

NATIONAL MASTERS NEWS

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

243rd Issue

November 1998

\$2.50

Krohn, Martin Triumph in Trump

by JERRY WOJCIK

Bill Krohn, 40, Flemingsburgh, N.Y., and Kathryn Martin, 46, Northport, N.Y., were the winners in the masters races in the Donald J. Trump Fifth Avenue Mile in Manhattan on Sept. 26. Krohn ran a 4:16.57, outdistancing Long Island's Don DiDonato, 40, Hicksville, N.Y., who ran a 4:24.73. Dave Weller, 40,

Ringoes, N.J., finished third in the field of 16 M40-49 starters, one second behind DiDonato.

In last year's M50-59 race, Peter Hallop was second to Harold Nolan, in about as close a finish as you can get without a tie, 4:33.87 to 4:34.90. This year, Hallop, 51, Ann Arbor, Mich., took the M50-59 race handily in

Continued on page 5



Three top finishers in the George Sheehan Memorial Mile W60-69 race at the Donald J. Trump Fifth Avenue Mile, Sept. 26 (l to r): Sofia Turosz, 60, second (6:20.44); Diane Palmason, 60, first (6:04.37); and Marion Stanjones, 60, third (6:26.59).

Young, Wysocki Top Masters at Pacific Sun

by JANNA WALKUP

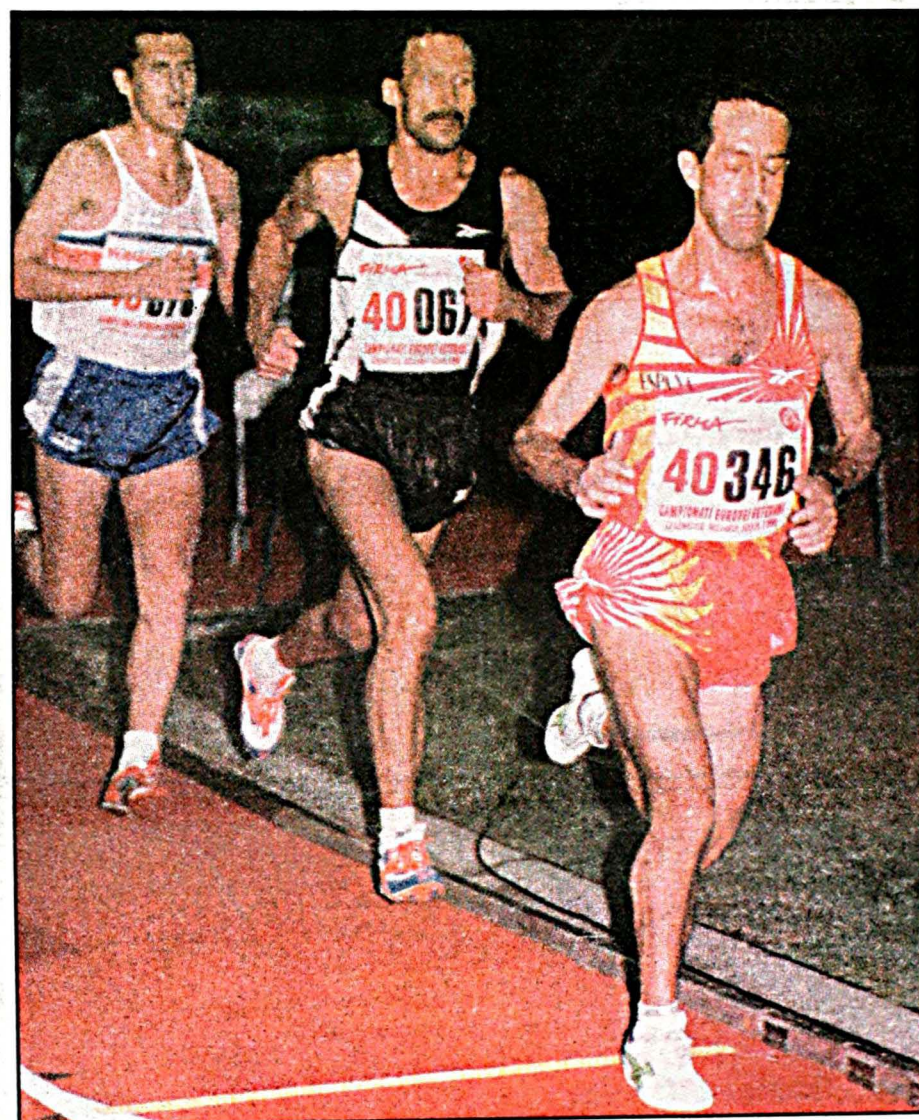
The fifth Indy Life Circuit race per gender, the Pacific Sun 10K in Kentfield, Calif., brought together another collection of the best U.S. masters and, like previous Circuit races, there were outstanding age group performances (seven world class) and several course age-group and four U.S. single age records set.

Under hot, muggy conditions on Sept. 7 - Labor Day - Craig Young and Ruth Wysocki showed why they are the top Indy Life Circuit masters as they handily won the masters races. Although Peter Koech took an early lead, Young, 42, Colorado Springs,

Continued on page 6



VICTOR SAILER/PHOTO RUN Warren Utes, 78, ran an age-graded 94.4% 43:06 in the Indy Life Circuit Pacific Sun 10K, Kentfield, Calif., Sept. 7. He is pictured here in the Crim 10 Mile.



CASTAGNOLI

The first three M40 battle it out in the final lap of a great tactical 10,000 in the European Veterans Championships, Cesenatico, Italy, Sept. 11-19. Francisco Gonzalez (346), Spain, who did most of the pace-setting, is about to be passed by Heiko Schinkitz, Germany, who won by 0.23 seconds in 29:49.58. Bill Foster, Great Britain, took the bronze.

European Championships Draw 4291 from 38 Countries to Italy

by BRIDGET CUSHEN

Italy's Adriatic seaside resorts of Cesenatico and Bellaria-Igea Marina warmly welcomed 4291 competitors from 38 countries and did a brilliant job in organizing the record European Veterans T&F Championships, Sept. 11-19.

The Press Officer, Daniele Menarini, said the Organizing Committee, headed by the President, Anna Maria Cessi Carli, initially had difficulty convincing hotels to remain open until mid-September. The last summer vacationers usually go home at the beginning of the month. Athletes welcomed the opportunity of running along the miles of deserted sandy beaches in the morning. The tempera-

ture dropped from 79°F after the first two days to a mild 70°F

Most hotels were within 10 minutes walking distance of the main stadium, and shuttle buses took competitors on the 20-minute journey to the second stadium.

Italy, as expected, fielded the largest entry (1111), of which 148

Continued on page 22

INSIDE:

- USA Masters Road Records - pages 17-20
- Masters Coaching - page 20
- Masters Clubs - page 36

CONTENTS

DEPARTMENTS

USATF Officers	2
Statement of Ownership ...	3
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Ten Years Ago	7
The Foot Beat	8
Track & Field Report	9
Fifteen Years Ago	9
Racewalking	10
LDR Report	11
On the Run	12
The Weight Room	14
Master Scope	15
Five Years Ago	15
Masters Coaching/Training ..	20
International Scene	21
Countdown to Gateshead ..	22
Masters Scene	23
Schedule	24
Advertising Info	24
All-American Standards ..	26
Results	27
New Age-Group Athletes ..	35

FEATURES

Fifth Avenue Mile	1
Pacific Sun 10K	1
European Championships ..	1
Award Procedures	5
SGMA Capital Challenge ..	7
Winter X-C Preview	7
Potomac Valley Games	8
Chicago Marathon	8
Advancement Rules	8
Pole Vault Study	9
Food City 5K RW	10
Year's Best Racewalkers ..	10
Great South Bay Runs	11
Helen Pain	12
National Weight Pentathlon ..	14
Regional Appointments ...	16
Club West Meet.	16
LDR Records	17
Standards Survey	35
Clubs	36

ENTRY FORMS, ETC.

Motorola Marathon	3
NMN Subscription Form ...	4
Las Vegas Marathon	7
Track & Field News	9
The Master Board	11
Run New Zealand	12
Publications Order Form ..	13
Javelin Video	15
Dartmouth Relays	16
Sports Travel Intl.	21
NW Event Management ..	22
Ski & Travel Intl.	22



NATIONAL MASTERS NEWS

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

Publisher and Editor: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
 PO Box 50098 Eugene, OR 97405
 541-343-7716 Fax: 541-345-2436
 e-mail: natmanews@aol.com
<http://members.aol.com/natmanews/index.html>

Assistant Editors: Jane Dods, Janna Walkup
Subscription Manager: Stark Services
 818-760-8983

Marketing Director: Sue Hartman
National Advertising Director:
 Claudia Malley

Sales Representatives:
 Lisa Fronti 610-967-8896

Billing/Production Coordinator: Lisa Binder
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 Tynn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker
 (MD), Maury Dean (NY), Bob Fine (FL), Courtland
 Gray (TX), Paul Heitzman (KS), Carol Langenbach
 (WA), Ron Marinucci (MI), Marilyn Mitchell (NY),
 Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL),
 Mike Polansky (NY), Phil Raschker (GA), Pete Taylor
 (VA), Mike Tynn (HI), John White (OH).

Internet Correspondent: Ken Stone, Web site:
<http://members.aol.com/trackceo/index.html>;
 e-mail: trackceo@aol.com.

International Correspondents: Jorge Alzamora
 (CHI), Ron Bell (GBR), Leo Benning (RSA),
 Torsten Carlius (SWE), Bridget Cushen (GBR),
 Martin Duff (GBR), Jim Tobin (NZL).
Photographers: George Banker (MD), Suzy Hess
 (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic
 Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI),
 Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons
 The *National Masters News* (ISSN-07442416) is
 published monthly, with an annual subscription rate
 of \$26.00. Main office address: 14155 Magnolia
 Blvd. #338, Sherman Oaks, CA 91423. 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 publication,
 its editorial policy is not necessarily that of USATF
 or WAVA.

Executive Officers of USATF: Pat Rico, President;
 Craig Masback, Executive Director.
 To inquire about a USATF card, call USATF in your
 area, or 317-261-0500.

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

Address change: At least four weeks is required for
 a change of address. Please furnish your new

address 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
 610-967-8896 or 541-343-7716 and request current
 rate card. Send all printed material and ad copy to:
 Carol Covey, Foothill Publishing, 10001 Commerce
 Ave., Tujunga, CA 91042. Closing date for all copy
 and ad space reservations is the 10th of the month
 prior to the cover date.

Mailing: The issue is mailed the last week of the
 month prior to the cover date.

Postmaster: Send address changes to: National
 Masters News, P.O. Box 16597, No. Hollywood, CA
 91615.

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.

**No part of this publication may be reproduced,
 stored in a retrieval system or transmitted in any
 form or by any means, electronic, mechanical,
 photocopying, recording or otherwise, without the
 prior written permission of the publisher.**
 National Masters News Copyright © 1998 by
 National Masters News. All rights reserved.

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
 (973) 584-0679

National:

Championship

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
 6744 Connecticut Colony Cir.
 Mentor, OH 44060
 (440) 255-0751 (H)
 (440) 954-8122 (W)
 (440) 954-8111 (Fax)
 rexjh@aol.com

Records:

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

Rankings:

Jack Lance
 P.O. Box 276
 Long Valley, N.J. 07853
 (908) 876-5856 (Fax)

Weight Events:

Dick Hotchkiss
 14005 Meadow Dr.
 Grass Valley, CA 95945
 (530) 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
 spashkin@aol.com

Rules Coordinator:

Graeme Shirley
 (address above)

Regional Coordinators:

East:

Haig Bohigian
 225 Hunter Ave.
 Sleepy Hollow, NY 10591-1316
 (914) 631-1547

Southeast:

Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 (561) 499-3370

Midwest:

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

Southwest:

John Head
 9404 Gardenia Bend
 Garden Ridge, TX 78266
 (512) 651-6404
 SportsJH@juno.com

Mid-America

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

West:

Gary Miller
 1740 Grandview Ave.
 Glendale, CA 91201-1263
 (818) 242-8484
 gdmiller@hsc.usc.edu

Northwest:

Becky Sisley
 310 East 48th
 Eugene, OR 97405
 (541) 342-3113 (H)
 (541) 346-3383 (W)
 (541) 346-3583 (Fax)
 bsisley@oregon.uoregon.edu

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
 (904) 740-1047 (Fax)
 alvis0002@aol.com (e-mail)

Vice Chairman Women:

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

Indy Life Circuit:

Charles DesJardins

Secretary:

Norm Green
 407 Freedom Blvd.
 West Brandywine, PA 19320-1559
 (610) 466-9197
 (610) 466-9198 (Fax)
 runnorm@aol.com (e-mail)

Treasurer:

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

Championships:

John Boyle
 (address above)

Championship Stats:

Norm Green (address above)

Road Records & Rankings:

Basil & Linda Honikman
 Road Running Information Center
 5522 Camino Cerralvo
 Santa Barbara, CA 93111
 (805) 683-5868
 (805) 967-5958 (Fax)
 Honikman@silcom.com (e-mail)
 www.usaldr.org (Web site)

Awards:

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

Law and Legislation:

Mick Midkiff (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)

Elite Athlete Representative:

Ruth Wysocki

Athlete Information &

Publicity Coordinator:

Barbara Arveson
 590 Kirschner Ave.
 Mendota Heights, MN 55118
 (612) 457-9650 (h)
 (612) 863-4994 (w)



MIKE POLANSKY

Joe Cordero, 60, Islip Terrace, N.Y., winning the M60 race (19:07), Vytra Human Race 5K, Long Island, N.Y., Sept. 13.

Coverage of the Twin Cities Marathon/USATF Masters Championships, which usually appears in this issue, has been delayed as the result of a protest concerning possible illegal pacing.

Statement of Ownership Management and Circulation

1. Title of publication: National Masters News. 2. Publication No. 07442416. 3. Date of filing: 9-30-98. 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.

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) 8244. B. Paid Circulation 1) Through dealers, 25; 2) Mail Subscription, 7597. C. Total Paid Circulation, 7622. D. Free Distribution, Complimentary, Promotion, 597. E. Total Distribution, 8219. F. Copies Not Distributed: 1) Office use, left over, spoiled, 25; 2) Return from News Agents: 0; G. Total 8244.

Actual No. Copies of Single Issue
Published Nearest to Filing Date: A. Total
Copies: 8000. B. Paid Circulation: 1) Through
Dealers: 25; 2) Mail Subscription: 7473. C.
Total Paid Circulation: 7498. D. Free Dis-
tribution, Complimentary, Promotion: 477. E.
Total Distribution: 7975. F. Copies Not
Distributed: 1) Office use, left over, spoiled:
25; 2) Return from News Agents: 0; G. Total:
8000.

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

MOTOROLA

MARATHON

AUSTIN

& RELAYS 1999

FEBRUARY 14, 1999

26.2 MILES IN AUSTIN

\$5000 TO WIN • OVER \$40,000 IN CASH PRIZES

MONEY TO MASTERS, SENIORS AND VETERANS

512-505-8304

EMAIL ADDRESS: momar1@email.sps.mot.com

WEBSITE: www.MotorolaMarathon.com

EARLY REGISTRATION FORM

**FILL OUT THIS FORM AND
SEND FORM
AND A FEE OF \$40 TO:**

**Motorola Austin
Marathon
P.O. Box 684587
Austin, Texas
78768-4587**

or visit our website to register early for the Marathon, Marathon relays (2 person or 5 person) and any other special categories or events.

MotorolaMarathon.com

The entry fee of \$40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date can be made at the Motorola Marathon Expo and with a fee of \$50.

[illegible]

Registrants will be required to sign a waiver of liability before receiving an official race number. For more information, contact address above.



MOTOROLA



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

SAN DIEGO RACEWALKS

The San Diego Senior Olympics, Sept. 12, included four flawless walks. As a judge, I had a close view of the races, the athletes, the judging team, and the meet, which was impressively managed by David and Linda Pain. The staff and volunteers were competent and eager to assist and were a positive factor in lap counting the walks without error. Sharon, the starter, knew her job and did it with a welcome sense of humor.

The walkers finished happily, expressing thanks; the judges were pleased with the results; and the two DQs which occurred were agreed upon by all. This successful competition came about because of the following steps taken by the meet directors:

1. A pre-meet clinic taught the participants the rules, protocol, and technique of legal walking with individual attention to each athlete.
2. Brief pre-race instructions prior to each walk for clarification of rules, introduction of judges, and an invitation to the athletes to confer with judges after the events for feedback.
3. A brief post-race clinic for all competitors and officials to discuss results, rules, technique, and suggestions for improvement.
4. A well-managed registration and check-in system, an on-the-spot meet manager, a radio connection between the check-in area and the start line, and a competent starter.
5. A group of walk judges who knew their jobs, enforced the rules, and gave the benefit of the doubt as to legality to the walker, as required by rule.

6. A group of athletes who came to have fun, stayed alert for directions, followed the rules, and were interested in learning from the experience. Thanks to all involved.

Viisha Sedlak
Boulder, Colorado

MIKE TYMN

After reading Mike Tymn's column (September, 1998), I feel like grabbing him by the shoulders and giving him a good talking to. Because he's no longer competitive for the top spots in his age group, is he no longer interested in the game of running?

I sometimes think it's a blessing that I was never as good as Mike Tymn or some of my other running friends. I don't have that heavy cross of past successes to bear. In the last 10 years of a 30-year racing career, I've slipped faster and farther in my performances than most of my long-term local rivals, but, you know what - there is still always someone out there on the race course to bring out the best in me on any given day.

Yes, I'd rather be racing to win my age group, but I'm nearly as happy with a good match-up with any of my fellow competitors - be they older, younger, faster, less experienced, whatever. The joy is in the race and the races within the race; not just what awards and accolades one receives.

I do miss my 70-miles per week habit, but I consider myself blessed that I am still running 35 miles per week. I get other parts of my exercise fix by going to the gym and paying attention to keeping the rest of my body strong.

The last part of my lecture to Mike: Get your weight down! Do it for your overall health, do it to decrease the injuries you can develop from running, and if it's still important for you to run faster (and I think it is), returning to your competitive weight would knock at least a minute off your two-mile time, even without doing any additional training.

Mac Larson
San Diego, California

What a gem Mike Tymn's column (October, 1998) is. In 35 years of distance running, I have experienced the litany of lessons he talks about in "Lessons of Running." Mike not only ran the gamut of lessons to be learned, but, concisely and comprehensively, he articulated them clearly. This is an article of substance as opposed to the many articles that offer panaceas for ills and aches, or magic formulas for better and faster performance. Distance runners should go beyond reading it; they should meditate on it.

Paul Reese
Auburn, California

SPECIAL TIP

As a special service to NMN readers (but at the risk of encouraging cut throat competition from masters not aware of this event), I will reveal the identity of the race which, in my opinion, is the best in the NYC area. It is the Eamonn Coghlan 5K, held Aug. 23 at Belmont Race Track.

The race featured: a perfectly flat, certified, two-lap course, with few turns and long straightaways, ideal for fast times; Irish crystal for top three in every age group, plus prize money for top three, and merchandise for masters; admission to a day-long Irish festival with each entry, with music, dancing, beer, etc.; Eamonn Coghlan on hand to thrill the first 18 finishers by finishing

19th, and to present awards afterward; a relatively small field of 260; and the racetrack, grandstand, and grounds open for those curious enough to explore.

Skip Murphy (15:59), Hugh Sweeney (16:54), and James McFarlane (17:09) were masters runners finishing ahead of the out-of-shape, but game, Coghlan, who passed the mile in about 5:10 and the two miles in around 10:45.

Maureen Barry was the W40+ first in 20:45, followed by Kathy Gilhuley in 21:05.

My only complaint is the race directors continuing "affirmative action" by favoring women in the awarding of prize money and prizes here. A trio of M50 runners beat the first woman's 19:09, worth \$250. A woman's 19:56 won prize money, while a men's 15:25, far superior on the age-graded tables, was out of the money. Sixty-five women and 194 men finished.

Hugh Sweeney
New York City

10K RW FOR WOMEN

Despite numerous proofreadings, there is at least one error in the entry booklet for the WAVA Championships in Gateshead. The women's roadwalk is 10K, not 20K as stated on p. 13. The correct distance is shown on the entry form.

Ron Bell
Denbighshire, Great Britain

NO FALSE START RULE

One of the most important reasons why the No False Start Rule must be defeated is that USATF and WAVA function under a One False Start Rule - leaving the USA masters as the only group in the world to have this bad rule.

The NFS Rule was never well received by sprinters and hurdlers, as our nearly 800 petitions indicate.

Masters athletes compete for enjoyment and spend their own money to do so. Why should they be prevented from competing by this discriminatory rule? Other athletes (throwers, walkers, and jumpers) are allowed multiple violations before disqualification - sprinters get nothing.

The majority of false starts are caused by starters using incorrect procedure (e.g., holding athletes too long after the "set" position).

Doesn't it strike you as unfair that, in

Continued on page 5

NATIONAL MASTERS NEWS

Subscription Form

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

1st Class rates:

(USA, Canada, Mexico)
☐ 1 Year \$42
☐ 2 Years \$80
☐ 3 Years \$115

Foreign rates:

(Air mail)
☐ 1 Year \$45
☐ 2 Years \$85
☐ 3 Years \$125

☐ Payment enclosed
☐ Bill me later
☐ \$_____ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
 Subscription Dept.
 P.O. Box 16597
 North Hollywood, CA 91615-6597

Or Call:
 818/760-8983

CZZMN

Eight 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 in-depth schedule section, and more.

Special thanks this month go to:

David Brown
 Joseph Carlozzi
 Arny Ferrando
 Katherine Gradick
 Sumiye Onodera-Leonard
 Gordon Seifert
 Eddie Simon
 R. Gordon Sykes

Whittier, California
 Gorham, Maine
 Houston, Texas
 Marathon, Florida
 Huntington Beach, California
 Birmingham, Alabama
 La Mesa, California
 Lake Oswego, California

Trump Mile

Continued from page 1

4:38.15 with Nolan, of New Jersey, finishing second in 4:44.31. Richard Myers, 52, Voorhees, N.J., was third (4:54.82) in the ten-man field.

The race for the title of fastest masters woman was between two local long-distance standouts, Martin, and Gillian Horovitz, 43. Martin, of Long Island, is the 1998 W45 indoor champion in the mile and 3000 (pending AR 10:43.72), and Horovitz, of NYC, was the W40+ winner (2:43:20) in the 1997 NYC Marathon. Martin, with an edge in running the shorter distances, won by some two seconds in 5:14.45, with Horovitz at 5:16.89. Robin Sarris-Hallop, 42, Ann Arbor, Mich., took third in 5:24.69. Marie Roach, 50, was first finisher (5:54.07) in the two-woman W50-59 field.

The fastest three men and women received \$300, \$200, and \$100 in prize money.

In the 5th annual George Sheehan Memorial Mile races for men and women age 60 and over, Fay Bradley, 60, Washington, D.C., was first with a rapid 5:10.71 in the M60-69 group of 15 runners. Texan Ino Cantu, 64, was second in 5:16.35. Witold Bialokur, 63, NYC, first in last year's race (5:14.20), finished third in 5:18.00.

In the M70-79 contest, Bill Fortune,

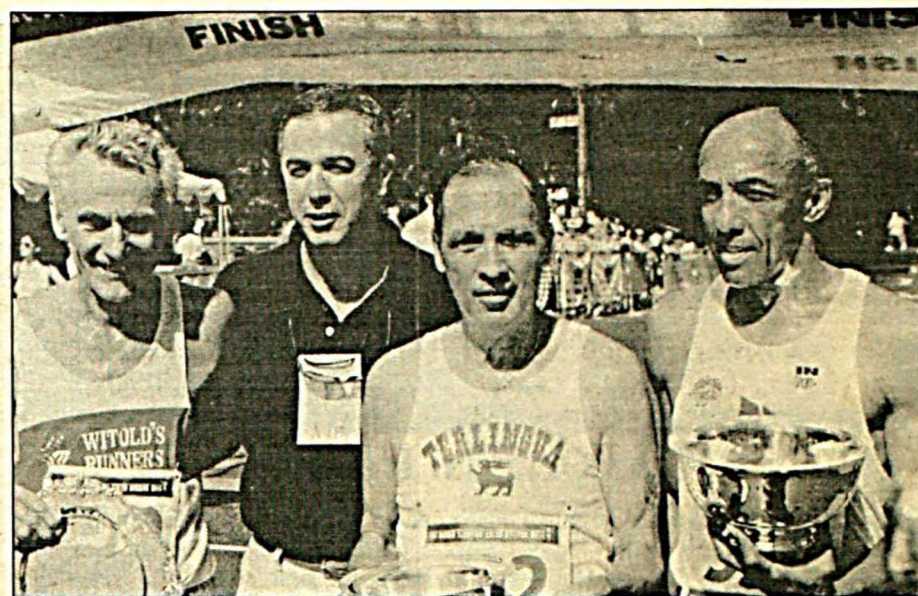
NYC, with a 6:07.3 was a decisive winner over Dixon Hemphill, 73, Fairfax Station, Va., a roadrunner in the D.C. area. Bob Matteson, 82, Bennington, Vt., 1998 champion in the outdoor 400 (86.18), won the M80+ race in 8:54.2, with Wilfred Rios, NYC, second (9:06.6). Max Popper, 95, NYC, again ran the race, finishing in 17:43.

Diane Palmason, 60, Englewood, Colo., ran a convincing 6:04.37 to win the Sheehan Memorial W60-69 race. Last year's winning time was 7:03.24. Zofia Turosz, 60, NYC, was second to Palmason in 6:20.44. The W70+ race went to Joan Rowland, 72, NYC, better known as a masters champion race-walker, who finished in 9:05.3.

Winners of the Elite Mile were Isaac Viciosa, Spain, 3:55.59, and Regina Jacobs, Oakland, Calif., 4:20.8.

Last year, the race course started at 82nd Street, in front of the Metropolitan Museum, and finished at 62nd Street. At the request of Trump, the primary sponsor, the race was moved two blocks south in hope of better participation. Al Puma, founder of the Sheehan Memorial races for the older men and women, said, "The new location did not increase attendance or improve the race. I hope it will start at 82nd in 1999."

For next year's event, Puma is seek-



First three finishers in the George Sheehan Memorial Mile M60-69 race at the Donald J. Trump Fifth Avenue Mile, Sept. 26 (l to r): Witold Bialokur, 63, third (5:18.00); Tim Sheehan, son of George Sheehan; Ino Cantu, 64, second (5:16.35); and Fay Bradley, 60, first (5:10.71).

ing interested men and women for the 60-69, 70-79, and 80+ divisions. He can be reached at S. Puma, Inc., 1224 60 Street, Brooklyn, NY 11219-4999;

718-854-6886.

The event, run in sunny, warm conditions, was organized by the NYRRRC. □

Who Receives the Awards?

by DON AUSTIN

Masters T&F Awards Coordinator

Why do USATF Masters give annual awards? How are people selected to receive these awards? If my times were better than so-and-so's times, why didn't I get the award? Let me clarify the awards procedure for you.

Why do we have awards?

Awards are presented to members of the USATF masters program to recognize their outstanding contribution to the program and to honor the top age-group individuals in track & field events.

Who is eligible for an award?

U.S. citizens who compete in that year's regional, national indoor or outdoor, or the WAVA North American World Veterans Championships are eligible. Additionally, when an athlete reaches a milestone (e.g., 7-foot high jump, 4-minute mile), the awards committee recommends recognition of this historic feat.

Who selects individual winners?

I am the Chair of the Awards Committee. Each year at the convention, the committee meets to make its selections. Members include individuals from all disciplines. Racewalking has its own committee that presents its list of award recipients. The multi-events program has its own selection criteria and presents its list for approval. Members include: Jerry Wojcik, *National Masters News*; Pete Mundle, Records Chair; Rex Harvey, Multi-event Chair; Joan Stratton, field events; Suzy Hess, *National Masters News*; Phil Mulkey, multi-events; plus myself as chair. This is an open meeting, which anyone may attend and share opinions with the committee.

Results from all the championships, using only the top three places from each event, are considered. Each age group is looked at individually by gen-

der and event. The performances are compared using age-graded percentages, head-to-head competition, and level of competition. Granted, in WAVA championship years, individuals who participate have an edge because they have competed against the rest of the world and had to perform in a superior manner just to reach the finals.

Anyone changing age groups during the year is considered in both categories but separately, as they have competed in different age groups and against different individuals.

Which awards are given?

Nine major award plaques are given:

- Male Athlete of the Year
- Female Athlete of the Year
- Single Performance - Male
- Single Performance - Female
- Racewalker - Male
- Racewalker - Female
- Multi-Events Athlete - Male
- Multi-Events Athlete - Female
- Administrator of the Year

Outstanding individual age-group winners are awarded a certificate that lists all the year's winners. These awards are presented annually at the athletes' meeting during the national outdoor championships.

How are the multi-event awardees chosen?

By awarding points for placing in the top three in Championship events: Indoor Pentathlon (1st: 3 pts.; 2nd: 2 pts.; 3rd: 1 pt.); Indoor Heptathlon (4-3-2); Decathlon/Heptathlon (5-4-3); Weight Pentathlon (5-4-3); NCC-WAVA Pentathlon (6-5-4); WAVA Decathlon/Heptathlon (7-6-5); WAVA Weight Pentathlon (7-6-5). Points are also awarded for a single-age U.S. record (2 pts.); a 5-year U.S. record (4); a one-year WR (4); and 5-yr WR (8). The winners are the man and woman with the most points. □

Write On

Continued from page 4

the sport of track & field, no one else is prohibited from competing, except sprinters?

Support the opinions of more than 800 athletes nationwide and let's vote to rescind the NFS Rule.

Louise Tricard
Satellite Beach, Florida

OLDEST MASTER EVER

I'm not sure that Ben Levinson, at age 103, merits the "...first time ever in masters competition an athlete age 100 ..." accolade (p. 8, October). I remember Larry Lewis running a 100y race at age 102 at the second annual U.S. Masters Meet in Balboa Stadium, San Diego, in 1969. He was the "Honorary Referee" at the meet.

I met him in person, with my father, Jim Hartshorne, who was running the mile to defend the championship he won in the initial meet in 1968. What I can't remember is whether Mr. Lewis ran an exhibition 100y by himself or in the Division III group (60+).

I was brought along by my father to photograph as I was pretty handy with a 35mm and to soak up the ambiance of the event. In the meet's promotional material, it was stated that Mr. Lewis ran six miles a day. I don't think that was an exaggeration, as I clearly remember him describing running to his waiting job and often running home afterwards, several days a week. He then performed - in a coat and tie - 20-

30 quick push-ups in front of us.

Having met Mr. Lewis nearly 30 years ago when I was 15, his energy and enthusiasm and the image of his doing those push-ups has never left me. I have a very clear picture in my mind of him in shorts and funny little shoes, running the 100y in front of astonished spectators and masters competitors.

I wanted to set the record straight and give the San Diego TC and the San Diego Recreation Department, sponsors of the first U.S. Masters Championships, the honor of having the first 100-year-old competitor.

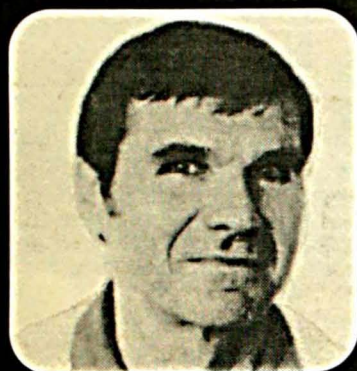
Tom Hartshorne
Brooklyn, New York

NIKE WORLD MASTERS GAMES

Let's set the story straight once and for all. The \$200 entry fee for the Nike World Masters Games was outrageous and not justifiable. But first, let me say that putting on a major meet is a huge endeavor, and from what I've heard the meet was well run, and co-commissioners Barbara Kousky and Tom Jordan are to be commended for a job well done.

A \$200 entry fee is nowhere close to being in line with what a track & field entry fee should be. Most meets cost between \$5 and \$20 to enter with major meets costing a little more, but no meet should charge over \$100. I can only wonder what Nike's involvement was when it seems like the athletes were footing the bill.

Continued on page 13



Third Wind

by MIKE TYMN

The Original Ironmen

Many of the professionals who competed in the Ironman Triathlon World Championship on October 3 were toddlers or infants when Honolulu taxi driver Gordon Haller was enduring the first Ironman 20 years ago. Some of them may be inclined to look at the record book and wonder why those "old timers" were so slow. Haller, then 28, finished that first one, held in Honolulu, in 11 hours, 46 minutes, 58 seconds. The men are now pushing eight hours and the women nine hours.

"We really had no idea as to how to pace ourselves for something that long," said Haller, now a computer programmer living in Englewood, Colorado, when I talked with him the week before the event. "I wasted a lot of time in the transitions. After finishing the swim, I took a shower, dried off, powdered up, and took maybe 10 minutes before beginning the bike. When I finished the bike, I jumped in the fountain at Aloha Tower to cool off and then got a massage before starting the run. I spent about 15 minutes in that transition. I finished the last five miles of the run at a pretty good clip and still had a lot left when I finished. It was just a matter of not knowing what to expect."

In finishing sixth in the 1980 Ironman, Haller took nearly an hour off his 1978 effort. "Had he been a full-time professional triathlete and devoted five or six hours a day to training, as today's elite triathletes do, it is likely he could have been even faster, probably under nine hours and maybe closer to eight."

20th Anniversary

Haller and nine or ten of the other 12 finishers in that first one, staged on February 18, 1978, were expected to compete in the 22nd annual Ironman in Kona, Hawaii, to celebrate the 20th anniversary of the event and of the sport. The race was held twice in 1982 when it was moved from February to October.

"It was considered more of a survival test than a race," added Tom Knoll, who as a 45-year-old Marine in 1978, finished sixth. "No one had ever done anything like that and so it was more a question of finishing than it was placing. My trophy from the race says 'finisher,' that's all. That was the objective, just to see if it could be done."

Knoll was present at the discussion that gave rise to the birth of the Ironman and the sport of triathlon. "It was an awards ceremony at the Primo Brewery for the around-the-island run," Knoll recalled. "After a few beers, some guys asked a swimmer there what their big event was and he said it was the (Waikiki) Roughwater Swim. Then there was another guy

there who was primarily a biker and someone asked him what their big event was, and he said it was the 112-mile-around-the-island bike race."

"Then John Collins commented that it would really be something if a person could do all three (including the Honolulu Marathon) in one day. He said that person would be truly an Ironman. Everyone laughed as if he was nuts, but some of us, like Gordon Haller and John Dunbar, thought it was a good idea. A few days later, John (Collins) called up and suggested we do it."

Father of the Ironman

Collins, then a Navy officer, is now considered the Father of the Ironman and the sport of triathlon. Retired and living in Panama, he was also expected to be in Kona for the anniversary celebration.

"I figured the event was made for me," said Haller, who had served as an officer in the Navy at Pearl Harbor several years earlier. "I was out of the Navy then and just sort of bumming around, selling real estate, working as a cab driver, and doing a few other odd jobs, mostly training for the 1977 Marine Corps Marathon at the time. I did some age-group swimming when I was younger and had done a lot of biking to just get around."

With a time of 2:27:34 in that Marine Corps Marathon just three months before the first Ironman, Haller had a good endurance base going into the Ironman. "But I developed an Achilles tendon problem in the Honolulu Marathon that December and did no running at all in the six weeks before the Ironman."

No Traffic Controls

Knoll remembers something else that accounted for slower times the first year. "We had no traffic controls whatsoever. You had to find your own space to bike or ride. Nobody knew what the heck we were doing out there. Nobody wore helmets."

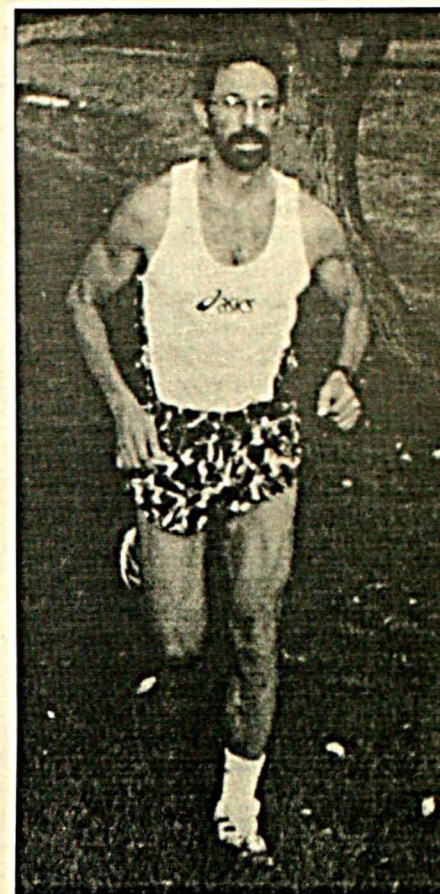
Haller, now 48, still competes as a masters runner. "I can still run a sub-6 mile pretty easily, but I can't put too many of them together these days," he explained his present condition. "I can probably do 39 minutes for 10K now,



Tom Knoll 1977

maybe a little faster." His plan for the 22nd Ironman was to simply finish. "I don't want to take a full 17 hours (the time limit) to finish, but I will if I have to."

Knoll, who had recently won his age group in the Run to the Sun, a 36-



Gordon Haller 1998

mile trek up Maui's Mt. Haleakala, was mostly concerned about finishing the swim. "If I don't drown or get disqualified for not finishing the swim in the time limit, I'll finish," he said. "It'll be my second and my last one." □

Pacific Sun 10K

Continued from page 1

Colo., came home as the first master in 30:37, second overall. The 1997 ILC Masters Grand Prix champion won his second consecutive Indy Life masters race and set an age group (40-44) course record. Koech, 40, Albuquerque, N.M., was the second master in 31:18.

Wysocki, 41, Canyon Lake, Calif., not only won the masters race, but also the women's race overall in 34:49. The 1984 Olympian claimed her third consecutive Indy Life masters victory. Jeanne Lasee-Johnson, 41, Chula Vista, Calif., was the second master and second overall (35:32).

With their ILC wins, Young and Wysocki picked up 15 more Circuit points to increase their masters division leads. In addition, each earned \$750 and \$550 in masters and time bonus prize money, respectively. With two ILC events remaining to be scored (Twin Cities Marathon and Tulsa Run 15K), Young holds an 18-point lead over Koech (90 to 72), while Wysocki leads Lasee-Johnson by 11 points (73 to 62).

In the ILC age-graded competition, Warren Utes, 78, produced the best performance for the third straight Circuit race. His 43:06 adjusts to a 28:34 open time or 94.4%. Utes set course age group (75-79) and U.S. single age records. The Park Forest, Ill., resident's adjusted time was nearly bested by fellow Illinois resident Jack Nelson, 56, of Winnetka. Nelson ran

34:26 (a U.S. single age record), which adjusts to 28:38. Utes, Nelson, and Young all scored over 90% (world class) on the WAVA age-graded tables. Fay Bradley, 60, Washington, D.C., was just under 90%, but his 36:31 set a course age-group record.

For the women, Joan Ottaway, 54, topped the age-graded results and, like Utes, earned \$500. The 1997 ILC age-graded Grand Prix champion from Sonoma, Calif., ran a 38:36. Barbara Miller, 59, finished only eight seconds back in 40:47. The Modesto, Calif., resident also set a course age group record. Ottaway, Miller, June Machala, and Wysocki ran times at the world class level of 90% or higher. Machala's 45:04 was a U.S. single age record (67). Local masters legend Shirley Matson, 59, Larkspur, Calif., returned to action with a 41:02 (fifth age-graded), a U.S. single age record.

In the Indy Life men's age-graded standings, Utes increased his lead over Young to 10 points, 329 to 319. In the women's standings, Ottaway cut into Machala's lead, 313 to 305.

The Pacific Sun marked a milestone as the first time a U.S. road race received original live coverage on the Internet (www.broadcast.com/sports). Steve Sievert, host of the national radio show, *Runner's World On-Air*, anchored the broadcast. Over 1250 runners finished the 10K, the second largest in race history. □

(Information provided by RRIC.)

Political Race Challenges Washington's Leaders

by JEFF DARMAN

On a warm Wednesday morning, Sept. 23, Washington, D.C., played host to the eighteenth SGMA Capital Challenge. The race in East Potomac Park drew a spectacular array of Washington VIPs intent on demonstrating for fitness and raising money for D.C. Special Olympics. Vice-President Al Gore headlined the impressive gathering, and ran 27:04 for the three miles, while the FBI team captured its second straight fastest and fittest team title.

Twenty-six members of Congress, scores of political appointees, TV news correspondents, such as Bob Hager, Andrew Mitchell and Bill Plante, and several Federal Judges joined the Vice-President on the run around Hains Point.

Over 700 runners on teams each captained by a U.S. senator, representative, cabinet member, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional journalist took part. Official "whistle blower" and starter was 1972 Olympian Jeff Galloway, who jumped in at the back of the pack after sending the field on its way.

The purpose of the SGMA Capital Challenge is to determine who is fittest: the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that cover them.

Overall winner was the media's 40-year-old Jim Hage in 15:11. Kelly Keene, running for Senator Richard Lugar's team was first woman in 17:14. Repeat division winners from 1997 were Senate Majority Whip, Don Nickles (R-OK); Representative Bart Gordon (D-TN), still the fastest man in Congress; and print journalist Hage, running for the Bureau of National Affairs.

Senator Kay Bailey Hutchison (R-TX), broke her record for female senators in notching her second straight victory. Deb Jospin, Director of AmeriCorps, and Neil Gallagher, Deputy Assistant Director of the FBI, were the fastest sub-cabinet runners, with Jospin setting a new women's sub-cabinet record. Bill Plante of CBS News was the first 60+ captain, and Rita Colwell, Director of the National Science Foundation, set a new women's 60+ record.

Former world record holder, Jim

Ryun, enlisted his twin sons and daughter for his team, but still had to settle for second place in the House division behind Bart Gordon's crew. Former professional football player, Steve Largent, also ran, finishing seventh among House members.

The Best Named Team was 5 0 Run(c)3 from the *Chronicle of Philanthropy*.

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished. Media coverage was extensive, with live coverage on site by several local and national outlets. Post-race, the runners quenched their thirst with Deer Park water and munched on fruit and chocolate croissants.

