

M70 Richard Gonzalez

Bill Cohen

W40 Gina Radecker

Sue Rice

W45Pam Williams

W50Linda Fussell

W55 Helene Price

W60 Isabel Rivera

Ruth Baehr

W65 Betty Waguespack

George F Johnson 7:28:57

7:40:20

Bill Duer

Billie Sloss

M75 Bill Cox

Allison Moll 26

M40 Bryan Smith

M50 Junius Nixon

Dr. Pat

M55 Juan Perez

M60 Mike Witkin

Octob	er 200
W70Lucy Troxler W75Elisabeth Van Battun	
www.runnotc.org/resu	lts
WEST	
4th of July 5K I	Blast
Las Vegas, NV;	July 4
Jeff Gardner	16:30
Amanda Gramly M40 Bryan Porter	18:58
Don Merchant	22:5
M45 Rafael Antonio	20:4
Eric Witkoski M50 Edward Seum	20:4:
Dan Lindsey	22:5
M55 Aurelio Herrera	19:4
Frank Hamman M60 John Maultsby	20:3:
Bob Boutin	26:54
M65 Roy Nelson II Phil Weiland	24:3
M70 Dick Edel	26:48
M80+Ed Preston	1:02:4
W40 Martha Corazzii Robin Anawalt	24:07 25:57
W45 Nancy Kubasek	23:00
Diana Jonas	24:09
W50 Rosalie Montoy	a 27:24 31:27
W60 Roberta Hatfield	32:02
A. Comarow	33:44
Susan B. Anthor Sacramento, CA;	
Overall	
Trevor Marca 25	16:11
Caitlin Chock M40 Kristian Peterse	17:27 n18:08
Steve Kollar	18:31
Ron Thompson	19:31
M45 Martin Dean Doug Riggle	17:43 17:49
Bobby Carpent	er17:54
M50 Bernard Willsho Carl Bergeman	
Steve Buck	24:11
M55 Craig Newport Dennis Scott	21:19 22:13
M60 Dan Alarid	20:49
Donald Wilkiso	n 22:16 22:21
Jim Fisher M65 Ricardo Guidoli	
Roger Fong	23:04
Robert Calvo M70+Leo Signorotti	32:53 34:22
W40 Tina Beal	19:16
Linda Chock	19:42
Julie Taggart W45 Desiree Wilson	20:34
Cary Craig	21:51

35:05 Nona Blum 27:52 W65 Nova Poff Florence Fong Marlene Kinser 32:04 America's Finest City 13.1M San Diego, CA; Aug. 17 Overall Kazuhiro Matsuda 1:03:57 1:14:24 Silvia Svortsova M40 Aaron Pierson Jeff Ambos Trent Sinnett 1:15:47 1:21:00 Brendan Reilly Dan Wellbaum 1:21:18 1:21:57 M45 Kim McDonald Salvador Garcia Lon Bussell 1:23:24 Kevin Prochaska Steve Greenspan 1:23:58 M50 Greg Wilson 1:21:14 Farley Spector Doug Wood 1:26:07 Dan Guillory 1:28:42 M55 Hal Goforth Jr Juan Cabeza 1:29:40 Continued on next page

