

NATIONAL MASTERS NEWS

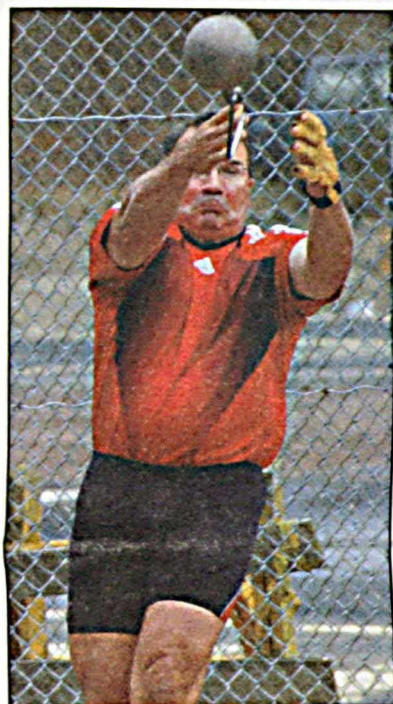
The official world and U.S. publication for masters track & field, long distance running and racewalking

338th Issue

October 2006

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Throws Championships Close out Masters Season



SUZY HESS
Todd Taylor, 59, competed in both the USA Masters Weight Pentathlon and Weight & Superweight Championships.

By JERRY WOJCIK
National Weight Pentathlon

This year, the two throwers' championships were held at a newly carved-out facility on Meet Director Bob Sager's ranch in Wilsall, Mont., for the weight pentathlon, and the thrower-planned site near the hip, gentrified section of West Seattle for the weights.

Despite the location and concerns that Sager might not be able to get the throwing areas ready in time, the USA Masters Weight Pentathlon, Aug. 19, drew almost as many entrants as last year's championships, held in more accessible Arlington, Texas, near Dallas.

This year, 55 athletes competed, compared to 61 in 2005. While the number of male entrants was down from last year, 49 to 37, the women increased from 12 to 18.

The field ranged in age from 30-year-old Sabrina Sullivan to Betty Jarvis, 91, and represented a cross-section of the country, from 29 states, ranging from California to Texas and New York and Rhode Island, plus Canada and Great Britain. It also included 12 athletes who had never

Continued on page 5

Masters Winners Repeat in Crim 10 Mile

Masters firsts in the 2006 Crim 10 Mile were repeats from last year, as Paul Aufdemberge and Tatyana Pozdnyakova successfully defended their titles in the 30th edition of the race in Flint, Mich., on Aug. 26.

Aufdemberge, 41, Redford, Mich., ran a 50:34, almost two-and-half minutes better than his 52:51 in 2005, and about a minute-and-half faster than Sean Wade, 40, Houston, Texas, who finished in 52:00. Albert Okemwa, 40, KEN/NC, was third in 52:16.

Aufdemberge made his move in the second half of the race. At the 5K, he was at 25:00, with Wade and Okemwa at 25:01.

David Watkins, Birmingham, Mich., second M40+ last year in 58:23, won the M45 race with a 56:53.

Michigan running legends Doug Goodhue, 64, of Milford, and Gerard Malaczynski, 64, of Bloomfield Township, tangled again in the M60 race, won last year by Goodhue in 1:03:11, with Malaczynski at 1:04:28. This time, Malaczynski prevailed by a slim two seconds, 1:03:48 to 1:03:50, after Goodhue closed from 30 seconds back at the 5K.

Continued on page 6



VICTOR SAILER / PHOTO RUN
Paul Aufdemberge, 41, masters winner of the Crim 10 Mile in 50:34.

19 Countries Compete in NCCWMA Guatemala Meet

The NCCWMA region (North America/Central America and Caribbean) held its biennial regional competition at Mateo Flores Stadium in Guatemala City, Guatemala, Aug. 23-27.

Nineteen of the 21 NCCWMA member countries were represented, with the U.S. having 20 competitors among the 488 athlete total. Mexico had the most entrants at 145, and Guatemala second most at 134. The meet included men and women in the 30-34 divisions.

The U.S. entrants, though small in number, had notable success, especially in the short races. Harold Pierce, M45, won the 100 (11.81) and 200 (24.49), as did Linda Carty, W40, in 14.13 and 31.15. Khalid Mulazim took the M40 100 (11.37) and 400 (51.54). John Drummond, M35, won both the short (14.56) and long hurdles (53.36).

Ivan Black, M55, left with more gold than Cortez did, with wins in the high jump, long jump, triple jump, and

both hurdles. Bruce McBarnette won the M45 high jump with a 1.85. Bob Cahners, M60, took both the hammer (40.64) and weight throw (16.40) firsts.

Rex Harvey, better known for his administrative skills as WMA Stadia Vice-President and USATF official, won the M60 weight pentathlon with a respectable 3625.

Stella Cashman was first W60 in the 5000 (37:30.32) and 10K (1:16:38) racewalks.

Athletes from other nations performed just as well or better. Maria Vega, Puerto Rico, posted the fastest times among the women in winning the W50 100 (13.92) and 200 (28.95). Rhona Trott, Canada, won the 100, 200, and both hurdles.

Maria del Roldan, W45, Mexico, should have shared a Women's Athlete of the Meet Award for winning the 800 (2:37.89), 1500 (5:32.56) and 5000 (19:39.82), with Marta Cordero, W50, Costa Rica, who won the 5000 (22:04.14).

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STEVE BURGER
Linda Carty, W40 winner in the 100 and 200, NCCWMA Championships, Guatemala City.

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Health & Fitness

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

Metabolic Syndrome Most People Don't Know They Have It

Metabolic Syndrome is a serious medical condition because it sneaks up on its prey and does damage without notice. Many middle-aged adults have this condition and do nothing about it because they accept the waistline expansion, weight gain, and lack of energy as a natural process of growing older. This is a huge mistake!

Metabolic Syndrome (originally called Syndrome X) is a combination of conditions – high blood pressure, high cholesterol, insulin resistance – and most people are totally unaware they have the condition. Prior to 2001, your physician couldn't tell you about Metabolic Syndrome because it didn't become an official medical condition until May 15, 2001.

Heart Failure

Researchers report that Metabolic Syndrome significantly increases the probability of heart failure in middle age. The findings are based on tracking 2300 men age 50, and following them until age 70. (*The metabolic syndrome and risk for heart failure in middle-aged men*, 2006 May 22; Heart. Ingelsson E, Arnlov J, Lind L, Sundstrom J.)

Individuals with Metabolic Syndrome are almost twice as likely to develop heart failure, report the researchers, because it directly affects the heart by increasing the buildup of fatty deposits in the arteries. The study shows that Metabolic Syndrome causes the body to produce excessive insulin, which, in turn, makes the heart worker harder than it should. This enlarges the heart muscle and impairs its capacity.

Physical Inactivity Syndrome

Dr. Timothy S. Church, Medical Director at the Cooper Institute in Dallas says, "It shouldn't be called metabolic syndrome....It should be called physical inactivity syndrome."

The cure: get physician clearance and give the Ready, Set, Go! Fitness program a real commitment for the next eight weeks. Fitness Level One only takes 3.5 hours *per week*.

How to Shrink

Size of Abdominal Fat Cells

For years, people have thought that dieting is the best way to lose abdominal fat. Throwing in some exercise along the way will help, but it's not absolutely necessary. You've heard this before: "Cut the calories and drop the pounds." New research shows that dieting doesn't get the job done.

During a five-year study, researchers at Wake Forest University Baptist Medical Center set out to discover the most effective way to drop abdominal fat. They compared a low-calorie diet vs. a low-calorie

diet with exercise.

Apples to Apples

Results: the study clearly proves that exercise must be a major component of any program designed to reduce abdominal fat. To make it an apples-to-apples comparison, middle-aged women needing to reduce abdominal fat created a deficit of 2800 calories a week either by dieting or by dieting with exercise.

All women lowered their body fat and body weight during the study, but the diet-without-exercise group had no changes in abdominal fat cell size. Let me say that one more time. *This research shows that diet alone will not reduce the size of fat cells.*

Diet With Exercise

Only the diet-with-exercise subjects experienced decreases in the size of their abdominal fat cells. And the fat reduction was significant. Diet-with-exercise achieved an 18 percent reduction in the size of abdominal fat cells.

People want to see results, and diet alone will not reduce the size of abdominal fat cells. Make the commitment today, and consider taking the Sprint 8 Cardio Challenge. You may win an award-winning piece of home cardio equipment made by Vision Fitness. Check with your favorite home fitness store for details. □

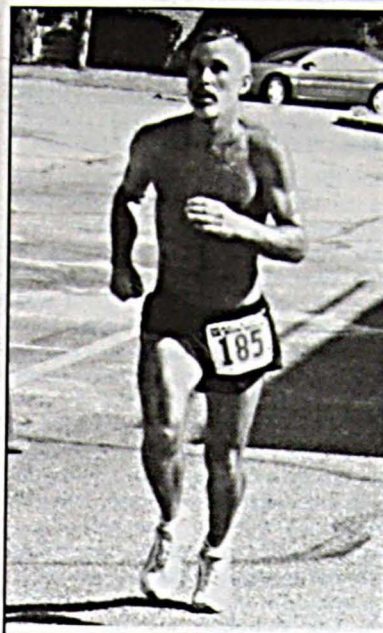
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FIVE YEARS AGO October 2001

• Throwers Set Records in Weight Pentathlon Championships, Syracuse, N.Y.

• Andrew Masai (41, 49:00), Ramilia Burangulova, (40, 55:29) Top Masters in Crim 10 Mile

• Masters Respond to 9/11 World Trade Center Tragedy



MIKE POLANSKY
John Del Maestro, first M40+ (18:07), Heart & Sole 5K, Old Bethpage, N.Y.



THOM WEDDLE
Kevin Haas, M45, first master in the Victory 10K (33:30) and 5K (16:46), Minneapolis.

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.



16TH ANNUAL

SELF-TRANSCENDENCE MASTERS TRACK AND FIELD 40 AND OVER

Sunday, October 22, 2006

CSU Long Beach

USATF SANCTIONED

DATE: Sunday, October 22, 2006

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fanwood Dr. (CSULB parking lot), and park in LOT 14 ONLY (first lot on your right)

DIVISION: 5-year age groups

FACILITIES: 8-lane artificial surface track, 2mm (1/4") spikes; concrete rings, electronic timing

ENTRY FEE: First event \$20, additional events \$8 each. No refunds. Colorful event T-shirt included. (T-shirt availability on race day not guaranteed!)

DEADLINE: All entries must be postmarked no later than Oct. 13, or phoned-in no later than Oct. 16. Late/day-of-race entries add \$3

AWARDS: Medal to first three men/women in each event/age group

AID: Light refreshments throughout day to all participants

ACCOMMODATIONS: GuestHouse Hotel, 5325 East Pacific Coast Hwy. Long Beach CA, 90804 (\$69 plus tax; please mention event for this special group rate). Call 800.990.9991 for reservations

NOTE: 2006 USATF registration required (available at meet for \$20.50)

TRACK EVENTS

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

FIELD EVENTS

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

visit our website:
www.srichinmoyraces.org/us/races

MAIL ENTRY TO: SRI CHINMOY 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 310.645.8618

ENTRY FORM		AGE	SEX	DATE OF BIRTH
NAME (LAST)	(FIRST)			
ADDRESS		CITY	STATE	ZIP
USATF#	PHONE	AMOUNT ENCLOSED		
T-SHIRT: <input type="checkbox"/> SMALL <input type="checkbox"/> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> X-LARGE <input type="checkbox"/> XX-LARGE				
MY EVENT(S) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____				

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

Athlete's Signature _____

Date _____



WRITE ON!

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NATIONALS

Richard Watson made some excellent points in his letter to the editor (Sept. NMN). We need to pay close attention, as Dr. Watson has decades of experience in dealing with the human body's response to stress. The Charlotte meet (and many before it) indicates that harsh environmental conditions are hardly the exception for our masters program.

In 1992, Spokane had temperatures over 100 degrees, and the meet was held there again in 1996 (no problems reported; Spokane is normally not extremely hot). In 1997 San Jose was the host, with temperatures of 95 degrees the first two days (all of this is from the National Masters News).

In 1999 we had Orlando, which was "through the roof" in terms of human misery caused by heat and humidity. Sultry Baton Rouge was our host in 2001, but at least we had split sessions (we took off a good part of the afternoon).

In 2004, we went to Decatur, Ill., where farmers have roasted over the years while tilling their crops (we got off big-time there, but we could have been baked to a crisp with a different deal from the weather gods).

The year 2005 saw Honolulu, and the problems with heat illness were quite significant. This year we had Charlotte, and everyone knows what happened there.

When it comes to our approach to the weather issue, I believe we are now at a stage similar to the early days of hand-timing. As you may recall, timing used to be in fifths, and later we moved to tenths.

I will credit New Jersey competitor

Remo Biagoni with the observation that in a hand-timed sprint, only the winner is guaranteed a correct time (and we know that it is actually about 2 or 3 tenths fast). How many of the others' times are simply "made up"? "I was supposed to get the second-place runner? I thought you told me to get lane 2." "I missed the start ...there wasn't much smoke."

This is about where we are in 2006 as far as our overall approach to dealing with harsh environmental conditions (read: high heat, extraordinary humidity, high UV index). I'm not talking about meet directors; rather, I am pointing to our strategic initiatives, our overall stance toward this recurring problem. Our nationals are in July or August; we pound away all day long; our officials and competitors suffer.

I believe we must get much more sophisticated here, from selection of sites (is a joint meet with Canada held in that country every other year a possibility, for example?), to the month of competition, to the scheduling (events might be run as late as midnight), to the hands-on issue of how we protect our officials and athletes during the meet.

At Charlotte we could separate competitors by 1/1000 of a second in a race; I think we need to become at least as sophisticated when it comes to dealing with harsh environmental conditions. Again, I believe we must listen to Dr. Watson and others with expertise in the relevant areas.

Peter L. Taylor
Fairfax, Virginia

The letters to the editor (Sept. NMN) reflect both the pleasure and the frustration of many of the athletes who partic-

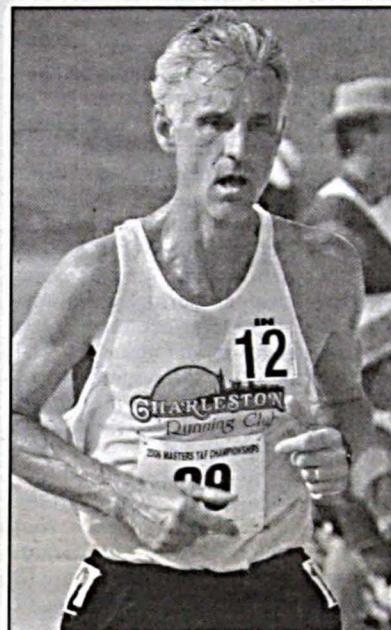
Sustainers for October 2006

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

Special thanks this month go to:

Dave Brown
Ralph Hall
Betty Vosburg Pierce
Walt Rilliet
Jay Smith
Bob Warren
Frank Welch

Whittier, California
Evergreen, Colorado
Vero Beach, Florida
Santa Cruz, California
Chapel Hill, North Carolina
Ottumwa, Iowa
Sun City West, Arizona



JERRY WOJCIK
Steve Annan, winner of the M60 5000 and 10,000 (39:39.63), 2006 USA Masters Championships, Charlotte, N.C.



JERRY WOJCIK
Lisa Daley, W35 winner in the 200 and 400 (57.74/A-G 86.9%), 2006 USA Masters Championships, Charlotte, N.C.

ipated in the Sauna in the South, otherwise known as the USA Masters Championships in Charlotte.

Many distance and middle distance athletes were adversely impacted by the heat and humidity. I am a middle distance runner, and I have great difficulty with high heat and humidity, coming as I do from New England and having exercise-induced asthma.

Because at one point in my life I worked for a year near Charlotte, I did not believe for a minute the claims of Meet Director Gordon Edwards that it would not be too hot and it is rarely humid, which he told me when we chatted in the dorm in Honolulu at the 2005 outdoor meet.

I thought to myself, "Who is he kidding!" Apparently he was kidding himself. Because I do poorly in heat, I did not sign up for the 5000; my good fortune, given the high temperatures.

Dr. Gordon was not responsible for the heatwave, but he was responsible for his inability to recognize when things were going downhill from the excessive heat and humidity and should have responded appropriately.

Scheduling events to run through the afternoon heat in a climate that is always hot is shortsighted. Not having sufficient shade, cold drinks, electrolyte drinks, and ice for the officials is shameful, and asking volunteer offi-

cials to stand in the heat and humidity for hours on end is asking for health problems.

Assigning officials to a "banquet" in a separate building away from the athletes and the entertainment is so strikingly rude as to remind me of what I saw in Birmingham, Alabama, when I lived there in the late 1950's. Officials are not servants and should not be told to use the take-out window in the alley.

What should come from the experience in Charlotte is a message to the Games Committee that they really need to sit on meet directors who do not have prior experience running national masters track and field meets.

There should be no assumption of common sense. Summer meets are held in hot weather - regardless of location. Some locations are going to be hot, and heat will be a major issue. Some locations, such as Orono, Maine, may be fairly cool or could have a heat wave.

While a schedule in Orono need not assume that the afternoon will be 80 degrees with 100% humidity, it should be made clear to meet directors that if certain temperatures and heat index marks occur, then afternoon events must be switched to the evening.

In those areas where it is always pretty hot, then a split schedule is man-

Continued on page 7

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Weight Meets

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done a weight pentathlon before.

This was the first time the championships were held at other than a college or high school facility.

The top scorers were age-group world record holders Bob Ward, 73, and Oneitha Lewis, 46. Ward scored 4845, with big points in the hammer (50.48/165-7, 1202) and weight (17.09/56-1, 1146).

Lewis, also scored high in those events, hammer (50.38/165-3, 1528) and weight (14.68/48-2, 1296).

In the M50 contest, with seven competitors, Jim Wetenhall, 52, prevailed over Ray Burton, 50, by 100 points, 4280 to 4180, with an 1103 point 19.22/63-3/4 in the 25# weight.

In the M55 division, also with seven competitors, Hank Konen, at the top of the age-group at 59, scored a winning 3844, with Roger Conboy, 56, second with a 3719.



SUZY HESS
Tim Shannon, 43, hurls the 300# weight, Ultra Weight Pentathlon, Seattle, Sept. 8.

Distance-wise, the men's longest throws by event were by Burton, 50, hammer, 52.78/173-2; Chad Lindsey, 34, shot, 16.37/53-8 1/2; Burton, discus, 51.56/169-2; Richard Watson, 54, javelin, 43.42/142-5; and Wetenhall, 52, weight.

Among the women, Lewis had the longest throws in the hammer, shot put (13.11/43-1/4), and weight throw. Carol Finsrud, 49, W45 world record holder and 2000 Olympic trialist in the discus as a master, and second to Lewis with 4661, was tops in the discus (43.88/143-11) and javelin (28.98/95-1).

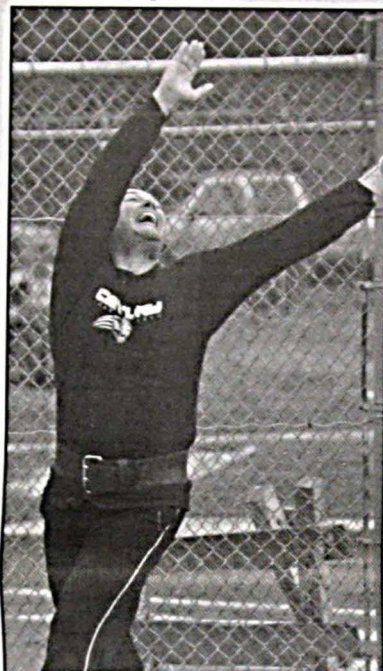
In addition to medals or ribbons, athletes shared over \$2000 in awards donated by Mark Chapman, of Texas. The top three men, Ward, Bob Humphreys (4468), and Wetenhall, and top three women, Lewis, Finsrud (4661) and Jarvis (4089), received \$300, \$200 and \$100 each.

After the event, competitors were treated to a BBQ dinner.

The major sponsors were Chapman; Jump Start Athletics of Edmonton, Canada; MWI Veterinary Supply; Intervet; and Sage Trail Veterinary.

National Weight/Superweight

On Sept. 9, many of the same athletes showed up for the USA Masters Weight Throw & Superweight at the throws area adjacent to West Seattle Stadium. The designer-status field was put together by Meet Director Ken Weinbel and recently-resigned Masters T&F Chair, George Mathews, when he lived in Seattle, in conjunction with the Seattle Parks & Recreation Department.



SUZY HESS
Ray Burton, M50, competed in the Weight & Superweight Championships in Seattle after competing in the Weight Pentathlon in Montana.

Thirty men, ages 30 to 94, and four women, 30 to 79, from as far off as Ohio and Florida, competed for the chance to win, not one, but two championship titles.

Generally, the winner of the weight throw is also the champion in the superweight. But, in the M55 division, where Hank Konen won the 25# weight over Todd Taylor, 17.28/56-8 1/2 to 16.73/54-10 3/4, Taylor won the 56# superweight with a 9.09/29-10,

breaking a 20-year-old U.S. record from 1986 of 9.08 by Bob Backus.

Top weight throwers overall were Tom Gage and George Mathews, both in the M60 division and breaking 20 meters with the 20# implement, Gage at 20.85/68-5 and Mathews at 20.00/65-7 1/2.

Georgia Cutler, W60, hurled the 12# weight 12.50/41-1/4. Joyce Taylor, W55, was best female with the 25# superweight at 8.37/27-5 1/2.

Most of the championships' entrants stuck around, after a BBQ beef and home made beans spread, to compete in the Ultra Weight Pentathlon, where contestants throw the next three heaviest implements prescribed for their divisions.

For example, the M30-49 group, after the 35# and 56#, had to deal with the 98#, 200# and 300#, while the W60+, after the 12# and 20#, used the 35#, 56# and 98#. All five marks are then age-graded for points to determine the winner.

The event this year is being treated as an exhibition event, to determine whether it has enough interest and viability to qualify as a USATF championships. The 44# weight, up for consideration as a replacement for the strenuous 56# implement for M60-69, was contested as an exhibition event.

In the age-divisions from 30 to 59, Jim Wetenhall, 51, scored a best of 5742, anchored by 1451 points for a 1.69/5-6 1/2 toss with the 300#.

Tom Gage, 63, was the top scorer

for the M60+ group, with 5902, heavy scoring also coming in the 300# weight, 1335 for his 1.21/3-11 1/2.

Joyce Taylor, 56, scored 4326, to lead the women, highest points (1086) in the 25# superweight.

Both championships next year are scheduled to be held in Washington state, the weight pentathlon in Spokane, and the weights in Seattle. □

Mathews Resigns as T&F Masters Chair

George Mathews resigned his position as USATF Masters Track & Field Committee Chair as of Sept. 1. The office will be filled by election at the USATF Annual Meeting in Indianapolis, Indiana, Nov. 29-Dec. 3.

Mathews, who, in his column (Sept. NMN), had indicated he would retire after the Annual Meeting, decided to end his tenure earlier. In his column, he said that he was starting up a new business and wanted to spend more time with his family.

Suzy Hess, Vice Chair, will serve as interim chair until the election on Nov. 30.

Interested candidates, who must be present at the Masters T&F Meetings in Indianapolis, should contact either Masters Secretary Lester Mount, or Phil Byrne. Their contact information can be found on p. 2 of this issue. □

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TEN YEARS AGO October 1996

- NCCWAVA Championships Draw 631 from 16 Countries to Eugene, Ore.
- Martin Mondragon (42, 49:51), Tatyana Pozdnyakova (40, 54:46) Win in Crim 10 Mile
- Throwers Set Eight Age Records in Weight Championships in Seattle



Third Wind

By MIKE TYMN

Exercise and Diet Tips from the "Heavens"

Known as the "sleeping prophet," Edgar Cayce (1877-1945) is remembered primarily as a psychic healer. A simple, humble photographer and Sunday school teacher, Cayce had no medical training. Yet, he had the ability to put himself into a self-induced trance and tap into some kind of "universal mind," often referred to as the Akashic Records. In the trance state, he would respond to questions on various subjects, including health and diseases. He would often be given the name of a person not present and asked to diagnose his or her illness and recommend a cure. While mainstream medicine looked askance at Cayce, many physicians, after observing his accuracy in diagnosing ailments and afflictions, consulted him for advice.

Initially, Cayce, who read the Bible daily, wondered if he had been possessed by some demonic force. However, after realizing that the advice coming through his entranced mechanism was helping many people, he came to accept his unusual ability as a "gift."

The Association for Research and Enlightenment (A.R.E.) in Virginia Beach, Va., now houses over 14,000 documented stenographic records of Cayce's clairvoyant "readings" given over 43 years to more than 6000 persons.

Apparently, because the information often exceeded Cayce's vocabulary and education, the messages were sometimes stilted or convoluted.

"It's well that each body, every body, take exercise to counteract the daily routine activity, so as to produce rest. Walking is the best exercise for this body, preferably in the evening," the entranced Cayce said in a May 27, 1934, reading for a 28-year-old male.

In a July 25, 1943, reading for a 32-year-old female, he again said that walking is the best exercise, but cautioned against taking it spasmodically. "Have a regular time and do it, rain or shine."

Stretch Like a Cat

For a 45-year-old male, he advised "stretching much in the manner as the exercise of the cat or the panther...not as [something that] strains but as [something] to cause the tendons and muscles to be put into position for the formation of strength-building to the body..."

When a 29-year-old woman asked how she might retain her physical development for the longest possible years without sacrificing her health, the entranced Cayce responded, "...through the exercise and diet, and [especially] the character of exercise that follows closely the movements of the cat and its kind."

On the subject of diet, Cayce (or the spirit entity speaking through him) had much to say. "An almond a day is much more in accord with keeping the doctor away, especially certain types of doctors, than apples," he conveyed to a 20-year-old woman. "For the apple was the fall, not [the] almond - for the almond blossomed when everything else died."

Avoid These Foods

When asked what foods to avoid, Cayce replied that it is not so much the individual food as it is the combination of foods that disturbs physical bodies. "...do not combine...the reacting acid

fruits with starches other than whole wheat bread," he counseled. "When cereals are taken there may be added buckwheat cakes, rice cakes or coddled egg, and a cereal drink. It would be well for these to be altered or changed."

Eat These Foods

To protect oneself against diabetes, Cayce recommended that a Jerusalem artichoke be taken twice a week - once raw and once cooked. He saw the Jerusalem artichoke as a positive alternative to insulin injections.



Edward Cayce

"Do take Coca-Cola occasionally as a drink, for the activity of the kidneys, but do not take it with carbonate water," the entranced Cayce communicated. He recommended having a half-ounce to one ounce of the syrup added to

plain water, saying it should be taken about every other day. "This will aid in purifying the kidney activity and bladder and will be better for the body."

He also recommended tea made from watermelon seed to help the kidneys' affections, and to alleviate the quantities of water that accumulate through the abdominal area.

Here are some other recommendations communicated by the sleeping prophet, although his recommendations were often specific to the individual and rarely given as general advice.

Meat: Avoid too many heavy meats...choose fowl, fish, or lamb.

Vegetables: Onion, beets, carrots, salsify, raw carrots, celery and lettuce react best with the spiritual forces of the body. Have plenty of vegetables grown above the ground - at least three of these to one grown below the ground.

Eggs: "Eggs may be taken two or three times a week, and cooked in any manner except fried."

Sugar: Beet sugars are best, or cane sugars that are not clarified. Honey may be taken.

Starch: "Avoid combinations where corn, potatoes, rice, spaghetti or the like are all taken at the same meal...all of which tend to make for too great a quantity of starch - especially (undesirable) if any meat is taken at such a meal. If no meat is taken, the reaction of these starches is quite different...In the combinations, then, do not eat great

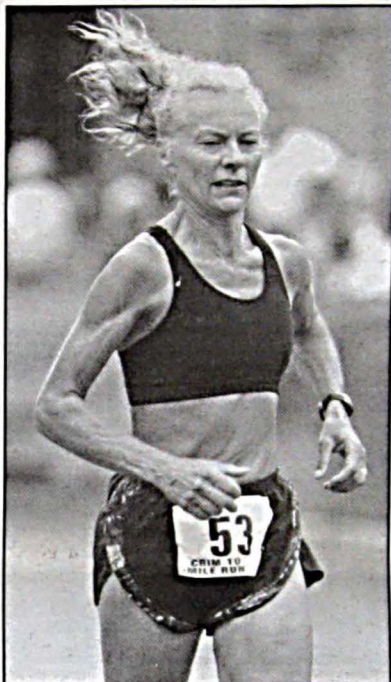
Crim 10 Mile

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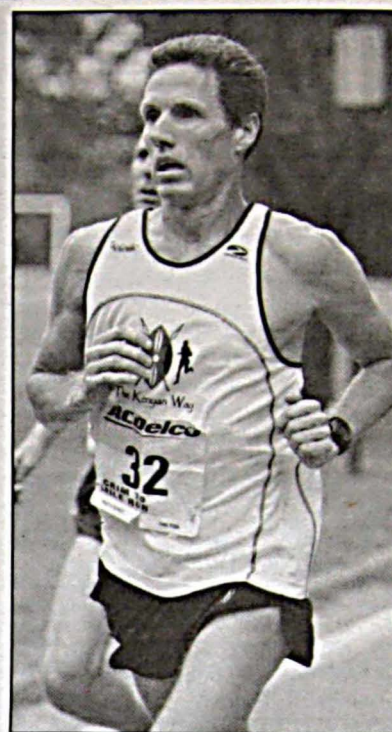
Another Michigan favorite, Jerry Johncock, of Grand Rapids, the 2005 M75 USATF LDR Runner of the Year, repeated his 2005 M75 win (1:22:08) with a 1:27:49.

Pozdnyakova, 51, of Ukraine, ran a remarkable 59:00, eighth place among the women, after a 29:03 5K. In 2005, she was first W40+ with a 58:13. Tatiana Titova, 41, Russia, was second masters woman in 61:52. Krys Brish, 42, Milford, Mich., took third with a 65:20.

Karen Kemmis, 45, and Laurie



Terry Mahr, W55 winner (1:08:08), Crim 10 Mile.



Sean Wade, second M40+ (52:00), Crim 10 Mile.

Decker, 46, staged one of the better division contests, Kemmis winning, 66:18 to 66:22.

Terry Mahr, 57, Oregon, Ohio, was first in the W55 race in 1:08:08. Nina Bovio, 60, Ann Arbor, Mich., fifth last year in the W55 race (1:29:27), returned to win the W60 age-group race with a better 1:27:23. Ellen Nitz, 66, Milford, Mich., repeated her last year's W65 win (1:29:21), with an improved 1:28:41.

A total of 13,016 athletes entered the Crim Festival of Races, which included a 5K, 8K, and mile, with women outnumbering men, 6678 to 6338. □

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quantities of starch along with proteins or meats. Sweets and meats taken at the same meal are preferable to starches and meats."

Tomatoes: Offer most of the vitamins in a well-balanced assimilative manner, but they can be destructive to the physical organism if they ripen after being pulled...one of the few vegetables that is best to be taken after being canned.

Vitamin supplements: "There may be an overabundance of vitamins...If there is proper balance in the diet, you do not need extra vitamins."

Minerals: Beets, celery and radishes are rich in iron and silicon. "These cleanse the system." Also, eat spinach.

Water: Drink plenty of water before and after meals...each morning, upon arising, take a half to three-quarters of a glass of warm water to clarify the system of poisons.

Wine: Take with brown, black, or whole wheat bread, but do not take in excess.

Special tonic: Take two tablespoons of beef juice daily (without fat).

Take a teaspoon at a time, but sip slowly, then take an ounce of red wine with a whole wheat cracker.

Other recommendations: Liver, tripe, pig's knuckles, pig's feet...a great deal of okra...any kind of dessert carrying quantities of gelatin.

Recreation

On November 5, 1943, a 45-year-old male was advised to live a more balanced life. He was told that his condition arose from not enough time in the sun and not enough hard work.

"Plenty of brain work," the entranced Cayce said, "but the body is supposed to coordinate the spiritual, mental and physical. He who does not give recreation a place in his life, and the proper tone to each phase - well, he just fools self and will some day - as in this body in the present - be paying the price."

"There must be a certain amount of recreation. There must be certain amounts of rest. These are physical, mental, and spiritual necessities." □

(Mike Tymn can be contacted at MET-GAT@aol.com)

Write On

Continued from page 4

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Shuttles show schedule, at time taking place, to flung sites for field etc. The UNC-C beautiful, but the apart. It was a hall, and shuttles "island" time.

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Write On

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dated, not optional, after 40 people are in the first aid tent and the local authorities are about to shut you down. Ice, cold water, and electrolyte drinks must be provided for the officials.

Shuttles should run on a frequent schedule, at times when events are taking place, to distant dorms, far-flung sites for field events, cafeterias, etc. The UNC-Charlotte campus is beautiful, but the buildings are far apart. It was a half-mile to the dining hall, and shuttles seemed to run on "island" time.

Usually I stay in the dorm and do not rent a car. This time, because of my concern about the heat and humidity, I opted for a motel and an air-conditioned car. If I had been in the dorm and without a car, I suspect I, too, would have gone to the airport and rented one – or just changed my departure date and gone home.

As for the lack of size small T-shirts, that is another issue that just drives me up the wall; nice to "give" them with the entry fee but not nice at all when there are no size small, and the mediums are big enough for a dress. Was this another "cost savings"?

Nice design, nice fabric, will make great paint rags. I would prefer to have to pay for one and then not purchase one if medium is the smallest size offered and it comes to my knees.

Mary Harada
by e-mail

My wife and I live in Memphis, Tenn., and I can advise you that the weather every day from June to September is similar to the conditions we experienced in Charlotte. We really did not think it was that bad. We train in the heat, we know that it is necessary to properly hydrate yourself, we dress according to the conditions, and we generally give the heat and humidity little thought.

The Charlotte meet organizers are catching all kinds of heat, no pun intended, for the unfortunate events that took place, all of which were attributable to the weather. Competitors who do not live in warm weather areas seem to be intimating that no future competitions should be held in a place where it gets really hot in the summer. I believe it would be unfortunate for this view to be adopted.

As a 100- and 200-meter competitor, I can state with absolute certainty that I am a much more effective runner when the temperature is 95 degrees than when it is 65 degrees. I am pretty sure that most, if not all, of my fellow sprint competitors would be in agreement. I am also pretty sure that the long, triple, and high jumpers, and short hurdlers would also prefer too hot over too cold.

I can appreciate that problems were experienced by some in Charlotte. However, I would suggest that, in the future, people need to consider what the surroundings at the competition venue are going to be like, and prepare



SUZIE HESS
Ann Carter, 64, W60 winner of the pentathlon and triple jump, USA Masters Championships, Charlotte, N.C.

accordingly. To expect the weather to be exactly to your particular liking is asking too much.

I'd like to add that I rather enjoyed the evening competition, and would suggest that perhaps the original schedule should have been constructed with this aspect included to begin with. All of the confusion and complaining would have been avoided, and nobody would be talking about how hot it was in Charlotte.

All things considered, I had a good time, as did most of the competitors I talked to. Hopefully, the next time a major competition is held in a warm weather area, everyone will have learned from the mistakes made in Charlotte, and the necessary adjustments can be made.

I do believe that part of the responsibility for dealing with the local conditions, including the weather, is that of the participant. If one is unable to accept that responsibility, perhaps it might be better to wait for a competition to be held in an area that you like better.

Andrew N. Gipson
Memphis, Tennessee

TEAMWORK

On page 5 of the August NMN, it is stated in the article on the 2006 Nationals-Charlotte that "...Hawaii Masters TC with a contingent of fewer than a dozen athletes took third (209)" in the 2005 Championships in Honolulu.

I have reviewed the results of the 2005 national meet and counted over 30 members of HMTTC who earned points for first through sixth place performances on individual and/or relay team events.

