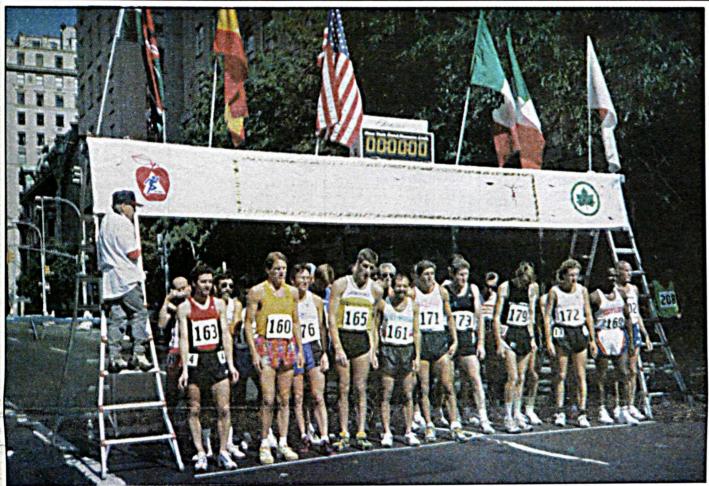
231st Issue November 1997 \$2.50



Start of the M40-59 race, Donald J. Trump Fifth Avenue Mile, Manhattan, N.Y., Sept. 27, from left: Tom Corkery, 40, second (4:19.90), Tom Byers, 42, first (4:16.89), Daniel Murphy #176, 42, Stephen Gallager, 41, Roberto Castillo, 40, Paul Mascali, 45, Tim McMullen #173, 44, Fred Robbins, 42, Charles McMullen, 46, Rob Jackson, 47, and Peter Hallop #202. Harry Nolan, 50, first runner over-50 is wearing dark glasses between Corkery and Byers.

# **Byers Returns to Win Trump Mile**

by HUGH SWEENY

Tom Byers, 42, Dublin, Ohio, outran a field of 30, including six 1997 U.S. national masters track champions, to capture the featured masters age 40-59 race at the Donald J. Trump Fifth Avenue Mile in 4:16.89 on Sept. 27.

Long-time track fans remember Byers as an Ohio State phenom with shoulder length hair whose fast starting tactics led to many an exciting

mile in the "big mile era" of two decades ago. Byers posted career bests of 3:50.84 outdoors and 3:53.6 indoors in 1982 and captured the Fifth Avenue that year as he beat Steve Scott, John Walker, et al., in 3:51.1.

Fifteen years later, Byers has shorter hair, is married, has two sons (Tom, Jr., 12, ran a 5:02 in the race for 12year-olds here), and a 60-70 hour per

# Anderson, Ceronio Take Clarksville

by JERRY WOJCIK

Keith Anderson, 40, of Great Britain, and Marietjie Ceronio, 40, Clarksville, Tenn., captured masters

#### INSIDE:

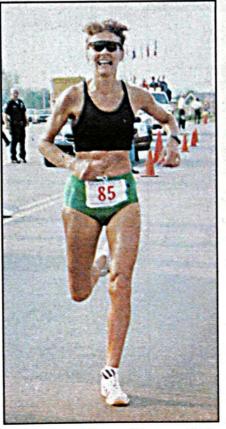
- Masters Clubs -page 2 National Decathlon -page 7
- Masters Coaching -page 12
- USA Masters Road Records

-pages 15-17

victories and \$1500 apiece in the Clarksville Memorial Hospital Run By The River 5K on Sept. 6. Anderson also turned in the best performance by a masters runner with his course record 14:10, an age-graded 95.2% and 23 seconds better than the old record.

On race day, Anderson arose at 4:45 to watch the services for Britain's Princess Diana, televised from Westminster Abbey. "I felt like I had lost a friend," he said. After the race,

Continued on page 6



Terry Mahr, 48, of Oregon, Ohio, second W40+ (17:47), Run By The River 5K, Clarksville, Tenn.

# Plasencia, Welzel **Topsat Twin Cities**

Minnesota's Steve Plasencia, a twotime Olympian, easily won the USATF National Masters Championships in 2:19:06 (10th place overall) at the Twin Cities Marathon in Minneapolis/ St. Paul, Minn. on Sunday, Oct. 5.

Since turning 40 last October, Plasencia, an assistant track coach at the University of Minnesota who resides in nearby Shoreview, has set six U.S. masters records: 5K (14:25); 3000 indoors (8:24.16), 5000 (14:02.86), 15K (45:14), half-marathon (1:05:33), and 25K (1:18:38). With the closest master finishing more than four min-utes behind him (Russia's Ravil Kashapov in 2:23:10), Plasencia snagged \$7500 for his victory.

Jane Welzel, 42, of Ft. Collins, Colo., turned in a 2:42:31 to win the women's masters title, running away from Regina Joyce (40, Lynnwood, Wash.), who finished over two minutes behind in 2:44:58. Welzel also took home \$7500 and clinched the Indy Life Circuit masters division grand prix title, worth \$6000.

Weather Slows Pace

Unseasonably warm and windy weather slowed the pace of many run-



Keith Anderson, 40, Great Britain, first M40+ (14:10), Run By The River 5K, Clarksville, Tenn.

# 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

Bohemia TC c/o Ross Moore 28 Indian Trace Kings Park, NY 11754 516/979-8445 (Mary)

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 Rosewod Ave. Baltimore, MD 21228-4939 410/744-2652

Mercury Masters Coach Shelly-Lynn Florence Glover, M.A. P.O. Box 795 Sleepy Hollow, NY 10591

Morris County Throwers Club Kent Manno, President 230 Mendham Rd. Morristown, NJ 07960 201/538-3231, Ext. 3372

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

National Capital TC (GNATS) 38 Tindal Springs Ct. Gaitersburg, 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

201/791-7986 .

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

212/247-5100 New York Masters Sports Club 5831 Bell Blvd. Bayside, NY 11364 718/224-3927 NYRRC 9 E. 89th St. New York, NY 10128 212/860-4455

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

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

Park Racewalkers, USA 320 E. 83rd St., Box 18 NewYork, 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 Martin 3706 Howsen Ave. Fairfax, VA 22030 703/352-3057

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

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

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

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

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

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

#### **SOUTH EAST**

All American TC 20184 Hwy 17 Hampstead, NC 28443

Atlanta TC 3097 E. Shadowlawn Ave. NE Atlanta, GA 30305 www.atlantatrackclub.org

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

Greater Nashville AC 3161-B Parthenon Ave. Nashville, TN 37212

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 1-800/940-4RUN

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

Nashville Striders P.O. Box 50431 Nashville, TN 37205

Nashville TC 2916 Oakland Ave. Nashville, TN 37212 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

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 9065 Gettysburg Dr. Twinsburg, OH 44087

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

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

Victory AC P.O. Box 6667 Louisville, KY 40206 502/456-2757

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

#### MID-AMERICA

American Walking Ass'n National Office P.O. Box 4 Paonia, CO 81428-0004 970/527-4557 970/527-4607 (fax) walk@online.col.com

American Walking Ass'n Rocky Mountain Region 9853 Zephyr Dr. Broomfield, CO 80021 303/422-5468

Denver TC c'o Fleet Feet 2760 E. 2nd Ave. Denver, CO 80206 303/320-0750 (Andre) 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

#### SOUTHWEST

Dallas Masters T&F Club 1501 W. Lavender Lane Arlington, TX 76013 817/274-0448 DallasMTAF@aol.com

East Texas T&F C!ub 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 Baty 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

Oklahoma Masters George Hall 4217 W. 91st Tulsa, OK 74132-3739 TEAM\_OKLAHOMA@bigfoot.co

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, CA94546 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 Shirley Dietderich, Pres. 5 Arcade Ave. Berkeley, CA 97408-2101 510/848-5016

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

Seniars 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 Arrovo Carlsbad, CA 92009 619/436-7698

Tamalpa Runners Box 701 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 rreabold@hlpusd.k12.ca.us

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, WA98115 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 503/666-8950 Paul Stephan, Pres.

Racewalkers Northwest P.O. Box 3914 Portland, OR 97208 503/256-2916 RacewalkNW@aol.com

RE-TREADS 16016 9th Ave., S.W. Bunen, WA 98166 206/246-0516 Seattle Masters AC 4103 Hillcrest Ave., S.W. Seattle, WA98116 206/938-3895

206/938-3895 Snohomish TC 4261 S. 184th SeaTac, WA 98188 206/433-8868

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

Team Alaska TC 8053 Pioneer Dr. Anchorage, AK 99504 907/566-8282 (hotline) 907/338-1667 (fax)

#### CONTENTS

#### DEPARTMENTS

Masters Clubs	. 2
USATF Officers	.3
Letters to the Editor	.4
NMN Sustainers	.4
Third Wind	. 6
The Foot Beat	. 8
Masters Racewalking	10
Training Advice	. 11
Statement of Ownership	. 11
On the Run	12
The Weight Room	14
Speaker's Corner	18
T&F Report	20
Rankings Report	20
Health and Fitness	21
WAVA Officers	21
Masters Scene	22
Fifteen Years Ago	22
Schedule	23
Ten Years Ago	23
Five Years Ago	24
All American Standards	25
Reculte	26

#### **FEATURES**

Twin Cities Marathon 1
5th Avenue Mile 1
Clarksville 5K
5K X-C Championships 5
Pittsburgh 10K5
SGMA Capital Challenge 5
Decath./Heptath. Champs 7
Southeast Regional Bids 7
Avon Women's Circuit 8
Nick Carter 8
Bower Weight Pentathlon 9
Club West Meet9
Rocky Mountain Meet 9
Too Much Pressure 10
Masters Coaching 12
Road Records & Bests 15
NFS Rule Under Siege 18
Indy Life Standings 19
WAVA Championships 21
X-C Challenge22

#### ENTRY FORMS, ETC.

NMN Subscription Form	.4
Myrtle Beach Marathon	
On Track	
The Master Board	.9
Quantum Strength Training	11
Publication Order Form	
Las Vegas Marathon	
Fax-a-Sub	
No False Start Petition	
T&F Rankings Book	20
Age Records Book	
Endurox	



# YONAL MASTERS NE

Editor and Publisher: Al Sheahen Senior Editor: Jerry Wojcik Office Manager: Suzy Hess 541-343-7716 Fax:541-345-2436

e-mail natmanews@aol.com Associate Editor: Angela Egremont Assistant Editors: Jane Dods, Janna Walkup

Subscription Manager: Stark Services 818-760-8983 Advertising Manager: Sue Hartman 610-967-8316

Sales Representatives:

Karen Jennings 610-967-8758 Lisa Fronti 610-967-8896

Production: Carol Covey, Kim McGill Printing: American/Foothill Publishing Co. Track & Field Records: Pete Mundle Long Distance Records: Road Running Information Center

Racewalking Records: Bev LaVeck Track & Field Rankings: Jack Lance Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker (MD), Bob Fine (FL), Courtland Gray (TX), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (PA), Mike Tymn (HI), John White

(OH).
International Correspondents: Jorge Alzamora (CHI), Leo Benning (RSA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Jim Tobin (NZL), Jacques Serruys (BEL).

Photographers: George Banker (MD), Suzy Hess (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR)

Creative Art: Eugene Paasinen, Herb Parsons
The National Masters News (ISSN-0744216) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Mailing address:

#338, Sherman Oaks, CA 91423. Mailing address: P.O. Box 50098 Eugene, OR 97405. Periodicals postage paid at Van Nuys, CA 91409. The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publicatio its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Pat Rico, President;

Executive Officers of USATF: Pat Rico, President; Craig Masback, Executive Director. 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, arti-cles, 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 (\$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

Address change: At least four weeks is required for a change of address. Please furnish your new ddress and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recom-mendation or an endorsement by NMN.

Advertising information and rates: Please call 610/967-8316 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the nth prior to the cover date.

Mailing: The issue is mailed the last week of the

month prior to the cover date.

National Masters News, P.O. Box 50098, Eugene OR 97405. Phone: 541-343-7716; Fax: 541-345-2436.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood,

Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615, 818/760-8983,

#### NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD TRACK & FIELD

#### Chairman:

Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 (206) 932-3923 (206) 932-3917 (fax)

#### Vice-Chairman:

Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 292-6132

#### Secretary:

Suzy Hess 1430 Willamette St #404 Eugene, OR 97401 (541) 342-8050 (H) (541) 343-7716 (W)

(541) 345-2436 (Fax)

#### Treasurer:

Madeline Bost P.O. Box 458 Ironia, NJ 07845 (201) 584-0679

# Outdoor and Indoor Meets:

Scott Thornsley 512 Spradley Dr. Troy, AL 36079-2937 (334) 807-0371 (H) (334) 670-3755 (W) (334) 670-3753 (Fax)

## Multi-Events:

Rex Harvey 160 Chatham Way Mayfield Heights OH 44124 (440) 446-0559 (H) (440) 954-8122 (W) (440) 954-8111 (Fax) Rexih@aol.com (e-mail

#### Records:

Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291

Rankings: Jack Lance P.O. Box 276 Long Valley, N.J. 07853

#### Weight Events:

Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 (916) 273-3660

#### Racewalking:

Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721

#### Team Manager:

Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603

#### Rules Coordinator:

Graeme Shirley (address above)

#### Regional Coordinators: East:

Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547

#### Southeast:

**Bob Fine** 3250 Lakeview Blvd Delray Beach, FL 33445 (407) 499-3370

#### Midwest:

Mel Larsen 2316 Willemoure Springfield, IL 62704 (217) 546-2909

#### Mid-America

Tom Thorne 525 Oak Ridge Dr Neosho, MO 64850 (417) 451-7417

#### Southwest:

John Head 21024 Cedar Branch Garden Ridge, TX 78266

#### West:

Vest: Gary Miller 1740 Grandview Ave. Glendale, CA 91201-1263 (818) 843-2139

#### Northwest:

**Becky Sisley** 310 East 48th Eugene, OR 97405 (541) 342-3113 (H) (541) 346-3383 (W) (541) 346-3583 (F)

#### Awards:

Don Austin P.O. Box 39148 San Antonio, TX 78218 Law Chairman:

Tom Light P.O. Box 1550 Chugiak, AK 99567 (907) 694-4623 (H) (907) 786-7431 (W) (907) 786-7401 (Fax)

#### WAVA Delegates:

Ken Weinbel Barbara Kousky Scott Thornsley Alternates: 1) Joan Stratton 2) Bob Fine 3) Madeline Bost

3) Marilyn Mitchell

#### LONG DISTANCE RUNNING

#### Chairman:

Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010

#### Vice Chairman Men:

John Boyle P.O. Box 1700 DeLand, FL 32721 (904) 736-0002

#### Vice Chairman Women:

Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)

#### Secretary: Norm Green

405 Curtis Ct Wayne, PA 19087 (610) 644-4053

#### Treasurer:

Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 (702) 884-9448

#### Road Records & Rankings:

Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868

#### Championships:

Mick Midkiff 4808 Palmetto St. Bellaire, TX 77401 (713) 667-2902 Fax: (713) 667-2718

#### Law and Legislation: Mick Midkiff

(address above)

#### Championship Stats:

Norm Green (address above)

#### Indy Life Circuit:

Charles DesJardins

#### Awards:

Ruth Anderson - Women (address above) John Boyle - Men (address above)

#### **Rules Coordinator:**

George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553

#### **WAVA Delegates:**

Ruth Anderson, Norm Green Alternate: Charles DesJardins

#### IAAF Veterans Committee:

Charles DesJardins (address above)



#### RACEWALKING

Athletic competition for masters athletes has been adapted over the years to make participation more enjoyable for all athletes. For example, in the throwing events, the older athletes throw lighter implements. And in the hurdle races, the hurdle heights and race distances are reduced in the higher age groups.

These changes were introduced to compensate for the loss of strength, speed, stamina, and suppleness in older competitors. However, no changes have been made for racewalkers. Walkers of all ages must battle to walk with straight legs, as required by the rules.

A walker who – irrespective of age – has a definite knee problem (e.g., is unable to straighten the knee due to arthritis or a prosthesis), has produced medical evidence to support this condition, and, in the opinion of the judges, is gaining no advantage by walking with a bent knee or knees should not be disqualified. At the very least, the athlete should be allowed to complete the event.

I spoke about this matter at a WAVA stadia committee meeting in Durban at the recent World Championships and was told by Bob Fine, a walker of some repute and experience, that WAVA was applying the IAAF walking rule very strictly. My response to this is that the IAAF rules were drawn up many, many years ago – long before WAVA existed – and were cre-

ated for young people or, at any rate, not for masters athletes in their sixties and older. The IAAF rule must be adapted to suit the specific requirements of WAVA.

The high number of disqualifications of athletes of all ages in the 5000 walks shows that the rule was applied very strictly or that, as most of the walkers concerned were South Africans, South African walking judges had not previously been applying the straight-leg rule correctly. Naturally, some walkers competing were physically incapable of completely straightening their legs, yet were definitely not running.

I disagree with Fine's statement that these problematic walkers must stop walking. We must do everything in our power to keep all our members participating for as long as possible by changing or adapting the rules or clearly defining which athletes may participate in WAVA events. If an athlete with a prosthesis is not welcome, then what about a blind athlete?

After all, WAVA is there to cater to the needs of the older athlete!

Cape Town, South Africa

#### NO FALSE START RULE

To the articles by Phil Mulkey (Aug. NMN) and Jeff Schaller (Oct. NMN), I say "Amen!" My guess is that 99 percent of all false starts are simply cheating.

I agree with the suggestion that a

disqualified runner be allowed to compete for participation purposes only.

Dick Glasgow Prescott, Arizona

The no-false-start rule is counterproductive. It inhibits the sprinter's chance to explode out of the blocks with abandonment, thereby converting an incentive to excel into an incentive to be careful.

Give a false start to the competitor and a second one to the field.

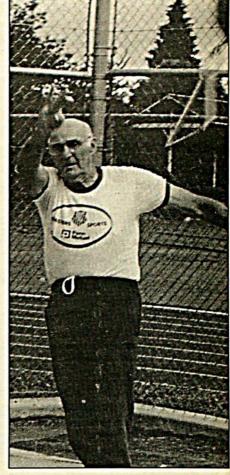
Tom Gilliard Lithonia, Georgia

#### SHORT COURSE IN TUCSON?

At the National Senior Sports Classic in Tucson last May, we were assured that the 5K and 10K courses had been re-measured and were accurate. I ran an M65 age-record 17:38, but later received a memo from the Road Running Information Center saying that the courses were short because of a calibration error; the 5K was 385 meters short; the 10K 770 meters short.

It is not possible for the course to be that short. If it had been, my adjusted time for the 10K would have gone from 38:09 to 41:01, and my 5K to 19:04.3. I had run a 39:26 for 10K two weeks earlier, and had recently logged an 18:43 and 18:38 in certified 5Ks, which were run under conditions of heat and humidity and with little adrenaline on my part. In Tucson, the weather was perfect (67°), no wind and low humidity. I had never felt so much adrenaline in a race, and felt it was the best race I have ever run.

Anyone who could not properly lay out a calibration course, probably could not determine accurately by how



SUZY HESS

Leon Joslin, 84, broke two U.S. age records, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 16.

much the courses were short. If anyone believes that 5K course was 385 meters short, I have some gold bricks I would like to sell them, cheap.

Paul Heitzman Eudora, Kansas

#### RACE ENTRY FEES

I often send in advance fees to races I have a 50% chance of racing (due to lingering injuries, potential schedule conflicts, etc.). I am happy to contribute to these races. Many of my friends volunteer to work races. I feel my forfeited fee is the least I can do to support the selfless and often thankless job race managers have. These folks

Continued on page 13

# NATIONAL MASTERS NEWS

# Subscription Form

Masters Athletics is booming!

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates: (USA, Canada, Mexico)  6 months \$15  1 Year \$26  2 Years \$48  3 Years \$70  Circle appli	1st Class rates: (USA, Canada, Mexico) 1 Year \$42 2 Years \$80 3 Years \$115 cable sports: T	2 Years	\$45 Bill me later \$45 \$\_ as a contribution
City	BUATUR.	_State	Zip
Send to: National M Subscription P.O. Box 1	on Dept.	edenturul (	Or Call: 818/760-8983

# **Eleven Join NMN Sustainers**

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

Special thanks this month go to:

Louise Adams
John Burrell
Ross Carter
Richard Donley
Warren Gillette
Walter Hutchins
B. Kauman
Beverley Lewis
Philip Steel
Gertie Theron
Nathaniel White

Boulder, Colorado
Highland Park, Illinois
Eugene, Oregon
Tulsa, Oklahoma
Scottsdale, Arizona
Louisville, Kentucky
Forest Hills, New York
Montecito, California
Philadelphia, Pennsylvania
Proclamation Hill, South Africa
Fayetteville, New York

#### 17th Annual SGMA Capital Challenge Attracts Impressive Field

On a beautiful Wednesday morning, Sept. 24, Washington, D.C. played host to the 17th annual SGMA Capital Challenge. The three-mile race in East Potomac Park drew a spectacular array of Washington VIPs intent on demonstrating their fitness and raising money for D.C. Special Olympics. Vice-President Al Gore headlined the impressive gathering and ran a creditable 25:01.

Gore was joined by 29 members of the House and Senate, two Cabinet members, including OMB Director Frank Raines, Secretary of Veterans Affairs Hershel Gober, scores of media teams, federal judges, and former world-record holder and now congressman, Jim Ryun.

One-hundred-and-forty-two teams with over 700 runners entered, each captained by a senator, representative, cabinet member or sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist. Each captain had to finish the race for their team to count. Official "whistle blower" and starter was four-time New York and Boston Marathon winner, Bill Rodgers, who jumped in at the back of the pack after sending the field on its way.

The purpose of the event is to determine who is fittest – the Legislative Branch, Executive Branch, Judicial Branch, or the media – and to raise

money for the Special Olympics.

Overall winner was the Navy's Mark Gilmore (14:46), followed by the media's Jim Hage (14:51). Barbara Kannewurf, also of the Navy, was the first woman (16:40). Repeat division winners from 1996 included Senate Majority Whip Don Nickles (R-OK)



Senator Slade Gorton, 69, (R–WA) finishing the Capital Challenge 3 Mile, Washington, D.C., Sept. 24.

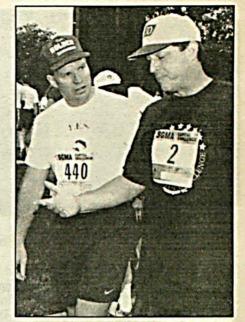
with a 22:14, and Representative Bart Gordon (D-TN), still the fastest man in Congress, with a 17:09. Running for the Bureau of National Affairs, Senator Kay Bailey Hutchison (R-TX) broke the female senators' record in notching her first victory in 33:14.

The title of the fittest team went to the FBI's Fast, Brazen, and In-Stride, who toppled the 1995 and 1996 champion Navy team. A strong Old Yeller team from National Geographic was a close runner-up to the FBI. The Best Named Team was the

The Best Named Team was the "Berg Men of Erisatraz" (Olena Berg, Assistant Secretary of Labor), with the Judicial Team of "Running Justice Fast As You Can" (U.S. Court of Appeals – Federal Circuit) also contending for the title. The Worst-Named Team was "Cochran's Kudzu Get You" (Sen. Thad Cochran (R-MS)).

As always, the race had a festive air with the Howard U. Show Time Marching Band entertaining runners pre-race and as they finished, and Uncle Sam "worked" the race crowd. Media coverage was extensive with live coverage by several local and national outlets.

The Capital Challenge highlighted the ability of many of the nation's busiest leaders to stay fit and raised a



BILL FITZPATRICK

Vice-President Al Gore, who ran a 25:01, and Representative Tim Holden (D-PA), 20:38, at the Capital Challenge 3 Mile, Washington D.C. Sept. 24.

record \$11,450 for the D.C. Special Olympics. Challenge title sponsor SGMA (Sporting Goods Manufacturers Association) and contributing sponsors, Prudential, Deer Park Water, and Running Times, donated \$4000 to the Special Olympics, which also received all entry fees.

- from Jeff Darman

#### Mascali Wins at Van Cortlandt

New York AC coach, Paul Mascali, 45, fresh from a 4:29 at the Fifth Avenue Mile the week before, outkicked Alan Ruben, 40, to win the Metropolitan Athletics Congress Masters 5K Cross-Country Championships on Oct. 5.

Mascali won by a scant second with a 16:31 over Ruben, of the Central Park TC, with Tom Hartshorne, 43, CPTC, third in 17:09.

The race was run on a re-vamped and faster Van Cortlandt Park course. The hills at "Vanny" are still the same – steep and endless – but improved footing, eliminating rocks and gullies, makes the back hill seem like a road race course. It's like the change from

cinder to rubber tracks, or from steel to fiberglass poles.

Hugh Sweeny, 53, of the Warren Street TC, also took a one-second victory in the M50 race with a 17:35 over Terry Delph, 50, running unattached.

Sid Howard, 58, won the M55 race in 18:51. Geza Feld, 63, 21:21, and Guy Froleg, 67, 24:56, were the other division winners.

Kathy Martin, 45, who posted the W40+ time (5:11) in the Fifth Avenue Mile, was the first of just three women who ran, with an 18:46.

The Taconic RR won the team trophy with a 31 total, the CPTC was second with 43.

- from Hugh Sweeny

# The Inaugural MYRTLE BEACH MARATHON and MARATHON RELAY Saturday, February 28, 1998



ECLIF

VESTERDAYS

COASTAL CAROLINA

- ← ೨೯ Flat, loop course through Myrtle Beach
- Runner, Walker, Wheelchair Friendly
- To benefit the Leukemia Society
- Marathon relay for teams of 5
- Pre and post race parties
- ✓ Medals to all finishers
- ← ೨ Age Group Awards
- Certified Course
- ← JF T-shirts
- WHY NOT?



For more info about us: Write to: Myrtle Beach Marathon

PO Box 8780 Myrtle Beach, SC 29578-8780 Phone: 803-349-2733

Web site: www.coastal.edu/mbmarathon

...FLAT... FAST... FURIOUS... FUN...

# Young, Takahashi Win in Pittsburgh 10K

by JERRY WOJCIK

Craig Young, 41, and Janet Takahashi, 41, were first masters in a field of 8843 runners and walkers at the 21st annual Richard S. Caliguiri City of Pittsburgh 10K on Sept. 28. Young, Colorado Springs, Colo., ran a 4:44.5 pace to finish in 29:27, 12th overall, giving him the distinction of being the first U.S. runner to cross the finish line.

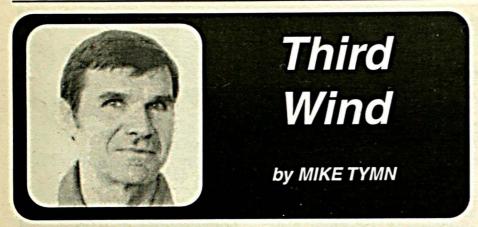
Second and third masters were Farley Simon, 42, Woodbridge, Va., in 30:43, and Dan Lawson, 42, Salina, Kansas, in 31:08.

Fay Bradley, 59, Washington, D.C., who turns 60 on Jan. 13, 1998, blazed to the M55 victory with a 33:33 on the

course, noted as a fast one because of its drop in elevation. Lou Lodovico, 73, Ellwood City, Pa., won the M70+race with a fast 42:00.

Takahashi, of Canada, who placed fifth in the open division last year, was 11th female in 35:46 and led a North-of-the-Border sweep of the first W40+places. She was followed by Canadians Diane Legare, 46, 36:07, Joyce Switzer, 40, 36:41, and Maureen Griffith, 42, 37:31. Barbara Filutze, 51, Erie, Pa., was the first U.S. runner and fifth master, with a 38:57.

Mike Radley again served as meet director and extended an invitation to masters runners for the 1998 race.



#### Ruth Wysocki: Prefers Running to Jostling

Ruth Wysocki says she doesn't feel any slower now than when she was an Olympian 13 years ago. "The thing I've noticed isn't so much physical as it is mental," offers Wysocki, who has been rewriting the masters record book since entering the masters arena last March. "My biggest struggle isn't speed or age, it's more the desire to really duke it out with somebody. There's all that jostling that goes on and it's harder for me to get mentally prepared for that. If I could go into a race and run fast without having to worry about anybody, that would be the ideal situation."

Indeed, Wysocki hasn't lost much when you compare her new American masters records for 800 (2:03.95) and 1500 (4:08.69) with her personal bests of 1:58.65 and 4:00.18, both recorded in 1984, the year she represented the United States in the Los Angeles Olympics. She also owns the masters record for 5000 on the track (16:26.83) as well as the world road records at 5K (16:06) and 8K (26:19), and the American road record at 10K (33:22).

**Upset Victory** 

Wysocki is best remembered for her upset victory over Mary Decker in the 1500 at the U.S. Olympic Trials of 1984. The photo of her crossing the finish line, arms raised in great jubilation as Decker struggled a few steps behind, appeared in newspapers and magazines around the world. Still, Wysocki does not consider that victory the highlight of her career. "Beating Mary was exciting and obviously opened the most doors, but breaking two minutes for 800 the first time was something more special," Wysocki muses, referring to a 1:59.48 in her semi-heat of the '84 Olympic Trials. "That was the big one. My dad ran the 800, my brothers ran the 800, and breaking two minutes was something that had been a goal for so long.'

In finishing second to Kim Gallagher in the final, she improved to her PR of 1:58.65. She went on from there to finish sixth in the Olympic 800

and eighth in the 1500.

Wysocki's career began in 1968 as Ruth Kleinsasser with a world age-11 best of 2:30.5 for 880 yards. In 1978, she set a national junior college record of 2:01.99 for the 800 and retired from serious competition following knee surgery in 1981. After marrying Tom Wysocki, a world-class distance runner, in 1982, she was content to run a few miles a day just for fitness. But Tom was determined to make the '84 Olympic team at 10,000 meters, and he talked Ruth into joining the pursuit.

"I didn't think I could get back down to where I had been," Wysocki said. "I didn't see much point in making a comeback. But when I found out what the qualifying times were for 1500 and 3000, I was surprised. I had expected them to be much faster."

Tom, who finished sixth in the 10,000 at the 1980 Olympic Trials, was forced to give up his Olympic bid because of a leg injury. Now a real estate broker in Canyon Lake, Calif., Tom, 41, is content to run for fitness these days. When Ruth is not running or tending to their seven-year-old son, Michael, she assists Tom in the business.

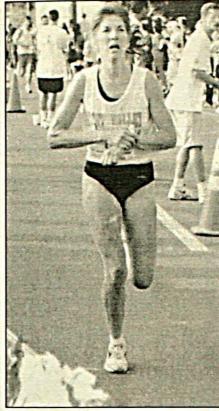
**Revived Hopes** 

Wysocki retired a second time after finishing fourth in the '88 Olympic trials. After giving birth, she made an unsuccessful attempt, at age 35, to make the '92 team and ended up with a stress fracture the following year. 'That's when I really questioned the motivation to come back again," Wysocki continued. "I kinda gave it up, but then started again in '95 in hopes of making the team for Atlanta. I had a hip injury the month before the trials, and by the time the trials came around I was pretty healthy but I didn't have the racing sharpness."

As for masters competition, Wysocki says she never gave it much thought until she was 39. "When Tom stopped racing, he just stopped and didn't miss it at all," she explained. "He was ready to move on to something else. He said it was a nice phase of his life, but it's over and that's it, and so sometimes he has a hard time wondering why I'm still doing it. Going into the '96 trials, he told me that I had his full support but he said, 'You know this is it.' After the '96 trials he said, 'Let's move on,' but my coach said, 'You can't go out like this.' Tom looked at me and said, 'Okay one more year.' Then this summer when I was in Europe, Tom started talking about what we might do next summer when I compete in Europe. It's funny. Tom wouldn't mind at all if I quit, but he's very supportive."

Training Regimen

Wysocki's training hasn't changed significantly over the years. "I'm still doing 50-60 miles a week, about the



Joan Ottaway, 53, Sonora, Calif., Grandmasters (W50+) Division winner (18:31), Run By The River 5K, Clarksville, Tenn., Sept. 6.

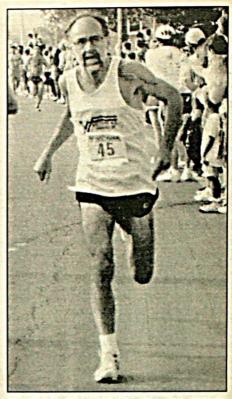
same as in 1984," she offered. "I usually don't get on the track until February. I do speed play, fartlek, that kind of stuff before that. In February I'll get on the track once a week and then in March to the end of the track season I'll get on it twice a week. Now, as I'm leaning toward the roads, I still have two hard sessions a week, but it is more likely to be fartlek or something like that."

A typical interval session for Wysocki calls for three miles of hard running, such as 12 quarters or six halves. "Early in the season, we might do 12 quarters in sets of four in about 68 seconds each," she explained. "We'll take a minute rest between each one, but jog a full lap after each set of four. By the end of the season, we might be down to doing just four quarters, all under 60. But I prefer to do 500s and 300s. You get the extra straightway to run fast, and I love to run fast."

**Uncertain Future** 

As for the future, Wysocki is uncertain. "I see myself competing more on the roads. It's a little less intense. I can see myself running longer than 10K, maybe 15K, but those longer ones beat me up pretty good. I'd rather race short and race more often, than give my heart and soul to long ones. One thing I see stopping me is that I'd like to have another child. If that happens, that will probably be it. The other thing that will stop me is when the performances really start to drop off. I don't see myself at 45 or 50 doing what I'm doing. I don't think I'd get a rush out of running 18 minutes for 5K, at any age. I really respect older competitors like Shirley Matson and Joan Ottaway, who can do that, but that's not for me.

"I know better than to make a final definitive decision. I'm going to have to regroup soon and give it some serious thought."



Bill Olrich, 61, Lexington, Ky., first M60-69 (17:29), Run By The River 5K, Clarksville, Tenn., Sept. 6.

#### Clarksville 5K

Continued from page 1

Anderson, considered by some to be the top-rated masters runner in the world right now, commented, "Your race is a little early. Our races usually start between 10 and 12."

Chuck Crabb, 40, Mt. Holly, N.J., was second in an age-graded 91.4% 14:47, worth \$1000. Tom Stevens, 41, Middletown, Md., took third and \$500 with a 14:51.

Richard Weeks, 50, Nashville, Tenn., won the Grandmasters Division race for runners 50-and-over and \$600 with a 16:38, but Fay Bradley, 59, Washington, D.C., outperformed Weeks' time, age-graded at 87.3%, with an outstanding 94.0% 16:42. Bradley collected the \$400 second prize.

Bill Olrich, 61, Lexington, Ky., won the M60-69 race handily with a 17:29, an A-G 91.5%.

Running in her hometown, Ceronio, who broke the W40-44 world record for the 2000 steeplechase with a 7:47.56 in the 1997 Championships in San Jose, placed 13th female overall with a 17:34. Terry Mahr, 48, of Oregon, Ohio, was second in 17:47 and bettered Ceronio's age-graded mark, 91.0% to 86.0%.

Joan Ottaway, 53, Sonora, Calif., defended her 1996 Grandmasters title with an 18:31, an A-G 91.6%, the best among the masters women.

Masters runners shared \$9600 of the race's \$33,000 prize money, divided equally among men and women. Next year, the masters top prize will increase another \$1000 to \$2500. The event – which featured Bill Rodgers, 49, winner of the Boston and New York Marathons, as the guest speaker at a pre-race pasta dinner Friday night – was organized by Events & More of Clarksville, Tenn., and is scheduled

#### World and U.S. Records Set At Decathlon/Heptathlon Championships

by BILL BUSBY

Fifty-three masters decathletes and two over-30 heptathletes were greeted by warm, rather humid weather on the first day of the 1997 Championships. The meet was held at the Thomasville High School Track, N.C., whose Rekortan polyurethane surface and dual field event facilities made it more like a good small college track than the typical high school track.

The announcer was Frank Zarnowski, noted Olympic multievents TV commentator and the World's foremost authority on the decathlon. Also present for most of the first day was Chris Huffins, fresh from an impressive win over most of the world's best multi-eventers in a major international decathlon in Talence, France.

The athletes were as hot as the weather with impressive first day performances highlighted by an age-factored 1009 points with a 12.28/40-31/2 shot put by Ed Kress, M65.

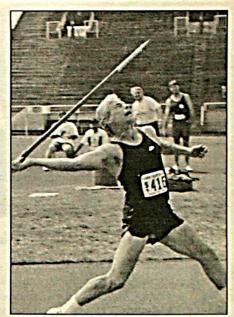
Interestingly, age-factored decathlon points do not always correlate with age grading in the same event. For instance, a 4.85 long jump by M65 Darrold Skartvedt scored 967 decathlon points versus an age grade of only 85.5%. Skartvedt's 14.09 100, age-graded at 87.1%, only scored 789 points. Despite such inconsistencies, many outstanding first day marks were recorded.

Single event national multi-event

championship records were set by Barry Stebbins, M40, 6.46/21-2, long jump; Gordon Seifert, M65, 1.48/4-10<sup>1</sup>/<sub>4</sub>, high jump; and W40 Karen Vaughn, 8.97/29-5 shot put. Bob Boal, M85, set four meet records in the 100 19.05, long jump 2.60/8-6<sup>1</sup>/<sub>2</sub>, high jump 1.04/3-5 and the 400 1:41.26. After the first day's events were concluded, athletes, spouses, friends and officials enjoyed the traditional North Carolina barbecue supper party at the home of the meet director.

Day two dawned clear and cool with a maximum wind well below the multi-event limit of 4 mps. In the very first event, Bob Boal skimmed over the 80H in a U.S. record 20.74, becoming the first American 85 or older to complete a hurdles race. A few minutes later, Denver Smith, M70, followed with an 80H meet record of 14.59. Other second day single event records fell to Skartvedt in the M65 javelin 38.08/127-11, and to the amazing Boal, also in the javelin, with 15.86/52-0 and a 1500 time of 8:58.57.

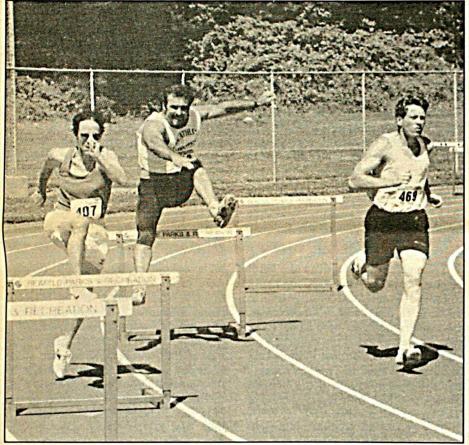
When the dust had settled, three U.S. age-group records and two single-age world records had fallen. Especially impressive, was Greenbrae, California's Stan Vegar, 42, with a U.S. record score of 7551 which broke Rex Harvey's old mark (7478) by over 100



Suzy HESS
Bob Osterhoudt, U.S., M50 weight pentathlete.

points. Additional record totals were achieved by Boal, M85, 5565 (U.S. record); Ann Carter, W55, 2741 (U.S. heptathlon record); Skartvedt, 66, single-age world record of 7215; and Denver Smith, 71, 6924 (single-age world record).

There were a few fairly minor injuries, including Rex Harvey's torn hamstring, suffered in the long jump, but, all-in-all, the 1997 edition of the National Masters Decathlon/Heptathlon was a resounding success.



JERRY WOJC

Ruth Callard #407, 43, Seattle, Grant Lamothe, 53, British Columbia, and Rich Walton #469, 45, Portland, Ore., in the 400H, USATF Northwest Regional Masters Championships, Seattle. Walton ran a 69.6, Lamothe, 71.5, and Callard, 71.6.

# **Bids Solicited for Southeast Regionals**

by BOB FINE

USATF Southeast Region Chair

I am establishing a circuit for the USATF Southeast Regional Masters T&F Championships. These championships have already been awarded: 1998, Atlanta, Ga., second weekend in June; 1999, Raleigh, N.C., early May; and 2000, in Tennessee, tentatively third weekend in May.

I would like South Carolina, Virginia, and Alabama to bid for the Championships in 2001 and 2003. Florida has held the Championships this year and is available to host them at any time.

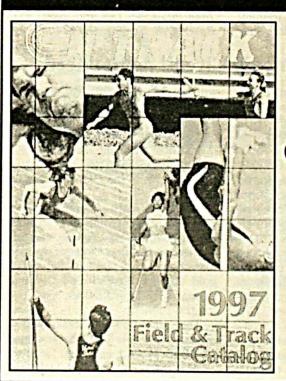
Regional medals are being composed. The medal will have the outline of the Southeast Region with the USATF logo in the lower left hand

corner (in the Gulf of Mexico), and will be given by the Region on a contingent basis at cost. Unused medals can be returned and payment for the medals can be made after the meet.

A \$2 surcharge will be made for each entrant to go to the Region. A Championship patch (one to a competitor) will be provided by the Region.

I have appointed a Regional Advisory Council and would welcome participation from caring administrators and/or competitors. Any suggestions or concerns should be sent to me: Robert G. Fine, Regional Chair, 3250 Lakeview Blvd, Delray Beach, FL 33445. 561-499-3370; fax: 561-495-5054; e-mail: bobfine@aol.com.

# "Great Equipment Keeps You On Track"



OVER 70 YEARS COMBINED FIELD & TRACK EXPERIENCE WENT INTO THIS COLLECTION... YOUR BEST PERFORMANCES WILL COME OUT!

# TRACK

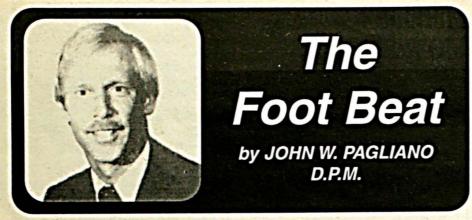
Complete line of Field & Track Equipment

- Vaulting Poles
- Shots
- Discus
- Javelins
- Hammers
- Starting Blocks and much, much more!

Write, call or e-mail for our 1997 Catalog:

P.O. Box 1674 • Burbank, California 91507 (800) 697-2999

ontrack@internetconnect.net



#### Achilles' Paratendinitis

I'm a fifty-two-year-old male sprinter. During a high-speed workout a few months ago, I felt a pain in my left Achilles' tendon area. I stopped training for two weeks, then began again with slow jogging which I was able to tolerate well. However, when I tried an easy sprint, the pain came back. I have developed a small lump on the inside of the tendon, and the pain has decreased to a point where I can now do light sprinting. Can I steadily increase my training level? Can you recommend any treatment that might help me?

What you have developed is an Achilles' paratendinitis. The Achilles itself has no synovial sheath, and the inflammation you describe is in the soft, connective tissue known as the paratendon.

Inflammation of the paratendinous tissue can cause pain and swelling in the back of the Achilles. The tendon can also become thickened in that area, and be sore to the touch. In severe cases, the area can also become extremely swollen and distended.

I usually recommend three to six weeks of complete rest, with hydrotherapy and ultrasound to increase blood circulation in the affected area. You have to remember that as you age, the circulation in the Achilles' tendon decreases and it takes much longer to heal. Apply moist heat to the back of the tendon for 20 minutes a day.

Using a heavy-duty training shoe with an 1/8-inch heel lift will help reduce stress on the tendon. Once the pain subsides, start off your training routine with some easy jogging, pre-

ceded by a half-mile walk to loosen up the tendon. Ice down the afflicted area for five minutes after each workout session.

Achilles' paratendinitis is an injury that you must take care of in the proper manner, or it will tear again and cause even more problems. The nodule or "bump" that you describe may remain for quite a while; if it isn't tender to the touch, I wouldn't worry about it. Gradually increase your running level as long as you are pain-free.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the 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.)

#### **Historic Women's Circuit Announced**

Road racing legends Joan Benoit Samuelson and Grete Waitz joined Avon Products, Inc. in launching the Avon Running Global Women's Circuit, an international series of 10K road races, 5K fitness walks, and pre-race clinics.

The Circuit, which will give women of all ages the opportunity to pursue elite racing, moderate running, or simple fitness in one unified international circuit, will open in 16 countries in 1998 and will expand to new cities each year.

Races in the United States comprise 10 major events in Hartford, Baltimore, Atlanta, Cincinnati, Chicago, Sacramento, Denver, Dallas, Portland, Ore., and Kansas City, Mo.

Winners in the elite and masters divisions at each U.S. venue will qualify for an all-expenses-paid trip to the U.S. Nationals. National champions will be flown, courtesy of Avon, to the Avon Global Championships – a race that features \$50,000 in prize money, the largest 10K purse in the history of women's road running.

U.S. elite and masters runners who place well in the regional races, but don't come in first in their division,

will be able to qualify for a trip to a major Avon championship event by accumulating 15 series points on a point system created by Avon Running. In addition, each international winner will be considered a national champion and be flown to the Global Championships.

"Avon's early commitment to women's running and the marathon helped pave the way for me, and other women, to the first Olympic women's marathon," said Benoit Samuelson, gold medalist in the 1984 Olympics, current U.S. record holder, and now a masters runner.

The prize money breakdown for masters runners is \$2000 for first place, \$1000 for second, and \$500 for third.

The first Circuit races will take place April 4 in Atlanta, May 9 in Denver and Dallas, and May 17 in Portland, Ore.

One dollar of each entry fee at every Avon domestic race will be donated to women runners in the Road Runners Club of America's Roads Scholar Program, a grant system that subsidizes travel and training expenses for post-collegiate runners.

# Fifth Avenue Mile

Continued from page 1

week job as vice president of a company specializing in risk management and insurance.

Byers continued to "jog" after his international career ended, ran a few road races, and turned up last year at the USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, where he finished sixth in 16:12, 12 seconds off the pace.

In the Fifth Avenue, Larry Almberg's event record 4:08.66 of 1990 survived another year, but if Steve Scott – who was on hand but scratched because of a calf muscle strain – continues to train, next year's race could be as interesting as the Almberg year when sixth place was 4:16.

Byers gapped the field from the start, leading-in approximately in 61.0, 2:06, and 3:11. Harry Nolan, 50, Navisink, N.J., the over-50 leader, ran sixth much of the way in 64.0, 2:11 and 3:19 before fading to 11th in 4:33.87, ahead of fast closing Peter Hallop, 50, who finished in 4:34.90, after 3:29 at three-quarters.

In the M60-69 race, Long Island's Witold Bialokur, 62, pulled away from Earl Fee, 68, to win in 5:14.20 to 5:16:00. Joe King, 71, Alameda, Calif., easily took the M70+ event in 5:51.90, and Kathy Martin, 45, was the fastest masters woman of the day with a 5:11.27. Sylvie Kimche, 50, turned in the best W50+ time with a 5:38.90.

The quality and depth in the Fifth Avenue Masters Mile has markedly improved in the last two years. In 1995, tenth place was 4:50; this year, 14 runners bettered 4:36. The three men's races included ten runners who have won a U.S. national masters title in the last 12 months. Thirteen runners ran age-graded 90% or better, topped by Fee's 95.8%, with Byers second at 93.4%.

