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

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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 &

By JERRY WOJCIK National Weight Pentathlon

This year, the two throwers' championships were held at a newly carvedout facility on Meet Director Bob Sager's ranch in Wilsall, Mont., for the weight pentathlon, and the throwerplanned 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 30year-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 Town ship, 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.





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),

Continued on page 10



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

INSIDE:

- Mid-America Regionals p.7
- Annual Meeting Schedule p. 8
- NCCWMA Results pp. 24-26

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PAID AT

October 2006

CONTENTS

DEPARTMENTS

USATF Officers2
Health & Fitness3
Five Years Ago3
Letters to the Editor4
NMN Sustainers4
Ten Years Ago5
Third Wind
The Foot Beat
NMN Contact Info8
The Weight Room9
WMA/USATF Specs 9
Racewalking10
International Scene11
On the Run
Fifteen Years Ago12
Masters Scene14
Twenty Years Ago14
Schedule
Twenty-Five Years Ago 16
New Age-Group Athletes 16
All-American Standards 17
Results

FEATURES

Throws Championships	.1
Crim 10 Mile	.1
NCCWMA Guatemala	.1
Mathews Resigns	.5
Mid-America Regionals	.7
Annual Meeting Schedule	.8
National 50K & 40K RW 1	0
National 50K Trail Race1	2

ENTRY FORMS/RACE & PRODUCT INFO

Self-Transcendence Meet 3
NMN Subscription Form 4
Long & Strong Journal5
Dartmouth Relays
Competition Rules Book11
Publications Order Form13
Track & Field News 27
More Marathon28

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Most

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Metabolic Sy called Syndrome of conditions high cholesterol. and most people they have the 2001, your phy you about Me because it didn't medical conditi 2001.

Heart Failure Researchers re Syndrome signifi probability of he age. The findings ing 2300 men ag them until age syndrome and ris middle-aged me Heart. Ingelsson Sundstrom J.)

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Physical Inac Dr. Timothy Director at the Dallas says, "It metabolic syndr called physical i

The cure: get and give the Rea program a real next eight week only takes 3.5 h

How Size of Abd For years,

that dieting is abdominal fat. exercise along it's not absolute heard this befo and drop the pe shows that diet done.

During a searchers at W **Baptist Medica** cover the most abdominal fa low-calorie d



Health & Fitness

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

Metabolic Syndrome Most People Don't Know They Have It

etabolic 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

(Get an autographed copy of Phil Campbell's NEW Edition, 4th Printing of Ready, Set, GO! Synergy Fitness, 2nd Ed., the comprehensive fitness training guide, 300 photo illustrations, 384 pages, \$19.95. For ordering information call toll free: 866-565-3311. For more info visit his website: www.readysetgofitness.com)

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



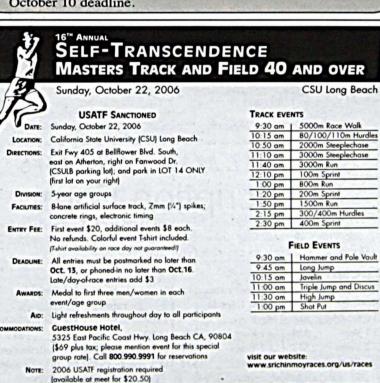
John Del Maestro, first M40+ (18:07), Heart & Sole 5K, Old Bethpage, N.Y.



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.



WRITE ON!

Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

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

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



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



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 officials 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 98 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

Weight Me

Continued from page

done a weight pe This was the f onships were hel lege or high scho

The top scor world record ho and Oneithea Let 4845, with big p (50.48/165-7, (17.09/56-1, 1144

Lewis, also sevents, hammer and weight (14.6

In the M50 competitors, Jim vailed over Ray points, 4280 to point 19.22/63-3/

In the M55 seven competitor the top of the age a winning 3844, 56, second with a



Tim Shannon, 43, hur Weight Pentathlon, Se

Distance-wise, throws by event hammer, 52.78/1 34, shot, 16.37/5 cus, 51.56/169-2 54, javelin, 43.4 hall, 52, weight.

Among the wood longest throws in put (13.11/43-1/4 Carol Finsrud, 4 holder and 2000 the discus as a r Lewis with 4661 cus (43.88/14 (28.98/95-1).

In addition to athletes shared of donated by Mar The top three Humphreys (44 and top three w (4661) and Jar \$300, \$200 and

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Weight Meets

Continued from page 1

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 Oneithea 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.



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,

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

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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Third Wind By MIKE TYMN

Exercise and Diet Tips from the "Heavens"

nown 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 per-

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 32year-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

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 affectations, 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

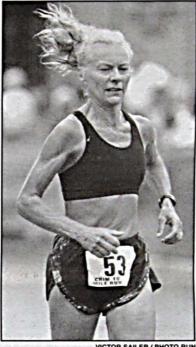
Crim 10 Mile

Continued from page 1

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



VICTOR SAILER / PHOTO RUN Terry Mahr, W55 winner (1:08:08), Crim 10 Mile.

VICTOR SAILER / PHOTO RUN

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

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

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-yearold 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 en-tranced 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

"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)

Continued from page 4 dated, not optio are in the first a authorities are down. Ice, cold v drinks must be p

cials. Shuttles shoul schedule, at time taking place, to flung sites for fie etc. The UNCbeautiful, but th apart. It was a ha hall, and shuttles "island" time.

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My wife and Tenn., and I can weather every o September is simi we experienced in ly did not think it train in the heat, we essary to properly l dress according to we generally give t ty little thought.

The Charlotte catching all kinds intended, for the that took place, attributable to the tors who do not li areas seem to be future competition: place where it ge summer. I beleve nate for this view

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I can appreciate experienced by However, I would future, people ne the surroundings venue are going to

Write On

Continued from page 4

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 beleve 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



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 conditios, 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 HMTC 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, HMTC 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

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

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 injectible, 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)

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.

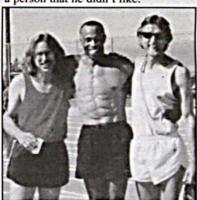
Other clubs may have learned the importance of such marketing efforts, including early registration of the club, securing a club number, provid-ing each potential member with the club number, making sure that each member registers with USATF, and reviewing the USATF roster of club members regularly to verify complete-ness. 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 (I) 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 enthisiasm 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



Lester Mount, M60 winner of both hurdles races, 2006 USA Masters Championships,

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-yearold 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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The officials

October 2006

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

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

Would anothe made a difference them in the throv good throwers do as they can get.

While interesti considerations w issue in Charlotte to: "We spent b here expecting should get them the USATF rules.

After the fur four-throws incid will happen agair onships at any I have to be made schedule, not indon't know of an ed to four attemp 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

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USATF 28th Annual Meeting Masters Track & Field Committee

Hyatt Regency & Westin Hotel Indianapolis, Indiana

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Schedule

Wednesday, November 29, 2006

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

Thursday, November 30, 2006 8am – 10am Genera 10am – 1pm Masters

General Competition Division

Masters T&F Roll Call of Delegates – Election

Joint T&F/LDR Hall of Fame Subcommittee 12pm - 2pm Masters T&F

2pm - 6pm 7pm - 11pm

Welcome Reception

Friday, December 1, 2006

Masters T&F 8am - 1pm

Roll Call of Delegates

Presentation & Voting for I/O Championships Reports on Future Awarded Championships

Joint Session T&F/LDR 2pm - 4pm

4pm - 6pm Northwest Masters Regional

Saturday, December 2, 2006 7am – 9am USATF Awards Breakfast Buffet 7am - 9am 9am - 10am **General Competition Committee** 10am - 2pm 2pm - 5pm Masters T&F

Masters Regional Coordinators

6:30pm Jesse Owens/Hall of Fame Reception & **Induction Ceremony**

Sunday, December 3, 2006

USATF Closing General Session



The Weight Room

By JERRY WOJCIK

The Past, Present and Future

t 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 temperatment.

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 sepa-ration 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 peole 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 rassle 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



Throwers at the USATF-Illinois Championships Sterling July 15

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Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdle
30-39	100m	.840m 33"	13.00m 42'8'/2"	8.5m 27'10'/2"	10.5m 34'5"	The second secon
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00n 39'4"	n
50-59	80m	.762m 30"	12.00m	7.0m	19.00r	m 8
60+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-39 40-49	400m	.762m 30"	45.00m 147'7°/4"	35.00m 114'9'/2"	40.00 131'2'	
50-59	300m	.762m 30" .686m 27"	50.00m 164'0'/2"	35.00m 114'9'/-"	40.00 131'2'	
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60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	n 10
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80+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-49	400m	.914m 36" .	45.00m	35.00m	40.00m	43400
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AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIG
Women 30-49 50-59 60+ 50-79 80+	4.00k 3.00k 3.00k	1.00k 1.00k 1.00k	4.00k 3.00k 3.00k	600 gms. 500 gms. 400 gms.	20# 16# 12#	35# 25# 20#
Men 30-49 50-59 60-69 70-79	7.26k (16 lbs.) 6.00k 5.00k 4.00k	2.00k 1.50k 1.00k 1.00k	7.26k (16 lbs.) 6.00k 5.00k 4.00k	800 gms. 700 gms. 600 gms. 500 gms.	35# 25# 20# 16#	56# 56# 56# 35#

rywoj@aol.com)

Visit the National Masters News at www.nationalmastersnews.com

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.



Masters Racewalking

By LENNY PARRACINO with ELAINE WARD

Straight Knee Rule and Hamstring Injury

enny 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 ham-

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

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 length-

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

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

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 for-

In contrast, when you are racewalking, you are consciously causing your knee to contract or lock. Deliberate kneestraightening 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 email at narwf@sbcglobal.net)



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



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 runnerup 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 halfmarathon (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

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

October 2006

Wom NCCW

f the 21 N MA Chan held its fi the meeting whi women's represe attempts to conta areas had proved

Learning the

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International Scene

by Marilyn Mitchell

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

f the 21 NCCWMA member countries, 19 were represented in the NCCW-MA 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 Spanishspeaking 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.



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 belong-ings 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-



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 steward-ship of the Chief Judge (as they are called in that part of the world) Carla Eugenia Jerez. Her fine crew of Guatemalan officials was supplement-ed 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 hav-ing 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

ate 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 carboydrate-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.)



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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DEADLINE

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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.

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.

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



October 2006

Jerry LeVasseur, 68

NATIONAL

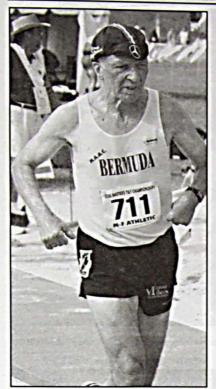
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JERRY WOJCIK
Jerry LeVasseur, 68, in the 1500, 2006 USA
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This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.



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.

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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 agegroup wins.

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 Apara Thorphill, 66, NYC, 23:55.

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, Perkasie, 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 agegroup 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.

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,

* 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 Pent-athlon, 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 Washing ton 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 hurlder 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."



ERRY WOJCIK

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



JERRY WOJCIK

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

DEADLINE

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

Send to:

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

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 Malmo, 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

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



TRACK

days prior to the eve OR 97405.

NAT

November 29-Dec Annual Meeting, Indicy, www.usaff.org/ev March TBA, 2007 Heptathlon Champior March 23-25, 200 Championships, Bost June 22-July 8, 2 Senior Games-Senio KY, M&W50+, A NSGA State Games August 2-5, 2007. Outdoor T&F Char Orono, ME 04469. 1077. August 11, 2007. U

athlon Championshi usatf.org September 8, 200' Throw & Superweig

> Connecticut, D Maryland, M New Jersey, N Pennsylvania,

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

> SOU Mabama, Florid S. Carolina

October 14. Inaug Meet, Weight Pentath of S. Alabama, Mob realest@aol.com; or gy.com

December 2-10. I Championships, Cape flasports.com/page_se

November 10-12. Association Annu

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

October 28. Throv

TX. Throws cli track4life@earthlink

Arizona, Cal

October 1, 8, 22, 2 Honolulu. 808-735 October 7. Club Santa Barbara. Be fax: 969-6613; Goi 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,

TRACK & FIELD

NATIONAL

November 29-December 3, 28th USATE 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-

August 11, 2007. USA Masters Weight Pentathlon Championships, Spokane, WA. www.

September 8, 2007. USA Masters Weight Throw & Superweight Championships, Seattle,

EAST

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, wkm realest@aol.com; or lfarmer@documenttechnolo

gy.com
December 2-10. Florida Senior Games State
Championships, Cape Coral. 850-488-8347; www.

MIDWEST

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 1, 8, 22, 29. HMTC Meets, Kaiser HS, October 7, 6,24,25. Hart Steets, Raist 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-

October 8-15. Napa Senior Games, CA. Ginny Mosher, 707-255-1800; Gmosher@city ofnapa.org

October 14. Visalia Chier NED htmey HS, Visalia, CA. OAN Symbolium, 1026 W. Princeton, Visula CA 95277; 559-732-8030. 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@haw

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@usatfadir.org October 15. USA National Championships/ DuPont Forest Trail Marathon, Asheville, NC.

gregw@mchsi.com; www.ymcahenderson

county.org November 29-December 3. 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/

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: dm mellerson@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.hmrrc.com
October 8. Liberty Watefront Half-Marathon/
USATF-NJ Championships, Jersey City. 201377-6057; 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.tufts healthplan.com/tufts10K

October 14. Baltimore Marathon, Half-Marathon & 5K. www.TheBaltimoreMarathon.com October 14. Greater Hartford Marathon, Half-Marathon & 5K, Harftford, 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; mys ticplacesmarathon.com

October 22. MAC XC Championships, Bronx, NY. 646-321-6509.

October 28. CAN/AM Challenge. Wakins 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.capecod

marathon.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. Heallth 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.nvrr.org

November 26. NYRR Pete McArdle 15K XC, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org

SOUTHEAST

bama, 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, Rich-

mond, VA. 804-673-RACE; richmondmara thon com

November 11. USATF-SC O&M 5K XC Championships, Roger Millken 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-Mar athon. 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 Champion-ships/Medical Center 10K, Bowling Green.

October 22. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com

October 29. Detroit Free Press/Flagstar Bank Marathon. 313-222-6676; www.detroitfree pressmarathon.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 Monterery, 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, issouri, 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.Route66Mar athon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

CA. 800-311-1255; ww.rnrsj.com

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

www.redwoodsmarathon.org
October 22. Santa Monica 5000, Santa
Monica, CA. 310-260-7898; www.santamoni

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

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-

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.cityoftreesmara

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.kingsportrace walk.com

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

vinicitiesracewalkers.org
October 15. USA National Masters/Open 1Hour RW Championships, Waltham, MA.
Steve Vaitones, office@usatfne.org
October 15. USATF-Michigan 10K RW



WENDY MEVED

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

Visit the National Masters News at www.nationalmastersnews.com

Championships, Dearborn. 248-549-3569. October 15. USATF-Pacific 10K RW Championships, Seaside, CA. 831-626-6602. October 22. USATF-Florida 1500 & 3000 RW, Plantation. 954-970-9634; www.south-florida racewalkers.org

florida racewalkers.org
October 22. USATF-Indiana 20K RW
Championships, Indianapolis. 317-679-

1403; www.irwc.org November 5. USATF-Indiana One-Hour RW Championships, Indianapolis. 317-679-1403: www.irwc.org

1403; www.irwc.org November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noonwalk 992yahoo.com

DeNoon, 352-241-7144, x4206; noon-walk 992yahoo.com
February 2, 2007. USATF National 50K
O&M RW Championships, Clermont, FL.
352-241-7144, x4206; noonwalk 992yahoo.com

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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	BIRTH	AGE	
(RESIDENCE)		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 GRIŠSMER(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	
INESSA 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(DEARFIELD,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	
THERESIA 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	
ONSOES MILLIE(GEN)	10-4-41	00-09	

MARIE MICHELSOHN(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) 10-15-41 65-69
RONA PATTERSON(NZL) 10-15-41 65-69
RONA PATTERSON(NZL) 10-15-41 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
JANICE DAVIES(AUS) 10-21-41 65-69
JAN MCCLURG(SEATTLE,WA) 10-21-41 65-69
JAN MCCLURG(SEATTLE,WA) 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) 10-23-6 70-74
KEN MUELLÉR(BELLINGHAM,MA) 10-2-36 70-74
KEN MUELLÉR(BELLINGHAM,MA) 10-2-36 70-74
GENE CHASE(NY) 10-5-36 70-74
REGINALD AUSTIN(AUS) 10-16-36 70-74
REGINALD AUSTIN(AUS) 10-16-36 70-74
REGINALD AUSTIN(AUS) 10-16-36 70-74
KENT GUTHRIE(PLEASANT HILL,CA) 10-22-36 70-74
JOHN CALDWELL(PASO ROBLES,CA) 10-22-36 70-74
JOHN CALDWELL(PASO ROBLES,CA) 10-22-36 70-74
WALTER MCCONNELL(WHARTON,NJ) 10-2-31 75-79
JOSE KOPITAR(YUG) 10-4-31 75-79
JOSE KOPITAR(YUG) 10-11-31 75-79
DONNA FERRARI(SAN FRANCISCO) 10-21-31 75-79
DONNA FERRARI(SAN FRANCISCO) 10-21-31 75-79
DONNA FERRARI(SAN FRANCISCO) 10-21-31 75-79

SARA ZINMAN(PT. LOOKOUT,NY)
ASTA LARSSON(SWE)
WALTER RENAUD(MALDEN,MA)
AINA ALKSNE(URS)
SIMO HELMINEN(FIN)
BILL MCCAFFREY(CROTON,NY)
BILL MCCAFFREY(CA)
BUDSEFA VOCOS (ARG)
PATRICIA FRANKUS(US)
PEPPER DAVIS(ORLANDO,FL)
BO-4-26
BO-84
PEPPER DAVIS(ORLANDO,FL)
BO-10-12-6
BO-84
BO-85
BO-84
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BO-86
BO-84
BO-86
BO

M40-44 La Mar I Stuart P

October 2006

M45-49 Michael I

M50-55 Sergio Ai

Hugh Var

M55-59 Tom Berr

> 7) Javelin: 8) Weight: 9) Superwei 10) Per/Dec/ 11) Metric he

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
M50 7:30 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		16.55	6/10/06						M75-79	Rudy Bredenbeck	DT	101-2	7/15/06
	Stuart Pineo	Mile	4:45.45	7/7/06		Kevin Christensen	200	27.00	9/3-4/06			JT	24.79	6/17/06
	The last winds						Pent	3236	9/3-4/06			SP	32-5 3/4	7/21/06
45-49	Michael Kountze	200	24.16	8/5/06		Richard Winford	55m	7.89	1/31/04					
MEDICAL STREET							55m	7.75	1/29/05	M80-84		SP	8.80	8/3-6/06
150-55	Sergio Angulo	100HH		4/8/06	State of							HT	23.32	8/3-6/06
		100HH	16.65	5/6/06	M60-64	Robert Barber	1500	5:07.6	7/15/06	A CONTRACTOR				
	Mike Fanelli	Mile	5:02.24	6/24/06			2K SC	7:37.20	8/3-6/06	W50-54	Debbie Topham	20KRV	V2:04:14	5/7/06
	Maurice Pointer	5K	17:20.34	9/4/06			10K	40:08.40	8/3-6/06					DECL BUILD
		3000	10:05.8	9/3/06		Ron Slozat	1500	5:16.8	6/29/06	W55-59	Barbara LoPiccolo	DT	21.59	8/3-6/06
	Hugh Van Ness	800	2:16.98	7/23/06			800	2:33.8	6/29/06	34000		HT	30.36	8/3-6/06
	No. of the Party o			Mark Control								SP	8.94	7/29/06
155-59	Tom Bernhard	10K	37:32.10	8/5/06	M70-74	Bill Riecke	10K	46:49	5/27/06	A		JT	27.41	7/29/06
ALC: UNK		5K	18:18.88	8/3/02			5K	22.00	3/4/06					
				Ball to Shall						W80-84	Dorothy Wilson	SP	4.83	8/24-27/0

334 35-39 5.8 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9	.99 7.1 .33 11.5 .22 23.8 .25 53.8 .04 2:06 .22 4:24 .40 4:50 .05 03:30 .17 9.0 .03 11:45 .85 1.76 .90 62.0 .00 62	7.2 7.85 11.9 24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00 9.5 9.8 18.8 64.0 12:40 64.0 12:40 64.0 12:40 64.0 12:40 64.0 12:40 64.0 64.0 64.0 64.0 64.0 64.0 64.0 64	1.60 5-3	FOR ! 55-59	60-64 8.1 9.0 13.2 27.9 65.0 2:35 5:20 11:50 19:30 40:30 10.9 20.0	65-69 8.4 9.25 13.8 29.5 69.0 2:45 5:45 6:15 12:45 21:00 44:00 10.9 11.1	70-74 8.9 9.5 14.6 32.0 75.0 6:30 6:55 13:40 23:30 48:30 11.4 18.0	75-79 9.4 10.0 -16.0 35.0 88.0 3:35 7:20 8:20 15:50 26:00 54:30 11.6 12.0	80-84 10.4 11.2 18.0 40.2 98.0 3:55 8:10 8:45 19:10 29:00 61:15 12.5 13.6	85-89 11.8 12.8 23.0 52.0 120.0 4:30 9:20 10:15 23:00 32:30 68:30	904 13 14 26:1
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23.2 23.2 23.2 23.2 23.2 23.2 23.2 23.2	1.2 23.8 1.5 53.8 1.5 53.8 1.5 1.5 1.5 1.5 1.5 1.7 1.8 1.5 1.7 1.8 1.7 1.7 1.9 1.0 1.5 1.5 1.7 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9	24.6 56.0 2:11 4:35 5:00 10:25 16:45 36:00 9.5 9.8 18.8 64.0 12:40 6 1.68 5 5-6 3.70 12-11/4 5 5-6	25.5 57.5 2:16 4:45 5:10 10:45 17:30 38:00 10.0 10.3 18.0 68.0 48.0 13:30	27.0 62.0 2:25 5:10 5:30 11:15 18:25 39:00 10.3 10.6 19.0 71.0 51.0	27.9 65.0 2:35 5:20 6:00 11:50 19:30 40:30 10.6 10.9	29.5 69.0 2:45 5:45 6:15 12:45 21:00 44:00 10.9 11.1 21.0	32.0 75.0 3:06 6:30 6:55 13:40 23:30 48:30 11.2 11.4	35.0 88.0 3:35 7:20 8:20 15:50 26:00 54:30 11.6 12.0	40.2 98.0 3:55 8:10 8:45 19:10 29:00 61:15 12.5 13.6	52.0 120.0 4:30 9:20 10:15 23:00 32:30	26:
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220 4:222 4:40 4	22 4:24 40 4:50 00 16:15 50 33:30 1.7 9.0 0.3 9.4 1.5 17.8 0.0 62.0 30 11:45 85 1.76 85 1.76 85 1.76 1.7 9.0 1	5:00 10:25 16:45 36:00 9.5 9.8 18.8 64.0 12:40 5 1.68 5 5-6 1.68 1 5-6 1 12:40 5 1.68	5:10 10:45 17:30 38:00 10.0 10.3 18.0 68.0 48.0 13:30 1.60 5-3	5:30 11:15 18:25 39:00 10.3 10.6 19.0 71.0 51.0	6:00 11:50 19:30 40:30 10.6 10.9	6:15 12:45 21:00 44:00 10.9 11.1 21.0	6:55 13:40 23:30 48:30 11.2 11.4	8:20 15:50 26:00 54:30 11.6 12.0	8:45 19:10 29:00 61:15 12.5 13.6	10:15 23:00 32:30	26
4:40 4:40 4:40 4:40 4:40 4:40 4:40 4:40	450 450 450 16:05 50 33:30 17.7 9.0 3.3 9.4 5.5 17.8 10.0 62.0 30 11:45 85 1.76 6-1/5 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 3.95 12:4/5 10 5.85 12:4/5 10	5:00 10:25 16:45 36:00 9.5 9.8 18.8 64.0 12:40 5 1.68 5 5-6 1.68 1 5-6 1 12:40 5 1.68	10:45 17:30 38:00 10.0 10.3 18.0 68.0 48.0 13:30	5:30 11:15 18:25 39:00 10.3 10.6 19.0 71.0 51.0	11:50 19:30 40:30 10.6 10.9 20.0	12:45 21:00 44:00 10.9 11.1 21.0	13:40 23:30 48:30 11.2 11.4	8:20 15:50 26:00 54:30 11.6 12.0	19:10 29:00 61:15 12.5 13.6	23:00 32:30	26
25 9:40 45 16:00 30 32:55 8.6 8.7 9.0 9.3 5.4 16:5 8.0 60.0 10:30 1.85	40 10:00 10:15 50 33:30 1.7 9.0 1.3 9.4 1.5 17.8 1.6 62.0 1.7 8 1.7 8 1.7 8 1.7 8 1.7 8 1.7 8 1.7 8 1.7 9.0 1.1 145 1.8 1.7 8 1.7 10 1.7 10	10:25 16:45 36:00 9.5 9.8 18.8 64.0 12:40 1.68 5.66 3.70 12:14 5.60	10:45 17:30 38:00 10.0 10.3 18.0 68.0 48.0 13:30	11:15 18:25 39:00 10.3 10.6 19.0 71.0 51.0	19:30 40:30 10.6 10.9 20.0	21:00 44:00 10.9 11.1 21.0	13:40 23:30 48:30 11.2 11.4	15:50 26:00 54:30 11.6 12.0	19:10 29:00 61:15 12.5 13.6	32:30	26
145 16:00 30 32:50 32:50 8.6 8.7 9.0 9.3 5.4 16.5 16.5 10:30 10:3	00 16:15 50 33:30 1.3 9.4 5.5 17.8 0.0 62.0 30 11:45 85 1.76 8-74 5-94 10 3.95 55/ 12:11/ 10 3.95 55/ 12:11/ 10 3.95 60 11.50	16:45 36:00 9.5 9.8 18.8 64.0 12:40 1.68 5-6 3.70 12:11/4 5.60	38:00 10.0 10.3 18.0 68.0 48.0 13:30 1.60 5-3	39:00 10.3 10.6 19.0 71.0 51.0	40:30 10.6 10.9 20.0	44:00 10.9 11.1 21.0	48:30 11.2 11.4	54:30 11.6 12.0	61:15 12.5 13.6		No. of Street, or other Persons and the street, or other persons a
330 32:50 8.5 8.7 9.3 5.4 16.5 8.8.0 60.0 1.90 1.85 1.90 1.90 1.85 1.90 1.90 1.90 1.90 1.	50 33:30 1.7 9.0 1.3 9.4 1.5 17.8 1.6 17.8 1.7 18 1.7 18	36:00 9.5 9.8 18.8 64.0 12:40 1.68 5.6 3.70 12-11/4 5.60	38:00 10.0 10.3 18.0 68.0 48.0 13:30 1.60 5-3	39:00 10.3 10.6 19.0 71.0 51.0	40:30 10.6 10.9 20.0	44:00 10.9 11.1 21.0	11.2	11.6	61:15 12.5 13.6	68:30	
8.6 8.7 9.0 9.3 5.4 16.5 8.0 60.0 110 10:30 1.90 1.85 2.24 6-4 4.10 13-57 15-6 6.10 12-6 12-6 33'4 41-4'4	9.0 9.3 9.4 9.5 17.8 9.0 9.0 9.0 9.0 11:45 1.76 1	9.5 9.8 18.8 64.0 6 12:40 6 1.68 5-6 6 3.70 12-11/4 5.60	10.0 10.3 18.0 68.0 48.0 13:30 1.60 5-3	10.3 10.6 19.0 71.0 51.0	10.6 10.9 20.0	10.9 11.1 21.0	11.2	11.6	12.5 13.6		
9.0 9.3 5.4 16.5 8.0 60.0 10:30 10:30 1.85	9.4 9.5 17.8 9.0 62.0 9.30 11:45 9.85 1.76 10 3.95 10 3.95 10 5.85 11.50	9.8 18.8 64.0 6 12:40 6 1.68 5-6 3.70 12-11/6 5.60	10.3 18.0 68.0 48.0 13:30 1.60 5-3	10.6 19.0 71.0 51.0	10.9	11.1	11.4	12.0	13.6		
5.4 16.5 8.0 60.0 10 10:30 1.80 1.85 2.24 6-4 4.0 4.10 5% 13-5% 50 6.10 1-4 20-1 1-2 12.60 3% 41-4%	5.5 17.8 0.0 62.0 30 11:45 85 1.76 6-1/4 5-9/4 10 3.95 55/4 12-11/4 5.85 1.76 1.7	18.8 64.0 6 12:40 6 1.68 6 3.70 12-11/6 5.60	18.0 68.0 48.0 13:30 1.60 5-3	19.0 71.0 51.0	20.0	21.0					
88.0 60.0 10:30 1.80 1.80 1.85 22'/ 6-'/ 440 4.10 5'/- 13-5'/ 50 6.10 1-4 20-'/ 20 12.60 3'/- 41-4'/	0.0 62.0 30 11:45 .85 1.76 10 3.95 .76 12-11/4 10 5.85 1.76 19-2/4 10 5.85 11.50	64.0 6 12:40 6 1.68 6 5-6 6 3.70 12-11/6 5 5.60	68.0 48.0 13:30 1.60 5-3	71.0 51.0			18.0	21.0			
10 10:30 1.90 1.85 1.90 1.85 1.40 4.10 1.55 6.10 1.4 20-1/ 20 12.60 33', 41-4',	.85 1.76 	12:40 1.68 5-6 3.70 12-1/6 5.60	68.0 48.0 13:30 1.60 5-3	71.0 51.0			18.0	21.0			
10 10:30 1.90 1.85 1.90 1.85 1.40 4.10 1.55 6.10 1.4 20-1/ 20 12.60 33', 41-4',	.85 1.76 	12:40 1.68 5-6 3.70 12-1/6 5.60	48.0 13:30 1.60 5-3	51.0	55.0		10.0	21.0		30.0	
10 10:30 1.90 1.85 1.90 1.85 1.40 4.10 1.55 6.10 1.4 20-1/ 20 12.60 33', 41-4',	.85 1.76 	12:40 1.68 5-6 3.70 12-1/6 5.60	48.0 13:30 1.60 5-3	51.0	55.0				23.0	30.0	
1.90 1.85 -24 6-4 1.40 4.10 51/4 13-51/ 1.50 6.10 1-4 20-1/ 20 12.60 31/4 41-41/	.85 1.76 -¼ 5-9¼ 10 3.95 5¼ 12-11¼ 10 5.85 -¼ 19-2¼ 60 11.50	5 1.68 5-6 3.70 12-11/6 5.60	13:30 1.60 5-3		33.0	60.0	67.0	75.0	85.0	95.0	18
1.90 1.85 -24 6-4 1.40 4.10 51/4 13-51/ 1.50 6.10 1-4 20-1/ 20 12.60 31/4 41-41/	.85 1.76 -¼ 5-9¼ 10 3.95 5¼ 12-11¼ 10 5.85 -¼ 19-2¼ 60 11.50	5 1.68 5-6 3.70 12-11/6 5.60	1.60 5-3	14:00		00.0	07.0	75.0	85.0	90.0	
24/4 6-4/4 4.10 51/4 13-51/4 50 6.10 1-4 20-1/4 20 12.60 33/4 41-41/4	-% 5-9% 10 3.95 5% 12-11% 10 5.85 -% 19-2% 60 11.50	5-6 3.70 12-11/4 5.60	5-3			40.00		****			
24/4 6-4/4 4.10 51/4 13-51/4 50 6.10 1-4 20-1/4 20 12.60 33/4 41-41/4	-% 5-9% 10 3.95 5% 12-11% 10 5.85 -% 19-2% 60 11.50	5-6 3.70 12-11/4 5.60	5-3	-	9:30	10:30	12:00	14:00	16:30	19:30	
.40 4.10 5% 13-5% .50 6.10 1-4 20-% .20 12.60 3% 41-4%	10 3.95 5¼ 12-11¼ 10 5.85 -¼ 19-2¼ 60 11.50	3.70 12-11/4 5.60		1.50	1.45	1.38	1.25	1.15	1.00	0.80	- 1
5% 13-5% .50 6.10 1-4 20-% .20 12.60 3% 41-4%	5¼ 12-11¼ 10 5.85 -¼ 19-2¼ 60 11.50	12-1%		4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-7/2	
.50 6.10 1-4 20-7 20 12.60 3% 41-4%	10 5.85 -1/4 19-21/4 60 11.50	5.60		3.05	2.70	2.40	2.30	2.00	1.80	1.30	
1-4 20-1/2 20 12.60 31/4 41-41/4	-¼ 19-2¼ 60 11.50			10-0	8-101/4	7-101/2	7-6'h	6-61/4	5-10%	4-31/4	
20 12.60 3% 41-4%	60 11.50	18-414	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
31/4 41-41/4		10 -11	17-81/2	16-1/4	14-9	13-91/4	12-51/h	10-111/4	9-41/4	7-2'h	
		10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
50 14 02	1/4 37-81/4	35-51/4	34-11/2	31-2	29-21/2	26-11	22-10	21-4	19-6	18-1	
30 14.02	02 13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
7-7 46-0	0 44-0	41-5	42-11%	39-41/2	42-0	37-81/4	36-11/4	29-61/2	26-3	19-81/4	
80 42.80	80 39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
7-0 140-5	-5 129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
				36.00	36.00	32.00	30.00	24.00	20.00	17.07	
5-0 145-0	-0 131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-71h	56-0	
				41.00	39.00	35.00	31.00	24.00	19.00	14.02	
							101-8	78-9	62-4	46-0	
					District		6.00	5.00			
						100 Feb	19-81/4	16-41/4			
	174 47-8		32-9%		14.00	13.25			10.00	8.75	6
		39-41/4									
	.00 13.25	39-41/n 12.50	14.25		45-11%	43-514	44-31/6	38-61/4	32-9%	28-81/2	19-
	.00 13.25 11/4 43-51/4	39-41/a 12.50 4 41-01/a	14.25	43-51/4	45-111/4	43-51/4	44-31/A 3.50	38-61/4	32-9 ⁻ / ₄ 2.50	28-81/2	19-
	.00 13.25 11/4 43-51/4 .00 8.50	39-41/2 5 12.50 4 41-01/4 0 8.00	14.25 46-9 6.00	43-5% 5.50	5.00	4.50	3.50	3.00	2.50	2.00	19-
11-2 29-6	.00 13.25 1¼ 43-5¼ .00 8.50 6½ 27-10¼	39-41/2 5 12.50 6 41-01/2 0 8.00 6 26-3	14.25 46-9 6.00 19-81/4	43-51/4 5.50 18-1/4	5.00 16-41/4	4.50 14-9	3.50 11-5%	3.00 9-10	2.50 8-21/a	2.00 6-61/4	19-
	.00 13.25 11/4 43-51/4 .00 8.50 61/4 27-101/4 500 2600	8 39-41/4 5 12.50 4 41-01/4 0 8.00 4 26-3 0 2600	14.25 46-9 6.00 19-8'/4 2600	43-5% 5.50	5.00	4.50	3.50	3.00	2.50	2.00	19-
5-0 .00 3-5 .00 2'/ ₆ .00 -2'/ ₆	44. 145 56. 183 14.	44.20 40.00 145-0 131-3 56.00 48.76 183-9 160-0	44.20 40.00 39.00 145-0 131-3 127-11 56.00 48.76 47.00 183-9 160-0 154-2 14.00 13.00 12.00	44.20 40.00 39.00 39.00 145-0 131-3 127-11 127-11 56.00 48.76 47.00 43.00 183-9 160-0 154-2 141-1 14.00 13.00 12.00 10.00 45-111/4 42-8 39-4/4 32-9/4	44.20 40.00 39.00 39.00 36.00 145-0 131-3 127-11 127-11 118-1 56.00 48.76 47.00 43.00 41.00 183-9 160-0 154-2 141-1 134-6 14.00 13.00 12.00 10.00 9.65 11% 42-8 39-4% 32-9% 29-6%	44.20 40.00 39.00 39.00 36.00 36.00 145-0 131-3 127-11 127-11 118-1 118-1 56.00 48.76 47.00 43.00 41.00 39.00 183-9 160-0 154-2 141-1 134-6 127-11 14.00 13.00 12.00 10.00 9.00 45-111/ 42-8 39-4/ 32-9/ 29-6/	44.20 40.00 39.00 39.00 36.00 36.00 32.00 145-0 131-3 127-11 127-11 118-1 118-1 105-0 56.00 48.76 47.00 43.00 41.00 39.00 35.00 183-9 160-0 154-2 141-1 134-6 127-11 114-10 14.00 13.00 12.00 10.00 9.00 14.00 13.00 14.	44.20 40.00 39.00 39.00 36.00 36.00 32.00 30.00 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 183-9 160-0 154-2 141-1 134-6 127-11 114-10 101-8 45-11/. 42-8 39-4/- 32-9/- 29-6/- 19-8/-	44.20 40.00 39.00 39.00 36.00 36.00 32.00 30.00 24.00 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 78-9 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 24.00 183-9 160-0 154-2 141-1 134-6 127-11 114-10 101-8 78-9 14.00 13.00 12.00 10.00 9.00 6.00 5.00 45-11½ 42-8 39-4½ 29-6½ 19-8½ 19-8½ 16-4½ 14.00 13.25 12.50 14.25 13.25 14.00 13.25 13.50 11.75	44.20 40.00 39.00 39.00 36.00 32.00 30.00 24.00 20.00 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 78-9 65-7½ 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 24.00 19.00 18.39 160-0 154-2 141-1 134-6 127-11 114-10 101-8 78-9 62-4 14.00 13.00 12.00 19.00 9.00 6.00 5.00 45-11½ 42-8 39-4½ 32-9½ 29-6½ 19-8½ 18-8½ 16-4½ 14.00 13.25 12.50 14.25 13.25 14.00 13.25 13.50 11.75 10.00	44.20 40.00 39.00 39.00 36.00 32.00 30.00 24.00 20.00 17.07 145-0 131-3 127-11 127-11 118-1 118-1 105-0 98-5 78-9 65-7/- 56-0 56.00 48.76 47.00 43.00 41.00 39.00 35.00 31.00 24.00 19.00 14.02 18.39 160-0 154-2 141-1 134-6 127-11 114-10 101-8 78-9 62-4 46-0 14.00 13.00 12.00 9.00 6.00 5.00 5.00 5.00 5.00 5.00 62-4 46-0 46-0 14.00 13.25 14.00 13.25 14.00 13.25 13.50 11.75 10.00 8.75

		do mo					OMEN	A TO A	Market Service			THE RESERVE TO SERVE
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00		3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54		3:48:29	5:17:54	
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
							MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	
M85	11:21	12:13	23:14	40:04	65:20	1:22:26					6:10:11	
M90		13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