The SGMA Capital Challenge raised over \$11,600 for D.C. Special Olympics. Challenge title sponsor, SGMA (Sporting Goods Manufacturers Association) and contributing sponsors, Prudential, Deer Park, and *Running Times* donated \$4000 to D.C. Special Olympics, as well as paying all race expenses. All entry fees went to Special Olympics. □



BILL FITZPATRICK

Bill Plante (l), CBS News White House correspondent, and Judge Stephen Swift, finishing in the SGMA Capital Challenge, Washington, D.C., Sept. 23.

Masters Will Be Part of Historic Winter Cross-Country

by CAROLE LANGENBACH

On Feb. 13, masters runners will participate in USATF's first-ever Winter Cross-Country Championships at Lake Spanaway Golf-Course near Tacoma, Wash.

Masters men 40+ will run 6K, while masters women 35+ will run 4K.

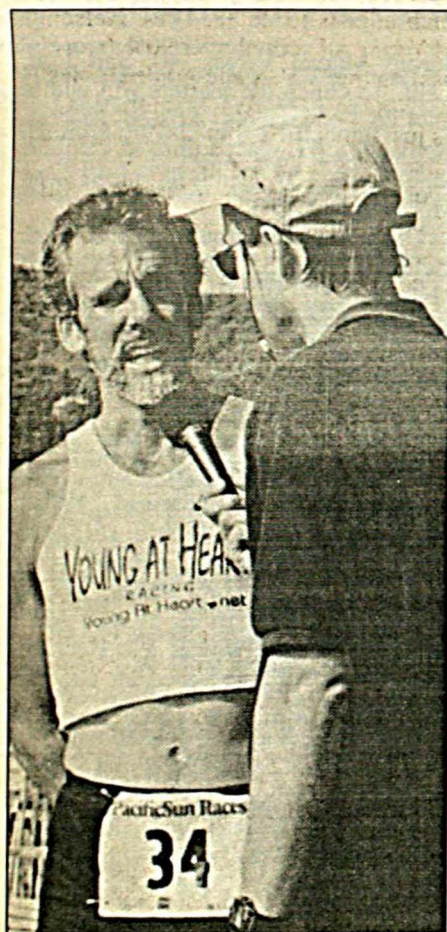
Usually, masters women must be 40+ to run in national championships, but since both masters races are also U.S. vs. Canada challenges, the international standard of 35+ for veteran women will apply.

Other races scheduled are the Senior Men's 4K and 12K, the Senior Women's 4K and 8K, the Junior Men's 8K, and the Junior Women's 6K. These events will also serve as the USA Team Trials for the IAAF World Cross-Country Championships in Belfast in March. This is the first time the men's and women's trials will be conducted together.

To complete the weekend of races, two community events are scheduled. On Saturday, Feb. 13, prior to the championship events, a 4K community fun run will be held, as well as a clinic for prep athletes. On Sunday morning, prep athletes will do a 2K fun run on the same loop serving for the championships.

For more information, visit the website: <http://www.pntf.org/usaxc99>,

or request an entry form after Nov. 23 by contacting the Pacific Northwest T&F office at 206-433-8868. □



RUNNER'S SCHEDULE MAGAZINE

Craig Young, first M40+ (30:37), Indy Life Circuit Pacific Sun 10K, Sept. 7, being interviewed by Steven Sievert in the first-ever live coverage on the Internet of a U.S. road race.

NATIONAL SPORTS SERVICES PRESENTS

33rd La\$ Vegas international MARATHON

Including 5-person Ekiden
Half Marathon & 5K

Sunday, February 7, 1999



- Televised over ESPN's "Running & Racing"
- Masters Half-Marathon Championship
- "International" Friendship 5K Run
- Cool and Dry Running Weather
- Half Marathon Racewalking Championship
- "Fun Capital" of the World

• Come see why Runner's World listed these events amongst the "fastest" in the USA and join Runners from 50 States and 35+ Countries

• 3 day health & fitness expo at MGM Grand Hotel



FOR ENTRY FORM SEND "SASE" TO
LAS VEGAS International MARATHON
Al Boka, Race Director
P. O. BOX 81262
LAS VEGAS, NV 89180 USA
Phone/FAX (702) 876-3870



<http://www.LVMarathon.com>

TEN YEARS AGO November, 1988

- Bill Rodgers, 40, Sets U.S. Masters 10K Record of 29:47 in Davenport, Iowa
- Bob Schlauf, 40, Wins Stamford, Conn., Marathon Overall in 2:20:41
- \$28,200 Masters Money in Sacramento Marathon Championships



Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Hot Feet Studied

It is always interesting, when perusing medical literature, to find articles that may have an implication for the veteran runner. One study that came out of Texas related to the color of shoes and the potential for solar injury. In other words, does shoe color have an effect on the temperature of one's foot?

Now, remember, this is theoretical and is a study related to non-runners. However, the results were very interesting. The upper shoe material was studied and was a form of leather. One pair was solid white and one pair was solid black. A water balloon was placed in the toe box of each shoe to simulate the skin of the foot. A thermistor electrode was positioned beneath the surface of the leather and attached to the balloon. An infrared lamp was used to simulate sunlight.

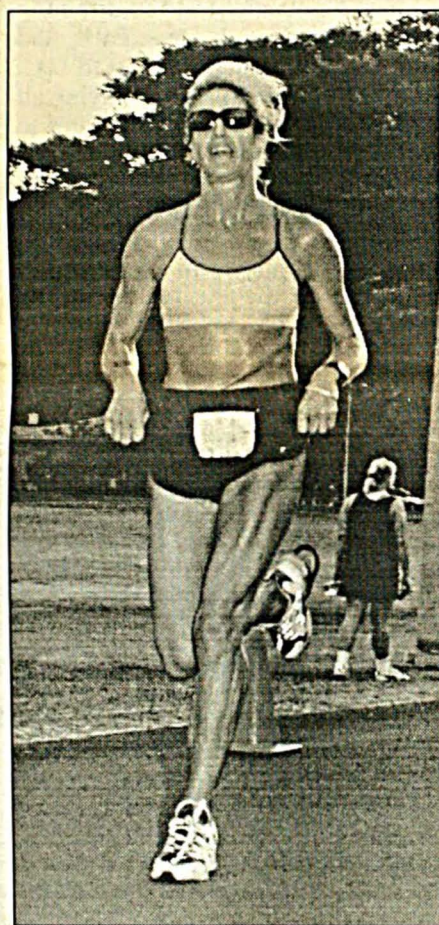
The initial water temperature in the balloon started out at around 71-75 degrees. After 15 minutes, the temperature of the white shoe had risen to 77-79 degrees, while the temperature of the black shoe had risen to 88-91 degrees.

After 30 minutes, the temperature of the white shoe had risen to 80-83 degrees, while the temperature of the black shoe had risen to 93-97 degrees.

Although this may have nothing to do with running, it would make sense to use a white top shoe when running past 15 minutes, to reduce the foot temperature. □

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

College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)



Katy Bourne, first W40 (1:38:37), Kolekole Half-Marathon, Schofield Barracks, Hawaii, Aug. 8.

COMING NEXT MONTH

- National Masters Marathon, 5K X-C, 8K X-C, 15K
- New York City Marathon
- Senior Games

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.

Potomac Valley Meet Caps Outdoor Season

by GEORGE BANKER

Saving the best for last, the 23rd Potomac Valley Games, Alexandria, Va., were attended by 300 athletes from ages 3 through 96 on Sept. 5-6, ending the outdoor season in the D.C. area.

Among the competitors were athletes who have been active all season, several who have taken short respites, and one who has been out of competition for a couple of decades.

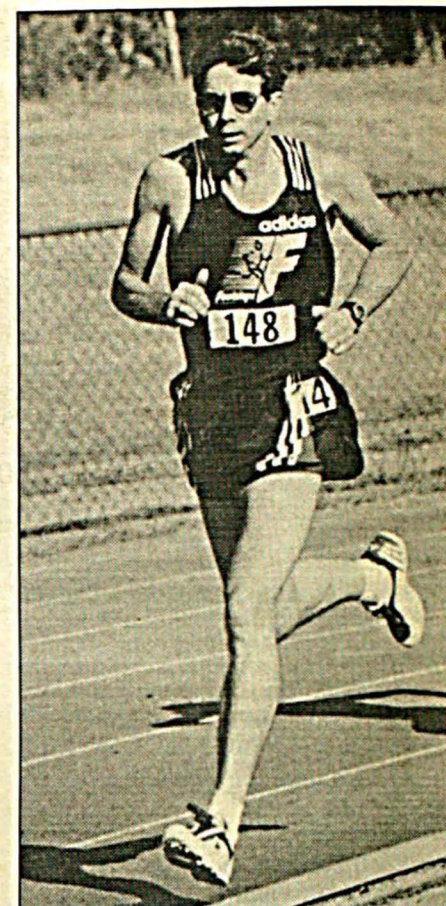
Leonore McDaniels, 70, Virginia, Va., who posted world and U.S. records at the 1998 Masters Nationals, Orono, Me., and the Nike World Masters Games, Eugene, Ore., won her specialties in this meet.

Sue Barnes, 70, Washington, D.C., medalist in the WAVA championships in Japan (1993) and Buffalo (1995) was second here to McDaniels in the 100 and 200, and will be headed for the championships in Gateshead in 1999.

Dr. Delano Meriwether, 55, Potomac, Md., placed second (60.28) in the M55 400 behind Mike Radov, 55, who won in 57.37. Meriwether was the national champion at 100y in 9.0 in 1971. "This is my first meet in 20 years," he said. "I'm back for family, fun and exercise, the same things that got me started. There is something good to be said about sports-manship."

Everett Hosack, 96, Chagrin Falls, Ohio, secured an age record in the 200 with an 85.68.

The meet closed on a high note, with hardware going to all ages and levels of performance. Athletes expressed sincere



Paul Zink, 50, winner of the M50 5000 (17:46.4), Potomac Valley Games, Alexandria, Va., Sept. 5-6.

thanks to the volunteers for keeping things on track.

In between events, White Oak Chiropractic and the National Capital Area Sports Massage Team kept athletes loose by taking care of tightened muscles and twitches. □

Pozdynakova Clocks 2:29:25 at Chicago

by JANNA WALKUP

Ukrainian masters distance sensation Tatyana Pozdynakova, 43, scored a decisive win over Kim Jones, 40, Spokane Wash., to claim masters honors and the fifth overall woman's spot in the LaSalle Banks Chicago Marathon, Oct. 11. Pozdynakova's outstanding time of 2:29:25 scored 97.7% on the age-graded tables. Jones toured the course in 2:43:37. Rae Baymiller, 55, New York, NY, wrapped up the W55 win and finished as the third masters woman in 2:52:14, an age-graded 94.4%.

On the men's side, 42-year-old Steve Winchel, Janesville, Wisc., outran run-

ner-up Miguel Vargas, 40, San Jose, Calif., to clinch the masters win with a 2:24:66. Mexico's Aristeo Marcos Hernandez, 47, placed third in 2:31:27. Matthys Bax, 51, Cami, Ill., raced to an M50 win in 2:45:35.

Other top age-group performances included M55 winner Gerard Malaczynski, 56, Bloomfield Hills, Mich., 2:54:29; M65 winner Michael Lobdell, 65, Wixom, Mich., 2:59:27; and W65 winner Dawn Sobocinski, 66, Chagrin Falls, Ohio, 3:30:13.

In the 5K competition, 40-year-old Thom Hunt, San Diego, Calif., out-kicked fellow 40-year-old Kevin Peterson, Superior, Wisc., 15:33 to 15:36, to grab the top masters spot. Peter Hallop, 51, Ann Arbor, Mich., clocked a speedy 16:08 to take M50 honors, and M55 winner Vic Heckler, 56, Chicago, Ill., recorded an impressive 17:01.

Chicago's Radka Naplatanova, 41, 17:35, bested 42-year-old Robin Sarris-Hallop, Ann Arbor, Mich., 17:40, in the women's 5K masters competition. Not to be outdone was hometown favorite and W60 winner Julie Lackaff, 60, Chicago, who crossed the finish line in 19:36.

The 1998 Chicago Marathon set an all-time Chicago record with 20,063 entrants - a 23 percent increase over 1997. □

Rule Changes for Finals Advancement Proposed

by JEFF SCHALLER
Meets Coordinator Assistant for
Events Scheduling, USATF
Masters T&F

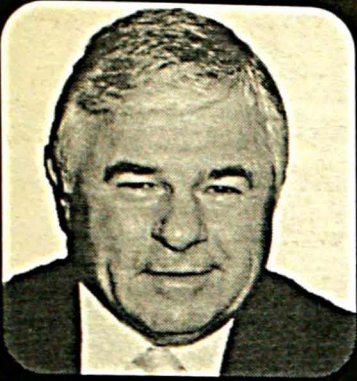
This is a convention rules proposals year, and at least two proposals have been submitted to custom-tailor rules of advancement for masters t&f.

One submission, from Carroll DeWeese and me, adds a word to Rule 262.1(h), which gives the committee more flexibility in formulating advancement procedures by reducing the required number of those who advance by place from a given heat.

Another proposal, from me, more

radically changes the wording of that rule to lay down specific guidelines for formulating advancement procedures that directly address the problems special to masters t&f.

This proposal would specifically permit us to: a) advance competitors primarily by time rather than by place (rule 75) from the first preliminary round, and b) raise the threshold of the number of preliminary heats that would require a second preliminary round from three (rule 75) to four (the same as WAVA) for events of 200m or shorter, and five for longer events. □



Track and Field Report

by **KEN WEINBEL**,
Chairman, Masters T&F

Baton Rouge Will Host Second Summit

A second international summit of world leaders for Masters/Senior track and field athletics is scheduled for mid-November. The meeting, to be held in Baton Rouge, La., will be hosted by the National Senior Games Association. All persons who attended the inaugural meeting in Portland, Ore., have been invited.

I have been asked to chair the meetings and have planned an agenda conducive to continuing the atmosphere of cooperative productivity we experienced at our August meeting.

In the meantime, I am maintaining dialogue with the NSGA concerning an expressed interest in partnering our common interests and programs. Just recently, I attended a breakfast reception hosted by the U.S. Olympic Committee and the National Senior Games Association at the semi-annual USOC meeting in Phoenix.

NSGA President and CEO David Hull, and Phil Godfrey, Vice-President of the National Games, outlined their aspirations for fostering renewed partnerships among the USOC family of national governing bodies (NGB). USOC President Bill Hyble, and Executive Director Dick Schultz verbally applauded the NSGA program with supportive comments.

After the reception, Dave Hull, Phil Godfrey and I held a lengthy workshop, during which we identified the various benefits our respective organizations may expect to derive from partnering. Discussion also focused on the process of implementation and a potential calendar for the same. We have agreed to come to the next meeting, in Baton Rouge, prepared with more specifics that need scrutiny.

I am encouraged by the direction the meetings and discussions are taking. Comments and correspondence I have received from our membership have been very supportive of the concept of a USATF Masters and NSGA partnership. Please feel free to share your thoughts and suggestions. I plan to prepare a detailed report, with recommendations for the Masters Committee, at the Annual Meeting in Orlando in December and would appreciate your input.

USATF Restructuring

To bring you up to date, the USATF Restructuring Task Force presented recommendations for organizational restructuring to the USATF Executive Committee for review, prior to presentation for approval at the 1998 Annual Meeting.

The proposed organizational chart

and format for selection of representatives to the Executive Committee and Board of Directors are not considered acceptable by the Masters and Youth committees.

In an attempt to reduce the size of the Executive Committee and Board of Directors, the task force has proposed a plan which groups Youth, Masters, and Association committees under one category (Open Competition) and allows for only one member from that group to be selected to the Executive Committee, who will then represent all three committees.

Under this plan, there is no guarantee that our chairperson will sit on the Executive Committee and/or the Board of Directors. Masters T&F presence on the Executive Committee and Board of Directors is important.

I have advised our Masters Executive Committee of the reasons for our reluctance to endorse the task force recommendations. With their input, I have constructed and presented revised proposals to the task force for consideration and action. The Youth Committee has done likewise.

My proposals, if accepted, protect the integrity of our committee and maintain an influential posture by guaranteeing that our elected chairperson will automatically be seated as a member of the USATF Executive Committee and Board of Directors. This maintains continuance of our present representation.

I believe it is important that you are all aware of the status of the restructuring process, so you can consider, evaluate, and advise your delegates to the Annual Meeting, to act accordingly. □

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.

Pole Vault Equipment Study Group Formed

by EDDIE SEESE

The USA Track and Field Equipment and Facilities Specifications Subcommittee has formed a Pole Vault Equipment Committee to make recommendations on the creation of industry standards for pole vault equipment.

The committee will start by examining pole vault equipment by establishing the following subcommittees.

The first subcommittee will develop industry standards for a standard methodology for determining the stiffness of vaulting poles for standard pole lengths.

The second subcommittee will develop industry standards to determine if vaulting poles maintain their stiffness as they are used.

The third subcommittee will develop a standard methodology for determining the stiffness of crossbars and the hardness of crossbar end pieces. The fourth subcommittee will update the American Society for Testing and Materials F1162-88 Standard Specifications for Pole Vault Landing Pits.

It is requested that anyone interested in becoming a member of any of the above subcommittees, or who would like to make any comments, or provide information, please provide your resume or comments by e-mail to prsport1@aol.com or by fax to 707-645-8555. □

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

FIFTEEN YEARS AGO November, 1983

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

TRACK & FIELD NEWS



"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly.

• **TRACK COACH.** The official USATF quarterly, one of the sport's major technical journals since 1960.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of books on technique and training. Write for free booklist.

• **TOURS.** Popular sports tours since 1952. Write for information about tours to the Olympics, Olympic Trials, World Championships, etc.

TRACK & FIELD NEWS

2570 El Camino Real • Suite 606 • Mountain View, CA 94040 • USA
(415) 948-8188 • Fax (415) 948-9445
E-mail: biz@trackandfieldnews.com
Visit our website: www.trackandfieldnews.com



Masters Racewalking

by ELAINE WARD

Apples in Orono Compared to Oranges in Eugene

Following are observations on the National Championships in Orono, Maine, and Nike World Games in Eugene, Oregon – two major recent athletic events – from Jack Bray, M65. In Orono he won gold in the 5K racewalk in 26:01.93 and silver in the 20K in 1:59:03.36; in Eugene he took 5K gold in 28:31.36 and 10K gold in 1:02:52.00.

In reflecting on how you would compare the National Championships in Orono with the Nike Games in Eugene, you can't compare apples to oranges. They were completely different. In the Orono meet, you had a wonderful entourage of special men and women. The Nationals are basically the same from year to year except the competitors change. Some get faster and some don't. Some get wiser and faster.

Hard Work

Some go through experiences like I had with Max Green in the 20K walk. I went through the experience of being beaten by Max, which I usually am in the 20K, but after analyzing the race, I realized I went out too fast for my training. I trained very hard for that 20K with Max. I got up very early for six months and worked out from 5 to 7 a.m. just for the 20K.

Max and Max Walker (M50) started out together and I went with them at a 4:41K pace. I had been working out at a 5:00K pace. If you figure out what a 5:00K pace would be for 20K, it is a 1:40:0.

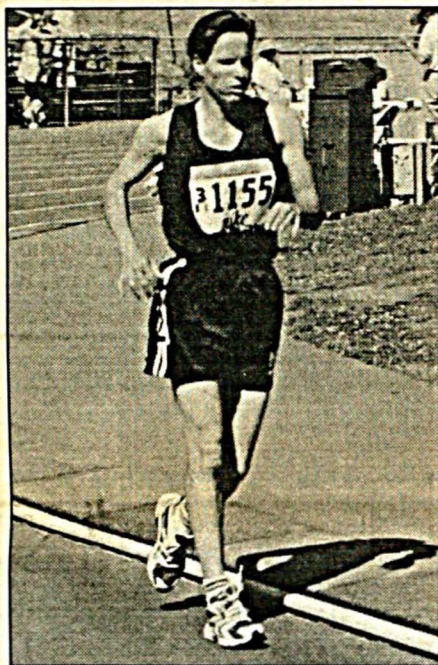
For Max with his experience in the 20K, the 4:41 pace worked for him. After the race, he came up to me and said, "Jack, I am your buddy, you know that." Breathing hard, I replied, "Sure, I know that." Max said, "I want to tell you Buddy, I did you wrong today. I took you out too fast."

At that point, I realized, yes, he did. Bless his heart, he taught me a wonderful and profound lesson. I am eagerly looking forward to racing him in Gateshead. We will be racing against each other, but also with each other as part of the U.S. M65 team.

Big Thrill

My biggest thrill at the Nationals was setting the American 5K record. Max came in right behind me at 26:04. It was a fantastic race. It goes to show that you can be competitors and be friends and help each other be the best you can within the moment of the race.

There is always a fear of the unknown when you get on the start line of a race, of not knowing whether you can be all that you want to be. With the camaraderie and positive interaction of racing in the 5K, Max helped me and I am sure I helped him



JERRY WOJCIK
Chris Sublette, of Oregon, was second in the W35 5000 racewalk (29:20.85) and third in the shot put, Nike World Masters Games, Eugene, Ore., Aug. 9-22.

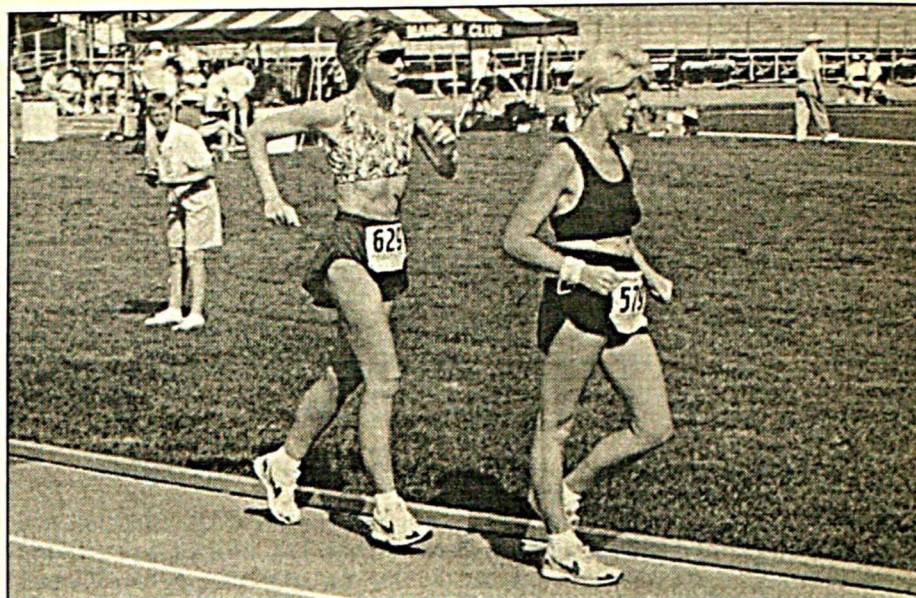
do the time that he did.

I am looking forward so much to keeping physically strong so Max and I, along with Dave Romansky, Robert Mimm, Don DeNoon, Jim Carmines and others, can give masters racewalking heightened awareness of the quality of life possible as the years progress.

More Than T&F

The Nike Games were more like the Senior Games. For example, there was badminton, wind surfing, swimming, archery, and bowling, to name a few. We did not get to see the other sports as they were mostly in Portland. The men and women's 5K racewalks had a total of 49 starters and 38 finishers. The 10K racewalks had a total of 40 starters and 34 finishers. The judging was very professional and the support staff excellent.

Unfortunately, I had injured myself the weekend before in a 1500 meter race and it hadn't healed for the Nike walks. I was going to scratch in the 5K. However, in the preceding women's 5K, there was a lady walking with a crutch. She was a full amputee on her left leg. It was inspiring. Sue said to me, "Jack, if she can do it, you



JERRY WOJCIK
Roswitha Sidelko (l), Florida, passed Tish Roberts, Indiana, to win the W45 5000 racewalk by five seconds with a 27:26, 1998 National Masters T&F Championships, Orono, Me.

can do it. You are the only one racing in your age group. Use the event as a workout and don't worry about time."

Besides, the medals were gorgeous. They were bigger than the WAVA

medals in Japan. They are a joy to see. I also told Sue when I finished the race that I wanted a picture with the amputee so I can look at her down the road and say, "If she can do it. I can do it." □

DeNoon, Romansky Break Records in 5K RW

by BOBBY BAKER

The Food City USATF National Masters 5K Championships in Kingsport, Tenn., on Sept. 12, was another successful championships with great athletes, beautiful weather, and the support of 30 walkers from the Indiana Racewalking Club. Ninety-two entrants, representing 27 states, toed the starting line at 7:45 a.m., with temperatures in the mid-50s.

Don DeNoon, 55, Carbondale, Ill., recorded a second-place masters time of 23:32, breaking the U.S. M55 record of 25:36 by Edward Whitman. Third M40+, James Carmines, 55, New Cumberland, Pa., was also under the present record time with a 24:25.

Dave Romansky, 60, Pennsville, N.J., walked to a 25:39, below the U.S.

M60 record of 26:31 by Don Lee.

Jonathan Matthews, 42, Helena, Mont., in 21:09, and Sandy DeNoon, 43, Carbondale, Ill., in 27:15, were the first age-40-and-over finishers. Matthews, a professor at Carrol College in Helena, was second overall in his fourth appearance here. DeNoon took the masters win by 34 seconds over Tish Roberts, 49, Fishers, Ind.

The first finisher among the M70+ competitors was Jack Starr, 70, Newark, Del., in 28:43. Jane Dana, 77, Redlands, Calif., was the oldest finisher (35:47).

Overall winners were course record holders Curt Clausen, 28, in 20:37, and Tori Herazo, 39, with a seventh-place 23:31. □

Rating the Year's Best Racewalkers

by BEV LAVECK,

Masters Racewalking Coordinator

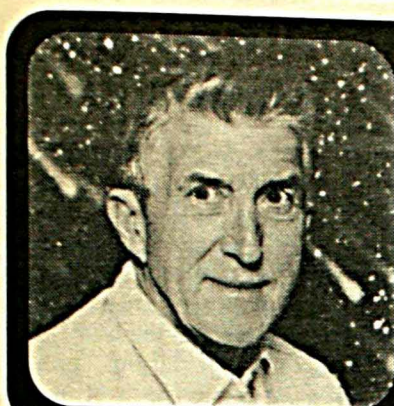
For the past decade, ballots have been sent out to USATF racewalking representatives, previous years' winners, and a committee of additional representatives from around the country who often attend racewalking events and are considered knowledgeable about the masters scene. In order to increase representation, in 1997 I included votes which I received on the racewalk list-serve on the Internet, usually 30-40 votes.

Currently, the ballots include the most likely candidates (usually 2 or 3) in each age group, and should never be considered an "honor roll" of notable performers. Most candidates are those who have competed in USATF or WAVA championships. The ballot includes championship performances, age-graded scores, and best performances when appropriate. Voters are

also asked to select the overall outstanding male and female racewalkers. The data for the ballots come from championship results, the postal ladder compiled by Phil Howard, and record applications.

Having experimented with weighting systems and various rules and policies, I have decided it is fairer (though messier) to simply open the voting to as large a group of identifiable voters as possible. Knowledgeable people have diverse opinions as to what should count in selecting awardees (e.g., participation in USATF championships vs. setting records elsewhere). I believe it is fairest to allow people to vote according to their beliefs, provided that a large number votes.

Anyone interesting in taking on the responsibility for selecting racewalking awards may contact me at 6633 N.E. Windemere, Seattle, WA 98115, 206-524-4721. □



LDR Report

by JERRY CROCKETT, USATF
Masters LDR Chairman

Circuit Increases Marathon Appeal

The USATF Masters Long Distance Running executive committee conducted its semi-annual meeting and either observed or participated in the Twin Cities Marathon, a national masters championship and Indy Life Circuit race. TCM is a race that, more than any other, has elevated our championships to true national – rather than regional – status. TCM is to Masters LDR what Boston is to open marathoners. The Indy Life status has further encouraged non-marathon speedsters to challenge the “long striders.”

The executive committee also had a “marathon” session at which many topics – from 1999 budgets to race standards to qualifications – were discussed. Budgets will be tighter than ever with normal increases in cost of living (airfare, phones, postage, services, etc.) and a larger championships program.

Green Cards Nixed

The committee decided to submit a rule revision to require U.S. citizenship status, rather than a green card, for our championships. The “green card” rule was established before dual citizenships were allowed, and this revision merely brings us in line with the rest of USATF. It probably will not take effect until Jan. 1, 2000. The committee also expressed general support for the restructuring report with some editorial clarifications.

Elections will be an agenda item in Orlando. Most current officers have expressed a desire to continue, but each office will be open to nomina-

tions and your interest is welcome. Please contact me if you desire to take a more active role in Masters LDR governance.

In this issue, I would like to introduce one of our executive committee members who may be better known to you than I, or most of our other members. Ruth Anderson, an original inductee in the Masters Hall of Fame, was a ranked tennis player in high school and college who became one of the best known female long distance runners in the U.S.

A Gracious Champion

Ruth has won many open and masters national, as well as world, championships at distances from 5K to 100 miles. Now slowing down (who wouldn't?), she continues to participate in many races each year and is a most gracious and unselfish backer of those with younger legs.

Ruth is a passionate ultra supporter and conducts our women's Athlete of the Year awards. She also serves on our



The Bohemia TC W40+ team, Long Island, N.Y., who took first place in the women masters category at the Ocean To Sound 50 Mile Relay, Long Island, Sept. 27: (top l to r) Kathy Esposito, Mary Wagner, Betty Horstman; (bottom l to r) Elsie Soto, Diane Gordon, Helen Visguass, Estella Clasen, and Erin O'Driscoll.

Hall of Fame committee and represents us on the women's LDR committee. She is the elected Vice-Chair for

Women and WAVA representative. Husband, John, and their two dogs are among her most ardent supporters. □

A Thousand Stampede in Great South Bay Runs

by MAURY DEAN

As the Shelter Island 10K defines Long Island in June and the Cow Harbor 10K celebrates September, the month of pumpkin power featured Bay Shore's favorite race festival – the Great South Bay 5K, 10K, and Half-Marathon on Oct. 3. The three races had a total of 1009 finishers.

Masters triumphs abounded in all three, with national indoor champion Kathy Martin, 47, eyeing the overall win for a brief glorious mile, when nobody wanted to escape the six-minute mile pace in the 5K, until habitual Bay Shore 5K winner Billy Fodor, 28, finished with a 5:05 mile. Martin's fifth-place overall 18:15 was within 15 seconds of the overall masters first, taken by Bill McDermott, 42, in 17:59.

John Del Maestro, one of Long Island's greatest runners, blasted to an overall win in the 10K with a 34:53, with several of those seconds added on after he was misdirected into the 5K

chute by mistake and had to do a whiskaround.

Two other L.I. masters legends, both 6-4 sprinters and about to crunch records when they grom the big 5-0 next year, Jim Walsh (37:15) and Bill Backe (39:03) finished third and fifth overall.

Patty Zebersky (nee Coyle), 42, outran all but a handful of male masters with a stunning 40:35. Hilton Goring, 62, battling illness, was second W40+ with a supercharged 41:27. Bohemia TC founder Ann Marie Krepela, 58, ran a 52:09.

Alan Oman, 48, continues to amaze. In the half-marathon, he boomed a 76:46 for 8th overall. Helen Visguass, 43, sizzled a swift PR 86:56 to win the W40+ gold and the second-female spot.

Alex Flyntz, 56, outpaced the M55s with an 87:50, while a 60s showdown between David Smith (92:34) and Dick Murphy (93:27) showcased senior strength. □

for more information
contact lisa fronti
(610) 967-8896
Fax #: (610) 967-8883

CLASSIFIED

RACES

MARCH 20, 1999 - Shamrock Sportsfest Marathon, 8-K, Masters 8-K & 5-K Walk, Virginia Beach, VA.
Contact: Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. (757) 481-5090. Website: www.pummnetwork.com/shamrocksportsfest.com

Now, you can experience the great health advantage of CUSTOMIZED VITAMINS!

Previously affordable only to the wealthy.

Receive a blend of vitamins, herbs, amino acids, and phytonutrients all in one convenient daily packet!

Customization based on science, NO GUESSWORK!

Becky (956)630-4930
Email: hm1127@aol.com
Website: <http://members.aol.com/hm1127>

REACH OVER 8,000 SUBSCRIBERS EACH ISSUE BY ADVERTISING YOUR PRODUCT OR EVENT IN NATIONAL MASTERS NEWS.



On The Run

by HAL HIGDON

Quality vs. Quantity

Runners progress by increasing levels. When beginners enter the sport of running, their usual approach is to concentrate on distance. They run a mile non-stop, then focus on doing two, then three miles. Some may reach this level in three weeks; others three months, or three years.

At some point, runners find a level that seems right for them. They become content to run 30 to 60 minutes a day, usually at a comfortable pace. To run much more raises the risk of injury and, quite frankly, takes too much time away from their busy schedules.

But if you want to improve performance, you need to continue to move from level to level. That doesn't necessarily require more time, only more effort. You can run those workout miles faster. You can concentrate on speed, not distance. You can shift from quantity to quality. You can do speedwork.

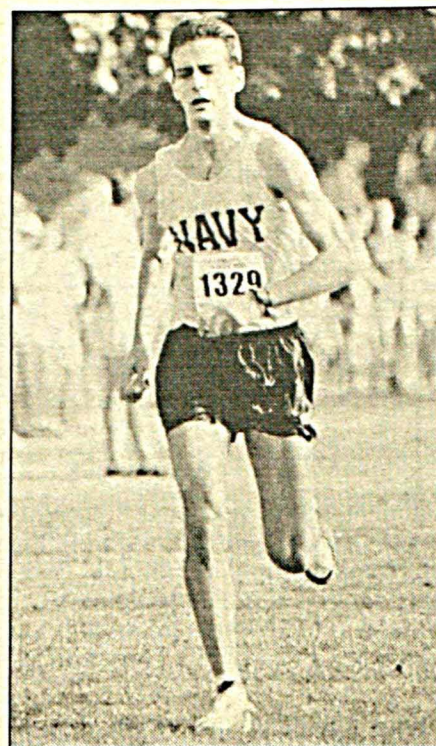
Speedwork is a word that frightens many runners. Rightly so. Running full speed can prove painful. Not everybody enjoys the experience of pushing to the edge of collapse. At an earlier age, when I was preoccupied with performance, I sometimes would go to the Stagg Field track at the University of Chicago and sprint 20x400 meters near 60 to 65 seconds per 400, jogging the same distance between in two minutes or less.

Having the ability to complete such a workout can be exhilarating, but it's not always fun. Doing similar workouts can improve your performance, however, and even if you're more interested in health and fitness, you can also improve that (and maybe lose weight) by incorporating some speedwork into your training. For one thing, you can burn more calories in a given period of time by running faster, because you'll cover more miles.

Speedwork might be defined as any workout featuring running at a pace faster than your normal racing pace. At a clinic given earlier this year to past participants in my marathon training class for The LaSalle Banks Chicago Marathon, I summarized five popular forms of speedwork:

Repeats: This is the simplest form of speedwork. You run a short distance hard. You walk or jog until you're rested, then run that distance again equally hard. A typical repeat workout at the track would be 4 x 400 meters with 5 minutes rest between. Run the 400 repeats at the pace you might race 1500 meters, or a mile. (A repeat workout for a marathoner might be 4 x 1 mile, done faster than marathon race pace.) Repeats are good for developing speed.

Intervals: Similar to repeats in structure, except you run more repeats at a somewhat slower pace and with less rest in between. A typical interval workout would be 10 x 400 meters, jogging the same distance between. Run the repeats at 5K or 10K race pace. The workout gets its name because you control the "intervals" between the fast repeats. Interval training is good for developing endurance.



GEORGE BANKER

Anthony Basile, 40, first M40+ (55:42), Annapolis 10 Mile, Annapolis, Md., Aug. 30.

Tempo Runs: This workout is more often run on the roads, or in the woods. It features a run of usually 30 to 45 minutes where you start easily for 10-15 minutes, build up to near 10K pace, then slow the last 5-10 minutes. Tempo runs are good for raising your aerobic threshold and ability to sustain a hard pace for a long time.

Fartlek: I once spotted a woman in a race wearing a T-shirt that had "Fartlek" on the front. On the back, the shirt said: "It's a runner's thing." The word is Swedish, and it means "speed-play." Fartlek is usually run in the woods, featuring various paces and distances, running hard to one landmark, jogging to recover, then running hard again. Fartlek workouts are good for the mind as well as the body.

Sprints: This is flat-out running. Spring 50-150 meters as fast as you can. Rest and sprint again. A variation on this is "strides," same as sprints but not run flat-out. Sprints and strides are good for improving form as well as speed. Elite athletes might include bounding drills in this workout (but that's another subject).

Speedwork is not for everybody, only for those who have reached a plateau with their running and want to improve. Fitness runners can include some speedwork in their training, even if it is only to accelerate for brief periods in the middle of their usual comfortable run. In other words, do a modified tempo run, as above.

There are many ways to train. Sometimes you run long, sometimes you run fast. The best approach combines both quantity and quality. □

(Hal Higdon's latest book is *Smart Running*, a compilation of questions and answers from his Ask The Experts column on America Online. For more training advice, check Higdon's web site: www.halhigdon.com.)

Helen Pain

Helen Pain, a long-time promoter of masters sports tours, died Oct. 8 in San Diego of complications from leukemia. She was 72.

Together with her then-husband, David, she organized the first World Masters Track and Field Tour for 150 athletes to Great Britain and Europe in 1972.

It marked the beginning of Sports Travel International, a full-service travel agency specializing in masters tours to sites throughout the world.

She was active in the organization of the first World Masters T&F Championships in Toronto in 1975, and organized tours to subsequent WAVA Championships in Sweden, Germany, New Zealand, Puerto Rico, Italy, Australia, Finland, Japan, and South Africa. Prior to her death, she was helping to plan a tour to the WAVA Championships next year in Great Britain. That tour will go on, organized by her son, Bruce, and the staff at Sports Travel.

She was diagnosed 11 years ago with chronic lymphocytic leukemia.

"She battled it very quietly for years and rebounded time and again," said travel colleague Connie Thompson.

Pain was an active and life member of the Pacific Asia Travel Association. She was president of the San Diego Chapter of the group in 1980-82, and traveled widely throughout the Pacific Rim promoting cultural exchanges with countries bordering the Pacific.

In 1995, she received the Women in Travel award as the travel industry's Person of the Year.

In 1969, she joined with five other women in defying a ban on women diners at the downtown Grant Grill, San Diego, and brought down the exclusive males-only barrier.

In 1976, she joined her husband and an African-American couple in South Africa to persuade authorities to permit integrated masters track and field competition.

A Los Angeles native, she graduated from the University of Southern California in 1948, majoring in law and education. She moved to San Diego and taught grammar school before beginning to raise a family.

To support her husband, she helped form the San Diego Bar Association Auxiliary and served as its first president.

She is survived by her former husband and two daughters, Robin Hochstadt of San Diego and Heather Whitmore, of Arvada, Colo.; two sons, David Randall Pain and Bruce Pain, both of San Diego; and seven grandchildren.

A memorial service will be held at 2 p.m., Sun., Nov. 8, at the west end of Shelter Island beyond the Friendship Bell at Pacific Rim Park. Donations may be made in her name to the American Leukemia Society in care of Connie Thompson of Leukemia Team in Training, 4475 Utah Street, No. 4, San Diego, CA 92116. □

Run New Zealand

Runner's World's Hal Higdon will take you Down Under:

Race the Mountain to Surf Marathon (downhill, also a 2 x 13 relay). Run through a redwood forest in Rotorua. Hike the Kepler Trek. A distance runner's dream vacation: March 6-21, 1999. For information, contact Rose at: Roadrunner Tours, P.O. Box 1034, Michigan City, IN 46360-1034. Call toll-free at 1-888-ON-A-RRUN (1-888-662-7786). Visit Hal's Web site at: www.halhigdon.com.

Roadrunner
Tours



Write-On

Continued from page 5

The "justification" on p. 8 of the October NMN is invalid for most of us who are interested in competing in a national or world meet. Unless you are in an older division, which may have little or no competition, there is no way to compete in six events. I don't mean to slight anyone for doing that, but that to me seems like too much of a workout rather than serious competition unless, of course, you're Phil Raschker. I would like to know the percentage of serious athletes who compete in six events at a major meet.

Next year's WAVA meet in Gateshead will run \$130 for six events. To reach \$200 at Gateshead, not only would one have to compete in six events but also pay \$37 to attend a party in which they may not have any interest, buy a program (\$8), and purchase a results book (\$16) that will give them the same results as NMN does for a lot less cost. No one wants to be forced to pay for extras they may not want.

A high entry fee deters athletes. One look at the results of the NWMG, compared to the Nationals in Maine, shows that in many instances where the top two or three placers at the Nationals were not in Oregon, the marks were inferior. In several events, a lower placing individual at the Nationals did better in the NWMG. This would never have happened in a true international games if it weren't for the high entry fee that kept many away.

Let's hope to see future championships and major meets where cost will not be so prohibitive as to cause a boycott of sorts.

Peter Mogg
Simi Valley, California

WAVA WEIGHTS

Why don't we go with the lighter WAVA specified implements in the weight throw, instead of 25-lb. for M60+? It makes no sense for an 85-year-old to be throwing the same weight (25-lb.) as a 60-year-old in a U.S. weight throw meet, but then throw a much lighter 12-lb. WAVA implement in a weight pentathlon.

Tom McDermott
Bradenton, Florida

TRAINING ADVICE

During my travels, I visited the US Olympic Training Center at Lake Placid, N.Y. Among the technical papers that I obtained from the staff at the center is a very good paper on "Lactate Threshold Training."

This contains excellent training information for middle-distance and distance runners. If you would like a copy, please contact me at "coachr880@aol.com" or mail a SASE to me at 1520 Woodstock Drive, Sevierville, IN 37862.

