

243rd Issue

November 1998

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

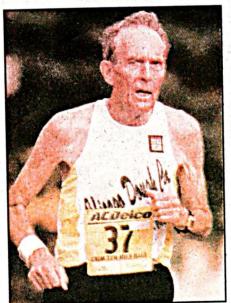


Three top finishers in the George Sheehan Memorial Mile W60-69 race at the Donald J. Trump Fifth Avenue Mile, Sept. 26 (I to r): Sofia Turosz, 60, second (6:20.44); Diane Palmason, 60, first (6:04.37); and Marion Stanjones, 60, third (6:26.59).

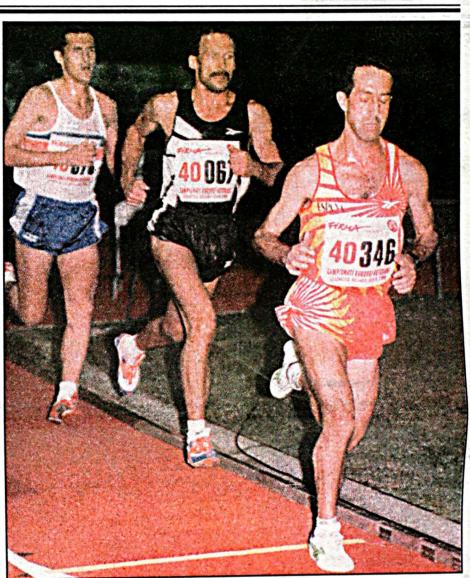
Young, Wysocki **Top Masters** at Pacific Sun by JANNA WALKUP

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.



\$2.50

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.

Press Officer, Daniele The 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 temperature 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

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

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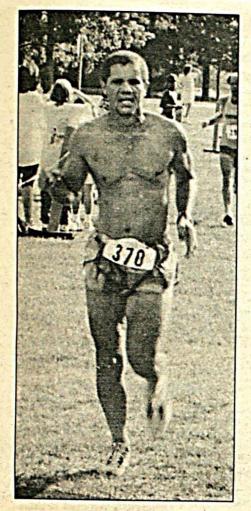
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National Masters News



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.

overage 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.

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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.

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





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.
- 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.

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.

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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 Sweeny (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 Sweeny 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 Rule Start 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

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 indepth 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,

Why the No Filse Fule

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 racewalker, 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-

Write On On B abate nottant

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 waitering job and often running home afterwards, several days a week. He then performed - in a coat and tie - 2030 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 100year-old competitor.

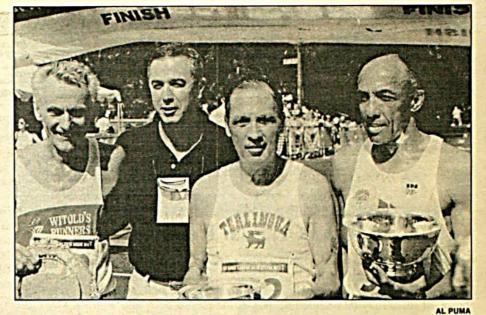
Tom Hartshorne Brooklyn, New York

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



First three finishers in the George Sheehan Memorial Mile M60-69 race at the Donald J. Trump Fifth Avenue Mile, Sept. 26 (I 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 NYRRC.

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 multievents 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 gender 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.



The Original Ironmen

Any 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 112mile-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.

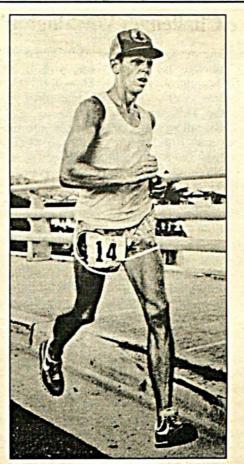
"I figured the event was made for me," said Haller, who had served as an officer in the Navy at Pearl Harbor several years earlier. "I was out of the Navy then and just sort of bumming around, selling real estate, working as a cab driver, and doing a few other odd jobs, mostly training for the 1977 Marine 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-

Pacific Sun 10K

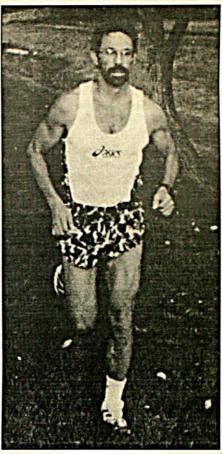
Continued from page 1

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



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."

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 agegraded Grand Prix champion from Sonora, 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 40year-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.



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

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.



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. 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,

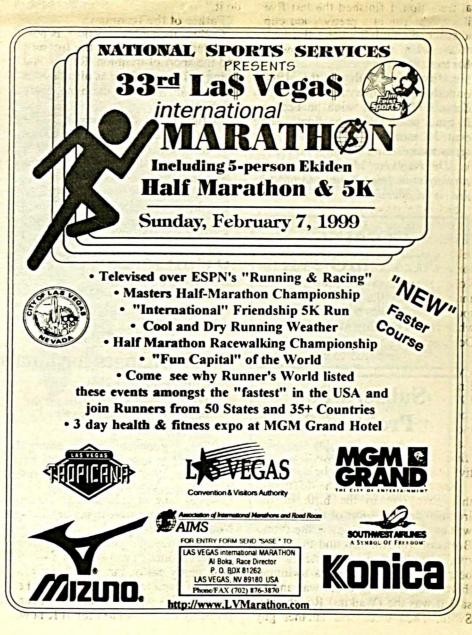
TEN YEARS AGO November, 1988

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

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

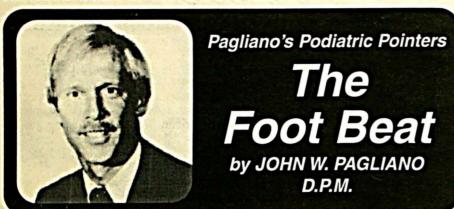
CERT

Bill Plante (I), CBS News White House correspondent, and Judge Stephen Swift, finishing in (I) the SGMA Capital Challenge, Washington, D.C.) (6 Sept. 23.



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National Masters News



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



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Moving?

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.

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

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 sportsmanship."

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

Pozdynakova Clocks 2:29:25 at Chicago

by JANNA WALKUP

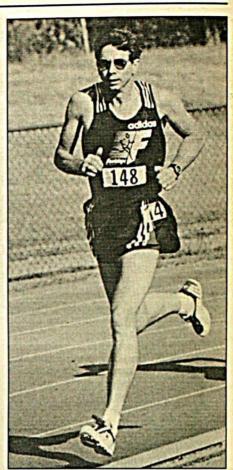
Ukrainian masters distance sensation Tatyana Pozdynakova, 43, scored a decisive win over Kim Jones, 40, Spokane Wash., to claim masters honors and the fifth overall woman's spot in the LaSalle Banks Chicago Marathon, Oct. 11. Pozdynakova's outstanding time of 2:29:25 scored 97.7% on the age-graded tables. 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-

LLER radically changes the wording of that

rule to lay down specific basic 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.



GEORGE BANKER 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.

ner-up Miguel Vargas, 40, San Jose, Calif., to clinch the masters win with a 2:24:66. Mexico's Aristeo Marcos

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., outkicked 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.

November 1998



Baton Rouge Will Host Second Summit

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.

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

RACK &

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.

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

NEWS



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National Masters News



Apples in Orono Compared to Oranges in Eugene

ollowing 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



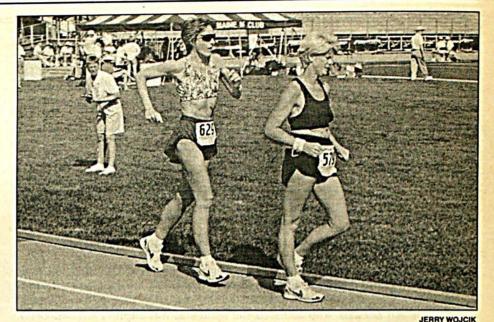
W35 5000 racewalk (29:20.85) and third in the shot put, Nike World Masters Games, Eugene, Ore., Aug. 9-22.

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



Roswitha Sidelko (I), 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.

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

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).

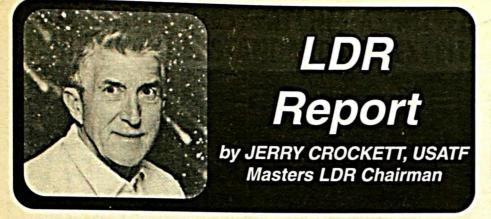
Overall winners were course record holders Curt Clausen, 28, in 20:37, and Tori Herazo, 39, with a seventhplace 23:31.

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.

National Masters News



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 nominations 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

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 sixminute 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 glom 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 Visgauss, 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.



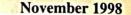
The Bohemia TC W40+ team, Long Island, N.Y., who took first place in the women masters category at the Ocean To Sound 50 Mile Relay, Long Island, Sept. 27: (top I to r) Kathy Esposito, Mary Wagner, Betty Horstman; (bottom I to r) Elsie Soto, Diane Gordon, Helen Visguass, Estella Clasen, and Erin O'Driscoll.

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.



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National Masters News





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:

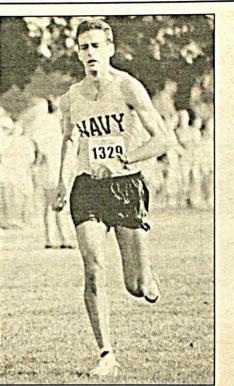
Repeats: This is the simplest form of speedwork. You run a short distance hard. You walk or jog until you're rested, then run that distance again equally hard. A typical repeat workout at the track would be 4 x 400 meters with 5 minutes rest between. Run the 400 repeats at the pace you might race 1500 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.

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 Keplar 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



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.

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.

accounti

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. 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 "speedplay." 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.)

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.

d

Write-On **PUBLICATIONS ORDER FORM** Total (US\$) Quantity Continued from page 5 Masters Age Records (1998 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 The "justification" on p. 8 of the October NMN is invalid for most of us who are interested in competing in 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. a national or world meet. Unless you 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. 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 Masters Track & Field Indoor Rankings (1998) Same as above, except indoor rankings for 1998. 4 pages. \$1.50. **Masters Age-Graded Tables** much of a workout rather than serious competition unless, of course, you're 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 Phil Raschker. I would like to know to conduct an age-graded event. Tells how to keep track of your progress over the the percentage of serious athletes years. Compares performances of different ages/sexes in different events. 60 who compete in six events at a major pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00. meet. Next year's WAVA meet in Gateshead will run \$130 for six events. To reach \$200 at Gateshead, 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; not only would one have to compete in 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, six events but also pay \$37 to attend a WAVA and USATF Masters T&F Records Chairman. \$1.50. party in which they may not have any 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. interest, buy a program (\$8), and purchase a results book (\$16) that will give them the same results as NMN **Competition Rules tor Athletics (1998 Edition)** does for a lot less cost. No one wants 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) to be forced to pay for extras they may not want. A high entry fee deters athletes. Names and addresses of national officers and staff, board of directors, sport and One look at the results of the NWMG, administrative committees, association officers and addresses, etc. \$12.00. compared to the Nationals in Maine, USATF Governance Handbook (1998) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00 shows that in many instances where the top two or three placers at the IAAF Scoring Tables Nationals were not in Oregon, the Official world scoring tables for men's and women's combined-event competitions. marks were inferior. In several events, \$12.00. a lower placing individual at the 23 **IAAF Handbook** Nationals did better in the NWMG. 1996/1997 rules and regulations handbook. \$15.00. This would never have happened in a International Scoring Tables true international games if it weren't for the high entry fee that kept many 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 & away. outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, Let's hope to see future championage factors for the common WAVA multi-events, and instructions for hand times and ships and major meets where cost will automatic times are included. In English and German. Pocket size (41/2 x 6).\$12.00. not be so prohibitive as to cause a boy-Masters Racewalking cott of sorts. 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. Peter Mogg Simi Valley, California 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. WAVA WEIGHTS Why don't we go with the lighter 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 WAVA specified implements in the weight throw, instead of 25-lb. for M60+? It makes no sense for an 85year-old to be throwing the same 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 weight (25-lb.) as a 60-year-old in a performer and champion listings, 300+ photos, 100 full-page maps, race histories and U.S. weight throw meet, but then trivia, and guide to national running organizations. Compiled by Mike Weddington & throw a much lighter 12-lb. WAVA Barry Perilli. \$24.95 implement in a weight pentathlon. Guide to Prize Money Races and Elite Athletes 1998 Tom McDermott Published by Road Race Management, the Guide includes elite athlete Bradenton, Florida alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00. TRAINING ADVICE **Running Research News** During my travels, I visited the US Bi-monthly newsletter. Contents include the latest scientific information on en-Olympic Training Center at Lake durance training, sports nutrition, and injury prevention. \$35.00 per year. Placid, N.Y. Among the technical Back Issues of National Masters News papers that I obtained from the staff at Issues: \$2.50 each._ the center is a very good paper on "Lactate Threshold Training." Postage and Handling 1.50 Overseas Air Mail (add \$5.00 per book) This contains excellent training TOTAL information for middle-distance and National Masters News Order Dept. Send to: distance runners. If you would like a P.O. Box 50098, Eugene OR 97405 copy, please contact me at "coachr880 @aol.com" or mail a SASE to me at Name 1520 Woodstock Drive, Sevierville, Address _ IN 37862. **Ross Dunton** State Zip_ City _ Sevierville, Indiana

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 (contain-

ing androstenedione), many nutrition

centers have been forced to move this

product off the shelves and behind the

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 Grif-

fith-Joyner as their official spokesper-

sons. This was shortly after "Pumping

Iron" was released about bodybuild-

ing, a sport well known for rampant steroid use. With the heart disease that

has plagued Schwarzenegger in the

Continued on page 23

counters to prevent shoplifting.

Muscular Misconception

The Weight Room

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 abovelisted 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 analogules (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.

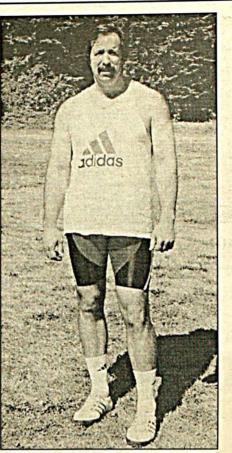
Other drugs that are difficult to classify, but are prohibited by the Olympic Training Center, include androstenedione, DHEA, tribulus terrestris, HMB (beta-hydroxy beta-methylbutyrate) and chrysin. Currently, keeping track of these drugs is a full-time job. The Olympic Drug Control Office has a hot 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

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. Johnnye 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.

National Masters News



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 Lopetrone 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.

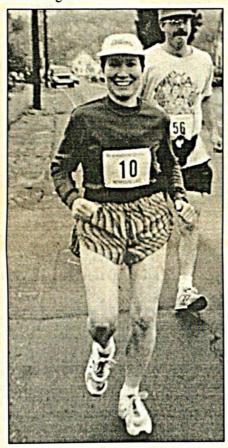
According to Tony, the idea first popped up in Rhode Island, at the Ocean State Marathon in late 1996. They were introduced to other runners who were in the process of reaching their own 50-state goals. Discussion turned to the question of running a marathon in every state in a single year. Tony recalled, "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 been 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.

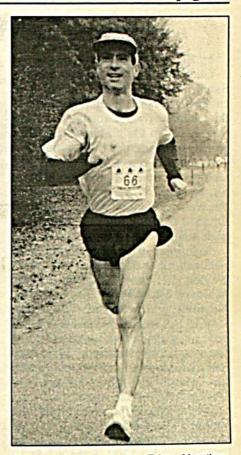
Between races, Nancy said, "Basically, we tried to recover from the marathon. I'd try to run at least a couple times a week. I didn't do any speed work like Tony did. Every marathon (for her) was a training run for the next one."

"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 "highquality 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 parttime. 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



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 fist 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 twotrophy 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

Masters' Scope

Continued from page 15

close tabs on things such as overall mileage and expenses. But Nancy laughed, "We had a friend - a '50stater' - 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 50mile per hour winds, and rain. Houston had freezing rain." There, the entire

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.

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 .

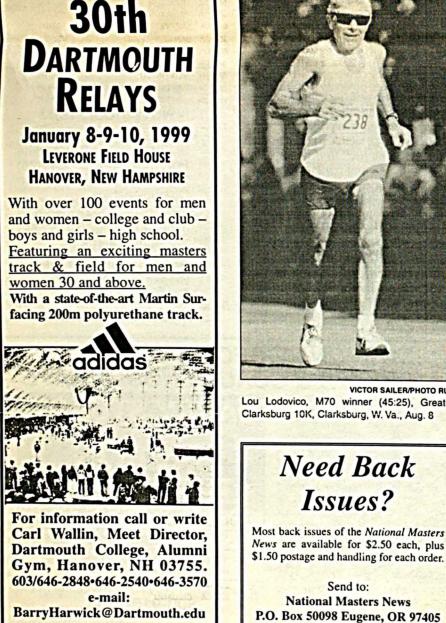
Is there an encore in the works? Nancy quickly snuffed that idea. "No. When it was over, it was a great sense of relief." Tony echoed that. "No. We really depleted our bank accounts." Then he quipped, "But if a sponsor would come around . . ." His laughter finished the sentence.

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.

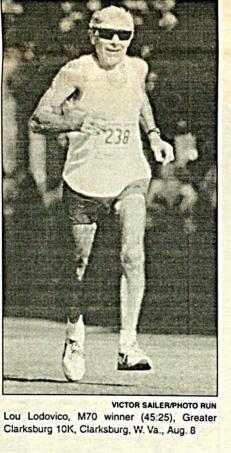
Still Running

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.



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Issues?

Send to:

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

50 mi

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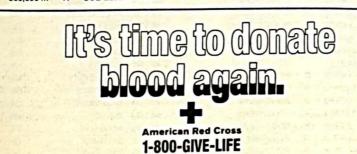
MARY ANN MILLER

Key to Codes:

- R = Ratified record or "best"
- U = Unvalidatable mark, cannot be ratified
- Date of birth and/or citizenship confirmation needed D =
- 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)

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12 km	41:14	R	TATIANA POZDNIAKOVA (UKR)			EVANSVILLE	IN	051395
12 km	41:14	R	TATIANA POZDNIAKOVA (UKR)			EVANSVILLE	IN	051097
12 km	40:34a	P	TATIANA POZDNIAKOVA (UKR)			EVANSVILLE	IN	050998
15 km	49:36	R	PRISCILLA WELCH (GBR)			JACKSONVILLE	FL	030985
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3 km	26:56a	R	DEBBIE HANSON	40	UT	ALTA	UT	091794
3 km	27:35	R	LAURIE BINDER	43	CA	SAN JOSE	CA	061591
l0 km	33:22	R	RUTH WYSOCKI	40	CA	MOBILE	AL	032297
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2 km	42:13	U	NANCY GRAYSON	42	MI	LANSING	MI	060692
2 km	42:38	R	GABRIELE ANDERSEN	43	ID	SPOKANE	WA	050188
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0 km	35:57	R	BARBARA FILUTZE	45	PA	WASHINGTON	DC	041292
2 km	43:38	R	NANCY GRAYSON	45		EVANSVILLE	IN	051395
5 km	54:58	R	GABRIELE ANDERSEN	45	ID	PORTLAND	OR	061790
0 km	1:14:13	R	BARBARA FILUTZE	46		NEW HAVEN	CT	090792
5 km	1:38:01	R	MARCY GILLES	45	MN	MINNEAPOLIS	MN	091095
0 km	1:59:25	R	SHIRLEY MATSON	48	CA	CLARKSBURG	CA	111388
0 km	3:32:34	R	SANDRA KIDDY	47	CA	TALLAHASSEE	FL	121783
00 km	7:59:59	R	SANDRA KIDDY	45	CA	CHICAGO	IL	100382
0 mi	59:15	R	BARBARA FILUTZE	46	PA	FLINT	MI	082292
0 mi	2:10:13	R	MARY WOOD	45	co	MINNEAPOLIS	MN	101490
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25 km	1:38:36	R	S. RAE BAYMILLER	51	NY	MINNEAPOLIS	MN	091194
30 km	2:00:41	R	SHIRLEY MATSON	50	CA		CA	111190
50 km	4:15:12	U	MATILEE CHRISTMAN			EAST PEORIA	IL	123084
100 km	9:42:22a	P	SUE ELLEN TRAPP	50		DULUTH	MN	101996
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50 mi	7:47:27	R	EILEEN ELIOT	51		NEW PRESTON	CT	042395
100 mi	16:57:58	R	SUE ELLEN TRAPP	50	FL	SYLVANIA	ОН	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
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8 km 8 km	30:10	"	SHIRLEY MATSON	. 5		and the second se	CA	040697
10 km	38:55	P	SHIRLEY MATSON	5	1		CA	102796
12 km	49:43	R	BARBARA MILLER	5	5 CA	SAN FRANCISCO	CA	052195
12 km	47:36a	R	SHIRLEY MATSON	5	5 CA	SAN FRANCISCO	CA	032397
15 km	1:00:38	R	SHIRLEY MATSON	51		and the second second	CA	111696
20 km	1:18:44	P	S. RAE BAYMILLER	5			СТ	090798
20 km	1:20:36	R	SHIRLEY MATSON	50			CA	111696
25 km 30 km	1:41:01	R	SHIRLEY MATSON	56			CA TX	111696 121292
30 km	2:17:31 2:12:35	P	JOYCE GASKIN BARBARA MILLER	57			CA	111796
50 km	3:56:55	R	SANDRA KIDDY	55		A Standard Stand	DC	101792
100 km	8:42:36	R	SANDRA KIDDY	55				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		DALLAS	тх	011693
half mar	1:23:09	R	SHIRLEY MATSON	55			CA	102096
marathon		R	SANDRA KIDDY	55			CA	120891
marathon 24 hr	3:07:21 173,809 m	R	MARGARET MILLER MARGE DUNLAP	56		SAN FRANCISCO SACRAMENTO	CA	071182 111294
24 hr	131,853 m	R	LOUISE MIKLOVIC	56		SYLVANIA	OH	091894
48 hr	234,755 m	R	MARY ANN MILLER	55			ТХ	112891
								- addi
			Wo	men 60-	64			
5 km	19:53	R	MARION IRVINE	61	CA	CLARKSBURG	CA	111190
8 km	34:55		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		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 20 km	1:04:42	R	MARGRET BETZ	60	NY	SCHENECTADY	NY	111096
20 km	1:29:08	UR	MARGARET MILLER GLORIA BROWN	60 62	CA	VALENCIA GRAND RAPIDS	CA	032386
30 km	2:21:32	R	MARGARET MILLER	60	CA	MINNEAPOLIS	MN	101286
50 km	5:16:25		MARY ANN MILLER	60	TX	DALLAS	TX	011897
50 km	6:39:01	R	SARANN MOCK	63	OH	SYLVANIA	ОН	091894
100 km	11:30:58	R	RUTH ANDERSON	60	CA	SAN FRANCISCO	CA	042190
100 km	11:14:14		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