23:34

26:22

26:50

28:04

25:17

27:54

24:51

31:22

October 2003
Continued from previous page
Roy Sinclair 1:34:43
Richard Nelson 1.38.04
M60 Chuck Long 1:33:52
Richard Gauntner 1:37:56
Francisco Souza 1:38:31
M65 Francisco Saiz 1:47:49
Jerry Albert 1:49:12
M70 Stanley Polski 1:59:44
James Woolf 2:01:22
Harold Forney 2:11:35
M75+Pete Petracek 2:09:06
Bob Koch 2:14:13
John Cross 2:50:01
W40 Susan Loken 1:21:31
Julieanne White 1:22:18
Debbie Richardson1:26:10
Rosalva Bonilla 1:28:28
Cheryl Sheremeta 1:28:46
W45J Lassee-Johnson 1:24:01
Mary Burns Prine 1:30:49
Edys Gauger 1:42:35
Jean Watson 1:49:56
W50 Mariat Fernandez 1:38:09
Sonia Nam 1:47:43
Signe Nam 1:49:48
Linda Truman 1:49:36
W55 Caroll Beck 1:52:38
Ann Fordiani 1:53:38
Marilyn Carpenter 1:53:31
Anita Porter 1:58:02
W60 Betty Bulich 1:59:20
Eva Svitek 2:05:35
Karen Evans 2:18:49
W65Imme Dyson 1:55:09
Elsie Billy 2:17:17
Mickie Shapiro 2:24:21
W70Faith Ramirez 2:35:49
W75+Peggy Hansen 753:06:23
www.afchalf.com
McConnell's Ice Cream 5K & 10K
Santa Barbara, CA; Aug. 17
Overall
Michael Smith 39 16:30
Melissa Goode 28 19:13 M40 Scott Deardorff 40 17:24
Terry Howell 47 17:35 Mick Caruso 40 18:05
M50 Gary Maxwell 53 19:26
David Groom 54 19:31
Dennis Mihora 58 19:48
M60 Don Truex 66 20:43
Jack Bianchi 61 21:01
M70 George Harrower77 36 46
W40 Dianna Hall 45 19:44
Jill Ireland 41 20.11 Sue Clinton 40 21.33
W50 Deborah Flores 50 22:19
Fran Malinoff 55 27:54
W60 Kei Zehr 60 23:30
Pauline Freeland62 25:48
W70 Ann Chadwick 71 36:53
10K
Overall
Justin Hatch 36 36:46

Santa Barbara, CA; Au	g. 17
Overall	
Michael Smith 39	16:30
Melissa Goode 28	19:13
M40 Scott Deardorff 40	17:24
Terry Howell 47	17:35
Mick Caruso 40	18:05
M50 Gary Maxwell 53	19:26
David Groom 54	19:31
Dennis Mihora 58	19:48
M60 Don Truex 66	20:43
Jack Bianchi 61	21:01
M70 George Harrower77	36:46
W40 Dianna Hall 45	19:44
Jill Ireland 41	20:11
Sue Clinton 40	21:33
W50 Deborah Flores 50	
Fran Malinoff 55	27:54
W60 Kei Zehr 60	23:30
Pauline Freeland62	25:48
W70 Ann Chadwick 71	36:53
10K	
Overall	
Justin Hatch 36	36:46
Sheryl King 38	40:58
M40 Scdott Deardoff 40	39:27
Lee Carter 46	40:37
Stu Sherman 48	40:44
M50 Dennis Mihora 58	44:14
Gary Maxwell 53	44:20
David Groom 54	19:31
M60 Vic Birtalan 60	43:33
Jack Bianchi 61	46:52
M70 Richard Young 73	75:16
W40 Karen Kunz 48	42:47
Joyce Brisby 41	44:43
PaulinSchneekloth46	45:36
W50 Stephanie Welch55	
Eileen O'Brien 56	69:42
W60 Pauline Freeland62	58:55
LICATE FOR Trail Champio	nehine

# **USATF 50K Trail Championships** Golden Gate Headlands 50K Rodeo Beach, CA; Aug. 23

Overall	
Scott Creel 41	3:49:54
Mary Fagan 28	4:33:10
M40 Scott Creel	3:49:54
Dennis Rinde	3:54:45
Craig Steinmaus	4:05:04
M50 Danny Dreyer	4:55:50
Joe Schieffer	4:58:41
Roy L. Pirrung	5:12:38
M60 Ed Ayres	5:56:41
Darrell Schlee	6:15:23
Ed Graper	7:43:40
M70 Howard Daniel	8:34:25
Jim Arthurs	8:42:36
Richard Laine	8:50:53
W40Luanne Park	4:48:04
Valerie Pino	4:48:51
Tania Pacev	5:05:24
W50 Dee Dee Grafius	5:57:12
Hazel Wood	6:09:04

Pier to Peak Half-Marathon			
W60 Katherine Beiers	8:45:43		
W60 Eldrith Gosney	6:36:11		
Jerry Roninger	6:35:57		

