



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 winning W40+ Baltimore RRC team with meet director Dick Hillman, Annapolis Ten Miler, Annapolis, Md. (from left): Marilyn Bevans, Margaret Starnes (first W40+ in 67:44), Dee Nelson, Randon Fritsch, and Torchia Esdale. Photo by George Banker

Mondragon First in Virginia 10-Miler

by JERRY WOJCIK

Martin Mondragon, 41, Mexico City, Mexico, was the winner overall in the Virginia 10-Miler, Lynchburg, on Sept. 10, with a 50:49, a world-class, age-graded 91.0%.

Mondragon's closest over-age-40 rivals were Frank Shorter, 47, 59:25,

and Bill Rodgers, 47, 59:27. Their close finish was almost a replay of the 1975 race when Shorter, 1972 Olympic marathon champion, and Rodgers, four-time winner of the New York Marathon in 1976-1979, crossed the finish line together holding hands.

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Frank Shorter (l), 47, nipped Bill Rodgers, 47, to the finish by two seconds with 59:25, Virginia 10-Miler, Lynchburg, Sept. 10. Photo from Chris Ellis

Pryde, Starnes Top Annapolis 10-Milers

by GEORGE BANKER

The Annapolis Ten Miler, despite its reputation for being hot, humid, and hilly, posted 3260 finishers in its 20th edition on Aug. 27.

James Pryde, 42, Bel Air, Md., was the dominant master with a repeat win in a sixth-place 54:33. In the 1994 race, Pryde set the masters course record with a fourth-place 53:48.

Henry Goodman, 41, Randallstown, Md., was second in 57:27. Bennett Beach, 46, Bethesda, Md., winner of the M45 race in 58:37 was 29th overall. George Yannakakis, 63, Baltimore, in 73:08, and Dixon Hemphill, 70, Fairfax Station, Va., with an 81:24, won with impressive times.

Margaret Starnes, 40, of Street, Md., took the W40+ title in 67:44. Rose Malloy, holder of the masters

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Sipatova, Steffny Win U.S. Marathon

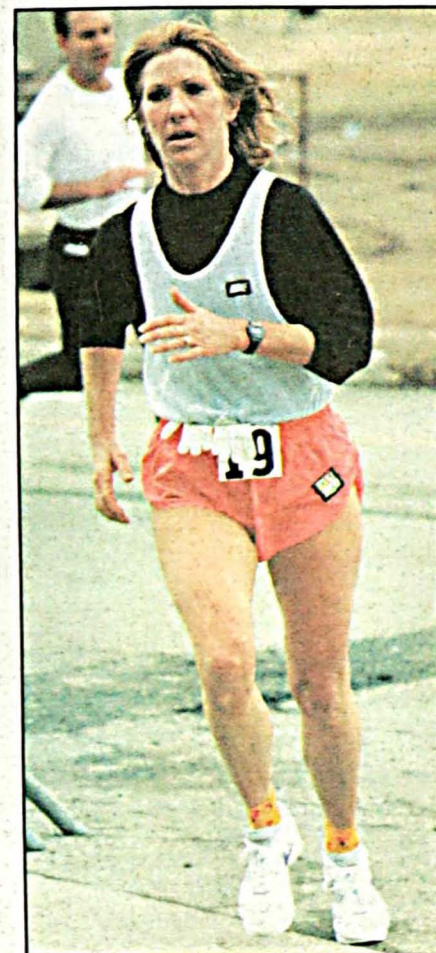
Herbert Steffny, 42, of Germany, was the first master runner in the USATF National Masters Marathon Championships held along with the Twin Cities Marathon in Minneapolis on Oct. 8.

Steffny, sixth overall, ran a 2:18:36 to take the 40+ race from Yuriy Mikhailov, 42, of New York City, who finished in 2:20:14. Ian Bloomfield, 42, of Great Britain, was third master in 2:23:48.

Doug Kurtis, 43, Northville, Mich., who was second master in 1994 with a 2:20, was fourth with a 2:25:14.

Elena Sipatova, 40, of Russia, won the masters women's race with a seventh-place 2:37:37. Alice Thureau, 40, Fisher, Pa., was 12th female in 2:43:23, which qualifies her for the women's Olympic Marathon Trials by meeting the 2:50 standard. Jane Hutchison, 49, Webb City, Mo., was third in 2:51:19.

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Linda Banning, 45, Alexandria, Va., W40+ winner (1:28:09), Hampton Coliseum Half-Marathon, Hampton, Va. Photo by Clay Shaw



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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 age 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.

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METRIC SCORING

What a depressing and disappointing article by Mike Tymn last issue regarding the metric system. It is difficult to believe that Tymn, who has written such great articles in the past, including his support of WAVA age-graded scoring, would have this attitude. In this age of advancement and progress, and in a time when the USA is out of step with the rest of the world, it truly is a shock.

This dark-age, if-it-ain't-broke-don't-fix-it attitude is exactly what we don't need. Can you imagine what shape the world would be in if we took this view about everything new? I wouldn't be typing this letter on my computer. I would be on my old Underwood or using my charcoal and bark, complaining that computers are just too complicated and nobody understands them. Of all the articles in NMN this one does not exactly border on absurdity, it wallows in it.

If Tymn doesn't understand what 18.29 means, does he understand what 18.29 dollars is? If Tymn doesn't like the metric system, then he surely does not like our currency system or the decimal system or the percentage system. They are all basically the same. Does Tymn not know what 99.2% means? This is what percent of the world is metric. Can Tymn tell us without a calculator precisely how many yards 4 feet 9 and 1/2 inches is? Let's change the 5K to three miles, the 10K back to six miles, the 15K to nine miles. Does anybody really believe this would be progress?

In Oklahoma there has not been a

standard-distance course measured in the past five years that did not include metric splits. We call and mark metric splits at just about every race. It has become second nature and accepted by almost everyone. AND has created interest. Generally, we have found that the most set-in-their-way individuals have changed their minds.

The metric system is the most logical, sensible and easy system in the world, and this is especially true when compared to the awkward, antiquated English system. Take it from someone who has worked with both systems.

Road racing, racewalking and track and field are international sports on the metric system. Is it not time for these sports to get in step with the rest of the modern world? It might be understandable if the metric system had some complicated formula which was hard to grasp, but nothing could be further from the truth. Of course, if you are bigoted, don't understand basic third grade math or are mentally lazy, you might have a problem.

Joe McDaniel
Tulsa, Oklahoma

DISCUS WEIGHTS

In reply to Judy Fetherston's letter regarding improper use of specified discus weights, first let me say there are two track and field programs in New Mexico. Those are the Senior Olympics and USA Track and Field. I have attended both programs this summer.

The problem of seniors using the wrong implement weights always comes from "on-field officials" who

simply do not know the proper weights for all of the age divisions. However, I have attended six track meets in Albuquerque and have not observed any violations as described. The meets I attended were well officiated, especially the USA Track and Field meets, which were all sponsored by Kathy Jones, our State Coordinator.

Floyd Riddle
Albuquerque, New Mexico

I wish to validate the letter by Judy Fetherston in the July issue on an improper weight used in the men's discus at a meet in Albuquerque, N.M. I filed an official protest with the officials and was told later that the matter was being worked out with the contestants involved. I assume it was.

The most upsetting thing about this situation was the attitude by several persons at the event that it didn't matter that a lighter implement was being used.

We know that an enormous amount of volunteer hours go into putting on a competition and that the volunteers may not be as informed as they might be as to the rules. However, no matter how small the meet, it is important to those who are participating that the rules be followed.

I was brought into the weight events by a fine coach, who taught me the importance of having my own correct implements and a copy of the rules, as well as the rudiments of the events. They are available for use by all.

I do not return to meets that take the rules lightly, as was suggested by Jerry Wojcik in his July "Weight Room" column. It does matter that the rules are followed.

Paula Maloy
Albuquerque, New Mexico

WHO'S IN CHARGE HERE?

1) Is there an established procedure for results being recorded? Is it the responsibility of the meet director to mail the results somewhere? If so, where? Or should a participant take it upon himself to do that?

2) I wonder why my times are not mentioned in the rankings. Last year I did personal bests in the 1500 and 5K

racewalks, but I never saw those results anywhere. Does this mean the meet director just didn't get around to it?

3) Who, by the way, is the Great Recorder of Times?

4) What is the chain of communication? Where does it break down? Is there something I can do to fix it?

Daryl Ann Kidder
Harborcreek, Pennsylvania

1) Meet directors should send the T&F and RW results to NMN. Race directors should send LDR results to NMN and the Road Running Information Center (address on page 3). Some do; some don't. Participants can help by getting results from the director and sending them to NMN and/or to RRIC. —Ed.)

2) Yes.

3) The Rankings, Records, and Racewalking chairmen keep tabs of times (addresses on page 3).

4) Meet/race directors send results to NMN and RRIC, and potential records to the Records chairmen. T&F and RW rankers glean results from NMN. RRIC computerizes all LDR rankings. Rankings and records are published periodically in NMN and in annual publications (see page 13). Volunteers are usually needed to help compile T&F and RW rankings. Contact T&F Rankings Chairman (address on page 3).

STATE GAMES

I'm a long-time subscriber and supporter of NMN and each issue gets better. Your publication deserves all the plaudits it receives. Whatever would we do without it? It continues to be the only source for meet schedules and how to get information about entries, etc.

Which leads me to wonder about publicity for "State Games." I vaguely recall these events listed in NMN's schedule in the past. I thought they were related to the Senior Olympics, but I learned most are open to all residents of the state; the Arizona Games drew 8000 competitors in all sports. California held its State Games in Orange County. Masters track athletes were few and far between. Is there a reason why these events get so little publicity?

Dick Glasgow
Prescott, Arizona

(We haven't been receiving the information. We will make an aggressive effort to find out where and when these events are being held. —Ed.)

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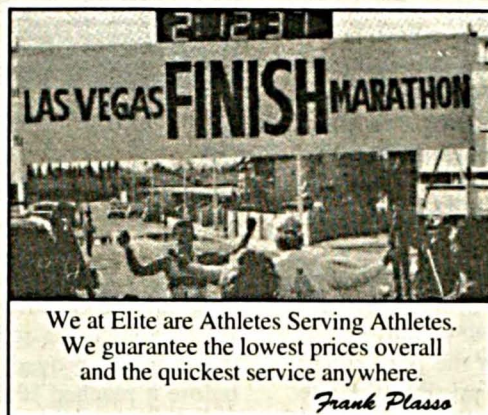
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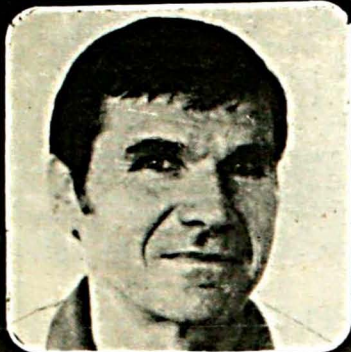
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Third Wind

by MIKE TYMN

Runners Are Like Mountains, Joggers Like Hills

In the recent movie, *The Englishman Who Went Up a Hill But Came Down a Mountain*, the residents of a small village in Wales, just outside Cardiff, are upset at learning that what they thought was a mountain standing over their village is only a "hill." The English surveyors visiting Garth village inform the populace that the hill, called Ffynnon Garw in the Celtic language but Garth in English, measures 984 feet, whereas to qualify as a mountain it would have to be at least 1000 feet high.

Unable to accept Garth as simply a hill, the villagers, under the leadership of their Anglican priest, begin hauling buckets and buckets of dirt to the top in order to make it a mountain. At about 997 feet, they are hit with a heavy rainstorm, which washes away most of the mound they have built. They re-group and, with much struggling, finally top it off at 1002 feet, the extra footage for good measure. As they are topping it off, however, the priest, under the strain of carrying two buckets, has a heart attack and dies. The villagers bury him in the mound and place a small monument over his grave.

Celtic Propaganda

Apparently, the story is essentially true, having taken place in 1917. No doubt the movie embellishes the story somewhat, one London movie critic referring to it as a "yarn" of "Celtic propaganda."

While visiting Cardiff during July, I thought it would be interesting to climb Garth Mountain and see if the mound and monument really exist. Sure enough, I found what clearly appeared to be a man-made mound, as there were numerous rocks spaced around the mound to give it foundation and sup-

port. There was a three-foot high concrete pillar at the top, although there was no inscription of any kind. About 100 yards down from the peak, there was another mound, possibly the one made for the movie.

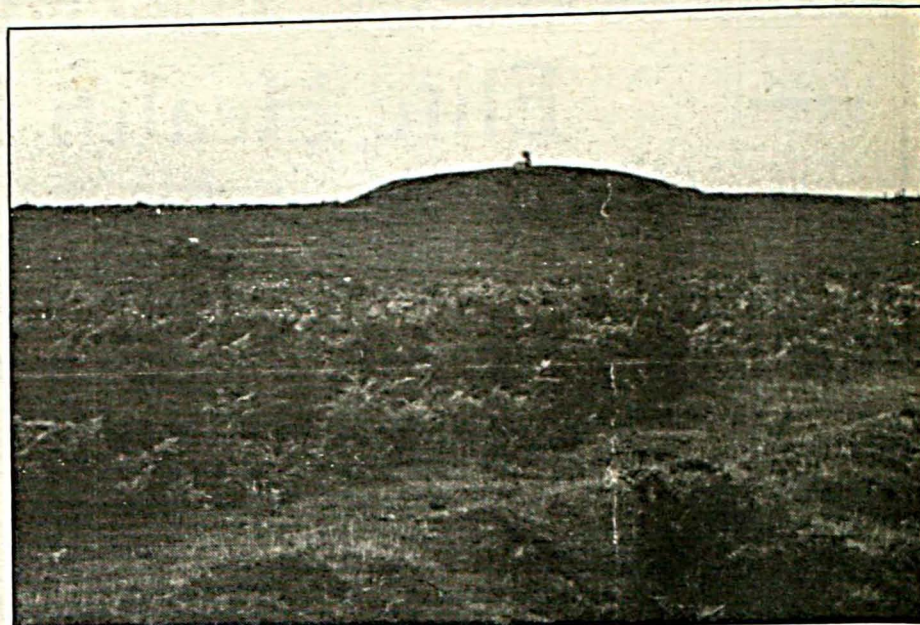
While standing at the top of Garth, peering out at Cardiff and inhaling the aroma of many sheep, I pondered why it was so important to the villagers that their hill be called a mountain. Immediately, I began to see an analogy here with running. For example, a runner does not want to be called a "jogger," and many joggers strive to become "runners." There is sort of a "threshold of respectability" involved.

The point at which a jogger becomes a runner is not well defined, but a seven-minute per mile pace has been called the dividing line between running and jogging.

In the marathon, three hours has become something of a threshold of respectability, at least for the young. Is it coincidental that a three-hour marathon is just a few seconds under 7-minute mile pace?

Striving for the Threshold

When I was into running marathons 15-20 years ago, a time of 2:30 was generally accepted as the threshold of



Looking up at man-made mound and peak of Garth.

Photo by Mike Tymn

respectability among the so-called "elite," at least the elite young masters. I recall striving for that threshold with the same fervor and determination as the villagers of Garth. And I remember setbacks, similar to the rain that eroded away the mound before it reached 1000 feet. They were called running-related injuries. I also remember the tremendous elation that came with breaking 2:30 for the first time, an elation similar to that depicted in the movie when the English surveyors judged Garth a mountain rather than a hill.

Once having achieved a sub-2:30, I was not satisfied. I needed to take off a little more "for good measure," just as the villagers found it necessary to go to 1002 feet.

I heard somewhere that a subsequent measurement of Garth years later found it to be still a few feet short of 1000 feet. Along the same line, I wonder if those courses on which I ran my sub 2:30s would hold up to modern-day certification.

What Mountain?

In my Cardiff hotel, only five miles from Garth, I questioned several hotel workers about Garth and its history. They knew nothing of it. A young boy on a mountain bike at the top of Garth was also ignorant of its history. (The movie was just opening in London that week.) Moreover, there was no



Looking out from the peak of Garth, the hill that became a mountain.

Photo by Mike Tymn

evidence that the current residents of Garth take any real pride in their "mountain." Perhaps it's because the present day residents know there are so many higher peaks in Wales and the rest of Great Britain. The residents of 1917 lived in a much smaller world.

Time seems to have a way of diluting pride. I no longer feel much pride in having run a sub-2:30 marathon. Back in 1978, there were fewer than a dozen American masters who had crossed that threshold, but now many, many more have done it. Maybe it is just as well. Pride, my Catholic schooling taught, is a grave sin. We should strive for humility, not pride.

As I now admit to being nothing more than a jogger at anything over three miles, my higher self cautions me against taking pride in my humility.

A final thought on this matter, one relating to my column last month on running, jumping, and throwing in yards rather than in meters: I wonder what the threshold for a "mountain" would have been back in 1917 if they had measured in meters instead of feet. □

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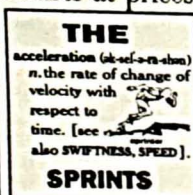
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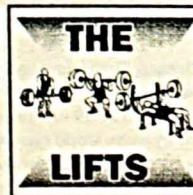
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- Roger Robinson Bests Dan Conway, Hal Higdon, Ernie Billups, Derek Fernee in First Brooks Masters-Only Race in Indiana
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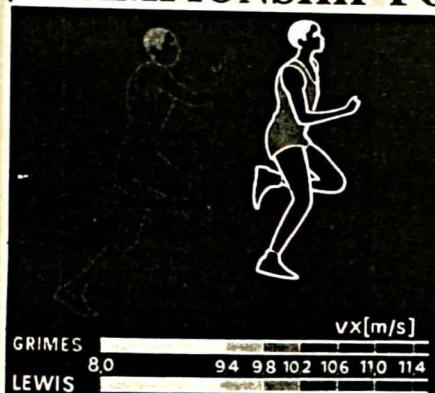
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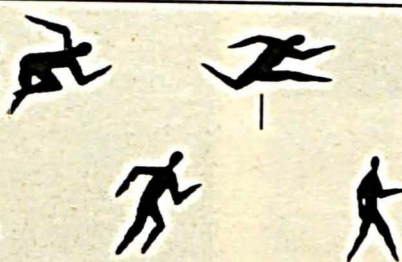
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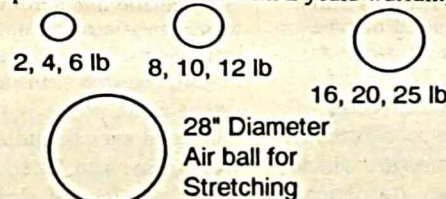


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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Morton's Neuroma

One of the more painful conditions that affect track athletes and long distance runners is the intermetatarsal neuroma, or, as it is more commonly known, Morton's neuroma. This is an inflammation of the nerve sheath, usually due to overuse or trauma, leading to an entrapment neuropathy of the nerve that runs between the third and fourth toes.

It is quite common in athletes engaged in running and jumping sports. This is most common between the third and fourth toes but can occur between all toes, as well as under the heel and on the inside of the ankle in the area of the posterior tibial nerve.

Most victims describe the pain as shooting or burning in nature. In many cases, the toes actually go numb. As activity increases, so does the pain. It is usually relieved by removing the training flat and massaging the foot. It is common to see marathoners, during a race, sitting down and removing the shoe for comfort.

The nerve, itself, courses between the metatarsal bones and supplies the adjacent sides of the toes in the web of the forefoot. If one palpates between the toes, patients with Morton's neuroma will reflexively pull the foot away. Squeezing the foot also elicits pain. This is known as a positive Mulder's sign.

Initial treatment is directed toward the athletic shoe. In most cases, the training flat is too narrow and pinches the forefoot, which, in turn, irritates the interdigital nerve. The symptoms can be relieved by simply changing to a wider pair of shoes with ample length and foot-midsole cushioning.

One may also apply a 1/4" to 1/8" metatarsal pad to the shoe. This elevates the metatarsal head and "spreads" the interdigital area, relieving pressure on the nerve.



Joy Upshaw-Margerum, Hawaii, dominated the W30 division at the Nationals.

Photo by Suzy Hess

Ice may be used 8-10 minutes after workout to reduce pain and swelling.

The use of corticosteroid injection is also helpful. This can be used with a local anesthetic.

I have noticed that athletes with Morton's neuroma also have associated varus or valgus foot deformities. It may be helpful to perform a biomechanical examination and use a functional foot orthosis in order to reduce the abnormal forefoot forces.

Physical therapy, including moist heat, ultrasound and electrical stimulation, may reduce the pain and discomfort from these neuromas.

If all else fails, surgical excision of the neuroma should be considered. This is rather a simple procedure which can be performed on an outpatient basis under local anesthesia.

Neuromas are a common athletic injury and quite painful. Most athletes will be unable to continue with their athletic activity until some type of treatment is rendered. □

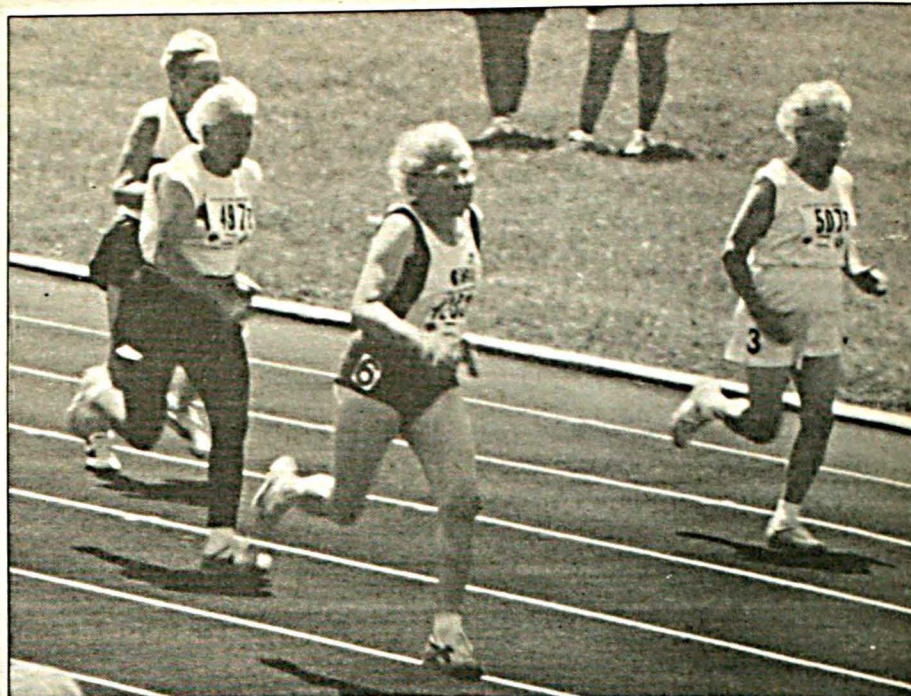
(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Waterloo Relays Age-Graded in Texas

by JEFF BROWER

Seventy-four athletes from 7 to 72 years of age enjoyed some great weather on Sept. 9 in Buda, Texas (just south of Austin), site of the Waterloo Relays. Under sunny skies with just a hint of breeze, these athletes competed in over 200 events, shattering meet records and threatening national marks along the way.

As in previous years, the WAVA Age-Graded Tables were used to determine the final standings for every event. Medals were awarded only to the top three age-graded winners for each gender in each event. The 100m



Mary Wixey, Great Britain, went on to win (18.59) the W70 100, 1995 USATF National Championships, East Lansing, Mich. Mary Holland, #507, of Michigan, was first U.S. Margaret Hinton, #497, Texas, was second.
Photo by Shirley Dietderich

Olrich Overcomes Hill in Cow Harbor 10K

by MAURY DEAN

The 1995 Cow Harbor 10K, Long Island's premier autumn event, on Sept. 16, featured Bill Olrich smashing the national M60 age-group record for USATF-approved courses with annoying hills. Shouldn't all of our races have asterisks? We can always cite the nasty breeze, the Everest-style hills, the thunder-boomers. I have about a 100 PRs with asterisks like that, and so should you. Like Babe Ruth's 295-foot "short porch" in Yankee Stadium's right field, there is really no way one race can ever be quite like another, exactly. So, run like hell and enjoy all your asterisks of glory.

Actually, Olrich, 60, who flew in from Lexington, Ky., ran an age-graded 90.6% 36:09, one of the fastest ever by a sixty superstar. The Cow Harbor course is a hilly, breezy, roller-coaster. America's top marathoner, Bob Kempainen, 29, could manage only a bronze 29:04, losing by an agonizing five seconds on this wimps-need-not-apply route.

Olrich said that the notorious James Street hill at mile 1 1/4-2 was a demoralizer; it seems that 28 runners

passed him on the mini-mountain. He got his second wind in mile three, however, and flew down the hill with the blazing leg speed he showed last week with a 17:08 — third fastest 5K ever by a U.S. M60.

Olrich's counterpart, Wen-Shi Yu, 60, also flew to a W60 course record in 47:07. To put Yu's victory in perspective, W60 silver medalist Alexandra Finger did a nice 57:36.

Olrich ran roughshod over the entire M50+ contingent, with only one wobbly wombat within a minute of his mercurial pace with a 36:52. Dick Murphy, our Long Island champion 60+ runner, was a little astounded to see that his excellent 39:24 didn't overblast the 60s crew as it usually does.

Among the younger masters, the fleetfoot M45s flew past the M40 kids. Only Jerry Miller (43, 35:05) placed among the top five M40-pluses. Marathoner Rob Briglio, 46, who took silver at the WAVA championships in Buffalo in July, took silver again (35:00), with Tom Hall at 34:00.

A distaff speed jubilee rumbled through the fast W50 flyers; not only did Marjorie Kos, 50, crack the vaunted top five masters but her second and third followers, Nancy Tischler (44:27) and Betty Horstmann (45:02), scored stunning times as well on a tough, gutsy course.

The great masters showdown, however, surged between East Hampton's Burke Koncelik (41, 38:21) and Northport's Kathy Martin (43, 39:12). Third was Northport's Cathy Oehrlein (42, 42:55), who ran a fine race with her brother Bill, in memory of their mother.

All in all, Cow Harbor provided another fall classic, directed by Jerry Wood of the Northport RC. A summer drought brought an autumn of swift times, plus a treasure trove of trophies (nifty sweaters), and the rip-roaring of wild parties on and on and on into the cool, crisp, autumn night. □

Taconic, Roadmasters Top Teams in Long Island 50-Mile Relay

by MIKE POLANSKY

The Taconic Road Runners took the lead at the start and were never headed as they took top honors in the masters division of the 10th annual Nationwide Insurance Ocean To Sound 50 Mile Relay on Sept. 10. The Taconic eight-man squad covered the course in 4:54:57, fifth overall. The Runner's Edge Masters were second in 5:11:38.

The Roadmasters topped the women's masters division in 6:18:06, followed by the Massapequa Masters in 6:29:30.

A total of 114 teams were represented in the day-long celebration of Long Island running that started at 8:00 a.m. at Jones Beach and coursed through Wantagh, Seaford, Massapequa, Farmingdale, Old Bethpage, Huntington, Cold Spring Harbor, Oyster Bay, and East Norwich, and culminated in a big party at Eisenhower Park.

The oldest team was "Team 500,"

whose eight runners had a total age of 584, with "kid" Jack Dwyer the youngest member at age 65.

The event was hosted by the Plainview-Old Bethpage RRC, Long Island's largest running club, with POBRRC's Alan End serving as race director. The day was made possible through the generosity of Nationwide Insurance and Nationwide's Stan Kramberg Agency in Lynbrook. The entire proceeds were turned over to ASPIRE, a special program that provides prosthetic devices, intensive physical therapy and rehabilitation through exercise to young amputees, victims of bone cancer and traumatic amputations. A team of young people from the ASPIRE program successfully completed the relay, crossing the finish line in 7:22:58.

"This has to be the single, most exciting running event on Long Island," noted Race Director End. "Our congratulations to every runner who was a part of this magnificent event." □

Northwest Masters 8K Closes

by JERRY WOJCIK

The Northwest Masters 8K, put on since 1964 by Bob and Carole Langenbach and the Snohomish TC of Seattle, was staged for the last time under their direction on Sept. 16. The couple, very active USATF officials in local, regional, and masters track and field meets and road races, felt that after

hosting the race for over 20 years, it was time to give it up.

"The event is not dead if somebody else wants to direct it," said Bob Langenbach, citing the difficulty in promoting a low-key meet such as this in competition with a number of highly-publicized races in the area.

On a sunny morning in Seattle's Seward Park, Mark Billett, 42, Seattle, repeated as overall winner with the same time of 27:05 that made him a winner in 1994. Michael Allison, 44, Seattle, was second in 27:18. Bill Iffring, 61, Everett, Wash., finished with the leaders in 29:30.

Kate O'Neil, 48, Lake Stevens, Wash., won the W40+ race in 32:43. Christine Curtis, 57, Seattle, was second in 36:38.

The Langenbachs were assisted by a minimal crew of Daniel O'Neil, Bonnie O'Halloran, and Rani Sandoy, and were presented with a monetary thank-you gift of \$80 by the runners. □

Wins in Annapolis

Continued from page 1

women's course record of 60:36 set in 1991, dropped out early with an injury. Randon Fritsch, 50, Baltimore, was second in 68:43. Hedy Marque, 78, Alexandria, Va., who walked some of the course, still clocked a highly-ranked 97:04.

Pryde and Starnes led their Baltimore RRC masters teams to victories.

The race also served as the RRCA's state championships. □

OCEAN TO SOUND RELAY LONG ISLAND, NEW YORK



Team 500 gets ready for the start of the Ocean To Sound 50 Mile Relay, Long Island, N.Y., Sept. 10. (from left): Cliff Gultransen, Team Captain George Dennis, Odd Sangesland, Herb Silber, Herb Grayson, Jack Dwyer, Tom Trunkes, and Burt Jablon.

Photo by Mike Polansky

Steffny, Sipatova First in Twin Cities

Continued from page 1

Steffny also headed the list of top age-graded masters with a 94.4%, with Mikhailov a close second at 93.3% and Bloomfield third on the list at 91.0%.

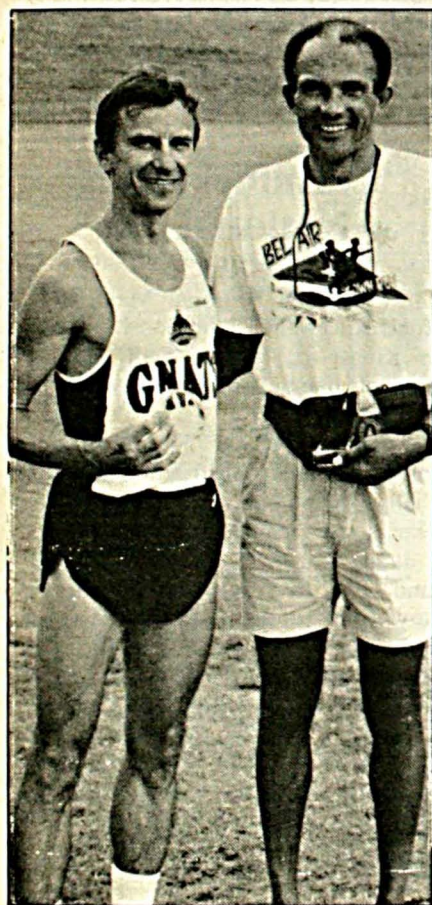
Sipatova, fifth age-graded performer, led the women with a 90.4%. Hutchison was sixth at 89.8%.

Dale Urbain, 61, Burnsville, Minn., M60 division winner with a 2:57:59, had the best age-graded performance of all 50-and-over runners, with an

85.9%.

Over 5700 runners finished the race, the largest number ever in the event. The race was run under almost perfect conditions, with temperatures in the low 50s and clear skies. Some runners attributed their slower-than-last-year's times to a slight wind on the course.

The overall winners were Raphael Zepeda (34, 2:15:09), Mexico, and Gwynneth Coogan (30, 2:32:58), Boulder, Colo. □



George Myers, 48, of the Gnats RC, was third M45 (61:22), and Herb Tolbert, 48, second M45 (59:49), Annapolis Ten Miler, Annapolis, Md., Aug. 27. Photo by George Banker

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Masters Racewalking

by ELAINE WARD

The Day Before and Race Day

by BOHDAN BULAKOWSKI

The following is taken from an interview. Bohdan Bulakowski lives in La Grange, GA, where he coaches many members of the U.S. Men's and Women's National Racewalking teams. He also coaches masters racewalkers at his monthly camps in La Grange or via mail and telephone.

The day before a race, we always do a "warm-up." We do the same routine we do to warm-up for a race, but longer. For example, we might start with an easy 5-minute run, stretch for 10 minutes, do 20 minutes of Walk 1 (long distance workout speed — ew) with three bursts of 100 meters of speed. If you are not on a track, you can do one minute of speed, one minute slow, one minute of speed and one minute slow. After that we cool down with a 5-minute walk and some more stretching.

After warming-up on race day, relax during the 10 minutes preceding the start. You don't want to go to the start line tired. In other words, you don't want to warm up right to the start of the race, so that when the gun goes off you are already breathing hard. If you are tired and everyone else is rested, the gun will go off, they are gone, and you are wondering where they went.

You probably have noticed that some competitors go the first 100 meters of a race full out. In that 30 seconds, they can get their heart beat up to 160. Sprinting at the beginning can tire you for the rest of the race.

During a race it is important to keep in control. Don't go out at a 1:40 lap pace if you can't hold a 1:40 lap pace. If you can hold a 2:00 minute lap pace, do the first lap in 2:00 minutes. Go at your own pace regardless of what others are doing. The competitor who goes out too fast is going to slow down. If you average your steady pace, you may be surprised to find that there is little difference in the final time between you and the person who goes out too fast except that you are not tired and have extra push to win at the end.

In a race, use your head, use your arms, use your legs. When you move your arms well, your legs are going to go well. When you use your head well, you can observe and assess what is happening in the race and can monitor your own pace and strategy. You can't change your level of training. If someone is a lot better than you, you can't do anything about that. But you can use your head at any time during a race to assess your resources and the possibilities of passing someone in front of you or keeping others from passing you. □

(For information on Bohdan's camps, call Rob Cole 706-884-7635.)

NMN received an interesting letter from Herb Appell of North Carolina. He touches on many "sensitive" issues; however, we all need to keep in mind that our suggestions for curing apparent ills should be weighed against the purposes and intentions of the written rules of racewalk judging. I have amended the letter slightly to conform to the new terminology — caution, warning and DQ.

As a retired researcher, I decided to look into the reason for the large number of DQs at the last two Senior Sports Classic racewalks. The reason and cure turned out to be very simple: the number of DQs is a function of the number of judges. At the pre-race meeting we were told that 20 judges were being brought in to be sure that the veteran racewalkers would be protected against the newcomers who might take advantage of bad form. That backfired.

There are a number of over-zealous judges, possibly 10 to 15 percent, who give a warning (red card) when a walker enters that small gray zone that is close to a rule violation, but calls for a caution. One over-zealous judge is tolerable; two leave no room for error by walkers or by the remaining judges; three or more is a disaster. At Baton Rouge, there were 33% DQs in my age group. I estimate there were two over-zealous judges at the 5K. This year there were 68% DQs in my age group including some given to very good racewalkers. I estimate that there were at least three over-zealous judges among the 21 judges used.

There was no problem in the 1500 meter walk. There were four judges in fixed positions as well as the Chief Judge, and one over-zealous judge did no harm. Another sore point is that very few of the disqualified walkers received a caution or any information from the judges. It is not always possible to inform the walker of an impending infraction, but this should be done whenever possible. At Syracuse, Bob Fine called out to me, "680, caution, you're close to a bent knee." I knew exactly where I stood and tightened up on my form. My disqualification at Baton Rouge came out of a clear blue sky. Many racewalkers at San Antonio were also shocked to learn of their DQ.

I was lucky to be DQ'd at Baton Rouge. I was the old man (74) in my age group and only a ribbon candidate. I modified my stretches to emphasize toes up and knees back. I modified my form to that described by my friend and racewalk mentor, Bill Patterson. None of the top three finishers in the M75 group were DQ'd in San Antonio. Legal form can be maintained, but at the loss of speed. With no margin for any error, I decided to concentrate on form and walk just fast enough to win. I preferred a medal over a great time and possible DQ.

My suggestion to race directors is to use no more than four judges in fixed positions in track walks and no more than six in roadwalks. These should be highly qualified judges. If more judges are used, they should be roving judges whose main function is to DQ the flagrant or deliberate violators who drop form between judges. These roving judges would be instructed to not DQ borderline cases but only flagrant violators. Judges should also be evaluated. Those giving large numbers of DQs should be warned or retrained. Also, the Rules Committee should consider dropping the results of the top 10% of the judges who give the most

DQs. That would have dropped the results of two of the 21 judges in the 5K at San Antonio, and I am sure that would have brought the number of DQs down to a normal range.

(Comment: In a large championship, the number of judges should conform to the number required by the rules under normal conditions; i.e., six including the Chief Judge on a track, a minimum of nine on a road course, depending on its length. The duties of the judges are specified in the rules and their judgements are to be made in-

Continued on page 11



Eugene Kitts (r), M45, masters champion, in hot pursuit of open winner, Rob Cole, at USATF National 40K Racewalk Championships, Fort Monmouth, N.J., Sept. 10.

Photo by Elliott Denman

Carmines Wins National 5K

by BOBBY BAKER

The USATF National Masters 5K Road Racewalk Championships, held in Kingsport, Tenn., Sept. 16, attracted some of the best racewalkers in the nation.

Although Mother Nature brought some rain, and construction forced a change in the course layout from last year, some great races were run.

James Carmines, 52, New Cumberland, Pa., overtook pre-race favorite Ray Funkhouser, 43, Toms River, N.J., to capture the men's title. Carmines posted a winning time of 23:49, with Funkhouser second at 24:06.

Becky Comeaux, 40, New Iberia, La., won her first-ever national championship when she passed defending champion Sally Richards, 43, Evergreen, Colo. Comeaux won with a 25:29, with Richards finishing in 26:18.