A club which hopes to place in the top three at the nationals may be misled by the suggestion that less than a dozen athletes may be sufficient in this team competition.

In order to earn the third place, HMTTC also needed the best efforts of another five or ten members who ended up in seventh place or lower. These additional team members made

Continued on page 8

Athletes Turn in Strong Performances at Mid-America Regional Meet

By TRIP REYNOLDS

DENVER, Colo. – The 2006 USATF Mid-America Regional Masters Championships held Labor Day weekend on the Colorado State University campus, Ft. Collins, was a great success. The event, also the 26th Annual Rocky Mountain Masters Games, continues as one of the premier masters track and field events in the United States.

The two-day event again brought masters and submasters competitors from all across the U.S. to metro Denver. Last year, Donald Pellmann set five M90 world records.

Although no world records were set this year, masters performed as well as, or better than, athletes who are decades younger.

The event marks a turning point for masters track in Colorado as the first event co-sponsored through the Colorado Masters TC, a spin-off from the legendary Denver TC. The CMTC is looking forward to some outstanding team performances in 2007 and beyond.

Based on individual performances, if CMTC members had dedicated all points to one team in 2006, the CMTC would have placed in the top three at masters indoor and outdoor national championships.

Unusually cold weather on Saturday may have constrained some performances, but great weather on Sunday enabled PRs for many.

Women athletes highlighted the event with many strong performances. The event also saw a W60 U.S. long jump record of 4.55 by Nadine O'Connor. The present record is 4.22 by Barbara Cleveland in 2000.

Barbara Jordan, W70, shot past the All-American standards in the 100 with a 16.76 and in the 200 with a 36.5. In the 80mH Jordan, 18.06, and Christel Donley, W70, 18.22, were both well under their age division standard.

Others who registered A-A performances were Cathy Nicoletti, W55, 200, 31.16, and 400, 71.91; Christel Donley, javelin, 23.88 and shot put, 7.80; and Harriet Bloemker, W70, javelin, 19.50; Debbie Falzitto, W40, 9.43; Sharon Raham, W60, 7.71; and Carol Young, W65, 7.32.

Donley also bettered her recent performance in the National Weight Pentathlon Championships, with 3695.

National champion Stacy Price, M50, ran 14.82 to a strong finish in the 100H. Ed Carter, M85, ran 18.43 to win his division.

Perhaps, more than any other athlete, Ken Welch, M30, should be recognized for truly achieving the best individual performance.

Welch, at 6-7 and 315 pounds, ran 27.26 in the 200. At last year's event, weighing 350 pounds, he ran 13.93 in the 100. This year, he ran 13.15 and he's going to run faster!

In the shot put, Gerald Vaughn, M70, posted a mighty 15.21 – just slightly off his world record of 15.38.

Several athletes recorded All-American performances in the javelin: Ed Morland, M55, 45.80; Leonard Sokoloski, M60, 40.05; and Fred Hirsimaki, M80, 26.74.

The hammer throw again had strong performances with Rande Treece, M45, at 49.61, and Tim Edwards, M55, at 36.72.

In recognition for their many years of service to masters track and field, meritorious service awards were presented to Jim Bogus, Sue Norton, and Shirley Clemons.

Next year's event is scheduled for Labor Day Weekend, Saturday, Sept. 1-2, on the CSU campus, Ft. Collins. For more information, including entry forms, go the club's Web site: www.coloradomasterstrack.org. □

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Morton's Neuroma

A topic not discussed in a while is that of Morton's Neuroma. This is a traumatic inflammation of the nerve that runs between the third and fourth metatarsals of the foot and usually occurs in those who perform running and jumping activities. It is not exclusive to this area, occurring also in other parts of the foot, such as the heel and other intermetatarsal areas.

The pain of Morton's Neuroma is best described as a shooting and burning sensation between the toes that can extend up into the foot. Sometimes numbness sets in after the initial pain.

There is no specific cause for a neuroma, but it is thought it can be due to ill-fitting or tight shoes, trauma, or repetitive running on hard surfaces.

Often, an afflicted runner will stop during a run and remove his or her shoes to massage the foot. This will relieve pressure to the forefoot and nerve areas. Usually, switching to a wider shoe will relieve the problem. Felt metatarsal pads under the ball of the foot help to spread the metatarsal bones and thus relieve pressure to the nerve area.

When the condition becomes progressive, one can treat the area with an injectable, short-acting local steroid.

The affected runner should be examined for any type of pathological foot biomechanics that may be causing excessive stress to the forefoot. This can be reduced through the use of foot orthoses.

In a worst case scenario, surgical excision of the lesion can be performed under local anesthesia.

Neuromas are a common athletic injury and are quite painful. Most athletes will be unable to return to their normal training schedule unless some type of treatment is rendered. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

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USATF 28th Annual Meeting Masters Track & Field Committee Nov. 29 – Dec. 3, 2006

Hyatt Regency & Westin Hotel
Indianapolis, Indiana

Schedule

Wednesday, November 29, 2006

8am – 11am Masters T&F Executive Committee
12pm – 2pm Masters Regional Coordinators
2pm – 6pm Masters T&F Awards Committee
7pm – 10pm Opening General Session

Thursday, November 30, 2006

8am – 10am General Competition Division
10am – 1pm Masters T&F Roll Call of Delegates – Election of Chair
12pm – 2pm Joint T&F/LDR Hall of Fame Subcommittee
2pm – 6pm Masters T&F
7pm – 11pm Welcome Reception

Friday, December 1, 2006

8am – 1pm Masters T&F
Roll Call of Delegates
Presentation & Voting for I/O Championships
Reports on Future Awarded Championships
2pm – 4pm Joint Session T&F/LDR
4pm – 6pm Northwest Masters Regional

Saturday, December 2, 2006

7am – 9am USATF Awards Breakfast Buffet
9am – 10am General Competition Committee
10am – 2pm Masters T&F
2pm – 5pm Masters Regional Coordinators
6:30pm Jesse Owens/Hall of Fame Reception & Induction Ceremony

Sunday, December 3, 2006

8:30am – 10am USATF Closing General Session

Write On!

Continued from page 7

valuable contributions even though they did not place in the top six. A club cannot assume that every member who enters an event will earn points. The more the merrier!

Any club hoping to compete for the top three places needs to be advised that the top two teams, Brooks Fleet Feet and So Cal TC, recruit aggressively far and wide, well in advance of the nationals.

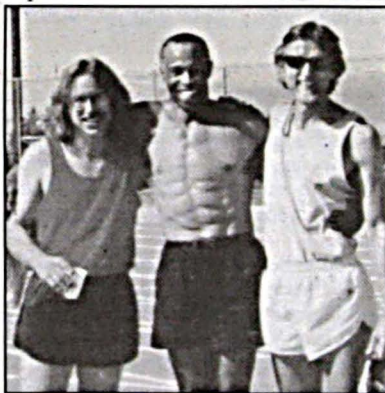
Other clubs may have learned the importance of such marketing efforts, including early registration of the club, securing a club number, providing each potential member with the club number, making sure that each member registers with USATF, and reviewing the USATF roster of club members regularly to verify completeness. This labor of love will require countless hours.

Best of luck to all clubs.

Jack Karbens, HMTC
by e-mail

WILLIE VENABLE

It was sad news, indeed, to hear about Willie Venable's death and the surrounding circumstances. Willie was a regular competitor at many of the meets in the Pacific Northwest and on the West Coast. He truly never met a person that he didn't like.



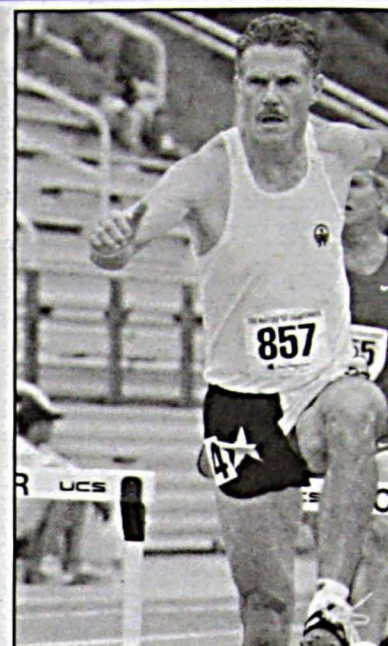
Willie Venable, with Mark Lesniak (l) and Roger Parnell (r), after the 200 in the 2002 USATF Northwest Regional Masters Championships, Salt Lake City.

That anyone could harm this gentle soul is beyond comprehension. It was only a short time ago that Willie and I made a pact to run against each other following our 100th birthday...just one example of Willie's over-abundant optimism.

While Willie always came to compete, one could scarcely tell the difference when he won or lost. His enthusiasm and excitement remained constant, either way.

More recently, Willie and I met up at the 2006 Hayward Classic. While watching Willie warm up for the 200, a younger masters athlete tapped me on the shoulder and pointed to Willie. He asked if I knew who he was and commented on Willie's apparent flexibility in going through his warm-up stretches.

Those who knew Willie, of course, knew that his flexibility was legendary. Also, Willie was not one to shy away from being "on stage." I



SUZY HESS
Lester Mount, M60 winner of both hurdles races, 2006 USA Masters Championships, Charlotte, N.C.

merely turned to the younger man and said, "You ain't seen nothin' yet," and hollered down to Willie that these people wanted to see how flexible he was.

Willie went into a series of full splits that would have made a 13-year-old ballerina envious. As usual, Willie broke into one of his trademark smiles...and at least 50 other people in the stands smiled simultaneously.

Willie left everybody he met with a smile on their face. He was one of the true characters of masters track and field. He will be missed.

Roger Parnell
Susanville, California

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At the 2006 finals, brouhaha 1:30 p.m., after about 12:45. The winner with

The officials modating, gave warm-up period a little before 1: up. Len Olson, among his other after a couple of eight remaining less than an hour with a 35.6 grumbling that w two more attempt sible at this point

For what it's Honolulu, where Shipp, a hecku M70 javelin in a 42.53/139-6 on Allison, in a field contest with a 25.31/83-0 in H Charlotte.

The heat/hum n't bother me. the infield for f Competing in the All-Comers Meet Fernando Valley peratures were 1 tioned me to heat

Would anothe made a differenc them in the thro good throwers do as they can get.

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After the fun four-throws incid will happen again onships at any I have to be made schedule, not in don't know of an ed to four attempt Must be a differe

The Present
Throwers sho the past two U Chairs have been Weinbel, and, Mathews. With of Mathews, the lose what "mus provided for the when a new

Visit th
www.



The Weight Room

By JERRY WOJCİK

The Past, Present and Future

At the 2006 Masters Championships, I got caught in the "four throws, no finals, instead of the mandatory three preliminary, three final attempts" brouhaha in Charlotte. Our M75 javelin group was scheduled to start at 1:30 p.m., after the M70s, who started at 12:00 noon. I got to the javelin area at about 12:45. The M70s, with eight contestants, had just finished (Buster Quist, 70, the winner with a solid 40.60/133-2).

The officials, efficient and accommodating, gave us a well-organized warm-up period, and we agreed to start a little before 1:30. Nine of us showed up. Len Olson, nursing a bad shoulder among his other ailments, dropped out after a couple of practice throws. The eight remaining throwers finished in less than an hour, Larry Horine winning with a 35.60/116-9. I heard some grumbling that we had enough time for two more attempts, but that wasn't feasible at this point.

For what it's worth, last year in Honolulu, where it was plenty hot, Phil Shipp, a heckuvan athlete, won the M70 javelin in a field of four with a 42.53/139-6 on six throws. Tom Allison, in a field of five, won the M75 contest with a 30.27/99-3. I threw 25.31/83-0 in Hawaii and 25.33 in Charlotte.

The heat/humidity in Charlotte didn't bother me. Of course, I wasn't in the infield for five hours at a stretch. Competing in the old Pierce College All-Comers Meets in California's San Fernando Valley years ago when temperatures were 110+ might have conditioned me to heat.

Would another two attempts have made a difference for all those denied them in the throws? Maybe the really good throwers do need as many throws as they can get.

While interesting to speculate, those considerations were not part of the issue in Charlotte, which boiled down to: "We spent big bucks to compete here expecting six throws, and we should get them because it says so in the USATF rules."

After the furor generated by the four-throws incident, I don't think that will happen again in a USATF championships at any level. If adjustments have to be made, it'll be done in the schedule, not in the events. Finally, I don't know of any flat jumpers restricted to four attempts who made a fuss. Must be a different temperament.

The Present

Throwers should be reminded that the past two USATF Masters T&F Chairs have been throwers, first Ken Weinbel, and, after him, George Mathews. With the recent resignation of Mathews, the chances are that we'll lose what "muscle" their leadership provided for the interests of throwers, when a new Chair is elected in

Indianapolis next month. Some believe that Weinbel's election was heavily influenced by disgruntled throwers, who felt shortchanged in treatment they received in masters meets.

Weinbel and Mathews were not 100% "throwers only" lobbyists, but they brought an appreciation of throwers' concerns to various elective bodies and helped pass rules and regulations that made throwing safer, broader and more popular.

The Future

Among the rule changes up for consideration in Indianapolis are the adoption of the ultra weight as a national outdoor championships, and the separation of indoor records made with the metal and soft throwing implements.

The first might pass, because the event has been held in just about every region in the country by knowledgeable directors who already have access to the ultra weights required, from the 56# to the 300#.

Some critics of the proposal think that heaving 200# and 300# sounds more like an event for weightlifters, rather than a track and field event. It may offer some throwers another championships event, but it's not apt to lure people off their couches. If the 44# that is being thrown as an exhibition replaces the 56#, I might consider doing an ultra, but there's no way I'll rattle with a 200# weight again.

The second, if adopted, will finally shut down my annual "Outdoor at the Indoor" column. Throwing the outdoor/metal implements at an indoor masters indoor championships venue (Boise, Ida., and the 56# outdoors in Boston) that has a dirt sector is quite different from throwing an indoor/plastic/Easter basket implement onto a wood or artificial surface sector.

On the other hand, those who threw the 56# outdoors in past Boston meets when the temperatures were below freezing might not agree that those conditions were much of an advantage over throwing indoors.

Throwers who have opinions on these adoptions and other matters to be decided in Indianapolis should make an effort to attend as a voting representative or make their thoughts known to those who will represent them in Indiana. □

(Jerry Wojcik can be reached at jer_rywoj@aol.com)



Throwers at the USATF-Illinois Championships, Sterling, July 15.

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
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70+	300m	.686m 27"				

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
USATF						
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	
60+	3.00k	1.00k	3.00k	400 gms.	12#	
50-79						25#
80+						20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	3.00k	1.00k	3.00k	400 gms.	12#	25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.
For all age-groups indoors, 5 hurdles are run.

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Masters Racewalking

By Lenny Parracino
with ELAINE WARD

Straight Knee Rule and Hamstring Injury

Lenny Parracino is a nationally recognized movement and soft tissue therapist. He is the founder of Kinetic Conditioning which is an eclectic form of individualized conditioning. He and his team have been featured throughout the world including appearances at the Cooper Institute in Texas. If you are looking for a new approach to improving your performance or ridding yourself of nagging or acute injuries, he can be reached at lenny@kineticconditioning.net - ew.)

Just as the rule in the bench press requires an athlete to touch the bar to his chest, the Straight Knee Rule in racewalking requires the knee to be straight as the foot contacts the ground. The rule is a product of the sport and is to be respected. The question for us is how do the muscles react to the demands made by the Straight Knee Rule.

As competitors, you want your muscles to work in harmony in order to develop maximum power as quickly as possible with each stride. To develop maximum power, your leg muscles must first lengthen to load and then shorten to explode. The muscle-lengthening phase is an essential prelude to the shortening, power phase.

Bent Knees

The reason you see people of all ages walking on the street with slightly bent knees is that bent knees allow the necessary muscle lengthening and shortening to take place. It is also why you will see racewalkers run or walk with bent knees immediately after competition. The bent knee allows the muscles to function naturally without unnecessary stress.

When your leg is straight at heel contact, your muscles cannot lengthen and load properly. In practice, the Straight Knee Rule is actually a "deloading" rule, meaning that the hamstrings cannot eccentrically load at foot contact. The "deloading" is predominantly at the knee in the transverse plane causing potential rotational instability. To better understand why this is so, it is necessary to review the basic anatomy and function of the hamstrings.

Stabilizing Function

The hamstrings refer to the group of three muscles going up and down the back of the thigh. They originate at the ischium, come down straight, and then the medial and lateral hamstrings angle out obliquely to wrap around the knee and attach to the tibia and fibula. Two of their primary functions are to stabilize the knee and to steer the multiplanar action of the knee.

Now imagine that you are astride a horse and are holding one rein in your left hand and the other in your right. If you want your horse to go to the left, what do you do? You pull back or shorten the left rein allowing the right to relax and lengthen.

If you want your horse to go to the right, you pull back on the right rein and allow the left to relax and lengthen. Now what do you do when you want a horse to slow down? You pull the reins back equally.

The anatomical structure of the hamstrings from the pelvis to their attachments on the tibia and fibula allows the

three muscles to act just like reins on a horse.

The hamstrings allow the quick forward-back, side-to-side, and rotational action of the lower extremity to take place subconsciously in response to the demands of the activity being performed. The decelerating action of the hamstrings also occurs subconsciously as a reaction to the task.

Deceleration is not the result of a conscious contraction. In fact, research shows that the hamstrings may be the most powerful decelerator in any upright activity.

Walking vs. Racewalking

Let's make a simplified comparison between the function of the hamstrings in regular walking and racewalking. When you regular walk, your muscles are lengthening or loading as the heel absorbs the braking force of ground contact. Specifically, ground impact causes the proximal part of the hamstrings to lengthen or eccentrically load.

After ground contact, the hamstrings shorten or power up quickly, and the foot, in a paradoxical fashion, turns into a rigid platform allowing the body to move over it. At this point, the opposite leg is forward.

In contrast, when you are racewalking, you are consciously causing your knee to contract or lock. Deliberate knee-straightening creates rigidity in the leg. A rigid structure when it hits the ground is impacted by the ground reaction force. The heel is not able to absorb this force, and your leg muscles are not able to lengthen or load naturally.

You can run with a straight knee, but it becomes painful. You can jump up and down with straight legs, but again it becomes painful.

If a straight leg hurts in running and jumping, it can also hurt in walking, but it just takes longer to traumatize the muscles and joints. When you get knee or hamstring injuries, the Straight Knee Rule may be a cause.

Always consider the repeated, percussive stress your leg muscles and joints experience because of the need to maintain a straight leg at ground contact.

Here it is important to say that the body has a vast ability to adapt to stresses caused by a sport or by poor technique. Next month, we will explore how to condition the hamstrings to adapt favorably to the Straight Knee Rule of racewalking.

In the meantime, keep in mind that hamstring strains are not the result of "bad" hamstrings. They are a result of something causing the hamstrings to behave badly. □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)



JERRY WOJCIK
Carmen Plemmons, 39, winner of the W35 5000 and 10K racewalks, 2006 USA Masters Championships, Charlotte, N.C.



SUZY HESS
Shirley Dockstader, W70 national champion in the 5000 and 10K racewalks, 2006 USA Masters Championships, Charlotte, N.C.

Vaill First in USA 15K

Sharp Takes Two USA Racewalk Titles

Ray Sharp won the men's race, and 2004 Olympian Teresa Vaill captured the women's crown at the 2006 USA 15K Racewalk Championships, Bloomington, Minn., hosted by the Twin Cities Race Walkers on Aug. 20.

Sharp, 46, of New York City, had little difficulty in adding a second USA 15K racewalk title to his trophy case by finishing the course in 1:10:35. Mark Green, 50, Reno, Nev., was the runner-up in 1:14:03, with Michael Wiggins, 57, Hawarden, Iowa, third in 1:19:39.

Sharp's previous USA 15K championship was in 1980 in a time only 23 seconds faster than his Sunday performance.

Vaill, 42, Gainesville, Fla., won her third career national 15K title with a

1:10:53. She won her previous USA 15K crowns in 1984 (1:17:27) and 2004 (1:10:43).

Sharp was first again in the 40K Championships, Ocean Township, N.J., on Sept. 10. With a 3:37:19, he finished two minutes ahead of Paul Schwartzberg, 40, 3:39:20.

John Soucheck, 41, was third, in 3:41:22. Leon Jasionowski, 61, was fourth (3:56:08). Bob Mimm, 81, closed with a 6:02:12.

Heidi Hauch, 46, was the first of four women finishers in 4:19:44. Dorit Attias, 44, was second (4:28:28).

The Shore AC (Soucheck, Quattrocchi, and Fredericks) was the only team winner. □

- from USATF

Guatemala Meet

Continued from page 1

8K cross-country (38:50.00) and half-marathon (1:39:47).

Jose Ruiz, M50, Puerto Rico, outdistanced everybody else in the long (5.21) and triple (11.52) jumps.

Maria Rizo, W60, Guatemala, was the farthest woman in the javelin with a 28.94.

Top scorers in the pentathlon were Fred Judson, M60, Canada, 3263, and Monica Tang-Wing, W70, Trinidad and Tobago, 3573. Guest athlete William Gentleman, Great Britain, had a 3797 best in the weight pentathlon.

A number of weight events, including the weight pentathlon, were held at a second stadium, La Democracia Parque; the cross-country in a nature preserve; and the roadwalking on the streets of Guatemala City.

This regional WMA championships meet is held in the even-numbered years, whereas the WMA world championships are held in odd-numbered years.

The NCCWMA region has conducted championships twice in Mexico (Leon and Xalapa); twice in

Canada (Edmonton and Kamloops); the USA (Eugene, Oregon); Puerto Rico (in Carolina); and Barbados.

For the 2008 Championships, four proposed bidders had shown an interest: Trinidad and Tobago; Florida; St. John's, New Brunswick, Canada; and Puebla, Mexico. None of the bidders turned in the requisite paperwork for a vote by the NCCWMA General Assembly.

The paperwork is to be submitted by January 31, 2007. In early 2007, Sandy Pashkin and Brian Keaveney will visit the proposed sites meeting the minimum specifications. Brian Keaveney, as NCCWMA Council president, will conduct a postal and/or e-mail vote after supplying the NCCWMA Council with an assessment from the site visits. Other interested locations are invited to submit proposals.

At the General Assembly, George Mathews' resignation as NCCWMA vice-president was voted upon and accepted and the NCCWMA Council voted to accept Brian Keaveney's proposed replacement, Monica Tang-Wing, of Trinidad and Tobago, as the new vice-president. □

-Jerry Wojcik and Marilyn Mitchell contributed to this article



Women's NCCWMA

Of the 21 NCCWMA Championships held its first meeting which women's representatives attempted to contact areas had proved

Learning the

The current vanguard's efforts to provide successful current language intermediate level American women their countries and participate and to years, however, diligently forward on their events, been open to all.

The women p the Caribbean areas for all athl information on te for masters even equipment, part ments and equi modifications.

There were re representative fo be forwarded. V may be available IAAF handbooks region has ready Internet or the ha

Throwing Cli

A first-ever w ic was planned f the time the orga cific day and tim the day before th presenter was th his own schedule ever, the present Scotland, inform of men and wo with their throwi eral of them, in ended throwers, sonal best marks

Attempts wi women's repres championships t place a clinic schedule. Then interest in future the throws.

Standardized

The NCCW mittee decided there would be form for the NC English and Spa terms for athleti to those used by

Just as in ev the terms for a may vary from example, the sl "lanzamiento d bala," or simply



International Scene

by Marilyn Mitchell

Women's Meeting is Well Attended at NCCWMA Championships in Guatemala

Of the 21 NCCWMA member countries, 19 were represented in the NCCWMA Championships in Guatemala City. The regional meet in Guatemala held its first women's meeting, with good attendance and participation in the meeting which was open to all. For the previous two years, the current women's representative mostly had contact with Canadian and U.S. women and attempts to contact individual women from the Caribbean and Central American areas had proved elusive.

Learning the Lingo

The current women's representative's efforts to learn Spanish have proved successful, even though her current language ability is only at the intermediate level...the non-North American women are very active in their countries and are very eager to participate and to be heard. Over the years, however, the Mexicans have diligently forwarded meet information on their events, and participation has been open to all.

The women perceive a problem in the Caribbean and Central American areas for all athletes, citing a lack of information on technical specifications for masters events and lack of proper equipment, particularly where implements and equipment have masters' modifications.

There were requests to the women's representative for this information to be forwarded. While this information may be available on the Internet and in IAAF handbooks, not everyone in this region has ready access to either the Internet or the handbooks.

Throwing Clinic

A first-ever women's throwing clinic was planned for Guatemala, but by the time the organizers allocated a specific day and time for the clinic, it was the day before the allotted day and the presenter was then unavailable due to his own scheduled competition. However, the presenter, Bill Gentleman, of Scotland, informally helped a number of men and women during the week with their throwing technique and several of them, including some experienced throwers, claimed resulting personal best marks.

Attempts will be made by the women's representative at the next championships to have the organizers place a clinic event on the original schedule. There was a great deal of interest in future clinics, particularly in the throws.

Standardized Entry Form

The NCCWMA Executive Committee decided that, going forward, there would be a standardized entry form for the NCCWMA meet in both English and Spanish, with the Spanish terms for athletic events being identical to those used by the IAAF.

Just as in everyday Spanish usage, the terms for a given event in Spanish may vary from country to country. For example, the shot put may be called "lanzamiento de bala," "impulso de bala," or simply, "bala." The Spanish-

speaking athletes generally understand what the events are despite the variation in terminology, but it sometimes poses a problem for the English-speaking athletes.

Participation

Overall, the meet was a success, although the organizers did not get the number of participants they had initially anticipated. We know that, because of the high-level security concerns surrounding flights in August due to a potential terrorist threat in London.



STEVE BURGER
Jose Berardi, M70 winner of the steeplechase, NCCWMA Championships, Guatemala City.

Security

To the ignorant-and-unsuspecting – "they" is "us" – there were no cultural differences at the meet, but, of course, ignorance is bliss. To this writer, for example, on inquiring about where athletes could safely leave their belongings while they were actually on the track competing, guards indicated a two-step process whereby athletes had their names and numbers listed not once, but twice, as they entered the stadium through the competitors' gate. And frequently there were gun-toting guards outside the same stadium door.

The non-gun-toting guards mentioned that, due to this process, everyone was a friend and/or an athlete, and that everything was safe.

Of course, the unsuspecting – again, "they" is "us" – assumed that this reg-



STEVE BURGER
John Oleski, M55, in the long jump, NCCWMA Championships, Guatemala City.

istration process at the door was a security measure, given that the question was one concerning security.

But, no! On Day 2 of the competition, the ignorant-and-unsuspecting discovered that this two-step registration process was the call room procedure. A different way of doing things...and for anyone who cares to know, a couple of items "went missing," as could happen anywhere. So registration and guns are apparently no guarantee against theft.

Officiating

It was generally agreed that the officiating was good, under the stewardship of the Chief Judge (as they are called in that part of the world) Carla Eugenia Jerez. Her fine crew of Guatemalan officials was supplemented by the efforts of Stella Cashman (U.S.); Brian Keaveney (Canada); two Mexicans, as racewalk judges; and Rex Harvey, John Head, Jim Flanick, and Jim Skelly from the U.S., all under the direction of NCCWMA Stadia Chair Sandy Pashkin (U.S.), performing a variety of officials' duties, as they frequently do at their own expense at WMA and NCCWMA events.

Athletes' Party

The organizers had to cancel the athletes' party which was scheduled for Sunday evening when only 27 athletes pre-purchased tickets prior to arrival in Guatemala.

The athletes were very upset, and the organizers accommodated them by

turning the closing ceremony into an awards-ceremony-cum-party in the ballroom of a hotel, and the group later retired to the hotel's restaurant, where one of the restaurant employees performed as DJ.

This event proved extremely popular, with all the ballroom seats filled and myriads of athletes standing both inside the ballroom and outside the room. Many participants felt that having the final awards given in this manner was a very fitting way to end the week's activities and should perhaps be considered for future meets.

Local Attractions

Many athletes took tours before and after the meet in the country known as the "cradle of civilization," touring the ancient capital city of Antigua and the Mayan ruins in Tikal and Yaxha, for example.

An intrepid – for the word "intrepid" read "foolhardy" – Ivan Black, of New York City, surged up the peak of an active volcano, not to be outdistanced by a Guatemalan who he saw run past him, even though the guide apparently warned against doing so, due to noxious and toxic gases.

We understand that when the Guatemalan was seen descending the volcanic peak, he had a beer in one hand and his jacket over his face with the other hand.

As one of the people on Ivan's tour said, the Guatemalan was probably giving himself CPR! ☐

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On The Run

By HAL HIGDON

What Runner's World Wants to Know for Its 40th Anniversary

Kate Kluge contacted me. Kate works for *Best Life* and *Men's Health*, two magazines published by Rodale Press, the publishers of *Runner's World*. Her call was to gather information for an article for that magazine's December issue, commemorating *Runner's World's* 40th anniversary. The first issue of what was then titled *Distance Running News*, appeared in January 1966.

"I wasn't running 40 years ago," Kate elegantly put it, "you were." She wanted to ask me some questions about what running was like in the 1960s. We spent a half-hour chatting. Here are some of the subject areas we covered.

Nutrition

Back in 1966, carbohydrates had not yet been invented – at least as the proper fuel for marathons. I described a race I ran in 1964: the National AAU 25 Kilometer Championships in Detroit, Michigan, starting at 2 p.m. in the middle of the summer.

I knew I needed some food to fuel me through the race, but I hadn't figured out what. Four hours before the start, I had a steak as my pre-race meal. I finished third that day, but it was a staggering finish.

Ironically, many New Englanders were wiser when it came to eating before the Boston Marathon. Visit the Lenox Hotel on Boylston Street at 8 a.m. the morning of the race, and you would find the runners eating porridge before boarding the buses for Hopkinton. "Porridge," for non-Yankees, is oatmeal.

Fluids

If we didn't know how to eat in 1966, we also didn't know how to drink. Ironically, that was the year David L. Costill, Ph.D., moved to Muncie, Indiana, to found the Human Performance Laboratory at Ball State University.

One of his most important studies occurred two years later when he recruited a number of elite athletes (including me) and had us run 20 miles on a treadmill three days in succession, drinking: a) water, b) Gatorade, or c) nothing.

Dave discovered that either of the two fluids allowed us to maintain a lower temperature than no fluids, and thus run relatively faster. Marathons soon began to provide aid stations, although it would be another decade before Boston did so.

Dr. Costill also was involved in some of the key research on carbohydrate-loading at the same time.

Shoes

Better than you might expect, although the shoes ordinary runners used were dreadful. Most high school athletes and the emerging group of roadrunners wore Chuck Taylor Specials. These feet-killers looked like track shoes, except they were canvas and had rubber bottoms.

Elite athletes fared much better. I used to do a tracing of my foot in the mid-1960s and send it to Onitsuka, a Japanese company, that would hand-make lightweight racing shoes for me. They were as good as today's lightweight racers.

About the same time, Phil Knight acquired the U.S. rights to distribute

Onitsuka shoes, which he renamed Tiger, later Asics. After the Japanese tried to cut back his distributorship several years later, he founded Nike.

Mileage

On average, marathoners in 1966 probably ran more miles than those in 2006, only because there was no back-of-the-pack following sensible training programs like mine that peak at 40 weekly miles.

Forty years ago, runners who couldn't break four hours didn't exist; no officials would stick around that long to wait for them to finish. Almost everybody running would have been able to meet the qualifying standards for Boston today, and they all ran 60-70 miles a week, doing long runs of 15-20 miles every weekend.

A few of us at the front of the pack would train 100 miles a week, but there weren't many runners doing much more. Simple reason: We all worked 9-to-5 jobs and couldn't find time to train at that level. A lot of runners from that era were schoolteachers, who not only could get out at 3:00 to train, but had summers off for racing.

Racing

Until the founding of the Road Runners Club of America in 1958, racing was mainly a New England phenomenon. Because of the long shadow cast by Boston, that area of the country had an active road racing scene. But, other than a scattering of other races down the East Coast, the rest of the U.S. was a roadrunning desert.

I remember only four marathons in 1960: Boston; Yonkers, N.Y. (National AAU Championships); Culver City, Calif. (Western Hemisphere); and, in that year, the Heart of America Marathon, which was founded in Columbia, Mo.

There might have been one or two other marathons, but not until the late 1960s did road running begin to spread nationwide.

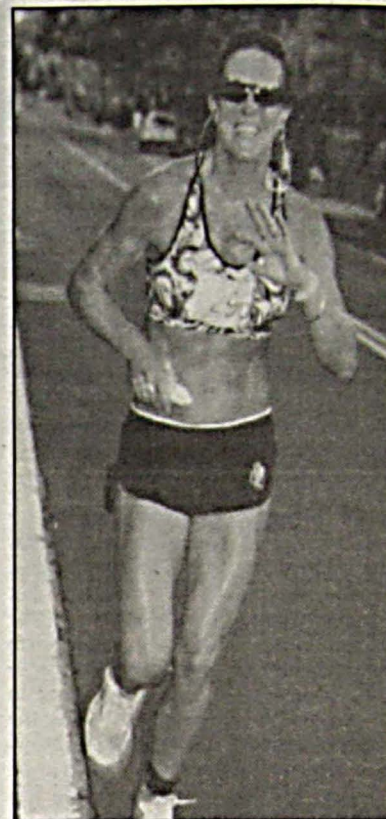
Depending on your point of view, *Runner's World* either caused that spread or benefitted from it. (Probably it was a bit of both.) The first running boom is said to have started in the mid-1970s following Frank Shorter's Olympic marathon gold medal, but the seeds had been planted in the decade before.

Those are the answers I gave to at least some of Kate's questions. You can check *Runner's World's* December issue to find out how much of what I said makes it into the magazine. □

(Hal Higdon, Author of *Masters Running*, answers runners' training questions on his *InterActive Forums*. Visit www.halhigdon.com.)



JERRY WOJCIK
Scott Landis, second M40 in the 800 and 1500, 2006 USA Masters Championships, Charlotte, N.C.



TESH TESHIMA
Shelley Grisbrook, first W40 (1:02:35), 2006 Tamanaha 15K, Honolulu.

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

Lentz, Semick First Masters in 50K Trail

Cliff Lentz and Kami Semick met the challenge of the brutally hilly course to take masters firsts in the USA Masters Championships held in the Headlands 50K Trail Race, Sausalito, Calif., on Aug. 26.

Lentz, 41, Brisbane, Calif., who ran 4:49.0 in the 2006 Fleet Feet Mile in Davis, Calif., showed he also goes the long distance, with a third overall 4:12:34 of the 166 finishers.

Dan Verrington, 44, Bradford, Mass., was second M40+, some two minutes back with a 4:14:49. Technically, Lentz was the first overall in the Championships, because the first two finishers were not USATF members.

Semick, 40, Bend, Ore., was not only first W40+ but also first woman, with a 10th-overall 4:25:15. Connie Gardner, 42, Medina, Ohio, was second W40 in 5:04:51.

The race is run on a spectacularly scenic but exceptionally demanding course for a first-time 50K, with seven

major hills and a cumulative climb of over 7000 feet in the Golden Gate National Recreation area and the Mt. Tamalpais California State Park.