091993 Continued on next pag

111597

041898

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082684

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60 CA SACRAMENTO

61 TX DALLAS

63 OH SYLVANIA

60 CA LAS VEGAS

60 CA CHICAGO

62 OH SYLVANIA

60 CA SANTA MONICA

61 CA SAN FRANCISCO

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National Masters News

November 1998

	from prev	vious	page	CB-ALL ST	Service and an	199		- and to	See.	al.	Women	85-	89	Sin martin		になっていた。 多なな
		24	Wo	nen 65-69	All Starty	24	1111	5 km	34:51	P	ANNE CLARKE	85		PARK RIDGE	IL	092494
- is al	and the sea	6.4	the state of the second states	Charles Marries & Torris &			Ster Cha	5 km	43:00	R	RUTH ROTHFARB	87 85	FL	ALBANY	NY	060389
5 km	22:07	R	JUNE MACHALA		ALBANY	NY	053197	8 km	1:03:16	P	ANNE CLARKE D SUSAN CONROY	89	IL.	CHICAGO	E.	031289
3 km 3 km	39:33 35:29	R	EDNA LAFLIN JUNE MACHALA	65 AZ 66 WA	AHWATUKEE NEWPORT BEACH	AZ CA	082783	8 km 10 km	1:03:01 1:14:37	P	ANNE CLARKE	85	IL	HIGHLAND PARK	L	100994
10 km	46:18	U	HELEN DICK	The state of the s	LOS ANGELES	CA	052790	10 km	1:16:55	1.	RUTH ROTHFARB	87	MA	BOSTON	MA	101088
0 km	47:55	R	KAY ATKINSON	65 CA	KENTFIELD	CA	053182	half mar	3:23:06	U	MARY AMES	85	CA	LOMPOC	CA	061988
12 km	59:44	205	GLORIA BROWN	65 NY	BEDFORD	NH	051797	marathon	6:53:50	R	IDA MINTZ	85	IL	CHICAGO	L	102890
12 km	1:01:08	R	ALGENE WILLIAMS	69 IL	ITASCA		100685	1 Allerta	1. 1. 1. 1. 1.		Women 90	8 (ov	er	14 D -	
15 km	1:11:40		JUNE MACHALA	66 WA	6	OK	102597	and the second	48:35	P	TINY RILEY	90	MT	HELENA	MT	060395
5 km	1:12:13	R	JUNE MACHALA	66 WA	JACKSONVILLE	FL	030897	5 km 10 mi	3:29:08	R	RUTH ROTHFARB	0	FL	WASHINGTON	DC	040592
20 km	1:37:04	U	HELEN DICK	65 CA	VALENCIA	CA	100889	marathon	and the second second	P	MAVIS LINDGREN			PORTLAND	OR	092897
25 km	2:10:56 2:39:42	UP	GERRY DAVIDSON MYRA RHODES	65 CA	SAN DIEGO CLARKSBURG	CA	122886	C. September 211	Charles 19		- A Development and a second	1-1-1-	100	States and the second states of	The star	- and
10 km	2:47:51	U U	EDNA LAFLIN	65 CA 65 AZ	PHOENIX	CA	111697 102983	N	lasters	s M	en All-Comer's Re	cor	ds	(non U.S. c	itizen	IS)
50 km	5:09:36	B	JAN RICHARDS	Marcal States	DALLAS	Sa harry	AT THE LOUGH	DIGT	THAT	to the	NAME	AGE	ST	RACE LOCATION	RST	RDATE
100 km	12:09:17	B	HELEN KLEIN	67 CA	SAN FRANCISCO	TX	012195	DIST 5 km	TIME 13:55	R	JOHN CAMPBELL (NZL)	AGE		FT. MYERS	FL	021691
10 mi	1:15:01	R	EILEEN DWYER	65 IL	PARK FOREST		090197	8 km	23:13	R	NICK ROSE (GBR)	1		VIRGINIA BEACH	VA	032192
20 ml	3:02:01	U	JACLYN CASELLI	10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	CLARKSBURG	CA	111686	10 km	28:56	B	MARTIN MONDRAGON (MEX)			MOBILE	AL	032694
i0 mi	9:04:31	R	HELEN KLEIN	67 CA	SAN FRANCISCO	CA	042190	12 km	36:18	R	PIERRE LEVISSE (FRA)		12	SAN FRANCISCO	CA	051693
alf mar	1:39:49	84 17	JUNE MACHALA	66 WA	INDIANAPOLIS	IN .	050297	15 km	44:14	R	PIERRE LEVISSE (FRA)		1	PORTLAND	OR	062892
alf mar	1:39:40	and the	JUNE MACHALA	67 WA	INDIANAPOLIS	IN	050198	20 km	1:01:37	R	KEITH ANDERSON (GBR)	in the	1	NEW HAVEN	СТ	090197
narathon	3:36:57	R	WHAYONG SEMER	65 OH	COLUMBUS	OH	102493	25 km	1;16:49	R	MARTIN MONDRAGON (MEX)	1.15	54	GRAND RAPIDS	MI	051494
2 hr	75,865 m	R	SARANN MOCK	66 OH	SYLVANIA	OH	092797	10 mi	47:55	R	JOHN CAMPBELL (NZL)		d/2	FLINT	MI	082590
4 hr 1	130,055 m	R	SARANN MOCK	66 OH	SYLVANIA	ОН	092797	half mar	1:02:28	R	JOHN CAMPBELL (NZL)	1		PHILADELPHIA	PA	091690
	and the second s				요소이되는	And and	and a start of a	marathon	2:14:33	R	JOHN CAMPBELL (NZL)	in the		LOS ANGELES	CA	030391
1.193	1. 19 1 2 2	- 1-1Y	Wo	nen 70-74	and a state of the state of	1.		The states	- Holings	444	Men 40)-44	14		1. 2.	S 24
km	24:38	R	GERRY DAVIDSON	70 CA	CARLSBAD	CA	041491	5 km	14:25	R	STEVE PLASENCIA	40	MN	PALM DESERT	CA	121596
km	23:56a	U	JO KIESECKER	73 CO	and the second sec	NV	091496	5 km	14:15a	R	STEVE BLUM	40	CA	FONTANA	CA	060395
km	23:56a	R	JO KIESECKER		LAS VEGAS	NV	092097	8 km	23:51	R	BILL RODGERS	100 C	MA	INDIANAPOLIS	IN	092488
km	38:46	R	HEDY MARQUE	74 VA	ALEXANDRIA	VA	051092	8 km	23:06a		MARK DICKEY	the stat	UT	ALTA	UT	091397
0 km	50:01	U	PAT DIXON	70 OR	EUGENE	OR	051389	8 km	21:35a	12.4	CRAIG YOUNG			ALTA	UT	091998
2 km	1:01:57	R	ALGENE WILLIAMS	70 IL	ITASCA	IL	100586	10 km	29:57	R	BARRY BROWN	1.00	NY	ASBURY PARK	NJ	081884
5 km	1:22:55	R	ELLEN MCCOY	70 MN		MN	092390	10 km	29:48	U	BILL RODGERS	1000	MA	DAVENPORT	IA	100188
5 km	1:16:35a	R	HEDY MARQUE	74 VA	ALEXANDRIA	VA	042692	10 km	29:27a	R	CRAIG YOUNG		CO	PITTSBURGH	PA IN	092897
0 km	1:46:21	R	PAT DIXON	70 OR	MEDFORD	OR	040889	12 km	36:29a	R	GARY ROMESSER		-	SPOKANE	WA	050690
5 km	2:18:20	R	GERRY DAVIDSON	70 CA	SAN DIEGO	CA	112391	12 km 15 km	37:19 45:14	R	STEVE PLASENCIA	1.1	MN	JACKSONVILLE	FL	030897
0 km	2:59:22	R	ELLEN MCCOY	70 MN	D	MN	052591	20 km	1:03:07	R	BILL RODGERS			NEW HAVEN	CT	090792
0 km 00 km	5:44:04 12:50:49	R	HELEN KLEIN HELEN KLEIN	70 CA 70 CA	SYLVANIA SYLVANIA	OH	091993	25 km	1:18:38		STEVE PLASENCIA		MN	MINNEAPOLIS	MN	090797
0 mi	1:20:33	R	HEDY MARQUE	74 VA	WASHINGTON	OH	091993 101391	25 km	1:21:24	R	DOUG BELL	100		MINNEAPOLIS	MN	091392
20 mi	3:29:57	B	HELEN KLEIN	70 CA	SYLVANIA	OH	091993	30 km	1:38:16	R	DOUG KURTIS	42	MI	HAMILTON, CAN	· · ·	032794
20 mi .	3:25:59	U	MAVIS LINDGREN	71 CA	CLARKSBURG	CA	111978	50 km	3:00:00	R	JEFF WALL	40	CA	SAN FRANCISCO	CA	110682
50 mi	9:55:09	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993	50 km	2:59:36a	R	BRUCE MORTENSON	44	MN	DULUTH ARCH	MN	102288
100 mi	23:29:34	R	HELEN KLEIN	70 CA	SYLVANIA	ОН	091993	100 km	6:38:21	R	BERND HEINRICH			CHICAGO	IL .	100481
half mar	1:58:27	R	MARCIE TRENT		ANCHORAGE	AK	052888	10 mi	49:46	R	BARRY BROWN			WASHINGTON	DC	033185
half mar	1:50:03a	R	MARY STOREY	70 CA	FONTANA	CA	060494	20 mi	1:42:08	R	BARRY BROWN		NY	MINNEAPOLIS	MN	093084
narathon	4:09:04	U	GERRY DAVIDSON	70 CA	SAN DIEGO	CA	120891	50 mi 100 mi	5:10:13 13:15:50	R	BERND HEINRICH ROY PIRRUNG		VT	CHICAGO QUEENS	IL NY	100481
narathon	4:11:54a 4:13:03	R	AGNES REINHARD	70 AK 70 WI	NAPA CHICAGO	CA	031388	half mar	1:05:33	R			MN	INDIANAPOLIS	IN	040189 050297
narathon	4:25:51	B	AGNES REINHARD	70 WI	CHICAGO	IL IL	102096 101997	half mar	1:05:27		STEVE PLASENCIA	1.1.2	MN	INDIANAPOLIS	IN	050198
	165.343 m	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993	half mar	1:03:33a	P	CRAIG YOUNG		co	LAS VEGAS	NV	020198
	600,285 m	U	HELEN KLEIN	the state of the state of the	SACRAMENTO	CA	010693	half mar	1:04:39a	R	CRAIG YOUNG			LAS VEGAS	NV	020997
P. Colli	115.24		sector de la company		1492 Latte 2	Cherry I		marathon	2:17:02	R	KENNETH JUDSON	40	PA	HUNTSVILLE	AL	120890
								marathon	2:15:15a	R	BARRY BROWN	40	NY	MINNEAPOLIS	MN	093084
			Wor	nen 75-79				12 hr	144,840 m	R	ROY PIRRUNG	40	WI	QUEENS	NY	040189
km	27:17	B	ANNE CLARKE	77 IL	PARK RIDGE		1000	24 hr	247,876 m	R	ROY PIRRUNG	41	WI	MILTON KEYNES	GBR	020390
km	40:44	R	HEDY MARQUE		ALEXANDRIA	IL VA	082287	48 hr	321,064 m	R	KURT MADDEN	40		WICHITA	KS	050396
0 km	53:25		HELEN KLEIN	75 CA	SACRAMENTO	CA	091293 112797				Men 4	5-49	9			
0 km	53:40	U	LEONA LUGERS	75 MI	HOLLAND	MI	091182	5 km	15:00	PC	NOLAN SMITH	45	CA	GARDENA	CA	060495
2 km	1:08:21	R	ANNE CLARKE	76 IL	ITASCA	IL	100685	5 km	14:34a	R	STEPHEN LESTER	45	UT	MAGNA	UT	092488
5 km	1:19:27a	R	HEDY MARQUE	75 VA	ALEXANDRIA	VA	042593	5 km	15:07	R	DOUG BELL	46	со	CARLSBAD	CA	041397
5 km	1:25:20	R	HEDY MARQUE	77 VA	ТАМРА	FL	021895	8 km	24:41	R	BILL RODGERS	45	MA	VIRGINIA BEACH	VA	032093
0 km	1:52:57	U	LEONA LUGERS	77 MI	HOLLAND	MI	052684	8 km	24:40a	R	VAN EDGETTE		UT	ALTA	UT	091496
i km) km	2:43:55 4:04:24	R	GERRY DAVIDSON	75 CA	SAN DIEGO	CA	111696	10 km	30:50	R	BILL RODGERS	45	the state	CLEVELAND	OH	051693
) mi	4:04:24	RU	BESS JAMES HEDY MARQUE	79 CA	VENTURA	CA	021289	10 km 12 km	30:10a 38:47	R	STEVE LESTER		UT	MAGNA	UT	070488
mi	1:24:54	R	HEDY MARQUE		WASHINGTON	DC	101192	12 km	36:47 37:28a	R	STEVE LESTER BILL RODGERS	45		SPOKANE	WA	050188
lf mar	2:06:34a	R	ALGENE WILLIAMS	76 VA 75 IL	WASHINGTON ZION-LAKE BLUFF	DC	101793	15 km	47:28	Ü	SAL VASQUEZ	45	CA	EVANSVILLE ROSS	IN CA	050893
alf mar	2:14:15	U	ANNE CLARKE	76 IL	CHICAGO	IL IL	042891	15 km	48:00		BILL RODGERS	45 47		UTICA	NY	070995
alf mar	2:26:24	R	ANNE CLARKE	77 IL	CHICAGO	1	060886 061487	20 km	1:05:46	R	LARRY OLSEN			NEW HAVEN	СТ	090693
	4:31:43a		HELEN KLEIN	75 CA	SACRAMENTO	CA	120797	25 km	1:22:24	R	DAN CONWAY			MINNEAPOLIS	MN	091486
narathon	4:49:08	R	ANNE CLARKE	76 IL	CHICAGO	IL	102085	30 km	1:39:18	R	BILL RODGERS			HAMILTON, CAN	AL PRO	032893
						Ser.	102003	50 km	3:24:24		JOE SCHIEFFER			ELVERTA	CA	011897
harathon harathon	1.1.1				ALL PALL BALL			50 km	3:34:31	R	ROY PIRRUNG			PITTSBURGH	PA	040994
				Canal & Frank				100 km	7:18:27	R	ROBERT PEREZ	46	тх	SAN FRANCISCO	CA	041595
					1		1 17 5 C	10 mi	51:41	U	SAL VASQUEZ	47	CA	STOCKTON	CA	011887
			Wo	men 80-84			000000	20 mi	1:49:10	R	JIM BOWERS	45	CA	MINNEAPOLIS	MN	093084
arathon	29-23	R					093089	20 mi	1:49:10	R	DAN CONWAY	45		MININGADOU ID		093084
sarathon 5 km	29:23 52:00		ANNE CLARKE	80 IL	PARK RIDGE	IL II		50-1				45	wi	MINNEAPOLIS	MN	093004
s km 8 km		R	ANNE CLARKE	80 IL 81 IL	PARK RIDGE PARK RIDGE	L	090891	50 mi	5:40:05	R	ROBERT PEREZ			DALLAS	MN TX	012195
s km 8 km 10 km	52:00	R U	ANNE CLARKE ANNE CLARKE	80 IL 81 IL	PARK RIDGE PARK RIDGE HOLLAND	IL MI	090891 050287	50 mi	5:29:44	U	ROGER ROUILLER	46	тх			012195
5 km 8 km 10 km 10 km	52:00 56:14	R U P	ANNE CLARKE ANNE CLARKE LEONA LUGERS	80 IL 81 IL 80 M	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON	L	090891 050287 042698	50 mi 100 mi	5:29:44 15:01:33		ROGER ROUILLER ROY PIRRUNG	46 47 45	TX GA WI	DALLAS CHICAGO SYLVANIA	тх	
5 km 5 km 8 km 10 km 10 km 12 km	52:00 56:14 56:17	R U P F P	ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE	80 IL 81 IL 80 M 80 V	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA	IL MI DC	090891 050287 042698 061997	50 mi	5:29:44 15:01:33 14:31:11	UR	ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG	46 47 45 46	TX GA WI WI	DALLAS CHICAGO SYLVANIA QUEENS	TX IL OH NY	012195 101385 091993 102294
5 km 5 km 10 km 10 km 12 km 15 km	52:00 56:14 56:17 1:44:26	R U P P	ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE FENYA CROWN	80 IL 81 IL 80 M 80 V/ 84 A	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA TAMPA	IL MI DC W/	090891 050287 042698 A 061997 021498	50 mi 100 mi 100 mi	5:29:44 15:01:33 14:31:11 1:08:05	U R R	Roger Rouiller Roy Pirrung Roy Pirrung Bill Rodgers	46 47 45 46 45	TX GA WI WI MA	DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY	TX IL OH NY MO	012195 101385 091993 102294 060693
5 km 5 km 8 km 10 km 10 km 12 km 15 km 15 km 20 km	52:00 56:14 56:17 1:44:26 1:29:01 1:39:44 2:26:34	R U P P R U	ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE FENYA CROWN HEDY MARQUE RUTH ROTHFARB RUTH ROTHFARB	80 IL 81 IL 80 M 80 V/ 84 A2 80 V/	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA TAMPA A TAMPA	IL MI DC W/ FL	090891 050287 042698 061997 021498 112281	50 mi 100 mi 100 mi half mar	5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a	UR	ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER	46 47 45 46 45 45	TX GA WI WI MA	DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS	TX IL OH NY MO NV	012195 101385 091993 102294 060693 021196
5 km 8 km 10 km 10 km 12 km 15 km 15 km 20 km 30 km	52:00 56:14 56:17 1:44:26 1:29:01 1:39:44 2:26:34 4:13:32	R U P P R U R	ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE FENYA CROWN HEDY MARQUE RUTH ROTHFARB RUTH ROTHFARB MAVIS LINDGREN	80 IL 81 IL 80 M 80 V 84 A2 80 V 80 FI 80 FI 81 C	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA TAMPA A TAMPA A HWATUKEE WASHINGTON A CLARKSBURG	IL MI DC W/ FL AZ	090891 050287 042698 061997 021498 112281 030682	50 mi 100 mi 100 mi half mar half mar	5:29:44 15:01:33 14:31:11 1:08:05	U R R R	ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS	46 47 45 46 45 45 45 45	TX GA WI WI MA IN CA	DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE	TX IL OH NY MO NV CA	012195 101385 091993 102294 060693 021196 101484
5 km 8 km 10 km 12 km 15 km 15 km 30 km 30 km 10 mi	52:00 56:14 56:17 1:44:26 1:29:01 1:39:44 2:26:34 4:13:32 1:31:24	R U P P R U R	ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE FENYA CROWN HEDY MARQUE RUTH ROTHFARB RUTH ROTHFARB MAVIS LINDGREN HEDY MARQUE	80 IL 81 IL 80 M 80 V 84 A2 80 V 80 FI 80 FI 81 C, 80 V	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA TAMPA A TAMPA A HWATUKEE WASHINGTON CLARKSBURG WASHINGTON	IL MI DC W/ FL AZ DC CA DC	090891 050287 042698 061997 021498 112281 030682 111388	50 mi 100 mi 100 mi half mar half mar marathon	5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50	URRRU	ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER	46 47 45 46 45 45 45 45 45	TX GA WI WI MA IN CA CA	DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE DULUTH	TX IL OH NY MO NV CA MN	012195 101385 091993 102294 060693 021196 101484 061684
5 km 8 km 10 km 10 km 12 km 15 km 15 km 20 km 30 km	52:00 56:14 56:17 1:44:26 1:29:01 1:39:44 2:26:34 4:13:32		ANNE CLARKE ANNE CLARKE LEONA LUGERS HEDY MARQUE FENYA CROWN HEDY MARQUE RUTH ROTHFARB RUTH ROTHFARB MAVIS LINDGREN	80 IL 81 IL 80 M 80 V 84 A2 80 V 80 FI 80 FI 81 C	PARK RIDGE PARK RIDGE HOLLAND WASHINGTON TACOMA TAMPA A TAMPA A HWATUKEE WASHINGTON A CLARKSBURG	IL MI DO W/ FL AZ DO CA	090891 050287 042698 061997 021498 112281 030682 111388	50 mi 100 mi half mar half mar marathon marathon marathon	5:29:44 15:01:33 14:31:11 1:08:05 1:07:14a 2:25:50 2:21:32a	U R R R U R	ROGER ROUILLER ROY PIRRUNG ROY PIRRUNG BILL RODGERS GARY ROMESSER JIM BOWERS JIM BOWERS	46 47 45 46 45 45 45 45 45 45 45 47	TX GA WI WI MA IN CA CA SC	DALLAS CHICAGO SYLVANIA QUEENS KANSAS CITY LAS VEGAS DYERVILLE	TX IL OH NY MO NV CA	012195 101385 091993 102294 060693 021196 101484