In the accompanying Food City 5K open race, Mark Danford (42, 26:18) and Elizabeth Longton (44, 27:59) led the masters, coming in 10th and 14th overall. □

| | | | |
|-------|-----|------------|---------------------|
| 3000I | F35 | 13:11.76 | VICTORIA HEPAZO |
| 3000I | F45 | 16:29.54 | JEANNE BOCCI |
| 3000I | F50 | 17:29.21 | ELTON RICHARDSON |
| 3000I | F55 | 17:35.06 | ELTON RICHARDSON |
| 3000I | F60 | 17:31.83 | RUTH EBERLE |
| 3000I | F65 | 19:06.8 | RUTH LEFF |
| 3000I | F70 | 22:32.09 | IMOGENE WATKINS |
| 3000I | F85 | 28:47.11 | DOROTHY ROBERTS |
| 3000I | M35 | 11:29.9 | JONATHAN MATTHEWS |
| 3000I | M70 | 19:40.7 | DONALD COTNER |
| 3000I | M55 | 15:24.04 | JOHN ELWAPNER |
| 3000 | F35 | 15:30.6 | THERESE IKNOIAN |
| 3000 | M35 | 11:26.7 | JONATHAN MATTHEWS |
| 3000 | M50 | 12:58.9 | DON DENOON |
| 5000 | F35 | 23:33.25 | VICTORIA HEPAZO |
| 5000 | F70 | 35:05.11 | MARGARET WALKER |
| 5000 | F75 | 36:42.80 | IMOGENE WATKINS |
| 5000 | F85 | 44:43.85 | DOROTHY ROBERTS |
| 5000I | M35 | 20:01.50 | JONATHAN MATTHEWS |
| 5000 | M50 | 22:02.3 | DON DENOON |
| 5000 | M85 | 38:38.77 | JOHN HANNA |
| 10000 | F35 | 45:52.63 | VICTORIA HEPAZO |
| 10000 | M35 | 41:59.91 | JONATHAN MATTHEWS |
| 15000 | M45 | 1:19:12.2 | STAN CHRAPINSKI |
| 20000 | M35 | 1:27:52.85 | JONATHAN MATTHEWS |
| 1-HR | F35 | 12:44.0 | VICTORIA HEPAZO |
| 1-HR | M35 | 14:05.8 | JONATHAN MATTHEWS |
| 1-HR | M80 | 7:07.2 | FRANK RUBIN |
| 5K | F35 | 22:39 | VICTORIA HEPAZO |
| 5K | M35 | 20:12 | JONATHAN MATTHEWS |
| 10K | F35 | 46:25 | VICTORIA HEPAZO |
| 10K | F45 | 50:58 | GAYLE JOHNSON |
| 10K | F75 | 1:14:33 | IMOGENE WATKINS |
| 10K | M35 | 42:31 | JONATHAN MATTHEWS |
| 15K | F35 | 1:10:27 | VICTORIA HEPAZO |
| 15K | M35 | 1:03:51 | JONATHAN MATTHEWS |
| 15K | M85 | 2:09:18 | TONY PERONA |
| 20K | F35 | 1:35:39 | VICTORIA HEPAZO |
| 20K | F65 | 2:18:07 | RUTH LEFF |
| 20K | M35 | 1:24:56 | JONATHAN MATTHEWS |
| 25K | F35 | 2:14:52 | LYNDA BRUBAKER |
| 25K | M35 | 1:58:20 | JONATHAN MATTHEWS |
| 25K | M40 | 2:11:18 | STEVEPECINOVSKY |
| 25K | M45 | 2:09:36 | EUGENE KITTS |
| 25K | M55 | 2:17:23 | ED WHITEMAN |
| 25K | M70 | 2:39:15 | ROBERT MIRM |
| 30K | F35 | 2:42:47 | LYNDA BRUBAKER |
| 30K | F65 | 3:29:41 | RUTH LEFF |
| 30K | M35 | 2:26:12 | JONATHAN MATTHEWS |
| 30K | M40 | 2:30:13 | DAN O'CORINOR |
| 30K | M45 | 2:35:29 | EUGENE KITTS |
| 40K | F35 | 4:17:27 | DANIELA HAIRABEDIAN |
| 40K | M35 | 3:14:03 | JONATHAN MATTHEWS |
| 40K | M45 | 3:29:31 | EUGENE KITTS |
| 50K | F35 | 5:25:17 | DANIELA HAIRABEDIAN |
| 50K | M35 | 4:01:36 | JONATHAN MATTHEWS |
| 50K | M45 | 4:23:52 | EUGENE KITTS |



On The Run

by HAL HIGDON

Seeking Energy for Endurance Events

The human body has finite energy stores. As with an automobile, once you run out of fuel you don't go much farther. For years, I've experimented with different methods to boost energy, particularly in marathons. Lately, I've uncovered new ways to make myself a better runner.

Automobiles have single energy systems. They run on gasoline. Most cars carry enough gas to take you several hundred miles before refueling.

The body features a multiple energy system. Its fuel is carbohydrate, fat or protein. The prime energy source is carbohydrate, stored as glycogen, mostly within the muscles but with a spare tank in the liver. When you run, the muscles convert this glycogen into energy.

Most runners store enough glycogen to carry them 90 to 120 minutes, or about 20 miles.

Secondary Fuel Source

That won't propel you to the finish line of a marathon, but the body has a secondary fuel source. It can also burn fat stored within the tissues to get you those extra miles.

Fat is a less efficient energy source, one reason why those final miles in the

marathon go slowly.

As a third source of energy, the body eventually will convert protein into glycogen, cannibalizing its own muscles. This happens with starvation diets, normally not with well-nourished runners.

Experience allows athletes to extend the limits of endurance. By utilizing high carbohydrate diets — including the traditional pre-race spaghetti meal — we can ensure our tanks are full. By training wisely — going for long runs — we can teach our bodies to convert fat more efficiently. By pacing ourselves prudently — starting slow — we can reserve glycogen for the end, when we need it.

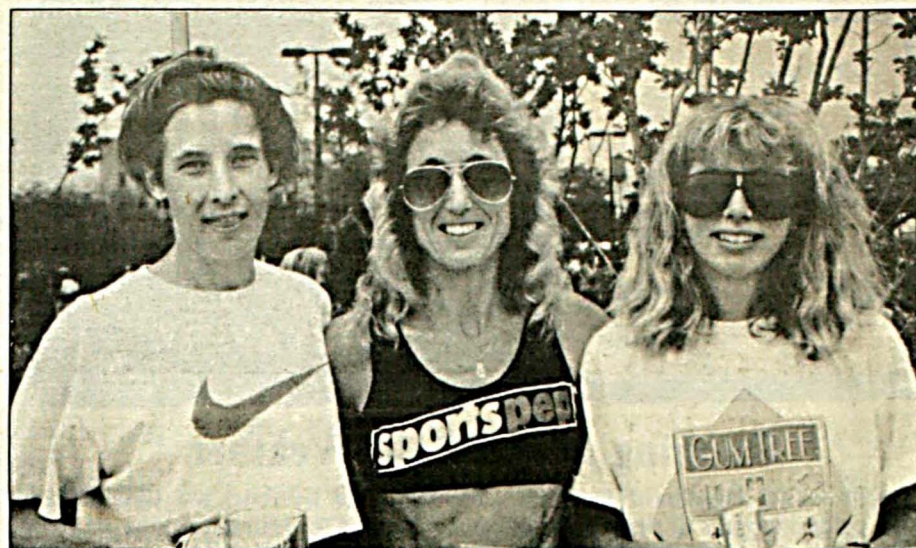
Scientific Explanation

All the above is theory. Long before I understood the scientific explanations for energy depletion, I had the practical experience of running out of fuel — "hitting the wall," as it is called. I dropped out of the first three marathons I started. Two of those races were at Boston, where I ran with the leaders before quitting. In a third marathon in California, I led at 20 miles and was sitting on the curb at 22, unable to continue.

Most beginners have better luck. They learn the importance of carbohydrate in their diets. They are coached to be content to finish, rather than win their first marathon. Currently, I am working with a class of 400 runners aimed at the Chicago Marathon. For those who stick with the class, almost everybody will finish. My message to beginners is to run your first marathon much slower than your potential. That not only guarantees your finish, but makes it easier to set a personal record the second time.

Too bad nobody offered me that advice in my first marathon.

Sensing that part of my early problem was energy depletion, I experimented with various dietary routines, sometimes taping glucose tablets to my shorts, or having someone hand me a can of Pepsi mid-race. This was before the era of Gatorade and other energy drinks. Before one Boston Marathon, I imbibed a high-calorie shake designed for people in nursing homes who don't eat, and burped my way to a top-20 finish.



Top masters women, Gum Tree 15K, Tupelo, Miss. (from left): Carol McLatchie, Texas, 38:01, Judith Hine, Virginia, 38:39, and Pam Williams, Louisiana, 38:55. Photo by Arlene Dahlberg

Combination of Factors

Eventually a combination of diet and better training brought me success. I have completed my last two dozen marathons.

Scientists know more today about how the body utilizes energy; manufacturers borrow that knowledge to create new products for endurance athletes. I have been experimenting this summer with Relode, produced by the Gatorade people.

Relode is a high-energy gelatin that comes in a packet the size of ketchup packages you find at fast-food restaurants. Other similar products

are: Gu, Pocket Rocket and FRN Squeezy. You can pin several packages to your singlet or carry them in your cap. One woman I ran with last weekend tucks them in her bra.

Each package provides 100 calories of energy, theoretically enough to fuel a mile of fast running. On long training runs, it seems I get a boost each time I take one. I plan to use the product in the marathons I run this fall. Combined with all my other tricks, it should get me to the finish line.

Even though the human body has finite energy stores, we somehow find the means to finish what we start. □

Racewalking

Continued from page 10

dependently and equally. At a post-race meeting, the Chief Judge goes over the judges' records of cautions and warnings noting consistency or inconsistency. In this way, all judges are under a continuous process of training. The idea of dropping 10% of the judges who give the most DQs harkens to other sports that are judged subjectively where the top and low scores are eliminated. In racewalking it is perfectly possible, and often true, that experienced judges are the ones who give the warnings or red cards where the less experienced only give cautions. — ew.)

The IAAF's revisions bring to a close the 1994-5 debate on the Definition of Racewalking. The revisions deserve a fair trial. The revision of the straight knee rule will be of greatest interest to masters. Thank you for sending your opinions on lowering the 20K championship distance for masters men. Opinion seems to lean toward lowering the distance.

The next issues of NMN will feature some very exciting interviews with Jim Carmines, Shirley Capps, Stan Chraminski, Bernie Finch, D.C., and others. □

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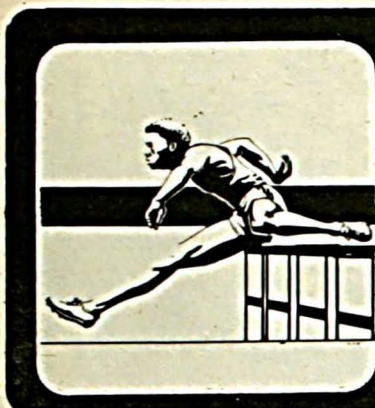
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Training Advice

by GUY AVERY

Running in the Cold Weather

The winter months of December, January, and February are usually the coldest months of the year. While many runners love running in the winter, most view winter conditions with disdain.

If you're a runner who hates the cold, knowledge of a few basic facts, products, and precautionary measures will have you more eagerly awaiting your winter training.

Although running in the summer heat may be the number one threat to a runner's health, running in extremely cold conditions can be just as dangerous. In fact, frostbite and hypothermia are the winter running equivalents of heat injury and heatstroke.

Frostbite occurs when the skin actually freezes after prolonged exposure to very low temperatures. Ice will usually form on the skin or in the tissues below the surface of the skin. This will initially cause the tissue to turn red and burn or sting. However,

after a short time, the skin will lose its color and become numb to pain. If the circulation of warm blood cannot get to the area, the frozen tissue will die and have to be amputated.

Ouch!

Frostbite can most easily occur in the extremities. The feet, hands, nose, ears, and face are most frequently affected. Ouch!

Manually rewarming or promoting circulation through physical movement in the affected areas can help prevent the final stages of frostbite from occurring. However, keeping those areas warm and dry is the best form of prevention.

Hypothermia can occur when your core body temperature drops just one degree. Lean, lightly muscled runners who become fatigued in cool and cold weather marathons are most vulnerable to hypothermia. Although it occurs most frequently in extremely cold conditions, hypothermia can take place in temperatures of up to 50° Fahrenheit. It is simply a result of the body losing heat faster than it can produce it. If not treated in time, hypothermia can be fatal.

Shivering and loss of physical coordination and mental alertness are all symptoms of hypothermia. These symptoms should be treated with measures aimed at warming the inner core of the body. Warm foods and drinks, dry, warm clothes, and rest will help the body save energy and gradually warm itself.

Overheating and Dehydration

While frostbite and hypothermia represent the most serious dangers associated with cold weather running, overheating and dehydration actually occur more often.

Surprisingly, perpetual dehydration is more often a problem in the winter months than during the summer months. Runners sweat just as much in the winter, but perceive that they do not need to drink liquids as much. It is essential to drink plenty of cold liquids before and after running in the cold weather, and more than your thirst requires throughout the day.

Although most runners prefer to dress warmly, running with too much winter running gear can create a "greenhouse effect" in even the coldest of weather conditions. This, in

turn, can lead to profuse sweating, which can actually cause some of the dangers of frostbite and hypothermia.

Layers for Winter Running

Generally speaking, three to four layers of clothing are needed for wind-chill factors in the range of -20 to +20° Fahrenheit. Again, while most runners prefer to dress a little on the warm side, winter running gear should be easily removable and stored or carried as needed, in case you begin to overheat. Also, warming up before you head out the door will enable you to adjust to the cold more quickly so that you do not have to overdress and risk overheating and dehydration.

New technology in winter running apparel has made layers of bulky sweatsuits obsolete.

Now runners can glide through their runs with lightweight and comfortably-fitting running gear that enables them to brave even the most severe cold weather conditions virtually unthreatened by the extremes of winter running.

Fortunately, running tights made of polypropylene are effective at transporting moisture away from the body. Products (loose as well as tight-fitting running tights) made of polypropylene or similar fabrics should be worn as your inner layer.

Your second or middle layer of winter running clothes should serve as

a heat insulator. Here, normal cotton shirts or long johns are fine. They will absorb the moisture transported by your inner layer but will not be in contact with your skin.

Finally, your outer layer should protect you against wind and moisture (rain, sleet, and snow). However, this same layer should ideally allow both heat and moisture to escape to prevent both overheating and chilling. Gore-Tex running suits work this way.

In addition, more and more running apparel companies are coming out with suits that are windproof and water-repellent, and also allow heat and moisture to escape as needed through the suit itself and/or through mesh vents.

Awareness of Dangers

Wet, cold, and windy weather can cause chilling, frostbite, hypothermia, overheating, dehydration, and a generally poor attitude toward winter training. However, with: 1) an awareness of these dangers, 2) an indoor warm-up before heading outside, 3) the proper amount and type of layers, and 4) drinking more cold liquids than your thirst requires, you'll be sure to at least tolerate, if not enjoy your winter running more. □

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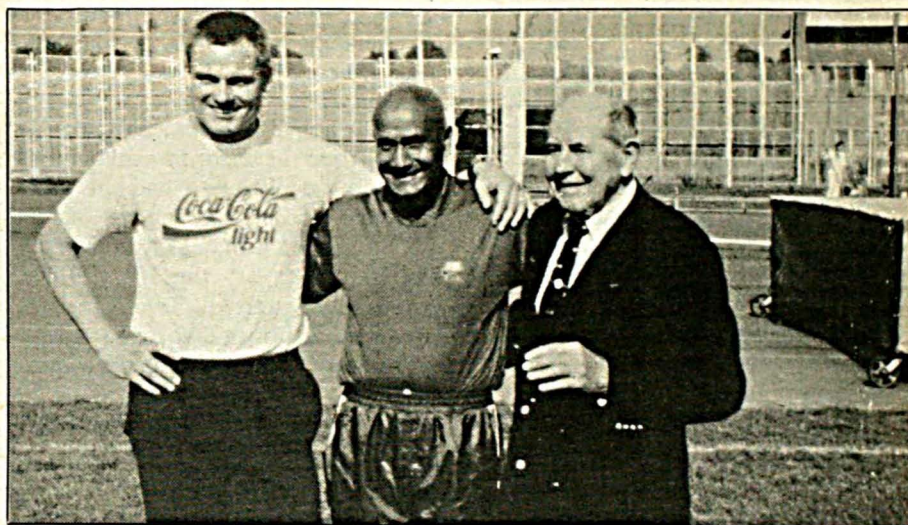
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I certify that the statements made by me above are correct and complete: Al Sheahen, Publisher.



Sri Chinmoy (age 64) center, poses with current Olympic decathlon champion Robert Zmelik (age 26) and Olympic immortal Emil Zatopek (age 74) at the Sri Chinmoy Cup in Prague, Czech Republic, Oct. 8.

Photo by: Projawal

Two Olympic Immortals in Prague

by VIDAGDHA BENNETT

On October 8th, a sunny Sunday morning in Prague, 2000 spectators and athletes attended the Sri Chinmoy Cup, a masters competition for athletes aged 40 years and over.

The event was organized by current Olympic decathlon champion, Robert Zmelik, in honor of Sri Chinmoy's visit to Prague. The meet was also graced by the presence of Olympic immortal Emil Zatopek.

The thunderous applause that greeted Zatopek when he stepped onto the field brought back stirring memories of the days when his name rang through stadia around the world during his 5000, 10,000, and marathon victories.

In recalling the great achievements

of these two Czech heroes, Sri Chinmoy said, "We shall never give up our dreams. Today's dream tomorrow will blossom into reality."

A special feature of the day was a 100m dash in which Robert Zmelik and Sri Chinmoy ran together. The official start was given by Zatopek.

Another highlight of the meet was the participation of more than 250 athletes from the former Soviet Union who had travelled to Prague to attend Sri Chinmoy's Peace Concert that evening. Some had made the journey by train from as far away as Siberia. The Peace Concert was held at a vast indoor sporting arena in Prague and attended by a capacity crowd of 15,000 people. It was also broadcast live on national radio. □



Stan Druckrey, Wisconsin, M45 winner, 400mH (56.67), 1995 USATF National Masters Championships, East Lansing, Mich.

Photo by Jerry Wojcik

Records Set at Wolfpack Throwing Classic

by JIM PEARCE

Twenty-two throwing specialists competed in the 14th annual Wolfpack Throwing Classic in Columbus, Ohio, on Sept. 10. Age records were exceeded by Len Olson, 64, in the 16-lb. shot and 2K discus.

Everett Hosack, 93, set an American age record in the 35-lb. weight. Actually, he set it twice. His first record was with an uncertified implement. Because it was meet management's oversight, Hosack was awarded new trials, and he was up to the task, throwing a pending 12-7½.

Weather conditions were excellent, but some of the throwing surfaces were not. The concrete discus circle at the high school site had a rough surface that made it impossible for athletes to slide or rotate. Fortunately, the few sub-par discus performances did not dampen the throwers' enthusiasm.

Richard Hotchkiss, 56, Grass Valley, Calif., the current M55 WAVA weight pentathlon champion, led all scores with 4663. Dartmouth College Coach Carl Wallin, 53, scored 4026, bolstered by a 58-4 throw with the 25-lb., worth 996 points.

Ex-Olympians Joann Grissom, 57, and Bernice Holland, 68, led a strong field of female throwers. □

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The Weight Room

by JERRY WOJCIK

Throwing My Weight Around

Before I registered for the M65 weight pentathlon in the WAVA Championships in Buffalo, I hadn't done one since the late '70s, when John Tansley, then track and field coach at Glendale Community College on the edge of Los Angeles, used to stage the event in 10-year age-groups, pre-age-grading.

At Buffalo, counting the check-in time of 11 a.m. at the second venue, Saturday, the 22nd, the M65 competition took over seven-and-a-half hours, ending about 6:30 p.m. The contestants, all 24 of us, competed in one huge flight to save time, according to the officials. We could have saved more time if they had broken us down into two flights of 12, let's say, and got the first flight to the shot put area while the second was still in the ham-

mer and proceeded through the remaining events like that. The half-hour rest period imposed on us didn't help speed things along. According to Rex Harvey, Masters Multi-Events Coordinator, the half-hour is suggested, not required.

90° Death March

After a while, the whole thing took on the aspects of a death march, with this group plodding in 90° heat from the hammer to the shot, back to the

hammer ring for the discus, over to the javelin area, and back to the hammer cage for the weight throw.

After the discus, I regretted signing up for the event, especially when I heard reports of 400m world records falling like autumn leaves at the main stadium, but I decided in true Midwestern, middle-class, Judeo-Christian ethic to see it to the end.

The only athletes I outscored were from Third World countries. But, I learned a few things. First, absolutely do not foul your first javelin throw because the whole "flat" thing is a judgment call. On my first throw, the official raised the white flag a bit but seeing my good-luck, Marvel Comics T-shirt with "Thing" on the front, a gift from my grandson, he red-flagged me. Second, the points for the shot put are out of whack. I threw a miserable 26 feet and earned 605 points! Ridiculous. Of the five throws, the shot put is the one event that takes the least amount of skill, except for the rotators, and favors strength rather than expertise. Third, most foreign throwers did not heave the weight commensurate with their skills and strengths, which I assumed was a result of its being unfamiliar to them because the weight is a relatively new event for the rest of the world. But, I could see them improving just in the warm-ups, so I started to grouse, "Let's get started here," within the officials' ear-shot.

Waterlogged

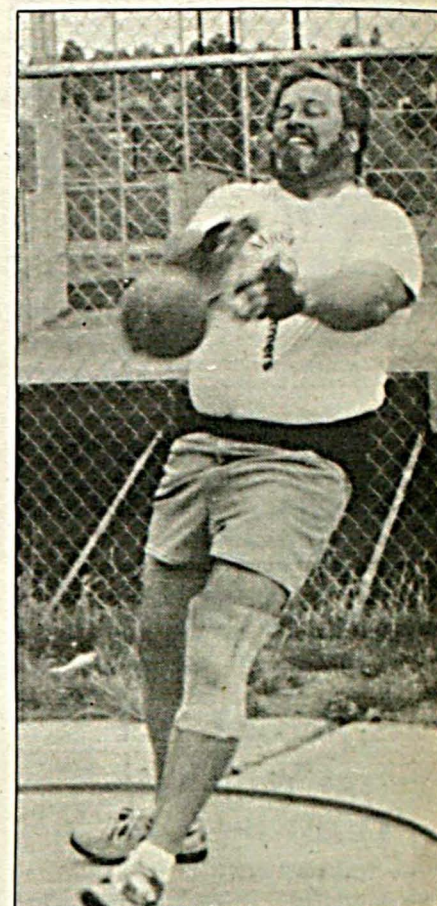
Others had even a worse time than I did. Roz Katz, an experienced W50 thrower from NYC, started at 10:30 Sunday morning. After long, torrential rain delays, she bailed out at 4:30, the javelin and weight still left. She had to slog through a foot of water to notify the officials that she was scratching (the first time ever for her); on the way, she noticed that the dreaded plywood run-up had warped and buckled.

Flushed with the competitive spirit and determined to increase my total score, I went to the Weight Pentathlon Championships put on by Dick Hotchkiss in Grass Valley, Calif., Aug. 26. The high school site, beautifully situated in the foothills west of Lake Tahoe, had enough throwing areas to handle the entrants easily. What it might have lacked in some facilities and USATF officials (some high school students were pressed into service), the meet made up for with perfect weather, marvelous camaraderie, and a bountiful barbecue afterwards.

Fun to Watch

Besides the competition, it was fun watching weight throw artists like Tom Gage, 52, and Stew Thomson, 62, hurl the lighter WP implements. Gage, of Montana, ended with 21.71/71-2½ with the 25-lb., and Thomson, a Californian, hid 17.61/57-9½ with the 20-lb.

After the food fest, Gage and Joan Stratton, 43, were presented with the Phil Partridge Award, given to the highest age-graded scoring man and woman. The honor included a \$75 gift



Paul Brown, M40, with a winning 56-lb. throw (7.75), USATF National Masters Weight & Superweight Championships, Seattle, Aug. 19. Photo by Jerry Wojcik

each, courtesy of SPRINGCO Athletics, Torrance, Calif. The Partridge Award was originated primarily by Bob Stone, 75, a long-time masters thrower from California, to honor Phil Partridge, one of the several throwers who were instrumental in developing age-graded scoring in the weights.

In between the two WPs, I competed in the Weight & Superweight Championships in Seattle, Aug. 19. As expected when meet co-directors and active throwers Ken Weinbel and George Mathews and their Seattle Masters Athletic Club cohorts stage an event, it was first-class. The venue, the U. of Washington throwing area next to the football stadium, had three throwing circles, all replete with USATF officials.

Efficiently Run

The meet, including the Ultra Weight Classic (100-lb., 200-lb., and 300-lb. weights) was run so efficiently that it, including a post-event chow-down, was over by 3:30, even with a late 10 a.m. start, enabling me to head back to Eugene, a five-hour drive, rather than staying over another night.

Without a broken toe this year as an excuse for a lackluster performance, I passed on the Ultra. Watching someone throw the 300-lb. is more enthralling than amusing for me; I wonder whether he can lift it and, if so, how he will get rid of it. Oregonian Chuck Chapin, M50, seemed to improve as the weights got heavier and out-distanced everybody else with the 300-lb.

SMAC will probably bid for the 1996 championships. If it receives the nod, you may want to consider adding this meet to your summer schedule. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV. 1995

| ATHLETE (RESIDENCE) | BIRTHDATE | AGE GROUP |
|--|-----------|-----------|
| DALE BUISSE (LONGMONT, CO) | 11-8-20 | 75-79 |
| GEORGE CARTY (SAN JOSE, CA) | 11-10-45 | 50-54 |
| TRUMAN CLARK (LOS ANGELES, CA) | 11-26-35 | 60-64 |
| VAINO COLLAN (FIN) | 11-17-10 | 85-89 |
| WILLIAM COLLINS (HOUSTON, TX) | 11-20-50 | 45-49 |
| MATHEWS CULLEN (GB) | 11-11-0 | 95+ |
| CHICK DAHLSTEN (LOS ANGELES, CA) | 11-4-10 | 85-89 |
| GEORGE DAVIES (TEMPE, AZ) | 11-19-40 | 55-59 |
| ED DEMARRAIS (NEEDHAM, MA) | 11-27-30 | 65-69 |
| WILLARD FREDERICKSON (S. GERONIMO, CA) | 11-9-30 | 65-69 |
| DON GAMMIE (CENTERVILLE, OH) | 11-29-30 | 65-69 |
| BERNARD HOGAN (AUS) | 11-15-20 | 75-79 |
| ED HOOKER (US) | 11-3-25 | 70-74 |
| JOSEF JANSKY (CZE) | 11-24-40 | 55-59 |
| CHORLY LASSEN (DEN) | 11-30-5 | 90-94 |
| GUISEPPE MARABOTTI (ITA) | 11-7-15 | 80-84 |
| RYSZARD MARCZAK (POL) | 11-21-45 | 50-54 |
| KVOSTI MARILA (FIN) | 11-5-40 | 55-59 |
| DON MCMILLAN (US) | 11-24-40 | 55-59 |
| AUSTIN NEWMAN (NJ) | 11-21-15 | 80-84 |
| HARALD PALMOVIST (SWEDEN) | 11-4-20 | 75-79 |
| OSMO RENVALL (FIN) | 11-10-10 | 85-89 |
| PAUL SERECHY (NEW YORK CITY, NY) | 11-5-15 | 80-84 |
| BRUNO SOBRERO (ITA) | 11-11-20 | 75-79 |
| ERIK STAI (NOR) | 11-29-15 | 80-84 |
| BERT STREUMER (HOL) | 11-7-45 | 50-54 |
| HANNU SUOKNUUTI (FIN) | 11-10-25 | 70-74 |
| STANISLAW SZYDLOWSKI (POL) | 11-14-50 | 45-49 |
| ART WAGGONER (FAIR OAKS, CA) | 11-26-25 | 70-74 |
| ROY WIGGINGTON (CA) | 11-30-25 | 70-74 |
| MAC WILKINS (CA) | 11-15-50 | 45-49 |
| ALBY WILLIAMS (US) | 11-29-40 | 55-59 |
| CHARLES WILLIAMS (GB) | 11-15-30 | 65-69 |
| HANS ZIPPEL (WG) | 11-17-30 | 65-69 |
| JANE ARNOLD (BLOOMFIELD, CT) | 11-22-40 | 55-59 |
| CLAIRE BROCK (OH) | 11-1-35 | 60-64 |
| EMMA CHILDERS (US) | 11-25-35 | 60-64 |
| WENDY DAME (EUGENE, OR) | 11-5-50 | 45-49 |
| LYNNE DIEZI (NY) | 11-8-50 | 45-49 |
| JANIE DUFF (LOS GATOS, CA) | 11-20-45 | 50-54 |
| TINA HAYWARD (VICKSBURG, MI) | 11-20-40 | 55-59 |
| JEANIE JONES (CA) | 11-20-35 | 60-64 |
| SHIRLEY MATSON (SAN DIEGO, CA) | 11-7-40 | 55-59 |
| LESLIE MCHAMPTON (SAN RAFAEL, CA) | 11-8-50 | 45-49 |
| ALENE PARK (HUNTSVILLE, AL) | 11-1-25 | 70-74 |
| JEAN PRICE (US) | 11-8-20 | 75-79 |
| ADRIENNE SALMINI (ALBUQUERQUE, NM) | 11-20-15 | 80-84 |
| JUDY SIMON (LA MESA, CA) | 11-8-15 | 80-84 |
| JESSIE SMITH (WESTMINSTER, CA) | 11-1-30 | 65-69 |
| JUANA STAVOLONE (SAN JOSE, CA) | 11-25-45 | 50-54 |
| ANNE AUDAIN (NZL) | 11-1-55 | 40-44 |
| NATASA BEZJAK-URBANCIC (JUG) | 11-25-45 | 50-54 |
| ELKE BOLSINGER (WG) | 11-23-40 | 55-59 |
| ERICA BRIENICK (WG) | 11-19-40 | 55-59 |
| CHRISTINE DREWRY (GB) | 11-30-45 | 50-54 |
| FRANCOISE DUPONT (FRA) | 11-3-45 | 50-54 |
| ELFRIEDE FALKE (WG) | 11-30-20 | 75-79 |
| AILSA FORBES (NZ) | 11-19-10 | 85-89 |
| ELSE LAINE (FIN) | 11-25-25 | 70-74 |
| DEBBIE LANGE (AUS) | 11-24-55 | 40-44 |
| CHRISTINE MUNRO (NZL) | 11-26-50 | 45-49 |
| YVONNE PATRICIA PRIESTMAN (GB) | 11-23-45 | 50-54 |
| BRONE SALICKIENE (URS) | 11-26-25 | 70-74 |
| KATRINA SMILDZINA (URS) | 11-19-20 | 75-79 |
| GUNNI SVENSSON (SWE) | 11-17-20 | 75-79 |
| RIEKO TAKAHASHI (JPN) | 11-27-50 | 45-49 |
| JOYCE MARIE THOMAS (TRI) | 11-5-45 | 50-54 |

COMPILED BY PETER MUNDLE, WORLD AND USA MASTERS T&F RECORDS CHAIRMAN

USA Track & Field Masters Road Records and Bests (as of Sept.30, 1995)

Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 tel: (805) 683-5868 fax: (805) 967-5958

Key to Codes:

R = Ratified record or "best"

U = Unvalidatable mark, cannot be ratified

D = Date of birth and/or citizenship confirmation needed

P = Pending, completed application needed from the event

= If code column is blank, mark will be recommended for ratification pending course validation

a = Performance possibly aided by wind and/or slope, can be "best" but not eligible for record

| DIST | TIME | ATHLETE NAME | AGE | HOME | RACE LOCATION | RST | RDATE |
|--|---------|--------------------------|-----|------|----------------|-----|--------|
| Masters Men All-Comer's Records (non U.S. citizens) | | | | | | | |
| 5 km | 13:55 | R JOHN CAMPBELL (NZL) | | | FT. MYERS | FL | 021691 |
| 8 km | 23:13 | R NICK ROSE (GBR) | | | VIRGINIA BEACH | VA | 032192 |
| 10 km | 28:56 | P MARTIN MONDRAGON (MEX) | | | MOBILE | AL | 032694 |
| 10 km | 29:00 | R PIERRE LEVISSE (FRA) | | | MOBILE | AL | 032892 |
| 10 km | 29:00 | R JOHN CAMPBELL (NZL) | | | BOSTON | MA | 040890 |
| 12 km | 36:18 | R PIERRE LEVISSE (FRA) | | | SAN FRANCISCO | CA | 051693 |
| 15 km | 44:14 | R PIERRE LEVISSE (FRA) | | | PORTLAND | OR | 062892 |
| 25 km | 1:16:49 | R MARTIN MONDRAGON (MEX) | | | GRAND RAPIDS | MI | 051494 |
| 10 mi | 47:55 | R JOHN CAMPBELL (NZL) | | | FLINT | MI | 082590 |
| half mar | 1:02:28 | R JOHN CAMPBELL (NZL) | | | PHILADELPHIA | PA | 091690 |
| marathon | 2:14:33 | R JOHN CAMPBELL (NZL) | | | LOS ANGELES | CA | 030391 |

Men 40-44

| | | | | | | | |
|----------|-----------|-------------------|----|----|---------------|----|--------|
| 5 km | 14:36 | R DOUG BELL | 41 | CO | MINNEAPOLIS | MN | 100392 |
| 8 km | 23:51 | R BILL RODGERS | 40 | MA | INDIANAPOLIS | IN | 092488 |
| 8 km | 23:38a | P PAUL CUMMINGS | 41 | UT | ALTA | UT | 091794 |
| 10 km | 29:57 | R BARRY BROWN | 40 | NY | ASBURY PARK | NJ | 081884 |
| 10 km | 29:48 | U BILL RODGERS | 40 | MA | DAVENPORT | IA | 100188 |
| 10 km | 29:50a | R TRACY SMITH | 42 | CA | NEW ORLEANS | LA | 040487 |
| 12 km | 36:29a | R GARY ROMESSER | 41 | IN | EVANSVILLE | IN | 050992 |
| 12 km | 37:19 | R LARRY ALMBERG | 43 | WA | SPOKANE | WA | 050690 |
| 15 km | 45:58 | R BILL STEWART | 40 | MI | TAMPA | FL | 020583 |
| 20 km | 1:03:07 | R BILL RODGERS | 44 | MA | NEW HAVEN | CT | 090792 |
| 25 km | 1:21:24 | R DOUG BELL | 41 | CO | MINNEAPOLIS | MN | 091392 |
| 30 km | 1:38:16 | R DOUG KURTIS | 42 | MI | HAMILTON, CAN | | 032794 |
| 50 km | 3:00:00 | R JEFF WALL | 40 | CA | SAN FRANCISCO | CA | 110682 |
| 50 km | 2:59:36a | R BRUCE MORTENSON | 44 | MN | DULUTH | MN | 102288 |
| 100 km | 6:38:21 | R BERND HEINRICH | 41 | VT | CHICAGO | IL | 100481 |
| 10 mi | 49:46 | R BARRY BROWN | 40 | NY | WASHINGTON | DC | 033185 |
| 20 mi | 1:42:08 | R BARRY BROWN | 40 | NY | MINNEAPOLIS | MN | 093084 |
| 50 mi | 5:10:13 | R BERND HEINRICH | 41 | VT | CHICAGO | IL | 100481 |
| 100 mi | 13:15:50 | R ROY PIRRUNG | 40 | WI | QUEENS | NY | 040189 |
| half mar | 1:06:25 | R BARRY BROWN | 40 | NY | MANCHESTER | VT | 091684 |
| half mar | 1:05:07a | R PAUL CUMMINGS | 40 | UT | LAS VEGAS | NV | 121893 |
| marathon | 2:17:02 | R KENNETH JUDSON | 40 | PA | HUNTSVILLE | AL | 120890 |
| marathon | 2:15:15a | R BARRY BROWN | 40 | NY | MINNEAPOLIS | MN | 093084 |
| 12 hr | 144,840 m | R ROY PIRRUNG | 40 | WI | QUEENS | NY | 040189 |
| 24 hr | 247,876 m | R ROY PIRRUNG | 41 | WI | MILTON KEYNES | GB | 020390 |

