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Jane Hutchison, 47, Webb City, Mo., first woman (37:56), USATF National Masters 10K Championships, Oklahoma City, Sept. 25, receiving award from Lynn Draper, director, Jim Thorpe Association. Photo by Jim Smith

### Owens, Hutchison Win National 10K

by JIM SMITH

Earl Owens, 44, of Ga., clobbered the field with a swift 32:06 victory in the USATF National Masters 10K Championships (Jim Thorpe 10K), Oklahoma City, Sept. 25. Ignacio Jimenez, 44, Tenn., in 33:43, and Donald Bergan, 40, Tex., in 33:54, fought it out for second and third.

Jane Hutchison, 47, Mo., won easily in the masters women's race with a 27.66

Norman Green, Jr. (61, 36:08), Pa., again demonstrated his racing dominance with an age-adjusted 28:44 (93.5%). Bill Olrich (58, 35:50), Ky., apparently recovered from injury, won his age-group race handily and placed second age-graded with a 91.5%. He was followed closely by Owens (91.2%) and Mike Hefferman (53, Continued on page 18

### 300 Compete in California Senior Games

About 300 track and field athletes, age-30-and-up, took part in the California State Senior Olympics, Sept. 18-19, in La Jolla, Calif.

Amid perfect weather and the firstclass, nine-lane facility at the University of California San Diego, athletes

### INSIDE

 New Long Distance Age-Group Records

-pages 21-23

tuning up for the World Veterans Championships in Japan were in peak

- Fresno's Hugh Adams swept the M50 100 (12.63), 100H (15.31) and 400H (62.52).
- Arizona's Cliff Bedell took the M55 800 (2:18.42) and 1500 (4:48.79).
- Canada's Harold Morioka won the M50 400 (52.16) and 800 (2:02.08), both close to the world M50 world records.

Continued on page 5

### Navarro Best in U.S. Marathon

by JERRY WOJCIK

Artemio Navarro, 43, Mexico City, took the men's masters victory with a ninth-overall 2:17:50 in the USATF National Masters Marathon Championships, held along with the Twin Cities Marathon in Minneapolis on Oct. 3.

Paul Cummings, 40, Lehi, Utah, in his first marathon since becoming a master a month ago, was 13th in 2:20:14. Doug Kurtis, 41, Northville, Mich., practically unbeatable as a master this year, finished third (2:23:03).

Ryszard Marczak, 47, of Poland, captured the M45-division race with a 2:25:17. Mike Heffernan, 53, Portland, Ore., won the M50 contest in 2:37:15. Fay Bradley, 55, Washington, D.C., was the M55 gold medalist in 2:41:35.

Other division winners were James Schliesma (60, 3:10:10), Jefferson, Iowa; Max Jones (66, 3:07:49), of England; and Warren Utes (73, 3:12:44), Park Forest, Ill., in the Continued on page 9

### Filutze Wins in Central Fidelity 8K

from KATHRINE SWITZER

Barbara Filutze, 47, Erie, Pa., won over a competitive masters field with an outstanding 15th-place 28:03 in the Central Fidelity Women's 8K, Alexandria, Va., on Sept. 12. The time, 23 seconds below her pending U.S. W45-49 record, also put her at the top of the masters age-graded prize money list. Her 28:03 at age 47 equals an age-graded 94.7% performance, worth \$1000.

Bernardine Portenski, 44, Wellington, New Zealand, third master with a 28:18, took the second-place agegraded prize of \$800 with a 91.8%. Hedy Marque, of Alexandria, at 76 the oldest runner, took third age-graded honors and received \$600 for her 91.6% (40:44).

Jane Hutchison, 47, Webb City, Mo., garnered the fourth age-graded award of \$500 for a 90.4% (29:24). Newcomer Diana Tracy, 40, Hermosa Beach, Calif., who almost caught Filutze at the end with a 28:06, took



Barbara Filutze, 47, Erie, Pa., first masters woman in a U.S. W45 record 28:03, Central Fidelity Women's 8K, Alexandria, Va., Sept. 12.

Victor Sailer/Agence Shot

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## NATIONAL MASTERS NEWS The official world and U.S. publication for Masters Track & Field, long distance running and race walking

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions—results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Judith Hine, 44, New Zealand, finished in 29:29, Central Fidelity Women's 8K, Alexandria, Va., Sept. 12

Photo by George Banker

### Fidelity 8K

Continued from page 1

the fifth prize of \$500 with an 89.8% performance. A total of \$4425 masters prize money was paid down to the 12th-best age-graded performance.

Large posters of the masters agegraded tables and prize money at the pre-race clinics and in the elite suite allowed athletes to calculate what they had to run to finish in the money.

To enable runners in each age group to know what was happening competitively, every group wore color-coded numbers front and back, e.g., 40-44 hot pink, 45-49 green, etc. Of the color coding, Portenski, in the W40-44 group, said, "When the first pink one passed me, I said, 'Oh, I'm tired,' but when the green one passed me, I found some extra in reserve!"

Official timers, including Chuck DesJardins of the USATF Masters LDR Committee, and the athletes thought the age-grading system of awarding prize money was fair and, as arranged, competitive.

The masters team title went to the Pegasus Pride trio of Claudia Ciavarella, Linda Banning, and Marilyn Segal. The open title went to the New Zealand team, despite two of its members, Portenski and Judith Hine, being masters.



Hedy Marque, 76, Alexandria, Va., on her way to a pending single-age record 40:44, Central Fidelity Women's 8K, Alexandria, Sept. 12. Photo by George Banker

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at Kent State University, Kent, Ohio Fri., June 24 (8 PM) - Sun., June 26 (12 Noon), 1994.

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### BILL FALK'S WINTER HURRICANE POLE VAULT DAY SCHOOL. (4TH YEAR)

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#### NATIONAL MASTERS 10K

The 1993 USATF National Masters 10K Championships in Oklahoma City was my first exposure to the legends who came for the race. And my life has been enriched because of it.

I met not only runners whose names, photos and stories have filled running publications for years, but I also met runners from around the country who are more talented than I would have imagined, about whom I had heard nothing. The experience caused me to re-evaluate my goals and my perspective on running.

Fellow Oklahoma City Running Club members who hosted runners in their homes reported their delight in learning of training techniques and race experiences of the great ones.

If you haven't spent an evening visiting with Dr. Paul Spangler, you simply haven't done it all, yet. He is such a pleasant and interesting gentleman - well-read, funny, articulate. He has endless stories and anecdotes to recount his 94 years, and is an inspiration to all who hear him.

To all who participated, thank you for coming to run with us. Thank you for enriching our lives, inspiring us, sharing with us, challenging us. Y'all come back again real soon. 'Ya hear?

Roger Foster Oklahoma City, Oklahoma

GO METRIC I'm delighted to read in NMN that the USA has, at last, joined the rest of us in the athletic world and is now running indoors in metric.

It reminds me of Sergei Bubka's comment when he first vaulted 6.10 meters: "That one is for the Americans," a remark which was lost on the Europeans who don't recognize 6.096 meters as 20 feet.

The bad news is that USA daily newspapers haven't heard of the change which the French revolutionaries introduced 200 years ago, and persist in acclaiming Bubka's vaults as, for instance, 20-11/4 instead of the actual 6.13 meters.

If that jump had been measured in the imperial system - which even the British, who invented it, have now abandoned for track and field - then it would not have counted as a new world record.

I suggest NMN take the lead and, from now on, report jumps, throws and vaults only in metric. No need to go overboard and give athletes' heights and weights in meters and kilograms, of course, but if you start now the big daily newspapers may follow by the time Atlanta 1996 arrives.

Otherwise, the thousands of foreigners reading about the Olympic Games will not understand the 19th century-type numbers which are now used in the USA to denote field perfor-

> Max Jones Leeds, England

> > CZZMN

#### SENIOR OLYMPICS

I just received my October issue of National Masters News, reading it completely in two days. My only regret is that the News comes out only once a month.

While reading over the Letters to the Editor section, I noticed the letter from John McCarthy who mentioned your failure to list the top six placers at the Senior Sports Classic held at Baton Rouge in June. I can understand Mc-Carthy's frustration at seeing the reduced list of place finishers, especially when he saw the results of the USA T&F Meet held in Provo during August which sometimes listed the top ten in some events as well as having better pictorial displays. Since the Baton Rouge meet had 3000 performers and the Provo meet had only 997 performers, many would think the coverage should be somewhat more equal.

Having been in Baton Rouge and seeing what a difficult time the Senior Sports press had in reporting the accomplishments of the 7000 participants (They were 2-3 days behind with information provided to the local newspapers by June 18), I am sure that the information given to the National Masters News is exactly what was printed. Keep up the good work.

Ben Clark Mesa, Arizona

#### STANDING LONG JUMP

Several other sprinters with whom I have spoken this year have indicated that they no longer compete in the long jump because of fear of injury. Some state, however, that they would be quite willing to participate in the standing long jump if that once-popular event were included in more meets.

May I suggest that directors consider adding this event to their programs?

Dr. Frederick Hale Detroit Lakes, Minnesota

#### CANCER SURVIVOR NETWORK

In November, 1992, I underwent surgery for breast cancer, followed by an aggressive program of chemotherapy. My recovery has been steady, and of course slower than I'd like. As Jim Law has told me, I've had to become well-acquainted with my new training partners, Patience and Prudence.

A very big part of my hope and encouragement and returning strength, I believe, has been due to the unconditional and loving support shown by so many of you. It's hard to express what it has meant to me, but I wanted to let as many of you as possible know of my gratitude. Thank you all so much.

If there are other cancer survivors out there who would like to network. I'd love to hear from you.

> Lucy Anne Brobst 6072 Currituck Road Kitty Hawk, North Carolina 27949 919-261-3068

#### **KUDOS**

The Senior Games have changed my life. In three-and-a-half years, I've gone from 215 lbs. with a bad heart to 170 lbs. as a happy, healthy 80-yearold. Now I look forward to the next meet; rather than sitting, watching TV, doing nothing.

I encourage every Senior to get involved, and thank all the volunteers and sponsors who offer this great opportunity to all Seniors.

Bob Boucke Walnut Grove, California

Al Sheahen's announcing adds much to the quality of our National Masters meets. Not only is his speaking voice clear and resonant, but his knowledge of the athletes and the records heightens interest in the various events.

The National Masters News is the main publication I look forward to each month. As each issue comes out, I pore over the results of meets and road races to see who is doing what (occasionally shocked to spot someone in my age group covering a 5K, 10K, or half-marathon in blazing time).

I also regularly enjoy Mike Tymn's articles along with coverage of the important races.

Thanks for your vital contribution to the cause of the masters programs.

Joe King Alameda, California

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### Seven Join NMN Sustainers

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

Special thanks this month go to:

David Brown, Jr. Billy Gaedke **Timothy Jordan** Stan King James Lytjen John Nyhan John Williams

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Charlie Rader, M45 high jump (1.83/6-0), California Senior Olympics, San Diego, Sept. 17-19. Photo by Don Rose

### 300 Tracksters

Continued from page 1

- Del Pickarts captured the M65 javelin (158-7).
- Linda Mantynen came close to the W45 800 U.S. mark with a 2:26.72, and added a 1500 win (4:57.89).
- Stan Whitley continued his amazing season with M45 wins in the 100 (11.28), 200 (22.57), and 400 (51.89).

Even though the sprinters and hurdlers were allowed a false start without being DQ'd, there was only one false start in the whole meet.

California Governor Pete Wilson spoke at the opening ceremonies at the stadium, praising the competitors for their dedication to physical fitness. Olympians Bruce Jenner and Peter Vidmar joined in the festivities.

Johnny Mann wrote a song for the occasion, which was sung by the outstanding Point Loma Nazarene Choir. There was plenty of food and other amenities for the participants. During the following week, athletes competed in 26 other sports.

Led by meet director David Hall, the former governor of Oklahoma, the organizers will stage the event again next year, and plan to bid for the 1997 National Senior Sports Classic.



Bill Morales, first M75 javelin (38.50/126-4)
California Senior Olympics, San Diego, Sept.
17.19
Photo by Don Rose

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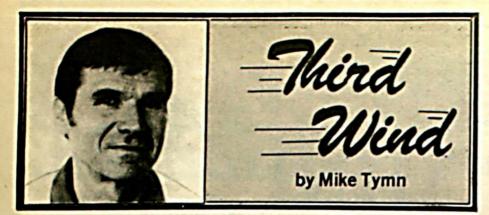
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### Hercules Still Unchained at 67

ge hasn't shackled Steve Reeves, the former Mr. Universe who went on to star in the movies and is best remembered for his lead roles during the 1950s in Hercules, Hercules Unchained, and The Giant of Marathon.

Now 67, Reeves maintains a very active lifestyle, including working out an hour-and-a-half daily.

The former bodybuilder was in Honolulu recently, and I had the opportunity to talk with him about his fitness regimen and the way that he has dealt with aging.

"I start about 6 a.m. every morning, five days a week, sometimes six, and powerwalk for 35-45 minutes. After that, I go into the gym for about 30 minutes, then finish up with about 15 minutes of various stretching exercises in the pool," Reeves, who maintains a 14-acre ranch north of San Diego, outlined his program.

He added that he usually bikes a hard 25 miles on Saturdays and occasionally puts in a 10 miler on Wednesdays.

#### **Hollywood Beckons**

Born in Montana, Reeves took up bodybuilding at age 16 while living in Oakland, Calif. In his first four months of training, he put on 30 pounds of muscle. That was before steroids came onto the scene. At 21, 6-foot-1 and 192 pounds, he won the 1946 Mr. America contest. The following year, he captured Mr. World title, and two years later, at age 24 and by then weighing in at around 215, he was Mr. Universe. Soon thereafter, he was discovered by Hollywood.

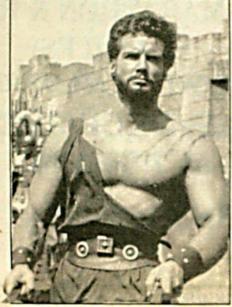
"I stopped working out seriously after I won my last contest and started working toward the movies," Reeves said. "I had to lose weight rather than gain weight for the movies. It was about 25 years after that, before I started doing anything again."

Reeves said that he tried running, but that it bothered his knees. He took up biking at age 55 and continued to improve in strength and endurance until he was 63. "Being able to stay with guys 35 and 40, actually staying ahead of them going up hills and things like that, was quite satisfying," he said. "But at 63 I went back to riding horses again."

### Develops Powerwalking

It is powerwalking, however, that Reeves finally settled on as the best aerobic workout for himself. In fact, he is credited with having developed it. He wrote a book on the activity eight years ago.

Powerwalking involves walking with



Steve "Hercules" Reeves

weights strapped to the body. "The object is to get your heart rate above normal. If you're in any kind of shape, you need the weights to do that to get some benefit out of the walking," he explained.

Reeves recommends gradually working up to 20 percent of a person's body weight. "You use 10 percent of your body weight as a weighted belt, five percent in each hand, and the other five percent on your legs. That includes your boots."

Now tipping the scales at right around 200 pounds, Reeves carries 40 pounds during his walks — 20 around the waist, five-pound dumbbells in each hand, and two-and-a-half pound leg weights over his heavy boots.

leg weights over his heavy boots.

"The technique of powerwalking is that you walk very, very erect and you swing your arms in a pendulum type motion," he explained. "You don't pump them as you would in say 'heavy hands' or something like that. You just accentuate your natural arm and leg movements."

Reeves said that he hasn't monitored his heart rate in a long time, but that he's pretty sure he's getting it up close to maximum.

"The other thing is that you should use rhythmical breathing," he said. "I breathe in three steps and out three steps."

### Gym Workouts

In the gym, Reeves prefers to work with pulleys and on a 10-station



Steve Reeves autographs photo for Tommy Kono, Olympic diver from Hawaii.

Universal machine rather than with free weights, as he once did. "I mainly use the wall pulley," he said. "I find it more convenient and better, because you get a smoother movement all the way up and down. With free weights, the first quarter is too easy, the middle is just right, and the finish is too easy again. I like the movement of pulleys. You get better development in a shorter period of time that way or you maintain your fitness in a shorter period of time, whichever you're looking for."

### Can't Gauge Strength Loss

Asked if he can gauge how much strength he has lost to the years, Reeves said that he can't. "Back when I was training for competition, things were different," he said. "At that time we didn't go for just one-rep bench presses. I'd go for maybe 15 reps with a very wide grip, collar to collar. I always believed that if you wanted to be wide, you have to think wide, work wide, and train wide. Everything I did was wide."

In effect, Reeves was saying that he never tested himself in single all-out lifts when he was younger, so that he

### Sayre First Overall in Founders 8K

by TOM BURNHAM

Ric Sayre, 40, Ashland, Ore., was the overall winner in the Founders Day 8K, in Ashland on September 6, with a masters course record 26:06 on the tough 8K course, bettering the old record of 27:29 held by Gene Solomon of Eugene, Ore.

Pim Reitsman, 40, Medford, Ore., was the W40 + winner with a seventhplace 38:08.

World record hurdler Dan Bulkley, 76, Phoenix, Ore., broke his 1992 M70-79 course record of 45:09 with a 43:31. Mel Shine, 84, Medford, Ore., established an M80+ record with a 59:44. This year's event included a 5K fitness walk.

doesn't know what he was capable of. He remembers using 110-pound dumbbells in each hand for incline bench presses, which he says he invented, but since he no longer uses free weights he doesn't know what he might be able to handle now.

He recalls really testing himself just one time, when he turned 60. He then did 1,000 repetitions with 200 pounds on the Universal leg press.

### No Special Diet

Reeves said he follows no special diet, but that he has "always eaten well, including lots of fruits and vegetables."

After his morning workout, he's ready for a full day of tending to his avocado and orange trees, as well as his stable of Morgan horses.

He definitely appears to be a man without shackles.



Ric Sayre, 40, Ashland, Ore., on his way to a first overall in a masters course record 26:06, Founders Day 8K, Ashland, Sept. 6.

Photo from Founders Day 8K



John Hosner, 68, Blacksburg, Va., first-place finisher (29:11 with a 121/2 minute handicap), in the Bud Light Stadium 10K, St. Louis, Oct. 2 photo by Hank Kiesel

### Hosner Wins Bud Light Stadium 10K

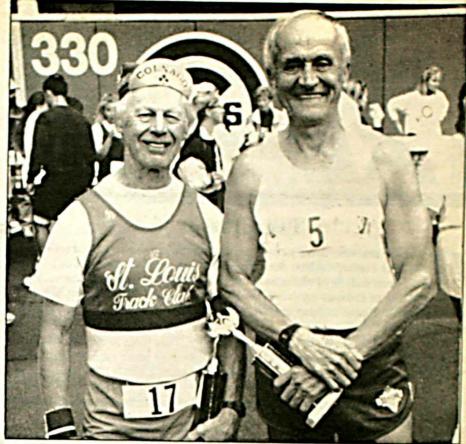
by HANK KIESEL

Premier masters runner, John Hosner, 68, Blacksburg, Va., won the 15th Bud Light Stadium Run held Oct. 2 in St. Louis, Mo. The 10K race through the downtown streets of St. Louis, with the finish line inside Busch Stadium, features a handicap format based on runner's age and gender. Hosner's winning time was 29:11 with a 121/2 minute handicap.

Last year's winner, Jack Gentry, 65, Rogers, Ark., was second in 29:20 (11 min. handicap). Ignacio Jimenez, 44, of Jackson, Tenn., was third in 29:32 (31/2 min. handicap).

The Bud Light event is gaining popularity for runners outside the St. Louis area. Of the 1700-plus entrants, 15 states were represented outside Missouri and Illinois.

The top 150 finishers received trophies, and all participants got baseball tickets to Saturday's Cardinals-Phillies game courtesy of the Sponsor, Bud Light. |



Bill Schmitt, (#17), 71, Godfrey, III., and Ernie Hirschfeld, 66, Pacific, Mo., trophy winners in the Bud Light Stadium 10K, St. Louis, Oct. 3. The race, through the streets of St. Louis and finishing inside Busch Stadium, festures a handicap format based on runners' age and gender.

Photo by Hank Kiesel

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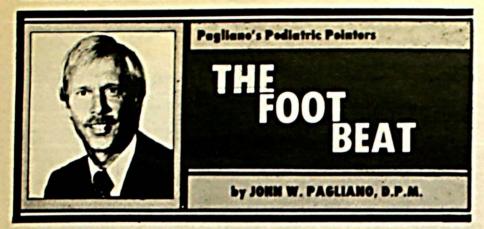
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### Leg Cramps

I am a masters runner and try to run 20 miles per week . . . I take Vitamin E and Fosfree tablets. Sometimes it works, sometimes it doesn't. I am 56 years old, 39 of which have been working standing at a machine. After I start walking or running my calves start to get hard and ache and feel like they want to cramp. I have stopped running and walking as much as before. Can you give me some advice?

Your leg cramps are very difficult to cure. They seem to increase with age and may be related to your vascular system or some type of nutritional deficiency. Your standing at work for 39 years is surely a factor in straining and traumatizing your calf muscle (known as the Gastro Soleus Complex). Hard concrete working surfaces and poor support shoes are factors in the development of calf cramps.

That your calves cramp near the end of exercise may indicate that there is some type of vascular insufficiency. The lack of blood supply to the calf muscle may be causing Ischemia (lack of oxygen to the muscle) and may be causing your cramping. I would advise a consultation with your internist or vascular specialist. You may also wish to add nutritional supplements to your diet.

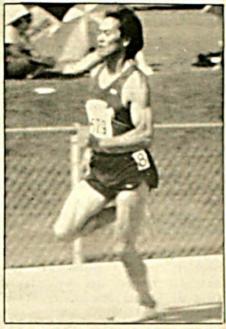
Calf cramping may also be caused by certain foot and leg biomechanical abnormalities. Those with a condition known as Equinus Foot Deformity have a very tight heel cord which may cause excessive calf cramping. You may wish to have this examined by your local foot specialist.

Calf stretching exercises are recommended before and after exercise. These are relatively easy to perform and take very litle time. This will stretch the calf muscle and increase the blood supply to the area. These exercises may be found in a book called

### Report from Britain

by ALASTAIR AITKEN of Athletics Weekly

Undoubtedly, Nigel Gates, who was 40 on May 18, had been the U.K.'s outstanding runner this last summer. He achieved a British vets 10K record of 29:43 in June, and won the National Veterans 10 Mile Championships in 50:14 in Wales. Stateside, he won the



Harold Morioka, Canada, tied the world record for the M50-54 400 with 51.80, USATF National Masters Championships, August 11-14, Provo, Utah.

Photo by Jerry Wojcik

Stretching by Bob Anderson.

Obviously, a good walking shoe is necessary; one with at least ½ inch of support under the heel and a rigid heel counter for additional support.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.

Cascade 15K in Oregon, beating Levisse of France and Nzau of Kenya. About his performance, he says, "Right through my career, 70 miles a week has been the number of miles I train a week, and that is the amount I am happy and healthy on."

Forty-five-year-old Stephen Moore won his second 55 miles London to Brighton, Oct. 3 in 6:07:22. Although not as fast as last year, it was a tactical race, and he beat three South Africans to do it, going away from last year's non-veteran leader, Russell Crawford, on the Ditchling Beacon at 44 miles. The second veteran and seventh was local Brighton runner Sam Lambourne in 6:49:53. Over-35-runner Hillary Walker was first veteran woman in 7:23:46. She and the rest of the field started as Big Ben struck 7 o'clock a.m.

### 1994 Masters Games Set for Brisbane

Thousands of masters athletes from all corners of the globe will converge on Brisbane, Australia, next year to participate in the "World Masters Games."

From September 26 to October 8, 1994, more than 12,000 athletes will participate in 30 sports, from athletics to lawn bowling to water polo.

Competition will be staged in fiveyear age groups, generally starting at age 30 for most sports. Themed nights, mardi gras and dinners are all planned.

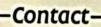
During the Games, the Australian Sports Medicine Federation will host an international conference. The Games are supported by the Australian Sports Commission, the Queensland Government and the Brisbane City Council.

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### Miller, Martin Post Masters Victories in Cow Harbor 10K

by MAURY DEAN

Undaunted by soggy, sodden puddles and slip-slide oil slicks, Jerry Miller (34:21) and Kathy Martin (40:08) stormed to decisive masters victories on Sept. 18 at Cow Harbor, N.Y. This seacoast stomp through Northport, Long Island, is, according to sixth-place finisher Joe Lemay, the "toughest 10K in the USA." For Miller, it was a tremendous victory. How many times have you overtrained while approaching a new age group, and had to dump your whole year because you tore or sprained or pulled something, and you had to feel that slow slogging and plodding was just peachy-keen? Jerry had all the injuries at 40. At 41, he's back where he should be, with the top L.I. masters.

Jim York, who turned 80 in June,

established a single-age WR of

22.61/74-21/4 with the 5kg hammer and

broke the single-age record for the

mer 39.60/129-11, and javelinist Fran

Conley, W50, hit the 28.24/92-8 mark.

and George Mathews, both of

Joan Stratton, W40, threw the ham-

Participants included Ken Weinbel

16-lb shot, with a 6.94/22-91/4.

Most incredible masters performance in L.I.'s premier 10K? Marion Stanjones, of course. Now at the speed limit (55), Marion proved that she had no speed limit with a magnificent 42:50, for third masters, just behind super Sue Curtis (42:32).

Upper division road warriors, too, enjoyed fantastic times. John McManus, 70 and 44:48, won his division by 15 minutes in a deep field. John Sullivan (44:14) barely outleaned Mike Reidy (44:15) to cop 65-69 honors, while swift Britisher Mel Cowgill (38:29) bested Richard Murphy (38:34) in the 55-59 crew.

The Cow Harbor finish banner stands aloft just ten feet from 50s literary lion Jack Kerouac's last stand — Gunther's Pub. This drizzle-dappled, whaling-town misty morning, we all shared Kerouac's (On The Road) road. Cow Harbor's James St. Hill (mile 2) gets the moan and groan, cuss-

agonizing Waterside St. upswoop (mile 4 to 5½) that takes your breath away. A tidal wave of faster masters besieged Waterside St., but the hill won, dashing our 35:59.9 dreams with its mega-mountain majesty. (OK, OK, I exaggerate just a wee bit.)

Just out of the top five W40+ money were the magnificent efforts of 48-year-old Hilary Boucher (44:17) and Laura Schay (45:21).

As demographics edge upward, and we runners in our 70s and 80s hang onto our semi-beloved sport, we celebrate the triumph of masters running. And we can assume that half the finishers (3200 in this 10K) were over 40.

Cow Harbor may not have had the sheer numbers of the L.I. Half & Marathon in May, but it's certainly world-class in post-race parties, thanks to Jim Mahoney and his masterful Northport Running Club.

### Records Fall at KELfield

Seattle.

by JERRY WOJCIK

A good turnout of throwers, from ages 30 through 80, showed up for the grand opening of KELfield in Santa Cruz, Calif., on September 18. KELfield is a throwing facility constructed on private property owned by Gary Kelmenson, an M40 thrower, who hopes to establish the site as a center for throwers of all ages.

Joe Keshmiri broke the U.S. M55-59 record of 13.56/44-6 in the shot put, held by Hal Smith and Jim Hart, with a 15.36/50-4 3/4. Stew Thomson erased Joe Chadbourne's U.S. M60-64 hammer of 50.28/164-11 with a 52.27/171-5.

### U.S. Marathon

Continued from page 1

M70+ division, in which Bill Brobston, 80, Saugerties, N.Y., ran a 4:28:01.

Bernardine Portenski, 44, Wellington, New Zealand, won the W40-and-over race with a sixth-place 2:41:25, leaving second to Suzanne Ray, 41, Anchorage, Alas., 13th in 2:46:22, and third to Carol Virga, 42, Delray Beach, Fla., 17th in 2:49:59. Last year, Portenski finished second to Sharlet Gilbert, who won the W40 + contest with a 2:40:19.

Diane Stoneking, 45, Edina, Minn., triumphed (2:58:46) in the W45 race. Karen Bestul, 51, won easily in 3:16:45, as did Wen-Shi Yu, 58, Kew Gardens, N.Y., with a 3:23:26. The remaining winners were Barbara Robinson (60, 3:41:56) Nahant, Mass., and Billie Murphy (65, 5:21:59), Roy, Wash.

Navarro, with an age-graded 96.2%, was the best M40+ performer, followed by Marczak at 93.7%, and Cummings at 92.7%. Among the W40+, Portenski had the best age-graded time, worth a 92.4%, with Ray second, as in the race, at 90.5%.

Running in perfect marathon weather — 50°, clear with some late cloudiness, light breeze — 5122 entrants finished. With those conditions, officials expected fast winning times, but the race became a tactical one, with Ed Eyestone, 32, overall winner in 2:13:34, and Lisa Weidenbach, 31, first female in 2:33:38.

The race was conducted under the auspices of the Twin Cities Marathon, Patricia Goodwin, board of directors president. Health Partners was the primary sponsor.

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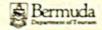
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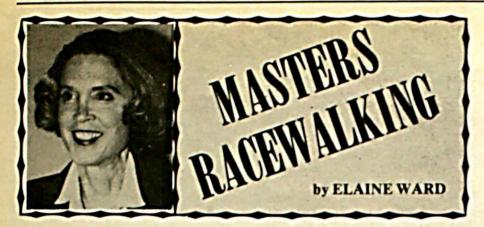
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### Bohdan Bulakowski -Poland's Loss, America's Gain

Bohdan Bulakowski was the Polish National Champion six times. He placed 7th in the 1980 Olympics in the 20 kilometer walk and competed for Poland on six World Cup teams. His best times are: 10K at 40:40; 20k at 1:22:45, and 50K at 3:53:04. At age 41, he competed at the World Veterans Games in Turku, Finland and placed 2nd in the 20K racewalk. This past summer in Provo, Utah, at age 43, he placed first in his age division in both the 5K and 20K.

In addition to his athletic career, Bohdan Bulakowski was National Coach for the Polish racewalking team. As national coach, his responsibilities included both programming and training athletes for international competition. In the Barcelona World Cup in 1989, the Polish team placed seventh. One of his female athletes, Beate Kaczmarski, placed 17th in the Women's 10K at the Barcelona Olympics in 1992. Since he has been in this country, he has coached Andrzej Chylinski, Dave McGovern and Dana Yarbrough of our national team and masters gold medal winner, Paul Johnson (M55).

(When necessary, Adam Pawlik acted as translator for Bohdan.)

EW: There are many masters athletes coming into racewalking. Some are injured runners who love competition and want to continue competing; others simply enjoy walking and want to become faster. How do you approach new racewalkers?

BB: First, I interview them and ask questions about their age and background. How interested are they in racewalking? What are their goals? Have they ever trained? How long have they trained? What are their PRs? How is their health? This way I can find out where to start in developing a program for them because there has to be continuity, a steady progression. Everything has to be tailored to the individual. There is no group formula.

One of our fundamentals of training is to monitor the heart rate every single day. We have our athletes take their pulse the first thing in the morning when they wake up. When you do this, you know how well your body has recovered from your workout or race the day before, and what kind of workout you can do that day. Also, we check the heart beat after an athlete finishes training. We keep everything in a log book. As new walkers condition, their heart rate drops. Just as the muscles of the legs strengthen and work more efficiently, so does the heart.

We also use the heart rate for different levels of training. We have four levels of walking: Walk 1, Walk 2, Speed Work and Racing. If your workout calls for Walk #1, your heart rate is targeted at a specified range; for example, between 120 to 140 for younger masters and between 110 to 130 for older masters. If your workout calls for Walk #2, your heart rate is targeted at a faster pace ranging around 150 to 160 for younger masters

and 140 to 150 for older masters.

Of course, there are outside factors such as temperature, humidity, and elevation that affect the heart rate. And it is necessary to make appropriate adjustments. If you go to an altitude training camp, the first day your heart rate will be higher than normal and will gradually drop over the following days. After about 10 to 12 days in the altitude, you can start doing good, solid training as your body will be completely acclimated, but for the first 10 days you should concentrate on slow technique workouts.

EW: What is a general overall workout schedule you might make for an athlete with a goal to race at a major competition in August?

BB: January through March would be for basic training. This would be a period for long distance workouts to build a solid foundation for speed. If you do not do long distance training, you are not going to be able to perform at a high level of endurance and speed. Someone coming into a program with a great deal of experience and in excellent condition would have a different program than someone who was coming back from an injury or just taking up racewalking after several years away. The length of time of the workout and the distance walked depends on the athlete.

If someone has a problem with bent knees, we do not recommend running. We don't recommend running if you have any kind of technique problem. You run only if you have solid technique.

In a week of basic training, there is always one day off for rest and recovery. Here is an example of a typical week. Monday, rest; Tuesday, Walk #1; Wednesday, easy running, moderate heart rate; Thursday, Walk



Bob Novak, M40 racewalker, USATF Northwest Regional Championships, Eugene, Ore. Photo by Jerry Wojcik

#1; Friday, short workout of rhythms and speed; Saturday, Walk #1; Sunday, easy running moderate heart rate.

You can substitute another type of activity such as cross-country skiing, swimming, or light weight training for running. Most sports are okay substitutes during this period. If you have the opportunity to go to a swimming pool after training, this is a good way to relax the muscles. Don't do laps; just do ten minutes of easy, relaxed swimming.

During this period of basic training, it is important to stay within the heart rate range for Walk #1. If you go faster, then you are, in fact, accelerating and doing Walk #2 and are working out at a different level. For example, if you are 50, your heart rate range is probably between 120-140 for Walk #1. If you walk at a 150 heart pace, you are actually doing Walk #2 which is closer to the speed of competition and your body is reacting more like it does during competition. Walk #1 is the basic walk for building a solid foundation. Walk #2 is a middle process between basic training and racing. If you do Walk #2 instead of Walk #1, you lose the physiologic benefits of training at Walk #1.

Continued on page 20

### U.S. 5K Racewalk Championships

by JANE DODS

Many of America's best racewalkers assembled in Kingsport, Tenn., on Sept. 18 to compete in the USATF National Masters 5K Racewalk Championships. Bobby Baker, racewalk director, stated that this was the first time such an event was held on a road course; all past masters championships were held on tracks.

The elite racewalkers were out in force, making competition keen up front. Don DeNoon, 50, of Carbondale, Ill., was right up there with the best of them taking first place in 21:40, just 15 seconds behind the overall winner. DeNoon was a world-class racewalker as a young man, but stopped competing in 1974. Having resumed the sport two years ago, he is well on his way to world-class status once more.

Another outstanding performance was that of the women's masters winner, Sally Richards-Kerr, 41, of Evergreen, Colo. Like DeNoon, she also captured an amazing second place overall in 24:13.

Judging was apparently very strict. Out of a total of 98 competitors, 30 were disqualified.



Ed Kousky, M50 winner, mile walk (7:34.18), USATF Northwest Regional Championships, Eugene, Ore.

Photo by Jerry Wojcik

### McGaw, Richardson Best in 1-Hour Racewalk

Phil McGaw, 43, Milton, Mass., covered 11,612 meters for top honors in the USATF National Masters 1-Hour Racewalk Championships at MIT, Cambridge, Mass., on Oct. 3. Joe Light, 46, Westerly, R.I., was second with 11,601m, and Brian Savilonis, 43, Princeton, Mass., third with 11.447m.

George Conway, 90, Milton, Mass., set a national M90-94 record of 6797m. Elton Richardson, 54, was first W40-and-over with 10,202m, which broke the U.S. W50-54 record. Nancy Lee Whitney, 57, Silver Springs, Md., strode to second with 9661m.

Helen Lonnroth, 67, Sterling, Mass., the oldest female competitor, finished with 7699m.

The USATF/New England hosted the event. First-place-finisher McGaw served as director. Ten judges were present on the course.

# PROFICE

### Jerry Donley

by RAYMOND McCAFFREY

In the clear, cool cusp of morning, as fog lifts from the mountains and daylight takes hold, a lone figure raises a spear toward the heavens, pauses briefly, then lowers it toward a target and begins to run.

The figure — a slender, bespectacled man — takes deliberate strides and deep breaths as he races forward until, suddenly, he exhales sharply and thrusts the spear into his mark.

The spear bends on impact, but the man retains his grip, and then — in a blinding instant — he is catapulted upward and begins to fly. His toes address the sky as he rises higher and higher. Then, just as he clears an obstacle — a slender crossbar — gravity grips him and slaps him back toward the ground. He lands in a bed of soft foam and bounces up with a contented look.

look.
"That's 11 feet," Jerry Donley says.
"That would have won the world championship. The person that was in second place was 10 feet, 10 inches. My winning height was 11 feet, 10".

Specifically, Donley won the pole vault competition — at the World Association of Veteran Athletes world championships in Turku, Finland, July, 1991. Though 63, Donley looks 20 years younger as he bounds down a runway at the Air Force Academy's track and field complex. He aborts this jump at the last second. "I wasn't comfortable coming in," he explains.

Comfort? Donley ticks off what he's aiming for: good balance, good position, taking exactly 18 steps to run exactly 120 feet before vaulting. He compares it to hitting a golf ball straight. "If your swing is out at all, you're going all over the place; and if your step is off, you've got some real troubles."

But the analogy breaks down slightly. At the end of the golf swing one simply observes the direction of one's shot; at the end of Donley's 18 steps he must jam his pole into a metal box, absorb the impact in his arms and shoulders and then ride the rippling wave upward. "I guess there are a lot of people who don't think that makes an awful lot of sense," he says. "You're going to take a jolt. You're going to take some hard falls."

Through the years, Donley has broken his wrist and his collarbone and even caught his nose on the cross bar. He's now recovering from a leg injury. Why does he do it? "I don't know. Well, I don't think I can say there's anything you particularly like about it. It just fits my personality."

Personality? Donley talks about one coach who gave up recruiting great



Jerry Donley, M60, first (3.60), Meinhard Kirm, second (3.30), and Martin Kutman, third (3.20), WAVA Championships, Turku, Finland, 1991.

athletes for the vault — they did well at the beginning but never improved. He preferred good athletes who were — well — a little goofy, the types that would charge a brick wall. Guys like Donley, who started vaulting while a fifth-grader at Castle Rock Elementary School. "I'm not naturally strong. I can't run long distances. I wasn't good at basketball. I was too small to play football. I swim like a tank."

But by the time he was a 6-foot, 115-pound high school senior, he was his school's best vaulter by virtue of clearing 10 feet, 10 inches. At Beloit College in Wisconsin, he gained another 35 pounds and topped 13 feet, 9 inches his senior year. "And that, of course, is the end of it."

Following the conventional wisdom that all but the sainted few give up strenuous sports at 21, Donley enrolled at the University of Michigan Law School. He wasn't the best student, but vaulting had taught him to work diligently. He came to practice law in Colorado Springs and make a life with his wife, Dorothy, and their three sons.

By the time he was 40, he felt gravity weighing on him: He lacked the energy to keep up trial work. So he took up jogging and aerobics to get into shape. Then his sons started pole vaulting and Donley tried to explain the theory; finally he decided to show them. "And I started getting off the ground."

He was 44 and flying again. Donley read about the burgeoning masters program — about 5,000 men and women competed in the 1991 championships, some in their 90s — and in 1975 he took second at the world Continued on page 15

### 35 Records Smashed at 24-Hour Championships

from JOHN WHITE

Sylvania, Ohio, was the site of the USATF National Open and Masters 24-Hour Championships, Sept. 18-19. A total of 166 runners competed on the 1.1224-mile Orlander Park loop course, starting Saturday noon.

The women's open and masters champion was 47-year-old Sue Ellen Trapp, Fort Myers, Fla., running without close competition and finishing third overall. Trapp accomplished the stunning feat of adding more than two miles to the national open women's record. Her performance of 145.2871 miles surpassed the mark of 143.0849 set by the legendary Ann Trason in the 1989 championships. Trason is arguably the best woman ultrarunner in the world today. Nevertheless, this is the third time during the past 13 years that Trapp has captured a 24-hour record.

This race demonstrates rather convincingly that ultrarunning is primarily a masters event. In the men's race, masters captured 17 of the first 20 places, while masters women took seven of the top ten places.

The top masters men were Roy Pirrung, 45, Sheboygan, Wisc., the former open and masters record holder, with 143.8313; John Ryder, 44, LaPorte, Ind., with 139.3787; and Robin Fry, 41, Columbus, Ohio, with 136.8763.

Helen Klein, 70, Rancho Cordova, Calif., became the oldest woman in the world to surpass 100 miles with her



Helen Klein, 70, Rancho Cordova, Calif., established seven ultra-distance records with 102.7398 miles, National Masters 24-Hour Championships, Sylvania, Ohio, Sept. 18-19. Photo by John White



Roy Pirrung, 45, Sheboygan, Wisc., first M40 + (143.8313 miles) and third overall, USATF National 24-Hour Championships.

Photo by John White



Sue Ellen Trapp, 47, Ft. Myers, Fla., after obliterating the U.S. record for the 24-hour road race with 145.2871 miles.

Photo by John White

102.7398, and established national agegroup records for 25K, 20 miles, 50K, 50 miles, 100K, 12 hours, and 100 miles. Edson Sower, 77, Yuma Ariz., is the oldest man known to have competed in a 24-hour run. He established first-time-ever M75 records at all distances beyond 100K.

The success of this event was attributable to Tom Falvey and Dave Payette of the host Toledo Roadrunners Club. The race featured a revolutionary computer scoring system designed by Todd Herzog of Paradigm Technologies. The system utilizes barcoded tags that permit an unlimited number of participants in an ultrarun. Dan Brannen, chairman of the National Ultrarunning Subcommittee, heaped praise on both the race organizers and the new scoring system.

### Raschker Nets Four Records at Gainesville

by JERRY WOJCIK

Phil Raschker, 46, Sorbothane's coathlete of the month in the October issue, continued her attack on world and U.S. records, bettering four in the USATF Southeast Regional Masters Championships in Gainesville, Fla., Sept. 5. Raschker, of Marietta, Ga., broke her W45-49 world record of 2.84/9-4 in the pole vault with a 2.95/9-8, and bettered the single-age U.S. records in the high jump, long jump, and triple jump. Ninety-two All-American masters performances were recorded. Eleven Florida resident records also fell.

Entrants included athletes from Philadelphia, Virginia, and Ohio, as well as from the region. In addition to offering competition for men and women ages 30-and-over, the meet included athletes from ages 19 through

The Florida Athletic Club outscored the Atlanta TC, 236 to 114, for team honors.



### Book Review: The Heart Rate Monitor Book

by BARBARA ERSKINE

n 1991, Sally Edwards, at 44 years of age, won the Masters Division of the Ironman Triathlon. Not only was she at the top of the age bracket for that group, 40-44, but also she started the marathon in 4th place, behind by 25 minutes.

She's a remarkable woman and elite competitor; but, even so, that performance was exceptional. She credits her win to the assistance of a gadget which isn't new, but is high-tech: a heart rate monitor. So convinced is she of the value of the information the monitor provides that she has written a book on the subject, aptly named *The Heart Rate Monitor Book* (1992, Polar Electro Oy, \$12.95).

With unabashed enthusiasm, Sally, in her personal, chatty style, describes all the benefits of using a monitor for exercisers of any age or ability. Although she has been athletic most of her life and is comfortable with intense competition, the monitor provides specific information she uses to improve her performance in training and racing. If it can help someone so highly trained, it should be valuable for the average athlete.

Most of us do our workouts on either the perceived exertion scale or pulse rate. However, both these methods are very imprecise. Perceived exertion is a function of the mind and can be influenced by too many variables, such as fatigue, stress, financial worries. Pulse rate, in clinical studies, has varied by as much as 17 beats per minute from heart rate. In non-research situations, such as your daily run or bike ride, taking your pulse to judge exertion is even more erroneous.

A heart rate monitor measures individual cardiovascular and physiological response to exercise. In beats per minute, it indicates the efficiency of your body — how much energy is required to pump the blood through the heart. Because response to training is individual, what is a high level of intensity for one person might be moderate for another. The monitor allows each person to pick the intensity desired for any given day and achieve that, whether in a group or exercising alone.

Sally believes, "Racing with a wireless telemetry heart rate monitor can be worth milliseconds in a sprint, minutes in a marathon, and hours in an ultra. Training with a heart rate monitor can mean hundreds of calories burned; many pounds of fat lost; and shorter, more motivated and enjoyable workouts. It provides the means to accelerate the athlete's learning curve of

self-understanding and fine-tune the athlete's ability to consciously adjust his or her body rhythm."

It directly links the mind with the body, by providing feedback to the mind on how the body is doing. The monitor gives constant measurements of the heart's response to physiological variables such as caffeine, moods, attitudes, stress. If your heart rate increases to maintain a set pace because the weather is hot or you are fatigued, you'll know, immediately, whether you are exceeding your training limits and can adjust your intensity accordingly.

This is great news. You can compete in any group or activity, yet be constantly aware of how you personally are doing. Sally's experience in the Ironman gives us a fine example of this strategy.

She finished the swim exactly in the time of her race plan. She kept steady on the bike at 155-160 bpm, even though many cyclists passed her. As she changed to running shoes and moved the monitor from the handlebars to her wrist, she took off at a 172 bpm pace for the marathon in 4th place. By the half way point, she was in 2nd place, but still 10 minutes behind. That meant Sally would have to run almost a minute per mile faster than the leader to catch her. By mile 21, her mind began to issue negative thoughts. Her monitor showed 155 bpm - she had allowed her mind to slow her down. Painfully, she picked up the pace to 172 bpm and took the lead at mile 22.

