

# NATIONAL MASTERS NEWS

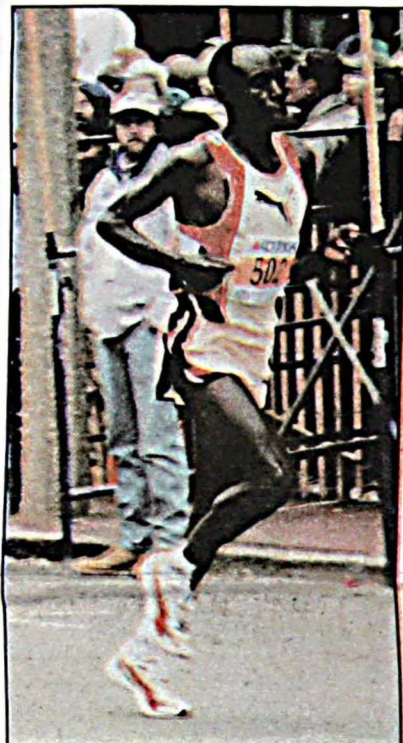
The official world and U.S. publication for masters track & field, long distance running and racewalking

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## Kipkemboi, Pozdnyakova, Wilson, Docherty Win In Twin Cities Marathon



JERRY WOJCIK

Joshua Kipkemboi, 41, ran a 2:12:46, an age-graded 97.8%, the fifth-fastest marathon ever by a masters runner, in the USATF Masters Championships/Twin Cities Marathon.

## LeBourne, Martin Shine in 5th Avenue Mile

By JERRY WOJCIK

NEW YORK, N.Y., Sept. 23 — Masters didn't make it to Broadway, but they did take the stage in the NYRR Fifth Avenue Mile, which starts alongside Central Park on 80th Street and finishes on 60th.

Masters competed in four races: two separate Masters Miles for men and women ages 40-59, and two George Sheehan Memorial Mile races, the first for men and women 60-69, and another for men and women ages 70+.

The first masters event was the women's race, won by Long Island's top W40+ runner, Kathy Martin, 48, Northport, N.Y., in 5:11.7, an improvement on her second-place time of 5:14.6 last year. The second and third places also went to L.I. run-

Continued on page 8

By SUSANNAH BECK

Twin Cities, the "most beautiful urban marathon in America," delivered perfect conditions Oct. 8 — dry, still, sunny. But, ouch, the temperature! 32-degrees at race start! Undeterred by conditions favoring his Siberian competitors, Kenyan Joshua Kipkemboi, 41, ran 2:12:46 (A-G 97.8%), the fifth fastest marathon time ever by a masters runner, and finished third overall, just six seconds off the win by Sergei Fedotov, 27, 2:12:40.

It was the closest pack finish in Twin Cities history, with the top five runners finishing within nine seconds of each other. In fact, the pack staggered together through 25.75 miles before breaking up into early and late kickers. The great Fedor Ryjov, 40, Albufeira, Acoteia, Russia, led the race through 15 miles, and came home in 2:13:45, (A-G 96.4%) second M40+, and eighth fastest masters time ever.

Ukrainian Tatyana Pozdnyakova, 45, cruised to a mellow 2:35:54 (A-G 95.2%), good for fourth female overall, and a new Twin Cities age-group record.

Twin Cities has been the USATF Masters Championship marathon since 1992 (and holds that contract through

Continued on page 7



JERRY WOJCIK

Toshiko d'Elia, 70, won the W70+ race in the George Sheehan Memorial Mile with a course record 7:02.7, NYRR Fifth Avenue Mile.



MIKE POLANSKY

The River Road Rats Senior Masters Team members show their patriotism as they cross the finish line, Nationwide Insurance Ocean to Sound Relay, Bethpage, N.Y., Sept. 24.

## Texas Hosts U.S. Weight Pentathlon

By LEN OLSON

Wendell Palmer's USATF National Masters Weight Pentathlon in Pampa, Texas, Sept. 16, was a successful venture, to say the least. His excellent new facility has two hammer, discus, shot, and javelin throwing areas with the shot doubling as a weight-throw ring.

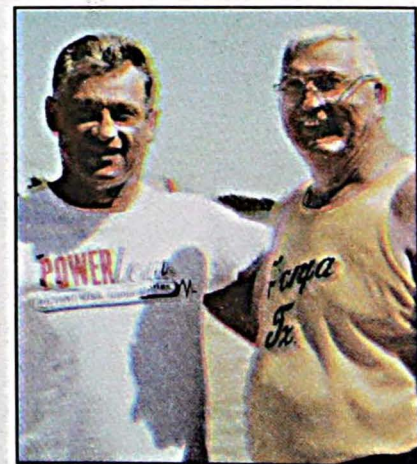
Thirty-seven men and 13 women took part. The weather was sunny and warm (94°F). A slight wind with the dry air made it a pleasant day, starting at 10:00 a.m. and finishing by 4:30 p.m.

Six world and five U.S. weight pentathlon age-group records were broken or established. Pending world records were scored by Lad Pataki, 50, California, 4818; Lad Filip, 72,

Oregon, 4737; Carol Finsrud, 43, Texas, 4318; Charlotte Acton, 76, Colorado, 2390; Katharine Gradick, 82, Florida, 2577; and Betty Jarvis, 85, Oklahoma, 3184.

National age-group records were

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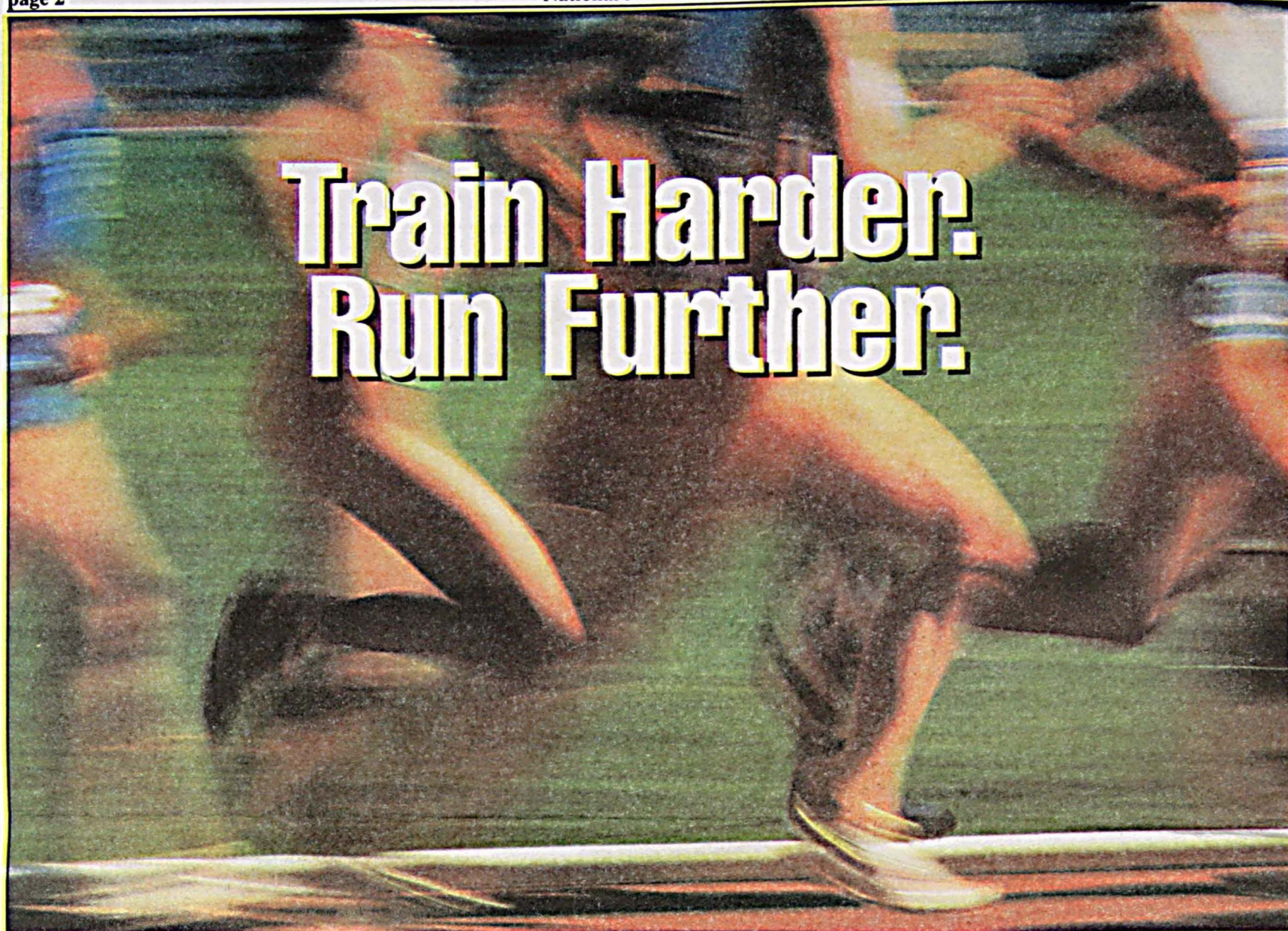
LEN OLSON

Lad Pataki, 50, (left), scored a world record 4818 points, USATF Masters Weight Pentathlon Championships, seen here with Meet Director Wendell Palmer.

### INSIDE:

- USA Masters Road Records — pages 17-20
- Chuck McMahon Meet — page 11
- Tufts 10K For Women — page 9





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# NATIONAL MASTERS NEWS

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### DRUG TESTING

The article by Ken Stone (Sept. NMN) on Kathy Jager is most unfortunate. The comments that Suzy Hess made are well accepted as normal relative to women in pre-menopause or menopausal taking hormone replacement therapy (HRT).

As masters runner friends of mine, Dr. Barbara Demas and her sister, Dr. Kathryn Demas, said, "They don't teach you about menopause in medical

school." The drugs given to patients and the dosage amounts are almost experimental.

I was also on Estratest when I started HRT in the summer of 1997, but after two months my endocrinologist said I should stop because of potential side effects. She said that hair loss on the head and facial hair growth are common, as well as secondary sex characteristic effects.

I was placed, instead, on Estratab.

Further, my endocrinologist took a blood test to determine the amount of testosterone in my blood. It was 10 times the normal.

Fortunately, I wasn't in any national competition at the time. After a month on Estratab, my hair stopped falling out.

At 51, I run about 40 miles a week and participate in cross-country and long distance running. Doctors need to be educated (as well as the IOC and IAAF) about acceptable alternative drugs.

Kathy Jager should seek a second opinion and change her medication. I know this could be done. Meanwhile, she should be reinstated.

Irene Herman

Pacific Association Vice-President

In response to the article on Kathy Jager (Sept. NMN), first, I really feel she took the Estratest unaware that it contained a "no-no" steroid. One tends not to think of prescription medicine as being illegal in competition.

Second, the statement that taking this prescription was medically necessary and, therefore, not illegal is wrong. Taking hormone replacement therapy for a woman is *her choice*. Her doctor may encourage it, but it is still ultimately the choice of the patient. Many women elect not to take HRT, because of the possible increased risk of breast cancer and there is still considerable controversy on how beneficial HRT really is to the post-menopausal woman.

Third, there are many different types of estrogen replacement. Kathy Jager has yet to state if she has tried them. The majority of women do not use Estratest, taking estrogen-only preparations.

At the recent Olympics, a Romanian gymnast lost her gold medal

due to a simple over-the-counter cold medicine, and it wasn't a drug with an anabolic steroid.

I believe Kathy needs to: (1) ask forgiveness for an honest error, (2) seek to have the banishment time decreased, and (3) quit using excuses.

When looking at being the best in the world, and performing at world record level, she is in a new ball game with "strict" rules. She must meet the rules to the letter, and nothing less.