Ross Dunton
Sevierville, Indiana

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
	Masters Age Records (1998 Edition) 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, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	\$ _____
	Masters Track & Field Rankings (1997) Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	\$ _____
	Masters Track & Field Indoor Rankings (1998) Same as above, except indoor rankings for 1998. 4 pages. \$1.50.	\$ _____
	Masters Age-Graded Tables 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.	\$ _____
	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 and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
	Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of January 5, 1998 (world) and December 5, 1997 (USA). 4 pages. \$1.00.	\$ _____
	Competition Rules for Athletics (1998 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	\$ _____
	USATF Directory (1998/99) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	\$ _____
	USATF Governance Handbook (1998) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00	\$ _____
	IAAF Scoring Tables Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
	IAAF Handbook 1996/1997 rules and regulations handbook. \$15.00.	\$ _____
	International Scoring Tables Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.	\$ _____
	Masters Racewalking Thirty American coaches and athletes share ideas on Technique, Training and Racing. 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.	\$ _____
	National Road Race Encyclopedia 1997 Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95	\$ _____
	Guide to Prize Money Races and Elite Athletes 1998 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.	\$ _____
	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	\$ _____
	Back Issues of National Masters News Issues: \$2.50 each.	\$ _____
	Postage and Handling	\$ 1.50
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

Send to:

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

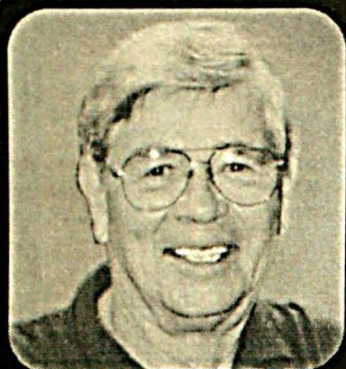
Name _____

Address _____

City _____

State _____

Zip _____



The Weight Room

by JERRY WOJCIK

Athletes Walk a Tightrope With Nutritional Supplements

by BLAKE SURINA

Blake Surina is our guest columnist for this month's Weight Room. Any opinions expressed herein are his own and not necessarily those of National Masters News.

As a result of my entire professional career spent in health and fitness, the topic of drugs in sports concerns me greatly. While attending the USATF National Outdoor Superweight and Weight Throw Championships this year in Seattle, I was able to track down and ask a busy Jerry Wojcik if a position statement on nutritional supplements could be made available. He said that I should submit one.

Many athletes still believe that if a product is sold over the counter, it is a legal substance and entirely acceptable. This is true, even though we are reminded that there has been no comprehensive testing of these products, and accepted research to back up these claims is limited. Another big factor is the large number of products coming out: seemingly endless combinations of herbs, supplements and drugs that make it virtually impossible to police this multi-billion dollar industry.

The Dietary Supplement Health Education Act of 1994 (DSHEA) defines a dietary supplement as vitamins, minerals, herbs or other botanicals (except tobacco), amino acids, any "dietary substance for use by man to supplement the diet by increasing the total dietary intake," and "a concentration, metabolite, constituent, extract, or combination of any of the above-listed ingredients."

This legislation is extremely broad and includes many pharmaceutically dangerous substances. It is just a matter of time before the law is revamped to better protect the public. In the meantime, the USATF needs to take a stand on many of these potentially dangerous drugs.

Unnatural Methods

Perhaps further clarification should be drawn on the definition of a performance enhancer. At times, this is a little confusing, but in general a performance enhancer is a substance which enhances physical or athletic performance by an unnatural means or by an unnatural manipulation of that substance. Unnatural means of attaining an advantage include blood doping, surgically removing pain receptors in weight lifters, enemas combined with colonic air trapping to increase buoy-

ancy in swimmers, and gender manipulation.

The United States Olympic Drug Control Program classifies prohibited substance classes to include oral consumption of stimulants, narcotics, diuretics or the consumption of peptide and glycoprotein hormones and analogues (which is essentially the same as the exogenous administration of testosterone). Other classes of drugs such as alcohol, marijuana, local anesthetics, corticosteroids, beta-blockers and specified Beta-2 agonists have certain restrictions as well.

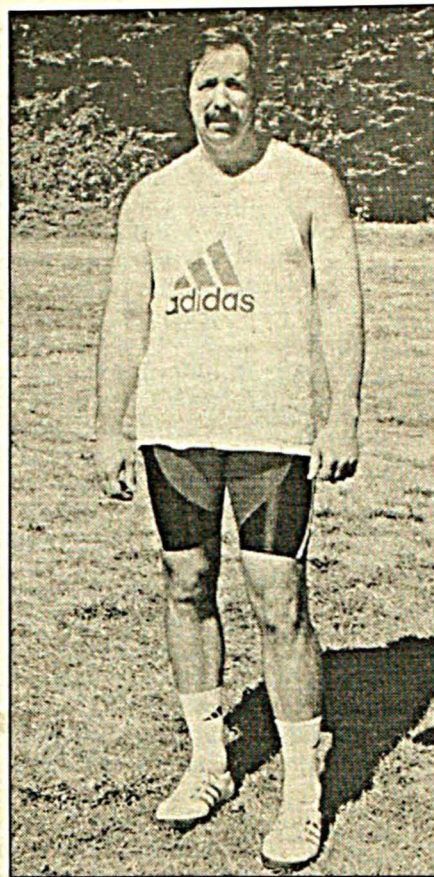
Other drugs that are difficult to classify, but are prohibited by the Olympic Training Center, include androstenedione, DHEA, tribulus terrestris, HMB (beta-hydroxy beta-methylbutyrate) and chrysin. Currently, keeping track of these drugs is a full-time job. The Olympic Drug Control Office has a hot line number for the status on the most common of these supplements at 1-800-233-0393.

Creatine is an extremely popular substance which can artificially increase the amount of high energy substrates, ATP-CP in the muscle cells. Although I'm inclined to believe it is fairly safe, its use sets a very dangerous precedent, by allowing an advantage for those willing to synthetically manipulate themselves to attain more competitive performances. Currently, the Olympic Drug Control Office does not prohibit its use and athletes are advised to use it at their own risk.

Acceptable Modifications

So what is considered acceptable? Acceptable nutritional and pharmaceutical supplements are those which are taken to ensure or restore normal function. Examples of acceptable diet modifications include carbohydrate loading for a marathon runner, high protein diets for weight lifters, electrolyte and carbohydrate replacement drinks, and antioxidants (vitamin C and E, beta carotene) to reduce tissue damage done during intense metabolic work.

Natural means of gaining an advantage may include various training techniques, for example, towing for sprinters, altitude training for distance runners or computer-enhanced variable resistance training for a weight throw-



Blake Surina

er. Personally, I have no problem with an asthmatic using an inhaler before a race, or an athlete taking anti-inflammatory drugs to restore competitive

function. I don't believe these examples should be looked at any differently than an athlete who wears corrective lenses or an orthotic in his or her shoe.

Surely, every competitor can see why a position statement is needed. Anita DeFranz, the highest ranking American and Vice-President of the International Olympic Committee, is lobbying very hard to get androgen stimulating drugs off the shelves. These so-called supplements are extremely dangerous and are consistent with the side-effects noted from anabolic steroids. Nutrition stores are taking them off the shelves now, but not for this reason. Since home run champion Mark McGwire stated that he uses an androgen formula (containing androstenedione), many nutrition centers have been forced to move this product off the shelves and behind the counters to prevent shoplifting.

Muscular Misconception

It is no wonder there is a problem with drug use today, with role models in professional sports advocating their use. The President's Council on Physical Fitness appointed Arnold Schwarzenegger and Florence Griffith-Joyner as their official spokespersons. This was shortly after "Pumping Iron" was released about bodybuilding, a sport well known for rampant steroid use. With the heart disease that has plagued Schwarzenegger in the

Continued on page 23

10 Athletes Score Over 4000 Points

Weight Pentathlon Championships in California

by REX HARVEY

USATF Multi-Event Coordinator

The fifth annual USATF National Weight Pentathlon Championships in Azusa, Calif., on Sept. 5, were nearly flawless, resulting from the tremendous amount of effort put into preparation of the event by Meet Director Lloyd Higgins. It even finished ahead of schedule - almost unheard of in multi-event circles.

The throwing facilities at Citrus College were exceptional; only two discus competitions had to be held next door on the Azusa Pacific College fields. There was an excellent showing of USATF registered officials from the Southern California area, and many knowledgeable, willing helpers from the Lloyd Higgins coterie of throwers.

Entries were down somewhat for the first time since the event's inception, but the event could not be expected to expand forever. The decrease was most noticeable on the women's side, with only two competing. A third, Joan Stratton, looked on enviously in a cast from the sidelines.

The level of competition was very high with ten athletes scoring above 4000 points. Bob Ward, M65, was the top scorer with an excellent 4832. The best age-graded performers were Arnie Gaynor, M70, with a 94.1% 13.88 in the shot, and Ladislav Filip, M70, with a 92.3% 13.62, also in the shot. Meet Director Higgins, top scorer last year in the Championships in Orlando,

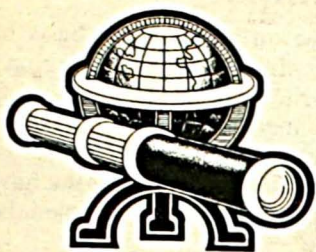
mustered up enough energy to win the M55 championship.

There was a post-meet swap of places in the closely contested M70 group when videos of the javelin throw clearly showed that the throw had been misrecorded in the official results. The meet referee, after reviewing the tape, corrected the error, and Phil Brusca, 71, and Gaynor, 70, changed places with Gaynor ending up first.

All four of the male Partridge Award winners scored above 4300. The awards were founded and sponsored by Bob Stone, who continues to enthusiastically support the event, though he is unable to compete now. Awards this year were porcelain Olympic plates and cash.

Alaskan Paula Maloy, competing at the awkward age of 69 in her age group, scored 2027, and also won the travel distance award. Johnnie Valien, 73, world record holder, scored 2684, showing that she can excel in both individual and multi-events.

Not the least attraction was the barbecue with all of the amenities at the throwing site. Higgins' brother and cousin, as chief cooks, contributed to the camaraderie. Perhaps the odors wafting over the field had something to do with the meet finishing early. I heard thanks from everyone for the terrific job by Higgins, the officials, and volunteers - thanks that were well-deserved. □



Master Scope

by RON MARINUCCI

All-State Marathoners Defy Laws of Scheduling

The Human Race segment of the July issue of *Runner's World* includes a two-page photograph of 33 members of the "50 State and DC Club." These and 133 other club members are a select group: each has run a marathon in every state, tossing in the District of Columbia for good measure.

Two of these "50-staters" launched that considerable undertaking while adding yet another challenge. Nancy Broadbridge and Tony Lepetrone not only ran a marathon in each state and DC, but did all of them in a single year! For the wife-husband team from Birmingham, Mich., that was 51 marathons in 51 weeks.

Starting early on Jan. 4, 1997, in Charlotte, N.C., the pair ended their quest on Dec. 21, at the Christmas Marathon in Olympia, Wash. It was quite fitting that the first and last races, were on the Atlantic and Pacific coasts, because they visited practically every place in between.

Nancy estimated they traveled about 70,000 miles. They flew, she said, to 40 states, while driving to the rest.

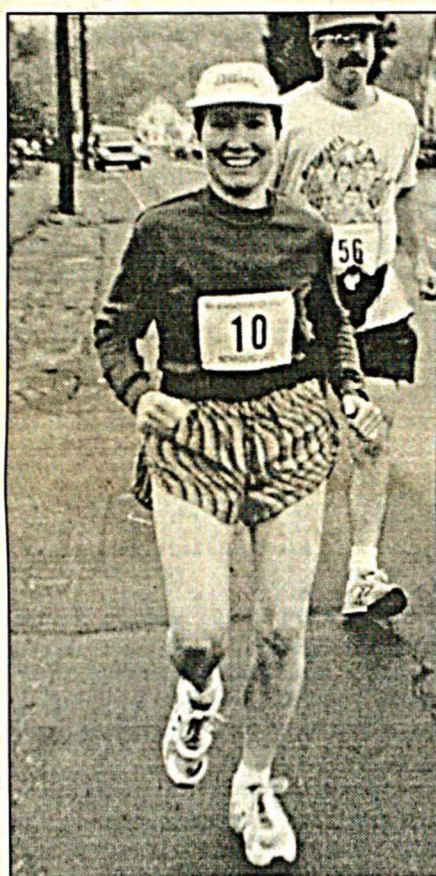
According to Tony, the idea first popped up in Rhode Island, at the Ocean State Marathon in late 1996. They were introduced to other runners who were in the process of reaching their own 50-state goals. Discussion turned to the question of running a marathon in every state in a single year. Tony recalled, "They said, 'You can't run a marathon in every state in one year.' It wasn't the physical aspect, but 'you can't schedule it.'" Hearing "You can't do it" was the clincher for the duo. Right then they decided to try it.

Logistical Challenge

As soon as they returned home from the Ocean State, Tony sat down to work out the logistics. "Scheduling was the toughest part," he said. To find potential marathons, he scoured running magazines, surfed the Web, and consulted people in the running community. Compiling a database, organizing races "by state and date," took him "about three weeks or so."

Difficulties surfaced right away. Five states had only one marathon, "So, you have to do those." Thirty-four others had only two. "Some conflicted with the single-marathon states, so those became one-marathon states." Nancy laughed, "The marathon schedules chose us; we didn't choose them."

Finally, looking at the completed list of marathons, he and Nancy decided "it was possible . . . at least logistically." Tony went on, "Nancy thought I was crazy. She said, 'You can't run all those



Nancy Broadbridge, in the New Hampshire Marathon, October 1997.

marathons'." That didn't stop him from trying. It didn't stop her, either.

They weren't marathon novices; they knew what they were getting into, at least physically. "We were running about ten marathons a year for about two years," Tony explained. "We started out with one, two, then three . . ." But now looming ahead were 51 in 51 weeks!

Smooth Beginning

With the early start, the first two months went fairly smoothly. But then the quest almost ended in March. "After three months, I wanted to quit," admitted Tony. Then he chuckled, "Nancy said, 'No way. We're not quitting now.'" On they went.

Tony started out, at least, with some additional goals. At first, he wanted to do all of them under 3:25, the Boston qualifying time for his 47-year-old age group. "But then I realized I couldn't do that, especially on back-to-back

weekends. Then I decided to average 3:25. But my times started getting slower and slower." Ironically, despite all that running, "I was getting in worse shape. I couldn't train."

Couldn't train? Running the marathons themselves prevented him from doing the necessary speed work in training to get his times where he wanted them. He was getting too tired and needed the weekdays to recover.

Recovery Pace

"I ran too fast. In nine days, I ran three Boston qualifiers." As so often happens when running too far, too fast, too often, he became injured. "I hurt my hip. I decided to do one in four hours for recovery." It may be the first time in history a runner has decided to run a marathon in four hours to recover. But it worked. Throughout the 51 races, Tony averaged 3:27:33.

Nancy "can run a four-hour marathon, but she started out at 4:20 to 4:30." She ended up averaging 4:57:24 for the year. Tony marveled at that, only imagining what it would be like to be on his feet for nearly five hours, week after week. Nancy remained consistent: her last marathon, the Christmas Marathon, was finished in 4:50.

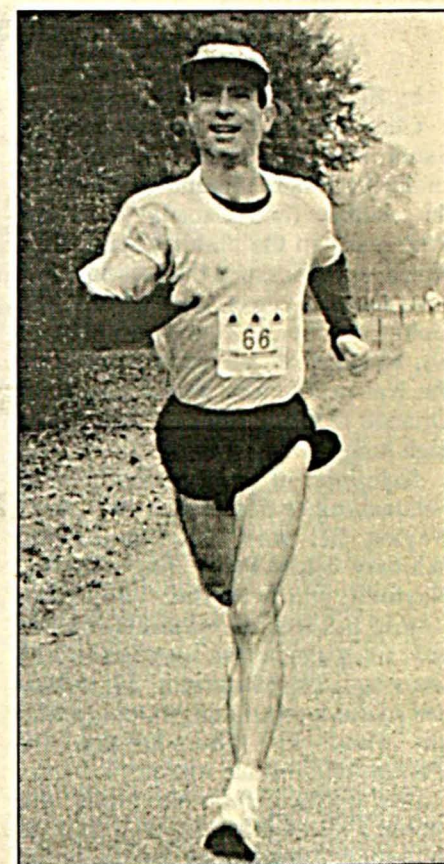
Between races, Nancy said, "Basically, we tried to recover from the marathon. I'd try to run at least a couple times a week. I didn't do any speed work like Tony did. Every marathon (for her) was a training run for the next one."

"During the week, in order to recover quickly, we drank a lot of Ensure, ate a lot of Power Bars." She added that they ate low-fat foods that were "high-quality protein and carbohydrates. I'm more healthful eating conscious than Tony."

It helped, she said, that each of them had the "flexibility" to run and travel. "I really had to quit my job" as a medical technologist at an area hospital. "But I stayed on the payroll as a contingent." She's now back working part-time. Tony, she noted, "worked at home as a stock investor."

Runners' Rates

This allowed him to work out all the scheduling. "I did it all myself. I used the Internet." He figured, that because of the uniqueness of their arrange-



Tony Lepetrone, in the Tulsa Marathon, November 1997.

ments, using a travel agent "would just give me twice as much work." He found and booked their flights and even located "hotels with special rates for runners."

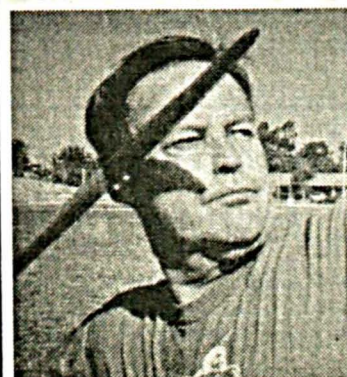
During the year, they didn't keep

Continued on page 16

FIVE YEARS AGO November, 1993

- Artemio Navarro (43, 2:17:50), Bernadine Portenski (44, 2:41:25) First in Masters Marathon Championships
- Earl Owens (44, 32:06), Jane Hutchison (47, 37:56) Win National 10K
- Barbara Filutze (47, 28:03) Breaks U.S. W45 Record in Central Fidelity 8K

THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



LARRY STUART ON JAVELIN THROWING

ADD 30' TO YOUR THROWS!

50 minutes. Broadcast quality. \$39.95 plus \$3.00 S&H

Mail your check to Sportsmen on Film
P.O. Box 1818, Kerrville, Texas 78029

Former AAU National Champion
World Masters Champion from
ages 45 to 60

For MasterCard or Visa orders, call Sportsmen on Film at:

800-910-4868
or FAX 830-792-4224

Club West Stages Successful Meet

by BEVERLEY LEWIS

Club West's 25th annual meet in Santa Barbara, Calif., on Oct. 3, chalked up more entrants from across the country (and Canada) than any other meet in the club's history. This year also represented the second occasion that the meet incorporated the Gold Coast Senior Games (14th annual), which qualified seniors (50+) for the National Senior Sports Classic at Orlando in October for the pole vault, high jump, and javelin.

Highlights of the meet included an outstanding performance by Avril Naylor, 51, who won the Jimmie Whitney High Point T&F Trophy. Naylor's win was the first time a woman has won an open division trophy since the meets commenced 25 years ago. Joy Margerum, 37, outdistanced the women competitors to take the Pane E Vino Trophy for Outstanding Woman Athlete.

Jim Selby, 70, took home the George Adams High Point Trophy as well as the Nick Carter Award for the best age-graded 1500. Selby's 5:51.19 converted to an A-G 4:13.

Arnie Gaynor, 70, was also a two-trophy winner, capturing the Vernon Cheadle High Point Field Trophy as

well as the Hubbel-Herman Hammer Heave for best thrower age 70+. Other award winners were John Brennand, 63, who won the Ray Williams Trophy for Best Athlete over 60+ in the 5000, and Al Guidet, 80, who romped home a winner in the Paul Spangler division for best performer 80+.

Other outstanding performers included Harold Tolson, M60, who ran the 100 in 12.69 and the 200 in 26.73, and 1956 and 1960 Korean Olympian Kio Shik Song, ninth in the Melbourne Olympics in the hammer, who competed in the M70 hammer and discus. His son, Kyong Song, won the M35 hammer throw with a 168-4. John Whittemore, 98, won in the shot and discus.

Club West president and USATF starter Beverley Lewis, who had earlier announced that the meet would follow IAAF/WAVA rulings for the starts, reported that the decision was an unprecedented success: "No one took advantage of the fact that they could have a false start and not be disqualified. I had a couple of wobbles with the older women and only one false start. Apart from those minor incidents, everyone held perfectly for the start. Having this rule today did not in any way slow up the meet." □

Southeast Region Provides Support for Championships

by ROBERT FINE

Masters Southeast Regional Coordinator

There are seven masters track & field regions in the U.S. The Regional Coordinators are appointed by the National Masters Chairperson and serve for the same term as the Chairperson. Once appointed, they cannot be removed by anyone.

I always felt that this was wrong and there should be some checks and balances on the Regional Coordinators. Accordingly, I composed a constitution for the Southeast Region, in which the Coordinator is elected by mail ballot, is accountable for his/her actions, and can be removed for malfeasance.

In fairness to the other coordinators, it can be a thankless job. Most regional coordinators had to be cajoled into accepting the position and should be applauded for their dedication.

We started off with nothing in our budget. We received \$1090 from the National Committee. I imposed a \$2 surcharge on the entry to the Regional Championships, which garnered another \$466.

I felt that the region should do everything possible to assist the meet directors for our championships. We composed regional medals, which are

available on a contingent basis to be paid for after the meet. The region will underwrite this program and take back unused medals. This will encourage sponsorship of the championships, as it means that directors will not have to lay out money for the medals in advance.

The region will provide, free of charge, championship patches (one per individual per meet), send out a major mailing to over 1300 on our mailing list, and keep an active list of competitors in the region.

We have the Hy-Tek computer program and will make it available to all sponsors of the regional championships. This program will instantly provide age-grading points and will enable us to keep track of meet records and competitors.

We have created a seven-year circuit for the championships as follows: Georgia 1998; North Carolina 1999; Tennessee 2000; Alabama 2001; South Carolina 2002; Virginia 2003; and Florida 2004. Regional racewalking and multi-event championships will also be available. Any group interested in sponsoring them should contact me (address on p. 2).

The region will also help our seven associations in hosting their championships. □

Masters' Scope

Continued from page 15

close tabs on things such as overall mileage and expenses. But Nancy laughed, "We had a friend - a '50-stater' - in California who kept track of expenses and all. He categorized everything. He's a CPA."

Amid all of this, Nancy admitted, "Getting there was the biggest problem." Tony offered, "We had a hard time getting from one race to another. The doubles were tough." Imagine finishing a marathon, jumping into a rental car and driving 600 miles to run another race the next day. They did just that, leaving the Big Sky Country of Montana on a Saturday for a marathon on Sunday in New Mexico.

Which marathon was the toughest? "We know a lot of marathons," Nancy quipped. One, the run up Mt. Evans in Colorado, "the highest paved road in America," began at 10,000 feet and went up to 14,000. She said, "The first half was totally uphill." Of course, what goes up must come down, so down they ran. "It turned out to be a little over 29 miles. I got altitude sickness, really light-headed, nauseous, dizzy. But it was very memorable because it was so beautiful."

Icy Conditions

Tony also remembered a couple of particularly tough ones. "At the Seaside, in Oregon, the weather was just barely above freezing, with 50-mile per hour winds, and rain. Houston had freezing rain." There, the entire

challenge almost came crashing to a halt. "If it had been held the next day, it would have been canceled. Sheets of ice were falling from buildings."

But there were some beautiful ones, too. "Hawaii, on Maui," he said, "was very scenic. We ran past some kind of whales in the ocean, sugar cane fields. . ."

Is there an encore in the works? Nancy quickly snuffed that idea. "No. When it was over, it was a great sense of relief." Tony echoed that. "No. We really depleted our bank accounts." Then he quipped, "But if a sponsor would come around . . ." His laughter finished the sentence.

In June, they did return to Taos, N.M. "It was our poorest marathon, so we wanted to redeem ourselves," she explained. Sort of the hair of the dog that bit you. "I bettered my time by 40 minutes. Tony bettered his by two hours."

Still Running

This year is a new one, but you can still find Nancy and Tony running a lot, only in shorter races. They're easy to spot. They wear T-shirts that read, "Marathon Finishers in All Fifty States in One Year."

All of their marathons, places, dates, and times can be found on the Internet at this Web-site: www.ontherun.com/news/0009.htm. Tony, who likes to hear from other runners, can be reached by e-mail at tlopetro@mich.com. □

30th DARTMOUTH RELAYS

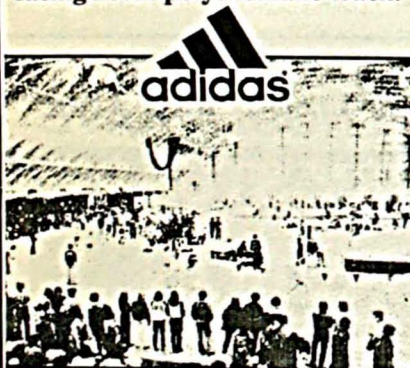
January 8-9-10, 1999

LEVERONE FIELD HOUSE
HANOVER, NEW HAMPSHIRE

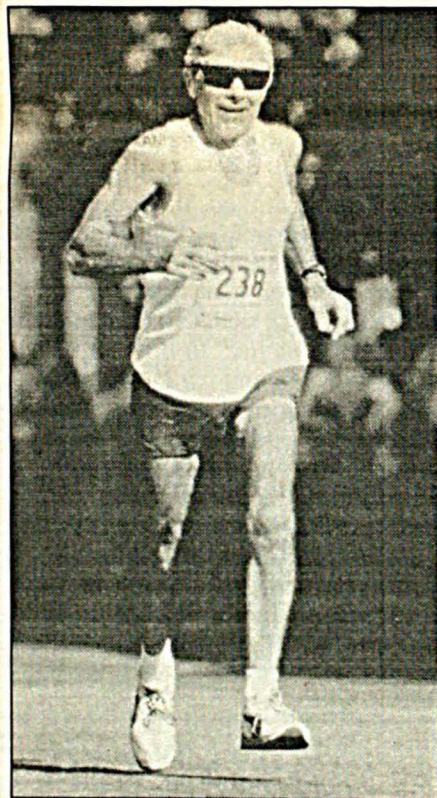
With over 100 events for men and women - college and club - boys and girls - high school.

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

With a state-of-the-art Martin Surfacing 200m polyurethane track.



For information call or write
Carl Wallin, Meet Director,
Dartmouth College, Alumni
Gym, Hanover, NH 03755.
603/646-2848-646-2540-646-3570
e-mail:
BarryHarwick@Dartmouth.edu



VICTOR SAILER/PHOTO RUN
Lou Lodovico, M70 winner (45:25), Greater Clarksburg 10K, Clarksburg, W. Va., Aug. 8

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

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

USA Track & Field Masters Road Records and Bests (as of 9/30/98)

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
D = Date of birth and/or citizenship confirmation needed
P = Pending - completed application needed from the event
= No code means mark will be recommended for ratification pending course validation
a = Performance possibly aided by wind and/or slope, can be a "best" but not a record

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

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
8 km	26:26	R PRISCILLA WELCH (GBR)			WASHINGTON	DC	051489
10 km	32:25	R PRISCILLA WELCH (GBR)			PHOENIX	AZ	030285
12 km	41:14	R TATIANA POZDNIKOVA (UKR)			EVANSVILLE	IN	051395
12 km	41:14	R TATIANA POZDNIKOVA (UKR)			EVANSVILLE	IN	051097
12 km	40:34a	P TATIANA POZDNIKOVA (UKR)			EVANSVILLE	IN	050998
15 km	49:36	R PRISCILLA WELCH (GBR)			JACKSONVILLE	FL	030985
20 km	1:10:35	R TATIANA POZDNIKOVA (UKR)			NEW HAVEN	CT	090495
10 mi	53:51	R PRISCILLA WELCH (GBR)			WASHINGTON	DC	040587
half mar	1:12:56	R TATIANA POZDNIKOVA (UKR)			PHILADELPHIA	PA	091795
marathon	2:31:14	R PRISCILLA WELCH (GBR)			CHICAGO	IL	102686
6 day	685,580 m	P D SANDRA BROWN (GBR)			SACRAMENTO	CA	111294

Women 40-44

5 km	16:06	R RUTH WY SOCKI	40	CA	ALBANY	NY	053197
5 km	15:44a	R RUTH WY SOCKI	40	CA	LAS VEGAS	NV	092097
8 km	26:19	R RUTH WY SOCKI	40	CA	NEWPORT BEACH	CA	071297
8 km	26:56a	R DEBBIE HANSON	40	UT	ALTA	UT	091794
8 km	27:35	R LAURIE BINDER	43	CA	SAN JOSE	CA	061591
10 km	33:22	R RUTH WY SOCKI	40	CA	MOBILE	AL	032297
12 km	42:17	R KIM JONES	40	WA	SPOKANE	WA	050398
12 km	42:13	U NANCY GRAYSON	42	MI	LANSING	MI	060692
12 km	42:38	R GABRIELE ANDERSEN	43	ID	SPOKANE	WA	050188
15 km	52:22	R LAURIE BINDER	41	CA	TAMPA	FL	021189
20 km	1:13:46	R CAROL MCLATCHIE	40	TX	NEW HAVEN	CT	090792
25 km	1:29:47	R JANE WELZEL	41	CO	GRAND RAPIDS	MI	051196
25 km	1:29:47	R JANE WELZEL	42	CO	GRAND RAPIDS	MI	051097
30 km	1:54:00	R CAROL MCLATCHIE	41	TX	SUGAR LAND	TX	121292
50 km	3:44:32	R JAN KREUZ	41	OH	COLUMBUS	OH	103088
100 km	8:33:07	R LORRAINE GERSITZ	41	CA	WINSCHOTEN, NED		091695
10 mi	56:05	R LAURIE BINDER	44	CA	FLINT	MI	082491
20 mi	1:59:17	R GABRIELE ANDERSEN	40	ID	MINNEAPOLIS	MN	100685
50 mi	6:19:05	R JAN KREUZ	41	OH	COLUMBUS	OH	040989
100 mi	15:05:52	R SUE ELLEN TRAPP	44	FL	QUEENS	NY	050590
half mar	1:13:54a	R HONOR FETHERSTON	40	CA	LAS VEGAS	NV	020495
half mar	1:13:57	R LAURIE BINDER	44	CA	PHILADELPHIA	PA	091591
marathon	2:35:08	R LAURIE BINDER	44	CA	MINNEAPOLIS	MN	100691
12 hr	128,747 m	R RANDI BROMKA	40	CO	SACRAMENTO	CA	123092
24 hr	222,556 m	R RANDI BROMKA	40	CO	SACRAMENTO	CA	123192

Women 45-49

5 km	17:14	R BARBARA FILUTZE	46	PA	ALBANY	NY	060593
8 km	28:03	R BARBARA FILUTZE	47	PA	ALEXANDRIA	VA	091293
10 km	35:51	U BARBARA FILUTZE	45	PA	MEMPHIS	TN	042592
10 km	34:40a	R BARBARA FILUTZE	45	PA	PITTSBURGH	PA	092991
10 km	35:57	R BARBARA FILUTZE	45	PA	WASHINGTON	DC	041292
12 km	43:38	R NANCY GRAYSON	45	MI	EVANSVILLE	IN	051395
15 km	54:58	R GABRIELE ANDERSEN	45	ID	PORTLAND	OR	061790
20 km	1:14:13	R BARBARA FILUTZE	46	PA	NEW HAVEN	CT	090792
25 km	1:38:01	R MARCY GILLES	45	MN	MINNEAPOLIS	MN	091095
30 km	1:59:25	R SHIRLEY MATSON	48	CA	CLARKSBURG	CA	111388
50 km	3:32:34	R SANDRA KIDDY	47	CA	TALLAHASSEE	FL	121783
100 km	7:59:59	R SANDRA KIDDY	45	CA	CHICAGO	IL	100382
10 mi	59:15	R BARBARA FILUTZE	46	PA	FLINT	MI	082292
20 mi	2:10:13	R MARY WOOD	45	CO	MINNEAPOLIS	MN	101490
50 mi	6:09:09	R SANDRA KIDDY	47	CA	COLUMBUS	OH	040184
100 mi	15:12:54	R SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
half mar	1:19:23	U SHIRLEY MATSON	47	CA	HAYWARD	CA	101688
marathon	2:45:11	R BARBARA FILUTZE	45	PA	MINNEAPOLIS	MN	100691
marathon	2:44:30a	U MARY WOOD	45	CO	LAS VEGAS	NV	020291
12 hr	127,777 m	R SANDRA KIDDY	49	CA	TALLAHASSEE	FL	121485
24 hr	233,816 m	R SUE ELLEN TRAPP	47	FL	SYLVANIA	OH	091993
48 hr	360,090 m	R SUE ELLEN TRAPP	47	FL	SACRAMENTO	CA	111593

Women 50-54

5 km	17:28	R SHIRLEY MATSON	50	CA	CARLSBAD	CA	041491
8 km	28:55	R SHIRLEY MATSON	50	CA	PALO ALTO	CA	032491
10 km	35:57	R SHIRLEY MATSON	50	CA	ORLANDO	FL	030291
12 km	44:56	R SHIRLEY MATSON	52	CA	SPOKANE	WA	050293
15 km	54:34	R SHIRLEY MATSON	50	CA	JACKSONVILLE	FL	030991
20 km	1:22:36	R GINA FAUST	50	CA	VALENCIA	CA	021488
25 km	1:38:36	R S. RAE BAYMILLER	51	NY	MINNEAPOLIS	MN	091194
30 km	2:00:41	R SHIRLEY MATSON	50	CA	CLARKSBURG	CA	111190
50 km	4:15:12	U MATILEE CHRISTMAN	53	IL	EAST PEORIA	IL	123084
100 km	9:42:22a	P SUE ELLEN TRAPP	50	FL	DULUTH	MN	101996
100 km	9:50:35	R EILEEN ELIOT	51	FL	NEW PRESTON	CT	042395
100 km	9:43:27a	R MAE HORNS	54	MN	DULUTH	MN	102288
10 mi	1:02:01	R S. RAE BAYMILLER	51	NY	FLINT	MI	082794
20 mi	2:19:59	R JOAN ULLYOT	50	CA	MINNEAPOLIS	MN	101490
50 mi	7:10:58	U RUTH ANDERSON	50	CA	HOUSTON	TX	021780
50 mi	7:47:27	R EILEEN ELIOT	51	FL	NEW PRESTON	CT	042395
100 mi	16:57:58	R SUE ELLEN TRAPP	50	FL	SYLVANIA	OH	091596
half mar	1:19:40	R S. RAE BAYMILLER	50	NY	PHILADELPHIA	PA	091993
half mar	1:18:42a	R JOAN OTTAWAY	51	CA	LAS VEGAS	NV	021196
marathon	2:50:26	R SHIRLEY MATSON	50	CA	MINNEAPOLIS	MN	100691
12 hr	117,401 m	R SUE ELLEN TRAPP	50	FL	SYLVANIA	OH	091496
24 hr	221,043 m	R SUE ELLEN TRAPP	50	FL	SYLVANIA	OH	091596

Women 55-59

5 km	18:32	R SHIRLEY MATSON	56	CA	CARLSBAD	CA	041397
8 km	32:01	R JOYCE GASKIN	55	TX	HOUSTON	TX	032192
8 km	30:10	R SHIRLEY MATSON	56	CA	PALO ALTO	CA	040697
10 km	38:55	P SHIRLEY MATSON	55	CA	LAFAYETTE	CA	102796
12 km	49:43	R BARBARA MILLER	55	CA	SAN FRANCISCO	CA	052195
12 km	47:36a	R SHIRLEY MATSON	56	CA	SAN FRANCISCO	CA	032397
15 km	1:00:38	R SHIRLEY MATSON	56	CA	SAN DIEGO	CA	111696
20 km	1:18:44	P S. RAE BAYMILLER	55	NY	NEW HAVEN	CT	090798
20 km	1:20:36	R SHIRLEY MATSON	56	CA	SAN DIEGO	CA	111696
25 km	1:41:01	R SHIRLEY MATSON	56	CA	SAN DIEGO	CA	111696
30 km	2:17:31	R JOYCE GASKIN	55	TX	SUGAR LAND	TX	121292
30 km	2:12:35	P BARBARA MILLER	57	CA	CLARKSBURG	CA	111796
50 km	3:56:55	R SANDRA KIDDY	55	CA	WASHINGTON	DC	101792
100 km	8:42:36	R SANDRA KIDDY	55	CA	PALAMOS, SPAIN		021692
10 mi	1:02:39	P S. RAE BAYMILLER	55	NY	FLINT	MI	082298
10 mi	1:04:42	U MARION IRVINE	57	CA	STOCKTON	CA	011887
20 mi	2:26:36	R WEN-SHI YU	55	NY	MINNEAPOLIS	MN	101490
50 mi	7:44:48	R MARY ANN MILLER	56	TX	DALLAS	TX	011693
half mar	1:23:09	R SHIRLEY MATSON	55	CA	WEOTT	CA	102096
marathon	3:05:48a	R SANDRA KIDDY	55	CA	SACRAMENTO	CA	120891
marathon	3:07:21	R MARGARET MILLER	56	CA	SAN FRANCISCO	CA	071182
24 hr	173,809 m	P MARGE DUNLAP	55	CA	SACRAMENTO	CA	111294
24 hr	131,853 m	R LOUISE MIKLOVIC	56	OH	SYLVANIA	OH	091894
48 hr	234,755 m	R MARY ANN MILLER	55	TX	DALLAS	TX	112891

Women 60-64

5 km	19:53	R MARION IRVINE	61	CA	CLARKSBURG	CA	111190
8 km	34:55	R SUSIE KLUTTZ	60	NC	CHARLOTTE	NC	112797
8 km	34:58	R HELEN DICK	60	CA	THOUSAND OAKS	CA	072185
8 km	34:13	U HELEN DICK	61	CA	LOS ANGELES	CA	111785
10 km	40:37	R MARION IRVINE	61	CA	LIVERMORE	CA	102190
12 km	53:52	R JOYCE GASKIN	60	TX	TOMBALL	TX	022297
15 km	1:04:42	R MARGRET BETZ	60	NY	SCHENECTADY	NY	111096
20 km	1:29:08	U MARGARET MILLER	60	CA	VALENCIA	CA	032386
25 km	1:58:24	R GLORIA BROWN	62	NY	GRAND RAPIDS	MI	051494
30 km	2:21:32	R MARGARET MILLER	60	CA	MINNEAPOLIS	MN	101286
50 km	5:16:25	R MARY ANN MILLER	60	TX	DALLAS	TX	011897
50 km	6:39:01	R SARANN MOCK	63	OH	SYLVANIA	OH	091894
100 km	11:30:58	R RUTH ANDERSON	60	CA	SAN FRANCISCO	CA	042190
100 km	11:14:14	R DIXIE MADSEN	61	CA	SAN FRANCISCO	CA	041898
10 mi	1:10:17	R HELEN DICK	60	CA	ENCINO	CA	061685
20 mi	2:32:16	R MARGARET MILLER	60	CA	MINNEAPOLIS	MN	101286
50 mi	9:09:34	R DIXIE MADSEN	60	CA	SACRAMENTO	CA	111597
50 mi	8:35:19	R DIXIE MADSEN	61	CA	SAN FRANCISCO	CA	041898
50 mi	8:43:16	R MARY ANN MILLER	61	TX	DALLAS	TX	012498
50 mi	12:06:59	R SARANN MOCK	63	OH	SYLVANIA	OH	091894
half mar	1:35:02	U HELEN DICK	60	CA	LAS VEGAS	NV	040485
half mar	1:39:01	R HELEN DICK	60	CA	SANTA MONICA	CA	082684
marathon	3:15:30	R HELEN DICK	60	CA	CHICAGO	IL	102184
24 hr	133,668 m	R SARANN MOCK	62	OH	SYLVANIA	OH	091993

It's time to donate
blood again.