"I did it. I won. It (the heart rate monitor) allowed me to monitor the status of my mental attitude and physical stamina, to control it and coax myself towards victory."

Why does Sally, at 44, care about winning, her heart rate, a trophy? Her book is a statement of the meaning of life for this champion masters athlete. "... experience it for yourself. Go feel what it's like to reach so deeply inside that you brush against your core Self. Go win and go lose, but never stop learning about the world, and about yourself." And take your heart rate monitor with you.

(Barbara T. Erskine, Books for Runners. For information or a free catalog, contact her at The CAVU Company, 386 Portlock Road, Honolulu, HI 96825-2027.)



Vice-President Al Gore and U.S. Solicitor General Drew Days, after the Nike Capital Challenge Three Mile, Washington, D.C., Sept. 15.

photo by Ken Heinen

### As Congressional Pace Finally Speeds Up, Top Administration Figures Run for Their Lives

from JEFF DARMAN

Vice-President Al Gore was among the many prominent Washingtonians gathered on a beautiful Wednesday, Sept. 15 morning in Washington, DC's East Potomac Park for the 13th running of the Nike Capital Challenge Three Mile. Seven hundred runners on 140 teams took part, including scores of senators, congressmen, and administration appointees such as new Director of the FBI Louis Freeh and his Deputy Floyd Clarke, Secretary of HUD Henry Cisneros, Office of Management and Budget Deputy Director Alice Rivlin, Solicitor General of the United States Drew Days, Co-Chair of the President's Council on Physical Fitness and Sports Tom McMillan, ABC Nightline's Ted Koppel, CBS's Bill Plante and Susan Spencer, and NBC's Bob Hager.

On hand as official "whistle blower" and starter was former New York Marathon winner Priscilla Welch, 48, who jumped in at the back of the pack after sending the field on its way.

Teams had to be captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality or professional print journalist, and each VIP had to finish the course for their team to count.

The purpose of the Nike Capital Challenge is to raise money for the D.C. Special Olympics and to determine who is fittest: the legislative branch, the executive branch, the judicial branch, or the media that covers them.

Competition in the highly sought after and prestigious Best and Worst Team Name categories was again intense. Worst team name honors went to the "Joy of Tax" from the Tax Analysts team, with "Just Deaux It" (Senator John Breaux) winning best team name.

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished. Race officials dressed as Abraham Lincoln and George Washington "worked" the race crowd and appeared on TV. Signs lined the start area with slogans such as, "Sam Nunn's Health Care Plan, 'Don't Cough! Don't Sneeze!"

Tennessee Representative Bart Gordon regained his title as fastest man in Congress running 17:59. Senator Don Nickles (R-OK) defeated 10-time Senate Champ Max Baucus (D-MT) with a come-from-behind finish, edging Baucus by two seconds (21:25 to 21:27). First time participant HUD Secretary (former San Antonio Mayor) Henry Cisneros was the first Independent Agency Head (23:32). Vice-President Al Gore finished in 23:39, along with his daughter, Karenna. Tipper Gore finished in 26:20.

Jim Hage of the Bureau of National Affairs was the open winner (14:21), and Laura Scofea of the Department of Labor team was first woman (17:29). Fastest overall team, Runners Whirled, the visiting quintet from Emmaus, Pa., (Runner's World Magazine) nipped Congressional Quarterly in the journalism division. Fastest individual journalist was Jim Hage, who beat several-time winner Dick Keil of the AP.

The Nike Capital Challenge again highlighted the ability of many of the nation's busiest leaders to stay fit, and raised \$9000 for the D.C. Special Olympics. Challenge sponsor, Nike, and contributing sponsor, the Principal Financial Group, donated \$4000 in the names of the winners, as well as paying all race expenses. All entry fees went to the District of Columbia Special Olympics. Principal's Chairman and Chief Executive Officer, Dave Hurd was among the finishers.

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### Masters Health and Fitness

### A Profile of the Masters Track and Field Athlete

by RUSSELL LaMAR ACEA

(Russell Acea is a masters athlete who lives in Seattle. His research paper: "A Profile of the Masters Track and Field Athlete" was accepted for presentation at the annual meeting of the Northwest American College of Sports Medicine. In a two-part series, NMN presents excerpts from that paper. The first part cites various surveys on older athletes researched by Acea. Part two reveals the results of Acea's own survey of 94 masters track and field athletes at six masters meets in 1991.)

with aging, there is a general decline in physiological measurements. Aerobic capacity, muscular strength, movement speed, and lean body weight all decrease, while percent body fat increases. The decline in these measurements begins somewhere in the mid-20s and is called the aging curve.

However, a growing number of researchers who have tested individuals from age 20 to 95 believe that a portion of the deterioration seen in aging curves is caused by less activity in older individuals, and not just by aging itself; that people who maintain active lifestyles slow down the fitness decline seen in typical aging curves.

What is not known with certainty is to what extent these aging factors can be slowed by those who consistently exercise throughout their lives. More studies need to be done by sport scientists before this issue is clarified.

### Changes with Aging

As most people age, the amount of body fat becomes easier to accumulate. Excess body fat can lead to overweight problems and increased health risks. Researchers have shown that exercise is a well-documented factor in controlling body fat.

Heath et al. (1981) compared 16 highly-trained masters athletes, ages 50-72, with 16 young athletes, ages 18-27. The two groups were matched based on similar training regimens. Eighteen untrained middle-aged men were also compared as a control group in which nine were identified as overweight, average age 50; the other nine were lean, average age 52.

Significant differences were found between the masters athletes and the untrained middle-aged men in percent body fat. The young athletes had 9.3% body fat; the masters athletes 9.8%; the lean untrained men 14.2%, and the overweight men 20.4%.

However, in a study by Kavanagh and Shephard (1990) on 756 masters competitors in various sports, lean body mass remained relatively constant for both men and women until ages 70-79, when it decreased 4.3kg and 4.5kg, respectively, a significant decline. This study contrasted with other surveys which found gradual decreases in lean body mass with aging.

Pollock (1987) studied 24 masters track athletes during a 10-year period. All 24 continued their aerobic training, but only 11 were still competititive and training at the same intensity. Pollock found slight increases in body fat with both groups although total weight remained about the same. Pollock concluded that strength training may be necessary to maintain lean weight with age.

In a 1988 study by Kavanagh, where questionnaires were answered by 1688 athletes of various sports, weight training was not as popular with masters athletes as was endurance training. Weight training was done by 30% of the men and 31% of the women, while endurance training was done by 72% of the men and 81% of the women. It may be that the elderly are not performing weight training exercises as much as they should be in order to maintain current muscle mass.

It is clear from sport science research that sedentary patterns in the life of the aging individual can lead to undesirable changes in body composition. Body fat percentages increase while

		990	height (cm)	weight (kg)	body fet, X
Young athletes Masters athletes Untrained Lean untrained	16 16 9 9	59 50 52	175.8 173.0 175.3 174.8	65.2 63.3 85.0 69.1	9.3 ± 1.8 9.8 ± 1.2 20.4 ± 2.6 14.2 ± 2.2

Many researchers agree with Heath's study that trained men have a lower body fat content than untrained individuals of the same body weight and age. lean body mass decreases. Active lifestyles by aging individuals seem to have some influence in slowing down some of these undesirable changes in body composition.

### Vo2 Max Drops Less With Training

Many researchers have tried to answer the question of how much exercise is needed in order to produce positive physiological results. Sport scientists report that in healthy, non-competing men, Vo2 max declines about 9% per decade after age 25.

But Pollock et al. (1987) found aerobic capacity remained virtually unchanged over a 10-year period with 11 middle-aged men who had maintained their training regimens and competitive habits in track & field. During the initial testing, the average Vo2 max of the 11 men measured 54.3 ml/kg/min. At the follow-up study 10 years later, the average had declined to only 53.3. With a predicted decline of 9% in Vo2 max per decade, the expected result should have been approximately 49.4 ml/kg/min.

In a study by Kavanagh and Shephard (1990), 756 masters athletes of various sports (mainly runners, swimmers and cyclists) were tested for Vo2 max levels. They found an average decline in Vo2 max of 13.0 ml/kg/min from the 30-39 age group to the 60-69 group (49.1 and 36.1, respectively). This drop amounts to an 8.8% decline per decade, a figure close to the expected 9% decline rate. This finding contradicts Pollock and other researchers who found that Vo2 max declined at a lesser rate with masters athletes.

Since Kavanagh & Shephard did not segregate athletes by sport and event, it is not possible to find out whether there were similar declines in the aerobic capacity of track athletes consistent with the entire masters athlete population.

Nevertheless, it seems apparent from the majority of studies done on masters track and field athletes that continual training in the sport assists in curtailing the expected decline in aerobic capacity with aging.

- Russell Acea

### Sri Chinmoy Games Draw 120

by LYNN SCOTT

One hundred and twenty men and women athletes, ages 40 and older, gathered on an ideal, cool day in Long Beach, Calif., for the 6th annual Sri Chinmoy Masters Games.

Stewart Thomson, 60, Atascadero, Calif., again broke the U.S. M60-64 hammer record since turning 60, with a 50.76/166-6. Carol Johnston, Whittier, Calif., 81, vaulted to a single-age



Stewart Thomson, M60, winds the hammer, Sri Chinmoy Games, Long Beach, Calif., Sept. 12. Photo by Nibir Cole



Carol Johnston, 81, with official Durdam Rocherolle, after vaulting to a single-age world record 7-8, Sri Chinmoy Games, Long Beach, Calif., Sept. 12.

Photo by Nibir Cole

world record of 2.34/7-8.

Dave Douglass, 60, Los Angeles, a faithful supporter of these games from their inception, participated in seven events, taking two firsts.

Members of the Sri Chinmoy Marathon Team athletic organization came from all over California to host the event and be inspired by the masters athletes. They provided free fruit, drinks, and snacks all day, which the athletes appreciated.

For further information about next year's event, the contact is Bigalita Egger, race director, (310) 645-0271.

### Owens, Portenski Win in Philadelphia

by JERRY WOJCIK

Earl Owens, 44, Dunwoody, Ga., took the 40-and-over contest with a



First master Earl Owens, 44, Dunwoody, Ga., in 1:08:54, Philadelphia Half-Marathon, Sept. 19. Photo by George Banker

### TEN YEARS AGO November, 1983

- V World Veterans Games Draw 1935 to San Juan; 40 World Records Set; Problems Mar Successful Event
- 782 Compete in National T&F Championships in Houston
- Antonio Villanueva, Cindy Dalrymple Top Masters in El Paso 15K

### Profile

Continued from page 11

championships. He has won his age division almost every year he has competed, and been the national chairman of the United States Masters Track and Field Committee.

As he stands in the cool morning air, Donley easily lists what he enjoys about competing — how it slows the aging process, how he and Dorothy have seen the world. But emotion strangles his words as he struggles to describe the beauty of the vault, that blatant defiance of gravity.

"If it's a good technical vault, there's no stress, no strain, no jar," he says. "There's nothing but coming back, taking off into the air...

"I'm in heaven."

(Reprinted from the Colorado Springs Gazette-Telegraph).

45th-place of 7000 runners in 1:08:54 at the Philadelphia Half-Marathon on Sept. 19. Owens, of the Atlanta TC, met little competition in his division, with Carlos Roa, 40, Jamaica, N.J., second (1:10:16) and Chuck Moeser, 41, Herndon, Va., third (1:10:42).

Norman Green, Jr., 61, Wayne, Pa.,



Louise Fairfax 42, Tasmania, second W40 + (1:18:27), Philadelphia Half-Marathon, Sept. 19.

Photo by George Banker



First M55 Tony Cerminaro (1), 57, Jermyn, Pa., in 1:18:10, and second Michael Hayney (r), 55, Camden, N.J., with Jay Land of sponsor Wissahickon Water, Philadelphia Half-Marathon, Sept. 19.

Photo by George Banker

broke Gaylon Jorgensen's U.S. M60-64 record of 1:17:04 of 1989, with a 1:16:55.

Bernardine Portenski, 43, New Zealand, ran a sizzling 1:16:42 for tenth female. Louise Fairfax, 42, Tasmania, was 14th (1:18:27), and Nancy Grayson, 43, Northville, Mich., 15th (1:18:48).

The best age-graded masters performance came from S. Rae Baymiller, 50, NYC, who finished 21st female in 1:19:40, an age-graded 95.3%, breaking Shirley Matson's W50-54 U.S. record of 1:19:51 of 1991.

Priscilla Welch, 48, Boulder, Colo., and England, won the W45 race with a 1:25:15. Heavy rains on Saturday moved on by Sunday morning, leaving conditions at 57°, 77% humidity, and winds at 10 mph. □

### Late Flash!!

Buffalo (USA) and Durban (South Africa) were chosen, respectively, as the sites for the 1995 and 1997 WAVA World Veterans Athletics Championships by the delegates to the WAVA General Assembly in Miyazaki, Japan, October 14. Details next month.



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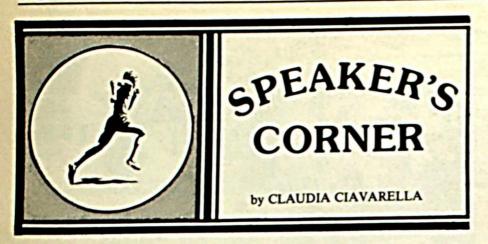
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### The History of Masters Long Distance Running — Part II

(The History of Masters Long Distance Running — Part I, by Claudia Ciavarella, was published a year ago. Part II was scheduled to follow, but the manuscript was mysteriously lost, deep in the bowels of NMN's offices. In a house cleaning last month, behold... it reappeared. We humbly apologize for the delay, and present it now as originally written. — Ed.)

asters athletes keep the race honest," so says Scott Keenan, the Race Director of Grandma's Marathon. Clearly impressed by the masters runners he has dealt with, Keenan is well-qualified to speak. The first six elite athletes he signed on for his 1992 race were over forty.

Keenan believes that the masters athletes serve his race well because they are more loyal to events that they enjoy and they attract local runners to participate. "Masters are committed to coming back if they like your event—open elites are often more selective." Bringing in Doug Kurtis for his race (who won as an open athlete) automatically enhanced his field. According to Keenan, "Masters strengthen the overall field...especially when they have the ability to finish in the open."

Keenan likes the fact that his masters athletes rarely, if ever, let him down. "They have that added experience, which usually guarantees that they will run the times they say they can run." Besides knowing what they're capable of running, masters usually run smarter. They pace themselves based on conditions. "I don't know too many masters runners who drop out of races. When I bring in masters, I know that they'll finish and run times that are virtually guaranteed."

Rodgers and Shorter

Clearly, there has been a fairly rapid evolution in the sport since the matchup between just-turned-forty Rodgers and Shorter. Prize purses for the over forty division have been increasing, and most major races have a travel and expense budget for elite masters. But the evolution is far from complete. In masters competition there are shades of grey — as many different viewpoints on how, how much, and even whether athletes should be rewarded — as there are athletes, race directors and officials.

Like Keenan, Dick Mattia, the Elite Athlete Coordinator for the Utica Boilermaker 15K, is strongly in favor of rewarding masters performances with prize purses that are equitable in comparison to the open division. The race has consistently drawn a topquality masters field over the past several years. Utica is one of the few major races that breaks the masters age divisions into the over-fifty group, with separate prize money.

Mattia believes that the tough competition that exists in masters racing is a natural progression: "What we are seeing is simply athletes who are coming of age." He credits the ICI Masters Circuit with helping to get people thinking about masters running. "The timing was right...there were already a lot of good quality people out there." Utica was on the circuit for three years— it paid off for the race as well as the athletes. The quality of the fields improved significantly, which led to the increased prize purses. In last year's race, prize money was raised across the board, even in the senior category.

#### Charlotte Observer Races

Although the Charlotte Observer 10K and Marathon does not yet pay prize money to the over fifty age groups, they do offer one of the largest and deepest masters purses in the sport. Don King, Promotional Director with the Observer, says that masters are the most important age group in many races - not only in the Observer 10K, but in other races in the Charlotte area. King stresses that "the average forty or fifty year old runner in Charlotte doesn't care about big name runners, especially in the open." But they do care about their peers, the other runners their age who provide support and make up the greatest percentage of the field.

As the running population ages, King sees two major developments occurring: one, sportswriters will also be aging, so they will pay more attention to the older athlete and two, new language will be adopted to provide for the older runner, much like cycling terminology. In the future, King sees the term 'master' being replaced with designations for each ten-year



Top M50-59, Glen Brenner 5K, Washington, D.C., from left: Dick Hipp, Columbia, Md., 3rd (19:53); Bernie Gallagher, Rockville, Md., 2nd (18:11); and Fay Bradley, Washington, D.C., 1st (17:18). Photo by George Banker

category, from forty through eighty.

Julia Emmons, Race Director of the Peachtree Road Race 10K, agrees with Keenan, Mattia and King that masters competition is a viable part of any event. Describing her 40,000 + race as a "citizens race," Emmons says that she is honored by the elite fields that Peachtree attracts. She is particularly proud of the master athletes who are in ...their second season of greatness." Emmons supports substantial prize purses for masters because she believes that the trend that began in the 80s with the popularity of Rodgers, Campbell, Welch, Schlau and others is going to continue well into the next century. She likens masters runners to actors, as opposed to movie stars, saying that ...someone who is just beautiful or handsome can't play character roles." It's up to the older athletes to provide the level of maturity and commitment that younger athletes may lack.

Age-Graded Scoring

There are those supporters of masters competition who, in the spirit of fairness, look to age-graded scoring to recognize overall winners. Races have been scored using this system for years in Oklahoma, led by Joe McDaniel, who was very much ahead of his time. The Tulsa Run 15K is one of the few major national races that scores masters runners in this manner. Race Director Stan Austin says that in the four years they have done agegraded scoring there have been few complaints. "For someone over fifty, this is the only fair way to score. This allows an Ed Benham, who is a remarkable athlete, to finish as third master overall."

The Twin Cities Marathon is well-known for its age-graded scoring, as well as the substantial masters prize purse. Executive Director Patricia Goodwin credits former Race Directors Jack Moran and Skip Burke with having the foresight to recognize that masters running would be a significant part of the sport in future years. In the 1989 race, 2,000 out of the 6,000 participants were over forty. "Masters athletes are treated fairly at our race. We do the age-grading in five year age

groups, plus this year (1992) we are offering a \$5,000 bonus for the masters course record," said Goodwin. Everyone is given the opportunity to be recognized.

Will age-grading become more popular in the future? It's difficult to know for sure, but it would appear to be a logical progression. If not agegrading, then perhaps recognition of older age groups, particularly in races where there is prize money. Barb Filutze, who was one of the pioneers in the sport, would like to see more age groups developed. For someone such as Barb, who is still running extremely well, this would be an incentive. "Competition is getting harder; the field is growing, but we don't want to stop competing. We just need more incentive to race," comments Filutze.

Twin Cities Best Masters Race Norm Green agrees with Barb, but he leans more toward age-graded scoring. He would like to see more races follow Twin Cities' example, which he describes as the "best race in the country for masters." Green brings up another issue: masters athletes wearing numbers on their backs to designate age group. Although this is a requirement in TAC championships and has been tried with limited success at a few major races in the past, it is not being done with any regularity at the present time. With new athletes moving into the masters category seemingly every month, this may become common

A sport in transition, in a state of evolution, makes for wildly divergent opinions. Where is the sport going and how is it going to get there? Scott Keenan believes that masters running is "...very strong, and prize money will continue to increase in years to come." Harold Tinsley would like to see another masters circuit, but he doesn't feel that TAC will supply "the necessary people to do the work to get a circuit going." In defense of TAC, Chuck DesJardins, Chair of the Masters Long Distance Running Committee, agrees that the sport would benefit from a circuit "...but everyone

Continued on page 20

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### Wolfpack Throwing Classic Held

by JIM PEARCE

The 12th annual Wolfpack Throwing Classic was held in Columbus, Ohio, on Sept. 12. Joan Grissom, 55, Indianapolis, throwing in a new agegroup this year, set U.S. W55-59 records in the 3k shot (12.32) and 3k hammer (31.54). Grissom also set single-age records in the weights.

Len Olson, 62, Poyntelle, Pa., was selected to receive the 1993 Buckeye Throwing Award for his "iron man" performance, which included the weight pentathlon and six individual events, plus three single-age records. Other single-age records went to Bernice Holland, 66, Cleveland, Ohio, and Frank Furniss, 86, Marion, Ohio.

Everett Hosack, 91, Cleveland, Ohio, was the oldest entry and first M90 athlete to compete in the Wolfpack Classic.

Weather conditions were excellent, with unseasonably cool temperatures in the 70s, slightly overcast skies, and a favorable wind.



Bob Jordan, San Francisco, M65 400 winner (76.76), Club West Meet, Santa Barbara, Oct. 2, appears to be saying, "It's my turn at last," after finishing second to Jock Jocoy in the 100 and 200

Photo by Beverley Lewis

### Santa Barbara Hosts Club West Meet

from BEVERLEY LEWIS

The 20th annual Club West Masters Meet at UC-Santa Barbara on Oct. 2 drew its usual large number of athletes, many from out-of-state, who posted several records and excellent times.

Stew Thomson, 60, Atascadero, Calif., lengthened Joe Chadbourne's U.S. M60-64 record of 164-11 for the 5kg hammer with a 168-10.

John Whittemore, 93, Montecito, Calif., established a single-age world record (44-2) for the 4kg hammer and broke single-age world records in the javelin (31-5), shot (14-4), and discus (37-8). Phil Fehlen, Carlsbad, Calif., high jumped to an age-58 world record 5.714

Eddie Hart, 44, Pittsburg, Calif., 1972 Munich Olympic gold medalist in the 4×100 relay, romped to an easy victory in the 100 with an 11.55.

The Track & Field Trophy for highest points was won by Sam Flory, 61, Inglewood, Calif., for his 20 point total. He also shared the Track Trophy with Stan Whitley, 47, Alta Loma, Calif., both scoring 15 points. Bob Boucke, 80, Walnut Grove, Calif., was the winner of the Field Trophy with a 19-point tally.

Jim Minah, Seattle, Wash., won the Hubbell-Herrmann Hammer Heave Trophy, awarded to the best thrower over age 70. Gunnar Linde, Venice, Calif., took home the Ray Williams Memorial Trophy for the best 5000 time by a runner age 60 and over, for the second consecutive year, with a sparkling 20:16.

The meet was co-sponsored by Club West and the City of Santa Barbara Parks and Recreation Dept. Lloyd Albright was the meet director. Dave Reynolds was the starter.

### FIVE YEARS AGO November, 1988

- Bill Rodgers, 40, Sets U.S. Masters 10K Record of 29:47 in Davenport, lowa
- Joan Ullyot Sets U.S. W45 Marathon Mark of 2:47:39 in St. George, Utah
- Bob Schlau, 40, Wins Stamford, Conn., Marathon Overall in 2:20:41
- Barry Brown, 44, is First 40+ in 1:08:55 in Philadelphia Half-Marathon
- Kjell-Erik Stahl Runs 2:19:59 to Win Twin Cities Marathon Masters Title

### Olson, Grissom Best With the Weights

by JERRY WOJCIK

The USATF National Masters Weight Pentathlon Championships drew 24 contestants including six women, to Woodstock, Ill., for the event on Sept. 25.

Len Olson, 61, with four marks worth 850 or better, was the top point-getter with 4262. Phil Brusca, 66, bolstered by a 906-point 12.53 (age-factored 17.04) mark in the shot was the second-best thrower at 4098.

Joann Grissom, 55, led the women, with a 3864 total, fattened by a 928-point 11.48 (15.61 age-factored) shot put. Betty Jarvis, 78, was second best woman at 3308.

Top original marks (before agefactoring) in the five events were 14.09 in the weight by Olson; 43.06, javelin, Don Mather, 63; 13.17, shot, Olson; 43.90, hammer, Norm Cyprus, 55; and 47.38, discus, Mather.

The event was hosted by Chuck Klehm.

### Thomasville Decathlon/ Heptathlon

by BILL BUSBY

Under near-perfect weather conditions, the eighth annual Thomasville Fall Decathlon and Heptathlon was contested by 21 male competitors, ages 11 to 81, and a surprisingly large group of seven female competitors, whose ages ranged from 11 to 61, in Thomasville, N.C., Sept. 11-12.

The meet ran very smoothly both days because of the efforts of a veteran volunteer officiating crew, several of whom have worked the meet every year for the past eight years. Two high jump pits and three pole vault runups were used to speed up the two most time-consuming events.

Outstanding performances were turned in by Denver Smith, 67, whose 7378 score is a world single-age record; Phil Mulkey, 60, with a tremendous 7789; and Rex Harvey, 47, with yet another 7000 + score (7040).

Phil Raschker, W45, had an im-

pressive 6027 points in the heptathlon. She was pushed to her score by competition from Nicole Hudson, 23, a training partner and three-time Atlantic Coast Conference heptathlon champion.

In addition to his athletic ability, Harvey brought his computerized scoring program and equipment, which made accurate results available almost immediately after the 1500 concluded on Sunday. This was appreciated by all, especially the meet director.

### COMING NEXT MONTH

 Stories, photos and results of 10th WAVA World Veterans Championships in Miyazaki, Japan

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV. 1993

	ATHLETE (RESIDENCE) JIM BOWERS (SANTA ROSA, CA) LOUIS CHARBONNEAU (FRA) ROBERT COOPER (DAVIS, CA) ALVAN CORWIN (ROLLING HILLS, CA) AGUSTINHO FERNANDEZ DIAZ (SPA) DONALD DONNELLY (SAN DIEGO, CA) HENRY FAIRBANK (DURHAM, NC) NOLAN FOWLER (COOKEVILLE, TN) MOHAMED GAMMOUDI (TUN) PETER HIGGINS (GB) JOSEF KURZ (FRG) JAMES LAUT (OXNARD, CA) O. LUBBE (WG) DAVID MARCUS (LAGUNA HILLS, CA) RUBEN MELGOSA (SACRAMENTO, CA) FRANTISEK MIROVSKY (CZE) CLIFFORD MURRAY (GUY) MILTON NEWTON (INGLEWOOD, CA) RUSSEL NIBLOCK (VANCOUVER, WASH) ROBERT O'RAFFERTY (GB) BOWER RAYMOND (PITTSBURG, PA) ATTILIO ROSSETTI (FRA) GEORGE SHEEHAN (RED BANK, NJ) GERHARD TILMANN (WG) VICTOR ZWOLAK (WILMINGTON, DE) JOAN ANGOTTI (SYRACUSE, NY) NOLA BRUHN (SEATTLE, WA) SARAH COOTS (US) MARIE FRIEND (US) JACQUELINE HANSEN (SANTA MONICA, CA) JACKIE JONES (SALINE, KS) CATHEBURY SANTA HEND	BIRTHDATE	AGE GROUP
	JIM BOWERS (SANTA ROSA, CA)	11- 6-38	55-59
Je	LOUIS CHARBONNEAU (FRA)	11-22- 3	90-94
	ROBERT COOPER(DAVIS, CA)	11- 7-23	70-74
	ALVAN CORWIN (ROLLING HILLS, CA)	11- 5-23	70-74
	AGUSTINHO FERNANDEZ DIAZ(SPA)	11- 5-38	55-59
	DONALD DONNELLY (SAN DIEGO, CA)	11-23-28	65-69
	HENRY FAIRBANK (DURHAM, NC)	11- 9-18	75-79
	NOLAN FOWLER (COOKEVILLE, TN)	11- 3-13	80-84
	DETER HICCING(CR)	11- 2-38	55-59
	TOCKE KING (FRA)	11-16-28	65-69
	TAMES LAUT OVNAPO CAL	11-16-38	55-59
	O TUBBELUCI	11- 2-20	65-69
	DAVID MARCUS (LACINA HILLS CA)	11- 0-13	80-84
	PUREN MELCOSA (SACRAMENTO CA)	11-24-28	65-69
	FRANTISEK MIROVSKY (CZE)	11-10-13	80-84
	CLIFFORD MURRAY (CUV)	11-11-28	65-69
	MILTON NEWTON (INGLEWOOD, CA)	11- 6-11	60-64
	RUSSEL NIBLOCK (VANCOUVER, WASH)	11-11-11	80-84
	ROBERT O'RAFFERTY (GB)	11-10-13	80-84
	BOB PERRY (ENCINO, CA)	11-11-28	65-69
	BOWER RAYMOND (PITTSBURG, PA)	11-19-23	70-74
	ATTILIO ROSSETTI(FRA)	11- 8- 3	90-94
	GEORGE SHEEHAN (RED BANK, NJ)	11- 5-18	75-79
	GERHARD TILMANN (WG)	11-13-38	55-59
	VICTOR ZWOLAK (WILMINGTON, DE)	11-30-38	55-59
	JOAN ANGOTTI (SYRACUSE, NY)	11-11-53	40-44
	NOLA BRUHN (SEATTLE, WA)	11-20-28	65-69
	SARAH COOTS (US)	11- 2-38	55-59
	TACOURT THE HINCEN/CANTA MONTCA CAL	11-20-43	50-54
	CATON HADGIE (SAN DIEGO CA)	11-22-10	45-49
	MARIORIE HUNT (ANAHEIM CA)	11-22-18	75-79
	JACKIE JONES (SALINE KS)	11-21-18 11-28-28 11-4-33 11-6-13	65-69
	CATHERINE SMITH (RENO, NEV)	11- 4-33	60-64
	ADA THOMAS (TAMALPA, CA)	11- 6-13	80-84
	KATHERINE WALL(OR)	11- 7-48	45-49
	ULRIKE BRUNS (EG)	11-17-53	40-44
	SZVETLANA BUZASI (HUN)	11-18-38	55-59
	CHRISTEL FRANZEN (WG)	11-11-28	65-69
	BERTA HIELSCHER(WG)	11-17- 8	
	MARJORIE HOCKNELL(GB)	11-15-43	50-54
	HELGARD HOUSEN (WG)	11-5-43	50-54
	SARAH COOTS(US) MARIE FRIEND(US) JACQUELINE HANSEN(SANTA MONICA, CA) CATHY HARGUS(SAN DIEGO, CA) MARJORIE HUNT(ANAHEIM, CA) JACKIE JONES(SALINE, KS) CATHERINE SMITH(RENO, NEV) ADA THOMAS(TAMALPA, CA) KATHERINE WALL(OR) ULRIKE BRUNS(EG) SZVETLANA BUZASI(HUN) CHRISTEL FRANZEN(WG) BERTA HIELSCHER(WG) MARJORIE HOCKNELL(GB) HELGARD HOUBEN(WG) EDITH HUBER(WG) GLORIA JACKSON(GB) KAIJA JORTIKKA(FIN) ELIBIETA KRIESINSKA(POL)	11-23-28 11-12-33 11-23-23	65-69
	PATTA TOPTTERA PTE	11-11-11	70-74
	FI TRIFFTA KRIFFS (NCK) (POL)	11-11-55	60-64
	VARIN LARSSON (SWE)	11-16-23	70-74
	COLLEEN MILLS (NZ)	11-23-33	60-64
	NADEZ OLIZARENKO (URS)	11-27-53	40-44
	RIGNOR OSTERLVND (DEN)	11- 5-43	50-54
	NELL DU PLESSIS(RSA)	11-17-23	70-74
	ILSE PLEUGER (WG)	11-19-23	70-74
	GLORIA JACKSON (GB) KAIJA JORTIKKA (FIN) ELZBIETA KRZESINSKA (POL) KARIN LARSSON (SWE) COLLEEN MILLS (NZ) NADEZ OLIZARENKO (URS) RIGNOR OSTERLVND (DEN) NELL DU PLESSIS (RSA) ILSE PLEUGER (WG) INGA POLAKOVA (URS)	11-17-23 11-19-23 11-15-33	. 60-64
	ANNEGRET SCHRAMM(WG)	11-16-43	50-54
	JOANNE SMALLWOOD (GB)	11-12-43	
	MARY THOMSON (CAN)	11-30-28	65-69
	KAREN YEWER (GBR)	11-11-43	50-54
	GEORGE SHEEHAN (USA)	11-5-18	75-79
	Country and an analysis of		

### IMASTERS SCENE

### NATIONAL

- A recent survey of centenarians (age 100+) asked what were their secrets of long living. The replies: 1) Optimism; 2) Commitment; 3) Activity; 4) Adaptation to Loss.
- If you need a quick answer to a nutrition question, call 1-800-366-1655. This toll-free number is staffed by registered dieticians from the National Center for Nutrition and Dietetics, a branch of the American Dietetic Association, between 10 a.m. and 5 p.m. Eastern Time, Monday through Friday, Recorded messages on a changing list of topics are also available 24 hours day.
- Big Brothers/Big Sisters of America is currently piloting an intergenerational project in eight cities across the country, involving senior citizens working with elementary school-age children. For more information, call Robert Christian, (215) 567-7000.

#### EAST

- Nick Rose, 43, Great Britain, defeated new master Paul Cummings, 40, Lehi, UT, 30:04 to 30:22, Pittsburgh Great Race 10K, Sept. 26. Cummings, an NCAA champion and top U.S. distance competitor for 15 years, expressed hopes of being the first M40+ to break the 4-minute mile, after he competed as an M35 in the 1993 USATF Masters Championships in Provo. John Bermingham, 42, Edmonton, CAN, finished third in 30:28. Fay Bradley, 55, Washington, DC, ran 34:11 for ninth M40+. Barbara Filutze, 47, Erie, PA, in 34:54 took the W40+ first by 13 seconds from Bernie Portenski, 44. New Zealand.
- Tom Carter (41, 15:49), Johnson City, NY, and Joan Butler (43, 19:09), Cazenovia, NY, were top masters in the Syracuse Festival of Races, a separate men's and women's 5K, Oct. 3. Coincidentally, both placed 21st in their events. Ray Kneer, 51, Summerhill, NY, ran an excellent 16:34 to win among M50-54, while Nancy Frisillo, 50, New Hartford, NY, took the W50-54 race in a super 19:34. Strong, gusty winds plagued runners throughout the race, which was sponsored by the Syracuse TC with the cooperation of the City of Syracuse and Syracuse U.
- Sumner Shafmaster, 70, strode past all the 60-year-olds to take first place in 55:04 in the M60+ category at the Coconut Grove 5-Mile Race Walk, Miami, Oct. 2. Linda Stein, 46, led the masters women in a fast 47:29.
- S. Rae Baymiller, 50, NYC, outpaced the W40 + in 5:28 to win the masters division of the Fifth Avenue Mile, Oct. 15. Al Swenson, 46, Wolcott, CT, led the masters men across the line in 4:22.3, with Vic Heckler, 51, Chicago, taking first in the M50 + division in 4:33.4.
- Gloria Brown, 61, Grand Island, NY, broke the U.S. W60-64 record of 1:37:04 by Helen Dick in 1989, with a 1:33:59 in the Sauerkraut 20K, Phelps, NY, Aug. 7. Ray Kneer, M50, Summer Hill, NY, was eighth of 544 runners with a masters win in 1:11:51.
- Ralph Romain, 61, of Trinidad, bettered his pending 54.6 and Jack Greenwood's 57.64 M60-64 WRs with a 54.2 in the Potomac Valley TC Championships, Arlington, VA, Sept. 5. James Carmines, 50, posted a pending U.S. record of 14:04.3 for the 3000RW. The old record of 14:43 was held by John Elwarner. The recipients of the Potomac Valley meet's "Mickey" Desmond Memorial Outstanding Athlete trophies were Ed Matthews, 73, Allen, MD, who won five events, and Lorraine Tucker, 46, Hartsdale, NY, who also took five firsts.
  - Lawrence Torella (44, 1:14:05) and Ann

Davies (46, 1:28:58) strode to masters firsts in the NYRRC Staten Island Half-Marathon, Sept. 19. Sam Skinner (50, 1:15:29) and Zofia Turosz (55, 1:32:24) posted notable division wins.

- David Dunne, 41, Ridgewood, NY, logged a second overall 1:13:52, Rockland Half-Marathon, Orangeburg, NY, Sept. 26. Inge Weisshaupt, 45, Waldwick, NY, was fifth female in 1:38:27. Finishers numbered 644 of 930 entries, despite a heavy downpour up until the start of the race, which served as the NY RRCA State Championships.
- The Women's Center is the most comprehensive resource for women and families in the Washington, D.C. area. The Center provides psychological, professional, legal, and financial counseling; education and referral services to more than 60,000 people per year. The Center can be used as a source for statistics, information, comments, and observations. For assistance, call Virginia Marshall at (703) 281-4928.
- On Sep. 19, Earl Owens of Georgia was first masters finisher in the Philadelphia Distance Run half-marathon. His time of 1:08:54 was an age 44 American record and was an age-graded equivalent of 1:03:18 (93.9%). Owens also holds the age 43 half-marathon record of 1:08:55 run in the 1992 PDR. This was Owens' seventh American record set during the last year.

### MIDWEST

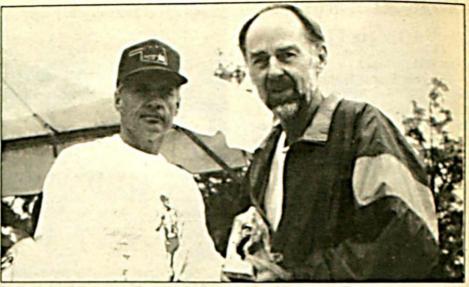
• Jim O'Neil, 54, of Ohio, slashed to a masters first with a 32:27 in the Blade 10K, Toledo, OH, Sept. 26. Debbie Wagner, W40, a three-time winner, the last in 1990, was top W40 + and fourth in 36:42, with Terry Mahr, W40, sixth (36:55). Jim Forshee cut through his competition in 39:41 for the M65 win.

#### MID AMERICA

- Dick Wilson, 61, Lawrence, KS, finished first of all M50 + runners, with an M60-64 state record 38:07, Leawood Labor Day 10K.
- Sally Richards-Kerr, W40, Evergreen, C0, was first in the North American Masters Women's 15K RW Championships, Albuquerque, Sept. 5, with a U.S. age-group record 1:20:06. The former record of 1:21:46 was set in 1991 by Viisha Sedlak. Steve Petrakis, M40, Albuquerque, won the men's title in 1:20:34.
- Some 130 masters athletes took part in the Rocky Mountain Games, Boulder, CO, Sept. 4-5. A total newcomer to masters t&f, Brady Walker, a lean 6-7 resident of Utah, scored 4586 points in the weight pentathlon, the best performance since the games began. Dr. Allen Cohen, 45, of Arizona, captured the Herb Anderson Durability Award by competing in 14 events, plus the regular and weight pentathlons.
- Rob Whetham (41, 50:18) and Diane Stoneking (45, 59:56) were winners in the Minnesota Masters 15K Championships, in Edina, Sept. 19. Stoneking's time took 1:42 off the Minnesota W45 record and gave her second place in the "age-graded" competition, in which the runners' times are "handicapped" by subtracting the Minnesota record for their age/sex group. First in that category was Lloyd Young, whose 64:43 was 3:33 under Bill Andberg's M70 mark, set in 1983.

### **SOUTH WEST**

 Tom Thompson, 41, posted meet records in the 100 (10.5), 200 (22.7/age-graded 20.9), and 400 (54.5/49.3) in the Waterloo Relays, Pflugerville, TX, Sept. 11.



Bill Olrich, 58, of Kentucky, receiving his first-place (35:50) award from Lance Cornman, president, Oklahoma City RC, USATF National Masters 10K Championships, Sept. 25.

Photo by Jim Smith

### Owens, Hutchison Win Masters 10K

Continued from page 1

34:25), Ore., with a 90.9%.

Age had its day with Susie Hughes, 86, Tex., posting a 1:22:15, and legendary Paul Spangler, 94, Calif., finishing in two hours and three

### WEST

- Sam Hajj (42, 1:14:13), San Diego, and Marina Jones (41, 1:23:43), Rancho Santa Margarita, CA, hastened to 40 + victories in the America's Finest City Half-Marathon, San Diego, CA, Aug. 15. Tim Rostege, 53, posted a solid age-graded 87.2% in winning the M50 race in 1:19:14. The 5011 participants included TV talk show host Oprah Winfrey, who, five months ago, began training for a 10K, but increased her mileage when she discovered that the only race in San Diego, the city she had selected for her debut, on that date was a half. Winfrey, 38, has a marathon as her ultimate goal, probably next year in Chicago, where her show is based.
- The 160 entrants in the Northern Calif. Seniors Classic, UC-Berkeley, Sept. 12, included athletes from Alaska and Hawaii. Irene Obera, 59, broke single-age U.S. records in the 100 (14.80) and 200 (30.18). Joe King, 67, with an 11:19.9, and Boyce Jacques, 66, with an 11:27.1, broke U.S. single-age records in the 3000. Joy Upshaw Margerum, 32, Hawaii, won the 100H in 15.95. Jim Loftus, 43, Alaska, had the day's best 800 time (2:02.1).
- John Pennel, 53, the first man in history to clear 17 feet in the pole vault, died of liver cancer in Los Angeles, Sept. 26. Pennel set eight world pole vault records between 1963 and 1969, including a career-best 17-10¼ in 1969. He was hired as the vice president of Mills Sports in Atlanta earlier this year to help promote the 1996 Olympics.
- The L.A. Valley Athletic Club will award the first "Dr. Robert Watanabe Trophy" to a deserving Southern California athlete at the club's annual brunch, Nov. 14. The judging will be guided by "the love and philosophy of the masters movement as felt by Dr. Watanabe and as he lived his life and dedicated it to masters track and field," said George Simon, LAVAC President. The winner will be announced in the December NMN.
- David Pain, 71, of San Diego, was featured in a big spread in the Los Angeles Times, Sept. 16. Dubbed "the godfather of grandfather jocks," Beverly Beyette's story tells how Pain founded the U.S. masters track and field program. Pain was active in organizing the California State Senior Olympics in La Jolla, Sept. 17-26. Sidelined from running by knee injuries, Pain has become a national-class cyclist in his age group.

minutes. Dr. Spangler, the guest of the Oklahoma City RC, captivated the large Friday evening pasta dinner gathering with a robust and articulate speech entitled "Life Styling for Health and Zestful Longevity." Spangler promised Lance Cornman, the club president, "I'll be back again for your 10K in 1999 when I'm 100 years old!"

Perhaps the most popular aspect of this well-orchestrated event was the provision of "hospitality hosts," offered by the local running club. Jim Smith, race coordinator, invited a number of celebrated masters, and many took advantage of the lodging and transportation services.

Several out-of-state runners, including Charles De Jardins of the USATF Masters LDR Executive Committee, enjoyed a "so-long, come back" dinner Saturday evening, compliments of club members.

"A quality championships was our major goal," said Cornman, "and I think we nailed it."

### INTERNATIONAL

- Kevin Wilkinson, M40, took first place from Raymond Lees, M40, by about a minute with a 2:28:37, British Veteran Athletic Federation Marathon Championships, Stone, Staffordshire, GB, Oct. 3. Denise Hodgesteger, W40 was first woman vet in 3:01:19, followed by Catherine Nevin, W35, in 3:09:26. Geoffrey Oliver took the M60 race with a crackling 2:54:55, and Pat Trickett won the W70 race, beating 65 younger men and women of the 166 finishers, with a 3:48:14.
- England's Wilf Morgan is gathering material for a book on the history of track relays. "Apparently it all started in the USA with a race in Berkeley in 1883," Morgan notes. "The 1893 Penn Relays was the first time a baton was used." Morgan is looking for someone who ran for the USA in the pre-World-War II Olympics, particularly any of the men or women who ran in the 1936 relays. If you know of anyone, please contact Morgan at 159 Marsh Lane, Erdington, Birmingham, B23 6JA, England.
- Eamonn Coghlan, 40, raced to a 4:04.7 mile in Belfield, Ireland, July 27. A strong, gusty wind made conditions less than optimum for Coghlan's attempt to run a sub-four mile. Several thousand fans turned out for the race.

### schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



November 30-December 4. USATF 15th National Convention, Riviera Hotel, Las Vegas. USATF, PO Box 120, Indianapolis, IN, 46206-0120, 317/261-0500.

### TRACK & FIELD

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia,

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

#### EAST

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

December 12. Philadelphia Masters Indoor Development Meet & 4x400 relay. Haverford College. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

December 18. Tri-State TC Indoor Holiday Festival. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076. January 7. 25th Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 16. Brown U. Masters Indoor Championships, Providence, R.I. Send SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.



Dan Brach, 42, second overall, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 12.

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

November 7-11. Golden Age Games. 55+. Chris Usry, PO Box 1298, Sanford, FL 32772, 407/330-5796.

November 29-December 5. Gulf Coast Senior Games. 55+. Barbara Shapiro, PO Box 1061, Bradenton, FL 34206. 813/745-3062.