Janet Higbie

Indianapolis, Indiana

### ED STOTSBERG

I was saddened to hear of Ed Stotsberg's death. I got to know Ed at the dawning of the "running boom" in the late 70s. He and I were both road race "junkies" who would always share a friendly greeting when we saw one another at the various L.A. area events.

I greatly admired the enthusiasm and ability of this "older" athlete (some 20 years my senior) who had such talent. I also enjoyed talking from time to time with his sweetheart of a wife, Dorothy, who accompanied him to most races. Keep on flying, Ed!

Jane Dods

Springfield, Oregon

### MEDALS

In answer to Jack Doorlay's letter in the September issue regarding the value of his medals earned with no competition: Yes, Jack, you do deserve your medals as do all competitors, regardless of the competition or lack of it.

Why? Because you were there competing and not sitting on a couch, drinking beer and eating chips in front of the TV, exercising the remote. Because of the countless hours and years of training, running, exercising, lifting, etc. Because of traveling hundreds, even thousands, of miles with the accompanying expenses and sacrifices.

Because of your dedication to a healthy life style in diet and exercise. Because you are an inspiration and role model to younger athletes to emulate your achievements as they compete in the older age groups.

Compete against the Standards of Excellence or your own personal bests, Jack, but, yes, take the medals and be proud of who you are and what you are doing.

Chuck Wiedman  
Cleveland, Ohio



JERRY WOJCIK

Members of the Fort Sam Houston track meet in 1968-69 met at the 2000 National Championships, Eugene, Ore., where John Drolla (l), 55, Austin, Texas, a sprinter back then, and Eric Zemper (c), 56, Eugene, Ore., a middle-distance runner, worked the Championships as officials. Scott Taylor, 55, Beaverton, Ore., a distance runner in 1968-69, competed in the 1500 and the 5000 at Eugene.

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### FIFTEEN YEARS AGO November 1985

- Clive Davies, 70, Wins \$4000 in Twin Cities
- Kirk Randall Top Master in TAC National 8K
- Walker, Steigerwalt Win U.S. 15K Racewalk





## From The Editor

by AL SHEAHEN

### NBC Greed Reflects Larger Society

**N**BC's coverage of the 2000 Olympics was beyond awful. All Olympic events were broadcast on a "tape-delay" basis anywhere from 15 to 27 hours after they actually happened.

Two of 20 people I spoke to at random were okay with that. They didn't mind the delay and "enjoyed the gymnastics and swimming." Eighteen of the 20 in my informal survey objected to the delay. Many tuned out after the first few days.

The ratings confirmed my poll. NBC's cumulative nightly rating average for its 441 hours of taped coverage was 13.8 with a 24 share. That's down 36% from '96 in Atlanta, 19% off '92 Barcelona and 21% off '88 Seoul. It was the lowest prime-time rated Olympics since 1968. That 13.8% average – the last three nights stumbled in at 10.5, 10.6, and for the closing ceremonies, 10.9 – is a far cry from what NBC Sports Chief Dick Ebersol promised advertisers (16.1) or the out-of-touch projection of 17.5 to 18.5 he made to the media.

#### Who Was Responsible?

Who was responsible for denying Americans the ability to see the Olympic events as they happened?

The blame generally goes to NBC, and specifically to Ebersol. NBC purchased the exclusive rights to broadcast the Olympics to the U.S. from the owner of the Olympics – the IOC (International Olympic Committee). The IOC did not open the bidding to all media outlets. Instead, its vice-president and TV agent, Dick Pound, signed a 10-year secret deal with NBC, which paid \$705 million to the IOC for the U.S. rights to broadcast the 2000 Olympics and will pay even more for both 2004 and 2008.

Pound and the IOC did not demand or even request that NBC broadcast events live. The IOC was content to take the money and run, apparently uncaring as to how NBC presented its showcase quadrennial event to the American people. So the IOC is at least as guilty as NBC.

Ebersol and NBC were never interested in presenting the events live. By his own admission, Ebersol was concerned mainly with making money for NBC and, by extension, for himself.

"We paid \$705 million for the Games and sold \$900 million worth of advertising," he proudly boasted.

When asked why NBC didn't televise the games live, as did Canada, Great Britain and other European networks, Ebersol was incredulous.

"It's a joke," he said. "In terms of a business decision, it's stupid. Canada only drew 200,000 viewers at 2 a.m. We drew 13 million in prime time. Besides, by showing the games live, it's harder for a network to enforce its rights exclusivity."

Indeed, other TV stations could not show any of the action until the events were aired on NBC. Worse, a squad of "cybercops" patrolled the Internet during the Games to enforce the IOC's ban on anyone being able to watch the events online. This appalling greed created the lack of a "buzz" around the water cooler the next day and contributed to the plummeting ratings.

#### Canada Was Live

CBC Sports Producer Nancy Lee defended Canada's 288-hour package of mostly live coverage.

"We made our programming decision based on what our viewers want," Lee said. "It's a huge disservice to make viewers wait 15 hours for the 100-meter final, for instance."

Oh.

It never occurred to Ebersol to fol-



JERRY WOJCIK  
Abraham Weintraub, 90, Brooklyn, N.Y., finishing the NYRR Fifth Avenue Mile, NYC, Sept. 23.



low the Canadian lead and do something that millions of people would enjoy. All his decisions were based on how much money he could make.

Never mind that the airwaves are theoretically owned by the American people. Never mind that NBC could have aired events live and still done their 18-hour-delay prime-time show. Never mind that there were millions of Americans who, if we didn't want to stay up till 3 a.m. to watch events live, were more than happy to tape the action for early morning viewing... before we learned of the results from the morning papers or on radio or TV.

The low point came at 10:15 p.m. PDT Monday night, when a VISA commercial congratulated Stacey Dragila on her gold medal in the pole vault. Amazingly, 15 minutes later on NBC, we actually saw Dragila win the gold.

#### NBC Ignores Action

Even worse than the tape-delay was NBC's misguided judgment that the Olympics are not a sporting event, but a "pageant" to be shown like a play or a ballet. Its usual sappy profiles and focus on two or three U.S. athletes, while ignoring most of the action and the other 11,000 performers, was frustrating beyond measure.

NBC once again managed to dilute the coverage to the point where only soap opera addicts would find any enjoyment in watching. This belief that the story behind the athletes is what the Olympics are all about is so off base that the IOC should strip NBC of its exclusive U.S. rights and sell different sports to different networks.

And, of course, the most abused phrase was "when we return." Because of the lower-than-guaranteed ratings, NBC had to air extra commercials during the second week – up to 20 minutes per hour. Naturally, ratings plummeted even further.

"NBC doesn't think we're smart enough, or sensitive enough, to find the drama in these various events, so they have to manufacture it for us," said Matt Wilson of Studio City, Calif.

NBC never showed Jason Pyrah's first two rounds of the 1500 and ignored him in the final. It never

showed the heats of the 5000 or 10,000. Maybe they showed it, but I never saw the men's 800 final. And on and on.

During the opening ceremonies, it didn't occur to Bob Costas and crew to tell us a bit about each country as its athletes paraded into the stadium.

On the other hand, reports of other nations' coverage were exemplary. "I just watched the finest coverage of a track meet I've ever seen," said Canada's Phil Weishar. "CBC showed virtually all the running events plus continual coverage of the women's high jump."

"TV viewers in Great Britain have been privileged to see the best possible coverage of Sydney 2000 on BBC," said Eamonn Condon.

#### NBC Goal: To Make Money

That Ebersol could not conceive of programming for any other reason than to make more money for his corporate bosses sadly reflects the state of American culture today.

In too many areas of our daily life, greed abounds.

For example, the average length of a major league baseball game this year was 3 hours, 2 minutes – the highest ever. In the playoffs, it's up to 3:30, mainly the result of six TV commercial minutes per inning.

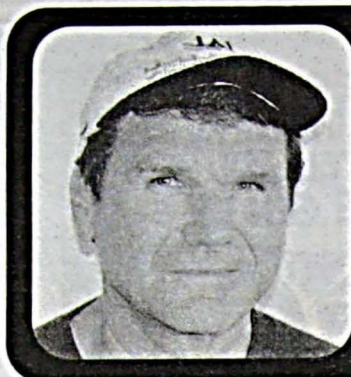
The top 1% of U.S. households have more assets than the bottom 93% combined. Globally, the 200 richest people in the world have more assets than the bottom 3.5 billion. Some 80% of all political contributions come from less than 1% of the population. In 1980, the average CEO in America earned 40 times the average entry-level wage in his company; in 1999, it was 416 times.

But it's apparently not enough. The privileged want even more money in the form of huge tax cuts.

Meanwhile, 34 million Americans – including 13.3 million children – live below the poverty line. Child poverty in the USA is 20% higher than any other industrialized nation, and 30% higher in the USA than in 1979. The majority of workers, after 10 years of overall economic growth, make less today, in inflation-adjusted dollars.

Continued on page 7





## Third Wind

by MIKE TYMN

### Bob Schul Lives!

While looking through the magazine section of my Sunday newspaper on September 24, I came upon the list of birthdays for celebrities and achievers, including athletes past and present, for the coming week. Just minutes before picking up the paper, I finished off Bob Schul's recently-published book, *In the Long Run*. I remembered that Schul was born on September 28 in that vintage year of 1937 and so I looked for his name. However, he was not listed among the achievers having a birthday that week, even though someone or something named Meat Loaf was shown as having a birthday on September 27.

A day or two earlier, I mentioned Schul's book to a runner friend definitely old enough to have remembered Schul. The name didn't ring a bell with him. When I told him that Schul won the 5000 in the Tokyo Olympics of 1964, the same Olympics in which Billy Mills won the 10,000, he responded, "Oh, sure, I remember Mills, but I don't remember ...what did you say his name was?"

#### Only Five Champions

Why is it that so many people remember Mills, but relatively few recall Schul? It's not like the United States has had that many Olympic champions in the distance races. In fact, there have been only five: Horace Ashenfelter (1952 steeplechase), Frank Shorter (1972 marathon), Joan Benoit (1984 marathon), Mills and Schul. Schul remains the only American to win the 5000 in the Olympics.

No doubt the reason Mills is more remembered than Schul is that he was a longshot who won in a dramatic come-from-behind finish, while Schul was considered by many to be the favorite in the 5000. Of course, Mills' story, including his Sioux Indian heritage, was made into a movie, thereby giving greater name recognition to him.

Schul was just a farm boy from West Milton, Ohio. Even though he came from behind to win the gold medal in the 5000, it was not quite so dramatic. Besides, Mills had already won the 10,000 a few days earlier, making Schul's victory somewhat anticlimactic.

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

While Schul's story may not be movie material, his book, co-authored by Laura Rentz Krause, is a very interesting read and difficult to put down once you get started. You understand what it took in way of dedication and effort to become an Olympic champion.

#### Fifth Place Finish

While a 4:34 mile at Milton Union High School was good enough for a fifth-place finish in the Ohio state meet, it gave no indication of what was to come. At Miami University of Oxford, Ohio, he improved his mile time to 4:12.1, but it was not until he came under the tutelage of Mihaly Igloi – the Hungarian coach who had defected to the United States with his star runner, Laszlo Tabori, after the 1956 Olympic Games – that he began to really develop.