Roger Dellor, 64, posted the best performance of the day with a 32nd-place 5:11:35. Jeri Howland, 50, Corte Madera, Calif., was the first W50+ in 5:20:40. □

FIFTEEN YEARS AGO October 1991

- Laurie Binder, 44, Runs U.S. 10-Mile Record 56:05 at Crim
- Gary Romesser, 40, Ends John Campbell's 46-Race Masters Winning Streak
- Jim Sutton, 60, and Frank Finger, 76, Set U.S. Track Marks



Jerry LeVasseur, 68, Masters Champion



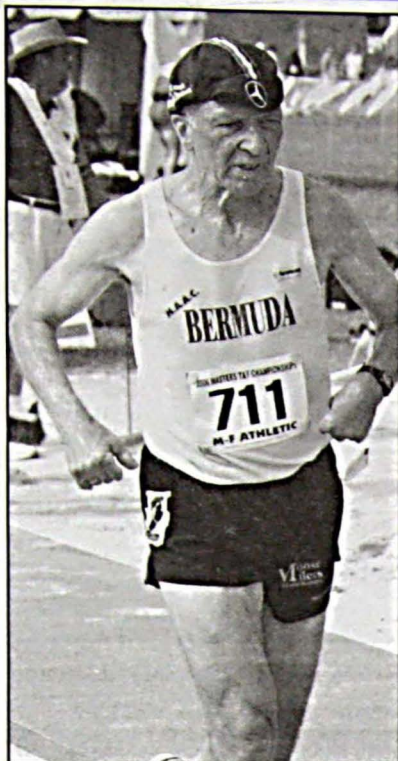
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Ken and Noelle Weller, recognition of their weight and super Seattle for over a de



JERRY WOJCIK
Jerry LeVasseur, 68, in the 1500, 2006 USA Masters Championships, Charlotte, N.C.



The *National Masters News* now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.



SUZY HESS
Ken and Noelle Weinbel accepting a plaque in recognition of their dedication to staging the weight and superweight championships in Seattle for over a decade.

PUBLICATIONS ORDER FORM

Masters Single-Age Records Book (2005 Edition)

Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.

Masters Track & Field Rankings (2005)

Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

Masters Track & Field Indoor Rankings (2006)

Indoor rankings for 2006. 4 pages. \$2.00.

Masters Age-Graded Tables (1994 edition)

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

Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.

Competition Rules for Athletics (2006 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$13.00.

WMA Handbook (2003-2005)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00.

The Complete Guide to Running: How to be A Champion from 9 to 90. By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

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

2006 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

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Masters Scene

EAST

• **James Murray**, 40, Holtville, NY, 17:32, and **Michele LaBiento**, 42, Floral Park, NY, 19:57, sculpted masters firsts in the Ohrenstein & Brown Sprint for the Arts 5K, Roslyn Harbor, NY, Aug. 13. **John Del Maestro**, 51, Woodbury, NY, was second M40+ (17:43). **Doug Escher**, 61, Garden City, NY, 21:54, and **Betty Horstmann**, 61, Bayport, NY, 22:47, created notable age-group wins.

• **Drew Davis**, 44, E. Stroudsburg, PA, held off **Larry Levy**, 41, Reading, PA, 16:11 to 16:13, to take the masters win, Asbury Park 5K, NJ, Aug. 12. **Terry Orr**, 41, Ocean Grove, NJ, won the W40+ race in 19:00. Top division winners included **Rick Pingitore**, 47, Fair Lawn, NJ, 16:48; **Harold Nolan**, 59, Navesink, NJ, 17:41; and **Anna Thornhill**, 66, NYC, 23:55.

• **Steve Boyd**, 42, Kingston, Ont., CAN, in 15:20, and **Marisa Hanson**, 43, Pleasant Valley, NY, in 17:25, turned in masters firsts, Chris Thater Memorial 5K/USATF Niagara Championships, Binghamton, NY, Aug. 29. **Terry Permar**, 52, Perkasi, PA, with a 16:50, and **Marie-Louise Michelsohn**, 64, Stony Brook, NY, current national champion in the outdoor 800 and 1500, with a 21:28, captured age-group wins.

• **Christine Snow-Reaser**, 40, Dayton, ME, was third female in 18:51, Broadway 5K, Portland, ME, Aug. 19. **Floyd Lavery**, 49, Gorham, ME, took the M40+ race (17:59). Snow-Reaser returned to Portland on Sept. 1 to be first female overall in the Maine Running Hall of Fame 5K, behind overall winner **Tom Ryan**, 50, Cape Elizabeth, ME, 16:39. **Carol Fanning**, 55, South Portland, ME, was third woman overall (20:28).

MIDWEST

• **Dan Held**, 40, Pewaukee, WI, in 52:48, and **Patty Murray**, 41, Boulder, CO, in 58:52, chalked up masters wins, Park Forest Scenic 10 Mile, Park Forest, IL, Sept. 4. Course record breakers were **Nancy Rollins**, 59, Evanston, IL, 1:10:58; **Lois Gilmore**, 75, Janesville, WI, 1:30:36; and **Sam Cortes**, 55, Orland Park, IL, 58:30.

WEST

• **Danny Martinez**, M40, 15:03, and **Sue Zihlmann**, W40, 18:41, hurried to masters wins, Pride of the Valley 5K, Baldwin Park, CA, Aug. 5. **Elias Garcia**, M55, 18:56; **Tatsun Lin**, M70, 22:42; and **Sherry Paul-Curl**, W50, 20:18, were impressive division winners.

NORTHWEST

• **Meghan Arbogast**, 45, Corvallis, OR, logged a W40+ first with a second-female 1:22:42, Bohemia Half-Marathon, Cottage Grove, OR, Sept. 2. **Alan Whalen**, 44, Eugene, OR, was the M40+ winner (1:19:13). **Larry Williams**, 70, Springfield, OR, won the M70 title in 1:41:07.

• **Dan Wojcik**, 50, Eugene, OR, was first M40+ (28:41), Miles of Smiles 5 Mile, in Eugene, Aug. 5. **Sharon Lange**, 42, of Eugene, took the W40+ race (38:17).

• **Jeanette Groesz**, 56, Redmond, OR, winner of the W55 1500 and 5000, 2006 USA Masters T&F Championships, Charlotte, NC, posted a road win with a first female overall 33:52, Celebration 8K, Eugene, OR, Aug. 27. **Trisha Kluge**, 46, of Eugene, was second overall (35:17), and **Jane Podolski**, 46, Medford, OR, third (36:14). **Pat Wagner**, 43, of Eugene, was fifth overall in 28:42. **John Livingston**, 72, of Eugene, won the M70 race in 41:22.

• The **Adidas Bucknell Alumni Fossils**, Newton, CT, in 19:26:58, and the **Tahoe Trail Babes**, Reno, NV, in 24:50:22, were the top masters teams in the Fred Meyer Hood to Coast 197 Mile Relay from Mt. Hood to Seaside, OR, Aug. 25-26. The top supermasters teams (50+) were **Headhunters Pirates At 50**, Camas, WA, 26:19:25, and the women's **Heart 'N Sole**, Portland, OR, 34:14:21. The **We Smell Your D-Feet**, Portland, OR, 29:07:48, was the first M40+ team in the Portland to Coast Walk Relay. The **Team Rockbottoms**, of Portland, took the W40+ contest in 24:28:15. The **Rumpled Old Men**, 23:56:42, and **Intimidating Recycled Athletes**, 27:45:19, both of Junction City, OR, were the first supermasters walkers.

INTERNATIONAL

• As of September 1, bidders for the WMA Stadia Championships in 2011 were Porto Alegre, Brazil, and Sacramento, Calif. Inquiries about the 2010 WMA World Indoor Championships or Non-Stadia should be addressed to **Winston Thomas**, WMA Secretary.

OBITUARIES

• **Donald L. (Don) Reid**, passed away Aug. 27. He was 82. Some of you will remember him as a "limited vision" thrower. He got back into throwing in 1987, with the shot and discus, slowly adding the rest of the implements to do weight pentathlons. His last competition was in November 2004 at the Senior Games in Sanford, FL. By this time the vision was such he would only do the shot and discus. I would place him in the center of the circle, then go to the center of the vector and call to him. We continued to receive the NMN, and I would read him the news about the weight folks. I received the September 2006 issue too late to read it to him, but I noted there were still a few names he and I remember. Attending the U.S. Senior Games in St. Louis, and World Championships & Weight Pentathlon, Eugene, OR, in 1989 were memorable moments for us.

—Jimmie L. Reid, W80

• **Willie Venable**, 56, Kent, WA, died Sept. 4, after being in and out of a coma for more than a week after being attacked by five males in Seattle in the early evening of Aug. 26. A 17-year-old boy has been arrested and an investigation is pending. Venable was a masters sprinter and long jumper, who competed in the Northwest and several national competitions and was noted for his good humor and enthusiasm, as well as his ability as a decathlete and sprinter. He grew up in Virginia and was recruited by the U. of Washington for the long jump, according to **Francine Adams**, a longtime friend, who said that Venable had qualified for the 1972 Olympics but did not go because of tensions in Munich in 1972. He ran for Club Northwest and was seeded with a 9.7 in the 100y and a 22-5 3/4 in the long jump in an annual dual meet between Washington state and British Columbia in 1975. In the 2006 Hayward Classic, he won the M55 200 in 27.19 and was second in the long jump (5.04). **David Ortman**, M50 hurdler and sprinter, who had raced with Venable, said that he had disappeared from the t&f scene for a while, but was excited about his return to competition. "He was always really upbeat," said Ortman. "He could do these amazing splits, even at his age, like a cheerleader could do. The flexibility was amazing."



Lisa Marie Render #1003, second W40, and Christine Long, first W45, 2000m steeplechase, 2006 USA Masters Championships, Charlotte, N.C.



Richard Watson, M50, in the USA Masters Weight Pentathlon Championships, Wilsall, Mont.

DEADLINE

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Though Venable was an expert on cars — he spent more than 20 years inspecting new cars shipped to Kent by railroad for damage estimates — he didn't drive. Instead, he ran, walked, or sometimes took the bus.

—Seattle Times, Sept. 8.

CORRECTIONS

• **Mary Trotto** should have been listed as the 2006 USA Masters National Champion in the W55 long hurdles in the Champions Chart (Sept. NMN). **Rhona Trott**, who was shown as the champion, competes for Canada.

• **John B. Macdonald** ran a 69.7 in the USATF-NJ Championships, not 1:19.7, as shown in the results, p.28, September issue.

TWENTY YEARS AGO October 1986

- 5th European Championships Draw 2418 to Malmö, Sweden
- First NMN Age-Graded Meet Held in Van Nuys, Calif.
- England's Ron Taylor Sets M50 200 WR of 22.91 in 5th European Championships

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TRACK

NAT

November 29-Dec. Annual Meeting, Indianapolis. www.usatf.org/ev
March TBA, 2007. Heptathlon Championships, Boston
March 23-25, 2007. Championships, Boston
June 22-July 8, 2007. Senior Games-Senior K.Y. M&W50+. At NSGA State Games
August 2-5, 2007. Outdoor T&F Championships, Orono, ME 04469. 1077.
August 11, 2007. U.S. Senior Games, Orono, ME 04469. 1077.
September 8, 2007. Throw & Superweight WA.

Connecticut, Del.
Maryland, Ma.
New Jersey, Ne.
Pennsylvania, R.

October 1 & 15. Po.
Meet & Racewalk, 1.
703-481-3530; www
January 5-7. 38th
one Field House, H.
Meet Dir., Dartmouth
Hanover, NH 03755

SOU

Alabama, Florida,
S. Carolina,

October 14. Inaugu.
Meet, Weight Pentath.
of S. Alabama, Mob.
realest@aol.com; or
gy.com
December 2-10. 1.
Championships, Cape
flasports.com/page_s

MI

Illinois, Indiana, I.
Wisconsin

November 10-12.
Association Annu.
Dublin, OH. www
ciation.com; 888-5.

SOU

Arkansas, L.
Okla.

October 28. Thro.
TX. Throws cli
track4life@earthlink

Arizona, Calif.

October 1, 8, 22, 29.
Honolulu. 808-735
October 7. Clu.
Santa Barbara. Be.
fax: 969-6613; Go.
3005.
October 8-15.
Ginny Mosher, 70
ofnapa.org

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 NMN 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

TRACK & FIELD

NATIONAL

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings
March TBA, 2007. USA Masters Indoor Heptathlon Championships, Kenosha, WI.
March 23-25, 2007. USA Masters Indoor Championships, Boston, MA. office@usatfne.org
June 22-July 8, 2007. Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must qualify at an NSGA State Games in 2006. www.nsga.com
August 2-5, 2007. USA National Masters Outdoor T&F Championships, U. of Maine, Orono, ME 04469. Rolland Ranson, 207-581-1077.
August 11, 2007. USA Masters Weight Pentathlon Championships, Spokane, WA. www.usatf.org
September 8, 2007. USA Masters Weight Throw & Superweight Championships, Seattle, WA.

EAST

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

October 1 & 15. Potomac Valley TC Throwers Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org
January 5-7. 38th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. www.lancertiming.com

SOUTHEAST

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

October 14. Inaugural Port City Masters T&F Meet, Weight Pentathlon & Jumpers Pentathlon, U of S. Alabama, Mobile, Ala. Bill Murray, wkmrealist@aol.com; or lfarmer@documenttechnology.com
December 2-10. Florida Senior Games State Championships, Cape Coral. 850-488-8347; www.flasports.com/page_seniorgames.shtml

MIDWEST

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

November 10-12. National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesassociation.com; 888-527-6772.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 28. Throws Meet, Lions Field, Austin, TX. Throws clinics if enough responses. track4life@earthlink.net

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 1, 8, 22, 29. HMTCC Meets, Kaiser HS, Honolulu. 808-735-6366; www.hmtcgo.com
October 7. Club West Masters Meet, UC-Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-3005.
October 8-15. Napa Senior Games, CA. Ginny Mosher, 707-255-1800; Gmosher@cityofnapa.org

October 14. Visalia, CA. **CANCELLED**
October 22. Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.
November 1-5. Pahrump Senior Olympics, Pahrump, NV. 702-461-4666.
November 1-18. Southland Senior Olympics, Anaheim, CA. Jan Branich, 714-765-4511.
November 4-5. Hawaii Senior Olympics, Honolulu. 808-732-8805; e-mail: zeug@hawaii.rr.com

NORTHWEST

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

October 9-21. Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

INTERNATIONAL

November 3-11. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com; www.asudaverio-2006.com.br
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfdir.org
October 15. USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahendersoncounty.org
November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings
December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org
March 25, 2007. More Marathon, Central Park, NYC. 212-423-2269; nyrr.org/more/home.php

EAST

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

October 1. Leaf Peepers Half-Marathon & 5K, Waterbury, VT. 802-223-2080; e-mail: dmellerson@yahoo.com
October 1. Maine Marathon & Half-Marathon, Portland. 207-749-9160; www.maine-marathon.com
October 1. Apple Harvest Ramble 10 Miler/USATF-NE Championships, Harvard, MA. www.fruitlands.org
October 1. Grete's Great Gallop Half-Marathon, Central Park, NYC. 212-860-4455; www.nyrr.org
October 7. USATF-Maine O&M 5K XC

Championships, Cumberland. 207-831-7158
October 8. Steamtown Marathon, Scranton, PA. www.steamtownmarathon.com
October 8. BAA Half-Marathon, Boston, MA. www.baa.org
October 8. Mohawk Hudson River Marathon/USATF Adirondack Championships, Albany, NY. 518-427-9374; www.hmrcc.com
October 8. Liberty Waterfront Half-Marathon/USATF-NJ Championships, Jersey City. 201-377-6057; www.LibertyHealth.org
October 8. Army Ten-Miler, Washington, DC. 202-685-3361; www.armytenmiler.com
October 9. Tufts Health Plan 10K for Women, Boston, MA. 888-767-RACE; www.tuftshealthplan.com/tufts10K
October 14. Baltimore Marathon, Half-Marathon & 5K. www.TheBaltimoreMarathon.com
October 14. Greater Hartford Marathon, Half-Marathon & 5K, Hartford, CT. 860-652-8866; hartfordmarathon.com
October 15. Bay State Marathon, Lowell, MA. 978-323-4400; www.baystatemarathon.com
October 21. Shelter Island 5K, NY. 10:00 am. 631-749-0479; www.flrrt.com. Day of race reg.
October 22. Mystic Places Marathon/Relay & 10 Mile, East Lyme, CT. 203-481-5933; mysticplacesmarathon.com
October 22. MAC XC Championships, Bronx, NY. 646-321-6509.
October 28. CAN/AM Challenge. Watkins Glen, NY. 5K XC. www.gvh.net
October 28. Seaside 10 Mile & 5K, Ocean City, MD. www.ococean.com
October 29. Cape Cod Marathon/Relay, Falmouth, MA. 508-540-6959; www.capecodmarathon.com
October 20. USATF-New Jersey 5K XC Championships, Holmdel. 973-334-8900; www.usatfnj.org
November 5. ING New York City Marathon. 212-860-4455; www.nyrr.org
November 11. Health America XC Challenge, Frick Park, Pittsburgh, PA. John Harwick, 724-464-2222.
November 12. NYRR 5K XC Championships, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org
November 26. NYRR Pete McArdle 15K XC, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org

SOUTHEAST

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

October 7. Jacksonville Half-Marathon & 5K, 904-731-1900; www.1stplacesports.com
October 14. Harvest Festival 8K, Saraland, AL. 251-473-7223; www.pcpacers.org
October 21. USA Nature Trail 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
October 29. Wild Ghost Chase 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
November 4. Vulcan 10K/RRCA Southern Regional Championships, Birmingham, AL. 205-879-5344; vulcanrun.com
November 5. Peachtree 50K & Darkside Marathon, Peachtree City, GA. 770-487-7445; www.darksiderunningclub.com
November 11. Richmond Marathon, Richmond, VA. 804-673-RACE; richmondmarathon.com
November 11. USATF-SC O&M 5K XC Championships, Roger Milliken Center, Spartanburg, SC. 9:00 am. Valerie Beesley 864-943-9059; beesleyfamily@hotmail.com
November 12. Outer Banks Marathon/USATF-NC Championships, NC. www.obxmarathon.org
November 23. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

MIDWEST

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

October 1. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com
October 21. USATF-Kentucky Championships/Medical Center 10K, Bowling Green. 270-782-3660.
October 22. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com
October 29. Detroit Free Press/Flagstar Bank Marathon. 313-222-6676; www.detroitfreepressmarathon.com

ON TAP FOR OCTOBER

TRACK AND FIELD

The Club West Masters Meet is set for the umpteenth time at UC-Santa Barbara on the 7th. The Huntsman World Senior Games, St. George, Utah, opens on the 9th. An inaugural masters meet should draw good numbers in the Southeast to Mobile, AL, on the 14th. On the 22nd, CSU-Long Beach will again host the Self-Transcendence Meet.

LONG DISTANCE RUNNING

Masters championships come in various forms this month, from the Twin Cities Marathon, Minneapolis, on the 1st to the 5K XC, Saratoga Springs, NY, and the Trail Marathon, Asheville, NC, both on the 15th. The first busy weekend shows the Zoo Run, Tulsa, OK, and St. George Marathon in Utah on the 7th; Mohawk Hudson River Marathon, Albany, NY, and Army Ten-Miler, in DC, on the 8th; and the Tufts Health Plan for Women 10K, Boston, MA, on Monday, the 9th. Those are followed by the USATF-NJ M40+ 5K Championships, Gloucester City, on the 14th and the Humboldt Redwoods Marathon, Arcata, CA, and Spokane (WA) Marathon on the 15th. The next weekend lists the Shelter Island 5K on Long Island on the 21st and the Chicago Marathon on the 22nd. The month closes with the CAN/AM Challenge, Watkins Glen, NY, on the 28th, and the Detroit Marathon and Big Sur Marathon in Monterey, CA, on the 29th.

RACEWALKING

The USA Masters 5K Championships get under way in Kingsport, TN, on the 7th, and the 1-Hour Championships take place in Waltham, MA, on the 15th. The USATF North Region/Mid-America 30/40/50K Championships hit the bricks on the 14th in St. Louis Park, MN. Several association championships are also on the books.

MID-AMERICA

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

October 14. Edmund Fitzgerald 100K/Team Relay, Duluth, MN. www.edmundfitz.com
November 11. USATF Minnesota XC Championships, Apple Valley. www.usatfmn.org/ccnew.html

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 7. Zoo Run, Tulsa, OK. 918-625-3147; tulsarunningclub.com
October 14. Fergus Snoddy Half-Marathon, Jonesboro, AR. www.fergussnoddy.com
November 5. The Half, Dallas, TX. 972-235-2513; www.thehalf.org
November 11. Tulsa Run 15K & 5K. www.tulsarun.com
November 19. Route 66 Marathon/Relay & Half-Marathon, Tulsa, OK. www.Route66Marathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 8. Rock 'N' Roll Marathon, San Jose,

CA. 800-311-1255; www.nrsj.com

October 15. Humboldt Redwoods Marathon & Half-Marathon, Weott, CA. 707-443-1220; www.redwoodsmarathon.org

October 22. Santa Monica 5000, Santa Monica, CA. 310-260-7898; www.santamonicas5000.com

October 29. Metro Silicon Valley Marathon, San Jose, CA. 415-462-6200; www.svmarathon.com

October 29. Big Sur Marathon on Monterey Bay, Monterey, CA. 831-625-6226; www.bsim.org

November 5. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita, CA. 661-286-4018; www.scmarathon.org

NORTHWEST

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

October 1. Portland Marathon, Portland, OR. 503-226-111; www.portlandmarathon.org

October 7. St. George Marathon, UT. 435-634-5858; www.stgeorgemarathon.com

October 15. Spokane Marathon/Relay, Half-Marathon & 5 Mile, Spokane, WA. 509-624-4297; www.spokanemarathon.us

October 28. USATF-OR Grand Prix/Oregon Open/Masters XC, Salem. www.usatf-oregon.org

November 5. City of Trees Marathon & Half-Marathon, Boise, ID. www.cityoftreesmarathon.com

November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

October 22. Niagara Falls Marathon, Half-Marathon & 5K, Niagara Falls, Ont. 905-356-9460; www.niagarafallsmarathon.com

INTERNATIONAL

October 1. BMAF 10 Mile Championships, Lytham St. Annes, England. www.bmaf.org/uk

October 15. BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

RACEWALKING

October 7. American Way USA Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-230-6406; www.kingsportracewalk.com

October 14. USATF North Region/Mid-America Masters 30/40/50K RW Championships, St. Louis Park, MN. 651-330-9355; twincitiesracewalkers.org

October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org

October 15. USATF-Michigan 10K RW



Participants in the USA Masters Weight Pentathlon Championships in the Big Sky country of Wilsall, Montana.

WENDY MEYER

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TWENTY-FIVE YEARS AGO October 1981

- John Alexander, 61, Scores 3611 to Win M60 National Masters Pentathlon Championships
- Sister Marion Irvine Sets W50 U.S. 10K Record of 38:16
- Canadian Jean Cleator Breaks W55 WR with a 21:18.5 in North American Masters Championships

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – OCTOBER 2006

Compiled by Pete Mundle • pmundle@juno.com

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
RUDY HUBEN(KAHULUI,HI)	10-18-66	40-44
CAROLE A SMITH(GBR)	10-6-61	45-49
LORRAINE JASPER(us)	10-7-61	45-49
KAREN WAMELING(WHITESBORO,NY)	10-16-61	45-49
LESIA BATISTE(US)	10-21-61	45-49
ANGELIKA GRISSMER(GER)	10-22-61	45-49
DANA BAUMGARTEN(LONGWOOD,FL)	10-26-61	45-49
MARTHA LUTZ(IOWA CITY,IA)	10-2-56	50-54
INESA KRAVETZ(UKR)	10-5-56	50-54
SHEREE ROBERTSON(MADISON,WI)	10-11-56	50-54
CATHIE BELLAMY(OR)	10-14-56	50-54
DEBBIE BARRAZA(CAPISTRANO,CA)	10-26-56	50-54
STEVE PLASENCIA(US)	10-28-56	50-54
MINDY IRELAND(ALPINE,CA)	10-14-51	55-59
VIV OLIVER(GBR)	10-23-51	55-59
NATE ROBINSON(PEARFIELD,FL)	10-25-51	55-59
CAROL URISH-MCLATCHIE(HOUSTON,TX)	10-28-51	55-59
RON BELL(GBR)	10-1-46	60-64
LEEN VAN BREMDT(BEL)	10-5-46	60-64
JUDY BANDIERA(AUS)	10-6-46	60-64
JUDITH ROWLAND-SMITH(AUS)	10-6-46	60-64
DENNIS WILLIAM MARTZ(DETROIT,MI)	10-10-46	60-64
STAN IMMELMAN(RSA)	10-14-46	60-64
LARRY OLSEN(CA)	10-14-46	60-64
SUSAN HENDERSON(BOULDER,CO)	10-16-46	60-64
PAMELA DUNCAN(CAN)	10-17-46	60-64
ANNE MARIE DAY(WILLMAR,MN)	10-27-46	60-64
JUDY DALY(AUS)	10-30-46	60-64
JOHN PATTERSON(US)	10-0-41	65-69
THERESA BAIRD(AUS)	10-1-41	65-69
PIRKKO PITKANEN(FIN)	10-1-41	65-69
CARL WALLIN(HANOVER,NH)	10-4-41	65-69
URSULA MIEHE(GER)	10-4-41	65-69

MARIE MICHELSON(STONY BROOK,NY)	10-8-41	65-69
JARI SMART(US)	10-10-41	65-69
ILEANA SILAI(ROM)	10-11-41	65-69
VEIKKO TARKKIO(FIN)	10-13-41	65-69
GUIDO RIQUELME(CHL)	10-15-41	65-69
RONA PATTERSON(NZL)	10-15-41	65-69
SEPP BOLSINGER(GER)	10-19-41	65-69
FRANK DUARTE(LOS ANGELES,CA)	10-20-41	65-69
JANICE DAVIES(AUS)	10-20-41	65-69
MARY LUKER(HOUSTON,TX)	10-20-41	65-69
SUE JOHNSON(OAKLAND,CA)	10-21-41	65-69
JAN MCCLURG(SEATTLE,WA)	10-21-41	65-69
BILL BURRELL(NY)	10-29-41	65-69
LLOYD HIGGINS(LOS ANGELES,CA)	10-31-41	65-69
RAY ADAMS(WASH.,DC)	10-2-36	70-74
KEN MUELLER(BELLINGHAM,MA)	10-2-36	70-74
GENE CHASE(NY)	10-5-36	70-74
DONNA GOOKIN(SAN DIEGO,CA)	10-12-36	70-74
REGINALD AUSTIN(AUS)	10-16-36	70-74
TORSTI HELMINEN(FIN)	10-16-36	70-74
MARTA MAESTRELLI(ITA)	10-18-36	70-74
DARRYL BEARDALL(SANTA ROSA,CA)	10-22-36	70-74
KENT GUTHRIE(PLEASANT HILL,CA)	10-22-36	70-74
ETSUKO IWAMA(JPN)	10-27-36	70-74
JOHN CALDWELL(PASO ROBLES,CA)	10-0-31	75-79
WALTER MCCONNELL(WHARTON,NJ)	10-2-31	75-79
DAVE TUCKER(NZL)	10-3-31	75-79
THANE BAKER(DALLAS,TX)	10-4-31	75-79
MASAKO SHIMAZAKI(JPN)	10-4-31	75-79
JOSE KOPITAR(YUG)	10-11-31	75-79
ARNE SAETHER(NOR)	10-14-31	75-79
JUTTA SCHAEFER(GER)	10-17-31	75-79
RUDY ENDERS(POTOMAC,MD)	10-19-31	75-79
IMRE TRENYI(HUN)	10-19-31	75-79
DONNA FERRARI(SAN FRANCISCO)	10-21-31	75-79

SARA ZINMAN(PT. LOOKOUT,NY)	10-22-31	75-79
ASTA LARSSON(SWE)	10-23-31	75-79
WALTER RENAUD(MALDEN,MA)	10-24-31	75-79
AINA ALKSNE(URS)	10-25-31	75-79
SIMO HELMINEN(FIN)	10-28-31	75-79
BILL MCCAFFREY(CROTON,NY)	10-2-26	80-84
JOSEFA VOCOS(ARG)	10-4-26	80-84
PATRICIA FRANK(US)	10-4-26	80-84
PEPPER DAVIS(ORLANDO,FL)	10-10-26	80-84
RODNEY BROWN(CEDAR CITY,UT)	10-11-26	80-84
JEANNE DE WILDE(BEL)	10-14-26	80-84
SHIRLEY DIETDERICH(BERKELEY,CA)	10-15-26	80-84
LESLEY FOLEY(AUS)	10-20-26	80-84
HEINER WILL(GER)	10-22-26	80-84
RICHARD BERGENBECK(CHATTANOOGA,TN)	10-23-26	80-84
DONALD JACKSON(OAKDALE,CA)	10-25-26	80-84
RUDY HOCHREITER(AUS)	10-26-26	80-84
HELEN DEMPSEY(TRENTON,NJ)	10-29-26	80-84
MARY ANN BOE(WY)	10-30-26	80-84
TJITSKE HARTOOG(PHOENIX,AZ)	10-31-26	80-84
CISSIE MALAN(S.AFR.)	10-4-21	85-89
FRANK DEBERNARDI(SAUGUS,CA)	10-12-21	85-89
JIM GORRELL(APPLE VALLEY,CA)	10-15-21	85-89
JONATHAN HUTCHINSON(TORRINGTON,CT)	10-19-21	85-89
TIM MURPHY(IRVING,TX)	10-25-21	85-89
ARTHUR DREHER(GER)	10-30-21	85-89
WILLIAM BRONSON(UNION,OR)	10-31-21	85-89
GEORG WOLFF(GER)	10-4-16	90-94
BILL MORALES(SANTA ANA,CA)	10-17-16	90-94
EINO LEPPANEN(FIN)	10-18-16	90-94
ELISABET MIGHOFER(GER)	10-18-16	90-94
BERNARD METCALFE(GBR)	10-19-16	90-94
MARGARET BILLS(US)	10-23-16	90-94
HERMAN HAND(PA)	10-29-16	90-94

M40-44 La Mar H
Stuart P

M45-49 Michael M

M50-55 Sergio A

Mike Fan
Maurice

Hugh Var

M55-59 Tom Bern

U.S. MA

Event	30-34	35-39
55	6.8	7.4
60	7.4	8.0
100	11.0	12.1
200	22.4	24.2
400	51.5	55.0
800	2:02	2:15
1500	4:20	4:40
Mile	4:40	4:55
3000	9:25	9:50
5000	15:45	16:15
10000	32:30	33:15
55H	8.6	9.0
60H	9.0	9.4
110H	15.4	16.0
100H		
80H		
400H	58.0	61.0
300H		
3K-SC	10:10	10:30
2K-SC		
HJ	1.90	2.00
6-2 1/2	6.0	6.5
PV	4.40	4.80
14-5 1/4	13.0	14.0
LJ	6.50	7.00
21-4	20.0	21.0
TJ	13.20	14.00
43-3 1/2	41.0	43.0
Shot	14.50	15.50
47-7	40.0	42.0
Discus	44.80	47.00
147-0	140.0	145.0
Hammer	47.24	49.00
155-0	145.0	150.0
Javelin	62.00	65.00
203-5	180.0	190.0
35FWL	15.00	16.00
49-2 1/4	45.1	46.0
Weight	15.00	16.00
49-2 1/4	45.1	46.0
Sup.WL	9.50	10.00
(56#)	31-2	29-0
Pent.	2800	2700
Decath.	5500	5100
WL Pent.	2800	2700

Notes: 1) 100 stand
2) Short hur
3) Long hur
4) Shot put:
5) Discus th
6) Hammer:
7) Javelin:
8) Weight:
9) Superwei
10) Pen/Dec
11) Metric he

U.S. MASTERS

	1.5K	Mile
W30	7:13	7:47
W35	7:22	8:03
W40	7:37	8:21
W45	8:03	8:41
W50	8:25	9:05
W55	8:55	9:31
W60	9:17	10:01
W65	9:48	10:35
W70	10:26	11:15
W75	11:10	12:01
W80	12:03	12:58
W85	13:13	14:15
W90	14:56	16:06
M30	6:31	7:01
M35	6:43	7:14
M40	6:58	7:29
M45	7:13	7:46
M50	7:33	8:05
M55	7:50	8:26
M60	8:13	8:51
M65	8:38	9:19
M70	9:08	9:50
M75	9:43	10:28
M80	10:26	11:14
M85	11:21	12:13
M90	12:41	13:39
Age-graded time/8		

RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44	La Mar Hasbrouck	110HH	16.55	6/10/06
	Stuart Pineo	Mile	4:45.45	7/7/06
M45-49	Michael Kountze	200	24.16	8/5/06
M50-55	Sergio Angulo	100HH	17.18	4/8/06
	Mike Fanelli	100HH	16.65	5/6/06
	Maurice Pointer	Mile	5:02.24	6/24/06
		5K	17:20.34	9/4/06
		3000	10:05.8	9/3/06
	Hugh Van Ness	800	2:16.98	7/23/06
M55-59	Tom Bernhard	10K	37:32.10	8/5/06
		5K	18:18.88	8/3/02

	Kevin Christensen	200	27.00	9/3-4/06
		Pent	3236	9/3-4/06
	Richard Winford	55m	7.89	1/31/04
		55m	7.75	1/29/05
M60-64	Robert Barber	1500	5:07.6	7/15/06
		2K SC	7:37.20	8/3-6/06
		10K	40:08.40	8/3-6/06
	Ron Slozat	1500	5:16.8	6/29/06
		800	2:33.8	6/29/06
M70-74	Bill Riecke	10K	46:49	5/27/06
		5K	22.00	3/4/06

M75-79	Rudy Bredenbeck	DT	101-2	7/15/06
	JT	24.79	6/17/06	
	SP	32-5 3/4	7/21/06	
M80-84	Bob Voegel	SP	8.80	8/3-6/06
	HT	23.32	8/3-6/06	
W50-54	Debbie Topham	20KRW	2:04:14	5/7/06
W55-59	Barbara LoPiccolo	DT	21.59	8/3-6/06
	HT	30.36	8/3-6/06	
	SP	8.94	7/29/06	
	JT	27.41	7/29/06	
W80-84	Dorothy Wilson	SP	4.83	8/24-27/06

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	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	5:40	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1	5-9 1/2	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-11 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-4	19-2 1/2	18-4 1/2	17-8 1/2	16-1 1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	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 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	129-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	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			
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2			19-8 1/2	16-4 1/2			
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 1/2	45-11 1/2	43-5 1/2	41-0 1/2	46-9	43-5 1/2	45-11 1/2	43-5 1/2	44-3 1/2	38-6 1/2	32-9 1/2	28-8 1/2	19-8 1/2
Sup.Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18-4 1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-12	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt.Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 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 70-79: 4k 80+: 3k
 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 70-79: 4k 80+: 3k
 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) Superweight: 30-69: 56# 70-79: 35# 80+: 25#
 10) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

FOR WOMEN													
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-4	20-4 1/2	19-8 1/2	18-1 1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-1 1/2	14-1 1/2		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	11.00		
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59-9 1/2	52-6	45-11 1/2	42-8	36-1 1/2		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59-9 1/2	45-11 1/2	39-4 1/2	29-6 1/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/2	32-9 1/2	29-6 1/2	26-3	29-6 1/2	26-3	31-2	28-8 1/2	25-5 1/2	21-4	18-0 1/2	15-7	11-5 1/2
Sup. Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
	21-4	19-8 1/2	18-1 1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-1 1/2	13-1 1/2	11-5 1/2			
WL Pent.	2500	2500	2500	2500	2500	2500	2500	2500	2500	2400	2300		

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natnews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Weight Pentathlon, Wilsall, MT; Aug. 19

Age	Name	Total	HT	SP	DT	JT	WT
34	Chad Lindsey	3203	41.30	533	16.37	874	43.96
39	Mike Curry	2631	39.78	509	12.24	621	32.32
43	Tim Shannon	3096	44.18	639	13.76	736	42.90
41	Ran McFate	2153	26.60	330	11.02	565	32.70
49	Dick John	3945	47.64	783	13.42	785	49.66
46	Dale Janzen	2784	39.88	631	11.00	621	31.72
52	Jim Wetenhall	4280	52.38	860	14.29	875	50.64
50	Ray Burton	4180	52.78	868	13.37	810	51.56
54	Carl Reichard	3101	46.08	738	10.82	631	34.60
54	Tom Meyer	3091	47.14	758	11.14	653	31.30
54	Richard Watson	3009	36.88	561	10.15	585	32.94
51	Kurt Rabenold	2595	30.90	447	10.79	629	35.34
54	Ed Daniels	480	32.64	480	0.00	0	0.00
59	Hank Koenen	3844	46.72	854	11.50	768	40.76
56	Roger Conboy	3719	43.32	781	12.65	858	33.58
57	Dennis Cameron	3479	43.28	780	10.70	705	31.90
59	Todd Taylor	3202	49.24	909	9.00	574	29.66
56	Clay Hull	3155	40.74	725	10.67	703	28.10
59	Bruce Jones	2892	27.08	434	12.00	807	36.54
57	Jim Lister	2710	33.32	566	13.31	910	0.00
63	George Mathews	4008	50.40	1025	12.67	857	32.96