	U.S.	MA	ST	ERS	AI	L-A	MEI	RIC	ANS	STA	NDA	RDS	5
	CHARLE	- Committee		HEND	Hite		WOME			19.40			
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	destad										
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		9:00	9:30	10:00	10:25	11:00	11:55	12:50				
н	1.40		1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7		4-2	4-0	3-8	3-6	34	3-21/4	3-01/4	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%	7-101/2	6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/2	2-Th	2-31/2		
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	210	1.50		
	15-1	14-6	13-3	12-6	11-1%		10-2	8-61/4	7-6%	6-10%	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		27-8	24-7	23-0		20-41/4	19-81/4	18-1/4	14-9	12-9		
Shot	10.30		8.51	8.40	8.00		7.50	6.60	6.00	5.20	4.30		
	33-91/2		27-11	27-61/4	26-3		24-7/4	21-8	19-81/4	17-1/4	14-11/4		
Javelin	35,00		28.00	25.00	23.00		20.00	17.00	16.00	15.00	12.00		
THE REAL PROPERTY.		109-11	91-10	82-0	75-51/		65-Th	55-91/4	52-6	49-21/	39-41/		
Discus	32.00		25.00	24.00	22.00		18.00	16.00	14.00 45-111/4	13.00 42-8	11.00 36-11/4		
SERVING.	105-0		82-0	78-9	72-21/		59-1/4 21.00	52-6 18.00	14.00	12.00	9.00		
lammer	35.00		30.00	25.00	23.00		68-10%	59-1/4	45-111/4	39-41/4	29-61/2		
	114-10		98-5	82-0	75-51/2		9.50	8.75	7.75	6.50	5.50	4.25	3.50
Weight	10.00		9.00	8.00 26-3	29-61/2		31-2	28-81/2	25-5%	21-4	18-01/4	15-7	11-5%
Sup.Wt.	6.50		5.50	5.00	5.25		4.75	4.50	4.00	3.50	10-071	13-1	11-5%
Sup.WL	21-4		18-1/4	16-4%	17-2%		15-7	14-9	13-1%	11-5%			
WLPent.	2600		2500	2500	2800		2600	2500	2500	2400	2300		
TLICHL	2000	200	200	2300	2000	2000	2000		2000				
DE L		11-13-				Her Se	March 1		1500		95.74	4	ATP P
Notes:						tomatic						or hand	time
	2)	Short I	hurdle	s: 30-	39:	33";	40-5			60+:	27"		
	THE REAL PROPERTY.	Long t	nurdles	: 30-	59:	30":	60+:	27	""				
		Shot p			49:	4k:	50+:	31					
		Javelin				600g;	50-5)0g:	60+:	4000		
									•	00+.	4009		
		Hamm	100			4k;	50+:			17.4			
	6)	Weigh	t:	30-	49: 2	0#;	50-5		#;	60+:	12#		
	7)	Supen	weight	: 30-	49:	35#;	50-79	9: 25	#	80+:	20#		
						nces ar				and in	ches lie	sted fo	
		conve							-,				10000

AGE-GROUP		
SEX:	M	F
STATE	ZIP_	
DATE OF	MEET	
MARK	-	
WEIGHT OF IMPLE	MENT	
☐ PATCH	□ P	ATCH TAG
	SEX: STATE DATE OF MARK WEIGHT OF IMPLE	DATE OF MEET

APPLICATION FOR AN

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

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

NATIONAL

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

					MEN						-		
Age	Name	Total	HT		SP		DT		JT		WT		
34 Chad	Lindsey	3203	41.30	533	16.37	874	43.96	745	42.50		12.15	573	-
39 Mike		2631	39.78	509	12.24	621	32.32	510	34.90		12.34	601	
43 Tim	Shannon	3096	44.18	639	13.76	736	42.90	724	31.14		11.95	625	
41 Rich		2153	26.60	330	11.02	565	32.70	518	30.10		8.05	385	
49 Dan	John	3945	47.64	783	13.42	785	49.66		42.26		14.42	845	
46 Dale	Janzen	2784	39.88	631	11.00	621	31.72		34.34	474	9.68	528	
52 Jim	Wetenhall	4280	52.38	860	14.29	875	50.64		37.48	558	19.22	1103	
50 Ray	Burton	4180	52.78	868	13.37	810	51.56	903	40.76	620	17.30	979	
54 Carl	Reichard	3101	46.08	738	10.82	631	34.60	556	29.42	408	14.01	768	
54 Tom	Meyer	3091	47.14	758	11.14	653	31.30		21.76	269	16.39	921	
54 Richa	rd Watson	3009	36.88	561	10.15	585	32.94	523	43.42	671	12.46	669	
51 Kurt	Rabenold	2595	30.90	447	10.79	629	35.34	570	35.02	512	8.75	437	
54 Ed	Daniels	480	32.64	480	0.00	0	0.00	0	0.00	0	0.00	0	
59 Hank	Konen	3844	46.72	854	11.50	768	40.76	762	33.32	542	15.02	918	
56 Roger	Conboy	3719	43.32	781	12.65	858	33.58	601	42.68	738	12.49	741	
57 Denni	s Cameron	3479	43.28	780	10.70	705	31.90	564	33.78	552	14.45	878	
59 Todd	Taylor	3202	49.24	909	9.00	574	29.66	515	16.86	212	16.08	992	
56 Clay	Hull	3155	40.74	725	10.67	703	28.10	481	34.78	572	11.51	674	
59 Bruce	Jones	2892	27.08	434	12.00	807	36.54	667	26.10	394	10.30	590	0
57 Jim	Lister	2710	33.32	566	13.31	910	0.00	0	39.64	674	9.85	560	
63 Georg	e Mathews	4008	50.40	1025	12.67	857	32.96	604	29.48	495	17.61	1027	

-	Last	CIDIA	WS									The last		SP Park
	61	lan	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
v	63	Mark	Chapman	3200	31.32	578	11.58	772	37.82	715	28.72	479	11.95	656
ы	64	Terry	Livermore	2990	23.12	391	11.56	770	34.68	643	29.10		12.62	699
3	61	Peter	Briant	2030	20.38	329	10.37	678	35.26	656	23.50	367	0.00	0
	67		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
1	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
H						W	OMEN							
	Ag	e N	ame	Total	HT		SP		DT		JT		WT	
	30	Sabrina	Sullivan	1837	29.84	498	8.02	401	33.10	521	0.00	0	7.48	417
	41	Debbie	Falzitto-Gocken	2465	22.04	464	9.52	605	27.58	472	22.00	365	7.91	559
	46	Oneithea	Lewis	5100	50.38	1528	13.11	1013	35.68	708	27.46	555	14.68	1296
	49	Carol	Finsrud	4661	40.34	1182	11.59	878	43.88	903	28.98	591	12.77	1107
	49	Sue	Hallen	2526	26.98	731	7.67	536	22.42	404	17.46	321	6.86	534
	50	Ruth	Welding	3802	37.68	868	11.08	886	32.58	704	23.30	511	12.50	833
	50	Cheryl	Mellenthin	1966	23.70	485	6.48	464	17.30	325	14.46	284	6.93	408
	54	Linda	Rowe	2855	26.88	571	9.74	761	26.30	545	23.40	513	7.70	465
12	55	Martha	Green	2260	23.48	542	7.17	588	17.10	360	12.48	276	7.37	494
3 0.7	56	Joyce	Taylor	2971	33.10	832	7.01	571	20.74	458	15.10	351	10.53	759
能	57	Mary	Hartzler	3907	37.94	980	10.36	910	27.64	647	23.16	587	10.81	783
8	60	Sharon	Raham	3038	29.02	805	7.20	666	14.84	344	24.18	710	8.11	513
96	63	Georgia	Cutler	3503	33.30	950	7.66	717	22.40	570	21.02	604	10.01	662
φ.	64	Roz	Katz	2807	24.92	667	7.02	647	18.70	458	16.00	437	9.20	598
8	71	Christel	Donley	3474	17.50	585	7.70	951	18.70	617	23.02	883	5.58	438
SA.	71	Anne	Cirulnick	2830	19.14	655	6.62	797	14.80	465	11.20	380	6.54	
	75	Gloria	Krug	3851	16.08	637	7.12	1024	17.18	668	16.02	691		533
6	91	Betty	Jarvis	4089	9.48	766	3.50	915	9.20	706	7.52	607	8.16 5.30	831
	ACRES DE LA CONTRACTION DE LA			200	1000	The state of the s				,00	1 00 60	00//	3.30	1095

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

Seattle, WA; Sept	1. 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	18.00
M55 Hank Konen	17.28
Todd Taylor	16.73
Tom Meyer	16.73
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	
Doug Tomlinson	15.99 14.43
Pay Carstensen	
M75 Harvey Lewellen	11.41
Jerry Wojcik	14.46
Jerry Wojcik Tom Allison	11.99
M80 Vince Sempronio	11.19
M90 Leon Joslin	11.93
W40 Leuria linking	5.23
W40 Laurie Jinkins W55 Joyce Taylor	11.51
W60 Georgia Cutler	11.15
W75 Melicent Whinston	12.50
Superweight	6.07
M40 Tim Shannon	0.52
	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 Konen	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 M90 Leon Joslin	7.23
MOO Loop Joslin	3.22

[- x

W40 Laurie Jinkins

7.15

1	W55 Joyce Taylor	8.37
1	W60 Georgia Cutler	5.87
I	W60 Georgia Cutler W75 Melicent Whinston	3.12
ı	E A CO	34 97 Ye

Page trooping to trace a	WWW. Named Tolday	John Hart
Long Island Se	nior	M60 John Muh
Games, Brentwe	ood	M70 John Tone
June 3-4	MARKET AND SERVICE	M70 John Tone M75 Alan Drug
oulle 3-4	1427	Chart Hundles
400	AND PARTY	Short Hurdles
100m	17.72	M65 Louis Bru
M55 Robert Albinski	14.57	M75 Richard S
John Harbulak	15.96	W55 Skipper C
Jack Barnes	16.40	Long Jump
M60 Ron Johnson	13.08	M55 Jesse No
Richard Jones	13.32	John Hart
Paul Gansle	14.61	M60 Ron John
M65 Raymond Lebowit		Rex Gerh
Abe Bernstein	15.15	
Leonard Dunn	18.80	Philip La
M70 Lloyd Williams	16.00	M70 Al Hecker
loba Tanas	15.33	John Tone
John Toner	18.26	Thomas F
Bill Horvath	18.54	W55 Skipper C
M75 Robert Bruce	16.73	Janis Hen
Arthur Duffy	18.87	W80 Joan Gilly
Bert Jablon M80 Jay Charles	19.12	Triple Jump
M80 Jay Charles	29.80	M55 John Hart
W55 Skipper Clark	15.82	M60 Rex Gerh
Anne Diprima	18.72	Michael P
Janis Henderson		Edward L
W60 Christine Kraft	23.11	Edward Le
WEE Apite December	23.11 23.35	M65 Raymond
W65 Anita Pescow	23.35	Louis Brui
W70 Mary Roman	18.43	M70 John Tone
W80 Joan Gillyean	29.78	Thomas F
W90 Ida Keeling	47.36	Stanley Fe
200m	REAL PROPERTY.	Stanley Fo M75 Robert Bo
M55 Jesse Norman	27.9h 30.3h	W55 Skipper C
Robert Albinski	30.3h	Janis Hen
Dennis Graff	33.9h	W80 Joan Gilly
M60 Ron Johnson	26.9h	Shot Put
M60 Ron Johnson Paul Gansle	30.1h	M55 Tom Rem
Rex Gerhardt	30.1h	
M70 Lloyd Williams	30.111	Dennis Gr
John Toner	35.6h	John Hart
Stanlay Foldman	39.7h	M60 Rex Gerh
Stanley Feldman M75 Robert Bruce	47.6h	Philip La
M/5 Hobert Bruce	36.1h	Jai Singh
Alan Druckman	45.8h	M65 Harry Sch
Edward Cleary	1:04.5h	Edmund J Raymond
W55 Ann Prezioso	44.3h	Raymond
W60 Christine Kraft	1:00.7h	M70 Richard Ja
W80 Joan Gillyean	1:09.9h	Pete Bark
400m		Al Hecker
M55 Robert Albinski	1:05.98	M75 Peter Van
	1:15.63	Robert We
	1:20.28	Vito Savin
	1:03.04	MOO HETTING
Paul Gansle		M80 Jimmy Ch
	1:09.54	W55 Skipper C
	1:13.67	Evita Beln
M65 Abe Bernstein	1:10.87	Janis Hen W60 Joyce Bah
Leonard Dunn	2:06.90	W60 Joyce Bah
M70 John Toner	1:29.70	L van Valk
Walter McCarthy	1:34.18	Maria Pas
M75 Bert Jablon	1:37.21	Maria Pas W65 Vera Truhi
Odd Sangesland	1:34.18 1:37.21 1:45.53	W70 Mary Rom
Arthur Duffy	1:53:43	Joan Dash
M80 Jay Charles	2:39.30	Curlio Est
W50 Shelley Keeling	1:12.57	Curlie Fab
W80 Minna Charles		W80 Joan Gilly
800m	3:23.39	Discus
	2.20	M55 Fred Kraic
M55 Robert Albinski	2:38.4h 4:33.7h	Dennis Gr
Jim Thornton M60 Rex Gerhardt	4:33.7h	John Harb
Mou Hex Gerhardt	3:21.2h	M60 Kirk Dorn
Alex Lemski	3:43.2h	Jai Singh
	THE PERSON NAMED IN	A SHETTER THE STATE OF

0 604	39.64 29.48	674 495	9.85	560	7	7: 9:
M6	5 Abe E	Bernst	ein	2:5	3.3h	
M70) John	Toner		3:5	9.1h	M
M75	John Alan Edwa	Druck	man	4:0	7.0h	200
450	Edwa	rd Cle	eary	5:1:	5.5h	
150 M56	Jim T	hornto	n	6.	59.8	M
IVIO					58.6	350
M60	John John	Mulve	V	8:	32.2	M
M70	John John	Toner	-	7.	10 5	
M75	Alan I	Druck	man .	8:	33.1	150
She	HILL	dlac				M
M65	Louis Richa Skipp	Brund	o, Jr	13	3.19	M
M75	Richa	rd Sa	vage	16	5.8h	W
WS	Skipp	er Cla	rk	19	9.5h	W
MACC		Manuel		Dept. Town		300
MOS	Jesse John Ron J Rex C Philip	Harbi	lak .	min-	3-6	w
Med	Bon .	lohnse	n	mr.	5-5	44
Sec.	Rex C	erha	dt	10	0-11	111
45	Philip Al He	La C	nere,	Jr.	7-9	W
M70	Al He	ckert		-	11-0	300
	John	Toner		80.63	0-1	
	Thom				8-8	W
W55	Skipp	er Cla	rk	140	2-4	3 9
MIO	Janis Joan	Hend	erson		7-4	Ha
Trin	Joan (5-2	M
MSS	John I	P	lak		8-7	M
M60	Rex G	erhar	dt		2-3	M
	Micha	el Pol	lack	17	-10	IVIC
17.16	LUWA	u Lec	VV	1000000	D-4	M
M65	Raym	ond L	ebowo	otz 28	-10	M
NAME OF	Louis John	Bruno	, Jr	13	-10	1
M70	John '	Toner		1	8-2	W
	Thom	as Fa	rrell	7 1	6-6	W
1475	Stanle	y Fel	dman	15	-11	7.
WS	Skipp	or Cla	zen		5-0	W
****	Janis	Hend	erson		9-7 7-2	W
W80	Janis Joan	Gillve	an	10	-10	M
Sho	L PUL					M
M55	Tom F	Rempe		2	6-8	Basi
	Denni	s Gra	f	2	5-8	100
1400	John I	Harbu		2	5-3	Me
	Rex G	1 - 0		26-8		
	Philip Jai Sii Harry Edmu	noh	iere, J	24.7	5-8	Me
M65	Harry	Schw	arze	24-1	3.7	5
in the	Edmu	nd Jo	vce	11-0	50	M7
	Haym	ona Le	DOWID	27-9	.70	200
M70	Pete E Al Hed Peter	rd Jan	son	3	2-0	300
	Pete E	Barker		3	1-7	M7
1475	Peter	cken		28-2	.50	
IVI / S	Rober	t Web	icci	27-9	.50	
	Peter Rober Vito S Jimmy	avino	Del	20.7	50	ME
M80	Jimmy	Cho	,	1	1-4	W
W55	Jimmy Skippe Evita	er Cla	rk	27-6	.50	W
	Evita I	Belmo	nte	19	-11	Asset
					8-4	We
W60	Joyce L van	Bahy	-	2	5-4	
	L van	Valke	nburg	23-5		-
Wee	Maria	rasno	9		-11	W
WZC	Vera 1 Mary I	Romai		25-11	4-2	MAZ
100	Joan I	Dash			8-1	5K
	Curlie	Faber	THE P.		6-5	M5
	Joan (Gillyea	ın		4-5	M6
Disc		NINE S	1		1	M6
M55	Fred H		750		-11	M7
	John H				5-4	147
	JUNIO P	an Dul	dh	14	-10	M7

992	64 Roz Katz		807 24.92 667 7.02
674	71 Christel Donley		474 17.50 585 7.70
590	71 Anne Cirulnick		830 19.14 655 6.62
560	75 Gloria Krug		851 16.08 637 7.12
1027	91 Betty Jarvis	4	089 9.48 766 3.50
MANAGE.			
	A STATE OF THE PARTY OF THE PAR	North St.	referred exercises and the base of
2:53.3h	Philip La Chere, Jr	66-10	W50 Gail Robertson
3:59.1h	M65 Harry Schwarze	76-11	W55 Karen D'Aurio
4:07.0h	Raymnd Lebowitz	78-3	
5:15.5h	Robert Stonelli	76-8	
0.10.011	M70 Al Heckert	101-0	
6:59.8			
	Richard Janson	99-7	
9:58.6	Pete Barker	92-7	CONTRACTOR OF THE PROPERTY OF
8:32.2	M75 Vito Savino	61-9	
7:48.5	Rich Webber	53-7	Meet Plymouth A
8:33.1	Robert Webber	49-8	
	M80 Joseph Scorcia	43-1	PA; June 1
13.19	M85 Jimmy Choy	26-1	AUGUST TO THE TAXABLE PROPERTY.
-16.8h	W50 Barbara McCuen	61-9	All times handheld
19.5h	W55 Skipper Clark	60-4	All Alliencan renorman
10.0.1	Janis Henderson	52-6	100111
13-6		47-8	WIDO LINC MEIG
	Joy Rempe		M45 Tony Fulton Sr. *
12-4	W60 Joyce Bahr	63-11	M50 Terry McKechnie
15-5	Maria Pasho	60-0	M55 Bruce Campelia
10-11	Marie Knabbe	45-1	M60 Fred Edelstein
7-9	W70 Mary Roman	57-3	W60 Barbara Leightor
11-0	Curlie Faber	44-10	200m
10-1	Joan Dash	42-3	
8-8	W80 Joan Gillyean	29-2	M35 Charles Sawyer
12-4	Yvonne Scorcia	24-7	M40 Joe Stem
7-4	Hammer	24-1	M45 Mike Eisenhart
5-2	M50 George Sandas	140 40	M50 Terry McKechnie
3-2		143-10	M55 Bruce Campelia
40.7	M60 Philip La Chere, Jr		M60 Bob Fuhrman
18-7	Edward Leavy	48-8	W35 Lilian Philiposian
22-3	M65 Edmund Joyce	83-10	W40 Renee Henderso
17-10	Thomas Cilmi	48-5	W60 Barb Leighton
16-4	M70 Thomas Farrell	34-3	400m
z 28-10	M75 Vito Savino	52-0	
13-10	Peter Vannucci	- 51-4	M35 Charles Sawyer
18-2	W50 Barbara McCuen	73-11	M40 Joe Stem
16-6	W55 Skipper Clark	70-6	M45 Mike Eisenhart
15-11	Janis Henderson	57-0	M50 Grant Berwin
15-0	W60 Joyce Bahr		M60 Glenn Schmehl
19-7	W/70 Curlie Fahar	66-6	W35 Lilian Philiposian
17-2	W70 Curlie Faber	63-4	W40 Lorraine Jasper *
	Javelin		W60 Barbara Leighton
10-10	M50 Jay Adams	121-4	800m
100000000000000000000000000000000000000	M55 Patrick Viola	116-0	M30 Vernon Waters *
26-8	John Harbulak	108-4	M40 Scott Landis
25-8	Jim Higgins	80-0	M45 Chuck Shields *
25-3	M60 Rex Gerhardt	72-8	
26-8.50	Edward Leavy	39-3	M50 Jeff O'Connell
25-8	M65 Robert Stonelli	64-6	M90 Frank Levine
24-7	William Royall	62-4	Mile
33-7	Thomas Cilmi	61-9	M35 John Mehl
11-0.50	M70 Harry Settino		M40 Scott Landis *
27-9.70	Al Heckert	77-2 61-9	M45 Chuck Shields *
32-0	Thomas Farrell		M50 Russ Patton *
31-7	M75 Arthur Kearney	52-3	M55 George Sauders
28-2.50	Rich Webber	84-7	M90 Frank Levine
27-9.50	Vito Savino	76-2	W40 Lorraine Jasper *
20-9	MOO Joseph Consti	37-0	3000m
20-7.50	M80 Joseph Scorcia	22-6	M45 Chuck Shields *
11-4	M85 Jimmy Choy	34-4	M50 Terry Permar *
	W50 Barbara McCuen	44-6	W30 Allyson Lehrman
27-6.50	W55 Skipper Clark	61-8	100m Hurdles
19-11	Janis Henderson	44-9	M55 Lawrence Davis *
18-4	W60 Maria Pasho	51-2	110m Hurdles
25-4	Marie Knabbe	50-10	
23-5.50	Joyce Bahr	46-6	M45 George Munro *
22-11	W70 Curlie Faber	37-7	High Jump
24-2	Joan Dash	36-4	M30 Cardwell Wootten
5-11.50	W80 Yvonne Scorcia	19-5	M55 Lawrence Davis
18-1	5K RW	.5.5	M65 Burr Daly
16-5	M55 Dennis Graff	41:45	Pole Vault
14-5	M60 Michael Carrington	39:07	M45 George Munro
SEC.	M65 George Shilling		M50 Pete Hischman
76-11		41:18	M60 Jeff Blatt
75-4	M70 John Shilling	38:18	Long Jump
	Robert Lasky	47:17	M55 Lawrence Davis
74-10	M75 Peter Vannucci	47:29	Shot Put
117-6	M80 Rocky Caruso	43:12	M55 Michael Kalnas
72-8	Jay Charles	46:23	W40 Heather Scanlon
1		BUTTON	or ocarion

W50 Gail Robertson	48:23
W55 Karen D'Aurio W60 Christine Kraft	39:36
W65 Anita Pescow	41:42
W80 Minna Charles	47:50
AND THE PARTY OF T	HTT IN THESE
Philadelphia Mas	ters
Meet, Plymouth Me PA; June 13	eting,
PA; June 13	
All times handheld	
*All-American Performance	
100m	
M30 Eric Reid M45 Tony Fulton Sr. * M50 Terry McKechnie M55 Bruce Campelia	11.4
M45 Tony Fulton Sr.	11.6 12.7
M55 Bruce Campelia	14.6
M60 Fred Edelstein	14.6 14.3
W60 Barbara Leighton *	16.5
	Walter States
M35 Charles Sawyer M40 Joe Stern M45 Mike Eisenhart M50 Terry McKechnie M55 Bruce Campelia M60 Bob Fuhrman	25.0
M40 Joe Stem	28.2
M45 Mike Eisenhart	28.0
M50 Terry McKechnie	26.5 30.3
M60 Bob Fuhrman	30.3
W35 Lilian Philiposian	38 9
W40 Renee Henderson	• 27.3 35.7
W60 Barb Leighton *	35.7
400m	AND STREET
M35 Charles Sawyer	1:01.9
M40 Joe Stem	1:07.8
M45 Mike Eisenhart M50 Grant Berwin	1:02.8
M60 Glenn Schmehl	1:10.4
W35 Lilian Philiposian W40 Lorraine Jasper	1:26.5
W40 Lorraine Jasper *	1:06.3
W60 Barbara Leighton	1:24.8
800m	gavatus'
M30 Vernon Waters * M40 Scott Landis *	1:52.7
M45 Chuck Shields	2:05.9 2:06.6
M50 Jeff O'Connell	2:53.7
M90 Frank Levine	5:45.9
	and the color of
MIE M35 John Mehl M40 Scott Landis * M45 Chuck Shields * M50 Russ Patton * M55 George Sauders M90 Frank Levine 1	5:06.8
M40 Scott Landis	4:39.8
M50 Ruse Patton *	4:41.5 5:05.9
M55 George Sauders	6:59.1
M90 Frank Levine 1	2:28.3
W40 Lorraine Jasper *	5:20.8
3000m	Charles A
M45 Chuck Shields * M50 Terry Permar *	9:53.9
W30 Allyson Lehrman	9:34.2
100m Hurdles	1.30.3
M55 Lawrence Davis *	18.1
110m Hurdles	
M45 George Munro * High Jump M30 Cardwell Wootten M55 Lawrence Davis M65 Burr Daly	18.2
M30 Cardwell Wootten	177
M55 Lawrence Davis	1.77
M65 Burr Daly	1.00
	2 Table 1
Pole Vault M45 George Munro	3.20
M60 Jeff Blatt	3.35
M45 George Munro M50 Pete Hischman M60 Jeff Blatt Long Jump	2.59
Long Jump M55 Lawrence Davis	4.39

1:42 7:50	M55 . M65 . W40 i
s ig,	Javel M45 (M50 I M75 S
1.4	PI Mee
1.6 2.7 4.6 4.3 6.5 5.0 8.2 8.0 6.5 0.3 0.3 8.9 7.3 5.7	All time
1.9 17.8 2.8 0.4 6.2 6.5 6.3 4.8 2.7 5.9 6.6 3.7 5.9	M40 J M45 C M50 C M55 E M60 C W30 J W40 L W45 S 400m M30 E M40 K M45 N M50 F
6.8 9.8 1.5 5.9 9.1 8.3 0.8	M60 B W40 L 800m M35 C M40 S M45 C M55 D M60 L W60 B
12	WAN R

9.89 7.55

92
04
.09
.30

t, Plymouth Meeting, PA; June 20

100m	
M30 Eric Reid	11.5
M35 Charles Sawyer	12.2
M45 Jude Iheoma	13.2
M50 Terry McKechnie	12.4
M55 Bruce Campelia	14.6
M60 Fred Edeletein	
M60 Fred Edelstein W40 Lorraine Jasper	13.8
W45 Suzanne Daloisio	14.9
W45 Suzanne Daloisio	15.8
W60 Barbara Leighton *	16.8
200m	
M30 Eric Reid	24.0
M35 Charles Sawyer	24.8
M40 Joe Stem	28.0
M45 George Munro	27.4
M50 Gary Leigh	25.8
M55 Bruce Campelia	29.8
M60 Glenn Schmehl	28.1
W30 Jill Cypress Turner	* 26.6
W40 Lorraine Jasper *	28.3
W45 Suzanne Daloisio	34.5
400m	
M30 Eric Reid	54.7
M35 Charles Sawyer	57.9
M40 Kevin Forde	58.0
M45 Michael Patterson	1:05.8
M50 Russ Patton	1:00.3
M60 Bob Fuhrman *	1:04.2
W40 Lorraine Jasper *	1:05.8
800m	1.05.0
M35 Chris Carroll	0.070
M40 Scott Landis *	2:27.9
M40 Scott Landis	2:03.8
M45 Chuck Shields *	2:11.0
M55 Dennis Mellish	2:32.7
M60 Lou Coppens	2:43.8
M65 Jim Sutton W40 Liz Ludwigson *	2:45.6
W40 Liz Ludwigson	2:35.6
W60 Barbara Leighton	3:24.7
Mile	THE R.
M30 Sly Coons M35 Neill Clark	5:28.0
M35 Neill Clark	4:54.5
M40 Tom Jermyn	4:55.4
M45 Chuck Shields *	4:52.0
M60 Lou Coppens *	5:46.9
W30 Allyson Lehrman	5:54.2
W35 Andrea Niggemeier *	5:09.8
W40 Liz Ludwigson *	5:36.4
3000m	
M30 Ryan Lowry	2:28.5
M35 Chris Carroll	0:43.9
M40 Tom Jermyn *	9:58.0
M45 Chuck Shields	9:52.6
110m Hurdles	RESTAULT OF THE PARTY OF THE PA
M45 George Munro *	18.4
High Jump	
M55 Lawrence Davis	1.47
	THE PART OF

October 2006

Pole Vault
M47 George Munro
Long Jump
M30 Kevin McClease
M55 Lawrence Davis
Triple Jump
W30 Jill Cypress Turr
Shot Put
M55 Michael Kalnas
Discus Discus M35 Tom Herdelin M45 Michael Patterso M50 John Kalnas M65 John Bronstein Javelin
M45 George Munro
M50 Nick Helfrich
M75 Sid Kiwitt *