#### Santa Barbara, CA; Aug. 31 Overall Peter Park 38 Marie Hermann 40 1:52:05 M40 Robert Franks 1:46:32 Jim Kruidenier 1:51:07

Greg Faulkner	1:52:19
M50 David Louks	1:43:32
Brian Shiffman	1:52:21
Mike Dungan	1:56:23
M60 Jack Bianchi	2:14:24
Harry Pantelas	2:26:58
Patrick Higgins	2:38:11
M70 Andrew Bruckner	2:36:11
Thos. McKiernan	3:22:06
George Harrower	4:06:24
W40 Marie Hermann	1:52:05

1	Thos. McKiernan	3:22:06
1	George Harrower	4:06:24
1	W40 Marie Hermann	1:52:05
1	Mariann Thomas	1:54:36
1	Betsy Spauding	2:06:40
	W50Linda Phillips	2:19:39
1	Nancy Dubie	3:13:57
	Mary Maguire	4:27:29
١	W60 Patty Landis	3:19:06
ı	W70 Margie Withrow	3:49:31
1	Ann Chadwick	4:06:23

#### Race for the Cure 5K San Francisco, CA; Sept. 7

www.runsantabarbara.com/pier\_

١	San Hancisco, CA, Se	pr. i
١	Overall	
١	The state of the s	15:12
ı		17:30
١	M40 Tony Fong	17:58
١	Kevin Lange	19:05
1		19:25
١		19:52
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١	1111011001	20:01
i	III TO GOITH I GITTE OF	20:34
	Tim Luca	20:49
	Anthony Rivano	21:00
	John Kirkpatrick	22:06
Ì	M50 Leonard Goldman	19:05
1	Ron Kiyono	19:15
y	Victor Rodriguez Robert Morris	20:16
ı	Jack Zakarian	21:10
1	M60 Paul Mosel	22:38
1		27:47
	Philip Wiseman	28:44
	Freddie Powell	31:09
	Joel Fruchtman	
i	Robert Degraff	32:59 26:18
١	M70 Frederick Crews	27:13
1	Ed Mooney	
	Bang La	34:07
	Basilio Gromik	34:23
ı	Fred Martin Jr	38:26
	W40 Kimberly Fanady	19:52
1	Azzaddine Kachkach	
١	Anna Slattery	20:30
١	Diane Gilles	22:20
١	Suzanne Bryan	22:39
ı	W45 Tori Meredith	23:54
۱	Karen Dean	24:20
ı	Meridee Moore	24:52
1	Leisa Snyder	25:26
1	Jane Walker	25:27
١	W50 Claire Malonson Fry	
١	Sally Cataldo	23:55
1	Emily Toy	24:24
ı	Karen Jason	24:32
1	Charlene Bayles	24:37
١	W60 Judy Gallagher	22:27
1	Betty Crews	31:09
١	Irina Wallace	31:44
•	Patricia Miller	31:46
1	Mary Mettler	32:04
ı	W70Margaret Craig	44:01
	Kit Pickles 78	45:02
1	Dorothy Page	46:28
	Jean Howe	51:00
	Agnes Richard	57:36
١	W80+Margaret Dolan 80	56:13
1	Norma Johnson 841	:33:00

#### www.sfkomen.org/race/raceday **NORTHWEST**

Oregon Road Runners Club Mt. Hood-Pacific Crest Trail 50K/50M Timothy Lake, OR; Aug. 2 50K Overall Juan Martinez 23 Kami Semick 37 