USA Masters Weight
Throw & Superweight
Championships
Seattle, WA; Sept. 9

Weight Throw

M40 Tim Shannon	12.98
Matt Gaynor	8.76
M45 Ken Jansson	16.81
Doug Parsons	13.62
Jeff Crothers	10.78
M50 Jim Wetenhall	19.27
Ray Burton	18.00
Richard Watson	13.87
M55 Hank Koenen	17.28
Todd Taylor	16.73
Tom Meyer	16.51
Dennis Cameron	15.28
Bob Sager	12.49
M60 Tom Gage	20.85
George Mathews	20.00
Bob Cahners	16.44
M65 Ed Burke	18.39
Robin Herron	11.65
M70 Bob Ward	18.81
Bob Lawson	15.99
Doug Tomlinson	14.43
Pay Carstensen	11.41
M75 Harvey Lewellen	14.46
Jerry Wojcik	11.99
Tom Allison	11.19
M80 Vince Sempronio	11.93
M90 Leon Joslin	5.23
W40 Laurie Jinkins	11.51
W55 Joyce Taylor	11.15
W60 Georgia Cutler	12.50
W75 Melicent Whinston	6.07

Superweight

M40 Tim Shannon	8.52
Matt Gaynor	6.30
M45 Ken Jansson	10.64
Doug Parsons	9.63
Jeff Crothers	7.77
M50 Jim Wetenhall	10.29
Ray Burton	9.09
Richard Watson	6.69
M55 Todd Taylor	9.09
Hank Koenen	8.30
Tim Edwards	7.31
Dennis Cameron	7.20
Bob Sager	6.13
M60 Tom Gage	8.51
George Mathews	8.25
Bob Cahners	6.94
M65 Ed Burke	6.99
Robin Herron	4.16
M70 Bob Ward	9.76
Bob Lawson	8.31
Doug Tomlinson	8.12
Pay Carstensen	7.61
M75 Harvey Lewellen	8.19
Jerry Wojcik	6.12
Tom Allison	5.55
M80 Vince Sempronio	7.23
M90 Leon Joslin	3.22
W40 Laurie Jinkins	7.15

W55 Joyce Taylor 8.37
W60 Georgia Cutler 5.87
W75 Melicent Whinston 3.12

EAST

Long Island Senior
Games, Brentwood
June 3-4

100m

M55 Robert Albinski	14.57
John Harbulak	15.96
Jack Barnes	16.40
M60 Ron Johnson	13.08
Richard Jones	13.32
Paul Gansle	14.61
M65 Raymond Lebowitz	14.34
Abe Bernstein	15.15
Leonard Dunn	18.80
M70 Lloyd Williams	15.33
John Toner	18.26
Bill Horvath	18.54
M75 Robert Bruce	16.73
Arthur Duffy	18.87
Bert Jablon	19.12
M80 Jay Charles	29.80
W55 Skipper Clark	15.82
Anne Diprima	18.72
Janis Henderson	23.74
W60 Christine Kraft	23.11
W65 Anita Pescow	23.35
W70 Mary Roman	18.43
W80 Joan Gillyean	29.78
W90 Ida Keeling	47.36

200m

M55 Jesse Norman	27.9h
Robert Albinski	30.3h
Dennis Graff	33.9h
M60 Ron Johnson	26.9h
Paul Gansle	30.1h
Rex Gerhardt	30.1h
M70 Lloyd Williams	35.6h
John Toner	39.7h
Stanley Feldman	47.6h
M75 Robert Bruce	36.1h
Alan Druckman	45.8h
Edward Cleary	1:04.5h
W55 Ann Prezioso	44.3h
W60 Christine Kraft	1:00.7h
W80 Joan Gillyean	1:09.9h

400m

M55 Robert Albinski	1:05.98
John Edmead	1:15.63
Jack Barnes	1:20.28
M60 Ron Johnson	1:03.04
Paul Gansle	1:09.54
Rex Gerhardt	1:13.67
M65 Abe Bernstein	1:10.87
Leonard Dunn	2:06.90
M70 John Toner	1:29.70
Walter McCarthy	1:34.18
M75 Bert Jablon	1:37.21
Odd Sangesland	1:45.53
Arthur Duffy	1:53.43
M80 Jay Charles	2:39.30
W50 Shelley Keeling	1:12.57
W80 Minna Charles	3:23.39

800m

M55 Robert Albinski	2:38.4h
Jim Thornton	4:33.7h
M60 Rex Gerhardt	3:21.2h
Alex Lemski	3:43.2h

M65 Abe Bernstein 2:53.3h
M70 John Toner 3:59.1h
M75 Alan Druckman 4:07.0h
Edward Cleary 5:15.5h

1500m

M55 Jim Thornton	6:59.8
John Harbulak	9:58.6
M60 John Mulvey	8:32.2
M70 John Toner	7:48.5
M75 Alan Druckman	8:33.1

Short Hurdles

M65 Louis Bruno, Jr	13.19
M75 Richard Savage	16.8h
W55 Skipper Clark	19.5h
M55 Jesse Norman	13-6
John Harbulak	12-4
M60 Ron Johnson	15-5
Rex Gerhardt	10-11
Philip La Chere, Jr.	7-9
M70 Al Heckert	11-0
John Toner	10-1
Thomas Farrell	8-8
W55 Skipper Clark	12-4
Janis Henderson	7-4
W80 Joan Gillyean	5-2

Triple Jump

M55 John Harbulak	18-7
M60 Rex Gerhardt	22-3
Michael Pollack	17-10
Edward Leavy	16-4
M65 Raymond Lebowitz	28-10
Louis Bruno, Jr	13-10
M70 John Toner	18-2
Thomas Farrell	16-6
Stanley Feldman	15-11
M75 Robert Bozzett	15-0
W55 Skipper Clark	19-7
Janis Henderson	17-2
W80 Joan Gillyean	10-10

Shot Put

M55 Tom Rempe	26-8
Dennis Graff	25-8
John Harbulak	25-3
M60 Rex Gerhardt	26-8.50
Philip La Chere, Jr.	25-8
Jai Singh	24-7
M65 Harry Schwarze	33-7
Edmund Joyce	11-0.50
Raymond Lebowitz	27-9.70
M70 Richard Janson	32-0
Pete Barker	31-7
Al Heckert	28-2.50
M75 Peter Vannucci	27-9.50
Robert Webber	20-9
Vito Savino	20-7.50
M80 Jimmy Choy	11-4
W55 Skipper Clark	27-6.50
Evita Belmonte	19-11
Janis Henderson	18-4
W60 Joyce Bahy	25-4
L Van Valkenburg	23-5.50
Maria Pasho	22-11
W65 Vera Truhlar	24-2
W70 Mary Roman	25-11.50
Joan Dash	18-1
Curlye Faber	16-5
W80 Joan Gillyean	14-5

Discus

M55 Fred Kraics	76-11
Dennis Graff	75-4
John Harbulak	74-10
M60 Kirk Dorn	117-6
Jai Singh	72-8

61 Ian Percy	3810	40.30	787	11.90	796	41.74	806	33.86	590	14.65	831
60 Jerry Bookin-Weiner	3548	39.76	774	11.41	758	37.26	702	29.94	505	14.30	809
63 Mark Chapman	3200	31.32	578	11.58	772	37.82	715	28.72	479	11.95	656
64 Terry Livermore	2990	23.12	391	11.56	770	34.68	643	29.10	487	12.62	699
61 Peter Briant	2030	20.38	329	10.37	678	35.26	656	23.50	367	0.00	0
67 Peter LaBarge	4042	36.08	796	10.19	789	37.26	800	39.02	804	13.52	853
67 Dick Hotchkiss	3558	41.66	944	9.31	710	39.02	846	12.08	160	14.14	898
67 Jack Kuhns	3238	30.82	657	10.32	801	32.04	666	26.62	499	10.23	615
73 Bob Ward	4845	50.48	1202	11.85	816	41.88	1063	29.78	618	17.09	1146
70 Bob Humphreys	4468	42.62	988	12.50	868	40.52	1022	29.02	599	15.02	991
74 Doug Tomlinson	3914	37.44	848	11.07	753	37.18	923	27.24	553	12.96	837
74 Ray Feick	3073	31.36	685	9.35	617	26.86	623	23.04	445	11.16	703
77 Harvey Lewellen	4043	39.88	1091	10.25	815	24.98	675	19.26	423	13.75	1039
76 Tom Allison	3729	29.88	776	10.54	842	28.12	779	25.28	600	10.15	732
77 Bill Garrahan	3728	27.66	707	9.36	733	28.76	801	25.30	601	11.97	886
81 Dick Mulkern	3979	29.26	936	9.16	870	24.56	803	19.22	436	11.73	934

Age	Name	Total	HT	SP	DT	JT	WT
30	Sabrina Sullivan	1837	29.84	498	8.02	401	33.10
41	Debbie Falzitto-Gocken	2465	22.04	464	9.52	605	27.58
46	Oneitha Lewis	5100	50.38	1528	13.11	1013	35.68
49	Carol Finsrud	4661	40.34	1182	11.59	878	43.88
49	Sue Hallen	2526	26.98	731	7.67	536	22.42
50	Ruth Welding	3802	37.68	868	11.08	886	32.58
50	Cheryl Mellenthin	1966	23.70	485	6.48	464	17.30
54	Linda Rowe	2855	26.88	571	9.74	761	26.30
55	Martha Green	2260	23.48	542	7.17	588	17.10
56	Joyce Taylor	2971	33.10	832	7.01	571	20.74
57	Mary Hartzler	3907	37.94	980	10.36	910	27.64
60	Sharon Raham	3038	29.02	805	7.20	666	14.84
63	Georgia Cutler	3503	33.30	950	7.66	717	22.40
64	Roz Katz	2807	24.92	667	7.02	647	18.70
71	Christel Donley	3474	17.50	585	7.70	951	18.70
71	Anne Cirulnick	2830	19.14	655	6.62	797	14.80
75	Gloria Krug	3851	16.08	637	7.12	1024	17.18
91	Betty Jarvis	4089	9.48	766	3.50	915	9.20

Philadelphia Masters
Meet, Plymouth Meeting,
PA; June 13

All times handtheld

*All-American Performance

100m

M30 Eric Reid	11.4
M45 Tony Fulton Sr.	11.6
M50 Terry McKechnie	12.7
M55 Bruce Campella	14.6
M60 Fred Edelstein	14.3
W60 Barbara Leighton	16.5

200m

M35 Charles Sawyer	25.0
M40 Joe Stern	28.2
M45 Mike Eisenhart	28.0
M50 Terry McKechnie	26.5
M55 Bruce Campella	30.3
M60 Bob Fuhrman	30.3
W35 Lilian Philipposian	38.9
W40 Renee Henderson	27.3
W60 Barb Leighton	35.7

400m

M35 Charles Sawyer	1:01.9
M40 Joe Stern	1:07.8
M45 Mike Eisenhart	1:02.8
M50 Grant Berwin	1:10.4
M60 Glenn Schmehl	1:06.2
W35 Lilian Philipposian	1:26.5
W40 Lorraine Jasper	1:06.3
W60 Barbara Leighton	1:24.8

800m

M30 Vernon Waters	1:52.7
M40 Scott Landis	2:05.9
M45 Chuck Shields	2:06.6
M50 Jeff O'Connell	2:53.7
M90 Frank Levine	5:45.9

1 Mile

M35 John Mehl	5:06.8
M40 Scott Landis	4:39.8
M45 Chuck Shields	4:41.5
M50 Russ Patton	5:05.9
M55 George Sanders	6:59.1
M90 Frank Levine	12

Pole Vault	
M47 George Munro	3.04
Long Jump	
M30 Kevin McCleave	5.11
M55 Lawrence Davis *	4.93
Triple Jump	
W30 Jill Cypress Turner *	10.93
Shot Put	
M55 Michael Kalnas	9.69
Discus	
M35 Tom Herdelin	37.30
M45 Michael Patterson	24.31
M50 John Kalnas	39.23
M65 John Bronstein *	42.40
Javelin	
M45 George Munro	29.71
M50 Nick Helfrich	37.77
M75 Sid Kiwitt *	26.69

Philadelphia Masters Meet, Plymouth Meeting, PA; June 27

All times handheld
*All-American Performance

100m	
M35 Charles Sawyer	12.1
M50 Paul Stearns	13.9
M55 Bruce Campella	14.9
M60 Fred Edelstein	14.2
W40 Renee Henderson *	12.8
200m	
M35 Charles Sawyer	25.1
M40 Tom Graziano	25.1
M50 Paul Stearns	29.1
W40 Lorraine Jasper	30.1
400m	
M35 Charles Sawyer	57.8
M40 Jim O'Connell	56.3
M45 David Hughes	1:03.3
M50 Joe Rogan	1:10.0
M60 Bob Fuhrman	1:12.2
W40 Lorraine Jasper *	1:06.8
800m	
M30 Vernon Waters *	1:53.9
M35 John Mehl	2:22.5
M40 Scott Landis	2:06.1
M45 Chuck Shields *	2:10.5
M50 Russ Patton	2:20.1
W40 Lorraine Jasper	2:44.9
1 Mile	
M35 Jordan LaVine	5:05.2
M40 John Wheeler	5:39.9
M45 Chuck Shields *	4:57.2
M50 Russ Patton *	5:09.9
W40 Lorraine Jasper *	5:28.4
3000m	
M30 Sly Coons	10:50.9
M45 Tom Yunker	12:24.5
M50 Russ Patton	12:25.1
W40 Lorraine Jasper	12:24.8
High Jump	
M45 David Hughes	1.42

M35 Charles Sawyer	57.8
M40 Jim O'Connell	56.3
M45 David Hughes	1:03.3
M50 Joe Rogan	1:10.0
M60 Bob Fuhrman	1:12.2
W40 Lorraine Jasper *	1:06.8

M30 Vernon Waters *	1:53.9
M35 John Mehl	2:22.5
M40 Scott Landis	2:06.1
M45 Chuck Shields *	2:10.5
M50 Russ Patton	2:20.1
W40 Lorraine Jasper	2:44.9

M35 Jordan LaVine	5:05.2
M40 John Wheeler	5:39.9
M45 Chuck Shields *	4:57.2
M50 Russ Patton *	5:09.9
W40 Lorraine Jasper *	5:28.4
M30 Sly Coons	10:50.9
M45 Tom Yunker	12:24.5
M50 Russ Patton	12:25.1
W40 Lorraine Jasper	12:24.8
High Jump	
M45 David Hughes	1.42

Long & Strong Throwers Classic, Denver, PA July 9

Shot Put	
W45 Oneitha Lewis	12.41
W60 Roslyn Katz	6.95
W70 Anna Cirulnick	6.48
W75 Gloria Krug	6.38
M30 Kunie Lawson	12.64
M45 Joe Johns	12.78
M50 Joe Myers	14.41
George Castelli	12.39
Dennis Hansen	11.44
M55 Craig Shumaker	14.32
Dennis Chandler	10.31
Rich Dunphy	9.32
M70 Ray Feick	9.57
Discus	
W35 Heidi Becker	19.87
W45 Oneitha Lewis	39.35
W60 Roslyn Katz	18.20
W70 Anna Cirulnick	15.24
W75 Gloria Krug	15.96
M30 Kunie Lawson	42.89
M45 Joe Johns	37.06
M50 John Kalnas	38.80
Herman Pinque	38.06
Joe Myers	38.03
M55 Craig Shumaker	44.28
Jack Selcher	35.87
Dennis Chandler	30.15
M65 Larry Pratt	47.26
John Bronstein	37.51
John Lang	27.65
M70 Ray Feick	29.15
Hammer	
W45 Oneitha Lewis	48.88
W60 Roslyn Katz	27.94
W70 Anna Cirulnick	15.73
W75 Gloria Krug	16.90
M30 Kunie Lawson	40.80
M40 Troy Herr	55.37
M45 Mike Bersch	41.21
M50 Nick Helfrich	30.90
Joe Myers	29.87
Ray Bzibziak	28.74
M55 Dan Folk	22.64

Tim Specht	21.80
M65 Abe Sheinker	23.21
M70 Ray Feick	29.16
Javelin	
W60 Roslyn Katz	18.29
W70 Anna Cirulnick	11.81
W75 Gloria Krug	19.41
M50 Joe Myers	38.95
Nick Helfrich	34.24
Robt Meluskey	30.98
M55 Dick Richardson	45.10
Tim Specht	38.50
Dennis Chandler	36.80
M65 Jim Kenney	42.14
John Lang	36.37
M70 Ray Feick	25.72

Weight Throw	
W60 Roslyn Katz	11.14
W70 Anna Cirulnick	6.52
W75 Gloria Krug	7.34
M50 Joe Myers	13.15
Dennis Hansen	12.03
Ray Bzibziak	11.17
M55 Tim Specht	9.01
Dan Folk	8.41
M65 John Bronstein	13.81
M70 Ray Feick	12.69
Superweight	
W60 Roslyn Katz	6.05
W75 Gloria Krug	5.08
M30 Kunie Lawson	10.00
M40 Troy Herr	10.98
M50 Joe Myers	6.47
Dennis Hansen	6.10
Nick Helfrich	4.78
M55 Dan Folk	3.61
M65 John Bronstein	3.95
M70 Ray Feick	3.65

Philadelphia Masters Meet, Plymouth Meeting, PA; July 11

All times handheld
*All-American Performance

100m	
M30 Tom McCray	11.4
M40 Gerald Crocker	11.7
M45 Tony Fulton *	11.2
M50 Terry McKechnie	12.4
M55 Steve McDermott	13.6
M60 Fred Edelstein	14.1
M65 William Bittner	14.4
M75 Suat Akgun	18.9
M80 Y.M. Naci	18.4
W40 Renee Henderson *	12.5
W60 Barbara Leighton	16.9
200m	
M30 Tom McCray	24.1
M35 Charles Sawyer	24.8
M40 Tom Graziano	24.7
M45 George Munro	28.0
M50 Gary Leigh	25.7
M55 Bruce Campella	30.0
M60 Bob Fuhrman	29.9
M75 Jim Sutton *	32.5
W30 Jill Cypress Turner *	27.0
W40 Lorraine Jasper	30.1
400m	
M40 Steve Phelan	56.9
M45 Mark Martin	59.8
M50 Paul Stearns	1:04.4
M60 Glenn Schmehl	1:05.8
M75 Jim Sutton *	1:11.4
M80 Y.M. Naci	1:47.7
W30 Jill Cypress Turner *	1:10.3
800m	
M35 Charles Sawyer	2:20.1
M40 Kevin Forde	2:06.9
M45 Chuck Shields *	2:07.5
M50 Steve Halebsky	2:41.9
M55 Dennis Mellish	2:31.0
W40 Lorraine Jasper *	2:26.8
W60 Barbara Leighton *	3:15.7
1 Mile	
M35 John Mehl	5:15.0
M40 Scott Landis *	4:42.3
M45 Chuck Shields *	4:42.3
M50 Mike Bond	5:30.2
M55 Dennis Mellish	5:34.4
3000m	
M40 Gene Tung *	9:32.4
M45 Mike Bial	11:08.0
Rey Santiago	11:36.8
M50 Joel Hoffsmith *	10:28.6
M55 Carl Grossman	13:58.1
M60 Lou Coppens *	11:30.6
W30 Allyson Lehrman *	11:21.9
W40 Lorraine Jasper *	11:03.3
100m Hurdles	
M55 Lonnie Davis *	17.1
110m Hurdles	
M45 George Munro	18.9
High Jump	

M30 Tom McCray	11.4
M40 Gerald Crocker	11.7
M45 Tony Fulton *	11.2
M50 Terry McKechnie	12.4
M55 Steve McDermott	13.6
M60 Fred Edelstein	14.1
M65 William Bittner	14.4
M75 Suat Akgun	18.9
M80 Y.M. Naci	18.4
W40 Renee Henderson *	12.5
W60 Barbara Leighton	16.9

M30 Tom McCray	24.1
M35 Charles Sawyer	24.8
M40 Tom Graziano	24.7
M45 George Munro	28.0
M50 Gary Leigh	25.7
M55 Bruce Campella	30.0
M60 Bob Fuhrman	29.9
M75 Jim Sutton *	32.5
W30 Jill Cypress Turner *	27.0
W40 Lorraine Jasper	30.1
M40 Steve Phelan	56.9
M45 Mark Martin	59.8
M50 Paul Stearns	1:04.4
M60 Glenn Schmehl	1:05.8
M75 Jim Sutton *	1:11.4
M80 Y.M. Naci	1:47.7
W30 Jill Cypress Turner *	1:10.3

M35 Charles Sawyer	2:20.1
M40 Kevin Forde	2:06.9
M45 Chuck Shields *	2:07.5
M50 Steve Halebsky	2:41.9
M55 Dennis Mellish	2:31.0
W40 Lorraine Jasper *	2:26.8
W60 Barbara Leighton *	3:15.7
M35 John Mehl	5:15.0
M40 Scott Landis *	4:42.3
M45 Chuck Shields *	4:42.3
M50 Mike Bond	5:30.2
M55 Dennis Mellish	5:34.4
M40 Gene Tung *	9:32.4
M45 Mike Bial	11:08.0
Rey Santiago	11:36.8
M50 Joel Hoffsmith *	10:28.6
M55 Carl Grossman	13:58.1
M60 Lou Coppens *	11:30.6
W30 Allyson Lehrman *	11:21.9
W40 Lorraine Jasper *	11:03.3
M55 Lonnie Davis *	17.1
M45 George Munro	18.9

M40 Tom Graziano	1.57
M55 Lonnie Davis *	1.52
M65 Burr Daly	1.16
Pole Vault	
M45 George Munro	3.20
M50 Jim O'Neill	3.35
Long Jump	
M40 Bruce Mannon	5.02
M45 Jude Iheoma	5.11
M55 Lonnie Davis	4.57
M65 Burr Daly	3.39
Triple Jump	
M30 Cardwell Wootten	12.41
M35 Nick Damales *	13.15
Shot Put	
M55 Michael Kalnas	9.86
W40 Heather Scanlon	8.05
Discus	
M40 Glenn Cipripompa	27.88
M50 John Kalnas	41.39
W40 Heather Scanlon	20.37
Javelin	
M45 George Munro	31.18
W35 Carrie Cipripompa *	38.35
W40 Heather Scanlon	18.62

Syracuse Chargers All Comers Meet, Jamesville- DeWitt HS; July 11

100m	
M30 Dave Eaton	11.9
M45 Lisa Hill	20.1
400m	
M45 Tim Taylor	62.0
High Jump	
M40 Brian Fite	4-2
Long Jump	
M40 Mark Honis	18-2-1/2
Brian Fite	11-8
M45 Tim Taylor	14-5
M65 Don Baum	9-3
Shot Put	
M40 Brian Fite	36.4
Discus	
M65 Gary Crawford	37.33
Hammer	
M35 Jay Kovaleski	43.69
M55 Pat Lynn	37.48
M65 Gary Crawford	26.93
W45 Michelle Galvin	21.54

Syracuse Chargers All Comers Meet, Jamesville- DeWitt HS; July 17

200m	
M40 Bob Swiedor	29.9
M45 Tim Taylor	27.3
800m	
M40 Michael Boni	2:22.9
W55 Coreen Steinbach	2:41.0
High Jump	
M40 Mark Honis	4-8
M45 Tim Taylor	4-4
Triple Jump	
M40 Mark Honis	33-5.25
Greg Smalley	40-10.75
M45 Tim Taylor	29-0.50
Weight Throw	
M35 Norm Deep	13.16
M50 Kevin Donovan(20#)	11.80
M65 Gary Crawford	11.98
Superweight	
M35 Norm Deep	7.37
M50 Kevin Donovan	4.97
M65 Gary Crawford	5.15
Hammer	
M35 Norm Deep	0.40
M50 Kevin Donovan(5k)	26.77
M65 Gary Crawford	28.73
Discus	
M35 Norm Deep	32.01
M50 Kevin Donovan(2k)	26.89
M65 Gary Crawford	35.90
Shot Put	
M35 Norm Deep	12.41
M50 Kevin Donovan	9.24

Mid-Atlantic USATF Championships Plymouth Meeting, PA; July 23

100m	
M35 Charles Sawyer	12.13
M40 Lawrence Kennedy	11.97
William Marshall	11.98
Gerald Crocker	12.52
M45 Tony Fulton *	11.6h
Lovell Butler *	11.8h
Michael Patterson	12.9h
M50 Gary Leigh *	12.1h
Terry McKechnie	14.0h
Mark Lacy	14.5h
M55 Steve McDermott	14.07
Everitt Staten	14.73
Bruce Campella	14.80

M60 Fred Edelstein	14.41
M65 Kevin Murphy	15.89
Burr Daly	30.02
M70 Earl Mege	19.44
M80 Oscar Harris	18.94
W40 Renee Henderson *	13.07
W65 Sue Levy	27.67
W70 Carol Montgomery *	18.06
Audrey Lary	31.86
200m	
M35 Charles Sawyer	24.74
M40 Clinton Aurelien	23.87
Gerald Crocker	24.26
Tom Graziano	24.79
M45 Tony Fulton *	24.21
Michael Patterson	27.16
M50 Gary Leigh	25.92
M55 Richard Brown	29.14
Frederick Monesmith	29.46
Bruce Campella	29.99
M60 Glenn Schmehl	27.95
Bob Fuhrman	30.66
M65 Nate Byrd *	29.49
M70 John MacDonald *	31.19
W40 Renee Henderson *	26.65
Shemayne Williams *	27.40
W60 Barbara Leighton *	35.93
W65 Sue Levy	68.76
W70 Audrey Lary *	36.65
Carol Montgomery	55.61

400m	
M30 Jermaine Broadus	54.52
M35 Charles Sawyer	57.51
Ed Parsley	62.47
M40 David Bynoe	53.92
Kevin Forde	55.84
Windsor Jones	56.53
Joseph Stem	66.58
M50 Russ Patton	59.19
Joe Rogan	66.68
M55 Richard Brown	65.53
Tom Taft	1:13.26
M60 Glenn Schmehl *	1:04.83
Bob Fuhrman	1:10.21
M70 John MacDonald *	1:10.46
Burt Hughes	1:34.43
W40 Shemayne Williams *	1:02.45
W60 Barbara Leighton	1:25.33
800m	
M30 Vernon Waters *	1:54.29
M35 Neill Clark	2:09.38
M40 Scott Landis *	2:01.87
Kevin Forde *	2:03.34
David Bynoe *	2:03.68
M45 Tom Yunker	2:36.95
M50 Russ Patton *	2:12.51
Joel Hoffsmith	2:20.86
Jeff O'Connell	2:32.00
M70 Bruce Gilbert *	3:03.88
M85 George Blyn	7:10.52
M90 Frank Levine	5:28.47
W40 Lorraine Jasper *	2:25.10
W45 Joan Affleck	2:55.23
W60 Barbara Leighton *	3:14.20
W65 Sue Levy	4:50.55
W70 Carol Montgomery	4:11.31

1 Mile	
M35 Chris Carroll	5:12.18
Pat Dolan *	4:44.90
Scott Landis	4:54.30
Curt Flewelling	5:51.53
M45 Chuck Shields *	4:40.63
Andrew Ross	5:20.92
M50 Russ Patton	5:13.90
Joel Hoffsmith	5:17.05
Jeff O'Connell	6:04.36
M60 Tom Jennings *	5:47.62
Louis Coppens *	5:49.60
M90 Frank Levine	12:54.91
W40 Lorraine Jasper *	5:28.98
W45 Joan Affleck	6:35.93
W65 Sue Levy	10:10.35
W70 Carol Montgomery	9:15.24

W70 Carol Montgomery	9:15.24
5000m	
M30 Sylvester Coons	18:41.1h
M40 Greg Watson	16:17.2h
Gene Tung	16:25.5h
Larry Levy	16:29.7h
M45 Jeff Hayes	16:57.8h
M50 Terry Permar *	16:55.9h
Peter Blank	23:23.5h
John Kostenbauder	23:40.9h
M55 Dennis Mellich	19:35.6h
M60 Louis Coppens	19:53.6h

Bill Wright MA	15.78
M75 Kenneth Perkins ME	16.67
Owen Ingram NH	19.18
George Horner ME	27.37
M80 Joseph Sciaraffa ME	18.58
Earl Sweeney RI	19.92
Frank Brako MA	20.02
W50 Gail Johns-Reese NH	15.16
K Williams ME	16.55
W60 Kathy Engle NH	22.82
J Henderson NY	23.71
W65 Judith Scott MA	21.87
Arlene Dupuis NH	22.21
W70 Valera Jones TN	19.89
Mary Harada MA	23.04
W75 B Langer MA	23.70
W80 Ann McGowan RI	23.38
200m	
M50 Neil Steinberg RI	26.17
Steven Snow NH	28.26
M55 David Westover NH	27.67
John Novak CT	28.29
David Breeden NH	31.24
M60 Roger Pierce MA	26.11
D Geertgens NY	29.23
Bill Spirdione NH	31.09
M65 Bill Fahey NH	35.30
Alfred Frieniere RI	36.68
M70 Richard Croak NH	32.29
Jack Finan NH	39.53
M75 John Parker NH	45.30
Horst Langer MA	54.70
M80 Earl Sweeney RI	42.56
Kenneth Folsom NH	45.65
Frank Brako MA	46.17
W50 Gail Johns-Reese NH	30.98
K Williams ME	35.59
W55 Linda Hunt ME	46.02
W60 Kathy Engle ME	48.41
W65 Judith Scott MA	52.71
Arlene Dupuis NH	57.18
W70 Valera Jones TN	44.36
Mary Harada MA	46.59
E Abrams CT	52.54
W75 B Langer MA	53.86
W80 Ann McGowan RI	57.71
400m	
M50 Thomas Gillen MA	1:01.26
J McDougle NH	1:06.32
M55 David Breeden NH	1:11.36
M O'Donoghue NH	1:19.24
M60 Roger Pierce MA	58.58
R Chinchillo MA	1:11.09
M65 Fred Bertelsen NH	1:25.51
G Cormey MA	2:03.69
M70 Jack Finan NH	1:40.26
K Graves MA	1:44.43
M75 Bill Engle NH	1:31.67
John Parker NH	1:43.03
Horst Langer MA	2:17.78
W50 Gail Johns-Reese NH	1:11.67
L Williams ME	1:22.07
W55 Linda Hunt ME	1:43.69
W60 Kathy Engle NH	1:42.37
W65 S McKenna MA	1:44.66
W70 Valera Jones TN	1:34.63
Mary Harada MA	1:36.46
E Abrams CT	2:07.69
W75 B Langer MA	2:07.69
800m	
M50 J McDougle NH	2:27.72
Tom Kolb NH	2:36.17
Mike Yeomans NH	2:56.45
M55 E Haggerty NH	3:35.24
M60 J Sinicropo CT	3:08.03
M65 J Levasseur ME	2:59.78
Dean Riley NH	3:03.10
Fred Bertelsen NH	3:20.46
M70 Bill Spencer NH	2:53.99
M75 Bill Engle NH	3:29.85
John Parker NH	3:47.29
1500m	
M50 Tom Kolb NH	5:30.46
M55 J Weatherhead CT	4:58.76
M60 Larry Flint NH	8:53.98
M65 J Levasseur ME	6:22.39
Dean Riley NH	6:41.65
M70 Bill Spencer NH	5:51.65
Bob Welts NH	7:41.06
G Cormey MA	8:05.68
M75 Bill Engle NH	7:05.50
David Rider NY	8:21.62
W55 Linda Hunt ME	8:31.60
W60 Kathy Engle NH	7:33.33
W70 Valera Jones TN	7:43.03
High Jump	
M50 Gerrod Smith NY	4-10
Jerome McDougle NH	4-6
George Zitrides NH	4-2
M55 John Jones OH	4-6
James Queeney MA	4-0
Buzz Gagne NH	4-0
M60 D Geertgens NY	4-4
Buster Byrnes ME	4-4
E von Heyden RI	3-8
M65 Carl Wallin NH	4-2
Dean Riley NH	3-4
M70 John Poley ME	3-10
M75 Kenneth Perkins ME	3-10
David Rider NY	3-6
Owen Ingram NH	2-10
M80 Frank Brako NH	3-6
Pole Vault	
M50 Gerrod Smith NY	10-0
M55 Charles Hill MA	8-0
David Wells NH	6-6
M60 Buster Byrnes ME	8-6

M70 Deke Conklin NH	8-0
M75 David Rider NY	6-0
Long Jump	
M50 George Zitrides NH	16-0
Steven Snow NH	15-8.50
Gerrod Smith NY	14-11
John Jones OH	14-10
M55 D Geertgens NY	15-4
Buster Byrnes ME	12-8.50
E von Heyden RI	11-3
M65 R Whittemore NH	11-0
Alfred Frieniere RI	10-4
John Poley ME	12-9
Deke Conklin NE	12-9
Bill Wright MA	11-6.50
M75 David Rider NY	10-8.50
K Perkins ME	10-7
Horst Langer MA	7-11
M80 Frank Brako MA	9-4.50
M85 Hy Levy MA	5-7.50
Shot Put	
M50 D Belhumeur RI	39-2.25
Tim Morse MA	35-9.25
Mark Chase NH	29-0.50
M55 Ken Woodward NH	35-1.75
Kent Worden NH	29-4.50
M60 Conrad Carter NH	45-2.25
Loarn Robertson IL	44-5.50
A Kaufman NY	34-9.50
M65 Carl Wallin NH	43-7.75
A Courchesne NH	31-7.50
Edward Rowan NH	30-7
M70 Leonard Rosen NH	39-8
Alan Brooks CT	39-6.50
G Cormey MA	33-4
M75 P Xanthopoulos MA	41-0
William Clew MA	36-0.50
Samuel Messiter VT	29-5.75
M80 Frank Brako MA	25-5.25
M85 Hy Levy MA	27-1.50
M90 Bruno Maki NH	20-0.25
W50 Debbi Tefft ME	22-6.75
W Rounds ME	21-10.75
W55 Beth Wolak CT	23-3.50
Ave Bero NY	23-7.50
Sandra White CT	19-8.25
J Henderson NY	19-5.50
W65 Judith Scott MA	19-4
Arlene Dupuis NH	18-4
W70 M Crooks MA	20-2
W75 Harriet Patch MA	16-11.50
W80 Ann McGowan RI	14-5
Estelle O'Connor NH	12-9.25
J Berlepsch CT	12-5.75
W85 Rose Levy MA	11-11
Discus	
M50 D Belhumeur RI	128-2
Tim Morse MA	126-9
David Demars NH	98-8
Buzz Gagne NH	99-2
Kent Worden NH	91-6
M60 Loarn Robertson IL	128-9
Paul Malsbenden NH	111-8
Buster Byrnes ME	107-7
M65 Jack Dowd VT	103-6
George Potter NH	95-1
Edward Rowan NH	87-7
M70 Alan Brooks CT	115-10
Leonard Rosen NH	112-9
Henry de Forest NH	91-3
M75 P Xanthopoulos MA	121-9
William Clew MA	83-3
Justin Rinfret NH	53-5
M85 Hy Levy MA	56-6
M90 Bruno Maki NH	53-1
W50 W Rounds ME	57-0
Debbi Tefft ME	52-8
W55 Beth Wolak CT	71-1
Linda Hunt ME	55-8
M60 Ave Bero NY	63-5
J Henderson NY	53-0
Sandra White CT	46-10
W65 Joan Youngs CT	57-1
Judith Scott MA	51-9
Arlene Dupuis NH	45-3
W70 M Crooks MA	45-7
W75 Harriet Patch MA	36-0
Gloria Benjamin NH	35-9
W80 J Berlepsch MA	33-1
Estelle O'Connor NH	29-2
Ann McGowan RI	28-2
W85 Rose Levy MA	24-6
Javelin	
M50 Wayne Lima RI	118-8
David Wallisch NH	117-1
Buzz Gagne NH	156-9
M55 James Queeney MA	115-3
Kent Worden NH	81-9
M60 Stephen Aust RI	124-5
E von Heyden RI	81-7
M65 Carl Wallin NH	108-3
Jack Dowd VT	98-9
A Courchesne NH	96-9
M70 Groeche Coemey MA	103-11
Kenneth Graves MA	45-7
M75 P Xanthopoulos MA	119-0
Samuel Messiter VT	91-8
M80 Frank Brako MA	35-8
M85 Hy Levy MA	35-2
M90 Bruno Maki NH	48-11
W50 Debbi Tefft ME	71-1
W Rounds ME	28-8
Linda Hunt ME	42-7
W60 Ave Bero NY	54-2
J Henderson NY	48-3
Sandra White CT	45-11
W65 Joan Youngs CT	55-5
Arlene Dupuis NH	52-7
W70 M Crooks MA	31-10
Gloria Benjamin NH	26-4
W75 Harriet Patch MA	31-10
Gloria Benjamin NH	26-4
W80 Ann McGowan RI	35-2
J Berlepsch CT	34-7
Estelle O'Connor NH	20-10
W85 Rose Levy MA	18-1