Philadelphia Ma Meet, Plymouth M PA; June 2

All times handheld *All-American Performan 100m M35 Charles Sawyer M50 Paul Stearns M55 Bruce Campelia M60 Fred Edelstein W40 Renee Henderso 200m M35 Charles Sawyer M40 Tom Graziano M50 Paul Stearns W40 Lorraine Jasper W40 Lorraine Jasper 400m M35 Charles Sawyer M40 Jim O'Connell M45 David Hughes M50 Joe Rogan M60 Bob Fuhrman W40 Lorraine Jasper 800m M30 Vernon Waters M35 John Mehl M40 Scott Landis M45 Chuck Shields M50 Russ Patton W40 Lorraine Jasper Mile M35 Jordan LaVine M40 John Wheeler M45 Chuck Shields M50 Russ Patton * W40 Lorraine Jasper 3000m M30 Sly Coons M45 Tom Yunker M50 Russ Patton W40 Lorraine Jasper High Jump M45 David Hughes

Long & Strong Th Classic, Denve

Shot Put W45 Oneithea Lewis W60 Roslyn Katz W70 Anna Cirulnick W75 Gloria Krug M30 Kunle Lawson M45 Joe Johns M50 Joe Myers George Castelli Dennis Hansen M55 Craig Shumaker Dennis Chandler Rich Dunphy M70 Ray Feick Discus W35 Heidi Becker W45 Oneithea Lewis W60 Roslyn Katz W70 Anna Cirulnick W75 Gloria Krug M30 Kunle Lawson M45 Joe Johns M50 John Kalnas Herman Pinque Joe Myers M55 Craig Shumake Jack Selcher Dennis Chandle M65 Larry Pratt John Bronstein John Lang M70 Ray Feick Hammer W45 Oneithea Lewis

W60 Roslyn Katz W70 Anna Cirulnick

W70 Anna Cirulnick W75 Gloria Krug M30 Kunle Lawson M40 Troy Herr M45 Mike Bersch M50 Nick Helfrich

Joe Myers Ray Bzibziak M55 Dan Folk

The same of the sa		National Ma	asters I't ws		page 19
Pole Vault M47 George Munro 3.	Tim Specht 21.80 M65 Abe Sheinker 23.21	M40 Tom Graziano 1.57	M60 Fred Edelstein 14.41	High Jump	200m
Long Jump	M70 Ray Feick 29.16	M55 Lonnie Davis * 1.52 M65 Burr Daly 1.16	M65 Kevin Murphy 15.89 Burr Daly 30.02	M30 Matthew Hawksley 1.83 Cardwell Wootten 1.70	M45 Eugene Vickers 23.3h
M30 Kevin McClease 5. M55 Lawrence Davis * 4.		Pole Vault	M70 Earl Mege 19.44 M80 Oscar Harris 18.94	M35 Robert Wright 1.35	M40 Greg Pennell 63.2h
Triple Jump	W70 Anna Cirulnick 11.81	M45 George Munro 3.20	W40 Renee Henderson * 13.07	M50 Art Kress 1.55	M45 Eugene Vickes 55.9h M50 Kirk Gordon 81.3h
W30 Jill Cypress Turner * 10.9 Shot Put	W75 Gloria Krug 19.41 M50 Joe Myers 38.95	M50 Jim O'Neill 3.35 Long Jump	W65 Sue Levy 27.67 W70 Carol Montgomery * 18.06	M55 Lawrence Davis * 1.50 Frederick Monesmith 1.30	800m
M55 Michael Kalnas 9.	Nick Helfrich 34.24	M40 Bruce Mannon 5.02	Audrey Lary 31.86	M60 David Montieth * 1.60	M40 Gary Grilliot 2:27.9h M45 James Anderson 2:27.6h
Discus M35 Tom Herdelin 37.3	Robt Meluskey 30.98 M55 Dick Richardson 45.10	M45 Jude Iheoma 5.11	200m	Fred Riley 1.20	M50 Jim Darr 2:37.6h
M45 Michael Patterson 24.3	Tim Specht 38.50	M55 Lonnie Davis 4.57 M65 Burr Daly 3.39	M35 Charles Sawyer 24.74 M40 Clinton Aurelien 23.87	John Harbulak 1.20 M65 Burr Daly 1.20	M55 J J Wind 3:11.7h
M50 John Kalnas 39.2 M65 John Bronstein * 42.4		Triple Jump	Gerald Crocker 24.26	Kevin Murphy 1.10 M70 Earl Mege 0.95	M30 David Kent 5:07.5h M35 Theo Haast 5:03.8h
Javelin	John Lang 36.37	M30 Cardwell Wootten 12.41	Tom Graziano 24.79 M45 Tony Fulton * 24.21	M70 Earl Mege 0.95 M75 James Stookey 1.20	M35 Theo Haast 5:03.8h M40 Alan Thatcher 5:02.7h
M45 George Munro 29.7 M50 Nick Helfrich 37.7		M35 Nick Damales * 13.15 Shot Put	Michael Patterson 27.16 M50 Gary Leigh 25.92	W65 Evelyn Wright * 1.25	M45 George Buckheit 4:58.1h
M75 Sid Kiwitt * 26.6	W60 Roslyn Katz 11.14	M55 Michael Kalnas 9.86	M50 Gary Leigh 25.92 M55 Richard Brown 29.14	Pole Vault M45 David Hughes 2.59	M50 Kirk Gordon 5:48.7h M55 Dan Eddy 5:11.3h
Philadelphia Masters	W70 Anna Cirulnick 6.52 W75 Gloria Krug 7.34	W40 Heather Scanlon 8.05 Discus	Frederick Monesmith 29.46	M50 Tom Kildea 3.20	M65 Steve Forman 6:12.1h
Meet, Plymouth Meeting	M50 Joe Myers 13.15	M40 Glenn Ciripompa 27.88	Bruce Campelia 29.99 M60 Glenn Schmehl 27.95	M60 John Harbulak 2.13 Long Jump	W45 Deedee Laughton 6:09.6h
PÅ; June 27	Dennis Hansen 12.03 Ray Bzibziak 11.17	M50 John Kalnas 41.39	Bob Fuhrman 30.66	M30 Cardwell Wootten 5.85	M40 Alan Thatcher 10:29.5h
All times handheld	M55 Tim Specht 9.01	W40 Heather Scanlon 20.37 Javelin 20.37	M65 Nate Byrd * 29.49 M70 John MacDonald * 31.19	Matthew Hawksley 5.69 M40 Bruce Mannon 5.09	M50 Kirk Gordon 11:42.9h M55 J J Wind 12:39.8h
*All-American Performance	Dan Folk 8.41 M65 John Bronstein 13.81	M45 George Munro 31.18	W40 Renee Henderson * 26.65	M45 Lovell Butler 5.25	W70 Tami Graf 16:56.7h
M35 Charles Sawyer 12		W35 Carrie Ciripompa * 38.35	Shemayne Williams * 27.40 W60 Barbara Leighton * 35.93	M55 Lawrence Davis * 5.09 Lawrence Nolly * 5.06	High Jump M45 Neil Fairclough 1.27
M50 Paul Stearns 13		W40 Heather Scanlon 18.62	W65 Sue Levy 68.76	Mauro Medina 4.47	M50 Keith Mathis 1.52
M55 Bruce Campelia 14 M60 Fred Edelstein 14		Syracuse Chargers All	W70 Audrey Lary * 36.65 Carol Montgomery 55.61	M60 John Harbulak 4.01 M65 Kevin Murphy 3.80	Long Jump M45 Neil Fairclough 4.23
W40 Renee Henderson * 12	M30 Kunle Lawson 10.00	Comers Meet, Jamesville-	400m	Burr Daly 3.80	Shot Put
200m M35 Charles Sawyer 25	M40 Troy Herr 10.98 M50 Joe Myers 6.47	DeWitt HS; July 11	M30 Jermaine Broadus 54.52 M35 Charles Sawyer 57.51	M70 Burt Hughes 3.09 M75 James Stookey * 4.12	M30 Scott Mathias 11.05 M45 Frank Cancino 10.22
M40 Tom Graziano 25	Dennis Hansen 6.10	100m	Ed Parsley 62.47	M80 Oscar Harris 2.79	M50 Keith Mathis 9/99
M50 Paul Stearns 29 W40 Lorraine Jasper 30		M30 Dave Eaton 11.9	M40 David Bynoe 53.92 Kevin Forde 55.84	W65 Evelyn Wright * 3.47 W70 Audrey Lary * 3.69	M60 Victor Litwinski 9.24 W40 Anne Pastorkovich 5.79
400m	M65 John Bronstein 3.95	W45 Lisa Hill 20.1 400m	Windsor Jones 56.53	Triple Jump	W70 Sharon Good 4.19
M35 Charles Sawyer 57		M45 Tim Taylor 62.0	Joseph Stem 66.58	M30 Cardwell Wootten 11.92	Discus
M40 Jim O'Connell 56 M45 David Hughes 1:03		High Jump M40 Brian Fite 4-2	M50 Russ Patton 59.19 Joe Rogan 66.68	M50 Krzysztof Kot 10.17 M55 Mauro Medina * 10.56	M40 Tony Dziepak 36.83 M45 Frank Cancino 32.06
M50 Joe Rogan 1:10	Meet, Plymouth Meeting,	Long Jump	M55 Richard Brown 65.53	M70 Burt Hughes 6.41	M50 John Mattei 36.12
M60 Bob Fuhrman 1:12 W40 Lorraine Jasper * 1:06		M40 Mark Honis 18-2-1/2	Tom Taft 1:13.26 M60 Glenn Schmehl * 1:04.83	M75 James Stookey * 8.26 W65 Evelyn Wright * 6.98	M60 Victor Litwinski 30.92 W40 Anne Pastorkovich 14.38
800m	All times handheld	Brian Fite 11-8 M45 Tim Taylor 14-5	Bob Fuhrman 1:10.21	W70 Audrey Lary * 7.60	W70 Sharon Good 8.67
M30 Vernon Waters 1:53 M35 John Mehl 2:22	*All-American Performance	M65 Don Baum 9-3	M70 John MacDonald *1:10.46 Burt Hughes 1:34.43	Shot Put M35 Robert Wright 11.08	Hammer M35 Anders Halvorsen 58.89
M40 Scott Landis 2:06		Shot Put M40 Brian Fite 36.4	W40 Shemayne Williams * 1:02.45	M40 Glenn Thompson * 15.67	M40 Tony Dziepak 43.16
M45 Chuck Shields * 2:10	moo form moordy	Discus	W60 Barbara Leighton 1:25.33	M45 Warren Taylor * 13.32 John Patton 10.86	M50 Keith Mathis 25.47 M60 Victor Litwinski 23.97
M50 Russ Patton 2:20 W40 Lorraine Jasper 2:44	M40 Gerald Crocker 11.7	M65 Gary Crawford 37.33 Hammer	M30 Vernon Waters * 1:54.29	R.V. Biagioni 9.92	W40 Anne Pastorkovich 17.58
Mile	M45 Tony Fullon 11.2	M35 Jay Kovaleski 43.69	M35 Neill Clark 2:09.38	M50 George Edson 11.21	W70 Sharon Good 11.62
M35 Jordan LaVine 5:05 M40 John Wheeler 5:39	1455 01 14 0 11 400	M55 Pat Lynn 37.48	M40 Scott Landis * 2:01.87 Kevin Forde * 2:03.34	John Vargo 10.73 M55 Michael Kalnas 10.11	Weight Throw M35 Anders Halvorsen 20.1
M45 Chuck Shields * 4:57	M60 Fred Edelstein 14.1	M65 Gary Crawford 26.93 W45 Michelle Galvin 21.54	David Bynoe * 2:03.68	Frederick Monesmith 9.41	M40 Tony Dziepak 15.9
M50 Russ Patton * 5:09 W40 Lorraine Jasper * 5:28			M45 Tom Yunker 2:36.95 M50 Russ Patton 2:12.51	Tim Specht 9.01 M60 Don Graham 10.74	M50 Keith Mathis 10.9 M60 Victor Litwinski 13.3
3000m	M80 Y.M. Naci 18.4	Syracuse Chargers All Comers Meet, Jamesville-	Joel Hoffsmith 2:20.86	Joe Kalnas 9.02	W40 Anne Pastorkovich 5.95
M30 Sly Coons 10:50 M45 Tom Yunker 12:24	1740 Horico Horidorson 12.0	DeWitt HS; July 17	Jeff O'Connell 2:32.00 M70 Bruce Gilbert * 3:03.88	M65 Bill Kuegler 11.24 Jack McDonald 9.24	W70 Sharon Good 5.52 Javelin
M50 Russ Patton 12:25	Web Barbara Leighton 16.9	200-	M85 George Blyn 7:10.52	M70 Len Olson 7.29	M40 Anthony Dziepak 24.93
W40 Lorraine Jasper 12:24 High Jump	M30 Tom McCray 24.1	200m M40 Bob Swiedor 29.9	M90 Frank Levine 5:28.47 W40 Lorraine Jasper * 2:25.10	W65 Evelyn Wright * 6.91 Discus	M45 Frank Cancino 40.71 M60 Russ White 45.85
M45 David Hughes 1.	M35 Charles Sawyer 24.8	M45 Tim Taylor 27.3	W45 Joan Affleck 2:55.23	M35 Robert Wright 30.31	W40 Anne Pastorkovich 12.78
Long & Strong Thrower	M40 Tom Graziano 24.7 M45 George Munro 28.0	M40 Michael Boni 2:22.9	W60 Barbara Leighton * 3:14.20 W65 Sue Levy 4:50.55	M40 Glenn Thompson * 54.98 M45 Warren Taylor * 42.22	W70 Sharon Good 8.09 Mile RW
Long & Strong Thrower Classic, Denver, PA	M50 Gary Leigh 25.7	W55 Coreen Steinbach 2:41.0	W70 Carol Montgomery4:11.31	John Patton 32.91	M45 James Anderson 11:42.8h
July 9	M55 Bruce Campelia 30.0	High Jump M40 Mark Honis 4-8	Mile M35 Chris Carroll 5:12.18	M50 John Kalnas 37.92 George Edson 37.23	M50 Peter Blank 9:41.9h M55 John Gersh 9:37.0h
Shot Put	M60 Bob Fuhrman 29.9	M45 Tim Taylor 4-4	M40 Pat Dolan * 4:44.90	Peter Blank 21.23	M60 Frank Bain 9:40.3h
W45 Oneithea Lewis 12.		Triple Jump M40 Mark Honis 33-5.25	Scott Landis 4:54.30 Curt Flewelling 5:51.53	M55 Frederick Monesmith 34.11 Tim Specht 29.11	3000m RW M50 Peter Blank 21:59.0h
W60 Roslyn Katz 6. W70 Anna Cirulnick 6.	WANT orraine lacher 30 1	Greg Smalley 40-10.75	M45 Chuck Shields * 4:40.63	M60 John Harbulak 25.25	M55 John Gersh 18:16.9h
W75 Gloria Krug 6.	400m	M45 Tim Taylor 29-0.50 Weight Throw	Andrew Ross 5:20.92	M65 John Bronstein * 39.00	M60 Frank Bain 18:09.4h
M30 Kunle Lawson 12. M45 Joe Johns 12.	M40 Steve Phelan 56.9	M35 Norm Deep 13.16	M50 Russ Patton 5:13.90 Joel Hoffsmith 5:17.05	John Lang 32.16 Bill Kuegler 31.49	M70 Donald Gerson 26:47.2h
M50 Joe Myers 14.	M50 Paul Stearns 1:04.4	M50 Kevin Donovan(20#) 11.80	Jeff O'Connell 6:04.36	M70 Len Olson 20.24	Granite State Senior
George Castelli 12.	M60 Glenn Schmehl 1:05.8	Superweight	M60 Tom Jennings * 5:47.62 Louis Coppens * 5:49.60	W65 Evelyn Wright * 22.29 Weight Throw	Games, Manchester, NH Aug. 5-13
Dennis Hansen 11. M55 Craig Shumaker 14.		M35 Norm Deep 7.37	M90 Frank Levine 12:54.91	M45 John Patton 11.35	The state of the s
Dennis Chandler 10.	W30 lill Owness Turner * 1:10 3	M50 Kevin Donovan 4.97 M65 Gary Crawford 5.15	W40 Lorraine Jasper * 5:28.98 W45 Joan Affleck 6:35.93	M50 Nick Helfrich 11.39 M55 Tim Specht 8.70	50m
Rich Dunphy 9. M70 Ray Feick 9.	800m	Hammer	W65 Sue Levy 10:10.35	M65 Bill Kuegler 12.10	M50 Neil Steinberg RI 6.8- George Zitrides NH 7.1
Discus	M35 Charles Sawyer 2:20.1	M35 Norm Deep 0.40 M50 Kevin Donovan(5k) 26.77	W70 Carol Montgomery 9:15.24 5000m	Jack McDonald 10.76 M70 Len Olson 10.91	Max Lindstrom NH 7.2
W35 Heidi Becker 19.8 W45 Oneithea Lewis 39.3		M65 Gary Crawford 28.73	M30 Sylvester Coons 18:41.1h	M80 Lev Mozhaev * 10.97	M55 George Pfeil VT 7.69 David Wells NH 8.00
W60 Roslyn Katz 18.2	M50 Steve Halebsky 2:41.9	M35 Norm Deep 32.01	M40 Greg Watson 16:17.2h Gene Tung 16:25.5h	W65 Evelyn Wright * 10.91 Javelin	M60 Roger Pierce MA 7.00
W70 Anna Cirulnick 15.2 W75 Gloria Krug 15.9	M55 Dennis Mellish 2:31.0	M50 Kevin Donovan(2k) 26.89	Larry Levy 16:29.7h	M45 R.V. Biagioni 40.36	Charles Brocato MA 7.26 D Geertgens NY 7.46
M30 Kunle Lawson 42.8	W60 Barbara Leighton * 3:15.7	M65 Gary Crawford 35.90 Shot Put	M45 Jeff Hayes 16:57.8h	David Hughes 34.67	M65 Alfred Freniere RI 8.20
M45 Joe Johns 37.0	Mile Sarbara Leighton 3.15.7	M35 Norm Deep 12.41	M50 Terry Permar 16:55.9h Peter Blank 23:23.5h	M50 John Vargo * 46.29 Steven Riva * 45.39	Bill Fahey NH 8.3 Donald Fusco NH 8.6
M50 John Kalnas 38.6 Herman Pinque 38.0	M35 John Mehl 5:15.0	M50 Kevin Donovan 9.24	John Kostenbauder 23:40.9h	George Edson * 43.75	M70 John Polevy ME 7.9
Joe Myers 38.0	M40 Scott Landis * 4:42.3	Mid-Atlantic USATF	M55 Dennis Mellish 19:35.6h M60 Louis Coppens 19:53.6h	M55 Gerry Shatzer 31.86 Tim Specht 30.86	Deke Conklin NH 8.10
M55 Craig Shumaker 44.2 Jack Selcher 35.8		Championships Plymouth	80m Hurdles	M60 John Harbulak 37.24	Bill Wright MA 8.33 M75 Ken Perkins ME 8.44
Dennis Chandler 30.1	M55 Dennis Mellish 5:34.4	Meeting, PA; July 23	M75 James Stookey * 15:22 100m Hurdles	Seyavash Karimian 34.68 M65 John Lang 32.92	Horst Langer MA 10.66
M65 Larry Pratt 47.2 John Bronstein 37.5	3000111	*All-American Performance	M55 Lawrence Davis * 16.63	3000m Racewalk	George Horner NH 12.14
John Lang 27.6	M45 Mike Bizel 11:08.0	100m	M60 John Harbulak 30.26	M45 Larry Schiller 15:56.45 Dave Thomas 24:33.56	M50 Neil Steinberg RI 12.75
M70 Ray Feick 29.1	Rey Santiago 11:36.8	M35 Charles Sawyer 12.13 M40 Lawrence Kennedy 11.97	110m Hurdles	M50 Peter Blank 20:44.95	Thomas Gillen MA 13.44 George Zitrides NH 13.51
W45 Oneithea Lewis 48.8	M50 Joel Hoffsmith * 10:28.6	William Marshall 11.98	M30 Lyndell Pittman 18.52 M40 Tom Graziano 19.52	John Kostenbauder 23:55.01 M60 Joel Dubow 19:23.16	M55 David Westover NH 13.61
W60 Roslyn Katz 27.9	M55 Carl Grossman 13:58.1	Gerald Crocker 12.52 M45 Tony Fulton 11.6h	300m Hurdles	Art Lebofsky 20:51.07	John Novak CT 13.92 George Pfeil NH 14.46
W70 Anna Cirulnick 15.7 W75 Gloria Krug 16.9		Lovell Butler 11.8h	M75 James Stookey * 55.9h	M70 William May * 16:36.90	M60 Roger Pierce MA 13.0
M30 Kunle Lawson 40.8 M40 Troy Herr 55.3	W40 Lorraine Jasper * 11:03.3	Michael Patterson 12.9h M50 Gary Leigh * 12.1h	M40 Howard Lindsay * 59.3h	W35 Marie Thomas 16:50.75	Charles Brocato WA 13.4
	MSS Lennie Davis 1 171	Terry McKechnie 14.0h	4 x 800m Relay	Potomac Valley TC Meet	M65 Alfred Freniere RI 16.35
	M55 Lonnie Davis * 17.1	Mark Lacy 14.5h	M30-39 8:33.20	McLean, VA; Aug. 5	Bill Fahey NH 16.4
M45 Mike Bersch 41.2 M50 Nick Helfrich 30.9	440m Hundles		Pike Creek Valley IC	A STATE OF THE PARTY OF THE PAR	Dancid France Mile are as
M45 Mike Bersch 41.2	110m Hurdles	M55 Steve McDermott 14.07 Everitt Staten 14.73	Pike Creek Valley TC (Najarian/Thomasson/ Lanier/Lanier)	100m	M70 John Polevy ME 15.11

