

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

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Participants in the Fifth Avenue Mile, George Sheehan Seniors Division, NYC, Sept. 28, from left: Joe Semonte, 68, Jim Aneshansley, 61, John Conner, 61, Jack Haar, 69, Ken Jones, 66 (235), Eugene Carbine, 60 (242), Max Popper, 93 (273), and Earl Fee, 67; kneeling: Wilfredo Rios, 79 (1014), and Cliff Pauling, 62. Behind Conner is Althea Weatherbee, 77, and Bill Benson, 77. Gerri Owens, 61, winner of the W60-69 race (6:44.29), is behind Popper.

Photo by Al Puma

Keston Breaks Marathon Record

Grottenberg, Niemczak First in Twin Cities

by JERRY WOKCIK

If this was indeed the "Year of the Woman" in the 1996 Atlanta Olympics, the Twin Cities Marathon in Minneapolis on Oct. 6 was the 1996 "Marathon of the Masters Woman." In the race, which served as the USATF National Masters Championships, three of the top ten female finishers were aged 40-and-over.

Sissel Grottenberg, 40, of Norway and a resident of Boulder, Colo., was second woman overall, with a 2:35:45, to Olga Appell, 33, who ran a course record 2:27:59. After the race, Grottenberg said, "Today was a chance to possibly break the record (Laurie Binder's W40+ course record of 2:35:08), but Olga got out too far for her pace to be a factor."

Tatiana Pozdnyakova, 40, of the Ukraine, who has been relatively unchallenged in masters races until

Continued on page 16

Scott Wins Two on Fifth Avenue

by JERRY WOJCIK

Steve Scott, 40, of Leucadia, Calif., won two separate mile races in the Discover Card Mile on Fifth Avenue, New York City, on Sept. 28.

First, Scott, who joined the masters ranks in May, won the M40-49 race by nearly 20 seconds in 4:06.57. Then, 40 minutes later, he ran the same distance 31 seconds slower in 4:37.02, but still managed to best Ireland's Eamonn Coghlan, 43, in a two-man "Champ-

ions of the Mile" race.

"I was surprised by the 4:06," said the exhausted Scott, who had set a U.S. masters track mile record of 4:10.43 on May 26. "I thought I'd do about a 4:15." Scott's time took two seconds off Larry Almberg's M40-49 Fifth Avenue Mile record of 4:08.66, set in 1990.

Ed Sparkowski, 41, Hartford TC, finished second in the masters mile

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Boston to Host Indoor Nationals

TRACS, Inc. has been awarded the bid for the 1997 National Masters

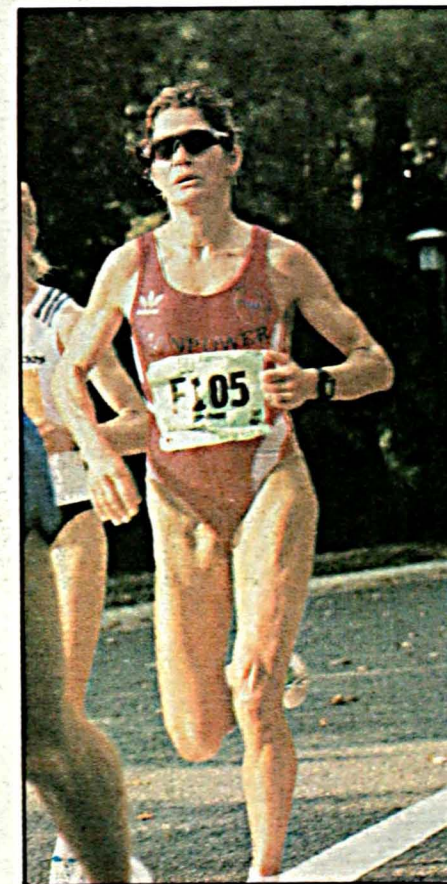
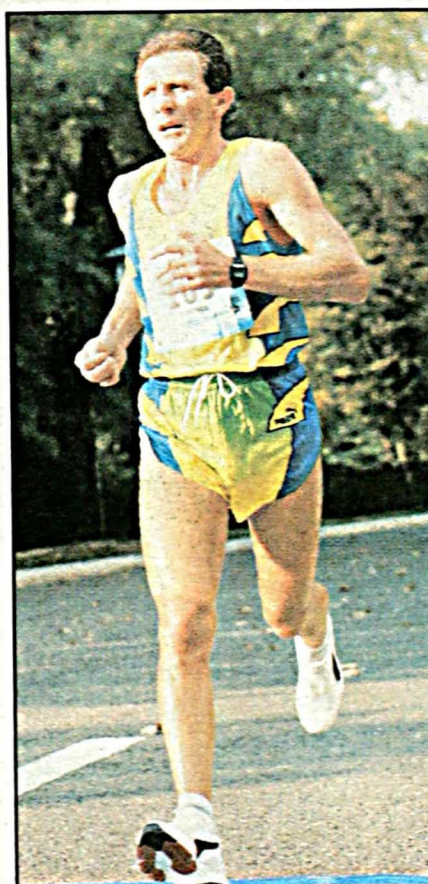
Indoor Track & Field Championships. The meet is set for March 21-23, with the Boston Running Club serving as the host club.

TRACS, Inc. President Fred Treseler provides the coaching and management services to the BRC. The Club has been involved with hosting the New England Masters Track & Field Championships the last six years and the National Masters 8K Cross-Country Championships the past four years. Treseler served as the director for both events, as well as a number of other USATF-related track and field cross-country championships.

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Poland's Antoni Niemczak, 40 (left), and Norway's Sissel Grottenberg, 40, won the men's and women's masters titles in the National Masters Marathon Championships in Minneapolis. Marathon Foto

Etonic
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FOR THE LONG RUN

After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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SUB-2-MINUTE 800

Ron Mercelina's 1:59.45 world M50 800-meter record (Aug. NMN) is a most impressive accomplishment. I know how difficult training for this effort must have been.

I would like to extend my most sincere congratulations to him.

Bill Stewart
Bradford, Pennsylvania

IMPROVING THE NATIONALS

Many thanks to the meet directors, officials and volunteers who put on the National meet in Spokane and the North American meet in Eugene.

Both meets were well run, although races were run in Spokane without the benefit of a timing clock for spectators.

A few thoughts about improving future meets:

1) You would not hold the NBA finals at 1 p.m. on a weekday and expect to maximize public interest. Running an evening program of finals might increase chances the public would attend. Scheduling finals at mid-day in stadiums with no shade is a guarantee to keep the stands empty.

2) Pole vaulters and long jumpers generally jump with the wind at their back. Isn't it time to take the safety of masters athletes into consideration and run the high hurdles with the wind when it kicks above 2mph? Granted, times would be wind-aided and records disallowed, but no records are likely to be set running into a head wind.

3) It's great to have foreign compe-

tion at the Nationals. But what happens when foreign athletes keep U.S. athletes out of the finals? E.g., two foreigners made the M50 100 finals in Spokane, which meant that two U.S. competitors did not. In field events and track events where preliminaries are not run, foreign competitors should be welcome. However, USATF should figure out whether it's fair for U.S. athletes to be denied an opportunity to compete in event finals.

David Ortman
Seattle, Washington

WEIGHT PENTATHLON

Marvelous. That's the one word that summarizes my experience at the Weight Pentathlon Championships in Bozeman, Mont., Sept. 14. Meet Director Bob Sager and his wife, Sharon, hosted this event as if we were guests at their home.

On the evening before the event, Debbie Ecklund and I went to see the facility and found Bob still working on some details. Some other throwers arrived a short time later, and everyone pitched in.

The facility was wonderful, and the throwers moved from one event to another with no interruptions, as all five events could be contested simultaneously. The officials were knowledgeable, courteous, and cheerful. The competitors were friendly and most encouraging to one another. The built-in breaks found Sharon overseeing huge bowls of fresh fruit and a platter of cheeses. The steak fry was extraordinary, especially the side dishes and

desserts, home-made by Sharon.

The care and thought given to every aspect of this event carried over to the medals, golf-style T-shirts, and awards ceremony. To top it off, the scenery was spectacular, especially for this city person.

Did I travel far? Yes. Was it expensive? Yes. Would I do it again? Most certainly.

Roz Katz
Queens, New York

OLYMPIC TV COVERAGE

Your commentary on NBC's Olympic coverage (Sept. NMN) was excellent. Each of us should send a copy endorsing your views with individual signatures.

I have friends in Canada and talked to people living in areas where NBC and CBC could both be seen. CBC quickly got all their viewing time.

Barry Kline
Washington, Pennsylvania

BILL WON

Bill Won died April 6 at age 63 from a virulent form of lung cancer associated with non-smokers. He ran competitively through last November. He got the flu and had a physical in December. The test results came back fine, but his cough lingered on. Antibiotics didn't help.

In January, an x-ray showed he had

Club West Meet Features World Records

by BEVERLEY LEWIS

It was "a long day's journey into dusk" on Oct. 5 at Club West's 23rd annual masters meet at Santa Barbara City College when the day-long pole vault marathon culminated in a world record for Oregon's Ed Lipscomb. Lipscomb, who displayed every sign of confidence during the day, was not fazed as the day wore on, the sun disappeared, the lights came on, and the fog rolled in from the Pacific.

Lipscomb, with great speed down the runway, took off into the foggy twilight and sailed over the bar on his third attempt for an M45-49 world record of 4.78/15-8¼, breaking the old



Gregory Price (l), 42, second master (18:18) and Larry Harris, 42, third master (18:18), Freddie Mac 5K, Washington, D.C., Sept. 8.

Photo by George Banker

metastasized cancer in both lungs.

Bill discovered running at age 50 and took to it with great enthusiasm. He loved the competition and the camaraderie. I'm glad he had six years of retirement to get the fullest measure of life.

Marilyn Won
Davis, California

KUDOS

The *National Masters News* is a great newspaper. Keep up the good work.

Beverley Lewis
Montecito, California

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LATE FLASH!

The 5th annual Bowl to Bowl Run/Walk, scheduled for Oct. 27 in Pasadena, Calif., has been changed to Sun. Nov. 17, due to a conflicting event at the Rose Bowl on the 27th.

record of 4.76/15-7½ by Jerry Cash in 1995.

Another Oregonian, Ross Carter, 82, broke two single-age records in the shot put with an 11.47/37-7¼ and discus with a 33.58/110-2.

Every year at this meet special memorial awards are given for outstanding performances based on points scored in track, field, and a total for both areas. This year's George Adams High Point Track Award went to Timothy Jones. The Vernon Cheadle High Point Field Award was won by Dave Douglass, who also won the Jimmie Whitney High Point T&F Award.

John Brennand won the Ray Williams Award for the best performance in the 5000 by a 60-and-over runner. Carter won the Paul Spangler Award for the top performance by an 80-year-old. Bill Bangert was awarded the Hubbel-Herrman Award for best hammer throw by an 80-year-old.

Club West would like to thank all officials, both USATF and local volunteers who helped make this meet "the best ever with over 200 athletes competing," as expressed by Meet Director Gordon McClenathen. ☐



Senator Bob Kerrey (D-Nebr.) ran a 24:17 in the Nike Capital Challenge 3 Mile, Wash., D.C., Sept. 18. Photo by Bill Fitzpatrick

16th Annual Nike Capital Challenge Held

by JEFF DARMAN

Eleven U.S. Senators, 19 House members, scores of political bigwigs, and dozens of members of the media ran in the 16th annual Nike Capital Challenge 3-mile race on Wed. Sept. 18, in Washington, D.C.'s East Potomac Park.

140 teams were entered and captained by a U.S. senator, representative, cabinet member, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional print journalist. Each captain had to finish the course for their team to count.

Official "whistle blower" and starter was 1984 Olympic Marathon gold medalist Joan Benoit Samuelson, who jumped in at the back of the pack after sending the field on its way.

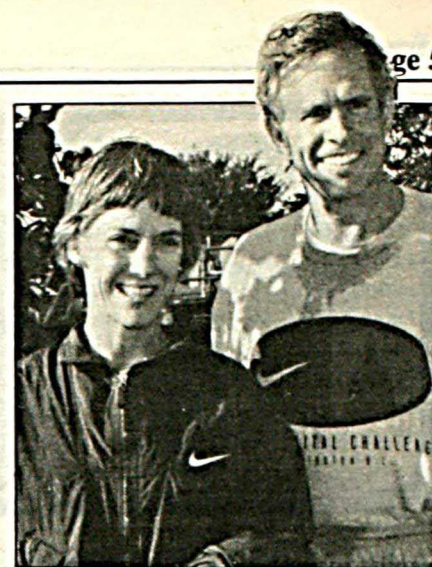
The U.S. Navy defended its title as the fittest team, led by overall winner Ronnie Harris (14:34). Sen. Don Nickles (R-OK) led the upper house members in 22:17, while Rep. Bart Gordon (R-TN) took the "fastest man in Congress" title in 17:44. Secretary of Commerce Mickey

Kantor clocked 19:59 to top the cabinet heads.

Ellen Hart Pena, a top U.S. runner in the 80s and now wife of Federico Pena, Secretary of Transportation, was third woman in 18:30. This autumn, ABC will broadcast *Dying to Be Perfect*, a movie about her life and battle to overcome bulimia.

The race had a festive air with race officials dressed as a donkey and elephant. The event raised over \$11,000 for the D.C. Special Olympics.

The best team name went to USA Today's "Shoe Contract With America." The worst team name went to ZDF German TV's "Kraut TV." □



Representative Bart Gordon (D-Tenn.), fastest man in Congress in the Nike Capital Challenge 3 Mile, Washington, D.C., Sept. 18, with 1984 Olympic Marathon Champion, Joan Benoit Samuelson. Photo by Bill Fitzpatrick

Mondragon, Grottenberg Win in Philadelphia

A driving rain throughout the race didn't bother Mexico's Martin Mondragon (1:04:45) or Sweden's Sissel Grottenberg (1:16:11), who took masters honors in the annual Philadelphia Half-Marathon, Sept. 22.

Mondragon, 42, won \$1000 with his 95.8% age-graded performance, besting Steve Jones (1:06:01) and Doug Kurtis (1:08:55). Grottenberg took home \$1050 for her masters win and 10th place female overall finish.

Runner-comic Gary Fanelli was all business, capturing the M45 division

in 1:11:31, while New Zealand's Judith Hine notched W45 laurels in 1:22:03.

Richard Webb (1:16:57) and Jo Marchetti (1:27:12) splashed to M50 and W50 wins, respectively.

Amby Burfoot, 1968 Boston Marathon winner and editor of *Runner's World*, placed eighth (1:26:34) in the M50 bracket.

The ubiquitous Wen-Shi Yu (1:43:40) and Toshiko d'Elia (1:47:36) won their respective W60 and W65 divisions. □

Scott Wins Two

Continued from page 1

with a 4:26.07. Tim McMullen, 43, Greater Rochester TC, was third in 4:26.75. The first age 45+ runner was Al Swenson, 49, Westchester TC, fourth in 4:30.76.

Vic Heckler, 54, Chicago, Ill., holder of the M50-59 race record at 4:30.37, was first in that age group in 4:38.16. Richard Myers, 51, Voorhees, N.J., took second in 4:57.63. Sid Howard, 57, Central Park TC, ran a 5:02.52 for third.

Eileen Troy, 42, Westchester TC, won the W40-49 race in 5:21.17. Teammate Sharon Vos, 41, was a few yards back in 5:22.19 for second. Christine Stockdale, 52, was first of just two W50-59 in 5:40.74.

In the George Sheehan Seniors Mile for men and women age 60-and-over, Ino Cantu, 62, of Texas, was first among the M60-69 runners, with a Seniors Mile record 5:09.56. Witold Bialokur held the previous record of 5:12.3 set in 1995.

James Aneshansley, 61, Central Park TC, 1996 national champion in the 800 at Spokane, was second in 5:11.27. Canada's Earl Fee, 67, unbeatable, indoors and outdoors, in the 400 and 800 for the last seven years, was third in 5:17.37.

John McManus, 73, Millrose AA, 1996 masters outdoor champion in the 1500, led the M70-79 runners to the finish with a 6:13.24. Archie Messenger, 73, New York Masters, was second in 6:34.52. Messenger defeated McManus for the gold medal



Ino Cantu (l), 62, Richmond, Texas, winner of the George Sheehan Seniors Mile on Fifth Avenue, New York City, Sept. 28, with a race record 5:09.56, with Al Puma, race director. Photo from Al Puma

in the 800 at Spokane by three seconds with a 2:45.

Dudley Healy, 82, of the Amazing Feet RC, first (62:32) in the 10,000 at Spokane, was first among the M80+ with a 9:47.82.

Gerri Owens, 61, New Paltz, N.Y., won the W60-69 race with a 6:44.29. Rosa Nales, 62, Prospect TC, was second in 6:55.87. Muriel Merl, 70, Pomona, N.Y., was first W70+ with a 7:54.40.

The event, which began with races at 10:30 a.m. and concluded with the Elite Men's race at 2:43 p.m., started on Fifth Avenue at 82nd Street, across from the Metropolitan Museum of Art, and finished at 62nd Street.

The top three men and women in the age 40-59 races shared \$1200 prize money equally. □

"80% of All the Money You Spend on Health Care Will be Spent in the Last Two Months of Your Life!"

Are you as surprised as I was to learn the above fact?

After three decades of athletic competition (that's me below in the late '70s) and 16 years as a health care professional, this information astounded me.

Equally surprising to me is how disproportionate the top 10 causes of death in America are:

1. Heart Disease	37.8%
2. Cancer	19.3%
3. Stroke	10.3%
4. Accidents (Non-Auto)	3.0%
5. Influenza (Pneumonia)	2.9%
6. Motor Vehicle Accidents	2.4%
7. Diabetes	1.9%
8. Liver Disease	1.7%
9. Arterial Sclerosis	1.5%
10. Suicide	1.4%

Causes 1 and 3 will take the lives of 48% of the Americans that die this year.

Just imagine, nearly half of the people that die in America this year will be claimed by just these two causes.

Recently I discovered something new in the fight to save lives. This information will bring you up-to-date on the most comprehensive scientific research ever completed on the prevention of heart disease, stroke and many other health problems.

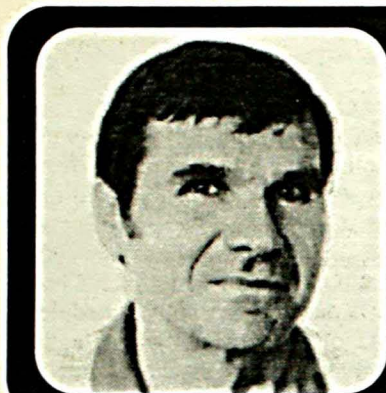


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Third Wind

by MIKE TYMN

The Oxymoronic Lesson of Running

Looking back on 40 years of year-round running, I asked myself what the single most important thing I've learned from the experience has been. In attempting to identify the lessons of those 40 years, I found myself hung up on separating the lessons that apply to running itself as opposed to the lessons of running that have helped me in other areas of life. I decided to identify both.

Considering first the more micro-cosmic lessons, I asked myself what I would do differently if I could go back to 1956 and start over again with the knowledge I have today. I concluded that the biggest change would have to do with building an endurance base.

From 1956 through 1973, all of my training was intense. It was either hard intervals or a hard four-miler. Everything was all-out and timed. I assumed that running at anything slower than full effort was a waste of time. Nearly every race was finished with the dry heaves.

I never kept track of training miles in those early years, but I don't recall more than a couple of runs longer than four miles. A typical interval session called for eight quarters or 16 220s. Therefore, I probably averaged 15-20 miles a week. The result of that was that I'd go out fast in races and then hang on through a much slower second half, usually finishing totally wiped out.

Foreign Methods

Upon arriving in Hawaii in late 1971, after spending nearly four years in various parts of Asia, I befriended Johnny Faerber, one of Hawaii's better runners at the time. I soon found that Faerber's training methods were completely foreign to me. Most of his training was what then was being referred to as *long-slow distance* or LSD. He'd run 10 to 12 miles at seven- to eight-minute mile pace. When Faerber would ask me to join him on a training run, I'd tell him I didn't see anything to be gained from such a ridiculously slow pace.

When we raced, which was often, I'd usually beat Faerber in the shorter ones — those under five miles — but he'd always pass me midway into the race in anything longer than five miles. I couldn't understand it. How could he race at between 5- and 5:30-mile pace for six or more miles when he rarely did anything faster than 7-minute miles in training? It didn't make sense.

In my first marathon attempt, during 1973, I shared the lead for much of the first 10 miles before fading and walking about half of the final six miles. Faerber went by at 15 miles and then eased away. I think that was the turning point. It wasn't that I began to believe in Faerber's training methods, but that I had become so discouraged with my own that I decided to hang up my competitive shoes. Since I had no intention of giving up running for fitness purposes, I began to join Faerber on some of his slow training runs. I looked upon those early runs as more of a social get-together than a workout.

Best Effort

But a few months later I was talked into entering another race, and although I didn't feel at all prepared for the event, I decided to do it. I ended up with my best effort ever for a six-mile run, more standard than 10,000 meters.

Over the next few years, I turned more and more to the LSD approach to training, although still getting in one or two intense workouts a week. My race times came down significantly and I would finish races hardly breathing. I became a believer in LSD. Through the late 1970s and early '80s, I would train regularly on 80-100 miles a week in preparation for marathons and came to recognize that I could run even faster at 5K on that type of training than with the old pure quality training.

In retrospect, I now wonder how much of the improvement I experienced during the 1970s was a result of long-slow distance as opposed to weight loss. Prior to getting LSD training, I always scaled between 160 and 165 pounds. However, after a number of 100-mile weeks, the weight hovered around 150.

If I could go back to age 19 and start over, I'd definitely strive to get the

weight down to around 150, although I'd focus more on the percentage of body fat than the weight itself. I'd probably experiment a little with the mileage, but I suspect it would take at least 90 miles a week, including two intense sessions and a moderately intense one, to maximize my potential. Clearly, LSD and weight loss go hand in hand for many of us.

Building a Base

Building an endurance base through body fat reduction and long-slow distance training has to rank as my number one lesson relative to the racing effort.

As for the bigger picture, I think the most important lesson has to do with pacing. I believe I do a pretty good job in pacing myself through the workday, the week, the year, and so far through life. It's not until I observe others not pacing themselves that I realize how well I do in this respect.

I often look around in my corporate environment and see fellow workers totally stressed out because they don't know how to pace themselves, don't know how to balance work and play, and don't stop to consider what their priorities are. Most of my business associates are mystified at how at exactly 11:30 a.m. I can head out of the office for the downtown fitness center, even when facing a tight deadline. They don't understand why I pass up my business lunches in favor of a noon workout or how I can leave the office at the end of the normal workday when they still have their noses to the grindstone. I sometimes explain to them that running has made me a more efficient person than most people, but they usually don't buy that.

Paid the Price

Over a 40-year business career, I've watched many of my business associates struggle with health problems, including ulcers, obesity, alcoholism, nicotine addiction, and heart ailments. Many of them climbed the corporate

Rodgers, Moller Victors in U.S. 10K

by JERRY WOJCIK

Bill Rodgers, 48, Sherbourne, Mass., and Lorraine Moller, 41, of New Zealand, were masters winners in the U.S. 10K Classic, Atlanta, Ga., on Sept. 2.

Rodgers, multiple-winner in both the Boston and New York City Marathons, outdistanced his closest masters competition by over a minute with a 33:56. Moller, who won a bronze medal in the 1992 Olympic Marathon in Barcelona and represented New Zealand in the 1996 Olympic Marathon, defended her masters title with a 36:31, having won here in 1995 with a 35:35.

Francie Larrieu-Smith, 43, Georgetown, Texas, a member of five U.S. Olympic teams since 1972, was second W40-and-over with a 39:45.

George Fincher, 67, Marietta, Ga., winner of the M65 division race, recorded the best age-graded performance with a 91.1% 38:38.

The event's pre-race activities started on Saturday of the Labor Day weekend and included appearances



Hawaii's Johnny Faerber, right, is shown here in a 1987 race giving an oxymoronic lesson to NMN columnist Mike Tymn.

ladder much higher than I, but they paid the price. I wouldn't trade places with any of them. It would have been nice had I been able to properly pace myself to greater financial rewards, but I feel that I have so far paced myself pretty close to my full potential, and I'm satisfied. Anything faster or more intense than I have taken life's journey and I'd probably have crashed well before now.

In a way, it's the same lesson that I learned in training when I made the change from all-out efforts every day to the LSD approach. The key lesson in both cases is to *make haste slowly*.

It's an oxymoronic lesson. □

and autograph signings by Olympic gold medalists Kip Keino and Frank Shorter. □



Bill Rodgers, 48, Sherbourne, Mass., first master (33:56) in the U.S. 10K Classic, Atlanta, at the award ceremony. Photo from Don Whitney

TWENTY YEARS AGO November, 1976

- Athletes from South Africa Banned from 1977 World Veterans Championships in Sweden
- Mexico City Hosts International Masters Track and Field Meet



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Achilles' Tendinitis

Q I am a 50-year-old male runner and injured my Achilles' tendon while running a half-marathon. I've tried ice, aspirin – and even stopped running for two weeks – but the pain doesn't seem to go away. What can I do to get back on the roads again?

A Achilles' tendinitis is easily the most common injury in runners over the age of 40. Some attribute it to over-training; others think it is caused by a reduction of the blood supply to the area. Either way, it will usually take several weeks for an acute tendinitis to subside.

Even though it is the most unpopular treatment among long distance runners, rest is the key to recovery. In order to allow for a reduction in swelling and for the tendon to repair itself, I usually recommend staying off the roads for a minimum of three weeks. In severe cases, up to three months of rest may be required.

In addition to rest, hydrotherapy can be used to help restore the blood supply to the injured area, along with some ultrasound treatments to break down the scar tissue. A heel lift can sometimes provide relief from the soreness, or – if the pain is acute – oral anti-inflammatories may be prescribed.

If all else fails, you may wish to consider a steroid injection in the area of the tendon. However, your doctor must be careful not to inject the steroids into the tendon itself as this may cause further weakening.

As the tendinitis improves, you can return to running on a gradual basis. Start with every-other-day workouts on a firm surface. Be sure to wear a heavy-duty training shoe with a good heel counter. Ice the tendon for five or six minutes after each session, followed by hot water soaks for 30 minutes each evening.

Prior to running, do not stretch the tendon. Warm up by walking a half-mile or so and increase it weekly by 10%. Remember: don't over do it on your first workout – or you may reinjure the tendon and have to start the healing all over again. ☐

(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.)

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

Boston to Host Indoor Nationals

Continued from page 1

TRACS, Inc. is collaborating with organizers of the 1998 Indoor Championships, USATF-New England Association Director Steve Vaitones, and Masters Athlete Representative Ed Daniels. Both organizations are excited about the potential benefits of the Championships being conducted consecutive years in Boston.

Other bidders for 1997 Championships included USATF - Illinois Association, and Idaho State in Pocatello. Pocatello is well-known for hosting the Simplot Games, and Illinois has hosted numerous USATF regional and national championships.

Championships Coordinator Scott Thornsley encouraged both Illinois and Pocatello to bid for future championships. The 1999 Indoor and Outdoor Masters Championships will be award-

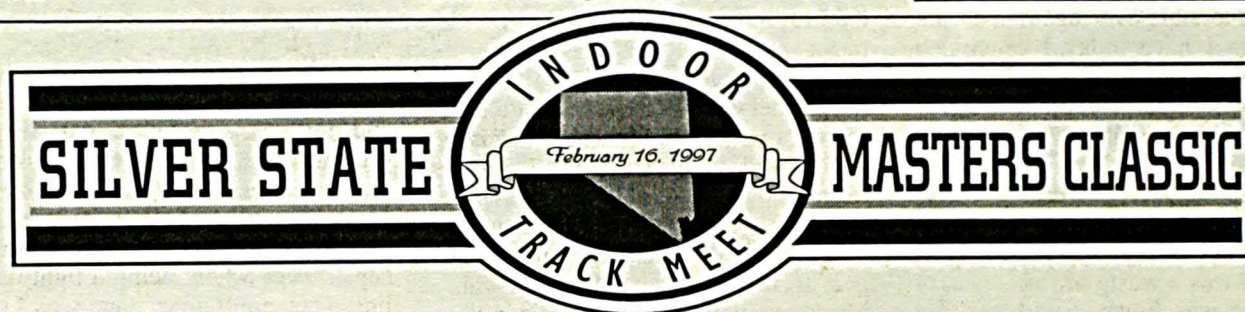
ed at the Convention in December.

"I feel very fortunate that we were able to elicit such quick response from three experienced meet organizations with great sites who were willing to conduct the Championships on such short notice," said Masters T&F Chair Barbara Kousky. Originally scheduled for the U. of Missouri at Columbia, the University withdrew its bid due to changes in event personnel.

The entry form will be published in the December and January issues of NMN. ☐

American Heart
Association
Fighting Heart Disease
and Stroke

Medical miracles
start with research



The Second Annual Indoor Masters Track and Field Meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

WHERE: Reno Livestock Events Center (Exit Wells Avenue off Interstate 80, proceed north on Wells for two blocks)

WHEN: February 16, 1997 (SUNDAY) **TIME:** 8:00 A.M.

WHO: All men and women 30 years and up (sub-masters 30-39, masters 40-95)

FEES: \$15.00 for first event, \$10.00 each thereafter - Relays \$20.00 per team.

DEADLINES: Registration must be received by Saturday Feb. 8, 1997 for final schedule. (walk in registration is limited to lane & time availability)

AWARDS: Medals, top 3 places, all age groups, all events.

3/16 SPIKES ONLY

Schedule and the order of events
to be determined upon entries.

RUNNING EVENTS

3000m 200m
3000m Race Walk 400m
60m 800m
60m Hurdles 150m
Relays as requested (4 X 200, 4 X 400, 4 X 800)

FIELD EVENTS

Pole Vault Shot Put
High Jump Weight Throw
Long Jump Super Weight Throw
Triple Jump

Application and entry checks (Silver State Striders) and mail to Silver State Striders • P.O. Box 21171 • Reno, NV 89515 • (702/329-2814)

NAME _____ ☐ Male ☐ Female

ADDRESS _____ ZIP _____

CITY / STATE _____

CLUB AFFILIATION _____ USA/T&F # _____

DATE OF BIRTH _____ AGE _____ PHONE # _____

EVENTS ENTERED: 1ST 2ND 3RD 4TH 5TH

BEST RECENT PERFORMANCE: _____

COMPETITORS #
Official Use

WAIVER AND MEDICAL TREATMENT AUTHORIZATION

In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on February 16, 1997, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have No physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.



Applicant Signature

Date



Sneaky fashion trend



Tace Chalfa holds a 1985 first-edition Nike Air Jordan basketball shoe, size 7½, for sale in her store at \$420 for the pair.

Shown Jacobson/The Spokesman-Review

Smelly old shoes run into big money

*Want
some quick
cash?
Doug Clark
sniffs out
latest fad
in Japan*

The Spokesman-Review

Somewhere in Tokyo there's probably an oversized Japanese guy strutting around proudly in a pair of my 10-year-old Air Max Nikes he bought for \$400 (43,652 yen).

Or perhaps he's showcased my size 12 dogs in his home as if they were exquisite antiques.

Talk about mass lunacy. Japan's terminally cool are shelling out otherworldly wads of cash — sometimes thousands — for used, smelly American sneakers.

I know. I pocketed \$150 for two pairs of well-worn running shoes that were Goodwill bound until I stumbled across Tace Chalfa's advertisement:



Doug Clark

"Up to \$500 for your 70's and 80's tennis shoes!"

Chalfa, 24, is the nation's premiere dealer in valuable sports footwear. She is featured in the September issue of Details Magazine (page 84), a sort of GQ for Generation X hipsters.

Although based in Seattle, where she and husband, Ed, run two second-hand clothing stores, the Chalfas also own a home on Spokane's South Hill.

They suspect the city that gave birth to Bloomsday is a treasure trove of outdated swoosh-striped gear.

Have some old Nikes? Want to make some quick cash? Call 1-888-499-NIKE

This 24-year-old woman is in a buying mood.

