

# NATIONAL MASTERS NEWS

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

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All of the women competitors in the National Masters Decathlon/Heptathlon Championships, Carthage, Mo. (l to r): Kay Glynn, 51; Christi Hutchinson, 38; Jackie Charles, 62; Claire Overstake, 75; Ann Good, 45; Mary Trotto, 57; Pat Oakes, 58; Hazel Barker, 45; and Becky Sisley, 65.

## Hoyt, Sisley Break Records

## USA Sweeps in Decathlon/Heptathlon Team Challenge

By REX HARVEY

CARTHAGE, Mo. – The Decathlon Midwest Track Club, headed by the Reverend Tom Thorne, recovering from major heart surgery, but nevertheless on the track, hosted this year's edition of the National Masters Decathlon and Heptathlon Championships on Aug. 21-22.

This year the meet also doubled as the 6th Biennial United States and Great Britain Team Challenge in the Decathlon/Heptathlon. Since the U.S.

won the first challenge in Sheffield, England, in 1994, Great Britain has won all other challenges up until this year. But this year the U.S. finally swept all – the men's, women's, and the overall, both against Great Britain and against the three-man team from Canada.

Great Britain fielded a nine-man, four-woman team. The U.S. had 45 men and five women competing. Foreign guests were given equivalent,

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SUZY HESS

Rande Treece, M40, superweight winner, National Masters Weight & Superweight Championships, Seattle, Wash.

## Throwers Wrap Up Season

By JERRY WOJCIK

A field of 40 men and 15 women competed in the USATF National Masters Weight Pentathlon Championships at Albright College, Reading, Pa., Aug. 14-15.

World age-group records fell to Tom Gage, 61, in the hammer, and Robert Ward, 71, Oneithea Lewis, 44, and Carol Finsrud, 47, in the weight pentathlon.

Gage, who owns the M50 hammer world record and the U.S. records for M55 and M60, threw 61.76. The M60 world record is 61.70 by Eugen Waltercranz, Sweden.

Bob Ward, 71, totalled 5364 points for the five events. The M70 world record is 4666 by Lad Filip. Lewis

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## Charles Rose, 71, Top Age-Graded Runner

## O'Driscoll, Stone Repeat in 5th Ave.

By JERRY WOJCIK

It was "deja vu all over again" for masters in the Continental Airlines Fifth Avenue Mile in Manhattan on Aug. 15. Both masters firsts repeated their victories of 2003, as did some of the other age-group winners in the race, run on the world-famous avenue, starting at East 80th St. and finishing at East 60th St.

Conor O'Driscoll, 43, Rye, N.Y., M40+ winner last year in 4:29, won again with a second-slower 4:30. Catherine Stone, 42, Ringwood, N.J., W40+ first in 2003 with a 5:08, also added a second to win again in 5:09.

Paul Mascali, 52, Manhasset, N.Y., won the M50 race in 4:46, five seconds slower than his 2003 winning time of 4:41. Harold Nolan, 57, Navesink, N.J., put on 10 seconds to

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PHOTO COURTESY OF NYRR

Ann Makoske, W55 winner (6:14), Fifth Avenue Mile.

## Kotelko Sets Five Records

By JERRY WOJCIK

A year after hosting the 15th WMA World Championships in San Juan, Puerto Rico again staged a major masters championships, this time the North & Central America and Caribbean Regional WMA Championships in Dorado on Aug. 26-29.

The 387 competitors came from 19 countries, and included several athletes from Scotland and Ireland.

The schedule offered two racewalks, pentathlon, weight pentathlon, 8K cross-country, and half-marathon, besides the usual track and field events.

Canadian Olga Kotelko, 85, was the stellar athlete with five age-group world records. She established a high jump world record of 0.94, earning her the top age-graded performance in the meet.

Kotelko broke records in the shot put (5.93), discus (14.64), javelin (15.62), and weight pentathlon (4280). Ruth Frith, AUS, has the present records in the shot put (5.92), discus

(13.92), and weight pentathlon (3624). Irja Samama, FIN, has the javelin record (13.74).

Charles Allie, 57, USA, was the best performer in the three sprints, with a 94.9% 12.09 100, a 98.7% 23.81 200, and a 98.2% 52.76 400. Marie Mathieu, 47, PUR, recorded the women's best performances in those races: 96.2% 12.70 100; 95.2% 25.82 200; and a 96.4% 58.51 400.

Alston Brown, 55, a New York City

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## Speaker's Corner

By COURTLAND GRAY

### Preliminaries at Nationals

Recently, there seems to be some rather interesting repartee regarding proposals to eliminate most preliminaries in our national meets. I would like to express my support for this concept and for changing whatever has to be changed in order to accommodate this proposal. It seems that the fields in the events rarely contain more than eight competitors who have a legitimate shot to compete for the medals. Peter Taylor made an excellent case for this concept earlier this year in his letter to National Masters News. I was astonished that there was no reaction expressed to his points.

I sense that almost all masters oppose minimum qualifying entry standards for the national meet, so we can probably dispose of that issue for our nationals. That leaves us with the issue of elimination of trial heats and use of timed section finals.

As Taylor pointed out (and who knows the competitive depth of our athletes better?), there is precious little reason to have masters run a preliminary in order to eliminate in some cases one or two non-competitive athletes.

Yes, we masters are inclusive, and we want to remain that way, but many masters also enjoy competing in multiple events, have limited days to devote to a meet, limited energy, and are increasingly susceptible to injury as the heat count increases. The NCAA runs indoor timed section finals with success, and the masters

should be able to do that also.

I believe that many local athletes and those who are not so competitive would be happy to compete in the slower final section of the national meet. Just ask them. I doubt that we have ever asked them.

Further, and to minimize arbitrary seeding placements into the faster seeded final, we could require a legitimate qualifying time, not to compete in the national meet, but to assure a spot in the seeded section final.

Not only would this improve the competitive seeding, I see this as a great opportunity to promote the seven USATF Regional Championships as sanctioned opportunities to get these qualifying times. Certainly our Southwest Regional meet could have benefited from additional emphasis, relevance, and participation the past five years.



M50 200m finalists (l to r): Hubert Evans, Thomas Jones, Greg Schwab, Calvin Saulsberry, Bill Collins (1st, 23.73), Thomas Smith (3rd, 23.96), Billy Johnson, and Oscar Peyton (2nd, 23.83) at the 37th National Championships, Decatur, Ill.

It is difficult to balance the concept of giving everyone a chance to compete in a USATF National Championships against the standards of competition that we would like to maintain. Something has to give.

I prefer having everyone being invited to compete, regardless of ability, while maintaining some sanity over having, for example, 800m runners who run 2:00, run a heat to eliminate a couple of runners who run 3:00.

I am quite sure that, in most cases, the 3:00 runners would be agreeable to running in a second section that avoids their defeat by 200 meters or so.

I do not think it necessary or productive that we both: 1) maintain open competition without qualifying, encouraging local runners and even those with some disability, and then, 2) insist that every competitor has to "go head to head against his or her

competition in the finals," as George Matthews has suggested.

While this is easy enough to accommodate in the throws where everyone gets three preliminary and then perhaps three final attempts, seeded in flights, it is a much different situation when one is running a 400, 400H, 800, or 1500 race.

Conditioned as we might attempt to be, there is no way to practice multiple heats and finals in the longer events on a hot summer day.

This issue does not affect my events (M60 hurdles and sprints). I just wanted to express my personal opinion and that of runners with whom I have spoken. I accept heats in my sprints and hurdles, and I don't think elimination of those has been proposed.

I wish there were more entrants. I actually had to run solo in the 400H at the Nationals in 1999 in Orlando. □

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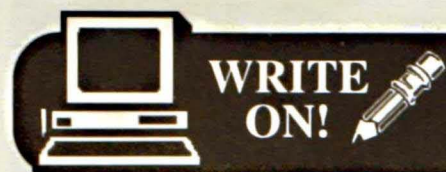
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### RULE CHANGES

In response to Chairman Mathews' Track & Field Report (Sept. NMN), I would like to clear up some misconceptions regarding the hosting of the Nationals in Charlotte in 2006.

First, the North Carolina USATF Association is proposing two rule changes to be voted on by the delegates to the convention in Portland. Rule changes are made every two years in even numbered years.

The first rule change states that the Local Organizing Committee may elect to run timed finals in events of 400m or longer and all hurdle events. That means if some venues want to have trials and finals in these events, they may do so.

The second rule change is to score eight places instead of four on a 10-8-6-5-4-3-2-1 basis.

We feel both rules will bring more masters athletes to the Nationals and allow them to participate in more events. You won't have to show up two days early only to find out that trials are not necessary in your events. More athletes can score points for their club instead of only the top four "elite" athletes.

We never said we supported qualifying standards. In my article in Master Scope (Aug. NMN), I stated, "I feel that the Nationals should keep allowing anyone to enter without having to meet certain standards." What we are proposing is that athletes send in times from sanctioned meets in order to be properly seeded in timed finals.

We feel that would encourage athletes to participate in Regional Championships. Local athletes like Marshall Moore would definitely be able to participate. With seeded timed finals, every athlete would be able to go head-to-head against athletes of the same caliber.

I hope the Associations will look at these rule changes closely and discuss them in light of their benefits to their athletes and clubs. Please read Peter Taylor's article in Speaker's Corner (Nov. 2003, NMN), and mine in Master Scope (Aug. 2004, NMN).

*Dr. Gordon Edwards, Meet Director  
2006 National Masters  
Championships  
Charlotte, North Carolina*

### JIM FIXX

Thank you for an informative and uplifting paper on masters sports. Having subscribed since about 1979, it is gratifying to see the depth and range you cover. It is difficult to be all things to all people, but I believe you succeed admirably.

I particularly appreciated Hal Higdon's article (Sept. NMN) on Jim Fixx. During the beginning "boom" there were a few "crazies," as many people termed them, who found LDR and track & field events invigorating for those in "advanced years" – those a bit over 40!

While on a work assignment in my home state of Pennsylvania, I ran a 10K in Erie. Winning the M50 age-group, I was surprised to see they had Jim Fixx handing out the awards. He



The M40 javelin finalists (l to r): Tim Michitson, Jon Pearlstone (3rd, 44.68), Scott Hannay (1st, 56.77), J.W. Smith, Gary Hammock, and Steve Barba (2nd, 53.73), 37th National Masters Championships, Decatur, Ill.

made it fun, and while giving me my award made a crack or two about congratulating the "old timers" who were running. I asked if he would sign my race number, which he gleefully did. I still have that number and signature.

About six weeks later, I was shocked to learn of his death. I am grateful to him for doing all he could do to be a boon to running and urging us to continue. In addition, I do not forget others I have lined up with numerous times: George Sheehan, Hal Higdon, Derek Turnbull, Norm Green, and the host of others including Payton Jordan, Paul Spangler, and Chuck Wimberly.

Now in the M70 age group, having defeated prostate cancer, a horrendous bike crash due to a loose dog hiding in a ditch, I am thankful to be still running, although I do mostly triathlons these days. I just completed number 101 with three more to go in 1995 (that is just 14 this year).

Thanks again to all in the masters who enjoy the sport and work at achieving maximum health and good spirits among the hordes of pavement pounders.

*Edwin Alexander  
Stillwell, Kansas*

### PENTATHLON WINNER

In the September National Masters News, I was credited with winning the gold medal in the M55 Pentathlon at the National Masters Championships in Decatur.

Darryl Decker and I tied with 3193 points, and the first tie breaker goes to the person who wins the most events in head-to-head competition. Darryl

won three and I won two, so he is clearly the winner.

I consider Darryl to be a fine gentleman, a great competitor and a very good athlete, and he deserves the recognition for a well-earned victory.

*Robert Baker  
Metairie, Louisiana*

### CAT SPRING GRUNT

We just received our National Masters News and were very pleased to see not only the results of the meet



CHUCK SOCHOR

Nadine O'Connor, W60 winner of the 200 and pole vault, 37th National Masters Championships, Decatur, Ill.

but also the article by Tom Gage. Thanks so much for putting the Grunt "on the map."

*Cheryl L. Mellenthin  
Cat Spring, Texas*

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### TEN YEARS AGO October 1994

•Martin Mondragon, (40, 49:13) and Suzanne Ray (42, 59:33) First Masters in Crim 10 Mile

•North American Championships Draw Athletes from 13 Countries to Canada

•John Hosner, 69, First in St. Louis Bud Light 10K Handicap Race

### 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 October 10 deadline.





## Track & Field Report

By **GEORGE MATHEWS**  
Chairman, USATF Masters Track & Field

### USATF Masters T&F Chair Duties

With the upcoming elections at the USATF Annual Meeting in Portland, Oregon, we thought it might be a good idea to provide the duties of the Chairman for any and all who might wish to consider this position. I will incorporate the duties (in italics) as they are printed in the USATF Governance manual, and comment on some of the "realities" of the position.

As was presented by our nominating committee, the position is open to all members in good standing.

1. *Chair: the duties of the chair shall be as follows:*

a. *Preside at all meetings of MTF and its Executive Committee.*

The biggest meeting is our Annual Meeting which usually takes up 20+ hours of meetings plus Board of Directors meetings. This chair has taken the lead in outlining the content of these meetings which must follow a certain order.

Many hours are spent refining the content of these meetings with the Executive Committee and other interested parties. The committee has also added a parliamentarian to help the chairman keep the meetings on track. This takes one week of time.

Other meetings include the athletes' meetings at the Indoor and Outdoor Championships and Executive Committee meetings, both teleconference and in-person.

b. *Ensure that all duties and responsibilities of MTF are properly and promptly carried out.*

This is a catch-all for many things. The biggest "ensure" that this chairman is involved with is the conduct of our National Track & Field Championships.

This chairman serves on the Games Committee and is working face-to-face with LOCs in the conduct of our championships. This takes two weeks a year of on-site work.

This chairman also tries to participate in as many of the regional and association championships meets as possible. This has to do with fulfilling our responsibility to provide safe, competitive opportunities to our members at all levels, particularly at the association level where the clubs are our grassroots future.

c. *Appoint subcommittees and other representatives, with the authorization of MTF as may be necessary to fulfill the duties and responsibility of MTF.*

At this time, the chair is the MTF marketing representative and spends time working with the USATF headquarters marketing staff developing marketing opportunities for MTF.

d. *Communicate with MTF members to keep them fully informed of events concerning MTF and decisions made to carry out MTF responsibilities.*

This column and posting to the

USATF Web site masters page are the primary forms of communication this chair utilizes.

e. *Keep the USATF President and CEO informed of all MTF actions and recommendations.*

f. *Submit appropriate documentation with the proposed committee budget to the USATF Budget Committee.*

This requires a close working relationship with the MTF treasurer. It helps a lot if both the treasurer and chair have a financial background.

g. *Cause to be kept and promptly forwarded to all MTF members and the USATF CEO copies of the minutes of all meetings of MTF.*

This is predicated on the elected secretary providing the minutes.

h. *Submit reports to masters athletes via appropriate publications.*

That's what this column does.

i. *Respond to inquiries concerning masters athletics.*

This takes quite a bit of time. I believe the current chair averages about five e-mails a day and has received as many as 30. Add that to telephone calls and you are spending a lot of time.

j. *Serve on the USATF Board of Directors.*

This also requires a fair amount of time. The Board has four in-person meetings at various places around the country, as well as teleconferences every other month or as needed. This year there have been quite a few as-needed teleconferences, some lasting three hours and on a Saturday night.

This is a great place for the chair to develop relationships with the officers, management, staff, and committee chairs of USATF.

k. *The term of office for the chair shall be limited to no more than two (2) four (4) year terms.*

Eight years is a lot, but it took this chair quite a while to really understand the full scope of the position. It is a combination of business and diplomacy.

l. *Serve as one of the delegates to represent MTF at WMA General Assembly and NCCWMA meetings.*

This chair has taken this very seriously. This takes at least another week a year.

This position is very time-consuming. I believe the person doing this job must have a very strong passion to lead our organization. I believe the person should be retired or semi-

retired. I guess he or she could be independently wealthy.

Care should be taken not to have a conflict of business or organizational interest.

Even though I plan on running for a

second term, I would be happy to consult with anyone who wishes to run for this office.

I might even defer to a candidate who might be better qualified.

Good luck to all candidates! □

### Female Masters T&F Athletes Star in Documentary

BOSTON, Mass. – Sept. 13. The film *Racing Against the Clock* profiled five women track and field athletes, aged 50 to 82, who challenge societal norms by competing in masters track and field meets around the world.

The 79-minute documentary, directed and produced by Bill Haney of Uncommon Productions, features Jacqueline Board, Margaret Hinton, Leonore McDaniels, Pat Peterson, and Philippa "Phil" Raschker.

Haney has been working on the film for over a year. "We were with the women, these particular five women, in their homes – in a number of cases, repeated visits to their houses – and then we filmed them at a series of different sporting events over 12 months, oftentimes with two or three cameramen.

"The events themselves, the World Championships are two weeks long, the National Championships were a week or even a little bit longer, so we actually got to know these women pretty well."

Haney found his subjects to be "just

unbelievable .... the pleasure of competition and of self-development, how these women kept that pleasure alive, has showed me a whole different view of getting older.

"And it's also reminded me that so much of life is about your attitude toward what happens to you. They were kind of the real no-excuses program."


*Racing Against the Clock*, premiered as part of the Boston Film Festival at Loews Boston Common on Thursday, Sept. 16.

Two of the five women, Pat Peterson and Phil Raschker, attended the premiere in Boston.

The movie will also be screened at the Northampton Independent Film Festival, in Northampton, Mass., in October, and at the Fort Lauderdale International Film Festival, October/November, 2004. □

(To read more about Uncommon Productions, go to <http://www.uncommonproductions.com/>)

– from Philippa Raschker



## 14<sup>TH</sup> ANNUAL SELF-TRANSCENDENCE MASTERS TRACK AND FIELD 40 AND OVER

Sunday, October 17, 2004 CSU Long Beach

<p><b>USATF SANCTIONED</b></p> <p><b>DATE:</b> Sunday, October 17, 2004</p> <p><b>LOCATION:</b> California State University (CSU) Long Beach</p> <p><b>DIRECTIONS:</b> Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Farwood Dr. (CSULB parking lot); straight ahead to the parking structure or any general parking lot (DON'T PARK AT THE METERS OR ANY CAR POOL SPACES)</p> <p><b>DIVISION:</b> 5-year age groups</p> <p><b>FACILITIES:</b> 8-lane artificial surface track, 7mm (1/4") spikes; concrete rings, electronic timing</p> <p><b>ENTRY FEE:</b> First event \$20, additional events \$8 each. No refunds. Colorful event T-shirt included. (T-shirt availability on race day not guaranteed!)</p> <p><b>DEADLINE:</b> All entries must be postmarked no later than Oct. 07, or phoned-in no later than Oct. 11. Late/day-of-race entries add \$3</p> <p><b>AWARDS:</b> Medal to first three men/women in each event/age group</p> <p><b>AID:</b> Light refreshments throughout day to all participants</p> <p><b>ACCOMMODATIONS:</b> GuestHouse Hotel, 5325 East Pacific Coast Hwy. Long Beach CA, 90804 (\$59 plus tax; please mention event for this special group rate). Call 800.990.9991 for reservations</p> <p><b>NOTE:</b> 2004 USATF registration required (available at meet for \$20.50)</p> <p><b>MAIL ENTRY TO:</b> SA CHERRY MARATHON TEAM, 6220 Bristol Parkway #315, Culver City, CA 90230 Make checks payable to SCMT. For more information please call 310.645.0271 or fax 310.645.5018</p>	<p><b>TRACK EVENTS</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>9:30 am</td><td>5000m Race Walk</td></tr> <tr><td>10:15 am</td><td>80/100/110m Hurdles</td></tr> <tr><td>10:50 am</td><td>2000m Steeplechase</td></tr> <tr><td>11:10 am</td><td>3000m Steeplechase</td></tr> <tr><td>11:40 am</td><td>3000m Run</td></tr> <tr><td>12:10 pm</td><td>100m Sprint</td></tr> <tr><td>1:00 pm</td><td>800m Run</td></tr> <tr><td>1:20 pm</td><td>200m Sprint</td></tr> <tr><td>1:50 pm</td><td>1500m Run</td></tr> <tr><td>2:15 pm</td><td>300/400m Hurdles</td></tr> <tr><td>2:30 pm</td><td>400m Sprint</td></tr> <tr><td>3:00 pm</td><td>4 x 100m Team Relay</td></tr> </table> <p><b>FIELD EVENTS</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>9:30 am</td><td>Hammer/Pole Vault</td></tr> <tr><td>9:45 am</td><td>Long Jump</td></tr> <tr><td>10:15 am</td><td>Javelin</td></tr> <tr><td>11:00 am</td><td>Triple Jump/Discus</td></tr> <tr><td>11:30 am</td><td>High Jump</td></tr> <tr><td>1:00 pm</td><td>Shot Put</td></tr> </table> <p style="text-align: right; font-size: small;">visit our website: <a href="http://www.selftranscendenceteam.org">www.selftranscendenceteam.org</a></p>	9:30 am	5000m Race Walk	10:15 am	80/100/110m Hurdles	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 Sprint	1:50 pm	1500m Run	2:15 pm	300/400m Hurdles	2:30 pm	400m Sprint	3:00 pm	4 x 100m Team Relay	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
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**ENTRY FORM**

NAME (LAST) \_\_\_\_\_ (F) \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USATF# \_\_\_\_\_ JERSEY \_\_\_\_\_ SHIRT ☐ S ☐ M ☐ L ☐ XL AMOUNT ENCLOSED \_\_\_\_\_

MY EVENT(S) 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

Athlete's Waiver: In consideration of your acceptance of my entry, I hereby for myself and my spouse, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the SA Cherry Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training such that I am prepared to compete and recognize the right of my duly authorized members of the medical staff to require my withdrawal from competition.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_





## Third Wind

By MIKE TYMN

**Diane Palmason:**

### Not Yet Ready for the Rocking Chair

"I want to be able to say, 'Look, it's fine to be 60.' If you keep going, there's no reason to pack it up and take out your rocking chair." So said Diane Palmason when I interviewed her in 1997, a few months before she graduated to the 60-64 division. Shortly after entering that division, she ran the 1998 Vancouver Marathon in 3 hours, 16 minutes, 26 seconds, just missing Helen Klein's age record of 3:15:30.

Now 66, Palmason, a resident of Blaine, Wash., is still not ready for the rocking chair. In 2003, she broke four world records – at 400 (68.21), 800 (2:41.81), 1500 (5:46.61), and the mile (6:19.04) – and seven Canadian records, at everything from the 100 (15.06) and 200 (30.72) to the marathon (3:44.17). The marathon record may have an asterisk after it as it was on an aided course, but Palmason is hoping for a faster mark in the Nike Women's Marathon in San Francisco on October 24.

"Last season was my best ever, from several perspectives," she said when I recently talked with her. "First, it was gratifying to break four world records, especially as the performances in the 400 and 800 in particular had very good age-graded performances. Second, I think it's rather unusual for one athlete to set seven national records in one season. And I like it that these events covered the range from 100 meters to the marathon."

#### Mile of the Century

Palmason has been running since 1951, when she won the 75 and 100 yard dashes in the age-14 and under Quebec provincial championships. In 1954, she represented Canada while competing in the 220 yard dash at the Commonwealth Games. It was the excitement of the famous "Mile of the Century" duel between Roger Bannister and John Landy, then the only two men to have gone under four minutes, in that meet that got Palmason interested in running the mile.

"Besides, I realized then, after being left on the blocks in my heat, that this was not a sprinting body," she told me in that 1997 interview. "But I went on to Queen's University, where there was no track for women, just high heels and girdle, and that was the end of my racing for 20 years."

After spending the better part of those 20 years raising four children, Palmason returned to the sport in 1975 following back surgery. There were the usual adaptation years, remolding her body to the demands of competitive running. In 1982, she was the first woman in the Brome Lake 80K, clocking 7 hours, 31 minutes, 55 seconds, and in 1984, at 46, she won the Bonne Bell 10K with a 36:28 and topped all

masters in the Twin Cities Marathon with a 2:46:21.

#### Memorable Experience

One of her most memorable experiences is the Ultimate Runner competition during October 1987. Starting at 8 a.m. and finishing about 4:20 p.m., Palmason ran the 10K in 41:29, the 400 in 75.9, the 100 in 15.8, the mile in 6:03.8, and the marathon in 3:20.38, winning the masters competition and finishing eighth woman overall. The times were nowhere close to personal bests, but it was a day to remember.



Diane Palmason

"I'm definitely slower now," she mused. "I once ran a marathon at a pace I can barely manage for a mile now, but I'm still very motivated. My daughter would tell you that my motivation is to still have well-shaped legs when I'm 80. I must admit that one of the rewards of my lifestyle as a coach and runner is that I'm still about the same size and weight as I was when I first became fit through running in 1976."

"And I truly enjoy excellent health. But these are 'side effects.' I count myself blessed that running is my vocation as well as my sport. Everything to do with improving performance – more for the people I coach than for myself – is fascinating to me. Not just the specifics of a given workout or training program, but all that goes into performance – nutrition, strength, biomechanics, balance, and mental preparation. I study it all – for my track groups and my beginning runner groups, as well as for myself."

#### Sprinter or Marathoner?

I asked Palmason if she is a sprinter doing marathons or a marathoner performing well in the sprints. She thought about it for a few seconds,

mentioning that, for some strange reason, 10K seems to be her worst distance. "I think I have a combination of fast twitch fibers and good endurance," she said. "I like the mix. I like doing the different training. It keeps me motivated."

Her training varies with the race distance she is targeted on. "Going from the track to the marathon, I still do my running-specific strength, yoga, Pilates and pool running," she explained. "But the actual running changes significantly. I'm still on the track at least once a week, but I'm now mixing in hill repeats, goal marathon pace running, plus the usual strong steady runs for endurance – up

to three hours on my feet.

"I train more by time than by number of miles run, except when I'm focusing on pace running. So I have little idea of how many miles I've run, either last season or now, as I train for the Nike Women's Marathon."

Her goal in the upcoming marathon is to better her recent 3:44. "I always give myself a range of goals, and was thinking an 8:20 pace would do it," Palmason said, "and that 8:10 would be great, and that I'd be delighted with 8:00, but after taking a look at the course, with all of its hills, I'm now thinking 8:30 to 8:10." □

(Mike Tymn can be contacted at METGAT@aol.com)

## Bids Sought for Mountain, Ultra and Trail Championships

The Mountain/Ultra/Trail Running Council (MUT) of USATF Long Distance Running is accepting bids for national championship races for open and masters athletes at the ultra and sub-ultra distances for the years 2005 and beyond.

The distances that can be awarded championship status are 50K road and trail, 50 mile road and trail, 100 mile road and trail, 100K road, 24-hour, and sub-ultra mountain/trail races of various distances.

If you are interested in hosting one of the above races in 2005 or beyond, please contact MUT Championship Coordinator Janice Anderson or your regional MUT representative (listed below). Any of these MUT representatives can answer your questions and supply you with some useful information for bidders.

Additional information is also available on the MUT website at [http://www.cerritos.edu/lgersitz/MUT/Ultra\\_Championships.html](http://www.cerritos.edu/lgersitz/MUT/Ultra_Championships.html)

The USATF Championship Bid Form is available at <http://www.usatf.org/groups/eventDirectors/bids/>

Completed bid forms must be received by Saturday, Oct. 23, 2004,

to ensure review at the USATF Annual Meeting, which will be held Dec. 1-5, 2004, in Portland, Ore.

Not all distances will necessarily be awarded in a given year. Race directors and the ultra, mountain, and trail running media will be notified by Dec. 15 regarding the outcome of the selection process.

Further bids may be solicited after the convention for race distances that have not been awarded.

**East (ultra):** Janice Anderson, 668 North Saint Mary's Lane, Marietta, GA 30064; [jslug@mindspring.com](mailto:jslug@mindspring.com); 678-778-8211 (h), 770-433-8211 x17654 (w).

**Central (ultra):** Theresa Daus-Weber, 6970 Buckskin Drive, Littleton, CO 80125; [tdaus-weber@earthlink.net](mailto:tdaus-weber@earthlink.net); 303-973-7579.

**West (ultra):** Lorraine Gersitz, 2505 Sunflower Street, Fullerton, CA 92835; [bruceandlo@earthlink.net](mailto:bruceandlo@earthlink.net); 714-526-5340 (h); 562-860-2451 x2414 (w).

**Mountain/Trail (sub-ultra distances):** Richard Bolt, 43 Salisbury Street, Manchester, NH 03104; 603-627-7213; [r\\_boltski@yahoo.com](mailto:r_boltski@yahoo.com). □

## Fifth Ave. Mile

Continued from page 1

his 2003 winning 4:51 to take the M55 race.

Mary Evans, 45, Scarsdale, N.Y., second W40+ in 2003 (5:13), took the W45 race with a 5:16. Ann Makoske, 59, Cape Canaveral, Fla., a Continental Airlines stewardess, won the W55 race. Ginette Bedard, 71, Howard Beach, N.Y., took the W65 race in 7:05.

The top performance of the day was by Charles Rose, 71, Mooresville, N.C., who ran a 5:40, an age-graded 92.3%, the best among all male runners. Other masters men in the international-class 90% level were Sid Howard, 65, Plainfield, N.J., M65 winner with an age-graded 91.7% 5:19, and Mascali, whose 4:46 age graded to 90.6%.

The top age-graded masters women

were Evans, with a second-overall 87.5%, and Stone, with a third-overall 87.2%, both losing first place to a nine-year-old girl.

Abraham Weintraub, 94, Brooklyn, N.Y., was the oldest finisher (15:05).

Up until last year, masters competed by invitation in 10-year age groups. In 2003, men and women age 40-to-59 ran with the open runners with the results in five-year divisions, while runners age 60+ ran in the George Sheehan Memorial Mile with their peers as they had in the past. This year, all runners competed in the open race with results by five-year age groups.

At the 10 a.m. start time, the temperature was 75-degrees, with humidity at 79% and overcast skies.

The overall winners in the race, directed by the NYRR, were Elarbi Khattabi, 36, 4:10, and Andrea Haver, 24, 4:51. □



## LDR Report

By CAROLE LANGENBACH

### Ready for Cross-Country?

Masters will have a full complement of national cross-country competition this fall beginning with the 5K on Oct. 17 in Saratoga Springs, N.Y., followed by the 8K on Nov. 7 in Boston, and ending with the Fall 10K Team Championships on Dec. 4 in Portland, Ore. Check this issue's schedule for details.

As announced earlier, this will be the last year that masters women will run a 10K at the fall event. Beginning in 2005, the Winter Championships in February will host an 8K for masters men and women, and the Fall Championships will host a 10K for masters men and a 6K for masters women. The popular 5K distance will be available as a stand-alone masters championship. At this writing, the 5K masters cross-country championship has not been awarded for 2005.

#### Stepping Down

At the USATF Annual Meeting in Portland, I will be stepping down as the masters liaison to the Cross-Country Council. I have been a member of the Masters Long Distance Running Executive Committee for many years. After serving as co-director of the Winter Cross-Country Championships in 1999 in Spanaway, WA, I was appointed to be the masters liaison during the transition of cross-country going from a sub-committee of three sport committees to an independent sport council.

I have enjoyed serving in this position in support of masters, and I feel comfortable that other council members and meet directors are now aware of masters rules and needs. The new masters liaison will be appointed in December by the chairman of Masters LDR.

#### Rule Change Proposals

As promised, I have submitted several rule change proposals for consideration at the Annual Meeting in Portland, Dec. 1-5. The main propos-

al, co-submitted by Bill Quinlisk, is to change masters cross-country team scoring from "time" to "place." This was made in response to requests by the teams which have supported our championships.

A natural consequence of this change will be to reduce the number of runners to be declared on teams which score three members, namely the men's 60+ and 70+ teams and all women's teams.

If the proposal is accepted, these teams will continue to score three runners with a total of five declared on each team; these two additional team members would therefore displace other team's finishers.

As always, please contact me (see p. 2) if you have any questions about masters cross-country running. □

#### Masters LDR Committee Officers to be Elected in Portland

Current officers of Masters LDR who are standing for re-election:

**Committee Chair:** Norm Green

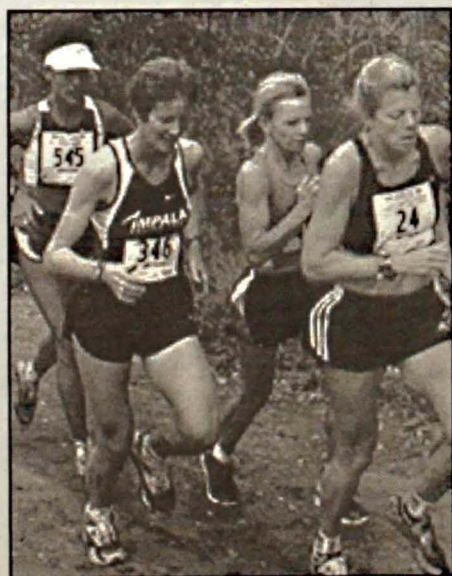
**Vice-Chair:** John Boyle

**Secretary:** Lloyd Stephenson

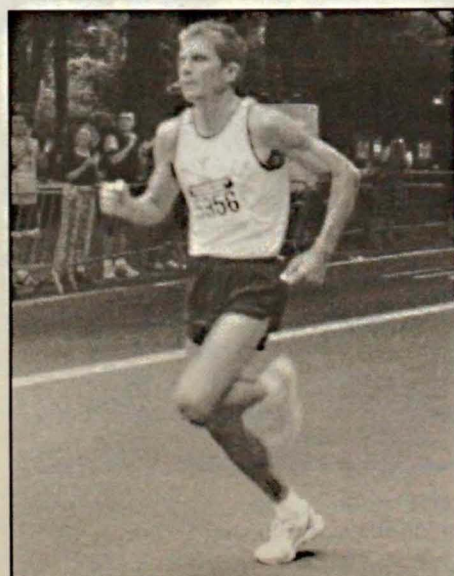
At 9 a.m. on Thurs., Dec. 2, nominations from the floor will be received, in keeping with the committee's Operating Procedures.

The election of officers is scheduled for 4:30 p.m. on Sat., Dec. 4.

All registered members of the Masters LDR Committee are invited to attend and vote at that time.



The National Masters 5K Cross-Country Championships will be held on Oct. 17 in Saratoga Springs, N.Y.



Paul Mascali, 52, first M50 (4:46), NYRR Fifth Avenue Mile.

## Masters LDR Committee Agenda – Portland

### CONVENTION AGENDA

Dec. 1 – 4, 2004

(High priority tasks in each session have been underlined)

#### Wed., Dec. 1

8:00 a.m. to 11:15 a.m.

Executive Committee

#### Thurs., Dec. 2

8:30 a.m. to 12:00 p.m.

Distribute award nominations (Don Lein)

Solicit nominations for Otto Essig Award

9:00 a.m.

Order of the Day: Nominations for Committee Chair, Vice-Chair, Secretary

Chairman's report

Report on Board of Directors Meeting

Consideration of rules amendments pertaining to Masters LDR

Reports on WAVA, IAAF Veterans Committee, Statistics

10:30 a.m.

Order of the Day: Championship decisions (receive and act on bids)

#### Fri., Dec. 3

7:30 a.m. to 10:30 a.m.

Decision on awards

Further action on championship bids, if needed

Any needed L&L decisions

Budget report

Any unfinished business items

#### Fri., Dec. 3

1:00 p.m. to 4:00 p.m.

JOINT session with Masters T&F Committee

WMA reports (indoor at Germany, non-stadia at New Zealand, regional at Puerto Rico)

Other NCCWMA issues

Any U.S. candidates for WMA Council positions for San Sebastian election in 2005?

Masters Hall of Fame

National Masters News

Other common concerns

#### Sat., Dec. 4

4:30 p.m. to 6:15 p.m.