page 20		National M	asters News	October 2006	
			M45 Terry McLaughlin 11:04.0h	Jeffrey Hughes 28.4h	W70 Flo Meiler AR 19.01
Bill Wright MA 15.78 M75 Kenneth Perkins ME16.67	M70 Deke Conklin NH 8-0 M75 David Rider NY 6-0	M50 George Ruppel NH 9:51.84	M50 Peter Blank 14:31.4h	M60 Joel Liles 29.0h	(Set age-group record) Long Hurdles
Owen Ingram NH 19.18	Long Jump	M55 Ed Haggerty NH 9:22.69 M60 Dan Dodson MA 9:49.15	M55 Jay Jacob Wind 12:44.8h	Delano Meriwether 29.7h John Cruden 31.9h	M40 Reginald Thornton 76.57
George Horner NH 27.37	M50 George Zitridies NH 16-0 Steven Snow NH 15-8.50	Larry Flint NH 10:35.15	W55 Lynda Durfee 14:45.0h W70 Tami Graf 16:43:4h	M65 Larry Colbert 28.5h	M65 Bob Paulen 54.76
M80 Joseph Sciaraffa ME 18.58 Earl Sweeney RI 19.92	Gerrod Smith NY 14-11	M65 Karl Makela NA 11:48.21	100mH	M80 Sam Madia 41.7h	High Jump M35 Lawrence Givens 2.00
Frank Brako MA 20.02	M55 John Jones OH 14-10	M75 Valio Liedes MA 11:10.64	M50 Jim Barrineau 18.7h	W30 Tiffany Smallwood 29.1h W35 Charmaine Roberts 27.6h	James Barr 1.70
W50 Gail Johns-Reese NH 15.16	M60 D Geertgens NY 15-4 Buster Byrnes ME 12-8.50	Lawrence Jones NH 11:49.77 B Langer MA 11:53.95	M65 Bob Paulen 20.2h 300mH	B Horne-Williams 32.7h	M40 Karl Hawke 1.85
K Williams ME 16.55	E von Heyden RI 11-3 M65 R Whittemore NH 11-0	M80 W O'Leary MA 11:58.77	M65 Bob Paulen 55.9h	W45 Kate Mearns 32.8h	Igor Agaev 1.85
W60 Kathy Engle NH 22.82 J Henderson NY 23.71	M65 R Whittemore NH 11-0 Alfred Freniere RI 10-4	5000m RW	High Jump	W70 Flo Meiler 38.2h	Reggie Hill 1.52 M45 Bruce McBarnette 1.95
W65 Judith Scott MA 21.87	M70 John Polevy ME 12-9	M50 George Ruppel NH 34:06 M55 Ed Haggerty NH 34:06	M50 Jim Barrineau 1.67m M65 Bob Paulen 1.20m	M35 Chris Sarsony 57.62	Theodore Robinson 1.65
Arlene Dupuis NH 22.21	Bill Wright MA 11-6.50	M60 Dan Dodson MA 34:55	W35 Kimiko Nakatake 1.62m	M40 Windsor Jones 57.65	Muraji Nakazawa 1.42
W70 Valera Jones TN 19.89 Mary Harada MA 23.04	M75 David Rider NY 10-8.50	M70 Jack Finan NH 35:50	Long Jump	Chris Richardson 63.12	M50 Anthony Markley 1.42 M60 Richard Klem 1.37
W75 B Langer MA 23.70	K Perkins ME 10-7 Horst Langer MA 7-11	M75 Valio Liedes MA 38:15 Horst Langer MA 41:00	M50 Anthony Markley 4.40m M55 Dave Shields 4.49m	Ronald Davy 77.78 M45 Steve Nearman 54.55	Joel Liles 1.27
W80 Ann McGowan RI 23.38	M80 Frank Brako MA 9-4.50	M80 Bill O'Learn MA 43:25	Triple Jump	Chris Di Vetta 57.33	Frederick Cook 1.22
200m M50 Neil Steinberg RI 26.17	M85 Hy Levy MA 5-7.50 Shot Put	W50 Joanne Fruend PA 35:55	M30 Sam Okantey 15.28m	David Jones 60.06	M65 James Kenney 1.27
Steven Snow NH 28.26	M50 D Belhumeur RI 39-2.25	5K Road Race M50 Carl Huber PA 18:21	M45 Marcus Battle 11.94m M50 Anthony Markley 10.22m	M50 Thomas Jones 55.46 Ronald Robinson 58.05	Bob Paulen 1.22 M70 Jim Condell 1.17
M55 David Westover NH 27.67	Tim Morse MA 35-9.25 Mark Chase NH 29-0.50	Tom Kolb NH 20:38	M50 Anthony Markley 10.22m M60 Wayne White 8.42m	Anthony Markley 59.14	M75 James Stookey 1.22
John Novak CT 28.29 David Breeden NH 31.24	M55 Ken Woodward NH 35-1.75	M60 David Ritchie NH 20:49	M65 Bob Paulen 8.60m	M55 Richard Moon 66.49	W40 Lisa Richmond 1.22
M60 Roger Pierce MA 26.11	Kent Worden NH 29-4.50 M60 Conrad Carter NH 45-4.25	Jerry Brown CT 24:53 M65 Dean Riley NH 23:25	Discus	Ty Coleman 71.12 J J Wind 78.22	M65 Evelyn Wright 1.22 Pole Vault
D Geertgens NY 29.23	Loarn Robertson IL 44-5.50	Lucien Trudeau NH 24:53	M30 Jim Eberhardt 47.01m M40 Glenn Thompson 51.69m	M60 Mike Radov 65.03	M60 Richard Klem 3.04
Bill Spirdione NH 31.09 M65 Bill Fahev NH 35.30	A Kauffman NY 34-9.50 M65 Carl Wallin NH 43-7.75	Roger Gosselin NH 27:36	M45 Warren Taylor 40.53m	Joel Liles 65.74	M70 Taylor Goode 3.04
Alfred Freniere RI 36.68	A Courchesne NH 31-7.50	M70 Rod L'Itanlen MA 24:33 George Tosatti NH 28:23	M50 Keith Mathis 25.50m	Delano Meriwether 68.42	Jim Condell 2.28
M70 Richard Croak NH 32.29	Edward Rowan NH 30-7 M70 Leonard Rosen NH 39-8	Bob Welts NH 31:38	M55 Nick Nichols 38.97m M60 Victor Litwinski 30.49m	M65 Larry Colbert 65.21 W35 Charmaine Roberts 60.33	W65 Evelyn Wright 1.52 W70 Flo Meiler 1.90
Jack Finan NH 39.53 M75 John Parker NH 45.30	Alan Brooks CT 39-6.50	M75 Bill Engle NH 25:10	W70 Sharon Good 8.79m	Nyarinda Aduma 64.03	Long Jump
Horst Langer MA 54.70	M75 P Xanthopoulos MA 41-0	John Parker NH 28:57	Hammer	W40 Terri Rath 66.22	M35 James Barr 5.67
M80 Earl Sweeney RI 42.56	William Clew MA 36-0.50 Samuel Messiter VT 29-5.75	Jim Lynch NH 29:08 10K Road Race	M35 Anders Halvorsen 57.48m M40 Glenn Thompson 41.42m	W70 Tami Graf 1:45.84 W75 Helen Schley 2:07.81	M40 Reggie Hill 5.72 Lawrence Kennedy 4.46
Kenneth Folsom NH 45.65 Frank Brako MA 46.17	M80 Frank Brako MA 25-5.25	M50 Carl Hubel PA 39:54	M50 Keith Mathis 25.48m	800m	M45 Charles Swindell 5.98
W50 Gail Jonhs-Reese NH 30.98	M85 Hy Levy MA 27-1.50	Tom Kolb NH 41:07	M55 Toli Welihozkiy 34.68m	M30 Kyle Lanier 2:02.9h	Muraji Nakazawa 3.85
K Williams ME 35.59	M90 Bruno Maki NH 20.0.25 W50 Debbi Tefft ME 22-6.75	M60 Jerry Brown CT 52:38 M65 Dean Riley NH 46:34	M60 Victor Litwinski 23.83m W70 Sharon Good 10.84m	Matt Markowski 2:05.2h M35 Chris Sarsony 2:27.5h	M50 Sam Lee 5.06 Anthony Markley 4.59
W55 Linda Hunt ME 46.02 W60 Kathy Engle ME 48.41	W Rounds ME 21-10.75	Lucien Trudeau NH 49:47	Javelin	M40 Windsor Jones 2:15.34	M60 Joel Liles 4.14
W65 Judith Scott MA 52.71	W55 Beth Wolak CT 23-3.50 W60 Ave Bero NY 23-7.50	Ron Whittemore NH 62:57	M50 Keith Mathis 37.89m	Clifford Tell 2:38.59	Frederick Cook 3.68
Arlene Dupuis NH 57.18	Sandra White CT 19-8.25 J Henderson NY 19-5.50	M70 Rod L'Italien MA 53:36 John Parker NH 59:20	M60 Russ White 44.81m	M45 David Todd 2:53.78	Wayne White 3.68
W70 Valera Jones TN 44.36 Mary Harada MA 46.59	J Henderson NY 19-5.50 W65 Judith Scott MA 19-4	Jim Lynch NH 60:33	W65 Lana Kane 17.03m W70 Sharon Good 7.68m	M50 Joe Burno 2:15.58 George Haywood 2:16.51	M65 James Kenney 4.19 Bob Paulen 3.95
Mary Harada MA 46.59 E Abrams CT 52.54	Arlene Dupuis NH 18-4		Shot Put	Jim Darr 2:41.97	M75 James Stookey 3.99
W75 B Langer MA 53.86	W70 M Crooks MA 20-2 W75 Harriet Patch MA 16-11.50	Weight Meet	M40 Glenn Thompson 16.21m	M55 Richard Mon 2:41.00	W65 Evelyn Wright 3.10
W80 Ann McGowan RI 57.71	W80 Ann McGowan RI 14-5	Hanover, NH; Aug. 12	M45 Warren Taylor 13.45m M50 Keith Mathis 9.79m	Robert Weiner 3:04.42 J J Wind 3:12.42	W70 Audrey Lary 3.24 Triple Jump
M50 Thomas Gillen MA 1:01.26	Estelle O'Connor NH 12-9.25 J Berlepsch CT 12-5.75	16# SHOT PUT	M60 Victor Litwinski 9.33m	M60 Dan Masterson 2:51.26	M30 Sam Okantey 15.47
J McDougle NH 1:06.32	W85 Rose Levy MA 11-11	1. DON FILKINS 52 37-5 2. LUKE HOTTE 59 37-0	W30 Jennifer Stephens 9.64m	M70 Donald Kohler 3:04.96	M45 Charles Swindell 13.68
M55 David Breeden NH 1:11.36 M O'Donoghue NH 1:19.24	Discus M50 D Belhumeur RI 128-2	2. LUKE HOTTE 59 37-0 3. JIM BURGOYNE 45 36-9	W70 Sharon Good 3.82m	W40 Pamela Lovett 2:25.91 Lorraine Jasper 2:26.20	Muraji Nakazawa 9.22 M50 Anthony Markley 9.35
M60 Roger Pierce MA 58.58	Tim Morse MA 126-9	4. CARL WALLIN 64 36-4 5. BOB CEDRONE 51 35-4	Weight Throw M40 Glenn Thompson 13.10m	Lorraine Jasper 2:26.20 W45 Julie Hayden 2:29.84	M60 Joel Liles 8.32
R Chinchillo MA 1:11.09 M65 Fred Bertelsen NH 1:25.51	David Demars NH 98-8 M55 Buzz Gagne NH 99-2	6. CARL REICHARD 53 34-4	M50 Keith Mathis 10.27m	W70 Tami Graf 4:10.31	M65 Bob Paulen 7.96
G Cormey MA 2:03.69	Kent Worden NH 91-6	SHOT PUT 1. CARL WALLIN-5k 64 41-5	M55 Toli Welihozkiy 13.55m	Mile	M75 James Stookey 8.15
M70 Jack Finan NH 1:40.26 K Graves MA 1:44.43	M60 Loarn Robertson IL 128-9 Paul Malsbenden NH 111-8	2. DON FILKINS-6k 52 40-7.5	M60 Victor Litwinski 12.58m W40 Anne Pastorkovich 6.02m	M35 Ray Pugsley 4:32.52 Wayne Kretzner 5:02.77	W65 Evelyn Wright 6.54 W70 Audrey Lary 7.84
M75 Bill Engle NH 1:31.67 John Parker NH 1:43.03	Buster Byrnes ME 107-7	3. LUKE HOTTE-6k 59 38-8.5 4. BOB CEDRONE-6k 51 38-7.5	W70 Sharon Good 5.12m	Fred Avila 4:38.03	Shot Put
Horst Langer MA 2:17.78	M65 Jack Dowd VT 103-6 George Potter NH 95-1	5. CARL REICHARD-6k 53 36-8	M50 Peter Blank 19:27.5h	M40 Ted Poulos 5:32.22 Clifford Tell 6:18.24	M30 Kunle Lawson 12.59 Sekenia Welch 11.85
W50 Gail Johns-Reese NH 1:11.67 L Williams ME 1:22.07	Edward Rowan NH 87-7 M70 Alan Brooks CT 115-10	6. JIM BURGOYNE-6k 45 35-9 7. SAM MESSITER-4k 78 31-2	M55 John Gersh 18:30.7h	M45 Steve Nearman 4:47.16	M35 James Barr 12.64
W55 Linda Hunt ME 1:43.69	M70 Alan Brooks CT 115-10 Leonard Rosen NH 112-9	HAMMER	M60 Frank Bain 18:28.2h	Terry McLaughlin 5:08.17	M40 Glenn Thompson 15.88
W60 Kathy Engle NH 1:42.37 W65 S McKenna MA 1:44.66	Henry de Forest MA 91-3	1. CARL REICHARD-6k 53 142-4 2. BOB CEDRONE-6k 51 141-3	M65 Michael Schwed 19:30.0h M70 Donald J. Gerson26:15.7h	Chris Di Vetta 5:16.24 M50 Joe Burno 5:03.76	M45 Warren Taylor 13.26 M50 Joe Johns 12.02
W70 Valera Jones TN 1:34.63	M75 P Xanthopoulos MA 121-9 William Clew MA 83-3	3. CARL WALLIN-5k 64 137-6	W40 Anne M. Finley 26:06.4h	Jim Darr 5:51.82	Dan Valasek 10.33
Mary Harada MA 1:36.46 E Abrams CT 2:07.69	Justin Rinfret NH 53-5 M85 Hy Levy MA 56-6	4. SAM MESSITER-4k 78 89-4 WEIGHT THROW	W45 Kimberly Light 21:43.1h	Mearns Drew 5:57.63	Phil Ochs 9.39
W75 B Langer MA 2:07.69	M90 Bruno Maki NH 53-1	1. CARL WALLIN-20# 64 WR 62-1/2	W65 Lois Dicker 19:40.4h Mile Racewalk	M55 Dan Eddy 5:10.64 Larry Washington 5:18.04	M55 Michael Kalnas 10.30 M60 Richard Klem 10.49
800m M50 J McDougle NH 2:27.72	W50 W Rounds ME 57-0 Debbie Tefft ME 52-8	2. BOB CEDRONE-25# 51 55-4 3. CARL REICHARD-25# 53 51-1	M50 Peter Blank 10:11.40	Robert Weiner 6:29.57	Wayne White 9.98
Tom Kolb NH 2:36.17	W55 Beth Wolak CT 71-1	4. SAM MESSITER-20# 78 31-6.5	M60 Frank Bain 10:04.4h	M60 Dan Masterson 6:21.08	Victor Litwinski 9.91
Mike Yeomans NH 2:56.45 M55 E Haggerty NH 3:35.24	Linda Hunt ME 55-8 W60 Ave Bero NY 63-5	Potomac Valley TC All-	M65 Carl Kane 10:49.2h	M70 Donald Kohler 6:59.66 W30 Jacq. Gruendel 5:14.54	M65 Mike Valle 11.56 M70 William Smith 11.11
M60 J Sinicrope CT 3:08.03	J Henderson NY 53-0	Comers Meet, Langley	Potomac Valley TC	M40 Lorraine Jasper 5:24.92	Ezzat Pashai 11.02
M65 J Levasseur ME 2:59.78 Dean Riley NH 3:03.10	Sandra White CT 46-10 W65 Joan Youngs CT 57-1	HS, McLean VA; Aug. 19	Championships	Rebecca Nathan 5:31.59	Ward Jones 9.72
Fred Bertelson NH 3:20.46	Judith Scott MA 51-9	Winds report with a school	McLean, VA; Sept. 2-3	K Scheneider 7:10.68 W70 Tami Graf 8:33.03	W40 Anne Pastorkovich 5.82 W65 Evelyn Wright 7.83
M70 Bill Spencer NH 2:53.99 M75 Bill Engle NH 3:29.85	Arlene Dupuis NH 45-3 W70 M Crooks MA 45-7	M40 Robert Harding 12.15	100m	3000m	Janie Mortensen 5.45
John Parker NH 3:47.29	W75 Harriet Patch MA 36-0	M60 Dan Durante 14.3h	M35 Ed Williams 11.99	M30 Kareem Lanier 9:44.3h	W70 Audrey Lary 6.98
1500m M50 Tom Kolb NH 5:30.46	Gloria Benjamin NH 35-9 W80 J Berlepsch MA 33-1	M65 Bob Paulen 15.6h	M40 Louis Merricks 11.51	David Kent 9:54.5h M40 Ted Poulos 9:58.9h	Flo Meiler 6.43 Discus
M55 J Weatherhead CT 4:58.76	Estelle O'Connor NH 29-2 Ann McGowan RI 28-2	M70 Mort Diamond 18.4h W65 Lana Kane 18.7h	Jeff Gold 11.80 Lawrence Kennedy 12.63	Gary Grilliot 10:33.3h	M30 Kunle Lawson 42.70
M60 Larry Flint NH 8:53.98 M65 J Levasseur ME 6:22.39	W85 Rose Levy MA 24-6	200m	M45 Kaestner McDonnough 12.33	M45 Terry McLaughlin 10:00.9h	Sekenia Welch 35.95
Dean Riley NH 6:41.65 M70 Bill Spencer NH 5:51.65	Javelin M50 Wayne Lima RI 118-8	M40 Robert Harding 24.47 M45 Karl Smith 23.87	Eugene Vickers 16.44	Dennis Coleman 10:05.1h David Todd 12:45.3h	M40 Glenn Thompson 50.85 M45 Warren Taylor 38.44
Bob Welts NH 7:41.06	David Wallisch NH 117-1	M45 Karl Smith 23.87 M60 Dan Durante 32.05	M50 Oscar Peyton 11.65 Thomas Jones 12.08	M50 Maurice Pointer 10:05.8h	M50 Chris Brevig 35.01
G Cormey MA 8:05.68 M75 Bill Engle NH 7:05.50	M55 Buzz Gagne NH 156-9 James Queeney MA 115-3	M70 Mort Diamond 39.5h	Sam Lee 12.76	Peter Blank 13:26.8h	M55 Nick Nichols 37.58
David Rider NY 8:21.62	Kent Worden NH 81-9	W65 Lana Kane 40.3h	M55 Joe Mack 12.85	M55 J J Wind 12:35.4h W40 Pamela Lovett 11:40.1h	M60 Jerry Bookin-Weiner 37.69 Richard Klem 33.11
W55 Linda Hunt ME 8:31.60 W60 Kathy Engle NH 7:33.33	M60 Stephen Aust RI 124-5 E von Heyden RI 81-7	M40 Robert Harding 53.7h	Chris Alvord 13.36 Chuck Williams 13.55	K Schexneider 13:49.4h	Victor Litwinski 30.64
W70 Valera Jones TN 7:43.03	M65 Carl Wallin NH 108-3	M45 David Jones 61.7h	M60 Robert Koontz 13.72	W70 Tami Graf 16:37.2h	M65 Larry Pratt 46.48
High Jump	Jack Dowd VT 98-9 A Courchesne NH 96-9	M55 Jay Jacob Wind 95.5h	Joel Liles 14.23	5000m M30 Karsten Brown 18:48.3h	Mike Valle 40.00 John Lang 30.14
M50 Gerrod Smith NY 4-10 Jerome McDougle NH 4-6	M70 Groege Coemey MA 103-11	M60 Dan Durante 73.9h W30 Zenia Ayrton 59.9h	M65 Larry Colbert 13.73 M70 Mort Diamond 30.57	M40 Ted Poulos 18:37.1h	M70 William Smith 41.86
George Zitrides NH 4-2	Kenneth Graves MA 45-7 M75 P Xanthopoulos MA 119-0	800m	M80 Sam Madia 18.87	Clifford Tell 21:44.5h	Ezzat Pashai 32.20
M55 John Jones OH 4-6	Samuel Messiter VT 91-8	M45 Terry McLaughlin 2:36.2h	W30 Tiffany Smallwood 13.97	M45 Mark Malander 16:56.4h Dennis Coleman 18:01.0h	M80 Sam Madia 16.81 W40 Anne Pastorkovich 15.56
James Queeny MA 4-0 Buzz Gagne NH 4-0	M80 Frank Brako MA 35-8 M85 Hy Levy MA 35-2	M50 Jim Darr 2:43.1h M60 Dan Durante 3:40.6h	W45 Anita Ginyard 15.41 Kate Mearns 15.74	James Anderson 18:39.2h	W65 Evelyn Wright 21.53
M60 D Geertgens NY 4-4	M90 Bruno Maki NH 48-11	W40 Pam Early 3:02.7h	Angie Boyce 16.27	M55 J J Wind 25:58.8h	W70 Flo Meiler 18.94
Buster Byrnes ME 4-4	W50 Debbi Tefft ME 71-1 W Rounds ME 28-8	Mile M30 David Kept 4:58 1h	W50 Thelma Mack 16.30 W65 Janie Mortensen 21.79	W30 J Gruendel 18:02.1h W35 Jennifer Lazio 22:53.2h	Audrey Lary 18.53 Hammer
E von Heyden RI 3-8 M65 Carl Wallin NH 4-2	W55 Linda Hunt ME 42-7	M30 David Kent 4:58.1h M35 Steven Ablondi 5:22.5h	W65 Janie Mortensen 21.79 W70 Flo Meiler 18.08	W70 Tami Graf 28:46.7h	M30 Kunle Lawson 43.39
Dean Riley NH 3-4	W60 Ave Bero NY 54-2 J Henderson NY 48-3	M40 Ted Poulos 4:59.3h	Audrey Lary 18.20	10,000m	Sekenia Welch 30.92
M70 John Polevy ME 3-10	Sandra White CT 45-11	M45 Terry McLaughlin 5:08.8h	200m M30 Michael Walton 23 3h	M30 Karsten Brown 36:42.6h M40 Ted Poulos 36:40.4h	M35 Anders Halvorsen 57.16
M75 Kenneth Perkins ME 3-10 David Rider NY 3-6	W65 Joan Youngs CT 55-5 Arlene Dupuis NH 52-7	M50 Joe Burno 5:04.6h M55 Jay Jacob Wind 6:27.7h	M30 Michael Walton 22.2h M40 Richard Hill 25.8h	M55 J J Wind 42:30.2h	James Barr 27.07 M40 Glenn Thompson 40.93
Owen Ingram NH 2-10	W70 M Crooks MA 31-10	M60 Jason Page 5:25.1h	Ronald Davy 26.4h	Short Hurdles	M50 Keith Mathis 23.06
M80 Frank Brako NH 3-6	Gloria Benjamin · 26-4 W75 Harriet Patch MA 31-10	W35 Brittany Rice 8:18.4h	Chris Richardson 26.8h	M40 Richard Hill 19.16 M50 Anthony Markley 19.45	M55 Toli Welihozkiy 36.11
Pole Vault M50 Gerrod Smith NY 10-0	Gloria Benjamin NH 26-4	W45 Sarah Buckheit 6:32.4h W55 Lynda Durfee 7:36.9h	M45 Charles Edwards 25.0h K McDonnough 25.1h	M65 Bob Paulen 20.59	M60 Victor Litwinski 26.06 M65 Mike Valle 38.82
M55 Charles Hill MA 8-0	W80 Ann McGowan RI 35-2 J Berlepsch CT 34-7	W70 Tami Graf 8:20.2h	M50 Oscar Peyton 23.4h	M75 James Stookey 14.98	M70 Ezzat Pashai 29.05
David Wells NH 6-6	Estelle O'Connor NH 20-10	3000m	M55 Joe Mack 26.5h	W35 A Williams-Toots 22.68 W65 Evelyn Wright 22.16	W40 Anne Pastorkovich 15.32
M60 Buster Byrnes ME 8-6	W85 Rose Levy MA 18-1	M40 Ted Poulos 10:38.2h	Chuck Williams 27.2h	22.10	W65 Evelyn Wright 22.44

October 2006

W70 Audrey Lary Flo Meiler Sharon Good Sharon Good
Javelin
M30 Kunle Lawson
M35 James Barr
M40 Reggie Hill
M50 Phil Ochs
M60 Russ White
Richard Klem
Seyash Karimial
M65 James Kenney
John Lang
Mike Valle
M70 Fzzat Pashai

Mike Valle
M70 Ezzat Pashai
M80 Sam Madia
W40 Anne Pastorkov
W65 Evelyn Wright
W70 Audrey Lary
Flo Meiler Weight Throw M30 Kunle Lawson M35 James Barr M40 Glenn Thompso M50 Keith Mathis

M60 Jerry Bookin-Wei Anatoli Welihozk Victor Litwinski M65 Mike Valle M70 Ezzat Pashai W40 Anne Pastorko W65 Evelyn Wright Janie Mortense W70 Audrey Lary Flo Meiler

Flo Meiler
Weight Pentathion
M30 Kunle Lawson
M35 James Barr
M60 Victor Litwinski
M65 Mike Valle
M70 Ezzat Pashai

M70 Ezzat Pashai
W40 Anne Pastorkovi
W70 Audrey Lary
Flo Meiler
Mile RW
M50 Peter Blank
M55 John Gersh
M60 Victor Litwinski
M65 Roger Webb
M70 Donald Gerson
3000m RW
M50 Peter Blank
M55 John Gersh
M60 Victor Litwinski
M65 Roger Webb
M80 Charles boyle
W60 Kathy van Brockli
W90 Mary Lathram

SOUTHEAS

Tennessee Senio pics, Williamson

July 14-20 100m 100m M50 Jamie Tyler M55 Wade Carter M60 Antonio Cooper M65 Max Falk M70 Charles Lanza M75 Estes Redditt M75 Estes Redditt M80 Charles Baker M85 Robert Douglas W50 Mary Conner W55 Alice Greene W60 Sandra Guy W65 Betsy Boswell W70 Valera Jones W75 Dorothy Rose W70 Valera Jones
W75 Dorothy Rose
W80 Sarah Overton
400m
M50 Calvin Saulsben
M55 Nate Robertson
M60 Antonio Cooper
M65 Ted Beasley
M70 Rich Peck
M75 George Spero
M80 Charles Baker
M85 John Smartt
M90 Max Springer
W55 Mariella Cook
W60 Sandra Guy
W65 Margie Stoll
W70 Valera Jones
W80 Alma Reid
W85 Virginia Irving

W85 Virginia Irving 1500m M50 Robert Buchhol M55 Grady Cash M60 Robert Barber M65 John Rawlings M70 Michael Cody M75 George Spero M85 John Smartt W55 Mariella Cook W60 Janet Jergigen

W60 Janet Jernigan W65 Margie Stoll W70 Valera Jones W85 Virginia Irving

W70 Audrey Lary 18.32	High Jump	W70 Valera Janes 27:22 J	W/75 M Figrillo 0.4 I	200-U	WEO Chally Vaciling 1:15 64
Flo Meiler 18.24	M50 Fred Farmer 4-11.50	W70 Valera Jones 27:32 10K Road Race	W75 M Fiorillo 9-4 W60 S Sarnaik 11-7	M65 George Labelle 70.55	W50 Shelly Keeling 1:15.64 W55 Karen Weaver 1:34.98
Sharon Good 11.19 Javelin	M55 Jim Nichols 4-9 M60 Johnston Ewing 4-7	M50 Dave Rogers 42:50 M55 Bill Baker 43:04	W65 L Stuecken 5-6 W70 P Lemanski 8-10	High Jump M65 George Labelle 3-8	W60 I-J Berger 1:21.39 W70 Jane Dods 1:42.95
M30 Kunle Lawson 35.85	M65 Bob Southerlan 4-1	M60 Robert Barber 39:57	W80 M Holland 6-9	M70 Tom Langenfeld 4-9.5	800m
M35 James Barr 49.60 M40 Reggie Hill 41.67	M70 Louis Vodopya 4-1 M75 George Spero 3-2.50	M65 Sergio Bianchini 45:28 M70 Richard Swift 48:31	Triple Jump M50 J Fulgoni 31-3	M75 Ed Failor 3-6 Pole Vault	M35 Paul Skipper 2:09.99 M40 Roger Bashore 2:08.68
M50 Phil Ochs 20.26	M80 Charles Baker 3-0	M75 Fred Lovelace 72:44	M55 James Pocan 24-10	M40 Dave Gilbert 13-9	M45 Martin McElhiney 2:17.14
M60 Russ White 46.02 Richard Klem 35.48	M85 Warren Barger 3.7-50 W50 Eleanor Gipson 4-5	M85 John Smartt 82:04 W55 Lana Butler 55:21	M60 Ray Bentley 32-7.25 M65 J Gormley 13-1	M45 Matthew Premo 12-1 Long Jump	M50 Wayne Morgan 2:37.04 M55 Mark Hays 2:39.43
Seyash Karimian 34.28	W55 Marcia Long 3-0	W60 Lynda de Paulis 54:14	M70 W Dilling 18-7.25	M40 Sherrick Anderson 17-3.75	M60 James Box 2:53.86
M65 James Kenney 41.60 John Lang 35.63	W60 Carol Stricklin 3-5.50	W65 Margie Stoll 49:21	Shot Put	M65 George Labelle 11-5	M65 Joe Ellis 3:37.53
Mike Valle 30.63	W65 Betsy Boswell 3-4 W70 Claranell Covington 2-11	W70 Valera Jones 57:16	M50 Dan Hobbins 42-6 M55 H Goerge 45-2	Triple Jump M65 George Labelle 24-8.5	M70 Ed Karas 3:43.37 W35 LaRee Etter 3:01.52
M70 Ezzat Pashai 38.56 M80 Sam Madia 17.99	W80 Sarah Overton 2-11	MIDWEST	M60 R Mintken 38-4.75	Shot Put	W45 Lauri Stock 2:58.37
W40 Anne Pastorkovich 13.59	Long Jump M50 Claude Shelton 16-2	Michigan Senior	M65 Dan La Rose 39-7.50 M70 A Hesskamp 39-3.50	M50 Ron Summers 15.42 Willis Garland 11.58	W50 Shelly Keeling 2:59.34 W60 I-J Berger 4:28.31
W65 Evelyn Wright 19.25 W70 Audrey Lary 15.26	M55 Nate Robertson 15-11.50 M60 R Dean Tutor 13-10.50	Olympics	M75 K Ezerins 31-8	M55 Richard Woosencraft 11.20	W70 Jane Dods 3:56.95
Flo Meiler 11.57	M60 R Dean Tutor 13-10.50 M65 Tommy Guy 12-7	Kalamazoo; July 8-15	M80 Robert Ettig 25-0.25 M90 Fred Winter 18-10.50	M65 Steve Cohen 11.73 George Labelle 9.37	1500m M30 Ian Morrison 4:24.34
Weight Throw M30 Kunle Lawson 13.76	M70 Jay Archer 12-4	100m	W50 Gail Kantak 28-5	Don Maery 8.89	M35 Kei Kilzumi 3:56.25
M30 Kunle Lawson 13.76 M35 James Barr 10.38	M75 George Spero 10-3 M80 Charles Baker 11-2	M50 C Wasson 12.36	W55 M Hartzler 32-6 W60 C Griffith 28-1.25	M75 Ed Failor 6.19 W50 Linda Rowe 9.50	M40 Roger Bashofe 4:20.88 M45 Eric Sabourin 4:50.59
M40 Glenn Thompson 13.78 M50 Keith Mathis 10.81	M85 Warren Berger 9-2 M90 Max Springer 6-1	M55 Bruce Covey 13.29 M60 Ziggy Pakiet 13.18	W65 L Stuecken 14-8	W55 Myrle Mensey 10.98	M50 Dennis Johnson 4:24.34
M60 Jerry Bookin-Weiner 15.02	W50 Mary Conner 13-8	M65 T Beaudoin 14.81	W70 D Marquis 19-10.75 W75 C Gamble 21-3.50	Martha Green 7.66 Discus	M55 Jouko Rythonen 5:07.56 M60 James Box 5:50.96
Anatoli Welihozkiy 12.15 Victor Litwinski 12.11	W55 Betty Hensley 9-2 W60 Sandra Guy 10-5	M70 Doumanian 15.11 M75 Ed Liskovec 15.11	W85 J Gawura 16-2	M40 Richard Parkinson 35.34	M65 Joseph Ellis 7:30.68 M70 Ed Karas 7:31.25
Victor Litwinski 12.11 M65 Mike Valle 14.89	W60 Sandra Guy 10-5 W65 Betsy Boswell 9-7.50	M80 N Russell 18.17	Discus M50 M Michayluk 132-0	M50 Willis Garland 37.55 R B Odell 21.44	M70 Ed Karas 7:31.25 W35 LaRee Etter 6:07.86
M70 Ezzat Pashai 9.66 W40 Anne Pastorkovich 5.16	W70 Maureen Meeks 6-6 W75 Rowena Cupp 5-3	M85 Abe Ulanoff 22.16 M90 Fred Winter 28.00	M55 H Goerge 133-9	M55 Richard Woosencraft 34.11 M65 Steven Cohen 42.07	W55 Karen Weaver 8:14.13 W45 Lauri Stock 6:00.76
W65 Evelyn Wright 11.32	W75 Rowena Cupp 5-3 W80 Margie Atkins 6-4	W50 Gail Kantak 14.80	M60 Richard Dana 132-9 M65 Pete Miskov 117-7	M65 Steven Cohen 42.07 George Labelle 24.83	W45 Lauri Stock 6:00.76 W60 I-J Berger 8:47.88
Janie Mortensen 6.24	Shot Put	W55 Susan Hinman 20.91 W60 S Sarniak 17.19	M70 W Rothley 99-4	W50 Linda Rowe 28.45	W70 Jane Dods 8:11.62
W70 Audrey Lary 10.13 Flo Meiler 8.48	M50 John Nespoli 50-6.75 M55 Larry McGhee 38-7	W65 L Stuecken 23.95	M75 K Ezerins 91-2 M80 H Rodge 53-1	W55 Myrle Mensey 25.62 Martha Green 16.41	5000m M30 Joe Perez 16:40.5
Weight Pentathlon	M60 Robert Gratz 35-0.75	W70 C Ambrose 28.92 W80 M Holland 37.84	M90 Fred Winter 44-1	Hammer	M35 Malcolm Campbell 16:37.4
M30 Kunle Lawson 2976 M35 James Barr 2585	M65 Glen Johnson 44-5.25 M70 Charles Lanza 38-9.50	W85 Alice Segar 27.56	W50 Grace Riley 59-1 W55 M Hartzler 88-6	M30 Doug Willett 25.66 M40 Greg Theologes 38.64	M40 Scott Jones 19:56.0 M45 Eric Sabourin 19:25.0
M60 Victor Litwinski 1443	M75 Edmund Wians 30-8	200m M50 C Wasson 26.79	W60 C Griffith 79-5	M50 Ron Summers 44.00	M50 Dennis Johnson 19:39.6
M65 Mike Valle 2775 M70 Ezzat Pashai 2244	M85 Warren Barger 25-7	M55 B Covey 27.90	W65 L Stuecken 27-11 W70 D Marquis 44-6	Willis Garland 34.17 M65 Don Maery 24.48	M55 Jouko Rytkonen 19:01.7 M60 James Box 22:18.0
W40 Anne Pastorkovich 1015	M90 Robert Jones 19-2.50	M60 Tim Butts 28.14 M65 Jerry White 32.90	W75 C Gamble 44-8	George Labelle 23.24	W40 Carla Barrett 38:38.1
W70 Audrey Lary 1556 Flo Meiler 1336	W50 Mary Conner 27-7.50 W55 Marcia Long 23-1	M70 E Alcocer 37.07	W85 J Gawura 33-3 Hammer	W50 Linda Rowe 25.24 W55 Myrle Mensey 32.96	W45 Maureen Kane 25:19.9 W50 Sondra Bolte 33:53.3
Mile RW	W60 Alice Tym 21-11.75	M75 E Liskovec 33.74 M80 N Russell 42.28	M50 W Renner 71-0	Martha Green 21.67	Short Hurdles
M50 Peter Blank 11:47.62 M55 John Gersh 9:23.88	W65 Donna Beeler 24-4 W70 Jean Hinkle 22-8.50	M85 Abe Ulanoff \$9.64	M55 H Goerge 140-3 M60 Richard Dana 81-7	Javelin M40 Richard Parkinson 52.84	M30 Peter Myers 16.93 M35 Gwynn Villegas 18.24
M60 Victor Litwinski 9:46.91	W75 Joanne Ramsey 17-9.75	M90 Fred Winter 66.92 W50 Gail Kantak 33.42	M65 Neil Sisco 67-9	M75 Ed Failor 29.98	M50 Leonard Whitney 28.64
M65 Roger Webb 10:48.46 M70 Donald Gerson 13:54.82	W80 Sarah Overton 15-11.75 W85 Virginia Irving 7-10	W60 S Sarnaik 36.71	M70 W Dilling 68-4 M90 Fred Winter 24-8	M65 George Labelle 28.98 W50 Linda Rowe 26.30	M55 Robert Beryman 24.30 W30 Cheryl Keeling 21.16
3000m RW	Discus	W65 L Stuecken 57.21 W70 C Ambrose 66.72	W55 M Hartzler 113-7	W55 Myrle Mensey 21.80	W40 Robin Hanson 17.03
M50 Peter Blank 22:13.26 M55 John Gersh 18:35.36	M50 John Nespoli 139-8 M55 Jim Nichols 122-1	400m	W60 C Griffith 63-2 Javelin	Martha Green 15.76 W60 Val Gassman 16.10	W50 Liz Johnson 38.40 Long Hurdles
M60 Victor Litwinski 19:01.46	M60 Preston Gibson 110-5	M50 David Avery 1:02.78 M55 John Davis 1:02.44	M50 M Michayluk 126-0	Weight Throw	M45 Brian Mutert 1:09.0
M65 Roger Webb 21:22.42 M80 Charles boyle 22:13.48	M65 Donald Williams 91-4 M70 Charles Lanza 100-8	M60 Tim Butts 1:07.69	M55 J Schrock 144-10 M60 M McGruder 130-8	M30 Doug Willett 8.00 M40 Richard Parkinson 12.58	M50 Russell Lamar 1:05.8 W50 Shelley Keeling 1:08.8
W60 Kathy van Brocklin20:46.90	M75 Sherwin Dixon 88-1	M65 Jerry White 1:18.31 M70 W Dilling 1:48.25	M65 Neil Sisco 97-8 M70 S Koster 131-5	M50 Willis Garland 13.03 R B Odell 10.68	3000m Steeplechase M30 Joe Perez 10:36.57
W90 Mary Lathram 28:14.30	M85 Warren Barger 73-4	M75 E Liskovec 1:18.02	M75 R Griffith 88-2	M65 George Labell 10.34	M35 Malcolm Campbell 10:21.24
SOUTHEAST	M90 Robert Jones 38-4 W50 Sue Sewing 75-1	M85 Abe Ulanoff 2:40.46 W50 Gail Kantak 1:19.06	M80 Jack Hipple 55-2 M90 Fred Winter 39-2	W50 Linda Rowe 8.06 W55 Myrle Mensey 11.59	4x100m Relay M30 Team Dallas 44.69
Charles of the Land and the Company of the Company	W55 Rita Carmichael 64-5	W55 Maggy Zidar 1:37.50	W50 D Sherrod 63-6	Martha Green 7.09	M35 Team Spain 46.85
Tennessee Senior Olym-	W60 Alice Tym 59-0 W65 Mary Kelly 64-5	W60 S Sarnaik 1:34.83 W65 L Stuecken 2:31.07	W55 M Hartzler 73-4 W60 M McGruder 70-11	Supeweight M30 Doug Willett 5.19	M40 Team San Fran. 51.44 M45 Team Victory 50.97
pics, Williamson County July 14-20	W70 Patricia Mullen 54-4	W70 C Ambrose 2:53.50	W70 P Lemanski 38-10	M40 Richard Parkinson 8.25	M50 Team Australia 1:00.62
PRINCIPLE AND ADDRESS.	W75 D Susie Fister 42-1 W80 Sarah Overton 39-1	800m M50 F Robbins 2:21.80	W75 C Gamble 46-8 W80 M Holland 31-5	Greg Theologes 8.18 M65 George Labelle 4.25	M60 Team Trekies 1:26.43 W40 Team 4dots 1:16.48
M50 Jamie Tyler 12.66	W85 Virginia Irving 21-8	M55 C Prether 2;13.91	W85 J Gawura 33-0	M55 Myrle Mensey 9.08	W45 Team Unstoppable 1:19.16
M55 Wade Carter 12.63	Javelin M50 Phil Campbell 135-10	M65 Rod Smith 2:58.06 M70 W Dilling 3:12.00	USATF Illinois Champion-	Martha Green 5.45	4x200m Relay M30 Team San Fran. 1:37.68
M60 Antonio Cooper 13.70 M65 Max Falk 15.50	M55 John Selleh 123-9	M75 Ira Goldstein 3:10.00	ships, Sterling	Gay Games VII	M35 Team Dallas 1:35.14
M70 Charles Lanza 16.00	M60 Mark Buls 118-0 M65 Herman Daniels 109-8	W50 T Steil 2:54.18 W55 C Prether 2:13.91	July 15	Chicago, IL; July 15-22	M40 Team San Fran. 1:44.49 M45 Team San Fran. 1:49.95
M75 Estes Redditt NTA M80 Charles Baker 16.80	M70 Charles Lanza 116-5	W60 Ruth Thelen 3:12.91	100m	100m	W30 Team Impromptu 2:06.78
M85 Robert Douglas 25.50	M75 Alvin Goins 75-2 M80 Charles Baker 68-1	W65 L Stuecken 5:21.32 W70 Carol Dean 4:13.75	M30 Antoine Dussett 10.57	M30 Joel Brown 11.44	High Jump M30 Brett Presley 1.49
W50 Mary Conner 15.40 W55 Alice Greene 16.30	M90 Robert Jones 35-5	1500m	M40 Sherrick Anderson 12.43 M45 Tim Graf 11.30	M35 Curtis Moore 11.26 M40 David Fitzzerald 11.51	M35 Yvon Cote 1.64
W60 Sandra Guy 16.69	W50 Sue Sewing 88-10 W55 Linda Kauffman 56-11	M50 F Robbins 4:48.25 M55 Tim Payne 5:14.12	Brian Quick 11.91	M45 Martin McElhiney 12.32	M40 Lyle Whitaker 1.53 M45 Allen Eggman 1.68
W65 Betsy Boswell 18.90 W70 Valera Jones 19.79	W60 Carol Stricklin 66-1	M60 Malaczynksi 5:07.03 M65 Rod Smith 6:20.50	M60 Dennis Rexroad 14.31 M65 George Labelle 15.81	M50 Russ. Jacquet-Acea 13.03 M55 Michael Lutteral 13.31	Pole Vault
W75 Dorothy Rose 34.10	W65 Donna Beeler 65-4 W70 Claranell Covington 44-5	M70 W Dilling 8:33.12	M75 Harry Brown 14.56	M60 James Box 15.92	M30 T Tran 2.20 M35 Krystof Wardecki 2.50
W80 Sarah Overton 24.60 400m	W75 Betty Barnett 41-4	M75 I Coldstien 8:16.56 M85 Abe Ulanoff 12:21.19	W30 Alicia Bunn 13.07 W35 Daphne Johnson 14.04	M65 Joseph Ellis 16.71 200m	M40 Boyd 2.20
M50 Calvin Saulsberry 1:00.70 M55 Nate Robertson 1:00.51	W80 Margie Atkins 45-6 W85 Virginia Irving 19-1	W50 T Steil 6:01.34	W40 Lori Schutt 13.11	M30 Brok Boyd NTA M35 Curtis Moore NTA	M45 Allen Eggman 2.50 Long Jump
M60 Antonio Cooper 1:04.00	1500m RW	W55 Maggy Sidar 6:23.95 W60 Ruth Thelen 6:34.50	200m M30 Antoine Dussett 23.66	M40 David Fitzgerald NTA	M30 Jacques Snyman 5.69
M65 Ted Beasley 1:14.10 M70 Rich Peck 1:17.60	M50 Kaden Fox 9:43 M55 James Bowers 9:08	W70 Carol Dean 9:15.34	Demo Davis 27.46 M40 Sherrick Anderson 26.23	M45 Martin Elhiney NTA M50 Rick Thoman NTA	M35 Krysztof Wardecki 6.80 M40 Joe Green 5.29
M75 George Spero 1:30.80	M60 Jerry Dixon 8:57	High Jump M50 Dave Czech 3-3	M45 Brian Quick 25.65	M55 Michael Lutteral NTA	M45 Allen Eggman 5.42
M80 Charles Baker 1:19.50	M70 Gene siler 9:08 M75 Fred Lovelace 11:26	M55 James Pocan 4-4	Jos Schwieterman 26.98	M60 James Box NTA M65 Ed Karas NTA	M50 Wayne Norgan 4.89 M55 Robert Berryman 4.27
M85 John Smartt 2:01.70 M90 Max Springer 2:55.80	M80 Dusty Smith 10:33	M60 M Mueller 4-2 M65 Richard Enos 3-8	M60 Dennis Rexroad 30.17 M65 George Labelle 38.53	M75 Cliff Todd 39.41	M65 Waller Burns 3.73
W55 Mariella Cook 1:24.20	W50 Deborah McNelly 12:53 W55 Rosemary Sexton 9:42	M70 R Newman 4-0	W30 Zenia Ayrton 25.28	W45 Angela Nealy 31.12 W50 Andra Davis 44.59	W30 Ella Coffee 4.60 W35 Caroline Mitchell 4.26
W60 Sandra Guy 1:32.70 W65 Margie Stoll 1:26.20	W60 Diane Sanderson 10:02	M75 E Liscovec 3-8 M80 A Quigley 3-2	Alicia Bunn 28.83 W40 Lori Schutt 25.88	W55 Sondra Bottle 50.61	Triple Jump
W70 Valera Jones 1:42.00	W65 Mary Atienza 11:01 W70 Marty Lonvick 11:40	W50 Gail Kantak 3-8	400m M30 Antoine Dussett 48.31	W60 I-J Berger 54.30 W70 Jane Dods 42.74	W30 Ella Coffee 8.10 Pole Vault
W80 Alma Reid 3:42.80 W85 Virginia Irving 4:32.60	W75 Iris Sevigny 16:48	W70 C Ambrose 2-6 Pole Vault	Demo Davis 61.95	400m	M30 T Tran 2.20
1500m	W85 Virginia Irving 17:12 5K Road Race	M50 Steve Owen 9-0	M75 Harry Brown 74.19	M30 Peter Myers 52.91 M35 Curtis Moore 52.36	M35 Krystof Wardecki 2.50 M40 Boyd 2.20
M50 Robert Buchholz 5:08.60 M55 Grady Cash 5:26.10	M50 Dave Rogers 20:22	M55 W Kooyer 10-6 M60 H Booth 10-0	800m	M40 David Fitzgerald 52.36	M45 Allen Eggman 2.50
M60 Robert Barber 5:07.60	M55 Bill Baker 20:07 M60 Robert Barber 18:52	M65 Van Blaricum 7-6	M55 Patrick McCaski 3:00.92 5000m	M45 Martin McElhiney 57.36 M50 Wayne Woodward 1:04.96	M50 Russell Lamar 3.40 Long Jump
M65 John Rawlings 6:08.80 M70 Michael Cody 6:26.70	M65 Sergio Bianchini 20:46	M70 Bob Root 8-0 M75 E Liskovec 3-6	M45 Ken Lauff 18:41.68	M55 William Etnyre 1:07.22	M40 Joe Green 5.29
M75 George Spero 7:36.40	M70 Richard Swift 23:33 M75 David Bishop 31:39	W55 L McGinnis 5-6	M50 Leo Vanderviegt 18:05.66	M60 James Box 1:12.86 M65 Joseph Ellis 1:32.98	M45 Allen Eggman 5.42 W30 Ella Coffee 3.91
M85 John Smartt 9:47.10 W55 Mariella Cook 6:40.30	M80 Raymond Lundell 44:50	Long Jump M50 C Brown 16-5	Wayne Pettorini 24:45.84	M70 Peter Stickel 1:38.43	W35 Carolyn Mitchell 4.30
W60 Janet Jernigan 7:10.00	M85 John Smartt 38:10 W50 Paula Cooper 23:00	M55 M Blowers 13-10	W35 Barb Lauff 20:39.19	W30 Sonya Smith 1:15.24 W35 LaRee Etter 1:17.37	Triple Jump M35 Curtis Moore 12.32
W65 Margie Stoll 6:29.60 W70 Valera Jones 7:44.80	W55 Lana Butler 26:07	M60 Ziggy Pakiet 16-1 M65 Van Blaricum 13-5	M45 Jos Schwieterman 17.76	W40 Daniela Osiander 1:07.72	M40 Giampiero Mancinelli 10.23
W85 Virginia Irving 17:07.00	W60 Lynda de Paulis 25:51 W65 Margie Stoll 23:19	M70 W Rothley 13-7	M65 George Labelle 19.6	W45 Jennifer Stary 1:17.99	M45 Erik Rollenberg 10.53 M50 Peter Stickel 9.77
The second of the second					