1500m RW	
M50 George Ruppel NH	9:51.84
M55 Ed Haggerty NH	9:22.69
M60 Dan Dodson MA	9:49.15
Larry Flint NH	10:35.15
M65 Karl Makela NA	11:48.21
M70 Jack Finan NH	9:58.81
M75 Valio Lides MA	11:10.64
Lawrence Jones NH	11:49.77
B Langer MA	11:53.95
M80 W O'Leary MA	11:58.77
5000m RW	
M50 George Ruppel NH	34:06
M55 Ed Haggerty NH	34:06
M60 Dan Dodson MA	34:55
M70 Jack Finan NH	35:50
M75 Valio Lides MA	38:15
Horst Langer MA	41:00
M80 Bill O'Learn MA	43:25
W50 Joanne Freund PA	35:55
5K Road Race	
M50 Carl Huber PA	18:21
Tom Kolb NH	20:38
M60 David Ritchie NH	20:49
Jerry Brown CT	24:53
M65 Dean Riley NH	23:25
Lucien Trudeau NH	24:53
Roger Gosselin NH	27:36
M70 Rod L'Italien MA	24:33
George Tosatti NH	28:23
Bob Welts NH	31:38
M75 Bill Engle NH	25:10
John Parker NH	28:57
Jim Lynch NH	29:08
10K Road Race	
M50 Carl Huber PA	39:54
Tom Kolb NH	41:07
M60 Jerry Brown CT	52:38
M65 Dean Riley NH	46:34
Lucien Trudeau NH	49:47
Ron Whittemore NH	62:57
M70 Rod L'Italien MA	53:36
John Parker NH	59:20
Jim Lynch NH	60:33

Weight Meet Hanover, NH; Aug. 12

16# SHOT PUT	
1. DON FILKINS 52	37-5
2. LUKE HOTTE 59	37-0
3. JIM BURGONNE 45	36-9
4. CARL WALLIN 64	36-4
5. BOB CEDRONE 51	35-4
6. CARL REICHARD 53	34-4
SHOT PUT	
1. CARL WALLIN-5k 64	41-5
2. DON FILKINS-6k 52	40-7.5
3. LUKE HOTTE-6k 59	38-8.5
4. BOB CEDRONE-6k 51	38-7.5
5. CARL REICHARD-6k 53	36-8
6. JIM BURGONNE-6k 45	35-9
7. SAM MESSITER-4k 78	31-2
HAMMER	
1. CARL REICHARD-6k 53	142-4
2. BOB CEDRONE-6k 51	141-3
3. CARL WALLIN-5k 64	137-6
4. SAM MESSITER-4k 78	89-4
WEIGHT THROW	
1. CARL WALLIN-20# 64 WR	62-1.2
2. BOB CEDRONE-25# 51	55-4
3. CARL REICHARD-25# 53	51-1
4. SAM MESSITER-20# 78	31-6.5

Potomac Valley TC All-Comers Meet, Langley HS, McLean VA; Aug. 19

100m	
M40 Robert Harding	12.15
M60 Dan Durante	14.3h
M65 Bob Paulen	15.6h
M70 Mort Diamond	18.4h
W65 Lana Kane	18.7h
200m	
M40 Robert Harding	24.47
M45 Karl Smith	23.87
M60 Dan Durante	32.05
M70 Mort Diamond	39.5h
W65 Lana Kane	40.3h
400m	
M40 Robert Harding	53.7h
M45 David Jones	61.7h
M55 Jay Jacob Wind	95.5h
M60 Dan Durante	73.9h
W30 Zenia Ayrtton	59.9h
800m	
M45 Terry McLaughlin	2:36.2h
M50 Jim Darr	2:43.1h
M60 Dan Durante	3:40.6h
W40 Pam Early	3:02.7h
1 Mile	
M30 David Kent	4:58.1h
M35 Steven Ablandi	5:22.5h
M40 Ted Poulos	4:59.3h
M45 Terry McLaughlin	5:08.8h
M50 Joe Burno	5:04.6h
M55 Jay Jacob Wind	6:27.7h
M60 Jason Page	5:25.1h
W35 Brittany Rice	8:18.4h
W45 Sarah Buckheit	6:32.4h
W55 Lynda Durfee	7:36.9h
W70 Tami Graf	8:20.2h
3000m	
M40 Ted Poulos	10:38.2h

M45 Terry McLaughlin	11:04.0h
M50 Peter Blank	14:31.4h
M55 Jay Jacob Wind	12:44.8h
W55 Lynda Durfee	14:45.0h
W70 Tami Graf	16:43.4h
100mH	
M50 Jim Barrineau	18.7h
M65 Bob Paulen	20.2h
300mH	
M65 Bob Paulen	55.9h
High Jump	
M50 Jim Barrineau	1.67m
M65 Bob Paulen	1.20m
W35 Kimiko Nakatake	1.62m
Long Jump	
M50 Anthony Markley	4.40m
M55 Dave Shields	4.49m
Triple Jump	
M30 Sam Okantey	15.28m
M45 Marcus Battle	11.94m
M50 Anthony Markley	10.22m
M60 Wayne White	8.42m
M65 Bob Paulen	8.60m
Discus	
M30 Jim Eberhardt	47.01m
M40 Glenn Thompson	51.69m
M45 Warren Taylor	40.53m
M50 Keith Mathis	25.50m
M55 Nick Nichols	38.97m
M60 Victor Litwinski	30.49m
W70 Sharon Good	8.79m
Hammer	
M35 Anders Halvorsen	57.48m
M40 Glenn Thompson	41.42m
M50 Keith Mathis	25.48m
M55 Tori Welihozkiy	34.68m
M60 Victor Litwinski	23.83m
W70 Sharon Good	10.84m
Javelin	
M50 Keith Mathis	37.89m
M60 Russ White	44.81m
W65 Lana Kane	17.03m
W70 Sharon Good	7.68m
Shot Put	
M40 Glenn Thompson	16.21m
M45 Warren Taylor	13.45m
M50 Keith Mathis	9.79m
M60 Victor Litwinski	9.33m
W30 Jennifer Stephens	9.64m
W70 Sharon Good	3.82m
Weight Throw	
M40 Glenn Thompson	13.10m
M50 Keith Mathis	10.27m
M55 Tori Welihozkiy	13.55m
M60 Victor Litwinski	12.58m
W40 Anne Pastorkovich	6.02m
W70 Sharon Good	5.12m
3000m Racewalk	
M50 Peter Blank	19:27.5h
M55 John Gersh	18:30.7h
M60 Frank Bain	18:28.2h
M65 Michael Schwed	19:30.0h
M70 Donald J. Gerson	26:15.7h
W40 Anne M. Finley	26:06.4h
W45 Kimberly Light	21:43.1h
W65 Lois Dicker	19:40.4h
1 Mile Racewalk	
M50 Peter Blank	10:11.40
M60 Frank Bain	10:04.4h
M65 Carl Kane	10:49.2h

Potomac Valley TC Championships McLean, VA; Sept. 2-3

100m	
M35 Ed Williams	11.99
M40 Louis Merricks	11.51
Jeff Gold	11.80
Lawrence Kennedy	12.63
M45 Kaestner McDough	12.33
Eugene Vickers	16.44
M50 Oscar Peyton	11.65
Thomas Jones	12.08
Sam Lee	12.76
M55 Joe Mack	12.85
Chris Alvord	13.36
Chuck Williams	13.55
M60 Robert Koontz	13.72
Joel Liles	14.23
M65 Larry Colbert	13.73
M70 Mort Diamond	30.57
M80 Sam Madia	18.87
W30 Tiffany Smallwood	13.97
W45 Anita Ginyard	15.41
Kate Mearns	15.74
Angie Boyce	16.27
W50 Thelma Mack	16.30
W65 Janie Mortensen	21.79
W70 Tami Graf	18.08
Audrey Lary	18

W70 Audrey Lary	18.32
Flo Meiler	18.24
Sharon Good	11.19
Javelin	
M30 Kunie Lawson	35.85
M35 James Barr	49.60
M40 Reggie Hill	41.67
M50 Phil Ochs	20.26
M60 Russ White	46.02
Richard Klem	35.48
Seyash Karimian	34.28
M65 James Kenney	41.60
John Lang	35.63
Mike Valle	30.63
M70 Ezzat Pashai	38.56
M80 Sam Madia	17.99
W40 Anne Pastorkovich	13.59
W65 Evelyn Wright	19.25
W70 Audrey Lary	15.26
Flo Meiler	11.57
Weight Throw	
M30 Kunie Lawson	13.76
M35 James Barr	10.38
M40 Glenn Thompson	13.78
M50 Keith Mathis	10.81
M60 Jerry Bookin-Weiner	15.02
Anatoli Welihozkiy	12.15
Victor Litwinski	12.11
M65 Mike Valle	14.89
M70 Ezzat Pashai	9.66
W40 Anne Pastorkovich	5.16
W65 Evelyn Wright	11.32
Janie Mortensen	6.24
W70 Audrey Lary	10.13
Flo Meiler	8.48
Weight Pentathlon	
M30 Kunie Lawson	2976
M35 James Barr	2585
M60 Victor Litwinski	1443
M65 Mike Valle	2775
M70 Ezzat Pashai	2244
W40 Anne Pastorkovich	1015
W70 Audrey Lary	1556
Flo Meiler	1336
100m	
M50 Peter Blank	11:47.62
M55 John Gersh	9:23.88
M60 Victor Litwinski	9:46.91
M65 Roger Webb	10:48.46
M70 Donald Gerson	13:54.82
3000m RW	
M50 Peter Blank	22:13.26
M55 John Gersh	18:35.36
M60 Victor Litwinski	19:01.46
M65 Roger Webb	21:22.42
M80 Charles Boyle	22:13.48
W60 Kathy van Brocklin	20:46.90
W90 Mary Lathram	28:14.30

SOUTHEAST

Tennessee Senior Olympics, Williamson County
July 14-20

100m	
M50 Jamie Tyler	12.66
M55 Wade Carter	12.63
M60 Antonio Cooper	13.70
M65 Max Falk	15.50
M70 Charles Lanza	16.00
M75 Estes Redditt	NTA
M80 Charles Baker	16.80
M85 Robert Douglas	25.50
W50 Mary Conner	15.40
W55 Alice Greene	16.30
W60 Sandra Guy	16.69
W65 Betsy Boswell	18.90
W70 Valera Jones	19.79
W75 Dorothy Rose	34.10
W80 Sarah Overton	24.60
400m	
M50 Calvin Saulsberry	1:00.70
M55 Nate Robertson	1:00.51
M60 Antonio Cooper	1:04.00
M65 Ted Beasley	1:14.10
M70 Rich Peck	1:17.60
M75 George Spero	1:30.80
M80 Charles Baker	1:19.50
M85 John Smartt	2:01.70
M90 Max Springer	2:55.80
W55 Mariella Cook	1:24.20
W60 Sandra Guy	1:32.70
W65 Margie Stoll	1:26.20
W70 Valera Jones	1:42.00
W80 Alma Reid	3:42.80
W85 Virginia Irving	4:32.60
1500m	
M50 Robert Buchholz	5:08.60
M55 Grady Cash	5:26.10
M60 Robert Barber	5:07.60
M65 John Rawlings	6:08.80
M70 Michael Cody	6:26.70
M75 George Spero	7:36.40
M85 John Smartt	9:47.10
W55 Mariella Cook	6:40.30
W60 Janet Jernigan	7:10.00
W65 Margie Stoll	6:29.60
W70 Valera Jones	7:44.80
W85 Virginia Irving	17:07.00

High Jump	
M50 Fred Farmer	4-11.50
M55 Jim Nichols	4-9
M60 Johnston Ewing	4-7
M65 Bob Southerlan	4-1
M70 Louis Vodopya	4-1
M75 George Spero	3-2.50
M80 Charles Baker	3-0
M85 Warren Barger	3-7.50
W50 Eleanor Gipson	4-5
W55 Marcia Long	3-0
W60 Carol Stricklin	3-5.50
W65 Betsy Boswell	3-4
W70 Claranel Covington	2-11
W80 Sarah Overton	2-11
Long Jump	
M50 Claude Shelton	16-2
M55 Nate Robertson	15-11.50
M60 R Dean Tutor	13-10.50
M65 Tommy Guy	12-7
M70 Jay Archer	12-4
M75 George Spero	10-3
M80 Charles Baker	11-2
M85 Warren Barger	9-2
M90 Max Springer	6-1
W50 Mary Conner	13-8
W55 Betty Hensley	9-2
W60 Sandra Guy	10-5
W65 Betsy Boswell	9-7.50
W70 Maureen Meeks	6-6
W75 Rowena Cupp	5-3
W80 Margie Atkins	6-4
Shot Put	
M50 John Nespoli	50-6.75
M55 Larry McGhee	38-7
M60 Robert Gratz	35-0.75
M65 Glen Johnson	44-5.25
M70 Charles Lanza	38-9.50
M75 Edmund Wians	30-8
M80 R. Bergenback	24-8.25
M85 Warren Barger	25-7
M90 Robert Jones	19-2.50
W50 Mary Conner	27-7.50
W55 Marcia Long	23-1
W60 Alice Tym	21-11.75
W65 Donna Beeler	24-4
W70 Jean Hinkle	22-8.50
W75 Joanne Ramsey	17-9.75
W80 Sarah Overton	15-11.75
W85 Virginia Irving	7-10
Discus	
M50 John Nespoli	139-8
M55 Jim Nichols	122-1
M60 Preston Gibson	110-5
M65 Donald Williams	91-4
M70 Charles Lanza	100-8
M75 Sherwin Dixon	88-1
M80 Richard Bergenback	67-0
M85 Warren Barger	73-4
M90 Robert Jones	38-4
W50 Sue Sewing	75-1
W55 Rita Carmichael	64-5
W60 Alice Tym	59-0
W65 Mary Kelly	64-5
W70 Patricia Mullen	54-4
W75 D Susie Fister	42-1
W80 Sarah Overton	39-1
W85 Virginia Irving	21-8
Javelin	
M50 Phil Campbell	135-10
M55 John Selleh	123-9
M60 Mark Buis	118-0
M65 Herman Daniels	109-8
M70 Charles Lanza	116-5
M75 Alvin Goins	75-2
M80 Charles Baker	68-1
M90 Robert Jones	35-5
W50 Sue Sewing	88-10
W55 Linda Kauffman	56-11
W60 Carol Stricklin	66-1
W65 Donna Beeler	65-4
W70 Claranel Covington	44-5
W75 Betty Barnett	41-4
W80 Margie Atkins	45-6
W85 Virginia Irving	19-1
1500m RW	
M50 Kaden Fox	9:43
M55 James Bowers	9:08
M60 Jerry Dixon	8:57
M70 Gene Siler	9:08
M75 Fred Lovelace	11:26
M80 Dusty Smith	10:33
W50 Deborah McNelly	12:53
W55 Rosemary Sexton	9:42
W60 Diane Sanderson	10:02
W65 Mary Atienza	11:01
W70 Marty Lonvick	11:40
W75 Iris Sevigny	16:48
W85 Virginia Irving	17:12
5K Road Race	
M50 Dave Rogers	20:22
M55 Bill Baker	20:07
M60 Robert Barber	18:52
M65 Sergio Bianchini	20:46
M70 Richard Swift	23:33
M75 David Bishop	31:39
M80 Raymond Lundell	44:50
M85 John Smartt	38:10
W50 Paula Cooper	23:00
W55 Lana Butler	26:07
W60 Lynda de Paulis	25:51
W65 Margie Stoll	23:19

W70 Valera Jones	27:32
10K Road Race	
M50 Dave Rogers	42:50
M55 Bill Baker	43:04
M60 Robert Barber	39:57
M65 Sergio Bianchini	45:28
M70 Richard Swift	48:31
M75 Fred Lovelace	72:44
M85 John Smartt	82:04
W55 Lana Butler	55:21
W60 Lynda de Paulis	54:14
W65 Margie Stoll	49:21
W70 Valera Jones	57:16

MIDWEST

Michigan Senior Olympics
Kalamazoo; July 8-15

100m	
M50 C Wasson	12.36
M55 Bruce Covey	13.29
M60 Ziggy Pakiet	13.18
M65 T Beaudoin	14.81
M70 Doumanian	15.11
M75 Ed Liskovec	15.11
M80 N Russell	18.17
M85 Abe Ulanoff	22.16
M90 Fred Winter	28.00
W50 Gail Kantak	14.80
W55 Susan Hinman	20.91
W60 S Sarniak	17.19
W65 L Stuecken	23.95
W70 C Ambrose	28.92
W80 M Holland	37.84
W85 Alice Segar	27.56
200m	
M50 C Wasson	26.79
M55 B Covey	27.90
M60 Tim Butts	28.14
M65 Jerry White	32.90
M70 E Alcorer	37.07
M75 E Liskovec	33.74
M80 N Russell	42.28
M85 Abe Ulanoff	49.64
M90 Fred Winter	66.92
W50 Gail Kantak	33.42
W60 S Sarniak	36.71
W65 L Stuecken	57.21
W70 C Ambrose	66.72
400m	
M50 David Avery	1:02.78
M55 John Davis	1:02.44
M60 Tim Butts	1:07.69
M65 Jerry White	1:18.31
M70 W Dilling	1:48.25
M75 E Liskovec	1:18.02
M85 Abe Ulanoff	2:40.46
W50 Gail Kantak	1:19.06
W55 Maggy Zidar	1:37.50
W60 S Sarniak	1:34.83
W65 L Stuecken	2:31.07
W70 C Ambrose	2:53.50
800m	
M50 F Robbins	2:21.80
M55 C Prether	2:13.91
M65 Rod Smith	2:58.06
M70 W Dilling	3:12.00
M75 Ira Goldstein	3:10.00
W50 T Steil	2:54.18
W55 C Prether	2:13.91
W60 Ruth Thelen	3:12.91
W65 L Stuecken	5:21.32
W70 Carol Dean	4:13.75
1500m	
M50 F Robbins	4:48.25
M55 Tim Payne	5:14.12
M60 Malaczynski	5:07.03
M65 Rod Smith	6:20.50
M70 W Dilling	8:33.12
M75 I Coldstien	8:16.56
M85 Abe Ulanoff	12:21.19
W50 T Steil	6:01.34
W55 Maggy Sidar	6:23.95
W60 Ruth Thelen	6:34.50
W70 Carol Dean	9:15.34
High Jump	
M50 Dave Czech	3-3
M55 James Pocan	4-4
M60 M Mueller	4-2
M65 Richard Enos	3-8
M70 R Newman	4-0
M75 E Liskovec	3-8
M80 A Quigley	3-2
W50 Gail Kantak	3-8
W70 C Ambrose	2-6
Pole Vault	
M50 Steve Owen	9-0
M55 W Kooyer	10-6
M60 H Booth	10-0
M65 Van Blaricum	7-6
M70 Bob Root	8-0
M75 E Liskovec	3-6
W55 L McGinnis	5-6
Long Jump	
M50 C Brown	16-5
M55 M Blowers	13-10
M60 Ziggy Pakiet	16-1
M65 Van Blaricum	13-5
M70 W Rothley	13-7

W75 M Fiorillo	9-4
W60 S Sarniak	11-7
W65 L Stuecken	5-6
W70 P Lemanski	8-10
W80 M Holland	6-9
Triple Jump	
M50 J Fulgoni	31-3
M55 James Pocan	24-10
M60 Ray Bentley	32-7.25
M65 J Gormley	13-1
M70 W Dilling	18-7.25
Shot Put	
M50 Dan Hobbins	42-6
M55 H Goerge	45-2
M60 R Mintken	38-4.75
M65 Dan La Rose	39-7.50
M70 A Hesskamp	39-3.50
M75 K Ezerins	31-8
M80 Robert Ettig	25-0.25
M90 Fred Winter	18-10.50
W50 Gail Kantak	28-5
W55 M Hartzler	32-6
W60 C Griffith	28-1.25
W65 L Stuecken	14-8
W70 D Marquis	19-10.75
W75 C Gamble	21-3.50
W85 J Gawura	16-2
Discus	
M50 M Michayluk	132-0
M55 H Goerge	133-9
M60 Richard Dana	132-9
M65 Pete Miskov	117-7
M70 W Rothley	99-4
M75 K Ezerins	91-2
M80 H Rodge	53-1
M90 Fred Winter	44-1
W50 Grace Riley	59-1
W55 M Hartzler	88-6
W60 C Griffith	79-5
W65 L Stuecken	27-11
W70 D Marquis	44-6
W75 C Gamble	44-8
W85 J Gawura	33-3
Hammer	
M50 W Renner	71-0
M55 H Goerge	140-3
M60 Richard Dana	81-7
M65 Neil Sisco	67-9
M70 W Dilling	68-4
M90 Fred Winter	24-8
W55 M Hartzler	113-7
W60 C Griffith	63-2
Javelin	
M50 M Michayluk	126-0
M55 J Schrock	144-10
M60 M McGrunder	130-8
M65 Neil Sisco	97-8
M70 S Koster	131-5
M75 R Griffith	88-2
M80 Jack Hipple	55-2
M90 Fred Winter	39-2
W50 D Sherrod	63-6
W55 M Hartzler	73-4
W60 M McGrunder	70-11
W70 P Lemanski	38-10
W75 C Gamble	46-8
W80 M Holland	31-5
W85 J Gawura	33-0

USATF Illinois Championships, Sterling
July 15

100m	
M30 Antoine Dussett	10.57
M40 Sherrick Anderson	12.43
M45 Tim Graf	11.30
Brian Quick	11.91
M60 Dennis Rexroad	14.31
M65 George Labelle	15.81
M75 Harry Brown	14.56
W30 Alicia Bunn	13.07
W35 Daphne Johnson	14.04
W40 Lori Schutt	13.11
200m	
M30 Antoine Dussett	23.66
Demo Davis	27.46
M40 Sherrick Anderson	26.23
M45 Brian Quick	25.65
Jos Schwieterman	26.98
M60 Dennis Rexroad	30.17
M65 George Labelle	38.53
W30 Zenia Ayrton	25.28
Alicia Bunn	28.83
W40 Lori Schutt	25.88
400m	
M30 Antoine Dussett	48.31
Demo Davis	61.95
M75 Harry Brown	74.19
W40 Lori Schutt	64.2
800m	
M55 Patrick McCaski	3:00.92
5000m	
M45 Ken Lauff	18:41.68
M50 Leo Vanderviegt	18:05.66
M55 John Malson	19:55.66
Wayne Pettorini	24:45.84
W35 Barb Lauff	20:39.19
100mH	
M45 Jos Schwieterman	17.76
M65 George Labelle	19.6

300mH	
M65 George Labelle	70.55
High Jump	
M65 George Labelle	3-8
M70 Tom Langenfeld	4-9.5
M75 Ed Failor	3-6
Pole Vault	
M40 Dave Gilbert	13-9
M45 Matthew Premo	12-1
Long Jump	
M40 Sherrick Anderson	17-3.75
M65 George Labelle	11-5
Triple Jump	
M65 George Labelle	24-8.5
Shot Put	
M50 Ron Summers	15.42
Willis Garland	11.58
M55 Richard Woosencraft	11.20
M65 Steve Cohen	11.73
George Labelle	9.37
Don Maery	8.89
M75 Ed Failor	6.19
W50 Linda Rowe	9.50
W55 Myrle Mensey	10.98
Martha Green	7.66
Discus	
M40 Richard Parkinson	35.34
M50 Willis Garland	

M55 Salvatore Lamia	4.32	W75 Ruby Percell	14.50
Shot Put		100m	
M30 Joseph Justin	9.73	M30 Alf Pettes	11.10
M35 Curtis Moore	11.05	M35 Miles Busby	12.70
M40 David Dibley	10.13	M40 Jeff Hageman	12.10
M45 Allen Eggman	9.51	M45 David Winter	13.60
M50 Luke Cottrill	9.05	M50 Gary Tarrence	12.90
M55 Gregory Drumi	5.94	M55 Jeff Evangelisti	13.80
M60 Bob Callori	5.98	M60 Tom Bassett	13.50
M65 John Lewis	9.85	M65 James Wagner	14.10
W30 Tinetta Chambers	8.95	M70 Ray Graves	15.00
W35 Catherine Murty	7.66	M75 Lee Alexander	15.50
W40 Karen Hand	11.12	M80 Gilbert Hill	19.60
W45 Jennifer Stary	9.70	M85 Clifford Lindgren	59.10
W50 Ruth Welding	10.77	W30 Sheri Tweedy	14.00
W55 Sherry Sink	6.71	W40 Cathy Warren	17.40
W60 Sue Murphy	5.11	W50 Sacia Vik	14.90
W70 Francesca Moravcsik	6.45	W75 Ruby Percell	28.20

Discus		200m	
M30 Brett Presley	19.68	M30 Alf Pettes	22.60
M35 Kendall Learned	27.49	M35 Grant True	25.90
M40 David Dibley	33.08	M40 Jeff Hageman	24.90
M45 Alan Eggman	28.86	M45 David Winter	28.30
M50 R Lamar	28.72	M50 Gary Tarrence	27.00
M55 Gregory Drumi	14.51	M55 Jeff Evangelisti	29.50
W30 Tinetta Chambers	27.68	M60 Tom Bassett	28.80
W35 Catherine Murty	18.68	M65 Larry E. Johnson	38.80
W40 Karen Hand	28.84	M70 Richard Wieland	45.30
W45 Jennifer Stary	25.77	M75 Lee Alexander	31.70
W50 Ruth Welding	35.48	M80 Gilbert Hill	41.20
W55 Donna Dubblede	22.88	M85 Clarence Osborn	86.60
W60 Sue Murph	10.00	W30 Sheri Tweedy	29.80
W70 Francesca Moravcsik	16.76	W40 Cathy Warren	56.60

Javelin		400m	
M30 Brett Presley	41.14	M30 Alf Pettes	53.20
M35 Bongane Nyathi	38.71	M35 Grant True	58.70
M40 Keith Little	43.52	M40 Jeff Hageman	54.90
M45 Geoffrey Newby	21.17	M45 David Winter	1:02.90
M50 Joan-Jose Garcia	25.08	M50 Robert Gagne	1:19.50
M55 Gregory Drumi	19.21	M55 Monty Sanley	1:04.30
M60 Chuck van Beveren	13.58	M60 J. Abels	1:05.70
M65 John Lewis	35.15	M65 James Wagner	1:10.10
W30 Jess Weida	34.19	M75 Lee Alexander	1:09.60
W35 Catherine Murty	18.56	M80 Otto Lohrenz	1:50.80

Decathlon		800m	
M30 Jacques Snyman	44.66	M30 Thomas Horton	2:41.00
M35 Horgan	30.72	M35 Craig Bontrager	2:24.20
M40 David Dibley	39.94	M40 Joel Schlautman	2:26.40
M45 Allen Eggman	49.98	M45 James Kriener	2:28.00
M50 Russell Lamar	53.82	M50 Charles Yeager	2:51.60
5000m RW		M55 Monty Sanley	2:32.50
M35 Stuart Kollmorgen	26:03.16	M60 Bob Ens	2:48.00
M40 Deo Jaravata	33:14.93	M65 Ross Greathouse	2:55.10
M45 T. Schoberger	31:34.49	M70 John Ryan	3:43.30
M50 Craig Woodall	32:37.09	M75 Al Weaver	4:25.10
M55 Garland Murphy	37:19.56	M80 Otto Lohrenz	4:24.80
M65 Russell Reish	45:19.03	M85 Clarence Osborn	6:55.70
M75 Jon Borset	45:04.06	W30 Amy Helms	2:51.20
W50 Joanne Davis	33:54.42	W40 Cathy Warren	4:09.00

10,000m RW		1500m	
M30 Cyrille Rocher	1:01.42	M35 David Nelson	5:10.50
M35 David Matulovich	1:03.00	M40 Neal Schlautman	5:00.20
M40 Deo Jaravata	1:05.51	M45 James Kriener	5:05.30
M45 T. Snoeberger	1:04.22	M55 Monty Sanley	5:14.30
M50 Craig Woodall	1:03.35	M60 Richard Friedrichsen	6:37.40
5K Road Race		M65 Jose Badillo	6:01.20
M30 Chris Harvey	17.56	M70 John Ryan	7:30.50
M35 Malcolm Campbell	17.03	M85 Clarence Osborn	9:43.70
M40 Steffen Henriksson	17.03	W35 Lisa Goodell	7:08.70
M45 Carl Maravilla	17.54	W40 Jody Huckfeldt	7:09.10
M50 Dennis Johnson	19.29	W45 Deb Kluthe	6:45.60
M55 Mark Hays	19.57	3000m	
M60 James Box	21.18	M35 David Nelson	11:19.10
M65 Noel Baggett	28.10	M40 Neal Schlautman	10:50.50
M70 Ed Karas	27.48	M45 James Kriener	11:29.60
W30 B. Ittengwe	20.56	M50 Brian Robertson	12:11.20
W35 Katrin Lange	21.02	M55 John Ryan	12:29.00
W40 Tracey Thomas	21.38	M60 Kenneth Katzer	15:40.60
W45 Donna Perkins	21.32	M65 Jose Badillo	12:26.10
W50 Mary Yerkes	24.32	M70 John Ryan	17:19.60
W55 Linda Bubon	28.59	W40 Jody Huckfeldt	14:59.60
W60 I-J Berger	31.21	W50 Karen Clark	13:12.00
W70 Jane Dods	30.38	80m Hurdles 30"	

10K Road Race		100m Hurdles 33"	
M30 Cesar Galdamez	39.02	M65 Larry E. Johnson	25.00
M35 Ulf Ziemann	37.15	W30 Sheri Tweedy	19.10
M40 Stefan Henriksson	37.15	100m Hurdles 36"	
M45 Carl Maravilla	37.41	M50 James Kriener	20.10
M50 Dennis Johnson	40.41	M55 Randall Olson	19.80
M55 Jouko Ryttonen	42.09	M40 David Fujan	16.80
M60 David Pitches	45.46	M45 Patrick Nicholson	17.20
W30 Aurora Larivan	48.01	Pole Vault	
W35 Katrin Lange	44.31	M45 Kyle Anderson	11-06
W40 Jennifer Salvo	45.33	M50 Charles Yeager	9-00
W45 Donna Perkins	44.48	Long Jump	
W50 Marguerite Gomez	51.58	M30 Scott Frost	20-10.00
W55 Anne Simonsen	60.49	M35 Miles Busby	18-04.00
W60 I-J Berger	66.22	M40 Larry White, Sr.	18-01.50
		M45 David Winter	18-01.00

MID-AMERICA

Cornhusker State Games
Lincoln, NE; July 15

50m		400m	
M60 Tom Bassett	7.50	M30 Richard Dawes	1:08.2
M65 James Wagner	7.80		
M70 Lowell Gratopp	10.10		
M75 Elmer Murman	8.60		
M80 Gilbert Hill	9.60		
M85 Clifford Lindgren	15.60		

M50 James Kriep	17-06.50	M40 John Longland	1:05.6
M55 Randall Olson	14-10.00	Edward Anderson	1:06.0
M60 Alex Meyer	11-02.00	Craig Kolb	1:13.8
M70 Ray Graves	11-09.25	M45 Paul Mell	59.3
W30 Chelsea Hood	12-08.00	M50 David Walker	1:02.7
W40 Jody Huckfeldt	12-05.50	Ernie Snodgrass	1:05.9
W55 Sandy Maryott	11-00.00	Steve Terry	1:08.9
1500m Racewalk		M55 Stuart Radloff	59.7
M45 Brian Harfield	9:41.30	John Nelson	1:21.6
M50 Willie Markmann	9:18.30	M60 Jesus Farfan-Rocha	1:29.2
M55 Monty Sanley	7:57.30	Robert Hahn	1:30.0
M80 Gilbert Hill	10:35.70	Thomas Thurman	1:38.6
M85 Clarence Osborn	12:33.30	Bill Wright	1:23.7
W40 Martha Valverde	11:02.50	David Babel	1:38.6
W50 Denise Kresha	11:21.10	M75 Jim Weaver	1:24.7
W55 Suzan Connell	12:04.20	M80 Curt Davison	1:38.2

High Jump		800m	
M40 David Fujan	5-10	M30 Gavin Mackie	2:12.6
M45 Tim Vanderford	5-00	Jonathan Stone	2:14.0
M50 James Kriep	5-02	M50 Steven Terry	2:35.6
M55 Randall Olson	4-02	Jack Uhrig	2:37.1
M60 Alex Meyer	4-00	Kirby Finders	2:45.8
W30 Chelsea Hood	4-08	M60 Thomas Thurman	4:09.2
W50 Cheryl Uhrmacher	3-04	Robert Hahn	4:13.3

Shot Put		M65	
M30 Scott Frost	48-04.00	Bill Wright	3:42.5
M35 Darwin Gushard	34-06.75	David Babel	4:13.6
M40 Bruce Cook	38-00.00	W60 Jane Hutchison	3:01.1
M45 David Doty	41-05.50	1500m	

M50 David Dunnigan	42-08.50	M30 Brad Dittmar	4:22.0
M55 Tom Hendricks	34-00.50	M40 Craig Kolb	6:33.7
M60 Ralph Check, Jr.	38-09.25	Daryl Reust	6:35.2
M65 Larry E. Johnson	33-00.25	Steven Terry	5:09.6
M70 Lowell Gratopp	27-05.25	Jack Uhrig	5:11.0
M75 Glenn Ebberts	22-09.75	John Dickey	5:33.0
M85 Ken Willis	17-03.00	M60 Jesus Farfan-Rocha	6:49.4
W30 H. Rhoadarmer	38-06.50	Robert Hahn	9:19.1
W40 Debra Kage	32-03.00	Jack Hudson	9:51.5
W45 Kyle Hinkel	26-04.75	M65 Bill Wright	7:02.5
W50 Candice Sanley	23-02.75	M75 Jim Weaver	7:25.8
W55 Sandy Maryott	24-09.75	W30 Nicole Volkert	8:43.1
W60 Carol Frost	35-03.75	W50 Lynn Vallandingham	9:46.0
W75 Dorothy Ekblad	15-00.00	W60 Jane Hutchison	6:01.5