American Red Cross
1-800-GIVE-LIFE

Continued from previous page

Women 65-69

5 km	22:07	R	JUNE MACHALA	66 WA ALBANY	NY	053197
8 km	39:33	R	EDNA LAFLIN	65 AZ AHWATUKEE	AZ	082783
8 km	35:29		JUNE MACHALA	66 WA NEWPORT BEACH	CA	071297
10 km	46:18	U	HELEN DICK	65 CA LOS ANGELES	CA	052790
10 km	47:55	R	KAY ATKINSON	65 CA KENTFIELD	CA	053182
12 km	59:44		GLORIA BROWN	65 NY BEDFORD	NH	051797
12 km	1:01:08	R	ALGENE WILLIAMS	69 IL ITASCA	IL	100685
15 km	1:11:40		JUNE MACHALA	66 WA TULSA	OK	102597
15 km	1:12:13	R	JUNE MACHALA	66 WA JACKSONVILLE	FL	030897
20 km	1:37:04	U	HELEN DICK	65 CA VALENCIA	CA	100889
25 km	2:10:56	U	GERRY DAVIDSON	65 CA SAN DIEGO	CA	122886
30 km	2:39:42	P	MYRA RHODES	65 CA CLARKSBURG	CA	111697
30 km	2:47:51	U	EDNA LAFLIN	65 AZ PHOENIX	AZ	102983
50 km	5:09:36	R	JAN RICHARDS	67 TX DALLAS	TX	012195
100 km	12:09:17	R	HELEN KLEIN	67 CA SAN FRANCISCO	CA	042190
10 mi	1:15:01	R	EILEEN DWYER	65 IL PARK FOREST	IL	090197
20 mi	3:02:01	U	JACLYN CASELLI	65 CA CLARKSBURG	CA	111686
50 mi	9:04:31	R	HELEN KLEIN	67 CA SAN FRANCISCO	CA	042190
half mar	1:39:49		JUNE MACHALA	66 WA INDIANAPOLIS	IN	050297
half mar	1:39:40		JUNE MACHALA	67 WA INDIANAPOLIS	IN	050198
marathon	3:36:57	R	WHAYONG SEMER	65 OH COLUMBUS	OH	102493
12 hr	75,865 m	R	SARANN MOCK	66 OH SYLVANIA	OH	092797
24 hr	130,055 m	R	SARANN MOCK	66 OH SYLVANIA	OH	092797

Women 70-74

5 km	24:38	R	GERRY DAVIDSON	70 CA CARLSBAD	CA	041491
5 km	23:56a	U	JO KIESECKER	73 CO LAS VEGAS	NV	091496
5 km	23:56a	R	JO KIESECKER	74 CO LAS VEGAS	NV	092097
8 km	38:46	R	HEDY MARQUE	74 VA ALEXANDRIA	VA	051092
10 km	50:01	U	PAT DIXON	70 OR EUGENE	OR	051389
12 km	1:01:57	R	ALGENE WILLIAMS	70 IL ITASCA	IL	100586
15 km	1:22:55	R	ELLEN MCCOY	70 MN EDINA	MN	092390
15 km	1:16:35a	R	HEDY MARQUE	74 VA ALEXANDRIA	VA	042692
20 km	1:46:21	R	PAT DIXON	70 OR MEDFORD	OR	040889
25 km	2:18:20	R	GERRY DAVIDSON	70 CA SAN DIEGO	CA	112391
30 km	2:59:22	R	ELLEN MCCOY	70 MN DULUTH	MN	052591
50 km	5:44:04	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
100 km	12:50:49	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
10 mi	1:20:33	R	HEDY MARQUE	74 VA WASHINGTON	DC	101391
20 mi	3:29:57	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
20 mi	3:25:59	U	MAVIS LINDGREN	71 CA CLARKSBURG	CA	111978
50 mi	9:55:09	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
100 mi	23:29:34	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
half mar	1:58:27	R	MARCIE TRENT	70 AK ANCHORAGE	AK	052888
half mar	1:50:03a	R	MARY STOREY	70 CA FONTANA	CA	060494
marathon	4:09:04	U	GERRY DAVIDSON	70 CA SAN DIEGO	CA	120891
marathon	4:11:54a	R	MARCIE TRENT	70 AK NAPA	CA	031388
marathon	4:13:03		AGNES REINHARD	70 WI CHICAGO	IL	102096
marathon	4:25:51	R	AGNES REINHARD	71 WI CHICAGO	IL	101997
24 hr	165,343 m	R	HELEN KLEIN	70 CA SYLVANIA	OH	091993
6 day	600,285 m	U	HELEN KLEIN	70 CA SACRAMENTO	CA	010693

Women 75-79

5 km	27:17	R	ANNE CLARKE	77 IL PARK RIDGE	IL	082287
8 km	40:44	R	HEDY MARQUE	76 VA ALEXANDRIA	VA	091293
10 km	53:25		HELEN KLEIN	75 CA SACRAMENTO	CA	112797
10 km	53:40	U	LEONA LUGERS	75 MI HOLLAND	MI	091182
12 km	1:08:21	R	ANNE CLARKE	76 IL ITASCA	IL	100685
15 km	1:19:27a	R	HEDY MARQUE	75 VA ALEXANDRIA	VA	042593
15 km	1:25:20	R	HEDY MARQUE	77 VA TAMPA	FL	021895
20 km	1:52:57	U	LEONA LUGERS	77 MI HOLLAND	MI	052684
25 km	2:43:55	R	GERRY DAVIDSON	75 CA SAN DIEGO	CA	111696
30 km	4:04:24	R	BESS JAMES	79 CA VENTURA	CA	021289
10 mi	1:22:34	U	HEDY MARQUE	75 VA WASHINGTON	DC	101192
10 mi	1:24:54	R	HEDY MARQUE	76 VA WASHINGTON	DC	101793
half mar	2:06:34a	R	ALGENE WILLIAMS	75 IL ZION-LAKE BLUFF	IL	042891
half mar	2:14:15	U	ANNE CLARKE	76 IL CHICAGO	IL	060886
half mar	2:26:24	R	ANNE CLARKE	77 IL CHICAGO	IL	061487
marathon	4:31:43a		HELEN KLEIN	75 CA SACRAMENTO	CA	120797
marathon	4:49:08	R	ANNE CLARKE	76 IL CHICAGO	IL	102085

Women 80-84

5 km	29:23	R	ANNE CLARKE	80 IL PARK RIDGE	IL	093089
8 km	52:00	R	ANNE CLARKE	81 IL PARK RIDGE	IL	090891
10 km	56:14	U	LEONA LUGERS	80 MI HOLLAND	MI	050287
10 km	56:17	P	HEDY MARQUE	80 VA WASHINGTON	DC	042698
12 km	1:44:26	P	FENYA CROWN	84 AZ TACOMA	WA	061997
15 km	1:29:01		HEDY MARQUE	80 VA TAMPA	FL	021498
15 km	1:39:44	R	RUTH ROTHFARB	80 FL AHWATUKEE	AZ	112281
20 km	2:26:34	U	RUTH ROTHFARB	80 FL WASHINGTON	DC	030682
30 km	4:13:32	R	MAVIS LINDGREN	81 CA CLARKSBURG	CA	111388
10 mi	1:31:24		HEDY MARQUE	80 VA WASHINGTON	DC	040598
half mar	2:23:54	U	ANNE CLARKE	80 IL HIGHLAND PARK	IL	061090
half mar	2:19:23a	U	ANNE CLARKE	80 IL LAKE COUNTY	IL	042990
marathon	5:10:04	R	IDA MINTZ	80 IL CHICAGO	IL	102085

Women 85-89

5 km	34:51	P	ANNE CLARKE	85 IL PARK RIDGE	IL	092494
5 km	43:00	R	RUTH ROTHFARB	87 FL ALBANY	NY	060389
8 km	1:03:16	P	ANNE CLARKE	85 IL DEERFIELD	IL	111394
8 km	1:03:01	U D	SUSAN CONROY	89 IL CHICAGO	IL	031289
10 km	1:14:37	P	ANNE CLARKE	85 IL HIGHLAND PARK	IL	100994
10 km	1:16:55	U	RUTH ROTHFARB	87 MA BOSTON	MA	101088
half mar	3:23:06	U	MARY AMES	85 CA LOMPOC	CA	061988
marathon	6:53:50	R	IDA MINTZ	85 IL CHICAGO	IL	102890

Women 90 & over

5 km	48:35	P	TINY RILEY	90 MT HELENA	MT	060395
10 mi	3:29:08	R	RUTH ROTHFARB	90 FL WASHINGTON	DC	040592
marathon	8:53:08	P	MAVIS LINDGREN	90 CA PORTLAND	OR	092897

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

DIST	TIME	NAME	AGE	ST	RACE LOCATION	RST	RDATE
5 km	13:55	R JOHN CAMPBELL (NZL)			FT. MYERS	FL	021691
8 km	23:13	R NICK ROSE (GBR)			VIRGINIA BEACH	VA	032192
10 km	28:56	R MARTIN MONDRAGON (MEX)			MOBILE	AL	032694
12 km	36:18	R PIERRE LEVISSE (FRA)			SAN FRANCISCO	CA	051693
15 km	44:14	R PIERRE LEVISSE (FRA)			PORTLAND	OR	062892
20 km	1:01:37	R KEITH ANDERSON (GBR)			NEW HAVEN	CT	090197
25 km	1:16:49	R MARTIN MONDRAGON (MEX)			GRAND RAPIDS	MI	051494
10 mi	47:55	R JOHN CAMPBELL (NZL)			FLINT	MI	082590
half mar	1:02:28	R JOHN CAMPBELL (NZL)			PHILADELPHIA	PA	091690
marathon	2:14:33	R JOHN CAMPBELL (NZL)			LOS ANGELES	CA	030391

Men 40-44

5 km	14:25	R	STEVE PLASENCIA	40 MN PALM DESERT	CA	121596
5 km	14:15a	R	STEVE BLUM	40 CA FONTANA	CA	060395
8 km	23:51	R	BILL RODGERS	40 MA INDIANAPOLIS	IN	092488
8 km	23:06a		MARK DICKEY	41 UT ALTA	UT	091397
8 km	21:35a		CRAIG YOUNG	42 CO ALTA	UT	091998
10 km	29:57	R	BARRY BROWN	40 NY ASBURY PARK	NJ	081884
10 km	29:48	U	BILL RODGERS	40 MA DAVENPORT	IA	100188
10 km	29:27a	R	CRAIG YOUNG	41 CO PITTSBURGH	PA	092897
12 km	36:29a	R	GARY ROMESSER	41 IN EVANSVILLE	IN	050992
12 km	37:19	R	LARRY ALMBERG	43 WA SPOKANE	WA	050690
15 km	45:14	R	STEVE PLASENCIA	40 MN JACKSONVILLE	FL	030897
20 km	1:03:07	R	BILL RODGERS	44 MA NEW HAVEN	CT	090792
25 km	1:18:38		STEVE PLASENCIA	40 MN MINNEAPOLIS	MN	090797
25 km	1:21:24	R	DOUG BELL	41 CO MINNEAPOLIS	MN	091392
30 km	1:38:16	R	DOUG KURTIS	42 MI HAMILTON, CAN		032794
50 km	3:00:00	R	JEFF WALL	40 CA SAN FRANCISCO	CA	110682
50 km	2:59:36a	R	BRUCE MORTENSON	44 MN DULUTH	MN	102288
100 km	6:38:21	R	BERND HEINRICH	41 VT CHICAGO	IL	100481
10 mi	49:46	R	BARRY BROWN	40 NY WASHINGTON	DC	033185
20 mi	1:42:08	R	BARRY BROWN	40 NY MINNEAPOLIS	MN	093084
50 mi	5:10:13	R	BERND HEINRICH	41 VT CHICAGO	IL	100481
100 mi	13:15:50	R	ROY PIRRUNG	40 WI QUEENS	NY	040189
half mar	1:05:33	R	STEVE PLASENCIA	40 MN INDIANAPOLIS	IN	050297
half mar	1:05:27		STEVE PLASENCIA	41 MN INDIANAPOLIS	IN	050198
half mar	1:03:33a	P	CRAIG YOUNG	41 CO LAS VEGAS	NV	020198
half mar	1:04:39a	R	CRAIG YOUNG	40 CO LAS VEGAS	NV	020997
marathon	2:17:02	R	KENNETH JUDSON	40 PA HUNTSVILLE	AL	120890
marathon	2:15:15a	R	BARRY BROWN	40 NY MINNEAPOLIS	MN	093084
12 hr	144,840 m	R	ROY PIRRUNG	40 WI QUEENS	NY	040189
24 hr	247,876 m	R	ROY PIRRUNG	41 WI MILTON KEYNES	GBR	020390
48 hr	321,064 m	R	KURT MADDEN	40 CA WICHITA	KS	050396

Men 45-49

5 km	15:00	P D	NOLAN SMITH	45 CA GARDENA	CA	060495
5 km	14:34a	R	STEPHEN LESTER	45 UT MAGNA	UT	092488
5 km	15:07	R	DOUG BELL	46 CO CARLSBAD	CA	041397
8 km	24:41	R	BILL RODGERS	45 MA VIRGINIA BEACH	VA	032093
8 km	24:40a	R	VAN EDGE	45 UT ALTA	UT	091496
10 km	30:50	R	BILL RODGERS	45 MA CLEVELAND	OH	051693
10 km	30:10a	R	STEVE LESTER	45 UT MAGNA	UT	070488
12 km	38:47	R	STEVE LESTER	45 UT SPOKANE	WA	050188
12 km	37:28a	R	BILL RODGERS	45 MA EVANSVILLE	IN	050893
15 km	47:28	U	SAL VASQUEZ	45 CA ROSS	CA	031685
15 km	48:00		BILL RODGERS	47 MA UTICA	NY	070995
20 km	1:05:46	R	LARRY OLSEN	46 MA NEW HAVEN	CT	090693
25 km	1:22:24	R	DAN CONWAY	47 WI MINNEAPOLIS	MN	091486
30 km	1:39:18	R	BILL RODGERS	45 MA HAMILTON, CAN		032893
50 km	3:24:24		JOE SCHIEFFER	45 CA ELVERTA	CA	011897
50 km	3:34:31	R	ROY PIRRUNG	45 WI PITTSBURGH	PA	040994
100 km	7:18:27	R	ROBERT PEREZ	46 TX SAN FRANCISCO	CA	041595
10 mi	51:41	U	SAL VASQUEZ	47 CA STOCKTON	CA	011887
20 mi	1:49:10	R	JIM BOWERS	45 CA MINNEAPOLIS	MN	093084
20 mi	1:49:10	R	DAN CONWAY	45 WI MINNEAPOLIS	MN	093084
50 mi	5:40:05	R	ROBERT PEREZ	46 TX DALLAS	TX	012195
50 mi	5:29:44	U	ROGER ROULLIER	47 GA CHICAGO	IL	101385
100 mi	15:01:33	R	ROY PIRRUNG	45 WI SYLVANIA	OH	091993
100 mi	14:31:11		ROY PIRRUNG	46 WI QUEENS	NY	102294
half mar	1:08:05	R	BILL RODGERS	45 MA KANSAS CITY	MO	060693
half mar	1:07:14a	R	GARY ROMESSER	45 IN LAS VEGAS	NV	021196
marathon	2:25:50	U	JIM BOWERS	45 CA DYERVILLE	CA	101484
marathon	2:21:32a	R	JIM BOWERS	45 CA DULUTH	MN	061684
marathon	2:26:43	R	BOB SCHLAU	47 SC HOUSTON	TX	011595
12 hr	136,677 m	R	ROY PIRRUNG	49 WI SYLVANIA	OH	092797
24 hr	247,476 m	R	ROY PIRRUNG	49 WI SYLVANIA	OH	092797

Continued on next page

Continued from previous page

Men 50-54

5 km	15:38	R	SAL VASQUEZ	51 CA	DAVIS	CA	112391
5 km	15:11a	R	STEPHEN LESTER	52 UT	MAGNA	UT	093095
8 km	25:31	R	SAL VASQUEZ	50 CA	LOS ALTOS	CA	012090
8 km	25:23	U	JIM O'NEILL	52 OH	ALLEN PARK	MI	080390
8 km	23:27a	R	STEPHEN LESTER	53 UT	ALTA	UT	091496
10 km	31:48	R	RAY HATTON	50 OR	PORTLAND	OR	052382
10 km	31:12a	R	STEPHEN LESTER	52 UT	MAGNA	UT	070195
12 km	39:06a	U	SAL VASQUEZ	50 CA	SACRAMENTO	CA	042290
12 km	40:07	U	HAL HIGDON	51 IN	CHICAGO	IL	103182
15 km	49:24	R	NORM GREEN	53 PA	PORTLAND	OR	063085
20 km	1:05:50	R	NORM GREEN	50 PA	WASHINGTON	DC	052983
25 km	1:24:12	R	NORM GREEN	51 PA	WASHINGTON	DC	052784
30 km	1:46:42	U	NORM GREEN	51 PA	NEW YORK	NY	121783
50 km	3:19:33	R	JOHN L. SULLIVAN	53 MA	WASHINGTON	DC	031382
100 km	7:38:43	R	JOHN L. SULLIVAN	54 MA	CHICAGO	IL	100382
10 mi	52:53	R	NORM GREEN	50 PA	WASHINGTON	DC	032783
20 mi	1:51:44	R	NORM GREEN	52 PA	MINNEAPOLIS	MN	093084
50 mi	5:35:03	R	TED CORBITT	50 NY	NEW YORK	NY	101870
50 mi	5:35:03	R	TED CORBITT	51 NY	NEW YORK	NY	101870
100 mi	15:39:18	P	ROY PIRRUNG	50 WI	SYLVANIA	OH	091998
100 mi	17:12:42	R	ANDY DETERS	51 MN	MINNEAPOLIS	MN	062693
100 mi	17:02:54	U	HERB FRED	53 TX	HOUSTON	TX	021983
half mar	1:09:30	R	NORM GREEN	52 PA	PHILADELPHIA	PA	091684
marathon	2:25:46a	R	JIM O'NEILL	50 OH	LAS VEGAS	NV	020489
marathon	2:29:11	R	NORM GREEN	51 PA	LINCOLN	NE	050684
marathon	2:25:51	U	NORM GREEN	52 PA	SAN DIEGO	CA	120284
12 hr	135,493 m	P	ROY PIRRUNG	50 WI	QUEENS	NY	080898
12 hr	118,237 m	R	RALPH BALSAMO	50 NY	QUEENS	NY	061497
24 hr	231,745 m	R	JOHN METZ	50 CA	SACRAMENTO	CA	111493
48 hr	342,790 m	R	JIM DRAKE	52 CA	SACRAMENTO	CA	010293

Men 55-59

5 km	15:55	U	JIM O'NEILL	55 OH	WYOMING	MI	080793
5 km	15:35a	R	TOM CURRY	55 NV	FONTANA	CA	053197
5 km	16:07		VIC HECKLER	55 IL	PARK RIDGE	IL	092797
5 km	16:38	R	NORM GREEN	57 PA	DELAND	FL	020490
8 km	26:36	P	STEPHEN LESTER	55 UT	SALT LAKE CITY	UT	041998
8 km	26:33a	U	RAY HATTON	55 OR	EUGENE	OR	060687
8 km	26:42	U	JIM O'NEILL	55 OH	WORTHINGTON	OH	050293
8 km	27:00	R	NORM GREEN	57 PA	NAPLES	FL	011390
10 km	32:27	R	JIM O'NEILL	55 OH	TOLEDO	OH	092693
12 km	41:24		STEPHEN LESTER	55 UT	SPOKANE	WA	050398
12 km	41:29	R	SAL VASQUEZ	57 CA	SAN FRANCISCO	CA	051897
15 km	50:45	R	NORM GREEN	55 PA	WASHINGTON	DC	032788
20 km	1:08:07	R	NORM GREEN	56 PA	MEDFORD	OR	040889
25 km	1:29:56	U	RAY HATTON	55 OR	EUGENE	OR	091387
30 km	1:46:33	R	NORM GREEN	56 PA	CLARKSBURG	CA	111388
50 km	3:51:10		KEN YOUNG	55 CA	ELVERTA	CA	011897
50 km	3:28:47a	R	ROBERT BECKER	55 MD	DULUTH	MN	102889
100 km	8:53:27	R	GARD LEIGHTON	57 CA	SAN FRANCISCO	CA	042592
10 mi	54:25	R	JIM O'NEILL	56 OH	WASHINGTON	DC	041094
20 mi	1:57:26	R	NORM GREEN	58 PA	MINNEAPOLIS	MN	101490
50 mi	5:53:08	R	ALEX RATELLE	57 MN	CHICAGO	IL	100481
100 mi	18:56:04	R	ED ROUSSEAU	58 MN	SYLVANIA	OH	092797
1000 mi	346:56:46	R	DON WINKLEY	59 TX	NEW YORK	NY	092697
half mar	1:10:23	R	NORM GREEN	55 PA	PHILADELPHIA	PA	092087
marathon	2:33:49	R	NORM GREEN	55 PA	LINCOLN	NE	050188
marathon	2:27:42a	R	NORM GREEN	55 PA	MINNEAPOLIS	MN	101187
12 hr	115,945 m	R	BRUCE BOYD	58 CT	QUEENS	NY	061497
24 hr	195,083 m	R	GAYLON DODSON	59 AL	SYLVANIA	OH	092797
48 hr	323,478 m	R	DON WINKLEY	59 TX	NEW YORK	NY	091397
6 day	724,204 m	R	DON WINKLEY	56 TX	NEW YORK	NY	051494

Men 60-64

5 km	17:00	R	JIM O'NEIL	61 CA	CARLSBAD	CA	060186
8 km	28:07	R	NORM GREEN	60 PA	VIRGINIA BEACH	VA	032093
10 km	34:27	R	JIM O'NEIL	60 CA	ALAMEDA	CA	080485
12 km	47:27	R	JOE POWERS	60 IL	ITASCA	IL	100685
12 km	44:40a	U	PATRICK DEVINE	60 CA	LOS ANGELES	CA	042389
12 km	45:53	U	NORMAN EASTMAN	62 MI	LANSING	MI	060593
15 km	54:20	R	NORM GREEN	60 PA	TAMPA	FL	022793
20 km	1:15:15	R	NORM GREEN	60 PA	NEW HAVEN	CT	090792
20 km	1:14:46	U	NORM GREEN	61 PA	PHILADELPHIA	PA	022494
25 km	1:35:27	U	JIM O'NEIL	61 CA	EUGENE	OR	090786
25 km	1:36:20	R	ALEX RATELLE	62 MN	MINNEAPOLIS	MN	091486
30 km	1:59:22	R	PATRICK DEVINE	60 CA	VENTURA	CA	021289
50 km	3:35:51	R	MALCOLM GILLIS	61 AL	DALLAS	TX	012195
100 km	8:58:04	R	RAY PIVA	64 CA	SAN FRANCISCO	CA	042091
10 mi	57:48	R	NORM GREEN	60 PA	WASHINGTON	DC	040493
20 mi	2:03:16	R	GAYLON JORGENSEN	61 NV	MINNEAPOLIS	MN	101490
50 mi	6:43:48	R	MALCOLM GILLIS	60 AL	BIRMINGHAM	AL	021494
50 mi	6:24:18	U	FRANS PAUWELS	60 OR	PORTLAND	OR	102978
100 mi	18:02:35	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
half mar	1:16:55	R	NORM GREEN	61 PA	PHILADELPHIA	PA	091993
marathon	2:42:44	R	CLIVE DAVIES	64 OR	PORTLAND	OR	102879
12 hr	113,136 m	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
24 hr	207,927 m	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
48 hr	252,667 m	P	ROB VOLKENAND	63 OR	SACRAMENTO	CA	111294
6 day	608,332 m	P	ROB VOLKENAND	63 OR	SACRAMENTO	CA	111294

Men 65-69

5 km	18:00	U	JOE FERNANDEZ	65 MA	PROVIDENCE	RI	101793
5 km	18:21	R	WARREN UTE	69 IL	PARK RIDGE	IL	093089
8 km	29:41	R	JOE FERNANDEZ	65 MA	BOSTON	MA	040994
10 km	35:52	U	CLIVE DAVIES	66 OR	PORTLAND	OR	052382
12 km	44:11	U	CLIVE DAVIES	67 OR	PORTLAND	OR	051583
15 km	55:16	R	CLIVE DAVIES	65 OR	PORTLAND	OR	062881
20 km	1:20:53	U	NORMAN BRIGHT	66 WA	WASHINGTON	DC	052276
20 km	1:25:02	R	PAUL REESE	69 CA	MEDFORD	OR	041287
25 km	1:41:39	R	ALEX RATELLE	66 MN	MINNEAPOLIS	MN	091690
30 km	1:58:12	R	CLIVE DAVIES	66 OR	PORTLAND	OR	020682
30 km	2:25:22	R	PATRICK DEVINE	69 CA	CLARKSBURG	CA	111697
50 km	4:10:34	R	VICTOR HARKOFF	65 IL	SEATTLE	WA	010585
100 km	9:24:41	R	RAY PIVA	67 CA	SACRAMENTO	CA	021294
10 mi	1:02:07	R	WARREN UTE	69 IL	PARK FOREST	IL	090489
20 mi	2:14:29	R	ALEX RATELLE	66 MN	MINNEAPOLIS	MN	101490
50 mi	7:27:10	R	FRED NAGELSMIDT	65 CA	FOUNTAIN VALLEY	CA	051990
100 mi	23:03:25	U	WILFREDO RIOS	68 NY	QUEENS	NY	092785
half mar	1:20:29a	R	JAMES TALLEY	65 CA	FONTANA	CA	041986
half mar	1:23:50	R	MICHAEL BERTOLINI	65 NJ	PHILADELPHIA	PA	091585
half mar	1:21:41	U	CLIVE DAVIES	66 OR	LAKE OSWEGO	OR	092781
marathon	2:42:49	R	CLIVE DAVIES	66 OR	EUGENE	OR	091381
12 hr	111,044 m	R	RAY PIVA	67 CA	SACRAMENTO	CA	111493
24 hr	193,121 m	R	RAY PIVA	67 CA	SACRAMENTO	CA	111493
48 hr	220,480 m	P	RICHARD COZART	65 FL	SACRAMENTO	CA	111294
48 hr	209,214 m	R	DICTINO MENDEZ	66 NY	NEW YORK	NY	051194
6 day	619,597 m	R	DICTINO MENDEZ	66 NY	NEW YORK	NY	051494

Men 70-74

5 km	18:01	R	WARREN UTE	70 IL	PARK RIDGE	IL	093090
8 km	30:25	R	WARREN UTE	70 IL	CHICAGO	IL	031091
10 km	37:49	U	WARREN UTE	70 IL	LIBERTYVILLE	IL	092390
10 km	41:09	R	ALFRED FUNK	70 MT	BOZEMAN	MT	092184
12 km	51:58	R	JOHN CAHILL	70 UT	SAN FRANCISCO	CA	051594
12 km	48:55	U	WARREN UTE	73 IL	FRANKFORT	IL	082893
12 km	50:28	P	WARREN UTE	74 IL	FRANKFORT	IL	082794
15 km	58:13	U	WARREN UTE	70 IL	MICHIGAN CITY	IN	062391
15 km	1:01:50	R	CLIVE DAVIES	71 OR	PORTLAND	OR	062887
20 km	1:20:11	U	WARREN UTE	70 IL	CHICAGO	IL	071590
25 km	1:39:59	R	CLIVE DAVIES	70 OR	EUGENE	OR	090885
30 km	2:13:01	R	CLIVE DAVIES	71 OR	MINNEAPOLIS	MN	101286
50 km	6:58:48	R	GEORGE BASHEN	70 TX	SYLVANIA	OH	091894
50 km	6:37:13	R	FRANK RODRIGUEZ	71 CA	ELVERTA	CA	011897
50 km	4:34:51	U	ED BENHAM	74 MD	WASHINGTON	DC	031382
100 km	11:27:10	U	CARLTON MENDELL	71 ME	NEW YORK	NY	022793
10 mi	1:02:41	R	WARREN UTE	70 IL	PARK FOREST	IL	090390
20 mi	2:23:54	R	CLIVE DAVIES	71 OR	MINNEAPOLIS	MN	101286
50 mi	7:48:58	R	RAY PIVA	70 CA	SACRAMENTO	CA	111696
half mar	1:27:23	P	JOHN KESTON	70 OR	WOODINVILLE	WA	090495
half mar	1:27:44	R	JOHN KESTON	72 OR	INDIANAPOLIS	IN	050297
half mar	1:25:24a	R	JOHN KESTON	72 OR	LAS VEGAS	NV	020997
marathon	3:00:58	R	JOHN KESTON	71 OR	MINNEAPOLIS	MN	100696
12 hr	74,045 m	R	BURT CARLSON	70 MN	SYLVANIA	OH	091496
12 hr	100,000 m	P	CARLTON MENDELL	71 ME	NEW YORK	NY	022793
24 hr	151,728 m	R	HOWARD HENRY	73 IN	SYLVANIA	OH	091894
6 day	539,130 m	R	ED FISHMAN	72 HI	NEW YORK	NY	092195

Men 75-79

5 km	19:24	R	WARREN UTE	75 IL	PARK RIDGE	IL	093095
8 km	31:52	P	WARREN UTE	75 IL	CEDAR RAPIDS	IA	070495
8 km	34:21	R	ED BENHAM	78 MD	LIVERPOOL	NY	092985
10 km	40:12	R	WARREN UTE	75 IL	LIBERTYVILLE	IL	091795
12 km	48:57	R	WARREN UTE	75 IL	PARK FOREST	IL	090495
15 km	1:01:58	R	WARREN UTE	75 IL	PARK FOREST	IL	090495
20 km	1:23:51	P	WARREN UTE	75 IL	CHICAGO	IL	070995
20 km	1:30:10	R	ED BENHAM	75 MD	WASHINGTON	DC	052983
25 km	1:56:18	R	ED BENHAM	75 MD	RALEIGH	NC	110682
25 km	1:52:57	R	WARREN UTE	77 IL	CHANNAHON	IL	091497
30 km	2:28:00	R	ED BENHAM	78 MD	SUGAR LAND	TX	120785
50 km	5:03:38	R	ED BENHAM	77 MD	WASHINGTON	DC	102384
100 km	16:23:00	R	HOWARD HENRY	75 IN	SYLVANIA	OH	091596
10 mi	1:06:27	R	WARREN UTE	75 IL	PARK FOREST	IL	090495
20 mi	2:42:38	U	ED BENHAM	77 MD	GREENBELT	MD	122284
50 mi	10:18:03	P	MATT MILLER	75 LA	PITTSBURGH	PA	040895
50 mi	10:34:06	R	MATT MILLER	75 LA	BRUNSWICK	ME	101594
half mar	1:30:19	R	WARREN UTE	76 IL	INDIANAPOLIS	IN	050297
marathon	3:18:10	P	WARREN UTE	75 IL	CHICAGO	IL	101595
marathon	3:34:42	R	ED BENHAM	76 MD	WASHINGTON	DC	110683
12 hr	84,112 m	P	MATT MILLER	75 LA	QUEENS	NY	061795
12 hr	80,467 m	R	BEN MOSTOW	78 IL	CHICAGO	IL	100481
24 hr	133,668 m	R	HOWARD HENRY	76 IN	SYLVANIA	OH	092797

Continued on next page

Our free Catalog helps you every step of the way.

Great consumer information is a shoe-in with our free Catalog. Call toll-free 1 (888) 8-PUEBLO.

That's 1 (888) 878-3256. Or go to www.pueblo.gsa.gov.

U.S. General Services Administration

Continued from previous page

Men 80-84

5 km	22:26	U	ED BENHAM	80 NJ CHICAGO	IL	041788
5 km	24:52	R	DUDLEY HEALY	80 MD SYRACUSE	NY	100294
5 km	24:41	P	FRED ELY	80 NJ PHILADELPHIA	PA	041595
8 km	36:35	R	ED BENHAM	81 MD VIRGINIA BEACH	VA	031889
10 km	45:28	R	ED BENHAM	80 CA ASBURY PARK	NJ	080887
12 km	1:03:55a	U	MEL SHINE	80 MD SACRAMENTO	CA	042989
12 km	1:09:05	U	CYRIL WOODS	81 OR PORTLAND	OR	051583
12 km	1:16:44	R	DUDLEY HEALY	82 NJ TOMBALL	TX	022297
15 km	1:07:00a	U	ED BENHAM	81 MD CUMBERLAND	MD	100888
15 km	1:07:22	R	ED BENHAM	81 MD WASHINGTON	DC	040791
20 km	1:33:56	R	ED BENHAM	81 MD MEXFORD	OR	040889
25 km	2:23:43	R	MAX POPPER	80 NY NEW YORK	NY	100283
50 km	6:59:34	R	WILFREDO RIOS	80 NY QUEENS	NY	061497
10 mi	1:13:23	R	ED BENHAM	81 MD WASHINGTON	DC	040289
20 mi	4:18:00	U	IVOR WELCH	84 CA CLARKSBURG	CA	111879
50 mi	12:13:35	U	BEN MOSTOW	80 IL CHICAGO	IL	100283
half mar	1:40:30	R	ED BENHAM	81 MD ORLANDO	FL	121088
marathon	3:43:27a	R	ED BENHAM	80 MD MINNEAPOLIS	MN	101187
marathon	4:17:51	R	ED BENHAM	84 MD MINNEAPOLIS	MN	100691
12 hr	73,439 m	R	WILFREDO RIOS	80 NY QUEENS	NY	061497

Men 85-89

5 km	28:26	R	GIFTON JOLLEY	85 GA ROME	GA	120592
8 km	47:03	U	PAUL SPANGLER	85 CA PALO ALTO	CA	031785
10 km	58:50	R	PAUL SPANGLER	85 CA RALEIGH	NC	050384
15 km	1:32:00	R	PAUL SPANGLER	85 CA EL PASO	TX	101384
20 km	2:07:49	U	PAUL SPANGLER	85 CA SACRAMENTO	CA	032584
30 km	4:39:30	R	PAUL SPANGLER	89 CA CLARKSBURG	CA	111388
10 mi	1:55:36	R	MEL SHINE	85 OR MEDFORD	OR	040994
10 mi	1:54:01a	P	HARRY POLITES	86 NJ PHILADELPHIA	PA	050596
20 mi	3:44:31	U	PAUL SPANGLER	86 CA CLARKSBURG	CA	111785
half mar	2:26:46	U	MAX POPPER	85 NY BROOKLYN	NY	031289
marathon	5:21:51	U	PAUL SPANGLER	85 CA SAN DIEGO	CA	120284

Men 90-94

5 km	40:32	R	LLOYD WALTERS	91 MT TUCSON	AZ	012692
8 km	56:10	R	PAUL SPANGLER	91 CA PALO ALTO	CA	032590
10 km	1:14:49	R	PAUL SPANGLER	90 CA PARAMOUNT	CA	012090
15 km	2:35:00	R	PAUL SPANGLER	91 CA PORTLAND	OR	061790
marathon	8:10:44a	P	SAM GADLESS	90 FL NEW YORK	NY	110297
marathon	9:23:25a	R	PAUL SPANGLER	92 CA NEW YORK	NY	110391

Men 95 & over

5 km	48:55	R	MARION MCANELLY	95 OK STILWELL	OK	051395
------	-------	---	-----------------	----------------	----	--------



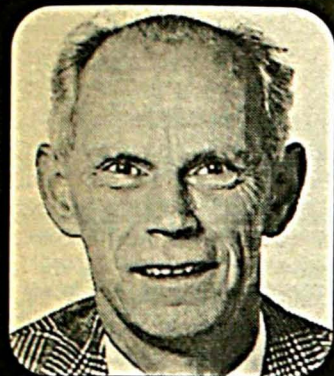
MASTERS COACHING/TRAINING



Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat.& Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383	St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	J. "Moose" Miller	Southington, CT	TH	C-860-621-3128
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Powerline Sports	YMCA-Central El Paso, TX	MD	C-David Jackson 915-533-3941
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	John Tansley	Canyon Del Oro H.S. Tucson, AZ	LD, S, F	C-520-825-2595
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909- 595-9674	Tom Craig Personal Best Program	Oakland, CA	MD	C-510-633-1161
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, IN 37862	S, F, MD	C-Ross coachr880@ aol.com			LD	C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil McLaughlin
Fred Hustead, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909- 369-0761	Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841
LAVAC/SCStriders	UCLA - Sun 8:30 a.m.	S, H, MD	L-George Simon 818-784-0496 or Jackson Steffes	Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843
Mac McCormick	UC Irvine, CA	S, H, F, PV, TH	L-Mac 714-586-9942	SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	Bob Schul Racing Team	Dayton, Ohio	MD, LD	C-Rich Davis 937-885-4683 Bob Schul 937-293-7935
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866- 9771 x2400 (work)	Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818- 556-1563 (work)	MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m. Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com
Stan Whitley	Mt. SAC, Walnut, CA	S	L-909- 945-9800 (home)	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444- 7276 microjas@ aol.com www.ric rojasrunning.com
Janet Wilson	Orange County, CA	TH	C-310-598-9063				
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)				
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C				
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188				

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.

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.



International Scene

by **TORSTEN CARLIUS**
WAVA President

Cooperation Takes Another Step Forward

Another month has passed during which we have seen many new veterans' activities. The most important are our discussions with the International Masters Games Association which administers the World Masters Games – this year held in Portland/Eugene. Although a success, they attracted fewer athletes than expected, mostly due to the very high entry fee and, perhaps, to the fact that they did not – for track and field – comply completely with WAVA rules and conditions.

I have, in earlier issues of NMN, discussed our views on World Masters Games with respect to future cooperation between IMGA on one side and WAVA/other ISFs on the other, and WAVA's requirements that the track and field events must be under total WAVA control in order to be recognized by us. In Portland, the IMGA Board of Governors listened carefully to our views and accepted them in principle.

We met again in Copenhagen, Denmark, on October 1, following which the IMGA Board of Governors was to present our requirements at their annual meeting in Monaco for sanction by the delegates.

Proposed Plan

In Copenhagen, I once more outlined the following plan for future cooperation between IMGA and WAVA, which must also be approved by the General Assembly in Gateshead next year.

1. There is a very great need for an overall world body responsible for administration and coordination of all World and Regional Masters Games in order to avoid other masters games conflicting, not only with the World and Regional Championships, but also with each other. We need simply a world body with strength enough to sanction masters games worldwide, to offer athletes first class events. IMGA could be just that body recognized by the IOC.

2. WAVA requires that WAVA assume overall responsibility for track and field events at the World Masters Games beginning in Melbourne in 2002. I have raised this point many times and IMGA has consented to its inclusion in future contracts for World Masters Games.

Other stipulations are that:

- WAVA shall be the overall responsible body whose technical delegates will supervise the organization and make inspection visits during event preparations.

- WAVA rules shall be adopted, including age grouping.

- The WAVA entry fee system shall be adopted, including a small WAVA

fee.

- Drug tests shall be carried out according to IAAF rules.

New Order

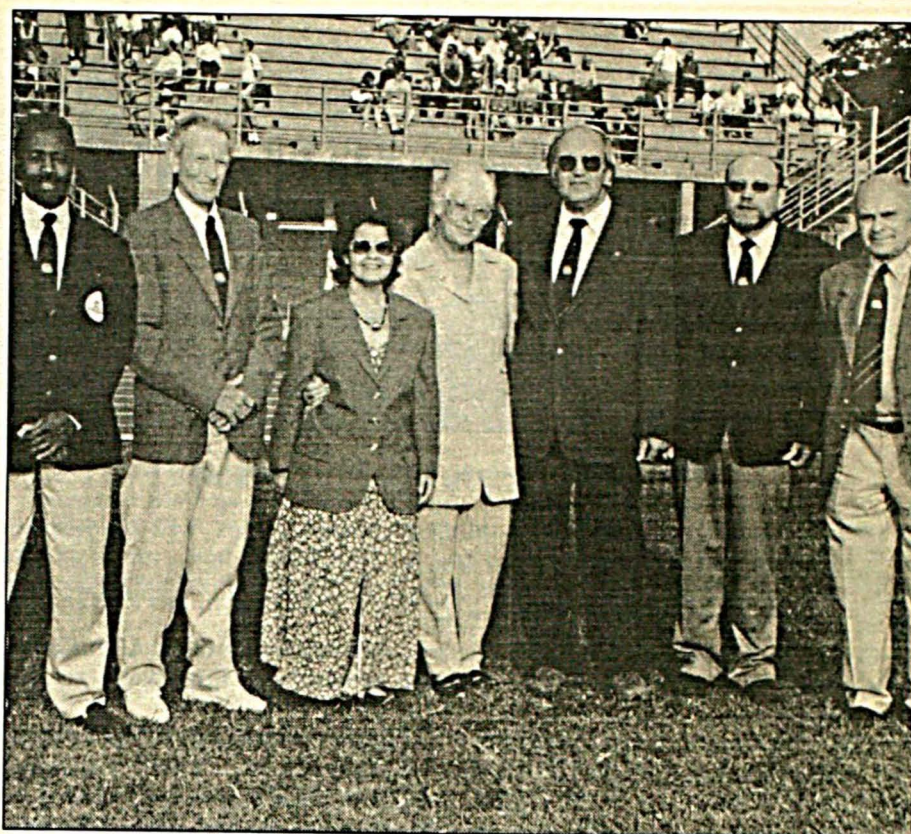
We wish this new order for future World Masters Games to begin in Melbourne. Following IMGA approval in Monaco, there is to be a meeting with the organizers in Melbourne early next year to initiate implementation and update the Entry Booklet accordingly for track & field.

3. Respecting future coordination of World Masters Games, WAVA World Championships, and Regional Championships, there is a tendency toward development of a "Masters Olympics." In this eventuality, it is my firm conviction that WAVA must be inside and not outside the organization of such a development – provided, of course, that the General Assembly in Gateshead approves.

Regional Championships

To date, we have had three Regional Championships, i.e., Oceania in January, Africa in August, and Europe in September. The other three will follow shortly and together we will have a picture of an ever-growing movement. I was happy to see the development in Africa and enjoyed the high level of performances at the European

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

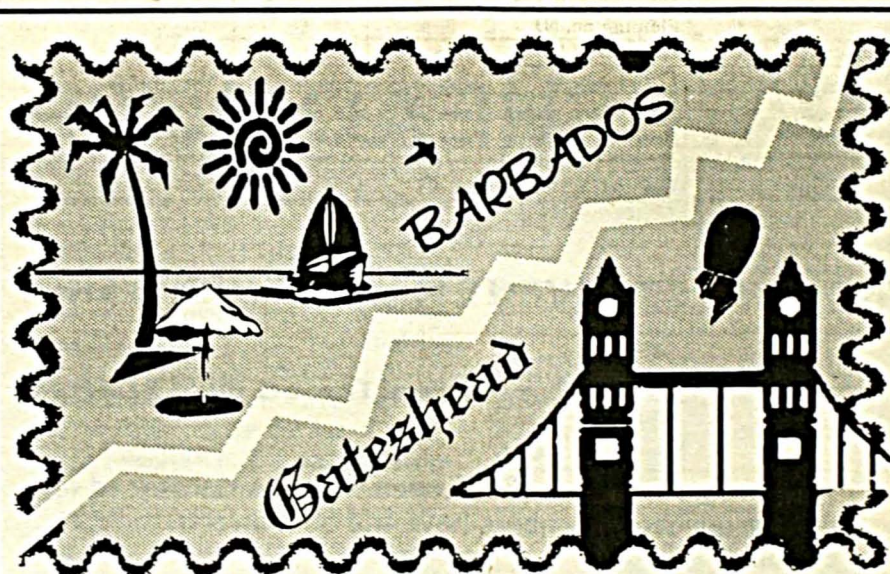


Members of the European Veterans Athletic Association Council, elected at the 1998 European Veterans Championships, Cesenatico, Italy (l to r): Winston Thomas, England, Technical Manager; Karel Matzner, Czech Republic, Road Race Representative; Selma Turkall, Turkey, Women's Representative; Marina Hoernecke-Gil, Spain, Secretary; Dieter Massin, Germany, Vice-President; Ivar Soderlind, Sweden, Statistician; and Jacques Serruys, Belgium, President.

Championships in Italy, with 4291 athletes from 38 countries.

At each of these three championships, we have awarded the best

female performance, as will be done at the next three. We hope to announce the six winners no later than in the January issue of NMN. □



DON'T SETTLE FOR A POSTCARD!