M40 John Longland Edward Anderson Craig Kolb M45 Paul Mell

M45 Paul Mell
M50 David Walker
Ernie Snodgrass
Steve Terry
M55 Stuart Radloff

John Nelson M60 Jesus Farfan-Rocha Robert Hahn

Thomas Thurman M65 Bill Wright David Babel

M75 Jim Weaver M80 Curt Davison W55 Debbie Stiles

800m M30 Gavin Mackie

Jonathan Stone M50 Steven Terry Jack Uhrig Kirby Finders M60 Thomas Thurman

Robert Hahn M65 Bill Wright David Babel

W60 Jane Hutchison

M30 Brad Dittmar

M40 Craig Kolb Daryl Reust

M50 Steven Terry Jack Uhrig John Dickey

M60 Jesus Farfan-Rocha

Robert Hahn Jack Hudson

W50 Lynn Vallandingham W60 Jane Hutchison

M65 Bill Wright M75 Jim Weaver W30 Nicole Volkert

M45 Mike Schweiss M50 Jack Uhrig Steven Terry M55 Mark Hosler Mike Baker

M60 Jack Hudson M65 Bill Wright

M40 Craig Kolb M50 David Couts

M60 Jack Hudson

Steeplechase

Kenneth Hammann 26:10.9

M40 James Jorgenson 13:25.6 Craig Kolb 17:17.0 1500m Walk

3000m M60 Jack Hudson 5000m 1:05.6

1:13.8

1:02.7 1:05.9 1:08.9 59.7 1:21.6

1:30.0

1:38.6 1:38.6

1:24.7

1:21.9

2:12.6 2:14.0

2:37.1 2:45.8

4:13.3 3:42.5 4:13.6

3:01.1

4:22.0

6:33.7 6:35.2

5:09.6 5:11.0 5:33.0

6:49 4

9:51.5

7:02.5 7:25.8

8:43.1

6:01.5

17.03.5

26:42.1 20:09.0 20:06.5 24:56.0

26:00.5

9:48.2 6:52.2 13:22.9

k Shelton		October 2006
	16-07.50	Hammer
	16-06.75	M45 Bill Embry 95-10
Walker ocker	16-05.00	M50 Lowell McInturff 95-02
emple	11-01.00	Garry Pirch 76-09 Bob Draffen 76-04
Pauley Tilton	9-11.00	M55 Kevin Shaner 71-09
Hood	12-08.50	Larry Pauley 58-05
Clapper	10-10.75	M60 George Ruh 70-07 M75 Phillip Brusca 81-03
er Young	10-03.25	C. L. Bruce 78-01
ell Roehrs Schewe	11-04.00	W30 Andrea Marnino 109-03 W40 Connie Hall 79-09
Bruce	11-02.50	W50 Kathryn Plybon 64-05
Ossie	9-11.50	Mid-America Region
ocker	11-04.00	Championships & Rocky
allandingham P	6-10.50	Mountain Masters Games
Baxter	28-03.75	Ft. Collins, CO; Sept. 2-3
d Andersor Kolb	26-04.50 25-07.25	50m
Walker	31-05.75	W30 BUNN, ALICIA 7.58 FROMPFEL, MELANIE 8.01
Pirch	28-08.25	W40 ERDAL, KRISTI 8.09
Couts e Ruh	27-00.50 20-06.25	W50 MARTIN, REBECCA 8.89 W65 HORIUCHI, KUMI 10.58
Bruce	21-11.75	W70 JORDAN, BARBARA 8.68 M30 KNAPKE, JAMIE 6.53
Ossie allandingham	24-03.50	WELCH, KEN 7.24
		M40 BUNN, STEVEN 6.41 HOLBROOK, PAUL 6.65
ummers	48-09.00	HILEMAN, MARK 6.94
Pitford Cennedy	40-11.00	M45 JOHNSON, RANDAL 7.14 MUNOZ, DAVID 7.14
Gladura	37-01.00	PLUMRIDGE, MARK 7.78
lames Hammock	33-01.00 26-02.00	M55 CHRISTENSEN, KEVIN 7.26
nhn!	11 20m	GREEN, MIKE 7.46 GORDON, AL 8.44
oudoe	11.03m	M65 McKISSON, RICHARD 8.02
McGregor Pirch	9.69m 10.10m	ARNOLD, ED 8.76 EBERHARD, EDWARD 9.75
Meares	9.75m	M70 FRANKS, RAY 8.24 M85 CARTER, ED 9.48
raffen Shaner	8.50m 10.22m	100m
e Ruh	9.62m	W30 BUNN, ALICIA 13.84 FROMPFEL, MELANIE 15.47
Clapper	8.86m	W40 ERDAL, KRISTI 15.31
Bruce	11.36m 9.37m	W45 HAMPTON, LISA 18.44 W50 MARTIN, REBECCA 16.94
rusca	8 86m	W60 RAHAM, SHARON 18.73 W65 HORIUCHI, KUMI 21.37
avison	9.37m 31-07.25	W70 JORDAN, BARBARA 16.76
apprich	31-05.75	M30 KNAPKE, JAMIE 12.15 WELCH, KEN 13.15
e Hall ocker	26-02.00 25.11.00	M40 BUNN, STEVEN 11.88
Ossie	21-01.00	HOLBROOK, PAUL 12.11 HILEMAN, MARK 12.56
n Plybon	20-11.00	M45 MUNOZ, DAVID 13:01
llandingham	19-07.00	PLUMRIDGE MARK 14:86
ummers	179-03	M50 PRICE, STACEY 12.45 POWELL CHARLES 12.73
Phillips Baxter	108-05 98-06	RADIFF, DAN 13.11 M55 GREEN, MIKE 14.31
Gladura	91-05	KUZNIK, ROBERT 15.33
lames Hammock	83-06 83-03	GORDON, AL 15.43 M60 SOKOLOSKI, LEONARD 14.55
oudge	110-11	M65 KIRKPATRIK, RON 14.40
nbry	105-09	ARNOLD, ED 16.95
Couts	117-09 88-09	M70 FRANKS, RAY 15.15 LARKIN, RICHARD 16.20
Pirch	84-01	M85 CARTER, ED 18.43
mmers Shaner	103-09 94-09	200m W30 BUNN, ALICIA 29.22
d Lincoff	110-01	W50 MARTIN, REBECCA 36.57 W55 NICOLETTI, CATHY 31.16
e Ruh Clapper	90-07 79-10	W65 HORIUCHI, KUMI 47.58
d Cochran	154-05	W70 JORDAN, BARBARA 36.05 M30 KNAPKE, JAMIE 24.92
mon	109-02	WELCH, KEN 27.26
Bruce	106-08 82-10	M35 STONE, JONATHAN 27.75 M40 HOLBROOK, PAUL 24.68
Brusca	81.09	HILEMAN, MARK 25.47 M45 BARRETT, HERMAN 26.59
rtis a Monnino	63-09 98-05	MUNOZ, DAVID 26.95
Morrow	84-07	PLUMRIDGE, MARK 30.68 M50 POWELL, CHARLES 25.78
Dapprich	77-02	REYNOLDS, TRIP 26.08
e Hall ocker	96-07 87-02	M55 GREEN, MIKE 30.91
n Plybon	61-04	KUZNIK, ROBERT 33.18
allandinghar	m 49-02	M55 GREEN, MIKE 30.91 KUZNIK, ROBERT 33.18 M65 KIRKPATRIK, RON 29.07 McKISSON, RICHARD 31.50 M70 FRANKS RAV.
Trans.		M70 FRANKS, RAY 33.25 M85 CARTER, ED 40.87
nan Stone Baxter	108-00	400m
Dietz	87-09 159-02	W55 NICOLETTI, CATHY 1:10.91 W65 HORIUCHI, KUM 2:00.81
Hammock	80-07	M30 KNAPKE, JAMIE 57.71 M35 STONE, JONATHAN 59.47
nbry McGregor	140-00 125-06	M40 HILEMAN, MARK 55.32
oudge	120-01	M45 BARRETT, HERMAN 59.63
Pirch	116-03	M50 POWELL, CHARLES 1:00.08
Couts	103-00 94-06	REYNOLDS, TRIP 58.79 M55 HILL, MIKE 1:04.31
Rodenbeck	105-10	UNDERWOOD, JEFF 1:10.47
	80-01 102-02	M60 DOMAINGUE, HERMAN 1:13.05 M65 McKISSON, RICHARD 1:13.16
Pauley	94-04	800m
Pauley Hood Clapper	89-03	M45 DRUMRIGHT, ELLIOT 2:32.05
Pauley Hood Clapper e Ruh		M50 WILEY, BEN 2:29.76
Pauley Hood Clapper le Ruh er Young	87-08	M60 BROWN JERRY 2:00 17
Pauley Hood Clapper e Ruh er Young Brusca Bruce	87-08 73-01 73-00	M60 BROWN, JERRY 3:09.17 M65 EBERHARD, EDWARD 3:44 04
Pauley Hood Clapper le Ruh er Young Brusca Bruce Davison	87-08 73-01 73-00 66-06	M60 BROWN, JERRY 3:09.17 M65 EBERHARD, EDWARD 3:44.04 M75 MEARDON, ARNOLD 3:29.53 1500m
Pauley Hood Clapper le Ruh er Young Brusca Bruce Davison irtis e Hall	87-08 73-01 73-00 66-06 40-06	M60 BROWN, JERRY 3:09.17 M65 EBERHARD, EDWARD 3:44.04 M75 MEARDON, ARNOLD 3:29.53 1500m W45 GROFF, DIANE 5:44.70
Pauley Hood Clapper le Ruh er Young Brusca Bruce Davison irtis	87-08 73-01 73-00 66-06	M60 BROWN, JERRY 3:09.17 M65 EBERHARD, EDWARD 3:44.04 M75 MEARDON, ARNOLD 3:29.53 1500m

page 22		National N
M55 Salvatore Lamia 4.32	W75 Ruby Percell 14.50	M50 James Kniep 17-06.50
Shot Put	100m	M55 Randall Olson 14-10.00 M60 Alex Meyer 11-02.00
M30 Joseph Justin 9.73 M35 Curtis Moore 11.05	M30 Alfy Pettes 11.10 M35 Miles Busby 12.70	M60 Alex Meyer 11-02.00 M70 Ray Graves 11-09.25
M40 David Dibley 10.13	M40 Jeff Hageman 12.10	W30 Chelsea Hood 12-08.00
M45 Allen Eggman 9.51	M45 David Winter 13.60	W40 Jody Huckfeldt 12-05.50
M50 Luke Cottrill 9.05	M50 Gary Tarrence 12.90	W55 Sandy Maryott 11-00.00
M55 Gregory Drumi 5.94	M55 Jeff Evangelisti 13.80	1500m Racewalk
M60 Bob Callori 5.98	M60 Tom Bassett 13.50	M45 Brian Harrifield 9:41.30
M65 John Lewis 9.85	M65 James Wagner 14.10	M50 Willie Markmann 9:18.30 M55 Monty Sanley 7:57.30
W30 Tinette Chambers 8.95	M70 Ray Graves 15.00	1100 110111,
W35 Catherine Murty 7.66	M75 Lee Alexander 15.50	M80 Gilbert Hill 10:35.70 M85 Clarence Osborn 12:33.30
W40 Karen Hand 11.12	M80 Gilbert Hill 19.60 M85 Clifford Lindaren 59.10	W40 Martha Valverde 11:02.50
W45 Jennifer Stary 9.70	W30 Sheri Tweedy 14.00	W50 Denice Kresha 11:21.10
W50 Ruth Welding 10.77 W55 Sherry Sink 6.71	W40 Cathy Warren 17.40	W55 Suzan Connell 12:04.20
W55 Sherry Sink 6.71 W60 Sue Murphy 5.11	W50 Sacia Vik 14.90	High Jump
W70 Francesca Moravcsik 6.45	W75 Ruby Percell 28.20	M40 David Fujan 5-10
Discus	200m	M45 Tim Vanderford 5-00
M30 Brett Presley 19.68	M30 Alfy Pettes 22.60	M50 James Kniep 5-02 M55 Randall Olson 4-02
M35 Kendall Learned 27.49	M35 Grant True 25.90	
M40 David Dibley 33.08	M40 Jeff Hageman 24.90	M60 Alex Meyer 4-00 W30 Chelsea Hood 4-08
M45 Alan Eggman 28.86	M45 David Winter 28.30 M50 Gary Tarrance 27.00	W50 Cheryl Uhrmacher 3-04
M50 R Lamar 28.72	M50 Gary Tarrance 27.00 M55 Jeff Evangelisti 29.50	Shot Put
M55 Gregory Drumi 14.51 W30 Tinette Chambers 27.68	M60 Tom Bassett 28.80	M30 Scott Frost 48-04.00
	M65 Larry E. Johnson 38.80	M35 Darwin Gushard 34-06.75
W35 Catherine Murty 18.68 W40 Karen Hand 28.84	M70 Richard Wieland 45.30	M40 Bruce Cook 38-00.00
W45 Jennifer Stary 25.77	M75 Lee Alexander 31.70	M45 David Doty 41-05.50
W50 Ruth Welding 35.48	M80 Gilbert Hill 41.20	M50 David Dunnigan 42-08.50
W55 Donna Dubbelde 22.88	M85 Clarence Osborn 86.60	M55 Tom Hendricks 34-00.50
W60 Sue Murph 10.00	W30 Sheri Tweedy 29.80	M60 Ralph Check, Jr. 38-09.25
W70 Francesca Moravcsik 16.76	W40 Cathy Warren 56.60	M65 Larry E. Johnson 33-00.25
Javelin	W45 Deb Kluthe 35.10	M70 Lowell Gratopp 27-05.25
M30 Brett Presley 41.14	W50 Sacia Vik 32.60	M75 Glenn Ebbers 22-09.75
M35 Bongane Nyathi 38.71	W55 Sandy Maryott 40.40	M85 Ken Willits 17-03.00
M40 Keith Little 43.52	400m	W30 H. Rhoadarmer 38-06.50
M45 Geoffrey Newby 21.17	M30 Alfy Pettes 53.20	W40 Debra Kage 32-03.00 W45 Kyle Hinkel 26-04.75
M50 Joan-Jose Garcia 25.08 M55 Grergory Drumi 19.21	M35 Grant True 58.70 M40 Jeff Hageman 54.90	W45 Kyle Hinkel 26-04.75 W50 Candice Sanley 23-02.75
M55 Grergory Drumi 19.21 M60 Chuck van Beveren 13.58	M45 David Winter 1:02.90	W55 Sandy Maryott 24-09.75
M65 John Lewis 35.15	M50 Robert Gagne 1:19.50	W60 Carol Frost 35-03.75
W30 Jess Weida 34.19	M55 Monty Sanley 1:04.30	W75 Dorothy Ekblad 15-00.00
W35 Catherine Murty 18.56	M60 J. Abels 1:05.70	Discus
Decathlon	M65 James Wagner 1:10.10	M30 Ed McLaughlin 145-00
M30 Jacques Snyman 4466	M75 Lee Alexander 1:09.60	M35 Darwin Gushard 120-05
M35 Horgan 3072	M80 Otto Lohrenz 1:50.80	M40 Bruce Cook 123-07
M40 David Dibley 3994	W30 Amy Helms 1:07.50	M50 David Dunnigan 133-03
M45 Allen Eggman 4998	W40 Cathy Warren 2:04.30	M55 Don Gabelhouse 102-06
M50 Russell Lamar 5382	W45 Deb Kluthe 1:17.70	M60 Alex Meyer 122-04
5000m RW	W50 Sacia Vik 1:29.70	M65 Jerry Moseke 106-10
M35 Stuart Kollmorgen 26:03.16	M30 Thomas Horton 2:41.00	M70 Dan Klimek 83-03 M75 Glenn Ebbers 87-08
M40 Deo Jaravata 33:14.93 M45 T Schoberger 31:34.49	M35 Craig Bontrager 2:24.20	M80 Clifford Lindgren 38-09
M50 Craig Woodall 32:37.09	M40 Joel Schlautman 2:26.40	M85 Ken Willits 38-06
M55 Garland Murphy 37:19.56	M45 James Krienert 2:28.00	W30 H. Rhoadarmer 112-09
M65 Russell Reish 45:19.03	M50 Charles Yeager 2:51.60	W40 Zo Schell 93-10
M75 Jon Borset 45:04.06	M55 Monty Sanley 2:32.50	W45 Kyle Hinkel 65-00
W50 Joanne Davis 33:54.42	M60 Bob Ensz 2:48.00	W55 Sandy Maryott 63-04
10,000m RW	M65 Ross Greathouse 2:55.10	W60 Carol Frost 106-11
M30 Cyrille Rocher 1:01:42	M70 John Ryan 3:43.30	W75 Dorothy Ekblad 38-02
M35 David Matulovich 1:03:00	M75 Al Weaver 4:25.10	Garage Control of the
M40 Deo Jaravata 1:05:51	M80 Otto Lohrenz 4:24.80	Show-Me State Games
M45 T. Snoeberger 1:04:22 M50 Craig Woodall 1:03:35	M85 Clarence Osborn 6:55.70 W30 Amy Helms 2:51.20	Columbia, MO; July 29-30
5K Road Race	W40 Cathy Warren 4:09.00	The state of the s
M30 Chris Harvey 17:56	W45 Deb Kluthe 3:09.40	100m
M35 Malcolm Campbell 17:03	W50 Teri Kohl 3:12.60	M30 Richard Ware 11.8
M40 Steffan Henriksson 17:03	1500m	Fred Moore 11.8
M45 Carl Maravilla 17:54	M35 David Nelson 5:10.50	Jonathan Stone 13.3 M40 Steven Bunn 11.6
M50 Dennis Johnson 19:29	M40 Neal Schlautman 5:00.20	Matt Hudson 13.4
M55 Mark Hays 19:57	M45 James Krienert 5:05.30	Gerard Porter 14.9
M60 James Box 21:18	M55 Monty Sanley 5:14.30	M45 Tad Trombley 12.3
M65 Noel Baggett 28:10	M60 Richard Friedrichsen 6:37.40	Bill Weber 12.4
M70 Ed Karas 27:48	M65 Jose Badillo 6:01.20	Paul Mell 12.6
W30 B Itlengiwe 20:56	M70 John Ryan 7:30.50	M50 Ernie Snodgrass 13.0
W35 Katrin Lange 21:02	M85 Clarence Osborn 9:43.70	David Walker 13.0
W40 Tracey Thomas 21:38 W45 Donna Perkins 21:32	W35 Lisa Goodell 7:08.70 W40 Jody Huckfeldt 7:09.10	Jack Uhrig 15.5
W50 Mary Yerkes 24:32	W45 Deb Kluthe 6:45.60	M55 James Seiler 13.0
W55 Linda Bubon 28:59	3000m	Larry Pauley 15.4
W60 I-J Berger 31:21	M35 David Nelson 11:19.10	M60 Frank Tilton 14.7
W70 Jane Dods 30:38	M40 Neal Schleutman 10:50.50	M65 Rodger Young 15.3
10K Road Race	M45 James Krienert 11:29.60	Bill Wright 15.9 Ty Brewer 16.9
M30 Cesar Galdamez 39:02	M50 Brian Robertson 12:11.20	M70 Wendell Roehrs 14.2
M35 Ulf Ziemann 37:15	M55 John Ryan 17:29.00	Vern Schewe 15.7
M40 Stefan Henriksson 37:15	M60 Kenneth Katzer 15:40.60	M80 Curt Davison 16.0
M45 Carl Maravilla 37:41	M65 Jose Badillo 12:26.10	W45 Janet Ossie 15.3
M50 Dennis Johnson 40:41	M70 John Ryan 17:19.60	200m
M55 Jouko Rytkonen 42:09	W40 Jody Huckfeldt 14:59.60	M30 Gavin Macke 26.5
M60 David Pitches 45:46	W50 Karen Clark 13:12.00 80m Hurdles 30"	Jonathan Stone 26.8
W30 Aurore Larivan 48:01	OVIII HUIUICO DO	Chris Essick 27.3

W60 I-J Berger MID-AMERICA

44:31 45:33

44:48 51:58

60:49

M70 Richard Wieland 100m Hurdles 33"

M65 Larry E. Johnson W30 Sheri Tweedy 100m Hurdles 30"

W40 Jody Huckfeldt 100m Hurdles 36"

M50 James Kniep M55 Randall Olson

110m Hurdles 39

Pole Vault

M40 David Fujan M45 Patrick Nicholson

M45 Kyle Anderson M50 Charles Yeager

M30 Scott Frost M35 Miles Busby M40 Larry White, Sr. M45 David Winter

18-01.00

W30 Aurore Larivan W35 Katrin Lange

W40 Jennifer Salvo

W45 Donna Perkins W50 Marguerite Gomez

-

W55 Anne Simonsen

Cornhusker State Games Lincoln, NE; July 15

50m	
M60 Tom Bassett	7.50
M65 James Wagner	7.80
M70 Lowell Gratopp	10.10
M75 Elmer Murman	8.60
M80 Gilbert Hall	9.60
M85 Clifford Lindgren	15.60

2.20.40	IAIOO L'ELL AAIIIITO	30-00
2:28.00	W30 H. Rhoadarmer	112-09
2:51.60	W40 Zo Schell	93-10
	WAS Kide Hieles	
2:32.50	W45 Kyle Hinkel	65-00
2:48.00	W55 Sandy Maryott	63-04
2:55.10	W60 Carol Frost	106-11
2.33.10	WGE Devether Elebland	20 00
3:43.30	W75 Dorothy Ekblad	38-02
4:25.10		
4:24.80	Show-Me State Ga	
6:55.70	Columbia, MO: July	29-30 I
2:51.20	The Latine at Acros South State Specific property	State Food
4:09.00	100-	
3:09.40	100m	
	M30 Richard Ware	11.8
3:12.60	Fred Moore	11.8
A STATE OF THE STA	Jonathan Stone	
5:10.50		
5:00.20	M40 Steven Bunn	11.6
	Matt Hudson	13.4
5:05.30	Gerard Porter	14.9
5:14.30	M45 Tad Trombley	17.0
n 6:37.40	M45 Tad Trombley	12.3
	Bill Weber	12.4
6:01.20	Paul Mell	12.6
7:30.50	M50 Ernie Snodgrass	13.0
9:43.70	WISO Effile Shougrass	13.0
7:08.70	David Walker	13.0
	Jack Uhrig	15.5
7:09.10	M55 James Seiler	13.0
6:45.60	Larry Pauley	15.4
The best of the last	Larry Fauley	
11:19.10	M60 Frank Tilton M65 Rodger Young Bill Wright	14.7
	M65 Rodger Young	15.3
10:50.50	Bill Wright	15.9
11:29.60	Ty Brewer	16.9
12:11.20	Ty brewer	
17:29.00	M70 Wendell Roehrs	14.2
17.25.00	Vern Schewe	15.7
15:40.60	M80 Curt Davison	16.0
12:26.10	W45 Janet Ossie	15.3
17:19.60	200m	13.3
14:59.60		
	M30 Gavin Macke	26.5
13:12.00	Jonathan Stone	26.8
1	Chris Essick	27.3
21.10	MAD Chausa Dura	24.0
	M40 Steven Bunn	24.9
	Mark Monroe	27.9
25.00	John Longland	29.5
19.10	M45 Steven Trulaske	26.1
C. Comment of	M45 Sleven Hulaske	20.1
10 10	M50 Roy Roberson	27.0
16.10	David Walker	27.6
and the same	Ernie Snodgrass	27.8
20.10	M55 James Seiler	26.5
19.80		
13.00	Stuart Radloff	26.8
The state of	Larry Rodenbeck	28.6
16.80	M60 Robert Simmons	30.2
1 17.20		
The state of the state of	Frank Tilton	33.0
** **	M65 Bill Wright	35.7
11-06	David Rahel	41.6
9-00	M70 Wendell Roehrs	30.6
	Wast Cabautis	
20-10.00	Vern Schewe	34.5
	M80 Curt Davison	36.5
18-04.00	400m	
18-01.50	M30 Richard Dawes	1:08.2
10 01 00	I IIII I I IIII I I I I I I I I I I I	1.00.2

	400m Hurdles	MEDIAN
11.8	M30 Brad Dittmar	55.4
11.8	Gavin Mackie	1:25.9
13.3	4x100m Relay	
11.6	M50 1 Ernie Snodgrass/Cra	aia
13.4	Kolb/Roy Roberson/	
	David Walker	54.1
14.9	2 Gilbert Castillo/Jack	10.00
12.3	Uhrig/Steve Terry/Bill	
12.4	Wright	59.6
12.6	4.400m Relay	No.
13.0	M40 1 Steve Trulaske/Davi	d
13.0	Walker/Ernie Snodgras	
15.5	Craig Kolb	4:40.0
13.0	M50 1 Steven Terry/Gilbert	
15.4	Castillo/Jack Uhrig/	
14.7		4:42.8
15.3	High Jump	100
15.9	M30 Dale Scheidemantle	6-04
16.9	M45 Bill Embry	4-04
14.2	M50 Garry Pirch	5-04
15.7	M55 Stephen Estep	4-06
16.0	M60 Henry Clapper	4-02
15.3	David Hood	4-00
20.5	M65 Rodger Young	4-04
26.5	M70 Wendell Roehrs	3-10
26.8	M75 C. L. Bruce	3-10
27.3 24.9	M80 Curt Davison	3-06
27.9	W35 Laura Sievert	4-00
	W45 Janet Ossie	3-10
29.5	Pole Vault	To the
26.1	M30 David Groves	15-00
27.0	M45 Pete Broder	12-00
2/h		

M60 Jack Hudson 13:22.9	M40 David Gladura
George Ruh 13:54.4	Tony James
M70 Fred Adams 9:59.1	Gary Hammock
M75 Lewis Mead 11:16.2	M45 Ted Goudge
M80 Curt Davison 12:12.1	Bill Embry
400m Hurdles	M50 Bob Draffen
M30 Brad Dittmar 55.4	David Couts
Gavin Mackie 1:25.9	Garry Pirch
4x100m Relay	M55 Bill Summers
M50 1 Ernie Snodgrass/Craig	Kevin Shaner
Kolb/Roy Roberson/	M60 Richard Lincoff
David Walker 54.1	George Ruh
2 Gilbert Castillo/Jack	Henry Clapper
Uhrig/Steve Terry/Bill	M65 Richard Cochran
Wright 59.6	Al Salmon
4.400m Relay	M70 Jim Young
M40 1 Steve Trulaske/David	M75 C. L. Bruce
Walker/Ernie Snodgrass/	Phillip Brusca
Craig Kolb 4:40.0	M80 Ed Curtis
M50 1 Steven Terry/Gilbert	W30 Andrea Monnino
Castillo/Jack Uhrig/	Kerry Morrow
	Pam Dapprich
High Jump M30 Dale Scheidemantle 6-04	W40 Connie Hall
	W45 Marj Locker
M45 Bill Embry 4-04	W50 Kathryn Plybon
M50 Garry Pirch 5-04	Lynn Vallandinghan
M55 Stephen Estep 4-06	
M60 Henry Clapper 4-02	Javelin
David Hood 4-00	M30 Jonathan Stone
M65 Rodger Young 4-04	Grant Baxter
M70 Wendell Roehrs 3-10	M40 Troy Dietz
M75 C. L. Bruce 3-10	Garry Hammock
M80 Curt Davison 3-06	M45 Bill Embry
W35 Laura Sievert 4-00	Bruce McGregor
W45 Janet Ossie 3-10	Ted Goudge
Pole Vault	M50 John Locker
M30 David Groves 15-00	Garry Pirch
M45 Pete Broder 12-00	David Couts
Bill Embry 9-06	M55 Larry Rodenbeck
M50 Kelly Meares 9-06	Larry Pauley
Eric Waldschmit 8-00	M60 David Hood
Garry Pirch 6-06	Henry Clapper
M55 Stephen Estep 9-06	George Ruh
M65 Rodger Young 8-00	M65 Rodger Young
M75 C. L. Bruce 6-00	M75 Phillip Brusca
Long Jump	C. L. Bruce
M30 Dale Scheidemantle 19-01.00	M80 Curt Davison
Fred Moore 18-07.75	Ed Curtis
Grant Baxter 13-09.50	W40 Connie Hall
M40 Edward Anderson 15-08.00	W45 Marj Locker
Bill Embry 15-04.75	Janet Ossie
Craig Kolb 12-09.50	W50 Lynn Vallandingha

	The second secon	
M45	Derrick Shelton	16-07.50
IVI43	Bill Weber	16-06.75
M50	David Walker	16-05.00
Market	John Locker	15-00.00
	Ellis Temple	11-01.00
M55	Larry Pauley Frank Tilton David Hood	9-11.00
M60	Frank Tilton	12-10.50 12-08.50
	David Hood	12-08.50
MICE	Henry Clapper Bill Wright	10-10.75
MOS	Rodger Young	11-07.00 10-03.25
MZO	Wendell Roehrs	11-04.00
WITU	Vern Schewe	10-06.00
M75	C. L. Bruce	11-02.50
MAO	Curt Davison	9-11.50
W45	Janet Ossie	13-02.00
Sec.	Marj Locker	11-04.00
W50	Lynn Vallandingham	
	e Jump	CONTRACTOR OF STREET
	Grant Baxter	28-03.75
	Edward Anderson	26-04.50
	Craig Kolb	25-07.25
M50	David Walker Garry Pirch	31-05.75
	Garry Pirch	28-08.25
3000	David Couts	27-00.50
	George Ruh	20-06.25
	C. L. Bruce	21-11.75
	Janet Ossie	24-03.50
W50	Lynn Vallandingham	14-07.00
	t Put	40.00.00
M30	Will Summers	48-09.00 40-11.00
	Todd Pitford Paul Kennedy	40-11.00
1440	David Gladura	37-01.00
14140	Tony James	33-01.00
	Gary Hammock	26-02.00
M45	Gary Hammock Bill Embry	11.28m
14140	Ted Goudge	11.03m
300	Bruce McGregor	9.69m
M50	Garry Pirch	10.10m
1	Kelly Meares	9.75m
	Bob Draffen	8.50m
M55	Kevin Shaner	10.22m
M60	George Ruh	9.62m
	Henry Clapper	8.86m
M65	Al Salmon	11.36m
M75	C. L. Bruce	9.37m
	Phil Brusca	8.86m
	Curt Davison	9.37m
W35	Kerry Morrow	31-07.25 31-05.75
14/40	Pam Dapprich	31-05.75
	Connie Hall	26-02.00
VV45	Marj Locker Janet Ossie	25.11.00 21-01.00
WSO	Kathryn Plybon	20-11.00
*****	Lynn Vallandingham	
Disc	us	10 01.00
	Will Summers	179-03
	Brian Phillips	108-05
THE R	Grant Baxter	98-06
M40	David Gladura	91-05
	Tony James	83-06
37.00	Gary Hammock	83-03
M45	led Goudge	110-11
	Bill Embry	105-09
M50		117-09
	David Couts	88-09
M55	Garry Pirch Bill Summers	103-09
IVIOO	Kevin Shaner	103-09 94-09
M60		110-01
00	George Ruh	90-07
-	Henry Clapper	79-10
M65		
THE REAL PROPERTY.	Al Salmon	109-02
M70	Jim Young	106-08
M75	C. L. Bruce	82-10
790	Phillip Brusca	81.09
	Ed Curtis	63-09
W30	Andrea Monnino	98-05