Show-Me State Games
Columbia, MO; July 29-30

100m		400m Hurdles	
M30 Richard Ware	11.8	M30 Brad Dittmar	55.4
Fred Moore	11.8	Gavin Mackie	1:25.9
Jonathan Stone	13.3	4x100m Relay	
Steven Bunn	11.6	M50 1 Ernie Snodgrass/Craig	
Matt Hudson	13.4	Kolb/Roy Robertson/	
Gerard Porter	14.9	David Walker	54.1
M45 Tad Trombley	12.3	2 Gilbert Castillo/Jack	
Bill Weber	12.4	Uhrig/Steve Terry/Bill	
Paul Mell	12.6	Wright	59.6
M50 Ernie Snodgrass	13.0	4.400m Relay	
David Walker	13.0	M40 1 Steve Trulaskie/David	
Jack Uhrig	15.5	Walker/Ernie Snodgrass/	
M55 James Seiler	13.0	Craig Kolb	4:40.0
Larry Pauley	15.4	M50 1 Steven Terry/Gilbert	
M60 Frank Tilton	14.7	Castillo/Jack Uhrig/	
M65 Rodger Young	15.3	Bill Wright	4:42.8
Bill Wright	15.9	High Jump	
Ty Brewer	16.9	M30 Dale Scheidemantle	6-04
M70 Wendell Roehrs	14.2	M45 Bill Embry	4-04
Vern Schewe	15.7	M50 Garry Pirsch	5-04
M80 Curt Davison	16.0	M55 Stephen Estep	4-06
W45 Janet Ossie	15.3	M60 Henry Clapper	4-02

200m		Pole Vault	
M30 Gavin Macke	26.5	M30 David Groves	15-00
Jonathan Stone	26.8	M45 Pete Broder	12-00
Chris Essick	27.3	Bill Embry	9-06
M40 Steven Bunn	24.9	M50 Kelly Meares	9-06
Mark Monroe	27.9	Eric Waldschmidt	8-00
M45 Steven Trulaskie	26.1	Garry Pirsch	6-06
M50 Roy Robertson	27.0	M55 Stephen Estep	9-06
David Walker	27.6	M65 Rodger Young	8-00
Ernie Snodgrass	27.8	M75 C. L. Bruce	6-00
M55 James Seiler	26.5	Long Jump	
Stuart Radloff	26.8	M30 Dale Scheidemantle	19-01.00
Larry Rodenbeck	28.6	Fred Moore	18-07.75
M60 Robert Simmons	30.2	Grant Baxter	13-09.50
Frank Tilton	33.0	M40 Edward Anderson	15-04.75
M65 Bill Wright	35.7	Bill Embry	12-09.50
David Babel	41.6	Craig Kolb	
M70 Wendell Roehrs	30.6		
Vern Schewe	34.5		
M80 Curt Davison	36.5		

M45 Derrick Shelton	16-07.50	M45 Bill Embry	95-10
Bill Weber	16-06.75	Ted Goudge	88-05
M50 David Walker	16-05.00	M50 Lowell McInturff	95-02
John Locker	15-00.00	Garry Pirsch	76-09
Ellis Temple	11-01.00	Bob Draffen	76-04
M55 Larry Pauley	9-11.00	M55 Kevin Shaner	71-09
M60 Frank Tilton	12-10.50	Larry Pauley	58-05
David Hood	12-08.50	M60 George Ruh	70-07
Henry Clapper	10-10.75	M75 Phillip Brusca	81-03
M65 Bill Wright	11-07.00	C. L. Bruce	78-01
Rodger Young	10-03.25	W30 Andrea Marnino	109-03
Wendell Roehrs	11-04.00	W40 Connie Hall	79-09
Vern Schewe	10-06.00	W50 Kathryn Plybon	64-05
M75 C. L. Bruce	11-02.50		
M80 Curt Davison	9-11.50		
W45 Janet Ossie	13-02.00		
Marj Locker	11-04.00		
W50 Lynn Vallandingham	6-10.50		

Triple Jump		50m	
M30 Grant Baxter	28-03.75	W30 BUNN, ALICIA	7.58
M40 Edward Anderson	26-04.50	FROMPFEL, MELANIE	8.01
Craig Kolb	25-07.25	W40 ERDAL, KRISTI	8.09
M50 David Walker	31-05.75	W50 MARTIN, REBECCA	8.89
Garry Pirsch	28-08.25	W65 HORIUCHI, KUMI	10.58
David Coutts	27-00.50	W70 JORDAN, BARBARA	8.68
M60 George Ruh	20-06.25	M30 KNAPE, JAMIE	6.53
M75 C. L. Bruce	21-11.75	WELCH, KEN	7.24
W45 Janet Ossie	24-03.50	M40 BUNN, STEVEN	6.41
W50 Lynn Vallandingham	14-07.00	HOLBROOK, PAUL	6.65

Shot Put		M45	
M30 Will Summers	48-09.00	Bill Embry	11.28m
Todd Pittford	40-11.00	Ted Goudge	11.03m
Paul Kennedy	40-11.00	Bruce McGregor	9.69m
M40 David Gladura	37-01.00	Garry Pirsch	10.10m
Tony James	33-01.00	Kelly Meares	9.75m
Gary Hammock	26-02.00	Bob Draffen	8.50m
M45 Bill Embry	11.28m	M55 Kevin Shaner	10.22m
Ted Goudge	11.03m	M60 George Ruh	9.62m
Bruce McGregor	9.69m	Henry Clapper	8.86m
M50 Garry Pirsch	10.10m	M65 Al Salmon	11.36m
Kelly Meares	9.75m	M75 C. L. Bruce	9.37m
Bob Draffen	8.50m	Phil Brusca	8.86m
M55 Kevin Shaner	10.22m	M80 Curt Davison	9.37m
M60 George Ruh	9.62m	W35 Kerry Morrow	31-07.25
Henry Clapper	8.86m	Pam Dapprich	31-05.75
M65 Al Salmon	11.36m	W40 Connie Hall	26-02.00
M75 C. L. Bruce	9.37m	W45 Marj Locker	25.11.00
Phil Brusca	8.86m	Janet Ossie	21-01.00
M80 Curt Davison	9.37m	W50 Kathryn Plybon	20-11.00
W35 Kerry Morrow	31-07.25	Lynn Vallandingham	19-07.00
Pam Dapprich	31-05.75		

M55 Stephen Estep	4-06
M60 Henry Clapper	4-02
David Hood	4-00
M65 Rodger Young	4-04
M70 Wendell Roehrs	3-10
M75 C. L. Bruce	3-10
M80 Curt Davison	3-06
W35 Laura Sievert	4-00
W45 Janet Ossie	3-10
Pole Vault	
M30 David Groves	15-00
M45 Pete Broder	12-00
Bill Embry	9-06
M50 Kelly Mearns	9-06
Eric Waldschmit	8-00
Garry Pirch	6-06
M55 Stephen Estep	9-06
M65 Rodger Young	8-00
M75 C. L. Bruce	6-00
Long Jump	
M30 Dale Scheidmantle	19-01.00
Fred Moore	18-07.75
Grant Baxter	13-09.50
M40 Edward Anderson	15-08.00
Bill Embry	15-04.75
Craig Knlb	12-09.50

M55 KATZ, RICK	5:10.09
M60 BROWN, JERRY	6:14.78
M75 MEARDON, ARNOLD	7:41.57
3000m	
M40 LINO, PAMELA	12:30.80
M40 BOGUS, JAMES	10:33.60
M40 FORT, CHRIS	12:39.60
M50 KRAUSZ, LEX	12:19.00
M60 BROWN, JERRY	13:17.90
3K Racewalk	
M35 YOERG, DARLA	18:44.40
M50 GOSSERT, SHERRIE	18:08.50
M55 MARTINO, MARIANNE	17:08.20
MAMADOR, BARB	17:46.90
M65 SINKOVEC, RITA	19:59.90
M45 BLANCHARD, MICHAEL	15:27.40
M60 GUFF, ED	19:57.10
M70 LYLE, JOHN	22:41.80
M STRAUTINS, VILMARS	24:31.00
800m	
M70 JORDAN, BARBARA	18:06
M40 DONLEY, CHRISTEL	18:22
M80 HIRSIMAKI, FRED	18:57
1000m	
M50 PRICE, STACEY	14:82
M BROUN, JAMES	16:05
M RADIFF, DAN	16:28
3000m	
M65 KIRKPATRIK, RON	52.04
M80 HIRSIMAKI, FRED	1:25.54
4000m	
M50 RADIFF, DAN	1:10.73
M55 CHRISTENSEN, KEVIN	1:14.71
Pentathlon	
M70 DONLEY, CHRISTEL	3446
M45 HAMPTON, DAVID	2402
M DRUMRIGHT, ELLIOT	1714
M55 CHRISTENSEN, KEVIN	3236
M IWEN, GENE	2672
M SALAZAR, DAVID	3432
M60 MEYER, ALEX	2202
M70 LARKIN, RICHARD	2094
M80 HIRSIMAKI, FRED	2550
High Jump	
M60 RAHAM, SHARON	1.05
M70 DONLEY, CHRISTEL	1.12
M40 LEVINTON, DAVE	1.60
M45 LEVINE, CRAIG	1.60
M JOHNSON, RANDALL	1.30
M50 PIRCH, GARRY	1.65
M SCHENK, ROB	1.45
M McNULTY, PAT	1.25
M55 GREEN, MIKE	1.15
M60 MEYER, ALEX	1.20
M65 FULTON, BOB	1.25
M SOULE, GEORGE	1.20
M ARNOLD, ED	1.10
M70 LANGENFELD, TOM	1.45
M ZAHN, ARMAND	1.30
M80 HIRSIMAKI, FRED	1.20
Long Jump	
M45 HAMPTON, LISA	2.50
M60 CONNOR, NADINE	4.55
M RAHAM, SHARON	2.97
M65 HORIUCHI, KUMI	2.27
M70 JORDAN, BARBARA	3.38
M40 DONLEY, CHRISTEL	2.94
M45 LEVINE, CRAIG	4.37
M JOHNSON, RANDALL	3.50
M50 SCHENK, ROB	4.42
M PIRCH, GARRY	4.17
M55 HILL, MIKE	5.05
M CLARK, MICHAEL	4.48
M UNDERWOOD, JEFF	3.70
M60 MEYER, ALEX	3.54
M65 ARNOLD, ED	3.18
M70 LARKIN, RICHARD	3.80
M ZAHN, ARMAND	3.10
Triple Jump	
M60 RAHAM, SHARON	6.20
M45 JOHNSON, RANDALL	8.65
M50 PIRCH, GARRY	8.23
M55 CLARK, MICHAEL	9.65
M60 DOMAINGUE, HERMAN	8.00
M MEYER, ALEX	6.78
M70 LANGENFELD, TOM	8.34
M80 HIRSIMAKI, FRED	7.70
Pole Vault	
M60 MEYER, ALEX	1.70
M65 FULTON, BOB	2.30
M70 ZAHN, ARMAND	1.55
Shot Put	
M40 FALZITTO-GOCKEN, D.	9.43
M45 CHECK, VICKI	7.37
M HAMPTON, LISA	6.71
M50 BLACKMORE, KAREN	6.65
M PORTER, JANET	5.59
M60 RAHAM, SHARON	7.71
M VAUGHN, REBECCA	5.86
M65 YOUNG, CAROL	7.32
M HORIUCHI, KUMI	5.05
M70 DONLEY, CHRISTEL	7.80
M35 PHILLIPS, BRIAN	11.72
M50 VASQUES, GIL	10.79
M60 JOHNSON, LAVANE	12.02
M CHECK, RALPH	11.65
M LIVERMORE, TERRY	11.43
M65 SOULE, GEORGE	10.98
M70 VAUGHN, GERALD	15.21
M ZAHN, ARMAND	11.51
M CARSTENSEN, PAY	10.02
M75 JERRY DONLEY	8.08
M CARLSON, ROBERT	7.05
Javelin	
M40 FALZITTO-GOCKEN, D.	23.12
M DIKING, KIRSTEN	22.37
M45 HAMPTON, LISA	16.73
M50 PORTER, JANET	11.42
M60 RAHAM, SHARON	28.82
M65 YOUNG, CAROL	19.32
M HORIUCHI, KUMI	10.20
M70 DONLEY, CHRISTEL	23.88
M BLOEMKER, HARRIET	19.50
M80 MORGAN, DOROTHY	15.98
M35 STONE, JONATHAN	35.40
M45 HALL, MIKE	31.40
M50 McNULTY, PAT	34.56

M55 KATZ, RICK	5:10.09
M60 BROWN, JERRY	6:14.78
M75 MEARDON, ARNOLD	7:41.57
3000m	
M40 LINO, PAMELA	12:30.80
M40 BOGUS, JAMES	10:33.60
M40 FORT, CHRIS	12:39.60
M50 KRAUSZ, LEX	12:19.00
M60 BROWN, JERRY	13:17.90
3K Racewalk	
M35 YOERG, DARLA	18:44.40
M50 GOSSERT, SHERRIE	18:08.50
M55 MARTINO, MARIANNE	17:08.20
MAMADOR, BARB	17:46.90
M65 SINKOVEC, RITA	19:59.90
M45 BLANCHARD, MICHAEL	15:27.40
M60 GUFF, ED	19:57.10
M70 LYLE, JOHN	22:41.80
M STRAUTINS, VILMARS	24:31.00
800m	
M70 JORDAN, BARBARA	18:06
M40 DONLEY, CHRISTEL	18:22
M80 HIRSIMAKI, FRED	18:57
1000m	
M50 PRICE, STACEY	14:82
M BROUN, JAMES	16:05
M RADIFF, DAN	16:28
3000m	
M65 KIRKPATRIK, RON	52.04
M80 HIRSIMAKI, FRED	1:25.54
4000m	
M50 RADIFF, DAN	1:10.73
M55 CHRISTENSEN, KEVIN	1:14.71
Pentathlon	
M70 DONLEY, CHRISTEL	3446
M45 HAMPTON, DAVID	2402
M DRUMRIGHT, ELLIOT	1714
M55 CHRISTENSEN, KEVIN	3236
M IWEN, GENE	2672
M SALAZAR, DAVID	3432
M60 MEYER, ALEX	2202
M70 LARKIN, RICHARD	2094
M80 HIRSIMAKI, FRED	2550
High Jump	
M60 RAHAM, SHARON	1.05
M70 DONLEY, CHRISTEL	1.12
M40 LEVINTON, DAVE	1.60
M45 LEVINE, CRAIG	1.60
M JOHNSON, RANDALL	1.30
M50 PIRCH, GARRY	1.65
M SCHENK, ROB	1.45
M McNULTY, PAT	1.25
M55 GREEN, MIKE	1.15
M60 MEYER, ALEX	1.20
M65 FULTON, BOB	1.25
M SOULE, GEORGE	1.20
M ARNOLD, ED	1.10
M70 LANGENFELD, TOM	1.45
M ZAHN, ARMAND	1.30
M80 HIRSIMAKI, FRED	1.20
Long Jump	
M45 HAMPTON, LISA	2.50
M60 CONNOR, NADINE	4.55
M RAHAM, SHARON	2.97
M65 HORIUCHI, KUMI	2.27
M70 JORDAN, BARBARA	3.38
M40 DONLEY, CHRISTEL	2.94
M45 LEVINE, CRAIG	4.37
M JOHNSON, RANDALL	3.50
M50 SCHENK, ROB	4.42
M PIRCH, GARRY	4.17
M55 HILL, MIKE	5.05
M CLARK, MICHAEL	4.48
M UNDERWOOD, JEFF	3.70
M60 MEYER, ALEX	3.54
M65 ARNOLD, ED	3.18
M70 LARKIN, RICHARD	3.80
M ZAHN, ARMAND	3.10
Triple Jump	
M60 RAHAM, SHARON	6.20
M45 JOHNSON, RANDALL	8.65
M50 PIRCH, GARRY	8.23
M55 CLARK, MICHAEL	9.65
M60 DOMAINGUE, HERMAN	8.00
M MEYER, ALEX	6.78
M70 LANGENFELD, TOM	8.34
M80 HIRSIMAKI, FRED	7.70
Pole Vault	
M60 MEYER, ALEX	1.70
M65 FULTON, BOB	2.30
M70 ZAHN, ARMAND	1.55
Shot Put	
M40 FALZITTO-GOCKEN, D.	9.43
M45 CHECK, VICKI	7.37
M HAMPTON, LISA	6.71
M50 BLACKMORE, KAREN	6.65
M PORTER, JANET	5.59
M60 RAHAM, SHARON	7.71
M VAUGHN, REBECCA	5.86
M65 YOUNG, CAROL	7.32
M HORIUCHI, KUMI	5.05
M70 DONLEY, CHRISTEL	7.80
M35 PHILLIPS, BRIAN	11.72
M50 VASQUES, GIL	10.79
M60 JOHNSON, LAVANE	12.02
M CHECK, RALPH	11.65
M LIVERMORE, TERRY	11.43
M65 SOULE, GEORGE	10.98
M70 VAUGHN, GERALD	15.21
M ZAHN, ARMAND	11.51
M CARSTENSEN, PAY	10.02
M75 JERRY DONLEY	8.08
M CARLSON, ROBERT	7.05
Javelin	
M40 FALZITTO-GOCKEN, D.	23.12
M DIKING, KIRSTEN	22.37
M45 HAMPTON, LISA	16.73
M50 PORTER, JANET	11.42
M60 RAHAM, SHARON	28.82
M65 YOUNG, CAROL	19.32
M HORIUCHI, KUMI	10.20
M70 DONLEY, CHRISTEL	23.88
M BLOEMKER, HARRIET	19.50
M80 MORGAN, DOROTHY	15.98
M35 STONE, JONATHAN	35.40
M45 HALL, MIKE	31.40
M50 McNULTY, PAT	34.56

NORTHWEST

Washington State Senior Games, Olympia July 28-30

50m	
M50 David Ortman	7.02
M55 Willie Venable	7.24
M60 Charles Brocato	7.27
M65 Sam Bradley	7.94
M70 Charles Benjamin	8.58
M75 A. Markantonatos	8.46
M80 Richard Clayton	11.12
M85 Gilbert Splaine	10.02
M55 Deborah Dohrmann	9.63
M60 Lynne Clewell	8.97
M70 Joyce Trader	9.01
100m	
M50 Brian Reising	13.79
M55 Jimmy Crittenden	13.22
M60 Charles Brocato	13.36
M65 Paul Edens	13.02
M70 Charles Benjamin	15.98
M75 A. Markantonatos	15.89
M55 Deborah Dohrmann	18.76
M60 Lynne Clewell	17.74
M70 Joyce Trader	17.10
200m	
M50 Brian Reising	28.52
M55 Jimmy Crittenden	27.25
M60 Charles Brocato	27.82
M65 Paul Edens	26.86
M70 Charles Benjamin	35.01
M75 A. Markantonatos	35.00

M55 Lynne Clewell	38.84
M70 Joyce Trader	37.23
400m	
M50 David Ortman	57.03
M60 Stephan Peirce	1:09.95
M65 Joe Jones	1:15.70
M70 Larry Wright	1:23.75
M75 Paul Flanagan	1:22.68
M55 Barbara Johnson	1:45.87
M60 Susan Gillespie	1:44.38
M65 Louise Mihay	1:37.17
800m	
M50 Bob Prather	2:11.11
M55 Bill Yake	3:17.67
M60 Rich Tucker	2:39.1h
M65 Douglas Woolen	2:55.56
M70 Larry Wright	3:11.06
M75 Paul Flanagan	3:03.99
M50 Sherri Prather	3:47.27
M55 Barbara Johnson	3:56.49
M60 Nedra Darnell	3:30.89
M65 Louise Mihay	3:45.22
1500m	
M50 Bob Prather	4:49.17
M55 Bill Yake	7:03.70
M60 Joe Wilcox	5:44.66
M65 Douglas Woolen	6:03.99
M70 Larry Wright	6:37.15
M75 Paul Flanagan	6:30.78
M50 Sherri Prather	7:57.57
M55 Barbara Johnson	7:50.42
M60 Susan Gillespie	8:32.83
M65 Louise Mihay	7:29.22
High Jump	
M50 Bruce McLean	5-4
M55 Jimmy Crittenden	4-10
M60 Ron Tienhaara	4-4
M65 Les East	4-2
M70 Bob Brown	4-0
M75 Albert Erickson	3-8
M85 Gilbert Splaine	3-6
M65 Fran Melzer	3-7
Pole Vault	
M50 Louis Baucom	13-0
M55 Philip Milliman	10-6
M60 Don McCrear	8-6
M70 Charles Milliman	6-6
Long Jump	
M50 Michael Brouillette	12-7.75
M60 Gary Viggers	13-8
M65 Les East	12-3.50
M70 Richard Harrison	12-7
M75 Albert Erickson	9-8.75
M85 Gilbert Splaine	9-1.50
M55 Cindy Rowe	8-1
M60 Nedra Darnell	11-1.75
M65 Fran Melzer	9-7.75
M70 Joyce Trader	10-0.50
Triple Jump	
M50 David Ortman	33-6
M55 Jimmy Crittenden	31-5
M60 Paul Roberts	27-6.50
M65 Les East	27-6
M70 Ruggles Larson	15-5
Shot Put	
M50 Christopher Penoyer	36-7
M55 Howard Kellogg	28-3
M60 George Mathews	41-7.50
M65 Gary Peterson	33-9
M70 Bob Lawson	40-1
M75 Del Alaways	30-5
M80 Richard Clayton	27-5
M85 Leonard Krause	26-9
M55 Deborah Dohrmann	23-3.50
M60 Franca Reynolds	22-9.50
M65 Fran Melzer	24-1.50
Discus	
M50 Christopher Penoyer	116-3
M55 Howard Kellogg	92-0
M60 Jack Miller	119-9
M65 Conrad Sundholm	124-6
M70 Bob Lawson	125-1
M75 Del Alaways	96-1
M80 Les Metzger	76-9
M85 Myron Dover	67-3
M55 Deborah Dohrmann	51-5
M60 Franca Reynolds	58-9
M65 Fran Melzer	60-11
Hammer	
M55 John Dohrmann	96-2
M60 Todd Taylor	176-9
M65 Les East	88-9
M70 Bob Lawson	121-2
M75 Ken Weinbel	75-2
M85 Leonard Krause	69-8
M55 Joyce Taylor	114-10
M65 Fran Melzer	60-8
Javelin	
M50 Eugene Bradshaw	112-0
M55 Drew Stevick	133-1
M60 Ron Tienhaara	123-4
M65 Gary Stenlund	180-11
M70 Bob Lawson	116-5
M75 Del Alaways	114-2
M85 Myron Dover	50-11
M55 Deborah Dohrmann	46-5
M65 Janice Btradwy	46-10
5K Road Race	
M50 David Richard	18:07
M55 Timothy Oguri	19:32
M60 Joe Wilcox	21:31

M65 Alan Weaver	28:59
M70 Larry Wright	23:29
M80 Jim Silver	42:09
M85 Leo Hardung	49:18
10K Road Race	
M50 Larry Mays	39:28
M55 Craig Andersen	41:13
M60 Brian Fitzpatrick	43:26
M75 Hans-Rudolf Gahler	54:31

Wyoming Senior Olympics
Gillette, Aug. 3-5

50m	
M55 Doug Bryant WY	7.91
M65 Darrell Short WY	8.5h
M70 Doug McFetters AZ	8.40
M85 Mike Kilmer WY	12.02
M65 Marion Krueger MN	8.04
M75 Oleta Thomas WY	15.52
M80 Mary Ann Boe WY	10.6h
M90 Bette Keefer CO	16.35
100m	
M50 Michael Donohue WY	12.55
M60 Eric Hill FL	13.7h
Clayton Kiewel WY	15.8h
M65 Alex Meyer NE	15.5h
Darrel Short WY	17.35
M70 Carroll Marty IA	16.42
John Greger WY	20.02
M85 Mike Kilmer WY	20.2h
M65 Marion Krueger MN	19.59
M70 Dee Bicek WY	20.36
M75 Oleta Thomas WY	31.62
M80 Mary Ann Boe WY	19.93
M90 Bette Keefer CO	33.4h
200m	
M55 Charlie Powell WY	25.54
M60 Eric Hill FL	30.29
Clayton Kiewel WY	33.67
M65 Michael Reed WY	34.10
M70 Carroll Marty IA	34.04
John Greger WY	NTA
M85 Mike Kilmer WY	51.81
M55 Susan Hill FL	38.94
M70 Dee Bicek WY	48.27
M75 Oleta Thomas WY	1:16.64
M80 Mary Ann Boe WY	47.52
400m	
M55 John Pawleska WY	1:11.12
M60 Clayton Kiewel WY	1:20.44
M65 Alex Meyer NE	1:27.32
M70 Carroll Marty IA	1:34.15
M55 Terry Pawleska WY	1:51.27
M55 Susan Hill FL	1:43.27
M70 Dee Bicek WY	2:02.64
M75 Mary Holbert WY	3:28.02
800m	
M55 John Pawleska WY	2:41.9h
M60 Clayton Kiewel WY	3:10.10
M65 Alex Meyer NE	3:31.17
M75 Jim Schriber SD	3:56.15
M55 Susan Hill FL	3:49.99
M70 Della Works WY	5:09.90
1500m	
M55 Ken Konickel WY	5:41.07
M60 Clayton Kiewel WY	7:26.10
M65 Myron Meredith WY	6:57.09
M75 Jim Schriber SD	8:53.70
M60 Marion Burr WY	7:46.48
M70 Della Works WY	11:07.60
Discus	
M55 James Brogan MT	104-9
M60 Ron Damschen CA	127-9
Willard Noesepp WY	76-5
M65 Alex Meyer NE	110-1
Richard Martin WY	106-10
M70 Armand Zahn WY	96-2
M75 Arthur Brandt WY	83-8
M50 Susan Ruff WY	83-8
M55 Susan Hill FL	54-1
M65 Marion Krueger MN	56-8
M70 Della Works WY	33-6
M75 Barbara Brandt WY	56-8
1500m RW	
M55 Robert Shires IA	8:36.00
Dennis Pineda WY	10:32.25
M65 D Shepherdson WA	12:41.14
M70 Bill Krueger MN	11:09.20
M75 Richard Weaver CO	9:50.10
M80 Ted Lee WY	13:15.00
M70 Dee Bicek WY	11:54.26
Dennis Pineda WY	10:32.25
5000m RW	
M55 Brent Marsden WA	30:52.00
M75 Richard Weaver CO	34:41.1h

CANADA

Saskatchewan Provincial Championships, Regina Saskatchewan, Canada June 29-30

100m	
W45 Laurie Meloche	14.16
W60 C. LaFayette-Boyd	14.66
W65 Joan Vogel	17.63
M40 Rob Young	13.45
M60 Bruce Hern	14.41
M65 Bob Edwards	17.61
200m	
W40 Laurie Meloche	28.44
W60 C. LaFayette-Boyd	30.69
M60 Bruce Hern	28.49
400m	
W40 Laurie Meloche	1:03.44
M60 Bruce Hern	1:04.02
M65 Hylke van der Wal	1:13.28
800m	
M60 Doug Renwick	2:30.35
1500m	
M60 Dave Olsen	5:04.27

High Jump	
M60 Roland Delhommeau	1.25
M70 Ted Rowan	1.10
Pole Vault	
M50 Rick Petricha	3.30
Long Jump	
W45 Muriel Giene	3.83
W60 C. LaFayette-Boyd	4.13
M60 Roland Delhommeau	3.64
M65 Hylke van der Wal	3.24
Triple Jump	
W60 C. LaFayette-Boyd	8.33
M60 Roland Delhommeau	7.92
M65 Bob Edwards	6.72
Discus	
W55 Judy Warick	19.14
W65 Margaret Tosh	23.20
M40 Kelly Shumay	28.58
M65 Bob Edwards	28.88
M70 Ted Rowan	24.61
Javelin Throw	
W65 Margaret Tosh	28.01
M40 Kelly Shumay	44.20
M55 Larry Longmore	36.54
M60 Roland Delhommeau	27.22
M65 Bob Edwards	25.32
M70 Ted Rowan	22.19
Hammer	
W65 Margaret Tosh	21.84

M40 Kelly Shumay	32.28
M65 Bob Edwards	29.89
Shot Put	
W60 Carolyn Thauberger	6.22
W65 Margaret Tosh	8.46
M65 Bob Edwards	9.94
M70 Ted Rowan	8.74

Moose Jaw Saskatchewan Senior Fitness Association 55+ Games, Moose Jaw, Saskatchewan, Canada July 10-12

100m	
W55 Lefa Sproxtton	19.92h
W60 C. LaFayette-Boyd	13.98h
W65 Joan Vogel	16.15h
W70 M. McCarron-Eger	16.52h
W75 Doreen Erskine	25.78h
M55 Gary Miller	12.65h
M60 Bruce Hern	13.42h
M65 Fred Harland	13.37h
M70 Ken Epp	13.87h
M75 Andrew Dziadyk	20.73h
M80 Wilfred Wright	19.39h
200m	

W60 C. LaFayette-Boyd	30.55h
W65 Joan Vogel	35.73h
W70 M. McCarron-Eger	36.92h
M60 Bruce Hern	29.22h
M65 Fred Harland	31.79h
M70 Ken Epp	30.97h
M80 Max Coates	43.61h
400m	
W60 Sherrill Forsyth	1:50.75h
W65 Polly Wardle	1:46.23h
W70 M. McCarron-Eger	1:45.97h
M60 Bruce Hern	1:04.93h
M65 Fred Harland	1:27.45h
M70 Ken Epp	1:16.60h
M80 Max Coates	2:16.98h
800m	
W55 Lefa Sproxtton	4:04.47h
W60 Sherrill Forsyth	3:59.16h
W65 Polly Wardle	4:28.02h
W70 Gloria Ritter	5:01.37h
M60 Doug Renwick	2:34.55h
M65 Fred Harland	3:29.66h
M70 Ken Epp	3:32.45h
M80 Max Coates	5:40.64h
1500m	
W55 Lefa Sproxtton	8:25.53h
W60 Sherrill Forsyth	8:21.19h
M60 Doug Renwick	5:54.97h
M65 Bill Woodward	6:48.14h

3000m	
W55 Denise Griffin	16:02h
W60 Faye Ann Logan	18:19.95h
M55 Richard Hartley	15:58.97h
M60 Doug Renwick	12:50.61h
M65 Bill Woodward	14:21.49h
Long Jump	
W55 Sharon Hartridge	2.19m
W60 C. LaFayette-Boyd	4.07m
W65 Myrtle Bell	2.32m
W70 Gwen Boivin	2.68m
M55 Richard Hartley	4.12m
M60 Art Evenson	3.9m
M70 Joe Koza	3.87m
Triple Jump	
W60 C. LaFayette-Boyd	8.7m
W70 Gwen Boivin	6.64m
M55 Richard Hartley	9.02m
M60 Roland Delhommeau	7.94m
M65 Bob Edwards	8.06m
M70 Joe Koza	8.06m
Discus	
W55 Debi Heit	17.92m
W60 Faye Ann Logan	17.46m
W65 Joan Vogel	18.85m
W70 Marian Tarnes	15.47m
W75 Anne Cholod	10.42m
W80+ Anne Dyson	9.65m
M55 Doug Yates	19.42m

M60 Bob Grocholski	28.01m
M65 Bob Edwards	28.47m
M70 Stanley Halliwell	22.45m
M75 Andrew Dziadyk	20.62m
M80+ Ralph Bergland	17.53m
Javelin	
W55 Debi Heit	20.08m
W60 Ely Neufeldt	17.05m
W65 Polly Wardle	17.81m
W70 Lil Ferguson	17.41m
W75 Anne Cholod	13.54m
W80+ Anne Dyson	6.84m
M60 Doug Renwick	26.24m
M65 Bob Edwards	26.76m
M70 Stanley Halliwell	12.45m
M75 John Kolynchuk	15.81m
M80+ Ralph Bergland	8.9m
Shot Put	
W55 Debi Heit	7.51m
W60 Ely Neufeldt	7.15m
W65 Joan Vogel	7.52m
W70 Marian Tarnes	6.11m
W75 Anne Cholod	6.31m
M55 Doug Yates	7.32m
M60 Art Evenson	9.2m
M65 Bob Edwards	9.7m
M70 Stanley Halliwell	6.52m
M75 Andrew Dziadyk	7.67m
M80+ Ralph Bergland	6.83m

NCCWMA Masters Championships, Guatemala City, Guatemala; Aug. 24-27

100m	
M30 1 Hernandez, Juan	ESA 12.12
M35 1 Alvarez C., David	NIC 12.41
2 Urias C., José C.	MEX 12.82
3 Rugama, Marcalino	NIC 13.23
M40 1 Mulazim, Khalid	USA 11.37
2 Colon, Franklin	PUR 11.76
3 Abdalla, Guido F.	GUA 12.35
M45 1 Pierce, Harold	USA 11.81
2 Flores, José L.	HON 12.34
3 Hernández A., José L.	MEX 12.70
8 Wilson, Rodney C.	USA 13.26
M50 1 Vallado B., Gilbert	MEX 12.48
2 Ramirez B., Marvin	CRC 12.70
3 Cruz P., Gustavo	PUR 12.85
M55 1 Arellano S., José R.	GUA 14.09
2 Reyes, Rolando G.	GUA 14.16
3 Cañas, José	ESA 14.22
M60 1 Picorelli, Wilfredo R.	PUR 12.54
2 Reyes, Herman	TRI 13.58
3 Martínez F., Arturo	MEX 14.16
M65 1 Rubi M., Sergio	NIC 13.64
2 Romero J., Leonido	MEX 14.01
3 Valles A., Victor	MEX 14.64
M70 1 Hernández M., José	MEX 14.58
2 Ponce, Oscar E.	GUA 15.06
3 Gutiérrez C., Luis	MEX 15.55
M75 1 Calderón D., Mario	GUA 15.54
2 Roa M., Gabriel	MEX 18.01
3 Fearon & F., Roy A.	GUA 18.41
W30 1 Pérez, Romelia A.	GUA 16.47
2 Pineda de la C., Heidy	GUA 18.19
W35 1 Kuczalska, Agnieszka	CAN 13.42
2 Jiménez D., Karen M.	CRC 14.07
3 Sánchez M., Irene	MEX 15.12
W40 1 Carty, Linda M.	USA 14.13
2 Guzmán D., Teresita	CRC 14.60
3 Hernández, Lorena	ESA 17.50
W45 1 Alejandro, Maribel	PUR 14.39
2 Boesche, Ileana M.	GUA 14.89
3 Retana V., Lauren	CRC 15.14
W50 1 Vega R., Maria S.	PUR 13.92
2 Reyes, Cheryl A.	TRI 14.79
3 González, Olga A.	GUA 15.80
W55 1 Trott, Rhona E.	CAN 15.06
2 Martínez, Luz M.	MEX 16.12
3 Tomas, Eulalia I.	TRI 16.22
W60 1 Hernández B., Nieves	MEX 17.10
2 Jacobo F., Susana	MEX 18.38
3 Ortiz, Norma B.	GUA 18.51
W65 1 Bayardo C., Amalia	MEX 18.18
2 García M., Maria C.	MEX 20.87
3 Vázquez M., Maria C.	GUA 22.46
W70 1 Gracia, Nieve	PUR 18.27
2 Félix P., Hermelinda	MEX 20.88
3 García B., Carmen L.	MEX 23.59
W75 1 De Ruiz, Marta	GUA 27.43
2 Casas M., Emma B.	MEX 28.61
W80 1 Flores O., Maria G.	MEX 30.36
W85 1 Martínez R., Modesta	MEX 25.65
2 Ramirez B., Maria	MEX 33.47
200m	
M30 1 Hernandez, Juan	ESA 24.47
M35 1 Williams, Lawrence A.	CAN 23.27
2 Madrigal M., Carlos A.	CRC 23.78
3 Alvarez C., David	NIC 25.71
M40 1 Colon, Franklin	PUR 24.67
2 Abdalla, Guido F.	GUA 26.12
3 Salazar P., Marvin G.	CRC 27.89
M45 1 Pierce, Harold	USA 24.49
2 Juárez H., Arturo	MEX 26.36
3 Leyva S., José L.	MEX 26.41
M50 1 Vallado B., Gilbert	MEX 25.34
2 Juárez G., Guillermo A.	MEX 26.21
3 Cruz P., Gustavo	PUR 26.69
M55 1 Hyland, Noel E.	TRI 27.68
2 Reyes, Rolando G.	GUA 29.18
3 Ovalle P., Manuel R.	GUA 31.92