Men 45-49

| | | | | | | | |
|----------|-----------|-------------------|----|----|----------------|----|--------|
| 5 km | 15:00 | P D NOLAN SMITH | 45 | CA | GARDENA | CA | 060495 |
| 5 km | 14:34a | R STEPHEN LESTER | 45 | UT | MAGNA | UT | 092488 |
| 5 km | 15:08 | P BILL RODGERS | 45 | MA | ATLANTIC CITY | NJ | 101793 |
| 5 km | 15:11 | R BILL RODGERS | 46 | MA | FREEMONT, BAH | | 021994 |
| 8 km | 24:41 | R BILL RODGERS | 45 | MA | VIRGINIA BEACH | VA | 032093 |
| 10 km | 30:50 | R BILL RODGERS | 45 | MA | CLEVELAND | OH | 051693 |
| 10 km | 30:10a | R STEVE LESTER | 45 | UT | MAGNA | UT | 070488 |
| 12 km | 38:47 | R STEVE LESTER | 45 | UT | SPOKANE | WA | 050188 |
| 12 km | 37:28a | R BILL RODGERS | 45 | MA | EVANSVILLE | IN | 050893 |
| 15 km | 47:28 | U SAL VASQUEZ | 45 | CA | ROSS | CA | 031685 |
| 20 km | 1:05:46 | R LARRY OLSEN | 46 | MA | NEW HAVEN | CT | 090693 |
| 25 km | 1:22:24 | R DAN CONWAY | 47 | WI | MINNEAPOLIS | MN | 091486 |
| 30 km | 1:39:18 | R BILL RODGERS | 45 | MA | HAMILTON, CAN | | 032893 |
| 50 km | 3:44:55 | R ROY PIRRUNG | 45 | WI | SYLVANIA | OH | 091993 |
| 50 km | 3:29:53 | R RAYMOND BELL | 47 | FL | TALLAHASSEE | FL | 121094 |
| 100 km | 7:22:31 | R ROY PIRRUNG | 45 | WI | SACRAMENTO | CA | 021294 |
| 100 km | 7:18:27 | R ROBERT PEREZ | 46 | TX | SAN FRANCISCO | CA | 041595 |
| 10 mi | 51:41 | U SAL VASQUEZ | 47 | CA | STOCKTON | CA | 011887 |
| 20 mi | 1:49:10 | R JIM BOWERS | 45 | CA | MINNEAPOLIS | MN | 093084 |
| 20 mi | 1:49:10 | R DAN CONWAY | 45 | WI | MINNEAPOLIS | MN | 093084 |
| 50 mi | 6:24:54 | R ROY PIRRUNG | 45 | WI | SYLVANIA | OH | 091993 |
| 50 mi | 5:40:05 | R ROBERT PEREZ | 46 | TX | DALLAS | TX | 012195 |
| 50 mi | 5:29:44 | U D ROGER ROULLER | 47 | GA | CHICAGO | IL | 101385 |
| 100 mi | 15:01:33 | R ROY PIRRUNG | 45 | WI | SYLVANIA | OH | 091993 |
| 100 mi | 14:58:34 | U D DON JEWELL | 46 | NY | QUEENS | NY | 110784 |
| half mar | 1:08:05 | R BILL RODGERS | 45 | MA | KANSAS CITY | MO | 060693 |
| marathon | 2:25:50 | U JIM BOWERS | 45 | CA | DYERVILLE | CA | 101484 |
| marathon | 2:21:32a | R JIM BOWERS | 45 | CA | DULUTH | MN | 061684 |
| marathon | 2:28:46 | R JOHN BRENNAND | 45 | CA | EUGENE | OR | 091381 |
| marathon | 2:26:43 | R BOB SCHLAU | 47 | SC | HOUSTON | TX | 011595 |
| 12 hr | 105,096 m | U STEPHEN DERENZO | 46 | CA | OAKLAND | CA | 112888 |
| 24 hr | 231,474 m | R ROY PIRRUNG | 45 | WI | SYLVANIA | OH | 091993 |

Men 50-54

| | | | | | | | |
|--------|---------|--------------------|----|----|----------------|----|--------|
| 5 km | 15:38 | R SAL VASQUEZ | 51 | CA | DAVIS | CA | 112391 |
| 5 km | 15:32a | R VIC HECKLER | 51 | IL | FONTANA | CA | 060494 |
| 5 km | 15:30a | P STEPHEN LESTER | 52 | UT | SALT LAKE CITY | UT | 081995 |
| 8 km | 25:31 | R SAL VASQUEZ | 50 | CA | LOS ALTOS | CA | 012090 |
| 8 km | 24:29a | P ROSS HIGGINS | 51 | UT | ALTA | UT | 091794 |
| 8 km | 25:23 | U JIM O'NEILL | 52 | OH | ALLEN PARK | MI | 080390 |
| 10 km | 31:48 | R RAY HATTON | 50 | OR | PORTLAND | OR | 052382 |
| 10 km | 31:12a | P STEPHEN LESTER | 52 | UT | MAGNA | UT | 071095 |
| 12 km | 39:44 | R JEFF CORKILL | 50 | WA | SPOKANE | WA | 050194 |
| 12 km | 39:06a | U SAL VASQUEZ | 50 | CA | SACRAMENTO | CA | 042290 |
| 15 km | 49:24 | R NORM GREEN | 53 | PA | PORTLAND | OR | 063085 |
| 20 km | 1:05:50 | R NORM GREEN | 50 | PA | WASHINGTON | DC | 052983 |
| 25 km | 1:24:12 | R NORM GREEN | 51 | PA | WASHINGTON | DC | 052784 |
| 30 km | 1:46:42 | U NORM GREEN | 51 | PA | NEW YORK | NY | 121783 |
| 50 km | 3:19:33 | R JOHN L. SULLIVAN | 53 | MA | WASHINGTON | DC | 031382 |
| 100 km | 7:38:43 | R JOHN L. SULLIVAN | 54 | MA | CHICAGO | IL | 100382 |
| 10 mi | 52:53 | R NORM GREEN | 50 | PA | WASHINGTON | DC | 032783 |
| 20 mi | 1:51:44 | R NORM GREEN | 52 | PA | MINNEAPOLIS | MN | 093084 |

| | | | | | | | |
|----------|-----------|-------------------|----|----|--------------|----|--------|
| 50 mi | 5:35:03 | R TED CORBITT | 50 | NY | NEW YORK | NY | 101870 |
| 100 mi | 17:12:42 | R ANDY DETERS | 51 | MN | MINNEAPOLIS | MN | 062693 |
| 100 mi | 17:02:54 | U D HERB FRED | 53 | TX | HOUSTON | TX | 021983 |
| half mar | 1:09:30 | R NORM GREEN | 52 | PA | PHILADELPHIA | PA | 091684 |
| marathon | 2:25:46a | R JIM O'NEILL | 50 | OH | LAS VEGAS | NV | 020489 |
| marathon | 2:29:11 | R NORM GREEN | 51 | PA | LINCOLN | NE | 050681 |
| marathon | 2:25:51 | U NORM GREEN | 52 | PA | SAN DIEGO | CA | 120284 |
| 12 hr | 111,526 m | P STEPHEN DERENZO | 52 | CA | OAKLAND | CA | 102994 |
| 24 hr | 231,745 m | R JOHN METZ | 50 | CA | SACRAMENTO | CA | 111493 |
| 48 hr | 342,790 m | R JIM DRAKE | 52 | CA | SACRAMENTO | CA | 010293 |

Men 55-59

| | | | | | | | |
|----------|-----------|---------------------|----|----|---------------|----|--------|
| 5 km | 15:55 | P JIM O'NEILL | 55 | OH | WYOMING | MI | 080793 |
| 5 km | 16:38 | R NORM GREEN | 57 | PA | DELAND | FL | 020490 |
| 8 km | 26:42 | P JIM O'NEILL | 55 | OH | WORTHINGTON | OH | 050293 |
| 8 km | 26:33a | U RAY HATTON | 55 | OR | EUGENE | OR | 060687 |
| 8 km | 27:00 | R NORM GREEN | 57 | PA | NAPLES | FL | 011390 |
| 10 km | 32:27 | R JIM O'NEILL | 55 | OH | TOLEDO | OH | 092693 |
| 12 km | 44:02 | P DAVID PITKETHLY | 55 | WA | PORT TOWNSEND | WA | 051991 |
| 12 km | 43:33 | P FAY BRADLEY | 56 | DC | SAN FRANCISCO | CA | 051594 |
| 12 km | 45:21 | R KONRAD BALD | 57 | IL | ITASCA | IL | 100586 |
| 15 km | 50:45 | R NORM GREEN | 55 | PA | WASHINGTON | DC | 032788 |
| 20 km | 1:08:07 | R NORM GREEN | 56 | PA | MEDFORD | OR | 040889 |
| 25 km | 1:29:56 | U RAY HATTON | 55 | OR | EUGENE | OR | 091387 |
| 30 km | 1:46:33 | R NORM GREEN | 56 | PA | CLARKSBURG | CA | 111388 |
| 50 km | 3:28:47a | R ROBERT BECKER | 55 | MD | DULUTH | MN | 102889 |
| 50 km | 3:56:15 | U CONRAD CARR | 56 | MN | BROOKLYN PARK | MN | 110781 |
| 100 km | 8:56:03 | R ALFRED BOGENHUBER | 55 | CA | SACRAMENTO | CA | 021895 |
| 100 km | 9:21:53 | R RON KOVACS | 55 | CA | SACRAMENTO | CA | 021294 |
| 10 mi | 54:25 | R JIM O'NEILL | 56 | OH | WASHINGTON | DC | 041094 |
| 20 mi | 1:57:26 | R NORM GREEN | 58 | PA | MINNEAPOLIS | MN | 101490 |
| 50 mi | 5:53:08 | R ALEX RATELLE | 57 | MN | CHICAGO | IL | 100481 |
| 100 mi | 20:41:55 | R NORM ROOF | 56 | OH | SYLVANIA | OH | 091993 |
| half mar | 1:10:23 | R NORM GREEN | 55 | PA | PHILADELPHIA | PA | 092087 |
| marathon | 2:33:49 | R NORM GREEN | 55 | PA | LINCOLN | NE | 050188 |
| marathon | 2:27:42a | R NORM GREEN | 55 | PA | MINNEAPOLIS | MN | 101187 |
| 24 hr | 185,656 m | R NORM ROOF | 56 | OH | SYLVANIA | OH | 091993 |
| 6 day | 724,204 m | R DONALD WINKLEY | 56 | TX | NEW YORK | NY | 051494 |

Men 60-64

| | | | | | | | |
|----------|-----------|------------------------|----|----|----------------|----|--------|
| 5 km | 17:00 | R JIM O'NEIL | 61 | CA | CARLSBAD | CA | 060186 |
| 8 km | 28:07 | R NORM GREEN | 60 | PA | VIRGINIA BEACH | VA | 032093 |
| 10 km | 34:27 | R JIM O'NEIL | 60 | CA | ALAMEDA | CA | 080485 |
| 12 km | 47:27 | R JOE POWERS | 60 | IL | ITASCA | IL | 100685 |
| 12 km | 44:40a | U PATRICK DEVINE | 60 | CA | LOS ANGELES | CA | 042389 |
| 12 km | 46:38 | U GEOFFREY ETHERINGTON | 61 | CT | SOUTHINGTON | CT | 071590 |
| 15 km | 54:20 | R NORM GREEN | 60 | PA | TAMPA | FL | 022793 |
| 20 km | 1:15:15 | R NORM GREEN | 60 | PA | NEW HAVEN | CT | 090792 |
| 20 km | 1:14:46 | P NORM GREEN | 61 | PA | PHILADELPHIA | PA | 022494 |
| 25 km | 1:35:27 | U JIM O'NEIL | 61 | CA | EUGENE | OR | 090786 |
| 25 km | 1:36:20 | R ALEX RATELLE | 62 | MN | MINNEAPOLIS | MN | 091486 |
| 30 km | 1:59:22 | R PATRICK DEVINE | 60 | CA | VENTURA | CA | 021289 |
| 50 km | 3:43:27 | P MALCOLM GILLIS | 60 | AL | NEW YORK | NY | 092693 |
| 50 km | 3:45:55a | R ALEX RATELLE | 64 | MN | DULUTH | MN | 102288 |
| 100 km | 8:58:04 | R RAY PIVA | 64 | CA | SAN FRANCISCO | CA | 042091 |
| 10 mi | 57:48 | R NORM GREEN | 60 | PA | WASHINGTON | DC | 040493 |
| 20 mi | 2:03:16 | R GAYLON JORGENSEN | 61 | NV | MINNEAPOLIS | MN | 101490 |
| 50 mi | 6:43:48 | R MALCOLM GILLIS | 60 | AL | BIRMINGHAM | AL | 021494 |
| 50 mi | 6:24:18 | U FRANS PAUWELS | 60 | OR | PORTLAND | OR | 102978 |
| 100 mi | 20:46:05 | R BOB MESSERSMITH | 60 | CA | SYLVANIA | OH | 091993 |
| 100 mi | 19:59:10 | U D ROBERT JOHNSON | 62 | FL | ATLANTA | GA | 091888 |
| half mar | 1:16:55 | R NORM GREEN | 61 | PA | PHILADELPHIA | PA | 091993 |
| marathon | 2:42:44 | R CLIVE DAVIES | 64 | OR | PORTLAND | OR | 102879 |
| 12 hr | 101,154 m | R BOB MESSERSMITH | 60 | CA | SYLVANIA | OH | 091993 |
| 24 hr | 182,473 m | R BOB MESSERSMITH | 60 | CA | SYLVANIA | OH | 091993 |

Men 65-69

| | | | | | | | | |
|----------|-----------|---|-------------------|----|----|-----------------|----|--------|
| 5 km | 18:00 | P | JOE FERNANDEZ | 65 | MA | PROVIDENCE | RI | 101793 |
| 5 km | 18:21 | R | WARREN UTES | 69 | IL | PARK RIDGE | IL | 093089 |
| 8 km | 29:41 | R | JOE FERNANDEZ | 65 | MA | BOSTON | MA | 040994 |
| 10 km | 35:52 | U | CLIVE DAVIES | 66 | OR | PORTLAND | OR | 052382 |
| 12 km | 44:11 | U | CLIVE DAVIES | 67 | OR | PORTLAND | OR | 050583 |
| 15 km | 55:16 | R | CLIVE DAVIES | 65 | OR | PORTLAND | OR | 062881 |
| 20 km | 1:20:53 | U | NORMAN BRIGHT | 66 | WA | WASHINGTON | DC | 052276 |
| 20 km | 1:25:02 | R | PAUL REESE | 69 | CA | MEDFORD | OR | 041287 |
| 25 km | 1:41:39 | R | ALEX RATELLE | 66 | MN | MINNEAPOLIS | MN | 091690 |
| 30 km | 1:58:12 | R | CLIVE DAVIES | 66 | OR | PORTLAND | OR | 020682 |
| 50 km | 4:10:34 | R | VICTOR HARKOFF | 65 | IL | SEATTLE | WA | 010585 |
| 100 km | 9:24:41 | R | RAY PIVA | 68 | CA | SACRAMENTO | CA | 021294 |
| 10 mi | 1:02:07 | R | WARREN UTES | 69 | IL | PARK FOREST | IL | 090489 |
| 20 mi | 2:14:29 | R | ALEX RATELLE | 66 | MN | MINNEAPOLIS | MN | 101449 |
| 50 mi | 7:27:10 | R | FRED NAGELSCHMIDT | 65 | CA | FOUNTAIN VALLEY | CA | 051990 |
| 100 mi | 23:03:25 | U | WILFREDO RIOS | 68 | NY | QUEENS | NY | 092785 |
| half mar | 1:21:53 | U | CLIVE DAVIES | 65 | OR | LAKE OSWEGO | OR | 092880 |
| half mar | 1:20:29a | R | JAMES TALLEY | 65 | CA | FONTANA | CA | 041986 |
| half mar | 1:23:50 | R | MICHAEL BERTOLINI | 65 | NJ | PHILADELPHIA | PA | 091585 |
| marathon | 2:42:49 | R | CLIVE DAVIES | 66 | OR | EUGENE | OR | 091381 |
| 12 hr | 111,044 m | R | RAY PIVA | 68 | CA | SACRAMENTO | CA | 111493 |
| 24 hr | 193,121 m | R | RAY PIVA | 68 | CA | SACRAMENTO | CA | 111493 |
| 48 hr | 209,214 m | R | DICTINO MENDEZ | 66 | NY | NEW YORK | NY | 051194 |
| 6 day | 619,597 m | R | DICTINO MENDEZ | 66 | NY | NEW YORK | NY | 051494 |

Continued from previous page

| DIST | TIME | ATHLETE NAME | AGE | HOME | RACE LOCATION | RST | RDATE |
|------------------|-----------|-------------------|-----|------|-----------------|-----|--------|
| Men 70-74 | | | | | | | |
| 5 km | 18:01 | R WARREN UTE | 70 | IL | PARK RIDGE | IL | 093090 |
| 8 km | 30:25 | R WARREN UTE | 70 | IL | CHICAGO | IL | 031091 |
| 10 km | 37:49 | U WARREN UTE | 70 | IL | LIBERTYVILLE | IL | 092390 |
| 10 km | 41:09 | R ALFRED FUNK | 70 | MT | BOZEMAN | MT | 092184 |
| 12 km | 58:51 | R DON BRADLEY | 70 | CA | ITASCA | IL | 100586 |
| 12 km | 48:55 | P WARREN UTE | 73 | IL | FRANKFORT | IL | 082893 |
| 15 km | 58:13 | P WARREN UTE | 70 | IL | MICHIGAN CITY | IN | 062391 |
| 15 km | 1:01:50 | R CLIVE DAVIES | 71 | OR | PORTLAND | OR | 062887 |
| 20 km | 1:20:11 | U WARREN UTE | 70 | IL | CHICAGO | IL | 071590 |
| 25 km | 1:39:59 | R CLIVE DAVIES | 70 | OR | EUGENE | OR | 090885 |
| 30 km | 2:13:01 | R CLIVE DAVIES | 71 | OR | MINNEAPOLIS | MN | 101286 |
| 50 km | 6:58:48 | R GEORGE BASHEN | 70 | TX | SYLVANIA | OH | 091894 |
| 50 km | 4:34:51 | U ED BENHAM | 74 | MD | WASHINGTON | DC | 031382 |
| 100 km | 11:27:10 | P CARLTON MENDELL | 71 | ME | NEW YORK | NY | 022793 |
| 10 mi | 1:02:41 | R WARREN UTE | 70 | IL | PARK FOREST | IL | 090290 |
| 20 mi* | 2:23:54 | R CLIVE DAVIES | 71 | OR | MINNEAPOLIS | MN | 101286 |
| 50 mi | 9:57:04 | R JOHN MELVILLE | 70 | CA | FOUNTAIN VALLEY | CA | 051990 |
| 50 mi | 8:43:27 | R CARLTON MENDELL | 72 | ME | BRUNSWICK | ME | 101594 |
| half mar | 1:31:20 | U PAUL REESE | 70 | CA | CHICO | CA | 030588 |
| half mar | 1:25:55a | R WARREN UTE | 71 | IL | ZION LAKE BLUFF | IL | 042692 |
| half mar | 1:31:06 | P WARREN UTE | 74 | IL | SCHAUMBURG | IL | 100294 |
| marathon | 3:01:14 | R WARREN UTE | 70 | IL | CHICAGO | IL | 102890 |
| 12 hr | 100,000 m | P CARLTON MENDELL | 71 | ME | NEW YORK | NY | 022793 |
| 24 hr | 151,728 m | R HOWARD HENRY | 73 | IN | SYLVANIA | OH | 091894 |

| | | | | | | | |
|------------------|-----------|-------------------|----|----|----------------|----|--------|
| Men 75-79 | | | | | | | |
| 5 km | 19:57 | R WARREN UTE | 75 | IL | ORLAND PARK | IL | 062595 |
| 5 km | 21:12 | R ED BENHAM | 76 | MD | CLEARWATER | FL | 020584 |
| 8 km | 31:52 | P WARREN UTE | 75 | IL | CEDAR RAPIDS | IA | 070495 |
| 8 km | 34:21 | R ED BENHAM | 78 | MD | LIVERPOOL | NY | 092985 |
| 10 km | 41:16 | P WARREN UTE | 75 | IL | OLYMPIA FIELDS | IL | 071695 |
| 10 km | 42:42a | R EUGENE KELLER | 75 | OH | PITTSBURGH | PA | 092489 |
| 10 km | 43:24 | R ED BENHAM | 75 | MD | WASHINGTON | DC | 062583 |
| 12 km | 1:01:24 | U DUTCH BENEDETTI | 75 | CA | SAN GABRIEL | CA | 072890 |
| 15 km | 1:06:34 | R ED BENHAM | 75 | MD | WASHINGTON | DC | 100382 |
| 20 km | 1:23:51 | P WARREN UTE | 75 | IL | CHICAGO | IL | 070995 |
| 20 km | 1:30:10 | R ED BENHAM | 75 | MD | WASHINGTON | DC | 052983 |
| 25 km | 1:56:18 | R ED BENHAM | 75 | MD | RALEIGH | NC | 110682 |
| 30 km | 2:28:00 | R ED BENHAM | 78 | MD | SUGAR LAND | TX | 120785 |
| 50 km | 5:03:38 | R ED BENHAM | 77 | MD | WASHINGTON | DC | 102384 |
| 100 km | 19:37:09 | R EDSON SOWER | 77 | AZ | SYLVANIA | OH | 091993 |
| 10 mi | 1:12:13 | R ED BENHAM | 76 | MD | WASHINGTON | DC | 040184 |
| 20 mi | 2:42:38 | U ED BENHAM | 77 | MD | GREENBELT | MD | 122284 |
| 50 mi | 10:34:06 | R MATT MILLER | 75 | LA | BRUNSWICK | ME | 101594 |
| 50 mi | 11:22:44 | R BEN MOSTOW | 78 | IL | CHICAGO | IL | 100481 |
| half mar | 1:37:51 | R ED BENHAM | 75 | MD | WILLIAMSBURG | VA | 031383 |
| marathon | 3:34:42 | R ED BENHAM | 76 | MD | WASHINGTON | DC | 110683 |
| marathon | 3:33:27 | U ED BENHAM | 77 | MD | SAN DIEGO | CA | 120284 |
| 12 hr | 80,467 m | R BEN MOSTOW | 78 | IL | CHICAGO | IL | 100481 |
| 24 hr | 128,249 m | R EDSON SOWER | 77 | AZ | SYLVANIA | OH | 091993 |

| | | | | | | | |
|------------------|----------|----------------|----|----|----------------|----|--------|
| Men 80-84 | | | | | | | |
| 5 km | 22:26 | U ED BENHAM | 80 | MD | CHICAGO | IL | 041788 |
| 5 km | 25:02 | R JOHN OVERTON | 81 | AZ | PHOENIX | AZ | 072687 |
| 8 km | 36:35 | R ED BENHAM | 81 | MD | VIRGINIA BEACH | VA | 031889 |
| 10 km | 45:28 | R ED BENHAM | 80 | MD | ASBURY PARK | NJ | 080887 |
| 12 km | 1:03:55a | U MEL SHINE | 80 | CA | SACRAMENTO | CA | 042989 |
| 12 km | 1:09:05 | U CYRIL WOODS | 81 | OR | PORTLAND | OR | 050583 |
| 15 km | 1:07:00a | U ED BENHAM | 81 | MD | CUMBERLAND | MD | 100888 |
| 15 km | 1:07:22 | R ED BENHAM | 83 | MD | WASHINGTON | DC | 040791 |
| 20 km | 1:33:56 | R ED BENHAM | 81 | MD | MEDFORD | OR | 040889 |
| 25 km | 2:23:43 | R MAX POPPER | 80 | NY | NEW YORK | NY | 100283 |
| 10 mi | 1:13:23 | R ED BENHAM | 81 | MD | WASHINGTON | DC | 040289 |
| 20 mi | 4:18:00 | U IVOR WELCH | 84 | CA | CLARKSBURG | CA | 111879 |
| 50 mi | 12:13:35 | U BEN MOSTOW | 80 | IL | CHICAGO | IL | 100283 |
| half mar | 1:40:30 | R ED BENHAM | 81 | MD | ORLANDO | FL | 121088 |
| marathon | 3:43:27a | R ED BENHAM | 80 | MD | MINNEAPOLIS | MN | 101187 |
| marathon | 4:17:51 | R ED BENHAM | 84 | MD | MINNEAPOLIS | MN | 100691 |

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|------------------|---------|-----------------|----|----|------------|----|--------|
| Men 85-89 | | | | | | | |
| 5 km | 28:26 | R GIFTON JOLLEY | 85 | GA | ROME | GA | 120592 |
| 8 km | 47:03 | U PAUL SPANGLER | 85 | CA | PALO ALTO | CA | 031785 |
| 10 km | 58:50 | R PAUL SPANGLER | 85 | CA | RALEIGH | NC | 050384 |
| 15 km | 1:32:00 | R PAUL SPANGLER | 85 | CA | EL PASO | TX | 101384 |
| 20 km | 2:07:49 | U PAUL SPANGLER | 85 | CA | SACRAMENTO | CA | 032584 |
| 30 km | 4:39:30 | R PAUL SPANGLER | 89 | CA | CLARKSBURG | CA | 111388 |
| 10 mi | 1:55:36 | R MEL SHINE | 85 | OR | MEDFORD | OR | 040994 |
| 20 mi | 3:44:31 | U PAUL SPANGLER | 86 | CA | CLARKSBURG | CA | 111785 |
| half mar | 2:26:46 | U MAX POPPER | 85 | NY | BROOKLYN | NY | 031289 |
| marathon | 5:21:51 | U PAUL SPANGLER | 85 | CA | SAN DIEGO | CA | 120284 |

| | | | | | | | |
|------------------|----------|-----------------|----|----|-----------|----|--------|
| Men 90-94 | | | | | | | |
| 5 km | 40:32 | R LLOYD WALTERS | 91 | MT | TUCSON | AZ | 012692 |
| 8 km | 56:10 | R PAUL SPANGLER | 91 | CA | PALO ALTO | CA | 032590 |
| 15 km | 2:35:00 | R PAUL SPANGLER | 91 | CA | PORTLAND | OR | 061790 |
| marathon | 9:23:25a | R PAUL SPANGLER | 92 | CA | NEW YORK | NY | 110391 |
| 10 km | 1:14:49 | R PAUL SPANGLER | 90 | CA | PARAMOUNT | CA | 012090 |

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|--------------------|-------|-------------------|----|----|----------|----|--------|
| Men 95+over | | | | | | | |
| 5 km | 48:55 | P MARION MCANELLY | 95 | OK | STILWELL | OK | 051395 |

Masters Women All-Comer's Records (non U.S. citizens)

| | | | | | | |
|----------|---------|--------------------------|--|--------------|----|--------|
| 5 km | 16:20 | R HEATHER MATTHEWS (NZL) | | ALBANY | NY | 060389 |
| 8 km | 26:26 | R PRISCILLA WELCH (GBR) | | WASHINGTON | DC | 051489 |
| 10 km | 32:25 | R PRISCILLA WELCH (GBR) | | PHOENIX | AZ | 030285 |
| 12 km | 41:14 | R CARLA BEURSKENS (HOL) | | SPOKANE | WA | 050194 |
| 15 km | 49:36 | R PRISCILLA WELCH (GBR) | | JACKSONVILLE | FL | 030985 |
| 10 mi | 53:51 | R PRISCILLA WELCH (GBR) | | WASHINGTON | DC | 040587 |
| half mar | 1:13:07 | R PRISCILLA WELCH (GBR) | | PHILADELPHIA | PA | 091586 |
| marathon | 2:31:14 | R PRISCILLA WELCH (GBR) | | CHICAGO | IL | 102686 |

| DIST | TIME | ATHLETE NAME | AGE | HOME | RACE LOCATION | RST | RDATE |
|--------------------|-----------|-------------------------|-----|------|----------------|-----|--------|
| Women 40-44 | | | | | | | |
| 5 km | 16:37 | R LAURIE BINDER | 44 | CA | DAVIS | CA | 112391 |
| 8 km | 26:56a | P DEBBIE HANSON | 40 | UT | ALTA | UT | 091794 |
| 8 km | 27:35 | R LAURIE BINDER | 43 | CA | SAN JOSE | CA | 061591 |
| 10 km | 34:08 | R FRANCIE LARRIEU SMITH | 40 | TX | NEW YORK | NY | 061293 |
| 10 km | 33:41a | R BARBARA FILUTZE | 41 | PA | PITTSBURGH | PA | 092787 |
| 12 km | 42:13 | P NANCY GRAYSON | 42 | MI | LANSING | MI | 060692 |
| 12 km | 42:38 | R GABRIELE ANDERSEN | 43 | ID | SPOKANE | WA | 050188 |
| 20 km | 1:13:46 | R CAROL MCLATCHIE | 40 | TX | NEW HAVEN | CT | 090792 |
| 25 km | 1:31:59 | R NANCY OSHIER | 41 | NY | GRAND RAPIDS | MI | 051290 |
| 30 km | 1:54:00 | R CAROL MCLATCHIE | 41 | TX | SUGAR LAND | TX | 121292 |
| 50 km | 3:44:32 | R JAN KREUZ | 41 | OH | COLUMBUS | OH | 103088 |
| 100 km | 8:42:03 | R DEBBIE PEBBLES | 40 | TX | PALAMOS, SPAIN | | 021692 |
| 10 mi | 56:05 | R LAURIE BINDER | 44 | CA | FLINT | MI | 082491 |
| 20 mi | 1:59:17 | R GABRIELE ANDERSEN | 40 | ID | MINNEAPOLIS | MN | 100685 |
| 50 mi | 6:19:05 | R JAN KREUZ | 41 | OH | COLUMBUS | OH | 040989 |
| 100 mi | 15:05:52 | R SUE ELLEN TRAPP | 44 | FL | QUEENS | NY | 050590 |
| half mar | 1:13:54a | R HONOR FETHERSTON | 40 | CA | LAS VEGAS | NV | 020495 |
| half mar | 1:13:57 | R LAURIE BINDER | 44 | CA | PHILADELPHIA | PA | 091591 |
| marathon | 2:35:08 | R LAURIE BINDER | 44 | CA | ST. PAUL | MN | 100691 |
| 12 hr | 128,747 m | R RANDI BROMKA | 40 | CO | SACRAMENTO | CA | 123092 |
| 24 hr | 222,556 m | R RANDI BROMKA | 40 | CO | SACRAMENTO | CA | 123192 |

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|--------------------|-----------|-------------------|----|----|---------------|----|--------|
| Women 45-49 | | | | | | | |
| 5 km | 17:14 | R BARBARA FILUTZE | 46 | PA | ALBANY | NY | 060593 |
| 8 km | 28:03 | R BARBARA FILUTZE | 47 | PA | ALEXANDRIA | VA | 091293 |
| 10 km | 35:51 | P BARBARA FILUTZE | 45 | PA | MEMPHIS | TN | 042592 |
| 10 km | 34:40a | R BARBARA FILUTZE | 45 | PA | PITTSBURGH | PA | 092991 |
| 10 km | 35:57 | R BARBARA FILUTZE | 45 | PA | WASHINGTON | DC | 041292 |
| 12 km | 43:38 | R NANCY GRAYSON | 45 | MI | EVANSVILLE | IN | 051395 |
| 12 km | 46:45 | R MAUREEN BIXBY | 45 | OK | TULSA | OK | 091287 |
| 20 km | 1:14:13 | R BARBARA FILUTZE | 46 | PA | NEW HAVEN | CT | 090792 |
| 25 km | 1:38:50 | R KAREN SCANNELL | 45 | CA | SAN FRANCISCO | CA | 072284 |
| 30 km | 1:59:25 | R SHIRLEY MATSON | 48 | CA | CLARKSBURG | CA | 111388 |
| 50 km | 3:32:34 | R SANDRA KIDDY | 47 | CA | TALLAHASSEE | FL | 121783 |
| 100 km | 7:59:59 | R SANDRA KIDDY | 45 | CA | CHICAGO | IL | 072284 |
| 10 mi | 59:15 | R BARBARA FILUTZE | 46 | PA | FLINT | MI | 082292 |
| 20 mi | 2:10:13 | R MARY WOOD | 45 | CO | MINNEAPOLIS | MN | 101490 |
| 50 mi | 6:09:09 | R SANDRA KIDDY | 47 | CA | COLUMBUS | OH | 040184 |
| 100 mi | 15:12:54 | R SANDRA KIDDY | 49 | CA | TALLAHASSEE | FL | 121485 |
| half mar | 1:19:23 | R SHIRLEY MATSON | 47 | CA | HAYWARD | CA | 101688 |
| half mar | 1:19:46 | P BARBARA FILUTZE | 47 | PA | ORLANDO | FL | 121193 |
| marathon | 2:45:11 | R BARBARA FILUTZE | 45 | PA | ST. PAUL | MN | 100691 |
| marathon | 2:44:30a | U MARY WOOD | 45 | CO | LAS VEGAS | NV | 020291 |
| 12 hr | 127,777 m | R SANDRA KIDDY | 49 | CA | TALLAHASSEE | FL | 121485 |
| 24 hr | 233,816 m | R SUE ELLEN TRAPP | 47 | FL | SYLVANIA | OH | 091993 |
| 48 hr | 360,090 m | R SUE ELLEN TRAPP | 47 | FL | SACRAMENTO | CA | 111593 |

| | | | | | | | |
|--------------------|-----------|---------------------|----|----|---------------|----|--------|
| Women 50-54 | | | | | | | |
| 5 km | 17:28 | R SHIRLEY MATSON | 50 | CA | CARLSBAD | CA | 041491 |
| 8 km | 28:55 | R SHIRLEY MATSON | 50 | CA | PALO ALTO | CA | 032491 |
| 10 km | 35:57 | R SHIRLEY MATSON | 50 | CA | ORLANDO | FL | 030291 |
| 12 km | 44:56 | R SHIRLEY MATSON | 52 | CA | SPOKANE | WA | 050293 |
| 20 km | 1:22:36 | R GINA FAUST | 50 | CA | VALENCIA | CA | 021488 |
| 25 km | 1:38:36 | R S. RAE BAYMILLER | 51 | NY | MINNEAPOLIS | MN | 091194 |
| 30 km | 2:00:41 | R SHIRLEY MATSON | 50 | CA | CLARKSBURG | CA | 111190 |
| 50 km | 4:15:12 | U MATILEE CHRISTMAN | 53 | IL | EAST PEORIA | IL | 123084 |
| 100 km | 10:58:31 | R JOAN BAKER | 50 | TN | TALLAHASSEE | FL | 121485 |
| 100 km | 9:50:35 | R EILEEN ELIOT | 51 | FL | NEW PRESTON | CT | 042395 |
| 100 km | 9:43:27a | R MAE HORNS | 54 | MN | DULUTH | MN | 102288 |
| 10 mi | 1:02:01 | R S. RAE BAYMILLER | 51 | NY | FLINT | MI | 082794 |
| 20 mi | 2:19:59 | R JOAN ULLYOT | 50 | CA | MINNEAPOLIS | MN | 101490 |
| 50 mi | 7:10:58 | U RUTH ANDERSON | 50 | CA | HOUSTON | TX | 021780 |
| 50 mi | 8:24:00a | R MAE HORNS | 52 | MN | LITTLE MARAIS | MN | 102586 |
| half mar | 1:19:40 | R S. RAE BAYMILLER | 50 | NY | PHILADELPHIA | PA | 091993 |
| marathon | 2:50:26 | R SHIRLEY MATSON | 50 | CA | ST. PAUL | MN | 100691 |
| 12 hr | 101,066 m | R EILEEN ELIOT | 50 | FL | SYLVANIA | OH | 091894 |
| 24 hr | 180,986 m | R EILEEN ELIOT | 50 | FL | SYLVANIA | OH | 091894 |

| Women 55-59 | | | | | | | |
|-------------|-----------|---|-----------------|----|----|----------------|-----------|
| 5 km | 19:42 | R | MARGRET BETZ | 56 | NY | SYRACUSE | NY 100492 |
| 8 km | 32:01 | R | JOYCE GASKIN | 55 | TX | HOUSTON | TX 032192 |
| 10 km | 39:59 | U | MARGARET MILLER | 55 | CA | BEVERLY HILLS | CA 120681 |
| 12 km | 52:57 | R | MELBA HATCH | 57 | MI | ITASCA | IL 100685 |
| 12 km | 52:03a | U | MARION IRVINE | 58 | CA | SAN FRANCISCO | CA 041088 |
| 20 km | 1:28:03 | R | WEN-SHI YU | 56 | NY | NEW HAVEN | CT 090291 |
| 25 km | 1:52:46 | R | MARY STOREY | 55 | CA | VENTURA | CA 030280 |
| 25 km | 1:46:37 | U | MARGARET MILLER | 58 | CA | VENTURA | CA 092384 |
| 30 km | 2:14:49 | P | BARBARA MILLER | 55 | CA | CLARKSBURG | CA 111394 |
| 30 km | 2:17:31 | R | JOYCE GASKIN | 55 | TX | SUGAR LAND | TX 121292 |
| 50 km | 3:56:55 | R | SANDRA KIDDY | 55 | CA | WASHINGTON | DC 101792 |
| 100 km | 8:42:36 | R | SANDRA KIDDY | 55 | CA | PALAMOS, SPAIN | 021692 |
| 10 mi | 1:08:50 | R | TOSHIKO D'ELIA | 56 | NJ | WASHINGTON | DC 040686 |
| 10 mi | 1:04:42 | U | MARION IRVINE | 57 | CA | STOCKTON | CA 011887 |
| 20 mi | 2:26:36 | R | WEN-SHI YU | 55 | NY | MINNEAPOLIS | MN 101490 |
| 50 mi | 7:44:48 | R | MARY ANN MILLER | 56 | TX | DALLAS | TX 011693 |
| half mar | 1:28:42 | R | MARGARET MILLER | 58 | CA | SANTA MONICA | CA 082684 |
| marathon | 3:07:21 | R | MARGARET MILLER | 56 | CA | SAN FRANCISCO | CA 071182 |
| 24 hr | 131,853 m | | LOUISE MIKLOVIC | 56 | OH | SYLVANIA | OH 091894 |
| 48 hr | 234,755 m | R | MARY ANN MILLER | 55 | TX | DALLAS | TX 112891 |

Continued from previous page

| DIST | TIME | | ATHLETE NAME | AGE | HOME | RACE LOCATION | RST | RDATE |
|----------|-----------|---|-----------------|-----|------|---------------|-----|--------|
| 10 mi | 1:10:17 | R | HELEN DICK | 60 | CA | ENCINO | CA | 061685 |
| 20 mi | 2:32:16 | R | MARGARET MILLER | 60 | CA | MINNEAPOLIS | MN | 101286 |
| 50 mi | 9:01:38 | U | HELEN KLEIN | 60 | CA | SACRAMENTO | CA | 021984 |
| 50 mi | 12:06:59 | R | SARANN MOCK | 63 | OH | SYLVANIA | OH | 091894 |
| half mar | 1:35:02 | U | HELEN DICK | 60 | CA | LAS VEGAS | NV | 040485 |
| half mar | 1:39:01 | R | HELEN DICK | 60 | CA | SANTA MONICA | CA | 082684 |
| marathon | 3:15:30 | R | HELEN DICK | 60 | CA | CHICAGO | IL | 102184 |
| 24 hr | 133,668 m | R | SARANN MOCK | 62 | OH | SYLVANIA | OH | 091993 |

