

NATIONAL MASTERS NEWS

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

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Tuttle, Troncoso Top Indy Life Circuit Masters at Run by the River 5K

CLARKSVILLE, Tenn., Sept. 11 – At the 7th Gateway Health System Run by the River 5K, John Tuttle and Carmen Troncoso again were the top Indy Life Circuit masters in 14:19 and 16:55, respectively. For Tuttle, it was his fifth straight ILC victory and for Troncoso, her second.

Under sunny skies and calm conditions on Sept. 11, Tuttle, a 1984 Olympic marathoner, finished as second master behind new master Simon Karori of Kenya, who ran a 14:16 to win the masters race. With his effort, Tuttle, 40, from Douglasville, Ga., set his fourth pending U.S. 40-44 record of the year. The current U.S. masters 5K record is 14:25, held by Steve Plasencia at Palm Desert, Calif., on Dec. 15, 1996.

The USATF-certified Run by the River 5K course is point-to-point, but it is flat, and thus, if there is not a tailwind on race day, U.S. records are possible. Two-time ILC Grand Prix masters champion, Craig Young, 43,

Continued on page 6



TIFFANY LANIGAN

Age-Graded winners in the Riverfest Run by the River 5K/Indy Life Circuit Race, Clarksville, Tenn. (l to r): Craig Young, Jack Nelson, Jan Frisby, John Tuttle, Dick Buerkle, Jane Welzel, Terry Mahr, Carmen Ayala-Troncoso, Victoria Crisp, and Gloria Jansen.

Jordan, Whittemore Tops at Club West

by JERRY WOJCIK

SANTA BARBARA, Calif. – Payton Jordan showed that moving to Southern California from his long-time residence in Los Altos, Northern California, hasn't affected his record-breaking speed. Jordan, 82, is the world-record holder in the 100 and 200 for the M70, M75, and M80 age groups.

Competing in the Club West Meet at Santa Barbara City College on Oct. 3, Jordan broke the 100 U.S. record for age 82 – twice. In his first race, he ran a wind-aided 14.93. Later in the day, in an invitational 100, Jordan, competing with Frank Kishi, M65, and Tom Miller, M75, ran a 15.64, with a -3.24 wind, just missing the M82 world record of 15.63.

While Jordan was scorching the track, John Whittemore, 99, of nearby Montecito, scored four single-age records with the 4kg shot, 1kg discus, 4kg hammer, and 600g javelin.

A slight drop in attendance, attributed to the Sunday date, didn't affect the sprints, with some 45 entered in the 50m, and over 50 runners in the 100m. Norbert Payton, M50, one of several triple winners in the sprints, ran an 11.80 to win the 100 in a field of seven. Phil Raschker won the W50

Continued on page 5



JERRY WOJCIK

Michael Hoover, M40, winner of the Nick Carter Trophy for best age-graded runner in the 1500, Club West Meet.

LeBourne, Morra Winners in Fifth Avenue Mile Run

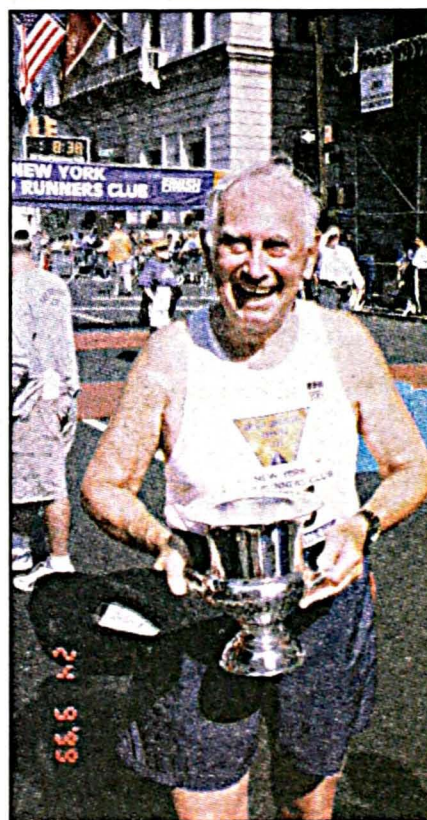
by JERRY WOJCIK

Anselm LeBourne, 40, and Janice Morra, 41, were the masters winners in the Fifth Avenue Mile run in midtown Manhattan on Sept. 25. Originated in 1981, the race, organized by the New York Road Running Club, starts on Fifth Avenue at 80th Street and finishes on 60th.

Masters compete in four races: two separate events for men and women ages 40-59, and the George Sheehan Memorial mile for men and women aged 60-and-over.

LeBourne, of Maplewood, N.J., world champion in the 800 and 1500 at WAVA-Gateshead in August, ran a 4:19.6 to win in a field of 21, ranging in age from 40 to 57. John Stubbs, 41, Collierville, Tenn., was second in 4:26.5. David Reed, 45, Canada, took

Continued on page 3



AL PUMA

Bill Benson, 80, first M80+ (7:56.4), George Sheehan Memorial Mile at the NYRRC Fifth Avenue Mile.

INSIDE:

- Twin Cities Marathon – page 8
- USA Masters Road Records – pages 13-16
- Masters Clubs – page 28

CONTENTS

DEPARTMENTS

USATF Officers	2
LDR Report	3
Five Years Ago	3
Letters to the Editor	4
NMN Sustainers	4
Twenty Years Ago	4
Track & Field Report	5
Third Wind	6
Word from the Web	7
Ten Years Ago	7
The Foot Beat	8
The Weight Room	9
Racewalking	10
On The Run	12
Current NMN Contacts	16
International Scene	17
Report From Britain	17
WAVA Specs	17
Masters Scene	18
Fifteen Years Ago	18
New Age Group Athletes	18
Schedule	19
All-American Standards	21
Results	22
Masters Clubs	28

FEATURES

Run by the River 5K	1
Fifth Ave. Mile	1
Club West Meet.	1
Rankings Available	3
Great Cow Harbor 10K	4
Twin Cities Marathon	8
ILC Standings	8
Nat'l. Weight Championships	9
Nat'l. 5K Racewalk	10
Portland Marathon	10
San Diego Meet.	10
Combined-Events Preview	11
Capital Challenge 3-Mile	12
T&F Road Records	13
Raschker Ups Vault Record	18

ENTRY FORMS, ETC.

Las Vegas Marathon	3
NMN Subscription Form	4
The Master Board	5
Dartmouth Relays	7
Publications Order Form	11
T&F Rankings Book	27



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Publisher and Editor: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com
Web site: http://www.nationalmastersnews.com
Assistant Editor: Jane Dods
Schedule: Jerry Wojcik
Marketing Director: Sue Hartman
National Advertising Director:
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Sales Representatives:
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 Lisa Fronti 610-967-8896
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Track & Field Rankings:
 Outdoor: Jerry Wojcik (1999)
 Indoor: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John
 Pagliano, Mike Tymn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker
 (MD), Maury Dean (NY), Bob Fine (FL), Courtland Gray
 (TX), Paul Heitzman (KS), Carol Langenbach (WA), Ron
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 (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten
 Carlus (SWE), Bridget Cushen (GBR), Martin Duff
 (GBR), Jim Tobin (NZL).
Internet Correspondent: Ken Stone, **Web site:**
 http://members.aol.com/trackceo/index.html;
e-mail: trackceo@aol.com.
Photographers: George Banker (MD), Suzy Hess
 (OR), Hank Kiesel (MO), Charlie Klutts (NC), Vic
 Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI),
 Jerry Wojcik (OR).
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LDR Report

by **JERRY CROCKETT**
USATF Masters LDR Chairman

New Organizational Changes Planned

It's an exciting time of the year in our business with mountain ultra, trails, cross-country, and road racing championships all going on. Everyone has something to keep them out of the pool hall.

In addition, there are very significant governance changes being developed for your consideration.

USATF LDR is currently composed of three divisions: men's, women's and masters. Although some of the goals of the three groups are at variance, the cooperation and willingness to give and take has been exceptional. Youth LDR is affiliated with Youth Athletics. Under the proposed new structure, LDR will remain as a united entity.

Within LDR, a Mountain Ultra-Trails sub-committee is working effectively under the guidance of Lorraine Gersitz. There may be a need to divide this group further as its numbers grow.

There is a cross-country sub-committee at the men's and women's levels, but not yet at the masters level.

The huge road-racing group should probably have its own sub-committee. It is currently overseen by the LDR Executive Committee.

A three-person task force is preparing for your consideration an organizational plan for the combined LDR groups. The plan will be distributed this month and voted upon next month at the national meeting in Los Angeles. The task force has worked hard; please thank the members when you see them.

Masters LDR is also preparing a package which will, for the first time, give our committee a real set of guidelines to provide fair and consistent operations.

FIVE YEARS AGO November 1994

- Doug Kurtis (42, 2:20:00) and Suzanne Ray (42, 2:45:36) First in National Masters Championships/Twin Cities Marathon, Minneapolis
- Charlie McMullen (43, 15:43) and Barbara Filutze (48, 17:54) Claim Titles in National Masters 5K Championships, Syracuse, N.Y.
- Fred Lebow, Chairman of the New York Road Runners Club, Dies of Brain Cancer at age 62

I just returned from the masters road racing mecca – the Twin Cities Marathon – where we were treated well amidst good competition. The final race on the 1999 Indy Life Circuit was the Tulsa Run, Oct. 30. The standings are very close.

During 1999 there were national and masters LDR executive committee meetings, which were cordial – not always the case. It was decided to develop a new web page for the unified LDR groups with a number of sub-units for masters.

Running USA is having an executive get-together at the New York Marathon. If we can afford it, I hope to attend. This group is the best ray of hope that road racing has for improving the quality and recognition of the sport.

I hope you will plan to attend our national meeting in Los Angeles on Nov. 29-Dec. 5 and participate in the 10K Cross-Country Championships, Dec. 5. We need to hear your voice so you will be truly represented. □

1998 Outdoor Rankings Now Available

Want to know how you ranked in your events in 1998, or what your competition is likely to be if you are moving up to the next age group in 2000? The U.S. Masters T&F Rankings Book for 1998 should help to answer both questions.

The Rankings Book can now be purchased through the *National Masters News* for \$7.00, plus \$1.50 for postage and handling. Consisting of 56 pages, the compilation includes track events from the 100m to the relays, and field events from the high jump to the super-weight. Racewalking ladders, compiled by Phil Howell, for the 5000, 10K, and 20K are also included, as are the combined events, from the decathlon to the weight pentathlon, compiled by Rex Harvey. □

5th Avenue Mile

Continued from page 1

third in 4:27.6. Last year's winning time was 4:16.57 by Bill Krohn.

Harold Nolan, 52, Navesink, N.J., who finished second last year among the 50-59-year-old runners in 4:44.31, ran a 4:36.5 to take honors in that group. Vic Heckler, 57, Chicago, was second in 4:41.3.

Morra, of Nyack, N.Y., ran a 5:09.9 in a field of nine, ranging in age from 41 to 54, to win over defending champion Kathy Martin, 47, Northport, N.Y., who was very near her 1998 time of 5:14.45 with a 5:14.6.

Erika Campbell, 50, Ridgewood, N.J., was the fastest age 50-59 runner with a 5:47.2.

In the George Sheehan mile, Sid Howard, 60, Plainfield, N.J., and Fay Bradley, 61, Huntsville, Ala., staged the closest contest of the day, Howard, the bronze medalist in the 800 at Gateshead, winning in 5:12.1, and Bradley, last year's winner, second in 5:12.4.

Marion Stanjones, 61, Northport, N.Y., won the women's race in 6:33.1.

Other age-category firsts were M70-79, William Fortune, 71, Pearl River, N.Y., 6:14.7; M80-89, William Benson, 80, Valley Stream, N.Y., 7:56.4; and W70-79, Sumi Onodera-Leonard, 71, Huntington Beach, Calif., 1999 national champion in the 800 at Orlando, who ran a 7:52.5 □



AL PUMA
Sumi Onodera-Leonard, 71, first W70+ (7:52.5), George Sheehan Memorial Mile at the NYRRC Fifth Avenue Mile, Manhattan, Sept. 25.



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NATIONALS

Recently I competed in the Nationals at Disney Wide World of Sports in Orlando. There was much that was wrong about the meet facilities such as being far from the parking lot with no transportation, scheduling events at the hottest time of day (a no-no for us oldies), and if you could believe it, all throwing implements were lost, strayed or stolen.

On the plus side, there was plenty of water and, the biggest plus, a neat group of officials. They were super and if it weren't for them and my roommate Ray Gradick, I would have left on day one. I don't know how they

coped with the heat and humidity.

And a special kudo for Jerry Harper, the man who gave out the medals. He never lost his cool – mentally, that is – although the awards tent was a joke. He was kind and answered endless questions, looked up endless results and had a smile for all of us.

I think he should have a medal himself and as soon as I recover from my rotator cuff surgery, I'm sending him one. But not my bronzes. They are collector's items – bent out of shape!

Betty Jarvis,
Oklahoma

GREATEST ATHLETE

I thought Mike Tymn's column on the "greatest athlete" (September NMN) exhibited a bit of arrogance, and a bias against high-paid professional athletes. His statement that he doubted Michael Jordan could run a sub-six-minute mile brought a combination of amazement and amusement to my mind.

Obviously he had little exposure to basketball players of any level, or he would not make such outrageous statements. As a small personal example that puts the lie to this concept that basketball players are not in good cardio-vascular condition, I offer this experience from my past.

As freshmen in college, we were all required to take certain phys. ed. courses, one of which required a mile run as

part of the grade. A fellow freshman, who was a 6-8 center on the university basketball team was also in the class. Despite his height and weight (approx. 260 lbs.) he was one of three students in the class to break 5:25. I suspect Michael Jordan is in far better condition.

George Sanders
wcrunner@bellatlantic.net

KUDOS

The *National Masters News* is awesome. You people do such a great job. Didn't run this summer because I am pregnant, but that didn't stop me from coaching and encouraging seven new masters women into their first track meet at the Los Gatos Championships, June 12, and they're hooked.

Joy Upshaw-Margerum
Berkeley, California



GEORGE BANKER

Tami Graf, 62, first W60 (25:50), Tommy's American 5K, Washington, D.C.

TWENTY YEARS AGO November 1979

- America's Ruth Anderson is First Woman to Enter London-to-Brighton 54-Mile Race
- Britain's Joyce Smith, 41, Wins Avon International Marathon Overall in 2:36:27
- President Jimmy Carter, 54, Drops Out of Catocin Mountain 10K

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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Annual Meeting to be Held on West Coast

I am expecting the 1999 USATF Annual Meeting in Los Angeles (Nov. 29-Dec. 5) to be a forum for timely, productive discussions and meetings. The first Masters T&F full committee session is scheduled for 5:30 - 8:00 p.m., Wednesday, Dec. 1, in the Brentwood Room of the Century Plaza Hotel.

If you are attending and interested in being a voting Masters Committee attendee, you must be sure to register for the Annual Meeting. If you are not yet registered, you can obtain a registration form from the national office of USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225.

The voting committee for Masters T&F is composed of:

a) one member named by each Association (56); b) one member named by each Amateur Sports Organization (USATF By Laws, Exhibit B) (7); c) one member named by Athletes for the Disabled (1); d) one member named by the USATF Officials Committee (1); e) five at-large members to be selected by the Masters Committee (5); f) elected officers of the Masters Committee (4); and g) Active Athletes members, 20% of the total authorized membership of the committee to be selected by registered attendees (19).

The committee is established at the start of the first Masters T&F session. Those interested should be in attendance for the roll call (first order of business).

During the ensuing sessions, we will be hearing reports from committee officers and various subcommittee chairs, including regional coordinators, awards, racewalk, rankings, records, weight events, legends, and championships. Time has been blocked for informational presentations for the 2000 indoor, outdoor and combined event championships as well as information and bid presentations for future championship sites.

Thursday afternoon, Dec. 2, we will conduct our annual joint meeting with Masters LDR, to hear reports from the Hall of Fame Committee, Gateshead team managers, and an update of WAVA happenings, among other items of dual interest.

At another session, we will be brought up to date on USATF restructuring as it relates to the Masters Committee and any rule changes that need our attention.

This year, I have included time on the agenda for discussion of various items of interest to our membership, such as use and value of the Internet for masters athletics. Time has also been allotted for a forum on the

progress and feasibility of pursuing a partnership with the National Senior Games Association.

The annual meeting is where all USATF sports committees, including masters track and field, conduct business. You are encouraged to join your fellow masters and express your interest by attending and participating. □

Club West Meet

Continued from page 1

100 in 13.21.

In the jumps, Brent Burns, M30, vaulted 17-0. Sue Di Marco, W35, after running a 64.45 400, high jumped 5-4 and vaulted 10-6. John Hawkins took the M50 high jump with a 5-10.

In the throws, Bud Held, M70, launched a 145-9 with the 600g javelin to take the day's honors by one inch from John Burns, who won the M55 contest with a 145-8 with the 800g.

The entrants included many athletes who had competed at WAVA-Gateshead and/or the 1999 Nationals in Orlando: Dick Richards, M65; Rodney Brown, M70; Sumi Onodera-Leonard, fresh from her W70 first (7:52.5) in the Fifth Avenue Mile, Sept. 25; Phil Raschker, W50; Jim Selby, M70; Avery Bryant, M75; Vince Malizia, M80; Jeanne Hoagland, W60; Gordon McClenathen, M65; Elaine Iba, W35; Christel Miller, W60; Johnnie Valien, W75; Bob Humphreys, M60; and Charles Quarelli, M55.

One of the features of the meet is its generosity with awards, this year, eight, in all. Rodney Brown, Cedar City, Utah, won the George Adams High Point Track Trophy; Mike Deller, Los Angeles, and Stewart Thomson, Atascadero, Calif., shared the Vernon Cheadle High Point Field Award.

Elaine Iba, Dove Canyon, Calif., won both the Pane E Vino Trophy for Best Woman Athlete and the Jimmie Whitney High Point Track & Field Trophy; Kio Shik Song, Chula Vista, Calif., took the Hubbel-Herman Trophy for the Best Hammer Thrower 70+.

Payton Jordan won the Paul Spangler Award for Best Performance by an Athlete 80+. Gordon



JERRY WOJCIK
John Sprague, winner of the M30 400 (53.00), Club West Meet, Santa Barbara, Oct. 3.



Gordon McClenathen, M65, winner of the Ray Williams Memorial Trophy for the best 5000 by M60+, with Vito Gioiello, vice-president of meet co-sponsor Northern Trust Bank of California, Club West Meet, Santa Barbara, Oct. 3.

McClenathen, Goleta, Calif., who also did duty as the meet director, won the Ray Williams Award for Best 5000 Runner 60+; and Michael Hoover, Irvine, Calif., was awarded the Nick Carter Trophy for Best Age-Graded 1500 Runner.

Beverley Lewis was the principal starter. Guy Peterson and Lloyd Albright were the co-ordinators of officials.

The primary sponsors were Pane E Vino Restaurant of Montecito, and Northern Trust Bank of California. □

Master The Board

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Third Wind

by MIKE TYMN

Be Fit! Or Be Damned!

That was the title of a 1967 book authored by Percy Cerutti, the eccentric and revolutionary Australian coach of the 1950s and '60s. Cerutti gets my vote as the "Coach of the Millennium." His legacy is *mental toughness*, the missing ingredient among today's young runners, as suggested in this column last month.

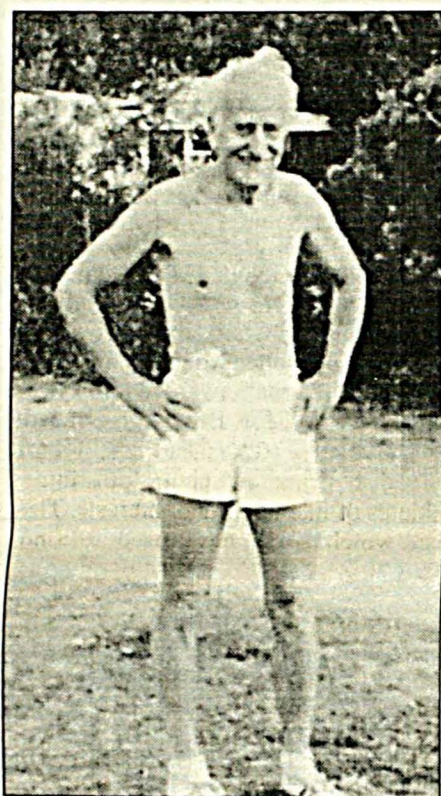
"Percy wasn't really a coach," Australian Albie Thomas, a three-time Olympian and a former world record-holder at two miles, once told me. "He was a mentor, a motivator. I spent some time at his weekend retreat in Portsea, but my home is in Sydney, 600 miles from there, so we communicated mostly by letter. He didn't lay out any kind of routine for me. It was mostly motivational stuff, like *difficult things take time, the impossible takes a little longer, things like that.*"

Ahead of His Time

Indeed, Cerutti was a revolutionary. At a time when distance runners did nearly all of their training on tracks, Cerutti had his disciples, including the great Herb Elliott, running up sand dunes, running barefoot over trails covered with burrs, and lifting weights, something generally thought harmful for most athletes, especially runners, back then.

I asked Thomas whether it was true that Cerutti covered the trails around Portsea with burrs. "He didn't need to place them there himself," Thomas answered with a chuckle. "There were prickly burrs, some with very long needles, all over the place. When you'd step on one of them you'd really dance. Mental toughness was something that Percy stressed and that was one of the ways he had of toughening you up."

Although Cerutti was not his coach, John Landy, the second man to



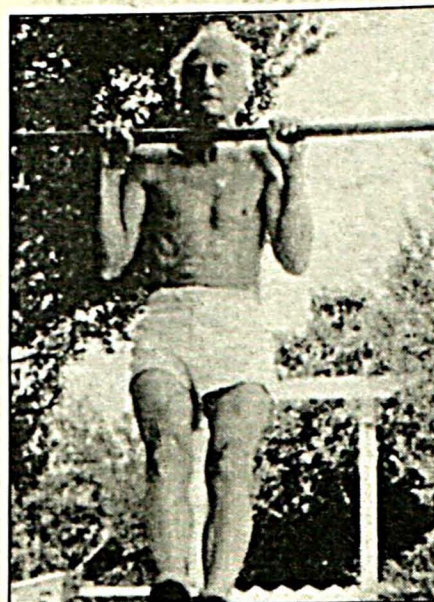
Percy Cerutti

go under four minutes in the mile, frequently consulted with Cerutti. "The sand dunes destroyed my rhythm," Landy told me. "Take away my rhythm and I was nothing." Still, Landy recalled Cerutti being a big influence in his life, driving him to greater heights. "He was a motivator," Landy added. "He got out and did things, sort of showed us that we are a lot tougher than we had realized."

Stotan Creed

Cerutti became known in running circles around the world for his "Stotan Creed" (a word coined from combining the words *stoic* and *spartan*).

"My Stotan philosophy is based on communicating with nature," Cerutti is quoted by Larry Myers in his book, *Training with Cerutti*. "This communication takes place when the person sleeps under the stars at night, hears the birds in the morning, feels the sand between his toes, smells the flowers, hears the surf. Nature can bring the mind and body into perfect harmony and balance with the universe. This is one of the factors that allows the ath-



Percy Cerutti

lete to reach new levels of excellence."

An Australian civil servant, Cerutti apparently developed much of his philosophy during his 40s when his health deteriorated to the point that doctors feared for his life. He overcame his affliction through aggressive physical training and did not die until he was into his 80s, about 20 years ago.

"He believed in natural foods," Thomas recalled. "At Portsea, we'd eat things like raw rolled oats, nuts, raisins, bananas, a lot of fresh fruit, that sort of thing. Nancy, his wife, prepared the meals at Portsea for twenty, thirty, forty people."

Strive For Balance

Cerutti was promoting running and other fitness activities for people over 40 before the advent of masters competition. "As we age, a balance has to be arrived at between wearing out and rusting out," he wrote in his book. "A marked unbalance in one or the other direction will definitely shorten the expectancy of life for each person."

Every man should run, amble, or vigorously walk a minimum of two miles a day, Cerutti opined. He suggested two miles in 20 minutes as a good goal for most. "It is not essential that a strict daily regime be observed," he wrote, "but his fifteen or so miles per week should not be crowded into an effort on one day, by a long walk on the weekend. He should have two or three two-mile walks during the week, every week."

Next to steady running or "energetic" walking, Cerutti felt that the most important exercises involved strengthening the abdominal muscles and the back, especially the lower back. Sit-ups were required of all his athletes. He had some of them doing 1000 sit-ups at a time. Pull-ups and rope climbing were also part of the regimen. He said dead-lifting was the single best exercise one could do using the barbell.

No Heroics

But Cerutti warned against "heroic attitudes, bravado and foolishness" for the beginner. "It is important to know, and to realize fully, that dead-lifting, until the lifter's organism is fully strengthened - and only after much practice (certainly months for a

younger man, and possibly years for a man aged over 40 years and unaccustomed to such exercises) - he can strain various parts of his organism."

But, as both Thomas and Landy recalled, it was Cerutti's philosophy more than his training methods that inspired. "Most of what happens to us is to test us," Cerutti offered, "and to teach us. What, to the unfit may be calamity, to the fit may be the end of an outworn era, and the commencement of a new era in which we succeed bigger, and better, than ever. For the fit - all things are possible." □

Run by the River

Continued from page 1

placed third in 14:17 (a U.S. single-age record).

Overall in the women's masters race, Marina Belaeva of Russia won in 16:10 with Ukrainian Tatiana Pozdniakova second in 16:13. Troncoso, 40, from Austin, Texas, was third (16:55). Belaeva, Pozdniakova and Karori are not eligible for the Indy Life Circuit. (Note: Karori's and Belaeva's ages are being verified.)

In the ILC age-graded competition, Dick Buerkle, 52, was the top male, as his 15:38 equates to a 13:44 open time. The 5000m Olympian prevented Tuttle from securing his fifth consecutive ILC age-graded win, but it took a U.S. 50-54 age-group record-tying effort by the Atlanta resident to do it.

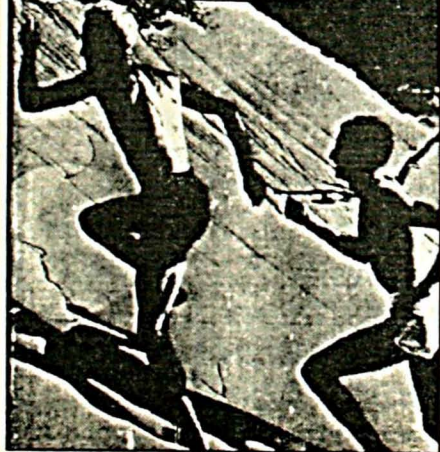
For the second straight ILC race, Jane Welzel, 44, from Ft. Collins, Colo., earned the best age-graded women's performance. Her 17:05 adjusts to a 15:44 open time. Welzel and Buerkle each pocketed \$700 for their efforts.

Buerkle, Tuttle, Jan Frisby, Jack Nelson, Young, Gary Romesser, and Welzel produced world-class times (90% or more on the 1994 WAVA tables), while 17 men and 15 women scored Circuit points overall. Romesser, 48, from Indianapolis, Ind., also set a U.S. single-age record with his 15:36.

After the Run by the River 5K, Tuttle increased his leads in the Indy Life Circuit masters and age-graded divisions over Young, while Patty Valadka and Welzel were neck-and-neck in the women's masters division with 83 and 80 points, respectively. Two-time ILC Grand Prix age-graded champion Joan Ottaway, 55, from Sonora, Calif., held a 31-point lead over Nashville's Victoria Crisp (364 to 333).

The Twin Cities Marathon, Oct. 3, and the Tulsa Run 15K, Oct. 30, completed the Indy Life Circuit. The drama and intensity increased as the country's top masters vied for valuable Circuit points and a piece of the \$50,000 ILC Grand Prix. The Twin Cities Marathon was also a USATF Masters Championship race (see separate story, page 8), in which Circuit points were multiplied by 1.5. □
-from Road Running Information Center

BE FIT! OR
BE DAMNED!





Word From The Web

by KEN STONE

Internet Connections

A flopper in Barbados trades barbs with a straddler in Los Angeles. An Australian M60 sprinter meets his San Diego competition weeks before they take adjacent lanes at WAVA. A Canadian physicist and a British mathematics professor dissect the Age-Graded Tables.

They joke. They jeer. They ruminate and debate.

But most of all, the members of the masterstf mailing list on the Internet expand their circle of friends. With close to 180 members, this savvy gaggle of masters athletes has become the Grand Central Station of the sport online. Their collective wit and wisdom is found in more than 1200 separate messages, or posts, going back to the group's genesis on Jan. 31, 1999.

They're mainly Americans, but English-speakers from around the world have contributed to this bulletin board of news and views – a racewalker from New Zealand, a Gateshead W40 gold medalist from Germany, a WAVA silver medalist in the W45 high jump from the Netherlands. World and national masters officials are piping in as well – WAVA Executive Vice President Tom Jordan, USATF Masters Committee Chairman Ken Weinbel, Hong Kong's Bill Purves.

Gerry Krainik, an M45 sprinter in Illinois, founded the masterstf mailing list (or listserve) after hearing about the free egroups.com hosting service at a workshop. He says he sent out 40 invitations to join the group and about half responded – and the group grew to 51 after a week.

Open Forum

"Early, someone asked what the 'agenda' of the listserve was," Krainik wrote in a post to the group. "My original intent was that the listserve would provide an open forum for communications, another place where we can interface and share our thoughts, experiences, knowledge, and concerns about masters track and field. Maybe someone has a greater vision!"

Visions for the sport poured in:

- Proposals for a Masters Track and Field Foundation to help defray travel expenses and ensure that the best masters make it to national and world meets.

- Creation of two world masters seasonal performance lists online.

- Exchanges of training and technique information (and occasional warnings not to take the training and technique tips too seriously).

The masterstf list also hosts polls. Any member can start one, and results can be viewed over time online.

Among the ongoing polls are ones that ask:

Who's the greatest masters athlete of all time? (Phil Raschker was leading Payton Jordan in late September.) Should the masters nationals have regional scoring? (It was 58 percent yes to 42 percent no.) Which was the best USATF nationals of the past seven years? (Eugene 1994 edges San Jose 1997.)