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Continued	from previ	ous p	bage	ALC: AND	1	Party Lawrence		5 x 200	1		-			-	and the second second	1- 1-1	puge 1
Sec. 2	Ser Sector	eter	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	n 50-5	4	at the second			1 martin	Constant and		Men	65-6	a	in the state	STO CITE	d intri port
-	15:38	R	SAL VASQUEZ	Sugar -		- the in the part	11		E lan	10.00	U	JOE FERNANDEZ		ма	PROVIDENCE	RI	101793
5 km 5 km	15:11a	R	STEPHEN LESTER		UT	DAVIS MAGNA	CA	112391 093095	5 km 5 km	18:00 18:21	R	WARREN UTES	69		PARK RIDGE	L.	093089
8 km	25:31	R	SAL VASQUEZ			LOS ALTOS	CA	012090	8 km	29:41	R	JOE FERNANDEZ	65		Contraction and and an and an and	MA	040994
8 km	25:23	U	JIM O'NEILL			ALLEN PARK	MI	080390	10 km	35:52	U	CLIVE DAVIES	66	OR	PORTLAND	OR	052382
. 8 km	23:27a	R	STEPHEN LESTER	53		ALTA	UT	091496	12 km	44:11	U	CLIVE DAVIES	67	OR	PORTLAND	OR	051583
10 km	31:48	R	RAY HATTON	50	OR	PORTLAND	OR	052382	15 km	55:16	R	CLIVE DAVIES	65	OR	PORTLAND	OR	062881
10 km	31:12a	R	STEPHEN LESTER	52	UT	MAGNA	UT	070195	20 km	1:20:53	U	NORMAN BRIGHT	66		and the second sec	DC	052276
12 km	39:06a	U	SAL VASQUEZ	20 20 20 20	i ma	SACRAMENTO	CA	042290	20 km	1:25:02	A	PAUL REESE	69	2.5		OR	041287
12 km	40:07	U	HAL HIGDON	51	IN	CHICAGO	L	103182	25 km	1:41:39	R	ALEX RATELLE	66		A A CONTRACT OF A STATE OF A STATE	MN	091690
15 km	49:24 1:05:50	R	NORM GREEN	and the second	PA	PORTLAND	OR	063085	30 km	1:58:12 2:25:22	R	CLIVE DAVIES PATRICK DEVINE	66 69			OR	020682
20 km 25 km	1:24:12	R	NORM GREEN			WASHINGTON	DC	052983	50 km	4:10:34	R	VICTOR HARKOFF		IL.	SEATTLE	WA	010585
30 km	1:46:42	U	NORM GREEN	51	PA PA	WASHINGTON NEW YORK	DC	052784	100 km	9:24:41	R	RAY PIVA	- 100 (P. W	1.000	SACRAMENTO	CA	021294
50 km	3:19:33	R	JOHN L. SULLIVAN	53	MA		NY	121783 031382	10 mi	1:02:07	R	WARREN UTES	69		PARK FOREST	IL.	090489
100 km	7:38:43	R	JOHN L. SULLIVAN	54	MA	CHICAGO	DC	100382	20 mi	2:14:29	R	ALEX RATELLE	66	MN	MINNEAPOLIS	MN	101490
10 mi	52:53	R	NORM GREEN	50	PA		DC	032783	50 mi	7:27:10	R	FRED NAGELSCHMIDT	65	CA	FOUNTAIN VALLEY	CA	051990
20 mi	1:51:44	R	NORM GREEN	52	PA	MINNEAPOLIS	MN	093084	100 mi	23:03:25	U	WILFREDO RIOS	68	NY	QUEENS	NY	092785
50 mi	5:35:03	R	TED CORBITT	50	NY	States and All second 22	NY	101870	haif mar	1:20:29a	R	JAMES TALLEY	65	CA	FONTANA	CA	041986
50 mi	5:35:03	R	TED CORBITT	51	NY	NEW YORK	NY	101870	half mar	1:23:50	R	MICHAEL BERTOLINI	65		PHILADELPHIA	PA	091585
100 mi	15:39:18	Ρ.	ROY PIRRUNG	50	WI	SYLVANIA	ОН	091998	half mar	1:21:41	L U .	CLIVE DAVIES	66	ALL A	LAKE OSWEGO	OR	092781
100 mi	17:12:42	R	ANDY DETERS	51	MN	MINNEAPOLIS	MN	062693	marathor	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	R	CLIVE DAVIES	a state of the sta	OR	ALL THIS IS THE REPORT OF THE	OR	091381
100 mi	17:02:54	UD	ALL AND A STATE OF	53	TX	HOUSTON	TX	021983	12 hr 24 hr	111,044 m 193,121 m	R	RAY PIVA RAY PIVA		Corner 3	SACRAMENTO	CA	111493
half mar	1:09:30	R	NORM GREEN	52			PA	091684	48 hr	220,480 m	1.000	RICHARD COZART	67	Sec. 12	SACRAMENTO	CA	111493
maratho	ro has	R	JIM O'NEILL	50	OH	LAS VEGAS	NV	020489	48 hr	209,214 m	R	DICTINO MENDEZ			NEW YORK	NY	051194
maratho	and the second	R	NORM GREEN	51		P	NE	050684	6 day	619,597 m	R	DICTINO MENDEZ	And the second		NEW YORK	NY	051494
maratho	n 2:25:51 135,493 m	UP	NORM GREEN ROY PIRRUNG	52 50	PA	SAN DIEGO QUEENS	CA	120284 080898	and a start	S (0.03)		and the second second second		28	States of the		
12 hr 12 hr	118,237 m	R	RALPH BALSAMO	50	NY	QUEENS	NY	061497			1. T.	Mon	70-7			. Ending	· Seite.
24 hr	231,745 m	R	JOHN METZ	50	CA	SACRAMENTO	CA	111493				the subscription of the later with	10-1		Sylar Content	***	and the second
48 hr	342,790 m	R	JIM DRAKE	1.44	CA	and the second sec	CA	010293	5 km	18:01	R	WARREN UTES	N8	Roman Street	PARK RIDGE	. IL .	093090
19.10.60			The straight of						8 km	30:25	R	WARRENUTES			CHICAGO	IL	031091
ter to a to			Me	en 55-5	59		1.12 M	S. 199	10 km	37:49	U	WARREN UTES	70		LIBERTYVILLE		092390
5 km	15:55	U	JIM O'NEILL	55	OF	WYOMING	MI	. 080793	10 km	41:09 51:58	R	ALFRED FUNK	70		BOZEMAN	MT	092184
. 5 km	15:35a	R	TOM CURRY				CA	053197	12 km	48:55	Ū	WARREN UTES	70 73	UT	SAN FRANCISCO FRANKFORT	CA	051594
5 km	16:07		VIC HECKLER	- 55	IL	PARK RIDGE	L	092797	12 km	50:28	P	WARREN UTES	74		FRANKFORT	IL I	082893 082794
5 km	16:38	R	NORM GREEN	57	PA	DELAND	FL	020490	15 km	58:13	U	WARREN UTES	70		MICHIGAN CITY	IN	062391
8 km	26:36	P	STEPHEN LESTER	55	UT	SALT LAKE CITY	UT	041998	15 km	1:01:50	R	CLIVE DAVIES				OR	062887
8 km	26:33a		RAY HATTON	55	OF	EUGENE	OR	060687	20 km	1:20:11	U	WARREN UTES	70	IL	CHICAGO	IL	071590
8 km	26:42		JIM O'NEILL	55			ОН		25 km	1:39:59	R	CLIVE DAVIES	70	OR	EUGENE	OR	090885
8 km	27:00	1	NORM GREEN	57		the second s	FL	011390	30 km	2:13:01	R	CLIVE DAVIES	71	OR	MINNEAPOLIS	MN	101286
10 km	32:27		JIM O'NEILL	55			ОН	092693	50 km	6:58:48	R	GEORGE BASHEN	70	тх	SYLVANIA	OH	091894
12 km	41:24 41:29		STEPHEN LESTER SAL VASQUEZ	55			WA CA	050398	50 km	6:37:13	12	FRANK RODRIGUEZ	71	CA	ELVERTA	CA	011897
15 km	899001 50:45		NORM GREEN		PA		DC		50 km	4:34:51	U	ED BENHAM CARLTON MENDELL	74	MD	WASHINGTON	DC	031382
20 km	1:08:07	1.1	NORM GREEN	56			OR	040889	100 km	1:02:41	R	WARREN UTES	71 70	ME	NEW YORK	NY	022793
25 km			RAY HATTON	55			OR	091387	20 mi	2:23:54	B	CLIVE DAVIES	70		PARK FOREST MINNEAPOLIS	IL MN	090390
30 km	The second		NORM GREEN	56	PA	CLARKSBURG	CA	111388	50 mi	7:48:58	R	RAY PIVA			SACRAMENTO	CA	101286
50 km	3:51:10	1.4.	KEN YOUNG	55	CA	ELVERTA	CA	011897	half mar	1:27:23	P	JOHN KESTON	70		WOODINVILLE	WA	090495
50 km	3:28:47a	R	ROBERT BECKER	55	M	DULUTH	MN	102889	half mar	1:27:44	R	JOHN KESTON			INDIANAPOLIS	IN	050297
100 km	n 8:53:27	R	GARD LEIGHTON	57	CA	SAN FRANCISCO	CA	042592	half mar	1:25:24a	R	JOHN KESTON	72	OR	LAS VEGAS	NV	020997
10 mi	54:25	R	JIM O'NEILL	56			DC	041094	marathon	3:00:58	R	JOHN KESTON	71	OR	MINNEAPOLIS	MN	100696
20 mi	1:57:26		NORM GREEN	58			MN		12 hr	74,045 m	R	BURT CARLSON	70	MN	SYLVANIA	ОН	091496
50 mi	5:53:08		ALEX RATELLE	57			IL	100481	12 hr	100,000 m	P	CARLTON MENDELL	71	ME	NEW YORK	NY	022793
100 mi			ED ROUSSEAU	58			OH	092797 092697	24 hr	151,728 m	R	HOWARD HENRY	73	IN	SYLVANIA	ОН	091894
1000 m half ma			DON WINKLEY NORM GREEN	59 55	-		PA	092097	6 day	539,130 m	R	ED FISHMAN	72	н	NEW YORK	NY	092195
marath			NORM GREEN	55			NE	050188		And land				25 T			
marath			NORM GREEN	55			MN	101187	1 miles			Men	75-79				
12 hr	115,945 m		BRUCE BOYD	58	-	QUEENS	NY	061497	5 km	19:24	R	WARREN UTES	75	IL	PARK RIDGE	IL	093095
24 hr	195,083 m		GAYLON DODSON	59	AL	SYLVANIA	ОН	092797	8 km	31:52	Р	WARREN UTES	75	IL	CEDAR RAPIDS	IA	070495
48 hr	323,478 m		DON WINKLEY	59			NY	091397	8 km	34:21	R	ED BENHAM	78		And I have a sub-	NY	092985
6 day	724,204 m	R	DON WINKLEY	56	ТХ	NEW YORK	NY	051494	10 km	40:12	R	WARREN UTES	75		LIBERTYVILLE	L	091795
				-					12 km	48:57	R	WARREN UTES	75		PARK FOREST	IL.	090495
									15 km 20 km	1:01:58	R	WARREN UTES WARREN UTES	75 75		PARK FOREST CHICAGO	IL IL	090495
			Mei	1 60-64	1			1. 1. 1. 1.	20 km	1:30:10	R	ED BENHAM	75	MD	WASHINGTON	DC	052983
5 km	17:00	R	JIM O'NEIL			CARLSBAD	CA	060186	25 km	1:56:18	R	ED BENHAM	75			NC	110682
8 km	28:07	R	NORM GREEN			VIRGINIA BEACH	VA	032093	25 km	1:52:57		WARREN UTES	77	IL	CHANNAHON	IL	091497
10 km	34:27	R	JIM O'NEIL			ALAMEDA	CA	080485	30 km	2:28:00	R	ED BENHAM	78		SUGAR LAND	тх	120785
12.km	47:27	R	JOE POWERS	60	IL	ITASCA	L	100685	50 km	5:03:38	R	ED BENHAM	77	MD	WASHINGTON	DC	102384
12 km	44:40a	U	PATRICK DEVINE		CA	LOS ANGELES	CA	042389	100 km	16:23:00	R	HOWARD HENRY	75	IN	SYLVANIA	ОН	091596
12 km	45:53	U	NORMAN EASTMAN	62	М	LANSING	MI	060593	10 mi	1:06:27	R	WARREN UTES	75	IL	PARK FOREST	IL	090495
15 km	54:20	R	NORM GREEN	60	PA	TAMPA	FL	022793	20 mi	2:42:38	U	ED BENHAM	77		GREENBELT	MD	122284
20 km	1:15:15	R	NORM GREEN	60	PA	NEW HAVEN	СТ	090792	50 mi	10:18:03	P	MATT MILLER		LA	PITTSBURGH	PA	040895
20 km	1:14:46	U	NORM GREEN	61	PA	PHILADELPHIA	PA	022494	50 mi	10:34:06	R	MATTMILLER		LA	BRUNSWICK	ME	101594
25 km	1:35:27	U	JIM O'NEIL		CA	EUGENE	OR	090786	half mar marathon	1:30:19 3:18:10	R	WARREN UTES	76 75		INDIANAPOLIS CHICAGO	IN	050297
25 km	1:36:20	R	ALEX RATELLE	62		MINNEAPOLIS	MN	091486 021289	marathon		R	ED BENHAM			WASHINGTON	DC	110683
30 km	1:59:22	R	PATRICK DEVINE		CA	VENTURA DALLAS	CA TX	021289	12 hr	84,112 m	P	MATT MILLER	75	LA	QUEENS	NY	061795
50 km	3:35:51	R	MALCOLM GILLIS		AL CA	SAN FRANCISCO	CA	042091	12 hr	80,467 m	R	BEN MOSTOW	78	IL	CHICAGO	IL	100481
100 km 10 mi	8:58:04	R	RAY PIVA	64 60	PA	WASHINGTON	DC	040493	24 hr	133,668 m	R	HOWARD HENRY	76	IN	SYLVANIA	ОН	092797
20 mi	57:48 2:03:16	R	NORM GREEN GAYLON JORGENSON		NV	MINNEAPOLIS	MN	101490	1.1.1.1						Cont	inued on r	next page
50 mi	6:43:48	R	MALCOLM GILLIS	60		BIRMINGHAM	AL	021494		and a state	123		1	× 11	11 日本 11 日本	THE REAL	a state of the
50 mi	6:24:18	U	FRANS PAUWELS			PORTLAND	OR	102978	Our	free	Ca	talog helps yo		10	v sten of	the	MON
100 mi	18:02:35	R	DWAINE BATT	60		SACRAMENTO	CA	111195	and the second second						A CONTRACTOR OF THE OWNER	me	wuy.
half mar	1:16:55	R	NORM GREEN	61	PA	PHILADELPHIA	PA	091993	Great	consum	er i	nformation is a shoe	e-in wi	th c	our	AR	0 I
marathor	2:42:44	R	CLIVE DAVIES		OR	PORTLAND	OR	102879				toll-free 1 (888) 8-				BY	51
12 hr	113,136 m	R	DWAINE BATT	-		SACRAMENTO	CA	111195		-		And the second				529	
24 hr	207,927 m	R	DWAINE BATT		-	SACRAMENTO	CA	111294	Inat	2 1 (888)	87	8-3256. Or go to w	ww.pue	PIO	.gsa.gov.		
48 hr	252,667 m	PD				SACRAMENTO	CA	111294	1 2.	1. 1. To 1.		U.S. General Service	es Admin	istra	tion		1. Con 1.
6 day	608,332 m	PD	ROB VOLKENAND	- 03									14.77	1	18. N. J. H. T. Was	Constant of	

National Masters News

November 1998

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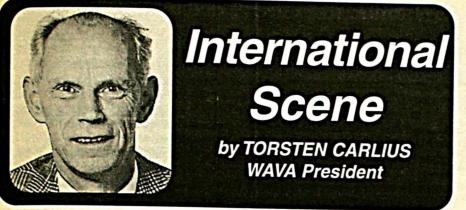
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			State States (1997)		140		and a	
			Mer	n 80-84	1			
5 km	22:26	U	ED BENHAM	80	MD	CHICAGO	IL	041788
5 km	24:52	R	DUDLEY HEALY	80	NJ	SYRACUSE	NY	100294
5 km	24:41	P	FRED ELY	80	NJ	PHILADELPHIA	PA	041595
8 km	36:35	R	ED BENHAM	81	MD	VIRGINIA BEACH	VA	031889
10 km	45:28	R	ED BENHAM	80	MD	ASBURY PARK	NJ	08088
12 km	1:03:55a	U	MEL SHINE	80	CA	SACRAMENTO	CA	042989
12 km	1:09:05	U	CYRIL WOODS	81	OR	PORTLAND	OR	05158
2 km	1:16:44	R	DUDLEY HEALY	82	NJ	TOMBALL	TX	02229
5 km	1:07:00a	U	ED BENHAM	81	MD	CUMBERLAND	MD	10088
5 km	1:07:22	R	ED BENHAM	83	MD	WASHINGTON	DC	04079
0 km	1:33:56	R	ED BENHAM	81	MD	MEDFORD	OR	04088
5 km	2:23:43	R	MAX POPPER	80	NY	NEW YORK	NY	10028
0 km	6:59:34	R	WILFREDO RIOS	80	NY	QUEENS	NY	06149
0 mi	1:13:23	R	ED BENHAM	- 81	MD	WASHINGTON	DC	04028
0 mi	4:18:00	υ	IVOR WELCH	84	CA	CLARKSBURG	CA	11187
50 mi	12:13:35	U	BEN MOSTOW	80	IL	CHICAGO	IL	10028
alf mar	1:40:30	R	ED BENHAM	81	MD	ORLANDO	FL	12108
narathon	3:43:27a	R	ED BENHAM	80	MD	MINNEAPOLIS	MN	10118
narathon	4:17:51	R	ED BENHAM	84	MD	MINNEAPOLIS	MN	10069
2 hr	73.439 m	R	WILFREDO RIOS	80	NY	QUEENS	NY	06149

			and the second se					
			Men 85-	89)			
5 km	28:26	B	GIFTON JOLLEY	85	GA	ROME	GA	120592
8 km	47:03	U	PAUL SPANGLER	85	CA	PALO ALTO	CA	031785
10 km	58:50	B	PAUL SPANGLER	85	CA	RALEIGH	NC	050384
15 km	1:32:00	R	PAUL SPANGLER	85	CA	EL PASO	ТХ	101384
20 km	2:07:49	U	PAUL SPANGLER	85	CA	SACRAMENTO	CA	032584
30 km	4:39:30	B	PAUL SPANGLER	89	CA	CLARKSBURG	CA	111388
10 mi	1:55:36	B	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
and the second								
			Men 90	-94	1			
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	B	PAUL SPANGLER	90	CA	PARAMOUNT	CA	012090
15 km	2:35:00	B	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
maraution	J.20.204	1	In the second					
			Men 95 &	0	ver			
5 km	48:55	R	MARION MCANELLY	95	ок	STILWELL	ОК	051395

	CO	AC	MAS' HING	TERS /TRAI	NING		
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.	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
	Hunterdon Central HS;	1.1		J. "Moose" Miller	Southington, CT	- THICK SAP OF	C-860-621-3128
Same Starting	Sat.& Sun., 9 a.m. Flemington, NJ	and the second second		Powerline Sports	YMCA-Central El Paso, TX	MD LD, S,F	C-David Jackson 915-533-3941
Terry Jessup	Dallas-S.M.U.	MD, LD —	C-214-526-5318	John Tansley	Canyon Del Oro H.S.	TH, J	C-520-825-2595
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	The second states and second	Tucson, AZ	The marked and	mand and the
Robert Vaughn	Dallas-S.M.U.	MD, LD 📂	C-214-820-7800	So. Cal Track Club	Mission Viejo, CA	S, MD,	C-Mark Cleary
Kyle Heffner	McKinney, TX	MD, LD 🦟	C-972-562-2776	Constant and the second	Trabuco Hills H.S.	LD, TH, F	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 LD	C-510-633-1161 C-703-250-9277
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, IN 37862	S, F, MD	C-Ross coachr880@ aol.com	Terra da Arranza		A CARLEST	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
LAVAC/SCStriders	UCLA – Sun 8:30 a.m.	S, H, MD	L-George Simon 818-784-0496 or Jackson Steffes	Racewalking	Kentfield, CA	RW	541-343-4841 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
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866- 9771 x2400 (work)	and the second second	no no nove	- Straight	Bob Schul 937-293-7935
Laszlo Tabori SFV TC	Mon, Wed, Sat – Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818- 556-1563 (work)	Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262
Wilbur "Moose"	Long Beach, CA	TH	C-Moose	MC 2 Athletics	Trinity College, Hartford, CT	S, MD, LD	C-Sam
Thompson	Deadland CA	DIV	310-596-0360	The Department of the second	Wed., 4-6 p.m.		McClendon
Elaine Ward	Pasadena, CA Mt. SAC, Walnut, CA	RW	C-818-577-2264		Sun., 8-10 a.m.	E STANDARD	860-985-1170
Stan Whitley	THE DAY AND	S	L-909- 945-9800 (home)	Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr
Janet Wilson	Orange County, CA	TH	C-310-598-9063			2 1943年4月1日	949-476-7076
Pat Connelly	Birmingham H.STue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m11 a.m.	S, TH, F	C	Ric Rojas Running	Boulder, CO	LD	cyoungrun@aol.com Ric Rojas 303-444-
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188				7276 ricrojas@ aol.com www.ric rojasrunning.com

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.



Cooperation Takes Another Step Forward

nother 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,

• 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.



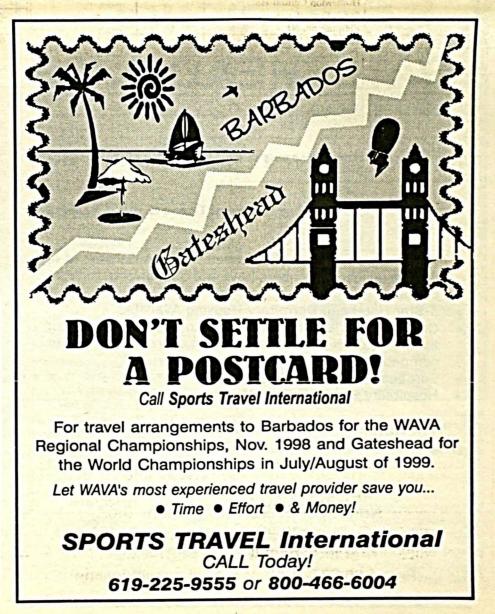
Members of the European Veterans Athletic Association Council, elected at the 1998 European Veterans Championships, Cesenatico, Italy (I to r): Winston Thomas, England, Technical Manager; Karel Matzner, Czech Republic, Road Race Representative; Selma Turkall, Turkey, Women's Representative; Marina Hoernecke-Gil, 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 champi-

onships, 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.

page 21



page 22

National Masters News



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

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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 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-

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 in 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, outsprinting 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.)

XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND July 29-August 8, 1999

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der of Scotland. Many pre- and postgames 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 any-

t far from the bor- where in the world."

Championships

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. NYRRC 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. Lorl 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 seventhfemale 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 Kanneworf, 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 Jimeson – SAA Weight Pentathlon, Catonsville, MD, Aug. 30. Bob Detweller, 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 (46-1¹/₄ by Voitto Elio, 1985) with a 47-5, and Ladislav Pataki, Los Gatos, CA, elongated the M50 SP AR (55-7¹/₄ by Tom Gage, 1994) to 56-3¹/₄. 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.

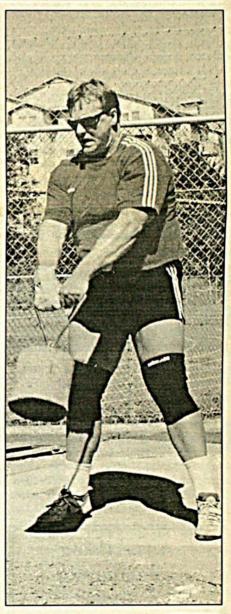
A ban of all drugs with severe sanctions is the only option for maintaining integrity in athletics.

(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, WRholder 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 halfmarathon) 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 6-10¹/4, 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 superweight.)

National Masters News

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 "boroughs" 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.

Febuary 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

National Mas



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.



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.

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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 & Recr., 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+. Nonfoul 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 Champ-

ionships, Edinburgh, Scotland. July 24-25 (tentative). Veterans meet,

Belfast, No. Ireland. July 29-August 8. XIII World Veterans Athletics Championships Gateshead

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. Continued from previous page

Women's 5K Championships/Freihofer's 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 Dis-

tance 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.

Fetruary 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 Championhips, 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. 504-482-469-9268; 6682: fax: 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.



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 Waialae 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; email: imisdm@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. 702-876-3870; Web: Phone/fax: 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.ruralnet.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 Piccollo 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.

Arizona, California, Hawaii, Nevada

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page 26 National I	Masters News November 1998
	/PATCHES AS ALL-AMERICANS
Gary Hill Mile 5:10.21 7-19-98	ANDARDS OF EXCELLENCE
James Smith 110 Hurdles 15.40 7.18.19-98 James Gray Pentathion 2850 7.30.98 Oxear Gonzales 10K 30:57 8-16-98 bick Green Mile 459.4 8-16-98 Howard Jacobs 10K 31:52 8-16-98 Bill Penner Mile Racewalk 7.55.47 7.19.98 M35-39 Triple-Jump 41.5 7.25-98 Jerry Bookin-Weiner SN C 12.98.50 7.31.98	John Brennand 5K 19:07 8-16:38 Tish Roberts 5K Racewalk 27/2007 8-13:30 Joe Cordero 2K SC 8:36:9 7:24:98 10K Racewalk 27/2007 8-2:98 Netl Saling Discus 44.76 6:27:28:98 Charlene Wilson 5K 21:34 6-6:98 James Young Discus 140-1 6-26:98 W45:49 Creatia Ramos 5K 20:36 8-16:98
Scott King 800 2:01.54 6-13-98 Shot Put 12.56 2.0-97 Md0-44 Discus 37.2 6-23-97 Discus 137.2 6-23-97 Md0-44 Brent Ayer 3K SC 11:28.27 7-31-98 Superweight 11.35 3:262.79 Archie Glaspy 200 23.34 9-6-98 Shot Put 13.55 7:14-98 Discus 45.9 7.31-98 Discus 46.58 7.31-98	Michael Devlin Weight 10.38 8.29.98 Patricia Shapiro 5K 21.15 8.16-96 8 Paul Lehmkuhl Tripie Jump 29.3 8-2.96 Patricia Shapiro 5K 21.15 8.16-96
Tim Graf 100 10.9 8-16-98 Hammer 131-0 9-5-98 Gregg Horner 100 32:55 8-16-98 Weight Pentathlon 3592 8-30-98 Gregg Horner 100 32:55 8-16-98 Weight Pentathlon 3592 8-30-98 Ken Yanowski 600 2:02.7 7-31-98 M55-59 Frank Condon High Jump 1.50 8-11, 21-9 M45-49 Frank Condon High Jump 1.50 8-11, 21-9 6-00	Waiter Atcheson 2K SC 10.57 9-12-98 W55-59 Standard Solution Richard Cottingham 200 31.71 8-10.21-98 W55-59 SK Racewalk 30.30 10-16-94 Earl Johnson Javelin 31.11 8-13-98 Sami Bailty SK Racewalk 20-51 10.22-94 Richard Soller High Jump 1.25 6-1-98 Sk 10.29-94 10.89.49
Bruce Carison Discus 128-7 7.21-98 Path Deriver Shot Put 40-0 7.25-98 Bruce Carison 600 2.08.52 5.9-96 William Eisenhart Shot Put 37-8 1/2 611-94 De Wayne Schmidt 800 2:09.72 6-27-98 400 55.90 10-19-98 Michael Baird 800 2:09.72 6-27-98 Michael Harrington Discus 43.68 5-9-98 Michael Raird 200 25.90 6-7-98 Swayne McCauley Discus 124-31/2 9-11-98	Meilasaa Marated 10K 38.28 8-16-98 WE0_64 W35-39 Carrie Blakemore 5K 20:30 8-16-98 3K Racewalk 19.25 8-3-96 Carrie Blakemore 5K 20:30 8-16-98 1500 Racewalk 9:12.00 5-25-97
The All American tables have been changed to reflect current marks set by athletes all over the nation. To ne year until people have adjusted to the newer version. This was not done to make it more difficult for the	The changes were made by the All American Standards Committee; however, the old tables may be used 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	U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84
100 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 2:16 2:12 2:35 2:45 3:06 3:35 3:55 4:30	100 13.8 14.1 14.4 15.0 15.5 16.4 16.8 18.6 19.8 22.0 25.0 200 28.0 28.8 30.0 31.6 33.0 35.0 37.0 39.0 42.0 48.0 52.0 400 63.5 65.5 68.0 70.0 78.6 80.0 83.0 84.0 86.0 98.0 104.0 800 2:33 2:35 2:40 2:46 2:54 3:10 3:20 3:36 3:56 4:30 5:40
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	1500 5:10 5:20 5:30 5:40 6:00 6:20 6:45 7:30 8:00 8:50 10:10 Mile 5:40 5:50 6:10 6:30 6:50 7:00 7:40 8:10 8:50 9:40 10:45 5000 19:45 20:15 21:00 22:00 23:30 24:50 26:00 28:00 30:00 34:00 36:00
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	100H 17.2 18.2 80H 15.0 15.8 16.5 17.6 18.7 20.2 22.2 25.0 28.0 400H 75.0 79.0 84.0 88.0 16.5 17.6 18.7 20.2 22.2 25.0 28.0
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 9:30 10:30 12:00 14:00 16:30 19:30	300H 66.0 72.0 79.0 87.0 96.0 110.0 120.0 HJ 1.40 1.35 1.27 1.22 1.12 1.07 1.02 0.97 0.92 0.89 0.84 4-7 4-5% 4-2 4-0 3-8 3-6 3-4 3-2% 3-0% 2-11 2-9 PV 2.70 2.40 2.10 1.80 1.50 1.20 1.10 1.00 0.90 0.80 0.70
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 6-2½ 6-½ 5-9¼ 5-6 5-3 4-11 4-9 4-6 4-1¼ 3-9¼ 3-3¼ 2-7½ 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	8-10¼ 7-10½ 6-7 5-10¼ 4-11 3-11¼ 3-7¼ 3-3¼ 2-11½ 2-7½ 2-3½ LJ 4.60 4.42 4.04 3.81 3.40 3.20 3.10 2.60 2.30 2.10 1.50 15-1 14-6 13-3 12-6 11-1¼ 10-6 10-2 8-6¼ 7-6⅓ 6-10¼ 4-11 TJ 9.50 9.09 8.43 7.49 7.01 6.40 6.20 6.00 5.50 4.50 3.89
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 20-1/4 19-21/2 18-41/2 17-81/4 16-1 14-91/4 13-91/2 12-51/4 10-111/4 9-41/4 7-21/2 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	31-2 29-10 27-8 24-7 23-0 21-0 20-4'/ ₄ 19-8'/ ₄ 18-'/ ₂ 14-9 12-9 Shot 10.30 9.32 8.51 8.40 8.00 7.77 7.50 6.60 6.00 5.20 4.30 33-9'/ ₂ 30-7 27-11 27-8'/ ₄ 26-3 25-6 24-7'/ ₄ 21-8 19-8'/ ₄ 17-1'/ ₄ 14-1'/ ₄
43-3½ 41-4½ 37-8½ 35-5½ 34-1½ 31-2 29-2½ 26-11 22-10 21-4 19-6 18-1 Shot 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 37-8½ 36-1½ 29-6 26-3 19-8½ 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	Javelin 35.00 33.50 28.00 25.00 23.00 22.15 20.00 17.00 16.00 15.00 12.00 114-10 109-11 91-10 82-0 75-5', 72-8 65-7', 55-9', 52-6 49-2', 39-4', Discus 32.00 30.00 25.00 24.00 22.00 21.00 16.00 16.00 14.00 13.00 11.00 105-0 98-5 82-0 78-9 72.3', 69-0 59-3', 52-6 45-0 42-8 36-1',
147-0 140-5 129-7 123-0 137-9 134-6 137-9 127-11 111-6 98-5 72-2', 50-0 Hammer 47.24 44.20 40.00 39.00 36.00 36.00 32.00 30.00 24.00 20.00 17.07 155-0 145-0 131-3 127-11 118-1 105-0 98-5 78-9 65-7', 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	Hammer 35.00 32.50 30.00 25.00 23.00 22.00 21.00 18.00 14.00 12.00 9.00 114-10 106-7 98-5 82-0 75-5½ 72-2½ 68-0 59-½ 46-0 39-4½ 39-6½ 20#Wt. 10.00 9.00 8.00 7.01 59-2½ 59-½ 46-0 39-4½ 39-6½
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 49-2½ 45-11¼ 42-8 39-4½ 32-9½ 29-6½ 19-8¼ 16-5 13-1½ 9-10 25#Wt. 11.50 10.00 9.00 7.30 5.30 4.50	16#Wt. 8.00 7.01 6.00 5.54 5.18 5.00 2 4.75 26-3 23-0 19-8% 18-2 17-0 16-5 15-7 Sup.Wt. 6.50 6.00 5.50 5.00 5.25 5.00 4.75 4.50 4.00 3.50 3.00 21-4 19-8% 18-21% 16-5 17-2% 16-5 15-7 14-9% 13-1% 11-5% 9-10
37-6¼ 32-9¼ 29-6½ 23-11½ 17-4¼ 14-9¼ 56#Wt. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 3.00 2.50 2.00 31-2 29-6½ 27-10½ 26-5 19-8¼ 16-5 14-9 13-1½ 11-5¼ 9-10 8-2½ 6-6¼ Pent. 2800 2600	Wt.Pent. 2600 2500 2500 2800 2600 2600 2500 2500 2300 Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 33"; 40+: 30" 3) Shot put: 30-49: 44:: 50+: 3k
Decath. 5500 5250 5250 5000 5200 5000 4500 5000 4800 4200 3000 2500 Wt. Pent. 2800 2700 2800 3000 3000 3000 3000 2600 2700 3000 3000 Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 3000	4) Javelin: 30-49: 600gm; 50+: 400gm 5) Hammer: 30-49: 4k; 50+: 3k 6) Metric heights and distances are the standard; feet and inches listed for convenience. 7) Superweight: 30-49: 35-1b; 50+: 25-1b
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: 7.26k (16#); 50-59: 1.5kg; 60-e: 1.0kg 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k	APPLICATION FOR AN
7) Javelin: 30-59: 800g; 60+: 600g 8) Metric heights and distances are the standard; feet and inches listed for convenience. 9) Pen/Dec/WLPen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).	ALL-AMERICAN CERTIFICATE/PATCH
U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS WOMEN 1.5K Mile 3K 5K 8K 10K 15K 20K 25K 30K 40K 50K	NAMEAGE-GROUP
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	ADDRESSSEX: MF
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	CITYSTATEZIP MEETDATE OF MEET
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	MEETDATE OF MEET MEET SITE
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	EVENTMARK
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	HURDLE HEIGHTWEIGHT OF IMPLEMENT
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	CERTIFICATE PATCH PATCH TAG
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	1. If you have equaled or bettered the standard of excellence, please fill out this appli- cation, completely.
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	2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
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	3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
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	4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
Age-graded time/.8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).	Length wooks for a patch tag.