 Juan Martinez 23
 3.52.06

 Kami Semick 37
 4:34.45

 M40 Jeffrey Wilson
 5:30:14

 M45 Andy Edwards
 6:22:28

 M50 Robert Armstrong
 5:03:20

M55 George Midburst	6:20:39
M60 Paul morgan	7:46:42
M65 Jim Updegrave	7:43:42
W40 Phoenix Ries	6:00:51
W45 Joanne Bernt	6:20:40
W50Rita Kenny	9:01:56
W55Pat Warner	6:20:53
50M	
Overall	
Craig Thornley 39	7:36:50
Jody Aslett 35	9:11:07
M40 Dann Fisher	8:29:00
M45 Fred Stafford	9:56:32
M50 Clyde Aker	8:27:54
M55 Dennis Jensen	11:55:42
M60 Eb Engelman	9:31:53
M70 Cornelius Pierce	10:53:28
W40 Stacey Bunton	9:42:32
W45 Janet Stadshaug	11:02:55
W50 Meg Lainson	11:09:05
W55 Anne Huntzicker	13:07:56
www.orrc.net	

	H	lumpy's Marathon,	
		Marathon, & 5k Anchorage, AK; Au	
			g. 17
١	Ove	TT CI EMETSON	2.49:13
	MICH		3 09 55
1		DANIEL SALVADOR	
		PETER COOPER	3:04:28
		ANDY KIRK	3 28 28
	M45	KEV BURNITT	2:58:53
		DAVID SUNDBERG GARY BURLESON	3:14:54
1	M50	EDANK CAHILL	3.04:44
		RON DOWNEY	3:25:33
		RICHARD BLACK	3:29:55
	M55	ERIC SKIDMORE	3 24 08
		BARRY SOSSAMON	
1	NICO	JIM LEONARD HERBERT MARZIN	3:48:30
	MOU	GERALD ROSEN	4 44 29
		BARRY BURGOYNE	
ĺ	M65	FELIKS FEYGIN	4:05:44
		PAUL MIKELS	6:09:44
١	1.170	FELIKS FEYGIN PAUL MIKELS ALAN STEGGLES +ROY FPPS	6:16:54
	1411.0	+ROY EPPS DANA HAND	6.42.03
	**40	PENEE PUIDO	4-09-45
	4.50	VERONICA BEAGAN	4:09:45
	W45	DEBORAH LAZAROFF	3:32:59
		COLLEEN NEWGAARD	
	W50	CYNDIE MERTEN	5 15 34 3 50 30
1	**50	MARY FLANIGIN TERRY YARIAN	4:08:47
1			4:28:18
	W55	MARIA COBB	4:17:28
	1	CATHY TROISI	5:28:04
	Half	f-Marathon	5:40:49
	Ove		
			1:11:01
	NAJE	EBY QUINN	1 22 45
١	M40	JOHN CLARK	1:15:39
		ROB CAMPBELL PATRICK DUFFY	1:24:07
	MAS	BERNIE KRUEGER	1:27:21
	IVING	MARK DENT	1:42:54
		JOHN FOUTS	1:44:23
	M50	ERIC MOHLER	1:29:09
	M55	JOSEPH DEWANE	1:29:10
	M55	ROBERT ABY	1:41:03
		TIM VAN NEST JAMES SPROTT	1.45.07
	M60	CHARLES THOMAS	1:51:05
	M65	RICHARD MILLER	4:09:46
	W40	SUSAN FAULKNER	1:23:15
		TERI ARION	1:43:35
	*****	KAREN BRONGA	1:44:43
1	W45	LORI STAATS-CAHILL M PEDERSEN	1:44:53
ı	1	MARY O'BRIEN	1:49:55
	W50		1:56:40
ı	9:00	LESLIE WILSON	2:10:29
ı		PHYLLIS SEEBA	2:15:26
ı	W55	MARTHA SMITH	2:08:46
ı	14	V TARASSOV	2 18 40 6 00 12
	W60	KAREN NYBACK	2:26:51
١		HOLLY GAUL	3:05:15
١	W65	JOAN LANDIS	1:55:51
	5K		
	Ove	rall YOUNG	17:17
		HER JURASEK	18:58
	M40		17:17
ı	THE O	HANS ARNETT	20:11
	1445	QUENTIN REUER EDWARD FRANK	20:55
ø	IVI45	EDWARD FRANK	13.04