Order of the Day: Elect Committee Chair, Vice-Chair, Secretary

Records (Linda Honikman)

Report from Ultra, Mountain and Trail Running Council and Cross-Country Council

Reports from representatives to other committees (Associations, RRTC, Medical, etc.)

Appointments of Executive Committee and to other committees

New business

Adjourn

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## The Weight Room

By JERRY WOJCIK

### We May Lose Some Weight, Put on More, and Be Caged in Portland

**A**mong the rule changes that will be proposed at the USATF Annual Meeting in Portland, Ore., are two that will have a direct effect on masters, and another that will, if approved, affect all throwers. The first proposal, by Ken Weinbel, ex-Masters T&F Chair, thrower, and longtime director of the National Weight & Superweight Championships in Seattle, is to change the superweight implements. In his proposal, W30-49 will use the 35#, W50-79, the 25#, and W80+, the 20#. Presently, W30-49 use the 35#, and W50+ throw the 25#. For men, Weinbel suggests: M30-49, the 56#, M50-79, the 35#, and M80+, the 25#. Now, the M30-69 throw the 56#, and the M70+, the 35#.

Weinbel's rationale: "Present superweight specifications over age-50 are too heavy to encourage participation by a significant number of masters. Lighter weights should cause much greater participation."

#### Consensus

I'm sure there must be one or two around, but I've never found a weight/superweight thrower who thinks the present superweights are okay for the older throwers, especially the 56# for men in their late 60s, the 35# for guys in their 80s and older, and the 25# for the older women. The consensus is that this is a good idea, but that provisions should be made to

give the M50-69s who want to throw the 56# that opportunity and that the keeping of official records for the 56# should be maintained.

Another proposal, this by Ray Feick, director of the 2004 Weight Pentathlon Championships, is to add the ultra weights to the weights and superweights and initiate an official national championships for those five implements, that he suggests would be called the "American Weight Pentathlon." For instance, the M30-49 would use the 35#, 56#, 98#, 200#, and 300#; another example, W60+ would use the 12#, 25#, 35#, 56#, and 98#.

Ultra weight competitions have been held by both Weinbel and Feick for several years. In his proposal, Feick notes that specifications for the ultra weights used in those events are available, as are scoring tables, known as the Partridge Tables.

#### Cages

The third proposal concerns throwing cages and was submitted by Masters T&F Chair George Mathews. He proposes adding cages for the weight and superweight throws as well as for the hammer and discus as the rule presently reads, and changing the wording in it from "recommended" to "required" for an enclosure or cage in those events for the safety of spectators, officials and competitors.

Mathew's rationale: "With the increased popularity of the weight and superweight, it is imperative that we (USATF) require a cage for these events. The hammer and discus should never be held without a cage. We need to give more than a recommendation. A recommendation allows for a situation where a cage may not be used. Recommendations don't 'ensure' safety. Not using a cage for any of these events would clearly be

an unsafe recommendation."

Mathew's proposal might meet some resistance to the potential economic impact of installing cages for rings that presently don't have them, but you all know the ounce of prevention and pound of cure adage. Masters and senior games meets have been fortunate in not having had serious injuries in the throws, for several reasons — less than secure facilities (no strings of flags marking the javelin sector, for example), well-meaning but inexperienced volunteers and officials, and novice throwers, whose efforts are often perilous to themselves and others. A severe accident would be a setback.

#### Inform Delegates

To be adopted, these proposals have to be approved by a group another level above the Masters Committee, but approval can be influenced if the Masters Committee shows strong or unanimous support for a proposal. Whatever your position on the three proposals may be, make it known to whoever, as a voting delegate, may represent you in Portland. □

(Jerry Wojcik can be reached by e-mail at [jerrywoj@aol.com](mailto:jerrywoj@aol.com))

### Throwers Wrap Up Season

Continued from page 1

scored 5156, beyond her W40 world record of 4934. Finsrud increased the W45 world record of 4481, held by her and Christine Schultz, Australia, to 5254.

Mary Hartzler, W55, added about 600 points to JoAnne Grissom's U.S. record of 3683 with a 4261 total. Gage increased his M60 U.S. weight pentathlon record of 5062 to 5192.

Four women throwers set U.S. individual event records. Finsrud, 47, broke her W45 record of 12.88 for the 4k shot with a 13.05. In the W60 contest, Carol Young, 64, upped Georgia Cutler's W60 record of 12.28 for the 12# weight to 12.98, but Cutler, 61, improved it to 13.18, which helped her break the W60 U.S. weight pentathlon record of 3871 by Young, with a 4039.

the present record is 7.94 by Snaden, who threw 7.82 to surpass Pat Osmon's record of 5.55.

Cash awards of \$300 and \$200 went to the first and second highest male and female scorers, Ward winning \$300 and Gage \$200, with Finsrud and Lewis, winning the same amounts, respectively.

Betty Jarvis, 89, and Bob Detweiler, 91, each received \$100 as the oldest male and female entrants.

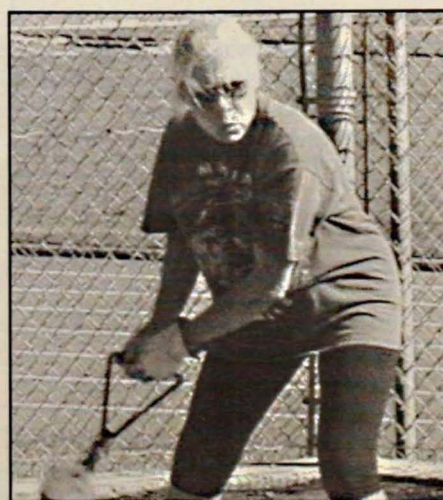
The meet was marred by tragedy. Gloria Bortell's husband, Charles, had a fatal heart attack at the host hotel on Friday before the meet. Gloria Bortell, whom Meet Director Ray Feick got interested in masters track several years ago, had entered the W70 division.

#### Weight & Superweight

SEATTLE, Wash. — Throwers came from as far away as Pennsylvania, Florida, Texas, and New York to help celebrate the 10th anniversary of the National Masters Weight & Superweight Championships held here on Sept. 11.

The 24 men and 7 women, ranging in age from 40 to 77, competed at West Seattle Stadium's throwing complex, developed over the years by the Seattle Masters Athletic Club, and Seattle Parks & Recreation. For the 10th time, the weather gods smiled down on the stadium. Forecast rain stayed away, and by noon, athletes were looking around for sunblock.

Harvey Lewellen and Bob Ward continued their season's record-setting pace. Lewellen, 75, of Oregon, broke U.S. age-group records for the 16# weight with a 15.32 and the 35# superweight with an 8.86. The present



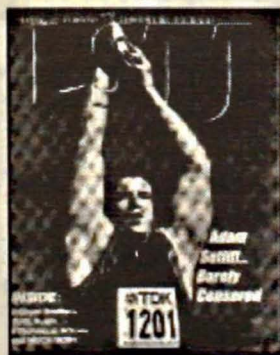
Melicent Whinston, 77, in the National Masters Weight & Superweight Championships.

Amy Hicks, 71, and Lillian Snaden, 75, also set records with the 12# implement. Hicks recorded an 8.42;

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## Health & Fitness

By Phil Campbell  
M.S., M.S.A., FACHE

### Don't Forget Your Fast Muscle Fiber!

If you are middle-aged or older, or planning on becoming a fit middle-aged adult in the future, it's critical that you exercise all three of your muscle fiber types — slow, fast, and super-fast.

#### Muscle Fiber Types

You have three types of muscle fiber that make up your "muscles," and this is sometimes called muscle composition. The average person has approximately 60 percent fast muscle fiber and 40 percent slow-twitch fiber (type I). But there can be swings in fiber composition (*Muscle, Genes, and Athletic Performance*, September 2000, *Scientific American*, Jesper).

There are two types of fast-twitch muscle fiber. The fast muscle (what the researchers call IIa) moves five times faster than the slow. And the super-fast (IIx) moves 10 times faster. The following chart shows that while there are differences in muscle fiber composition, muscle types can be developed based on the way they are trained.

#### Muscle Fiber Composition

Muscle Fiber Type	Average Person	Sprint Trained	Aerobic Trained
Slow (type I)	40%	40%	55%
Fast (IIa)	50%	20%	40%
Super-fast (IIx)	10%	40%	5%

Sprinters have a higher percentage of the super-fast IIx. And endurance trained individuals have more slow muscle (type I). While we are born with slightly different muscle composition, the point is, super-fast muscle can be developed if exercised properly.

#### Why is This Important?

Researchers show that anaerobic exercise (the short, quick-burst, gets you out-of-breath fast exercise) is the type of fitness training that naturally increases HGH growth hormone. And high is, without question, the most powerful anti-aging, and anti-middle-aging, body fat-reducing, muscle-toning agent made by your body naturally.

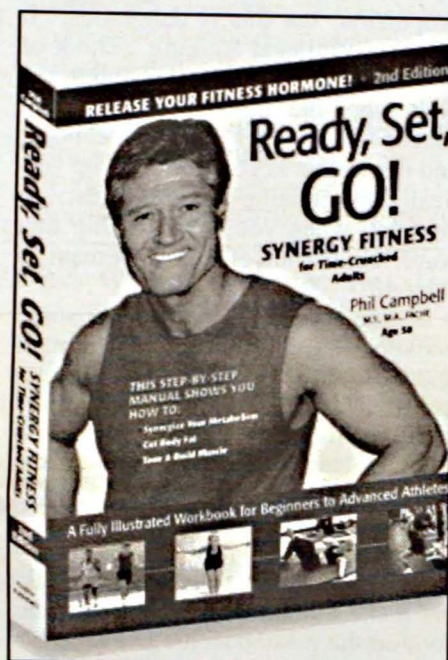
Yet, when most finish high school (perhaps with the exception of a few that compete in college and the small number that make it to the pros), many become slow-twitch exercisers beginning at age 20. And this is a mistake!

It's a mistake because muscle begins to waste away (atrophy) if it is not used.

Many adults continue developing slow muscle fiber with weight training and cardio at the gym, and with jogging. This typically only works slow muscle fiber. If you think about it,

most adults start the atrophy process of fast muscle fiber (the wasting away of muscle) on over half of their muscle fiber ... beginning at age 20!

No wonder we have an obesity epidemic. This year, 650,000 Americans will hear their physician say, "You have diabetes."



The cure for the obesity crisis, the cure for the middle-age somatopause (the middle-age metabolism slowdown), the cure for insulin resistance and (in many cases) diabetes, is so simple, we keep missing it. The cure is natural. And it's free. Middle-age adults should consider adding anaerobic workouts to their fitness training.

However, it can't be done overnight because the muscle fiber necessary to perform high-intensity anaerobic exercise has atrophied (wasted away).

#### Great News for Masters

You can build back your fast-twitch muscle fiber (starting slowly at first) by performing plyometrics to build the fast muscle (IIa fiber) and performing sprinting types of training to build the super-fast (IIx fiber) to the point where HGH growth hormone can be released through exercise.

#### The Take Home

Middle-aged adults need to be doing more than exercising their slow muscle fiber with weight training, cardio, and jogging. Don't neglect slow-muscle training however; this is 40% of your muscle fiber, and to a degree, it serves as a base for the development of the fast and super-fast muscle fiber.

It's always recommended to see your physician before beginning a fitness program. And even if you're in

great condition, spend at least 6 to 8 weeks — slowly and progressively — building back fast and super-fast muscle fiber by adding plyometrics and sprinting types of training to your workouts. □

(If you've seen a fitness magazine lately, like *Physical Magazine*, *Muscle Mag*, *On Fitness*, *MS Fitness*, or *Brian Mackenzie's Successful Coaching*, you

may have seen an article or a quote by masters athlete Phil Campbell, M50. You may have seen him on the cover of *Personal Fitness Professional*, or heard him speak during the Health & Fitness Expo in Denver. Now you can read his articles in *National Masters News*. If you've not read his book, *Ready Set Go Synergy Fitness*, visit [www.readyssetgofitness.com](http://www.readyssetgofitness.com))

### National Decathlon/Heptathlon

Continued from page 1

non-championship medals.

The meet was just part of a week-long get-together in southern Missouri that also included many travel and social events in the area. Most foreign visitors stayed with host families, some they had known for years past. Many old friendships were renewed and new ones were made. Grant Lamothe, of Canada, gave a couple of renditions of his original (and evolving) song, "Decathlon Blues."

The Combined Events competition was merely the glue that cemented this exercise in international relationships. The meet had been planned for the Neosho High School Stadium, but, much to the chagrin of the local administrators, the track, while newly resurfaced, did not yet have its lane markings in place. So the competition was held in nearby Carthage at an excellent seven-lane junior high school facility with a full set of dual field event venues.

Local and borrowed equipment was excellent, and there were even 27 inch hurdles available. A big thanks goes to Gill Athletics that furnished equipment, including poles, for the championships. Gill's ongoing support of masters athletics is substantial and Gill certainly deserves consideration whenever equipment is needed.

A proper women's decathlon was conducted with two ladies competing and completing. Various women, including Jane Frederick, Phil Raschker and Liz Johnson have done decathlons along with the men in the past, but this was a fully legal IAAF Women's Decathlon. You'll note in the results that the women contest the second day's field events on the first day and vice-versa. The IAAF adopted this event order to allow simultaneous men's and women's decathlons to be more easily conducted.

While it is subject to rescoring of other old performances, it is fairly clear that Becky Sisley set a W65 U.S. record in the heptathlon of 5089 points (2002 age-grading), bettering the 4505 (1994 age-grading) by Christel Donley. Sisley did set a new individual event U.S. record in the javelin, throwing 32.52 and breaking her own former record.

Subject to rescoring of old performances, it is apparent that Jack Hoyt set an M40 U.S. decathlon record with an impressive performance of 7693 (2002 age-grading), surpassing the 7551 (1994 age-grading) by Stan

Vegar, set in 1997 in Thomasville, N.C. Hoyt was especially impressive in the sprints and the vertical jumps. Now that he is among the masters ranks, he should catch quite a bit of attention.

The meet was timed with a FinishLynx fully automatic timing system, which performed flawlessly, with the exception of the women's 800. The gun sensor did not detect the start, but rather started (was started) 4.73 seconds after the actual start. This was no problem as hand-times are the equivalent of automatic times in this event, and there was a hand-time of 3:08.0h on the leading runner and a complete video of her, which also timed 3:08.0, the same as the hand-time.

All runners were captured on the FinishLynx picture, and the differentials from the leading hand-time were calculated and the proper times given to each heptathlete.

A special award was presented for the first time this year in memory of recently deceased Ian Steedman of Scotland, who had competed in many of the past challenges. It is presented for the best age-graded performance in the men's hurdles.

It was won this year by Emil Pawlik, M65, many time world champion in the combined and individual events, including the hurdles, and multiple winner of the Masters Combined Events Athlete of the Year Award. Unfortunately, Pawlik did not take part in this year's challenge, as the other teams could not field anyone of his caliber to match with him. He did, however, post the highest score of the meet with a very fine 7729.

Combined events is truly a special community of athletes who support each other in the spirit of sportsmanship. Beginners are nurtured at the same time that world champions are respected. Many thanks to all the administrators, officials, volunteers, athletes, coaches, sponsors, sponsor families, and supporters who made this year's championships and challenge such a success.

Make plans now for next year's USATF Masters Decathlon/Heptathlon Championships to be held in Cleveland, Ohio, in early July.

(See the results for full team scoring and the rules of the challenge.)

(Rex Harvey reported on this event for USATF Masters Combined Events Coordinator Jeff Watry, who had to be in China on business.)





## Masters Racewalking

By ELAINE WARD

### Coach Jeff Salvage – Racewalk Like A Champion (Part II)

**A**s an injured runner in high school, Jeff Salvage looked for an outlet for his competitive energies. The racewalking community welcomed him with open arms. After a successful competitive career in college, he joined "the real world" and focused on earning a living. However, racewalking remained a major part of his life, and he turned his computer wizardry to producing an instructional book/video combination in 1996 called *Walk Like An Athlete*. His recent book and companion DVDs, *Race Walk Like A Champion*, bring instruction to a new height. – ew

**EW:** What do you think are the hardest things for masters to learn to do?

**JS:** They don't stretch. Jack (Starr) barely stretches. However, Jack is an exception. The difference between legal and illegal walking often rests with stretching and flexibility drills. I know this is unpopular, but I am of the opinion if a master can't straighten his leg, he should be disqualified, regardless of his age or good intentions.

If you can't straighten your leg, your muscles have probably shortened and become tight. Your joints may also lack range of motion. Masters, just like elite athletes, need to be stretching and doing dynamic range of motion drills regularly so they can walk legally.

#### Stretching

**EW:** An athlete in my club brought me an article claiming that stretching may be harmful.

**JS:** I find that hard to believe. Improper stretching is harmful. For instance, never stretch a cold muscle. Cold muscles are tight and easy to strain. The proper way to do flexibility stuff is to first warm up walking and doing dynamic drills, and then stretch the areas that are tight and give chronic problems. After the workout, walk and stretch to cool down.

**EW:** I like the fact you focus on stretching known tight areas. I think walkers are apt to get into a routine where they do a set of specific stretches and mobility exercises without paying attention to their own particular needs.

**JS:** An athlete should pick what he or she needs to stretch, not what others need. For me, it might be my IT band. For another, it might be their shins.

#### Hip Rotation

**EW:** What other things do you find masters have a problem with?

**JS:** I find that masters and kids fall into the same category – they have a preconceived idea of how fast they should be going, and they rush to get fit instead of learning the technique. I have 70-year-old guys who just don't understand that no one is going to walk an eight-minute mile the first week.

Hip rotation is another typical problem. Every walker should use their

hips more, including myself. I find people either use their hips some, or they don't use their hips at all. Few racewalkers with any degree of coaching swing their hips out to the side. Good hip rotation is a combination of flexibility, of strength, and focus.

**EW:** Do you find it easier to have masters work on moving their hips forward or backward?

**JS:** Your hips cannot go backward. Look at the physics. This is a misconception. Your hip never moves back; it just moves forward. As the body moves forward, it looks like the hip moves back relative to the ground, but it never moves back, it only moves forward. Think about it. When you drop that heel down and hold it there, the hip isn't moving. Your body is moving forward and the heel is planted so it can't be moving back.

**EW:** How about when your rear foot pushes off the ground? Doesn't the force of the push cause your hip to go back?

**JS:** You may feel that it does, but it is not actually happening. What is happening is that when you hold your rear foot on the ground to push off, it causes a reaction response so the hip has to swing forward. You end up opening your hips fairly wide.

Using your legs properly gets you moving, but to go really fast you must learn to use your hips correctly. The hips are the body's primary source of forward locomotion. As you repeatedly pivot the hips forward, they act as the body's motor, propelling it forward one step at a time.

**EW:** You say the hips are the primary source of forward movement? I have always thought that the force of the rear foot pushing the ground propels the body forward.

**JS:** I believe that we are all adding to anecdotal knowledge here as no one has done a scientific study to measure the ratio of forward locomotion coming from the hip drive versus the pushing of the rear foot.

One coach thinks the flick of the rear foot propels the body forward only slightly; another uses a stronger description of the power generated by pushing. I'm in the middle. I think the push can contribute to forward propulsion if done properly. But I consider



Racewalkers after the 5000, 2004 Hayward Classic (l to r, front): Ron MacPike and Donna Lafayette; (rear): Dick Vaughn, George Opsahl, Bob Novak, Pat Detloff, Doug VerMeer, and Kelly Murphey-Glenn.

the hips the primary agents.

Now, if you don't have any hip rotation, you must depend on pushing for propulsion, but this is dangerous. It can lead to illegal walking. Think of the position of the foot behind the body when the hips are inactive. The foot is only inches behind the body, and the walker is going to push up vertically, minimizing forward thrust. In contrast, when you drive the hip forward, almost all of the movement is forward.

In the recent national 15K, some walkers were not using their hips at all and they were skyborne. It didn't matter what picture I looked at. They were off the ground. The ones who used the most hip action looked the most legal. Remember judging in our sport is a matter of perception.

#### Stride Length

**EW:** Okay, what happens if walkers make a point of holding their rear foot on the ground as long as possible in order to increase stride length?

**JS:** The longer you leave your rear foot on the ground, the more efficient your stride. The extension in back stretches your hip muscles so when your foot leaves the ground, the resulting reflex pulls the leg forward faster and you gain more speed.

Also, by keeping the foot on the ground longer, the reactive force of the body's weight becomes more horizontal than vertical as you push off. This helps walkers maintain contact as well as contributes to forward propulsion.

**EW:** In the '80s, some Mexicans were barely raising their toes and looked as though they were skimming the ground. Do you favor high toe action like Raul Gonzales, or low toe action like Ernesto Canto.

**JS:** I am a big believer in raising the toes before heel plant, probably because of my own style. My foot plants at a 45 degree angle, and I roll through smoothly. So I am a big believer.

Usually people can get their foot up, but then it collapses because of a lack of strength and flexibility in the shin and calf muscles. People frequently say, "Oh, my shins are tight," and they stretch their shins, but they do not think to stretch their calves, too.

Sometimes it is the shoe that causes a problem. If the heel of the shoe is too high, it can cause your foot to collapse on impact with the ground. That is why it is important to check out the soles of the shoe. You don't need a thick heel in racewalking as you are not hitting the ground with the force of a runner.

#### Arm Swing

**EW:** How about the arms? I notice that many walkers, especially when they are new to the sport, are hesitant to use their arms.

**JS:** The number one problem is lack of range of motion. If you want to use your hips, you have to use your arms. So if you are not bringing your arms in a full range of motion, chest high to behind the hips, your hips aren't going to move in a full range of motion. It all goes together.

**EW:** In some pictures of elite racewalkers, their arms are swinging across their bodies. Have you noticed this?

**JS:** You have to consider that most pictures are taken later in a race when walkers are getting tired. If you look at walkers' techniques the first 10K in a 50K, they usually look good. If you look when the sweat is pouring off them and they are grunting, their techniques are not going to be as good.

The proper position of the arm swing in front is the same as it is when shaking someone's hand. The hands swing over the same imaginary "line" as the feet.

Jumping back to the hips. As they move forward fully, they turn in and bring the feet down a line. The hands should mirror this movement. □

(Elaine Ward can be contacted by e-mail at [narwf@aol.com](mailto:narwf@aol.com))

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## Summary of NCCWMA Minutes Dorado, Puerto Rico

**Call to Order:** President Brian Oxley called the meeting to order at 7:30 p.m. Twenty-four voting delegates were confirmed.

**Bids for 2006:** Bids for the 2006 NCCWMA Championships were presented by Profesora Maria Teresa Rizzo on behalf of the Guatemala Masters Association, and by Jerry Bookin-Weiner on behalf of USATF.

The Guatemala bid was supported by its National Athletics Federation, the Guatemala Olympic Committee, and the City of Guatemala. The USATF bid was supported by the City of Fort Collins and Colorado State University.

The USATF bid included a proposal for "scholarships" to give monetary assistance to athletes who might otherwise be unable to attend. Discussion on the proposal was tabled. The major issue of visas for U.S. entry was raised by Dennis Blackman, Barbados delegate, and addressed by Bookin-Weiner.

The Guatemala bid succeeded.

**Minutes:** The minutes of the Assembly in Carolina, Puerto Rico, July 7, 2003, were accepted.

### Executive Reports

**President:** Oxley reported on his activities since the last Assembly. After attending the Central American Championships in Panama, he felt that Panama was a country that had little support for masters and considered itself part of North America rather than South America, its IAAF designation. It is possible for a country to change regions, and this would be explored.

As a member of the WMA Council, he had attended the first WMA World Indoor Championships, and the WMA Council meeting in San Sebastian, Spain, in preparation for the 2005 Championships. He believes that the event will be a huge success, especially for Spanish-speaking athletes.

Finally, he expressed his pleasure in working with the executive committee for the past six years, and particularly thanked Fernando Roman, who had worked hard to bring the championships to Dorado.

**Treasurer:** Oxley presented the financial report on behalf of Jack Castle. The report with a closing balance of \$15,589.46 was accepted. It was noted that Dorado had all of the equipment needed (from the 15th WMA World Championships in Puerto Rico) and did not need additional help, so the current championships were staged at low cost to NCCWMA, and that executive members had continued to pay personal travel and accommodation expenses.

**Racewalks:** Bob Fine urged members to make proposals for racewalk events for 2005. The only events planned so far are the 1500 and 3000 on the track at the Huntsman Senior Games, and a road 15K in Florida.

The road 5K, 8K, 10K, and 20K were still open. For 2006, the 5000 track and 10K road would be part of the regional championships.

**Non-Stadia:** Brian Keaveney commented on the difficulties of staging non-stadia events at a regional championships and commended Dorado for its handling of the cross-country championships here.

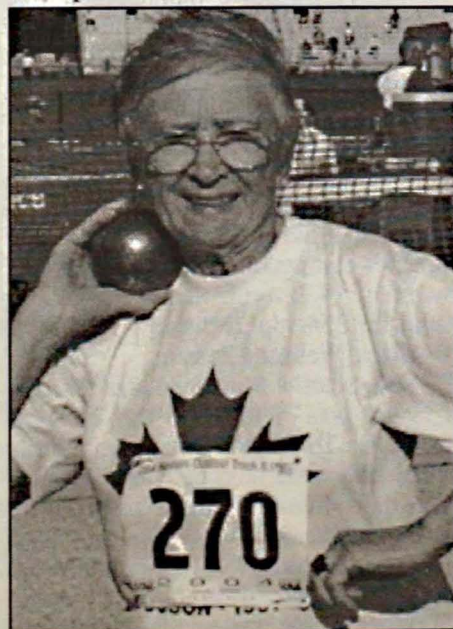
**Combined-Events:** Rex Harvey reported that the pentathlon and weight pentathlon are included in the schedule here and will continue to be in future regional championships.

**Elections:** It was explained that nominations had been received by the executive committee, but that nominations could also be made from the floor. Each position was addressed in turn.

**Election results:** President: Brian Keaveney (Canada), replacing Brian Oxley; Vice-President: George Mathews (USA), replacing Hector Chavez; Secretary: Mario Calderon Diemecke (Guatemala); Treasurer: Jack Castle (Canada); Stadia Chair: Sandy Pashkin (USA); Non-Stadia Chair: Adan Mendez (Mexico), replacing Brian Keaveney; Combined-Events: Rex Harvey (USA); Racewalks: Bob Fine (USA); \*Women's Chair: Marilyn Mitchell (USA); \*Records: Sandy Pashkin (USA); Director, Caribbean: Fernando Roman (Puerto Rico); and Director, Central America: Rafael Arrelano (Guatemala).

\*Notes to the above: Mitchell wished to resign the position to Monica Tang Wing after one year. Pashkin asked all countries to send her their national record lists, which she could easily combine. Her e-mail address is spashkin@aol.com.

**Other Business:** There being no other business, the president thanked those present, including the translator, whose services had been arranged by Marilyn Mitchell, for their participation. The meeting was adjourned at 9:30 p.m. □



Olga Kotenko, of Canada, set five W85 world records in the NCCWMA Championships.

## Masters Return to Puerto Rico

Continued from page 1

resident and a citizen of Jamaica, second to Allie in the 400 (54.19, 94.4%), won the M55 800 with a 95.0% 2:07.95. Felix Maymi, 42, PUR, took the 800 (1:59.77, 91.7%) and recorded the best performance in the 1500 (4:12.99, 88.4%).

Dexter McCloud, 43, USA, with a 14.66 over the 39" 110H, and Darnel Gatling, 44, USA, with a 55.50 in the 36" 400H, were both in international-class range with 94+%.

Phil Raschker, 57, USA, the only woman in the pole vault (2:10), had the best performances of the meet in the long jump (4.38, 81.2%) and triple jump (8.26, 80.0%).

The farthest in the shot put were Angela Hinds, 41, BAR, 10.75, and Francisco Ball, 48, PUR, 16.18. Hinds also won the discus (39.66), as did Ball (43.14).

Guest athlete from Scotland, William Gentleman, 64, won the M60 discus contest (38.58), and was second to USA Masters T&F Chair George Mathews, 61, in the hammer, 51.49 to

51.12, but took age-graded honors, 91.3% to 85.5%.

Michael Finkbeiner, 50, CAN, hit 57.40 with the javelin.

Highest scores in the pentathlon came from Nilsa Paris, 47, PUR, 2479, and Fred Judson, 58, CAN, 3105. Best totals in the weight pentathlon were the world-record 4280 by Kotenko, and 3973 by Mathews.

Racewalker Maria Ramirez, 87, MEX, finished the 5000 in 48:57.83, and the 10K in 1:38.57.

Top performers in the 8K cross-country race were Mima Rosa, 53, PUR, with a 37:53, and Radames Vega, 55, PUR, with a 29:43. Jorge Ortiz, 50, PUR, won his division in the half-marathon, with a strong 77:24.

Outgoing NCCWMA president Brian Oxley, of Canada, commenting on the meet, said, "There were, of course, minor glitches...but technically the meet was well run."

The 2006 NCCWMA Regional Championships were awarded to Guatemala. □

## Ortiz Wins World Mountain Running Title in Sauze d'Oulx

By NANCY HOBBS

On Saturday, Aug. 28, in Sauze d'Oulx, Italy (a ski village in the Italian Alps), Eagle, Colo., resident Anita Ortiz, 40, ran an impressive race to win the WMRA (World Mountain Running Association) Masters Mountain Running World Championships in 53:30, just five seconds ahead of her nearest competitor Isabella Guillot, 42, France.

Ortiz started with the W35 age group due to a mix-up with organizers over her birth month (June instead of September) and therefore had no idea how Guillot or others in the W40 group fared over the 8.46K course.

Not until after the finish did an elated Ortiz find out she was first overall.

Competitors started in 20-minute intervals with runners in the same age group, starting with men and women 70+. Ortiz's group started last at 3:20 p.m., while the first group went at 1 p.m.

The course started in the village on cobblestone for approximately 100 meters before changing to pavement for another 300 meters and then heading onto a steep, rocky trail.

It was then back to pavement for a downhill section through the village, another uphill portion on cobblestone, and back to grassy trails and switchbacks for the remainder of the course.

In total, there were 862 meters of ascent and 235 meters of descent. The course included some very steep sections relegating many of the competitors to a fast power hike.

There were more than 620 competitors in the masters competition, now in its third year. The 2005 edition will be

held in Keswick, England, on Sept. 10, with the 2006 race slated again for Sauze d'Oulx in early September.

Tom Borschel, 47, Idaho Falls, Idaho, ran 48:47 to win the M45 race. Borschel, the Teva U.S. Mountain Running Team junior manager, also ran the open race during the World Mountain Running Trophy on Sept. 5, and cruised to an overall victory on the 10.1K course.

Andy Ames, 40, Boulder, Colo., a first-time member of the Teva U.S. MRT, ran 48:05 in the masters race and was sixth of 161 competitors in his age group.

Ames also ran the 10.1K World Trophy course on Sept. 5 to finish in 55:08, good for 47th place overall (154 finishers).

California resident Matt Ebner, 43, finished fifth at the masters in 47:29. The M40 category was won by Ricardo Mejia, 41, Mexico, in 43:52 (the best time among the men).

Ortiz, on her third Teva U.S. MRT this year, also ran on Sept. 4 over the same 8.46K course for the World Mountain Running Trophy event, and finished first for the U.S. in 11th position overall in 53:03.

Ortiz, along with teammates Laura Haefeli, 36, Del Norte, Colo. (15th woman), Erica Larson, 32, Los Alamos, N.M. (24th), and Lisa Isom, 31, Vail, Colo. (31st), earned a bronze team medal, the first for a U.S. mountain running team at the World Mountain Running Trophy and the first medal for the women. □

(Visit [www.wmra.info](http://www.wmra.info) for additional information.)





## On The Run

By HAL HIGDON

### Should Paula Have Finished?

When Paula Radcliffe failed to finish not only the marathon, but also the 10,000 in the Olympic Games, most runners probably sympathized with her – but not all. Commenting in an Internet forum, one man from suburban Chicago said: “I can’t understand why Paula didn’t just finish. There is dignity in finishing, even if you’re out of medal contention.” A woman from Central Florida agreed: “She should have finished not just for dignity, but out of respect for the sport.”

I felt sad for Radcliffe, the world record holder, but I felt sadder that people within our sport failed to comprehend the immense pressures inherent not only in the Olympic arena, but at the front of any major race.

Ours is a sport that has changed, during my lifetime, from one involving mainly fast runners to one in which the dominant theme is: “To finish is to win.” We pride ourselves on the bond between someone who runs 2:15:25 and those several hours slower. We can stand on the same starting line with Olympic champions and world record holders. We feel the same pains. We experience the same pleasures.

Or do we?

#### Online Poll

In an online poll, nearly half felt Radcliffe should have finished the marathon, no matter how slowly. A narrow majority believed her justified in dropping out of both the marathon and the 10,000. One Britisher commented: “Paula earned her right to start both races and certainly shouldn’t feel any obligation to finish far behind.”

A Chicagoan added: “Just because I’ve run a few marathons doesn’t qualify me to make judgments on the racing strategies of Olympians any more than I would tell a surgeon how to remove my appendix because I’ve dressed a few wounds.”

I’ve run 111 marathons, some from the front, some from the rear. One race that I won overall, I finished years later next to last, barely walking. But I have dropped out of races, including the 1964 Olympic Trials run over a hilly course with weather in the 90s, similar to Athens.

#### Quit While You’re Alive!

I was in second place at 17 miles when my ears started ringing. I slowed down; the ringing stopped. I speeded up; the ringing started again. I quit. The runner who passed me into second staggered off the course at 20 miles and spent the next week in the hospital.

One year at the Nationals, temperatures also in the high 90s, I battled another runner in the last laps of the track 10,000. He placed 4th and collapsed. I took 5th and threw up afterwards. A week later, he died in the hospital. Sometimes accepting a DNF is not disrespectful to the sport.

#### Who’s to Judge?

Yet to finish is to win, so say today’s philosophers. I agree, but now wonder if those criticizing Radcliffe know what it means to dedicate your life to winning an Olympic medal? Could they run even a mile, much less 26, in her shoes? I wonder if they know how to push their bodies to the point where taking one more step in a race becomes psychologically, if not physically, impossible?

In a media interview following her Olympic failures, Radcliffe responded to a question as to why she dropped out of both races and why she even started the 10,000. She offered what, depending on your viewpoint, were either plausible reasons or merely excuses. Then she paused and said to her questioner, “I’m sorry.”

We’re sorry too, Paula. But apparently not all of us. □

(Hal Higdon, a *Runner’s World* Contributing Editor, provides *InterActive* versions of all his training programs through [www.halhigdon.com](http://www.halhigdon.com).)



MIKE POLANSKY  
Michele LaBiento, 40, first female overall (20:23), Sprint for the Arts 5K, Roslyn Harbor, N.Y.

## Three U.S. Records Set in Rocky Mountain Meet

By JERRY WOJCIK

Sprinters broke three U.S. age-group records in the Rocky Mountain Masters Games held at Colorado State University, Fort Collins, on Sept 4-5.

Donald Neidig, Alamogordo, N.M., who joined the M60 ranks in early August, ran a 24.37 200 (wind at +1.9) and a 55.56 400, some 75 minutes apart, setting records in both events. In the 400, Neidig battled a strong headwind on the backstretch.

Both present records belong to Larry Colbert, the 200 at 24.82 in 1997, and the 400 at 55.99 in 1999.

Nadine O’Connor, 62, Delmar, Calif., shot out of the blocks to run a 29.09 (wind +1.5), well below the W60 record of 29.57 by Irene Obera in 1997. O’Connor just missed the record with a 29.69 at the National Masters Championships in August in Decatur, Ill.

#### Other highlights:

- Brian Oliver, 40, had the quickest 100 of the meet (11.87).
- Peter Heglebach, 38, posted the fastest 800 (1:59.19).
- Courtland Gray, 60, blazed to wins in the 100H (14.83) and 300H (43.91).
- Connie Williams, 36, was the W35 high jump winner (1.55).
- George Cairns, 67, took the M65 long jump (4.24).