M75 -TRACK & FIELD RESULTS 1 Cumle Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information cur-2 Riccia rent, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2¹/₄" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date. W65 -1 Maloy, NOTICE: The National Masters News will no longer process results that are submitted handwritten. Age: 69 W70 -1 Valien NATIONAL Age: 73 **USATF** National Masters Weight Pentathlon Championships Citrus College, Azusa, CA; Sept. 5 Points HT SP DT JT WT Name M35 -29.59m 11.86m 37.05m 52.93m 10.75m 100m 1 Barba, Steve 97'01.00 38'11.00121'07.00173'08.00 35'03.25 M45 Dav Age: 36 2757 (344) (598) (605) (692) (518) M55 Pau M40 -M70 H N 60.05m 13.88m 39.84m 38.40m 20.31m 1 Jansson, Kenneth M75 Dor 197'00.00 45'06.50130'08.00126'00.00 66'07.75 W40 Irer 4094 (953) (772) (661) (521) (1187) S DNF 14.58m DNF DNF 47'10.00 Age: 40 W65 M / 2 Kerman, James DNF 400m M35 Rot Age: 40 817 (0) (817) (0) (0) (0) M50 Lar M45 -M55 Pau 1 Watson, Richard 39.27m 11.34m 33.74m 48.80m 13.17m M60 Joh 128'10.00 37'02.50110'08.00160'01.00 43'02.50 M70 H M 3523 (649) (691) (603) (789) (791) 40.97m 11.95m DNF DNF D Age: 46 W40 Iren DNF 2 Deller, Mike Mile 134'05.00 39'02.50 M30 Mi Age: 49 1418 (683) (735) (0) (0) (0) M35 Rol M50 -M45 Sta 1 Pataki, Ladislav 51.33m 15.92m 56.41m 41.17m 17.67m 168'05.00 52'02.75185'01.00135'01.00 57'11.75 M50 Do 4763 (905) (1040) (1099) (720) (999) ace 44.83m 13.49m 48.83m 41.49m 16.93m M70 Ho Age: 52 2 Hedendal, Bruce M75 Na 147'01.00 44'03.25160'02.00136'01.00 55'06.50 W30 Kel 4234 (771) (859) (926) (727) (951) is 35.72m 11.37m 36.79m 37.55m 14.23m Age: 50 W35 Lea 3 Jordan, Louis W40 Pat 11702.00 3703.7512008.0012302.00 4608.25 Short H Age: 53 3368 (584) (704) (658) (643) (779) 28.07m 11.17m 33.00m 30.94m 10. 92'01.00 36'07.75108'03.00101'06.00 36'00.75 M70 Bil 4 Smith, Dave 10.99m Long Ju M45 Joh 2770 (429) (689) (575) (503) (574) Age: 51 M70 Bil M55 -Triple J 46.07m 12.19m 50.12m 41.28m 17.09m 1 Higgins, Lloyd M35 Vo 151'02.00 40'00.00164'05.00135'05.00 56'01.00 Shot Pu 4713 (901) (866) (1086) (810) (1050) 31.28m 9.70m 35.43m 36.99m 11.21m Age: 57 W35 Ca 2 Nuttall, Dave 102'07.00 31'10.00116'03.00121'04.00 36'09.50 3298 (563) (663) (718) (709) (645) ike DNF DNF 41.57m DNF Age: 56 3 Woodward, Mike DNF 100m 136'05.00 M30 Jan Age: 55 870 (0) (0) (870) (0) (0) M40 Ma M60 -1 Smith, Hal 37.36m 14.69m 41.59m 34.49m 10.88m M45 AI 122'07.00 48'02 50136'05.00113'02.00 35'08.50 M50 Mil 3862 (713) (1094) (797) (660) (598) 38.16m 13.07m 42.37m 24.18m 14.00m Age: 62 M60 La 2 Hart, Jim M65 Ed 125'02.00 42'10.75139'00.00 79'04.00 45'11.25 M70 Joh Age: 62 3727 (731) (958) (815) (419) (804) W75 Ca 200m 1 Ward, Bob 45.92m 12.02m 44.29m 37.36m 15.99m M35 Co 150'08.00 39'05.25145'04.00122'07.00 52'05.50 M40 Ma 4832 (1030) (984) (978) (817) (1023) 41.49m 12.41m 44.23m 39.62m 15.39m Age: 65 M45 Wa 2 Olson, Len M60 La 136'01.00 40'08.75145'01.00130'00.00 50'06.00 M65 Ed 4769 (915) (1021) (977) (877) (979) Age: 67 M70 Joh 39.65m 11.56m 44.02m 29.13m 13.09m 130'01.00 37'11.25144'05.00 95'07.00 42'11.50 3 Hawke, Harry W75 Ca 4195 (867) (942) (971) (601) (814) 27.61m 10.98m 34.56m 33.30m 10.75m 400m Age: 69 4 Allison, Tom M40 Jef 90'07 00 36'00 25113'05 00109'03 00 35'03 25 M45 W 3528 (558) (887) (727) (710) (646) 30.56m 10.26m 35.10m 29.28m M50 D. Age: 68 4 Quinn, Reed 11.92m M55 Mi 100'03.00 33'08.00115'02.00 96'01.00 39'01.25 M60 La Age: 68 3528 (633) (820) (741) (605) (729) 800m M70 -M30 Jar 33.69m 13.88m 41.30m 29.64m 13.44m 1 Gaynor, Amie M35 W 110'06.00 45'06.50135'06.00 97'03.00 44'01.25 M40 Jo 4383 (707) (1155) (1024) (691) (806) 34.83m 12.69m 35.98m 33.59m 14.85m Age: 70 M45 Em 2 Brusca, Phil M50 D 11403.00 4107.7511800.0011002.00 4808.75 M55 He 4359 (736) (1043) (870) (805) (905) ND 13.62m 46.44m 34.41m 16.90m Age: 71 M60 To 3 Filip, Ladislav Mile 44'08.25152'04.00112'11.00 55'05.50 M30 Th (0) (1131) (1176) (829) (1048) 25.72m 11.42m 38.73m 25.30m 12.27m Age: 70 4184 M35 W 4 Hegberg, Don M40 Ma 84'04.00 37'05.75127'01.00 83'00.00 40'03.25 M45 Pa
 3671
 (505)
 (925)
 (949)
 (567)
 (725)

 29.09m
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 3907.75
 Age: 70 5 Wallace, Hal M50 Bo M60 To

3068 (590) (867) (899) (0) (712)

Age: 70

M75		A start of the liters	
		0.60m 29.03m 19.95	
		0 95'03.00 65'05.00 28'04 (61) (766) (472) (5	
		7.97m 24.20m 21.21	
		5 79 05.00 69 07.00 29 0	
Age: 78 2953 W65	(588) (6	89) (613) (511) (5	52)
	9.81m 4	.98m 10.24m 8.87m	7.51m
		5 33'07.00 29'01.00 24'0	
Age: 69 2027 W70	(524) (4	(4) (277) (269) (4)	84)
1 Valien, Johnnye 1	4.22m	6.43m 15.13m 16.61r	n 5.27m
46'08.0		5 49'08.00 54'06.00 17'0	
Age: 73 2684	(384) (7	(63) (526) (673) (3	38)
EAST		W35 Karen Vockrodt	8 35 20
	(terroritory)	3000m	
Syracuse Charge	rs	M30 Charles Brady	11:08.60
Summer Meet DeWitt, NY; July	20	M40 J Scarborough	12:42.10
100m	105.52	M45 Robert Platt	11:30.10
M45 David Jerome	13.7	High Jump M35 David Shorr	5-8
M55 Paul Stelmaszyk	13.5	M45 Randy Yohe	44
M70 H Mac Millan M75 Don Hanlon	15.3 19.1	M60 Don Beck	3-4
W40 Irene Thompson	13.6	Long Jump	
W65 M A Zeppetello	22.1	M30 James Barr	19
400m	STE Sea	M35 S Metcalfe M50 D J Bertagnole	17-10
M35 Robin Wheeless	58.5	M60 E Robert Premo	
M50 Larry Smith	1:11.0	W75 Carla Convery	
M55 Paul Stelmaszyk M60 John Hurley	1:02.5	Triple Jump	
M70 H Mac Millan	1:18.1	M35 S Metcalfe	37-2
W40 Irene Thompson	1:05.4	Shot Put	47 6 75
Mile		M30 James Barr M40 James Overby	42-6.75 33-3.50
M30 Michael Boni	4:58.5	M50 Victor Litwinsk	
M35 Robin Sheeless M45 Stan More	4:35.7 5:51.1	M60 Howard Cohen	
M45 Stan More M50 Don Robbins	6:45.2	M75 C Pistorino	32-3
M70 Howard Rubin	6:45.6	W45 Ann Mushatt	26-6
M75 Nate White	9:25.2	W75 B Kleinschmidt	17-8
W30 Kelly Wheeless	5:53.2	Discus M30 James Barr	114-7
W35 Leatha Damron	5:30.1	M40 Garry Crago	103-6
W40 Patti Ford Short Hurdles	5:25.9	M50 V Litwinski	78-8
M70 Bill Townsend	16.6	M55 N Johnson	116-6
Long Jump		M60 M Rademacher W35 T Shoemaker	
	2-9	W75 B Kleinschmidt	
	2-4.25	Javelin	2 power
Triple Jump M35 Vonden Sleight	29-6	M30 James Barr	166-3
Shot Put		M Rademacher	
W35 Cathy McKeever	27	M40 James Overby M50 V Litwinski	132-10 86-4
Potomac Valley TC	Meet	M60 E Robert Premo	
Alexandria, VA; Aug		Weight Throw	APLE A
100m	a state	M45 Randy Yohe	25-3
M30 James Barr	12.40	M50 V Litwinski W35 Karen Vockrod	35-6
M40 Matt Texier	12.30	W50 Carmela Miller	
M45 Al Logie M50 Mike McDaniel	12.20 12.30	3000m RW	100
M60 Larry Colbert	12.90	M50 V Litwinski	17:32.70
M65 Ed Abramic	15.10	M75 Meyer Mathis	27:31.60
M70 John O'Martin	16.00	Dartmouth Weigh	t Meets
W75 Carla Convery	23.20	Aug. 29 Hanover, N	
200m M35 Courtney Ferguson	25.20	Shot Put 16#	
M40 Matt Texier	25.70		45-2
M45 Wayne Harris	26.20		41-6 34-5
M60 Larry Colbert	25.50	Shot Put 6k	156 -
M65 Ed Abramic	31.50		50-2
M70 John O'Martin W75 Carla Convery	35.10 56.10		46-4 31-10
400m	50.10	Discus	17124
M40 Jeffrey Madison	55.00	Don Filkins 44 2k	115-1
M45 Wayne Harris	59.20	Packy Fusco 1.5k Hammer	111-2
M50 D J Bertagnoli	1:06.20	Carl Wallin 6k	145-1
M55 Mike Radov M60 Larry Colbert	57.70 57.70	Carmen Letizia 16#	99-6
800m		Sept. 12 Shot Put 16#	The second
M30 James Barr	3:09.30	Carl Wallin 56	45-6
M35 William Greene	2:10.40	Bob Mead 54	44-11.5
M40 Joe Varrone	2:11.60	Don Filkins 44	41-8.5
M45 Emeric Butler M50 D J Bertagnoli	2:13.60	Ed Clark 45 Carmen Letizia 45	40-8 36-4.5
M50 DJ Bertagnoli M55 Henry Sierka	2:22.70	Bob Cedrone 44	35-2
M60 Tom Kurihara	2:56.30	Shot Put 6k	FOFF
Mile	1	C Wallin B Mead	50-6.5 48-11.5
M30 Thomas Brooks	4:30.10	Discus	renter
M35 William Greene	4:47.00 4:45.70	B Mead 1.5k	144-4
M40 Mac Allen M45 Paul Ryan	4:45.70	D Filkins 2k E Clark 2k	116-11 112-3
M50 Bob Weiner	5:55.00	B Cedrone 2k	100-11
M60 Tom Kurihara	6:20.30	C Letizia 2k	89-5
M65 Jack McMahon	6:24.90	Hammer	and a second

National Masters News

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	B Mead 6k	16	3-11	1	W30 A
	D Filkins 16#	142	2-6		1 00 1
	B Cedrone 16#	128			W35 F
	Mike Grisko 51 16#				W40 S
		103	3-0		W45 L
	-Sept. 26-				W65 J
	Shot Put 16# Carl Wallin 56	44-	7		W70 L
			2.5		5
			8.75		W75 (
			1.5	4	m00
	and the second se		3.75	N	130 O
	Bob Cedrone 44 Shot Put 6k	36-	6.5		W
		50-	5		F
		49-		1	135 M
			1.5		R
			3.5	1	K
			10.25	N	140 A
	Packy Fusco 55 Discus	34-	3.5		B
	B Mead 1.5k	144	1-4	1 7	C
	D Filkins 2k	119	9-10	N	145 E
		114			D
	B Cecirone 2k C Letizia 2k	114	4-0 3-9	1.	L 150 R
1	Hammer	00	5-3	- í	D
1		170	0-5		155 N
1		159			D
	C Wallin 6k				G
1	B Cedrone 16# D Filkins 16#			1	M60 L
	Mike Grisko 51 16#				V
	C Letizia 16#		7-2		H
	Potomac Valley A		00		M65 D
	Masters Champion	nst	nips	1	M70 E
4	Alexandria, VA; Se	ept.	5-6	Ι.	V
	100m		1. 5 - 1		W40 li 800m
	M30 Orlando Harding				M30 V
	Francis Jones Jr			- 13	M35 N
	Thomas Lorenzo		13.15		1
	M35 Mitch Lovett		11.17		M40 I
	Ben McLeod Paul Boccard		11.85	2	1
	M40 K McDonnough		17 48		. (
	Paul Allen		12.64	6	M45 I
	James Banks	- 51	14.44		24
	James Banks M45 Lee Brian Al Logie	1-1-	12.23	8	M50
2	Al Logie	-	12.47	5	M55
					M60
	M50 Dennis Newton Michael McDani	1	12.75		M70
1	Michael McDani	el	12.78	2	W30
	John Cruden M60 Larry Colbert Walter Palmer		14.38		Mile
	Wolter Palmer		14.31	1	M30 1
Ē	Merritt Johnson		14.51	č I	F
	M65 Lawrence Greco			211	1
	David Gilbert		16.34		M35 \
	David Gilbert Don McCarten	20	17.28		5
	M70 Tom Delany		15.06		M40 E
1	William Bergen		15.75		M45 P J
	John Martin		16.24	Ι,	M50 P
	M85 Clarence Larton	1	31.51		R
	W40 Irene Thompson		13.92		M55 H
-	Stephanie Vega W45 Linda Savage		19.00		J
	W55 Susanne Magrog	an	20.41	1	M60 T
	W65 Jeannine Casey		18.63		J
	W70 Leonore McDani	els	17.82		M65 E
	Sue Barnes W75 Carla Convery		18.32		W30 P
			22.81		W35 P S
	200m		1	1.	W40 K
	M30 Orlando Harding		23.81 24.63		W60 T
	Francis Jones Jr M35 Paul Boccard		23.86		5000m
	Robert Harding		23.89		M30 J
	Shawn Jensen		28.05	1	M45 J
	M40 Ben James		23.07		ei J
	Archie Glaspy	Ser.	23.34		M50 P
1	Paul Allen		25.56		M65 J W30 S
	M45 Allogie	16.20	24.89	1	w 30 S
	Brian Lee Wayne Harris M50 Ron Shamwell		24.95		, N
	Wayne Harris	-F	20.04	1	W35 5
	M50 Ron Shamwell Wayne White		29 80		M40 K
	John Cruden		31.06		10,000
	M55 Glenn Schmehl	Left.	26.73	1	M30 C
	M60 Larry Colbert		26.48		M35 J
	Walter Palmer	2	30.15	1	M40 E
	Merritt Johnson	2.10	31.03		E Short
1	M65 James Stookey	-16	28.33		M40 J
	Walter Palmer Merritt Johnson M65 James Stookey Ed Abramic	de.	30.69		W45 I
	Lawrence Greco	1.6	33.23		M55 J
	M70 William Bergen Curran Tiffany John Martin	200	32.34	1	M65 J
	John Martin	+	35.60	1	M70 1
	M95 Everett Horsack	1	25.68	-	7-1
1		-	-	-	-

the second second	The statements
W30 Alethea Morris	26.37
Dawn Best	30.03
W35 Patricia Zerfas	35.97
W40 Stephanie Vega	30.03
W45 Linda Savage	39.61
W65 Jeannine Casey	41.86
W70 Leonore McDani	els 39.40
Sue Barnes	40.14
W75 Carla Converv	56.89
A ANTINE CONTRACTOR AND	50.07
400m	
M30 Orlando Harding	53.34
Windsor Jones	53.70
Francis Jones Jr	55.19
and Mark Lawrence	10.01
M35 Mitch Lovett	48.81
Robert Harding	53.18
Kevin Lendo	53.60
M40 Archie Glaspy	51.58
Ben James	51.58
Cyrus Roher	56.20
M45 Emeric Butler	56.86
Doc Savage	57.87
	59.15
Larry Isler	
M50 Ron Shamwell	1:04.20
D J Bertagnoli	1:10.59
M55 Mike Radov	57.37
D Meriwether	1:00.28
Glenn Schmehl	1:00.98
M60 Larry Colbert	59.57
Walter Palmer	1:07.31
Haig Bohagian	1:09.79
	1:27.82
	1:13.34
M70 Durran Tiffany	1.13.34
William Bergen	1:19.44
W40 Irene Thompson	1:03.96
800m	
M30 Windsor Jones	2:06.28
M35 Mitch Lovett	2:02.91
William Greene	2:13.26
M40 Dennis Coleman	2:07.52
Mac Allen	2:07.61
Curtis Davis	2:11.96
M45 Emeric Butler	2:17.83
Doc Savage	2:23.16
M50 Robert Weiner	2:36.24
M55 Jim Verdier	2:42.39
M60 Tom Kurihara	2:56.55
	3:02.70
Haig Bohagian	3:02.70
Haig Bohagian M70 Curran Tiffany	3:15.75
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner	
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile	3:15.75 3:04.56
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks	3:15.75 3:04.56 4:28.61
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz	3:15.75 3:04.56 4:28.61 5:00.47
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:24.08
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:50.02 5:50.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:00.2 5:00.2 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:00.2 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:44.08 5:48.93 7:11.86 6:57.10
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M65 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:44.08 5:44.93 7:11.86 6:57.10 6:52.08 6:03.31
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51
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Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70
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Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf 5000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein I0,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 18:55.0 17:46.4 25:47.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein I Jon00m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles M40 John Billingsley	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 17:46.4 25:47.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein U,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 17:46.4 25:47.8 21:58.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97 20.24
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein 10,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles M40 John Billingsley W45 Ivan Black	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 18:55.0 17:46.4 25:47.8 21:43.0 21:58.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97 20.24 21.10
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Ryan J J Wind M50 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein U,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles M40 John Billingsley W45 Ivan Black M55 Janes Stookey	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 18:55.0 17:46.4 25:47.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97 20.24 21.10 17:40
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein U30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein U30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein 10,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles M40 John Billingsley W45 Ivan Black M55 Janes Stookey M70 Tom Delany	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 18:55.0 17:46.4 25:47.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97 20.24 21.10 17.40 16:43
Haig Bohagian M70 Curran Tiffany W30 Monica Skinner Mile M30 Thomas Brooks Robert Udewitz Jeff Gelfand M35 William Greene Scott Cammer M40 Dennis Coleman M45 Paul Ryan J J Wind M50 Paul Ryan J J Wind M50 Paul Ryan J J Wind M50 Paul Zink Robert Weiner M55 Henry Sierka Jim Verdier M60 Tom Kurihara Joe Broderick M65 Don McCarten W30 Paula Swanson W35 Patricia Zerfas Susan Ross W40 Karen Lein W60 Tami Graf S000m M30 Jim Garser M45 J J Wind John Haberkern M50 Paul Zink M65 Jack McMahon W30 Susan Rizzieri Jennifer Lazio Monica Skinner W35 Susan Ross M40 Karen Lein U,000m M30 Clifford Tell M35 John Rusinko M40 Bob Briggs Dante Ciolfi Short Hurdles M40 John Billingsley W45 Ivan Black M55 Janes Stookey	3:15.75 3:04.56 4:28.61 5:00.47 5;13.58 4:52.17 5:12.53 5:50.02 5:05.02 5:12.98 5:11.38 5:27.89 5:20.64 5:44.08 5:48.93 7:11.86 6:57.10 6:52.08 6:03.31 7:40.51 6:18.70 7:28.33 16:35.2 17:56.0 18:55.0 17:46.4 25:47.8 21:43.0 21:58.8 25:47.9 25:50.1 22:41.4 55:01 36:58 35:14 37:22 17.97 20.24 21.10 17.40 16:43

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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 5-6 **Bill Brown** 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 Boccard 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 McDaniel 5.20 **Bill Walsh** 4.80 Wayne White 4.47 M55 Mike Valle 3.98 3.90 M60 Taylor Goode **B** Lewandowski 2.68 M65 James Stookey 4.38 David Gilbert 3.72 2.09 Robert Leishear M70 Tom Delany 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 3.47 W70 Leonore McDaniels W75 Carla Convery 1.81 **Triple Jump** M35 Ralph Mitton 12.80 Kevin Lendo 12.72 11.22 Robert Harding 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 Delany 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 15.53 Warren Taylor 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