19:30 23:09

BOBBY JEFTS MARK WIGGIN M50 BOB DAVIS

DON HUNTER

M55	RAYMOND MANN	28:42
	MIKE MEYER	31:38
M60	TOM GILBERT	25:34
M70	CHARLIE BROWN	30:34
W40	ESTHER JURASEK	18:58
	SUSAN W- BEAM	22:21
	DEBBIE NEIL	25:52
W45	JULIE THOMAS	26:27
	DEBRA KINN	26.42
	LISA HUELIN	27:16
W50	LINDA WILSON	25:05
	JULIE LAWTON	28:12
W55	KATHRYN MANN	27:42
	NIKKI DESHAZO	28:19
	BEVERLY SMEBY	31:50
W60	JOAN CLARK	29:37
W65	MARY MARSOLAIS	25:45
W70	+JUDIE SAMTER	43:02
www	anchoragerunningclu	b.org/hu
ys		

#### Ladies Day at the Races 5K/10k Bend, OR; Sept. 7

10K	
Overall	
Kory Bright	41:51
W40L Hayes-Gorman	47:50
W45 Caryn Hill	46:41
W50 Becky Conant	54:20
W55 Marcia Plows	1:16:26
W65+Mary Welz	1:15:54
5K	
Overall	
Sarah Raitter	17:49
W40 Kathy Murphy	22:26
W45 Jane Cleavenger	19:50

www.meadowlarkmanor.c	
W60 Saundra Eames W65+Suzi Macleod	53:11
W55 Susan Stanley	25:54
W50 Sally Winter	25:24

#### Quebec City Marathon des Deux Rives, Half-Marathon & 10K Quebec City; Aug. 24 Overall Shingie Badza

-	Shiriyle bauza	2.00	-
1	Barbara McManus	2:51:	50
۱	M40 Patrice Porter	2:42:	50
1	M50 Louis Groarke	2:46:	08
4	M60 Gerard Gravel	3:13:	37
p			
1	W40 Helen Cawthorne	2:52:	11
•	W50 Francine Lanciault	3:29	12
(	W60 Huguette Miclette	4:29:	06
1	Half-Marathon		
١	Overall		
	Mustapha Bennacer	1:03	28
	Atsuko Sugawara	1:19:	35
	M40 Randy Mac Nell	1:15	14
1	Smartex Tambala	1:15	22
	Denis Cloutier	1:15	55
	M50 Jean Gauthier	1:17	09
	M60 Robert Randall	1:41	28
1	M70+Andre Biderbost	1:49	06
	W40 Louise Chercuitte	1:30	:57
		1:39	
	W60 Evelyne Frauchiger	1:43	:10
	W70+Yolande Marois	3:21	

10K	
Overall	
Samuel Karanja	29:59
Diane Nukuri	35:33
M40 FabienBasset	34:51
M50 Marc Corcoran	37:11
M60 François Cabon	49:42
M70+Jim Hoke	1:03:30
W40 Patricia L'Abbe	49:25
W50 Elizabeth Roberts	on 51:29
W60 Monique Boily	55:21
W70+Patricia Hill	1:00:59
www.marathonquebec	com

#### RACEWALKING

#### New Zealand 10K Racewalk Championships Wellington; Sept. 6

Wellington, Sep	. 0
W20+Gabrielle Gorst	47:01
W35 Diana Pittwood	65:48
W40 Lisa Reddy	71:14
W45 Diane Isherwood	dq
W50 Sue Hoskin	59:52
W60 Sue Park	74:23
W70 Pamela McKenzie	84:47
M40 Rodney Gillum	53:36
M45 Michael Harte	51:50
M50 Eric Kemsley	56:12
M55 Robert Anderson	61:07
M60 David Lonsdale	67:37
M75+Ellis Ivor	dq
Arthur Leslie	dq