Call Sports Travel International

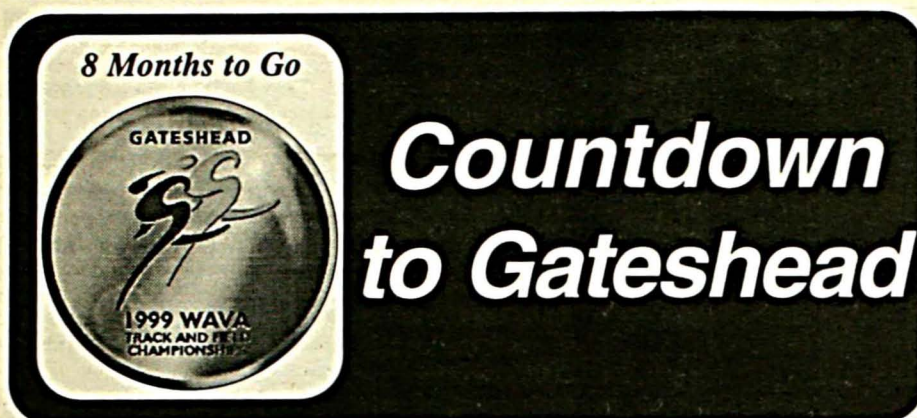
For travel arrangements to Barbados for the WAVA Regional Championships, Nov. 1998 and Gateshead for the World Championships in July/August of 1999.

Let WAVA's most experienced travel provider save you...

• Time • Effort • & Money!

SPORTS TRAVEL International
CALL Today!

619-225-9555 or 800-466-6004



Countdown to Gateshead

8000 Participants Expected

The XIII World Veterans Athletics Championships will be held in Gateshead, England, July 29 to Aug. 8, 1999. The biennial event is open to men age 40 and up and women 35 and up. There are no qualifications to enter except to be at least the minimum age.

Competition will be held in the traditional five-year age groups. All traditional track and field events will be held, plus two racewalks, a cross-country run and a marathon.

This is the most prestigious event in the world for masters track and field athletes. Following three WAVA World Veterans Athletics Championships in Japan, the USA and Africa, the event now returns to Europe for the first time since 1991 (Turku, Finland). It will be the first time Great Britain has hosted the Championships.

Because of the proximity to central Europe, and the relatively low cost of travel between England and North

America, a record number of entries is expected in 1999. The last two WAVA T&F Championships drew over 5000 participants, but the Gateshead organizers expect 8000 next year. Thus, it should be the most competitive and the closest to a true world championships ever held.

Three stadia will be utilized and activities will take place from early morning to late evening. Virtually all athletes must submit their competition

entry forms through their national governing body. In the U.S., that's USA Track and Field. The U.S. team manager, Sandy Pashkin, will accept and process all entries, making sure the birthdate, citizenship and USATF membership are correct. Athletes who send their entries directly to Gateshead will have their forms returned.

Entry booklets may be obtained from any of the masters travel agents (see ads in this issue), or from Pashkin at 301 Cathedral Pkwy, #6U, New York, NY 10026.

Gateshead is located in the northeast of England, not far from the bor-

der of Scotland. Many pre- and post-games tours are being arranged to Scotland, Ireland and England.

"It is with great pleasure that we invite all veteran athletes to come to Gateshead," said Keith Whitaker, Chairman of the British Veteran Athletes Federation. "I can assure you that you will be welcomed not only by your fellow athletes, but by the very well qualified officials, and by the people of the northeast of England who are not only the most friendly, but also the most knowledgeable supporters of athletics that you could find anywhere in the world." □

European Championships

Continued from page 1

were women. Germany had 824 (263 women). There were 1071 female competitors, and 12 women and 52 men entered the 80+ age group.

Germany dominated the medal count with 370, followed by Great Britain (144) and Italy (113).

Twenty-six pending world records were set, eight by men and 19 by women. Shot putters were in good form, with four records: Ivan Ivancic, M60, Croatia, 16.20; Tauno Kivi, M70, Finland, 14.38; Erik Eriksson, M75, Finland, 12.91; and Marianne Hamm, W70, Germany, 9.13.

Two of the women record setters accounted for six records, three apiece. Christiane Schmalbruch, W60, Germany, had record marks in the high jump (1.32), long jump (4.67), and triple jump (9.52). Paula Schneiderhan, W75, Germany, set records in the 100 (16.20), 200 (35.23), and long jump (3.62).

Three pending relay records were tallied, the most notable a 3:55.32 by the W35 4x400 German team. The present record is 4:00.21.

A total of 53 European records were broken. Not surprisingly, most were in the field events. The sprinters found the main track too slow.

The M40 group attracted 646 competitors; 80 entered the 100 and 87 went for the 400. After eight rounds of heats

and three semis on Saturday, the slowest qualifier had to better 11.78 to get to Sunday's finals, won by British Naval Officer Kwadwo Ansah, current BVAF champion, who ran a decisive 11.55, after clocking 11.24 in the semi-final.

Stephen Peters, Great Britain, current world M45 champion, was the sprint sensation with wins in the 100 (11.56), 200 (22.50), and 400 (50.47). Two more golds in the relays made him one of the most medalled competitors in the Championships.

The distance races saw outstanding performances by Heiko Schinkitz, M40, Germany, and Akhmet Siraziev, M70, Russia. Schinkitz won the 5000 in 14:53.29 and the 10,000 in 29:49.58, outstriking by 0.23 seconds Spain's Francisco Gonzalez, who had led for much of the race. Siraziev missed world records by 0.21 in the 5000 with an 18:43.82, and eight seconds in the 10,000 with a 38:31.50.

In recognition of the International Year of Women in Athletics, the EVAA donated a trophy for the best overall performance, which went to Inge Faldager, W50, Denmark, for her 51.36 world record in the hammer. Awards were also made for the best performance in each age group from W35 to W85. □

(Martin Duff and Jerry Wojcik contributed to this article.)

EXPERIENCE GATESHEAD IN '99

With

NORTHWEST EVENT MANAGEMENT, INC.

Specialists in Tours for Masters Track & Field Athletes

- Two site visits have already been made to Gateshead to ensure our tour members have the best arrangements possible.
- 3-Star Hotel and Dormitory Housing Available
- On-site, experienced tour leaders to help make your trip as effortless as possible so you can concentrate on your competition
- European Extensions Available
- Hospitality Room for Tour Members

"Ask those who have traveled with NEM before."

For More Information Contact

Barbara Kousky and Tom Jordan
Northwest Event Management, Inc.
P.O. Box 10825, Eugene, OR 97440

1-800-392-1369 or 541-687-1989

Fax: 541-687-1016 or E-Mail nem@dnsi.net

XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

July 29-August 8, 1999

Travel Together and Save!!!

To get on mailing list, please mail or fax your address to Paul Geyer, Master Race Walker, at the address listed below. Many optional tours all over Europe available. Package will cover to and from all destinations in USA and Canada. As soon as a package is ready, you will receive the completed information. The Durban Trip in '97 was a great success. Be a part of the Trip to Gateshead!

SKI & TRAVEL INTERNATIONAL, INC.

P.O. Box 1816, Detroit Lakes, MN 56502-1816

Telephone & Fax: (218) 847-0410

E-mail: skiescape@lakesnet.net

Masters Scene

NATIONAL

• Two U.S. age-group records should be added to the list of records at the Nike World Masters Games, published in the October issue: **Kathy Jager's** W55 13:68 100 (13:84/Irene Obera/1989), and **Sumi Onodera-Leonard's** W70 3:20.71 800 (3:24.80/Gerry Davidson/1991).

• *American Women's Track and Field* is the first and only book on the history of U.S. women's track and field. **Louise Mead Tricard** has compiled a reference work which provides a history — based on many interviews and meticulous research in primary source documents — of women's track and field, from its beginnings on the lawns of Vassar College in 1895 through 1980, when Title IX began to create a level playing field for men and women. Tricard was a member of the 1959 Pan American team and has worked extensively with U.S. national and international T&F teams. To order direct from the author, send \$50 plus \$3 postage (in the USA) or \$5 postage (outside the USA). Send to Louise Mead Tricard, 8496 Ridgewood Ave., #3206, Cape Canaveral, FL 32920. Or order from the publisher at 1-800-253-2187.

• *Strength Training Past 50* by **Wayne Westcott** and **Thomas Baechle** (Human Kinetics, 1998, 232 pages, \$16.95) is a comprehensive, practical guide to resistance exercises for older adults. The program is based on their five-year study of more than 1000 previously sedentary men and women, ages 21 to 80, who gained an average of 2.35 pounds of muscle in eight weeks by doing a 30-minute strength-training routine two or three days per week. After persuasively explaining why strength training can help show the effects of aging, Westcott and Baechle offer an array of safe, time-efficient exercises, illustrated with photos of older individuals.

EAST

• **Chris McKnight**, 43, 18:09, and **Lori Harfenes-Melnik**, 42, 19:59, logged masters wins in the P.C. Richard 5K, Oceanside, NY, Oct. 4. **Joe Cordero**, 60, was the top M40+ performer, with a 19:00. NYRRRC legend **Willie Rios**, 81, covered the course in 31:20. **Max Zenn**, 90, romped to a 74:37.

• The Runner's Edge men's octet (5:02:18) and **Bohemia W40+ "A" team** (6:13:40) were first masters in the Nationwide Insurance Ocean To Sound 50 Mile Relay from Jones Beach St. Park to Farmingdale, L.I., NY, Sept. 27. Of the 137 eight-person teams that started, 133 finished, the biggest field ever. The Plainview-Old Bethpage RRC hosted the event, directed by **Alan and Sharon End**.

• **Budd Coates**, 41, Emmaus, PA, 32:48, and **Kathy Martin**, 46, Northport, NY, in a 10th female 37:55, cantered to masters firsts in Long Island's Great Cow Harbor 10K, Northport, Sept. 19. Coates is a four-time U.S. Olympic Trials qualifier and was ranked in the top 10 U.S. marathoners in 1989. Martin is the 1998 W45 indoor champion in the mile and 3000. Other division winners included **Joe Cordero**, 60, Islip Terrace, NY, 39:43; and **Marion Stanjones**, 60, Northport, 47:17. Sponsored by North Fork Bank, the race also served as the RRCA National Championships.

• NYC police officer **John Williams**, 41, Freeport, NY, booked the masters first with a third-place 16:52, Vytra Human Race 5K, on Long Island, NY, Sept. 13. **Lori Harfenes-Melnik**, 42, Plainview, NY, won the W40+ race in 21:01. NMN columnist, **Maury Dean**, 55, won the M55 contest in an impressive 18:18. **Mary Anne Goldman**, 52, Farmingdale, NY, took the W50 race in 21:46. Proceeds from the inaugural race, sponsored by Vytra Health Plans, went to

United Cerebral Palsy of Nassau County, L.I.

• **Anthony Brasile**, 40, Columbia, MD, cruised to a fifth-place 55:42, and **Rose Malloy**, 50, Annapolis, MD, steamed to a seventh-female 66:45, for masters wins in the Annapolis 10 Mile, Aug. 30. **Reuben Beauchamp**, 51, Princess Anne, MD, was fourth M40+ in 60:02.

• **Zeb Harding**, 44, Mitchellville, MD, 18:14, and **Cathy Ventura**, 43, Arlington, VA, 19:37, checked in with masters firsts in the low-key Freddie Mac/Reach Out To A Child 5K, Washington, DC, Sept. 13. Other standouts included **John Haubert**, 56, Alexandria, VA, 9th overall (19:05) and **Valerie Campbell**, 47, Alexandria, second W40+ (22:46). Since its inception in 1990, the Freddie Mac Foundation Series has raised nearly \$4 million for foster care-related non-profit organizations.

• **Peter Koech**, 42, Albuquerque, NM, 14:36, and **Lee Dipietro**, 40, 17:24, trotted to masters wins in the Harvard Pilgrim 5K, Providence, RI, Sept. 20. **Jerry Learned**, 50, Hopkinton, MA, 16:37, **Mary Ryczek**, 52, Longmeadow, MA, 20:53, and **Richard Silva**, 64, Johnston, RI, 18:53, captured 10-year age-group titles.

• Besting the masters field in the Pittsburgh Great Race 10K, Pittsburgh, PA, Sept. 27, were **David Kanneworff**, 42, Mechanicsville, PA, 33:09, and **Robin Smith**, 42, Erie, PA, 40:05. Other top performers included M50 winner **Tom Burnett**, 50, Durango, PA, 34:23, and W50 winner **Barbara Filutze**, 52, Erie, PA, 40:57. **Eric Wilkins**, 50, Pittsburgh, PA, 16:14, and **Susan McDermot**, 43, Allison Park, PA, 20:31, zoomed to masters wins in the companion 5K.

SOUTHEAST

• **Roberto Castillo**, 41, 16:39, and **Diana Beeson**, 44, 20:38, polished off masters firsts in the Diamonds In The Park 5K, Davie, FL, Sept. 20. **Roger Rouiller**, 60, 18:40, and **Jo Ann Lindwall**, 51, 22:59, sparkled with division wins.

• **Peter Koech**, 40, Albuquerque, NM, 14:23, and **Jeanne Johnson**, 41, Chula Vista, CA, 16:50, outkicked a stellar field to win masters titles at the Riverfest Run by the River 5K, Clarksville, TN, Sept. 12. Speeding to grandmasters wins were **Jack Nelson**, 59, Winnetka, IL, 16:21, and **Mary Preisel**, 51, Signal Mountain, TN, 19:13. Other fast age-group wins were turned in by W45 winner **Victoria Crisp**, 46, Nashville, TN, 18:04; W55 winner **Amelia Wallace**, 56, Clarksville, TN, 21:21; M50 winner **Jan Frisby**, 54, Grand Junction, CO, 16:28; and M60 winner **Fay Bradley**, 60, Washington, DC, 17:01.

• **Terry Schuman**, 52, with a 3649 total, and **Evelyn Wright**, 61, 3620, were the top scorers in the Maryland Masters TC Bill Jameson — SAA Weight Pentathlon, Catonsville, MD, Aug. 30. **Bob Detweiler**, former AR-holder and 1936 Olympic finalist, at age 84, was the oldest competitor. **Hal Connolly**, Olympic hammer champion and WR-holder, made an appearance with his son, **Adam**, who delighted the crowd with a 227-0 hammer throw, just 4-feet shy of his father's record of 231-0 in 1964.

MIDWEST

• **Ron Piro**, M40, 33:41, and **Valerie Galbus**, W40, 37:13, sped to masters victories in the 10K portion of the Condell Distance Classic, Libertyville, IL, Sept. 28. In the 5K, **Gary Townsend**, M45, 16:55, and **Rebecca Goldberg**, W45, 21:39, prevailed in the M&W40+ races. Age-division standouts included **Vic Heckler**, M55, 17:44, and 89-year-old **Anne Clarke**, who won the M75+ contest in 46:52. Heckler owns the M50 indoor U.S. records for the 1500 (4:21.19) and mile (4:40.6). Clarke has the W85 U.S. records for the 5K (29:33) and 10K (63:16).

WEST

• The Lads were in good form at the Kel Field Throws Meet, Santa Cruz, CA, Sept. 19. **Ladislav Filip**, Eugene, OR, broke the M70 SP WR (46-1 1/4 by **Voitto Elio**, 1985) with a 47-5, and **Ladislav Pataki**, Los Gatos, CA, elongated the M50 SP AR (55-7 1/4 by **Tom Gage**, 1994) to 56-3 1/4. Both went on to register potential WRs in the weight pentathlon: **Filip** (5206) and **Pataki** (4866).

NORTHWEST

• **Wayne Brown**, 48, 2:35:02, and **Katrine Sundling-Hunt**, 41, 3:05:17, cruised to masters wins at the Portland Marathon, Portland, OR, Oct. 5. Brown placed eighth overall, while **Valyn Murray**, M40, 2:36:06, took tenth place. Top masters in the five-mile race were **Mark Mochon**, 48, 28:17, and **Theresa Caspell**, 42, 32:01.

• Sometimes you're so far ahead of the pack, people don't see you. That's what happened to

Weight Room

Continued from page 14

last few years, this could easily have resulted from an abuse of these drugs as a young competitor. It is a shame the misconception that big muscles are synonymous with fitness is still prevalent.

Drugs vs. Hard Work

Suspicion by fellow athletes has clouded competition. It is difficult to know what has been accomplished with hard work and training and what has been enhanced by drugs. Many believe that drug testing is foolproof, but this is not the case. "Even though the testosterone/epitestosterone ratio may rise to 14:1 during the day of androstenedione use, it could fall below 6:1 (within passing range) the day after stopping its use," explains author **Bill Phillips** in his most recently published third issue of *Sports Supplement Review*.

A personal friend and training partner of mine, **Guy Carlton**, won the 1984 bronze medal in weightlifting, passed all his drug tests, but admitted the use of androgen stimulating supplements throughout his training. Guy also died this year, at the age of 44.

The importance of a position statement on these drugs is needed now, before these chemically altered athletes cast suspicion on every major athletic competition. We may never know the cause of Carlton's untimely death. And, we may never know if McGwire could have hit 70 home runs without using androstenedione or creatine, or what Ben Johnson could have run in the 100m without steroids.

A ban of all drugs with severe sanctions is the only option for maintaining integrity in athletics. □

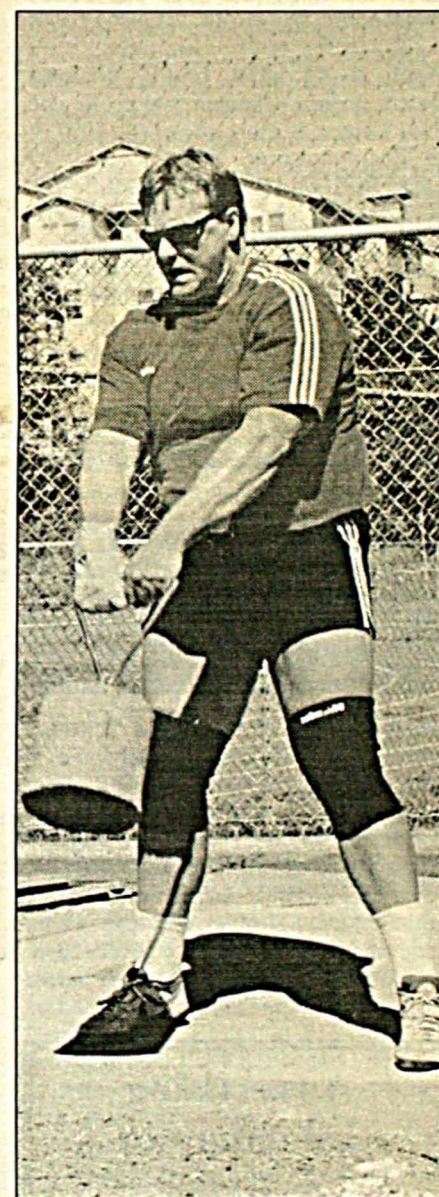
(*Blake Surina has a graduate degree from Western Washington U., has served as a high school and college coach, has had papers published in the Research Quarterly Magazine, and has vast experience in sports medicine, exercise physiology and physical therapy. He, and his wife, Carla, have owned and operated the Exercise Science Center, Inc., Tacoma, Wash., since 1988, which has \$250,000 in*

Ross Carter, 84, Eugene, OR, who was omitted from the outstanding performance write-up on the NWMG in the October issue. Carter, WR-holder in the SP and DT, recorded a 37-3 toss with the 4kg shot, an age-graded 109%!

INTERNATIONAL

• **Leo Benning**, NMN correspondent in South Africa, reports the death of two South African masters: racewalker **Eileen Johnston**, 76, who passed away of a stroke in June, and **Caspar Nel**, 84, who suffered a heart attack after his son-in-law was murdered last May. Nel was a bronze medalist in the HJ and JT in the WAVA-Durban Championships.

• Auckland, New Zealand, will bid for the WAVA Road Race Championships in April, 2002. The event consists of 10K, 25K (or half-marathon) and racewalks. The allocation of the 2002 event will be made at the 1999 WAVA General Assembly in Gateshead. The 1998 Championships were held in Kobe, Japan. The 2000 races will be held in Valladolid, Spain.



JERRY WOJCIK

Mark Neal, M45, was the first in the 200-lb. weight throw with a 6-10 1/4, National Masters Weight & Superweight Championships, Seattle, Wa., Aug. 29.

testing and assessment equipment, and is currently performing pre-employment assessments for nearly 30 municipalities with exercise facility consultations. He is the 1998 M35 national champion in the weight and super-weight.)

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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 1-5. USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

March 26-28, 1999. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337; Fax: 379-7343.

EAST

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

December 13. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

January 8-10. 30th annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 10. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 a.m.

Advertising Information & Rates:

National Masters News
33 E. Minor Street
Emmaus, PA 18098
FAX: 610/967-7793

Lisa Fronti, Advertising Rep.
610/967-8896

Suzy Hess
541/343-7716

Closing is the 10th of the month prior to the cover date.

Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

January 23. 32nd Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new M&W40+ record. 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

January 31. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. See Jan. 10.

January 31. Albright College Indoor Pentathlon (HH/LJ/SP/HJ/M800/W600), Reading, Pa. Masters welcome. 2 pm. Don Gottschall, PO Box 15234, Reading, PA 19612. 610-921-7535.

SOUTHEAST

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

November 7. Sanford Senior Games, Fla. Sanford Parks & Rec., Lisa Jones, 407-330-5697.

November 7. USATF South Carolina Association Weight Pentathlon Championships. Open & Masters. David Vandergriff, 117 N. Pinewood Dr., Surfside Beach, SC 29575. 843-828-4418(h); 238-3381(w).

November 15. Space Coast Senior Games, Brevard County, Fla. 50+. Non-foul Field Events & No-elimination False Start Rule. Hank Nottingham, 290 Marco Way North, Satellite Beach, FL 32937. 407-773-4362.

December 2-6. Florida Senior Games Championships, Sarasota County. Laura Hallam, 407-943-7992.

December 27. Len Olson Holiday Weight Pentathlon, Delray Beach, Fla. Randall Cooper, 222 22nd Lane, Delray Beach, FL 33444.

MIDWEST

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

February 14. USATF Michigan Indoor Championships, Grand Valley State U., Allendale (Grand Rapids area). Jerry Elkins, 616-895-3360; Chuck Sochor, 616-984-5358; Fax: 984-2809.

WEST

Arizona, California, Hawaii, Nevada

November 1. 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

November 14. Ninth Annual Southland Senior Olympics, Long Beach, Calif. 562-570-3537.

November 21. Kel Field Throws Meet,

Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

November 28-30. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805.

December 19. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

January 23. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0202; email: kelfield@aol.com.

February 13-14, 21. Palm Springs Senior Olympics. 10K on 21st. Ben Green, Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 760-323-5689; fax: 320-9373; email: mizell@cyberg8t.com.

NORTHWEST

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

June 12-13. Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

INTERNATIONAL

November 1-7. WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

November 6-8. Asian Pacific Masters Games, Southport, Queensland, Australia.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

March 5-7. European Veterans Indoor Championships, Malmo, Sweden.

July 17-18. British Veterans Championships, Edinburgh, Scotland.

July 24-25 (tentative). Veterans meet, Belfast, No. Ireland.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England.

LONG DISTANCE RUNNING

NATIONAL

December 6. USATF National Masters 10K Cross-Country Championships, Orlando, Fla. Michelle Doti, 407-828-2984.

January 31. USATF National Masters One Mile Championships/Steve Scott Festival, Santee, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

February 13. USATF National Masters 6K/4K Cross-Country Championships (also U.S. vs. Canada), Tacoma, Wash.

ON TAP FOR NOVEMBER

TRACK AND FIELD

Despite talk of its cancellation, the NCCWAVA Championships are still on in Barbados on the 19th-22nd. Other action is sparse, starting with a weight pentathlon in California on the 1st, followed by the Sanford Senior Games in Florida and another weight pentathlon in South Carolina on the 7th. The next weekend features the Southland Senior Olympics, Long Beach, Calif., on the 14th, and the Space Coast Senior Games in Florida on the 15th. We say "Aloha" to the month with the Hawaii Senior Games on the 28th. Brazil is the setting for the WAVA South America Championships on the 1st-7th.

LONG DISTANCE RUNNING

The NYC Marathon "bor-oughs" its way through the Big Apple on the 1st. On the following weekend, the 7th lists the Richmond, Va., Marathon and the Dallas White Rock Half-Marathon; offerings on the 8th include the Ocean State Marathon, Rhode Island; Santa Clarita Marathon (suburban L.A.); and both a marathon and a cross-country race in Columbus, Ohio. Another one of the Race For The Cure 5K series, Pasadena, Calif., and the Phoenix, Ariz., 10K, are set for the 15th. More marathons are available on the 21st in Tulsa, Okla., and the 22nd in Philadelphia. Calorie burning races on Thanksgiving Day can be had in Boston Mass.; Jacksonville, Fla.; Atlanta, Ga.; Dallas; and NYC. Seattle hosts a marathon on the 28th.

RACEWALKING

Events include a one-hour race in Myrtle Beach, S.C., on the 7th; a 20K in Cooper City, Fla., on the 14th; and Gran Prix 5Ks in NYC's Central Park on the 22nd and 29th. □

M40+ 6K/W35+ 4K. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; http://www.pntf.org/usaxc 99.

February 20. USATF National Masters 12K Championships/Outback Distance Classic, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

March 28. USATF National Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

May (tba). USATF National Masters Half-Marathon, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

June 5. USATF National Masters

Continued on next page

Continued from previous page

Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

October 3. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Scott Schneider, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 24. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

November 21. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. James Siedliski, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

EAST

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

November 1. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

November 8. Ocean State Marathon, Narragansett to Warwick, R.I. Masters money (40+/50+/60+). OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499, OSM26@IDS.net.

November 15. NYRRC Cross-Country Championships, Bronx, NYC. See Nov. 1.

November 22. Philadelphia Marathon. PM, 215-685-0054.

November 26. Manchester 5 Mile. Manchester RR Committee, PO Box 211. Manchester, CT 06040-0211. 860-649-6456 (8 am-6 pm).

November 26. Feed America 5 Miler, Boston, Mass. 508-477-6311.

November 28. NYRRC Metropolitan 50 Miler & 50K, Central Park, NYC. See Nov. 1.

November 29. Rob's Run 5K, Syosset, N.Y. 516-433-4633.

December 6. Brian's Run 10K, West Chester. BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2731.

December 13. NYRRC Joe Kleinerman 10K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

December 19. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-499-1439.

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

SOUTHEAST

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

November 7. Richmond Marathon & 5 Miler. Masters money. RM, PO Box 8744, Richmond, VA 23226. 804-673-RACE; fax: 285-3132.

November 8. Vulcan Marathon, Birmingham. VM Weekend, PO Box 43447, Birmingham, AL 35243. 205-879-5344.

November 15. Old Reliable 10K, Raleigh, N.C. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919-829-4843.

November 21. Star City Half-Marathon & 5K, Roanoke. Star City Striders, PO Box 8331, Roanoke, VA 24014. 540-966-7866, or Chris Miller, 540-982-1657.

November 26 (Thurs.). Outback Distance Classic Half-Marathon, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

November 26. Atlanta Marathon & Half-Marathon. SASE. to Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

December 6. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.

December 12. WZYP Rocket City Marathon, Huntsville, Ala. Malcolm Gillis, 1001 Opp Reynolds Dr., Toney, AL 35773. 256-828-6207.

December 13. Weston Holiday Half-Marathon & 5K. The Athletic Club of Weston, 2300 Arvida Parkway, Weston, FL 33326. 954-384-7521.

December 19. Jacksonville Marathon & Half-Marathon. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

January 10. Walt Disney World Marathon, Orlando, Fla. WDWM, PO Box 10000, Lake Buena Vista, FL 32830. 407-939-7810.

January 16. Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 704-367-9696; 365-2880.

January 30. Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.

February 7. Hampton Coliseum/Pomoco Half-Marathon & 8K, Hampton, Va. Masters money. Hot line: 757-728-3235; 757-229-7375.

February 13. Gasparilla Distance Classic 15K, Tampa. SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 21. Colonial Busch Half-Marathon, Williamsburg, Va. Rick Platt, 757-229-7375; email: rickplatt@juno.com.

February 27. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

February 27. Blue Angel Marathon, Pensacola, Fla. BAM MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 850-452-4391; 452-3318.

MIDWEST

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

November 8. Wolfpack Cross-Country Meet/Columbus Invitational. John White, 4865 Arthur Place, Columbus, OH 43220. 614-459-2547.

November 8. Columbus Marathon & Marathon Relay. CM, PO Box 26806, Columbus, OH 43226. Joan Riegel, 614-433-0395.

December 5. Kentucky Marathon, Louisville. Stu McCombs, 7004 Beachland Beach, Prospect, KY 40059. 502-228-1133.

MID-AMERICA

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

November 14. Rim Rock Run VI, 37K, Grand Junction, Colo. Contact: Elaine, P.O. Box 3685, Grand Junction, CO 81502. 970-243-4055.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 7. White Rock Half-Marathon. Dallas. X-C Club of Dallas, PO Box

820414, Dallas, TX 75382. 214-855-1511, or Horace Duncan, 972-270-5264.

November 7. 10 Miles for Texas, The Woodlands. Ellen Earle, 4810 Cypress Run Ct., Sugar Land, TX 77478. 281-265-3696.

November 8. San Antonio Marathon. SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

November 14. Crescent City 5K Classic, New Orleans, La. 504-861-8686.

November 21. Tulsa Marathon. TM, 263 E. 45th Pl., Tulsa, OK 74105. 918-744-0339.

November 22. Holiday Classic 5K & One Mile, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

November 26. Dallas YMCA Turkey Trot 8 Mile, Dallas, Texas. 214-954-0500.

December 5. Larry Fuselier 25K & 10K/State Championships, Tammany Trace-Abita Springs, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

December 13. Dallas White Rock Marathon. Dallas WRM, 3607 Oak Lawn Ave., Ste. 204, Dallas, TX 75219. 214-528-2962.

January 3. 92nd Jackson Day 5.6 Miles, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; email: NOTC@runNOTC.org.

January 9. The Wall 30K & 15K State Championships, Tammany Trace-Abita Springs, La. See Jan. 3.

January 17. Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

January 30. Sugar Bowl Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. See Jan. 3.

February 14. Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

WEST

Arizona, California, Hawaii, Nevada

November 7. Santa Barbara Half-Marathon & 5K. Ellen McCurdy, Santa Barbara News-Press, PO Box 1359, Santa Barbara, CA 93102. 805-892-2250, X5050; fax: 805-564-5139.

November 8. Santa Clarita Marathon, Santa Clarita, Calif. 888-823-3455.

November 15. Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

November 15. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602-345-5752.

November 21. AMCS Jet To Jetty 5K & 10K, Playa Del Rey (Los Angeles), Calif. 5 yr. age groups to 80+. Milo Sather, 7931 Stewart Ave, Westchester, CA 90045. 310-670-1410.

December 6. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

December 6. Tucson Marathon. Pat Lekacz, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 520-346-9383.

December 6. Western Hemisphere Marathon, Culver City. Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650; fax: 253-6666.

December 13. Palm Desert 5K/USATF Men's Championships, Palm Desert, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Suite 102, San Diego, CA 92121. 619-450-6510; fax: 450-6905.

December 13. Honolulu Marathon. HM Assoc., 3435 Wai'alae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200.

December 13. Lasse Viren 20K, Point Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

January 9. Paramount 10K, with Racewalk and Special World Masters Division, Paramount, Calif. (L.A. suburb). Time standards for World Masters Division. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 17. San Diego Marathon, Carlsbad, Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imisdma@aol.com.

February 7. 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: <http://www.LVMarathon.com/>

NORTHWEST

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

November 28. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-729-3660.

CANADA

November 1. Ontario Masters 8K Cross-Country Championships, Sunnybrook Park, Toronto. Doug Smith, 416-699-5818; douglasj.smith@sympatico.ca.

INTERNATIONAL

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

RACEWALKING

November 7. USATF South Region One-Hour Racewalk Championships, Myrtle Beach, S.C. John Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.

November 14. Alan Ranofsky Invitational/ 20K State Championships, Brian Piccolo Park, Cooper City, Fla. Daniel Koch, Florida AC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

November 22. Gran Prix #1 5K Racewalk, Central Park, NYC. All ages. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

November 29. Gran Prix #2 5K Racewalk, Central Park, NYC. All ages. See Nov. 22.

December 13. Gran Prix #3 5K Racewalk, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

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

M30-34 James Smith Oscar Gonzales Howard Jacobs	110 Hurdles 10K 10K	15.40 30:57 31:52	7-18.19-98 8-16-98 8-16-98
M35-39 Kent Powers Scott King	Triple Jump 800	41-5 2:01.54	7-25-98 6-13-98
M40-44 Brent Ayr Archie Glaspy Tim Graf	3K SC 200 400 100 200 10K 800	11:28.27 23.34 51.58 10.9 22.7 32:55 2:02.7	7-31-98 9-6-98 8-16-98 8-16-98 8-16-98 8-16-98 7-31-98
M45-49 Gregg Horner Ken Yanowski	Discus 800 3K SC 800	128-7 2:08.52 11:46 2:09.72	7-21-98 5-9-98 7-24-98 6-27-98
M50-54 Warren Graff	200	25.90	6-7-98
Gary Hill James Gray Dica Green Bill Penner	Mile Pentathlon Mile 1500 Racewalk 3K SC Shot Put Discus Weight Superweight Shot Put Discus Hammer Weight Pentathlon	5:10.21 2850 4:59.4 7:55.47 7:28.4 12:58.50 12.99 12.56 137.2 11.35 6.71 13.55 46.58 131-0 3592	7-19-98 7-30-98 7-19-98 6-27-98 7-31-98 8-25-98 2-9-97 3-26-27-98 7-14-98 7-31-98 9-5-98 8-30-98
Robert Wetner Jerry Bookin-Weiner	High Jump Shot Put Shot Put 200 400 Discus 800 Discus	1.50 40-0 37-8 1/2 26.75 58.90 43.68 2:23.78 124-3 1/2	8-11.21-98 7-25-98 6-11-94 10-19-98 10-19-98 5-9-98 8-10.21-98 9-11-98
M55-59 Frank Condon Paul Deem William Eisenhart Tom Fisher	High Jump Shot Put Shot Put 200 400 Discus 800 Discus	1.50 40-0 37-8 1/2 26.75 58.90 43.68 2:23.78 124-3 1/2	8-11.21-98 7-25-98 6-11-94 10-19-98 10-19-98 5-9-98 8-10.21-98 9-11-98
M60-64 John Brennan Joe Cordero Neil Saling James Young	5K 2K SC Discus Discus	19-07 8:36.9 44.76 140-1	8-16-98 7-24-98 6-27-28-98 6-26-98
M65-69 Michael Devlin Paul Lehmkuhl	Weight Superweight Triple Jump Long Jump	10.38 5.46 29-3 14-10	8-29-98 8-29-98 8-2-98 8-2-98
M70-74 Walter Atcheson Richard Cottingham Earl Johnson Richard Soler	2K SC 200 Javelin High Jump	10:57 31.71 31.11 1.25	9-12-98 8-10-21-98 8-1-98 8-1-98
M75-79 Melissa Marsted	10K	38.28	8-16-98
M80-84 Carrie Blakemore Elin Jamison Marilyn Sens	5K 5K 4K Hammer	20:30 20:21 48.05	8-16-98 8-16-98 8-10-22-98
W45-49 Tish Roberts Charlene Wilson	5K Racewalk 10K Racewalk 5K	27:26.07 57:37.03 21.34	7-31-98 8-2-98 6-6-98
W50-54 Cecilia Ramos Patricia Shapiro	5K 10K 5K	20:36 43.16 21.15	8-16-98 8-16-98 8-16-98
W55-59 Judy Kewley Mary Lou Platts	5K Discus	22.59 23.62	8-16-98 8-16-98
W60-64 Sam Bailey	5K Racewalk 5K Racewalk High Jump 5K	30:30 29:51 1.08 22.27	10-16-94 10-22-94 3-28-98 8-16-98
W65-69 Jan Condon Kel Zehr	3K Racewalk 1500 Racewalk 5K	18.25 9:12.00 2.10	8-3-96 5-25-97 8-2-98
W70-74 Sam Bailey	3K Racewalk 1500 Racewalk	18.25 9:12.00	8-3-96 5-25-97
W75-79 Heleen Johnson	High Jump	2.10	8-2-98

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9/16	3-3/4	2-7/8
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-7/8	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.50	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
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
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-49: 800g; 60+: 600g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-corrected time/s for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												

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 / 2 1/4" 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.