Chalfa recently paid one longtime Spokane marathoner \$1,500 for 30 pairs of well-abused Nikes. The man told Chalfa he might wave the check under the nose of his girlfriend, who nagged

him to junk the battered shoes.

"It's pretty crazy," Chalfa concedes of the Japanese addiction to American kitsch.

And how. In recent years, fad-stricken Japanese have paid inflated prices for everything from our old cars to our old Levis.

But old running shoes? What's next, vintage jock straps?

Tokyo visitors today can find entire streets lined with shops that hawk nothing but classic Nikes and, to a lesser extent, Addidas and Pumas. Wearing costly vintage sneakers is the desire of every pampered teen.

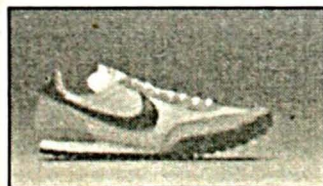
Old Nike T-shirts, running suits and other paraphernalia also go for big bucks. Glossy, full-color Japanese fashion magazines are devoted to this bizarre shoe fetish.

Continued on page 9

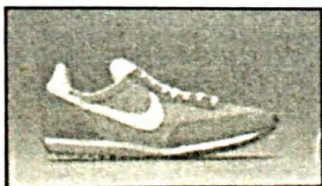
Nike Sting



Nike Waffle Racer



Nike Elite



Nike LD-V



Nike Roadrunner 1



Old Shoes continued from page 8

Buyers visiting Chalfa in Seattle usually drop \$50,000 at a time for boxes crammed with hundreds of pairs.

"If I take them in the back room they just flip," adds Chalfa, who estimates her current inventory at over 1,000 pairs. "We have more shoes than anybody else in the world at this point."

First edition Air Jordans (1985) are among the most coveted. A red-and-black pair Chalfa pays \$400 for will sell in a Tokyo boutique for \$1,200.

The price soars higher for blue-and-black Jordans, which are rare because they never sold as well.

Those old blue and gold waffle trainers are valuable as are any bright Nikes. The gaudier the color, says Chalfa, the better.

"It would be hard to believe if you didn't have the cold cash in your hand," says Don Kardong, Bloomsday founder and a former Olympic marathoner.

Kardong once owned a shoe store that catered to runners. He probably would be a zillionaire had he just closed the doors and stockpiled his old inventory.

"This keeps alive my streak for missing business trends," laments the veteran runner.

Chalfa jumped into this weird shoe biz several months ago.

Husband Ed, 42, has been buying and selling vintage clothing in Seattle for years. After Japanese customers started wandering into their store asking for Nikes, Chalfa placed an ad in the Seattle Weekly offering to buy old shoes for big bucks.

A TV station gave them some free publicity. The next day hundreds of sellers lined up with Nikes in tow.

"We spent \$23,000 in one week," says Ed. "I thought we were going to go broke."

Now the couple is running all the way to the nearest vault.

They certainly have the shoes for it.

WANTED!

All Nike, Adidas, Puma, etc. t-shirts, warm-ups, nylon jackets, tote bags, and related items!



NIKE-The most valuable logo is the pinwheel. Also very valuable is the **NIKE** block letter logo. Also look for the orange swoosh on white tags or for a navy blue tag with grey lettering.

WANTED



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WAFFLE RACER
STINGS/ELITES
TERRAS/RAINBOWS
ROAD RUNNERS

INTERNATIONALISTS
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ADIDAS SL72/76
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**Note- We are currently buying mens sizes 7-12 only. Original boxes may add 10-20% to shoe value.*

PUMA-The most desirable logo features the cat with an open mouth. Newer Puma wear, while still desirable, features a closed mouth silhouette.



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Logo

If you have any of these shoes or athletic clothing you can...

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2) Simply box and ship your shoes/clothing at our expense by sending them cash C.O.D. for shipping charges from any U.S. address. Please enclose your name, address and phone number so that we may contact you immediately with an offer. If you accept our offer, a check will be mailed to you within two business days. Money can be wired on the same business day for a \$25 service charge. If you are not satisfied with our offer, your items will be shipped back to you within two business days.

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Masters Racewalking

by ELAINE WARD

Competitors Over Age 70

The following interviews took place at the National Masters Outdoor Championships in Spokane, Wash. In the 5K, Dorothy Robarts, W85, won gold; Herman Arrow, M75, won silver, and Mel Lees, M70, won bronze. Jane Dana, W75, won gold in the 5K and 10K; Masashi Noritake, M70, won gold in the 5K and silver in the 20K.

EW: Why do you racewalk?

Herman Arrow, 76: I had a quadruple bypass 10 years ago when I was 66. I started walking for therapy as an aerobic exercise. This led to power walking and then I learned about racewalking and realized what a marvelous aerobic exercise it is. I work with the Heart Association's support group. My track workouts have been an example to many of those having bypass operations. They see that it is possible to come through the procedure, make the necessary changes in diet and exercise, and live an energetic, productive, happy life.

Racewalking has provided a whole new dimension to my life. I was athletic when I was 18 and not again until I was 66. There have been children, grandchildren and great grandchildren in between.

I think the biggest thrill I have is hearing one of my grandchildren call from the stands, "Come on old man. Shake it! Shake it!" When I hear that, everything falls into place.

Mel Lees, 74: I had a bypass at Christmas in 1989, but I had been an athlete before that. I was a mountaineer and had started to racewalk a few months before my bypass. Because I was in such good condition, my doctors told my son-in-law before the operation, "He is going to make me look good." Now I work out pretty hard five days a week, anywhere from 35K to 50K.

I take Mondays and Fridays off. Sometimes, I take more days off if my body demands it. I listen to my body. However, what gets me up in the morning is the thought, "Masashi is out there!"

Masashi Noritake, 72: I don't come from an athletic background. As far as I know I am the only one who competes. Before I retired, I was a mail carrier and did a lot of walking. In 1990, I lost my wife. The first couple of years, I was at a loss. I felt I had to get out and get active. I saw a flyer for a racewalk competition and signed up for it. I didn't know how to racewalk, but I thought I would try walking as fast as I could.

There is not much information at the public libraries on the rules of the sport. I tried to teach myself. Then, in

1992, I signed up for a racewalking class at East Los Angeles Community College given by Elaine Ward.

Dorothy Robarts, 86: I was sitting in a chair. I had arthritis in my shoulders and neck so bad that I couldn't move my neck around on one side. Besides that, a detached retina had left me blind in one eye.

As I sat in the chair with my feet on an ottoman, I thought, "Oh, my God. I feel old." I sat there and started talking to myself. "Dorothy, you can't blame your mother. You can't blame your father. You can't blame life. You are 83 and you can choose. You can either sit in this chair and rust out and have all your friends feel sorry for you, or you can get up from this chair and wear out."

I chose to get up, sat down on the floor and started doing yoga. In about a week, I went to the hairdresser and saw a little box in the sports section announcing that Jack Bray was starting a new class at the College of Marin in racewalking with T'ai Chi and Chi Kung. I decided the class was exactly what I needed — mind over body. I knew I had to clear my mind of negative thoughts.

In November I will be 87. I have 17 medals and hold a world's record in my age group.

Jane Dana, 75: I got dragged screaming into racewalking because I had a daughter who had joined a racewalking club and was doing quite well. Unbeknownst to me, she signed me up for the club and told me to come.

Soon I became interested because I have always been a person who likes challenges. I guess I am a natural competitor. Mel Granttham, who was in charge of the club at that time, said, "You're doing fine. You better go home and build a cabinet for the awards you're going to win." They teased me along so I kept at it. There has been some DQing that I didn't like, but through thick and thin, I've survived.

EW: Have you always been competitive?

Arrow: I am a competitive person. It is part of my nature to try to get better at what I do. I like to try to improve on myself. Competing with someone else isn't the major factor though it provides incentive. My main motiva-



Phyllis Abate, W55, in the 5000 racewalk, USAF Masters Championships, Spokane, Aug. 15-18. Photo by Jerry Wojcik

tion is to improve myself as much as I can in my daily life, in my work and in my art.

Robarts: I don't think I was born competitive. I was the type of little girl who always was making everybody happy. Now, all of a sudden, in my 80s I have found another part of my personality.

I still want to help and encourage others, but there is a change that even my friends notice. They keep commenting, "You're so competitive." They aren't used to seeing me this way. At first I didn't have any encouragement from them. No one was accepting of me.

With the support of Jack and the Marin Racewalkers I feel like I have started a whole new adventure. Racewalking has done this for me as well as the association I have with other racewalkers. I feel I landed a pot of gold and I won't allow anything to come between me and that pot of gold.

Noritake: I have not been physically competitive before now. Maybe competitive in card games, but racewalking is the only sport I have competed in. I would like to try other sports and see what they are like, too. I

never had a chance to do sports in high school. Now I find it is in me to be physically fit.

Lees: I have always been competitive; however, I avoided competition in mountaineering. I had enough competition in my business. I refused to get competitive in sports until I got into racewalking. It is just natural to compete in racewalking and I love it.

Arrow: When I was five and six, I was organizing competitive street games and trying to beat the other team. I think it is a matter of personality. I look at my grandchildren and I see different traits in each one. You can pick out the ones who are aggressive at age four, five and six.

Noritake: There is always somebody there to teach, lead and learn from. So long as I can improve myself, that is satisfaction in itself. A gold medal isn't everything. If I can better my time, that is more of a satisfaction.

Arrow: I think if you look at yourself critically, are honest with yourself and want to grow, you are always opening up new vistas. Age isn't a factor if you are looking at things anew or trying to understand new ideas and do new things.

Like Dorothy, racewalking has opened up a new dimension and confirmed the fact that life is full of new experiences whether it is in sport, a relationship with the family, science or politics. Staying young means never closing down the mind or imagining at 76 or at any age, "I know everything there is to know."

EW: If you are trying to recruit someone into racewalking, what do you say?

Lees: I don't talk about competition per se. I talk about the camaraderie to be found in the racewalking community. You come to races as much and maybe more to meet persons who have become friends. You are happy to see them and they are happy to see you. There is no competition until you get on the track, and that is as it should be. Off the track, everyone helps each other. They give you advice and just are genuinely glad to be with you. I think this camaraderie is one of the outstanding attractions of racewalking.

Robarts: I would like to see women who think they are old at 80 think positive thoughts. You will always find people who dwell on the negatives. You have first to think health and stop

Continued on page 11

Matthews Shatters U.S. 5K RW

by BOBBY BAKER

This year's USATF National Masters 5K Road Racewalk Championships were held in Kingsport, Tenn., Sept. 14. Competitors were treated to a beautiful crisp morning with temperatures in the low 60s.

Proving that age is just a number, Jonathan Matthews of Bloomington, Ind., broke the existing M40 American record by one-and-a-half minutes to capture the men's championship. Matthews, who turned 40 in July, cruised to the win in a stellar time of 20:45. He broke the previous record

(22:21) set by Ray Funkhouser in 1993. The victory was particularly sweet as Matthews, who has the American record in the 3K open and is a former 50K champion, is coming off a year that was filled with injuries.

Sally Richards, 44, claimed the women's title in 25:53.

The open non-championship winners were Dave McGovern (20:27) and Michelle Rohl (22:40).

The race attracted walkers from California to New Jersey, all of whom seemed well-pleased with the new course. □

Racewalking

Continued from page 10

saying to yourself when you get up in the morning, "I feel an ache here or a pain there."

Moaning about pain is no way to get attention. If you want to get attention, get out of that pain thing and say to yourself that you are going to take a helping step today that you didn't take yesterday. You have to take one step at a time on any road to recovery. But the bottom line is: For God's sake, get out of the chair and stop complaining about all your aches and pains.

Sometimes, you have to convince people that they can help themselves. I tell them it's a choice they can make. If a person can catch himself or herself saying, "Oh, my arm aches..." and then quickly say, "Arm heal yourself," that is one step. Moving the arm with gentle exercise is another step. Exercise in the chair at first if necessary. But the aim is to move and get out of the chair and become active.

Sometimes I'll tell women about a party I attended. Someone asked me, "What have you done with your life?" I said, "Well, I have raised two sons."

The person looked at me and said, "Well, what else have you done?" That question was in the back of my mind when I was sitting, aching and feeling so old. I thought, "In no way am I going to rust out in this chair. I am free. I can choose life or I can choose illness and death. So I am going to choose life."

I tell people that racewalking makes my body feel strong. It gets my blood circulating and has relieved my arthritis and pain. The arthritis may be hiding and waiting to come back, but I am going to keep working out and not let it catch me again. ☐

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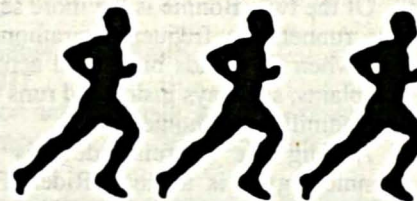
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On The Run

by HAL HIGDON

New Exercise Machine Offers A Healthy Ride

Usually, I spend four or five minutes with my feet on the low pedals – then shift to the high pedals. A minute of that is about all I can take, then I shift back to low. Sometimes I finish with another minute on the highs. Ten or twelve minutes total: that's a tough workout for both the upper and lower body.

I'm talking about the HealthRider, the latest hot exercise machine, threatening even the NordicTrack in popularity among those seeking a total body workout.

If you watch much TV, you've probably seen one of the commercials for the HealthRider, spotlighting author Covert Bailey. One commercial featuring healthy, older athletes includes Jim O'Neil of San Diego, a regular at masters track meets.

Neither Jim nor Covert convinced me to buy my HealthRider; it was Bonnie and Colin who served as salesmen. Colin is a surgeon in Oklahoma City; his wife Bonnie works in his office. My wife Rose and I stayed with them while in Oklahoma on book tour last December.

Home Gym

Of the two, Bonnie is the more serious runner – a frequent marathoner. But when the winds blow cold across the plains, she stays inside and runs on a treadmill in her home gym.

Among the exercise devices in Bonnie's gym is a HealthRider. For those who haven't seen the TV commercials, the HealthRider resembles a low-built exercise bike. There's a wide seat and two sets of pedals, high and low. While riding the machine, you grip a rotating handlebar.

You exercise by pulling the handlebar and pushing the pedals. With your feet on the low pedals, you get a balanced workout: upper and lower body. Shift to high and the emphasis shifts to the upper body. That can be tough!

You can also shift the handlebar position, offering an even tougher upper-body workout. Resistance is provided by your own body weight, although you can add weights up to 100 pounds. A computer keeps time, counts repetitions, and estimates calories burned.

I Liked It

I tried the HealthRider and liked it. So did Rose. Enough so that I offered to buy her one as a Christmas present (knowing I would use it as much as she).

At \$500, the HealthRider is not inexpensive. Before buying one, I considered several similar exercise machines, some of which cost \$100-\$200 less. Eventually, I paid extra for

the HealthRider for two key reasons.

First, the quality seemed good. The machine felt sturdy, well-built. That was important to me. I didn't want parts falling off six months down the road, necessitating repairs or replacement.

Second, it felt good when I exercised. The machine offered a balance between upper and lower body muscles. NordicTrack's cross-country ski simulator offers a similar total body workout, but HealthRider is easier to use.

I have a workout area downstairs where I do my stretching and strength training. In addition to a barbell, I own a "Total Gym," a machine featuring pulleys. We decided, however, to place our new HealthRider upstairs in the TV room next to an exercise bike. That way I could exercise watching "Seinfeld" reruns on TV.

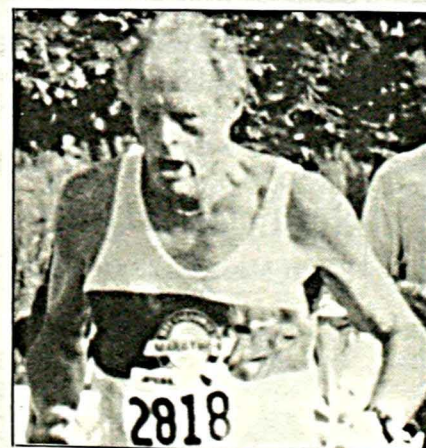
Training Routine

My current routine (during a period when I have taken a sabbatical from running after my 100th Boston Marathon) has been to combine work on the bike and HealthRider. Generally, I warm-up with 10-20 minutes pedaling, shift to the Rider for 10 more minutes, then cool-down with 5-10 minutes pedaling. Combining the two machines, I can get a good workout in 30-40 minutes using most of the body's major muscles. And get some reading done too – at least on the bike.

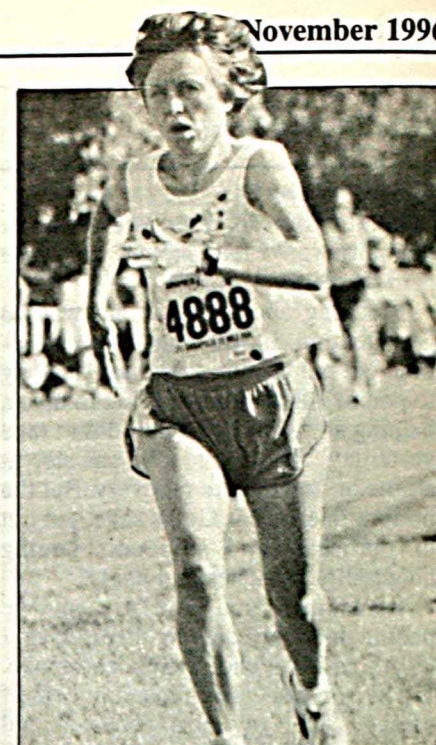
While I was shopping for machines last Christmas, a salesman pitching a different machine tried to tell me that, despite what Covert Bailey claimed on TV, the HealthRider wouldn't exercise you aerobically.

I'm not sure I agree. Depending on how hard and fast I ride, I find I can exercise either aerobically or anaerobically. Besides, I didn't buy the machine for an aerobic workout, which I can get running. I was more interested in exercising those upper-body muscles that runners often ignore, at their own peril.

Scientists tell us that overall strength – requiring some form of weight training – may not make you a faster runner, but it can make you a healthier person, particularly as you age. Approaching my 65th birthday, I understand the need for preserving lean body mass. Hopefully, the HealthRider will help me do just that. □



Dixon Hemphill, 71, first M70-74 (78:05), Annapolis 10 Mile, Annapolis, Md., Aug. 25.
Photo by George Banker



Kathleen Hibbert, Potomac, Md., second W40-44 (72:09), Annapolis 10 Mile, Annapolis, Md., Aug. 25.
Photo by George Banker

Starnes, Jones Winners in Annapolis 10-Mile

Again, the Annapolis Ten Miler upheld its reputation for heat and humidity and hills but still posted good numbers, with 3214 finishers of 4000 registrants, in its 21st edition on Aug. 25 in Annapolis, Md. The Annapolis Striders, organizers of the race, had also feared a drop-off in participation because of the elimination of team competition in the 1996 race. Last year, 3260 runners crossed the finish line, so the decrease was insignificant.

Margaret Stearns, 41, Street, Md., repeated her 1995 masters victory (67:44) with a comfortable 69:06, 21st female. Runner-up Randon Fritsch, 51, Baltimore, Md., had the best performance among the W40-and-over, with a 70:02. Hideko Pirie, 51, Fairfax, Va., was third in 71:19, a large improvement on her 1995 time of 75:24.

Hedy Marque, 79, Alexandria, Va., ran a 1:40:16. Marque is the W75-79 national record holder for this distance at 1:24:54 set in 1993.

Thad Jones, 40, Richmond, Va., took the masters men's race with a 12th-place 55:52, with Bill Knapp, 40, Hanover, Pa., coming in some three minutes later in 58:33.

Fourth master, Robert Torchia, 45, who was 12th in the M40-44 race last year in 61:43, won the M45 contest in a much faster 59:16.

Dixon Hemphill, 71, Fairfax Station, Va., defended his M70-74 title with an improved 78:05 over last year's 81:54.

The race starts at the flat Navy-Marine Corps Memorial Stadium before it hits the "real course" leading to an 80-foot high, curved span bridge over the Severn River, followed by the dreaded hills, before heading downhill to the grounds of the U.S. Naval Academy. □

— from George Banker

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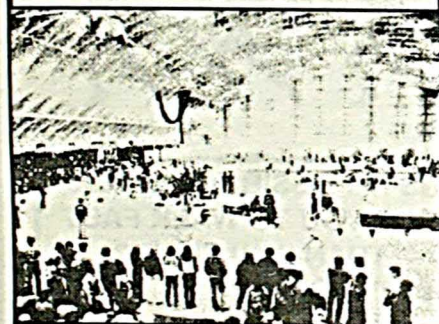
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Bailey Gore, 68, at the 1996 Midwest Masters Meet, Huntington, W. Va.

Bailey Gore

Bailey Gore, 68, Murray, Ky., died Aug. 17 of a heart attack. He participated in the track and field events in the 1989 USNSO Games in St. Louis; 1993 Games, Baton Rouge, La.; and 1995 Games, San Antonio, Texas.

In 1995, he placed fourth in the M65-69 decathlon at the WAVA Meet in Buffalo. His last meet was in July at Marshall U., Huntington, W. Va., where he received seven awards for his performances and set a meet record in the javelin.

He served as coordinator of the Kentucky Senior Games and attended the May 1996 USNSO Workshop in Tucson. He was retired from Murray State University, where he taught in the H.P.E.R. Department and was on the football coaching staff for six years. He is survived by his wife, Betty, three children, and four grandchildren. □

John Mendyka

Less than three months after Edith, his wife of 57 years, died, John Mendyka, 88, passed away in Tujunga, Calif., Sept. 15.

The father of masters athletes Karen Huff and Gary Mendyka, John held the German 100-meter high hurdle junior national record for 30 years. He came to the U.S. in 1929 with \$2 in his pocket and limited English, settling in California.

Despite a massive stroke at age 36 which prevented him from speaking for the remaining 52 years of his life, he did not withdraw from his world or from those he loved. He found unique and subtle ways of communicating with his family.

Any gifts may be made to the ARCO Olympic Training Center, 1750 Wyeste Road, Chula Vista CA 91915; attn: Anne Bolzoni. □

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8 Months to Go



Countdown to Durban

Competition Schedule Set

Interest is building for the XII WAVA World Veterans Athletics Championships in Durban, South Africa, July 17-27, 1997. Executive Director Monty Hacker and newly-appointed Chief Executive Officer Linda Barron flew from South Africa to North America to shake hands with athletes at championship meets in Vancouver, Spokane, and Eugene in August.

Barron, the long-time organizer of the prestigious South African Comrades Run, said she expected 8500 participants in the marathon, alone, and a sizeable entry in the cross-country races.

"We plan to make this a first-class event," she said.

Unfortunately, the entry forms have been delayed.

"Translation into four different languages has taken more time than we thought," Barron said. "The entry forms are now in production, and we plan to dispatch them to the various countries by November 1st."

The competition schedule has been set, and is published on this page. Any man age 40 or over, or any woman age 35 or over, as of July 17 is eligible to participate. There are no qualifying standards, other than to be at least the minimum age.

The Championships have a website on the Internet. The address is <http://www.wava.org.za/>. The site will be continuously updated through the Championships.

Barron promised plenty of interpreters and said the average daytime Durban temperature in July is between 22-26°C (72-79°F), while the night-



Skyline of Durban, South Africa

time average is 18°C (65°F). She said there is little rain in July.

"Cape Town intends to bid in 1998 for the 2004 Olympics," she said, "so South Africa wants the WAVA Championships to be a success."

Barron said the re-surfacing of the secondary track has been completed and the electronic scoreboard in Stadium One has been constructed.

"Members of the Durban organizing committee - Jack Daya, Vijay Nathaniel and Harry Naidu - completed a successful marketing trip to the Asian Championships in Seoul, Korea in early October," Barron reported. "The interest from the Asian countries is excellent."

Barron said she is meeting with air-

Continued on page 15

COMPETITION SCHEDULE: 12TH WORLD VETERANS ATHLETIC CHAMPIONSHIPS

	JULY 1997	NON-STADIA	STADIUM 2	STADIUM 1			JUMPS	THROWS
DAY 1	Thursday 17	10 km Cross-Country		Decathlon	Heptathlon			
DAY 2	Friday 18			Decathlon	Heptathlon	Long Hurdles Prelim. (if necessary)		
DAY 3	Saturday 19		W 10,000m/ M 10,000m (M65+)	100m Prelim.	800m Prelim.	Long Hurdles Semis	Long Jump	Hammer Throw
DAY 4	Sunday 20	W 10 km/ M20 km Road Walk	M10,000m (M40-60)	100m Semis & Final	800m Semis	Long Hurdles Final		Shot-put
DAY 5	Monday 21	WOMEN'S ASSEMBLY REGIONAL & W.A.V.A. COMMITTEE MEETINGS						
DAY 6	Tuesday 22		W5000m	200m Semis	800m Final	Short Hurdles Semis	Pole Vault	Discus Throw
DAY 7	Wednesday 23		M5000m	200m Semis	200m Final	Short Hurdles Final	Triple Jump	Javelin Throw
DAY 8	Thursday 24	W.A.V.A. GENERAL ASSEMBLY				400m Prelim. (evening)		
DAY 9	Friday 25			W5000m Race Walk	1500m Semis	400m Semis		Men's Weight Pentath.
DAY 10	Saturday 26			M5000m Race Walk	1500m Final	400m Final	High Jump	Women's Weight Pentath.
DAY 11	Sunday 27	Marathon		Steeplechase	4 x 100 Relay	4 x 400 Relay		

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Finalists in the W60-64 400, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24, on the awards stand, from left: Jean Horne, Canada, first (64.15), Rita Kerr, US, second, and Louise Reed, Canada, third.

Photo by Shirley Dietderich



Koba Bellingan, W40, cruising to victory in the 400 (58.55), South African Veterans Championships, Pretoria.

Photo by Leo Benning



Jozef Eyckmans, 56, Belgium, eventual winner (14:46.63), is running in second place. Christian Geffray #620, 54, France, was third (14:52.25). Francis Bentz, 56, France, far right, closed quickly to take second (14:47.49). Gordon Seward #755, 52, England, faded to 11th, in Roosendaal, Netherlands, July 6. Photo by Leo Benning

Entry Deadline for European Meet is Dec. 21

The entry deadline for the 1st European Veterans Indoor Athletics Championships is Dec. 21.

The event, open to participants from all countries throughout the world, will be held in Birmingham, England, on Feb. 28-March 2.

Overseas athletes are also invited to compete as guests in the British Indoor Masters Championships in Glasgow, Scotland, on Feb. 22.

Both meets are open to men age 40 and over and women age 35 and over,

per international rules. The entry form was published in last month's NMN. Or you may write/fax to EVIC Secretary, 48 Ford Close, Harrow, Middlesex, England, HA1 4AZ. Fax: 181-248-2271 (from USA, add 011-441 before the number).

This is the "off-season" in England, so air fares from major U.S. cities to London are relatively low. From London, both cities are easily reached by plane or train. □

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Countdown to Durban

Continued from page 14

line officials to try to arrange for discounted fares. Because of the decline of the South African rand vs. the U.S. dollar, three-star hotels are available for about US\$54 per night (double occupancy), including breakfast, while

budget hotels are about \$27 a night, also with breakfast. Self-catering apartments are available for as little as \$16 per person per night (four to an apartment). Group tours are being arranged (see ads in this issue) at low group rates. □

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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
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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	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.



The Weight Room

by JERRY WOJCIK

Things to Come (or Go)

After the 30 men and 6 women weight pentathletes at the Championships in Bozeman on Sept. 14 had received their medals, watched the presentation of the Phil Partridge Awards to the highest scorers, and consumed 36 pounds of sirloin steak (somebody must have been a vegetarian because I ate two pounds myself), 18 pounds of green beans, 28 pounds of twice-baked potatoes, 44 pounds of fruit, and jeroboams of liquids, we got down to discussing business.

The discussion centered on two possible innovations in masters throwing: 1) changing the 800g javelin for M50-59 to the 700g, and 2) holding the National Weight Pentathlon Championships along with the National T&F Championships.

The proposal to amend Rule 262.2a to include the 700g javelin as the designated implement and delete the 800g for M50-59 has been submitted by Ken Weinbel, USATF Masters Weight Event Coordinator, and will be voted on at the 1996 USATF Convention in San Francisco, Dec. 3-7.

Weinbel's reasoning is that in the employment of lighter weight implements as throwers age, the jump from 800g to 600g is inconsistent with the sequence of other implements for that age group. In the proposal, Weinbel states, "The 700g javelin is a better weighted javelin for the 50-59 men. It's more easily thrown, lessening flat throws and producing better results."

The 700g javelin is in use in other parts of the world and is readily available from implement manufacturers. Prices are similar to those for the 600g and 800g, ranging from about \$60 for the practice, lead pipe implements to \$200 or more for the high-tech, designer jobs.

What about present 800g records for the two age-groups involved? The two world and two U.S. records would remain, as would the single-age marks with the 800g, and a new category would be added for age-group records



Marlene Sachs, 52, scored 3267 points to win the W50 pentathlon, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik

and single-age records with the 700g.

The discussion on adding the weight pentathlon to the T&F Nationals arose from a questionnaire circulated at Bozeman, asking for a "Yes" vote to combine the WP with the Nationals, or a "No" vote to leave things as they are. I voted to combine, but I have mixed feelings about the whole question and voted "Yes" because I think that this event, conducted well for the last two years, can be even better and this is a way to put it on the table for further discussion, not just by throwers but also by members of the USATF Masters T&F Committee.

Another topic of lesser magnitude bandied about in Bozeman was the absence of world and U.S. age-group records, single-age records, and All-American standards for the WP, all of which should come in time when more data are compiled.

If you want to get involved in these weighty matters and more, show up at the USATF Convention in December. □

Nationals Draw Weight Pentathletes from U.S.

by JERRY WOJCIK

BOZEMAN, Mont. — The USATF National Masters Weight Pentathlon Championships here, Sept. 14, offered the last opportunity for Pacific Northwest throwers to compete in one of five major meets in the region this season. For some, this was the finish of a skein of meets that started with the Northwest Regionals in early August in Tacoma and went through Vancouver, Spokane, Eugene, and Seattle before coming to Bozeman.

The field of 30 men and six women — about the same numbers that competed in the 1995 Championships in Grass Valley, Calif. — represented a broad cross-section of the U.S. In addition to athletes from the Northwest and West, entrants came from Kansas, North Carolina, Colorado, Florida, Michigan, Ohio, Pennsylvania, New York, Louisiana, Alaska, and Oklahoma.

The top scorer among the men was new age-grouper, Len Olson, 65, Pennsylvania, who, with 1000+ point performances in the shot (41-9¼) and 20-lb. weight (52-0), scored 4781 to win the M65 division from a field of four. Tom Gage, 53, from nearby Billings, Mont., had the second-best total of 4741, bolstered by 1000+ points in the hammer (200-9), shot (50-10¼), and 25-lb. weight (69-11).

Betty Jarvis, 81, Oklahoma, totaled 3426 points (974 for a 19-9 shot put) to lead the women. Four-time gold

medalist in the 1996 Nationals, Pauline Thomas, 47, Washington, recorded the next-best score of 3199.

Meteorologists had predicted occasional showers for Saturday, but the weather cooperated and produced a sunny Big Sky with fleecy clouds and perfect autumn temperatures in the 70s for most of the meet.

After the meet and a barbecue, Bob Sager and Rex Harvey, Masters Multi-Event Coordinator, who competed in the M50 division, presented the Phil Partridge Awards of \$100, \$75, and \$50 to the top three men and women scorers: Olson, Gage, and Bob Humphreys, 60, California, who had 4134, and Jarvis, Thomas, and Mary Norckauer, who totaled 2921.

The cash awards and trophies for the highest scorers were donated by Bob Stone, an M75 thrower from California, in honor of veteran weightman, Phil Partridge, 85, who was instrumental in the development of weight age-grading and the adoption of the weight pentathlon as an official WAVA event.

All profits from the meet, in excess of \$300, will be turned over to Ken Weinbel, Masters Weight Coordinator, for the purchase of new equipment for future meets.

Next year's site for these championships will be bid on and selected by vote at the 1996 USATF Convention in San Francisco, Dec. 3-7. □

Twin Cities Marathon

Continued from page 1

Grottenberg came on the scene, finished fourth in 2:36:37. Alice Thureau, 41, Fisher, Pa., ran a 2:38:13 to place eighth.