Jack Hoopenstein

Richard Fox

11 63

10.53

8.67

		-
M60	William Eisenhart	12.11
1.100	Ezzat Pashai	11.06
	William Smith	10.53
M65	Robert Leishear	7.04
	Don Reid	9.73
MIO		
11/76	William Bergen	9.07 9.84
	Charles Pistorino	
M80	Charles Irwin	7.37
P.C.P	Bob Detweiler	5.17
M85	Clarence Larson	4.85
W40	Julie Smith Susanne Magrogan	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
Discu	the second s	
	Daemon Dartouzos	37.61
MISO	James Barr	35.36
1175		
M35	Glenn Thompson	50.52
	Warren Taylor	49.40
M40	Chris Brevig	35.20
Nº FA	Steve Carcaterra	34.36
23/2	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	
MEE		
MOD	Michael Harrington	
	Mike Valle	40.12
1465	Norris Wright	35.94
M60	William Smith	43.07
1.20	William Eisenhart	41.35
	Ezzat Pashai	37.80
M65	Robert Leishear	25.62
		30.12
		29.13
		24.60
		12.82
1 4	Bob Detweiler	
M85	Clarence Larson	13.15
W40	Julie Smith	14.17
W45	Ann Marie Mushatt	20.58
W55	Susanne Margrogan	15.12
W60	Evelyn Wright	25.63
W65	Sharon Good	10.92
W70	Jimmie Reid	12.81
	Mary Lathram	7.70
Ham	and the second second second second	
	Mike Bersh	45.81
M40	Peter Collins	36.53
1200	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
	Bob Detweiler	15.03
	Julie Smith	23.83
W55	00	18.15
	Evelyn Wright	25.62
Jave		
M30	Bob Luciano	56.97
14130		
hate	Daemon Dartouzos	42.44
M30	Daemon Dartouzos Gary Sutton	42.44 42.58
M40	Daemon Dartouzos Gary Sutton Chris Brevig	42.44 42.58 38.01
M40 M45	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley	42.44 42.58
M40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White	42.44 42.58 38.01
M40 M45	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley	42.44 42.58 38.01 31.91
M40 M45	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White	42.44 42.58 38.01 31.91 54.14
M40 M45	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner	42.44 42.58 38.01 31.91 54.14 46.58
M40 M45 M50	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner	42.44 42.58 38.01 31.91 54.14 46.58 34.84
M40 M45 M50	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44
M40 M45 M50 M55	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25
M40 M45 M50	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75
M40 M45 M50 M55	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04
M40 M45 M50 M55 M60	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05
M40 M45 M50 M55 M60 M65	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30
M40 M45 M50 M55 M60 M65 M75	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 46.75 43.04 22.05 24.30 30.88
M40 M45 M50 M55 M60 M65	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81
M40 M45 M50 M55 M60 M65 M75 M80	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 43.04 42.05 24.30 30.88 18.81 9.56
M40 M45 M50 M55 M60 M63 M75 M80 M83	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81 9.56 11.74
M40 M45 M50 M55 M60 M63 M75 M80 M83 W40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81 9.56 11.74 18.11
M40 M45 M50 M55 M60 M65 M65 M60 M65 M80 M80 W40 W40 W50	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01
M40 M455 M50 M655 M60 M655 M60 M655 M80 M80 W40 W50 W40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 40.44 40.44 40.44 40.44 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61
M40 M455 M50 M655 M60 M655 M60 M655 M80 M80 W40 W50 W40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 40.44 40.44 40.44 40.44 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61
M40 M455 M50 M655 M60 M655 M60 M655 M80 M855 W40 W50 W60 W50 W60 W50	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller Evelyn Wright Jimmie Reid	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01
M40 M455 M50 M555 M60 M655 M50 M60 M655 M80 W50 W50 W50 W50 W77 W71	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller D Evelyn Wright J Jimmie Reid S Carla Convery	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 40.44 40.44 40.44 40.44 40.44 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61 12.35
M40 M455 M50 M60 M655 M80 M60 W50 W60 W50 W77 Wei	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller Evelyn Wright J Jimmie Reid Carla Convery ight Throw	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 40.44 40.44 40.44 40.44 40.44 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61 12.35
M40 M45 M50 M55 M60 M65 M75 M80 M83 W40 W50 W60 W77 Wei M40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller Evelyn Wright Jimmie Reid S Carla Convery Ight Throw	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 43.04 42.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61 12.35 11.11
M40 M45 M50 M55 M60 M65 M75 M80 M83 W40 W50 W60 W77 Wei M40	Daemon Dartouzos Gary Sutton Chris Brevig John Priestley Russ White Bill Walsh J Bookin-Weiner George Reynolds John Lang John Sloan Ezzat Pashai William Eisenhart Joe Broderick Robert Seishear Charles Pistorino Charles Irwin Bob Detweiler Clarence Larson Keg Good Carmela Miller Evelyn Wright J Jimmie Reid Carla Convery ight Throw	42.44 42.58 38.01 31.91 54.14 46.58 34.84 48.64 40.44 37.25 46.75 43.04 22.05 24.30 30.88 18.81 9.56 11.74 18.11 32.01 24.61 12.35 11.11 12.35

M50		
	J Bookin-Weiner	10.87
	Anatoli Welihozki	y 10.42
M55	Bill Walsh Mike Valle	10.20 10.45
	Norris Wright	7.55
M60	Richard Fox Ezzat Pashai	6.28 9.43
	Otis Moran	9.56
	Robert Leishear	8.31
M70 M80	Don Reid Bob Detweiler	7.39 4.07
¥40	Bob Detweiler Julie Smith	7.19
N55	Susanne Magrogar Evelyn Wright	n 6.89 9.30
	Jimmie Reid	5.75
Veig	ht Pentathlon	1.3 TEX
M40 M45	Chris Brevig John Preistley	2606 2780
	Bill Walsh	3666
	J Bookin-Weiner	3601
455	Anatoli Welihozki Mike Valle	y 3147 3902
	Richard Fox	2293
465	Robert Leishear	2351
480 V60	Bob Detweiler Evelyn Wright	1582 3531
lile	RW	19 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
150		8:50.8
	John Gersh Robert Weiner	9:01.6
155	Dick Jirousek	8:45.4
170	Charles Boyle	10:58.0
	Meyer Mathis Keg Good	14:36.5 10:13.2
165	M A Stookey	12:10.7
	M A Cusack	12:44.9
	n RW Alan Price	16:25.51
	John Gersh	18:14.80
475		18:22.16
V30	Meyer Mathis Carol Messam	27.51.56 24:30.56
V80	Mary Lathram	26:25.95
000	m RW (hand-timed	
145	Jim Goldstein Alan Price	30:14.8 28:58.7
	Victor Litwinski	30:19.1
155	John Gersh Ronald Shields	33:21.0 29:21.0
	Diale Linguage	20.167
170	Larry Freeman	33:55.6
110	Jack Starr Terry Hamilton	30:53.0 40:27.7
N70		
V80	Mary Lathram	
¥80	Mary Lathram Om RW (hand-time	ed)
₩80 0,00 455	Mary Lathram Om RW (hand-time Ronald Shields	ed) 1:01:14
W80 0,00 455 470 5,00	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time	ed) 1:01:14 1:03.50 ed)
V80 0,00 455 470 5,00 435	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time	ed) 1:01:14 1:03.50 ed)
W80 0,00 455 470 5,00 435 440	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21
W80 0,00 455 470 5,00 435 440	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21
W80 0,00 455 470 5,00 435 440 455 W30	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager Larry Freeman M Cunningham	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21 1:46.07 1:31.21
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V80 0,00 455 470 5,00 435 440 455 V30 Gran 50m	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager Larry Freeman M Cunningham M Cunningham M Estate Senior (aconia, NH; Sept	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21 1:14.21 1:46.07 1:31.21 Games . 25
V80 0,00 455 470 5,00 435 440 455 V30 Gran 50m	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager Larry Freeman M Cunningham M Cunningham M Cunningham M Cunningham M Cunningham M Cunningham M Cunningham M Cunningham	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21 1:14.21 1:46.07 1:31.21 Games .25 7.0 7.1
W80 0,00 M55 M70 5,00 M35 M40 M55 W30 Gran L 50m M50	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager Larry Freeman M Cunningham M Cunningham M Cunningham M Cunningham M Cunningham Bite State Senior (aconia, NH; Sept Warren Graff Bruce Nunziata Vic Plantanie	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:14.21 1:14.21 1:46.07 1:31.21 Games .25 7.0 7.1 8.0
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W80 0,000 M55 M70 5,000 M35 M40 M55 W30 Gran L 550m M55 M60 M65 M70 M75	Mary Lathram Om RW (hand-time Ronald Shields Jack Starr Om RW (hand-time Tim Good Steve Pecinovsky Warrick Yeager Larry Freeman M Cunningham M Cun	ed) 1:01:14 1:03.50 ed) 1:37.05 1:14.21 1:31.21 3.25 7.0 7.1 8.9 7.5 7.9 7.9 8.0 8.2 9.0 8.2 9.0 8.3
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M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.8 6:02.3 6:09.9	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships D AG Pts 364
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill ot Throw onships D <u>AG Pts</u> 364 8/15.38)
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:19.8 6:19.4 6:19.8 6:02.3 6:09.9 6:33.7 6:50.8 6:59.1 7:23.7	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigt Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships D AG Pts 364 3/15.38) 343
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champio Catonsille, MI <u>HT/SP/DT/JT/WT</u> Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships D AG Pts 364 3/15.38) 343
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill at Throw onships O A <u>G Pts</u> 364 3/15.38) 343 3/13.84) 283
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:19.4 6:19.4 6:19.8 6:02.3 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.03 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill nt Throw onships 0 <u>AG Pts</u> 364 8/15.38) 343 3/13.84) 283 7/12.93) 280
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.8 6:02.3 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:49.6	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill nt Throw onships C "Bill nt Throw O Throw
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W55 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M55 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 George Freeman M70 Horst Langer	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:52.3 10:51.8	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/13.84) 283 3/13.84) 280 0/F) 268
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:52.3 10:51.8	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.09 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill th Throw onships D AG Pts 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 8/15.38) 364 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 364 377 377 364 377 377 377 377 377 377 377 377 377 37
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 Goorge Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:52.3 10:51.8	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigt Pentathlon Champio Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.21 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships C "Bill th Throw onships C "Bill th Throw onships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/13.84) 283 3/12.93) 280 0/F) 268 2/8.30) 265
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.2 10:51.8 11:22.4 15-7.5 14-3.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champio Catonsille, MI <u>HT/SP/DT/JT/WT</u> Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill throw bootships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/12.93) 280 0/F) 265 8.63)
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W55 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M55 Jim Lynch Bob Davidson David Rider M70 Rust Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.0 09:45.4 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigt Pentathlon Champio Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.21 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships O AG Pts 364 3/15.38) 248 3/12.93) 280 0/F) 268 2/8.30) 265 8.63) 258
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.2 10:51.8 11:22.4 15-7.5 14-3.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87) Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82) Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill th Throw onships D AG Pts 364 8/15.38) 343 8/13.84) 283 7/12.93) 280 0/F) 265 8.63) 258 7.98) 257
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:2.3 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.2 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 11-5.5 8-6.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill at Throw poships C "Bill at Throw poships C "Bill at Throw poships 343 3/13.84) 283 7/12.93) 280 0/F) 268 28.03) 265 8.63) 258 7.98) 257/ 9.32)
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:49.6 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.0 11-5.5 8-6.5 13-4.0	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill throw onships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/13.84) 283 3/12.93) 280 0/F) 265 8.63) 258 7.98) 257 9.32) 242(2)
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:2.3 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.2 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 11-5.5 8-6.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.337.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 288 2/8.30) 265 8.63) 258 7.98) 258 7.98) 257 9.32) 242(10)
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M55 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.8 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.8 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.5 8-6.5 13-4.0 12-9.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigf Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u> Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u> Pentathlon Champic (40.86/12.38/48.40/27.09 (40.86/12.38/48.40/27.09 Lew Overbeck (63) (31.72/11.23/39.70/28.21 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.99 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/ Dick Fox (57)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill th Throw onships AG Pts 364 3/15.38) 343 3/13.84) 283 7/12.93) 280 0/F) 268 278.30) 268 278.30) 268 27.98) 257 9.32) 2421 10.10) 2266
M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan David Rider	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:29.7 6:50.8 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:49.6 10:32.3 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.0 12-9.5 12-9.5 12-9.5	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/ Dick Fox (57) (24.02/8.25/24.39/25.88/ Charles McGarvey (75)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill ot Throw onships D AG Pts 364 8/15.38) 364 8/13.84) 283 7/12.93) 280 0/F) 265 8.63) 257 9.32) 242(10.10) 2265 7.93) 2242(
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan David Rider Bill Clew M70 frank Brako</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:2.3 6:2.3 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.8 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.5 8-6.5 13-5.0 12-9.5 12-9	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.22 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/ Dick Fox (57) (24.02/8.25/24.39/25.88/ Charles McGarvey (75) (16.71/7.83/23.11/23.30/	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill ot Throw onships D AG Pts 364 8/15.38) 364 8/13.84) 283 7/12.93) 280 0/F) 265 8.63) 257 9.32) 242(10.10) 2265 7.93) 2242(
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Russ Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan David Rider Bill Clew M70 frank Brako Horst Langer</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:29.7 6:50.8 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.0 09:45.4 10:52.3 10:51.8 11:22.4 15-7.5 13-5.0 12-5.0 13-5.0 12-9.5 12-2.5 11-9.0 09-11	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.337.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/ Dick Fox (57) (24.02/8.25/24.39/25.88/ Charles McGarvey (75) (16.71/7.83/23.11/23.30/ Gary Sutton (44)	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill th Throw onships D AG Pts 364 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 2/12.93) 265 8.63) 258 7.98) 258 7.98) 258 7.98) 258 7.98) 257 9.32) 242 10.10) 224 8.41) 215
<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rus3 Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan David Rider Bill Clew M70 frank Brako H075 Joe Sciaraffa</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:19.4 6:19.4 6:2.3 6:2.3 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:50.8 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.5 8-6.5 13-5.0 12-9.5 12-9	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigh Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.08 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.66/ Dick Fox (57) (24.02/8.25/24.39/25.88/ Charles McGarvey (75) (16.71/7.83/23.11/23.10/ (20.59/9.28/30.02/38.90/	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 7C "Bill th Throw onships D AG Pts 364 8/15.38) 343 8/13.84) 283 7/12.93) 280 0/F) 265 8.63) 257 9.32) 242(10.10) 2265 7.98) 2577 9.32) 242(10.10) 2264 7.93) 2242 8.41) 215 8.83)
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<pre>M70 Russ Stanton Horst Langer M75 A Messenger W55 Donna Maki Sheila McKenna Priss Hertzler W65 Betsy Hall 1500m M50 Doug Hawkland David Narlee M60 Charles Hudson Bernie Murray J Levasseur M65 Jim Lynch Bob Davidson David Rider M70 Rus3 Stanton M75 A Messenger W55 Donna Maki Sheila McKenna W65 Betsy Hall 1500m Walk M50 Larry Flint M60 Spenc Parrish Larry McIntosh M65 George Freeman M70 Horst Langer Stuart Corning Long Jump M50 Darryl Decker Doug Hawkland Buzz Gagne M55 Chet Stokloza Bill Crabtree Dave Rosenthal M60 Bob McGrath Joel Stinson Dwight Conklin M65 James Duncan David Rider Bill Clew M70 frank Brako Horst Langer M75 Joe Sciaraffa Vern Mattson M85 Alex Murphy W55 Priss Hertzler</pre>	3:08.8 3:57.4 2:55.4 3:30.9 3:33.7 3:45.0 3:32.4 5:08.9 5:20.7 6:13.8 6:19.4 6:19.4 6:02.3 6:09.9 6:33.7 6:50.8 6:34.1 6:59.1 7:23.7 7:13.0 10:50.0 09:45.4 10:49.6 10:32.3 10:51.8 11:22.4 15-7.5 14-3.5 13-5.0 12-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-5.0 13-5.0 12-9.5 13-6.5 13-6.5 13-6.5 13-6.5 13-6.5 13-7.0 12-9.5 12-2.5 10-6.5 11.0 06-9.5 06-1.0 06-9.5 08-10 08-10 08-10 08-10 08-10 08-10 00-15 00-	Priss Hertzler W60 Joan Youngs W65 Dorothy Bemis Marcia Crooks Brigette Langer W70 V. O'Connor Ann McGowan W75 J. Berlepsch Maryland Masters T Jimeson-SAA" Weigf Pentathlon Champic Catonsille, MI <u>HT/SP/DT/JT/WT</u>) Terry Schuman (52) (40.86/12.38/48.40/27.02 Lew Overbeck (63) (31.72/11.23/39.70/28.23 Bill Gainey (50) (24.79/12.20/31.25/29.87 Bill Walsh (52) (38.67/11.84/36.28/43.90 Gerald Snyder (62) (22.70/11.22/34.84/24.82 Bob Leishear (68) (25.33/7.52/29.30/25.44/ Bruce Leaman (55) (21.28/9.86/32.93/27.72/ Bill Bergen (70) (23.23/8.25/27.23/17.92/ Art Harris (70) (19.34/8.00/23.67/18.86/ Dick Fox (57) (24.02/8.25/24.39/25.88/ Charles McGarvey (75) (16.71/7.83/23.11/23.30/ Gary Sutton (44) (20.59/9.28/30.02/38.90// Bob Detweiler (84) (14.31/5.14/13.97/9.24/6.	36-6 64-3 54-3 51-4.5 30-10 40-4 39-3 45-3 C "Bill throw onships AG Pts 364 3/15.38) 3/43 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 3/13.84) 283 279 280 0/F) 265 8.63) 258 7.98) 265 8.63) 257 9.32) 242 10.10) 2265 8.63) 257 9.32) 242 10.10) 225 8.83) 257 9.32) 242 10.10 265 8.83 257 9.32) 242 10.10 265 8.83 257 9.32 242 10.10 265 8.83 257 9.32 258 7.93 242 10.10 226 8.83 258 7.93 258 7.93 242 10.10 265 8.83 258 7.93 258 7.93 265 8.83 258 7.93 265 8.83 258 7.93 265 8.83 265 8.83 257 9.32 265 8.83 257 9.32 265 8.83 257 9.32 265 8.83 257 9.32 265 8.83 257 9.32 258 257 9.32 258 257 9.32 258 257 9.32 258 257 9.32 258 257 9.32 258 258 258 258 258 258 258 258 258 25
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(8.70/4.99/12.25/13.89/5.19)

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3020

998

Jacksonville TC Summer Classic Jacksonville, FL; July 25

50m	
M40 John Robert	6.2
M45 Cleve Smith	6.2
M50 Eric Hill	7.1
M55 Marion Harriso	on 6.7
W45 Joan Truchelut	9.7
100m	
M30 Roger Bly	11.0
M35 Maurice Taylor	11.19
M40 John Roberts	11.6
M45 Cleve Smith	11.50
M50 Eric Hill	13.40
M55 Marion Harriso	n 12.34
W45 Susan Hill	17.80
W65 Betty Sjogren	21.40
200m	
M30 Kerry Jackson	26.1
M35 Harold Pierce	23.5
M35 Harold Pierce M40 Kevin Marbury	
M50 Eric Hill	28.1
M55 Lionel Bonck	29.0
W45 Susan Hill	38.4
400m	30.4
M30 Kerry Jackson	56 5
Print and in the second second second	56.5
M35 Dan Poor	1:00.3
M40 N McPherson	1:01.1
M50 Gary Deere	1:25.7
M55 Lionel bonck	1:04.3
M65 Ted Sjogren	1:20.3
W45 Susan Hill	1:31.0
W65 Betty Sjogren	2:13.0
Mile	N. 2. 120
M30 Gary Williams	5:10
M40 Tony Barlow	5:06
M45 Eugene Truchel	ut 6:12
M50 Eric Hill	6:42
2 Mile	a grant a
M40 Tony Barlow	11:20
Pole Vault	
M45 Pat Crandall	10-6
Long Jump	DUNISUISC
M40 Kevin Marbury M45 Cleve Smith	15-3
M45 Cleve Smith	18-9
M50 Eric Hill M65 Ted Sjogren	15-10
M65 Ted Sjogren	10-8
W45 Claudia Ross	8
Shot Put (8#)	
W45 Susan Hill	16-7.75
W65 Betty Sjogren	14-11.50
Shot Put (12#)	
M50 Kent Hann	34-9
M55 James Warren	35-9.50
Shot Put (16#)	
M40 Booker T Harris	38-3.50
Javelin	
M40 Mike Brown	199-9
M50 Kent Hann	91
M65 Ted Sjogren	89
	an all calle
SOUTHW	EST
Waterloo Rela	
Round Rock, TX;	
Hound Hour, IA,	

Invit

1 Ka

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16 M

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M40

W45

	Waterloo Relays	
	und Rock, TX; Se	pt. 12
100n		
M35	Fred Porter	11.7
	Van Eisenbach	13.3
M40	Monzell Baker	11.9
	Wylie Turner	12.0
M45	Willard Thompson	12.1
	Paul Blakenship	12.9
M55	Tom Fisher	13.1
	Ben Nowotny	15.4
M60	Roy Eisenbach	14.8
200 п	Larris E.	
M35	Robert Williams	23.9
M40	Wylie Turner	24.5
	Ron Boleware	24.6
M45	Willard Thompson	23.9
	Paul Blakenship	27.3
M55	Tom Fisher	27.2
and a	Gerald Roy	28.8
M60	Roy Eisenbach	31.0
400m	No. of the second second	
M35	Rodrick Hurst	54.5
	Van Eisenbach	1:03.1
	Brian Sullivan	1:04.8
M55	Tom Fisher	1:00.1
	Gerald Roy	1:06.0
	Continued on r	ext page

National Masters News

page 29

ill's

November 177	0	Carlos an
Continued from previ	ous page	Tim
800m	E water	Dan
M45 Michael Jenkins	3:07.0 3:44.0	M55 Die
M50 Bobby Clemons W35 Cynthia Syas	3:07.6	Bob
1500m	STATE THERE	M60 Dic
M45 Michael Jenkins		Rog
Norman Kohn M55 Gerald Roy	7:09.2 5:12.6	Pau M65 Pau
W35 Cynthia Syas	6:25.7	Was Wa
W40 Deb Hoeppner	8:25.5	M70 Jim
Short Hurdles M35 Jeff Brower	18.3	Joc M75 Cla
Long Hurdles	10.5	Ray
M35 Jeff Brower	44.6	Buk
4x100m Relay M40 Team Dallas	46.5	M80 Cla
(Jefferson/Thon		M85 Ber W50 Lor
Boleware/Turne	· · · · · · · · · · · · · · · · · · ·	Kat
High Jump M35 Jeff Brower	5-6	Ma
M50 Brian Sullivan		W65 Ma W70 Ma
Long Jump		W75 Ger
M35 Robert William Fred Porter	s 18-1 16-8	100m
M40 Monzell Baker		M50 Star
' Triple Jump	most start.	Dal
M40 Monzell Baker	43-11	Jose M55 Die
WEST		Cha
Santa Barbara Fies	ta Beach	Gar
Pole Vault Champi	ionships	M60 Har Dic
Santa Barbara, CA	; July 25	No
Invitational Men 1 Jeff Dutoit	1775	M65 Do
3 Anthony Curran 39		Pau Gil
Invitational Women 1 Karina Elstrom	12-0	M70 Jim
6 Sue Dimarco 35	11-0	Joc
Open/College Men 1 Creed Stary	16-0	M75 Ray
2 Billy Halverson 41	16-0	Bul B P
16 Mike Hogan 44	14-0	M80 Cor
18 Greg Ronlov 32 Masters Men	13-6	Alf
1 Ken Wilson 33	14-0	Lel
		M85 Rer
2 Joe Utzurum 33	13-6	M85 Ber W50 Lor
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52	13-6 13-0 13-0	W50 Lor Jan
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45	13-6 13-0 13-0 13-0 13-0	W50 Lor Jan W55 Kat
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50	13-6 13-0 13-0 13-0 12-6 12-6	W50 Lor Jan W55 Kat Ma
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54	13-6 13-0 13-0 13-0 13-0 12-6	W50 Lor Jan W55 Kai Ma M W65 Ma
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50 8 Tim Knappen 48 Kennedy Couga	13-6 13-0 13-0 13-0 12-6 12-6 12-0	W50 Lor Jan W55 Kat Ma M W65 Ma Ber
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Hegtar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA;	13-6 13-0 13-0 13-0 12-6 12-6 12-0	W50 Lor Jan W55 Kai Ma M W65 Ma
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco	13-6 13-0 13-0 13-0 12-6 12-6 12-0 rr Meet ; Aug. 8	W50 Lor Jan W55 Kai Ma M W65 Ma Ber W70 Joh
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco W45 Barbara Doudy	13-6 13-0 13-0 13-0 12-6 12-6 12-0 rr Meet ; Aug. 8	W50 Lor Jan W55 Kai Ma W65 Ma Bei W70 Joh Ma W75 Gei NMN 10
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco	13-6 13-0 13-0 13-0 12-6 12-6 12-0 rr Meet ; Aug. 8	W50 Lor Jan W55 Kai Ma W65 Ma Bei W70 Joh Ma W75 Gei NMN 10 M60 Hai
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Hegiar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco W45 Barbara Doudy 400m M35 Rob S ark M40 Davić Melko	13-6 13-0 13-0 13-0 12-6 12-6 12-0 r Meet Aug. 8 32.5 37.4 1.04 1.12	W50 Lor Jan W55 Kai Ma W65 Ma Bei W70 Joh Ma W75 Gei NMN 10
2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Heglar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco W45 Barbara Doudy 400m M35 Rob S ark M40 Davić Melko M45 Steve -fall	13-6 13-0 13-0 13-0 12-6 12-6 12-0 r Meet Aug. 8 32.5 37.4 1:04	W50 Lor Jan W55 Kat Ma M W65 Ma Ber W70 Joh Ma W75 Get NMN 10 M60 Hat M65 Do M70 Jim M85 Ber
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2 Joe Utzurum 33 3 Dan Borrey 52 4 Wayne Lambert 52 Doug Sparks 45 6 Mike Morris 54 Paul Hegiar 50 8 Tim Knappen 48 Kennedy Couga Sacramento, CA; 200m M40 David Melco W45 Barbara Doudy 400m M35 Rob S ark M40 David Melko M45 Steve fall 1600m M45 Rob ark M40 Davi Melko	13-6 13-0 13-0 12-6 12-6 12-6 12-0 r Meet Aug. 8 32.5 37.4 1.04 1.12 1.03 5.10 6.33	W50 Lor Jan W55 Kau Ma W65 Ma Ber W70 Joh W70 Joh M60 Hau M65 Do M70 Jim M85 Ber M75 Ray W70 Joh
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Jefferson	2:41.81		0-10.50
in Jung	3:26.18		9-11
elby Farber	2:47.00 3:20.10		0-9.75
linton	3:25.88		0-2.50
lrick	4:00.00	W50 Lorraine Tucker 1	3-10.50
Jackson	4.14.61		2-1.50
Boller	5:38.50		0-6.75
tte Day	5:04.05	W70 Johnnye Valien 1 Shot Put	0-3.75
Zimmer	6:29.89 3:13.63		1-5.75
lyn Ongley McMaster	4:11.99		7-3.25
Martin	3:45.65		6-2.75
orie Lawson	4:20.93		25-7.50 ·
	arb.		2-3.50
k Rusnell	5:57.15		40-4.25
ot Winkler urd Miller	5:51.78		7-6.75 4-5.25
Garsh	5:58.80 6:03.29		3-5.75
ny Lys	5:24.82		27-9
Erik Nilsso	n 5:32.73		0-10.25
Grubbs	6:16.34		5-8.25
rt Culling	5:40.80		6-8.75 8-5
an Jung r Martin	6:40.67 7:09.48		0-10.75
elby	5:52.43		0-3.50
Farber	6:50.34		6-8.75
linton	6:53.85		27-3.50
ent Malizia	8:04.16		3-7.75
y Parinello Martin	6:35.38 7:23.21		0-11.25
rie Lawson			8-8.50
Davidson	8:08.53	-	3-9.50
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rd Jones	11:54.18	Discus	1
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Martin	15:35.15	Gernot Winkler	51-9
	16:35.10	M60 Ben McGrady	131-11
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ill Webb	10:06.71	Dave Moss	82-2
Martin	10:36.07	K Owens	79-3
lby	9:57.15	M70 Arnie Gaynor	136-5
r Atcheson	10:56.39	Harold Wallace	132-1
Hallin Martin	15:42.78 11.58.84	Don Hegbert M75 John Rafto	129-4 88-3
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Webster	21.35	Ben Sisti	77-8
Martin	24.68	M80 Leland McPhie	67-3
forrow	20.37	Clarence Trahan	64
les	1.15.22	M90 W McFadden	43-2
Webster rd Miller	1:15.33	W50 Lorraine Tucker Ingrid Mancini	86-5 66-4
kpatrick	46.68	W55 Patricia Hunter	63-3
eahen	54.24	W75 Adele McCormick	41-1
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e Rader	5-10	James McEvoy	110-10
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Chase	4	Edward Perry	98-10