COURTLAND GRAY  
Don Neidig (l) broke two U.S. records and won \$100 presented by Ron Kirkpatrick, who offered a challenge for breaking certain records, Rocky Mountain Masters Games, Ft. Collins, Colo.

• Rande Treece, 43, was tops in the hammer field (51.05), weight (15.05) and superweight (10.03).

• Michael Banchard, 43, crossed the 3000 racewalk finish line first (15:45.96).

The meet included a pentathlon and weight pentathlon. Highest scorer in the pentathlon was Bob Fulton, 64, with 3170; best scores in weight pentathlon came from Joy Kaylor, 66, 3670, and Ian Percy, 59, 3664.

The event, in its 24th year, was directed by Jim Weed, under the auspices of the Denver TC. The sponsors included Runners Roost of Fort Collins. □

## Throwers Wrap Up Season

Continued from page 8

records of 13.29 and 7.50, respectively, are held by Vince Sempronio.

Ward, 71, Texas, upped his M70 record of 10.96 for the 35# superweight set last year, with an 11.43.

More than a dozen meet records were also broken or established.

After the meet, Bob Cahners, M60, Florida, a veteran of past championships here, said, “This was the best and most competitive meet I’ve been to in Seattle.”

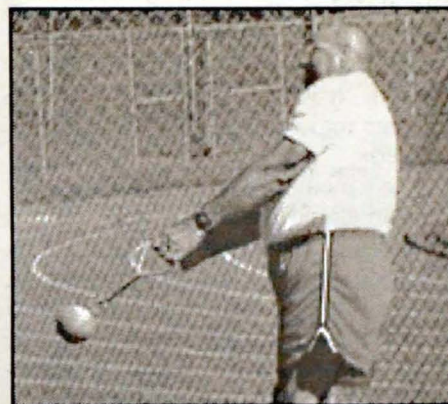
Besides faithful, older athletes who have attended every championships, the meet drew newcomers in their 40s. Mike Fritchman, 43, Oregon, won the M40 35# weight throw (16.35), but Rande Treece, 43, Colorado, took the 56# superweight (9.20). Ray Burton, 48, Oregon, won both the weight (14.49) and superweight with the best mark of the day for the 56# (9.78).

Carol Finsrud, 47, Texas, had the farthest throws of the meet among the women, 14.32 with the 20# and 9.30 with the 35# superweight.

#### Ultra Weight Classic

The Seattle Masters Ultra Weight Classic was held after the championships. To score points, competitors threw the three next heaviest weights, and their five-implement marks were age-graded.

Todd Taylor, 57, Oregon, added his performances with the 98#, 200# and 300# ultra weights to his weight and superweight marks to score 4584 to win the M40-59 division title.



SUZY HESS  
Ray Feick throws the weight at the National Weight & Superweight Championships.

Fritchman was second (4135), and Treece, third (3934).

Ward added his 56#, 98#, and 200# scores to win the M60+ award with a 5917. Cahners was second (4786), and Lewellen, third (4458).

Finsrud, throwing the 56#, 98#, and 200#, won the women’s contest (5917), with Joyce Taylor, 54, Oregon, second (4338), and Laurie Jenkins, 40, third (3989).

The meet was directed by Ken Weinbel, of SMAC, who has organized the meet for its 10-year existence. Entrants were treated to a buffet luncheon.

Before the competition began on Saturday, Masters T&F Chair George Mathews asked the athletes to observe a moment of silence in honor of the third anniversary of the September 11 attack and its victims. □

### TWENTY YEARS AGO October 1984

- European Championships Draw 3050
- Barry Brown, 40, Sets U.S. Masters 10K Record of 29:57
- Ken Inglis (43, 51:30) and Tina Hayward (43, 62:10) Top Masters in Crim 10 Mile





JERRY WOJCIK

Pentathlete Mike Tipping, 51, in the discus, 37th National Masters T&F Championships, Decatur, Ill.

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# Masters Scene

## NATIONAL

• **Colleen De Reuck**, 40, finished 39th (2:46:30) in the Athens 2004 Marathon, run from Marathon to Athens on Aug. 22. The race started at 6 p.m., with temperatures in the 80s and humidity at 50%. Sixteen of the 82 starters did not finish. Racewalker **Teresa Vaill**, at age 41 the oldest female ever to compete in t&f the U.S., was 43rd with a 1:38:47 in the 20K on Aug. 23.

## EAST

• **Stuart Calderwood**, 46, in 16:40, and **Stacy Creamer**, 44, in 19:46, were both second overall in the NY Mets 5K Run to Home Plate, Aug. 7, which ended in Shea Stadium, Queens, NY.

• **Michele LaBiento**, 40, Floral Park, NY, was first female overall (20:23), Sprint for the Arts 5K, Roslyn Harbor, NY, on the evening of Aug. 9. **Wayne Unholzer**, 40, was top master in his hometown, finishing fifth overall (19:23). **Mel Cowgill**, 67, Yaphank, NY, won the M65 race in 22:32. Proceeds from the inaugural race went to the Nassau County Museum at the Cedarmere Estate, Roslyn Harbor, the home of 19th century poet and journalist William Cullen Bryant.

• Two single-age records were set in the 2nd annual International Implements Challenge, Dartmouth College, Hanover, NH, Aug. 14-15. Competitors of all ages used the open/Olympic implements. **Knute Hjeltne**, 52, threw the 2k discus 48.75/159-11 for a single-age AR. **Fran Moravscik**, 70, established a single-age WR of 6.21 with the 4k SP. The meet was directed by **Carl Wallin**, 62, who himself set an age record of 12.62/41-5 for the 16# SP in a meet on July 10.

• **Jean Chodnicki-Stemm**, 45, 27:05, and **Catherine Stone**, 42, 27:49, took first and third places overall at the NYRR Henry Isola X-C Classic 4-Miler, Van Cortlandt Park, Bronx, NYC, Aug. 29. Only a minute quicker was the first men's master, **Douglas Hegley**, 42, 26:01.

• A sultry, summer Sunday in the park found **Alfonso Polania**, 42, 1:16:55, and **Gale Jacklin**, 40, 1:25:42, topping the masters division at the NYRR Manhattan Half-Marathon, Central Park, NYC, Aug. 29.

## SOUTHEAST

• **Selwyn Blake**, M40, captured masters

firsts in both the 5K (15:41) and 10K (33:47) of the Midnight Flight races, Anderson, SC, Sept. 3. **Diane Ford**, W45, was the W40+ winner in the 5K (18:44). **Moe Buccino**, M70, won his race in 24:37. **Marg Babrovic**, W40, took the W40+ title in the 10K (39:33). **Tom Deming**, M50, 37:59, and **Susie Kluttz**, W65, 50:05, were distinctive division winners.

## MIDWEST

• **Pam Graver-Koenig**, 49, of Oregon, OH, was first W40+ in 22:49 in the 25th Women's Festival 5K, in her hometown, Aug. 8. **Karen Wolf**, 55, Bowling Green, OH, took the W55+ race in 26:14, with **Louise Miklovic**, 66, Maumee, OH, second (27:10).

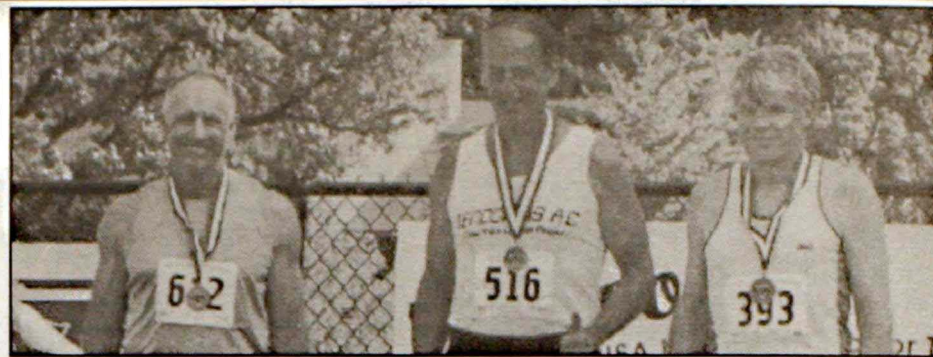
• On a hot and humid morning in Park Forest, IL, Sept. 6, **Jenny Spangler**, 41, Lake Villa, IL, set a new U.S. single-age record for ten miles at the Park Forest 10 Miler, 56:56, good enough for second place overall.

## MID-AMERICA

• **Kevin Haas**, 46, St. Louis Park, MN, won the Minnesota Masters 15K, Edina, Aug. 29, with a 49:47, breaking the state record of 50:01 for 46-year-old men, held by **Paul Noreen**, set in 1981. **Janet Robertz**, 44, Shorewood, MN, was first woman in 55:37, which broke the state record for 44-year-old women of 61:01 by **Paulette Dow** in 2000. Single-age records also went to **Michael Seaman**, 54, Edina, 55:50; **John Keston**, 79, McMinnville, OR, 72:16; **Lloyd Young**, 81, Pine City, MN, 79:44; and **Marilyn Schnobrich**, 62, Duluth, MN, 73:40.

## NORTHWEST

• At Oregon's ever-popular Hood to Coast Relay, Aug. 25, "The Principia," a team based in Lake Oswego, OR, won the men's 40+ division, 22:09:24, while the "Tahoe Trail Babes" dominated the women's masters ranks once again, 24:10:12. The "Mixed Master Blasters" lived up to their name by blasting all the masters teams (and a thousand or so other teams), with their speedy 19:59:43, an average of 6:06 per mile over the 196-mile, 12-person course. They placed 13th overall in a field of 1044 teams. Eugene, OR's "Aging Heroes," 21:00:17, and Portland, OR's "Heart and Sole," 30:54:11, won their respective men's and women's supermas-



WALDEN CURRY

M55 division pentathlete medalists (l to r): Bob Green, 3rd; Darryl Decker, 1st; and Robert Baker, 2nd; 37th National Masters Championships, Decatur, Ill.

ters categories.

• **Tony Young**, M40, 4:21, and **Jennifer Teppo**, W45, 5:31, cruised to masters firsts in the Waterfront Mile, Portland, OR, June 17. **John Higgins** won the M60 race (5:31). In the Pearl St. Mile, Boulder, CO, July 22, **Perry Gallegos**, M45, 4:33, and **Laura Bruess**, W40 (5:38), took the masters titles. **Jim Christoph**, M50, won in 5:16.

• **Dan Wojcik**, 48, Eugene, OR, in 35:42, and **Tammy Volk**, 40, Medford, OR, in 42:32, reeled off masters firsts in the Scandia 10K, Junction City, OR, Aug. 14. **John Hepner**, 72, Eugene, took the M70+ race with a 49:09.

## INTERNATIONAL

• By the Sept. 1 deadline for the 2008 WMA World Indoor Championships, three cities had submitted bids: Budapest, HUN; Glasgow, GBR; and Lievin, FRA. By that deadline, two countries had given bids for the 2009 WMA World Championships Stadia: Lahit, FIN, and Aarhus/Randers and Silkeborg, DEN. Both championships will be awarded at the WMA General Assembly in San Sebastian, ESP, in 2005, but WMA will carry out the necessary inspection visits as soon as possible, according to WMA President **Torsten Carlius**. The WMA Web site is Internet: <http://www.world-masters-athletics.org>.

• Coming in first woman overall at the National 10K Road Racewalk Championships, Inglewood, Taranaki, New Zealand, Sept. 4, was **Gillian MacDougall**, W40, 58:21. First on the men's masters side was **Gary Little**, M60, with an impressive 51:40.

## CORRECTIONS

• **Roger Kroodsma**, M60, should have been credited with the highest pentathlon score in the report on the National Masters Championships, Decatur, IL, in the September issue. His score of 4021 is the first over 4000 in several years.

## OBITUARIES

• Two masters athletes from the San Diego area passed away this summer. **Bob Smith**, a three-time Olympic Trials qualifier in the pole vault and masters vaulter, died July 25 in Lakeside, CA. He was 75. A highly successful high school track coach in San Diego during the 1960s, Smith was consistently ranked among the top 10 vaulters in the world by Track & Field News from 1949 to 1955, and competed in the 1948, 1952 and 1956 Olympic Trials. He retired in 1990, after coaching for more than 20 years at San Diego City College. In 1998, he won the M65 pole vault in the Nike World Masters Games in Eugene, OR, and was competing in masters meets as recently as three years ago.

• **Winfield "Win" McFadden**, who started competing as a master at age 63 in 1968, and held dozens of age-group and single-age records, died Aug. 31 in Kearny

Mesa, CA, at age 99. He was born March 12, 1905, in Havana, IL, and was a triple jumper in high school. He attended Millikin U., Decatur, IL, where he set a school record for the two-mile and is a member of its athletic hall of fame. Multi-talented, as



JERRY WOJCIK

Mark Doctor, 41, of Indiana, in the 10,000, 37th National Masters Championships, Decatur, Ill.

a master he competed in the decathlon, sprints, hurdles, racewalks, jumps, and throws. An advocate of physical fitness for seniors, he taught P.E. classes for seniors until he was 90, and two years ago, updated his book *You Don't Have to Act Your Age*, originally published in 1985. An accomplished ballroom dancer, he, with his wife, **Leota**, had won more than 30 dance competitions in the 1960s and '70s, including an international title. In 1986, he told The Tribune, "I will not give up competition entirely until they have to carry me away."

— from the San Diego Union-Tribune

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## FIVE YEARS AGO October 1999

• Nationals Draw 900 Masters to Orlando

• John Tuttle (40, 50:37) and Jane Welzel (44, 60:30) Masters Winners at Crim 10 Mile

• Sprinters Pierce, Wright, Rizzo Hit Age-Graded 90+% in East Regionals, Springfield, Mass.

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# 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 open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

## TRACK & FIELD

### NATIONAL

**November 30-December 5.** 2004 USATF Annual Meeting, Portland Hilton, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

**March 11-13, 2005.** USATF National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 208-859-9219.

**June 3-18, 2005.** National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

**August 4-7, 2005.** 38th Annual USATF National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiiichamps.com; 808-732-8805; zeug@hawaii.rr.com

### EAST

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

**December 4-12.** Florida Senior Games State Championships, The Villages, FL. 850-488-8347; email: games@flsports.com; www.flasports.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**October 2.** Club West Masters Meet, UC-Santa Barbara. Gordon McClenathen, 805-964-3005; Beverley Lewis, 969-5852; fax: 969-6613.

**October 17.** 14th Self-Transcendence Masters Meet, CSU-Long Beach. 40+. Bigalita Egger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618; www.srichinmoyraces.us

**November 13-29.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; www.hawaiiseniorolympics.com

### NORTHWEST

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

**October 4-16.** Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

### INTERNATIONAL

**October 17-29.** South Pacific Masters Championships, Cook Islands. M30+ & W35+. Gary Tuttle, 805-643-1104; 10K/28 26@earthlink.net

**October 21-27.** Oceania Championships, Rarotonga, Cook Islands. www.world-masters-athletics.org

**November 5-13.** South America Championships, Montevideo, Uruguay. www.world-masters-athletics.org

**November 6-14.** Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au

**November 26-28.** North Island Masters Championships, Whangarei, New Zealand.

(09) 433-7346; email: willi-a@xtra.co.nz

**December 3-5.** South Island Masters Championships, Christchurch, New Zealand. (03) 980-2457; email: bkjago@paradise.net.nz

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

**August 22-September 3, 2005.** 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

## LONG DISTANCE RUNNING

### NATIONAL

**October 2.** USATF National Masters Championships/Tussey Mountainback 50 Mile, Boalsburg, PA. Mike Casper, 814-238-5918; email: mccc4@psu.edu; www.nvrn.com/MTB50.html

**October 3.** USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmarathon.org

**October 17.** USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicoite@nycap.rr.com

**October 17.** USATF National Masters Championships/Dupont Forest Trail Marathon, Hendersonville, NC. Greg Walker, 828-692-5774, x11; gregw@mchsi.com; www.ymcahendersonville.org/SpecialEvents/DupontMarathon.htm

**October 21-23.** Road Race Management Race Directors' Meeting & Trade Exhibit, Ft. Lauderdale, FL. RRM RD Meeting, c/o Jeff Darman, 110 E. State St., Suite 15, Kennett Square, PA 19348; 610-925-1976.

**November 6.** American Ultrarunning Association Championships/San Diego 1 Day-24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiegol1dayrace.com/index.html

**November 7.** USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

**November 14.** USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

**November 30-December 5.** 2004 USATF Annual Meeting, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

**December 4.** USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

**December 18.** USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

### EAST

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

**October 3.** Maine Marathon/Relay, & Half-Marathon, Portland. 207-741-2084, Mailbox 4; www.mainemarathon.com

**October 3.** USATF NE Association 5 Mile Championships, Boston. Bryan Van Dorpe, 617-268-1619.

**October 5 (Tues).** NYRR 10K, Manhattan. NYRR, 212-860-4455; www.nyrrc.org

**October 9.** Hartford Marathon, Half-Marathon & 5K, Hartford, CT. www.hartfordmarathon.com

thon.com

**October 9.** GMAA Apple Harvest 10K, Shelburne, VT. 802-862-6706; www.gmaa.net/AHinfo.html

**October 10.** Delaware Distance Classic 15K, Wilmington. 302-798-4179; DDC15k@comcast.net

**October 10.** Danby Down & Dirty 10K & 20K Trail Runs, Ithaca, NY. 607-272-8559; fingerlakerunners.org

**October 10.** 1st Radnor Red 5K Steeplechase, Radnor, PA. 610-952-2768; radnorredrun.homestead.com

**October 10.** HMRRC Mohawk-Hudson River Marathon & Half-Marathon, Schenectady, NY. 435-4500; www.hmrcc.com

**October 10.** BAA Half-Marathon, Boston, MA. www.baa.org

**October 11.** Tufts Health Plan 10K for Women, Boston, MA. 888-767-RACE; www.tuftshealthplan.com

**October 16.** Women's Classic 5K, Allentown, PA. 610-395-2438; womens5kclassic.org

**October 16.** Mountain Masochist 50 Mile Trail Race, Appomattox, VA. extremeultrarunning.com

**October 16.** Oyster Bay Festival 5 Mile, Oyster Bay, NY. 516-349-7646; www.lgirc.org

**October 17.** Komen Race for the Cure Women's 5K, Princeton, NJ. 609-252-2003; www.bcrnj.org

**October 17.** Saratoga National Bank 5K Cross-Country Classic, Saratoga Springs, NY. 518-583-3114; saratoganational.com

**October 17.** Goold's Sweet Cider Flow 5K Cross-Country, Castleton, NY. 518-732-7317; www.goold.com

**October 17.** Bay State Marathon & Lowell Sun Half-Marathon, Lowell, MA. 978-323-4400; www.baystatemarathon.com

**October 23-24.** Mystic Places Marathon/Relay & 10 Mile, East Lyme, CT. 203-481-5933; mysticplacesmarathon.com

**October 24.** Army Ten-Miler, Washington, DC. armytenmiler.com

**October 24.** Mayor's Cup Women's 5K Cross-Country, Boston, MA. Also Men's 8K. 617-236-1652; www.baa.org

**October 30.** Upstate New York 4 Mile Cross-Country, Ithaca. 585-720-9252; www.gvh.net

**October 31.** Marine Corps Marathon, Washington, DC. 800-786-8762; marine-marathon.com

**October 31.** Shore AC Open 5K Cross-Country, Lakewood, NJ. www.shoreac.org

**October 31.** USATF New Jersey 8K Cross-Country Championships, Readington. Pam Fales, 973-334-8900.

**October 31.** Cape Cod Marathon, Falmouth, MA. Limited to 1200 marathoners & 170 relay teams. 508-540-6959; www.capecodmarathon.com

**November 7.** ING New York City Marathon, Staten Island to Central Park. NYRR, 212-860-4455; www.nyrrc.org

**November 7.** USATF New England 6K, 8K, 10K Cross-Country Championships, Boston, MA. Steve Vaitones, 617-566-7600; www.usatfne.org/cross

**November 13.** NYRR Cross-Country Championships, Van Cortlandt Park, Bronx. See Nov. 7.

**November 13.** Veterans Day 4K Cross-Country, Northport, NY. 631-424-7169; www.nrcrun.org

**November 14.** Can-Am Challenge/USATF Niagara Championships/GVH Cross-Country 6K, Rochester, NY. 585-720-9252; www.gvh.net

**November 14.** USATF Adirondack Championships/Stockade-athon 15K, Schenectady, NY. USATF Adirondack, 518-273-5552.

**November 20.** PVTC Cranberry Crawl 5K & 10K, Hains Point, Washington, DC. Rolland Elliott, RVElliott@copper.net; 301-292-1441.

**November 21.** Philadelphia Marathon & 8K. 215-685-0054; www.philadelphiamarathon.com

**November 25.** USATF Adirondack Championships/Troy Turkey Trot 10K, Troy, NY. USATF Adirondack, 518-273-5552.

**November 28.** NYRR Pete McArdle Cross-Country Classic, Van Cortlandt Park, Bronx. See Nov. 7.

**December 4.** NYRR Hot Chocolate 15K, Central Park. 212-860-4455; www.nyrrc.org

## ON TAP FOR OCTOBER

### TRACK AND FIELD

The Club West Meet in Santa Barbara on the 2nd, the Huntsman World Senior Games, St. George, UT, on the 4th-16th, and the Self-Transcendence Meet, Long Beach, CA, on the 17th, just about end the outdoor season.

### LONG DISTANCE RUNNING

Four USATF National Masters Championships help to fill a brimming fall schedule, starting with the Tussey Mountainback 50 Mile, Boalsburg, PA, on the 2nd, and the Twin Cities Marathon, Minneapolis, on the 3rd. These are followed on the 17th with the 5K Cross-Country Championships, Saratoga Spings, NY, and the Dupont Forest Trail Marathon, Hendersonville, NC. Other options start with the St. George Marathon on the 2nd; Maine, Sacramento, and Portland, OR, marathons on the 3rd; and continue through the next weekend with the Hartford, CT, Marathon on the 9th; the Chicago and Long Beach marathons on the 10th; and the Tufts 10K for Women, Boston, on the 11th. The Oyster Bay 5 Mile, NY, is set for the 16th, and the 17th shows the Louisville, Columbus, and Humboldt Redwoods marathons. The Detroit Free Press, Duke City, and NIKE marathons and Army Ten-Miler occupy the 24th. On the 31st, the Marine Corps Marathon runs through D.C., as will the Silicon Valley Marathon in San Jose, CA. Cross-country commences over hill and dale, with races in Upstate New York, New Jersey and Colorado.

### RACEWALKING

Two National Masters Championships from the short to the long of it, with the 5K, Kingsport, TN, on the 9th, and the 50K, Hauppauge, NY, on the 31st. In between, there are regional and association championships in New York City; Dearborn, MI; Coconut Creek, FL; Smyrna, GA; Indianapolis; and Seaside, CA. □

### SOUTHEAST

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

**October 9.** Komen Race for the Cure 5K, Knoxville, TN. 216-623-9933; www.hermes.cleveland.com

**October 10.** Disney's 10K Classic, Orlando. 407-896-1160; www.trackshack.com

**October 23.** Governor's Cup Half-Marathon, Columbia, SC. 803-731-2100; carolinamarathon.org

**October 30.** Wild Ghost Chase 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

**November 6.** Vulcan 10K Run, Birmingham, AL. 205-879-5344; www.vulcanrun.com

**November 6.** Food World Senior Bowl Charity 10K, Mobile, AL. 251-473-7223;



www.pcpacers.org

**November 13.** USATF Florida Cross-Country 3K & 5K Championships, Clermont. Don DeNoon, 352-241-7144.

**November 13.** YWCA Turkey Trot 5K for Women, Bristol, TN. 423-968-9444; www.ywcabristol.org

**November 13.** SunTrust Richmond Marathon & NTELOS 8K, Richmond, VA. 804-673-7223; richmondmarathon.com

**November 14.** Marathon of the Palm Beaches, Half-Marathon & Relay, West Palm Beach, FL. 561-833-3711, x222; www.marathonofthebeaches

**November 20.** Turkey 10 Miler, Tanner Williams, AL. 251-473-7223; pcpacers.org

**November 25.** Hyatt Charlotte 8K Turkey Trot, Charlotte, NC. 704-554-1234, x2002; www.hyattturkeytrot.com

**November 25.** Atlanta Marathon & Half-Marathon, Atlanta, GA. 404-231-9064; atlantaclub.org

**December 4.** St. June Memphis Marathon & Half-Marathon, Memphis, TN. 800-565-5112; www.stjudemarathon.org

**December 11.** Rocket City Marathon, Huntsville, AL. Malcolm Gillis, M.E.Gillis@att.net; www.HuntsvilleTrackClub.org

### MIDWEST

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

**October 10.** LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com

**October 17.** Columbus Marathon, Columbus, OH. 614-421-RUNN; www.columbusmarathon.com

**October 3.** Michigan Big 10 Run 10K, Ann Arbor. www.twodogsrunning.com

**October 10.** Akron Towpath Marathon, Akron, OH. 216-348-1825; towpathmarathon.org

**October 16.** Indianapolis Marathon & Half-Marathon. indianapolismarathon.com

**October 17.** Louisville Marathon & Half-Marathon, Louisville, KY. 502-267-1825; louisvillemarathon.org

**October 24.** Detroit Free Press / Flagstar Bank Marathon. 313-222-6676; www.detroitfreepressmarathon.com

**October 31.** PACE Race 5K, Detroit, MI. www.hansons-running.com

### MID-AMERICA

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

**October 3.** USATF Colorado Association Cross-Country Championships, Boulder. Tim Dolen, 303-499-3841.

**October 16.** Mayor's Cup 5K & 10K Challenge, Colorado Springs, CO. Carol O'Donnell, 719-635-8803.

**October 17.** Des Moines Marathon & Half-Marathon, Des Moines, IA. 515-288-2692; desmoinesmarathon.com

**October 17.** KAKE-TV Wichita Marathon, Wichita, KS. 316-708-0808; www.runwichi

ta.org

**October 17.** Fall Cross-Country Series 4 Mile, Colorado Springs, CO. 719-590-7086; www.pprun.org

**October 23.** Komen Race for the Cure 5K, Des Moines, IA. 515-309-0095; www.desmoinesracefortheCure.org

**October 24.** Larry Mattonen Trail Marathon, 50K, 50 Mile, & Relay, Blue Springs, MO. 816-228-3842; www.bsrun.com

**November 13.** Rim Rock Run 37K, Grand Junction, CO. 970-243-4055; www.rimrockrun.org

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 2.** 24th annual Woolaroc 8K, Bartlesville, OK. 918-333-0900; www.osagehillsrun.com

**October 30.** Tulsa 15K & 5K, Tulsa, OK. 918-625-3147; www.TulsaRunningClub.com

**October 9.** Komen Race for the Cure Women's 5K, Little Rock, AR. 405-232-2873; www.komen.org

**October 16.** Komen Race for the Cure Women's 5K, Oklahoma City. 405-232-2873; www.komen.org

**October 23.** Komen Race for the Cure Women's 5K, Tupelo, MS. 662-377-4903; www.komen.org

**November 7.** San Antonio Marathon & Half-Marathon, San Antonio, TX. 210-696-3797; www.samarathon.org

**November 21.** International Friendship 10K, McAllen, TX. 956-688-3333; www.mcallen.net

**December 11.** Sunmart Texas Trail 50 Mile & 50K, Huntsville, TX. Roger Soler, 210-366-3701; rsoler@rogersoler.com; www.rogersoler.com

**December 12.** Dallas White Rock Marathon, Half-Marathon & Relay, Dallas, TX. www.runtherock.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**October 3.** Sacramento Marathon & Half-Marathon, Sacramento, CA. 916-300-4331; www.sacramentomarathon.net

**October 7-9.** Lake Tahoe Marathon, Half-Marathon, 10k & 5K, South Lake Tahoe, CA. 530-544-7095; www.laketahoemarathon.com

**October 17.** Big Sur Half-Marathon, Monterey, CA. www.bigsurhalfmarathon.org

**October 17.** Humboldt Redwoods Marathon & Half-Marathon, Arcata, CA. 707-443-1220; redwoodsmarathon.org

**October 24.** NIKE 26.2 Marathon & Half-Marathon, San Francisco. 888-nike-262; Nike marathon.com

**October 31.** Rio Grande Marathon, Las Cruces, NM. 505-524-7824; www.riograndemarathon.com

**November 7.** Santa Clarita Marathon, Santa Clarita, CA (L.A. suburb). 888-823-3455; www.sclarimathon.org

**October 10.** Long Beach International Marathon & Half-Marathon, Long Beach, CA. 562-728-8829, x1; www.runlongbeach.com

**October 23.** Whiskeytown Trail Runs, 50K, 30K & 8 Mile, Redding, CA. 530-526-3076; www.sweatrc.com

**October 24.** Duke City Marathon, Half-Marathon & 5K, Albuquerque, NM. 505-880-1414; dukcitymarathon.com

**October 31.** Silicon Valley Marathon & Half-Marathon, San Jose, CA. www.svmara.com

**November 6.** SBAA/Santa Barbara News Press Half-Marathon. 805-967-8822; www.newspress.com/halfmarathon

**November 7.** Dinosaur Dash 10K, Tustin, CA. 714-832-3060; www.dinosaurdash.com

**November 20.** Valley of the Fire Marathon, Lake Mead, NV. 702-398-7244; valleyoffiremarathon.com

**December 5.** California International Marathon, Folsom to Sacramento. CIM, 120 Ponderosa Court, Folsom, CA 95630. www.RUNCIM.org

**December 5.** Orange County Marathon, Newport Beach, CA. 949-476-7076; www.ocmarathon.com

**December 5.** Tucson Marathon, Tucson, AZ. 520-320-0667; tucsonmarathon.com

**December 12.** Lasse Viren 20K, Pt. Mugu St. Park, CA. Steve Blum, 805-652-1744; blumper@pacbell.net

### NORTHWEST

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

**October 2.** St. George Marathon, St. George, UT. 435-634-5850; stgeorgemarathon.com

**October 3.** Portland Marathon. www.portlandmarathon.org

**October 10.** Great Columbia Crossing 10K, Astoria, OR. 503-325-6311; greatcolumbiacrossing.com

**October 10.** City of Hope 5K & 10K, Seattle, WA. 425-646-9530; www.walk4hope.org

**October 10.** Bend Marathon, Bend, OR. 866-702-1110; www.thebendmarathon.com

**October 31.** USATF Inland Northwest Championships/Tri-Cities Marathon, Richland, WA. Ron Hayden, 509-735-2981.

**November 7.** City of Trees Marathon, Boise, ID. 208-378-7160; www.CityofTreesMarathon.com

**November 28.** Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org

### CANADA

Half-Marathon & 5K, Ontario. 905-356-9460; www.niagarafallsmarathon.com

**November 7.** Ontario Masters T&F Association 8K Championships, Sunnybrook Park Toronto. www3.sympatico.ca/Ontario.masters

www.nationalmastersnews.com

## TWENTY-FIVE YEARS AGO October 1979

•South Africans Compete As Rhodesians in World Games in Germany

•WAVA Women's Committee Unanimously Opposes Medical Standards

•"Hannover Diary" Details Ill World Championships



KONRAD WOJCIK

Jenifer Compton, W30 winner in the 5000 (18:01.03), 2004 Hayward Classic.