NATIONAL

USATF National Masters
Weight Pentathlon Championships
Citrus College, Azusa, CA; Sept. 5

Name	Points	HT	SP	DT	JT	WT
M35 -						
1 Barba, Steve	29.59m	11.86m	37.05m	52.93m	10.75m	
	9701.00	3811.00	12107.00	17308.00	3503.25	
Age: 36	2757	(344)	(598)	(605)	(692)	(518)
M40 -						
1 Jansson, Kenneth	60.05m	13.88m	39.84m	38.40m	20.31m	
	19700.00	4506.50	13008.00	12600.00	6607.75	
Age: 40	4094	(953)	(772)	(661)	(521)	(1187)
2 Kerman, James	DNF	14.58m	DNF	DNF	DNF	
	4710.00					
Age: 40	817	(0)	(817)	(0)	(0)	(0)
M45 -						
1 Watson, Richard	39.27m	11.34m	33.74m	48.80m	13.17m	
	12810.00	3702.50	10108.00	16001.00	4302.50	
Age: 46	3523	(649)	(691)	(603)	(789)	(791)
2 Deller, Mike	40.97m	11.95m	DNF	DNF	DNF	
	13405.00	3902.50				
Age: 49	1418	(683)	(735)	(0)	(0)	(0)
M50 -						
1 Pataki, Ladislav	51.33m	15.92m	56.41m	41.17m	17.67m	
	16805.00	5202.75	18501.00	13501.00	5711.75	
Age: 52	4763	(905)	(1040)	(1099)	(720)	(999)
2 Hedendal, Bruce	44.83m	13.49m	48.83m	41.49m	16.93m	
	14701.00	4403.25	16002.00	13601.00	5506.50	
Age: 50	4234	(771)	(859)	(926)	(727)	(951)
3 Jordan, Louis	35.72m	11.37m	36.79m	37.55m	14.23m	
	11702.00	3703.75	12008.00	102302.00	4608.25	
Age: 53	3368	(584)	(704)	(658)	(643)	(779)
4 Smith, Dave	28.07m	11.17m	33.00m	30.94m	10.99m	
	9201.00	3607.75	10803.00	10106.00	3600.75	
Age: 51	2770	(429)	(689)	(575)	(503)	(574)
M55 -						
1 Higgins, Lloyd	46.07m	12.19m	50.12m	41.28m	17.09m	
	15102.00	4000.00	16405.00	1013505.00	5601.00	
Age: 57	4713	(901)	(866)	(1086)	(810)	(1050)
2 Nuttall, Dave	31.28m	9.70m	35.43m	36.99m	11.21m	
	10207.00	3110.00	11603.00	102104.00	3609.50	
Age: 56	3298	(563)	(663)	(718)	(709)	(645)
3 Woodward, Mike	DNF	DNF	41.57m	DNF	DNF	
	13605.00					
Age: 55	870	(0)	(0)	(870)	(0)	(0)
M60 -						
1 Smith, Hal	37.36m	14.69m	41.59m	34.49m	10.88m	
	12207.00	4802.50	13605.00	1011302.00	3508.50	
Age: 62	3862	(713)	(1094)	(797)	(660)	(598)
2 Hart, Jim	38.16m	13.07m	42.37m	24.18m	14.00m	
	12502.00	4210.75	13900.00	7904.00	4511.25	
Age: 62	3727	(731)	(958)	(815)	(419)	(804)
M65 -						
1 Ward, Bob	45.92m	12.02m	44.29m	37.36m	15.99m	
	15008.00	3905.25	14504.00	1012207.00	5205.50	
Age: 65	4832	(1030)	(984)	(978)	(817)	(1023)
2 Olson, Len	41.49m	12.41m	44.23m	39.62m	15.39m	
	13601.00	4008.75	14501.00	1013000.00	5006.00	
Age: 67	4769	(915)	(1021)	(977)	(877)	(979)
3 Hawke, Harry	39.65m	11.56m	44.02m	29.13m	13.09m	
	13001.00	3711.25	14405.00	9507.00	4211.50	
Age: 69	4195	(867)	(942)	(971)	(601)	(814)
4 Allison, Tom	27.61m	10.98m	34.56m	33.30m	10.75m	
	9007.00	3600.25	11305.00	100903.00	3503.25	
Age: 68	3528	(558)	(887)	(727)	(710)	(646)
4 Quinn, Reed	30.56m	10.26m	35.10m	29.28m	11.92m	
	10003.00	3308.00	11502.00	9601.00	3901.25	
Age: 68	3528	(633)	(820)	(741)	(605)	(729)
M70 -						
1 Gaynor, Amie	33.69m	13.88m	41.30m	29.64m	13.44m	
	11006.00	4506.50	1013506.00	9703.00	4401.25	
Age: 70	4383	(707)	(1155)	(1024)	(691)	(806)
2 Brusca, Phil	34.83m	12.69m	35.98m	33.59m	14.85m	
	11403.00	4107.75	11800.00	1011002.00	4808.75	
Age: 71	4359	(736)	(1043)	(870)	(805)	(905)
3 Filip, Ladislav	ND	13.62m	46.44m	34.41m	16.90m	
	4408.25	15204.00	1011211.00	5505.50		
Age: 70	4184	(0)	(1131)	(1176)	(829)	(1048)
4 Hegberg, Don	25.72m	11.42m	38.73m	25.30m	12.27m	
	8404.00	3705.75	12701.00	8300.00	4003.25	
Age: 70	3671	(505)	(925)	(949)	(567)	(725)
5 Wallace, Hal	29.09m	10.80m	37.01m	DNF	12.08m	
	9505.00	3505.25	12105.00		3907.75	
Age: 70	3068	(590)	(867)	(899)	(0)	(712)

M75 -						
1 Cumley, Don	21.08m	10.60m	29.03m	19.95m	8.64m	
	6902.00	3409.50	9503.00	6505.00	2804.25	
Age: 78	3170	(447)	(961)	(766)	(472)	(524)
2 Ricciardi, Armando	26.15m	7.97m	24.20m	21.21m	9.02m	
	8509.00	2601.75	7905.00	6907.00	2907.25	
Age: 78	2953	(588)	(689)	(613)	(511)	(552)
W65 -						
1 Maloy, Paula	19.81m	4.98m	10.24m	8.87m	7.51m	
	6500.00	1604.25	3307.00	2901.00	2407.75	
Age: 69	2027	(524)	(473)	(277)	(269)	(484)
W70 -						
1 Valien, Johnnye	14.22m	6.43m	15.13m	16.61m	5.27m	
	4608.00	2101.25	4908.00	5406.00	1703.50	
Age: 73	2684	(384)	(763)	(526)	(673)	(338)

EAST

Syracuse Chargers
Summer Meet
DeWitt, NY; July 20

100m	
M45 David Jerome	13.7
M55 Paul Stelmazyk	13.5
M70 H Mac Millan	15.3
M75 Don Hanlon	19.1
W40 Irene Thompson	13.6
W65 M A Zeppetello	22.1
400m	
M35 Robin Wheelless	58.5
M50 Larry Smith	1:11.0
M55 Paul Stelmazyk	1:02.5
M60 John Hurley	1:20.6
M70 H Mac Millan	1:18.1
W40 Irene Thompson	1:05.4
1 Mile	
M30 Michael Boni	4:58.5
M35 Robin Wheelless	4:35.7
M45 Stan More	5:51.1
M50 Don Robbins	6:45.2
M70 Howard Rubin	6:45.6
M75 Nate White	9:25.2
W30 Kelly Wheelless	5:53.2
W35 Leatha Damron	5:30.1
W40 Patti Ford	5:25.9
Short Hurdles	
M70 Bill Townsend	16.6
Long Jump	
M45 John Williams	12.9
M70 Bill Townsend	12.4.25
Triple Jump	
M35 Vonden Sleight	29.6
Shot Put	
W35 Cathy McKeever	27

Potomac Valley TC Meet
Alexandria, VA; Aug. 10

100m	
M30 James Barr	12.40
M40 Matt Texier	12.30
M45 Al Logie	12.20
M50 Mike McDaniel	12.30
M60 Larry Colbert	12.90
M65 Ed Abramic	15.10
M70 John O'Martin	16.00
W75 Carla Convery	23.20
200m	
M35 Courtney Ferguson	25.20
M40 Matt Texier	25.70
M45 Wayne Harris	26.20
M60 Larry Colbert	25.50
M65 Ed Abramic	31.50
M70 John O'Martin	35.10
W75 Carla Convery	56.10
400m	
M40 Jeffrey Madison	55.00
M45 Wayne Harris	59.20
M50 D J Bertagnoli	1:06.20
M55 Mike Radov	57.70
M60 Larry Colbert	57.70
800m	
M30 James Barr	3:09.30
M35 William Greene	2:10.40
M40 Joe Varrone	2:11.60
M45 Emeric Butler	2:13.60
M50 D J Bertagnoli	2:50.40
M55 Henry Sierka	2:22.70
M60 Tom Kurihara	2:56.30
1 Mile	
M30 Thomas Brooks	4:30.10
M35 William Greene	4:47.00
M40 Mac Allen	4:45.70
M45 Paul Ryan	4:49.70
M50 Bob Weiner	5:55.00
M60 Tom Kurihara	6:20.30
M65 Jack McMahon	6:24.90

W35 Karen Vockrodt	8.35.20
3000m	
M30 Charles Brady	11:08.60
M40 J Scarborough	12:42.10
M45 Robert Platt	11:30.10

High Jump

M35 David Shorr	5-8
M45 Randy Yohe	4-4
M60 Don Beck	3-4
Long Jump	
M30 James Barr	19
M35 S Metcalfe	17-10
M50 D J Bertagnoli	11-3
M60 E Robert Premo	9-5
W75 Carla Convery	5-5.50

Triple Jump

M35 S Metcalfe	37-2
Shot Put	
M30 James Barr	42-6.75
M40 James Overby	33-3.50

M50 Victor Litwinski	30-10
M60 Howard Cohen	30-7
M75 C Pistorino	32-3
W45 Ann Mushatt	26-6
W75 B Kleinschmidt	17-8

Discus

M30 James Barr	114-7
M40 Garry Crago	103-6
M50 V Litwinski	78-8
M55 N Johnson	116-6
M60 M Rademacher	119-9
W35 T Shoemaker	41-4
W75 B Kleinschmidt	43-10

Javelin

M30 James Barr	166-3
M Rademacher	123-6
M40 James Overby	132-10
M50 V Litwinski	86-4
M60 E Robert Premo	69-4

Weight Throw

M45 Randy Yohe	25-3
M50 V Litwinski	35-6
W35 Karen Vockrodt	39-8
W50 Carmela Miller	103-5

3000m RW	
M50 V Litwinski	17:32.70
M75 Meyer Mathis	27:31.60

Dartmouth Weight Meets
Hanover, NH
Aug. 29

Shot Put 16#	
Carl Wallin 56	45-2
Don Filkins 44	41-6
Carmen Letizia 45	34-5

Shot Put 6k	
Carl Wallin 56	50-2
Don Filkins 44	46-4
Packy Fusco 55	31-10

Discus	
Don Filkins 44 2k	115-1
Packy Fusco 1.5k	111-2

Hammer	
Carl Wallin 6k	145-1
Carmen Letizia 16#	99-6

Sept. 12--	
Shot Put 16#	
Carl Wallin 56	45-6
Bob Mead 54	44-11.5
Don Filkins 44	41-8.5
Ed Clark 45	40-8
Carmen Letizia 45	36-4.5
Bob Cedrone 44	35-2

Shot Put 6k	
C Wallin	50-6.5
B Mead	48-11.5

B Mead 1.5k	144-4
D Filkins 2k	116-11
E Clark 2k	112-3
B Cedrone 2k	100-11
G Letizia 2k	89-5

Continued from previous page

W40 Irene Thompson	14.26
Long Hurdles	
M30 William Skinner	1:00.81
M40 Cyrus Roher	1:01.37
M45 Ivan Black	1:11.33
M50 John Sloan	1:02.76
M65 James Stookey	49.46
High Jump	
M30 William Skinner	6-4
M35 David Shorr	5-10
Bill Dunn	5-6
M40 James Banks	5-8
M45 Ivan Black	4-10
M50 Bill Walsh	4-10
Chuck Wise	4-8
M55 Richard Fox	3
M60 Bud Smith	4-8
William Eisenhart	4
M65 James Stookey	4-8
David Gilbert	3-10
Russel McDaniels	3-10
M70 Tom Delaney	4
M80 Charles Irwin	3-6
Bob Detweiler	2-6
W30 Alethea Morris	4-8
Pole Vault	
M30 A Mitchell	8
M35 Paul Boccad	10
Rob Duran	9-6
M40 Richard Stark	11
Cyrus Roher	10
M50 Bill Walsh	9-6
M55 John Sloan	9
Don Fisher	7-6
Richard Fox	5-6
M60 Taylor Goode	10-6
M65 Russel McDaniels	6-6
Robert Leishear	3
Long Jump	
M35 Kevin Lendo	6.26
Robert Harding	5.40
Shawn Jensen	4.08
M45 Ivan Black	4.86
Nyewagi Oba	4.56
M50 M McDaniels	5.20
Bill Walsh	4.80
Wayne White	4.47
M55 Mike Valle	3.98
M60 Taylor Goode	3.90
B Lewandowski	2.68
M65 James Stookey	4.38
David Gilbert	3.72
Robert Leishear	2.09
M70 Tom Delaney	3.60
M80 Charles Irwin	2.79
W30 Dawn Best	3.87
W40 Irene Thompson	4.61
W55 Susanne Magrogan	2.42
W60 Evelyn Wright	3.46
W65 Jeannine Casey	2.34
W70 Leonore McDaniels	3.47
W75 Carla Convery	1.81
Triple Jump	
M35 Ralph Mitton	12.80
Kevin Lendo	12.72
Robert Harding	11.22
M45 Ivan Black	10.90
M50 Bill Walsh	10.41
Palmer Sweet	8.42
Wayne White	8.17
M60 Haig Bohigian	7.49
M65 James Stookey	9.74
Russel McDaniels	7.07
David Gilbert	6.69
M70 Tom Delaney	8.14
M80 Charles Irwin	6.57
W55 Susanne Magrogan	5.65
W60 Evelyn Wright	7.70
W70 Leonore McDaniels	7.18
Shot Put	
M35 Glenn Thompson	16.69
Warren Taylor	15.53
M40 Gary Sutton	10.16
Chris Brevig	8.91
Paul Sigur	7.87
M45 John Priestley	10.78
M50 J Bookin-Weiner	12.39
Bill Gainey	12.33
Palmer Sweet	11.94
M55 Mike Valle	11.63
Jack Hoopenstein	10.53
Richard Fox	8.67

M60 William Eisenhart	12.11
Ezzat Pashai	11.06
William Smith	10.53
M65 Robert Leishear	7.04
M70 Don Reid	9.73
William Bergen	9.07
W75 Charles Pistorino	9.84
M80 Charles Irwin	7.37
Bob Detweiler	5.17
M85 Clarence Larson	4.85
W40 Julie Smith	6.88
W55 Susanne Magrogan	5.42
W60 Evelyn Wright	8.72
Audrey Lary	7.77
W65 Sharon Good	5.24
W70 Leonore McDaniels	6.12
Jimmie Reid	5.92
W75 Carla Convery	4.08
Discus	
M30 Daemon Dartouzos	37.61
James Barr	35.36
M35 Glenn Thompson	50.52
Warren Taylor	49.40
M40 Chris Brevig	35.20
Steve Carcaterra	34.36
Garry Crago	30.98
M45 Timothy Williams	38.92
John Priestley	31.51
Barry Merritt	21.98
M50 J Bookin-Weiner	42.48
Bill Walsh	40.00
Anatoli Welihozkiy	33.60
M55 Michael Harrington	42.91
Mike Valle	40.12
Norris Wright	35.94
M60 William Smith	43.07
William Eisenhart	41.35
Ezzat Pashai	37.80
M65 Robert Leishear	25.62
M70 Don Reid	30.12
W55 Charles Pistorino	29.13
M80 Charles Irwin	24.60
Bob Detweiler	12.82
M85 Clarence Larson	13.15
W40 Julie Smith	14.17
W45 Ann Marie Mushatt	20.58
W55 Susanne Magrogan	15.12
W60 Evelyn Wright	25.63
W65 Sharon Good	10.92
W70 Jimmie Reid	12.81
W80 Mary Latham	7.70
Hammer	
M35 Mike Bersh	45.81
M40 Peter Collins	36.53
Chris Brevig	33.68
M45 John Priestley	30.36
M50 Anatoli Welihozkiy	40.85
J Bookin-Weiner	39.92
Bill Walsh	36.97
M55 Mike Valle	39.87
Richard Fox	23.45
M65 Robert Leishear	22.80
M80 Bob Detweiler	15.03
W40 Julie Smith	23.83
W55 Susanne Magrogan	18.15
W60 Evelyn Wright	25.62
Javelin	
M30 Bob Luciano	56.97
Daemon Dartouzos	42.44
M40 Gary Sutton	42.58
Chris Brevig	38.01
M45 John Priestley	31.91
M50 Russ White	54.14
Bill Walsh	46.58
J Bookin-Weiner	34.84
M55 George Reynolds	48.64
John Lang	40.44
John Sloan	37.25
M60 Ezzat Pashai	46.75
William Eisenhart	43.04
Joe Broderick	22.05
M65 Robert Seishear	24.30
M75 Charles Pistorino	30.88
M80 Charles Irwin	18.81
Bob Detweiler	9.56
M85 Clarence Larson	11.74
W40 Keg Good	18.11
W50 Carmela Miller	32.01
W60 Evelyn Wright	24.61
W70 Jimmie Reid	12.35
W75 Carla Convery	11.11
Weight Throw	
M40 Chris Brevig	11.31
M45 John Priestley	11.03

M50 J Bookin-Weiner	10.87
Anatoli Welihozkiy	10.42
Bill Walsh	10.20
M55 Mike Valle	10.45
Norris Wright	7.55
Richard Fox	6.28
M60 Ezzat Pashai	9.43
M65 Otis Moran	9.56
Robert Leishear	8.31
M70 Don Reid	7.39
M80 Bob Detweiler	4.07
W40 Julie Smith	7.19
W55 Susanne Magrogan	6.89
W60 Evelyn Wright	9.30
W70 Jimmie Reid	5.75
Weight Pentathlon	
M40 Chris Brevig	2606
M45 John Priestley	2780
M50 Bill Walsh	3666
J Bookin-Weiner	3601
Anatoli Welihozkiy	3147
M55 Mike Valle	3902
Richard Fox	2293
M65 Robert Leishear	2351
M80 Bob Detweiler	1582
W60 Evelyn Wright	3531
1 Mile RW	
M50 Victor Litwinski	8:50.8
John Gersh	9:01.6
Robert Weiner	11:18.0
M55 Dick Jirousek	8:45.4
M70 Charles Boyle	10:58.0
M75 Meyer Mathis	14:36.5
W40 Keg Good	10:13.2
M65 M A Stookey	12:10.7
M A Cusack	12:44.9
3000m RW	
M50 Alan Price	16:25.51
John Gersh	18:14.80
Victor Litwinski	18:22.16
M75 Meyer Mathis	27:51.56
W30 Carol Messam	24:30.56
W80 Mary Latham	26:25.95
5000m RW (hand-timed)	
M45 Jim Goldstein	30:14.8
M50 Alan Price	28:58.7
Victor Litwinski	30:19.1
John Gersh	33:21.0
M55 Ronald Shields	29:21.0
Dick Jirousek	30:16.7
Larry Freeman	33:55.6
M70 Jack Starr	30:53.0
W70 Terry Hamilton	40:27.7
W80 Mary Latham	45:16.4
10,000m RW (hand-timed)	
M55 Ronald Shields	1:01:14
M70 Jack Starr	1:03:50
15,000m RW (hand-timed)	
M35 Tim Good	1:37:05
M40 Steve Pecinovsky	1:14:21
Warrick Yeager	1:14:21
M55 Larry Freeman	1:46:07
W30 M Cunningham	1:31:21
Granite State Senior Games	
Laconia, NH; Sept. 25	
50m	
M50 Warren Graff	7.0
Bruce Nunziata	7.1
Vic Plantanie	8.0
M55 Al Freniero	7.9
Chet Stokloza	7.6
David Rosenthal	8.9
M60 Dick Camp	7.3
Jack Kortekamp	7.6
Bob McGrath	7.9
M65 Ken Perkins	7.9
Bill Hufnagel	7.9
Don Hudson	8.0
M70 Frank Brako	8.2
Bill Bigwood	9.0
M75 Joe Sciaraffa	8.3
Angelo Oliver	9.6
Vern Mattson	11.5
W65 Joan Burgess	9.6
W70 Ann McGowan	10.7
100m	
M50 Warren Graff	12.7
Darryl Decker	13.3
Bruce Nunziata	13.3
M55 Jeff Spoor	13.9
Al Freniero	15.8
David Rosenthal	17.4
M60 Dick Camp	13.2
Jack Kortekamp	13.8
Spencer Parrish	14.5
M65 Bill Hufnagel	14.7
Ken Perkins	14.9
Don Hudson	15.0
M70 Frank Brako	15.6
Horst Langer	18.8
Dan Dunlop	22.3

M75 Joe Sciaraffa	15.4
Angelo Oliver	18.2
Vern Mattson	21.4
M85 Alex Murphy	22.1
W50 Cindy Smith	17.3
Anna Tremble	18.2
W65 Joan Burgess	18.2
W70 Ann McGowan	21.2
200m	
M50 Warren Graff	26.4
Mike Augeri	27.5
Bruce Nunziata	27.7
M55 Jeff Spoor	28.7
David Rosenthal	38.9
M60 Dick Croak	30.2
Spencer Parrish	30.2
Bob Cloutier	31.5
M65 Jim Duncan	30.4
Bill Hufnagel	30.8
George Freeman	34.1
M70 Frank Brako	35.2
Russ Stanton	36.2
George Lothrop	39.1
M75 Joe Sciaraffa	34.3
Arlene Dupuis	35.4
W55 Arlene Dupuis	50.1
W65 Joan Burgess	38.6
400m	
M50 Warren Graff	1:01.3
Mike Augeri	1:07.8
M55 Jeff Spoor	1:04.5
Ed DeRochi	1:08.5
Al Freniero	1:32.8
M60 Dick Croak	1:06.5
Bruce Maki	1:10.9
Spencer Parrish	1:12.5
M65 George Freeman	1:15.6
Walt Sanders	1:18.1
Bob Davidson	1:19.2
M70 Russ Stanton	1:20.4
George Lothrop	1:27.0
Horst Langer	1:47.8
M75 A Messenger	1:16.1
John McCarthy	1:30.9
W55 Sheila McKenna	1:30.7
Donna Maki	1:32.9
W65 Betsy Hall	1:32.3
800m	
M50 Doug Hawkland	2:28.0
Alan Taplin	2:31.4
David Narlee	2:32.7
M55 Ed DeRochi	2:42.0
Larry Decker	3:03.7
M60 J Levasseur	2:40.5
Bernie Murray	2:52.6
Dick Croak	2:54.9
M65 Bob Davidson	3:00.0
George Freeman	3:03.6
David Rider	3:07.7
M70 Russ Stanton	3:08.8
Horst Langer	3:57.4
M75 A Messenger	2:55.4
W55 Donna Maki	3:30.9
Sheila McKenna	3:33.7
Priss Hertzler	3:45.0
W65 Betsy Hall	3:32.4
1500m	
M50 Doug Hawkland	5:08.9
David Narlee	5:20.7
M60 Charles Hudson	6:13.8
Bernie Murray	6:19.4
J Levasseur	6:19.8
M65 Jim Lynch	6:02.3
Bob Davidson	6:09.9
David Rider	6:33.7
M70 Russ Stanton	6:50.8
M75 A Messenger	6:34.1
W55 Donna Maki	6:59.1
Sheila McKenna	7:23.7
W65 Betsy Hall	7:13.0
5000m Walk	
M50 Larry Flint	10:50.0
M60 Spenc Parrish	09:45.4
Larry McIntosh	10:49.6
M65 George Freeman	10:32.3
M70 Horst Langer	10:51.8
Stuart Corning	11:22.4
Long Jump	
M50 Darryl Decker	15-7.5
Doug Hawkland	14-3.5
Buzz Gagne	13-5.0
M55 Chet Stokloza	12-5.0
Bill Crabtree	11-5.5
Dave Rosenthal	8-6.5
M60 Bob McGrath	13-4.0
Joel Stinson	13-5.0
Dwight Conklin	12-10
M65 James Duncan	12-9.5
David Rider	12-2.5
Bill Clew	10-6.5
M70 Frank Brako	11-9.0
Horst Langer	09-11
M75 Joe Sciaraffa	10-10
Vern Mattson	06-5.0
M85 Alex Murphy	06-9.5
W55 Priss Hertzler	08-10
W70 Ann McGowan	06-11
High Jump	
M50 Alan Taplin	4-10
Mike Zahner	4-0
Doug Hawkland	3-10
M55 Chet Stokloza	3-8
M60 Joel Stinson	4-10
M65 Ken Perkins	4-2
David Rider	4-0
Bill Hufnagel	4-0
M70 Frank Brako	4-2
Horst Langer	2-10

M80 Bruno Maki	3-4
W65 Joan Burgess	3-8
Dorothy Bemis	3-6
W70 Ann McGowan	2-10
Pole Vault	
M50 Mike Zahner	9-0
M60 Dwight Conklin	7-0
M65 David Rider	7-6
Don Levesque	6-6
Shot Put	
M50 Herb Bachorik	40-4
Geoffrey Brown	37-0
D. Tousignant	34-11.5
M55 Carl Wallin	49.11
J. Schlusser	39-5
Chet Stokloza	28-11
M60 Leonard Rosen	39-10
Don Trimble	29-3
Bruce Maki	28-11
M65 Bill Garrahan	36-0
Bill Clew	34-11
James Duncan	34-5
M70 Horst Langer	22-8
Burt MacIver	20-2
M75 George Brown	30-5
Angelo Oliver	25-6
John McCarthy	25-4
M80 Bruno Maki	28-2.5
W50 Patricia Fogg	29-25
Kathleen Hayes	19-5.5
W55 Priss Hertzler	19-11
W65 Dorothy Bemis	23-4
Marcia Crooks	22-6.5
Joyce Finley	15-4
W70 V. O'Connor	18-6
Ann McGowan	16-8.5
W75 J. Berlepsch	16-11
Javelin	
M50 Buzz Gagne	158-0
Mike Zahner	110-0
Herb Bachorik	109-11
M55 Carl Wallin	122-7
Chet Stokloza	94-3
Al Freniero	74-10
M60 Pat Conley	120-8
Dick Camp	108-1
Don Trimble	92-4.5
M65 Bob Youngs	144-10
James Duncan	111-6
Bill Garrahan	104-5
M70 Frank Brako	57-5
Burt MacIver	39-7.5
M75 J. McCarthy	77-1
George Spooner	55-5
Angelo Oliver	48-6
M80 Bruno Maki	82-1
W50 Patricia Fogg	67-8
Kathleen Hayes	53-5
W55 Arlene Dupuis	56-7.5
Priss Hertzler	36-6

Continued from previous page

800m	
M45 Michael Jenkins	3:07.0
M50 Bobby Clemons	3:44.0
W35 Cynthia Syas	3:07.6
1500m	
M45 Michael Jenkins	5:10.4
Norman Kohn	7:09.2
M55 Gerald Roy	5:12.6
W35 Cynthia Syas	6:25.7
W40 Deb Hoeppner	8:25.5
Short Hurdles	
M35 Jeff Brower	18.3
Long Hurdles	
M35 Jeff Brower	44.6
4x100m Relay	
M40 Team Dallas	46.5
(Jefferson/Thompson/ Boleware/Turner)	
High Jump	
M35 Jeff Brower	5-6
M50 Brian Sullivan	5-2
Long Jump	
M35 Robert Williams	18-1
Fred Porter	16-8
M40 Monzell Baker	21-1
Triple Jump	
M40 Monzell Baker	43-11

WEST**Santa Barbara Fiesta Beach
Pole Vault Championships
Santa Barbara, CA; July 25****Invitational Men**

1 Jeff Dutoit 17-7.5

3 Anthony Curran 39 16-4.75

Invitational Women

1 Karina Elstrom 12-0

6 Sue Dimarco 35 11-0

Open/College Men

1 Creed Stary 16-0

2 Billy Halverson 41 16-0

16 Mike Hogan 44 14-0

18 Greg Ronkov 32 13-6

Masters Men

1 Ken Wilson 33 14-0

2 Joe Utzurnum 33 13-6

3 Dan Borrey 52 13-0

4 Wayne Lambert 52 13-0

Doug Sparks 45 13-0

6 Mike Morris 54 12-6

Paul Heglar 50 12-6

8 Tim Knappen 48 12-0

**Kennedy Cougar Meet
Sacramento, CA; Aug. 8****200m**

M40 David Melco 32.5

W45 Barbara Doudy 37.4

400m

M35 Rob Sark 1:04

M40 David Melco 1:12

M45 Steve Hall 1:03

1600m

M45 Rob Sark 5:10

M40 David Melco 6:33

M45 Steve Hall 5:01

High Jump

M45 Ed Laskasakas 5

M50 Gary Wuest 4-7

M60 John Reed 4

Long Jump

M50 Gary Wuest 14-6

Triple Jump

M60 John Reed 25-8.25

Shot Put

M50 Gary Wuest 32-4

M60 Dennis Rietz 36-1

M70 Ira Barkman 31-6

Discus

M50 Gary Wuest 83-8

M60 Dennis Rietz 130

M70 Ira Barkman 88-9

Hammer

M50 John Gallen 66-10

M60 Dennis Rietz 107-10

Javelin

M40 Craig Auston 116-11

M45 Ed Baskasakas 131-7

M50 Gary Wuest 85-8

M60 Dennis Rietz 107-4

**San Diego Senior Olympics
San Diego, CA; Sept. 12****50m**

M50 Dale Herring 6.95

Tim Thurman	7.35
Dan Girling	9.05
M55 Diethart Reichardt	7.06
Bob Kauffman	7.43
Charley Loftis	7.45
M60 Dick Richards	6.95
Roger Tsuda	7.32
Paul Williams	7.35
M65 Paul Bambrook	8.02
Walter Turner	9.16
M70 Jim Selby	8.10
Jock Jocoy	8.10
M75 Clark Rice	8.65
Ray Crawford	9.08
Buksis Bedi	9.24
M80 Clarence Trahan	8.80
M85 Bert Morrow	10.00
W50 Lorraine Tucker	7.58
Kathy Bergen	7.77
Marilyn Ongley	8.76
W65 Magdalena Kuehne	9.07
W70 Marjorie Lawron	10.58
W75 Gerda Ader	11.35

100m	
M50 Stan Whitley	12.12
Dale Herring	12.80
Joseph Shields	15.10
M55 Diethart Reichardt	12.86
Charley Loftis	13.15
Garry Cox	13.59
M60 Harold Tolson	12.50
Dick Richards	12.75
Norb Wedepohl	13.03
M65 Don Cheek	13.88
Paul Bambrook	14.65
Gilman Jung	17.56
M70 Jim Selby	14.65
Jock Jocoy	15.35
M75 Ray Crawford	17.29
Buksis Bedi	18.15
B Power-Waters	21.12
M80 Conrad Schuk	16.55
Alfred Guidet	17.32
Leland McPhie	18.20
M85 Bert Morrow	18.90
W50 Lorraine Tucker	14.64
Janet Zimmer	24.78
W55 Kathy Bergen	16.29
Marilyn Ongley	14.50
M A McMaster	23.29
W65 Magdalena Kuehne	17.56
Bernice Wagner	27.85
W70 Johnnie Valien	18.41
Marjorie Lawson	20.41
W75 Gerda Ader	22.73

NMN 100m Handicap	
M60 Harold Tolson	10.88
M65 Don Cheek	10.95
M70 Jim Selby	11.55
M85 Bert Morrow	12.27
M75 Ray Crawford	12.90
W70 Johnnie Valien	12.78
W65 Magdalena Kuehne	13.36
W55 Marilyn Ongley	13.30

200m	
M50 Stan Whitley	24.84
Dale Herring	25.90
Michael Kahn	26.74
M55 Diethart Reichardt	27.01
Charley Loftis	27.71
Imre Tihanyi	27.93
M60 Harold Tolson	25.72
Dick Richards	26.18
Gary Sims	27.43
M65 Don Cheek	29.66
Jerry Jefferson	30.49
Paul Bambrook	32.26
M70 Jim Selby	30.25
Jock Jocoy	33.92
Walt Farber	39.00
M75 Ray Crawford	37.53
Clyde Jackson	41.60
M80 Alfred Guidet	38.55
M85 Bert Morrow	41.60
W50 Lorraine Tucker	31.85
W55 Kathy Bergen	31.75
Marilyn Ongley	34.04
M A McMaster	50.70
W70 Marjorie Lawson	43.57
W75 Gerry Davidson	47.07
400m	
M50 Stan Whitley	55.15

M55 Garry Cox	1:02.19
Imre Tihanyi	1:02.55
Edward Miller	1:11.80
M60 R Kirkpatrick	1:01.19
Gary Sims	1:04.65
Raoul Boguille	1:12.68
M65 Jerry Jefferson	1:08.58
Don Cheek	1:24.80
M70 Jim Selby	1:07.78
John Cross	1:31.71
Harry Zimmer	1:49.20
M75 Clyde Jackson	1:42.80
John Boller	2:43.76
M80 Vincent Malizia	1:43.71
W50 Paulette Day	2:29.62
Janet Zimmer	2:41.36
W55 Marilyn Ongley	1:21.13
M J McMaster	1:56.93
W70 Gerry Martin	1:46.26
W70 Marjorie Lawson	1:52.64

800m	
M50 Lee Fitzgerald	2:11.67
Garry Rust	2:11.82
Jim Groark	2:18.93
M55 Edward Miller	2:49.59
M60 John-Erik Nilsson	2:35.89
Jeremy Lys	2:37.94
Peter Halle	3:43.50
M65 Jerry Jefferson	2:41.81
Gilman Jung	3:26.18
M70 Jim Selby	2:47.00
Walt Farber	3:20.10
Jim Hinton	3:25.88
M75 Hal Elrick	4:00.00
Clyde Jackson	4:14.61
John Boller	5:38.50
W50 Paulette Day	5:04.05
Janet Zimmer	6:29.89
W55 Marilyn Ongley	3:13.63
M J McMaster	4:11.99
W60 Gerry Martin	3:45.65
W70 Marjorie Lawson	4:20.93

1500m	
M50 Patrick Rusnell	5:57.15
M55 Gernot Winkler	5:51.78
Edward Miller	5:58.80
Don Garsh	6:03.29
M60 Jeremy Lys	5:24.82
John-Erik Nilsson	5:32.73
Carl Grubbs	6:16.34
M65 Robert Culling	5:40.80
Gilman Jung	6:40.67
Roger Martin	7:09.48
M70 Jim Selby	5:52.43
Walt Farber	6:50.34
Jim Hinton	6:53.85
M80 Vincent Malizia	8:04.16
W50 Nancy Parinello	6:35.38
W60 Gerry Martin	7:23.21
W70 Marjorie Lawson	9:29.82
W75 Gerry Davidson	8:08.53

3000m	
M55 Richard Jones	11:54.18
M60 Richard Miles	13:50.25
M70 John Cross	16:00.02
Jim Hinton	17:36.14
W60 Gerry Martin	15:35.15
W65 Dorothy Stock	16:35.10
2000m Steeplechase	
M50 Lee Rice	9:24.61
M55 Don Shanahan	8:39.72
M65 Kendall Webb	10:06.71
Roger Martin	10:36.07
M70 Jim Selby	9:57.15
Walter Atcheson	10:56.39
W50 Jeane Hallin	15:42.78
W60 Gerry Martin	11:58.84

Short Hurdles	
M50 Willie Webster	21.35
M65 Roger Martin	24.68
M86 Bert Morrow	20.37
Long Hurdles	
M50 Willie Webster	1:15.33
M55 Edward Miller	1:17.53
M60 R Kirkpatrick	46.68
M65 Al Sheahan	54.24
M70 Jim Selby	1:08.07

High Jump	
M50 Charlie Rader	5-10
Paul Heglar	5-4
Glenn Palmer	4-10
M55 Davie Perry	5
M60 Bert Bergen	4-8
Jerry Chase	4

Oscar Melendez	3-4
M65 Dave Douglas	4-2
George McGrady	4-2
Paul Bambrook	4
M70 Jim Arthur	3-10
M75 Ben Sisti	3-10
Buksis Bedi	3-8
M80 Leland McPhie	3-10
W50 Jeane Hallin	3-6
W70 Johnnie Valien	3-4
Pole Vault	
M50 Paul Heglar	13
M65 Bob Smith	8
W50 Jeane Hallin	3

Long Jump	
M50 Tim Thurman	14-5.75
Willie Webster	13-1
M55 Gernot Winkler	14-1.25
Arne Halverson	13-7.50
Bill Hoy	13
M60 Dick Richards	17-7.75
Roger Tsuda	16-1
Ray Graves	14-6.50
M65 Paul Bambrook	13-4.50
George McGrady	12-7
K Owens	9-11.75
M70 Jim Selby	11-8
Jim Arthur	10-7.25
M75 Ben Sisti	10-10.50
Ray Crawford	9-11
Buksis Bedi	9-10.50
M80 Clarence Trahan	10-9.75
Leland McPhie	10-2.50
W50 Lorraine Tucker	13-10.50
W55 Marilyn Ongley	12-1.50
W65 M Kuehne	10-6.75
W70 Johnnie Valien	10-3.75

Shot Put	
M50 Glenn Palmer	41-5.75
James McEvoy	37-3.25
Leland McPhie	26-2.75
W50 Ingrid Mancini	25-7.50
M55 Gernot Winkler	22-3.50
M60 Ben McGrady	40-4.25
Ronald Wade	37-6.75
Dick Richards	34-5.25
M65 Carlos Martinez	33-5.75
Dave Moss	27-9
Morton Pastor	20-10.25
M70 Arnie Gaynor	45-8.25
Don Hegbert	36-8.75
Igor Jaremenko	18-5
M75 John Rafto	30-10.75
Ben Sisti	30-3.50
B Power-Waters	26-8.75
M80 Jerry Siefert	27-3.50
W55 Patricia Hunter	23-7.75
Hattie Perry	20-11.25
W65 M Kuehne	22-7
Bernice Wagner	18-8.50
W70 Johnnie Valien	23-9.50
W75 A McCormick	18-7

Discus	
M50 Glenn Palmer	122-3
Wayne Guglielmo	79-10
M55 John Burns	115-5
Gernot Winkler	51-9
M60 Ben McGrady	131-11
Ronald Wade	127-3
Jim Coen	125-10
M65 Carlos Martinez	103-6
Dave Moss	82-2
K Owens	79-3
M70 Arnie Gaynor	136-5
Harold Wallace	132-1
Don Hegbert	129-4
M75 John Rafto	88-3
B Power-Waters	79-8
Ben Sisti	77-8
M80 Leland McPhie	67-3
Clarence Trahan	64
M90 W McFadden	43-2
W50 Lorraine Tucker	86-5
Ingrid Mancini	66-4
W55 Patricia Hunter	63-3
W75 Adele McCormick	41-1

Javelin	
M50 David Johnson	159
James McEvoy	110-10
M55 John Burns	155
Rick Austin	93-9
M60 Larry Stuart	170-2
Fred Hunter	108-11
Edward Perry	98-10

M65 Carlos Martinez	87-10
Floyd Gibbons	81-8
Morton Pastor	54-2
M70 Arnie Gaynor	104-6
Don Hegbert	91-1
R Lawrence	73-3
M75 Ben Sisti	85-1
John Rafto	84-7
B Power-Waters	61-11
M80 Jerry Siefert	77
Leland McPhie	55-6
W50 Lorraine Tucker	86-7
W55 Patricia Hunter	69-5
W60 Gerry Martin	72-10
W75 A McCormick	62-6
1500m RW	
M60 Leon Glazman	9:24.77
Gates Ingram	9:54.56
M65 Lloyd McGuire	10:33.26
Gilman Jung	11:11.22
Morton Pastor	11:43.37
M75 Hal Elrick	10:49.17
Ray Crawford	11:35.87
R Davidson	14:05.81
M90 W McFadden	14:35.05
W55 Karen Evans	10:02.82
Charlotte Jordan	12:24.17
W60 Yvonne Weber	10:53.32
Patsy Sapra	11:20.35
Judith Piper	12:27.10
W65 Patti Kennedy	11:53.57
Dorothea Pattee	15:10.51
W75 Deborah Haimo	14:12.57
5K RW	
M60 Leon Glazman	32:30.80
M65 L McGuire	35:18.01
W50 J Steigerwalt	30:16.64
W55 Karen Evans	35:52.98
C Jordan	42:09.12
W60 Yvonne Weber	36:45.34
Patsy Sapra	38:29.37
Judith Piper	45:12.20
W65 Betty Cleveland	35:06.51
Patti Kennedy	40:42.80
W75 Mary Rice	45:38.93

**Kel Field 6th Annual Meet
Santa Cruz, CA; Sept. 19**

Shot Put	
M30 Craig Murray	35-7
M45 Richard Watson	36-11.5
Gary Kelmenson	33-5.5
M50 Ladislav Pataki	AR56-3.25
(55-7.25/Gage/1994)	
Clay Larson	54-9.5
M60 Gary Dawson	21-6.5
M70 Ladislav Filip	WR47-5
(46-1.25/Elio/1985)	
Discus	
M40 James Harness	116-2
M45 Richard Watson	114-6
Gary Kelmenson	101-3
M50 Ladislav Pataki	181-5
M60 Gary Dawson	71-8
M70 Ladislav Filip	145-2
W70 Shirley Dieterick	60-7
Hammer	
M30 Craig Murray	88-0
M40 Eric Hodgdn	108-0
M45 Gary Kelmenson	131-1
Richard Watson	120-9
M50 Ladislav Pataki	170-4
M60 Don Hughes	96-7
Gary Dawson	66-2
Javelin	
M30 Craig Murray	104-6
M45 Richard Watson	158-7
Gary Kelmenson	91-9
M50 Ladislav Pataki	124-2
M70 Ladislav Filip	113-6
W70 Shirley Dieterick	59-4
Weight Throw	
M45 Gary Kelmenson	43-9.5
Richard Watson	43-8
M60 Gary Dawson	24-6
56-lb. Superweight	
M30 Craig Murray	26-0.75
M45 Gary Kelmenson	27-0
Richard Watson	26-8
M60 Don Hughes	19-4
Gary Dawson	11-1
Weight Pentathlon	
(HT/SP/DJ/T/W/T)	
M45 Richard Watson	3440
(35.90/11.26/34.90/46.60/13.31)	
M45 Gary Kelmenson	2970
(38.38/10.19/30.86/27.96/13.34)	
M50 Ladislav Pataki	WR 4866
(51.92/16.98/55.30/37.84/19.35)	
M70 Ladislav Filip	WR 5206
(45.84/14.23/44.24/34.60/16.96)	