Women 65-69

| | | | | | | | | |
|----------|-----------|---|-----------------|----|----|---------------|----|--------|
| 5 km | 22:44 | R | HELEN DICK | 65 | CA | GARDENA | CA | 070890 |
| 8 km | 37:09 | U | HELEN DICK | 65 | CA | BURBANK | CA | 051990 |
| 8 km | 39:33 | R | EDNA LAFIN | 65 | AZ | AHWATUKEE | AZ | 082783 |
| 10 km | 46:18 | U | HELEN DICK | 65 | CA | LOS ANGELES | CA | 052790 |
| 10 km | 47:55 | R | KAY ATKINSON | 65 | CA | KENTFIELD | CA | 053182 |
| 12 km | 1:00:32a | U | MARY STOREY | 65 | CA | SAN FRANCISCO | CA | 040190 |
| 12 km | 1:01:08 | R | ALGENE WILLIAMS | 69 | IL | ITASCA | IL | 100685 |
| 20 km | 1:37:04 | U | HELEN DICK | 65 | CA | VALENCIA | CA | 100889 |
| 25 km | 2:10:56 | U | GERRY DAVIDSON | 65 | CA | SAN DIEGO | CA | 122886 |
| 30 km | 2:47:51 | U | EDNA LAFIN | 65 | AZ | PHOENIX | AZ | 102983 |
| 50 km | 5:11:50 | U | JOSEPHINE HESS | 65 | WA | YAKIMA | WA | 042483 |
| 100 km | 12:09:17 | | HELEN KLEIN | 67 | CA | SAN FRANCISCO | CA | 042190 |
| 10 mi | 1:17:51 | P | WHAYONG SEMER | 65 | OH | PERRYSBURG | OH | 112193 |
| 10 mi | 1:20:22 | R | HARRIET WEVER | 65 | MI | WASHINGTON | DC | 040587 |
| 20 mi | 3:02:01 | U | JACLYN CASELLI | 65 | CA | CLARKSBURG | CA | 111686 |
| 50 mi | 9:04:31 | | HELEN KLEIN | 67 | CA | SAN FRANCISCO | CA | 042190 |
| half mar | 1:42:16 | P | JAN RICHARDS | 65 | TX | DALLAS | TX | 110792 |
| half mar | 1:47:56a | R | JOSEPHINE HESS | 67 | WA | PORTLAND | OR | 092985 |
| marathon | 3:36:57 | R | WHAYONG SEMER | 65 | OH | COLUMBUS | OH | 102493 |
| 24 hr | 112,654 m | P | PO ADAMS | 68 | CA | SACRAMENTO | CA | 010193 |

Women 70-74

| | | | | | | | | |
|----------|----------|---|-----------------|----|----|------------|----|--------|
| 5 km | 24:38 | R | GERRY DAVIDSON | 70 | CA | CARLSBAD | CA | 041491 |
| 5 km | 24:24a | | MARY STOREY | 71 | CA | FONTANA | CA | 060395 |
| 8 km | 38:46 | R | HEDY MARQUE | 74 | VA | ALEXANDRIA | VA | 051092 |
| 10 km | 50:01 | U | PAT DIXON | 70 | OR | EUGENE | OR | 051389 |
| 12 km | 1:01:57 | R | ALGENE WILLIAMS | 70 | IL | ITASCA | IL | 100586 |
| 15 km | 1:22:55 | R | ELLEN MCCOY | 70 | MN | EDINA | MN | 092390 |
| 15 km | 1:16:35a | R | HEDY MARQUE | 74 | VA | ALEXANDRIA | VA | 042692 |
| 20 km | 1:46:21 | R | PAT DIXON | 70 | OR | MEDFORD | OR | 040889 |
| 25 km | 2:18:20 | R | GERRY DAVIDSON | 70 | CA | SAN DIEGO | CA | 112391 |
| 30 km | 2:59:22 | R | ELLEN MCCOY | 70 | MN | DULUTH | MN | 052591 |
| 50 km | 5:44:04 | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| 100 km | 12:50:49 | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| 10 mi | 1:20:33 | R | HEDY MARQUE | 74 | VA | WASHINGTON | DC | 101391 |
| 20 mi | 3:29:57 | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| 20 mi | 3:25:59 | U | MAVIS LINDGREN | 71 | CA | CLARKSBURG | CA | 111978 |
| 50 mi | 9:55:09 | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| 100 mi | 23:29:34 | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| half mar | 1:58:27 | R | MARCIE TRENT | 70 | AK | ANCHORAGE | AK | 052888 |

| DIST | TIME | | ATHLETE NAME | AGE | HOME | RACE LOCATION | RST | RDATE |
|----------|-----------|---|-----------------|-----|------|---------------|-----|--------|
| half mar | 1:50:03a | | MARY STOREY | 70 | CA | FONTANA | CA | 060494 |
| half mar | 1:57:31a | R | ALGENE WILLIAMS | 72 | IL | LAKE COUNTY | IL | 042488 |
| marathon | 4:09:04 | U | GERRY DAVIDSON | 70 | CA | SAN DIEGO | CA | 120891 |
| marathon | 4:30:24 | R | ELLEN MCCOY | 70 | MN | ST. PAUL | MN | 101490 |
| marathon | 4:11:54a | R | MARCIE TRENT | 70 | AK | NAPA VALLEY | CA | 031388 |
| 24 hr | 165,343 m | R | HELEN KLEIN | 70 | CA | SYLVANIA | OH | 091993 |
| 6 day | 600,285 m | P | HELEN KLEIN | 70 | CA | SACRAMENTO | CA | 010693 |

Women 75-79

| | | | | | | | | |
|----------|----------|---|-----------------|----|----|-----------------|----|--------|
| 5 km | 27:17 | R | ANNE CLARKE | 77 | IL | PARK RIDGE | IL | 082287 |
| 8 km | 40:44 | R | HEDY MARQUE | 76 | VA | ALEXANDRIA | VA | 091293 |
| 10 km | 53:40 | U | LEONA LUGERS | 75 | MI | HOLLAND | MI | 091182 |
| 12 km | 1:08:21 | R | ANNE CLARKE | 76 | IL | ITASCA | IL | 100685 |
| 15 km | 1:29:33 | R | ANNE CLARKE | 75 | IL | TAMPA | FL | 020985 |
| 15 km | 1:19:27a | R | HEDY MARQUE | 75 | VA | ALEXANDRIA | VA | 042593 |
| 15 km | 1:25:20 | P | HEDY MARQUE | 77 | VA | TAMPA | FL | 021895 |
| 20 km | 1:52:57 | U | LEONA LUGERS | 77 | MI | HOLLAND | MI | 052684 |
| 25 km | 2:49:48 | R | LEONA LUGERS | 79 | MI | GRAND RAPIDS | MI | 051086 |
| 30 km | 4:04:24 | R | BESS JAMES | 79 | CA | VENTURA | CA | 021289 |
| 10 mi | 1:24:54 | | HEDY MARQUE | 76 | VA | WASHINGTON | DC | 101793 |
| half mar | 2:06:34a | R | ALGENE WILLIAMS | 75 | IL | ZION-LAKE BLUFF | IL | 042891 |
| half mar | 2:14:15 | U | ANNE CLARKE | 76 | IL | CHICAGO | IL | 060886 |
| half mar | 2:26:24 | R | ANNE CLARKE | 77 | IL | CHICAGO | IL | 061487 |
| marathon | 4:49:08 | R | ANNE CLARKE | 76 | IL | CHICAGO | IL | 102085 |
| marathon | 4:41:45a | U | IDA MINTZ | 75 | IL | HIGHLAND PARK | IL | 042681 |

Women 80-84

| | | | | | | | | |
|----------|----------|---|----------------|----|----|---------------|----|--------|
| 5 km | 29:23 | R | ANNE CLARKE | 80 | IL | PARK RIDGE | IL | 093089 |
| 8 km | 52:00 | R | ANNE CLARKE | 81 | IL | PARK RIDGE | IL | 090891 |
| 10 km | 56:14 | U | LEONA LUGERS | 80 | MI | HOLLAND | MI | 050287 |
| 15 km | 1:39:44 | R | RUTH ROTHFARB | 80 | FL | AHWATUKEE | AZ | 112281 |
| 20 km | 2:26:34 | U | RUTH ROTHFARB | 80 | FL | WASHINGTON | DC | 030682 |
| 30 km | 4:13:32 | R | MAVIS LINDGREN | 81 | CA | CLARKSBURG | CA | 111388 |
| 10 mi | 1:43:17 | U | ANNE CLARKE | 80 | IL | ELGIN | IL | 052890 |
| half mar | 2:23:54 | U | ANNE CLARKE | 80 | IL | HIGHLAND PARK | IL | 061090 |
| half mar | 2:19:23a | U | ANNE CLARKE | 80 | IL | LAKE COUNTY | IL | 042990 |
| marathon | 5:10:04 | R | IDA MINTZ | 80 | IL | CHICAGO | IL | 102085 |

Women 85-89

| | | | | | | | | |
|----------|---------|---|---------------|----|----|---------------|----|--------|
| 5 km | 34:51 | P | ANNE CLARKE | 85 | IL | PARK RIDGE | IL | 092494 |
| 5 km | 43:00 | R | RUTH ROTHFARB | 87 | FL | ALBANY | NY | 060389 |
| 8 km | 1:03:16 | P | ANNE CLARKE | 85 | IL | DEERFIELD | IL | 111394 |
| 10 km | 1:14:37 | P | ANNE CLARKE | 85 | IL | HIGHLAND PARK | IL | 100994 |
| half mar | 3:23:06 | U | MARY AMES | 85 | CA | LOMPOC | CA | 061988 |
| marathon | 6:53:50 | R | IDA MINTZ | 85 | IL | CHICAGO | IL | 102890 |

Women 90 + over

| | | | | | | | | |
|-------|---------|---|---------------|----|----|------------|----|--------|
| 5 km | 48:35 | P | TINY RILEY | 90 | MT | HELENA | MT | 060395 |
| 10 mi | 3:29:08 | R | RUTH ROTHFARB | 90 | FL | WASHINGTON | DC | 040592 |

13 Masters Qualify for Olympic Marathon Trials

As of Oct. 8, four masters men and nine masters women have qualified for the U.S. Olympic Marathon Trials in 1996. The men's qualifying time is 2:22; the women's is 2:50.

The M40+ qualifiers, with their present age, time, and qualifying marathon, are Doug Kurtis, 43,

2:15:48, Boston 1994; David Petersen, 40, 2:18:42, St. George 1994; John Barbour, 41, 2:20:26, Boston 1994; and Ric Sayre, 42, 2:20:52, Boston 1994.

The W40+ qualifiers are Alice Thureau, 40, 2:43:23, Twin Cities 1995; Sharlet Gilbert, 44, 2:44:51,

Grandma's 1994; Honor Fetherston, 41, 2:45:03, California International 1994; Suzanne Ray, 43, 2:45:36, Twin Cities 1994; Kathy Barton, 41, 2:48:52, Houston-Tenneco 1995; Charlene Soby, 44, 2:49:23, Revco-Cleveland 1995; Nancy Hinkel, 40, 2:49:31, Portland 1995; Maureen Custy Roben, 40, 2:49:40, Las Vegas 1995; and Virginia Egger, 42, 2:49:47, St. George 1995.

The men's trials will be held along with the Charlotte Observer Marathon, Charlotte, N.C., Feb. 17. The women's trials will take place on Feb.

10 in the Carolina Marathon, Columbia, S.C. □

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 50098, Eugene OR 97405*

Minnesota Masters 15K Championships

by JACK MORAN

"What a great day for running!" is what we said last year. This year the state USATF 15K Championships in Edina on Sept. 17 were even better with temperatures in the mid-50s even at the finish, and no wind.

Forty-eight runners claimed PRs, compared to 34 last year, and 17 state records were set instead of "just" eight in 1994. Two men were under 50:00 for the first time since 1983, and five women under 60:00 for the first time ever. Who says masters are past their prime? Not all of them.

Leading the record-setters was Marie Boyd, 35, who grew up in Buffalo, played volleyball at Gustavus, and then started running. A physician in Albuquerque, she was back in Minnesota for a medical conference. Her 54:05 took nearly two minutes off the state open 15K record Marcy Gilles set last year in this race.

The men's race was expected to be a duel between Rob Whetham, 43, and

Mike Seaman, 45, but neither knew or reckoned with newly-minted master Jess Koski. "We went back and forth the first few miles," said Whetham. "Koski seemed to be toying with us. He put in a few surges, then a big one at five miles and never looked back." Koski won in 49:29. Whetham was second in a PR 49:56; Seaman third in 50:34.

Runners were age-graded by the WAVA tables. The top man and woman on this basis were each awarded a trip to the 1996 USATF Championships of their choice. Congratulations to Marcy Gilles, 46, who ran an 87.9% 57:01, and Seaman, whose 50:34 was an age-graded 87.5%.

Along with the championships awards, the Minnesota Masters 15K gives awards in "Novice" divisions to runners who have never won in an age group in any race.

Thanks to BlueCross BlueShield of Minnesota, who have now sponsored this race for 13 years, and to Q Cumbers, now a five-year sponsor. □

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Women's Corner

by JANE DODS

Post-Menopausal Masters Pounce on Pittsburgh for Research Study

Answering an ad in NMN recently resulted in being poked, prodded and run to exhaustion while breathing (or better yet, trying to breathe) through a gas-filled "snorkel tube." I, along with four other "mature" (chronologically only, I assure you) women, were the initial athlete subjects of a study being done by the University of Pittsburgh Medical Center, Division of Cardiology, involving "The Interaction between Hormone Replacement Therapy and Exercise Training in Post-Menopausal Women." Hey, for a free trip I'll do 'most anything.

My cohorts in this caper were Dawn Russell, Springfield, Ore.; Gloria Brown, Grand Island, N.Y.; Margie Withrow, Lompoc, Calif.; and Maggie Solomon, Conway, N.H.

We athletes were being compared to a group of sedentary women. The first test was a workout on a stationary bike to measure heart function with sound waves. This included the viewing of one's heart on an adjacent monitor. Since the screen wasn't in color I decided to take a peek. I felt rather detached. It was somewhat like watching the moon landing. Other tests included VO2max, body composition (including bone density), and glucose tolerance. For the latter, the resident "vampires" drew about 20 test tubes of blood from one arm while dripping glucose in the other. Dawn Russell and I were "roommates" for this test. After nearly four hours, we were rewarded with hospital "haute cuisine" for lunch.

The staff at the medical center, headed by Jim Hagberg, Ph.D., was terrific. Everyone there seemed to get a kick out of us active oldies. They cheered us on wildly as we labored to keep running or pedaling with cries of "You're doing super," "Excellent effort," etc. They also were very gracious hosts. We were treated to dinner one night on the banks of the Monongahela River and then taken up the Monongahela Incline (a tram-like device built 100 years ago) to the city's upper level, which afforded us a fabulous view. We also enjoyed a delicious dinner at Jim's home where we had a swell time exchanging exploits. I think I've got a new recruit or two for the "Bare Buns Fun Run" at a nudist colony near Spokane, Wash., next year.

Topping off the trip, was the opportunity to run in the City of Pittsburgh Great Race on Sept. 24 — a super 10K coursing through the city's streets. We shared this experience with some 10,000 others. What a great way to contribute to medical science. □



Dawn Russell, 71, undergoing test at University of Pittsburgh Medical Center. Dr. Jim Hagberg, head of Cardiology Dept., assisting.

Five Years Ago November, 1990

- Richard Marczak, 45, Top Age-Graded Runner at Twin Cities in 2:20:47
- Nelson, Martinez, Havens Win National Marathon Titles
- Rod Dixon Sets Mile Record in Masters Debut

Madden, Moore Best in 24-Hour Run

Kurt Madden, 40, completed 139.24 miles to win overall the USATF National Masters 24-Hour Championships held at Olander Park, Sylvania, Ohio, Sept. 16-17. Madden's closest 40+ competition was Robin Fry, 43, who logged 117.81 miles.

Ron Kovacs, 56, defeated a strong contingent of M55 runners, with a U.S. age-group record of 115.9182 miles or 186,522m. Along the way, Kovacs broke the record for 100 miles with a 20:31:05. Howard Henry, 74, defended his M70 title with 89.79 miles.

Debra Moore, 42, was second woman overall in the race, which also served as the USATF women's open championship. She finished tenth overall with 112.30 miles to repeat as W40 champion. Diane McNamara, 41, was second with 108.99.

Sarann Moch, 64, won the W60 championship with 71.83, under her 1994 age-group winning total of 80.81 miles. □



Sandra Burgess won the W40-49 race (4:32:08), Kilauea Volcano Marathon, Hilo, Hawaii. Photo by Tesh Teshima

9460 Run in 19th Great Race 10K

by JANE DODS

On Sunday, Sept. 24, I was one of 9460 athletes who hit the streets for the 19th running of the City of Pittsburgh Great Race 10K (which also included a 5K and a walk division).

The rains of the day before were nowhere in sight. In fact, the weather was perfect (40s and sunny) as we stood in line waiting for a parade of buses that took us to the start line (an adjacent McDonalds was doing a land office business in coffee and restroom patronage).

This is a point-to-point race which begins in an attractive residential area, heads toward downtown, passing through the University of Pittsburgh, and finishes at the tip of the Golden Triangle (confluence of Ohio, Allegheny, and Monongahela Rivers) directly across from Three Rivers Stadium (a Steelers game that afternoon made for an even more festive atmosphere).

The mainly downhill (after the first uphill mile) course was conducive to fast times. Winning overall in the men's open was Stephen Nyamu, 25, of Kenya, who established a new course record in 27:09. Colette Murphy, 30, of Indianapolis, broke the tape for the women in 31:32.

In the masters division, Barry Harwick, 40, took first place in the men's competition with a time of 30:30, with Alice Thureau, 40, leading the women in 34:13. Age-group standouts included Judy Carroll (53, 41:27), Margaret Lutz (66, 46:20) and Lou Lodovico (M71, 41:10). An especially fine performance was that of Valerie Wilden, 82, who scampered through town in a very respectable 1:03:01.

As a first time visitor to Pittsburgh, I was very impressed with the uniqueness (and non-toxic) aspect of the city. I was equally impressed with race director Mike Bradley's efforts in putting together such a "great race." □

Hill Wins in Prefontaine and Portland

by JERRY WOJCIK

Leonard Hill, 43, Klamath Falls, Ore., warmed up for his Portland Marathon masters victory on Oct. 1 by taking the M40+ first in the Prefontaine Memorial 10K, Coos Bay, Ore., on Sept. 17.

Hill won the 10K in 32:58, with Al Mayer, 40, Chelan, Wash., second at 35:12. Michael McLain, 45, Florence, Ore., was third in 35:48.

Jeanne Landrum, 40, Klamath Falls, won the W40+ race with a 39:39. Elaine Nickerson (46, 42:44), Coquille, Ore., Alice Rose (60, 46:57), Eugene, Ore., and Marcia McChesney (65, 55:50), Eugene, strode to division course records.

In the Portland Marathon, Hill plac-

ed third overall of 2579 male runners, over five minutes faster than nearest rival, Scott Buckles, 40, 2:32:18.

The closest division contest came in the M55 group, where Daniel Bonogofski, 50, won by 11 seconds with a 2:54:35 over Dan McKunkin, 50.

Nancy Hinkel, 40, won the masters women's race in 2:49:30, good for third overall of the 1347 female finishers. Yoshiko Hirohama, 46, was second with a 2:58:16. The first W50+ was Barbara Kleve, 53, eighth female in 3:18:41. Mavis Lindgren, at age 88, was the oldest finisher in 8:03:23.

The event, under the direction of the Oregon RRC, also included a five-mile run, a kid's run, and a mayor's walk. □



Martin Mondragon, 41, Mexico, first overall (50:49) in the Virginia 10-Miler, Lynchburg, Sept. 10. Photo from Chris Ellis

Virginia 10-Mile

Continued from page 1

Sue Given, 42, Roanoke, Va., took the masters women's race with a third-female overall 65:53. Lis Villadsen won the W55 race in 1:19:39.

Over 830 runners finished the race in perfect fall weather with temperatures in the low 60s.

The major sponsors were First Colony Life, All-Sport, and Legg Mason. Chris Ellis was the meet director. □



Joan Stratton, 43, receiving the Phil Partridge Award for her women's high score of 3348, presented by meet Director Dick Hotchkiss, USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif., Aug. 26. Photo by Suzy Hess

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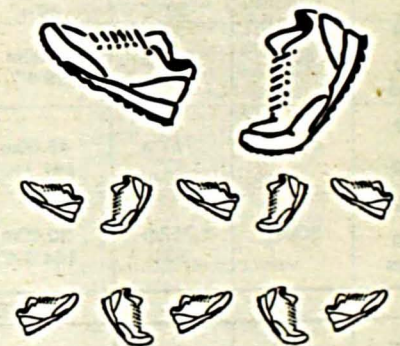
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Report From Britain

by MARTIN DUFF and BRIDGET CUSHEN

A massive contingent of 115 four-man teams completed the Southern

Area Veterans Road Relay Championships over a 6K course in the army town of Aldershot on Sept. 24. Eighty M40+ squads were headed by the Exeter Harriers of Devon, who had a balanced team led by M45 5K roadrunner Ahmed Amraouil (19:06). Fastest for the third year in a row was Nigel Gates, the 1994 world 10K champion, in 18:10.

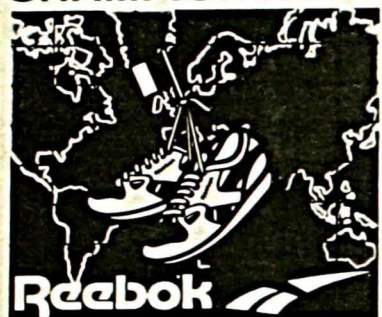
Twenty-nine M50+ teams finished, with South London's Cambridge Harriers in front, for whom Steve Binkin was top man at 20:10, but Bob Gevers was fastest at 19:54. Only six M60+ teams competed, with Barnet regaining the trophy, but Laurie O'Hara was again best with a 21:06.

Two M40 British field records were broken late in September. Dave Ottley, the 1984 Los Angeles Olympic javelin silver medalist, threw 65:02 at Telford in Shropshire on the 24th. Barrington Williams, Mulli AAA's long jump medalist, leaped 7.33 at Watford on Sept. 27. Earlier in the month, Clova Court improved her own British W35 200 mark to 23.64 at Stoke on Sept. 10. Court also holds the 100m at 11.69 and the 100mH at 13.36.

St. Louis-born Judy Vernon, an ex-British international, won a 300m track race in 49.7 at an open meet on Sept. 17, one week before her 50th birthday.

The British veterans half-marathon

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

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30 Km Men

Entry forms, information and accommodation :

Jacques Serruys

Korte Zilverstraat 5

8000 Brugge - Belgium

Tel. 00 32 50 341 781

Fax : 00 32 50 334 325

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
|---------|---------------|---------------|----------------------|----------------------|----------------------|----------------|
| 30-39 | 100m | .840m 33" | 13.00m 42'8 1/2" | 8.5m 27'10 1/2" | 10.5m 34'5" | 10 |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" | 8 |
| 50-59 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.00m 62'4" | 8 |
| 30-39 | 400m | .762m 30" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 40-49 | 400m | .762m 30" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 50-59 | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |
| 60-69 | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |
| 70 plus | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |

MEN

| | | | | | | |
|---------|------|--------------|----------------------|----------------------|----------------------|----|
| 30-39 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' | 10 |
| 40-49 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' | 10 |
| 50-59 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" | 10 |
| 60-69 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10 1/2" | 10.50m 34'5" | 10 |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11 1/2" | 19.0m 62'4" | 8 |
| 30-49 | 400m | .914m 36" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 50-59 | 400m | .840m 33" | 45.00m 147'7 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 10 |
| 60 + | 300m | .762m 30" | 50.00m 164'0 1/2" | 35.00m 114'9 1/2" | 40.00m 131'2 1/2" | 7 |

IMPLEMENTS

| AGE | SHOT PUT | DISCUS | HAMMER | JAVELIN |
|---------|-----------------|--------|-----------------|----------|
| Women | | | | |
| 30-49 | 4.00k | 1.00k | 4.00k | 600gms. |
| 50 plus | 3.00k | 1.00k | 3.00k | 400 gms. |
| Men | | | | |
| 30-49 | 7.26k (16 lbs.) | 2.00k | 7.26k (16 lbs.) | 800 gms. |
| 50-59 | 6.00k | 1.50k | 6.00k | 800 gms. |
| 60-69 | 5.00k | 1.00k | 5.00k | 600 gms. |
| 70 plus | 4.00k | 1.00k | 4.00k | 600 gms. |

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.



Alan Galbraith, New Zealand, leads the M50 1500 finalists in the second lap, WAVA Championships, Buffalo, but finished sixth. Reginald Phipps, #1306, Great Britain, passed Ken Sparks, #3313, USA, to win, 4:12.60 to 4:12.87.

Photo by Leo Benning

championships, Sept. 24, in north Wales attracted 1100 entries. The first runner home was Welshman Martin Rees, M40, in 66:40. Myra Garrett,

W50, ran an exciting 85:22 for third fastest woman. After the first mile up a winding road, runners faced a strong, swirling mist off Lake Vyrnwy. □



Delay in the relay. Heavy rains flooded the track at the main venue, WAVA Championships, Buffalo, delaying the running of the relays.

Photo by Shirley Dietrich



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P.O. Box 5180
1403 Delmerville
South Africa
Fax: 27-11-827-7590

Masters Scene

NATIONAL

• **Pat Devine**, 65, topped the Road Running Information Center's men's list of runners with 14 or more nationally-ranked times with 29 for 1994. **Wen-Shi Yu**, 59 in 1994, led the women's list with 30. The lists included junior, open, and masters runners. **John Burton**, 71, was second male, with 27, and **Opal Alexander**, 65, second female, with 27. Third on both lists were open runners: **Brian Abshire**, with 25, and **Maria Trujillo** and **Laura Mykytok**, with 24 each. To order the annual USATF World and U.S. Road Performances book, send \$45 to RRIC, 5522 Camino Cerralvo, Santa Barbara, CA 93111.

• **Alan Wood**, publisher of "The Master Walker," has terminal kidney cancer, but says he is "happy to be going to heaven." The new editor is **Ron Heimbarger**, 308 Burtell Dr., Chesapeake, VA 23320. **Bev LaVeck**, address on p. 3, NMN, will take over "Age Bests."

EAST

• **Rick Hoebeke**, 46, with a 16:53, sparked the High Noon AC five-man squad to the M40+ team win in the Upstate NY X-C Series 5K at Akron Falls Park, Sept. 9. **Tom Carr**, 50, of the Cats AC, was first in the veteran category (50+) with an 18:47. **Andrea Burke**, 45, Syracuse Chargers, took the W40+ first in 22:35.

• All eleven members of the Pilgrim Health Care New England 65+ RC who entered the Falmouth Road Race, Aug. 20, finished the 7.1 mile race. The Club, founded in 1991, is dedicated to the principle that runners continue to be competitive into their 80s and beyond. Currently, the club has 150 members ranging in age from 65 to 93 throughout New England. **Russell Bradley**, 71, Cape Elizabeth, ME, led the members with a 57:25. **Phil Campbell**, 77, club president, Lynfield, MA, ran a 62:52, and **Louise Rossetti**, 74, club secretary, finished in 84:32.

• Picking up prize money in the 18th Annual New Haven 20K Road Race, New Haven, CT, Sept. 4, were men's masters **Jurly Mikhailov** (40, 1:04:38) \$500, **Vladimir Krivay** (44, 1:06:05) \$250, and **Ed Sparkowski** (40, 1:06:29) \$100. The top three W40+ cashing in for the same amounts were **Rebecca Stockdale-Woolley** (44, 1:16:37), **Mary Dunn** (43, 1:19:01), and **Sharon Vos** (40, 1:19:55). In the accompanying 5K, **Bob McCusker** (43, 15:44) captured the men's title (third overall) with an 88.6% age-graded effort. **Jane Arnold** (54, 19:49) led the women in an impressive 86.3%.

• **Luis Tipan** (41, 1:14:37) and **Marie Wickham** (40, 1:29:11) sped to masters victories in the NYRRRC Staten Island Half-Marathon, Sept. 10. Age-group standouts included **Luis-Antonio Flores** (53, 1:21:19), **Wen-Shi Yu** (60, 1:42:40), and **Rosa Nales** (61, 1:44:15).

SOUTHEAST

• Older masters **Ignacio Jimenez**, 46, 27:47, and **Carolyn Mather**, 46, 33:30, bested the 40+ fields in the Maggie Valley Midnight 8K, Maggie Valley, NC, Aug. 26. **Bill Olrich**, 59, won the M55 race with an age-graded 86.4% 29:43. **Susie Kluttz**, 58, was the class of the W55 race with a 36:20.

• A low-key weight pentathlon in Atlanta is planned for Nov. 26, before the USATF Convention. A one-hour decathlon is also on the schedule for Dec. 3 in Atlanta. The event is in its fourth year of international competition and may be adopted as a masters event for 1996 at the 1995 Convention. Contact for both is **Phil Mulkey**, 770-973-3825.

• The South Florida Grand Prix Series runs Oct. 15 through March 31 and is open to all runners with a Florida address. Contact **Jim Niemer**, 316 NW 95th Ave., Plantation FL 33324.

MIDWEST

• **Charlie Grav**, 41, Missouri, and **Jane Welzel**, 40, New Jersey, bested masters fields in the Motorola Half-Marathon, Schaumburg, IL, Oct. 1 to pocket \$1700 each. **Gray** was a four-minute winner over **Bill Rodgers**, 47, Massachusetts, with a 68:37. **Welzel** was an 11-second winner over **Charlene Soby**, 44, Illinois, with an 80:32. **Rodgers** and **Soby** collected \$850 apiece.

• The Alongi Racewalk Championships, Dearborn, MI, Sept. 29, drew 105 masters. In the women's 5K, **Deb McLaughlin** (W40, 28:06) took top honors. The men's 10K champion was **David Lawrence** (M40, 50:56), with **Margaret Walker**, W70, capturing her division in a speedy 34:11.

MID AMERICA

• **Jane Hutchison**, who will be 50 on Dec. 16, was first female overall (28:43) in the Cliffhanger 8K, Kansas City, MO, Sept. 25. **Dmitry Voldman**, M40, took the M40+ race (27:02). In a companion 5K, **Pat Walsh**, M40, 16:33, and **Nancy Cooper**, W40, 23:12, were 40+ firsts. **Bill Dyer** won the M80 race in 27:30.

• **Norman Katzman**, Denver, CO, has retired from masters competition after 15 years as a nationally-ranked sprinter. His last competition was in the M70 sprints in the Rocky Mountain Games, where he took three firsts.

SOUTH WEST

• **Jose Rojas**, 53, Norman, OK, with an age-graded time of 17:04 (actual time 19:38), and **Janet Myers**, 58, Bethany, OK, with an A-G 18:37 (23:05), took masters best performance honors in the Adjutant General's 5K, Tulsa, OK, Sept. 23.

WEST

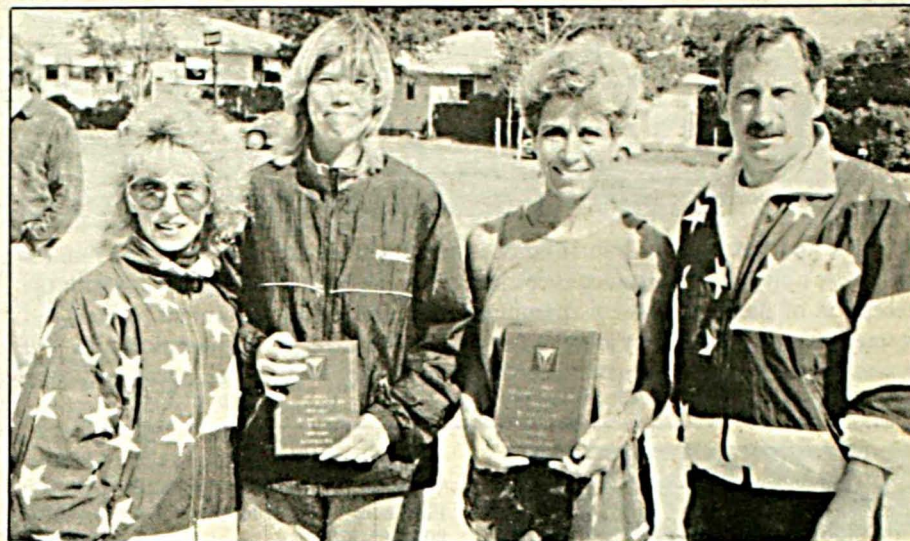
• **Jim York**, 82, set an unofficial single-age WR for the 56-lb. weight of 12-4½ at the third annual Kelfield Throws Meet, Santa Cruz, CA, Sept. 16.

• **Gunnar Linde**, M65, Los Angeles, was visiting Latvia (he holds dual citizenship), when he was asked to represent Latvia in the Nordic Masters Championships in August, where he ran a 5:40 1500 and a 19:31 5000, and was third overall in age-graded scoring of all events in his age group.

• **Rae Clark**, M40, Camino, CA, with a sixth-place 2:54:59, and **Liz Cecchi**, W40, King City, CA, in 3:24:13, were 40+ firsts in the Sacramento Marathon, CA, Oct. 1. **Juan Cabeza**, M50, Torrance, CA, took second M40+ in 2:58:00. In the half-marathon, **Jessie Stratton**, W45, Redding, CA, won the M40+ race in 1:35:47, and **Chris Enfante**, M40, Elk Grove, CA, took the M40+ clash with a 1:17:40.

NORTHWEST

• In memory of **Marcie Trent**, some runners in Anchorage, AK, are putting together a memorial quilt from the world-wide running community. **Trent**, 77, and her son were killed by a bear while running on the McHugh Creek Trail, July 1. Anyone who ever ran in a race with **Trent**, a national age-group record holder, is invited to be part of this gift to her family by making a fabric block. The first 500 blocks received before Jan. 1, 1996, will be included in the quilt, with any additional blocks being incorporated into the back or presented to the family along with the quilt. Address all inquiries to project organizer, **Maria Cobb**, 3126 Tamworth Circle, Anchorage AK 99504. "Marcie is not somebody we want to lose," said Cobb. "She's almost like a legend. She means so much to so many people. We just don't want to forget her and we want to honor her memory."



Maccabiah/USA Board of Directors **Toni Wortman** (l) and **Arnold Minkoff** (r) congratulate **Harriet Jacob** (second from right), W40 winner in 19:15, and **Phyllis Holman**, W40 second, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 24. Photo by Mike Polansky

CANADA

• **Art Meaney**, bolted to the M40+ victory in 34:21 in the Blueberry Harvest 10K, Harbor Grace, Newfoundland, Sept. 17.

INTERNATIONAL

• The British Veterans Athletic Federation recently rejected a motion to change their name to the British Masters. There was a narrow majority in favor of a change from veterans to

masters; however, a two-thirds vote was required. The BVAF Marketing Director, **Stuart Matthews**, forcefully argued the word "veteran" is a hindrance to selling the BVAF to sponsors.

• The 1st European Veterans Indoor Track and Field Championships will be held in Birmingham, England, on February 28-March 2, 1997. Athletes from outside Europe will be allowed to compete as WAVA has approved the event to be used as a pilot for a future World Indoor Championships.

REGIONAL USA TRACK & FIELD OFFICES

This is a list of the various USA Track & Field associations and the office phone/fax, or membership chair phone (if no office), as per the 1994 USA/TAC Directory.

| | | |
|---------------------|--------------------|----------------------------------|
| Adironeck | Troy, NY | 518/273-5552; Fax 518/273-0647 |
| Alabama | Mobile, AL | 205/471-4081; Fax 205/434-7576 |
| Alaska | Anchorage, AK | 907/345-2968 |
| Arizona | Scottsdale, AZ | 602/949-1991; Fax 602/994-1748 |
| Arkansas | Little Rock, AR | 501/666-1720 (Lou Peyton) |
| Border | El Paso, TX | 915/581-2962 (Deborah Chestnut) |
| Central California | Wasco, CA | 805/758-3081 (Brad Tomasini) |
| Colorado | Aurora, CO | 303/751-1952 (Gordon Bishop) |
| Connecticut | Willimantic, CT | 203/872-0561 (Peter Leeds) |
| Dakotas | Wahpeton, ND | 701/642-1321 (Charles Olsgard) |
| Florida | Orlando, FL | 407/895-6323; Fax 407-897-3243 |
| Georgia | Atlanta, GA | 404/524-0047; Fax 404/525-6864 |
| Gulf | Houston, TX | 713/527-7620; Fax 713/527-7623 |
| Hawaii | Honolulu, HI | 808/538-1113; Fax 808/533-0549 |
| Illinois | Elmhurst, IL | 708/833-7303; Fax 708/833-5162 |
| Indiana | Rensselaer, IN | 219/866-3040 (Rose Edmonds) |
| Inland Northwest | Cheney, WA | 509/235-4762 (Ruth Van Kuren) |
| Iowa | Des Moines, IA | 515/288-4697 (Jim Walczyk) |
| Kentucky | Louisville, KY | 502/458-4989 (William G. Long) |
| Lake Erie | South Euclid, OH | 216/382-2656 (Jeff Gerson) |
| Maine | Hallowell, ME | 207/623-3682; Fax 207/626-9633 |
| Metropolitan | New York, NY | 212/227-0071; Fax 212/227-0756 |
| Michigan | Flushing, MI | 313/236-5189 (John Gault) |
| Mid-Atlantic | Philadelphia, PA | 215/472-0780 (Barbara Jones) |
| Minnesota | Blaine, MN | 612/785-5644 |
| Missouri Valley | Kansas City, MO | 816/842-3311; Fax 816/842-3020 |
| Montana | Seeley Lake, MT | 406/677-2848; Fax 406/677-2949 |
| Nebraska | Lincoln, NE | 402/423-4345 |
| Nevada | Las Vegas, NV | 702/451-2937 |
| New England | Brookline, MA | 617/566-7600; Fax 617/734-6322 |
| New Jersey | Piscataway, NJ | 908/463-8444; Fax 908/463-8479 |
| New Mexico | Los Lunas, NM | 505/865-8612; Fax 505/865-8612 |
| Niagara | Buffalo, NY | 716/883-8141 (Diane Meillo) |
| North Carolina | Raleigh, NC | 919/467-1552; Fax 919/515-7867 |
| Ohio | Dayton, OH | 513/455-9274 (Kountez Moore) |
| Oklahoma | Oklahoma City, OK | 405/942-6733; Fax 405/232-1891 |
| Oregon | Portland, OR | 503/253-2639; Fax 503/252-7132 |
| Ozark | Manchester, MO | 314/434-3397 (Gussie Crawford) |
| Pacific | Folsom, CA | 916/983-4622; Fax 916/983-4624 |
| Pacific Northwest | SeaTac, WA | 206/433-8868 (Carole Langenbach) |
| Potomac Valley | Springfield, VA | 703/440-5816 (Al Logie) |
| San Diego-Imperial | San Diego, CA | 619/275-6542; Fax 619/275-6542 |
| Snake River | Salt Lake City, UT | 801/538-2062 (Ben Stowell) |
| South Carolina | Spartanburg, SC | 803/582-0129 (Pete Palmer) |
| South Texas | San Antonio, TX | 210/270-6215 (Donald Austin) |
| Southern | Port Gibson, MS | 601/437-4232 (Barbara McCoy) |
| Southern California | Downey, CA | 310/869-4574; Fax 310/862-2048 |
| Southwestern | Dallas, TX | 214/239-2041; Fax 214/421-5726 |
| Tennessee | Nashville, TN | 615/227-8324 |
| Three Rivers | Allison Park, PA | 412/487-2917 (Holly Rodenbaugh) |
| Utah | Salt Lake City, UT | 801/538-2062 (Ben Stowell) |
| Virginia | Richmond, VA | 804/353-9349 (Faye Alexander) |
| West Texas | Lubbock, TX | 806/794-0350 (David Conder) |
| West Virginia | Ona, WV | 304/736-8474 (Arlene Stooke) |
| Wisconsin | MT. Horeb, WI | 608/437-8992 |
| Wyoming | Cheyenne, WY | 307/778-7866; Fax 307/634-1140 |

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 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

November 28-December 2. USATF National Convention, Westin Peachtree Plaza, Atlanta, Ga. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317/261-0500.