December 4. USATF-South Carolina Weight Pentathlon Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539, 803/665-4396.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

January 23. USATF Southeast Regional Masters Indoor Championships, Murfreesboro, Tenn. Randall Brady, 615/383-6733.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

### MIDWEST Illinois, Indiana, Kentucky, Michigan, Ohio Wisconsin, West Virginia.

January 15. Athlete's Foot Masters Indoor Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

### MID-AMERICA

June 17-19. US National Senior Open, 55+. Washington U., St. Louis. No local qualifying required. USNSSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO. 314/878-4900.

#### WEST Arizona, California, Hawaii, Nevada

November 13. Senior Olympics, Long Beach, Calif. 55+. Windi Snellen, 310/421-9431.

November 27. Stanford Throws Series #22, Stanford U. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

December 11-12. Winter Decathlon/Heptathlon. Andy Sythe, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

December 18. Stanford Throws Series #23, Stanford U. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

### INTERNATIONAL.

July, 1994. Oceania Regional Championships, Fiji.

August 4-7. North American Regional Association of WAVA Championships, Edmonton, Alberta, Canada. Liz McBlain, 403/438-2911, meet director. Games Chairperson, Bruce Thomas, PO Box 51030, Edmonton, Alberta T5W5G5.

September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001, 617/405-0999.

### LONG DISTANCE RUNNING NATIONAL

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. November 20. USATF National Masters 25K Championships, San Diego, Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

### EAST

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

November 7. USATF New England 8K Cross-Country Championships, Franklin Park, Boston. Separate masters race.

November 14. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

November 20. Syosset Spring For ASPIRE, Syosset, N.Y. Mike Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516/433-0919. November 28. NYRRC Pete McCardle Memorial 15K Cross-Country, Van Cortlandt Park, Bronx. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

### Masters Score High in Maccabiah Run

by MIKE POLANSKY

It was a big day for masters runners on Sept. 12 in Plainview, N.Y., as the over-40 set captured four of the first nine places in the Maccabiah 5K. Forty-two-year-old Dan Brach led the masters contingent with a strong 15:49, as second overall. Jerry Miller, third overall, followed in 16:38, with Jim Walsh, sixth (16:47), and John Lupski, ninth (17:02).

The top W40+ was 40-year-old Diane Gordon, fourth woman in 19:32. Anna Thornhill was second with a very impressive 20:13 at age 53.

Nearly 400 runners crossed the finish line in the run, which was conducted under the auspices of the Plainview-Old Bethpage RRC, and directed by Sue Polansky. The entire proceeds were turned over to the U.S. Committee of Sports for Israel, to help send the U.S. team to the Maccabiah Games in Israel.

"This is an event that was just plain fun to be part of," observed Polansky. "We're really pleased that so many masters runners participated, and that they did so well. Masters running is a big part of our club's overall program, so it was really gratifying to see the support this event received from the masters running community."

### ON TAP FOR NOVEMBER

### TRACK AND FIELD

This month offers a respite between the outdoor and indoor season. Some senior games (55+) activity is available in the warmer climates.

LONG DISTANCE RUNNING
USATF National Masters
Championships abound, with the
15K in Schenectady, N.Y., on the
7th, and the 8K cross-country in
Boston and the 25K in San Diego,
both on the 20th. The rest of the
schedule, despite some notable
regional races, is dwarfed by the
NYC Marathon on the 14th.

#### RACEWALKING

Offerings include a 5K in Central Park, NYC, on the 28th.

USATF extends an invitation to all interested parties to attend the 15th National Convention, starting on the 30th, at the Miracle in the Desert — Las Vegas.

December 5. Brian's Run 10K. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/251-5401.

Continued on page 20



Diane Baxter, 40, fourth woman (19:32), Maccabiah 5K, Plainview, L.I., N.Y., Sept. 12. Photo from Mike Polansky

Continued from page 19

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

November 14. Old Reliable 10K. Butch Robertson, PO Box 1229, Raleigh, NC 27602, 919/829-4843.

November 19-21. Vulcan 10K Weekend. Birmingham TC, PO Box 360044, Birmingham, AL 35236. 205/995-5344.

November 21. Miami Runners Half-Marathon/5K Run & RW, Palmetto HS. Miami RC, 7920 S.W. 40th St., Miami, FL 33155. 1-800-940-4RUN.

November 25. Thanksgiving 10 Miler. John Boyle, Alta Vista, Box 1824, Deland, FL 32731. 904/736-0002.

November 25. Atlanta Marathon/Half-Marathon. Atlanta TC, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9065.

December 5. First Tennessee Memphis Marathon. Masters money. Memphis Marathon, PO Box 84, MO-8, Memphis, TN 38101. 1-800/489-4040, x4726.

December 11. Rocket City Marathon. Masters money. Harold Tinsley, race director, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

December 12. Phoenix American Baby Boomer 5K & RW, Coconut Grove, Fla. 5:30 p.m. Masters money. Miami RC, 7920 S.W. 40th St., Miami, FL 33155. 1-800/940-4RUN.

### MIDWEST Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

November 13. Illinois/USATF Cross-Country Championships. Illinois T&F, 111 W. Butterfield, Elmhurst, IL 60126. 708/833-7303.

November 14. Ohio/USATF Cross-Country Championships, Cincinnati. M8K/W5K. Scott Brooker, Timberjack Way, West Chester, OH 45069. 513/860-2253.

November 25. Turkey Trot 10K, Detroit. Ed Kozloff, Motor City Striders, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

### MID-AMERICA

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

November 7. Omaha Riverfront Marathon/10K. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349. November 21. St. Louis Marathon. St. Louis TC, 2385 Hampton Ave., St. Louis, MO 63139. 314/781-3926. SASE.

### SOUTHWEST Louisiana, Mississippi, Texas. Arkansus, Oklanoma

November 13. Crescent City Fall 10K. Bill Burke, 8200 Hampson St. #217, New Orleans, LA 70118. 504/861-8686.

November 20. Tulsa Marathon. John Castillo, 5123 S. Detroit Ave., Tulsa, OK 74105. 918/742-4127.

November 21. Holiday Classic 10K, Gretna, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

December 5. Dallas White Rock Marathon. Masters money. 214/528-1290.

December 18. Texas Trail 50 Mile/50K, Huntsville. Norm Klein, director, Texas Trail Runs, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

December 18. Larry Fuselier 25K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

### WEST Arizona, California, Hawaii, Nevada

November 7. Back Lot 5K/10K, Universal City, CA. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 13. Time Of Your Life Masters 5K, Anaheim, Calif. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

November 14. New Times Phoenix 10K. Harvey Beller, 1201 E. Jefferson, Phoenix, AZ 85034. 602/229-1060.

December 5. California International Marathon, Sacramento. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916/983-4622.

December 12. Fiesta Bowl 10K. Rob Wallach, 6102 N. 16th Ave., Phoenix, AZ 85016. 602/277-4333.

December 12. Honolulu Marathon. HM Assn., 3435 Waialae Ave., Rm 208, Honolulu, HI 96816. 808/734-7200.

December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. Fax 702/878-1038.

January 15. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 16. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00/W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 15 above.

February 5. 28th Las Vegas Marathon/ Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

### NORTHWEST Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

November 7. Dream Of Roses 10K. Phidippides RC, PO Box 2315, Salem, OR 97308. 503/399-7057.

November 27. Seattle Marathon/Half-Marathon. Bill Atwell, PO Box 31849, Seattle, WA 98103. 206/547-0885.

### CANADA

November 27. Canadian Cross-Country Championships, Vancouver, BC. Masters 8K. Running Room, 1519 Robson St., Vancouver, BC V6G-1C3. 684-9771.

### INTERNATIONAL

November 6. Rosarita Beach Holiday 5K/10K/5K Walk, Baja California, Mexico. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 14-16. Bermuda International Race Weekend (marathon/half-marathon/mile). The Bermuda Marathon Secretary, PO Box DV397, Devonshire DV BX, Bermuda. 809/238-2333.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

### RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

### Speaker's Corner

Continued from page 16

is suffering now with the economy."

Others agree that the state of running in general, particularly as it is affected by the economic climate, is obviously having an impact on masters competition. Mike Greehan, Advertising Director for Runners World, feels that once the running community can generate enough overall interest in track and field, interest in masters competition will follow. Creigh Kelley, race director, agent and member of the Men's LDR Committee, believes that in today's economy what is needed besides "strong leadership" is a more business-oriented approach. Says Kelley, "A bold, aggressive marketing re-think is needed. Sponsors need to see the value. If there is no prize money, they don't see the value.'

Value of Prize Money

Sponsors recognize the value of prize money. They also recognize the value of heroes. Like Alberto Salazar and Joan Samuelson in the early 80s, masters heroes can create excitement in the sport. Phil Bellan, Promotions Director with Power Food, talks about John Campbell who has been featured in ads for Power Bars for the past two years. "We felt it was a good move to sponsor John. Because of John, masters running became more important, so Power Bars became more popular. We felt that John was some-

one to whom the average forty or fifty year old runner could relate." Bellan believes that the sport hasn't peaked yet, and that in the future we will see the evolution of prize purses for grand masters.

So where are we now? Most definitely in a state of flux; the sport is in transition. Where we are depends on with whom you're talking, what part of the country you're in, what question you've asked. There are no easy answers; nothing is sure. But overall, it would appear that masters running is healthy, with a promising future.

Gary Lance, Race Director of the Maggie Valley Moonlight 8K, announced last year that the prize purse would be equal for open and masters. Lance expresses disbelief that "no one has ever protested the inequality in prize purses in the past." Insisting that he doesn't want to create a controversy. Lance is more than willing to defend his position. "Why shouldn't the masters make as much money as the open runners?" he asks. "Of course they're not running as fast physiologically; it's almost impossible (with a few exceptions). But in actuality, they're probably even more amazing athletes." Perhaps Gary's race may set a new standard for masters purses in the future. Only time will tell...We'll all be watching.

### Masters Racewalking

Continued from page 10

During this period, you gradually increase the length of the workouts, so in January the basic training is shorter than in March. You build up week after week, gradually increasing time and mileage toward a higher level of effort. However, you have to be patient. It is important to take your time and not try to leap ahead of your body's readiness.

EW: Are there any sports that you do not recommend for serious racewalkers?

BB: We would not recommend any heavy weight lifting, jumping or sport with a high injury risk. A general rule is to avoid anything that puts extra stress on the muscles.

November 28. Park Racewalker Annual Holiday Gran Prix 5K #1, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

December 4. USATF-South Carolina 10K Racewalk Championships, Francis Marion U. John W. Snaden, Florence TC, 926 Sherwood Dr., Florence, SC 29501-5539. 803/665-4396.

December 12. Park Racewalker Annual Holiday Gran Prix 5K #2, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317.

December 19. Park Racewalker Annual Holiday Gran Prix 5K #3, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, NYC 10028. 212/628-1317. EW: Do you recommend any particular calisthenics or warm-up exercises before a workout?

BB: Walkers should do sit-ups every day, starting with a small number and working up to 100 a day. You need to have strong abdominal and back muscles. We also do warm-ups with drills and technique exercises. In fact, the day before a race, we just do a longer than usual warm-up of drills and technique exercises.

EW: You do not mention anything about competition during this threemonth period?

BB: There should be no racing during this period. No competition. This is for building the foundation. There is some speed work once a week to keep the fast muscles in tone, but that is all.

When April comes, it is time to think about competition. It is important to choose a race at the end of the month to check yourself out and see how you are doing. Therefore, starting in April, you begin a different type of training. You have built your foundation, now you need to go forward.

(The next issue of NMN will be on the next level of training for competition. If you are interested in coaching with Bohdan Bulakowski, you can contact him through Bill Barnes, c/o Mountain Harbor, P.O. Box 807, Mt. Ida, AR 71957 (501) 867-1200.)

### National Long Distance Running Records and Bests

Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 lel: (805) 683 5868

Key to Codes:

R = Ratified record

U = Unvalidatable, cannot be ratified

P = Pending - application or more information needed

Proof of birthdate needed
 Alf-comer's Masters Record (non U.S. citizen)
 Performance possibly aided by wind and/or slope, not eligible for record

MASTI	ERS A	MEN						1	DEST	IME	CHAME	C NAME	ACE	HETATE	RCCCE.	RSTATE	ROATE
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10 km	29:00	R	JOHN CAMPBELL (NZL)			BOSTON	M	040890	10 km	33.22		NORM GREEN		PA	KENTFELD	CA	OZYMIN)
10 km	29:00	R	PIERRE LEVISSE (FRA)			MOBLE	A	CZENZ	10 km	27:524		NORM GREEN		PA	PITTSBURGH	PA	(E-40)
12 km	30:18		PIERRE LEVISSE (FRA)		CO	SAN FRANCISCO PORTLAND	CA OR	051603	12 km	45.21		DAVID PITKETHLY		MA.	PORT TOWNSEND	MA.	(SIN)
25 km	1:16:58		PIERRE LEVISSE (FRA) ARTEMIO NAVARRO (MEX)			GRAND RAPIDS	M	00000	15 km	50.65		NORM GREEN		-	ITASCO WASHINGTON	00	1000M CSI 746
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meration	21433	R	JOHN CAMPBELL (NZL)			LOS ANGELES	CA	630391	30 km	1:40:33	R	NORM GREEN		PA	CLARKSBURG	CA	11130
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8 km 10 km	29:57	R	BARRY BROWN	40	NY	ASBUTTY PARK	NJ	081884	50 mi	552:08	R	ALEX RATELLE	17	M	DHCAGO	·	100481
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10 km	29.50a	R	TRACY SMITH	4	CA	NEW OFLEANS	u	040487	half mar	1:10:23	R	NORM GREEN		**	PHLADELPHA	PA	DEDUKT
12 km	36 29a		GARY ROMESSER	41	N	EVANSVILLE	WA	050902	maration	2:33:49 2:27:42a	R	NORM GREEN NORM GREEN		PA	LNCOLN	NE	0018
12 km	37:19		LARRY ALMBERG	40	WA	SPOKANE TAMPA	R	020583	marathon 24 hr	185,656 m	*0	NORM ROOF		OH	MINNEAPOLIS SYLVANIA	OH	NO1 187 091903
15 km 20 km	1:03:58	R	BLL STEWART LARRY CLSEN	40	MA	NEW BEDFORD	MA	031587	Columbia Columbia		100	Desire the later of	Men 60	0-64			A STATE OF THE PARTY OF THE PAR
20 km	1.03.07		BILL RODGERS	4	MA	- NEW HAVEN	ct	090792	Sim	17:00		JN ONEL	61	CA	CAPLSBAD	CA	DOM
25 km	12124		DOUG BELL	41	co	MINNEAPOLIS	MN	091392	8 km	29:15	U	JM ONEL		CA	SAN DEGO	CA	671466
30 km	1 13825	R	BRUCE MORTENSON	41	MN	MINNEAPOLIS	MN	100685	8 km	28:250	R	ALEX RATELLE	61	M	PLYMOUTH	MN	002486
50 km	3:00:00		JEFF WALL	40	CA	SAN FRANCISCO	CA	110682	10 km	34.27	R	JM ONEL	60	CA	ALAMEDA	CA	(MO485
50 km	2:50:36a	R	BRUCE MORTENSON	4	MI	DULUTH	MN	102258	12 km	47:27 44:40a		JOE POWERS PATRICK DEVINE		a	ITASCA LOS ANGELES	CA	100005 042306
100 km	63821 49.44		BERNO HEINRICH BARRY BROWN	41	VT NY	CHICAGO WASHINGTON	DC	033185	12 km	43		GEOFFREY ETHERINGTO	N 61	ct	SOUTHINGTON	ct	671500
10 mi	1:42:08		BARRY BROWN	40	NY	MINNEAPOLIS	WN	020084	15 km	54.20		NORM GREEN		PA	TAMPA	n	622 793
50 mi	5:10:13		BEFIND HEINRICH	41	VT	CHICAGO	EA LESS	100481	15 km	54.23	R	CLIVE DAVIES	Q	OR	PORTLAND	CA	062578
100 mi	13:15:50		ROY PIRRUNG	40	W	QUEENS	NY	040189	20 km	1:15:15		NORM GREEN		PA	NEW HAVEN	CT	CHOTHE
half mar	1:08:25	A	BARRY BROWN	40	NY	MANCHESTER	VT	091664	20 km	1:17:29	R	PATRICK DEVINE		CA	MEDFORD	OR	(4000)
half mar	1.05.05a		BLL RODGERS	40	MA	AUSTIN	TX	010601	25 km 25 km	1:35:27	U	ALEX RATELLE		CA	EUGENE MINNEAPOLIS	OR MN	09146
mershor			KENNETH JUDSON	40	PA	HUNTSVILLE	AL NA	120890	30 km	159 22	R	PATRICK DEVINE		CA	VENTURA	CA	021200
12 ly	2:15:15e 144.840 m		BARRY BROWN ROY PIRRUNG	40	W	MINNEAPOLIS QUEENS	NY	040189	50 km	3:454	U	FRANS PALWELS		OR	ROSEBURG	OR	041881
24 hr	247,876m	R	ROY PIRRUNG	· ·	WI	MLTON KEYNES	GB	020390	50 km	3:45:55a	R	ALEX PATELLE		MN	DULUTH	MN	102300
1000			gaut new	od Ho	Sillie	v and another	H IDEAN	A MANAGE	100 km	858:04		RAY PIVA		CA	SAN FRANCISCO	CA	042091
				Men 45	-49				10 mi	57:48 58:55		NORM GREEN JOHN HOSNER	60	PA VA	WASHINGTON WASHINGTON	DC	040423 033185
She	15:10		BARRY BROWN		R	FREEPORT (BAH)		072490	20 mi	20851	R	JM FORSHEE		м	MINNEAPOLIS	- MI	101204
5 km	1434		STEVE LESTER	- 6	UT	MAGNA	UT	092486	20 mi	2:03:16	•	GAYLON JORGENSON	61	NV	MINNEAPOLIS	MN	101490
0 km	N.32		BLL RODGERS		MA	BOSTON	W	041093	50 mi	624:18	U	FRANS PAUWELS		OR	PORTLAND	OR	103576
10 km	30:50		BLL ROOGERS	45	MA	CLEVELAND MAGNA	UT	051603	50 mi	858.08	UD	FRED NAGELSCHAIDT	8	R	FOUNTAN VALLEY	GA	127700
10 km	30 10a		STEVE LESTER SAL VASQUEZ		UT CA	ALAMEDA	CA	080485	had mar	1959:10	R	GAYLON JORGENSEN		NV	PHRADELPHA	PA	001700
10 km	31:06	100	STEVE LESTER		UT	SPOKANE	WA	050188	mento		R	CLIVE DAVES		OR	PORTLAND	CR	103579
15 km	4720		SAL VASQUEZ	- 6	CA	ROSS	CA	031685	24 hr	182,473 m		BOB MESSERSMITH		CA	SYLVANIA	OH	(97190)
20 km	1.05.46		LARRY CLSEN	- 4	MA	NEW HAVEN	CT	000403	1000				Men 6	5-69			
25 km	12224	R	DAN CONWAY	47	W	MINNEAPOLIS	MN	001486	5 km	1821	R	WARREN UTES		L	PARK ROGE		(003000)
30 km	1:39:18		BLL RODGERS	45	MA	HAME TON (CAN) MINNEAPOLIS	MN	032993 101296	8 km	29:45	R	CLIVE DAVIES	67	OR	PORTLAND	OR	023E3
30 km	1:42:33		MIKE HEFFERNAN MEL WILLIAMS		OR VA	CHESAPEAKE	VA	040184	10 km	25	U	CLIVE DAVIES		OR	PORTLAND	CA	00000
50 km	8.06.25		JAMES EDMONSON	47	CA	SAN FRANCISCO	CA	042190	12 km	64:11 55:16	U	CLIVE DAVIES CLIVE DAVIES		OR OR	PORTLAND PORTLAND	OR OR	00301
100 km	8 22 29		LARY WEBSTER	4	WA	YAKIMA	WA	042483	20 km	12053	Ü	NORMAN BRIGHT		WA	WASHINGTON	00	042276
10 mi	51:41		SAL VASQUEZ	47	CA	STOCKTON	CA	011887	20 km	12502		PALL REESE		CA	MEDFORD	OR	041287
20 mi	1:49:10	R	JM BOWERS	45	CA	MINNEAPOLIS	LIN	093084	25 km	1:41:29	R	ALEX PATELLE		MN	MINNEAPOLIS	MN.	Chiefe
20 mi	1:49:10		DAN CONWAY	6	W	MINNEAPOLIS CHICAGO	W.	023084 101385	30 km	159:12		CLIVE DAVIES		OR	PORTLAND	OR	COME:
50 mi	5.29:44		ROGER ROULLER DON JEWELL	47	GA NY	QUEENS	NY	110784	50 km	4:10:34		VICTOR HARKOFF FRANK RODRIGUEZ		CA	SEATTLE SAN FRANCISCO	CA	0100M6 042091
100 mi	145834		BLL RODGERS		MA	KANSAS CITY	MO	06060	100 km	1344.08		GEORGE KNOX		OH	COLUMBUS	OH	041381
Nel mer	1:00:15		OSCAR MOORE		NJ	PHILADELPHIA	PA	091883	10 mi	19297		WARREN UTES			PARK FOREST		000-000
merathor	100000000000000000000000000000000000000		JM BOWERS	4	CA	DYERVILLE	CA	101464	20 mi	21429		ALEX PATELLE		-	MINNEAPOLIS	MI	101400
mershor		R	JM BOWERS	-	CA	DULUTH	MN OF	061464	50 mi	727:10		FRED NAGELSCHMIDT		CA	FOUNTAIN VALLEY	CA	001990
merahor			JOHN BRENNAND	6	CA	EUGENE OAKLAND	OR CA	112000	100 mi	202	U	WLFREDO RIOS		NY	QUEENS	NY.	(W.M.
12 hr	105,096 m	UD	STEPHEN DERENZO		CA WI	SYLVANIA	OH	001903	2-	12153	U	CLIVE DAVES JAMES TALLEY		CA	FONTANA	CA	DETERM
54 JA	231,474 m		ROY PIRRUNG			The second second			2-	12020		MONAEL BERTOLIN		N	PHLADELPHA	M	ph1505
				Men 50	-54				mention			CLIVE DAVES		OR	EUGENE	CM	(M1301
				men 30	-				24 14	154,000 m	PD	DICTINO MENDEZ		MY	SYLVANA.	OH	(8198)
Shen	15:36	R	SAL VASQUEZ	51	CA	DAVIS	CA	112301	T. State .				Men 7	0-74			
l les	25.31		SAL VASQUEZ	50	CA	LOS ALTOS	CA	012090	Sim	18:01		WARREN UTES	7		PARK ROOM		(Made)
8 len	2525		JM ONELL	2	OH	ALLEN PARK	M	080300	8 km	174	•	WARREN UTES WARREN UTES	70 70	1	LIBERTYVELE	1	(DIGH
10 km	31:4	R	RAY HATTON	50	OR	PORTLAND	CA	04230	10 km	419		ALFRED FLAK	- 7	M	BOTHWH	MI	-
12 km	30:00		SAL VASQUEZ	50	CA	SACRAMENTO CHICAGO	ũ	100162	12 km	951		DON BMADLEY		CA	ПАЗСА	i	10000
12 km	40.0		HAL HIGDON	51	PA	PORTLAND	OR	043086	12 km	MS		ED MICEO	×	CT	SOUTHINGTON	ct	671980
15 km 20 km	100.50		NORM GREEN NORM GREEN	50	PA	WASHINGTON	DC	062983	15 km	92:13		WARREN UTES	70	ı	MICHIGAN CITY		007301
25 km	1:06:50		NORM GREEN	51	PA	WASHINGTON	DC	052784	15 km	1:01:50	R	CLAE DAVES	7	OR	PORTLAND	OR	00387
30 km	1:46:4		NORM GREEN	51	PA	NEW YORK	NY	121763	20 km	1.20:11		WARREN UTES CLIVE DAVIES	70	OR	CHICAGO EUGENE	OR	071500 000005
50 km	3:19:3		JOHN L. SULLIVAN	23	MA	WASHINGTON	00	100382	25 km 30 km	21301	-	CLIVE DAVES	71	OR	MINNEAPOLIS	MN	101296
100 km	7:38:43		JOHN L. SULLNAN		M	CHICAGO	DC	632 783	50 km	43451	Ü	ED BENHAM	74	MO	WASHINGTON	DC	G01362
10 mi	525		NORM GREEN	- 50	PA	WASHINGTON MINNEAPOLIS	MN	023064	100 km	11.27:10	,	CARLTON MENDELL	71	ME	NEW YORK	NY	0270
20 mi	151:4		NORM GREEN	52	PA NY	NEW YORK	NY	101870	10 mi	10241	R	WARREN UTES	70	1	PARK FOREST	L	090250
50 mi 100 mi	5:35:00 17:19:00		TED CORBITT DON JEWELL	50	NY	QUEENS	NY	020458	20 mi	22254	A	CLIVE DAVES	n	OR	FOUNTAIN VALLEY	MI	101256
100 mi	17:19:00			53	TX	HOUSTON	TX	021983	50 mi	95794 84729a	R	FAY STEELE	70	CA TN	PANAMA	a	101266
half mar			NORM GREEN	2	PA	PHILADELPHIA	PA	091684	50 mi	92153	,	CARLTON MENDELL	71	WE	NEW YORK	NY	6270
maratho			JIM ONELL	. 50	OH	LAS VEGAS	NV NE	020489 050681	half mar	12120	U	PALL REESE	70	CA	CHICO	CA	CHOSES
maratho			NORM GREEN	51	PA	LINCOLN SAN DIEGO	CA	12034	half mar	125554	10-14	WARREN UTES	ת	L	ZON-LATE BLUFF	L	942602
maratic			NORM GREEN	50	PA NY	QUEENS	NY	000488	maratron	1	R	WARREN UTES	70		CHICAGO	L	102990
24 hr	214,042 m 342,790 m		DON JEWELL JAM DRAKE	52		SACRAMENTO	CA	010293	1 Sept.	121,023=	PD	HOWARD HENRY	2		SAT ANNY	DH	B180
	J-2,/308		The glob Tank	P. Oak													

	rigitar.	of the			of the Torgo	Market Chief			100	-					THE RESERVE	CHE PLANTED IN	THE PARTY
DIST	THE	GRAN	EC NAME	AGE	HISTATE	ncoos	PETATE	ROATE	DIST	THE	CHPRE	IC NAME	AGE	HETATE	RCCCE	RSTATE	ROATE
				Men 75	5-79				50 km	23234		SANDRA KIDDY	e	CA	TALLAHASSEE	R	121783
Sim	21:12	R	ED BENHAM	78	MO	CLEARWATER	R	620584	100 km	75959 59:15		BARBARA FLUTZE	•	CA PA	FLNT	in .	100362
f km	3421	R	ED BENHAM	78	MO	LIVERPOOL	NY	DEVES	20 mi	2:10:13	,	MARY WOOD		co	MINNEPOLIS	MN	101490
10 km	4324	R	ED BENHAM	75	MO	WASHINGTON	DC	002583	20 mi	2:11:26	R	KAREN SCANNELL	46	CA	MINNEAPOLIS	MN	000004
10 km	42.420	A	EUGENE KELLER	75	CH	PITTSBURGH	PA	010489	50 mi	E:09:09	R	SANDRA KIDDY	•	CA	COLLMBUS TALLAHASSEE	OH	040184
12 km	1:01:24	R	DUTCH BENEDETTI ED BENHAM	75	CA	SAN GABRIEL WASHINGTON	CA	100362	100 mi	15:12:54	Ü	SAKORA KIDDY SHIPLEY MATSON	6	CA	HAYWARD	R.	121485
20 km	1:30:10	R	ED BENHAM	75	MO	WASHINGTON	DC	052983	hal nor	12497	R	DOROTHY STOCK	0	CA	CORONADO	CA	070480
25 km	150:18	R	ED BENHAM	75	MO	RALEIGH	NC	110082	meration	24511		BARBANA FLUTZE		PA	MINNEAPOLIS	MN	100691
30 km	2.29 00	R	ED BENNAM	78	MO	SUGAPLAND	TX	120765	meration	24430a		MARY WOOD	6	00	LAS VEGAS	NV	020291
50 km	5:03:36		ED BENHAM	77	MO	WASHINGTON WASHINGTON	DC	102384	12 hr	127,777m	A	SANDRA KIDDY	4	CA	TALLAHASSEE SYLVANIA	PL OH	121485
10 mi 20 mi	1:12:13	U	ED BENHAM ED BENHAM	77	MO	GREENBELT	MO	122284	54 pA	233,816 m	,	SUE BLEN TRAPP	· · ·	A.	*********		CHINA
50 mi	1122.44	R	BEN MOSTOW	78	ī	CHICAGO		100481				num for surfaces	Women !		CAPLISAD	CA	041491
hal mar	13751	A	ED BENHAM	75	MO	WILLIAMSBURG	VA	031383	5 km	17:28 28:55	Ä	SHIPLEY MATSON SHIPLEY MATSON	50	CA	PALOATO	CA	030491
meration	334.42	U	ED BENHAM	*	MO	WASHINGTON SAN DIEGO	CA	110083 -	10 km	35.57	R	SHIPLEY MATSON	50	CA	DRIANDO	R	030291
marathon 24 hr	128,249 m	PO	ED BENHAM EDSON SOWER	77	MD AZ	SYLVANIA	OH	091993	12 km	4614a	R	SHIPLEY MATSON	51	CA	SAN FRANCISCO	CA	032902
		177	The State of the		The second			-	12 km	454	,	SHIPLEY MATSON	2	CA	SPOKANE SAN FRANCISCO	CA	050293
				Men 80	-84				12 km	45:43	R	SHIPLEY MATSON WEMA PARKER	5	CA WA	SPOKANE	WA	051693
5 km	22.26	U	ED BENHAM	80	MO	CHICAGO	L	041798	15 km	54:34	R	SHIPLEY MATSON	50	CA	JACKSONVILLE	R.	033901
5 km	25:02 38:35	R	JOHN OVERTON ED BENHAM		AZ MD	PHOENIX VIRGINIA BEACH	AZ VA	072587	20 km	12236	R	GINA FAUST	50	CA	VALENCIA	CA	021456
10 km	45.28	R	ED BENHAM	80	MO	ASBURY PARK	N	031889 080887	25 km	2:00:41	R	MARGARET MILLER	54	CA	VENTURA CLARKSBURG	CA	0333 <b>8</b> 0
12 km	1:03:55a	U	MEL SHINE	80	CA	SACRAMENTO	CA	042989	50 km	4:15:12	Ü	SHIPLEY MATSON MATLEE CHRISTMAN	23	CA	EAST PEORIA	-	123084
12 km	1:09:05	U	CYRL WOODS	81	OR	PORTLAND	OR	050583	100 km	105831	R	JOAN BAKER	50	TN	TALLAHASSEE	R	121485
15 km	1:07:000	U	ED BENHAM ED BENHAM	61	MD	CUMBERLAND	MD	100888	100 km	10:34:15	U	MARTY MARICLE	52	CA	SAN FRANCISCO	CA	041986
20 km	13356	R	ED BENHAM	81	MO	WASHINGTON MEDFORD	DC OR	040791	100 km	1051:16		MARGE DUNLAP	54	CA	SACRAMENTO DULUTH	LA	621393
25 km	22343	R	MAX POPPER	80	NY	NEW YORK	NY	100283	100 km	9:43:276	R	MAE HORNS MARION IRVINE	54	CA	STOCKTON	CA	010983
10 mi	1:13:23	A	ED BENHAM	81	MO	WASHINGTON	DC	040299	20 mi	2:19:59		JOAN LILLYOT	50	CA	MINNEAPOLIS	MN	101400
20 mi 50 mi	4:18:00	U	NOR WELCH BEN MOSTOW	84	CA	CLARKSBURG	CA	111879	20 mi	2:28:15	R	WEN-SHI YU	51	NY	MINNEAPOLIS	MN	101286
half mar	1:40:30	R	ED BENHAM	81	MD	OFLANDO	R	100283	50 mi	7:10:58 8:24:00s	B	RUTH ANDERSON MAE HORNS	50	CA	LITTLE MARAIS	TX MN	021760
	3:43270	R	ED BENHAM	80	MO	MINNEAPOLIS	MN	101187	half mar	1:1951	R	SHIPLEY MATSON	52	CA	MODESTO	CA	102186 040791
meration	4:1751	R	ED BENHAM	84	MD	MINNEAPOLIS	MN	100691	marathon	25026	R	SHIPLEY MATSON	50	CA	MINNEAPOLIS	MN	100691
				Men 85	90				24 hr	141,224 m	PD	JANET DELUCIA	51	MI	SYLVANIA	OH	(9190)
THE PARTY OF	2000			men oo-	09				1000				Women	55-59			
5 km	2825		GIFTON JOLLEY	85	GA	ROME	GA	120592	5 km	19:38	P	GINA FAUST	55	CA	GAFDENA	CA	062962
5 km 8 km	31:05 47:03	R	WILLARD BENTON PAUL SPANGLER	87	CA	PALO ALTO	CA	041491	8 km	32:01	R	JOYCE GASKIN	55	TX	HOUSTON	TX	032192
10 km	58.50	R	PAUL SPANGLER	85	CA	RALEIGH	NC	031785	10 km	39:59	U	MARGARET MILLER	55	CA	BEVERLY HELS	CA	120001
13 km	1:32:00	R	PAUL SPANGLER	85	CA	EL PASO	TX	101384	12 km	52:57	R	MELBA HATCH	57	ш	SAN FRANCISCO	CA	100486
20 km	2:07:49	U	PAUL SPANGLER	85	CA	SACRAMENTO	CA	032584	12 km	52:03e 1:03:28	R	MARION IRVINE MARGARET MILLER		CA	EL PASO	TX	101384
30 km	4:39:30	R	PAUL SPANGLER	89	CA	CLARKSBURG	CA	111368	20 km	128:03		WEN-SHI YU		NY	NEW HAVEN	CT	090291
20 ml half mar	3:44:31	U	PAUL SPANGLER MAX POPPER		CA	BROOKLYN	CA	031289	20 km	12922	R	MARGARET MILLER		CA	SACRAMENTO	CA	032584
meration	52151	U	PAUL SPANGLER	85	CA	SAN DIEGO	CA	120284	25 km	1.52:46	R	MARY STOREY	55	CA	VENTURA	CA	CHUMO
			TO STATE OF THE PARTY OF THE PA		the way			100	25 km	1:46:37	U	MARGARET MILLER		CA	SUGAR LAND	CA TX	121292
				Men 90-	94				30 km 50 km	2:17:31		JOYCE GASKIN SANDRA KIDDY	55	TX CA	WASHINGTON	DC	101792
6 km	40.32	R	LLOYD WALTERS	91	MT	TUCSON	AZ	012492	50 km	5:34:03	R	ADELE MLICEVIC		AZ	TUSCON	AZ	010486
10 km	1:14:49	R	PAUL SPANGLER PAUL SPANGLER	91	CA	PALO ALTO PARAMOUNT	a	012000	100 km	8.4236	A	SANDRA KIDDY	55	CA	PALAMOS SPAIN WASHINGTON	DAT THE	021602
merathon	9.23.25e	16	PAUL SPANGLER	92	CA	NEW YORK	NY	110391	10 mi	1:08:50	U	TOSHIKO D'ELIA MARION IRVINE	54. 57	CA	STOCKTON	DC CA	0400M6 011M67
	HOLE								20 mi	22636	P	WEN-SHI YU	56	NY	MINNEAPOLIS	LIN	101490
MASTE	RS - WO	MEN				CONTRACTOR OF			20 mi	2:29:53	R	TOSHIKO D'ELIA	54	NJ	MINNEAPOLIS	MN	101286
			All-Comer's Re	cords (no	on U.S. citiz				50 mi	8:42:36 7:44:48	R	SANDRA KIDDY	55	CA	PALAMOS, SPAIN DALLAS	TX	021602 011603
5 km	16.20	R	HEATHER MATTHEWS (NZL)			ALBANY	NY	060389	half mar	128:42	R	MARY ANN MELER MARGARET MILLER		CA	SANTA MONICA	CA	062984
8 km 10 km	225	R	PRISCILLA WELCH (GBR) PRISCILLA WELCH (GBR)		co	WASHINGTON PHOENIX	DC AZ	051489	mershon	3.0721	R	MARGARET MILLER	58	CA	SAN FRANCISCO	CA	071182
15 km	4936	R	PRISCILLA WELCH (GBR)			JACKSONVILLE	R	030985	Contract of				Women	60-64			
hall mar	1:13:07	R	PRISCILLA WELCH (GBR)		CO	PHILADELPHIA	PA	091586	5 km	19:53	R	MARION IRVINE	61	CA	CLARKSBURG	CA	111190
meration	231:14	R	PRISCILLA WELCH (GBR)		co	CHICAGO		102686	8 km	34.58	R	HELEN DICK	60	CA	THOUSAND CAKS	CA	072185
				Vomen 40	-44				8 km	34:13	U	HELEN DICK	61	CA	LOS ANGELES	CA	111786
Skm	16:37	R	LAURIE BINDER		CA	DAVIS	CA	112391	10 km	102:44	R	JOSEPHINE MILES	61	CA	LIVERMORE	CA	102190
8 km	27:35	R	LAURIE BINDER		CA	SAN JOSE	CA	061591	12 km	59:11	Ü	ADELINE KEARNEY	63	ct	SOUTHINGTON	ст	071689
10 km	34:08		FRANCIE LARRIEU SMITH	40	TX	NEW YORK	NY	061293	12 km	56:02a	U	HELEN DICK	64	CA	LOS ANGELES	CA	042389
10 km	34:17		CAROL MOLATCHIE	-41	TX	MOBLE	AL	032793	15 km	1:07:08	R	WHAYONG SEMER	60	OH	TAMPA	PL.	021189
10 km	33:418	R	BARBARA FILUTZE GABRIELE ANDERSEN	41	PA	PITTSBURGH ORLANDO	PA	092787	20 km 25 km	129:08	U	MARGARET MILLER	60	CA	VALENCIA	CA	032386
12 km	42:13	•	NANCY GRAYSON	-	ID MI	LANSING	MI	031189	25 km	2:03:41	P	MARY STOREY GLORIA BROWN	60	CA NY	SAN FRANCISCO GRAND RAPIDS	CA	072284
12 km	42:38	R	GABRIELE ANDERSEN		10	SPOKANE	WA	050188	30 km	22132	R	MARGARET MILLER		CA	MINNEAPOLIS	MN	101286
15 km	52:22	R	LAURIE BINDER	41	CA	TAMPA	R	021189	50 km	4:39:46	P	MYRA RHODES	60	CA	SACRAMENTO	CA	021393
20 km	1:13:46	R	CAROL MOLATCHIE NANCY MIESCZAK	40	TX NY	NEW HAVEN	CT	090792	50 km	5:00:29	U	JOSEPHINE HESS		WA	YAKIMA	WA	042582
25 km	13150	R	NANCY MIESCZAK NANCY OSHIER	41	NY	GRAND RAPIDS	M	090489	100 km	11:30:58	P	RUTH ANDERSON HELEN KLEIN	60	CA	SAN FRANCISCO CHICAGO	a	100283
30 km	15837	R	BARBARA FLUTZE	40	PA	MINNEAPOLIS	MN	101286	10 mi	1:10:17	R	HELEN DICK	60	CA	ENCINO	a	061685
30 km	154.00	-	CAROL MOLATCHIE	41	TX	SUGAR LAND	TX	121292	20 mi	2:32:16	R	MARGARET MILLER		a	MINNEAPOLIS	IN	101286
30 km 50 km	15037		GABRIELE ANDERSEN JAN KREUZ	41	0	MINNEAPOLIS COLLMBUS	WN	101286	50 mi	9:01:38	U	HELEN KLEIN	60	CA	SACRAMENTO	CA	021984
100 km	140	R	DEBBE PERRES		OH TX	PALAMOS, SPAIN	OH	103088	hell mer merathon	1:29:57	R	MARION IRVINE	6	CA	WEOTT	CA	102091
100 km	0.50:35		SUE ELLEN TRAPP	4	R	QUEENS	NY	050590	24 hr	133,668 m	PD	HELEN DICK SARANN MOCK		CA	CHICAGO SYLVANIA	L OH	102184
10 mi	54.05	R	LAURIE BNIDER	4	CA	FLNT	M	082491	Direction of the last of the l			50000	Women		DILTAMA	<u>~</u>	00.000
20 mi	1:59:17		GABRIELE ANDERSEN JAN KREUZ	40	0	COLUMBUS	LIN	100685	5 km	22.36		HH DOWNER	The same of		S. Hally Co.	150	1
100 mi	15.05.52	R	SUE ELLEN TRAPP	4	OH FL	OUEENS	OH	040989	5 km	22:44	R	JAN RICHARDS HELEN DICK	6	TX CA	DALLAS GARDENA	TX CA	101802 070890
hel ner	1:13:57	R	LAURIE BINDER	4	CA	PHLADELPHIA	PA	091591	8 km	37:00	P	HELEN DICK		a	BURBANK	CA	051990
rerefer		R	LAURIE BINDER	4	CA	MINNEAPOLIS	LIN	100691	8 km	39:33	R	EDNA LAFLIN	65	AZ	AHWATUKEE	AZ	062783
54 pt	122,310 m 222,558 m	A	SUE ELLEN TRAPP RANCI BROMKA	40	R	SACRAMENTO	NY	091789	10 km	46:18 47:55	P	HELEN DICK	65	CA	LOS ANGELES	CA	052790
NW	220,255 m	A	SUE BLEN TRAFF		CO R	OUEENS	CA	123192	12 km	1.00320	ŗ	KAY ATKINSON MARY STOREY		CA	KENTFIELD	CA	053162
			The state of the s	The State of		The same of the same of		091789	12 km	10108	R	ALGENE WILLIAMS	65	CA	SAN FRANCISCO ITASCA	CA	100685
		OF THE		Women		and the same			15 km	1:14:01		JAN RICHARDS		TX	DALLAS	TX	030663
5 km	17:19		GABRIELE ANDERSON		0	ALBANY	NY	050590	15 km 20 km	1:14:25	R	ADELINE KEARNEY		CT	JACKSONVILLE	R	030991
5 km	17:14		BARBARA FLUTZE BARBARA FLUTZE		PA	ALBANY VIRGINIA BEACH	NY VA	080503	25 km	1:37:94	U	HELEN DICK GERRY DAVIDSON	65	CA	VALENCIA	CA	100889
10 km	3551		BARBARA FLUTZE		PA	MEMPHIS	TN	042502	30 km	24751	U	EDNA LAFLIN	6	CA AZ	SAN DIEGO	CA	122006
10 km	34:400		BARBARA FLUTZE		PA	PITTSBURGH	PA	092981	50 km	5:11:50	U	JOSEPHINE HESS	. 6	WA	PHOENIX YAKIMA	AZ WA	102983
10 km	35.57		BARBARA FLUTZE	•	PA	WASHINGTON	DC	041252	100 km	12:00:17		HELEN ILEN	67	CA	SAN FRANCISCO	CA	042190
12 km	425	U	SHIPLEY MATSON MAUREEN BOOY		CA CK	SPOKANE TULSA	OK	050584	20 mi	12022	R	HARRIET WEVER		м	WASHINGTON	DC	040587
15 lon	94.58	R	GABRIELE ANDERSEN		0	PORTLAND	OR	091287	50 mi	99124		HELEN KLEIN	6	CA	CLARKSBURG	CA	111686
20 km	1:18:49	R	JOAN COLMAN	6	CA	CANLAND	CA	070000	hall mar	1:42:16	•	JAN RICHARDS	67	CA TX	SAN FRANCISCO DALLAS	CA	042190
20 km	1:14:13		BARBARA FLUTZE	4	PA	NEW HAVEN	CT	090792	No.	1:07500		JOSEPHINE HESS		WA		TX	110792
25 km 30 km	133	R	SHIPLEY MATSON	:	CA	SAN FRANCISCO CLARKSBURG	a	672284	rento		R	HELEN DICK		CA	PORTLAND CHICAGO	OR L	092985 102989
200	122				-		~	111300	· mention	2:4724		MARCE TRENT		AK	BOSTON	MA	041883
																4-17-	