The course is straight, fast, and slightly downhill, starting in front of the Metropolitan Museum of Art and finishing 20 blocks south at 62nd Street. Donald Trump recently agreed to sponsor the race of six years and put up \$200,000 to cover this year's expenses. He watched all 20 races and hinted that he would like to see the course altered to finish in front of a certain gold building bearing his name

95

AL PUMA

Max Popper, his race number equaling his age, after running a 14:26 in the Fifth Avenue Mile, Manhattan, Sept. 27.

seven blocks to the south. Such a change would eliminate the downhill start to the course, which is thought to be 2-3 seconds faster than a track mile.

New York papers gave the Trump event better coverage for the masters races than for the invitational miles. While 18 men broke 4:00, only six were under 3:56, and none were world top-10 or household names. No U.S. runners were in the open men's race, won by Spain's Isaac Viciosa, 28, in 3:53.66. Paula Radcliffe, a 23-year-old Briton, won the elite women's race in 4:22.96.

Frank Litsky devoted more than half of his New York Times race story to Byers and gave more coverage to 95-year-old Max Popper (14:28) than to the DNF of Suzy Hamilton in the elite race. The Post ignored the race and the Daily News gave Byers, Popper, Bialokur, and Fee 90% of its scant coverage.

The feeling here is that Trump would increase visibility of the event (and improve his image) if he were to add an M50-59 race and bring in masters runners to fill in an all-star field. After all, 25-year-olds don't buy coops in Trump buildings, but 50-year-olds do!

#### Ernest Newton "Nick" Carter

Long-time Club West president and Olympian Ernest Newton "Nick" Carter, 95, passed away after a yearlong illness on Sept. 26 at his home in Santa Barbara.

Carter, who was feted at last year's Atlanta Olympics as one of the oldest surviving Olympians, having represented the U.S. in the 1500 in the 1928 Olympics, was instrumental in the Santa Barbara area for bringing top-flight athletes in for competition during the '60s and '70s. He started the Easter Relays and many other athletic competitions in the area and was

active as a USATF official until after his return from Atlanta in 1996.

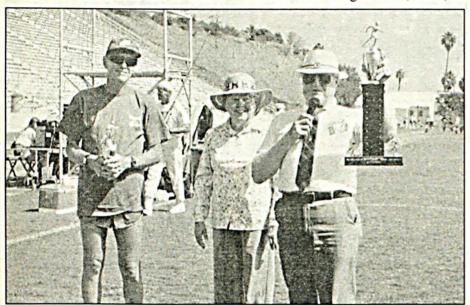
The spectacular track at Santa Barbara City College, which hosts the annual Club West Masters Meet, is named after Carter, who was at the front raising funds for it to be built. At last month's Club West meet, a 20-second silence was observed in his honor.

The Nick Carter Memorial Award for the Best Age-Graded Runner in the 1500 was introduced at the meet with Richard Burns, 42, Saugus, Calif., being the inaugural winner for his 4:17.14.

#### Over The Hill TC Sponsors Bower Memorial Weight Pentathlon

by JOE CHADBOURNE
The first annual Norman S. Bower

Memorial Weight Pentathlon was held on Oct. 4 in Chagrin Falls, Ohio, in



BEVERLEY LE

John Brennand, M60, holds the Ray Williams Memorial Trophy for the best 5000 time (19:21.8) by an M60+ runner, awarded at the Club West Meet, Santa Barbara, Oct. 5, and presented by Mrs. Mary Cheadle, widow of Vernon Cheadle, long-time UC-Santa Barbara Chancellor and masters athlete. Holding the perpetual trophy, which Brennand also received, is former Club West president and now USATF Santa Barbara area Commissioner Lloyd Albright.

honor of Norm Bower, a popular thrower who succumbed to cancer on Sept. 12 at age 49. Bower, loved by all who knew him for his humor, support, and enthusiasm for his sport, was a nationally ranked thrower in the shot, discus, hammer, and weight pentathlon, and also competed on the track, even though he weighed well over 200 pounds.

No entry fee for the event was charged, but donations were taken to establish an educational trust fund for Emma Rose, the two-year-old daughter of Bower and his wife, Sue. The event will be held annually, with all proceeds going toward the fund. Over \$2500 was raised this year from donations from the Over The Hill Track Club (OTHTC), Wolfpack TC, Bower TC, many unattached athletes, and others in the t&f community, who knew Bower throughout his years of participation.

The meet was sponsored by the OTHTC, with scoring co-sponsored by NCCWAVA. USATF officials Stan and Marilyn Gorecki donated their time to run the event. Awards were donated by

won by Richard Burns, 42, Saugus,

Calif., and the Club West Trophy for



Norm Bower, who succumbed to cancer at age 49 in September.

Dick Mann. Joe and Mary Chadbourne contributed the venue and dinner for competitors. Jeff and Kathy Gerson and Mann contributed post-meet refreshments.

Those interested in making a donation to the Bower Trust Fund can contact Norm Thomas, OTHTC president, 216-425-8219, or Jeff Gerson, 216-473-0636. □

#### Club West Stages 21st Annual Masters Meet in Santa Barbara

by BEVERLEY LEWIS

The city of Santa Barbara hosted another successful Club West Masters Meet at the scenic, world-class facility at Santa Barbara City College on Oct. 4. While no age-group world records were set, as in the pole vault last year, Jim Selby, 69, Fallbrook, Calif., broke the single-age world record for the 800 with a 2:33.17.

Other outstanding performances were recorded by Stan Whitley, 51, Alta Loma, Calif., who recorded wins in the 100 (11.80), 200 (24.17), and 400 (56.22). Avril Naylor, 50, Sacramento, Calif., was a five-time winner in the sprints and jumps.

National sprint champion Harold Tolson, 59, San Diego, Calif., won the 50m (7.4h), 100 (12.55), and 200 (27.27). Don Cheek, 67, Atascadero, Calif., recorded four sprint wins and was awarded the George Adams Memorial High Point Trophy as the

outstanding track athlete of the meet.

Throwing standouts included Stew Thomson, 64, Atascadero, Calif., with wins in the discus (162-3) and hammer (167-0).

Glenn Palmer, 50, Westlake Village, Calif., won the Vernon Cheadle Memorial High Point Field Trophy, and Clarence Trahan, 82, Hemet, Calif., the Jimmie Whitney Memorial High Point T&F Trophy and the Paul Spangler Memorial Award for the best performer over 80 years of age.

National M60 champion in the 5000, John Brennand, 62, Santa Barbara, won the Ray Williams Memorial Trophy for the best M60+time in the 5000. Jim Minah, 78, Des Moines, Wash., took home the Hubbel-Hermann Hammer Heave Award for the best thrower over age 70.

Two new awards were introduced this year: the Nick Carter Memorial Trophy for Best Age Graded 1500, Outstanding Woman Athlete won by Fei-Mei Chou, 50, Sunnyvale, Calif.

# To post your ad on The Master Board. The Master Board. The Master Board of 610-967-8896 or 610-967-8883. FAX 610-967-B8B3.

#### RESOLING

RESOLE - ALL running & tennis shoes - \$16.95 & \$2.00 shipping - For long wear heels only - \$10.95 & \$2.00 - 2901 S. Main, Santa Ana, CA 92707. (714) 751-0272.

#### **TRAINING**

PERSONAL TRAINER for the 400m/200m. Six time 400m ('81, '82, '85, '86, '87) & 3 time 200m ('81, '82, '85) champion at National Masters Championships. World Age Record Holder 400m (age 37, 47.6). Start with Fall training. For information call (213) 7-JUNKIE or write The Track Junkie, P.O. Box 62009, Dept. PT, Los Angeles, CA 90062-2539.

# ADVERTISE IN THIS SPACE FOR ONLY \$85 PER ISSUE

&
REACH OVER 8,000 LOYAL &
INFLUENTIAL CONSUMERS OF
RUNNING-RELATED PRODUCTS &
SERVICES.

FOR ADVERTISING INFO
CONTACT:

LISA FRONTI
ADVERTISING REPRESENTATIVE
NATIONAL MASTERS NEWS
33 E. Minor St., Emmaus, PA 18098
(610) 967-8896
FAX: (610) 967-8883

FAX: (610) 967-8883 email: Ifronti1@rodalepress.com

# Hot Throwing at Rocky Mountain Meet

by JIM BOGUS

The 17th annual Rocky Mountain Masters Meet in Boulder, Colo., Aug. 30-31, provided the venue for some great competition as 120 athletes looked to finish the summer season on a high note. Clear skies and temperatures in the mid-70s aided the competition as 30 meet records were broken.

The throwing events took center stage, with Phil Brusca, M70, racking up six wins, including a 13.00 for the 4k shot and 36.54 with the 1k discus. The weight pentathlon was the highlight of the day, as three men scored over 4000 points: Brusca, 4488; Ian Percy, M50, 4151; and Ron Broce, M50, 4045.

Sue Norton, W40, broke the 200 record with a 28.82 win and hooked up

with Teresa Drotar, W40, in a wild 400, which went to Norton, 66.31 to 66.60.

In the 800, Brad Palmer, M35, 2:03.90, and Thomas Richman, M40, 2:04.69, turned in quick times. Nationals 5000 titlist Rick Rojas, M45, ran a solid 2:11.65.

Pole vaulters Michael Stevens, M30, 4.42, Ed Halik, M50, 3.65, and Jerry Donley, M65, 3.04, took advantage of calm winds to post impressive victories.

The well-organized meet under the direction of Jim Weed and Dave Simons was run most efficiently. The Denver TC, meet sponsor, extends an invitation to all masters to enter the 1998 meet during Labor Day weekend.



#### **Judging Controversies**

ometimes a controversial subject is best approached by determining what is generally accepted by all parties. It is safe to say there is agreement that racewalking needs defining rules to separate it from running and other forms of walking. It is also safe to say there is general agreement that judges are needed to enforce these rules to assure fairness to all competitors.

Agreement, however, does not extend to the actual wording of the rules and how they are applied by judges. Though it is generally accepted that the IAAF sets the rules of racewalking, some masters correctly feel it does not consider problems of the aging athlete. As Jack Mortland stated in his August 1997 Ohio Racewalker regarding the new straight knee rule, "Whether old men and women can straighten their legs at contact was not a consideration of the IAAF in changing the rule. The rules are made to define the sport at the elite levels, as they should be."

#### The Two Racewalking Rules

There was considerable grumbling among masters about the old straight knee rule requiring that the knee only be straight from heel contact to the vertical position.

Grumbling has increased with the new requirement that the knee be straight in the vertical position.

Though the contact rule is of less concern to masters than to younger elites, emotions ran high between IAAF members who felt the contact rule should be eliminated and those who did not. When the new contact rule was finally adopted, it did not set-

#### **Too Much Pressure**

One problem in life is that we put so much pressure on ourselves for a certain level of achievement that we forget to enjoy the process. Then we lose our love for what we are doing and we take things all out of perspective. In the words of my sports psychologist, "When you lose perspective, you lose a balance between your training, your work and your family life." Something ends up giving. It is more important to keep the enjoyment in what you do and life will flow.

When people are trying to make records, or trying to find the magical diet, or trying to discover the perfect training methods, they flip-flop around. They will read different ideas by five people on training or dieting in Walking magazine and immediately start switching things into what they are doing. The older we get, the more I think we know how our bodies feel and what works best. We can all write our own articles.

Lyn Brubaker, W40 winner in the 5K and 10K racewalks at the National Masters Outdoor Championships in San Jose, August 7-10.

tle the controversy. The new rule eliminated the explicit words defining contact and made the human eye the sole arbiter of illegal lifting. Now, there are (a) those who want to return to the explicit language that defined and mandated ground contact, and (b) those who still want to eliminate any reference to contact.

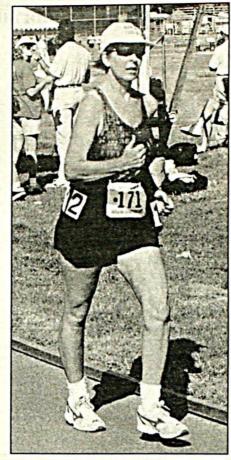
Although some feel there are plausible arguments supporting elimination of the contact rule, no one argues in favor of eliminating the straight knee rule. This rule is universally regarded as crucial in distinguishing racewalking from running.

So where does this leave older masters who have problems with knee straightening? In past years, there was a masters faction who wanted to modify the old rule to allow some bending. Now, even more masters want to modify the new rule to allow some bending. They argue that the hurdles and throws have been modified in terms of height and weight for older athletes, so why not a similar modification to the straight knee rule? The problem is that racewalking is essentially defined by the straight knee rule and a defining rule cannot be modified without changing the sport. There might be room for debate about allowing masters to compete under the old rule, but not for modifying a straight knee requirement.

#### The Disqualification Process

Given the new rule and the effect it is having on older athletes, the alternative to changing the rules is to focus on judging. Using the 3-warning system of DQing, the only option a judge has is to judge strictly, less strictly or leniently. What does this mean? Strict judging means calling knees that fail to be ruler-straight at heel contact or anywhere in between contact and vertical. Less strict judging means calling a bent knee but allowing a straightened knee that may be slightly soft when compared to ruler-straight. Lenient means allowing some degree of bending according to the age of the walker, if the walker is not gaining an advantage by such bending.

The first and possibly second options properly administer the straight knee rule as presently written. The third option does not. It would



Mary Snyder, of Idaho, finished the 5000 racewalk in 29:05.40, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.

require that the rule be rewritten and accepted or rejected by the governing body. And because its modification would change the sport, such acceptance is very unlikely.

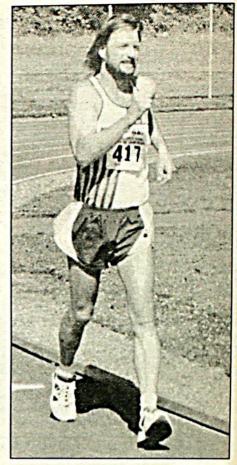
Now how about the disqualification process itself? Just as age grading has gained in popularity as a scoring system, there is a possible alternative to "three warnings and you are out." This alternative is used in at least one international race held in Switzerland. It states that the first warning a walker receives carries no penalty; the second warning carries a 1-minute time penalty, i.e., one minute is added to a competitor's finish time; a third warning has a 2-minute penalty; a fourth warning a 3-minute penalty; and a fifth leads to disqualification.

Avram Shapiro offered another possible alternative: Let's hypothesize that each competitor could receive a maximum number of penalty minutes equaling the number of kilometers in a race. For example, in a 20K, each competition could be assessed up to 20 minutes added to the finishing time. In a race with six judges, if each judge is allowed to give two warnings per competitor, each warning would carry a penalty of 1:40 or 100 seconds. Warning boards would show the number of warnings to a competitor and time lost could be easily calculated, since the penalties are uniform.

These alternatives might be fun for clubs to try on a local level. Such experiments, however, should not take place in championships or races where USATF records or ladder rankings are to be submitted.

#### **Conflict of Interest**

Controversy accompanied a perceived conflict of interest between



Rob Frank, 44, Banks, Ore., M40 winner (25:56.8), 5000 racewalk, USATF Northwest

judgs and walkers at the National Masters Outdoor Championships in San Jose. The issue as I see it, wasn't the capability or integrity of the judges involved, but that the judging panel did not consider the commonly recognized possibilities for perceived bias in one 5K race, and, therefore, created the conditions ripe for controversy. As a consequence, a great deal of bad will was generated with the judges feeling wrongly accused and some walkers feeling unfairly judged.

Regional Masters Championships, Seattle.

So what are the race situations that may provoke the perception of bias? They are: (1) judges judging athletes whom they are actively coaching; (2) family members judging each other; and (3) judges judging a walker where there has been a history of conflict involving legal action.

It seems reasonable to propose that every effort be made by race directors to avoid enlisting judges who are coaching athletes in a national championship or who have family members in a national championship. It also seems reasonable to propose that judges also assume responsibility for excusing themselves from judging in races where there could be perceived conflicts of interest. Not because they (the judges) are incompetent to judge or lack integrity, but because of the risk of others perceiving bias for totally legitimate calls.

To summarize, controversy is an ongoing part of our sport. By recognizing those areas that cannot be changed and concentrating on improving those that can be changed, controversy can be constructive. It can keep those responsible for rules and procedures continually thinking of possible ways to improve.



#### **Event Specific Training Enhances Performance**

have observed, participated in, or coached several hundred track and field meets, and I must say that even with the high temperature and minor glitches, I enjoyed the experience at the Nationals in San Jose more than any other meet.

The reason for this is that although I was there as a participant, for the first time I was much more interested in observing what and how my fellow masters athletes were doing. As a result of this column, I have had a number of requests for information on event-specific training. My goal was to observe competitors at this high level and identify areas where specific training advice might enhance their future performances.

Many great athletes with flawless form competed in San Jose, many of whom I suspect were fortunate enough to have had some pretty good coaching along the way. But many masters athletes, especially those who did not participate in the sport in high school or college, are self-coached athletes and have never had the benefit of personal coaching. It is these athletes I address here.

As I walked past the grandstand on Saturday, an athlete four or five rows up called out to me. He said, "I followed your advice." I responded, "Did it do any good?" His answer was, "I got a medal." That alone has made it all worth while.

Following are some observations and recommendations:

#### Shot Put and Discus

The most obvious problem in the shot put and discus was placement of the feet when the athlete reached the power position. To really get the body into the effort, the hip has to lead the throwing action. The hip has to be "open" to get it into the action. This cannot happen unless the feet are correctly placed when the hip starts to rotate. When the thrower reaches the power position, the heel of the rear foot should be in line with the toe of the front foot. Thus, when the rotation is started, the thrower is able to maintain balance and get the hip into the throw. If the rear foot is aligned even with or behind the front foot, the hip cannot come completely around, resulting in lost balance and power.

#### **Butt Kicks**

I was taught that the "butt kick" drill is a valuable tool and have coached runners using that drill. I now know that you don't want an exaggerated heel lift in the rear. The heel and foot should be high when passing the knee on the way forward – above the

knee, if possible. Thus, the length of the lever, or the distance from the pivot point in the hip to the bottom of the foot, is as short as possible. With the high lift at the rear, the foot is descending as it comes forward and is usually well below the knee. There is a drill called "fast legs" or "quick legs" that is used to train the foot in the proper motion. The path of the foot is a circular motion. This can be practiced in the stationary position. Bring the foot up above the knee and back down in a circle. When the foot contacts the ground, it should be moving to the rear.

One problem with butt kicks is that, to compensate for the high foot lift in the rear, the body tends to lean forward, causing the foot to land in front of the hips. This causes a slight braking action to occur every time the foot contacts the ground.

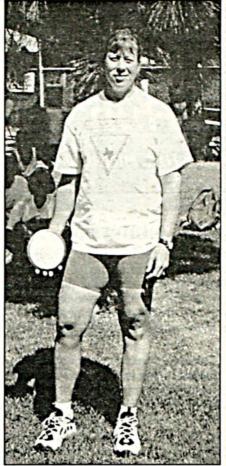
Like most of my peers, I was taught to lean forward slightly when running. I now know that you should run in an erect position to avoid braking on every stride. Leaning, coupled with the butt kicks, magnifies this problem since, with every stride, the brakes are applied.

How many times have we heard: "Run on your toes"? In order to land on your toes when the foot lands in front of the hips, the toes must be extended downward rather than pulled up in the dorsoflexed position. If the front of the foot is extended downward, then there is no pre-tensioning of the calf muscle. With the calf muscle contracted, it cannot be contracted further to help the foot push off for the next stride. With the foot dorsoflexed, the calf muscle is pre-tensioned, lending substantial force to the forward motion.

At the Nationals, I saw sprinters with great leg speed who put all three of these conditions together. They had great leg turn rates, but did not get down the track as quickly as they could have if they had corrected these minor form problems.

#### Hurdling

Many hurdlers at the Nationals did not keep their shoulders square as they crossed the hurdles. As the lead leg came down to the track, they allowed the trail leg arm to go too far back. This often resulted in the shoulder going behind the hip, pulling them off



JERRY WOJCIK

Carol Finsrud, of Texas, broke W40 U.S. records in the shot put (43-3<sup>3</sup>/<sub>4</sub>) and discus (159-1), National Masters Championships, San Jose, Calif., Aug. 7-10.

balance toward the trail leg side. This cost them stride distance and slowed recovery. Many hurdlers with this problem are not aware of just how far back their arm and shoulder are going.

One learns to hurdle through kinesthesia (the sensation of body position or movement resulting from sensory nerve endings) teaching the body to feel certain positions. All of the drills and hurdling must be done correctly. It may take months to teach the body to keep the shoulders square, but it can be done, and will result in faster times.

(For a copy of a seven-page technical article on hurdling drills, send a SASE with postage for 2 ounces affixed to: Ross Dunton, 512 Somerset, Placentia, CA 92879, (714) 524-9966 (voice mail); (714) 524-9992 (fax); coachr@pacbell.net (e-mail).)

Statement of Ownership
Management and Circulation

1. Title of publication: National Masters News. 2. Publication No. 0744216. 3. Date of Filing: 9-30-97. 4. Frequency of Issue: Monthly. 5. No. of Issues Published Annually: 12. 6. Annual Subscription Price: \$26.00. 7. Publication Mailing Address: P.O. Box 50098, Eugene, OR 97405. 8. General Business Office Address: 14155 Magnolia Blvd., #338, Sherman Oaks, CA 91413.

9. Publisher: A. Sheahen, P.O. Box 2372, Van Nuys, CA 91404. 10. Owner: Rodale Press, Inc., 33 E. Minor St., Emmaus, PA 18098. 11. Bondholders, Mortgages and Other Security Holders: None. 12. Not applicable.

13. Extent and Nature of Circulation: Average no. copies each issue during preceding 12 months: A. Total No. copies (net press run) 8811. B. Paid Circulation 1) Through dealers, 25; 2) Mail Subscription, 7785. C. Total Paid Circulation, 7810. D. Free Distribution, Complimentary, Promotion, 976. E. Total Distribution, 8786. F. Copies Not Distributed: 1) Office use, left over, spoiled, 25; 2) Return from News Agents: 0. G. Total 8811.

Actual No. Copies of Single issue Published Nearest to Filing Date: A. Total Copies: 8200. B. Paid Circulation: 1) Through Dealers: 25; 2) Mail Subscription: 7725. C. Total Paid Circulation: 7750. D. Free Distribution, Complimentary, Promotion: 425. E. Total Distribution: 8175. F. Copies Not Distributed: 1) Office use, left over, spoiled: 25; 2) Return from News Agents: 0. G. Total: 8200.

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

# Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

#### **MASTER TRACK & FIELD ATHLETES**

n achieve a greater level of your true potential with:

Quantum Strength & Power Training (Gaining the Winning Edge)
by Patrick O'Shea, Ed.D.

Director The Oregon Center for Applied Athletic Strength Training

"Chapter by chapter you'll be motivated like never before to challenge yourself & get incredible results."

Mary Libal, WR holder 400 pieters (45.49 age group).

Contents: 256 pages, 12 dynamic chapters (246 photos & illustrations).

\$19.95 postpaid. Order Quantum Strength & Power Training from: Patrick's Books, P.O. Box 1024, Corvallis, OR 97339 10 day money back guarantee if not satisfied.

For detailed information visit our web site: www.proaxis.com/~oshea



#### A Romp Through the Countryside

he ride from Cork City to Clondrohid had taken nearly an hour through villages with roads so twisting and narrow that I marveled at our bus driver Pat Hanrahan's ability to navigate them. We were among the first to arrive at the athletic club, but with this our fourth race in a week of touring Ireland, I knew that 15 minutes before the starting time, runners would appear like leprechauns out of the mist and form a queue to obtain race numbers and, if lucky, a pair of safety pins.

Paddy Savage, coach of Niles-West High School in Chicago, and I were in Ireland touring with a group of runners. Thirty-six of us had come to the Old Sod for a series of low-key races, usually combined with having a jar, a "jar" being a drink, and a pint of Guinness being the best drink available in my mind. Make that "me mind," that being the way the Irish might say it, mightn't they?

Clondrohid featured a loop course through the countryside with the finish line near the gate leading into the athletic club and the start somewhere up the road to the right. "It would be a half mile, wouldn't it?" I was told when I asked how far, although it proved to be somewhat more than that. A line painted across the road designated where we would start, but there was no parking near the line, not even a shoulder and certainly no room for our tour bus, so most of the runners jogged to the line. A farmer stood beside his yard watching the runners gather, and we chatted him up a bit. Then someone said "go," and we went.

Relatively Flat!

A sharp downhill and a left turn brought us back to the club, then we headed into the country. We had been told by Paddy that the course was "relatively flat," but that may have been in comparison with Maulin Mountain on which we had raced three days previously. (The Maulin Mountain race, an 8K, featured an ascent and descent of nearly 1800 feet. "Oh, did it?" you are supposed to say.)

After about two miles in the Clondrohid race, the course turned left into the hills above the town and went up and up and up. Not quite as much as Maulin, but definitely up! My third mile indicated a split a minute slower than the two previous. I would regain most of this time on the descent in the fifth mile, but you never entirely regain what you lost going up while coming back down. That's Higdon's first law of hill running.

But this was what we had traveled across the Atlantic to do. This was what running in Ireland was all about: a romp through the countryside with

friends. During our tour, I had been waging a mano a mano with Dick Lamermayer, who is in my age group. Dick wins or places highly in many of the Chicago area runs and had outkicked me in our first race in Loughrea. I proved the better runner in Swords and on Maulin Mountain, but he moved out to an easy lead early in Clondrohid. My body said, "Let him go, lad. Let him go." But going into the uphill part of the course with only cows as our spectators, his lime-green Niles-West running singlet continued to float in front of me eyes, teasing me, and I finally decided to have a go. I caught him on the "down" in the last mile, thinking I might be able to tuck in behind and draft him to the finish line, but Dick, he wasn't having any of that. Dick turned over his shoulder and said, "I heard your footsteps and knew you were coming."

A Tip o' the Cap

Drafting is how I got beat in Loughrea, so I went around, gave him a tip o' me Irish cap and used the rest of the downhill stretch to grab a lead that I could hold. I finished a few steps ahead, then we headed to the tent where there would be a prize-giving and a jar or two. Chatting up the Irish runners again, I learned that there had been a heated battle for first place with four runners finishing within 20 seconds of each other. Trevor Foulkes of the Leevale AC won the race and a mountain bike as his prize. His time for the 5-mile course was a respectable 26:32. Robin Martino from our group had led the women's race for four of the five miles before getting passed by Sheila Daly of St. Finbarrs AC. Robin won cash for her efforts as did Cruz Bernal-Albano for placing in the masters division.

Despite the cash prizes, it was a small race: only 46 finishers, including one wheelchair athlete. One of the Irish runners, John Walshe, had driven 40 miles, because he heard I might attend. He brought with him a copy of Runner's World from 1971, so I could autograph an article in that issue I had written about Marty Liquori. Walshe

Continued on page 19

# **Masters Coaching Update**

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to

serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit.

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers.

# MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Progressive Training	U. of South Florida	LD	C-Dror Vaknin
Team	Tampa, FL		813-971-7627
AT&T/NJ Runners &	Bernards HS-Mon.&Thurs.,	S	L-Joe Hehn
Friends	5:30 p.m.	to the second	908-563-7383
	Hunterdon Central HS;		
	Sat.&Sun., 9 a.m.		ALLES TO THE REST
	Flemington, NJ		The same
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776
Leo Davis	West LA College,	S, H	C-Leo 909-
Leo Davis	Culver City, CA	э, п	595-9674
Dave Durates CCC		CE	C-Ross 714-524-
Ross Dunton, SCS	Placentia, CA	S, F,	
		MD	9966, CoachR@
Convert of the Programme Convertigation	VIBILITY SILVENIES		pacbell.net
Fred Hustead,	Riverside, CA	S, PV, F	C-Fred 909-
Riverside TC	AND THE RESERVE OF THE PARTY OF	C. Remarks	369-0761
LAVAC/SCStriders	UCLA – Sun 8:30 a.m.	S, H,	L-George Simon
THE WALL OF THE		MD	818-784-0496
American Street Co. Co.	was a proper toward the second	775 - 475 - 44 - TV	or Jackson Steffes
Mac McCormick	UC Irvine, CA	S, H, F,	L-Mac
Carried Maria Alberta Anna		PV, TH	714-586-9942
George Mehale	CSU-Long Beach, CA	S, MD,	C-George
		S,F	310-498-8405
Dave Rodda	CSU-Long Beach, CA	S, F,	C-Dave 310-866-
		MD, TH	9771 x2400 (work)
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City	MD, LD	C-Laszlo, 818-
a gasera a green by	Tu, Th - Burbank, CA	A 10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	556-1563 (work)
Wilbur "Moose"	Long Beach, CA	TH	C-Moose
Thompson	Lateralist F 200	E CARLETT	310-596-0360
Elaine Ward	Pasadena, CA	RW	C-818-577-2264
Stan Whitley	Mt. SAC, Walnut, CA	S	L-909-
count for typic begin	Verbanish who have	r sin- some	945-9800 (home)
Janet Wilson	Orange County, CA	TH	C-310-598-9063
Pat Connelly	Birmingham H.STue	MD, LD	C-818-994-0682
I will see the see of	Santa Monica HS - Wed	A Street Land	(home)
Hawaii Masters TC	U of Hawaii-Manoa	S, TH, F	C
	Sunday - 9 a.m11 a.m.	5,,	
Ft. Steilacoom RC	Tacoma, Wash., Thu 5 p.m.	LD, MD, S	L-Ron
A STORAGE OF THE STOR	Steilacoom HS	LD, MD, S	Dimmerman
	Stellacoon 113		
Club West	Santa Barbara CC	MDID	206-582-8188
Clab frest		MD, LD	C-Drew Sutcliffe
St. Louis Masters	Santa Barbara, CA	0.15	805- 687-7863
St. Louis Masters	Parkway South HS	S, MD, LD	L-Gordon Reiter
Iamy Miller	Cardina	A A STATE OF THE STATE OF	314-230-9120
Jerry Miller	Southington, CT	TH COLUMN	C-860-621-3128
Powerline Sports	YMCA-Central	MD	C-David Jackson
11 7 1	El Paso, TX	LD, S,F	915-533-3941
John Tansley	Canyon Del Oro H.S.	TH, J	C-520-825-2595
THE RESERVE TO SERVE	Tucson, AZ	an physical and	THE DITTE LETTER
So. Cal Track Club	Mission Viejo, CA	S, MD,	C-Mark Cleary
the size independent a state	Trabuco Hills H.S.	LD, TH, F	714-589-0242
Tom Craig	Oakland, CA	MD	C-510-633-1161
Personal Best Program	Street North Administration of the second	LD	C-703-250-9277
		- Sandist	Dixon Hemphill;
	A CONTRACT OF FAIR	- Link sonsi	Dr. RonKulik; Dr.
	machine H		

C=Coach;L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin: F=field events; H=hurdles; RW=racewalking.

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.



Chris Yorges, of Oregon, first in the M30 steeplechase (9:37.48), USATF National Masters Championships, San Jose, Calif., Aug.

#### Write On

Continued from page 4

put on races because they love running. Runners should go out of their way to support them.

John Burwell Highland Park, Illinois

#### LOST SHOE IN DURBAN

My wife, Hermia, and I enjoyed the World Veterans Championships in Durban as well as the South African country. Too bad about all of the crime. After running in the 4x100 relay, I unfortunately left my new Mizuno Racing Star Track right shoe and the orthopedic insert on the track. If anyone found the shoe and insert, please contact me at 417 Littlejohn Dr., Irving, TX 75061; 972-790-3555.

Tim Murphy

#### **GREAT PHOTO**

It is impressive to see a photo depicting a full field of straight-line runners charging down the field. It conveys a breadth of power and gives a meet the appearance of having a lot of participants.

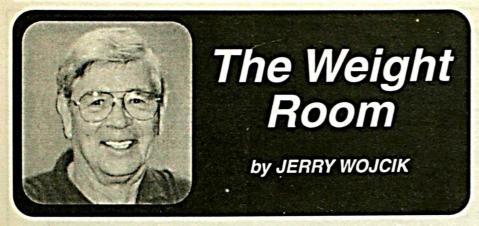
The photo of the men's age-graded 100 meters (Sept. NMN) by Jerry Wojcik expresses my feelings exactly. Great job, Mr. Wojcik. Image is everything.

Tom Gilliard Lithonia, Georgia

Irving, Texas

# **PUBLICATIONS ORDER FORM**

luantity		Total (US\$)
	Masters Age Records (1997 Edition)	
THE REAL PROPERTY.	Men's and women's world and U.S. age bests for all track & field events, age 35	
	and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56	
	pages. Lists name, age, state and date of record. Compiled by Peter Mundle,	
	WAVA and USATF Masters T&F Records Chairman. \$4.00.	\$
A SHARE SEC.	Masters Track & Field Rankings (1996)  Man's and woman's 1996 LLS, outdoor track & field 5 year ago group rankings	
	Men's and women's 1996 U.S. outdoor track & field 5-year age group rankings.  56 pages. 150-deep in some events. All T&F events. Coordinated by Jerry	
	Wojcik, USATF Masters T&F Rankings Chairman. \$6.00.	\$
	Masters Track & Field Indoor Rankings (1996)	
	Same as above, except indoor rankings for 1996. 4 pages. \$1.50.	\$
	Masters Age-Graded Tables	The state of the s
	Single-age factors and standards from age 8 to 100 for men and women for every	
	common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the	
	years. Compares performances of different ages/sexes in different events. 60	
	pages, including samples and charts. Compiled by the World Association of	
	Veteran Athletes. \$6.00.	\$
N. S.	Masters 5-Year Age-Group Records	
	Men's and women's official world and U.S. outdoor 5-year age group records for	
	all track & field events, age 35 and up, as of March 1, 1997; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and	
	USATF Masters T&F Records Chairman. \$1.50.	\$
A STATE	Masters 5-Year Indoor Age-Group Records	Hittory, Inc.
Phillips	Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and	17 0 12 150
	January 31, 1997 (USA). 4 pages. \$1.00.	\$
	U.S. rules of competition for men and women for track & field, long distance run-	
	ning and racewalking—youth, open and masters. \$12.00.	\$
-	USATF Directory (1997)	The rest of the
155.55	U.S. Bylaws and operating regulations. Includes names and addresses of national	
100 - 100	officers and staff, board of directors, sport and administrative committees, etc.	C Page of the state of
	\$12.00.  IAAF Scoring Tables	\$
e entres	Official world scoring tables for men's and women's combined-event competitions.	at the street 1989
	\$12.00.	\$
av als to	IAAF Handbook	Train Latinia
and the last	1996/1997 rules and regulations handbook. \$15.00.	\$
At her right of	Masters Racewalking Thirty American coaches and athletes share ideas on Technique, Training and Racing	Apply not depart
	This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$
	USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	\$
	USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$
	USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$
	USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	\$
	USATF Decal. 3-color. 3" x 2-1/2". \$2.00.	Š
ALMON !	Guide to Prize Money Races and Elite Athletes 1997	Approximation
A LEAT	Published by Road Race Management, the Guide includes elite athlete	
Al as bu	alphabetical listing (including masters) with over 800 addresses and	Real September
	phone numbers, calendar for over 400 prize money events, and more. \$58.00.	\$
Comments of the Co	Running Research News  Bi-monthly newsletter. Contents include the latest scientific information on en-	and the second
	durance training, sports nutrition, and injury prevention. \$35.00 per year.	\$_
J. Weigh	Back Issues of National Masters News	ici aren diare
	The state of the s	THE TOTAL PROPERTY.
	Issues: \$2.50 each.	\$
	Overseas Air Mail (add \$5.00 per book)	\$ 1.50
	TOTAL	\$
		Mark to Ma Sand
end to:	National Masters News Order Dept.	
	P.O. Box 50098	
	Eugene OR 97405	
	Name	white and the
	Address	to et la compa
7 37 1	CityStateZip	n day as the
	out and	Est taline



# Masters at the Millennium: Apocalypse or Rapture

That if the church basketball team you play on from St. Hedwig's was playing Brimstone Baptist for the fat man's Church League in the city, and when you get to the court, there are no free throw lines and one basket is 9 feet high and the other 11? What if your company softball team, on which you're the shortstop, was in the corporate championships and when you arrive at the field, there are only three bases and the ump hasn't shown, so somebody's teenage daughter was pulled out of the stands to call strikes and balls? What if you pay \$100 bucks to play golf in the School of Wayward Girls Fund Raiser and just before you tee off you notice that none of the greens have flags marking the holes?

You wouldn't put up with screw-ups of the fundamental aspects of any sport, so why do we tolerate them in our sport?

**Inching Along in Tucson** 

Let's crank it up a notch. You compete, at considerable expense in time and money, in the 1997 USNSSO Classic in Tucson, and when you get the results, you see that you've tied for fifth place in the long jump and sixth place in the shot put, and some of the field event results show marks to the 1/100 of an inch. One M75 shot putter shows a mark of 31-2.01 in the results in the September NMN. In over 15 years of dealing with results in the NMN, I've never seen anything as silly as that.

Tying for places in field events other than the high jump and pole vault is impossible unless everybody had just one attempt or all six attempts by the ones who tied were the same, the probability of which is equal to the chances that God will speak to me on the TV screen during "Jeopardy" and tell me what horse will win the 1998 Kentucky Derby.

I just can't believe that it is humanly possible to mark a throw or jump to a hundredth of an inch, and even if it were, marks in certain events are supposed to be adjusted downward to the closest quarter of an inch. How can this major meet foist off such goofiness on us? Yet, the meet draws thousands more (and age groups start at age 50) than the USATF Championships do (where age groups start at age 30 for submasters). Why?

#### Done In in Durban

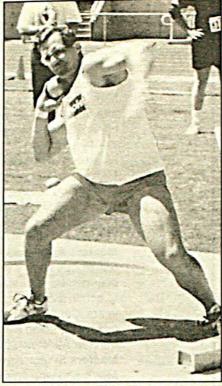
Crank it up another notch. You spend thousands of dollars to go to South Africa to compete, I assume, because if you wanted just to see animals, you could've gone to the San Diego Zoo, and if you wanted only to mingle with people who have suffered hundreds of years of oppression, you could have gone to Mississippi. Before you accuse me of provincialism, remember that I have a wiseguy reputation to uphold.

According to two Durban participants, both experienced, well-traveled M65 throwers, with whom I've competed for decades and who are not prone to whining, the throws at the Durban – WAVA Championships were a disaster for many. The opening passages of their letters regarding declaration procedures sound like the first chapter of a Gothic horror novel and speak of spending hours in "holding tanks and pens" and dealing with security guards.

Other problems were rampant, and I quote, "In the javelin finals, the official wanted to give only two throws Another javelin official was a very young girl who put her flag up without knowing the javelin didn't have to stick – the head judge went on to the



Pauline Thomas, 47, with a U.S. single age record, 31-0, 20-lb. weight.



JERRY WOJCIK

Craig Shumaker, M45 Shot putter.

field after a complaint was lodged and made the calls. One of the field judges asked me when I retrieved my discus if the throw counts if it lands flat."

A discus thrower said she was allowed one warm-up and her qualifying flight consisted of all 23 throwers in her division. How did we allow this to happen, and how do we know this won't happen again in Gateshead in 1999 or Brisbane in 2001?

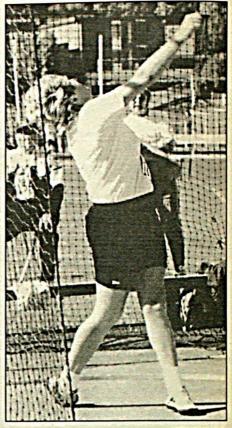
#### Out of the Way in San Jose

Crank it down a bit. You've registered to throw in the 1997 Championships in San Jose, and when you get to the excellent venue at San Jose City College, you discover that practically all of the throws are not in the stadium. where you were hoping to dazzle the spectators - all 28 of them - with your technique, strength, and yell. Instead. you'll be throwing in what is referred to by other wiseguy throwers as, figuratively, "the corn fields," "the boonies," and "the cow pastures." Get used to it. As Masters T&F Chairman Ken Weinbel responded to hammer thrower Tom Gage, who asked at the San Jose athletes' meeting whether the throws were still part of the sport, the trend is to put the "high-risk" throws off in the distance, probably to keep insurance costs down.

#### Marching Forward in Reverse

As the rest of the world glides toward the millennium, why do I have this feeling that masters t&f at the highest level, where it should matter the most, is slipping backward to its primordial state of 30 years ago? Large USATF masters meets have apparently become too complex for a local track club to stage, as in the past, and have fallen into the hands of visitors and convention bureaus, "sports authorities," and private individuals.

These people know how to generate income for area businesses by luring groups to their cities, but their expertise in track & field is understandably non-



JERRY WOJCIK

Kathy Gelhausen, W35, Hayward Masters Classic, Eugene, Ore.

existent or weak, as experienced in San Jose last summer, where the competition portion of the meet, conducted by "hired guns," was almost nonpareil, but the administrative part was, charitably, a little shaky.

Perhaps we haven't done a good job of communicating with meet organizers and, on the assumption that they need help, haven't asserted ourselves enough to avoid foul-ups of the most fundamental kind, much less the knotty problems that arise in an undertaking as vast as a multi-age group meet. This is not a recent development; it's been going on for too long.

When did selling programs for \$3 to competitors and charging spectators admission come into vogue? A rapacious school of piranhas started those scams, and now, working off the info of last year's meet, directors think they're de rigueur, The meet manual proposed by Chairman Weinbel should prevent meet organizers from making the same mistakes and emulating the poor practices in previous meets.

Shouldn't a genuine, dyed-in-thewool, A-Number-One Screw Up in a major meet result in something else besides a bunch of us standing around complaining to each other or writing long letters to the NMN?

All of this is particularly galling when you realize that we give the championships away for nothing. Not a nickel goes into the USATF coffers, which are empty. I could put up with certain meet screw-ups with a degree of patience and understanding if I knew that a portion of the profits (and they have been substantial for some meets) was being returned to the Masters T&F Committee to use for small meet support, to conduct training seminars, or, most importantly, to take measures to prevent the same mistakes from happening in our next major meet.