Three of the 11th through 15th women placers were also masters: Jane Welzel, 41, Colorado, 11th; Gillian Horovitz, 41, New York City, 13th; and Elena Sipatova, 41, Russia, 14th.

Grottenberg (91.5%), Pozdnyakova (91.0%), and Thureau (90.8%) had the top three W40+ age-graded performances.

Either by coincidence or by training regimen, the first three finishers in the W45 division are all residents of Edina, a Minneapolis suburb, with Gloria Jansen, 49, leading the trio in 3:06:55, followed by Diane Stoneking, 48, 3:11:51, and Barbara Spannaus, 49, 3:20:26.

Masters men did almost as well as the masters women in garnering top places, landing two in the top ten and four in the first 15. Antoni Niemczak, 40, of Poland and Rochester, N.Y., was eighth male in 2:20:25. Yuriy Mikhailov, 42, of Russia, finished tenth with a 2:20:37.

Artemio Navarro, 46, of Mexico, was third with an M40+ age-graded best performance of 95.4% for his 13th-place 2:21:17. Brad Hawthorne,

40, Oakland, Calif., took fourth in 2:23:17.

Kjell-Erik Stahl, 50, of Sweden, was the second-best age-graded masters runner with a 94.4% 2:27:06.

John Keston, 71, McMinnville, Ore., broke the U.S. M70-74 record with a 3:00:58, the third-best M40+ performance of 94.1%. The old record of 3:01:14 in 1990 was held by Warren Utes, Park Forest, Ill.

Masters cash awards totaled \$23,000, starting with \$5000 for first, down to \$500 for fifth, with men and women receiving equal amounts. Masters who finished in the open top ten had the option of taking the open award if larger than the masters award. Cash awards also went to the first three USATF masters, division winners, and the six best age-graded performers.

Overall winners, Joel Onwon'ga, 23, with a 2:13:13, and Appell won \$20,000 each. The primary sponsors were Cub Foods, Fairview Hospital, and WCCO-Radio.

The race was run under a sunny, clear sky with temperatures in the low 50s at the start and near 70 degrees later in the day, conditions that led 5498 runners to finish. The Twin Cities Marathon has hosted the Masters Championships for six years and is scheduled to conduct the next four. □

FIFTEEN YEARS AGO November, 1981

- Dan Conway, 42, Wins the National 10K in 31:02.4, Then Sweeps the National 15K a Week Later in 48:29.9
- Antonio Villanueva, 41, Breezes to a Masters Victory in the Nike Marathon With a 2:17:16
- The First Annual San Juan Masters T&F Meet Draws Nearly 300 Entrants

USA Track & Field Masters Road Records and Bests (as of 9/30/96)

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

= No code means mark will be recommended for ratification pending course validation

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

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

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
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	R 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
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	FREETPORT, BAH		021994
8 km	24:41	R BILL RODGERS	45	MA	VIRGINIA BEACH	VA	032093
8 km	24:40a	R VAN EDGETTE	45	UT	ALTA	UT	091496
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	3:34:31	R ROY PIRRUNG	45	WI	PITTSBURGH	PA	040994
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	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	14:31:11	P ROY PIRRUNG	46	WI	QUEENS	NY	102294
half mar	1:08:05	R BILL RODGERS	45	MA	KANSAS CITY	MO	060693
half mar	1:07:14a	P GARY ROMESSER	45	IN	LAS VEGAS	NV	021196
marathon	2:25:50	R JIM BOWERS	45	CA	DYERVILLE	CA	101484
marathon	2:21:32a	R JIM BOWERS	45	CA	DULUTH	MN	061684
marathon	2:26:43	R BOB SCHLAU	47	SC	HOUSTON	TX	011595
12 hr	135,474 m	R ROY PIRRUNG	45	WI	SYLVANIA	OH	091993
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	15:11a	R STEPHEN LESTER	52	UT	MAGNA	UT	093095
8 km	25:31	R SAL VASQUEZ	50	CA	LOS ALTOS	CA	012090
8 km	25:23	U JIM O'NEILL	52	OH	ALLEN PARK	MI	080390
8 km	23:27a	R STEVE LESTER	53	UT	ALTA	UT	091496
10 km	31:48	R RAY HATTON	50	OR	PORTLAND	OR	052382
10 km	31:12a	R STEPHEN LESTER	52	UT	MAGNA	UT	070195
12 km	39:06a	U SAL VASQUEZ	50	CA	SACRAMENTO	CA	042290
12 km	40:07	U HAL HIGDON	51	IN	CHICAGO	IL	103182
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

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
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	43:33	R FAY BRADLEY	56	DC	SAN FRANCISCO	CA	051594
12 km	43:14a	R SAL VASQUEZ	56	CA	SAN FRANCISCO	CA	032496
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	9:21:53	R RON KOVACS	55	CA	SACRAMENTO	CA	021294
100 km	8:53:27	R GARD LEIGHTON	57	CA	OAKLAND	CA	042592
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
24 hr	190,675 m	P D ERM ROUSSEAU	57	MN	SYLVANIA	OH	091596
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
12 km	45:53	P NORMAN EASTMAN	62	MI	LANSING	MI	060593
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	3:35:51	R MALCOLM GILLIS	61	AL	DALLAS	TX	012195
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	18:02:35	R DWANE BATT	60	CA	SACRAMENTO	CA	111195
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	113,136 m	R DWANE BATT	60	CA	SACRAMENTO	CA	111195
12 hr	101,154 m	R BOB MESSERSMITH	60	CA	SYLVANIA	OH	091993
24 hr	207,927 m	R DWANE BATT	60	CA	SACRAMENTO	CA	111195
24 hr	182,473 m	R BOB MESSERSMITH	60	CA	SYLVANIA	OH	091993
48 hr	252,667 m	P D ROB VOLKENAND	63	OR	SACRAMENTO	CA	111294
6 day	608,332 m	P D ROB VOLKENAND	63	OR	SACRAMENTO	CA	111294

Men 65-69

5 km	18:00	P JOE FERNANDEZ	65	MA	PROVIDENCE	RI	101793
5 km	18:21	R WARREN UTE	69	IL	PARK RIDGE	IL	083089
8 km	29:41	R JOE FERNANDEZ	65	MA	BOSTON	MA	040994
10 km	35:52	U CLIVE DAVIES	66	OR	PORTLAND	OR	052

Continued from previous page

DIST	TIME	NAME	AGE	ST	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	U WARREN UTE	70	IL	MICHIGAN CITY	IN	062391
15 km	1:01:50	R CLIVE DAVIES	71	OR	PORTLAND	OR	062887
15 km	1:01:23a	P JOHN CAHILL	72	UT	ST. GEORGE	UT	090796
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	8:43:27	R CARLTON MENDELL	72	ME	BRUNSWICK	ME	101594
half mar	1:27:23	P JOHN KESTON	70	OR	WOODINVILLE	WA	090495
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
6 day	539,130 m	ED FISHMAN	72	HI	NEW YORK	NY	092195

Men 75-79							
5 km	19:24	R WARREN UTE	75	IL	PARK RIDGE	IL	093095
5 km	19:57	R WARREN UTE	75	IL	ORLAND PARK	IL	062595
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	40:12	R WARREN UTE	75	IL	LIBERTYVILLE	IL	091795
10 km	40:27	R WARREN UTE	75	IL	PARK FOREST	IL	090495
12 km	48:57	R WARREN UTE	75	IL	PARK FOREST	IL	090495
15 km	1:01:58	R WARREN UTE	75	IL	PARK FOREST	IL	090495
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	1:06:27	R WARREN UTE	75	IL	PARK FOREST	IL	090495
20 mi	2:42:38	U ED BENHAM	77	MD	GREENBELT	MD	122284
50 mi	10:18:03	P MATT MILLER	75	LA	PITTSBURGH	PA	040895
50 mi	10:34:06	R MATT MILLER	75	LA	BRUNSWICK	ME	101594
half mar	1:37:51	R ED BENHAM	75	MD	WILLIAMSBURG	VA	031383
marathon	3:18:10	P WARREN UTE	75	IL	CHICAGO	IL	101595
marathon	3:34:42	R ED BENHAM	76	MD	WASHINGTON	DC	110683
12 hr	84,112 m	P MATT MILLER	75	LA	QUEENS	NY	061795
12 hr	80,467 m	R BEN MOSTOW	78	IL	CHICAGO	IL	100481
24 hr	130,051 m	P HOWARD HENRY	75	IN	SYLVANIA	OH	091596
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	24:52	P DUDLEY HEALY	80	NJ	SYRACUSE	NY	100294
5 km	24:41	P FRED ELY	80	NJ	PHILADELPHIA	PA	041595
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

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
10 km	1:14:49	R PAUL SPANGLER	90	CA	PARAMOUNT	CA	012090
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

Men 95 & over							
5 km	48:55	MARION MCANELLY	95	OK	STILWELL	OK	051395

Masters Women All-Comer's Records (non U.S. citizens)							
5 km	16:01	P TATIANA POZDNIKOVA (UKR)		HARTFORD	CT		080995
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 TATIANA POZDNIKOVA (UKR)		EVANSVILLE	IN		051395
15 km	49:36	R PRISCILLA WELCH (GBR)		JACKSONVILLE	FL		030985
20 km	1:10:35	R TATIANA POZDNIKOVA (UKR)		NEW HAVEN	CT		090495
10 mi	53:51	R PRISCILLA WELCH (GBR)		WASHINGTON	DC		040587
half mar	1:12:56	R TATIANA POZDNIKOVA (UKR)		PHILADELPHIA	PA		091795

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
half mar	1:13:07	R PRISCILLA WELCH (GBR)			PHILADELPHIA	PA	091586
marathon	2:31:14	R PRISCILLA WELCH (GBR)			CHICAGO	IL	102686
6 day	685,580 m	P D SANDRA BROWN (GBR)			SACRAMENTO	CA	111294

Women 40-44							
5 km	16:37	R LAURIE BINDER	44	CA	DAVIS	CA	112391
8 km	26:56a	R 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	U NANCY GRAYSON	42	MI	LANSING	MI	060692
12 km	42:38	R GABRIELE ANDERSEN	43	ID	SPOKANE	WA	050188
15 km	52:22	R LAURIE BINDER	41	CA	TAMPA	FL	021189
20 km	1:13:46	R CAROL MCCLATCHIE	40	TX	NEW HAVEN	CT	090792
25 km	1:29:47	R JANE WELZEL	41	CO	GRAND RAPIDS	MI	051196
25 km	1:31:59	R NANCY OSHIER	41	NY	GRAND RAPIDS	MI	051290
30 km	1:54:00	R CAROL MCCLATCHIE	41	TX	SUGAR LAND	TX	121292
50 km	3:44:32	R JAN KREUZ	41	OH	COLUMBUS	OH	103088
100 km	8:33:07	R LORRAINE GERSITZ	41	CA	WINSCHOTEN, NED		091695
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	MINNEAPOLIS	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

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	U 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
15 km	54:58	R GABRIELE ANDERSEN	45	ID	PORTLAND	OR	061790
20 km	1:14:13	R BARBARA FILUTZE	46	PA	NEW HAVEN	CT	090792
25 km	1:38:01	R MARCY GILLES	45	MN	MINNEAPOLIS	MN	091095
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	100382
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	U 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	MINNEAPOLIS	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
15 km	54:34	R	SHIRLEY MATSON	50	CA	JACKSONVILLE	FL 030991
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	7:47:27	R	EILEEN ELIOT	51	FL	NEW PRESTON	CT 042395
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
half mar	1:18:42a	P	JOAN OTTAWAY	51	CA	LAS VEGAS	NV 021196
marathon	2:50:26	R	SHIRLEY MATSON	50	CA	MINNEAPOLIS	MN 100691
12 hr	101,066 m	R	EILEEN ELIOT	50	FL	SYLVANIA	OH 091894
24 hr	221,043 m	P	SUE ELLEN TRAPP	50	FL	SYLVANIA	OH 091596
24 hr	180,986 m	R	EILEEN ELIOT	50	FL	SYLVANIA	OH 091894

Continued from previous page

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
Women 60-64							
5 km	19:53	R MARION IRVINE	61	CA	CLARKSBURG	CA	111190
8 km	34:58	R HELEN DICK	60	CA	THOUSAND OAKS	CA	072185
8 km	34:13	U HELEN DICK	61	CA	LOS ANGELES	CA	111785
10 km	40:37	R MARION IRVINE	61	CA	LIVERMORE	CA	102190
12 km	55:09	R GLORIA BROWN	62	NY	CONWAY	AR	091094
15 km	1:07:08	R WHAYONG SEMER	60	OH	TAMPA	FL	021189
20 km	1:29:08	U MARGARET MILLER	60	CA	VALENCIA	CA	032386
25 km	1:58:24	R GLORIA BROWN	62	NY	GRAND RAPIDS	MI	051494
30 km	2:21:32	R MARGARET MILLER	60	CA	MINNEAPOLIS	MN	101286
50 km	4:39:46	P MYRA RHODES	60	CA	SACRAMENTO	CA	021393
50 km	6:39:01	R SARANN MOCK	63	OH	SYLVANIA	OH	091894
100 km	11:30:58	R RUTH ANDERSON	60	CA	SAN FRANCISCO	CA	042190
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	SANTA MONICA	CA	082684
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
15 km	1:13:14	R WHAYONG SEMER	65	OH	TAMPA	FL	022694
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	5:09:36	R JAN RICHARDS	67	TX	DALLAS	TX	012195
100 km	12:09:17	R 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
10 mi	1:19:07	R WHAYONG SEMER	67	OH	PERRYSBURG	OH	111995
20 mi	3:02:01	U JACLYN CASELLI	65	CA	CLARKSBURG	CA	111686
50 mi	9:04:31	R HELEN KLEIN	67	CA	SAN FRANCISCO	CA	042190
half mar	1:42:16	U 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	125,190 m	P SARANN MOCK	65	OH	SYLVANIA	OH	091596
24 hr	121,339 m	P RUTH ANDERSON	66	CA	SACRAMENTO	CA	111195

Women 70-74							
5 km	24:38	R GERRY DAVIDSON	70	CA	CARLSBAD	CA	041491
5 km	24:24a	R 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
half mar	1:50:03a	R MARY STOREY	70	CA	FONTANA	CA	060494
marathon	4:09:04	U GERRY DAVIDSON	70	CA	SAN DIEGO	CA	120891
marathon	4:11:54a	R MARCIE TRENT	70	AK	NAPA	CA	031388

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
marathon	4:30:24	R ELLEN MCCOY	70	MN	MINNEAPOLIS	MN	101490
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	1:19:27a	R HEDY MARQUE	75	VA	ALEXANDRIA	VA	042593
15 km	1:25:20	R 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	1:22:34	U HEDY MARQUE	75	VA	WASHINGTON	DC	101192
10 mi	1:24:54	R 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	4:41:45a	U IDA MINTZ	75	IL	LAKE BLUFF	IL	042681
marathon	4:49:08	R ANNE CLARKE	76	IL	CHICAGO	IL	102085

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	37:32a	U MARY AMES	85	CA	FONTANA	CA	041688
5 km	35:43	P ANNE CLARKE	85	IL	CHICAGO	IL	103094
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
8 km	1:03:01	U D SUSAN CONROY	89	IL	CHICAGO	IL	031289
10 km	1:14:37	P ANNE CLARKE	85	IL	HIGHLAND PARK	IL	100994
10 km	1:16:55	U RUTH ROTHFARB	87	MA	BOSTON	MA	101088
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

Decathlon Held in Thomasville, N.C.

by BILL BUSBY

A record number of 33 multi-eventers, ranging in age from 18 to 75, took part in the 11th annual Thomasville, N.C., Masters Decathlon, Sept. 28-29.

Competitors came from 14 states. The weather was near ideal, with temperatures between 60-70°F both days and no rain. A supper party, featuring North Carolina barbecue, was enjoyed by athletes and officials following the first day's events.

Thirty-one of the 33 starters completed the event, with 12 exceeding the 5250 age-factored points required to achieve All-American status. The meet serves as an East Coast alternative to the Nationals when the Nationals are held in the West, as they were this year in San Diego.

Top age-factored scorer was Denver

Smith, M70, of Louisville, OH, with 7100 points, highlighted by a 14-7 (4.45m) long jump worth 935 points. His score would have won last year's World Championships, where the winning M70 score was 6844.

Second was Gary Kinder, 33, winner of the 1988 U.S. Olympic Trials, with 7020, despite a DNF in the 1500. Rex Harvey, M50, competing in perhaps his 150th decathlon (Rex has competed in more decathlons than anyone in the history of the event), just missed 7000 with a score of 6990.

The highest score for an individual event was the 957 points earned by Joe Johnston, M50 for his 12-9½ (3.90m) pole vault.

This meet will be the site of the 1997 National Masters Decathlon/Heptathlon in late September. □

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Speaker's Corner

by MADELINE BOST

Is Lying About Your Age Cheating?

This past Memorial Day, a New York runner entered the Ridgewood Masters Mile although he was four years shy of his fortieth birthday. When he was unable to produce proof of age, he was disqualified and all the others advanced.

At the Run For The Roses 10K in Denville on June 15, another New Yorker appears to have engaged in less-than-sportsman-like conduct in order to take home purse money.

Morristown's Jane Parks decided to run in 'Roses in part because of the purse money the race awards to masters runners. As one of the state's finest masters in the 40 to 44 age division, Parks, who runs for TriAthletics, had good reason to expect a share of the prize money.

'Roses was in kind of a bad spot on the calendar for Parks. She had the President's Cup Night Race 5K on Monday night - a 700 point MRGP Championship - a race she needed to

run. She was hoping that there would be no need to run all out in the 10K on Saturday in order to conserve some energy for Monday night.

At about four miles into 'Roses, Parks found herself running next to a woman who was unfamiliar to her. Uncharacteristically, she asked her fellow runner her age.

"I'm 38," came the quick reply.

"Good," responded Parks, "then we're not competing."

Parks felt she could relax after that,

since she didn't see any masters runners near her. She maintained a steady pace, trading leads with the other woman who eventually dropped in behind her. With a quarter of a mile to go, the stranger came around, and Parks, fearing no threat to her masters position, let her go. The stranger finished in 41:51. Parks finished in 41:56.

After they had caught their breath, Parks went to the woman to congratulate her and see what her finishing time was, a common practice among runners who run most of a race close together. She did not get the response she expected.

"I am a masters runner," the woman said, flatly. Catching the stunned look on Parks' face she added, "It's a race."

Later, a friend of Parks told her that a male companion of the woman was overheard prior to the start pointing out Parks as the woman she had to beat. Although Parks was ignorant of her competition, the stranger was fully informed and clearly intended to keep the advantage with her lie of being 38.

So, in the Run for the Roses, the masters women's purse went to Kathy Gribbon, 42, of New York who finished in 39:29, second went to Evelyn Franky, of the Bronx who is 41 or, when she chooses, 38. Jane Parks earned third place money.

Is there a lesson to be learned here? A weak joke could be made that you should never talk to strangers. For Parks it was a rude lesson in the deviousness of another runner.

"I'll never ask the question again,"

she said. "And I'll always assume I have to run to beat everyone."

Are runners supposed to be honest about the age division they race in? "It's a race," said Franky, as if that explains and justifies any deception.

It is easy to come into strange territory to race and do some sleuthing to find your competition. For the local runners, there is no way of learning the age divisions of visitors. Masters runners don't wear their age on their faces (how often are we surprised to learn the age of another runner?) nor often on their backs.

Does Parks have reason to feel violated? I think she does. She thought she was among friends. The Run For The Roses is enthusiastically supported by local runners, yet the purse money, open to anyone from near and far, also drew in the unscrupulous. That's what happened in Ridgewood on Memorial Day and that is what happened in Denville on June 15th.

To those who say that Parks should have been running to beat all of the competitors, my response is that Parks was running in the masters division of the race. She should not have had to run against anyone in the Open race.

Smart runners do not run any harder than they must to win unless they are going for a personal or other record. Michael Johnson certainly doesn't blast every 200 or 400 meter race - he'd soon be on the sidelines. Why should we expect our masters athletes to do more? ☐

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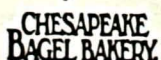
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Trapp Captures Women's 24-Hour Title

by JERRY WOJCIK

Fifty-year-old Sue Ellen Trapp, Fort Myers, Fla., finished with 137.350 miles to place first master overall, man or woman, and third of 155 starters in the USATF National Masters 24-Hour Championships in Sylvania, Ohio, on Sept. 15. A steady drizzle and unseasonably chilly temperatures meant fewer miles and concern about hypothermia and dehydration for the contestants.

But Trapp, a three-time winner of the race held at Sylvania's Olander Park, apparently was not affected by the elements. "Being from Florida, I'm obviously not used to the cold rain," she said after the race. "But it was just something I had to deal with. It was kind of slow going, but I was happy with my finish. I had done a 136 and a 145 here before, so this was the second-best total I've had here."

Sylvie Andonie, 40, who finished tenth overall with 119.997 miles, was Trapp's closest masters competition.

The first masters man was Tom Andrews, 42, fourth overall with 135.266 miles. Bill Seldomridge, 45, was fifth with 131.496. Richard Fedion, 62, won the M60-64 race with one of the better performances of the day, covering 108.066 miles and placing 19th in the field, which included runners from age 10 to 75.

John Geesler, 37, was first overall with 147.135 miles. ☐



Ed Rousseau, 56, first M55 (118.48 miles) on left, with Joe Beams, 57, third M55, USATF Masters 24-Hour Championships, Sylvania, Ohio, Sept. 14-15.

Photo by Ruth Anderson

Masters Scene

NATIONAL

• The Taconic RR Club Masters Team repeated its 1995 M40+ win in the Nationwide Insurance Ocean To Sound 50-Mile Relay from Long Island's Ocean Beach to Jericho, Sept. 8, with a 5:00:17. The members of the eight-man squad, sixth of 109 teams, were **Scott Mosenthal**, **Steve Calidonna**, **Tony Galfano**, **Nick Caswell**, **Scott Abercrombie**, **Ken Filmanski**, **Joe Porcaro**, and anchor leg **Rob Briglio**. First with a 6:12:57 in the W40+ division was the Bohemia Ladies Masters team of **Estella Clasen**, **Betty Horstman**, **Kathy Esposito**, **Kathy Byrne**, **Laurie Samuels**, **Judy Carroll**, **Helen Visgauss**, and anchor **Diane Gordon**.

• Rain didn't slow down entrants, especially masters, in the Maccabiah 5K, hosted by the Plainview-Old Bethpage RRC, L.I., NY, Sept. 22. Four of the top ten men were masters, led by third-place **Rich Ashby**, 40, Flushing, NY, in 16:53, and three of the top four women were W40+, with **Diane Gordon**, 43, Central Islip, L.I., second overall in 18:50. Top performers were **Gordon**; **Maury Dean**, 53, Patchogue, L.I., 18:09; and **Joe Cordero**, 58, Islip Terrace, L.I., 18:53; all with age-graded performances in the 82+% range.

• **Jim Hage**, 44, Gaithersburg, MD, with a fourth-place 56:18, and **Margaret May**, 49, Silver Spring, MD, in 89:49, captured masters honors in the DCRRC 40th Greenbelt 15K, Sept. 1.

• **Timothy Hewitt**, 41, was first overall in the Eriesistible Marathon, Erie, PA, Sept. 15, with a national class 82.1% 2:38:12. **Fran Emmerling**, 47, second M40+ at 2:46:14, was also in that race with an 81.7% 2:46:14. **Robin Smith**, 40, paced the W40+ runners with a 3:18:38.

• **Warren Utes**, 76, Park Forest, IL, traveled to Long Island for the Great Cow Harbor 10K, Northport, on Sept. 21, and left with a win in the M65+ race on an age-graded, top-masters performance 94.2% 41:54. Masters firsts were **David Luljak**, 40, Huntington, NY, in 36:37, and **Joan Baldassari**, 42, of the Bronx, in 41:35.

• The top 60-year-olds demolished their competition at the NYRRRC Roosevelt Island 10K, NYC, Aug. 18. Winners were: **Alfred Finger** (62, 42:22), **Joseph Burns** (67, 47:17), **Rosa Nales** (62, 51:21), and **Toshiko D'Elia** (66, 48:58).

• **Ray Blues**, 72, clocked a 23:20 (77.1% AG) at the Freddie Mac 5K, Washington, DC, Sept. 8, placing 147th out of 478. **Leland Brendsel**, 54, Chairman of Freddie Mac, placed third in his division in 20:40. Through the corporate sponsorship, \$155,000 was raised for five local agencies.

• Over 2000 runners finished the NYRRRC Staten Island Half-Marathon, Sept. 15. Masters victors were **Luis Tappan** (41, 1:14:51) and **Teiko Schultz** (45, 1:31:28); each was nearly four minutes ahead of the second-place finishers. Age-group standouts included **Richard Murphy** (62, 1:28:53) and **Carol Johnson** (53, 1:44:00).

• The NYRRRC NYC Marathon Tune-up drew 3000 runners to Central Park on a rainy Sept. 22. Top masters in this 30K were **Robert Briglio** (47, 1:58:04) and **Suzanne Rohr** (46, 2:17:20). Also deserving kudos is **Edith Farias** (72, 3:10:09).

• The 20th annual Richard S. Caliguiri/City of Pittsburgh Great Race 10K drew nearly 8000 competitors on Sept. 29. The men's masters race was a hard-fought battle with **Dave Kannewurf** (40, 31:23) edging out **Malcolm East** (40, 31:31) for first place. **Janet Takahashi** (40, 34:50) overwhelmed the women's masters, placing fifth overall in the women's division. Age-group phenoms included **Bill Olrich** (61, 35:22) 93% AG and **Lou Lodovico** (72, 41:22) 90.3% AG.

SOUTHEAST

• **Daniel Kolb**, M40, 59:26, and **Sue Given**, W40, 67:45, darted to 40+ firsts in the Virginia 10-Miler, Lynchburg, Sept. 28. Eighty-year-old **Louise Martin** finished in 1:57:41. The top two m&w 40+ took home J. Crew gift certificates of \$250 and \$150.

• **Jim Pearson**, 47, not only topped the masters field in the Runner's Classic 5K at Sea World, Orlando, FL, Sept. 28, but won the men's division overall in 15:50. His closest competitor was nearly two minutes behind.

MIDWEST

• The 17th annual Columbus Marathon on November 10 will offer \$2500 in prize money presented by Marathon Oil to the first five male and female masters finishers. The event features an expo, runner's clinics, pasta party, 5K race and "kids 1K fun run."

• **Tony Rodiez**, 40, New Berlin, WI, in 25:56, and **Cheryl Neumann**, 40, Milwaukee, with an eighth-place 30:10 in the women's results, uncorked masters wins in AI's Run 8K, Milwaukee, WI, Sept. 28. M50-54 winner, **Mike Kirkwood**, 54, Milwaukee, was the top 40+ performer, with an 86.6% 28:22. **Mark Dicks**, 88, Waukesha, WI, ran under the USATF Age-Group Guideline, with a 54:20.

• **Len Olson**, 65, Poyntelle, PA, and **Everett Hosack**, Cleveland, altered five single-age records in the Wolfpack TC Throwing Classic, Columbus, OH, Sept. 8. Olson broke WRs for the 16-lb. shot (10.59) and 56-lb. weight (6.40) and the US record for the 2k discus (32.12). Hosack established WRs with the 25-lb. (4.78) and 35-lb. (3.11) weights. Olson, USATF 1996 M65 weight pentathlon champion (4781 points) at Bozeman, scored 3502, using the open implements in the Columbus meet.

MID-AMERICA

• Three-time Olympian and masters runner **Jim Ryun**, 49, has a 22-point lead in the polls in his race for Kansas' 2nd District Congressional seat against lawyer **John Frieden**. Ryun still holds the high school record for the mile (3:55.3 in 1965). A Republican, Ryun is calling for a balanced budget amendment, tax relief for families and small businesses, reduction of capital gains taxes, and a strong military.

• Athletes in the M80+ divisions hit high-ranked marks in the New Mexico Senior Games, Las Cruces, July 23-28. **Casimir Bechner**, 86, posted top-ranked times in the 800 (4:04.17) and 1500 (8:37.56), and added a 3-5 HJ to his firsts. **John Pino**, 96, stabbed a gold medal in the javelin with a 21-4.

• Masters men runners hot-footed to overall firsts in the St. Louis Fire Fighters 10K & 3K, Aug. 25. **Frank Curotto**, 42, won the 10K in 35:04, and **Larry Doerr**, 41, took the 3K in 10:05. Runners-up in both races were also masters: **Dave Daum** 43, 35:16, and **Peter Mannisi**, 49, 10:08. First W40s were **Bernadette Huston**, 40, third overall in the 10K at 40:28, and **Carol Keller**, 40, with a 11:56 in the 3K.

• The PV mark of 9-3 attributed to M70 **William Chivvis** in the Mid-America Regional results in the October issue was incorrect. He did not vault because of injury.

SOUTHWEST

• A team of 100 women masters from the Houston Area RR Association (HARRA) established a pending Guinness Book of World Records record for W40+ by running a 100xone mile relay in 12:10:23. Rules for the record required that 100 women run one mile apiece, relay-style, on a certified track. Team captains,

Chiquita Taylor, 46, and **Debbie Kempler-Smith**, 45, started the relay off at 6:30 a.m. at the Cullen Track in Memorial Park, Houston. Some twelve hours later, 65-year-old **Sadie Greenman**, the 100th runner, finished in 8:12, while spectators, runners, and volunteers cheered. **Carole Smith**, 41, posted the fastest time (5:31). **Joyce Gaskin**, 59, had the best age-graded performance (83.6%) with a 6:19. At the same time that the W40+ were setting a record, another 100 HARRA women were breaking the Guinness former record (10:14:16) for open women with a 9:49:08, and a third group, ages 10 to 62, completed the 100 miles in 13:04:42!

WEST

• **Marcella Teran**, 41, San Diego, CA, bested the W40+ field with an 18:00 in the Orange County Race For The Cure Women's 5K, Newport Beach, CA, Sept. 22. Thirty-nine-year-old Olympian **Ruth Wysocki**, Canyon Lake, CA, was sixth overall with an age-graded 92.1% 16:17. In the Coed 5K, **John Koningh**, 40, Newport Beach, was fourth in an A-G 90.3% 14:56.

• **Shirley Matson**, 55, Moraga, CA, ran below the US W55 record of 49:43 with a second woman overall 45:41, Chevy's To Chevy's 12K, Sacramento, CA, Sept. 21, on the uncertified course. On Sept. 29, Matson continued her record spree begun last August, with a 37:29, Run For The Beacon 10K, Monterey, CA, erasing **Margaret Miller's** record of 39:59. At the Fine Arts 5K, Carmel, CA, Oct. 6, Matson lowered the US W55 record of 19:42 in 1992, held by **Margaret Betz**, with a third-female 18:39, worth \$200.

• Javelin thrower **Ken Hall**, M30-34, logged 10,000 miles this season competing in 28 meets starting at San Francisco State on Feb. 24 and ending at UC-Berkeley on Sept. 8. He was first in his division at the Nationals in Spokane with a 220-1. His season's best mark of 222-10 came in a meet at Stanford U. on June 5.

• **Jacqueline Hansen**, 47, Topanga, CA, former world women's marathon record holder (2:38:19 in 1975) and World Veterans medalist, is assistant athletic director at St. Monica High in Santa Monica, Calif. Despite chronic arthritis in her knees, Hansen nevertheless ran 18 miles of the 100th Boston Marathon on mainly water training, a specialty which she also teaches. She was honored in Boston as a former winner; all Boston winners have their names engraved in marble.

NORTHWEST

• Placing third overall, **Leonard Hill** (44, 2:27:46) captured the men's masters title as well in the Portland Marathon, Portland, OR, Sept. 29. **Debbie Mumma** (40, 3:04:09) led the masters women to the finish line. **Hugo Badgett**, 62,

TEN YEARS AGO November, 1986

• **Gabriele Andersen**, 41, Clocks a 2:40:08 and **Kjell-Erik Stahl**, 40, a 2:18:28 to Win \$7500 and the Masters Titles in the Twin Cities Marathon

• **Patrick Davis** (M40, 1:28:42) and **Katie Vandergraaf** (W40, 1:49:47) Sweep to Victory in the National 25K in Joliet, Ill.