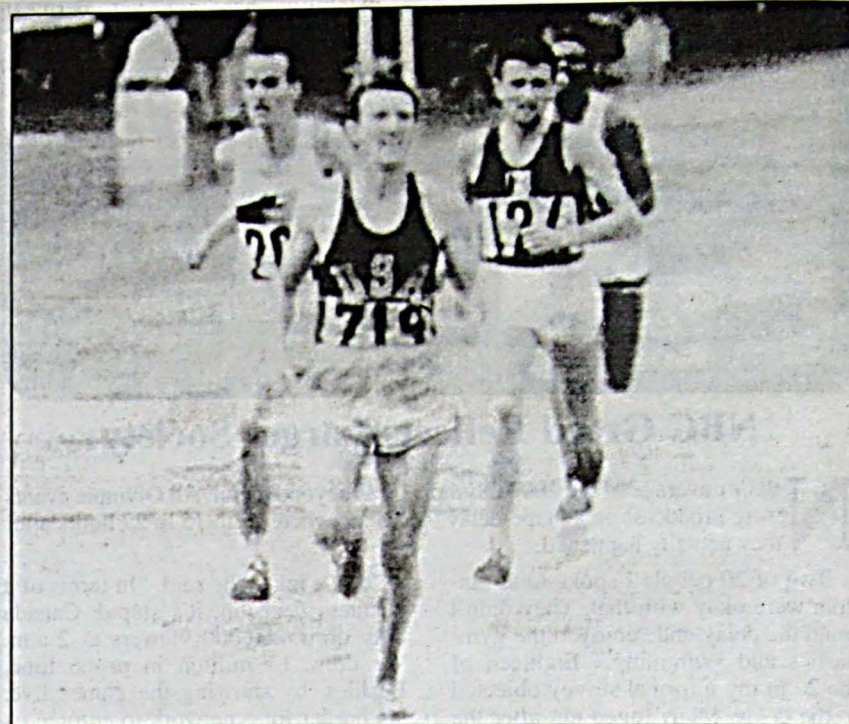
While in the Air Force and stationed at Oxnard Air Force Base in California, he was introduced to Igloi by Max Truex, then America's top distance runner. As Schul observed, when you trained under Igloi, running was no longer a game; it was a job.

"I didn't do everything Laszlo did that afternoon, for there was no way the body could have stood it," Schul writes of his first workout with Tabori, the third man to run a sub-four minute mile (after Roger Bannister and John Landy). "I was amazed at the amount of work he could do. I saw all the other athletes (training under Igloi) doing more than I had ever done."

When Schul's new Air Force assignment forced him to leave Igloi, he told the coach that he'd try to continue what he had been taught. "You cannot," Igloi responded. "Do you think you can learn what it has taken me years to understand? It is not easy, this work."

#### Igloi Gets Credit

Schul later returned to train under Igloi and credits Igloi more than anyone else for his emergence as a world-class runner. His best times included a 3:58.9 mile, 8:26.4 for two miles (a world-record at the time), 13:10.4 for three miles, and 13:38 for 5000 meters,



Bob Schul (#714) winning the 5000 in Tokyo.

all on dirt tracks. His 13:38 for 5000 figures to be around 13:14 on today's all-weather surfaces.

Schul, 63, still lives in Miami Valley in Ohio and coaches cross-country for Wright State University. While he doesn't race seriously any more, he occasionally jumps in a race. At age 60, he ran 17:55 for 5K and at 61 did 39:55 for 10K on about 30 miles a week of training. After reading his book, I contacted Schul by e-mail for a short interview.

"My main problem is old injuries," Schul responded when I asked him what he thought he might be able to do if he got serious about masters running. "When I try to increase my mileage over 45 miles a week something happens to a part of my body that had been injured when I was in my twenties. Part of it is the structure of my feet, as I have flat feet which leads to over-pronation even though I wear orthotics."

#### A Matter of Flexibility

Schul also mentioned that flexibility is more of a problem these days. "When I was running (35-40 years ago), I wasn't especially flexible," he explained. "Now it is much worse, even though I am doing more stretching now than when I ran internationally."

His asthmatic condition, which also bothered him in his younger years, continues to be a handicap, especially during the summer in Miami Valley. "After the first frost in the fall, which kills the plants that give off the pollen, I am much better, but since I coach a club team as well as cross-country it makes it a little difficult to run as much as I would need to compete well," he added.

I asked him what he might do differently if he could go back to 1964 with the knowledge that he now has. "If I was training myself in 1964 knowing what I know now, the training would be different," he replied. "I

would slow my interval training some so I could extend the time I was training."

#### Time and Speed

"Time is the most important factor in building the cardiovascular system, but doing proper 'speed' work must be a very important part of the training. Of course, now it would be so much easier as I wouldn't have to work eight hours between my training sessions. I would also receive a massage every day and be adjusted by a chiropractor at least once a week."

Schul added that when grass was available in 1964 he used that surface and would do so again. "Using straightaways takes the pressure off the legs and I would use them most of the time. I would probably go to the track once a week."

I then asked Schul if he thought one had to have fresh legs to do well in the masters arena. "I don't think we have only so many good miles in our legs," he answered. "However, as I said before, the injury problem when young can deter good training as you get older. In that respect, I suppose you could say there are only so many 'good' miles in all our legs."

#### Late Starters Stay Healthy

"The fast masters I see today seem to have started running at a late age and very seldom get injured. But then you see a Bill Rodgers continue through the age groups. Bill has never had a serious injury and it shows as he continues to run well."

Schul said he feels "in pretty good shape" now. "I feel I'm on track to run under 40 minutes (for 10K)," he said. "How far under is pure conjecture at this time as I will need some 5K races to ascertain my condition." □

(You can order Bob Schul's book by going to his web site at [www.bobschul.com](http://www.bobschul.com) or by sending a check for \$14.95 with your request to Bob Schul, 27 E. Dixon Ave., Dayton, Ohio 45419.)



## From the Editor

Continued from page 5

and work 163 hours longer per year, than workers did in 1973. It often takes two jobs just to make ends meet.

The USA jails more people for drugs (400,000) than Western Europe does for everything – and they've got more people than we do. Forty-four million Americans have no health insurance. Daily we face court crowding, high drug prices and massive traffic jams. We're put on telephone hold for the longest time before we get an answer to a simple question. Press one. Press two. Why? Because the corporations don't want to hire enough workers. They want to load it on us.

### Tweedledum and Tweedledee

What's even more depressing is that in the three Gore-Bush debates, none of these issues was even discussed. It's like watching Tweedledum and Tweedledee. The haves vs. the *really* haves. Some third-party candidates, such as Ralph Nader of the Green Party, have raised these questions, but Nader and all third-party candidates were banned from the debates.

Nader even had a ticket to sit in a television ante-room at the first debate in Boston, but he was bodily thrown out of the building by three armed policemen and officials of the Debate Commission, which is controlled by the two major parties.

"What are the two parties afraid of?" asked one reporter in his column the next day. "Is this America or some third-world dictatorship?"

### "Greed is Good" Mentality

Fortunately, the "greed is good"

mentality has not yet permeated Australia. We learned from newspaper reports – not from NBC – that Australia, despite its problems, is a fabulous country, with friendly, sports-minded people. We knew that from our trip to Melbourne in 1987 for the 7th WAVA World Veterans Championships, but it was good to be reminded. Total attendance in Sydney easily surpassed one million at the track and field competition. And when 40,000 dedicated volunteers said, "G'day," they meant it. We can't wait to return next year to Brisbane for the 14th edition of the WAVA meet.

NBC did belatedly air some unfor-

gettable moments in Sydney this year – from Cathy Freeman's lighting of the torch at the opening ceremonies to Slim Dusty and 100,000 people singing "Waltzing Matilda" in a darkened stadium at the closing ceremonies. I can't think of a better close for the WAVA Games next year.

One of the most impressive things about Australia is it reportedly passed a law forbidding commercial advertising in stadiums. Did you notice? Instead of the plethora of soft drink, telephone, automobile, and beer ads we regularly see in U.S. arenas and stadiums, all we saw at the Olympic Stadium was "Sydney 2000." How refreshing.

"There were a myriad of merchandise-free zones," wrote Karen Crouse of the Los Angeles Daily News from Sydney. "It was a welcome change after the crass commercialism of the 1996 Summer Games in Atlanta."

### TINA

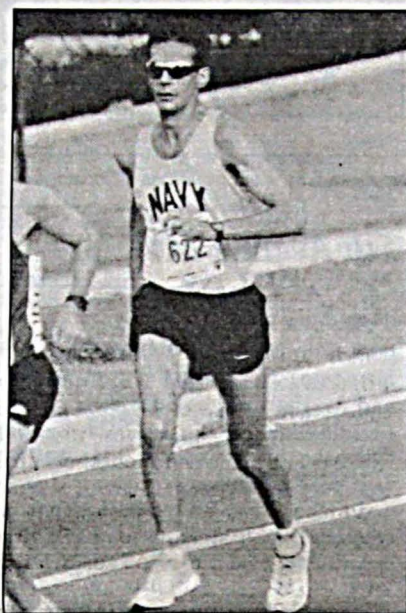
Most Americans, if we think about these things at all, just shrug. We feel powerless – 51% of us didn't even vote in 1996. We've given up trying to be good citizens. We've become a culture of conformity, acquiescence, and obedience. It's called TINA – There is No Alternative. Nothing can be done. This is as good as it gets. The system doesn't want us to rock the boat. It wants us to think everything is okay.

Well, Sydney showed us there is an alternative to mindless commercial advertising. Canada and other nations showed us there is an alternative to



JAMES WOJCIK

Bob Schwelm, 41, Philadelphia, Pa., fifth master (2:26:59), 2000 Boston Marathon.



GEORGE BANKER

Tony Basile, 42, first M40+ (56:07), 2000 Annapolis 10 Miler.

## Twin Cities Marathon

Continued from page 1

2005). Steve Wilson, 41, Lafayette, Ind., won \$1500 as the fastest U.S. finisher in 2:22:20 (A-G 91.3%) and was sixth master overall.

His time was a bit of a disappointment, considering his 2:18 PR effort at Austin in February, but not bad, considering he wore a mask over his nose and mouth the whole way. Wilson suffers from exercise-induced asthma that is aggravated by cold weather and is only barely under control with the help of the mask, which was no treat to wear. "I'd pull the mask away for (more air) or to drink at the aid stations, and it would take maybe 30 seconds to recover," he commented.

Local favorite Bev Docherty, 42, St. Paul, plowed through a stacked masters field to take the U.S. crown in 2:44:47 (A-G 87.9%). After running back-and-forth with Maria Trujillo de Rios, 40, Los Gatos, Calif. (third W40+, 2:47:28, A-G 85.1%), through 15 miles, she pulled ahead and then passed Marie Boyd, 40, Albuquerque, N.M. (second W40+, 2:47:56, A-G 85.4%).

Docherty was able to triple-dip the prize money (10th woman overall,

second W40+ overall, first U.S. W40+) for a total payday of \$5000. Boyd, a Minnesota native, never felt good in the cold weather, remarking, "I was tight the first mile. It was a tough one for me."

Up the age groups, Norm Purrington, 57, Lake Elmo, N.M., took the M55 in 2:54:09 (A-G 84.6%). Jim Schleisman, 67, Jefferson, Iowa, made the trip worthwhile in 3:18:03 (A-G 82.1%). Jerry Johncock, 72, Grand Rapids, Mich., ran a stellar 3:38:25 for the M70 laurels. Lloyd Young, 77, Pine City, Minn., was second 70+ in 4:07:56.

Nine masters women broke 3:00:00. Gillian Horovitz, 45, NYC, was first American W45, in 2:52:13 (A-G 86.2%). Marina Jones, 48, Palm Desert, Calif., set a pending single age record in 2:56:11. Karen Bestul, 58, Lincoln, Nebr., 3:25:14 (A-G 81.7%), may be the next woman to take on Barbara Miller, 61, Modesto, CA, W60 doyenne, 3:24:54 (A-G 84.5%). Oldest woman finisher, Joy Johnson, 73, San Jose, Calif., ran a very respectable 4:50:13. □

—From reports by St. Paul Pioneer Press, [www.twincitiesmarathon.org](http://www.twincitiesmarathon.org)



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PAGLIANO'S PODIATRIC POINTERS

# The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

## Hamstring Strains

Lately we have had several inquiries into hamstring strains, so now seems a good time to address this problem. Hamstring strain is more common in those over 50 and is usually not due to a single incident. It can be classified as an overuse injury, and is more common in hurdlers and sprinters, due to their explosive type of running.