# USA Track & Field Masters Road Records and Bests (as of 9/30/97)

Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 tel: (805) 683-5868 fax: (805) 967-5958 email: honikman@silcom.com web site: www.usaldr.org

#### Key to Codes:

- R = Ratified record or "best"
- U = Unvalidatable mark, cannot be ratified
- 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)
-----------------------	------------	---------------------

				.0014	13 (11011 0.3. 6	llizer	3)
DIST	TIME		NAME	AGEST	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	-	MARTIN MONDRAGON (MEX)		MOBILE	AL	032694
10 km 10 km	29:00 29:00	R	PIERRE LEVISSE (FRA)		MOBILE	AL	032892
12 km	36:18	R	JOHN CAMPBELL (NZL) PIERRE LEVISSE (FRA)		BOSTON	MA	040890
15 km	44:14	R	PIERRE LEVISSE (FRA)		SAN FRANCISCO PORTLAND	CA	051693
20 km	1:01:37	P	KEITH ANDERSON (GBR)		NEW HAVEN	OR	062892 090197
25 km	1:16:49	R	MARTIN MONDRAGON (MEX)		GRAND RAPIDS	MI	051494
10 mi	47:55	R	JOHN CAMPBELL (NZL)		FLINT	M	082590
half mar	1:02:28	R	JOHN CAMPBELL (NZL)		PHILADELPHIA	PA	091690
marathor	2:14:33	R	JOHN CAMPBELL (NZL)		LOS ANGELES	CA	030391
			THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN THE PERSON NAMED	William !			
	-		Men 40	)-44			
5 km	14:25		STEVE PLASENCIA	40 MI	N PALM DESERT	CA	121596
5 km	14:15a	R	STEVE BLUM		FONTANA	CA	060395
5 km	14:36	R	DOUG BELL		MINNEAPOLIS	MN	100392
8 km	23:51	R	BILL RODGERS	40 MA		IN	092488
8 km	23:06a	P	MARK DICKEY	40 UT		UT	091497
8 km 10 km	23:38a 29:57	R	PAUL CUMMINGS BARRY BROWN	41 UT		UT	091794
10 km	29:27a	P	CRAIG YOUNG		ASBURY PARK PITTSBURGH	NJ	081884
10 km	29:48	Ü	BILL RODGERS		DAVENPORT	PA	092897 100188
10 km	29:50a	R	TRACY SMITH		NEW ORLEANS	LA	040487
12 km	36:29a	R	GARY ROMESSER	41 IN		IN	050992
12 km	37:19	R	LARRY ALMBERG	43 W	SPOKANE	WA	050690
15 km	45:14		STEVE PLASENCIA	40 MM	N JACKSONVILLE	FL	030897
15 km	45:58	R	BILL STEWART	40 MI		FL	020583
20 km 25 km	1:03:07	R	BILL RODGERS STEVE PLASENCIA		NEW HAVEN	СТ	090792
25 km	1:18:38	R	DOUG BELL		MINNEAPOLIS MINNEAPOLIS	MN	090797
30 km	1:38:16	R	DOUG KURTIS	42 MI		CAN	091392 032794
50 km	3:00:00	R	JEFF WALL	40 CA		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		IL	100481
10 mi	49:46	R	BARRY BROWN	40 NY		DC	033185
20 mi 50 mi	1:42:08 5:10:13	R	BARRY BROWN BERND HEINRICH	40 NY 41 VT		MN	093084 100481
100 mi	13:15:50	R	ROY PIRRUNG	40 WI		NY	040189
half mar	1:05:33	P	STEVE PLASENCIA		INDIANAPOLIS	IN	050297
half mar	1:05:07a	R	PAUL CUMMINGS	40 UT		NV	121893
half mar	1:04:39a		CRAIG YOUNG		LAS VEGAS	NV	020997
half mar	1:06:25	R	BARRY BROWN	40 NY		VT	091684
marathon		R	KENNETH JUDSON	40 PA		AL	120890
	2:15:15a	R	BARRY BROWN	40 NY		MN	093084
12 hr	144,840 m	R	ROY PIRRUNG ROY PIRRUNG	40 WI 41 WI	QUEENS MILTON KEYNES	NY GB	040189 020390
24 hr 48 hr	247,876 m 321,064 m		KURT MADDEN	40 CA		KS	050396
40 111	321,004 111		KONT MIADDEN	40 01	· · · · · · · · · · · · · · · · · · ·		000000
			Men 45	-49			
5 km	15:00	Ph	NOLAN SMITH		GARDENA	CA	060495
5 km	14:34a	R	STEPHEN LESTER	45 UT		UT	092488
5 km	15:07	-	DOUG BELL		CARLSBAD	CA	041397
5 km	15:11	R	BILL RODGERS	46 MA		BAH	
8 km	24:41	R	BILL RODGERS	45 MA	VIRGINIA BEACH	VA	032093
8 km	24:40a		VAN EDGETTE	45 UT		UT	091496
10 km	30:50	R	BILL RODGERS		CLEVELAND	ОН	051693
10 km	30:10a	R	STEVE LESTER	45 UT		UT	070488
12 km	38:47	R	STEVE LESTER BILL RODGERS	45 UT 45 MA		WA	050188 050893
12 km 15 km	37:28a 47:28	R	SAL VASQUEZ	45 CA		CA	031685
20 km	1:05:46	R	LARRY OLSEN	46 MA		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		CAN	032893
50 km	3:24:24		JOE SCHIEFFER	45 CA		CA	011897
50 km	3:34:31	R	ROY PIRRUNG	45 WI		PA CA	040994
100 km	7:18:27	R	ROBERT PEREZ	46 TX			041595
10 mi	51:41		SAL VASQUEZ	47 CA			011887
		UR	JIM BOWERS	47 CA 45 CA	STOCKTON	CA	011887 093084
20 mi 20 mi	1:49:10 1:49:10	R	JIM BOWERS DAN CONWAY		STOCKTON MINNEAPOLIS MINNEAPOLIS	CA	093084 093084
20 mi 20 mi 50 mi		R	DAN CONWAY ROBERT PEREZ	45 CA 45 WI 46 TX	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS	CA MN MN TX	093084 093084 012195
20 mi	1:49:10	R R R U	DAN CONWAY ROBERT PEREZ ROGER ROUILLER	45 CA 45 WI 46 TX 47 GA	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO	CA MN MN TX IL	093084 093084 012195 101385
20 mi 50 mi 50 mi 100 mi	1:49:10 5:40:05 5:29:44 15:01:33	RRRUR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG	45 CA 45 WI 46 TX 47 GA 45 WI	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA	CA MN MN TX IL OH	093084 093084 012195 101385 091993
20 mi 50 mi 50 mi 100 mi	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11	RRRURP	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI	MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS	CA MN MN TX IL OH NY	093084 093084 012195 101385 091993 102294
20 mi 50 mi 50 mi 100 mi 100 mi half mar	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05	RRURPR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY	CA MN MN TX IL OH NY MO	093084 093084 012195 101385 091993 102294 060693
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a	RRRURPRR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS	CA MN MN TX IL OH NY	093084 093084 012195 101385 091993 102294 060693 021196
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50	RRRURPRRU	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA OUEENS KANSAS CITY LAS VEGAS DYERVILLE	CA MN MN TX IL OH NY MO NV	093084 093084 012195 101385 091993 102294 060693
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a	RRRURPRR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH	CA MN MN TX IL OH NY MO NV CA	093084 093084 012195 101385 091993 102294 060693 021196 101484
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50	RRRURPRRUR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA	CA MN MN TX IL OH NY MO NY CA MN TX OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43	R R R U R P R R U R R	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA 45 CA 47 SC	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON	CA MN MN TX IL OH NY MO NV CA MN TX	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m	R R R U R P R R U R R R	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 WI	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA	CA MN MN TX IL OH NY MO NY CA MN TX OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m	R R R U R P R R U R R R	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 45 WI 45 WI 45 WI 45 WI 45 WI	STOCKTON MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA	CA MN MN TX IL OH NY MO NV CA MN TX OH OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon 12 hr 24 hr	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m	R R R U R P R R U R R R	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG MEN 50 SAL VASQUEZ	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 WI 45 WI 45 WI 45 WI 45 WI 45 WI	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS	CA MN MN TX IL OH NY MO NV CA MN TX OH	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon marathon	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:34.74 m 231,474 m		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER	45 CA 45 WI 46 TX 47 GA 45 WI 46 WI 45 MA 45 IN 45 CA 47 SC 45 WI 45 WI 45 WI 45 WI 45 WI 45 UT	MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA SYLVANIA	CA MN MN TX IL OH NY CA MN TX OH OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon marathon 12 hr 24 hr	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m 231,474 m		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ	45 CA 46 TX 47 GA 45 WI 46 WI 45 MA 45 CA 45 CA 47 SCI 45 WI 45 CA 51 CA 51 CA 52 UT 52 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA OUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS	CA MN MN TX IL OH NY CA MN TX OH OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993
20 mi 50 mi 50 mi 100 mi 100 mi half mar half mar marathon marathon 12 hr 24 hr	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:26:44 m 231,474 m 15:38 15:11a 25:31 25:23		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM ONEILL	45 CA 46 TX 47 GA 45 WI 46 WI 45 MA 45 CA 45 CA 45 CA 45 WI 45 WI 45 WI 51 CA 52 UT 50 CA 52 OH	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK	CA MN MN TX IL OH NY MO NV CA MN TX OH OH	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a	RRRURPERURRER REEUR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER	45 CA 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 IN 45 CA 47 SC 45 WI 45 WI 45 CA 47 SC 45 UT 50 CA 52 UT 50 CA 53 UT	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK	CA MN MN TX IL OH NY CA MN TX OH OH	093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a 31:48		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASOUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 WI 45 CA 52 UT 50 CA 52 UT 53 UT	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA OUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK ALTA	CA MN MN TX IL OH NY MO NV CA MN TX OH OH	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 10 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135:474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a 31:48 31:12a	RRRURPRRURRRR RRRURRR	DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 45 WI 45 WI 45 WI 45 WI 51 CA 52 UT 50 CA 52 UT 50 OR 52 UT 50 OR 52 UT 50 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA OUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK ALTA PORTLAND MAGNA SACRAMENTO	CA MN TX IL OH NY CA MN TX OH OH CA UT CA	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 112391 093095 080390 091496 052382 070195 042290
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 12 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:26:43 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASOUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER	45 CA 46 TX 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 WI 45 CA 51 CA 51 CA 52 OH 53 UT 50 OR 52 UT 50 OR 51 IN	STOCKTON MINNEAPOLIS MASAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK ALTA PORTLAND MAGNA SACRAMENTO CHICAGO	CA MNN TX IL OH NY MO NY CA MN TX OH CA UT CA MI UT CA IL UT CA IL	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar half mar marathon marathon 12 hr 24 hr 5 km 8 km 8 km 10 km 10 km 112 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135:474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a 31:48 31:12a		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN	45 CA 46 TXA 47 GA 45 WI 46 WI 45 MA 45 INA 45 CA 45 WI 45 WI 45 WI 45 CA 45 WI 45 CA 45 WI 45 CA 45 WI 45 CA 45 C	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA OUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK ALTA PORTLAND MAGNA SACRAMENTO CHICAGO PORTLAND	CA MNN MNN MNN MNN MNN MNN MNN MNN MNN MN	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 042290 043085
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 12 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 135,474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a 40:07		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN NORM GREEN	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 CA 47 SC 45 WI 45 OH 52 UT 50 CA 52 OH 53 UT 50 CA 51 IN 52 UT 50 CA 51 IN 52 OH 53 OH 53 PA 53 PA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH HOUSTON SYLVANIA SYLVANIA DAVIS MAGNA LOS ALTOS ALLEN PARK ALTA PORTLAND MAGNA SACRAMENTO CHICAGO PORTLAND WASHINGTON	CA MN MN TX IL OH NY MO NV CA MN TX OH OH CA IL CA IL OR DC	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182 063085 052983
20 mi 50 mi 50 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 10 km 12 km 12 km 15 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:26:43 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a 40:07 49:24 1:05:50 1:24:12		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN NORM GREEN NORM GREEN	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 WI 45 WI 45 WI 45 WI 45 WI 51 CA 52 UT 50 CA 51 IN 52 UT 50 CA 52 UT 50 CA 51 IN 52 UT 53 UT 54 UT 55 CA 55 UT 56 CA 57 UT 57 UT 58 UT 59 CA 50 CA 51 UT 50 CA 50 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINEAPOLIS MINEAPOL	CA MN TX IL OH NY CA MN TX OH OH CA UT CA IL OR DC DC	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182 063085 052983 052784
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 10 km 12 km 12 km 12 km 20 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 13:474 m 231,474 m 15:38 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a 40:07 49:24 1:05:50		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN NORM GREEN	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 CA 47 SC 45 WI 45 CA 47 SC 45 WI 45 OH 52 UT 50 CA 52 OH 53 UT 50 CA 51 IN 52 UT 50 CA 51 IN 52 OH 53 OH 53 PA 53 PA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINEAPOLIS MINEAPOL	CA MN MN TX IL OH NY MO NV CA MN TX OH OH CA IL CA IL OR DC	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182 063085 052983
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 12 km 12 km 12 km 15 km 25 km 25 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:26:43 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a 40:07 49:24 1:05:50 1:24:12		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN NORM GREEN NORM GREEN	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 WI 45 WI 45 WI 45 WI 45 WI 51 CA 52 UT 50 CA 51 IN 52 UT 50 CA 52 UT 50 CA 51 IN 52 UT 53 UT 54 UT 55 CA 55 UT 56 CA 57 UT 57 UT 58 UT 59 CA 50 CA 51 UT 50 CA 50 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINEAPOLIS MINEAPOL	CA MN TX IL OH NY CA MN TX OH OH CA UT CA IL OR DC DC	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182 063085 052983 052784
20 mi 50 mi 50 mi 100 mi 100 mi 100 mi half mar marathon marathon marathon 12 hr 24 hr 5 km 8 km 8 km 8 km 10 km 12 km 12 km 12 km 15 km 25 km 25 km	1:49:10 5:40:05 5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a 2:26:43 2:26:43 15:11a 25:31 25:23 23:27a 31:48 31:12a 39:06a 40:07 49:24 1:05:50 1:24:12		DAN CONWAY ROBERT PEREZ ROGER ROUILLER ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS JIM BOWERS BOB SCHLAU ROY PIRRUNG ROY PIRRUNG ROY PIRRUNG SAL VASQUEZ STEPHEN LESTER SAL VASQUEZ JIM O'NEILL STEPHEN LESTER RAY HATTON STEPHEN LESTER SAL VASQUEZ HAL HIGDON NORM GREEN NORM GREEN NORM GREEN	45 CA 45 WI 46 TX 47 GA 45 WI 45 MA 45 IN 45 CA 45 WI 45 WI 45 WI 45 WI 45 WI 51 CA 52 UT 50 CA 51 IN 52 UT 50 CA 52 UT 50 CA 51 IN 52 UT 53 UT 54 UT 55 CA 55 UT 56 CA 57 UT 57 UT 58 UT 59 CA 50 CA 51 UT 50 CA 50 CA	STOCKTON MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINNEAPOLIS MINEAPOLIS MINEAPOL	CA MN TX IL OH NY CA MN TX OH OH CA UT CA IL OR DC DC	093084 093084 093084 012195 101385 091993 102294 060693 021196 101484 061684 011595 091993 091993 112391 093095 012090 080390 091496 052382 070195 042290 103182 063085 052983 052784

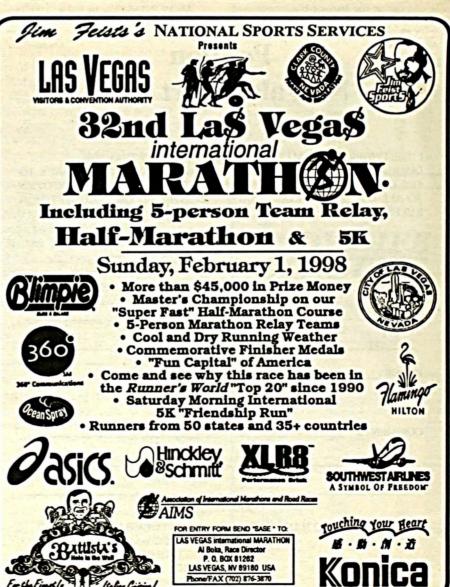
50 km					ol a le	
	3:19:33	R	JOHN L. SULLIVAN	53 MA WASHINGTON	DC	004000
100 kr	The second secon			54 MA CHICAGO	IL	100382
10 mi	52:53	R	NORM GREEN	50 PA WASHINGTON	DC	
20 mi	1:51:44	R		52 PA MINNEAPOLIS	MN	
50 mi	5:35:03	R	TED CORBITT	50 NY NEW YORK	NY	
100 m	17:12:42	R	ANDY DETERS	51 MN MINNEAPOLIS	MN	the second second second
100 mi	17:02:54	U	D HERB FRED	53 TX HOUSTON	TX	
half ma	ar 1:09:30	R	NORM GREEN	52 PA PHILADELPHIA	PA	
marath	non 2:25:46a	R	JIM O'NEILL	50 OH LAS VEGAS	NV	
marath	non 2:29:11			51 PA LINCOLN	NE	
marath				52 PA SAN DIEGO	CA	
12 hr	108,373 m		JOHN GIOVENGO	50 PA SYLVANIA	ОН	
12 hr	111,526 m		STEPHEN DERENZO	52 CA OAKLAND	CA	
	231,745 m	R	JOHN METZ	50 CA SACRAMENTO	CA	
48 hr	342,790 m	R	JIM DRAKE	52 CA SACRAMENTO	CA	
345			Mon E	E FO		
L Marie			Men 5	00-09		
5 km	15:55	U	JIM O'NEILL	55 OH WYOMING	MI	080793
5 km	15:35a		TOM CURRY	55 NV FONTANA	CA	053197
5 km	16:07	P	VIC HECKLER	55 IL PARK RIDGE	IL	092797
5 km	16:16		SAL VASQUEZ	56 CA SAN FRANCISCO	CA	
5 km	16:38	R	NORM GREEN	57 PA DELAND	FL	
8 km	26:42	P	JIM O'NEILL	55 OH WORTHINGTON	ОН	
8 km	26:33a	U	RAY HATTON	55 OR EUGENE	OR	
8 km	27:00	R	NORM GREEN	57 PA NAPLES	FL	
10 km	32:27	R	JIM O'NEILL	55 OH TOLEDO	ОН	
12 km	43:33	R	FAY BRADLEY	56 DC SAN FRANCISCO	CA	
12 km	43:14a	R	SAL VASQUEZ	56 CA SAN FRANCISCO	CA	
12 km	41:29	-	SAL VASQUEZ	57 CA SAN FRANCISCO	DC	
15 km 20 km	50:45	R	NORM GREEN	55 PA WASHINGTON	OR	
	1:08:07	R	NORM GREEN	56 PA MEDFORD	OR	
25 km 30 km	1:29:56 1:46:33	U	RAY HATTON	55 OR EUGENE 56 PA CLARKSBURG	CA	
		н	NORM GREEN	55 CA ELVERTA	CA	
50 km	3:51:10 3:28:47a	R	KEN YOUNG ROBERT BECKER		MN	
50 km	3:28:4/a 3:56:15	Ü	CONRAD CARR	55 MD DULUTH 56 MN BROOKLYN PARK	MN	
100 km		R	GARD LEIGHTON	57 CA OAKLAND	CA	
10 mi	54:25	R	JIM O'NEILL	56 OH WASHINGTON	DC	
20 mi	1:57:26	R	NORM GREEN	58 PA MINNEAPOLIS	MN	
50 mi	5:53:08	R	ALEX RATELLE	57 MN CHICAGO	IL	100481
100 mi	19:00:39	R	ED ROUSSEAU	56 MN SYLVANIA	ОН	
1000 m	i 358:48:35	R	DON WINKLEY	58 TX NEW YORK	NY	091296
half ma	r 1:10:23	R	NORM GREEN	55 PA PHILADELPHIA	PA	092087
merath		R	NORM GREEN	55 PA LINCOLN	NE	050188
	on 2:27:42a	R	NORM GREEN	55 PA MINNEAPOLIS	MN	101187
12 hr	110,175 m	R	ED ROUSSEAU	56 MN SYLVANIA	ОН	
- 24 hr	190,675 m	R	ED ROUSSEAU	56 MN SYLVANIA	ОН	
48 hr	294,509 m	R	DON WINKLEY	58 TX NEW YORK	NY	
6 day	724,204 m	R	DON WINKLEY	56 TX NEW YORK	NY	051494
			200	THE PERSON NAMED IN COLUMN TWO		
			Men 60	)-64		-
5 km	17:00	R	,'IM 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	CO CA 100 MICELES		
12 km		U		60 CA LOS ANGELES		042389
	46:38	Ü	GEOFFREY ETHERINGTON	61 CT SOUTHINGTON	CA	042389 071590
12 km	46:38 45:53	U	GEOFFREY ETHERINGTON NORMAN EASTMAN		CA	071590
12 km 15 km	46:38 45:53 54:20	U	GEOFFREY ETHERINGTON	61 CT SOUTHINGTON	CA	071590 060593
12 km 15 km 20 km	46:38 45:53 54:20 1:15:15	U P R R	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN	CA CT MI	071590 060593
12 km 15 km 20 km 20 km	46:38 45:53 54:20 1:15:15 1:14:46	UPRRP	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA	CA CT MI FL	071590 060593 022793
12 km 15 km 20 km 20 km 25 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27	UPRRPU	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE	CA CT MI FL CT PA OR	071590 060593 022793 090792
12 km 15 km 20 km 20 km 25 km 25 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20	UPRRPUR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNFAPOLIS	CA CT MI FL CT PA OR MN	071590 060593 022793 090792 022494 090786 091486
12 km 15 km 20 km 20 km 25 km 25 km 30 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22	UPRRPURR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA	CA CT MI FL CT PA OR MN CA	071590 060593 022793 090792 022494 090786 091486 021289
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51	U P R R P U R R R	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA	CA CT MI FL CT PA OR MN CA TX	071590 060593 022793 090792 022494 090786 091486 021289 012195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04	UPRRPURRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN ERANCISCO	CA CT MI FL CT PA OR MN CA TX CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48	UPRRPURRRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON	CA CT MI FL CT PA OR MN CA TX CA DC	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 10 mi 20 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16	UPRRPURRRRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS	CA CT MI FL CT PA OR MN CA TX CA DC MN	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 10 mi 20 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48	UPRRPURRRRRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM	CA CT MI FL CT PA OR MN CA TX CA DC MN AL	071590 060593 022793 090792 092494 090786 091486 021289 012195 042091 040493 101490 021494
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 10 mi 20 mi 50 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18	UPRRPURRRRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND	CA CT MI FL CT PA OR MN CA TX CA DC MN AL OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 1040493 10490 021494 102978
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 10 mi 50 mi 50 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 8:24:18 18:02:35	UPRRPURRRRRRU	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND	CA CT MI FL CT PA OR MN CA TX CA DC MN AL OR CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 10 mi 20 mi 50 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05	UPRRPURRRRRRU R	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA	CA CT MI FL CT PA OR MN CA CA DC MN AL OR CA OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 50 mi 50 mi 100 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05 19:59:10	UPRRPURRRRRU RU	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 62 FL ATLANTA	CA CT MI FL CT PA OR MN CA TX CA DC MN AL OR OR OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 091888
12 km 15 km 20 km 20 km 25 km 30 km 50 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05	UPRRPURRRRRU RUR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 62 FL ATLANTA	CA CT MI FL CT PA OR MN CA TX CA DC MN AL OR CA OR OR OR OR OR OR OR OR OR OR OR OR OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993
12 km 15 km 20 km 20 km 25 km 30 km 50 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55	UPRRPURRRRRU RUR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA STACRAMENTO	CA CT MI FL CT PA OR MN CA TX CA DC MN AL OR OR OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 091888 091993
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m	OPERPORRERERE O RORE E	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO	CA CT MI FL CT PA OR CA TX CA DC MN AL OR CA OH GA OH GA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 102978 111195 091993 091888 091993 102879
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m	OPERPORRERERE O RORE E	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAL FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SALVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SYLVANIA 64 OR PORTLAND 66 CA SYLVANIA 66 CA SYLVANIA	CA CT MI FL CT PA OR CA TX CA DC MN AL OH GA PA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 091888 091993 102879 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113:136 m 101,154 m 207,927 m	OPERPORRERERE O RORE E	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DOR MESSERSMITH DOR MESSERSMITH	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 66 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 66 CA SACRAMENTO 60 CA SYLVANIA 60 CA SACRAMENTO 60 CA SACRAMENTO	CA CT MI FL CT PA MN CA DC MN CA DC MN AL OR CA OR OR OR OR OR OR OR OR OR OR OR OR OR	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 19:59:10 1:16:55 19:22***********************************		GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB VOLKENAND	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 66 CA SYLVANIA 66 CA SYLVANIA 67 CA SACRAMENTO 68 CA SACRAMENTO 69 CA SACRAMENTO 60 CA SYLVANIA 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SYLVANIA 61 OR SACRAMENTO 60 CA SYLVANIA 63 OR SACRAMENTO	CA CT MI FL CT PA OR MN CA TX CA DC MN AL CA OH OH CA OH OH CA OH OH CA OH OH CA OH OH OH OH OH OH OH OH OH OH OH OH OH	071590 060593 022793 090792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m		GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DOR MESSERSMITH DOR MESSERSMITH	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 66 CA SACRAMENTO 67 CA SYLVANIA	CA CT MI FL CT PA OR MN CA DC CA OH GA OR CA OH CA OH	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 19:59:10 1:16:55 19:22***********************************		GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB VOLKENAND	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 66 CA SYLVANIA 66 CA SYLVANIA 67 CA SACRAMENTO 68 CA SACRAMENTO 69 CA SACRAMENTO 60 CA SYLVANIA 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SYLVANIA 61 OR SACRAMENTO 60 CA SYLVANIA 63 OR SACRAMENTO	CA CT MI FL CT POR MN CA TX CA DC MN AL OR COH OR COH CA OC OC OC OC OC OC OC OC OC OC OC OC OC	071590 060593 092793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 19:59:10 1:16:55 19:22***********************************		GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL JIM O'NEIL JIM CONTINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH OW OULKENAND ROB VOLKENAND	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 66 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 66 CA SYLVANIA 66 CA SACRAMENTO 60 CA SYLVANIA 61 CA SACRAMENTO 60 CA SYLVANIA 63 OR SACRAMENTO 63 OR SACRAMENTO	CA CT MI FL CT POR MN CA TX CA DC MN AL OR COH OR COH CA OC OC OC OC OC OC OC OC OC OC OC OC OC	071590 060593 092793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 19:59:10 1:16:55 19:22***********************************		GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 61 OR SACRAMENTO 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 CA SACRAMENTO 68 OR SACRAMENTO 69 OR SACRAMENTO	CA CT MI FL CT POR MN CA TX CA DC MN AL OR COH OR COH CA OC OC OC OC OC OC OC OC OC OC OC OC OC	071590 060593 092793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 24 hr 48 hr 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m 101,154 m 207,927 m 182,473 m 608,332 m	UPERPURERERED RURE E RPP P.	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SALVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 63 OR SACRAMENTO 60 CA SYLVANIA 63 OR SACRAMENTO 63 OR SACRAMENTO	CA CT MI FL CT POR MN CA TX CA DC MN AL OR COH OR COH CA OC OC OC OC OC OC OC OC OC OC OC OC OC	071590 060593 092793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 120 hr 12 hr 12 hr 48 hr 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 10:15:44 113,136 m 207,927 m 182,473 m 252,667 m 608,332 m	UPERPURERERED EURE E EPP PE	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH ROBE VOLKENAND ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH ROBE VOLKENAND ROBE VOLKENAND ROBERT JOHNSON THE BATT BOB MESSERSMITH ROBERT JOHNSON THE BATT BOB MESSERSMITH ROBERT JOHNSON THE BATT BOB FERRANDE WARREN LITTES	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SYLVANIA 63 OR SACRAMENTO 65 MA PROVIDENCE	CA CT MI FL CT POR MN CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 091888 091993 102879 111195 091993 111195 091993 111195
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 mi 50 mi 50 mi 100 mi 100 mi 100 mi 100 mi 120 hr 12 hr 12 hr 12 hr 48 hr 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 8:20:35 20:46:05 19:59:10 1:16:55 2:42:44 113,136 m 101,154 m 207,927 m 182,473 m 252,667 m 608,332 m	UPRRPURRRRRRRU RURR R RPP PRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH ROBE VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND MEN TES JOE FERNANDEZ	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SYLVANIA 63 OR SACRAMENTO 65 MA PROVIDENCE 69 IL PARK RIDGE 65 MA BOSTON	CA CT MI FL CT POR MN CA CA CA OR OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR OR CA OR OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR CA OR OR CA OR CA OR CA OR CA OR CA OR CA OR OR OR OR OR OR OR OR OR OR OR OR OR	071590 060593 092793 092792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195 091993 111194 111294
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 24 hr 48 hr 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:44:18 18:02:35 20:46:95 19:59:10 1:16:55 19:59:10 1:16:55 11:31:36 m 101,154 m 207,927 m 182,473 m 182,473 m 6:08,332 m	UPRRPURRRRRRU RURR R RPP PRRU	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH ROBE VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND MEN TES JOE FERNANDEZ	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SYLVANIA 63 OR SACRAMENTO 65 MA PROVIDENCE 69 IL PARK RIDGE 65 MA BOSTON	CA CT MI FL CT POR MN CA TCA CD MN CA TCA CO MN CA CA CO CA CO CA CO CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 11195 091993 11195 091993 111294 111294
12 km 15 km 20 km 20 km 20 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 24 hr 24 hr 48 hr 6 day 5 km 5 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m 207,927 m 182,473 m 252,667 m 608,332 m	UPRRPURRRRRR RURR R RPP PRRUU	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DOB MESSERSMITH DOB WOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 61 PARK RIDGE 65 MA PROVIDENCE 69 IL PARK RIDGE 65 MA BOSTON 66 OR PORTLAND 67 OR PORTLAND	CA CT MI FL CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 092792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195 091993 111294 111294
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 mi 50 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 24 hr 24 hr 24 hr 6 day 5 km 5 km 1 km 6 km 1 km 1 km 1 km 1 km 1 km 1 km 1 km 1	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 1:16:55 10 10 10 10 10 10 10 10 10 10 10 10 10	OPERPURERERED RURE R RPP PERUUR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SYLVANIA 63 OR SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 61 PA PHILADELPHIA 62 CA SYLVANIA 63 OR SACRAMENTO 63 OR SACRAMENTO 64 OR PORTLAND 65 OR PORTLAND 66 OR PORTLAND 66 OR PORTLAND	CA CT MI FL CTA OR MN CTX CA DMN AL OR COH GA OCA OCA OCA OCA OCA OCA OCA OCA OCA OC	071590 060593 022793 092792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111294 111294 101793 093089 040994 052382 051583 062881
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 24 hr 48 hr 6 day 5 km 8 km 10 km 11 km 12 km 12 km 13 km 14 km 15 km 15 km 16 km 17 km 18 km 18 km 19 km 10 km 11	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 6:24:18 18:02:35 20:46:05 19:59:10 1:16:55 113:136 m 101,154 m 207,927 m 182,473 m 2052,667 m 608,332 m	DEREPORTERED RORE E REP PEROURO	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND SOLKENAND ROB VOLKENAND ROB FERNANDEZ CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES CLIVE DAVIES NORMAN BRIGHT	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 65 PA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SYLVANIA 67 PARK RIDGE 68 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PORTLAND 66 OR PORTLAND 66 OR PORTLAND 67 OR PORTLAND 67 OR PORTLAND 68 OR PORTLAND 69 OR PORTLAND 66 OR PORTLAND 67 OR PORTLAND 66 OR PORTLAND	CA CTI PAR MN CAX CA MIL MAR CAH	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111194 111294 101793 093089 040994 052382 051583 062881 052276
12 km 15 km 20 km 20 km 25 km 25 km 100 km 100 mi 50 mi 100 mi 100 mi 100 mi 100 mi 100 mi 14 hr 12 hr 12 hr 12 hr 12 hr 12 hr 12 hr 12 km 5 km 5 km 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m 207,927 m 182,473 m 608,332 m	DERCEDCUCECCUCE COD PERSONS	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES NORMAN BRIGHT PAUL REESE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 OR SACRAMENTO 68 OR SACRAMENTO 69 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PROVIDENCE 69 MA	CA CT MI CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195 111294 111294 111294
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 120 hr 12 hr 12 hr 24 hr 24 hr 48 hr 6 day	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 10 2:42:44 113,136 m 207,927 m 182,473 m 252,667 m 608,332 m	DEREPORTERED TORK R TEPP PERSONNER	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES NORMAN BRIGHT PAUL REESE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 OR SACRAMENTO 68 OR SACRAMENTO 69 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PROVIDENCE 69 MA	CA CT MI CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111294 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 mi 50 mi 50 mi 100 mi 100 mi 100 mi 100 mi 100 mi 14 hr 12 hr 12 hr 12 hr 24 hr 48 hr 6 day 5 km 10	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 8:24:18 18:02:35 20:46:05 19:59:10 1:16:55 2:42:44 113,136 m 101,154 m 207,927 m 182,473 m 252,667 m 608,332 m	OPERPURERERED RURE R REP PERUURUERE	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES NORMAN BRIGHT PAUL REESE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 OR SACRAMENTO 68 OR SACRAMENTO 69 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PROVIDENCE 69 MA	CA CT MI CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 092792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111294 111294 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690 020682
12 km 15 km 20 km 20 km 25 km 25 km 100 km 100 mi 100 km 12 kr 24 hr 48 hr 6 day 5 km 10 km 11 km 12 km 12 km 12 km 13 km 15 km 10 km 11 km 11 km 12 km 10 km 11 km 11 km 11 km 11 km 11 km 12 km 12 km 13 km 15 km 16 km 17 km 18 km 18 km 18 km 18 km 19 km 19 km 19 km 10 km 10 km 11 km 12 km 12 km 13 km 14 km 15 km 16 km	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:44:18 18:02:35 20:46:95 19:59:10 1:16:55 11:31:36 m 101,154 m 207,927 m 101,154 m 207,927 m 608,332 m 18:00 18:21 29:41 35:52 44:11 35:52 44:11 35:52 44:11 35:52 44:11 35:52 44:11 35:52 44:11 35:52 44:11 36:55 125:53 125:02 141:34	OPERPORRERER O DO CARACACACACACACACACACACACACACACACACACAC	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES NORMAN BRIGHT PAUL REESE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 OR SACRAMENTO 68 OR SACRAMENTO 69 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PROVIDENCE 69 MA	CA CT MI CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195 111294 111294 111294
12 km 15 km 20 km 20 km 20 km 25 km 30 km 50 km 100 km 100 mi 100 mi 100 mi 100 mi 100 mi 12 hr 24 hr 24 hr 24 hr 48 hr 6 day 5 km 8 km 10 km 12 km 12 km 12 km 15 km 10	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 2:03:16 6:43:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 12:42:44 113,136 m 207,927 m 182,473 m 207,927 m 182,473 m 608,332 m	UPRRPURRRRRRU RURR R RPP PRRUURURRRRR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DOB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB VOLKENAND ROB FERNANDEZ WARREN UTES JOE FERNANDEZ CLIVE DAVIES NORMAN BRIGHT PAUL REESE	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 60 CA SACRAMENTO 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SACRAMENTO 67 OR SACRAMENTO 68 OR SACRAMENTO 69 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PROVIDENCE 69 MA	CA CT MI CT PAR MN CA CA CA CA CA CA CA CA CA CA CA CA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111195 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690 020682 010585 021294
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 mi 50 mi 50 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 24 hr 24 hr 24 hr 24 hr 30 km 50 km 50 km 10	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 10 1:16:55 10 1:16:55 10 101,154 m 207,927 m 182,473 m 252,667 m 608,332 m	OPERPORRERERO RORE R RAPP PERSONAGERERE	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB OF VOLKENAND ROB VOLKENA	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SALVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SALVANIA 67 OR SACRAMENTO 68 CA SACRAMENTO 69 CA SACRAMENTO 69 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 62 FL ATLANTA 63 OR SACRAMENTO 64 CA SALVANIA 65 OR PORTLAND 66 CA SALVANIA 67 OR PORTLAND 68 MA PROVIDENCE 69 IL PARK RIDGE 65 MA BOSTON 66 OR PORTLAND 66 WA WASHINGTON 67 OR PORTLAND 66 WA WASHINGTON 69 CA MEDFORD 66 MN MINNEAPOLIS 66 OR PORTLAND 66 IL SEATTLE 67 CA SACRAMENTO 69 IL PARK FOREST	CA CTI FL TA CA	071590 060593 022793 090792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111294 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690 020682 010585 021294 090489
12 km 15 km 20 km 20 km 25 km 25 km 100 km 100 mi 50 mi 50 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 24 hr 24 hr 48 hr 6 day 5 km 10 km 1	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 8:24:18 18:02:35 20:46:05 19:59:10 1:16:55 2:42:44 113,136 m 101,154 m 207,927 m 182,473 m 252,667 m 608,332 m	OPERPORRERER O DO CARACTER CAR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB WESSERSMITH DWAINE BATT BOB VOLKENAND ROB VOLKENAND R	61 CT SOUTHINGTON 62 M LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SACRAMENTO 60 CA SYLVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 65 PA PHILADELPHIA 64 OR PORTLAND 65 CA SYLVANIA 66 OR SACRAMENTO 67 CA SYLVANIA 68 OR SACRAMENTO 69 L PARK RIDGE 65 MA PROVIDENCE 69 IL PARK RIDGE 65 MA PORTLAND 66 OR PORTLAND 67 OR PORTLAND 68 OR PORTLAND 69 CA MEDFORD 66 MN MINNEAPOLIS 66 OR PORTLAND 66 OR PORTLAND 67 OR PORTLAND 68 OR PORTLAND 69 CA MEDFORD 69 CA MEDFORD 61 L SEATTLE 67 CA SACRAMENTO 68 IL SEATTLE 67 CA SACRAMENTO 69 IL SEATTLE	CATOMINATE OF THE CATOMINATE O	071590 060593 022793 090792 022494 090786 091486 021289 012195 042091 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 1111294 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690 090489 101490
12 km 15 km 20 km 20 km 25 km 25 km 30 km 50 mi 50 mi 50 mi 100 mi 100 mi 100 mi 100 mi 12 hr 12 hr 12 hr 24 hr 24 hr 24 hr 24 hr 30 km 50 km 50 km 10	46:38 45:53 54:20 1:15:15 1:14:46 1:35:27 1:36:20 1:59:22 3:35:51 8:58:04 57:48 2:03:16 6:43:48 18:02:35 20:46:05 19:59:10 1:16:55 10 1:16:55 10 1:16:55 10 101,154 m 207,927 m 182,473 m 252,667 m 608,332 m	OPERPORRERER O DO CARACTER CAR	GEOFFREY ETHERINGTON NORMAN EASTMAN NORM GREEN NORM GREEN NORM GREEN NORM GREEN JIM O'NEIL ALEX RATELLE PATRICK DEVINE MALCOLM GILLIS RAY PIVA NORM GREEN GAYLON JORGENSON MALCOLM GILLIS FRANS PAUWELS DWAINE BATT BOB MESSERSMITH ROBERT JOHNSON NORM GREEN CLIVE DAVIES DWAINE BATT BOB MESSERSMITH BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB MESSERSMITH DWAINE BATT BOB WESSERSMITH DWAINE BATT BOB VOLKENAND ROB VOLKENAND R	61 CT SOUTHINGTON 62 MI LANSING 60 PA TAMPA 60 PA NEW HAVEN 61 PA PHILADELPHIA 61 CA EUGENE 62 MN MINNEAPOLIS 60 CA VENTURA 61 AL DALLAS 64 CA SAN FRANCISCO 60 PA WASHINGTON 61 NV MINNEAPOLIS 60 AL BIRMINGHAM 60 OR PORTLAND 60 CA SALVANIA 62 FL ATLANTA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 60 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 64 OR PORTLAND 65 CA SACRAMENTO 66 CA SALVANIA 67 OR SACRAMENTO 68 CA SACRAMENTO 69 CA SACRAMENTO 69 CA SACRAMENTO 60 CA SALVANIA 61 PA PHILADELPHIA 62 FL ATLANTA 63 OR SACRAMENTO 64 CA SALVANIA 65 OR PORTLAND 66 CA SALVANIA 67 OR PORTLAND 68 MA PROVIDENCE 69 IL PARK RIDGE 65 MA BOSTON 66 OR PORTLAND 66 WA WASHINGTON 67 OR PORTLAND 66 WA WASHINGTON 69 CA MEDFORD 66 MN MINNEAPOLIS 66 OR PORTLAND 66 IL SEATTLE 67 CA SACRAMENTO 69 IL PARK FOREST	CATOMINATE OF THE CATOMINATE O	071590 060593 022793 090792 022494 090786 091486 021289 012195 040493 101490 021494 102978 111195 091993 102879 111195 091993 111195 091993 111294 111294 101793 093089 040994 052382 051583 062881 052276 041287 091690 020682 010585 021294 090489

Continued on next page

Continued from previous page		National W		citizens)
100 mi 23:03:25 U WILFREDO RIOS	68 NY QUEENS	NY 092785	Masters Women All-Comer's Records (non U.S.	
half mar 1:21:53 U CLIVE DAVIES half mar 1:20:29a R JAMES TALLEY	65 OR LAKE OSWEGO 65 CA FONTANA	OR 092880 CA 041986	DIST TIME NAME AGEST RACE LOCATION 5 km 16:20 R HEATHER MATTHEWS (NZL) ALBANY	RST RDATE NY 060389
half mar 1:23:50 R MICHAEL BERTOLINI	65 NJ PHILADELPHIA	PA 091585 OR 091381	8 km 26:26 R PRISCILLA WELCH (GBR) WASHINGTON	DC 051489 AZ 030285
marathon 2:42:49 R CLIVE DAVIES 12 hr 111,044 m R RAY PIVA	66 OR EUGENE 67 CA SACRAMENTO	CA 111493	12 km 41:14 R TATIANA POZDNIAKOVA (UKR) EVANSVILLE	IN 051395
24 hr 193,121 m R RAY PIVA 48 hr 220,480 m P D RICHARD COZART	67 CA SACRAMENTO 65 FL SACRAMENTO	CA 111493 CA 111294	12 km 41:14 P TATIANA POZDNIAKOVA (UKR) EVANSVILLE	IN 051097 FL 030985
48 hr 209,214 m R DICTINO MENDEZ	66 NY NEW YORK 66 NY NEW YORK	NY 051194 NY 051494	20 km 1:10:28 P TATIANA POZDNIAKOVA (UKR) NEW HAVEN	CT 090197 CT 090495
6 day 619,597 m R DICTINO MENDEZ		141 031434	20 km 1:10:35 R TATIANA POZDNIAKOVA (UKR) NEW HAVEN 10 mi 53:51 R PRISCILLA WELCH (GBR) WASHINGTON	DC 040587
	70-74		half mar 1:12:56 TATIANA POZDNIAKOVA (UKR) PHILADELPHIA	PA 091795 PA 091585
5 km 18:01 R WARREN UTES 8 km 30:25 R WARREN UTES	70 IL PARK RIDGE 70 IL CHICAGO	IL 093090 IL 031091	marathon 2:31:14 R PRISCILLA WELCH (GBR) CHICAGO	IL 102686 CA 111294
10 km 37:49 U WARREN UTES 10 km 41:09 R ALFRED FUNK	70 IL LIBERTYVILLE 70 MT BOZEMAN	IL 092390 MT 092184	6 day 685,580 m P D SANDRA BROWN (GBR) SACRAMENTO	OA 111254
12 km 51:58 JOHN CAHILL	70 UT SAN FRANCISCO	CA 051594	Women 40-44	
12 km 58:51 R DON BRADLEY 12 km 48:55 P WARREN UTES	70 CA ITASCA 73 IL FRANKFORT	IL 100586 IL 082893	5 km 16:06 RUTH WYSOCKI 40 CA ALBANY	NY 053197
12 km 50:28 WARREN UTES 15 km 58:13 U WARREN UTES	74 IL FRANKFORT 70 IL MICHIGAN CITY	IL 082794 IN 062391	5 km 15:44a RUTH WYSOCKI 40 CA LAS VEGAS 5 km 16:37 R LAURIE BINDER 44 CA DAVIS	NV 092097 CA 112391
15 km 1:01:50 R CLIVE DAVIES	71 OR PORTLAND	OR 062887 IL 071590	8 km 26:19 P RUTH WYSOCKI 40 CA NEWPORT BEACH	
20 km 1:20:11 U WARREN UTES 25 km 1:39:59 R CLIVE DAVIES	70 IL CHICAGO 70 OR EUGENE	OR 090885	8 km 26:56a R DEBBIE HANSON 40 UT ALTA 8 km 27:35 R LAURIE BINDER 43 CA SAN JOSE	CA 061591
30 km 2:13:01 R CLIVE DAVIES 50 km 6:58:48 R GEORGE BASHEN	71 OR MINNEAPOLIS 70 TX SYLVANIA	MN 101286 OH 091894	10 km 33:22 RUTH WYSOCKI 40 CA MOBILE 10 km 34:08 R FRANCIE LARRIEU SMITH 40 TX NEW YORK	AL 032297 NY 061293
50 km 6:37:13 FRANK RODRIGUEZ	71 CA ELVERTA 74 MD WASHINGTON	CA 011897 DC 031382	10 km 33:41a R BARBARA FILUTZE 41 PA PITTSBURGH	PA 092787 MI 060692
50 km 4:34:51 U ED BENHAM 100 km 11:27:10 P CARLTON MENDELL	71 ME NEW YORK	NY 022793	12 km 42:13 U NANCY GRAYSON 42 MI LANSING 12 km 42:38 R GABRIELE ANDERSEN 43 ID SPOKANE	WA 050188
10 mi 1:02:41 R WARREN UTES 20 mi 2:23:54 R CLIVE DAVIES	70 IL PARK FOREST 71 OR MINNEAPOLIS	IL 090290 MN 101286	15 km 52:22 R LAURIE BINDER 41 CA TAMPA 20 km 1:13:46 R CAROL MCLATCHIE 40 TX NEW HAVEN	FL 021189 CT 090792
50 mi 7:48:58 RAY PIVA 50 mi 8:43:27 R CARLTON MENDELL	70 CA SACRAMENTO 72 ME BRUNSWICK	CA 111696 ME 101594	25 km 1:29:47 R JANE WELZEL 41 CO GRAND RAPIDS	MI 051196 MI 051097
half mar 1:27:23 P JOHN KESTON	70 OR WOODINVILLE	WA 090495	25 km 1:29:47 JANE WELZEL 42 CO GRAND RAPIDS 30 km 1:54:00 R CAROL MCLATCHIE 41 TX SUGAR LAND	TX 121292
half mar 1:25:55a R WARREN UTES half mar 1:27:44 P JOHN KESTON	71 IL ZION-LAKE BLUFF 72 OR INDIANAPOLIS	IL 042692 IN 050297	50 km 3:44:32 R JAN KREUZ 41 OH COLUMBUS 100 km 8:33:07 R LORRAINE GERSITZ 41 CA WINSCHOTEN	OH 103088 NED 091695
half mar 1:25:24a JOHN KESTON half mar 1:31:06 P WARREN UTES	72 OR LAS VEGAS 74 IL SCHAUMBURG	NV 020997 IL 100294	10 mi 56:05 R LAURIE BINDER 44 CA FLINT	MI 082491 MN 100685
marathon 3:01:14 R WARREN UTES	70 IL CHICAGO	IL 102890	50 mi 6:19:05 R JAN KREUZ 41 OH COLUMBUS	OH 040989
marathon 3:00:58 JOHN KESTON 12 hr 74,045 m R BURT CARLSON	71 OR MINNEAPOLIS 70 MN SYLVANIA	MN 100696 OH 091496	100 mi 15:05:52 R SUE ELLEN TRAPP 44 FL QUEENS half mar 1:13:54a R HONOR FETHERSTON 40 CA LAS VEGAS	NY 050590 NV 020495
12 hr 100,000 m P CARLTON MENDELL 24 hr 151,728 m R HOWARD HENRY	71 ME NEW YORK 73 IN SYLVANIA	NY 022793 OH 091894	half mar 1:13:57 R LAURIE BINDER 44 CA PHILADELPHIA	PA 091591
6 day 539,130 m ED FISHMAN	72 HI NEW YORK	NY 092195	marathon 2:35:08 R LAURIE BINDER 44 CA MINNEAPOLIS 12 hr 128,747 m R RANDI BROMKA 40 CO SACRAMENTO	CA 123092
Men 7	75-79		24 hr 222,556 m R RANDI BROMKA 40 CO SACRAMENTO	CA 123192
5 km 19:24 R WARREN UTES	75 IL PARK RIDGE	IL 093095	Women 45-49	
8 km 31:52 P WARREN UTES 8 km 34:21 R ED BENHAM	75 IL CEDAR RAPIDS 78 MD LIVERPOOL	NY 092985	5 km 17:14 R BARBARA FILUTZE 46 PA ALBANY	NY 060593
10 km 40:12 R WARREN UTES 12 km 48:57 R WARREN UTES	75 IL LIBERTYVILLE 75 IL PARK FOREST	IL 091795 IL 090495	8 km 28:03 R BARBARA FILUTZE 47 PA ALEXANDRIA 10 km 35:51 U BARBARA FILUTZE 45 PA MEMPHIS	VA 091293 TN 042592
15 km 1:01:58 R WARREN UTES 20 km 1:23:51 P WARREN UTES	75 IL PARK FOREST 75 IL CHICAGO	IL 090495 IL 070995	10 km 34:40a R BARBARA FILUTZE 45 PA PITTSBURGH 10 km 35:57 R BARBARA FILUTZE 45 PA WASHINGTON	PA 092991 DC 041292
20 km 1:30:10 R ED BENHAM	75 MD WASHINGTON 75 MD RALEIGH	DC 052983 NC 110682	12 km 43:38 R NANCY GRAYSON 45 MI EVANSVILLE	IN 051395
25 km 1:56:18 R ED BENHAM 30 km 2:28:00 R ED BENHAM 50 km 5:03:38 R ED BENHAM	78 MD SUGAR LAND	TX 120785 DC 102384	15 km 54:58 R GABRIELE ANDERSEN 45 ID PORTLAND 20 km 1:14:13 R BARBARA FILUTZE 46 PA NEW HAVEN	OR 061790 CT 090792
100 km 16:23:00 R HOWARD HENRY	75 IN SYLVANIA	OH 091596	25 km 1:38:01 R MARCY GILLES 45 MN MINNEAPOLIS 30 km 1:59:25 R SHIRLEY MATSON 48 CA CLARKSBURG	MN 091095 CA 111388
10 mi 1:06:27 R WARREN UTES 20 mi 2:42:38 U ED BENHAM	75 IL PARK FOREST 77 MD GREENBELT	IL 090495 MD 122284	50 km 3:32:34 R SANDRA KIDDY 47 CA TALLAHASSEE 100 km 7:59:59 R SANDRA KIDDY 45 CA CHICAGO	FL 121783 IL 100382
50 mi 10:18:03 P MATT MILLER 50 mi 10:34:06 R MATT MILLER	75 LA PITTSBURGH 75 LA BRUNSWICK	PA 040895 ME 101594	10 mi 59:15 R BARBARA FILUTZE 46 PA FLINT	MI 082292
half mar 1:37:51 R ED BENHAM	75 MD WILLIAMSBURG	VA 031383	50 mi 6:09:09 R SANDRA KIDDY 47 CA COLUMBUS	MN 101490 OH 040184
half mar 1:30:19 P WARREN UTES marathon 3:18:10 P WARREN UTES	76 IL INDIANAPOLIS 75 IL CHICAGO	IN 050297 IL 101595	100 mi 15:12:54 R SANDRA KIDDY 49 CA TALLAHASSEE half mar 1:19:23 U SHIRLEY MATSON 47 CA HAYWARD	FL 121485 CA 101688
marathon 3:34:42 R ED BENHAM 12 hr 84,112 m P MATT MILLER	76 MD WASHINGTON 75 LA QUEENS	DC 110683 NY 061795	half mar 1:19:46 P BARBARA FILUTZE 47 PA ORLANDO marathon 2:45:11 R BARBARA FILUTZE 45 PA MINNEAPOLIS	FL 121193
12 hr 80,467 m R BEN MOSTOW	78 IL CHICAGO	IL 100481	marathon 2:44:30a U MARY WOOD 45 CO LAS VEGAS	MN 100691 NV 020291
24 hr 130,051 m R HOWARD HENRY	75 IN SYLVANIA	OH 091596	12 hr 127,777 m R SANDRA KIDDY 49 CA TALLAHASSEE 24 hr 233,816 m R SUE ELLEN TRAPP 47 FL SYLVANIA	FL 121485 OH 091993
Men 8	30-84		48 hr 360,090 m R SUE ELLEN TRAPP 47 FL SACRAMENTO	CA 111593
5 km 22:26 U ED BENHAM 5 km 24:52 R DUDLEY HEALY	80 MD CHICAGO 80 NJ SYRACUSE	IL 041788 NY 100294	Women 50-54	
5 km 24:41 P FRED ELY	80 NJ PHILADELPHIA	PA 041595	5 km 17:28 R SHIRLEY MATSON 50 CA CARLSBAD 8 km 28:55 R SHIRLEY MATSON 50 CA PALO ALTO	CA 041491
8 km 36:35 R ED BENHAM 10 km 45:28 R ED BENHAM	81 MD VIRGINIA BEACH 80 MD ASBURY PARK	VA 031889 NJ 080387	10 km 35:57 R SHIRLEY MATSON 50 CA ORLANDO	CA 032491 FL 030291
12 km 1:03:55a U MEL SHINE 12 km 1:09:05 U CYRIL-WOODS	80 CA SACRAMENTO 81 OR PORTLAND	CA 042989 OR 051583	12 km 44:56 R SHIRLEY MATSON 52 CA SPOKANE 15 km 54:34 R SHIRLEY MATSON 50 CA JACKSONVILLE	WA 050293 FL 030991
12 km 1:16:44 DUDLEY HEALY	82 NJ TOMBALL	TX 022297	20 km 1:22:36 R GINA FAUST 50 CA VALENCIA 25 km 1:38:36 R S. RAE BAYMILLER 51 NY MINNEAPOLIS	CA 021488
15 km 1:07:00a U ED BENHAM 15 km 1:07:22 R ED BENHAM	81 MD CUMBERLAND 83 MD WASHINGTON	MD 100888 DC 040791	30 km 2:00:41 R SHIRLEY MATSON 50 CA CLARKSBURG	MN 091194 CA 111190
20 km 1:33:56 R ED BENHAM 25 km 2:23:43 R MAX POPPER	81 MD MEDFORD 80 NY NEW YORK	OR 040889 NY 100283	100 km 9:42:22a P SUE ELLEN TRAPP 50 FL DULUTH	IL 123084 MN 101996
10 mi 1:13:23 R ED BENHAM 20 mi 4:18:00 U IVOR WELCH	81 MD WASHINGTON 84 CA CLARKSBURG	DC 040289 CA 111879	100 km 9:50:35 R EILEEN ELIOT 51 FL NEW PRESTON 100 km 9:43:27a R MAE HORNS 54 MN DULUTH	CT 042395
50 mi 12:13:35 U BEN MOSTOW	80 IL CHICAGO	IL 100283	10 mi 1:02:01 R S. RAE BAYMILLER 51 NY FLINT	MN 102288 MI 082794
half mar 1:40:30 R ED BENHAM marathon 3:43:27a R ED BENHAM	81 MD ORLANDO 80 MD MINNEAPOLIS	FL 121088 MN 101187	50 mi 7:10:58 U RUTH ANDERSON 50 CA HOUSTON	MN 101490 TX 021780
marathon 4:17:51 R ED BENHAM	84 MD MINNEAPOLIS	MN 100691	50 mi 7:47:27 R EILEEN ELIOT 51 FL NEW PRESTON 100 mi 16:57:58 R SUE ELLEN TRAPP 50 FL SYLVANIA	CT 042395
Men	85-89		half mar 1:19:40 R S. RAE BAYMILLER 50 NY PHILADELPHIA	OH 091596 PA 091993
5 km 28:26 R GIFTON JOLLEY	85 GA ROME	GA 120592	marathon 2:50:26 R SHIRLEY MATSON 50 CA MINNEAPOLIS	NV 021196 MN 100691
8 km 47:03 U PAUL SPANGLER 10 km 58:50 R PAUL SPANGLER	85 CA PALO ALTO 85 CA RALEIGH	CA 031785 NC 050384	12 hr 117,401 m R SUE ELLEN TRAPP 50 FL SYLVANIA 24 hr 221,043 m R SUE ELLEN TRAPP 50 FL SYLVANIA	OH 091496
15 km 1:32:00 R PAUL SPANGLER 20 km 2:07:49 U PAUL SPANGLER	85 CA EL PASO 85 CA SACRAMENTO	TX 101384 CA 032584	30 FL SYLVANIA	OH 091596
30 km 4:39:30 R PAUL SPANGLER 10 mi 1:55:36 R MEL SHINE	89 CA CLARKSBURG	CA 111388	Women 55-59	
10 mi 1:54:01a P HARRY POLITES	85 OR MEDFORD 86 NJ PHILADELPHIA	OR 040994 PA 050596	5 km 18:27 SHIRLEY MATSON 55 CA SAN RAMON	CA 101396
20 mi 3:44:31 U PAUL SPANGLER half mar 2:26:46 U MAX POPPER	86 CA CLARKSBURG 85 NY BROOKLYN	CA 111785 NY 031289	8 km 32:01 R JOYCE GASKIN 56 CA CARLSBAD 8 km 30:10 R SHIPLEY MATERIAL 55 TX HOUSTON	CA 033196 TX 032192
marathon 5:21:51 U PAUL SPANGLER	85 CA SAN DIEGO	CA 120284	10 km 37:29 SHIRLEY MATSON 56 CA PALO ALTO	CA 040697
Man	90-94		12 km 49:43 R BARBARA MILLER 55 CA SAN FRANCISCO	CA 092996 CA 052195
5 km 40:32 R LLOYD WALTERS	91 MT TUCSON	AZ 012692	15 km 1:00:38 R SHIRLEY MATSON 56 CA SAN FRANCISCO 56 CA SAN DIEGO	CA 032496 CA 111696
8 km 56:10 R PAUL SPANGLER	91 CA PALO ALTO 90 CA PARAMOUNT	CA 032590	25 km 1:41:01 R SHIRLEY MATSON 56 CA SAN DIEGO	CA 111696
15 km 2:35:00 R PAUL SPANGLER	91 CA PORTLAND	CA 012090 OR 061790	30 km 2:17:31 R JOYCE GASKIN 55 CA CLARKSBURG	CA 111696 CA 111394
marathon 9:23:25a R PAUL SPANGLER	92 CA NEW YORK	NY 110391	50 km 3:56:55 R SANDRA KIDDY 57 CA CLARKSBURG	TX 121292 CA 111796
Men 9!	5 & over	· 大大 1 1 1 1 1	10 mi 1:04:46 P SHIPLEY MATERIAL 55 CA WASHINGTON 55 CA PALAMOS	DC 101792
5 km 48:55 R MARION MCANELLY	95 OK STILWELL	OK 051395	1:04:46 P SHIRLEY MATSON 55 CA PALAMOS 55 CA SAN FRANCISCO	ESP 021692 CA 091596
			Cont	inued on next page
				ME TO PERSON