### RACEWALKING

**October 9.** USATF National Masters 3K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

**October 10.** USATF MAC 30K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; FranciCash@aol.com

**October 11-12 (tent.).** NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@bellsouth.net

**October 17.** USATF North Region & Michigan 10K RW Championships, Dearborn. Mary Jannausch, 734-663-0187.

**October 17.** USATF Georgia 10K RW Championships, Smyrna. Steve Hubbartt, 404-506-3369.

**October 17.** NCCWMA Regional/South Florida 15K RW Championships, Coconut Creek, FL. No post entries. Bob Fine, 561-499-3370; bobfine@bellsouth.net

**October 31.** USATF National Masters & Women's 50K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

**October 31.** USATF Indiana 10K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

**October 31.** USATF Pacific 10K RW Championships, Seaside, CA. Hansi Rigney, 831-626-6602.

**November 6.** USATF South Carolina 1-Hour RW Championships, Greenville.

**November 13.** USATF Florida 20K RW Championships, Clermont. Don DeNoon, 352-241-7144.

**November 14.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

**November 14.** Gran Prix Racewalk #1, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@aol.com

**November 21.** USATF National Masters 20K RW Championships, Clermont, FL. Bob Fine, 561-499-3370; bobfine@bellsouth.net

**November 28.** Gran Prix Racewalk #2. See Nov. 14.

**December 5.** Gran Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@aol.com

## FAX A SUB

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# 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 Masters Weight Pentathlon Championships, Albright College, Reading, PA; Aug. 14-15

Name	HT	SP	DT	JT	WT	Score
<b>M30</b>						
Lawson, Kunle (32)	41.48	13.46	43.79	40.13	13.35	
	536	695	742	444	641	3057
Rains, Roy (34)	29.39	8.28	25.96	23.00	9.16	
	341	382	386	202	405	1716
<b>M40</b>						
Shannon, Tim (41)	43.03	12.94	40.45	28.52	13.32	
	618	685	674	330	710	3017
<b>M45</b>						
Stewart, Richard (46)	45.61	12.40	44.11	41.88	15.09	
	743	716	794	610	890	3753
Wallace, Dan (48)	36.54	11.23	31.60	31.28	10.75	
	566	637	527	419	599	2748
Goudge, Ted (47)	29.49	10.72	35.42	39.00	9.99	
	430	602	607	558	549	2746
Ferrando, Amy (47)	31.83	10.16	28.91	45.00	9.87	
	475	564	471	667	541	2718
Ciccone, Tony (48)	29.65	12.13	31.56	34.08	9.88	
	433	698	526	469	541	2667
<b>M50</b>						
Conboy, Roger (53)	39.16	11.55	33.65	45.33	16.38	
	605	682	537	707	920	3451
Reichard, Carl (52)	47.04	11.61	33.52	32.72	16.73	
	756	686	534	469	942	3387
Watson, Richard (51)	35.15	10.95	34.43	45.17	11.91	
	528	640	552	704	635	3059
Hansen, Dennis (50)	29.64	12.64	37.91	33.70	12.89	
	424	758	622	487	697	2988
Helfrich, Nick (50)	27.99	9.91	29.27	38.03	11.63	
	393	568	450	568	617	2596
Mattei, John (50)	26.43	12.91	37.02	25.01	9.68	
	363	777	604	327	495	2566
Bzibziak, Raymond (50)	22.65	10.82	38.45	No mark	9.01	
	293	631	633	0	453	2010
Dreher, Dennis (53)	21.31	9.23	25.60	26.70	7.70	
	268	521	379	358	372	1898
<b>M55</b>						
Percy, Ian (59)	38.76	12.25	42.17	38.70	14.54	
	682	827	794	654	884	3841#
Edwards, Tim (57)	42.28	9.51	35.85	22.38	16.02	
	758	613	652	320	988	3331
Sager, Bob (56)	36.04	10.78	29.79	27.07	11.97	
	624	711	518	414	705	2972
<b>M60</b>						
Gage, Tom (61)	61.76 **	14.13	47.98	36.13	22.21	
	1296	971	952	640	1333	5192 *
Bitsko, Mickey (61)	44.50	12.62	41.19	30.68	15.73	
	885	853	793	521	902	3954
Lang, John (64)	24.58	8.54	33.59	39.65	10.16	
	424	536	618	718	540	2836
Levine, Carl (61)	23.56	9.10	26.36	23.57	9.55	
	401	579	457	369	501	2307
<b>M65</b>						
Humphries, Bob (68)	40.41	11.60	42.02	30.60	15.63	
	911	917	924	596	1007	4355
Polizzi, Chuck (67)	36.30	10.45	38.35	32.76	14.39	
	802	813	829	649	916	4009
Kuhns, Jack (65)	33.05	11.36	33.08	29.37	13.22	
	716	896	693	566	831	3702
Cyprus, Norm (66)	31.65	8.31	31.24	26.02	13.66	
	679	620	646	485	863	3293

## National Masters Decathlon/Heptathlon Championships and 6th Biennial USA-GBR-CAN Team Challenge Carthage, MO; Aug. 21-22

	Points	100	LJ	SP	HJ	400	Day1	110H	DT	PV	JT	1500
<b>---- M40 ----</b>												
1 Hoyt, Jack United States of America	7693	12.02 w: -0.9 (757)	6.13m 20-01.5 (769)	12.54m 41-01.75 (659)	1.89m 6-02.25 (887)	55.29 (738)	3810	15.13 w: 1.6 (915)	39.92m 131-00 (663)	4.70m 15-05 (969)	53.67m 176-01 (746)	5:14.00 (590)
2 Berle, Dolf United States of America	5763	12.54 w: -0.9 (657)	5.04m 16-06.5 (502)	10.73m 35-02.5 (547)	1.50m 4-11 (504)	57.14 (663)	2873	18.45 w: 1.6 (558)	34.12m 111-11 (702)	3.90m 12-09.5 (702)	41.53m 136-03 (542)	5:22.87 (542)
3 Lawson, Rob United States of America	5461	13.13 w: -0.9 (549)	5.12m 16-09.75 (519)	10.54m 34-07 (535)	1.56m 5-01.25 (560)	59.11 (588)	2751	18.75 w: 1.6 (531)	30.10m 98-09 (466)	3.30m 10-10 (519)	45.22m 148-04 (604)	5:14.11 (590)
4 Murdock, Mark United States of America	5047	13.70 w: -0.9 (454)	4.77m 15-07.75 (441)	10.05m 32-11.75 (505)	1.47m 4-09.75 (480)	60.21 (548)	2428	21.70 w: 1.6 (292)	30.88m 101-04 (482)	3.40m 11-01.75 (549)	44.99m 147-07 (600)	4:55.68 (696)
<b>---- M45 ----</b>												
1 Ellis, Ken United States of America	6917	12.82 w: -1.7 (687)	5.65m 18-06.5 (732)	11.51m 37-09.25 (656)	1.74m 5-08.5 (822)	56.90 (753)	3650	16.02 w: 0.7 (887)	35.89m 117-09 (618)	4.20m 13-09.25 (895)	41.67m 136-08 (606)	6:43.12 (261)
2 *Mayor, John Great Britain	6400	12.33 w: -1.7 (780)	5.58m 18-03.75 (713)	8.87m 29-01.25 (478)	1.65m 5-05 (723)	54.62 (848)	3542	15.94 w: 0.7 (896)	24.64m 80-10 (384)	2.60m 8-06.25 (371)	34.66m 113-08 (479)	5:04.53 (728)
3 *Walker, Gary Great Britain	4551	13.15 w: -1.7 (626)	4.73m 15-06.25 (496)	8.97m 29-05.25 (484)	1.53m 5-00.25 (602)	66.67 (408)	2616	18.62 w: 0.7 (616)	26.06m 85-06 (413)	3.10m 10-02 (522)	29.27m 96-00 (384)	(0)
2 Overstake, Grant United States of America	4122	14.28 w: -1.7 (439)	4.53m 14-10.5 (447)	11.61m 38-01.25 (662)	1.41m 4-07.5 (488)	73.72 (218)	2254	DNF (0)	33.41m 109-07 (565)	3.00m 9-10 (490)	45.56m 149-06 (677)	7:22.77 (136)

Name	HT	SP	DT	JT	WT	Score
<b>M70</b>						
Ward, Bob (71)	52.65	13.48	44.33	35.32	18.53	
	1262	946	1137	763	1256	5364**
Feick, Ray (72)	35.20	10.98	31.06	32.10	15.10	
	788	746	744	678	997	3953
Tomlinson, Doug (72)	33.06	11.58	34.29	29.39	14.13	
	730	794	838	608	924	3894
Horne, Larry (73)	24.93	12.21	33.28	34.48	9.88	
	515	844	808	741	609	3517
Olson, Len (73)	31.65	9.86	29.92	22.70	11.10	
	693	657	711	437	698	3196
<b>M75</b>						
Wallace, Hal (76)	29.73	11.42	32.81	31.36	11.88	
	772	924	937	783	879	4295
Garrahan, Bill (75)	30.96	9.91	30.99	31.15	12.54	
	810	784	876	777	935	4182
Mozhaev, Lev (78)	25.89	7.17	18.68	11.52	9.70	
	652	533	470	204	694	2553
Snaden, Bill (78)	15.87	6.82	17.02	13.24	7.65	
	346	501	417	252	473	1989
<b>M80</b>						
Power-Waters, Brian, VIII (84)	13.56	7.64	21.27	15.18	8.83	
	357	704	674	317	671	2723
Stein, Jacob (80)	20.03	6.16	21.03	13.42	7.92	
	592	544	665	266	590	2657
Chase, Bob (83)	28.18	6.31	15.37	13.79	No Mark	
	896	560	450	277	0	2183
<b>M90</b>						
Detweiler, Bob (91)	4.95	2.87	8.62	5.98	4.78	
	165	372	370	180	505	1592
<b>W40</b>						
Lewis, Oneithea (44)	52.94	13.97	44.61	29.05	18.54	
	1356	953	839	511	1497	5156 **
Lancashire, Deb (40)	41.72	10.80	36.60	30.82	12.39	
	1027	704	664	547	949	3891
<b>W45</b>						
Finsrud, Carol (47)	42.55	13.05 *	50.04	32.15	14.41	
	1258	1008	1052	667	1269	5254 **
Welding, Ruth (48)	34.73	9.77	35.13	23.67	11.79	
	992	719	695	466	1010	3882
Hallen, Sue (48)	28.00	7.66	22.87	19.04	8.65	
	765	535	414	357	705	2776
<b>W55</b>						
Hartzler, Mary (55)	41.20	10.80	29.94	23.90	12.27	
	1080	955	712	608	906	4261 *
<b>W60</b>						
Cutler, Georgia (61)	35.94	8.10	22.80	25.00	13.18 *	
	1040	767	582	737	913	4039
Young, Carol (64)	34.03	7.25	21.45	18.84	12.98	
	975	672	541	531	897	3616
Swinton, Margery (61)	31.96	8.54	20.18	20.66	11.09	
	905	816	503	592	746	3562#
Katz, Roz (62)	26.71	7.14	18.12	16.70	10.41	
	727	660	441	461	693	2982
<b>W65</b>						
Cirulnick, Anna (69)	17.82	6.75	17.88	10.76	7.14	
	505	704	499	308	506	2522
<b>W70</b>						
Hicks, Amy (71)	19.41	6.18	16.96	19.44	8.42 *	
	666	735	549	729	722	3401
Crooks, Marcia (70)	15.97	6.35	14.37	14.79	6.64	
	520	759	449	531	543	2802
<b>W75</b>						
Snaden, Lillian (75)	15.41	5.76	10.39	10.75	7.82 *	
	603	800	362	433	791	2989
<b>W85</b>						
Jarvis, Betty (89)	11.89	4.32	10.26	7.95	5.34	
	717	875	384	475	803	3254

\* U.S. Records  
\*\* World Records  
# Non-U.S. Citizens

## EAST

### Dartmouth Weight Meet Hanover, NH; July 10

<b>16# Shot Put</b>	
Carl Wallin 62	41-5
(Single-age world record)	
Bob Mead 60	39-11.5
Don Filkins 50	37-10.5
Bob Harvey 61	34-7.5
Mark Putnam 46	32-10.75
<b>Shot Put</b>	
Wallin 5k	47-3.75
Mead 5k	47-2.75
Len Rosen 70 4k	42-3.75
Filkins 6k	41-2
Harvey 5k	40-11.75
Putnam 6k	34-9
<b>Discus</b>	
Mead 1k	147-4
Harvey 1k	128-6



	Points	100	LJ	SP	HJ	400	Day1	110H	DT	PV	JT	1500
5 *Goad, Dennis Great Britain		13.95 w: -1.7	4.19m 13-09	7.05m 23-01.75	1.29m 4-02.75	64.37		22.71 w: 0.7	16.33m 53-07	2.30m 7-06.5	26.05m 85-05	5:35.82
M45	3756	(490)	(369)	(357)	(381)	(480) 2077		(287)	(219)	(289)	(327)	(557)
3 Pirsch, Gary United States of America		14.76 w: -1.7	4.38m 14-04.5	9.44m 30-11.75	1.62m 5-03.75	1:23.82		24.89 w: 0.7	20.74m 68-00	2.50m 8-02.5	30.13m 98-10	7:26.82
M49	3370	(370)	(413)	(516)	(696)	(43) 2038		(161)	(305)	(342)	(399)	(125)
----- M50 -----												
1 Murray, Bill United States of America		13.02 w: -0.2	5.21m 17-01.25	12.22m 40-01.25	1.66m 5-05.25	61.65		15.60 w: 1.8	34.58m 113-05	3.80m 12-05.5	42.43m 139-02	6:05.97
M50	7012	(730)	(704)	(729)	(831)	(650) 3644		(824)	(555)	(849)	(652)	(488)
2 Jacquet-Acea, Russell United States of America		13.06 w: -0.2	4.99m 16-04.5	9.01m 29-06.75	1.51m 4-11.5	59.59		16.04 w: 1.8	30.94m 101-06	3.30m 10-10	30.33m 99-06	5:31.06
M51	6266	(721)	(644)	(505)	(661)	(726) 3257		(774)	(483)	(665)	(425)	(662)
3 Meares, Kelly United States of America		13.72 w: -0.2	4.42m 14-06	9.40m 30-10.25	1.54m 5-00.5	67.14		16.89 w: 1.8	28.27m 92-09	3.60m 11-09.75	27.25m 89-05	6:39.12
M50	5389	(605)	(490)	(532)	(696)	(464) 2787		(682)	(431)	(775)	(368)	(346)
4 *Berquist, Brian Canada		12.91 w: -0.2	4.69m 15-04.75	10.71m 35-01.75	1.39m 4-06.75	63.86		19.68 w: 1.8	33.74m 110-08	2.20m 7-02.5	36.20m 118-09	6:35.38
M50	5204	(748)	(561)	(623)	(544)	(572) 3048		(417)	(539)	(305)	(534)	(361)
4 Moser, Mike United States of America		16.00 w: -0.2	3.25m 10-08	9.28m 30-05.5	1.27m 4-02	73.46		DNF	25.74m 84-05	1.90m 6-02.75	22.15m 72-08	5:42.84
M50	3206	(275)	(217)	(524)	(426)	(286) 1728		(0)	(381)	(220)	(276)	(601)
----- M55 -----												
1 *Hawkins, John Canada		13.79 w: 0.2	5.15m 16-10.75	12.06m 39-07	1.78m 5-10	66.85		18.20 w: 0.5	34.07m 111-09	3.70m 12-01.5	38.48m 126-03	6:20.88
M55	7258	(669)	(790)	(811)	(1091)	(545) 3906		(673)	(612)	(923)	(649)	(495)
1 Green, Bob United States of America		13.22 w: 0.2	4.03m 13-02.75	11.82m 38-09.5	1.45m 4-09	61.84		19.07 w: 0.5	32.81m 107-08	3.00m 9-10	34.20m 112-02	6:09.22
M55	6350	(769)	(461)	(793)	(687)	(718) 3428		(590)	(584)	(640)	(560)	(548)
2 Baker, Robert United States of America		13.25 w: 0.2	4.61m 15-01.5	9.91m 32-06.25	1.39m 4-06.75	64.96		17.65 w: 0.5	32.49m 106-07	3.00m 9-10	34.88m 114-05	6:25.62
M59	6254	(765)	(626)	(644)	(619)	(607) 3261		(728)	(577)	(640)	(574)	(474)
4 *Dunn, Lawrie Great Britain		14.21 w: 0.2	4.56m 14-11.5	7.08m 23-02.75	1.30m 4-03.25	64.43		21.24 w: 0.5	23.89m 78-04	2.10m 6-10.75	27.58m 90-06	5:49.38
M57	4978	(599)	(610)	(426)	(391)	(626) 2789		(407)	(391)	(323)	(424)	(644)
3 McDonald, Harry United States of America		14.87 w: 0.2	4.02m 13-02.25	10.50m 34-05.5	1.33m 4-04.25	1:31.00		22.66 w: 0.5	35.07m 115-01	2.40m 7-10.5	39.50m 129-07	8:33.86
M56	4339	(495)	(459)	(690)	(560)	(30) 2234		(304)	(635)	(423)	(671)	(72)
----- M60 -----												
1 Colliver, Ron United States of America		13.98 w: 0.2	4.10m 13-05.5	11.35m 37-03	1.45m 4-09	64.63		19.19 w: 1.2	35.93m 117-10	3.20m 10-06	41.49m 136-01	6:41.12
M61	6840	(711)	(565)	(753)	(794)	(691) 3514		(592)	(672)	(825)	(759)	(478)
2 Johnston, Joe United States of America		13.76 w: 0.2	4.70m 15-05	9.89m 32-05.5	1.54m 5-00.5	70.21		16.89 w: 0.7	29.84m 97-11	2.90m 9-06.25	34.36m 112-09	7:01.65
M60	6610	(748)	(760)	(640)	(906)	(508) 3562		(822)	(534)	(696)	(601)	(395)
3 Winters, Ken United States of America		14.94 w: 0.2	4.53m 14-10.5	12.34m 40-06	1.54m 5-00.5	76.90		18.07 w: 0.7	37.73m 123-09	2.10m 6-10.75	37.02m 121-05	DNF
M61	5769	(554)	(702)	(831)	(906)	(323) 3316		(699)	(713)	(381)	(660)	(0)
4 *Lamothe, Grant Canada		14.54 w: 0.2	4.41m 14-05.75	10.12m 33-02.5	1.21m 3-11.5	65.44		21.75 w: 1.2	27.92m 91-07	2.20m 7-02.5	31.32m 102-09	6:32.95
M60	5452	(618)	(664)	(658)	(512)	(663) 3115		(380)	(491)	(418)	(535)	(513)
4 Fulton, Bob United States of America		15.50 w: 0.2	3.70m 12-01.75	9.62m 31-06.75	1.33m 4-04.25	71.76		21.26 w: 0.7	31.13m 102-01	2.80m 9-02.25	30.95m 101-06	6:15.80
M64	5397	(473)	(447)	(620)	(644)	(462) 2646		(417)	(563)	(654)	(527)	(590)
5 Shoemaker, Jim United States of America		14.37 w: 0.2	3.79m 12-05.25	10.59m 34-09	1.12m 3-08	71.24		21.54 w: 1.2	29.43m 96-07	1.90m 6-02.75	30.03m 98-06	6:39.52
M60	4923	(645)	(473)	(695)	(411)	(477) 2701		(396)	(525)	(309)	(507)	(485)
6 Clapper, Henry United States of America		15.77 w: 0.2	3.97m 13-00.25	10.38m 34-00.75	1.39m 4-06.75	1:26.94		21.61 w: 1.2	28.87m 94-09	1.82m 5-11.5	32.22m 105-08	8:50.74
M60	4290	(434)	(527)	(678)	(714)	(117) 2470		(391)	(512)	(282)	(554)	(81)
8 *Charles, Bruce Great Britain		15.59 w: 0.2	3.65m 11-11.75	8.39m 27-06.5	1.12m 3-08	75.84		22.21 w: 0.7	22.68m 74-05	1.72m 5-07.75	29.34m 96-03	6:40.60
M63	4124	(459)	(433)	(525)	(411)	(350) 2178		(347)	(376)	(251)	(492)	(480)
9 *Harlick, Brian Great Britain		16.73 w: 0.2	3.48m 11-05	8.87m 29-01.25	1.21m 3-11.5	1:27.40		21.87 w: 0.7	30.57m 100-03	2.60m 8-06.25	27.00m 88-07	8:15.63
M62	3975	(312)	(384)	(562)	(512)	(110) 1880		(371)	(550)	(573)	(442)	(159)
10 *Brooks, Snowy Great Britain		15.89 w: 0.2	3.48m 11-05	11.60m 38-00.75	1.33m 4-04.25	1:24.15		DNF	36.16m 118-08	NH	37.68m 123-07	DNF
M60	3736	(418)	(384)	(773)	(644)	(165) 2384		(0)	(677)	(0)	(675)	(0)
7 Thorne, Tom United States of America		20.73 w: 0.2	2.77m 9-01.25	9.20m 30-02.25	1.18m 3-10.5	3:17.63		DNF	26.98m 88-06	1.72m 5-07.75	27.21m 89-03	DNF
M61	2441	(11)	(204)	(587)	(472)	(0) 1274		(0)	(470)	(251)	(446)	(0)
----- M65 -----												
1 Pawlik, Emil United States of America		14.51 w: 0.2	4.69m 15-04.75	10.44m 34-03	1.51m 4-11.5	70.36		16.47 w: 0.6	38.66m 126-10	2.80m 9-02.25	34.07m 111-09	6:57.29
M65	7729	(695)	(886)	(812)	(992)	(571) 3956		(1011)	(836)	(766)	(681)	(479)
2 Shipp, Phil United States of America		15.68 w: 0.2	4.26m 13-11.75	12.58m 41-03.25	1.30m 4-03.25	74.68		20.39 w: 0.6	39.61m 129-11	2.70m 8-10.25	39.94m 131-00	6:54.68
M69	6918	(515)	(727)	(1007)	(705)	(444) 3398		(626)	(861)	(716)	(827)	(490)
3 Leggett, James United States of America		14.90 w: 0.2	3.89m 12-09.25	8.85m 29-00.5	1.30m 4-03.25	68.35		22.33 w: 0.6	32.82m 107-08	1.90m 6-02.75	29.97m 98-04	6:25.20
M69	5958	(631)	(597)	(668)	(705)	(635) 3236		(468)	(686)	(371)	(580)	(617)
4 *Burton, David Great Britain		14.14 w: 0.2	4.41m 14-05.75	8.14m 26-08.5	1.21m 3-11.5	72.36		21.26 w: 0.6	21.53m 70-08	2.00m 6-06.75	20.46m 67-01	6:31.58
M69	5554	(757)	(781)	(605)	(593)	(510) 3246		(552)	(405)	(411)	(352)	(588)
----- M70 -----												
1 Jankovich, Bill United States of America		15.14 w: 0.2	3.59m 11-09.5	9.97m 32-08.5	1.18m 3-10.5	72.54		16.97 w: +0.0	30.38m 99-08	2.10m 6-10.75	29.98m 98-04	6:55.10
M70	6355	(663)	(602)	(665)	(661)	(677) 3268		(638)	(724)	(543)	(623)	(559)
2 Larkin, Richard United States of America		15.80 w: 0.2	3.63m 11-11	7.84m 25-08.75	1.21m 3-11.5	76.75		18.93 w: +0.0	26.46m 86-10	1.30m 4-03.25	21.08m 69-02	8:03.66
M70	4891	(563)	(617)	(498)	(696)	(552) 2926		(448)	(612)	(201)	(396)	(308)
3 Douglass, Dave United States of America		17.15 w: 0.2	3.39m 11-01.5	9.18m 30-01.5	1.21m 3-11.5	1:20.46		20.01 w: +0.0	26.75m 87-09	2.10m 6-10.75	23.11m 75-10	DNF
M72	4631	(383)	(529)	(603)	(696)	(452) 2663		(358)	(620)	(543)	(447)	(0)
4 Cleveland, Jim United States of America		17.51 w: 0.2	3.11m 10-02.5	7.11m 23-04	1.15m 3-09.25	1:28.28		DNF	25.75m 84-06	1.80m 5-10.75	26.05m 85-05	7:49.67
M70	3976	(341)	(433)	(441)	(619)	(270) 2104		(0)	(591)	(406)	(522)	(353)
5 Bruce, C.L. United States of America		17.64 w: 0.2	3.28m 10-09.25	9.42m 30-11	1.18m 3-10.5	2:16.39		19.78 w: +0.0	26.29m 86-03	1.60m 5-03	25.08m 82-03	DNF
M73	3899	(325)	(492)	(622)	(661)	(0) 2100		(377)	(606)	(319)	(497)	(0)
6 Diggs, Walter United States of America		22.04 w: 0.2	2.53m 8-03.75	8.36m 27-05.25	1.09m 3-06.75	2:12.48		DNF	20.55m 67-05	1.70m 5-07	27.57m 90-05	DNF
M72	2714	(11)	(252)	(539)	(544)	(0) 1346		(0)	(445)	(362)	(561)	(0)
----- M75 -----												
1 Smith, Denver United States of America		16.54 w: 0.2	3.37m 11-00.75	9.95m 32-07.75	1.21m 3-11.5	1:29.56		17.06 w: +0.0	27.41m 89-11	2.20m 7-02.5	26.56m 87-02	8:58.96
M78	6375	(599)	(641)	(787)	(822)	(430) 3279		(722)	(756)	(716)	(639)	(263)
2 *Carter, Norman Great Britain		18.24 w: 0.2	2.87m 9-05	6.71m 22-00.25	1.15m 3-09.25	1:41.53		20.77 w: +0.0	22.50m 73-10	1.60m 5-03	21.15m 69-05	8:18.10
M75	4477	(382)	(445)	(491)	(731)	(195) 2244		(381)	(593)	(396)	(478)	(385)
2 Fleischman, Larry United States of America		17.54 w: 0.2	2.87m 9-05	7.66m 25-01.75	1.18m 3-10.5	2:05.14		19.39 w: +0.0	22.66m 74-04	1.90m 6-02.75	19.51m 64-00	DNF
M75	4341	(466)	(445)	(577)	(776)	(0) 2264		(496)	(599)	(551)	(431)	(0)
----- M85 -----												
1 Thorne, Sr., Tom United States of America		38.33 w: 0.2	1.31m 4-03.75	3.54m 11-07.5	0.70m 2-03.5	3:58.88		DNF	8.51m 27-11	NH	8.60m 28-02	17:02.78
M87	1182	(0)	(75)	(350)	(297)	(0) 722		(0)	(265)	(0)	(195)	(0)

## EAST contd.

<b>200m</b>		
M50	Neil Steinberg	25.72
M55	Lee Hess	27.75
M60	Roger Pierce	26.62
M65	Dick Croak	32.07
M70	Dennis Melanson	30.37
M75	Bob Bruce	34.80
M85	Bob Matteson	43.01
W55	Beatrice Kearney	36.44
W60	Ann Carter	40.26
W65	Arlene Dupuis	50.09
W70	Brigitte Langer	53.41
W80	Ann McGowan	56.19
<b>400m</b>		
M50	Jerome McDougale	1:03.98
M55	Ron Bruner	1:06.46
M60	Roger Pierce	59.16
M65	Dick Croak	1:16.22
M70	Don Murray	1:23.24
M75	Bob Bruce	1:30.58
M85	Bob Matteson	1:38.37
W55	Beatrice Kearney	1:30.2
W60	Sheila McKenna	1:39.3
W70	Brigitte Langer	2:04.6
<b>800m</b>		
M50	Jerome McDougale	2:30.83
M55	Dan Blanchette	2:57.70
M60	JonathanTetherly	2:49.09
M65	Jerry LeVasseur	3:04.62
M70	Don Murray	3:23.39
M75	Horst Langer	4:29.24
M85	Bob Matteson	4:22.49
W55	Paula Sawyer	3:44.3
W60	Sheila McKenna	3:46.4
<b>1500m</b>		
M50	Jerome McDougale	5:45.48
M55	Jerry Learned	4:52.63
M60	Jonathan Tetherly	5:54.97
M65	Jerry LeVasseur	6:18.07
M70	Don Murray	7:05.95
W55	Paula Sawyer	8:00.4
<b>5K Road Race</b>		
M50	Sidney Slark	20:17
M55	Dan Blanchette	20:23
M60	Charles Sawyer	21:27
M65	Stan Vancelette	25:07
M70	Robert Welts	28:16
M75	Ken Folsom	28:04
W55	Paula Sawyer	28:22
W70	Brigitte Langer	41:57
<b>10K Road Race</b>		
M50	Sidney Slark	42:47
M55	Dan Blanchette	40:43
M60	Charles Sawyer	44:00
M65	John Chapek	45:40
M75	Ken Folsom	1:00:00
W55	Paula Sawyer	58:04
<b>High Jump</b>		
M50	Bob Kortman	4-8
M55	Dick Sobel	4-8
M65	Joe Carlozzi	3-10
M70	John Polevy	3-10
M75	Frank Brako	3-10
W55	Beatrice Kearney	3-8
W65	Arlene Dupuis	2-10
<b>Long Jump</b>		
M50	G. Zitrides	15.8%
M55	Mike Farago	13-0%
M60	Al Freniere	10-6%
M65	Deke Conklin	11-11%
M70	John Polevy	12-8%
M75	Frank Brako	9-8½
ML80	Hy Levy	4-2
W55	Beatrice Kearney	10-5½
W60	Judy Scott	5-11½
W65	Arlene Dupuis	8-6%
W70	Brigitte Langer	6-2
W80	Ann McGowan	10-0
<b>Shot Put</b>		
M50	Bob Kortman	27-8
M55	Angel Nieves	32-9½
M60	Ed Rowan	30-9
M65	Ian Brooks	36-6 ¼
M70	Len Rosen	39-10½
M75	Bill Clew	34-11¼
M80	Hy Levy	28-3½
M85	Bruno Maki	23-10
W55	June Fichter	18-11¼
W60	Julie MacKenzie	23-7½
W65	Arlene Dupuis	20-3½
W70	Harriet Patch	19-11¼
W75	Estelle O'Connor	16-8½
W80	Ann McGowan	14-6½
<b>Discus</b>		
M50	Mike Lozeau	88-10
M55	Geoffrey Brown	100-2
M60	Roger Busch	124-5
M65	Dick Leras	114-3
M70	Len Rosen	120-6
M75	Ed Keene	76-11
M80	Hy Levy	53-3
M85	Bruno Maki	60-6
W55	June Fichter	48-2
W60	Julie MacKenzie	60-5
W65	Arlene Dupuis	46-6
W70	Harriet Patch	38-3
W75	Estelle O'Connor	35-9



## Heptathlon

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
----- W35 -----									
1 Hutchinson, Christi United States of America W38	691	36.93 w: -1.6 (0)	1.03m 3-04.5 (197)	5.41m 17-09 (253)	40.76 w: -0.6 (13)	463	2.80m 9-02.25 (91)	11.72m 38-05 (137)	5:01.0h (0)
----- W45 -----									
1 *Barker, Hazel Great Britain W45 Team Points: 10	4338	13.65 w: -1.2 (953)	1.42m 4-07.75 (795)	9.34m 30-07.75 (681)	31.06 w: -0.6 (664)	3093	4.01m 13-02 (479)	21.95m 72-00 (425)	3:16.3h (341)
2 Overstake, Claire United States of America W47 Team Points: 8	3244	15.63 w: -1.2 (686)	1.15m 3-09.25 (449)	7.29m 23-11 (503)	32.23 w: -0.6 (583)	2221	3.36m 11-00.25 (294)	21.28m 69-10 (410)	3:19.0h (319)
----- W50 -----									
1 Glynn, Kay United States of America W51 Team Points: 10	4766	15.13 w: -0.6 (724)	1.36m 4-05.5 (842)	8.16m 26-09.25 (616)	30.58 w: -0.6 (829)	3011	4.33m 14-02.5 (680)	26.26m 86-02 (587)	3:08.0h (488)
----- W55 -----									
1 *Oakes, Pat Great Britain W58 Team Points: 10	2531	23.01 w: -0.6 (110)	1.09m 3-06.75 (566)	7.38m 24-02.5 (609)	39.81 w: -0.6 (376)	1661	3.37m 11-00.75 (441)	17.75m 58-03 (428)	5:00.1h (1)
----- W60 -----									
1 *Charles, Jackie Great Britain W62 Team Points: 10	4155	16.78 w: -0.3 (587)	1.12m 3-08 (736)	6.85m 22-05.75 (627)	35.48 w: -0.6 (732)	2682	3.45m 11-04 (567)	17.37m 57-00 (483)	3:44.0h (423)
----- W65 -----									
1 Sisley, Becky United States of America W65 Team Points: 10	5089	17.58 w: -0.3 (832)	1.12m 3-08 (891)	6.72m 22-00.75 (700)	39.69 w: -0.6 (592)	3015	3.23m 10-07.25 (595)	32.52m 106-08 (1125)	4:17.8h (354)

## Women's Decathlon

	Points	100	DT	PV	JT	400	Day1	100H	LJ	SP	HJ	1500
----- W45 -----												
1 *Goad, Ann Great Britain W45	5578	14.45 w: +0.0	26.10m 85-7	2.30m 7-6.5	25.50m 83-08	75.71	15.41 w: 1.4	4.21m 13-9.75	8.77m 28-9.25	1.30m 4-3.25	7:21.73	
----- W55 -----												
1 Trotto, Mary United States of America W57	3512	18.97 w: +0.0	16.14m 52-11	1.36m 4-5.5	16.90m 55-05	90.17	26.97 w: 1.4	2.44m 8-00.25	7.01m 23-0	0.98m 3-2.5	6:49.12	

## Decathlon/Heptathlon Challenge

## USA-GBR Challenge - Men

		100	LJ	SP	HJ	400	Hur	DT	PV	JT	1500	Total
Dennis Goad	45 GBR	490	369	357	381	480	287	219	289	327	557	3756
Gary Pirch	49 USA	370	413	516	696	43	161	305	342	399	125	3370
Gary Walker	45 GBR	626	496	484	602	408	616	413	522	384	0	4551
Grant Overstake	47 USA	439	447	662	488	218	0	565	490	677	136	4122
John Maylor	46 GBR	780	713	478	723	848	896	384	371	479	728	6400
Ken Ellis	46 USA	687	732	656	822	753	887	618	895	606	261	6917
Paul Oakes	51 GBR	677	661	561								
Kelly Meares	51 USA	605	490	532	696	464	682	431	775	368	346	0
Lawrie Dunn	57 GBR	599	610	426	528	626	407	391	323	424	644	4978
Bob Green	55 USA	769	461	793	687	718	590	584	640	560	548	6350
Snowy Brooks	60 GBR	418	384	773	644	165	0	677	0	675	0	3736
Joe Johnston	60 USA	748	760	640	906	508	822	534	696	601	395	6610
Brian Harlick	61 GBR	312	384	562	512	110	371	550	573	442	81	3897
Jim Shoemaker	60 USA	645	473	695	411	477	396	525	309	507	485	4923
Bruce Charles	63 GBR	459	433	525	411	350	347	376	251	492	480	4124
Henry Clapper	60 USA	434	527	678	714	117	391	512	282	554	159	4368
David Burton	69 GBR	757	781	605	593	510	552	405	411	352	588	5554
Phil Shipp	69 USA	515	727	1007	705	444	626	861	716	827	490	6918
Norman Carter	75 GBR	382	445	491	731	195	381	593	396	478	385	4477
Denver Smith	78 USA	599	641	787	822	430	722	756	716	639	263	6375
Men:	GBR	41473										
	USA	49953										

## USA-GBR Challenge - Women

		100	DT	PV	JT	400	Hur	LJ	SP	HJ	1500	Total
Heptathlon												
Hazel Barker	45 GBR	953	795	681	664	479	425	341	4338			
Claire Overstake	47 USA	686	449	503	583	294	410	319	3244			
Pat Oakes	58 GBR	110	566	609	376	441	428	1	2531			
Kay Glynn	51 USA	724	842	616	829	680	587	488	4766			
Jackie Charles	62 GBR	587	736	627	732	567	483	423	4155			
Becky Sisley	65 USA	832	891	700	592	595	1125	354	5089			
Decathlon												
Ann Goad	45 GBR	762	486	410	509	508	713	543	631	632	313	5507
Mary Trotto	57 USA	401	335	206	403	341	0	159	571	409	688	3513
Women:	GBR	11024										
	USA	13099										
Overall:	GBR	52497										
	USA	63052										

## USA-CAN Challenge

		100	LJ	SP	HJ	400	Hur	DT	PV	JT	1500	Total
Decathlon												
Brian Berquist	50 CAN	748	561	623	544	572	417	539	305	534	361	5204
Russ Jacquet-Acea	51 USA	721	644	505	681	726	774	483	665	425	662	6266
John Hawkins	55 CAN	669	790	811	1091	545	673	612	923	649	495	7258
Bob Green	55 USA	769	461	793	687	718	590	584	640	560	548	6350
Grant Lamothe	60 CAN	618	664	658	512	663	380	491	418	535	513	5452
Ron Collier	60 USA	711	565	753	794	691	592	672	825	759	478	6840
Overall:	CAN	17914										
	USA	19456										

## GBR-CAN Challenge

		100	LJ	SP	HJ	400	Hur	DT	PV	JT	1500	Total
Decathlon												
Paul Oakes	51 GBR	677	661	561								
Brian Berquist	50 CAN	748	561	623	544	572	417	539	305	534	361	
Lawrie Dunn	57 GBR	599	610	426	528	626	407	391	323	424	644	4978
John Hawkins	55 CAN	669	790	811	1091	545	673	612	923	649	495	7258
Snowy Brooks	60 GBR	418	384	773	644	165	0	677	0	675	0	3736
Grant Lamothe	60 CAN	618	664	658	512	663	380	491	418	535	513	5452
Overall:	GBR	8714										
	CAN	12710										

## Basic Team Challenge Rules:

1. Team leaders make matches of similar ability within 5 yr. age groups, or as close in age as possible if necessary.
2. If any athletes withdraw for medical reasons, both scores (self and match) are removed.
3. Total scores (or partial scores) of both (self and match) competitors stand for any voluntary withdrawals.
4. Challenge winner is determined by adding the Age Graded (5yr) scores of all members (Men and Women) of each team.
5. Current WMA Age Graded Scoring is used (2002 is current at this time).