All disciplines are represented, with sprinters slightly outnumbering throwers as the two biggest groups in a recent survey of list members. They peacefully co-exist (although sniping between former 7-2 jumpers Jason Meisler of L.A. and Ed Fern of Barbados almost got out of hand last spring).

Breaking News

The list also provides breaking news.

First word of world-class weightman Joe Keshmiri's death in Nevada was posted Feb. 11. Erwin Jaskulski's WR in the M95 100 sprint in Honolulu was shared May 2. And from Germany came word that Thomas Zacharias had retired as a masters high jumper only a few years after his stunning 2-meter jump indoors at age 50.

From a host athlete's living room south of Gateshead, I posted a series of messages about the World Veterans Athletics Championships, including detailed accounts of the General Assembly's votes to retain WAVA as the world body's name (instead of a supposedly more marketing friendly WAMA), the choice of Kuala Lumpur, Malaysia, as the host of the 2003 world meet, and insider views of various events – the International Party, the Kathy Jager "sex scandal" and how drug testing was conducted.

Speaking of drugs, list members have expressed themselves with intensity and insight on the issue of doping in masters. No names were named, but an issue that's rarely mentioned in print got a full airing on the mailing list. WAVA VP Jordan even posted the IAAF toll-free number for learning what substances are banned.

But the membership also cheerfully confessed to drug use as well – caffeine, beer and similar vices leading the way.

So how do you subscribe to the masterstf mailing list?

First you need a computer with Internet access. You also need browser software, such as Netscape Navigator or Microsoft Internet Explorer, allowing you to view the World Wide Web. Then perhaps your first stop is to Gerry Krainik's sign-up page at <http://members.tripod.com/~gkrainik/schedule/masterlistserve.html>.

You also can view postings (all 1200, if you wish!) at the egroups site without being a member. Simply visit <http://www.egroups.com/group/masterstf/>.

However, if you wish to add your voice to the online conversation, you need to be a member.

You can join at the egroups site as well. Just click on "group info" and follow instructions.

Subscribers also can opt not to get e-mail from the group. They can modify their subscriptions so they can read postings online (and post online) instead of getting daily e-mail digests.

The more the merrier, says list founder Krainik, who notes: "There are a lot of active masters on the list and if each person would inspire someone else to join, the list could be unbelievable."

Serious Issues

But serious issues predominate, and the WAVA Age-Graded Tables (are they in need of drastic reform?) has probably generated the most opinion so far. Professors Jess Brewer of Vancouver and Howard Grubb of Reading, England – who both have created online age-graded converters – were among dozens to weigh in on the WAVA tables, often with stunning clarity and ingenuity.

Still, when Reginald Austin of Australia got to know fellow M60 speedster Harold Tolson of San Diego on the eve of Gateshead, the group served its primary function of uniting athletes of like goals and interests. The list, which some have used to find training partners in their home region, has even provoked nostalgia from several masters.

Wrote Bud Smith: "This masters track and field group communication can be a nice way to share some pleasant memories from our past experiences. I started my track career in 1951 as a high jumper. The only landing pits then were either sand or sawdust. And, I have seen the sand pit so beaten down that the landing area was no higher than the takeoff area."

Jack Hatfield, an M55 sprinter, perhaps summarized the hope of masters with his post to their new meeting place:

"I remember seeing Pete Seeger leading...a singalong. After teaching the crowd the song, as they were

singing it, he said life is like (that). By the time you really learn it, the song's pretty much over. Hopefully my song is not nearing the end and I have lots of running time left."

Online, the song has only just begun. □

(Ken Stone is an M45 hurdler and high jumper whose column on masters and the Internet will appear in the NMN. He can be reached at TrackCEO@aol.com.)

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TEN YEARS AGO November 1989

- Wilson Waigwa (40, 30:16) and Laurie Binder (42, 34:01) Win National Masters 10K in Pittsburgh

- Eddie Hart, 40, Runs 10.6 for World M40 100m Record in Berkeley

- Norm Green (57, 51:45, 96.3%) and Ed Benham (82, 69:58, 96.0%) Star in Delaware 15K



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Gout

Q. My husband has been diagnosed as having gout. Can you give me some information about it?

A. Gout is a systemic condition which is characterized by acute inflammation of a small joint, usually the large toe. The pain is usually excruciating and accompanied by burning, throbbing and aching. The joint usually becomes swollen, red and tender. Even the slightest movement can cause great pain.

Usually caused by the body's inability to metabolize purines, gout may be accompanied by kidney stones and crystal formation around the edges of the joints.

Fifty percent of all gout cases show a hereditary background. The majority of those stricken are middle-aged men. Predisposing factors include drinking heavy wines, excessive meat eating, and excessive eating of foods high in purines, such as liver, kidney, brains, etc.

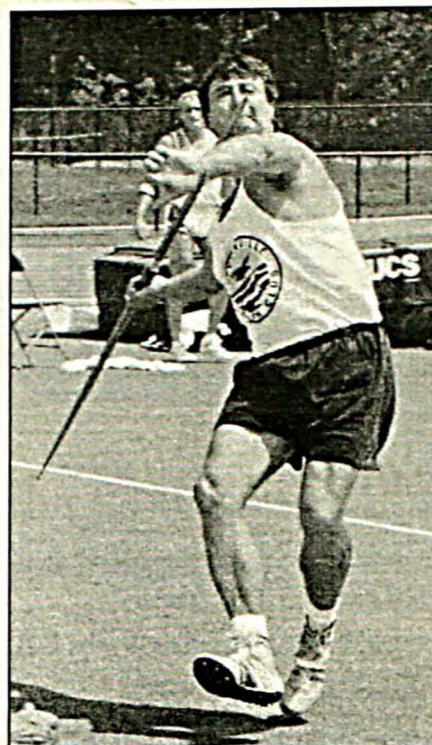
A high intake of monosodium glutamate has been known to precipitate attacks. Medications such as oral diuretics can also bring on episodes.

The first attack may occur late at night during cold weather. This usually lasts 2-10 days and may be accompanied by abnormal temperature, chills and upset stomach.

A blood test may reveal a high uric

acid count – about 6.0 mg/ml or higher. The urine may turn dark and show a high specific gravity. Complete diagnosis may be made by removal of synovial fluid from the joint and examination for crystals.

Acute attacks can be treated through the use of anti-inflammatory and uricotic medications. Prevention, however, is the best treatment. Avoid a sedentary life style, and those foods and drinks that may precipitate an attack. Your internist may wish to pre-



JERRY WOJCIK

Mike Brown broke the M45 U.S. record for the javelin with a 66.11, USATF National Masters Championships, Orlando, Fla., Aug. 26-29.

scribe a "gout" diet to lessen the chances of a severe attack. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you



SUZY HESS

Valentino Martinez, 50, 2nd in the discus with a 47.25, USATF National Masters Championships, Orlando, Fla., Aug. 26-29.

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

O'Keefe, Horovitz Win Masters Titles at Twin Cities Marathon

Circuit Age-Graded Standings Tighten Up; ILC Finale at Tulsa Run 15K

MINNEAPOLIS/ST. PAUL, Minn. – At the 18th Twin Cities Marathon, Oct. 3, under cool conditions, David O'Keefe and Gillian Horovitz won U.S. masters titles in 2:29:17 and

2:46:41, respectively. O'Keefe, 40, Orchard Park, N.Y., finished behind master Andrei Kuznetsov who ran a superlative 2:14:51, but the Russian was not eligible for the USA championship.

Joshua Kipkemboi, of Kenya, also a master, ran 2:14:46, but he was disqualified for not wearing a back number. Kipkemboi has appealed the decision. James Hannon, 41, Rochester, Minn., was national runner-up in 2:30:31.

Horovitz, 44, New York City, is a British citizen but, as a resident alien and USA Track & Field member, she was eligible for the national title. Overall, she finished eighth. San Antonio's Claudia Kasen, 42, was national runner-up in 2:49:22. Horovitz pocketed \$8000, while O'Keefe took home \$3750.

As an Indy Life Circuit event, the eligible masters were ranked by the 1994 WAVA age-graded tables. Due to the cold weather, no ILC master scored over 90% (world class). Top age-graded male master was Charlie Andrews, 44, Rochester, N.Y. His 2:31:10 equates to a 2:24:28 open performance (87.81%). As top female age-graded master too, Horovitz's 2:46:41 produces a 2:37:03 open performance (88.34%).

At Twin Cities, Circuit points were worth one-and-a-half times. For example, the first eligible master earned 22.5 points (15 for first times 1.5) and the top age-graded master 75 points

(50 x 1.5). Forty-four men and 22 women earned ILC points.

As the second ranked age-graded master at Twin Cities, 1997-98 ILC Grand Prix masters champion Craig Young moved into first place in the men's age-graded standings with 382.5 points, while Jane Welzel (3rd age-graded) and Patty Valadka (7th age-graded) moved into contention for the overall women's age-graded Grand Prix crown. 1997-98 ILC Grand Prix age-graded champion Joan Ottaway, 55, of Sonora, Calif., leads the women's age-graded standings with 364 points; Welzel is right behind with 360 points and Valadka third with 357 points.

At the ILC finale, the Tulsa Run 15K, Oct. 30, the \$50,000 Indy Life Circuit Grand Prix final positions were decided (results not available at presstime). John Tuttle, Young, Welzel and Valadka had already secured the first two places in the ILC masters division. Tuttle, who has won every ILC event that he has entered, has locked up the ILC Grand Prix masters division crown.

The Twin Cities Marathon – which hosted the USATF Masters Championship for the ninth consecutive year – reported a race record 6001 finishers. For more information and complete results, visit the race website at www.twincitiesmarathon.org. □

– from Road Running Information Center.

INDY LIFE CIRCUIT

(The 3rd Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races and \$90,600 in race prize money [masters overall and age-graded] plus a \$50,000 grand prix purse. USA Track & Field coordinates and directs the Indy Life Circuit.)

Men After Six Races:

Name	Age	City	Pts.
1) John Tuttle	40	Douglasville, GA	105
2) Craig Young	43	Colorado Springs, CO	93
3) Steve Winchel	43	Janesville, WI	53.5
4) Mark Curp	40	Lee's Summit, MO	40
Gary Romesser	48	Indianapolis, IN	40
6) Charlie Gray	45	Lee's Summit, MO	31
7) Dick Buerkle	52	Atlanta, GA	29
8) David O'Keefe	40	Orchard Park, NY	22.5
9) James Hannon	41	Rochester, MN	18
10) Kevin Haas	41	St. Louis Park, MN	15

Age-Graded Standings:

Name	Age	City	Pts.
1) Craig Young	43	Colorado Springs, CO	382.5
2) John Tuttle	40	Douglasville, GA	347
3) Gary Romesser	48	Indianapolis, IN	337
4) Dick Buerkle	52	Atlanta, GA	300
5) Fay Bradley	61	Washington, DC	291
6) Steve Winchel	43	Janesville, WI	288
7) Jack Nelson	60	Winnetka, IL	285
8) Jan Frisby	55	Grand Junction, CO	283
9) Jerry Johncock	71	Grand Rapids, MI	222.5
10) Thom Weddle	61	Burnsville, MN	206
11) Michael Dove	52	Salinas, CA	192
12) Charlie Gray	45	Lee's Summit, MO	180
13) Paul Heltzman	68	Eudora, KS	176
14) Vic Heckler	56	Chicago, IL	174
15) Doug Braash	59	Peoria, IL	164.5

Women After Seven Races:

Name	Age	City	Pts.
1) Jane Welzel	44	Fl. Collins, CO	95
2) Patty Valadka	41	Houston, TX	90.5
3) Bev Docherty	41	St. Paul, MN	54
4) Victoria Crisp	47	Nashville, TN	48
5) Jeanne Lasse-Johnson	42	Chula Vista, CA	30
Carmen Troncoso	40	Austin, TX	30
7) Diana Fitzpatrick	41	Larkspur, CA	24
8) Gillian Horovitz	44	New York, NY	22.5
9) Gloria Jansen	52	Edina, MN	18
Claudia Kasen	42	San Antonio, TX	18

Age-Graded Standings:

Name	Age	City	Pts.
1) Joan Ottaway	55	Sonora, CA	364
2) Jane Welzel	44	Fl. Collins, CO	360
3) Patty Valadka	41	Houston, TX	357
4) Victoria Crisp	47	Nashville, TN	337.5
5) Gloria Jansen	52	Edina, MN	326
6) Linda Frisby	52	Grand Junction, CO	308.5
7) Barbara Spannaus	51	Shorewood, MN	268.5
8) Ellen Nitz	59	Midford, MI	209
9) Bev Docherty	41	St. Paul, MN	197
10) Patricia Lerch	51	Des Plaines, IL	182
11) Kay Schleiener	60	Bettendorf, IA	166
12) Jeanne Lasse-Johnson	42	Chula Vista, CA	152
13) Kathy Ward	44	Carmichael, CA	139
14) Jane Murphy	40	River Forest, IL	134
15) Diana Fitzpatrick	41	Larkspur, CA	120

* For the grand prix, only a maximum of six races are eligible for points.

(Compiled by Road Running Information Center)



The Weight Room

by JERRY WOJCIK

Stuck With a Javelin?

If you're changing age groups and in the market for a new javelin, read this first. In the September issue, it was announced that the WAVA General Assembly at Gateshead had adopted the 700g javelin for M50-59 and the 500g javelin for W50-59. That was only part of the javelin saga.

Belatedly, we now learn that other changes in the javelin specifications have been approved. Here's the run-down: M30-49 use the 800g; M50-59, the 700g; M60-69, the 600g; M70-79, the 500g; and M80+, the 400g; for the women: W30-49 use the 600g; W50-59, the 500g; and W60+, the 400g.

In the past, WAVA technical rule changes went into effect on the following May 1, the beginning of the Northern Hemisphere track & field season. However, the WAVA Council - Gateshead changed that date to Oct. 1, because the Southern Hemisphere starts its season at that time. Why the Council chose to change procedures to suit 20% or so of the world's t&f community rather than the other 80% is not quite clear.

The result is that these changes (and hurdle changes) were in effect as of Oct. 1. USATF masters rules - Rule 262(2) - state that every USATF championships event will use WAVA implements, so USATF also now specifies the new javelins. The National Senior Games Association rules state that they will use USATF specified implements, which means that NSGA has also adopted the new javelins.

What the....?

For the present, this isn't a can of worms; it's a truck load of angry vipers. First off is the problem of availability. I contacted four nationwide track & field equipment companies last week and asked them when these javelins would be for sale. Three of them said they were somewhat familiar with specifications for the 700g and could probably get them in the works soon after the specs are made known. But all three were in the dark regarding the 500g.

The fourth dealer said they would have both ready by Jan. 1, 2000. I had the impression that he didn't really believe what I was telling him and wanted to get rid of me.

Rex Harvey, a member of the WAVA Stadia Committee faced with the task of writing specifications, says that the Committee's goal is to write the specs in such a way as not to reinvent or unnecessarily restrict the new implements.

Until the 700g and 500g become

readily available and the word gets out, many throwers will be using the "wrong" implements. When I brought this up to some of the M50-59 throwers at the Club West Meet in Santa Barbara in early October, I got quizzical looks. One thrower asked me if we would have a grace period during which an M50-59 thrower could use either the 800g or the 700g, à la the new rules 600g. As soon as the question was out of his mouth, he laughed, realizing the unlikely situation of some competitors in the same age group throwing the 800g while others threw the 700g.

Questionable Records

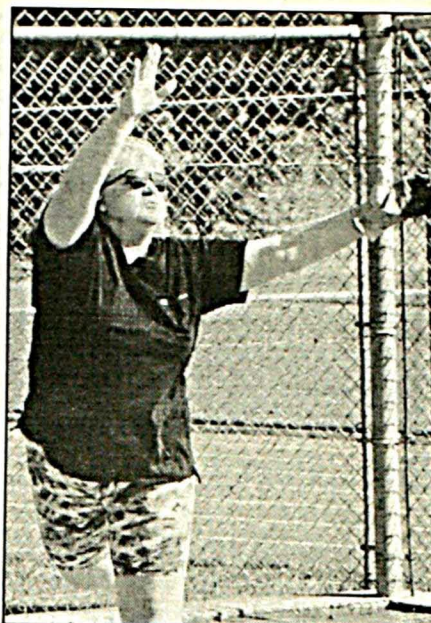
I don't know what javelins were used by the hundreds of javelin throwers in the NSGA-Senior Olympics in Orlando in October, but I'd be willing to bet that 700g and 500g javelins were understandably not on hand and that the M50-59 throwers used the 800g instead of the 700g, the W50-59 threw the 400g instead of the 500g, and that the M70-79s were not throwing the 500g, nor the M80+, the 400g. Records may have been broken in some age divisions but not with the correct implements.

I keep imagining an M50-59 thrower, for instance, showing up at a meet in the very near future with a 700g javelin, and the ensuing brouhaha.

Another dilemma arising from the change in implements for some age groups is the need to establish All-American Standards for them, which will take at least several years of compiling marks for the new implements to determine equitable standards. The possibility arises that throwers in some age groups could apply for A-A status for two different javelins.

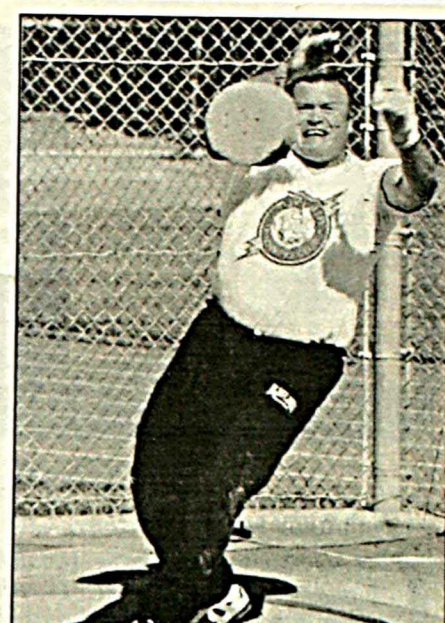
Correction Factors

Another snag will involve records for both single-event performances and, an even greater enigma, a combined-event in which the javelin is one of the events. In my discussion with Harvey, who is also the USATF Masters Combined-Events Coordinator, he said that correction factors would have to be developed for the "old" javelin marks, so that past records for the decathlon, as an example, would not be erased simply because of one event.



SUZY HESS

Joyce Taylor, of Oregon, 1999 W45 national champion in the outdoor weight and superweight, USATF National Weight & Superweight Championships, Seattle, Sept. 18.



SUZY HESS

Ken Jansson, of Kansas, 1999 M40 national champion in the outdoor weight and superweight, National Weight & Superweight Championships, Seattle, Sept. 18.

How about the rankings for the year 2000? Who will be throwing what? And what about championships meet directors, who will have to shell out big bucks for the new javelins?

Don't bother sending letters to the NMN about the inequity of it all. In a couple of years or less, the above challenges will probably be gone. On the other hand, if you have immediate feasible solutions, let's hear them. I do,

however, expect a letter from somebody pointing out the injustice of a W80+ throwing the same implement as an M80+.

As Harvey said, "These changes make sense in that there is now a steady decrease in the weight of the javelin every ten years. It's unfortunate that this logical progression was not set up some 25 years ago when this all started." □

Records Fall at Seattle Weight Championships

by JERRY WOJCIK

SEATTLE, Wash. - A small but representative field turned out for the USATF National Masters Weight and Superweight Championships held at West Seattle Stadium on Sept. 18.

Besides the usual strong contingent from the Northwest and California, the meet drew competitors from Kansas, Colorado, and Florida. Leon Joslin, 87, Seattle, set single-age world records for the 25# weight (5.86), 35# weight (4.58), and 56# weight (2.97).

Matt Burks, M30, of Washington; Ken Jansson, M40, of Kansas; and Georgia Cutler, W55, of Oregon, all set meet records for the weight and superweight.

Tim Edwards, 51, of Colorado, who prevailed in a five-man field in the M50 division in both the 35# weight (15.02) and 56# superweight (9.76), was the top scorer in the M30-69 division of the Ultra Weight Classic, held after the championships and a lunch break.

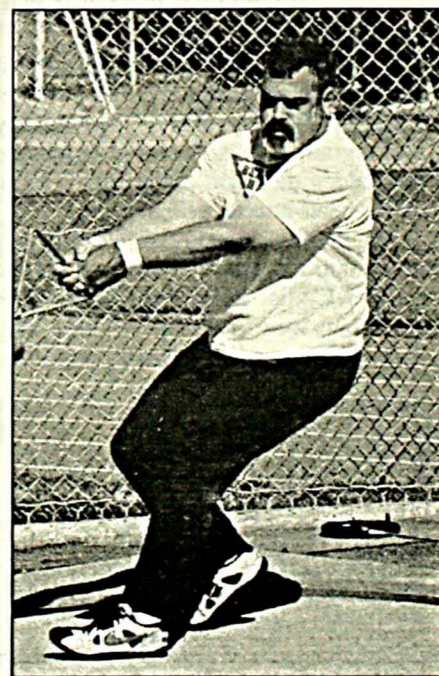
In the ultra weight event, contestants added their scores, determined by the modified Partridge Tables, for the next three heaviest weights to their superweight scores. Edwards threw the 98# weight 4.28, the 200# 1.92, and the 300# 1.22, for a total score of 3414.

Pay Carstensen, 67, of Florida, was the winner of the M70+ contest with a score of 3229. Cutler, 56, won the women's event with a score of 2340.

Jansson, 41, was the best with the

98# weight (5.89) and left to catch a flight out of Seattle before the 200# and 300# throws. Burks, 31, was tops in the 200# (1.93). Edwards had the farthest toss with 300#.

The throwing circles at the West Seattle Stadium are of a national-class level for this type of event, and more improvements are in the works. □



SUZY HESS

Tim Edwards, of Colorado, 1999 M50 national champion in the outdoor weight and superweight and top scorer in the Ultra Weight Classic, USATF National Weight & Superweight Championships, Seattle, Sept. 18.



Masters Racewalking

by ELAINE WARD

The Silent Killer...Part I

by CASEY MEYERS

Casey Meyers has written two definitive books on walking: "Aerobic Walking" and "Walking." The latter is perhaps the best comprehensive book on the market. A longtime friend of racewalking, Casey was the inspiration for one of America's most successful series of racewalks sponsored by NaturalSport. The following is from a letter he wrote me and provides serious food for thought. Of special interest is that Casey is dedicated to exercise and maintains an exemplary life style. — ew

The old saying that, "a picture is worth a thousand words" is not only true, it is also why I am sending you the *before* and *after* photos of the coronary arteriogram that I had on May 14. My cardiologist said the LAD (left anterior descending) artery as shown in the *before* picture was "99% blocked." The LAD is a major coronary artery and is often referred to as the "widow maker" by heart doctors. Sudden death is common when it shuts down and I was 1% away. Equally frightening, I had absolutely zero symptoms.

At my annual physical at the Cooper Clinic last October, I tested "Superior" (highest rating possible) on the treadmill. Blood was perfect, no chest pains and the EKG was perfect except for one very minor deviation on the V6 lead near peak exercise and some occasional premature beats noted during the recovery phase. This prompted my doctor to suggest I have a thallium scan at my next physical in October. Everything else was so good he saw no urgency. I agreed.

An incredible series of events may have saved my life. I am an avid upland bird hunter and last fall was the first season for my young precocious bird dog. When he exceeded all of my hunting expectations, I decided to enter him in a series of field trials this fall. A thallium scan would conflict with that, so I asked the Cooper Clinic to schedule it on May 13 (a random pick) just to get it out of the way. Blind luck! As my arteriogram shows, I was a candidate for sudden death or, at the very least, a major heart attack *before* October.

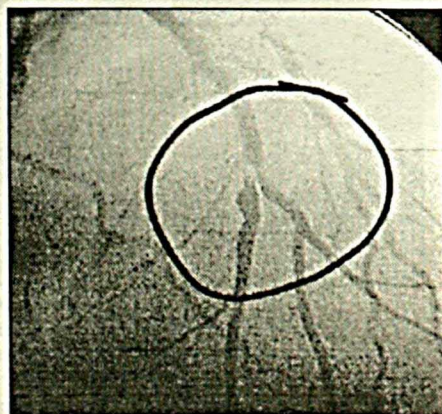
My thallium scan treadmill time was in the upper range of "Excellent" at the Cooper Clinic. Blood pressure and all vital signs were good and no chest pain. The thallium scan pictures, however,

revealed that I had major blockage and the clinic's cardiologist recommended that I have an arteriogram ASAP! They offered to do it in Dallas, but knew I wanted it done at home. And I am not ashamed to say that I was truly scared!

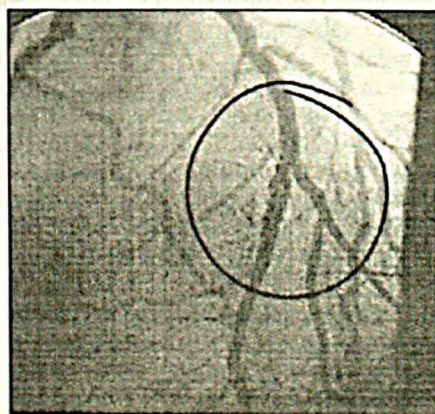
At 7:30 the next morning, Dr. Steven Rowe, cardiologist at St. Joseph's Heartland Regional Medical Center, found the blockage and performed an angioplasty-stent procedure. I came home the next day and feel great. End of story — almost.

In an unbelievable coincidence, the June issue of the Mayo Clinic Health Letter, to which I subscribe, was in my mail when I got home from the hospital. The essay supplement on "Silent coronary artery disease" describes exactly what I had. As the essay says, for one in six heart attacks, "the first and only sign of a heart problem is sudden death." I was close.

Needless to say, this has had a profound effect on me — for the better, I hope. I now am more appreciative of the little things that I used to take for granted, and live each day as if it might be the last. There is nothing better than staring your mortality in the face to make you "slow down and smell the roses." □



Casey Meyers' heart — Before



Casey Meyers' heart — After

A Third of the Entrants Are Walkers

Billett, Starr Win in Portland Marathon

by JERRY WOJCIK

Mark Billett, 46, Seattle, with a 19th-place 2:41:56, and Mollie Starr, 40, Portland, Ore., with a 3:00:29, were the masters overall winners in the Portland Marathon, Oct. 3.

Ole Bergset won the M55 division race with a 2:58:18, one of the best masters age-graded performances of the day.

The field of about 6000 runners included a group of marathon walkers who train to walk the marathon rather than to run it. Ellie Hodder, 50,

Vancouver, Wash., an avid walker, decided that she needs someone to walk a marathon with and developed a class.

The result was "Women Walk The Marathon," a co-ed fitness program to prepare people to walk a marathon through the aid of classes, field training and fitness walks. In the past 10 years, Hodder estimates that she has trained more than 800 marathon walkers.

Nearly a third of the entrants in this year's marathon were walkers, who receive the same shirt, same rose, and same pin when they finish as do the runners. □

San Diego Meet Thrives at Arco OTC

by DAVID PAIN

Although the designers of the Arco Olympic Training Center in Chula Vista, south of San Diego, created this training facility for USOC T&F and other Olympic disciplines, it has a secondary purpose and function — a perfect venue for a masters meet. We discovered that when the San Diego Senior Sports Festival held its meet there on Sept. 18, and some 240 athletes, ages 40-and-up, comprising about 700 event entries quickly fell in love with it.

The site has 12 hammer/discus rings, eight shot put pits, and three javelin aprons, contiguous to the track. The 400m Recortan track meets all IAAF standards, complete with an eight-lane oval and 12-lane 110m straight. Approximately one-half of the infield is covered with all-weather material and occupies two pole vault and two high jump pits, and at least 10-12 long jump pits.

The running surface appeared firm and not too bouncy. Anthony Castro, 90, broke the M90 world record of 19.9 set in 1975, with an 18.7 into a head wind, which unfortunately did not get recorded. Later, Castro proved it was no fluke with a 42.78 in the 200, breaking Harry Gathercole's 1997 world record of 44.24.

Other outstanding performers on the track included Jolene Steigerwalt, 55, with a 31:06 in the 5000 racewalk; Kathy Jager, 56, 100 (13.75); Harold Tolson, 61, 100 (12.50); Jim Selby, 71, 400 (67.56); and Lee Fitzgerald, 53, 800 (2:15.21).

Some top performers in the throws were Bob Ward, 66, hammer (145-9); John Hansen, 41, javelin (177-0); William Gardner, 45, shot put (44-5 1/2); Harry Hawke, 70, discus (138-7); and Winfield McFadden, the oldest participant at age 94, discus (44-8).

In the jumps, Bill Halverson, 42, vaulted 15-1, and Mike Hogan, 45, 14-0; Leland McPhie, 85, high jumped 3-6.

The meet was enhanced by the color Omega Scan-O-Vision electronic timing

system provided by Arnie Robinson, Mesa College track coach and Olympic gold medalist in the long jump. The \$35,000 system, the only one available in the U.S. today, is compatible with the Hy-Tek System and produces an 8x10 photo similar to Accutrak but prints on the photo each finisher's place and time, eliminating protests and disputes.

The U.S. national racewalking team was in residence, having just returned from the Seville World Championships, and several members gave a clinic for the masters racewalkers. Larry Stuart, masters world record holder in the javelin, graciously gave a well-attended clinic.

Thanks to the hospitality of the Arco Center, officials and volunteers were served a hot lunch in the center's cafeteria.

Attendance was well up from 1998, due in part to the high degree of interest in and opportunity to visit the OTC, as well as the support of the San Diego TC, sponsor of the meet, for which the minimum age limit was dropped to 40. Besides providing 35 volunteers, organized by the SDTC coach, Paul Greer, the club acted as name sponsor of the meet, dedicated to Chuck McMahon, now deceased, who left a substantial bequest to the club, enabling it to contribute \$2000 to defray expenses.

More than 50% of the entrants came from outside San Diego County, and approximately 40% came as a direct result of meet advertisements in the July and August issues of the *National Masters News*, some from as far away as Illinois, Oregon, British Columbia, and Florida.

Next year's meet, although open again to athletes 40-and-up, will be the California State qualifier for the National Senior Games Association - Senior Olympics National Championships (50+) to be held in Baton Rouge, La., in 2001. The Arco Olympic Training officials have expressed interest in once again hosting the masters in a two-day affair, planned for September 2000. □

Whately, Herazo First in Nat'l. 5K Racewalk

Ian Whately, M40, with a 22:44, and Tori Herazo, W40, with a 24:51, were overall masters winners in the USATF National Masters Racewalk Championships, Kingsport, Tenn., on Sept. 25.