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thornley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509/533-3644; fax 509/533-4128.

EAST

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

January 5-7. 27th Dartmouth Relays, Leverone Field House, Hanover, N.H. 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.

January 14. 12th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve).

January 21. Greater Boston TC Indoor Invitational, Harvard U., Allston, Mass. Includes 4x220y relay/invitational W40+ mile/invitational senior men's 2 mile. Jim O'Brien, GBTC, PO Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

SOUTHEAST

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

November 11. Golden Age Games, Sanford, Fla. 55+. Seminole County Convention & Visitors Bureau, 407/330-5699.

November 18. Good Life Games, St. Petersburg. 55+. Shirley Lewis, Barnett Bank, PO Box 12288, St. Petersburg, FL 33733.

Ten Years Ago November, 1985

- Clive Davies, 70, wins \$4000 in Twin Cities Marathon
- Kirk Randall Top Master in TAC National 8K
- Walker, Steigerwalt Win U.S. 15K Racewalk

December 9. USATF South Carolina Weight Pentathlon Championships, Florence, SC. Florence Rec. Dept., 803/665-3253.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 11. Waterloo Weight Championships, Buda, Texas. Age-graded pentathlon included. John Conniff, 512/346-1589; Jeff Brower, 512/257-1642.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 821113, Dallas, TX 75382. 214/979-0246.

WEST

Arizona, California, Hawaii, Nevada

November 1-11. Long Beach Senior Olympics. 55+. Windi Snellen, 2760 Studebaker Rd., Long Beach, CA 90815. 310/570-1780.

November 11 & 18. Timber Wolf TC Throws Meets, Encina HS, Sacramento. TWT&FC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

November 18. KELfield Throws Series, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

December 2 & 6. Timber Wolf TC Throws Meet, Encina HS, Sacramento, TWT&FC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

December 16. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

January 27. College of the Desert Meet, Palm Desert, Calif. 2 p.m. Grass track. Mike Castaneda, 619/321-9299.

February 9-18. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 24-27. Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs, CA 92382. 909/867-2411.

NORTHWEST

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

June 29-30. Hayward Masters Classic, Eugene, Ore. Contact TBA.

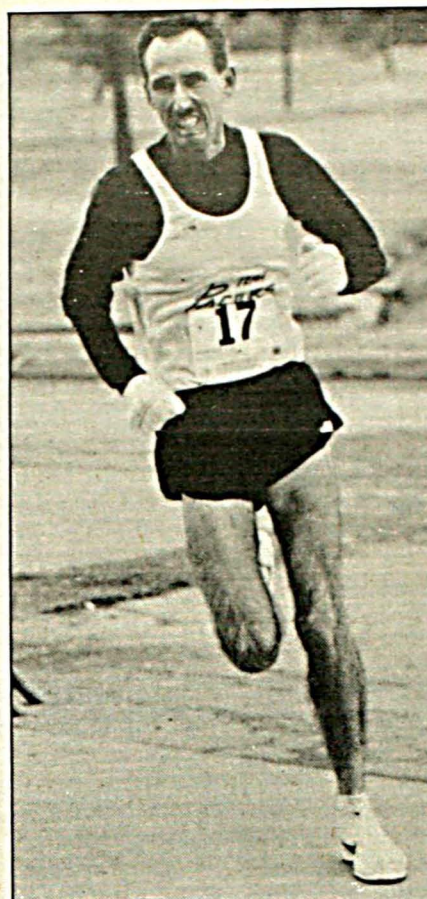
INTERNATIONAL

July 7-13. WAVA Oceania Regional Championships, Papeete, Tahiti.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 21-24. WAVA North American Regional Championships, Eugene, Ore. M&W 30+. 8K RR; 10K roadwalk for m&w. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.



Ric Banning, 41, Alexandria, Va., on the way to the M40+ victory (1:09:53), Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 13.

Photo by Clay Shaw

October 3-6. WAVA Asian Regional Championships, Seoul Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. (1996).

OPEN

March 1-2. USATF Indoor Championships, Atlanta.

June 14-23. USA Olympic Trials, Atlanta.

July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING NATIONAL

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd., #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 28-December 2. USATF National Convention, Atlanta, Ga. See T&F National.

February 11. USATF National Masters Half-Marathon Championships, Las Vegas. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

March 31. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619/488-9556.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502/896-0717.

EAST

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

November 12. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.

ON TAP FOR NOVEMBER TRACK AND FIELD

Other than several weight meets and a few Senior Games (55+) in the warmer climes, the menu is brief. The 29th annual USATF National Convention in Atlanta, Nov. 28-Dec. 2, should be interesting, as the city is preparing for the 1996 Olympics. You do not have to be a big wheel or an officer from the T&F, LDR, or racewalking committees to attend. See T&F National schedule for details.

LONG DISTANCE RUNNING

Two USATF National Masters Championships top the list: the 5K Cross-Country, Landen, Ohio, on the 11th, and the 8K Cross-Country, Boston, Mass., on the 18th. The NYC Marathon on the 12th gets the spotlight, but other appealing races are on the schedule, such as the Big Sur Trail Marathon, Calif., on the 4th; Houston Masters 25K, the 12th; Mission Bay 25K, San Diego, the 18th; Philadelphia Marathon, the 19th; Manchester 4.75 Mile, Conn., the 23rd; and the Seattle Marathon, the 25th.

RACEWALKING

The 5K distance is available in Pasadena, Calif., on the 4th, and NYC on the 26th, and probably in a lot of road races in between those cities and dates.

November 19. Philadelphia Marathon. Joe Callan, Memorial Hall, P.O. Box 21601, Philadelphia, PA 19131. 215/685-0054.

November 23. Manchester 4.75 Mile. Manchester Road Race, P.O. Box 211, Manchester, CN 06040. 203/649-6456.

December 3. Brian's Run 10K, West Chester. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/436-2731.

December 31. NYRRC/Runner's World Midnight Run 5K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

November 4. Delchamps/Senior Bowl Charity 10K, Mobile. Delchamps 10K, PO Box 1408, Mobile, AL 36633. 334/438-2276.

November 11. Vulcan Run 15K. Birmingham TC, PO Box 530363, Birmingham AL 35253. 205/995-5344.

November 12. Old Reliable 10K. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602. 919/829-4843.

November 23. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064.

December 3. World AIDS Day Walk/Run for Life, Broward Community College, Davie, Fla. Split Second Timing, 2211 Charleston, Fort Lauderdale FL 33326.

December 3. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800/893-RACE.

December 9. Rocket City Marathon. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205/881-9077.

Continued on next page

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December 9. Citrus Sports Half-Marathon, Orlando. Lorraine Evans, 8640 Tansy Dr., Orlando, FL 32819. 407/423-2476.

December 16. Jacksonville Marathon/Relay & 5K. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

January 7. Walt Disney World Marathon, Orlando. 407/939-7810.

February 10. Carolina Marathon (U.S. Women's Olympic Trials), Columbia, S.C. SASE to Carolina Marathon, PO Box 5092, Columbia, SC 29250. 803/929-1996.

February 17. Charlotte Observer Marathon/NationsBank 10K (U.S. Men's Olympic Marathon Trials). Marathon, Box 30294, Charlotte, NC 28230. 704/358-5425.

MIDWEST

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

November 12. Columbus Marathon/Team Relay & 5K. SASE to Joan Riegel, Marathon, Box 26806, Columbus, OH 43226. 614/433-0395.

MID-AMERICA

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

November 5. Omaha Riverfront Marathon. Gary Meyer, 5822 Ohio St., Omaha, NE 68104. 402/553-8349.

November 12. Head Start Hustle 10K. Staggered start by age/sex time adjustment. KCRC, 7201 W. 129th St., #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).

December 2. White Sands/Alamogordo Marathon. Clint Burleson, race director, Box 1589, Alamogordo, NM 88311. 505/382-8869 (h); 439-3771(w).

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 4. Picayune Fall 10K & 5K Racewalk (separate judged event). Masters money. David Guizerix, director, PO Box 1152, Picayune, MS 39466. 601/798-4881(d); 504/847-1701(e).

November 5. Ole Man River Half-Marathon & 5K, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

November 12. Houston Masters 25K, Downtown Houston, Texas. S. Bill Hadley, 713/729-6646.

December 2. Larry Fuselier 25K & 10K State Championships, Abita Springs, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

December 10. Dallas White Rock Marathon. Dallas Marathon, 3607 Oak Lawn Ave., Suite 204, Dallas, TX 75219. 214/528-2962.

December 16. Sunmart-Texas Trail 50 Mile/50K, Huntsville, Texas. Texas Trail 50, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

January 7. 89th Annual Jackson Day 9K Race, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

January 21. Houston-Tenneco Marathon & 5K, 5900 Memorial Dr., Suite 200, Houston, TX 77007. 713/864-9305; 800/409-6334.

WEST

Arizona, California, Hawaii, Nevada

November 4. Big Sur Trail Marathon. Big Sur St. Park, Calif. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970.

November 4 & 19. Gene Fair 5K, 4th in Phoenix & 19th in Tucson. Phoenix: 602/285-6652; Tucson: 602/326-5400.



Secretary of Housing and Urban Development Henry Cisneros, second M55 (25:37), at one mile, Freddie Mac 5K, Washington, D.C.

Photo by George Banker

November 5. Stride & Ridge 5K/10K (5K RW), Upland, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 12. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602/229-1060.

November 18. Mission Bay 25K, Fiesta Island, San Diego. Joni Shirley, SDTC, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

November 18. Salida del Sol 5K/10K (5K RW), CSU-Fullerton, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

November 26. Run To The Far Side 10K/5K, San Francisco. RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/668-2243 or 387-2178.

December 3. California International Marathon, Sacramento. Marathon, PO Box 161149, Sacramento, CA 95816. 916/983-4622.

December 3. Fiesta Bowl Half-Marathon, Scottsdale, Ariz. Rob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

December 10. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Wailae Ave., #208, Honolulu, HI 96816. 808/734-7200.

December 16. Mainly Masters 10K, Fiesta Island, Mission Bay, San Diego. Peter Stern, SDTC, 619/272-5380.

January 13. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 13. Paramount 10K World Masters Division. Qualifying standards for each age division. See above.

February 11. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310/444-5544.

NORTHWEST

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

November 25. Seattle Marathon. PO Box 31849, Seattle, WA 98103.

CANADA

November 5. Ontario Masters 10K Cross-Country Championships. Doug Smith, 58 Newmarket Ave., Toronto, M4C 1V9. 416/699-5818.

November 25. Canadian Masters Cross-Country Championships, 8K, Montreal, Quebec. M35+, W30+. Federation d'Athletisme du Quebec, Jean-Paul Baert/Marc Desjardins, PO Box 1000, Succ. M, Montreal, Quebec H1V 3R2. 514/252-3147.

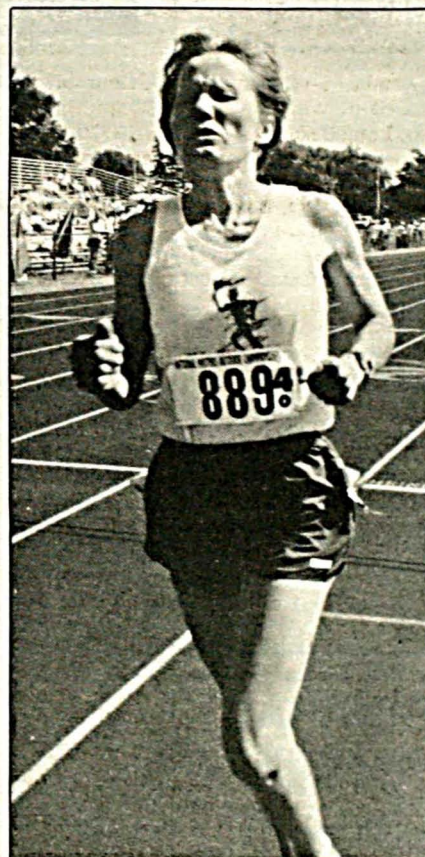
INTERNATIONAL

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

OPEN

February 10. USA Women's Olympic Marathon Trials, Columbia, S.C.

February 17. USA Men's Olympic Marathon Trials, Charlotte, N.C.



Carol Poenisch, Michigan, W40 winner in the 800 (2:25.00) at the Nationals.

Photo by Suzy Hess

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

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

RACE WALKING

November 4. USATF 5K Racewalk, Rose Bowl, Pasadena, CA. Jim Hanley/Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064, 397-4062.

November 26, December 3, December 10. Annual Holiday Gran Prix 5K Series. Central Park, New York City. Send SASE to Park Racewalkers, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317 (9-11 p.m.).

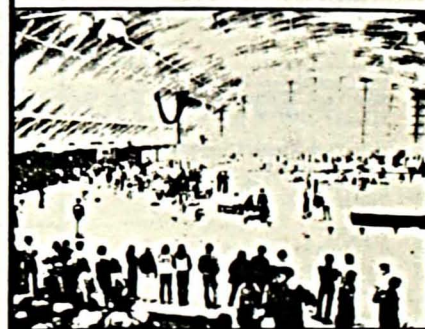
December 9. USATF Southeast Regional Masters 10K Racewalk Championships & Open 10K, Florence, S.C. Florence Recr. Dept., 803/665-3253.

27th**DARTMOUTH RELAYS****January 5-6-7, 1996****Leverone Field House****Hanover, New Hampshire**

With over 100 events for men and women - college and club - boys and girls - high school.

Featuring an exciting masters track & field meet for men and women 30 and above.

Featuring a brand new Martin Surfacing 200m polyurethane track.



For further information call or write Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755.

603/646-2848

646-2540

646-3570

MASTERS CLUBS

Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

EAST

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
(212)398-0348

Boston AA
131 Clarendon St.
Boston, MA 02116
617/236-1652

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Buffalo Belles and Brawn
Charles La Chiusa
59 Mona Dr.
Buffalo, NY 14226

Central Park TC
7 W. 96th St., #8A
New York, NY 10025
212/864-4217

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
716/872-6652 Race Info.

Harrisburg Masters TC
60 Lindsay Lane
Carlisle, PA 17013

Hudson Mohawk Road Runners
P.O. Box 12304
Albany, NY 12212
518/273-3108 (race hotline)

Liberty AC
20 Riverview Dr.
Newbury, MA 01951-1807
508/462-9552

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

National Capital TC (GNATS)
38 Tindal Springs Ct.
Gaithersburg, MD 20879
301/948-6905

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201/791-7986

New York AC
180 Central Park South
New York, NY 10019
212/247-5100

New York Masters Sports Club
5831 Bell Blvd.
Bayside, NY 11364
718/224-3927

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

New York TC
Joyce Halls
80 Van Cortlandt Pk. So., #C32
Bronx, NY 10463
718/796-5128

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Park Racewalkers, USA
320 E. 83rd St., Box 18
New York, NY 10028
212/628-1317

Philadelphia Masters
Karl Castor
44 N. Penn St.
Hatboro, PA 19040
215/441-8545

Plainview Old Bethpage RRC
62 Sylvia Lane
Plainview, NY 11803
516/433-0919

Potomac Valley TC
c/o John Norton
3706 Howsen Ave.
Fairfax, VA 22030
703/352-3057

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207/772-2753

Shore AC
22 Addison Road
Howell, NJ 07731-1302
908/363-5426

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413/586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315/637-6211

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

West Pennsylvania TC
RD2, 14400 Winchester Rd.
Trafford, PA 15085
412/372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
407/499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904/378-8725

Greenville TC
P.O. Box 16262
Greenville, SC 29607
808/268-6321

Gulf Winds TC
P.O. Box 3447
Tallahassee, FL 32315
904/386-GWTC (4982)

Huntsville TC
c/o Harold Tinsley
8811 Edgemoor Dr.
Huntsville, AL 35802
205/881-9077

Miami RC
Tropical Park
7920 S.W. 40th St.
Miami, FL 33155
1-800-940-4RUN

Nashville TC
2709 Linmar Ave., #5
Nashville, TN 37215-1170
615/383-6733

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Pony Express Masters TC
P.O. Box 503
Norfolk, VA 23501
Attn: Leonore McDaniels
804/481-1714

Port City Pacers
P.O. Box 16907
Mobile, AL 36616
Potomac Valley TC
c/o Scott Bentley
6060 Ridge Ford Dr.
Burke, VA 22015
703/451-5869

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803/582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007-1022

MIDWEST

Ann Arbor TC
P.O. Box 7551
Ann Arbor, MI 48107
313/663-9740 (Hot Line)

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614/890-1309

Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
513/837-2754

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608/756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
313/544-9099

Over the Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

River to River RC
P.O. Box 1224
Marion, IL 62959

Bob Schul Racing Team
27 E. Dixon Ave.
Dayton, OH 45419
513/293-0123

Victory AC
P.O. Box 6667
Louisville, KY 40206
502/893-6057

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614/459-2547

MID AMERICA

American Racewalk Ass'n
P.O. Box 18323
Boulder, CO 80308-1323
303/447-0156

Denver TC
P.O. Box 9723
Denver, CO 80209
303/722-2425

Lawrence TC
P.O. Box 3743, Jayhawk Sta.
Lawrence, KS 66046

Lincoln TC
2900 John Ave.
Lincoln NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
2385 Hampton Ave., #101
St. Louis, MO 63139
314/781-3926
314/782-3726 (raceline)

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505/983-2144

SOUTH WEST

Dallas Masters T&F Club
P.O. Box 821113
Dallas, TX 75382
214/979-0246 Phone
214/979-0247 Fax
DallasMTAF@aol.com

East Texas T&F Club
3334 S. SW Loop 323, #128
Tyler, TX 75701
903/561-9511

Houston Harriers
P.O. Box 740728
Houston, TX 77274
713/777-6840

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713/523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
1459 Verma St.
New Orleans, LA 70119
504/486-8066

Lufkin T&F Club
P.O. Box 1001
Lufkin, TX 75902-1001
409/632-2431

New Orleans TC
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405/752-9097

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
512/651-5414

South Louisiana Masters TC
P.O. Box 3125
Lafayette, LA 70502-3125
318/984-1934

Tulsa RC
P.O. Box 3304
Tulsa, OK 74101-3304
918/581-8306

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512/458-6010

WEST

All-American TC
8307 Joan Lane
West Hills, CA 91304
818/716-7280

California Coast TC
18 Charca
Rancho Santa Margarita, CA 92668
714/589-0242 Mark Cleary

Club West
Gordon McClenathen
P.O. Box 1079
Goleta, CA 93116-1079
805/964-3005

Corona del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310/638-7125

Easy Striders Walking Club
2611 Voorhees, Apt. E.
Redondo Beach, CA 90278
310/542-5048

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310/559-9739

Excelsior TC
970 Cordilleras Ave.
San Carlos, CA 94070
415/592-8353

Golden Bay Runners
P.O. Box 2144
Castro Valley, CA 94546
510/881-0330

Golden Gate Racewalkers
3956 Nelson Ct.
Palo Alto, CA 94306
415/493-2652

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808/942-9567

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Island Empire Racewalkers
9847 Cedar Ave., #18
Bloomington, CA 92316
714/877-3548; 824-2336

L.A. Valley AC
15355 Mulholland Dr.
Los Angeles, CA 90077
818/784-0496

Los Gatos AA
P.O. Box 1334
Los Gatos, CA 95031
408/354-7333

Marin Race Walkers
Jack Bray
P.O. Box 21
Kentfield, CA 94904-0021
415/461-6843

Monsoon TC
#3 Hickok Lane
Carson, CA 90745
310/522-0219

No. Calif. Senior TC
3887 18th St.
San Francisco, CA 94114
415/626-8601

Pacific Racewalkers
Box 513
Carmichael, CA 95609
916/483-2917

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/489-7881

San Diego TC
P.O. Box 7853
San Diego, CA 92167
619/270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
408/425-8286

Seniors TC
P.O. Box 3398
Crestline, CA 92325
909/338-5532

Sierra Racewalkers
P.O. Box 13203
Sacramento, CA 95813-3203
916/722-5039

So. Calif. Corporate AA
346 Palos Verdes Blvd., #8
Redondo Beach, CA 90277
310/616-1313

Southern Calif. Striders
3180 Camino Arroyo
Carlsbad, CA 92009
619/436-7698

Tamapa Runners
Box 201
Corte Madera, CA 94976
415/924-5037

Team Patriots
2301 Hyperion Ave., Suite P
Los Angeles, CA 90027-4711
213/662-1062

Timber Wolf T&F Club
P.O. Box 660201
Sacramento, CA 95866-0201
916/489-2708

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818/917-6289

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/985-9854

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

West Valley TC
P.O. Box 459
San Carlos, CA 94070
510/635-9508

NORTHWEST

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907/337-8606

Barron Park Striders
3225 Scotch Meadows Ct., S.E.
Olympia, WA 98501
206/438-0051

Bigfoot Masters
Spokane Community College
N. 1810 Greene St., MS-2050
Spokane, WA 99207-5399

Oregon Road Runners Club
4840 S.W. Western Ave., #200
Beaverton, OR 97005
503/646-RUNR Gail Starelli

Oregon TC Masters
P.O. Box 11364
Eugene, OR 97440

Pacific Pacers (Racewalk)
6633 N.E. Windemere Rd.
Seattle, WA 98115
206/524-4721

Phidippides RC
P.O. Box 2315
Salem, OR 97308
503/399-7057

Portland Masters TC
12108 S.W. 13th Ct.
Portland, OR 97219
Kathy Holmstrom 503/245-6784

Racewalkers Northwest
P.O. Box 1723
Lake Oswego, OR 97035
503/697-2787

RE-TREADS
16016 9th Ave., S.W.
Burien, WA 98166
206/246-0516

Seattle Masters AC
4103 Hillcrest Ave., S.W.
Seattle, WA 98116
206/938-3895

Snohomish TC
4261 S. 184th
SeaTac, WA 98188
206/433-8868

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501

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

| | | | | |
|---------------|-----------|---------|----------|--|
| M40-44 | | | | |
| Dan Gola | High Jump | 1.78 | 07-19-95 | |
| Neil Howk | 800M | 2:02.82 | 04-08-95 | |
| Lawrence Krol | 1500M | 4:15.90 | 07-23-95 | |
| Mike Skoflanc | Long Jump | 19-7 | 03-11-95 | |
| Tom Thompson | 100M | 11.3 | 07-10-95 | |
| | 200M | 22.7 | 07-10-95 | |
| | 400M | 52.1 | 07-10-95 | |

| | | | | |
|--------------------|--------|-------|----------|--|
| M50-54 | | | | |
| David Golden | 200M | 11.7 | 07-24-95 | |
| Michael Harrington | Discus | 44.59 | 09-04-95 | |

| | | | | |
|---------------|------------|--------|----------|--|
| M55-59 | | | | |
| John Cantrell | Discus | 122-6½ | 06-24-95 | |
| | 35# Weight | 29-10 | 06-24-95 | |
| | 56# Weight | 17-9 | 06-24-95 | |
| | Shot Put | 39-0½ | 06-24-95 | |
| Bob Warren | 35# Weight | 31-2 | 06-24-95 | |
| | 56# Weight | 19-6 | 06-03-95 | |
| James Young | Discus | 126-5¾ | 09-09-95 | |

| | | | | |
|------------------|-----------|-------|----------|--|
| M60-64 | | | | |
| Lowell Bonifield | Long Jump | 4.99 | 07-09-95 | |
| | 100HH | 18.26 | 07-09-95 | |
| | 300HH | 49.57 | 07-09-95 | |

| | | | | |
|---------------|------------|-----------|----------|--|
| James Duncan | Long Jump | 4.59 | 07-09-95 | |
| | Javelin | 43.80 | 07-09-95 | |
| | Pentathlon | 3064 Pts. | 07-09-95 | |
| James Lacey | 10K | 39:14 | 09-24-95 | |
| Leonard Rosen | Shot Put | 40-3 | 08-27-95 | |
| | Discus | 145-0 | 09-16-95 | |

| | | | | |
|--------------------|-----------|-------|----------|--|
| M75-79 | | | | |
| Milton Silverstein | 100M | 13.72 | 03-04-95 | |
| | 200M | 30.2 | 01-95 | |
| | Long Jump | 13-7¾ | 05-24-95 | |
| H. Paul Narcessian | Hammer | 80-5 | 06-24-95 | |

| | | | | |
|------------|-------|-------|----------|--|
| W45-49 | | | | |
| JoAnn Owen | 5K RW | 28:12 | 05-08-95 | |
| | 5K RW | 27:51 | 06-18-95 | |

| | | | | |
|-----------------|---------|-------|----------|--|
| M55-59 | | | | |
| Georgette Lacey | 10K | 50:27 | 09-24-95 | |
| Carol Young | Javelin | 23.20 | 07-05-95 | |
| | Hammer | 27.44 | 07-21-95 | |



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 |
|--------|--------|-------|-------|--------|-------|-------|-------|--------|--------|--------|-------|-------|
| 100 | 11.0 | 11.33 | 11.67 | 12.0 | 12.5 | 13.0 | 13.5 | 14.0 | 15.0 | 16.5 | 18.0 | 20.0 |
| 200 | 22.4 | 23.3 | 24.2 | 25.1 | 26.0 | 27.2 | 28.5 | 29.8 | 32.4 | 35.8 | 39.8 | 44.0 |
| 400 | 51.0 | 52.5 | 54.0 | 56.0 | 58.5 | 61.5 | 65.0 | 70.0 | 76.5 | 84.5 | 94.0 | 105.0 |
| 800 | 2:01 | 2:04 | 2:08 | 2:13 | 2:19 | 2:27 | 2:37 | 2:49 | 3:06 | 3:27 | 3:54 | 4:24 |
| 1500 | 4:11 | 4:15 | 4:22 | 4:32 | 4:45 | 5:02 | 5:24 | 5:47 | 6:22 | 7:03 | 7:59 | 9:15 |
| Mile | 4:31 | 4:35 | 4:42 | 4:53 | 5:07 | 5:25 | 5:49 | 6:14 | 6:51 | 7:38 | 8:42 | 10:10 |
| 5000 | 15:30 | 15:42 | 16:06 | 16:44 | 17:30 | 18:24 | 19:36 | 21:08 | 23:30 | 26:00 | 29:00 | 32:30 |
| 10000 | 32:11 | 32:35 | 33:30 | 34:45 | 36:15 | 38:10 | 40:30 | 44:15 | 48:30 | 54:30 | 61:15 | 68:30 |
| 110H | 15.3 | 16.4 | 17.75 | 18.75 | | | | | | | | |
| 100H | | | | | 18.0 | 19.0 | 20.0 | 21.3 | | | | |
| 80H | | | | | | | | | 18.0 | 21.0 | 25.0 | 30.0 |
| 400H | 57.6 | 59.7 | 62.0 | 64.4 | 67.2 | 70.6 | | | | | | |
| 300H | | | | | 48.0 | 51.0 | 55.0 | 60.0 | 66.5 | 74.5 | 84.0 | 95.0 |
| 3K-SC | 10:00 | 10:20 | 10:55 | 11:40 | 12:30 | 13:20 | | | | | | |
| 2K-SC | | | | | | | 9:30 | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 |
| HJ | 1.94 | 1.85 | 1.76 | 1.68 | 1.59 | 1.50 | 1.41 | 1.32 | 1.23 | 1.13 | 1.02 | .92 |
| | 6-4½ | 6-3¾ | 5-9¾ | 5-6 | 5-2½ | 4-11 | 4-7½ | 4-4 | 4-½ | 3-8 | 3-4 | 3-1 |
| PV | 4.40 | 4.15 | 3.90 | 3.60 | 3.30 | 3.05 | 2.80 | 2.55 | 2.30 | 2.05 | 1.80 | 1.50 |
| | 14-5½ | 13-7½ | 12-9½ | 11-9½ | 10-10 | 10-0 | 9-2½ | 8-4½ | 7-6½ | 6-8½ | 5-11 | 4-11 |
| LJ | 6.55 | 6.20 | 5.85 | 5.45 | 5.10 | 4.75 | 4.40 | 4.00 | 3.65 | 3.35 | 3.00 | 2.65 |
| | 21-6 | 20-4½ | 19-2½ | 17-10½ | 16-9 | 15-7 | 14-5½ | 13-1½ | 11-11½ | 11-0 | 9-10 | 8-8½ |
| TJ | 13.35 | 12.65 | 11.90 | 11.15 | 10.40 | 9.65 | 8.90 | 8.20 | 7.50 | 6.80 | 6.10 | 5.50 |
| | 43-9½ | 41-6 | 39-½ | 36-7 | 34-1½ | 31-8 | 29-2½ | 26-11 | 24-7½ | 22-4 | 20-½ | 18-½ |
| Shot | 15.20 | 14.10 | 13.00 | 12.00 | 12.40 | 11.20 | 10.00 | 10.80 | 10.00 | 8.80 | 7.65 | 6.50 |
| | 49-10½ | 46-3½ | 42-8 | 39-4½ | 40-8½ | 36-9 | 39-4½ | 35-5½ | 33-0 | 28-10½ | 25-1½ | 21-4 |
| Discus | 44.80 | 42.60 | 40.60 | 38.00 | 40.00 | 36.40 | 40.00 | 36.80 | 31.60 | 26.40 | 21.40 | 16.20 |
| | 147-0 | 139-9 | 133-2 | 124-8 | 131-3 | 119-5 | 131-3 | 120-9 | 103-8 | 86-7 | 70-2½ | 53-2 |
| Hammer | 47.24 | 44.20 | 41.14 | 38.10 | 38.40 | 36.00 | 33.00 | 33.00 | 29.00 | 25.00 | 22.50 | 18.00 |
| | 155-0 | 145-0 | 135-0 | 125-0 | 126-0 | 118-1 | 118-1 | 108-3 | 95-2 | 82-0 | 73-10 | 60-0 |
| Jav | 62.00 | 57.00 | 52.00 | 48.00 | 43.00 | 38.50 | 40.00 | 35.00 | 29.00 | 24.00 | 19.00 | 15.00 |
| | 203-5 | 187-0 | 170-7 | 157-6 | 141-1 | 126-4 | 131-3 | 114-10 | 95-2 | 78-9 | 62-4 | 49-2 |
| 35/Wt. | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.00 |
| 25/Wt. | | | | | | | 11.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 |
| 56/Wt. | 9.50 | 9.00 | 8.50 | 8.00 | 6.00 | 5.00 | 4.50 | 4.00 | 3.50 | 3.00 | 2.50 | 2.00 |
| Pen | 2800 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 |
| Dec | 5500 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 |

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-59: 800g; 60+: 600g.
 8) Metric 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. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

| | 1.5K | mile | 3k | 5k | 8k | 10k | 15k | 20k | 25k | 30k | 40k | 50k |
|-----|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|----------|
| F30 | 7:13 | 7:47 | 14:50 | 25:38 | 42:04 | 52:43 | 1:21:56 | 1:52:06 | 2:24:43 | 2:59:16 | 4:08:46 | 5:37:30 |
| F35 | 7:22 | 8:03 | 15:18 | 26:27 | 43:11 | 53:56 | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23 |
| F40 | 7:37 | 8:21 | 15:53 | 27:26 | 44:47 | 55:56 | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:56:48 |
| F45 | 8:03 | 8:41 | 16:32 | 28:33 | 46:36 | 58:10 | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:26 |
| F50 | 8:26 | 9:06 | 17:16 | 29:49 | 48:36 | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09 |
| F55 | 8:56 | 9:31 | 18:06 | 31:14 | 50:54 | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24 |
| F60 | 9:17 | 10:01 | 19:01 | 32:51 | 53:32 | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43 |
| F65 | 9:48 | 10:36 | 20:06 | 34:43 | 56:33 | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:26 | 7:39:46 |
| F70 | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:16:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30 |
| F75 | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:36 | 8:49:28 |
| F80 | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:16 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:36 |
| F85 | 13:13 | 14:15 | 27:06 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:16 |
| F90 | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 | | | | |
| M30 | 6:31 | 7:01 | 13:21 | 23:06 | 37:57 | 47:49 | 1:13:10 | 1:38:18 | 2:05:12 | 2:32:17 | 3:27:30 | 4:31:00 |
| M35 | 6:43 | 7:14 | 13:47 | 23:46 | 38:56 | 48:53 | 1:14:28 | 1:39:43 | 2:06:56 | 2:34:14 | 3:30:17 | 4:34:53 |
| M40 | 6:58 | 7:29 | 14:16 | 24:24 | 40:15 | 50:32 | 1:17:03 | 1:43:13 | 2:11:29 | 2:39:47 | 3:37:53 | 4:44:49 |
| M45 | 7:13 | 7:46 | 14:47 | 25:31 | 41:44 | 52:25 | 1:19:58 | 1:47:10 | 2:16:35 | 2:46:05 | 3:46:36 | 4:56:24 |
| M50 | 7:33 | 8:06 | 15:23 | 26:33 | 43:25 | 54:32 | 1:23:14 | 1:51:37 | 2:22:20 | 2:53:13 | 3:56:29 | 5:09:29 |
| M55 | 7:50 | 8:26 | 16:04 | 27:43 | 45:19 | 56:55 | 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22 |
| M60 | 8:13 | 8:51 | 16:50 | 29:02 | 47:28 | 59:38 | 1:31:10 | 2:02:23 | 2:36:20 | 3:10:33 | 4:20:30 | 5:41:23 |
| M65 | 8:38 | 9:19 | 17:43 | 30:33 | 49:56 | 1:02:45 | 1:36:01 | 2:08:58 | 2:44:53 | 3:21:11 | 4:35:16 | 6:01:01 |
| M70 | 9:08 | 9:50 | 18:44 | 32:18 | 52:46 | 1:06:21 | 1:41:37 | 2:16:35 | 2:53:56 | 3:33:31 | 4:52:23 | 6:23:51 |
| M75 | 9:43 | 10:28 | 19:55 | 34:20 | 56:04 | 1:10:35 | 1:48:13 | 2:25:34 | 3:05:02 | 3:48:05 | 5:12:40 | 6:50:54 |
| M80 | 10:26 | 11:14 | 21:22 | 36:50 | 60:06 | 1:15:44 | 1:56:15 | 2:36:31 | 3:20:50 | 4:05:57 | 5:37:34 | 7:24:11 |
| M85 | 11:21 | 12:13 | 23:14 | 40:04 | 65:20 | 1:22:26 | 2:06:43 | 2:50:48 | 3:39:31 | 4:29:18 | 6:10:11 | 8:07:50 |
| M90 | 12:41 | 13:39 | 26:58 | 44:45 | 72:52 | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37 |

Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

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 | 75-79 | 80-84 |
|--------|-------|--------|--------|-------|-------|-------|-------|-------|-------|-------|--------|
| 100 | 13.8 | 14.2 | 14.6 | 15.0 | 15.6 | 16.2 | 16.9 | 17.8 | 18.8 | 20.0 | 21.2 |
| 200 | 28.0 | 29.2 | 30.3 | 31.4 | 32.5 | 34.0 | 35.7 | 37.5 | 40.0 | 43.5 | 47.0 |
| 400 | 63.5 | 65.5 | 67.5 | 69.5 | 71.5 | 73.5 | 78.5 | 83.7 | 90.0 | 96.5 | 103.3 |
| 800 | 2:32 | 2:35 | 2:40 | 2:46 | 2:54 | 3:05 | 3:19 | 3:36 | 3:56 | 4:09 | 4:35 |
| 1500 | 5:10 | 5:19 | 5:29 | 5:40 | 5:58 | 6:20 | 6:48 | 7:23 | 8:04 | 8:52 | 9:48 |
| Mile | 5:34 | 5:44 | 5:55 | 6:07 | 6:26 | 6:49 | 7:19 | 7:46 | 8:47 | 9:39 | 10:45 |
| 5000 | 19:45 | 20:30 | 21:20 | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26 |
| 10000 | 41:00 | 42:40 | 44:40 | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00 |
| 100H | 17.2 | 18.2 | | | | | | | | | |
| 80H | | | 15.0 | 15.8 | 16.5 | 17.6 | 18.7 | 20.2 | 22.2 | 25.0 | 28.0 |
| 400H | 75.5 | 79.9 | 84.4 | 88.8 | | | | | | | |
| 300H | | | | | 66.0 | 72.0 | 79.0 | 87.0 | 96.0 | | |
| HJ | 1.42 | 1.35 | 1.27 | 1.19 | 1.12 | 1.07 | 1.02 | .97 | .92 | .89 | .84 |
| | 4-8 | 4-5½ | 4-2" | 3-11 | 3-8 | 3-6¾ | 3-4¾ | 3-2¾ | 3-0¾ | 2-11 | 2-9 |
| PV | 2.70 | 2.40 | 2.10 | 1.80 | 1.50 | 1.20 | 1.10 | 1.00 | 0.90 | 0.80 | 0.70 |
| | 8-10½ | 7-10½ | 6-11 | 5-11 | 4-11 | 3-11 | 3-7½ | 3-3¾ | 2-11 | 2-7½ | 2-3½ |
| LJ | 5.00 | 4.60 | 4.25 | 3.90 | 3.55 | 3.20 | 2.85 | 2.60 | 2.35 | 2.10 | 2.00 |
| | 16-5 | 15-1 | 13-11½ | 12-9½ | 11-8 | 10-6 | 9-4¾ | 8-6¾ | 7-8¾ | 6-11 | 6-7 |
| TJ | 10.00 | 9.20 | 8.60 | 7.80 | 7.18 | 6.40 | 5.70 | 5.20 | 4.70 | 4.20 | 3.80 |
| | 32-10 | 30-2½ | 28-2½ | 25-7½ | 23-7 | 21-0 | 18-8½ | 17-1 | 15-5 | 13-9½ | 12-5½ |
| Shot | 10.30 | 9.30 | 8.40 | 7.70 | 7.95 | 7.20 | 6.50 | 5.80 | 5.25 | 4.70 | 4.25 |
| | 33-9½ | 30-6¾ | 27-7 | 25-3¾ | 26-1 | 23-7½ | 21-4 | 19-0¾ | 17-3 | 15-5 | 13-11½ |
| Jav | 29.50 | 33.50 | 27.50 | 21.50 | 25.00 | 19.00 | 18.00 | 16.00 | 15.00 | 14.00 | 13.50 |
| | 129-7 | 109-11 | 93-6 | 70-6¾ | 82-0 | 62-4 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Discus | 30.0 | 27.8 | 26.0 | 24.0 | 22.0 | 20.0 | 18.0 | 16.0 | 15.0 | 14.0 | 13.5 |
| | 98-5 | 91-2 | 85-4 | 78-9 | 72-2 | 65-8 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Hammer | 35.0 | 32.5 | 30.0 | 25.0 | 23.0 | 22.0 | 20.0 | 18.0 | 14.0 | 12.0 | 9.0 |
| | 131-3 | 114-10 | 98-5 | 82-0 | 75-6 | 72-2 | 65-8 | 59-1 | 45-11 | 39-5 | 29-7 |
| 20Pnt. | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.50 | 3.25 | 3.00 | 2.75 |
| 16Pnt. | | | | | 8.00 | 7.00 | 6.00 | 5.50 | 5.25 | 5.00 | 4.75 |

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Philadelphia Masters Games Swarthmore, PA; Aug 13

| 100m | |
|---------------------|---------|
| M30 Bob Murphy | 12.6 |
| M35 Remo Biagioni | 11.4 |
| Steve Galletia | 11.5 |
| M40 Ron Manion | 11.3 |
| Ken Bauersfeld | 11.9 |
| M45 Wm Corsey | 12.3 |
| M50 Farah Shabazz | 12.4 |
| M55 Roger Sprockett | 13.0 |
| Nate Byrd | 13.4 |
| M60 Lee Trout | 13.3 |
| M65 Jim Stookey | 13.1 |
| Jack Lance | 14.2 |
| M70 Oscar Harris | 14.1 |
| M75 Champ Goldy | 14.9 |
| M80 Gar Schoener | 16.0 |
| M50 Susan Levy | 24.4 |
| M65 Pat Peterson | 16.2 |
| M75 Carla Convery | 20.8 |
| 200m | |
| M30 Tony Holland | 23.0 |
| Geo Ridley | 23.6 |
| M35 Remo Biagioni | 23.6 |
| Steve Galletia | 23.8 |
| Terry O'Connell | 24.8 |
| M40 Ralph Penn | 23.3 |
| Ron Manion | 23.6 |
| Bill Krieger | 24.3 |
| M45 Phil Felton | 24.8 |
| M50 Paul Henry | 25.7 |
| M55 Roger Sprockett | 27.3 |
| M60 Lee Trout | 28.1 |
| M65 Jim Stookey | 27.8 |
| M70 Oscar Harris | 31.8 |
| M75 Champ Goldy | 33.5 |
| M80 Gar Schoener | 35.0 |
| M65 Pat Peterson | 34.1 |
| M75 Carla Convery | 49.0 |
| 400m | |
| M30 Geo Ridley | 49.9 |
| M35 Tim McMahon | 55.5 |
| M40 Ralph Penn | 52.4 |
| Ron Manion | 52.6 |
| Bill Krieger | 53.6 |
| M45 Phil Felton | 55.1 |
| M50 Paul Henry | 58.1 |
| Bob Fuhrman | 61.9 |
| M55 Larry Harvey | 60.9 |
| M60 Irwin Bernstein | 64.6 |
| M65 Bill Bergen | 73.6 |
| M70 John McCarthy | 82.2 |
| M75 Geo Blyn | 88.5 |
| M50 Susan Levy | 1:49.1 |
| M65 Pat Peterson | 89.1 |
| 800m | |
| M30 Dave Pouney | 2:09.8 |
| M35 John Roemer | 2:07.0 |
| M40 Duane Green | 2:09.1 |
| Chris Monroe | 2:13.4 |
| M45 Bill Gale | 2:10.1 |
| M50 Salih Talib | 2:10.6 |
| Rich Webb | 2:20.7 |
| M55 Larry Harvey | 2:22.6 |
| M60 Irwin Bernstein | 2:30.4 |
| M40 Diane McManus | 3:06.1 |
| 1500m | |
| M30 Bryant Nix | 4:22.4 |
| M35 John Roemer | 4:17.2 |
| Bob Reynolds | 4:36.6 |
| M40 Dennis Mellish | 4:42.3 |
| M45 Bill Gale | 4:28.5 |
| M50 Rich Webb | 4:51.5 |
| M55 Bob Evan | 5:28.7 |
| M60 Chas Reynolds | 5:37.8 |
| M65 Joe Kernan | 6:53.2 |
| M70 Luther Burdelle | 5:56.1 |
| M75 George Blyn | 6:59.1 |
| M40 Diane McManus | 6:16.2 |
| M50 Sue Levy | 7:26.8 |
| 3000m | |
| M30 Bill Mariski | 9:13.5 |
| M35 Maurice Pointer | 9:44.7 |
| M45 Bill Gate | 10:39 |
| M50 Rich Webb | 10:41.5 |
| M55 Bob Evan | 14:19 |
| 5000m | |
| M30 Lawton Delisser | 18:44.1 |
| M35 Maurice Pointer | 16:27.8 |
| M40 Bob Harmon | 19:17.2 |
| M45 John Casey | 18:59.4 |
| M50 Brian Salzberg | 20:11.0 |
| M60 Don Reed | 27:57.1 |
| M65 Bob Parsons | 22:43.0 |
| 100mH | |
| M45 Irene Thompson | 14.3 |
| 300mH | |
| M30 Duncan Payne | 19.3 |
| M35 Tim McMahon | 16.4 |
| M60 Lee Trout | 15.9 |
| M65 Jim Stookey | 17.6 |
| 110mH | |
| M30 Will Reid | 15.4 |
| M50 John P Jones | 18.7 |

High Jump

| M40 Mark Gershon | 5-2 |
|--------------------|-------|
| M45 Rich Sobel | 5-2 |
| Wm Corsey III | 5-0 |
| M60 Geo Taylor | 2-10 |
| M65 Jim Stookey | 4-8 |
| Mark Richards | 3-10 |
| M80 Claude Hills | 3-4 |
| Pole Vault | |
| M30 Joel Pickering | 12-6 |
| M40 Peter McGinnis | 13-0 |
| M45 Rick Moses | 11-0 |
| M50 Jeff Tindall | 11-6 |
| M60 Geo Taylor | 6-0 |
| M70 Jack Doorlay | 6-8 |
| Long Jump | |
| M30 Chas Swindell | 6.92 |
| Brian Corrigan | 6.64 |
| M35 Frank Makozzy | 5.32 |
| M40 Mark Gershon | 5.97 |
| M45 Wm Corsey III | 5.53 |
| Woody Disharoon | 4.80 |
| M50 Ed Cartledge | 3.85 |
| M55 Aarand Roos | 4.29 |
| M60 Lee Trout | 4.67 |
| M65 Jim Stookey | 4.56 |
| Tom Rice | 3.99 |
| M70 Oscar Harris | 3.86 |
| M75 Dave Hall | 2.94 |
| M35 Lisa Lockley | 4.16 |
| Triple Jump | |
| M30 Chas Swindell | 14.72 |
| M35 Frank Makozzy | 11.37 |
| M40 Mark Gershon | 12.25 |
| M45 Ed Laurelli | 5.50 |
| M55 Aarand Roos | 9.65 |
| M60 Geo Taylor | 5.06 |
| M65 Jim Stookey | 10.02 |
| M80 Claude Hills | 4.86 |

Shot Put

| M30 Steve Hansen | 14.51 |
|-------------------|-------|
| M35 Warren Taylor | 14.18 |
| M40 Henry Kalnas | 12.10 |
| M45 Selden Cooper | 13.05 |
| Rick Dunphy | 11.20 |
| M50 Ken Straley | 13.42 |
| Paul Morrone | 13.13 |
| M55 Ed Bradway | 10.53 |
| M60 Len Olson | 13.42 |
| Ray Feick | 12.08 |
| M65 Ned Curran | 9.47 |
| M70 Chas Covino | 11.42 |
| M75 Champ Goldy | 7.33 |
| M80 Bob Detweiler | 5.84 |
| M35 Lynn Gilmour | 11.49 |
| M60 Sharon Good | 5.60 |
| Discus | |
| M30 Steve Hansen | 41.02 |
| M35 Warren Taylor | 46.36 |
| M40 Tom Talbot | 37.92 |
| M45 Tim Williams | 42.18 |
| Terry Shuman | 39.30 |
| M50 Jimmy Jones | 43.94 |
| M55 Ed Bradway | 34.80 |
| John Lang | 30.46 |
| M60 Len Olson | 43.74 |
| Ray Feick | 35.30 |
| M65 Paul Barnet | 29.08 |
| M70 John McCarthy | 31.82 |
| M75 Champ Goldy | 23.82 |
| M80 Claude Hills | 20.22 |
| M35 Lynn Gilmour | 33.42 |
| M60 Sharon Good | 12.02 |

Javelin

| M30 Rich Cetlin | 57.92 |
|-----------------------|---------|
| M40 Steve Pelletier | 50.08 |
| Brian McAuliffe | 49.82 |
| M45 Dennis Chandler | 52.20 |
| Rich McCurdy | 43.12 |
| M50 George Reynolds | 44.80 |
| M55 John Lang | 42.74 |
| M60 Ray Feick | 40.62 |
| M65 Mark Richards | 30.58 |
| M70 Jack Doorlay | 29.96 |
| Chas Covino | 25.86 |
| M80 Bob Detweiler | 11.32 |
| M35 Lynn Gilmour | 31.46 |
| M60 Sharon Good | 10.10 |
| M75 Carla Convery | 12.78 |
| 3000m Racewalk | |
| M40 Greg McCoy | 17:46.2 |
| M45 Alan Robinson | 17:40.2 |
| M50 Ed Cartledge | 21:12.4 |
| M60 Paul Gorka | 18:16.6 |
| M65 Ed Gawinski | 17:27.6 |
| M30 Karin Rush-Monroe | 21:14.7 |
| M40 Anne Davin | 18:41.0 |

Dartmouth Weight Meet Hanover, NH; Sept. 24

| 16# Shot | |
|-------------------|----------|
| Carl Wallin 53 | 46-6 1/2 |
| Don Filkins 41 | 42-1 1/2 |
| Carmen Letizia 42 | 38-6 1/2 |
| Mike Grisko 48 | 32-8 1/2 |
| Discus | |
| Carl Wallin | 129-8 |
| Don Filkins | 124-5 |
| Luke Hotte 48 | 121-6 |

| Mike Grisko | 102-8 |
|----------------|----------|
| Hammer | |
| Carl Wallin | 146-2 |
| Mike Grisko | 127-0 |
| Don Filkins | 125-7 |
| Carmen Letizia | 102-5 |
| 25# Weight | |
| Carl Wallin | 61-0 |
| Don Filkins | 55-5 1/2 |
| Mike Grisko | 48-2 1/2 |
| Luke Hotte | 45-0 |
| Carmen Letizia | 44-0 |

SOUTHEAST

District 2 Masters Games Guntersville, AL; Sept. 14-15

| 400m | |
|----------------------|----------|
| M55 Dick Anderson | 71.10 |
| James Denson | 73.51 |
| M60 Curt Duncan | 79.93 |
| Hugh Manning | 95.48 |
| M65 Homer Edwards | 1:24.89 |
| Michael Dooley | 1:46.06 |
| M65 Betty Dooley | 1:45.34 |
| Peggy Mynick | 1:54.93 |
| 800m | |
| M55 Francis Wessling | 3:02.97 |
| James Denson | 3:02.99 |
| M60 Curt Duncan | 3:22.97 |
| Hugh Manning | 4:00.3 |
| M65 Homer Edwards | 3:24.88 |
| Michael Dooley | 4:00.3 |
| M65 Betty Dooley | 4:18.03 |
| Peggy Mynick | 4:38.09 |
| 1 Mile | |
| M55 Francis Wessling | 6:38.93 |
| James Denson | 6:43.41 |
| M60 Curt Duncan | 7:22.26 |
| Hugh Manning | 8:54.63 |
| M65 Grady Edwards | 6:55.70 |
| Mike Dooley | 8:24.13 |
| M65 Betty Dooley | 9:09.8 |
| Peggy Mynick | 10:52.40 |

MIDWEST

Wolfpack Throwing Classic Columbus, OH; Sept. 10

| Shot Put | |
|-----------------------|-------|
| M45 Dave Stebing | 12.63 |
| Steve Kaye | 11.88 |
| M50 Carl Wallin | 14.80 |
| Mike Creager | 11.45 |
| Jim Pearce | 9.58 |
| M55 Richard Hotchkiss | 14.08 |
| John Sloan | 9.10 |
| M60 Rudy Houg | 12.39 |
| Len Olson (16#) | 10.36 |
| M70 Charles Schorr | 9.93 |
| Bob Peters | 6.67 |
| M90 Ev Hosack | 4.72 |
| W30 Mary Dowd | 10.53 |
| W40 Patricia Pernell | 6.87 |
| W55 Joann Grissom | 11.72 |
| Carol Young | 7.71 |
| W65 Bernice Holland | 7.42 |
| Discus | |
| M45 Dave Stebing | 38.20 |
| Steve Kaye | 36.74 |
| M50 Carl Wallin | 40.30 |
| Jim Pearce | 35.38 |
| M55 Richard Hotchkiss | 43.72 |
| John Sloan | 29.24 |
| M60 Rudy Houg | 50.28 |
| Len Olson (2k) | 31.66 |
| M70 Charles Schorr | 29.58 |
| Bob Peters | 20.22 |
| M90 Ev Hosack | 12.64 |
| W30 Mary Dowd | 31.12 |
| W55 Joann Grissom | 23.60 |
| Carol Young | 22.58 |
| W65 Bernice Holland | 20.80 |

Hammer Throw

| | |
|-----------------------|-------|
| M45 Dave Stebing | 41.10 |
| M50 Carl Wallin | 43.18 |
| Jim Pearce | 39.28 |
| M55 Richard Hotchkiss | 46.20 |
| John Sloan | 15.70 |
| M60 Len Olson (16#) | 34.70 |
| M70 Charles Schorr | 24.36 |
| Bob Peters | 15.94 |
| M90 Ev Hosack | 13.20 |
| W-Open Allison Barley | 20.34 |
| W30 Mary Dowd | 25.80 |
| W55 Joann Grissom | 31.48 |
| Carol Young | 25.44 |
| W65 Bernice Holland | 25.38 |

Javelin Throw

| | |
|-----------------------|-------|
| M-Open Norman Husar | 47.64 |
| M45 David Stebing | 44.92 |
| M50 Carl Wallin | 41.38 |
| Jim Pearce | 27.10 |
| M55 Richard Hotchkiss | 41.52 |
| John Sloan | 34.92 |
| M60 Len Olson (800g) | 32.28 |

| M70 Charles Schorr | 22.68 | M55 Richard Hotchkiss | 17.66 | W55 Joann Grissom | 13-8 1/4" |
|-------------------------------|-------|-----------------------|------------|-----------------------|-----------|
| Bob Peters | 12.50 | John Sloan | 8.99 | Carol Young | 8-7 3/4" |
| M90 Ev Hosack | 7.38 | M70 Charles Schorr | 10.32 | 56 Pound Weight | |
| W-Open Allison Barley | 22.98 | Bob Peters | 7.25 | M35 Rob Higgins | 32-4 1/2" |
| W30 Mary Dowd | 28.06 | M90 Ev Hosack | 7.24 | M45 Dave Stebing | 26-1 1/2" |
| W40 Patricia Pernell | 29.44 | W-Open Allison Barley | 7.78 | Steve Kaye | 24-4 3/4" |
| Carol Young | 20.08 | W30 Mary Dowd | 10.59 | M50 Carl Wallin | 29-8 1/4" |
| W65 Bernice Holland | 19.00 | W55 Joann Grissom | 12.13 | Jim Pearce | 21-4 1/2" |
| Weight Throw (35.25.20.16.12) | | Carol Young | 9.06 | M55 Richard Hotchkiss | 28-4 1/4" |
| M-Open Norm Hussar | 12.09 | W65 Bernice Holland | 7.64 | M60 Len Olson | 20-7 1/4" |
| M45 David Stebing | 11.84 | 35 Pound Weight | | M70 Charles Schorr | 13-8 1/2" |
| M50 Carl Wallin | 18.14 | M60 Len Olson (35#) | 32-11 3/4" | Bob Peters | 8-4 3/4" |
| Jim Pearce | 12.54 | M90 Ev Hosack | 12-7 1/2" | W30 Mary Dowd | 14-1 1/2" |

USATF Ohio Weight Pentathlon Championships Columbus; Sept. 10

| Name | Points | HAMMER | SP | DISCUS | JAVLIN | WT |
|--|---------|--------|----------|-----------|-----------|----------|
| ----- 45-49 ----- | | | | | | |
| 1 Stebing, Dave | | 41.10m | 12.33m | 38.20m | 44.92m | 11.40m |
| Wolfpack TC | 134' | 10.00 | 40'05.50 | 125'04.00 | 147'04.00 | 37'05.00 |
| Age graded mark: | | 50.58m | 14.56m | 41.82m | 58.38m | 13.83m |
| Age graded percent: | | 60.76% | 65.59% | 58.81% | 60.83% | 55.34% |
| Age: 47 | 3523 | (686) | (763) | (702) | (713) | (659) |
| ----- | | | | | | |
| 2 Olson, Len | | 34.22m | 10.32m | 31.16m | 33.70m | 9.96m |
| FAC | 112' | 03.00 | 33'10.50 | 102'03.00 | 110'07.00 | 32'08.25 |
| Age graded mark: | | 42.12m | 12.18m | 34.10m | 43.80m | 12.08m |
| Age graded percent: | | 50.59% | 54.89% | 47.97% | 45.63% | 48.35% |
| Age: 64 | ** 2767 | (547) | (617) | (546) | (497) | (560) |
| ----- | | | | | | |
| **Olson threw Olympic weights; his marks were age-graded & scored as an M45-49 | | | | | | |
| ----- 50-54 ----- | | | | | | |
| 1 Wallin, Carl | | 42.28m | 14.80m | 39.84m | 37.02m | 17.79m |
| BAA | 138' | 08.00 | 48'06.75 | 130'08.00 | 121'05.00 | 58'04.50 |
| Age graded mark: | | 52.50m | 17.70m | 42.96m | 52.88m | 19.71m |
| Age graded percent: | | 63.07% | 79.74% | 60.43% | 55.09% | 78.86% |
| Age: 53 | 4026 | (718) | (956) | (725) | (631) | (996) |
| ----- | | | | | | |
| 2 Pearce, James | | 39.28m | 9.58m | 34.74m | 27.10m | 12.40m |
| Wolfpack TC | 128' | 10.00 | 31'05.25 | 114'00.00 | 88'11.00 | 40'08.25 |
| Age graded mark: | | 48.78m | 11.46m | 37.46m | 38.70m | 13.74m |
| Age graded percent: | | 58.59% | 51.62% | 52.69% | 40.33% | 54.96% |
| Age: 50 | 2920 | (656) | (574) | (613) | (423) | (654) |
| ----- | | | | | | |
| ----- 55-59 ----- | | | | | | |
| 1 Hotchkiss, Richard | | 45.50m | 14.08m | 43.72m | 41.52m | 16.71m |
| WVTC | 149' | 03.00 | 46'02.50 | 143'05.00 | 136'03.00 | 54'10.00 |
| Age graded mark: | | 62.72m | 18.76m | 52.56m | 65.16m | 20.00m |
| Age graded percent: | | 75.33% | 84.56% | 73.93% | 67.90% | 80.03% |
| Age: 56 | 4663 | (888) | (1022) | (924) | (816) | (1013) |
| ----- | | | | | | |
| 2 Sloan, John | | 15.70m | 9.10m | 29.00m | 34.92m | 8.61m |
| Over the Hill TC | 51' | 06.00 | 29'10.25 | 95'02.00 | 114'07.00 | 28'03.00 |
| Age graded mark: | | 21.64m | 12.13m | 34.86m | 54.80m | 10.30m |
| Age graded percent: | | 25.99% | 54.65% | 49.04% | 57.11% | 41.24% |
| Age: 55 | 2513 | (218) | (614) | (561) | (660) | (426) |
| ----- | | | | | | |
| ----- 70-74 ----- | | | | | | |
| 1 Schorr, Charles | | 24.36m | 9.88m | 29.58m | 17.40m | 7.98m |
| Unattached | 79' | 11.00 | 32'05.00 | 97'00.00 | 57'01.00 | 26'02.25 |
| Age graded mark: | | 37.48m | 14.87m | 41.06m | 33.38m | 9.64m |
| Age graded percent: | | 45.02% | 66.98% | 57.76% | 34.79% | 38.59% |
| Age: 70 | 2710 | (471) | (782) | (686) | (347) | (424) |
| ----- | | | | | | |
| 2 Peters, Bob | | 15.94m | 6.51m | 20.00m | 12.50m | 7.25m |
| Wolfpack TC | 52' | 03.00 | 21'04.50 | 65'07.00 | 41'00.00 | 23'09.50 |
| Age graded mark: | | 24.52m | 9.80m | 27.76m | 23.98m | 8.76m |
| Age graded percent: | | 29.46% | 44.14% | 39.05% | 24.99% | 35.06% |
| Age: 72 | 1748 | (263) | (474) | (421) | (215) | (375) |
| ----- | | | | | | |
| ----- 90-94 ----- | | | | | | |
| 1 Hossack, Ev | | 13.20m | 4.72m | 12.64m | 7.38m | 7.24m |
| Over the Hill TC | 43' | 04.00 | 15'06.00 | 41'06.00 | 24'02.00 | 23'09.00 |
| Age graded mark: | | 37.80m | 13.54m | 33.58m | 24.78m | 11.97m |
| Age graded percent: | | 45.41% | 61.06% | 47.22% | 25.83% | 47.92% |
| Age: 93 | 2491 | (476) | (700) | (535) | (226) | (554) |
| ----- | | | | | | |
| ----- 30-34 ----- | | | | | | |
| 1 Dowd, Mary | | 24.80m | 10.53m | 26.84m | 23.66m | 9.84m |
| SVI | 81' | 04.00 | 34'06.75 | 88'01.00 | 77'07.00 | 32'03.50 |
| Age graded mark: | | 24.80m | 10.53m | 26.84m | 24.26m | 11.91m |
| Age graded percent: | | 41.33% | 49.09% | 36.33% | 30.33% | 62.20% |
| Age: 32 | 2316 | (381) | (564) | (403) | (368) | (600) |
| ----- | | | | | | |
| ----- 55-59 ----- | | | | | | |
| 1 Grissom, Joann | | 31.48m | 11.65m | 21.34m | 25.02m | 12.13m |
| Unattached | 103' | 03.00 | 38'02.75 | 70'00.00 | 82'01.00 | 39'09.75 |
| Age graded mark: | | 40.94m | 16.26m | 32.62m | 41.34m | 16.98m |
| Age graded percent: | | 68.24% | 75.85% | 44.16% | 51.69% | 88.67% |
| Age: 57 | 3798 | (732) | (946) | (512) | (693) | (915) |
| ----- | | | | | | |
| 2 Young, Carol | | 25.44m | 7.25m | 22.58m | 18.24m | 9.06m |
| Motor City Striders | 83' | 05.00 | 23'09.50 | 74'01.00 | 59'10.00 | 29'08.75 |
| Age graded mark: | | 33.08m | 10.12m | 34.52m | 30.14m | 12.68m |
| Age graded percent: | | 55.15% | 47.20% | 46.73% | 37.69% | 66.23% |
| Age: 55 | 2772 | (560) | (537) | (548) | (479) | (648) |
| ----- | | | | | | |
| ----- 65-69 ----- | | | | | | |
| 1 Holland, Bernice | | 24.70m | 7.36m | 20.80m | 19.00m | 7.64m |
| Cleveland Masters TC | 81' | 00.00 | 24'01.75 | 68'03.00 | 62'04.00 | 25'00.75 |
| Age graded mark: | | 39.20m | 13.51m | 40.60m | 40.54m | 10.02m |
| Age graded percent: | | 65.34% | 63.01% | 54.97% | 50.69% | 52.36% |
| Age: 68 | 3284 | (694) | (761) | (666) | (678) | (485) |

Continued from previous page

| | | |
|----------------|------------------|--------------|
| M50 | Bill Selbe | 16'-8" |
| | Cliff Manning | 14'-11" |
| | Patrick Herod | 12'-8" |
| M55 | Rodger Young | 12'-10 1/2" |
| | Dale Shelby | 12'-6 1/2" |
| | Ronald Litzler | 12'-0 1/2" |
| M60 | Joe Hemler | 13'-9 1/2" |
| | Vern Schewe | 13'-3" |
| | Alan Lange | 12'-10" |
| M65 | Earl Ventura | 13'-4 1/2" |
| | Frank Bollinger | 10'-0 1/2" |
| | Jerry Reichert | 8'-10" |
| M70 | Santo Dimaggio | 10'-3 1/2" |
| M75 | Ed Matthews | 11'-1" |
| M80+ | Lloyd Allen | 7'-1 1/2" |
| | Nancy Whisler | 7'-1 1/2" |
| | Anne Francis | 6'-2 1/4" |
| W60 | Joanne Collins | 7'-8" |
| | Betty Adams | 7'-3 3/4" |
| W65 | Fela Igleinik | 6'-9 1/4" |
| W70 | Lavina Haelele | 10'-5" |
| HJ | | |
| M55 | Rodger Young | 4'-10" |
| | Dale Shelby | 4'-6" |
| | Ken Clark | 3'-8" |
| M60 | Alan Lange | 4'-3" |
| M65 | J.C. Brown | 5'-0" |
| | Frank Bollinger | 3'-11" |
| | Jerry Reichert | 3'-6" |
| M75 | Ed Matthews | 3'-8" |
| W55 | Anne Francis | 3'-2" |
| W60 | Joanne Collins | 3'-4" |
| Discus | | |
| M50 | George Ruh | 65'-6 1/2" |
| M55 | George Smith | 115'-3 1/2" |
| | Al Salmon | 104'-10 1/4" |
| | Jack Miller | 88'-11" |
| M60 | Tom Christensen | 111'-6 1/4" |
| | Donald Hamilton | 102'-11 3/4" |
| | Charles Anderson | 94'-4 1/2" |
| M65 | Earl Ventura | 121'-2" |
| | Jerry Reichert | 106'-11 3/4" |
| | Frank Bollinger | 105'-3" |
| M70 | Jack Haelele | 105'-9" |
| | Santo Dimaggio | 74'-8 3/4" |
| M75 | Leo Chapman | 73'-11 3/4" |
| M80+ | Lloyd Allen | 48'-10" |
| W55 | Nancy Whisler | 56'-9 1/2" |
| W60 | Betty Adams | 53'-3 3/4" |
| W70 | Yula Stone | 32'-5 1/4" |
| Shotput | | |
| M50 | Ken Winters | 37'-9 3/4" |
| | George Ruh | 34'-6 3/4" |
| M55 | George Smith | 38'-6" |
| | Jack Miller | 38'-5 1/2" |
| | Al Salmon | 37'-5 1/2" |
| M60 | Tom Christensen | 38'-2 3/4" |
| | Donald Hamilton | 32'-3 1/2" |
| | Vern Schewe | 30'-0" |
| M65 | Earl Ventura | 38'-7 1/4" |
| | Jerry Reichert | 33'-8 1/2" |
| | Frank Bollinger | 28'-3 1/2" |
| M70 | Jack Haelele | 33'-8 3/4" |
| | Santo Dimaggio | 33'-4" |
| M75 | Leo Chapman | 8'-0 1/4" |
| M80+ | Lloyd Allen | 22'-0 1/2" |
| W55 | Nancy Whisler | 27'-1 1/2" |
| | Anne Francis | 18'-3 1/2" |

New Mexico Senior Olympics
Roswell, NM; Sept. 29

| | |
|-------------|---------------------------|
| 100m | |
| M55 | Ronald Kirkpatrick 12.91 |
| | Richard Porter 13.31 |
| M60 | Jim Powell 13.15 |
| | Ed Wilkinson 13.47 |
| M65 | Lawrence Anderson 13.00 |
| | Ray Lucas 16.16 |
| M70 | Fred Sweet 16.50 |
| | Tony Quinci 17.29 |
| M75 | Peter Zagone 19.25 |
| | Vince Newman 19.81 |
| M80 | Elmo Menetre 33.93 |
| M85 | Elmer Glenn 28.75 |
| W55 | Elisa Jacquez 17.50 |
| | Miranda Darcy 19.65 |
| W60 | Joan Doucet 16.19 |
| | Laura Lujan 19.81 |
| W65 | Kathryn Romero 22.60 |
| | Edna Roberts-Clark 22.93 |
| W75 | Donelia Coca 24.37 |
| | Annabelle Tavernier 25.06 |

| | |
|-------------|--------------------------|
| 200m | |
| M55 | Ronald Kirkpatrick 26.91 |
| | Richard Porter 28.41 |
| M60 | Ed Wilkinson 29.16 |
| | Bill Dodson 31.31 |
| M65 | Lawrence Anderson 28.31 |
| | Gerald Doucet 30.75 |
| M70 | Fred Sweet 35.53 |
| | Bill Samples 37.78 |
| M75 | Vince Newman 48.40 |
| | Americo Sugamosto 57.97 |
| W60 | Joan Doucet 34.03 |
| | Vestina Jaramillo 48.50 |
| W65 | Kathryn Romero 50.38 |
| | Margaret Romero 55.65 |

| | |
|-------------|---------------------------|
| 400m | |
| M55 | Ronald Kirkpatrick 58.91 |
| | Frank Noland 1:11.52 |
| M60 | Bill Dodson 1:07.82 |
| | Jim Powell 1:09.31 |
| M65 | Lawrence Anderson 1:09.10 |
| | Clyde Engelbright 1:23.25 |
| M70 | Fred Sweet 1:28.25 |
| | Sherman Duncan 1:32.75 |

| | | |
|--------------|-------------------|----------|
| M75 | Prudencio Briseno | 2:32.59 |
| | Americo Sugamosto | 3:11.34 |
| W60 | Joan Doucet | 1:17.31 |
| | Vestina Jaramillo | 1:59.84 |
| W65 | Idella Toya | 1:48.50 |
| | Margaret Romero | 2:26.82 |
| W70 | Helen Valdez | 2:16.88 |
| 800m | | |
| M55 | Frank Noland | 2:54.34 |
| M60 | Herman Agoyo | 2:43.66 |
| | Bill Dodson | 2:44.65 |
| M65 | Manfred Struse | 3:35.75 |
| M70 | Ozzie Whitmon | 5:26.25 |
| M75 | John Alexander | 4:08.81 |
| W65 | Idella Toya | 4:22.35 |
| | Margaret Romero | 5:37.03 |
| W75 | Sis Warnke | 5:37.12 |
| 1500m | | |
| M55 | Frank Noland | 5:24.00 |
| M60 | Herman Agoyo | 5:22.00 |
| | Bill Dodson | 5:23.00 |
| M65 | Manfred Struse | 7:01.00 |
| M70 | Tony Quici | 7:21.00 |
| | Robert Dorren | 10:38.00 |
| M75 | John Alexander | 8:37.00 |
| W60 | Helga Sgruse | 8:46.00 |
| W70 | Mary Altherr | 11:07.00 |
| W75 | Sis Warnke | 11:25.00 |
| 5000m | | |
| M55 | Frank Noland | 20:56 |
| | Thomas Rohrer | 24:45 |
| M60 | Bill Dodson | 19:39 |
| | Herman Agoyo | 20:11 |
| M65 | Dale Goring | 21:15 |
| | Manfred Struse | 25:23 |
| M70 | Tony Quici | 28:25 |
| | Edward Duncan | 39:45 |