from prev 1:08:50 1:04:42 2:26:36 7:44:48 1:23:09 1:25:08a 1:25:08a 3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	R U R R R R R R R R R R R R R R R R R R	TOSHIKO D'ELIA MARION IRVINE WEN-SHI YU MARY ANN MILLER SHIRLEY MATSON BARBARA MILLER BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	56 NJ WASHINGTON 57 CA STOCKTON 55 NY MINNEAPOLIS 56 TX DALLAS 55 CA WEOTT 56 CA LAS VEGAS 56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA 55 TX DALLAS	DC CA MN TX CA NV CA	04068
1:04:42 2:26:36 7:44:48 1:23:09 1:25:08a 1:28:27 3:05:48a 3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	URR RRRRPRR R	MARION IRVINE WEN-SHI YU MARY ANN MILLER SHIRLEY MATSON BARBARA MILLER BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	57 CA STOCKTON 55 NY MINNEAPOLIS 56 TX DALLAS 55 CA WEOTT 56 CA LAS VEGAS 56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	CA MN TX CA NV	
7:44:48 1:23:09 1:25:08a 1:28:27 3:05:48a 3:07:21 13:089 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	RARRPAR	MARY ANN MILLER SHIRLEY MATSON BARBARA MILLER BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	55 NY MINNEAPOLIS 56 TX DALLAS 55 CA WEOTT 56 CA LAS VEGAS 56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	MN TX CA NV	
1:23:09 1:25:08a 1:28:27 3:05:48a 3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	RRRPRR	SHIRLEY MATSON BARBARA MILLER BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	56 TX DALLAS 55 CA WEOTT 56 CA LAS VEGAS 56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	TX CA NV	01188
1:25:08a 1:28:27 3:05:48a 3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	RRRPRR	BARBARA MILLER BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	56 CA LAS VEGAS 56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	NV	01169
1:28:27 3:05:48a 3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	RRRPRR	BARBARA MILLER SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	56 CA WEOTT 55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA		10209
3:07:21 173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	RPRR	SANDRA KIDDY MARGARET MILLER MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	55 CA SACRAMENTO 56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	CA	02119
173,809 m 131,853 m 234,755 m 19:53 34:58 34:13 40:37 53:52	P R R	MARGE DUNLAP LOUISE MIKLOVIC MARY ANN MILLER	56 CA SAN FRANCISCO 55 CA SACRAMENTO 56 OH SYLVANIA	CA	10159
19:53 34:58 34:58 34:13 40:37 53:52	R R	LOUISE MIKLOVIC MARY ANN MILLER	56 OH SYLVANIA	CA	07118
19:53 34:58 34:13 40:37 53:52	R	MARY ANN MILLER		CA	11129
34:58 34:13 40:37 53:52				ОН	09189
34:58 34:13 40:37 53:52				TX	11289
34:58 34:13 40:37 53:52		wome	en 60-64		
34:13 40:37 53:52		MARION IRVINE HELEN DICK	61 CA CLARKSBURG 60 CA THOUSAND OAKS	CA	11119
53:52	U	HELEN DICK	61 CA LOS ANGELES	CA	11178
	R	MARION IRVINE	61 CA LIVERMORE	CA	10219
		JOYCE GASKIN	60 TX TOMBALL	TX	02229
55:09 1:04:42	R	GLORIA BROWN MARGRET BETZ	62 NY CONWAY 60 NY SCHENECTADY	AR	09109
1:07:08	R	WHAYONG SEMER	60 OH TAMPA	FL	11109
1:29:08	U	MARGARET MILLER	60 CA VALENCIA	CA	03238
1:58:24	R	GLORIA BROWN	62 NY GRAND RAPIDS	MI	05149
2:21:32 6:39:01	R	MARGARET MILLER SARANN MOCK	60 CA MINNEAPOLIS	MN	10128
	R		63 OH SYLVANIA 60 CA SAN FRANCISCO	OH	09189
1:10:17	R	HELEN DICK	60 CA ENCINO	CA	06168
2:32:16	R	MARGARET MILLER	60 CA MINNEAPOLIS	MN	10128
9:01:38	U		60 CA SACRAMENTO	CA	02198
					09189
1:35:02	R	HELEN DICK	60 CA SANTA MONICA		08268
3:15:30	R	HELEN DICK	60 CA CHICAGO	IL	10218
133,668 .n	R	SARANN MOCK	62 OH SYLVANIA	ОН	09199
pilyra					
	R			CA	07089
37:09	U	HELEN DICK			05319 05199
39:33	R	EDNA LAFLIN	65 AZ AHWATUKEE	AZ	05199
35:29	P	JUNE MACHALA	66 WA NEWPORT BEACH	CA	07129
				CA	05279
					05318
					05179
1:01:08	R	ALGENE WILLIAMS		100	10068
1:13:14	R	WHAYONG SEMER	65 OH TAMPA	FL	02269
				FL	03089
2:10:56	Ü				10088
2:47:51	U	EDNA LAFLIN	65 AZ PHOENIX	AZ	102983
5:09:36	R	JAN RICHARDS	67 TX DALLAS	TX	01219
	P		67 CA SAN FRANCISCO 65 IL PARK FOREST	CA	04219
1:19:07	R	WHAYONG SEMER	67 OH PERRYSBURG	ОН	11199
3:02:01	U	JACLYN CASELLI	65 CA CLARKSBURG	CA	11168
9:04:31	R	HELEN KLEIN			04213 11079
				IN	05029
1:39:49 1:41:03a	Bail	JUNE MACHALA	66 WA LAS VEGAS	NV	02099
1:47:56a	R	JOSEPHINE HESS	67 WA PORTLAND	OR	
3:36:57	R	WHAYONG SEMER	65 OH COLUMBUS		10249
70,440 m 125,190 m	R	SARANN MOCK SARANN MOCK	65 OH SYLVANIA 65 OH SYLVANIA	ОН	
		The state of the s	attended to the second	No. A	
24:38	R	GERRY DAVIDSON	70 CA CARLSBAD	CA	04149
24:24a	R	MARY STOREY	71 CA FONTANA	CA	06039
23:56a	P	JO KIESECKER			09149
				OR	
			70 IL ITASCA	IL	10058
1:22:55	R	ELLEN MCCOY	70 MN EDINA	MN	09239
1:16:35a	R	HEDY MARQUE	74 VA ALEXANDRIA	VA	04269
1:46:21	R	PAT DIXON GERRY DAVIDSON	70 OR MEDFORD 70 CA SAN DIEGO	CA	04088
2:18:20 2:59:22	R	ELLEN MCCOY	70 MN DULUTH	MN	05259
	R	HELEN KLEIN	70 CA SYLVANIA	ОН	09199
5:44:04		HELEN KLEIN	70 CA SYLVANIA	OH	09199
5:44:04 12:50:49	R	THEORY MADOUE	74 VA WASHINGTON 70 CA SYLVANIA	DC OH	09199
5:44:04 12:50:49 1:20:33	R	HEDY MARQUE		CA	11197
5:44:04 12:50:49 1:20:33 3:29:57	R	HELEN KLEIN	71 CA CLARKSBURG	ОН	09199
5:44:04 12:50:49 1:20:33	R		71 CA CLARKSBURG 70 CA SYLVANIA		
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59	RRURR	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA	ОН	05288
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59 9:55:09 23:29:34 1:58:27	RRURRR	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN MARCIE TRENT	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA 70 AK ANCHORAGE	OH AK	06049
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59 9:55:09 23:29:34 1:58:27 1:50:03a	RRURRRR	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN MARCIE TRENT MARY STOREY	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA 70 AK ANCHORAGE 70 CA FONTANA	ОН	
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59 9:55:09 23:29:34 1:58:27 1:50:03a 4:09:04	R R U R R R R U	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN MARCIE TRENT MARY STOREY GERRY DAVIDSON	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA 70 AK ANCHORAGE 70 CA FONTANA 70 CA SAN DIEGO 70 AK NAPA	OH AK CA CA CA	12089 03138
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59 9:55:09 23:29:34 1:58:27 1:50:03a	RRURRRR	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN MARCIE TRENT MARY STOREY	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA 70 AK ANCHORAGE 70 CA FONTANA 70 CA SAN DIEGO 70 AK NAPA 70 MN MINNEAPOLIS	OH AK CA CA CA MN	06049 12089 03138 10149
5:44:04 12:50:49 1:20:33 3:29:57 3:25:59 9:55:09 23:29:34 1:58:27 1:50:03a 4:09:04 4:11:54a	RRURRRRUR	HELEN KLEIN MAVIS LINDGREN HELEN KLEIN HELEN KLEIN MARCIE TRENT MARY STOREY GERRY DAVIDSON MARCIE TRENT	71 CA CLARKSBURG 70 CA SYLVANIA 70 CA SYLVANIA 70 AK ANCHORAGE 70 CA FONTANA 70 CA SAN DIEGO 70 AK NAPA	OH AK CA CA CA	12089 03138
	11:30:58 1:10:17 2:32:16 9:01:38 12:06:59 1:35:02 1:39:01 3:15:30 133,668 m  22:44 22:07 37:09 39:33 35:29 46:18 47:55 59:44 1:00:32a 1:01:08 1:13:14 1:12:13 1:37:04 2:10:56 2:47:51 5:09:36 12:09:17 1:15:01 1:42:16 1:39:49 1:41:03a 1:47:56a 3:36:57 70,440 m 25,190 m	11:30:58 R 1:10:17 R 2:32:16 R 9:01:38 U 12:06:59 R 1:35:02 U 1:39:01 R 3:15:30 R 133,668 m R  22:44 R 22:07 37:09 U 39:33 R 35:29 P 46:18 U 47:55 R 59:44 P 1:00:32a U 1:01:08 R 1:13:14 R 1:12:13 R 1:12:13 R 1:12:13 R 1:15:01	11:30:58 R RUTH ANDERSON 1:10:17 R HELEN DICK 2:32:16 R MARGARET MILLER 9:01:38 U HELEN KLEIN 12:06:59 R SARANN MOCK 1:35:02 U HELEN DICK 3:35:02 U HELEN DICK 3:15:30 R HELEN DICK 3:15:30 R HELEN DICK 3:15:30 R HELEN DICK 3:15:30 R HELEN DICK 3:33,668 m R SARANN MOCK   ***WOME**  22:44 R HELEN DICK 3:30:33 R EDNA LAFLIN 35:29 P JUNE MACHALA 46:18 U HELEN DICK 47:55 R KAY ATKINSON 59:44 P GLORIA BROWN 1:00:32a U MARY STOREY 1:01:08 R ALGENE WILLIAMS 1:13:14 R WHAYONG SEMER 1:12:13 JUNE MACHALA 1:12:13 JUNE MACHALA 1:15:01 P EILEEN DICK 2:10:56 U GERRY DAVIDSON 2:47:51 U EDNA LAFLIN 1:50:17 R WHAYONG SEMER 3:02:01 U JACLYN CASELLI 9:04:31 R HELEN KLEIN 1:42:16 U JAN RICHARDS 1:39:49 P JUNE MACHALA 1:41:03a JUNE MACHALA 1:47:56a R JOSEPHINE HESS 3:36:57 R WHAYONG SEMER 70,440 m R SARANN MOCK 24:38 R GERRY DAVIDSON 24:394 P JO KIESECKER 38:46 R HEDY MARQUE 50:01 U PAT DIXON 1:01:57 R ALGENE WILLIAMS 1:22:55 R ELLEN MCCOY 1:16:35a R HEDY MARQUE	11:30:58 R RUTH ANDERSON 60 CA SAN FRANCISCO 1:10:17 R MARGARET MILLER 60 CA MINNEAPOLIS 9:01:38 U HELEN KLEIN 60 CA SACRAMENTO 12:06:59 R SARANN MOCK 63 OH SYLVANIA 1:39:02 U HELEN DICK 60 CA LAS VEGAS 1:39:01 R HELEN DICK 60 CA SANTA MONICA 3:19:30:18 R HELEN DICK 60 CA CHICAGO 133,668 m R SARANN MOCK 62 OH SYLVANIA  ***WOMEN 65-69**  22:44 R HELEN DICK 65 CA GARDENA 22:07 JUNE MACHALA 66 WA ALBANY 37:09 U HELEN DICK 65 CA BURBANK 39:33 R EDNA LAFLIN 65 AZ AHWATUKEE 47:55 R KAY ATKINSON 65 CA KENTFIELD 59:44 P GLORIA BROWN 65 NY BEDPFORD 1:01:032a U MARY STOREY 65 CA SAN FRANCISCO 1:13:14 R WHAYONG SEMER 65 OH TAMPA 1:12:13 JUNE MACHALA 66 WA JACKSONVILLE 1:37:04 U HELEN DICK 65 CA SAN FRANCISCO 1:19:056 U GERRY DAVIDSON 65 AZ PHOENIX 1:19:07 R JAN RICHARDS 65 AZ PHOENIX 1:19:07 R HELEN DICK 65 CA SAN FRANCISCO 1:19:07 R HELEN DICK 65 CA SAN FRANCISCO 1:19:07 R HELEN DICK 65 CA SAN FRANCISCO 1:19:07 R WHAYONG SEMER 65 OH TAMPA 1:10:09:36 R JAN RICHARDS 65 CA SAN FRANCISCO 1:19:07 R WHAYONG SEMER 65 CA SAN FRANCISCO 1:19:07 R WHAYONG SEMER 65 CA SAN FRANCISCO 1:19:07 R HELEN KLEIN 67 CA SAN FRANCISCO 1:19:07 R WHAYONG SEMER 65 CA SAN FRANCISCO 1:19:07 R WHAYONG SEMER 67 TX DALLAS 1:20:01 D JACLYN CASELLI 65 CA CLARKSBURG 3:00:01 U JACLYN CASELLI 65 CA CLARKSBURG 3:00:0	11:30:58 R HELEN DICK 1:10:17 R HELEN DICK 60 CA ENCINO CA 2:32:16 R MARGARET MILLER 60 CA MINNEAPOLIS M 90:138 U HELEN KLEIN 60 CA SACRAMENTO CA 1:35:02 U HELEN DICK 60 CA SACRAMENTO CA 1:35:02 U HELEN DICK 60 CA LAS VEGAS NV 1:39:01 R HELEN DICK 60 CA CHICAGO L 1:33:668 R SARANN MOCK 62 OH SYLVANIA OH  WOMEN 65-69  22:44 R HELEN DICK 60 CA CHICAGO L 1:33:668 R SARANN MOCK 62 OH SYLVANIA OH  WOMEN 65-69  22:44 R HELEN DICK 60 CA CHICAGO L 1:33:668 R SARANN MOCK 62 OH SYLVANIA OH  WHELEN DICK 65 CA BURBANK CA 39:33 R EDNA LAFLIN 65 AZ AHWATUKEE AZ 35:29 P JUNE MACHALA 66 WA NEWPORT BEACH CA 46:18 U HELEN DICK 65 CA CA LOS ANGELES CA 47:55 R KAY ATKINSON 65 CA KENTFIELD CA 47:55 R KAY ATKINSON 65 CA KENTFIELD CA 1:00:32a U MARY STOREY 65 CA SAN FRANCISCO CA 1:10:08 R ALGENE WILLIAMS 69 IL TIASCA IL 1:12:13 JUNE MACHALA 66 WA ALBANY NY 37:09 U HELEN DICK 65 CA SAN FRANCISCO CA 1:01:08 R ALGENE WILLIAMS 69 IL TIASCA IL 1:19:07 R WHAYONG SEMER 65 CA VALENCIA CA 2:47:51 U EDNA LAFLIN 65 AZ PHOENIX AZ 1:20:9:17 R WHAYONG SEMER 67 CA SAN FRANCISCO CA 2:47:51 U EDNA LAFLIN 65 AZ PHOENIX AZ 3:20:01 U JACLYN CASELLI 65 CA CA CARLSBAD CA 2:47:56a R JOSEPHINE HESS 67 WA PORTLAND CA 2:47:56a R JOSEPHINE HESS 67 WA PORTLAND CA 2:438 R GERRY DAVIDSON 70 CA CARLSBAD CA 2:42:44 R MARY STOREY 71 CA FONTANA CA 2:438 R GERRY DAVIDSON 70 CA CARLSBAD CA 2:42:44 R MARY STOREY 71 CA FONTANA CA 2:438 R GERRY DAVIDSON 70 CA CARLSBAD CA 2:42:44 R MARY STOREY 71 CA FONTANA CA 2:438 R GERRY DAVIDSON 70 CA CARLSBAD CA 2:42:44 R MARY STOREY 71 CA FONTANA CA 2:42:45 R MARY STOREY 71 CA FONTANA CA 2:42:46 R MARY STOREY 71 CA FONTANA CA 2:42:48 R MARY STOREY 71 CA FONTANA CA 2:42:48 R MARY STOREY 71 CA FONTANA CA 2:42:56 R P JO KIESECKER 73 CO LAS VEGAS NV 3:41:53:58 R HEDY MARQUE 74 VA ALEXANDRIA VA 1:16:358 R HEDY MARQUE 74 VA ALEXANDRIA VA

			Wome	n 75-	79			
5 km	27:17	R	ANNE CLARKE	77	IL	PARK RIDGE		08228
8 km	40:44	R	HEDY MARQUE	76			VA	09129
10 km	53:40	U	LEONA LUGERS	75	M	HOLLAND	M	09118
12 km	1:08:21	R	ANNE CLARKE	76	IL	ITASCA	L	10068
15 km	1:19:27a	R	HEDY MARQUE	75	VA	ALEXANDRIA	VA	04259
15 km	1:25:20	R	HEDY MARQUE	77	VA	TAMPA	FL	02189
20 km	1:52:57	U	LEONA LUGERS	77	M	HOLLAND	M	05268
25 km	2:43:55	R	GERRY DAVIDSON	75	CA		CA	11169
30 km	4:04:24	R	BESS JAMES	79	CA	VENTURA	CA	02128
10 mi	1:22:34	U	HEDY MARQUE	75	VA	WASHINGTON	DC	10119
10 mi	1:24:54	R	HEDY MARQUE	76	VA	WASHINGTON	DC	10179
half mar	2:06:34a	R	ALGENE WILLIAMS	75	IL	ZION-LAKE BLUFF	L	04289
half mar	2:14:15	U	ANNE CLARKE	76	IL	CHICAGO	IL .	06088
half mar	2:26:24	R	ANNE CLARKE	77	IL	CHICAGO	L	06148
marathon	4:41:45a	U	IDA MINTZ	75	IL	LAKE BLUFF	L	04268
marathon	4:49:08	R	ANNE CLARKE	76	IL	CHICAGO	L	10208
			Wome	n 80-	84			
5 km	29:23	R				DADY DIDOR		
B km	52:00		ANNE CLARKE		IL	PARK RIDGE	L	09308
10 km		R	ANNE CLARKE	81		PARK RIDGE	IL	09089
10 km	56:14	U	LEONA LUGERS	80		HOLLAND	M	05028
20 km	1:39:44 2:26:34	R	RUTH ROTHFARB	80		AHWATUKEE	AZ	11228
20 km	4:13:32	UR	RUTH ROTHFARB	80		WASHINGTON	DC	03068
10 mi	1:34:23	P	MAVIS LINDGREN	81	CA		CA	11138
10 mi	1:43:17	Ü	HEDY MARQUE	80			MD	08249
nalf mar	2:23:54	Ü	ANNE CLARKE	80		ELGIN	L	05289
half mar	2:19:23a	Ü	ANNE CLARKE	80		HIGHLAND PARK	L	06109
marathon	5:10:04	R	IDA MINTZ	80 80		LAKE COUNTY CHICAGO	i.	10208
<b>以此</b> 同						CHICAGO TO TO	Olym	10206
			Wome	n 85-	39			
km	34:51	P	ANNE CLARKE	85		PARK RIDGE	IL	092494
km	1:03:16	P	ANNE CLARKE	85	ĩ	DEERFIELD	ĩ	111394
km	1:03:01		SUSAN CONROY	89	iL	CHICAGO	i	031289
0 km	1:14:37	P	ANNE CLARKE	85	ĨL.	HIGHLAND PARK	ĩ	100994
0 km	1:16:55	Ü	RUTH ROTHFARB	87	MA	BOSTON	MA	101088
alf mar	3:23:06	ŭ	MARY AMES	85	CA	LOMPOC	CA	061988
arathon	6:53:50	R	IDA MINTZ		IL	CHICAGO	IL	102890
			TO THE THE	10	n A			
414	E FOR		Women	90 &		HELENA	мт	06039
km 0 mi	48:35 3:29:08	PR	TINY RILEY RUTH ROTHFARB	90		WASHINGTON	DC	04059
J I'III	3.29.00	-	NOTH HOTHEAND	30	Sp.	Prime prison	No.	the state



http://www.LVMarathon.com



#### Rescind The No False Start Rule

When I read Phil Mulkey's personal attack on me (Aug. NMN), I was shocked, but not surprised. The power structure of masters T&F railroaded the no-false-start rule through originally and has resisted changing it since.

Presumably Mulkey - followed by Jeff Schaller (Oct. NMN) - were their designated hit men to try to discredit me and the Committee to Rescind the NFS Rule, which represents the people, not the politicians.

The writings of Mulkey and Schaller represent the prejudicial sprinterphobic attitude of the Masters T&F Committee. This has led to the oppressive and punitive no-false-start rule against older sprinters and hurdlers, who deserve the most leniency. Someone suggested it's age discrimination and might make a good lawsuit. This Mulkey/Schaller mentality would have kicked the 88did DQ a 70-year-old.

The current rules coordinator has rejected attempts to change the NFS rule. I have two return receipts for suggested change, submitted in the proper format. He did not have the common courtesy to even answer my letters. We do not need people like this in "power positions" in masters T&F. He should be replaced (I would volunteer).

A good rules coordinator would:

- 1) Invite all masters athletes to submit rule changes (and he would format
- 2) Publish the proposals in NMN (a Rules column), and ask the athletes involved (sprinters for sprinters rules, etc.) to write him about it.
- 3) Publish the results in NMN.
- 4) Support the athletes involved at the USATF Masters and Rules Committee meetings.

There is nothing in the USATF rules

(rule 60, page 59) that says anything about guessing. Bad starters, not the sprinters, are the cause of 80-90% of false starts. We have received several hundred petitions, many of which complain about starters.

There's a small percentage of people for the NFS rule:

- 1) Sprinters who are slow reactors. By forcing the faster reactors to go passive, they will do better in the race. Al Guidet discussed this point quite well in his letter (Sept. NMN).
- 2) Athletes who have recently entered the sport and don't know there is a better way to start sprint races.
- 3) Bad starters (those who don't know and/or follow the written rules) who actually seem to enjoy kicking people out because it feeds their sadistic/deity complex.

4) Meet directors who try to shift the

blame for meet delays, etc., from themselves to cover up their own inept plan-

5) Non-sprinters who are often envious because sprinters are "prominent" in T&F, and the 100 meters is the premier event.

Sprinters and hurdlers get punished for even the slightest infraction while everyone else gets treated more leniently. We certainly don't call racewalkers "cheaters" and DQ them on the first violation. Vertical jumpers get three violations (misses) in a row before elimination. Horizontal jumpers and throwers are permitted up to five violations

We are sending petitions to all meet directors and T&F clubs listed in NMN. Ask about them. Sprinters of the world unite. Send in a petition that NO has to

#### No False Start Rule Under Seige

by GRAEME SHIRLEY, USATF Masters T&F Rules Coordinator

In recent months there has been a series of columns and letters concerning the no-false-start rule. At the risk of inviting more ad hominem attacks from those correspondents who apparently cannot engage in civilized discourse, I would like to present an argument which I hope has not been made before.

Recall that "the starter or any recall starter, who is of the opinion that the start was not fair, shall recall the competitors by firing a gun.'

I contend that the main objective of the no-false-start rule is to provide those fair starts. The rule accomplishes this in two ways: one direct, and one indirect. The direct way is in providing a severe penalty for guessing or anticipating incorrectly. The indirect way is in producing an understanding among the competitors that, since there are no free guesses, no one has to defensively take a guess.

A point frequently ignored by those in favor of allowing the false start (and those petitioning for such a change) is that for the National Senior Men's and Women's Championships and for World Championships each starting block is linked to a false start detection apparatus. By rule, a false start is charged to an athlete registering a reaction time faster than 0.10 second.

Both masters and senior programs discourage false starts: masters by increasing risk, seniors by removing the reward.

#### Recent Statistics

To put the no-false-start rule in terms of risk versus reward, it is instructive to consider some of the statistics from the recent IAAF World Track and Field Championships in Athens. The IAAF provided reaction times for all the races started in blocks.

The reaction times measure the differential between when the gun fires and when a pressure sensor trips on the starting blocks. This is the time it takes an electrical signal to travel from the gun to a speaker behind the blocks, for the speaker to produce a sound, for

that sound to travel to the sprinter's ears, for the brain to recognize the sound and to react by sending a signal through nerves to the muscles, and for the muscles to respond by imparting an impulse to the blocks. There may be more, but you get the idea: these take a finite, measurable time.

Clearly, training can improve the reaction time and sprinters can excel at this part of the sport, much as major league baseball players can hit fastballs that would be in a catcher's mitt before most of us could swing.

So how quick are the reaction times of the world's best sprinters, the 100meter contestants at the World Championships? How much variation is there among reaction times?

Examination of the data yields some interesting results. For the men and women there were 37 races with a total of 284 starts (157 individuals), averaging just over 0.14 seconds for the reaction time. Compiling the reaction times into a table produces the following conclusions:

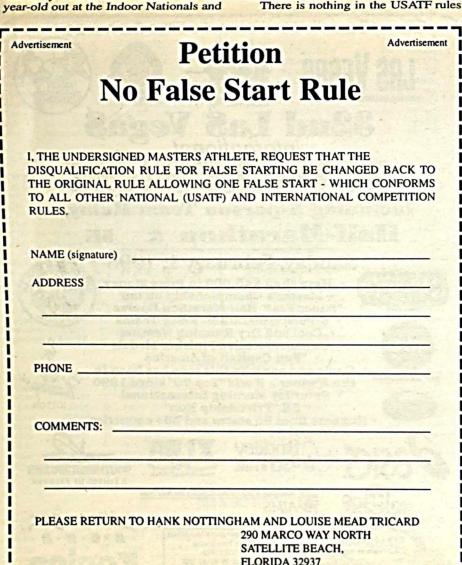
1) The difference between the male and female averages is much less than 0.01 seconds.

2) Splitting the sprinters into eight groups (finalists, semifinalists who did not make the finals, those making it to the second round but no further, and those departing in the first round, male and female) shows that the average reaction time for any group varies by much less than 0.01 seconds from 0.14. Think about it: sprinters who did not make it out of the first round, and who were more than half a second slower than the medalists, had reaction times just as quick as those medalists.

3) 82% of all the starts were within 0.02 seconds of 0.14, 90% within 0.03. Only 1% (three of 284) were quick enough to round down to 0.10.

4) With such small variations in reaction time, one might expect what follows. I could find only one case (of 128 possible) where the difference in reaction times alone might have affected the advancement of one runner rather than another to a subsequent

Continued on page 20



PHONE: 407 773-4362

from them

on inept plan-

ire often envi-

is the premier

get punished

fraction while

more lenient-

ll racewalkers

n the first vio-

et three viola-

fore elimina-

and throwers

e violations

s to all meet

ted in NMN.

of the world

at NO has to

sprinter's

gnize the

g a signal

may be

e take a

rcel at

ist-

in times

the 100-

e World

variation

ta yields

the men

ces with a

dividuals),

conds for

the reac-

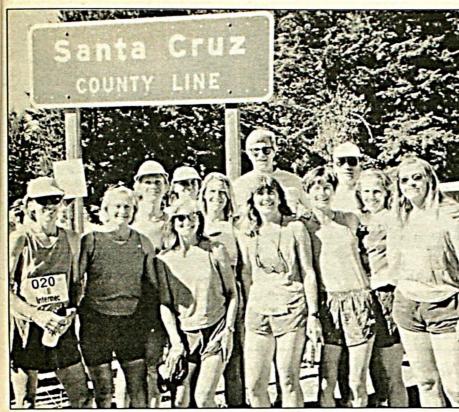
es the fol-

the male

less than

into eight is who did

aking it to ther, and and, male average varies by ds from who did and, and second reaction dalists. within n 0.03. quick



Members of the Fast in The Past Masters Team, which won the Open Women's Division of the 1997 Napa To Santa Cruz Relay (197+ miles) in 26:39:40, Sept. 19-20, front row, I to r: Julie Howe, Janet Ogle, Nancy Ogle, Carol Cuminale, Deb Melnikoff, Lynne Denley, and Patty Murray; back row, I to r: Debbie Dill, Amy Haberman, Ki Bowman, and van drivers Tom Shanle and Chris Foster.

#### Twin Cities Marathon

Continued from page 1

ners and forced perhaps close to 1800 marathoners to drop out of the race. The temperature at the start was 65° and climbed to nearly 80° by noon, with 73% humidity. Race officials reported that more than 7100 marathoners had entered the race, with just over 5300 crossing the finish line. Masters LDR Secretary Norman Green, Jr., noted that the medical tent at the finish line was extremely busy until hours after the event, and that the "sag wagon" was also kept busy out on the course. Among those who failed to finish was M70 age-group sensation and record holder John Keston, 72, McMinnville, Ore. "It is really unfortunate that the weather took such a massive toll on the runners," said

Age-graded table scoring also took a hit because of the weather. Plasencia was the only master to score over 90% age-graded (world-class). Despite turning in the top age-graded performance, Plasencia wasn't able to break the U.S. masters marathon record of 2:17:02, set by Kenneth Judson at the 1990 Rocket City Marathon. Seventy-two men and 22 women scored over 70% age-graded (regional class) to earn Indy Life Circuit points. Circuit points were worth 1.5 times at Twin Cities.

Deep Field Assembled

The Twin Cities Marathon boasted arguably the deepest field among masters athletes in every age group of any race at any distance at any time.

With the excitement generated by the Indy Life Circuit, the 1997 Twin Cities Marathon has attracted a stellar masters field," said David Coyne, elite runner coordinator, prior to the event. "The men's masters field is probably

the deepest and best ever assembled in any marathon, and the women's mas-

ters field is nearly as good."

Indeed, the top-10 U.S. finishers list read as a Who's Who of masters runners - including Plasencia, Craig Young, Doug Kurtis, Gary Romesser, and Lloyd Stephenson on the men's side, and Welzel, Gillian Horovitz, Joan Ottaway, Terry Mahr, and June Machala for the women.

"The strength of this event was truly unbelievable," said Green. Twin



Jimmy Sumner, 51, finished his leg in 5:49 for the M50+ team (11:08:12), St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.

Cities, hosting its seventh consecutive USATF Masters Championships, offered \$38,000 - the largest true masters purse in the country. The race drew a record field of entrants.

Circuit Titles Clinched

With one Indy Circuit event left on the schedule - the Tulsa Run 15K on Oct. 25 - Young and Welzel have won the Circuit masters division grand prix titles, claiming \$6000 each. Young finished as the second U.S. master at Twin Cities in 2:25:08. Honor Fetherston and Kimberlee Campo also wrapped up second (\$3000) and third (\$1500) places, respectively, to round out the women's top three. In the men's competition, Kurtis (fourth American master, 2:29:18) is guaranteed at least third place.

A-G Titles Up for Grabs

With Circuit titles in the bag for Young and Welzel, the spotlight shifts to the age-graded competition in Tulsa. Kurtis (978.5 points) holds a slight edge over Gary Romesser (976), while Joan Ottaway (296.5) has an even slimmer lead over Terry Mahr (295). The top five age-graded scorers per gender will split the Circuit's \$29,000 grand prix purse.

The age-graded scoring system used for the Indy Life Circuit is based on the number of eligible runners who score 70% or higher from the 1994 WAVA tables. At each Circuit race, participants earn points in reverse order of the total number of runners over 70%. For instance, at the Las Vegas Half-Marathon, 92 men scored 70% or higher. The first man earned 92 points, the second 91 points, the third 90 points, and so on down to one point earned by the 92nd man.

**Largest Masters Purse** 

The inaugural Indy Life Circuit features nine events - eight scoring races per gender - which range in distance from 5K to the marathon. The Circuit offers over \$125,000 in total prize money, including a final \$50,000 Grand Prix purse (\$21,000 for the top three male and female masters and \$29,000 for the top five male and female age-graded performers).

In the Indy Life Circuit, eligible masters athletes earn Grand Prix points based on their overall finishing place (top 10) and/or time (age-graded) in each event. To score points, an

#### On The Run

Continued from page 12

was passing out entry forms to the Ballycotton "10" in Cork, which attracts 1,000 runners each March. If you plan to be in Ireland that month, get in touch with John.

It is a small world.

Hal Higdon, Senior Writer for Runner's World, frequently takes friends on running trips around the world through his Roadrunner Tours. Coming trips include the Comrades Marathon in 1998 and New Zealand in 1999. He can be contacted c/o P.O. Box 1034, Michigan City, IN 46361-1034, or www.halhigdon.com.

athlete must be: 1) a member of USA Track & Field; 2) 40 years of age or older; and 3) a U.S. citizen or green card holder.

At each Circuit race, the top 10 masters overall earn points in reverse order of place: first place is worth 10 points, second (9), third (8), fourth (7), fifth (6), sixth (5), seventh (4), eighth (3), ninth (2), and tenth (1).

The Sponsor

Indianapolis Life Insurance Company, the Circuit sponsor, offers a unique policy called Runner's Edge, which features significant premium discounts for serious runners. Its 10year term insurance policy is available nationwide to individuals who complete a qualifying race within a specified time. Call 888-786-3343 for more

Statistics in this article supplied by Road Running Information Center.

# 1997 INDYLIFE CIRCUIT

# **Standings**

STATE OF STREET				
After 7 Races			State	Total
Men	Age	Hometown	.,,	-
1. Craig Young	41	Colorado Springs	со	88.5
2. Doug Kurtis	45	Northville	Mì	67.5
3. Gary Romesser	46	Indianapolis	IN	58.5
4. Steve Plasencia	40	Shoreview	MN	55
5. Lloyd Stephenson	42	San Francisco	CA	51
6. Bill Rodgers	49	Sherhorn	MA	29
7. Jeff Foster	40	Edinboro	PA	22
8. Miguel Tibaduiza	40	Reno	NV	17
9. Ken Sparks	52	Chagrin Falls	OH	12
Budd Coates	40	Emmaus	PA	12
After 7 races				
Women	Age	Hometown	State	Total
1. Jane Welzel	42	Ft Collins	co	82
2. Honor Fetherston	42	Mill Valley	CA	62
3. Kimberlee Campo	42	San Diego	CA	51.5
4. Terry Mahr (GBR)		Oregon	OH	39
5. Joan Ottaway	53	Sonora	CA	35
6. Ruth Wysocki	40	Canyon Lake	CA	30
7. Kathy Ward	42	Sacramento	CA	28
	2000	Fisher	PA	27
8 Alice Thursu	41			
8. Alice Thurau	41	-	CA	21
8. Alice Thurau 9. Shirley Matson 10. Regina Joyce	56 40	Larkspur Lynnwood		10000

# 1997 INDYLIFE CIRCUIT

# Age-Graded Standings

After 7 Races				
Men	Age	Hometown	State	Total
1. Doug Kurtis	45	Northville	MI	978.5
2. Craig Young	41	Colorado Springs	co	976
3. Gary Romesser	46	Indianapolis	IN	972.5
4. Fay Bradley	59	Washington	DC	945.5
5. Lloyd Stephenson	42	San Francisco	CA	933
6. Sonny Monioz	61	El Segundo	CA	871
7. Jan Frisby	53	Grand Junction	co	818
8. Bill Rodgers	49	Sherborn	MA	756
9. Ken Sparks	52	Chagrin Falls	ОН	749
Steve Plasencia	40	Shoreview	MN	749
After 7 races				
Women	Age	Hometown	State	Total
1. Joan Ottaway	53	Sonora	CA	296.5
2. Terry Mahr (GBR)	48	Oregon	OH	295
3. Jane Welzel	42	Ft. Collins	co	284
4. June Machala	66	Spokane	WA	278.5
5. Honor Fetherston	42	Mill Valley	CA	269
6. Kimberlee Campo	42	San Diego	CA	267
7. Marilyn Grissom	55	Greenwood	IN	204
8. Shirley Matson	56	Larkspur	CA	190
	-			150
9. Claudia Piepenburg	48	Arlington	VA	130



#### 1997 USATF Meeting Dec. 2-6, Dallas, Texas

Il masters athletes are encouraged to attend the 19th annual USATF Convention in Dallas, Dec. 2-6. If personal schedule or finances prohibit your attendance, but you have some matters or opinions you are anxious for the committee to address, you can contact your associate representative or appropriate members of the committee to make your interests known.

We have many items on the agenda for this convention. USATF is undergoing revision under a new administration. The masters programs will surely be affected, but it is still too early to know just how. It is imperative that we take inventory on how we have operated in the past and make decisions based on our perception of the future.

I have proposed devoting a portion of our meetings to a "workshop format." Jerry Crockett, LDR Chairman concurs. The joint Masters T&F and LDR meeting will be conducted as such. Constructive thought and input from members is encouraged.

This is a law and legislation year. Tom Light, Law Chair, will report on any changes USATF will make, and, more specifically, how such changes

#### DEADLINE

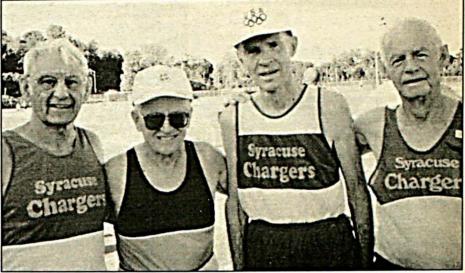
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box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

will affect Masters T&F.

Our agenda for the meetings will include discussion and action on many important items:

- Development and use of an official masters meet manual for Championships Events.
  - Selection of Team Manager.
- Hall of Fame program.
- · Club and Relays.
- Expanding the age brackets for Masters T&F.
- Marketing Masters T&F events.
- Reviewing the No False Start Rule.
- Improving the number of Women participants.
- Presentations of bidders for future championship events.
- Update reports Re: Boston Indoor and Orono Outdoor Championships.
  - Rankings and Records.
- WAVA Championships report and critique. Future WAVA events.
  - Regional coordinators' reports.
  - · Event coordinators' reports.
- Media and Special Events report.
- Other items of interest and pertinence.

I look forward to seeing as many of you as can possibly make it to the Fairmont Hotel, Dallas, Texas. Come prepared for an active meeting. The future is ours to develop and the time is now.



EVELYN WHITE

The Syracuse Chargers M70-79 team of (from left) Howard MacMillan, 71; Russ More, 75; Nate White, 78; and Ed Buckley, 75; established a pending world and U.S. record of 18:33.3 for the distance medley relay (800-400-1200-1600), Syracuse University, N.Y. On the same day, More had his first hole-inone on the golf course.

#### No False Start Rule Under Seige

Continued from page 18

round. The reaction times did not affect the decision of who medaled, or their order.

5) The result of enforcement of an honest, reactive start is that the men's final had a range of 0.02 seconds between the fastest and slowest reaction times. The classic shot along the start line showed a wall of the world's fastest runners in a visibly fair start. The order of finish was not influenced at all by any difference in reaction times. The women's race was not as close in reaction times, but the only positions which might have been influenced by reaction were fifth and sixth.

#### One False Start

Consider senior championship races with no special blocks and one false start allowed. The reward for a lucky guess is up to a 0.14 second advantage over the average. The risk in imposing a conservative (slowest 5%) start is less than a 0.03 second penalty.

Compare this with the reward for a very good (top 10%), reactive start of about 0.02 seconds faster than average.

A 0.10 second advantage in reaction

time in the men's World Championship 100 meter final could have moved fourth place to first, or fifth to second. Yet an improvement from a given reaction (the slowest was 0.14) to the best reaction (0.12) for any runner in the final would not have affected the results.