Jim Carmines won the M55 divi-

sion race with an outstanding second M40+ in 24:17. Rod Craig, third M40+ broke 25:00 with a 24:56.

Donna Chamberlain, W40, took second behind Herazo with a 25:13. Gayle Johnson, W50, finished with the leaders in 26:58. □

National Indoor Combined-Events Preview

The USATF National Masters Indoor Pentathlon Championships in 2000 will be contested along with the Masters Championships, Boston, March 24-26. The individual events are, in the following order, for the men: 60mH, long jump, shot put, high jump, and 1000m, and for the women: 60mH, high jump, shot put, long jump, and 800m.

The USATF National Masters Indoor Heptathlon Championships will be held in April (on a date to be announced) at Proviso H.S., Hillside/Chicago. The events, in the following order, are First day: 60m, long jump, shot put, and high jump; Second day: 60mH, pole vault, 1000m (men), and 800m (women). □



GEORGE BANKER

Delano Meriwether (l), 56, and Larry Colbert, 62, after the 400, Potomac Valley TC Meet, Alexandria, Va., July 11. Colbert, WAVA-Gateshead medalist and 1999 200 and 400 outdoor champion, ran a 57.10. Meriwether, who holds the U.S. M35 record of 20.8 set in 1978, ran a 57.30.

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

PUBLICATIONS ORDER FORM

Masters Age Records (1999 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (1998)

Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 56 pages, over 100-deep in some events. All T&F events. \$7.00.

McMahon Family Trust Masters Track & Field Indoor Rankings (1999)

Indoor rankings for 1999. 4 pages. \$1.50.

Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. \$1.00.

Competition Rules for Athletics (1999 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

USATF Governance Handbook (1998)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

IAAF Scoring Tables

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

IAAF Handbook

1998/1999 rules and regulations handbook. \$15.00.

International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

National Road Race Encyclopedia

Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.

Guide to Prize Money Races and Elite Athletes 1999

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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On The Run

by HAL HIGDON

Who's Right: Jeff or Hal?

It's not exactly a simmering feud, but a number of runners seem to be concerned about the proper (and maximum) distance for their long runs just before the marathon. Jeff Galloway has runners in his training groups run 26 miles three weeks before the race. The CARA Marathon Training Class, using schedules I helped design, only takes runners 20 miles for their final long run, also three weeks out.

Who's right: Jeff or Hal? Should you run 26 or 20? And if you choose that shorter distance, will you really be able to run a full six miles farther on race day?

Runners, especially new runners, worry about such details. They also worry about discrepancies (some small, some large) between schedules I provide for my class and those that appear under my by-line for *Runner's World*. The fact that I have several different training schedules floating around in cyberspace, not only for that magazine, but also for the virtual Marathon Training program available through chicagomarathon.com also clouds the issue.

I get the questions thrown at me both at clinics and on-line: "Now, wait a minute, Hal. Here you say run your long runs on Saturdays, and over there you say Sundays. Which one is correct? And what is this difference between you and Jeff?"

26 vs. 20

The question of 26 vs. 20 (Jeff vs. Hal) became an issue recently when Matthew Walker posted a question to one of my Virtual Marathon Training bulletin boards. He had begun to train for Chicago using Jeff Galloway's program, then decided he wanted to switch to mine. The Galloway program, which lasts 24 weeks, features runs of 30 to 45 minutes on Tuesdays and Thursdays and long runs on the weekends. As the countdown to the marathon continues, Jeff has his runners increase their distance on alternate weeks. One week they go long, the next week they go short, the next week they go longer.

That's similar to my approach, which over a period of 18 weeks increases the length of the long run by one mile each week, with a "step-back" every third week to allow the body to recover before the next push upward. Jeff's runners take more weeks and inevitably reach a higher peak, but philosophically there is little difference between the two of us. We both use the scientific principle of gradually overloading the system to build strength. Jeff and I haven't gotten into any fist-fights lately, and I doubt that we ever will.

Nevertheless, Matthew Walker

decided he wanted more of a mileage base than could be accomplished on only three runs a week and decided to shift to my program. Matthew was worried about having to go backwards in distance, since at the time he was ahead of my long run schedule, but it was 26 vs. 20 that apparently bothered him the most. Walker posted a question to the bulletin board: "I am confused by the conflicting advice about whether or not it is a bad idea for a first-timer to log more than a 20-mile long run in training. Should I just pick one approach? Or is there some flexibility about this?"

One of the nice features of Virtual Marathon Training is that anybody can offer an opinion. I don't control the flow of ideas and answers. Before I had a chance to respond, Random Vectors wrote: "I'm sure Hal will tell you that



ART STEIN
Senator Richard Lugar (R-IN), 67, finishing the SGMA Capital Challenge Three Mile, Washington, D.C., Sept. 15.

your body will appreciate the rest if you drop mileage to meet his program. (He's said that to other people.) My sister-in-law has run two marathons, one using the Galloway program. She thought the 26-mile run three weeks before race day was way too much. I have looked at many marathon training programs and none advocates such a long run so close to the marathon."

No Holy Grail

I was more charitable to Jeff when I posted my response: "There is no Holy Grail in marathon training. Most coaches offer slightly different approaches, but the similarities outweigh the differences. You'll still retain the strength you gained with your earlier long runs, and backing down to my weekend training mileage may actually allow you to approach the race better rested. I don't see any virtue in going beyond 20 miles for first-time marathoners. Rest and inspiration will get you to the finish line on race day."

Like Jeff, I base my schedules on my own experiences as a marathoner. (I have run more than 100.) When I was living in Chicago in the 1960s, my longest training distance was generally 20 miles, partly because that was the distance from my home in South Shore to the Adler Planetarium and back along the lakefront. Later, when I moved around the bottom of the lake to

Long Beach, Indiana, my long run distance became 23.2 miles, because the most convenient course was that length. On different occasions, I have pushed my longest runs as far as 31 miles (50 kilometers), because I hoped it would improve my endurance. In retrospect, running that far simply wore me out.

I now prescribe 20 miles as the longest long run for beginners using my novice schedules, because I know they are less likely to get injured, plus they can easily bridge the final 6-mile gap to 26 on race day. When novices become experienced runners and seek to *improve* rather than merely finish, then they may choose to experiment with longer distances. When you're running your 5th or 50th marathon and you crash either in the race or in training, it's no big deal. But in your first marathon, you want to minimize mistakes. That's why a conservative approach (i.e., 20 miles as your longest run) makes the most sense to me.

But if you want to follow Jeff's advice and peak at 26, be my guest. His programs work very well too. As long as you believe in the training program you select, and follow it faithfully, you can't go too far wrong. □

(Hal Higdon is a Senior Writer for *Runner's World*. For more on his training programs, visit: www.halhighdon.com.)

FBI Responds to Congressional, Judicial and Media Threats at Capital Challenge

by JEFF DARMAN

Just a few hours before the torrential rains of Hurricane Floyd descended, the 19th Annual SGMA Capital Challenge took place on September 15 in Washington, DC's East Potomac Park. Even with threatening weather, 29 members of Congress (11 Senators, 18 Congressmen) turned out to lead their teams along with scores of political appointees, federal judges and journalists.

Almost 700 runners took part in the three-mile race on teams captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

Official "whistle blower" and starter was 1976 Olympian Don Kardong, 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 covers them, and to raise money for the D.C. Special Olympics.

Overall winner was the Navy's Mike Ryan in 14:55. Bridget Niland-Gwitt, of Representative Jack Quinn's team (R-NY) was first woman in 17:36. Repeat division winners from 1998 were Senate Majority Whip, Don Nickles (R-OK); Representative Bart Gordon (D-TN), still the fastest man in Congress; and print journalist, Jim Hager, running for the *Washington Post*. Senator Kay Bailey Hutchison

(R-TX) notched the third straight victory. Beverly Barnes, Deputy White House Press Secretary, and Neil Gallagher, Assistant Director of the FBI, were the fastest sub-cabinet runners and David Strauss of the Pension Benefit Guaranty Corporation was the leading independent agency head.

Former world record holder Jim Ryun enlisted his twin sons and his daughter for his team and finally toppled Bart Gordon's team in the House Division. Ryun was second, however, to Gordon in the individual standings as Gordon just missed by two seconds his division record of 16:59. Former professional football player Steve Largent finished fourth among House members.

As always, the race had a festive air with the Howard University Show Time Marching Band entertaining runners pre-race and as they finished. Post-race, the runners quenched their thirst with Deer Park water and munched on fruit and chocolate croissants.

The SGMA Capital Challenge highlighted the ability of many of the nation's busiest leaders to stay fit and raised almost \$12,000 for D.C. Special Olympics. Challenge title sponsor, SGMA (Sporting Goods Manufacturers Association) and contributing sponsors, Prudential, Deer Park, Roll Call, and Running Times donated \$4000 to D.C. Special Olympics, as well as paying all race expenses. All entry fees went to Special Olympics. □

USA Track & Field Masters Road Records and Bests (as of 9/30/99)

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

Key to Codes:

R = Ratified record or "best"

U = Unvalidatable mark, cannot be ratified

D = Date of birth and/or citizenship confirmation needed

P = Pending - completed application needed from the event

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

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

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

5 km	13:55	R	JOHN CAMPBELL (NZL)	FT. MYERS	FL	021691
8 km	23:13	R	NICK ROSE (GBR)	VIRGINIA BEACH	VA	032192
10 km	28:56	R	MARTIN MONDRAGON (MEX)	MOBILE	AL	032694
12 km	36:18	R	PIERRE LEVISSE (FRA)	SAN FRANCISCO	CA	051693
15 km	44:14	R	PIERRE LEVISSE (FRA)	PORTLAND	OR	062892
20 km	1:01:37	R	KEITH ANDERSON (GBR)	NEW HAVEN	CT	090197
25 km	1:16:49	R	MARTIN MONDRAGON (MEX)	GRAND RAPIDS	MI	051494
10 mi	47:55	R	JOHN CAMPBELL (NZL)	FLINT	MI	082590
half mar	1:02:28	R	JOHN CAMPBELL (NZL)	PHILADELPHIA	PA	091690
marathon	2:14:33	R	JOHN CAMPBELL (NZL)	LOS ANGELES	CA	030391
24 hr	269,468 m	P	YIANNIS KOUBOS (GRE)	SYLVANIA	OH	091999

Men 40-44

5 km	14:19	P	JOHN TUTTLE	40 GA CLARKSVILLE	TN	091199
5 km	14:25	R	STEVE PLASENCIA	40 MN PALM DESERT	CA	121596
5 km	14:15a	R	STEVE BLUM	40 CA FONTANA	CA	060395
8 km	23:24	R	JOHN TUTTLE	40 GA VIRGINIA BEACH	VA	032099
8 km	23:51	R	BILL RODGERS	40 MA INDIANAPOLIS	IN	092488
8 km	21:35a	R	CRAIG YOUNG	42 CO ALTA	UT	091998
8 km	23:06a	R	MARK DICKEY	41 UT ALTA	UT	091397
10 km	29:37	R	STEVE PLASENCIA	41 MN CAPE ELIZABETH	ME	080198
10 km	29:27a	P	JOHN TUTTLE	40 GA NEW ORLEANS	LA	041799
10 km	29:27a	R	CRAIG YOUNG	41 CO PITTSBURGH	PA	092897
12 km	36:12	R	JOHN TUTTLE	40 GA ORLANDO	FL	022099
12 km	37:19	R	LARRY ALMBERG	43 WA SPOKANE	WA	050690
12 km	36:29a	R	GARY ROMESSER	41 IN EVANSVILLE	IN	050992
15 km	45:14	R	STEVE PLASENCIA	40 MN JACKSONVILLE	FL	030897
20 km	1:03:06	P	PAUL PILKINGTON	40 UT NEW HAVEN	CT	090699
20 km	1:03:07	R	BILL RODGERS	44 MA NEW HAVEN	CT	090792
25 km	1:18:38	R	STEVE PLASENCIA	40 MN MINNEAPOLIS	MN	090797
30 km	1:38:16	R	DOUG KURTIS	42 MI HAMILTON, CAN		032794
50 km	3:00:00	R	JEFF WALL	40 CA SAN FRANCISCO	CA	110682
50 km	2:59:36a	R	BRUCE MORTENSON	44 MN DULUTH	MN	102288
100 km	6:38:21	R	BERND HEINRICH	41 VT CHICAGO	IL	100481
10 mi	49:34	R	PAUL PILKINGTON	40 UT ST. PETERSBURG	FL	101798
20 mi	1:42:08	R	BARRY BROWN	40 NY MINNEAPOLIS	MN	093084
50 mi	5:10:13	R	BERND HEINRICH	41 VT CHICAGO	IL	100481
100 mi	13:15:50	R	ROY PIRRUNG	40 WI QUEENS	NY	040189
half mar	1:05:01	P	CRAIG YOUNG	42 CO HAMPTON	VA	020799
half mar	1:05:27	R	STEVE PLASENCIA	41 MN INDIANAPOLIS	IN	050198
half mar	1:03:33a	R	CRAIG YOUNG	41 CO LAS VEGAS	NV	020198
marathon	2:17:02	R	KENNETH JUDSON	40 PA HUNTSVILLE	AL	120890
marathon	2:15:15a	R	BARRY BROWN	40 NY MINNEAPOLIS	MN	093084
12 hr	144,840 m	R	ROY PIRRUNG	40 WI QUEENS	NY	040189
24 hr	247,876 m	R	ROY PIRRUNG	41 WI MILTON KEYNES, GBR		020390

Men 45-49

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

Men 50-54

5 km	15:38	R	SAL VASQUEZ	51 CA DAVIS	CA	112391
5 km	15:38	P	DICK BUERKLE	52 GA CLARKSVILLE	TN	091199
5 km	15:11a	R	STEPHEN LESTER	52 UT MAGNA	UT	093095
8 km	25:23	U	JIM O'NEILL	52 OH ALLEN PARK	MI	080390
8 km	25:31	R	SAL VASQUEZ	50 CA LOS ALTOS	CA	012090
8 km	23:27a	R	STEPHEN LESTER	53 UT ALTA	UT	091496
10 km	31:48	R	RAY HATTON	50 OR PORTLAND	OR	052382
10 km	31:12a	R	STEPHEN LESTER	52 UT MAGNA	UT	070195
12 km	39:30		DICK BUERKLE	51 GA ORLANDO	FL	022099
12 km	40:07	U	HAL HIGDON	51 IN CHICAGO	IL	103182
12 km	39:06a	U	SAL VASQUEZ	50 CA SACRAMENTO	CA	042290
15 km	49:24	R	NORM GREEN	53 PA PORTLAND	OR	063085
20 km	1:05:50	R	NORM GREEN	50 PA WASHINGTON	DC	052983
25 km	1:24:12	R	NORM GREEN	51 PA WASHINGTON	DC	052784
30 km	1:46:42	U	NORM GREEN	51 PA NEW YORK	NY	121783
50 km	3:19:33	R	JOHN L. SULLIVAN	53 MA WASHINGTON	DC	031382
100 km	7:38:43	R	JOHN L. SULLIVAN	54 MA CHICAGO	IL	100382
10 mi	52:53	R	NORM GREEN	50 PA WASHINGTON	DC	032783
20 mi	1:51:44	R	NORM GREEN	52 PA MINNEAPOLIS	MN	093084
50 mi	5:35:03	R	TED CORBITT	50 NY NEW YORK	NY	101870
100 mi	15:39:18		ROY PIRRUNG	50 WI SYLVANIA	OH	091998
100 mi	17:02:54	U D	HERB FRED	53 TX HOUSTON	TX	021983
100 mi	17:12:42	R	ANDY DETERS	51 MN MINNEAPOLIS	MN	062693
half mar	1:09:30	R	NORM GREEN	52 PA PHILADELPHIA	PA	091684
marathon	2:25:51	U	NORM GREEN	52 PA SAN DIEGO	CA	120284
marathon	2:29:11	R	NORM GREEN	51 PA LINCOLN	NE	050684
marathon	2:25:46a	R	JIM O'NEILL	50 OH LAS VEGAS	NV	020489
12 hr	118,237 m	R	RALPH BALSAMO	50 NY QUEENS	NY	061497
12 hr	135,493 m	P	ROY PIRRUNG	50 WI QUEENS	NY	080898
24 hr	231,745 m	R	JOHN METZ	50 CA SACRAMENTO	CA	111493
48 hr	342,790 m	R	JIM DRAKE	52 CA SACRAMENTO	CA	010293

Men 55-59

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

"The family suggests
that memorial
contributions be made
to the American
Heart Association."

When people want to
honor a loved one
and fight heart disease.

American Heart
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Fighting Heart Disease
and Stroke

AMERICAN HEART
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Continued from previous page

Men 60-64

5 km	17:00	R	JIM O'NEIL	61 CA	CARLSBAD	CA	060186
8 km	28:07	R	NORM GREEN	60 PA	VIRGINIA BEACH	VA	032093
10 km	34:27	R	JIM O'NEIL	60 CA	ALAMEDA	CA	080485
12 km	45:20		FAY BRADLEY	61 DC	ORLANDO	FL	022099
12 km	45:53	U	NORMAN EASTMAN	62 MI	LANSING	MI	060593
12 km	47:27	R	JOE POWERS	60 IL	ITASCA	IL	100685
12 km	44:40a	U	PATRICK DEVINE	60 CA	LOS ANGELES	CA	042389
15 km	54:20	R	NORM GREEN	60 PA	TAMPA	FL	022793
20 km	1:14:46	U	NORM GREEN	61 PA	PHILADELPHIA	PA	022494
20 km	1:15:15	R	NORM GREEN	60 PA	NEW HAVEN	CT	090792
25 km	1:35:27	U	JIM O'NEIL	61 CA	EUGENE	OR	090786
25 km	1:36:20	R	ALEX RATELLE	62 MN	MINNEAPOLIS	MN	091486
30 km	1:59:22	R	PATRICK DEVINE	60 CA	VENTURA	CA	021289
50 km	3:35:51	R	MALCOLM GILLIS	61 AL	DALLAS	TX	012195
100 km	8:58:04	R	RAY PIVA	64 CA	SAN FRANCISCO	CA	042091
10 mi	57:48	R	NORM GREEN	60 PA	WASHINGTON	DC	040493
20 mi	2:03:16	R	GAYLON JORGENSEN	61 NV	MINNEAPOLIS	MN	101490
50 mi	6:24:18	U	FRANS PAUWELS	60 OR	PORTLAND	OR	102978
50 mi	6:43:48	R	MALCOLM GILLIS	60 AL	BIRMINGHAM	AL	021494
100 mi	18:02:35	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
half mar	1:16:55	R	NORM GREEN	61 PA	PHILADELPHIA	PA	091993
marathon	2:42:44	R	CLIVE DAVIES	64 OR	PORTLAND	OR	102879
12 hr	113,136 m	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
24 hr	207,927 m	R	DWAINE BATT	60 CA	SACRAMENTO	CA	111195
6 day	608,332 m	P D	ROB VOLKENAND	63 OR	SACRAMENTO	CA	111294

Men 65-69

5 km	18:00	U	JOE FERNANDEZ	65 MA	PROVIDENCE	RI	101793
5 km	18:21	R	WARREN UTES	69 IL	PARK RIDGE	IL	093089
8 km	29:41	R	JOE FERNANDEZ	65 MA	BOSTON	MA	040994
10 km	35:52	U	CLIVE DAVIES	66 OR	PORTLAND	OR	052382
12 km	44:11	U	CLIVE DAVIES	67 OR	PORTLAND	OR	051583
15 km	55:16	R	CLIVE DAVIES	65 OR	PORTLAND	OR	062881
20 km	1:20:53	U	NORMAN BRIGHT	66 WA	WASHINGTON	DC	052276
20 km	1:25:02	R	PAUL REESE	69 CA	MEDFORD	OR	041287
25 km	1:41:39	R	ALEX RATELLE	66 MN	MINNEAPOLIS	MN	091690
30 km	1:58:12	R	CLIVE DAVIES	66 OR	PORTLAND	OR	020682
50 km	3:41:41	P	MALCOLM GILLIS	65 AL	SADDLE BROOK	NJ	061398
50 km	4:10:34	R	VICTOR HARKOFF	65 IL	SEATTLE	WA	010585
100 km	9:24:41	R	RAY PIVA	67 CA	SACRAMENTO	CA	021294
10 mi	1:02:07	R	WARREN UTES	69 IL	PARK FOREST	IL	090489
20 mi	2:14:29	R	ALEX RATELLE	66 MN	MINNEAPOLIS	MN	101490
50 mi	7:27:10	U	FRED NAGELSCHMIDT	65 CA	FOUNTAIN VALLEY	CA	051990
100 mi	23:03:25	U	WILFREDO RIOS	68 NY	QUEENS	NY	092785
half mar	1:21:41	U	CLIVE DAVIES	66 OR	LAKE OSWEGO	OR	092781
half mar	1:23:50	R	MICHAEL BERTOLINI	65 NJ	PHILADELPHIA	PA	091585
half mar	1:20:29a	R	JAMES TALLEY	65 CA	FONTANA	CA	041986
marathon	2:42:49	R	CLIVE DAVIES	66 OR	EUGENE	OR	091381
12 hr	111,044 m	R	RAY PIVA	67 CA	SACRAMENTO	CA	111493
24 hr	193,121 m	R	RAY PIVA	67 CA	SACRAMENTO	CA	111493
48 hr	209,214 m	R	DICTINO MENDEZ	66 NY	NEW YORK	NY	051194
48 hr	220,480 m	U	RICHARD COZART	65 FL	SACRAMENTO	CA	111294
6 day	619,597 m	R	DICTINO MENDEZ	66 NY	NEW YORK	NY	051494

Men 70-74

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

Men 75-79

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

Men 80-84

5 km	22:26	U	ED BENHAM	80 MD	CHICAGO	IL	041788
5 km	24:41	P	FRED ELY	80 NJ	PHILADELPHIA	PA	041595
5 km	24:52	R	DUDLEY HEALY	80 NJ	SYRACUSE	NY	100294
5 km	24:50		HENRY SYPNIEWSKI	80 NY	BUFFALO	NY	090498
8 km	36:35	R	ED BENHAM	81 MD	VIRGINIA BEACH	VA	031889
10 km	45:28	R	ED BENHAM	80 MD	ASBURY PARK	NJ	080887
12 km	1:05:08		HENRY SYPNIEWSKI	80 NY	BUFFALO	NY	100498
12 km	1:09:05	U	CYRIL WOODS	81 OR	PORTLAND	OR	051583
12 km	1:16:44	R	DUDLEY HEALY	82 NJ	TOMBALL	TX	022297
12 km	1:03:55a	U	MEL SHINE	80 CA	SACRAMENTO	CA	042989
15 km	1:07:22	R	ED BENHAM	83 MD	WASHINGTON	DC	040791
15 km	1:07:00a	U	ED BENHAM	81 MD	CUMBERLAND	MD	100888
20 km	1:33:56	R	ED BENHAM	81 MD	MEDFORD	OR	040889
25 km	2:23:43	R	MAX POPPER	80 NY	NEW YORK	NY	100283
30 km	3:47:53		PAUL REESE	81 CA	CLARKSBURG	CA	111598
50 km	6:59:34	R	WILFREDO RIOS	80 NY	QUEENS	NY	061497
10 mi	1:13:23	R	ED BENHAM	81 MD	WASHINGTON	DC	040289
20 mi	4:18:00	U	IVOR WELCH	84 CA	CLARKSBURG	CA	111879
50 mi	12:13:35	U	BEN MOSTOW	80 IL	CHICAGO	IL	100283
half mar	1:40:30	R	ED BENHAM	81 MD	ORLANDO	FL	121088
marathon	4:17:51	R	ED BENHAM	84 MD	MINNEAPOLIS	MN	100691
marathon	3:43:27a	R	ED BENHAM	80 MD	MINNEAPOLIS	MN	101187
12 hr	73,439 m	R	WILFREDO RIOS	80 NY	QUEENS	NY	061497

Men 85-89

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

Men 90-94

5 km	40:32	R	LLOYD WALTERS	91 MT	TUCSON	AZ	012692
8 km	56:10	R	PAUL SPANGLER	91 CA	PALO ALTO	CA	032590
10 km	1:14:49	R	PAUL SPANGLER	90 CA	PARAMOUNT	CA	012090
15 km	2:35:00	R	PAUL SPANGLER	91 CA	PORTLAND	OR	061790
10 mi	2:35:52	R	JAMES RAMSEY	90 MI	FLINT	MI	082298
marathon	7:52:50		JAMES RAMSEY	90 MI	DETROIT	MI	101898
marathon	8:10:44a	R	SAM GADLESS	90 FL	NEW YORK	NY	110297

Men 95 & over

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

Continued from previous page

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

10 km	32:25	R	PRISCILLA WELCH (GBR)	PHOENIX	AZ	030285
12 km	40:34	P	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	050898
12 km	41:14	R	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	051097
12 km	41:14	R	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	051395
12 km	40:04a	P	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	050899
15 km	49:36	R	PRISCILLA WELCH (GBR)	JACKSONVILLE	FL	030985
20 km	1:10:35	R	TATIANA POZDNIKOVA (UKR)	NEW HAVEN	CT	090495
10 mi	53:51	R	PRISCILLA WELCH (GBR)	WASHINGTON	DC	040587
half mar	1:12:56	R	TATIANA POZDNIKOVA (UKR)	PHILADELPHIA	PA	091795
marathon	2:31:14	R	PRISCILLA WELCH (GBR)	CHICAGO	IL	102686
6 day	685,580 m	P D	SANDRA BROWN (GBR)	SACRAMENTO	CA	111294

Women 40-44

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

Women 45-49

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

Women 50-54

5 km	17:28	R	SHIRLEY MATSON	50 CA CARLSBAD	CA	041491
8 km	28:55	R	SHIRLEY MATSON	50 CA PALO ALTO	CA	032491
10 km	35:57	R	SHIRLEY MATSON	50 CA ORLANDO	FL	030291
12 km	44:56	R	SHIRLEY MATSON	52 CA SPOKANE	WA	050293
15 km	54:34	R	SHIRLEY MATSON	50 CA JACKSONVILLE	FL	030991
20 km	1:22:36	R	GINA FAUST	50 CA VALENCIA	CA	021488
25 km	1:38:36	R	S. RAE BAYMILLER	51 NY MINNEAPOLIS	MN	091194
30 km	2:00:41	R	SHIRLEY MATSON	50 CA CLARKSBURG	CA	111190
50 km	4:15:12	U	MATILEE CHRISTMAN	53 IL EAST PEORIA	IL	123084
50 km	5:19:13	R	SUE ELLEN TRAPP	52 FL SYLVANIA	OH	091998
100 km	9:50:35	R	EILEEN ELIOT	51 FL NEW PRESTON	CT	042395
100 km	9:42:22a	P	SUE ELLEN TRAPP	50 FL DULUTH	MN	101996
100 km	9:43:27a	R	MAE HORNS	54 MN DULUTH	MN	102288
10 mi	1:02:01	R	S. RAE BAYMILLER	51 NY FLINT	MI	082794
20 mi	2:19:59	R	JOAN ULLYOT	50 CA MINNEAPOLIS	MN	101490
50 mi	7:10:58	U	RUTH ANDERSON	50 CA HOUSTON	TX	021780
50 mi	7:47:27	R	EILEEN ELIOT	51 FL NEW PRESTON	CT	042395
100 mi	16:57:58	R	SUE ELLEN TRAPP	50 FL SYLVANIA	OH	091596
half mar	1:19:40	R	S. RAE BAYMILLER	50 NY PHILADELPHIA	PA	091993
half mar	1:18:42a	R	JOAN OTTAWAY	51 CA LAS VEGAS	NV	021196
marathon	2:50:26	R	SHIRLEY MATSON	50 CA MINNEAPOLIS	MN	100691
12 hr	117,401 m	R	SUE ELLEN TRAPP	50 FL SYLVANIA	OH	091496
24 hr	221,043 m	R	SUE ELLEN TRAPP	50 FL SYLVANIA	OH	091596

Women 55-59

5 km	18:32	R	SHIRLEY MATSON	56 CA CARLSBAD	CA	041397
8 km	30:10	R	SHIRLEY MATSON	56 CA PALO ALTO	CA	040697
8 km	32:01	R	JOYCE GASKIN	55 TX HOUSTON	TX	032192
10 km	38:55	P	SHIRLEY MATSON	55 CA LAFAYETTE	CA	102796
12 km	49:43	R	BARBARA MILLER	55 CA SAN FRANCISCO	CA	052195
12 km	47:36a	R	SHIRLEY MATSON	56 CA SAN FRANCISCO	CA	032397
15 km	1:00:38	R	SHIRLEY MATSON	56 CA SAN DIEGO	CA	111696
20 km	1:18:44	R	S. RAE BAYMILLER	55 NY NEW HAVEN	CT	090798
25 km	1:41:01	R	SHIRLEY MATSON	56 CA SAN DIEGO	CA	111696
30 km	2:12:35	P	BARBARA MILLER	57 CA CLARKSBURG	CA	111796
30 km	2:17:31	R	JOYCE GASKIN	55 TX SUGAR LAND	TX	121292
50 km	3:56:55	R	SANDRA KIDDY	55 CA WASHINGTON	DC	101792
100 km	8:42:36	R	SANDRA KIDDY	55 CA PALAMOS, SPAIN		021692
10 mi	1:02:39	R	S. RAE BAYMILLER	55 NY FLINT	MI	082298
20 mi	2:26:36	R	WEN-SHI YU	55 NY MINNEAPOLIS	MN	101490
50 mi	7:44:48	R	MARY ANN MILLER	56 TX DALLAS	TX	011693
half mar	1:23:09	R	SHIRLEY MATSON	55 CA WEOTT	CA	102096
marathon	2:52:14	P	S. RAE BAYMILLER	55 NY CHICAGO	IL	101198
marathon	3:07:21	R	MARGARET MILLER	56 CA SAN FRANCISCO	CA	071182
24 hr	131,853 m	R	SANDRA KIDDY	55 CA SACRAMENTO	CA	120891
24 hr	173,809 m	P	LOUISE MIKLOVIC	56 OH SYLVANIA	OH	091894
48 hr	234,755 m	R	MARGE DUNLAP	55 CA SACRAMENTO	CA	111294
		R	MARY ANN MILLER	55 TX DALLAS	TX	112891