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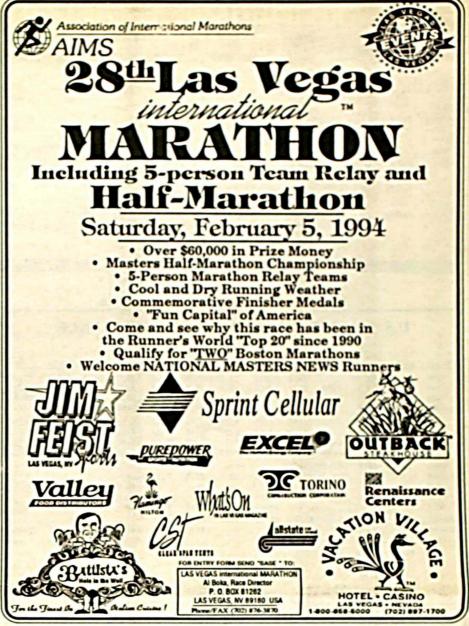
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DIST	TIME	G	RPREC NAME	AGE	HS	TATE ACODE	RSTATE	REATE
			90 3851 B 11 11	Women 7	0-74			
Sim	24.28		GERRY DAVIDSON	70	CA	CAPLSBAD	CA	041491
8 km	24	A	HEDY MARQUE	×	VA	ALEXANDRIA	VA	051092
10 km	50:01	U	PAT DOION	70	OR	EUGENE	OR	051300
12 km	1.0157		ALGENE WILLIAMS	. 70		MASCA	-	100534
15 km	12255	•	ELLEN MCCOY	70	MN	EDNA	-	082300
15 km	1:16:350		HEDY MARQUE	74	VA	ALEXANDRIA MEDFORD	VA	045485
20 km	2:18:20	,	PAT DIXON GERRY DAVIDSON	70	OR	SAN DEGO	CA	040889
25 km	25154		BESS JAMES	70	CA	VENTURA	a	112391
30 km	25922	Ä	BLEN MCCOY	7	CA	DULUTH	M	061982
10 mi	12033	R	HEDY MARQUE	70	VA	WASHINGTON	DC	101391
20 mi	125 50	Ü	MAVIS LINDGREN	n	CA	CLARKSBURG	CA	111978
hall mar	158.27	R	MARCIE TRENT	70	AK	ANCHORAGE	AK	052998
helmar	157310	R	ALGENE WILLIAMS	72	î	LAKE COUNTY	ĩ	042458
merahon	40004	ř	GERRY DAVIDSON	70	CA	SAN DIEGO	a	120691
nershon	4:1154	R	MARCIE TRENT	70	AK	NAPA	CA	031386
meration	4.3024	R	ELLEN MCCOY	70	NN N	MINNEAPOLIS	UN	101490
24 hr	165,343m	•	HELEN KLEN	70	CA	SYLVANIA	OH	091923
	600,285 m		HELEN KLEN	70	a	SACRAMENTO	CA	010623
			THE CONTRACTOR					
				. Women 7				
5 km	27:17	R	ANNE CLARKE	77	L	PARK RIDGE		(8228)
8 km	45.44	R	ALGENE WILLIAMS	75	L	CHICAGO	L	031091
10 km	53:40	U	LEONA LUGERS	75	M	HOLLAND	M	091163
12 km	1:08:21	R	ANNE CLARKE	*	L	ITASCA		100685
15 km	12933	R	ANNE CLARKE	75		TAMPA	R	033335
15 km	1:19276		HEDY MARQUE	75	VA	ALEXANDRIA	VA	042563
20 km	15257	U	LEONA LUGERS	π	M		м	0521684
25 km	249.48	R	LEONA LUGERS	70	M	GRAND RAPIOS	M	051086
30 km	4:04:24	R	BESS JAMES	70	CA	VENTURA	CA	021289
10 mi	12234		HEDY MARQUE	75	VA	WASHINGTON	DC	101192
hall mar	2:06:34a		ALGENE WILLIAMS	75	L	ZION-LAKE BLUFF		042991
hall mar	214:15	U	ANNE CLARKE	*		CHICAGO	L	DECREE
hall mar	22824	R	ANNE CLARKE	77	L	CHICAGO		061487
mershor	200	U	DA MINTZ	75	L	LAKE BLUFF		042481
merehor	4:49:24	R	ANNE CLARKE		L	CHICAGO		12200
	1			Women	80-84			
5 km	2923	R	ANNE CLARKE	10	L	PARK RIDGE	L	CHARGE
8 km	52:00		ANNE CLARKE			PARK RIDGE		000001
10 km	56:14	U	LEONA LUGERS		M		M	0000007
15 km	1:29:44	R	RUTH ROTHFARB		R	AHWATUKEE	AZ	1000
20 km	22534	U	RUTH ROTHFARS		R	WASHINGTON	DC	CANONICA
30 km	4:13:32	R	MAVIS LINDGREN		CA	CLARKSBURG	CA	111386
10 mi	1:43:17	P	ANNE CLARKE	80	L	ELGIN		022800
hall mar	22354		ANNE CLARKE	80	L	HIGHLAND PARK		061030
hall mar	21923a		ANNE CLARKE		L	LAKE COUNTY		042990
merahor	5:10:04	R	DA MINTZ	80	L	CHICAGO		100005
				Women			The said	
5 km	40.26		SUSIE HUGHES		TX	DALLAS	TX	MONEY
5 km	3732	U	MARY AMES	15	CA	FONTANA	CA .	Q4168
5 km	43.00	R	RUTH ROTHFARB	87	R	ALBANY	NY	06000
10 mi	32926	R	RUTH ROTHFARB	- 20	R	WASHINGTON	DC	(ALXING
8 km	1.03.01	U	SUSAN CONROY		L	CHICAGO		031286
10 km	1:16:55	U	BUTH ROTHFARB	- 17	MA	BOSTON	ш	1012
hell mar	323.06	U	MARY AMES		CA	LOMPOC	CA	DETEN
meration		R	DA MINTZ		L	CHICAGO	L	1236



P.O. BOX 1765 BROOKLINE, MA 02146

Prize Money Maste	Leaders 1	993	
PINK NAME	BT/N	1993 \$	
1 Kurte, Doug	MI	\$35,300	11
2 Lopes Luie	CAC	\$15,050	
3 Rose, Nick	GBA	\$11,725	10
4 Cherbonnel, Jean-M	FM	\$10,500	•
5 Tibedulm, Domingo	COLINV	\$9,200 \$7,400	1
6 Weigws, Wilson 7 Lovisse, Pierre	FRACO	86,950	:
8 Nzsu Joseph	KENWY	\$6,400	i
9 Balcha,Kassa	ETH/MN	84,000	
10 Vers Manuel	MEX	84,700	
11 Birnie Tom	NZL	\$3,050	
12 Nevers, Artemie	MEX	\$3,700	
13 McMullen, Charles	NY	\$2,600	4
14 Rodgers,Bill	MA	\$2,075	
15 Gates, Nigel	GBA	\$1,000	
16 Romesser, Gary	IN	\$1,750	•
17 Smeed Chuck	co	\$1,500	
17 Moseyev,Leonid	NUS	\$1,500	1
19 Schley Bob	BC .	81,400	-
20 McLood Mike	TN	\$1,250	
21 Mendez Sedol 21 Seyre Rio	OR	\$1,200	i
23 Verges, Miguel	WEX	\$1,000	- ;
24 Unidentified Runner	NA	8950	,
25 Tibiduiza Domingo	COUNY	\$850	,
26 Gomes, Rodofe	WEX	\$800	
27 Rubio, Jose Luis	NA	6750	,
20 Owers Earl	QA.	\$700	
26 Vigil Pable	co	\$700	,
30 Klecker, Berney	MN	8950	1
31 Knoor, Ray	NA	8500	
31 Reimer, Rick	NA	\$500	,
31 Holds, Gary		\$500	
34 Metzmaker, Pate	MT	\$400	
34 Wilson, David	PL	\$400 \$300	
36 Kritzler, Bruce	NJ	\$300	
36 Maneini, Nick 36 Campbell, John	NZL.	\$300	
36 Natter, Derrel	NA	\$300	
36 Rushmer, Alen	GBA	\$300	
36 Aubin, Simon	NA	\$300	1
36 Becker, Bob	NA	\$300	1
36 Williams, Bobby	MO	\$300	1
36 Pine, Manuel	NA	\$300	1
45 Boll Doug	co	\$250	-
45 Mascel, Paul	NY	8250	1
45 Bedrerski, John	NA	\$250	
45 Dicario, John	NA	\$250 \$250	
45 Popejoy,Ken	IN .	\$250	
45 Warsham, Scott 45 Klernan, Jerry	P.E	\$250	

Prize Money Maste	Leeders wome		
WK NAME	ST/N	1005 \$	•
1 McLatchia,Carol	TX	\$15,300	18
2 Partenski,Bernedine	NZL.	810,000	
3 Larriou-Smith,Franc	e TX	87,000	
4 Greyoon, Nancy	90	87,790	
f Bondarchuck, tine 6 Flutte, Berbers	PA	87,000	;
7 Gereeu Jecqueline	CAN	81,000	- 1
9 Virga, Caral	FL	84,500	i
9 Blockford Karen	M	63,000	•
10 Hine Judith	NZL.	82,500	-
10 Bourskens Carle	HOL	82,500	
12 Rodon,Anno	GRA	62,290	ij
13 Sanderson Danielle	GBA	\$2,000	
14 Memon, Shiney	CA	81,900	
15 Cieverela, Claude	TN	81,000	
16 Ray, Busanna	M	81,700	
17 Merchant, Zine	GBA	81,500	
17 Dodge, Candy	CA	\$1,500	,
16 Binder,Laurie	CA	81,990	
20 Hutchison, Jane	MO	81,250	
21 Kidd Christians	-	\$1,000	
21 Hot, Sherri	NA	\$1,000	
23 Coher,Led	CA	8000	
24 LeGare,Diene	CAN	6700	
25 Nelepe, Ruth	TX	8400	
25 Fairtex Leuise	AUS	8400	
27 Ottomey, Joan	CA	8125	
20 Jenes, Marins	NA	9900	
26 Fiartax Louise 26 Lampools, Catherine	NZL BC	8900	1
29 MacHard Karan	n	8500	
28 Welch, Princilla	GRAC		
29 Hallman Lane	NA	8500	
20 Tracy Dana	CA	8500	
26 Stockdole - Woley,	weet.	8900	i
20 Pay-Smith, Andres	NA	8500	
37 Famell, Patricia	NA	8400	
37 Jarden, Janes	OR	8400	•
20 Bowman, Joseph	TX	8390	
40 Office, Marry	MN	\$300	
40 Medien, Dixie	NA	8300	,
40 Wides, Comy		8300	1
40 Weren, Mergie	NA	8900	1
40 Francia, Bus	NA	8300	1
40 Bjørum, Berbers	MI	8300	•
40 Shee, Christel	NA	8300	
40 Bromoer, Cindy	NY	8300	1
40 Lymplaure	CAN	8300	
40 Wester, Pamels	IN	8300	
40 Lamps, Card	NA	8300	
40 Cores,Jene	NA	\$300	1
40 Murrey,Lourie	NA	\$300	-

7/10/93

6/26/93

8/13/93

9:14.08 1:57.92

134-2

### RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

High Jump	4-10	7/10/93	M30-34	Pole Vaul
THE REAL PROPERTY.				3000M
			proce w. wind	BOOM
20K	1:57.45	1/10/93		BOUR
1500M	5:21.7	9/12/93	W35 30	
		0 49 69		Pole Vault
		MARK COM	Joe Smith	Triple Jun
Discus	77-6	7/31/93	Committee of the last of the l	77777
Wt. Throw	27-2	7/31/93	M40-44	
Shot Put	26-5	7/31/93	Dale A. Wilcoxson	Discus
			M45-49	
High Jump	3-6 1/4	6/06/93		200M
Triple Jump	21-6	8/11/93	Ray Burrus	400 Hurdle
	20K 1500M Discus Wt. Throw Shot Put	20K 1:57.45 1500M 5:21.7 Discus 77-6 Wt. Throw 27-2 Shot Put 26-5 High Jump 3-6 1/4	20K 1:57.45 1/10/93 1500M 5:21.7 9/12/93 Discus 77-6 7/31/93 Wt. Throw 27-2 7/31/93 Shot Put 26-5 7/31/93 High Jump 3-6 1/4 6/06/93	20K 1:57.45 1/10/93 1500M 5:21.7 9/12/93 M35-39 James P. Fountain Joe Smith  Discus 77-6 7/31/93 M40-44 Dale A. Wilcoxson M45-49 Gary E. Bell

M50-54			
Michael Harrington	Discus	45.16	5/01/93
Mike Holler	Javelin	142-11	6/26/93
Ron Jensen	400M	58.27	8/11/93
	100M	11.86	8/12/93
Bob Osterhoudt	Pentathlon	2714	8/11/93
M55-50			
M55-59 Nate Byrd	Short H	18.46	8/22/93
Larry D. Carter	High Jump	5-1	5/22/93
Stan King	200M	27.01	5/30/93
M65-69			
Tom Delany	100M	13.8	6/16/93
The Park of the Pa	200M	28.7	6/27/93
	100 Hurdles	18.4	6/27/93
	High Jump	4-4	6/27/93
	Long Jump	4.49	7/25/93
Mary Woodbury	Long Jump	4.10	8/11/93
THE RESERVE OF THE REAL PROPERTY.	Pentathlon	3172	8/12/93



#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 Event 11.33 11.67 12.0 23.3 24.2 25.1 52.5 54.0 56.0 2:04 2:08 2:13 16.5 35.8 84.5 3:27 13.5 14.0 15.0 18.0 20.0 11.0 12.5 13.0 26.0 58.5 61.5 76.5 2:37 3:54 2:01 5:24 6:22 7:59 9:15 1500 4:11 4:15 4:22 4:32 4:45 5:02 5:47 7:03 Mile 5000 10000 4:31 4:35 4:42 4:53 5:07 5:25 15:30 15:42 16:06 16:44 17:30 18:24 32:11 32:35 33:30 34:45 36:15 38:10 6:14 6:51 10:10 19:36 40:30 21:08 23:30 48:30 26:00 54:30 110H 15.3 16.4 17.75 18.75 100H 80H 400H 18.0 19.0 20.0 18.0 21.0 25.0 57.6 59.7 62.0 64.4 67.2 70.6 48.0 51.0 74.5 300H 55.0 60.0 66.5 3K-SC 2K-SC 10:00 10:20 10:55 11:40 12:30 13:20 1.85 1.76 6-3/4 5-9% 1.32 1.13 HJ 1.50 1.41 1.23 1.02 .92 6-44 5-6 5-24 4.15 13-7% 3.30 10-10 6.20 5.85 5.45 5.10 17-105 16-9 4.75 14-54 13-14 11-114 11-0 11.15 10.40 36-7 34-15 12.65 11.90 8.90 8.20 22-4 34-15 31-8 26-11 24-74 10.80 10.00 35-5% 33-0 39-44 40-84 36-9 49-104 46-34 42-8 39-44 42.60 139-9 40.60 133-2 31.60 26.40 21.40 44.80 38.00 40.00 36.40 40.00 36.80 16.20 131-3 119-5 131-3 120-9 103-8 70-24 53-2 36.00 33.00 118-1 108-3 29.00 95-2 25.00 82-0 47.24 44.20 41.14 38.10 38.40 36.00 155-0 145-0 135-0 125-0 126-0 118-1 22.50 18.00 35.00 29.00 62.00 57.00 52.60 48.00 43.00 38.50 40.00 187-0 170-7 157-6 141-1 126-4 131-3 114-10 35/Wt. 15.00 14.00 13.00 12.00 10.00 25AVL. 11.00 10.00 9.00 56AVL. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 4.00 3.50 8.00 3.00 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 13"; 70+; 30". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30". 4) Shot pdt: 30-49: 7.26k (16f); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 2kg: 30-59: 1.5kg; 60+: 1.0kg. 6) Hemmer: 30-49: 7.26k (16f); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g 8) Netric heights and distances are the standard; feet and inches listed for convenience. 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. N	MASTER	2 WLT W	MERIC	'VU 21	ANUAR	10 CU	EXCEL	TENCE	FOR N	WZIF	C2 KAC	E WALL	(FK2
						M	EN						
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	90-9
1500	6142	6153	7:03	7:15	7129	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:0
Mile	7:12	7:24	7136	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:0
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:15
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:2
5000	23136	24:13	24148	25:33	26124	27:18	28:24	30124	31:54	34:33	38:42	41:24	4515
10K	48:38	49.10	50127	51:54	53:33	55.26	59.06	63.21	66.30	70.09	78.36	84.06	91.1
15K					1,23								
20K					1,52								
50K					5120								
						MON	EN						
1500	7125	7,39	7153	8:08	8,26	8:45	9:08	10:29	11,15	11:58	12:50	14:17	15:3
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:4
,000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:3
21 110	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	26:13	26156	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1.5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1.54	1.57	2. 1	2105	2:09	2,14	2,23	2,34	2.47	3.00	3.13	7.10	3.4
SOK							6:41			-,	-,	2130	

#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 13.8 14.6 30.3 67.5 2:40 14.2 29.2 65.5 15.6 32.5 71.5 16.2 34.0 73.5 16.9 35.7 78.5 17.8 37.5 83.7 18.8 40.0 90.0 20.0 21.2 43.5 47.0 15.0 31.4 69.5 2:46 63.5 2:35 2:54 3:05 3:19 3:56 5:29 5:55 21:20 5:40 6:07 22:16 6:20 6:49 24:16 6:48 7:19 26:08 7:23 7:46 28:08 1500 8:04 8:47 30:08 5:10 5:19 5:58 6:26 19:45 20:30 41:00 42:40 32:21 44:40 47:00 49:30 52:00 56:00 60:00 100H 17.2 18.2 18.7 22.2 66.0 72.0 79.0 87.0 2-11 7-104 6-11 1.80 1.10 3.55 3.20 10-6 10.00 9.20 32-10 30-24 5.20 4.20 28-25 25-74 23-7 21-0 18-84 15-5 13-94 8.40 7.70 27-7 25-34 7.95 7.20 6.50 5.25 17-3 33-94 30-64 26-1 23-74 13-114 19-04 39.50 129-7 21.50 70-64 19.00 33.50 27.50 25.00 14.00 45-11 24.0 16.0 52-6 15.0 14.0 49-2 45-11 26.0 22.0 20.0 18.0 91-2 85-4 78-9 72-2 65-8 35.0 32.5 30.0 25.0 131-3 114-10 98-5 82-0 23.0 75-6 20.0 18.0 14.0 12.0 9.0 45-11 39-5 29-7 20 Nt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) J4velin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. Hammer: 30-49: 4k; 50+: 3k. Hetric heights and distances are the standard; feet and inches listed

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

NAME\_\_\_\_\_\_AGE-GROUP \_\_\_\_

ADDRESS\_\_\_\_\_SEX: M\_\_\_F \_\_\_

CITY\_\_\_\_STATE\_\_\_ZIP \_\_\_

MEET\_\_\_\_DATE OF MEET \_\_\_\_

MEET SITE \_\_\_\_\_

EVENT:\_\_\_\_MARK: \_\_\_\_
HURDLE HEIGHT\_\_\_WEIGHT OF IMPLEMENT\_\_\_\_

CERTIFICATE \_\_\_PATCH \_\_\_ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$10 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (ENCLOSE COPY OF RESULTS, OR NOTE IN WHICH ISSUE THEY APPEARED.) A 3-color, 8" by 10" certificate — suitable for framing — and/or 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

### TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

### NATIONAL

USATF National Masters Weight Pentathlon Championships, Woodstock, IL, Sept. 25 Original distance - ODis, Weight throw - WT, Points - pts, Javelin - JT, Shot put - shot, Hammer - HT, discus - DT, Age factor distance - ageD

Control of the Contro			-	241-	Odis ageD pts Tota
Name :	Odls ageD pts	Ours step bes	Ours wien bes	Ours ween bes	Odis ageD pts Tota
Angels Healy F 32		20.61 20.61 413			
D. Eckhardt 7 33	6.72 6.72 344	18.32 18.32 362	7.78 7.78 429	20.41 20.41 293	21,74 21,74 361 1789
Partick Burns H 40	11.12 11.12 540	33.65 40.38 496	11.64 13.09 670	34.32 38.61 634	30.80 34.19 566 2906
Bob Sager H 45	11.72 12.32 620	35.20 44.70 560	11.45 12.62 704	35.67 42.44 693	33.46 39.48 675 3252
Virgil Johnson 50	8.70 9.96 457	11.82 16.19 53	9.84 11.26 549	23.13 27.52 443	33.42 37.60 637 2139
Karen Huff F 51	7.04 7.76 427	22.00 33.00 652	8.86 10.92 650	15.33 20.96 311	18.35 24.04 415 2455
Edgar Evans H 54	9.60 10.99 531	23.78 32.57 373	10.88 12.45 629	31.88 37.94 623	30.33 34.12 565 2721
S. Biddinger H 55	6.84 8.32 331	15.40 23.71 214	7.06 8.61 354	25.80 32.76 537	20.84 25.01 355 1791
Norm Cyprus H 55	11.90 14.48 757	34.38 52.94 672	10.61 13.18 745	43.90 55.75 881	35.90 43.08 745 3731
Bob Warren H 55	9.46 11.51 566	24.13 37.16 447	9.20 11.22 547	22.32 28.35 458	26.64 31.97 518 2536
Joann Grisson F 55	11.24 12.79 767	23.80 39.74 762	11.48 15.61 928	33.62 49.79 800	23.18 33.15 607 3864
Robert E. KeepH 60	11.84 13.96 725	26.77 40.69 501	11.57 14.26 745	26.12 33.43 549	34.22 36.33 652 3172
Pay Carstensent 61		28.09 42.69 531			31.62 35.41 592 3442
Len Olson H 61	14.09 16.62 883	41.11 62.48 791	13.17 16.26 862	41.58 53.22 847	44.98 50.38 879 4262
Jan Sait H 62	11.35 13.38 689	24.78 37.66 455	10.80 13.33 686	35.44 45.36 737	37.26 41.73 719 3286
Donald Mather N 63	9.66 11.39 558	43.06 65.45 827	8.16 10.07 465	21.52 27.54 443	47.38 53.07 925 3218
Sally Polk F 63	7.99 9.39 547	17.62/32.94 650	7.56 11.41 682	24.78 40.56 664	20.14 31.62 577 3120
Ken Weinbel H 65	10.22 12.62 640	17,90 29,89 328	8.74 11.88 591	31.28 44.10 718	25.50 31.37 505 2782
Phil Brusca H 66	13.04 16.11 853	36.14 60.35 765	12.53 17.04 906	31.68 44.66 726	39.36 48.66 848 4098
A.U. Ricciardin 73		20.79 38.46 467			
H. MorningstarM 76		23.16 48.21 606			
Batty Jarvis F 78	8.22 11.60 694	11.08 29.36 587	5.74 11.93 715	17.00 39.91 654	16.97 35.81 658 3308
E. Dennison M 81	7.80 10.93 494	19.17 41.62 515	8.87 13.92 723	17.40 29.95 488	24.25 42.68 737 2957
Leon Jarvis H 81	8.53 11.45 562	16.75 36.37 435	8.93 14.02 729	26 86 46 21 749	28.88 50.83 886 3361
779			Charles And Street		

### EAST

**Dartmouth Field Event Meets** 

Hanover, NH; Ju	y 24
Shot fut	
12# Bud Atwood 59	
16# Don Filkins 39	39-1
12# Carl Wallin 51	43-64
16# Jay Swett 33	43-5
Discus	
1.5k Bud Atwood 59	54-6
2k Don Filkins 39	
2k Jay Swett 33	114-8
Harmer	
16# Carl Wallin 51	134-3
August 8	
Shot Put	
16# Luke Hotte 46	43-6
16# Carl Wallin 51	47-0
Discus	
2k Ed Daniels 41	97-8
1k Denise Houseman	
2k Luke Hotte 46	
Harmer	
4k Denise Houseman	31 131-
16# Luke Hotte 46	113-
16# Carl Wallin 51	141-
16# Ed Daniels 41	134-
August 15	-1-177
Shot Put	
16# Don Filkins 39	39-4
4k Denise Houseman	
16# Al Neville 49	37-5
16# Luke Hotte 46	42-0
TOW MANUEL HOCCO TO	

37-5
42-0
47-10
107-0
31 104-4
112-10
122-2
111-1
31 130-1
126-4
138-7
42-4
40-64
47-5
52-1 3/4
106-7
122-4
The same
129-4
135-5
112-3
135-10
133-10

### 35# Weight Carl Wallin 51 Cliff Blair 63 (single-age WR) Potomac Valley TC Meet Alexandria, VA: Aug. 8

MICKELINI IE, VA, NUK.	0
100	
Spencer Robinson 39	12.3
Lonnie Crittenden 42	12.3
Alby Williams 53	12.3
LATTY Colbert 56	12.6
Ralph Romain 61	12.6
Mike McDaniel 47	12.6
Brian Riely 38	12.8
Clarence Inge Sr 40	12 8

Cooper Calcular Ct	
George Schember 51	13.2
Larry Slaski 43	13.3
Sandy Rederer 50	14.2
Mark Richards 63	14.8
Jilliam Kelly F46	15.0
Carla Convery F73	20.8
Cindy Weare F30	
cindy weare 130	22.4
200	
Larry Colbert 56	25.3
Alby Williams 53	25.5
Larry Slaski 43	27.1
Clarence Inge, Sr. 40	
Ed Yeilding 44	
Ken Paul 40	29.4
	31.6
Cindy Weare F30	52.7
400	The same
Tony Belcher 40	51.4 54.5
Spencer Robinson 39	
Larry Colbert 56	56.4
Michael Mutek 41	58.0
Dion O'Mara 35	58.8
Curtis Davis 35	58.7
Larry Slaski 43	59.0
Stone Sedicate 20	
Steve Sedlacko 36	59.5
Bruce Michael 41	62.6
J.J. Wind 43	66.7
Ed Yielding 44	67.0
Rolland Elliott 57	57.3
	68.5
Lynn Davis F37 Buzz Burek 44	
BIZZ BITCK 44	70.0
Jilliam Kelly F46	75.4
Bill Osburn 69	85.8
800	
Anthony Huff 35	2:08.1
Connect Bobinson 20	2:11.2
Spencer Robinson 39	
Dion O'Mara 35	2:11.8
Gordon Smith 34	2:14.8
Ken Paul 40	2:30.8
James Scarborough 35	3:00.0
	3.00.0
Mile	
Mile Paul Zink 45	4:39.6
Mile Paul Zink 45 Wilhelm Anderson 37	4:39.6 4:41.9
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35	4:39.6 4:41.9 4:45.2
Mile Paul Zink 45 Wilhelm Anderson 37	4:39.6 4:41.9 4:45.2 4:46.8
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31	4:39.6 4:41.9 4:45.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7
Mile Full Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38 Pat Good 36	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Invis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38 Pat Good 36	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhauser 37	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhauser 37	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:40.0
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhausser 37 J.J. Wind 43 Ken Paul 40	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:50.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57	4:39,6 4:41,9 4:45,2 4:46,8 4:49,0 4:51,7 4:57,8 4:59,2 5:06,2 5:07,0 5:34,2 5:50,2 5:50,2 5:50,2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:50.2 5:50.2 5:51.7
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35	4:39,6 4:41,9 4:45,2 4:46,8 4:49,0 4:51,7 4:57,8 4:59,2 5:06,2 5:07,0 5:34,0 5:50,2 5:54,7 6:17,0 6:43,7
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lankum 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:50.2 5:50.2 5:51.7
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.0 5:54.7 6:17.0 6:43.7
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:06.2 5:50.2 5:54.7 6:17.0 6:43.7 8:06.8
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000	4:39,6 4:41,9 4:45,2 4:46,8 4:49,0 4:51,7 4:57,8 4:59,2 5:06,2 5:34,2 5:50,2 5:54,7 6:17,0 6:43,7 8:06,8 8:15,3
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanlam 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhausser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:40.0 5:50.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Matek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:40.0 5:54.7 6:17.0 6:43.7 8:05.8 8:15.3
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chamdra Chaudhari 32 Ted Poulos 31 John Rusinko 33	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:34.2 5:50.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:06.6
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:34.2 5:50.2 5:54.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:06.6 10.32.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Banvers Long 50	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:40.0 5:50.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Banvers Long 50	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:40.0 5:50.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33	4:39,6 4:41,9 4:45,2 4:46,8 4:49,0 4:51,7 4:57,8 4:59,2 5:06,2 5:50,2 5:54,7 6:17,0 6:43,7 8:06,8 8:15,3 9:41,6 9:55,3 10:06,6 10,32,2 10:37,2 10:43,4 10:51,3
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Matek 41 John Muldoon 38 Dan Kornhausser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2 10:43.4 10:51.3 11:12.6
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Rill 54	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:43.4 10:51.3 11:12.6
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Phillp Davis 35	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:50.2 5:40.0 5:50.2 5:50.7 6:17.0 6:43.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2 10:37.2 10:37.2 10:37.2 10:37.2 10:37.2
Mile Paul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mura 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Philip Davis 35 James Scarborough 35	4:39,6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:43.2 10:43.2 10:43.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Phillp Davis 35	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2 10:43.4 10:51.3 11:12.6 11:39.7 12:17.8 12:21.0 14.50.1
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanlam 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhausser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Philip Davis 35 James Scarborough 35 Valerie Meyer F34	4:39,6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:43.2 10:43.2 10:43.2
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Rill 54 Philip Davis 35 James Scarborough 35 Valerie Meyer F34 Bill Osburn 69	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:43.4 10:51.3 11:12.6 11:39.7 12:17.8 12:21.0 14.50.1 14:57.7
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Rill 54 Phillip Davis 35 James Scarborough 35 Valerie Meyer F34 Bill Osburn 69 Bernard Belb	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:37.2 10:43.4 10:51.3 11:12.6 11:39.7 12:17.8 12:21.0 14.50.1
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanlam 38 Pat Good 36 Michael Mattek 41 John Muldoon 38 Dan Kornhausser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Philip Davis 35 James Scarborough 35 Valerie Meyer F34 Bill Osburn 69 Bernard Belb Short Hurdles	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:07.0 5:34.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10:32.2 10:37.2 10:43.4 10:51.3 11:12.6 11:39.7 12:17.8 12:21.0 14.50.1 14:57.7 16:13.6
Mile Faul Zink 45 Wilhelm Anderson 37 Curtis Davis 35 Dion O'Mara 35 Ted Poulos 31 Matthew Smith 30 Kerry Lanham 38 Pat Good 36 Michael Mutek 41 John Muldoon 38 Dan Kornhauser 37 J.J. Wind 43 Ken Paul 40 Rolland Elliott 57 Richard Wilmer 50 James Scarborough 35 Bernard Gelb 62 Joy Chambers F46 3000 Chandra Chaudhari 32 Ted Poulos 31 John Rusinko 33 J.J. Wind 43 Danvers Long 50 Matthew Smith 30 Win Rincon F33 Don Welch 52 koland Hill 54 Phillip Davis 35 James Scarborough 35 Valerie Meyer F34 Bill Osburn 69 Bernard Belb	4:39.6 4:41.9 4:45.2 4:46.8 4:49.0 4:51.7 4:57.8 4:59.2 5:06.2 5:06.2 5:54.7 6:17.0 6:43.7 8:06.8 8:15.3 9:41.6 9:55.3 10:05.6 10.32.2 10:43.4 10:51.3 11:12.6 11:39.7 12:17.8 12:21.0 14.50.1 14:57.7

00 39.91 654 16.97 35.81 6	58 3308
40 29.95 488 24.25 42.68 7 86 46.23 749 28.88 50.83 8	37 2957
20.00 30.00 0	86 3361
Long Hurdles	
Ben del Villar 41	56,4
High Jump	
Stephen Metcalfe 33	5-8
Buzz Burek 44	5-2
Aaron Walker 43	4-10
Ben del Villar 41	3-10
Stochen Weter Men	
Stephen Metcalfe 33 Mark Richards 63	19-15
Triple Jump	11-74
Stephen Metcalfe 33	41-10-
Shot Put	
Bruce Michael 41	36-9%
Charlie Pistorino 70	36-44
Buzz Burek 44	25-7%
Ed Yielding 44	22-84
Sharon Good F60 Bernie Kleinschmidt 71	19-7
Di scus	1 10-24
Bruce Michael 41	130-9
Charlie Pistorino 70	104-4
Russ White 49	90-3
Albert Gardner 52	57-6
Buzz Burek 44	52-2
Bernie Kleinschmidt 7	
Sharon Good F60	42-1
Javelin	
Russ White 49	194-1
Charlie Pistorino 70	108-2
Ed Yielding 44	89-3
Barbara Jamborski F57	
Bernie Kleinschmidt 7	
Sharon Good F60	37-9
Mile RW	0.00
Dan Kornhauser 37	8:37.7
Newlie Hewson 70	10:11.8
John Dunaway 71 Ed Keats 78	11:03.8
Mil Wood 78	13:00.1
Carla Convery F73	13:44.8
3000 RW	
Bob Briggs 36	13:53.9
Dave Kodner 36	16:45.6
Claude Letien 46	16:48.0
Jim Goldstein 44	16:49.1
Valerie Meyer F34	17:02.3
Phil Caine 37	17:34.0
John Dinaway 71	20:57.1
Ed Kents 78	22:36,4
Mil Wood 78	24:16.9
Potomac Valley Gar	nes
Alexandria, VA; Sep	t. 5
100	
100 Paul Boccard	11.4

100   Mil Paul Boccard   11.   12.   12.   13.   13.   14.   15.
Daryl Watson   12.
M35 Thomas Jones 11.  Bidie Mose 11.  John Mahell 11.  M40 Garry Crawford 11.  Robert Bowen 11.  M45 Melvin Fields 12.  Mike McDaniel 12.  M50 Larry Colbert 12.  Bob Taylor 13.
Bidie Mose
John Mahell
M40 Garry Crawford 11. Robert Bowen 11. M45 Melvin Fields 12. Mike McDaniel 12. M50 Larry Colbert 12. Bob Taylor 13.
Robert Bowen   11.
Robert Bowen   11.
Mike McDaniel 12 M50 Larry Colbert 12 Bob Taylor 13
M50 Larry Colbert 12 Bob Taylor 13
Bob Taylor 13
Bob Taylor 13
William Bergen 65 15
M70 Ed Matthews 73 14
W30 Danita Wilson 33 14
Deborah Parker 30 15
W40 Patrice Thomas 49 17
W50 Marilyn Mitchell 50 14
W60 Pat Nessley 65 17
Lucy Anne Brobst 60 18

I	200		
ı	M(80)	Paul Boccard	23.7
1	-	Jerry Etnondson	25.7
1	M35	Thomas Jones	22.9
ı		John Mahell	34.0
ı		Ridie Mose	24.2
۱	M4O	Carry Crawford	23.6
۱		Robert Rowen Jeffrey Hughes	24.5 24.5
1	M45	Melvin Fields	26.2
۱		Bernie Noeller	27.1
ı	M50	Larry Colbert	26.1
ı		Ralph O'Neal	27.4
1	M/90	Henry Mays 63 Lawrence Greco 64	28,4
۱		William Bergen 65	30.4
۱	M70	Ed Matthews 73	30.8
1		Charles McCarvey 7	0 34.0
ı	M30	Lynne Davis 37	30,4
ı	***	Deborah Parker Lorraine Tucker 46	32.5
١		Marilyn Mitchell 3	
		Pat Nesley 65	37.2
1		Carla Convery 73	50.1
ı	400	ALL WALLS	14200
ı	K30	Steve Nearman	54.2
۱	M35	Tim Major Thomas Jones	54.0
ı		Michael Kennedy	58.7
ı	M40	Tony Belcher	52.1
١		Robert Bowen	55.5
١	M45	Melvin Fields	57.2
١	MEO	Ray Burrus Larry Colbert 56	57.6 54.5
١		Ralph O'Neal 51	61.2
1	M60	Ralph Romain 61	54.2
١	M70	Ed Matthews 73	74.4
١		Chas, McCarvey 70	80.2
١	=30	Irene Thompson 39 Deborah Yurth 30	
١		Lynn Davis 37	64.2 67.5
١	W40	Nancy Rice 43	67.2
١	800		
١	M30	Steve Nearman 33	2:00.9
1	M40	John Mornini 39 Al Logie	2:04.6
١		Norman Thomas	2:13.8
١	M45	Paul Zink	2:06,2
١	MEG	Cary Rust	2:09.0
١	#20	Ken Baker 56 Ralph O'Neal 51	2:17.0
1		Jim Demma 59	2:23.3
ı	M70	Newlie Howson 71	3:16.1
ı		Roy Englert 70	3:29.6
1	1500 M30	Ted Poulos	4:28.1
١	ALC: Y	Marcio Duffles	4:39.5
١	M35	Bob Briggs	4:29.7
١		Steve Bell	4:34.6
١	M40	Pat Good Duane Green	4:37.5 4:25.8
١		George Guilley	5:10.1
١	M45	J.J. Wind Paul Zink	5:13.3
1	-10		m - 11 Pa
		Hobert Weiner	4:27.5
١	M50	Robert Weiner Danvers Long 50	4:38,8
		Danvers Long 50 Rolland Elliott 57	4:38.8 5:04.9 5:36.2
	M60 M70	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71	4:38,8 5:04.9 5:36.2 5:50,7
	M60 M70 W30	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5.02.5
	M60 M70 W30 W50	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V, Aroniadou 33 Tami Graf 57	4:38,8 5:04.9 5:36,2 5:50,7 6:43,6
	M60 M70 W30 W50 5000	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57	4:38,8 5:04,9 5:36,2 5:50,7 6:43,6 5,02,5 5:26,0
	M60 M70 W30 W50 5000	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V, Aroniadou 33 Tami Graf 57	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5.02.5
	M60 M70 W30 W50 5000 M30	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:02.5 5:26.0 16:45.2 17:37.5 18:49.2
	M60 M70 W30 W50 5000 M30 M40	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thami Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5
	M60 M70 W30 W50 5000 M30 M40	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Bewson 71 V. Aroniadou 33 Tumi Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5.02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1
	MGO M70 W30 W50 5000 M30 M40 M50	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thumi Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9
	M60 M70 W30 W50 5000 M30 M40 M60	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thumi Graf 57 ) Kevin Ellis 36 Dion O'Narra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5.02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1
	M60 M70 W30 W50 5000 M30 M40 M60 Short	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thumi Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles	4:38.8 5:36.2 5:50.7 6:43.6 5:26.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5
	M60 M70 W30 W50 5000 M30 M40 M60 Short	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Heason 71 V. Aroniadou 33 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 "tt Hurdles Mark Williamson 35	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5
	M60 M70 W30 W30 5000 M30 M40 M50 M60 Short M30	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thami Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Mark Williamson 35 John Kapturowski 3	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:56.5 18:56.5 18:56.5 18:56.5 18:56.5
	M60 M70 W30 W30 5000 M30 M40 M60 Short M30	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thami Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:56.5 19:39.9 21:45.9 24:15.5 16.4 8 17.6 18.3
	M60 M70 W30 W30 500X M30 M60 Short M30 M60 M60 M60	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 rt Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:56.5 19:39.9 21:45.9 24:15.5 16.4 8 17.6 18.3 21.0 20.7
	M600 M700 M500 M500 M500 M500 M500 M500 M5	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thumi Graf 57 ) Kevin Ellis 36 Dion O'Narra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 rt Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Lirene Thumpson 39	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:22.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 8 17.6 18.3 21.0 20.7 18.6
	M600 M700 M500 M500 M500 M500 M500 M500 M5	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thumi Graf 57 ) Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Irene Thompson 39 Janet Kiesgen 44	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:56.5 19:39.9 21:45.9 24:15.5 16.4 8 17.6 18.3 21.0 20.7
	M60 M50 M50 M50 M60 M50 M60 M50 M50 M50 M50 M50 M50 M50 M50 M50 M5	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 rt Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Slosn 53 Mark Richards 63 Irene Thompson 39 Janet Kiessgen 44 g Hurdles	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 8 17.6 18.3 21.0 20.7 18.6 15.9
	M60 M70 W30 W30 5000 M40 M60 Short M60 M60 W30 W40 W30 W40 M60	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thami Graf 57 Nevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Irene Thompson 39 Janet Kiesgen 44 g Hurdles Jerry Edmondson 31 John Kapturowski 3	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:02.5 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 8:17.6 18.3 21.0 20.7 18.6 15.9 16.4 17.9 18.6 18.3 18.3 18.3 18.3 18.3 18.3 18.3 18.3 18.3 18.3 18.4 18.5 18.3 18.4 18.5 18
	M60 M70 W30 W30 5000 M40 M60 Short M60 M60 W30 W40 W30 W40 M60	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Heason 71 V. Aroniadou 33 Tami Graf 57 Levin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Mark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Janet Kiesagen 44 g Hurdles Jerry Edmondson 33 John Kapturowski 3 John Kapturowski 3 John Kapturowski 3 John Kapturowski 3 Ray Burrus 47	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 18:17.6 18.3 18:6 18.3 18.6
	M600 M70 W500 W500 W500 M500 M500 M500 M500 M50	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Irene Thompson 39 Janet Kiesgen 44 g Hurdles Jerry Edmondson 31 John Eapturowski 3 Ray Burrus 47 Ray Burrus 47 Ray Burrus 47 Ray Burrus 47 Ray Burchel 41	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 8:17.6 18.3 21.0 20.7 18.6 15.9 16.3 18.6 15.9
	M600 M70 W500 W500 W500 M500 M500 M500 M500 M50	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Tami Graf 57 Tami Graf 57 Kevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Rolland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Irene Thompson 39 Janet Kiesgen 44 g Hurdles Jerry Edmondson 31 John Kapturowski 3 Ray Burrus 47 Bruce Michel 41 James Bradley 57	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 8 17.6 18.3 21.0 20.7 18.6 15.9 16.4 8 17.6 6 18.3 21.0 20.7 18.6 6 15.9
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	M60 M70 W30 W30 W30 M30 M40 M50 M60 M50 M40 M30 W40 M50 M60 M60 M60 M60 M60 M60 M60 M60 M60 M6	Danvers Long 50 Rolland Elliott 57 Jim Keat 61 Newlie Hewson 71 V. Aroniadou 33 Thmi Graf 57 Nevin Ellis 36 Dion O'Marra J.J. Wind 43 Miller Allen 40 Jim Derham 51 Roland Hill 54 Jim Keat 61 Dick Good 63 t Hurdles Hark Williamson 35 John Kapturowski 3 L.F. Montrose 41 John Sloan 53 Mark Richards 63 Irene Thompson 39 Janet Kiesgen 44 g Hurdles Jerry Edmondson 31 John Kapturowski 3 Ray Burrus 47 Rruce Michel 41 James Bradley 57 John Martin 66 h Jump Mark Williamson 35 B. McHarnette 35	4:38.8 5:04.9 5:36.2 5:50.7 6:43.6 5:26.0 16:45.2 17:37.5 18:49.2 18:56.5 18:51.1 19:39.9 21:45.9 24:15.5 16.4 8:17.6 18.3 21.0 20.7 18.6 15.9 16.3 17.5 18.4 17.5 18.5
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M70 Ed Matthews 73 13-3% Charles Mc Garvey 10-0	1
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CONTIES NO CELLERY TO-O	١
W40 Lorraine Tucker 46 12-11	1
W60 Lucy Ann Brobst 60 8-7	ı
Triple Jump	1
MGO Stephen Metcalfe33 12.84m	1
Min Kirt Vener 50 8 75m	1
M50 Kirt Vener 50 8,75m M60 James Stookey 63 10,20m	1
20 James Stockey 63 10.20s	1
Pay Carstensen 61 8.08m	
M70 Et Matthews 73 8,20m	
W40 Janet Kiesgen 44 7.70m	
Shot Put	1
K30 Glenn Thompson 30 53-5	1
Marren Taylor 50-5%	1
	1
M40 Terry Staman 47 34-10%	1
Gary Crawford 41 31-10	1
MOO Larry Pratt 52 43-11	ı
Victor Litwinski59 33-10	1
M60 Pay Carstensen 36-2	1
Ned Curran 29-3	1
M65 Don Reid 31-6	ı
Bob Seligman 29-5	1
M70 John Haywood 71 37-14	ı
Chas, Pistorino 70 35-11	ı
	1
M80 Bill Garthune 85 24-2	۱
W30 Irene Thompson 39 24-1	ı
\$40 Lorraine Tucker 46 31-8	1
W60 Jimmie Reid 67 20-6 Sharon Good 60 18-3	1
Sharon Good 60 18-3	1
Bubbie McCarvey 64 18-1	1
V70 B. Eleinschmidt 71 18-1	1
Discus	1
DAY OF	ı
Clare Thomas 144 40	1
Glenn Thompson 144-10	1
K35 Thomas Talbot 131-5 Frank Henry 124-2	ı
Frank Beerry 124-2	1
M40 Bruce Nichel 41 124-2	1
Terry Shuman 47 119-11	1
M40 Bruce Nichel 41 124-2 Terry Shuman 47 119-11 M50 Larry Pratt 158-9	1
MICHAEL BATTING LOSI 37-8	I
M55 Philip Scudieri 124-4	I
William Smith 121-4	I
M60 Pay carstensen 106-11	1
John Vachon 94-2	1
MOS Don Bold top-g	1
M65 Don Reid 108-6	1
Bob Seligman 105-7	1
M70 Chas, Pistorino70 106-5	1
John McCarthy 71 103-10	١
W30 S. Kapturowski 38 60-6	1
W40 Lorraine Tucker 46 83-5	١
WGO K. DeAngeles 65 52-1	1
Wally Dashiell 69 50-8	١
W70 B. Kleinschmidt 71 49-1	
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K30 R. Scott-Johnson38 46,84m	
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Frank Bones 45 54	١
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Frank Benry     45.54m       M40 Russell White 49     58.84m       M50 John Lang     39.52m       John Sloan     36.02m       M55 P. Scudieri     35.32m	
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Frank Henry 45.54m 45.84m 460 Russell White 49 58.84m 39.52m 39.52m John Sloan 36.02m 455 P. Scudieri 35.32m Jim Miller 20.54m 460 Mark Richards 30.00m	
Frank Benry         45.54m           M40 Russell White 49         58.84m           M50 John Lang         39.52m           John Sloan         36.02m           M55 P, Scudieri         35.32m           Jim Miller         20.54m           M60 Mark Richards         30.00m           Ned Curran         28,34m	The Control of the Co
Frank Benry         45,54m           M40 Russell White 49         58,84m           M50 John Lang         39,52m           John Sloan         36,02m           M55 P. Scudieri         35,32m           Jim Miller         20,54m           M60 Mark Richards         30,00m           Ned Curran         28,34m           M65 Don Reid         26,94m	The state of the s
Frank Benry         45.54m           M40 Russell White 49         58.84m           M50 John Lang         39.52m           John Sloan         36.02m           M55 P. Scudieri         35.32m           Jim Miller         20.54m           M60 Mark Richards         30.00m           Ned Curran         28.34m           M65 Don Reid         26.94m           Jack Doorlay         23.68m	The state of the s
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Newport News, VA;	AUE. 20
60	
M30 Fred Whitehead	7.97
M40 Walter Sykes	8.57
M50+Larry Grecco	9.0
W30 Gloria Savage	6, 67
W50+Lucy Brobst	11.97
100	
KGO Paul Buccard	11.46
M40 Walter Sykes	12.05
M50+LATTY Crecco	14.60
W30 Gloria Savage	14.37
200	
KSO Paul Buccard	23,58
M40 Victor Wells	27.05
M50+Larry Greco	31,18
#30 Debbie Parker	32,39
#50+Lucy Brobst	47.00
400	100000
K30 Ron Mercer	1:01.61