Hamstring strains are somewhat difficult to diagnose and the determination is based on physical examination and history of the injury. Most of the pain is centered around the ischial tuberosity, in the buttocks area, but the pain can extend down the back of the

upper leg. Many times the hamstring bands are very tight. There is often sciatica syndrome or sciatic nerve pain involved.

Hamstring strain should also be differentiated from piriformis syndrome, which is in the same area and is caused by the piriformis tendon pinching the sciatic nerve.

Current thinking is that hamstring strains may be caused, in part, by excessive stretching. Although not the result of one incident, a series of excessive stretches may cause the problem.

These take several months to heal at best. I prefer physical therapy, which includes ultrasound, tissue massage and moist heat. Others recommend esthim to reduce the pathology. Obviously one should reduce the stretching and substitute a walking program prior to the workout.

Several medications on the market may reduce the swelling in this area. Celebrex appears to work well, and some recommend a Medrol Dose Pack to help the healing process.

Once the condition resolves itself, return to a limited workout is advised for six weeks, so as not to incur further injury. □

*(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)*



First three finishers in the NYRR Fifth Avenue Masters Mile (l to r): Alston Brown, 51, 4:37.0, Anselm LeBourne, 41, 4:26.3, and Don DiDonato, 42, 4:28.2.

## 5th Avenue Mile

Continued from page 1

ners, with Barbara Gubbins, 40, South Hampton, N.Y., finishing in 5:16.2, and Patricia Zebersky, 44, Farmingdale, N.Y., in 5:26.4. Ann Makoske, 55, Melbourne, Fla., was the first W50-59 in 6:06.7.

In the M40-59 race, LeBourne, Mapleton, N.J., defended his title with a 4:26.3 in a field of 19, ranging in age from 40 to 53. LeBourne, who ran a 4:19.6 in 1999, held off Don DiDonato, 42, Hicksville, N.Y., Long Island's premier M40+ runner, second in 4:28.2. Alston Brown, 51, Mt. Vernon, N.Y., third overall in 4:37.0, was first in the M50-59 group. Harold Nolan, 53, Navesink, N.J., last year's M50-59 winner in 4:36.5, was second with a 4:43.2.

The top three masters in both races were awarded \$300, \$200, and \$100.

The Sheehan Memorial Mile for M60-69 was almost a replay of the close 1999 race, when Sid Howard, Plainfield, N.J., held off Fay Bradley, 61, Huntsville, Ala., to win 5:12.1 to 5:12.4. This year, Bill Borla, 60, Torrington, Conn., held off Howard, 61, but had to do it with a course record 5:06.0. After the race, Borla, winner of the 5000 and 10,000 at the 2000 Nationals in Eugene, said, "After a slight rise, the street goes down at the

finish. That helped a lot."

Howard, who was disqualified after finishing first in the 800 in the Nationals in Eugene for stepping on the line before the break, ran a 5:07.0 here. After, he said, "I started my kick too early at 65th Street. I should have waited."

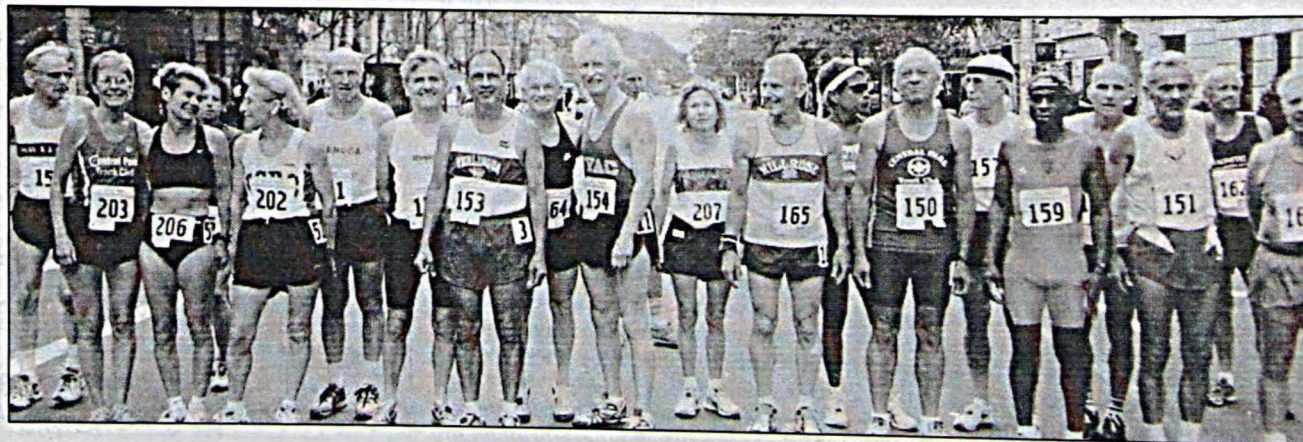
Yvette LaVigne, 60, Los Angeles, Calif., won the W60-69 contest with a course record 6:08.0, about 30 seconds better than the previous record. Margret Betz, 64, Conklin, N.Y., was second in 6:21.0.

Earl Fee, 71, Canada, was first in the combined M70+ & W70+ race, with a 6:05.7. Bill Fortune, 72, Pearl River, N.Y., was second in 6:25.3.

Toshiko d'Elia, 70, Ridgewood, N.J., was fourth overall, breaking the W70-79 record by more than a minute with a 7:02.7. Abe Weintraub, 90, Brooklyn, N.Y., established a course record for M90+ with an 11:35.1.

Jason Lunn, in 4:03.9, and Kim McGreevy, in 4:38.9, were the Invitational Mile winners. The event had kid's races, high school races for boys and girls, and open races in which hundreds of men and women of all ages ran.

The weather cooperated with temperatures in the 60s, overcast, and no rain until after the final race. □



Contestants at the starting line in the George Sheehan Memorial Mile for men and women 60-69, NYRR Fifth Avenue Mile, Manhattan, Sept. 23.

AL PUMA

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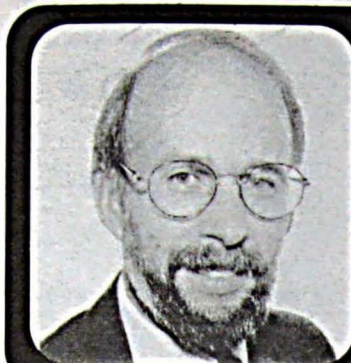
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## False Start

by DAVID E. ORTMAN

### Whose National Track Meet Is It Anyway?

**A**dmit it. You have this fantasy about getting in the starting blocks in the finals at the USATF National Masters Track & Field Championships. "On your mark. Get set." False start – wake up and smell the Gatorade. You didn't make the finals because all the lanes are filled with foreigners.

Last time I checked, U.S. masters paid fees to enter the USA National Masters Outdoor Championships. But national it isn't.

According to the July 2000 NMN, "Foreign athletes may enter as guests with no USATF registration and receive equal awards, but will not displace U.S. athletes." Wrong.

#### Out of the Running

Say you're an M40 400 runner. You run the 15th fastest time among U.S. runners in the preliminary heat where 16 advance to the semi-final. You don't advance because, two foreign runners with faster times end your event. Your buddy does make the M40 400 semis and clocks seventh fastest time among U.S. runners. He doesn't make the finals and joins you in the stands because again, two foreign runners advance. In fact, because of a no show, only five U.S. runners are in the finals with two foreigners.

Take pity on the poor M55 100 runner who clocks seventh fastest time among U.S. runners in the preliminaries, but can't advance to the finals because of three foreign runners ahead of him. As it is, only six U.S. runners are able to compete for the U.S. M55 100 championships.

Same thing in the M55 200. You'd think if you and your buddy tied for the fifth fastest time among U.S. runners in the preliminaries, you could both easily make the finals. No way. You're done, because three foreign runners run faster. Only five U.S. runners are able to compete for the U.S. M55 200 championships. Or, to put it another way, 16 U.S. runners completed their preliminary heats, but only two U.S. runners showed up and finished the finals for medals.

#### Go To The Stands

Or take a look at the M50 1500. Say you have the 12th fastest time among U.S. runners in the preliminaries where 15 advance. But not you because there were four foreign runners ahead of you. So four U.S. runners are told "go directly to the stands; do not pass the final starting line."

After missing the 1999 WAVA-Gateshead meet due to injury, I checked around to see if I could still use my plane ticket to attend the European/Indoor Championships. I was told that non-Europeans are not

allowed to compete. One suggestion is that if we can't run in their national championships, then why should they come here? On the other hand, if other national championships are open (e.g., Canada, Great Britain, Australia, New Zealand, etc.), then perhaps ours should be open to those countries' athletes as well.

#### A Fair Shot

Not every masters participant will be a champion or return with a medal. But there is satisfaction in knowing that you made a final and ran against the best in the U.S. Is it time for USA masters track & field to run a real U.S. masters championships? That would mean that no foreign athlete can take a lane away from a U.S. master in a running event final, or keep a U.S. master from advancing to the finals in a field event.

In my view, foreign masters should be encouraged to compete in U.S. national masters championships field events and finals (so long as the required number of U.S. masters advance). For running events, foreign masters could participate in any masters finals where there are open lanes (although I also support advancing the 9th fastest U.S. runner from the previous round whenever there is a scratch in the finals) and no U.S. runner would be displaced.

#### The Foreign Solution

For the 100-1500 races where there are no open lanes, I would support adding one heat of mixed-age foreign runners in a special exhibition race for each event. They can receive equivalent medals whenever they better a U.S. time in their own age group.

We've already seen U.S. masters championships finals with three out of eight lanes filled with foreigners. Is it going to take an all-foreign final before changes are made? □

### 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*

### Tinari Top Master in Tufts 10K for Women

by SUSANNAH BECK

Lovely New England fall weather made for a glorious 24th Tufts 10K for Women, Oct. 8. However, a "stiff breeze," the bane of fast times on the flat but exposed course along Boston's Charles River, made for a slow opening pace and tactical strategizing.

Nancy Tinari, 41, Coquitlam, British Columbia, was the top master in 34:57, taking home \$650, and finishing 23rd overall. Janice Stands-Addison, 40, Columbia, S.C., just nipped Julie Peterson, 40, Beverly, Mass., 36:17 to 36:19 to complete the top three.

Other notable performances of the day included the close finish between Susan Gustafson, 54, Norwell, Mass., W50 winner in 41:28, and second-place Cathy Klim, 51, Cummaquid, Mass., 41:34; Annstia Swain, 61, Topsfield, Mass., 47:21 for the W60 title; and Shirley Foley, 70, Charlestown, Mass., 59:03.

Tufts is an old standby on the fall

race calendars of New England women. Over 6000 women competed this year, raising money for breast and cervical cancer screening concerns in the Boston area. The race also serves as the USATF Open 10K Championships, drawing the best American 10K field on the roads. Amy Loring and Conventures, Inc. directed the event. □

### TEN YEARS AGO November 1990

- Richard Marczak, 45, Top Age-Graded Runner at Twin Cities in 2:20:47
- Nelson, Martinez, Havens Win National Marathon Titles
- Rod Dixon Sets Mile Record in Masters Debut

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**NOVEMBER 5 - Zoo Run for Wildlife, 10-K, Philadelphia, PA.** Contact: Allison Walker, Philadelphia Zoo, 3400 W. Girard Avenue, Philadelphia, PA 19104. Phone #: (215) 243-4375.