Women 60-64

5 km	19:53	R	MARION IRVINE	61 CA CLARKSBURG	CA	111190
8 km	34:13	U	HELEN DICK	61 CA LOS ANGELES	CA	111785
8 km	34:58	R	HELEN DICK	60 CA THOUSAND OAKS	CA	072185
10 km	40:37	R	MARION IRVINE	61 CA LIVERMORE	CA	102190
12 km	53:52	R	JOYCE GASKIN	60 TX TOMBALL	TX	022297
15 km	1:04:42	R	MARGRET BETZ	60 NY SCHENECTADY	NY	111096
20 km	1:29:08	U	MARGARET MILLER	60 CA VALENCIA	CA	032386
25 km	1:58:24	R	GLORIA BROWN	62 NY GRAND RAPIDS	MI	051494
30 km	2:21:32	R	MARGARET MILLER	60 CA MINNEAPOLIS	MN	101286
50 km	5:16:25	R	MARY ANN MILLER	60 TX DALLAS	TX	011897
100 km	11:14:14	R	DIXIE MADSEN	61 CA SAN FRANCISCO	CA	041898
10 mi	1:08:45	P	BARBARA MILLER	60 CA SACRAMENTO	CA	091299
10 mi	1:10:17	R	HELEN DICK	60 CA ENCINO	CA	061685
20 mi	2:32:16	R	MARGARET MILLER	60 CA MINNEAPOLIS	MN	101286
50 mi	8:35:19	R	DIXIE MADSEN	61 CA SAN FRANCISCO	CA	041898
half mar	1:35:02	U	HELEN DICK	60 CA LAS VEGAS	NV	040485
half mar	1:39:01	R	HELEN DICK	60 CA SANTA MONICA	CA	082684
marathon	3:15:30	R	HELEN DICK	60 CA CHICAGO	IL	102184
24 hr	133,668 m	R	SARANN MOCK	62 OH SYLVANIA	OH	091993

Women 65-69

5 km	22:07	R	JUNE MACHALA	66 WA ALBANY	NY	053197
8 km	35:29	R	JUNE MACHALA	66 WA NEWPORT BEACH	CA	071297
10 km	45:04	R	JUNE MACHALA	67 WA KENTFIELD	CA	090798
10 km	46:18	U	HELEN DICK	65 CA LOS ANGELES	CA	052790
10 km	47:55	R	KAY ATKINSON	65 CA KENTFIELD	CA	053182
12 km	59:19	R	BARBARA ROBINSON	65 NH BEDFORD	NH	052299
12 km	59:44	R	GLORIA BROWN	65 NY BEDFORD	NH	051797
15 km	1:08:58	P	JUNE MACHALA	67 WA TULSA	OK	103198
15 km	1:11:40	R	JUNE MACHALA	66 WA TULSA	OK	102597
15 km	1:12:13	R	JUNE MACHALA	66 WA JACKSONVILLE	FL	030897
20 km	1:37:04	U	HELEN DICK	65 CA VALENCIA	CA	100889
25 km	2:10:56	U	GERRY DAVIDSON	65 CA SAN DIEGO	CA	122886
30 km	2:39:42	P	MYRA RHODES	65 CA CLARKSBURG	CA	111697
30 km	2:47:51	U	EDNA LAFLIN	65 AZ PHOENIX	AZ	102983
50 km	5:09:36	R	JAN RICHARDS	67 TX DALLAS	TX	012195
50 km	4:52:51	P	MYRA RHODES	66 CA SACRAMENTO	CA	021399
100 km	12:09:17	R	HELEN KLEIN	67 CA SAN FRANCISCO	CA	042190
10 mi	1:14:44	P	EILEEN DWYER	67 IL PARK FOREST	IL	090699
10 mi	1:15:01	R	EILEEN DWYER	65 IL PARK FOREST	IL	090197
20 mi	3:02:01	U	JACLYN CASELLI	65 CA CLARKSBURG	CA	111686
50 mi	9:04:31	R	HELEN KLEIN	67 CA SAN FRANCISCO	CA	042190
half mar	1:39:40	R	JUNE MACHALA	67 WA INDIANAPOLIS	IN	050198
half mar	1:39:21a	R	JUNE MACHALA	67 WA LAS VEGAS	NV	020198
marathon	3:36:57	R	WHAYONG SEMER	65 OH COLUMBUS	OH	102493
12 hr	75,865 m	R	SARANN MOCK	66 OH SYLVANIA	OH	092797
24 hr	130,055 m	R	SARANN MOCK	66 OH SYLVANIA	OH	092797

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continued on next page

Continued from previous page

Women 70-74

5 km	24:38	R	GERRY DAVIDSON	70 CA	CARLSBAD	CA	041491
5 km	23:56a	U	JO KIESECKER	73 CO	LAS VEGAS	NV	091496
5 km	23:56a	R	JO KIESECKER	74 CO	LAS VEGAS	NV	092097
8 km	38:46	R	HEDY MARQUE	74 VA	ALEXANDRIA	VA	051092
10 km	50:01	U	PAT DIXON	70 OR	EUGENE	OR	051389
12 km	1:01:57	R	ALGENE WILLIAMS	70 IL	ITASCA	IL	100586
15 km	1:22:55	R	ELLEN MCCOY	70 MN	EDINA	MN	092390
15 km	1:16:35a	R	HEDY MARQUE	74 VA	ALEXANDRIA	VA	042692
20 km	1:46:21	R	PAT DIXON	70 OR	MEDFORD	OR	040889
25 km	2:18:20	R	GERRY DAVIDSON	70 CA	SAN DIEGO	CA	112391
30 km	2:59:22	R	ELLEN MCCOY	70 MN	DULUTH	MN	052591
50 km	5:44:04	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
100 km	12:50:49	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
10 mi	1:20:33	R	HEDY MARQUE	74 VA	WASHINGTON	DC	101391
20 mi	3:25:59	U	MAVIS LINDGREN	71 CA	CLARKSBURG	CA	111978
20 mi	3:29:57	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
50 mi	9:55:09	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
100 mi	23:29:34	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
half mar	1:58:27	R	MARCIE TRENT	70 AK	ANCHORAGE	AK	052888
half mar	1:50:03a	R	MARY STOREY	70 CA	FONTANA	CA	060494
marathon	4:01:52	P	WHAYONG SEMER	70 OH	CHICAGO	IL	101198
marathon	4:09:04	U	GERRY DAVIDSON	70 CA	SAN DIEGO	CA	120891
marathon	4:13:03	R	AGNES REINHARD	70 WI	CHICAGO	IL	102096
marathon	4:11:54a	R	MARCIE TRENT	70 AK	NAPA	CA	031388
24 hr	165,343 m	R	HELEN KLEIN	70 CA	SYLVANIA	OH	091993
6 day	600,285 m	U	HELEN KLEIN	70 CA	SACRAMENTO	CA	010693

Women 75-79

5 km	27:17	R	ANNE CLARKE	77 IL	PARK RIDGE	IL	082287
8 km	40:44	R	HEDY MARQUE	76 VA	ALEXANDRIA	VA	091293
10 km	53:25		HELEN KLEIN	75 CA	SACRAMENTO	CA	112797
10 km	53:40	U	LEONA LUGERS	75 MI	HOLLAND	MI	091182
12 km	1:08:21	R	ANNE CLARKE	76 IL	ITASCA	IL	100685
15 km	1:25:20	R	HEDY MARQUE	77 VA	TAMPA	FL	021895
15 km	1:19:27a	R	HEDY MARQUE	75 VA	ALEXANDRIA	VA	042593
20 km	1:52:57	U	LEONA LUGERS	77 MI	HOLLAND	MI	052684
25 km	2:42:25		GERRY DAVIDSON	77 CA	SAN DIEGO	CA	111498
25 km	2:43:55	R	GERRY DAVIDSON	75 CA	SAN DIEGO	CA	111696
30 km	3:37:52		GERRY DAVIDSON	77 CA	SAN DIEGO	CA	052398
30 km	4:04:24	R	BESS JAMES	79 CA	VENTURA	CA	021289
50 km	6:10:32		HELEN KLEIN	75 CA	SACRAMENTO	CA	111498
10 mi	1:22:34	U	HEDY MARQUE	75 VA	WASHINGTON	DC	101192
10 mi	1:24:54	R	HEDY MARQUE	76 VA	WASHINGTON	DC	101793
half mar	2:14:15	U	ANNE CLARKE	76 IL	CHICAGO	IL	060886
half mar	2:26:24	R	ANNE CLARKE	77 IL	CHICAGO	IL	061487
half mar	2:06:34a	R	ALGENE WILLIAMS	75 IL	ZION-LAKE BLUFF	IL	042891
marathon	4:49:08	R	ANNE CLARKE	76 IL	CHICAGO	IL	102085
marathon	4:31:05a	R	HELEN KLEIN	76 CA	SACRAMENTO	CA	120698

Women 80-84

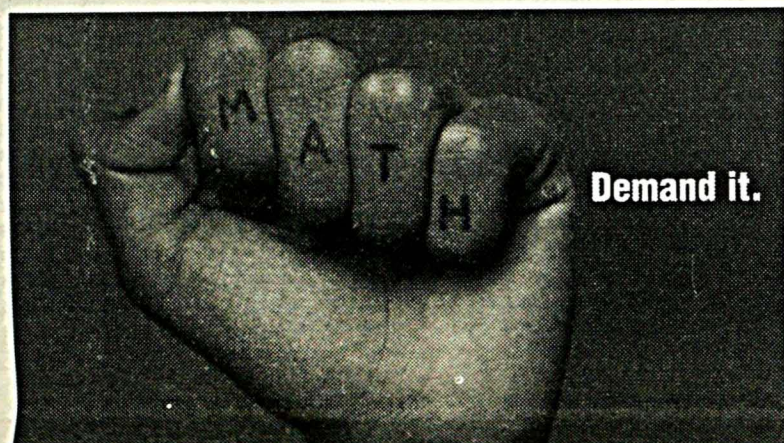
5 km	29:23	R	ANNE CLARKE	80 IL	PARK RIDGE	IL	093089
8 km	52:00	R	ANNE CLARKE	81 IL	PARK RIDGE	IL	090891
10 km	56:14	U	LEONA LUGERS	80 MI	HOLLAND	MI	050287
10 km	56:17		HEDY MARQUE	80 VA	WASHINGTON	DC	042698
12 km	1:44:26	P	FENYA CROWN	84 AZ	TACOMA	WA	061997
15 km	1:29:01	R	HEDY MARQUE	80 VA	TAMPA	FL	021498
15 km	1:25:15a	R	HEDY MARQUE	80 VA	ALEXANDRIA	VA	041998
20 km	2:26:34	U	RUTH ROTHFARB	80 FL	WASHINGTON	DC	030682
30 km	4:13:32	R	MAVIS LINDGREN	81 CA	CLARKSBURG	CA	111388
10 mi	1:31:24	R	HEDY MARQUE	80 VA	WASHINGTON	DC	040598
half mar	2:23:54	U	ANNE CLARKE	80 IL	HIGHLAND PARK	IL	061090
half mar	2:19:23a	U	ANNE CLARKE	80 IL	LAKE COUNTY	IL	042990
marathon	5:10:04	R	IDA MINTZ	80 IL	CHICAGO	IL	102085

Women 85-89

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

Women 90 & over

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

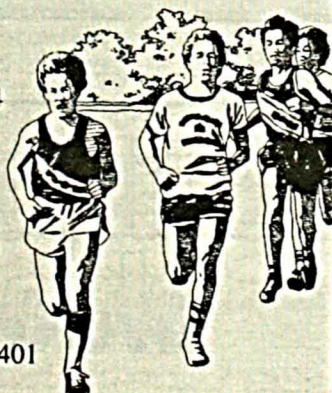


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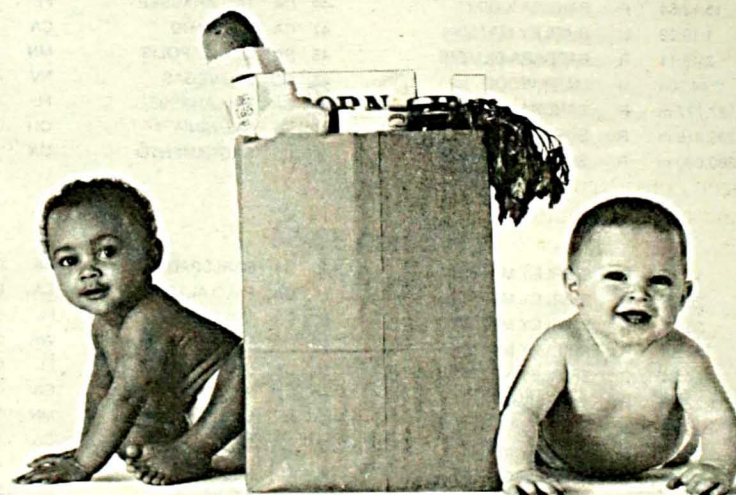
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Fax: 1-541-345-2436
Mail: P.O. Box 50098, Eugene, OR 97405
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International Scene

by **TORSTEN CARLIUS**
WAVA President

Looking Beyond Gateshead

Two months have elapsed since our wonderful weeks in Gateshead, a time I look back on with great pleasure. The organization was perfect and I believe Gateshead to be our best Championships ever, setting a new mark for future organizers. I am compelled to express the utmost gratitude for all we received and experienced, extending even to the weather which was exceptional for this locale.

World Masters Games

Life has returned to normalcy and the WAVA Council is now looking forward to new challenges. Among these are the World Masters Games and their organization, IMGA (International Masters Games Association), which held their General Assembly on October 15 in Osaka, Japan. WAVA was represented by myself, Dieter Massin, European Vice President, and Kiyoshi Kounoike, Asian President.

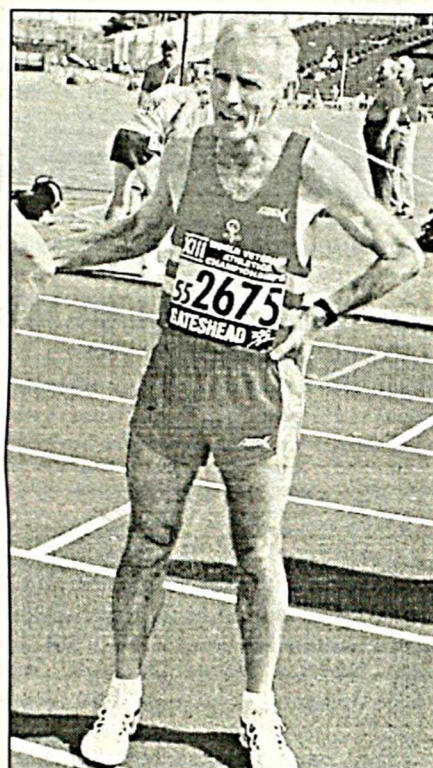
The big issue now is to see if the cooperation we discussed at our General Assembly in Gateshead will start to build and determine the possibilities for founding regional bodies within IMGA. WAVA has proposed to the Assembly that we establish a European Masters Games Association to administer the European Masters Games soon to be on the European program. Barcelona has shown interest in staging these first European Games and we believe a regional body must be founded to assume overall responsibility. There could also be a similar need in other regions.

WAVA Committees

We are now appointing WAVA Committees for the period up to 2001 in Brisbane and I hope to see still more female representatives on the Committees.

I have been considering the way we elect/appoint our Committees. Some chairpersons are elected by the General Assembly (Stadia, Non-Stadia, Women's Committee) while others are appointed by the Council. Our regions appoint to most committees one delegate and then the chairperson of the main committee has the right to nominate another four committee members to be appointed by the WAVA President.

I would like to see all committee members elected by the General Assembly much like the IAAF. I would also like to see that on any given committee, a country is represented by only one person, which will spread out the representation all over the world. I have not yet finalized my thoughts, but will raise the issue at our WAVA Council meeting in April next year.



JERRY WOJCIK

Barry Jones, of Hong Kong, finished one place away from qualifying for the M55 800 finals, WAVA Championships, Gateshead, England.

Future Organizers

We now have close contacts with our next World Championships organizers. Ron Bell and I have visited Valladolid (Non-Stadia Championships, May 13-14, 2000) and Tom Jordan is negotiating with Kuala Lumpur to ensure all promises given in their bid are built into our contract. The WAVA Council will meet in Brisbane on April 2-6, 2000, where the usual inspection conducted one year before the Stadia Championships will be carried out.

We found our new way of working – i.e., close cooperation with the OC with some inspection visits during the preparation period – worked well in Gateshead and we will continue this now with Brisbane. Just now I can only say that all contacts we have had with Valladolid, Brisbane and Kuala Lumpur give us the impression that these Championships will be orga-

Continued on page 20

Report from Britain

by **BRIDGET CUSHEN**

British Pole Vault and Hammer Records Broken

At the Veterans AC Track & Field Championships, Aug. 18, Walwyn Franklin clocked a superb 11.4 in the M45 100m (he got the bronze medal in Gateshead with 11.58). He was pressed all the way by Army officer John Browne, a finalist in the world championships. Browne won the 200 in 22.9, a meet record.

Nat Fisher, 62, a leading British middle-distance runner a decade ago and now returning to the sport, also set meet records in the 800 (2:17.3) and 1500 (4:53.5), running unchallenged throughout.

The field events were just as competitive. Irene Duffin, W35, sent the hammer out to 45.86. Vilma Thompson, W45, won four gold medals: shot put, 9.51; discus, 18.11; hammer, 22.35; and javelin, 24.51. Chris

Melluish, M55, fourth in Gateshead, set a British record of 53.70.

At the annual Inter-club meeting on Sept. 25, organized by Winston Thomas, World 200 M45 gold medalist Stephen Peters clocked 22.6 for 200. The best performance, however, in this excellent meet came in the M45 pole vault from ex-international, Alan Williams, clearing 4.41.

The first cross-country race of the season was held on Oct. 9 in Richmond Park. Overall winner of the Surrey County title was Jim Estall, M45, who has been running superbly. He is likely to lead a very strong M45 England team in the British and Irish Veterans international cross-country races to be held in Devon on Nov. 13. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.

Note: At the General Assembly in England,
WAVA approved changes in some of the above events.
We will publish those changes when WAVA declares them official

Masters Scene

NATIONAL

• The debut of the Winter National Senior Games – the Senior Olympics – will take place in Lake Placid, NY, from Feb. 28-March 3, 2000. The Games will feature athletes aged 50 and older competing in up to six sports: alpine skiing, cross-country skiing, curling, figure skating, ice hockey and snowshoeing. More than 1200 athletes are expected to participate. Sanctioned by the National Senior Games Association (NSGA), the event will be hosted by both the New York Olympic Regional Development Authority and the Adirondack Sports Commission.

• In the October issue, an M60-69 4x400 team from the East Coast was attributed with a pending world record time of 3:27.37 at the National Championships in Orlando. The mark, given to the NMN by the Disney results officials, is either an erroneous time or a typographical error. The NMN is in contact with Peter Mundle, Masters Records Coordinator, to assure that the mark is not considered for a record without further inquiry.

EAST

• Tom Bowmaster, M40, with 27:26, and Janice Morra, W40, with a 19:10, hastened to masters firsts, USATF New Jersey Men's 8K/Women's 5K Cross-Country Championships, Readington, Oct. 10. In the M50 division, Roger Price, in 28:36, and Terry Delph, in 29:40, staged a good race to finish with the leaders.

• Chuck Moeser, 47, Sterling, VA, with a third-place 33:32, and Fiona Branton, 40, Arlington, VA, second female in 39:28, were first masters, Leesburg 10K, Leesburg, VA, Aug. 15. Charlie Koester, 54, Abingdon, MD, sizzled to the M40+ second slot with a 36:50. Tami Graf, 63, Lusby, MD, was top W50+ performer with a 53:00.

• Bill Rodgers, 51, Boston, MA, took masters age-graded honors with a 31:45 based on his 35:38 in the Clarksburg 10K, Clarksburg, WV, July 24. First masters were Don Norman, 40, Uniontown, PA, 34:16, and Michelle Rupe, 40, Cortland, OH, 39:13.

• Fifty meet records were set or tied in the Potomac Valley TC Games, Alexandria, VA,

Sept. 4-5, on a re-surfaced track completed two days before the meet. Rain and lightning from Hurricane Dennis hampered the meet on Saturday and Sunday, but all events were held as scheduled. A total of 224 athletes, ranging in age from 3 to 89, competed, some from as far away as Iowa, Michigan, Washington, and Canada.

• Nancy Ferris, W40, 1:38:18.9, outstepped Karen Miller, W45, 1:13:21.3 to grab the masters women's title at the Virginia 10-Miler, Lynchburg, Sept. 25. Lanny Doan, M40, headed the men's division.

• Robin Smith, 43, 3:17:43, was uncatchable as first woman overall in the Eriesistible Marathon, Erie, PA, Sept. 12, with S. Mark Courtney, 43, 2:50:41, dominating the men's masters field.

• The course belonged to Jamie Kempton, M40, 1:30:05, who placed first overall in the Rockland Marathon, Orangeburg, NY, Sept. 26. Leading the M45 age-group was Samir Rasamny, who sped to a 1:15:35 finish.

• Simon Karori, 40, 29:22 (AG 94.9%) and Mary Knisely, 40, 33:30 (AG 93.2%) ran away with the Richard S. Caliguri Great Race 10K, Pittsburgh, PA, Sept. 26. Also topping the 90% mark were Jack Nelson, 60, 35:14 (93.0%) and Terry Mahr, W50, 37:32 (90.7%). Lou Lodovico, 75, 43:33 (89.3%) and Margaret Lutz, 70, 50:36 (89.1%) were just a hair's breadth away.

SOUTHEAST

• Sharon White, 43, Langley AFB, in 32:56, was first-female overall, worth \$150, Phoebus

Day 8K, Hampton, VA, Oct. 9. Lanny Doan, 43, Virginia Beach, VA, picked up \$50 for his M40+ first in 26:45.

• Older masters turned in some impressive times at the Run by the River 5K, Clarksville, TN, Sept. 11. Jerry Johncock, 71, dominated his competition in 20:46 (AG 86.0%) and Kay Schleusener, 60, topped her division in 23:19 (AG 78.0%).

MIDWEST

• Steve Wilson, 40, Lafayette, IL, 73:51, and Kathy Barton, 45, Houston, TX, 86:57, breezed to masters firsts, Chicago Half-Marathon, Sept. 12. Joe O'Shea, 55, Chicago, 94:38, and Steve Goldberg, 66, Chicago, 98:08, were standouts in the M50+ finishers.

NORTHWEST

• Kayoko Nomura, 41, of Japan, in 2:42:53, and Angela French, 41, Phoenix, AZ, in 2:43:31, were 1-2 females overall, St. George Marathon, St. George, UT, Oct. 2. Kari DiStefano, W40, Telluride, CO, was fourth female overall in 2:45:47. Jerry Henley, M40, Alpine, UT, was 11th overall in 2:30:26. Richard Bishop, M40, Cheyenne, WY, finished 14th overall in 2:34:10. Ray Workman, W45, Salt Lake City, was fifth M40+ in 2:43:07.

• Mary Knisely, 40, 56:19, was fourth woman overall in winning the masters division at the Park Forest Scenic 10-Mile race, Park Forest, IL. Craig Young, 43, 51:19, overpowered the men's masters, with Eileen Dwyer, 67, pounding out a 1:14:44 (AG 89.0%) to destroy her competition.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 1999

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
SAID AOUTA (MOR)	11-2-59	40	44
HEINZ BRANDT (GER)	11-17-29	70	74
LAMBERTO CICCONE (ITA)	11-7-4	90	99
JOHN ALBERT DAVIS (US)	11-1-44	55	59
GARY ENGLAND (ORLANDO, FL)	11-18-54	45	49
LEW FAXON (HAMPTON, VA)	11-2-59	40	44
JOHN FRASER (AUS)	11-2-59	40	44
EDWIN FRY (INDIANA, PA)	11-18-59	40	44
GIOVANNI DI GUARDO (ITA)	11-24-14	85	89
JOHN HARTFIELD (HOUSTON, TX)	11-1-44	55	59
PAUL HENRY (PA)	11-2-59	40	44
JAMES HOLLISTER (TURLOCK, CA)	11-3-59	40	44
KURT FREDRIC HOMME (NOR)	11-3-59	40	44
RUDY HOUG (US)	11-3-59	40	44
BENGT-OLOF JOHANSSON (SWE)	11-3-59	40	44
KARLO JUSSILA (FIN)	11-3-59	40	44
BILL KNOCKE (HUNTINGTON BEACH, CA)	11-20-3	96	99
RUDOLF LEINEN (WG)	11-7-3	96	99
RAIMO LEINO (FIN)	11-14-3	86	89
ILMARI LIITIA (FIN)	11-13-3	86	89
VINCENT MALIZIA (NORTHIDGE, CA)	11-5-1	88	89
FREEMAN MARR (MEMPHIS, TN)	11-15-24	75	79
JIM MATHIS (MEMPHIS, TN)	11-30-24	75	79
ALAN MAXWELL (EUGENE, OR)	11-23-29	70	74
FRANK MCCAFFREY (AUS)	11-4-19	80	84
ROLF MERTEN (WG)	11-23-34	65	69
LOTHAR MILDE (EG)	11-8-34	65	69
LES MILLS (NZ)	11-1-34	65	69
WILHELM OLIVIER (RSA)	11-1-34	65	69
REED QUINN (CA)	11-28-39	60	64
ARMANDO RICCIARDI (RENO, NV)	11-18-19	80	84
ROBERT SATTLER (WG)	11-3-3	96	99
GEORGE SHAFTE (GB)	11-3-3	96	99
MIKE DE STEFANO (US)	11-30-39	60	64
DOMINGO TIBADUIZA (RENO, NV)	11-32-49	50	54
CLARENCE TRAHAN HEMET, CA)	11-29-14	85	89
JAMES VANTATENHOVE (LA HABRA, CA)	11-12-39	60	64
LOUIS VELEZ (UR)	11-1-39	60	64
TOM WESSELOWSKI (WICHITA, KS)	11-1-39	60	64
MUYOKO AKUBU (MONTEREY, CA)	11-13-39	60	64
BETH BARRIE (RUNNEMEDE, NY)	11-11-44	55	59
TERRI LEE BUSBY (MCCALL, ID)	11-18-54	45	49
JEANNE CARTER (SANTA ANA, CA)	11-23-39	60	64
MAE CLEVELAND (TALLAHASSEE, FL)	11-20-39	60	64
HONOR FETHERSTON (ISR-MILL VLEY, CA)	11-1-54	45	49
MARJORIE GILMORE (OR)	11-12-34	65	69
JUDY GROOMBRIDGE (SEATTLE, WA)	11-6-39	60	64
ELIZABETH HAMILTON (CORONADO, CA)	11-28-24	75	79
BARBARA HUMTEL (CANTON, OH)	11-24-24	75	79
MARJORIE LAWSON (SACRAMENTO)	11-6-24	75	79
MARGARET LEE (HONOLULU, HI)	11-22-19	80	84
HIDEKO PIRIE (FAIRFAX, VA)	11-22-44	55	59
SALLY POLK (SANDIA PARK, NM)	11-22-29	70	74
LINDA SIPPRELLE (BETHLEHEM, PA)	11-3-34	65	69
JOSEPHINE SULLIVAN (GREER, SC)	11-3-34	65	69
JANET SWEET (US)	11-7-39	60	64
CONSTANCE WILSON (PORTLAND, OR)	11-2-39	60	64
WEN SHI YU (KEW GARDENS, NY)	11-1-39	60	64
JACOBA BELLINGEN (RSA)	11-24-39	60	64
TAMARA BOBISHNEVA (URS)	11-2-39	60	64
HELVY ERIKSON (EST)	11-2-39	60	64
JENNIFER FISHER (BER)	11-6-59	40	44
JUDIT FORERO DE GAONA (COL)	11-10-9	90	94
MAVIS HUTCHISON (RSA)	11-25-24	75	79
EILEEN MANDER (GBR)	11-21-44	55	59
JAN MORRAY (AUS)	11-16-39	60	64
MARIA DE ORLANDO (ITA)	11-2-34	65	69
GERALDINE OTTO (GER)	11-6-49	50	54
RHONDA PHILPOTT (AUS)	11-14-44	55	59
G. RICKARD (GBR)	11-13-44	55	59
SIGRUN SCHUMACHER (GER)	11-28-44	55	59
INGA STENBRINK (SWE)	11-5-39	60	64
CHARLOTTE TESKE (GER)	11-23-49	50	54
PRISCILLA WELCH (GBR)	11-22-44	55	59
SYLVIA WHITE (AUS)	11-5-29	70	74
ROBYN WINTER (NZL)	11-17-49	50	54

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

Raschker Ups World W50 Vault Mark

by PHIL MULKEY

Using a new prototype fiberglass pole made specifically for women paid off in a way that may have surprised even Phil Raschker.

The new Earl Bell (former world record-holder and Olympian) pole manufactured by EssxSport™ is so new that some have never heard of it. But if they needed an early testimonial to its hoped-for-success, they got it at the Nevada Senior Olympic State Championships held in Las Vegas, Oct. 10.

Raschker, spokesperson for Custom-Vite™, who had to pass up the World Veterans Championships in Gateshead, England, in August because of Achilles problems, but who

had come back to win the National Masters W50 vault in Orlando, was more than just a winner in Vegas.

Somewhat dubious about starting in on an unknown pole, the W50 world record holder (10-2, 3.10m) began cautiously, clearing 8-6, 9-0, and 9-6.

"I think I'm beginning to get a good feel for this pole," the 52-year-old, 5-4, 115-lb. resident of Marietta, Ga., said as she had the bar moved to an even 10 feet. The meager crowd in attendance cheered as she went over on her first try.

With the bar raised to a world-record 10-3 (3.12m), Raschker now had the attention of everyone in the stadium. She cleared it by daylight on her first try and said, "I can go higher."

Moving the bar to 10-6 (3.20m), she again succeeded on her first try – going over 100% on the masters age-graded scale.

Prior to her WR vault, she won six other events: TJ (33-1/4), LJ (15-7/2), HJ (4-10), SP (30-3), 100 (13.46) and 200 (27.44). □

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 28 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.