Without false-start-detection blocks, every runner should take a guess. The reward is much greater than the risk.

Both the use of false-start-detection blocks and the no-false-start rule change the risk-reward consideration for sprinters,

The debate should not be no false starts versus allowing one. It should be which method to use to discourage starts which do not react to the gun. Recall, however, that the use of false-start-detection blocks presents a problem when we exempt masters from having to use blocks at all.

The objective of the no-false-start rule is to provide the fairest starts possible, to best determine who should be our two dozen Masters National Champions. Lucky guesses should not be a factor.

# **NOW AVAILABLE**

#### 1996 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1996 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.

• All T&F events.

Send \$6.00 plus \$1.50 postage and handling to:

P.O. Box 50098
Eugene, OR 97405

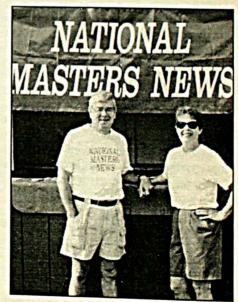
Adress _		Transfer and	SA VAL	terminant
City		The second second	Zip	and the same of

# Rankings Report

By JERRY WOJCIK

Jack Lance has replaced Ross Dunton as USATF Masters T&F Rankings Coordinator. Lance, a resident of New Jersey, has operated his own tax consulting business for 38 years, and is an active masters athlete, competing at the local, regional, and international levels, most recently in the WAVA Championships in Durban.

Rankings marks previously sent to Jerry Wojcik or Dunton have been forwarded to Lance for inclusion in the 1997 outdoor lists. Marks, with verification if they have not appeared in the National Masters News, can be sent to Lance at P.O. Box 276, Long Valley, NJ 07853, or faxed to him at 908-876-5856.



Jerry Wojcik, Senior Editor, and Suzy Hess, Office Manager, at the National Masters News booth, USATF National Masters Championships, San Jose, Calif., Aug. 7-10.



#### **Does Exercise Need Doctor's Permission?**

ost articles on fitness advise older people to see a doctor before starting an exercise program. But that's an outdated idea that keeps many seniors from pursuing activity that could improve their health.

"Exercise is much safer than inactivity in terms of health and well-being," said geriatrician Maria Fiatarone of the Human Nutrition Center on Aging at Tufts University. "So rather than seeking permission to exercise, you should have to get permission to be sedentary."

Asking older adults to see a doctor before beginning exercise "sends the wrong message," said Fiatarone, whose extensive research on weight training with seniors shows that even frail elderly can increase their strength by more than 100%.

"It implies that physical activity is inherently dangerous or ill-advised, and it reinforces the mistaken belief that it's safe to be inactive," Fiatarone said. But while "chronological age has nothing to do with it, you should see a doctor, regardless of age, if you have undiagnosed symptoms."

The National Institute on Aging's "Age Page: Don't Take It Easy Exercise" is available by calling 800-222-2225. The American Heart Association offers many free books on exercise at 800-242-8721.

According to a new report, more than 3 million people per year can avoid cancer if they watch what they eat. World medical experts conclude that between 30% and 40% of all cancers can be avoided by the proper lifestyle and eating habits. They recommend eating a plant-based diet, maintaining a moder-

ate weight, and getting some exercise.

Dr. Walter Willett of the Harvard School of Public Health and 14 other experts spent three years reviewing 4500 scientific studies on nutrition and cancer, resulting in a 650-page report. They recommend cutting down on red meat and salt, avoiding alcohol, eating at least five daily portions of fresh fruits and vegetables, eating more whole grains, and avoiding processed foods and sugar. Recent studies show fruits and vegetables are a potent way to protect the body against cancer.

For the first time, the importance of exercise is highlighted. And the report suggests gaining no more than 11 pounds during adulthood.

Exercise and body positioning are the keys to preventing back pain.

"Nearly nine in 10 people will experience back pain at some point in their lives," said Dr. Martin Brabois, chairman of physical medicine at Baylor College of Medicine in Houston. "Strained back muscles can result from improperly lifting a heavy object or sitting in an awkward position for a long period of time."

Grabois says exercises targeting the muscles that support the back can help avoid problems. Three to four times a week, one should do:

1) Sit-ups: lie on the floor with knees bent. Lift head and shoulders off the floor toward the knees to help strengthen abdominal muscles.

2) Sit and reach: sit on the floor with legs stretched so the feet are spread far apart. Reach forward with hands toward feet as far as possible and slowly return.

3) Leg lift: lie on the stomach with a under the Simultaneously raise locked leg and opposite arm, holding both about eight inches from the floor.

"Lifting should be done with the legs, not the back," said Grabois. "Bend at the knees, use the legs to lift to a straight position and keep the object close to the body to reduce pressure on the back."



Richard Rzehak (I), Germany, M65 weight pentathlon winner (4910), and Len Olson, USA, second (4550), 12th WAVA Championships, Durban, South Africa.



Entrants from the USA in the second heat of the M60 5000, 12th WAVA Championships, Durban, South Africa (I to r): Derek Mahaffey, Bob Langenbach, and Malcolm Gillis.

#### **Durban City Council Withdraws Financial** Support For WAVA Championships

The City Council of Durban, South Africa, has reportedly broken its word and withdrawn any further financial assistance to the organizers of the 12th WAVA World Veterans Athletics Championships held earlier this year in Durban.

The organizers still owe several million rand in obligations to banks, suppliers, personnel, and athletes (e.g., the results books), but have no money to pay its bills. The City Council was supposed to pick up the tab for any shortfall, but has refused to do so.

The Council is under the mistaken belief that it has discharged its underwriting obligations," said Monty Hacker, Chairman of the Durban Organizing Committee. "We are still trying to get Council members to change their minds. It will give Durban and South Africa a bad name if they renege on their promis-

The organizers, with the cooperation of the World Association of Veteran Athletes (WAVA), are endeavoring to ensure that the results books and videos will be prepared and shipped to all athletes who paid for them. However, the mailings may be delayed until early in 1998.

#### PRESIDENT:

Torsten Carlius Smalandsgatan 25 S-25276 Helsingborg, Sweden Fax: 46-42-128-956

# EXECUTIVE VICE PRESIDENT:

P.O. Box 10825 Eugene OR 97440 USA Phone: 1-541-687-1989 Fax: 1-541-687-1016

#### **VICE-PRESIDENT:**

(Stadia) Jim Blair 43 Emslie Road Pinchaven, Upper Hutt New Zealand Fax: 64-4-528-2992

#### VICE-PRESIDENT: (Non-Stadia)

Ron Bell 25 Llwyn Menlli, Ruthin Denbighshire LL15 1RG Great Britain Phone/Fax: 441-182-470-5250

#### SECRETARY:

Monty Hacker PO Box 2277 Houghton 2041, South Africa Phone: 27-11-483-3313 Fax: 27-11-483-3392

#### TREASURER:

Peppo Galfetti Bahnhofstrasse 1 CH 8956 Killwangen Switzerland

#### WOMEN'S DELEGATE:

Bridget Cushen 156 Mitcham Rd., West Croydon Surrey CRO 3JE, England Phone: 441-181-683-2602 (h) Phone: 441-171-261-8685 (o) Fax: 441-171-928-6093

#### PAST PRESIDENT:

Cesare Beccalli P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy Fax: 39-45-742-0661

#### **IAAF DELEGATE:**

Cesar Moreno Bravo Camino a la Piedra del Comal No. 24 Col. Tepepa 16020 Xochimilco, D.F. Mexico Fax: 52-5-653-3159

# DELEGATE OF: NORTH AMERICA

Rex Harvey 160 Chatham Way Mayfield Heights, OH 44124 Home Phone: 1-440-446-0559 Business: 1-440-954-8122 Fax: 1-440-954-8111 E-mail: Rexih@aol.com

#### **SOUTH AMERICA**

Jorge Alzamora P.O. Box 685 Santiago, Chile Phone: 56-2-621-1417 Fax: 56-2-696-5006

ASIA Hari Chandra 15 C Jalan Haji Salam Singapore 1646 Phone: 65-2424967 Fax: 65-241-3116

#### EUROPE

Wilhelm Koster Haydnstrasse 28 D-64347 Fax: 49-6151-880934

#### **OCEANIA**

106 Silkwood St. Algester, Queensland Australia Phone: 61-7-3222-1021 61-7-3221-1684

#### **AFRICA**

Hannes Booysen P.O. Box 5180 1403 Delmenville South Africa Fax: 27-11-827-7590

# Masters Scene

#### NATIONAL

- Pole vault records by Sue Tunnicliff, W60, and Leonore McDaniels, W65, published in the September issue, should have been listed as WRs instead of U.S. records. Tunnicliff broke McDaniels' record of 1.85/6-²/4 set in 1992 with a 2.00/6-6²/4. McDaniels broke her own record of 2.00 set in 1995 with a 2.10/6-10²/4.
- Two omissions to the U.S. medal winners in Durban (Sept. NMN) were: Christel Miller, who took a bronze in the W60 high jump, and Rick Friedlander, who captured a silver in the M50
- Linda Wallace has completed her thesis, "Oral History: Women in Masters Track & Field" and will make it available to participants in the study and readers of NMN for a minimal cost: disk (\$2.00); bound photocopy (\$12.00). E-mail is not feasible due to the size of the main file. She can be contacted at 3233 Selby Ave., Los Angeles, CA 90034. 310-837-0839; e-mail: AX852@LAFN.ORG.

#### **EAST**

- Paul Mascali, 45, Manhasset, NY, 16:08, and Helen Visgauss, 42, Port Jefferson Station, NY, 19:15, cracked to masters wins with 40+course records, Rotary Cookie 5K, Brentwood, NY, Aug. 25. Soon-to-be-master Don Di Donato, 39, Hicksville, NY, was overall victor in
- Alan Porter, 40, Lynbrook, NY, 16:57, and Lori Harfenes Melnik, 41, Plainview, L.I., NY, 22:16, scored masters firsts, Maccabiah 5K, Plainview, Sept. 7. John Del Maestro, 42, Woodbury, NY, was second M40+ by two seconds; Mary Anne Goldman, 51, Farmingdale, NY, was four seconds behind Harfenes Melnik, who was on the rebound after a two-month layoff with a stress fracture. Don Di Donato, 39, was overall winner in 16:00.
- Keith Anderson, 40, Great Britain in 14:25, and Mary Lammi, 41, of Massachusetts, with a 17:47, sailed to masters wins, Harvard Pilgrim 5K, Providence, RI, Sept. 14. Runnersup were Chuck Crabb, 41, of New Jersey, in 14:58, and Marge Bellisle, 42, of Rhode Island, in 18:01.
- Cesar Perez, 40, in 67:55, and Debbie Grossman, 41, in 80:38, chalked up masters firsts, Philadelphia Half-Marathon, Sept. 28. Norm Green, Jr., sizzled to an M65 win in 83:58. Chuck Crabb, 41, was first overall in an inaugural 5K with a 15:23. Karen Holm, 41, of Pennsylvania, was the W40+ winner.
- The Taconic RRC masters team of Scott Mosenthal, Paul Fendler, Roy Altman, Paul Pacchiana, Rick Ashby, Nick Caswell, Joe Porcaro, and anchor Gary Steinel held off the Staten Island AC masters to win the M40+ race by a minute and 38 seconds with a 5:03:09 in

#### FIFTEEN YEARS AGO November, 1982

- Mike Manley, M40, Runs a 2:17:32 in the Beijing, China Marathon
- San Diego Track Club Sets U.S. Masters 100 Mile Relay Record
- A New U.S. M60 Half-Marathon Mark of 1:21:19 is Set by Jack Start, 61

the Nationwide Insurance Ocean To Sound 50 Mile Relay, Long Island, Sept. 28. The host Plainview-Old Bethpage RRC Fast Feet team of Suzanne Schoen, Iris Torres, Elizabeth Penagos, Phyllis Hollman, Linda Ottaviano, Margarita Marascia, Andrea Otto, and Lori Harfenes Melnik took the W40+ contest in 6:07:56. A total of 115 teams of eight runners completed the race, which started at Jones Beach State Park and finished in Farmingdale. The 1998 relay will hit the roads of L.I. on Sept. 27.

#### SOUTHEAST

- Two of the more popular runners of the '70s tangled as masters in the USA 10K Classic, Atlanta, GA, Sept. 1, when Dick Burckle, 49, of Georgia, and Bill Rodgers, 49, Sherbourn, MA, contested for the M40+ first. Rodgers, multi-winner of the Boston and New York marathons, has been an active masters runner since turning 40. Burckle, a 1976 Olympian, who, sporting a bald head, was easy to pick out of the pack back then, has not been seen often on the masters circuit, but he outran Rodgers here, 34:04 to 34:21, to win the M40+ race. Laura Dobbs, 40, Alpharetta, GA, took the W40+ contest in 45:44.
- Placing second overall, Jonathan Matthews (41, 21:17) topped the men's masters field at the Food City USATF National Masters 5K Racewalk Championships, Kingsport, TN, Sept. 13. In an admirable eleventh overall, Gloria Rawls (40, 26:45) led the masters women to the finish line.

#### MID-AMERICA

• Paul Heitzman, 66, Eudora, KS, broke two state records in the 5K in less than a week. On Labor Day, he lowered the Kansas M65 record to 18:43 in the Leawood Labor Day Run, and on the following Sunday he set a new Missouri record in the ALS Plaza 5K, Kansas City, with an 18:38 Tony Estes, M40, in 16:36, and Jane Lundgren, W40, in 20:17, were masters winners in the ALS race. In an adjunct 10K, Charles Brandon, M40, 34:25, and Marla Rhoden, W40, 38:28, sped to masters firsts.

#### SOUTHWEST

• The USATF Southwest Regional Masters Championships, scheduled for Louisiana, July 17-19, and then cancelled, was revived by converting the USATF South Texas Association Championships in San Antonio into the Regionals on July 12, under the direction of Don Austin, who, on short notice, changed the association awards and T-shirts to read "Regional." About 100 athletes who were able to change travel plans descended on San Antonio, which sported a 90+ degree temperature. Fred Porter, M35, Austin TX, earned outstanding athlete honors with an age-graded 93.7% 10.67 in the 100 and 91.0% 22.06 in the 200.

#### WEST

- Gregg Harner, 43, took first overall in the 19th Endurance Event 10K, Santa Barbara, CA, Aug. 17, with a masters course record 32:25.
   Elaine Triplett, W40, won the masters contest with a 41:53, also a 40+ record. Don Truex, brother of Max Truex, former LDR AR-holder, won the M60-69 race in 38:51.
- Joan Stratton increased Joanne Grissom's W45-49 discus AR of 106-5 to 111-8 at the 5th annual KELfield Meet, Santa Cruz, CA, Sept. 27.
- Flatlander Ward Freeman, 40, Ypsilanti, MI, huffed and puffed to a third overall (3:03:29) in the 5111-foot altitude Silver State Marathon, Washoe Lake, NV, Aug. 24.



OTIS SLAGFIELD

Age-group winners in the 400, 1997 Essex County Track Festival, New Jersey, (I to r): Francis Schiro, M40, Charles Christman, M55, and Joseph LaBruno, M65.

#### CANADA

• The U.S. 4x100 relay team of Zbigniew (Zeek) Zlobicki, Farmington Hills, MI, Les Hale, Detroit, MI, Chris Best, East Amherst, NY, and Smokey Santillo, East Amherst, brought home the gold in the Canadian Masters Championship Meet, Aug. 16-17 at York University in Toronto, Ontario. Winning by 15-20 meters, the U.S. team turned in a speedy time of 45 seconds flat. Team USA, in contrast to its younger Canadian opponents, who regularly trained together, consisted

of athletes who met for the first time at the meet, practiced a total of three times together, and had a third leg who ran the 400 right before the relay.

#### INTERNATIONAL

• Kazuhiko Tsutsumi broke the M95 WR for the 100 with a pending 38.82 in the 18th All Japan Masters Championships in Oita Prefecture, Sept. 13-14. The present record is 39.00 (1987) by Prtiavi Singh Azad of India. The meet drew 1400 participants and included athletes from Brazil and Taiwan.



MARY HALE

Members of the USA 4x100 relay team, first at the Canadian Masters Championships, Toronto, Ontario, August 16-17, (I to r): Les Hale, Smokey Santillo, Zbigniew (Zeek) Zlobicki, and Chris Best.

#### U.S. – Canada Duel in Masters X-C Challenge

by CAROLE LANGENBACH

A small group of western Washingtonians found their way to Mundy Park, Coquitlam, B.C., for the 21st annual challenge between the U.S. and Canada on Sept. 20. Three women and six men earned points for the U.S. in a unique scoring match, where the two countries were pitted against each other in five-year age divisions, and penalty points were scored in divisions with no U.S. runners. Since we were outnumbered, it's no surprise that the Canadians beat us again.

Gwen Robertson, cross-country coach at Issaquah H.S., handily beat the four Canadians in the W40 division, and Bev LaVeck, better known as a racewalker, ran away from her opponent to capture the W60 race. This writer placed fourth in the W50 division, saving the U.S. three penalty points by participation. The masters women's 5K was won by Canada's Nancy Tinari (18:31), W35 (considered a masters age division in interna-

tional competition).

The masters men's 8K race was won by David McGivern, M40, Canada, in 26:07. U.S. runners Dave Flowers and Chuck Dooley placed sixth and seventh in the M40 race. Chris Steer won the bronze in the M50. Mel Preedy and Bob Langenbach were second and fifth, respectively, in the M60 group. The final U.S. scorer was Field Ryan, second in the M65. Derek Mahaffey, leading the M60 men at the half-way point, was tripped by a dog and forced to drop out.

The final score, after combining men's and women's totals, was Canada 28, U.S. 89. In cross-country, the low score wins, so Canada will keep the Fleischmann Trophy for another year. The next West Coast version of the challenge is tentatively scheduled for February 1999, to be held in conjunction with the U.S. Women's Trials at Lincoln Park, Seattle.

# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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 2-6. USATF National Convention, Dallas. Fairmont Hotel, 1717 N. Akard, Dallas, TX 75201. 214-720-2020. USATF, PO Box 120, Indianapolis, IN 46225, 317-261-0500; fax: 261-0481. March 27-29. USATF National Masters Indoor Championships, Boston, Mass. Steve Vaitones, New England Association, 2001 Beacon St., Suite 207, Brookline, Mass. 617-566-7600; Fax: 617-734-6322. July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: http://www.ume.maine.edu/~track/track field.html

#### EAST

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

December 5. MAC Indoor Meet, 168th St. Armory, Manhattan. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm, Eastern time). Schedule will be sent when available.

**December 12.** MAC Indoor Meet, 168th St. Armory. Limited masters events. Roz Katz (See Dec. 5).

#### TEN YEARS AGO November, 1987

- Kjell-Erik Stahl (41, 2:18:01) and Laurie Binder (40, 2:41:15) Are Top Masters in Twin Cities Marathon
- Barbara Filutze, 42, Sets U.S. W40 10K Record (33:41) in Pittsburgh's Great Race
- Gail Scott, 41, Shatters U.S. W40 Marathon Record With a 2:37:13 in St. George, Utah
- National Masters 10K Titles Go To Larry Olsen (40, 31:32) and Barbara Filutze (42, 35:15)

**December 19.** MAC Indoor Meet, 168th St. Armory. Roz Katz (See Dec. 5).

December 28. MAC Indoor Meet, 168th St. Armory. Roz Katz (See Dec. 5).

January 9-11. 29th annual Dartmouth Relays, Leverone Fieldhouse, Dartmouth College, Hanover, N.H. Carl Wallin, meet director, Dartmouth Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

Janary 11 & 25. DCRRC Indoor Meets, Jefferson Community Center, Arlington, Va. 8 am-noon.

January 16. MAC Indoor Meet, 168th St. Armory, Manhattan. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233. (7:30-9:30 pm, Eastern time).

January 18. Greater Boston TC Invitational, Harvard U. Indoor Track, Allston, Mass. 40+. Jim O'Brien, GBTC, PO Box 183, Boston, MA 02117-0183. Various running & some field events for masters. 617-282-5537; e-mail: JIM-OBRIEN@IUNO.COM.

January 24. 31st Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886, 607-255-6530(d); 387-6431(e); fax: 607-255-0939. February 1. MAC Indoor Meet, 168th St. Armory, Manhattan. Limited masters events. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-

358-6233 (7:30-9:30 pm, Eastern time). February 8. DCRRC Indoor Meet, Jefferson Community Center, Arlington, Va. 8 am-noon.

February 27. MAC Indoor Masters Championships, 168th St. Armory. Roz Katz (See Feb. 1).

#### SOUTHEAST

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

November 23. Space Coast Senior Games, Brevard County, Fla. 50+. SCSG, 1575 Central Ave., Merritt Island, FL 32952. 407-459-0518.

December 3-7. Florida Senior Games, Kissinmee. 50+. Nov. 7 deadline. Laura Hallam, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

#### 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

#### MID-AMERICA -

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

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

#### WEST

Arizona, California, Hawaii, Nevada

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 562-570-1776. November 22. Tucson Senior Track Meet, Drachman Stadium, U. of Arizona. Tucson Parks & Recr., 220 S. 5th Ave., Tucson, AZ 85701. 520-791-4865; fax: 791-5314.

#### NORTHWEST

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

November 16. Seattle Masters Athletic Club Throws Meet, West Seattle Stadium, HT & WT only. 206-932-3923.

February 7-8. Eugene Indoor Meet, Lane County Fairgrounds, Eugene, Ore. Masters compete on 8th. Erin Regali, PO Box 932, Eugene, OR 97440. 541-345-3285.

June 13-14. Portland Masters Classic/ USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 27-28. Hayward Masters Classic/ USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

#### INTERNATIONAL

November 14-16. XVII International Veterans Meet, Montevideo, Uruguay. Presidente del Comite Organizador, Canelones 982, Montevideo-C.P. 11.100 Uruguay. Fax: 598-2-96 34 23; 96 32 72.

January 17-28. 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

January 18. Malta Masters Meet. M40+/W35+. Limited events. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; 687-1016.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

# LONG DISTANCE RUNNING

#### NATIONAL

November 14-16. Road Race Management's Race Directors' Meeting & Trade Show, Washington, D.C. RRMRD Meeting,

# ON TAP FOR NOVEMBER

#### TRACK AND FIELD

A scant schedule, as t&f is on hold, waiting for the indoor season to start. Three Senior Games meets are available in the warmer climes, in Long Beach, Calif., on the 15th, Tucson, Ariz., on the 22nd, and the Space Coast Games, Merritt Island, Fla., on the 23rd. Montevideo, Uruguay, hosts an international meet on the 14th-16th.

#### LONG DISTANCE RUNNING

An anemic t&f schedule is offset by a red-blooded LDR slate, starting with the NYC Marathon on the 2nd. The 9th lists a wide span of marathons, in Santa Clarita, Calif.; Columbus, Ohio; San Antonio, Texas; and Narragansett, R.I. The Yorktown 10-Mile, Virginia, and the Mission Bay 25K, San Diego, hold forth on the 15th, followed by the Old Reliable 10K, North Carolina, and Phoenix 10K, Arizona. Philadelphia stages a marathon on the 23rd, as does Seattle on the 29th. The month closes with the NYRRC Pete McCardle 15K X-C in NYC and the Run To The Far Side 5K in San Francisco.

#### RACEWALKING

Florida racewalkers get to compete close to home in the USATF Florida 20K Championships, Orlando, on the 9th, and the Alan Ranofsky 10K, in Plantation, on the 15th.

2300 Ninth St. South, Suite 300B, Arlington, VA 22204. 703-685-7181.

December 13. USATF National Masters 50 Mile & 50K Championships, Huntsville, Texas. Helen/Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-638-1161.

February 1. UAFTF National Masters Half-Marathon Championships/Las Vegas Marathon, Las Vegas, Nev. SASE to Las Vegas International Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870.

March 22. USATF National Masters 8K Championships/Shamrock Shuffle, Chicago. David Patt, 203 N. Wabash, Suite 1104, Chicago, IL 60601. 312-666-9836; fax: 312-781-1736; e-mail: cararuns@aol. com.

March 28. USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepan, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.

March 29. USATF National Masters 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 30. USATF National Masters Women's 5K Championships/Freihofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

Continued on next page

#### EAST

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

November 1. Syosset Sprint 4 Mile, L.I., N.Y. Lynn Kotler, 516-746-0144.

November 2. New York City Marathon. SASE for "How to Apply" brochure to NYC Marathon, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

November 9. Ocean State Marathon/ USATF New England Championships, Narragansett to Warwick, R.I. Masters money. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

November 9. Stockade-athon 15K, Albany, N.Y. Chris Rush, 374-6995.

November 23. NYRRC Turkey Classic 5 Mile, Central Park, NYC, NYRRC, 212-

November 23. Philadelphia Marathon & 8K. 215-685-0054. Marathon, PO Box 18543, Philadelphia, PA 19129. 215-685-0054: fax 685-0154.



GEORGE BANKER

Claudia Piepenburg, 48, Arlington, Va., first W40+ (42:04), 1997 Mother's Day 10K, Washington, D.C.

#### **FIVE YEARS AGO** November, 1992

- Joseph Nzau (40, 2:16:12) and Sharlet Gilbert (41, 2:40:19) Win National Titles in Twin Cities Marathon
- Stan Whitley (46, 98.0%) and Ross Carter (78, 96.0%) Are Top Age-Graded Performers Northern California Meet
- Doug Bell (41, 24:45) and Carol McLatchie (40, 28:25) First Masters in Maggie Valley 8K
- Bob Watanabe, 66, Dies of Cancer

November 27. Manchester 4.75 Mile. M Road Race, Box 211, Manchester, CT 06040, 860-649-6456.

November 30. NYRRC Pete McArdle 15K Cross-Country, Bronx, NYC. 212-860-4455.

November 30. Rob's Run 5K Cross-Country, Syosset, L.I., N.Y. Ed Melnik, 516-433-4633.

December 7. Brian's Run 10K, West Chester, Brian's Run, PO Box 2440, West Chester, PA 19383. 610-436-2731.

December 20. HoHoHo Holiday 5K, JFK Middle School, Bethpage, N.Y. 516-439-

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

April 20. Boston Marathon. SASE to Boston AA, One Ash St., Hopkinton, MA 01748-1897. Qualifying window: Oct. 1, 1997 through March 1, 1998.

#### SOUTHEAST

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

November 1. Coast Guard Semper Paratus 10K, CG RTC, Yorktown, Va. Sandy Harrison, 757-898-2226.

November 1. Atlanta TC 10 Mile & 15 Mile, Stone Mountain Park, Atlanta. ATC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305, 404-231-9064.

November 8. Vulcan Run 10K, Birmingham. Birmingham TC, PO Box 530363, Birmingham, AL 35253. 205-995-5344.

November 8. Delchamps Senior Bowl 10K, Mobile. Delchamps 10K, PO Box 1408, Mobile, AL 36633, 334-438-2276.

November 15. Yorktown Battlefield 10 Mile & 5K, York HS, Yorktown, Va. Masters money. Marty Fisher, 757-898-9448; Rick Platt, 757-229-7375.

November 16. Old Reliable 10K, Raleigh. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919-829-4843.

November 22. Governor's Land 5K, Williamsburg, Va. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 757-229-7375.

November 27. Thanksgiving 10 Mile & 5K, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

November 27. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, Nov. 1.

December 7. Hampton Coliseum Half-Marathon & 5K, Hampton, Va. Masters money. Steve Shapiro, 757-727-6246; Rick Platt, 757-229-7375.

December 7. Brandon Half-Marathon, Brandon, Fla. Brandon HM, PO Box 1564, Brandon, FL 33509-1564. 813-671-6148; 800-772-1688.

December 7. First Tennessee Memphis Marathon. 1-800-893-RACE.

December 13. WZYP Rocket City Marathon, Huntsville, Ala. \$5000 Masters purse. Huntsville TC, c/o Malcolm Gillis, 1001 Opp Reynolds Road, Toney AL 35773. 205-828-6207. Entry form in October issue.

December 20. Jacksonville Marathon, Half-Marathon & 5K. JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 731-3187.

January 11. Walt Disney World Marathon, Orlando. WDWM, PO Box 22094, Lake Buena Vista, FL 32830.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.



David Washburn, 41, finishes the last leg (4:33) for the M40-49 team, St. Joseph Hospital 100x1 Mile Relay, Houston, Aug. 24.

#### **MIDWEST**

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

November 9. Columbus Marathon. Time incentive for masters also. CM, 6660 Doubletree Ave., Suite 308, Columbus, OH 43229. 614-433-0395; fax: 614-433-0330.

#### MID-AMERICA

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

November 2. Omaha Riverfront Marathon. Gary Meyer, 5822 Ohio St., Omaha, NE 68104, 402-553-8349.

November 8. Rim Rock Run V, 37K, Grand Junction, Colo. Contact: Dave, PO Box 3685, Grand Junction, CO 81502. 970-242-0383.

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 9. San Antonio Marathon. SASE to SA Marathon, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

December 7. Dallas White Rock Marathon. DWRM, 8189 S. Central Expressway, Dallas, TX 75241. 214-528-4765, x120.

#### WEST

Arizona, California, Hawaii, Nevada

November 2. Los Angeles County Race For The Cure 5K, Rose Bowl, Pasadena. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-7706.

November 8. La Salida Del Sol 5K & 10K, Cal State U-Fullerton. Oscar Rosales, 714-841-5417.

November 9. Santa Clarita Marathon & 10 Mile, Santa Clarita, Calif. Suburb north of Los Angeles. 888-823-3455.

November 15. Mission Bay 25K, Fiesta Island, San Diego. SDTC, Joni Shirley, 619-292-6132.

November 16. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602-229-1060.

November 22. JET To JETTY 5K & 10K. Playa del Rey, Calif. Fran Cuciti, 310-670November 30. Run To The Far Side 5K, San Francisco, Calif. RhodyCo Productions, 1417 Irving St., San Francisco, CA 94122. 415-759-2690.

December 7. California International Marathon, Sacramento. CIMJ, Box 161149, Sacramento, CA 95816. 916-983-4622.

December 7. Fiesta Bowl Half-Marathon, Scottsdale, Ariz. Rob Wallach, c/o FBHM, 6505 N. 16th St., Phoenix, AZ 85016. 602-277-4333.

December 7. Lady Footlocker 5K, Pasadena, Calif. 714-374-3200.

December 7. Tucson Marathon, Tucson, Ariz. 520-320-0667.

December 14. Honolulu Marathon. HM Association, 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200; fax:

December 20. Mainly Masters 10K, Fiesta Island, San Diego, SDTC, 619-272-5380. March 1. Los Angeles Marathon & 5K. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

#### NORTHWEST

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

November 9. Pacific Northwest Masters 6K Cross-Country Championships, Lower Woodland Park, Seattle, 11 am. \$5 by Nov. 3; \$10 day of race. 1997 or '98 USATF card required. PNTF, 206-433-8868.

November 29. Seattle Marathon & Half-Marathon. Marathon Assoc., PO Box 31849, Seattle, WA 98103. Hotline: 206-524-RUNS; 800-343-4411.

#### CANADA

November 29. Canadian National Masters Cross-Country Championships, Vancouver, B.C. M8K/M70+ & W6K. M35+/W30+. British Columbia Athletics, Attn: Jerry Tighe, Suite 206, 1367 Broadway, Vancouver, BC, Canada V6H4A9. E-mail: bcathletics@bcathletics.org.

#### INTERNATIONAL

January 17. Malta Masters 10K. M40+/ W35+. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675. Air Malta ticket and cash awards based on age-graded performance.

January 16-18. Bermuda International Race Weekend: Marathon, Half-Marathon, 10K, and Mile. Marathon Committee, PO Box DV 397, Devonshire DV BX, Bermuda, 441-236-8086

April 11. Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740. Cape Town, South Africa. 27-21-61-9407; email: twooceans@iafrica.com.

#### RACEWALKING

November 9. USATF Florida 20K Racewalk Championships, Orlando. P. Betz, 407-876-4467.

November 15. Alan Ranofsky Invitational 10K Racewalk/Run & 5K Racewalk, Cooper City, Fla. Mary King, 7503 W. Sunrise Blvd., Plantation, FL 33313. 954-

December 6. Pharr 3rd Winter Festival 5K Racewalk, Pharr Plantation, Texas. A.C. Jaime, Race Organizer, P.O. Box 271, Pharr, TX 78577.

W30 W35 W40 W45 W50 W65 W60 W70 W75 W80 W85 W90

M30 M35 M40 M45 M50 M55 M60 M75 M80 M85 M80 M85

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

M30-34 Geo Onyenyeonwu	200	21.97	8-7,10-97	Gene Bard Larry Bonnett Steve Hall	Pole Vault Pole Vault	13-7 1/4 12-6	8-9.10-97 9-13-97	M60-64 Jack Miller	800	2:19.53	5-21,28-97	W45-49 Priscilla Birtie	5K	20:48	7-19,20-97
M3E 30			The second	Michael McCusker	800 Mile	2:07.43	8-1.10-97	Wendell Roehrs	Shot Put	13.22	6-21-97 7-12-97	The Printed Lines	800	2.43	7-19.20-97
M35-39 Scott King	1500	4:10.42	8-7,10-97	michael mccusker	Mile	4:42.25 4:36.7	3-22-97 7-29-97	Len Rosen	Discus	42.48	8-9-97	Tish Roberts	5K	28:17	9-13-97
Jay Rao	400	52.2	8-16-97	47 20 49		4.30.7	1-23-51	Netl Saling	Shot Put	41-8	7-19,20-97				
Contract Contract	800	1:59.2	7-2-97	M50-54				The state of the s	Discus	158-8	7-12.13-97	W50-54			
Rocco Serafini	400	52.00	8-2-97	LB Clayton	35# Weight	37-5 3/4	7-21-97	Lowell Stevens	Discus	141-4	5-21.28-97	Suzanne Franco	5K	23:48	7-4-97
				Dale Herring	200	25.87	6-8-97				0 21.20 07	Santa of Polymer St.	IOK	50.02	8-3-97
				Glenn Palmer	Shot Put	13.2	9-20-97	M65-69			T. Parant	Jo Ann Owen	5K RW	29:38	9-1-97
M40-44			THE STATE OF	Joe Ramaskers	Pentathlon	2612	8-7.10-97	Jack Fischer	High Jump	1.48	7-19.20-97				
Stanley Blinka	Discus	41.52	8-7.10-97	Robert Weiner	3K SC	12:15	8-8-97	1-196-1-176	100	13.8	7-19.20-97				
Mark Foster Steven Galetta	5K 200	15:56	8-17-96	DESCRIPTION OF THE PARTY OF THE				Jack Haller	35# Weight	23-4	9-13-97	W55-59			
Russell Johnson	5K	23.3 15:58	6-1-97 3-26-95	M55-59			A STATE OF THE PARTY OF THE PAR	Robert Kahn Ronald Rule	5K 400	20-50	7-26-97 8-7,10-97	Janet Higbie	10K RW	1:02:59	7-12-97
Russell Collison	Mile	4:29.8	12-17-92	Rick Behrens	Shot Put	11.52	8-7.10-97	Konaid Kule	200	65.80 29.8	6-7-10-97	AL SINGE			
Fred Kitzrow	800	2:05.9	8-1-97	Michael Harrington	Discus	43.72	7-22-97	Al Sheahen	300 HH	54.80	6-29-97				
	1500	4:35.8	7-8-97	Ray Kozusko	Long Jump	18-1	3-23-97	- Concession		54.60		W65-69	The state of the s	1	Secretary of
Arthur Lawrence	Javelin	174-11	5-23,28-97	G Malaczynski	5K	17:49	7-23-97	M70-74				Eliza Dalzell	Shot Put	20-10	5-17-97
Spencer Weston	100	11.15	6-11-97	AND THE RESERVE OF THE PARTY OF	IOK	37:02	7-20-97	Carl Fennema	Shot put	10.15	6-7-97	Lillian Snaden	16# Weight	5.96	3-21,23-97 6-7-97
1115 10			The second second	Richard Noble	Shot Put Shot Put	11.57	7-20-97	Jim Verdier	800	2:26.45	8-7-97		16# Weight 16# Weight	6.70	6-14-97
M45-49	110HH		0.10.00	Henry Sierka	800	11.39 2:23.4	8-30-97 8-17-97	Richard Soller	Long Jump	4.14	3-22-97		Shot Put	6.97	6-14-97
Sergio Angulo Curtis Baldwin	400	17.9 54.64	9-13-97 7-17-27-97	nelly Sicika	Mile	5:19.1	8-31-97	M75-79	33.00		ALCOHOLD !		25# Weight	5.02	6-7-97
Curtis Dadwill		34.04	1-11.21.91		5K	18:13	9-28-97	Tim Murphy	100	13.32	4-19-97		25# Weight	5.00	6-14-97
		THE STATE OF THE S	17 4 25		Carrier Co.	A STATE OF THE STATE OF	Charles and the same	Profession 1	200	29.32	4-19-97		20# Weight	5.72	9-27-97

U	U.S. MASTERS STANDARDS OF EXCELLENCE											
SALE OF	***		And the P					500				
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-6	9 70-7	4 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		
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.	8 32.	4 35.8	39.8	
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.				
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	The second second				
1500	4:11	4:15	4:22	4:32	4:45			-				
Mile	4:31	4:35	4:42	4:53	5:07		5:49		-			
5000	15:30	15:42	16:06	16:44	17:30						_	10:10
10000	32:11	32:35	33:30	34:45	36:15		=	100	The second second			32:30
110H	15.3	16.4			30:15	38:10	40:30	44:1	48:30	54:30	61:15	68:30
100H	15.3	10.4	17.75	18.75		The Party	9					
					18.0	19.0	20.0	21.	3			
80H	C CONT		DIAME.						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				The state of the s	The same of	Charge .
2K-SC						a distant	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			1.02	.92
No. of London	6-41/2	6-1/4	5-91/4	5-6	5-21/2	4-11	4-7/2	4-4		7.5	3-4	3-1
PV	4.40								4 - 12			
PV		4.15	3.90	3.60	3.30	3.05	2.80	2.55	- I		1.80	1.50
-1200000	14-51/4	13-71/4	12-91/2	11-91/2	10-10	10-0	9-21/4	8-41/4	7-61/2	6-81/2	5-11	4-11
W	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	20-41	19-21/4	17-10%	16-9	15-7	14-5%	13-11/	11-11%		9-10	8-81/4
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
CONTRACTOR OF THE PARTY OF THE	43-91/2	41-6	39-1/2	36-7	34-11/2	31-8	29-21/2	26-11	24-71	22-4	20-1/4	18-1/2
Shot	15.20	14.10	13.00	12.00	12.40			10.80	THE PARTY NAMED IN		7.65	6.50
Shot												
The state of	49-101/2	46-31/4	42-8	39-41/2	40-81/4	36-9	39-41/2	35-51/	33-0	28-101/2	25-11/4	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
THE REAL PROPERTY.	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-21/2	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
TIGHTHIOT I	155-0	145-0	135-0	125-0	126-0	The second second	118-1	108-3	the state of the s		73-10	60-0
Jav	62.00	57.00	52.00	48.00		The State of the S						
Jav					43.00	38.50	40.00	35.00			19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4		114-10			62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	Activities to the second	1000	4.00	3.00
25#Wt.							11.00	10.00	No.		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
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	
Notes: 1)			e for auto					4.7		The state of the s	St. To	
2)	Short h		30-49:	39";	W THE	50-59:			33";	70+: 30"		
3)		urdles:	30-49:	36";		50-59:	33";	60+:	30"			
4)			30-49:	7.26k (1	6#);	50-59:	6k;	60-69:		70+: 4k		
5)			30-49:	2kg;	-	50-59:	1.5kg;	60+:	1.0kg	No. Marie		3
6)		The second second	30-49:	7.26k (1	60);	50-59:	6k;	60-69:	5k;	70+: 4k		
7)			30-59:	800g;		60+:	600g	a linta d	-			
8) 9)		c/Wt.Pen:			standa s.; 40+ W				or conven	ience.		

	500		COLUMN TO				LRDS OF		The state of	Santa Contract	-1-1-5	4000
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56		2:24:43	2:59:15	4:08:45	5:37:3
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32		3:01:53	4:12:21	5:42:2
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37		2:32:33		4:22:13	5:55:4
W45	8:03	8:41	16:32		46:35	58:10		2:03:00			4:33:31	6:11:
W50	8:25	9:05	17:15		48:36			2:08:30			4:46:23	6:29:0
W55	8:55	9:31		31:14	50:54	1:03:33	1:38:40					6:49:
W60			19:01	32:51	53:32	1:06:50	1:43:51					7:12:
W65		10:35	20:06	34:43			1:49:50					7:39:
W70		11:15	21:22	36:54			1:56:49				6:00:18	8:11:
W75	11:10		22:51	39:28		1:20:14		2:51:18			6:27:35	8:49:
W80	12:03	12:58	24:41			1:26:38		3:05:24	4:01:36	5:01:39	7:01:26	9:47:
	13:13		27:05				2:28:37					
W90	14:56	16:06	30:36				2:48:13					
	1,110	The Control	The state of	1000			MEN		Wind.			
M30	6:31	7.01	13:21	23:05	37:57		1:13:10	1-28-18	2-05-12	2-32-17	3-27-30	4:31:
M35	6:43	7:14	13:47	23:46	38:55					2:34:14		
M40	6:58	7:29	14:16	24:24	40:15					2:39:47		4:44:
M45	7:13	7:46	14:47	25:31	41:44	52:25				2:46:05		4:56:
M50	7:33	8:05	15:23	26:33		54:32				2:53:13		5:09:
M55	7:50	8:26	16:04	27:43		56:55				3:01:19		5:24:
M60	8:13	8:51	16:50	29:02	47:28	59:38				3:10:33		5:41:
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01		2:44:53		4:35:15	6:01:
M70	9:08	9:50	18:44		52:46	1:06:21		2:16:35			4:52:23	6:23:
M75			19:55		56:04		1:48:13				5:12:40	6:50:
M80		11:14			60:06		1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:
M85		12:13					2:06:43			4:29:18	6:10:11	8:07:
and the same		13:39			72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:

U.	3. IVI	ASII	CKS	STAN	OR WO		UF I	EXCI	ELLI	ENC	E
Event	30-34	35-39	40-4		50-54	55-59	60-64	65-69	70-74	75-79	80-8
100	13.8	14.2			15.6	16.2	16.9	17.8	18.8	20.0	21.
200	28.0	29.2	30.		32.5	34.0	35.7	37.5	40.0	43.5	47
400	63.5	65.5	67.		71.5	73.5	78.5	83.7	90.0	96.5	103
800	2:32	2:35	2:4	0 2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:3
1500	5:10	5:19	5:29	9 5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:4
Mile	5:34	5:44	5:5	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:4
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:2
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:0
100H	17.2	18.2			element !	BOUNE	THE REAL PROPERTY.	The Person	Street Street	2366	
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28
400H	75.5	79.9	84.4	88.8		- Walter	THE COURSE	T Aproved	Sheek		
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	7 1.19	1.12	1.07	1.02	.97	.92	.89	
	4-8	4-51/4	4-2	2 3-11	3-8	3-61/4	3-41/4	3-21/4	3-01/2	2-11	2
PV	2.70	2.40	2.10		1.50	1.20	1.10	1.00	0.90		0.
	8-101/2	7-101/2	6-11		4-11	3-11	3-71/4	3-31/4		0.80	
									2-11	2-71/2	2-3
W	5.00	4.60	4.2		3.55	3.20	2.85	2.60	2.35	2.10	2.
	16-5	15-1	13-117		11-8	10-6	9-41/4	8-61/4	7-81/2	6-11	na t
TJ	10.00	9.20	8.60		7.18	6.40	5.70	5.20	4.70	4.20	3.
	32-10	30-21/4	28-21/		23-7	21-0	18-81/4	17-1	15-5	13-91/4	12-5
Shot	10.30	9.30	8.40		7.95	7.20	6.50	5.80	5.25	4.70	4.
	33-91/2	30-61/4	27-7		26-1	23-71/2	21-4	19-01/4	17-3	15-5	13-11
Jav	39.50	33.50	27.50		25.00	19.00	18.00	16.00	15.00	14.00	13.5
	129-7	109-11	93-6	70-61/2	82-0	62-4	59-1	52-6	49-2	45-11	44-
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-
lammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.7
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.0
Wt.Pen.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	230
Notes: 1)	100 stan	dards are	or autom	atic time; us	se standar	rd conversi	on for he	nd time.			
2)	Short hu			33";	40+:	30"	nath side	The same			
3)	Shot put	7		4k;	50+:	3k					
4)	Javelin:	100		600gm;	50+:	400gm					
5)	Hammer			4k; s are the sta	50+:	3k	-	The second	4-74 5		

THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAME	APPLICATION FOR A	
ALL-AN	IERICAN CERTIFICAT	E/PATCH
NAME	AGE-GRO	DUP
ADDRESS		SEX: MF
CITY	ST	ATEZIP
MEET	DATE	OF MEET
MEET SITE		
EVENT	MARK	
HURDLE HEIGHT	WEIGHT OF IN	MPLEMENT
☐ CERTIFICATE	□ PATCH	□ PATCH TAG
pletely.  2. A copy of your results or a strike application.  3. Please send \$10 for a certificate year. The cost for both a certificate 4. Send to: All-American, Nation	ered the standard of excellence, plotonote stating in which issue your redicate, \$10 for a patch, and \$10 for a seand patch ordered at the same to pala Masters News, P.O. Box 50098 ite, suitable for framing, and/or a 3-	esults appeared MUST accompany a patch tag showing event and ime is \$15. b, Eugene OR 97405.