M60 1 Picorelli, Wilfredo R.	PUR 26.79
2 Samuels D., Arthur L.	CRC 27.56
3 Martínez F., Arturo	MEX 28.84
M65 1 Stevenson, Robert	TRI 28.30
2 Romero J., Leonido	MEX 28.47
3 Valles A., Victor	MEX 31.43
M70 1 Romain, Ralph I.	TRI 29.78
2 Hernández M., José	MEX 29.96
3 Ponce, Oscar E.	GUA 31.31
M75 1 Roa M., Gabriel	MEX 38.13
M85 1 Tejada V., Antonio	MEX 41.72
W30 1 Rodríguez, Rosana L.	GUA 31.09
2 Perez, Romelia A.	GUA 40.46
3 Pineda de la C., Heidy M.	GUA 42.22
W35 1 Kuczalska, Agnieszka	CAN 31.49
2 Sánchez M., Irene	MEX 31.84
3 Martínez, Gimena	ESA 34.59
W40 1 Carty, Linda M.	USA 31.15
2 Berrios C., Dulce M.	NIC 31.91
W45 1 Lauridsen, Susanne v.	CAN 31.49
2 Boesche, Ileana M.	GUA 31.84
3 Retana V., Lauren	CRC 31.91
W50 1 Vega R., Maria S.	PUR 28.95
2 Reyes, Cheryl A.	TRI 31.34
3 Martínez T., Graciela	MEX 32.01
W55 1 Trott, Rhona E.	CAN 32.86
2 Martínez, Luz M.	MEX 34.43
3 Vidal V., Susana	MEX 35.57
W60 1 Hernández B., Nieves	MEX 36.57
2 Jacobo F., Susana	MEX 39.67
3 Cruz, Ada L.	GUA 41.04
W65 1 Bayardo C., Amalia	MEX 41.11
W70 1 Tang, Mónica A.	TRI 37.34
2 Félix P., Hermelinda	MEX 46.97
3 García B., Carmen L.	MEX 54.34
W75 1 De Ruiz, Marta	GUA 57.70
2 Casas M., Emma B.	MEX 1:07.30
W80 1 Flores O., Maria G.	MEX 1:13.32
W85 1 Martínez R., Modesta	MEX 59.57
2 Ramirez B., Maria	MEX 1:15.34
400m	
M30 1 Torres M., René	MEX 1:01.49
M35 1 Grant, Cois	JAM 50.63
2 Williams, Lawrence A.	CAN 51.05
3 Madrigal M., Carlos A.	CRC 51.59
4 Mulazim, Khalid	USA 51.54
M40 1 Mulazim, Khalid	USA 51.54
2 Valenzuela M., Manuel de	MEX 58.50
3 Morales E., René A.	GUA 59.46
M45 1 Grenald, Rodolfo	PAN 57.19
2 Leiva, Reynaldo A.	GUA 58.27
3 Leyva S., José L.	MEX 58.98
M50 1 Juárez G., Guillermo A.	MEX 59.21
2 Salanic S., Francisco	GUA 1:02.59
3 Jiménez, José L.	GUA 1:04.46
M55 1 Hyland, Noel E.	TRI 1:02.20
2 Reyes, Rolando G.	GUA 1:06.94
3 Orellana, Mario E.	GUA 1:10.99
M60 1 Samuels D., Arthur L.	CRC 1:01.04
2 Martínez F., Arturo	MEX 1:06.66
3 Argueta, Carlos H.	GUA 1:12.46
M65 1 Romero J., Leonido	MEX 1:03.21
2 Stevenson, Robert	TRI 1:05.37
3 Chajón, Miguel A.	GUA 1:23.65
M70 1 Romain, Ralph I.	TRI 1:11.12
2 Laurence, Daniel	TRI 1:15.20
3 Ponce, Oscar E.	GUA 1:15.65
M75 1 Calderón D., Mario	GUA 1:14.50
2 Roa M., Gabriel	MEX 1:27.58
3 Morales O., Juan J.	GUA 1:30.72
M85 1 Tejada V., Antonio	MEX 1:31.94
W30 1 Rodríguez, Rosana L.	GUA 1:01.38
2 Núñez H., Perla G.	MEX 1:16.41
3 Perez, Romelia A.	GUA 1:26.37
W35 1 Martínez, Gimena	ESA 1:36.69
W40 1 Berrios C., Dulce M.	NIC 1:08.66
W45 1 Lauridsen, Susanne v.	CAN 1:11.29
2 Boesche, Ileana M.	GUA 1:13.74
3 Vázquez P., Concepción	MEX 1:15.23
W50 1 Martínez T., Graciela	MEX 1:13.87
2 Flores M., Paula	MEX 1:16.58
3 Santiago P., Blanca I.	PUR 1:36.80

W55 1 Martínez, Luz M.	MEX 1:18.64
2 Vidal V., Susana	MEX 1:21.26
3 Gaytán P., Francisca	MEX 1:21.77
W60 1 Cruz, Ada L.	GUA 1:27.74
2 Jacobo F., Susana	MEX 1:29.32
3 Alpizar H., Ninfa	MEX 1:34.54
W65 1 Lobo C., Betty	CRC 1:40.66
2 Vázquez M., Maria C.	GUA 1:54.48
3 Estrada M., Graciela	MEX 1:58.51
W70 1 Félix P., Hermelinda	MEX 1:58.51
W75 1 De Ruiz, Marta	GUA 2:01.50
800m	
M30 1 Torres M., René	MEX 2:14.46
2 Cifuentes C., Juan P.	GUA 2:14.97
M35 1 Madrigal T., Freddy A.	CRC 2:04.02
2 Calix, Ivanhoe	HON 2:14.72
3 Torres Ch., Oscar J.	MEX 2:17.76
M40 1 Rivera O., Philip	PUR 2:10.49
2 Valenzuela M., Manuel de	MEX 2:15.88
3 Jeréz S., Delmar R.	GUA 2:29.46
M45 1 Rodas O., Neri S.	GUA 2:10.69
2 Johnson-Brereton, Curtis	TRI 2:14.07
3 Segura A., Zenón	MEX 2:14.95
M50 1 Juárez G., Guillermo A.	MEX 2:21.93
2 Villagrán C., Gustavo A.	GUA 2:24.24
3 Barrios M., Alberto	MEX 2:52.08
M55 1 Fournier Z., Marco A.	CRC 2:32.63
2 Thomas, Errol E.	TRI 2:34.24
3 Ramirez A., José R.	GUA 2:37.80
M60 1 Judson, Fred	CAN 2:30.95
2 Mendiola D., Carlos I.	MEX 2:34.24
3 Contreras De La O., Basi	MEX 2:40.61
M65 1 Chajón, Miguel A.	GUA 3:03.00
2 López, Julio E.	GUA 3:24.90
M70 1 Ramirez B., Francisco M.	MEX 2:57.92
2 Cadena M., Felipe	MEX 2:58.32
3 Krolow, Gerhard	CAN 3:01.57
M75 1 López M., Juan	MEX 3:16.98
2 Morales O., Juan J.	GUA 3:33.93
3 Fine, Robert G.	USA 4:04.04
M80 1 Tejada V., Antonio	MEX 3:24.49
W35 1 González O., Maria G.	MEX 2:41.12
2 Sampson, Ana	ESA 2:47.85
3 Fernández I., Ángela	NIC 3:08.09
W40 1 García, Suzan	TRI 2:54.38
2 Rodríguez R., Maria G.	MEX 2:58.16
3 Coy, Nora E.	GUA 3:15.17
W45 1 Roldán R., Maria del R.	MEX 2:37.89
2 Fernández M., Rosemary	CRC 3:07.68
3 Viramontes R., Silvia	MEX 3:07.73
W50 1 De Briz, Olga M.	GUA 2:53.31
2 Urizar, Maria	GUA 3:33.58
3 De León M., Esperanza	GUA 3:47.11
W55 1 Gaytán P., Francisca	MEX 3:07.11
2 Calderón L., Marita	CRC 3:07.39
3 Jolón A., Elvira De J.	GUA 3:15.84
W60 1 Cruz, Ada L.	GUA 3:27.93
1500m	
M35 1 Madrigal T., Freddy A.	CRC 4:25.53
2 Calix, Ivanhoe	HON 5:03.24
3 Licona B., Carlos M.	HON 5:18.69
M40 1 Valenzuela M., Manuel de	MEX 4:42.19
2 Jeréz S., Delmar R.	GUA 4:57.93
3 Jiménez, Alberto	GUA 5:57.50
M45 1 Johnson-Brereton, Curtis	TRI 4:59.15
2 Vega A., Oscar F.	CRC 5:09.13
3 Quesada M., Jorge	CRC 5:21.53
M50 1 Salanic S., Francisco	GUA 5:04.85
2 Sequeira V., Wilber	CRC 5:18.97
3 Cespedes B., Carlos A.	CRC 6:03.54
M55 1 López C., José L.	MEX 5:07.11
2 Guerrero C., Alfredo	MEX 5:17.33
3 Galicia, Leonel I.	GUA 5:26.81
M60 1 Judson, Fred	CAN 5:26.88
2 Mendiola D., Carlos I.	MEX 5:29.89
3 Contreras De La O., Basi	MEX 5:52.95
M65 1 Chajón, Miguel A.	GUA 6:13.16
2 Pol L., Lucio	GUA 6:32.46
3 López, Julio E.	GUA 7:00.44
M70 1 Davies, Roger E.	CAN 6:03.32
2 Cadena M., Felipe	MEX 6:04.11

	3 Krolow, Gerhard	CAN	6:10.29
M75	1 Morales O., Juan J.	GUA	7:11.24
	2 Torres R., Luis H.	PUR	7:13.65
	3 Cu M., Augusto	GUA	8:25.12
M85	1 Tejada V., Antonio	MEX	6:38.42
W35	1 Sampson, Ana	ESA	6:19.47
	2 López P., Gisela J.	MEX	6:46.91
	3 Montenegro, Cluadia M.	GUA	7:03.37
W40	1 Garcia, Suzan	TRI	6:01.01
	2 Rodriguez R., Maria G.	MEX	6:04.95
	3 Gómez, Olimpia	GUA	7:52.53
W45	1 Roldán R., María del R.	MEX	5:32.55
	2 Conde M., Margarita de J	GUA	5:37.25
	3 Pérez G., Claudia A.	GUA	7:46.25
W50	1 De Briz, Olga M.	GUA	5:56.64
	2 Urizar, Maria	GUA	7:25.30
	3 De León M., Esperanza	GUA	7:55.09
W55	1 Calderón L., Marita	CRC	6:23.40
	2 Gaytán P., Francisca	MEX	6:52.45
	3 Jolón A., Elvira De J.	GUA	6:59.00
W60	1 Alpizar H., Ninfa	MEX	8:00.66
	2 Barillas, Marina	GUA	8:10.50
W65	1 Lobo C., Betty	CRC	8:05.50
	2 Estrada M., Graciela	MEX	10:16.05
	3 Camargo, Edilia	PAN	10:35.67
W70	1 Visser, Helena C	CAN	8:20.87
5000m			
M30	1 Chávez S., Eusebio	MEX	19:15.22
M35	1 Madrigal T., Freddy A.	CRC	16:37.25
	2 Marroquin G., Gelber E.	GUA	17:40.02
M40	1 Martínez, Alfredo	GUA	16:30.32
	2 Yax I., Enrique E.	GUA	17:11.31
	3 Cordero U., Roberto E.	CRC	21:46.13
M45	1 Rodas O., Neri S.	GUA	16:31.40
	2 Viruet R., Elson	PUR	18:24.15
	3 Bran M., Amado de J.	GUA	18:57.20
M50	1 Yax I., Federico F.	GUA	17:22.14
	2 Cortés de la L., José F.	MEX	17:39.25
	3 Domínguez R., Francisco	MEX	17:57.84
M55	1 Olvera C., Luis	MEX	17:28.45
	2 Ramirez A., José R.	GUA	19:22.91
	3 Guerrero C., Alfredo	MEX	20:57.19
M60	1 Martínez, Ángel M.	PUR	19:48.65
	2 Bautista C., Melitón	MEX	20:00.49
	3 Argueta, Carlos H.	GUA	21:23.11
M65	1 Castañeda, José M.	MEX	22:52.98
	2 Pol L., Lucio	GUA	25:13.16
M70	1 Krolow, Gerhard	CAN	24:24.58
	2 Davies, Roger E.	CAN	24:59.64
	3 Salazar A., Mario	GUA	26:54.65
M75	1 López M., Juan	MEX	23:37.69
	2 Torres R., Luis H.	PUR	27:43.91
	3 Morales O., Juan J.	GUA	29:20.45
M80	1 Velasco P., Tomás	MEX	36:18.45
W30	1 Marroquin G., Iris Y.	GUA	20:15.46
W35	1 López, Maida L.	GUA	22:57.46
	2 Sampson, Ana	ESA	24:27.29
	3 Jandres, Maria	ESA	24:37.71
W40	1 Cornelio T., Angelina	GUA	21:05.47
	2 Rodriguez R., Maria G.	MEX	22:27.84
	3 Castro, Vilma	ESA	23:49.43
W45	1 Roldán R., María del R.	MEX	19:39.82
	2 Zavalá, Brenda L.	GUA	20:29.12
	3 Conde M., Margarita de J	GUA	20:34.14
W50	1 Cordero F., Marta L	CRC	22:04.14
	2 De Briz, Olga M.	GUA	22:06.73
	3 Carbo, Iika	PUR	25:57.16
W55	1 Calderón L., Marita	CRC	23:10.84
	2 Baltazar C., Eloisa	MEX	23:32.46
	3 Jolón A., Elvira De J.	GUA	24:58.85
W65	1 Lobo C., Betty	CRC	29:08.55
	2 Vásquez M., María C.	GUA	33:58.49
	3 Camargo, Edilia	PAN	40:45.19
8K XC			
M30	1 Chávez S., Eusebio	MEX	33:39.00
M40	1 Martínez, Alfredo	GUA	28:48.00
	2 Yax I., Enrique E.	GUA	29:46.00
	3 Santeliz, Julio	NIC	34:27.00
M45	1 Rodas O., Neri S.	GUA	29:23.00
	2 Viruet R., Elson	PUR	32:13.00
	3 Sotelo H., Ruddy	CRC	32:47.00

M50 1 Yax I., Federico F. GUA 29:06.00	3 García G., A. Ma. Eugeni MEX 1:49:46	High Jump	M40 1 Diaz, Angel GUA 1.75	Discus	M35 1 Beltrán B., Jorge MEX 36.03
2 Cortés de la L., José F. MEX 31:41.00	W50 1 Cordero F., Marta L. CRC 1:39:47	M40 1 McBarnette, Bruce O. USA 1.85	M45 1 De León C., Wilfredo C. GUA 1.25	2 Rojas M., José E. MEX 27.75	2 Rayos M., Felipe MEX 24.12
M55 1 Olvera C., Luis MEX 34:52.00	2 Martínez S., Mercedes MEX 1:45:20	M50 1 Black, Ivan G. USA 1.40	M55 1 Black, Ivan G. USA 1.25	M40 1 Aguirre, Luis ESA 29.83	3 Pérez M., David F. MEX 29.20
2 Cisneros M., Miguel GUA 35:44.00	W55 1 Baltazar C., Eloisa MEX 1:46:05	2 Russell, Kenrick TRI 1.25	M60 1 Judson, Fred CAN 1.40	3 Vegerano C., Pablo PAN 16.12	M45 1 Sajche, César R. GUA 33.46
3 Galicia, Leonel I. GUA 36:37.00	2 Zamora D., Marilyn CRC 1:55:49	M60 1 Rodríguez, Gervasio PUR 1.10	M65 1 Rodríguez, Gervasio PUR 1.10	2 Gómez M., César E. MEX 30.35	M50 1 Bristol, James TRI 39.70
M60 1 Bautista C., Melitón MEX 34:23.00	3 Barillas O., Aura V. GUA 2:41:48	2 Garza M., Daniel MEX 0.90	M70 1 Gutiérrez C., Luis MEX 1.15	3 Valentín R., Virgilio PUR 32.72	M55 1 Martínez L., Solidio MEX 38.19
2 Martínez, Ángel M. PUR 35:58.00	W60 1 García D., Josefa MEX 2:42:13	2 *Berardi, Jose ARG 1.10	M75 1 Calderón D., Mario GUA 1.00	2 Santos O., Luis A. PUR 34.39	3 *Díaz Del C., Omar E. PAN 28.1
3 Argueta, Carlos H. GUA 38:57.00	W65 1 Vásquez M., María C. GUA 2:22:26	3 Jiménez, Benjamin PUR 1.05	W40 1 Gallardo, Ruth ESA 1.45	M60 1 Arroyo P., Eulogio MEX 43.48	2 Mejía, Armando NIC 42.26
M65 1 Castañeda, José M. MEX 42:10.00		W55 1 Elizondo M., Mayra NIC 1.00	Pole Vault	3 Ortiz, Rolando GUA 26.21	M65 1 *Gentleman, William S. GBR 35.70
2 Pol L., Lucio GUA 43:06.00	4x100 Relay	M40 1 Salvatierra C., Héctor GUA 2.50	M40 1 Salatierra C., Héctor GUA 2.50	M65 1 *Gentleman, William S. GBR 35.70	2 Lorenzana P., Roberto A. GUA 29.88
M70 1 Davies, Roger E. CAN 42:25.00	M30 1 Puerto Rico 'C' 47.58	M70 1 *Berardi, Jose A. RG 1.30	Long Jump	3 Conde R., Jose R. GUA 29.11	M70 1 Lorezana P., Marcio I. GUA 23.74
2 Krolow, Gerhard CAN 43:56.00	2 Costa Rica 'D' 48.34	M35 1 Urias C., José C. MEX 4.23	M35 1 Urias C., José C. MEX 4.23	M75 1 Gómez M., Jaime D. MEX 22.59	W40 1 Saez, Vivian PUR 22.06
3 Cadena M., Felipe MEX 45:52.00	3 México 'E' 53.49	M45 1 Sandoval M., Ramiro NIC 4.95	M45 1 Sandoval M., Ramiro NIC 4.95	W45 1 Gómez R., María De La L. MEX 27.26	W50 1 Alvarez A., Rosa M. MEX 21.67
M75 1 López M., Juan MEX 44:28.00	(Torres/Valenzuela/Torres/Urias/González)	2 Rodríguez G., Gerardo MEX 4.89	2 Rodríguez G., Gerardo MEX 4.89	W55 1 Matos C., Angela PUR 22.16	2 Hernández A., Rosa M. MEX 12.50
2 Morales O., Juan J. GUA 48:15.00	M40 1 Trinidad y Tobago 'B' 50.10	3 Sandoval, Victor NIC 3.98	3 Sandoval, Victor NIC 3.98	W60 1 Ramírez S., Hilda V. CUB 26.15	W65 1 Mitchell, Yvonne T. TRI 22.93
3 Agosto, Epifanio PUR 49:56.00	(Johnson-Breton/Grenald/Hyland/Burgos/Thomas)	M50 1 Ruiz, José F. PUR 5.21	M50 1 Ruiz, José F. PUR 5.21	W65 1 Riley, Irma C. TRI 18.83	2 Gastón O., Luisa E. PUR 16.62
M80 1 Velasco P., Tomás MEX 58:36.00	2 México 'D' 50.92	2 Briz, Jaime J. GUA 4.17	2 Briz, Jaime J. GUA 4.17	3 López R., Ma. Cristina MEX 13.70	W70 1 Gracia, Nieve PUR 13.63
W30 1 Castro, Ana L. MEX 45:38.00	3 Guatemala 'H' 54.07	3 Rosales, César E. HON 4.03	3 Rosales, César E. HON 4.03	2 Reyes, Myrtha C. PUR 12.00	3 Torres R., María del R. MEX 11.40
W35 1 López, Maida L. GUA 41:43.00	(Abdalla/Díaz/Leiva/Jiménez/Parra/Ruano)	M55 1 Black, Ivan G. USA 4.71	M55 1 Black, Ivan G. USA 4.71	Hammer	M35 1 Rayo M., Felipe MEX 31.22
W40 1 Cornelio T., Angelina GUA 38:28.00	M50 1 Puerto Rico 'B' 51.13	2 Oleski, John USA 4.65	2 Oleski, John USA 4.65	M35 1 Rayo M., Felipe MEX 31.22	M40 1 Luna M., Gerardo MEX 43.30
2 García, Suzan TRI 42:12.00	2 México 'C' 54.72	3 Ovalle P., Manuel R. GUA 3.74	3 Ovalle P., Manuel R. GUA 3.74	2 Ramos, Julio A. PUR 35.49	M45 1 Sajche, César R. GUA 30.44
3 Castro, Vilma ESA 43:05.00	(Juárez/Guerrero/Ascencio/Vallado)	M60 1 Quan, Roberto ESA 4.15	M60 1 Quan, Roberto ESA 4.15	M45 1 Sajche, César R. GUA 30.44	M50 1 Loberdesque V., Alejandr MEX 49.87
W45 1 Conde M., Margarita de J. GUA 36:45.00	M60 1 Trinidad y Tobago 'A' 59.40	M65 1 Valles A., Victor MEX 3.45	M65 1 Valles A., Victor MEX 3.45	2 Bristol, James TRI 25.63	M55 1 Hasbun, Carlos ESA 28.53
2 Zavala, Brenda L. GUA 38:23.00	(Stevenson/Rudder/Romain/Reyes/Laurence)	M70 1 Jiménez, Benjamin PUR 3.35	M70 1 Jiménez, Benjamin PUR 3.35	2 *Díaz Del C., Omar E. PAN 27.15	M60 1 Cahners, Robert M. USA 40.84
3 Castillo V., María del C. CRC 38:39.00	2 México 'B' 1:00.17	2 *Chandek, Heracio A. PAN 3.27	2 *Chandek, Heracio A. PAN 3.27	M60 1 Arroyo P., Eulogio MEX 28.29	M65 1 *Gentleman, William S. GBR 48.03
W50 1 Cordero F., Marta L. CRC 38:50.00	3 Costa Rica 'B' 1:00.36	3 *Berardi, Jose ARG 2.70	3 *Berardi, Jose ARG 2.70	3 Mejía, Armando NIC 26.23	2 Valles A., Victor MEX 20.84
2 Martínez S., Mercedes MEX 44:04.00	(Cambroner/Argueta/Melgar/Cespedes)	M75 1 Calderón D., Mario GUA 3.80	M75 1 Calderón D., Mario GUA 3.80	M70 1 Lorezana P., Marcio I. GUA 21.42	M75 1 Gómez M., Jaime D. MEX 22.59
3 Lengoff E., Sonia MEX 46:01.00	M60 1 Trinidad y Tobago 'A' 59.40	2 Fearon & F., Roy A. GUA 3.42	2 Fearon & F., Roy A. GUA 3.42	W40 1 Saez, Vivian PUR 22.06	W45 1 Rodríguez L., Martha E. MEX 18.04
W55 1 Baltazar C., Eloisa MEX 42:37.00	(Stevenson/Rudder/Romain/Reyes/Laurence)	3 Pilot, Domingo PUR 3.16	3 Pilot, Domingo PUR 3.16	W55 1 Matos C., Angela PUR 22.61	2 Hernández A., Rosa M. MEX 12.82
2 Zamora D., Marilyn CRC 45:23.00	2 México 'B' 1:00.17	M85 1 Estañol D., Armando MEX 1.92	M85 1 Estañol D., Armando MEX 1.92	W60 1 Mitchell, Yvonne T. TRI 18.79	W65 1 López R., Ma. Cristina MEX 15.95
3 Rivera, María de los A. MEX 47:42.00	3 Costa Rica 'A' 1:04.75	W30 1 Núñez H., Perla G. MEX 2.71	W30 1 Núñez H., Perla G. MEX 2.71	2 Gastón O., Luisa E. PUR 15.05	3 Reyes, Myrtha C. PUR 12.49
W60 1 García D., Josefa MEX 59:18.00	(Lizano/Valerin/Fearon/Stewart)	W35 1 Cañedo R., Bertha A. MEX 4.56	W35 1 Cañedo R., Bertha A. MEX 4.56	Javelin	M35 1 Beltrán B., Jorge MEX 41.06
W65 1 Vásquez M., María C. GUA 60:39.00	M70 1 Guatemala 'B' 1:06.76	W40 1 Gallardo, Ruth ESA 4.92	W40 1 Gallardo, Ruth ESA 4.92	M40 1 Gallardo, Rafael ESA 40.28	2 Pérez M., David F. MEX 37.74
2 Frazer-Munroe, Ruth TRI 64:56.00	(Calderón/Aguiar/Salazar/Ponce)	M45 1 Black, Ivan G. USA 4.55	M45 1 Black, Ivan G. USA 4.55	3 González Z., Juan G. MEX 33.31	M45 1 Burgos, Alfred P. AHO 42.49
W70 1 Visser, Helena C. CAN 57:13.00	W30 1 Guatemala 'B' 55.63	W45 1 Lauridsen, Susanne v. CAN 4.52	W45 1 Lauridsen, Susanne v. CAN 4.52	2 Gómez M., César E. MEX 34.24	3 Wilson, Rodney C. USA 32.41
Short Hurdles	2 México 'A' 1:03.28	M50 1 Ruiz, José F. PUR 11.52	M50 1 Ruiz, José F. PUR 11.52	M50 1 Yambo, Antonio PUR 47.19	W30 1 Oliveros, Sandra GUA 9:24.97
M30 3 Heriberto S., Cruz PUR 19.36	3 Unattached 'A' 1:09.54	M55 1 Black, Ivan G. USA 8.56	M55 1 Black, Ivan G. USA 8.56	3 De León C., Wilfredo C. GUA 38.52	M55 1 Russell, Kenrick TRI 30.40
M35 1 Drummond, Don C. USA 14.56	(Guzmán/Jiménez/Molina/Ramírez)	M60 1 Septien R., Maurilio MEX 7.30	M60 1 Septien R., Maurilio MEX 7.30	2 Hernández D., Daniel NIC 29.80	3 Ponce S., Ernesto GUA 24.31
M40 1 González Z., Juan G. MEX 21.50	W40 1 Puerto Rico 'A' 59.95	M65 1 Rodríguez, Gervasio PUR 7.41	M65 1 Rodríguez, Gervasio PUR 7.41	M60 1 Mejía, Armando NIC 35.40	2 Gómez M., Rodolfo NIC 29.99
M45 1 McCloud, Dexter J. USA 15.54	2 México 'B' 1:10.93	M70 1 Hernández M., José MEX 7.32	M70 1 Hernández M., José MEX 7.32	3 Ortiz, Rolando GUA 29.98	M65 1 Lorenzana P., Roberto A. GUA 30.92
2 Burgos, Alfred P. HOL 17.92	(Roldán/Rodríguez/Romero/Vázquez)	W60 1 Hernández B., Nieves MEX 3.29	W60 1 Hernández B., Nieves MEX 3.29	2 Rudder, Winston TRI 21.26	M70 1 Lorezana P., Marcio I. GUA 18.77
3 Juárez H., Arturo MEX 21.66	W50 1 México 'C' 1:05.43	W65 1 Fuentes M., Rosa MEX 1.66	W65 1 Fuentes M., Rosa MEX 1.66	M75 1 Gómez M., Jaime D. MEX 29.58	3 Calderón D., Mario GUA 27.37
M50 1 Alícea R., Angel L. PUR 17.13	(Martínez/Flores/Vidal/Martínez/Graciela)	Triple Jump	Triple Jump	3 *Chandler E., James B. PAN 18.65	W30 1 Oliveros, Sandra GUA 24.60
M55 1 Black, Ivan G. USA 19.47	2 Costa Rica 'B' 1:11.92	M45 1 Rodríguez G., Gerardo MEX 9.89	M45 1 Rodríguez G., Gerardo MEX 9.89	2 Contreras C., Bárbara P. GUA 5.96	W35 1 González O., María G. MEX 22.11
2 Cañas, José ESA 21.42	(Calderón/Zamora/Cordero/Astua)	M50 1 Ruiz, José F. PUR 11.52	M50 1 Ruiz, José F. PUR 11.52	W40 1 Ramírez M., María M. CRC 21.55	W45 1 Centeno de S., Marta E. GUA 28.24
M60 1 Septien R., Maurilio MEX 26.02	3 Guatemala 'C' 1:15.46	M55 1 Black, Ivan G. USA 8.81	M55 1 Black, Ivan G. USA 8.81	2 Gómez R., María De La L. MEX 22.96	W50 1 Rosales S., María E. MEX 21.26
M65 1 Rodríguez, Gervasio PUR 21.71	(González/Uriar/De León/De Briz)	M60 1 Septien R., Maurilio MEX 7.30	M60 1 Septien R., Maurilio MEX 7.30	2 Rivera O., Maritza PUR 20.12	W55 1 Hernández A., Rosa M. MEX 14.89
M70 1 Hernández M., José ARG 30.85	W60 1 Guatemala 'D' 1:19.01	M65 1 Rodríguez, Gervasio PUR 7.41	M65 1 Rodríguez, Gervasio PUR 7.41	3 Elzondo M., Mayra NIC 13.52	W60 1 Rizo G., María T. GUA 28.94
2 *Berardi, Jose ARG 30.85	(Cruz/Barillas/De León/Ortiz)	M70 1 Hernández M., José ARG 5.73	M70 1 Hernández M., José ARG 5.73	2 Ramírez S., Hilda V. CUB 19.15	3 Mitchell, Yvonne T. TRI 22.82
M75 1 Calderón D., Mario GUA 18.54	2 México 'D' 1:24.31	M75 1 Calderón D., Mario GUA 8.22	M75 1 Calderón D., Mario GUA 8.22	2 Gastón O., Luisa E. PUR 15.10	3 Fuentes M., Rosa MEX 12.88
2 Pilot, Domingo PUR 20.45	(Jacobo/Bayardo/Estrada/Hernández)	M85 1 Estañol D., Armando MEX 6.58	M85 1 Estañol D., Armando MEX 6.58	W70 1 Gracia, Nieve PUR 13.28	Weight Throw
W40 1 Molina R., María M. CRC 13.82	W70 1 México 'E' 1:46.53	W35 1 Cañedo R., Bertha A. MEX 10.03	W35 1 Cañedo R., Bertha A. MEX 10.03	M35 1 Rayo M., Felipe MEX 9.13	M40 1 Luna M., Gerardo MEX 11.22
W55 1 Trott, Rhona E. CAN 15.55	2 México 'F' 2:05.77	W40 1 Gallardo, Ruth ESA 10.31	W40 1 Gallardo, Ruth ESA 10.31	M50 1 Melendez, Ernesto ESA 10.56	M55 1 Hasbun, Carlos ESA 10.50
Long Hurdles	(Flores/Casas/Ramírez/Martínez)	W45 1 Carty, Linda M. USA 10.07	W45 1 Carty, Linda M. USA 10.07	M60 1 Cahners, Robert M. USA 17.53	
M30 1 Heriberto S., Cruz PUR 67.03	4x400 Relay	W50 1 Lauridsen, Susanne v. CAN 7.45	W50 1 Lauridsen, Susanne v. CAN 7.45		
M35 1 Drummond, Don C. USA 53.36	M30 1 México 'D' 3:51.05	M55 1 Black, Ivan G. USA 9.47	M55 1 Black, Ivan G. USA 9.47		
2 Grant, Cois JAM 54.17	(Torres/Urias/Torres/Valenzuela)	M60 1 Septien R., Maurilio MEX 7.30	M60 1 Septien R., Maurilio MEX 7.30		
M45 1 Rodríguez G., Gerardo MEX 1:17.90	2 Puerto Rico 'B' 3:52.65	M65 1 Rodríguez, Gervasio PUR 7.41	M65 1 Rodríguez, Gervasio PUR 7.41		
M50 1 Piedrasanta, José F. GUA 1:16.30	(Colon/Heriberto/Picorelli/Rivera)	M70 1 Hernández M., José MEX 7.32	M70 1 Hernández M., José MEX 7.32		
M55 1 Black, Ivan G. USA 1:18.18	3 Honduras 'A' 4:10.03	W60 1 Hernández B., Nieves MEX 3.29	W60 1 Hernández B., Nieves MEX 3.29		
M60 1 Judson, Fred CAN 51.54	(Calix/Licona/Montoya/Rosales)	W65 1 Fuentes M., Rosa MEX 1.66	W65 1 Fuentes M., Rosa MEX 1.66		
2 Septien R., Maurilio MEX 1:00.53	M40 1 Trinidad y Tobago 'B' 3:58.40	Shot Put	Shot Put		
3 Sett, Pedro GUA 1:13.53	(Names not available)	M30 1 Santos L., Henry G. GUA 13.82	M30 1 Santos L., Henry G. GUA 13.82		
M70 1 Hernández M., José MEX 1:07.67	2 México 'C' 4:02.93	M35 1 Beltrán B., Jorge MEX 12.54	M35 1 Beltrán B., Jorge MEX 12.54		
2 *Berardi, Jose ARG 1:47.98	(Gonzalez/Hernandez/Juarez/Segura)	M40 1 Rayo M., Felipe MEX 11.88	M40 1 Rayo M., Felipe MEX 11.88		
W40 1 Molina R., María M. CRC 1:11.47	3 Guatemala 'F' 4:04.07	M45 1 Sajche, César R. GUA 11.61	M45 1 Sajche, César R. GUA 11.61		
2 Berrios C., Dulce M. NIC 1:17.72	(Hernandez/Hernandez/Raxon/Bran)	M50 1 Gómez M., César E. MEX 10.16	M50 1 Gómez M., César E. MEX 10.16		
W55 1 Trott, Rhona E. CAN 1:00.83	M50 1 México 'B' 4:16.98	M55 1 Black, Ivan G. USA 8.81	M55 1 Black, Ivan G. USA 8.81		
W60 1 Tang, Mónica A. TRI 1:18.09	(Guerrero/Olvera/Barrios/Juarez)	M60 1 Septien R., Maurilio MEX 7.30	M60 1 Septien R., Maurilio MEX 7.30		
2000m Steeplechase	2 Puerto Rico 'A' 4:33.19	M65 1 Rodríguez, Gervasio PUR 7.41	M65 1 Rodríguez, Gervasio PUR 7.41		
M60 1 Septien R., Maurilio MEX 9:49.98	(Cruz/Alícea/Rodríguez/Ruiz)	M70 1 Hernández M., José MEX 7.32	M70 1 Hernández M., José MEX 7.32		
M70 1 *Berardi, Jose ARG 16:26.80	3 Costa Rica 'B' 4:57.38	W60 1 Hernández B., Nieves MEX 3.29	W60 1 Hernández B., Nieves MEX 3.29		
M75 1 Torres R., Luis H. PUR 12:12.13	(Argueta/Cambroner/Cespedes/Melgar)	W65 1 Fuentes M., Rosa MEX 1.66	W65 1 Fuentes M., Rosa MEX 1.66		
W30 1 Oliveros, Sandra GUA 9:24.97	M60 1 México 'X' 4:36.63	Weight Throw	Weight Throw		
3000m Steeplechase	(Names not available)	M35 1 Rayo M., Felipe MEX 9.13	M35 1 Rayo M., Felipe MEX 9.13		
M40 1 Jerez S., Delmar R. GUA 12:33.83	2 Trinidad y Tobago 'A' 5:12.38	M40 1 Luna M., Gerardo MEX 11.22	M40 1 Luna M., Gerardo MEX 11.22		
M45 1 Rodríguez G., Gerardo MEX 12:37.99	(Reyes/Stevenson/Rudder/Laurence)	M50 1 Melendez, Ernesto ESA 10.56	M50 1 Melendez, Ernesto ESA 10.56		
2 *Crocama, Carlos PAN 15:49.31	3 Costa Rica 'A' 5:29.24	M55 1 Hasbun, Carlos ESA 10.50	M55 1 Hasbun, Carlos ESA 10.50		
M50 1 Piedrasanta, José F. GUA 12:26.01	(Valerin/Lizano/Stewart/Fearon)	M60 1 Cahners, Robert M. USA 17.53	M60 1 Cahners, Robert M. USA 17.53		
2 López L., Alfredo GUA 12:55.57	M70 1 Guatemala 'B' 5:35.28				
3 Melgar, Jorge B. GUA 16:33.60	(Names not available)				
M55 1 Hernández V., Juan MEX 15:41.19	2 México 'A' 6:06.97				
Half-Marathon	(Cadena/Gutiérrez/Gómez/Hernández)				
M35 1 Marroquín G., Gelber E. GUA 1:26:22	3 Guatemala 'A' 7:01.26				
M40 1 Martínez, Alfredo GUA 1:14:23	(Ponce/Aguiar/Salazar/Calderon)				
2 Yax I., Enrique E. GUA 1:15:46	W30 1 Costa Rica 'B' 4:36.50				
3 Santeliz, Julio NIC 1:28:57	(Jiménez/Guzmán/Molina/Ramírez/Retana)				
M45 1 Rodas O., Neri S. GUA 1:16:37	2 Guatemala 'D' 4:37.00				
2 Viruet R., Elson PUR 1:24:01	(Oliveros/Rodríguez/Carty/Lopez/Boesche)				
3 Sotelo H., Ruddy CRC 1:26:17	3 México 'C' 5:06.92				
M50 1 Yax I., Federico F. GUA 1:14:19	(Núñez/Lopez/Gonzalez/Canedo/Sanchez)				
2 Cortés de la L., José F. MEX 1:22:22	W40 1 México 'B' 5:12.66				
3 Martínez S., José S. MEX 1:28:23	(Roldán/Viramontes/Rodríguez/Vázquez/Romero)				
M55 1 Olvera C., Luis MEX 1:17:29	2 Unattached 'B' 5:31.45				
2 Fournier Z., Marco A. CRC 1:34:33	(Sala/Perez/Reyes/Retana)				
3 Sanchez, Neftali PUR 1:34:59	3 Puerto Rico 'A' 5:32.97				
M60 1 Bautista C., Melitón MEX 1:28:42	(Vega/Alejandra/Santiago/Rosa)				
2 Martínez, Ángel M. PUR 1:29:27	W50 1 México 'A' 5:11.52				
3 Argueta, Carlos H. GUA 1:38:05	(Martínez/Flores/Vidal/De León)				
M65 1 Hernández, Fulgencio GUA 1:50:40	2 Costa Rica 'A' 5:47.58				
2 Meza, Juan ESA 1:54:27	(Astua/Calderon/Zamora/Cordero/Lobo)				
3 Caceres, Hector ESA 2:00:43	3 Guatemala 'B' 6:05.74				
M70 1 Vera R., Reynaldo MEX 2:01:02	(Gonzalez/Uriar/De León)				
M75 1 López M., Juan MEX 1:48:34					
2 Agosto, Epifanio PUR 2:04:42					
W30 1 Marroquín G., Iris Y. GUA 1:35:47					
W40 1 Cornelio T., Angelina GUA 1:36:49					
2 Coy, Nora E. GUA 1:49:55					
3 Villegas H., Gema M. de MEX 1:52:48					
W45 1 Zavala, Brenda L. GUA 1:33:51					
2 Castillo V., María del C. CRC 1:42:44					