	91-05	MISS
	83-06 83-03 110-11 105-09	M60 M65
	117-09	M70
	84-01 103-09 94-09 110-01 90-07 79-10 154-05 109-02	M85 200r W30 W50 W55 W65 W70 M30
	106-08 82-10	M35 M40
	81.09 63-09	M45
	98-05 84-07 77-02	M50
	96-07 87-02	M55
m	61-04 49-02	M65
	108-00 87-09 159-02 80-07 140-00 125-06	M70 M85 400r W55 W65 M30 M35 M40
	120-01 116-03 103-00	M45 M50
k	94-06	M55
	80-01 102-02 94-04 89-03 87-08 73-01	M60 M65 800i M40 M45 M50 M60
		1 1

October 2006 M55 KATZ, RICK M60 BROWN, JERRY M75 MEARDON, ARNO

M75 MEARDÓN, ARNO
3000m
W40 LINOV, PAMELA
M40 BOGUS, JAMES
FORTE, CHRIS
M50 KRAUSZ, LEX
M60 BROWN, JERRY
3K Racewalk
W35 YOERG, DARLA
W50 GOSSERT, SHER
W55 MARTINO, MARIAN
AAMADOR, BARIE
W65 SINKOVEC, RITA
M45 BLANCHARD, MICH
M60 GUIFF, ED
M70 LYLE, JOHN
STRAUTINS, VILME
80mH

STRAUTINS, VILMA 80mH W70 JORDAN, BARBA DONLEY, CHRIST M80 HIRSIMAKI, FREI 100mH M50 PRICE, STACEY BROUN, JAMES RADIFF, DAN

300mH M65 KIRKPATRIK, RO M80 HIRSIMAKI, FREI 400mH M50 RADIFF, DAN M50 RADIFF, DAN M55 CHRISTENSEN, KEI Pentathion W70 DONLEY, CHRISI M45 HAMPTON, DAVII DRUMRIGHT, ELI M55 CHRISTENSEN, I IWEN, GENE SALAZAR, DAVID M60 MEYER, ALEX M70 LARKIN, RICHAR M80 HIRSIMAKI, FREI High Jump

High Jump W60 RAHAM, SHARON

W60 RAHAM, SHARO)
W70 DONLEY, CHRIST
M40 LEIGHTON, DAVE
M45 LEVINE, CRAIG
JOHNSON, RANI
M50 PIRCH, GARRY
SCHENK, ROB
MCMULTY, PAT
M55 GREEN, MIKE
M60 MEYER, ALEX
M65 FULTON, BOB
SOULE, GEORGE
ARNOLD, ED
M70 LANGENFELD, TY
ZAHN, ARMAND ZAHN, ARMAND M80 HIRSIMAKI, FREI

Long Jump W45 HAMPTON,LISA

W45 HAMPTON, LISA
W60 O'CONNOR, NAD
RAHAM, SHAROI
W65 HORIUCHI, KUMI
W70 JORDAN, BARBA
DONLEY, CHRIST
M45 LEVINE, CRAIG
JOHNSON, RAND
M50 SCHENK, ROB
PIRCH, GARRY
M55 HILL, MIKE
CLARK, MICHIAL
UNDERWOOD, JI
M60 MEYER, ALEX
M65 ARNOLD, ED
M70 LARKIN, RICHAR
ZAHN, ARMAND
Triple Jump

M/O LARKIN, HICHAH
ZAHN, ARMAND
Triple Jump
W60 RAHAM, SHAROI
M45 JOHNSON, RANI
M50 PIRCH, GARRY
M55 CLARK,MICHIAL
M60 DOMAINGUE, HE
MEYER, ALEX
M70 LANGENFELD, T
M80 HIRSIMAKI, FREI
POIE VAUIT
M60 MEYER, ALEX
M65 FULTON, BOB
M70 ZAHN, ARMAND
Shot Put
W40 FALZITTO-GOCK
W45 CHECK, VICKI
HAMPTON, LISA
W50 BLACKMORE, K,
PORTER, JANET
W60 RAHAM, SHARO
VAUGHN, REBEI
W65 YOUNG, CAROL
HORIUCHI, KUM

HORIUCHI, KUN

MORIUCHI, KUM
W70 DONLEY, CHRIS
M35 PHILLIPS, BRIAI
M50 VASQUES, GIL
M60 JOHNSON, LAVY
CHECK, RALPH
LIVERMORE, TE
M65 SOULE, GEORG
M70 VAUGHN, GERA
ZAHN, ARMAND
CARSTENSEN,
M75 JERRY DONLEY
CARLSON, ROB
Javelin

Javelin
W40 FALZITTO-GOCI
DIERKING, KIRS
W45 HAMPTON, LISA
W50 PORTER, JANE
W60 RAHAM, SHAR(
W65 YOUNG, CAROI
HORIUCHI, KUM
W70 DONLEY, CHRIS
BLOEMKER, HA
W80 MORGAN, DOR
M35 STONE, JONAT
M45 HALL, MIKE
M50 McNULTY, PAT

October 2000	A STATE OF THE PARTY OF THE PAR	National M	asters News		page 23
M55 KATZ, RICK 5:10.09 M60 BROWN, JERRY 6:14.78 M75 MEARDON, ARNOLD 7:41.57 3000m 1000 PAMELA 1000.00	VASOUES, GIL 30.04 M55 MORLAND, ED 45.80 OGAN, JIM 40.10 IWEN, GENE 31.10	W65 Lynne Clewell 38.84 W70 Joyce Trader 37.23 400m M50 David Ortman 57.03	M65 Alan Weaver 28:59 M70 Larry Wright 23:29 M80 Jim Silver 42:09	5K Road Race M55 Ken Konicek WY 19:33.93 M60 Clayton Kiewel WY 26:40.41 M65 Don Jacobson WY 26:24.04	M80 Glenn Hackney 32:43 W50 Colleen Newgaard 25:13 W55 Gail Koepf 24:14
W40 LINOV, PAMELA 12:30.80 M40 BOGUS, JAMES 10:33.60 FORTE, CHRIS 12:39.60 M50 KRAUSZ, LEX 12:19.00 M60 BROWN, JERRY 13:17.90	M60 SOKOLOSKI, LEONARD 40.05 MEYER, ALEX 30.05 LIVERMORE, TERRY 29.14 M65 FULTON, BOB 34.20 M70 ZAHN, ARMAND 27.18	M60 Stephan Peirce 1:09.95 M65 Joe Jones 1:15.70 M70 Larry Wright 1:23.75	M85 Leo Hardung 49:18 10K Road Race M50 Larry Mays 39:28 M55 Craig Andersen 41:13	W50 Terry Pawleska 32:10.62 W70 Della Works WY 39:50.36 10K Road Race M55 Ken Konicek WY 40:06.63	W60 Charlotte Berdahl 33:50 W65 Cam Carlson 33:15 W70 Ruth Knapman 47:03
3K Racewalk W35 YOERG, DARLA 18:44.40 W50 GOSSERT, SHERRIE 18:08.50 W55 MARTINO, MARIANNE 17:08.20	M70 ZAHN, ARMAND 27.18 WHITE, HAROLD 25.40 M75 CARLSON, ROBERT 15.92 M80 HIRSIMAKI, FRED 26.74 Hammer	M75 Paul Flanagan 1:22.68 W55 Barbara Johnson 1:45.87 W60 Susan Gillespie 1:44.38 W65 Louise Mihay 1:37.17	M60 Brian Fitzpatrick 43:26 M75 Hans-Rudolf Gahler 54:31 Wyoming Senior	M65 Myron Meredith WY 51:54.00 W50 T Pawleska WY 64:07.00 Alaska International	SMAC Ultraweight Pentathlon, Seattle, WA Sept. 9 M40-49
AAMADOR, BARB 17:46.90 W65 SINKOVEC, RITA 19:59.90 M45 BLANCHARD, MICHAEL 15:27.40 M60 GUIFF, ED 19:57.10	W40 FALZITTO-GOCKEN, D. 23.10 W45 HAMPTON, LISA 18.55 W60 RAHAM, SHARON 22.57 W65 YOUNG, CAROL 30.40	800m M50 Bob Prather 2:11.11 M55 Bill Yake 3:17.67 M60 Rich Tucker 2:39.1h	Olympics Gillette; Aug. 3-5	Senior Games Fairbanks; Aug. 13-22 50m	35#/56#/98#/200#/300# Doug Parsons 45 4185 13.62/9.63/3.73/2.43/1.35
M70 LYLE, JOHN 22:41.80 STRAUTINS, VILMARS 24:31.00 80mH W70 JORDAN, BARBARA 18:06	W70 DONLEY, CHRISTEL 17.60 M35 PHILLIPS, BRIAN 36.32 M45 TREECE, RANDE 49.61 M55 EDWARDS, TIM 36.72	M65 Douglas Woollen 2:55.56 M70 Larry Wright 3:11.06 M75 Paul Flanagan 3:03.99	50m M55 Doug Bryant WY 7.91 M65 Darrell Short WY 8.5h M70 Doug McFetters AZ 8.40	M50 Tom Ojala 6.9 M55 Steve Smith 7.4 M65 Jim Madonna 8.1 W50 Coleen Newgaard 10.7	Tim Shannon 43 3567 12.98/8.52/4.48/1.72/1.12 Jeff Crothers 47 2880 10.78/7.77/2.85/1.62/0.73
DONLEY, CHRISTEL 18:22 M80 HIRSIMAKI, FRED 18:57 100mH M50 PRICE, STACEY 14:82	M60 MALTBY, BOB 32.06 M60 LIVERMORE, TERRY 25.70 MEYER, ALEX 21.14 M65 HERRON, ROBIN 32.80	W50 Sherri Prather 3:47.27 W55 Barbara Johnson 3:56.49 W60 Nedra Darnell 3:30.89 W65 Louise Mihay 3:45.22	M85 Mike Kilmer WY 12.02 W65 Marion Krueger MN 8.04 W75 Oleta Thomas WY 15.52 W80 Mary Ann Boe WY 10.6h	W55 Bobbie Ritchie 8.7 W60 Charlotte Berdahl 11.9 W65 Cam Carlsen 10.9 100m	Matt Gaynor 41 2227 8.76/6.30/2.94/1.30/0.84 Ken Jansson 45 1973 16.81/10.64///-
BROUN, JAMES 16:05 RADIFF, DAN 16:28 300mH M65 KIRKPATRIK, RON 52:04 M80 HIRSIMAKI, FRED 1:25.54	M70 CARSTENSEN, PAY 32.98 SPENCER, VERN 30.51 Discus W40 FALZITTO-GOCKEN, D. 29.16 DIERKING, KIRSTEN 24.85	1500m M50 Bob Prather 4:49.17 M55 Bill Yake 7:03.70 M60 Joe Wilcox 5:44.66	W90 Bette Keefer CO 16.35 100m M50 Michael Donohue WY12.55	M50 Tom Ojala 13.5 M55 Steve Smith 14.5 M65 Jim Madonna 15.7 W55 Bobbie Richie 16.5	M50-59 25#/56#/98#/200#/300# Jim Wetenhall 51 5142
400mH M50 RADIFF, DAN 1:10.73 M55 CHRISTENSEN, KEVIN 1:14.71 Pentathion	W45 CHECK, VICKI 18.57 HAMPTON,LISA 17.43 W50 PORTER, JANET 13.03 W60 RAHAM, SHARON 22.14	M65 Douglas Woollen 6:03.99 M70 Larry Wright 6:37.15 M75 Paul Flanagan 6:30.78	M60 Eric Hill FL 13.7h Clayton Kiewel WY 15.85 M65 Alex Meyer NE 15.5h Darrel Short WY 17.35	W60 Charlotte Berdahl 23.5 W65 Cam Carlsen 22.5 200m	19.27/10.29/5.42/2.57/1.69 Todd Taylor 59 4807 16.73/9.09/4.14/1.58/0.92 Dennis Cameron 57 3430
W70 DONLEY, CHRISTEL 3446 M45 HAMPTON, DAVID 2402 DRUMRIGHT, ELLIOT 1714 M55 CHRISTENSEN, KEVIN 3236	W65 YOUNG, CAROL 18.25 HORIUCHI, KUMI 10.81 W70 DONLEY, CHRISTEL 18.07 BLOEMKER, HARRIET 16.29	W55 Barbara Johnson 7:50.42 W60 Susan Gillespie 8:32.83 W65 Louise Mihay 7:29.22	M70 Carroll Marty IA 16.42 John Creger WY 20.02 M85 Mike Kilmer WY 20.2h W65 Marion Krueger MN 19.59	M50 Tom Ojala 27.7 M55 David McDowell 31.2 M65 Jim Madonna 33.0 W50 Coleen Newgaard 43.2	15.28/7.20/3.04/1.36/0.61 Bob Sager 58 3363 12.49/6.13/2.79/1.33/0.80 Richard Watson 54 2849
IWEN, GENE 2672 SALAZAR, DAVID 3432 M60 MEYER, ALEX 2202 M70 LARKIN, RICHARD 2094	M35 PHILLIPS, BRIAN 32.94 M45 HALL, MIKE 34.10 M50 VASQUES, GIL 31.50 McNULTY, PAT 22.07	High Jump M50 Bruce McLean M55 Jimmy Crittenden M60 Ron Tienhaara 4-4	W70 Dee Bicek WY 20.36 W75 Oleta Thomas WY 31.62 W80 Mary Ann Boe WY 19.93	W55 Bobbie Richie 35.7 W60 Charlotte Berhahl 52.4 W65 Cam Carlsen 55.0 400m	13.87/6.69/2.74/1.29/0.63 Hank Konen 59 2117 17.28/8.30///-
M80 HIRSIMAKI, FRED 2550 High Jump W60 RAHAM, SHARON 1.05 W70 DONLEY, CHRISTEL 1.12	M55 IWEN, GENE 31.21 M60 LIVERMORE, TERRY 36.21 CHECK, RALPH 36.20 MEYER, ALEX 35.52	M65 Les East 4-2 M70 Bob Brown 4-0 M75 Albert Erickson 3-8 M85 Gilbert Splaine 3-6	W90 Bette Keefer CO 33.4h 200m M55 Charlie Powell WY 25.54 M60 Eric Hill FL 30.29	M50 Rich Boone 1:07.3 M55 Jim Loftus 59.9 M65 Jim Madonna 1:13.5	Ray Burton 50 1806 18.00/9.09// Tim Edwards 58 1641 /7.31///0.86
M40 LEIGHTON, DAVE 1.60 M45 LEVINE, CRAIG 1.60 JOHNSON, RANDALL 1.30 M50 PIRCH, GARRY 1.65 SCHENK, ROB 1.45	M65 SOULE, GEORGE 34.06 FULTON, BOB 29.02 M70 SPENCER, VERN 28.03 ZAHN, ARMAND 24.43 M75 CARLSON, ROBERT 22.94	W65 Fran Meizer 3-7 Pole Vault M50 Louis Baucom 13-0	Clayton Kiewel WY 33.67 M65 Michael Reed WY 34.10 M70 Carroll Marty IA 34.04 John Creger WY NTA M85 Mike Kilmer WY 51.81	W50 Genny McDowell 1:40.9 W65 Peggy Bikenbuel 2:57.2 800m M50 Jim Loftus 2:20	Tom Meyer 55 1516 16.51//2.64/0.29/ M60-69 20#/56#/98#/200#/300#
McNULTY, PAT 1.25 M55 GREEN, MIKE 1.15 M60 MEYER, ALEX 1.20 M65 FULTON, BOB 1.25	Weight Throw W45 HAMPTON,LISA 6.77 W65 YOUNG, CAROL 11.70 M35 PHILLIPS, BRIAN 10.96	M55 Philip Milliman 10-6 M65 Don McCrea 8-6 M70 Charles Milliman 6-6 Long Jump	W55 Susan Hill FL 38.94 W70 Dee Bicek WY 48.27 W75 Oleta Thomas WY 1:16.64 M80 Mary Ann Boe WY 47.52	M65 Jim Madonna 2:49 W50 Coleen Newgaard 3:35 W60 Charlotte Berdahl 4:37 W65 Cam Carlsen 4:53	Tom Gage 63 5902 20.85/8.51/3.85/2.18/1.21 Bob Cahners 64 4671 16.44/6.94/3.27/1.76/0.90
SOULE, GEORGE 1.20 ARNOLD, ED 1.10 M70 LANGENFELD, TOM 1.45 ZAHN, ARMAND 1.30	M45 TREECE, RANDE 14.92 M60 MALTBY, BOB 13.27 LIVERMORE, TERRY 12.16 M65 HERRON, ROBIN 11.72	M50 Michael Brouillette 12-7.75 M60 Gary Viggers 13-8 M65 Les East 12-3.50 M70 Richard Harrison 12-7	400m M55 John Pawleska WY 1:11.12 M60 Clayton Kiewel WY 1:20.44 M65 Alex Meyer NE 1:27.32	1500m M50 Rich Boone 5:35 M55 Rick Wilson 5:46 M65 Jim Madonna 5:53	Ed Burke 66 4404 18.39/6.99/3.28/1.04/0.71 Robin Herron 69 2594
M80 HIRSIMAKI, FRED 1.20 Long Jump W45 HAMPTON,LISA 2.50 W60 O'CONNOR, NADINE 4.55 RAHAM, SHARON 2.97	M70 CARSTENSEN, PAY 13.01 Superweight W40 FALZITTO-GOCKEN, D. 4.69 W45 HAMPTON, LISA 4.02 W65 YOUNG, CAROL 6.40	M75 Albert Erickson 9-8.75 M85 Gilbert Splaine 9-1.50 W55 Cindy Rowe 8-1 W60 Nedra Darnell 11-1.75	M70 Carroll Marty IA 1:34.15 W50 Terry Pawleska WY 1:51.27 W55 Susan Hill FL 1:43.27 W70 Dee Bicek WY 2:02.64 W75 Mary Holbert WY 3:28.02	W50 Ginny McDowell 7:24 W65 Cam Carlsen 9:29 3000m M50 Rich Boone 12:10.7	11.65/4.16/2.35/0.76/0.23 George Mathews 63 2145 20.00/8.25///- M70-79
W65 HORIUCHI, KUMI 2.27 W70 JORDAN, BARBARA 3.38 DONLEY, CHRISTEL 2.94 M45 LEVINE, CRAIG 4.37	M35 PHILLIPS, BRIAN 6.89 M45 TREECE, RANDE 9.56 M55 EDWARDS, TIM 7.24 M60 LIVERMORE, TERRY 5.02	W65 Fran Melzer 9-7.75 W70 Joyce Trader 10-0.50 Triple Jump M50 David Ortman 33-6	800m M55 John Pawleska WY 2:41.9h M60 Clayton Kiewel WY 3:10.10 M65 Alex Meyer NE 3:31.17	M55 Dan Callahan 11:11.8 M65 Jim Madonna 13:15.4 W55 Gail Doeph 13:52.7 Long Jump	16#/35#/56#/98#/200# Bob Ward 73 5539 18.81/9.76/5.93/2.99/1.79 Doug Tomlinson 74 4885
JOHNSON, RANDALL 3.50 M50 SCHENK, ROB 4.42 PIRCH, GARRY 4.17 M55 HILL, MIKE 5.05 CLARK, MICHIAL 4.48	MALTBY, BOB 5.04 M65 HERRON, ROBIN 4.06 M70 CARSTENSEN, PAY 7.59 Weight Pentathlon W40 FALZITTO-GOCKEN, D. 2409	M55 Jimmy Crittenden 31-5 M60 Paul Roberts 27-6.50 M65 Les East 27-6 M70 Ruggles Larson 15-5	M75 Jim Schriber SD 3:56.15 W55 Susan Hill FL 3:49.99 W70 Della Works WY 5:09.90 1500m M55 Ken Konicek WY 5:41.07	M65 Jim Madonna 9-10 W55 Bobbie Ritchie 9-10 W65 Cam Carlson 6-9	14.43/8.12/5.02/2.85/1.55 Pay Carstensen 74 4475 11.41/7.61/4.47/2.88/1.53 Harvey Lewellen 77 2055
UNDERWOOD, JEFF 3.70 M60 MEYER, ALEX 3.54 M65 ARNOLD, ED 3.18 M70 LARKIN, RICHARD 3.80	W45 HAMPTON,LISA 1944 W60 RAHAM, SHARON 3360 W65 KAYLOR, JOY 3473 YOUNG, CAROL 3884	Shot Put M50 Christopher Penoyer 36-7 M55 Howard Kellogg 28-3	M60 Clayton Kiewel WY 7:26.10 M65 Myron Meredith WY 6:57.09 M75 Jim Schriber SD 8:53.70 W60 Marion Burr WY 7:46.48	Shot Put 24-1 M55 Howard Hansen 24-1 M60 Chuck Lemke 29-1 M65 Ron Small 37-1	14.46/8.19// Bob Lawson 71 1707 15.99/8.31// Jerry Wojcik 76 1511
ZAHN, ARMAND 3.10 Triple Jump W60 RAHAM, SHARON 6.20 M45 JOHNSON, RANDALL 8.65	W70 DONLEY, CHRISTEL 3695 M45 HAMPTON, DAVID 1898 TREECE, RANDE 3263 M50 PIRCH, GARRY 2141	M60 George Mathews 41-7.50 M65 Gary Peterson 33-9 M70 Bob Lawson 40-1 M75 Del Alaways 30-5	W70 Della Works WY 11:07.60 Discus M55 James Brogan MT 104-9 M60 Ron Damschen CA 127-9	M70 Bill Blockulsky 25-9 M90 Tim Sanders 17-6 W55 Andrea Gelvin 22-1 W65 Peggy Birkenbuel 20-0	11.99/6.12// Tom Allison 76 1371 11.19/5.55//
M50 PIRCH, GARRY 8.23 M55 CLARK, MICHIAL 9.65 M60 DOMAINGUE, HERMAN 8.00 MEYER, ALEX 6.78	M60 PERCY, IAN 4181 MALTBY, BOB 3149 LIVERMORE, TERRY 2938 M70 CARSTENSEN, PAY 2904	M80 Richard Clayton 27-5 M85 Leonard Krause 26-9 W55 Deborah Dohrmann 23-3.50 W60 Francia Reynolds 22-9.50	Willard Noseep 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	Discus 95-6 M55 Rick Wilson 95-6 M60 Chuck Lemke 91-11 M65 Jerry Harwood 111-3	12#/25#/35#/56#/98# Vince Sempronio 80 3270 11.93/7.23/5.46/3.36/1.67
M70 LANGENFELD, TOM 8.34 M80 HIRSIMAKI, FRED 7.70 Pole Vault M60 MEYER, ALEX 1.70 M65 FULTON, BOB 2.30	NORTHWEST Washington State Senior	W65 Fran Melzer 24-1.50 Discus M50 Christopher Penoyer 116-3 M55 Howard Kellogg 92-0	W50 Susan Ruff WY 83-8 W55 Susan Hill FL 54-1 W65 Marion Krueger MN 56-8 W70 Della Works WY 33-6	M70 Bill Blockulsky 49-4 M90 Tim Sanders 43-7 W55 Andrea Galvin 53-9	Leon Joslin 94 415 5.23/3.22// W40-49 20#/35#/56#/98#/200#
M70 ZAHN, ARMAND 1.55 Shot Put W40 FALZITTO-GOCKEN, D. 9.43 W45 CHECK, VICKI 7.37	Games, Olympia July 28-30	M60 Jack Miller 119-9 M65 Conrad Sundholm 124-6 M70 Bob Lawson 125-1 M75 Del Alaways 96-1	W75 Barbara Brandt WY 56-8 1500m RW M55 Robert Shires IA 8:36.00 Dennis Pineda WY 10:32.25	Javelin M55 Howard Hansen M60 Chuck Lemke 70-7	Laurie Jinkins 41 3303 11.51/7.15/4.12/2.33/- W50-59 16#/25#/35#/56#/98#
HAMPTON,LISA 6.71 W50 BLACKMORE, KAREN 6.65 PORTER, JANET 5.59 W60 RAHAM, SHARON 7.71	50m 7.02 M50 David Ortman 7.02 M55 Willie Venable 7.24 M60 Charles Brocato 7.27	M80 Les Metzger 76-9 M85 Myron Dover 67-3 W55 Deborah Dohrmann 51-5	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 W70 Dee Bicek WY 11:54.26	M65 Ron Small 82-4 M90 Tim Sanders 40-6 W55 Barb Doogan 31-10 W65 Peggy Birkenbuel 48-0	Joyce Taylor 56 4326 11.15/8.37/5.06/2.48/1.88 W60+ 12#/25#/35#/56#/98#
VAUGHN, REBECCA 5.86 W65 YOUNG, CAROL 7.32 HORIUCHI, KUMI W70 DONLEY, CHRISTEL 7.80 M35 PHILLIPS, BRIAN 11.72	M65 Sam Bradley 7.94 M70 Charles Benjamin 8.58 M75 A. Markantonatos 8.46 M80 Richard Clayton 11.12	W60 Francia Reynolds 58-9 W65 Fran Melzer 60-11 Hammer M55 John Dohrmann 96-2	Dennis Pineda WY 10:32.25 5000m RW M55 Brent Marsden WA 30:52.00 M75 Richard Weaver CO 34:41.15	5K Road Race M50 Rocky Rifenstahl 19:21 M55 Edward Callaghan 29:51 M65 Jim Cavanaugh 29:07	Georgia Cutler 63 3564 12.50/5.87/3.93/2.44/1.29 Melicent Whinston 79 1151 6.07/3.12//
M50 VASQUES, GIL 10.79 M60 JOHNSON, LAVANE 12.02 CHECK, RALPH 11.65 LIVERMORE, TERRY 11.43	M85 Gilbert Splaine 10.02 W55 Deborah Dohrmann 9.63 W60 Lynne Clewell 8.97 W70 Joyce Trader 9.01	M60 Todd Taylor 176-9 M65 Les East 88-9 M70 Bob Lawson 121-2 M75 Ken Weinbel 75-2	Seattle Hammer Throw, S		Kellogg 6K 23.43 Gage 5K 51.73
M65 SOULE, GEORGE 10.98 M70 VAUGHN, GERALD 15.21 ZAHN, ARMAND 11.51 CARSTENSEN, PAY 10.02	M50 Brian Reiswig 13.79 M55 Jimmy Crittenden 13.22	M85 Leonard Krause 69-8 W55 Joyce Taylor 114-10 W65 Fran Melzer 60-8 Javelin	Age Name Wt. M45 Ken Jansson 16# Tim Shannon 16#	Mark M65 Ed Jeff Robin	Cahners 5K 42.34 Burke 5K 50.45 Chase 5K 37.65 Herron 5K 31.12
M75 JERRY DONLEY CARLSON, ROBERT 7.05 Javelin W40 FALZITTO-GOCKEN, D. 23.12 DIERKING, KIRSTEN 22.37	M60 Charles Brocato 13.36 M65 Paul Edens 13.02 M70 Charles Benjamin 15.98 M75 A. Markantonatos 15.89	M50 Eugene Bradshaw 112-0 M55 Drew Stevick 133-1 M60 Ron Tienhaara 123-4 M65 Gary Stenlund 180-11	M50 Jim Wetenhall 6k Ray Burton 6K M55 Hank Konen 6K Tom Meyer 6K	52.46 51.42 48.21 46.25 M70 Bob Doug M75 Harvey Tom	Ward 4K 49.48 Tomlinson 4k 35.90 Lewellen 4K 38.34 Allison 4K 29.31
W45 HAMPTON,LISA 16.73 W50 PORTER, JANET 11.42 W60 RAHAM, SHARON 28.82 W65 YOUNG, CAROL 19.32	W55 Deborah Dohrmann 18.76 W65 Lynne Clewell 17.74 W70 Joyce Trader 17.10 200m	M70 Bob Lawson 116-5 M75 Del Alaways 114-2 M85 Myron Dover 50-11	Dennis Cameron 6K Bob Sager 6K	46.25 42.50 35.69 M90 Leon	Wojcik 4K 28.96 Joslin 3K 13.68
HORIUCHI, KUMI 10.20 W70 DONLEY, CHRISTEL 23.88 BLOEMKER, HARRIET 19.50 W80 MORGAN, DOROTHY 15.98	M50 Brian Reiswig 28.52 M55 Jimmy Crittenden 27.25 M60 Charles Brocato 27.82 M65 Paul Edens 26.86	W55 Deborah Dorhmann 46-5 W65 Janice Btradlwy 46-10 5K Road Race M50 David Richard 18:07	www.natio	nalmasters	news com
M35 STONE, JONATHAN 35.40 M45 HALL, MIKE 31.40 M50 McNULTY, PAT 34.56	M70 Charles Benjamin 35.01 M75 A. Markantonatos 35.00	M55 Timothy Oguri 19:32 M60 Joe Wilcox 21:31			

M60 Bob Grocholski

16:02h

October 2006 M50 1 Yax I., Federic 2 Cortés de la L 3 López L., Alfre M55 1 Olvera C., Luis 2 Cisneros M., M 3 Galicia, Leonel M60 1 Bautista C., Me 2 Martinez, Ánge 3 Argueta, Carlos M65 1 Castañeda, Jos 2 Pol L., Lucio M70 1 Davies, Roger 2 Krolow, Gerha 3 Cadena M., Fe M75 1 López M., Jua 2 Morales O Ju 3 Agosto, Epifani M80 1 Velasco P., Tor W30 1 Castro, Ana L W35 1 López, Maida W40 1 Cornelio T., Ar 2 Garcia, Suzar 3 Castro, Vilma W45 1 Conde M., Mar 2 Zavala, Brenda 3 Castillo V., Mar W50 1 Cordero F., Ma 2 Martinez S., Me 3 Lengoff E., Sor W55 1 Baltazar C., Eld 2 Zamora D., Ma 3 Rivera, Maria d Garcia D., Jos W65 1 Vásquez M., M. 2 Frazer-Munroe, Rut W70 1 Visser, Helena **Short Hurdles** M30 3 Heriberto S. Cu M35 1 Drummond, Do M40 1 González Z., Ju 1 McCloud Dexte Burgos, Alfred I 3 Juárez H., Artur M50 1 Alicea R., Ange M55 1 Black, Ivan G. 2 Cañas, José 1 Septien R., Ma M65 1 Rodriguez, Ger M70 1 Hernandez M 2 *Berardi, Jose M75 1 Calderón D., M 2 Pillot, Domingo W40 1 Molina R., Mari W55 1 Trott, Rhona E. Long Hurdles M30 1 Heriberto S., C M35 1 Drummond, Do 2 Grant Cois M45 1 Rodriguez G., C M50 1 Piedrasanta, Jo M55 1 Black, Ivan G. M60 1 Judson, Fred 3 Sett. Pedro M70 1 Hernández M 2 *Berardi, Jose W40 1 Molina R., Mar 2 Berrios C., Dul W55 1 Trott, Rhona E W65 1 Tang, Mónica A 2000m Steeplechase M60 1 Septien R., Ma M70 1 *Berardi Jose M75 1 Torres R., Luis W30 1 Oliveros, Sand 3000m Steeplechase M40 1 Jeréz S, Delm M45 1 Rodríguez G., 2 *Crocamo, Ca M50 1 Piedrasanta, J 2 López L. Alfre 3 Melgar, Jorge M55 1 Hernández V., Half-Marathon M35 1 Marroquin G., M40 1 Martinez, Alfre 2 Yax I., Enrique 3 Santeliz, Julio M45 1 Rodas O., Ne 2 Viruet R., Elso 3 Sotelo H., Rue M50 1 Yax I., Federic 3 Martinez S., J M55 1 Olvera C., Lui Fournier Z., N 3 Sanchez, Nef 1 Bautista C., N 2 Martinez, Ang 3 Argueta, Carlo 1 Hernández, F M60 M65 2 Meza, Juan

Caceres Hec

M70 1 Vera R., Reyr M75 1 López M., Jus

2 Agosto, Epifa W30 1 Marroquin G.

W40 1 Cornelio T., A

W45

2 Coy, Nora E

3 Villegas H., G 1 Zavala, Brend 2 Castillo V., M

34:27.00 29:23.00

32:13.00

32:47.00

NIC

GUA

PUR

Saskatchewan Provincial Championships, Regina Saskatchewan, Canada

CANADA

June 29-30 100m W45 Laurie Meloche. 14.16 W60 C. LaFayette-Boyd W65 Joan Vogel 14.66 M40 Rob Young 13.45 M65 Bob Edwards 17.61 200m W40 Laurie Meloche 28 44 W60 C. LaFayette-Boyd 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 M60 Doug Renwick 2:30.35 1500m M60 Dave Olsen 5:04.27

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

M40 Kelly Shuma 32.28 M65 Bob Edwards Shot Put W60 Carolyn Thauberger W65 Margaret Tosh M65 Bob Edwards 6.22 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 Sproxton 19.92h W60 C. LaFayette-Boyd 13.98h W65 Joan Vogel 16.15h W70 M. McCarron-Eger 16.52h 16.15h W75 Doreen Erskine 25.78h M55 Gary Miller 12.65h M65 Fred Harland 13.37h M70 Ken Epp M75 Andrew Dziadyk 13.87h M75 Andrew Dziady 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 M70 Ken Epp 31.79h 30.97h 43.61h M80 Max Coates 400m W60 Sherrill Forsyth 1:50.75h W65 Polly Wardle W70 M. McCarron-Ege 1:46.23h 45 97h M60 Bruce Hern M65 Fred Harland 1:27.45h 16 60h M70 Ken Epp M80 Max Coates 2:16.98h 800m W55 Lefa Sproxton 4:04 47h W60 Sherrill Forsyth 3:59.16h W65 Polly Wardle W70 Gloria Ritter 4.28 02h M60 Doug Renwick M65 Fred Harland M70 Ken Epp 2:34.55h

M80 Max Coates

1500m W55 Lefa Sproxton

W60 Sherrill Forsyth M60 Doug Renwick M65 Bill Woodward

3:29.66h

5:40.64h

8:25.53h

8:21.19h

5:54 97h

6.48.14h

W55 Denise Griffin 10.0211 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 W65 Myrtle Bell 4.07m W70 Gwen Boivin M55 Richard Hartley 2.68m 4.12m 3.9m M60 Art Evenson M70 Joe Koza 3.87m Triple Jump W60 C. LaFayette-Boyd 8.7m W70 Gwen Boivin M55 Richard Hartley 6.64m 9.02m M60 Roland Delhomeau 7.94m M65 Bob Edwards 8.06m 8.06m M70 Joe Koza Discus W55 Debi Heit 17 92m W60 Faye Ann Logan W65 Joan Vogel W70 Marian Tarnes 17.46m 18.85m 15.47m 10.42m W75 Anne Cholod WRO+ Anne Dyson M55 Doug Yates

3000m W55 Denise Griffin

M65 Bob Edwards M70 Stanley Halliwell M75 Andrew Dziadyk 28.47m 22.45m M80+ Ralph Bergland 17.53m Javelin 20.08m W55 Debi Heit W60 Elly Neufeldt W65 Polly Wardle W70 Lil Ferguson W75 Anne Cholod 17.05m 17.81m 17.41m 13.54m 6.84m W80+ Anne Dyson M60 Doug Renwick M65 Bob Edwards 26 24m 26.76m M70 Stanley Halliwell M75 John Kolynchuk 12.45m M80+ Ralph Bergland 8.9m Shot Put 7.51m W55 Debi Heit W60 Elly Neufeldt W65 Joan Vogel W70 Marian Tarnes 7.15m 7.52m 6.11m W75 Anne Cholod 6.31m M55 Doug Yates 7.32m M60 Art Evenson 9.2m 9.7m 6.52m M65 Bob Edwards M70 Stanley Halliwell M75 Andrew Dziadyk 7.67m M80+ Ralph Bergland

Guatemala City, Guatemala; Aug. 24-27

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

Juárez G., Guillermo A.