• 19th World Vets 10K Titles in Vancouver, B.C., Go to Britain's **Allan Rushmer** (M40, 30:47.9) and New Zealander **Ngaire Drake** (W40, 34:50.7)



Leland Brendsel, Chairman of Freddie Mac, finished third M50-54 with a 20:20, Freddie Mac 5K, Washington, D.C., Sept. 8.

Photo by George Banker

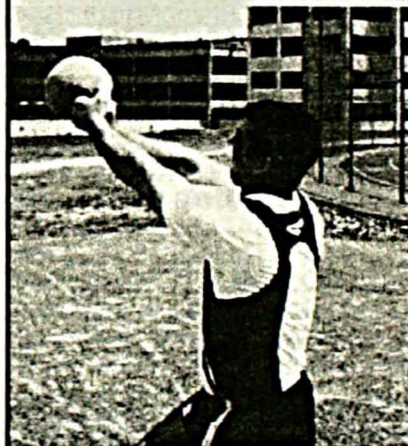
blazed the course in 3:07:13 to win his division by over 20 minutes, with the oldest finisher, **Robert Mc Clure**, 80, covering the 26.2 miles in 5:20:24.

INTERNATIONAL

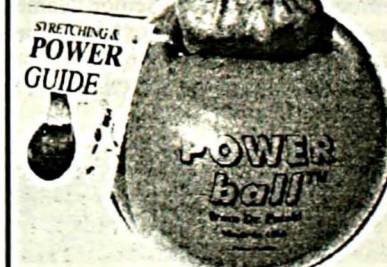
• **Frank Evans** of Australia, who won the world M70 800 and 1500 last year at the WAVA Games in Buffalo, recently died.

• 612 athletes from 10 nations participated in the 10th Malaysian Veterans Championships, Aug. 18-19 in Seremban, Malaysia.

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Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

December 3-7. USATF National Convention, Westin St. Francis, San Francisco, Calif. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500.

March 21-23. USATF National Masters Indoor Championships, Boston. Tracs, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. Fax: 617-964-8356. Entry form in December and January issues.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Hess, meet director. 408-288-2935.

August 6-9, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

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

January 10-12. Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603-646-2848, 646-2540, 646-3570.

January 19. Greater Boston TC Invitational, Harvard U., Allston, Mass. Masters/open events. Jim O'Brien, meet director, GBTC, PO Box 183, Boston, MA 02117-0183. 617-282-5537.

SOUTHEAST

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

December 2-8. Florida Senior Games Championships, Kissimmee. 50+. Laura Hallam, Governor's Council on PFS, One Citrus Bowl Place, Suite 202, Orlando, FL 32805-2451. 407-245-0300.

MIDWEST

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

February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.

WEST

Arizona, California, Hawaii, Nevada

November 10, 24. Timber Wolf T&F Club Meets, Sacramento. John Gallen, 916-489-2708.

November 16. Long Beach Senior Games, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

November 16. KELfield Throws Meet #54, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

December 14. KELfield Throws Meet #55, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

December 15. Timber Wolf T&F Club Meet, Sacramento. John Gallen, 916-489-2708.

February 7-16. California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

February 15-17. Paradise Pentathlon, Honolulu. Weight Pentathlon. Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-5763.

February 16. Silver State Indoor Masters Classic, Reno. Events added this year: pole vault, super weight, hurdles, racewalk. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.



National champions in the 5000, Kim Jones, W35, and Carol McLatchie, W40, USATF Masters Championships, Spokane, Wash., Aug. 15. Photo by Steve Jones

INTERNATIONAL

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

February 22. British Masters Indoor Championships, Glasgow, Scotland.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

June 28-29. British Masters Championships, Blackpool, England.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel. US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19103. 215-561-6900.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

December 3-7. USATF National Convention, San Francisco, CA. See T&F National.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

December 14. USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

January 12. USATF National Masters One Mile Road Championships, Santee, Calif. Masters money for overall winners, plus sex- and age-graded money for masters. Elite Racing, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

February 9. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870.

March 30. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

April 12. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvia Lane, Plainview, NY 11803. 516-433-0919.

June 5-8. RRCA 40th Convention, Colorado Springs. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314.

September 6. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

ON TAP FOR NOVEMBER TRACK AND FIELD

Except for the Long Beach Senior Games (50+) on the 16th and limited-event meets in California, not much is on the menu. It's a good time to make plans to attend the USATF National Convention in San Francisco, December 3rd-7th. Anybody interested can attend. See the T&F National schedule for details.

LONG DISTANCE RUNNING

The USATF National Masters 5K Cross-Country Championships is scheduled for the 3rd in Columbus, Ohio under the direction of John White, an experienced race and meet director. Masters on the 3rd with bigger ideas will be on the starting line at 10:50 a.m. for the NYC Marathon's tour of the five boroughs. Marathoners who oversleep for the NYC can opt for the Ocean States, R.I., or Columbus, Ohio, or San Antonio, Texas, Marathons on the 10th. More 26-milers are available in Tulsa on the 23rd. and Seattle on the 30th. The Manchester, Conn., 4.75 Miler, in its 60th year on the 28th, is one of the largest races in the U.S.

RACEWALKING

Racewalkers longing for competition can find it in the D.C. area on the 3rd, in Florida on the 10th, and in Central Park, NYC, on the 24th, as well as in some of the LDR races, which may offer a RW section, listed in the Schedule.

EAST

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

November 2. Syosset Sprint 4 Mile, Syosset, N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Lynn Kotler, 516-368-4618.

November 3. New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

November 3. Warwick Marathon/RRCA NY State Championship. SASE to Jerry Terry, race director, PO Box 561, Warwick, NY 10990.

November 10. Ocean State Marathon/RRCA National Championships, Narragansett, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax 401-885-3188.

November 17. RRCA Age Group X-C Championships, Bronx, N.Y. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

November 24. Philadelphia Marathon & 8K. 215-685-0054.

November 28. Manchester Road Race
Continued on next page

Continued from previous page

4.75 Mile. MRR, PO Box 211, Manchester, CT 06040. 860-649-6456.

December 1. NYRRRC Pete McArdle X-C Classic, Bronx, N.Y. NYRRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455.

December 1. Rob's Run 5K X-C, Syosset, L.I., N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Ed Melnik, 516-433-4633.

December 8. Delaware Marathon, Middletown. Wayne Kursh, c/o DM, PO Box 398, Wilmington, DE 19899. 302-654-6400.

December 21. Ho Ho Ho Holiday 5K, Bethpage, N.Y. See Dec. 1. Ed Kovesdy, 516-499-1439.

December 31. Runner's World Midnight Run 5K, Central Park. NYRRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455. Start/Finish: Tavern on the Green.

April 21. Boston Marathon. Boston Athletic Association, Marathon Applications, PO Box 1997-A, Hopkinton, MA 01748. 15,000 limit; entries accepted until Feb. 1.

SOUTHEAST

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

November 9. Vulcan 10K, Birmingham, Ala. Carl Howard, 2606 Moody Pkwy., Moody, AL 35004. 205-640-6509.

November 16. York County Lion's Battleground 15K, Yorktown, Va. Marty Fisher, 757-898-9448; Rick Platt, 757-229-7375.

November 23. Governor's Land 5K, Williamsburg. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

November 28. Thanksgiving 10K & 5K, DeLand, Fla. John Boyle, Thanksgiving Day, PO Box 1700, DeLand, FL 32721. 904-736-0002.

November 28. Atlanta Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065.

December 1. First Tennessee Memphis Marathon. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.

December 8. Semper Paratus 10K, Coast Guard RTC, Yorktown, Va. Sandy Harrison, 804-898-2226.

December 8. Brandon Marathon. Marathon, PO Box 1564, Brandon, FL 33509. 813-681-4279.

December 14. Rocket City Marathon, Huntsville. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

December 14. Jacksonville Marathon, Fla. Race hotline, 904-739-1917.

January 25. Gasparilla 15K & 5K, Tampa. SASE to Gasparilla, PO Box 1881-RT, Tampa, FL 33601-1881.

MIDWEST

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

November 10. Columbus Marathon & 5K. SASE to CM, PO Box 26806, Columbus, OH 43226.

November 30. Great River Road 10 Mile, Alton, Ill. Greater Alton/Twin Rivers C&V Bureau, 200 Piasa St., Alton, IL 62002. 1-800-258-6645.

MID-AMERICA

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

November 3. Omaha Riverfront Marathon. Gary Meyer, 402-553-8349.

November 10. Harvest Hustle 10K, Overland Park, Kans. Staggered start/groups start every 15 seconds based on age/sex time-adjustments. KC Runners Council, 7201 W. 129th, Suite 300, Overland Park, KS 66213.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 2. Picayune Fall Classic 10K & 5K. Masters & Grandmasters money. Picayune Rotary, PO Box 1152, Picayune, MS 39466. David Guizerix, 601-798-4881(d); 504-847-1701(eve).

November 2. Ten Miles for Texas. RRCA National Championship Race. Ellen Earle, 713-265-3696. Texas Running Club, PO Box 8376, The Woodlands, TX 77387-8376.

November 10. San Antonio Marathon, 5-Mile Run, 3-Mile Walk. SAM, 1123 Navarro. San Antonio, TX 78205. 210-246-9652.

November 17. Houston Masters Sports Association 25K. Tom McBrayer, 4021 Montrose, Houston, TX 77006-4956.

November 23. Larry Fuselier State Championships, 25K and 10K. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

November 23. Tulsa Marathon, 263 E. 45th Pl., Tulsa, OK 74105. 918-744-0339.

December 8. Dallas White Rock Marathon, DWRM, 3607 Oak Lawn Ave., Dallas, TX 75219. Doris Lafayette, 214-528-2962.

December 8. Altel SLT 30K, Houston. Tom McBrayer, 4021 Montrose, Houston, TX 77006-4956.

December 14. Sunmart Texas Trail Endurance Runs, Huntsville State Park, Houston, Texas. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-638-1161.

December 21. The Wall-Louisiana State Championships, 30K and 15K. Abita Springs, La. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 5. 90th Jackson Day Race, 9K. New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

January 12. Houston Marathon. HM, PO Box 56464, Houston, TX 77024. 713-864-9305, 864-7525.

January 18. New Orleans Mardi Gras Marathon, 1/2 Marathon, 6K. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

February 16. Austin Marathon. SASE to Marathon, PO Box 684587, Austin, TX 78768. Lyle Clugg, race director, 212-505-8304.

WEST

Arizona, California, Hawaii, Nevada

November 2. Big Sur Trail Marathon, Big Sur State Park, Calif. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

November 2, 9, 23. 6th Annual USATF Pacific Association Cross-Country Series.



Andrea Otto, Carle Place, N.Y., W45 winner in 21:35, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 22. Photo by Mike Polansky

Different venue & distance each race. Race on 2nd will be run on same course as Masters Nationals, 12/7/96. 23rd is USATF West Regional Championships. Charles Alexander, 415-964-0643.

November 10. New Times Phoenix 10K, Phoenix, AZ. 602-229-1060.

November 16. Mission Bay 25K, San Diego. 800-450-SDTC.

November 17. Bowl to Bowl 5K Run/Walk, Rose Bowl, Pasadena. Jim Hanley, director, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

December 1. Western Hemisphere Marathon, Culver City, Calif. CC Recr. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650.

December 8. Palm Desert 5K/USATF Open Men's Championship, Palm Desert, Calif. Tim Murphy, Elite Racing, 10509 Vista Sorrento Pkwy, Suite 102, San Diego, CA 92121. 619-450-6510.

December 8. Tucson Marathon & Half-Marathon. Southern Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711. 520-325-2736; fax 770-9899.

December 8. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

December 8. Honolulu Marathon. HM Assoc., 3435 Wailae Ave. #208, Honolulu, HI 96816. 808-734-7200.

December 15. 19th Annual Lasse Viren 20K, Pt. Mugu St. Park (15 miles north of Malibu), Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744 or Ray Seay 805-647-4124.

December 21. 12th Mainly Masters 10K, San Diego. 800-450-SDTC.

January 11. Paramount 10K & Special World Masters 10K Race, Paramount, Calif. Standards for World Masters 10K. SASE to The Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 12. Steve Scott Festival of Races/USATF Master's Mile National

Championship, Santee, Calif. Elite Racing 619-450-6510.

January 19. San Diego Marathon & Half-Marathon, Carlsbad, Calif. SASE to In Motion, Dept. RT, 511 S. Cedros Ave., Ste. B, Solana Beach, CA 92075. 619-792-2900; fax 792-2901.

February 9. Las Vegas International Marathon & Half-Marathon & 5K. PO Box 81262, Las Vegas, NV 89180. 702-876-3870.

February 17. Great Aloha 8.25 Miles, Honolulu. Aloha Run, 1130 N. Nimitz Hwy., Bldg. A, Ste. 121A, Honolulu, HI 96817. 808-528-7388.

May 11. Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.

NORTHWEST

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

November 3. Dream Of Roses Women's 10K, Salem, Ore. 503-581-5313.

November 30. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-524-RUNS; 800-343-4411; fax 206-821-6387.

INTERNATIONAL

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

RACEWALKING

November 3. East Regional 50K Track Championships, Washington, D.C. area. Al Corallo, 1600 N. Oak St., #916, Arlington, VA 22207.

November 10. Florida AC Walkers/20K State Racewalk Championships. Mary King, 954-581-8755; Denise Shepard, 954-587-1510.

November 24. Gran Prix #1, 5K, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 East 83rd St., NY, NY 10028. 212-628-1317.

December 1. Gran Prix #2, 5K, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., NY, NY 10028. 212-628-1317.

December 15. Gran Prix #3, 5K, Central Park, NYC. See Dec. 1.

December 29. South Regional 50K Championships, Houston, Texas. Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072. 713-498-0027.

February 16. Silver State Indoor Masters Classic, Reno, Nev. Events added this year include a 3000M racewalk. Silver State Striders, P.O. Box 21171, Reno, NV 89515. 702-329-2814.

FIVE YEARS AGO November, 1991

- Laurie Binder, 44, Runs Record 2:35:08 in National Masters Marathon; Manuel Vera, 40, Logs 2:17:40
- Nancy Grayson, 41, Clocks 34:08 in Pittsburgh Great Race 10K

MASTERS CLUBS

Below is a list of masters track & 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

Achievements Unlimited Intl!
Women's MastersTrack Team
P.O. Box 2831
Elizabeth, NJ 07207
201/373-2353

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

NYRR
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 Howson 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

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205/995-5344

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 Edgehill Dr.
Huntsville, AL 35802
205/881-9077

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

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615/356-4607
rustri@ctrvax.vanderbilt.edu

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 Wilmingon Rd.
South Euclid, OH 44121

River to River RC
P.O. Box 1224
Manion, 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

Heartland Racewalkers
c/o Health Plus
4500 W. 107th
Overland Park, KS 66207
Alan Poisner, President
913/588-7510 (day)
913/649-3138 (eve)

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 941781
Plano, TX 75094
800/30 GO RUN 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
Jeff Batz
321 E. Josephine St.
Gonzales, LA 70737

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
210/651-5414

South Louisiana Masters TC
P.O. Box 3125
Lafayette, LA 70502-3125
318/984-4934

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

KEL Club
Gary Kelmenson
5601 Empire Grade
Santa Cruz, CA 95060

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

Show Time TC
8306 Wilshire Blvd., Suite 2
Beverly Hills, CA 90211
213/392-3338 (phone/fax)

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
Central Park TC
Corte Madera, CA 94976
415/924-8223

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
102110.540@compuserve.com

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

Eugene Running Club
351 Ransom Ct.
Eugene, OR 97401
Cathie Twomey Bellamy
541/343-4841

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

M30-35

Kenneth Hall Javelin 67.08 08-18-96
Jim Watts 400M 50.58 06-29-96

M35-39

Benedict Olusola Triple Jump 44-8 08-10-96

M40-44

Marty Higginbotham 5K 15:58.55 08-18-96
10K 32:58.11 08-18-96
Michael Johnson 800M 2:07.08 08-18-96

M45-49

Ron Bruce 35# Weight 12.61 09-01-96
Jerry Senters Discus 137-5 08-04-96
Shot Put 42-1 01-14-96

M50-54

Ron Bruce Hammer 43.72 09-14-96
Shot Put 12.93 09-14-96
Discus 40-64 09-14-96
Ernst Wendland 5K 16:27.4 06-21-96
10K 35:21 07-01-96
Mike Tolen 10K 35:50 08-31-96

M55-59

John Sloan Javelin 127-0 06-08-96

M60-64

John Luccio Triple Jump 9.14 06-30-96
300H 54.9 06-30-96
Len Rosen Discus 146-8 08-02-96
Shot Put 42-4 06-23-96
Shot Put 42-4 07-07-96

M65-69

Alan Maxwell 100HH 20.25 07-25-96
Don Sibigroth Triple Jump 27-6 07-13-96
Jerry Wojcik 25# Weight 10.43 07-20-96
Hammer 35.32 02-20-96
56# Weight 4.14 08-31-96

M80-84

Paul Narcessian Hammer 23-10 07-20-96

W40-44

Lynn Gray 5K 21:18 07-06-96

W45-49

Tish Roberts 5K RW 28:25 09-28-96

W50-54

Nancy Cornwall Shot Put 29.6 09-07-96

W70-74

Lucille Mahoney Long Jump 7-09 05-31-96

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
1 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
	6-4 1/2	6-3 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	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
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	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	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
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
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	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	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	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	26:38	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	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	18:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:56	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
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	10:35	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	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	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	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
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	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:56	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	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:34	9:19	17:43	30:33	49:56	1:02:46	1:36:01	2:08:58	2:44:53	3:23:31	4:35:23	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	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded times/.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
1 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	3-6½	3-4½	3-2½	3-0½	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	3-3½	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	9-4½	8-6½	7-8½	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	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	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	70-6½	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
20 Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16 Pwt.					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 put format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Weight Pentathlon Championships Bozeman, MT; Sept. 14

Name	Points	HT	SP	DT	JT	WT
M35						
1. Jensen, Ken	59.86m	13.55m	42.84m	42.26m	18.77m	
Wichita, KS	198'05.00	44'05.50	140'07.00	138'08.00	61'07.00	
Age graded mark:	59.86m	13.55m	42.84m	42.26m	18.77m	
Age graded percent:	71.89%	61.04%	60.24%	47.39%	78.01%	
Age: 38 Team pts: 10	3779	(840)	(701)	(722)	(522)	(994)

2. John, Daniel	55.52m	13.13m	47.34m	34.38m	17.35m	
Murray, UT	182'02.00	43'01.00	155'04.00	112'09.00	57'05.00	
Age graded mark:	55.52m	13.13m	47.34m	34.38m	17.35m	
Age graded percent:	66.67%	59.14%	66.56%	35.82%	69.41%	
Age: 39 Team pts: 8	3489	(768)	(675)	(815)	(361)	(870)

3. Jensen, Dale	45.50m	10.98m	34.86m	41.12m	12.17m	
Fairfield, MT	149'06.00	36'00.25	114'04.00	135'11.00	39'11.25	
Age graded mark:	45.50m	10.98m	34.86m	41.12m	12.17m	
Age graded percent:	54.74%	49.46%	49.02%	46.11%	50.58%	
Age: 36 Team pts: 6	2815	(604)	(545)	(561)	(504)	(601)

M40						
1. Gunn, Bob	34.58m	12.72m	33.82m	39.86m	11.97m	
Burlington, NC	113'05.00	41'08.75	111'03.00	130'09.00	39'03.25	
Age graded mark:	34.58m	12.72m	33.82m	39.86m	11.97m	
Age graded percent:	46.06%	60.74%	47.55%	49.11%	53.75%	
Age: 43 Team pts: 8	2913	(585)	(540)	(546)	(468)	

2. Watson, Richard	35.12m	10.85m	34.02m	47.72m	9.09m	
Yuma, AZ	115'03.00	35'07.25	111'07.00	156'07.00	29'10.00	
Age graded mark:	35.12m	10.85m	34.02m	47.72m	9.09m	
Age graded percent:	46.78%	51.81%	47.83%	58.80%	40.82%	
Age: 44 Team pts: 10	2762	(495)	(576)	(544)	(884)	(463)

3. Rehmsold, Kurt	28.66m	10.86m	24.70m	32.42m	10.61m	
Billings, MT	94'09.00	35'07.50	81'00.00	106'05.00	34'10.00	
Age graded mark:	28.66m	10.86m	24.70m	32.42m	10.61m	
Age graded percent:	34.42%	48.95%	34.73%	54.61%	42.43%	
Age: 41 Team pts: 6	2337	(329)	(537)	(361)	(624)	(486)

M45						
1. Edwards, Tim	44.06m	10.36m	37.48m	31.52m	13.65m	
Commerce City, CO	144'07.00	34'00.00	122'11.00	103'05.00	44'09.50	
Age graded mark:	44.06m	10.36m	37.48m	31.52m	13.65m	
Age graded percent:	65.14%	55.11%	57.70%	42.68%	66.26%	
Age: 48 Team pts: 6	3331	(745)	(620)	(685)	(456)	(824)

2. Von Rohr, John	41.26m	12.48m	32.56m	32.78m	12.40m	
Plantation, FL	135'04.00	40'11.50	107'01.00	107'04.00	41'04.25	
Age graded mark:	41.26m	12.48m	32.56m	32.78m	12.40m	
Age graded percent:	61.00%	66.38%	51.66%	44.39%	61.17%	
Age: 48 Team pts: 10	3293	(689)	(774)	(599)	(480)	(751)

3. Hedendal, Bruce	35.12m	11.19m	37.44m	38.50m	11.90m	
Delray Beach, FL	115'03.00	36'08.50	122'10.00	126'07.00	39'03.75	
Age graded mark:	35.12m	11.19m	37.44m	38.50m	11.90m	
Age graded percent:	43.22%	51.21%	40.98%	50.14%	44.53%	
Age: 48 Team pts: 8	3228	(565)	(680)	(684)	(591)	(708)

4. Sager, Bob	39.54m	11.14m	33.26m	35.56m	12.80m	
Bucaram, MT	129'09.00	36'06.75	109'01.00	116'08.00	42'00.00	
Age graded mark:	39.54m	11.14m	33.26m	35.56m	12.80m	
Age graded percent:	48.66%	51.15%	36.40%	46.22%	55.53%	
Age: 49 Team pts: 4	3220	(654)	(676)	(592)	(553)	(765)

5. Bowerson, Jerry	36.78m	10.64m	36.66m	34.80m	10.09m	
Hudsonville, MI	120'08.00	34'11.00	120'03.00	114'02.00	33'01.25	
Age graded mark:	36.78m	10.64m	36.66m	34.80m	10.09m	
Age graded percent:	45.26%	52.56%	40.12%	45.22%	42.14%	
Age: 49 Team pts: 2	3001	(598)	(640)	(667)	(558)	(578)

M50						
1. Gage, Tom	61.10m	15.51m	44.54m	33.50m	21.31m	
Billings, MT	200'09.00	50'10.75	146'01.00	110'11.00	69'11.00	
Age graded mark:	61.10m	15.51m	44.54m	33.50m	21.31m	
Age graded percent:	91.26%	83.57%	67.56%	49.85%	94.46%	
Age: 53 Team pts: 10	4741	(1111)	(1009)	(830)	(557)	(1234)

2. Broce, Ron	43.72m	12.93m	40.84m	34.45m	16.45m	
Loveland, CO	143'05.00	42'05.25	133'04.00	112'03.00	53'11.75	
Age graded mark:	43.72m	12.93m	40.84m	34.45m	16.45m	
Age graded percent:	54.30%	55.46%	43.82%	37.48%	58.22%	
Age: 50 Team pts: 8	3929	(748)	(818)	(743)	(700)	(920)

3. Mathews, George	48.78m	12.28m	33.72m	34.72m	16.71m	
Seattle, WA	160'00.00	40'03.50	110'07.00	113'11.00	54'10.00	
Age graded mark:	48.78m	12.28m	33.72m	34.72m	16.71m	
Age graded percent:	60.58%	54.49%	36.38%	49.50%	58.51%	
Age: 53 Team pts: 6	3733	(852)	(771)	(591)	(582)	(937)

4. Harvey, Rex	34.88m	12.24m	41.04m	43.26m	14.30m	
Mayfield Heights, OH	114'05.00	40'02.00	134'08.00	142'11.00	46'11.00	
Age graded mark:	34.88m	12.24m	41.04m	43.26m	14.30m	
Age graded percent:	52.03%	65.95%	62.25%	64.38%	63.39%	
Age: 50 Team pts: 4	3635	(567)	(768)	(752)	(765)	(783)

5. Percy, Ian	32.40m	11.71m	40.27m	44.64m	12.05m	
Greeley, CO	106'11.00	38'05.00	131'11.00	146'05.00	39'06.50	
Age graded mark:	32.40m	11.71m	40.27m	44.64m	12.05m	
Age graded percent:	40.48%	44.00%	43.38%	63.76%	53.35%	
Age: 51 Team pts: 2	3418	(635)	(810)	(610)	(643)	(521)

6. Behrens, Rich	24.76m	10.80m	30.88m	32.50m	12.77m	
Rancho Palos Verdes, CA	81'03.00	35'05.25	101'04.00	106'07.00	41'10.75	
Age graded mark:	24.76m	10.80m	30.88m	32.50m	12.77m	
Age graded percent:	36.93%	58.19%	48.84%	48.36%	56.60%	
Age: 54 Team pts: 1	2776	(362)	(662)	(530)	(536)	(686)

M55						
1. Hotchkiss, Dick	47.48m	11.40m	43.10m	39.14m	17.53m	
Green Valley, CA	155'09.00	37'05.00	141'05.00	127'09.00	57'06.25	
Age graded mark:	47.48m	11.40m	43.10m	39.14m	17.53m	
Age graded percent:	78.61%	68.47%	72.88%	51.30%	83.96%	
Age: 57 Team pts: 10	4024	(934)	(801)	(908)	(300)	(1081)

2. Biddinger, Steve	24.46m	10.82m	21.22m	17.18m	9.80m	
Fallon, NV	80'02.00	35'02.50	69'07.00	56'04.00	29'04.50	
Age graded mark:	24.46m	10.82m	21.22m	17.18m	9.80m	
Age graded percent:	33.68%	9.09%	25.50%	26.96%	10.77%	
Age: 58 Team pts: 4	1970	(406)	(496)	(358)	(289)	(430)

M60						
1. Humphreys, Bob	47.76m	12.34m	46.62m	24.62m	16.04m	
Camarillo, CA	156'08.00	40'06.00	152'11.00	80'09.00	52'07.50	
Age graded mark:	47.76m	12.34m	46.62m	24.62m	16.04m	
Age graded percent:	66.70%	16.73%	52.08%	39.12%	18.56%	
Age: 60 Team pts: 10	4134	(955)	(896)	(914)	(429)	(940)

2. Carstensen, Pay	37.26m	10.67m	32.88m	29.06m	14.29m	
Spring Hill, FL	122'03.00	35'00.25	107'10.00	95'04.00	46'11.75	
Age graded mark:	37.26m	10.67m	32.88m	29.06m	14.29m	
Age graded percent:	62.50%	65.18%	51.66%	48.11%	66.16%	
Age: 64 Team pts: 8	3421	(710)	(757)	(599)	(532)	(823)

M65						
1. Grady, Udo	38.06m	10.26m	30.44m	23.14m	13.89m	
Cranbrook, NC	124'10.00	32'07.50	101'12.00	75'11.00	45'06.75	
Age graded mark:	38.06m	10.26m	30.44m	23.14m	13.89m	
Age graded percent:	53.14%	13.47%	38.42%	41.50%	16.42%	
Age: 62 Team pts: 6	3337	(728)	(696)	(633)	(464)	(816)

3. Shannan, Fred	33.06m	10.26m	30.44m	23.14m	13.89m	
Tacoma, WA	108'05.00	33'08.00	99'10.00	75'11.00	45'07.00	
Age graded mark:	33.06m	10.26m	30.44m	23.14m	13.89m	
Age graded percent:	46.16%	13.81%	34.00%	36.76%	16.07%	
Age: 63 Team pts: 4	3071	(613)	(723)	(544)	(395)	(796)

4. Campbell, Murdo	22.20m	10.51m	32.48m	36.38m	11.27m	
Holmdel, NJ	72'10.00	34'05.75	106'07.00	119'04.00	36'11.75	
Age graded mark:	22.20m	10.51m	32.48m	36.38m	11.27m	
Age graded percent:	31.00%	14.24%	36.26%	57.80%	13.04%	
Age: 63 Team pts: 2	3026	(366)	(743)	(589)	(705)	(621)

M65						
1. Olson, Len	40.56m	12.73m	43.96m	38.82m	15.85m	
Portville, PA	133'01.00	41'09.25	144'03.00	127'04.00	52'00.00	
Age graded mark:	40.56m	12.73m	43.96m	38.82m	15.85m	
Age graded percent:	75.50%	86.60%	77.00%	70.62%	79.29%	
Age: 65 Team pts: 10	4781	(891)	(1051)	(790)	(856)	(1013)

2. Wojcik, Jerry	33.72m	8.60m	30.62m	28.94m	11.85m	
Eugene, OR	110'07.00	28'02.75	100'05.00	94'11.00	38'10.50	
Age graded mark:	33.72m	8.60m	30.62m	28.94m	11.85m	
Age graded percent:	62.77%	58.50%	53.63%	52.65%	59.28%	
Age: 66 Team pts: 8	3330	(714)	(667)	(627)	(597)	(725)

3. Weinbel, Ken	35.94m	8.91m	26.10m	21.30m	14.29m	
Seattle, WA	117'07.00	29'02.75	85'07.00	69'10.00	46'10.75	
Age graded mark:	35.94m	8.91m	26.10m	21.30m	14.29m	
Age graded percent:	66.72%	60.61%	45.72%	38.75%	71.49%	
Age: 69 Team pts: 6	3279	(768)	(695)	(514)	(402)	(900)

Age: 76 Team pts: 10	3540	(772)	(775)	(683)	(569)	(741)

1 White, Hansel	26.94m	9.46m	29.04m	25.80m	17.06m	
Holena, MT	88'05.00	31'00.50	95'03.00	84'08.00	42'10.25	
Age graded mark:	51.06m	17.67m	50.12m	59.78m	15.96m	

Continued from previous page

5000m

M30 Joseph Daniels	16:23.19
Ted Poulos	16:39.65
Wendall Brown	19:49.00
M35 John Rusinko	17:50.17
Dave Keaton	18:10.70
Timothy Good	20:33.50
M40 Maurice Pointer	16:45.06
M45 Don Kardong	18:23.45
J J Wind	18:56.87

10,000m

M30 Ted Poulos	34:31.0h
Wendall Brown	40:22.1h
M40 Mitch Jackson	39:39.9h
David O'Brien	48:34.9h
David Zielinski	1:05:37.4h
M45 Don Kardong	37:51.6h
J J Wind	39:24.7h
M50 Randall Washburn	46:16.6h
M70 Wendell Golden	52:46.4h
W30 Anjie Ekruith	47:37.0h

Short Hurdles

M35 Lloyd Jeremiah	15.31
Bob Shelton	17.63
Bill Emanuel	22.02
M40 John Emanuel Jr	19.68
M65 James Stookey	17.92
M70 John Emanuel	16.28

Long Hurdles

M55 John Sloan	1:23.4h
M65 James Stookey	49.9h
John Martin	59.9h

4x100m Relay

W40 PVTC (Klinger/Lary/Wright/Convery)	1:15.6h
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High Jump

M30 William Skinner	6-8
M35 Bruce McBarnette	6-8
Bob Shelton	5-8
Bill Emanuel	4-6
M40 John Emanuel	5
Johnnie Dye	4-6
M45 Randy Yohe	4-6
M50 Frederick Cook	4-4
M55 Jack Kuhns	4-6
John Sloan	4
Richard Fox	3-6
M60 Howard Cohen	3-9
M65 James Stookey	4-6
M75 Ed Matthews	3-9

Pole Vault

M35 Lewis Affronti	12
Richard Dye	11-9
M45 Johnnie Dye	11-3
Randy Yohe	8-9
M55 John Sloan	8-9
Jack Kuhns	7-3
Richard Fox	6-3
M65 Tom Rice	5-9
Robert Shear	4-9
M70 Jack Doorlay	6-9