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# Masters Racewalking

by ELAINE WARD

## Enhancing Performance

The fall of the year is a good time to go back to fundamentals in preparation for the new year's competitive season. The fundamental that affects every element of racewalking technique is the body's flexibility. The more limber you are when racing, the less energy you spend and the faster you can go for a longer distance. Arm-swinging, hip-gyrating, and torso-twisting drills help improve efficient movement and relaxation.

If you are a well-conditioned athlete, the improvements you experience from flexibility drills are comparatively less significant and obvious than those of the novice. However, even small improvements can bring large benefits in faster race times. They can make as significant a contribution as interval training.

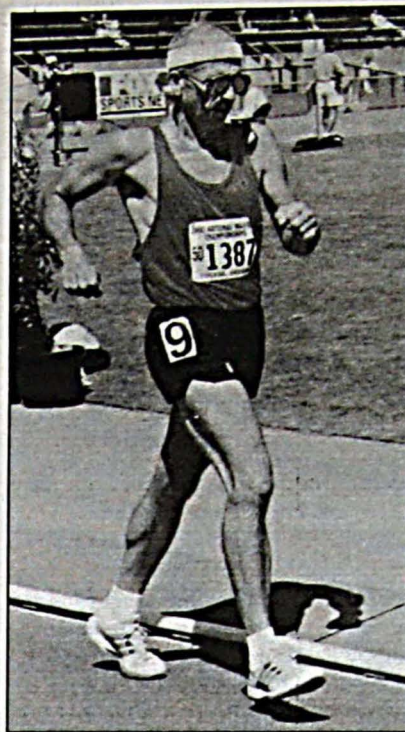
### Nature in Control

There are individuals whose muscles defy the most sincere and regular efforts to stretch. They can stretch religiously for months and experience little noticeable change. This is where nature steps in and sets the boundaries. Such athletes often perform well in spite of their natural handicapping. But, they cannot optimize their performance the way limber athletes can.

I was viewing a sequence on the videotape, *How to Walk Faster - Tips from the Pros*, where Jefferson Perez is walking in front of the athletes training at the ARCO Olympic Training Center. Perez is considered one of the world's foremost technicians and is truly beautiful to watch. His body is in perfect control because of his flexibility. Nothing impedes his rhythmic, fluid movement.

### Flexibility Variations

When focus drifts back to the walkers behind him, the eye is immediately arrested by differences in flexibility. As highly trained and accomplished as these young elite athletes are, areas of their bodies seem tight in comparison. Problems with lifting as well as injury can be consequences of even slightly



JERRY WOJCIK  
Max Walker, 53, Indiana, second M50 (25:29.33), 5000 racewalk, 2000 USATF Masters Championships, Eugene, Ore.



JERRY WOJCIK  
Alfred DuBois, 68, Wisconsin, second M65 (28:40.83), 5000 racewalk, 2000 USATF Masters Championships, Eugene, Ore.

restricted technique at all ages.

Bent-knee problems affecting masters can also be a consequence of impaired hip rotation and contracted leg muscles. It gets harder and harder to go fast legally when muscles resist the elements of technique essential to knee straightening. The risk to competitors in their 70s and 80s is well documented in DQs.

### Contributing Factors

Recently I heard two masters puzzling about why they continued to have problems with injuries after cutting down in their workouts. They clearly understood the role of over-training in

overuse injury. However, overuse injuries may not just be caused by insufficient recovery between workouts. Muscle tightness may also be a chronic, contributing element.

The WAVA Meet in Australia offers the target race for many in 2001. Enthusiasts will devote a great deal of time to training for their best performances. Early attention to the fundamental of flexibility this fall may give you the winning edge when it counts most. □

(Elaine Ward can be contacted at narwf@aol.com)

## 2000 USATF 22nd Annual Meeting Albuquerque Convention Center, Albuquerque, N.M.

### Wed. Nov. 29

9:00 am-12:00n  
5:30 pm-8:30pm

Masters LDR Exec. Committee  
Masters T&F Exec. Committee  
Masters LDR

### Room & Floor

Nambe LL  
Acoma LL  
Pecos UL

### Thurs. Nov. 30

9:00 am-12:00n  
1:00 pm-2:30 pm  
1:00 pm-4:00 pm  
2:00 pm-4:00 pm  
5:30 pm-8:00 pm  
5:30 pm-8:00 pm

USATF Opening Session  
Masters Hall of Fame Subcommittee  
Masters T&F Awards Subcommittee  
Masters T&F Regional Coordinators  
Masters T&F  
Men's, Women's & Masters LDR  
Round Table

Kiva Aud. UL  
Zuni LL  
Acoma LL  
Nambe LL  
Pecos UL  
Cochiti LL

### Fri. Dec. 1

7:30 am-10:30 am  
8:00 am-10:00 am  
1:00 pm-3:30 pm  
7:00 pm-10:00 pm

Masters LDR  
Masters T&F  
Joint Masters T&F/LDR  
Friday Night Nike Reception

Santa Ana LL  
Ruidoso UL  
La Cienega UL  
Ballroom B-C UL

### Sat. Dec. 2

7:30 am-9:30 am  
9:30 am-12:00n  
10:00 am-12:00n  
1:00 pm-3:00 pm  
2:00 pm-5:00 pm  
3:30 pm-6:00 pm  
7:00 pm-10:00 pm

Awards Breakfast Buffet  
Masters LDR  
Masters T&F  
Joint Men's, Women's & Masters LDR  
Masters T&F  
Masters LDR  
Xerox Hall of Fame and  
Jesse Owens Awards Dinner

Ballroom B-C UL  
Santa Ana UL  
Ruidoso UL  
Mesilla UL  
Ruidoso UL  
La Cienega UL

### Sun. Dec. 3

10:00 am-12:00n

USATF Closing General Session

Kiva Aud. UL

(LL - Lower Level; UL - Upper Level)

## National One-Hour Racewalk Held

By JANE DODS

The USATF National One-Hour Racewalk Championships were held at the Worcester Polytechnic Institute in Worcester, Mass., Oct. 1.

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.

First masters woman to cross the line at Alumni Field was Victoria Herazo, 41, who completed a record-breaking 11,728 meters. This eclipsed the old mark of 11,533 set by Donna Chamberlain in 1999. This year, Chamberlain came in second with 10,825.

The second mark to fall was in the women's 50-54 category. Jackie Reitz, 52, strode 10,300 to erase the old standard of 10,202 held by Elton Richardson since 1993.

The men's masters race was won by Reynaldo Carrazana, 42, who covered 11,787. He was followed by Nick Manuzzi, 10,829, and Richard McElvery, 10,813.

In the men's 55-59 division, Leon Jasionowski, 55, and James Carmines, 57, dueled it out, with Jasionowski taking the title (11,466 to 11,036).

The event was officiated by Tom Eastler, Diane Gladden, Thomas Knatt, Carol Kuo, Bill Hogan, Ken Mattsson, Maryanne Torrellas, Mary Helen Baldwin, Stan Sosnowski and Justin Kuo. Participants were treated to great weather, great competition, and great food. □



## Pentathlon Athletes Recognized

They came from 22 states and Puerto Rico, and what performances they put on. This year's National Masters Weight Pentathlon Championships was anticipated to be one of best attended yet; for that reason, new recessed rings were built for each of the throwing events and each with its own cage.

Everyone seemed happy with the facilities and officiating. Bananas, watermelon, and water were provided in the hospitality tent by the Carpenters' Church ladies. The banquet proved enjoyable, as the Pampa H.S. show choir sang for the guests, followed by the Pampa H.S. Mexican fiesta dancers.

Lad Pataki, 50, was presented with a football autographed by Zach Thomas, a Pampa graduate who plays for the Miami Dolphins. J.E. "Jeep" Webb was honored with a plaque recognizing his 16 years of officiating in USATF track & field, often at the Senior Nationals or Masters Nationals.

Gilberto Gonzales, 87, of Puerto Rico, and Betty Jarvis, 85, Oklahoma, received plaques for being oldest male and female competitors. The plaques were in honor of Margaret Palmer White, my mother, who competed at age 100, and is, as far as is known, the first and only female competitor at age 100.

It was wonderful to have so much talent in Pampa, and our facilities are available any time the weight pentathlon wants to come back to Texas. □

— From Wendell Palmer

## Stookey Top Age-Graded Performer at Chuck McMahon Memorial Meet in San Diego

By JERRY WOJCIK

James Stookey, 70, Dickerson, Md., dominated the list of best age-graded performances at the Chuck McMahon Memorial Masters Meet/California State Senior Games Championships at the ARCO Olympic Training Center, Chula Vista, Calif., Sept. 16-17. He not only topped the list with a 97.0% 13.24 in the 80H, he was also second with a 94.92% 49.29 in the 300H and third with a 94.91% 10.26 in the triple jump.

Stookey's 300H time breaks the M70 world record of 50.4 held by Albertos Van Zyl (RSA) in 1993. His

marks in the 80H and triple jump are better than the U.S. age-group records of 13.89 by Mel Larsen in 1997 and 9.74 by Edwin Lukens in 1993.

Vicki Bigelow, who turned 65 in July, broke the W65 U.S. record with 2:58.62. Suzi MacLeod owns the present record of 3:01.80, set at WAVA-Gateshead.

Harold Tolson, 62, was fourth with a 94.5% 12.68 in the 100 and seventh with a 93.4% 26.07 in the 200. Phil Raschker, 53, with a 90.9% in the 100, and Kathy Bergen, 60, with a 90.8% in the 100, were the top performers among the women. □

## Age No Barrier at McMahon Meet

By KEN STONE

CHULA VISTA, Calif. — Everett Hosack flew all the way from Chagrin Falls, Ohio, for this? A headwind on the home stretch in 102-degree heat? No sweat. His 400m dash of 3:53.10 was perhaps laughable by preschool standards. But Hosack has been out of kindergarten for what — nine decades?

At the Chuck McMahon Memorial Masters Meet/California State Senior Games, at the ARCO Training Center, Sept. 16-17, Hosack did the Olympians' practice track proud, becoming the oldest one-lap sprinter in history. Hosack is 98. The previous oldest: 96-year-old Herb King.

So it went in Chula Vista, while the eyes of billions were riveted on south-east Australia, the families of hundreds huddled under makeshift shade tents at ARCO, yelling, "Go Grandpa! Stay tough, Mommy?" Some 381 athletes age-40-and-older competed, some from as far as Maryland and Georgia.

But the ones past 70 made the most history. Bert Morrow, San Marcos, Calif., ran the 80m hurdles (eight 30-inch barriers) in 25.56 — not great for the Banana Man (he used to star in Chiquita TV commercials), but not bad considering he's now the oldest hurdler in human history. He turns 88 in November.

But tough luck for Johnnye Valien, Los Angeles, who became only the second-oldest female hurdler in the books. She'll have to just suck it up and settle for having crushed the W75 age-group world record in the 80m hurdles with her 21.87 — an impressive six-second improvement.

Same for poor old Leland McPhie, San Diego. At 86, he's 10 years shy of being the oldest high jumper in history. He'll have to be satisfied with setting a world record for his age at 3-7/4.

Winfield McFadden, San Diego, missed his chance at glory, however. At age 95 years, 6 months, he could have been the oldest racewalker on record by three months. But in the 1500 walk, Sept. 16 at ARCO, he was carded — warned twice and disqualified for illegal procedure.

No sweat. There's always next year. □

— From The San Diego Union-Tribune, Sept. 24



SUZY HESS

First three in the W55 100 (l to r): Nadine Lowenstein, second (15.15), Sally Curtis, third (15.33), and Mary Robinson, first (15.08), USATF Masters Championships, Eugene, Ore.