SOUTHWEST

Waterloo Relays
Buda, TX; Sept. 9

| | | | |
|-------------------------------|-----------------|-----|------|
| 100m (age-graded handicap) | | | |
| 1 | Fred Porter | M35 | 10.9 |
| 2 | Tom Thompson | M40 | 11.0 |
| 3 | David Smith | M30 | 11.5 |
| 4 | Bob Wingo | M70 | 11.8 |
| 5 | David Melber | M55 | 11.8 |
| 6 | Cliff Davis | M55 | 11.9 |
| 7 | Dale Bernauer | M45 | 11.9 |
| 8 | Jimmie Jones | M40 | 11.9 |
| 9 | William Burrow | M45 | 12.2 |
| 10 | Paul Diaz | M25 | 12.2 |
| 11 | Katie MacCargan | W20 | 14.3 |

| | | |
|-------------------|---------------|---------------|
| Age | Graded | Actual |
| Result | Age | Result |
| 200 Meters | | |
| Martin, Barbara | 30.5 | 41 32.7 |
| Thompson, Tom | 21.3 | 44 23.0 |
| Porter, Fred | 21.7 | 36 22.2 |
| Bernauer, Dale | 23.1 | 48 25.7 |
| Burrow, William | 23.3 | 47 25.8 |
| Wingo, Bob | 24.0 | 72 32.5 |
| Thompson, William | 24.4 | 42 26.0 |
| Jones, Jimmie | 24.5 | 44 26.5 |
| Taylor, Sherman | 24.6 | 23 24.6 |
| Sumner, John | 24.7 | 51 28.1 |
| Diaz, Paul | 25.1 | 29 25.1 |
| Goodwin, Jim | 27.4 | 52 31.4 |
| 400 Meters | | |
| Able, Jenna | 86.7 | 12 98.0 |
| Wells, Katy | 89.5 | 12 101.2 |
| Thompson, Tom | 47.8 | 44 52.3 |
| Eastley, Rick | 50.6 | 41 54.2 |
| Diaz, Paul | 54.9 | 29 54.9 |
| Wingo, Bob | 56.4 | 72 79.0 |
| Melber, David | 56.9 | 56 68.1 |
| Batson, Don | 64.5 | 31 64.9 |
| Wells, Benjamin | 86.2 | 10 103.0 |

| | | |
|----------------------|---------------|-----------------|
| Age | Graded | Actual |
| Result | Age | Result |
| 2 x 100 Relay | | |
| Women | 43.0 | 29 45.2 |
| | 12 | Wells, Katy |
| TroubleMakers | 24.3 | 43 25.8 |
| | 42 | Cyrs, Lorenzo |
| Aggie Outfielders | 26.4 | 55 30.7 |
| | 56 | Barber, Byron |
| | | Davis, Cliff |
| Coed | 34.3 | 57 40.9 |
| | 10 | Coffee, Marion |
| | | Wells, Benjamin |
| 2 x 200 Relay | | |
| Men | 46.8 | 17 47.2 |
| | 25 | Hearn, Crawford |
| | | Harris, Steve |

| | | |
|----------------------|---------------|-----------------|
| Age | Graded | Actual |
| Result | Age | Result |
| 4 x 100 Relay | | |
| San Antonio Elite | 44.5 | 41 45.3 |
| | 36 | Porter, Fred |
| | 34 | Smith, David |
| | 23 | Taylor, Sherman |
| K-Town Zephyrs | 45.1 | 42 46.2 |
| | 18 | Austin, Tony |
| | 18 | Gaither, Eric |
| | 17 | Hearn, Crawford |
| Women | 50.8 | 57 66.0 |
| | 21 | Coffee, Marion |
| | 51 | Harris, Katie |
| | 41 | Martin, Barbara |
| | 47 | Burrough, Sandy |
| 4 x 200 Relay | | |
| K-Town Zephyrs | 1:34.7 | 42 37.2 |
| | 18 | Cyrs, Lorenzo |
| | 18 | Austin, Tony |
| | 17 | Gaither, Eric |
| | | Hearn, Crawford |

| | | |
|----------------------|---------------|---------------|
| Age | Graded | Actual |
| Result | Age | Result |
| 800 Meters | | |
| MacCargan, Katie | 3:26.2 | 21 3:26.2 |
| Eastley, Rick | 4:56.8 | 41 2:05.2 |
| Sumner, John | 2:04.6 | 51 2:24.1 |
| Reppert, Jim | 2:06.7 | 41 2:15.9 |
| Wingo, Bob | 2:21.2 | 72 3:21.4 |
| 1500 Meters | | |
| McCracken, Mike | 4:33.9 | 45 4:59.7 |
| Reppert, Jim | 4:40.1 | 41 4:57.6 |
| Green, Dale | 5:17.8 | 17 5:27.9 |
| Short Hurdles | | |
| Harris, Steve | 15.9 | 25 15.9 |
| Angulo, Sergio | 16.3 | 43 17.9 |
| Melber, David | 17.2 | 56 19.2 |

| | | |
|------------------------|------|---------|
| 300 Low Hurdles | | |
| Carter, Charlotte | 49.9 | 42 55.7 |
| Angulo, Sergio | 41.1 | 43 45.8 |
| Melber, David | 43.3 | 56 54.6 |
| Diaz, Paul | 45.1 | 29 45.1 |
| Davis, Cliff | 47.1 | 56 59.4 |

| | | |
|------------------|------|----------|
| High Jump | | |
| Able, Chuck | 2.06 | 35 1.930 |
| Hoffman, Adolph | 2.01 | 72 1.270 |
| Melber, David | 1.97 | 56 1.473 |
| Morgan, Roy | 1.88 | 66 1.270 |
| Able, Bill | 1.87 | 31 1.829 |
| Freda, Larry | 1.86 | 65 1.270 |
| Davis, Cliff | 1.83 | 56 1.372 |
| Dubois, William | 1.83 | 46 1.524 |
| Chapman, Mark | 1.82 | 52 1.422 |
| Wright, William | 1.80 | 30 1.778 |
| McIntyre, Larry | 1.79 | 47 1.473 |
| Roach, Bill | 1.78 | 50 1.422 |
| Arnold, Don | 1.68 | 38 1.524 |
| Akers, Coy | 1.68 | 38 1.524 |

| | | |
|-------------------|------|----------|
| Pole Vault | | |
| Seeger, Ruth | 2.56 | 71 1.372 |

| | | |
|------------------|------|----------|
| Long Jump | | |
| Smith, Sharronda | 6.54 | 9 2.883 |
| Jones, Ed | 7.23 | 50 5.613 |
| Melber, David | 7.02 | 56 5.029 |
| Hoffman, Adolph | 6.87 | 72 3.962 |
| Tinelli, Jim | 6.82 | 55 4.953 |
| Gaither, Eric | 6.74 | 18 6.375 |
| Lendo, Kevin | 6.33 | 32 6.261 |
| Davis, Cliff | 6.24 | 56 4.470 |
| Angulo, Sergio | 5.81 | 43 4.953 |
| Roach, Bill | 5.36 | 50 4.166 |
| Chapman, Mark | 4.81 | 52 3.632 |

| | | |
|--------------------|-------|-----------|
| Triple Jump | | |
| Gaither, Eric | 14.66 | 18 14.275 |
| Melber, David | 12.32 | 56 9.068 |
| Davis, Cliff | 11.84 | 56 8.712 |
| Wright, William | 11.83 | 30 11.836 |
| Lendo, Kevin | 11.70 | 32 11.709 |
| Angulo, Sergio | 11.07 | 43 9.830 |
| Smith, David | 10.83 | 34 10.833 |

| | | |
|----------------------|---------------|-----------------|
| Age | Graded | Actual |
| Result | Age | Result |
| 4 x 100 Relay | | |
| San Antonio Elite | 44.5 | 41 45.3 |
| | 36 | Porter, Fred |
| | 34 | Smith, David |
| | 23 | Taylor, Sherman |
| K-Town Zephyrs | 45.1 | 42 46.2 |
| | 18 | Austin, Tony |
| | 18 | Gaither, Eric |
| | 17 | Hearn, Crawford |
| Women | 50.8 | 57 66.0 |
| | 21 | Coffee, Marion |
| | 51 | Harris, Katie |
| | 41 | Martin, Barbara |
| | 47 | Burrough, Sandy |
| 4 x 200 Relay | | |
| K-Town Zephyrs | 1:34.7 | 42 37.2 |
| | 18 | Cyrs, Lorenzo |
| | 18 | Austin, Tony |
| | 17 | Gaither, Eric |
| | | Hearn, Crawford |

| | | |
|--------------------|---------------|---------------|
| Age | Graded | Actual |
| Result | Age | Result |
| Shot Put | | |
| Seeger, Ruth | 14.35 | 71 6.62 |
| Finsrud, Carol | 12.93 | 38 12.76 |
| Arrants, Cristina | 12.11 | 16 10.13 |
| Mellenthin, Cheryl | 6.92 | 39 6.65 |

| | | |
|------------------|---------------|---------------|
| Age | Graded | Actual |
| Result | Age | Result |
| Shot Put | | |
| Cantrell, John | 16.27 | 59 11.19 |
| Crater, Harold | 16.02 | 57 11.50 |
| Conniff, John | 15.79 | 54 12.10 |
| Freda, Larry | 14.65 | 65 9.70 |
| Fraus, Thomas | 14.22 | 50 11.89 |
| Chapman, Mark | 13.92 | 52 11.13 |
| Crawford, Jack | 13.69 | 51 11.19 |
| Ashworth, Monroe | 13.05 | 53 10.21 |
| Graham, Mike | 12.86 | 52 10.28 |
| Poulson, Jerry | 12.80 | 50 10.70 |
| Goodwin, Jim | 12.73 | 52 10.18 |
| Zingge, Howard | 11.90 | 56 8.73 |
| Adams, Fred | 11.77 | 69 7.14 |

| | | |
|--------------------|-------|----------|
| Discus | | |
| Finsrud, Carol | 52.76 | 38 52.19 |
| Arrants, Cristina | 44.07 | 16 40.30 |
| Seeger, Ruth | 42.02 | 71 18.57 |
| Mellenthin, Cheryl | 17.17 | 39 16.59 |

| | | |
|-----------------|---------------|---------------|
| Age | Graded | Actual |
| Result | Age | Result |
| Hammer | | |
| Conniff, John | 53.65 | 54 45.56 |
| Zingge, Howard | 43.60 | 56 35.45 |
| Hoffman, Adolph | 41.87 | 72 28.83 |
| Crawford, Jack | 41.24 | 51 37.38 |
| Crater, Harold | 41.08 | 57 32.67 |
| Cantrell, John | 40.70 | 59 31.00 |
| Goodwin, Jim | 39.85 | 52 35.33 |
| Poulson, Jerry | 38.60 | 50 35.79 |
| Fraus, Thomas | 38.12 | 50 35 |

Continued from previous page

| | |
|------------------------|----------|
| M40 Burt Morrow | 1:25.77 |
| 400M hurdles | |
| M40 Andrew Hecker | 1:00.04 |
| Ken Stone | 1:12.04 |
| M45 Sheridan Groves | 1:07.57 |
| 1500M Walk | |
| M40 Jim Gillman | 10:29.9 |
| M50 Gerry Koenig | 10:35.0 |
| M60 Ray Archibald | 9:37.2 |
| M65 Jim Selby | 9:57.6 |
| M45 Anne Ponia | 12:12.2 |
| M65 Pauline Saunders | 11:41.0 |
| 5000M Walk | |
| M50 Gerry Koenig | 21:45.22 |
| M45 Anne Ponia | 24:02.62 |
| M65 Pauline Saunders | 23:10.88 |
| 4100M RELAY | |
| Upper Norson TC | 84.43 |
| HIGH JUMP | |
| M30 Steven Daniel | 1.82 |
| John Maebanji | 1.80 |
| M40 James Mueller | 1.92 |
| Keith Stone | 1.92 |
| Ken Stone | 1.90 |
| M45 Mike Bates | 1.39 |
| M55 Paul Hegler | 1.49 |
| M55 Emil Pavlik | 1.43 |
| Dusty Miller | 1.43 |
| M60 Bert Bergen | 1.39 |
| Phil Fehlen | 1.40 |
| Berry Berkus | 1.40 |
| Sam Flory | 1.35 |
| M65 Ray Archibald | 1.20 |
| M70 Paul Bambrook | 1.25 |
| M70 Richard Warren | 1.20 |
| Jerry Sildorf | 1.20 |
| M80 Ted Hatlen | 1.00 |
| M80 Christel Miller | 1.20 |
| LONG JUMP | |
| M30 Joan Maubanj | 5.80 |
| M45 Joseph Miyoshi | 4.75 |
| Bill Weinstein | 4.44 |
| M50 Diethart Reichardt | 5.10 |
| M55 Emil Pavlik | 5.41 |
| Richard Imperiale | 4.79 |
| Dort Bergen | 4.21 |
| M60 Roger Tauda | 5.12 |
| M70 Paul Bambrook | 3.80 |
| M70 Richard Warren | 3.59 |
| M70 Elaine Iba | 5.00 |
| M75 Karen Vaughn | 3.54 |
| M45 Avril Naylor | 4.11 |
| M60 Fei-Mei Chou | 3.00 |
| M65 Pauline Saunders | 2.67 |
| TRIPLE JUMP | |
| M50 Diethart Reichardt | 9.62 |
| M65 Paul Bambrook | 8.08 |
| M60 Fei-Mei Chou | 8.10 |
| POLK VAULT | |
| M30 John Arbogast | 2.74 |
| M40 Doug Sparks | 3.81 |
| M45 Steve Morris | 4.37 |
| Greg Miguel | 4.27 |
| Paul Hegler | 3.68 |
| Joseph Miyoshi | 4.11 |
| M50 Mike Morris | 4.30 |
| John Stringer | 3.98 |
| Hoger Verne | 3.98 |
| M75 Mardon Connelly | 3.90 |
| Jim Vernon | 1.43 |
| JAVELIN | |
| M35 John Hansen | 48.08 |
| James Barry | 43.00 |
| M40 William Gardner | 43.80 |
| Mike Caten | 31.78 |
| M45 Bob Powers | 49.30 |
| Joseph Miyoshi | 36.20 |
| M50 Jay Olson | 48.78 |
| Gary Roddaway | 47.88 |
| Dave Nuttall | 38.84 |
| Robin Paulsen | 36.62 |
| M55 Richard Hotchkiss | 39.80 |
| Steve Vordell | 35.30 |
| Emil Pavlik | 31.18 |
| M60 Paul Taylor | 40.66 |
| Phil Fehlen | 36.08 |
| Hal Smith | 28.78 |
| Donald Alexander | 18.42 |
| M65 Tom Tonison | 31.00 |
| Arnie Gaynor | 27.48 |
| John Nelson | 20.78 |
| Allen Morris | 20.84 |
| M70 Bill Bengert | 14.90 |
| M80 Ted Hatlen | 40.68 |
| M30 Any Bubiak | |

NORTHWEST

October Throws Festival
Helena, MT; Sept. 30-Oct. 1

| | |
|--------------------------------|--------|
| Hammer | |
| Manuel White 79 16# | 20.23/ |
| 5k 26.66 | |
| Discus | |
| M White 79 2k 24.84/1.5k 30.98 | |
| Weight Throw | |
| Steve McCarter 46 | 5.24 |
| Bob Sager 47 | 12.83 |
| Bill Fenton 53 | 6.52 |
| Manuel White 79 | 12.09 |
| Superweight | |
| Steve McCarter 46 | 3.97 |
| Bob Sager 47 | 8.11 |
| Bill Fenton 53 | 4.27 |
| Manuel White 79 35# 9.45/ | |
| 56# 6.25 | |
| Weight Pentathlon | |
| Paula Maloy 66 | 2278 |
| Bob Sager 47 | 3182 |
| Manuel White 79 | 4918 |

LONG
DISTANCE
RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters
24-Hour Championships
Sylvania, OH; Sept. 16-17

| Overall | Total Miles |
|-------------------|-------------|
| Kurt Madden 40 | 139.24 |
| Bonnie Busch 37 | 120.56 |
| M40 Kurt Madden | 139.24 |
| Robin Fry | 117.81 |
| Thomas Andrews | 110.19 |
| Roy Heger | 104.80 |
| Ray Krolewicz | 103.43 |
| Irwin Greenbaum | 91.38 |
| Max Waldrop Jr | 89.60 |
| Carey Stoneking | 87.54 |
| Frank MacMillan | 84.35 |
| David Parker | 63.97 |
| Douglas Krieger | 62.85 |
| Chas Danielson | 61.73 |
| M45 John Giovengo | 111.34 |
| Neil Weygandt | 109.22 |
| Fred Davis III | 102.42 |
| Alan Kralovansky | 101.77 |
| Thomas Riddle | 101.01 |
| Ronald Grimes | 93.00 |
| Ed Stuart | 91.89 |
| Jeff Bertram | 83.31 |
| Ed Dodd | 77.44 |
| Bob Gracil | 74.43 |
| Gerhard Schuett | 70.71 |

| | |
|--|--------|
| Ed Harwood | 69.58 |
| Verton Troyer | 67.34 |
| Robert Alexander | 50.50 |
| M50 Newton Baker | 104.38 |
| David Frank | 102.44 |
| Harold Foote | 87.35 |
| Burnsie Holder | 86.42 |
| Robert Barnard | 69.84 |
| Don Creager | 61.73 |
| Bruno Fioretti | 58.44 |
| Allan Whitney | 54.03 |
| Mark Delucia | 50.50 |
| Larry Duke | 50.50 |
| M55 Ron Kovacs | 115.91 |
| (186,522m betters M55 U.S. record of 185,656m) | |
| Ed Rousseau | 110.19 |
| Jim Barnes | 106.11 |
| Arthur Moore | 105.81 |
| David Payette | 104.38 |
| Ronald Reinholdt | 90.31 |
| Tim Kourounis | 82.06 |
| Albert Mesarosh | 75.20 |
| John Simon | 62.85 |
| John Karkalis | 55.90 |
| Rick Wilcox | 52.75 |
| M60 George Isom | 92.40 |
| Robert Robbins | 78.98 |
| Gene Turnipseed | 74.07 |
| Andrew Lovy | 65.28 |
| Marvin Gottlieb | 62.85 |
| Edward Dibble | 14.82 |

| | |
|-------------------------|--------|
| M65 Burt Carlson | 80.81 |
| Walter Kosydar | 62.39 |
| Robert Ault | 56.12 |
| Robert Danaceau | 47.95 |
| Jay Grove | 37.03 |
| Terry Mohler | 35.91 |
| M70 Howard Henry 74 | 89.79 |
| M40 Debra Moore | 112.30 |
| Diane McNamara | 108.99 |
| Pat Payette | 52.75 |
| Susan Van Metre | 30.30 |
| M45 Pat Lehman-Jedrek | 101.69 |
| Jacqueline Donahue | 90.21 |
| Charlotte Gerkin | 88.16 |
| Nancy Porter | 53.87 |
| Stephanie Dams | 50.50 |
| M50 Eustratia Kourounis | 68.59 |
| Janet Delucia | 59.74 |
| Janice Novachoff | 59.74 |
| Carol Sweeney | 54.99 |
| Nancy Buchhop | 32.54 |
| Carol Thomas | 32.54 |
| M55 Marge Potter non-US | 54.28 |
| M60 Sarann Moch | 71.83 |
| Jill Calcamuggio | 34.79 |

USATF National Masters
Marathon Championships
Minneapolis/St. Paul; Oct. 8

| | |
|--------------------|---------|
| Overall | |
| Raphael Zepeda 34 | 2:15:09 |
| Gwyneth Coogan 30 | 2:32:58 |
| M40 Herbert Steffy | 2:18:36 |
| Juriy Mikhailov | 2:20:14 |
| Ian Bloomfield | 2:23:48 |
| Doug Kurtis | 2:25:14 |
| Lloyd Stephenson | 2:25:52 |
| David Petersen | 2:26:00 |
| Ken Wilson | 2:27:03 |
| Robert Yara | 2:27:06 |
| Rob Whetham | 2:30:58 |
| Jess M Koski | 2:31:42 |
| Peter Jansson | 2:32:48 |
| Terry Stewart | 2:34:08 |
| Neil Holland | 2:38:34 |
| Steve Moe | 2:43:01 |
| Jerry Heaps | 2:43:15 |
| Doug Suker | 2:43:20 |
| Robert Lewis | 2:43:35 |
| David Wilson | 2:44:16 |
| Jim Behr | 2:44:41 |
| Curt Hoegh | 2:44:44 |
| M45 Rich Reimer | 2:41:00 |
| Don Mathieu | 2:48:01 |
| Virgil Koski | 2:48:27 |
| John Naslund | 2:50:18 |
| J C Hoffman | 2:51:56 |
| Michael Frey | 2:53:09 |
| John Emmons | 2:54:26 |
| Wayne Walvathe | 2:54:27 |
| K J Marinoff | 2:54:42 |
| Roger Fisher | 2:55:00 |
| John Cretzmeier | 2:55:12 |
| James Jacobsen | 2:56:27 |
| Bill Engert | 2:56:36 |
| Jake Czapiewski | 2:57:37 |
| Dennis Wheeler | 2:58:04 |
| Artemio Navarro | 2:58:23 |
| John Lee | 2:59:15 |
| Lorne McDougall | 3:00:14 |
| Rich Letourneau | 3:00:42 |
| Greg Buse | 3:00:45 |
| M50 Ronald Taylor | 2:49:06 |
| Jared Mondry | 2:49:12 |
| Norm Purrington | 2:50:03 |
| Larry Ochsendorf | 2:53:59 |
| Roger Rode | 2:54:04 |
| Robert Behrens | 2:54:29 |
| Joseph Carlson | 2:54:42 |
| Leonard Coeuyt | 2:55:04 |
| Larry Ridgeway | 2:55:55 |
| Ray Tiberg | 2:56:22 |
| Ernie Torricelli | 2:58:51 |
| Tom McGee | 2:59:18 |
| Richard Bailly | 3:01:35 |
| Denny Wintheiser | 3:02:24 |
| Walt Feet | 3:02:46 |
| M55 Jim Cooke | 2:51:10 |
| Fay Bradley | 2:57:20 |
| Tom Kaiser | 3:02:48 |
| Rick Kleyman | 3:04:12 |
| Thom Weddle | 3:05:00 |
| David Johnson | 3:09:08 |
| Philmore Brewer | 3:12:58 |
| A Zerbini | 3:13:59 |
| Don Saari | 3:16:15 |
| Doug Errett | 3:19:51 |
| Jim Mayerle | 3:20:13 |
| Patrick Riddell | 3:21:32 |
| David Roseen | 3:21:42 |
| Hank Larsen | 3:21:52 |
| Ramon Maldonado | 3:22:12 |
| M60 Dale Urbain | 2:57:59 |
| Malcolm Gillis | 3:02:11 |
| Bill Dodson | 3:02:54 |
| Jim Schleisman | 3:12:25 |
| Carl Pegels | 3:18:03 |
| Fred Kiddy | 3:20:51 |
| Arlen Sunn | 3:22:31 |
| Heinz Ehlers | 3:34:12 |
| Jim Benson | 3:38:12 |
| Richard Burch | 3:39:21 |
| M65 Harold Hubbard | 3:22:57 |
| Jerry Crockett | 3:26:26 |
| Wilfred Potter | 3:27:09 |
| Bill Galbrecht | 3:29:26 |
| Francis Petracek | 3:36:21 |
| Robert Carr | 3:39:22 |
| Pat Moreland | 3:40:44 |
| Chuck McJilton | 4:03:57 |

| | |
|-----------------------|---------|
| Byron Van Dake | 4:05:43 |
| Bill Brown | 4:16:46 |
| M70 Alex Ratelle | 3:46:57 |
| Lloyd Young | 3:50:17 |
| John Burton | 4:17:56 |
| M80 Clayton Moran | 5:27:14 |
| Paul Werner | 5:58:43 |
| M40 Elena Sipatova | 2:37:37 |
| Alice Thirau | 2:43:23 |
| Debbie Hanson | 2:55:01 |
| Kimberlee Campo | 2:57:29 |
| Sharon Vos | 3:00:23 |
| K Guderyon/Goetz | 3:01:12 |
| Darlene Wallach | 3:01:17 |
| Karen Ladig | 3:02:07 |
| A Wickstrom | 3:13:34 |
| Cecelia Niemczyk | 3:13:51 |
| Patti Koehler | 3:14:17 |
| Nancy Camp | 3:14:19 |
| M45 Jane Hutchison | 2:51:19 |
| Judith Hine | 2:55:38 |
| Gloria Janson | 2:58:50 |
| Diane Stoneking | 3:06:04 |
| Marcy Gilles | 3:14:20 |
| Barb Spannaus | 3:19:52 |
| Vida Niedorf | 3:29:29 |
| Mary Hiatt | 3:35:12 |
| Shirley Cormican | 3:35:55 |
| Merle LaDuke | 3:35:57 |
| M50 Muffet Chatterton | 3:42:27 |
| Ellie Thayer | 3:44:31 |
| Peggy Trager | 3:47:42 |
| Marilyn Schnobrich | 3:48:54 |
| Jan Rohde | 3:50:18 |
| Loretta Bauer | 3:50:31 |
| Judi Herk | 3:51:04 |
| Connie Spengler | 3:52:00 |
| Ethel Morse | 3:55:03 |
| Jean Brockenbrough | 3:55:55 |
| M55 Sandra Kiddy | 3:20:43 |
| Doris Urbain | 3:36:19 |
| Carolyn Woodbury | 3:55:59 |
| Audrey Schroeder | 3:57:40 |
| Judy Lutter | 3:58:56 |
| Elizabeth French | 4:14:24 |
| Patricia Wolkoff | 4:18:08 |
| Phyllis Kahn | 4:19:21 |
| Pat Ordahl | 4:21:01 |
| Margot Madsen | 4:21:21 |
| M60 Wen-Shi Yu | 3:32:44 |
| Mae Horne | 4:00:19 |
| Eleanor Claus | 4:06:28 |
| Carol Sankey | 4:21:42 |
| Lorraine Whitesell | 4:59:51 |
| Pat Wahlgren | 5:09:21 |
| D C Andersen | 5:14:50 |
| Olimpia DiNardo | 5:27:15 |
| M65 Toshiko d'Elia | 3:42:45 |
| Joy Johnson | 4:09:35 |
| Ruth Anderson | 4:25:52 |
| Mary Lou Carlson | 5:16:18 |
| Joannine Julson | 5:58:55 |

| | |
|---------------------|-------|
| Age-Graded Results | |
| Herbert Steffy 42 | 94.4 |
| Juriy Mikhailov 42 | 93.3 |
| Ian Bloomfield 42 | 91.0 |
| Doug Kurtis 43 | 90.7 |
| Elena Sipatova 40 | 90.4 |
| Jane Hutchison 49 | 89.8 |
| Lloyd Stephenson 41 | 89.0 |
| David Petersen 40 | 89.3 |
| Ken Wilson 40 | 87.7 |
| Rober Yara 40 | 87.67 |
| Rob Whetham 43 | 87.3 |
| Alice Thirau 40 | 87.2 |
| Dale Urbain 61 | 85.9 |
| Judith Hine 46 | 85.3 |
| Gloria Jansen 48 | 85.2 |
| Jess M Koski m40 | 85.0 |
| Terry Stewart m42 | 84.97 |
| Malcolm Gillis 62 | 84.71 |
| Jim Cooks 55 | 84.6 |
| Peter Jansson 40 | 84.4 |
| Jared Mondry 53 | 84.1 |
| Rick Reimer 46 | 83.7 |
| Sandra Kiddy 59 | 83.5 |
| Ronald Taylor 52 | 83.49 |
| Neil Holland 43 | 83.1 |

EAST

Annapolis Ten Miler
Annapolis, MD; Aug. 27

| | |
|----------------------|-------|
| Overall | |
| Doug Mock 28 | 52:24 |
| Bonnie Bernard-Lopez | 59:30 |
| M40 James Pryde | 54:33 |
| Harry Goodman | 57:27 |
| Paul Peterson | 57:56 |
| Larry Jones | 58:21 |
| David Webster | 58:56 |
| Bob Becker | 60:38 |
| Jim Disciullo | 61:01 |
| William Moore | 61:02 |
| Jeff Sanborn | 61:20 |
| Jim Moreland | 61:27 |
| Mike Hart | 61:39 |
| Robert Torcia | 61:43 |
| M45 Bennett Beach | 58:37 |
| Herb Tolbert | 59:49 |
| George Myers | 61:22 |
| Ridge Kelley | 62:37 |
| Phil Stewart | 62:42 |
| Bill Lawder | 62:57 |
| Gary McGuffin | 63:31 |
| John Whitlock | 63:39 |
| J Sherlock III | 63:42 |
| Mick Slonaker | 64:02 |
| M50 Richard Webb | 63:54 |
| Piriya Pinit | 64:29 |
| John Haubert | 65:01 |

| | |
|-----------------------|-------|
| Don Davis | 65:05 |
| Ray Kitchen | 66:44 |
| Pat Griffith | 66:45 |
| Bob Chase | 67:13 |
| Jerry Solomon | 67:36 |
| M55 Dick Hipp | 66:58 |
| Stephen Forman | 69:28 |
| Richard Harris | 71:08 |
| Bill Elzinga | 71:09 |
| Art Morey | 72:09 |
| Leonard Morgan Sr | 72:10 |
| M60 George Yannakakis | 73:08 |
| Dale Jordan | 74:59 |
| Chris Catoe | 77:22 |
| James Conner | 78:11 |
| M65 Peter Donahue | 81:19 |
| Roy Elder | 92:47 |
| Lo Yin | 96:11 |
| M70+Dixon Hemphill 70 | 81:54 |
| Oscar Fox 73 | 86:40 |
| Bill Osburn 71 | 91:47 |
| Denzil Pritchard 74 | 92:55 |
| Richard Johnson 71 | 99:43 |
| M40+ Teams | |
| Baltimore RRC "A" | 33 |
| (1-2-6-9-15) | |
| Gnats Masters | 59 |
| HCS Masters | 71 |
| M40 Margaret Starnes | 67:44 |
| Pat Donahue | 69:02 |
| Donna Lewis | 70:17 |
| Irene Moffett | 72:20 |
| Kathy Hobbett | 72:32 |
| Pat Shackleton | 73:12 |
| Beverly Pritts | 73:48 |
| Judy Bender | 74:16 |
| M45 Torchia Esdale | 72:14 |
| Deborah Gebhardt | 73:54 |
| D Foster-Jones | 74:10 |
| Marilyn Bevans | 74:20 |
| Linda Mills | 74:35 |
| Jane Pionkowski | 77:14 |
| M50 Randon Fritsch | 68:43 |
| Hideko Pirie | 75:24 |
| Dee Nelson | 77:15 |
| Gale Cordell | 80:41 |

Continued from previous page
Bertha McGruder 2:27:27
Finishers: M-1257, W-530, Total: 1796

Great Cow Harbor 10K Northport, NY; Sept. 16

| | |
|---------------------|-------|
| Overall | |
| Tom Ansberry 32 | 28:58 |
| Ann Marie Lauck 26 | 32:48 |
| M40 Jerry Miller | 35:05 |
| Mike Baard | 35:58 |
| John Lupski | 36:34 |
| Joseph Wynne | 36:45 |
| Steve O'Shaughnessy | 37:15 |
| Joseph Koka | 37:36 |
| M45 Thomas Hall | 34:00 |
| Robert Briglio | 35:00 |
| Bill Backe | 35:34 |
| Jack Porzio | 35:50 |
| Dennis Nee | 35:55 |
| Bob Moritz | 36:01 |
| Peter Geraghty | 36:29 |
| Richard Tyte | 36:37 |
| M50 Maury Dean | 36:51 |
| Jake Ringle | 39:21 |
| Thomas McGee | 39:25 |
| Jorge Aguilera | 39:57 |
| Peter Garrity | 40:09 |
| M55 Philmore Brewer | 40:06 |
| Don Jewell | 40:42 |
| Abraham Bernstein | 42:35 |
| Bob Mitchell | 43:02 |
| Fred Peterson | 45:05 |
| M60 Bill Olrich | 36:08 |
| Richard Murphy | 39:24 |
| William Evans | 44:03 |
| Homen Detwiler | 46:19 |
| M65 Roger Williams | 44:22 |
| Mike Reidy | 48:26 |
| George Marr | 48:52 |
| M70+John McManus 72 | 48:00 |
| W40 Burke Koneclic | 38:21 |
| Kathryn Martin | 39:12 |
| Cathy Oehrlein | 42:55 |
| Cecilia McCormack | 43:34 |
| Jayne McGraw | 43:45 |
| W45 Lynn Armstrong | 44:15 |
| Estrella Clasen | 45:00 |
| M Gambino-Leahy | 45:20 |
| Janice McCann | 46:05 |
| W50 Marjorie Kos | 43:44 |
| Nancy Tischler | 44:27 |
| Betty Horstmann | 45:02 |
| Mary Nathan | 46:03 |
| W55 Astrid Georges | 54:15 |
| Mary Davis | 54:40 |
| Pat Masterson | 58:02 |
| W60 Wen-Shi Yu | 47:07 |
| Alexandra Finger | 57:36 |

Maccabiah 5K

Plainview, L.I., NY; Sept. 24

| | |
|------------------------|-------|
| Overall | |
| Don Di Donato 37 | 15:19 |
| Jennifer Schretzmayer | 18:28 |
| M40 John Lupski | 17:25 |
| M45 Jim Walsh | 16:55 |
| M50 Michael Service | 18:43 |
| M55 Seth Kaminsky | 18:39 |
| M60 Gus Likos | 22:51 |
| M65 Colin Harris | 20:56 |
| M70 Cliff Gulbransen | 27:01 |
| M75+Bill Benson | 28:55 |
| W35 Margarita Marascia | 20:18 |
| W40 Harriet Jacob | 19:15 |
| W45 Elizabeth Penagos | 22:50 |
| W50 Hilda Smagorinsky | 28:02 |
| W55 Joan Fischer | 25:49 |
| W60 Alexandra Finger | 27:38 |
| W65 Dolly Finkelstein | 28:38 |

Richard S. Caliguiri City of Pittsburgh Great Race 10K Pittsburgh, PA; Sept. 24

| | |
|-----------------------|-------|
| Overall | |
| Stephen Nyamu 25 | 27:09 |
| Colette Murphy 30 | 31:32 |
| M40 Barry Harwick 40 | 30:30 |
| Dennis Packard 40 | 31:05 |
| Allen Choma 42 | 31:26 |
| Robert Costello 40 | 31:53 |
| John Ausherman 40 | 32:51 |
| Bruce Merrill 41 | 32:56 |
| Dave Blankenship 46 | 33:04 |
| Joseph Nzau 46 | 33:05 |
| Don Slusser 43 | 33:34 |
| Thomas Abbott 40 | 33:45 |
| Ronnie Knepper 44 | 33:49 |
| Don McNeal 42 | 33:52 |
| Gary Thompson 41 | 33:58 |
| Denis Kollai 47 | 34:09 |
| Sam Blair 49 | 34:21 |
| Bob Fensterer 45 | 34:24 |
| Larry Pollock 42 | 34:26 |
| David Stevens 41 | 34:31 |
| Stephen Fowler 43 | 34:34 |
| Gary Wade 41 | 34:37 |
| Carl Yehner 43 | 34:43 |
| Chris Gibson 42 | 34:46 |
| James Rohm 49 | 35:05 |
| Curtis Grimm 46 | 35:08 |
| James Freid 44 | 35:12 |
| M50 Terry Van Atta 51 | 34:04 |
| Richard Webb 51 | 34:11 |
| Dick Amato 56 | 34:59 |

| | |
|------------------------|---------|
| Thgom Weddle 57 | 35:22 |
| Fay Bradley 57 | 35:32 |
| Max Sapinsky 54 | 37:05 |
| Lawrence Ratkus 55 | 37:12 |
| William McNellie 54 | 37:38 |
| Anthony Mauro 53 | 37:49 |
| David Hayden 52 | 38:12 |
| Tom Lender 50 | 38:17 |
| Jack Neff 50 | 39:00 |
| James Carey Jr 52 | 39:11 |
| Ralph Ross 59 | 39:34 |
| Wesley Rohrer 50 | 39:52 |
| Dick Rodda 50 | 39:53 |
| Benjamin Zappa 55 | 39:57 |
| Mario Chiodo 52 | 40:09 |
| John Tucker 58 | 40:43 |
| Frank Cerra 50 | 40:46 |
| Robert Whitesides 55 | 40:48 |
| M60 R Brockenbrough 61 | 38:59 |
| James Lacey Sr 61 | 39:14 |
| Leon Bierbower 60 | 39:36 |
| Ralph Swain 60 | 39:54 |
| Regis Costello 66 | 40:25 |
| Bill Fortune 67 | 43:18 |
| Albert Kuhner 60 | 43:25 |
| Robert Park 60 | 43:45 |
| Jim Roser 64 | 44:10 |
| Robert Friel 64 | 44:39 |
| Jordan Bisceglia 69 | 45:21 |
| Charles Pfeifer 62 | 45:33 |
| Richard Willis 68 | 46:22 |
| John Eichner 60 | 47:02 |
| Willie Thomas 61 | 47:10 |
| M70 Lou Lodovico 71 | 41:10 |
| Bill Klapproth 75 | 49:49 |
| Americo Mascio 74 | 51:06 |
| James Hurst 71 | 53:20 |
| Jerry Earley 71 | 54:31 |
| Carroll Kelly 74 | 59:49 |
| John Hutchison 71 | 1:00:39 |
| Bernie Clare 73 | 1:03:06 |
| Thomas Cummins 72 | 1:03:48 |
| James Dickson 73 | 1:06:12 |
| Mel Freidel 75 | 1:06:26 |
| Arthur Kunst 73 | 1:07:13 |
| Peter Chiang 72 | 1:11:28 |
| Hugo Cerri 73 | 1:12:34 |
| M80 John Petroff 86 | 1:26:24 |
| W40 Alice Thureau 40 | 34:13 |
| Barbara Filutze 49 | 39:15 |
| Cindy Grimm 42 | 39:46 |
| Cindy Levine 41 | 39:58 |
| Eileen Petrone 41 | 40:06 |
| Maureen Fowler 43 | 40:17 |
| Susan Packard 40 | 41:12 |
| Ann Gerhardt 44 | 41:19 |
| Susan McDermott 40 | 41:42 |
| Deborah Seippel 43 | 43:09 |
| Callie Edmundson 46 | 43:29 |
| Patricia Neubert 43 | 43:49 |
| Debi Page 44 | 43:55 |
| Jude Miller 41 | 43:59 |
| Judith Bugyi 49 | 43:59 |
| Debra Mock 40 | 44:18 |
| L Miller-Krynski 49 | 44:21 |
| Debra Cully-Smith 42 | 44:25 |
| Kathleen Brandt 42 | 44:28 |
| Janet Kylaniski 43 | 44:31 |
| W50 Judy Carroll 53 | 41:27 |
| Patricia Koester 50 | 44:44 |
| Beverly Bernard 52 | 46:57 |
| Paula Johnson 50 | 48:42 |
| Donna Smith 59 | 48:45 |
| Georgette Lacey 58 | 50:27 |
| Helen Krysiak 51 | 51:01 |
| Pamela Vance 53 | 51:28 |
| Jean Webb 55 | 51:48 |
| Linda Stahl 53 | 52:23 |
| Barbara Novick 56 | 53:24 |
| Christia Siewers 59 | 53:39 |
| Peggy Plonka 50 | 53:53 |
| Sybil Veeder 52 | 54:12 |
| Susan Ruino 51 | 54:27 |
| Peggy Barrows 52 | 54:46 |
| Jane Dods 59 | 55:04 |
| Gretchen Gordon 57 | 55:58 |
| Grace Goffi 50 | 56:12 |
| N Andrezewski 53 | 56:22 |
| W60 Margrett Lutz 65 | 46:20 |
| Andrea Gerstadt 60 | 48:46 |
| Gloria Brown 63 | 50:51 |
| Ann Tarr 64 | 53:03 |
| Maggie Solomon 61 | 53:08 |
| Jean Krause 67 | 55:47 |
| Eileen Jamison 64 | 59:20 |
| Ruth Black 62 | 59:43 |
| Norma Phillips 65 | 1:01:25 |
| Sue Povich 60 | 1:01:58 |
| Jane Citron 62 | 1:02:01 |
| Margie Withrow 69 | 1:02:28 |
| Ruth Hertzberg 63 | 1:02:33 |
| Ani Rak 69 | 1:03:40 |
| W70 Dawn Russell 71 | 1:02:37 |
| W80 Valerie Wilden 82 | 1:03:01 |

SOUTHEAST

Maggie Valley Midnight 8K Maggie Valley, NC; Aug. 26

| | |
|------------------------|-------|
| Overall | |
| Tim Covington 28 | 24:59 |
| Keri Ange | 29:51 |
| M40 Trent Sellers | 28:23 |
| Steve Staley | 29:21 |
| Buddy Harpool | 29:24 |
| Zeph Putnam | 29:35 |
| Ken Kincaid | 29:40 |
| Larry Stange | 29:41 |
| Michael Dayton | 29:58 |
| Vernon Mabe | 29:59 |
| M45 Ignacio Jimenez | 27:47 |
| Russ Pate | 28:19 |
| Doc Weiss | 28:51 |
| Dan Healy | 30:00 |
| L C Moore Jr | 30:01 |
| David Lawson | 30:26 |
| M50 Mike Murphy | 32:08 |
| J C Kelley | 32:27 |
| Charles Lee | 32:51 |
| R C Edmiston | 33:05 |
| M55 Bill Olrich | 29:43 |
| Gailes Stuckey | 30:37 |
| Ron Rohrer | 31:10 |
| James Adams | 31:24 |
| Bill Zehner | 32:50 |
| M60 William Rose | 37:49 |
| Bob Corbin | 41:27 |
| Jack Muntz | 41:50 |
| M65 Chuck Kern | 38:16 |
| Dick Griffith | 38:58 |
| M70+Charles Dotson 72 | 38:21 |
| Franklin Mason 70 | 41:23 |
| Stan Sater 76 | 52:16 |
| W40 Sandra Stark | 34:57 |
| Brenda Dayton | 35:50 |
| Heidi Bridges | 36:15 |
| Carole Rivera | 37:43 |
| W45 Carolyn Mather | 33:30 |
| Nonie Hudnall | 34:36 |
| Lynda Holdridge | 36:19 |
| W50 Pauline Nillend | 36:16 |
| Janice Hicks | 40:18 |
| W55 Julie Klutz | 36:20 |
| Kay Hughes | 45:28 |
| W60 Ann Trammell | 45:44 |
| W65 Marge Hoffman | 43:06 |
| G P Embler | 43:39 |
| W70+Lillian Thurman 76 | 72:16 |