## EAST contd.

W80 Ann McGowan	31-3	
Javelin		
M50 Jim Queeney	128-3	
M55 Buzz Gagne	157-1	
M60 Chet Stokloza	80-1	
M65 Pat Conley	102-11	
ML70 Bill Padilla	62-2	
M75 Frank Brako	47-3	
M80 Hy Levy	41-11	
M85 Bruno Maki	64-8	
W55 June Fichter	47-8	
W60 Sandra White	46-4	
W65 Arlene Dupuis	51-9	
W70 Harriet Patch	35-3	
1500m Racewalk		
M50 Fred Anderson	10:28	
M55 Larry Flint	10:29	
M70 Jack Finan	9:40	
M75 Horst Langer	11:28	
W50 Heidi Duskey	9:33	
W65 Rachel Beaudet	10:52	
5K Racewalk		
M50 George Ruppel	36:24	
M55 Jay Diener	33:15	
M60 Bob Aucoin	32:32	
M70 Jack Finan	33:34	
W50 Heidi Duskey	32:56	
W55 Margaret DeCotis	35:11	
W75 Jeannine Emerson	41:30	

2nd Annual International Implements Challenge  
Hanover, NH; Aug. 14-15

## 16# Shot Put

Knute Hjeltne	52	13.69
Mark Hermer	25	13.44
Jeff Fleury	34	12.59
Bob Mead	60	12.28
Carl Wallin	62	12.01
Art Guerra	45	11.88
Don Filkins	50	11.62
Carmen Letizia	51	10.41
Bob Harvey	61	10.28
John Jarrell	38	9.93
Mark Putnam	46	9.40
Sam Messiter	76	7.09
Dudley Weider	66	6.81

## 2 kg Discus

Knute Hjeltne	52	48.75
(Single-age AR)		
Bob Mead	60	35.75
Dave Lyons	25	35.06
Art Guerra	45	33.63
Don Filkins	50	32.76
Jeff Fleury	34	32.66
Packy Fusco	61	28.31
Bob Harvey	61	28.28
John Bronstein	64	28.16
Carmen Letizia	51	26.98
Mark Putnam	46	23.48
Dudley Weider	66	16.47

## 16# Hammer

Eric Probstfield	32	52.53
Charlie Deutsch	25	48.59
Dan Nastou	25	42.47
Don Filkins	50	38.82
Brian Doherty	44	38.76
Carl Wallin	62	33.36
Carmen Letizia	51	29.57
Mark Putnam	46	27.39
John Bronstein	64	25.05
Dudley Weider	66	19.54
Sam Messiter	76	17.68
Jim Crawford	79	17.49

## 800gr Javelin

Sean Furey	25	71.94
Rob McConnell	42	62.06
Kent Womack	48	54.21
Seth Austin	25	53.45
Jackson Womack	25	51.65
John Jarrell	38	48.13
Don Filkins	50	37.85
Carl Wallin	62	31.53
Luke Hotte	57	27.22
Mark Putnam	46	26.41
Sam Messiter	76	26.29
Dudley Weider	66	16.51

## 35# Weight

Bob Mead	60	13.12
Don Filkins	50	12.21
Luke Hotte	57	12.00
Mark Putnam	46	8.34
John Bronstein	64	7.96
Dudley Weider	66	6.16
Carmen Springer	25	11.34
Kristen Morwick	38	9.24
M Chatterton	Richmond 25	9.16
Fran Moravcsik	70	6.21
(Single-age WR)		

## SOUTHEAST

29th Annual Northwest T&F  
Classic, Miami, FL  
June 11-13

100m		
M30 Lewis Jones	12.08	
M35 Ralph Annrich	12.65	
W30 Crawford Ifida	13.01	

<b>200m</b>		
W30 Dorraine Dixon		35.30
<b>800m</b>		
M30 Omar Scott		2:10.78
M35 Stephen Murray		2:17.71
W30 Dorraine Dixon		2:22.84
<b>3000m</b>		
M35 Jasper Bell		11:37.10
<b>Long Jump</b>		
M30 Lewis Jones		20-10
M35 Marlon Williams		18-03
W30 Claudia Green		15-05
<b>Shot Put</b>		
M35 David Williams		11.85
W30 S Pinging-Spence		10.75
W35 Nicola Lewis		10.88
W45 Debbie Bowen		6.25
W50 Marilyn Benjamin		7.36
<b>Discus</b>		
M30 M Rodney		33.47
M35 David Williams		39.30
W30 S Pinging-Spence		29.27
W35 Nadine Wallace		31.21
W50 Jenifer Cargill		19.80
<b>Javelin</b>		
M30 Michael Hamil		34.42
W30 S Pinging-Spence		22.47
W35 Nicola Lewis		32.70
W45 Debbie Bowen		14.30
W50 Marilyn Benjamin		25.30
<b>1500m Racewalk</b>		
M30 Richard Russell		8:46.43
M35 Jasper Bell		9:20.51



M80 Gian Sahota 7:29	M75 Alvin Goins 84-10	W35 Charmaine Roberts 57.40	M65 Berry Tindle 1:11.75	W85 Jerry Gawura 35-11	M40 Phil Whitaker 45-0.5
M85 John Smartt 10:03	M80 Gian Sahota 61-9	W60 Patti Palmer 1.44.70	M70 Irwin Goldstein 1:29.58	<b>1500m RW</b>	M50 Bob Maltby 33-3.5
M90 Max Springer 10:31	M90 John Hagar 45-4	W65 Tami Graf 1.43.20	M75 Roland Rossip 1:39.89	M50 Gary Terwellen 10:00.30	M60 LaVane Johnson 39-11
W50 Mariella Cook 6:22	W50 Sue Sewing 100-11	M50 Larry Hart 2:52.50	M80 Jack Hipple 1:39.90	M55 Rick Sack 8:10.10	M70 Jim Hays 27-0
W55 Sandra Davis 7:25	W55 Marcia Long 48-0	M50 Patti Palmer 4:37.20	M85 Frederick Winter 2:26.64	M60 Harlan Vanblaricum 9:14.60	M80 Bill Trimmell 23-3.75
W60 Margie Stoll 6:24	W60 Donna Beeler 69-9	<b>1600m</b>	W50 Gail Kantak 1:17.99	M65 Keith Adams 10:55.30	W30 Pam Lauren 27-0
W65 Valera Jones 7:16	W65 Jeanne Morton 60-1	M30 Robert Dimock 5:31.20	W55 Sharada Sarnaik 1:26.27	M70 Robert Ferguson 9:19.40	W40 Kim Clayton 26-3
W70 Lena Henderson 11:19	W70 Joanne Ramsey 51-4	M40 Stuart Pineo 4:54.70	W60 Nancy Hinson 1:33.08	M80 Jack Hipple 12:49.90	W50 Sandy Maryott 26-9
W75 Luella Morris 12:47	W75 Sarah Overton 44-7	M45 Mike Penney 5:16.50	W65 Charlotte Ambrose 2:35.29	M85 Abe Ulanoff 11:06.70	W60 Sharon Springer 17-4
<b>5K Run</b>	W80 Margie Atkins 34-10	M50 Rick Hower 5:33.50	W70 Annette Hardy 2:14.67	M90 Manny Hauer 13:04.90	<b>Discus</b>
M50 John Walker 18:28	W85 Virginia Irving 20-5	M55 Bob Weiner 6:05.50	W80 Mary Holland 2:18.30	W50 Laurel Cordes 11:10.90	M30 Mike Stang 151-5
M55 Jerry Edmundson 21:42	W90 Eva Cantrell 21-11	M60 James Verdier 7:11.70	<b>800m</b>	W55 Arlene Drake 12:48.70	M40 Pat O'Connor 124-8
M60 Sergio Bianchini 20:44	<b>1500m Racewalk</b>	M80 Walt Washburn 8:51.80	M50 Craig Prether 2:27.77	W60 Jean Levalley 11:57.90	M50 Mike Maryott 123-4
M65 Charles Gray 22:90	M50 Kaden Fox 10:15	M85 Jannifer Lazio 6:29.90	M55 Paul Rau 3:15.62	W70 Carolyn Selby 12:05.90	M60 Jerrol Springer 119-8
M70 Fred Burchfield 28:46	M55 Ronnie Easterday 10:27	W45 C Caravoulas 9:04.20	M60 Jack Carlton 2:42.21	W75 Thelma Fallows 12:56.80	M70 Don Holst 64-3
M75 Fred Lovelace 31:38	M60 Jerry Dixon 8:52	W65 Tami Graf 8:04.80	M65 Jerry White 2:53.77	W80 Mary Holland 12:08.90	M80 Bill Trimmell 46-5
M80 Gian Sahota 27:47	M65 Gene Siler 9:03	<b>3000m</b>	M70 Ed Hardy 3:30.06	W85 Dorothy Ray 20:53.70	W30 Pam Lauren 76-8
M85 John Smartt 36:27	M70 Fred Burchfield 10:35	M30 Robert Dimock 12:26.50	W50 Gail Kantak 3:23.71	<b>5000m RW</b>	W40 Kim Clayton 79-3
W50 Mariella Cook 24:14	M75 Edward Liskovec 10:24	M40 Jeff Symmes 11:20.00	W55 Ruth Thelen 3:17.49	M50 Gary Terwellen 33.08	W50 Sandy Maryott 65-11
W55 Sandra Davis 27:37	M80 Dusty Smith 10:27	M50 Jay J Wind 11:53.80	W65 Charlotte Ambrose 6:00.49	M55 Rick Sack 29.16	W60 Sharon Springer 37-1
W60 Margie Stoll 22:25	W50 Rosemary Sexton 10:03	W35 Jannifer Lazio 13:08.30	W70 Carol Dean 4:13.02	M60 Harlan Vanblaricum 30:45	<b>Javelin</b>
W65 Laura Sanders 34:51	W55 Barbara Taylor 10:39	W45 C Caravoulas 18:24.40	<b>1500m</b>	M65 John Elwarner 33.11	M30 Marion Guerin 122-7
W70 Marty Lonvick 42:05	W60 Betty Hart 11:19	W65 Tami Graf 16:07.50	M50 Tim Payne 4:59.64	M70 Marv McLaughlin 33.11	M40 Ted Goudge 123-7
W75 Faye Eisenacher 34:55	W65 Stella Haskins 10:55	<b>300m Hurdles</b>	M55 Ronald Ruffin 5:15.76	M80 Ralph Loveless 48.12	M50 Ed Morland 170-2
<b>10K Run</b>	W85 Virginia Irving 15:59	M30 Leslie Young 42.80	M60 Gerald Malaczynski 5:16.76	M85 Abe Ulanoff 39.11	M60 Jerrol Springer 75-0
M50 John Walker 39:46	<b>Potomac Valley TC Meet</b>	<b>High Jump</b>	M65 Jerry White 6:10.19	W50 Gwendolyn Lewis 28.00	M70 Jim Hays 81-4
M55 Phillip Davis 41:40	<b>McLean, VA; Aug. 7</b>	M35 James Barr 1.70	M70 Ed Hardy 6:35.27	W55 Arlene Drake 42.00	M80 Homer Socolofsky 70-9
M60 Sergio Bianchini 44:07	<b>100m</b>	M40 Ted Edelmann 1.65	W50 Laurel Cordes 8:08.56	W60 Jean Levalley 42.34	W30 Angie Cohorst 54-5
M65 Charles Gray 49:25	M35 Chris Sloan 11.80	M60 Dave Baldwin 1.25	W55 Ruth Thelen 6:58.21	W70 Carolyn Selby 43.36	W50 Sandy Maryott 77-1
M70 Fred Burchfield 1:03.27	M40 Chns Giles 13.00	M65 Jack Kuhns 1.32	W65 Charlotte Ambrose 12:15.16	W75 Thelma Fallows 45.10	W60 Barb Fenstermacher 26-6
M75 Fred Lovelace 1:03.00	M45 Mark Jones 12.10	W30 Jennifer Stephens 1.40	W70 Carol Dean 8:57.26	<b>5K Road Race</b>	<b>Colorado Masters Throwers</b>
M80 Gian Sahota 1:01.55	W60 Lana Kane 19.10	<b>Shot Put</b>	<b>High Jump</b>	M50 Daniel Washburn 18.14	<b>Meet #9, Colorado State U.</b>
M85 John Smartt 1:16.54	<b>200m</b>	M30 Kunle Lawson 13.22	M50 James Pocan 4-8	W50 Maggy Ziday 24.09	<b>July 31</b>
W50 Barbara Sauceman 1:03.78	M40 Chris Giles 26.92	M35 James Barr 12.44	M55 Gary Krueger 5-6	W55 Laura Meyer 28.06	<b>DT/JT/WT/SW</b>
W55 Sandra Davis 1:00.10	M45 Gregory Ruhlin 28.66	W50 Jay J Wind 5.21	M60 Harlan Vanblaricum 4-6	W60 Cora Hill 26.64	Marlene Sisco W52
W60 Margie Stoll 47:33	M50 Al Creveling 28.36	M60 Victor Litwinski 10.20	M65 Travis Jones 4-6	W65 Foy Ferguson 30.41	15.92/13.68/---/---
W65 Joyce Manis 1:31.07	W60 Lana Kane 40.94	M65 Jack Kuhns 11.23	M70 William Rothley 4-6	W70 Annette Hardy 32.45	Joy Kaylor W66
<b>High Jump</b>	<b>400m</b>	M75 Bill Bergen 8.04	M80 Nile Russell 3-8	M55 Ronald Ruffin 19.28	22.33/19.39/10.26/---
M50 Jim Nichols 4-11	M30 Mark Gleason 59.20	W30 Jennifer Stephens 10.17	M85 John Boesenhofer 4-0	M60 Gerald Malaczynski 18.47	Bob Jones M42
M55 Bruce France 4-7	M35 Thomas Verell 1:01.00	W60 Patti Palmer 5.42	W55 Kathryn Augustin 3-2	M65 Wilbert Griffin 24.37	40.38/---/---/---
M60 Tommy Guy 4-1	M45 Gregory Ruhlin 1:02.00	W70 Audrey Lary 8.02	W60 Nancy Hinson 3-8	M70 Douglas Elgie 23.58	Rande Treece M43
M65 Louis Vodopya 4-3	<b>800m</b>	<b>Discus</b>	<b>Pole Vault</b>	M75 Ed Kimmel 28.09	---/---/13.90/---
M70 James Nicholson 4-3	M35 Mike Hannan 2:28.70	M30 Kunle Lawson 48.07	M50 Robert Levering 9-4	M80 Ralph Loveless 39.52	Barry Ryan M50
M75 Edward Liskovec 3-11	M40 Chris Giles 2:44.00	M40 Horace Pendergrass 49.75	M55 Walt Kooyer 11-4	M85 Irving Dils 48.24	---/41.45/---/---
M80 Warren Barger 3-8	M45 Dion O'Mara 2:26.90	M60 Victor Litwinski 31.59	M60 Howard Booth 11-0	<b>10K Road Race</b>	Tim Edwards M56
W50 Eleanor Gipson 4-4	M50 Larry Hart 2:50.50	M65 Jack Kuhns 34.99	M65 Wendell Dilling 4-3	M55 Ronald Ruffin 40.47	36.46/---/15.37/---
W60 Marilyn Bellamy 3-9	<b>Mile</b>	M75 Bill Bergen 23.38	M70 John Lamb 8-5	M60 Gerald Macaczynski 39.40	Jerry Bookin-Weiner M58
W65 Betsy Boswell 3-5	M40 Alan Thatcher 5:04.60	W30 Jill Kennedy 18.62	M85 John Boesenhofer 3-0	M65 Wilbert Griffin 51.45	36.68/---/13.33/---
W75 Sarah Overton 3-1	M45 Gregory Ruhlin 5:05.30	W60 Patti Palmer 12.86	W60 Nancy Hinson 4-4	M70 Ed Hardy 54.58	lan Percy M59
<b>Long Jump</b>	M50 Rick Hower 5:37.40	W70 Audrey Lary 21.59	<b>Long Jump</b>	M75 Ed Kimmel 1:02.79	43.06/41.37/---/7.38
M50 Nate Robertson 16-0	M60 James Verdier 6:47.30	<b>Javelin</b>	M50 Charles Brown 16-6	M80 Clarence helton 1:30.79	Robin Herron M67
M55 Jack O'Brien 14-7	W35 Monica Smith 5:57.80	M30 Leslie Young 60.55	M55 Ziggy Pakiet 15-4	W50 Maggy Ziday 48.33	---/---/13.41/---
M60 Roger Kroodsmas 17-8	W45 C Caravoulas 9:14.10	<b>Weight Throw</b>	M60 Ray Bentley 13-8	W60 Cora Hill 54.51	Rich Larkin M70
M65 Max Falk 14-0	<b>3000m</b>	M30 Kunle Lawson 13.62	M65 Al Matheis 12-11	W70 Annette Hardy 1:09.34	25.69/19.16/---/---
M70 Donald Deaton 12-3	M35 Darrell General 9:29.80	M60 Victor Litwinski 11.82	M70 William Rothley 13-1	<b>MID-AMERICA</b>	Frank Bowles M83
M75 Charles Baker 12-9	M40 Alan Thatcher 10:13.70	M65 Jack Kuhns 12.87	<b>Jolly Jogathon Meet</b>	<b>Marysville, KS; June 6</b>	23.51/24.64/9.26/---
M80 Warren Barger 8-10	M45 John Winkert 15:59.40	M75 Bill Bergen 6.81	<b>60m</b>	M30 Shawn Dolezilek 7.51	Dale Buysse M83
M85 Jesse Jolly 2-8	M50 Jay J Wind 12:23.10	W30 Jennifer Stephens 7.45	M40 Rodney Robinson 7.53	M40 Bill Sellers 7.78	22.82/19.17/9.11/---
M90 Max Springer 7-0	<b>High Jump</b>	W60 Patti Palmer 11.44	W30 Kay Duncan 9.31	W50 Bill Sellers 7.78	<b>Blair TC Meet, Blair, NE</b>
W50 Patricia Caldwell 8-1	M35 Keith Mitchell 5.68	<b>Mile RW</b>	<b>100m</b>	W60 Cora Hill 54.51	<b>Aug. 1</b>
W55 Betty Hensley 9-3	M50 Keith Mathis 4.53	M55 John Gersh 10:00.60	M30 Shawn Dolezilek 11.7	W70 Annette Hardy 1:09.34	<b>100m</b>
W60 Marilyn Bellamy 11-3	<b>Triple Jump</b>	M60 Carl Kane 11:23.20	M40 Kirts Burgess 11.87	<b>60m</b>	M30 Tom Green 12.84
W65 Betsy Boswell 8-4	M35 Keith Mitchell 10.75	W45 C Caravoulas 12:31.60	M50 Tom Bassett 12.53	M40 Rodney Robinson 25.63	M35 Kevin Ballew 12.75
W70 Maureen Meeks 7-0	M50 Keith Mathis 8.98	W50 Deborah van Dover 9:56.80	W30 Kay Duncan 15.78	M50 Tom Bassett 26.13	M40 Jeff Hageman 11.75
W75 Luella Morris 6-7	<b>Shot Put</b>	W55 Kathy Collins 11:03.20	<b>200m</b>	M60 Ross Greathouse 71.0	M55 Tom Bassett 12.68
W80 Margie Atkins 6-2	M55 Dan Feiling 7.88	W60 Lana Kane 11:14.90	M30 Jeff Hageman 23.84	<b>400m</b>	M65 George LaBelle 14.49
W90 Eleanore Pease 2-1	<b>Discus</b>	<b>3000m RW</b>	M40 Rodney Robinson 25.63	M40 Ivan Jones 69.0	M75 Byron Winter 21.00
<b>Shot Put</b>	M40 Horace Pendergrass 48.09	M55 John Gersh 19:39.90	M50 Tom Bassett 26.13	M50 Giles Schmitz 80.0	W30 TammyRae Jackson 15.69
M50 John Nespoli 52-9	M55 Dan Feiling 25.80	M60 Victor Litwinski 18:45.70	<b>400m</b>	M60 Ross Greathouse 71.0	W35 Dorothea Dankin 16.71
M55 Larry McGhee 39-10	M60 George Lavendis 31.12	W50 Deborah van Dover 18:52.30	M30 Jeff Hageman 55.08	<b>800m</b>	<b>200m</b>
M60 Calvin Ross 42-0	<b>Javelin</b>	W55 Kathy Collins 21:25.20	M40 Ivan Jones 69.0	M40 Steve Plattner 2:36	M40 Kevin Ballew 26.92
M65 Glen Johnson 45-7	M55 Dan Feiling 19.56	W60 Lana Kane 21:27.70	M50 Giles Schmitz 80.0	M50 John Charles 3:03	M40 Jeff Hageman 23.85
M70 Charles Green 36-9	M60 George Lavendis 16.30	<b>MIDWEST</b>	M60 Ross Greathouse 71.0	<b>100m</b>	M55 Tom Bassett 26.09
M75 C.W. Minkel 31-7	<b>Mile RW</b>	<b>Michigan Senior Olympics</b>	<b>800m</b>	M30 Shawn Dolezilek 11.7	M75 Byron Winter 48.50
M80 Harold Loudy 26-11	M40 Darren Stone 9:52.50	<b>Lansing; Aug. 6-10</b>	M40 Steve Plattner 2:36	M40 Kirts Burgess 11.87	<b>400m</b>
M90 John Hagar 20-10	M45 John Winkert 10:30.10	<b>100m</b>	M50 John Charles 3:03	M50 Tom Bassett 12.53	M30 Robert Brown 68.70
W50 Marcia Long 25-3	M55 John Gersh 10:10.20	M50 Zbigny Zlobicki 12.28	<b>1600m</b>	W30 Kay Duncan 15.78	M65 Howard Weisser 64.47
W60 Donna Beeler 23-3	M60 Carl Kane 11:26.90	M55 Ziggy Pakiet 13.14	M30 Joe Schmitz 5:50	<b>200m</b>	Ross Greathouse 75.7
W65 Jeanne Morton 23-7	W45 C Caravoulas 12:25.60	M60 Frank Bonham 12.93	M40 Steve Plattner 5:55	M30 Jeff Hageman 23.84	M75 Byron Winter 1:50.96
W70 Jean Hinkle 23-1	W50 Gita Morris 12:36.00	M65 Berry Tindle 14.46	M60 Ron Graver 6:12	M40 Rodney Robinson 25.63	<b>800m</b>
W75 Rowena Cupp 19-2	W60 Lana Kane 11:09.00	M70 Ernest Alcocer 14.99	<b>3200m</b>	M50 Tom Bassett 26.13	M65 Howard Weisser 2:35.50
W80 Margie Atkins 16-7	<b>3000m RW</b>	M75 Roland Rossip 17.95	M60 Ron Graver 13.57	<b>400m</b>	Ross Greathouse 2:50.06
W85 Virginia Irving 12-3	W45 Jaye Shyken 18:51.50	M80 Jack Hipple 16.78	W40 Kathy Novotny 18.37	<b>800m</b>	W45 Deb Kluthe 3:08.52
W90 Eva Cantrell 12-1	W50 Deborah van Dover 18:52.10	M85 John Boesenhofer 20.47	<b>Long Jump</b>	<b>1500m</b>	<b>1500m</b>
<b>Discus</b>	W55 Kathy Collins 20:53.50	M95 Edwin Butters 14.45	M30 Shawn Dolezilek 18-6.5	M65 Don McMahon 8:12.00	M55 Allison Paulsen 10:44.00
M50 John Nespoli 139-0	W60 Lois Dicker 19:25.10	W50 Gail Kantak 15.85	M40 Phil Whitaker 14-11.5	W55 Allison Paulsen 10:44.00	<b>1600m</b>
M55 Larry McGhee 113-6	W85 Mary Lathram 27:29.60	W55 Sharada Sarnaik 15.85	M50 Mike Maryott 16-1.5	<b>1800m</b>	W45 Deb Kluthe 6:54.17
M60 Swayne McCauley 151-0	<b>Potomac Valley TC Meet</b>	W60 Nancy Hinson 17.10	M60 Jerrol Springer 8-7.5	<b>3000m</b>	M65 Don McMahon 17:08.50
M65 Glen Johnson 161-5	<b>McLean, VA; Aug. 21</b>	W65 Charlotte Ambrose 27.50	M80 Bill Trimmell 3-0	<b>Short Hurdles</b>	M65 George LaBelle 18.68
M70 Sherwin Dixon 108-3	<b>100m</b>	W70 Georgia Johnson 18.70	W30 Angie Cohorst 15-4.5	<b>Long Jump</b>	<b>Long Jump</b>
M75 Wade Odom 78-2	M30 Anis Lamine 11.30	W80 Mary Holland 21.08	W40 Debbie Price 12-1.75	M30 Robert Brown 4-10	M65 George LaBelle 10-11.5
M80 Warren Barger 79-0	M35 Andrew Higgins 11.20	<b>200m</b>	W50 Sandy Maryott 10-9.5	M40 Joe Gillett 5-6	<b>Triple Jump</b>
M90 John Hagar 52-7	M60 Andrew Lipford 13.70	M50 Zbigny Zlobicki 26.19	<b>Triple Jump</b>	M50 Jim Kniep 5-2	M65 George LaBelle 24-7.5
W50 Sue Sewing 81-11	M60 Kathy Gerber 17.30	M55 Len Bokuniweica 28.09	M30 Shawn Dolezilek 38-6	M65 George LaBelle 3-8	<b>High Jump</b>
W55 Rita Carmichael 81-4	W60 Lana Kane 18.80	M60 Frank Bonham 27.77	M40 Phil Whitaker 29-8.75	M75 Ed Frailor 3-6	<b>Shot Put</b>
W60 Josephine Farmer 62-10	W70 Audrey Lary 15.90	M65 Joseph Gormley 34.48	M50 John Charles 26-7.5	<b>Shot Put</b>	M40 Randy Hansen 30-4.5
W65 Jeanne Morton 62-5	<b>200m</b>	M70 Ernest Alcocer 32.30	M60 Jerrol Springer 20-8.5	<b>Shot Put</b>	M45 David Doty 39-10
W70 Jean Hinkle 49-0	M35 Andrew Higgins 22.70	M75 Roland Rossip 39.30	W30 Angie Cohorst 15-4.5	<b>Shot Put</b>	M55 Bill Schachter 36-1.5
W75 Sarah Overton 47-4	M40 James Higgins 32.70	M80 Jack Hipple 38.25	W40 Debbie Price 12-1.75	<b>Shot Put</b>	M60 Virgil Paulsen 42-0
W80 Margie Atkins 33-3	M60 Dan Durante 29.30	M85 Abe Ulanoff 49.35	W50 Sandy Maryott 10-9.5	<b>Shot Put</b>	
W85 Virginia Irving 20-7	W35 Charmaine Roberts 26.80	W50 Gail Kantak 32.68	<b>Shot Put</b>		
W90 Eleanore Pease 17-0	W60 Lana Kane 40.80	W55 Sharada Sarnaik 33.84	<b>Shot Put</b>		
<b>Javelin</b>	W70 Audrey Lary 33.80	W60 Nancy Hinson 38.08	<b>Shot Put</b>		
M50 Phil Campbell 133-0	<b>400m</b>	W65 Charlotte Ambrose 1:04.00	<b>Shot Put</b>		
M55 Fletcher Golden 115-9	M30 Robert Dimock 1:01.60	W70 Carol Dean 48.01	<b>Shot Put</b>		
M60 Roger Kroodsmas 145-5	M40 Charles Edwards 54.50	W80 Mary Holland 58.04	<b>Shot Put</b>		
M65 Charles Lanza 120-7	M60 Dan Durante 1:09.90	<b>400m</b>	<b>Shot Put</b>		
M70 Charles Green 101-4		M50 John Davis 1:00.78	<b>Shot Put</b>		
		M55 Leon Savenas 1:04.63	<b>Shot Put</b>		
		M60 Frank Bonham 1:04.19	<b>Shot Put</b>		



LaVane Johnson 41-0  
Ralph Check 39-2.5  
M65 George LaBelle 30-0  
W30 Amy Paulsen 40-5.5  
W40 Barb Doty 22-4  
W45 Vicki Check 25-2.5  
Connie Wyatt 24-11.5  
W50 Linda Rowe 33-8.5  
Martha Green 30-6  
Kay Glynn 28-8

**Discus**  
M30 Tom Green 83-3  
M35 Todd Davis 158-0  
M40 Randy Hansen 103-4  
M55 Bob Maltby 106-0  
Bill Schlachter 104-5  
M60 Virgil Paulsen 147-2  
Ralph Check 105-1  
LaVane Johnson 110-11  
M65 George LaBelle 96-7  
M75 Ed Failor 68-2  
W30 Amy Paulsen 134-8  
W45 Vicki Check 71-4  
Connie Wyatt 55-9  
W50 Linda Rowe 102-0  
Martha Green 49-6

### Nebraska Senior Olympics Kearney, Aug. 12-15

**100m**  
M50 Scott Marshall 12.85  
M55 Tom Bassett 12.59  
M60 Alex Meyer 16.01  
M65 Howard Weissner 13.74  
M70 Lee Alexander 14.61  
M75 Gill Hill 17.23  
M80 George Nicodemus 18.94  
W50 Sacia Vik 14.58  
W55 Regina McCann 19.87  
W60 Jill Meyer 19.21  
W65 Rosemary Holeman 29.11  
W70 Harriet Bloemker 21.71

**200m**  
M50 Scott Marshall 27.75  
M55 Tom Bassett 26.6h  
M60 Barry Sherman 31.7h  
M65 Howard Weissner 28.5h  
M70 Lee Alexander 30.4h  
M75 Gill Hill 40.8h  
W50 Sacia Vik 32.5h  
W75 Dorothy Ekblad 1:18.5h

**400m**  
M50 Monty Sanley 1:01.9h  
M55 Darrell Randolph 1:08.2h  
M60 Barry Sherman 1:04.6h  
M65 Howard Weissner 1:03.3h  
M70 Lee Alexander 1:07.6h  
M75 Gill Hill 1:36.2h  
W50 Charlene Pratt 1:29.2h

**800m**  
M50 Monty Sanley 2:21.1h  
M55 Phil Found 2:41.3h  
M60 Alex Meyer 3:17.3h  
M65 Howard Weissner 2:38.5h  
M70 Les Demmel 3:45.2h  
M75 Otto Lohrenz 4:23.6h  
W50 Charlene Pratt 3:23.0h  
W55 Regina McCann 4:28.4h

**1500m**  
M50 Monty Sanley 5:01.7h  
M55 Phil Found 5:35.35  
M60 Alex Meyer 7:14.9h  
M65 Jose Badillo 5:38.0h  
M70 Les Demmel 7:36.8h  
M75 Otto Lohrenz 8:54.4h  
W50 Charlene Pratt 6:53.8h

**High Jump**  
M50 Richard Cecetka 4-4  
M55 Randall Olson 4-2  
M60 Alex Meyer 3-10  
M65 Armand Zahn 4-4  
M70 Lloyd Kempf 4-0  
M75 Bob Hall 3-10  
M80 George Nicodemus 3-5  
W65 Audrey Kempf 3-4  
W70 Harriet Bloemker 3-0

**Long Jump**  
M50 Bennie Desmond 10-9.50  
M60 Alex Meyer 10-8-0.25  
M65 Armand Zahn 10-8-0.75  
M70 Richard Bright 9-7.75  
M75 Frank Bollinger 9-0.50  
W50 Deb Vestal 7-3  
W75 Dorothy Ekblad 4-6.50

**Discus**  
M50 David Dunnigan 134-9  
M55 Kent Swanson 120-3  
M60 Alex Meyer 123-4  
M65 Ron Anderson 157-11

**Javelin**  
M55 Terry Medjo 117-1  
M60 Alex Meyer 94-1  
M65 Armand Zahn 79-7  
M70 Lyle Pfaff 82-9  
M75 Edward Failor 82-0  
M80 Frank Bowles 76-3  
W50 Marlene Sisco 53-7  
W65 Audrey Kempf 51-1  
W70 Barriet Bloemker 73-1  
W75 Dorothy Ekblad 29-5

**1500m RW**  
M50 Monty Sanley 10:20  
M55 Bob Gaston 8:25  
M70 Frank Brown 8:59  
M75 Gil Hill 10:20  
W50 Marianne Martino 8:08  
W60 Rita Sinkovec 9:09  
W65 Bertha Aldrich 10:23  
W70 Gloria Glissman 10:34  
W75 Jean McClaran 11:49

**5000m RW**  
M55 Bob Gaston 30:57  
M70 Richard Weaver 34:40  
M75 Bob McClaran 37:35  
W50 Marianne Martino 29:36  
W60 Rita Sinkovec 32:27  
W65 Bertha Aldrich 35:50  
W70 Gloria Glissman 37:36  
W75 Jean McClaran 41:35

**5K Road Race**  
M50 James Moeller 21:26  
M55 Steve Rothenberger 20:58  
M60 Jose Badillo 21:15  
M70 Jim Manners 30:46  
M75 Otto Lohrenz 31:56  
W50 Charlene Pratt 25:41  
W60 Carol Deman 29:26

### Rocky Mountain Masters Games, Fort Collins, CO Sept. 4-5

**50m**  
M30 Tom Green 8:00  
M35 Michael Gesner 7:00  
M40 Randall Johnson 6:89  
Paul Wingfield 7:29  
M45 Joseph Luciano 7:13  
David Munoz 7:25  
M50 Roy Chubb 7:29  
Maure Weigel 7:65  
M65 George LaBelle 7:81  
Ray Franks 7:91  
Ed Arnold 8:42  
M70 John Poppell 8:07  
W40 Robin Galloway 8:00  
Teresa Douglass 8:46  
W45 Claudia Lewis 9:24  
W50 Rebecca Martin 8:91  
W55 Shirley Keller 14:95

**100m**  
M30 Tom Green 13:03  
M35 Michael Gesner 13:22  
M40 Brian Oliver 11:87  
Paul Wingfield 14:03  
Guy Morris 18:37  
M45 Joseph Luciano 13:23  
David Munoz 13:47  
M50 Stacey Price 12:47  
Roy Chubb 13:74  
Maure Weigel 15:01  
M60 Gary Giese 13:25  
M65 Richard McKisson 14:07  
George Cairns 14:09  
Ron Kirkpatrick 14:24  
Ray Franks 14:77  
M70 Ray Graves 14:48  
John Poppell 15:01  
W35 Jonna Strimbu 15:95  
W40 Robin Galloway 14:81

**200m**  
M30 Tom Green 38:58  
M40 Brian Oliver 23:83  
Ray Parker 24:67  
Guy Morris 31:67  
M45 Dave Albo 27:48  
David Munoz 28:79  
M50 Trip Reynolds 25:43  
Roy Chubb 29:00  
M55 Jerry Brown 33:34  
M60 Donald Neidig 24:37  
(Larry Colbert/24.82/1997)

**300m**  
M30 Tom Green 38:58  
M40 Brian Oliver 23:83  
Ray Parker 24:67  
Guy Morris 31:67  
M45 Dave Albo 27:48  
David Munoz 28:79  
M50 Trip Reynolds 25:43  
Roy Chubb 29:00  
M55 Jerry Brown 33:34  
M60 Donald Neidig 24:37  
(Larry Colbert/24.82/1997)

W45 Claudia Lewis 38:05  
W50 Rebecca Martin 35:41  
W60 Nadine O'Connor AR 29:09  
(Irene Obera/29.57/1995)

**400m**  
W85 Velma Jacobs 1:01.07

**800m**  
M35 Peter Hegelbach 1:59.16  
M40 William Mitchell 2:31.63  
M45 Dave Albo 2:11.60  
M50 Bobby Manning 2:30.73  
William Doe 2:33.31  
M55 Jerry Brown 3:04.88  
W30 Alexia Bregman 3:03.68

**1500m**  
M40 Hans Funke 4:39.40  
William Mitchell 5:16.13  
Tim Kellogg 5:28.27  
M55 Jerry Brown 6:23.15

**Short Hurdles**  
M40 Scott Mosser 19:21  
M50 Stacey Price 15:08  
M60 Courtland Gray 14:83  
M65 George LaBelle 21:05  
M70 Richard Larkin 17:87

**Long Hurdles**  
M35 Jeff Williams 1:10.58  
M40 Scott Mosser 1:03.77  
M60 Courtland Gray 43:91  
M65 George LaBelle 1:05.50  
M80 Fred Hirsimaki 1:18.74

**High Jump**  
M40 Randall Johnson 1:28  
M50 Maure Weigel 1:38  
Roy Chubb 1:28  
M65 Armand Zahn 1:33  
Jerrold Springer 1:18  
George LaBelle 1:13  
M70 Jerry Donley 1:22  
M80 Fred Hirsimaki 1:18  
W30 Cindy Holloway 1:53  
W35 Connie Williams 1:55  
W55 Sharon Raham 1:08  
W65 Christel Donley 1:16  
W75 Willie Gatza 7:5

**Pole Vault**  
M30 Jeff Culligan 3:81  
M35 Darrell Goble 4:00  
M45 Dick Drury 2:90  
M50 Maure Weigel 2:14  
M55 Matti Kilpelainen 3:81  
Ed Hallik 3:20  
M65 Armand Zahn 1:70  
M70 Jerry Donley 2:60  
W60 Nadine O'Connor 2:75

**Long Jump**  
M35 Michael Gesner 4:50  
M40 Randall Johnson 4:08  
M50 Maure Weigel 4:63  
M60 Bob Fulton 3:57  
Alex Meyer 2:67  
M65 George Cairns 4:24  
George LaBelle 3:48  
Jerrold Springer 3:31  
Armand Zahn 3:23  
M70 Richard Larkin 3:49  
M80 Fred Hirsimaki 3:18  
W55 Sharon Raham 3:14  
W75 Willie Gatza 1:30

**Triple Jump**  
W55 Sharon Raham 6:48  
W75 Willie Gatza 2:96  
M40 Randall Johnson 8:80  
M50 Roy Chubb 6:67  
M55 Richard McKisson 8:24  
M65 George LaBelle 7:71  
Jerrold Springer 7:10  
M80 Fred Hirsimaki 7:37