M65 1 Arroyo P., Eulogio	MEX	13.34	M60 1 Harvey, Rex	USA	36.25
2 "Gentleman, William S.	GBR	16.40	2 Arroyo P., Eulogio	MEX	31.53
M40 1 Valles A., Victor	MEX	8.94	M65 1 "Gentleman, William S.	GBR	37.97
M70 1 Lorezana P., Marcio I.	GUA	8.68	2 Conde R., Jose R	GUA	30.58
2 "Berardi, Jose	ARG	8.07	3 Valles A., Victor	MEX	19.67
M75 1 Gomez M., Jaime D.	MEX	10.32	M70 1 Lorezana P., Marcio I.	GUA	22.14
W50 1 Rosales S., Maria E	MEX	8.21	M75 1 Gomez M., Jaime D.	MEX	29.22
Outdoor Pentathlon					
M30 1 Rivera G., Carlos E.	GUA	1122	W50 1 Rosales S., Maria E.	MEX	22.01
M40 1 Gonzalez Z., Juan G.	MEX	2245	W55 1 Tucker, Ardenette L.	USA	24.17
M45 1 Juarez H., Arturo	MEX	2106	W65 1 Riley, Irma C.	TRI	26.73
M50 1 Ruano B., Orlando	GUA	2403	5000m Racewalk		
2 Alicea R., Angel L.	PUR	2079	M35 1 Rodriguez R., Luis E.	MEX	27:26.35
3 Piedrasanta, Jose F.	GUA	2036	M40 1 "Villar P, Harlen M	ARU	30:27.51
M55 1 Ortega M., Ubaldo	MEX	2546	2 Campos, Luis	ESA	30:43.07
2 Canas, Jose	ESA	2173	3 "Vegetano C., Pablo	PAN	32:04.46
3 Russell, Kenrick	TRI	1716	M45 1 Alonzo, Jose V.	GUA	27:48.10
M60 1 Judson, Fred	CAN	3263	2 Rodriguez M., Abelardo	MEX	30:04.03
M65 1 Rubi M., Sergio	NIC	2869	3 "Ruiz V., Saul A.	PAN	31:29.82
M70 1 "Berardi, Jose	ARG	1379	M50 1 Alvarez M., Tomas de J.	GUA	28:11.24
2 Dominguez P., Raymundo	MEX	768	2 Vazquez a., Jose X.	MEX	32:45.38
W40 1 Rosa R., Clara I.	PUR	2294	3 Melgar, Jorge B.	GUA	39:38.66
2 Ramirez M., Maria M.	CRC	2013	M55 1 Lopez C., Jose L.	MEX	28:34.30
W70 1 Tang, Monica A.	TRI	3573	2 Lopez, Guillermo	ESA	39:30.13
Weight Pentathlon					
M35 1 Rojas M., Jose E.	MEX	1775	M60 1 Sorrenti, Eduardo	USA	32:30.97
M40 1 Perez M., David F.	MEX	1552	2 Ortiz, Gersan	NIC	39:36.15
M45 1 Sajche, Cesar R.	GUA	2405	M65 1 Herrera R., Jorge	MEX	31:23.51
M50 1 Melendez, Ernesto	ESA	2159	2 Franco, Valentin	GUA	39:51.26
M55 1 "Diaz Del C., Omar E.	PAN	2624	M70 1 Perez P., Salvador	MEX	40:04.32
2 Hasbun, Carlos	ESA	2267	2 Linares, Dionel	ESA	43:06.97
3 Russell, Kenrick	TRI	1960	3 Gomez N., Rene A.	MEX	44:33.56
			M75 1 Fine, Robert G.	USA	35:19.79

2 Rodriguez de la F., Hora	MEX	37:04.63	M45 1 Alonzo, Jose V.	GUA	56:16
3 "Chandler E., James B.	PAN	38:08.92	2 Rodriguez M., Abelardo	MEX	1:02:01
4 Elkins, Clifford	USA	39:15.32	3 "Ruiz V., Saul A.	PAN	1:06:39
M80 1 Ortiz Z., Plácido	GUA	59:00.49	M50 1 Alvarez M., Tomas de J.	GUA	57:21
M85 1 Estanol D., Armando	MEX		2 Vazquez a., Jose X.	MEX	1:06:58
40:38.46			M55 1 Lopez C., Jose L.	MEX	56:01
W35 1 De Tarrago, Ingrid N.	GUA	32:42.66	2 Lopez, Guillermo	ESA	1:20:11
2 Ramirez, Marielos	GUA	35:46.84	M60 1 Sorrenti, Eduardo	USA	1:11:57
3 Marota F., Raquel	NIC	36:05.72	2 Ortiz, Gersan	NIC	1:21:00
W40 1 Guzman, Maria	ESA	31:30.89	M65 1 Herrera R., Jorge	MEX	1:04:39
W45 1 Jeanpierre F., Liliana C	GUA	31:43.02	2 Perez G., Antonio	MEX	1:21:07
2 Ceseña E., Blanca E.	MEX	34:48.55	3 Franco, Valentin	GUA	1:24:08
3 Vazquez P., Concepción	MEX	35:21.25	M75 1 Fine, Robert G.	USA	1:13:23
W50 1 Guevara L., Maritza	NIC	34:54.	2 Rodriguez de la F., Hora	MEX	1:17:05
2 Bonilla G., Maria L.	NIC	38:45.78	3 Elkins, Clifford	USA	1:22:37
W55 1 Palomino M., Marta	MEX	34:53.16	W35 1 Ramirez, Marielos	GUA	1:14:15
2 Rodriguez D E., Maria de	MEX	39:19.04	W40 1 Guzman, Maria	ESA	1:04:11
3 Cabrera B., Imelda	MEX	43:23.15	2 Franco, Irma	ESA	1:09:36
W60 1 Cashman, Stella F.	USA	37:30.32	W45 1 Jeanpierre F., Liliana C	GUA	1:03:39
2 Checa B., Eshenni	MEX	37:40.55	2 Ceseña E., Blanca E.	MEX	1:13:29
W65 1 Rosas R., Alma M.	MEX	37:29.92	W50 1 Guevara L., Maritza	NIC	1:12:21
2 Garcia M., Maria C.	MEX	39:19.04	2 Bonilla G., Maria L.	NIC	1:16:45
W70 1 Meza G., Alicia	MEX	39:09.25	W55 1 Palomino M., Marta	MEX	1:11:58
2 De Meza, Berta	ESA	41:00.13	2 Rodriguez D E., Maria de	MEX	1:21:28
3 Gonzalez de H., Luisa	MEX	41:23.17	3 Cabrera B., Imelda	MEX	1:29:52
W75 1 Elkins, Clara L.	USA	44:11.64	W60 1 Cashman, Stella F.	USA	1:16:38
W85 1 Ramirez B., Maria	MEX	49:11.33	W65 1 Rosas R., Alma M.	MEX	1:17:14
			2 Garcia M., Maria C.	MEX	1:23:19
			W70 1 Meza G., Alicia	MEX	1:24:49
			2 Gonzalez de H., Luisa	MEX	1:29:08
			W75 1 Elkins, Clara L.	USA	1:28:16
			W85 1 Ramirez B., Maria	MEX	1:40:43

10,000m Racewalk					
M35 1 Rodriguez R., Luis E.	MEX	59:50			
M40 1 "Villar P, Harlen M	ARU	1:04:40			
2 Campos, Luis	ESA	1:04:41			

LONG DISTANCE RUNNING

NATIONAL

USA Championships/
Headlands 50K Trail
Sausalito, CA; Aug. 26

*non-USATF	
Overall	
Bryan Dayton 33	3:59:53
Kami Semick 40	4:25:15
M40 Cliff Lentz	4:12:34
Dan Verrington	4:14:49
Dave Denham	4:35:13
John Mintz	4:48:00
Karl Hoagland	5:10:50
Steve Kral*	5:16:08
M45 Roy Rivers	4:19:04
Michael Moffett*	4:52:53
Jeff McWhinney*	5:05:24
Joe Pace*	5:17:07
Mark Dorion	5:19:59
Eric Ellisen	5:22:31
M50 Joseph Swenson	5:20:45
Robert Stuyvesant*	5:36:07
John Travers	5:43:04
David Williams*	5:43:04
Tom Harry*	6:01:03
M55 Joe Schieffer	5:10:39
Roy Pirrung	5:42:04
Doug Blackford*	5:53:29
Bill Donnelly	6:48:14
M60 Roger Dellor	5:11:35
Frank Bozanich	5:38:18
Bob Cowdrey	6:07:20
Frank Ruona	6:28:17
M65 Ron Vertrees	7:36:54
Ken Crouse*	7:53:20
M70 Dieter Walz	6:45:36
W40 Kami Semick	4:25:15
Connie Gardner	5:04:51
Elizabeth Vitalis	5:06:51
Suzie Lister	5:21:13
W45 Christine Chapon	5:26:02
Ellen Besobrasov	5:41:28
Hannah Rabkin*	6:43:12
W50 Jeri Howland	5:20:40
W60 Jeri Morris	7:25:08
Barbara Elia	8:35:02
W65 Eldritch Gosney	7:13:34
W70 Juliane Scheberies	8:08:25

EAST

Asbury Park 5K
Asbury Park, NJ; Aug. 12

Overall	
Solomon Too 22	14:44
Jessica Thomas 25	17:45
M35 Kevin Stover	15:29
M40 Drew Davis	16:11
Larry Levy	16:13
Richard Ozorem	17:17
M45 Rick Pingitore	16:48
Jay Duggan	17:22
Michael Tully	17:40
M50 Mike Mooney	17:09

Dave Hoch	18:08
Harry Peterson	18:09
M55 Harold Nolan	17:41
Thomas Hall	19:25
Jeff Staple	20:04
M60 Antonio Cruz	19:34
Ron Cohen	20:50
M65 Pat Cosgrove	20:14
James Leitz	20:49
M70 Ralph Garfield	22:33
Robert Thien	27:41
M75 James Robbins	31:22
Ray Reddick	38:54
M80 Samuel Giuliano	30:12
Clarence Lynch	49:21
W35 Jennifer Malavolta	18:37
W40 Terry Orr	19:00
Suzanne La Burt	19:08
Laura Rhatigan	19:09
W45 Gabby Barrett	19:35
Carolyn Roarty	21:05
Peg Kolbenschlager	21:56
W50 J Farnung Krause	21:37
Wendy Glassman	22:13
Mary Moriarty	25:52
W55 Linda Ferrara	23:20
Carol Defazio	23:30
Andrea Adornato	24:56
W60 Linda Thurston	25:34
W65 Anna Thornhill	23:55
W70 Elizabeth Thomas	46:33

Ohrenstein & Brown 5K
for the Arts, Roslyn
Harbor, NY; Aug. 13

Overall	
Gavin Goldstein 25	16:15
Una Broderick 39	19:06
M35 Marcus Sanders	19:24
M40 James Murray	17:32
Johan Ahr	19:16
Daniel Himmel	19:33
M45 Robert Pasqual	19:12
Chris Richards	19:15
Paul Bonanni	19:26
M50 John Del Maestro	17:43
Kevin Glover	19:37
Patrick Diskin	21:52
M55 Peter Martin	21:21
Scott Fairgrieve	21:56
Don Hodge	22:41
M60 Doug Escher	21:54
Willy Svensson	22:00
Dan Badalament	22:04
M65 Charles Watts	24:28
John Wallace	24:41
David Sarles	24:56
M70 George Devoe	27:59
Carlos Morales	29:42
M75 Guy Froehlig	27:17
Bert Jablon	28:34
M80 George Dennis	40:21
W40 Michele LaBiento	19:57
Cathy Papandrew	20:45
Carmen Anderson	23:02
W45 Alice Tamkin	20:42
Lisa Bergtraum	22:34
Theresa Lipari	27:41
W50 Anna Perna	24:09
Vivienne Naylor	26:58
Nancy Dorfman	27:06
W55 Olga Rapalo	32:19
Laura Bentley	34:13
Susan Kueffner	35:32
W60 Betty Horstmann	22:47
Carol Froehlig	40:06

Racewalk
1 Tom Ward 58 34:37
1 Suzy Feustel 53 35:33

Falmouth Road Race
Falmouth, MA; Aug. 13

Overall	
Gilbert Okari, 28	31:53
Alevtina Ivanova, 31	35:43
M40 Mbarak Hussein	33:37
Sean Wade	34:50
Paul Aufderberg	35:20
M45 Paul Hammond	38:57
Bill Solimine	39:01
Kenneth Gartner	39:45
M50 David Oliver	40:41
John Goodwin	42:28
Glenn Diamond	42:48
M55 Gary Romesser	37:59
Mark Ullias	43:39
Joseph Kvihaug	45:56
M60 Rich Myers	43:45
Richard Connor	50:14
Joe Noonan	50:52
M65 Richard Molloy	53:22
Richard Hill	54:43
Richie Williams	55:05
M70 William Riley	45:58
Don Murray	62:19
Ferris Hall	63:28
M75 Paul Woodberry	1:11:55
Bernard Goldberg	1:17:23
Jack Delahunt	1:20:28
M80 Sab Koide	1:13:40
Ted Clements	1:38:55
W40 Colleen De Reuck	37:59
Patty Murray	39:40
Michelle Simonaitis	40:48
W45 Joan Samuelson	42:30
Stephanie Whelan	48:45
Debra Cuellar	50:17
W50 Tatyana Pozdnyakova	39:26
Marge Bellisle	45:42
Margaret Pendergast	50:28
W55 Joan MacClary	55:23
Susan Branley	56:31
Martha Cunha	56:57
W60 Ann Hunt	57:29
Linda Roy	57:50
Christine Tattersall	58:30
W65 Phyllis DePaolo	58:03
Marie Paglia	62:11
Linda Dalton	66:04
W70 Virginia Fettig	1:06:37
Doris Beatty	1:23:03
Maggie Solomon	1:24:18
W75 Shirley Simmers	1:37:52
W80 Dottie Gray	1:38:13
W85 Louise Rossetti	1:46:22

Broadway 5K
Portland, ME; Aug. 19

Overall	
Ethan Hemphill 34	15:34
Sheri Piers 35	17:49
M35 Martin Ladouceur	16:51
M40 David Tomany	18:11
Donnie Hebert	18:26
Wayne Piers	18:29
M45 Floyd Lavery	17:59
Stephen Burgess	18:14
Craig Zahares	22:43
M50 Robert Scamman	19:50
Tom Menendez	19:59
Peter Bylund	20:52

M55 Jim Chaloner	21:13
Ronald Paquette	21:42
Sam Merrill	21:57
M60 Vern Demmons	21:21
M65 Ron Chase	24:42
M70+Carlton Mendell	39:22
W40 ChristSnow-Reaser	18:51
Kelly Brown	19:19
W45 Cheryl Farrington	23:00
C Blakeney-Watts	24:36
W50 Renee Martin	23:48
Catherine Nodine	25:28
W55 Barbara Bermudez	23:42
W60 Melanie Perrone	26:33
W65 Polly Kenniston	26:57

Green Mountain Senior
Games 10K, Manchester
Center, VT; Aug. 26

Road Race Qualifier 10K	
M50 Peter Patten	46:16
M55 Phil Jensen NY	40:29
Mike Desanto	44:07
M60 Paul Jensen	41:57
Tony Cupiauolo	49:52
M65 John Pelton	47:30
M75 Ed Doucette	57:53
W65 Becky Kotler	66:05

NYRR NYC Half-Marathon
Central Park to Battery
Park, NYC; Aug. 27

Overall	
Tom Nyariki 34	1:01:22
Catherine Ndereba 34	1:09:43
M40 Jimmy Lynch	1:10:57
M45 Conor O'Driscoll	1:14:57
M50 Jaime Palacios	1:17:52
M55 Francisco Rodriguez	1:34:40
M60 John Samsel	1:28:50
M65 James Leitz	1:43:19
M70 Alfred Finger	1:41:27
M75 Leo Schonhaut	2:41:38
M80 John Cahill	2:13:25
W40 Lillian Kroner	1:23:57
W45 Cindy Pomeroy	1:22:05
W50 Kathryn Martin	1:27:19
W55 Teiko Schultz	1:42:34
W60 Carol Hansen	1:46:46
W65 Anna Thornhill	1:46:53
W70 Ginette Bedard	1:54:58
W75 Bertha McGruder	2:50:09

Chris Thater Memorial
5K/Niagara Champion-
ships, Binghamton, NY
Aug. 29

Overall	
Reuben Chebil 23	14:00
Olga Kravtsova 25	15:25
M40 Steve Boyd	15:20
Earl Steinbrecker	16:18
Pat McDermott	16:46
M45 Casey Carlstrom	16:38
Gary Fancher	16:46
Jeffrey Juran	17:35
M50 Terry Permar	52
Tom Carter	54
Mike Kodya	52
M60+Paul Natelli	62
Blaine Lawson	64
W40 Marisa Hanson	17:25

Howard Elakman	3:25:43
Bill Briggs	3:35:15
W40 Linda Sawvell	1:26:03
Lori Kingsley	1:28:53
Josephine Rilleen	1:31:40
W45 Leisa Ensle	1:30:39
Renee Pickard	1:34:33
Cinda Hart	1:37:04
W50 Amy Subar	1:45:58
Jan Farnung-Krause	1:46:30
Carol English	1:48:37
W55 Marlene Montandon	1:51:50
Mary Pulaski	1:49:01
Betty Brothers	1:58:28
W60 Pat Welch	2:13:10
Muffet Chatterton	2:19:28
Kathy Neal	2:35:06
W65 Ane Gade	2:23:37
Gloria Jenkins	2:26:19
Francine Bangs	2:38:49
W70 Pfuetze Raleigh	2:27:08
Tp Shu	3:22:22
Betty Lou Wolfe	3:59:49
W75 Tami Harrison	2:41:45
Lorraine Cephus	4:38:29

MIDWEST**Parkersburg News & Sentinel Half-Marathon
Parkersburg, WV; Aug. 19**

Overall	
Ernest Kimeli, 21	1:04:41
Alevtina Ivanova, 31	1:14:10
M40 John Piggott	1:14:00
Darrell General	1:18:45
Dexter Smart	1:19:56
M45 Dave Berardi	1:17:05
Glenn Baldwin	1:20:35
Joe Patrick	1:21:32
M50 Dave Hoch	1:30:28
Warren Elzy	1:31:31
David Lambert	1:32:56
M55 Terry McCluskey	1:21:38
Michael Barr	1:25:09
Duane Dombek	1:30:28
M60 Earl McCormick	1:35:25
Lee Lynch	1:47:30
David Evans	1:48:18
M65 Mike Swiney	1:47:07
Chet Coates	2:07:41
Ray Dechert	2:10:15
M70 Willis Ridenour	2:03:49
Don Hammond	2:06:38
Matt Norris	2:13:49
W40 Gina McGee	1:26:14
Laura Nelson	1:29:41
Jackie Horvath	1:31:09
W45 Lee Dipietro	1:26:52
Becky Droginski	1:33:48
Mariann Tullius	1:38:37
W50 Shelly Ralston	1:38:33
Ruth Kohstall	1:40:19
Rita Barnes	1:46:57
W55 Adrienne Walker	1:49:15
Marie Tedesco	2:02:14
Donna Akers	2:07:13
W60 Mari Stephan	1:57:51
W65 Patricia Darling	2:44:20
W70 Harriet Locke	2:17:24

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

Overall	
Samuel Kosgei 20	46:49
Alevtina Ivanova 31	53:06
M40 Paul Aufderberge	50:34
Sean Wade	52:00
Albert Okemwa	52:16
Pat Lencioni	55:43
Eric Stuber	56:39
M45 David Watkins	56:53
Steve Arch	60:07
Brian Alfonso	60:14
Tom Piazza	61:05
Michael Frank	61:22
M50 Sam Torre	66:33
Gord Nelson	67:19
Bruce Harrison	67:19
Fred Colbert	69:08
Stan Ford	69:28
M55 David Vanker	64:50
John Scott	66:04
Larry Parker	66:24
Mitchell Garner	66:42
Bob Bochenek	67:04
M60 Gerard Malachynski	63:48
Doug Goodhue	63:50
Douglas Hansen	64:10
James Carlton	69:06
M65 George Gawthorp	78:09
David Lee	80:55
Ernest Gaviani	82:20
M70 Brian Harris	74:27
James Matherley	80:37
Stan Curtiss	85:35
M75+Jerry Johncock 78	87:49
John Kolmetz 77	1:45:52
W40 Tatiana Titova	61:52

Krys Brish	65:20
Andrea Osika	68:54
Michelle Sebal	70:31
W45 Karen Kemmis	66:18
Laurie Decker	66:22
Linda Ewing	67:44
Julie Winter	68:01
W50 Tatyana Pozdnyakova	59:00
Robin Sarris-Hallop	72:30
Carol Freilich	76:25
Jacqueline Blair	77:31
W55 Terry Mahr	68:08
Donna Olsen	75:35
Maggie Zidar	79:39
SusanJoy Szczesny	81:20
W60 Nina Bovio	87:23
Ruth Thelen	88:35
Cindy Goodhue	94:14
W65 Ellen Nitz	88:41
Cathy Detman	96:37
MaryAnn Isaacson	96:58
W70 Jean Horne	90:38
Karen Holappa	1:46:41
W75+Betty Dunlap	2:35:58

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

Overall	
Nelson Kiplagat, 26	46:30
Asmaa Leghzaoui, 30	52:40
M40 Dan Held	52:48
M45 Jeff Salach	59:08
M50 Keith Holzmuehl	62:51
M55 Sam Cortes	58:30
M60 Dick T Morgan	1:14:06
M65 Ronald Thomas	1:07:48
M70 Matt L Kraly	1:29:07
M75 Dick Lamer Mayer	1:43:27
W40 Patty L Murray	58:52
W45 Laura Kennedy	1:05:08
W50 Jan Tedrowe	1:12:40
W55 Nancy H Rollins	1:10:58
W60 Dorothy Tanner	1:21:41
W65 Doris Schertz	1:25:46
W75 Lois Gilmore	1:30:36
W80 Kath. McDonough	2:09:33

MID-AMERICA**Pike's Peak Marathon
Manitou Springs, CO
Aug. 5**

Overall	
Matt Carpenter, 42	3:33:07
Emma J Murray, 28	4:21:09
M40 Matt Carpenter	3:33:07
M45 Cleofas Villegas	4:33:26
M50 Trevor Jacobs	4:49:38
M55 Roger Jensen	5:12:11
M60 Jeffrey Dumas	6:01:59
M65 Carl G Schwenk	6:35:56
M70 Lee Rhodes	7:33:40
M75 Mario C Delaloye	9:50:20
W40 Junko Kazukawa	5:46:58
W45 Lisa C Ledet	4:58:43
W50 Deanna McLaughlin	5:49:21
W55 Charlene Aldridge	7:19:11
W60 Jessie Quintana	8:45:55
W65 Bonnie McElwee	9:26:37

WEST**Pride of the Valley 5K
Baldwin Park, CA; Aug. 5**

Overall	
Sergio Reyes 24	14:45
Lauren O'Bryan 25	17:41
M40 Danny Martinez	15:03
Gus Quinonez	15:45
David Olshan	15:54
M45 Larry Rich	18:04
Tony Alfaro	19:10
Richard Cano-Casas	19:11
M50 Jeff Snyder	18:50
Felix Vallicilla	20:04
Danny Castro	21:19
M55 Elias Garcia	18:56
Rusty Millar	19:28
Ming Quin	20:06
M60 Juan Cardenas	20:24
A. Rebollar-Pogaza	21:36
Bullet Bales	23:05
M65 Byron Melendy	19:53
Chuck Gee	23:33
Manuel Hulcochea	29:04
M70 Tatsun Lin	22:42
William Wall	24:26
Rodger Wood	26:43
M75 Bob Koch 79	27:21
Ruben Esqueda 75	29:57
Patrick Mulvehill 78	32:17
W40 Sue Zihlmann	18:41
K. Cushing-Murray	19:56
Nobuko Peterson	20:31
W45 Lucy Maldonado	22:20
Lias Guajardo	26:28
Carol Rico	32:19

W50 Sherry Paul-Curl	20:18
Jeannie Thompson	23:14
Graciella Huasta	25:48
W55 Emy Weller	25:38
Gloria Huastes	17:17
Kathy Joly	29:32
W60 Concepcion Rubio	28:18
Lois Franke	30:18
Ellen Gervase	34:52
W65 Marie Cipov	32:38
Melba Morales	42:41
Joan Chapman	63:02
W70 Virginia Lespron	33:32
Evely Tapia	36:58
Kennie Boeckler	38:13
W75 Dorie Smith 75	38:29

**Susan B. Anthony 5K
Sacramento, CA; Aug. 12**

Overall	
Magdalena Lewy, 33	16:58
W40 Lisbet Sunshine	18:05
Tanya Fredricks	18:54
Karen Jeffers	18:57
W45 Sara Freitas	18:43
Kimberly Fanady	19:52
Theresa McCourt	20:15
W50 Karen Kunz	20:09
Desiree Wilson	20:29
Maria Briones	20:37
W55 Janet Cain	22:35
Maggie Fillmore	23:25
Nelda Williams	24:51
W60 Becky Morris	26:01
Suzanne Franco	26:09
Cynci Calvin	27:36
W65 Barbara Miller	22:20
Nova Poff	26:41
Sandra Pegram	28:42
W70 Lillian Rammelkamp	30:00
Marlene Kinser	32:47
W75 Betty Hill	36:35
Georgina Buxton	44:55
Helen Tom	48:56
W80 Po Adams	38:58

**29th America's Finest City
Half-Marathon
San Diego, CA; Aug. 20**

Overall	
Chebet 21	1:02:38
Tatiana Chulakh 24	1:14:26
M40 Jeff Ambros	1:14:26
Alcires Colon	1:16:37
John Thornell	1:18:48
M45 Robert Schafer	1:20:15
Luis Diaz	1:20:28
Ken Gamble	1:20:52
M50 Greg Wilson	1:20:06
Victor Cueva	1:22:28
Phil Gabriel	1:29:45
M55 Gary Grierson	1:25:00
Brian Peterson	1:36:10
Vazgon Vartanian	1:37:24
M60 Ron Enos	1:26:34
Juan Cabeza	1:30:19
John Montgomery	1:31:11
M65 Joe Hurtalo	1:36:21
Peter James	1:40:33
John Pius	1:45:34
M70 Frank Vasquez	1:54:31
Wayne Osborn	1:55:05
Bill Litwiler	2:00:27
M75 Bob Koch	2:08:30
Edward Mahler	2:23:41
Ollie Olivas	2:26:41
M80 John Cross 82	2:26:49
W40 Kathy Kobrine	1:26:19
L.J. Egbert	1:26:40
Pennie Carlos	1:32:08
W45 Caroline McAndrews	1:35:04
Dori Peterson	1:35:04
Gayle Berretta	1:36:31
W50 Mariat Fernandez	1:40:23
Diana Jonas	1:41:31
Ruth Vandy	1:44:41
W55 Susan Humphries	1:44:21
Isolina Nogron	1:58:32
Carol Fitzsimmons	1:59:15
W60 Dianna Rindt	1:52:01
Gloria McCoy	2:03:53
Bev Coalson	2:06:35
W65 Imme Dyson	1:56:07
Linda Garon	2:12:50
Gillian Ackland	2:14:17
W70 Vera Vann-Wilson	2:42:03
Sally Byram	2:48:24
W80 Margaret Davis	842:38:01
Po Adams 82	2:56:21
Ethel Neichin 83	3:27:13

(Results submitted by Jim Young)

**Jet to Jetty 5K & 10K
Los Angeles, CA; Aug. 26**

5K Overall	
Johann Appell 29	16:09



Participants in the Chelmsford Weight Pentathlon, Chelmsford, Mass., July 16. Meet Director Jim Chamberas is on the far right. Bob Chase, who set an M85 U.S. record 4021 (new implements), is on the left, kneeling with the other youngsters.

Christine Appell 28	18:30
M35 Kevin Barda	16:47
M40 Jake	17:30
M45 Gary Pavlick	19:17
M50 Enrique Zalazar	21:17
M55 Steve Notaro	20:17
M60 Catarino Gonzales	20:59
M65 Michael Moore	22:56
M70 Leroy Carter	24:57
M75 Milo Sather	29:16
M80+Art Peyser 81	47:07
Dick Greenberg 85	47:29
W35 Heather Bell	21:57
W40 Lisa Davis	19:13
W45 Linda Webster	20:24
W50 Jeannie Thompson	23:45
W55 Sharon Lotesto	22:07
W60 Susan Zolla	34:53
W65 Marie Anne Mayeski	46:44
W70 Bobbie Peyser	47:04
W75 Dorie Smith	37:52
W80 Betty Keel 82	47:00

10K Overall	
Luis Ibarra 26	32:30
Kelly Flathers 35	35:56
M35 James Maynard	33:18
M40 Jim Casey	37:07
M45 Steve Fujinaka	43:44
M50 Jonathan Bourne	40:17
M55 Walt Hitt	42:36
M60 Wm Harns	49:03
M65 Joe Saley	47:41
M70 Richard Rodgers	54:33
M75 Milo Sather	74:02
W40 Brenda Mackintosh	44:16
W45 Lydia Salinas	41:36
W50 Penny Bourne	46:50
W55 Patricia Bates	52:02
W60 Julia Unphy	52:02
W65 Marilyn Clark	57:21

NORTHWEST**Miles of Smiles 5 Mile
Eugene, OR; Aug. 5**

Overall	
Steve Laurie 25	24:40
Marla Runyan 36	26:37
M40 Alan Whalen	28:50
M45 Todd Bosworth	30:17
M50 Daniel Wojcik	28:41
M55 Kent Henriksen	53:23

M60 Ken Wedin	60:27
M65 Robert Brokaw	56:02
M70 John Bailey	54:25
W40 Sharon Lange	38:17
W45 Sharon Rogers	39:14
W50 Myrna Wheeler	43:40

**Celebration 8K
Eugene, OR; Aug. 27**

Overall	
Chris Clancy 24	25:28
Jeanette Groesz 56	33:52
M40 Pat Wagner	28:42
M45 Tony Stuart	31:16
M50 Daniel Wojcik	29:13
M55 Andy Schob	34:13
M60 Hollis Gunter	41:11
M65 Richard Ogden	49:21
M70 John Livingston	41:22
M75+Bill McChesney 78	45:37
W40 none	
W45 Trisha Kluge	35:17
W50 Pam Fortier	40:14
W55 J Groesz	33:52
W60 Eileen Holzman	39:56
W65 Suzanne Rodkey	52:36
W70 Jane Dods	51:51

RACEWALKING**USATF-MAC 20K RW
Championships, Central
Park, NYC; June 17**

M30 Jussi Koski	1:48:08
M35 Curt Clausen	1:46:48
M40 Alan Sangeap	2:40:45
M45 David Wolf	1:59:54
M55 Juan Yanes	1:57:54
M60 Edoardo Sorrenti	2:07:14
M75 Cevin Robinson	2:45:20

**USATF-MAC 5K RW
Championships, Central
Park, NYC; Aug. 20**

M40 Bruce Logan	29:25
M45 Luis Abadias	26:53
M50 David Lee	33:32
M65 Seth Kaminsky	33:57
M70 Rose Grasso	35:58
W50 Ruth Gersh	34:20
W55 Panse Geer	31:56

W60 Maria Cox	40:56
W65 Ora Julie	39:56

**USA National 15K RW
Championships
Minneapolis, MN; Aug. 20**

Overall	
Ray Sharp 46	1:10:35
Teresa Vaill 43	1:10:53
M45 R Sharp	1:10:35
Rod Craig	1:31:48
M50 Mark Green	1:14:03
Bill Reed	1:28:56
M55 Michael Wiggins	1:19:39
M60 Dave Daubert	1:42:46
M65 Paul Johnson	1:34:08
Bernie Finch	1:51:43
W40 T Vaill	1:10:53
Tina Borgen	1:42:45
W45 Sue Klappa	1:45:43
W50 Donna Green	1:38:58
Susan Mears	1:44:05
Kathy Finch	1:53:10
W55 Doris McGuire	1:44:25
W65 Rebecca Gilman	1:47:57

**USA National 40K RW
Championships, Ocean
Township, NJ; Sept 10**

Overall

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Pasta Party: March 24

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