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N40 Nate Jennings	57.45
MSO+Bill Brobst	1:19.18
1500	
K30 Rich Samaha	4:26,20
Mil Nate Jenkins	4:36,40
Righ Jump	
M50+Bill Brobst	4-2
W50*L McDaniels	4-0
Long Jump	
KSO Anthony Walker	15-4
M40 William Chadim	13-10%
MSO+Bill Brobst	115
MSO+L McDaniels	12
Shot Put	
K30 James Keith	41-104
M50+Bill Brobst	254

KSO	James Keith Bill Brobst	41-10 <sub>4</sub> 254
US	ATF Southeast R lasters Champior	tegional
	ainesville, FL; Se	
N)O	Lenwood Rance Stan Porter	11.49
-	Frank Prorock	11.85
M40	Darryl Diamond Tony Santos	11.45
	Tom Gilliard David Craig	11.45
M45	Marion NoOby Gary Bell	11.57
	Jon Davis Kent Dickinson	12.07
M50	Ralph Noody	12.32
MS5	Tom Kindel Sammy White	13.34
M60	Joe Deluca Phil Hulkey	16.04
	Rudy Enders Warren Doscher	13.90
M65	Frank Hayes Bill Daprano	13.90
W20	Gordon Seifert	14.00
	Ton Kernell Bill Donovan	20.90
M75	Jay Sponseller Everett Hosack	14.90
W40	Dorma Settles	13.66
W50	Phil Raschker Ann Carter	13.32
N30	Prank Prorock	24.6
M35	Darryl Diamond Tom Gilliard	24.5
	David Craig	24.5
M45		25.5
	Ceasar Austin Gary Bell	24.8
M50	Ralph McCay John Shenk	25.7 27.4
M55	Tom Kindel	27.7 27.1
M60	Joe Deluca	nta 29.0
	Rudy Enders Phil Mulkey Warren Doscher	29.0
M65	Gordon Seifert	29.7 28.8
	Frank Hayes Bill Daprano	29.0
	Tom Kennell Jay Sponseller	32.9
W40		27.9
400		34.3
M35	Chas Smith	52.56 55.17
M40	Chas Hansen David Does	62.18
M45	Coasar Austin Gary Bell	56.05 57.02
	Jon Davis	57.96
M50	John Shenk	56.03
MS5	Lionel Bonck Sammy White	60.81
	Woody Sharp Casey Jones	67.34
N75	Jay Sponseller	65.53
W40	Irene Thompson Donna Settles	61.12
800		2;10.6
M40	Clay Hansen Lindsey Bodden	2:29.8
M50	Allen McCaniel	2:14.1
	Jim Clark Woody Sharp	2:32.1
W50	Mimi Ney Jan Ross	2:32.7 3:16.2
1500 N30	Joe Robinson	5:35.0
	Gary Anglin Mike Peters	4:28.9
M45	Byron Dyce	4:33.7
	Nob Weiner Anson Clapcott	4:31.8
	Winston Lain Jim Clark	5:14.9
<b>W35</b>	Mimi Ney Arn Makoske	5:06.3 5:25.2
	Susan Houlton	5:48.5
500		6:21.1
	Bob Thomas Bruce Kritzer	16:38.9
MS0	David Compton Gene Chase	17:57.0 18:35.7
W30	Shelley Grulke Jan Ross	22:14.2
-30	Continued on	22:38 next page

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	us page
Short Hurdles M40 Tom Gilliard	14.65
M60 Phil Mulkey	16.03
Rudy Enders Bill Gentry	18.94
M65 Gordon Seifert	19.73 20.33
M70 Tom Kennell	17.12
W35 Trene Thompson	18.71
W45 Phil Raschker Long Hurdles	13.05
M60 Phil Mulkey	48.7
W50 Ann Carter	67.0
High Jump M40 Steve Harkins PA	1.91
Tim Heikkila	1.86
Pat Crandall Jim Dolezel	1.57
M55 Sammy White	1.83
M60 Phil Mulkey	1.42
M65 Jim Gillcrist Gordon Seifert	1.54
M75 Don Hull	1.27
W45 Phil Raschker	1.52
Pole Vault M40 Jeff Kingstad	4.42
Johnnie Dye	3.66
M45 Joe Johnston M50 Nels Siverson	3.66
Charles Polhamus	3.66
M60 Phil Mulkey	2.13
M65 Gordon Seifert W45 Phil Raschker	2.44 WR2.95
Long Jump	MC2.93
M30 Sam Porter	6.70
M40 Cleveland Smith	6.40
Tony Santos	6.10
Jim Dolezel M50 Thomas Kindel	5.14
M55 Nemour Delaneuvil	le4.53
M60 Phil Mulkey Rudy Enders	5.11
Rudy Enders Warren Doescher	4.78
M65 Frank Hayes	4.48
M70 Tom Kennell M75 Don Hull	4.50
W35 Trene Thompson	2.34 4.85
W45 Phil Raschker	5.00
Triple Jump	10.73
M30 Stan Porter M40 Tony Santos	10.73
M40 Tony Santos Pat Crandall	11.37
Jim Dolezel M55 N Delaneuville	9.74
M60 Phil Mulkey	10.90
M60 Phil Mulkey Rudy Enders	9.67
M70 Tom Kennell M75 Don Hull	8.00 4.87
M75 Don Hull W45 Phil Raschker W50 Ann Carter	9.64
W50 Ann Carter Shot Put	7.30
M40 John Schou	12.32
M45 Tom Park M50 Larry Pratt	8.13
Charles Fennelle	13.83
Jerry Arline	10.86
M55 Edward Fass M60 Phil Mulkey	10.89
Ed Roy	11.42
M65 Jim Gillcrist	12.13
Ed Holmes	9.78
M75 Tom McDermott	9.43
M75 Tom McDermott Don Hull	9.43 7.48
M90 Everett Hosack	7.48 4.57
M90 Everett Hosack W55 Erika Messner	7.48
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau	7.48 4.57 9.17 29.65
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson	7.48 4.57 9.17 29.65 29.11
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline	7.48 4.57 9.17 29.65 29.11 49.17 38.64
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arlina Chas Fernelle	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Femelle M55 Ed Fass	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arlina Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 43.18 32.74 30.07
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tum McDermott Don Hull M90 Everett Hosack	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hummer	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arlina Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 32.74 30.07 18.60 12.19 26.00
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hummer	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arlina Chas Fetnelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fennelle M60 Phil Mulkey M75 Tom McDermott	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fernelle M60 Phil Mulkey	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23
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M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Hammer M50 Jerry Arline Chas Fennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M15 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fennelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Soifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M15 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fennelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Seifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson W45 Phil Raschker W55 Erica Messner	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fernelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M35 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fernelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Seifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson W45 Phil Raschker W55 Erica Messner Son Racewalk M30 Don Toreiern Son Don Seifert M50 Racewalk	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32 22.54
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fernelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M35 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fernelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Seifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson W45 Phil Raschker W55 Erica Messner Son Racewalk W30 Don Tareiern Son Racewalk	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32 22.54
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Hammer M50 Jerry Arline Chas Pennelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M15 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fennelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Seifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson W45 Phil Raschker W55 Erica Messner 5000m Racewalk M30 Don Tesiero M45 Paul Alvord Steve Feith	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 43.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32 22.54 30:27.0 29:52.3 31:23.6
M90 Everett Hosack W55 Erika Messner Discus M40 John Schau M45 Kent Dickinson M50 Larry Pratt Jerry Arline Chas Fernelle M55 Ed Fass M60 Phil Mulkey Ed Roy M65 Jim Gillcrist Ed Holmes M75 Tom McDermott Don Hull M90 Everett Hosack W55 Erika Messner Hammer M50 Jerry Arline Chas Fernelle M60 Phil Mulkey M75 Tom McDermott Don Hull W55 Erika Messner Javelin M35 Alfredo Rossi M40 Don Torok M50 Jerry Arline Chas Fernelle M50 Derry Arline Chas Fernelle M55 Chas Duckworth M60 Phil Mulkey Rudy Enders Frank Laudano M65 Jack Shields Bill Daprano Gordon Seifert M70 Gordon Nordgren G Nordgren 800g W35 Irene Thompson W45 Phil Raschker W55 Erica Messner S000m Racewalk W30 Don Tesiero M45 Paul Alvord	7.48 4.57 9.17 29.65 29.11 49.17 38.64 33.08 40.33 45.04 34.18 32.74 30.07 18.60 12.19 26.00 36.30 30.70 33.28 36.35 32.23 22.69 56.26 46.65 36.76 21.86 49.30 42.27 37.58 31.66 51.24 29.40 24.64 25.25 25.80 18.60 21.32 22.54 30:27.0 29:52.3

					Scoring F			
(corrected to 199							WF Scoring	0
30-34 AGE GROUI	RESULT	rs			The state of the last	100 000	A CHARLES	100
PL AGE NAME RES. 1 Frank Makozy (PA)	100m LJ	8.93(16)	1.64 56.70	19.17 (	110/39) 26.0	0(2.0) 2.10 3	7,48(800W) 0	:00.0
SCORE: 3992"AGE:34	17-6 1/6	29-3 1/2	5-4 1/2		E5-3 1	/2 6-10 1/	2 122-11 1/2	00.0
	12,45 5.29	422	1.64 56.71 496 532	587	26.			0
35-39 AGE GROUP	RESUL	rs	MJ 400m	**	01	PV	41	1500m
PL AGE NAME RES. 1 Stephen Winkel (PA)	12.5 5.38	8.42(16)	1.52 57.81				1 18/800W1 A	
SCORE: 5352*AGE:35	17-7 3/4	27-7 1/4	4-11 3/4		89-1/1	11-1 2/4	133-1 1/4	:41.5
Section of the section of the	573 537	423	472 554					671
40-44 AGE GROU	PRESUL	TS	NJ 400M	**	10	PV	11	1500m
1 Bichard Watson (LA)	14.3 4.97	9.78(16)	1.52 64.43	21.89 (	110/39) 30.	38(2.0) 2.80	9.30(8000) 5	:15.6
SCORE: 4735 AGE:41	16-3 1/2		1.70 60.49	20.47	99-8	.02 3.22	128-11	:57.1
45 40 100 apoll	344 523	550	544 397			411	222	576
45-49 AGE GROU	100H LJ	59	NJ 400H	**	01			1500m
1 Rex Harvey (OH)	12.46 5.52	12.07(16)	1.64 57.73	18.23 (	110/39) 36.	1/2 11-5 3/	12.82(800W)	5:44.9
SCORE: 7040 AGE:47	11.48 6.75	14.55	5-4 1/2 1.93 52.33	16.23	43	.78 4.33	55.40	5:13.1
		762	740 710	707	100/341 26	58(1.5) 3.30		487
2 Joe Johnston (SC) SCORE: 5402*AGE:49	17-3	30-6 3/4	5-2 3/4		87-2	1/4 10-9 3/	4 101-4 1/2	
	12.55 6.43		1.88 58.20 696 476	17.63	27	.30 4.08		462
3 Bill Busby (NC)	13.82 4.98	10.62( 6)	1.48 66.47	17.51	(100/36) 32.	96(1.5) 3.40	41,02(8000)	0:00.0
SCORE: 5081"AGE:49	16-4	34-10	1.74 60.25	17 45	108-1	1/2 11-1 3/	53.06	0.00.0
		569	577 405	558	33 5 100/36) 26.	41 676		
4 Johnston Ewing (TN)	14.07 4.45							
SCORE: 4708*AGE:49	12.96 5.44	8.95	1.79 58.68	19.06	27		36.36	5:17.6
50-54 AGE GROU	475 469 D DESIII	423 TS	619 459	427		13 570	390	463
PL AGE NAME RES.	. 100M LJ	SP	NJ 400M		DT		11	1500m
1 Bill Angus (VA) SCORE: 6605 AGE:50	18-2	35-4	4-11 3/	17.08	(100/36) 27.	88(1.5) 3.10 1/2 10-2	33.28(8000)	5:16.1
1000	11.71 7.21	12.60	1.89 55.13	16.35	31	.18 4.11	47.64	4:36.0
2 Mike Valle (MC)	709 864 13 82 4 87	11.67( 6)	705 594	21.60	(110/36) 37.	22(1.5) 2.20	32.06(8000)	706
SCORE: 5142*AGE:52	15-11 1/2	38-3 1/4	4-7		122-1	1/4 7-2 1/	2 105-2	
	12.35 6.33 584 659	707	1.74 62.04 577 346		41	98 335	45.90 528	6:03.0
55-59 AGE GROU	P RESUL	TS		-	A CHAIN			1500M
PL AGE NAME RES. 1 Jerry Rouse (MS)	14.77 4.19	8.61( 6)		20.57		70(1.5) 2.40		
SCORE: 4685 AGE:55	13-8 3/4	28-2 3/4	4-5 1/2	250	94-1	3/4 7-10 1	1/4 87-3/4	
	12.77 5.80 508 544	542	1.78 64.10		35		474	6:11.6
60-64 AGE GROU	P RESUL	TS	/^~			1 44 ( 71)	Mary St.	1500M
PL AGE MANE RES 1 Phil Mulkey (GA)			1.48 66.49				36.44(6000)	
SCORE: 7789 AGE:60	16-8	45-10 1/4	4-10 1/	4	137-9	1/2 11-1 3/	4 119-6 1/2	
	709 930	18.70	2.05 53.42 850 664	15.19	47		56.28	5:46.3
2 John Copp (NY)	14.0 4.52	9.02( 5)	1.40 71.2		(100/33) 31.	70(1.0) 2.10	27.38(600N)	7:46.6
SCORE: 5532 AGE:63	14-9 3/4		1.94 57.31	17.41	104-	6-10 1	42.30	
	673 734	610	749 509	582	5	86 401	476	212
3 Bill Brobst (NC) SCORE: 3936 AGE:63	10-11 3/4	25-5 1/2	4-3/4		90-1	48(1.0) 1.80 3/4 5-10 3	21.56(6000) /4 70-8 3/4	6:46.0
	13.61 4.93	10.38	1.71 62.69		31	.28 2.73	33.30	5:25.0
65-69 AGE GROU	P RESUL	TS	332 320	A Company	SANUT CHAN		346	424
PL AGE NAME RES 1 Denver Smith (OH)	14.53 4.62	9.22( 5)		17.83	(100/33) 39.		31,90(6000)	1500M 6:50.8
SCORE: 7378 AGE:67	15-1 3/4	30-2 3/4	4-7		128-1	8-10 1	14 104-7 3/4	100 PG L
	719 876	712	2.05 53.30 850 669			1.60 4.38 41 725	632	5:12.6
2 Gordon Selfert (DE)						59(1.0) 2.60	24.94(6000)	5:53.0
SCORE: 6963 AGE:65	11.42 6.02		2.23 49.20	17.55	97-3/		41.36	4:28.6
3 Donald Stew (DE)	769 591	669	1021 850				462	754
3 Donald Grey (DE) SCORE: 2894 AGE:66	10-2 3/4	27-7 1/4	3-9 1/	2	80-8	7-2 1	2 0-	
	14.26 4.90 276 363	12.55	1.70 72.2			0.60 3.57 176 501	0.00	0:00.0
80-84 AGE GROU	P RESUL	TS				41-11-11-1	and the second	-
	. 100M LJ 18.9 2.74	5.90( 4)	1,16104.0		( 80/30) 17	73(1.0) 1.30	JT 15.96(6000)	1500M 8:23.6
SCORE: 4860 AGE:81	8-11 3/4	19-4 1/4	3-9 1/	2	58-2	4-3	52-4 1/4	1
	451 449	562	887 24			3.28 2.64 529 273	478	5:13.1
. Non-Standard Impl				V - V	ind Aided Pe	rformance	The Carlot	The same of
1 Decimal Digit - Harr Shotput: 16=16 Pounds,							ograms	
Hurdles: 110, 100, 80-11	0,100,80 Met	ers, 42,3	9,36,33,30	42,39,3	6,33,30 Inch	es Discus:	in Kilograms	
Jevelin:800-800 Gram,					tin, Bellev	TAAF (1987 Jav	er in)	-
1993 THOMASVI	LLE FAL	L HEPT	ATHLON	HELL	7.15	TOP AND	T ATTURE	1

SVILLE	FAI	LL HEPT	ATHLO	N	A.Lois	STATE OF	de la	AT ME	WEST !
1 WAVA	Stan	dards, 19	93 WAV	A Age	actors,	1985 IA	AF Scori	ng)	Topic.
W46	GA	12.55	1.44	8.08	26.66	5.23	23.33	161.7	A STATE
SEL SUPPLY	明度	1.0690	1.2372	1.4420	0.9066	1.2600	1.6006	0.8961	194
1917	-50	13.42	1.78	11.65	24.17	6.59	37.34	2:24.90	Cartie
400	1000	1062	953	638	964	1036	616	758	6027
W60	NC	21.10	1.12	6.45	40.28	3.39	12.23	282.3	
in the same	0,0	0.9000	1.5020	1.5755	0.8026	1.5476	1.9052		6
		18.99	1.68	10.16	32.33	5.25	23.30	-	
in the		391	830	540	332	628	350	84	3155
	W46	W46 GA	W46 GA 12.55 1.0690 13.42 1062 W60 NC 21.10 0.9000 18.99	W46 GA 12.55 1.44 1.0690 1.2372 13.42 1.78 1062 953 W60 NC 21.10 1.12 0.9000 1.5020 18.99 1.68	W46 GA 12.55 1.44 8.08 1.0690 1.2372 1.4420 13.42 1.78 11.65 1062 953 638 W60 NC 21.10 1.12 6.45 0.9000 1.5020 1.5755 18.99 1.68 10.16	W46 GA 12.55 1.44 8.08 26.66 1.0690 1.2372 1.4420 0.9066 13.42 1.78 11.65 24.17 1062 953 638 964 1.060 NC 21.10 1.12 6.45 40.28 0.9000 1.5020 1.5755 0.8026 18.99 1.68 10.16 32.33	W46 GA 12.55 1.44 8.08 26.66 5.23 1.0690 1.2372 1.4420 0.9066 1.2600 13.42 1.78 11.65 24.17 6.59 1062 953 638 964 1036 0.9000 1.5020 1.5755 0.8026 1.5476 18.99 1.68 10.16 32.33 5.25	WAVA Standards, 1993 WAVA Age Factors, 1985 IAAF Scorie   W46   GA   12.55   1.44   8.08   26.66   5.23   23.33   1.0690   1.2372   1.4420   0.9066   1.2600   1.6006   13.42   1.78   11.65   24.17   6.59   37.34   1062   953   638   964   1036   616   616   W60   NC   21.10   1.12   6.45   40.28   3.39   12.23   0.9000   1.5020   1.5755   0.8026   1.5476   1.9052   18.99   1.68   10.16   32.33   5.25   23.30	WAVA Standards, 1993 WAVA Age Factors, 1985 IAAF Scoring)   W46 GA

M60 Tom White	28:18.0
Bob Fine	28:40.0
Steve Harkness	38:49.2
W45 Linda Stein	28:54.9
Janet Johnston	43:04.0
WSO Anne Dahn	34:25.2
Teams	
Fla Athletic Club	236
Atlanta TC	114
World Elite Track T	bam111
Fla TC	35



MI	DWES	T
Wolfnack	Throwing	Classic

Wolfpack Throwing Cl	assic			
Columbus, OH; Sept. 12				
Shot Put				
M35 Rick Meindl	14.80			
M40 Steve Kaye	12.04			
Carl Stewart	11.19			
M45 Norm Bower	11,20			
Jim Pearce	9.51			
MSO Mickey Bitsko	12.44			
M60 Len Olson	12.33			
Len Olson 16#	10.12			
Pay Carstensen	11.04			
Eamir Bavel	9.03			
M65 Jacob Stein	7.43			
M70 Bob Peters	7.26			
M85 Frank Purniss	5.82			
M90 Everett Hosack	4.24			
W55 Johnn Grisson A	R12.32			
Joseph Grisson 4k	10.91			
W65 Bernice Holland	8.49			

Discus	-
M35 Rick Meindl	46.20
M40 Steve Kaye	38.04
Carl Stewart	32.78
M45 Norm Bower	35.32
Jim Pearce	32.06
M50 Mickey Bitsko	42.88
Edgar Evans	37.94
John Sloan	31.02
MSS Rudy Houg	45.32
Frank Caron	41.64
M60 Len Olson	47.52
Len Olson 2k	
	41.64
Zamir Bavel	38.10
Pay Carstensen	33.10
M65 Jacob Stein	33.68
M70 Bob Peters	25.14
M85 Frank Furniss	18.54
M90 Everett Hosack	12.16
WSO Carol Young	23.94
W55 Joann Grisson	26.92
W65 Bernice Holland	25.98

M35 Rick Heinfil 29.94 M45 Norm Bower 37.50 Jim Pearce 33.74 M50 Mickey Bitsko 49.24	M65
M45 Norm Bower 37.50 Jim Pearce 33.74	140.3
Jin Pearce 33.74	MBO
	W45
	500
W(0 for O) 33 00	M35
M60 Len Olson 37.88	
Pay Carstensen 37.34	N45
Lamir Bavel 35.78	M60
M65 Jacob Stein 26.26	W45
M70 Bob Peters 20.68	Sho
M90 Everett Hosack 13.56	M30
W55 Joann Grisson AR31,54	M50
W65 Bernice Holland 25.76	MS5
W65 Bernice Holland 25.76	
Javelin 800g	Hig
M35 Rick Meindl 37.22	
M45 Norm Bower 34.00	M35
Jim Pearce 29.94	M40
M50 John Sloan 37,62	MSC
Mickey Bitsko 28.96	MS5
M55 Frank Caron 32.20	
M85 Frank Purniss 14.62	Pol
	M30
Javelin	M35
M60 Len Olson 35.68	M50
Pay Carstensen 31.80	MS:
Zamir Bavel 24.50	La
M65 Jacob Stein 29.00	KJI
MOO Bob Determ 29,00	
M70 Bob Peters 15.20	M3:
M90 Everett Hosack 8.26	M4:
W50 Carol Young 16.68	M5
W55 Joan Grisson 26.62	M6
	W3
Weight	W4
M35 Rick Meindl 12.95	Tr
M45 Norm Bower 12.75	M3
Jim Pearce 10.90	MS
MED MI - DIA	MS:
M60 Ien Olem 13 en	
M60 Len Olson 13.80	W40
	Sh
Pay Carstensen 12.77	M30
Zamir Bavel 11.39	M40
M65 Jacob Stein 8.81	M50
	ME
M70 Bob Peters 20# 6.74	MS:
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38	M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27	M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87	M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87	M6
M70 Bob Peters 20# 6,74 M85 Frank Purniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90	M65 DL M30 M50
M70 Bob Peters 20# 6,74 M85 Frank Purniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90	MG MG MG MG
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 56# Weight	M6: DI 20: M6: M6: M6: M6: M6: M6: M6: M6: M6: M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26	MG: MG: MG: MG: MG: W40
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63	MG: MG: MG: MG: MG: MG: MG: MG: MG: MG:
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41	MG: MG: MG: MG: MG: W40
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meinil 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23	MG: MG: MG: MG: WG: WG: WG: WG: WG: WG: WG: WG: WG: W
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23	MG: MG: MG: MG: MG: MG: MG: MG: MG: MG:
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03	M6: M5: M5: M6: W4: Jan K3: M6: M6: M6: M6: M6: M6: M6: M6: M6: M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22	M6: M5: M5: M6: M6: M6: M6: M6: M6: M6: M6: M6: M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 56# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82	M6: M5: M5: M6: M6: M6: M6: M6: M6: M6: M6: M6: M6
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82 Jacob Stein 69 4.78	M6: M5: M5: M6: M6: M6: M6: M6: M6: M6: M6: M6: M6
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M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82 Jacob Stein 69 4.78 Zamir Bavel 64 4.61 Joann Grisson W55 4.24 John White 54 3.63 John Sloan 54 Weight Pentathlon (marks under each event above; second total age-factored) Rick Meindl 37 3122/3238 Norm Bower 45 2752/3153 Jim Pearce 48 2353/2848 Mickey Bitsko 50 2970/3408	M65 D1: M30 M50 M50 M69 M40 M30 M40 M50 M40 M40 M40 M40 M40 M40 M40 M40 M40 M4
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82 Jacob Stein 69 4.78 Zamir Bavel 64 4.61 Joann Grissom W55 4.24 John White 54 3.63 John Sloan 54 Weight Pentathlon (marks under each event above; second total age-factored) Rick Meindl 37 3122/3238 Norm Bower 45 2752/3153 Jim Pearce 48 2353/2848 Mickey Bitsko 50 2970/3408 Mickey Bitsko 50 2970/3408 Mickey Bitsko 50 2970/3408 Mickey Bitsko 50 2970/3408 Pay Carstensen 61 2665/3225	M65 D1: M30 M55 M65 M40 M30 M40 M30 M40 M40 M40
M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grissom 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82 Jacob Stein 69 4.78 Zamir Bavel 64 4.61 Joann Grissom W55 4.24 John White 54 3.63 John White 54 3.63 John Sloan 54 Weight Pentathlon (marks under each event above; second total age-factored) Rick Meindl 37 3122/3238 Norm Bower 45 2752/3153 Jim Pearce 48 2353/2848 Mickey Bitsko 50 2970/3408 Pay Carstensen 61 2665/3225 Len Olson 62 3163/3996	M65 D11 M30 M55 M40 Jan M30 M40 M50 M30 M40 M40 M50 M40 M40 M50 M40 M50 M40 M50 M50 M50 M50 M50 M50 M50 M50 M50 M5
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M70 Bob Peters 20# 6.74 M85 Frank Furniss 4.38 M90 Everett Hosack 4.27 W50 Carol Young 8.87 W55 Joann Grisson 11.20 W65 Bernice Holland 9.90 S6# Weight Rick Meindl 37 8.26 Norm Bower 45 7.63 Mickey Bitsko 50 7.41 Jim Pearce 48 7.23 Steve Kaye 44 7.03 Pay Carstensen 6.22 Len Olson 62 5.82 Jacob Stein 69 4.78 Zamir Bavel 64 4.61 Joann Grisson W55 4.24 John White 54 3.63 John Sloan 54 Weight Pentathlon [marks under each event above; second total age-factored) Rick Meindl 37 3122/3238 Norm Bower 45 2752/3153 Jim Pearce 48 2353/2848 Mickey Bitsko 50 2970/3408 Pay Carstensen 61 2665/3225 Len Olson 62 3163/3996 Zamir Bavel 64 2434/3154 Jacob Stein 69 1968/3118	M65 D11 M30 M55 M40 Jan M30 M40 M50 M30 M40 M40 M50 M40 M40 M50 M40 M50 M40 M50 M50 M50 M50 M50 M50 M50 M50 M50 M5
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### Prank Furniss 86 721/2247 Everett Hosack 91 573/2394 Carol Young 53 1468/2598 Joann Grissom 55 2623/4441 Bernice Holland 66 2099/5010 Scoring-1985 IAAF Tables/Women's DT uses men's/AF scoring -Partridoe's & 1992 chances MID AMERICA

USATF/Minnesota Masters Championships
National Sports Center, Blaine
July 25

July 25	
100m	
M30 John Allen	12.19
M35 Kerry Baubie	12.76
M40 Pat Boulay	13.88
M45 P J Montgomery	12.96
M50 Randall Cleven	12.90
M55 Jim Peterson	14.56
M60 Ray Eiland	15.20
M65 R G Wolf	15.87
W30 Lori Cade	14.64
W40 Deb Vestal	21.40
200m	
M30 John Allen	25.34
M35 Kerry Baubie	27.10
M45 Paul Montgomery	26.31
M50 Randall Cleven	26.52
M60 Ray Eiland	33.20
M65 R G Wolf	34.69
M80 Bill Andberg	40.83
W30 Joeann Jackson	27.51
W45 Ann Day	37.74
400m	
M30 John Allen	53.09
M40 Shawn Regan	55.75
M45 David Rodewald	78.41
W30 Cathy Gorecki	63.54
W45 Carmel Vrabel	90.14
800m	
M40 John Paul Roy	2:22.67
M65 Lloyd Young	2:47.76
M80 Bill Andberg	3:46.27
W45 Ann Day	2:56.10
1500m	Parlator
M30 Scott Brink	4:06.44
M40 John Paul Pou	4-48 44

- 1	M60 Greg Prom	5:37.82
1	M60 Greg Pron M65 Lloyd Young M80 Bill Andberg W45 Arn Day	5:40.66
-1	M80 Bill Andberg	7:36.17
	W45 Ann Day	5:37.01
	5000m	
	MIS Duane Catalo	18:14.75
		25:00.01
	M60 Greg Prom	20-16 91
9	W45 Ann Day	20:16.91 20:57.38
	Short Hurdles	2013/130
	WkO Brian Wolf	
	M30 Brian Wolf M50 George LaBelle M55 Jim Peterson	16./1
	FOO GEORGE LABELLE	18.95
	High Jump MAO Brian Wolf MAS Kerry Baubie MAO Pat Boulay	22.43
	High Jump	
3	M30 Brian Wolf	1.70
	M35 Kerry Baubie	1.60
	M40 Pat Boulay	1.60
	MSO Mike Herriman MSS Tom Langenfeld	1.35
	MSS Tom Langenfeld	1.55
	Pole Vault	
	M30 G P Herda	4.42
	M35 Jim Walter	4.11
	MSO Tim Nomen	2.30
	MCC 31m NOCKAM	3,20
	MOS Jun Peterson	2.44
	M30 G P Herda M35 Jim Wolter M50 Jim Noonan M55 Jim Peterson Long Jump	
	M30 G P Herda	5.91
	M35 Sam Harris	5.72
	M45 David Rodewald	3.89
	M50 Mike Herriman	5.12
	M65 R G Wolf	. 3,92
	W30 Lori Cade	4.83
	W40 Deb Vestal	2 48
	Long Jump M30 G P Herda M35 Sam Harris M45 David Rodeweld M50 Mike Herriman M65 R G Wolf W30 Lori Cade W40 Deb Vestal Triple Jump M35 Sam Harris M50 Mike Merriman M55 Tom Langenfeld W40 Deb Vestal Shot But	4.40
	Triple Jump	-
	MJS Sam Harris	12.19
	MSO Mike Merriman	10.35
	M55 Tom Langenfeld	10.23
	W40 Deb Vestal	5.39
	Shot Put	
	M30 Brian Wolf	10.55
	M30 Brian Wolf M40 Pat Boulay	8.69
	M50 George LaBelle M55 Jim Peterson	11,15
	M55 Jim Peterson	10.35
	M65 R G Wolf	9.66
	Discus	3.00
	M30 Brian Holf	36 60
	MSO Cooper Labella	35.58
	MSS No Coorge Lanelle	28.09
	MOS Jim Peterson	30.86
	M30 Brian Wolf M50 George LaBelle M55 Jim Peterson M65 Charles Olson	27.97
	W40 Deb Vestal	14.55
	Javelin	
	M30 Jos Bodriesses	48.58
	M35 Jim Wolter M40 Pat Boulay M50 George LaBelle 5000m Racewalk	26.87
	M40 Pat Boulay	32.46
	M50 George Labelle	30.58
	5000m Racewalk	20.30
	5000m Racewalk M35 Steve Kobs	38-24 6
	MAO Carry March 1	22.07.3
	MAS Cooper Booking	20.20
	M45 George Realmito	29120.4
9	MSO Dewayne Walker	28:09.1
	5000m Racewalk M15 Steve Kobs M40 Gary Westlund M45 George Realmuto M50 DeWayne Walker W40 Jodie Olson	30:57.7
90	SOUTHW	FCT
3	SUUTIN	20

### The Runner Summer Track Series Oklahoma City; July 7

	Onditioning City, July /
	200m
	M35 Allen Blaylock 23.99
9	Brooks Wright 26.50
	M40 Colin Williams 23.28
Н	Jim Dolezel 25.34
Н	F50 Sue Tunnicliff 39.08
	High Hurdles
	M 40 Colin Williams 13.80
H	800m
н	
	M35 Brooks Wright 2:15.12
	M40 Mike Allen 2:14.68
3	M50 Curt Ransom 2:50.00
	Ed Winn 2:55.25
	5000m
	M40 Mike Allen 19:15.31
1	M50 Curt Ransom 21:03.78
	Pole Vault
н	M30 Mark Betterton 13'
	M35 Ken Ellis 15'
9	M35 Ken Ellis 15' M40 Jim Dolezel 9'6"
r	Long Tunn
9	Long Jump
ă,	M35 Allen Blaylock 19'4"
	M40 Jim Dolezel 16'10

### The Runner Summer Track Series Oklahoma City: Aug. 3

Mos Jim Peterson	14.56	Oklahoma City; Aug. 3
M60 Ray Eiland	15.20	100m
M65 R G Wolf	15.87	M35 Brooks Wright 12.91
W30 Lori Cade	14.64	Mark Bravo 13.62
W40 Deb Vestal	21.40	M40 Colin Williams 11.92
200m		Jim Dolezel 12.01
M30 John Allen	25.34	W35 Betty Sadler 16.89
M35 Kerry Baubie	27.10	400m
M45 Paul Montgomery	26.31	H35 Brooks Wright 58.73
M50 Randall Cleven	26.52	M40 Colin Williams 54.15
M60 Ray Eiland	33.20	W35 Betty Sadler 1:19.36
M65 R G Wolf	34.69	1500m
M80 Bill Andberg	40.83	M30 John May 4:30.91
W30 Joeann Jackson	27.51	M35 Mark Bravo 4:25.28
W45 Ann Day	37.74	M50 Ed Winn 5:55.82
400m		W35 Betty Sadler 5:28.92
M30 John Allen	53.09	3000m
M40 Shawn Regan	55.75	M30 John May 10:12.27
M45 David Rodewald	78.41	M35 Mark Bravo 9:57.23
W30 Cathy Gorecki	63.54	MSO Ed Winn 13:36.14
W45 Carmel Vrabel	90.14	110mH
800m		M35 Ken Ellis 15.26
M40 John Paul Roy	2:22.67	M40 Colin Williams 14.21
M65 Lloyd Young	2:47.76	Pole Vault
M80 Bill Andberg	3:46.27	M35 Ken Ellis 12'
W45 Arm Day	2:56.10	
1500m	Parleton.	Long Jump
M30 Scott Brink	4:06.44	M40 Jim Dolezel 16'8"
M40 John Paul Roy	4:48.44	W55 Sue Tunnicliff 11'1"
M45 David Rodewald	6:10.35	Continued on next page

USATF Gulf Assn. Championshi	DS .
Pasadena, TX; Ai	and the same
M30 Bill de Loach M35 Daniel Stagg	11.8
M35 Daniel Stagg M40 David Partridge M45 Bob Sebesta	13.5
M50 I James Cawley	13.0
M55 Mack Stewart M60 Sammy Mc Whirter	13.3
M65 Bob Shannon W35 Sandie Lambert M70 Margaret Hinton	18.8
M70 Margaret Hinton 200	17.8
	24.0
M35 Daniel Stagg M40 Walden Curry	23.1
M30 Bill de Loach M35 Daniel Stagg M40 Walden Curry M45 Bob Sebesta M50 Richard Pomeren	25.2
M55 Mack Stewart	26.5
M65 Bob Shannon W35 Sandie Lambert W40 Debbie Rayna W45 Carole Harmon W60 Sadie Greenman	28.9
W40 Debbie Rayna W45 Carole Harmon	35,5 38,5
W60 Sadie Greenman 400	42,3
400 M30 Raymond Oglesby M40 Billy Smith M50 Jim Yarbrough M55 Mark Stewart W30 Shannon Fontinel W40 Nancy Fontenot W60 Sadie Greenman	49.2
M50 Jim Yarbrough	65.7
W30 Shannon Fontinel	65,9
W40 Nancy Fontenot W60 Sadie Greenman	85.9
800	
M30 Raymond Oblesby M35 Kwn Yanowski M40 Clint Harris	2:08.2
M40 Clint Harris M45 Gene Timberlake M50 Den Mc Cormick M55 Mack Stewart	2:23.5
M50 Den Mc Cormick	2:19.5
W30 Shannon Fontinel	2:30.4
M55 Mack Stewart W30 Shannon Fontinel W35 Sandie Lambert W40 Debbie Reyna	2:26.0
W60 Sadie Greenman 1500	3:24.6
M30 Gorden Thomas M35 Lane Carnes	4:10.2
MIO Nika Ma Conkon	4.91 0
M45 Craig Lee M50 Dan Mc Cormick	4:47.5
M45 Craig Lee M50 Dan Mc Cormick M55 Ino Cantu W40 Debbie Reyna W45 Carole Barmon W60 Sadie Greenman	4:50.3
W45 Carole Harmon	6:18.0
DUAN	THE RESERVE TO SERVE THE PARTY OF THE PARTY
M30 Joe Flores M35 Nath Ighadaro M40 Mike Mc Cracken	15:40.0
M10 Nike Mc Cracken	18:33.6
M45 Duane Ross M55 Ino Cantu W30 Laurie Shaffer	18;46.0
W30 Laurie Shaffer W40 Donna Steams	17:06.1 19:00.5
Short Hurdles 130 Jeff Browner 135 Doug Ming	
M35 Doug Ming M50 James Cawley	
High Jump	16.5
High Jump M30 Jeff Browner M35 Ken Thomas	5-10 5-4
M70 Adolph Hoffman Pole Vault	4-0
M30 Mark Fisher M35 Don Arnold	14-0 12-0
M50 Steve Warr	9-6
M70 Adolph Hoffman Long Jump	9-0
Long Jump K30 Sherman Taylor K35 Ken Thomas M40 R V Breiderback M45 Herb Stein	19-24
M40 R V Breiderback	19-94 15-2
M45 Herb Stein M50 Jim Yarbrough	17-25 12-11
W35 Sande Lambert	11-14 15-10
M50 Jim Yarbrough M70 Adolph Huffman W35 Sande Lambert W70 Margaret Hinton Triple Jump	15-10 104
M45 Herb Stein	31-2%
Shot Put	28-5%
MGO Charlie Simon MG5 Doug Ming	34-6% 32-0
M50 John Conniff	39-10
M60 Sammy Mc Whirter M70 Adolph Huffman W35 Sande Lambert	37-9 31-64
W35 Sande Lambert	31-64 33-10 30-2
W70 Margaret Hinton	20-64
MGO Mika Spanson	107-1
M45 Herb Stine	100-0
	156-5
Sande Lambert	00.0
Javelin Javelin	48-7
M30 Charlie Siman	151-3
Wis Hard Akers	144-11
M50 Larry Silver M55 Mack Stewart M70 Gordon Norgran W35 Sande Lambert	116-2
M70 Gordon Norgran	91-1
	77-11 53-3
KG5 Bob Water	
M40 Roger Boak M45 Donald Lindsay M50 Bob Duzan	6:51.0
M50 Bob Duzan	8:14.8 8:56.9
W35 Leslie Eaton	9:37.4

Oklahoma State Sr. 0 Tulsa; Sept. 24- 100	lympics 26	WE
M55 Dale Lance	13.21	Stanford U. Thro Stanford, CA
M60 Jack Pritchard	14,45	Chart Dat
M70 Foster Johnson M80 Brownlee Smith	16.65 19.30	M35 Eric Hododo
W55 Sue Tunnicliff	19.21	M40 Dave McKenz
W60 Jo Campbell W65 Marvene Greene	20.18 19.89	
W70 Hulda Hudson	26.25	Harmer
200 M55 Dale Lance	27 20	M35 Eric Hodydo M40 Dave McKenz
M60 Trevor Snell	27.22 29.64	Gary Kelmen
M65 Bill Bowers	30,25	M55 Gary Dawson
M70 Foster Johnson M80 Brownlee Smith	32.42 44.20	Stanford U. Thro
W55 Sue Tunnicliff	43,29	Stanford, CA
W60 Jo Campbell W65 Ivy Woodard	45, 64 46, 45	Shot Put MJS Eric Hodgdon
400	40,45	M40 Gary Kelmens
M55 Dale Lance M60 Trevor Snell	1:06	M55 Joe Keshmiri Gary Dawson
M65 Sam Taylor W55 Ruth Trowbridge	1:11	Discus
W55 Ruth Trowbridge W65 Ivy Woodard	1:40	M40 G Kelmenson
800	2:03	M55 Joe Keshmiri Gary Dawson
M55 Donald Antie	2:47	M60 Stu Thomson
M60 Sidney Hughes M65 Sam Taylor	3:05 3:07	M35 Eric Hodgdon
M70 Ross Walzer	3:05	Mike Venning
W55 Maryann Wagner W60 Joan Whitmire	3:15 3:47	M40 Gary Kelmens
1500	3:47	M55 Gary Dawson M60 Stu Thomson
M55 Donald antie	5:45	Javelin
MGO Sidney Hughes MGS Nocus McIntosh	6:36	M35 Eric Hodgdon M40 G Kelmenson
M70 Ross Waltzer	6:40	M55 Gary Dawson
W55 Maryann Wagner W50 Joan Whitmire	8:16	Weight Throw
High Jump	8:18	M30 Dave Swan M35 Eric Hodgdon
M55 Dale Lance	5-2	Mike Venning
M60 Richard Hein M65 Billie Jamison	4-8 4-2	M40 G Kelmenson M55 Gary Dawson
M70 Doc Bennett	3-104	Annual Control of the
W55 Elizabeth Asekun		Sri Chinmoy T&F M
W65 Jane Soeten Pole Vault	2-10	Long Beach, C
M55 Dale Lance	11-6	100
M60 Chuck Crawford M70 Bob Warwick	8-1 7-0	M40 Mike Black Don Perkins
Long Jump		M45 Sheridan Gro
M55 Dale Lance M60 Randall Lindsay	18-4%	Leroy Chipps
M65 Gene Crabtree	11-10	M50 Walt Butler William Edwar
M70 Bob Warwick	11-8%	M55 Kenneth Denn
W55 Sue Tunnicliff W60 Ruby Gooden	10-3 7-1	Milton Newton
W65 Jane Soeten	8-14	Hugh Cobb
Shot Put M55 Gary Collins M60 Engel Grow	43-5	M65 Barney Philli Ted Leonard
M60 Engel Grow	43-11	M70 Thomas Pico
M60 Engel Grow M65 Robert Brousseau M70 A.T. richeson M80 Frank Beck	47-1%	George Simon M75 Alfred Guidet
M80 Frank Beck	29-5	M80 Bert Morrow
Discus M55 Wayne Sullivan M60 Richard Hein M60 Richard Hein M60 F. Richeson M80 Frank Beck W55 Sue Tunnicliff W60 Wanda Jack W65 Laura Downum Javelin	00	M85 Ken Carnine W45 G Rocherolle
M60 Richard Hein	115-1	W60 Magdalena Kue
MOS Ed Hooker	155-5	200
M80 Frank Beck	61-5	M40 Mike Black Prabesh Liske
W55 Sue Tunnicliff W60 Wanda Jack	73-1	M45 Don Parker
W65 Laura Downum	63-84	Anthony Bades
Javelin VES Communication		M50 Alan Olson William Edwar
M60 Herman Cochron	109-5	M55 Kenneth Denni
Javelin M55 Gary Collins M60 Herman Cochron M65 Robert Brousseau M70 James Graham	104-8	M60 Cliff McPhers Samuel Flory
MSO Dick Suns	40 0	M65 Barney Philli
W55 Sue Tunnicliff	84-7	Ted Leonard
W55 Sue Tunnicliff W60 Wanda Jack W65 Laura Downum	41-4	M70 George Simon Thomas Pico
1500 RW	44	
1500 RW M55 William Boggs M60 Guenter Bode M65 Dick Donley M70 Ross Walzer M85 Dolph Raney W55 Ruth Trowbridge W60 Shirley Brownlee W65 Jean Benear W70 Alyce Pate 5000 RW	8:49	W45 G Rocherolle W50 Jeanne Carter
M65 Dick Donley	9:39	W60 Magdalena Ku
M70 Ross Walzer	10:16	400 M40 Phillip Nesin
W55 Ruth Trowbridge	9:05	David Powell
W60 Shirley Brownlee	11:11	M45 Anthony Barde
W65 Jean Benear	12:02	M50 Don Parker Allen Olson
5000 RW	12:09	M55 Jesse Carring
M55 Cecil Kilpatrick M60 David Pidgeon M65 Dick Donley W55 Janet Mason W60 Shirley Brownlee W65 Jean Benear	33:28	M60 Sid Wing Will Robinson
M60 David Pidgeon M65 Dick Donley	37:16	800
W55 Janet Mason	34:37	M40 Nolan Smith Chris Evans
W60 Shirley Brownlee	40:26	M50 Robert McAlpi
5K Road Race	45,45	M55 Jim Bevins
5K Road Race M55 Donald Antie M60 Steve Blanchard W55 Sue Neil W60 Joan Whitmire W65 Opal Alexander	19:24	Jesse Carring MGO Sid Wing
W55 Sue Neil	26:01	M65 Harold Willis
W60 Joan Whitmire	27:47	W75 Pete Ganahl W45 Bonnie Franke
10K Road Race	28:00	1500
10K Road Race MES Donald Antie	41:16	M40 Dan Hirst M50 Dick Jones
M65 Gene Henson	46:48	Luigi Schiavo
M70 Fisher Lewis	51:03	M55 Jim Bevins M60 Efrian Sancher
W55 Phyllis Durham	1:01:04	Ray Archibald
W65 Opal Alexander	58:05	M65 Gunar Linde Harold Willis
10K Road Race ME5 Donald Antie ME5 Gene Henson M70 Fisher Lewis W55 Phyllis Durham W60 Joan Whitmire W65 Opal Alexander	1	W45 Debby Jamieso
		3000
2		M40 Bob Becker David Amster
1	-	M50 Dick Jones
اعد		M55 Bruce Lin