**Shot Put**  
M35 John Kuemnerlin 12:67  
M40 Randall Johnson 7:77  
M50 Gil Vasquez 10:54  
M55 J J Tighe 10:25  
Bob Maltby 9:61  
M60 Lavane Johnson 12:20  
George Soule 11:46  
Alex Meyer 10:98  
M65 Robin Herron 10:55  
Armand Zahn 10:30  
George LaBelle 9:17  
Jerrold Springer 9:14  
M70 Wayne Sabin 10:68  
Tom Sanford 9:78  
M75 Robert Carlson 6:83  
Willard Froseth 6:75  
M80 Frank Bowles 8:82  
Harry Miller 4:69

**Discus**  
M35 John Kuemnerlin 35:43  
M50 Gil Vasquez 30:50  
M55 Terry Medjo 35:02

Bob Maltby 30:05  
M60 Alex Meyer 35:80  
George Soule 35:45  
Lavane Johnson 35:13  
M65 Vern Spencer 38:67  
Jerrold Springer 38:52  
Robin Herron 31:52  
Armand Zahn 30:37  
M70 Wayne Sabin 29:22  
Tom Sanford 22:67  
M75 Robert Carlson 24:64  
M80 Fred Hirsimaki 24:89  
Frank Bowles 24:25

**Hammer**  
M35 John Kuemnerlin 33:35  
M40 Rande Treece 51:05  
M55 Bob Maltby 25:08  
M65 Robin Herron 38:12  
Vern Spencer 34:00  
George LaBelle 25:07  
Jerrold Springer 18:79  
M70 Wayne Sabin 28:49  
M80 Harry Miller 14:21  
W55 Sharon Raham 24:78  
W75 Willie Gatza 9:35

**Javelin**  
M35 Byron Tucker 62:19  
John Kuemnerlin 37:75  
M40 Randall Johnson 36:73  
M45 Jeff Bilderbeck 34:24  
M50 Barry Ryan 38:13  
Gil Vasquez 29:16  
Toy Chubb 28:01  
M55 Edwin Morland 46:84  
Rocco Pelitto 41:68  
Terry Medjo 38:13  
Bob Maltby 27:79  
M60 Jim Francis 33:91  
Alex Meyer 26:46  
M65 George LaBelle 30:92  
Robin Herron 25:60  
Jerrold Springer 25:32  
Armand Zahn 24:49  
M70 Wayne Sabin 20:85  
M75 Robert Carlson 16:95  
M80 Fred Hirsimaki 28:64  
Frank Bowles 23:65  
M85 Harry Miller 10:00  
W50 Marlene Sisco 15:21  
W55 Sharon Raham 25:20  
W65 Christel Donley 23:79  
W75 Dorothy Morgan 18:27  
Willie Gatza 10:57

**Weight Throw**  
M35 John Kuemnerlin 11:86  
M40 Rande Treece 15:05  
M55 Bob Maltby 10:94  
M60 Lavane Johnson 10:16  
M65 Jerrold Springer 9:45  
George LaBelle 9:11  
Vern Spencer 13:63  
Robin Herron 12:01  
M70 Wayne Sabin 11:51  
M80 Frank Bowles 9:19  
M85 Harry Miller 5:62  
W55 Sharon Raham 7:94

**Superweight**  
M35 John Kuemnerlin 8:08  
M40 Rande Treece 10:03  
M55 Ian Percy 7:76  
M60 Lavane Johnson 4:91  
M65 Vern Spencer 5:49  
George LaBelle 4:19  
Jerrold Springer 3:57  
M70 Wayne Sabin 6:09  
M80 Frank Bowles 4:06  
M85 Harry Miller 2:72

**Pentathlon**  
M40 Rusty Jones 2291  
Michael Grage 18:74  
M60 Alex Meyer 1555  
Bob Fulton 3170  
M70 Richard Larkin 1949  
M80 Fred Hirsimaki 3153

**Weight Pentathlon**  
M55 Ian Percy 3664  
Bob Maltby 2598  
M60 Bob Fulton 2265  
M65 Vern Spencer 2609  
George LaBelle 3169  
M70 Wayne Sabin 2536  
Tom Sanford 3399  
M80 Frank Bowles 2185  
W55 Sharon Raham 3116

**3K RW**  
M40 Michael Blanchard 15:45.96  
Ed Guiff 20:38.02  
M60 Vilmaris Strautins 23:06.99  
M75 Klaus Timmerhaus 22:49.43  
W50 Marianne Martino 17:22.05  
Sherrie Gossert 18:28.46  
W60 Rita Sinkovec 19:12.93

**3K Road Race**  
M40 Jim Bogus 10:21.08  
William Mitchell 11:46.27  
M55 Jerry Brown 13:01.02  
M65 Ray Franks 14:49.80

**6K Road Race**  
M40 Jim Bogus 10:21.08  
William Mitchell 11:46.27  
M55 Jerry Brown 13:01.02  
M65 Ray Franks 14:49.80

**SOUTHWEST**  
**Cat Spring Grunt Throwers**  
**Meet, Cat Spring, TX**  
**July 10**  
(corrections to received results)  
**Discus (in Weight Pentathlon)**  
M40 John Finsrud 102-7  
M45 Amy Ferrando 103-11  
M50 Dan Roloff 115-11  
M55 Herb Stein nm

**Texas Masters**  
**Championships, Coppell**  
**H.S., Arlington, TX; July 24**  
(corrections to received results)  
**Short Hurdles**  
M50 Robert Hahn 17.97  
M60 Courtland Gray 14.84  
Bill Hardin 17.34  
Michael Burns 19.84  
M65 John Head 22.21

**WEST**  
**Maui Age-Group & Masters**  
**Meet, Wailuku, HI; July 3**

**50m**  
M40 Phil Swatek 6.6  
**100m**  
M40 Phil Swatek 13.8  
**200m**  
W55 Mary Trotto 39.2  
**400m**  
W55 Mary Trotto 1:41.9  
**1500m**  
M55 Dennis Nakamura 6:20.9  
**High Jump**  
W55 Mary Trotto .96  
**Long Jump**  
W55 Mary Trotto 2.54  
**Shot Put**  
W55 Mary Trotto 6.86  
**Discus**  
W55 Mary Trotto 15.61

**Maui Age-Group & Masters**  
**Meet, Wailuku, HI; July 10**  
**100m**  
M35 Rudy Huber 11.9  
**200m**  
M55 Dennis Nakamura 29.8  
W55 Mary Trotto 40.3  
**400m**  
W55 Mary Trotto 1:42.6  
**1500m**  
M55 Dennis Nakamura 6:05  
**High Jump**  
M35 Rudy Huber 1.73  
W55 Mary Trotto .96  
**Long Jump**  
M35 Rudy Huber 5.49  
W55 Mary Trotto 2.41  
**Discus**  
W55 Mary Trotto 15.24

**Maui Age-Group & Masters**  
**Pentathlon, Wailuku, HI**  
**July 17**  
M35 Rudy Huber 2400  
M55 Dennis Nakamura 2207  
W55 Mary Trotto 1594

**NORTHWEST**  
**Seattle Masters Ultra Wt.**  
**Classic & Hammer Throw**  
**Seattle, WA; Sept. 10-11**  
**Hammer (Sept. 10)**  
W40 Laurie Jenkins 30.79  
W45 Carol Finsrud 41.47

**INTERNATIONAL**  
**North & Central America and**  
**The Caribbean Regional Masters**  
**Athletics Championships, Dorado**  
**Puerto Rico; Aug. 26-29**

**100m**  
W30  
1 Charmaine E Daley 33 JAM 12.98 83.1%  
2 Mana E Lopez 30 PUR 13.34 80.8%  
**W35**  
1 Agnieszka Kucalska 36 CAN 13.29 81.1%  
2 Eve M Smith-Frett 39 VIR 14.29 78.1%  
3 Gladys Ernest 38 GUA 14.57 75.7%  
**W45**  
1 Marie L Mathieu 47 PUR 12.70 96.2%  
2 Nilsa M Pans 47 PUR 13.27 92.0%  
3 Mana Vega 48 PUR 13.43 91.9%  
**W50**  
1 Norma I Ponce 52 PUR 15.56 82.7%  
2 Andrea Solis 53 PUR 15.72 82.7%  
**W55**  
1 Phil Raschker 57 USA 14.19 95.3%  
2 Rhona E Trott 55 CAN 15.31 86.7%  
3 Irene Betancourt 58 PUR 16.32 83.7%

W60 Georgia Cutler 32.88  
M50 Bob Sager 35.57  
M55 Howie Kellogg 30.04  
M60 George Mathews 49.75  
Bob Cahners 46.58  
M65 Dick Hotchkiss 41.91  
Robin Herron 36.20  
M70 Bob Ward 47.86  
Ray Feick 34.75  
Doug Tomlinson 34.05  
Jerry Wojcik 31.20  
Tom Allison 28.40

**Ultra Weight Classic**  
**M40-49**  
(35#156#198#1200#1300#)  
Mike Fritchman 43 4135  
16.35/9.13/4.81/1.94/1.28  
Rande Treece 43 3934  
14.65/9.20.11/1.95/1.06  
Jeff Crothers 45 2830  
10.96/7.84/3.18/1.62/0.70  
William Tyson 43 2514  
9.94/6.00/3.58/1.40/0.75  
Ray Burton 48 1828  
14.49/9.78/1.1/1.1/1.1  
**M50-59**  
(25#156#198#1200#1300#)  
Todd Taylor 57 4584  
17.12/8.80/4.33/1.55/6.82  
Tim Edwards 56 3226  
15.16/7.40/3.25/1.0.92  
Richard Watson 52 2893  
(13.31/6.38/2.83/1.41/0.64)  
Jan Grisby 54 2409  
8.65/4.65/2.32/1.15/0.79  
Howie Kellogg 57 2307  
9.94/5.19/2.18/1.14/0.39  
Bob Sager 56 1308  
12.02/5.92/1.1/1.1/1.1  
**M60-69**  
(20#156#198#1200#1300#)  
Bob Cahners 62 4786  
18.22/7.80/3.60/1.77/0.90  
Dick Hotchkiss 65 3928  
17.05/7.14/2.87/1.34/0.44  
Robin Herron 57 2709  
13.24/4.16/2.26/0.77/0.35  
George Mathews 61 2090  
19.68/8.05/1.1/1.1/1.1  
Vernon Spencer 1768  
12.85/6.18/1.1/1.1/1.1  
Bob Lawson 69 1556  
13.64/4.65/1.1/1.1/1.1  
**M70+**  
(16#135#156#198#1200#)  
Bob Ward 71 5540  
18.80/11.44/3.91/3.38/1.61  
Harvey Lewellen 75 4458  
15.32/8.86/4.23/2.52/1.01  
Ray Feick 72 3940  
14.38/7.75/4.74/2.26/1.14  
Doug Tomlinson 72 3893  
13.30/6.74/4.51/2.49/1.29  
Jack Morrill 76 2329  
8.62/4.51/3.00/1.40/0.50  
Tom Allison 74 2299  
11.53/6.05/3.47/1.1/1.1  
Jerry Wojcik 74 1539  
12.69/6.71/1.1/1.1/1.1  
**W40-49**  
(20#135#156#198#1200#)  
Carol Finsrud 47 5917  
14.32/9.30/5.06/2.65/1.48  
Laune Jenkins 40 3989  
11.00/7.52/4.58/2.10/1.02  
Debbie Ecklund 44 2101  
5.68/3.71/2.23/1.41/0.65  
**W50-59**  
(16#125#135#156#198#1200#)  
Joyce Taylor 54 4338  
11.75/8.34/6.13/2.93/1.64  
Sharon Sellenite 54 1139  
7.23/5.00/1.1/1.1/1.1  
**W60+**  
(12#125#135#156#198#1200#)  
Georgia Cutler 61 3432  
12.23/5.68/4.58/2.46/1.24  
Melicent Whinston 77 1070  
5.51/3.34/1.1/1.1/1.1





<b>W60</b>					<b>W70</b>					<b>W75</b>					<b>W80</b>					<b>W85</b>					<b>W90</b>					<b>W95</b>					<b>W100</b>									
1	Marge Radcliffe	62	CAN	15.99	88.7%	2	Jesus Aponte	70	PUR	36.01	71.6%	1	Luis H Torres	76	PUR	7.44.76	67.2%	1	Epifanio Agosto	74	USA	42.44.00	71.08%	1	Epifanio Agosto	74	USA	42.44.00	71.08%	1	Epifanio Agosto	74	USA	42.44.00	71.08%									
2	Rosario M Iglesias	64	PUR	17.56	82.2%	3	Benjamin Jimenez	70	USA	38.59	66.8%	2	Sergio A Michel	73	DOM	47.32.00	63.06%	2	Sergio A Michel	73	DOM	47.32.00	63.06%	2	Sergio A Michel	73	DOM	47.32.00	63.06%	2	Sergio A Michel	73	DOM	47.32.00	63.06%									
3	Susana Jacobo	61	MEX	17.60	79.8%	<b>M75</b>										<b>W30</b>										<b>M40</b>																		
<b>W70</b>					<b>W75</b>					<b>W80</b>					<b>W85</b>					<b>W90</b>					<b>W95</b>					<b>W100</b>					<b>W105</b>					<b>W110</b>				
1	Nieves Gracia	71	PUR	18.54	83.3%	1	Hector Pacheco	75	PUR	37.32	74.7%	1	Miniam Cardona	34	PUR	20.08.64	71.5%	1	Miniam Cardona	34	PUR	20.08.64	71.5%	1	Miniam Cardona	34	PUR	20.08.64	71.5%	1	Miniam Cardona	34	PUR	20.08.64	71.5%									
<b>W75</b>					<b>W80</b>					<b>W85</b>					<b>W90</b>					<b>W95</b>					<b>W100</b>					<b>W105</b>					<b>W110</b>					<b>W115</b>				
1	Juana M Rasaldo	77	PUR	18.35	90.9%	2	Luis E Cano	76	PUR	45.26	62.6%	2	Sandra Arroyo	34	PUR	20.27.10	70.4%	2	Sandra Arroyo	34	PUR	20.27.10	70.4%	2	Sandra Arroyo	34	PUR	20.27.10	70.4%	2	Sandra Arroyo	34	PUR	20.27.10	70.4%									
2	Johnnie M Valien	79	USA	19.88	85.9%	1	Jose L Ubani	80	PUR	32.57	93.3%	1	Margarita Castillo	48	PUR	23.49.93	67.9%	1	Margarita Castillo	48	PUR	23.49.93	67.9%	1	Margarita Castillo	48	PUR	23.49.93	67.9%	1	Margarita Castillo	48	PUR	23.49.93	67.9%									
3	Doreen F McLeod-Smi	79	CAN	21.25	80.3%	2	Raymond R Bower	80	USA	36.30	83.7%	2	Elsa M Mendez	48	PUR	26.31.97	61.0%	2	Elsa M Mendez	48	PUR	26.31.97	61.0%	2	Elsa M Mendez	48	PUR	26.31.97	61.0%	2	Elsa M Mendez	48	PUR	26.31.97	61.0%									
<b>W80</b>					<b>W85</b>					<b>W90</b>					<b>W95</b>					<b>W100</b>					<b>W105</b>					<b>W110</b>					<b>W115</b>									
1	Mania G Flores	81	MEX	31.49	56.4%	1	Doraine E Dixon	30	JAM	1.04.78	73.4%	1	Troy D Irons	33	JAM	17.31.03	74.0%	1	Troy D Irons	33	JAM	17.31.03	74.0%	1	Troy D Irons	33	JAM	17.31.03	74.0%	1	Troy D Irons	33	JAM	17.31.03	74.0%									
<b>W85</b>					<b>W90</b>					<b>W95</b>					<b>W100</b>					<b>W105</b>					<b>W110</b>					<b>W115</b>					<b>W120</b>									
1	Olga Kotelko	85	CAN	22.19	90.4%	1	Gladys Ernest	38	GUA	1:12.07	71.2%	1	Jorge Maisonet	36	PUR	17.18.33	75.7%	1	Jorge Maisonet	36	PUR	17.18.33	75.7%	1	Jorge Maisonet	36	PUR	17.18.33	75.7%	1	Jorge Maisonet	36	PUR	17.18.33	75.7%									
2	Maria B Ramirez	87	MEX	31.87	67.0%	2	Gladys Ernest	38	GUA	1:12.07	71.2%	2	Alberto Velez	36	PUR	17.54.38	73.2%	2	Alberto Velez	36	PUR	17.54.38	73.2%	2	Alberto Velez	36	PUR	17.54.38	73.2%	2	Alberto Velez	36	PUR	17.54.38	73.2%									
<b>M30</b>					<b>M35</b>					<b>M40</b>					<b>M45</b>					<b>M50</b>					<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>				
1	Richard M Squire	32	JAM	11.36	86.1%	1	Mania V Ramos	41	PUR	1:01.26	86.6%	1	Reynold C Walters	42	BAR	17.34.07	77.8%	1	Reynold C Walters	42	BAR	17.34.07	77.8%	1	Reynold C Walters	42	BAR	17.34.07	77.8%	1	Reynold C Walters	42	BAR	17.34.07	77.8%									
2	Julio Salas	31	PUR	11.57	84.6%	1	Mane L Mathieu	47	PUR	58.51	96.4%	2	Jose A Polanco	41	AHO	18.41.85	72.6%	2	Jose A Polanco	41	AHO	18.41.85	72.6%	2	Jose A Polanco	41	AHO	18.41.85	72.6%	2	Jose A Polanco	41	AHO	18.41.85	72.6%									
3	Eulogio G Martha	32	AHO	12.33	79.4%	1	Phil Raschker	57	USA	1:11.71	86.5%	1	Roberto Ramos	45	PUR	16.41.27	83.7%	1	Roberto Ramos	45	PUR	16.41.27	83.7%	1	Roberto Ramos	45	PUR	16.41.27	83.7%	1	Roberto Ramos	45	PUR	16.41.27	83.7%									
<b>M35</b>					<b>M40</b>					<b>M45</b>					<b>M50</b>					<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>				
1	Khalid Mulazim	38	USA	11.34	89.1%	1	Marge Radcliffe	62	CAN	1:29.41	72.6%	1	Hector Gotay	52	PUR	18.07.01	81.4%	1	Hector Gotay	52	PUR	18.07.01	81.4%	1	Hector Gotay	52	PUR	18.07.01	81.4%	1	Hector Gotay	52	PUR	18.07.01	81.4%									
2	Franklyn Colon	39	PUR	11.70	87.0%	2	Graciela Estrada	64	MEX	1:46.96	61.7%	2	Pedro Rivera	54	PUR	19.12.81	78.1%	2	Pedro Rivera	54	PUR	19.12.81	78.1%	2	Pedro Rivera	54	PUR	19.12.81	78.1%	2	Pedro Rivera	54	PUR	19.12.81	78.1%									
3	Juan D Concepcion	36	PUR	12.07	82.6%	3	Carmen Diaz	64	MEX	1:49.07	60.5%	3	Felix Velez	50	PUR	30.48.90	47.1%	3	Felix Velez	50	PUR	30.48.90	47.1%	3	Felix Velez	50	PUR	30.48.90	47.1%	3	Felix Velez	50	PUR	30.48.90	47.1%									
<b>M40</b>					<b>M45</b>					<b>M50</b>					<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>									
1	Santiago Ayala	43	PUR	11.50	91.0%	1	Olga Kotelko	85	CAN	2:28.07	69.5%	1	Miguel Rivera	58	PUR	18.22.29	84.6%	1	Miguel Rivera	58	PUR	18.22.29	84.6%	1	Miguel Rivera	58	PUR	18.22.29	84.6%	1	Miguel Rivera	58	PUR	18.22.29	84.6%									
2	Maynard D McIntosh	43	JAM	11.81	88.6%	2	Chris Grant	35	JAM	51.20	86.9%	2	Angel M Martinez	60	PUR	18.53.90	83.7%	2	Angel M Martinez	60	PUR	18.53.90	83.7%	2	Angel M Martinez	60	PUR	18.53.90	83.7%	2	Angel M Martinez	60	PUR	18.53.90	83.7%									
3	Eduardo Rodriguez	44	PUR	12.22	86.2%	3	Khalid Mulazim	38	USA	51.24	88.8%	3	Angel Manzano	60	PUR	19.11.26	82.5%	3	Angel Manzano	60	PUR	19.11.26	82.5%	3	Angel Manzano	60	PUR	19.11.26	82.5%	3	Angel Manzano	60	PUR	19.11.26	82.5%									
4	Orlando Salgado	43	PUR	12.91	81.1%	4	Wilfredo Barbosa	35	PUR	58.16	76.5%	4	Mariano M Morales	66	PUR	24.11.41	69.5%	4	Mariano M Morales	66	PUR	24.11.41	69.5%	4	Mariano M Morales	66	PUR	24.11.41	69.5%	4	Mariano M Morales	66	PUR	24.11.41	69.5%									
<b>M45</b>					<b>M50</b>					<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>					<b>M80</b>									
1	Val W Barnwell	46	USA	11.56	92.4%	1	Darnell L Gatling	44	USA	53.09	89.4%	1	Rene A Gomez	70	MEX	29.21.38	59.9%	1	Rene A Gomez	70	MEX	29.21.38	59.9%	1	Rene A Gomez	70	MEX	29.21.38	59.9%	1	Rene A Gomez	70	MEX	29.21.38	59.9%									
2	Victor Navarro	48	PUR	12.36	87.6%	2	Wilfredo Casado	42	PUR	55.27	84.7%	2	Julio Reyes	72	PUR	30.45.39	58.7%	2	Julio Reyes	72	PUR	30.45.39	58.7%	2	Julio Reyes	72	PUR	30.45.39	58.7%	2	Julio Reyes	72	PUR	30.45.39	58.7%									
3	William Velez	46	PUR	12.42	86.0%	3	Fernando Febres	41	PUR	55.64	83.5%	3	Luis H Torres	76	PUR	27.40.45	68.9%	3	Luis H Torres	76	PUR	27.40.45	68.9%	3	Luis H Torres	76	PUR	27.40.45	68.9%	3	Luis H Torres	76	PUR	27.40.45	68.9%									
7	Rodney C Wilson	45	USA	12.94	82.0%	7	Fernando Febres	41	PUR	55.64	83.5%	7	Luis H Torres	76	PUR	27.40.45	68.9%	7	Luis H Torres	76	PUR	27.40.45	68.9%	7	Luis H Torres	76	PUR	27.40.45	68.9%	7	Luis H Torres	76	PUR	27.40.45	68.9%									
<b>M50</b>					<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>					<b>M80</b>					<b>M85</b>									
1	Thomas A Jones	50	USA	11.82	92.8%	1	Ben James	47	USA	52.74	91.9%	1	Jose Salazar	36	VEN	31.17.00	68.5%	1	Jose Salazar	36	VEN	31.17.00	68.5%	1	Jose Salazar	36	VEN	31.17.00	68.5%	1	Jose Salazar	36	VEN	31.17.00	68.5%									
2	Siegfried Regales	51	AHO	11.98	92.2%	2	Sigfried Regales	47	AHO	55.64	87.1%	2	Manuel Lopez	38	PUR	37.40.00	57.7%	2	Manuel Lopez	38	PUR	37.40.00	57.7%	2	Manuel Lopez	38	PUR	37.40.00	57.7%	2	Manuel Lopez	38	PUR	37.40.00	57.7%									
3	Andre Guzman	53	PUR	12.60	88.8%	3	Gregory E Simons	46	BER	55.71	86.4%	3	Gilberto Bracero	45	PUR	32.53.00	69.5%	3	Gilberto Bracero	45	PUR	32.53.00	69.5%	3	Gilberto Bracero	45	PUR	32.53.00	69.5%	3	Gilberto Bracero	45	PUR	32.53.00	69.5%									
<b>M55</b>					<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>					<b>M80</b>					<b>M85</b>					<b>M90</b>									
1	Charles E Allie	57	USA	12.09	94.9%	1	Thomas A Jones	50	USA	55.88	88.6%	1	Francisco Rosario	53	PUR	30.09.00	80.8%	1	Francisco Rosario	53	PUR	30.09.00	80.8%	1	Francisco Rosario	53	PUR	30.09.00	80.8%	1	Francisco Rosario	53	PUR	30.09.00	80.8%									
2	Santos Delgado	57	PUR	13.05	87.9%	2	Hector Rivera	51	PUR	56.55	88.1%	2	Hector Gotay	52	PUR	30.43.00	78.6%	2	Hector Gotay	52	PUR	30.43.00	78.6%	2	Hector Gotay	52	PUR	30.43.00	78.6%	2	Hector Gotay	52	PUR	30.43.00	78.6%									
3	Edwin Febles	58	PUR	13.10	88.1%	3	Miguel A Soto	52	PUR	59.54	84.3%	3	Pedro Rivera	54	PUR	33.34.00	73.2%	3	Pedro Rivera	54	PUR	33.34.00	73.2%	3	Pedro Rivera	54	PUR	33.34.00	73.2%	3	Pedro Rivera	54	PUR	33.34.00	73.2%									
6	Michael A de Jesus	57	USA	16.92	67.8%	6	Miguel A Soto	52	PUR	59.54	84.3%	6	Ramiro Mercado	68	PUR	42.16.00	66.6%	6	Ramiro Mercado	68	PUR	42.16.00	66.6%	6	Ramiro Mercado	68	PUR	42.16.00	66.6%	6	Ramiro Mercado	68	PUR	42.16.00	66.6%									
<b>M60</b>					<b>M65</b>					<b>M70</b>					<b>M75</b>					<b>M80</b>					<b>M85</b>					<b>M90</b>														



<b>M70</b>	1 Epifanio Agosto	74	USA	2:00.03.00	70.0%
	2 Sergio A Michel	73	DOM	2:22.31.00	58.2%
<b>4x100m Relay</b>					
<b>W30</b>	1 PUR (Hernandez, Lopez, Mufiz, Ra)			52.34	
	2 PUR (Velazquez, Robles, Rosa, Pe)			52.81	
	3 MEX (Castro, Vazquez, Fuentes, R)			1:11.98	
<b>W40</b>	1 PUR (Vega, Paris, Paris, Mathieu)			50.84	
<b>W50</b>	1 PUR (Ponce, Betancourt, Benitez, J)			1:05.84	
<b>W60</b>	1 PUR (Raspaldo, Gracia, Gaston, I)			1:23.81	
	2 MEX (Diaz, Estrada, Rodriguez, J)			1:27.50	
<b>W70</b>	1 MEX (Ramos, Flores, Ramirez, Kot)			1:53.85	
<b>M30</b>	1 JAM (Squire, McIntosh, Irons, Gr)			44.28	
	2 PUR (Concepcion, Quintana-Remigi)			48.32	
	3 MEX (Angulo, Alanis, Mendez, Un)			58.83	
<b>M40</b>	1 USA (McCloud, Jones, Barnwell, G)			44.96	
	2 PUR (Ayala, Casado, Salgado, Rod)			46.54	
	3 PUR (Cruz, Velez, Westerband, Na)			49.37	
<b>M50</b>	1 PUR (Ocasio, Guzman, Rodriguez, J)			50.45	
	2 PUR (Delgado, Rivera, Feick, AJ)			51.04	
	3 USA (Hahn, Colbert, Black, Allie)			51.32	
<b>M60</b>	1 PUR (Torres, Suarez, Martinez, G)			55.36	
	2 MEX (Cruz, Garcia, Herrera, Vall)			1:17.44	
<b>X60</b>	1 PUR (Rios, Vargas, Rodriguez, Cr)			57.60	
<b>M70</b>	1 PUR (Pacheco, Aponte, Pilot, Po)			1:03.93	
	2 USA (Bower, Jimenez, Feick, Vall)			1:18.22	
	3 MEX (Teofilo, Gomez, Estafo, Pe)			1:24.21	
<b>4x400m Relay</b>					
<b>W30</b>	1 PUR (Hernandez, Lopez, Arroyo, R)			4:09.74	
	2 JAM (Dixon, Ernest, Daley, Mulaz)			4:29.64	
	3 PUR (Velazquez, Rosa, Cruz, Robl)			4:31.68	
<b>W40</b>	1 PUR (Vega, Paris, Paris, Mathieu)			4:17.21	
<b>W50</b>	1 PUR (Ponce, Betancourt, Rosa, So)			5:54.19	
<b>W60</b>	1 MEX (Diaz, Estrada, Jacobo, Rive)			6:32.72	
<b>M30</b>	1 JAM (Irons, Brown, McIntosh, Gra)			3:31.39	
	2 PUR (Quintana-Remigio, Barbosa)			4:00.89	
	3 MEX (Angulo, Alanis, Mendez, Un)			4:37.33	
<b>M40</b>	1 PUR (Febres, Maymi, Casado, Ayal)			3:32.50	
	2 USA (McCloud, Allie, Barnwell, G)			3:56.40	
	3 PUR (Troncoso, Suarez, Arroyo, R)			4:03.94	
<b>M50</b>	1 PUR (Delgado, Febres, Ortiz, Gon)			4:09.97	
	2 USA (Jones, Raschker, Black, Col)			4:26.74	
<b>X50</b>	1 PUR (Olivero, Rivera, Soto, Guzm)			3:56.44	
<b>M60</b>	1 PUR (Martinez, Torres, Vargas, M)			4:43.41	
<b>M70</b>	1 MEX (Gomez, Fine, Ponce, Perez)			6:00.44	
	2 PUR (Aponte, Pacheco, Cano, Torr)			6:06.57	
<b>High Jump</b>					
<b>W45</b>	1 Carmen M Montañez	48	PUR	1.04m	60.4%
<b>W55</b>	1 Phil Raschker	57	USA	1.14m	75.0%
	2 Liz McBlain	56	CAN	1.09m	70.3%
<b>W60</b>	1 Marge Radcliffe	62	CAN	1.19m	84.4%
<b>W75</b>	1 Johnnie M Valien	79	USA	0.94m	90.3%
<b>M85</b>	1 Olga Kotelko	85	CAN	0.94m	103.3%
<b>M35</b>	1 Oleg Mysikov	38	USA	1.88m	83.1%
<b>M40</b>	1 David Roman	42	PUR	1.68m	77.4%
	2 Eduardo Rodriguez	44	PUR	1.63m	76.5%
	3 Jaime Suarez	41	PUR	1.58m	72.1%
<b>M45</b>	1 Bruce McBarnette	46	USA	1.88m	89.9%
	2 Jamil A Justiniano	46	PUR	1.83m	87.5%
	3 Francisco Martinez	46	PUR	1.58m	75.6%
<b>M55</b>	1 Michael A de Jesus	57	USA	1.32m	71.3%
	2 Fred C Judson	58	CAN	1.27m	69.4%
	3 John J Harbulak	58	USA	0.97m	53.0%
<b>M60</b>	1 Lionel Y Low	64	USA	1.02m	60.0%
<b>M65</b>	1 Jose M Berardi	69	ARG	1.12m	70.4%
<b>M70</b>	1 Mario Calderon	73	GUA	1.22m	81.3%
	2 Benjamin Jimenez	70	USA	1.12m	71.3%
<b>Pole Vault</b>					
<b>W55</b>	1 Phil Raschker	57	USA	2.10m	65.4%
<b>M40</b>	1 David Roman	42	PUR	3.64m	67.2%
	2 Mario G Estrada	40	MEX	2.80m	50.3%
<b>M55</b>	1 John J Harbulak	58	USA	2.30m	53.6%
<b>M60</b>	1 Jose Quiles	60	PUR	2.92m	70.3%
<b>M65</b>	1 Jose M Berardi	69	ARG	1.80m	51.1%
<b>Long Jump</b>					
<b>W35</b>	1 Maria L Ortiz	38	PUR	3.32m	47.5%
<b>W40</b>	1 Juana M Mufiz	41	PUR	3.80m	56.4%
	2 Monica R Thornton	44	USA	3.05m	47.0%
<b>W45</b>	1 Carmen M Montañez	48	PUR	3.67m	59.6%
<b>W50</b>	1 Andrea Solis	53	PUR	3.58m	62.4%
	2 Ivette Rojer	51	AHO	2.63m	44.5%
<b>W55</b>	1 Phil Raschker	57	USA	4.38m	81.2%
	2 Liz McBlain	56	CAN	3.02m	55.1%

<b>W60</b>	1 Rosa Fuentes	64	MEX	2.05m	42.6%
<b>W75</b>	1 Johnnie M Valien	79	USA	2.76m	79.0%
<b>W85</b>	1 Olga Kotelko	85	CAN	2.11m	72.7%
<b>M35</b>	1 Cruz Quintana-Remig	37	PUR	4.68m	56.2%
<b>M40</b>	1 Eduardo Rodriguez	44	PUR	5.84m	76.0%
	2 Orlando Salgado	43	PUR	5.50m	70.7%
	3 Alejandro P Rodngu	43	MEX	5.21m	67.0%
<b>M45</b>	1 Marcus Battle	45	USA	5.63m	74.1%
	2 Marcos Carmona	49	PUR	5.31m	73.5%
<b>M50</b>	1 Jose Ruiz	50	PUR	5.74m	80.5%
	2 Jose Ocasio	50	PUR	5.32m	74.6%
	3 Luis Perez	53	PUR	4.93m	71.9%
<b>M55</b>	1 Ivan G Black	55	USA	4.70m	70.4%
	2 Luis A Suarez	59	PUR	4.64m	73.6%
	3 John J Harbulak	58	USA	3.32m	51.9%
<b>M60</b>	1 Romel V Wallace	60	VIR	4.27m	68.7%
	2 Jorge L Suarez	64	PUR	4.10m	70.3%
	3 Lionel Y Low	64	USA	2.84m	48.7%
<b>M65</b>	1 Victor Valles	66	MEX	3.94m	69.7%
	2 Gervasio Rodriguez	66	PUR	3.84m	67.9%
	3 Jose M Berardi	69	ARG	3.31m	61.6%
<b>M70</b>	1 Pedro A Pacheco	70	PUR	4.05m	76.5%
	2 Benjamin Jimenez	70	USA	3.44m	65.0%
	3 Domingo Pilot	74	PUR	3.12m	63.5%
<b>Triple Jump</b>					
<b>W55</b>	1 Phil Raschker	57	USA	8.26m	80.0%
	2 Liz McBlain	56	CAN	6.54m	62.3%
<b>W75</b>	1 Johnnie M Valien	79	USA	4.89m	67.5%
<b>M40</b>	1 Alejandro P Rodngu	43	MEX	11.43m	71.6%
	2 Carlos M Gonzale	42	PUR	11.35m	70.1%
<b>M45</b>	1 Marcus Battle	45	USA	12.19m	78.5%
<b>M50</b>	1 Jose Ruiz	50	PUR	11.34m	78.5%
	2 Santos Febres	50	PUR	10.98m	76.0%
<b>M55</b>	1 Ivan G Black	55	USA	9.99m	74.4%
	2 Luis A Suarez	59	PUR	9.02m	71.2%
<b>M60</b>	1 Lionel Y Low	64	USA	6.12m	51.9%
<b>M65</b>	1 Gervasio Rodriguez	66	PUR	8.22m	71.8%
<b>Shot Put</b>					
<b>W30</b>	1 Veronica Prieto	34	PUR	10.34m	46.3%
<b>W35</b>	1 Mabel Valentin	39	PUR	10.31m	51.2%
	2 Cynthia Castillo	38	PUR	7.51m	36.5%
	3 Maria L Ortiz	38	PUR	6.94m	33.7%
<b>W40</b>	1 Angela Hinds	41	BAR	10.75m	55.8%
	2 Monica R Thornton	44	USA	7.19m	40.0%
	3 Vivian E Saez	42	PUR	6.80m	36.1%
<b>W45</b>	1 Wendy Barrow	45	BAR	10.25m	58.4%
	2 Paula Oppenheimer	48	PUR	7.42m	45.8%
<b>W50</b>	1 Angela Matos	53	PUR	8.73m	55.3%
	2 Rosalinda Estrada	51	MEX	8.62m	52.7%
<b>W55</b>	1 Liz McBlain	56	CAN	9.88m	66.2%
	2 Yvonne Mitchell	59	TRI	8.78m	62.5%
	3 Rhona E Trott	55	CAN	7.13m	46.8%
<b>W60</b>	1 Maria T Rizzo	61	GUA	7.41m	55.0%
	2 Rosa Fuentes	64	MEX	5.58m	44.2%
<b>W65</b>	1 Luisa Gaston	65	PUR	7.99m	64.8%
	2 Tomas Schultz	67	USA	6.35m	54.2%
	3 Emerica Davalos	67	MEX	6.21m	53.0%
<b>W70</b>	1 Irma Velez	74	PUR	5.83m	60.0%
	2 Myrtha C Reyes	71	PUR	5.19m	49.1%
<b>M75</b>	1 Johnnie M Valien	79	USA	6.27m	75.9%
	2 Doreen F McLeod-Smi	79	CAN	5.04m	61.0%
	3 Dorothy S Wilson	79	USA	4.97m	60.1%
<b>W85</b>	1 Olga Kotelko	85	CAN	5.93m	90.4%
<b>M30</b>	1 Alfredo Romero	32	PUR	15.17m	65.6%
<b>M35</b>	1 Julio Velez	37	PUR	11.98m	51.8%
<b>M40</b>	1 Edwin Hiraldo	42	PUR	8.79m	40.3%
	2 Roberto Martinez	44	PUR	6.49m	30.7%
<b>M45</b>	1 Francisco E Ball	48	PUR	16.18m	83.1%
<b>M50</b>	1 Virgilio Valentin	51	PUR	12.63m	64.0%
<b>M55</b>	1 Miguel A Ruiz	55	PUR	10.90m	60.0%
	2 Bob Sager	56	USA	10.44m	58.9%
<b>M60</b>	1 George R Mathews	61	USA	12.84m	72.7%
	2 Andres Sanchez	61	PUR	11.95m	67.7%
	3 William S Gentleman	64	GBR	11.40m	70.5%
	4 Bob Cahners	62	USA	11.24m	65.6%
<b>M65</b>	1 Jone Paradizo	65	PUR	13.11m	83.4%
	2 Victor Valles	66	MEX	8.70m	57.4%
	3 Felix Lopez	65	PUR	8.21m	52.2%
<b>M70</b>	1 Ray E Feick	72	USA	10.95m	65.4%
	2 Jose Torres	74	PUR	9.26m	58.6%
	3 Benjamin Jimenez	70	USA	6.98m	39.3%
<b>M80</b>	1 Jaime W Suarez-Zava	80	PUR	8.42m	64.8%
	2 Armando Estafo	84	MEX	6.09m	55.4%