## Weight Pentathlon

Continued from page 1

tallied by Tom Gage, 57, Montana, 4805; Bob Ward, 67, Texas, 4939; Leo Chapman, 81, Kansas, 3100; Vanessa Hilliard, 59, Florida, 4328; and Erika Messner, 65, Florida, 4439.

Jarvis broke W85-89 U.S. records in the shot put, discus, hammer, and javelin.

Ward, with three events scoring over 1000 points, was the top scorer among the men; Finsrud's total was the highest for the women. Bob Humphries, 64, California, with a 4258, prevailed in a field of ten M60s, in which the top six scored better than 3000 points, the All-American Standard of Excellence for that group. □

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## On The Run

by HAL HIGDON

### Post-20 Blues: How to Keep from Going Crazy During the Three-Week Taper

The end of September along the Chicago lakefront, a sunny Saturday, little wind, temperatures near 60, a glorious day for running. Lisa Zimmer stood by the Fleet Feet aid table at North Avenue watching runners by the hundreds stopping to grab cups of water or Gatorade. "Nobody's smiling!" said Zimmer, amazed. Indeed, the runners did have their game faces on as they ran their final long run: a 20-miler, climax of their training for The LaSalle Bank Chicago Marathon.

Perhaps it was fear of the distance. Most had never run that far. Maybe it was a realization that the training was now over. Nothing remained but tapering to the marathon itself three weeks later.

Tapering has its own perils, particularly among those who become addicted to regular training. Novice runners in my training programs peak at 40 miles the week they do their final 20-miler. Intermediate and advanced runners peak around 50 weekly miles. And although we often complain about aches and pains and suffer injuries, minor and major, we like training for a marathon — otherwise we wouldn't do it. Although not everybody in America appreciates the fact, running long distances can be fun.

#### Anxiety Sets In

But once the taper begins, anxiety sets in, fueled by the fact that our virtual coach (me) won't let us run as much as we might like. In the final three weeks of taper, the total mileage drops to 75, 50 and 25 percent with only a few token workouts the final week. Novice runners run only 9 miles during that week, hardly enough to still nerves frazzled from thinking about their first marathon.

Judging from messages posted to the virtual boards, many new runners also worry that the decrease in miles will cause them to suddenly gain unwanted weight. Many previously overweight people begin to run to lose a few pounds.

Weight losses of 5 or 10 pounds or

more are not unusual among those training for a marathon. But if runners continue to weigh themselves daily during the taper, they notice that the inexorable downward spiral of numbers suddenly takes a turn upward. With 30 fewer miles in the last week alone, that's approximately 3,000 calories unburned, the near equivalent of a pound of fat.

#### Sacre Blimp!

"As my mileage has increased over the past months, my appetite and food intake also have increased," worries Cathy Gregory of Deerfield, Illinois. "During the taper, will my appetite also decrease?" I had to warn Gregory that not only her appetite might not decrease, but it could even increase because of the withdrawal symptoms from not being able to run as much as she wanted.

Also, particularly during the final "carbohydrate-loading" phase, more carbs mean more pounds, because glycogen stored in the muscles bonds with water. More fluid, more weight, and the scale takes another bump upward.

#### A Positive Effect

This is a positive bump, however. You want to go to the starting line, muscles crammed with glycogen, fully hydrated to make your body's air conditioning system work smoothly. Pounds don't count.

"I am petrified of gaining even an ounce," worried another virtual trainer. I told her to simply stay off her bathroom scale the week before the marathon. Twenty-six miles and 2,600 calories burned during the marathon would bring her scale back to normal. In fact, because of dehydration she probably will weigh much less.

#### Tapering Allows Recovery

Diminished training during the taper period allows the muscles to recover. Nagging injuries heal. Tapering also provides time for deferred activities, both business and home. Not only do weekly long runs take time, but they also absorb energy. Increasingly longer midweek runs

mean increasingly earlier alarms to fit in the miles before work. Tapering means you can sleep later. But don't fill the time with frantic activity. Don't paint the house or clean the attic if it means a lot of heavy lifting that could strain muscles. And don't nervously substitute cross-training for missed running miles.

The purpose of the taper is to arrive at the starting line well rested and ready to perform at the best of your ability. After I warned her, Cathy Gregory got the point. She responded, "I'll try to satisfy my cravings with high-quality carbs like fruits and veg-

etables instead of pizza and beer."

Several days later, I spoke again with Fleet Feet's Lisa Zimmer. While few doing the 20-miler may have smiled on the way out, she said nearly all had grins on their faces on the way in. She had seen them again at Belmont Avenue, less than two miles from the end of their 20-mile run.

"The hard work was over," commented Zimmer. Most assuredly, all would be sporting smile faces when they cross the finish line on marathon day. I

(Hal Higdon can be contacted at [hhigdon@mediaone.net](mailto:hhigdon@mediaone.net))



FROM JEFF DARMAN

Showing the old miler form, Rep. Jim Ryun (#400), 53, R-Kansas, negotiates his way through the SGMA Capital Challenge 5K in Washington, DC, Sept. 13, en route to a 19:56.

### Navy Sails to Victory in Capital Challenge

by JEFF DARMAN

The 20th running of the SGMA Capital Challenge, September 13, drew its usual stellar cast including scores of media, 28 members of Congress, federal judges, White House Chief of Staff John Podesta, NBC's Bob Hager, CBS's Bill Plante, and David Schuster of Fox News, to name just a few.

About 650 runners took part in the three-mile race on teams, each of which was captained by one of the following: a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the SGMA Capital Challenge is to determine who is fittest: the Legislative Branch, Executive Branch, Judicial Branch, or the media who cover them. The race also raised almost \$12,000 for the D.C. Special Olympics.

A highlight of this year's race was special recognition at the awards ceremony for event Advisory Committee Co-Chair, Senator Dick Lugar, of Indiana, who completed his 20th race, having never missed a start since the race began in 1981.

Senator Tom Hutchinson (R-AR) ran a 22:36, defeating long-time champion Don Nickles (R-OK), and went home with the fastest senator title. Bart Gordon (D-TN), still the fastest

man in Congress, ran 17:14, while Senator Kay Bailey Hutchison (R-TX) defended her women's Senate title in 33:04. Overall winners were Mike Ryan (14:57) of the victorious Navy Team, and Vicky Lang (18:00) from V.A. Secretary Gober's team.

Former mile world record-holder, Rep. Jim Ryun (R-KS) again enlisted his twin sons and daughter for his team and retained House division team honors. Former professional football player Steve Largent (R-OK) also ran, finishing fifth among House members.

As always, the race had a festive air, with the Howard University Showtime Marching Band entertaining runners pre-race and as they finished. The official "whistle blower" and starter was a President Abe Lincoln look-alike. Post-race, the runners quenched their thirst with Deer Park water and munched on fruit and chocolate croissants.

The SGMA Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit. Challenge title sponsor SGMA (Sporting Goods Manufacturers Association) and contributing sponsors Fannie Mae, 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 the Special Olympics. □

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GEORGE BANKER

Eleanor Simonsick, 42, Baltimore, Md., deserved some sort of recognition from the Believe It or Not folks for equaling her age with a 42:42 in the Avon Running 10K, Baltimore, Sept. 10.

## Clubs Update

An updated list of masters clubs will be published in the December issue. Changes, additions, and deletions to the list, last published in the June 2000 issue, should be sent to: "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405, or by e-mail to natmanews@aol.com, no later than November 9.

## TWENTY YEARS AGO November 1980

- Herb Lorenz (41, 65:54) and Trudy Rapp (43, 78:02) Win National Masters Titles in Washington, D.C.
- Roger Robinson Bests Dan Conway, Hal Higdon, Ernie Billups, Derek Fernee in First Brooks Masters-Only Race in Indiana
- 2250 Compete in 2nd European T&F Championships in Helsinki

# PUBLICATIONS ORDER FORM

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### Masters Age Records (2000 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, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

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### Masters Track & Field Rankings (1999)

Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

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Indoor rankings for 2000. 4 pages. \$1.50.

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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.

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### 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, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

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### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.50.

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### Competition Rules for Athletics (2000 Edition)

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

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## The Weight Room

by JERRY WOJCIK

### What? No Invite to the Big Dance!

**A**s I watched the masters exhibition races held before thousands of spectators at this year's Pre Classic in Eugene and the Olympic Trials in Sacramento, I said to myself, "Wouldn't it be nice if throwers could be featured at major meets like this some day?" Will it happen? It has about as much chance as does my winning the Michigan and Oregon state lotteries in the same week or attending a Polish wedding that doesn't serve beer.

Time constraints and tight schedules of major meets, combined with the relative leisurely pace of the throws, surely hinder the inclusion of a masters throwing event. Let's face it, for the typical spectator, the throws are not glamour events with the potential for dramatic happenings, as are the running events. The C.J. Hunter, Adam Nelson, and Andy Bloom showdown at the Olympic Trials was a rarity.

#### Limited Opportunities

The masters showcase/exhibition races held at the Indoor Open Championships and the Oly Trials were distance age-graded sprints or time age-graded 800s. The Pre Meet in Eugene featured masters women in their 30s and early 40s in an 800. Many major indoor meets have eliminated the shot from the schedule or relegated it to a barn somewhere nearby, and the weight throw is practically non-existent, so those forums for masters events are extremely limited.

Even if we got past the throws' lack of luster, how would the event, let's say the shot put, be conducted? If we trotted out a bunch of M40-49s with their 16# implements, I suspect the fans would say, "What's the big deal? These guys are just a couple of years

older than the open behemoths. On with the meet." Remember that the event would probably be in competition for attention with open events on the track, or before the actual meet, which would defeat the purpose of showcasing masters.

#### Fuzzy Math

How about an age-graded mixed age-group with throwers from ages 40 through 100+? The event would already be age-graded because they'd be using different weight implements, but we could also WAVA age-grade the event, and, conceivably, announce after the competition that Al McMuscle, 98, using the 4k shot, won the event with an 88.8% effort that was eight feet less than the mark by Phil Girth, 41, who had an 86.5% performance with the 16# ball. The idea that the athlete with the highest measured mark was not the winner would have most in the stands muttering "fuzzy math."

Would these efforts be actual competitions or merely displays of masters athletes?

I'm not knocking the efforts of the Masters Invitational Committee, which promoted this year's successful masters exhibition events. However, I think for the throws, and probably the



Contestants in the 2000 Weight and Ultra-Weight Meet, Philadelphia, Pa. (l to r): Olga Carstensen, Debbie Eklund, Roz Katz, Pay Carstensen, Ray Feick, and Paul Eberhardinger.

other field events, we can best promote the masters program by spreading the word ourselves, recruiting (we could start with Senior Games participants) and offering advice and encouragement to potential newcomers.

#### Typical Request

In that vein, here is part of a typical e-mail sent to the *National Masters News*, for which I would like to solicit responses from throwers who have gone this route:

"My husband is 42 and in top condition. He was a competitive powerlifter for years, and he lives in the gym. He has decided he'd like to try the shot put or hammer throw. He is crazy to do

this at this time of his life. We have no idea how to go about finding instruction and competition information. Could you possibly help us?"

I've taken care of the "finding instruction and competition information" portions. What I'd like from readers is additional advice that not only will help this man get into the program and ease his wife's concerns, but can also be employed by other masters novices.

Send your responses to me at the NMN address or by e-mail to jerrywoj@aol.com, and I'll forward them to the sender and publish them in a forthcoming issue. □

### Want to be Ranked? Read This!

by JERRY WOJCIK

#### Masters T&F Rankings Coordinator

The rankers for the 2000 outdoor track & field season are listed below. If your best marks for the 2000 season have not been published in the NMN results section by the January 2001 issue, and to assure that they are included in the rankings, send those marks with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 22, 2001.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task, which increases the possibility of typographical error. Meet directors are asked to remind officials that marks should be recorded in metric measurements for submission to the NMN.