National Masters News			
UVECT	M60 Efrian Sanchez		
WEST		W40 Marina Jones	
Stanford U. Throws M Stanford, CA; Aug		Short Hurdles	
Shot Put	Ser L	W45 Sheridan Groves Cornelius McCormic	
M35 Eric Hodgdon M40 Dave McKenzie	41-1	M50 Walt Butler Fred Niedermeyer	
Gary Kelmenson	35-8	M55 Alvin Henry	
M55 Gary Davison Harmer	28-7	MSO Dave Douglass	
M35 Eric Hodydon M40 Dave McKenzie	126-6 206-5	M70 George Simon Robert Hunt	
Gary Kelmenson M55 Gary Dawson	130-9 112-3	Chuck McFate M80 Bert Morrow	
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M40 Gary Kelmenson	34-91	M75 Pete Carahl M80 Bert Morrow	
M55 Joe Keshmiri Gary Dawson	48-1 31-7	20009C	
M40 G Kelmenson	107-9	840 Cheryl Kincaide : 3000 SC	
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M60 Stu Thomson	160-3	M50 Luigi Schiavo M55 Jim Bevins	
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M55 Gary Dawson	86-2	M50 Herman Pettegrove M55 Phil Fehlen	
Maight Throw M30 Dave Swan	57-11	Milton Newton	
M35 Eric Hodgdon Mike Venning	40-71 38-3/4	M60 Dave Douglass Robert Perry	
M40 G Kelmenson	38-71	M65 John Cleveland M70 Vic Jones	
M55 Gary Dawson	22-1	Chuck McFate	
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100 Milo Mike Black	12.0	Pole Vault	
Don Perkins M45 Sheridan Groves	12.9	M55 Ray Fitzhugh Hal Smith	
Leroy Chipps	12.1 12.2	M65 John Cleveland M75 Jim Vernon	
M50 Walt Butler William Edwards	11.7	M80 Carol Johnston	
M55 Kenneth Dennis Milton Newton	11.8 12.1	Long Jump M40 John Kuechle	
MGO Clifford McPherso	on 12.7	Don Perkins M45 William Siart	
Hugh Cobb MG5 Barney Phillips	12.9	M60 Dave Jackson	
M70 Thomas Pico	14.2 15.4	Ed Martin	
George Simon M75 Alfred Guidet	16.2	M70 James Pico W45 Latanya Glass	
M80 Bert Morrow	17.0	M40 Running Horse	
M85 Ken Carnine W45 G Rocherolle	18.7 17.3	Alfred Cain	
W60 Magdalena Kuehne 200	16.2	M45 Frank Reilly M55 Alvin Henry	
Milo Mike Black	25.2	M60 Dave Jackson M75 John Damski	
Prabesh Liske M45 Don Parker	28.0	W15 Latanya Glass	
Anthony Badeaux M50 Alan Olson	25.2 25.4 26.8	W60 Magdalena Kuehne Shot Put	
William Edwards		M40 Dennis Green M45 Frank Reilly	
M55 Kenneth Dennis M60 Cliff McPherson	25.4 27.1	M50 Arthur Altschiller	
Mass Barney Phillips	27.9	M55 Hal Smith	
Ted Leonard	30.6	MGO Mike Devlin	
M70 George Simon Thomas Pico	33.7 40.4	Walter De Rothne M70 Thomas Pico	
M75 Alfred Buidet W45 G Rocherolle	33.3 35.6	Chuck McFate W40 Janet Wilson	
W50 Jeanne Carter	32.2	Cheryl Kincaide	
W60 Magdalena Kuehne 400	3013	W50 Karen Huff W55 Mary Herse	
M40 Phillip Nesin David Powell	63.8	Patty Devlin W80 Edith Mendyka	
M45 Anthony Bardeaux M50 Don Parker	56.9 53.2	Discus	
Allen Olson	56.2	W45 Frank Reilly Douglas Fulbright	
M55 Jesse Carrington M60 Sid Wing	60.2	M50 Lloyd Higgins Michael Woodward	
Will Robinson 800	1:05.3	M55 Ray Fitzhugh Bob Eldridge	
M40 Nolan Smith Chris Evans	2:01.1 2:06.1	M60 Stewart Thompson	
M50 Robert McAlpine	2:24.1	Rd Martin M65 Donald Roser	
M55 Jim Bevins Jesse Carrington	2:23.3	M70 Wilbur Thompson Chuck McRate	
MGO Sid Wing	2:17.9 2:58.4	M85 Ken Carnine W40 Janet Wilson	
M75 Pete Ganahl	3:16.2	Cheryl Kincaide	
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Luigi Schiavo M55 Jim Bevins	6:03.9 5:18.0	Abe Sheinker	
MED Efrian Sancher	5-37 8	M60 Stewart Thompson Dave Douglass	
Ray Archibald MG5 Gunar Linde	6:31.4 5:18.4	MES Mike Devlin Robert Perry	
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M40 Bob Becker David Amster	9:15.6 9:20.1	M50 Steve Wordell Dave Nuttell	
M50 Dick Jones M55 Bruce Lin	10:29.0 11:20.8	M55 Phil Fehlen Al Smith	
The same and			

Efrian Sanchez	12:15.2	The second second second	38.
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Walt Butler Fred Niedermeyer	14.3	WS5 Patty Devlin	18
Alvin Henry	15,4	W00 Magdalena Kuchne	18
Ray Fitzhagh	22.0	W80 Eff th Mendyka 5000 BW	13
Dave Douglass George Simon	16,6	N40 John Ramstead	30
Robert Hunt	17.2	M50 Hap Chandler	33
Chuck McFate	18,7	M60 John Kelly	29
Bert Morrow g Hurdles	19.1	Walter De Roethe W40 Cheryl Kincaide	39
Sheridan Grover	47.3	Duram St. James	39.
Will Robinson	49,9	#45 Jolene Steigerwal	
Al Sheahen Robert Hunt	1:04.2	Warian McCarty W55 Bra Dubnoff	35:
Pete Carahl	1:05.6	Mary Herse	39
Bert Morrow	1:12.4	Northern Californ	nia
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0 SC		Berkeley; Sept.	12
Don Robinson David Powell	12:35.9	K30 Alan Tucker	11 6
Luigi Schiavo	15:14.0		11.6
Jim Bevins	12:11.4	Desyme Jones	11.9
Avery Bryant	13:49.5	KO5 Chris Arnold	12.6
00 Helay ridan Groves, Runni	ng 50 4	Mike Simmons M40 Warren Spikes	13.0
se, Don Perkins,		Maurice Valentine	
oy Clipps		Frank Denby	12.6
Jorge Birnhaum	1.50	M45 Win Bmert Ray Yeck	12.2
William Siart	1.53	Paul Raymond	12.3
Herman Pettegrove	1.53	MSO Bill Brobst	13.5
Phil Fehlen Milton Newton	1.65	M55 Martyn Adamson	13.6
Dave Douglass	1.32	Dick Martin Jr	13.1
Robert Perry	1.07	Bob Fuller M60 Marion Sanchez	13.9
John Cleveland Vic Jones	1.27	Ed Manougian	13.6
Chuck McFate	1.17	M65 Bob Jordan	14.6
John Dunski	1,17	M70 Frank Toner M80 Bill Bigelow	16.2
Pete Ganahl Jim Vernon	1:12	W30 Joy UpshawMargeru	18.3 m 13.2
Mary Herse	1:02	W35 Margaret Dixon	13.1
e Vault		Roseanne Wilright	
Ray Fitzhugh Hal Smith	2.75 2.29	Wendy Jacob WSS Irene Obera 59	13.7 AR14.6
John Cleveland	2.75	Fei-Mei Chou	16.9
Jim Vernon	2.59	W65 Shirley Dietderic 200m	h 18.3
Carol Johnston g Jump	2.34	M30 Alan Tucker	23.1
John Kuechle	5.99	Dwayne Jones	24.3
Don Perkins	4.64	M35 Mike Simmons Bob Trudeaux	25.5
William Siart Larry Baldwin	4.81	M40 Floyd Malone	25.6
Dave Jackson	5.15	Prank Demby	25.5
Ed Martin	4.35	M Valentine	25.5
James Pico Latanya Glass	3.08	M45 Matt Pruitt Paul Raymond	24.1
ple Jump	3, 54	Ray Yeck	24.7
Running Horse	12.46	MSO Frank Bonham Byron West	26.7
Alfred Cain	8.36	MSS Martyn Adamson	30.8
Frank Reilly Alvin Henry	11:52	Bob Puller "	28.0
Dave Jackson	10:87	M60 Marion Sanchez Ed Manougian	27.8
John Danski	7.65	M65 Bob Jordan	30.3
Latanya Glass Magdalena Kuehne	7.92	M70 Frank Toner	35.0
Put	1 1000	M80 Stan Thompson W30 Joy UpshawMargeru	67.3
Dennis Green	11.62	W35 Margaret Dixon	28.3
Frank Reilly	12.96	Valerie Scott	29.2
Arthur Altschiller Luigi Schiavo	9.70 7.46	Wendy Jacob	29.2
Hal Smith	12,92	W40 Judy Ace W55 Irene Obera 59	30.1 NR30.1
Ray Fitzhugh Mike Devlin	9.24	Rita Kerr	33.5
Walter De Rothne	7.36	M30 Andre Fraser	57.77
Thomas Pico	10,16	M35 Bob Trudeaux	55.23
Chuck McFate Janet Wilson	8.36 10.58	M40 Floyd Malone Jim Loftus	52.69
Cheryl Kincaide	5.90	M45 Matt Pruitt	54.12
Karen Huff	9.18	Searcy Barnett	57.92
Mary Herse Patty Devlin	7.48 5.04	Paul Raymond M50 Marc Wasserman	58.25
Edith Mendyka	5,58	MSS Martyn Adamson	59.31
Frank Reilly	45.00	Bob Puller	66.26
Douglas Fulbright	45.66 36.84	M60 Marion Sanchez Ed Manougian	71.03
Lloyd Riggins	52,98	M65 Bob Jordan	74.93
Michael Woodward	44, 94 29, 40	M80 Stan Thompson	3:25.1
Ray Fitzhugh Bob Eldridge	29.40 26,16	W40 Judy Ace W50 Rita Eerr	75.75
Stewart Thompson	45,78	800m	
Rd Martin Donald Roser	37.86 31.80		2:02.4
	38,90		2:02.1
Chuck McPate	22,22		2:09.5
	26.34 43.36	Ron McLermon	2:14.3
yl Kincaide	19,22	Mike Conroy MSO Marc Wasserman	2:14.5
Karen Huff	19.38	George Linn	2:33.2
Edith Mendyka	11.38	MSS Ken Ogden	2:28.1
er Nike Woodward	37.60		2:37.5
Abe Sheinker	29,28	M80 Stan Thompson	7:59.0
Stewart Thompson Dave Douglass	50.76	W40 Melinda MorseVilla	r2:29.
Mike Devlin	34,10		2:31.1
Robert Perry	17.00	1500m	2:56.0
Por Book	25 00	K35 Ray Sibley	4:36.5
Ron Rook Frank Reilly	35.86 47.94		4:31.5
Steve Wordell	38,18	M45 Ron McLennon	4:35.5 4:36.3
Dave Nuttell	37,88	Mike Conroy	4:38.7
Phil Fehlen Al Snith	42,80 35,68		4:29.0

38,50 37,80	MSS Ken Ogden 5:01.6 MSQ Carl Ellsworth 5:12.8
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18,90	3000m
13.24	M40 W Schmulewicz 9:35.4
30;01	M45 Teddy D Walton 13:31.9 M50 Mike Hawkes 11:03.8
33:09	Jerry Goodwin 11:10.8
29:23 39:43	Louis Simes Jr 12:45.7
37:02	Boyce Jacques66AR11:27.1
t 29:16 41:41	
35:37 39:45	W60 Ruth Anderson 15:30.7
nia	M40 Ed Baskauskas 18.13
	M Valentine 19.12 M45 Fred Johnston 16.59
12	MSO Hugh Adams 16.30 MSS Steve Richmond 19.63
11.66	M60 Marion Sanchez 18.26
11.98	M80 Bill Bigelow 22.76
13.03	k30 Joy Upshawkargerus 15.95 Long Hurdles
11.84	Pred Johnston 67.8
12.63	MS0 Hugh Adams 65.5
12.30	N65 Walt Atcheson 70.6
13.59	M70 Walt Dahlin 56.8 4x100m Relay
13.68	M30 SPTC (Fowler/Hall/Lender- rink/Schlimgen) 47.0
13.17	M40 NoCalSrs(Myers/Adamson/
13.64	W30 HaywardTC (Byrd/Dixon/
14.40	Stratton/Upshawkargerum)48.6 High Jump
16.2	M40 Ed Baskauskas 5-8 M45 Bill Wood 4-6
m 13.22	Teddy D Walton 4-4
13.72	MSS Steve Richmond 4-10
13.77 AR14.80	Joe King 4-8
16.99 th 18.3	M60 Marion Sanchez 5-0 M70 Walt Dahlin 4-4
23,11	Jin Johnson 3-10
24.34	Med Bob Bouche 3-4
25.50 25.61	Stan Thompson 3-2 W35 Margaret Dixon 4-6
24.45	Pole Vault MJS Bob Olsen 4.40
25.59 24.1	M40 Eddie Seese 4.11
24.7	FOU LATTY HOLINGS 3,66
24.7	M55 Ken Carper 1,90 M60 Marion Sanches 2,20
30.8 26.16	M70 Jim Johnson 1.90 M80 Stan Thompson 1.40
28.01 27.82	Long Jump K30 Narous McGlory 20-5
30.3	M40 Bob Holmes 17-9
35.06 67.39	Teddy D Walton 15-2
m 27.32	Bill Wood 15-0 M50 Don Dvorak 15-8
28.32 29.21	Richard Imperiale 14-71 MSS Steve Richmond 15-0
29.25 30.14	Ken Carper 12-10
AR30.18 33.53	Bi Mahany 12-4
57.77	M70 Jim Johnson 10-4 3/4 Jerry Siladorf 8-5
55.23 52.69	M80 Bob Boucke 7-1- Stan Thompson 6-6-
54.12	W30 J Upshawkargerum 16-9 W45 Bartara Stratton 9-1
55.08 57.92	Triple Jump
58.25 63.46	M40 Dan Behrens 36-10
59.31 66.28	M45 Jim Nanor 34-9 3/4 Bill Wood 33-62
64.12	MS0 Don Dvorak 34-5 MS0 S Thompson 14-6 3/4
71.03	W45 Bariara Stratton 23-5 Shot Put
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75.75	M45 John Gallen 7,40
2:02.4	MSS Nike Parker 11.85 MSS Joe Keshmiri 15.10
2:07.3	Jim Hart 12,20 M60 Marion Sanchez 8.87
2:09.5	Welton Moore 8.18
2:14.5	M65 Charlie Sarver 9.20 M70 Jerry Siladorf 9.05
2:33.2 2:28.1	Rick Hustace 7.24 M80 Jim York 9.06
2:37.5	Nob Boucke 8.76 MB5 Burt DeGroot 6.93
2:59.3 7:59.0	K35 Margaret Dixon 9.32
r2:29.1 2:31.1	W55 Cherrie Sherrard 10.31
2:56.0	M45 John Gallen 21.00 M50 Mike Parker 35.16
4:36.5	MSS Joe Keshmiri 50.28 Jim Hart 40.72
4:35.5	M60 Marion Sanchez 32.10
4:36.3	M65 Charlie Server 38.86
4:29.0	Walt Atcheson 25,16 Continued on next page

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M35 Eric Hodgdon 12.94	W65 Shirley Dietderich 40.59	W60 Marj Moore 3-8	Burt De Groot 14.90	M60 John Martel 18.18	MG5 Bill Bangert 120-5 M70 Jim Minah 109-2
M40 Gary Kelmenson 10.69 M50 George Mathews 13.08	W85 Marilla Salisbury nta 400m	W65 Johnee Valien 3-5 Pole Vault	M90 Phil Farman 7.31 W55 Dixie Madsen 19.23	M70 George Simon 23.98 Long Hurdles	Jerry Siladorf 71-0
Mike Parker 11.90	M30 Tony Krainik 55.56	M40 Jim Curran 11-0	W65 Shirley Dietderich 20.63	M30 Joe Jablonski 59.30	M75 Hal Cronkite 70-5 M80 James York 80-6
M55 Joe Keshmiri AR15.36	M35 Kirby McMillan 55.87	M50 Gary Isham 9-6	W70 Renee Roloff 18.09	M35 Andrew Hecker 71.66	Bob Boucke 61-84
Gary Dawson 9.10 Don Hughes 8.71	M40 Herman Castille 54.36 M45 Stan Whitley 51.89	M55 Ray Fitzhugh 8-6 Bob Fitzpatrick 7-0	W80 Berta Gray 9.28 W85 Marilla Salisbury 6.51	M40 Bill Cheadle 57.89 M45 Sheridan Groves 68.00	M90 John Whittemore 44-2
Don Hughes 8.71 M65 Ken Weinbel 8.97	Anthony Badeaux 56.42	Bob Fitzpatrick 7-0 M60 Dave Douglass 7-6		M75 Pete Ganahl 67.89	*(Joe Chadbourne, 164-11, 1992)
M70 Bob Stone 7.37	M50 Harold Morioka 52.16	Bob Holmes 7-6	Club West Masters Meet	4x100 Relay	Javelin
M80 Jim York 80 16# WR6.94 W40 Joan Stratton 10.68	Dennis Duffy 55.74 M55 Ken Ogden 63.53	M65 John Cleveland 9-6 M70 Dick Bennet 7-9	Santa Barbara, CA; Oct. 2	M40 Monsoon TC 54.21 (Perkins, Nobles,	M45 John Tobin 165-5
Discus	Jerry Greenspan 72.50	Tom DeVaughn 7-6	M30 Dwayne Jones 6.55	Running Horse, Weston)	Drew Stevick 164-2 Joseph Miyoshi 117-5
M30 Dave Debus 44.50	M60 Bob Feaster 68.52 Ignacio Gwarin 70.07	M75 Jim Vernon 8-0	Joe Makovics 6.90 M35 John Arbogast 7.42	M60 LA Valley TC 47.43	M50 Robin Paulsen 131-11
John Morris 40.84 M40 Gary Kelmenson 32.34	M65 John Cross 83.34	Long Jump M35 Kirby McMillan 4.23	M40 Eddie Hart 6.25	(Simon, Kishi, Escobar, Flory)	Mike Woodward 115-3
Mike Parker 32.78	M70 Bob Wingo 72.97	M40 John Kuechle 6.05	Thierry Boucquey 6.69	4x400 Relay	Dave Nuttall 114-7 M55 Phil Fehlen 146-5
M55 Joe Keshmiri 52.22	Felix Jumonville 73.92 M80 C A Provost 1:28.58	Don Perkins 4.44 M45 Joe Miyoshie 5.02	William Veazey 7.04 M45 Ray Yeck 6.70	M30 San Francisco TC 3:58.05	Richard Bragg 81-10
Gary Dawson 29.30 M60 Stew Thomson 52.48	W50 M50 Marilyn Ongley 76.65	Bill Wood 4.73	Sheridan Groves 6.80	(Demby, Thoman, Hall, Lenderink)	M60 Chuck Coutts 115-2 Mark Richards 90-8
M65 Jack Morrill 20.50	W65 Johnee Valien 84.92	M50 Terry Rowan 4.82	Joseph Miyoshi 6.91 M55 Martyn Adamson 6.95	High Jump	M65 Del Pickarts 155-5
W40 Joan Stratton 35.92	Sumiye Onodera 89.12 W85 Marilla Salisbury4:23.50	Jim Swayze 4.80 John Chacon 4.59	M55 Martyn Adamson 6.95 Roger Tsuda 7.16	M30 Joe Makovis 4-10 M40 Raynaldo Brown 6-4	M80 Bob Boucke 57-6
M30 Dave Debus 60.30	800m	M55 Al Henry 5.17	Marcel Cote 7,40	William Veazey 4-2	M90 John Whittemore 31-5
Marty Martinez 40.01 M35 Mike Venning 38.50	W35 Kirby McMillan 2:09.70 M40 Herman Castille 2:08.57	Ray Fitzhugh 4.34	M60 Sam Flory 7.43 Mark Richards 8.00	M45 Charles Rader 6-2	W40 Tina Stough 81-0
Eric Hodgdon 36.84	Jack Pipkin 2:14.58	M60 Ray Arnold 4.71 Paul Bambrook 4.31	Frank Kishi 8.04	Dan Borrey 4-10 Drew Stevick 4-10	NORTHWEST
M35 Mike Venning 38.50 M40 Gary Kelmenson 41.75	Wayne Morris 2:17.82 W45 Lee Fitzgerald 2:10.50	Walt Turner 4.30	M65 Peter Escobar 7.69 Jack Jocoy 7.83	M50 Herman Pettegrove 5-0	
M50 George Mathews 52.08	Juan Cabeza 2:13.86	M65 Dewey Vroom 4.31 Tak Nagao 4.02	M70 Chuck McFate 8.77	M55 Phil Fehlan 5-74	Washington State Games Pullman: July 17
Denny Faler 27.76	M50 Harold Morioka 2:02.08 Dennis Duffy 2:11.77	M70 Jim Johnson 3.54	George Simon 22,90	M60 Mark Richards 4-10	100
Mike Parker 24.70 M55 Gary Dawson 35.15	W55 Cliff Bedell 2:18.42	Johnny Gibson 3.49	M75 Clarence Killion 8.21 M80 Ted Hatlen 9.52	M70 Chuck McFate 4-0	M30 Gerald Edwards 11.2 M40 David Ortman 11.9
Don Hughes 26.51	Ken Ogden 2:24.03	Frank Benedict 3.44 M75 Bill Morales 3.82	W35 Karen Vaughn 8.35	Jerry Silsdorf 3-10 M75 Pete Ganahl 3-8	M45 Jeff Schaller 12.1
M60 Stew Thomson AR52.27 M65 Ken Weinbel 32.67	Jim Bevins 2:27.76 M60 Carl Ellsworth 2:34.47	Clarence Trahan 3.66	100	M80 Ted Hatlen 3-6	M50 John Edward 17.4 W30 Pam Johnson 13.1
Jack Morrill 25.91	Marshall Haraden 2:38.02	M80 Bob Boucke 2.65 W45 Barbara Stratton 2.69	M30 Dwayne Jones 12.16 Ridie Hall 12.16	Bob Boucke 3-6 Carol Johnston 3-4	W45 Caroline Cooney 17.2
M70 Bob Stone 23.19	M65 Louis Beadle 3:48.42 M70 Bob Wingo 3:11.60	W50 Marilyn Ongley 3.19	lafe Fowler 12.17	W40 Tina Slough 4-0	W50 Jan McClurg 13.3
M80 Jim York 80 5kg WR22.61 W40 Joan Stratton 39.60	Harold Elrick 3:26.77	W60 Marj Moore 3.22 W65 Johnee Valien 3.43	M35 Rob Sands 12.12 James Bonilla 12.12	Pole Vault	NO Gerald Edwards 22.9
Javelin	W30 S KneeshawRucker 2:18.91	Web Johnee Valien 3.43 Triple Jump	Steve Morsa 13.15	M35 Matt Wagner 12-5% John Arbogast 8-10%	M50 Hawk Matthews 48.3
M40 Gary Kelmenson 34.50	W45 Linda Mantynen 2:26.72	M45 Bill Wood	M40 Eddie Hart 11.55	M40 Eddie Seese 13-74	M65 Ray Ryan 54.1 W30 Pam Johnson 28.3
M50 Mike Parker 27.30 M55 Phil Conley 46.54	W50 Marilyn Ongley 3:13.22	M55 Al Henry 11.18 M60 Dave Jackson 11.48	Thierry Boucquey 12.34 Don Perkins 12.48	Steve Morris 13-5%	W30 Pam Johnson 28.3 W50 Jan McClurg 29.1
Gary Dawson 26.10	W55 Dixie Madsen 3:15.31 W60 Peggy Ainslie 3:19.03	M65 Dewey Vroom 8.72	M45 Stan Whitley 11.43	M45 Greg Miguel 14-14 Dan Borrey 12-54	400
W50 Fran Conley 28.42 Weight	W70 Gerry Davidson 3:41.86	M75 Clarence Trahan 7.66	Raymond Yeck 12.35	Joseph Miyoshi 11-1-3/4	M30 Ken Hulvania 58.2 M45 Jeff Schaller 57.4
M30 Dave Swan 17.66	W85 Marilla Salisbury 9:07.9	M85 Win McFadden 5.33	Sheridan Groves 12.48 M50 Ron McKnight 14.11	M50 Gerry Moro 12-9%	W40 Peggy O'Malley 96.5
Dave Debus 16.65	M35 Steve Churchill 4:43.13	W45 Barbara Stratton 6.80	Herbert Pendleton 14.36	Marden Connelly 12-5% M55 Tom Woodring 11-9-3/4	800
Marrier Marriage 11 00	. MIO D d. 11 W. 1	Shot Put	M55 Martyn Adamson 12.81	MSO Carol Johnston 6-6-3/4	M30 Steven Hibbs 2:18,3 M40 Bill Codd 2:05.9
Marty Martinez 11.88 M35 Eric Hodgdon 12.14	M40 Randall Kilpatrick4:37.40	M30 Mike Hall 10.48	Roger Tsuda 13 67		
M35 Eric Hodgdon 12.14 Mike Venning 11.09	Wayne Morris 4:49.00 M45 Juan Cabeza 4:34.72	M35 Scott West 13.62	Roger Tsuda 13.67 Marcel Cote 14.03	Long Jump	1500
M35 Eric Hodgdon 12.14 Mike Venning 11.09 M40 Gary Kelmenson 11.76	Wayne Morris 4:49.00 M45 Juan Cabeza 4:34.72 M50 Richard Jones 4:52.75	M35 Scott West 13.62 M45 Doug Pulbright 11.23	Marcel Cote 14.03 M60 Sam Flory 13.91	M40 Roger Trujillo 19-2-3/4	1500 M30 Ken Mulvania 4:14.8
M35 Eric Hodgdon 12.14 Mike Venning 11.09 M40 Gary Kelmenson 11.76 M50 George Mathews 14.15 Denny Faler 10.43	Wayne Morris 4:49.00 M45 Juan Cabeza 4:34.72	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70	Marcel Cote 14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8
M35 Eric Hodgdon 12.14 Mike Venning 11.09 M40 Gary Kelmenson 11.76 M50 George Mathews 14.15 Denny Faler 10.43 M55 Don Hughes 8.73	Wayne Morris 4:49.00 M45 Juan Cabeza 4:34.72 M50 Richard Jones 4:52.75 Rollie Cavaletto 5:03.35 M55 Cliff Bedell 4:48.79 Jim Bevins 4:57.08	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi 15-114	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0
M35 Eric Hodgdon 12.14 Mike Verning 11.09 M40 Gary Kelmenson 11.76 M50 George Mathews 14.15 Denny Faler 10.43 M55 Don Hughes 8.73 Gary Dawson 7.30 M65 Ken Weinbel 10.44	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Fulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70	Marcel Cote 14.03 M60 Sam Flory 13.91 John Cauldwell 14.72 Frank Kishi 15.21	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3
M35 Eric Hodgdon   12.14   Mike Venning   11.09   M40 Gary Kelmenson   11.76   M50 George Mathews   14.15   Denny Faler   10.43   M55 Don Hughes   8.73   Gary Dawson   7.30   M65 Ken Weinbel   10.44   Jack Morrill   8.38	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.96           M75 Clarence Killion         15.97	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi 15-114 M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M90 Mel Preedy 12:04.4
M35 Eric Hodgdon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi 15-1115 M50 John Lawson 16-7-3/4 M60 Sam Flory 14-5-3/4 Mark Richards 11-3-3/4	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 MF0 Mel Preedy 12:04.4 5000
M35 Eric Hododon   12.14     Mike Venning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi 15-11½ M50 John Lawson 16-7-3/4 M50 Sam Flory 14-5-3/4 Mark Richards 11-3½ M70 Jerry Silsdorf 8-10-3/4 M80 Bob Boucke 7-7%	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M90 Mel Preedy 12:04.4
M35 Eric Hodgdon   12.14   Mike Verming   11.09   M40 Gary Kelmenson   11.76   M50 George Mathews   14.15   Denny Faler   10.43   M55 Don Hughes   8.73   Gary Dawson   7.30   M65 Ken Weinbel   10.44   Jack Morrill   8.38   M70 Bob Stone   7.37   M80 Jim York   6.44	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         M30 Dwayne Jones         24.15	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 Mark Richards 11-3½ M70 Jerry Silsdorf 8-10-3/4 M80 Rob Boucke 7-7%	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M50 Kenneth Cyr 23:33.7
M35 Eric Hododon   12.14     Mike Venning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 11.70 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeWars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         K30 Dwayne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M50 Sam Flory 14-5-3/4 Mark Richards 11-3% M70 Jerry Silsdorf 8-10-3/4 M80 Bob Boucke 7-7% Triple Jump M35 Andrew Becker John Arbogast 33-10%	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M60 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M70 Mel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3
M35 Eric Hodgdon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior     Olympics     San Diego; Sept. 18-19	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           M30 Danne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 Mark Richards M70 Jerry Silsdorf 8-10-3/4 M80 Bob Boucke 7-74 Triple Jump M35 Andrew Becker John Arbogast M40 Running Horse 40-84	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M70 Mel Preedy 12:04.4 5000 M30 Jerry Greenman 16:28.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M30 Robert Smith 19.8
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior     Olympics     San Diego; Sept. 18-19     100m	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         K30 Dwayne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M56 Sam Flory 14-5-3/4 M70 Jerry Silsdorf M80 Bob Boucke 7-7% Triple Jump M35 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Mel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M50 Robert Smith 19.8 M40 Russell Acea 18.4
M35 Eric Hodgdon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior     Olympics     San Diego; Sept. 18-19	Wayne Morris   4:49.00	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         K30 Danyne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68           James Bonilla         26.69           M40 Mike Black         25.35           Prank Demby         25.65	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 Mark Richards 11-3% M70 Jerry Silsdorf 8-10-3/4 M80 Bob Boucke 7-7% Triple Jump M35 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M45 Prank Reilly 35-4%	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M70 Mel Preedy 12:04.4 5000 M30 Jerry Greenman 16:28.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M30 Robert Smith 19.8
M35 Eric Hodgdon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Siladorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         200           M30 Danyne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68           James Bonilla         26.69           M40 Mike Black         25.35           Prank Derby         25.65           William Veazey         26.74	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M56 Sam Flory 14-5-3/4 M50 Sam Flory 14-5-3/4 M50 Bob Boucke 7-74 Triple Jump M35 Andrew Becker John Arbogast 30-65 M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M55 Prank Reilly 35-45 M50 John Lawson 34-4 M50 John Cauldwell 29-4-3/4	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K30 Jerry Greeman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M50 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Darrold Skartvedt 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles
M35 Eric Hododon   12.14     Mike Vernning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bob Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         15.00           M30 Danyne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68           James Bonilla         26.69           M40 Mike Black         25.35           Prank Demby         25.65           William Venzey         26.74           M45 Stan Whitley         23.03           Raymond Yeck         25.05	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M50 Sam Flory 14-5-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M55 Prank Reilly 35-44 M60 John Cauldwell 29-4-3/4 M70 Chuck McFate 17-24 M70 Chuck McFate 17-24 M71-24 M71-24 M71-2-3/4 M72-2-3/4 M73-2-3/4 M73-2-3/4 M73-2-3/4 M73-2-3/4 M74-3/4 M75-2-3/4 M75-2	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Mel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M50 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Bussell Acea 18.4 M60 Darrold Skartvedt 21.0 W40 Jasvir Chillon 20.4 Long Hurdles K30 Robert Smith 1:05.6
M35 Eric Hodgdon   12.14     Mike Verning   11.09     M40 Garry Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Garry Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vytosok   11.99     M50 Hugh Adams   12.63	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67 W55 Mary Herse 6.91	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast 30-6% M40 Ramning Borse Roger Trujillo Joel Whitfield 35-10-3/4 M55 Prank Beilly 35-4% M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Russell Acea 18.4 M40 Russell Acea 18.4 M50 Darrold Skartvedt 21.0 M50 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Darvid Ortman 57.2 M60 David Ortman 57.2
M35 Eric Hododon   12.14     Mike Vernning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hanke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67 W55 Mary Herse 6.91 W70 Renee Roloff 4.96 W85 Marilla Salisbury 6.51	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M50 Sam Flory 14-5-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McFate 20-114 M80 Bob Boucke 16-3-3/4 M70 Chuck McFate 20-114 M80 Nancie Shellock 21-56 Shot Put	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Mel Preedy 12:04.4 5000 K50 Jerry Greeman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Iarrold Skartvedt 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles K30 Robert Smith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vytosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88     John Chacon   12.91	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.29 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeWars 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67 W55 Mary Herse 6.91 W70 Renee Roloff 4.96 W85 Marilla Salisbury 6.51 Discus	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M50 Sam Flory 14-5-3/4 M70 Jerry Silsdorf 8-10-3/4 M80 Bob Boucke 7-74 Triple Jump M35 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Bob Boucke 16-3-3/4 W30 Nancie Shellock 21-5% Shot Put M35 Scott West 44-2	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M30 Mel Preedy 12:04.4 5000 M30 Jerry Greenman 16:28.0 M50 Jerry Greenman 16:28.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M30 Robert Smith 19.8 M40 Dasvir Dhillon 20.4 M60 Darrold Skartvedt W40 Jasvir Dhillon 20.4 Long Hurdles M30 Robert Smith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6 M45 Richard Warwick 4-8
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.002     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vytosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88     John Chacoon   12.91     M55 Ken Dennis   12.46     M11 Newton   12.58     M11 Newton   12.58     M12 Newton   12.46     M13 Newton   12.46     M14 Newton   12.46     M15 Nem Dennis   12.46     M15 Nem Dennis	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeMars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67 W55 Mary Herse 6.91 W70 Renee Roloff 4.96 W85 Marilla Salisbury 6.51 Discus M30 Mike Hall 29.20 M45 Doug Pulbright 36.60	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           B05 Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           W35 Karen Vaughn         15.65           200         20           M30 Danyne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68           James Bonilla         26.69           William Venzey         26.74           M45 Stan Whitley         23.03           Raymond Yeck         25.05           Prank Reilly         26.00           M50 Herb Pendleton         29.26           M50 Sam Flory         28.47	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 M80 Rob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast 30-6% M40 Ramning Borse Roger Trujillo 40-1% Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4 W30 Nancie Shellock 21-5% Shot Put K35 Scott West 44-2 M45 Prank Reilly 44-8%	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Russell Acea 18.4 M50 David Ortman 57.2 High Jump M40 David Ortman 57.2 M50 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88     John Chacon   12.91     M55 Ken Dennis   12.46     Milt Newton   12.58     M60 Hugh Oobb   13.69	Wayne Morris	M35 Scott West 13.62 M45 Doug Fulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeWars 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 5.67 W55 Mary Herse 6.91 W70 Renee Roloff 4.96 W85 Marilla Salisbury 6.51 Discus M30 Mike Hall 29.20 M45 Doug Fulbright 36.60 M45 Doug Fisher 36.18	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M50 Sam Flory 14-5-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M55 Prank Reilly 35-44 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Bob Boucke 16-3-3/4 M70 Chuck McPate 20-114 M80 Rober Manning Horse M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Rober M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Rober M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Rober M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Rober M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M80 Rober M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 34-3/4 M70 Chuck McPate 37-114 M80 Robin Paulsen 37-114	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Mel Preedy 12:04.4 5000 K30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M50 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Parrold Skartvedt 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles K30 Robert Smith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8 M75 Lew Luchrs 3-8 W30 Sally Chapman 5-2
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.002     John Tonaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88     John Chacoon   12.91     M55 Ken Dennis   12.46     M15 Ken Dennis   12.46     M15 Ken Dennis   12.45     M16 Newton   12.58     M17 Newton   12.58     M18 Newton   12.58     M18 Newton   12.58     M19 Newton   12.58     M10 Newton   12.58     M11 Newton   12.58     M10 Newton	Wayne Morris	M35 Scott West   13.62     M45 Doug Pulbright   11.23     M50 Dennis McCraven   13.26     Robin Paulsen   11.70     David Archambault   10.42     M55 Jim Hart   13.20     Geo Chappell   13.19     Don Jeisy   13.04     M60 Harry Hawke   12.32     Don DeMars   12.03     Bob Feaster   12.02     M65 Mike Orlich   11.89     Charlie Sarver   9.97     M70 Geo Brown   9.83     Jerry Silsdorf   8.85     M75 Chas Roloff   7.10     M80 Bob Boucke   9.04     M85 Burt DeGroot   6.90     Earl Salisbury   5.74     W40 Cheryl Kincaide   5.67     W55 Mary Herse   6.91     W70 Renee Roloff   4.96     W85 Marilla Salisbury   6.51     Discus   M30 Mike Hall   29.20     M45 Doug Pulbright   36.60     Doug Fisher   36.18     M50 Lloyd Higgins   52.72     Mike Woodward   43.96	Marcel Cote         14.03           M60 Sam Flory         13.91           John Cauldwell         14.72           Frank Kishi         15.21           M65 Jock Jocoy         14.67           Bb0 Jordan         14.74           Ton Miller         15.95           M75 Clarence Killion         15.97           W30 April Thomas         19.21           M35 Karen Vaughn         15.65           200         200           M30 Deayne Jones         24.15           Rob Lenderink         25.13           M35 Rob Sands         23.87           Neal Bojko         25.68           James Bonilla         26.69           James Bonilla         26.69           W40 Mike Black         25.35           Prank Derby         25.65           William Veazey         25.05           Prank Reilly         26.00           M50 Herb Pendleton         29.26           M55 Roger Tsuda         27.39           Marcel Cote         28.53           M60 Sam Flory         28.47           Prank Kishi         28.63           M55 Jock Jocoy         30.20           Bob Jordan         31.28 <td>M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-7/4 Triple Jump M55 Andrew Becker John Arbogast 30-6% M40 Running Borse Roger Trujillo Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4 W30 Nancie Shellock 21-5% Shot Put M55 Prank Reilly 44-8% M50 Gerry Moro 42-3% Robin Paulsen 35-21%</td> <td>1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K50 Jerry Greenman 16:28.0 M50 Jerry Greenman 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Darrold Skartvedt 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles K30 Robert Smith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8</td>	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black 16-8 M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-7/4 Triple Jump M55 Andrew Becker John Arbogast 30-6% M40 Running Borse Roger Trujillo Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4 W30 Nancie Shellock 21-5% Shot Put M55 Prank Reilly 44-8% M50 Gerry Moro 42-3% Robin Paulsen 35-21%	1500 K30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M50 Hel Preedy 12:04.4 5000 K50 Jerry Greenman 16:28.0 M50 Jerry Greenman 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles K30 Robert Smith 19.8 M40 Russell Acea 18.4 M60 Darrold Skartvedt 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles K30 Robert Smith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8
M35 Eric Hododon   12.14     Mike Vernning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   12.61     M55 Ken Dennis   12.46     Milt Newton   12.58     M60 Hugh Cobb   13.69     Walt Turner   13.80     Floyd Gibbons   13.94     M65 Jock Jocoy   14.59	Wayne Morris	M35 Scott West   13.62     M45 Doug Pulbright   11.23     M50 Dennis McCraven   13.26     Robin Paulsen   11.70     David Archambault   10.42     M55 Jim Hart   13.20     Geo Chappell   13.19     Don Jeisy   13.04     M60 Harry Hawke   12.32     Don DeMars   12.03     Bob Feaster   12.02     M65 Mike Orlich   11.89     Charlie Sarver   9.97     M70 Geo Brown   9.83     Jerry Silsdorf   8.85     M75 Chas Roloff   7.10     M80 Bob Boucke   9.04     M85 Burt DeGroot   6.90     Earl Salisbury   5.74     W40 Cheryl Kincaide   5.67     W55 Mary Herse   6.91     W70 Renee Roloff   4.96     W85 Marilla Salisbury   6.51     Discus     M30 Mike Hall   29.20     M45 Doug Pulbright   36.60     Doug Fisher   36.18     M50 Lloyd Higgins   52.72     Mike Woodward   43.96     Ron Damschen   34.06	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M50 Sam Flory 14-5-3/4 M50 Bob Boucke 11-3/4 M50 Bob Boucke 7-7/4 M50 Bob Boucke 33-10/4 M50 Andrew Becker John Arbogast 40-8% Roger Trujillo Joel Whitfield 35-0-3/4 M50 John Lawson 34-4 M50 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4 M70 Chuck McPate 20-11% M80 Bob Boucke 16-3-3/4 M70 Chuck McPate 20-11% M50 Soott West 44-2 M50 Ramain Seelly 44-8% M50 Gerry Moro Robin Paulsen 37-11% Mike Woodward M55 Richard Bragg 25-2 M55 Richard Bragg 25-2	1500  K30 Ken Mulvania 4:14.8  M40 Bill Codd 4:29.6  M50 Mel Preedy 5:35.8  W50 Jan McClurg 6:37.0  W55 Gail Everett 6:41.3  3000  M50 Hel Preedy 12:04.4  5000  K30 Jerry Greenman 16:28.0  M50 Kenneth Cyr 23:33.7  M60 Mel Preedyt 20:02.3  Short Hurdles  K30 Robert Smith 19.8  M40 Russell Acea 18.4  M60 Darvid Ortman 57.2  High Jump  M40 David Ortman 57.2  M60 Darvid Ortman 57.2  M60 Darvid Skartvedt 4-8  M60 Darvid Crtman 5-6  M45 Richard Warwick 4-8  M60 Darvid Crtman 5-2  Pole Vault  W45 Dick Clintworth 11-1  Long Jump
M35 Eric Hododon   12.14     Mike Vernning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   11.99     M50 Hugh Adams   12.63     Terrence Keeney   12.88     John Chacon   12.91     M55 Ken Dennis   12.46     Milt Newton   12.58     M60 Hugh Cobb   13.69     Walt Turner   13.80     Floyd Gibbons   13.94     M65 Jock Jocoy   14.59     John Cleveland   15.18	Wayne Morris	M35 Scott West   13.62   M45 Doug Pulbright   11.23   M50 Dernis McCraven   13.26   Robin Paulsen   11.70   David Archambault   10.42   M55 Jim Hart   13.20   Geo Chappell   13.19   Don Jeisy   13.04   M60 Harry Hawke   12.32   Don DeWars   12.02   M65 Mike Orlich   11.89   Charlie Sarver   9.97   M70 Geo Brown   9.83   Jerry Silsdorf   8.85   M75 Chas Roloff   7.10   M80 Bob Boucke   9.04   M85 Burt DeGroot   6.90   Earl Salisbury   5.74   W40 Cheryl Kincaide   5.67   W55 Mary Herse   6.91   W70 Renee Roloff   4.96   W85 Marilla Salisbury   5.51   Discus   M30 Mike Hall   29.20   M45 Doug Pulbright   36.60   M50 Lloyd Higgins   52.72   Mike Woodward   43.96   Ron Damschen   34.06   M55 Jim Hart   40.68	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M55 Roger Tsuda 16-9-3/4 M50 Sam Flory 14-5-3/4 M50 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast 30-6% M40 Ramning Borse Roger Trujillo Joel Whitfield 35-10-3/4 M50 John Lawson 34-4 M50 John Cauldwell 29-4-3/4 M70 Chuck McPate 20-114 M50 Bob Boucke 16-3-3/4 W30 Nancie Shellock 21-5% Shot Put M55 Scott West 44-2 M45 Prank Reilly 44-8% M50 Gerry Moro 42-3% Robin Paulsen 35-2 M55 Richard Bragg 25-2 M65 Bill Bangert 35-6-3/4 Carlie Sarver 33-2-3/4	1500 M30 Ken Mulvania 4:14.8 M40 Bill Codd 4:29.6 M50 Mel Preedy 5:35.8 W50 Jan McClurg 6:37.0 W55 Gail Everett 6:41.3 3000 M30 Mel Preedy 12:04.4 5000 M30 Jerry Greenman 16:28.0 M40 Doug Sturm 21:16.0 M50 Kenneth Cyr 23:33.7 M60 Mel Preedyt 20:02.3 Short Hurdles M50 Robert Smith 19.8 M50 Robert Smith 19.8 M50 Robert Smith 21.0 W40 Jasvir Dhillon 20.4 Long Hurdles M50 Robert Mith 1:05.6 M40 David Ortman 57.2 High Jump M40 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8 M60 Darrold Skartvedt 4-8 M60 Darrold Skartvedt 4-8 M60 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8 M60 Darrold Skartvedt 4-8 M60 Darrold Skartvedt 4-8 M60 David Ortman 5-6 M45 Richard Warwick 4-8 M60 Darrold Skartvedt 4-8 M65 Dick Clintworth 11-1 Long Jump M30 Gerald Edwards 23-1
M35 Eric Hododon   12.14     Mike Verning   11.09     M40 Gary Kelmenson   11.76     M50 George Mathews   14.15     Denny Faler   10.43     M55 Don Hughes   8.73     Gary Dawson   7.30     M65 Ken Weinbel   10.44     Jack Morrill   8.38     M70 Bob Stone   7.37     M80 Jim York   6.44     W40 Joan Stratton   11.90     California State Senior Olympics     San Diego; Sept. 18-19     100m     M30 James Reynante   13.58     M40 Ron Beadle   12.02     John Tomaschke   12.61     M45 Stan Whitley   11.28     Vladimir Vybosok   12.61     M55 Ken Dennis   12.46     M11 Newton   12.58     M60 Hugh Cobb   13.69     Walt Turner   13.80     Floyd Gibbons   13.94     M65 Jock Jocoy   14.59     M65 Jock Jock Jock Jock Jock Jock Jock Jock	Wayne Morris	M35 Scott West 13.62 M45 Doug Pulbright 11.23 M50 Dennis McCraven 13.26 Robin Paulsen 11.70 David Archambault 10.42 M55 Jim Hart 13.20 Geo Chappell 13.19 Don Jeisy 13.04 M60 Harry Hawke 12.32 Don DeWars 12.03 Bob Feaster 12.02 M65 Mike Orlich 11.89 Charlie Sarver 9.97 M70 Geo Brown 9.83 Jerry Silsdorf 8.85 M75 Chas Roloff 7.10 M80 Bob Boucke 9.04 M85 Burt DeGroot 6.90 Earl Salisbury 5.74 W40 Cheryl Kincaide 6.91 W70 Renee Roloff 4.96 W55 Mary Herse 6.91 W70 Renee Roloff 4.96 W85 Marilla Salisbury 6.51 Doug Fisher 36.60 Doug Fisher 36.60 R65 Jim Hart 40.68 Don Jeisy 36.66	Marcel Cote   14.03	M40 Roger Trujillo 19-2-3/4 William Veazey 17-24 Mike Black M45 Joseph Miyoshi M50 John Lawson 16-7-3/4 M50 Sam Flory 14-5-3/4 M60 Sam Flory 14-5-3/4 M80 Bob Boucke 7-74 Triple Jump M55 Andrew Becker John Arbogast M40 Running Horse Roger Trujillo Joel Whitfield 35-10-3/4 M55 Prank Reilly 35-44, M60 John Lawson 34-4 M60 John Cauldwell 29-4-3/4 M70 Chuck McFate 20-114 M80 Bob Boucke 16-3-3/4 M70 Chuck McFate 20-114 M80 Nancie Shellock 21-54, Shot Put M55 Scott West 44-2 M45 Prank Reilly 44-84 M50 Gerry Moro 42-34, M50 Gerry Moro 42-35, Robin Paulsen 37-114, M50 Gerry Moro 42-34, M55 Richard Bragg 25-2 M55 Richard Bragg 25-6-3/4	1500 M30 Ken Mulvania M40 Bill Codd M50 Mel Preedy M50 Mel Preedy M50 Jan McClurg M50 Jan McClurg M50 Jan McClurg M50 Mel Preedy M50 Jan McClurg M50 Mel Preedy M50 Mel Preedy M50 Jerry Greenman M60 Doug Sturm M60 Mel Preedy M60 Nessell Acea M60 Darrold Skartvedt M60 David Ortman M60 David Ortman M60 David Ortman M60 David Ortman M60 Darrold Skartvedt M60 David Ortman M60 Carald Edwards M60 David Ortman M60 Gerald Edwards M60 David Ortman M60 Gerald Edwards M60 David Ortman