FIFTEEN YEARS AGO November 1984

• Barry Brown Sets U.S. Masters Marathon Record of 2:15:14

• Norm Green Breaks U.S. M50 Marathon Mark with a 2:26:05

• Twin Cities Marathon Gives \$20,000 Prize Money to Masters

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

November 30-December 4. USATF Annual Convention, Westin Century Plaza Hotel, Los Angeles, Calif. USATF, 1 RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-4871.

March 24-26. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass.

July 14-23. USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. Web site: www.eugenechamps.com.

September TBA, 2000. USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

EAST

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

November 7. Weight Throw-A-Thon, Germantown Academy, Ft. Washington, Pa. Weight, Superweight & Ultraweights (98#/200#/300#). Ray Feick, 2987 Lutherand Rd., Gilbertsville, PA 19525. 610-754-6007; email: ffeick@aol.com

January 7-9. 31st annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Meet Director, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 23. GBTC Invitational, Harvard U., Cambridge, Mass. Many running and two indoor weight events for M40+ athletes. GBTC, PO Box 183, Boston, MA 02117. www.gbtc.org. Jim O'Brien, 617-282-5537.

SOUTHEAST

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

November 14. Space Coast Senior Games, Brevard County, Fla. 50+. Entries: 407-459-0518; popgun47@aol.com. Meet information: Hank Nottingham, 407-773-4362.

November 30-December 5. Florida Senior Games State Championships, Kissimmee/St. Cloud. Laura Hallam, 407-943-7992.

MID-AMERICA

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

February 6. 21st Century AGELESS GAMES, Minneapolis. For Y2K Winter Indoor Info, send SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

WEST

Arizona, California, Hawaii, Nevada

November 1-19. Southland Senior Olympics, Long Beach/Anaheim/Cerritos/Downey, Calif. 50+. Registration deadline Oct. 8. 562-570-3537.

November 13. KelField Throws Series Meet #78, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

November 20. Bruce's Pole Vault Party, Vacaville, Calif. Y/O/M (m&w). USATF Regist. Req. 770-645-8555; fax: 645-0550; email: prsport1@aol.com.

November 20-29. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

December 11. KelField Throws Series Meet #79, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

NORTHWEST

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

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

July 1-2. Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, 406-578-9870(h).

INTERNATIONAL

November 20-23. Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

December 11-12. RAVA Cup Match - Belarus, Ukraine, Russia, and other countries, Minsk, Russia. Vadim Marhev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308;

fax: 7-095-573-4150.

January 16-23. 10th WAVA Oceania Championships, Norfolk Island. Oceania 2000, PO Box 158, Norfolk Island 2899, South Pacific. Fax: +6723-23106. Email: games@worldtraders.nf

August 17-20. NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Rec., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters2000.kamloops.com.

September 15-October 1, 2000. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

July 5-15, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

LONG DISTANCE RUNNING

NATIONAL

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

December 5. USATF National Masters 10K Cross-Country Championships, Long Beach, Calif. Skip Tolley, Meet Director, 310-453-7655; fax: 829-6926; email: sstolley@aol.com.

January 23. USATF National Masters Road Mile Championships/Steve Scott Festival of Races, Santee, Calif. 619-450-6510.

EAST

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

November 7. New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org.

November 7. Zoo Run For Wildlife 10K, Philadelphia, PA. Allison Walker, The Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA 19104. 215-243-4375.

November 13. Pittsylvania Cross-Challenge, Frick Park, Pittsburg, Pa. O & M-8K. Challenge, 348 Morris St., Clymer, PA 15728. John Harwick, 724-254-2369.

November 14. Ocean State Marathon, Warwick to Providence, R.I. SASE to OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

November 14. USATF New England Cross-Country Championships, Boston. Mass. USATF NE, PO Box 1905, Brookline, MA 02446-0016. 617-566-7600; email: usatfne@ix.netcom.com.

November 21. Philadelphia Marathon, Pa. 215-685-0054.

November 25. Pequot Runners Thanksgiving Day 5 Mile, Southport, Conn. Jeff Palmer, 203-227-9054.

November 27. NYRRC Knickerbocker 60K, Central Park. NYRRC, 9 E. 89th St.,

ON TAP FOR NOVEMBER

TRACK AND FIELD

This month is the usual lull between the end of the outdoor season and the start of the indoor. However, some interesting events stand out: a Throw-A-Thon, which includes weights up to 300#, in Pennsylvania on the 7th; and the Space Coast Games, where some rules go out the window, in Florida on the 14th. Multi-event Senior Games open in Long Beach, Calif., on the 1st; in Honolulu on the 20th; and in Florida on the 30th. If you need more excitement, head for the USATF Annual Meeting in Los Angeles, which starts on the 30th and ends on Dec. 4.

LONG DISTANCE RUNNING

The USATF National Masters 5K Cross-Country Championships comes to Holmdel, N.J., on the 21st. Over 20,000 runners will romp through the Big Apple's five boroughs in the NYC Marathon on the 7th. Other marathons on that date are the San Antonio in Texas, and the Santa Clarita in Southern California. More marathons follow on the 13th in Richmond, Va., and on the 14th in Rhode Island and Columbus, Ohio. Cross-country is available in the USATF-NE Championships in Massachusetts on the 14th. And more marathoners hit the asphalt on the 21st in Philadelphia, and on the 28th in Melbourne, Fla., and Seattle. Include these in the traditional Thanksgiving Day outings: the Pequot Runners 5 Mile, Southport, Conn.; Thanksgiving 10 Mile & 5K, DeLand, Fla.; and Outback Half-Marathon & 5K, Jacksonville, Fla.

RACEWALKING

The National Masters Men's 10K Championships will be contested in Fort Lauderdale, Fla., on the 13th. The USATF South Region One-Hour Championships has its affair in Myrtle Beach, S.C., on the 20th. □

NY, NY 10128. 212-860-4455; fax: 860-9754.

November 28. NYRRC Pete McCordle Cross-Country Classic 15K, Central Park. See Nov. 27.

December 12. Joe Kleinerman 10K, Central Park. NYRRC, 9 E. 89th St., NY NY 10128. 212-860-4455; fax: 860-9754.

December 12. USATF New Jersey 10 Mile Championships, Pictinny Arsenal, Rockaway. 732-296-0006; USATFNJ@aol.com

December 19. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646.

December 31. Asics/Runner's World Midnight 5 Mile, Central Park. See Dec. 12.

January 22. 33rd Annual Hartshorne

Continued on next page

Continued from previous page
Memorial Masters Mile, Cornell University, Ithaca, NY. W30+; M40+. Prize purse for Men's Elite Mile; bonus for sub-4:25. 20th Anniversary Women's Mile, new prize purse for W40+. 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530; 387-6431.

April 17. B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905. <http://www.bostonmarathon.org>.

SOUTHEAST

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

November 6. Coast Guard Semper Paratus 10K, CG Reserve Training Center, Williamsburg, Va. Sandy Hardison, 757-898-2226; Peninsula TC, 757-868-3975.

November 6. Delchamps Senior Bowl 10K, Mobile, Ala. Delchamps 10K, PO Box 1408, Mobile, AL 36633. 334-438-2276.

November 6-7. Vulcan Run 5K, 10K, Marathon, & Half-Marathon, Birmingham, Ala. www.vulcanrun.com.

November 13. Richmond Marathon & 5 Miler, Richmond, Va. 804-673-RACE.

November 13. Strong Legs 10K, Atlanta, Ga. 770-698-9900.

November 13. Key Biscayne Lighthouse 10K & 5K, Key Biscayne, Fla. 305-365-8901; 954-384-7521.

November 13. Kids-R-Cool 10K, Naples, Fla. Masters money. KRC 10K, PO Box 368, Naples, FL 34106. Fran Fidler, 941-430-0799; email: franfidler@aol.com

November 20. Heritage Humane Society 5K, Williamsburg. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 757-229-7375; email: rickplatt@juno.com

November 25. Thanksgiving 10 Mile & 5K, DeLand, Fla. John Boyle, PO Box 1700, DeLand, Fla. 32721. 904-736-0002.

November 25. SouthPark 8K Turkey Trot, Charlotte, N.C. Hyatt Charlotte at SouthPark, 5501 Carnegie Blvd., Charlotte, NC 28209. 704-554-1234, x2002.

International Scene

Continued from page 17

nized at a high level.

IAU

In Gateshead WAVA met with delegates for the IAU (International Association of Ultra-runners) to discuss closer cooperation, including a 100K WAVA World Championships. It seems that these discussions will lead to a proposal in Brisbane to institute an official WAVA World Championship 100K organized by IAU in connection with their annual cup.

Our proposal is, further, to have our Vice President Non-Stadia on the IAU Council (full or co-opted member) in order to ensure those close links necessary to guarantee that our requirements are met completely. An official WAVA World Championships could start as early as 2001 if approved by our General Assembly in Brisbane with an unofficial race in 2000. □



JERRY WOJCIK

Dick Richards, 65, in 10:19, lane 6, wins the Age-Graded 100m, USATF National Masters Championships, Orlando, Fla., Aug. 26-29, with Mel Larsen, 75, lane 8, a close second (10:20). The other entrants were Konrad Slaughter, 80, lane 9; Bill Melville, 72, lane 7; Charles Allie, 52, lane 4; Thomas Jones, 45, lane 3; and Val Barnwell, 41, lane 2.

November 25. Atlanta Marathon & Half-Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

November 25. Outback Distance Classic Half-Marathon & 5K, Jacksonville. Jacksonville Classic, 3853 Baymeadows Rd., Jacksonville, FL 32217. Hotline: 904-739-1917.

November 28. Space Coast Marathon & Half-Marathon, Brevard Community College, Melbourne Campus. 800-417-RACE; fax: 619-551-9987; email: sales@racegate.com

December 5. First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.

December 11. Rocket City Marathon, Huntsville, Ala. Huntsville, TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.

December 18. Jacksonville Marathon, Half-Marathon, & 5K. JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 904-731-3187.

December 18. Jingle Jog 5K, Atlanta, Ga. 770-410-1613.

December 31. CRR New Year's Eve Run, Marietta, Ga. 770-427-2271.

December 31-January 1. Last Chance-First Chance Marathon, Half-Marathon, & 5K, Daytona Beach, Fla. 407-248-1507.

January 9. Walt Disney World Marathon & Half-Marathon, Orlando. Disney Marathon, PO Box 536547, Orlando, FL 32853-6547.

January 22. Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 707-367-9696; 365-2880.

January 23. Florida Gulf Beaches Marathon, Clearwater. 888-548-2786.

February 5. Hampton Coliseum Half-Marathon/RRCA National Championships & 5K, Hampton, Va. HC H-M, 757-728-3235; 800-800-2202.

February 6. Mardi Gras Marathon, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

February 12. Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 26. Blue Angel Marathon & 5K, NAS, Pensacola, Fla. BAM, Code 22000, Bldg. 632, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 24-hour

registration: www.sign-me-up.com

February 26. U.S. Olympic Team Trials Women's Marathon, Columbia, S.C. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29250. 803-929-1996; fax: 929-1926.

March 18. Rock and Roll 10K, Nashville, Tenn. Downtown YMCA, 615-254-0631.

MIDWEST

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

November 7. Wolfpack Cross-Country Meet/Columbus Invitational, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614-459-2547.

November 14. Columbus Marathon. Joan Riegel, PO Box 26806, Columbus, OH 43226. 614-433-0395.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 7. San Antonio Marathon. Marathon, 1123 Navarro, San Antonio, TX 78205. Entry forms: 210-246-9652.

December 5. Dallas White Rock Marathon & Relays, Dallas, Texas. Email: bluchsinge@aol.com; www.whiterockmarathon.com.

January 16. Houston Marathon. HM, N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

February 6. Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

WEST

Arizona, California, Hawaii, Nevada

November 6. Walk, Run, Roll, & Remember 5K & 10K, Seal Beach, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

November 7. Santa Clarita Marathon and Half-Marathon, Santa Clarita, Calif. 888-823-3455.

November 13. Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

November 14. Race For The Cure 5K,

Pasadena, Calif. 818-975-6006.

November 20. Jet To Jetty 5K/10K & 5K Walk, Playa del Rey, Calif. 310-670-1410.

November 28. Run To The Far Side XV, San Francisco, Calif. 415-759-2690.

January 8. Paramount 10K Run & Racewalk, Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

January 16. San Diego Marathon, Half-Marathon, & 5K, San Diego, Calif. 619-792-2900.

February 6. Las Vegas International Marathon & Half-Marathon. LVM, PO Box 81262, Las Vegas, NV 89180. 702-876-3870; email: lvmarathon@aol.com

February 12. Great American Adventure Run, Huntington Beach, Calif. 2.8 Mile & 4.8 Mile Cross-Country. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

NORTHWEST

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

November 28. Seattle Marathon, Wash. 404-231-9065.

INTERNATIONAL

May 13-14. 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambila, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: <http://web.jet.es/atl.pop>.

RACEWALKING

November 13. USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

November 20. USATF South Region 1-Hour Championships, Coastal Carolina U., Myrtle Beach, S.C. Bill Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34				M45-49			
Todd Adelgren	Shot Put	50-1/2		Thomas Meyer	HT	41.02	8-17-98
				Kent Metcalf	5000	17.01	9-17-83
M35-39				Gene Iwen	110hh	18.77	6-12-99
Paul Brown	400	48.63	7-19-98	Michael Shiaras	SP	12.79	9-18-99
Mick Caruso	3000	9:43.39	6-12-99	Tom Smith	100	11.46	8-26-99
Adam Miller	3000	9:41.90	6-12-99		200	23.7	8-26-99
Alan Sims	LJ	6.20	8-28-99				
M40-44				M50-54			
Mac Allen	800	2:04.28	6-13-99	Johnnie Dye	PV	12-11	8-28-99
	3000	9:46.9	5-30-99	Bill Isley	PV	3.55	8-28-99
	Mile	4:47.6	5-16-99	Dennis Mihora	3000	11:05.99	6-12-99
John Billingsley	55hh	8.7	3-7-98	Allen Ray	WP	3306	9-12-99
Lee Carter	3000	10:39.86	6-12-99	Loarn Robertson	SP	14.41	7-17-99
Scott Kessler	3000 SC	11:34.75	8-22-96				
	3000 SC	11:36.44	8-16-96	M55-59			
Tim Mock	3000	9:45.96	6-12-99	Peter Fickinger	HT	121	6-5-99
				Rolie Cavalletto	3000	10:38.96	6-12-99

M60-64				M70-74			
Bill Kelley	TJ	9-14	6-12-99	Ev Poe	200	31.82	8-29-99
	LJ	4.85	6-12-99		PV	7-8	8-27-99
Tim McCollum	3000	12:20.11	6-12-99				
Don Truex	3000	11:34.03	6-12-99				
Thom Weddle	Mile	5:17.5	1-21-99				
	800	2:26.69	6-30-99				
	1500	4:56.5	7-14-99				
M65-69				M75-79			
Robert Kahn	Mile	6:13.40	9-25-99				
Lloyd Kempf	100	13.77	8-19-99				
Gordon McClenathan	3000	12:17.41	6-12-99				
W30-34				W45-49			
Elaine Rodriguez	100	13.58	8-26, 29-99	Debbie Topham	10K	58.08	5-23-99
					15K	1:28.28	5-23-99
				Elaine Triplett	3000	11:28.29	6-12-99
W55-59				W60-64			
Fay Richard	JT	79-9	8-28-99				
Tish Roberts	TJ	34-4	8-29-99				
	5K	28.06	8-6-99				



U.S. MASTERS ALL-AMERICAN STANDARDS

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	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	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	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
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	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6-2 1/2	6-2 1/2	5-9 1/2	5-6	5-3	4-11	4-9	4-6	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	8-4 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2		
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 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1	14-9 1/2	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2		
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	
43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1		
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/2	36-1 1/2	29-6	26-3	19-8 1/2		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-5	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
						37-6 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9 1/2		
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6 1/2	27-10 1/2	26-5	19-8 1/2	16-5	14-9	13-1 1/2	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

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

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

WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

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

TRACK & FIELD RESULTS

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

NATIONAL

USATF National Masters Weight & Superweight Championships Seattle, WA; Sept. 18

Weight	
M30 Matt Burks	WA 15.01
M40 Ken Jansson	KS 18.63
M45 Gary Kelmenson	CA 11.52
M50 Tim Edwards	CO 15.02
Todd Taylor	OR 13.11
Steve James	BC 12.52
Bob Sager	MT 12.14
Bill Weinstock	CA 7.31
M55 Geo Mathews	WA 12.81
Bob Cahners	FL 11.34
M65 Pay Carstensen	FL 12.42
Jerry Wojcik	OR 10.94
Don Hughes	CA 10.37
Mike Devlin	WA 10.33
M70 Ken Weinbel	WA 10.46
M80 Jim Minah	WA 5.39
M85 Leon Joslin	87 WA 5.86
(single-age WR)	
W35 Laurie Jinkins	WA 10.25
Lisa Jaramillo	CO 5.54
W45 Joyce Taylor	OR 10.11
W55 Georgia Cutler	OR 10.18
Suzy Hess	OR 6.77
Superweight	
M30 Matt Burks	9.66
M40 Ken Jansson	12.29
M50 Tim Edwards	9.76
Todd Taylor	8.20
Bob Sager	7.95
Steve James	7.75
Bill Weinstock	5.35
M55 Geo Mathews	7.86
Bob Cahners	6.84
M65 Mike Devlin	5.62
Pay Carstensen	5.03
Don Hughes	4.96
Jerry Wojcik	4.49
M70 Ken Weinbel	8.09
M80 Jim Minah	4.26
M85 Leon Joslin	87 4.58
(single-age WR)	
W35 Laurie Jinkins	5.76
Lisa Jaramillo	3.37
W45 Joyce Taylor	5.85
W55 Georgia Cutler	7.10
Suzy Hess	5.16

EAST

Potomac Valley TC Meets Alexandria, VA

--Aug. 8--	
100m	
M30 Andy Higgins	11.55
M35 David Barmer Sr	11.51
M40 Paul Allen	12.19
M45 Lennox Montrose	12.39
M60 E R Premo	17.93
M65 Don McCarten	17.73
W35 Margaret Zalenska	15.00
W50 Ginger Smith	15.28
200m	
M30 Yonco Mermersky	24.39
M35 George Ridley	23.32
M40 Paul Allen	24.22
M45 Lennox Montrose	25.49
M50 D J Bertagnoli	30.33
M60 E R Premo	38.84
W35 Margaret Zalenska	32.04
W40 Nomvini Meriwether	36.80
400m	
M30 Yonco Mermersky	53.16
M35 George Ridley	50.92
M40 Paul Allen	52.79
M45 Brian Lee	61.90
M50 Clifford Gaddy	64.67
M65 Don McCarten	83.90
W35 Margaret Zalenska	69.68
W50 Ginger Smith	80.96
800m	
M40 Dion O'Mara	2:18.40
M50 D J Bertagnoli	2:54.30
M60 E R Premo	3:41.60
Mile	
M30 Jim Holt	5:11.90
M35 Ted Poulos	4:50.90
M40 Dion O'Mara	4:57.80

M45 Andy Altman	5:14.05
M50 Paul Garner	5:41.21
M55 Henry Sierka	5:28.39
M75 Bill Osburn	7:43.96
3000m	
M35 Ted Poulos	9:44.10
M40 Dion O'Mara	10:16.80
M45 J J Wind	11:59.10
M50 Ric Francke	16:42.50
High Jump	
M30 James Barr	6-0
W60 Evelyn Wright	4-0
Long Jump	
M30 James Barr	19-1
M60 E R Premo	9-8.5
Shot Put	
M30 James Barr	40-10
M40 Garry Crago	31-9.5
M45 John Priestley	33-4
M55 F D Folk	26-4
M60 Marty Rademacher	33-1
W35 Chas Pistorino	29-1.5
W30 Angie Jones	31-4
W60 Evelyn Wright	28-4
W65 Sharon Good	15-0
Discus	
M30 James Barr	118-5
M40 Garry Crago	97-1
M45 John Priestley	97-8
M55 Norm Johnson	104-5
M60 Bill Smith	145-10
M65 Ken Kave	120-7
M75 Chas Pistorino	85-8
W30 Angie Jones	110-2
W35 Teresa Henderson	122-6
W55 Carmela Miller	68-5
W60 Evelyn Wright	84-2
W65 Sharon Good	38-5
Javelin	
M30 Pat Reffo	104-1
M45 John Priestley	101-0
M55 Russ White	168-10
M60 Marty Rademacher	117-4
W35 Chas Pistorino	88-8
W40 Keg Good	52-7
W55 Carmela Miller	101-10
W60 Evelyn Wright	78-10
W65 Sharon Good	29-9

Weight	
M30 Pat Reffo	15-4
M45 John Priestley	33-9
M55 F D Folk	21-4
M60 Marty Rademacher	28-9
M70 Otis Moran	28-11
W60 Evelyn Wright	30-0
W65 Sharon Good	16-5.25
3000m Racewalk	
M50 John Gersh	18:29.10
M55 Michael Schwed	19:41.10
W30 Kora Bouffert	15:33.10
W55 Lois Dicker	19:22.70
W70 Terry Hamilton	22:56.00
W80 Mary Latham	25:22.80
--Aug. 22--	
100m	
M35 David Barmer Sr	11.10
M40 Matt Texier	12.50
M45 Brian Lee	12.40
M50 Dennis Newton	12.80
M60 Larry Colbert	12.90
M70 Wilton Gordon	18.40
W35 Margaret Zalenska	14.60
W75 Carla Convery	22.70
200m	
M35 David Barmer Sr	23.25
M40 Matt Texier	25.47
M45 Brian Lee	25.83
M60 Roland Hill	31.26
W30 Leanne Ayres	32.36
W35 Margaret Zalenska	30.59
W75 Carla Convery	55.89
400m	
M35 George Ridley	53.55
M45 Brian Lee	64.90
M50 D J Bertagnoli	65.72
M60 E R Premo	94.90
W30 Pam McGonigle	70.78
800m	
M35 Mike Castle	2:10.24
M40 Craig Mallinckrodt	2:08.10
M45 J J Wind	2:50.79
M55 Henry Sierka	2:29.05
M60 E R Premo	3:48.38
W30 Pam McGonigle	2:38.85

Mile	
M30 David Uy	6:42.90
M35 Ted Poulos	5:07.30
M40 Jim Darr	5:56.20
M45 Dan Eddy	5:09.90
M55 Henry Sierka	5:38.50
M60 E R Premo	8:11.80
W30 Susan Rizzieri	5:35.60
3000m	
M35 Ted Poulos	9:57.40
M40 Dion O'Mara	10:11.71
M45 J J Wind	11:17.27
W30 Susan Rizzieri	11:33.29
5000m	
M35 Lynn Wachtell	17:53.61
Short Hurdles	
M65 James Stookey	17.60
Long Hurdles	
M65 James Stookey	50.50
High Jump	
M65 James Stookey	4-4
M75 Charles Boyle	3-8
Long Jump	
M60 E R Premo	8-11
W65 Audrey Lary	10-11.5
W75 Carla Convery	5-3
Triple Jump	
W60 Evelyn Wright	25-2.5
W65 Audrey Lary	26-2
Shot Put	
M45 Rich Ruffalo	31-9.75
M50 Joe DeStefano	40-4
M55 Vic Litwinski	31-2.5
W30 Angie Jones	33-10.5
W65 Audrey Lary	25-7.25
W75 Carla Convery	13-0
Discus	
M30 Vince Martin	100-0
M45 Rich Ruffalo	87-8
M55 Vic Litwinski	90-1
M60 Bill Smith	149-9
W30 Angie Jones	116-7
W65 Audrey Lary	68-2
W75 Carla Convery	30-1
Javelin	
M45 Rich Ruffalo	106-9
M55 Vic Litwinski	86-10
M60 E R Premo	63-2
W30 Angie Jones	85-5
W65 Sharon Good	28-4
W75 Carla Convery	36-0
Weight	
M55 Vic Litwinski	20-10
3000m Racewalk	
M55 Vic Litwinski	17:54
W30 Kora Bouffert	10:42.50
W50 Liz Gilchrist	21:00.30
W65 Mary A Stookey	22:45.50
W70 Terry Hamilton	22:36.90

Potomac Valley TC Games Alexandria, VA; Sept. 4-5

100m	
M30 Andrew Higgins	11.13
M35 Kinley Hill	11.86
Lorenzo Thomas	12.20
Joseph Aukward	13.80
M40 Keith Royster	11.64
K McDonnough	12.04
Matt Texier	12.53
M45 Jesse Norman	12.11
Andrew Mason	12.25
Brian Lee	12.95
M50 Mel Fields	12.65
Cary Carter	13.91
John Cruden	14.29
M55 David Rosenthal	14.49
M60 Larry Colbert	12.91
Walter Palmer	14.53
Merritt Johnson	15.02
M65 Ed Abramic	14.54
M70 Ev Poe	15.69
Larry Greco	15.70
Don McCarten	18.81
W40 Cynthia Savage	16.2h
W45 Diane Lasichak	16.1h
W70 Susie Barnes	19.82
W75 Carla Convery	23.6h
200m	
M30 James McKay	25.61
Kirk Nelson	26.67
M35 Kevin Lendo	23.88
Kinley Hill	24.35
Joseph Aukward	24.44
M40 Keith Royster	23.63
K McDonnough	24.50
Herbert Roper	25.24
M45 Jesse Norman	24.25
Andrew Mason	25.43
Doc Savage	26.13
M50 Melvin Fields	25.88
Ron Shamwell	27.35
John Cruden	30.89
M55 David Rosenthal	34.19

M60 Larry Colbert	27.50
Walter Palmer	29.50
Roland Hill	30.36
M65 Ed Abramic	30.80
M70 Ev Poe	31.64
Larry Greco	32.87
Curran Tiffany	33.58
W30 Angela Scott	26.8h
W35 Margaret Zalenska	30.4h
W40 Cynthia Savage	37.2h
W45 Linda Savage	43.2h
W75 Carla Convery	54.4h
400m	
M35 Kevin Lendo	53.46
Steve Nearman	53.59
Kinley Hill	57.41
M40 Herbert Roper	56.24
Bernard Gant	58.61
David Dixon	64.38
M45 Doc Savage	58.76
Leon Savage	70.96
M50 Melvin Fields	59.72
Ron Shamwell	65.19
D J Bertagnoli	68.60
M55 Glenn Schmehl	61.49
David Rosenthal	86.51
M60 Larry Colbert	60.65
Roland Hill	68.01
Walter Palmer	69.13
M65 Ed Abramic	69.93
M70 Curran Tiffany	76.74
Don McCarten	81.75
W50 Ginger Smith	83.15
800m	
M35 Isaac Parker	2:24.8
M40 Mac Allen	2:10.2
Curtis Davis	2:15.7
Bernard Gant	2:28.4
M45 Ken Umbarger	2:16.8
Doc Savage	2:27.1
M50 Bob Weiner	2:30.4
D J Bertagnoli	2:31.1
M55 Jim Verdier	2:38.6
M70 Curran Tiffany	3:41.1
W30 Jennifer Lazio	3:06.5
W50 Ginger Smith	3:23.0
W60 Tami Graf	3:28.4
Mile	
M30 Rob Udewitz	4:56.36
Jeff Gelfand	5:18.85
M35 Steve Nearman	4:40.61
Ted Poulos	4:54.29
M40 Mac Allen	4:52.12
Jim Darr	5:55.50
M45 Ken Umbarger	4:54.36
Dan Eddy	5:09.03
J J Wind	5:51.58
M50 Bob Weiner	5:40.20
Larry Smith	6:36.42
M55 Henry Sierka	5:46.68
Jim Verdier	5:52.72
M60 Vic Zwolak	5:27.10
Roland Hill	6:13.23
M65 Larry Dickerson	6:59.82
W30 Jennifer Lazio	6:47.16
W60 Tami Graf	7:24.29
3000m	
M30 David Uy	13:09.9
M35 Wm Green	10:01.9
M40 Dan Quinn	9:44.6
Maurice Pointer	10:33.2
Peter Blank	12:20.4
M45 Spider Rossiter	10:54.7
J J Wind	11:18.4
M65 Larry Dickerson	13:53.4
W60 Tami Graf	15:03.1
5000m	
M35 Ted Poulos	17:57.1
Anthony Smith	24:22.7
M40 Dion O'Mara	19:02.6
W30 Jennifer Lazio	21:48.9
Short Hurdles	
M30 Kirk Nelson	20.26
M40 Mark Williamson	17.58
M55 John Sloan	24.75
4x100m Relay	
M40+Dixon/Roper/Lee/McDonnough	50.1h
4x400m Relay	
M40+Dixon/Roper/Lee/4:05.9h McDonnough	
High Jump	
M30 James Barr	5-10
M40 Mark Williamson	5-10
Bill Brown	5-2
M50 Cary Carter	4-7
Bill Walsh	4-7
M60 Floyd Smith	4-5
M70 Ev Poe	3-3
Bob Leishear	2-5
M75 Charles Boyle	3-8
M85 Bob Detweiler	2-5
W60 Evelyn Wright	4-2