SALEMANNE ENE

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 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

NA	m	ON	IA	T
<b>747</b> 0	••			

WHEN TO SAME	13.86			INA	TION	AL		\$144 P.			是花都	
	THE PARTY	USATF N						ampionsh	ips			
Name	Points	100	υ T	homasvi sp	lle. N.C.;		-21 Day 1	HURDLE	DT	PV	JT	1500
мзо	15 15											
1 Hood, David	5558	12.48	5.57m (496)	11.61m (583)	1.68m	(535)	2718	17.28 (569)	38.76m (639)	4.20m (673)	43.02m (486)	5:15.67
2 Harris, Bailey	3338	12.17	5.63m		The Parket of the last			16.47	20.02m	The second second	32.14m	4:46.31
Age: 34	4755	(618)	(508)	(385)	(449)	(635)	2595	(654)	(272)	(264)	(329)	(641)
1 Winkel, Steve		11.86	6.06m	10.17m	1.68m	52.27		17.84	35.90m	3.60m	47.40m	4146.95
Age: 39	6308	(711)	(670)	(496)	(627)	(784)	3288	(585)	(582)	(579)	(604)	(670)
2 Shelton, Bob Age: 37	5527	(643)	6.21m (707)	10.42m (511)	1.84m (776)	(613)	3250	18.26	27.26m (411)	(305)	40.16m (489)	5:11.26
н40												
1 Vegar, Stan Age: 42	7551	12.33	6.11m (785)	13.29m (733)	1.88m (915)	(737)	3867	16.22 (834)	37.76m (619)	4.30m (892)	47.72m (684)	4:59.68
2 Stebbins, Barry		11.59	6.46m	12.16m	1.72m	56.66		16.38	31.64m	3.60m	48.50m	5:59.56
Age: 42 3 Watry, Jeff	6820	(847)	(878) 5.08m	(660) 10.29m	(749) 1.76m	(674) 58.28	3808	(816)	(496) 32.46m	(654) 3.20m	(698) 39.22m	(348)
Age: 42	5804	(543)	(527)	(540)	(785)	(611)	3006	(598)	(513)	(527)	(535)	(625)
4 Drollinger, Kenneth Age: 41	5596	12.80	5.58m (648)	8.67m (437)	1.84m (868)	59.31	3134	18.40	26.74m (401)	3.30m (560)	27.10m (328)	5:15.50
5 Mulkey, Phillip	3330	13.27	5.32m	10.66m	1.36m		all se	19.39	30.88m		38.14m	5:51.44
Age: 43	4994	(525)	(584)	(563)	(411)	(453)	2536	(516)	(482)	(560)	(516)	(384)
6 Polakowski, Chris Age: 41	4868	(451)	5.20m (554)	9.95m (518)	1.68m (705)	(509)	2737	(388)	25.84m (383)	2.50m (326)	42.38m (590)	5:38.72 (444)
7 Heares, Kelly		13.18	5.19m	8.82m	1.64m			19.98	26.42m	3.40m	27.38m	5:49.61
Age: 44 8 *Berquist, Brian (Canad	4771	(541)	(552) 5.25m	(446) 9.74m	(670) 1.44m	(388)	2597	(464)	(395) 28.86m	(590) 2.40m	(333) 34.94m	(392)
Age: 44	4462	(591)	(567)	(505)	(480)	(481)	2624	(453)	(442)	(298)	(461)	(184)
8 Fairbanks, Hal	4295	13.48	4.85m (473)	8.11m (401)	1.40m (449)	1:02.37	2278	20.73	21.20m (295)	3.10m (498)	34.86m (460)	5:56.58
9 Battoglia, James		13.74	Manager Land		Principal subjects in the	Marine S. A. C. State of State		22.89	And the second second	Acres de la little de la companya del la companya de la companya d	A STATE OF THE PARTY OF	(361)
Age: 40	3693	(448)	(544)	(417)	(552)	(250)	2211	(250)	(299)	(498)	(255)	(180)
1 Russell, Alan		12.58	5.20m	10.96m	1.60m	55.63		19.27	33.80m	3.20m	32.02m	4:56.47
Age: 47 2 Green, Bob	6560	(728)	(644)	(664)	(714)	(793)	3543	(607)	(604)	(601)	(466)	(739)
Age: 48	6521	(744)	5.21m (646)	10.86m (656)	1.56m (670)	56.17	3487	19.18	31.00m (543)	3.40m (671)	37.00m (560)	5:12.70
3 Eang, David		13.30	4.92m	9.22m	1.48m	58.85	O. Carlon	20.14	25.06m	2.90m	40.24m	5:40.70
4 Watson, Richard	5526	(597) 14.55	(569) 4.62m	(539) 11.00m	(593) 1.48m	1:05.58	2963	20.32	(414) 31.40m	(501) 2.80m	(623) 48.82m	5:42.59
Age: 45 5 Hoogasian, John	5392	(396)	(494) 4.36m	(667) 8.46m	(593) 1.36m	(431)	2581	(514)	(551)	(469)	(790)	(487)
Age: 48	5256	(574)	(431)	(485)	(472)	(592)	2554	(310)	26.44m (444)	3.80m (813)	31.68m (459)	5:07.26
6 Light, Tom Age: 49	5025	14.22	4.69m	8.05m	1.60m			20.80	22.92m	3.00m	32.88m	5:27.28
7 Holzgang, Mike	3025	13.16	(512) 4.93m	(456) 9.79m	(714) 1.48m	(474) 1:02.57	2602	(474)	(369) 26.52m	(533) DNF	(482) DNF	(565) DNF
Age: 49	3692	(622)	(574)	(580)	(593)	(530)	2899	(348)	(445)	(0)	(0)	(0)
8 *Hawkins, John (Canada Age: 48	2503	13.17	5.14m (628)	10.33m (619)	1.52m (636)	DNF (0)	2503	DNF (0)	DNF (0)	DNF (0)	DNF (0)	DNF (0)
1. house Pd11					20 M	SQ. 76	Tally I					
1 Angus, Bill Age: 54	6767	13.38	5.35m (788)	10.46m (637)	1.56m (758)	1:03.06	3435	16.18	31.26m (538)	3.20m (682)	37.76m (647)	5:20.78
2 Kilpelainen, Matti		13.66	4.99m	9.66m	1.40m	1:06.67		16.69	30.26m	The second second	33.32m	7:11.45
Age: 51 3 Hopkins, Henry	5848	(612)	(682) 4.50m	(579) 10.29m	(585) 1.48m	(471) 1:08.69	2929	(741)	(517) 32.28m	(917) 3.10m	(553) 36.18m	(191) 5:59.82
Age: 54	5522	(456)	(542)	(625)	(670)	(409)	2702	(535)	(560)	(642)	(613)	(470)
4 Hann, Kent Age: 50	4259	13.84	4.18m (457)	9.76m (586)	1.32m (504)	1:14.38	2385	20.34	29.52m (501)		20.12m	6149.92
5 Decker, Jan		14.80	4.55m	8.15m	1.40m		2305	21.51	26.36m	(431) 2.90m	(282) 29.70m	7:46.03
Age: 51 6 Crosby, Mike	4161	(431)	(556) 4.37m	(470) 8.56m	(585)	(232)	2274	(309)	(433)	(570)	(477)	(98)
Age: 53	3802	(515)	4.37m (508)	(500)	1.28m (464)	(353)	2340	(393)	21.42m (331)	2.00m (273)	23.90m (358)	7:42.28
7 Lilly, Harold	3401	14.58	4.22m	8.70m	1.28m	1:23.94	1075	21.34	27.52m	2.10m	21.22m	8:18.74
8 Cliette, George		15.98	(467) 4.31m	(510) 9.06m	(464) 1.36m	1:29.70	1979	(321) DNF	(458) 29.00m	(303) 1.80m	(303) 29.54m	8:00.11
Age: 53 9 Harvey, Rex	3109	(274)	(492) DNF	(536) DNF	(544)	(14)	1860	(0)	(490)	(216)	(474)	(69)
Ager 51	608	(608)	(0)	(0)	(0)	(0)	608	(0)	(0)	DNF (0)	DNF (0)	DNF (0)
1 Ayers, David		13.87	1.10	0.44								
Age: 55	6175	(653)	4.48m (624)	9.64m (658)	1.32m (577)	1:06.14	3083	20.65	31.52m (622)	2.90m (648)	37.02m (709)	5:37.20 (654)
2 Byrne, Phil Age: 57	5053	13.67	5.24m	9.68m	1.52m	1:11.26		25.53	33.72m	2.20m	37.44m	6:11.50
3 Valle, Mike	5853	(689)	(866) 4.23m	(661) 11.37m	(813) 1.36m	(413)	3442	(145)	(676) 33.60m	(384) 2.30m	(719) 31.46m	(487) 6:42.38
Age: 56 4 Servis, David	5357	(563) 16.94	(550)	(799)	(619)	(359)	2890	(439)	(673)	(421)	(579)	(355)
Age: 58	2965	(228)	3.39m (321)	7.40m (477)	1.32m (577)	1:33.26	1617	DNF (0)	22.92m (417)	2.50m (493)	25.32m	DNF
1 Bergfeldt, Bob		12.50							1	(473)	(438)	(0)
Age: 61	7006	(757)	4.56m (748)	11.31m (810)	1.48m (859)	(550)	3724	20.15	41.60m (797)	2.90m		130.27
2 Besase, Tony Age: 63		13.94	4.56m	- 9.39m	1.36m	1:16.16	PRITA	20.11	28.68m	(731) 2.60m		(480)
3 Gilmore, Jack	5576	16.00	(748) 3.66m	(651) 9.16m	(705) 1.40m	(364) :	3189			(603)	(466) (	285)
Age: 63 4 Jankovich, Bill	5080	(407)	(459)	(631)	(758)	(291)	2546	(438)	34.28m (630)	2.40m (519)		362)
Age: 64	4992	14.40	4.04m (576)	9.91m (693)	.1.12m (434)	1:09.82	993	DNF	33.88m	2.20m	28.22m 6	:20.47
5 Hane, Rex		14.90	3.68m	9.72m	1.20m	1:21.42	2893	(0)	(621) 27.82m	(441) 2.00m		524)
Age: 60	4214	(565)	(465)	(678)	(520)	(239)	2467					145.68 206)
1 Skartvedt, Darrold	A PARTY OF	14.09	4.84m	11.47m	1.44m	1:19.18		19.39	38.98m			
Age: 66	7215	(789)	(967)	(933)	(906)		3974			2.60m (682)		111.98
												ext page
											11	Page I

d makes	D 4 070	STATE OF THE PARTY.	M55	Henry Sierka	2:24.3
	EAST		11.20	David Howison	2:30.6
Potor	nac Valley Games	/USATE	If we	Jim Verdier	2:34.6
Pote	mac Valley Asso	ciation	M60	Clifford Pauling	2:33.8
Ma	sters Champions	ships	1.100	Alvin Burton Jr	3:08.0
Ale	xandria, VA; Aug.	30-31	W30		2:31.1
100m			W40	The second secon	3:14.8
M30	Dwayne Miller	11.4	Mile		
			M30		4:47.1
M35	Benjamin McLeod		MISO	Michael Auer	5:11.7
	Robert Harding	11.5	ties as	The second second second	
	Kinley Hill	11.5	M35		4:54.6
M40	Neville Hidge Sr	11.1	The second	William Greene	4:57.2
	Steve Coewen	11.5	2 - 20	Curtis Davis	5:05.6
	Andrew Mason	11.5	M40	Steve Dye	4:42.9
M45	Robert Bowen	11.3	1000	Maurice Pointer	4:55.1
	Al Logie	11.8	15	Kerry Lanham	5:10.7
	Larry Isler	12.3	M45		4:48.3
M50	Dennis Newton	12.2	M43		
MOU				Edward Twomey	5:01.7
	Melvin Fields	12.5		Dan Eddy	5:03.7
25 65	R Lee Earman	15.2	M55	and the second s	5:03.4
M55	Albert Gardner	13.6		Henry Sierka	5:19.1
	Mike Valle	14.1	15,25	Jim Verdier	5:41.4
M60	Larry Colbert	12.3	M65	James Keat	6:43.8
	Clifford Pauling	13.9	W35		6:36.6
	Alvin Burton	14.3	W40		7:03.1
M65	James Stookey	13.3	W45		7:05.8
	John Schreiber	14.4	W55		
-	Joel Holman	15.7			
M70	Sam Madia	15.3	W70		8:55.0
M75	Ed Matthews	15.7	5000		
			M30		16:10.3
W30	Pamela Gunby	13.2	Charles .	Matthew Smith	18:20.9
W75	Carla Convery	22.6	M35	Ted Poulos	16:33.8
200m			500	Dave Keaton	18:31.1
M30	Leon Brittain	22.7	M40	Kevin Ellis	17:10.7
M35	Benjamin McLeod	22.9	M45	J J Wind	17:46.0
	Robert Harding	23.1	1000	Rick Kelsey	18:29.4
	Kinley Hill	24.2	M50	AND ADDRESS OF THE PARTY OF THE	20:15.8
M40	Archie Glaspy	23.1	W55		23:27.5
ten:	Steve Coewen	23.1	10,00		23.21.3
	Garry Crawford	24.1			
M45	Robert Bowen	23.6	M35		34:05.9
IVI43			-	Mark Jones	34:27.8
	Wayne Harris	26.5	100	Barry Steven	35:01.8
M50	Bob Brown	25.6	Lan.	J Scarborough	41:15.2
	Melvin Fields	25.9	M45	J J Wind	36:05.5
	Ron Shamwell	27.6	M70	Wendell Golden	53:25.6
M60	Larry Colbert	27	Shor	Hurdles	
	Clifford Pauling	27.6	M30	David Hood	16.5
ME	Alvin Burton Jr	30.2	M35	Bob Shelton	16.9
M65		28		John Sloan	26.0
	John Schreiber	31.4	M65	James Stookey	16.7
	Joel Holman	32.1	Sugar	John Schreiber	19.2
M70	Sam Madia	32	Long	Hurdles	
	John Martin	32.1	M45	Rodney Wiltshire	1:06.7
	Curran Tiffany	32.2	M55		1:38.4
W30	Monica Skinner	29.7	M60		53.5
W45	Ann Mushatt	42.4	M70		59.8
W70	Wally Dashiell	55.5	100000000000000000000000000000000000000	Jump	37.0
W75	Carla Convery	52.4			
400m		-	M30		5-6
M30	Leon Brittain	53.2	M35	Bruce McBarnette	6-6
11150	Yonco Mermersic		18:31	Bob Shelton	5-10
	Stanley Mitchell	58.6	1	David Short	5-6
1125	Robert Harding		M50	Bill Walsh	3-6
M35		51.7	M55	Mike Vall	3-8
	David Mullen Sr	55.1	1	Richard Fox	3-4
	Dennis Coleman	56.9	M65	James Stookey	4-8
M40	Archie Glaspy	53.2	30,000	RusselMcDaniels	4
	Bermard Gamt	59.2	150	Mark Richards	3-8
M45	Robert Bowen	53.5	M70	Charles Boyle	3-8
	Wayne Harris	59.9	M75	Ed Matthews	3-6
	Jack Barrar	1:03.3	M80	Bob Detweiler	2-8
M50	Mike Radov	57.5	W30	Monica Skinner	
	Dan Masterson	1:02.8	W65		5-2
	Ron Shamwell	1:04.2	W70	Leonore McDaniel	
M60	Larry Colbert	56.8		Wally Dashiell	3
	Clifford Pauling	1:02.6	Pole '		
	Alvin Burton Jr	1:09.6	M30	David Hood	15
M65	William Bergen Jr	1:16.2		Andrellos Mitchell	7-6
M70	Curran Tiffany		M35	Rick Dye	10-6
	SamMadia	1:12.8	1920	Bob Shelton	9
W40	Keg Good	1:14.6	M45	John Priestley	7
W45		1:19.2		Randy Yohe	7
	Ann Mushatt	1:10.5	M50	Bill Walsh	9-6
W70	Wally Dashiell	2:14.5	M55	Richard Fox	
800m			14133		6-6
M30	Windson Jones	2:03.2	M65	Ron Lester	6
	Yonco Mermersicy	2:15.6	14103	Russel McDaniels	7
	Marshall Burt	2:16.7	1000	Robert Leishear	5-3
M35	Dennis Coleman	2:06.0	Long	Jump	
	Steve Nearman	2:10.0	M30	Dwayne Miller	6.44
M40	Steve Dye	2:08.6		Bob McVicker	6.24
WX.	Emeric Butler	2:08.8	M35	Bob Shelton	5.66
	Mac Allen	2:08.8		Rick Dye	5.37
115	The state of the s	The second second		Robert Harding	5.32
	Jack Barrar	2:24.1	M40	Keigt Witherspoon	5.58
TEAL	Gary Richwine	2:23.9	M50	Bill Walsh	4.73
150	Robert Weiner	2:22.2	STORE !	Palmer Sweet	
	D J Bertagnoli	2:24.0		- Sweet	4.13
		2:27.3		Continued on n	ext page
				mided on n	cat page

		Novembe	r 1997
	M55		2:24.3
		David Howison	2:30.6
ATF on	M60	Jim Verdier Clifford Pauling	2:34.6 2:33.8
		Alvin Burton Jr	3:08.0
1	W30	Janie Philpott	2:31.1 3:14.8
4	W40 Mile	the state of the second	3:14.8
.3	M30		4:47.1
.5	10-10	Michael Auer	5:11.7
.5	M35	Ted Poulos William Greene	4:54.6 4:57.2
.5	1	Curtis Davis	5:05.6
.5	M40		4:42.9
.3		Maurice Pointer Kerry Lanham	4:55.1 5:10.7
.8	M45	Paul Ryan	4:48.3
2	100	Edward Twomey	5:01.7
.5	M55	Dan Eddy Vic Zwolak	5:03.7 5:03.4
.6	IVISS	Henry Sierka	5:19.1
.1		Jim Verdier	5:41.4
1.3	M65 W35		6:43.8
1.3	W40		7:03.1
3.3	W45	B Marriott	7:05.8
1.4	W55		
3.3	W70 5000		8:55.0
7	M30	Joseph Daniels	16:10.3
1.6	7	Matthew Smith	18:20.9
	M35	Ted Poulos Dave Keaton	16:33.8 18:31.1
2.7	M40	Kevin Ellis	17:10.7
3.1	M45		17:46.0
1.2	M50	Rick Kelsey James Bates	18:29.4 20:15.8
3.1	W55		23:27.5
3.1	10,00	00m	
3.6	M35	Ted Poulos Mark Jones	34:05.9 34:27.8
5.5		Barry Steven	35:01.8
5.6	M45	J Scarborough	41:15.2
1.6		J J Wind Wendell Golden	36:05.5 53:25.6
		Hurdles	1000
0.2	1476	David Hood Bob Shelton	16.5 16.9
3	M55	John Sloan James Stookey	26.0
1.4	M65	James Stookey John Schreiber	
2	Long	Hurdles	19.2
2.1	M45	Rodney Wiltshire	1:06.7
2.2	MIDD	John Sloan	1:38.4
2.4	M70	Alvin Burton Jr John Martin	53.5 59.8
5.5	High	Jump	37.0
2.4		David Hood	5-6
3.2	M35	Bruce McBarnette Bob Shelton	6-6 5-10
7.3	1713	David Short	5-6
.7	M50	Bill Walsh Mike Vall	3-6
.1	M55	Mike Vall Richard Fox	3-8 3-4
9	M65	James Stookey	4-8
.2		RusselMcDaniels	4
.5	M70	Mark Richards Charles Boyle	3-8 3-8
9	M75	Ed Matthews	3-6
.3	M80	Bob Detweiler	2-8
.8	W30 W65	Monica Skinner Leonore McDaniels	5-2 s 3-10
2	W70	Wally Dashiell	3
6	Pole V M30	Vault	
.6	W130	David Hood Andrellos Mitchell	15 7-6
2	M35	Rick Dye	10-6
6	MAG	Bob Shelton	9
2	M45	John Priestley Randy Yohe	7 7
5	M50	Bill Walsh	9-6
3	M55	Richard Fox	6-6
2	M65	Ron Lester Russel McDaniels	6
6		Robert Leishear	5-3
7	Long.	Jump	
0	M30	Dwayne Miller Bob McVicker	6.44
6	M35	Bob Shelton	6.24 5.66
8		Rick Dye	5.37
	M40	Robert Harding Keigt Witherspoon	5.32
9	M50	Bill Walsh	5.58 4.73
2		Palmer Sweet	4.13
1			

Nov Contin

2 Seif Age: 6 3 Kress Age: 6 4 Diggs Age: 65 5 Heyes Age: 65 6 Dunce Age: 65 1 Smith Age: 71 2 Hirsi Age: 73 3 Warde Age: 70 4 Bradb Age: 71 5 Grey, Age: 76 1 Kenne Age: 76 Ages 85

1 Cart Age: 5 M55

> M60 M65 M75 W30 W65

> > W70 Tripl M30 M35 M50 M65

M75 W65 Shot I M30 M35

M45 M50 M55

M60 M70 M75

M80 W40 W60 W65 W70

W75 Discus M30 M35

M40 M45 97 43 0.6 4.6 3.8 8.0 1.1 4.8

71 11.7 44.6 77.2 105.6 10.7 188.3 101.7 103.7 103.7 103.7 103.7 1041.4 141.4 143.8 166.6 105.8 106.7 106.7 106.7 106.7 106.7

103 1209 133.8 131.1 10.7 146.0 129.4 115.8 127.5

05.9 27.8 01.8 5.2 5.5

1:06.7 1:38.4 53.5 59.8

	November 1997	and the second		National M	asters News		page 2/
3	Continued from previous page	11-11-11-11	Mary and an artist	the state of the s	and the second second second second second	M50 Carl Levine 28.26	I MSS Mike Velle 628
	STATE SAFERS AND ADMINISTRATION OF THE PARTY					Eric Weissbrot 28.20	M55 Mike Valle 6.28
	Seifert, Gordon	14.25		18m 1:06.22 21.07 27.6		M55 Larry Pratt 51.56	M60 Tim Twomey 6.82
	Age: 69 6937	(761)	(757) (756) (963		(592) (523) (707)		M65 Pay Carstensen 5.44
	Kress, Edward	14.50		40m 1:21.48 22.28 29.8		John Lang 28.80 M60 Ezzat Pashai 37.18	M70 J W Snaden 3.04
	Age: 66 6114	(719)	(615) (1009) (850	The state of the s	(549) (583) (396)		W65 Lillian Snad43en 2.36
	Diggs, Walt	18.64		16m 1:36.36 39.75 25.4		Meemo Maasik 35.16	Super Weight Throw (#98)
	lge: 65 2707	(126)	(326) (694) (544		(0) (457) (0)	Pete Barker 34.66	M40 David Vandergriff 3.58
	Heyer, Rod	17.92	2.46m 11.91m	NH 1:32.27 DNF FO		M65 Bill Garrahan 36.58	The second secon
	lge: 65 2169	(257)	(187) (974) (0		(0) (635) (0)	M75 John McCarthy 26.64	M50 Carl Mott 2.68
	Duncan, James	14.96	FOUL 10.91m	NF DNF DNF DI	F DNF DNF	M80 Ian Hume 22.68	M55 Mike Valle 2.95
100	Age: 65 1526	(645)	(0) (881) (0	(0) 1526 (0) (0)	(0) (0) (0)	W45 Barbara McCuen 18.56	M60 Tim Twomey 3.09
	н70					W50 Joyce Bahr 19.82	M65 Pay Carstensen 3.09
	Smith, Denver	15.10	3.80m 10.89m 1	24m 1:14.47 14.59 31.5	8m 2.40m 26.90m 7:44.43	W60 Anna Cirulnick 17.48	M70 J W Snaden 1.29
	Age: 71 6924	(730)	(677) (875) (731	(623) 3636 (889) (743)	(671) (613) (372)	Hammer	W55 Sandy Twomey .34
	Hirsimaki, Fred	15.68	3.63m 10.08m 1.	24m 1:22.71 16.26 28.1	2m 2.10m 25.64m 8:05.88	M35 Mike Bersch 45.36	
	Age: 73 5925	(639)	(613) (800) (73)	(399) 3182 (693) (645)	(527) (577) (301)	M45 Dick McMullin 37.54	W65 Helga Carstensen .90
	Warder, Tom	16.11	3.82m 7.97m 1	28m 1:28.92 19.68 23.5	2m 1.60m 21.56m 9:04.62	Dennis Chandler 25.04	MIDWECT
	Age: 70 4706	(576)	(684) (606) (785	(260) 2911 (365) (517)	(307) (462) (144)	M50 Mike Grisko 30.10	MIDWEST
	Bradberry, Buck	15.36	4.50m 10.07m 1.	2m 1:56.65 DNF DI	F DNF DNF DNF	Eric Weissbrot 26.82	Southwestern Illinois Regional
	Age: 71 3285	(689)	(957) (799) (840		(0) (0) (0)	Carl Levine 21.48	Southwestern Illinois Regional
	Grey, Donald	18.42		04m 1:54.35 DNF 24.0		M60 Pete Barker 29.32	Senior Games
		(290)	(255) (689) (472		(480) (400) (0)	M65 Bill Garrahan 30.12	Edwardsville; Sept. 4-7
	Age: 70 3116	1.70	(1)	A labor transmission of the first			100m
		15 20	4.04m 9.55m 1.	12m 1:25.27 19.58 26.0	2m 1.30m 19.58m DNF	M80 lan Hume 22.30	M50 Allen McClure 14.78
	Kennell, Tom	15.20				W45 Barbara McCuen 19.82	M55 Dennis Buss 12.65
	Age: 76 5565	(841)	(883) (852) (653	(462) 3691 (516) (670)	(227) (461) (0)	W50 Joyce Bahr 22.18	M60 Vern Schewe 13.85
	же5			The state of the s		W60 Anna Cirulnick 23.48	M65 Ed True 15.80
	1 Boal, Bob	19.05		04m 1:41.26 20.74 16.1		Javelin	M70 Cecil Clark 16.04
	Age: 85 5565	(616)	(494) (580) (74		(333) (478) (529)	M45 Rich McMullin 52.24	M75 Erich Dahl 18.11
	W40 Heptathl	lon Event	ts: HH/HJ/SP/200/LJ/JT			Dennis Chandler 48.95	M85 Ed Fresen 41.34
	1 Vaughn, Karen	17.35	1.32m 8.97m 34		2	Ivan Black 29.91	W60 Audrey Sullivan 20.43
	Age: 40 2655	(330)	(632) (502) (347	1811 (259) (400) (185)		M50 Carl Levine 27.28	W70 Doris Widdows 26.60
	W55		Sam of the same			M55 John Lang 42.88	
	1 Carter, Ann	18.64	1.04m 5.63m 36	75 3.04m 12.96m 4:11.1	1	M60 Robert Youngs 43.82	200m
	Age: 55 2741	(478)	(544) (390) (445			Ezzat Pashai 42.34	M55 Dennis Buss 27.03
				Charles and the same of the same	THE RESERVE OF THE PERSON OF T		M60 Vern Schewe 28.51
				Section of the sectio	W	Frank Illuzzi 42.06	M65 Joseph Bell 34.63
	Continued from previous page	M50	Selden Cooper 43.66	W80 Mary Lathram 13:45.9	Hammer	M75 John McCarthy 24.33	M70 Cecil Clark 36.87
	M55 Mike Valle 4.26	1 37	Bill Walsh 40.80	3000m RW	Carl Wallin 55 6k 149-7	M80 Ian Hume 24.08	M75 Erich Dahl 34.98
			Anatoli Welihozkiy 34.24	M40 Warrick Yeager 13:46.5	Don Filkins 43 16# 139-5	W45 Barbara McCuen 18.50	W60 Audrey Sullivan 43.75
	Albert Gardner 4.00	MSS	M Harrington 40.08	M45 Bruce Booth 14:35.9	Bob Harvey 55 6k 113-9	W50 Joyce Bahr 15.31	W70 Dottie Gray 51.40
	John Sloan 3.71	14133	Mike Valle 39.22		Mike Grisko 50 16# 106-2	W60 Anna Cirulnick 12.61	400m
	M60 Howard Cohen 3.63				-Oct. 4-	Weight	M55 Dennis Buss 64.61
	M65 James Stookey 4.59		William Eisenhart 33.00	M50 John Gersh 18:14.3	6k Shot Put	M30 Glenn Thompson 11.45	M60 Richard Strinni 67.88
	Russel McDaniels 3.35	M60	William Smith 41.10	W65 Terry Hamilton 24:27.6	Carl Wallin 56 WR52-1.5	M40 Dennis Hansen 8.74	
			Ezzat Pasahi 35.96	5000m RW	(Keshmiri/52-0/1993)	M45 Rich McMullin 12.45	
		1 - 1 - 1	E Robert Premo 19.54	M45 Jim Wass 33:17	Don Filkins 43 46-10.5	Dennis Chandler 10.34	W50 Marcia Pruett 87.51
	M75 Ed Matthews 2.61	M65	Robert Leishear 28.98	M50 Alan Price 28:09		M50 Carl Levine 7.84	W70 Dottie Gray 1:58.00
	W30 Pamela Gunby 4.91	14103					800m
*	W65 Leonore McDaniels 3.30		John Schreiber 18.72	Richard Jirousek 30:40	Packy Fusco 54 35-8	M60 Pete Barker 10.22	M55 Bob Tarrant 2:35.00
	Frances Haywood 2.88	M70	Charles Pistorino 28.88	Victor Litwinski 30:41	16# Shot Put	M65 Bill Garrahan 10.45	M60 Walt Schlereth 2:48.00
	W70 Jimmie Reid 2.20	5 - 123	Don Reid 27.00	M55 Dave Romansky 25:48	Carl Wallin WR56 47-4.5	M80 Ian Hume 25# 6.40	M65 Joseph Bell 2:51.00
	Wally Dashiell 2.14	M75	John Haywood 27.12	M60 E Robert Premo 40:29	(McDermott/37-10/1975)	W60 Anna Cirulnick 8.26	W50 Marcia Pruett 3:10.00
	W75 Carla Convery 1.97	M80	Bob Detweiler 14.72	M75 Meyer Mathis 44:29	Don Filkins 43 41-4 Carmen Letizia 44 385	SOUTHEAST	W55 Geraldine Zobrist 4:58.00
-	The second secon	W30	Michelle lezycki 32.06	M80 Edward Seeger 38:16	Carmen Letizia 44 385 Discus	SOUTHEAST	W60 Audrey Sullivan 3:33.00
1	M30 Bob McVicker 13.19	W40	Nina Sonin 15.80	W35 Patricia Zerfas 30:29	Carl Wallin 56 1.5k 125-3	Naples Weight Pentathlons	W70 Dottie Gray 4:22.00
1	MISO BOOTHER	W60	Evelyn Wright 21.26	W40 Keg Good 34:42		Naples, FL	1500m
1	M35 Robert Harding 11.49	1	Sharon Good 11.62	W45 Kidu Wott 30:41	Packy Fusco 54 1.5k 121-3	-Aug. 16	M55 Bob Hyten 5:40.28
JE.	Bob Shelton 11.12	W70	Jimmie Reid 13.32	the state of the s	Don Filkins 43 2k 116-3	Austin Baggett 67 4335	M60 Richard Strinni 6:25.30
R.	M50 Bill Walsh 8.81	15-11-11-11		A STATE OF THE PARTY OF THE PAR	Carmen Letizia 44 2k103-3	RudyVlaardingerbroek503873	M65 Joseph Bell 6:06.60
1	Palmer Sweet 8.01		B Kleinschmidt 12.74	15,000m RW	Mike Grisko 50 2k 99-6	John von Rohr 49 3363	W50 Marcia Pruett 6:21.30
	M65 James Stookey 9.72		Mary Lathram 7.88	M35 Tim Good 1:52:02	Hammer	Bill Truesdale 37 2035	W55 GeraldineZobrist 10:12.00
1		Javeli		M40 Paul Cajka 1:34:06	Carl Wallin 56 6k 159-5	-Sept. 6-	W70 Dottie Gray 9:18.00
1		M30	David Hood 44.88	M50 Alan Price 1:30:31	Don Filkins 43 16# 134-8	Vanessa Hilliard 56 5284	5000m
1	M75 Ed Matthews 6.67	M35	Bob Shelton 42.80	M55 Dave Romansky 1:23:20	Mike Grisko 50 16# 123-5		M50 Gee Krishnan 27:11.00
	W65 Leonore McDaniels 7.17		Frank Cancino 38.58		CarmenLetizia44 16#101-9	71001111 2233211 2	M65 Gayland Waldo 25:11.00
1	Shot Put	M45	John Priestley 32.70	11100 2 11000111		,	M70 Bill Clendenny 28:41.00
	M30 Glenn Thompson 16.27	W143		W35 Patricia Zerfas 1:34:15	New York Masters Mini-Meet		M75 Bill Schmitt 26:30.59
1	David Hood 11.20	1 - 12 6	Randy Yohe 29.06	100 may 1, 110 may 1,		John von Rohr 49 3359	
1		1 4	Blair Schneider 23.72	Dartmouth Weight Meets	Kings Point, NY; Sept 28	Bob Cahners 55 2647	
1	M35 Warren Taylor 15.73	M50	Russ White 51.22	Hanover, NH	High Jump	Bill Truesdale 37 2096	W70 Dottie Gray 31:24.00
1	Bob Shelton 10.47	1	Bill Walsh 41.70	-Sept. 6-	M40 Mark Gershon 5-4	Florence TC Hot Feet Series	High Jump
1	Frank Cancino 10.42	1 2000	Gordon Herbert 31.28	Shot Put	M45 Ivan Black 4-10	Florence, SC; Sept 27	M50 Allen McClure 4-2
1	M45 John Priestley 10.93	MEE				The second secon	M55 Darrell Huey 4-1
1	M50 Selden Cooper 14.91	MOD			Long Jump	Shot Put	M60 Walter Diggs 4-6
1	Bill Walsh 11.72	1	John Lang 43.74	Carl Wallin 6k 5125	M40 Mark Gershon 6.06	M55 Mike Valle 10.44	M65 Gilbert Meyer 3-11
1			William Eisenhart 38.96		M45 William Corsey 5.78	M60 Gerald Vaughn 12.84	M70 Cecil Clark 3-8
1	Palmer Sweet 11.21	M60	Ezzat Pashai 42.58	Bob Mead 6k 48-8.50	M75 H Saareste 3.32	M65 Pay Carstensen - 10.78	M80 Wilbur Ragland 3-0
1	M55 William Eisenhart 10.87	Friends.	Howard Cohen 25.04	Don Filkins 43 16# 40-10.50	John McCarthy 3.32	M70 Dick Bergenback 8.46	M85 Henry Kemmerer nma
	Mike Valle 10.70	M65	Mark Richards 28.70	Carmen Letizia44 16#37-5.25	Triple Jump	M85 Jack Woode 6.50	Long Jump
1	Richard Fox 8.23	14103	Robert Leishear 28.20	Luke Hotte 50 6k 48-4	M40 Mark Gershon 11.82		M50 Allen McClure 13-11.5
1	M60 Ezzat Pashai 12.19	1470		Discus	M45 Ivan Black 11.06	The second of the second of the second	The state of the s
1	Ken Nielsen 11.93	M/0	Charles Pistorino 33.60	Luke Hotte 1.5k 143-7	Wm Corsey 9.25	Discus	M55 Don Schneider 15-5.75
1	William Smith 11.56		Don Reid 23.64	Don Filkins 2k 118-3	M75 H Saareste 7.20	M55 Mike Valle 37.58	M60 Walter Diggs 14-10
1		M75	John Haywood 24.0	Carl Wallin 1.5k 118-0	M80 lan Hume 6.16	M60 Gerald Vaughn 37.06	M65 Arthur Tayon 12-7.25
1	M70 Don Reid 9.95	M80	Bob Detweiler 8.20	Hammer	Shot Put	M65 William Patrick 35.46	M70 Cecil Clark 13-0
1	Charles Pastorino 9.67	and the second second	ht Throw	Carl Wallin 6k 157-1	M30 Glenn Thompson 16.25	M70 Dick Bergenback 26.16	M80 Gerald Naugle 3-2.5
1	M75 John Haywood 9.39		Scott Mathias 13.3	Don Filkins 16# 135-0	M40 Dennis Hansen 11.86	M85 Jack Wood 15.22	M85 Henry Kemmerer 4-9
1	M80 Bob Detweiler 4.95	The same of the sa		Carmen Letizia 16# 105-2	M45 Karl Johnson 15.37		W50 Marcia Pruett 7-7
1	W40 Nina Sonin 6.89	M40			Rich McMullin 12.02	W70 Audrey Bergenback 11.12	W60 Charm Sobkowski 9-4.5
1	W60 Evelyn Wrigtht 8.64	M45	John Priestley 10.9	-Sept. 20	Dennis Chandler 11.83	Hammer	W70 Irene Kerwin 6-4
1	Sharon Good 5.09	1	Randy Yohe 8.08	6k Shot Put		M40 David Vandergriff 47.84	Shot Put
1		1	Blair Schneider 5.79	Carl Wallin 55 WR 52-4	M50 Eric Weissbrot 10.15	M50 Carl Mott 13.60	M50 Nate Hall 31-1
1	W65 Frances Haywood 6.80	M50	A Welihozkiy 11.1	(Keshmiri/52-0/1993)	Carl Levine 9.64	M55 Mike Valle 38.84	M55 George Ruh 33-3.5
1	Leonore McDaniels 6.51	1.130	Bill Walsh 8.80	Luke Hotte 50 47-4	M55 Augie Kauffman 11.81	40.70	M60 Walter Diggs 37-5
1	W70 Jimmie Reid 5.84	1400		Bob Harvey 55 42-2.25	M60 Ezzat Pashai 10.90		M65 Arthur Tayon 34-4.5
1	Wally Dashiell 4.70	M55		Packy Fusco 54 37-7	Meemo Maasik 10.58	M65 Pay Carstensen 35.10	M70 Phil Brusca 42-3.5
1	W75 B Kleinschmidt 5.07	Entered to	Richard Fox 5.93	Ed Rowan 56 33-3.25	Pete Barker 10.43	M70 Dick Bergenback 32.68	
	Carla Convery 3.92		E Robert Premo 5.92	16# Shot Put	M65 Bill Garrahan 10.38	W65 Lillian Snaden 13.98	M80 Gerald Naugle 13-7.5
1		M65	Robert Leishear 9.2:	Carl Wallin 55 46-11	M75 John McCarthy 7.82	Weight Throw	M85 Henry Kemmerer 21-4
1	Discus	M70	Don Reid 8.3:	Don Filkins 43 4275	M80 Ian Hume 8.18	M40 David Vandergriff 14.60	W50 Marcia Pruett 22-1.5
	M30 Glenn Thompson 47.14	M80			W45 Barbara McCuen 6.65	M50 Carl Mott 8.22	W60 CharmSobkowski25-9
1	David Hood 37.08		Evelyn Wright 9.19	000 114110) 00	W50 Joyce Bahr 7.76		W65 Barbara Wagner 16-4
1	M35 Warren Taylor 47.36	W 00		Discus	W60 Anna Cirulnick 8.10	M55 Mike Valle 12.18	W70 Irene Kerwin 18-6
	Frank Cancino 35.62	1	Sharon Good 5.74		11001	M60 Mike Twomey 13.60	W75 Margaret Quade 17-11
1			Jimmie Reid 6.2	Carl Wallin 55 1.5k 129-5	M30 Glenn Thompson 43.86	M70 Dick Bergenback 6.24	Discus
	M40 Thomas Talbot Jr 38.88	W75	B Kleinschmidt 5.98	Bob Harvey 55 1.5k 120-0		W665 Lillian Snaden 5.72	M50 Virgil Johnson 114-8
-	Gary Sutton 29.98	Mile	RW.	Packy Fusco 54 1.5k 118-11	11110 00111110	Super Weight Throw (56#)	M55 Gene Primm 89-11
	M45 Timothy Williams 39.64		Craig Balloon 10:08	9 Don Filkins 43 2k 116-2	Mito itali oo moo	M40 David Vandergriff 10.00	
	John Priestley 30.98	M45	Michael Novak 12:46	0 Ed Rowan 56 1.5k 95-0		M50 Carl Mott 5.40	Continued on next page
1	Blair Schneider 17.06	M50		Mike Grisko 50 2k 91-8	Dennis Chandler 31.42	1 M30 Call Mott 3.40	
1		14130	0.39.				