Continued from previous page				
M45 Pat Shober	15-8%			
M50 Bob Gent	14-8			
M60 Darrold Skartvedt	14-74			
M65 Ray Ryan	8-44			
M75 Lew Luehrs	6-3/4			
W30 Sally Chapman	13-10%			
W45 Caroline Cooney	8-8-3/4			
Triple Jump				
M50 Hank Hat thews	22-1			
W65 Ray Ryan	17-0			
Shot Put				
M40 Dwight Miles	40%			
M50 Hawk Matthews	35-7%			
M75 Lew Luehrs	23-11			
W30 Sue Boggs	26-7%			
W45 Sue Hinz	26-7%			
Discus				
K30 James Jesernig	145			
M40 Dwight Midles	123-11			
M45 Tom Lees	96-6			
M50 Jack Miller	113-11			
M60 Darrold Skartvedt				
M75 Lew Luchrs	63			
W45 Sue Hinz	87-15			
Javelin				
M30 Patrick Kane	112-7			
M50 Robert Gent	112			
M75 Lew Luebrs	56-2			
W45 Sue Hinz	20-9			
3000 RW W40 Judy Lees	22:43.5			
W45 Bessie Kolva	25:21.4			
W55 Bev La Veck	17:20.1			
5000 RW				
K30 Craig Haugaard	32:52.0			
M45 Tim Marsh	33:04.5			
M55 Don Fountain	33:05.9			
W65 Arthur Clevenger				
Montana State Sr. Olympics				
Kalispell; Aug. 27-29				

Montana State Sr. Olympics				
	Kalispell; Aug. 2	7-29		
	60			
	M60 G Boifevillet	8.87		
	M65 Jim Moorehead	9.09		
	W50 Alice DeCosta	13.05		
	100			
	M50 Merv Armstrong	13,83		
	M60 G Boifevillet	14.91		
	M65 Jim Moorehead	13,90		
	M70 Robert Hinkle	17,38		
	W50 Alice DeCosta	22.34		
	W60 Flora Wong	21.50		
	W65 Mavis Lorenz	17.06		
	200			
	M50 Merv Armstrong	28,61		
	M65 Jim Moorehead	29,60		
	M70 Robert Hinkle	39.94		
	400			
	M50 Merv Armstrong	1:07.38		
	M65 Jim Moorehead	1:06.03		
	M70 Bill Knuppel	1:23.32		
	800	0.40 55		
	M50 David McPayden M55 Ken Curtiss	2:43,55		
'n.		3:49.41		
	M65 R Czarapata			
	W55 Mary Czarapata	3:13.02		

1500	
M50 David McPayden	5:47,46
M55 Ken Curtiss M60 Don Jelinek W55 Mary Czarapata W60 Flora Wong	5:51.88
W60 Don Jelinek	6:10.22
W55 Mary Czararata	6-59 94
W60 Flora Wong	8:26 81
5000	6.20.61
WSO David Littlehood	26-13 13
High Jump	20.13.13
High Jump MSO Lloyd Clark MSS Charles Jannings M70 Tom Hegan	4-24
M65 Charles Jannings	4%
M70 Ton Regan M75 Manuel White Pole Vault M55 John Diggs M65 Don Grosh Long Jump	3-84
M75 Manuel White	3-81
Pole Vault	A STATE OF THE PARTY OF THE PAR
M55 John Diggs	10-0
M65 Don Grosh	9-0
Long Jump	
Long Jump MEO G Boifevillet MEO Jim Moorehead MEO Mavis Lorenz Triple Jump	14-15
M65 Jim Moorehead	14-0
W65 Mavis Lorenz	11-3
II I PARO DIMEN	
M50 Merv Armstrong 2	28-6-3/4
M65 Jim Moorehead M70 Robert Hinkle	30-9%
M70 Robert Hinkle	18-104
Shot Put	
185 Charles Jannings	28-10
1 0 Jack Hines 2	25-3-3/4
M75 Manuel White	35-54
W60 Betty Hell	20-4
Discus	110.2
M60 Lloyd Clark	116-3
MSS DOR TAVOLACCI	105-7
M70 Hobert Hinkle	101-0
Wi5 Charles Jannings 10 Jack Hines 11 Jack Hines 12 Mr5 Manuel White 12 Wi50 Betty Heil 12 Discus 15 Di Tavolacci 16 Robert Hinkle 17 Manuel White 18 Mavis Lorenz 1500 RW 15 Lorens 1500 RW 15 Lorens 1500 RW 15 Lorens 1500 RW	121-3
W60 Betty Bell	67-5
NGS Mavis Lorenz	61-2
1500 RW M50 Lewis Savik M60 Ken Chomo M70 Theodore Berreth W50 Alice DeCosta W55 Martha Yale W60 Ruth Anderson W70 Wilms Fender 5000 RW	7-51 19
MGO Ven Chomo	10:05.72
W70 Theodore Berneth	12:55.09
W50 Alice DeCosta	13:33.69
W55 Martha Yale	10:27.63
W60 Buth Anderson	11:11.00
W70 Wilms Fender	12:49.00
5000 RW	
5000 RW MEO Lewis Savik MEO Ken Chomo M70 Theodore Berreth	28:44.13
M60 Ken Chomo	34:55.00
M70 Theodore Berreth	44:36,00
M75 Phil Wright	45:28.00
W55 Martha Yale	37:23.00
W60 B A Burch	44:43.08
W70 Wilma Fender	44:36,00
SK Road Race	
Moo David McPayden	20:22
Mos Ken Curtiss	20:33
MOO DON Jelinek	21:11
M75 Honey Johla	20:20
M70 Theodore Berreth M75 Phil Wright W55 Martha Yale W60 B A Burch W70 Wilma Fender SK Road Race M50 David McPayden M55 Ken Curtiss M60 Don Jelinek M70 Will Metz M75 Henry Loble W50 I Boudewin-Wolf	22:46
W55 Sally Porcarelli	25:56
W65 Flora Wong	30:18
W70 Val Ellingsen	35:40
10K Road Race	- PART
M60 Don Jelinek	44:08
M70 Will Metz M75 Henry Loble W50 I Boudewijn-Wolf W55 Sally Porcarelli W55 Flora Wong W70 Val Ellingsen 10K Road Race M50 Don Jelinek M70 Will Metz W50 I Boudewijn-Wolf	41:24
M50 Don Jelinek M70 Will Metz W50 I Boudewijn-Wolf W55 Sally Porcarelli	49:27
W55 Sally Porcarelli	55:15

### Please send results to: National Masters News, P.O. Box 2372, Van Ruys, CA 91404. To beep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

### NATIONAL

LONG

DISTANCE

**RESULTS** 

H.2 H.9 H.1 H.4 H.1 H.2 H.3 H.3

2.9 46.3 54.1 28.3 29.1

58.2 57.4 96.5

3.0

#### **USATF National Masters** 24-Hour Championships Sylvania, OH; Sept. 18-19

THE RESERVE AND ADDRESS OF THE PARTY.	and the second s
Overall	miles
Kevin Setnes 39	160,4263
SueEllen Trapp 4	
M40	
John Ryder	IN 139.3787
Robin Fry	OH 136.3763
Gary Fortune	MI 133.9319
M45	ML 133.7317
Roy Pirrung	WI 143.8313
Ed Dodd	NJ 126.9707
Ron Grimes	IN 125.9635
M50	14 123.9033
Richard Sitter	DA 110 2010
Dick West	PA 118.2010
	MI 110.4197
John Simon	OH 102.7821
MS5	
Norm Roof	OH 115.3613
Jim Barnes	AL 105.0269
M60	
Bob Messersmith	CA 113.3837
Robert Horner	TX 108.2188
James Bailey	GA 99.4951
M65	
Dictino Mendez	NY 96.9948
Burt Carlson	MN 84.1800
M70	
Howard Henry	IN 75.2008
M75	
Edson Sower	AZ 79.6904
W40	
Debbie Jones	IL 119.6802

W45		
Sue Ellen Trapp	FL	145.2871
W50		
Janet DeLucia	MI	87.7531
W60		
Sarann Mock	OH	83.0576
Jo Presser	IN	75.2008
W70		
Helen Klein	CA	102.7398

### **USATF National Masters 10K**

	Combined Sex, A	Re-C	raue	a Kesuits		
PL	NAME	AGE	ST	GROSS	ADJUSTED	
1	Norman Green	61	PA	36:08	28:44	
2	Bill Olrich	58	KY	35:50	29:23	
3	Earl Owens	44	GA	32:06	29:29	
4	Mike Heffernan	53	OR	34:25	29:34	
5	Anthony Napoli	73	NY	43:22	30:03	
6	Jane Hutchison*	47	MO	37:56	30:25	
7	Igmacio Jimenez	44	TN	33:43	30:58	
8	Jack Gentry	65	AR	40:41	31:00	
9	Chuck Keating	52	MA	35:52	31:04	
10	Ruth Nalepa*	50	TX	39:49	31:08	
ii	George Vernosky	63	MD	40:05	31:13	
12	Dick Wilson	61	KS	39:16	31:14	
13	Logan McGinness	68	KS	42:50	31:32	
14	Jim Smith	71	OK	44:40	31:44	
15	Larry Worth	55	TX	37:36	31:44	
16	Donald Bergan	40	TX	33:54	31:58	
17	Jim Campbell	61	OK	40:13	31:59	
18	Greg Owings	45	OK	35:13	32:08	
19	Jerry Crockett	65	OK	42:14	32:11	
20	Martha O'Rourke*	43	OK	39:29	32:37	
21	Carl Hammen	70	FL	45:37	32:48	
22	Lee Wilcox	55	NY	38:59	32:54	
23	David Bowden	48	FL	37:05	33:08	
24	Bill Weeks	41	OK		33:09	
25	Martin Jones	50	CA	37:49	33:17	
26	Duke Kern	42	OK	35:49	33:20	
20	Dure veil	-				

### USATF National Masters 10K Ok Overal Peter Liz Sc M40 Earl C Ignaci Donald Bill

Bob Boal

Pam Bell W45

W40

M90 Paul Spangler

Martha O'Rourke Marcia Dowling Downa Spencer Barbara Beeman

Jane Hutchison

Margaret Davis Carole Langenback

Ruth Nalepa Bonnie Allison

Kathy Moffitt

W60 Ruth Anderson W85

Susie Hughes

Chambia			Paul Schell	MA 1
Champions			Berno Stein	NY
(Jim Thorpe	10K)		Joe Bucciaglia	CT
Oklahoma City:	Sent	25	M60	
Overall	~			
The second second	28	31:19	William Lornroth	MA
	22	37:24	N65	
M40	-	31.24	John Gray	MA
Earl Owens	C	32:06	Cervin Robinson	MY
		33:43	Harold Thornley	MA
Ignacio Jimenez		33:54	M70	
Donald Bergan			John O'Brien	TX
Bill Weeks		35:23	M90	
Roland Rust	138	35:43	George Conway	MA
M45	-		W40	
Greg Owings		35:13	Meg Ferguson	RI
David Bowden		37:05	Evelyn Bandlow	MA
Mick Midkiff		37:58	Barbara Currier	MA
Robert Maddy	OK	38:21	Mary C Hess-Hoffer	RI
Ron Kuykendall	OK	39:08	Priscilla Frappier	MA
M50			W45	
Mike Heffernan	OR	34:25	Olga Figueroa	NY
Chuck Keating	MA	35:52	Donna Goguen	MA
Martin Jones	CA	37:49	W50	
Levis Chandler	OK	38:45	Elton Richardson	NY 1
Lance Corman	OK	39:22	W55	
M55			Nancy Lee Whitney	MD
Bill Olrich	EY	35:50	Beth Young-Grady	IN
Larry Worth	TX	37:36	Jeanne Shepardson	MA
Lee Wilcox	NY	38:59	W60	***
Chas Des Jardins		46:58	Lorelei Ruben	MA
Clenn Sharp		48:23	Joan Gilson	MA
M60		-	W65	-
Norman Green Jr	PA	36:08	Helen Lonnroth	MA
Dick Wilson		39:16	notes paraoca	Park
Geo Vernosky		40:05	USATF National	Mast
Jim Campbell	OK	40:13	Marathon Champ	
M65				
Jack Gentry	2.0	40:41	(Twin Cities Ma	
Jerry Crockett		42:14	Minneapolis, MN	; Oct
Logun McGinness		42:50	Overal1	1 5
Jack Rector			Ed Eyestone, 32	2
M70	CA	47:10	Lisa Wiedenbach, 31	
	-	42.22	M40 Artemio Navarro	
Anthony Napoli		43:22	Paul Cummings	2 2
Jim Smith		44:40	Doug Kurtis Leonard Hill	2
Carl Hammen	FL	45:37	Luis Lopez	2
M75			Rob Whetham	2
Dudley Healy	N	55:08	John Bednarski	2
M80			Mark Malaas	

### TX 39:49 OK 46:45 OK 50:24 CA 54:53

TX 82:15

NC 68:28

CA 2:00:03

OK 39:29 MO 39:58 TX 40:23 OK 41:06 OK 43:55

MO 37:56 KS 47:37 WA 62:52

#### **USATF National Masters** 1-Hour Championships Cambridge, MA; Oct. 3

M40	-	_
Phil McGaw	MA 1	1612
Brian Savilonis	MA 1	1447
Robert Ullman	NH 1	0657
M45		
Joe Light	RI 1	1601
Chas Mansbach	MA !	9797
George Lattarulo	MA !	9469
Tom Reisz	MA	8892
M50		
Thomas Knatt	MA 1	0353
Bob Aucion	NH 1	
John Micavich	MA.	
Ron Kramer	MA	8995
Mike Hoffer	RI	8959

### Championships - Sept. 25

	Combined Sex, Age-Graded Results						
PL	NAME	AGE	ST	GROSS	ADJUSTED		
1	Norman Green	61	PA	36:08	28:44		
2	Bill Olrich	58	KY	35:50	29:23		
3	Earl Owens	44	GA	32:06	29:29		
4	Mike Heffernan	53	OR	34:25	29:34		
5	Anthony Napoli	73	NY	43:22	30:03		
6	Jane Hutchison*	47	MO	37:56	30:25		
7	Igmacio Jimenez	44	TN	33:43	30:58		
8	Jack Gentry	65	AR	40:41	31:00		
9	Chuck Keating	52	MA	35:52	31:04		
10	Ruth Nalepa*	50	TX	39:49	31:08		
11	George Vernosky	63	MD	40:05	31:13		
12	Dick Wilson	61	KS	39:16	31:14		
13	Logan McGinness	68	KS	42:50	31:32		
14	Jim Smith	71	OK	44:40	31:44		
15	Larry Worth	55	TX	37:36	31:44		
16	Donald Bergan	40	TX	33:54	31:58		
17	Jim Campbell	61	OK	40:13	31:59		
18	Greg Owings	45	OK	35:13	32:08		
19	Jerry Crockett	65	OK	42:14	32:11		
20	Martha O'Rourke*	43	OK	39:29	32:37		
21	Carl Hammen	70	FL	45:37	32:48		
22	Lee Wilcox	55	NY	38:59	32:54		
23	David Bowden	48	FL	37:05	33:08		
24	Bill Weeks	41	OK	35:23	33:09		
25	Martin Jones	50	CA	37:49	33:17		

MSS		
Paul Schell	MA	10250
Benno Stein	NY	9278
Joe Bucciaglia	CT	8322
M60		
William Lorrroth	MA	7489
M65		
John Gray	MA	9463
Cervin Robinson	NY	9052
Harold Thornley	MA	8590
N70		
John O'Brien	TX	8067
M90		
George Conway	MA	6797
W40		
Mag Ferguson	RI	9612
Evelyn Bandlow	MA	9293
Barbara Currier	MA	8579
Mary C Hess-Hoffer	RI	8099
Priscilla Frappier	MA	8042
W45		
Olga Figueroa	NY	9296
Donna Goguen	MA	8049
W50		
Elton Richardson	NY	10202
W55		
Nancy Lee Whitney	MD	9661
Beth Young-Grady	IN	9210
Jeanne Shepardson	MA	8990
W60		
Lorelei Ruben	MA	
Joan Gilson	MA	6755
W65		
Helen Lonnroth	MA	7699
USATF National	Mas	ters

### on)

Overal1	3-14-1
Ed Eyestone, 32	2:13:34
Lisa Wiedenbach, 31	2:33:38
M40 Artemio Navarro	2:17:50
Paul Cummings	2:20:14
Doug Kurtis	2:23:03
Leonard Hill	2:23:24
Luis Lopez	2:23:46
Rob Whetham	2:29:37
John Bednarski	2:30:30
Mark Nelsen	2:31:16
Luis Rubio	2:33:54
Julian Ramirez	2:37:54
Terry Stewart	2:38:14
John Kann	2:41:47
Joseph Denneny	2142102
Charles Possin	2:43:07
Doug Suker	2:45:21
James Pikala	2:46:27
Richard Vorick	2:46:52
Lynn Geffre	2:47:15
Scott Wareham Wayne Drealan	2:48:06
Wayne Drealan	2:48:15
Eric Bergh John Naslund	2:48:26
Jack Ankers	2:49:40
Jack Ankrum John Cretzmeyer	2:49:52
John Macdonald	2:50:00
Thomas Ledin	2:50:36
James Jacobsen	2:50:56
Thomas Jones	2:53:32
Dean Swanson	2:54:02
Keith Kowalsky	
	2:54:39
M45 Ryszard Marczak	
John France	2:25:17
John Emmons	2:39:32
Don Mathieu	2:39:32
Don Mathieu Leon Clegg	2:39:32 2:45:13 2:46:53
Don Mathieu Leon Clegg Roger Rode	2:39:32 2:45:11 2:46:53 2:50:46
Don Mathieu Leon Clegg Roger Rode John Jenk	2:39:32 2:45:1 2:46:5 2:50:4 2:52:3
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne	2:39:3: 2:45:1: 2:46:5: 2:50:4: 2:52:3: 2:53:0:
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau	2:39:32 2:45:11 2:46:53 2:50:44 2:52:36 2:53:01 2:53:11
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway	2:39:32 2:45:1 2:46:5 2:50:4 2:52:36 2:53:0 2:53:1 2:53:1
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor	2:39:32 2:45:11 2:46:5 2:50:44 2:52:36 2:53:01 2:53:11 2:53:3
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff	2:39:32 2:45:11 2:46:5 2:50:44 2:52:36 2:53:01 2:53:12 2:53:33 2:53:41 2:53:53
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf	2:39:32 2:45:13 2:46:53 2:50:44 2:52:30 2:53:13 2:53:13 2:53:14 2:53:53
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Boffman	2:39:32 2:45:13 2:46:53 2:50:44 2:52:30 2:53:13 2:53:13 2:53:31 2:53:31 2:53:41 2:53:53
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler	2:39:32 2:45:13 2:46:53 2:50:44 2:52:30 2:53:13 2:53:33 2:53:42 2:53:56:03 2:56:03
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki	2:39:32 2:45:13 2:46:53 2:50:44 2:52:34 2:53:13 2:53:13 2:53:43 2:53:53 2:56:03 2:56:33 2:56:33
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen	2:39:32 2:45:11 2:45:14 2:50:44 2:52:30 2:53:11 2:53:31 2:53:31 2:53:31 2:56:31 2:56:31 2:56:31 2:57:22
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen	2:39:32 2:45:13 2:46:53 2:50:44 2:52:30 2:53:13 2:53:33 2:53:42 2:53:53 2:56:03 2:56:33 2:56:33 2:57:22 2:57:22
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letournesu Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold	2:39:32 2:46:52 2:46:52 2:50:44 2:52:30 2:53:10 2:53:12 2:53:13 2:53:53 2:53:53 2:56:31 2:56:31 2:57:22 2:57:23 2:57:24 2:58:31 2:59:13
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson	2:39:32 2:45:12 2:46:52 2:50:44 2:52:33 2:53:31 2:53:32 2:53:41 2:53:52 2:56:31 2:56:31 2:56:31 2:57:22 2:57:22 2:58:32 2:58:32 2:58:32 2:58:32 2:58:32
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson	2:39:32 2:45:12 2:46:52 2:50:44 2:52:31 2:53:01 2:53:01 2:53:31 2:53:31 2:53:31 2:53:51 2:56:01 2:56:01 2:57:22 2:57:22 2:57:22 2:57:22 2:58:33 2:59:11 3:00:31 3:00:01
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch	2:39:32 2:45:12 2:46:52 2:50:44 2:52:31 2:53:01 2:53:01 2:53:31 2:53:31 2:53:41 2:53:31 2:56:01 2:56:01 2:56:01 2:56:01 2:57:22 2:57:22 2:57:22 3:5
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke	2:39:32 2:45:12 2:46:52 2:50:44 2:52:34 2:52:34 2:53:31 2:53:31 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 2:53:32 3:53:32 2:53:32 3:53:32 3:53:32 3:50:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:33 3:00:30 3:0
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourness Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson	2:39:32 2:45:12 2:45:23 2:50:44 2:50:44 2:50:44 2:50:44 2:50:44 2:53:31 3:01:01 3:01 3:01 3:01 3:01 3:01 3:01 3:01 3:01 3:01 3:01 3:01
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson	2:39:32 2:45:12 2:45:23 2:50:44 2:50:44 2:52:34 2:53:12 2:53:13 2:53:33 2:53:33 2:56:33 2:56:33 2:56:33 2:56:33 2:57:22 2:57:22 2:57:22 2:57:23 3:00:33 3:0
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly	2:39:32 2:45:15:2:50:44 2:52:30:43 2:53:30:2:53:31 2:53:31:32 2:53:31:32 2:53:53:43 2:53:53:43 2:53:53:43 2:53:53:43 2:57:2:2 2:56:33 2:57:2:2 2:58:33 2:59:11 3:00:13
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letournesu Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly M50 Michael Heffernan	2:39;3; 2:45:1: 2:46:5: 2:50:44 2:52:30:4 2:53:3: 2:53:3: 2:53:3: 2:53:3: 2:53:3: 2:53:3: 2:56:3: 2:56:3: 2:57:2: 2:56:3: 2:57:2: 2:57:2: 2:58:3: 2:58
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly M50 Michael Heffernan Dick Hartshorn	2:39:32 2:45:12 2:45:23 2:50:44 2:50:44 2:52:34 2:53:31 2:53:31 2:53:31 2:53:31 2:53:31 2:53:31 2:53:31 2:53:31 2:53:31 2:56:31 2:56:31 2:56:31 2:57:22 2:57:22 2:57:23 3:00:33 3:0
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly M50 Michael Heffernan Dick Hartshorn Jared Mondry	2:39:32 2:45:15 2:45:15 2:50:44 2:52:30 2:53:30 2:53:31 2:53:31 2:53:51 2:5
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly M50 Michael Heffernan Dick Hartshorn Jared Mondry Jim Powers	2:39;3; 2:45:1: 2:45:5:3:0:44 2:52:30:42 2:53:3:0:2:53:3:3 2:53:3:3:2:53:3:3 2:53:3:3:2:56:3! 2:56:3! 2:56:3! 2:56:3! 2:56:3! 2:56:3! 2:57:2: 2:57:2: 2:57:2: 2:59:1: 3:00:3:
Don Mathieu Leon Clegg Roger Rode John Jenk Wayne Waltatne Richard Letourneau Larry Ridgeway Woody Paylor K.J. Marinoff Larry Ochsendorf JC Hoffman Hal Gensler Warren Stucki Paul Jensen James Bailie Sandy Wetherhold Joseph Carlson Rick Lottie Gary Krosch Dave Schwanke Steven Jackson Rob Johnson C. David Gelly M50 Michael Heffernan Dick Hartshorn Jared Mondry	2:39:32 2:45:15 2:45:15 2:50:44 2:52:30 2:53:30 2:53:31 2:53:31 2:53:51 2:5

Steven Jackson	3:03:27
Rob Johnson	3:04:10
C. David Gelly	3:04:15
M50 Michael Heffernan	2:37:15
Dick Hartshorn	2148129
Jared Mondry	2:48:32
Jim Powers	2:49:30
David Buddington	2:54:36
Rick Kleyman	2:57:01
Wait Peet	2:57:11
Leonard Coequyt	2:58:22
Peter James -	3:01:05
Jim Mayerle	3:01:54
Robert Panke	3:02:01
Patrick Riddell	3:02:08
Lynn Borland	3:02:35
Paul Ford	3:04:42
Chris Carlson	3:04:54
Gerald Docksen	3:06:42
George Gould	3:07:47
Rick Brodine	3:08:45
Eric Knox	3:09:19
Mickey Lynnes	3:09:49
M55 Fay Bradley	2:41:35
Joe Burgasser	2:48:57
Dick Ruzicka	2:52:01
Jim Doguay	2:56:54
John Jones	2:57:48
Bill Parrott	2:59:21
Dale Urbain	3:02:24
David Jensen	3:08:26
Arlen Sunn	3:11:59
John Dunkelberg	3:12:17
Edward Klassen	3:12:59
David Larson	3:16:43
M60 James Schleisman	3:10:10
Louis Joline	3:14:49
Ed Hardy	3:15:13

W60+Gloria Brown	1:33:59
Annapolis 10 M	ile
Annapolis, MD; Au	E. 29
Overall	-0324
Gerry Clapper	52:01
Donna Moore	61:01
M40 Ric Barning	55:04
Chuck Noeser	55:32
Mike McHale	57:27
Dave Webster	57:50
M45 John Sherlock II	
Reuben Beauchamp	
Herb Tolbert	61:05
MSO John Benkert	57:58
John Haubert	64:06
Fred Shanklin	66:25
MSS Fay Bradley	60:17
Kirk Davies	67:10
Bill Elzinga	68:35
M60 George Yannakaki	
Larry Dickerson	71:36
Copley Smoak	77:38
M65 Dixon Hemphill	76:13
Bill Morrison	78:29
Harry Bratt	86:14
M70+Oscar Fox 71	82:34
Prancis Pierce 7	
W40 Beverly Pritts	70:25
Sharon Heidel	70:57
Judy Bender	71:51
Patty Shackleton	71:52

Phelps, NY; Ai Overall Roger Hawks Beth Drees M40 Fran Emmerling Gabe Yankowitz Rick Smith John Siess

Joe Contario Paul Regan M45 Tom Lamme John Saylor

Greg Brooks John Hackney

Don Solarek M55 Dave Whitten Fred Branda M60 Howard Rubin Walt Gronski M70+Paul Robertson

W40 Nancy Smith Eliz Bughee Pamela Drake W50 Anita Shaw Yvonne Tasker

Lois Moritz

Kevin Morrisroe

Phelps Sauerkraut 20K Phelps, NY; Aug. 7

1:06:14

1:23:19 1:12:46 1:55:55 1:16:40 1:16:59

1:18:05 1:18:21 1:19:05 1:13:36 1:17:25

1:18:02 1:18:45 1:11:51 1:21:43

1:21:43 1:22:47 1:19:57 1:27:47 1;25:23 1:26:59 1:50:04 1:29:51

1:30:47 1:34:06 1:31:22 1:39:17

1:47:02

			page 29
Greg Prom	3:21:29	W45 Barbara Ekstron	71:03
George Chapman	3:26:29	Debby Gebhardt	74:47
M65 Nax Jones	3:07:49	Dee Nelson	75:17
John Keston Harold Hubbard	3:16:21	W50 Janice Stoodleg	73:03
Bill Galbrecht	3:16:58	Elaine Unterman	73:46
Jerry Crockett	3:20:17	W55 Betty Tucker	82:45
M70+Warren Utes, 73	3:12:44	Tami Graf	83:20
Lloyd Young, 70	3:39:24	W60 Nancy Berlett	96:13
John Burton, 70	3:57:40	W65 Kay Morrison	1:45:10
Bill Brobston, 80	4:28:01	W70+Hedy Margue 76	1:34:20
W40 Bern, Portenski Suzanne Ray	2:41:25	Toams	
Carol Virga	2:49:59	M40+GNATS (Sherlock/	
Janet Skaalen	2:53:56	Tolbert/Myers/Jet	
Judith Hine	2:58:33	W40-Fleet Feet (Prit	
Marina Jones	2:59:22	trom/Erts/Smith/Cl	ark/
Sharlet Gilbert Nancy Camp	3:00:53	John Gray Half-Mars	thon
Linda Mason	3:10:23	5-Mile	
Marny Gilluly	3:12:15	Cape Cod, MA: Ses	
Elaine Van Dyck	3:12:33	The same and the s	r. 5
Linda Schissel Elaine Henry	3:15:25	Overall	1.12.30
Barbara Arveson	3:15:32	Jeff Mello Lynne Schuler	1:12:20
Judy Falma	3:17:14	N40 Bob Hersey	1:17:24
Gloria West	3:17:56	M50 John Saarinen	1126148
Janet Gerber	3:20:12	M60 Bob Borglund	1128102
Sheila Kennedy Bonnie Vendsel	3:20:20	W40 Deb Gabriel	1136139
Darlene Kubara	3:21:22	W50 Diane Curley	1:56:07
W45 Diane Stoneking	3:23:41	5 Mile	
Gloria Jansen	3:03:43	Overall	
Faye Berger	3:16:18	Barry Merrill	26146
Francine LePage	3:17:36	Maryanne Harring	29:02
Sara Cherne Eathleen Schnitt	3126155	M40 Don Bates	27:41
Barbara Spannaus	3:29:24	MS0 Mike Mullo	32:08
Vrabel Carmel	3:32:41	M60 Jim Hines	32136
Patricia Lerch	3:33:10	M70+Scott Carter	36:04
Gael Jones	3:37:21	W40 Anada Bronek	31125
Mary Hiatt Wanda Hartwigsen	3:42:06	W50 Eliz Jazowski	38134
Margaret Olson	3:42:07	Upstate New York 3	3 Mile
Karen Aydelott	3:44:28	Cross-Country	
Eathy Buehler	3145130	Liverpool; Sept.	
W50 Karen Bestul Audrey Schroeder	3:16:45		**
Ginger Berring	3:38:24	All inglicitations in the contract of the cont	16.20 8
Lenore Rupert	3144150	John Trowse	16:29.8
Ginger Mabe	3:47:48	Patti Wiegand M40 Rick Hoebeke	17:55.1
Gerri Leverenz Jan Rohde	4:05:37	Brian Dodge	18:31.5
Dee Lamott	4:07:24	Bill McMullen	18:43.4
Teresa Ross	4:09:14	MSO+Don Solarek	21:25.2
Karin Grossman	4:10:53	Allan Drew	22:16.3
W55 Wen-Shi Yu	3123126	Jack Bubb	22:39.0
Barbara Norman Lois DeGonda	3:58:34	W35+Patti Ford	19:55.6
Pat Ordahl	4,00,16	Carolyn Eich	20:35.6
W60 Barbara Robinson	3:41:56	Kathy Brown	21:57.5
Dorothy Spencer Toshiko De'Elia	3145150		23:44.
W65+Billie Murphy,66	4:09:56	Jane O'Donnell	24:18.7
M.L. Carlson, 66	5:21:59		v Substitute
		maccaciani s	
EAST	THE STATE OF	Plainview, NY; Se	
		M40 Dan Brach	15.40

### Upstate New York 3.3 Mile Cross-Country

П	Liverpool; Sept.	11
	Overall	
ı	John Trowse	16:29.8
2	Patti Wiegand	18:48.0
1	M40 Rick Hoebeke	17:55.1
	Brian Dodge	18:31.5
,	Bill McMullen	18:43.4
il	MSO+Don Solarek	21:25.2
3	Allan Drew	22:16.3
3	Jack Bubb	22:39.0
	W35+Patti Ford	19:55.8
6	Carolyn Eich	20:35.6
i	Kathy Grown	21:57.5
ō	Mary Shaver	23:44.3
8	Jane O'Donnell	24:18.7
6.		

### Maccabiah 5K

Б	Figure W, NT; Sept. 12		
-	M40	Dan Brach	15:49
	1000	Jerry Miller	16:38
	all all	Jim Walsh	16:47
	M45	Phil Roth	17:49
	-	Mike Baxter	18:19
		Jim Perrega	16:38
	M50	Jose Mendez	19:30
	1	David Nadel	20:16
	19.00	Norman Rappaport	21:23
	M55	Rilton Goring	18:25
	THE REAL PROPERTY.	Geza Feld	19:22
	26	Richard Chester	20:04
	M60	Ray Fletcher	20:39
	7100	Gus Likes	22:47
	M65	Colin Harris	20:05
	1000	John Corrigan	21:25
	200	Bert Jablon	22:33
	W40	Diane Gordon	19:32
	100	Detable Gabride	24:11
7	4	Lorraine Streater	24:41
i	W45	Elizabeth Penagos	22:06
7	MARKET.	Nancy Bernard	25:47
3		Lissa Gandin	27:41
	W50	Anna Thornhill	20:13
		Amanda Soola	24:44
9	W55	Nancy Fraser	24:33
3	1000	Pat Smith	27:36
Ŧ	- M60	Chickie O'Toole	26:29
	W65+	Erna Frank	42:19

### Central Fidelity Women's 8K

Alexandria, VA: Sept. 12			
Overall			
Lynn Jennings 33	25:24		
W40 Diana Tracy	CA 28:06		
Brindine Portens	KINI28:18		
Gretchen Maurer	VA 28:39		
Cathy Lempesis			
Jacqueline Garea			
Judith Hine	NZ 29:29		
Donna Sterns	TX 30:27		
ClaudiaCiavarelli			
Hetty Hoyt	VA 31:22		
Patty Shackleton			
W45 Barbara Filutre	PA 28:03		
Jane Hutchison	NO 29:24		
Princilla Welch	GBR30:01		
Lynn Smith	VA 33:20		
Barbara Ekstron	VA 33:55		
Ellie Theyer	VA 35:27		
Frances Clark	VA 35:33		
Patricia Blanco	VA 36:40		
W50 Nancy Prisillo	NY 32:20		
Joan Ullyot	CO 33:14		
Janice Stoodley	VA 33:52		
Dee Nelson	MD 35:02		
Janet Newburgh	MD 35:41		
Jane Metzler	VA 37:08		
Carol Lasseter	CT 37:10		
W55 Diane Palmason	CO 32:50		
Tami Graf	MD 37:32		

Continued on next page

Continued from previous page				
Jill Mottus	MD 38:10			
Charlotte Edward				
Rita Quickie	PA 40:25			
W60 Doralie Segal	VA 45:02			
Anna Cumming	MD 53:58			
W65 Kay Morrison	MD 46:06			
Harriet Cohen	VA 53:41 VA 59:52			
Vesta Downer				
W70 Jacqueline Buhr				
W75 Hedy Marque	VA 40:44			
Margaret Santon				
Age-Graded Prize Mo				
Barbara Filutze 47	\$1000			
28:03/26:34=94.7%				
Bernardine Portensk	1 44 \$800			
28:18/25:58=91.8%				
Hedy Marque 76	\$600			
40:44/37:19=91.6%				
Jane Hutchison 47	\$500			
29:24/26:34=90.4%				
Diana Tracy 40	\$400			
Priscilla Welch 48	\$300			
30:01/26:47=89.2%	1			
Judith Hine 44	\$250			
29:29/25:58-88.18	\$250			
Catherine Lempesis	12 \$200			
29:14/25:35=87.5%	12 \$200			
	****			
Diane Palmason 55	\$150			
32:50/28:33=87.0% Jacqueline Gareau 40	*****			
	\$100			
29:28/25:14=85.6%				
Claudia Ciavarella 4	14 \$75			
30:39/25:58=84.7%				
Nancy Frisillo 50 32:20/27:14=84.2%	\$50			
32:20/27:14=84.24	A CHARLES			
Cow Harbor 10K				
Northport, NY; Se	pt. 18			
Overall	and the latest the lat			
Tesasa Bekele	29:30			
Kate Fonshell	34:25			
M40 Jerry Miller	34:21			

Cow Harbor 10K			
Northport, NY; Sep	t. 18		
Overall			
Tesasa Bekele	29:30		
Kate Fonshell	34:25		
M40 Jerry Miller	34:21		
John Lupski	35:21		
Joe Wynne	36:10		
Dennis Nee	36:12		
Bob Moritz	36:24		
Jeff Goldman	36:34		
Mike Kelly	36:58		
M45 Steve Conroy	36:20		
David Glass	37:42		
Mike Baxter	38:23		
Bob Magliola*	39:03		
M50 Maury Dean	36:12		
Jim Wharton	39:13		
Pat Sarubbi	39:58		
Ed Wilson	40:26		
M55 Mel Cowgill	38:29		
Richard Murphy	38:34		
Hilton Goring M60 Rick Bloom	40:08		
Mal Bertram	44:35		
Mike Daly	44:54		
M65 John Sullivan	44:14		
Mike Reidy	44:15		
M70+John McManus 70	44:48		
Matt Lebenbaum 75	59:59		
W40 Kathy Martin	40:08		
Sue Curtin	42:32		
Jane Faralri	43:42		
W45 Jacquie Gons	43:57		
Hilary Boucher	44:17		
Laura Schay	45:21		
W50 Rosemary Riccardi			
Ann Fahy	50:59		
W55 Marion Stanjones	42:50		
Wen-Shi Yu	42:50		
W60 Lya Kilian	56:11		
W65 Andrea Weetman W70+Althea Wetherbee	65:04		
W70+Althea Wetherbee	7464:04		
Ann Gilmore 73	76:19		

### Philadelphia Half-Marathon

Philadelphia, PA; Sept. 19				
Overall				
Lucketz Swartbooi 27				
Colleen DeReuck 29	1:10:26			
M40 Earl Owens	1:08:54			
Carlos Roa	1:10:16			
Chuck Moeser	1:10:42			
Daniel Brach	1:10:56			
Jim Scheckel	1:12:01			
Chris Mason	1:12:08			
Mike McHale	1:12:11			
Gary Fanelli	1:12:24			
Alan Oman	1:12:55			
Mark Sepkowski	1:13:50			
M45 J L Seymore	1:12:42			
Hector Chavez	1:17:32			
Carl Wagner	1:17:47			
Roy Carl Phil Benson	1:17:52			
	1:19:00			
Bob Straus Tom Guthrie	1:19:29			
M50 Mario Gonzalez	1:15:15			
Bobby Dannelley	1:16:27			
Gabriel Bernal	1:17:28			
Ed Doheny	1:18:01			
Keith Gaunt	1:19:09			
Dan Hamner	1:19:34			
Mike Mangan	1:20:39			
M55 Tony Cerminaro	1:18:10			
Mike Hayney	1:19:01			
Herb Townsend	1:19:14			
James Flanagan	1:24:39			
Kent Sabin	1:27:51			
M60 Norm Green Jr	1:16:55			
Frank Dudley	1:28:52			
Perry Silverman				
M65 Dick Spedeker	1:33:00			
IND DICK DIRECTOR	1.33.00			

1	Phil Mongillo	1:38:43
100	Bart Holm	1:43:47
M70	+Dudley Healy 79	1:51:29
	George Blynn 74	1:57:28
(7t	hliarry Polites83	
	Bernie Portenski	1:16:42
7	Louise Fairfax	1:18:27
4-5-	Nancy Grayson	1:18:48
	Sandra Mewett	1:21:34
	Sally Brent	1:24:12
W45	Priscilla Welch	1:25:15
	Rena Hart	1:31:01
	Joy Hampton	1:34:17
	Noel Relyea	1:34:26
	Marilyn Preeley	1:34:51
W50	S Rae Baymiller	1:19:40
	Erlene Michener	1:27:42
	Madeline Bost	1:36:43
	Carole Lelli	1:39:31
W55	Wen-shi Yu	1:35:06
	Rita Alles	1:38:23
	Tuppen Young	1:51:38
W60	Janet Glassman	1:46:40
	Lois Filreis	1:54:25
	Nancy Ammermuller	2:13:52
W65	Mary Oppenheimer	
	Bertha McGruder	2:41:17
W70	Becky Yencharis7	
	Althea Jureidini	752:55:20
NIVERS CALLS I I I		
NYRRC Staten Island		
Half-Marathon		