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCTOBER 2003

ATHLETE (RESIDENCE) CLAIR CAMERON (GBR)	BIRTHDATE	AGE GROUP
ALLISON JANE BROWN (GBR)	10- 7-58	45-49
MARTHA MENDENHALL (FEDERAL WAY, WA)	10-16-58	45-49
CHRIS FOX (HAGERSTOWN . MD)	10-22-58	45-49
DAWN COLLINS (MO)	10-25-58	45-49
GALINA BRIGADNAJA (TUR)	10-30-58	45-49
GRETE WAITZ (NOR)	10- 1-53	50-54
SIV LOVGREN(FIN) CORNELIA BURKI(SUI)	10- 2-53	50-54
DAVID WILCOCK (GBR))	10-14-53	50-54
JENNIFER CHAMBERS (GBR)	10-18-53	50-54
EILEEN TROY(STAMFORD, CT)	10-26-53	50-54
KAREN MARSHALL (GBR)	10-30-53	50-54
PAM GRAHAM(NZL)	10- 7-48	55-59
JUNE KELLER(ASHLAND, OH)	10-11-48	55-59
KRYSTYNA KACPERCZYK (POL)	10-13-48	55-59
CHRISTINA KACPERCZYK (POL-JUSTICE .IL)	10-13-48	55-59
DEBBIE ANDERSON (TERRE HAUTE , IN)	10-17-48	55-59
ANNETTE MCNEILL (AUS)	10-59-49	55-59
IRJA LAINE (FIN)	10-28-48	55-59
SILVINA DE SILVA(BRA)	10-31-48	55-59
RIET JONUERS(NED)	10- 4-43	60-64
RIET JONKERS SLEGERS (NED)	10- 4-43	60-64
GRAEME ROSE (AUS)	10- 8-43	60-64
MARGIT MARKO(HUN)	10-13-43	60-64
MARLENE SACHS (NORWICH-VT)	10-15-43	60-64
GEORGE MASON (CAN-EL CERRITO, CA)	10-59-43	60-64
RENATE GUETTLER (GER)	10-28-43	60-64
WILLIAM FLOERKE (SHAWNEE MISSION, KS)	10-29-43	60-64
LINDA BURKE (SAN GABRIEL (A)	10-30-43	65-69
JANET BAUMANN (NEW YORK NY)	10- 1-38	65-69
WILLI KALBERMATTER(SUI)	10- 2-38	65-69
DON SLEEMAN (ANN ARBOR MI)	10- 8-38	65-69
JEAN HULLS (GBR)	10- 8-38	65-69
BARBARA BROOKES (GBR)	10-55-39	65-69
TERRY MERRITT (WILKES-BARRE, MA)	10-58-39	65-69
JILL COOPER(AUS)	10-28-38	65-69
RICHARD HOTCHKISS (GRASS VALLEY (A)	10-28-38	65-69 65-69
UNA MARIE PIERCE (SAN DIEGO .CA)	10-29-38	65-69
BELVA NORINS (VENTURA, CA)		70-74
MARCIA (ROOKS (BELLINGHAM . WA)	10- 0-33	70-74
ILPO SOPANEN(FIN)	10-15-33	70-74
MARGARET PETERS (NZL)	10-16-33	70-74
PERCY KNOX(EDWARDS,CA) BILL STENT(GBR)	10-28-33	70-74
	10-29-33	70-74
RUTH WATERS(SAN (ARLOS-(A) LEWIS SMITH(BOSTON-MA)	10- 5-59	70-74
GLORIA NEIGHBORS (US)	10- 5-59	75-79
MAEVE KYLE(EIR)	10- 6-58	75-79
PAT DEVINE (SAN PEDRO, CA)	10-10-28	75-79
JOHN STOWERS (HOUSTON TX)	10-10-59	75-79
DORIS DREWING (GER)	10-13-59	75-79
HANS MEISELBACH (GER)	10-18-28	75-79
JANINA PAKSYTE(RUS) KALERIA GOMBERADZE(RUS)	10-19-28	75-79
ANNE JOHNSON (OLIVENHAIN (A)	10-51-59	75-79
GORDON ALBURY (SANTA FE NM)	10-29-28	75-79
MARIANNE NEUBERT (GER)	10-29-28	75-79
THELMA SELLS(AUS)	10- 5-23	80-84
MARIE HENRY (WESTWOOD . (A)	10- 6-53	80-84
BILL OSBURN(BETHESDA.MD)	10- 7-23	80-84
WILLIAM WALMROTH(SOUTHFIELD,MI)	10-16-23	80-84
ELISABETH VANBATTUM(GRETNA,LA)	10-18-23	80-84
MITCH WILLIAMS (LA)	10-19-23	80-84
JOHN JOHA (HONOLULU-HI)	10- 4-18	85-89
HAROLD ELRICK (NATIONAL CITY . (A)	10-11-18	85-89
HOLGER JOSEFSSON(SWE)	10-24-18	85-89
MIDGE BURKHEAD (OAKLAND . CA)	10-27-18	85-89
GUDHUND STRAUME (NOR)	10-30-18	85-89
TORGEIR BRANDVOLD(NOR) L. A. BATT(GBR)	10-17-13	90-94
ELLA ASTROM(FIN)	10-20-13	90-94