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Morton Pastor	54-2
M70 Amie Gavnor	104-6
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M80 Jerry Siefert	77
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W55 Patricia Hunter	69-5
W60 Gerry Martin	72-10
W75 A McCormick	62-6
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M60 Leon Glazman	9:24.77 9:54.56
Gates Ingram 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	
W60 Yvonne Weber	10:53.32
Patsy Sapra	11:20.35
Judith Piper W65 Patti Kennedy	12.27.10
Dorothea Pattee	15:10.51
W75 Deborah Haimo	
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 W65 Betty Cleveland	45:12.20 35:06.51
Patti Kennedy	40:42.80
W75 Mary Rice	45.38.93
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Shot Put M30 Craig Murray M45 Richard Watson Gary Kelmenson M50 Ladislav PatakiA (55-7.25/Gage/1994) Clay Larson M60 Gary Dawson M70 Ladislav Filip W (46-1.25/Elio/1985) Discus M40 James Harness M45 Richard Watson Gary Kelmenson	35-7 36-11.5 33-5.5 R56-3.25 54-9.5 21-6.5 /R47-5 116-2 114-6 101-3
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Ser Sa	ub West Masters M nior Gold Coast Ga nta Barbara, CA; O	mes
50m		
M35		6.35
M40		6.63
	Ed Brown	6.69
-	John Arbogast	7.55
M45		7.37
M50		6.96
	Dale Herring	6.98
	Sheridon Groves	7.05
M55	Emil Pawlik	7.06
	Dan Durante	7.10
	Juan Bustamante	7.44
M60	Roger Tsuda	7.37
1.0	Maynard Morris	7.77
M65	Don Cheek	7.46
1.2.	Ben Rivera	7.53
	Sam Flory	7.65
M70		7.92
	Bill Ayres	8.68
-	Thomas Miller	8.75
M75		8.50
	Peter McDonough	9.66
M80	Al Guidet	8.80
	Clarence Trahan	9.40
	Clarence Killian	9.44
W35		6.92
11/10	Elaine Iba	7.32 7.56
W40		
	Kathryn Herring	8.78
IVER	Debbie Selby	8.98 7.81
W50	Avril Naylor Nancy Nevin	9.84
W55	Karen Huff	9.84
W55 W60		9.73
WOU	Fei-Mei Chou	10.76
W65		9.05
105	Louise Martin	12.03
	Mary Boyd	13.97
W70		9.85
w /0	Marjorie Lawson	10.13
W75		11.83
100		11.05
	Jeff LeMoine	12.33
M35		13.26
M40		11.84
	Ron Walker	11.89
	Darroll Reed	14.06
M45	Steve Klock	12.65
	Stephen Biersmith	13.36
	John Hawkins	13.55
M50	Stan Whitley	12.04
	Dale Herring	12.51
	David Naylor	12.67
M55		12.77
	Emil Pawlik	12.94
	Juan Bustamante	14.22
M60		12.69
-	Frank Hollier	13.05
1 Fall	Frank Tsuda	13.65
M65	Don Cheek	13.67
	Sam Flory	14.00
	Ben Rivera	14.04
M70	Rodney Brown	14.06
	Jim Selby	14.17
MAR	Bill Ayres	16.12
M75 M80	Frank Benedict Al Guidet	16.59
1180	Clarence Trahan	16.94
+ +		17.97 17.98
W35		
- 33		12.73 13.80
W40	Sylvia Hoss	14.05
	Kathryn Herring	14.05
		16.80
W50		14.73
		18.76
W60		18.56
		23.35
W65		17.10
1		24.23
W70		18.22
1 1		19.91
W75		23.68
200m	TELEVISION STRATES	Contra .
		25.66
M40	Ron Walter	24.23
		34.53
5.2	Naim Hasan	25.25
M45	Steve Kloch	26.46
	Stephen Biersmith	27.95
	Continued on nex	t page

page 30

...... Continued from previous page Philip Gnesin 28.92 M50 Stan Whitley 24.50 Dale Herring 25.87 Don Parker 26.47 M55 Dan Durante 27.33 Juan Bustamante 32.04 M60 Harold Tolson 26.73 Frank Hollier 28.02 28.54 Roger Tsuda M65 Don Cheek 28.4h Sam Flory 29.4h Mel Melgosa 31.5h M70 Rodney Brown 29.64 30.00 Jim Selby Joseph Welch 41.08 M75 Frank Benedict 37.45 M80 Clarence Killion 41.12 W35 Darlene Love 29.56 W40 Sylvia Hoss 29 25 Kathryn Herring 34.49 Debbie Selby 37.12 W50 Avril Naylor 32.02 Nancy Nevin 39.98 W70 Marjorie Lawson 44.93 W75 Gerry Davidson 50.39 400m M30 Jeff LeMoine 56.01 M35 Erik Durak 57.63 M40 Kosti Killas 54.67 Naim Hasan 55.96 M45 Bill Cheadle 56.18 Burke Grandjean 56.35 Eric Parker 56.86 M50 Don Parker 1:05.12 Robert Tremblay 1:06.51 M55 Dan Durante 1:01.05 M60 Harold Tolson 1:00.80 M65 Don Cheek 1:10.88 M70 Rodney Brown Jim Selby 1:05.94 1.06.49 Jim Hinton 1:31.40 W35 Darlene Love 1:10.89 W50 Nancy Nevin 1:26.79 W60 Alice Whitty 1:59 55 W70 Marjorie Lawson 1.48.01 W75 Gerry Davidson 1.51.45 800m M30 Graig Godwin 2:16.95 M35 Ben Gorecki 2:18.07 M45 Burke Grandjean 2:10.81 Bill Cheadle 2:14.23 Norman Thomas 2:25.89 M50 Lee Fitzgerald 2.12.83 2:19:06 2:30:38 2:26:12 Robert Tremblay Steve Shepherd M55 Rollie Cavaletto M60 Keith Johnson 2:33.76 2:32.73 M70 Jim Selby Rodney Brown 2:36.63 Jim Hinton 3:22.78 W50 Nancy Nevin 3:24.67 W70 Marjorie Lawson 4:38.90 W75 Gerry Davidson 4:03.23 1500m M30 John Sprague 4:32.71 Craig Godwin 4:47.75 M35 Richard LaClaire 5:02.66 M55 Rollie Cavaletto 5:14.12 M60 Keith Johnson 5:30.10 M70 Jim Selby 5:51.19 Jim Hinton 7:17.51 W40 Lana Huzvar 5:56.56 W50 Nancy Nevin 7:29.19 5000m M30 Craig Godwin 17:42.49 M35 R LaClaire 19:38.99 M60 John Brennand 19:28.86 G McClenathen 21:53.92 M70 Jim Hinton 23:15.84 W55 Nobue Williams 29:46.78 W70 M Lawson 33:75.73 W75 Phillis Benedict 34.15.96 Short Hurdles M35 BJ Duhon 14.89 Eric Durak 16.64 M40 Ed Brown 15.37 Stacy Price M45 Ed Baskauskas 16.89 18 64 John Hawkins 28.10 M50 Sheridon Groves 15.75 Will Webster 20.26 M55 Emil Pawlik 15.85

W45 Joy Margerum

15.42

W50 Avril Naylor Long Hurdles	15.29	
	13.27	
M50 Sheridon Groves	1:06.56	N
Jorge Birnbaum	1:15.10	
Will Webster	1:16.83	
W35 Joy Margerum	1:09.76	N
2000m Steeplechase	0.54.56	M
M55 Rollie Cavaletto 3000m Steeplechase	8:54.56	3
M40 Dave Cook	11:19.76	M
Tim Mock	12.17.83	IV
High Jump		7.
M40 Jason Meisler	5-8.75	N
Mike Cates	4-9	V
John Arbogast	3-3.25	V
M45 Ed Baskauskas	5-1	И
M50 Charlie Rader	5-8.75 5-5	
Paul Heglar Roberti Pozzi	5-5	
M55 John Dobroth	5-3	И
Emil Pawlik	5-1	W
Dave Thoreson	4-11	D
M60 Phil Fehlen	5-5	M
M65 Paul Bambrook	3-11.25	M
M70 Richard Warren	3-7.25	
M75 Jerry Silsdorf	3-7.25	M
Jim Johnson W35 Sue DiMarco	3-3.25 5-3	-
W50 A Steekelenburg	4-7	м
Nancy Nevin	3-5.25	IVI
W60 Christel Miller	3-11.25	
Fei-Mei Chou	3-3.25	M
Alice Whitty	3-1.50	
Pole Vault	and the second	
M40 Charles Brown	15-8.50	M
John Arbogast	9.25	M
	14-6	14
Steve Morris	13.25 12	1
John Hawkins M50 Greg Miguel	12	M
Table Market Street Stree	13-6.25	
Paul Heglar	13-6.25	M
M55 Larry Jones	9-6.25	M
M60 Gary Miller	10-6	W
M75 Jim Johnson	7.50	W
T deVaughn		W
Long Jump M35 L Davenport	0-7	1
140 Dave Quick	20-2.50	W
VIAU Dave Oulck		
	9-2.75	H
Ed Brown J John Arbogast	9-2.75	M
Ed Brown John Arbogast M45 John Hawkins	9-2.75 14-6.50 16-1.50	
Ed Brown John Arbogast M45 John Hawkins M50 James Manor	19-2.75 14-6.50 16-1.50 16-6	M
Ed Brown John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer	19-2.75 14-6.50 16-1.50 16-6 14-2.75	M
Ed Brown John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki	19-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50	M M M
Ed Brown John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik	19-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50	M M M M
Ed Brown John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova	19-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9	M M M
Ed Brown John Arbogast John Hawkins John Hawkins John Hawkins Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson	19-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8	M M M M M
Ed Brown John Arbogast John Hawkins John Hawkins Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda	19-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9	M M M M
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren	9-2.75 44-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-8.50	M M M M M
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby	9-2.75 44-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-8.50 11-8.50 11-7.50	M M M M M
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict	9-2.75 44-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-8.50 11-8.50 11-7.50 10-10.75	M M M M M
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson	9-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 11-8.50 11-8.50 11-7.50 10-10.75 10-7	M M M M Ja
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan	9-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-50 10-8 15-11.50 13-8.50 11-8.50 11-7.50 10-10.75 10-7 10-1.25	M M M M Ja
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum	9-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 10-11.50 10-10.75 10-7 10-1.25 16-2.75	M M M M Ja
Ed Brown John Arbogast John Arbogast John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba	9-2.75 4-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 11-8.50 11-7.50 10-10.75 10-7 10-1.25 16-2.75 15-9	M M M M Ja M M
Ed Brown John Arbogast John Arbogast John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba	9-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 10-11.50 10-10.75 10-7 10-1.25 16-2.75	M M M M Ja
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin	9-2.75 4-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 11-8.50 11-7.50 10-10.75 10-7 10-1.25 16-2.75 15-9 11-11.75	M M M M Ja M M
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Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin W60 Christel Miller Fei-Mei Chou Alice Whitty W70 Johnny Valien	9-2.75 4-6.50 16-1.50 16-5 16-2 14-2.75 14-2.75 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-7.50 10-10.75 10-7 10-1.25 16-2.75 15-9 11-11.75 9-1 10-10 8-6.75 7-5 10-5.50	M M M M Ja M M M
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Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin W60 Christel Miller Fei-Mei Chou Alice Whitty W70 Johnny Valien (riple Jump M35 L Davenport M40 Dave Quick	9-2.75 4-6.50 16-1.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-7.50 10-10.75 10-7 10-1.25 16-2.75 15-9 11-11.75 9-1 10-10 8-6.75 7-5 10-5.50 46-6.25 45-5.25	M M M M M M M M
Ed Brown John Arbogast John Arbogast M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin W60 Christel Miller Fei-Mei Chou Alice Whitty W70 Johnny Valien (riple Jump M35 L Davenport M40 Dave Quick John Arbogast	9-2.75 4-6.50 16-1.50 16-1.50 16-2 14-2.75 14-2.50 16-11.50 10-11.50 10-11.50 10-10.75 10-7 10-10.75 10-7 10-10.75 10-7 10-10 8-6.75 7-5 10-5.50 46-6.25 45-5.25 29-11.25	M MM M M M M M M M
Ed Brown J John Arbogast J M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin W60 Christel Miller Fei-Mei Chou Alice Whitty W70 Johnny Valien Triple Jump M35 L Davenport M40 Dave Quick John Arbogast M50 James Manor	9-2.75 14-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 13-8.50 11-8.50 11-7.50 10-10.75 10-10.75 10-10 8-6.75 7-5 10-5.50 46-6.25 46-6.25 46-5.25 29-11.25 33-4 21-10.75	M M M M M M M M
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Ed Brown J John Arbogast J M45 John Hawkins M50 James Manor Glenn Opalmer Lad Pataki M55 Emil Pawlik Roy Cordova Dale Nelson M60 Roger Tsuda M65 Paul Bambrook M70 Richard Warren Jim Selby M75 Frank Benedict Jim Johnson M80 Clarence Trahan M35 Joy Margerum Elaine Iba W50 Avril Naylor Nancy Nevin W60 Christel Miller Fei-Mei Chou Alice Whitty W70 Johnny Valien friple Jump M35 L Davenport M40 Dave Quick John Arbogast M50 James Manor M55 Dale Nelson M55 Dale Nelson M55 Elaine Iba W50 Avril Naylor Nancy Nevin W50 Avril Naylor N55 Dale Nelson M55 Elaine Iba W50 Avril Naylor Nancy Nevin W60 Fei-Mei Chou W55 M Kuehne Shot Put M35 Steve Barba M40 James Kerman M45 Steve Weeks John Hawkins	9-2.75 4-6.50 16-1.50 16-6 14-2.75 14-2.50 16-11.50 11-9 10-8 15-11.50 11-9 10-10 10-5	
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	Fred Dillemuth	28-6.50
	Roy Cordova	24-9.25
160		42-6.25
	Ed Oleata	39-6
	Alan Rosen	31
165		24-9.25
170	and the second s	44-9.50
	Don Hegberg	36-5.50
175	Kio Shik Song Don Cumley	25-6.25 36-9
	Jerry Silsdorf	25-8.75
	Jim Minah	24-9.25
180		32-11.75
V35	Joy Margerum	24-11.75
V50		26-7.75
V55		26-1.50
	Katheryn Noble	
	Hattie Perry	18-11.25
V60	Christel Miller Alice Whitty	26-8.75
v70	Johnnye Vallien	
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	Steve Barba	120-10
145	Steve Weeks	95
	John Hawkins	94-7
150		177-6
	Glenn Palmer	116-2
155	John Gallen	82-3 110-4
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ins	134-8	G Otto GER W50 Ingrid Meier GER	13.60	I
arry	125-7	M D LewingtonGBR	13.51	
ick v	147-6 141-9	Petra Zorner GER	14.02	
	135-4	W55 B Hoffmann GER Edith Graff BEL	13.83	
all	111-11	Erika Staehle GER	14.45	
oble nuth	105-1 93		14.50	
1	143-8	C Roovers HOL	14.55 15.23	I
) 	115-11	W65 E Mazzenga ITA	15.79	I
nder rdamar	93-8 92-3		15.81	I
ts	138-7		16.07	
nor	107-3	H Schneider GER	20.39	I
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	71	E Haule GER	19.31	
rum T	65-6 66-1	W80 N Wedemo SWE	21.26	I
ller	81-4	200M M40 K Ansah GBR	22.61	
	ne 53-5	C DeMan HOL	22.72	I
tderich	53-7	K Burgess GBR	23.25	
	12:55.26	Joseph Caines GBR	22.50	
	10:23.98	Viv Oliver GBR	23.11	
12.8	10:28.48	M50 W Scholtes HOL	22.42	2
	12:04.56	V Vybostok SVK D Debonnaire FRA	24.55	

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Mary Boyd12:00.00M55 John Henson GBR24.3Om RWL Andersson SWE25.0O Barry Liker21:19.225 Bob Davidson29:26.12O Julie Lopp21:24.845 Louise Martin25:07.60Mary Boyd25:08.38rge Adams Track TrophySelby 70oon Cheadle Field TrophyNaylor 51Williams Memorial TrophyNaylor 51Williams Memorial TrophyBest M60+ 5000n Brennand 63Carter Memorial TrophyBest Age-Graded 1500	53 800m 59 M40 11 29 31 M45 36 M50 33 M50
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J Manninen FIN 12.34 G Svensson SWE 40.	71 W55
Gerald Schmitt GER 12.48 E Haule GER 44.	24
L Andersson SWE 12.75 Jurgen Radke GER 12.39 M40 A Harrison GBR 50.1	2 W60
Garcia Roca ESP 12.67 D Elderfield GBR 50.1	
H J Gasper GER 12.90 Hans H Lang GER 50.8	1 11/6 -
C S Williams GBR 13:03 M45 S Peters GBR 50.4 Heinz Schmid GER 13:49 J Caines GBR 50.1	
B Neumann GER 13.49 W Franklyn GBR 52.	47
A Meddings GBR 13.34 M50 W Scholtes HOL 51.	the second se
W Selzer GER 13.88 Eddy Neyts BEL 53.	
V Biagiotti ITA 14.01 Bruno Sobrero ITA 14.37 M55 John Henson GBR 54.	11/00
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M Slushkina RUS 12.50 M60 Hans J Gasper GER 58.	
M C Marie FRA 12.71 Karl H Buss GER 58. Resi-Marz GER 12.84 S Ritter GER 58.	
A Mullinger GBR 13.01 M65 Blackman GBR 1.01.	
S Heitmann GER 13.19 H Schmid GER 1:02.	
J Harwood GBR 13.26 B Neumann GER 1:03.	40
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	G Svensson SWE 1:58.05
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	Olaf Neyer GER 1:58.19 TMcDonald GBR 1:58.75 H Nygard NOR 2:03 72
5	H Nygard NOR 2:03.72 E Ilyukhin RUS 2:04.01
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	H Vakkuri FIN 2:08.41
5	John Potts GBR 2:08.84 R Phipps GBR 2:09.48
	O Maliy UKR 2:12.96 S Samora POR 2:13.48
0	DeWyngaert BEL 2:16.49
	F Valente ITA 2:17.53 John Ross GBR 2:18.24
5	Mike Fox GBR 2:24.32 Bonvecchio ITA 2:27.47
•	Bonvecchio ITA 2:27.47 B Neumann GER 2:28.50
0	G Linde LAT 2:40.80 Erik Holoe NOR 2:43.55
5	Sergio Palma ITA 2:44.91 Toiva Vikman 2:53.13
	James Todd GBR 2:54.73
0	H Weiss GER 2:57.07 Ludzuweit GER 3:18.07
	T Stale SWE 3:20.31 Pietro Nasi ITA 3:39.92
5	GazdaSagollaGER2:14.98
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	D Dishafar ITA 2.19 70
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	HitchmoughGBR 2:19.46
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5	Helgi Sagor EST 2:37.53 KolesnikovaRUS 2:36.95
1	Schliephake GER 2:38.79
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	B Eklund SWE 2:52.00 Soderstrom SWE 2:56.57
5	Velta Vitola LAT 3:02.41 Ase Nyland NOR 3:04.34
)	B dePreter BEL 3:16.44
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M Ahlert GER 56.15	I Schott GE
M50 Jurgen Brandt GER 54.33	Hella Werne W65 Gerd Mielde
H Hessert GER 53.09 I Krawcewicz AUT 48.02	Weight Pentathlo
M55 V Rodeghiero ITA 55.08	M40 Y Manganas
Alex Jelten GER 54.00	M Ruckert (
Josef Kolar TC H 52.86 M60 W Kowalczyk GER 57.56	J Grunenwa M45 G Kurucz H
Olavi Varis FIN 54.57	J Grave POI
V Porokhin RUS 50.99	A Piaczkow
M65 Aki Itkonen FIN 50.91 O Rantaken FIN 49.26	M50 Josef Kropa
V Poskocil TCH 48.73	