Continued from previous page	W65 Doris Forbes 53-10	W70 Bernice Holland 3683	M60 Glen Brazee 32-1	Jim Fallen 60.35	M45 Tim Edwards 38.30
M60 Walter Diggs 132-3	W75 G Antonijevic 25-6	Norm Bower Memorial	M65 Fred Retzlaff 31-1	M55 Ron Kirkpatrick 60.39	Tim Fuehrer 25.76 M50 lan Percy 44.56
M65 Jim Krull 107-9	Wolfpack Fall Throwing	Weight Pentathlon	M70 Robert Thomas 30-6	M60 Ray Franks 69.58 M65 Don Weis 71.54	Ron Broce 40.40
Arthur Tayon 107-9	Classic	Chadbourne Farm, OH; Oct. 4	M75 Reuben Schleiffer 33-7	M70 Jack Greenwood 71.32	Jack Crawford 36.50
M70 Phil Brusca 127-1	Columbus, OH; Sept. 14 Shot Put	(HT/SP/DT/JT/WT) actual marks	M80 Lee Todd 31-8 M85 Eugene Price 18-2	W40 Sue Norton 66.31	M55 Clyde Gossert 33.34 George Soule 31.58
W50 Barbara Kelley 24-10	M40 Carl Stewart 11.25	M35 John Toman 37 1876 (38.64/10.46//29.08/11.40)	W55 Audrey Kempf 22-1	Teresa Drotar 66.60 Mileah Loeb 98.21	George Soule 31.58 Mery Armstrong 28.72
W60 Charm Sobkowski 79-11	M45 David Stebbing 12.73	M45 Dave Morgan 49 2294	W60 Joan Witte 23-5	Mileah Loeb 98.21	M60 Tom Wesselowski 39.04
W65 Barbara Wagner 31-0	M50 Micky Bitsko 13.17	(18.60/10.32/29.22/37.64/6.93) Steve Kaye 48 1232	W65 Ardelle Ebbers 15-4	M35 Brad Palmer 2:03.90	Vern Spencer 38.24
W70 Irene Kerwin 52-3 W75 Margaret Quade 44-10	Rex Harvey 12.52	(/10.60/33.38//)	W70 Noreen Crawford 18-5	C Mallinckrodt 2:09.69	George Cairns 37.96 M65 Richard Hayes 34.38
1500m Racewalk	Mike Creager 11.94 M55 John Sloan 9.68	M50 Jim Pearce 52 1564 (/9.41/34.50//8.10)	W75 E Schneider 8-10 Discus	M40 Tom Richman 2:04.69 M45 Rick Rojas 2:11.67	Bill Brazelton 33.20
M60 Lee Hoffman 10:07	Abe Sheinker 7.08	M55 Pete Hoyt 56 2562	M55 Al Salmon 106-6	Chet Thompson 2:19.65	Joe Craze 25.48
W55 JeanetteHarrison 12:47 W60 Maurine Lia 8:27	M65 Len Olson 10.39	(30.56/9.09/28.68/21.84/8.91) M60 Dick Mann 64 969	M60 Dan Klimek 99-6	M55 Bobby Fischer 2:30.31	M70 Phil Brusca 36.54 Harold Kroeker 35.44
W70 Doris Widdows 14:11	M70 Jacob Stein 8.29 Charles Schorr 9.54	(28.54///8.76) M65 Joe Chadbourne 66 1848	M65 Fred Retzlaff 110-3	M65 Richard Hayes 2:53.65 M70 Ernie MacDonald 3:37.38	M75 Don Cumley 30.12
	M95 Everett Hossack 3.95	(45.26/-/-/-/13.39)	M70 Glenn Ebbers 105-10	Bill Hubert 3:54.05	Harry Miller 16.30
Rockford Area Senior Games Rockford, IL; Sept. 7	W45 Patricia Pernell 7.78	M95 Everett Hosack 95 1385 (9.80/3.95//)	M75 Leo Chapman 81-2 M80 Lee Todd 79-3	W70 Marilyn Olen 5:19.02	M80 E Lee Todd 26.56 W40 Cindy Thomas 20.66
100m	W50 Erika Szanto 9.96	W50 Erika Szanto 53 2435	W55 Audrey Kempf 64-9	1500m M35 DougSchneebeck5:32.91	W40 Cindy Thomas 20.66 Debby Crawford 13.50
M50 Paul Shenberger 13.9	W55 Carol Young 7.56 W70 Bernice Holland 7.51	(21.66/8.66/23.16/19.46/8.33) Mary Chadbourne 50 277	W60 Joan Witte 55-8	M40 Scott Schafer 4:46.54	W45 Deb Vestal 15.14
M55 Lee Stopoulos 13.4 M60 Mike Murphy 13.6	W70 Bernice Holland 7.51 Discus	(16.90///)	W65 Barbara Brandt 59-9	John Smith 6:10.15	W50 Terry Krankatz 32.46
M65 Jack Hurd 15.2	M40 Carl Stewart 30.46	Superweight Jon Toman 37 6.17	W70 Dorothy Ekbald 54-7 W75 E Schneider 11	M45 Rick Rojas 4:36.06 Mark Brand 5:43.96	W65 Leah Wilson 16.42 W70 Charlotte Acton 15.38
M70 Ken Yahiro 17.2	M45 David Stebbing 32.24	Steve Kaye 48 5.84	Javelin	Mark Brand 5:43.96 M50 Chas Perez 4:39.47	Willie Gatza 13.82
M75 Henry Kuric 19.9	M50 Rex Harvey 40.34	Dave Morgan 49 4.55	M55 Alex Meyer 118-10	Phil Found 5:04.84	Marilyn Olen 9.12
W50 Darlene Hamaker 16.6 W60 Janet Amery 21.3	Micky Bitsko 38.06 Doug Weikert 36.18	Jim Pearce 52 5.61 Pete Hoyt 56 5.97	M60 Dan Klimek 81-8	M65 Rich Hayes 6:11.02	M35 Takaaki Matsumoto 38.40
W65 Doris Forbews 22.5	M55 John Sloan 29.38	Erika Szanto 53 4.37	M65 Richard Wieland 97 M70 Glenn Ebbers 71-9	5000 m M30 Jim Bogus 16:52.62	M40 Richard Watson 36.92
200m	Abe Sheinker 25.84		M75 Reuben Schleifer 73-9	M40 Scott Schafer 17:48.55	M45 Tim Edwards 39.64
M50 Paul Schenberger 29.2	M65 Len Olson 30.70	MID-AMERICA	M80 Lee Todd 91-8	M45 Mark Brand 21:47.48	M50 Ron Broce 42.72 Jack Crawford 30.42
M55 Lee Stopoulos 28.6 M60 Mike Murphy 28.7	M70 Jacob Stein 29.30 CharlesSchorr 17.62	Nebraska Senior Olympics	M85 Eugene Price 41-6	M65 Richard Hayes 21:42.47 M75 Sid Wright 31:50.77	Jack Crawford 30.42 Larry Myers 27.44
M65 Jack Hurd 34.0	W50 Erika Szanto 20.56	Kearney, NE; Aug. 22	W55 Audrey Kempf 45-11	110mH	M55 Gene Primm 21.74
M75 Henry Kuric 30.4	W55 Carol Young 22.20	100m	W60 Joan Witte 35-1 W65 Barbara Brandt 76-8	M45 Gene Iwen 20.00	M60 Vern Spencer 34.12 Tom Wesselowski 30.96
W60 Janet Amery 48.4	W65 Constance Kellon 12.78	M50 William McCann 14.02 M55 Charles Messbarger 13.25	W70 Dorothy Ekbald 41-3	M50 Jeff Loubet 20.17 400 m H	Tom Wesselowski 30.96 M65 Bill Brazelton 21.38
W65 Doris Forbes 1:00.2	M70 Bernice Holland 20.24	M55 Charles Messbarger 13.25 M60 Dale Crawford 13.10	W75 E Schneider 16-10	M35 DougSchneebeck56.91	Allen Norris 19.72
M50 Paul Shenberger 1:11.7	Hammer M45 David Stebbing 36.56	M65 John Watson 13.41	1500m RW	High Jump	M70 Phil Brusca 34.06
M50 Paul Shenberger 1:11.7 M55 Dick Loescher 1:30.5	M45 David Stebbing 36.56 M50 Micky Bitsko 46.22	M70 Ben Knaub 13.93	W70 Noreen Crawford 12:37	M40 Keith Johnson 1.75 Jeff Bilderbeck 1.62	Harold Kroeker 32.36 M75 Don Cumley 24.52
M60 Henry Gallenz 1:14.8	Jim Pearce 38.62	M75 Ed Carter 15.72	5000m RW M60 Jim DeBell 34:22.16	Jeff Bilderbeck 1.62 Art Scott 1.52	Harry Miller 18.04
M65 Donald Hiswander 1:22.4	Rex Harvey 36.04	M80 Lee Todd 16.16	M70 Gilbert Hill 35:55.00	M45 Ben DelVillar 1.65	W40 Debby Crawford 10.46
M75 Henry Kuric 1:32.2	M55 Abe Sheinker 27.68	W60 Joan Witte 18.67 W70 Dorothy Ekbald 22.37	M80 Harold Massie 48:45.38	M60 Larry Carter 1.44	Javelin M40 Richard Watson 46.35
W50 Ruth Thelan 1:16.2	John Sloan 26.54 M65 Len Olson 30.66	200m	Rocky Mountain Masters	Ritch White 1.23 M65 Joe Craze 1.21	Jeff Bilderbeck 46.30
W55 Carol Garrett 1:42.3 W60 Patricia Beam 1:59.5	M70 Jacob Stein 30.26	M50 Phil Found 29.3h	Games	M70 Wm Chivvis 1.13	M45 Rocco Petitlo 48.99
800m	Charles Schorr 24.46	M55 Howard Wiesser 27.73	Boulder, CO; Aug. 30-31	W40 Cindy Thomas 0.92	Mike Hill 23.16 M50 Ian Percy 45.97
M50 George Tillett 2:50.9	M95 Everett Hossack 11.40	M60 Dale Crawford 28.17	100m	W70 Marilyn Olen 1.00 Willie Gatza 0.83	Ron Broce 41.88
M55 Fred Clow 3:50.8	W50 Erika Szanto 24.50 W55 Carol Young 30.14	M65 Richard Weiland 31.7h M70 Ben Knaub 29.92	M30 Gerald Owens 11.19 M35 Reg Gunter 11.64	Pole Vault	Jack Crawford 35.15 M55 Ron Hambrick 40.94
M60 Henry Gallenz 2:54.5 M65 Arthur Styles 2:47.9	W55 Carol Young 30.14 W70 Bernice Holland 24.60	M75 Ed Carter 33.82	Joe Maestas 12.44	M30 Mike Stevens 4.42 M50 Ed Halik 3.65	Mery Armstrong 30.81
M75 Henry Kuric 3:57.7	Javelin	M80 Lee Todd 37.66	Chas Wolf 12.72	M65 Jerry Donley 3.04	Gene Primm 25.50
M80 Ray Treadwlay 4:32.7	M45 Dave Stebbing 42.88	W60 Joan White 46.02	M40 Steve Galetta 11.92 M45 Bob Verti 12.53	Allen Norris 1.88	M60 George Caims 34.77 Vern Spencer 29.41
W50 Ruth Thelen 2:59.1	M50 Rex Harvey 38.62	W70 Dorothy Ekbald 54.18	Chas Powell 12.63	Long Jump M40 Art Scott 4.33	David Hill 23.16
W55 Carol Garrett 3:51.8 W60 Patricia Beam 4:31.2	Doug Weikert 38.12 Micky Bitsko 29.56	M50 Max Peters 1:10.50	M50 Gary Giese 12.59	M45 Gene Iwen 5.26	M65 Bill Brazelton 37.00
W60 Patricia Beam 4:31.2 1500m	M55 John Sloan 35.74	M55 Howard Weisser 1:02:30	M55 Sam Taylor 13.09 Ron Kirkpatrick 13.44	Bob Verti 4.97	Richard Hayes 30.88 Joe Craze 27.81
M50 George Tillett 5:41.0	Abe Sheinker 16.02	M60 Dale Crawford 1:05:00	Jim Lynch 14.03	M50 Larry Myers 3.32 M55 Mery Armstrong 4.35	M70 Phil Brusca 34.74
M60 Henry Gallenz 6:09.2	M65 Len Olson 28.52	M65 John Watson 1:10.60 M70 Ben Knaub 1:12.90	M60 Larry Carter nta	Ed Arnold 3.83	Fred Hirsimaki 28.42
M65 Dick Guthrie 6:28.2	M70 Jacob Stein 22.44 Charles Schorr 18.14	M70 Ben Knaub 1:12.90 M75 Tex Schneider 2:51.00	David Hill 13.82 Ray Franks 14.41	M65 Paul Loopo 3.13	Harold Kroeker 21.56 M75 Frank Bowles 30.30
M80 Ray Treadway 8:48.9 5000m	W45 Patricia Pernell 18.82	M80 Lee Todd 2:13.40	M65 Andy Anderson 14.45	M70 Wm Chivvis 3.06 M75 Jack Davison 3.43	Don Cumley 23.47
M50 George Tillett 20:08	W50 Erika Szanto 19.58	800m	Don Weis 14.72	Wm Trimmell 1.75	Harry Miller 15.11
M55 Austin Wilbanks 29:19	W55 Carol Young 16.36	M50 William McCann 2:47 M55 Howard Weisser 2:29	Jerry Donley 14.98 M70 Jack Greenwood 14.51	W65 Leah Wilson 1.33	M80 E Lee Todd 29.63
M60 Henry Gallenz 21:39	W65 ConstanceKellon 11.26 W70 Bernice Holland 19.64	M55 Howard Weisser 2:29 M60 Harry Meyen 3:13	M75 Jack Davison 14.62	W70 Marilyn Olen 2.23	W40 Debby Crawford 15.01 W65 Leah Wilson 11.45
M65 Dick Guthrie 23:20 M70 Charles Hahm 27:22	Weight Throw	M65 Les Demmel 3:56	W40 Sue Norton 13.88	Charlotte Acton 1.09 Triple Jump	W70 Willie Gatza 11.81
M80 Ray Treadway 31:44	M45 Dave Stebbing 11.40	M70 Ben Knaub 2:42	Teresa Drotar 14.32 SharleneSpencer16.70	M40 Keith Johnson 11.60	Charlotte Acton 10.84
W50 Patricia Wilbanks 29:10	M50 Micky Bitsko 14.38	M75 Tex Schneider 6:42	W45 Deanna Scoville 19.06	Art Scott 11.57	Marilyn Olen 7.31 Pentathlon
W60 Delores Rossing 31:10	Jim Pearce 11.10 Doug Weikert 10.99	M80 Harold Massie 4:54	W60 Joyce Franks 20.02	M50 Larry Myers 6.73 M60 David Hill 8.28	M35 Lewis Kelley 2748
M50 George Tillett 11-2	M55 John Sloan 9.22	M50 Phi Found 4:58	W70 Marilyn Olen 24.05 200 m	Larry Carter 7.89	M40 Richard Watson 2365
M55 Lee Stopoulos 15-3	Abe Sheinker 8.06	M55 Gene Dondlinger 5:20	M30 Gerald Owens 22.77	W45 Deb Vestal 6.07	Ken Brenner 2306 M55 Mery Armstrong 2902
M60 Bill Park 11-3	M65 Len Olson 14.54	M60 Dan Klimek 6:40	M35 Reg Gunter 23.57	W70 Willie Gatza 3.34 Shot Put	M55 Merv Armstrong 2902 M60 George Cairns 3201
M65 Jack Hurd 13-2 M70 Ken Yahiro 11-6	M70 Charles Schorr 10.66 Jacob Stein 10.07	M70 Ben Knaub 5:42 M75 Tex Schneider 13:03	Joe Maestas 24.90 M40 Tripp Reynolds 24.63	M45 Tim Fuehrer 9.81	M70 Fred Hirsimaki 3040
M75 Henry Kuric 8-7.50	M95 Everett Hosack 3.52	M80 Harold Massie 9:57	Art Scott 25.09	M50 Ron Broce 13.25	M80 E Lee Todd 3221
W60 Janet Amery 7-0.50	W50 Erika Szanto 8.36	High Jump	M45 Chas Powell 25.53	Jack Crawford 11.80 Larry Myers 8.33	Weight Pentathion M40 Richard Watson 3286
Shot Put	W55 Carol Young 6.99	M50 Max Peters 3-8	M50 Gary Giese 25.33 M55 Sam Taylor 26.09	Larry Myers 8.33 M55 Clyde Gossert 11.39	M45 Tim Edwards 3645
M50 John Hess 33-6 M55 Steve Cohen 41-2.50	W70 Bernice Holand 8.64 Super Weight Throw	M60 LloydKempf 4-11 M65 Fred Retzlaff 4	Merv Armstrong 26.81	George Soule 10.25	M50 lan Percy 4152
M55 Steve Cohen 41-2.50 M60 Bob Kemp 37-0.50	M50 Jim Pearce 4.89	M70 Ben Knaub 4	Ron Kirkpatrick 29.19	Gene Primm 9.42 M60 Tom Wesselowski 12.21	Jack Crawford 3451 M55 Gene Primm 2770
M65 Victor Durcholz 31-9	M65 Len Olson 5.99	M75 Reuben Schleiffer 3-10	M60 David Hill 28.73 Larry Carter 28.98	Vern Spencer 9.84	M60 Vern Spencer 3768
M70 Robert Hipman 32-4.25	M70 Jacob Stein 4.05	M80 Lee Todd 3-4	Ray Franks 30.29	M65 Richard Hayes 9.63	Tom Wesselowski 3756
M80 Ray Treadway 21-8.50	Charles Schorr 4.27	W65 Barbara Brandt 3-5	M65 Andy Anderson 29.54	Bill Brazelton 9.56	M65 Bill Brazelton 3472
W60 Patricia Beam 25-4.25 W65 Katy Felkner 23-4	W55 Carol Young 2.76 Weight Pentathlon	W70 Ruth Reilly 2-10 Long Jump	Don Weis 30.52 Paul Loopo 37.28	Allen Norris 8.60 M70 Phil Brusca 13.00	Allen Norris 2465 M70 Phil Brusca 4488
W75 G Antonijevic 15-10.50	M45 Dave Stebbing 3297	M50 Max Peters 10-6.50	M70 Jack Greenwood 30.23	Harold Kroeker 9.36	Harold Kroeker 3786
Discus	M50 Micky Bitsko 3583	M55 Don Schaaf 12-8.25	M75 Jack Davison 30.62	M75 Don Cumley 11.29	M75 Don Cumley 3791
M50 John Hess 112-3	Rex Harvey 3328	M60 Glen Brazee 12-7.25	W40 Sue Norton 28.82	Wm Trimmell 9.88 Harry Miller 6.80	Frank Bowles 3625 Harry Miller 2332
M55 Steve Cohen 122-7	M55 John Sloan 2877 Abe Sheinker 2081	M65 Richard Weiland 13-11.50	Teresa Drotar 29.74 Mileah Loeb 37.56	M80 E Lee Todd 9.52	W40 Debby Crawford 1221
M60 Don Amery 121-6 M65 Victor Durcholz 108-2	Abe Sheinker 2081 M65 Lon Olson 3673	M70 Ben Knaub 12-6.50 M75 Ed Carter 12-2.25	W45 Deanna Scoville 40.37	W40 Debby Crawford 5.85	5000m Racewalk
M70 Ken Yahiro 87-11	M70 Jacob Stein 2994	M80 Lee Todd 11-1.25	W60 Joyce Franks 41.51	W65 Leah Wilson 6.86 W70 Charlotte Acton 6.30	M60 John Lyle 32:38.53
M75 Henry Kuric 60-3	Charles Schorr 2562	W70 Dorothy Ekbald 6-4	M30 Gerald Owens 51.71	Willie Gatza 5.47	M70 KlausTimmerhaus35:05.74 W45 MarianneMartino 28:59.57
M80 Ray Treadway 57-7	M95 Everett Hossack 1805	Shot Put	M35 DougSchneebeck55.21	Discus	W70 JeanTimmerhaus 45:37.91
W50 Sharon Knitter 39-6	W50 Erika Szanto 2551 W55 Carol Young 2697	M50 LaVane Johnson 37-4 M55 Alex Meyer 37-8	M40 Tripp Reynolds 55.53	M40 Jeff Bilderbeck 32.10 Richard Watson 31.40	
	Woo Carol Young 2097	M55 Alex Meyer 37-8	M45 Chas Powell 59.69	Richard Watson 31.40	Continued on next page

M45 J Jones III

11.90 12.47

M75 J Calvarese W50 C Jenkins W60 M Watson

Continued from previous page					
Communed from providus page	MEO D Holton 1074	Waterloo Track & Field Polave	1 200 1 10 6 1 1222	Dela Vault Davelanmant Mark	111401/-th 11 00 4F
	M50 R Helton 12.74	Waterloo Track & Field Relays	11150 FOCK CIG.IIIOIG 155 E	Pole Vault Development Meet	W40 Kathryn Herring 36.45
Lincoln TC Fall Meet	M55 D Denson 12.71	Austin, TX; Sept. 13	M55 John Conniff 160-1	Vacaville, CA; Oct. 4	Debbie Selby 37.55
Nebraska Wesleyan U.	M60 G Gillar 15.71	100m	M60 Gene Handrix 113-8	M30 Matt Kendall 15-4	W50 Avril Naylor 31.4
Lincoln, NE; Sept. 14	M65 R Morgan 14.56	M30 Roy Martin 11.5			W60 Fei-Mei Chou 38.3
the state of the s			M65 Jim Gerhardt 135-9	M35 Paul Sinatra 16-3	
100m			M70 Adolph Hoffman 92-3	Mike Garzillo 12-6	W65 Darlene Rand 48.6
M30 Curtis Chung 11.2	M75 T Kennell 15.79	M40 Willard thompson 11.4	W40 Carol Finsrud 151-2	M45 Eddie Seese 13-0	W70 Shirley Dietderich44.5
M35 Mike DeLoach 11.9	W40 P Booton 14.94	M45 Jimmie Jones 12.4		M50 Bruce Hotaling 12-6	400m
M50 Tom Bassett 11.9	W50 C McCormick 15.96		Hammer	Roger Werne 12-0	M35 Joe Paz 58.15
	200m		M35 Steve Bolles 75-9	hoger werne 12-0	
		M55 Don Denson 12.7	M40 Jeffrey Baty 124-7	Olub Wast Masters Mast	M40 Steve Cummings 55.13
M60 Joe Straub 13.2	M30 M Pfannstiel 23.24	M60 Gene Hendrix 16.2		Club West Masters Meet	Ken Wun 55.46
M65 Byron Winter 16.4	M35 F Porter 22.06		M50 Jack Crawford 98-2	Santa Barbara, CA; Oct. 4	Jim Bonilla 56.65
M70+Gil Hill 16.3	M40 W Thompson 24.01	M70 Wilford Scott 12.5	M55 John Connif 91-4	50m	M45 Steve Kloch 59.83
		W30 S Scott-Ballard 16.2	M60 John Cantrell 108-9		
W70+Dorthy Ekblad 22.5		W70 Lillie Doss 27.6		M35 Tom Roberts 6.90	Philip Gnesin 62.54
200m	M50 E Jones 24.87		M65 Skip Meneely 78-1	John Arbogast 7.84	Jim Gillis 63.85
- M30 Curtis Chung 23.1	M55 D Denson 26.98	200m	M70 Adolph Hoffman 78-6	M40 Stacey Price 6.53	M50 Stan Whitley 56.22
M35 Mike DeLoach 25.6	W40 P Booton nta	M30 Robert Williams 24.7	W40 Carol Finsrud 121-4	Ken Stone 7.00	Herb Adams 61.49
		M35 Tim Doss 35.3			
M40 Mike Maryott 26.2	W50 C McCormick nta		Javelin	M45 Thierry Boucquey6.78	M55 Gary Sims 63.29
M45 Jeff Evangelisti 25.6	400m	M40 Bill Burton 23.6	M35 David Bolles 134	Roger Trujillo 7.12	M60 Frank Hollier 64.12
M50 Tom Bassett 25.1	M35 T Rodriguez 56.21	M45 Jimmie Jones 26.0		George Weston 7.13	M65 Don Cheek 63.07
M55 George LaBelle 33.4	M45 R Ramirez 60.88	M50 Ron Helton 25.0			Jim Selby 66.14
	M50 A Pittman 66.56		M45 Warren Wilke 145-9	M50 Dave Naylor 6.93	M70 Rod Brown 69.54
		M55 Don Denson 26.7	M50 Arthur Lawrence 159-4	Bob Zimmerman 6.94	
M65 Byron Winter 36.8	M55 D McCormick 656.84	M60 David Larson 39.8	M55 John Conniff 122-8	Sheridon Groves 6.99	M75 Bob Hunt 1:42.44
M70+Gil Hill 36.2	800m	W60 Lu Quast 42.5		M55 Harold Tolson 7.4	M80 Pete Ganahl 1:47.06
W70+Dorthy Ekblad 57.2	M35 J Brower 2:21.8		M60 John Cantrell 110-5	Juan Bustamante 7.5	W35 Darlene Love 1:14.31
400m	M55 D McCormick 2:25.8	W70 Lillie Doss 1:00.4	M65 Skip Meneely 127-7		W40 Debbie Selby 1:27.87
		400m	M70 Adolph Hoffman 97-1		W50 Nancy Nevin 1:27.86
	1500m	M30 Kevin Lendo 1:07.2		M60 T Cannon 7.4	The state of the s
M35 Mike DeLoach 60.6	M35 J Lapatzee 4:49.9		W40 Carol Finsrud 71-1	Delos Eyer 7.5	800m
M45 Rod Hall 75.9	M45 R Sutherland 7:26.1		W60 Lu Quast 49-7	Bud Calbreath 8.1	M35 Joe Paz 2;16.11
M50 Steve Rothenberger 72.5	M75 J Calvarese 7:26.6	M40 Bill Burton 54.7	Weight Throw	M65 Don Cheek 7.56	John Arbogast 3:17.34
M55 Ross Greathouse 65.2	Hurdles	M45 Emmitt Roberts 55.7			M40 Nikos Mourtos 2:12.83
		M50 Tom Fisher 59.9	M35 Louis Koiner 34-1	Paul Bambrook 7.71	M45 Mike Morton Sr 2:23.96
M60 Dave Banghart 82.2	M35 J Brower 16.03		M40 Jeffrey Baty 41-9	Sam Flory 7.73	
M65 Byron Winter 1:42.0	M40 M Mitchell 18.18	M60 David Larson 1:28.6	M50 Jack Crawford 32-8	M70 Richard Warren 8.49	Phil Gnesin 2:29.43
M70+Gil Hill 90.8	M60 G Gillar 20.57	W70 Lillie Doss 2:18.2		Tom Miller 8.70	M50 Lee Fitzgerald 2:13.49
800m	300m Hurdles	800m		George Simon 8.85	SteveShepherd 2:27.99
			M60 John Cantrell 37-6		Herb Adams 2:42.83
	M40 M Mitchell 48.50	M30 Marshall Burt 2:17.6	M65 Jim Gerhardt 26-11	M75 Al Guidet 8.55	
M50 SteveRothenberger2:35.0	High Jump	M35 Tim Doss 3:26.2		M80 Clarence Trahan 8.81	M60 JohnErikNilsson 2:31.99
M55 Ross Greathouse 2:34.1	M30 G Isik 1.96		M70 Adolph Hoffman 30-2	John Damski 9.28	M65 Jim Selby WR69 2:32.51
M70+Clarence Osborn 6:26.6	M35 J Brower 1.83	M45 E Van Kruchten 2:12.1	W40 Carol Finsrud 41	Bert Morrow 9.74	(Sponseller/2:37.5/1987)
1500m		M60 David Larson 3:02.2	Super Weight Throw		Larry Lamay 3:30.27
	M40 C Akers 1.57	M70 Lillie Doss 4:52.5		M85 Ted Hatlen 10.23	
M30 Jim Sundeen 4:50.3	M50 D Petty 1.63		M35 Steve Bolles 20-9	W40 Kathrin Herring 9.04	M70 Rodney Brown 2:42.47
M35 Mike Schaefer 5:02.3	M60 D Crook 1.32	1500m	M40 Jeffrey Bath 25-5	Carla Woods 9.57	Yoshi Sakazaki 3:13.02
M40 Dwight Petersen 5:35.3	M65 R Morgan 1.32	M30 Raul Najera 4:55.4	M50 Jerry Brewer 19-8	W50 Avril Naylor 7.77	W35 Edith Mourtos 3:07.45
M45 Jack Weyers 5:04.0		M35 Tim Doss 7:47.4			1500m
	M70 A Williams 0.91		M55 John Conniff 18-10	Pam Zimmerman 8.22	
M50 SteveRothenberger5:24.0	Pole Vault	W70 Lillie Doss 10:15.5	M60 John Cantrell 19-5	Nancy Nevin 9.07	M30 John Sprague 4:19.12
M55 Jack Miettinew 5:44.1	M30 B Clute 3.51	Short Hurdles	M65 Jack Haller 9-10	W55 Kathy Bergen 7.90	M40 Richard Burns 4:17.14
M70+Clarence Osborn 9:04.6	M35 R Johnson 3.66	M35 Jeff Brower 16.2		W60 Fei-Mei Chou 9.48	Peter Mogg 4:17.40
3000m	M40 J Fountain 4.27		M70 Adolph Hoffman 22		Steve Wulf 4:19.81
		M40 Michael Mitchell 17.6	W40 Carol Finsrud 27-1	W65 Mary Boyd 13.42	M50 Herb Adams 5:43.20
M55 Jack Miettinew 12:14.9	M50 D Middour 2.90	M45 Sergio Angulo 17.9	- Leading and the same of the same of the same of	W70 Anne Asaoka 12.25	
110mH 30"	M55 S Warr 3.05	M50 Jim Cawley 19.5	WEST	100m	M60JohnErikNilsson 5:35.00
M55 George LaBelle 18.5	M65 R Morgan 2.44	M60 George Gillar 20.9		M35 John Arbogast 15.31	G McClenathen 5:40.89
M60 Richard Wieland 21.5	Long Jump	The state of the s	5th Annual KELfield Meet	M40 Stacey Price 11.84	Chuck Kirkby 6:28.08
M65 Byron Winter 26.9	M30 K Lendo 6.63	Long Hurdles	Santa Cruz, CA; Sept. 27	Ken Wun 12.22	M65 Jim Selby 5:53.90
4x100m Relay	M35 R Williams 6.59	M40 Michael Mitchell 46.9	Shot Put	Steve Cummings 12.37	M70 Yoshi Sakazaki 6:44.43
M19-39 (Chung/DeLoach/Hall/	M40 M Mitchell 5.41	M45 Sergio Angulo 47.9	M30 Dennis DeSoto 60-4	M45 Thierry Boucquey 12.39	W30 Marci Steelman 5:09.49
		High Jump		Lex Freitas 12.79	W35 Darlene Love 6:17.31
Payne) 47.1	M50 E Jones 5.97		M35 Rob Sueflohn 54-7.5		Edith Mourtos 7:08.34
M19-49 (Maryott/J Evangelisti/N	M55 D Denson 5.18		M40 Andy Miller 41-7.5	Roger Trujillo 13.04	
Evangelisti/Hageman) 50.1	M60 G Gillar 4.53	M35 Jeff Brower 5-10	M45 Richard Watson 36-0	M50 Stan Whitley 11.80	
High Jump	M70 A Williams 1.70	M40 Cov Akers 5-4	Gary Kelmenson 30-9	Stephen Robbins 11.94	W65 Darlene Rand 9:58.86
M40 Dwight Petersen 5-7	M75 T Kennell 3.78	M50 Jim Cawley 5	M55 Dick Hotchkiss 41-8	Dave Naylor 12.67	5000m
	In the second se			M55 Harold Tolson 12.55	M45 Jim Kornell 18:54.5
M45 Kevin Carper 5-7	Triple Jump			MISS MAIDIN TUISUTT 12.55	
		M60 George Gillar 4-2	M60 Stew Thomson 43-4.5	A I Conddook 40 F7	Dan Hirst 20:47.6
M50 Roger Williams 4-9	M30 T Yurtsever 13.45	Inter Strings Similar	Gary Dawson 24-6	A J Craddock 13.57	Dan Hirst 20:47.6
		M65 Jack Haller 3	Gary Dawson 24-6	A J Craddock 13.57 Juan Bustamante 13.62	M50 Eugene Ball 18:54.6
M55 Jay Knepper 4-5	M35 D Hardy 13.18	M65 Jack Haller 3 M70 Adolph Hoffman 3-6	Gary Dawson 24-6 W35 Barbara Springer 295		M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11	M35 D Hardy 13.18 M40 M Nitchell 10.33	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault	Gary Dawson 24-6 W35 Barbara Springer 295 Discus	Juan Bustamante 13.62 M60 Delos Eyer 14.03	M50 Eugene Ball 18:54.6
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70	M65 Jack Haller 3 M70 Adolph Hoffman 3-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08	M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47	M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75	M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6 M40 Bob Crites 12	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47	M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75	M50 Eugene Ball 24:06.0 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6 M40 Bob Crites 12 M45 Wayne Rucker 13-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51	M50 Eugene Ball 18:54.6 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland14-11	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6 M40 Bob Crites 12 M45 Wayne Rucker 13-6 M50 Dennis Schmitt 10	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Lamay 29:25.3  M70 Yoshi Sakazaki 23:04.4
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       11-6         M30       Rob Brunet       11-6         M35       Brian Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44	M50 Eugene Ball 24:06.0 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland14-11	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62	M65 Jack Haller 3 M70 Adolph Hoffman 3-6 Pole Vault M30 Rob Brunet 11-6 M35 Brian Elmore 10-6 M40 Bob Crites 12 M45 Wayne Rucker 13-6 M50 Dennis Schmitt 10	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       3-6         M30       Rob Brunet       11-6         M35       Brian Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6         M60       R Paul Adams       7	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44	M50 Eugene Ball Dale Nelson 24:06.0 M55 Roger McAlpine 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki M75 Gerry Davidson W75 Phyllis Benedict 33:59.3 Hurdles
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18	M50 Eugene Ball 24:06.0 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 40.40 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       3-6         M30       Rob Brunet       11-6         M35       Bran Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6         M60       R Paul Adams       7         M70       Adolph Hoffman       8-6         Long Jump       8-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11	M50 Eugene Ball Dale Nelson 24:06.0 24:06.0 24:06.0 24:06.0 25:15.0 25
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 40 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       3-6         M30       Rob Brunet       11-6         M35       Brian Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6         M60       R Paul Adams       7         M70       Adolph Hoffman       8-6         Long Jump       M30       Kevin Lendo       21-50	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 40 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       3-6         M30       Rob Brunet       11-6         M35       Bran Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6         M60       R Paul Adams       7         M70       Adolph Hoffman       8-6         Long Jump       8-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983)	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58	M50 Eugene Ball 24:06.0 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas M50 Sheridon Groves 16.78
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 40 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983)	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57	M50 Eugene Ball 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas 18.39 M50 Sheridon Groves M70 Richard Warren 18.39
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02	M65       Jack Haller       3         M70       Adolph Hoffman       3-6         Pole Vault       3-6         M30       Rob Brunet       11-6         M35       Brian Elmore       10-6         M40       Bob Crites       12         M45       Wayne Rucker       13-6         M50       Dennis Schmitt       10         M55       Steve Warr       9-6         M60       R Paul Adams       7         M70       Adolph Hoffman       8-6         Long Jump       M30       Kevin Lendo       21-50         M40       Michael Mitchell       19-2         M45       Sergio Angula       16-3	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58	M50 Eugene Ball 24:06.0 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas M50 Sheridon Groves 16.78
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55	M50 Eugene Ball 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas 18.39 M50 Sheridon Groves M70 Richard Warren 18.39
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17	M50 Eugene Ball 24:06.0 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 M75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas 18.39 M50 Sheridon Groves 16.78 M70 Richard Warren 18.39 M80 Bert Morrow 19.71 Long Hurdles
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00	M50 Eugene Ball 24:06.0 Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Larnay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price 16.42 M45 Ed Baskauskas 18.39 M50 Sheridon Groves 16.78 M70 Richard Warren 18.39 M80 Bert Morrow 19.71 Long Hurdles M40 Steve Cummings 68.26
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Cummings 68.26  Andrew Hecker 70.16
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Lamay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Curmmings 68.26  Andrew Hecker 70.16  M50 Sheridon Groves 72:58
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 40.16 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 40.10 M50 J Brewer 41.02 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3           Triple Jump	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Cummings 68.26  Andrew Hecker 70.16
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6.50	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Lamay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Curmmings 68.26  Andrew Hecker 70.16  M50 Sheridon Groves 72:58
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         Long Jump           M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65	M50 Eugene Ball Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 W75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price M45 Ed Baskauskas 18.39 M50 Sheridon Groves 16:78 M70 Richard Warren M80 Bert Morrow 19:71 Long Hurdles M40 Steve Cummings Andrew Hecker 70:16 M50 Sheridon Groves Dale Nelson 96:97 M60 T Cannon 49:45
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6.50	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15	M50 Eugene Ball Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 M75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price M45 Ed Baskauskas 18.39 M50 Sheridon Groves 16:78 M70 Richard Warren M80 Bert Morrow 19:71 Long Hurdles M40 Steve Cummings Andrew Hecker 70:16 M50 Sheridon Groves Dale Nelson 96:97 M60 T Cannon 49:45 M65 Al Sheahen 57:84
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 8.14 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         Long Jump           M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M55         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Cummings 68.26  Andrew Hecker 70.16  M50 Sheridon Groves 72.58  Dale Nelson 96.97  M60 T Cannon 49.45  M65 Al Sheahen 57.84  Jim Selby 61:30
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M55         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15	M50 Eugene Ball Dale Nelson 24:06.0 M55 Roger McAlpine 21:15.0 M60 John Brennand 19:21.8 Chuck Kirkby 23:04.0 Larry Mills 29:10.4 M65 Larry Lamay 29:25.3 M70 Yoshi Sakazaki 23:04.4 M75 Gerry Davidson 28:46.4 M75 Phyllis Benedict 33:59.3 Hurdles M40 Stacey Price M45 Ed Baskauskas 18.39 M50 Sheridon Groves 16:78 M70 Richard Warren M80 Bert Morrow 19:71 Long Hurdles M40 Steve Cummings Andrew Hecker 70:16 M50 Sheridon Groves Dale Nelson 96:97 M60 T Cannon 49:45 M65 Al Sheahen 57:84
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         28-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelln	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Larnay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Cummings 68.26  Andrew Hecker 70.16  M50 Sheridon Groves 72.58  Dale Nelson 96.97  M60 T Cannon 49.45  M65 Al Sheahen 57.84  Jim Selby 61:30
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 Javelln	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 44.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M55         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 JavelIn M40 Andy Miller 162-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84	M50 Eugene Ball 24:06.0  M55 Roger McAlpine 21:15.0  M60 John Brennand 19:21.8  Chuck Kirkby 23:04.0  Larry Mills 29:10.4  M65 Larry Lamay 29:25.3  M70 Yoshi Sakazaki 23:04.4  M75 Gerry Davidson 28:46.4  W75 Phyllis Benedict 33:59.3  Hurdles  M40 Stacey Price 16.42  M45 Ed Baskauskas 18.39  M50 Sheridon Groves 16.78  M70 Richard Warren 18.39  M80 Bert Morrow 19.71  Long Hurdles  M40 Steve Curmmings 68.26  Andrew Hecker 70.16  M50 Sheridon Groves Dale Nelson 96.97  M60 T Cannon 49.45  M65 Al Sheahen 57.84  Jim Selby 4x100m Relay  M40+Monsoon TC 51.13
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         38-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         28-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin 1462-4 M45 Rich Watson 153-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 Javelin M30 T Davis 120-0	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 44.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7           M50         Dennis Schmitt         28-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 JavelIn M40 Andy Miller 162-4	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad Javelln M30 T Davis 120-0 M55 Alex Meyer 120-8	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M60 M Brady M65 - Gerhardt M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M55 J Conniff M65 - Gerhardt M50 J Brewer M55 J Conniff M50 J Brewer M5	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3           Triple Jump         30-6         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7           M50         Dennis Schmitt         28-1           M60	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 153-5 Gary Kelmenson 153-5 Gary Kelmenson 153-5 Gary Kelmenson 153-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 Javelin M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland 101-5	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M50 J Brewer M40 B Reid M55 J Plerce M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M60 M Brady M70 F Adams M70 J Brewer M40 G Dzuris M50 J Brewer M40 G Dzuris M50 J Brewer M50 J Brewe	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 Javelin M30 T Davis 120-0 M55 Alex Meyer 101-9 M70+Dorthy Ekblad 55-1 Javelin M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland M70+Charles Obye 97-0	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 17.70 Javelin M40 A Ferrando 50.60 M50 D Petty 40.56	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 153-5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 Javelin M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland 101-5	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M50 J Brewer M40 B Reid M55 J Plerce M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M60 M Brady M70 F Adams M70 J Brewer M40 G Dzuris M50 J Brewer M40 G Dzuris M50 J Brewer M50 J Brewe	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 JavelIn M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland 101-5 M70+Charles Obye 97-0 W70+Dorthy Ekblad 39-7	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus M40 B Reid 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer M40 G Dzuris 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 Javelln M40 A Ferrando 50.60 M50 D Petty 40.56 M55 J Conniff 36.14	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         48-6         40           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4.50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M45         Sergio Angulo         32-7           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5           <	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 JavelIn M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland 101-5 M70+Charles Obye 97-0 W70+Dorthy Ekblad 39-7	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 14.02 M55 J Conniff 32.69 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer 19.71 M85 J Pierce 20.49 Hammer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 JavelIn 17.70 JavelIn 10.33 M60 D Petty 40.56 M50 D Pretty 40.56	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5           M70         Adolph Hoffman         22-3	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27	M50 Eugene Ball
M55 Jay Knepper 4-5 M65 Jerald Matz 3-11 M70+Gil Hill 4-1 Long Jump M40 Mike Maryott 16-2.75 M50 Roger Williams 14-11.25 M55 Jay Knepper 1425 M60 Richard Wieland 14-11 M70+Charles Obye 13-8 W45 Sandy Maryott 11-10.75 W70+Dorthy Ekblad 6-1 Shot Put M30 Todd Davis 47-11 M50 Virgil Paulsen 3925 M55 Alex Meyer 36-10 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis 160-0 M40 Mike Maryott 113-6 M50 Virgil Paulsen 125-2 M55 Alex Meyer 101-9 M70+Harold Kroeker 121-3 W45 Sandy Maryott 71-9 W70+Dorthy Ekblad 55-1 JavelIn M30 T Davis 120-0 M55 Alex Meyer 120-8 M60 Richard Wieland M70+Charles Obye 97-0	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Don Denson         17-4-50           M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 JavelIn M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M4-25 M50 Roger Williams M55 Jay Knepper M4-25 M60 Richard Wieland M70+Charles Obye M55 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M55 Alex Meyer M70+Harold Kroeker M30 T Davis M50 Virgil Paulsen M30 T Davis M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M70+Dorthy Ekblad M50 T Davis M55 Alex Meyer M70+Dorthy Ekblad M50 T Davis M50 Richard Wieland M70+Charles Obye M70+Dorthy Ekblad M70+Charles Obye M70+Dorthy Ekblad M50 Richard Wieland M50 Richar	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M55 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M55 J Plerce M55 J Conniff M65 – Gerhardt M55 J Conniff M55 J Rewer M40 B Reid M55 J Rewer M40 B Reid M50 J Brewer M40 B Reid M55 J Conniff M65 – Gerhardt M55 J Conniff M65 – Gerhardt M70 F Adams M60 M Brady M65 – Gerhardt M70 F Adams M60 M Brady M70 F Adams M60 M Brady M60 J Prece M55 J Conniff M60 M Brady M70 F Adams M60 M Brady M70 F Adams M60 M Brady M60 M Brady M70 F Adams M60 M Brady M70 F Adams M70 F Adams M70 F Adams M70 F Adams	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5           M70         Adolph Hoffman         22-3	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 JavelIn M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7-5 M45 Rich Watson 38-1 Gary Kelmenson 38-1 Gary Kelmenson 38-1.5 M55 Dick Hotchkiss 46-7	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M4-25 M50 Roger Williams M55 Jay Knepper M4-25 M60 Richard Wieland M70+Charles Obye M55 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 Virgil Paulsen M70+Harold Kroeker M70+HoreenCrawford20-4.25 Discus M30 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 T Davis M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Dorthy Ekblad Javelin M30 T Davis M60 Richard Wieland M60 Richard Wieland M70+Charles Obye M70+Dorthy Ekblad M70+Dorthy Ekblad M70+Charles Obye M70+Dorthy Ekblad M70+Charles Obye M70+Dorthy Ekblad M57-Charles Obye M70+Dorthy Ekblad	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M55         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         3	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 M45 Rich Watson 36-1.5 M55 Dick Hotchkiss 46-7 M45 Rich Watson 36-1.5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M4-25 M50 Roger Williams M55 Jay Knepper M4-25 M60 Richard Wieland M1-11 M70+Charles Obye M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M50 Richard Wieland M1-11 M70+Charles Obye M50 Richard Wieland M1-11 M70+Charles Obye M50 Roger Williams M50 Virgil Paulsen M50 Roeker M55 Alex Meyer M70+Dorthy Ekblad M55-1 JavelIn M30 T Davis M60 Richard Wieland M55 Alex Meyer M60 Richard Wieland M70+Charles Obye W70+Dorthy Ekblad M50 VIRGIN M50 M70+Charles Obye W70+Dorthy Ekblad M50 VIRGIN M50 M50 VI	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M55 J Brewer M55 J Conniff M65 – Gerhardt M55 J Plerce M55 J Plerce M55 J Conniff M60 M Brady M55 J Brewer M40 B Reid M55 J Brewer M40 B Reid M55 J Plerce M55 J Conniff M65 – Gerhardt M55 J Conniff M65 – Gerhardt M70 F Adams M60 M Brady M65 – Gerhardt M60 G Dzuris M60 M Brady M70 F Adams M85 J Pierce M40 G Dzuris M60 M Brady M70 F Adams M85 J Pierce M55 J Conniff M40 A Ferrando M50 D Petty M55 J Conniff M40 A Ferrando M50 D Petty M55 J Conniff M60 Z Przewodek M65 S McNeely M70 F Adams M85 J Pierce	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         32-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javellin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 S6# Weight Throw M40 Andy Miller 30-2	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 Delos Eyer 29.4	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M4-25 M50 Roger Williams M55 Jay Knepper M4-25 M60 Richard Wieland M1-11 M70+Charles Obye M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M50 Richard Wieland M1-11 M70+Charles Obye M50 Richard Wieland M1-11 M70+Charles Obye M50 Roger Williams M50 Virgil Paulsen M50 Roeker M55 Alex Meyer M70+Dorthy Ekblad M55-1 JavelIn M30 T Davis M60 Richard Wieland M55 Alex Meyer M60 Richard Wieland M70+Charles Obye W70+Dorthy Ekblad M50 VIRGIN M50 M70+Charles Obye W70+Dorthy Ekblad M50 VIRGIN M50 M50 VI	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M60 M Brady M70 F Adams M60 M Brady M65 – Gerhardt M65 J Gerhardt M60 M Brady M65 – Gerhardt M70 F Adams M60 M Brady M65 – Gerhardt M70 F Adams M70 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M40 G Dzuris M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M50 J Brewer M55 J Conniff M60 M Brady M70 F Adams M85 J Pierce M55 J Conniff M60 S McNeely M55 J Conniff M60 S Przewodek M65 S McNeely M70 F Adams M85 J Pierce M55 J Pierce	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         30-6         30-6           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5           M70         Adol	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javellin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 S6# Weight Throw M40 Andy Miller 30-2	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M60 Richard Wieland M14-11 M70+Charles Obye M55 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M55 Alex Meyer M60 Richard Wieland M70+Harold Kroeker M70+Harold Kroeker M70+Harold Kroeker M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M60 Richard Wieland M55 Alex Meyer M60 Richard Wieland M70+Charles Obye M70+Dorthy Ekblad M60 Richard Wieland M55 Southwest Regional Masters Championships San Antonio, TX; July 12	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 14.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 – Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer 19.71 M85 J Pierce 20.49 Hammer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 M85 J Pierce 17.70 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 M85 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 M55 J Conniff 36.14 M60 Z Przewodek 38.68 M65 S McNeely 37.57 M70 F Adams 12.85 M85 J Pierce 15.80 M55 J Pierce 15.80 M60 M Racewalk M35 B Watson 7:52.2	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         12-3           Triple Jump         M30         Kevin Lendo         42-6.50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M55         Sergio Angulo         32-7           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5<	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 56# Weight Throw M40 Andy Miller 30-2 M45 Gary Kelmenson 20-7.5	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 Delos Eyer 29.4 M65 Don Cheek 29.15	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M425 M50 Roger Williams M55 Jay Knepper M425 M60 Richard Wieland M1-11 M70+Charles Obye M45 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M55 Alex Meyer M60 Richard Wieland M1-11 M70+Harold Kroeker 29-7 W70+NoreenCrawford20-4.25 Discus M30 T Davis M50 Virgil Paulsen M50 Nigil Paulsen M50 Roeker M55 Alex Meyer M70+Dorthy Ekblad JavelIn M30 T Davis M55 Alex Meyer M60 Richard Wieland M55 Alex Meyer M70+Charles Obye M70+Dorthy Ekblad M59-7  SOUTHWEST USATF Southwest Regional Masters Championships San Antonio, TX; July 12	M35 D Hardy M40 M Nitchell M40 M Nitchell M50 D Middour M75 T Kennell Shot Put M40 A Ferrando M50 J Brewer M55 J Conniff M60 M Brady M65 – Gerhardt M55 J Plerce M55 J Plerce M55 J Conniff M50 J Brewer M40 B Reid M50 J Brewer M40 B Reid M50 J Brewer M50 J Brewer M50 J Brewer M40 G Dzuris M50 J Brewer M40 G Dzuris M50 J Brewer M50 J Brewer M40 G Dzuris M50 J Brewer M40 G Dzuris M50 J Brewer M40 G Dzuris M50 J Brewer M50	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M55         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         15-2           M50         Dennis Schmitt         35-1           M51         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         32-7	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelln M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 S6# Weight Throw M40 Andy Miller 30-2 M45 Gary Kelmenson 20-7.5 Rich Watson 17-3	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 M60 Frank Hollier 26.8 M65 Don Cheek 29.15 Sam Flory 30.42	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M60 Richard Wieland M14-11 M70+Charles Obye M55 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M55 Alex Meyer M60 Richard Wieland M70+Harold Kroeker M70+Harold Kroeker M70+Harold Kroeker M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 Virgil Paulsen M50 T Davis M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M60 Richard Wieland M55 Alex Meyer M60 Richard Wieland M70+Charles Obye M70+Dorthy Ekblad M60 Richard Wieland M55 Southwest Regional Masters Championships San Antonio, TX; July 12	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 8.14 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer 40.98 M70 F Adams 19.71 M85 J Pierce 24.92 M55 J Conniff 28.83 M60 M Brady 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 32.66 M50 J Brewer 32.69 M60 M Brady	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         M30         Kevin Lendo         21-50           M40         Michael Mitchell         19-2           M5         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7           M50         Dennis Schmitt         32-7           M50         Dennis Schmitt         32-1	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 56# Weight Throw M40 Andy Miller 30-2 M45 Gary Kelmenson 20-7.5 Rich Watson 17-3 M55 Dick Hotchkiss 30-2	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 Delos Eyer 29.4 M65 Don Cheek 29.15 Sam Flory 30.42 Jim Selby 30.74	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M55 Jay Knepper M60 Richard Wieland M51-11.25 M55 Jay Knepper M60 Richard Wieland M51-11.25 M55 Jay Knepper M70+Charles Obye M55 Alex Meyott M50 Virgil Paulsen M55 Alex Meyer M55 Alex Meyer M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Harold Kroeker M55 Alex Meyer M70+Dorthy Ekblad M50 Virgil Paulsen M55 Alex Meyer M70+Dorthy Ekblad M50 T Davis M60 Richard Wieland	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 12.14 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 – Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 14.02 M55 J Conniff 41.02 M50 J Brewer 41.02 M50 J Brewer 41.02 M55 J Conniff 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer 19.71 M85 J Pierce 20.49 Hammer 24.92 M55 J Conniff 28.83 M60 M Brady 27.00 M70 F Adams 24.03 M85 J Pierce 17.70 JavelIn 19.70 M40 A Ferrando 50.60 M50 D Petty 40.56 M55 J Conniff 36.14 M60 Z Przewodek M65 S McNeely 37.57 M70 F Adams 12.85 M85 J Pierce 15.80 M35 B Watson 7:52.2	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Brian Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         19-2           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         M30         Kevin Lendo         42-6-50           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M50         Dennis Schmitt         28-1           M60         R Paul Adams         24-5	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M55 Dick Hotchkiss 46-7 S6# Weight Throw M40 Andy Miller 30-2 M45 Gary Kelmenson 20-7.5 Rich Watson 17-3 M55 Dick Hotchkiss 30-2 M60 Stew Thomson 17-3 M55 Dick Hotchkiss 30-2 M60 Stew Thomson 29-9	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 Delos Eyer 29.4 M65 Don Cheek 29.15 Sam Flory 30.42 Jim Selby 30.74 M70 Rodney Brown 30.65	M50 Eugene Ball
M55 Jay Knepper M65 Jerald Matz M70+Gil Hill Long Jump M40 Mike Maryott M50 Roger Williams M55 Jay Knepper M425 M55 Jay Knepper M425 M55 Jay Knepper M55 Jay Knepper M60 Richard Wieland M1-11 M70+Charles Obye M55 Sandy Maryott M30 Todd Davis M50 Virgil Paulsen M50 Virgil Paulsen M55 Alex Meyer M70+Harold Kroeker M70+Harold Kroeker M30 T Davis M50 Virgil Paulsen M50 T Davis M50 Virgil Paulsen M50 Nirgil Paulsen M55 Alex Meyer M70+Dorthy Ekblad M55 Alex Meyer M60 Richard Wieland M55 Alex Meyer M70+Charles Obye M70+Dorthy Ekblad M50 Richard Wieland M50 Richard Wie	M35 D Hardy 13.18 M40 M Nitchell 10.33 M50 D Middour 9.70 M75 T Kennell 8.14 Shot Put 8.14 M40 A Ferrando 9.35 M50 J Brewer 12.14 M55 J Conniff 13.16 M60 M Brady 10.16 M65 - Gerhardt 10.62 M70 F Adams 7.65 M85 J Plerce 7.37 Discus 46.10 M50 J Brewer 41.02 M55 J Conniff 28.83 M60 M Brady 32.69 M65 - Gerhardt 40.98 M70 F Adams 19.71 M85 J Pierce 20.49 Hammer 40.98 M70 F Adams 19.71 M85 J Pierce 24.92 M55 J Conniff 28.83 M60 M Brady 32.66 M50 J Brewer 24.92 M55 J Conniff 28.83 M60 M Brady 32.66 M50 J Brewer 32.60 M50 J Brew	M65         Jack Haller         3           M70         Adolph Hoffman         3-6           Pole Vault         3-6           M30         Rob Brunet         11-6           M35         Bran Elmore         10-6           M40         Bob Crites         12           M45         Wayne Rucker         13-6           M50         Dennis Schmitt         10           M55         Steve Warr         9-6           M60         R Paul Adams         7           M70         Adolph Hoffman         8-6           Long Jump         8-6         6           M40         Michael Mitchell         19-2           M45         Sergio Angula         16-3           M50         Dennis Schmitt         15-2           M55         Don Denson         17-4-50           M70         Adolph Hoffman         12-3           Triple Jump         30-6         30-6           M35         Steve Bolles         30-6           M40         Michael Mitchell         35-1           M45         Sergio Angulo         32-7           M50         Dennis Schmitt         32-7           M60         R Paul	Gary Dawson 24-6 W35 Barbara Springer 295 Discus M35 John Garvey 133-10 M40 Andy Miller 140-3 M45 Richard Watson 110-3 Gary Kelmenson 94-7 M55 Joe Keshmiri 160-4 Dick Hotchkiss 143-9 M60 Stew Thomson 168-4 Karim Zandi 129-4 M70 Gee Gee Toscano 70-5 W35 Barbara Springer 79-5 W45 Joan Stratton AR111-8 (Grissom/106-5/1983) W70 Shirley Dietderich 53-10 Hammer M35 Mike Venning 144-7 M40 Andy Miller 142-0 M45 Rich Watson 122-4 Gary Kelmenson 110-1 M55 Dick Hotchkiss 150-3 M60 Stew Thomson 171-5 K Zandi 119-4 W45 Joan Stratton 116-4 Javelin M40 Andy Miller 162-4 M45 Rich Watson 153-5 Gary Kelmenson 87-11 W70 Shirley Dietderich 49-10 35# Weight Throw M40 Andy Miller 47-7.5 M45 Rich Watson 38-1 Gary Kelmenson 36-1.5 M55 Dick Hotchkiss 46-7 56# Weight Throw M40 Andy Miller 30-2 M45 Gary Kelmenson 20-7.5 Rich Watson 17-3 M55 Dick Hotchkiss 30-2	Juan Bustamante 13.62 M60 Delos Eyer 14.03 M65 Don Cheek 14.08 Sam Flory 14.47 Paul Bambrook 14.75 M70 Rod Brown 14.84 J F Benedict 16.51 George Simon 17.17 M80 Clarence Trahan 17.44 Bert Morrow 18.18 W40 Kathryn Herring 16.93 Debbie Selby 17.11 Carla Woods 18.85 W50 Avril Naylor 14.58 Pam Zimmerman 15.57 Nancy Nevin 18.55 W55 Kathy Bergen 15.17 W60 Fei-Mei Chou 18.00 W65 Shirley Dietderich19.00 Anne Asoaka 24.56 200 m M35 John Arbogast 33.65 M40 Jim Bonilla 25.15 Steve Cummings 25.22 Ken Wun 25.40 M45 Lex Freitas 26.84 Steve Kloch 27.09 George Weston 28.42 M50 Stan Whitley 24.17 Stephen Robbins 24.69 Dave Naylor 26.99 M55 Harold Tolson 27.27 Levi Patterson 29.01 Gary Sims 29.63 M60 Frank Hollier 26.8 Delos Eyer 29.4 M65 Don Cheek 29.15 Sam Flory 30.42 Jim Selby 30.74	M50 Eugene Ball