Compiled by Pete Mundle, Masters T&F Records Coordinator

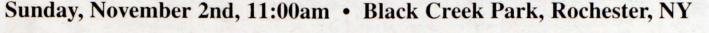


# 2003 USATF NATIONAL MASTERS



# **CROSS COUNTRY CHAMPIONSHIPS**





ELIGIBILITY: Open to all runners, age 40 & over on race day, who are members of USATF. You must have a valid 2003 USATF membership number to participate. USATF registration is available by contacting your local USATF office or you can obtain membership from a USATF representative at registration (\$15.00 for Niagara members, \$20.00 for non-Niagara members). YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR

INDIVIDUAL AGE GROUPS: Men & Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Age on race day determines division. The race director may require proof of age, USATF membership

**INDIVIDUAL AWARDS:** USATF medals to the top 3 in each age group. Ribbons to places 4-10 in each age group. The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age-graded performances will receive awards.

TEAM PRIZE MONEY: a minimum \$2,600 in team prize money will be available. The tentative

	1st Place	2nd Place	3rd Place	
MEN 40+:	\$450.00	\$150.00	\$100.00	
MEN 50+:	\$450.00	\$150.00	\$100.00	
MEN 60+:	\$200.00			
MEN 70+:	\$150.00			
WOMEN 40+:	\$450.00	\$150.00	\$100.00	
WOMEN 50+:	\$150.00			

OTHER TEAM AWARDS: USATF medals will be given to the scoring members of the 1st. 2nd & 3rd place teams in each division. USATF Championship patches will be awarded to the scoring members ofthe winning team in each division.

ENTRY FEES: \$20.00 pre-entry, \$25.00 on Saturday, November 1. NO RACE DAY REGISTRATION.

(Long-sleeved race t-shirts available for an additional \$10.00)

ENTRIES: will be accepted by mail until Tuesday, October 28. Post-entries will be accepted at Black Creek Park on Saturday, November 1 from 2:00pm-5:00pm. THERE WILL BE NO RACE DAY REG-ISTRATION!

CONFIRMATION OF ENTRIES: up-to-date entries will be posted on the Genesee Valley Harrier website at http://www.gvh.net

TEAM ENTRIES: Teams must be current members of USA Track & Field and must provide proof to the race director in the form of a USA Track & Field club certificate or letter from their Association. National Clubs and USATF Association teams are not eligible to score in this meet. Team members must be able to show that they are duly accredited representatives of their USATF member club. Athletes must indicate exact team name on individual entry form. Team age divisions are 40+, 50+, 60+ and 70+ for Men & Women. A maximum of eight (8) declared runners per team. Scoring is done by aggregate time of top finishers. Men 40+, 50+ score five (5) runners. All otherdivisions, including all women's divisions, score three (3) runners. In addition to the Team Entry Form, all teams must submit their individual entry forms together along with a copy of their Club's USATF Association Team

TEAM ENTRY DEADLINE: Final team declaration forms will accepted up until 5:00pm on Saturday, November 1st at Black Creek Park

NO EXCEPTIONS! Team forms are available at http://www.gvh.net

COURSE TOURS AND PACKET PICK-UP: will be available on Saturday, November 1st from 2:00pm to 5:00pm at Black Creek Park.

On race morning, packet pick-up will begin at 9:00am.