Long Jump

M30 Robert Harding	5.38
M35 Benedict Olusola	6.21
Bob Shelton	5.96
Richard Dye	5.26
M40 Dennis Tucker	4.76
M50 Michael McDaniel	5.48
Palmer Sweet	4.24
Frederick Cook	4.06
M55 Albert Gardner	4.20
M60 Horace Stephens	4.07
Howard Cohen	3.50
Robert Premo	3.09
M65 James Stookey	4.47
Tom Rice	3.88
M70 Jack Doorlay	3.17
Ed Matthews	3.61
W40 Ann Marie Mushatt	3.31
W60 Audrey Lary	3.38
W65 Frances Haywood	2.34
W75 Carla Convery	1.74

Triple Jump

M30 Robert Harding	11.25
M35 Benedict Olusola	13.11
Bob Shelton	11.06
M50 Palmer Sweet	8.65
M65 James Stookey	10.08
Tom Rice	7.65
M70 Jack Doorlay	6.86
M75 Ed Matthews	7.75

Shot Put

M30 Andrellos Mitchell	7.36
M35 Bob Shelton	10.00
Edward Troy	8.45
M40 Scott Black	11.54
Gary Sutton	10.00
Chris Brevig	9.08
M45 Selden Cooper	13.68
John Priestley	11.16
Randy Yohe	7.32

M50 Barry Mehman	11.32
Palme Sweet	11.26
Victor Litwinski	10.02
M55 Jack Hoppenstein	10.44
Jack Kuhns	9.48
Richard Fox	7.88
M60 William Smith	10.82
Robert Premo	8.98
Howard Cohen	8.16
M65 Larry Horine	12.86
Robert Leishear	8.04
William Berger Jr	7.82
M70 John Haywood	9.98
Don Reid	9.94
Jack Doorlay	8.48
M85 Clarence Larson	6.04
W30 Dieder Chambland	7.54
W40 Ann Marie Mushatt	9.04
W45 Dru Klinger	5.90
W55 Evelyn Wright	8.68
W60 Audrey Lary	7.28
Sharon Good	5.42
W65 Frances Haywood	5.90
W70 Bernie Kleinschmidt	6.24
W75 Carla Convery	4.78

Discus

M35 Warren Taylor	48.76
Ronald Shickels	43.58
Phil Vincenzes	41.48
M45 Timothy Williams	41.22
Selden Cooper	35.70
John Priestley	29.10
M50 Terry Shuman	48.96
Jimmy Jones	43.96
Anatoli Welihozkiy	34.14
M55 Larry Pratt	47.30
Jack Hoppenstein	32.32
Jack Kuhns	32.26
M60 William Smith	42.72
Howard Cohen	25.72
Robert Premo	19.84
M65 Larry Horine	44.36
John Copp	33.36
Robert Leishear	31.84
M70 Don Reid	30.08
John Haywood	27.74
W45 Dru Klinger	15.84
W55 Evelyn Wright	23.80
W60 Audrey Lary	20.90
Sharon Good	11.43
Mary Ellen Horine	11.11
W70 Bernie Kleinschmidt	13.15
W75 Carla Convery	9.61
W80 Mary Latham	8.51

Javelin

M35 Bob Shelton	42.90
Edward Troy	20.14
M40 Chris Brevig	40.32
Gary Sutton	38.14
M45 Randy Yohe	51.86
M50 Russ White	57.62
Robbert Leishear	48.88
Jimmy Jones	39.68
M55 John Sloan	35.32
Jack Kuhns	31.42
Richard Fox	28.34
M60 Robert Premo	22.92
M65 Larry Horine	38.06
Robbert Leishear	31.38
Mark Richards	28.80
M70 John Haywood	26.20
Don Haywood	24.42
Jack Doorlay	23.56
M85 Clarence Larson	10.94

Weight Throw

M40 Chris Brevig	11.22
M45 John Priestley	10.66
Randy Yohe	8.21
M50 Terry Shuman	12.53
Anatoli Welihozkiy	10.37
M55 Jack Hoppenstein	8.36
Mike McR	6.90
Richard Fox	6.87
M60 Gordon Bobell	11.46
Robert Premo	5.41
M65 Robert Leishear	10.53
William Bergen Jr	7.65
M70 Don Reid	9.13
W60 Sharon Good	6.03
W70 Bernie Kleinschmidt	6.04

Mile RW

M45 John Gersh	8:44.6h
M50 Victor Litwinski	8:48.5h
M60 Cedric Hustace	9:26.0h
M70 Bill O'Reilly	10:44.5h
Charles Boyle	11:07.4h
M75 Meyer Mathis	13:36.9h

3000m RW

M35 A Zerougui	22:56.89
M45 B E Booth	14:49.61
M50 Victor Litwinski	17:38.82
Bill Masciangelo	20:21.89
M60 Cedric Hustace	18:18.60

W40 Rita Cronley	18:44.14
W55 Terry Hamilton	23:54.56
5000m RW	
M45 John Gersh	30:14.9h
M60 Cedric Hustace	31:21.8h
M70 Bill O'Reilly	36:30.4h
M80 Edward Seeger	38:11.6h
W30 Patricia Zerfas	30:39.5h
W40 Fran Carnevale	31:16.6h
W80 Mary Latham	44:29.0h

Hanover Weight Meets**Hanover, NH; Sept. 7 & 21**

--Sept. 7--

16# Shot Put	
Carl Wallin 54	46-8.75
Don Filkins 42	41-7 1/2
Bob Harvey 53	37-9 3/4
Carmen Letizia M42	37-8 3/4
Russ Foregger 58	33-9
6kg Shot Put	
Carl Wallin	50-5 1/2
Don Filkins	44-4 1/2
Bob Harvey	41-8
Packy Fusco 52	39-4 1/2
Russ Foregger	38-4
Ed Rowan 55	31-9

Discus

Bob Harvey 1.5k	136-4
Packy Fusco 1.5k	126-5
Don Filkins 2k	111-7
Russ Foregger 1.5k	101-0
Carmen Letizia	95-11
Ed Rowan	93-11

Hammer

Don Filkins 42	141-8
Carmen Letizia	107-7
Ed Rowan	93-11
--Sept. 21--	
16# Shot Put	
Carl Wallin 54	47-4
(single-age AR)	
Bob Mead 52	45-2
Carmen Letizia M42	38-0
6kg Shot Put	
Bob Mead 52	51-5
Carl Wallin	50-8 1/2
Ed Rowan 55	32-2 1/2

Discus

Bob Mead	151-9
Carmen Letizia	103-4
Ed Rowan	89-4
Hammer	
Bob Mead 6k	157-3
Carmen Letizia 16#	102-9
Ed Rowan 6k	89-4

New York Fall Mini-Meet**Kings Point, L.I., NY; Sept. 8****High Jump**

M55 Ed Kent	3-10
M60 Morton Hahn	3-6
M65 Art Kearney	4-0
M80 Ian Hume CAN	1.80m
Long Jump	
M45 Ivan Black	4.90
M60 Haig Bohigian	3.67
M65 Art Kearney	3.12
M75 Hillar Saareste	3.33
Triple Jump	
M45 Ivan Black	11.08
M55 Ed Kent	9.52
M60 Morton Hahn	5.76
M75 H Saareste	7.49
M80 Ian Hume CAN	7.18

Shot Put

M30 Glenn Thompson	16.72
M35 Warren Taylor	15.31
M40 Karl Johnson	14.62
Tony Licone	12.39
M45 Rich Dunphy	12.01
M50 Selden Cooper 16#	13.72
Terry Shuman	13.57
Ed Nook	12.38
Eric Weissbrot	10.36
M55 Brian McKenna	10.68
M60 William Barker	11.30
Martin Kintish	10.65
Morton Hahn	7.51
M80 Ian Hume CAN	8.68
W40 Barbara McEwen	6.78
W50 Roslyn Katz	8.20
Joyce Bahr	7.00
Betty Baumach	6.95
W60 Anne Cirulnick	8.21
W65 Chris McKenzie	6.85

Discus

M30 Glenn Thompson	43.54
M35 Warren Taylor	46.02
M40 Tony Ciccone	43.36
Karl Johnson	41.46
M45 Rich Dunphy	31.80
Dennis Chandler	31.74
M50 Terry Schuman	47.90
Selden Cooper	40.78
Ed Nook	31.92
Eric Weissbrot	30.42
M55 Brian McKenna	31.92
M60 Martin Kintish	39.54
Bill Barker	36.46

Haig Bohigian	31.26
George Zink	29.14
M80 Ian Hume CAN	24.10
W40 Barbara McEwen	15.94
W50 Roslyn Katz	20.96
Betty Baumach	19.38
Joyce Bahr	15.10
W60 Anne Cirulnick	17.50
Curlye Faber	17.00
W65 Chris McKenzie	15.86

Hammer

M50 Terry Shuman	46.12
Eric Weissbrot	26.80
M55 Brian McKenna	32.88
M60 Bill Barker	31.20
Martin Kintish	31.02
M70 Jim Crawford	36.66
M80 Ian Hume CAN	23.62
W40 Barbara McEwen	18.42
W50 Roslyn Katz	30.06
Betty Baumach	19.92
Joyce Bahr	18.24
W60 Curlye Faber	25.00
Anne Cirulnick	23.62

Javelin

M45 Dennis Chandler	48.94
Ivan Black	32.03
M50 Carl Levine	26.30
M55 Frank Iluzzi	37.32
Brian McKenna	25.00
M60 Martin Kintish	29.96
Bill Barker	29.00
Morton Hahn	28.52
Haig Bohigian	26.78
M65 Art Kearney	30.06
M80 Ian Hume CAN	24.06
W40 Barbara McEwen	12.27
W50 Betty Baumach	20.10
Roslyn Katz	18.60
Joyce Bahr 10.60	
W60 Curlye Bahr	15.33
Anne Cirulnick	13.84

Weight Throw

M30 Glenn Thompson	10.18
M35 Warren Taylor	9.15
M45 Dennis Chandler	11.05
Frank Monroe	10.27
M50 Terry Shuman	12.08
Carl Levine	7.01
M55 Brian McKenna	7.83
M60 Martin Kintish	11.23
Bill Barker	9.45
M70 Jim Crawford	9.73
M80 Ian Hume CAN 12#	7.09
W50 Roslyn Katz	10.37
W60 Anne Cirulnick	7.09

SOUTHEAST**Jacksonville TC Classic****Jacksonville, FL; July 27**

100m	
M30 Donald Rhett	10.59
M35 Bernard Scott	11.5
M40 Craig O'Neal	14.0
M45 Cleve Smith	11.69
M55 Ray Shores	12.84
200m	
M30 Bruce Hardy	23.0
M40 Walter Voner	29.0
M45 Ezra Abdullah	24.5
400m	
M30 Kerry Jackson	55.1
M35 Robert Randall	57.3
M40 Steve O'Brien	63.8
M45 Ezra Abdullah	57.5
800m	
M30 Jim Purvis	3:04
M35 Hal Garyn	2:28.9
M40 Steve O'Brien	2:45
1 mile	
M30 Derrick Cooper	5:25
M35 Curtis Wilson	5:18
M40 Steve O'Brien	5:51
M55 Tom Sullivan	7:03
Two Mile	
M35 Hal Garyn	11:22.4
M40 Steve O'Brien	12:57
M45 Bob Fernus	11:54

High Jump

M30 Darin Merritt	6-0
M40 Tony Boujiss	5-0
M45 Ezra Abdullah	5-1
Long Jump	
M30 Darin Merritt	21-4 1/2
M35 Paul Roberts	14-7
M45 Ezra Abdullah	19-10 1/2
M55 Ray Shores	12-9.75
Shot Put 12#	
M55 Charles Fennelle	44-0
Shot Put 16#	
M40 Jack Owens	24-0

Discus

M30 Mike Riesmeyer	128-0
M40 Larry Jeffords	73-2
M45 Bob Hume	121-4
M70 Don Hall	69-0

Javelin

M35 Paul Roberts	93-7
M40 Jack Owens	74-2
M70 Francis MacNutt	62-0

Hot Feet Series Meet**Florence, SC; Sept. 21**

100m	
M45 Clayton Hudson	14.8
M55 Mike Valle	14.4
400m	
M50 Wayne Jackson	74.0
5000m	
M40 Bob Barrett	20:13
W35 Betsy Johnson	26:49
Long Jump	
M45 Clayton Hudson	3.58m
Shot Put	
M55 Mike Valle	11.12

Continued from previous page

W60 Joan Doucet	87.02
W65 Ida Ruttler	1:43
W70 Lilli Marjon	1:50
W75 Samia Doro	2:02
800m	
M50 Robert Guajardo	2:37.40
M55 Frank Noland	2:49.18
M60 Herman Agoyo	2:37.64
M65 Wm Greaves	3:05.34
M70 Harry White	3:13.99
M80 Lloyd Houston	4:32.96
M85 Casimir Bechner	4:04.17
Anthony Denardis	4:12.16
W50 Nancy Mina	4:41.63
W55 Sally McLean	4:17.81
W60 Rose Chavez	4:01.43
W65 Ida Ruttler	4:19.16
W70 Lilli Marjon	4:11.00
W75 Samia Doro	4:33.53
1500m	
M50 Robert Guajardo	5:15.08
M55 Charles Harris	5:00.96
M60 Bill Dodson	5:23.82
M65 Everett Edgington	8:23.49
M70 Harry White	6:26.14
M85 Casimir Bechner	8:37.56
Anthony Denardis	8:41.15
W50 Jackie Marr	6:09.19
W55 Angelina Valdez	10:23.41
W60 Rose Chavez	7:52.15
W65 Marcella Samuelson	10:54.86
W70 Lilli Marjon	8:32.64
W75 Samia Doro	9:14.55
5000m	
M50 Robert Guajardo	19:32.18
M55 Charles Harris	19:05.14
M60 Bill Dodson	20:55.41
M65 Dale Goering	21:23.04
M70 Cecil Brown	24:22.44
M75 Larry Johnson	26:37.70
M85 Anthony Denardis	33:45.44
W50 Vivian Einikainen	22:35.70
W60 Rose Chavez	28:15.23
W65 Inez Ross	33:21.24
W70 Lilli Marjon	30:50.65
W75 Samia Doro	33:26.85
High Jump	
M55 Rex Smith	4-9
M60 Herman Agoyo	4-3
M65 Jim Powell	4-2
M70 Bill Samples	3-8
M80 Henry Olguin	2-3
M85 Casimir Bechner	3-5
W60 Joan Doucet	3-5
Pole Vault	
M50 Russell Carr	7-6
M55 Rex Smith	8-6
M60 Frank Love	5-0
M65 James Turner	9-0
M70 Ed Duncan	6-11
Long Jump	
M50 Russell Carr	14-8.75
M55 Ken Madley	17-5.2
M60 William Hearne	13-7.4
M65 Jim Powell	15-4
M70 Shennan Duncan	9-11.75
M75 Vincent Newman	9-8
M80 Henry Olguin	6-1
M85 Casimir Bechner	9-5
W50 Eliz Rauschenberger	10-2.75
W60 Joan Doucet	10-6.2
W65 Ruby Marchant	6-9.2
W70 Josephine Edwards	4-7
W75 Harriet Oyle	7-2.75
Shot Put	
M50 Paul Economides	46-6
M55 Clyde Gossert	38-3
M60 Floyd Riddle	32-10
M65 Carl Longerot	30-9.2
M70 Edwin Johnson	30-7.2
M75 Robert Broadbent	25-4.2
M80 Jack Pardee	24-4.3
M85 Larry Sandoval	20-11
W50 June Decker	20-11
W55 Barbara Hutchinson	26-4
W60 Dorothy O'Neal	21-11
W65 Char Strain	22-3
W70 Ann Toya	22-7.2
W75 Ida Maye Sanders	14-11.2
W80 Lou Sandoval	12-10
Discus	
M50 Paul Economides	142-5
M55 Tim Fleming	105-11
M60 Floyd Riddle	131-7
M65 Carl Longerot	95-5
Roy Johnson	94-1
M70 Edwin Johnson	101-2
M75 Robert Broadbent	65-1
M80 Ralph Bowyer	70-7
M85 Larry Sandoval	53-10
W50 Fern Sanchez	41-9
W55 Gloria Mitchell	61-0
W60 Dorothy O'Neal	53-4
W65 Arlene Mayer	63-4
W70 Ann Toya	52-9
W75 Wilma Ross	36-3
W80 Lou Sandoval	36-8
Javelin	
M55 Stephen Anspach	118-3
M60 Floyd Riddle	109-0
M65 Jerome Demack	108-0
M70 Al Bechetti	98-5
M75 Robert Broadbent	67-7
M85 Larry Sandoval	49-2
M90 Arturo Valencia	20-7
M95 John Pino	21-4
W50 Fern Sanchez	28-10
W55 Gloria Mitchell	62-9
W60 Dorothy O'Neal	49-10

W65 Jeanne Reimer	42-7
Char Strain	42-7
W70 Ann Toya	46-2
W75 Harriet Oyle	39-7
W80 Lou Sandoval	27-11
1500m Racewalk	
M50 Gerald Bunton	8:10
M55 Winston Crandall	7:45
M60 Arnold Levick	8:16
M65 Ryszard Nawrocki	9:34
M70 George Caron	9:49
M75 Harry Pratt	12:03
W50 Susan Griffen	11:13
W55 Hsuko Goodson	9:51
W60 Placy Padilla	13:10
W65 Paulette Caron	9:52
W70 Norma Houston	11:18
W75 Josephine Burum	11:47
5000m Racewalk	
M50 Gerald Bunton	30:24
M55 Winston Crandall	27:30
M60 Arnold Levick	29:28
M65 Ricardo Tenorio	35:37
M70 Hubert Rhymes	35:08
M75 Richard Stark	38:56
M85 Cleve Pomranky	46:56
W50 June Decker	39:41
W55 Hsuko Goodson	34:39
W60 Marj Larragoite	35:50
W65 Paulette Caron	34:31
W70 Norma Houston	38:12
W75 Ruth Foreman	41:05

Blair Open Meet
Blair, NE; July 28

100m	
M30 Jeff Hageman	11.46
M40 David Lee	13.36
M50 Tom Bassett	12.13
M60 Byron Winter	18.44
W30 Carol Moravec	11.88
W40 Geri Wenhoff	14.92
200m	
M30 Jeff Hageman	23.28
M40 Jeff Evangelist	24.88
M50 Tom Bassett	24.53
M60 Byron Winter	38.98
W30 Carol Moravec	24.32
W40 Geri Wenhoff	31.60
400m	
M30 John Allen	53.8
M40 Jeff Evangelist	59.0
M50 Howard Weisser	64.2
M60 Byron Winter	86.9
W40 Geri Wenhoff	71.5
1600m	
M30 Ted Blatter	5:55
M50 Jack Mattiens	6:00.5
800m	
M60 Byron Winter	25.98
Long Jump	
M30 Bruce Fattig	17-2
M50 Jack Martinez	12-4.2
W40 Geri Wenhoff	12-2
Triple Jump	
M30 John Allen	38-11.2
M50 Bob Everoski	28-0
Shot Put	
M30 Tom Carlstrom	37-10
M50 Virgil Paulsen	39-1.2
W30 Baiba Cunard	31-3
Discus	
M30 John Allen	101-4
M50 Virgil Paulsen	125-0

Senior Olympics
Blue Springs, MO; Sept. 14-16

50m	
M50 William Selbe	6.32
M55 Jack Harris	7.91
M60 Vern Schewe	7.34
M65 Earl Ventura	7.13
M70 Ernie Hammond	8.94
M75 Bob Warwick	8.95
M80+ Lloyd Allen	11.37
W50 Terry Powell	8.75
W55 Shirley Schumacher	10.85
W65 Jocann Collins	10.10
100m	
M50 William Selbe	12.41
M55 Ron Litzler	14.60
M60 Wendell Roehrs	13.37
M65 Earl Ventura	13.78
M70 Ernie Hammond	21.18
M75 Bob Warwick	13.03
W50 Terry Powell	16.81
W55 Shirley Schumacher	23.40
W60 Jocann Collin	20.34
200m	
W50 William Selbe	25.65
M55 Jack Harris	32.53
M60 Wendell Roehrs	27.69
M70 Ernie Hammond	39.12
M75 Bob Warwick	39.12
W80+ Clifford Gouge	1:30.91
400m	
M50 William Selbe	1:06.06
M55 Mike Hosper	1:33.34
M65 Charles Hedges	1:15.47
M70 Clayton Huillier	3:28.77
M80+ Clifford Gouge	3:28.66
800m	
M50 Joe Struempf	2:37.96
M55 Michael Hooper	3:12.07

M65 Charles Hedges	3:05.78
M80+ Clifford Gouge	7:27.47
1500m	
M50 Joe Struempf	5:19.47
M55 Michael Hooper	6:16.50
M60 Art Jimenez	5:52.07
3000m	
M50 Joe Struempf	11:51.69
M55 Michael Hooper	15:07.78
M60 Art Jimenez	11:51.69
W50 Patricia Nott	19:21.16
High Jump	
M50 George Ruh	3
M55 Dale Shelby	4-10
M60 Alan Lange	4-6
M65 J C Brown	5
M70 Ernie Hammond	3-8
M75 Bob Warwick	3-8
W60 Joeann Collins	3-3
Long Jump	
M50 Bill Selby	14-10
M55 Ronald Litzler	12-10.50
M60 Walter Diggs	14-0.50
M65 William Cannon	7-6.50
M70 Ernie Hammond	8-10
M76 Bob Warwick	9-5.50
W55 S Schumacher	8-4.50
W60 Jocann Collins	9-2
W70 Yula Stone	4-6
Shot Put	
M50 George Ruh	32-10
M55 Al Salmon	36
M60 Walter Diggs	37-2
M65 Earl Ventura	37-3
M70 Kelly Green	28-10
M75 Leo Chapman	30
M80+ Lloyd Allen	18
W55 Nancy Whisler	26-4
W60 Jocann Collins	24
W70 Yula Stone	14-3
Discus	
M50 Virgil Johnson	28.99
M55 Al Salmon	33.15
M60 Walter Diggs	42.72
M65 Earl Ventura	36.27
M70 Kelly Green	23.18
M75 Leo Chapman	23.52
M80+ Lloyd Allen	11.85
W55 Nancy Whisler	16.82
W70 Yula Stone	8.89
1500m RW	
M50 Phillip Jacob	9:30.44
M60 Alan Poisner	8:29.28
M65 Larry Pifer	11:42.56
M70 Ernie Hammond	12:09.34
M80+ Clifford Gouge	13:33.84

Paaev Nurmi Challenge
Denver, CO; Sept. 15

-Age-adjusted time & combined standard-	
Men	Age 1500 5000
S Schafer	40 4:17.4 15:55.6 162.1
C Widness	26 4:19.5 15:58.7 161.2
R Ames	35 4:23.5 16:21.4 158.2
F Kunkel	47 4:18.7 16:58.7 156.7
A Haveling	26 4:26.7 17:55.8 150.2
B Hoybal	53 4:44.8 18:18.8 143.7
J Dugus	33 4:34.6 18:33.0 145.5
S Huda	42 4:57.2 19:02.2 138.0
J Pappas	49 4:58.7 19:38.0 135.6
A Davis	31 4:59.5 19:54.1 134.5
Women	
D Palmarson	58 4:35.6 18:21.8 162.0
K Recker	26 5:09.8 19:21.6 148.8
Wittbrinney	36 5:38.2 21:02.8 136.5
-1000 each to winning man & woman-	
Order is based on combined adjusted time	

SOUTHWEST

Sooner State Games
Norman, OK; June 29

100m	
M30 R Adventure Jones	11.80
M35 Mike Houston	11.70
M40 Colin Williams	11.54
M45 Jim Dolezel	11.95
M50 Tom Fisher	12.90
M55 Dale Lance	12.70
M60 Bob Santine	13.48
M65 Jack Pritchard	14.30
M70 Bill Carter	15.00
M75 Doc Bennett	19.20
W35 Regina Ndubuisi	12.90
W40 Lisa Lassiter	17.70
W45 Suzanne Williams	14.20
W50 Nina Bryant	15.47
W55 Sue Tunncliff	18.60
200m	
M30 Phil Koons	25.05
M35 Freddie Wilson	22.79
M40 Robert Wright	25.83
M45 Jim Dolezel	24.30
M50 George Marchetti	26.87
M55 V T Aktansel	30.23
M60 Glendale Markwell	28.19
M70 Bill Carter	32.02
W30 Andrea Troupe	42.80
W35 Regina Ndubuisi	30.09
W45 Suzanne Williams	29.42
W50 Nina Bryant	34.33

400m	
M35 Jeff Lindsey	52.29
M40 Robert Wright	57.58
M45 Jim Dolezel	57.78
M50 George Marchetti	62.40
M55 Jim Kennedy	67.82
M60 Glendale Markwell	72.39
M75 Fisher Lewis	97.26
W45 Suzanne Williams	67.97
W55 Janet Myers	85.32
800m	
M30 Rob Noland	2:29.36
M35 Jeff Lindsey	1:58.92
M40 Brooks Wright	2:14.56
M45 Greg Owings	2:17.13
M50 Sam Pfennig	4:05.15
M55 Jim Kennedy	2:38.51
W40 Marce OlsnLestr	2:41.70
W45 Suzanne Williams	2:40.90
W55 Janet Myers	3:13.30
1500m	
M30 Paul Sadorph	5:04.52
M35 Jim Coleman	4:36.05
M40 Steve Calonkey	5:23.45
M45 John Hoke	4:56.34
M55 David Badgley	5:48.73
M60 Glendale Markwell	6:43.12
W55 Janet Myers	6:42.33
3000m	
W55 Janet Myers	14:11.10
5000m	
M30 Robert Noland	18:43.90
M40 Jim Fiedler	20:10.20
M45 Leonard Hansen	20:27.00
M50 Ron Kuykendall	18:54.00
M55 Roy Kelly	33:01.30
Short Hurdles	
M40 Colin Williams	14.12
M50 Tollie Bibb	20.45
M55 Dale Lance	20.29
Long Hurdles	
M40 George Hall	70.97
M50 Tollie Bibb	63.00
W35 Fran Olsen Sharp	86.56
4x100m Relay	
M30 NW OKC Express	42.05
M50 Oldmans Team	68.01
W30 Eastside Steppers	64.61
4x400m Relay	
M30 Express TC	3:28.52
High Jump	
M30 Trace Oswald	1.73
M35 John Sharp	1.42
M45 Jim Dolezel	1.53
M50 Jim Johnson	1.68
M55 Wayne Skartwed	1.00
M60 Glendale Markwell	1.22
M75 Doc Bennett	1.17
W35 Fran Olsen Sharp	1.25
Pole Vault	
M30 Daniel Dial	17-0
M45 Mike Steinmetz	9-6
M55 Dale Lance	12-0
M60 Charles Crawford	7-6
M65 John Rutheford	7-6
W55 Sue Tunncliff	6-6
Long Jump	
M30 R Adventure Jones	5.45
M35 Don Broceus	5.03
M40 Buddy Myers	4.66
M45 Jim Dolezel	5.58
M50 George Marchetti	5.23
M55 Wayne Skartwed	3.78
M60 Glendale Markwell	4.33
M70 Bill Carter	3.85
M75 Doc Bennett	3.26
W40 Suzy Calonkey	2.71
W50 Judith Murphy	nma
W55 Sue Tunncliff	2.69
Triple Jump	
M45 Jim Dolezel	10.48
M50 Sam Pfennig	7.76
M55 Wayne Skartwed	9.30
M60 Glendale Markwell	9.42
M75 Doc Bennett	6.78
Shot Put	
M30 Tom Arrington	12.87
M35 Ken Ellis	11.58
M40 David Rhatigan	13.00
M45 Ed Forester	11.12
M50 Ken Curtis	10.26
M55 Shepperd Miers	12.80
M60 Brad Bauser	11.60
M65 Engle Grow	10.70
M75 Doc Bennett	7.83
W35 Lynne Cameron	8.16
W40 Gisela Otis	12.32
W50 Annis Brauser	6.78
W55 Sue Tunncliff	7.43
Discus	
M30 Tom Arrington	42.77
M35 Ken Ellis	39.14
M40 David Rhatigan	40.48
M45 Ken Hogan	35.16
M50 Rod Lamb	35.44

Continued from previous page

W40 Cheryl Mellenthin	55-11
W70 Ruth Seeger	65-5
Weight Throw	
M35 David Bolles	32-11.50
Steve Bolles	28-3.50
M40 Jeff Baty	43-4
M45 Jerry Brewer	29-9
Randall Hollis	16-10
M50 Monroe Ashworth	20-2.75
M55 John Conniff	29-6.25
Howard Zingg	28-3.25
Don North	22-10.50
M60 John Cantrell	42-4.50
Milton Brady	35-7.50
Ward Landry	27-11.25
M70 Adolph Hoffman	30-11.50
Fred Adams	26-11
Robert Dew	20-25
W35 Carol Finsrud	39-11.50
Superweight	
M35 Steve Bolles	18-5
David Bolles	18-3
M40 Jeff Baty	25-10.50
M45 Jerry Brewer	19-2.25
M50 Monroe Ashworth	13-10.25
M55 John Conniff	20-8.25
Howard Zingg	17-3.75
Don North	15-1.75
M60 John Cantrell	18-0
Milton Brady	14-9.50
Ward Landry	13-5.50
M70 Adolph Hoffman	21-7
Fred Adams	18-3
W35 Carol Finsrud	16-1

WEST**Timber Wolf TC Meets
Sacramento, CA**

--Aug. 11--	
100m	
M45 Roger Trujillo	12.2
M50 Gary Wuest	13.2
200m	
M45 Paul Mullinger	30.7
800m	
M45 Rich Hayes	2:35
1600m	
M45 Rich Hayes	5:58
3200m	
M45 Rich Hayes	13:30
110mH	
M45 Ed Baskauskas	17.6
Long Jump	
M45 Roger Trujillo	18-10
M50 Gary Wuest	14-9½
M55 John Lawson	16-1½
Triple Jump	
M45 Roger Trujillo	39-1
M55 John Lawson	32-6
M60 John Reed	24-7
Shot Put	
M55 Warren Ilsohm	30-8½
M65 Rick DeGregorio	32-4
Discus	
M40 John Price	119-4
M45 John Gallen	72-10
M55 Warren Ilsohm	110-3
M60 John Reed	96-5
M65 Rick DeGregorio	111-6
Javelin	
M45 John Gallen	92-5
M50 Gary Wuest	88-9
M60 John Reed	89-1
--Aug. 28--	
100m	
M50 David Naylor	12.3
400m	
M45 Paul Mullinger	66.0
110mH	
M45 Ed Baskauskas	17.6
High Jump	
M50 Gary Wuest	4-5½
M60 John Reed	4-3
Long Jump	
M50 Gary Wuest	15-1½
Triple Jump	
M50 Tobie Wolf	29-9
Shot Put	
M60 Dennis Rietz	35-9
M65 Ira Barkman	32-3
W45 Avril Naylor	23-6½
Discus	
M60 Dennis Rietz	115-4
M65 Rick DeGregorio	107-2
Javelin	
M45 Ed Baskauskas	122-0
M60 John Reed	83-6

**Northern California Seniors
TC Meet
UC-Berkeley; Sept. 8**

100m	
M35 Mark Kibart	11.58
M40 Greg Belancio	12.28
M45 Paul Raymond	12.27
Gregg Bunker	12.87
Ray Yeck	13.11
M50 Stan Whitley	11.70
Curtis Thomas	13.22
Gary Patterson	13.23
M55 Phil Maresca	13.80
Bob Fuller	14.15
Benson Ford	14.40
M60 Bobby Thomas	12.76
Marvin Snoller	14.02
Allen Schmidt	16.41