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	A Butkus GER	32.19	H Jan
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	Leo Sahlstrom FIN	23.44	W35 A Gu
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	G Werthner AUT	3596	C Per
	Hubert Indra ITA	3487	M Ki
	H Flaaen NOR	3227	M45 F Par
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	W F Threels HOL	3372	M50 R Ca
)	Rolf Geese GER	3803	Anton
	W Kraatz GER	3520	J Vin M55 W Sg
5	Uli Weigel GER W F Threels HOL Rolf Geese GER W Kraatz GER H Hessert GER Alf Sjokvist SWE	3746	Zsch
	M Semachko BLR	3675	A Pal
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-	Jan Konarik TCH	2043	RCra
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Kuukkanen FIN		
	1:01.16	
45 M J Briz ESP	55:47	
MeinlschmidtGER	58.32	8
A Werner GER	59.05	16
50 Ann Lewis GBR J Bonnett FRA	56.28	
J Bonnett FRA	1:03.08	
P Phillips GBR	1:04.43	ų.
55 G Fleetwood SWE	59.31	
F DeWolf BEL H M Dahl NOR	1:00.15	
H M Dahl NOR	1:03.47	in the
60 J Sommier FRA	1:00.58	Ind
D LeClerc FRA P Horwill GBR	1:04.28	16.0
P Horwill GBR	1:06.27	Ov
70 VonBismarckGBF	21:14.47	He
AustermuhleGER	1:25.54	Ru
75 U Theune GER	1:15.13	M4
80 M Nyberg SWE	1.27.40	11
K Road RW	C 1 4	100
40 Petrungaro ITA M Lapka TCH	1:38.15	32
M Lapka TCH	1:38.21	10
S Giani ITA 45 R Cervi ITA	1:39.51	178
45 R Cervi ITA	1:35.59	7
OrriolisVergesES	P1:52.17	10
J Gordon GBR	1.55.40	
50 Antony King IRI	1.59.10	M4
O Parums LAT	1:52.26	1
O Parums LAT E Straka SVK 55 V Sgardello ITA D ZschiescheGEF	1:53.31	-25
55 V Sgardello ITA	1:45.02	5
D ZschiescheGEF	R 1:47.50	1.22
Ants Palmar EST	1:49.49	10-
60 Korchagen RUS	1:48.53	in
60 Korchagen RUS R Pelliccia ITA	1:49.34	20
Collin Young GB	R1:55.24	M
65 WeidnerGER WI	R1:48.41	1213
Daintry/1:51.18/198	1)	10
G Parodi ITA M Rutyna POL 170 Schouckens BEL S Rossetti ITA A Balcarik TCH 175 C Bomba ITA A R Blixt SWE A Ballerini ITA 8 Bordell NOP	2:00.39	100
M Rutyna POL	2:02.11	570
70 Schouckens BEL	2:04.17	-21
S Rossetti ITA	2:10.56	
A Balcarik TCH	2:13.51	152
75 C Bomba ITA	2:15:52	2
A R Blixt SWE	2:17.34	M
A Ballerini ITA .	2:23.50	1
80 R Jordell NOR	2:40.59	1.1
G Theune GER	2:57.48	100
M Brivio ITA	3:13.22	
larathon	- Designed	
140 M Avataneo ITA	2:27.25	163
G Simone ITA	2:27.47	1 Samp
		120
E Bertuzzi ITA	2:30.43	M
145 A Puchnter AUT	2;29.24	M
145 A Puchnter AUT O Tubia ITA	2;29.24 2:29.29	M
145 A Puchnter AUT	2;29.24	M
145 A Puchnter AUT O Tubia ITA F Pellecchia ITA	2;29.24 2:29.29	M
145 A Puchnter AUT O Tubia ITA	2;29.24 2:29.29 2:35.01 2:36.35	M
 A Puchnter AUT O Tubia ITA F Pellecchia ITA F La Regina ITA 	2;29.24 2:29.29 2:35.01	M
 A Puchnter AUT O Tubia ITA F Pellecchia ITA F La Regina ITA P Wechler GER 	2;29.24 2:29.29 2:35.01 2:36.35 2:37.18	M
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 	2;29.24 2:29.29 2:35.01 2:36.35 2:37.18 2:39.01	M
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER 	2;29.24 2:29.29 2:35.01 2:36.35 2:37.18 2:39.01 2:37.43	M
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA 	2;29.24 2:29.29 2:35.01 2:36.35 2:37.18 2:39.01 2:37.43 2:41.32	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 	2:29.24 2:29.29 2:35.01 2:36.35 2:37.18 2:39.01 2:37.43 2:41.32 2:42.20	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP 	2:29.24 2:29.29 2:35.01 2:36.35 2:37.18 2:39.01 2:37.43 2:41.32 2:42.20 2:46.50	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER, P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:07,10 3:27,42 3:33,40	Me
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN E Tassani ITA 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:07,10 3:27,42 3:33,40 3:35,39	いなどのの言語
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:07,10 3:27,42 3:33,40	Me
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN E Tassani ITA 175 E Santoni ITA 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:02,14 3:07,10 3:27,42 3:33,40 3:35,39 3:53,10	Me
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN E Tassani ITA 175 E Santoni ITA G AnderssonSWI 	2;29,24 2;29,29 2;35,01 2;36,35 2;37,18 2;39,01 2;37,43 2;41,32 2;42,20 2;46,50 2;58,38 3;00,40 2;59,14 3;02,14 3;02,14 3;07,10 3;27,42 3;33,40 3;35,39 3;53,10 E 4;45,57	Me
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN E Tassani ITA 175 E Santoni ITA G AnderssonSWI G Bianchi ITA 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:02,14 3:02,14 3:02,14 3:02,14 3:02,14 3:02,14 3:02,14 3:05,91 3:35,39 3:53,10 E 4:45,57 5:15,49	Me
 145 A Puchnter AUT O Tubia ITA F Pellecchia ITA 150 F La Regina ITA P Wechler GER S Fabbri ITA 155 J Adomrit GER P Raccagna ITA P Sessins GER 160 M Rosales ESP G D Cabassi ITA W Grunig GER 165 H Hun GER V Demenev RUS A Caponetto ITA 170 Paul Lazar ROM F Otvos HUN E Tassani ITA 175 E Santoni ITA G AnderssonSWI G Bianchi ITA 180 A Osselaer BEL 	2;29,24 2:29,29 2:35,01 2:36,35 2:37,18 2:39,01 2:37,43 2:41,32 2:42,20 2:46,50 2:58,38 3:00,40 2:59,14 3:02,14 3:07,10 3:27,42 3:33,40 3:35,39 3:53,10 E 4:45,57 5:15,49 4:18,00	Mē
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Fleetwood SWE	50 31	Deadline is the 10th	n or the
	:00.15	Str.	
	03.47	NATIONA	L
	:00.58	Indy Life Circuit/Pacific	
	:04.28	Kentfield, CA; Sep	
Horwill GBR		Overall	A 142.05
nBismarckGBR	and the second second	Hector Delgado 23	29:57
stermuhleGER		Ruth Wysocki 41	34:49
and the second se	1:15.13	M40 Craig Young	30:37
Nyberg SWE	and the second second	Peter Koech	31:18
ad RW	1 all	Bob Ebert	32:23
	1:38.15	Tim Minor Richard Flores	33:01
	1:38.21	Tim O'Rourke	34:05
	1:39.51	Brian Purcell	34:07
Cervi ITA	1:35.59	Lloyd Stephenson	34:11
TiolisVergesESP	1:52.17	Fletcher Lesley	34:25
	1.55.40	Ray Russell M45 Gary Fanelli	33:51
ntony King IRL	1:59.49	Don Paul	34:52
Parums LAT		Les Ong	34:56
	1:53.31	Mark Graves	34:57
Sgardello ITA		James Tracy Robert Darling	35:13 35:23
ZschiescheGER nts Palmar EST		Dan Anderson	36:00
orchagen RUS		Tom Bernhard	36:18
and the second sec	1:49.34	Dan Ramos	36:28
ollin Young GBR		John Hirschberger	36:49
eidnerGER WR		M50 Michael Dove Frank Ruona	34:44
try/1:51.18/1981		Ewar Gordillo	35:50
	2:00.39	Dwight Cornwell	35:52
	2:02.11	Jan Frisby	35:53
	2:04.17	Jerry Neal	36:08
	2:10.56	Don Porteous	36:22
	2:13.51	Bill Dunn Jim Reitz	37:23
	2:15:52	Keith Krieger	38:05
R Blixt SWE	2:17.34	M55 Jack Nelson	34:26
Ballerini ITA		Jon MacPherson	37:35
Jordell NOR	2:40.59	Stephen Lyons	37:43
Theune GER		Jim Williams Robert Gormley	37:50
Brivio ITA	3:13.22	David Weamer	39:46
ion	1	Joe Hurtado	39:48
Avataneo ITA		Ian Reid	40:22
	2:27.47	Jerry Goodwin Steven Brenneck	40.44
Bertuzzi ITA Puchnter AUT	2:30.43 2;29.24	M60 Fay Bradley	36:31
Tubia ITA	2:29.29	Sonny Monioz	. 38:03
Pellecchia ITA		Jim Moore	39:41
Contract and the designed in the		Russ Kiernan Karl Griepenburg	39:44
La Regina ITA		Bob Tarozzi	41:35
Wechler GER	2:37.18	Karl Misner	41:52
Fabbri ITA	2:39.01	Bobby Kincaid	42:29
Adomrit GER Raccagna ITA	2:37.43 2:41.32	Jim Bevins	43:00
Sessins GER	2:42.20	Horst Meyer M65 Paul Heitzman	43:04 39:56
Rosales ESP	2:46.50	Tom Guldman	41:59
D Cabassi ITA	2:58.38	Patrick Devine	44:51
Grunig GER	3:00.40	Jess Chavez	50:54
Hun GER	2:59.14	Ed Reyna lan Begg	51:22 52:35
Demenev RUS	3.02.14	Fred Martin	58:05
Caponetto ITA	3:07.10	Richard Couvillion	58:34
aul Lazar ROM	3:27.42		1:06:10
Otvos HUN	3:33.40		1:08:04
Tassani ITA	3:35.39	M70 Ray Piva Joe King	45:35 45:42
Santoni ITA	3:53.10	Boyce Jacques	49:05
AnderssonSWE		Link Lindquist	50:12
and the second se	5:15.49	Sam Hirabayashi Don Pickett	51:29
	4:18.00		53:11 1:11:43
	6:09.00	M75 Warren Utes	43:06
	2:51.53	Stan Demartinis	55:56
eate Rauke GER Minerva RUS	3:15.05	Jack Friedlander	59:51
	2:56.04	Fred Ullner W40 Ruth Wysocki	1:10:46
	3:04.00	Jeanne Johnson	34:49 35:32
	3:41.00	Regina Joyce	36:43
	2:59.09	Diana Fitzpatrick	36:58
~~	3:05.59	April Powers	37:20
	3.06.16	Terry Schmidt Sandy Patterson	37:41
arin Risch GER	3:06.53	Ellen Lucas	39:01 39:43
laria Tartari ITA		Kim Rupert	39:43
	3:25.46	Laurel Anderson	40:45
	3:31.53	W45 Victoria Crisp	38:28
HolzbauerAUT		Dee Dee Grafius	40:05
	3:49.48	Sue Francis Missy Sandeman	40:36
Wentzien GER		Sherie Schmidt	43:19 44:14
	3:27.51	Marguerite Moriarty	44:49
KavtaskinaLAT	and the second se	Maggie Fillmore	44:53
	4:51.12 4:56.50	Hazel Wood Melanie Mociun	46:40
Subclic AUT	4.50.50	Woranie Woclun	47:19

	Monica Thomas	47:25
ίa,	W50 Joan Ottaway	38:36
	Gloria Jansen	40:48
OK	Judi Shade	43:59
15	Linda Frisby	44:48
1	Kate Spencer	47:34
7		11.01
9	EAST	
7		
8	Vytra Human Race	
3	Heckscher State P	
3	L.I., NY; Sept. 13	3
1	Overall	
5	Mark Cruz 27	15:47
7	Donna McMahon 28	17:44
1	M40 John Williams	16:52
5	John DiCamillo	17:43
0	John McGorry	17:48
1	M45 James Harmon	18:36
2	Jay Hildebrand	18:47
6	Ed Melnik	19:11
7	M50 RadhamesDelgado	18:54
3	Peter Mugglestone	
3		
0	Bill Meisner M55 Maury Dean Jim Ferrigina	18:18
8	Jim Ferrigina	19:29
8 9	Ray Rahbari	22:54
9 4		10.07
8	Robert Mitchell	20:30
0	Abe Bernstein	21:39
2	MCE Day Eletabor	22:24
3	Watter McCarthy	23:31
8	Watter McCarthy Gus Likos	24:36
2	M70 Bert Jablon	24:08
9		28:52
3	George Dennis M75+Bill Benson 79	27:46
5	Bill Merz 76	30:47
6	Wilfredo Rios 81	31:34
5	W40 LoriHarlenesMelnik	20:42
3	Ellen Weinstein	
0	Linda Ottaviano	21:39
8		
8	W45 Andrea Otto Joanne Gallo Linna Tang	23:26
2	Linna Tang	24;55
4	W50 MaryAnneGoloman	21.40
7	Celine Blais	25.17
1	Mary Trotto	25.24
	Lines and Dentil have been	05.00
3	W60 Marge Smith	35:30
3	W60 Marge Smith W65 Josephine Curtin	35:30
3	W60 Marge Smith W65 Josephine Curtin Freddie Mac/	35:30
3 1 4 4	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child	35:30 35:01
3 1 4 4 5	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep	35:30 35:01
3 1 4 5 2	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall	35:30 35:01 5K t. 13
3 1 4 4 5	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17	35:30 35:01 5K 0. 13 16:22
3 1 4 5 2 9	W65 Josephine Curtin Freddie Mac/ Reach Out to a Chilo Washington, DC; Sep Overall William Moore 17 Denise Knickman 30	35:30 35:01 5K 1.13 16:22 17:00
3 1 4 4 5 2 9 0 4 6	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding	35:30 35:01 5K t. 13 16:22 17:00 18:14
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13 11 14 14 14 14 15 29 00 4 6 99 1	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris	35:30 35:01 5K 16:22 17:00 18:14 18:25 18:55
3 1 1 4 4 5 2 9 0 4 6 9 1 4	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings	35:30 35:01 1 5K 1 6:22 17:00 18:14 18:25 18:55 19:48
13 11 14 14 14 14 14 15 29 00 14 69 11 14 20	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel	35:30 35:01 5 K 16:22 17:00 18:14 18:25 18:55 19:48 19:35
13 11 14 14 14 14 14 14 14 15 29 00 4 69 11 42 25	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell	35:30 35:01 5K 0t. 13 16:22 17:00 18:14 18:25 18:55 19:48 19:35 20:21
3 1 1 4 4 5 2 9 0 4 6 9 1 4 2 5 5	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell Mark Renne	35:30 35:01 55K 16:22 17:00 18:14 18:25 18:55 19:48 19:35 20:21 21:11
3 1 4 4 5 2 9 0 4 6 9 1 4 2 5 5 4	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell Mark Renne M50 William Scott	35:30 35:01 55K 01.13 16:22 17:00 18:14 18:25 19:48 19:35 20:21 21:11 19:18
314452904691425540	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell Mark Renne M50 William Scott Andre Remy	35:30 35:01 55K 01.13 16:22 17:00 18:14 18:25 19:48 19:35 20:21 21:11 19:18 20:33
3 1 1 4 4 5 2 9 0 4 6 9 1 4 2 5 5 4 0 4	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell Mark Renne M50 William Scott Andre Remy Jose Yanez	35:30 35:01 55K 01.13 16:22 17:00 18:14 18:25 18:55 19:48 19:35 20:21 21:11 19:18 20:33 20:46
	W65 Josephine Curtin Freddie Mac/ Reach Out to a Child Washington, DC; Sep Overall William Moore 17 Denise Knickman 30 M40 Zeb Harding Gregory Price Larry Harris Joe Cummings M45 Jerry Merkel Jimmie Treadwell Mark Renne M50 William Scott Andre Remy Jose Yanez James Medas	35:30 35:01 35:01 35:01 35:01 35:01 16:22 17:00 18:14 18:25 18:55 19:48 19:35 20:21 21:11 19:18 20:33 20:46 20:51
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Susan Silagy	50:54
Michele Power	
Frances Ferris	
Randi Opsahl	51:10
Rivka Korman	51:30
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Maryann Casta W65 Vera Allen W70+A Wetherbee Harvard Pilgr Providence, RI; Overall Khalid Khannouchi Catherine Ndereba M40 Peter Koech 4 Andrea Witcza Amit Neeman Jim Hage 42 Scott Mason 4 Kevin McCaffre Barry Hartwick Geary Daniels Joe Sullivan 4 Kevin McCaffre Barry Hartwick Geary Daniels Joe Sullivan 4 Edward Zarens M50 Jerry Learned Kenneth Skell Howard Macke Armenio Ferrei Robert Wilkins Richard Dickso Jonathan Barre Alan Yates 53 Raymond Kelle Herr Armstrom M60 Richard Silva Fred Tanner 6 Fred Zuleger 6 Wayne Peacod Monroe Allen W40 Lee Dipietro 4 Martin Tighe 44 Karen Boen 41 Sidney Letendre	79 1:31:41 im 5K Sept. 20 27 13:27 27 15:15 2 14:36 k42 15:01 42 15:07 15:25 14:36 k42 15:07 9 15:25 941 15:28 44 16:12 2 16:14 ki45 16:32 44 16:12 50 16:37 752 18:15 a56 18:24 51 18:27 754 19:06 355 20:16 950 20:31 64 18:53 00 20:59 68 23:12 0 17:24 47 17:56 0 18:01 18:32 19:00 10 19:12
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Maryann Casta W65 Vera Allen W70+A Wetherbee Harvard Pilgr Providence, RI; Overall Khalid Khannouchi Catherine Ndereba M40 Peter Koech 4 Andrea Witcza Amit Neeman Jim Hage 42 Scott Mason 4 Kevin McCaffre Barry Hartwick Geary Daniels Joe Sullivan 4 Kevin McCaffre Barry Hartwick Geary Daniels Joe Sullivan 4 Edward Zarens M50 Jerry Learned Kenneth Skell Howard Macke Armenio Ferrei Robert Wilkins Richard Dickso Jonathan Barre Alan Yates 53 Raymond Kelle Herr Armstrom M60 Richard Silva Fred Tanner 6 Fred Zuleger 6 Wayne Peacod Monroe Allen W40 Lee Dipietro 4 Martin Tighe 44 Karen Boen 41 Sidney Letendre	79 1:31:41 im 5K Sept. 20 27 13:27 27 15:15 2 14:36 k42 15:07 42 15:07 15:25 14:36 k42 15:07 9 15:28 v41 15:28 v41 15:28 v41 16:12 2 16:14 ki45 16:32 v44 16:12 2 16:14 ki45 16:32 v50 16:37 v52 17:25 v52 18:15 a56 18:24 a51 18:27 v55 20:16 v55 20:13 64 18:53 0 20:48 30 20:48 30 20:48 30 20:48 30 20:59 68 23:12 0 <

Philadelphia Masters 5k Cross-Country Classic Germantown Academy; Sep M40 Mark Yellin 18 **Dave Hiestand** 19 Pete Corcoran 20 Tom Yunker 20 Terry Leaness 24 M45 Tony Natale 23 M50 Fred Dedrick 19 Frank Goldcamp 20 M60 Bruce Gilbert 23 W35 Kathy Harte 25 Maureen Doherty 30 Donald J. Trump **Fifth Avenue Mile** Manhattan, NY; Sept. 26 Elite Winners Isaac Viciosa 3:55 Regina Jacobs 4:20 M40-49 Bill Krohn 40 Don DiDonato 40 4:16. 4:24 Dave Weller 40 4:25 Chris Harkins 40 4:33 George Buckheit 41 4:34 James O'Brien 43 4:35 Ed Sparkowski 43 4:35 Tom Hartshorne 44 4:37 Fred Robbins 43 4:37 Paul Mascali 46 4:39 Alan Ruben 41 4:39 Nick Caswell 48 4:51 Paul Pacchiana 44 4:54 Abraham Golub 41 4:57 Bob Pertak 47 5:01 Mike Straubel 40 5:12 M50-59 Peter Hallop 51 Harold Nolan 51 4:38 4:44 **Richard Myers 52** 4:54 Rich Murray 4:58 Kieran Kelly 50 5:02 Sid Howard 59 5:10 Ben Grundstein 54 5:12 Doug Brown 53 5:15 James Salmon 5.24 Steve Duggan 51 5:44 W40-49 Kathryn Martin 46 5:14 Gillian Horovitz 43 5.16 Robin Sarris-Hallop 425:24 Eileen Troy 43 Sue Hill 40 5:35 5:45 W50-59 Marie Roach 50 5:54 Ann Makoske 53 6:11 George Sheehan Memorial M60-69 Fay Bradley 60 5:10 Ino Cantu 64 5:16 Witold Bialokur 63 5:18 Jack Miller 651 5:25 Joe Cordero 60 5:26 Bob Milner 63 5:36 Denis Daly 60 5:37 Jim Fillis 60 5:40 5:46 Tom Ward 61 Robert Kahn 66 5:49 Joe Roche 61 5:58 Cliff Pauling 64 6:13 John Hurley 61 6:36 Bert Robbins 66 6:41 M70-79 6:0 **Bill Fortune 70 Dixon Hemphill 73** 6:20 6:4 John McManus 75 7:27 Sab Koide 74 Jack Haar 71 Wallace Cutler 75 7:3 Joseph Simonte 70 7:4 Don Brown 73 8:26 Albert Goldstein 78 8:36 Tom Gibbons 77 8:49 Ed Finkelstein 76 9:02 M80+ Bob Matteson 82 8:54 Wilfred Rios 81 9:06 **Dudley Healy 84** 9:3 Vince Carnevale 82 9:56 Abraham Weintraub 8810:43 Max Popper 95 17:43 W60-69 6:04 Diane Palmason 60 Zofia Turosz 60 6:20 Marion Stanjones 60 6:26 Helene Bedrock 63 Toshiko d'Elia 68 6:50 6:55. Wen-Shi Yu 63 7:22 Ruth Kassanga 63 Dolly Finkelstein 68 8:02. 8:07

	lasters News	1
ĸ	W70+	
14	W704 Joan Rowland 72 9:05.3 Lucille Singleton 75 12:44 Atthea Jureidini 80 12:57	
ot. 20	Lucille Singleton 75 12:44	1
:38	Althea Jureidini 80 12:57	1
:47	Ocean to Sound 50 Mile Relay Jones Beach State Park	110
:40	Farmingdale, NY; Sept. 27	4
:22	Overall	
:12 :36	Warren St. Men's "A" 4:38:04	i.
:24	Warren St. Women 5:19:41	1
:47	M40+Runner's Edge 5:02:18	
:06	Taconic RR 5:10:57 POBRRC 40+ "B" 5:25:28	
:21	W40+Bohemia "A" 6:13:40	1
	POBRRCFastFeet6:16:55	1
	Taconic RR 6:29:59	1
6	Senior Masters Bohemia Older&Better 5:45:38	1
	Taconic RR 5:54:00	1
.59	River Road Rats 6:20:46	1
.8	Mixed Masters Red's Runners 6:01:42	
	Bohemia Mixed "A" 6:04:44	
.57	The Great Race 10K & 5K	
.55	Pittsburgh, PA; Sept. 27	3
.84	10K	
.31	Overall Sizea Dana do	1
.66	Simon Rono 26 28:09 Teresa Wanjiku 24 31:51	
.32	M40 Dave Kanneworf 33:09	1
.57	Malcolm East 33:40	
.59	Ed Frohnapfel 33:58 Richard Ferguson 34:05	
.98	Mark Courtney 34:13	
.13	M45 Tim Cook 33:59 Don Slusser 34:33	
.27	Tim Hewitt 35:28	
.28	M50 Tom Burnett 34:23	
	M55 Jack Nelson 34:51 M60 Fay Bradley 36:01	
.15	M65 Carl Trimber 42:57	
.82	W40 Robin Smith 40:05	
.02	Julie Rathbone 41:52 Joan Pellegrin 41:54	
.20	Ginny Ellwood 42:11	4
.66	Shelley Ralston 42:25	-
.17	W45 Cindy Grimm 42:18 Sandra Grimaldi 43:12	1
.63	Callie Edmundson 44:57	
.26	W50 Barbara Filutze 40:57	
.45	W60 Dolores Waters 52:59 W65 Margrett Lutz 51:25	1
.89	5K	
.40	Overall Ryan Serkins 24 16:09	3
.74	Stephanie Agosta 37 17:09	
1	Top Masters Men	3
1.07	1. Eric Wilkins 40 16:14 2. Bill Celline 41 16:43	
Mile	3. John Lewandowski 41 17:49	
2.00	4. Frank Goldcamp 50 18:00	1
0.71	5. Roland Ford 50 18:32 6. James Shorkey 41 18:33	
.00	7. Bill Kanarek 44 18:37	-
.04	8. Joe Como 44 18:43 9. Ed Newcomer 41 18:45	
.52	9. Ed Newcorner 41 18:45 Top Masters Women	1
.39 .33	1. Susan McDermot 43 20:31	8
.37	2. Linda Hartman 46 20:49 3. Rose Mercer 43 20:59	1
.02	4. Karen Gerard 46 22:01	
.60	5. Patty Dye 49 22:18	1
.64	6. Angie Schimansky 40 23:12 7. Maryann Evrard 45 23:38	
.14	8. Leeann Christie 50 23:44	1
.00	Entenmann's Great	
7.3	South Bay Runs	
0.9	Islip, NY; Oct. 3	3
5.2 7.1	5K Overall	1
3.5	William Fodor 28 17:33	-
7.5	Kathryn Martin 47 18:15	1
5.7 6.8	M40 Bill McDermott 17:59 Richard Gibney 19:55	
6.6	Karl Koenig 21:04	
9.5	M45 Kevin Donohue 22:31	Ň
2.4	Jose Camacho 26:47 Joseph Corso 26:56	-
4.2	M50 Henry Dolny 18:34	
6.6	Phil Roth 19:22	
1.2 6.9	Bill Kish 21:38 M55 Maury Dean 18:20	
3.7	Mike Service 19:58	1
3	Ray Rahbari 22:19	1
37	M60 Joe Cordero 19:25 Bob Mitchell 20:55	'
.44	Ben Morselli 24:04	-
.59	M65 Ira Schneinerman 30;13	1
.19 .54	Carlo Barravecchio 34:25 M70+John Moran 70 27:52	-
25	Solomon Flum 73 35:09	
62	W40 Ellen Weinstein 21:10	-
98	Kristen Winter 24:51	