Mistakes in athletes' names, age groups, marks, etc., in the NMN results can be corrected for the rankings by athletes notifying the compilers before the Jan. 22, 2001, deadline.

Compilers are needed in the high jump and pole vault for the 2000 outdoor season. If you want to become a

compiler for those events, contact me at P.O. Box 50098, Eugene, OR 97405. 541-343-7716; e-mail: jerrywoj@aol.com.

Rankers for the 2000 Outdoor Season are:

**100, 200, 4x100, 4x400** – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

**400** – Ruth BreMiller, 590 W. 29th Avenue, Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu

**800, 1500, mile** – Erich Reed, 2260 Kincaid St., Eugene, OR 97405. E-mail: erichreed@yahoo.com

**Short hurdles, long hurdles, steeplechase, 5000** – David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

**High jump, pole vault** – Open  
**Long jump, shot put, discus** – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

**Hammer, javelin** – Clay Hull, 4001 W. Voltaire Ave., Phoenix, AZ 85029-1047

**Combined events** – Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@lastate.edu

**3000, 10,000, triple jump, weight, superweight** – Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com □



Throwers at the 2000 Granite State Senior Games, Laconia, N.H. (from left): Armand Courchesne, N.Y., William Barker, Jr., Conn., Chuck Yost, N.Y., Russ Van Put, N.J., Louis Capano, N.Y., and Len Rosen, N.H.

FROM CHUCK YOST

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## Athlete's Kitchen

by NANCY CLARK, MS, RD

### Y2K Sports Nutrition News from ACSM

**A**t this year's annual meeting of the American College of Sports Medicine (May 2000), over 4000 health professionals gathered to learn the latest exercise and sports medicine research. The following are highlights of some of the latest sports nutrition news.

#### Performance Enhancement

- Some athletes dilute their sports drink, thinking a weaker solution will empty from the stomach faster than does the full-strength beverage. (Not true.) A study with athletes who drank diluted (half-strength) Gatorade during 85 minutes of moderate cycling followed by a time trial indicates no benefits with either gastric emptying or performance. In fact, the times for the 3-mile time trial tended to be slightly faster with the full-strength beverage: 7:59 minutes for standard Gatorade, 8:13 min. for diluted Gatorade, 8:25 min. for water.

- Athletes who exercise for 3 hours or longer commonly hold off from consuming carbohydrates until the second half of the event. A study that compared performance in cyclists riding for 3 hours followed by a 20K time trial suggests those who delayed eating hindered their performance (about 1 minute slower) as compared to those

who consumed carbs up-front. Fuel early for best results!

- Training on an empty stomach is an outdated and performance-limiting practice. The best way to improve performance is to consume carbs both before and during exercise. Cyclists performed best when they drank a high carb beverage 30 minutes before and/or a sports drink during 2 hours of moderately hard exercise followed by a time trial. If you personally can't tolerate carbohydrates before exercise, at least consume them during exercise.

#### Creatine

- Creatine continues to be scrutinized by exercise scientists and athletes alike. No wonder – it's a popular ergogenic aid! Questions arise: Does creatine cause adverse physiological effects, such as stressing the kidneys? No. A 56-day study (10 gms creatine/day) on kidney function in 18 active, healthy young men and women showed no indication of kidney problems.

- Does creatine cause muscle cramping? One study looking at six days of creatine loading (about 20 grams creatine/day) indicates the athletes reported no problems with muscle cramping. Another study showed no significant difference in cramping between a placebo and a creatine group (five days of creatine-loading plus five grams creatine/day for 11 weeks). The creatine group did report slightly more cramps (37% vs placebo 22%), but this was not statistically significant. Three individuals cramped frequently with the creatine, suggesting great individual variability.

#### Calorie and Weight Management

- Daily activity plays a significant role in burning calories and influencing body fatness. A study looking at the effect of physical activity on obesity in 218 women (ages 35-45) who wore an accelerometer (measures body movement) indicates the more active women had 16% less body fat than those who were less active. Inactive women were 3.6 times more likely to be obese compared to active women. This means: Keep moving; every step counts!

- Some exercise machines offer reasonable estimates for calorie expenditure. For example, during 30 minutes

of exercise on an elliptical trainer (10 mins x levels 6, 8 & 10 of 20 levels), the subjects burned 245 calories and the machine estimated 250 calories. Close enough!

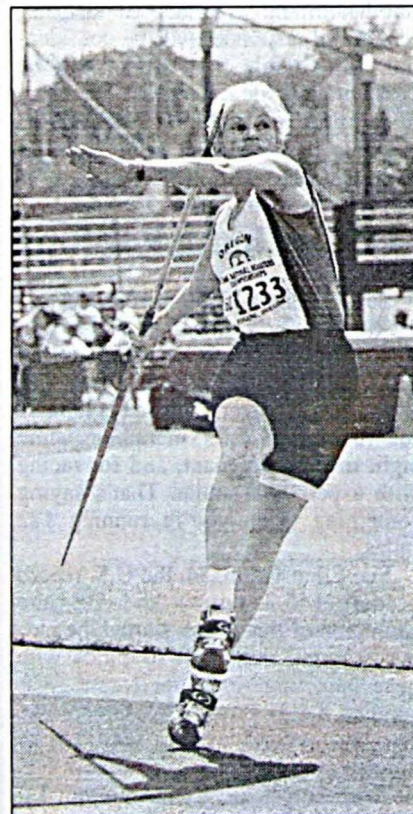
- Some athletes drink caffeinated fluids, believing the caffeine enhances fat-burning. A study confirms this is true, but continues to say that during a 40-minute step aerobics session, the subjects burned no additional calories with caffeine, thus did not create a bigger calorie deficit. Too bad burning fat differs from losing body fat!

#### Body Fat

- Active people often want to know the best way to measure body fat. In particular, they wonder if the new, relatively inexpensive Tanita scale (a type of bioelectrical impedance analyzer) offers valid information. A study with 48 healthy men and women (average age 33 years) indicates the scale underestimated body fat. The group

averaged 25.5% fat with the Tanita scale, compared to 28% with DEXA (a highly reliable research method to measure body fatness). The biggest discrepancies were seen at the extremes, in the subjects who were either very lean or obese. □

(Nancy Clark, MS, RD is Director of Nutrition Services at Boston-area's SportsMedicine Brookline. Her best-selling book, *Nancy Clark's Sports Nutrition Guidebook*, Second Edition, is available by sending \$20 to Sports Nutrition Materials, 830 Boylston St. #205, Brookline MA 02465 or via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).)



BENITO ROSALES  
Becky Sisley, W60 winner in the javelin (32.35), 2000 National Masters Championships, Eugene, Ore.



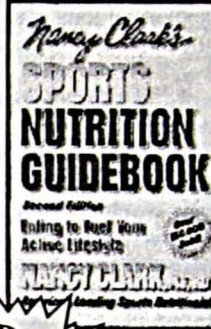
JOHN SELLEH  
Nadine Bowers, W40 winner in the javelin (39.65), USATF Masters Championships, Eugene, Ore.

### FIVE YEARS AGO November 1995

- Germany's Herbert Steffny (42, 2:18:36) and Russia's Elena Sipatova (40, 2:37:37) First in Masters Marathon Championships/Twin Cities Marathon, Minneapolis
- Martin Mondragon (41, 50:49), Sue Given (42, 65:53) Win in Virginia 10 Miler
- James Pryde (42, 54:33), Margaret Starnes (40, 67:44) Top Masters in Annapolis 10 Mile

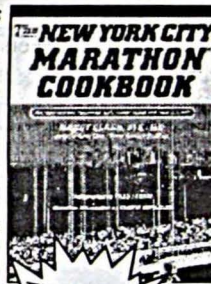
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## Health & Fitness

### Treatments Help Soothe Arthritic Knees

**A**rthritic knees are a constant concern for millions of Americans, causing discomfort or, in many cases, limiting movement. According to Dr. John Cianca, an assistant professor of physical medicine and rehabilitation at Baylor College of Medicine in Houston, several lubricating solutions are now available and have been successfully used to treat osteoarthritis, or arthritis of the knee.

"The normal joint is surrounded by a fluid that acts as a lubricant and shock absorber," Cianca said. "Manufactured forms of this substance can be injected into the knee as a substitute. They don't cure osteoarthritis, but they have been shown to reduce pain in the knee." Currently two treatments are available - Synvisc and Hylagan.

Osteoarthritis is a chronic, progressive disease of the joint that involves the breakdown of cartilage. As the smooth

cartilage becomes pitted and frayed, it becomes less elastic and is susceptible to overuse and injury. In addition, the fluid surrounding the joint also may lose its ability to cushion and lubricate.

In more severe cases, large areas of the cartilage wear away completely and bones scrape against each other. Cartilage breakdown may cause the joint to lose its shape, with the bone thickening and forming spurs. Pieces of bone or cartilage also may float in the joint, leading to further damage and pain.

When first diagnosed with osteoarthritis, patients might try physical therapy and exercise, weight control if necessary or non-prescription pain relievers. A second option might be prescription pain relievers and injections into the joint to stop inflammation or to provide pain relief. The final option would be knee replacement or arthroscopic surgery.

The Synvisc treatment consists of three injections, given one week apart over a three-week period. It reportedly has a high success rate, with many patients seeing positive results within 6-8 weeks. In most cases, side effects are minimal, although some patients experience temporary discomfort and swelling. Synvisc is not recommended for people who are allergic to chicken or egg products.

The Hylagan treatment, meanwhile, involves a series of 3-5 injections over a five-week period. It appears to have few side effects, Cianca said.

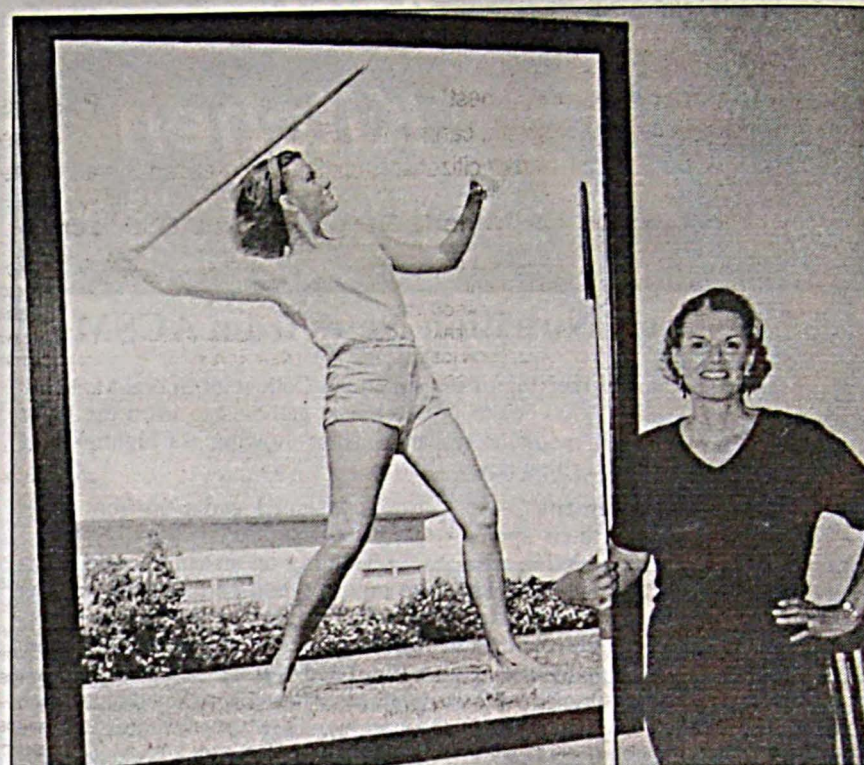
"Both treatments can be effective in reducing pain from osteoarthritis by acting as a cushion and lubricant for the knee," Cianca said. "When injected, the liquid covers the inside of the knee and literally bathes it."