PUR

GUA

TRI

26.69

27.68

31.92

3 Cruz P., Gustavo

3 Ovalle P. Manuel R.

M55 1 Hyland, Noel E 2 Reyes, Rolando G

M60 1 Picorelli, Wilfredo R 26.79 Samuels D., Arthur L. CRC 27 56 3 Martinez F., Arturo M65 1 Stevenson, Robert MEX 28.30 TRI 2 Romero J., Leonido 3 Valles A., Victor MEX 28.47 MEX 31.43 M70 1 Romain, Ralph I. TRI 29.78 Hernández M., José MEX 29.96 3 Ponce, Oscar E. M75 1 Roa M., Gabriel GUA MEX 38.13 Tejada V., Antonio Rodríguez, Rosana L. 41.72 MEX M85 W30 GUA 2 Perez, Romelia A. GUA 40.46 3 Pineda de la C., Heidy M GUA W35 1 Kuczalska, Agnieszka 2 Sánchez M., Irene MEX 42.22 31.84 3 Martinez, Gimena W40 1 Carty, Linda M. ESA 34 50 USA 31.15 2 Berrios C., Dulce M. 31.91 1 Lauridsen, Susanne v. 2 Boesche, Ileana M. 3 Retana V., Lauren CAN W45 CRC 31.91 W50 1 Vega R., Maria S. 2 Reyes, Cheryl A. 3 Martinez T., Graciela PUR TRI 31.34 MEX 32.01 W55 1 Trott. Rhona E CAN 32.86 2 Martinez, Luz IV. 3 Vidal V., Susana Martinez, Luz M. 34.43 MEX W60 1 Hernadez B Nieves MEX 36.57 Jacobo F., Susana 39.67 3 Cruz, Ada L. 41.04 GUA W65 1 Bayardo C., Amalia W70 1 Tang, Mónica A. 2 Félix P., Hermelinda MEX 41 11 MEX 46.97 3 García B., Carmen L. W75 1 De Ruiz, Marta MEX 54.34 57.70 GUA 2 Casas M., Emma B. W80 1 Flores O., María G. W85 1 Martinez R., Modesta MEX 1:07.30 MEX 1:13.32 59.57 2 Ramírez B. María MEX 1:15.34 400n M30 1 Torres M., René MEX 1:01.49 M35 1 Grant, Cois JAM 50.63 2 Williams, Lawrence A. 3 Madrigal M., Carlos A. CAN 51.05 CRC 51.59 M40 1 Mulazim, Khalid USA 51.54 Valenzuela M., Manuel de 58.50 3 Morales E., René A. GUA 59.46 57.19 M45 1 *Grenald, Rodolfo PAN Leiva, Reynaldo A. 58.98 3 Leyva S., José L. M50 1 Juárez G., Guillermo A. 2 Salanic S., Francisco 3 Jiménez, José L. MEX 59.21 GUA GUA 1:04.46 M55 1 Hyland, Noel E TRI 1:02.20 2 Reyes, Rolando G. 3 Orellana, Mario E. GUA **GUA** 1:10.99 M60 1 Samuels D., Arthur L. 2 Martinez F., Arturo 3 Argueta, Carlos H. CRC 1:01.04 MEX GUA 1:06.66 1:12.46 M65 1 Romero J., Leonido MEX 1:03.21 2 Stevenson, Robert 3 Chajón, Miguel A. TRI 1:23.65 M70 1 Romain, Ralph I. TRI 1:11.12 Laurence, Daniel GUA 3 Ponce, Oscar E 1:15.65 M75 1 Calderón D., Mario GUA 1:14.50 2 Roa M., Gabriel 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. W35 1 Martinez, Gimena GUA 1:26.37 W40 1 Berrios C., Dulce M. NIC 1:08.66 CAN W45 1 2 Boesche, Ileana M.
3 Vazquez P., Concepción MEX
W50 1 Martinez T., Graciela
2 Flores M., Paula
MEX
3 Santiago P., Blanca I.
PUR 1:13.74

W55 1 Martinez, Luz M 2 Vidal V., Susana MEX 1:21.26 1:21.77 3 Gaytán P., Francisca MEX W60 1 Cruz, Ada L GUA 2 Jacobo F., Susana 3 Alpizar H., Ninfa W65 1 Lobo C., Betty 2 Vásquez M., María C. 3 Estrada M., Graciela MEX 1:29.32 MEX CRC 1:34.54 GUA 1:54.48 1:58.51 W70 1 Félix P., Hermelinda MEX 1:58.51 W75 1 De Ruiz, Marta GUA 2:01.50 M30 1 Torres M., René MEX 2:14.46 Cifuentes C., Juan P. Madrigal T., Freddy A. GUA 2:14.97 2:04.02 M35 1 HON 2 Calix, Ivanhoe 2:14.72 3 Torres Ch., Oscar J. 1 Rivera Q., Philip 2 Valenzuela M., Manuel de MEX PUR M40 1 2:10.49 MEX 2:15.88 Jeréz S, Delmar R. Rodas O., Neri S. GUA M45 1 **GUA** 2:10.69 2 Johnson-Brereton, Curtis TRI 2:14.07 3 Segura A., Zenón M50 1 Juárez G., Guillermo A. MEX 2:21.93 2 Villagrán C., Gustavo A. 3 Barrios M., Alberto 1 Fournier Z., Marco A. 2 Thomas, Errol E. GUA MEX CRC 2:24.24 2:52.08 2:32.63 2:34.24 M55 TRI 3 Ramírez A., José R. 1 Judson, Fred 2 Mendiola D., Carlos I. GUA 2:37.80 M60 MEX 2:34.24 3 Contreras De La O., Basi MFX 2:40.61 M65 1 Chajón, Miguel A. 3:03.00 2 López, Julio E. GUA 3:24.90 Ramirez B., Francisco M Cadena M., Felipe M70 1 MEX 2:57.92 MEX CAN 2:58.32 3 Krolow, Gerhard 3:01.57 López M., Juan Morales O., Juan J. MEX M75 GUA 3:33.93 3 Fine, Robert G. M80 1 Tejada V., Antonio W35 1 González O., María G. USA 4:04.04 MEX MEX 2:41.12 2 Sampson, Ana 3 Fernández I., Ángela **ESA** 2:47.85 3:08.09 2:54.38 W40 1 Garcia, Suzan TRI 2 Rodríguez R., María G. MEX 3 Coy, Nora E. GUA W45 1 Roldán R., María del R. MEX 2:58 16 2:37.89 2 Fernández M., Rosemary CRC 3 Viramontes R., Silvia MEX W50 1 De Briz, Olga M. GUA 3:07.68 2:53.31 2 Urizar, Maria GUA 3:33 58 3 De León M., Esperanza W55 1 Gaytán P., Francisca 2 Calderón L., Marita 3:07.11 MEX 3:07.39 3:15.84 CRC 3 Jolón A., Elvira De J. W60 1 Cruz, Ada L. GUA 3:27.93 1500m M35 1 Madrigal T., Freddy A. CRC 2 Calix, Ivanhoe HON 5:03.24 3 Licona B., Carlos M. M40 1 Valenzuela M., Manuel de 2 Jeréz S, Delmar R. 5:18.69 4:42.19 HON GUA 4:57.93 GUA 3 Jiménez, Alberto 5:57.50 1 Johnson-Brereton, Curtis TRI 4:59.15 CRC 2 Vega A., Oscar F 5:09.13 3 Quesada M., Jorge CRC GUA CRC M50 1 Salanic S., Francisco 2 Sequeira V., Wilber 5:04.85 5:18.97 3 Cespedes B., Carlos A. M55 1 López C., José L CRC 5:07.11 2 Guerrero C., Alfredo MEX 5:17.33 GUA

3 Galicia, Leonel I.

2 Mendiola D., Carlos I. 3 Contreras De La O., Basi

5:26.88

5:29.89

6:13.16

6:32.46 7:00.44

6:03.32

Santeliz, Julio

M45 1 Rodas O., Neri S. 2 Viruet R., Elson 3 Sotelo H., Ruddy

MEX

MEX

GUA

GUA

MEX

M60 1 Judson, Fred

1:15.23

1:16.58

1:36.80

M65 1 Chajón, Miguel A.

2 Pol L., Lucio 3 López, Julio E. M70 1 Davies, Roger E. 2 Cadena M., Felipe

9.65m 3 Krolow, Gerhard M75 1 Morales O., Juan J. 6:10.29 GUA 7:11.24 2 Torres R., Luis H. PUR 7:13.65 3 Cu M., Augusto M85 1 Tejada V., Antonio MEX 6:38.42 1 Sampson, Ana 2 López P., Gisela J. ESA MEX 6:19.47 6:46.91 3 Montenegro, Cluadia M. 1 Garcia, Suzan 2 Rodríguez R., María G. GUA 7:03.37 W40 MEX 6:04.95 2 Hodriguez H., Maria G. 3 Gómez, Olimpia W45 1 Roldán R., María del R. 2 Conde M., Margarita de J 3 Pérez G., Claudia A. W50 1 De Briz, Olga M. 2 Urizar, Maria GUA 7:52 53 GUA 5:37.25 GUA 7:46.23 5:56.64 GUA 7:25.30 3 De León M., Esperanza
W55 1 Calderón L., Marita
2 Gaytán P., Francisca
3 Jolón A., Elvira De J. 7:55.09 6:23.40 6:52.45 MEX W60 1 Alpizar H., Ninfa MEX 8:00.66 2 Barillas, Marina W65 1 Lobo C., Betty 2 Estrada M., Graciela GUA 8:10.50 8:05.50 10:16.05 3 Camargo, Edilia W70 1 Visser, Helena C PAN 10:35.67 CAN 8:20.87 5000m M30 1 Chávez S., Eusebio MEX 19:15.22 M35 1 Madrigal T., Freddy A. 2 Marroquin G., Gelber E. CRC 16:37.25 17:40.02 16:30.32 M40 1 Martinez, Alfredo GUA 2 Yax I., Enrique E. 3 Cordero U., Roberto E. M45 1 Rodas O., Neri S. GUA 17:11.31 GUA 16:31.40 2 Viruet R., Elson 3 Bran M., Amado de J. 18:24.15 PUR 18:57.20 17:22.14 M50 1 Yax I., Federico F. 2 Cortés de la L., José F. 3 Domínguez R., Francisco GUA 17:39.25 17:57.84 MEX MEX M55 1 Olvera C., Luis MEX 17:28.45 1 Olvera C., Luis 2 Ramirez A., José R. 3 Guerrero C., Alfredo 1 Martinez, Angel M. 2 Bautista C., Melitón 3 Argueta, Carlos H. MEX 20:57.19 M60 PUR 19:48.65 20:00.49 GUA 21:23.11 M65 1 Castañeda, José M. MEX 22:52.98 Pol L., Lucio GUA 25:13.16 M70 1 Krolow, Gerhard CAN 24:24.58 2 Davies, Roger E. 3 Salazar A., Mario M75 1 López M., Juan 24:59.64 26:54.65 CAN **GUA** MEX 23:37.69 Torres R., Luis H. 27:43.91 3 Morales O., Juan J. M80 1 Velasco P., Tomás GUA 29:20.45 36:18.45 20:15.46 22:57.46 MEX W30 1 Marroquín G., Iris Y. W35 1 López, Maida L. GUA 2 Sampson, Ana 24:27.29 Jandres, María 24:37.71 W40 1 Cornelio T., Angelina GUA 21:05.47 2 Rodriguez R., Maria G. ESA 23:49.43 W45 1 Roldán R., María del R. MEX 19:39.82 2 Zavala, Brenda L. 3 Conde M., Margarita de J W50 1 Cordero F., Marta L 20:29.12 GUA 22:04.14 2 De Briz, Olga M. 22:06.73 3 Carbo, Ilka W55 1 Calderón L., Marita 2 Baltazar C., Eloisa 3 Jolón A., Elvira De J. W65 1 Lobo C., Betty 2 Vásquez M., Maria C. 3 Camaroo, Edilia PUR 25:57.16 CRC 23:10.84 23:32.46 GUA 24:58.85 CRC 29:08.55 33:58.49 3 Camargo, Edilia PAN 40:45.19 BK XC M30 1 Chávez S., Eusebio M40 1 Martinez, Alfredo MEX 33:39.00 **GUA GUA** 28:48.00 29:46.00 2 Yax I., Enrique E. 3 Santelia

oci	obci 2000					Nau	onai M	aster	sinews					pa	ige 25
	Yax I., Federico F.		29:06.00		García G., A. Ma. Eugeni	MEX	1:49:46	High		al tiple		Discu			
	2 Cortés de la L., José F. 3 López L., Alfredo		31:41.00 32:44.00		Cordero F., Marta L Martinez S., Mercedes	MEX	1:39:47		1 Diaz, Angel 1 McBarnette, Bruce O	GUA	1.75 1.85		Beltrán B., Jorge Projas M., José E.	MEX	36.03 27.75
	Olvera C., Luis	MEX		3	Carbo, Ilka	PUR	1:58:07	M50	1 De León C., Wilfredo C.	GUA	1.25	3	Rayo M., Felipe	MEX	24.12
100	2 Cisneros M., Miguel 3 Galicia, Leonel I.	GUA	35:44.00 36:37.00		Baltazar C., Eloisa Zamora D., Marlyn	MEX	1:46:05		1 Black, Ivan G. 2 Russell, Kenrick	USA	1.40		Aguirrre, Luis 2 Perez M., David F.	ESA MEX	29.83 29.20
	Bautista C., Melitón Martinez, Ángel M.		34:23.00 35:58.00		Barillas O., Aura V. García D., Josefa	GUA	2:41:48		1 Judson, Fred	CAN	1.40	MAE	Vegerano C., Pablo	PAN	16.12
THE REAL PROPERTY.	3 Argueta, Carlos H.	GUA	38:57.00		Vásquez M., María C.	GUA	2:42:13 2:22:26		1 Rodriguez, Gervasio 2 Garza M., Daniel	MEX	0.90	Bern 2	Sajche, César R. Gómez M., César E.	GUA MEX	33.46 30.35
	Castañeda, José M. Pol L., Lucio	MEX	42:10.00 43:06.00	4x100	Relay				1 Gutiérrez C., Luis 2 *Berardi, Jose	MEX	1.15		Bristol, James Melendez, Ernesto	TRI	39.70 35.43
M70	Davies, Roger E.	CAN	42:25.00	M30 1	Puerto Rico 'C'		47.58		3 Jiménez, Benjamin	PUR	1.05	3	Valentin R., Virgilio	PUR	32.72
	2 Krolow, Gerhard 3 Cadena M., Felipe		43:56.00 45:52.00		(Picorelli/Colon/Heriberto Costa Rica 'D'	/Rivera)	48.34		1 Calderón D., Mario 1 Gallardo, Ruth	GUA	1.00		Martinez L., Solidio Santos O., Luis A.	MEX PUR	38.19 34.39
M75	López M., Juan	MEX	44:28.00	10000	(Samuels /Madrigal/Madr	igal/Ran	nirez)	W55	1 Elizondo M., Mayra	NIC	1.00		3 *Diaz Del C., Omar E.	PAN	28.1
	2 Morales O., Juan J. 3 Agosto, Epifanio	GUA	48:15.00 49:56.00		México 'E' (Torres/Valenzuela/Torres/Uria	as/Gonzá	53.49 lez)	Pole M40	Vault 1 Salvatierra C., Héctor	GUA	2.50		Arroyo P., Eulogio Mejía, Armando	MEX	43.48 42.26
	Velasco P., Tomás Castro, Ana L.	MEX	58:36.00 45:38.00	M40 1	Trinidad y Tobago 'B'		50.10	M70	1 *Berardi, JoseA	RG	1.30	3	Ortiz, Rolando	GUA	26.21
W35	López, Maida L.	GUA	41:43.00		(Johnson-Brereton/*Grenald/ Burgos/Thomas)	Hyland/			Jump 1 Urias C., José C.	MEX	4.23		P. Centleman, William S. P. Lorenzana P., Roberto A.	GBR	35.70 29.88
	1 Cornelio T., Angelina 2 Garcia, Suzan	GUA	38:28.00 42:12.00	2	México 'D' (Leyva/Segura/Juárez/Herná	ndezl	50.92		1 Sandoval M., Ramiro 2 Rodríguez G., Gerardo	NIC MEX	4.95 4.89		Conde R., Jose R Lorezana P., Marcio I.	GUA	29.11
	3 Castro, Vilma	ESA	43:05.00	3	Guatemala 'H'		54.07		3 Sandoval, Victor	NIC	3.98	M75 1	Gómez M., Jaime D.	MEX	22.59
	1 Conde M., Margarita de J 2 Zavala, Brenda L.	GUA	36:45.00 38:23.00	M50 1	(Abdalla/Díaz/Leiva/Jiménez/ Puerto Rico 'B'	/Parra/Ru	51.13		1 Ruiz, José F. 2 Briz, Jaime J.	PUR	5.21 4.17	W40 1 W45 1	Saez, Vivian Gomez R., Maria De La L.	PUR	22.06 27.26
A PARTY	3 Castillo V., María del C	CRC	38:39.00	3555	(Cruz/ Alicea/Rodriguez/Ruiz)			:	3 Rosales, César E.	HON	4.03	100	Centeno de S., Marta E.	GUA	25.07
	1 Cordero F., Marta L 2 Martinez S., Mercedes	CRC	38:50.00 44:04.00		México 'C' (Juárez/Guerrero/Ascencio/Va	allado)	54.72		1 Black, Ivan G. 2 Oleski, John	USA	4.71 4.65		Alvarez A., Rosa M. Estrada V, Rosalinda	MEX	21.67
	3 Lengoff E., Sonia 1 Baltazar C., Eloisa		46:01.00 42:37.00	3	Costa Rica 'B'	Canad	1:00.36		3 Ovalle P., Manuel R.	GUA	3.74		Rosales S., Maria E.	MEX PUR	20.53
	2 Zamora D., Marlyn	CRC	45:23.00	M60 1	(Cambronero/Argueta/Melgar Trinidad y Tobago 'A'	Cesped	59.40		1 Quan, Roberto 1 Valles A., Victor	ESA MEX	4.15 3.45	W33	Matos C., Angela Hernández A., Rosa M.	MEX	12.50
	3 Rivera, María de los A. 1 García D., Josefa		47:42.00 59:18.00	2	(Stevenson/Rudder/Romain/I México 'B'	Reyes/La	1:00.17		1 Jiménez, Benjamin 2 *Chandeck, Heraclio A.	PUR	3.35 3.27		Ramírez S., Hilda V. Mitchell, Yvonne T.	CUB	26.15 22.93
W65	1 Vásquez M., María C.	GUA	60:39.00		(Valles/Romero/Castañeda/H	lernández	z)	:	3 *Berardi, Jose	ARG	2.70	3	Rizo G., María T.	GUA	21.98
	azer-Munroe, Ruth 1 Visser, Helena C.	CAN	64:56.00 57:13.00	3	Costa Rica 'A' (Lizano/Valerín/Fearron/Stew	(art)	1:04.75		1 Calderón D., Mario 2 Fearon & F., Roy A.	GUA	3.80 3.42		Riley, Irma C. 2 Gastón O., Luisa E.	TRI	18.83 16.62
Short	Hurdles			M70 1	Guatemala 'B'	abile:	1:06.76	100	3 Pillot, Domingo	PUR	3.16	3	López R., Ma. Cristina	MEX	13.70
	3 Heriberto S., Cruz 1 Drummond, Don C.	PUR	19.36 14.56	W30 1	(Calderón/Aguilar/Salazar/Po Guatemala 'B'	once)	55.63		1 Estañol D., Armando 1 Núñez H., Perla G	MEX	1.92 2.71		Gracia, Nieve Reyes, Myrtha C.	PUR	13.63
M40	1 González Z., Juan G.	MEX USA	21.50 15.54	2	(Oliveros/Rodríguez/Boesche México 'A'	e/Lauridse		W35	1 Cañedo R., Bertha A.	MEX	4.56 4.92		Torres R., Maria del R.	MEX	11.40
	1 McCloud, Dexter J. 2 Burgos, Alfred P.	HOL	17.92		(Sánchez/Núñez/López/Cañe	edo)	Spirit and		1 Gallardo, Ruth 2 Molina R., María M.	CRC	4.55	Hamn M35	Rayo M., Felipe	MEX	31.22
	3 Juárez H., Arturo 1 Alicea R., Angel L.	MEX	21.66 17.13	3	Unattached 'A' (Guzmán/Jiménez/Molina/Ra	mirez)	1:09.54		3 Ramírez M., María M. 1 Lauridsen, Susanne v.	CRC	4.37 4.52		Luna M., Gerardo Ramos, Julio A.	MEX	43.30 35.49
M55	1 Black, Ivan G.	USA	19.47		Puerto Rico 'A'		59.95	W50	1 Reyes, Cheryl A	TRI	3.57	M45 1	Sajche, César R.	GUA	30.44
	2 Cañas, José 1 Septien R., Maurilio	ESA MEX	21.42 26.02		(Vega/Rosa/Santiago/Alejano México 'B'	dro)	1:10.93		2 González, Olga A 1 Vidal V., Susana	GUA MEX	3.53 2.93		2 Gómez M., César E. I Laberdesque V., Alejando	MEX	26.96 49.87
M65	1 Rodriguez, Gervasio	PUR	21.71 17.98	WED 1	(Roldán/Rodríguez/Romero / México 'C'	Vazquez)		-	2 Elizondo M., Mayra	NIC MEX	2.88	-	2 Bristol, James	TRI	25.63
Day 3	1 Hernández M., José 2 *Berardi, Jose	ARG	30.85	A190101	(Martinez/Flores Nidal/Martin	nez/Graci	iela)	W60	3 Hernández A., Rosa M. 1 Hernadez B., Nieves	MEX	1.88 3.29		Hasbun, Carlos Poliaz Del C., Omar E.	PAN	28.53 27.15
	1 Calderón D., Mario 2 Pillot, Domingo	GUA PUR	18.54 20.45	2	Costa Rica 'B' (Calderón/Zamora/Cordero/A	stua)	1:11.92		1 Fuentes M., Rosa	MEX	1.66		Cahners, Robert M. Arroyo P., Eulogio	USA MEX	40.64 28.29
W40	1 Molina R., María M.	CRC	13.82	3	Guatemala 'C'	WHEN THE	1:15.46	M45	1 Rodríguez G., Gerardo	MEX	9.89		3 Mejía, Armando	NIC	26.23
	1 Trott, Rhona E. Hurdles	CAN	15.55	W60 1	(González/Urizar/De León/De Guatemala 'D'	e Briz)	1:19.01		1 Ruiz, José F. 2 Briz, Jaime J.	PUR	11.52 8.66		1 *Gentleman, William S. 2 Valles A., Victor	GBR	48.03 18.04
	1 Heriberto S., Cruz 1 Drummond, Don C.	PUR	67.03		(Cruz/Barillas/De León/Ortiz)	1	1:24.31		3 Rosales, César E. 1 Black, Ivan G.	HON	8.56 9.47		3 Garza M., Daniel 1 Lorezana P., Marcio I.	MEX	20.84 19.84
1	2 Grant, Cois	JAM	53.36 54.17	Opening .	México 'D' (Jacobo/Bayardo/Estrada/He	rnadez)		PROPERTY.	2 Oleski, John	USA	8.81	M75	1 Gómez M., Jaime D.	MEX	21.42
	1 Rodríguez G., Gerardo 1 Piedrasanta, José F.	MEX	1:17.90 1:16.30		México 'E' (Félix/González/Torres/Garci	a)	1:46.53		1 Septien R., Maurilio 1 Rodriguez, Gervasio	MEX PUR	7.30 7.41		Saez, Vivian Rodríguez L., Martha E.	PUR	20.32 18.04
M55	1 Black, Ivan G.	USDA	1:18.18	2	México. 'F'		2:05.77	M70	1 Hernández M., José	MEX	7.32	W55	Matos C., Angela	PUR	22.61
	1 Judson, Fred 2 Septien R., Maurilio	CAN	51.54 1:00.53	4x400	(Flores/Casas /Ramírez/Mart Relay	inez)			2 *Berardi, Jose 1 Calderón D., Mario	ARG	5.73 8.22		Prince A., Rosa M. Mitchell, Yvonne T.	TRI	12.82 18.79
	3 Sett, Pedro 1 Hernández M., José	GUA	1:13.53 1:07.67	M30 1	México 'D' (Torres/Urias/Torres/Valenzue	lala	3:51.05	Bellie.	2 Pillot, Domingo 1 Cañedo R., Bertha A.	PUR	6.58		López R., Ma. Cristina 2 Gastón O., Luisa E.	MEX PUR	15.95 15.05
-1-5	2 *Berardi, Jose	ARG	1:47.98	2	Puerto Rico 'B'		3:52.65	W40	1 Gallardo, Ruth	ESA	10.31	:	Reyes, Myrtha C.	PUR	12.49
	1 Molina R., María M. 2 Berrios C., Dulce M.	CRC	1:11.47	3	(Colon/Heriberto/Picorelli/Riv Honduras 'A'	rera)	4:10.03	W45	2 Carty, Linda M. 1 Lauridsen, Susanne v.	USA	10.07 7.45	Javeli M35	n I Beltrán B., Jorge	MEX	41.06
W55	1 Trott, Rhona E.	CAN	1:00.83	CLUTTE	(Calix/Licona/Montoya/Rosal	es)		W50	1 González, Olga A.	GUA	7.79	M40 1	Gallardo, Rafael Pérez M., David F.	ESA	40.28
	1 Tang, Mónica A. n Steeplechase	TRI	1:18.09	MAKE	Trinidad y Tobago 'B' (Names not available)		3:58.40	Shot M30	1 Santos L., Henry G.	GUA	13.82		González Z., Juan G.	MEX	37.74 33.31
	1 Septien R., Maurilio 1 *Berardi, Jose	MEX	9:49.98 16:26.80	2	México 'C' (Gonzalez/Hernandez/Juarez	/Segura)	4:02.93		1 Beltrán B., Jorge 2 Rayo M., Felipe	MEX	12.54 11.88		Burgos, Alfred P. Gómez M., César E.	AHO MEX	42.49 34.24
M75	1 Torres R., Luis H	PUR	12:12.13	3	Guatemala 'F'		4:04.07	M45	1 Sajche, César R.	GUA	11.61	1	Wilson, Rodney C.	USA	32.41
	1 Oliveros, Sandra n Steeplechase	GUA	9:24.97	M50 1	(Hernandez/Hernandez/Raxo México 'B'	on/Bran)	4:16.98		2 Gómez M., César E. 1 Laberdesque V., Alejand	MEX	10.16 12.78		Yambo, Antonio Ruano B., Orlando	PUR	47.19 46.29
M40	1 Jeréz S, Delmar R.		12:33.83		(Guerrero/Olvera/Barrios/Jua	rez)		- SEME	2 Valentin R., Virgilio	PUR	12.71	Share:	De León C., Wilfredo C	GUA	38.52
	1 Rodríguez G., Gerardo 2 *Crocamo, Carlos	PAN	12:37.99 15:49.31	THE PARTY	Puerto Rico 'A' (Cruz/Alicea/Rodriguez/Ruiz)		4:33.19		3 Bristol, James 1 *Diaz Del C., Omar E.	TRI	12.37 10.81	Brillian :	Russell, Kenrick Hernández D., Daniel	TRI	30.40 29.80
	1 Piedrasanta, José F. 2 López L., Alfredo		12:26.01 12:55.57	3	Costa Rica 'B' (Argueta/Cambronero/Cespe	des Melo	4:57.38		2 Espinoza, Rodolfo F., 3 Gómez G., Oscar G.	GUA	9.11 8.73		Ponce S., Ernesto Mejía, Armando	GUA	24.31 35.40
	3 Melgar, Jorge B.	GUA	16:33.60		México 'X'	dearwieig	4:36.63	M60	1 Mejía, Armando	NIC	11.22	100 C	2 Gómez M., Rodolfo	NIC	29.99
	1 Hernández V., Juan Marathon	MEX	15:41.19		(Names not available) Trinidad y Tobago 'A'		5:12.38		2 Arroyo P., Eulogio 3 Ortíz, Rolando	MEX	11.21 7.70		3 Ortíz, Rolando 1 Lorenzana P., Roberto A.	GUA	29.98 30.92
M35	1 Marroquin G., Gelber E. 1 Martinez, Alfredo	GUA	1:26:22	200	(Reyes/Stevenson/Rudder/La Costa Rica 'A'	aurence)	5:29.24	M65	1 *Gentleman, William S. 2 Flores, Rafael	GBR	10.38	400 all	2 Rudder, Winston	TRI	21.26
Party land	2 Yax I., Enrique E.	GUA	1:15:46		(Valerin/Lizano/Stewart/Fear	ron)			3 Conde R., Jose R	GUA	9.93	M75	I Lorezana P., Marcio I. I Gómez M., Jaime D.	MEX	29.58
	3 Santeliz, Julio 1 Rodas O., Neri S.	NIC GUA	1:28:57 1:16:37	M70 1	Guatemala 'B' (Names not available)		5:35.28		1 Gutiérrez C., Luis 2 Lorezana P., Marcio I.	MEX	8.48 8.27		2 Calderón D., Mario 3 *Chandler E., James B.	GUA	27.37 18.65
	2 Viruet R., Elson	PUR	1:24:01	2	México 'A'		6:06.97		3 Jiménez, Benjamin	PUR	6.12	W30	Oliveros, Sandra	GUA	24.60
	3 Sotelo H., Ruddy 1 Yax I., Federico F.	CRC	1:26:17	3	(Cadena/Gutierrez/Gomez/H Guatemala 'A'	ernandez	7:01.26		1 Gómez M., Jaime D. 2 *Chandler E., James B.	MEX PAN	9.26 8.50		2 Contreras C., Bárbara P. I González O., María G.	GUA MEX	5.96 22.11
-1906	2 Cortés de la L., José F.	MEX	1:22:22		(Ponce/Aguilar/Salazar/Calde Costa Rica 'B'	eron)	4:36.50	M85	1 Estañol D., Armando 1 Núñez H., Perla G.	MEX MEX	5.80 7.25	W40 1	Ramírez M., María M. Centeno de S., Marta E	CRC	21.55 28.24
M55	3 Martínez S., José S. 1 Olvera C., Luis	MEX	1:17:29	The state of the	(Jimenez/Guzman/Molina/Ra	mirez/Re	tana)	W35	1 Lyons, Michelle L.	TRI	6.93	Sales and	Gomez R., Maria De La L.	MEX	22.96
	2 Fournier Z., Marco A. 3 Sanchez, Neftali	CRC	1:34:33 1:34:59	2	Guatemala 'D' (Oliveros/Rodriguez/Carty/Lo	pez/Boes	4:37.00 sche)		1 Centeno de S., Marta E. 2 Gomez R., Maria De La L	GUA MEX	10.11 9.25		Rosales S., Maria E. Rivera Q., Maritza	MEX PUR	21.26 20.12
M60	1 Bautista C., Melitón	MEX	1:28:42	3	México 'C'		5:06.92	1000	3 Pérez G., Claudia A.	GUA	4.83	W55 1	Hernández A., Rosa M.	MEX	14.89
	2 Martinez, Angel M. 3 Argueta, Carlos H.	PUR	1:29:27	W40 1	(Nunez/Lopez/Gonzalez/Can México 'B'		5:12.66	1912	1 Alvarez A., Rosa M. 2 Reyes, Cheryl A.	MEX	9.20 J9.20	W60 1	Elizondo M., Mayra - I Rizo G., María T.	NIC GUA	13.52 28.94
M65	1 Hernández, Fulgencio 2 Meza, Juan	GUA	1:50:40	1200	(Roldan/Viramontes/Rodrigue Romero)	ez/Vazqu	ez/		3 Estrada V, Rosalinda 1 Matos C., Angela	MEX	8.46 8.96		Ramírez S., Hilda V. B Mitchell, Yvonne T.	CUB	19.15 17.84
	3 Caceres, Hector	ESA	2:00:43	2	Unattached 'B'		5:31.45	The same	2 Trott, Rhona E.	CAN	8.11	W65	Riley, Irma C.	TRI	22.82
	1 Vera R., Reynaldo 1 López M., Juan	MEX	2:01:02	3	(Sala/Perez/Reyes/Retana) Puerto Rico 'A'		5:32.97		3 Tucker, Ardienette L. 1 Ramírez S., Hilda V.	CUB	8.00 9.24	The state of	2 Gastón O., Luisa E. 3 Fuentes M., Rosa	PUR	15.10 12.88
100	2 Agosto, Epifanio	PUR	2:04:42	AND DESCRIPTION OF THE PERSON	(Vega/Alejandro/Santiago/Ro	sa)		ALC:	2 Mitchell, Yvonne T.	TRI	8.43	W70	Gracia, Nieve	PUR	13.28
	1 Marroquín G., Iris Y. 1 Cornelio T., Angelina	GUA	1:35:47	W50 1	México 'A' (Martinez/Flores/Vidal/De Le	on)	5:11.52	W65	3 Rizo G., María T. 1 Gastón O., Luisa E.	GUA	7.40 7.45		nt Throw I Rayo M., Felipe	MEX	9.13
1-200	2 Coy, Nora E. 3 Villegas H., Gerna M. de	GUA	1:49:55 1:52:48	2	Costa Rica 'A' (Astua/Calderon/Zamora/Cor		5:47.58	Manager 2	2 Riley, Irma C. 3 Fuentes M., Rosa	TRI	6.97 5.72	M40	Luna M., Gerardo Melendez, Ernesto	MEX ESA	11.22 10.56
W45	1 Zavala, Brenda L.	GUA	1:33:51	3	Guatemala 'B'	30.0.00	6:05.74	W70	1 Torres R., Maria del R.	MEX	5.04	M55	1 Hasbun, Carlos	ESA	10.50
319	2 Castillo V., María del C	CRC	1:42:44	100	(Gonzalez/Urizar/De Leon)			M80	1 Wilson, Dorothy S.	USA	4.83	M60	1 Cahners, Robert M.	USA	17.53