AWARDS CEREMONY AND POST-RACE PARTY: will commence immediately following the race on site in the Woodside Lodge. Lots of food and drink will be provided for all competitors

COURSE LOCATION: Black Creek Park is located 15 minutes west of downtown Rochester, NY. Use Exit 4 of Route 490 Expressway. The Park is located one mile South on Rt.259 (Union Street). At 1,505 acres, Black Creek Park is one of Monroe County's largest parks. It includes hiking, bridle and cross country ski trails as well as two ponds, a model airplane field plus picnic and camping areas. Bathrooms and changing facilities are available. No showers. Come dressed to run. Course Description: course is all grass and wooded trails with 2 challenging hills.

HOST HOTEL: 25 rooms (\$79 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road, Rochester...(716) 272-7800.

You must call by Monday, Oct. 8 to insure the \$79 rate. Be sure to mention National Masters Cross Country Championships when making reservations. The Hampton Inn is located just off Exit 16 of Route 390 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rt.390 North to Rt.490 West to Exit 4. Black Creek Park is located one mile South on Rt.259 (Union St.).

Other hotels with 15 minutes of Black Creek Park: Courtyard By Marriot (Brighton) (716) 292-1000 (716) 328-6000 Holiday Inn (Airport) Radisson Inn (Airport) (716) 475-1910 (716) 529-5000 Fairfield Inn (Airport) (716) 475-1510 Holiday Inn South (Holidome) (800) 677-7282 Additional lodging info:

TIME SCHEDULE

Wednesday, October 8: Tuesday, October 28: Saturday, November 1: Sunday, November 2:

Final date to get special rate at host hotel, the Hampton Inn South. Deadline for entries sent by mail

2:00-5:00pm: Course tours and late registration at Black Creek Park 9:00am: Packet pick-up begins

11:00am: National Masters 8km XC Champs. 12:30pm: Awards Ceremony @ Woodside Lodge

	ENTRY FORM	
AST NAME	FIRST NAME	
ADDRESS	Market Day	
CITY/TOWN	STATE/PROV	ZIP
EMAIL ADDRESS		
PHONE # (DAY) ()	GENDER (circle) M	F
AGE ON RACE DAY	DATE OF BIRTH//	
2003 USATF NUMBER (required)		
EXACT TEAM NAME	TEAM AGE GROUP	
Shirts must be picked up by 12:30 pm on 11/2/ MAKE CHECKS PAYABLE TO: Genesee V MAIL TO: GVH, PO Box 16375, Rochester, N	/alley Harriers (GVH)	
	REGISTRATION FORM	
JSATF Club Name		
USATF Club Name	MEN 50+ Men 60+	
USATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+	
USATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
USATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
USATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
USATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
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JSATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
JSATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club:	
JSATF Club Name	MEN 50+ Men 60+ WOMEN 50+ WOMEN 60+ of the this USATF Association Club: USATF #	

- 1. This competition shall be limited to athletes 40 years and older on the day of competition. A runner may compete in a younger age division as a team member. That runner may still compete as
- an individual in their true age division.

  Prior to the start of the event, the team coach/representative shall declare the team entries eligible for scoring. (Deadline: 5pm on 11/1/03)

- Teams may declare up to 8 runners on the team entry form.

  Team scoring shall be as follows: M40+ and M50+ shall score 5 individuals. All other divisions (M60+, M70+, W40+, W50+, W60+, W70+) shall score 3 individuals.
- Team scoring shall be the aggregate time of the scoring members. The lowest aggregate time determines the Champion
- Ties shall be resolved by determining which team's last scoring member finished nearer to first
- Runners of incomplete teams, team entries not declared eligible for team scoring and unattached or individual competitors will be eliminated from team scoring.

Non-scoring members of complete teams shall displace in the team scoring.

All entrants must be registered USATF athletes for 2003. USATF cards will be available and on

WAIVER: I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am me able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assurisks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act behalf, waive and release the Genesee Valley Harriers, the Monroe County Parks Department, the race director, race committed any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understar all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signal

SIGNATURE	DATE