M65 John Poppell	13.69
Mel Melgosa	14.41
Tom Harney	16.56
M70 Alden Bryant	18.2
M75 Frank Toner	15.95
Konrad Slaughter	18.25
M85 Wilfred Bigelow	42.7
M45 Martie Behrens	15.54
Sharlet Gilbert	16.20
M55 Almeta Parish	18.7
M60 Fei-Mei Chou	16.6
M65 Shirley Dietderich	18.7
W85 Alice Jackson	42.3
200m	
M40 Greg Belancio	25.33
M45 Paul Raymond	25.25
Gregg Bunker	25.78
M50 Stan Whitley	23.41
Steve Gilman	27.37
David Romain	27.92
M55 Mel Brooks	26.08
Phil Maresca	28.60
Bob Fuller	29.13
M60 Bobby Thomas	25.68
Murvin Snoller	28.41
Allen Schmidt	33.53
M65 John Poppell	28.50
Mel Melgosa	30.15
Milton Meux	33.75
M75 Frank Toner	34.3
Konrad Slaughter	40.2
M85 Wilfred Bigelow	61.0
W35 Darlene Green	30.46
W45 Martie Behrens	32.18
W60 Fei-Mei Chou	36.53
W65 Shirley Dietderich	43.58

400m	
M35 Nikos Mourtos	57.17
M40 Charles Missouri	62.50
M45 Gregg Bunker	58.59
Paul Raymond	64.54
Lamar Turner	67.38
M50 Stan Whitley	52.43
Greg Burke	60.56
M55 Mel Brooks	56.26
Bob Fuller	69.93
M60 Marvin Snoller	67.67
Allen Schmidt	nta
W35 Darlene Green	66.8
W45 Martie Behrens	69.9
Sharlet Gilbert	70.4
W50 Nancy Nevin	90.8
800m	
M30 Lloyd Anderson	1:58.68
Noah Hinkston	1:59.64
Jeff Mann	2:05.45
M35 David Lucas	2:04.21
Nikos Mourtos	2:08.23
Conn Chateaubriant	2:38.73
M50 Greg Burke	2:18.89
M55 Jim Williams	2:22.28
M60 Pete Richardson	2:30.37
M65 John Gregson	3:08.20
W40 Melinda Morse	2:35.98
W45 Sharlet Gilbert	2:38.77
W50 Nancy Nevin	3:43.08
1500m	
M30 Noah Hinkston	4:12.16
M35 David Lucas	4:23.08
M45 Conn Chateaubriant	5:06.23
Lamar Turner	5:48.3
M50 Fred Martin	5:14.89
Tom Mann	6:11.9
M55 Jim Williams	4:39.81
Gene Gilligan	5:06.75
M60 Pete Richardson	5:17.23
M65 John Gregson	6:11.0

3000m	
M40 Brian Boyle	11:40.7
M45 Tom Bennett	11:26.6
M50 Greg Burke	10:35.2
Gary MacPherson	10:50.3
Craig Edwards	10:54.9
M55 Gene Gilligan	10:42.6
M60 Bernie Hollander	11:08.1
Carl Jackson	12:16.6
George Moss	12:19.5
W30 Stephanie Vannicola	11:00.4
W50 Nancy Nevin	13:24.9
W55 Shirley Matson	11:05.1
(pending age-group AR)	
W60 Vicki Bigelow	12:26.8
Short Hurdles	
M35 Roshay Ransom	39" 14.46
Tony Akerker	39" 14.53
M65 Paul Bambrook	21.75
Tom Harney	23.67

300mH	
M65 Larry Fullington	62.3
High Jump	
M45 Mike Holzgang	1.50
M50 William Wood	1.40
M55 Dick Hotchkiss	1.45
M60 John Steinman	1.35
M65 Paul Bambrook	1.25
Tom Harney	1.25
Charles Bispala	1.15
M70 Jerry Silsdorf	1.22
W45 Barbara Stratton	1.05
Pole Vault	
M35 Jerry Strong	15-8
M40 David Earsley	11-6
M45 Paul Heglar	12-0
Jeff Bingham	11-6
Eddie Seese	11-6
M50 Roger Werne	12-0
M60 John Steinman	8-6
M65 Tom Harney	7-6
M70 Jim Johnson	7-0

Long Jump	
M45 Jim Manor	5.33
Mike Holzgang	4.89
M50 William Wood	4.92
Curtis Thomas	4.65
Dale Nelson	3.58
M55 Richard Imperiale	4.38
M60 Phil Presber	4.64
M65 Paul Bambrook	4.27
Tom Harney	3.34
W45 Barbara Stratton	3.10
W50 Nancy Nevin	2.90
W60 Fei-Mei Chou	3.13
Triple Jump	
M45 Jim Manor	10.76
M50 William Wood	9.91
M55 Richard Imperiale	8.86
M65 Paul Bambrook	8.57
W45 Barbara Stratton	6.93
W60 Fei-Mei Chou	6.71
Shot Put	
M50 Tad Pataki	46-3½
M55 Dick Hotchkiss	36-11½
Rasal Terhune-Young	32-10½
M60 Jim Hart	43-9½
Stew Thomson	41-3½
John Steinman	33-11½
M65 Charles Bispala	32-7
Tom Harney	27-2
M70 Jerry Silsdorf	29-10.75
M80 Ross Carter	37-4½
W55 Cherrie Sherrard	32-9
Almeta Parish	22-4.75

Discus	
M45 John Gallen	20.36
M50 Lad Pataki	48.94
David Nuttall	33.46
M55 John Burns	34.62
R Terhune-Young	33.94
M60 Stew Thomson	50.40
Jim Hart	43.98
John Steinman	37.74
M65 Milton Meux	32.08
Charles Bispala	29.28
Tom Harney	20.06
M70 Jerry Silsdorf	20.10
Alden Bryant	19.14
M75 John Kilbuck	26.60
Bob Stone	15.22
M80 Ross Carter	32.68
W55 Cherrie Sherrard	21.20
Almeta Parish	13.96
W60 Fei-Mei Chou	16.76
W65 Shirley Dietderich	18.42

Hammer	
M45 John Gallen	17.00
M50 David Nuttall	28.32
M55 Dick Hotchkiss	45.62
R Terhune-Young	41.48
M60 Stew Thomson	48.40
Jim Hart	38.52
M70 Jerry Silsdorf	18.30
M75 Bob Stone	13.22
Javelin	
M30 Ken Hall	63.74
M35 John Hansen	53.52
M45 Bob Powers	49.92
John Gallen	24.66
M50 David Nuttall	35.80
M55 John Burns	45.04
R Terhune-Young	37.44
M65 Milton Meux	30.16
Charles Bispala	22.06
Tom Harney	21.94
M75 John Kilbuck	25.72
W65 Shirley Dietderich	18.54

**KELfield 4th Annual Meet
Santa Cruz, CA; Sept. 21**

Shot Put	
M30 John Garvey	36-10
M35 Andy Miller	35-11
M40 Rich Watson	36-1½
M45 Gary Kelmenson	36-3½
M50 Rick Bahrons	35-4
M60 Gary Dawson	23-8½
Discus	
M30 John Garvey	142-6
M35 Andy Miller	138-11
M40 Rich Watson	113-9
M45 Gary Kelmenson	118-10
M50 Rick Bahrons	111-7
M60 Gary Dawson	71-7
Hammer	
M35 Mike Venning	133-0
M40 Rich Watson	118-3
M45 Gary Kelmenson	135-7
M50 Rick Bahrons	92-0
M60 Stew Thomson	164-3
Javelin	
M40 Rich Watson	154-6
M45 Gary Kelmenson	104-8
M60 Gary Dawson	42-9
25# Weight	
M50 Rick Bahrons	41-½
M60 Stew Thomson	56-1½
56# Weight	
M35 Mike Venning	27-10½
M40 Rich Watson	17-11
M45 Gary Kelmenson	29-4
M60 Don Hughes	19-1
35# Weight	
M35 Andy Miller	43-1
M40 Rich Watson	36-10
M45 Gary Kelmenson	43-1
M60 Don Hughes	28-4

**Club West 23rd Annual
Masters Meet
Santa Barbara, CA; Oct. 5**

50m	
M30 Al Demus	6.76
M35 Wayne Ita	6.43
Jean Pierre Masbanji	7.27
M40 Kai Bergher	6.93
John Garza	6.96
Ken Stone	7.03
M45 Glen Johnson	6.78
Sheridan Groves	6.98
Lex Freitas	7.20
M50 David Naylor	6.95
Nathan Asberty	7.06
Eddie Watson	7.11
M55 Phil Maresca	7.49
Ron McNight	7.62
Terry Roway	7.65
M60 Rober Tsuda	7.35
M65 Will Robinson	7.66
Mel Melgosa	7.67
Paul Bambrook	7.71
M70 Frank Benedict	8.5h
George Simon	9.1h
M75 Clarence Killion	9.1h
M80 Bert Morrow	9.1h
W35 Elaine Iba	7.58
April Thomas	8.59
Linda Cummings	9.63
W40 Kathryn Herring	9.38
W45 Avril Naylor	7.89
W55 Kathy Bergen	7.71
W65 Magdalena Kuchne	9.26
100m	
M35 Wayne Iba	11.48
Robert Sands	11.76
Warren Washington	11.93
M40 Steve Cummings	11.14
Scott Shaughnessy	12.22
Kai Bergher	12.37
M45 Glen Johnson	12.16
Sonny Hatton	12.52
Thierry Boucquey	12.59
M50 Stan Shitley	11.84
David Naylor	12.71
Dale Herring	12.81
M55 Phil Maresca	13.69
Ron McNight	13.94
M60 Bobby Thomas	12.33
Roger Tsuda	13.50
M65 John Poppell	13.53
Paul Bambrook	13.53
Mel Melgosa	14.28
M70 Frank Benedict	16.02
Tom Miller	16.15
Joe Welch	17.75
M80 Bert Morrow	17.95
W35 Elaine Iba	14.14
Linda Cummings	16.31
April Thomas	17.34
W40 Kathryn Herring	17.41
W45 Mary Libal	12.73
W55 Kathy Bergen	14.37
W65 Shirley Diederich	19.89
200m	
M35 Robert Sands	23.91
Wayne Iba	23.97
Jean Pierre Masbanji	26.51
M40 Steve Cummings	24.76
Scott Shaughnessy	25.15
Jim Bonilla	25.16
M45 Glen Johnson	25.64
George Weston	27.44
Phil Gucsin	29.02
M50 Stan Whitley	23.58
David Naylor	26.23
Nathan Asberty	26.61
M55 Phil Maresca	28.55
M60 Bobby Thomas	25.43
M65 John Poppell	28.17
Mel Melgosa	30.42
Jim Selby	30.61
M70 Tom Miller	34.86
Frank Benedict	35.82
Joe Welch	37.08
M75 Clarence Killion	37.73
M80 Bert Morrow	38.64
W35 Elaine Iba	30.72
Linda Cummings	34.96
W45 Mary Libal	26.33
400m	
M30 John Sprague	53.52
M35 Tim Jones	56.87
Joe Paz	58.01
Richard La Claire	59.21
M40 Steve Cummings	55.40
Kai Bergher	58.22
Neal Bojko	59.42
M45 David Salazar	56.32
Phil Guesin	1:02.01
M50 Stan Whitley	52.82
Steve Shephard	1:01.53
Herb Adams	1:10.22

Continued from previous page

Hammer	
M40 Scott West	117-2
M45 Mike Deller	145-6
John Gallen	51-10
M60 Stewart Thompson	166
Jim Hart	121-7
M65 Dave Douglas	105
Allen Norris	67
M70 Bill Bangert	114-6
Jerry Gilsdorf	66-4
M75 Jim Minah	112
Javelin	
M40 William Gardner	143-11
M45 Bob Powers	164-7
Ed Baskauskas	139-11
Scott Wolfe	131-9
M55 Steve Wordell	123-8
Joe Marino	111-8
Terry Rowan	92-6
M60 Phil Chelen	157-8
Phil Cnley	148-4
M65 Del Pickarts	145-9
Mark Richards	93-0
Dave Douglas	88
M95 John Whittemore	23-6
W30 A Bublak	138-2
W50 Karen Huff	75-2
W60 Christel Miller	85
W65 Shirley Dietrich	56-7
1500m RW	
M50 Gerry Koenig	10:26.37
W50 Anne Poxin	10:51.84
3000m RW	
M50 Gerry Koenig	20:58.43
M70 Bob Davidson	25:18.37
W50 Anne Poxin	22:26.58
*Pending World Record	

NORTHWEST**International Law Enforcement Games**

Salt Lake City, UT; Aug. 11

100m	
M30 R Harris	TN 11.42
M35 D Cherry	NY 11.60
M40 K Mahlan	FL 12.01
M45 D Pelkey	NY 12.57
M50 F Cheung	HKG 12.90
M60+L Henry	NY 14.43
W35+K Liggins	TN 12.63
200m	
M30 K Hughes	MD 22.32
M35 D Cherry	NY 23.01
M40 K Mahlan	FL 24.36
M45 E Dobbins	TN 26.33
M50 F Cheung	HKG 28.25
M60+L Henry	NY 31.01
W30 M Clelland	FL 30.77
400m	
M30 K Hughes	MD 52.63
M35 D Cherry	NY 51.52
M40 D Frederick	NY 54.97
M50 F Cheung	HKG 66.42
M60+D Cowan	CAN 75.65
W35+K Chan	HKG 77.87
800m	
M30 R Phillipson	FL 2:01.50
M35 T Jones	CA 2:11.52
M40 N Hawk	AZ 2:12.88
M45 T Avondorph	MD 2:19.42
M50 S Evans	FL 2:31.48
M60+D Cowan	CAN 3:06.65
W30 K Clawson	AZ 2:43.14
W35+K Chan	HKG 2:58.35
110mH	
M30 N Albaloooshi	DUB 16.17
M35 I Kuen	HKG 20.91
M40 T Ciccone	NJ 16.42
M45 W Sikorsky	CT 18.72
M50 L Tucker	AZ 20.83
4x400m Relay	
M35 Arizona	4:02.76
M40-44 Hong Kong	4:22.51
M50-59 Ohio	5:10.08
Sprint Medley Relay	
M30-34 USA	1:39.75
M35 Arizona	1:50.97
M40-44 Hong Kong	1:59.27
M50-59 New York	2:20.17
High Jump	
M30 C Callioras	NY 5-8
M35 D Washington	CA 5-6
W Derrick	NV 5-6
M45 B Paris	FL 5-2
M50 E Creiviz	DUB 5-4
Long Jump	
M30 C Callioras	NY 21-2 1/2
M35 T Banyat	CA 16-6 1/2
M40 J Bowers	AZ 16-10 1/2
M45 D Derry	USA 17-1 1/2
M50 L Tucker	NM 14-7
Shot Put	
M30 B Koch	TX 44-0
M35 B Wolverton	NJ 44-8 1/2
M40 Tony Ciccone	NJ 52-5 1/2
M45 J Cothrun	AZ 46-2 1/2
M50 E Fox	NY 40-11 1/2
M60+J McFarland	OK 36-4 1/2
W30 M Eymann	OH 30-7
W35+D Quigley	AUS 30-10 1/2

Hammer	
M35 M Stewart	UT 64-9
M40 J Kilmer	CA 140-1
M45 L Sequin	TX 69-5
M50 J Arline	FL 127-2
M60+J McFarland	OK 86-2
W30 M Eymann	OH 66-0
W35+D Quigley	AUS 89-4
Javelin	
M30 W Derrick	NV 143-11
M35 M Stewart	UT 99-8
M40 M Hollan	TX 143-2
M45 J Cothrun	AZ 136-1
M50 E Fox	NY 148-1
M60+P Conger	OH 78-7
W30 M Eymann	OH 97-2
Half-Marathon	
M30 M Sajostedt	SWE 1:26:09
M35 D Francisco	AZ 1:20:40
M40 V Krist	RUS 1:36:16
M45 Y Wo	HKG 1:37:35
M50 V Thayer	TN 1:44:04
M60+L DeLeonardi	USA 1:48:21

INTERNATIONAL**Italian Veterans National Championships**
Cesenatico; June 27-30

100m	
M40 Gaetano Falcone	11.87
M45 Antonio Rossi	11.91
M50 Giancarlo Mariani	12.47
M55 Amando Sardi	12.47
M60 A Chimichelli	13.40
M65 Vittorio Biagiotti	13.91
M70 Eddo Foroni	15.34
M75 Dino Dario	16.97
W35 Nadia Bandini	13.36
W40 Laura Brugnara	14.63
W50 Giusy Rustici	14.84
W55 Marilena Landi	17.00
W60 Emma Mazzenga	15.66
200m	
M40 Antonio Scarano	23.52
M45 A Rossi	23.53
M50 Paolo Gava	25.65
M55 A Sardi	25.49
M60 S Martinez	27.33
M65 V Biagiotti	29.89
M70 E Foroni	31.16
M75 Ugo Sansonetti	30.99
W35 D Bandini	28.02
W40 Patrizia Gini	28.59
W45 Domenica Preite	32.23
W50 G Rustici	31.45
W55 E Mazzenga	34.01
400m	
M40 A Scarano	53.95
M45 A Dragoni	55.43
M50 V La Camera	58.42
M55 A Sardi	62.67
M60 S Martinez	60.70
M65 Antonio Salvadori	80.56
M70 E Foroni	74.51
M75 U Sansonetti	74.03
W35 Rosanna Rosati	62.16
W40 Anna Micheletti	68.70
W45 Rita Del Pinto	70.59
W50 G Sangemano	72.69
W60 Teresina Tonazzo	97.28
800m	
M40 R Brancatelli	2:06.53
M45 Rino Fusina	2:08.82
M50 Carlo Michelon	2:20.98
M55 Giovanni Segà	2:31.24
M60 Giuseppe Capuzzo	2:28.03
M65 Lodovico Bonvecchi	2:32.75
M70 Nicolino Lugano	3:07.36
M80 Carlo Fuselli	3:47.13
W35 Rosanna Rosati	2:23.59
W40 Rosita Pirhofer	2:23.93
W45 Annamaria Vaghi	2:42.69
W50 Mailis Blom	2:35.57
1500m	
M40 R Brancatelli	4:20.97
M45 Rino Fusina	4:28.44
M50 Italo Tognoloni	4:38.29
M55 D Gabriele	5:05.00
M60 Enzo Bionardi	5:28.05
M65 L Bonvecchi	5:18.94
M70 A Vicinelli	6:23.46
M75 Pietro Nasi	6:47.26
W35 S De Pasquale	4:56.38
W40 Silvana Cattaneo	5:05.06
W45 Lucia Soranzo	5:09.70
W50 M Blom	5:27.24
5000m	
M40 G Bisognani	15:56.48
M45 G Masarazzi	17:42.70
M50 Ezio Rober	16:33.12
M55 V Spuzzillo	17:05.08
M60 E Bionardi	20:23.23
M65 V Montinaro	19:25.26
M70 Sergio Agnoli	19:37.67
M75 P Nasi	24:28.72
W35 S De Pasquale	18:32.49
W40 Milena Cazzador	20:04.52
W45 L Soranzo	19:05.93
10,000m	
M40 Ermes Bertuzzi	34:56
M45 Franco Zuffa	33:44
M50 Bruno Bettinelli	35:25
M55 Bruno Manzetti	37:40
M60 Fernando Ghignola	42:27
M65 Angelo Squadrone	44:58
M70 S Agnoli	39:59
M75 Dante Intelligente	54:33

Short Hurdles	
M40 Paolo Oltremari	19.18
M45 Antonio Montaruli	18.04
M50 Andriano Menegazzi	17.79
M55 M Vietina	16.90
M60 Rino Feltrin	20.20
M65 Enzo Azzoni	18.34
M70 Guido Cialdella	17.26
M75 Bruno Sobrero	16.05
W40 Rosanna Possagno	19.41
W45 Paola Sagot	15.96
W50 Rosanna Franchi	16.67

Long Hurdles	
M40 Claudio Rapaccioni	62.17
M45 Roberto Mancini	64.29
M50 Andriano Menegazzi	69.08
M55 Guido Mazzoli	79.67
M60 Salvatore Martinez	49.76
M65 Diego Febbe	53.10
W35 Rosanna Rosati	72.40
W40 Rosanna Possagno	1:48.05
Steeplechase	
M40 R Brancatelli	10:22.54
M45 Fausto Pugga	11:29.24
M50 Giorgio Bianchi	11:04.75
M55 Mauro Lucchini	13:34.30
M60 Silvano Gottardo	8:27.90
M65 Martino Cuder	9:05.40
M70 A Vicinelli	10:00.55

High Jump	
M40 Giuseppe Danieli	1.63
M45 Angelo Vecchio	1.69
M50 Anton Holzgethan	1.60
M55 Giorgio Bortolozzi	1.54
M60 Mario Ancillotti	1.27
M65 Giuseppe Mainenti	1.36
M70 Philip Lalic	1.33
M75 Antonio Zanzi	1.18
M80 Carol Millesimi	1.05
W35 Giuseppina Grassi	1.50
W45 Paola Sagot	1.29
W55 Elvina Collavizza	1.20
W60 Giulia Perugini	1.20
Pole Vault	
M40 Sergio De Pretis	3.80
M40 Bruno Chiavegato	3.10
M55 Galdino Rossi	3.20

Long Jump	
M40 Claudio Noce	5.96
M45 P Molinaris	5.69
M50 Sabatino Vespier	4.89
M55 Delfino Davoglio	5.57
M60 Al Chiminelli	4.70
M65 Enzo Azzoni	4.20
M70 Vanni Pedrina	3.95
M75 Antonio Zanzi	3.57
W35 Cristina Miniati	4.81
W40 Laur Brugnara	3.57
W45 Domenica Preite	3.70
W50 Rossana Battistini	3.38
W55 Marilena Landi	3.52
W60 Caterina Pernigotto	3.55

Triple Jump	
M40 Adriano Ugazio	12.43
M45 Piercarlo Molinaris	12.32
M50 Luigi Bardone	9.43
M55 G Bortolozzi	10.92
M60 Raffaello Permattei	9.70
M65 Giuseppe Mainenti	9.67
M75 Antonio Zanzi	7.85
Shot Put	
M40 Carlo Sbermini	12.49
M45 Francesco Carcioffo	12.96
M50 Dario Duca	11.54
M55 Mario Piccolo	12.13
M60 Romano Soddu	12.45
M65 Renato Marcandelli	11.42
M70 Sergio Longhi	11.43
M75 Cesare Denatteis	8.67
M80 Giovanni Pertile	10.32
W35 Nadia Checchini	7.80
W40 M R Ingrosso	9.98
W45 Rossella Bardi	9.26
W50 Maria Fornari	7.09
W60 Dina Cambruzzi	7.50
W65 Maria Surza	8.38
W70 Livia Dematteis	6.08

Discus	
M40 Massimo Casanova	33.74
M45 Antonio Maino	34.00
M50 Dario Duca	42.48
M55 Giuseppe Petracci	36.18
M60 Alberto Celant	38.00
M65 R Marcandelli	39.84
M70 Giovanni Agnelli	34.38
M75 C Dematteis	29.22
M80 G Pertile	26.86
W35 Emanuela Mingoni	26.08
W40 Simonetta Testi	24.40
W45 R Bardi	30.36
W50 Rosanna Franchi	18.18
W60 Dina Cambruzzi	20.16
W65 M Surza	23.26
W70 L Dematteis	13.20

Hammer	
M40 Massimo Dreassi	43.42
M45 Cesare Melani	38.58
M50 Guido Toniolo	45.62
M55 Franco Bechi	46.04
M60 Francesco Sterchele	44.28
M65 Armando Landuzzi	34.96
M70 Giuseppe Scanabissi	23.40
M75 Alfio Surza	38.72
W40 Rosanna Possagno	16.36
W60 Germana Poggiolini	18.56
W65 M Surza	25.52
Javelin	
M40 Paolo Perbellini	53.42
M40 Roberto Dugatto	39.46
M50 Vanni Rodeghiero	55.22
M55 Mario Piccolo	46.22

M60 Raffaele Adornato	36.52
M65 Hermann Visenteiner	44.08
M70 Alfredo Mazzoli	33.42
M75 A Surza	26.64
M80 Giovanni Pertile	27.40
W35 Angela Frattini	37.54
W40 Angela Vannella	20.60
W45 Paola Sagot	17.70
W50 Teresa De Pace	14.32
W55 Elvina Collavizza	23.70
W60 Dina Cambruzzi	14.44
W65 Anna Flaibani	20.16

European Veterans Championships
Malmo, Sweden; July 20-28

100m	
M40 S Peters GBR	11.26
M45 W Seidel POL	11.72
M50 P Adomake FIN	11.89
M55 I Babos HUN	12.18
M60 R Bocki GER	12.47
M65 B Neumann GER	12.87
M70 A Multart SWE	13.90
M75 B Sobrero ITA	14.18
M80 G Marabotti ITA	15.49
W35 M Slushkina RUS	12.20
W40 T Verhoef-Jacobs HOL	12.58
W45 G Otto GER	12.92
W50 V Parsons GBR	13.30
W55 B Hoffman GER	13.83
W60 C Roovera HOL	14.12
W65 C Franzen GER	16.34
W75 M Wixey GBR	19.05

200m	
M40 S Peters GBR	22.23
M45 D Langagneux FRA	23.67
M50 W Toacher GER	24.47
M55 G Mueller GER	24.39
M60 H Gasper GER	26.19
M65 B Neumann GER	26.16
M70 A Multart SWE	29.01
M75 B Sobrero ITA	29.89
M80 H Liedtke SWE	32.79
W35 C Muller SUI	26.27
W40 T Verhoef-Jacobs HOL	25.88
W45 A Knipping BEL	26.51
W50 I Bluhm DEN	27.26
W55 B Hoffman GER	28.13
W60 Roovera HOL	29.43
W65 C Franzen GER	33.66
W70 P Schneiderman GER	32.59
W75 G Svensson SWE	37.62

400m	
M40 S Peters GBR	50.20
M45 V Felicetti ITA	52.71
M50 W Peitzmeier GER	54.65
M55 G Mueller GER	54.65
M60 H Gasper GER	57.96
M65 B Neumann GER	57.52
W35 Z peto AUT	58.60
W40 T Verhoef-Jacobs HOL	58.89
W45 A Knipping BEL	59.68
W50 Y Priestman GBR	1:04.42
W55 B Hoffman GER	1:06.09
W60 J Jansen NOR	1:13.90
W65 C Franzen GER	1:18.53
W70 M Shone GBR	1:19.45
W75 G Svensson SWE	1:38.94

800m	
M40 C Cabral POR	1:57.31
M45 P Molloy GBR	2:02.45
M50 L Duffey GBR	2:08.09
M55 W Scheidt GER	2:11.88
M60 M Fox GBR	2:21.63
M65 B Neumann GER	2:23.17
M70 R Bergman SWE	2:23.77
M75 H Josephson SWE	2:53.96
M80 A Oaelaar BEL	3:38.79
W35 A Koop GER	2:08.70
W40 D Ven Den Ven HOL	2:23.89
W45 C Marier GBR	2:18.14
W50 I Janhunen FIN	2:34.78
W55 J Jansen NOR	2:45.03
W60 B De Preter BEL	3:10.91
W70 N Naumenko RUS	3:10.72

Continued from previous page

M75 P Darrot FRA	3918
W35 J Brown GBR	3950
W40 A Alderman HOL	3705
W45 M Dahia SUI	3813
W50 E Steehle GER	3758
Weight Pentathlon	
W40 V Maganas GRE	3718
W45 A Busterud NOR	4028
W50 R Kresinski POL	4239
W55 H Rocken GER	4500
W60 R Leino FIN	NA
M65 R Rzechak GER	4915
M70 B Berglund SWE	4442
M75 G Hakensson SWE	4067
M80 G Schepe GER	3828
W35 C Cameron GBR	2806
W40 A Jensen DEN	3527
W45 I Faldager DEN	3837
W50 H Boker GER	3917
W60 J Schaefer GER	4614
W70 M Barth GER	4135
5000m RW	
M40 J Pinto POR	21:47.9
M45 A Olenik RUS	23:37.8
M50 J Flaia TCH	24:58.9
M55 A Palmar EST	24:42.0
M60 G Weidner GER	24:36.9
M65 T Tuomela FIN	27:40.9
M70 T Simons GBR	30:20.4
M75 U Lilja FIN	33:29.1
M80 V Hallikainen FIN	38:39.0
W35 E Siegle AUT	29:08.0
W40 K Malrn SWE	26:56.4
W45 R Meinschmidt GER	26:28.3
W50 M Steiner SUI	27:32.8
W55 W Seller GER	26:59.2
W60 J Mossier FRA	30:10.8
W65 M Anderson SWE	36:37.1
W70 U Theune GER	37:23.1
W75 A Rolle GER	42:07.6
10,000m RW	
W35 E Siegle AUT	59.43
W40 K Malrn SWE	55:36
W45 R Meinschmidt GER	55:56
W50 M Steiner SUI	57:25
W55 W Seller GER	58.05
W60 J Sommer FRA	1:00:06
W65 M Anderson SWE	1:12:01
W70 U Theune GER	1:12:43
20,000m RW	
M40 F Parya TCH	1:38:23
M45 J Siegle AUT	1:44:45
M50 P Eisfelter GER	1:49:20
M55 A Palmar EST	1:48:29
M60 G Weidner GER	NA
M65 M Rutyna POL	1:58:08
M70 T Simmons GBR	2:11:20
M75 U Lilja FIN	2:21:20
M80 V Hallikainen FIN	2:43:22
Marathon	
M40 G Hendricks IOL	2:28:21
M45 I Gomez POR	2:31:33
M50 P Wechler GER	2:38:06
M55 P Lessing GER	2:39:17
M60 P Raty FIN	3:02:29
M65 K Linder SWE	2:59:05
M70 S Agnoli ITA	3:02:47
M75 G Anderson SWE	4:05:08
M80 A Osselaer BEL	4:08:10
W35 N Hansteen NOR	2:54:47
W40 M Van Mol BEL	2:56:27
W45 R Sainte FRA	3:07:03
W50 G Wettstein SUI	3:07:41
W55 A Wentzen GER	3:09:21
W60 J Rosinska POL	3:36:51
W65 H Kundig SUI	4:29:39

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. 15

Overall	
John Keesler 37	147:135
Sue Ellen Trapp 50	137:350
M40 Tom Andrews	135:266
Rick Lindquist	121:666
Roy Heger	106:988
Kurt Madden	101:016
Kevin Setnes	97:648
Frank MacMillan	85:302
John Surdyk	77:445
Paul Pelke	75:939
Randy Gehring	75:200
Ray Krolewicz	73:179
Max Waldrop Jr	63:976
Jim Garcia	50:508
Doug Krieger	41:528
Richard Bonitati	40:175
Chris Gibson	39:284
M45 Bill Seldomridge	131:496
Tom Green	121:563
Neil Weygandt	114:875
David Frank	109:995
Al Kralovansky	108:088
Ed Stuart	103:628
Gordon Chace	100:004
Robert Wasson	98:319
Bob Gracie	94:472
Ron Grimes	92:750
Verton Troyer	85:640
Irwin Greenbaum	85:145
Terry Wasalaski	77:632
Rob Cook	73:119
John Durham	67:344
Steven Clark	62:854
Ed Harwood	61:732
Fred Davis III	56:120
Tom Dembinski	31:427
M50 Newton Baker	115:776
Ed Dodd	107:918
John Giovengo	101:016
Paul Daniel	83:111
Don Creager	80:812
Jim Emig	80:812
Marc Reddy	80:812
Dion Gjurasin	78:415
Tony Kammerer	77:445
David Hughes	72:725
Bill Piper	70:711
Robert Barnard	56:120
Burnsie Holder	56:120
David Frank	50:508
Ed Stark	39:284
Rich Radez	37:648
M55 Ed Rousseau	118:487
Nona Roof	114:484
Joe Beams	105:543
Gaylon Dodson	101:907
Jim Barnes	101:016
Bill Mack	85:618
Albert Mesarosh	76:323
Harry Berkowitz	62:854
Rick Wilcox	56:242
Harold Foote	56:120
John Karkalis	43:773
Sherr Timmins	41:486
Bruno Fioretti	39:284
M60 Richard Fedion	108:066
David Payette	97:364
Bob Ranta	88:731
Robert Horner	82:273
George Isom	82:108
Mike Morrin	74:246
Gene Turnipseed	68:466
Andrew Lovy	62:854
Carl Pegels	62:854
Don Williams	59:487
Don Reinhold	53:875
Robert Robins	33:672
M65 Walter Kosydar	67:344
Hunter Goin	55:500
Dictino Mendez	47:475
Terry Mohler	43:773
Hubert Danaceau	41:528
Bill Austin	26:937
M70 Burt Carlson	76:323
M75 Howard Henry	80:812
W40 Sylvie Andonie	119:997
Irene Weston	92:868
Becky Harwood	50:508
Wendy Fraker	17:958
W45 Jacqueline Donahue	90:914
Jane Marsh	55:586
Nancy Porter	55:184
Pat Payette	39:284
W50 SueEllen Trapp	137:350
Linda Elam	104:383
Charlotte Gerkin	102:877
Janet Delucia	88:731
Pat LehmanJedrek	74:372
Janice Novachoff	63:657
Karen Hundley	56:120
Carol Sweeney	41:209
W55-W60 none	
W65 Sarann Mock	77:797
Mary Ranta	20:203