Continued from previous page

M50 Stan Whitley 24.50	M50 Sheridon Groves 1:06.56	M60 Jim Hart 42-6.25	Mary Boyd 12:00.00	M55 John Henson GBR 24.56	G Svensson SWE 1:58.05
Dale Herring 25.87	Jorge Birnbaum 1:15.10	Ed Oleata 39-6	3000m RW	L Andersson SWE 25.63	800m
Don Parker 26.47	Will Webster 1:16.83	Alan Rosen 31	M60 Barry Liker 21:19.22	T Tamaro ITA 25.69	M40 M Assmann GER 1:56.93
M55 Dan Durante 27.33	W35 Joy Margerum 1:09.76	M65 Paul Bambrook 24-9.25	M75 Bob Davidson 29:26.12	M60 Jurgen Radke GBR 25.11	Olaf Neyer GER 1:58.19
Juan Bustamante 32.04	2000m Steeplechase	Don Hegberg 36-5.50	W60 Julie Lopp 21:24.84	David Burton GBR 26.29	TMDonald GBR 1:58.75
M60 Harold Tolson 26.73	M55 Rollie Cavaletto 8:54.56	Kio Shik Song 25-6.25	W65 Louise Martin 25:07.60	R Woodland GBR 26.31	M45 H Nygard NOR 2:03.72
Frank Hollier 28.02	3000m Steeplechase	M70 Arnie Gaynor 44-9.50	Mary Boyd 25:08.38	C S Williams GBR 26.06	E Ilyukhin RUS 2:04.01
Roger Tsuda 28.54	M40 Dave Cook 11:19.76	Don Hegberg 36-5.50	George Adams Track Trophy	C Carlsson SWE 27.33	F Diaz Perez ESP 2:04.43
M65 Don Cheek 28.4h	Tim Cook 12:17.83	M75 Don Cumley 36-9	Jim Selby 70	A Blackman GBR 26.65	M50 Leslie Duffy GBR 2:07.79
Sam Flory 29.4h	High Jump	Jerry Silsdorf 25-8.75	Vernon Cheadle Field Trophy	W Selzer GER 28.63	H Vakkuri FIN 2:08.41
Mel Melgosa 31.5h	M40 Jason Meisler 5-8.75	Jim Minah 24-9.25	Arnie Gaynor 70	V Biagiotti ITA 29.04	John Potts GBR 2:08.84
M70 Rodney Brown 29.64	Mike Cates 4-9	M80 Ross Carter 32-11.75	Jimmie Whitney T&F Trophy	M75 Bruno Sobrero ITA 31.06	M55 R Phipps GBR 2:09.48
Jim Selby 30.00	John Arbogast 3-3.25	W35 Joy Margerum 24-11.75	Avril Naylor 51	Ugo Sansonetti ITA 32.44	O Maliy UKR 2:12.96
Joseph Welch 41.08	M45 Ed Baskauskas 5-1	W50 Ingrid Mancini 26-7.75	Ray Williams Memorial Trophy	H Albrecht GER 33.09	S Samora POR 2:13.48
M75 Frank Benedict 37.45	M50 Charlie Rader 5-8.75	W55 Karen Huff 26-1.50	For Best M60+ 5000	M80 Fritz Muhle GER 34.23	M60 DeWyngeart BEL 2:16.49
M80 Clarence Killion 41.12	Paul Heglar 5-5	Kathryn Noble 25-1	Nick Carter Memorial Trophy	W Rennschuh GER 39.57	F Valente ITA 2:17.53
W35 Darlene Love 29.56	Roberti Pozzi 5-1	Hattie Perry 18-11.25	For Best Age-Graded 1500	Eugen Eble GER 41.27	John Ross GBR 2:18.24
W40 Sylvia Hoss 29.25	M55 John Dobroth 5-3	W60 Christel Miller 26-8.75	Paul Spangler Memorial	W35 Anke Moritz GER 25.33	M65 Mike Fox GBR 2:24.32
Kathryn Herring 34.49	Emil Pawlik 5-1	Alice Whitty 19-4.75	Trophy For Best Performer 80+	M C Marie FRA 25.68	Bonvecchio ITA 2:27.47
Debbie Selby 37.12	Dave Thoreson 4-11	W70 Johnnye Vallien 21-7.25	AI Guidet 80	A Beadnall GBR 25.79	B Neumann GER 2:28.50
W50 Avril Naylor 32.02	M60 Phil Fahlen 5-5	Discus	Hubbell-Herman Hammer	W40 C Muller SUI 25.74	G Linde LAT 2:40.80
Nancy Nevin 39.98	M65 Paul Bambrook 3-11.25	M35 Steve Barba 120-10	Heave For Best 70+	S Mullinger GBR 26.66	Erik Holoe NOR 2:43.55
W70 Marjorie Lawson 44.93	M70 Richard Warren 3-7.25	M45 Steve Weeks 95	Arnie Gaynor 70	A Heutmann GER 26.73	Sergio Palma ITA 2:44.91
W75 Gerry Davidson 50.39	M75 Jerry Silsdorf 3-7.25	John Hawkins 94-7	Pane E Vito Trophy For Out-	S Hultinger GBR 26.73	M75 Toiva Vikman 2:53.13
400m	Jim Johnson 3-3.25	M50 Lad Pataki 177-6	standing Woman Athlete	W45 K von Riewel GER 26.69	James Todd GBR 2:54.73
M30 Jeff LeMoine 56.01	W35 Sue DiMarco 5-3	Glenn Palmer 116-2	Joy Margerum 37	Inge Dech GER 27.09	H Weiss GER 2:57.07
M35 Erik Durak 57.63	W50 A Steekelenburg 4-7	John Gallen 82-3	INTERNATIONAL	J Saunders GBR 27.25	M80 Ludzuweit GER 3:18.07
M40 Kosti Killas 54.67	Nancy Nevin 3-5.25	M55 Dave Nuttall 110-4	European Veterans	W50 Ingrid Meier GER 27.44	T Stale SWE 3:20.31
Naim Hasan 55.96	W60 Christel Miller 3-11.25	Fred Dilleuth 84-2	Championships	M Lewington GBR 27.58	Pietro Nasi ITA 3:39.92
M45 Bill Cheadle 56.18	Fei-Mei Chou 3-3.25	Richard Noble 82-6	Cesenatico, Italy; Sept 11-19	Y Priestman GBR 28.57	W35 GazdaSagollaGER2:14.98
Burke Grandjean 56.35	Alice Whitty 3-1.50	M60 Joe Marino 157-10	100m	B Hoffmann GER 29.08	Nadine Suze FRA 2:18.58
Eric Parker 56.86	Pole Vault	Jim Hart 138-1	M40 K Ansah GBR 11.55	E Staehle GER 30.01	T H Bahn DEN 2:19.28
M50 Don Parker 1:05.12	M40 Charles Brown 15-8.50	Alan Rosen 122-8	G DeMan HOL 11.64	E Linaker GBR 31.12	W40 A Koop GER 2:12.10
Robert Tremblay 1:06.51	John Arbogast 9.25	M65 Achmet Ardman 89-7	K Burgess GBR 11.67	C Roovers HOL 32.14	WeberHaackGER 2:18.03
M55 Dan Durante 1:01.05	M45 Ed Lipscomb 14-6	M70 Arnie Gaynor 135-11	W Franklyn GBR 11.69	D Fraser GBR 32.90	R Pirhofer ITA 2:18.70
M60 Harold Tolson 1:00.80	Steve Morris 13.25	Don Hegberg 129-5	Viv Oliver GBR 11.70	W65 Ase Nyland NOR 32.52	D Gocht GER 2:18.70
M65 Don Cheek 1:10.88	John Hawkins 12	Kio Shik Song 87-8	M50 V Vyostok SVK 11.80	E Mazzenga ITA 33.67	I Jensen DEN 2:19.17
M70 Rodney Brown 1:05.94	M50 Greg Miguel 14	Robert Davidson 87-8	M Koch GER 12.15	R Kreiskott GER 33.97	HitchmoughGBR 2:19.46
Jim Selby 1:06.49	Wayne Lambert 13-6.25	Jerry Silsdorf 62-4	P Ahomaki FIN 12.31	W70 Ingrid Lorenz GBR 37.19	P Gallagher GBR 2:25.30
Jim Hinton 1:31.40	M55 Larry Jones 9-6.25	M80 Ross Carter 97-5	M55 J Manninen FIN 12.34	W75 Schneiderhan GER 35.23	Haakensveen NOR2:32.93
W35 Darlene Love 1:10.89	M60 Gary Miller 10-6	M95 John Whitmore 27-7	Gerald Schmitt GER 12.45	G Svensson SWE 40.71	Helgi Sagor EST 2:37.53
W50 Nancy Nevin 1:26.79	M75 Jim Johnson 7.50	W50 Ingrid Mancini 64-4	L Andersson SWE 12.78	E Haule GER 44.24	W55 KolesnikovaRUS 2:36.95
W60 Alice Whitty 1:59.55	T deVaughn 6	W55 Karen Huff 59-4	M60 Jurgen Radke GER 12.39	400m	Schliephake GER 2:38.79
W70 Marjorie Lawson 1:48.01	Long Jump	W60 Fei-Mei Chou 53	Garcia Roca ESP 12.67	M40 A Harrison GBR 50.12	G vanKooten HOL2:43.35
W75 Gerry Davidson 1:51.45	M35 L Davenport 20-7	Alice Whitty 40-9	H J Gasper GER 12.93	D Elderfield GBR 50.17	W60 E Hodapp GER 2:50.75
800m	M40 Dave Quick 20-2.50	W70 S Dietderich 58-11	M65 C S Williams GBR 13.03	Hans H Lang GER 50.80	B Eklund SWE 2:52.00
M30 Graig Godwin 2:16.95	Ed Brown 19-2.75	Hammer	Heinz Schmid GER 13.49	M45 S Peters GBR 50.47	Soderstrom SWE 2:56.57
M35 Ben Gorecki 2:18.07	John Arbogast 14-6.50	M35 Kyong Song 168-4	B Neumann GER 13.80	J Caines GBR 50.55	W65 Velta Vitola LAT 3:02.41
M45 Burke Grandjean 2:10.81	M45 John Hawkins 16-1.50	Steve Barba 109-3	M70 A Meddings GBR 13.34	W Franklyn GBR 52.47	Ase Nyland NOR 3:04.34
Bill Cheadle 2:14.23	M50 James Manor 16-6	M45 Dan Bryant 118-1	W Selzer GER 13.88	W Scholtes HOL 51.82	B dePreter BEL 3:16.44
Norman Thomas 2:25.89	Glenn Opalmer 14-2.75	M50 Glenn Palmer 106-7	V Biagiotti ITA 14.01	Eddy Neyts BEL 53.99	W70 N NaumenkoRUS 3:17.88
M50 Lee Fitzgerald 2:12.83	Lad Pataki 14-2.50	John Gallen 68-4	M75 Bruno Sobrero ITA 14.37	Tony Delerois GBR 54.61	M Mettifofo ITA 3:47.33
Robert Tremblay 2:19.06	M55 Emil Pawlik 16-11.50	M55 Dave Nuttall 99-2	Ugo Sansonetti ITA 15.56	M55 John Henson GBR 54.53	W75 E Werner GER 3:48.54
Steve Shepherd 2:30.38	Roy Cordova 11-9	M60 Jim Hart 124-11	H Albrecht GER 15.62	Guido Muller GER 55.22	W80 F Liedtke GER 5:01.44
M55 Rollie Cavaletto 2:26.12	Dale Nelson 10-8	M70 Arnie Gaynor 107-10	M65 J Williams GBR 12.03	Volker Niem GER 55.93	1500m
M60 Keith Johnson 2:33.76	M60 Roger Tsuda 15-11.50	Kio Shik Song 107-8	Heinz Schmid GER 13.49	M60 Hans J Gasper GER 58.11	M40 A VanGeel HOL 4:14.65
M70 Jim Selby 2:32.73	M65 Paul Bambrook 13-8.50	M75 Jim Minah 86-8	B Neumann GER 13.80	Karl H Buss GER 58.58	Santamaria ITA 4:14.90
Rodney Brown 2:36.63	M70 Richard Warren 11-8.50	Thomas deVaughn 76-11	M70 A Meddings GBR 13.34	S Ritter GER 58.79	Alois Egger AUT 4:15.04
Jim Hinton 3:22.78	Jim Selby 11-7.50	Jerry Silsdorf 63-2	W Selzer GER 13.88	M65 Blackman GBR 1:01.09	H Nygard NOR 4:13.42
W50 Nancy Nevin 3:24.67	M75 Frank Benedict 10-10.75	Javelin	V Biagiotti ITA 14.01	H Schmid GER 1:02.54	C A Carbal POR 4:14.46
W70 Marjorie Lawson 4:38.90	Jim Johnson 10-7	M35 Steve Barba 180-5	M75 Bruno Sobrero ITA 14.37	B Neumann GER 1:03.48	F Diaz Perez ESP 4:15.44
W75 Gerry Davidson 4:03.23	M80 Clarence Trahan 10-1.25	M40 Ed Brown 164-4	Ugo Sansonetti ITA 15.56	W Selzer GER 1:03.52	G Ambrosini ITA 4:24.32
1500m	M35 Joy Margerum 16-2.75	M45 Ed Bauskauskas 136-2	H Albrecht GER 15.62	S Nedelius SWE 1:07.10	John Potts GBR 4:26.16
M30 John Sprague 4:32.71	Elaine Iba 15-9	John Hawkins 134-8	M60 Jurgen Radke GER 12.39	Sergio Palma ITA 1:08.96	R Phipps GBR 4:44.96
Craig Godwin 4:47.75	W50 Avril Naylor 11-11.75	Vern McGarry 125-7	Garcia Roca ESP 12.67	T Vikman FIN 1:12.97	O Maliy UKR 4:45.68
M35 Richard LaClaire 5:02.66	Nancy Nevin 9-1	M50 Drew Stevick 147-6	H J Gasper GER 12.93	G Paulsson SWE 1:19.76	A Heijdens HOL 4:46.41
M55 Rollie Cavaletto 5:14.12	W60 Christel Miller 10-10	Doug Shaw 141-9	M65 C S Williams GBR 13.03	F Gil Almela ESP 1:21.67	S James GBR 4:52.16
M60 Keith Johnson 5:30.10	Fei-Mei Chou 8-6.75	Lad Pataki 135-4	Heinz Schmid GER 13.49	M80 Ludzuweit GER 1:26.08	Ilmar Rootsi EST 4:52.27
M70 Jim Selby 5:51.19	Alice Whitty 7-5	M55 Dave Nuttall 111-11	B Neumann GER 1:03.48	F E Mahlo GER 1:33.36	B Simonsen DEN 4:53.52
Jim Hinton 7:17.51	W70 Johnnye Vallien 10-5.50	Richard Noble 105-1	W Selzer GER 1:03.52	Eugen Eble GER 1:39.67	M65 Conzelmann GER 5:02.00
W40 Lana Huzvar 5:56.56	Triple Jump	Fred Dilleuth 93	S Heitmann GER 13.19	W35 B Heidrich GER 56.47	F Vincente POR 5:02.28
W50 Nancy Nevin 7:29.19	M35 L Davenport 46-6.25	Phil Fehlen 143-8	J Harwood GBR 13.26	A Beadnall GBR 58.34	Gouri Sitski RUS 5:04.95
5000m	M40 Dave Quick 45-5.25	Joe Marino 115-11	M70 A Mullinger GBR 13.01	I Gazda SagollaGER58.48	M70 R Backhuss GER 5:23.86
M30 Craig Godwin 17:42.49	John Arbogast 29-11.25	Don Alexander 93-8	Inge Dech GER 13.23	W40 C Muller SUI 58.77	G Linde LAT 5:32.19
M35 R LaClaire 19:38.99	M50 James Manor 33-4	M65 Achmet Ardman 92-3	G Otto GER 13.60	I Weber HaackGER 59.66	K Urbanek TCH 5:38.69
M60 John Brennand 19:28.86	M55 Dale Nelson 21-10.75	M70 Del Pickarts 138-7	W50 Ingrid Meier GER 13.44	E Cerniz ITA 1:00.68	M75 T Vikman FIN 6:02.78
G McClenathen 21:53.92	M65 Paul Bambrook 28-1.75	Arnie Gaynor 107-3	M D LewingtonGBR13.51	J Saunders GBR 1:00.22	James Todd GBR 6:03.30
M70 Jim Hinton 23:15.84	M80 Clarence Trahan 21-5.25	Don Hegberg 75-4	Petra Zomer GER 14.02	D Gocht GER 1:01.25	Y Salepci TUR 6:10.11
W55 Nobue Williams 29:46.78	W35 Elaine Iba 30-3	M75 Don Cumley 66-4	W55 B Hoffmann GER 13.83	B Beaumont FRA 1:03.30	M80 T Stale SWE 6:48.85
W70 M Lawson 33:75.73	W50 Avril Naylor 25-5.25	M95 John Whitmore 24-9	Edith Graff BEL 14.34	W50 Y Priestman GBR 1:05.18	Ludzuweit GER 6:55.74
W75 Phillis Benedict 34:15.96	Nancy Nevin 20-3.75	W35 Elaine Iba 71	Erika Staehle GER 14.45	HaakensveenNOR 1:06.49	Pietro Nasi ITA 7:23.36
Short Hurdles	W60 Fei-Mei Chou 16-5.25	Joy Margerum 65-6	E Hofmann GER 14.50	Doris Gallep GER 1:08.49	M E vanGeel HOL4:50.08
M35 B J Duhon 14.89	W65 M Kuehne 22-10.75	W55 Karen Huff 66-1	Schmalbruch GER 14.55	W55 B Hoffmann GER 1:06.96	Lynne Marr GBR 4:50.90
Eric Durak 16.64	Shot Put	W60 Christel Miller 81-4	C Roovers HOL 15.23	T SchliephakeGER1:10.27	W40 A Koop GER 4:33.13
M40 Ed Brown 15.37	M35 Steve Barba 36-11.75	W65 Magdalena Kuehne 53-5	R Kreiskott GER 15.81	M Stapelfeld DEN 1:10.28	D Gerke GER 4:47.11
Stacy Price 16.89	M40 James Kerman 43-4.50	W70 Shirley Dietderich 53-7	Asta Larsson SWE 16.07	W60 D Fraser GBR 1:12.07	R Pirhofer ITA 4:48.55
M45 Ed Baskauskas 18.64	M45 Steve Weeks 32-3.50	1500m RW	W70 Ingrid Lorenz GER 17.36	Aino Holm SWE 1:14.66	HitchmoughGBR 4:48.52
John Hawkins 28.10	John Hawkins 32-3.50	M55 Roy Cordova 12:55.26	H Schneider GER 20.39	E Hofmann GER 1:15.04	I Jensen DEN 4:50.66
M50 Sheridon Groves 15.75	Will Webster 20.26	M60 Barry Liker 10:23.98	B Michaelson SWE 21.29	W65 Ase Hyland NOR 1:13.89	L Zentner GER 4:55.56
Will Webster 20.26	M50 Lad Pataki 50-4	W55 C Dilleuth 10:28.48	W75 P SchneiderhanGER16.20	Velta Vitola LAT 1:19.42	W50 P Gallagher GBR 5:00.06
M55 Emil Pawlik 15.85	Glenn Palmer 41-6.50	Wendy Morris 12:12.84	G Svensson SWE 18.36	C Franzen GER 1:27.71	E Raap HOL 5:15.12
W45 Joy Margerum 15.42	M55 Richard Noble 34-7.50	W65 Louise Martin 12:04.56	E Haule GER 19.31	W70 M Santos POR 2:01.64	
			W80 N Wedemo SWE 21.26	W75 Schneiderhan GER1:30.02	
			200m		
			M40 K Ansah GBR 22.61		
			C DeMan HOL 22.72		
			K Burgess GBR 23.25		
			M45 S Peters GBR 22.50		
			Joseph Caines GBR 22.78		
			Viv Oliver GBR 22.11		
			M50 W Scholtes HOL 23.42		
			V Vyostok SVK 24.55		
			D Debonnaire FRA 25.24		

Continued on next page

Continued from previous page

MartinezVegaESP 5:22.92	M80 T Stale SWE 51:42.67	H Krenzer GER 55.71	A Ilin UKR 1.70	M60 H Klimmer GER 5.61	M45 R Chavignon FRA 14.35
W55 KolensknikovaRU 5:26.59	A Osselaer BEL 55:21.40	Erik Holoe NOR 56.02	M55 J Hanus TCH WR1.83	P A Pinto POR 5.44	A Yarosh UKR 13.64
I Janhunen FIN 5:28.70	A Zanetti ITA 1:08:13.84	M75 H Maynard FRA 1:03.82	(Herm Wyatt/1.79/1987)	Lothal Fischer GER 5.24	Karl Trumm EST 13.50
G van KootenHOL 5:31.28	W35 A Fletcher GBR 38:27.46	H Albrecht GER 1:06.94	Sean Power GBR 1.70	M65 Angel Joaniquet ESP 5.22	M50 R Krone GER 16.85
W60 E Hodapp GER 5:42.14	M Vaesen BEL 38:54.26	L Williams GBR 1:09.86	V Tarkkio FIN 1.65	W Reuter GER 4.96	Neil Griffin GBR 15.03
A WentzienGER 5:43.39	S Frisoni ITA 40:38.69	W35 J Pearson GBR 59.85	M60 J Volkert GER 1.55	Curt Carlsson SWE 4.91	A Hermanns GER 14.64
B Eklund SWE 5:48.91	W40 A M Trave NOR 38:56.13	GazdaSagollaGER1:04.86	L Vandebosch BEL 1.55	M70 Matti Jarvinen FIN 4.59	M55 Klaus Liedtke GER 17.35
W65 M Petak AUT 6:18.15	Oberhofer AUT 39:17.23	P Zsuzsanna AUT 1:05.77	H Andersen DEN 1.55	Jakob Rypdal NOR 4.40	Franz Ratzer AUT 15.18
A Crestani ITA 6:34.43	M van Mol BEL 39:44.18	W40 Weber HaackGER1:05.89	Olavi Niemi FIN 1.45	Andre Billard FRA 4.28	Helmut Gross GER 14.44
B dePreter BEL 6:42.83	W45 J HeffernanGBR 38:56.49	M J SanguosESP 1:09.86	H Bruning GER 1.39	M75 Bruno Sobrero ITA 4.15	M60 I Ivanic CRO WR16.20
W70 N NaumenkoRUS 6:41.62	L Zentner GER 39:13.74	Carole Smith GBR1:10.27	M70 N Nevrupe SWE 1.48	Horst Albrecht GER 3.82	(Peter Speckens/16.01/1996)
M Mettifofo ITA 7:36.70	H Sichter GER 39:15.62	W45 LazzariniGerFRA 1:11.04	(Ties WR-lan Hume/1984)	A Magnusson SWE 3.75	K H Marg GER 15.78
W75 E Werner GER 7:39.02	W50 KetelslegersBEL 39:47.42	B Beaumont FRA 1:14.67	G Dobriban HUN 1.39	M80 G Marabotti ITA 3.70	P Speckens GER 15.11
W80 F Liedtke GER 10:14.16	E Rapp HOL 41:09.62	A Zifcakova SVK 1:18.51	Schuffenhauer GER 1.33	Kurt Petzold GER 3.11	M65 Heinz Brandt GER 13.08
5000m	P Rich GBR 41:49.24	W50 M Dahler SUI 51.72	M75 E Zensch AUT 1.33	Jan Konarik TCH 2.78	Arne Saether NOR 12.79
M40 Schinkitz GER 14:53.29	W55 I Janhunen FIN 41:52.30	Haakensveen NOR 53.10	W35 M Slushkina RUS 6.08	Antje Walter GER 5.71	R Zehak GER 12.78
G Gonzales ESP 14:58.08	M J Flores POR 43:18.14	H Hermann GER 55.91	W40 C A Filer GBR 5.23	C Henneberger GER 5.45	M70 T Kivi FIN WR14.05
V DaCosta POR 15:01.56	Fleetwood SWE 44:05.61	W55 R Dykman HOL 55.85	Dolores Vives ESP 5.06	W45 Inge Dech GER 5.46	(Voitto Elo/14.05/1985)
M45 Diaz Perez ESP 15:28.92	W60 A WentzienGER 44:21.49	E Sauer GER 56.15	Christa Schutz GER 5.02	K von Riewel GER 5.42	VWachenfeldtSWE 13.82
Goldammer GER15:44.97	B Eklund SWE 44:52.60	R Schaden AUT 59.89	W50 M Dahler SUI 4.70	V Taudien GER 4.74	Karl Oewer GER 13.72
Chumakov RUS 15:51.76	KavtaskinaLAT 45:13.01	W60 C Roovers HOL 57.54	Grete Rivenes NOR 4.58	M Dahler SUI 4.70	M75 E Eriksson FIN WR12.91
M50 Tsoukanov RUS 15:58.28	W65 V Vitola LAT 49:52.72	H Werner GER 1:06.41	B Blank GER 4.35	Eduth Graff BEL 4.78	(Ross Carter/12.64/1989)
Ambrosini ITA 16:00.67	Borovkova RUS 52:30.23	W65 G Mielde NOR 1:08.23	W55 Eduth Graff BEL 4.78	Christel Hauser GER 4.23	V J Makela FIN 11.21
Matthews GBR 16:12.48	A Crestani ITA 52:53.40	A Larsson SWE 1:10.70	Christel Hauser GER 4.23	Gudrun Kinger SWE 4.17	A Butkus GER 10.61
M55 Heijdens HOL 16:50.73	W70 NaumenkoRUS 54:30.47	2000m Steeplechase	W60 C Schmalbruch GER 4.67	E Hofmann GER 4.40	M80 Franz Meier SUI 11.20
Ivo Rezac TCH 17:24.61	M MettifofoITA 57:49.76	M60 F Valente ITA 7:16.01	W65 R Kreiskott GER 3.80	Wally Menzler GER 4.09	K Gassmann SUI 9.54
Shakirov RUS 17:26.17	P Gurtner SUI 58:32.34	JDaSilFerreiraPOR7:30.23	Asta Larsson SWE 3.62	M Struven GER 2.46	G Pertile ITA 8.96
M60 S James GBR 16:53.05	W75 E Falke GER 1:16:50.39	E Wiberg SWE 7:46.82	W70 Ingrid Lorenz GER 3.18	M Struven GER 2.46	W35 C Wartlik GER 13.57
Aldegalega POR 17:00.85	Short Hurdles	M65 FVincenPORWR7:25.10	C Wippersteg GER 2.75	M Struven GER 2.46	Lea Vahter EST 13.47
K Meirling GER 17:52.66	M40 H Keriner AUT 14.67	(John Eccles/7:53.00/1990)	H Schneider GER 2.65	M Struven GER 2.46	M Sterlekar SLO 12.71
M65 F Vincente POR 17:39.06	M Coker GBR 15.03	P Blanchou FRA 7:49.15	W75 P Schneiderhan GER 3.62	M Struven GER 2.46	W40 C Schenkels HOL 12.43
ConzelmannGER18:38.13	Ian Scholes GBR 15.83	ValdenarssonNOR7:53.69	Mary Wixey GBR 2.62	M Struven GER 2.46	J Prommer HUN 12.02
H Thieme GER 19:01.80	M45 W Ritte GER 15.89	M70 M Cuder ITA 8:35.74	M Struven GER 2.46	M Struven GER 2.46	Gabriele Johl GER 11.66
M70 A Siraziev RUS 18:43.82	E Longauer SVK 16.24	G Linde LAT 8:55.91	M Struven GER 2.46	M Struven GER 2.46	W45 S Melnikova RUS 13.25
Backhuss GER 19:48.77	A Pina ESP 16.27	N Mazilu ROM 9:20.36	M Struven GER 2.46	M Struven GER 2.46	U Hohenberg GER 12.72
K Urpanek TCH 20:01.52	M50 H Huebl AUT 15.20	M75 A Gomes POR 10:11.95	M Struven GER 2.46	M Struven GER 2.46	N Zoubekchina RUS 12.05
M75 Moskovits ROM 23:01.07	Nurat Kacar TUR 15.51	W35 S Poznic SLO 7:34.15	M Struven GER 2.46	M Struven GER 2.46	W50 Edith Andres SUI 13.63
Y Salepci TUR 23:10.56	E Fitzgerald GBR 15.73	N Suze FRA 7:48.42	M Struven GER 2.46	M Struven GER 2.46	M Peterkova TCH 13.06
E Pauwels BEL 23:44.84	M55 B Ferguson GBR 15.19	L Rubini ITA 7:48.45	M Struven GER 2.46	M Struven GER 2.46	K Sporer Tosic CRO12.73
M80 T Stale SWE 24:45.77	F Marchesi ITA 15.56	W45 Ana Jerman SLO 8:25.89	M Struven GER 2.46	M Struven GER 2.46	W55 Karen Illgen GER 12.47
A Osselaer BEL 25:56.74	W Bauer GER 15.78	A Zifcakova SVK 8:57.16	M Struven GER 2.46	M Struven GER 2.46	T Danilova RUS 11.21
Pietro Nasi ITA 26:49.57	M60 B Fedrov RUS 15.76	W50 A Janeckova TCH 9:08.59	M Struven GER 2.46	M Struven GER 2.46	M Boeker GER 11.05
W35 M BonamicoITA17:16.06	H Klimmer GER 15.94	3000m Steeplechase	M Struven GER 2.46	M Struven GER 2.46	W60 E Williams GBR 12.13
A Fletcher GBR 17:27.32	C Shaflo GBR 16.17	M40 P Rodriguez ESP 9:12.81	M Struven GER 2.46	M Struven GER 2.46	S Kofink GER 12.09
M Vaesen BEL 18:02.45	M65 A Joaniquet ESP 17.67	D Ramon ESP 9:13.98	M Struven GER 2.46	M Struven GER 2.46	A C Ruhlow GER 11.94
W40 L Blanc FRA 18:06.57	H Kandedyi TUR 17.81	F Goncalves POR 9:40.05	M Struven GER 2.46	M Struven GER 2.46	W65 J Schaefer GER 10.63
R Pirhofer ITA 18:43.78	Peter Field GBR 18.13	M45 N Chumakov RUS9:41.22	M Struven GER 2.46	M Struven GER 2.46	Berta Jung GER 8.96
A m Trave NOR 18:44.61	M70 H Suoknuuti FIN 14.42	H Nygano NOR 9:44.94	M Struven GER 2.46	M Struven GER 2.46	M Neubert GER 8.69
W45 L Zentner GER 19:19.77	Alois Krul TCH 14.44	P Allara FRA 9:48.91	M Struven GER 2.46	M Struven GER 2.46	W70 M Hamm GER 9.13
H Sichter GER 19:12.57	F Bujijs HOL 14.69	M50 M Sisovsky SVK 10:27.76	M Struven GER 2.46	M Struven GER 2.46	Hilja Bakhoff EST 8.38
H Rantakari FIN 19:20.09	M75 B Sobrero ITA 16.10	D Fulle GER 10:30.17	M Struven GER 2.46	M Struven GER 2.46	Ilse Pleuger GER 8.12
W50 P GallagherGBR 18:45.88	H Albrecht GER 17.03	H Odegard NOR 10:40.96	M Struven GER 2.46	M Struven GER 2.46	W75 M Struven GER 6.39
KetelslegersBEL 18:57.22	Les Williams GBR 17.46	M55 Elias Dobre GER 11:22.79	M Struven GER 2.46	M Struven GER 2.46	Nora Kutti EST 6.07
E Rapp HOL 19:06.76	W35 M Slushkina RUS 13.70	H Popig GER 11:33.46	M Struven GER 2.46	M Struven GER 2.46	Elsa Maestro ITA 5.72
W55 I Janhunen FIN 19:27.74	F Lacht SUI 15.00	J StuczynskiPOL 11:38.91	M Struven GER 2.46	M Struven GER 2.46	W80 L Dezenter GER 5.79
M J Flores POR 19:57.18	A Walter GER 15.07	4x100m Relay	M Struven GER 2.46	M Struven GER 2.46	Discus
Fleetwood SWE 20:22.30	W40 C Muller SUI 11.66	W35 Germany 48.84	M Struven GER 2.46	M Struven GER 2.46	M40 Sander Katona FRA51.27
W60 A WentzienGER 20:53.22	J Harwood GBR 11.85	Great Britain 50.10	M Struven GER 2.46	M Struven GER 2.46	P PawlitschkoGER 48.14
B Eklund SWE 21:14.47	D Joho SUI 12.52	Italy 54.64	M Struven GER 2.46	M Struven GER 2.46	A MaliszewskiPOL 48.08
EvdokimovaRUS21:28.43	W45 G Otto GER 13.01	W40 Great Britain 51.09	M Struven GER 2.46	M Struven GER 2.46	M45 Peter Gordon GBR 49.13
W65 M Petak AUT 22:27.56	Longauerova SVK 14.87	Germany 52.41	M Struven GER 2.46	M Struven GER 2.46	L Pongratz GER 43.35
A Crestani ITA 24:15.45	M Metsankyla FIN 15.25	France 55.55	M Struven GER 2.46	M Struven GER 2.46	K Jankowski POL 42.06
BorovkovaRUS 24:17.68	W50 W Krahe GER 13.44	W45 Great Britain 58.66	M Struven GER 2.46	M Struven GER 2.46	M50 Neil Griffin GBR 50.49
W70 NaumenkoRUS 25:10.39	G Rivenes NOR 13.58	W50 Great Britain 53.43	M Struven GER 2.46	M Struven GER 2.46	Ferenc Tegla HUN 49.37
M MettifofoITA 26:54.47	M Dahler SUI 13.87	Norway 56.78	M Struven GER 2.46	M Struven GER 2.46	Heinz Harre AUT 49.33
E Gutsche AUT 27:45.79	W55 E Staehle GER 14.03	Holland 1:01.62	M Struven GER 2.46	M Struven GER 2.46	M55 Klaus Liedtke GER 56.44
W75 E Werner GER 28:12.42	M Maier AUT 14.39	W55 Germany 57.10	M Struven GER 2.46	M Struven GER 2.46	Petr Stanek TCH 48.25
W80 F Liedtke GER 36:27.08	R Dykman HOL 15.18	Austria 1:03.11	M Struven GER 2.46	M Struven GER 2.46	Z Karasek TCH 48.10
10,000m	W60 I Schott GER 14.78	Romania 1:11.42	M Struven GER 2.46	M Struven GER 2.46	M60 P Speckens GER 54.27
M40 Schinkitz GER 29:49.58	L Kaas EST 14.79	W60 Germany 59.50	M Struven GER 2.46	M Struven GER 2.46	L Petrovic SVK 50.18
G Gonzalez ESP 29:49.81	H Werner GER 15.45	Great Britain 1:07.07	M Struven GER 2.46	M Struven GER 2.46	Gerd Glaser GER 48.72
Bill Foster GBR 30:14.47	W65 A Larsson SWE 16.18	Norway 1:10.71	M Struven GER 2.46	M Struven GER 2.46	M65 Carmelo Rado ITA 54.93
M45 Karkkainen FIN 32:44.69	G Mielde NOR 18.07	W65 Germany 1:05.83	M Struven GER 2.46	M Struven GER 2.46	Heinz Brandt GER 48.77
A Rungger ITA 32:52.90	K GomeradzeRUS 20.56	W70 Germany 1:13.55	M Struven GER 2.46	M Struven GER 2.46	E H Helf GER 47.63
L Mossev RUS 33:05.96	Long Hurdles	4x400m Relay	M Struven GER 2.46	M Struven GER 2.46	M70 M Jarvinen FIN 40.28
M50 R Rainone ITA 32:40.51	M40 H Moscrop GBR 53.77	W35 Germany 3:55.32	M Struven GER 2.46	M Struven GER 2.46	Karl Oewer GER 39.40
Tsoukanov RUS 33:11.29	M Burkler GER 54.89	Great Britain 3:58.58	M Struven GER 2.46	M Struven GER 2.46	B Winiarski POL 39.13
Matthews GBR 33:21.79	M Coker GBR 55.43	Italy 4:18.50	M Struven GER 2.46	M Struven GER 2.46	M75 H K Fossnes NOR 37.25
M55 J Adomeit GER 34:19.43	M Stevenson GBR 59.02	W40 Great Britain 4:11.44	M Struven GER 2.46	M Struven GER 2.46	Philipp Frech GER 32.59
V Kioun RUS 34:33.78	A Meier SUI 1:00.92	Germany 4:19.78	M Struven GER 2.46	M Struven GER 2.46	Marcel Batby FRA 31.77
P Lessing GER 34:42.83	Tony Wells GBR 1:01.13	France 4:33.15	M Struven GER 2.46	M Struven GER 2.46	M80 Mario Riboni ITA 28.02
M60 AldegalegaPOR 34:53.88	M50 Sandro Urli ITA 1:02.57	W45 Germany 4:16.70	M Struven GER 2.46	M Struven GER 2.46	Jan Konarik TCH 23.88
M Rosales ESP 35:32.47	K Wucherer GER 1:03.25	Great Britain 4:33.03	M Struven GER 2.46	M Struven GER 2.46	W35 Lea Vahter EST 46.08
H Clayton GBR 37:34.26	F Poncin FRA 1:03.92	W50 Germany 4:51.26	M Struven GER 2.46	M Struven GER 2.46	Malda Lange LAT 45.10
M65 F Vincente POR 36:32.64	M55 G Muller GER 1:01.44	High Jump	M Struven GER 2.46	M Struven GER 2.46	C Cameron GBR 39.71
H Hun GER 37:25.69	B Karlsson SWE 1:08.61	M40 G Hayrapetyan ARM 1.89	M Struven GER 2.46	M Struven GER 2.46	W40 V Karsak UKR 42.15
G Sitski RUS 38:34.71	Von Boven HOL 1:10.37	M40 V Jankov BLR 1.85	M Struven GER 2.46	M Struven GER 2.46	G Hanulakova SVK 40.96
M70 A Siraziev RUS 38:31.50	W60 W Holder GER 46.65	L M Gonzales ESP 1.85	M Struven GER 2.46	M Struven GER 2.46	C Schenkels HOL 40.66
F Otvos HUN 41:19.29	B Federov RUS 47.29	M45 V Grouzenkine RUS 1.85	M Struven GER 2.46	M Struven GER 2.46	W45 U Hohenberg GER 41.47
Backhuss GER 41:26.57	Colin Shaflo GER 47.99	Dujan Prezeli SLO 1.80	M Struven GER 2.46	M Struven GER 2.46	V Medvedeva RUS 38.51
M75 MoskovitsROM 48:30.96	M65 Peter Field GBR 51.43	A Grishaev RUS 1.75	M Struven GER 2.46	M Struven GER 2.46	Rossella Bardi ITA 30.89
Lehmann GER 51:31.91	Jose Imaz ESP 51.94	M50 H Schwabe GER 1.75	M Struven GER 2.46	M Struven GER 2.46	W50 J P vanAnholt HOL 38.15
J Resl TCH 51:32.81	Diego Febbe ITA 52.36	F B Vivod SLO 1.70	M Struven GER 2.46	M Struven GER 2.46	Edith Anderes SUI 37.05
	M70 H Suoknuuti FIN 54.94	E Fitzgerald GBR 1.70	M Struven GER 2.46	M Struven GER 2.46	Continued on next page

Continued from previous page

Great Cow Harbor 10K
Northport, NY; Sept. 19

Overall	
Jeff Jacobs 34	29:00
Kristin Schwartz 26	33:56
M40 Budd Coates	32:48
John McKim	33:58
John Delmaestro	35:07
Robert Clasen	35:48
Frank Pellegrino	37:53
John Panopoulos	38:18
John Tenbroeck	38:27
William Fleming	38:39
Edward Geraghty	39:00
Sebastian Murolo	39:01
Kevin Horbatiuk	39:02
Peter Pohlott	39:29
Donald Peterson	39:31
David Tompkins	39:56
Michael Burke	40:01
John LaGreca	40:02
Jack Miller	40:14
Paul Davin	40:23
Robert Ciruolo	40:33
Douglas Moody	40:39
Richard Bernheim	40:40
Paul Moyer	40:43
Dennis Ahern	40:45
Andrew Dunning	40:52
Peter Walsh	40:59
M45 Dennis O'Brien	35:56
John Lupski	36:22
Robert Briglio	37:05
James Henry	37:42
Paul Geiger	38:38
Tom Lightfoot	38:42
Vincent DiCanio	39:06
Joseph Brennan	39:47
S O'Shaughnessy	40:20
Peter Martin	40:27
Kevin Knapp	40:36
Sal Pipitone	41:00
Thomas Golino	41:07
Kevin Carroll	41:12
Gary Gorske	41:17
Kevin Nolan	41:24
Michael Bonnar	41:33
Jeffrey Goldman	41:39
John Poemmerl	41:57
George Skrivaneck	41:59
M50 Lutz Hoffmann	39:32
Albert Jensen	40:06
Peter Mugglestone	40:28
Mike Brennan	40:53
Warren Taylor	41:19
Richard Halluska	41:34
Nicky Graziano	42:31
Larry Oliva	43:07
Roger Soulagnet	43:50
Ron Reader	44:26
Martin Powers	44:58
Jan Sesnewicz	45:05
Richard Games	45:08
Michael Liese	45:32
John Sassone	45:40
M55 Maury Dean	38:14
James Sammon	39:20
Alex Flyntz	40:09
Chuck Bleifeld	42:07
Michael Service	42:33
Patrick Keenan	43:16
Gary Murhcke	44:28
Bill Bostrom	45:06
Floyd Thornton	46:04
John Wallace	46:52
Patrick Sarubbi	46:53
Jake Ringle	46:55
M60 Joe Cordero	39:43
Richard Murphy	41:09
John Boyle	42:21
David Smith	42:29
Robert Mitchell	43:31
Bob Ford	43:35
David McEvoy	45:04
Abraham Bernstein	45:44
Homer Detwiler	47:09
Roy Richey	47:22
M65 Michael Daly	47:42
Raymond Fletcher	48:15
James Brittan	49:31
Dick Berube	49:53
George Marr	52:17
Ralph Lush	54:14
John Dwyer	55:38
Ira Brotman	57:02
M70+Mike Reidy 70	50:34
Bert Jablon 71	51:37
Leslie Clark 72	57:00
William Benson 79	1:01:18
George Brush 70	1:03:45
W40 Helen Visgauss	39:46
Erin O'Driscoll	43:32
Jane Harris	44:51
Victoria Robinson	45:29
Sharon Donnelly	45:38

Mary Connelly	45:41
Cathie Josephson	46:02
Sharon Zuhoski	46:21
Patricia Charity	46:48
S Wyhowanec	47:48
Mary Ellen Stajk	48:30
Jane Kraus	48:41
Pauline Abolnar	48:57
Beth Lee Vecchio	49:16
Darlene Urbanski	49:26
Catherine Stankard	49:33
Tara Casey	49:40
Karen Farrell	50:08
Rosemary Ginivan	50:14
W45 Kathryn Martin	37:55
Catherine Oehrlein	46:43
Estella Clasen	46:59
Steffi Joerg	47:07
Jane McGraw	47:34
Mary VonBevern	48:18
Joanne Gallo	48:26
Joanne Cicero	48:31
Mindy Herman	49:05
Diane McNeely	50:02
Geri O'Brien	50:18
Patricia Gregory	50:37
Mona Rechner	50:48
Susan Silagy	50:54
Michele Powers	50:54
Frances Ferriso	51:02
Randi Opsahl	51:10
Rivka Korman	51:30
W50 MaryAnneGoldman	44:59
Nancy Tischler	46:23
Jacquie Gow	46:41
Maryann Calise	48:07
Mary Trotto	50:03
Gail Messina	51:09
H Boucher-Carlin	52:16
Laura Schay	52:16
Marguerite Aliperti	52:24
Helene Hines	53:14
Celine Blais	53:34
Joanne Biller	55:08
W55 Helma Clavin	53:25
Rosemary Riccardi	54:25
Christa Shurbet	56:17
Patricia Delaney	1:01:27
GingerBourguignon	1:01:45
ElizabethHennessy	1:02:22
Joan Haughey	1:03:05
Janice McGeary	1:03:17
Joan Ackerman	1:03:18
Mary Clancy	1:03:25
W60 Marion Stanjones	47:17
Wen-Shi Yu	50:20
Nancy Fraser	57:37
Jeannie Pizzonia	58:35
Mary Davis	59:43
Flora Butcher	1:00:46
Marge Yonda	1:02:32
Maryann Castaldo	1:09:46
W65 Vera Allen	1:07:50
W70+A Wetherbee 79	1:31:41

Harvard Pilgrim 5K
Providence, RI; Sept. 20**Overall**

Khalid Khannouchi 27	13:27
Catherine Ndereba 27	15:15
M40 Peter Koeck 42	14:36
Andrea Witczak 42	15:01
Amit Neeman 42	15:07
Jim Hage 42	15:21
Scott Mason 40	15:25
Kevin McCaffrey 41	15:28
Barry Hartwick 43	15:32
Geary Daniels 44	16:12
Joe Sullivan 42	16:14
Edward Zarenski 45	16:32
M50 Jerry Learned 50	16:37
Kenneth Skelly 52	17:25
Howard Mackey 52	18:15
Armenio Ferreira 56	18:24
Robert Wilkins 51	18:27
Richard Dickson 54	19:06
Jonathan Barnes 52	19:34
Alan Yates 53	19:57
Raymond Kelley 55	20:16
Herr Armstrong 50	20:31
M60 Richard Silva 64	18:53
Fred Tanner 60	20:48
Fred Zuleger 60	20:51
Wayne Peacock 60	22:59
Monroe Allen 68	23:12
W40 Lee Dipietro 40	17:24
Mary Lammie 42	17:42
Diane Legare 47	17:56
Martin Tighe 40	18:01
Karen Boen 41	18:32
Sidney Letendre 43	19:00
Lesley Keene 40	19:12
Joanne Barry 40	19:46
Susan Kenney 42	19:47
Jean Miller 45	20:32
W50 Mary Ryzek	20:53

Philadelphia Masters 5K
Cross-Country Classic
Germantown Academy; Sept. 20

M40 Mark Yellin	18:38
Dave Hiestand	19:47
Pete Corcoran	20:02
Tom Yunker	20:40
Terry Leanness	24:22
M45 Tony Natale	23:12
M50 Fred Dedrick	19:36
Frank Goldcamp	20:24
M60 Bruce Gilbert	23:47
W35 Kathy Harte	25:06
Maureen Doherty	30:21