Virginia 10 Miler

Lynchburg; Sept. 30

| | |
|----------------------|-------|
| Overall | |
| Martin Mondragon 41 | 50:49 |
| Elizabeth Andrews 32 | 63:28 |
| M40 William Schultz | 59:57 |
| Chip Brand | 60:01 |
| David Freeze | 62:00 |
| Daniel Kolb | 64:00 |
| Tony Decrappeo | 64:21 |
| Craig Miller | 65:12 |
| Gary Stroud | 65:22 |
| Roger Koehler | 65:39 |
| Thomas Hughes | 66:10 |
| E Silberblatt | 66:18 |
| David Houser | 66:20 |
| Michael Doucette | 66:30 |
| Jerry Salmon | 66:32 |
| Gaylord Hosk III | 67:51 |
| M45 Frank Shorter | 59:25 |
| Bill Rodgers | 59:27 |
| Gary Adkins | 59:35 |
| Dennis Holman | 60:37 |
| Doc Weiss | 60:52 |
| Fred Waybright | 62:04 |
| John Snider | 62:26 |
| Don Lucy | 62:51 |
| Ronnie Young | 63:14 |
| Bob Milan | 63:46 |
| Roger Roark | 65:07 |
| Emmons Welch | 65:33 |
| Roy Joseph | 65:51 |
| Jerome Loy | 65:59 |
| Phil Halapin | 66:21 |
| Vince Howley | 66:33 |
| David Barton | 67:49 |
| M50 Ben Dyer | 61:27 |
| Ray Kitchen | 65:02 |
| Don Race | 65:57 |
| Robert Bruce | 66:26 |
| Bob Hartless | 66:29 |
| Ron Lute | 66:52 |
| Jim Bell | 67:07 |
| Greg Gartland | 67:26 |
| Carter Myers | 67:43 |
| John Justice | 67:47 |
| Ed Lynch | 69:05 |
| M55 Tony Gee | 67:47 |
| Jerry Harris | 68:16 |
| Paul Farrier | 68:41 |
| Gary Hicks | 68:44 |
| Bernie Davis | 69:48 |
| Allen Montgomery | 70:23 |
| Jim Cargile | 73:35 |
| David Ferreira | 79:06 |
| M60 Tom Ray | 70:13 |
| George Beasley Jr | 73:40 |
| Don Martin | 74:31 |
| Richard Mines | 74:44 |
| Richard Miller | 76:30 |
| M65 Neil Wilson | 79:08 |
| Alfred Cumby | 80:06 |
| Harry Freestone | 84:16 |
| W40 Sue Given | 65:53 |
| Sharyn Ward | 72:06 |
| Mary Winston | 72:10 |
| Tenna Hosner | 75:23 |

| | |
|--------------------|---------|
| Mary Schmutz | 79:27 |
| Kathie Sinclair | 81:12 |
| January Spangler | 82:17 |
| Karen Bracco | 82:31 |
| Carole Stone | 83:23 |
| Peggy Strang | 83:46 |
| W45 Chris Sterling | 72:12 |
| Nancy Long | 86:23 |
| Ann Campbell | 87:42 |
| Susie Reilly | 88:15 |
| Christine Fisher | 88:51 |
| Susan Hill | 89:15 |
| W50 Anna Moore | 81:08 |
| Joyce Ploeger | 85:01 |
| Margaret Broadbudd | 87:13 |
| W55 Lis Villadsen | 79:39 |
| Elizabeth Alcock | 1:41:16 |
| W60 Alice Wilson | 92:22 |
| Dodie Fauber | 1:52:47 |
| W65 Louise Martin | 1:56:08 |

MIDWEST

American Parkinson Disease Association 5-Mile Chicago; Sept. 9

| | |
|-------------------------|-------|
| Overall | |
| Jimmy Muindi | 13:54 |
| Cathy Palacios | 16:43 |
| Top M40+ | |
| Gary Townsend \$500 | 15:43 |
| Bill Buhrmann | 17:06 |
| M40 John Carstens | 18:17 |
| Barry Quilhot | 18:59 |
| Robert Rathmann | 22:05 |
| M45 Robert Kraus | 24:00 |
| Tim Milet | 28:00 |
| Jeff Kolodny | 31:38 |
| M50 Sheldon Gottlieb | 30:32 |
| Tom Rutherford | 30:40 |
| M55 John Fitzpatrick | 22:11 |
| Robert Grabowski | 27:10 |
| M60 Richard Kammerer | 24:42 |
| Richard Freeman | 27:20 |
| M65 Louis River | 25:44 |
| Thiel Cohen | 35:27 |
| M70+Robert Sagen | 26:00 |
| Top W40+ | |
| MaryAnn Marlarkey \$500 | 19:31 |
| Carol Chandler | 25:27 |
| W40 Margaret Vendely | 25:36 |
| Marilisa Brannigan | 30:44 |
| W50 Suzanne Troy | 30:53 |
| Carol Rizzola | 34:40 |
| W55 Jackie River | 31:36 |

MID AMERICA

Minnesota Masters 15K USATF Championship

Edina, MN; Sept. 17

| | |
|-------------------|---------|
| M40 Jess Koski | 49:29 |
| Rob Whetham | 49:56 |
| Terry Stewart | 51:31 |
| Doug Suter | 52:07 |
| Jerry W Heaps | 52:32 |
| Jared Mundry | 52:55 |
| Jack Ankrum | 53:15 |
| Mark LeDuc | 53:26 |
| Jay Goetz | 53:54 |
| Jim Fethers | 53:56 |
| Dan J Morse | 54:35 |
| Tom Eisenrich | 54:44 |
| Mike Filburn | 54:57 |
| Jim Behr | 55:13 |
| Bob Schneider | 55:13 |
| Patrick Folman | 55:35 |
| Kevin Pates | 56:54 |
| James Thomas | 58:43 |
| Dennis Hahn | 59:22 |
| John D Borgfelt | 59:36 |
| James A Lundberg | 59:46 |
| Mark A Lindblad | 1:00:31 |
| Keith L Schupp | 1:00:45 |
| Dan Faulkner | 1:00:50 |
| Robert R Eng | 1:01:10 |
| Paul Hlavac | 1:01:39 |
| Bob Kovell | 1:01:41 |
| William Murray | 1:02:25 |
| Steven Sondral | 1:02:33 |
| Terry J Andolshek | 1:03:06 |
| Brian Heeb | 1:03:38 |
| Gregory L Barnett | 1:04:08 |
| John Paisley | 1:04:52 |
| Bryan Hendricks | 1:05:49 |
| Roger Dumas | 1:05:53 |
| Gordon Peters | 1:06:28 |
| Michael B Martin | 1:07:31 |
| Eduardo Fernandes | 1:07:58 |
| Kerry Hansen | 1:08:11 |
| Kevin McGrew | 1:08:19 |
| Luke Fredericks | 1:08:41 |
| Michael Gephart | 1:08:47 |
| Dennis C Kreuter | 1:08:49 |
| Dan Riser | 1:08:56 |
| Randy R Hochstein | 1:09:02 |
| Michael P Conklin | 1:09:14 |
| Gary D Watney | 1:09:19 |
| David Palmquist | 1:09:55 |
| André Deloya | 1:10:14 |
| Larry Melzer | 1:11:33 |
| Mike Werb | 1:12:18 |
| Michael Hafner | 1:12:34 |
| Robin Turner | 1:12:55 |
| Warren J Kokes | 1:14:08 |
| Lyn Hoff | 1:14:27 |
| John Dwyer | 1:14:45 |
| Ken Christensen | 1:16:00 |
| David Swanson | 1:16:42 |

| | |
|--------------------|---------|
| Paul Walczak | 1:17:00 |
| Michael Muth | 1:18:55 |
| Jerry Ree | 1:22:12 |
| Ben Whitten | 1:25:15 |
| Richard Wald | 1:28:35 |
| John Mlinarcik | 1:40:28 |
| M45 Michael Seaman | 50:34 |
| Virgil Koski | 53:57 |
| Jerry Beutel | 54:40 |
| Fred Clayton | 56:13 |
| Kris John Marinoff | 57:04 |
| John Cretzmeyer | 57:43 |
| Rick Letourneau | 58:34 |
| Randy L Hall | 59:53 |
| John Tomczyk | 1:00:24 |
| Steven Fossen | 1:00:55 |
| Gus Virkus | 1:01:17 |
| Robert J Tierney | 1:01:33 |
| Hal Gensler | 1:01:34 |
| Jim Hewitt | 1: |

Continued from previous page.

Age Graded Results

| CLASS | PLACE | FINISHER | WAVA % | TIME |
|-------|-------|------------------------|--------|---------|
| 1 | 1 | Marcy Gilles, 46* | 87.9% | 57:01 |
| 1 | 1 | Michael Seaman, 45 | 87.5% | 50:34 |
| 2 | 1 | Rob Whetham, 43 | 87.3% | 49:56 |
| 3 | 1 | Thom Weddle, 57 | 86.9% | 56:08 |
| 4 | 2 | Jess Koski, 40 | 86.2% | 49:29 |
| 2 | 2 | Gloria Jansen, 48* | 85.5% | 59:38 |
| 5 | 1 | Lloyd Young, 72 | 85.3% | 1:07:05 |
| 3 | 3 | Diane M Stoneking, 47* | 85.1% | 59:26 |
| 6 | 1 | Harold Hubbard, 69 | 84.9% | 1:04:56 |
| 4 | 1 | Marie Boyd, 35* | 84.8% | 54:05 |
| 7 | 1 | Andy Deters, 54 | 84.5% | 56:12 |
| 8 | 2 | Norm Purrington, 52 | 84.3% | 55:25 |
| 9 | 3 | Jared Mondry, 53 | 84.3% | 55:54 |
| 10 | 3 | Doug Suker, 44 | 84.3% | 52:07 |
| 11 | 4 | Terry Stewart, 42 | 84.0% | 51:31 |
| 5 | 1 | Lynae Larson, 41* | 83.1% | 57:51 |

Novice Men 40 - 44

| | | |
|----|---------------------|---------|
| 37 | John D Borgfelt, 43 | 59:36 |
| 41 | Mark A Lindblad, 41 | 1:00:31 |
| 43 | Keith L Schupp, 42 | 1:00:45 |

Novice Men 45 - 49

| | | |
|----|---------------------|---------|
| 31 | Rick Letourneau, 47 | 58:34 |
| 40 | John Tomsyck, 45 | 1:00:24 |
| 47 | Gus Virkus, 45 | 1:01:17 |

Novice Men 50 - 54

| | | |
|-----|--------------------|---------|
| 89 | Stan J Sippola, 51 | 1:08:33 |
| 94 | Doug Plaff, 52 | 1:08:57 |
| 101 | Dick Kyro, 53 | 1:09:30 |

Novice Men 55 - 59

| | | |
|-----|-----------------------|---------|
| 88 | Bill Bernick, 55 | 1:08:30 |
| 108 | John F Maus, 56 | 1:10:06 |
| 113 | Robert Harrington, 55 | 1:10:58 |

Novice Men 60 - 64

| | | |
|-----|--------------------|---------|
| 176 | Larry Parker, 61 | 1:19:37 |
| 179 | Ralph D Wilson, 61 | 1:19:52 |
| 188 | Cliff La Rose, 60 | 1:21:47 |

Novice Women 35 - 39

| | | |
|-----|---------------------|---------|
| 13* | Marlee Meshbesh, 36 | 1:10:30 |
| 20 | Debbie Iacono, 38 | 1:12:52 |
| 24 | Barb Hoff, 38 | 1:13:19 |

Novice Women 40 - 44

| | | |
|----|-------------------|---------|
| 16 | Jill Meyers, 43 | 1:11:40 |
| 21 | Patty Persons, 40 | 1:13:05 |
| 22 | Susan Parks, 44 | 1:13:09 |

Novice Women 45 - 49

| | | |
|----|------------------------|---------|
| 29 | Mary Ewert-Knodell, 45 | 1:17:52 |
| 40 | Cheryl McKinley, 48 | 1:20:19 |
| 42 | Julienne Sprint, 46 | 1:21:03 |

Novice Women 50 - 54

| | | |
|----|-----------------------|---------|
| 30 | Elizabeth Sumpton, 50 | 1:17:59 |
| 39 | Kathy Buchler, 50 | 1:20:18 |
| 58 | Mary Jo Permut, 54 | 1:26:12 |

Novice Women 55 - 59

| | | |
|----|-----------------|---------|
| 69 | Peg Tyler, 57 | 1:31:25 |
| 77 | Judy M Lepp, 55 | 1:40:26 |

Cliffhanger 8K/5K
Kansas City, MO; Sept. 25

--8K--

Overall

| | |
|---------------------|-------|
| Charlie Gray | 24:03 |
| Jane Hutchison 49 | 28:43 |
| M40 Dmitry Voldman | 27:02 |
| M45 Bill Engert | 29:04 |
| M50 Rick Hogan | 28:44 |
| M55 Bobby Kincaid | 29:06 |
| M60 Paul Heitzman | 29:40 |
| M65 Jewell Darby | 35:11 |
| M70 Frank Creason | 42:48 |
| M75 Ed Burnam | 47:29 |
| M40 Marcia Dowling | 30:49 |
| M45 Dee Boeck | 33:55 |
| M50 Suzie Turner | 37:31 |
| M55 Donna Murphy | 44:25 |
| M60 Pat Clark | 44:44 |
| M70 Margaret Newman | 56:06 |

--5K--

Overall

| | |
|--------------------|-------|
| Tim Schmid | 15:12 |
| Connie White | 18:06 |
| M40 Pat Walsh | 16:33 |
| M45 Larry Davison | 17:49 |
| M50 Joe Lechner | 17:28 |
| M55 Roy Cotton | 22:09 |
| M60 Elliot Levy | 29:25 |
| M80 Bill Dyer | 27:30 |
| M40 Nancy Cooper | 23:12 |
| M45 Peggy Zilm | 23:15 |
| M50 Mary Haley | 23:44 |
| M55 Aileen McComas | 28:16 |
| M60 Trudy Petty | 28:59 |

SOUTHWEST

Adjutant General's 5K
Tulsa, OK; Sept. 23

Top Age-graded Masters

| | Actual | A-G |
|------------------------|--------|-------|
| 1 Jose Rojas 53 | 19:38 | 17:04 |
| 2 Ray Halbrook 58 | 21:10 | 17:39 |
| 3 Stephen Slaughter 42 | 19:31 | 18:30 |
| 4 Danny Marler 47 | 21:48 | 19:55 |
| 5 Terry Council 42 | 21:24 | 20:18 |
| 6 Ron Rice 48 | 22:23 | 20:18 |
| 7 Steve Mardersen 45 | 22:33 | 20:18 |
| 8 Leroy Wall 55 | 24:51 | 21:17 |
| 9 Gary England 47 | 23:21 | 21:20 |
| 10 Stuart Brush 48 | 23:26 | 21:35 |
| 1 Janet Myers 58 | 23:05 | 18:37 |
| 2 Diane Neff 43 | 24:16 | 22:32 |
| 3 Nancy Harbaugh 51 | 26:05 | 22:34 |
| 4 Janet Wagner 57 | 27:45 | 22:37 |
| 5 Tommie Wall 51 | 25:38 | 23:02 |



WEST

Sacramento
Marathon/Half-Marathon
Sacramento, CA; Oct. 1

--Marathon--

| | |
|------------------------|---------|
| M40 Rae Clark | 2:54:37 |
| Bill Hambrick | 3:07:38 |
| Stephen Marques | 3:09:39 |
| Chuck Kratochvil | 3:13:41 |
| Bruce Yoshiwara | 3:15:28 |
| M45 Craig Newport | 2:58:59 |
| Brian Perkins | 3:03:45 |
| Jim Magill | 3:09:05 |
| Lyle Lutton | 3:18:43 |
| Jeff Collins | 3:18:57 |
| M50 Juan Cabeza | 2:58:00 |
| Glenn Morrill | 3:09:30 |
| Ernest Takahashi | 3:12:39 |
| Dorsh Sanders | 3:18:29 |
| M55 Ken Gaal | 3:22:03 |
| Joe Delgado | 3:26:11 |
| Frank Delgado | 3:28:24 |
| M60 Stephen Gaal | 3:32:48 |
| Richard Willets | 3:50:22 |
| Louis Simms Jr | 3:51:01 |
| M65 none | |
| M70+Manuel Lara | 4:22:38 |
| Frank Rodriguez | 4:56:54 |
| M40 Liz Cecchi | 3:24:13 |
| Susan Bradshaw | 3:40:03 |
| Cori Leone | 3:41:38 |
| Robbin Palmer | 3:41:52 |
| M45 Leslie Nacanisi | 6:12:44 |
| Karen Ide | 6:12:46 |
| M50 Reiko Duba | 3:54:07 |
| Marie Harmon | 4:41:43 |
| M55 Maureen McColligan | 4:53:33 |
| M60 Lou Vasquez | 4:40:32 |
| --Half-Marathon-- | |
| M40 Chris Enfante | 1:17:40 |
| Mike Deatherage | 1:18:23 |
| Randy Sturgeon | 1:19:52 |
| Ron Souza | 1:20:29 |
| John Kennedy | 1:21:58 |
| M45 Dennis Meidinger | 1:20:20 |
| Richard Ratliff | 1:20:24 |
| Jim Flanagan | 1:24:59 |
| Scott McIntosh | 1:27:39 |
| Steve Tredway | 1:27:48 |
| M50 Doug Butt | 1:23:22 |
| Howard Ferris | 1:28:43 |
| Mike Pipe | 1:30:20 |
| Ben McCoy | 1:31:05 |
| M55 Jon Shelgren | 1:25:43 |
| Bruce Piner | 1:35:10 |
| Phil Hauck | 1:37:06 |
| M60 Alex Derieux | 1:29:29 |
| Big Al Kirkman | 1:41:11 |
| Don Bieber | 1:41:59 |
| M65 Bill Wood | 1:48:46 |
| M Kinoshita | 2:09:39 |
| Everett West | 2:35:08 |
| M40 Desiree Wilson | 1:40:07 |
| Linda Belton | 1:41:16 |
| Tracey Saizan | 1:45:39 |
| Renee Capouya | 1:48:48 |
| M45 Jessie Stratton | 1:35:47 |
| Brenda Pollard | 1:46:34 |
| Cinda Muser | 1:52:34 |
| A Whiting-Hall | 1:54:11 |
| M50 Susan Condon | 1:49:21 |
| Judy Covin | 1:51:57 |
| Judy Press | 1:55:18 |
| M55 Louise Walters | 1:36:35 |
| Becky Whitehead | 2:03:31 |
| M60 Gilman Jung | 1:53:24 |
| Aurora Perez | 2:38:51 |
| M65 Liz DeMonte | 2:03:37 |
| Peggy Ewing | 2:08:27 |
| M70+Po Adams | 2:21:49 |

| | |
|--------------------|-------|
| M40 Mark Billett | 27:05 |
| Michael Allison | 27:18 |
| Mike O'Halloran | 27:58 |
| Rodd Wagner | 30:15 |
| Tom Duranti | 36:44 |
| M45 Jim McGill | 27:23 |
| Brian Peterman | 33:05 |
| Paul Bellus | 34:48 |
| M50 Ron Taylor | 29:03 |
| Mike Donoghue | 29:53 |
| Chris Steer | 30:33 |
| Neal Stoddard | 36:48 |
| M55 none | |
| M60 Bill Iffring | 29:30 |
| Derek Mahaffey | 30:10 |
| Jim Hilton | 32:22 |
| Mel Preedy | 33:53 |
| M65 Orlo Keniston | 32:54 |
| M75 Fred Sandoy | 41:54 |
| M40 Candy Klein | 38:59 |
| Debby Peterman | 39:13 |
| M45 Kate O'Neill | 32:43 |
| Peggy Hilton | 36:58 |
| M50 none | |
| M55 Chris Curtis | 36:38 |
| Nancy Peterson | 42:04 |
| Susie Quenzer | 46:08 |
| M60 Peggie Ainslie | 38:12 |
| M65 Billie Murphy | 49:12 |

Portland Marathon
Portland, OR; Oct. 1

| | |
|--------------------|---------|
| M40 Leonard Hill | 2:27:08 |
| Scott Buckles | 2:32:18 |
| Rob Reid | 2:34:17 |
| Dan Menard | 2:45:35 |
| Mark Roman | 2:45:47 |
| G A Figueroa | 2:45:53 |
| Mark Whitlock | 2:48:02 |
| John Michaels | 2:49:51 |
| Mike McLain | 2:50:50 |
| Gerry Tinkle | 2:50:55 |
| Gary Bloome | 2:52:05 |
| Mark Marlo | 2:55:28 |
| Gerard Connelly | 2:56:02 |
| Gary Sussman | 2:56:08 |
| Mike Gangwer | 2:57:09 |
| M45 Allen Boyce | 2:41:56 |
| Tom Burnett | 2:43:32 |
| Nicholas Strauss | 2:48:04 |
| Mark Hochon | 2:48:19 |
| Jim Pollard | 2:48:56 |
| Larry Abraham | 2:49:23 |
| Bill Sampson | 2:50:59 |
| Ken Grunenberg | 2:52:28 |
| Bob Cook | 2:52:37 |
| Andrew Grossman | 2:53:05 |
| Mark Lawrence | 2:53:27 |
| Chuck Cammack | 2:54:34 |
| M50 Dan Bonogofski | 2:54:35 |
| Dave McKunkin | 2:54:46 |
| Ole Bergset | 2:55:46 |
| Sonny Conder | 2:56:33 |
| Joachim Bechtle | 2:59:20 |
| John Raymond | 3:03:42 |
| K M Slayton | 3:04:47 |
| John Barker | 3:05:28 |
| M55 Brent Pinder | 2:57:17 |
| Robert Barber | 3:05:25 |
| Bill Blackburn | 3:11:23 |
| Chester Chapman | 3:14:03 |
| Bill Scarborough | 3:17:20 |
| Ron Thurston | 3:21:32 |
| M60 Hugo Badgett | 3:07:04 |
| Paul Mitchell | 3:22:48 |
| Tom Kramer | 3:24:05 |
| John Hepner | 3:31:31 |
| George Flier | 3:32:46 |
| M65 Ken Karcher | 3:29:15 |
| Danny Kelleher | 3:50:09 |
| Hal Kenniston | 3:55:03 |
| Bob Dolphin | 4:03:44 |

NORTHWEST

Prefontaine Memorial 10K
Coos Bay, OR; Sept. 17

| | |
|--------------------|-------|
| M40 Leonard Hill | 32:58 |
| Al Mayer | 35:12 |
| Bruce Engdahl | 36:51 |
| Daryl Egbert | 36:54 |
| Stan Goodell | 37:16 |
| Nick Furman | 37:21 |
| Robert Gardner | 37:43 |
| Dan Drechsel | 39:27 |
| M45 Michael McLain | 35:48 |
| Thomas Brown | 37:28 |
| Buck Bowling | 39:24 |
| Chris Rock | 40:53 |
| David Long | 43:35 |

| | |
|----------------------|---------|
| M70 Albert Nakata | 4:00:11 |
| Joe Cusic | 4:00:48 |
| Ted Horner | 4:18:58 |
| M40 Nancy Hinkel | 2:49:30 |
| Barbara Bellows | 3:02:21 |
| Diane Sullivan | 3:10:33 |
| Marla Yeung | 3:11:32 |
| Katey Angel | 3:14:26 |
| Anne McLeary | 3:18:34 |
| Betty Wagner | 3:20:54 |
| Shelley Ellis | 3:25:23 |
| Anne Middleton | 3:27:16 |
| Pat Shipley | 3:28:45 |
| M45 Yoshiko Hirohama | 2:58:16 |
| Sandra Marshall | 3:19:29 |
| Rose Pala | 3:21:23 |
| Dawn Welch | 3:22:37 |
| Cheryl Chadwick | 3:24:40 |
| Marygail Bruner | 3:26:54 |
| Ginnie Turner | 3:28:58 |
| Phyllis Mall | 3:30:03 |
| M50 Barbara Kieve | 3:18:41 |
| Sue Cammack | 3:33:05 |
| Gunhild Swanson | 3:33:46 |
| Judith Fisher | 3:40:16 |
| June Newton | 3:44:06 |
| M55 Betty Jameson | 3:34:16 |
| Enid Bianchini | 3:50:31 |
| Ellen West | 4:39:51 |
| Karen Hagenberg | 4:42:43 |
| M60 Colleen Mershon | 4:31:24 |
| Hazel Phillips | 5:05:47 |
| Therese Fanelli | 5:07:59 |
| M65 Etta Palmer | 5:27:12 |
| Mary Erlich | 6:28:13 |
| M70 Maureen Schmah | 6:25:22 |
| M85 Mavis Lindgren | 8:03:23 |

INTERNATIONAL

British Veterans Half-Marathon
Championships
Lake Vyrnwy, Wales; Sept. 24

| | |
|--------------------|---------|
| M40 Martin Rees | 66:40 |
| John Parker | 67:34 |
| Ken Davies | 68:41 |
| M45 Alan Roper | 69:41 |
| Chris Hughes | 70:12 |
| John Fiddler | 71:12 |
| M50 Peter Carr | 71:47 |
| Graham Wooton | 72:41 |
| M55 Pat Jones | 76:47 |
| Alan Pears | 78:54 |
| M60 Alec Dunn | 80:31 |
| Mick Ward | 80:55 |
| M70 John Frazer | 93:48 |
| A Hitchman | 1:40:06 |
| M35 Francis Gill | 80:32 |
| Liz Clarke | 84:12 |
| V Musgrove | 86:03 |
| M40 Dawn Kenwright | 90:04 |
| E Dawson | 91:33 |
| M45 Jennifer Adams | 88:56 |
| Sue Tregitio | 94:13 |
| M50 Myra Garrett | 85:22 |
| Pauline Rich | 91:07 |
| M55 Pam Jones | 91:19 |
| M60 C Usher | 99:25 |
| M65 Eileen Quinton | 1:44:23 |

RACE WALKING

USATF National 40K Racewalk
Championships
Fort Monmouth, NJ; Sept. 10

| | |
|------------------------------|----------|
| Overall | |
| Rob Cole 25 | 3:38:45 |
| Meg Ferguson 45 | 4:31:33 |
| M40 Curt Sheller | 4:25:14 |
| Tom Quattrocchi | 5:00:32 |
| M45 Eugene Kitts | 3:37:51 |
| Bob Keating | 3:55:27 |
| Brian Savilonis | 4:07:50 |
| M50 Patrick Bivona | 4:26:31 |
| Manny Eisner | 4:33:25 |
| Malcolm Hall | 4:49:58 |
| M55 Dave Romansky | 3:57:46 |
| Benno Stein | 4:32:55 |
| Gerald Kass | 5:29:03 |
| M60 Jan Gero | 4:50:27 |
| Jim Brown | 5:10:58 |
| M65 Cervin Robinson | 4:40:50 |
| M70 Bob Mimm | 4:41:25 |
| M45 Meg Ferguson | 4:31:33 |
| Janet Pfeiffer | 4:42:28 |
| Nancy Linky | 5:24:05 |
| M50 Jeanne Bocci | 4:40:25 |
| M65 Joan Rowland | 5:27:09 |
| Team Scoring - Men | |
| New England Walkers | 12:34:50 |
| (Keating/Savilonis/Ferguson) | |
| Team Scoring - Women | |
| Shore AC | 16:28:59 |
| (Pfeiffer/Linky/Stuper) | |

USATF 5K National Masters Road
Racewalk Championships
Kingsport, TN; Sept. 16

| | |
|---------------|-------|
| Overall | |
| James Carmine | 23:49 |
| Becky Comeaux | 25:29 |

| | |
|----------------------|-------|
| M40 Ray Funkhouser | 24:06 |
| Dave Waddle | 26:14 |
| Alvia Gaskill | 28:32 |
| M45 Gene Opheim | 25:19 |
| Bruce Booth | 25:51 |
| Max Walker | 27:13 |
| M50 James Carmines | 23:49 |
| Ronald Shields | 28:47 |
| Larry Freeman | 29:43 |
| M55 John Elwarner | 25:25 |
| Paul Johnson | 25:59 |
| Charles George | 28:28 |
| M60 Ray Everson | 29:22 |
| Cedric Hustace | 30:03 |
| M65 Mike Michel | 30:36 |
| Bhag-Singh Sidhu | 33:43 |
| M70 Herb Appell | 33:42 |
| Bill Tallmadge | 34:08 |
| W40 Becky Comeaux | 25:29 |
| Sally Richards | 26:18 |
| Sally Evenden | 27:30 |
| W45 Jeanette Smith | 27:30 |
| Martitia Beach | 30:00 |
| Ginny Jones | 31:53 |
| W50 Margie Alexander | 32:16 |
| Kathryn Carmines | 35:42 |
| Marilyn Bellamy | 36:35 |
| W55 Ruth Everson | 31:59 |
| Beth Young-Grady | 32:00 |
| Joyce Curtis | 33:59 |
| W60 Carol Mitten | 40:42 |
| Betty Gray | 42:51 |
| W65 Ruth Ketron | 38:30 |
| W70 Virginia Irving | 47:01 |

Burn it off!

Rod Dixon, one of the world's most versatile runners for the last 25 years, has never believed in a high-carbohydrate diet. Even at age 45, he continues to win world championships and still has the same amount of body fat he had at age 20. Rod firmly believes that his diet is a major contributor to his versatility and longevity, not to mention his personal records -- 3:53 in the mile and 2:08 in the marathon.

You run 15, 20, 30 or more miles a week, eat a high-carbohydrate, low-fat diet, but still can't get the results you want. Have you ever wondered why?

A diet high in carbohydrates will not only inhibit your body's utilization of stored body fat, but will increase fat storage and limit your endurance. The average athlete has enough calories stored as body fat to do two marathons back-to-back. With the proper ratio of carbohydrates, proteins, and fats, you will be able to access stored body fat.

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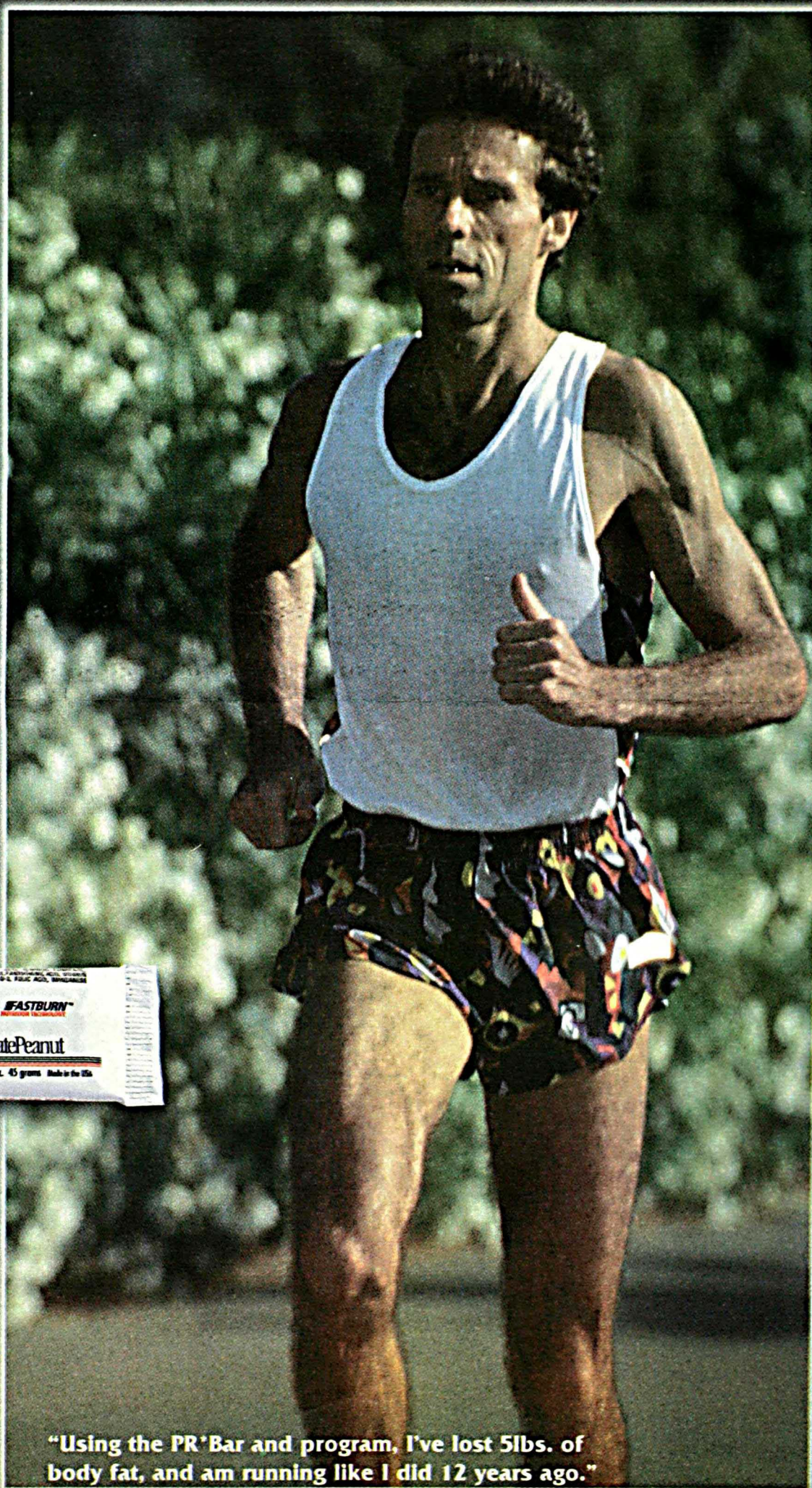
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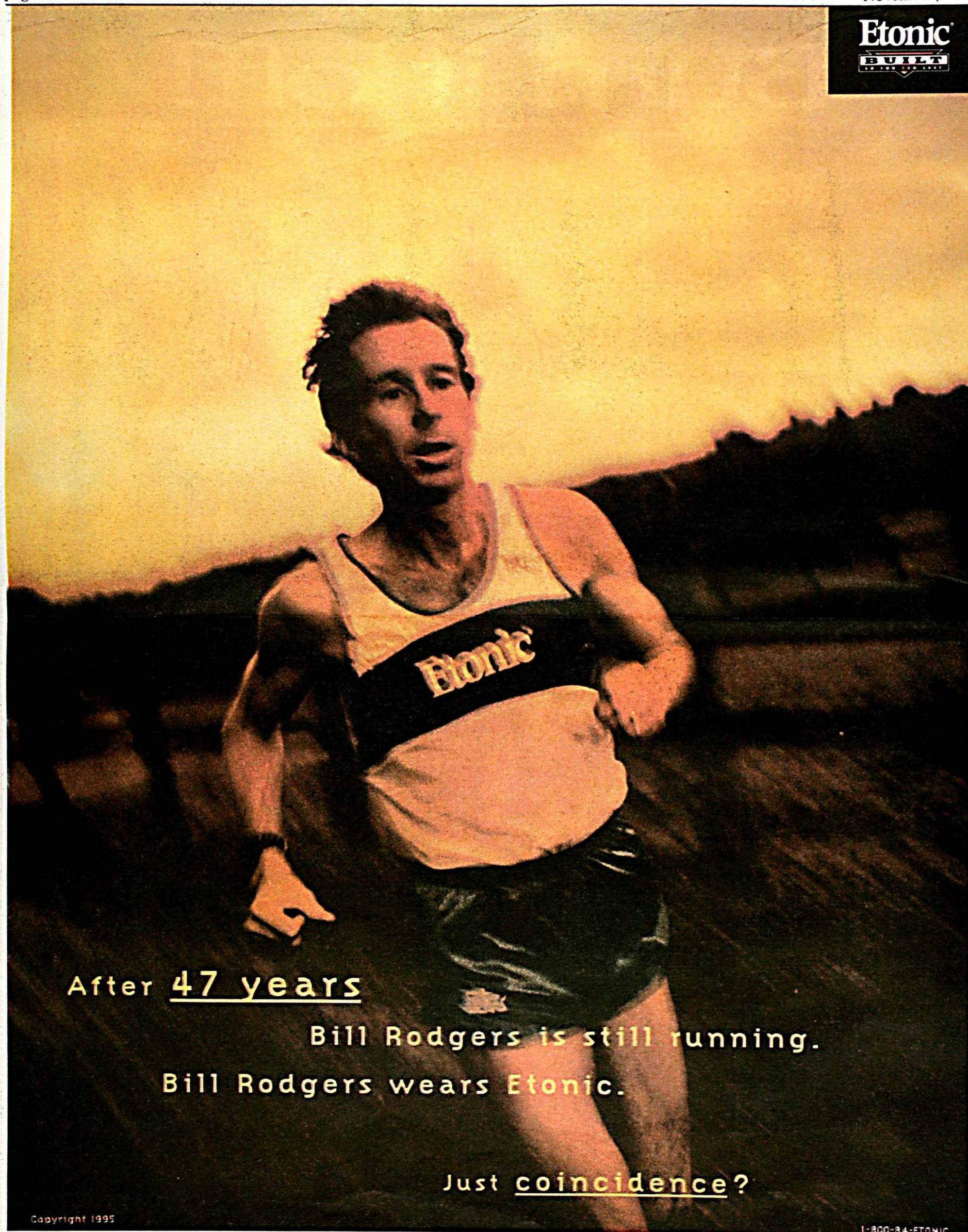
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available in stores.



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FOR THE MASTERS



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Bill Rodgers wears Etonic.

Just coincidence?