USATF National Masters
Marathon Championships/
Twin Cities Marathon
Minneapolis, MN; Oct. 6

Overall	
Joel Orwonga 23	2:13:13
Oiga Appell 33	2:27:59
M40	
Antoni Niemczak	NY 2:20:25
Jury Mikhailov	RUS 2:20:37

Brad Hawthorne	CA 2:23:17
Doug Kurtis	MI 2:24:39
Graham Macky	NZL 2:25:06
Romas Sausaitis	LIT 2:25:43
Miguel Tibaduiza	NV 2:29:02
Steve Winchel	WI 2:29:24
Tony Rodiez	WI 2:31:20
Lloyd Stephenson	CA 2:35:10
Ron Whetham	MN 2:35:22
Jeff Delic	FL 2:35:48
Terry Stewart	MN 2:38:28
Tom Stevens	MD 2:39:02
Al Zetterlund	MD 2:43:42
David Johnson	NE 2:44:36
Pete Lentino	MN 2:44:49
Terry Bannan	MN 2:48:10
Tim McLaughlin	MN 2:48:37
Timothy O'Brien	MN 2:50:41
Keith Kowalsky	MN 2:51:25
Wayne Drealan	MN 2:52:17
Jerry Heaps	MN 2:52:41
Tim Larson	MN 2:53:13
Hannu Kinnunen	CAN 2:53:23
Lenny Doshayes	MN 2:53:30
Jim Barrett	IA 2:53:44
Steve Moe	MN 2:54:37
Eric Bergh	MN 2:54:39
Steve Moosbrugger	MN 2:55:31
James Amundson	MN 2:55:33
Bert Moniot	CAN 2:55:46
Larry Reis	IA 2:57:29
Joe Herdina	SD 2:58:14
Bob Gazda	MI 2:58:45
Tom Dougherty	MO 2:58:52
Steve Perlmutter	CAN 2:58:58
Tom Schumacher	WI 2:59:22
Jim Barmen	AL 2:59:31
Scott Weir	CA 3:00:11
M45	
Artemio Navarro	MEX 2:21:17
Curt Hoegh	IA 2:38:00
Tim Freeman	CO 2:42:22
Doug Suker	MN 2:48:42
Charles Possin	WI 2:49:48
Bill Engert	NE 2:51:16
Ron Buck	MN 2:52:08
John Cretzmeyer	MN 2:54:50
Pablo Vera	VA 2:57:00
Mike McAvoy	WI 2:57:12
Wayne Walvatine	MN 2:58:35
Gene Marsolek	MN 2:59:26
Steve Holler	WI 2:59:39
Kevin Paten	MN 2:59:47
J C Hoffman	MN 3:00:00
Jerry Rice	NH 3:00:38
Mike Myres	MN 3:01:08
Luke Brock	MN 3:02:46
Daryl Blakeborough	MN 3:02:52
Stephen Maupin	MN 3:03:33
Steve Liebmman	MT 3:03:34
Jim Jacobsen	IA 3:04:08
Wallace Williams	VIR 3:04:08
Jake Czapiewski	MN 3:05:07
Al Andersen	MN 3:05:37
M50	
Kjell-Erik Stahl	SWE 2:27:06
Jared Mondry	MN 3:48:53
Leon Clegg	MN 2:51:31
Bob Dehrens	MN 2:51:41
W B Scullion	SCO 2:52:36
Norm Purrington	MN 2:53:37
John Emmons	MN 2:54:30
Denny Wintheiser	MN 2:55:16
Joe Carlson	MN 2:56:18
Larry Ochendorf	MN 2:56:28
Don Mathieu	MN 2:58:57
Kris Marinoff	MN 3:01:55
Roger Fisher	MN 3:02:13
John Boyle	FL 3:03:53
Bob Besinger	MN 3:04:17
Bud Mixon	MN 3:05:30
David Bange	WI 3:10:02
Bob Dahl	MN 3:10:08
Mike Seltner	MN 3:12:44
Brad Yoder	TN 3:13:07
M55	
Joe Burgasser	FL 2:45:38
Walter Peet	MT 3:04:29
Jim Fahrback	WI 3:06:55
Richard Hessler	MO 3:09:04
Steve Wedman	MN 3:16:53
Hank Larson	MN 3:17:16
George Usovskis	MN 3:20:02
John Southeray	MN 3:20:32
Jim Mayerle	MN 3:21:10
Paul Hernes	AR 3:23:36
Jerry Bruce	MI 3:24:05
David Demarest	NE 3:28:10
Jerry Carter	MI 3:30:29
Jim Lally	MN 3:31:16
Dave Johnson	MN 3:31:32
Woody Ferry	MN 3:33:30
Don Baumann	IL 3:42:11
Ad Zerin	CAN 3:42:19
Shirali Moradi	IA 3:43:53
Ed Rousseau	MN 3:44:40
Rick Kieyman	MN 3:44:42
M60	
Bill Dodson	NM 3:03:44
Jim Schleisman	IA 3:24:38
Art Harris	IL 3:43:23
Stan Bell	WI 3:45:37
Gerald Onstad	MN 3:47:57
Pat Brown	MN 3:51:28
Robert Viaud	MN 3:52:07
Antonio Polo	MEX 3:53:38
Dennis Hier	MN 3:54:15
Les Goenner	MN 3:59:11
Dayle Declerq	MN 3:59:29
Robert Kruse	MN 4:00:52
Ray Eiland	MN 4:04:18
Bob Rodarte	MO 4:05:06
Graham Mondor	WI 4:09:14
M65	
Grey Prom	MN 3:20:39
Bill Galtbrecht	MN 3:34:33
Bill Engle	NJ 3:47:04
Arnie Gilbertson	MN 3:59:07
Charles McJilton	MN 4:03:36
John Wyckoff	MO 4:07:47
Roger Hauge	MN 4:10:29
Dick Guthrie	IL 4:13:41
Robert Thorbus	MN 4:24:47
Vance Johnson	MN 4:39:14
M70	
John Keston	OR 3:00:58
(M70-74 record/3:01:14/Utes/1990)	
Harold Hubbard	MN 3:35:11
Lloyd Young	MN 3:55:21
Fred Dodd	MN 4:03:45
Jim Waterman	IA 4:14:11
Richard Stromme	MN 4:28:01
John Burton	MN 4:31:48
Ron King	MN 5:19:37
M75 none listed in results	
M80	
Dudley Healy	NJ 4:38:00
Clayton Moran	MN 5:16:18
W40	
Sissel Grottenberg	SWE 2:35:45
(2nd female overall)	
Tatiana Pozdnyakova	UKR 2:36:37
Alice Thureau	PA 2:38:13
Jane Welzel	CO 2:44:54
Gillian Horovitz	NY 2:47:37
Elena Sipatova	RUS 2:50:09
Terry AdamsSchmidt	NV 2:52:02
Mary Hanlon	FL 2:57:31
Andriette Wickstrom	IA 3:06:40
Karen Ladig	MN 3:07:12
Bernadette Huston	MO 3:08:40
Paulette Dow	MN 3:10:17
Maria Yeung	TX 3:13:56
Ellen Maas	MN 3:16:12
Joan Davis	MN 3:16:52
Brook Lemm-Tabor	MN 3:19:23
Mary Beacco	UT 3:20:30
Robin Seymour	CO 3:22:56
Nancy Elwass	IL 3:24:48
Karen Rothbauer	MN 3:30:17
W45	
Gloria Jansen	MN 3:06:55
Diane Stoneking	MN 3:11:51
Barbara Spannaus	MN 3:20:26
Jan Baker	IA 3:23:29
Linda Schissel	MN 3:30:52
Barbara Ebers	FL 3:36:28
Susan Hedgepeth	TN 3:36:41
Donna Olson	MI 3:40:40
Bonnie Lear	MN 3:41:36
Sandy Padgett	KY 3:42:14
Francine LePage	MN 3:42:48
Mary Collins	IA 3:44:45
Nancy Kapheim	IA 3:47:37
Sandy Myres	MN 3:50:12
Jean Weiler	WI 3:50:18
W50	
Patricia Wilson	CAN 3:41:13
Mary Hatt	MN 3:45:30
Kathy O'Dea	MN 3:50:52
Sandra Kurtenbach	IL 3:51:02
Mary Croft	MN 3:57:16
Marydell Carlson	MN 4:00:19
Barbara Rossi	CO 4:00:33
Diana Bruckner	WI 4:01:59
Karin Grossman	MN 4:03:34
Peggy Trager	MN 4:06:13
Margaret Hourigan	CA 4:07:48
Levi Query	OR 4:10:14
Julie Penley	WA 4:14:54
Kathy Buehler	MN 4:15:06
Judy Fletcher	MN 4:16:52
Phyllis Elliott	MN 4:16:52
W55	
Loretta Bauer	MN 3:55:18
Judy Toopie	IA 3:58:51
Jan Rohde	MN 3:59:28
Janet Boughner	MN 4:05:11
Sara Herz	CT 4:07:24
Joan Fiandros	MO 4:11:25
Mary DeMatia	MI 4:15:14
Elizabeth French	MN 4:17:13
Karen Hundley	WI 4:17:21
Janet Wallen	MI 4:20:51
W60	
Wen-Shi Yu	NY 3:40:33
Mae Horns	MN 4:00:57
Lois De Gonda	IA 4:53:50
Pat Wahlgren	MN 5:10:15
Betty Byron	WI 5:28:54
Jeanne Murphy	MN 5:37:23
W65	
Joy Johnson	CA 4:15:46
Ruth Anderson	CA 4:38:02
MaryLou Carlson	MN 5:07:35
Lorraine Arnold	CA 6:00:04
W70+none	
Age-Graded Results	
Artemio Navarro	46 95.4
Kjell-Erik Stahl	50 94.4
John Keston	71 94.1
Jury Mikhailov	42 93.0
Piriya Pinit	40 91.9
Antoni Niemczak	40 91.9
Doug Kurtis	44 91.8
Sissel Grottenberg	40 91.5
Tatiana Pozdnyakova	40 91.0
Alice Thureau	41 90.8
Graham Macky	42 90.2
Brad Hawthorne	40 90.0
Joe Burgasser	58 89.7

Romas Sausaitis	40 88.5
Jane Welzel	41 87.1
Miguel Tibaduiza	40 86.5
Steve Winchel	40 86.3
Gillian Horovitz	41 85.7
Rob Whetham	44 85.4
Tony Rodiez	40 85.2
Jared Hondry	54 85.0
Curt Hoegh	45 84.6
Elena Sipatova	41 84.4
Lloyd Stephenson	42 84.3
Bill Dodson	61 83.18
Terry Stewart	43 83.15
Tim Freeman	46 83.0
Terry Adams Schmidt	40 82.8
Jeffrey Delie	40 82.7

Continued from previous page

Bohemia Masters	5:38:16
Northport Masters	5:45:51
Weekend Warriors III	5:51:56
Half Hollow Hills RR	6:00:28
W40+	
Bohemia Ladies Mastrs	6:12:57
Mixed Masters	
Massapequa Mastrs Mix	5:56:05
Weasel AC	6:04:52
Bohemia Cuisinarts	6:47:52
New Hyde Park-A	7:04:49
Forest Gump	7:07:57

Freddie Mac 5K Washington, DC; Sept. 8

Overall	
Jim Hage 38	15:26
Christi Ferran 23	17:48
M40 Matthew Rea	17:53
Gregory Price	18:18
Larry Harris	18:18
Harding Zebedece	19:21
Frank Pirk	19:22
William Harter	20:10
John Alvanis	21:15
James Nimmons	22:12
Mark Shephard	22:12
Gary Eakes	22:26
M45 Wayne Carroll	19:12
Kirt West	20:12
Jimmie Treadwell	20:37
Andre Remy	20:37
John Eisold	22:20
Dennis Jenkins	23:04
Nathaniel Harrison	23:08
Xavier Ferran	23:37
Lawrence Clink	24:09
Larry Laroche	24:33
M50 John Haubert	18:49
Michael Golash	19:03
Leland Brendsel	20:40
Rick Krall	20:47
John Dawson	22:09
Henry Cassidy	24:16
Jose Yanez	24:52
Lavern Arrington	25:49
Gaylord Allsen	26:15
John Tydings	26:44
M55 Ronbert Neuland	27:37
Herb Dubin	29:33
Dizzzie Turner	31:04
George Gordon	31:27
John Heath	33:27
Daniel McGehean	44:43
Paul Levin	44:55
M60 Matthew Wolf	20:12
Norman Miller	20:18
Philip Rubin	26:09
M70 Ray Blue	23:20
W40 Cathy Ventura-Merkel	19:05
Kathy Hibbert	20:13
Heather Sanders	21:53
Susan Haun	25:00
MarshaBerry	26:41
Jennifer Wander	27:45
Nell Edwards	28:11
Roberta Youmans	28:26
Shirley Cooper	29:38
Flora Del Villar	29:40
W45 Judy Douglas	26:01
Elsie Schimecca	27:15
Pat Sweeney	27:30
Yvonne Anderson	31:02
Maryann Williams	31:16
Lynn Mayo	35:07
Joan Tucke	35:36
Diane White	37:06
Reba Withrow	37:27
Linda Blair	37:45
W50 Diane Brendsel	31:22
Ruth Siminski	33:13
Judith Peterson	34:53
Jean Moody	38:04
Mary Mason	38:18
W55 Eleanor Canty	38:10
Sall Sibley	44:58
W60 Tami Graf	23:43

Eriesistible Marathon Erie, PA; Sept. 15

Overall	
Timothy Hewitt 41	2:38:12
Fiona Branton 37	2:38:12
M40 Timothy Hewitt	2:46:45
S Mark Courtney	2:53:21
Tim Rent	2:56:54
Rick Hardesty	2:58:21
William Michael	3:00:58
David Milburn	3:03:51
Stephen Palmateer	3:07:30
Robert Jacques	3:07:30
M45 Fran Emmerling	2:46:14
Bill Lawder	2:54:53
Brian Smith	3:02:32
Bob Crawford	3:07:04
Jerry Petro	3:07:15

Martin Smrek	3:11:02
Russ Gill	3:12:27
Mike Spina	3:12:34
M50 Budd Bettler	3:02:07
Joseph Donahue	3:07:05
Ferdinando Saglio	3:16:19
John Davis	3:27:12
Tom Schmitz	3:31:57
M55 Helmut Welker	3:23:13
Fred Bostrum	3:33:08
Don Baxter	3:40:24
M60+Dick Green 61	3:28:08
Ron Harrison 63	3:48:09
Harry Kirsch 72	3:50:57
Bruce Hurlburt 60	4:22:27
Paul Simpson 67	4:25:59
W40 Robin Smith	3:18:38
Peggy Wise	3:35:52
Pat Hoffman	3:38:09
Maggie Wallace	3:45:02
W45 Lynne Werling	4:14:28
Georgia Pambianco	4:20:58
Maxine Tonks	4:33:13
W50 Kay Cimino	4:06:52
Pat Da vis	4:23:53
Joanna DiGiorgio	4:48:58

NYRRRC Staten Island Half-Marathon Staten Island, NYC; Sept. 15

Overall	
Alem Kabsay 24	1:07:07
Alice Hansen 32	1:19:27
M30 Rene Sepulveda 30	1:08:39
Rachid Tbahi 31	1:09:12
Trevor Murray 31	1:10:00
M40 Luis Tipan	1:14:51
Louis Calvano	1:18:47
Jose Santiago	1:19:26
M45 Robert Briglio	1:19:37
Hari Rohl	1:20:38
Joseph Porcaro	1:20:54
M50 Samuel Skinnecr	1:19:19
Julio Aguirre	1:22:47
Richard Andrade	1:28:21
M55 Pat Cosgrove	1:23:20
Herbert Navarro	1:25:18
Manfred Konrad	1:28:43
M60 Richard Murphy	1:28:53
Alan Fairbrother	1:31:31
Alfred Finger	1:33:42
M65 Joseph Burns	1:43:02
Leo Schonhaut	1:49:27
Joseph Simonte	1:50:00
M70 Frank Dolen	1:55:34
Frank Mortillo	1:57:48
Sab Koide	2:10:06
M75+ Wilfredo Rios 79	2:25:32
Mel Freidel 76	2:36:38
W30 Jean Chodnicki 37	1:22:23
Marie Lovrod 36	1:22:56
N Carrasquillo 35	1:23:44
W40 Wendy Silverstein	1:40:21
K Mannkopf	1:40:24
Theresa Brady	1:41:36
W45 Teiko Schultz	1:31:28
Suzanne Rohr	1:35:00
Bonny Omara	1:39:15
W50 Carol Johnston	1:44:00
Flora Flores	1:49:50
Ruth Fairbrother	1:52:26
W55 Grace Famiglietti	2:09:03
Jane Benbow	2:10:16
Patricia Sturman	2:11:00
W60 Wen-Shi Yu	1:46:05
Sue Medaglia	1:53:50
Ellen Low	2:01:06
W70+ Althea Wetherbee	3:08:59

Great Cow Harbor 10K/RRCA Eastern Regional Championships Northport, L.I., NY; Sept. 21

Overall	
Jeff Jacobs 32	29:02
Senoria Clarke 32	33:54
M35 Pat Peterson	33:03
Ron Stegner	35:04
Alex Cuozzo	35:21
Bob Piechnik	35:22
Gene Hull	35:23
M40 David Luljak	36:37
Mike Baard	37:29
James Henry	37:46
Joe Howe	38:24
Dennis Ahern	38:39
M45 John Eiseman	36:52
Jack Porzio	37:14
Paul Geiger	37:49
Charlie Bailey	37:54
Peter Martin	38:45
M50 Julio Aguirre	37:51
John Hackney	37:52
Tom McGee	39:17
Bryan Pearsall	39:58
M55 Joe Cordero	39:19
Philmore Brewer	40:49
Joe Di Iorio	41:41

John Long	42:40
M60 Mike Goldman	41:38
Don Schildhaus	42:42
William Evans	43:54
M65+Warren Utes 76	41:54
Roger Williams 67	44:59
Mike Reidy 68	47:37
Hary Irwin 66	47:59
Mike Daly 65	47:49
W35 Ellen Giambalvo	39:02
Lorraine Ellis	39:17
Pat Chadeayne	42:04
Linda Ochs	44:13
W40 Joan Baldassari	41:35
Linda Ottaviano	43:36
Pat Doroski	43:51
Sharon Zuhoski	44:46
W45 Mary Wagner	44:19
Estella Clasen	44:51
Jacque Gow	45:42
Kathy De Fina	46:19
W50 Nancy Tischman	43:19
Betty Horstmann	44:14
Roberta Brill	45:19
W55 Mary Nathan	43:40
Marion Stanjones	46:17
Annette Fritsch	47:13
W60 Wen-Shi Yu	48:27
Jeannie Pizzonia	57:43
Alexandra Finger	57:51
W65+Chickie O'Toole	57:13
Vera Allen	62:18

Philadelphia Half-Marathon Philadelphia, PA; Sept. 22

M40 Martin Mondragon	1:04:45
Steve Jones	1:06:01
Doug Kurtis	1:08:55
Ken Wilson	1:10:38
Len Lally	1:12:46
Mark Will-Weber	1:13:19
Ed Bermudez	1:14:11
Gary Cohen	1:15:24
Jack Harbaugh	1:15:24
Pat Seaney	1:16:00
Richard Jacobs	1:16:35
Peter Churchman	1:16:37
M45 Gary Fanelli	1:11:31
John Thorpe	1:14:30
Robert Torchia	1:17:42
Tom Stone	1:19:10
Chris Mason	1:19:28
Mick Sionaker	1:19:54
Hank Damian	1:19:56
Stuart Madres	1:20:47
Barry Robertson	1:22:49
Bob Fortunato	1:22:51
M50 Richard Webb	1:16:57
John Weiss	1:22:13
Mike Gibby	1:22:55
Dwight Etris	1:25:08
Frank Hopper	1:25:11
Gary Gordon	1:25:44
Tom Lanza	1:26:23
Amby Burfoot	1:26:34
Gene Downing	1:26:57
Jack Wicks	1:27:12
M55 Harold Haldans	1:22:11
David Cartwright	1:27:01
James Flanagan	1:28:16
Charles Ross	1:31:49
Richard Jackson	1:33:08
Stanton Newmann	1:33:14
Bernard Davis	1:33:39
Art Morey	1:33:56
Sam McLendon	1:34:41
M60 Tony Cermanico	1:19:35
Charles Rose	1:26:15
Willis Kriebel	1:29:36
Perry Silverman	1:33:41
Geo Yannakakis	1:33:42
David Levin	1:34:22
Bill McClellan	1:35:32
Frank Dudley	1:35:47
M65 Richard Hoban	1:38:35
Wally Wright	1:41:50
Paul Ahrens	1:47:35
Augustus Rossi	1:47:37
Bob Wilson	1:51:23
Aubrey Lomax	1:52:25
Pat Nutt	1:53:40
Dom Lucca	1:53:59
M70+John Cahill 72	1:30:52
Dixon Hemphill 71	1:42:22
Phil Mongillo 71	1:46:52
Jerry Zaslav 71	2:02:37
John Jackson 70	2:03:59
Abe Bell Jr 75	2:08:56
Sam Maxwell 71	2:10:42
W40 Sissel Grottenberg	1:16:11
Deb Grossman	1:18:32
Judy Pickett	1:25:59
Susan Denton	1:26:32
Mane Wickham	1:28:54
C Comiso Fanelli	1:29:00
Susan Foster	1:29:18
Mary Diver	1:30:51
W45 Judith Hine	1:22:03
Rosamond Gray	1:30:49
G Esdale Torchia	1:34:25
Laurene Jones	1:34:28
Karen Mitchell	1:36:14
Joy Hampton	1:36:15
Joan Osborne	1:36:29
Maureen Meyer	1:36:47
W50 Jo Marchetti	1:27:12
Randon Fritsch	1:29:32

Marjorie Kos	1:37:21
Diane Hardies	1:41:49
Judith Harmony	1:42:42
Gale Cordell	1:42:44
W55 Imme Dyson	1:45:41
Edith Jones	1:52:22
N C DesGarennes	1:53:50
Gloria Jenkins	1:55:57
W60 Wen-Shi Yu	1:43:40
Andrea Gerbstadt	1:59:12
Nancy Berlett	2:15:15
W65 Toshiko d'Eka	1:47:36
Janet Glassman	1:53:33
Bertha McGruder	2:40:37

*single-age US record

Maccabiah 5K Plainview, NY; Sept. 22

Overall	
Alan Porter 39	16:46
Liz Flahavan 32	18:32
M40 Rich Ashby	16:53
John Lupski	17:20
Steve Josepher	18:04
M45 Jay Hildebrand	18:07
Ed Melnik	18:19
Nick Mondello	18:37
M50 Maury Dean	18:09
Mike Service	19:49
Alan Erd	20:17
M55 Joe Cordero	18:53
Richard Chester	21:57
Chris Sweeney	22:09
M60 Kevin Connors	22:47
Stewart Forman	23:56
Gus Likos	24:01
M65 Colin Harris	21:45
Bert Jablon	24:12
Sam Socoli	24:33
M70 Herb Silber	29:02
Bill Merz	30:18
M75+Bill Benson 77	28:12
Manfred Gundell 178	30:16
W35 Lauren Lintz	25:09
Zena Rosenblum	25:16
W40 Diane Gordon	18:50
Denise Herman	19:24
Lori Harfenes Melnik 20	20:01
W45 Andrea Otto	21:35
Cathy Stein	26:03
Ellen Beth Berman	27:10
W50 Emperatriz Barbato	27:00
Frances Barry	28:01
Joan Ackerman	28:57
W55 Pat Cataldo	26:01
Joan Fischer	26:38
Carole Raskin	40:28
W60 Alexandra Finger	29:08
Sandy Cohen	32:40
Owen Fox	35:52
W65 Helen Weiss	33:34
W70 Doris Pritchard	44:26

NYRRRC NYC Marathon Tune-Up 30K Central Park, NYC; Sept. 22

Overall	
Michael Parr 30	1:46:03
Christina Scobey 30	2:01:21
M30 J Cunningham 31	1:48:50
A Martinez 32	1:50:54
M40 Il Castorena 36	1:51:17
Carlo Russo	2:01:00
Peter Diaz	2:01:39
Theodore Peterson	2:03:04
M45 Robert Briglio	1:58:04
John Pontes	2:00:00
Edgar Sandoval	2:00:57
M50 Alan Turner	2:00:46
Julio Aguirre	2:02:50
Hector Rivera	2:08:10
M55 James Fillis	2:08:12
Jack Brennan	2:15:00
Jose Mendez	2:17:11
M60 Alan Fairbrother	2:14:47
Robert Mitchell	2:20:28
Fernando Giglio	2:21:04
M65 Charles Safran	2:43:13
Leo Schonhaut	2:57:59
Francisco Vidal	3:10:59
M70 Leslie Clark	3:03:31
Samuel Oast	3:04:54
Sab Koide	3:25:45
W75+ Wilfredo Rios 79	3:32:11
W30 Elzi De Oliveira 31	2:02:13
Cindy Reeder 34	2:10:53
Kiki Bennett 37	2:12:03
W40 Margarita Marascia	2:26:39
Theresa Brady	2:28:51
Janet Kelly	2:37:19
W45 Suzanne Rohr	2:17:20
Teiko Schultz	2:19:53
Bonny Omara	2:32:27
W50 Susan Haberman	2:38:36
Melanie Benvenue	2:40:39
Ruth Fairbrother	2:46:08
W55 Patty Parmalee	2:43:57
E Bonfils-Roberts	2:59:13
Jane Benbow	3:19:51
W60 Melissa Sutphen	3:25:29
Naomi Vogel	3:28:47
W65 Mariana Merceron	4:17:02
W70+ Edith Farias 72	3:10:09

Discover Card Mile on Fifth Avenue NYC; Sept. 28

Elite Division	
Isaac Vicoosa	3:53.67
Paula Radcliffe	4:26.69
M40-49	
Steve Scott 40	4:06.57
Ed Sparkowski 41	4:26.07
Tim McMullen 43	4:26.75
Fred Robbins 41	4:29.31
Al Swenson 49	4:30.76
Harold Nolan 49	4:31.78
Steve Schellenkamp 41	4:34.34
Paul Mascali 44	4:35.02
Tom Hartshorne 42	4:37.72
Charlie McMullen 45	4:42.59
Miles Vaughn 40	4:42.90
Jim O'Brien 41	4:43.68
Bob Pertak 45	4:53.15
Nick Caswell 46	4:54.57
M50-59	
Vic Heckler 54	4:38.16
Richard Myers 51	4:57.63
Sid Howard 57	5:02.52
Richard Hamner 51	5:05.56
Dan Hamner 56	5:05.85
Ben Grundstein 52	5:10.99
John Mauritz 51	5:13.13
Gary Muhrcke 56	5:23.56
Norb Sanders 52	5:23.58
M60-69	
Ino Cantu 62	5:08.56
Jim Aneshansley 61	5:11.27
Earl Fee 67	5:17.37
Ken Baker 60	5:19.87
John Conner 61	5:29.56
Cliff Pauling 62	5:46.50
Al Finger 62	5:48.35
Ken Jones 66	5:53.91
Robert Kahn 64	5:56.27
Eugene Carbine 60	6:13.35
Michael Daly 65	6:18.03
Joe Semonte 68	6:44.13
Al Puma 66	6:44.25
Joe Kerman 66	8:15.35
M70-79	
John McManus 73	6:13.24
Archie Messenger 73	6:34.52
Des Margetson 70	7:19.90
Wallace Cutler 73	7:48.49
Bill Benson 77	7:58.44
Al Goldstein 76	8:08.12
Tom Gibbons 75	8:29.49
Wilfredo Rios 79	8:35.50
Ed Finkelstein 74	8:45.70
M80+	
Dudley Healy 82	9:47.82
Vince Carnevale 80	10:26.32
Max Popper 93	18:04.94
W40-49	
Eileen Troy 42	5:21.17
Sharon Vos 41	5:22.19
Diane Ditchfield 43	5:31.01
Kathy McIntyre 47	5:35.50
Marie Roach 48	5:42.66
Becky Chan 40	5:48.81
Mary Rosado 46	5:51.05
W50-59	
Christine Stockdale 52	5:40.74
Ann Makoske 51	6:03.71
W60-69	
Gerri Owens 61	6:44.29
Rosa Nales 62	6:55.87
Margaret Carinci 60	6:57.51
Naomi Vogel 61	7:41.02
DollyAnn Finkelstein66	8:06.47
W70+	
Muriel Merl 70	7:54.40
Althea Weltherbee 77	11:16.38

Continued from previous page

SOUTHEAST**Yorktown Freedom 10K**
Yorktown, VA; July 4

Overall	
Gavin Gaynor 30	14:34
Nicola Ratcliffe 29	17:17
M40 Dave Kannewurf	16:15
Ed Weston	17:45
M45 Rick Platt	16:22
Mike Huppert	19:04
M50 Larry Turner	19:31
Lewis Jones	19:31
M55 Robert Wright	20:00
M60+Charles Flynn 60	21:21
Bill Charles 60	21:57
Andrew Polansky 68	22:11
W40 Kathleen Powell	20:37
Donna Harper	20:48
W45 Ginny Maxwell	23:20
Barbara Biasi	23:29
W50+Joan Coven 55	24:48
Sonya Whitley 53	25:33

Maggie Valley Moonlight 8K
Maggie Valley, NC; Aug. 24

Overall	
David Matherne 32	25:42
Ena Weinstein 37	30:41
M35 Steve Venable	25:54
Mike Zengle	27:02
Norman Blair	27:27
Randall Roland	28:21
M40 Malcolm Adams	28:38
Larry McKinney	29:23
Steve Staley	29:41
Jim Mitchell	29:55
Chuck Francis	29:56
Tommy Seymore	30:12
M45 Sam Davis	30:45
Bob Milan	30:57
William Menius	31:02
L C Moore Jr	31:12
John Smith	32:20
Killy Kunimoto	32:53
M50 Anson Clapcott	29:12
Dennis Maltis	32:46
Bob Edminston	32:56
John Keefe	33:08
Mickey Lackey	33:15
M55 James Adams	31:21
Gail Stuckey	31:59
Thomas Eison	33:42
Bill Zehner	33:45
M60 Bill Wagner	34:30
William Rose	36:52
Everett Wirgau	37:14
M65 Lee Cooper	36:08
Bob Bradley	37:06
Charles Kern	37:25
M70+Charles Dotson 73	39:02
W35 Ena Weinstein	30:41
Susan Adams	31:39
Sue Molloy	33:06
W40 Debra Wagner	32:14
Sandra Stark	36:38
Sandi Weston	38:25
Jan Veal	38:27
W45 Nonie Hudnall	33:56
Tenna Hosner	35:36
Carolyn Mather	35:57
Cary Albright	39:59
W50 Lynda de Paulis	40:55
Janice Hicks	41:43
Jackie Phillips	43:48
W55 Joann Mock	46:08
Elinor Gustin	53:14
W60 Mary Purvis	44:15
Ann Trammell	45:31
W65 Garthedon Embler	44:27
W70+Marg Hagerty 73	59:45
Lillian Thurman 77	77:25