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	eryl Ferraiolo hryn Martin	26:15 18:15	M70 John Niesen 70
	riel Campbell	28:18	Bill Merz 76 M80 Wilfredo Rios 81
	nela Brown	30:57	M90 Max Zenn 90
	lia Pynn	31:26	W40 LoriHarfenesMe
W50 Pat		28:43	Wendy Silverste
	da Luizzi	30:30	Rosemary Giniv
	en Corso sy Mendez	32:38 34:35	W45 Eileen Hession
	hy Hart	49:25	GertrudeLiebern
	n Gilmore 78	43:34	Marilyn White
10K		40.04	W50 Kathy Lindsley Edith Mandel
Overall	inter the		Clodagh Murray
	Maestro 43	34:56	W55 Pat Clancy
	allahanFodor 3		Carole Raskin
	n DelMaestro	34:56	W60 Barbara Evans
	hur Golbert	38:37	Bea O'Reilly
	n Peterson ul Moyer	39:38 40:00	Phyllis Mandel
M45 Jim		37:15	W65 Mildred Schluter Anna Quaranto
	Backe	39:03	(53 deg/lgt driz/w3-5m
Ge	org Fahrbach	42:55	
	n Reader	41:26	SOUTHEA
	ger Soulagnet		Run by the River
	nes Golbin	43:36	Clarksville, TN; Se
	orge Maxwell	45:11 46:10	the second second second second
	m Callahan	47:04	Overall Peter Githuka 29
	ton Goring	41:27	Catherine Ndereba 26
	k Giordano	46:46	M40 Peter Koech
Ma	rtin Schwartz	46:50	Zafar Ahmed
M65 Gu	s Likos	54:12	David Geer
Ric	chard Sherry	82:40	Tom Mather
	nest Banning	59:23	John Taylor
	vid Onuschak	70:55	Tony Pemberton
	tty Zebersky	40:35	Dan Smithhisler George Linebaugh
	ne Kraus	48:18	Brian Roskoskey
	arie Sidden	51:07	Frank Owens
	ne McGraw	45:38	Philip Evans
	nger Sefarian	49:57	Kent Meyer
	di Gallop	52:59	Keith Foster
W50 Ka	thy Esposito	46:05 47:14	Michael Kelley
	ary Dittrich	57:54	Harold Smith
	nMarie Krepel		Dan Devonce
	incy Geygan	56:34	Ron Sample Gary Singer
	ary Beck	61:40	David Heflin
	larathon-	The second	Jerry Thweatt
Overall	Al Population and a	There .	M45 Gordon Benfield
Carlos (Castro 29	72:18	Gordon Terwillige
	McMahon 28	82:00	Rob Simbeck
	idy Afanador	79:07	Angel Rodriguez
	b Clausen	80:35	Paul Vondohlen Steve Peake
	avid Luljak an Oman	83:02 76:46	Mike Kozel
	hn Lupski	80:49	Kenny Scarbrough
	ennis O'Brien	83:23	David Birnbaum
A COLORING CONTRACTOR	ter Mugglesto		Phillip Campbell
	nanuel Chosal		Steve Clark
	chard Kleinma		John Williams
	ex Flyntz	87:50	Jim Hill
the second s	uck Bleifeld	90:36	Jorge Riestra Mike Norton
	vid Smith	92:34	Bob McCorkle
	chard Murphy	93:27	Michael Jenkins
	m Soccoli	1:48:27	Eugene Albert
	orge Egerter	1;54:01	M50 Jan Frisby
	ke Reidy 70 to Boecklin74	1:57.11 2:11:05	Robert Schlau
	len Visgauss	1:26:56	Wes Wessely
	chelle Haller	1:40:45	Harry Purdy Scott Barrow
	t Charity	1:43:14	Gary Robinson
W45 Me	elissa Kennedy	1:40:09	Michael Malloy
La	urita Samuels	1:41:48	George Bartnik
	an Cook	1:49:33	William Swain
	nger Boland	2:06:54	Billie Fitzgerald
	daSmagorinsk		Ted Whitfield
	an Haughey	2:26:00	Troy Johnson Stave Brodshy
	an Vanturini	2:36:06	Steve Brodsky Richard Horn
	pc/w10-15mpl	2:29:41	David Gould
(ST deg)	Permito-15mpl		M55 Jack Nelson
P.	C. Richard 5K	Station .	Bill Delph
	nside, NY; Od	and the second se	Wayne Stevens
Overall	Sector B Lines		Wendell Sandlin
Rudy Dae		16:17	Frank Schmidt
	Housen 28	18:11	Tom Parham
	s McKnight	18:08	Tomas DePaulis Chet Coates
	n McNamara	18:45 18:57	David Holder
	Hildebrand	18:57	Dick Orendorff
	rideorarid ries Hamilton	19:02	M60 Fay Bradley 60
	er Martin	19:30	Jerry McGath 60
	hamesDelgad		Dean Whitehead60
	is Brazil	19:06	Ted Wilson 61
	ren Steinert	20:36	Paul McCaleb 64 Eddie Evans 62
M55 Mau		18:37	Jack Fain 61
Sett	Kaminsky	18:58	William Henry 62
	Service	19:42	M70+Joe Killeen 70
M60 Joe		19:00	William Osborne 73
-	Evans	21:41	W40 Jeanne Johnson
Rich			Dette Male die
1405 0	ard Chester	23:29	Patty Valadka
	s Kaufman	27:18	Arny Barrow
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0	John Niesen 70	30:06	
-	Bill Merz 76	30:31	
	Wilfredo Rios 81	31:20	
	Max Zenn 90 LoriHarfenesMelni	74:37	
-0	Wendy Silverstein	21:52	
	Rosemary Ginivan	23:00	
5		24:16	
	GertrudeLieberman	24:24	
0	Marilyn White Kathy Lindsley	23:01	
~	Edith Mandel	25:23	
	Clodagh Murray	26:36	
5	Pat Clancy	31:18 41:44	
60	Carole Raskin Barbara Evans	28:56	
~	Bea O'Reilly	31:08	
	Phyllis Mandel	31:19	
55	Mildred Schluter Anna Quaranto	46:41 47:59	
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è	SOUTHEAS	1	
F	Run by the River 5	K	
	arksville, TN; Sept.	12	
	all Githuka 29	12-21	
	Githuka 29 erine Ndereba 26	13:21 15:07	
	Peter Koech	14:23	
	Zafar Ahmed	15:09	
	David Geer	15:23	
	Tom Mather John Taylor	15:41	
-	Tony Pemberton	16:17	
	Dan Smithhisler	17:49	
	George Linebaugh Brian Roskoskey	18:00 19:27	
i	Frank Owens	19:44	
	Philip Evans	19:57	
	Kent Meyer Keith Foster	20:13 20:14	
	Michael Kelley	20:14	
	Harold Smith	20:53	
	Dan Devonce	21:27	
	Ron Sample Gary Singer	21:47 22:33	
	David Heflin	22:34	
	Jerry Thweatt	23:09	
	Gordon Benfield Gordon Terwilliger	16:19 17:02	
	Rob Simbeck	17:35	
	Angel Rodriguez	18:09	
	Paul Vondohlen Steve Peake	19:55 20:23	
	Mike Kozel	20:36	
	Kenny Scarbrough	20:51	
	David Birnbaum	21:04	
-	Phillip Campbell Steve Clark	21:05 21:43	
	John Williams	21:55	
	Jim Hill	22:41	
	Jorge Riestra Vike Norton	22:53 22:55	
	Bob McCorkle	23:34	
1	Vichael Jenkins	23:41	
	Eugene Albert Jan Frisby	24:09 16:28	
	Robert Schlau	16:45	
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1	Harry Purdy Scott Barrow	17:37 17:47	
i	Gary Robinson	17:52	
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	George Bartnik William Swain	19:40	
	Billie Fitzgerald	19:53 20:08	
1	Ted Whitfield	21:09	
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	Steve Brodsky Richard Horn	22:11 22:33	
(David Gould	22:35	
	Jack Nelson	16:21	
	Bill Delph Wayne Stevens	18:06 19:59	
1	Nendell Sandlin	20:07	
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C	David Holder	22:23	
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	erry McGath 60	17:01 17:53	
	ean Whitehead60	19:35	

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National Masters News

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Continued from previous page Alice Smoot Brenda McGovern 17:52 20:34 **Beverly Bethart** 22:18 Cathie Johnson 22:35 Sandra Zimmerle 22.46 23:09 Maricela Gross Nancy Hester 23:41 Melinda Vaughn 24:48 Gloria Robinson 25:01 Pam Stuart 25:23 Susan Post 25:38 Judy Riestra W45 Victoria Crisp Terry Mahr 26:00 18:04 18:13 Judith Hine 18:54 Ana Olivo 23:26 Susan Oliver 24:28 Lyndell Weeks 24:40 25:00 Sandra Fladry Patti Marquess 27:36 W50 Mary Preisel Erika Inman 19:13 23:05 **Bonnie Webb** 23:51 W55 Amelia Wallace 21.21 Pat Schmidt 24.58 27:15 Judy Delph W60 Nadine Rihani 60 30:45 Judy Kirchoffer 61 31:41 Myrtle Tourtlott 67 32:11 47:36 Cynci Calvin 49.44 Barbara Brady Georgia Riley Lisa Felder 49:48 50:39 51:57 **Bridie Dillon** W55 Barbara Miller 40:47 41:02 Shirley Matson Ellen Nitz 44:56 45:45 Louise Walters Pamela Horton 46:56 Edda Stickle 48:40 Sue Johnston 50:33 51:16 Katie Martin Ann Hardham 51:24 54:28 Pam Koppe W60 Sylvia Hughes Jan Haberzetle 49:45 58:56 Barbara Robben 59:28 1:00:01 Juliane Scheberies Marjorie Macris Ellen Luca 1:06:31 1:10:16 Joan Long 1:17:02 AdeleOppenheimer W65 June Machala 1:26:42 45:04 Ruth Anderson 1:01:05 Shirley Dockstader 1:03:42 Shirley Parlan 1:25:12 1:02:52 W70 Peggy Hansen 1:11:06 W80 Evelyn Kionig Hampton Bay Days 10K Hampton, VA; Sept. 12 Overall Michael Harrison 31 33:01 Valerie Phyler 38 38:20 M40 Pete Gibson 33:42 David McDonald 34:03 M45 Rick Platt 35:05 M50 ReubenBeauchamp 36:04 M55 Larry Turner 39:56 38:59 42:45 M60 Mel Williams M65 Tom Ray 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 M40 Roberto Castillo 17:31 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 18:40 20:48 M60 Roger Rouiller

Louis Best

M65 Aaron Ouazana

Hans Fendl

M70+Rene Beteille 73

W40 Diana Beeson

Roberto Cabrera

Carmelo Crupi 77 24:50

CynthiaRaesBarnrd21:44

22:36

22:51

23:08

24:48

20.28

	1 2 2 4
Pada Mariana	
Kim Doran	22:30
W45 Isolde Cahill Mira Bedo	22:42 23:40
BrendaCulbertson	
W50 Jo Ann Lindwall	22:34
BettyLou Murphy	23:01
Barbara Zaretsky	24:17
W55 Janet Ross Jeanette Garcia	22:59 28:32
W60 Lois Balafas	29:31
Mary Boyd	36:43
	ATE
Phoebus Day 8K/US Virginia State Champio	AIF
Hampton, VA; Oct.	10
Overall	
Robert Hinkle 34	25:50
Nancy Delaney 32	30:43
M40 Pete Gibson 42 Lanny Doan 42	26:31 26:54
Rick Platt 48	28:21
Lamonte Buggs 41	
M50 Larry Coley 50	30:50
Steve Tyndall 51 M60+John Essery 62	31:26
Andrew Polansky	35:17 36:07
W40 Sharon White	31:50
Linda Kidder	32:23
Kathy Powell 44	35:05
W50 Barbara Biasi 51 Barbara Ivey 52	37:39
-particular and the second sec	37:56
MIDWEST	
22nd Condell Distance	
Libertyville, IL; Sep	
-5K-	
Overall	
Michael Szasz 25	16:32
Rebecca Morgan 33 M40 Tom Dahlberg	20:06
Dan Roder	17:34
Donald Baker	18:00
M45 Gary Townsend	16:55
David Raub	17:15
John Adams	18:35
M50 Jack Zordan	19:57
Rich Kosmerl Lynn Smith	20:38
M55 Vic Heckler	20:40 17:44
Don Mowles	20.30
Neale Murray	20:30 21:08
Neale Murray M60 Ken Weik	21:08 21:25
Neale Murray M60 Ken Weik Ken Burman	21:08 21:25 23:01
Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke	21:08 21:25 23:01 24:16
Neale Murray M60 Ken Weik Ken Burman	21:08 21:25 23:01
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Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke M65 Morton Eleff Charles Otto Alex White M70 Bob Koch	21:08 21:25 23:01 24:16 24:29 25:36 26:43 23:49
Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke M65 Morton Eleff Charles Otto Alex White M70 Bob Koch Eugene Scheckman	21:08 21:25 23:01 24:16 24:29 25:36 26:43 23:49 27:09
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Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke M65 Morton Eleff Charles Otto Alex White M70 Bob Koch Eugene Scheckman James Sivley M75 Frank Waldeck 76	21:08 21:25 23:01 24:16 24:29 25:36 26:43 23:49 27:09 35:29 36:15
Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke M65 Morton Eleff Charles Otto Alex White M70 Bob Koch Eugene Scheckman James Sivley M75 Frank Waldeck 76 Prasad Rajnandan 75 Peter Bullock 77	21:08 21:25 23:01 24:16 24:29 25:36 26:43 23:49 27:09 35:29 36:15 43:53
Neale Murray M60 Ken Weik Ken Burman Helmut Stahnke M65 Morton Eleff Charles Otto Alex White M70 Bob Koch Eugene Scheckman James Sivley M75 Frank Waldeck 76 Prasad Rajnandan 75 Peter Bullock 77 W40 Jane Kelley	21:08 21:25 23:01 24:16 24:29 25:36 26:43 23:49 27:09 35:29 36:15
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Joseph Paleczny M70 Bob Koch	48:36 50:26
Joe Lanan	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 Lynette Carani	53:52 54:17
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Kathy Friedman	47:32
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W55 Doris Schertz	53:38
Bonnie Sayre	63:35
Barbara Francoise	68:09
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Lois Brusko	57:54
Maxine Howard	61:26
W65 Barbara Scheckman Teresa Ramirez	73:34 82:08
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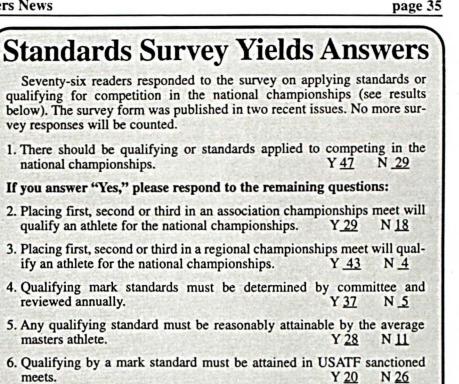
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1	Rick Boettcher Robert Haines	29:58 30:56
3 3 7 8 2 6	Roy Ellis Carlos Turnes	31:46 32:18
7 B	Doug Harvey	32:30
2	Frederic Cann David Gardelius	32:31 32:33
4	M50 Alan Beck John Seggie	29:01 31:17
6 3	Philip Rossi	31:25
1	Mike Shaughnessy Jon Harnish	32:28 33:01
9	Ed Zimmerman M55 Michael Heffernan	33:38 30:03
0	Bill Fallon	32:03
9	Harold Polivka David Loprinzi	34:12 34:15
4	Douglas Galloway Mike Ryan	35:17 36:27
2 5 9 6	M60 Earl Bennett	35:08
6	Gunnars Osis B WerlingerLebeau	38:48
,	M65 Jack Keener Richard Olafson	36:55 37:32
0 0 0 0	Dave Harrison	37:57
5	M70 GeorgePuterbaugh Ken Weidkamp	42:09 50:32
	M75 Merle Aden M80 Bill Lauderback	50:13
	Hugh Turnbull	45:23 1:04:10
2	W40 Theresa Caspell Lesley Roberts	32:01 33:17
2	Joy Cordell Dorothy Atwood	33:41 35:53
2	Roz Tucker	36:42
3	Kris Walton Marianna Crawford	37:11 37:12
)	Kristie Miller W45 Wanda Kelley	37:20 33:11
3	Debbi Kor	35:02
	Mary Meek Sherry Socotch	35:05 39:41
	Nancy Ansboury Mary Keegan	40:00 41:14
	Gwendolyn Harvey	41:17
	Joanna Gebhart W50 Katie Corrison	41:56 33:43
	Sherry Arsenault Shirley Craddick	37:14 40:49
	Janet Fallon	41:52
	Mary Murrell Janice Boyer	42:04 42:26
	W55 Karan Demko Gay Baker	43:36 44:32
	Ellen West	47:36
	Carrol Tama Elaine Sibley	48:30 48:57
	Helen Wade W60 Helen Horton	50:33 40:45
	Joan Brannan	43:42
	Joann Dornlas W65 Josie Coffey	49:58 46:40
	Barbara Olafson Joan Klopfer	47:35 48:45
	W70 Jean Scott	46:23
	Peggy Hansen Pat Rouse	48:17 53:28
	W75 Maureen Schmahl W80 Irene Crane	1:14:16 1:10:33
	Нарру	
	Thanksgiving	
	from National	
	Masters News	

RACEWALKI Eastman Road Race/Fo 5K Masters National Ra	od City
Championships Kingsp	ort, TN;
Overall Sept. 12	
Curt Clausen 38 Tori Herazo 39	20:37 23:31
M40 Jonathan Matthews	
Damon Clements	30:05
Wendell Lowe M45 Mike Renfroe	30.05
Ross Barranco	30:42
David Mills	31:19
Bob Sunman	31:52 33:08
Jim Murphy M50 Bruce Booth	25:38
Gene Opheim	25:50
Max Walker	26:22
Bill Penner David Wade	26:51 28:35
M55 Don Denoon	23:32
James Carmines	24:25
Victor Litwinski	29:42
Bernie Finch Charlie Mullins	30:07 30:46
M60 Dave Romansky	25:39
Paul Johnson	26:49
Ray Everson	28:36
Robert Dawson M65 Dick Petruzzi	30:28 28:35
Bob Stewart	30:22
M70 Jack Starr	28:43
Ken Long	33:27
Frank DeGruy M75 Paul Geyer	40:31 38:02
M80 Bill Tallmadge	37:50
W40 Sandy Denoon	27:15
Barbara Stayton Kathy Finch	31:46 32:06
Karen Arnold	32:00
W45 Tish Roberts	27:49
Elizabeth Main	29:19
Judy Witt Martitia Beach	31:11 31:38
Ann Williams	32:08
W50 Jackie Reitz	28:14
Ginny Jones	34:38
Carole Sease W55 Elton Richardson	38:31 29:59
Janet Higbie	31:10
Dorothy Withem	
W60 Sami Bailey Ruth Everson	31:51 33:47
Joyce Curtis	34:17
W65 Ruth Ketron	42:01
W70 Virginia Lawrence	
W75 Jane Dana Virginia Lawrence	35:47 37:53
USATF South Regional	
Championships Orlando, FL; Sept.	
Överlall	
John Fredericks	27:13
Sperry Rademaker M40 Don McMahon	30:49 29:25
M40 Don McMahon M45 Juan Yanes	27:27
M50 John Fredericks	27:13
M55 Jay Dash	33:06
M60 Bob Cella M65 Bob Fine	28.52 31:52
M70 John Ross	38:43
W40 Edna Marshall	34:55
W45 Sonja Mora	34:32
W50 Pam Betz W55 S Rademaker	32:58 30:49
W70 Mary Canty	42:47
Michigan 10K Road	RW
State Championsh Dearborn, MI; Sept.	ips
Overall	
Gary Morgan 38 Abby Oliver 38	46:42
M35 Gary Morgan	46:42
M45 John Klos	48:29
M50 Max Walker	58:04
	1:05:04
	1:01.57 1:12:22
	1:14:12
M75 Jerry Jerome	1:15:49
W35 Abby Oliver	1:00:35
in is sjandy ingen	1:05:37 1:03.19
W 33 Walda HLIW	
	1:05:45

National Masters News



- 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 <u>41</u> N <u>4</u>
- 9. Defending champions are automatically qualified for the national championships. Y <u>39</u> N <u>7</u>

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOVEMBER 1998

7	ATHLETE (RESIDENCE)	BIRTHDATE	ACE CROUP
- 3	JIM BOWERS (SANTA ROSA, CA)	11- 6-38	60-64
	JERRY CASH (TIGARD, OR)	11-21-48	50-54
1	LOUIS CHARBONNEAU (FRA)	11-22- 3	95+
I	ROBERT COOPER (DAVIS, CA)	11- 7-23	75-79
	ALVAN CORWIN (ROLLING HILLS, CA)	11- 5-23	75-79
f	DONALD DONNELLY (SAN DIEGO CA)	11-23-28	70-74
î	HENRY FAIRBANK (DURHAM, NC)	11-9-18	80-84
Ĩ	NOLAN FOWLER (COOKEVILLE, TN)	11- 3-13	85-89
1	MOHAMED GAMMOUDI (TUN)	11- 2-38	60-64
1	LAWRENCE ROLAND HARVEY (US)	11- 4-38	60-64
	ADRIAAN HEIJDENS(HOL)	11-16-38	70-74
	TOSER RUDZ (EDC)	11-18-38	60-64
- 2	JAMES LAUT (OXNARD, CA)	11-2-28	70-74
č	O. LUBBE (WG)	11- 8-13	85-89
1	DAVID MARCUS (LAGUNA HILLS, CA)	11- 9- 8	90-94
1	RUBEN MELGOSA (SACRAMENTO, CA)	11-24-28	70-74
-	ALAN MELLETT (GBR)	11- 4-33	65-69
	FRANTISEK MIROVSKY (CZE)	11-19-13	70-74
- i	MILTON NEWTON (INCLEWOOD CA)	11-6-33	65-69
- 1	RUSSEL NIBLOCK (VANCOUVER, WA)	11-11-13	85-89
. 1	ROBERT O'RAFFERTY(GB)	11-10-13	85-89
1	RODERICK PARKER (US)	11- 9-18	80-84
1	BOB PERRY (ENCINO, CA)	11-11-28	70-74
	STACEY PRICE (ALBUQUERQUE, NM)	11- 5-53	45-49
1	WILPDIED PLIKEPS (BEL)	11-15-18	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	55-59
	SARAH COOTS (US)	11- 2-38	60-64
- j	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
	JACKIE JONES (SALINE KS)	11-28-28	70-74
	JACOUELINE 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
1	ULAN WILLIAMS (IULSA, UK)	11-17-53	45-49
	SZVETLANA BUZAST (HIN)	11-18-38	60-64
	JENNY EARLE (GBR)	11-28-58	40-44
1	ASTRI FORDE (NOR)	11-3-33	65-69
	CHRISTEL FRANZEN (WG)	11-11-28	70-74
1	BERTA HIELSCHER (WG)	11-17- 8	90-94
1	HELCARD HOUBEN (WC)	11-12-13	55-53
	EDITH HUBER (WG)	11-23-28	70-74
- 9	GLORIA JACKSON (GB)	11-12-33	65-69
1	KAIJA JORTIKKA (FIN)	11-23-23	75-79
	BIRUTE KALADIENE(LIT)	11- 2-33	65-69
	ELZBIETA KRZESINSKA (POL)	11-11-33	65-69
	COLLEEN MILLS (N7)	11-19-13	65-69
	NADEZ OLIZARENKO (URS)	11-27-53	45-49
	RIGNOR OSTERLVND (DEN)	11-5-43	55-59
1	NELL DU PLESSIS (RSA)	11-17-23	75-79
	ILSE PLEUGER (WG)	11-12-23	75-79
	ANNEGRET SCHRAMM(WG)	11-16-43	55-59
	JOANNE SMALLWOOD (GB)	11-12-43	55-59
1	MARY THOMSON (CAN)	11-30-28	70-74
	RENATE VOGEL (GER)	11-26-43	55-59
	NAKEN IEWER(GBR)	11-11-43	55-59
6	mpiled by Pete Mundle, World and U.S. Ma	sters T&F Record	s Chairman
	LILEY WING ENTER A NEW DIVISION IN ATHLETE (RESIDENCE) JIM BOWERS (SANTA ROSA, CA) JERRY CASH (TIGARD, OR) LOUIS CHARBONNEAU (FRA) ROBERT COOPER (DAVIS, CA) AUVAN CORWIN (ROLLING HILLS, CA) HENRY FAIRBANK (DURRAM, NC) NOLAM FOWLER (COOKEVILLE, TN) MOHAMED GAMMOUDI (TUN) LAMRENCE ROLAND HARVEY (US) ADRIAAN HEIJDENS (HOL) PETER HIGGINS (GB) JOSEF KURZ (FRG) DAVID MARCUS (LAGUNA HILLS, CA) RUBEN MELGOSA (SACRAMENTO, CA) ALAN MELETT (GBR) FRANTISEK MIROVSKY (CZE) CLIFFORD MURRAY (GUY) MILTON NEWTON (INGLEMOOD, CA) RUSSEL NIBLOCK (VANCOUVER, WA) ROBERTO 'RAFFERTY (GB) RODERICK PARKER (US) BOWER RAYMOND (PITTSBURG, PA) WILFRIED RIJKERS (BEL) ATTILIO ROSSETTI (FRA) GERHARD TILMANN (WG) VICTOR ZWOLAK (WILMINGTON, DE) JOAN ANGOTTI (SYACUSE, NY) NOLA BRUHN (SEATTLE, WA) ROSALIE CARMAN (PORTLAND, OR) SARAH COOTS (US) MARIE FRIEND (US) JACQUELINE HANSEN (SANTA MONICA, CA) CATHY HARGUS (SAIN DIEGO, CA) MARIE FOILAND (COMSTOCK PARK, MI) MARY HOLLAND (COMSTOCK PARK, MI) MARJORIE HUNT (ANAHEIM, CA) JACKIE JONES (SALINE, KS) JACQUELINE MANLEY (EUGENE, OR) CATHER HARGUS (SAIN DIEGO, CA) MARY HOLLAND (COMSTOCK PARK, MI) MARJORIE HONT (ANAHEIM, CA) JACKIE JONES (SALINE, KS) JACQUELINE MANLEY (EUGENE, OR) CATHER HARGUS (SAIN DIEGO, CA) MARY HOLLAND (COMSTOCK PARK, MI) MARJORIE HONT (ANAHEIM, CA) JACKIE JONES (SALINE, KS) JACQUELINE MANLEY (EUGENE, OR) CATHER NE MALL (OR) SUZAN WILLIAMS (TULSA, OK) ULRIKE BRUNS (EG) MARJORIE HOUSEN (WG) BERTA HILLSCHER (WG) MARJORIE HOUSEN (WG) BIGITH HUBER (WG) MALORIE HANSEN (SEA) ILSP DEUGGER (WG) MARJORIE HONEN (URS) ANDEZ OLIZARENKO (URS) ANDEZ OLIZARENKO (URS) ANDEZ OLIZARENKO (URS) ANDEZ OLIZARENKO (URS) ANDEZ OLIZARENKO (URS) ANDEZ OLIZARENKO (URS) ANNEGRET SCHRAMM (WG) JOANNE SMALLWOOD (GB) MARY THOMSON (CAN) HENATE VOCEL (GER) MARENCE MILLS MIDIE, WORD (AGN) ARRY THOMSON (CAN) MARIE HE		

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National Masters News

November 1998

So Cal TC 18 Charca Rancho Santa Margarita, CA 92688 Mike Cleary 949 589-0242

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

Tamalpa Runners Box 701 Corte Madera, CA 94976 415/924-8223

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

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

Trojan Masters TC 1125 Stimson La Puente, CA 91744 818/917-6289 rreabold@hlpusd.k12.ca.us

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

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 Spolane Community College N_1810 Greene St., MS-2030 Spokane, WA-99207-5399

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

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

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

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

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

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

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

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

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)

Walkers Club of L.A. 610 Woodward Blvd. Pasadena, CA 91107 818.985-9854

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

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 Lindsav 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

Marvland 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 Jersev 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 Jovce Halls 80 Van Cortlandt Pk. So., #C32 Bronx, NY 10463 718/796-5128

North Jersev 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 Box 659 Amherst, MA 01004 413/586-7411

Svracuse 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. Delrav 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. Davton, OH 45419 (MD/LD) 937/293-7935

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

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

MID-AMERICA

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

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

Denver TC Jim Bogus 1818 S. Quebec Way #10-1 .Denver, CO 80231 303/696-0436

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

Lawrence TC P.O. Box 3743, Javhawk 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 Baty 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.c

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 Bav Runners P.O. Box 2144 Castro Valley, CA94546 510/881-0330

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

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

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

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

KEL Club 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

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

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

No. Calif. Senior TC Shirley Dietderich, Pres. 5 Arcade Ave. Berkeley, CA 97408-2101 510/848-5016

Pacific Racewalkers Box 513 Carmichael, CA 95609 916.483-2917

River City TC 3900 Berrendo Dr. Sacramento, CA 95864 916/489-7881

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

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

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