Pole Vault	
M35 Joe Wilson	11-0
M40 Rick Dye	10-6
M50 Cary Carter	9-0
Bill Walsh	8-6
M60 Jack Kuhns	7-6
M70 Ev Poe	6-6
Bob Leishear	3-0
W60 Evelyn Wright	5-6
Long Jump	
M35 Kevin Lendo	6.08
M40 Mortimer Sellers	5.35
Paul Sigur	5.03
M50 Cary Carter	4.75
Bill Walsh	3.96
William Gainey	3.85
M55 David Rosenthal	3.30
M60 Taylor Goode	4.22
Horace Stephens	3.61
M70 Bob Leishear	2.26
M75 Charles Boyle	2.95
W45 Diane Lasichak	3.61
W60 Evelyn Wright	3.30
Triple Jump	
M35 Kevin Lendo	12.52
M50 Cary Carter	10.13
Bill Walsh	9.50
William Gainey	7.69
M55 David Rosenthal	7.17
M70 Bob Leishear	4.75
W60 Evelyn Wright	6.60
Shot Put	
M30 James Barr	12.71
M40 John Kalnas	10.52
M45 Garry Crago	10.13
Mike Kalnas	9.79
M50 Joe DeStefano	12.35
William Gainey	11.95
William Walsh	11.11
M55 Mike Valle	11.00
Norris Wright	9.87
Vic Litwinski	9.18
M60 Jack Kuhns	10.85
Ken Nielsen	10.24
Ezzat Pashai	10.15
M70 Bob Leishear	7.49
M75 Chas Pistorino	9.33
M85 Bob Detweiler	4.11
W30 Angela Jones	9.47
W60 Evelyn Wright	8.10
W65 Sharon Good	4.92
Discus	
M35 Daemondartouzos	36.7
M45 Garry Crago	31.7
M50 Terry Shuman	45.9
William Gainey	39.5
William Walsh	34.4
M55 Mike Valle	35.0
Norm Johnson	32.7
John Lang	31.0
M60 William Smith	46.0
Ezzat Pashai	41.2
Bill Eisenhart	39.4
M70 Bob Leishear	27.3
Bill Bergen	24.7
M75 Chas Pistorino	25.5
M85 Bob Detweiler	13.5
Clarence Larson	10.3
W30 Angela Jones	32.8
W35 Teresa Henderson	35.2
W60 Evelyn Wright	25.3
W65 Audrey Lary	19.3
Sharon Good	11.2
W75 Carla Convery	9.2
Hammer	
M50 Toli Welihozkiy	39.3
William Walsh	35.6
William Gainey	26.7
M60 Ezzat Pashai	29.6
Jack Kuhns	25.6
MartinRademacher	23.3
M70 Bob Leishear	30.8
M85 Bob Detweiler	14.2
W60 Evelyn Wright	25.6
Javelin	
M35 Daemondartouzos	39.6
M50 William Walsh	43.2
William Gainey	31.3
Gordon Herbert	29.7
M55 John Lang	36.4
Mike Valle	31.1
Norris Wright	29.2
M60 Ezzat Pashai	40.1
MartinRademacher	33.8
Jack Kuhns	32.6
M70 Ev Poe	22.1
Bob Leishear	21.9
M75 Chas Pistorino	28.4
M85 Bob Detweiler	10.0
W55 Carmela Miller	28.7
W60 Evelyn Wright	21.0
W75 Carla Convery	11.2
Weight	

Continued from previous page

Mike Grisko 52 2k	100-0
Carl Reichard 47 2k	98-6
Carmen Letizia 46 2k	89-9
Hammer	
Carl Reichard 47 16#	142-4
Don Filkins 45 16#	130-2
Mike Grisko 52 16#	122-5
Carmen Letizia 46 16#	85-9
Jim Crawford 74 4k	114-9
--Oct. 9--	
Shot Put	
Carl Wallin 58 16#	43-9.5
(single-age WR)	
Don Filkins 45 16#	39-11.75
Bob Cedrone 45 16#	37-11.5
Mike Grisko 52 16#	31-8.5
Carl Wallin 58 6k	48-10.5
Don Filkins 45 6k	43-10.5
J BookinWeiner53 6k	42-7
Len Rosen 65 5k	39-6
Discus	
Len Rosen 65 1k	140-10
J BookinWeiner 53 1.5k	132-10
Jim Chamberas 56 1.5k	125-5
Don Filkins 45 2k	118-7
Mike Grisko 52 2k	98-2
Hammer 16#	
Bob Cedrone 45	150-6
Don Filkins 45	134-1
Mike Grisko 52	122-4
Weight 35#	
Bob Cedrone 45	47-11
Don Filkins 45	41-6
Mike Grisko 52	37-10

MID-AMERICABlair Track Club Meet
Blair, NE; July 25

100m	
M30 Scott Armstrong	12.8
M40 Rogers Brazier	13.5
M50 Fred Booker	13.7
M60 Howard Wieser	13.6
M70 Byron Winter	18.5
W40 Debra Styers	19.3
200m	
M60 Arnie Brandt	29.5
M70 Byron Winter	40.7
W40 Amanda Doolittle	28.2
400m	
M60 Howard Wieser	1:02.9
M70 Byron Winter	1:33.7
W40 Antionette Smith	1:31.2
800m	
M40 Jeremy Hoescher	2:32.0
1600m	
M40 Jerry Soescher	6:08.4
3000m	
M40 Lou Soukup	12:12.7
Short Hurdles	
M70 Byron Winter	24.4
High Jump	
M30 Lyle Whitaker	5-8
Long Jump	
M30 Lyle Whitaker	16-4.25
M40 Rogers Brazier	15
M50 Alex Meyer	11-10.25
M60 Arnie Brandt	14-6
W40 Deb Styers	8-3
Shot Put	
M30 Todd Davis	48-9
M40 Dick Weers	32-1.50
M50 LaVane Johnson	36-9
W40 Linda Rowe	29-10
W60 Vera Gushard	19-8.50

WESTSan Diego Senior Olympics
Chula Vista, CA; Sept. 18

50m	
M40 Bob Blackburn	6.66
M45 John Tomaschke	7.00
M50 Herman Castille	6.90
M55 Charley Loftis	7.19
M60 Doug Smith	6.81
M65 James Anderson	9.47
M70 Paul Bambrook	7.70
M75 Milton Silverstein	8.37
M80 Herbert Miller	9.52
M85 Bert Morrow	9.93
W40 Debbie Selby	8.78
W45 M J McMaster	12.29
W60 Marilyn Ongly	8.57
W65 JoAnn Miller	14.82
Ruth Hudgeon	15.60

W70 Onodera-Leonard	9.39
Frances Styles	10.64
100m	
M40 Eric Dixon	12.19
Naim Hasan	12.25
Alvin Millerbis	12.40
M45 John Tomaschke	13.03
Kenneth Stone	13.37
Bill McNeal	14.30
Frank Gladden	15.09
M50 Herman Castille	12.71
Homi Hormasji	12.80
Ronny Jordan	12.91
Pablo Santiago	16.58
M55 Lee Gillespie	13.49
Charley Loftis	13.56
Larry Armstrong	13.76
James Gill Sr	14.08
M60 Hal Tolson	12.50
Doug Smith	12.62
Frank Hollier	13.30
Norb Wedepohl	14.07
M65 Ray Graves	14.14
James Anderson	17.64
M70 Paul Bambrook	14.57
Jim Selby	14.72
Howard Byers	15.42
Jock Jocoy	15.47
M75 Milton Silverstein	15.71
Ray Crawford	18.06
B Power-Waters	19.83
Robert Davidson	25.84
M80 Herbert Miller	18.31
M85 Bert Morrow	19.38
Leland McPhie	19.73
M90 Anthony Castro	18.95
W40 Debbie Selby	16.94
Christine Stone	21.46
W50 Lynn Naftel	15.11
Mellie Clark	17.18
W55 Kathy Jager	13.75
Marg Radcliffe	15.82
Joyce Zillner	20.23
M J McMaster	23.91
W60 Marilyn Ongly	16.29
Christel Miller	17.50
W65 JoAnn Miller	30.02
Ruth Hudgeon	33.49
W70 Onodera-Leonard	18.11
Johnny Valien	18.84
Frances Styles	20.60
W75 Gerda Ader	23.57

Men's 100m Age-Graded

Hal Tolson 61	10.96
Lee Gillespie 59	11.57
Herman Castille 50	11.75
Milton Silverstein 79	11.02
Paul Bambrook 70	11.42
Bert Morrow 86	12.12

Women's 100m Age-Graded

Marilyn Ongly 60	12.96
S Onodera-Leonard 71	13.01
Lynn Naftel 54	13.16
Debbie Selby 42	16.22

200m	
M40 Eric Dixon	24.95
Naim Hasan	25.37
Alvin Millerbis	24.44
Terri Gilboy	28.81
M45 John Tomaschke	26.37
Kenneth Stone	27.85
Frank Gladden	31.67
M50 Herman Castille	25.89
Ronny Jordan	26.58
Pablo Santiago	33.56
M55 Lee Gillespie	28.15
Charley Loftis	28.19
James Gill Sr	29.31
Ronald Stock	33.72
M60 Doug Smith	26.59
Frank Hollier	27.58
Maynard Morris	31.73
M70 Jim Selby	30.22
Paul Bambrook	31.17
Howard Byers	32.76
Harold Willis	42.64
M75 Ray Crawford	40.04
Clyde Jackson	43.82
M85 Bert Morrow	41.27
Leland McPhie	43.96
M90 Anthony Castro	42.78
W40 Debbie Selby	39.15
W50 Lynn Naftel	30.46
Mellie Clark	35.91

W55 Marg Radcliffe	33.06
M J McMaster	52.26
W60 Marilyn Ongly	33.98
Martha Walker	46.60
W70 Onodera-Leonard	38.99
Frances Styles	48.99
400m	
M40 Naim Hasan	54.20
Eric Overstreet	57.82
Terri Gilboy	1:00.24
Steve Churchill	1:05.24
M50 Herman Castille	58.69
M55 Terry Rowan	1:06.25
Dan Girling	1:11.17
Edward Miller	1:12.52
M60 Jesse Carrington	1:04.35
M65 Jerry Jefferson	1:08.72
M70 Jim Selby	1:07.56
Howard Byers	1:19.45
M75 John Cross	1:35.63
Clyde Jackson	1:47.09
M80 John Boller	2:42.80
W40 Debbie Selby	1:29.47
W50 Lynn Naftel	1:09.30
W55 M J McMaster	1:55.18
W60 Marilyn Ongly	1:22.11
Jerri Martin	1:40.88
Martha Walker	1:41.14
W70 Onodera-Leonard	1:31.63
W75 Gerry Davidson	1:54.92
800m	
M40 Eric Overstreet	2:26.28
M45 Robb Latimer	2:37.50
M50 Lee Fitzgeald	2:15.21
Graeme Shirley	2:19.16
M55 Simeon Baldwin	2:20.62
Edward Miller	3:00.88
M60 Jesse Carrington	2:34.44
M65 Jerry Jefferson	2:47.60
Richard Gardner	3:51.85
M70 Jim Selby	2:35.97
Bob Holmes	3:04.96
M75 Avery Bryant	3:27.69
John Cross	3:36.07
Clyde Jackson	4:11.58
M80 Harold Elrick	4:19.14
John Boller	5:48.51
W40 Joyce Zillner	3:41.55
M J McMaster	4:10.02
Marilyn Ongly	3:16.39
Jerri Martin	3:41.46
W70 Onodera-Leonard	3:39.91
W75 Gerry Davidson	4:16.09
1500m	
M40 A De Colibus	4:21.58
Michael Hoover	4:56.37
Steve Churchill	5:21.84
M50 Phil Camp	4:42.71
M55 Edward Miller	6:04.06
James Naftel	6:08.56
M60 Don Truex	5:24.23
Carl Peterson	5:34.28
M65 G McClenathen	5:36.94
Jerry Jefferson	5:36.94
Carl Grubbs	6:27.83
M70 Avery Bryant	6:54.68
John Cross	7:36.11
W50 Joni Shirley	5:28.27
W60 Jerri Martin	7:03.02
W65 Dorothy Stock	7:15.75
W75 Gerry Davidson	8:19.26
3000m	
M40 A De Colibus	9:34.47
M50 Phil Camp	10:14.46
M55 Richard Jones	11:45.74
M60 Carl Peterson	11:54.47
M65 Robert Culling	12:05.80
M70 Gunnar Linde	12:16.38
Jim Selby	12:50.34
M75 Avery Bryant	15:15.66
John Cross	16:11.46
W40 Diane Heil	10:42.22
W45 Marina Jones	11:19.54
W60 Jerri Martin	15:08.60
W65 Dorothy Stock	15:35.94
Short Hurdles	
M40 Bob Blackburn	19.75
M45 E Baskauskas	19.75
M50 Fred Johnston	16.30
Edward Miller	20.64
M60 Phil Fehlen	21.07
M65 Roger Martin	29.50
M70 Arnold Ray	14.44
M75 Richard Warren	19.64
M85 Bert Morrow	25.66

Long Hurdles	
M40 Kenneth Stone	1:12.81
M55 Edward Miller	1:22.90
M80 Herbert Miller	1:51.34
2000m Steeplechase	
M45 P Baumhoefner	8:28.20
M50 Lee Rice	9:22.00
M55 Mike Anderson	11:13.00
M60 Don Truex	9:02.00
M65 Robert Culling	8:58.00
Rogier Martin	11:22.00
R Gardner	14:42.00
M70 Jim Selby	10:22.00
Harold Willis	11:38.00
W50 Susan Witt	11:40.00
W60 Jerri Martin	12:02.00
High Jump	
M40 James Turlo	5-4
M45 E Baskauskas	5
Kenneth Stone	4-8
M50 Charlie Rader	5-8
Paul Heglar	5-6
M55 Larry Armstrong	4-10
M60 Phil Fehlen	5-4
Davis Perry	4-10
John Steinman	4-2
M65 George McGrady	4-1
M70 Thomas Hamey	3-8
Farrell Belliston	3-8
M75 Ed Luce	3-10
Richard Warren	3-8
M80 Herbert Miller	3-2
M85 Leland McPhie	3-6
W40 Karen Vaughn	4-4
W55 Marg Radcliffe	4
Jeane Hallin	3
W60 Christel Miller	3-10
W70 Frances Styles	3
Pole Vault	
M40 Bill Halverson	15-1
Mike Hogan	14
Murray Mead	12
Mike Cour	8
M50 Steve Morris	13
Greg Miguel	13
Paul Heglar	12
M55 Danny Boyle	11
M60 Terry Cannon	11-6
Gary Miller	10-6
John Steinman	9
R Fitzpatrick	6
M70 Thomas Hamey	7
Robert Smith	7
Bob Holmes	7
W55 Jeane Hallin	3-6
W70 Johnny Valien	5-6
Long Jump	
M40 Bob Blackburn	18-9
M45 Robb Latimer	14-10
John Tomaschke	16-9
M50 Carl Flowers	18-3.75
M60 Oscar Melendez	18-11.50
M65 Ray Graves	13-7.75
Pete Rodriguez	13-5
G McGrady	12-6.75
M70 Arnold Ray	14-1.25
Paul Bambrook	14-2.50
M75 Richard Warren	11-7.50
Ray Crawford	9-10.50
M80 Herbert Miller	9.50
M85 Leland McPhie	9-1
W50 Lorraine Tucker	13-6.50
W55 Kathy Jager	12-8.50
Marg Radcliffe	12-4
W60 Marilyn Ongly	11-11.50
W70 Frances Styles	7-4.50
Shot Put	
M45 W Gardner	44-5.75
M Shiaras	41-11.50
Clayton Hull	32-10
Jim Cordes	32-6.50
M50 Donald Partch	37-7
B MacDonald	33.50
Larry Lloyd	27-6.50
M55 Bill Starkey	36
C Quarell	33-4
R Behrens	33-9.75
J Brennan	29-8.75
M60 D Crohin	33-6.50
Alan Rosen	33.25
Fred Hunter	31.50
M65 Bob Ward	41-6.50
Leonard Olson	39-5.75
Don Sharp	34-3.50
D De Mars	32-7.50

M70	Harry Hawke	41-5.50
	Charlie Sarver	35-8.75
	J Benintende	18-8.50
M75	John Rafto	34-4.75
	Power-Waters	27-10.50
	Ray Crawford	22-2.25
M80	Jerry Siefert	25-2.50
M85	L McPhie	29-9.50
W50	Lorraine Tucker	28-8
	Mellie Clark	27-9.50
W55	Ingrio Mancini	26-1
	Patricia Hunter	22-3
	Hattie Perry	19-1.50
W70	Johnnye Valien	22.25
Discus		
M40	Scott Young	130
	Bob Blackburn	74-1
M45	Richard Watson	112-9
	Michael Shiaras	111
	Mike Cour	102-8
	Jim Cordes	101-10
M50	Louis Jordan	128-8
	Larry Lloyd	126-1
M55	C McCormick	128-6
	Charles Quarelli	108-9
	Ron Damschen	107-6
	Terry Rowan	99-6
M60	James Coen	124-9
	Alan Rosen	120-9
	Douglas Crohin	117-1
	Fred Hunter	111-9
M65	Leonard Olson	143-10
	Bob Ward	141-2
	Omar Fierro	133-6
	Fred Lochner	112-7
M70	Harry Hawke	138-7
	Don Hegberg	129-2
	Charlie Sarver	104-1
	Thomas Harney	69
M75	John Rafto	85-7
	B Power-Waters	80-1
	Ray Crawford	65-2
M85	Leland McPhie	55-8
M90	W McFadden	44-8
W40	Karen Vaughn	59-1
W50	Mellie Clark	76-1
	Lorraine Tucker	74-6
W55	Ingrio Mancini	56-11
W65	Ellen Brannigan	49-10
Hammer		
M45	Thomas Meyer	122-6
	Clayton Hull	116-4
	Richard Watson	110-7
M50	Louis Jordan	124-5
	Larry Lloyd	72-7
M60	Fred Hunter	89-4
M65	Bob Ward	145-9
	Leonard Olson	119-7
M70	Harry Hawke	121
	Kio Song	113
	J Benintende	52-1
W55	Patricia Hunter	67-7
Javelin		
M40	John Hansen	177
	Scott Young	163-5
M45	Richard Watson	159-5
	R Baskauskas	135-2
	Clayton Hull	127-2
	Mike Cour	111-3
M50	David Johnson	130-7
	Donald Partch	120-10
	Larry Lloyd	109-10
M55	Charles Quarelli	120-3
	James Brennan	96-1
	Richard Austin	92-4
	Richard Behrens	77-3
M60	Phil Fehlen	143
	Fred Hunter	96-11
M65	Bob Ward	145-9
	Leonard Olson	119-7
M70	Don Hegberg	79
	Thomas Harney	57-7
	J Benintende	40-1
M75	John Rafto	87-5
	B Power-Waters	52-9
M80	Jerry Siefert	69-9
M85	Leland McPhie	55-4
W50	Allison McCormick	81-3
	Karen Vaughn	75
W50	Lorraine Tucker	94-3
	Mary Rice	46-10
W55	Marg Radcliffe	72-8
	Kathy Jager	62
	Patricia Hunter	58-11
W60	Christel Miller	80-1

Continued from previous page

M60 Bob Buckman	116-5
M65 Dennis Rietz	125-6
M70 Don Sanger	86-10
W55 Donna Rietz	46-11
Hammer	
M50 John Gallen	70-9
M65 Dennis Rietz	93-5
Javelin	
M45 Ed Baskauskas	137-11
M50 Gary Wuest	99-6
M60 Bob Buckman	117-11
M65 Dennis Rietz	102-9
M70 Don Sanger	91-4
W55 Donna Rietz	36-11

Club West Masters Meet Santa Barbara, CA; Oct. 3

50m	
M30 Mahasse Cornelius	6.18
Will Holland	6.52
M40 B J Duhon	6.33
Alvin Millerbis	6.82
M45 Steve Kloch	6.87
M50 Norbert Payton	6.55
Dale Herring	7.02
M55 David Naylor	6.96
Diethart Reichardt	7.13
M60 Kenny Dennis	6.71
Doug Smith	7.18
M65 Dick Richards	7.06
Ben Rivera	7.45
M70 Paul Bambrook	7.72
Jim Selby	7.91
M75 Frank Benedict	8.67
Tom Miller	9.07
M80 Payton Jordan	7.97
Paul Hall	10.52
M85 Ted Hatlen	9.92
W35 Elaine Iba	7.46
Tammie NolanMack	7.96
W40 Debbie Selby	8.64
W45 Kathy Herring	8.76
W50 Avril Naylor	7.56
W55 Mary McMaster	11.74
W65 Magdalena Kuehne	9.58
W70 Shirley Dietderich	10.63
Louise Martin	12.46
W75 Phyllis Benedict	12.21
W85 Dorothy Stotsenberg	16.60
100m	
M30 Mahasse Cornelius	10.87
M40 B J Duhon	11.44
Alvin Millerbis	12.21
M45 Steve Kloch	12.46
Mark Johnson	13.48
Lyndon Herzberg	13.56
M50 Norbert Payton	11.80
Lex Freitas	12.53
Dale Herring	12.50
Barry Green	13.27
John Hawkins	13.30
M55 David Naylor	12.48
Diethart Reichardt	12.93
Dan Girling	13.68
John Miller	13.80
Ron Stock	14.50
M60 Kenny Dennis	12.49
Roger Tsuda	13.48
Doug Smith	14.11
Maynard Morris	15.15
M65 Dick Richards	12.83
Ben Rivera	13.89
Sam Flory	14.56
Frank Kishi	15.58
M70 Rodney Brown	13.90
Paul Bambrook	14.05
Jim Selby	14.47
Sol Burkow	16.55
M75 Frank Benedict	16.16
Tom Miller	16.99
M80 Payton Jordan	82
(single-age WR/wind-aided)	14.93
Paul Hall	21.15
M90 Anthony Castro	19.20
W35 Elaine Iba	13.73
Tammy NolanMack	14.58
W40 Debbie Selby	16.07
W45 Kathy Herring	15.87
W50 Phil Raschker	13.21
Avril Naylor	14.26
W55 Nadine O'Connor	14.28
Mary McMaster	22.14
W65 Magdalena Kuehne	18.49
W70 SumiOno/Leonard	17.34
Johnny Valien	17.97
Shirley Dietderich	20.81
Louise Martin	23.13
W75 Phyllis Benedict	23.13
Invitational 100M	
Payton Jordan	82
(single-age WR/wind -3.28)	15.64

Frank Kishi M65	18.01
Tom Miller M75	18.53
200m	
M30 Jacques Benoit	26.51
M40 Alvin Millerbis	26.37
M45 Steve Kloch	27.14
M50 Mike Morton	28.36
M55 David Naylor	26.76
Diethart Reichardt	27.53
Ron Stock	42.79
M60 Kenny Dennis	27.92
Roger Tsuda	28.51
Maynard Morris	33.50
M65 Dick Richards	27.43
Ben Rivera	30.05
Sam Flory	31.01
Frank Kishi	37.57
M70 Rodney Brown	29.78
Paul Bambrook	30.71
Jim Selby	30.75
M80 Paul Hall	48.87
M90 Anthony Castro	45.25
W35 Elaine Iba	30.29
Tammie NolanMack	35.55
W40 Debbie Selby	39.13
W50 Avril Naylor	31.71
W55 Nadine O'Connor	30.57
Mary McMaster	51.53
400m	
M30 John Sprague	53.00
Jacques Benoit	57.81
M35 Eric Durak	59.19
M45 Steve Kloch	60.65
Mark Johnson	65.45
M50 Mike Morton	62.74
Mike Washington	67.57
M55 Dan Girling	70.58
Fred Dillemath	72.30
M70 Rodney Brown	66.32
Jim Selby	72.40
Milo Sather	81.39
M75 Avery Bryant	88.70
M80 Vincent Malizia	1:44.16
W35 Sue DiMarco	64.45
W40 Debbie Selby	88.51
W55 Mary McMaster	1:50.75
W60 Jeanne Hoagland	79.16
W70 SumiOno/Leonard	90.83
W75 Gerry Davidson	1:51.70
800m	
M30 Matt Bogdanuire	2:03.18
M50 Lee Fitzgerald	2:12.91
Mike Morton	2:25.84
M70 Jim Selby	2:45.52
M75 Avery Bryant	3:26.70
W55 Mary McMaster	4:11.23
W60 Jeanne Hoagland	2:50.43
W70 SumiOno/Leonard	3:28.84
W75 Gerry Davidson	4:11.90
1500m	
M35 Richard LaClaire	5:20.27
M40 Mike Hoover	4:56.87
M50 Mike Morton	5:47.75
M60 Don Truex	5:32.64
M70 Milo Sather	6:41.01
Yoshita Sakazaki	6:58.36
M75 Avery Bryant	7:07.08
W75 Gerry Davidson	8:27.28
5000m	
M65 Gordon McClenathen	21:50.50
M70 Yoshita Sakazaki	24:06.70
M75 Avery Bryant	25:44.93
W40 Laura Hendricks	21:58.86
W75 Phyllis Benedict	34:03.93
Short Hurdles	
M35 Eric Durak	17.13
M40 B J Duhon	15.01
M50 Will Webster	21.38
Fred Dillemath	22.85
M75 Richard Warren	19.19
W50 Avril Naylor	15.41
Long Hurdles	
M40 Andrew Hecker	69.50
M50 Will Webster	85.44
4x100m Relay	
M30+Monsoon TC	51.95
(Naylor/Girling/Johnson/Herring)	
W30+Monsoon TC	59.88
(Naylor/Iba/NolanMack/Herring)	
Sprint Medley Relay	
M70-79 West Coast One4	52.37
(Brown/Daprano/Escabosa/Selby)	
High Jump	
M35 Greg Charles	1.52
M40 Jason Meisler	1.78
M45 Pat Fahy	11.57
Murray Mead	11.57
M50 John Hawkins	1.78
Charlie Rader	1.73
Paul Heglar	1.62
Joe Cantrell	1.52
M55 John Burns	1.52
Fred Dillemath	1.22

M60 Phil Fehlen	1.62
M70 Bud Held	1.37
Paul Bambrook	1.22
M75 Richard Warren	1.17
Jim Johnson	1.07
M85 Ted Hatlen	0.96
W35 Sue Di Marco	1.62
W55 Phil Raschker	1.42
W65 Christel Miller	1.17
W75 Johnny Valien	1.02
Pole Vault	
M30 Brent Burns	5.18
M35 Greg Charles	3.81
M45 Mike Hogan	4.27
Murray Mead	3.96
Mike Jarrett	3.35
M50 Steve Morris	3.96
Paul Heglar	3.81
M75 Jim Johnson	1.98
W35 Sue Di Marco	3.20
W50 Phil Raschker	2.89
W70 Johnny Valien	1.52
Long Jump	
M35 Lavelle Davenport	5.83
M45 Pat Fahy	5.18
M50 Mike Morton	4.56
Will Webster	3.74
M60 Roger Tsuda	4.91
Blair Absher	3.67
M70 Paul Bambrook	4.04
M75 Richard Warren	3.58
Frank Benedict	3.24
Jim Johnson	3.08
M80 Paul Hall	1.98
W35 Elaine Iba	4.59
W50 Avril Naylor	3.97
W65 Magdalena Kuehne	3.04
W70 Louise Martin	1.75
Triple Jump	
M35 Lavelle Davenport	13.80
W35 Elaine Iba	8.89
W50 Phil Raschker	9.65
Avril Naylor	7.51
W65 Magdalena Kuehne	6.85
Shot Put	
M30 Kevin Rinehart	13.16
M40 James Kerman	13.88
M50 Mike Deller	12.80
Kevin Sherry	9.73
M55 Bill Starkey	10.83
Charles Quarelli	9.81
M60 Bob Humphreys	12.08
Doug Cronin	10.90
Alan Rosen	10.26
M65 Stewart Thomson	12.15
George McGinnis	9.33
Allen Norris	8.21
M70 Don Hegberg	11.61
M75 Jim Minah	8.14
M85 Ted Hatlen	7.11
M95 John Whitemore 99	3.14
(single-age WR)	
W60 Christel Miller	7.60
Discus	
M30 Brent Burns	42.68
M50 Mike Deller	44.10
Dan Bryant	40.07
John Hawkins	34.33
Kevin Sherry	31.15
M55 Lloyd Higgins	48.41
Dave Nuttall	35.57
John Burns	35.16
Charles Quarelli	34.17
M60 Bob Humphreys	46.70
Joe Marino	42.91
Alan Rosen	38.99
Doug Cronin	37.90
M65 Stewart Thomson	46.55
Jerry Wojcik	28.84
Allen Norris	21.63
M70 Don Hegberg	38.19
M85 Ted Hatlen	19.05
M95 John Whitemore 99	6.90
(single-age WR)	
W70 Shirley Dietderich	16.27
Hammer	
M35 Kyong Song	53.59
M40 Tom Meyer	38.28
M50 Mike Deller	50.10
Dan Bryant	40.93
Larry Lloyd	21.57
John Gallen	20.04
M55 Lloyd Higgins	44.59
Dave Nuttall	18.00
M60 Bob Humphreys	44.07
M65 Stewart Thomson	43.54
Jerry Wojcik	30.98
Allen Norris	18.74
M70 Kio Shik Song	35.94
M80 Jim Minah	26.57
M95 John Whitemore 99	7.55
(single-age WR)	

Javelin	
M35 Richard LaClaire	43.13
M45 Vern McGarry	39.30
M50 John Hawkins	40.80
Larry Lloyd	35.33
M55 John Burns	44.39
Charles Quarelli	38.06
Steve Wordell	37.16
Dave Nuttall	33.56
M60 Phil Fehlen	43.78
Bob Humphreys	23.56
Leon Barette	18.54
M65 Chuck Coutts	27.56
Jerry Wojcik	24.44
Allen Norris	18.51
M70 Bud Held	44.45
M75 Ed Chenoweth	29.44
M85 Ted Hatlen	13.05
M95 John Whitemore 99	7.38
(single-age WR)	
W35 Elaine Iba	25.07
Tammie NolanMack	20.50
W60 Christel Miller	32.69
W70 Shirley Dietderich	14.89
Trophy Winners	
George Adams High Point Track	
Rodney Brown	
Vern Cheadle High Point Field	
Mike Deller	
Stewart Thomson	
Jimmie Whitney High Point T&F	
Elaine Iba	
Pete E Vno Trophy - Best Female	
Athlete	
Elaine Iba	
Hubbell-Herman Trophy - Best	
Hammer Thrower Over 70	
Kio Shik Song	
Paul Spangler Award - Best	
Performance by Athlete 80+	
Payton Jordan	
Ray Williams Award - Best 5000 Runner	
60+	
Gordon McClenathen	
Nick Carter Trophy - Best Age-Graded	
1500	
Michael Hoover	
Arizona Senior Olympics	
Phoenix; Oct. 9	
50m	
M50 Ronald Jordan	7.06
M55 James Gill	7.45
M60 Fred Kjer	7.45
M65 Raymond Graves	7.52
M70 L S Anderson	7.85
M80 Everett Penrod	10.87
W70 A-A Joralmon	11.40
W75 Helen Coyte	13.87
100m	
M50 Ronald Jordan	12.30
M55 James Gill	13.46
M60 Fred Kjer	13.58
M65 Raymond Graves	13.91
M70 John Walsh	14.50
M80 Everett Penrod	20.47
M55 Kathy Jager	13.90
W60 Erika Goldstrin	17.27
W70 A-A Joralmon	22.24
W75 Helen Coyte	27.10
200m	
M50 Bryan Castner	28.08
M55 James Gill	28.13
M60 Fred Kjer	28.10
M65 Raymond Graves	28.67
M70 L S Anderson	29.93
M75 Glenn Dody	36.75
M80 F D Tompkins	38.72
W55 Kathy Jager	32.55
W60 Erika Goldstein	38.72
W70 Betty Gaudy	49.54
400m	
M50 Hubert Blanchette	1:24.51
M55 Antonio Chavez	1:03.65
M65 Charles Rice	1:27.14
M70 Gus Salazar	1:18.71
M75 Glenn Dody	1:18.56
M80 F D Tompkins	1:31.94
M85 Phil Lawrence	1:52.08
800m	
M50 Gary Graham	3:03.35
M55 Antonio Chavez	2:38.59
M60 Frank Lamonte	4:22.54
M75 Glenn Dody	3:26.66
M80 Richard Stark	6:11.01
W55 J LoGuidice Stites	3:48.72
W60 Jill Martin	3:22.95
1500m	
M50 Gary Graham	5:49.84
M55 Darrell Eisenbraun	5:49.00
M65 Charles Rice	7:51.14