U.S. 10K Classic
Atlanta, GA; Sept. 2

Overall	
Peter Guthika 27	29:00
Catherine Nderaba 24	33:02
Top Masters	
Bill Rodgers 48	33:56
Lorraine Moller 41	36:31
M40 Bob Dalton	35:13
Andy Palmer	35:51
Lloyd Boone	36:02
Lloyd McDonald	36:39
M45 Otto Sanabria	39:42
Frank Zimmerman	41:42
Jim Reichenbach	41:46
M50 Melvin Russ	39:23
Gary Darnell	39:47
Dennis Maltis	42:52
M55 Ben Jordan	42:38
Steve O'Brien	45:41
Chet Coates	46:14
M60 Charlie Teague	46:50
Al Klimatis	47:00
Phil Olive	48:34
M65 George Fincher	38:38
Larry Engel	45:40

Mark Walker	51:12
M70+Gene Winfrey 73	79:40
Clifford Weiss 70	90:58
Wernr Schmidt 81	1:43:01
W40 Fran Larieu Smith	36:31
Rachael Barbee	44:19
Cheryl Cagle	47:35
W45 Mildred Kilgore	49:46
Anita Olshanski	50:01
Marlene Atwood	50:42
W50 Kim Ashworth	46:52
Soon Williams	52:43
Janet Ralston	54:54
W55 Jacques Anderson	61:14
Anne Sereni	61:38
Wendy Simonetti	64:04
W60 Whitney Norris	63:44
Joan Engel	63:48
Jane Berkeley	67:14
W65 Cornelia Tiller	70:28
W70+D Van Drunen 79	1:41:28

Trak Shak 5K
Birmingham, AL; Sept. 4

Overall	
Eddie Terrell	15:14
Jean Ellis	17:39
M40 Robert Dancy	16:20
Tom Warren	18:55
Ken Harman	20:11
Bob Cornelius	20:23
Bill Eddings	20:30
M45 Terry Rayburn	18:32
Jeff Hawkins	18:41
Bill Tucker	19:22
Don Player	19:24
Gordon Ladner	19:57
M50 Ben Fox	20:14
Roger Quick	20:37
Wade Cooper	21:22
C G Wesley	22:00
M55 Sammy Morris	19:41
Hess Fridley	20:32
Wayne Hasenbein	21:52
Butch Goldblatt	22:12
M60 Richard Tankersley	22:51
Joe Ross	25:23
Peter Kenney	26:58
M65 Roger Richards	23:10
Peter Lynch	34:26
M75 Claude Burrow	34:49
W40 Ann Eller	21:26
Daryl Beckmann	24:36
Agnes Cartner	26:06
W45 Mona Fine	19:43
Melinda Underwood	23:50
Teresa Moran	24:11
W50 Cathy McCain	25:30
Marty Underwood	29:36
Helen Tankersley	29:57
W55 Priscilla Davis	24:28

Aberdeen Golf & Country Club
Cross Country 5K
Boynton Beach, FL; Sept. 22

Overall	
Keith Brantly 34	15:55
Cindy Keeler 38	18:45
M40 Tony Haugan	21:02
Tim Murr	21:17
Gary Mervak	21:29
M45 Michael Reed	18:48
Richard Bohrer	19:13
Spencer Crawford	20:18
M50 David Compton	19:32
Anthony Roque	19:52
Anthony Gerardi	21:15
M55 Roger Rouiller	19:34
Kyosti Annala	22:24
Jack O'Keefe	25:52
M60 Hubie Girard	23:48
John Connolly	25:01
David Branch	25:57
M65 Bob Levine	25:50
Howard Elakman	27:51
John Fonesca	28:05
M70+ Rene Betteille 71	25:02
Bill Tribou 75	25:16
Dan Biele 77	33:42
W40 Nancy Murr	25:26
Jan Johnson	29:56
Joan Bohrer	30:31
W45 Joan Hyde	29:44
Lita Small	31:32
Susan Jackson	32:15
W50 Joan Solomon	32:36
Alice Hudson	32:45
Bonnie Gafin	35:37
W55 Donna Weary	37:36
Rosanne Elakman	44:32
Marylou Cantilli	45:44
W60 Barbara Boutin	34:20
Jean Gaul	44:03
Sharon Skaggs	50:07
W65 Soni Braun	45:56
Elaine Steinberg	50:59
Shirley Hamm	51:34
W70+ Ann Schoomer 72	53:33
Vi Campbell 76	1:01:24

**Runner's Classic 5K**
Sea World, Orlando, FL; Sept. 28

Overall	
Jim Pearson 47	15:50
Marie Mazzula 35	18:46
M40 Jim Guthrie	17:20
Byron Carter	19:30
Greg McFerran	20:15
M45 Jim Pearson	15:50
Thomas Salyers	18:43
William Smith	19:24
M50 Ron Allison	21:24
Rick De Treville	23:20
M55 Derek Surrey	18:45
Bob Buzzetti	21:22
Vince Depasqua	31:30
M60 Merle Crouse	21:35
Jack Parnelle	24:31
Ted Strong	28:46
M65 Bill Allen	27:24
Eugene Nowell	29:47
M70+ Gus Prince 72	25:06
Carmelo Crupi 75	25:21
W40 Jeanne Krent	22:24
Carol Hansen	22:25
Christina Biel	23:52
W45 Jody Mahonik	25:11
Kristy Justis	26:06
Sandi Tomlinson	26:20
W50 P Beidelschies	24:04
Carol Lager	28:37
Kim Stutsman	33:23
W55 Judith Wilkie	42:52
R Decampus	48:40
Wendy Malcolm	49:09
W60 Helen Allen	36:49
Ruse Crupi	42:49
W65 Sarah Murray	50:32

Virginia 10 Miler
Lynchburg; Sept. 28

M40 Daniel Kolb	59:26
Jeffrey Sestone	60:38
Chip Brand	61:52
David Milon	62:36
Ed Weston	63:53
M45 Dennis Holman	61:41
Kent Oglesby	62:51
Gary Adkins	63:28
Gary Stroud	63:31
Don Lucy	64:05
M50 Pat Smith	65:43
Emmons Welch	66:48
Ray Kitchen	67:05
Robert Bruce	67:29
M55 Gail Stuckey	65:52
Charles Gray	66:23
Andrew Sherwood	67:31
Tony Gee	67:56
M60 Tom Ray	70:33
Phil Carroll	72:56
George Beasley Jr	73:56
M65+ Larry Dickerson	74:39
Gresh Downs	78:10
Neil Wilson	80:40
Alfred Cumby	87:01
W40 Sue Given	67:45
Beth Howell	69:14
Nancy Ferris	71:34
Mary Winston	72:31
W45 Tenna Hosner	76:47
Linda Neighbors	86:34
Susan Hill	90:07
W50 Cris Sterling	72:56
Connie Friend	77:42
Ginny Straub	81:49
Andrea Hess	85:30
W55 Susie Klutitz	75:25
Nancy Terry	1:53:21
Gerry Murray	1:55:16
W60 Alice Wilson	98:42
Beverly McCoid	1:43:45
Dodie Fauber	1:55:42
W65+Louise Martin 80	1:57:41

MIDWEST**AI's 8K Run**
Milwaukee, WI; Sept. 28

Overall	
Dan Held 30	24:04
Lynn Fitzsimmons 30	27:04
M40 Tony Rodiez	25:56
Dan Rindfleisch	27:24
John Chandler	27:55
Mark Patten	28:37
Chuck Germain	28:55
M45 Joe Remitz	27:05
Dale Roe	28:52
Jay Woodard	30:01
Gary Black	30:28
Jack Lofye	30:36
M50 Mike Kirkwood	28:22
Carl Schulhof	29:45
James Bahr	31:30
Herman Gates	31:48
M55 Harold Haldane	29:34
Bert Butler	30:02
John Jones	30:27
John Becker	30:48
Charles Bradley	31:33
M60 Paul Kutschera	32:33
Ron Barr	33:16
Norm Hovila	37:25

M65 Larry Engel	34:31
Dale Kuntz	36:16
Wm Hoolihan	36:41
Glenn Weeks	37:21
M70+James Kaegi 72	43:09
Frank Ruehl 77	48:53
John Lelelier 71	51:46
Mark Dicks 88	54:20
W40 Cheryl Neumann	30:10
Kay Frank	31:18
Mary Stoer-Wenger	34:22
Lynn Latoria	34:48
W45 Kathy Andreadis	39:18
Rhonda Kirkwood	39:55
Cheryl Raymus	40:18
Pauline Ellington	41:27
W50 Paula Larsen	34:04
Juliet Gorsuch	37:37
Joy Inms	38:30
Geri Andrews	39:57
Cathy Peepo	40:11
W55 Nancy Spencer	39:49
Marlene Haller	42:27
Inge Harris	42:54
Sophia Witowicz	44:17
W60 Joan Engel	45:08
Milly Hoffman	46:49
Bernadine Smurawa	49:43
W65 Lois Gilmore	39:34
Marilyn Hackbarth	42:00
Eliz Langheim	55:53
W70+Agnes Reinhard 70	41:28
Marge Stip 70	58:44
Mary McCarthy 70	68:42

MID-AMERICA**Wichita 5K****Wichita, KS; Aug. 18**

Top M40+	
Dick Wilson 64	14:58
Dan Lawson 40	15:02
Charles Doze 61	15:34
Top W40+	
Trudy Calloway 48	18:15
Vera Burton 50	18:40
Barb Holzman 44	19:02

Leawood Labor Day 5K & 10K
Leawood, KS; Sept. 6

5K--	
Overall	
Russ Hampleman	15:48
Kim Fritzie	18:14
M40 Raul Flores	17:36
M45 Larry Everly	18:45
M50 Fritz Barlag	19:26
M55 Richard Wootton	18:29
M60 Ed Alexander	21:04
M65 Paul Heitzman	19:00
M70 Frank Creason	25:34
W40 Marcia Dowling	19:28
W45 Anne McCarty	26:45
W50 Peggy Zilm	23:51
W55 Carolyn DeFonso	26:41
W60 Ann Williams	26:31
W70 Olive Drew	44:50
10K--	
Overall	
Todd Beran	31:10
Darla Moberly	36:10
M40 Charles Brandon	33:32
M45 James Hootman	36:48
M50 Rick Hogan	37:39
M55 Bobby Kincaid	37:37
M60 Dick Wilson	39:05
M65 Bill Kephart	53:09
M70 Jack Boyer	57:20
W40 Marla Rhoden	39:15
W45 Dee Boeck	44:29
W50 Mary Haley	49:12
W55 Hubertine Grosdidier	61:40
W60 Fritzie Hazelrigg	59:35

Brush Creek Mile
Kansas City, MO; Sept. 8

Overall	
David Johnston	4:17.77
Melissa Swartz	4:56.36
M40 Charlie Gray	4:30.03
M45 Tom Terril	5:03.36
M50 Joe Streumh	5:19.07
M55 Bobby Kincaid	5:13.55
M60 Ed Alexander	5:45.12
M65 Paul Heitzman	5:16.86
M70 Ralph Mall	7:02.08
W40 Marla Rhoden	5:38.33
M45 Dee Boeck	5:55.15
M50 Mary Halcy	6:50.92
M55 Peggy Zilm	6:56.55
M60 Ann Nelson	8:22.45

Cliffhanger Run 5K & 8K
Kansas City, MO; Sept. 29

Overall	
Phil Hudnall	24:20
Darla Moberly	27:59
M40 Charlie Brandon	25:46
M45 James Hootman	28:43
M50 Rick Hogan	28:24
M55 Bobby Kincaid	29:29
M60 John O'Donnell	32:55
M65 Paul Heitzman	30:33
M75 Ed Burnham	50:19
W40 Marla Rhoden	29:43
W45 Dee Boeck	33:45
W50 Peggy Zilm	37:59

M55 Donna Murphy	43:27
M60 Fritz Hazelrigg	46:42

--5K--

Overall	
Chris Early	15:41
Jane Lundgren	18:57
M40 Mike Martin	16:55
M45 Tom Terrill	17:36
M50 Larry Davison	17:42
M55 Wes Nicholson	21:38
M60 Jim Buckley	19:42
M65 Bernie Feinerman	42:14
M70 Frank Creason	26:30
W40 Nancy Cooper	22:18
W45 Sam Hartman	23:16
W50 Mary McClure	28:25
W55 Mary Fields	24:47
W60 Patricia Clark	27:33
W65 Trudy Petty	33:08
W75 Katheran Kopek	50:25

Kansas Senior Olympics 5K & 10K
Topeka, KS; Oct. 3-4

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Craig Virgin



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Mark Curp

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WALT ATCHESON (LA VERNE, CA)	11-3-26	70-74
IAN BABE (NZ)	11-10-36	60-64
SCOTTY CARTER (E. SANDWICH, MA)	11-14-16	80-84
RICHARD CHRISTOPH (CINCINNATI, OH)	11-17-51	45-49
VITTORIO COLO (ITA)	11-9-11	85-89
RAY CONNOLLY (SCITUATE, MASS)	11-21-6	90-94
JOE DOUGLAS (INGLEWOOD, CA)	11-10-36	60-64
ALAN FLANIGAN (PAC. PALISADES, CA)	11-16-11	85-89
JEREMIAH GAINES (CHESAPEAKE, VA)	11-27-11	85-89
WILLIAM GREEN (PALO ALTO, CA)	11-19-36	60-64
NORMAN HIGGINS (NEW LONDON, CT)	11-18-36	60-64
MERLE KNOX (MILWAUKEE, WISC)	11-17-21	75-79
JAMES LINGEL (LAFAYETTE, CA)	11-22-31	65-69
FIORINZO MARCHESI (SUI)	11-1-41	55-59
HOWARD MILLER (SEATTLE, WASH)	11-21-26	70-74
OLAVI NIEMI (FIN)	11-7-31	65-69
HARJE NOREBORN (SWEDEN)	11-23-26	70-74
AURU PEKHORANTA (FIN)	11-7-41	55-59
WARREN RAYBURN (HOUSTON, TX)	11-12-21	75-79
WILLARD SHANK (CA)	11-9-21	75-79
STEPHEN SMITH (SPRINGFIELD, OR)	11-24-51	45-49
ROBERT SORLIEN (RI)	11-3-16	80-84
JACK STEVENS (AUS)	11-23-16	80-84
CLAUDE TAGGARD (COSTA MESA, CA)	11-29-11	85-89
NOITOICHI TASAKI (JPN)	11-14-26	70-74
FRIEDHELM TEPEL (WG)	11-13-31	65-69
WIM WOUTERS (BEL)	11-22-36	60-64
PAT BOWMAN (TUSCON, AZ)	11-13-26	70-74
MONETTE BRONSON (SALEM, UT)	11-17-51	45-49
LUANNE DEWITT (ANAHEIM, CA)	11-0-31	65-69
JUDY GREER (ORLANDO, FL)	11-21-46	50-54
SUE GRIGSBY (EVERETT, WA)	11-6-56	40-44
SUZIE HESS (EUGENE, OR)	11-8-41	55-59
MARGARET JACKSON (CINCINNATI, OH)	11-14-11	85-89
KATHY KAPALIN (GREEN BAY, WI)	11-1-46	50-54
SANDRA KIDDY (PALM SPRINGS, CA)	11-27-36	60-64
LYN LAGRANDE (EUGENE, OR)	11-2-36	60-64
LINDA LOWERY (DECATUR, GA)	11-12-51	45-49
BILLIE MOREHEAD (ALBUQUERQUE, NM)	11-30-21	75-79
KATE O'NEILL (LAKE STEVENS, WA)	11-23-46	50-54
MARIE UEBEL (BRENTWOOD, MO)	11-10-11	85-89
THELMA WILSON (NEW YORK, NY)	11-1-31	65-69
JENNY WOOD ALLEN (GB)	11-20-11	85-89
GLORIA BARNABAS (SIN)	11-12-41	55-59
MARIANNE BORUSIAC (WG)	11-17-21	75-79
SHIRLEY BRASHER (AUS)	11-6-26	70-74
RIA BROUWERS (WG)	11-4-26	70-74
BRENDA CARR (AUSTRALIA)	11-17-36	60-64
GWENDOLINE CHARMAN (GB)	11-11-31	65-69
MERY GARCIA (COL)	11-14-21	75-79
EDITH GRAFF (BEL)	11-9-41	55-59
JACQUELINE GUYON (FRA)	11-6-41	55-59
URSULA HERINGHAUS (WG)	11-13-26	70-74
SVETLANA KASCHESKAYA (URS)	11-23-46	50-54
AILI KAUKINEN (FIN)	11-1-16	80-84
ANNE PAULE KNIPPING (BEL)	11-4-46	50-54
S. KRACHEVSKAYA (URS)	11-23-46	50-54
INEZ LISTER (NZL)	11-12-21	75-79
JUTTA LUEDICKE (GER)	11-6-41	55-59
GUUDRUN MELLMANN (GER)	11-6-41	55-59
INGRID MILLER (SWE)	11-22-41	55-59
MARGARET ORMAN (NZ)	11-4-41	55-59
PAULA SCHNEIDERHAN (WG)	11-16-21	75-79
ERIKA STEINLE (WG)	11-2-31	65-69

Continued from previous page

Bernie Blazek	3:03.11
Steve Carlson	3:03.55
Arthur Gravatt	3:07.23
Neville Pearson	3:07.53
Paul Jensen	3:07.59
John Bradley	3:08.58
Craig Bush	3:10.03
M55 Robert Derbridge	3:00.08
Brent Pinder	3:00.50
Kelley Slayton	3:06.46
Ronald Reibel	3:13.46
Richard Leutzinger	3:17.00
Paul Winen	3:17.45
Elwood Starr	3:22.18
Earl Bennett	3:22.31
Bill Scarborough	3:23.41
Yoshikatsu Inoue	3:27.13
Lutz Ostermann	3:38.23
Dick Stones	3:29.39
Bruce Piner	3:29.52
M60 Hugo Badgett	3:07.13
Kenneth Smythe	3:27.57
Bob Postlethwaite	3:28.10
John-Erik Nilsson	3:28.36
Phillip Krumm	3:29.32
Colin Cunnold	3:33.03
Jack Swanson	3:40.08
Mel Preedy	3:42.04
George Flier	3:42.16
Jerome Murphy	3:45.42
Atle Tønning	3:45.45
M65 Pierce Cornelius	3:41.08
Robert Christensen	3:45.12
Keith Fitch	3:47.07
Bob Dolphin	4:05.05
Lewis Hollander	4:10.56
Omer Allard	4:25.12
Jimmie Drinkwine	4:26.31
Richard Mitchell	4:28.24
Rao Paladugu	4:30.58
Glen Edgerton	4:47.22
Vic Twomey	4:49.28
M70 Otto Rosenhall	4:40.01
Rocelf Laughlin	4:41.00
Walter Tulaross	4:53.04
David Blunt	5:56.20
M75 Susumu Kubo	5:23.33
Chuck McFerron	6:20.34
M80 Donald McClure	5:50.24
W40 Debbie Mumma	3:04.09
Katey Angel	3:11.58
Jean Grammer	3:15.17
Margie Retterath	3:18.22
Vicki McCracken	3:18.31
Carol Kollstedt	3:19.46
Debra Robert	3:28.37
Sue Cox	3:29.50
Sandra Bradley	3:31.40
Terry Church	3:32.24
W45 Meg Cummins	3:23.36
Liz Chamberlain	3:25.27
Kathy Bowen	3:25.34
Betty Wagner	3:25.52
Carol Barany	3:28.31
Sally Skinner	3:29.13
Shirley Kaiser	3:29.40
Christel Stippich	3:31.36
Linda Strobl	3:35.14
Karin Lepiane	3:27.24
W50 Gunhild Swanson	3:24.56
Jayne Fleming	3:45.48
Suzie Carleson	3:47.35
Gail Johnson	3:49.27
Patty Hung	3:50.13
Sandra Anderson	3:51.36
Barbara Hazen	3:53.00
Janice Boyer	3:55.24

W55 Sue Stipe	3:45.46
Janet Bevier	3:48.16
Irene Neave	3:59.52
Kiyoko Tanaka	4:02.37
Kathy Ryan	4:09.29
Janet Habezette	4:31.52
Jeannie Curryer	4:36.53
Jean Ott	4:46.03
W60 Dorothy Story	4:19.20
Patricia Johnson	4:22.56
Rochelle Danielson	4:39.34
Patsy Abe	4:49.47
Florence Quick	5:34.28
Dorrie Edgerton	5:35.34
W65 Colleen Mershon	4:06.13
Margaret Styskel	4:10.22
Therese Fanelli	5:16.40
Mabel Velge	5:43.14
Mary Ehrlich	5:46.42
Kathleen Callaway	5:46.42
W70 Althea Jureidini	6:41.21

INTERNATIONAL

El Paso-Juarez International 15K
El Paso, TX-Juarez, MEX
Oct. 6

Overall	
Lazarus Nyakeraka	44:05
Delellah Asiago	51:42
M40 Porfirio Maldonado	53:34
Adan Holguin	53:54
Octavio Chavira	57:13
Rick Gallardo	57:27
Joe Villa	58:01
Harold Cowans	59:27
Robert Rolon	61:23
Jesus Espinoza	61:27
Javier Monroy	61:43
Manouchehr Amiri	63:26
M45 Jesus Torres	60:12
Enrique Altaura	60:57
Tony Sifuentes	61:21
Henry Fluck	62:31
Saul Reyes	62:51
Luis Diaz	66:16
M50 Raul Garcia	66:27
Ken Valentine	67:02
Caravio Amoldo	69:40
Jesus Ramos	70:00
Hugo Venzor	70:02
M55 Jesus Morales	60:09
Pablo Gonzalez	63:30
Francisco Andrade	66:57
Francisco Navarete	70:00
Ignacio Olivas	71:01
M60 Martin Lopez	70:03
J Adams	71:29
Raul Belancourt	71:57
M65 Donald Navrkal	75:12
Joe Perez	86:42
M70+Cecil Brown	81:00
Bill Barton	90:52
W40 Rosa Inungaray	67:03
D Fitzgerald	70:16
Minerva Carreon	77:40
W45 Julie Orr	80:09
Remee Ponce	87:48
Y I Santoscoy	89:14
W50 Antonia Becerra	73:57
Ruth Garza	78:07
Vlasta Karpensky	89:12
W60+none	

RACEWALKING

USATF State 3K Racewalk
Championships
Miami, FL; Sept. 8

M40 Chuck Bryant	18:25.4
M45 Juan Yanes	16:45.0
M50 Jay Dash	18:46.4
M55 Bob Cella	17:02.6
M60 Tom Cunningham	19:18.1
M65 Bob Fine	17:48.0
M70 S Shafmaster	19:11.8
M75 Chris Lorenzo	22:39.9

W40 Donna Pape	17:59.2
W45 Linda Stein	16:35.5
W50 Fran Kreiger	25:35.5
W55 Kay Cella	21:09.5
W65 Marcia Shafmaster	21:22.1
W70 Blanche Waldman	27:34.4

USATF National Masters Road
5K RW/Eastman 5K Road RW
Kingsport, TN; Sept. 14

Overall	
D McGovern	20:27
Michelle Rohl	22:40
M30 D McGovern	20:27
Mike Rohl	22:46
Keith Luoma	23:46
Tom Flora	25:04
M35 Gary Morgan	21:14
Ian Whatley	21:29
Doug Johnson	26:14
Ed Fitch	26:16
Paul Cajka	29:15
M40 Johnathan Matthews	20:45
Alvia Gaskill	34:17
M45 R Funkhouser	24:39
Bruce Booth	25:07
Andrew Smith	27:12
David Wade	28:37
Michael Bird	28:55
David Mills	31:19
Ross Barranco	32:02
M50 Don DeNoon	23:18
Gene Opheim	25:04
Victor Sipes	26:18
Ron Poteete	30:11
Eric Hedges	31:48
Jim Lawrie	33:55
M55 Gene Miller	27:35
Paul Curtis	31:58
M60 Dick Petrucci	27:52
Ray Everson	29:43
Cedric Hustace	30:15
Bob Stewart	30:37
M65 Mike Michel	29:57
W30 Michelle Rohl	22:40
W35 Tori Herazo	22:49
M Roberts	26:08
Gloria Rawls	26:37
Teresa Aragon	27:19
Catherine Batts	34:18
W40 Sally Richards	25:53
K L Kitzinger	31:11
W45 Jnette Smith	27:11
Jackie Jessup	27:46
Tish Roberts	28:27
R Wiles	30:00
Judy Witt	30:39
Martitia Beach	30:39
Ginny Jones	32:11
W50 Janet Higbie	30:58
Marg Alexander	31:54
W55 Elton Richardson	29:16
Ruth Everson	31:47
Joyce Curtis	33:36
W60 Sami Bailey	31:21
Carol Mitten	40:10
W65 Ruth Ketron	38:30
W75 Jane Dana	tie AR 36:26

Diamonds in the Park 5K
Racewalk
Lauderdale-by-the-Sea, FL
Sept. 28

M40 Jay Cope	39:11
M50 Brian Bair	30:42
M60 Gerry Gomes	31:32
M70 Lester Sher	38:06
W40 Nina Acosta	36:48
W50 Judy Altman	30:16
W60 Carole Robledo	40:17



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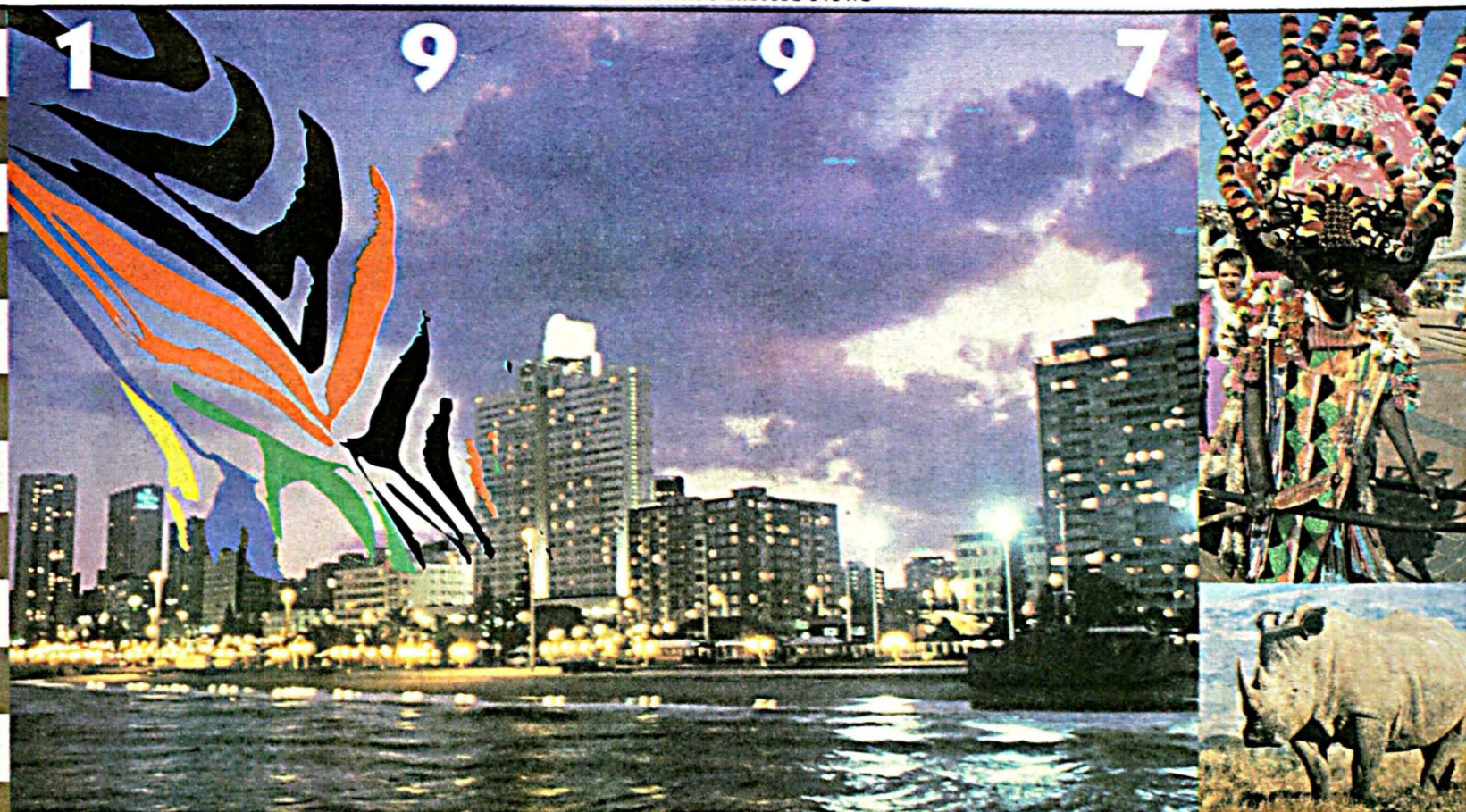
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Trail Championships

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Huntsville State Park, Houston TX

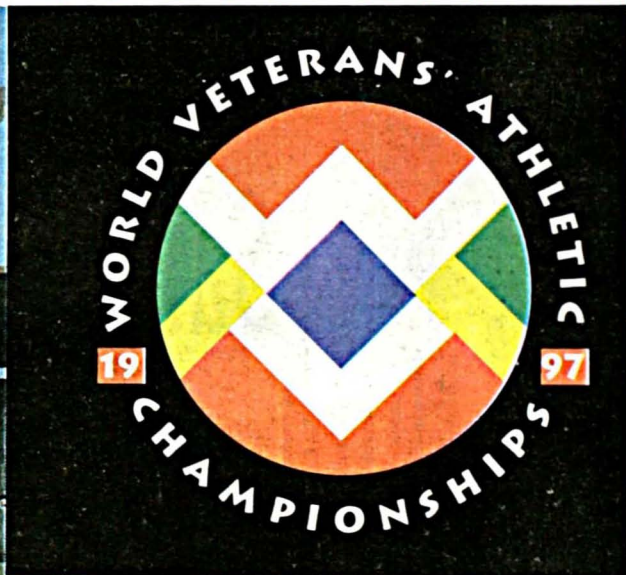
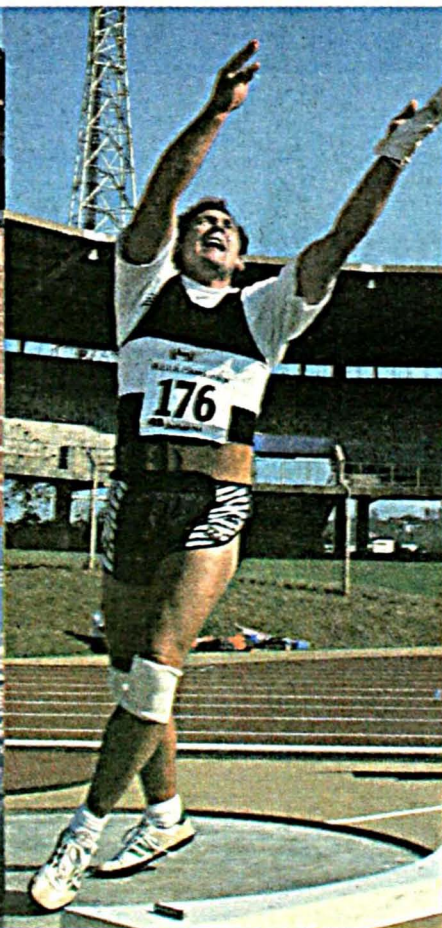
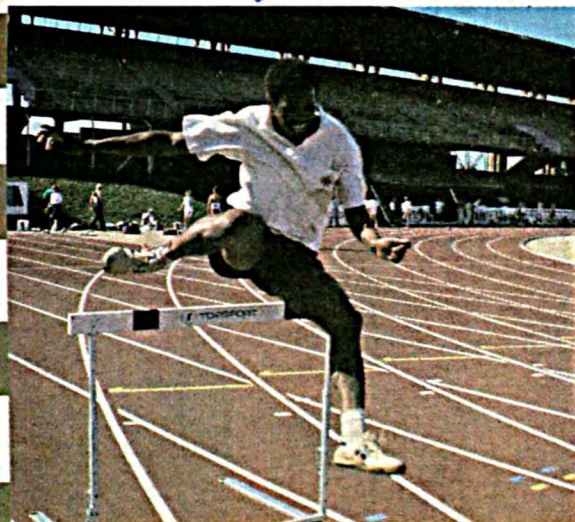
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