160

200

END

page 26 2 Arroyo P, Eulogio M65 1 "Gentleman, William S. 2 Valles A., Victor	MEX GBR MEX GUA ARG MEX MEX	13.34 16.40 8.94 8.68 8.07	M60 1 Harvey, 2 Arroyo F M65 1 *Gentler	P., Eulogio	USA MEX	3625		W- 100			A Control of the	GUA	FC.46
M65 1 *Gentleman, William S. 2 Valles A., Victor	GBR MEX GUA ARG MEX	16.40 8.94 8.68	2 Arroyo F M65 1 *Gentle	P., Eulogio			2 Rodríguez de la F., Hora	MEX	37:04.63	M45 1 Alonzo, Jos			56:16
2 Valles A., Victor	MEX GUA ARG MEX	8.94 8.68	M65 1 *Gentle			3153	3 *Chandler E., James B.	PAN	38:08.92	2 Rodríguez I	M., Abelardo	MEX	1:02:01
	ARG MEX	8.68		man William S	GBR	3797	4 Elkins, Clifford	USA	39:15.32	3 *Ruiz V., Sa		PAN	1:06:39
M70 1 Lorezana P., Marcio I.	ARG MEX			R., Jose R	GUA	3058	M80 1 Ortiz Z., Plácido	GUA	59:00.49	M50 1 Alvarez M.,	Tomás de J.	GUA	57:21
2 *Berardi, Jose	MEX		3 Valles A		MEX	1967	M85 1 Estañol D., Armando	MEX	No. of Concession, Name of Street, or other Persons of Concession, Name of Concession, Nam	2 Vàzquez a.		MEX	1:06:58
M75 1 Gómez M., Jaime D.		10.32	M70 1 Lorezan		GUA	2214	40:38.46	1		M55 1 López C., J	osé L.	MEX	56:01
W50 1 Rosales S., Maria E		8.21	M75 1 Gómez		MEX	2922	W35 1 De Tarragó, Ingrid N.	GUA	32:42.66	2 López, Guil	lermo	ESA	1:20:11
Outdoor Pentathlon		No receipt	W50 1 Rosales		MEX	2201	2 Ramírez, Marielos	GUA	35:46.84	M60 1 Sorrenti, Ed	duardo	USA	1:11:57
M30 1 Rivera G., Carlos E.	GUA	1122	W55 1 Tucker,		USA	2417	3 Marota F., Raquel	NIC	36:05.72	2 Ortiz, Gersa	án	NIC	1:21:00
M40 1 González Z., Juan G.	MEX	2245	W65 1 Riley, In		TRI	2673	W40 1 Guzman, Maria	ESA	31:30.89	M65 1 Herrera R.,		MEX	1:04:39
M45 1 Juárez H., Arturo	MEX	2106					W45 1 Jeanpierre F., Liliana C	GUA	31:43.02	2 Pérez G., A	ntonio	MEX	1:21:07
M50 1 Ruano B., Orlando	GUA	2403	5000m Racewa	alk			2 Ceseña E., Blanca E.	MEX	34:48.55	3 Franco, Val	entin	GUA	1:24:08
2 Alicea R., Angel L.	PUR	2079	M35 1 Rodrigu		MEX	27:26.35	3 Vazguez P., Concepción	MEX	35:21.25	M75 1 Fine, Rober		USA	1:13:23
3 Piedrasanta, José F.	GUA	2036	M40 1 *Villar P		ARU	30:27.51	W50 1 Guevara L., Maritza	NIC	34:54.	2 Rodríguez o	de la F., Hora	MEX	1:17:05
M55 1 Ortega M., Ubaldo	MEX	2546	2 Campos		ESA	30:43.07	2 Bonilla G., Maria L.	NIC	38:45.78	3 Elkins, Cliffo	ord	USA	1:22:37
2 Cañas, José	ESA	2173		no C., Pablo	PAN	32:04.46	W55 1 Palomino M., Marta	MEX	34:53.16	W35 1 Ramírez, M	arielos	GUA	1:14:15
3 Russell, Kenrick	TRI	1716	M45 1 Alonzo,		GUA	27:48.10	2 Rodríguez D E., María de		39:19.04	W40 1 Guzman, M	aria	ESA	1:04:11
M60 1 Judson, Fred	CAN .	3263		ez M., Abelardo		30:04.03	3 Cabrera B., Imelda	MEX	43:23.15	2 Franco, Irm	a	ESA	1:09:36
M65 1 Rubi M., Sergio	NIC	2869	3 *Ruiz V.		PAN	31:29.82	W60 1 Cashman, Stella F.	USA	37:30.32	W45 1 Jeanpierre I	F., Liliana C	GUA	1:03:39
M70 1 *Berardi, Jose	ARG	1379		M., Tomás de J.		28:11.24	2 Checa B., Eshenni	MEX	37:40.55	2 Ceseña E.,		MEX	1:13:29
2 Dominguez P., Raymundo	MEX	768	2 Vàzque	a., José X.	MEX	32:45.38	W65 1 Rosas R., Alma M.	MEX	37:29.92	W50 1 Guevara L.,	Maritza	NIC	1:12:21
W40 1 Rosa R., Clara I.	PUR	2294	3 Melgar,		GUA	39:38.66	2 García M., Maria C.	MEX	39:19.04	2 Bonilla G., I	María L.	NIC	1:16:45
	CRC	2013	M55 1 López C		MEX		W70 1 Meza G., Alicia	MEX	39:09.25	W55 1 Palomino M		MEX	1:11:58
	TRI	3573	2 López, (ESA	39:30.13	2 De Meza, Berta	ESA	41:00.13	2 Rodríguez D	E. Maria de	MEX	1:21:28
Weight Pentathlon		STEED SAME	M60 1 Sorrenti	Eduardo	USA	32:30.97	3 González de H., Luisa	MEX	41:23.17	3 Cabrera B.,	Imelda	MEX	1:29:52
M35 1 Rojas M., José E.	MEX	1775	2 Ortiz, G		NIC	39:36.15	W75 1 Elkins, Clara L.	USA	44:11.64	W60 1 Cashman, S	Stella F.	USA	1:16:38
M40 1 Pérez M., David F.	MEX	1552	M65 1 Herrera			31:23.51	W85 1 Ramírez B., María		49:11.33	W65 1 Rosas R., A		MEX	1:17:14
M45 1 Sajche, César R.	GUA	2405	2 Franco,		GUA	39:51.26				2 García M., I	María C.	MEX	1:23:19
M50 1 Melendez, Ernesto	ESA	2159	M70 1 Pérez P		MEX	40:04.32	10.000m Racewalk			W70 1 Meza G., Al		MEX	1:24:49
M55 1 *Diaz Del C., Omar E.	PAN	2624	2 Linares,		ESA	43:06.97	M35 1 Rodríguez R., Luis E.	MEX	59:50	2 González de		MEX	1:29:08
2 Hasbun, Carlos	ESA	2267	3 Gómez	N., René A.	MEX	44:33.56	M40 1 *Villar P, Harlen M	ARU	1:04:40	W75 1 Elkins, Clar	a L.	USA	1:28:16
3 Russell, Kenrick	TRI	1960	M75 1 Fine, Ro	bert G.	USA	35:19.79	2 Campos, Luis	ESA	1:04:41	W85 1 Ramírez B.,		MEX	1:40:43
LONG		Dave Hoch Harry Pete Harold Nol	rson 18:09	Racewalk 1 Tom Ward 1 Suzy Feust		34:37 35:33	M55 Jim Chaloner 21:13 Ronald Paquette 21:42			orkowska 18:02 V	BURNS, B W65 WOJTON, THORNHIL	ANDREW	1:36:50
DISTANCE		Thomas Ha	all 19:25	1 Suzy reusi	lei 53	33.33	Sam Merrill 21:57 M60 Vern Demmons 21:21	VV4	5 Agathe Ni Suzanne I	Augto 10:00	SCOTTI, K	ATHLEE	N 2:36:53
		Jeff Staple		Falmouth			M65 Ron Chase 24:42	14/5	Jean Ziolk	OWSKI 22:35	VIO CTH, SEAN	METTE	2.20.04
RUNNING	M65	Antonio Cri Ron Coher Pat Cosgro	20:50 ove 20:14	Falmouth, Overall	, MA; A	Aug. 13	M70+Carlton Mendell 39:22 W40 ChristiSnow-Reaser 18:51 Kelly Brown 19:19		C Smith-H Karla Eisc	Coreen Steinbach5520:51 C Smith-Hanna 55 21:33 Karla Eisch 50 23:57			
NATIONAL	M70	James Leit Ralph Garf Robert Thic	ield 22:33	Gilbert Okari, Alevtina Ivano M40 Mbarak I	ova, 31	31:53 35:43 33:37	W45 Cheryl Farrington 23:00 C Blakeney-Watts 24:36 W50 Renee Martin 23:48	W6	0+Marie-L Mi Margret Be		Maggie Vall Valley, N		
USA Championships/	M75 .	James Rot	bins 31:22	Sean Wa		34:50	Catherine Nodine 25:28	207	Hankl	9	Overall		
Headlands 50K Trail		Ray Reddie		Paul Auf			W55 Barbara Bermudez 23:42	1			ANICE ADDISO		31:40
Sausalito, CA; Aug. 26	AVENUE !	Samuel Git Clarence L	ynch 49:21	M45 Paul Har Bill Solin		38:57 39:01	W60 Melanie Perrone 26:33 W65 Polly Kenniston 26:57	1		Sont 1	MESSE NORMAN MAO VINCENT G	ONZALA	
*non-USATF Overall	W40	Jenniver M Terry Orr Suzanne I	19:00	Kenneth M50 David OI		39:45 40:41	Green Mountain Senior	Ove	erall	A CONTRACTOR N	M45 TIM ANDER M50 WARREN JI M55 ROBERT DO	ERREMS	

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

EAST

Asbury Park 5K

Asbury Park, NJ; A	ug. 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 Orazem	17:17
M45 Rick Pingitore	16:48
Jay Duggan	17:22
Michael Tully	17:40
M50 Mike Mooney	17:09

narry Peterson	10.09
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 Jenniver Malavolta	18:37
W40 Terry Orr	19:00
Suzanne La Burt	19:08
Laura Rhatigan	19:09
W45 Gabby Barrett	19:35
Carolyn Roarty Peg Kolbenschlag	21:05
W50 J Farnung Krause	21:37
Wendi 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 & Brow	n 5K

		or the Arts, Rosi Harbor, NY; Aug.	
	Ove	rall	
١		n Goldstein 25	16:15
1	Una	Broderick 39	19:06
١	M35	Marcus Sanders	19:24
1	M40	James Murray	17:32
١	145	Johan Ahr	19:16
		Daniel Himmel	19:33
Ì	M45	Robert Pasqual	19:12
ı	3000	Chris Richards	19:15
	No. of Control	Paul Bonanni	19:26
í	M50	John Del Maestro	17:43
	1990	Kevin Glover	19:37
		Patrick Diskin	21:52
	M55	Peter Martin	21:21
	5800	Scott Fairgrieve	21:56
	1400	Don Hodge	22:41
	M60	Doug Escher	21:54
	1007	Willy Svensson	22:00
		Dan Badalament	22:04
	Mea	Charles Watts John Wallace	24:28
	100	David Sarles	24:56
ì	1470	George Devoe	27:59
ì	M/U	Carlos Morales	29:42
Ì	1475	Guy Froehlig	27:17
	IVI75	Bert Jablon	28:34
١	MAO	George Dennis	40:21
Ì	WAO	Michele LaBiento	19:57
ı	****	Cathy Papandrew	20:45
I		Carmen Anderson	23:02
i	W45	Alice Tamkin	20:42
ı	1113	Lisa Bergtraum	22:34
ı	1000	Theresa Lipari	27:41
	W50	Anna Perna	24:09
	The same	Vivienne Naylor	26:58
	100	Nancy Dorfman	27:06
	W55	Olga Rapalo	32:19
	The same	Laura Bentley	34-13

Laura Bentley Susan Kueffner W60 Betty Horstmann Carol Froehlig

26.56 27.06 32:19 34:13 35:32 22:47

40:06

Racewalk 1 Tom Ward 58 1 Suzy Feustel 53	34:37 35:33			
Falmouth Road Race				
Falmouth, MA; Aug				
Overall				
Gilbert Okari, 28	31:53			
Alevtina Ivanova, 31 M40 Mbarak Hussein	35:43 33:37			
Sean Wade	34:50			
Paul Aufdemberge	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 Mark Uliasz	37:59 43:39			
Joseph Kvilhaug	45:56			
M60 Rich Myers	43:45			
Richard Connor	50:14			
Joe Noonan	50:52			
M65 Richard Molloy	53:22			
	54:43			
Richie Williams	55:05			
M70 William Riley	45:58			
Don Murray Ferris Hall	62:19 63:28			
	:11:55			
Bernard Goldberg 1	:17:23			
Jack Delahunt 1	:20:28			
M80 Sab Koide	:13:40			
Ted Clements 1	:38:55			
W40 Colleen De Reuck	37:59			
Patty Murray	39:40			
Michelle Simonaitis				
W45 Joan Samuelson	42:30			
Stephanie Whelan Debra Cuellar	48:45 50:17			
W50 Tatyana Pozdnyakova				
Marge Bellisle	45:42			
Margaret Pendergas	50:28			
W55 Joan MacClary	55:23			
Susan Branley	56:31			
Martha Cunha	56:57			
W60 Ann Hunt	57:29			
Linda Roy	57:50			

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	1	:17	:23
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	a		
Margaret Pendergas	st		
Mario Paglia			
Linda Dalton			
	1		
Louise Rossetti	1	46	2
Louise 11033etti	•	.70	
Broadway 5K	ı		
		10	
	Paul Woodberry Bernard Goldberg Jack Delahunt Sab Koide Ted Clements Colleen De Reuck Patty Murray Michelle Simonaitis Joan Samuelson Stephanie Whelan Debra Cuellar Tatyana Pozdnyakov Marge Bellisle Margaret Pendergas Joan MacClary Susan Branley Martha Cunha Ann Hunt Linda Roy Christine Tattersall Phyllis DePaolo Marie Paglia Linda Dalton Virginia Fettig Doris Beatty Maggie Solomon Shirley Simmers Dottie Gray Louise Rossetti Broadway 5K	Paul Woodberry 1 Bernard Goldberg 1 Jack Delahunt 1 Sab Koide 1 Ted Clements 1 Colleen De Reuck Patty Murray Michelle Simonaitis Joan Samuelson Stephanie Whelan Debra Cuellar Tatyana Pozdnyakova Marge Bellisle Margaret Pendergast Joan MacClary Susan Branley Martha Cunha Ann Hunt Linda Roy Christine Tattersall Phyllis DePaolo Marie Paglia Linda Dalton Virginia Fettig 1 Doris Beatty 1 Maggie Solomon 1 Shirley Simmers 1 Dottie Gray 1 Louise Rossetti 1	Paul Woodberry 1:11 Bernard Goldberg 1:17 Jack Delahunt 1:20 Sab Koide 1:13 Ted Clements 1:38 Colleen De Reuck 37 Patty Murray 39 Michelle Simonaitis 40 Joan Samuelson 48 Stephanie Whelan 48 Debra Cuellar 50 Tatyana Pozdryakova 39 Marge Bellisle 45 Margaret Pendergast 50 Joan MacClary 55 Susan Branley 56 Martha Cunha 56 Ann Hunt 57 Linda Roy 57 Christine Tattersall 58 Phyllis DePaolo 58 Marie Paglia 62 Linda Dalton 66 Virginia Fettig 1:06 Doris Beatty 1:23 Maggie Solomon 1:37 Doris Beatty 1:38 Marie Paglia 1:38 Louise Rossetti

rottana, me, Aug	
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

Games 10K, Manchester

Center, VI, Aug	. 20
Road Race Qualifier 10K	
M50 Peter Patten	46:16
M55 Phil Jessen 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 Lilian 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 Championships, Binghamton, NY Aug. 29

14:00
15:25
15:20
16:18
16:46
16:38
16:46
17:35
16:50
17:49
18:13
20:57
22:05
17:25

Overall	
Tom Ryan 50	16:39
Christine Snow-Reaser 40	19:10
M30 Nate Slocum 35	19:56
M40 David Tucker 44	17:52
David Tomany 40	18:50
M50 T Ryan 50	16:39
David Roberts 51	18:03
M60 David Benn 61	23:36
Jerry LeVasseur 68	23:45
M70+Lloyd Slocum 73	23:07
W30 Allison DiMatteo 37	21:26
W40 C Snow-Reaser 40	19:10
Elizabeth Graif 40	24:44
W50 Patti Rooney 51	26:29
Linda Hunt 59	30:17
W60 Barbara Hintze 63	31:51
Carmella Pellerin 69	32:09
W70+Janice Bilodeau 73	38:24
The state of the s	Section 9

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

THE RESERVE OF THE PARTY OF THE	
Overall	
HALL, RYAN, 23	59:29
GOMEZ, ZOILA, 27	1:09:04
M40 MOYA, LEONARDO	1:11:09
HARDING, TOM	1:12:33
PAT, WATERBURY	1:13:46
M45 BUCHANAN, GEORGE	1:12:16
PANTIN, DAVID	1:15:42
TIROLETTO, FRANK	1:15:57
M50 LARSON, NORM	1:10:26
LEAL, MANOEL	1:14:39
MCCUSKER, BOB	1:15:18
M55 SMITH, TIM	1:17:56
M55 SMITH, TIM ULIASZ, MARK	1:19:32
KEIBEL MARTIN	1:21:47
M60 AGUIRRE, JULIO	1:24:32
BUZINSKY, CHARLES	51:24:48
SAMSEL, JOHN	1:25:32
M65 BRENNAN, JACK	1:32:29
MADDEN, PETER	1:35:04
OCONNELL, ED	1:35:22
M70 SONSTROEM, DAVID	1:33:26
RICCIO, JOE	1:56:18
MCGOWAN, JOHN	1:58:51
M75 ETHERINGTON, GEOF.	1:43:52
KRUEGER, DON	1:59:39
M80 PANTELIS, PETER	2:21:45
KOIDE, SAB	2:24:19
M85 WHITNEY, GEORGE	3:08:06
W40 CURRIER, MARY-LYNN	1:18:14
ARSENAULT, KERRY	
ZENGO, MARY	1:19:25
W45 POMEROY, CINDY	1:19:34
MORAS, BETH	1:23:57
LUNDY, JANE	1:25:29
W50 VOS, SHARON	1:25:43
LETENDRE, SIDNEY	1:27:52
JENNINGS, LINDA	1:31:02
W55 GLICKSON, NINA	1:45:34
OLEWINE, LINDY	1:46:56
VOELPERT, JANET	1:47:20
W60 KANE, CAROL	1:41:20
MARCHETTI, JO	1:42:15

Overall	
JANICE ADDISON, 46	31:4
JESSE NORMAN, 25	25:3
M40 VINCENT GONZALAS	28:0
M45 TIM ANDERSON	29:3
M50 WARREN JERREMS	30:5
M55 ROBERT DOOLITTLE	30:1
M60 EARL JACKSON	34:2
M65 JOEL HICKS	38:5
M70 RICHARD TANKERSLEY	45:4
M75 BILL BRIGGS	49:1
W40LISA ASHE	39:3
W45 JANICE ADDISON	31:4
W50 SUSAN BREEDING	36:3
W55 TONI CRUZ	36:1
W60 CAROL JEAN VOSBURGH	43:4
W65 SUSIE KLUTZ	43:0
W70 JANE GREGORY	59:5

WaWa Hartwood 10 Miler Hartwood, VA; Aug. 27

Overall

ı	Ryan	Deak 21	51:4
ı	Jenn	y Mlinarcik 27	1:08:1
	M40	Ted Poulos	1:01:4
	M45	Keith Winn	58:5
	M50	Norton Compton	1:03:0
	M55	Jim Wright	1:04:01
	M60	Wade Clark	1:15:0
	M65	Doug Walker	1:20:1
	M70	Robert Gurtler	1:40:4
	W40	Ruth Olson	1:12:0
	W45	DebbieBernardes	1:12:4
	W50	Jodi Vangeison	1:30:3
	W55	Nancy Crippen	1:19:3
	W60	Annie Fillare	1:54:4
	W65	Arlowene Garland	1:45:2

Rock 'N' Roll Half-Marathon, Virginia Beach

	VA; Sept. 3	
Overal	The state of	
	Byers, 24	49:00
	Kiplagat, 26	1:11:08
	ain Grogg	1:30:34
	like Mather	2:29:43
	ohn Piggott	1:14:21
M45 J	ohn Anderson	1:21:10
	ill Kaemmer	1:23:05
	man Clark	1:27:38
	teven Ward	1:21:00
	ictor Cuevas	1:24:27
	aul Serra	1:26:56
M55 R	ay Workman Jr	
	ill Hart	1:27:19
	avid Wilson	1:29:05
M60 C	David	1:03:01
D	ennis Manske	1:34:26
	rancesco Criniti	1:36:24
M65 D	ick Hoyt	1:38:50
	uane Lougee	1:51:59
S	tephen Forman	1:47:51
M70 To	om Ray	1:47:05
Je	erry Lewis	1:47:53
C	hris Catoe	2:00:19
M75 J	oseph luzzolino	3:23:49
The second second		

X	1:24:49	Parkersburg
X	1:29:08	Parkersburg Sentinel Half-N
A	1:28:16	Parkersburg, W
Y	1.40.43	

Overall
Ernest Kimeli, 21
Alevtina Ivanova, 31
M40 John Piggott
Darrell Genera
Dexter Smart
M45 Dave Berardi
Glenn Baldwin
Joe Patrick
M50 Dave Hoch
Warren Elzy
David Lambert
MEE Torny McChuck

October 2006 Howard Elakn

Bill Briggs
W40 Linda Sawvell
Lori Kingsley
Josephine Rill
W45 Leisa Ensle

Renee Pickar Cinda Hart W50 Amy Subar Jan Farnung-Kra Carol English W55 Marlene Montar Mary Pulaski Betty Brothers W60 Pat Welch Muffet Chatte Kathy Neal W65 Ane Gade Gloria Jenkins Francine Band W70 Pfuetze Raleig Tp Shu Betty Lou Wolfe W75 Tami Harrison Lorraine Cephu

MIDWES

M55 Terry McCluskey Michael Barr Duane Dombek M60 Earl McCormick Lee Lynch

David Evans M65 Mike Swiney Chet Coates Ray Dechert M70 Willis Ridenour Don Hammond Matt Norris

W40 Gina McGee Laura Nelson Jackie Horvath
W45 Lee Dipietro
Becky Droginske
Mariann Tullius
W50 Shelly Ralston
Ruth Kohstall

Rita Barnes W55 Adrianne Walke Marie Tedesco Donna Akers W60 Marti Stephan

W65 Patricia Darling W70 Harriet Locke Crim 10 Mi

Flint, MI; Aug

Overall Samuel Kosgei 20 Alevtina Ivanova 31 M40 Paul Aufdember Sean Wade Albert Okemwa Pat Lencioni Eric Stuber M45 David Watkins Steve Arch Brian Alfonso Tom Piazza Michael Frank M50 Sam Torre Gord Nelson Bruce Harrison Fred Colbert

M55 David Vanker John Scott Larry Parker Mitchell Garner Bob Bochenek M60 Gerard Malach Doug Goodhue Douglas Hanse James Carlton

M65 George Gawth David Lee **Ernest Gaviani** M70 Brian Harris James Matherle Stan Curtiss M75+Jerry Johncock John Kolmetz

W40 Tatiana Titova

	and the same of th	and Towns
	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
BANCO	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 Droginske	1:33:48
Mariann Tullius	1:38:37
W50 Shelly Raiston	1:38:33
Ruth Kohstall	1:40:19
Rita Barnes	1:46:57
W55 Adrianne Walker	1:49:15
Marie Tedesco	2:02:14
Donna Akers	2:07:13
W60 Marti Stephan	1:57:51
W65 Patricia Darling	2:44:20
W70 Harriet Locke	2:17:24

Crim 10 Mile Flint, MI; Aug. 26

Fillit, MI; Aug. 20	,
Overall	
Samuel Kosgei 20	46:49
Alevtina Ivanova 31	53:06
M40 Paul Aufdemberge	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:	
W40 Tatiana Titova	61:52

Krys Brish	65:20
Andrea Osika	68:54
Michelle Sebaly	70:31
W45 Karen Kemmis	66:18
Laurie Decker	66:22
Linda Ewing	67:44
Julie Winter	68:01
W50 Tatyana Pozdnyakov	
Robin Sarris-Hallop	72:30
Carol Freilich	76:25
Jacqueline Blair	77:31
W55 Terry Mahr	68:08
Donna Olsen	75:35
Maggy Zidar	79:39
SusanJoy Szczesny	
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
	1:46:41
W75+Betty Dunlap	2:35:58
A SHOW I SHOULD AND ADD	100

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

Nelson Kiplagat, 26	46:30
Asmae Leghzaoui, 30	52:40
M40 Dan Held	52:48
M45 Jeff Salach	59:08
M50 Keith Holzmueller	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 Lamermayer	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	
W60 Jessie Quintana	8:45:55
W65 Bonnie McElwee	9:26:37
1103 DOILING MICEIWEE	3.20.37

WEST

Pride of the Valley 5K

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

WEO Chara Paul Cal	00.40
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
(Results reported by Bob I	

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

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

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

1:14:26 1:14:26 1:16:37

1:18:48

Overall Chebet 21

Tatiana Chulakh 24 M40 Jeff Ambos Alcires Colon John Thornell

1		John Thornell	1:18:48
١	M45	Robert Schafer	1:20:15
1	All terr	Luis Diaz	1:20:28
1	4000	Ken Gamble	1:20:52
ı	M50	Greg Wilson	1:20:06
ı	Albert	Victor Cueva	1:22:28
1	WALLEY.	Phil Gabriel	1:29:45
1	M55	Gary Grierson	1:25:00
	11.00	Brian Peterson	1:36:10
ı		Vazgon Vartanian	1:37:24
١	M60	Ron Enos	1:26:34
	14100	Juan Cabeza	1:30:19
ı		John Montgomery	
١	M65	Joe Hurtalo	1:36:21
	14103	Peter James	1:40:33
١		John Pius	1:45:34
٠	1470	Frank Vasquez	1:54:31
١	WITO	Wayne Ochorn	1:55:05
١		Wayne Osborn Bill Litwiller	2:00:27
1			
1	M/5	Bob Koch	2:08:30
	1 - 1	Edward Mahler	2:23:41
		Ollie Olivaras	2:26:41
	M80	John Cross 82	2:26:49
ı	W40	Kathy Kobrine	1:26:19
١	200	L.J. Egbert	1:26:40
١		Pennie Carlos Caroline McAndrews	1:32:08
1	W45		1:35:04
١	417	Dori Peterson	1:35:04
١		Gayle Berretta	1:36:31
١	W50	Mariat Fernandez	1:40:23
١	Section 1	Diana Jonas	1:41:31
	100	Ruth Vanndy	1:44:41
ı	W55	Susan Humphries	1:44:21
	7 64	Isolina Nogron	1:58:32
		Carol Fitzsimmons	1:59:15
ı	W60	Dianna Rindt	1:52:01
1	2000	Gloria McCoy	2:03:53
		Bev Coalson	2:06:35
	W65		1:56:07
	Amberta.	Linda Garron	2:12:50
١	March 1	Gillian Ackland	2:14:17
	W70	Vera Vann-Wilson	
	Tions.	Sally Byram	2:48:24
	W80	Margaret Davis 84	2:38:01
١	- Ingui	Po Adams 82	2:56:21
	1000	Ethel Neichin 83	3:27:13
ш		The state of the s	

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

5K	
Overall	
Johann Appell 29	1



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
W65Marie Anne Mayeski	46:44
W70 Bobbie Peyser	47:04
W75 Dorie Smith	37:52
W80 Betty Keel 82 10K	47:00
Overall	
Luis Ibarra 26	32:30

W65Marie 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

> 24:40 26:37 28:50 30:17

28:41

Overall Steve Laurie 25 Marla Runyan 36 M40 Alan Whalen M45 Todd Bosworth

M50 Daniel Wojcik

Vazgon Vartanian 1:37:24	Н
0 Ron Enos 1:26:34	H
Juan Cabeza 1:30:19	
John Montgomery 1:31:11	4
5 Joe Hurtalo 1:36:21	d
Peter James 1:40:33	П
John Pius 1:45:34	
0 Frank Vasquez 1:54:31	
Wayne Osborn 1:55:05	ı
Bill Litwiller 2:00:27	
5 Bob Koch 2:08:30	П
Edward Mahler 2:23:41	1
Ollie Olivaras 2:26:41	Н
0 John Cross 82 2:26:49	ł
0 Kathy Kobrine 1:26:19	
L.J. Égbert 1:26:40	
Pennie Carlos 1:32:08	
5 Caroline McAndrews 1:35:04	
Dori Peterson 1:35:04	ı
Gayle Berretta 1:36:31	
0 Mariat Fernandez 1:40:23	Н
Diana Jonas 1:41:31	Н
Ruth Vanndy 1:44:41	H
5 Susan Humphries 1:44:21	П
Isolina Nogron 1:58:32	
Carol Fitzsimmons 1:59:15	d
0 Dianna Rindt 1:52:01	П
Gloria McCoy 2:03:53	H
Bev Coalson 2:06:35	П
5 Imme Dyson 1:56:07	
Linda Garron 2:12:50	ı
Gillian Ackland 2:14:17	
0 Vera Vann-Wilson 2:42:03	ı
Sally Byram 2:48:24	H
0 Margaret Davis 842:38:01	
Po Adams 82 2:56:21	
Ethel Neichin 83 3:27:13	
esults submitted by Jim Young)	
	F

5K	
Overall	
Johann Appell 29	16:0

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.	21
Overall	05.00
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

USATE-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 Pance Geer	31.56

W60 Maria Cox	40.56
W60 Maria Cox 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

Ray Sharp, 46	3:37:19
Heidi Hauch, 46	4:19:44
M40 Paul Schwartzberg	3:39:20
John Soucheck	3:41:22
Bill Vayo	4:25:29
M45 R Sharp	3:37:19
M50 Eliot Collins	5:58:43
M55 Max Walkers	4:06:41
Bob Keating	4:23:57
Tom Quattrocchi	4:30:42
John Fredericks	4:34:08
M60 Leon Jasionowski	3;56:08
M65 Pat Bivona	5:34:43
M70 Ben Ottmer	5:33:16
M80 Bob Mimm	6:02:12
W40 Dorit Attias	4:28:28
Maria Paul	5:15:37
W45 H Hauch	4:19:44
W60 Janet Higbie	5:20:51

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