Donald J. Trump
Fifth Avenue Mile
Manhattan, NY; Sept. 26

Elite Winners	
Isaac Viciosa	3:55.59
Regina Jacobs	4:20.8
M40-49	
Bill Krohn 40	4:16.57
Don DiDonato 40	4:24.73
Dave Weller 40	4:25.55
Chris Harkins 40	4:33.84
George Buckheit 41	4:34.31
James O'Brien 43	4:35.00
Ed Sparkowski 43	4:35.66
Tom Hartshorne 44	4:37.32
Fred Robbins 43	4:37.57
Paul Mascali 46	4:39.47
Alan Ruben 41	4:39.59
Nick Caswell 48	4:51.98
Paul Pacchiana 44	4:54.13
Abraham Golub 41	4:57.27
Bob Pertak 47	5:01.84
Mike Straubel 40	5:12.28
M50-59	
Peter Hallop 51	4:38.15
Harold Nolan 51	4:44.31
Richard Myers 52	4:54.82
Rich Murray	4:58.02
Kieran Kelly 50	5:02.20
Sid Howard 59	5:10.66
Ben Grundstein 54	5:12.75
Doug Brown 53	5:15.17
James Salmon	5:24.63
Steve Duggan 51	5:44.26
W40-49	
Kathryn Martin 46	5:14.45
Gillian Horowitz 43	5:16.89
Robin Sarris-Hallop 42	5:24.69
Eileen Troy 43	5:35.40
Sue Hill 40	5:45.74
W50-59	
Marie Roach 50	5:54.07
Ann Macoske 53	6:11.99
George Sheehan Memorial Mile	
M60-69	
Fay Bradley 60	5:10.71
Ino Cantu 64	5:16.35
Witold Bialokur 63	5:18.00
Jack Miller 651	5:25.04
Joe Cordero 60	5:26.52
Bob Milner 63	5:36.39
Denis Daly 60	5:37.33
Jim Filis 60	5:40.37
Tom Ward 61	5:46.02
Robert Kahn 66	5:49.60
Joe Roche 61	5:58.32
Cliff Pauling 64	6:13.64
John Hurley 61	6:36.14
Bert Robbins 66	6:41.00
M70-79	
Bill Fortune 70	6:07.3
Dixon Hemphill 73	6:20.9
John McManus 75	6:45.2
Sab Koide 74	7:27.1
Jack Haar 71	7:33.5
Wallace Cutler 75	7:37.5
Joseph Simonte 70	7:45.7
Don Brown 73	8:26.8
Albert Goldstein 78	8:36.6
Tom Gibbons 77	8:49.5
Ed Finkelstein 76	9:02.4
M80+	
Bob Matteson 82	8:54.2
Wilfred Rios 81	9:06.6
Dudley Healy 84	9:31.2
Vince Carnevale 82	9:56.9
Abraham Weintraub 88	10:43.7
Max Popper 95	17:43
W60-69	
Diane Palmason 60	6:04.37
Zofia Turossz 60	6:20.44
Marion Stanjones 60	6:26.59
Helene Bedrock 63	6:50.19
Toshiko d'Elia 68	6:55.54
Wen-Shi Yu 63	7:22.25
Ruth Kassanga 63	8:02.62
Dolly Finkelstein 68	8:07.98

W70+	
Joan Rowland 72	9:05.3
Lucille Singleton 75	12:44
Althea Jureidini 80	12:57

Ocean to Sound 50 Mile Relay
Jones Beach State Park
Farmingdale, NY; Sept. 27

Overall	
Warren St. Men's "A"	4:38:04
Warren St. Women	5:19:41
M40+Runner's Edge	5:02:18
Taconic RR	5:10:57
POBRR 40+ "B"	5:25:28
W40+Bohemia "A"	6:13:40
POBRRFastFeet6	6:16:55
Taconic RR	6:29:59
Senior Masters	
Bohemia Older&Better	5:45:38
Taconic RR	5:54:00
River Road Rats	6:20:46
Mixed Masters	
Red's Runners	6:01:42
Bohemia Mixed "A"	6:04:44

The Great Race 10K & 5K
Pittsburgh, PA; Sept. 27

10K	
Overall	
Simon Rono 26	28:09
Teresa Wanjiku 24	31:51
M40 Dave Kannevorf	33:09
Malcolm East	33:40
Ed Frohnafel	33:58
Richard Ferguson	34:05
Mark Courtney	34:13
M45 Tim Cook	33:59
Don Slusser	34:33
Tim Hewitt	35:28
M50 Tom Burnett	34:23
M55 Jack Nelson	34:51
M60 Fay Bradley	36:01
M65 Carl Trimmer	42:57
W40 Robin Smith	40:05
Julie Rathbone	41:52
Joan Pellegrin	41:54
Ginny Ellwood	42:11
Shelley Ralston	42:25
W45 Cindy Grimm	42:18
Sandra Grimaldi	43:12
Callie Edmundson	44:57
W50 Barbara Filutze	40:57
W60 Dolores Waters	52:59
W65 Margrett Lutz	51:25
5K	
Overall	
Ryan Serkins 24	16:09
Stephanie Agosta 37	17:09
Top Masters Men	
1. Eric Wilkins 40	16:14
2. Bill Celline 41	16:43
3. John Lewandowski 41	17:49
4. Frank Goldcamp 50	18:00
5. Roland Ford 50	18:32
6. James Shorkey 41	18:33
7. Bill Kanarek 44	18:37
8. Joe Como 44	18:43
9. Ed Newcomer 41	18:45
Top Masters Women	
1. Susan McDermott 43	20:31
2. Linda Hartman 46	20:49
3. Rose Mercer 43	20:59
4. Karen Gerard 46	22:01
5. Patty Dye 49	22:18
6. Angie Schimansky 40	23:12
7. Maryann Evrad 45	23:38
8. Leeann Christie 50	23:44

Entenmann's Great
South Bay Runs
Islip, NY; Oct. 3

-5K-	
Overall	
William Fodor 28	17:33
Kathryn Martin 47	18:15
M40 Bill McDermott	17:59
Richard Gibney	19:55
Karl Koenig	21:04
M45 Kevin Donohue	22:31
Jose Camacho	26:47
Joseph Corso	26:56
M50 Henry Dolny	18:34
Phil Roth	19:22
Bill Kish	21:38
M55 Maury Dean	18:20
Mike Service	19:58
Ray Rahbari	22:19
M60 Joe Cordero	19:25
Bob Mitchell	20:55
Ben Morselli	24:04
M65 Ira Schneierman	30:13
Carlo Baravecchio	34:25
M70+John Moran 70	27:52
Solomon Flum 73	35:09
W40 Ellen Weinstein	21:10
Kristen Winter	24:51

Sheryl Ferraiolo	26:15
W45 Kathryn Martin	18:15
Muriel Campbell	28:18
Pamela Brown	30:57
Lydia Pynn	31:26
W50 Pat Dowds	28:43
Linda Luizzi	30:30
Helen Corso	32:38
W55 Daisy Mendez	34:35
Kathy Hart	49:25
W70+Ann Gilmore 78	43:34
Overall	
John DelMaestro 43	34:56
Kathy CallahanFodor 30	39:52
M40 John DelMaestro	34:56
Arthur Golbert	38:37
Don Peterson	39:38
Paul Moyer	40:00
M45 Jim Walsh	37:15
Bill Backe	39:03
Georg Fahrback	42:55
M50 Ron Reader	41:26
Roger Soulagnet	42:52
James Golbin	43:36
M55 George Maxwell	45:11
John Parrett	46:10
Tom Callahan	47:04
M60 Hilton Goring	41:27
Nick Giordano	46:46
Martin Schwartz	46:50
M65 Gus Likos	54:12
Richard Sherry	82:40
M70+Ernest Banning	59:23
David Onuschak	70:55
W40 Patty Zebersky	40:35
Jane Kraus	48:18
Marie Sidden	51:07
W45 Jane McGraw	45:38
Ginger Sefarian	49:57
Judi Gallop	52:59
W50 Kathy Esposito	46:05
Betty Horstmann	47:14
Mary Dittich	57:54
W55 AnnMarie Krepela	52:09
Nancy Geygan	56:34
Mary Beck	61:40
--Half-Marathon--	
Overall	
Carlos Castro 29	72:18
Donna McMahon 28	82:00
M40 Rudy Afanador	79:07
Bob Clausen	80:35
David Luljak	83:02
M45 Alan Oman	76:46
John Lupski	

Continued from previous page

Alice Smoot	17:52
Brenda McGovern	20:34
Beverly Bethart	22:18
Cathie Johnson	22:35
Sandra Zimmerle	22:46
Maricela Gross	23:09
Nancy Hester	23:41
Melinda Vaughn	24:48
Gloria Robinson	25:01
Pam Stuart	25:23
Susan Post	25:38
Judy Riestra	26:00
W45 Victoria Crisp	18:04
Terry Mahr	18:13
Judith Hine	18:54
Ana Olivo	23:26
Susan Oliver	24:28
Lyndell Weeks	24:40
Sandra Fladry	25:00
Patti Marquess	27:36
W50 Mary Preisel	19:13
Erika Inman	23:05
Bonnie Webb	23:51
W55 Amelia Wallace	21:21
Pat Schmidt	24:58
Judy Delp	27:15
W60 Nadine Rihani	30:45
Judy Kirchoffer	31:41
Myrtle Tourtloft	32:11
Cynici Calvin	47:36
Barbara Brady	49:44
Georgia Riley	49:48
Lisa Felder	50:39
Bridie Dillon	51:57
W55 Barbara Miller	40:47
Shirley Matson	41:02
Ellen Nitz	44:56
Louise Walters	45:45
Pamela Horton	46:56
Edda Stickle	48:40
Sue Johnston	50:33
Katie Martin	51:16
Ann Hardham	51:24
Pam Koppe	54:28
W60 Sylvia Hughes	49:45
Jan Haberzette	58:56
Barbara Robben	59:28
Juliane Scheberies	1:00:01
Marjorie Macris	1:06:31
Ellen Luca	1:10:16
Joan Long	1:17:02
Adele Oppenheimer	1:26:42
W65 June Machala	45:04
Ruth Anderson	1:01:05
Shirley Dockstader	1:03:42
Shirley Parlan	1:25:12
W70 Peggy Hansen	1:02:52
W80 Evelyn Kionig	1:11:06

Hampton Bay Days 10K
Hampton, VA; Sept. 12

Overall	
Michael Harrison 31	33:01
Valerie Phyer 38	38:20
M40 Pete Gibson	33:42
David McDonald	34:03
M45 Rick Platt	35:05
M50 Reuben Beauchamp	36:04
M55 Larry Turner	39:56
M60 Mel Williams	38:59
M65 Tom Ray	42:45
M70+Andy Polansky 70	45:38
W40 Sharon White	41:01
W45 Eileen Hungerman	41:13
W50 Barbara Ivey	47:53
W55 Joan Coven	48:59

Diamonds in the Park 5K
Davie, FL; Sept. 20

Overall	
Ronnie Holassie 27	15:50
Sonja Friend-Uhl 27	17:31
M40 Roberto Castillo	16:39
Gary Bloome	17:04
Renville White	17:28
Roger Travis	18:12
M45 Jose Clavijo	17:14
Ed Norton	19:30
Mike Kenny	20:20
M50 Anthony Roque	17:41
Jim Beauchamp	20:50
David Bowden	20:51
M55 David Compton	19:07
Robert Hendrick	19:08
Alberto Echeverria	19:40
M60 Roger Rouiller	18:40
Louis Best	20:48
Roberto Cabrera	22:36
M65 Aaron Ouazana	22:51
Hans Fendi	23:08
M70+Rene Betelle 73	24:48
Carmelo Crupi 77	24:50
W40 Diana Beeson	20:28
Cynthia Raes Barnard	21:44

Kim Doran	22:30
W45 Isolde Cahill	22:42
Mira Bedo	23:40
Brenda Culbertson	24:32
W50 Jo Ann Lindwall	22:34
Betty Lou Murphy	23:01
Barbara Zaretsky	24:17
W55 Janet Ross	22:59
Jeanette Garcia	28:32
W60 Lois Balafas	29:31
Mary Boyd	36:43

Phoebus Day 8K/USATF
Virginia State Championships
Hampton, VA; Oct. 10

Overall	
Robert Hinkle 34	25:50
Nancy Delaney 32	30:43
M40 Pete Gibson 42	26:31
Lanny Doan 42	26:54
Rick Platt 48	28:21
Lamonte Buggs 41	29:49
M50 Larry Coley 50	30:50
Steve Tyndall 51	31:26
M60+John Essery 62	35:17
Andrew Polansky	36:07
W40 Sharon White	31:50
Linda Kidder	32:23
Kathy Powell 44	35:05
W50 Barbara Biasi 51	37:39
Barbara Ivey 52	37:56

MIDWEST

22nd Conell Distance Classic
Libertyville, IL; Sept. 28

-5K-	
Overall	
Michael Szasz 25	16:32
Rebecca Morgan 33	20:06
M40 Tom Dahlberg	17:34
Dan Roder	18:06
Donald Baker	18:22
M45 Gary Townsend	16:55
David Raub	17:15
John Adams	18:35
M50 Jack Zordan	19:57
Rich Kosmerl	20:38
Lynn Smith	20:40
M55 Vic Heckler	17:44
Don Mowies	20:30
Neale Murray	21:08
M60 Ken Weik	21:25
Ken Burman	23:01
Helmut Stahnke	24:16
M65 Morton Eleff	24:29
Charles Otto	25:36
Alex White	26:43
M70 Bob Koch	23:49
Eugene Scheckman	27:09
James Sivley	35:29
M75 Frank Waldeck 76	36:15
Prasad Rajnandan 75	43:53
Peter Bullock 77	47:14
W40 Jane Kelley	22:09
Peg Dean	23:24
Mary Driver	23:37
W45 Rebecca Goldberg	21:39
Tricia Scully	22:43
Doris Manek	24:04
W50 Anita Cohen	22:56
Annamarie Henry	22:58
Donna Korda	27:42
W55 Karen Sivley	25:38
Erika Stahnke	27:03
Lorna Anderson	27:16
W60 Jean Otto	26:00
Frances Forsys	33:18
Joyce Allen	40:26
W65 Lucy Breen	34:53
W75 Anne Clark 89	46:52

-10K-	
Overall	
Mike Egle 36	32:47
Mary Knisely 39	36:11
M40 Ron Piro	33:41
Tim Conheady	35:52
Chuck Wathen	36:22
M45 Gary Moss	34:29
Eric Burgess	36:42
Christopher Nemeth	38:39
M50 Darryl Johnson	36:08
Mark Baker	37:14
Craig Dean	38:37
M55 Ed Packel	41:32
Dave Davis	42:52
Frank Koster	42:58
M60 John Quinton	42:50
Joe Arnold	44:31
Frank Nicholson	46:29
M65 Setve Goldbeal	46:06

Dick Lamer Mayer	47:04
Joseph Paleczny	48:36
M70 Bob Koch	50:26
Joe Lanau	55:09
Frank Braunz	55:52
M75 Anthony Azzaro 78	62:19
W40 Valerie Galbus	37:13
Eva Larson	45:51
Ali Stout	46:19
W45 Barbara Lange	50:32
Mary Russert	53:52
Lynette Carani	54:17
W50 Nancy Rollins	42:20
Kathy Friedman	47:32
Catherine Westfall	47:38
W55 Doris Schertz	53:38
Bonnie Sayre	63:35
Barbara Francoise	68:09
W60 Faith Walkwitz	51:50
Lois Brusko	57:54
Maxine Howard	61:26
W65 Barbara Scheckman	73:34
Teresa Ramirez	82:08
Vivian Poleczny	84:14
W70 Kathleen McDonough	65:22
W75 Carol Peebles 77	83:44

LaSalle Banks Chicago
Marathon & 5K
Chicago, IL; Oct. 11

Marathon	
Overall	
Ondoro Oso	2:06:55
Joyce Chepchumba 28	2:23:57
M40 Steve Winchel	2:24:06
Miguel Vargas	2:29:26
Anthony Basile	2:36:51
Kim Wrinkle	2:37:30
Victor Lopez	2:38:35
Stephen Davies	2:39:13
Julian Ramirez	2:39:37
Joe Melanson	2:41:12
Mark Olson	2:41:14
David Dobkowski	2:41:19
Tom Lobsinger	2:41:22
Daniel Salazar	2:41:24
Henry Peck	2:41:36
Miguel Alvarez	2:42:06
Kenneth Valley	2:44:28
Richard Kammerer	2:44:50
Renville White	2:45:17
Greg Diamond	2:45:52
Gary Radford	2:48:09
John Rebchook	2:48:24
Israel Cordova	2:49:06
Jesus Carrera	2:49:25
Beniot Quedinet	2:50:09
Rick Barger	2:50:19
Jean Parlat	2:50:45
Patrick Paulson	2:50:47
Ralph Morales	2:52:11
Octavio Martinez	2:52:21
David Welch	2:52:28
Rob Levinsky	2:52:52
M45 Aristeo Hernandez	2:31:27
Gary Moss	2:43:17
Ian Russell	2:48:49
Craig Donath	2:52:13
Hector Martinez	2:54:42
Robert Liebhauser	2:55:23
Real Tetreault	2:56:22
John Scherpelz	2:57:11
Alfredo Ocampo	2:57:21
James Dobson	2:57:29
Michael Albourek	2:58:12
Paul Oostenbrug	2:58:32
David Asche	2:59:34
Angel Ortiz	2:59:47
Ronn Kozlow	2:59:49
Patrick Rohan	3:00:05
Christopher Moore	3:00:21
Miguel Lopez	3:00:27
August Sand	3:01:09
Bill Grether	3:01:14
Michael Primm	3:01:27
Alain Bustin	3:01:30
Michael Shooks	3:03:19
Carlos Saraiva	3:04:37
Sergio Guzman	3:04:51
M50 Matthys Bax	2:45:35
Refugio Ramirez	2:55:15
Fermin Castejon	2:56:08
Ray Parker	2:56:46
Gary Alexander	3:01:19
Hector Bauza	3:01:27
Gerard Delort	3:02:03
Gerard Humay	3:02:13
Ed Letourneau	3:04:34
Robert Fernandez	3:04:48
Tom Cleary	3:06:47
Eric Bray	3:08:36
Budd Bettler	3:09:17
Thomas Wallace	3:09:22
Siegried Kock	3:09:24
Robert Gemmel	3:09:55

Gregory Elliott	3:10:53
Sandy Wetherhold	3:11:15
George Sigler	3:11:38
Frank Davis	3:13:14
M55 Gerard Malczynski	2:54:29
Robert MacAndrews	3:10:00
Karl Bachmeier	3:10:35
Jim Buck	3:12:41
Denny Wintheiser	3:13:21
Doug Braasch	3:19:49
John Crocker	3:20:13
Dennis Werling	3:23:33
Edward Fras	3:23:48
Bob Spearing	3:25:30
David Wilds	3:26:50
Jim Syracuse	3:27:08
John Duprey	3:27:19
Frank Schmidt	3:27:27
Norm Bornstein	3:27:29
Jean Marie Guyon	3:27:42
Richard Wallen	3:27:57
Albert Nagel	3:28:43
M60 Joe Burgasser	3:10:16
Werner Rudhart	3:19:05
Ed Klassen	3:20:48
Roland Ratmeyer	3:22:35
Dick Ruzica	3:25:57
Michel Tico	3:29:05
Jim Dickert	3:31:24
Jack Carson	3:32:33
Albert Miclette	3:33:54
Bensalem Zermouh	3:34:39
Thomas Walker	3:40:18
Humberto Mendicla	3:42:45
Duane Baltz	3:43:10
Jack Orend	3:43:43
Chuck Vanduzee	3:44:20
M65 Michael Lobdell	2:59:27
Jim Smedema	3:06:28
Marc Hutton	3:30:46
Tom Ray	3:39:02
Frank Soder	3:43:10
Perry Silverman	3:44:14
Joyce Keen	3:56:30
Brandon Joel	3:57:42
Ashis Roy	4:00:07
Mitchell Garwolinski	4:03:11
James Montalvo	4:03:45
John Koomjohn	4:04:13
M70 Robert Peart	3:08:41
Jerry Johncock	3:32:04
Bob Stanvic	3:44:14
William Flesher	3:51:44
Mario Lopez Diaz	3:55:14
T Mechtensburg	4:17:57
Albert Ifrig	4:50:51
Phillip Nall	4:52:26
Vincent Rosadillo	5:03:12
Kiyoto Nishimoto	5:12:37
M75+Anthony Azzaro 78	5:50:14
W40 T Pozdnyakova	2:29:25
Kim Jones	2:43:37
Brenda Walton	2:53:00
Doris Dausma	2:54:40
Jennifer Macdonell	2:57:28
Rebecca Ferguson	3:00:01
Annette Scott	3:03:38
Debbie Thuecks	3:05:33
Terri Frost	3:06:08
Kathleen Bloch	3:07:32
Kitty Sokoll	3:11:45
Eddie Greer	3:15:49
Nancy Hipp	3:17:58
Elizabeth Besio	3:18:55
Kathy Burczak	3:21:26
Robin Tedlund	3:21:33
Donna Vandervelde	3:21:43
Kathy Cuta	3:22:07
Sylvia Travaglione	3:22:19
Lisa Gonzales	3:23:37
Cheryl Franta	3:23:59
Noora Alidina	3:24:10
Lesley Lewis	3:28:55
Heather Parsons	3:29:05
Joyce Campbell	3:29:06
W45 Joan Ellis	3:05:51
Huda Melky	3:14:42
Karen Benardino	3:17:12
Martha Degrazia	3:22:25
Coreen Steinbach	3:23:13
Trish Vlastnik	3:27:28
Naom Stanford	3:31:21
Maureen Barrett	3:31:50
Marian Malek	3:33:25
Francie Smith	3:33:40
Theresa Vangrov	3:35:26
Joanne Jackson	3:36:45
Marian Fuller	3:36:50
Patty Carey	3:38:50
Patti Kadis Mabie	3:40:30
Leslie Cordero	3:40:46
Cathy Fischer	3:41:38
Sara Appelbaum	3:41:53
Barbara Broad	3:42:10
Betty Blank	3:43:44
W50 Bernad Wadel	3:17:34
Nancy Rollins	3:21:47

Francine Lanciault	3:27:09
Susan Croll	3:29:24
Patricia Lerch	3:30:04
Geri Wood	3:34:29
Jocelyne Gascomin	3:35:41
Krystyna Turowska	3:37:16
Noelle Pitou	3:37:39
Ardel Bengtson	3:39:40
Sandy Meneley	3:41:44
Bonnie Lear	3:42:00
Peggy Martin	3:42:05
Marylyn Patrick	3:42:17
Nancy Joyce	3:43:39
Carol Hansen	3:45:02
Kay Heinrichs	3:46:07
Paula Larsen	3:46:31
W55 Rae Baymiller	2:52:14
William German	3:42:44
Ursula Spilger	3:50:09
Dorothy Tanner	3:54:53
Barbara Graham	3:57:41
Nancy Crane	4:04:03
Janice Hicks	4:07:15
Ginger Herring	4:12:30
Joanne Kaeding	4:16:36
Janet Omer	4:20:51
Willy Moolenaar	4:21:44
Sandra Kurtenbach	4:23:36
Janet Grot	4:27:52
Patricia Walsh	4:28:28
Beverly Schulz	4:29:13
W60 Elisabeth Thomas	4:41:08
Josella Faul	4:49:50
Hiro Nishida	4:50:41
Sarah Savarino	5:08:38
Sharon Dunham	5:55:19
Blanca Vega	5:58:57
W65 Dawn Sobocinski	3:30:13
Thelma Wilson	4:06:56
Katherine Pye	4:20:51
Barbara Kummerer	5:00:20
Patricia McMahon	5:39:16
W70 Whayong Semer	4:00:15
Kath McDonough	5:09:54
R Tumidajewicz	5:19:09

5K

Overall	
Patrick Joyce 23	14:42
Sinead Delahunty 27	16:03
M40 Thom Hunt	15:33
Kevin Peterson	15:36
Bobby Paxton	16:35
Dariusz Janczewski	16:39
Bill Dickrell	16:45
Tom Dahleberg	17:06
Mike Endres	18:13
Benjamin Bigger	18:21
Derek Powell	18:25
Doug Berg	18:26
M45 Clarence Brock	16:04
Gary Townsend	16:32
James Schelker	17:42
Paul Gorden	18:14
Joseph Peterson	18:32
Walter Kline	19:09
Robert Morgan	19:24

Continued from previous page

Julie Donnelly	29:10
W60 Carolyn Defonso	27:46
Aileen McComas	29:06
MaryLou Mallicoat	30:32
W65 Jann Lund	49:44
W70+Olive Drew 82	41:51
Swann Bates 70	46:14

NORTHWEST**Portland Marathon & 5-Mile**
Portland, OR; Oct. 5**Marathon****Overall**

Lucas Matlala 30	2:26:12
Kari McKay 29	2:45:55

M40 Valyn Murray

Glenn Tachiyama	2:44:16
Bradley Cruz	2:48:42
Jon Defoe	2:49:06
Jim Ney	2:50:44
Bill Walters	2:52:51
Chris Mollahan	2:53:37
Scott Dawson	2:55:28
Eric Winder	2:59:09
Albrecht Enders	2:59:18

M45 Wayne Brown

Allen Boyce	2:35:02
John Erickson	2:47:49
John Kennedy	2:48:18
Neil Gelblum	2:48:57
David Levitsky	2:50:21
Douglas Hinz	2:51:43
Fritz Wonderlich	2:52:03
Gabriel Ceja	2:55:17
Mike Gangwer	2:58:28
Mike Postigo	3:03:02

M50 Antonio Postigo

Mike Piper	2:38:46
Dave McJunkin	2:50:54
Chuck Cammack	2:52:06
Keith Leven	2:57:23
Neil Reiner	3:00:21
Jesus Ceja	3:06:20
Wayne Paulson	3:07:39
Vince Wilson	3:10:50
M Wakabayashi	3:11:54
M55 James Gaul	3:12:19

M55 James Gaul

Mickey McClendon	2:59:14
Tom McGee	3:09:52
Ronald Reibel	3:10:25
Elwood Starr	3:17:59
Paul Hinen	3:22:56
Ken Hanson	3:26:21
Michael Paul	3:27:29
Bill Standal	3:27:40
Michael Rogers	3:29:06

M60 Floyd Davis

Philmore Brewer	3:29:55
Dick Stones	2:59:05
Bernard Lacasse	3:30:31
Wiley Hurst	3:36:22
George Baier	3:37:47
Howard Slusher	3:40:42
Bob Eckenrode	3:41:41
George Flier	3:45:22
Bob Dolphin	3:49:29
Russell Burke	3:45:43

M65 George Flier

Harvey Nelsen	3:58:23
John Milne	3:59:20
Ken Owen	4:03:35
Uchida Hiroshi	4:06:38
Paul Chorley	4:22:03
George Baier	4:22:42
Howard Slusher	4:30:19
Bob Eckenrode	4:35:53
George Flier	4:35:53
Bob Dolphin	5:31:31

M70 Bill McChesney

George Butler	5:39:57
Tom Sheehan	5:56:35
Howard Willson	5:56:35
M75 Curtis Uejo	4:41:01
Jim Sullivan	5:58:01
Robert Jamison	6:54:16

W40 Kat Sundling-Hunt

Margie Thompson	3:05:17
Julie Godderidge	3:08:35
Christine Iwahashi	3:11:02
L Zsigmondovics	3:11:30
Kim-Hoang Cooper	3:19:46
Susan Ibarra	3:22:52
Lorraine Schenone	3:23:32
Jackie Manley	3:24:56
Dianne Carville	3:25:28
W45 Betty Wagner	3:25:32

W45 Betty Wagner

Cheryl Chadwick	3:24:43
Bonnie Vendsel	3:31:19
Shirley Kaiser	3:32:14
Karin Lepiane	3:33:09
Sandra Bradley	3:33:39
Ingrid Lorensen	3:35:49
Carrie Dion	3:39:51
Marguerite Moriarty	3:40:51
Carolyn Grassman	3:42:11
W50 Sheila O'Brien	3:45:19

W50 Sheila O'Brien

Gunhild Swanson	3:21:36
Jan Selman	3:22:17
Kristi Meade	3:22:34
A Morrison	3:28:26
Sally Lockyear	3:53:39
Marlee Clark	3:55:34
	3:56:55

Jan Lenti	3:57:56
-----------	---------

W55 Ellie Putnam	4:01:03
------------------	---------

Clarita Bhat	4:14:15
--------------	---------

Ute Luyties	4:18:52
-------------	---------

Kathy Ryan	4:26:31
------------	---------

Nadine Rushfeldt	4:37:29
------------------	---------

Jo Ellen Sanders	4:49:54
------------------	---------

W60 Janet Bevier	3:37:43
------------------	---------

Patsy Abe	4:50:59
-----------	---------

Diana Anderson	4:56:58
----------------	---------

Judith Miller	4:59:05
---------------	---------

Iris Gibson	5:41:53
-------------	---------

W65 Colleen Mershon	4:12:14
---------------------	---------

Geri Sullivan	6:03:10
---------------	---------

Kathleen Callaway	6:07:06
-------------------	---------

W70 Betty Willis	6:59:28
------------------	---------

Flora Wong	8:04:10
------------	---------

W85 Fenya Crown	7:06:20
-----------------	---------

5-Mile**Overall**

Ted Zderic 26	25:39
Deanna O'Neil 33	28:04

M40 Ron Church

Robert Stuyvesant	29:01
Brent MacDermott	29:57
Russell Zornick	30:22
Reg McDonald	30:28
Tom Lonergan	30:32
Jim Fanshier	30:55
Paul Wotipka	30:56

M45 Mark Mochon

Rick Boettcher	31:23
Robert Haines	28:17
Roy Ellis	29:58
Carlos Turnes	30:56
Doug Harvey	31:46
Frederic Cann	32:18
David Gardelius	32:30
Alan Beck	32:31

M50 Alan Beck

John Seggie	32:33
Philip Rossi	29:01
Mike Shaughnessy	31:17
Jon Harnish	31:25
Ed Zimmerman	32:28
Michael Heffernan	33:01
Bill Fallon	33:38
Harold Polivka	30:03
David Loprinzi	32:03
Douglas Galloway	34:12
Mike Ryan	34:15
Earl Bennett	35:17
Gunnars Osis	36:27
B WerlingerLebeau	35:08
M60 Earl Bennett	38:48
Jack Keener	41:35
Richard Olafson	36:55
Dave Harrison	37:32
George Puterbaugh	37:57
Ken Weidkamp	42:09
Merle Aden	50:32
Bill Lauderback	50:13
Hugh Turnbull	45:23
Theresa Caspell	1:04:10
Lesley Roberts	32:01
Joy Cordell	33:17
Dorothy Atwood	33:41
Roz Tucker	35:53
Kris Walton	36:42
Marianna Crawford	37:11
Kristie Miller	37:12
W45 Wanda Kelley	37:20
Debbi Kor	33:11
Mary Meek	35:02
Sherry Socotch	35:05
Nancy Ansbury	39:41
Mary Keegan	40:00
Gwendolyn Harvey	41:14
Joanna Gebhart	41:17
Katie Corison	41:56
Sherry Arsenault	33:43
Shirley Craddick	37:14
Janet Fallon	40:49
Mary Murrell	41:52
Janice Boyer	42:04
W55 Karan Demko	42:26
Gay Baker	43:36
Ellen West	44:32
Carrol Tama	47:36
Elaine Sibley	48:30
Helen Wade	48:57
W60 Helen Horton	50:33
Joan Brannan	40:45
Joann Dornlas	43:42
W65 Josie Coffey	49:58
Barbara Olafson	46:40
Joan Klopfer	47:35
W70 Jean Scott	48:45
Peggy Hansen	46:23
Pat Rouse	48:17
W75 Maureen Schmahl	53:28
W80 Irene Crane	1:14:16
	1:10:33

Happy Thanksgiving**from National****Masters News****RACEWALKING****Eastman Road Race/Food City 5K Masters National Racewalk Championships Kingsport, TN; Overall Sept. 12**

Curt Clausen 38	20:37
Tori Herazo 39	23:31

M40 Jonathan Matthews	21:09
-----------------------	-------

Damon Clements	30:05
Wendell Lowe	30:05

M45 Mike Renfroe	27:48
------------------	-------

Ross Barranco	30:42
David Mills	31:19
Bob Sunman	31:52
Jim Murphy	33:08

M50 Bruce Booth	25:38
-----------------	-------

Gene Opheim	25:50
Max Walker	26:22
Bill Penner	26:51
David Wade	28:35

M55 Don Denoon	23:32
----------------	-------

James Carmines	24:25
Victor Litwinski	29:42
Bernie Finch	30:07
Charlie Mullins	30:46

M60 Dave Romansky	25:39
-------------------	-------

Paul Johnson	26:49
Ray Everson	28:36
Robert Dawson	30:28

M65 Dick Petrucci	28:36
-------------------	-------

Bob Stewart	30:22
M70 Jack Starr	28:43
Ken Long	32:27
Frank DeGruy	40:31

M75 Paul Geyer	38:02
----------------	-------

M80 Bill Tallmadge	37:50
--------------------	-------

W40 Sandy Denoon	27:15
Barbara Stayton	31:46
Kathy Finch	32:06
Karen Arnold	38:47

W45 Tish Roberts	27:49
------------------	-------

Elizabeth Main	29:19
Judy Witt	31:11
Martitia Beach	31:38
Ann Williams	32:08

W50 Jackie Reitz	28:14
------------------	-------

Ginny Jones	34:38
Carole Sease	38:31
W55 Elton Richardson	29:59
Janet Higbie	31:10
Dorothy Withem	31:25

W60 Sami Bailey	31:51
-----------------	-------

Ruth Everson	33:47
Joyce Curtis	34:17
W65 Ruth Ketron	42:01
W70 Virginia Lawrence	37:53
W75 Jane Dana	35:47
Virginia Lawrence	37:53

USATF South Regional 5K RW Championships**Orlando, FL; Sept. 20****Overall**

John Fredericks	27:13
Sperry Rademaker	30:49
M40 Don McMahon	29:25
M45 Juan Yanes	27:27
M50 John Fredericks	27:13
M55 Jay Dash	33:06
M60 Bob Cella	28:52
M65 Bob Fine	31:52
M70 John Ross	38:43
W40 Edna Marshall	34:55
W45 Sonja Mora	34:32
W50 Pam Betz	32:58
W55 S Rademaker	30:49
W70 Mary Canty	42:47

Michigan 10K Road RW State Championships**Dearborn, MI; Sept. 27****Overall**

Gary Morgan 38	46:42
Abby Oliver 38	1:00:35
M35 Gary Morgan	46:42
M45 John Klos	48:29
M50 Max Walker	58:04
M55 Gary Gray	1:05:04
M60 Ray Everson	1:01:57
M65 Ken McKay	1:12:22
M70 Bill Hall	1:14:12
M75 Jerry Jerome	1:15:49
W35 Abby Oliver	1:00:35
W40 Sydney Hager	1:05:37
W55 Walda Tichy	1:03:19
W60 Sami Bailey	1:05:45

Standards Survey Yields Answers

Seventy-six readers responded to the survey on applying standards or qualifying for competition in the national championships (see results below). The survey form was published in two recent issues. No more survey responses will be counted.

1. There should be qualifying or standards applied to competing in the national championships. Y 47 N 29

If you answer "Yes," please respond to the remaining questions:

2. Placing first, second or third in an association championships meet will qualify an athlete for the national championships. Y 29 N 18
3. Placing first, second or third in a regional championships meet will qualify an athlete for the national championships. Y 43 N 4
4. Qualifying mark standards must be determined by committee and reviewed annually. Y 37 N 5
5. Any qualifying standard must be reasonably attainable by the average masters athlete. Y 28 N 11
6. Qualifying by a mark standard must be attained in USATF sanctioned meets. Y 20 N 26
7. Qualifying by a mark standard may be attained by any meet (USATF, Senior Games, all-comers, etc.). Y 29 N 16
8. An athlete attaining an event All-American standard qualifies for that event in a national championship. Y 41 N 4
9. Defending champions are automatically qualified for the national championships. Y 39 N 7

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOVEMBER 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JIM BOWERS (SANTA ROSA, CA)	11- 6-38	60-64
JERRY CASH (TIGARD, OR)	11-21-48	50-54
LOUIS CHARBONNEAU (FRA)	11-22- 3	95+
ROBERT COOPER (DAVIS, CA)	11- 7-23	75-79
ALVAN CORWIN (ROLLING HILLS, CA)	11- 5-23	75-79
AGUSTINHO FERNANDEZ DIAZ (SPA)	11- 5-38	60-64
DONALD DONNELLY (SAN DIEGO, CA)	11-23-28	70-74
HENRY FAIRBANK (DURHAM, NC)	11- 9-18	80-84
NOLAN FOWLER (COOKEVILLE, TN)	11- 3-13	85-89
MOHAMED GAMMOUDI (TUN)	11- 2-38	60-64
LAWRENCE ROLAND HARVEY (US)	11- 4-38	60-64
ADRIAAN HEIJDENS (HOL)	11-17-38	60-64
PETER HIGGINS (GB)	11-16-28	70-74
JOSEF KURZ (FRG)	11-18-38	60-64
JAMES LAUT (OXNARD, CA)	11- 2-28	70-74
O. LUBBE (WG)	11- 8-13	85-89
DAVID MARCUS (LAGUNA HILLS, CA)	11- 9- 8	90-94
RUBEN MELGOSA (SACRAMENTO, CA)	11-24-28	70-74
ALAN MELLETT (GBR)	11- 4-33	65-69
FRANTISEK MIROVSKY (CZE)	11-10-13	85-89
CLIFFORD MURRAY (GUY)	11-13-28	70-74
MILTON NEWTON (INGLEWOOD, CA)	11- 6-33	65-69
RUSSEL NIBLOCK (VANCOUVER, WA)	11-11-13	85-89
ROBERT O'RAFFERTY (GB)	11-10-13	85-89
RODERICK PARKER (US)	11- 9-18	80-84
BOB PERRY (ENCINO, CA)	11-11-28	70-74
STACEY PRICE (ALBUQUERQUE, NM)	11- 5-53	45-49
BOWER RAYMOND (PITTSBURG, PA)	11-19-23	75-79
WILFRIED RIJKERS (BEL)	11-15-38	60-64
ATTILIO ROSSETTI (FRA)	11- 8- 3	95+
GERHARD TILMANN (WG)	11-13-38	60-64
VICTOR ZWOLAK (WILMINGTON, DE)	11-30-38	60-64
JOAN ANGOTTI (SYRACUSE, NY)	11-11-53	45-49
NOLA BRUHN (SEATTLE, WA)	11-20-28	70-74
ROSALIE CARMAN (PORTLAND, OR)	11- 5-43	55-59
SARAH COOTS (US)	11- 2-38	60-64
MARIE FRIEND (US)	11- 6-43	55-59
JACQUELINE HANSEN (SANTA MONICA, CA)	11-20-48	50-54
CATHY HARGUS (SAN DIEGO, CA)	11-22-18	80-84
MARY HOLLAND (COMSTOCK PARK, MI)	11-10-23	75-79
MARJORIE HUNT (ANAHEIM, CA)	11-21-18	80-84
JACKIE JONES (SALINE, KS)	11-28-28	70-74
JACQUELINE MANLEY (EUGENE, OR)	11- 4-53	45-49
CATHERINE SMITH (RENO, NEV)	11- 4-33	65-69
ADA THOMAS (TAMALPA, CA)	11- 6-13	85-89
KATHERINE WALL (OR)	11- 7-48	50-54
SUZAN WILLIAMS (TULSA, OK)	11-19-48	50-54
ULRIKE BRUNS (EG)	11-17-53	45-49
SZVETLANA BUZASI (HUN)	11-18-38	60-64
JENNY EARLE (GBR)	11-28-58	40-44
ASTRI FORDE (NOR)	11- 3-33	65-69
CHRISTEL FRANZEN (WG)	11-11-28	70-74
BERTA HIELSCHER (WG)	11-17- 8	90-94
MARJORIE HOCKNELL (GB)	11-15-43	55-59
HELGARD HOUBEN (WG)	11- 5-43	55-59
EDITH HUBER (WG)	11-23-28	70-74
GLORIA JACKSON (GB)	11-12-33	65-69
KAIJA JORTIKKA (FIN)	11-23-23	75-79
BIRUTE KALADIENE (LIT)	11- 2-33	65-69
ELZBIETA KRZESINSKA (POL)	11-11-33	65-69
KARIN LARSSON (SWE)	11-16-23	75-79
COLLEEN MILLS (NZ)	11-23-33	65-69
NADEZ OLIZARENKO (URS)	11-27-53	45-49
RIGNOR OSTERLUND (DEN)	11- 5-43	55-59
NELL DU PLESSIS (RSA)	11-17-23	75-79
ILSE PLEUGER (WG)	11-19-23	75-79
INGA POLAKOVA (URS)	11-15-33	65-69
ANNEGRET SCHRAMM (WG)	11-16-43	55-59
JOANNE SMALLWOOD (GB)	11-12-43	55-59
MARY THOMSON (CAN)	11-30-28	70-74
RENATE VOGEL (GER)	11-26-43	55-59
KAREN YEWER (GBR)	11-11-43	55-59

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking 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 Masters Track 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

Capitol Hill Road Runners Club
1104 Sanford Lane
Accokeek, MD 20607
Robert S. Weiner

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

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

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

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

Harrisburg Masters TC
60 Lindsay Lane
Carlisle, PA 17013

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

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

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

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
201/287-1064

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

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

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

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

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

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

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

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

Tri-Valley Front Runners
Larry Olsen
80-1/2 Main St.
Milford, MA 01757
508/634-8666

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

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305
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
roland.rust@owen.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
(MD/LD)
937/293-7935

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
970/577-4557
970/577-4607 (fax)
walk@online.col.com

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

Denver TC
Jim Bogus
1818 S. Quebec Way #10-1
Denver, CO 80231
303/696-0436

Heartland Racewalkers
c/o Health Plus
4500 W. 107th
Overland Park, KS 66207
Alan Poirsner, 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

Ric Rojas Running
3680 Buckeye Court
Boulder, CO 80304
303/444-5267
RicRojas@aol.com

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 Club
3334 S. SW Loop 323, #128
Tyler, TX 75701
903/561-9511

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

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

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

Louisiana Lightning TC
Jeff Bary
321 E. Josephine St.
Gonzales, LA 70737

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

Midnight Sun TC
P.O. Box 7141
New Orleans, LA 70186

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.com

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

Cal Coast TC
P.O. Box 7132
Newport Beach, CA 92660-7132
949/476-7076
Bill Sumner/Rick Herr

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

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

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

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

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

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

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

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

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

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

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

KEL Club
Garv 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 Dietrich, Pres.
5 Arcade Ave.
Berkeley, CA 94708-2101
510/848-5016

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

River City TC
3900 Berrondo Dr.
Sacramento, CA 95864
916/489-7881

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

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

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

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

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

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

So Cal TC
18 Charca
Rancho Santa Margarita, CA 92688
Mike Cleary
949/589-0242

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

Tamapa 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@hipusd.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
206/458-0051

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

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

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

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

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

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

Portland Masters TC
3011 NE Linden Ave.
Gresham, OR 97030
503/666-8950 Paul Stepan, Pres.

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

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

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

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

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

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