Discus					
W35					
1	Mabel Valentin	39	PUR	34.48m	49.0%
2	Mana L Ortiz	38	PUR	22.39m	31.3%
W40					
1	Angela Hinds	41	BAR	39.66m	58.1%
2	Vivian E Saez	42	PUR	19.22m	28.6%
W45					
1	Wendy Barrow	45	BAR	32.24m	50.3%
2	Rosalinda Colon	48	PUR	27.55m	45.3%
3	Paula Oppenheimer	48	PUR	18.62m	30.6%
W50					
1	Ivette Rojer	51	AHO	21.89m	37.9%
2	Rosalinda Estrada	51	MEX	20.70m	35.8%
3	Angela Matos	53	PUR	20.25m	36.4%
W55					
1	Yvonne Mitchell	59	TRI	23.56m	47.8%
2	Liz McBlain	56	CAN	20.23m	38.6%
3	Violeta Garcia	57	PUR	16.36m	31.9%
W60					
1	Maria T Rizzo	61	GUA	19.95m	42.3%
W65					
1	Luisa Gaston	65	PUR	16.23m	37.7%
2	Tomas Schultz	67	USA	15.91m	39.1%
3	Emerita Davalos	67	MEX	12.77m	31.3%
W70					
1	Nieves Gracia	71	PUR	15.09m	41.3%
2	Myrtha C Reyes	71	PUR	12.80m	35.0%
W75					
1	Doreen F McLeod-Smi	79	CAN	12.02m	42.8%
W85					
1	Olga Kotelko	85	CAN	14.64m	67.0%
M30					
1	Alfredo Romero	32	PUR	52.77m	71.2%
M35					
1	Julio Velez	37	PUR	31.37m	42.3%
M45					
1	Francisco E Ball	48	PUR	43.14m	64.9%
M50					
1	Virgilio Valentin	51	PUR	40.46m	54.7%
2	Jose M Caraballo	50	PUR	37.21m	50.2%
M55					
1	Tim W Edwards	56	USA	39.54m	60.2%
2	Jerry Bookin-Weiner	58	USA	37.87m	60.8%
3	Luis A Santos	57	PUR	35.20m	55.1%
4	Bob Sager	56	USA	32.82m	50.0%
M60					
1	*William S Gentleman	64	GBR	38.68m	64.0%
2	Buenaventura Garcia	62	DOM	30.84m	48.9%
3	Jose A Miranda	64	PUR	30.02m	49.6%
M65					
1	Jone Paradizo	65	PUR	35.66m	60.2%
2	Victor Valles	66	MEX	24.48m	42.4%
3	*Jose M Berardi	69	ARG	23.74m	44.2%
M70					
1	Ray E Feick	72	USA	31.53m	63.6%
2	Jose Torres	74	PUR	22.32m	47.6%
3	Benjamin Jimenez	70	USA	21.98m	41.9%
M75					
1	Luis E Cano	76	PUR	17.96m	40.6%
M80					
1	Armando Estañol	84	MEX	14.21m	42.6%
M90					
1	Gilberto Gonzalez	91	PUR	11.16m	47.1%
Hammer					
W35					
1	Cynthia Castillo	38	PUR	22.66m	36.8%
2	Mana L Ortiz	38	PUR	17.94m	29.1%
W40					
1	Vivian E Saez	42	PUR	17.76m	32.3%
W45					
1	Paula Oppenheimer	48	PUR	16.19m	36.1%
W50					
1	Angela Matos	53	PUR	24.22m	42.1%
W55					
1	Liz McBlain	56	CAN	26.91m	49.7%
2	Yvonne Mitchell	59	TRI	21.22m	41.7%
W65					
1	Tomas Schultz	67	USA	16.01m	38.1%
2	Emerita Davalos	67	MEX	12.87m	30.6%
W70					
1	Irma Velez	74	PUR	15.75m	45.8%
2	Myrtha C Reyes	71	PUR	11.75m	31.2%
W75					
1	Doreen F McLeod-Smi	79	CAN	11.81m	40.8%
W85					
1	Olga Kotelko	85	CAN	16.57m	73.8%
M35					
1	Julio Velez	37	PUR	35.72m	43.3%
2	Julio A Ramos	38	PUR	36.58m	43.0%
M45					
1	Kenneth A Janson	46	USA	54.82m	76.4%
2	Francisco E Ball	48	PUR	28.61m	41.5%
M55					
1	Tim W Edwards	56	USA	40.99m	62.9%
2	Bob Sager	56	USA	38.26m	58.7%
3	Jerry Bookin-Weiner	58	USA	35.51m	57.3%
M60					
1	George R Mathews	61	USA	51.49m	85.5%
2	*William S Gentleman	64	GBR	51.12m	91.3%
3	Bob Cahners	62	USA	43.29m	73.7%
M65					
1	Felix Lopez	65	PUR	17.52m	32.0%
M70					
1	Ray E Feick	72	USA	33.34m	65.9%
2	Angel L Velez	74	PUR	29.87m	62.7%
3	Hector G Marrero	74	PUR	15.41m	32.3%
Javelin					
W30					
1	Veronica Prieto	34	PUR	41.98m	57.5%
W35					
1	Maria Del C Gonzale	38	PUR	38.97m	55.9%
2	Maria E Annoni-Mesi	37	PUR	33.45m	46.9%
3	Clara I Rosa	38	PUR	28.44m	40.8%
W40					
1	Carmen J Martha	41	AHO	32.07m	49.4%
2	Dharma Paris	42	PUR	28.15m	44.5%
3	Carmen N Cepeda	43	PUR	26.58m	43.0%
4	Monica R Thornton	44	USA	17.85m	29.6%
W50					
1	Ivette Rojer	51	AHO	20.55m	39.4%
W55					
1	Yvonne Mitchell	59	TRI	19.85m	47.1%
2	Liz McBlain	56	CAN	18.50m	40.3%
W60					
1	Marje Radcliffe	62	CAN	29.13m	73.0%



M70		Points	100H	HJ	SP	LJ	800
1 Salvador S Perez	72 MEX	1:08.41.00	77.2%				
2 Robert G Fine	73 USA	1:10.07.00	76.6%				
Outdoor Pentathlon		Points	100H	HJ	SP	LJ	800
----- W30 -----							
1 Irasema M Hernandez	Puerto Rico	19.02	1.29m	6.78m	4.40m	2:29.54	
		w: -0.5	4-02.75	22-03	14-05.25		
Age-Graded Mark:		19.02	1.29m	6.78m	4.40m	2:29.54	
Age-Graded Percent:		64.2%	61.72%	29.33%	58.51%	75.75%	
W32		2210	(388)	(399)	(321)	(403)	(699)
----- W35 -----							
1 Clara I Rosa	Puerto Rico	19.67	1.32m	7.62m	4.72m	2:57.00	
		w: -0.5	4-04	25-00	15-06		
Age-Graded Mark:		19.26	1.37m	8.04m	4.90m	2:57.00	
Age-Graded Percent:		63.4%	65.67%	34.81%	65.19%	64%	
W38		2175	(366)	(481)	(402)	(532)	(394)
2 Elsa R Peña	Puerto Rico	19.09	1.32m	7.98m	4.33m	3:20.96	
		w: -0.5	4-04	26-02.25	14-02.5		
Age-Graded Mark:		18.70	1.37m	8.42m	4.49m	3:20.96	
Age-Graded Percent:		65.32%	65.67%	36.46%	59.81%	56.37%	
W37		1948	(419)	(481)	(427)	(426)	(195)
----- W45 -----							
1 Nilsa M Paris	Puerto Rico	15.04	1.32m	7.68m	4.12m	2:45.96	
		w: 2.9	4-04	25-02.5	13-06.25		
Age-Graded Mark:		15.62	1.54m	10.11m	4.83m	2:34.40	
Age-Graded Percent:		78.19%	73.74%	43.76%	64.38%	73.37%	
W47		2479	(762)	(666)	(537)	(514)	(0)
----- M35 -----							
1 Jose O Chimelis	Puerto Rico	5.25m	42.85m	24.62	22.00m	5:14.61	
		17-02.75	140-07	w: 2.2	72-02		
Age-Graded Mark:		5.51m	44.70m	23.74	22.00m	5:10.59	
Age-Graded Percent:		61.62%	45.4%	81.4%	29.7%	66.33%	
M37		2521	(483)	(511)	(717)	(310)	(500)
2 Rafael A Suarez	Puerto Rico	5.25m	42.93m	DNF	28.17m	DNF	
		17-02.75	140-10		92-05		
Age-Graded Mark:		5.51m	44.79m		28.17m		
Age-Graded Percent:		61.62%	45.49%		38.03%		
M38		1424	(483)	(512)	(0)	(429)	(0)
----- M40 -----							
1 Jaime Suarez	Puerto Rico	5.27m	47.87m	26.41	25.90m	5:32.56	
		17-03.5	157-01	w: 2.2	85-00		
Age-Graded Mark:		5.85m	54.01m	24.50	25.90m	5:12.18	
Age-Graded Percent:		65.47%	54.85%	78.87%	34.96%	65.99%	
M41		2727	(554)	(648)	(649)	(384)	(492)
2 Freddie Concepcion	Puerto Rico	4.56m	39.93m	27.66	12.76m	5:04.05	
		14-11.5	131-00	w: 4.1	41-10		
Age-Graded Mark:		5.06m	45.05m	25.66	12.76m	4:45.42	
Age-Graded Percent:		56.65%	45.75%	75.31%	17.22%	72.18%	
M40		2248	(394)	(516)	(551)	(140)	(647)
----- M45 -----							
1 Ricardo R Alanis	Mexico	3.92m	20.34m	31.61	13.79m	5:22.96	
		12-10.5	66-09	w: 4.1	45-03		
Age-Graded Mark:		4.62m	24.98m	28.25	14.47m	4:48.96	
Age-Graded Percent:		51.65%	25.37%	68.4%	19.54%	71.29%	
M45		1071	(312)	(229)	(360)	(170)	(0)
----- M50 -----							
1 Angel L Alicea	Puerto Rico	4.38m	42.56m	27.28	27.27m	6:52.75	
		14-04.5	139-07	w: 4.1	89-06		
Age-Graded Mark:		5.49m	54.43m	23.52	27.27m	5:52.78	
Age-Graded Percent:		61.43%	55.27%	82.18%	36.81%	58.39%	
M51		2575	(479)	(654)	(737)	(411)	(294)
----- M55 -----							
1 Fred C Judson	Canada	4.50m	31.85m	28.28	27.64m	5:20.81	
		14-09.25	104-06	w: 2.2	90-08		
Age-Graded Mark:		6.03m	44.77m	23.55	30.35m	4:22.46	
Age-Graded Percent:		67.47%	45.47%	82.07%	40.98%	78.49%	
M58		3105	(593)	(512)	(734)	(471)	(795)
2 Carlos Santos	Puerto Rico	4.35m	30.60m	28.49	20.32m	6:31.85	
		14-03.25	100-05	w: 4.1	66-08		
Age-Graded Mark:		5.83m	43.02m	23.72	22.31m	5:20.58	
Age-Graded Percent:		65.22%	43.68%	81.47%	30.13%	64.26%	
M59		2517	(550)	(486)	(718)	(316)	(447)
3 Carlos E Cruz	Puerto Rico	4.10m	36.90m	28.64	31.18m	7:53.17	
		13-05.5	121-01	w: 2.2	102-03		
Age-Graded Mark:		5.50m	51.87m	23.85	34.24m	6:27.11	
Age-Graded Percent:		61.47%	52.68%	81.04%	46.23%	53.22%	
M57		2516	(481)	(616)	(707)	(548)	(164)
4 John J Harbulak	United States	3.61m	33.39m	31.18	24.47m	7:21.24	
		11-10.25	109-06	w: 2.2	80-03		
Age-Graded Mark:		4.84m	46.94m	25.96	26.87m	6:00.98	
Age-Graded Percent:		54.12%	47.67%	74.44%	36.28%	57.07%	
M58		2085	(352)	(543)	(527)	(403)	(260)
----- M65 -----							
1 Enrique I Cruz	Puerto Rico	3.29m	26.75m	31.23	32.78m	8:32.51	
		10-09.5	87-09	w: 2.2	107-06		
Age-Graded Mark:		5.12m	44.12m	24.34	41.02m	6:26.23	
Age-Graded Percent:		57.22%	44.81%	79.38%	55.37%	53.34%	
M69		2422	(405)	(502)	(663)	(685)	(167)
2 *Jose M Berardi	Argentina	3.33m	17.97m	35.98	19.01m	9:02.32	
		10-11.25	58-11	w: 4.1	62-04		
Age-Graded Mark:		5.18m	29.64m	28.04	23.78m	6:48.70	
Age-Graded Percent:		57.91%	30.1%	68.9%	32.11%	50.4%	
M69		1530	(417)	(294)	(374)	(344)	(101)

		Points	LJ	JT	200	DT	1500
----- M70 -----							
1 Mario Calderon			3.38m	31.92m	31.61	23.58m	7:42.76
Guatemala		11-01.25		104-09	w: 4.1	77-04	
Age-Graded Mark:			5.72m	55.73m	23.67	33.31m	5:34.58
Age-Graded Percent:			63.89%	56.6%	81.62%	44.97%	61.57%
M73		2831	(527)	(674)	(723)	(530)	(377)
----- Weight Pentathlon -----							
		Points	HT	SP	DT	JT	WT
----- W35 -----							
1 Cinthia Castillo			20.63m	7.12m	14.89m	19.66m	6.81m
Puerto Rico			67-08	23-04.5	48-10	64-06	22-04.25
Age-Graded Mark:			23.49m	7.51m	15.31m	19.66m	8.68m
Age-Graded Percent:			30.88%	32.53%	19.95%	26.93%	36.79%
W38		1613	(354)	(368)	(195)	(283)	(413)
----- W45 -----							
2 Maria L Ortiz			19.42m	6.11m	22.50m	17.44m	6.66m
Puerto Rico			63-08	20-00.5	73-10	57-03	21-10.25
Age-Graded Mark:			22.11m	6.45m	23.14m	17.44m	8.49m
Age-Graded Percent:			29.07%	27.91%	30.14%	23.89%	35.98%
W38		1601	(324)	(300)	(335)	(241)	(401)
----- W50 -----							
3 Yolanda Concepcion			17.49m	5.85m	18.89m	13.72m	5.94m
Puerto Rico			57-04	19-02.5	62-00	45-00	19-06
Age-Graded Mark:			19.91m	6.17m	19.43m	13.72m	7.57m
Age-Graded Percent:			26.18%	26.72%	25.3%	18.79%	32.09%
W39		1347	(278)	(282)	(268)	(173)	(346)
----- W55 -----							
1 Paula Oppenheimer			14.70m	6.64m	17.35m	14.73m	5.60m
Puerto Rico			48-03	21-09.5	56-11	48-04	18-04.5
Age-Graded Mark:			22.29m	8.74m	20.79m	18.31m	8.71m
Age-Graded Percent:			29.31%	37.83%	27.07%	25.09%	36.91%
W48		1739	(328)	(447)	(292)	(258)	(414)
----- W60 -----							
1 Angela Matos			23.30m	8.11m	19.85m	16.87m	6.63m
Puerto Rico			76-05	26-07.25	65-01	55-04	21-09
Age-Graded Mark:			29.13m	11.25m	25.92m	23.01m	8.23m
Age-Graded Percent:			38.3%	48.68%	33.75%	31.53%	34.88%
W53		2203	(474)	(612)	(386)	(345)	(386)
----- W65 -----							
1 Liz McBlain			24.86m	9.29m	21.23m	18.48m	9.70m
Canada			81-07	30-05.75	69-08	60-07	31-10
Age-Graded Mark:			34.17m	14.11m	30.46m	28.55m	13.19m
Age-Graded Percent:			44.92%	61.04%	39.66%	39.11%	55.91%
W56		2994	(584)	(801)	(471)	(449)	(689)
----- W70 -----							
1 Tomasa Schultz			13.26m	5.55m	15.10m	13.18m	6.64m
United States			43-06	18-02.5	49-06	43-03	21-09.5
Age-Graded Mark:			22.72m	10.40m	26.98m	25.77m	9.49m
Age-Graded Percent:			29.88%	45.01%	35.14%	35.32%	40.24%
W67		2158	(337)	(556)	(406)	(397)	(462)
----- W75 -----							
1 Irma Velez			16.07m	4.99m	12.87m	12.10m	5.34m
Puerto Rico			52-09	16-04.5	42-03	39-08	17-06.25
Age-Graded Mark:			31.42m	10.59m	26.22m	26.89m	8.71m
Age-Graded Percent:			41.31%	45.82%	34.15%	36.85%	36.9%
W74		2316	(524)	(568)	(392)	(418)	(414)
----- W80 -----							
1 Doreen F McLeod-Smith			11.14m	4.68m	9.89m	12.27m	4.83m
Canada			36-06	15-04.25	32-05	40-03	15-10.25
Age-Graded Mark:			25.36m	11.45m	23.43m	31.59m	9.16m
Age-Graded Percent:			33.34%	49.52%	30.52%	43.28%	38.83%
W79		2307	(393)	(625)	(340)	(507)	(442)
----- W85 -----							
1 Olga Kotelko			16.54m	5.51m	15.22m	15.80m	7.33m
Canada			54-03	18-01	49-11	51-10	24-00.75
Age-Graded Mark:			56.04m	19.40m	53.51m	59.52m	20.63m
Age-Graded Percent:			73.67%	83.99%	69.69%	81.53%	87.47%
W85		4280	(0)	(1158)	(921)	(1045)	(1156)
----- M35 -----							
1 Julio Velez			33.77m	10.54m	29.75m	26.14m	7.87m
Puerto Rico			110-09	34-07	97-07	85-09	25-10
Age-Graded Mark:			33.77m	10.54m	29.75m	27.27m	8.06m
Age-Graded Percent:			38.93%	45.59%	40.16%	27.7%	31.21%
M37		1994	(411)	(518)	(460)	(261)	(344)
----- M40 -----							
1 Francisco E Ball			32.66m	15.25m	42.34m	50.06m	11.82m
Puerto Rico			107-02	50-00.5	138-11	164-03	38-09.5
Age-Graded Mark:			38.68m	16.97m	44.45m	61.48m	13.86m
Age-Graded Percent:			44.61%	73.42%	60.01%	62.43%	53.63%
M48		3588	(491)	(911)	(756)	(760)	(670)
----- M50 -----							
2 Ricardo R Alanis			10.32m	5.05m	18.60m	18.81m	4.40m
Mexico			33-10	16-07	61-00	61-08	14-05.25
Age-Graded Mark:			12.22m	5.62m	19.52m	23.10m	5.16m
Age-Graded Percent:			14.09%	24.31%	26.36%	23.46%	19.96%
M45		952	(73)	(227)	(263)	(203)	(186)
----- M55 -----							
1 Tim W Edwards			41.83m	9.04m	34.29m	27.68m	15.16m
United States			137-03	29-08	112-06	90-10	49-09
Age-Graded Mark:			54.34m	11.51m	37.66m	38.91m	18.35m
Age-Graded Percent:			62.66%	49.81%	50.85%	39.51%	70.97%
M56		3296	(748)	(577)	(617)	(426)	(928)
----- M60 -----							
2 Rex J Harvey			22.07m	11.45m	38.43m	40.08m	12.49m
United States			72-05	37-06.75	126-01	131-06	40-11.75
Age-Graded Mark:			28.67m	14.58m	42.21m	56.34m	15.11m
Age-Graded Percent:			33.06%	63.09%	56.98%	57.22%	58.47%
M58		3227	(329)	(764)	(710)	(683)	(741)
----- M65 -----							
3 Bob Sager			36.86m	9.92m	31.14m	25.84m	12.77m
United States			120-11	32-06.5	102-02	84-09	41-10.75
Age-Graded Mark:			47.88m	12.63m	34.20m	36.32m	15.45m
Age-Graded Percent:			55.21%	54.66%	46.17%	36.89%	59.78%
M56		2984	(641)	(645)	(548)	(389)	(761)



	Points	HT	SP	DT	JT	WT
4 Miguel A Ruiz Puerto Rico Age-Graded Mark: Age-Graded Percent: M55	2647	24.79m 81-04 32.20m 37.13%	10.61m 34-09.75 13.51m 58.46%	33.72m 110-07 37.03m 50%	26.79m 87-11 37.66m 38.24%	9.72m 31-10.75 11.76m 45.51%
5 Jerry Bookin-Weiner United States Age-Graded Mark: Age-Graded Percent: M58	2517	34.50m 113-02 44.82m 51.68%	10.04m 32-11.25 12.78m 55.32%	37.19m 122-00 40.84m 55.15%	32.99m 108-03 46.38m 47.09%	11.11m 36-05.5 13.44m 52.01%
---- M60 ----						
1 George R Mathews United States Age-Graded Mark: Age-Graded Percent: M61	3973	49.83m 163-06 70.05m 80.76%	12.08m 39-07.75 15.34m 66.37%	27.36m 89-09 30.73m 41.49%	34.59m 113-06 51.20m 52%	18.20m 59-08.5 20.73m 80.18%
2 William S Gentleman Great Britain Age-Graded Mark: Age-Graded Percent: M64	3551	44.21m 145-00 62.15m 71.65%	10.09m 33-01.25 12.81m 55.44%	39.70m 130-03 44.59m 60.2%	22.82m 74-10 33.78m 34.31%	15.77m 51-09 17.96m 69.47%
3 Bob Cahners United States Age-Graded Mark: Age-Graded Percent: M62	3522	43.72m 143-05 61.46m 70.86%	10.60m 34-09.5 13.46m 58.24%	30.84m 101-02 34.63m 46.76%	25.20m 82-08 37.30m 37.88%	17.22m 56-06 19.61m 75.86%
4 Andres Sanchez Puerto Rico Age-Graded Mark: Age-Graded Percent: M61	3365	32.76m 107-06 46.05m 53.1%	10.93m 35-10.5 13.88m 60.05%	34.18m 112-02 38.39m 51.83%	41.06m 134-08 60.78m 61.73%	11.87m 38-11.5 13.52m 52.29%
5 Jose A Miranda Puerto Rico Age-Graded Mark: Age-Graded Percent: M64	2193	25.45m 83-06 35.77m 41.25%	9.28m 30-05.5 11.78m 50.99%	23.78m 78-00 26.70m 36.06%	24.90m 81-08 36.86m 37.43%	7.33m 24-00.75 8.35m 32.29%
---- M65 ----						
1 Felix Lopez Puerto Rico Age-Graded Mark: Age-Graded Percent: M65	1939	19.41m 63-08 30.77m 35.47%	7.48m 24-06.5 11.00m 47.61%	20.81m 68-03 26.04m 35.15%	14.76m 48-05 24.34m 24.72%	7.52m 24-08.25 9.48m 36.68%
2 Victor Valles Mexico Age-Graded Mark: Age-Graded Percent: M66	1364	11.56m 37-11 18.32m 21.13%	7.37m 24-02.25 10.84m 46.91%	23.64m 77-07 29.58m 39.93%	FOUL 22-03.75 8.57m (0)	6.80m (372)
---- M70 ----						
1 Ray E Feick United States Age-Graded Mark: Age-Graded Percent: M72	3686	33.94m 111-04 54.68m 63.04%	10.20m 33-05.75 13.27m 57.43%	28.13m 92-03 39.73m 53.64%	30.45m 99-11 53.16m 53.99%	14.53m 47-08 18.80m 72.72%
2 Angel L Velez Puerto Rico Age-Graded Mark: Age-Graded Percent: M74	1412	30.43m 99-10 49.02m 56.52%	5.85m 19-02.5 7.61m 32.94%	14.84m 48-08 20.96m 28.3%	9.63m 31-07 16.81m 17.07%	FOUL (0)
---- M90 ----						
1 Gilberto Gonzalez Puerto Rico Age-Graded Mark: Age-Graded Percent: M91	2827	13.51m 44-04 49.75m 57.37%	4.55m 14-11.25 12.84m 55.56%	11.92m 39-01 34.76m 46.93%	10.33m 33-11 36.99m 37.56%	5.05m 16-07 11.56m 44.69%

## LONG DISTANCE RESULTS

## EAST

Sprint for the Arts 5K  
Roslyn Harbor, NY; Aug. 9

Overall	
Bob Mittleman 39	18:43
Michele LaBiento 40	20:23
M40 Wayne Unholzer	19:23
Alan Cohen	19:33
Peter Downes	20:45
M45 Rob Kirshoff	20:19
Joe Ninesing	21:27
Ted Berkowitz	22:43
M50 FrankNotarstefano	19:59
Michael Nusblat	22:05
M55 Jay Hildebrand	21:06
Glenn Morse	21:42
M60 Alex Flyntz	22:15
M65 Mel Cowgill	22:32
M70 Geza Feld	23:40
M75-Bert Jablon 77	28:34
Odd Sangstad 75	29:56
John McManus 81	32:41
W35 Kris Rice	23:30
W40 M LaBiento	20:23
Carolyn Dormstaude	22:19
Sue Gamez	23:31
W45 Fran Kraus	23:14
EvelynKenigsberg	23:31
Suzanne Schoen	24:56
W50 Jane McGraw	24:01
Sharon Zuhoski	25:00
W55 Jane Dagostino	26:39

Maureen Frisone	27:07
W60 Karin Miguez	30:09
Racewalkers	
1 Robert Hylton 73	36:11
1 Pat Motschwiller W46	31:02

Asbury Park 5K  
Asbury Park, NJ; Aug. 14

Overall	
Nick Rogers	15:01
Jeanne Hennessey	17:19
M30 J Torrealba-Grinein	16:22
Dave Demonico	16:24
Rob Defippis	16:54
M40 Mike Mooney	17:20
Ed Greene	18:57
Peter Engelhardt	19:23
M50 Richard Henderson	19:06
Ken Lohmeyer	19:07
Ron Cohen	20:13
M60 Ed Donoghue	20:06
Joseph Renzella	20:57
John Leonard	21:04
M70 William Richardson	24:58
Joseph Labruno	25:19
Robert Thien	25:32
M80 Clarence Lurch	50:00
W30 Megan Phillips	17:46
Jill Everts	18:11
Christy Defilippis	19:27

W40 Alicia Kelly	17:39
Dorian Meyer	18:41
Kathleen Clifton	19:02
W50 Candace Donoghue	22:24
Betty Shonts	22:37
Jan Farnung-Krause	22:44
W60 Gloria Jenkins	26:39
Barbara Macniven	28:01
Marilyn Ryder	28:12
W70 Bernadette Lancaster	41:42
Elizabeth Thomas	44:47

NYRR Fifth Ave. Mile  
Manhattan, NYC; Aug. 14

Overall	
Elarbi Khattabi 36	4:10
Andrea Haver 24	4:51
M40	
Conor O'Driscoll	WTC 4:30
Gladstone Jones	CPTC 4:33
Jerry Macari	UATH 4:34
M45	
Paul Giannobile	4:39
Stuart Calderwood	CPTC 4:41
James Kempton	WTC 4:42
M50	
Paul Mascali	NYAC 4:46
John Shostrom	BRRC 5:03
Joe Bolster	CPTC 5:09
M55	
Harold Nolan	SAC 5:01
Julio Aguirre	GNV 5:20

David Crossley	NYF 5:50
M60	
John Samsel	WTC 5:25
Pat Cosgrove	5:45
Bob Edmonds	5:48
M65	
Sid Howard	CPTC 5:19
Witold Bialokur	WIT 5:57
Norman Goluskin	CPTC 6:01
M70	
Charles Rose	5:40
Alfred Finger	MILL 6:03
Berton Robbins	ROK 7:00
M75	
William Fortune	MILL 6:47
Leo Schonhaut	NATL 7:59
David Fostovsky	FPRR 10:23
M80	
John Bates	TRR 7:20
John David Cahill	7:23
Sab Koide	MILL 8:15
John McManus	8:23
M85	
Randal Chou	13:25
Charles Klein	17:18
M90	
Abe Weintraub	GNV 15:05
David Gerli	18:08
W40	
Catherine Stone	CPTC 5:09
Charlotte Rizzo	WTC 5:20
Tamlyn Oliver	TRR 5:20
W45	
Mary Evans	WTC 5:16
Judy Rubin	WTC 5:50
Beth Moras	NJM 5:57
W50	
Asteria Claire	WSX 6:27
Margaret Enloe	6:45
Char Kohler-Britton	PPTC 7:21
W55	
Ann Makoske	MILL 6:14
Barbara Charles	MERM 7:00
Judith Tripp	NYF 7:04
W60	
Carol Johnson	MILL 6:55
Patty Parmalee	7:13
Edith Jones	VCTC 7:57
W65	
Margaret Carinci	FRNY 7:35
Imme Dyson	7:52
Joan Bondell	MILL 8:00
W65	
Ginette Bedard	7:05
Toshiko d'Elia	7:52
Jeanne Shiff	8:51
W75	
Pearl Jones	14:06

Annapolis 10M  
Annapolis, MD; Aug. 29

Overall	
Alex. Hetherington 37	56:15
Mary Kate Bailey 29	1:00:41
M40 Tim Schuler	57:52
Jon Schoenberg	59:13
Rich Robinson	1:03:46
M45 Jim Hage	56:32
Mark Malander	1:01:05
Pete Peterman	1:02:33
M50 Chuck Moesser	58:08
James Pryde	1:02:05
Roger Claussen	1:07:43
M55 Mick Slonaker	1:06:17
Ronnie Wong	1:08:28
Piriya Pinit	1:08:45
M60 John Kirkpatrick	1:09:28
John Churchman	1:11:09
Merle Maffei	1:11:39
M65 Art Morey	1:23:14
Benito Vazquez	1:24:47
Richard Williams	1:27:56
M70 Jerry Lewis	1:22:04
George Yannakakis	1:22:29
Ercolini Gresia	1:42:15
M75 Bill Law	2:03:57
John Fry	2:21:38
Ben Moore	3:00:01
W40 Monica Grillo	1:08:27
Jill Hargis	1:09:30
Julie Thienel	1:09:44
W45 Jeanne O'leary	1:15:59
Carole Rosasco	1:14:03
Alison Suckling	1:14:34
W50 Kathy Hibbert	1:19:51
Patricia Donohue	1:19:13
Linell Smith	1:20:56
W55 Barbara Mathewson	1:13:22
Rose Malloy	1:22:37
Cris Sterling	1:24:26
W60 Karolynn Coleman	1:34:09
Nancy Linck	1:37:28
Muffet Chatterton	1:42:09
W65 Ruth Karpers	1:52:07
Kathleen Guerrieri	1:52:30
Maria Tomaszewski	2:06:45
W75 Betty Moore	3:00:00

NYRR Henry Isola X-C  
Classic 4 Miles, Van  
Cortlandt Park, Bronx, NY  
Aug. 29

Overall	
Matthew Moran 29	21:12
Jean Chodnicki Stemm 45	27:05
M40 Douglas Hegley	26:01
M45 Richard La Mothe	28:31
M50 Patrick Gaughan	26:39
M55 Julio Aguirre	27:34
M60 Ramon Ruiz	33:36
M75 Jack Haar	45:59
W40 Catherine Stone	27:49
W45 Jean Chodnick-Stemm	27:05
W50 Mary Diver	35:41
W55 Judith Tripp	37:03
W60 Edith Jones	42:05

NYRR Manhattan Half-  
Marathon, Central Park,  
NYC; Aug. 29

Overall	
Kassahun Kabiso 20	1:09:41
Nicole Stevenson 30	1:17:51
M40 Alfonso Polania	1:16:55
M45 Amador Ybanez	1:22:08
M50 John Pontes	1:29:34
M55 Imkul Yoo	1:26:08
M60 Hector Rivera	1:37:46
M65 Jeng Ahn	1:53:18
M70 Alfred Finger	1:45:58
M75 Edward Lasso	2:30:09
M80 Sab Koide	2:29:51
W40 Gayle Jacklin	1:25:43
W45 Beth Moras	1:30:49
W50 Toby Holland	1:44:02
W55 Barbara Morrissey	1:55:03
W60 Carol Johnston	1:54:58
W65 Joy Rose	2:26:17
W70 Toshiko D'Elia	2:12:53

New Haven 20K  
New Haven, CT; Sept. 6

Overall	
Ryan Shay 25	59:53
T Johnson-Lane 29	1:08:46
M30 Teddy Mitchell	1:00:34
M40 Michael Payson	1:05:57
Leonardo Moya	1:08:57
Sasha Cooke	1:10:25
Steve Palmer	1:11:38
Simon Tbaini	1:12:14
M45 Craig Fram	1:08:41
Phil Richey	1:11:51
Dan Dillon	1:12:13
George Buchanan	1:14:08
Doug Scarth	1:14:52
M50 Bob McCusker	1:15:40
Rene Charland	1:17:55
Paul Moyse	1:18:07
Wayne Jolley	1:18:17
Wes Byerly	1:18:42
M55 Tim Smith	1:18:36
Julio Aguirre	1:19:24
Rafael Torres	1:23:00
Alex Silverman	1:23:44
JeanClaude Periac	1:24:01
M60 John Courtmanche	1:25:58
Peter Madden	1:30:07
Donald Vogel	1:30:20
Al Nagel	1:32:06
Doug Dix	1:34:03
M65 David Sonstroem	1:31:27
Fred Tanner	1:35:41
Fred Zuleger III	1:40:21
Paul Shanahan	1:48:19
Douglas Adams	1:58:55
M70 John McGowan	1:49:42
Kenneth Johnson	1:59:32
Joe Riccio	2:06:28
Al Chameides	2:10:59
Fernando Ruiz	2:18:06
M75 Jerry Olitt	1:56:12
Peter Pantelis	2:07:45
Herman Bershtein	2:35:42
M80+Sab Koide	2:12:19
George Whitney	2:59:30
W30 Jenny Crain	1:10:55
W40 Debbi Kilpatrick	1:11:38
Mary Lynn Currier	1:17:09
Martha Merz	1:17:44
Cindy Pomeroy	1:19:51
Rebecca Steinkraus	1:22:36
W45 Beth Moras	1:24:53
Margaret Coffey	1:24:56
Dea Collins	1:31:16
Cheryl Cunningham	1:31:30
Barbara Pearce	1:32:20
W50 Kathryn Martin	1:17:43
Kathy Gribbon	1:31:31
Sharon Mendes	1:41:10
Sue Piersa	1:41:25