Andy Miller M40 3581 Richard Watson M45 3304

3581

11:23.0 M45 Brad Reid

M40 Jeffrey Baty

122-3

145-11

13:01.0

**Bob Hunt** 

M80 Bert Morrow

36.9 40.5

M60 Phil Fehlen

Continued on next page

2:57:58 3:07:39

3:10:23 3:11:46

3:12:52 3:13:54

Fay Bradley Dick Hessler

**Brad Yoder** 

Walt Peet
Andy Deters
James Fahrbach

Candi Schermerhrn21:47

Philadelphia Masters 5K

Cross-Country
Ft. Washington, PA; Sept. 21

25:33 25:57

31:06

18:55

19:03 20:27 20:30

20:16

23:57 19:17

19:37 20:52 28:38 36:16

M60+Ellen Zawislak Mary McCauley Emily Burke

M35 Bryan Carr Chuck Shields

Brad Kell M40 Joe Kender

Gary Papazain M45 Steve Rook

M70 Bob Parsons M75 George Blyn W35 Kathy Harte

Fred Dedrick Bob Whitmore

W40 Renee DiGiacomo 26:13

Tom Yunker

page 30					
Continued from previous	us page	M75 Don Cumley	9.49		
M65 Paul Bambrook	1.25	Hal Cronkhite	8.52		
Len Ramirez	1.15	Jim Minah M80 Ross Carter	7.40 11.15		
M70 Richard Warren	1.25	M85 Ted Hatlen	6.93		
Jerry Silsdorf	1.10	M95 John Whittemore			
M75 Jim Johnson	1.10	W50 Kathy Noble	6.25		
M80 John Damski Pete Ganahl	0.95	Hattie Perry	5.24		
M85 Ted Hatlen	0.95	W60 Christel Miller	8.02		
W45 Anne Steekelenb		Mary Hirst Discus	6.56		
W50 Barbara Stratton	1.05	M45 Mike Deller	38.40		
Nancy Nevin	0.95	Art Raya	35.10		
W60 Christel Miller	1.27	Russ Reabold	33.04		
Fei-Mei Chou Pole Vault	1.00	M50 Glenn Palmer	37.80		
M35 John Arbogast	2.59	David Smith	32.56 48.48		
M55 Gary Miller	2.89	M55 Joe Keshmiri Dick Hotchkiss	45.24		
M60 Tom Woodring	3.35	Joe Marino	42.30		
Hal Smith	2.29	M60 Stew Thomson	49.46		
M75 Jim Johnson	2.13	Bob Humphreys	48.34		
W65 Shirley Kinsey	1.52	Bud Calbreath	33.16		
Long Jump M35 Lavell Davenport	5.86	M65 Don Hegberg	40.04		
M40 Andrew Hecker	5.22	M70 Bob Davidson	19.40		
M45 Roger Trujillo	5.20	Jerry Silsdorf M75 Don Cumley	18.92 27.44		
M50 Leroy Clipps	4.49	Bob Hunt	26.50		
Glenn Palmer	4.30	M80 Ross Carter	30.20		
David Smith	4.26	Clarence Trahan			
M55 Gary Miller	4.94 4.80	M85 Ted Hatlen	16.33		
John Lawson M65 Dave Jackson	4.51	M95 John Whittemore	The second second second		
Paul Bambrook	4.10	W60 Fei-Mei Chou	18.06 h 17.24		
Vincent Salce	4.04	W70 Shirley Dietderic	11 17.24		
M70 Richard Warren	3.62	M45 Mike Deller	45.72		
J F Benedict	3.06	M50 Dave Smith	29.96		
M75 Jim Johnson	3.10	M55 Dick Hotchkiss	46.10		
M80 Clarence Trahan	3.47	Dave Nuttall	30.16		
John Damski W50 Avril Naylor	3.03	M60 Stew Thomson	50.90		
Nancy Nevin	2.66	Bob Humphreys M70 Jerry Silsdorf	44.38 19.58		
W60 Fei-Mei Chou	2.94	M75 Jim Minah	25.24		
Triple Jump	EV BLOW	Javelin	EG.E.		
M35 Lavell Davenport	14.21	M30 Ken Hall	61.76		
John Arbogast	8.66	M40 Vern McGarry	40.22		
M45 Roger Trujillo Joel Whitfield	11.63 11.07	M45 Bob Powers	48.64		
M50 Dale Nelson	6.92	Ed Baskauskas John Williams	45.60 34.92		
David Smith	6.68	M50 David Smith	31.06		
M55 John Lawson	9.99	M55 Steve Wordell	37.52		
M65 Paul Bambrook	8.55	Dave Nuttall	36.70		
John Cauldwell M80 John Damski	8.52 6.89	Joe Marino M60 Phil Fehlen	34.82 44.46		
Clarence Trahan	6.63	Hal Smith	35.36		
Phil Carey	3.42	Don Alexander	29.04		
W50 Avril Naylor	8.43	M65 Don Hegberg	26.00		
Barbara Stratton Nancy Nevin	6.83 6.36	M70 Del Pickarts	42.74 31.64		
W60 Fei-Mei Chou	6.15	Ed Chynoweth M85 Ted Hatlen	13.42		
Shot Put	1202	M95 John Whittemore			
M40 Bill Gardner	13.77	W60 Christel Miller	25.90		
Jim Kerman	13.20	W70 Shirley Dietderic	h 15.82		
M45 Mike Deller	12.13	1500m Racewalk			
Hal Smith	11.59		12:00.83		
Art Raya M50 Glenn Palmer	10.96 13.39	M60 Barry Liker	10:35.75		
Dave Smith	11.19		10:42.99 12:18.97		
M55 Dick Hotchkiss	12.33	W45 Kathy Smith	14:52.85		
Rich Behrens	11.38	W65 Mary Boyd	12:27.57		
Richard Noble	11.23	W70 Irma Cardenas	12:26.04		
M60 Hal Smith	14.50	3000m Racewalk	AND MARKET		
Stew Thomson	13.31	M55 Joe Velasquez	24:16.96		
Bob Humphreys M65 Don Hegberg	12.13 9.73	M60 Mike Dempsey Barry Liker	19:59.32 20:52.88		
M70 Ed Chynoweth	11.09	M70 Bob Davidson	26:26.44		
Jerry Silsdorf	7.69	W65 Mary Boyd	25:46.85		
	A PRINCIPLE	-4			
LONG DI	STAN	ICE RESULT	C		

.25	Earl McDowell	3:13:54
.24	Hank Larsen	3:20:07
.02	Jared Mondry	3:23:08
.56	M60 Bill Dodson Jim Wirkes	3:16:59
40	Sonny Monioz	3:19:01
.10	Jim Schleisman	3:27:24
.04	Lincoln Katter	3:28:16
.80 .56	Marv Rexius M65 Greg Prom	3:45:27 3:27:51
48	Patrick Devine	3:31:36
24	Al Treichel	3:36:35
.30	Bill Galbrecht	3:44:54
.46	Pat Moreland Ray Eiland	3:46:55 4:00:32
.34 .16	M70 Harold Hubbard	3:53:50
.04	Lloyd Young	3:54:28
.40	Dick Gardner	4:42:26
.92	Byron Van-Dake M75 Warren Utes	4:51:31 3:41:49
.44	W40 Jane Welzel	2:42:31
20	Regina Joyce	2:44:58
63	Gillian Horovitz	2:47:00 3:02:18
.33	Joyce Deason Jean Davis	3:09:03
66	Kimberlee Campo	3:09:43
.06	Lynn Marie Fawcett	3:11:21
	Karen Ladig	3:12:20
72	Jeanne Olash AndrietteWickstrom	3:12:50
96	W45 Terry Mahr	3:07:46
10	Claudia Piepenburg	3:16:13
90	Karen Imhoff	3:16:21 3:34:26
38	Barbara Spannaus Jon Arneson	3:34:58
.58	Barbara Beutler	3:41:58
24	Sara Cherne	3:45:27
76	Susan Simonet Kitty McClelland	3:48:11 3:49:22
22	Barbara McKinley	3:49:35
64	W50 Jane Hutchison	3:09:26
.60 .92	Gloria Jansen	3:10:10
.06	Joan Ottaway Kathleen Slinger	3:12:10 3:25:55
.52	Linda Frisby	3:27:05
70 82	Penny Kalar Cherie Baker	3:50:35 3:59:29
46	Jane Truesdale	4:01:04
36 04	Karen Stombaugh	4:01:11
00	Mary Hiatt W55 Mary Kennard	3:59:38
74	Loretta Bauer	4:03:17
64	Elizabeth French	4:10:26
42	Lois Williamson Noreen Hendley	4:10:28 4:17:19
90	Patricia Wolkoff	4:20:26
82	Karin Grossman	4:24:00
	Jan Rohde	4:24:08
83	Janet Wallen Janet Boughner	4:24:53 4:24:56
.75 .99	W60 Wen-Shi Yu	4:02:36
97	Mae Horns	4:27:48
.85	Pat Ordahl	4:28:51
.57	Lois DeGonda Phyllis Kahn	4:52:42 5:09:49
.04	Patricia Wahlgren	5:32:48
.96	W65 June Machala	3:49:23
.32	Toshiko Delia Ruth Anderson	3:53:37 4:54:51
.88	Lorraine Whitesell	5:24:35
.44 .85	Diane Goulett	5:26:32
.55	Rita Cobb	5:56:18
	W70 Joy Johnson Mary Lou Carlson	4:22:39 5:48:16
X		
x t, 3	EAST	
3 8	Annapolis 10 M	iler

Annapolis, MD

Overall	
Merrill Hausenfluck 25	52:13
Megan Holden 27	61:42
M35 Kurt Kroemer	54:21
Robert Marino	54:44
Gerry Clapper	55:47
M40 Roberto Rodriguez	58:30
Maurice Pointer	58:44
Ty Lanahan	59:07
Jon Thoren	59:30
Bill Moore	59:40
Larry Jones	60:44
M45 Mike Sloanaker	59:55
Bennett Beach	60:36
Milan Basta	61:51
Ken Dent	62:53
Tim Morgan	63:03
M50 ReubenBeaucham	p61:36
Piriya Pinit	61:12
John Kirkpatrick	63:11
Bill Lawder	63:21

asters riews	
M55 Jerry Solomon	63:58
Don Davis	65:50
Dick Hipp	66:30
Francisco Sanches	
MOO I seemed Masses C.	
Alvin Marcy Jimmy Ross	74:08
Aiviii Maicy	77:07
Jimmy Hoss	
M65 George Yannakakis	77:15
James Conner	77:44
George Waxter	78:35
M70 Dixon Hemphill	
Ben Moore	92:11
Gordon Miller	98:46
M75 Frank Pierce	87:31
Denzil Pritchard	99:24
W35 Fiona Branton	63:27
Vanessa Cox	64:00
Allyson McKechnie	
W40 Margaret Starnes	67:02
Bernadette Flynn	68:01
Ann Meckley	69:31
Donna Lewis	70:01
W45 Susan Humphries	67:05
Georgeanne Welde	e72:05
Judy Bender	72:39
Robin McKenzie	77:07
W50 Hideko Pirie	72:09
Linda Tice	76:01
Maryellen Gonyea	78:46
W55 Sharon Dolan	72:46
CaroInDigiambatis	ta79:06
Janet Newburgh	83:50
W60 JeanneteChamber	
Mariorie Lane	97:03
W65 Yvonne Aasen	1:43:48
Nancy Berlett	1.46.14
W80 Hedy Marque	94:20
a contra	
Rotary Cookie 5	K
Rotary Cookie 5 Brentwood, NY; Aug	1. 25
Overall	A LIVE
Don Di Donato 39	15:32
Marilyn Caulfield 35	17:44
Mariivii Caulileiu 35	17.44

Marjone Lane	97.03
W65 Yvonne Aasen	1:43:48
Nancy Berlett	1:46:14
W80 Hedy Marque	94:20
-	
Rotary Cookie	5K
Brentwood, NY; Au	ıg. 25
Overall	
Don Di Donato 39	15:32
Marilyn Caulfield 35	17:44
M40 John McLaughlin	16:36
John Del Maestro	16:58
Chris McKnight	17:27
M45 Paul Mascali	16:08
Jack Porzio	17:21
	17:21
Kieran Kelly M50 Sam Skinner	17:21
Julio Aguirre	18:10
Bob Pike	18:10
M55 Joe Cordero	18:21
Jose Mendez	19:39
Blaine Lawson	21:55
M60 Richard Murphy	19:33
Geza Feld	20:53
M65 Guy Froehlig	23:00
Sam Soccoli	25:32
M70+Bill Merz 75	30:37
Mel Freidel 76	31:13
W40 Helen Visgauss	19:15
Diane Gordon	19:24
Marg Marascia	19:41
W45 Andrea Otto	20:51
Mary Wagner	20:56
Estella Clasen	21:26
W50 Betty Horstmann	20:36
MaryAnne Goldma	
W55 Mary Nathan	21:04
Annette Frisch	23:20
W60 Alexandra Finger	29:51
CarolCragerMurph	
W65 Josephine Curtin	33:06

M40 Keith Anderson	14:25
Chuck Crabb	14:58
Peter Koech	15:01
Kevin McCaffrey	15:12
Wayne Jacob	15:16
John Barbour	15:17
Ed Sparkowski	15:19
Geary Daniels	15:50
M50 Larry Olson	16:04
Richard Myers	16:39
Ken Skelly	17:12
Jack Thornhill	18:09
Mark Guiadliana	18-33

Harvard Pilgrim 5K Providence, RI; Sept. 13

17:12 18:09 18:33	Naomi Vogel 62 Dolly Finkelstein 67	7:04.28 7:25.15 8:08.11
18:52 18:41	George Sheehan Mile (M & W70+)	
18:48	M70-79	
20:03	Joe King 71	5:51.90
21:34	John McManus 74	6:20.29
17:47	Jack Haar 70	6:56.43
18:01	Sab Koide 73	7:13.19
18:07	Robert Davan76	7:17.56
18:19	Frank Mortillo 73	7:29.47
18:38	Wallace Cutler 74	7:29.59
18:55	Bill Benson 78	7:37.74
a20:12	Tom Gibbons 76	7:52.29
20:24	Albert Goldstein 77	8:19.22
20:54	Ed Finkelstein 75	8:31.26

ı	M80+	
ı	Wilfredo Rios 80	8:36.64
1	Vince Carnevale 81	9:07.98
۱	Abe Weintraub 87	9:24.41
-	Chas Feldman 81	13:02
1	Max Popper 95	14:26
۱	W70-79	
١	Muriel Merl 71	8:04.16
۱	Joan Rowland	8:48.35
1	W80+	
١	Adrienne Salmini 81	13:02
1	Age-Graded Perfo	
	Earl Fee 68	95.8%
	Tom Byers 42	93.4%
	Harry Nolan 50	93.1%
	Peter Hallop 50	92.8%
	Ed Sparkowski 42	91.9%
	Sid Howard 58	91.4%
	Paul Mascali 45	91.1%
9	Colin Corkery 40	91.0%
	Tim McMullen 44	90.9%
	Steve Gallagher 41	(10)90.7%
-	Hugh Sweeny 53	90.6%
1	Witold Bialokur 62	90.4%
	Roberto Castillo 40	
	Fred Robbins 42	90.0%
	Kathrine Martin 45 (	17) 88.9%
	(1st 600y downhill/ne	ext 200y flat
	next 300y uphill/fina	600y down
Y	hill: 32' drop from sta	art to tinish)
9		

W40 Renee DiGiacon	no 26:13	Titti McMullett 44	30.576
W50 Dannette Strade	r 28:31	Steve Gallagher 41 (10	0)90.7%
Wiso Dannette etrace		Hugh Sweeny 53	90.6%
Donald J. Trump Fift	h Avenue		90.4%
Mile (M & W 40		1111010	90.3%
		Roberto Castillo 40	
Manhattan; Sep	ot. 27	Fred Robbins 42	90.0%
M40-49		Kathrine Martin 45 (17)	88.9%
Tom Byers 42	4:16.89	(1st 600y downhill/next	200v fl
		next 300y uphill/final 6	My day
Colin Corkery 40	4:19.90	next 300y uprilizilitai o	ouy duv
Ed Sparkowski 42	4:20.98	hill: 32' drop from start	to tinish
Roberto Castillo 40	4:21.96	The second second	draden
Stephen Gallagher 41	4:22.52	Philadelphia Half-Ma	arathon
	4:26.65	Philadelphia, PA; S	
Fred Robbins 42		The second secon	cpt. 20
Tim McMullen 44	4:27.7-	Overall	
Paul Mascali 45	4:29.16	Hhalid Khannouchi	60:27
Miles Vaughn 41	4:31.88	Coleen DeRuck	70:06
		M40 Cesar Perez	67:55
Tom Hartshorne 43(1)			
Alan Muir	4:34.75	Brendan Hilliard	69:31
Alan Ruben 40	4:35.38	Al Ruben	71:48
Chas McMullen 46	4:38.44	Bob Marino	72:14
	CONT.	Gary Cohen	73:26
Dan Murphy 42	4:38.58		
Brad Hurst 42	4:40.27	Merel Watkins	73:57
James O'Brien 42	4:40.70	Peter Churchman	76:26
Nick Caswell 47	4:45.41	Stan Cohen	77:01
		M45 Gary Fanelli	73:41
Rob Jackson 47	4:54.11		
Bob Pertak 46	4:57.14	Ron Roop	76:26
Abraham Golub 40	4:58.46	Bill Kehner	78:35
M50-59		John Austin	78:45
	4.00.07	Mick Slonaker	78:51
Harry Nolan 50	4:33.87	M50 Dick Webb	79:00
Peter Hallop 50	4:34.90		
Hugh Sweeny 53	4:48.40	Dwight Gregory	80:54
Rich Murray	4:50.88	Roy Carl	81:16
Sid Howard 58	4:59.01	Luis Sanchez	83:05
Tom Snedden 50	5:01.68	John Weiss	83:06
Jeff Veatch 51	5:03.28	M55 Herb Townsend	83:38
		Bob Taggart	87:11
Frank Handleman 53	5:04.93	boo raggart	
Ben Grundstein 53	5:08.79	Larry Cordell	88:05
Victor Diaz 50	5:10.78	Mike Hayney	89:08
W40-49		Dave Cartwright	89:19
	5:11.27	M60 Tony Cerminaro	85:56
Kathrine Martin 45		Jim Flanagan	
Eileen Troy 43	5:23.77		87:03
Sharon Vos 42	5:29.79	Oliver Collins	91:45
Diane Ditchfield 44	5:33.91	John Dromsky	96:57
Marie Roach 49	5:45.43	M65 Norm Green Jr	83:58
		George Yannakal	
Judy Anker 47	5:58.62		
Mary Rosado 47	6:11.96	Perry Silverman	96:58
W50-59		M70 Jerry Zaslow	1:41:26
Sylvie Kimche 50	5:38.90	Phil Mongillo	1:45:21
		Dixon Hemphill	1:47:20
Ann Makoske 52	5:56.58		Andrew Street Street
Zofia Turosz 59	6:29.41	M75 Abe Bell	2:08:27
The same of the sa	The section of	George Blyn	2:15:44
George Sheehan I		Walt Small	2:21:39
Mile (M & W60-69)		M80 Dudley Healy	2:16:02
Witold Bialokur 62	5:14.20		
Earl Fee 68		W40 Debbie Grossman	80:38
	5:16.00	Jan Yerkes	81:42
Cliff Pauling 63	5:41.85	Betsy Carpenter	88:32
Robert Kahn 65	5:50.28	Marietta Quinn	89:26
Mike Goldman 61	5:50.28		
Joe Roche 60	5:53.02	Debber Weiner	89:29
		W45 Judith Hines	84:50
Joe Burns 68	6:10;12	Laurene Jones	90:06
John Hurley 60	6:10.40	Betty Shonts	90:27
John Connor 62	6:14.12		
Adrian Horne 62		Carolyn Mather	93:25
Joe Simonte 69	6:18.85	W50 Joy Hampton	94:14
	6:56.39	Lori Jaffe	94:17
Ross Grasso 64	7:04.89	Rena Hart	98:42
W60-69		W55 CarolnGiambatist	1.44.04
Rosa Nales 63	7:03.24		
Margaret Carinci 61		Sandy Folzer	1:44:51
Nami Variation 61	7:04.28	Kathy Lewis	1:47:32
Naomi Vogel 62	7:25.15	W60 Imme Dyson	1:44:02
Dolly Finkelstein 67	8:08.11	Andrea Gerbstadt	

# Richard S. Caliguiri Pittsburgh Great Race 10K Pittsburgh, PA: Sept. 28

W65 Lorraine Cephus 2:58:25 Peggy Schofield 3:04:28

Andrea Gerbstadt 1:51:32 Wen-Shi Yu 1:54:26

Fittsburgh, PA; Sept. 28	
Overall	
Ondoro Osoro	27:14
Elaena Viazova	32:00
M40 Craig Young	29:27
Farley Simon	30:43
Dan Lawson	31:08

Continued on next page

NATIONAL	
<b>USATF National Masters</b>	

またがする<br />
なるなった。<br />
なるないが、<br />
なるない。<br />
なるない。<br />
ないできない。<br />

Twin Cities Marathon Indy Life Circuit Event Minneapolis/St. Paul, MN; Oct. 5		
M40 Steve Plasencia	2:19:06	
Ravil Kashapov	2:23:10	
Craig Young	2:25:08	
Budd Coates	2:28:13	
Jeffrey Delie	2:33:37	
Lloyd Stephenson	2:39:29	
Steve Moe	2:41:50	
Terry Stewart	2:46:33	
Dave Braley	2-47-10	

Brad Givot

M45 Artemio Navarro

Doug Kurtis

2:48:15 2:25:15

2:39:04
2:39:51
2:47:43
2:53:20
2:53:49
2:54:15
2:55:10
2:58:34
2:26:34
2:49:39
2:54:12
2:57:12
2:59:24
3:01:53
3:02:21
3:03:14
3:06:44
3:08:54
2:56:46

be is the 10th of the month prior to issue date.

10 Miler		Kevin McCaffrey	15:12
D; Aug. 24		Wayne Jacob	15:16
		John Barbour	15:17
		Ed Sparkowski	15:19
k 25	52:13	Geary Daniels	15:50
n.	61:42	M50 Larry Olson	16:04
ſ	54:21	Richard Myers	16:39
10	54:44	Ken Skelly	17:12
er	55:47	Jack Thornhill	18:09
riguez		Mark Guiadliana	18:33
nter	58:44	John Duprey	18:52
	59:07	M60+Richard Silva	18:41
	59:30	Joe Fernandez	18:48
	59:40	Harry Carter	20:03
	60:44	Bob Watkinson	21:34
ker	59:55	W40 Mary Lammi	17:47
ch	60:36	Marge Bellisle	18:01
	61:51	Karen Boen	18:07
	62:53	Molly Tyson	18:19
	63:03	Lynne Robillard	18:38
ucnam	p61:36	Diane Gordon	18:55
anial.	61:12	M50 Robin Emery Rapp	a20:12
trick	63:11	Mary Ryezek	20:24
	63:21	Jean Roy	20:54

November 1997	
Continued from previou	s page 31:26
Jeff Foster Tim Caney	32:08
Ed Frohnapfel	32:18
Dave Kannewurf	32:21
Carl Bialo S M Courtney	33:18 33:28
Bob Costello (10)	34:09
Steve Swantner	34:12
Martin Kessler	34:25
Tom Abbott Lee Zelkowitz	34:26
Tim Hewitt	34:44
Barry Mittermeier	35:15
Mark Studnicki	35:24 35:31
Gale Carey Gary Thompson	35:42
Robert Berg	35:56
M45 Ron Knepper	33:56
Dennis Kollai Tom Rose	34:34
Stephen Fowler	35:07
Jim Freid	36:06
Don Slussner	36:16
James Lennox Larry Parker	36:19 36:32
Curtis Grimm	36:35
Chuck Haggerty(10	
Bob Fensterer	36:48
Daniel Driskell Paul Von Stein	36:55
Carl Yehnert	37:35 37:47
Tomas Matousek	37:54
Martin Smrek	38:17
M50 James Rohm	36:46
Russell Arndt Richard Baldock	36:47 37:55
Carl Hatfield	38:26
Jim Banks	39:03
Bob Crawford	39:11 39:22
Chuck Destarling Joe Donahue	39:28
Rick Brown	39:59
Jerome Mittman(1	
Tom Lender Jim Carey	40:05
Richard Platt	40:08
Wesley Rohrer	40:13
David Hayden	40:14
M55 Fay Bradley	33:33
Tony Mauro Dick Amato	37:37
Larry Ratkus	37:49
Ben Zappa	40:36
Walter Buss Jim Wharton	41:33
Jack Zihmer	41:59
Chet Coates	42:02
Rich Monheim (10	
M60 Rog Brockenbrou	41:34
Leon Bierbower	42:17
Carl Trimber	42:24
Bill Kenworthy	43:19
John Tucker Willis Ridenour	45:06 46:29
Franklin MacFoos	
M65 Jean Bernaquez	39:46
Regis Costello Don Proto	42:11
Bob Friel	46:56 47:47
Jim Roser	47:50
John Mitchell	48:25
Dick Conners Sal Tate	49:41 50:23
M70+Lou Lodovico 73	42:00
Richard Willis 70	44:25
Jim Walsh 70	52:19
Bill Klapproth 77 James Hurst 73	54:03 54:55
Walter White 72	56:50
Stu Kaufman 75	59:42
Ezio Rongaus 71	62:54
W40 Janet Takahashi Joyce Switzer	35:46 36:41
Maureen Griffith	37:31
Robin Smith	39:00
Julie Rathbone	39:44
Shelley Ralston Cindy Levine	39:52 40:11
Maryanne Rogers	40:11
	43:08
Joan Pellegrin	
Joan Pellegrin Eileen Petrone	44:19
Joan Pellegrin Eileen Petrone Debbie Hoffstot	44:19 44:30
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare	44:19 44:30 45:02
Joan Pellegrin Eileen Petrone Debie Hofstot Michele Megarry W45 Diane Legare Cindy Grimm	44:19 44:30
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare Cindy Grimm Shirley MacFee	44:19 44:30 45:02 36:07 40:33 41:30
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare Cindy Grimm Shirley MacFee Maureen Fowler	44:19 44:30 45:02 36:07 40:33 41:30 42:14
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare Cindy Grimm Shirley MacFee Maureen Fowler Sandra Grimaldi Pat Neubert	44:19 44:30 45:02 36:07 40:33 41:30 42:14 43:54
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare Cindy Grimm Shirley MacFee Maureen Fowler Sandra Grimaldi Pat Neubert Janet Sylanski	44:19 44:30 45:02 36:07 40:33 41:30 42:14
Joan Pellegrin Eileen Petrone Debbie Hoffstot Michele Megarry W45 Diane Legare Cindy Grimm Shirley MacFee Maureen Fowler Sandra Grimaldi Pat Neubert	44:19 44:30 45:02 36:07 40:33 41:30 42:14 43:54 44:59 45:32

SOUTHEAS		MIL
CPTC (1-2-11-13-16) Warren St (5-6-10-35-36	6) 92	W70+D0
Taconic RR (3-4-7-8-9)	31	Lei
Clubs:		W60 Jud
D Whitaker-Crain 46	23:48	Ev
Anastasia Steckas 40	20:45	Par
Kathrine Martin 45	18:46	W55 Arr
M65+Guy Froleg Women:	24:56	Lyr
Joe Roche	21:39	W50 Eri
M60 Geza Feld	21:21	Su
Tom Hartman	30:50	Su
M55 Sid Howard	18:51	W45 An
Bob Pike	19:44	Car
Lutz Hoffman Charles Gross	19:11 19:44	Lin Na
Sam Skinner	18:06	W40 Jea
Terry Delph	17:36	Donna F
M50 Hugh Sweeny	17:35	Jane Pa
Dan O'Donnell	19:57	Mary Pro
Eric Bressler	19:56	Joan Ott
Ed Melnik	19:55	Top Gra
Duane Green	18:43	Judith H
Scott Abercrombie Rob Jackson	18:42	Janet Ta Victoria
Joe Porcaro	18:07	Terry Ma
M45 Paul Mascali	16:31	Marietjie
Patrick Gaughn	18:34	Top Mas
Scott Meardle	18:26	Joh
Carlo Russo	18:19	M70+W
Justin Kelly Ken Paft	18:02 18:06	Ger
David Glass	17:48	Do
Rick Ashby	17:33	M60 Bill Pai
Steve Calidonna	17:23	Fra
Tom Hartshorne	17:09	De
M40 Alan Ruben	16:32	Vic
Oct. 5	ona, NY	M55 Sa
Championships Van Cortlandt Park, Bro		Jin Ra
MAC 5K Cross-Cou		Ma
	AL PROPERTY.	Ha
(results unofficial)	04.07	Bill
Jean Krause Ella Custer	57:08 64:07	M50 Sc
W65 Margaret Lutz	49:21	Jin Lai
Joan Milasincic	56:55	Jim
Christia Siewers	54:03	Pa
Georgette Lacey	53:59	An
W60 Donna Smith	50:46	Pa
Dagnisa Schmidt	56:08	Bill
Pamela Vance	55:46	M45 Bill
Jackie Metzger Jean Webb	51:55 53:41	Da Jer
W55 Rose Scheid	45:16	Da
Judith Gilbert	48:49	Ro
Linda Krynski	48:08	De
Paula Johnson	48:07	M40 Jol
Beverly Bernard	47:49	Tom Do
Mary Ann Clugstor		Thys Ba
ITIGITY OU ITELL	45:47	Richard Fay Bra
Mary Jo Neff	4.14	
W50 Barbara Filutze Kathy Shoaf Mary Jo Neff	38:57 43:18	Top Gra

**USA 10K Classic** 

Atlanta, GA; Sept.	1	
Overall		
Khalid Khannouchi 25	29:04	
Lomah Kiplagat 23	34:13	
M40 Dick Burckle 49	34:04	
Bill Rodgers 49	34:21	
John Taylor Jr 40	35:20	
Bob Dalton 44	35:36	
Karl Steinichen 43	37:31	
Barry Bauer 42	38:25	
M50 Melvin Russ 54	36:11	
Vern Noble 53	36:52	
Ben Jordan 58	41:36	
M60+Paul Wojnowiak60	45:16	
Hans Vorpahl 60	48:12	
Richard Swift 61	48:24	
W40 Laura Dobbs 40	45:44	
Sheila Colwell 42	48:55	
Theresa Vangrov45	49:12	
Anita Olshanski 48	50:41	
W50 Jane Alexander 50	52:34	
Sara Hurte 50	53:41	
Soon Williams 51	55:03	
W60+WendySimonetti60	64:35	
Nellie Mulkey 60	64:39	
Leanna Harris 60	73:20	
Run By The River 5K Clarksville, TN; Sept. 6		

13:20 15:35

14:10 14:47

Overall Peter Githuka 28 Elena Viazova 37

Top Masters Men Keith Anderson 40 Chuck Crabb 40

Tom Stevens 41 Antoni Niemczak 41

Gordon Benfield 44 Top Grandmasters (M50	15:34
Richard Weeks 50	16:38
Fay Bradley 59	
	16:42
Thys Bax 50	16:43
Tom Dooley 53	16:52
M40 John Taylor Jr	16:01
Derrick Lee	17:12
Rob Simbeck	17:19
Dan Thompson	17:28
Dan Smithhisler	17:30
Jerome Dorsey	17:53
M45 Bill Baker	
	17:51
Bill Rodgers	17:54
Paul Heady	18:29
Angel Rodriguez	18:43
Paul Vondohlen	18:56
Jim Grover	19:07
Jim Upchurch	19:48
Larry Mize	19:58
M50 Scott Baron	16:55
Bill Fanning	17:43
Harry Purdy	17:47
Mark Hosler	18:35
Jim Upton	18:42
Ramon Franco	19:00
M55 Sammy Morris	19:09
Vic Thayer	19:14
Dean Whitehead	19:33
Frank Schmidt	20:01
M60 Bill Olrich 61	17:29
Paul McCaleb 63	20:32
Don Sheumaker65	
Gerald Koch 63	20:55
M70+W T Osborne 72	28:19
John Frazer 73	29:14
Top Masters Women	
Marietjie Ceronio 40	17:34
Terry Mahr 48	17:47
Janet Takahashi 41	17:54
	17:58
Victoria Crisp 45	
Judith Hine 48	18:22
Top Grandmasters (W50	
Joan Ottaway 53	18:31
Mary Preisel 50	19:25
Jane Parrish 50	20:34
Donna Presley 51	20:43
W40 Jean Michalak	20:04
Linda Allen	20:51
Nancy Hester	22:01
Cathie Johnson	22:18
W45 Ana Olivo	23:01
Suzanne Philpot	23:26
	23:55
Susan Oliver	
W50 Erika Inman	22:28
Octavia Childress	22:31
Lynda DePaulis	23:28
W55 Amelia Wallace	21:55
Pat Schmidt	23:43
Evelyn Frye	28:36
W60 Judy Kirchoffer 60	
Lena Henderson 6	
W70+DorisBonnewell70	
**/ OTLOHS DOINIE WEIL/	33.30

#### D-AMERICA

ALS Plaza 5K & 10K Kansas City, MO; Sept. 7

Overall	
Phil Hudnall	15:11
Heidi Metz	17:47
M40 Tony Estes	16:36
M45 Bob Buhrmeister	17:52
M50 Frank McCarthy	20:53
M55 John Jorgensen	22:16
M60 P Stauffacher	21:10
M65 Paul Heitzman	18:38
W40 Jane Lundgren	20:17
W45 Marilyn Nolan	22:21
W50 Donna Romans	24:38
W55 Anne Coveney	27:17
-10K-	
Overall	
Eliasa Tanui	31:41
Darla Moberty	35:32
M40 Charles Brandson	34:25
M45 Bill Woolsey	37:43
M50 Ted Glenn	38:31
M55 Joe Lechner	40:24
M60 Mel Yoder	42:40
M65 Bob McCallister	45:05
W40 Marla Rhoden	38:28
W45 Marcia Dowling	41:16
W50 Suzi Kilbride	46:01
W60 Carolyn DeFonzo	55:49

# Air Capital Half-Marathon Wichita, KS: Sept. 21

Wichita, No, oc	JL 21
Overall	
Wayne Strohman	67:39
Maria Rhoden W40	83:14
M40 Steve Riley	76:31
Jim Gifford	82:12

1	M45 Tubby Rath	85:36
	Bob Woods	85:51
	M50 Paul Shimon	87:26
	Richard Ebel	88:03
	M55 Conrad Graber	1:46:48
	Ken Rochford	1:47:30
	M60 Chas Doze	92:21
	M65 Paul Heitzman	86:29
	W40 M Rhoden	83:14
	Gail Leedy	98:26
	W45 Barbara Holzman	92:43
	Sharon Lehman	1:40:09
	W50 Lanay Meier	1:46:18
	Margie Rogers	1:49:33
- 1		

# Cliffhanger 5K & 8K ansas City, MO; Sept. 28

Kansas City, MU; Se	PL 28
-5K-	
Overall	
Charles Brandon	16:16
Kim Fritzie	18:13
M40 J Mittlehauser	16:58
M45 Bill Engert	17:38
M50 Alan Saunders	17:58
M55 Joe Struemph	19:46
M60 Don Miller	22:55
M70 Frank Creason	25:30
W40 Jane Lundgren	19:51
W45 Nancy Cooper	23:48
W50 Donna Romans	24:31
W55 Mary Fields	28:08
W60 Aileen McComas	29:20
W65 Trudy Petty –8K–	33:42
-on- Eliasa Tanui	24:32
Darla Moberty	27:49
	25:18
M40 Charlie Gray	
M45 Bill Woolsey	29:29
M50 Rick Hogan	30:28
M55 Joe Lechner	31:17
M60 Bobby Kincaid	31:22
M65 Paul Heitzman	30:37
M70 Bob McCallister	34:57
M75 Ed Bumham	40:22
W40 Maria Rhoden	30:07
W45 Marcia Dowling	32:48
W50 Suzie Tumer	39:29
W55 Sue Johnson	45:16

#### WEST

Endurance Events Santa Barbara, CA	
-5K-	
Overall	
Bryan Demeworth	15:16
Kari Rust	19:05
M40 Jim Komell	17:00
M50 John Wiskell	18:58
M60 Pat Higgins	22:28

M70+Paul Gilbert 83	48:36
W40 Anne Hayden	20:36
W50 Judy Kewly	22:37
W60 RoseMariDiSanch	e38:44
-10K-	
Overall	
Gregg Harner M40	32:25
Carol Knox	39:49
M40 Gregg Harner	32:25
David Holt	36:06
M50 Vic Birtalan	38:20
M60 Don Truex	38:51
M70+Gene Welch	54:50
W40 Elaine Triplett	41:53
W50 Shirley Saunders	51:50

#### CANADA

Canada vs. USA Ma	astera
Cross-Country Cha	llenge
Coquitlam, BC; Se	pt. 20
(M8K/W5K; low score w	rins)
M40 David McGivern	26:07
Ken Bell	26:29
Brian Bjormson	26:50
Lorne Terichow	27:35
Alex Seres	28:35
Dave Flowers US	
Chuck Dooley US	A 28:39
Rob Lang	28:47
M45 Nicholas Stark	28:25
Roger Brownsey	28:56
Phil Bell	29:10
Mark Lawrence	29:31
Paul Wood	30:10
M50 John Woodcock	30:51
Bill Wirtanen	30:57
Chris Steer USA	31:05
Tom Hastie	31:59
Brian Parkinson	32:51
M55 Herb Phillips	29:08
John Taylor	32:48
Mike Jones	33:29
Alan Brown	34:51
Chris Fryer	36:47
M60 Steve Odwin	31:31
Mel Preedy USA	32:55
Dave Conder	35:41
Hilmr Lewandows	
BobLangenbacht	
M65 Frank Kurucz	34:14
Field Ryan USA	38:34
Jim Sinclair	43:00
Canada 15/USA 61	

1	Gwyn Woodson	20:54
٩,	Marne McMillan	23:49
	Kate Parkinson	29:59
	W50 Heather Taylor	25:01
	Eileen McMurchy	26:03
	Jene Lewandowsk	i 29:58
	CaroleLangenbachUS	A31:50
		25:24
-	Wendy-Jane Brow	n28:40
	W60 Bev LaVeck USA	26:48
	Louise Reed	28:31
	W75+Lenore Marvin	31:58
	Canada 13/USA 28	
	Totals: Canada 28/USA	89

#### RACEWALKING

Food City USA 5K National Masters Racewalk Championships Kingsport, TN; Sept. 13

Overa		
-	Clausen 29	20:56
	lerazo 37	23:15
M40	Jonathan Matthews	
TOTAL	Mark Martin	28:35
	Wendell Lowe	30:33
M45	Ray Funkhouser	23:57
- None	Bruce Booth	25:26
ATE	Andrew Smith	27:10
M50	Jim Carmines	23:51
STATE OF	Max Walker	26:39
Walle,	David Wade	29:12
M55	Mark Adams	26:54
STOR	Charles Mullins	31:21
C No.	John Backlund	32:27
M60	Paul Johnson	27:53
10	Dick Petruzzi	27:59
	Ray Everson	28:50
M65	Mike Michel	29:46
1000	Sal Corrallo	30:00
73.4	Jack Munnell	33:33
M70+	Donald Mackey	31:51
	Paul Geyer	39:09
W40	Gloria Rawls	26:45
STOR	Sandra DeNoon	27:03
200	Sally Evenden	27:47
W45	Jeanette Smith	27:52
100	Tish Roberts	28:17
45.00	Elizabeth Main	28:30
W50	Diana Speck	33:54
THE	Pat Walker	34:43
	Phyllis Kahn	35:47
W55	Elton Richardson	29:31
	Janet Higbie	30:58
	Ruth Everson	32:57
W60	Sami Bailey	31:41

# **Masters Age Records**

W35 Nancy Tinari 18:31 W40 GwenRobertsonUSA20:55

Sally Marcellus Cecilia Bay Cherly Hernberg W45 Bonni Walker

21:48 23:53

(1996 Edition)

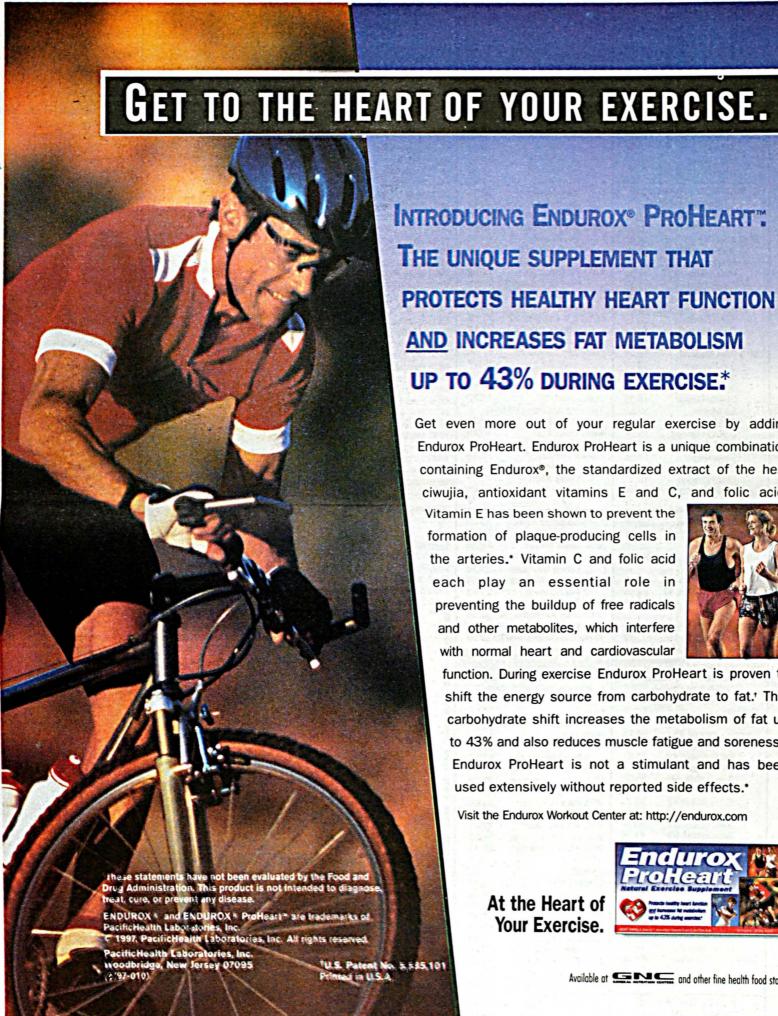
Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up. as of Oct. 31, 1995.
- · Men's U.S. Masters Indoor & Outdoor Championship
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS P.O. Box 50098 Eugene, OR 97405

City	_State	Zip
Address	- 3	
Name	1 10 20	plan the Code
Name		



INTRODUCING ENDUROX® PROHEART" THE UNIQUE SUPPLEMENT THAT PROTECTS HEALTHY HEART FUNCTION **AND INCREASES FAT METABOLISM UP TO 43% DURING EXERCISE.\*** 

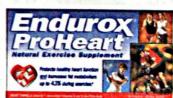
Get even more out of your regular exercise by adding Endurox ProHeart. Endurox ProHeart is a unique combination containing Endurox®, the standardized extract of the herb ciwujia, antioxidant vitamins E and C, and folic acid.

Vitamin E has been shown to prevent the formation of plaque-producing cells in the arteries.\* Vitamin C and folic acid each play an essential role in preventing the buildup of free radicals and other metabolites, which interfere with normal heart and cardiovascular



function. During exercise Endurox ProHeart is proven to shift the energy source from carbohydrate to fat. This carbohydrate shift increases the metabolism of fat up to 43% and also reduces muscle fatigue and soreness.\* Endurox ProHeart is not a stimulant and has been used extensively without reported side effects.\*

Visit the Endurox Workout Center at: http://endurox.com



Available at \_\_\_\_ and other fine health food stores.