M70 Leon Miles	7:34.49
High Jump	
M55 Larry Jones	1.32
M60 Bob Bergfeldt	1.37
Andy Almaraz	1.37
M65 George McGrady	1.27
M70 Joseph Sarvis	1.03
M80 Roy Clark	.98
W55 Kathy Jager	1.22
Pole Vault	
M55 Larry Jones	2.70
M60 Bob Bergfeldt	2.70
W55 Kathy Jager	1.80
Long Jump	
M55 Terry Hughes	3.33
M60 Ike Eisenbraun	3.62
M65 George McGrady	3.26
M70 Joseph Sarvis	3.70
M80 Everett Penrod	2.14
W55 Kathy Jager	3.75
W60 Carol Eisenbraun	2.65
W75 Adele McCormick	1.31
Shot Put	
M50 Phillip Nigh	10.77
M55 Duane Thompson	12.07
M60 James Burke	12.76
M65 Ben McGrady	12.60
M70 Paul O'Leary	11.47
M75 Stan Sadofsky	8.61
M80 Everett Penrod	7.30
W50 Karen Bergfeldt	5.73
W70 Norma Elliott	5.48
W75 Adele McCormick	5.60
Discus	
M50 Phillip High	28.56
M55 Charles Quarelli	32.53
M60 James Burke	42.91
M65 Ben McGrady	40.81
M70 Paul O'Leary	30.44
M75 Stan Sadofsky	29.25
M80 Roy Clark	21.98
W55 Karen Bergfeldt	16.22
W70 Norma Elliott	18.49
W75 Adele McCormick	21.48
Javelin	
M50 Hubert Blanchette	27.49
M55 Charles Quarelli	38.29
M60 Bob Bergfeldt	40.70
M65 Ed Elfenbein	21.92
W50 Karen Bergfeldt	16.96
W70 Norma Elliott	12.44
W75 Adele McCormick	18.45
1500m RW	
M55 Terry Hughes	11:10.16
M60 Bufo Morrison	11:04.90
M80 Richard Stark	11:54.39
W55 Mary Morrison	11:39.00
W60 Beth Conaghan	11:59.00
W70 Ella Vaughn	11:02.00
W75 Bethel Baker	11:59.00

NORTHWEST

Montana Senior Olympics Helena; June 11-12

60m		
M50	Bob Ekblom	7.09
	Gregg Richards	8.20
	Clement Williams	8.59
M55	Marv Armstrong	8.80
	Jerry Carey	9.10
M60	Ray Morrison	8.70
	Darwin Grimm	8.80
M70	Bill Platts	9.90
M75	Wilfred Wright	10.80
W60	Siri Diebold	11.02
W65	Marietta Gross	14.09
100m		
M50	Gregg Richards	13.20
	Bob Ekblom	13.80
	Clement Williams	14.30
M55	Merv Armstrong	14.10
	Jerry Carey	14.90
M60	David Hill	14.50
	Ray Morrison	14.60
	Terry Dagenais	15.09
M65	Darwin Grimm	13.90
	Dean Frederickson	19.70
M70	Charles Jennings	17.20
	George Cross	20.00
M75	Wilfred Wright	18.40
W50	Ruth Duperron	17.10
W55	Donna Sims	21.50
200m		
M50	Bob Ekblom	22.20

Continued from previous page

Discus	
M50 C Widdicombe	131-8
James Wright	97-6
M55 Gary Schneider	120
Fred Clark	109-9
Merv Armstrong	94-1
M60 Miri Gratton	116-7
Dean Conklin	109-8
Ray Morrison	89-9
W65 Murdo Campbell	97-4
Wayne Meyer	84
Dallas Roots	74-8

M70 Bill Platts	106-10
Arthur Brandt	105
Charles Jannings	82-11
W50 Carol Conklin	66-8
W65 Barbara Brandt	63-7
Marietta Cross	49-6
Mae Schroeder	43-2
W70 Betty Heil	47
Nancy Birgenheir	42
Javelin	
M55 Merv Armstrong	101-3
Walter Rechlin	95-9

M60 Miri Gratton	106-8
Dean Conklin	88-8
Leonard Olsen	76
M65 Murdo Campbell	125
Darwin Grimm	109
Wayne Meyer	98-7
M70 Bill Platts	115-4
Arthur Brandt	97-5
George Cross	82-4
W65 Barbara Brandt	85-5
Mae Schroeder	37-6
W70 Betty Heil	57-11

Ultra Weight Classic; Seattle, WA; Sept. 18

Men 30-69	56#	98#	200#	300#	Age-Graded Score
Tim Edwards, 51	9.76(925)	4.28(864)	1.92(700)	1.22(925)	3414
Pay Carstensen, 67	5.03(652)	2.84(750)	1.50(795)	0.87(1032)	3229
Mike Devlin, 67	5.62(741)	3.14(844)	1.19(749)	0.68(714)	3048
Steve James, 52	7.75(727)	3.26(592)	1.81(671)	0.89(658)	2648
Matt Burks, 31	9.66(702)	4.87(709)	1.93(537)	1.06(645)	2593
Bob Cahners, 57	6.84(704)	2.99(600)	1.34(525)	0.72(574)	2403
Bill Weinstock, 52	5.35(465)	2.71(472)	1.10(363)	0.56(371)	1671
Gary Kalmenson, 49	7.30(630)	2.81(458)	1.03(307)	0.43(240)	1635
Ken Jansson, 41	12.29(1004)	5.89(956)	---	---	---
Men 70+	35#	56#	98#	200#	---
Leon Joslin, 87	4.58(675)	2.97*(721)	1.58(775)	---	---
Women 30-49	35#	56#	98#	200#	---
Laurie Jenkins, 35	5.76(577)	3.65(558)	2.26(721)	0.66(370)	2226
Women 50+	25#	35#	56#	98#	---
Georgia Cutler, 56	7.10(826)	5.02(687)	2.19(434)	1.02(395)	2340

*single-age WR

1999 Award Winners:

M30-59: Tim Edwards 3414/Steve James 2648

M60+: Pay Carstensen 3229/Mike Devlin 3048

Women Overall: Georgia Cutler 2340/Laurie Jenkins 2226

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Indy Life Circuit/Run by the River 5K
Clarksville, TN; Sept. 11

Overall

John Korir 23 13:38

Catherine Ndereba 27 15:09

M40 Simon Karori 14:16

John Tuttle 14:19

Craig Young 14:57

Amit Neeman 15:08

Steve Winchel 15:25

Riley Walker 16:56

Lee Piccirillo 17:11

George Linebaugh 17:23

James Sampson 18:00

Dennis De Young 18:29

M45 Gary Romesser 15:36

Roland Rust 17:36

David Amster 18:15

David Jones 18:17

Angel Rodriguez 18:48

John P Harpel 18:56

Paul Vondohlen 19:09

Thom Narita 19:20

Jerry Johnson 19:31

M50 Dick Buerkle 15:38

Michael Dove 16:32

Robert Schlau 16:35

Gordon Tenwilliger 16:41

Thys Bax 16:57

Scott Barrow 17:54

Gary Robinson 17:59

Joe Barton 18:13

M55 Jan Frisby 16:21

Doug Braasch 19:31

Wendell Sandlin 20:15

Delmer Hayes 20:31

Ted Whitfield 21:34

Thomas De Paulis 21:39

David Holder 22:13

M60 Jack Nelson 17:09

Thom Weddle 17:59

Fay Bradley 18:01

Paul Heitzman 19:10

Joe Duncan 25:51

Keith Henderson 31:30

M70+ Jerry Johncock 71 20:46

Joe Killeen 71 24:25

Gian Sahota 75 25:27

W T Osborne 74 30:12

John Laughlin 79	31:24
W40 Marina Belyaeva	16:10
T Pozdnyakova	16:13
C Ayala-Troncoso	16:55
Jane Welzel	17:05
Patty Valadka	17:22
Amy Barrow	17:40
Ann Audain	18:01
Shannon Roade	19:02
W45 Victoria Crisp	18:04
Margie Mann	22:43
Cathie Johnson	23:47
Susan Oliver	24:00
Ana Olivo	24:05
Mary Kohler	27:13
Patti Marquess	28:27
W50 Terry Mahr	18:20
Judith Hine	19:04
Gloria Jansen	19:04
Linda Frisby	19:20
Mary Preisel	19:56
Barbara Spannaus	20:51
W55 Joan Ottaway	19:53
Amelia Wallace	21:45
Ellen Nitz	22:15
Willy Moolenaar	23:12
Martha Young	14:14
W60 Kay Schleusener	23:19
Joann Long	27:14
Nadine Rihani	31:06
Lena Henderson	32:57
W70+Doris Bonnewell	37:45

USATF National Masters
Championships/Twin Cities
Marathon/Indy Life Circuit Race
Minneapolis, MN; Oct. 3

Overall	
Andrew Musuva 29	2:13:41
Kim Pawelek 24	2:37:56
M40 Joshua Kipkemboi 2:14:46	
Andrey Kuznetsov 2:14:51	
David O'Keefe* 2:29:17	
James Hannon* 2:30:31	
Kevin Haas* 2:30:56	
M45 Terry Stewart 2:39:39	
Gary Romesser 2:43:31	
Jack Ankrum 2:47:36	
M50 John Cretzmeyer 2:50:26	
Chris Nemeth 2:55:22	
Larry Ochsendorf 3:01:38	
M55 Jared Mondry 2:51:56	
Norm Purrington 2:54:58	
Leonard Coe 3:03:40	

M60 Fay Bradley	3:08:50
Orrin Sherwood	3:19:00
Paul Paine	3:23:31
M65 Bruce Katter	3:22:30
Greg Prou	3:38:11
Ralph Wilson	4:12:00
M70 Jerry Johncock	3:30:38
Byron VanDake	4:48:06
Robert Thorbus	4:49:45
M75 John Burton	5:18:10
W40 Gillian Horovitz	2:46:41
Claudia Kasen	2:49:22
Jane Welzel	2:50:46
Jean Chodnicki	2:54:17
W45 Marina Jones	2:54:27
Janet Gensler	3:11:51
Barbara Leininger	3:19:33
W50 Gloria Jansen	3:05:52
Edie Stevenson	3:18:41
Linda Frisby	3:25:37
W55 Dagmar Romano	4:14:06
Loretta Bauer	4:14:33
Jan Rohde	4:14:39
W60 Kay Schleusener	4:08:08
Merion Knight	4:14:08
Phyllis Kahn	4:47:47
W65 Carol Sankey	4:28:11
Mae Horns	4:31:42
W70 Joy Johnson	4:50:52
Diane Goulett	5:25:26

Age-Graded Times - Men

1. Charlie Andrews, 44	2:24:28
2. Craig Young, 43	2:26:13
3. Steve Winchel, 43	2:26:21
4. David O'Keefe, 40	2:26:50
5. James Hannon, 41	2:26:59
6. Kevin Haas, 41	2:27:24
7. Jared Mondry, 57	2:28:02
8. Terry Stewart, 46	2:30:19
9. Gary Romesser, 48	2:31:37
10. Norm Purrington, 56	2:31:59

Age-Graded Times - Women

1. Gillian Horovitz, 44	2:37:03
2. Marina Jones, 47	2:40:21
3. Jane Welzel, 44	2:41:02
4. Claudia Kasen, 42	2:42:23
5. Gloria Jansen, 52	2:43:17
6. Jean Chodnicki, 40	2:49:51
7. Patty Valadka, 41	2:50:37
8. Edie Stevenson, 50	2:57:50
9. Janet Gensler, 46	2:57:52
10. Karen Ladig, 44	2:58:54

Happy
Thanksgiving



EAST

Annapolis Ten-Mile Run
Annapolis, MD; Aug. 29

Overall	
Merrill Hausenfluck 27	53:58
Connie Euckwaite 29	1:01:14
M40 Mark Rosasco	59:36
Brent Phillips	1:01:12
Bill Peeling	1:02:53
Patrick Lafferty	1:03:41
George Claude	1:04:56
R Karamitsos	1:05:08
Michael Flaherty	1:05:18
Gary Pedroni	1:05:23
M45 James Pryde Jr	59:47
D Campbell	1:00:51
Robert Eden	1:01:21
Timothy Morgan	1:04:04
James Moreland	1:05:52
Don Kennedy	1:06:18
E Swartzendruber	1:06:26
Gary St Onge	1:06:46
M50 Charlie Koester	1:01:43
Mick Slonaker	1:02:24
Michael Hurley	1:04:33
C Villemez Jr	1:04:46
Ronnie Wong	1:06:23
Lonnie Richmond	1:06:46
M55 John Kirkpatrick	1:05:42
Joe Clority	1:10:09
Chris Riley	1:10:23
Bill Wooden	1:11:12
Hank Hester	1:13:00
Ervin Pettersen	1:14:01
M60 Antonio Panizza	1:11:28
Chan Robbins	1:11:42
Don Singer	1:22:51
James Mandrin	1:23:29
M65 George Yannakis	1:14:45
Robert Santos	1:19:17
Ercolini Gresia	1:21:23
Patrick Nutt	1:28:42
M70 J Rutkowski	1:34:01
Ben Moore	1:48:52
W40 Carole Rosasco	1:11:19
Carla Pastore	1:11:33
Cathy Horvitz	1:13:30
A McKechnie	1:13:39
Bernadette Flynn	1:14:24
W45 Karen Erb	1:15:38
G Welde	1:17:22
Linda Mills	1:18:34
Susan Wait	1:18:45
April Riccio	1:18:51
W50 Hideko Pirie	1:14:27
D Gebhardt	1:18:52
Lynn Hays	1:22:25
Laura Cantrell	1:23:22
W55 Jeanette Esbrook	1:18:51
Judith Gilbert	1:22:16
Carole Lelli	1:24:24
M Chatterton	1:26:35
W60 Marie Killeen	1:32:50
K Guerrieri	1:45:40
M-M Tomszewski	1:49:58
W65 Nancy Berlett	1:49:21
W70 Kay Morrison	1:47:30

Eriestible Marathon
Erie, PA; Sept. 12

Overall	
Chris Ciamarra 28	2:38:08
Robin Smith 43	3:17:43
M40 S Mark Courtney	2:50:41
Gary Sauer	2:58:48
Leslie Perry	3:09:31
M45 M Cancellara	3:03:49
Rick Hardesty	3:07:45
Bill Wagner	3:19:18
M50 T Hayden	3:23:15
John Davis	3:38:10
R McCluskey	3:41:41
M55 John Doebrich	3:17:34
Bud Bettler	3:31:29
Neil Kurit	3:32:13
M60 Paul Halbert	3:22:43
Larry Pritchard	7:27:47
M65 Donald Lang	5:42:52
Norm Frank	5:47:33
M75 Harry Kirsch	4:34:41
Don McNelly	6:51:49
W40 Robin Smith	3:17:43
Deanna Lindsay	3:25:54

Joanne Collins	3:34:39
W45 Louann Cottrell	3:51:44
Mary Lou Pezze	3:52:55
Debra Johnston	4:33:57
W50 Joanna DiGorio	5:11:55
Madonna Bron	6:41:06
W55 Sue Pritchard	7:17:45
Betty Burrell	8:28:41

The Great Cow Harbor 10K
Northport, NY; Sept. 18

Overall	
Phillimon Hanneck 28	29:03.6
Christine McNamara 33	34:11.3
M40 Don DiDonato	33:50.9
John McKim	34:06.9
R de la Sota	34:58.9
J del Maestro	35:19.3
Don Murphy	35:46.1
M45 Dennis O'Brien	35:01.5
Robert Anastasio	35:13.8
Brian Manghan	37:04.2
Thomas Horan	38:07.8
Thomas Grace	38:20.6
M50 Robert Briglio	36:54.2
Bob Moritz	36:56.6
Julio Aguirre	37:26.4
Jack Porzio	37:36.1
John Hackney	38:08.8
M55 Maury Dean	37:47.1
Alex Flyntz	40:25.8
Warren Steinert	41:37.8
John Pieper	41:46.6
Jake Ringle	42:27.7
M60 Jose Mendez	43:02.4
Robert Mitchell	43:48.8
Mel Cowgill	44:11.4
D Potenza	47:15.5
Frank Hippler	47:28.9
M65 Richard Murphy	42:10.0
Geza Feld	44:28.8
D Vessilatos	48:22.0
Emil Solsky	50:25.7
Dick Berube	50:54.2
M70+John Corrigan	50:11.1
George Marr	51:15.3
John McManus	52:35.5
Mike Reidy	52:46.6
Donald Preven	59:11.6
W40 Donna Hurley	38:56.2
Sue Barber	39:09.5
Patricia Zebersky	39:38.2
Helen Visgauss	41:57.7
M Marascia	42:34.5
W45 Cathy Martin	37:39.4
Mary Wagner	45:01.8
C Oehrlein	45:08.9
Terry Nichols	45:20.4
Jane McGraw	47:01.7
W50 Nicola Nappo	45:20.1
M A Goldman	45:41.5
Betty Horstmann	45:50.5
Nancy Tischler	45:55.0
Mary Ann Calise	46:39.7
W55 Inilda Indyk	53:55.3
Gail Messina	54:06.1
Helma Clavin	54:15.3
R Riccardi	54:35.8
Christa Shurbet	55:45.0
W60 M Stanjones	46:36.6
Marie Killeen	51:54.1
Renate Rhein	53:42.6
Wen-Shi Yu	55:38.6
Nancy Fraser	57:56.6
W65 Jeannie Pizzonia	59:49.6
W70 Vera Allen	1:

Continued from previous page

M45	Edmund Palko	18:11
	George Ketterer	18:36
	Billy Kanarek	17:53
	Michael Swain	18:37
	Jack Vermaulon	18:43
	David Bowser	19:18
	Steve Fedor	19:58
M50	Frank Goldcamp	17:59
	Art Wiland	18:54
	Don Lint	19:47
	Ray Burdett	19:58
M55	Henry Sierka	19:18
	William Filcheck	20:03
	Roger Dasy	20:03
	Floyd McFadden	21:54
M60	Vince Neal	20:05
	Rob Rock	22:49
M65	Frank Thompson	21:49
	John Harwick	23:37
	Charles Warren	23:56
M70	Regia Coatello	20:17
	Joseph Fennick	24:44
W40	Melina Caprino	20:12
	Susan McDermot	20:28
	Janet McDermot	21:59
	M Shrockengest	22:35
W45	Ann Choman	22:58
	Deb Snively	23:25
	Ann Butler	23:31
	Linda Wegener	14:14
W50	Leslie Evans	23:51
	Cynthia Dambach	24:44
	Marianne Rice	24:44
10K		
Overall		
	Sammy Ng'eno 25	27:54
	Catherine Ndereba 27	32:11
M40	Simon Karori	29:22
	Don Norman	31:29
	Brad Pace	31:45
	D Wyzomirski	32:47
	Richard Ferguson	33:22
	Carl Huber	33:27
	Ed Frohnafel	33:48
	Tim Hewitt	34:06
	Lee Zelkowitz	34:37
	S Mark Courtney	34:40
	Mark Studnicki	35:19
	Jack Patterson	35:30
	Kevin Dowdell	35:30
	Jeffrey Jordan	35:51
	Bret Schmidt	35:51
M45	Ron Knepper	34:38
	Tom Rose	34:53
	Scott McCloskey	35:19
	Jim Freid	35:51
	Robert Berg	35:11
	Steve Swantner	36:17
	Joe Como	36:27
	Gary Huber	36:38
	Stephen Fowler	37:09
	Larry Pollock	37:48
	Fred Jaroudi	37:52
	Daniel Driskell	38:01
	George Sagan	38:08
M50	Dennis Kollai	35:40
	Dale Carter	36:47
	Larry DeRemer	36:53
	James Rohm	37:05
	Curtis Grimm	37:18
	Russell Arndt	37:25
	James Lennox	37:42
	Fred Waybright	37:44
	Chuck Haggerty	38:29
	Jim Moyer	38:34
	Bob Gracie	38:50
M55	George Carroll	39:12
	John Pitcairn	39:39
	Paul Marraccini	40:04
	Francis Colavita	40:24
	John Gilkey	40:24
	James Carey Jr	40:34
	Larry Ratkus	41:37
	Robert Walker	41:54
	Tony Prezioso	41:28
M60	Jack Nelson	35:14
	Fay Bradley	36:46
	Thom Weddle	37:24
	Dick Amato	39:10
	Ray English	42:30
	Tom Dunbar	43:03
	Leon Bierbower	44:08
M65	William Kenworthy	44:43

	James Lacey Sr	45:31
	Carl Trimmer	45:48
	Don Proto	46:35
	Ronald Yeskey	49:39
M70+L	Lou Lodovico 75	43:33
	Dick Connes 70	51:00
	August Ossana 73	51:09
W40	Mary Knisely	33:30
	Michelle Rupe	36:33
	Robin Smith	40:09
	Shelley Ralston	41:43
	Maureen Scullin	42:01
	Joan Pallegrim	42:21
	Laine Breiner	43:08
	Lisa Cimballa	44:03
	Susan Michaelski	44:19
	Maryanne Hredzak	44:21
	Sandy Onofray	44:34
	Elizabeth Visnic	44:57
	Janet Gates	45:50
W45	Cindy Grimm	39:47
	Cindy Hatch	42:05
	Francine Kuchar	43:30
	Sandra Grimalsi	43:36
	Jude Miller	43:50
	Patricia Neubert	45:50
	Patti Godsen	46:04
	Debra Cully	46:13
	Carol Bolen	47:32
	Ellen Petron	47:57
	Patricia Moore	49:33
W50	Terry Mahr	37:32
	Barb Filutze	41:01
	Callie Edmundson	41:58
	Kathy Shoaf	46:10
	Patricia Koester	47:28
	Jayne Adair-Cox	48:26
	Mary Ann Clugston	48:52
	Rose Pascal	49:25
	Lynn Selway	49:53
W55	Ellen Nitz	46:00
	Judith Gilbert	46:13
	Rose Scheid	46:27
	Joyce Geroux	50:05
	Sandra McConnell	53:35
	Jacquelin Metzger	53:56
	Sybil Veeder	54:47
W60	Dolores Waters	50:03
	Andrea Berbstadt	50:44
	Donna Smith	51:12
	Judith Moschetta	55:11
	Georgette Lacey	56:37
W65	Maureen Hewitt	58:39
	Ruth Black	1:02:13
	Eileen Jamison	1:05:03
W70+Margaret Lutz		50:36
Nationwide Insurance Ocean To Sound 50 Mile Relay (8 runners)		
Jones Beach to Bethpage State Park, Long Island, NY; Sept. 26		
Overall		
	Inside Track	4:42:56
	Runners Edge	5:31:15
Masters Men's Teams		
	Runners Edge Masters	5:05:50
	Northport M40+	5:15:54
	River Road Masters	5:17:58
	GLIARC	5:17:58
	Bohemia Masters "A"	5:27:12
Masters Women's Teams		
	GLIARC	6:08:27
	Northport Masters	6:08:53
	Bohemia Women's "A"	6:13:48
Senior Masters		
	Bohemia Masters	5:41:13
	River Road Flat Seniors	6:08:18
Mixed Masters		
	Runners Edge Mixed	5:54:54
	Northport Mixed	6:24:05
	WWMMR Ybother	7:02:39
Rockland Half-Marathon		
Orangeburg, NY; Sept. 26		
Overall		
	Jamie Kempton 40	1:13:05
	Jean Velasquez 37	1:25:10
M40	Anibal Rivera	1:18:09
	Raymond Tierney	1:21:12
	Kenneth Brown	1:21:57
	Abraham Toledo	1:27:16
M45	Samir Rasamny	1:15:36
	Bob Anderson	1:19:20
	William Martinez	1:29:56
	Jose Estrada	1:32:00
	Juan Flores	1:38:43
M50	J-C Periac	1:28:16

	Steve Yurgel	1:30:11
	Simon Jackson	1:31:34
	Anibal Barrero	1:32:44
	Kim Palmer	1:32:51
M55	Matt Lalumia	1:35:48
	Joe Madaline	1:37:01
	Leigh Abrams	1:43:24
	Angel Gonzalez	1:48:03
	David Schecter	1:49:08
M60	Gerry Bursteld	1:39:10
	C Goldberger	1:49:06
	William Pernier	1:51:06
	Rob Miss	2:01:25
	Glenn Nelson	2:02:29
M65	Harry Chafetz	1:50:52
	Ken Stewart	1:58:28
	James Dugan	2:02:17
	Bill Malone	2:02:30
	Fernando Ruiz	2:05:27
M70	Chuck Marti	1:56:46
	Sab Koide	2:10:04
	Jerry Olitt	2:27:18
W40	Judy Edelson	1:37:13
	Margaret Marzell	1:46:13
	Polly Maelen	1:48:28
	Rosanne Zappoli	1:50:02
	Tina Isselbacher	1:50:10
W45	F Levinson	1:44:04
	Joyce Vastola	1:45:43
	Lise Crapella	1:49:56
	Jeanne Cashman	1:54:24
	J Zwiernichowska	1:55:24
W50	Carol Gellman	1:41:12
	Linda Ferrara	1:48:16
	M Gambardella	1:52:42
	Joanne Dondro	2:04:31
	Kathy Kellogg	2:10:51
W55	Miriam Kaminer	2:00:06
	Barbara Protass	2:47:18
	Bettie Jackson	2:48:42

USATF New Jersey Cross-Country Championships Readington; Oct. 10

Men 8K	
Overall	
	Anthony DeBenedictis 25:23
M40	Tom Bowmaster 27:26
	Steve Shaklee 28:57
	Kevin Cahill 29:14
	John Parker 29:35
M45	Bill Bosmann 31:07
	Nick Caswell 31:14
	Ken Krah 31:27
	Chris Lehman 31:33
M50	Roger Price 28:36
	Terry Delph 29:40
	Fred Dedrick 31:39
M55	A Oliveira 34:59
	Les Clarke 38:35
	Paul Krentar 38:43
M60	Charlie Keller 42:41
M65	Wm Richardson 41:26
	Bill Welsh 53:29
M80	Austin Newman 54:03
M85	Dudley Healy 71:12
Women 5K	
Overall	
	Kelly Vanasse 34 17:41
W40	Janice Morra 19:10
	Marie Quinn 21:38
	Pati Rosen 22:35
W45	Jane Parks 21:49
W60	Madeline Bost 26:16
	Imme Dyson 27:07
W65	Diane Stone 29:05

SOUTHEAST

Leesburg 10K	
Leesburg, VA; Aug. 15	
Overall	
	Eron Ferreira 25 32:39
	Sharon Servidio 26 36:42
M30	Brian Dougherty 39:33:04
M40	Chuck Moeser 47 33:32
	Robert Constanza 42:38:43
	Mark Baldino 46 39:12
	Kenyon Erickson 45:39:14
M50	Charlie Koester 54 36:50
	Pat Griffith 54 39:33
	Dennis Tighe 52 44:06
M60	Antonio Panizza 60 42:04
	Cal Fowler 60 42:28
	Chan Robbins 62 43:04
M70	Ray Blue 75 55:43
	Walt Washburn 76 57:58
	Bill Osburn 75 58:30
W30	Patsy Long 33 40:20
W40	Fiona Branton 40 39:33

	Bernie Flynn 42 43:59
	Heather Sanders 44:44:51
W50	Penelope Bodine 51:52:01
	Eileen Gallagher 50:64:13
W60	Tami Graf 63 53:00

Virginia 10-Miler/4-Miler Lynchburg; Sept. 25

10-Miler	
Overall	
	Peter Githuka 30 47:11.9
	Margaret Kagiri 29 57:41.2
M40	Lanny Doan 56:01.6
	Greg Johnson 57:31.1
	Bret Bowman 59:51.6
	John Waters 1:00:09.7
	Mike Fuller 1:00:20.2
	Peter Worford 1:01:40.5
	Tom Grant 1:01:45.0
	Rick Wallin 1:01:47.0
	Jeff Douglass 1:02:53.2
	Gary Vanderveer 1:04:57.4
M45	Ken Miller 1:03:04.6
	Ralph Tuttle 1:03:18.2
	Gary Adkins 1:04:07.3
	Joe Schum 1:04:43.3
	Gary Stroud 1:05:38.6
	Jerry Croan 1:07:39.5
	Philip Hlapin 1:07:47.8
	John Kalvelage 1:08:17.0
	Craig Miller 1:09:17.7
M50	William Walker 1:01:27.7
	Doc Weiss 1:02:35.0
	Bob Milan 1:04:32.3
	Stu Nieburg 1:04:46.8
	Don Lucy 1:05:48.4
	Butch Sherrod 1:06:10.1
	Emmons Welch 1:07:58.6
M55	David Henry 1:10:05.7
	Bobby Bruce 1:09:54.1
	Bob Hartless 1:12:08.4
	Russ Brown 1:12:28.0
	Dick Clarke 1:12:31.6
	Cliff Pleasants 1:13:16.2
	Lance Lewis 1:15:37.1
	H Carter 1:15:40.1
W60	Tommy Harris 1:15:02.8
	Bernie Davis 1:16:32.0
	Richard Williams 1:18:02.0
	Jim Cargile 1:19:38.3
	James Schue 1:19:46.1
	Dennis Christian 1:22:19.9
M65	Robert Gray 1:20:08.7
	Gresh Downs 1:25:50.8
	Fred Fauber 1:26:43.5
	Douglas Rogers 1:31:03.9
	Alfred Cumby 1:31:45.7
W40	Nancy Ferris 1:13:18.9
	Susan Webb 1:17:53.0
	Janice Bales 1:18:12.2
	Sandy Andrew 1:10:03.8
	Kathleen Graves 1:21:01.0
	Dalila Frei 1:21:17.1
	M J Eubank 1:21:39.2
	Cindy Forest 1:22:31.6
W45	Karen Miller 1:13:21.3
	Molly Gerke 1:13:51.6
	Jane Shelburn 1:23:02.5
	Debbie Bozeman 1:25:53.5
	Ann Tucker 1:26:59.7
	Patricia Fournier 1:28:32.6
	Amy Rickhill 1:30:08.0
W50	Connie Friend 1:19:15.2
	Judy Allen 1:22:37.0
	Stevie Long 1:34:57.9
	Sally Carter 1:26:54.2
	C Haakenson 1:27:37.5
	Linda Peters 1:28:53.7
W55	Andrea Hess 1:29:08.6
	Betty Duteau 1:29:39.6
	M Broadus 1:36:21.1
	Kristin Peckman 1:40:36.1
	Jackie Phillips 1:45:11.2
W60	Susie Klutz 1:17:36.5
W65+B	McCoid 65 1:41:26.1
	Louise Martin 83 2:14:41.2
	M Hagerty 76 2:22:40.9
4-Miler	
Overall	
	John Kahan 20:20.0
	Rebecca Parson 24:56.7
M40	Jeffrey Stone 23:31.8
M45	Dan Moore 27:41.9
M50	Bernie Edwards 33:27.0
M55	Dick Peacock 27:10.1