### Staten Island; Sept. 19

Overall				
Nick Riviere 28 1:08:36				
	nifer Reda 24	1:21:22		
M40	Lawrence Torella	1:14:05		
	Sammy Sanchez	1:15:23		
	Kevin O'Connor	1:16:41		
M45	Vince Gaines	1:15:18		
	Hector Vargas	1:17:01		
	Hal Stern	1:21:06		
M50	Sam Skinner	1:15:29		
	Justino Valentin	1:26:25		
1	Julio Lugo	1:27:40		
M55	Philmore Brewer	1:27:50		
	Francis McAneney	1:37:24		
M60	Arnie Green	1:30:19		
	Hector Pacheco	1:38:11		
M65	John Corrigan	1:37:42		
1	Art Kolb	1:53:24		
M70	Santee Tallia	1:50:25		
	Peter Mahta	1:51:04		
	Wallace Cutler	1:51:12		
M75	Wilfredo Rios 76	2:20:16		
	George Jaffe 78	2:21:15		
W40	Barbara Anderson	1:29:04		
	Amy Bahrt	1:35:13		
900	Laura Osorio	1:37:58		
W45	Ann Davies	1:28:58		
	Flora Flores	1:39:29		
LIEC	Jillian Lazaridis			
W20	Carol Johnston	1:41:41		
	Pattylee Parmalee	1:43:16		
WEE	Laurie Baker Zofia Turosz	1:49:30		
MOD	Philippe Marielle	1:32:24		
wen	Philippe Marielle	1.47:39		
MOO	B Bellinghausen	1:44:21		
	Thelma Wilson			
	*Juanita Goldman70			
rin	ishers: 1117m/332v			

#### Pittsburgh Great Race 10K Pittsburgh, PA; Sept. 26 Masters Men Nick Rose Nick Rose 43 GB 30:04 Paul Curmings 40 UT 30:22

Weather: sun/70s/breezy

John Bermingham	42 CAN30:28
Frank Lewis	45 CAN31:31
Carlos Roa	40 NY 32:36
Ronnie Knepper	42 PA 33:47
Don Slusser	41 PA 33:52
J L Seymore	48 NJ 34:05
Fay Bradley	55 DC 34:11
Dennis Kollai	45 OH 34:25
John Walsh	41 NY 34:26
Masters Women	
Barbara Filutze	47 PA 34:54
Bernie Portenski	44 NZ 35:07
Louise Fairfax	40 AUS36:05
Karen Mitchell	42 PA 40:09
Maureen Pope	41 PA 41:16
Nancy Grayson	43 MI 41:56
Pat Koester	48 PA 42:09
Judy Carroll	51 OH 42:10
Rose Scheid	52 PA 42:19
Deborah Seippel	41 NY 42:45
ecriptor	41 111 42:43

Lebo	oran Seippel 41 NY	42:45	
U	USATF New England 5K		
1	Championships		
Ma	inchester, NH; Sept	. 26	
Over	all		
	Morse 28	14:29	
	Senatore 30	16:18	
M40	Bruce Butterworth	15:39	
	Phil Riley	15:48	
	Tom Carroll	16:00	
	Cliff Matthews	16:09	
	Henry Finch	16:10	
M45	Laurence Olsen	15:26	
	Jerry Learned	16:15	
	Bob Hall	16:17	
	Summer Brown	16:19	
	Montserrate Bourgo		
M50	Doug MacGregor	16:27	
	James Laurent	17:10	
	Doug Kenefick	17:27	
	Gabriel Bernal	17:35	
MSS	Bill Spencer	18:14	
133			
	George Bisson	18:40	
	Stu Thurston	20:07	

M60	Joe O'Connor	20:25
	E D Cox	24:40
	Richard LeClerc	27:54
M65	George Banaian	42:05
W40	Rebecca Stockdale	-Woolley
		18:13
1	Moira Durnin	18:38
	Susan Maslowski	18:57
	Paula Holm	19:21
W45	Mary Ryczek	20:06
100	Pat Foltz	20:22
	Diane McLaughlin	20:36
W50	Carrie Parsi	20:23
0.0	Mary Bart	21:45
	Regina Wright	22:28
W55	Marlene Yannetti	22:38
	Sandra Hayes	24:18
	Nancy Cox-Lund	24:57
W60	Berna Finley	26:36
	Janet Newell	29:58
W65	Rose Doucet	49:01
100	Niagara District US	ATF

### Cross-Country Championships (M8K/W5K) Newark, NY; Sept. 26

Overall	
Dennis Cullinane	25:56
Stacy Prey	18:53
M40 Rick Hoebeke	28:11
Joe Contario	29:18
Brian Dodge	29:34
Joe Chimino	29:39
Jim Boyle	29:43
M50+Jerry Smith	30:06
Don Solarek	32:47
Dick Telarico	34:19
Masters Team	
Cats AC Rochester	9
Blade Runners Batavia	17
W35+Carolyn Eich	20:25
Patti Ford	20:30
Belinda Connor	21:07
Kathy Brown	22:05
Jane O'Donnell	23:26
	4-1-4

### Pockland Half-Maratho

Rockland Hair-Marathon			
Orangeburg, NY; Sept. 26			
M40	Dunne David	1:13:52	
	Douglas Carter	1:17:51	
	Carlo Gantos	1:18:06	
	Tom Cusimano	1:23:01	
	Ted Tryet	1:23:16	
M45	Michael Hugick	1:25:13	
	John Dobol	1:26:05	
	Richard Androw	1:27:10	
	Steven Yurgel	1:27:42	
M50	Joe Salerno	1:23:04	
	Richard Simko	1:27:28	
LIEV HO	Ramon Ruiz	1:27:55	
M55	Mario Meza	1:33:55	
	Cliff Davis	1:38:39	
	Jerry Kirschner	1:41:16	
M60	Joe Burns	1:36:36	
\$ 100 C	Bernard Berson	1:49:26	
	Jerry Olitt	1:57:50	
W40	Lynne Bird	1:54:18	
	Liz Vonwurmb	1:54:39	
	Marilyn Zavidow	1:55:44	
W45	Inge Weisshaupt	1:38:27	
	Arlene Decker	1:48:27	
	Beatriz Corderi	1:50:42	
W50	Edith Jones	1:45:43	
	Christiane Garin	01:46:07	

### W50 Edith Jones 1:45:43 Christiane Garinol:46:07 Miriam Kaminer 2:03:50 Syracuse Festival of Races 5K

	Syracuse, NY; Oct.	3
M40	Tom Carter	15:49
	Larry Camp	17:12
	Kevin Morrisroe	17:32
	Gabe Yankowitz	17:36
100	Francis Verdoliva	
M45	Ed Frisillo	17:19
	Jim May	17:39
	Don Masterson	18:02
M50	Ray Kneer	16:34
	Dave Winn	19:10
4	Jack Bubb	20:57
M55	Sam Graceffo	18:06
	Rene Wilett	20:53
M60	Wally McRae	20:13
	Don Field	21:26
M65	Howard Rubin	19:58
1027	Tom Brown	27:24
M70	Nate White	23:38
	Bob Samson	25:49
W40	Joan Butler	19:09
	Belinda Connor	19:38
	Chary Griffin	20:54
W45	Kathy Brown	19:41
	Eliz Bugbee	20:19
WED	Margaret Henry	21:44
-	Nancy Frisillo Mary Shaver	19:34
ME	Margret Betz	20:59
-33	Mary Ann Rusz	20:08
WEG	Lois Bell	23:58 25:02
mot	Bertie Argyris	
ME	Nancy Auster	27:49 27:31
W70	Marsha Tillson	27:53
		27.33

### Upstate New York Cross-Country 3 Mile

Rochester; Oct.	3
Overall	
Chris Reed	14:49
Beth DiCiantis	17:18
M 40 Pat Monahan	16:14
Brian Dodge	16:28
Bill McMullen	16:39

M50+Jerry Smith	16:45
Don Solarek	18:21
W35+Anne Forbes	18:10
Andrea Burke	19:34
Masters Men Teams	
Blade Runners Batavai	6
Cats AC Vets	25
V D	

### Yankee Runners 5K Cross-Country Byfield, MA; Oct. 10

M40 Ton Carroll 43 16:41
Phil Riley 42 17:00
Bob Hall 47 17:27
M50 Chuck Keating 5218:27
Jim Laurent 50 18:31
Kirk Randall 52:19:25
M60+Dick Sullivan 6023:10
W40 Pat Robinson 40 21:28
Paula Holm 40 22:48
W50 Mary Harada 58 26:25
M40+ Team;
Creater Lowell RR 87:38
Cambridge Sports 88:59

#### Fifth Avenue Mile New York City, Oct. 15

NEW TOTA CITY, OC	
Men(40-49)	
Al Swenson 46	4:22.3
Harold Nolan 44	4:22.6
John Serrao 44	4:23.1
Roger Outzwiller 40	4:35.5
Salih Talib 48	4:37.4
Vincent Gaines 46	4:40.3
Carl Cappello 43	4:41.3
John Samore 43	4:43.4
Hugh Sweeny 49	4:48.4
Bill Pape 45	4:50.0
Robert Pertak 42	4:57.4
Richard Hamner 48	4:57.6
John Mauritz 47	5:03.9
Men (50-59)	
Vic Heckler 51	4:33.4
Sid Howard 54	4:47.5
Dan Hamner 53	4:49.2
Neil Doherty 52	5:05.2
Brian Farney 50	5:21.8
Women	
S Rae Baymiller 50	5:28.0
Diane Ditchfield 40	5:30.3
Mary Ryan 46	5:38.8
Marie Roach	5:39.1
Ann Makoske 48	5:40.0
Sue Curtis	5:43.7
Wendy Cappello 40	5:56.9
	C. OF 0

### SOUTHEAST

Wendy Cappello 40 Judy Anker 42 Diane Hawkins 42

### FIU/Texaco Ecology 5K Miami, FL; Sept. 3 Chris Halliwell 19 16: 16:25

6:05.8 6:20.2

CHILD INTILIACIT 13	10.23
Melanie Hawkis 28	19:27
M40 Dale Parfitt	16:56
Alan Miller	17:17
Jorge Vargas	18:35
M45 Bob Marren	18:18
Alan Silbert	19:26
M50 Matt Cucchiara	18:06
Bill Adams	18:49
M55 Ben Mathews	19:05
Roberto Cabbera	20:19
M60 Benedicto Cepero	23:01
M65+Joel Matos 67	22:46
Ron Storm 71	24:47
W40 Patty Dye	21:03
Juanita DeLaCruz	25:41
W45 Susan Harrison	26:29
W50 Jan Ross	22:45
W55 Dottie Sywenki	31:56
W60 Marian Sneider	37:50
W65+Helen Weiss 66	31:41
Blanche Waldman 70	45:33

	Lejeune Half-Marathon Lejeune, SC; Oct. 2	
M40	Sammie Simmons	1:17:23
M45	Ed Morris	1:29:36
M50	Joe Wetherington	1:26:41
M55	Neville Wood	1:24:15
M60	Lee Cooper	1:33:58
M65	Domenick Irrera	1:57:26
W40	Marsha Jensen	1:46:19
W45	Judy Mays	1:36:23
W55	Faun Peters	2:02:01

Coconut Grove 5-M	iler
Miami, FL; Oct. 2	2
Overall	44-
Paul Marmaro 29	25:54
Lindy Neary 29	31:26
M40 Dave Elger	26:56
Martin McCarthy	28:47
Rolando Cabrera	30:45
Bert Soden	30:48
Luis Batista	31:33
Luis Chiles	32:05
Joseph Hollingswor	th32:17
Andrew Penbody	32:32
Julio Balaguero	32:41
Pred Banke	33:14
M45 John Corcoran	28:45
Bob Marren	29:38
Hector Rodriguez	31:15
Jose Maldonado	32:12
Mike Eidson	32:15
Ron Raymond	33:51
Gene Gomberg	34:20
William Shisler	34:55
- CHILDREI	

M50 Matt Cucchiaha	30:22
Alan Ashton	33:36
Louis Buttacavoli	33:42
Bruce Kadota	34:35
Jasper Bell	34:54
Pirky Dill	35:29
M55 Don Magyari	32:37
Brnest Bauer	33:05
Joseph Singer	33:26
Otto Schneider	33:38
MGO Benedicto Cepero	37:11
M65 Wesley Reuter	37:17
Joel Matos	38:40
W40 Patty Dye	34:38
Beth Thomas	36:16
Annie Oakley	36:48
Murylou Hollinger	40:59
Charlotte Roberis	42:16
W45 Karen Machang	33:50
Bonny Wolff	39:59
Barbara Zaretsky	41:15
Maria Strauss	43:38
W50 Sally snyder	36:07
Jan Ross	36:41
Mimi Oliveira	39:13
W55 Lupe Parsons	39:35
more analysis is seen invitation	200 1200

Mimi Oliveira	39:13
	39:35
	48:05
W60 Jude Bagatti	41:50
Race Walk	
M40 Stephen Cypen 49	59:35
K Hamilton 45 1:	04:19
Glenn Smoller 43 1:	09:20
M50 Bob Cella 56	49:24
John Timmons 57	59:01
Herb Oohen 59 1:	05:17
M60+Summer Shafmaster70	55:04
Murray Glaser 63	56:18
Sigmand Kurz 64	56:40
W40 Linda Stein 46	47:29
Diana Petitto 47	57:51
R Ludowese 49 1:	00:50
W50 Kay Cella 53	58:02
Mary King 54	59:04
Nancy Thompson 51 1	05:24
W60+Miriam Gordon 68	
Marcia Shafmaster	
Lucille Cohen 60 1	
merrie copen oo r	,00,40

### **MIDWEST**

### Metro-Macomb Runners 2 Mile, Mt. Clemens, MI; Sept

	c, mt. Clemens, Mi,	Sept. 1
M40	Pat Wilson 46	11:15
	Ton Henderson 45	11:19
	Gary Flatt 42	11:32
MS0	Hartley Vezina 57	11:25
	Darrell McKee 59	12:36
M60	Jim McManus	14:27

### Metro-Macomb Runners 5-K Mt. Clemens, MI; Sept. 8

M40	Gary Flatt 42	18:10
	George Geck 44	18:53
	Erv Love 49	20:32
M50	Hartley Vezina 57	18:07
	Darrell McKee 59	20:07
	Currell Pattie 50	20:27

### Blade 10K Toledo, OH; Sept. 26 Overall Paul Aufdemberge

	Boyd	33:33
M40	Bob McComber	32:47
1	George Peuhl	34:30
SAME	Mark Stender	35:03
1200	Pat Wagner	35:07
1	Danny Murphy	35:08
-	Glenn Bowen	35:36
M45	Wally Herrela	33:06
	Pat Havens	34:54
E.F.	Tom Groves	35:08
35.16	John Newton	36:08
200	Don Briggs	36:24
M50	Jim Siefring	36:18
1773	Jim Carlton	36:36
1	Dennis Scott	37:15
-	Ken Peterson	38:42
M55	Jim O'Neill	32:27
200	Gil Gilmore	38:56
2 14	Ralph Judd	40:27
M60	Harrison Hensley	- 43:22
	C McGrady	44:15
3-31	Richard Corado	45:57
M65	Jim Forshee	39:41
	Dick Matuszewski	47:44
	John Wernert	48:31
	Roger Clarke	50:12
M75	Russ McColley	53:12
	John Moffett	70:39
W40	Debbie Wagner	36:42
-	Terry Mahr	36:55
	Barbara King	40:03
W45	Betty Newton	40:55
-43	Barbara Squires	45:58
	Debbie Welly Kay Heinrichs	46:14
WSO	Judi Roniger	46:24
-30	Barbara Lindeman	49:55
	Diane Steinberg	50:12
W55	Louise Miklovic	54:27
	Jill Calcamuggio	44:21
W60	Whayong Semer	52:40
	Doris Langel	48:09 60:39
W65	Pat Morris	69:39

### MID AMERICA

### Leawood Labor Day 10K

Leawood, NS; Sept. 6		
werall		
kordon Way	31:40	
arb Rinne	36:11	
40 Curtis Hancock	35:57	
45 Greg Hartman	37:10	
650 Davis Virtue	44:18	
65 Dave Boone	42:51	
60 Dick Wilson	38:07	
65 Bill Kaphart	51:33	
070+Bd Burnham	60:29	
440 Sharon Greenwood	41:08	
45 V Beck	46:33	
750 Rebecca Heidlage	56:04	
455 Ann Nelson	59:13	
W60 Ann Williams	52:43	
Minnesota Marters	154	

### Minnesota Masters 15K USATF Championships Edina, MN; Sept. 19

0	Rob Whetham	50:11
	Jim Pelarske	50:53
	Mark Nelsen	51:0
	Tom Eisenrich	53:2
	Doug Suker	54:3
	Jack Ankrom	54:5
	Jerry Beutel	55:1-
	Fred Clayton	55:4
	Jay Goetz	56:0
	John Cretzmeyer	56:3
	John M Cramer	57:0
	Roy Wilson	57:1
	Kevin M Pates	57:3
	Terrence Hakkola	57:4
	Dennis Bartz	59:0
	Ron Shew	59:3
	Douglas Webber	1:00:4
	Robert J Tierney	1:01:0
	Larry E Thompson	1:01:0
	Ron Florid	1:03:2
5	Bruce Mortenson	53:13
	Kris John Marinoff	56:19
	Ed A Dallmann	1:00:59
	Dick Neumeg	1:01:26
	Roland B T Thorster	
		1-02-11

11 45		1:02:40
	Jim Foster	1:03:03
	Hugh B Thompson	1:03:44
	Jake Czapiewski	1:04:01
	Dan Carlson	1:05:34
	Michael Hlavac	1:05:53
	Peter M Hawkins	1:06:42
	Rolf D Anderson	1:06:53
	Gary Korby	1:07:20
	Jim Koivisto	1:07:25
	Richard Rasmussen	1:08:01
	Tom Harren	1:09:24
	Andy Turnbull	1:09:39
	Edward Loye	1:09:43
	James R Boyer	1:09:44
1 45	Jim M Rettler	1:09:45
	Doug Syring	1:10:46
M50	Rick Kleyman	56:42
	Patrick J Ross	57:09
	John Brown	58:45
	Jim L Mayerle	59:11
	Frank McCoy	1:00:17
1	Dave Walvatne	1:03:22
	David L King	1:03:32
N. Ce	Harold J Hammond	1:04:49
5	Steve J Paladie	1:07:28
79	Seymour Pederson	1:07:50
STEET	Bill Berneking	1:08:24
16.5	B Douglas Pfaff	1:09:45
	Dick Kyro	1:09:53
	Gary Halen	1:10:29
	Norlie Knudson	1:10:33

Norlie Knudson Bill Hofstad Richard Schindler

Ronald Rush Roger C Cobb

Antonio R Salinas M55 John Quinton Thom Weddle John Adams

Gary Hedstrom Jerry Sombke Gerald Onstad

Mendal Mearkle John F Victory Rich Roeder

Ralph D Wilson James C Rath

Ian Swanson Robert Ackerberg

Claus A Pierach William L Hannon

Jim Page Robert E Thorbus

Floyd H Bouley Manny Husebo Stuart M Friedell

Continued on next page

Dave Harrer M60 Greg Prom Rogers H Anderson Arnie Gilbertson

1:12:45 1:13:07 1:13:34

1:13:34 1:13:58 1:14:36 1:02:43 1:03:24 1:08:44 1:09:58 1:10:14 1:12:16

1:13:21 1:15:15 1:17:39

1:18:33 1:20:08 1:20:50

1:21:42

1:23:25 1:25:12

1:03:38 1:10:18 1:12:24

1:18:37 1:19:07 1:19:33 1:19:52 1:23:47

Nove	mber, 1993	1		National
		0.10		
	nued from previous page George Sivanich 1:13:43	Geri Cummings Marsha Berry	1:26:23	M40 Sam Hajj 1:14:13 Bob Mallace 1:15:11
	ton King 1:22:29	Anne A Methany	1:42:37	Barry Schaeffer 1:15:40
	M (Jim) Hershey 1:33:41	W50 Judy Cronen	1:08:17	Don Ocana 1:17:34 Juan Sandoval 1:18:28
	Lloyd Young 1:04:43	Audrey Schroeder Judy Burich	1:09:06	Adalberto Mendosal:18:34
	ohn C Burton 1:09:12 Howard A Brady 1:29:44	Joyce Pfuff	1:25:02	Andy Mackay 1:20:50
	ohn S Engebretson 1:48:29	Debbie Monchamp	1:25:47	M45 Tom Carras 1:21:43 William Humes 1:22:27
	Paul W Werner 1:34:06	Mary Jo Permuth	1:28:30	J R Cardenas 1:23:18
	Nancy J Marquette 58:27 Karen Ladig 1:02:58	Suzanne Hedstrom W55 Phyllis Kahn	1:36:13	Harold Maher 1:24:12 Arthur Lahah 1:25:18
	Mary Loving 1:06:34	W60 Diane M Goulett	1:25:12	Arthur Lahah 1:25:18 Larry Huffman 1:25:37
	Nancy Anderson 1:10:59	W65 Mary Lou Carlson	1:26:47	MS0 Tim Rostage 1:19:14
	Ellen Richter-Norgel 1:13:28 Katy Sears Lindblad 1:18:21	W70 Betty Haleen	1:50:16	Bill Gracey 1:26:06 Mike Sanchez 1:26:32
	Nancy Maloney 1:20:31			Conrad Will 1:26:53
	Denise Sylvestre 1:23:07	Cliffhanger 5K/8I Kansas City, MO; Sep		M55 Jerry Albert 1:30:18 Frank Vasquez 1:31:53
	Deb Conley 1:24:00 Karen Brindley 1:25:47	Overall5K		Ramon Sandoval 1:32:05
	Vanessta Spark 1:26:24	Tim Schmidt	15:28	M60 Carlos Ruiz 1:35:04
W40	Gwen Kobbervig 1:05:27	Evette Edmondson M40 Bob Logan	17:48	Frank Ferrone 1:38:33
	Barbara A Arveson 1:06:01	M45 Larry Davison	17:55	Bill McAuliffe 1:43:03
	Mary Heather McMunn 1:10:21	Alan Saunders	17:57	M65 Phillip Hall 1:44:14 Harold Ritchey 1:48:57
	Linda Schissel 1:11:10	M50 Don Welsh M55 Bobby Kincaid	19:11	M70+Jim McOown 71 1:37:41
	Irene Kilanowski 1:18:20	M60 Paul Heitzman	18:00	Jack Smothers 71 1:53:42
	Diane Jahnke 1:18:25 Nannette Greenfield 1:19:31	M65 Frank Creason M75 Bill Dyer	23:49 27:51	W40 Marina Jones 1:23:43 Ana Harris 1:26:56
	Dena B Moran 1:20:27	W40 Suzy Spatty	26:17	June Gessner 1:32:18
	Jeanne LaBore 1:21:12	W45 Margaret Davis	22:59	W45 Mary Leivers 1:34:48 Ann Walker 1:36:48
	Paula Callies 1:23:57 Julienne Sprint 1:28:05	W50 Donna Arnold W55 Carolyn Defonso	31:38 27:49	Rochelle Wilson 1:39:06
	Barbara Christenson 1:29:02	Overall8K		W50 Yvette LaVigne 1:35:23
	Diane M Anderson 1:30:12	Charlie Gray Sharon Greenwood	24:45	Ursula Rains 1:43:05 W55 Maxine Tomisser 1:56:29
	Linda Sershon 1:30:13 Barbara McGonigal 1:31:50	M40 Dave Crawford	28:02	Sally Byram 2:02:25
	Linda Sandell 1:37:08	M45 Rick Hogan	29:02	W60 Rebecca Zambrano 1:56:57 Trudy Pietrolungo2:16:54
	Kathy Dahl O'Dell 1:37:09	M50 David Virtue M55 P Stauffacher	34:15	W65 Mary Storey 2:02:44
W45	Diane Stoneking 59:56 Francine LePage 1:04:08	M60 Firmin Snodell	35:55	Doris Gordon 2:08:29
	Karen Johnson 1:20:13	W40 Patricia Banks	38:06	Sacramento Half-Marathon/
	Becky Wardell-Gaertner	W45 Janet Farr	37:55	Marathon
	Susan McAllister 1:25:37	W50 Verna Troutman W55 W Pruetting	49:30	Sacramento, CA; Oct. 3
_		Call and the same of the same		M40 Chris Enfante 1:16:45 Mike Wilhelm 1:19:22
	15th Annual Bud Lig	tht Stadium Run 10K		Ron Mellor 1:19:38
	St. Loui	s; Oct. 2	1 1	M45 Tim Frawley 1:19:54 Arnold Utterback 1:26:03
DIACE	District Comme	ANDICAPPED HANDICAP TIME (MINUTES)	ACTUAL	Ken Martin 1:26:45
PLACE	John Hosner, 68	29:11 12.5	11ME 41:41	M50 Jerry Lyerly 1:27:31 Isaac Melo 1:30:53
5	Jack Gentry, 65	29:20 11.0	40:20	Web Chadwick 1:32:14
3	Ignacio Jimenez, 44 Dick Wilson, 61	29:32 29:43 8.5	33:02	M55 Steve Galvan 1:34:20
5	Melissa Sapa, 13f	30:29 7.0	37:29	M60 Tom Marshall 1:42:51
6 7	Leon Fennell, 61	30:40 31:13 2.5	39:10	Mack Martinez 1:47:14
8	Dan Rooney, 33	31:13 2.5 31:17 1.0	33:43	M65 Ruben Vigil 1:31:00 Bob Burns 1:56:13
9	Dave Daum, 41	31:34 2.5	34:04	M70+Bill Redmond 2:10:11
10	Mark Hosler, 46	31:46 31:49 4.0	34:46	W40 Anne Veling 1:31:05 Jeannie Blakeslee 1:47:12
12	Ernie Hirschfeld, 66	31:50 11.5	43:20	Nancy Huber 1:48:14
13	Dick Hessler, 52	32:02 5.5	37:32	W45 Cynci Calvin 1:35:54 Toni Belaustegui 1:36:39
15	Wike Toolen, 48 Wendy Halamicek, 33F	32:15 32:25 4.5	36:45	Jackie Walker 1:45:42
16	Richard Ebel. 48	- 32:26 4.5	36:56	W50 Rusty Barnett 1:40:51 Louise Walters 1:42:17
17	Dennis Wallach, 36 Doug Pohlman, 33	32:29 1.5	33:59	W55 Chiyo Shingo 1:57:45
19	Ed Altman, 11	32:30 1.0 32:31 6.5	33:30	W60 Liz Demonte 1:58:08 W65 Peggy Ewing 2:13:51
50	Bill Schmitt, 71	32:36 14.5	47:06	W65 Peggy Ewing 2:13:51Marathon
21	Louise Kobin, 25F	32:51 11.0 32:55 3.5	36:25	M40 Rae Clark 2:45:50
23	Paul Aucoin, 48	33:07 4.5	37:37	M45 Craig Newport 2:58:35 M50 Floyd Whiting 3:06:29
24	Joe Bozarth, 65	33:07 11.0	44:07	M55 Ron Vertrees 3:47:37
25 26	Don White, 42 Darrell Mielke, 30	33:08 3.0	36:08	M60 Gordon Hall 3:39:23 M70+Geo Billingsley 3:57:36
27	Neil Ackerman, 47	33:09 0.5 33:10 4.0	33:39 37:10	W40 Jan Levet 3:50:00
28	Bernie Candy, 45	33:11 3.5	36:41	W45 Joyce King 4:23:00
30	Michael Nelson, 12 Wayne Wheeler, 54	33:12 5.5 33:15 6.0	38:42	<b>NORTHWEST</b>
31	Ed Tulin, 12	33:15 6.0 33:21 5.5	39:15 38:51	
32	Frank Tate, 43	33:31 3.0	36:31	Founders Day Lithia Park 8K
33	Renzo Dreon, 52 Gholam Peyman, 55	33:38 5.5	39:08	Ashland, OR; Sept. 6
35	Gholam Peyman, 55 Larry Ziegler, 48	33:41 6.0 33:44 4.5	39:41	Overall
36	Dave Worful, 48	33:53 4.5	38:23	Ric Sayre 40 26:06
37 38	Vernon Bradshaw, 59 Tony Murray, 52	33:57 7.5 33:58 5.5	41:27	Theresa Walton 22 32:02 M40 Ric Sayre 26:06
39	Wayne Shoak, 37	33:58 5.5 33:59 2.0	39:28 35:59	John Thomas 42 29:34
40	Curt Larson, 39	34:01 2.0	36:01	Fred Pietrzak 46 31:24 M50 Ed Hagerman 55 32:36
41	Louis Gassmann, 36	34:06 1.5	35:36	Jim Cruickshank50 32:53
43	Carol Bellora, 46F Stephen Salerno, 25	34:10 8.0 34:10 0.0	42:10 34:10	Rich Northrup 55 33:15
44	Derek Redmore, 55	34:12 6.0	40:12	M60 Bernard Scherrer6136:28 Bill Stowell 65 37:56
45	Mike Frigerio, 31	34:13 0.5	34:43	M70 Dan Bulkley 76 43:31
47	Pam Campbell, 35F	34:16 3.0 34:18 5.0	37:16 39:18	Bill Hutchison 73 43:38 M80+Mel Shine 84 59:44
48	David Eatwell, 35	34:20 1.5	35:50	W40 Pim Reitsman 40 38:08
50	Jim Norval, 56 Tom Eagleson, 33	34:20 6.5 34:22 1.0	40:50 35:22	Doris Segner 49 41:23 W50 none
				W60 Daisy Roberts 62 44:26
(Bridge	WE	ST.	1100	Spirit of Springfield 12K/5K
				Spirit or Springred 141/31

53:29 54:36 54:59 55:14 55:48 56:09 56:33 57:01 57:14 57:31 57:42 59:03 59:35

:01:02

:01:07 225 2:15 2:19

安三年母母等有名子母母母等公司哲学者不可是是可兴致中

33

- 1	MAS TON CALLES	1121143
-1	William Humes	1:22:27
-	J R Cardenas	1:23:18
1	A Cardenas	1123110
	Harold Maher	1:24:12
- 1		1:25:18
1	Larry Huffman	1:25:18
-	MED THE DOOR LINES	1.10.11
-	Bill Gracey	1:26:06
	Mike Sanchez	1:26:32
-	Conrad Will	1:26:53
1		
٠,	M55 Jerry Albert	1:30:18
ı	Frank Vasquez	1:31:53
- 1	Ramon Sandoval	1:32:05
ı	Clarence Hunter	1:35:04
1	M60 Carlos Ruiz	1:35:44
1	Frank Ferrone	1:38:33
1		
1	Bill McAuliffe	1:43:03
1	M65 Phillip Hall	1:44:14
1		
1	Harold Ritchey	1:48:57
ı	M70+Jim McCown 71	1:37:41
1	Jack Smothers 71	
1		
ı	W40 Marina Jones	1:23:43
ı	Ana Harris	1:26:56
١	June Gessner	1:32:18
1		
-1	W45 Mary Leivers	1:34:48
1	Ann Walker	1:36:48
ı	Rochelle Wilson	1.39.06
1	MEO Waster Tollie	1.35.00
-	W50 Yvette LaVigne	1:35:23
-	W50 Yvette LaVigne Ursula Rains	1:43:05
-	WSS Marine Thmisser	1 - 56 - 29
-	Calling Continues	2.02.20
-	W55 Maxine Tomisser Sally Byram	2:02:25
	W60 Rebecca Zambrano	1:56:57
-	Trudy Pietrolung	
	reary received	
	LACE Many Change	9.00.4
	W65 Mary Storey	2:02:44
	W65 Mary Storey	2:02:44
	W65 Mary Storey Doris Gordon	2:02:44
	W65 Mary Storey Doris Gordon	2:02:44
	W65 Mary Storey Doris Gordon Sacramento Half-Ma	2:02:44
	W65 Mary Storey Doris Gordon Sacramento Half-Ma Marathon	2:02:44 2:08:25 rathon/
	W65 Mary Storey Doris Gordon Sacramento Half-Ma	2:02:44 2:08:25 rathon/
	W65 Mary Storey Doris Gordon Sacramento Half-Ma Marathon Sacramento, CA; C	2:02:44 2:08:25 rathon/ Oct. 3
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C M40 Chris Enfante	2:02:44 2:08:25 rathon/
-	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C M40 Chris Enfante	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon  Sacramento, CA; C M40 Chris Enfante Mike Wilhelm	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Marin	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:03
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Marin	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:03
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:54 1:19:54 1:26:45 1:26:45
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Jesac Melo	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:45 1:26:45 1:27:31 1:30:53
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Jesac Melo	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:45 1:26:45 1:27:31 1:30:53
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor  M45 Tim Frawley Arnold Ulterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick	2:02:44 2:08:25 rathon/ 0ct. 3 1:16:45 1:19:22 1:19:38 1:26:45 1:26:45 1:27:31 1:30:53 1:32:14
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan	2:02:44 2:08:25 rathon/ oct. 3 1:16:45 1:19:22 1:19:38 1:26:03 1:26:45 1:27:31 1:30:53 1:30:53 1:32:14 1:34:20
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan	2:02:44 2:08:25 rathon/ 0ct. 3 1:16:45 1:19:22 1:19:38 1:26:45 1:26:45 1:27:31 1:30:53 1:32:14
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan Bob Peterson	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:03 1:26:45 1:27:31 1:30:53 1:32:14 1:34:20 1:34:20
	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Utterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan Bob Peterson M60 Tom Marshall	2:02:44 2:08:25 rathon/ oct. 3 1:16:45 1:19:22 1:19:38 1:19:58 1:19:645 1:26:45 1:26:45 1:27:31 1:30:53 1:32:14 1:34:20 1:40:22 1:42:51
The second secon	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Ulterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan Bob Peterson M60 Tom Marshall Mack Martinez	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:45 1:27:31 1:30:53 1:30:53 1:34:20 1:40:52 1:42:51 1:42:51
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	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; O M40 Chris Enfante Mike Wilhelm Ron Mellor M45 Tim Frawley Arnold Ulterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan Bob Peterson M60 Tom Marshall Mack Martinez M65 Ruben Vigil Bob Burns M70+Bill Redmond W40 Anne Veling	2:02:44 2:08:25 rathon/ oct. 3 1:16:45 1:19:22 1:19:38 1:26:43 1:26:45 1:27:31 1:30:53 1:32:14 1:34:22 1:42:51 1:47:14 1:31:00 1:56:13 2:10:11 1:31:05
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	W65 Mary Storey Doris Gordon  Sacramento Half-Ma Marathon Sacramento, CA; C  M40 Chris Enfante Mike Wilhelm Ron Mellor  M45 Tim Frawley Arnold Ulterback Ken Martin M50 Jerry Lyerly Isaac Melo Web Chadwick M55 Steve Galvan Bob Peterson M60 Tom Marshall Mack Martinez M65 Ruben Vigil Bob Burns M70+Bill Redmond W40 Anne Veling Jeannie Blakeslee Nancy Huber W45 Cynci Calvin Toni Belaustegui Leckie Walker	2:02:44 2:08:25 rathon/ Oct. 3 1:16:45 1:19:22 1:19:38 1:19:54 1:26:03 1:26:45 1:27:31 1:30:51 1:30:51 1:47:14 1:31:00 1:56:13 2:10:11 1:31:05 1:47:14 1:31:05 1:47:14 1:31:05 1:47:14 1:31:05 1:47:14 1:31:05 1:47:14 1:31:05
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### 2:45:50 2:58:35 3:06:29 3:47:37 3:39:23 3:57:36 3:50:00 4:23:00 NORTHWEST

Ove	911	
Ric	Sayre 40	26:06
The	resa Walton 22	32:02
M40	Ric Sayre	26:06
	John Thomas 42	29:34
	Fred Pietrzak 46	31:24
M50	Ed Hagerman 55	32:36
	Jim Cruickshank50	32:53
	Rich Northrup 55	33:15
M60	Bernard Scherrer6	36:28
	Bill Stowell 65	37:56
M70	Dan Bulkley 76	43:31
	Bill Hutchison 73	43:38
M80	Mel Shine 84	59:44
W40	Pim Reitsman 40	38:08
	Doris Segner 49	41:23
W50	none	
W60	Daisy Roberts 62	44:26

### Spirit of Springfield 12K/5K Springfield, OR; Sept. 12 W55 Margaret Roberts 29:32 Peggy Tullio W60 Janis Straubergs W65 Helen Dick W70+Grace Davidson Hilde Kutten 31:39

49:45

America's Finest City Half-Marathon

San Diego; Aug. 15 Overall
Alfredo Vigueras 30 1:04:32
Maria Trujillo 33 1:16:17

19:17 21:24 20:54 20:59 21:24 26:49 23:49 26:53

Chai 5K Beverly Hills, CA; Aug. 8

M50 Nelson Crader Bob Weiner M55 Martin Cooper Bill O'Donnell

M60 Leroy Carter M65 Saul Rosenzweig M70+Eddie Lewin Paul Davis

W50 Clarice Filardi Pat Rudolph

12K Overall	
Kevin Barclay 40:41	
Karla Nash 51:09	
M40 Terry Robison	46:18
M45 Larry Wilson	47:38
M50 Martin Gorman	44:41
M55 Mike Barrett	51:47
M60 Frank Wyse	59:36
M65 Bill McChesney	49:42
M70 Larry Smith	77:46
M75+Marriner Orum	71:39
Mi Jerman Lands Of the	

W40 Kathy Roberts	57:03
W45 Pat Edgington	71:29
W50 Dearma Grimes	66:09
W55 Alice Rose	55:21
W65 Dawn Russell	72:36
58	
Overall	
Jeff Sherman	17:26
Sandra Newton	20:50
M40 Mike Deaton	19:07
M45 Dr. Boggie	20:50
M50 Bill Rose	25:25
MSS Bill Kirkpetrick	34:52
M65 Norm Lumian	31:27
W40 Sendra Newton	20:50
W45 Sarah Garretts	26:03
W50 J Erchinski	29:16
W55 Gail Norris	36:51
W60 Beverly Spoerl	50:41
W65 Lorraine Byers	54:57
W70 Evelyn Abraham	59:39

### INTERNATIONAL

**British Veterans Athletic** Federation Marathon Championships (Flying Fox Marathon) Stone, Staffordshire, GB

Oct. 3

M40 Kevin Wilkinson	2:28:37
Raymond Lees	2:29:24
Wm Sichel	2:39:13
David Laughlin	2:39:52
Paul Williams	2:42:04
David Mellor	2:44:14
Paul Douglas	2:47:39
M45 Colin Youngson	2:36:18
Andrew Stirling	2:36:39
Geoff Watkin	2:42:33
Ian Jolliffe	2:53:54
Bernie Campbell	2:57:47
Malcolm Daley	2:59:25
M50 Mike Barnes	2:42:35
John Minton	2:51:54
James Dutch	3:00:57
John Parker	3:11:43
M55 George Kay	2:55:26
Roy Stowell	2:56:50
Alistair Shaw	2:57:47
M60 Geoffrey Oliver	2:54:55
Bob Emmerson	3:01:32
Malcolm Pittock	3:13:26
M65 Doug Whiting	3:19:39
Denis Keogh	3:35:05
Hugh Turner	3:41:42
W35 Catherine Nevin	3:09:26
W40 Denise Hodgesteg	er3:01:19
A Cornell	4:38:21
W45 Pauline Rich	3:17:39
Gert Cowling	3:24:53
Rosemary Michie	4:09:41

W50 Kath Hope W55 Mollie Smith Fay Parkin W70 Pat Trickett

Whon's Team
PNAC (Williams/Taplin/
Tattum) 8:34:34
East Cheshire (Mellor/Ablott/
Smith) 8:34:51

3:31:49 3:25:11 3:55:22

3:48:14

### RACE WALKING

Potomac Valley/USATF 15K Racewalk Championships Alexandria, VA; Sept. 5 1:25:56 1:28:25 1:34:04 1:37:11 1:44:19 Alan Price 46 Jim Wass 41 Sul Carrallo 62 Claude Le Tien 46 Both Alvarez F48 Bill O'Reilly 67 Pat Nesley P65 Jose Schindel P51 1:47:44 1:49:18 1:55:19

### North American Masters 15K RW Championships Albuquerque, NM; Sept. 5 M40 Steve Petrakis 1:20:34 Dave Geynn 1:35:44

PRING CALLER	1123144
M45 Norm Frable	pta
Peter Armstrong	1:28:29
Pat Bryan	1:33:19
MSO Alan Yap	1:22:20
John Fnifton	1:32:34
Berb Koffler	1:46:12
MSS Pres Donaldson	1:34:53
Arvid Rolle	1:37:52
Ken Bucker	1:38:14
M60 Gordon Albury	1:43:52
David Davies	1:44:20
Robert Dodson	1:44:44
M65 George Caron	1:51:09
M75 Richard Stark	1:54:00
W40 Sally Rich'ds Ke	err1:20:00
Eliza Walbridge	1:30:40
Pat Cooper	1:32:58
W45 Kathy Frable	1:36:10
Shelly Koffler	1:46:59
W50 Susan Johnson	1:42:45
Cleo Boyd	1:50:05

	ate Racewalkers nd, CA; Sept. 1	
W40-49	Sally Focacci Sandy Womack	55:53 58:59
	Pam Thornton Carolyn Nash	60:31 76:04
W50-59	JoAnn Nedelco	55:26
	Lorri Coppola Marg. Seewerker Pat Draves	70:39 74:15 78:12
W60-69	Rhoda Dawson	75:59
	Shirley Parlan Grace Moremen	77:25 82:07
M40-49 M50-59	Skip Bockoven Kirk DeFord	56:15 55:51
	John Schultz Chuck Marut	57:04 58:22
	Jim Fisher Charles Woods	65:42
	Gary Bower Ralph Wheeler	69:20 73:45
M60-69	Jack Bray Bill Moreman	52:08
	Jon Borset	71:58

#### **USATF National Masters** 5K Race Walk Championships Kingsport, TN; Sept. 18

werall	
Illen James	21:25.41
lictoria Herazo	22:20,01

M40 Ray Punkhouser	22:20.54
Robdan Bulauowsk	
Gene Harrison	28:46.52
Ross Barranco	29:25,01
John Evans	29:43.68
N45 Norman Frable	25:08,82
Fred Bonnett	25:57,00
Gene Opheim	26:15.02
James Norvill	29:56,27
John Ress	31:42,74
M50 Don De Noon	21:40,85
James Carmines	24:08,30
Bubby Barker	29:41,98
Paul Curtis	33:46,70
Marvin Sheets	37:08, 32
MSS Paul Johnson	25:34,12
Kenneth Harrison	
M60 Joe Rogers	30:52,85
Ass Levis	36:35,60
MSS John Snaden	36:43,41
M70+Jack Hunter 70	35:19,07
Joseph Solomon71	40:51,70
W40 S, Richards-Kerr	24:13,53
Biz, Longton	26:51, 89
Murtitia Beach	30:03, 79
Rosemry Wiles	32:41,63
Rita Osborne	35:05,97
\$45 Eathleen Frable	29:01.59
Ginny Jones	32:34,70
Bartura Helmer	38:21,78
Bertha Page	42:09,43
W50 Lois Dicker	30;09,97
Marilyn Bellamy	36:32,53
Ardyce Plosser	40:41.55
W55 B. Young-Grady	31:30,58 36:28,40
Joyce Curtis Joyce Manis	36:47,02
W60 Detty Gray	41:18,69
W70-Virginia Coltras	
Ato-Aligning Column	1044.04.10

#### MAC 5K Racewalk Championships Central Park, NYC; Sept. 19

Overal1	
Narc Varsano 28	21:39
Kaisa Ajaye 30	25:55
M40 Gary Null 48 2nd	23:03
Taka Anano 43	25:05
Pranco Pantoni 47	25:06
M50 Herbert Zydek 55	27:17
Bob Barrett 59	27:46
M60 Cervin Robinson 65	30:12
Leo Rivera 61	31:12
M70+Frank LaMorte 72	32:35
W40 Sonia Morales 45	30108
Ana San Antonio 42	30:20
W50 Maria Cox 51	31:24
Rhoda Green 59	31149
W60 Joan Rowland 67	33:40
Vivian Lowery 69	37:36
W70+Paule Mann 71	44:00
W Campibell 74	44:41

#### Delaware Sr. Olympics Dover, DE; Oct. 2

1500 RW	
M65 Edward Gawinski	7:58.8
John Starr	8:14.5
M80 George Steinmetz	13:45.1
W65 Dorothy Foster	10:55.7

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### '93 TAC National 10K Champion

51 years young

SAM SKINNER

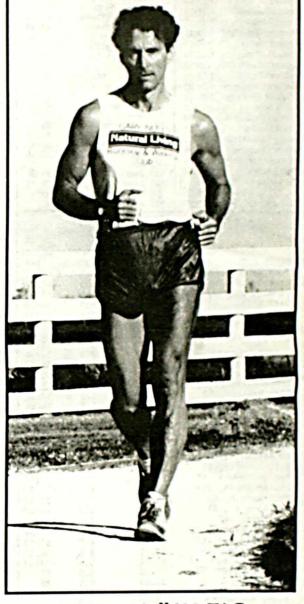
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