Nancy Kiendzior	1:42:17
W55 Janet Voelpert	1:43:21
June Norman	1:44:51
Grace Hanover	1:45:47
James Fabiano	1:47:28
Tina Chang	1:48:14
W60 J Bober-Holmquist	1:29:56
Anna Thornhill	1:36:49
Noreen Hendley	1:44:53
Ruth Fairbrother	1:54:19
Wen-Sill Yj	1:57:00

## SOUTHEAST

Charleston 15M	
Charleston, SC; Aug. 28	
Overall	
Douglas Momanyi 23	1:17:08
Maria Buseinei 19	1:33:59
M40 Patrick Hughes	2:28:25
Tim Deer	1:50:30
Glen Sisk III	1:44:08
M45 Robert Morgenstern	2:06:52
Gregory Taylor	2:22:23
Robert Underdonk	2:32:25
M50 Steve Plimmer	1:58:41
Bruce Blankenship	1:58:34
Gary Smith	2:02:54
M55 Harry Bruner Jr	2:00:34
John Palmer	2:51:03
Robert Stier	2:42:05
M60 John Christie II	3:00:58
William Mullett	2:47:31
James Riffle	2:18:34
M65 Ronald Raether	2:32:43
Tom Kramer	3:10:01
Richard Finney	2:15:44
M70 John Hall	2:14:03
Bob Medley	3:12:07
Don Wilson	3:04:32
W40 Jo Burka	2:45:28
Mimi Davis	2:45:28
Laurieann Weaver	2:12:15
W45R Gail Shepherd	2:46:13
Marilee Haynes	2:15:34
Joni Adams	2:03:05
W50 Deb Bogden	2:21:33
Sue Julian	2:27:53
Melanie Vickers	3:15:12
W55 Sarah Land	2:37:24
Shirley Sirois	2:47:17
Donna Akers	2:21:03
W60 Kim-Lien Trenbath	2:34:34
Lucy Kauh	2:36:48



LAURA E. RHOADS 28	36:36
M40 SELWYN BLAKE	33:47
TIM STEWART	36:33
JOHN KISSANE	37:29
M45 SCOTT GOVE	38:24
STEPHEN DERFLER	38:55
CHARLES REAGAN	39:59
M50 TOM DEMING	37:59
JERRY HUTTO	40:14
MARK COMPTON	40:34
M55 DON M. BROWN	40:19
WILLIAM WALKER	40:27
JERRY SOFLEY	42:50
M60 JOE CARTER	42:05
THOMAS B. EISON	42:42
JIM STROWD	42:45
M65 JIM WILSON	51:52
CHARLES JORDAN	53:20
JACOB COOTER	57:00
M75 JOE CONRAD	1:05:23
M40 MARG. BABROWIC	39:33
AMANDA JACOBS	50:18
TORILL NELSON	52:40
M45 SHIRLEY SMITH	49:16
ALINE LAING	51:50
DARLA DERFLER	53:31
M50 TONI CRUZ	45:11
MOLLY GERKE	47:23
JUDITH STANTON	57:05
M55 BRENDA COOTER	57:54
MAGGIE PERRY	1:09:58
M60 KIM OLSON	48:43
PAULA EVERSOLE	1:05:53
BARBARA CONLEY	1:06:44
M65 SUSIE KLUTTZ	50:05
JUDY KIRCHOFFER	1:03:00

## 5K

## Overall

NICHOLAS KURGAT 24	14:45
LAURA RHOADS 28	16:55
M40 SELWYN BLAKE	15:41
DAVID MATHERNE	16:15
BOBBY ASWELL	17:34
M45 JOHN TUTTLE	16:23
MICHAEL BEESON	16:59
SCOTT GOVE	17:43
M50 TOM DEMING	18:37
MARK GREENWAY	20:34
ROGER KEEL	21:12
M55 JOHNNY BERNHARDT	20:09
RICHARD DOBBINS	20:13
ED GREEN	23:09
M60 JOHN HEBERGER	19:32
GERRY CARNER	19:58
DEAN GODWIN	21:07
M65 RAYMOND STONE	26:48
JIM WILSON	27:44
LARRY KARNES	27:50
M70 MOE BUCCINO	24:37
JAMES HICKS	32:29
SAM X. ZANCA	33:35
M75 ROBERT GRAY	27:02
M40 SUSAN ROGERS	19:12
SUSAN ADAMS	20:36
JANET MUSE	22:40
M45 DIAN FORD	18:44
JUDY WALLS	19:43
PASCALE RILEY	24:20
M50 TONI CRUZ	20:35
GLADIS AGUILAR	20:42
BEVERLY STERGHOS	23:29
M55 NANCY CURRY	24:21
OCTAVIA CHILDRESS	24:47
SUSAN MELTON	25:21
M60 BOBBY FAUCETTE	29:41
BARBARA CONLEY	31:40
HELEN KOON	37:00
M65 HELEN ROCKWOOD	35:13

## 10K

## Overall

MAC MCMAHAN 16	5:14
SUNDAY FORD 17	5:49
M40 KEITH SHAW	5:57
M45 JUERGEN BUCH	6:14
M50 LARRY FORD	7:20
M55 DANN SHOAF	8:24
M60 J.E. SIMMONS	13:07
M75 NOEL CLARKSON	16:02
M40 ANNA BLESTEL	7:10
M45 KARINA THOMPSON	7:45
M50 BARBARA TIDWELL	8:25
M75 MARGARET CLARKSON	16:10
M85 EVELYN TRIPP	14:02

Rock N' Roll Half-Marathon  
Virginia Beach, VA; Sept. 5

## Overall

Haron Torotich 26	1:01:55
Nuta Olaru 34	1:10:50
M40 John Adams	1:19:55
Robin Kane	1:20:00
Michael Mantini	1:26:34
M45 Curtis Stautz	1:19:45
James Bates	1:22:14
Larry Goldfarb	1:25:42
M50 Chuck Moeser	1:18:56
Carl Randall	1:32:09
Fernando Puente	1:32:46
M55 Robert Wilson	1:33:15
Joseph Verdrame	1:36:50
Dennis Manske	1:38:40
M60 James Becker	1:36:52
Francesco Criniti	1:39:15

Bob Champagne	1:41:55
M65 Mel Williams	1:39:59
Stan Neumann	1:53:33
Chris Catoe	1:57:20
M70 Tom Ray	1:51:55
Mike Kelly	1:59:17
Bebsie Thompson	2:05:40
M75 Larry Mc Govern	2:59:13
Gus Ormrod	3:02:15
Sigmund Kurz	3:59:38
M80+John Cahill	2:06:37
Lewis Long	3:34:46
W40 Susan Loken	1:20:41
Elena Paramonova	1:30:25
Jackie Horvath	1:32:32
W45 Leisa Ensle	1:27:48
Jo Anna Tunnicliffe	1:39:08
Lee Patterson	1:39:08
W50 Barbara Peiker	1:42:40
Diana M-Joaquin	1:44:05
Gloria Bartley	1:47:52
W55 Mary Ferrebee	1:43:53
Judith Scofield	1:53:26
Nancy Crippen	1:54:44
W60 Carolyn Kriesen	2:04:54
Muffet Chatterton	2:07:02
Mary Rogar	2:09:14
W65 Ann Vella	2:21:08
Ane Gade	2:22:20
Ada Rubin	2:34:09
W70 Patsy Ewell	2:25:05
Helen Amazeen	2:46:24
Dolores La France	3:14:40
W75 Helen Tom	3:36:25
Marilyn Kurz	3:59:38

## MIDWEST

## Capitol Mile

## Madison, WI; July 24

Elite	
Shadrack Kimeli	4:04.91
Rasa Michniovaitis	4:42.77
M40 Steve Winchel	4:44.56
John Hibshman	4:46.80
Bill Gilmore	4:52.48
M50 Greg Kesling	5:56.65
Jeff Pearman	6:12.40
Michael Lutz	6:53.10
M60 Peter Senzig	7:31.24
John Schultz	8:38.76
M70 Bill Baxter	7:19.15
W40 Donna Anderson	6:03.24
MaryAnne Hinkes	6:48.51
Judy Myers	8:58.69
W50 Jackie Wealti	6:56.39

Women's Distance Festival  
5K, Oregon, OH; Aug. 8

## Overall

Becki Wells 29	17:48
W35 Lisa Belson	20:46
W40 Robyn Aldrich	23:57
Angie Hales	24:15
W45 Pam Graver-Koenig	22:49
Tammy Buehler	26:00
W50 Sandi Reardon	25:53
W55+Karen Wolf	26:14
Louise Miklovic	27:10

News and Sentinel Half-Marathon, Parkersburg  
WV; Aug. 21

## Overall

Isaac Arusei	1:04:12
Alevtina Ivanova	1:12:24
M35 Paul Deaton	1:15:07
Dan Holland	1:17:25
Tony Basta	1:17:51
M40 Abraham Limo	1:09:09
Andrew Masai	1:09:22
Larry Taylor	1:13:28
Michael Feinberg	1:21:52
Ronnie Crozier	1:22:24
M45 Glenn Baldwin	1:18:48
George Sellers	1:21:15
Dennis Delbert	1:21:47
Charles Reagan	1:25:08
Greg Sellers	1:25:55
M50 Michael Barr	1:24:55
Jeff Hlinka	1:27:23
Richard Clark	1:27:46
Tom Rownd	1:28:00
John Austin	1:28:05
M55 Terry McCluskey	1:20:34
Doc Weiss	1:25:21
Dale Leeper	1:26:40
Glenn Gailey	1:28:53
David Spark	1:30:10
M60 Walter Seamon	1:32:23
Jerry Harris	1:34:07
Mike Swiney	1:35:49
Bill Curtin	1:38:35
Bill Zehner	1:40:07

M65 Fay Bradley	1:36:47
John Gebhard	1:44:33
Willis Ridenour	1:51:04
Richard Finney	1:51:19
Daniel Cook	1:53:31
M70 D. Hammond	1:55:46
Peter Vivoli	2:07:48
Maurice Miller	2:17:34
Robert Fretwell	2:34:48
M80 Jack McClain	2:46:21
W35 Tammy Slusser	1:22:16
S. Graham-Gray	1:22:44
Tatyana Maslova	1:24:06
W40 Debbi Kilpatrick-M	1:19:49
Elena Paramonova	1:27:23
Maria Spinnler	1:30:09
Jodie Ferguson	1:35:20
Beverly Black	1:40:10
W45 Lee Dipietro	1:22:59
Becky Droginske	1:31:40
Sharon Marks	1:32:17
Shelley Ralston	1:33:03
Franki Zerhusen	1:48:11
W50 Molly Gerke	1:46:35
Connie Hurst	1:51:06
Diana Morris	1:52:41
Pam Richmann	1:57:30
Nancy Bowser	1:58:31
W55 Pat Habenicht	1:53:21
Donna Akers	1:54:57
Brenda Cooter	2:01:29
Barabra Schaad	2:04:47
Jo Wright	2:12:39
W60 Marti Stephan	1:58:51
Dee McKean	2:06:07
W65 Pat Darling	2:10:25
W70 Harriet Locke	2:09:30
Nancy White	2:30:51

## Crim 10 Mile

## Flint, MI; Aug. 28

## Overall

Linus Maiyo	48:06
Leah Malot	54:35
M35 Carl Rundell	52:33
Patrick Lencioni	54:51
Kam Lee	55:01
M40 Chris Toepfer	56:48
Eric Stuber	57:11
Don Singleton	57:45
M45 Felix Brooks	59:21
David Wolbert	1:00:44
Roger Lara	1:01:06
M50 Sam Torres	1:01:30
John F. Gray	1:01:42
John Tarkowski	1:02:39
M55 Paul Deladurantaye	1:02:49
Dave R. Minier	1:04:32
Tim Flues	1:04:37
M60 James Carlton	1:04:11
Gerard Malaczynski	1:05:47
John W. Farah	1:09:08
M65 Jim Fitch Sr	1:10:13
Fay Bradley	1:12:05
Leland Burch	1:15:31
M70 Bob Daly	1:19:27
Herman Graham	1:25:01
Bobby Crim	1:25:04
M75+Jerry Johncock	1:21:31
Jim Forshee	1:28:32
William Hayes	1:41:16
W35 Sarah L. Plaxton	1:01:50
Kimberly Peterson	1:02:08
Kathy Rink	1:05:00
W40 Ramilia Buranquolova	1:00:59
Karen Kemmis	1:05:44
Laurie Decker	1:07:06
W45 T. Pozdnyakova	56:31
Carolyn Silvey	1:08:53
Kim Rummier	1:12:58
W50 Anita Yates	1:15:22
Donna Olson	1:15:44
Terese Grondin	1:16:17
W55 Terry Mahr	1:06:20
Grace Harrison	1:16:42
Alice Heinrich	1:21:00
W60 Karen J. Bell	1:26:34
Carole Dieck	1:28:08
Janet Wallen	1:30:32
W65 Cathy Detman	1:33:10
Merion Knight	1:39:38
Mary Kondrat	1:44:49
W70 Jean G. Horne	1:27:32
Ardis Bowers	2:09:56
Betty Dunlap	2:11:04
W75+Norma Rivas Feria	1:31:08
Belen M. Dziwura	2:18:18

## Park Forest Scenic 10 Mile

## Park Forest, IL; Sept. 6

## Overall

Julius Kiptoo 27	48:01
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Yasuko Hashimoto 29	55:40
M35 Andrzej Krzyscin	52:07
Bob N. Cislir	55:49
Paul A. Bonfiglio	57:15
M40 Mike Egle	55:08
Chris B. Toepfer	57:23
Mike Yuhasz	59:16
Sebastian Reyes	59:30
Mike J. Ruggio	59:36
M45 Paul Pilkington	52:34
David Walters	54:34
Bruce W. Hall	56:13
Steve C. Winchel	58:01
Gary Beck	1:02:40
M50 Gary Romesser	56:17
Sam Cortes	1:00:34
Bob Theodore	1:06:41
Laureano Galan	1:06:57
Patrick E. Rohan	1:09:15
M55 Merlin J. Anderson	1:04:58
Bob O'neil	1:06:18
Christopher Nemeth	1:06:32
Geoff Wilson	1:09:32
Jim Raymond	1:10:25
M60 Rick Stetson	1:03:24
Dick T. Morgan	1:09:47
Jack L. Potter	1:16:39
Rick Brodine	1:16:41
Frank Koster	1:19:57
M65 James Kalas	1:17:32
Joe Arnold	1:22:18
Matthew L. Kraly	1:25:37
John C. Davis	1:27:52
Dick Macknick	1:32:15
M70 David K. Sullivan	1:29:09
Carl V. Hays	1:43:07
Don Krull	1:47:42
Johnny H. Jackson	1:49:22
James Johnson	2:00:58
M75 Joseph Paleczny	1:26:06
Robert Mckeague	1:27:37
Gerry Hopkins	1:37:31
Don R. Swanson	1:38:08
Dick Lamer Mayer	1:44:31
W35 Pamela Krantz-Lee	1:10:07
Karen M. Griffiths	1:10:12
Lisa Menninger	1:10:51
W40 Jenny A. Spangler	56:56
Lori Schafer	1:05:27
Christine A. Lipa	1:11:54
Tracy Mulhausen	1:12:53
Kimberly Donovan	1:13:48
W45 Janet L. Robertz	59:44
Mary S. Krause	1:10:52
Diane M. Gallagher	1:11:29
Dale Aviza	1:16:22
Jude King	1:19:36
W50 Jan Tedrowe	1:14:41
Barbara Hermann	1:17:29
Kaori Maeshima	1:19:14
Beth A. Onines	1:24:01
Maureen Mikulski	1:27:22
W55 Nancy H. Rollins	1:15:14
Susan Croll	1:15:39
Jean Jannasch	1:29:14
Meg A. Anderson	1:31:42
Dorie Schwartz	1:32:19
W60 Judy A. Teeple	1:20:02
Janet Omer	1:33:10
Joanne Kaeding	1:34:52
Anneliese Meyer	1:39:25
Amy E. Read	1:50:02
W65 Doris E. Schertz	1:29:18
June Andersen	1:32:09
Mary Jane Pratt	1:38:31
Kay W. Golden	1:55:11
Joan Bobber	2:07:51
W70 Barbara Kummerer	1:54:34
W80 Kathleen McDonough	2:12:49

## MID-AMERICA

Pikes Peak Ascent & Marathon, Pikes Peak, CO  
Aug. 22

## Ascent- 13M

## Overall

Scott Elliott 40	2:23:31
Anita Ortiz 40	2:44:58
M35 Cornelis Guijt	2:31:43
M40 Scott Elliott	2:23:31
Michael Hagen	2:36:31
Peter Williams	2:51:34
M45 Dale Peterson	2:39:24
David Zink	2:51:31
Ken Wilson	2:57:18
M50 Jim A. Mitchell	2:58:00
Fred H. Baxter	3:06:05
Walter Kingsbery	3:14:18
M55 Bob Cooper	3:15:49
Robert Anderson	3:29:36

J. B. Chavez	3:35:56
M60 Jack Ramsey	3:33:06
Jim Hubbs	3:40:59
Phillip Stevenson	3:43:24
M65 Glen Ash	3:45:34
Fred Wright	4:11:04
George Johnson	4:17:47
M70 Dale Goering	4:14:58
Verne Carlson	4:21:29
Don N. Hayes	5:50:05
M75 Keith Wood	4:00:08
W35 Shari Marshall	3:11:59
W40 Anita Ortiz	2:44:58
Karen Waeschle	3:21:07
Amy Regnier	3:22:48
W45 Jan Rastall	3:33:51
Vickie Tucker	3:38:59
Shannon Patrizio	3:43:46
W50 Nancy Stevenson	3:25:14
Sally Clair	3:39:30
Wendy Crandall	3:49:22
W55 Blondie Vucich	3:32:48
Jan E. Huie	4:12:05
Louise Shorter	4:12:42
W60 Kathryn Karst	3:55:36
Donna Messenger	4:12:17
Jana Hlavaty	4:17:29
W65 Yvonne Monsaurets	5:18:03
Betsy Harrower	5:29:57
Kay Martin	5:38:35
W70 Martha Kinsinger	5:50:24
Marathon-26M	
Overall	
Galen Burrell 25	4:00:04
Erica Larson 33	4:28:27
M35 Gaizka Izia	4:09:32
M40 Bernie Boettcher	4:08:3



**Marathon**

Overall	
Michael Cook	2:58:59
Laura Bleakley	3:30:27
M40 Lorne Malkiewicz	3:23:34
M50 Jim Rucker	3:30:19
M60 Floyd Whiting	3:46:19
M70 Don James	4:03:15
W40 Chris Tomlinson	3:54:26
W50 Alexandra Dronkers	4:08:54

**Pier-to-Peak Half-Marathon  
Santa Barbara, CA; Sept. 5**

Overall	
Aaron Gillen 27	1:32:33
Monica DeVreese 30	2:00:30
M40 Ted Cotti	1:38:20
Shigy Suzuki	1:40:59
Victor Carrillo	1:45:56
M50 Michael Dungan	1:58:55
Zbynek Jonak	2:04:16
Lauren Udden	2:10:27
M60 Al Sladek	2:20:55
John Sanchez	2:45:31
Alvin Salge	2:59:56
M70 Ralph Philbrick	3:29:24

Charles Rockwell	3:32:45
George Harrower	3:41:11
W40 Mariann Thomas	2:05:08
Debbie Knickman	2:06:48
Romy Suzuki	2:17:04
W50 Paulette Posch	2:32:42
Pat Romero	3:02:14
Marianne Prudhomme	3:09:57

**New Mexico Marathon  
Albuquerque, NM; Sept. 5**

Overall	
Roger Scott 39	2:52:11
Keri Nelson 23	3:14:10
M40 Eric Pope	3:05:09
Jay Johnson	3:08:45
Paul Mahr	3:11:02
M45 Richard Leiboult	2:59:41
Michael Brummer	3:37:41
Billy Wise	3:39:41
M50 Myrri McBride	3:43:36
Howard Thomas	3:44:16
Dean Waring	3:50:22
M55 Roger Kramer	3:44:27
Jim Hill	3:48:14
Ernest Stolen	4:06:46

M60 James MacGillivray	3:55:26
David Harrell	4:03:50
Ri Friedrichsen	4:17:19
M65 Jim Grindley	4:09:40
Clark Herzog	4:23:17
Rodney Johnson	4:29:33
M75 Kent Jones	5:17:56

W40 Katrina Mealey	3:24:24
Mary O'Brien	3:42:25
Therese Dorwart	4:10:49
W45 Marie Bartoletti	3:48:19
Evelyn Rangel	4:12:56
Brigitte Fleeman	4:17:44
W50 Lisa Lunsford	4:16:15
Anita Pussman	4:34:29
Angela Adams	5:01:20
W55 Janis Lynch	4:18:40
Ruth Ripley	4:30:03
Jo Ann Owens	5:01:23

**NORTHWEST****Scandia 10K  
Junction City, OR; Aug. 14**

Overall	
Jed Chappell 24	29:59
Jennifer Overlook 28	38:10

M40 Alan Whalen	36:43
Brent Halse	37:39
Kyle Gee	38:25
M45 Daniel Wojcik	35:42
Tim Swetlik	36:32
John Barnard	40:01
M50 John Andriola	39:01
Douglas Dow	40:37

M55 Keith Leven	41:21
Daniel Ousley	42:18
M60 Dennis Staples	43:14
Larry Dunlap	44:47
M65 Larry Williams	45:14
Ken Ogden	48:57
M70 John Hepner 72	49:09
Don Sundberg 70	57:57

W40 Tammy Volk	42:32
Connie Graham	45:42
Laurie Wilde	47:01
W45 Annie Bliss	48:28
Julie White	48:59
Kathy Ward	49:54

W50 Phyllis McCall	46:48
Jan Gano	50:43
W55 Gloria Morgan	54:37
Kathy Anderson	56:14
W60 Nini Monroe	51:29
Carol Carnley	60:12

**RACEWALKING****USATF/MAC 3K Racewalk  
Championships, Central  
Park, NYC; Aug. 8**

Overall	
Andres Chocho 20	14:09
Rosalind Adams 17	16:00
M30 Alejandro Vele	16:48
M35 Bruce Locan	16:53
M40 Bill Vayo	15:02
M45 Alexis Davidson	16:39
M50 Jon Qalam	19:28
M55 James Leong	24:40
M60 Edoardo Sorrenti	16:55
M70 Bob Barrett	17:09
M75 Cervin Robinson	22:56
W35 Jackie Alvarez	22:15
W40 Ellen O'Shaughnessy	18:22
W45 Luannes Pennesi	18:33
W50 Ruth Gersh	20:26
W60 Audrey Scholl	27:05
W65 Pearl Ratushewitz	35:21
W70 Pargellan McCall	24:47
W75 Terry Hamilton	25:53

**National 10K Road Walk  
Championships, Inglewood  
Taranaki, New Zealand  
Sept. 4**

Overall	
Craig Barrett	45:35
Gillian MacDougall	58:21
M50 Michael Harte	53:24
Eric Kemsley	53:39
Tony Burrell	1:02:58
M55 Peter Baillie	59:11
Roger Denton	59:48
Dave Barrett	1:05:28
M60 Gary Little	51:40
Tom Lamason	1:11:26
M70 Ted Guy	1:12:39
W35 Kristeen Parkes	1:11:39
W40 Gillian MacDougall	58:21
Vanessa Lowl	1:00:18
W50 Sharon McDonald	1:01:02
W60 Sue Park	1:15:08
W70 Eva Guy	1:23:48

**ATHLETES WHO ENTER A NEW DIVISION  
THIS MONTH - OCTOBER 2004**

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
MARTI LAIHO (FIN)	10-25-9	95+
MARIO LANZI (ITALY)	10-10-14	90-94
KOSAKU KANAMORI (JPN)	10-15-14	90-94
ANTONIO FONSECA (BRA)	10-18-14	90-94
PERCY DUNCAN (CAN)	10-19-14	90-94
BILL DYER (PRARIE VILLAGE, KS)	10-21-14	90-94
HOWARD MCNIECE (LAKEWOOD, CA)	10-6-19	85-89
DAVE SCRATTON (NZL)	10-12-19	85-89
NORBERT BARTH (GER)	10-16-19	85-89
MILTON BASS (RICHMOND, VA)	10-18-19	85-89
IRAOLA GARIN (SPA)	10-2-24	80-84
RUNE BERGMAN (SWE)	10-8-24	80-84
JAMES CRAWFORD (FAIRFIELD, CT)	10-22-24	80-84
GEORGE PUTERBAUGH (LAKE OSWEGO, OR)	10-24-24	80-84
TOM BOWMAN (AUBURNDALE, FLA)	10-25-24	80-84
ALBERT PUMA (BROOKLYN, NY)	10-3-29	75-79
JOHN KELLY (SANTA MONICA, CA)	10-6-29	75-79
RICHARD RZEHA (GER)	10-13-29	75-79
CLIFF BLAIR (HOLBROOK, MA)	10-20-29	75-79
ED AUSTIN (REDONDO BEACH, CA)	10-22-29	75-79
JACK SHIELDS (ATLANTA, GA)	10-27-29	75-79
TORBJORN DAHL (SWE)	10-29-29	75-79
UNTO MATTSSON (FIN)	10-29-29	75-79
WILLIAM FRASER (EDINA, MN)	10-30-29	75-79
NORIO AIBE (JPN)	10-6-34	70-74
WALTER PALMER (PHILADELPHIA, PA)	10-7-34	70-74
DOUG WORLING (AUS)	10-11-34	70-74
GILBERT GAUTHIER (FRA)	10-30-34	70-74
TERRY MANNERS (NZ)	10-19-39	65-69
STIG BACKLUND (FIN)	10-27-39	65-69
ROGER PIERCE (ESSEX, MA)	10-4-44	60-64
CHUCK CHAPIN (ALBANY, NY)	10-13-44	60-64
LINCOLN RUSSEN (NORTHAMPTON, MA)	10-26-44	60-64
ROBERT KOUVOLO (EASLEY, SC)	10-6-49	55-59
KEN JUDSON (PITTSBURGH, PA)	10-12-49	55-59
JIM WETENHALL (SYLVANIA, OH)	10-1-54	50-54
PETER MOGG (MOORPARK, CA)	10-17-54	50-54
CHARLES OLIVER (US)	10-28-54	50-54
FRANCK DUPONT (FRA)	10-4-59	45-49
MARY E. NORCKAUER (BATON ROUGE, LA)	10-23-24	80-84
GLORIA FINE (BROOKLYN, NY)	10-7-29	75-79
ANITA JOHNSTON (ASTORIA, OR)	10-7-29	75-79
MARION IRVINE (SAN RAFAEL, CA)	10-12-29	75-79
NORMA HARGER (MUNTING, MICH)	10-24-29	75-79
CAROLINE MURRAY (SAN DIEGO, CA)	10-6-34	70-74
BETH CARRIN (BOONE, NC)	10-15-34	70-74
GERI OWENS (NEW PAITZ, NY)	10-19-34	70-74
MARY HIRST (CA)	10-24-34	70-74
KAREN KING (GLENDALE, CA)	10-0-39	65-69
KAREN FRANK (CA)	10-15-39	65-69
KEMISOLE SOLWAZI (FRESNO, CA)	10-20-39	65-69
PADDY REDDAWAY (WEST LINN, OR)	10-1-44	60-64
MARYLIN WHITE (CA)	10-17-44	60-64
ADRIAN LILBURN (PONTE VERDE BCH, US)	10-7-49	55-59
KATHY KELLOGG (CARROLLTON, TX)	10-11-49	55-59
KATE SHARPLES (NORTH BEND, OR)	10-24-49	55-59
DEB BULLERJAHN (USA)	10-28-49	55-59
MARY V. ROSADO (NEW YORK, NY)	10-30-49	55-59
LYNN LATORIA (WARRENVILLE, IL)	10-5-54	50-54
STACY CREAMER (US)	10-2-59	45-49
KELLY KRUELL (PORTLAND, OR)	10-9-59	45-49
DEBORAH ECKLUND (ROCHESTER, NY)	10-14-59	45-49
PHOEBE ANDERSON (US)	10-27-59	45-49
MARIANNE DAHINDEN (SUI)	10-20-24	80-84
LEILI KAAS (EST)	10-4-34	70-74
MARIA MARCIBALOVA (CZE)	10-23-34	70-74
KARIN BORKENHAGEN (GER)	10-7-39	65-69
ELVIRA OZOLINA (LAT)	10-8-39	65-69
URSULA ODERMATT (SUI)	10-10-39	65-69
HELGA BORNER (GER)	10-16-39	65-69
MARJATTA JARVINEN (FIN)	10-18-39	65-69
SIV LARSSON (SWE)	10-23-39	65-69
VIVI MARKUSSEN (DEN)	10-24-39	65-69
SUSANNA CRONJE (RSA)	10-17-44	60-64
VERONIKA TAUDIEN (GER)	10-5-49	55-59
KAPITOLINA LOTOVA (RUS)	10-27-49	55-59
ELISABETH FAHRNHOLZ (GER)	10-29-49	55-59
DIANNE HUGHES (NZL)	10-29-49	55-59
OLENA VEREMICHUK (UKR)	10-13-59	45-49
ELAINE COOPER (AUS)	10-31-59	45-49
ZUZANA MOKRASOVA (SLO)	10-2-64	40-44
LELITIA VRIESDE (SUR)	10-5-64	40-44

Compiled by Pete Mundle

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**FIFTEEN YEARS AGO  
October 1989**

- Dave Stewart (41, 51:12) and Priscilla Welch (57, 33:50) Win in Crim 10 Mile
- Norm Green, Jr. (57, 33:50) is Best in Asbury Park 10K
- Mario Cuevas (66:28) and Laurie Binder (78:18) Top Masters in Philadelphia Half-Mara-thon

**All-American Athletes**

Continued from page 28

M60-64				
Jim Noone	3K	11:25.91	7/28/04	
Jim Shoemaker	Dec.	4923	8/21-22/04	
M65-69				
Bert Bergen	LJ	4.24	5/8/04	
Abe Bernstein	800m	2:44.32	7/30/04	
Alfred Brando	Mile	6.07	8-14-04	
James Koch	SP	13.39	8/5/04	
Ted Moore	Mile RW	8:12.04	8/15/04	
Thom Weddle	5K RW	29:28.81	8/5-8/04	
	800m	2:36.98	7/11/04	
	1500m	5:13.12	6/13/04	
	Mile	5:38.14	6/16/04	
	3000m	10:51.13	3/26/04	
	5000m	19:01.41	3/12/04	
	10000m	41:51.81	8/7/04	
	5000 rw	30.02	8/6/04	
Richard Zerbe				
M70-74				
Floyd Riddle	D	36.89	6/6/04	
Len Rosen	D	125-9	8/20/04	
	SP	42-7 1/2	8/19-04	
M75-79				
Allan Trefry	J	33.80	6/5/04	
M80-84				
Glenn Bradd	2000 sc	14:10.40	8/5-8/04	
Brian Power-Waters	Pent.	2723	8/14/04	
W30-34				
Stephanie Nunes	10K	40:53	8/15/04	
Kelli Wensel	200m	27.88	8/6/04	
	400m	1:02.52	8/6/04	
Jill Zachary	10K	40:28	8/15/04	
W35-39				
Melissa Marsted	10K	40:49	8/15/04	
Debra Powell	10K	42:53	8/15/04	
W40-44				
Laura Charewicz	J	33.20	8/7/04	
Romy Suzuki	10K	44:04	8/15/04	
Mariann Thomas	5K	19:55	8/15/04	
	10K	43:25	8/15/04	
Caren Ware	2000 sc	8:55.21	6/12/04	
	400h	1:16.65	7/24-25/04	
	LJ	4.60	7/24-25/04	
	TJ	9.09	7/24-25/04	
W45-49				
Joan Affleck	5K	21:57.61	8/6/04	
Karen Beerman	10K	46.38	8/15/04	
Helen Cox	10K	45:02	8/15/04	
Dianna Hall	10K	44.28	8/15/04	
Debra Lowell	Mile	6:04.5	8/14/04	
Pauline Schneekloth	10K	46:22	8-15-04	
W50-54				
Lynn Dow	D	22.53	7/18/04	
	D	23.08	7/24/04	
Deborah Flores	10K	47:59	8/15/04	
Eleanor Gipson	100m	15.42	6/4/04	
W60-64				
Vicki Griffiths	1500m	6:42.67	7/24/04	

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M30-34					
Ken Hall	J	66.58	5/15/99		
	J	66.60	7/15/00		
Kareem Lanier	3000m	9:21.2	7/13/04		
M35-39					
Barney Borromeo	100m	11.06	8/7/04		
	200m	23.12	8/8/04		
Ken Hall	J	63.42	5/30/01		
	J	59.33	6/18/03		
	J	66.16	7/3/04		
Darren Welborn	100m	10.9	5/8/04		
	100m	10.96	5/22/04		
Marek Wensel	55m	6.86	1/24/04		
	100m	11.13	12/12/03		
	200m	22.77	8/5-8/04		
	400m	50.57	7/18/04		

## RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44					
Timo Mostert	3000 sc	10:34.30			
	8/5/04				
Gerard Pearlberg	800m	2:06.2	7/24/04		
M45-49					
Keith Cooper	3000 sc	11:23.00			
	8/6/04				
Paul Giannobile	1500m	4:22.55	8/7/04		
Kevin Heffernan	800m	2:04.28	8/7/04		

Mark Mahl	Pent.	2729	8/7/97		
Maurice Pointer	3000	10:18.16	9/5/04		
Richard Srnka	Pent.	2830	8/5/04		
Paul Walderzak	D	39.33	6/5/04		
M50-54					
Bob Campbell	3000 sc	11:32.90			
	8/6/04				
Gregg Horner	10K	35:04	8-15-04		
Michael Jenkins	800m	2:13.7	5/27-6/9-03		
	1500m	4:43.79	5/27-6/9-03		
	5000m	17:26	5/27-6/9-03		

Steve Kloch	10,000	36:26	5/27-6/9-03		
Joe Myers	200m	25.44	6/12/04		
M55-59	SP	14.24	7/30/04		
Mark Mahl	1500m	5:01	8/9/03		
Ken Rose	SP	12.47	8/7/04		
Bill Tharpe	200m	25.73	6/26/04		
	100m	12.54	8/5-8/04		
M60-64					
John Andresen	PV	3.0	3/26/04		
Don Denson	100m	12.9	8/7-10/03		
	200m	27.05	8/7-10/04		
	LJ	4.62	8/7-10/04		
Wayne Hansen	100m	13.01	6/26/04		
	200m	27.58	6/26/04		

Continued on page 27

## U.S. MASTERS ALL-AMERICAN STANDARDS

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	40:30	44:00	48:30	54:30	61:15	68:30		
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-8 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	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	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
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	111-8	85-4	72-2 1/4	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	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	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#WL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
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	6.00
	49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
56#WL	9.50	9.00	8.50	8.00	6.00	5.00	4.50	3.50	3.00	2.50	2.00		
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-1 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
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) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#  
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).  
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

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

	WOMEN											
	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	34:50	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	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												