W40	Wandy Moseley	34:35.1
W45	Fidelis Vigil	38:12.8
W50	Anne Speidel	39:52.4
W55	Lucretia Finlay	40:31.8

MIDWEST

Park Forest Scenic 10-Mile Park Forest, IL; Sept. 6		
Overall		
James Kariuki 27		47:32
Libbie Hickman 34		54:27
M40 Craig Young		51:19
Bryce Hall		55:55
Chris Shokley		56:46
M45 John Wellerding		55:22
Sam Cortes		55:42
David Ahnr		57:16
M50 M Anderson		1:00:42
David Asche		1:03:32
Bob O'Neill		1:05:22
M55 Barry Ruliffson		1:07:58
Jack Zordan		1:08:56
Anthony Cesario		1:09:29
M60 John Quinton		1:10:42
James Kalas		1:11:51
Joe Arnold		1:13:03
M65 Champ Merrick		1:23:06
Paco Collazo		1:25:09
Johnny Jackson		1:27:53
M70 J Palenczny		1:19:25
R McKeague		1:19:33
G Hosokawa		1:27:09
M75 Warren Utes		1:12:36
Anthony Azzaro		1:45:23
W40 Mary Knisely		56:19
Christina Nixon		1:07:30
Nancy Fazio		1:07:39
W45 Charlene Soby		1:12:16
Beth Onines		1:13:24
Susan Lynch		1:16:44
W50 Nancy Rollins		1:10:48
Susan Croll		1:11:53
Barbara Lies		1:15:24
W55 Dorothy Tanner		1:14:46
Bonnie McElwee		1:20:57
S Kurtenbach		1:27:18
W60 Kay Golden		1:39:21
Lorraine Morgan		1:53:56
Joan Bobber		1:54:29
W65 Eileen Dwyer		1:14:44
B Kummerer		1:38:38
N Weatherford		1:51:38
W75 K McDonough		1:51:50
Chicago Half-Marathon Chicago, IL; Sept. 12		
Overall		
Grzegorz Olszowik 33		67:57
Cindy James 39		82:40
M40 Steve Wilson		73:51
Dave Casillas		79:42
Miki Tosic		82:11
Eric Fowler		84:37
M45 Dmitry Voldman		80:00
McMurry Wilson		83:39
Chris Groebec		84:24
M50 Chris Nemeth		84:03
Mike Griffith		85:20
John Copeland		89:13
M55 Joe O'Shea		94:38
Les Vaughan		1:45:11
Dick Morgan		1:47:07
M60 Joe Arnold		1:38:59
Bill Tushaus		1:44:13
Ray Capek		1:46:27
M65 Steve Goldberg		1:38:08
David Sullivan		1:50:30
Russ Johnson		1:55:30
M70+Joe Paleczny		1:51:45
Jock Bolling		2:27:35
W40 J BrownKersch		1:35:42
Lynn Hodge		1:37:19
Judith King		1:40:31
W45 Kathy Barton		86:57
Mary Anne Mills		1:34:17
Beth Onines		1:41:07
W50 Susan Croll		1:34:19
Ann Allison		1:41:23
Kathy Friedman		1:45:54
W55 Anne Carney		2:02:04
Janet Omer		2:02:35
Judy Teeple		2:04:22
W60 Rosie Anderson		2:14:25
Blanca Vega		2:46:52
W65BarbaraKummerer		2:13:39
W70+Gloria Schaffler		2:45:01

Continued from previous page

Gudrun Muller	7:03:09
Laree Morris	7:35:07
W55 Marilyn Self	7:46:36
Jan Adamson	8:16:36
Jill Gates	8:17:46
Jennie Schrage	8:30:25
Betty Leverton	9:07:34
W60 Vici Dehaan	7:33:19

Ascent

Overall	
Jeremy Wright 25	2:18:32
Cindy O'Neill 37	2:45:17
M40 Dale Petersen	2:30:31
David Eckley	2:37:15
Mark Koch	2:39:49
Thaddeus Noll	2:43:50
Michael Kanahar	2:46:17
Tim Severa	2:46:56
Steve Bremner	2:49:04
Eric Bindner	2:55:22
Kevin Deighan	2:59:15
D Hammon	3:03:30
Jeffrey Lang	3:07:41
Jeffrey Burrows	3:08:53
Rich Yanacek	3:10:02
Steve Lee	3:13:21
M45 Jim Mitchell	2:44:25
Dennis Fowler	2:56:42
W Kingsbery	2:58:19
David Scheefer	3:05:47
Mark Seelye	3:12:04
Frank Pugliese	3:14:01
D Underwood	3:15:01
Doug Laufer	3:15:13
James Hammer	3:17:15
E Zimmermann	3:18:15
Stephen Huda	3:18:47
Stephen Parker	3:19:12
Ray Dickerson	3:22:09
David Boyles	3:23:25
M50 Joseph Shirley	3:27:29
Jay Birmingham	3:29:57
Peter Haney	3:30:24
David West	3:32:55
John Howland	3:32:57
Alex Kilpatrick	3:33:28
George Greco	3:37:15
Bilbo Bagbins	3:40:31
Dale Kinzler	3:41:06
Russ Lundstrom	3:45:41
G Gripenrog	3:45:48
Michael Huseby	3:46:59
Paul Woods	3:47:46
M55 R McAndrews	3:07:17
Jim Hubbs	3:12:55
Jack Ramsey	3:13:36
Bryce Jenkins	3:18:39
Tom Masterson	3:29:37
P Stevenson	3:32:28
Ray Lattanzia	3:32:31
Bill Keyes	3:40:41
Randy Kunkel	3:47:04
H Zimmerman	3:51:08
Neil Utz	3:52:21
Tom Brix	3:52:31
M60 Jim Braden	3:34:31
Glen Ash	3:39:50
Gerald Glass	3:41:11
Dave Bauer	4:01:06
Leon Lants	4:10:23
Kent Willoughby	4:21:23
Robert Barker	4:28:14
Jim Bergeron	4:29:31
M65 Dale Goering	3:49:08
R McCrady	4:01:09
Bob Camahan	4:31:08
Bobby Hammett	4:39:35
M70+Friou Jones 77	5:20:58
K Green 70	5:33:01
W40 Sherry Mahieu	3:06:33
Cheryl Burrell	3:20:12
Barb Dutrow	3:27:50
K J Geghardt	3:27:57
Terri Lang	3:31:36
D Shulman	3:26:24
Anna Hettinger	3:39:07
Carol Severa	3:43:09
Martha Shoup	3:44:50
Cathy Tibbetts	3:45:37
Peg Young	3:45:40
Vickie Luebberts	3:46:20
W45 Virginia Egger	3:11:50
Alicia Hoegh	3:12:00

Nancy Stevenson	3:14:06
Kathy White	3:37:41
Vicki Martin	3:37:43
Kelly Murphy	3:43:12
Patty Laine	3:55:12
Sheila Kennedy	4:13:22
Becky Hearty	4:13:26
W50 Louise Shorter	3:54:37
Jan Juie	4:00:49
Jennie Diesslin	4:03:04
D Salzenstein	4:09:38
Barbara Wasser	4:15:59
Carol Davis	4:22:19
Connie Dotson	4:25:48
La Ree Morris	4:31:00
W55 Jana Hlavaty	4:10:23
Linda Knudsen	4:14:45
Fay De Zerega	4:18:43
Jessie Quintana	4:21:38
Nan Madden	4:22:25
Susan Henson	4:34:58
Sally Squier	4:36:13
W60 Joyce Hanna	4:37:05
Sandra Njaa	4:40:57
Marieta Bowlus	4:55:25
Kay Maris	4:56:27
B O'Connor	5:26:44
Janet Dawson	5:57:48
W65 M Kinsinger	5:10:22
Sharon Franz	5:12:18
Ruth Bortz	5:17:31
Trudy Nepstad	6:09:30
B Thutchley	6:44:55
W70 Patricia Sparks	5:29:18

Heart of America Marathon
Columbia, MO; Sept. 6

Overall	
Ron Chisolm 38	2:35:30
Andrea McGehee 31	2:21:26
M40 Dennis Wallach	2:57:02
Michael Kelly	3:09:08
DDobkowski	3:11:06
Jamie Mondello	3:13:25
Ken Gilbert	3:21:22
M45 John Richardson	3:13:33
Jack Bellmer	3:13:58
Richard Johnson	3:23:58
Herschel Turpin	3:37:40
Philip Schaefer	3:38:25
M50 Stephen Young	3:24:21
Ronnie Wilson	3:30:57
Bob Dewar	3:45:18
M McGomery	3:45:43
Frank Pasquith	3:49:59
M55 Craig Israelsen	3:14:45
Deckle McLean	4:59:44
M60 Gerald Glass	3:12:10
C Van Duzee	3:56:51
Bill Hendey	4:09:52
Tom Conrad	5:47:58
M65 Lou Joline	3:33:09
Don Osman	4:56:53
W40 Susan Matthews	3:49:01
S Kaufmann	4:33:40
Jennifer Cole	5:00:43
W45 Sonda Wheaton	5:50:05
K Heagney	5:05:41
Maggie McCoy	5:16:46
Rosemarie Lewin	5:50:58
Dottie Duncan	6:10:44
W55 Dee Ann Aydelott	4:47:21
Donna Murphy	5:16:47

Cliffhanger 5K/8K
Kansas City, MO; Sept. 26

-8K-	
Overall:	
Phil Hudnall	25:16
Heidi Hudnall	29:29
M40 Tom Snodell	26:48
M45 Dmitry Voldman	28:55
M50 Greg Hartman	29:51
M55 Rick Hogan	29:32
M60 Wally Brawner	32:50
M65 Paul Heitzman	32:16
M70 R McCallister	37:21
W40 Beverly Thomas	29:54
W45 Marcia Dowling	32:26
W50 Dee Boeck	35:35
W55 Donna Murphy	47:24
W60 Ann Nelson	46:26
W80 Olive Drew	70:03

-5K-	
Overall:	
Tim Schmid	15:39
Janell Rock	19:25
M40 Chas Brandon	16:35
M45 Pat Walsh	17:46
M50 Don Baker	20:40
M55 Morris Coleman	21:57
M60 Wes Nicholson	24:44
M80 Bill Dyer	39:39
W40 Nancy Levit	25:46
W45 Melissa Walsh	26:08
W50 Sam Hartman	28:15
W55 Sue Himer	39:55
W60 Ailene McComas	30:53
W65 Trudy Petty	38:32

SOUTHWEST**United Way Sand Run 5K**
Tulsa, OK; Aug. 8

Overall	
Patrick Kiptum 27	14:58
Donna Levy 31	18:24
M35 Tom Lam	17:37
M40 Steve Hicks	16:20
Doug Clark	16:29
Mike Willmering	17:35
M45 John Wood	18:04
Don Burnett	18:11
M50 Ed Gustavson	19:25
Ron Kuykendall	19:42
M55 George Marchetti	19:17
Jim Tabor	20:36
M60 Gerald Glass	19:45
Bobby Kincaid	22:00
M65 Steve Blanchard	20:20
M70 Art Roepke	25:41
M75+Tom O'Connell 76	35:37
W35 Priscilla Godi	19:04
W40 Brenda Stuke	18:28
Roxanne Meyer	19:25
W45 Barbara Luciano	19:55
Jana Harrington	23:37
W50 Irene Stockard	24:18
W55 Lydia Borges	23:30
W60 Dru Young	25:22
W65 Lowanda Johnson	38:28

NORTHWEST**Super Jock 'N Jill Half-Marathon**
Woodinville, WA; Sept. 6

Overall	
Eric Tollefson	65:58
Jennifer Tonkin	77:54
M40 Brian Keller	73:54
Rock Moulton	75:43
Jeff Clarke	77:14
Al Kirsinkas	77:18
Tim Lee	78:01
Robinson Howell	78:54
M45 Mark Billett	73:37
Doug McLean	81:29
Stan Grochowski	84:40
Chuck Cathey	86:21
Mike Hafner	86:26
M50 Jim McGill	79:31
Jerry Ulmer	88:27
Ron Hanson	90:34
David Jones	91:00
Tom Slining	92:28
M55 Brian Fitzpatrick	91:56
Robert Leland	93:58
Robert Schottman	95:29
Mike Lewis	99:52
M60 Lionel Wilridge	97:38
Peter Konis	98:56
Jon Nevitt	1:48:21
M65 Mel Preedy	1:36:22
David Gossard	1:53:12
M70+Chuck Fletcher	1:47:50
Roeliff Laughlin	2:19:57
W40 Regina Joyce	86:05
Honor Fetherston	88:08
Kim-Hoang Cooper	92:34
J Hawes	96:06
W45 Sandi Halgren	88:43
Becky Backstrom	91:19
Mary RogersCrum	93:36
Deborah Rudis	1:43:49
W50 Terry Zirn	1:51:28
Nicole Preveaux	1:54:01
Sue Fauerbach	1:56:21
W55 Judy Fisher	1:43:37
J Brockenbrough	1:50:28
Gloria Edmonds	2:00:59
W60 Lynn Rawlinson	2:03:44
W70+June Curry	2:44:13

St. George Marathon
St. George, UT; Oct. 2

Overall	
Filomeno Apodaca	2:17:54
Kayoko Nomura 41	2:42:53
M40 Jerry Henley	2:30:26
Richard Bishop	2:34:10
Phil Nichols	2:36:23
John Araujo	2:40:27
Jose Juvenal	2:43:53
Joe Martel	2:45:02
Brian Larsen	2:47:28
M45 Ray Workman	2:43:07
Tek Kilgore	2:45:09
Val Barnes	2:45:17
Craig Davidson	2:52:33
Toby Salazar	2:53:48
Pat Loss	2:53:58
M50 Alan Stewart	2:49:44
John Kliersky	2:55:07
James Rucker	2:56:05
Andy Schnebly	2:57:24
M55 Terry Van Natta	2:51:06
L Mutchelknaus	3:07:46
Cary Howard	3:08:22
M60 Carlos Valle	3:02:20
Bud Derbridge	3:05:35
Leo Slowikowski	3:25:50
M65 J B McBride	3:12:05
Paul Nance	3:25:53
M70 Harrie Hess	3:57:22
M75+John Cahill	3:48:05
Robert Seymour	4:35:40
W40 K Nomura	2:42:53
Angela French2nd	2:43:31
Kari Distefano4th	2:45:47
Mary Button	2:46:47
Sabrina Robinson2	2:47:24
Lana Lewis	2:52:24
W45 Sharlet Gilbert	3:06:30
Carol Richardson	3:14:36
Mary Beacco	3:18:30
Gaye Hogge	3:22:16
W50 Dee Chadwick	3:09:32
Jeanie Groves	3:12:12
Paulette LeDuc	3:31:16
W55 Penny Tyree	3:43:42
Lorraine Bunk	3:44:16
Ursula Spilger	3:44:16
W60 Shirley Blush	3:39:53
W65 Cheiko Allwein	4:07:10

Portland Marathon
Portland, OR; Oct. 3

Overall	
Matt Messner 30	2:24:33
Kyra Slade 32	2:48:23
M40 R Christensen	2:42:51
Chuck Harris	2:45:23
Terry Mattoon	2:49:07
Mark Fiegner	2:51:01
David Steffens	2:52:58
Jon Defoe	2:55:17
Rich Newman	2:55:36
Daniel Wojcik	2:56:23
Tim Lee	2:56:25
Ronald Miller	2:56:49
Steve Holm	2:57:20
Pat Riley	2:58:33
M45 Mark Billett	2:41:56
Tetsh Hasegawa	2:43:02

Steve Smucker	2:50:31
Francis Kessler	2:50:34
Andy Lyle	2:54:38
Doug Hinz	2:57:02
Rich Curwen	2:57:37
Doug MacLean	2:57:44
M50 Jim Pollard	2:57:54
Chuck Cammack	2:58:11
KouziKawamura	3:00:22
Ron Swart	3:01:08
Rex Surface	3:02:45
MikeWakabayshi	3:04:49
M55 Ole Bergset	2:58:18
John Postlethwait	3:24:42
Ignacio Ybarra	3:26:41
M60 Bill Scarborough	3:07:11
Robert Wuthrich	3:22:32
Chester Chapman	3:37:20
M65 Mel Preedy	3:33:13
Masakatsu Ono	3:41:59
Chris Smith	3:42:12
M70 Max Jones	3:34:31
A C Manetti	4:18:43
Donn Sparks	4:59:33
M75 Dan Morris	5:18:58
Roeliff Laughlin	7:09:27
M80 Ed Burnham	6:12:18
M85 John Besson	7:32:35
W40 Mollie Starr	3:00:29
Cheryl Tronson	3:05:31
Paulette Dow	3:18:41
Kim-HoangCooper	3:18:52
Joy Norris	3:19:27
Nancy Hatfield	3:19:28
Alice Moffitt	3:23:49
Sally Clinch	3:23:57
W45 Sandy Halgren	3:11:09
Berry Wagner	3:16:44
Susan Ibarra	3:24:54
Lisa Miller	3:25:22
Shirley Kaiser	3:31:05
Marilyn Payne	3:36:01
W50 Carolyn Nordvedt	3:23:46
Kristi Meade	3:24:56
Liz Chamberlin	3:33:07
Susan Havens	3:34:29
Janet Jordan	3:45:30
W55 Muffet Chatterton	3:44:06
Judy Teeple	3:48:23
Judy Fisher	3:51:15
W60 Keiko Asasaka	3:57:20
Rhoda Clapperton	4:08:33
Tomiko Ishihara	4:37:32
W65 Kathy Beiers	4:20:45
Colleen Mershon	4:22:17
Lorraine Sharman	5:01:47
W70 Audrey Cullen	7:32:42
W75 Peggy Lutz	7:05:07

RACEWALKING**Florida 3K State Racewalk**
Miami, FL; Sept. 5

Overall	
Rodolfo Puime 33	13:49
Roswitha Sidelko 46	16:11
M40 Chuch Bryant	21:07
M50 Bruce Ihman	16:08
M55 Daniel Koch	18:29
M60 Bob Cella	17:13
Heber Cisneros	20:18

M65 Robert Fine	18:37
M70 C Lorenzo	21:37
Danny Demauro	21:41
Herman Smolar	25:28
W45 Roswitha Sidelko	16:11
W50 Diana Pritto	21:49
Kathryn Remini	23:55
W55 Patricia Baran	20:40
Kay Cella	21:31
W60 Joanne Elliott	19:45
W65 June Ranofsky	20:42
W70 Miriam Gordon	20:28

USATF National Masters 5K
RW Championships
Kingsport, TN; Sept. 25

Overall	
Gary Morgan 39	22:01
Cheryl Relliger 33	23:44
M30 Dave McGovern	23:29
M35 Gary Morgan	22:01
Keith Luoma	22:48
Drew Swonder	24:41
M40 Ian Whalley	22:44
Rod Craig	24:56
Will Walden	26:12
M45 Rick Austin	29:12
Larry Yates	30:54
Dave Gwyn	31:00
M50 Norm Frable	25:12
Bruce Booth	26:15
Max Walker	26:22
M55 Jim Carmines	24:17
Victor Litwinski	30:02
Bernie Finch	31:21
M60 Dave Romansky	25:28
Paul Johnson	28:05
Ray Everson	28:26
Mike Michel	31:48
Bob Stewart	31:50
Bob Christmas	32:50
M75 Nash Abrams	36:32
Richard Bledsoe	38:53
Frank De Gruy	41:21
M80 Paul Geyer	40:22
W30 Cheryl Rellinger	23:44
W35 Linda Swonder	30:03

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

All Unique Individuals
Women's Masters Track Team
PO Box 2831
Elizabeth, NJ 07207-2831
973-736-3312

Bohemia TC
Mary Trotto
3 Eden Dr.
Smithtown, NY 11787
516-979-8445

Boston Athletic Assoc.
131 Clarendon St., 8th Floor
Boston, MA 02116
617-236-1652
www.bostonmarathon.org

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02467
617-964-7802

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

Finger Lakes RC
PO Box 321
Newfield, NY 14867
607-564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
973-625-1764

Greater Boston TC
PO Box 183
Boston, MA 02117-0183
617-499-4844
gbtc@crfdec.com
www.gbtc.org

Greater Long Island RC
101-24 Dupont St.
Plainview, NY 11803
516-349-7646
516-349-7647(fax)
www.pobrrc.org

Greater Rochester TC
PO Box 92608
Rochester, NY 14692
716-872-6652

Hudson Mohawk Road Runners
PO Box 12304
Albany, NY 12212
518-435-4500

Liberty AC
89 May St., #1
Needham, MA 02492
508-462-9552

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

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
Dorel Watley, Pres.
412-244-9812

National Capital TC (GNATS)
c/o Karen Erb
205 W. Myrtle St.
Alexandria, VA 22301
703-549-7779

New England Walkers
83 Riverside Av.
Concord, MA 01742
978-369-7912

New Jersey Striders TC
PO Box 885
Maywood, NJ 07607
201-287-1064

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

NY Masters Club
Rose Ann Gaeta
75-32 199th Street
Fresh Meadows, NY 11366

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

Potomac Valley Track Club
c/o Bobby Briggs
6207 Duntley Ct.
Springfield, VA 22152
703-913-6335
email: corrallo@erols.com

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

Shore AC
Donna Cetrulo
274 Bath Av. #14
Long Branch, NJ 07740
732-222-1348

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

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

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

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

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

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

Birmingham TC
PO Box 530363
Birmingham, AL 35253
205-879-5344

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
561-499-3370

Florida TC
PO Box 12463
University Station
Gainesville, FL 32604
904-378-8725

Greenville TC
PO Box 16262
Greenville, SC 29606-7262
864-235-8260

Huntsville TC
c/o Harold Tinsley
8811 Edgehill Dr.
Huntsville, AL 35802
256-881-9077
harold.tinsley@gte.net
www.huntsvilletrackclub.org

Miami RC
Tropical Park
7920 SW 40th St.
Miami, FL 33155
305-227-1500

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615-356-4607
racers@home.com

Nashville TC
2916 Oakland Av.
Nashville, TN 37212-5812
615-383-6733

North Carolina RRC
PO Box 26761
Raleigh, NC 27611
919-231-0714

Pony Express Masters TC
PO Box 503
Norfolk, VA 23501
Attn: Joe Mack
757-482-5558

Port City Pacers
PO Box 16907
Mobile, AL 36616
334-473-RACE

Richmond T&F Club
PO Box 6701
Richmond, VA 23230
804-266-4785

MIDWEST

Ann Arbor TC
PO Box 7551
Ann Arbor, MI 48107
734-663-9740
734-663-0124 (fax)

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
617-764-9733

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

Indiana Racewalkers Club
3919 N. Vinewood Av.
Indianapolis, IN 46254
Michael Bird, Pres.
317-291-7591
mgbird@aol.com

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

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
248-544-9099
248-544-4601 (fax)
racebreak@aol.com
www.motorcitystriders.com

Over the Hill TC
9065 Gettysburg Dr.
Twinsburg, OH 44087

Parkside Athletic Club
(Racewalk)
Mike DeWitt
Kenosha, WI
414-551-0142

PUMA Team Jock Stop
7373 Market Street
Youngstown, Ohio 44512
330-726-8407

River to River RC
PO Box 1224
Marion, IL 62959

Bob Shul Racing Team
27 E. Dixon Av.
Dayton, OH 45419
937-293-7935
BobShul@sprintmail.com

Victory AC
Marty Gonterman, Pres.
PO Box 6667
Louisville, KY 40206
502-447-3913

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

MID-AMERICA

American Walking Assoc.
National Office
PO Box 4
Paonia, CO 81428-0004
970-527-4557
970-527-4607 (fax)
walk@online.col.com

Colorado Walking Club
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

Lawrence TC
PO Box 3743, Jayhawk Sta.
Lawrence, KS 66046

Lincoln TC
3105 Cedar Av.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

Running International
Ric Rojas
3680 Buckeye Court
Boulder, CO 80304
303-444-7267
Ric@RicRojasRunning.com
www.RicRojasRunning.com

Run, Racewalk, Row, Ride and Roll
Gary Westlund, Coach
Minneapolis & St. Paul, Minnesota
612-782-9620

St. Louis TC
2385 Hampton Av., #101
St. Louis, MO 63139-2932
www.stlouistrackclub.com
314-781-3926
314-782-3726 (raceline)

Santa Fe Striders
PO 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
vwrunner@aol.com

East Texas T&F Club
3334 S. SW Loop 323 #125
Tyler, TX 75701
Robert Hahn
903-561-9511
903-581-6605 (fax)

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 70065-4956
504-467-1197

Louisiana Lightning TC
Jaff Baty
321 E. Josephine St.
Gonzales, LA 70737

Midnight Sun TC
PO Box 7141
New Orleans, LA 70186

New Orleans TC
PO Box 52003
New Orleans, LA 70152-2003
504-482-6682

Oklahoma City RC
PO Box 18113
Oklahoma City, OK 73154
405-752-9097

San Antonio TC
PO Box 39148
San Antonio, TX 78218
Don Austin
210-699-0265

South Louisiana Masters TC
PO Box 3125
Lafayette, LA 70502-3125
318-984-4934

Team Oklahoma Masters
George Hall
4217 W 91st
Tulsa, OK 74132-3739
TEAM_OKLAHOMA@bigfoot.com

Tulsa RC
PO Box 3304
Tulsa, OK 74101-3304
918-496-1939
www.tulsarunningclub.com

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

WEST

Cal Coast TC
PO Box 7132
Newport Beach, CA 92660-7132
949-476-7076
Bill Sumner/Rick Herr

Club West
Gordon McClenathen
PO Box 99
Goleta, CA 93116-1099
805-964-3005

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

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

Excelsior TC
311 Lexington Way
Burlingame, CA 94010
415-592-8353

Great Strides Honolulu
1521 Punahou St., #1302
Honolulu, HI 96822
808-942-9567

Hawaii Masters TC
PO Box 15763
Honolulu, HI 96830-5763

Inland Empire Racewalkers
PO Box 261
Riverside, CA 92502
714-877-3548
714-824-2336

KEL Club
Gary Kalmenson
5601 Empire Grade
Santa Cruz, CA 95060
831-458-0300
kelfield@aol.com

Los Gatos AA
PO Box 1334
Los Gatos, CA 95031
408-354-7333

Marin Race Walkers
Jack Bray
PO Box 21
Kentfield, CA 94914
415-461-6843
marinrw@webnet.net
www.lightways.com/marinrw

No. Calif. Senior TC
Shirley Dietdench, Pres.
5 Arcade Av.
Berkeley, CA 94708
510-848-5016

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

Quest Club
Fred Moore
3022 N 32nd St. #54
Phoenix, AZ 85018
602-954-4605

San Diego TC
PO Box 371232
San Diego, CA 92137-1232
619-270-SDTC

Santa Cruz TC
PO Box 1803
Capitola, CA
831-728-0399

Show Time TC
8306 Wilshire Blvd., Suite 2
Beverly Hills, CA 90211
323-291-7392

Sierra Racewalkers
PO Box 13203
Sacramento, CA 95813-3203
916-722-5039

Southern California Striders
39777 Cathy Dr.
Fallbrook, CA 92028
619-436-7698

Southern California TC
18 Charca
Rancho Santa Margarita, CA 92688
Mike Cleary
949-589-0242

Tamalpa Runners
Box 701
Corte Madera, CA 94976
415-721-3791

Trojan Masters TC
1125 N. Stimson
La Puente, CA 91744
626-917-6289
trojanmasters@uscjtrojans.com

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

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

NORTHWEST

Anchorage RC
Joan Nockels
PO Box 243362-3362
Anchorage, AK 99524-3362
jnockels@pobox.alaska.net

Barron Park Striders
3225 Scotch Meadows Ct., S.E.
Olympia, WA 98501
360-438-0051

Bigfoot Masters
c/o Maury Ray
Spokane Community College
N. 1810 Greene St., MS-2050
Spokane, WA 99207-5399

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

Oregon Road Runners Club
4840 S. W. Western Av., #200
Beaverton, OR 97005
503-646-RUNR Susan Perry
orrc@teleport.com
www.orrc.net

Oregon TC Masters
PO Box 11364
Eugene, OR 97440

Pacific Pacers (Racewalk)
6633 N. E. Windermere Rd.
Seattle, WA 98115
206-524-4721
bevaveck@aol.com

Portland Masters TC
3011 NE Linden Av.
Gresham, OR 97030
503-666-8950
Paul Stepan, Pres.

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

Seattle Masters AC
4103 Hillcrest Av., SW
Seattle, WA 98116
206-932-3923
kweinbel@aol.com

Snohomish TC
4261 S. 184th St.
SeaTac, WA 98188-4569
206-433-8868

Southern Oregon Sizzlers
PO Box 665
Medford, OR 97501

Team Alaska TC
Chris Waythomas
6351 Far Point Cir.
Anchorage, AK 99507
chris@maildakanc.wr.usgs.gov