Lubricating solutions represent another option for osteoarthritis sufferers, offering several months of relief. However, they are no substitute for arthroscopic surgery or a knee replacement in more severe cases.

Osteoarthritis affects nearly everyone by age 70, but can be caused by other factors such as overuse or occupational injuries, obesity, poor joint alignment, sports injuries or family history. About 17 million people in the United States experience pain from osteoarthritis, with

nearly 9.5 million directly in the knees. "These lubricants aren't effective for everyone, but they've had the greatest

impact on patients with mild to moderate knee pain due to degenerative changes," Cianca said. □



It was the summer of 1960. An 18-year-old athlete needed a javelin throw of 160 feet 9 inches to join Team USA in Rome. She threw of 160 feet. It was the last time Karen Huff would fall short. Over the next 25 years, Karen married, Taught school. Coached. And in 1985, returned to the sport she loved. But after six national masters championships, Karen suffered a serious injury to her shoulder. Facing the prospect of never throwing again, she turned to the doctors of Evanston Northwestern Healthcare; doctors on faculty at Northwestern University. Today, with successful surgery behind her, Karen is planning her return to competitive track & field. If you'd like more info on this type of care, call 847-570-5020 or visit [www.enh.org](http://www.enh.org).

### Women with Physical Disabilities Needed

Women over the age of 18 with physical disabilities are needed for a Web-based survey being conducted by The Center for Research on Women with Disabilities (CROWD) at Baylor College of Medicine in Houston. A total of 450 women with spinal cord injuries, cerebral palsy, neuromuscular diseases, multiple sclerosis, joint and connective tissue diseases or any condition that limits mobility and self-care

are being sought.

The study will examine knowledge and behavior, with participants being asked what they know about reproductive health and what they do to maintain it. All responses will be confidential. All eligible participants will be compensated for their time. For more information, contact [crowd@bcm.tmc.edu](mailto:crowd@bcm.tmc.edu) or call (713) 960-0606 or (800) 442-7693.

### Gesler Wins National 24-Hour Championships

by SUSANNAH BECK

Shall we call him Ultra-Master? John Gesler, 41, St. Johnsville, N.Y., came from behind to run nine miles farther than the next runner in 24 hours, at the USATF National Championships in Sylvania, Ohio, Sept. 16-17.

Gesler covered 157.95 miles on the 1.09-mile loop around Olander Park Lake, about what most of us would do in a good month of training. Whatever, he wasn't alone. This is the twelfth running of the Olander Park 24-Hour Run, hosted by the Toledo Road Runners, and the eighth time it has been the National Championships.

Gesler is now a repeat national champion at this event, and he defeated a terrific field that included two other previous national champions, David Luljak, 44, Chevy Chase, Md., 148.18 miles and Roy Pirrung, 52, Sheboygan, Wisc., 134.59 miles.

Sue Olsen, 43, Burnsville, Minn., six-times a bridesmaid at this event, finally took what was hers and covered 122.0 miles for the women's title, finishing seventh overall. Olsen is famous for running a 4:09 marathon while eight months pregnant, and for racing with a perpetual smile. That's saying something when you're running 122 miles.

Sue Ellen Trapp, 54, the U.S. record holder (145.3 miles) and six-time champion of this event, started the race but dropped out after 70 miles with knee pain lingering after recent ACL surgery. Sandy Powell, 43, Greenville, Va., was second woman with 116.44 miles.

The American Ultrarunning Association had excellent and amusing live web coverage of the event that is still available at [www.americanultra.org](http://www.americanultra.org). □

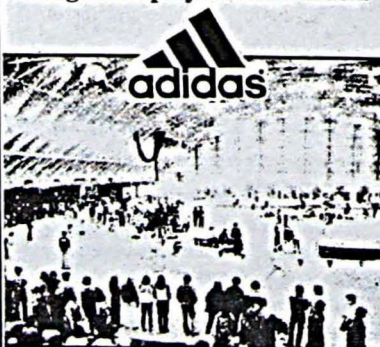
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# USA Track & Field Masters Road Records and Bests (as of 10/13/00)

Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 tel: (805) 696-6232 fax: (805) 696-6252  
email: ryan@runningusa.org web sites: www.runningusa.org & www.usaldr.org

## Key to Codes:

- R = Ratified record or "best" P = Pending - completed application needed from the event  
U = Unvalidatable mark, cannot be ratified = No code means mark will be recommended for ratification pending course validation  
D = Date of birth and/or citizenship confirmation needed 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
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	R	YIANNIS KOUROS (GRE)	SYLVANIA	OH	091999

## Men 40-44

5 km	14:19		JOHN TUTTLE (GA/40)	CLARKSVILLE	TN	091199
5 km	14:15a	R	STEVE BLUM (CA/40)	FONTANA	CA	060395
5 km	14:25	R	STEVE PLASENCIA (MN/40)	PALM DESERT	CA	121596
8 km	23:25	P	JOHN TUTTLE (GA/40)	CHICAGO	IL	032899
8 km	23:51	R	BILL RODGERS (MA/40)	INDIANAPOLIS	IN	092488
8 km	21:35a	R	CRAIG YOUNG (CO/42)	ALTA	UT	091998
10 km	29:27a	P	JOHN TUTTLE (GA/40)	NEW ORLEANS	LA	041799
10 km	29:37	R	STEVE PLASENCIA (MN/41)	CAPE ELIZABETH	ME	080198
10 km	29:27a	R	CRAIG YOUNG (CO/41)	PITTSBURGH	PA	092897
12 km	36:12	R	JOHN TUTTLE (GA/40)	ORLANDO	FL	022099
15 km	45:14	R	STEVE PLASENCIA (MN/40)	JACKSONVILLE	FL	030897
20 km	1:03:06	R	PAUL PILKINGTON (UT/40)	NEW HAVEN	CT	090699
25 km	1:18:38	R	STEVE PLASENCIA (MN/40)	MINNEAPOLIS	MN	090797
30 km	1:38:16	R	DOUG KURTIS (MI/42)	HAMILTON	CAN	032794
50 km	3:00:00	R	JEFF WALL (CA/40)	SAN FRANCISCO	CA	110682
50 km	2:59:36a	R	BRUCE MORTENSON (MN/44)	DULUTH	MN	102288
100 km	6:38:21	R	BERND HEINRICH (VT/41)	CHICAGO	IL	100481
100 mi	49:34	R	PAUL PILKINGTON (UT/40)	ST. PETERSBURG	FL	101798
20 mi	1:42:08	R	BARRY BROWN (NY/40)	MINNEAPOLIS	MN	093084
50 mi	5:10:13	R	BERND HEINRICH (VT/41)	CHICAGO	IL	100481
100 mi	13:15:50	R	ROY PIRRUNG (WI/40)	QUEENS	NY	040189
half mar	1:05:27	R	STEVE PLASENCIA (MN/41)	INDIANAPOLIS	IN	050198
half mar	1:03:33a	R	CRAIG YOUNG (CO/41)	LAS VEGAS	NV	020198
half mar	1:05:01	P	CRAIG YOUNG (CO/42)	HAMPTON	VA	020799
marathon	2:17:02	R	KENNETH JUDSON (PA/40)	HUNTSVILLE	AL	120890
marathon	2:15:15a	R	BARRY BROWN (NY/40)	MINNEAPOLIS	MN	093084
12 hr	144,840 m	R	ROY PIRRUNG (WI/40)	QUEENS	NY	040189
24 hr	247,876 m	R	ROY PIRRUNG (WI/41)	MILTON KEYNES	GBR	020390

## Men 45-49

5 km	15:00	P	NOLAN SMITH (CA/45)	GARDENA	CA	060495
5 km	14:34a	R	STEPHEN LESTER (UT/45)	MAGNA	UT	092488
5 km	15:07	R	DOUG BELL (CO/46)	CARLSBAD	CA	041397
8 km	24:41	R	BILL RODGERS (MA/45)	VIRGINIA BEACH	VA	032093
8 km	24:40a	R	VAN EDGETTE (UT/45)	ALTA	UT	091496
10 km	30:50	R	BILL RODGERS (MA/45)	CLEVELAND	OH	051693
10 km	30:10a	R	STEVE LESTER (UT/45)	MAGNA	UT	070488
12 km	38:47	R	STEVE LESTER (UT/45)	SPOKANE	WA	050188
12 km	37:28a	R	BILL RODGERS (MA/45)	EVANSVILLE	IN	050893
15 km	47:28	U	SAL VASQUEZ (CA/45)	ROSS	CA	031685
15 km	48:00	R	BILL RODGERS (MA/47)	UTICA	NY	070995
20 km	1:05:46	R	LARRY OLSEN (MA/46)	NEW HAVEN	CT	090693
25 km	1:22:24	R	DAN CONWAY (WI/47)	MINNEAPOLIS	MN	091486
30 km	1:39:18	R	BILL RODGERS (MA/45)	HAMILTON	CAN	032893
50 km	3:23:29		KEVIN SETNES (WI/45)	PITTSBURGH	PA	032799
50 km	3:24:24		JOE SCHIEFFER (CA/45)	ELVERTA	CA	011897
50 km	3:34:31	R	ROY PIRRUNG (WI/45)	PITTSBURGH	PA	040994
100 km	7:04:54	P	KEVIN SETNES (WI/45)	CHAVAGNES	FRA	051599
100 km	7:11:04	P	KEVIN SETNES (WI/46)	PITTSBURGH	PA	032500
100 km	7:18:27	R	ROBERT PEREZ (TX/46)	SAN FRANCISCO	CA	041595
10 mi	51:41	U	SAL VASQUEZ (CA/47)	STOCKTON	CA	011887
20 mi	1:49:10	R	JIM BOWERS (CA/45)	MINNEAPOLIS	MN	093084
20 mi	1:49:10	R	DAN CONWAY (WI/45)	MINNEAPOLIS	MN	093084
50 mi	5:39:42	P	KEVIN SETNES (WI/46)	PITTSBURGH	PA	032500
50 mi	5:40:05	R	ROBERT PEREZ (TX/46)	DALLAS	TX	012195
50 mi	5:29:44	U	ROGER ROULLIER (GA/47)	CHICAGO	IL	101385
100 mi	15:01:33	R	ROY PIRRUNG (WI/45)	SYLVANIA	OH	091993
100 mi	14:31:11	R	ROY PIRRUNG (WI/46)	QUEENS	NY	102294
half mar	1:08:05	R	BILL RODGERS (MA/45)	KANSAS CITY	MO	060693
half mar	1:07:14a	R	GARY ROMESSER (IN/45)	LAS VEGAS	NV	021196
marathon	2:25:50	U	JIM BOWERS (CA/45)	DYERVILLE	CA	101484
marathon	2:21:32a	R	JIM BOWERS (CA/45)	DULUTH	MN	061684
marathon	2:26:43	R	BOB SCHLAU (SC/47)	HOUSTON	TX	011595
12 hr	136,677 m	R	ROY PIRRUNG (WI/49)	SYLVANIA	OH	092797
24 hr	247,476 m	R	ROY PIRRUNG (WI/49)	SYLVANIA	OH	092797

## Men 50-54

5 km	15:38	R	SAL VASQUEZ (CA/51)	DAVIS	CA	112391
5 km	15:38		DICK BUERKLE (GA/52)	CLARKSVILLE	TN	091199
5 km	15:11a	R	STEPHEN LESTER (UT/52)	MAGNA	UT	093095
8 km	25:31	R	SAL VASQUEZ (CA/50)	LOS ALTOS	CA	012090
8 km	25:23	U	JIM O'NEILL (OH/52)	ALLEN PARK	MI	080390
8 km	23:27a	R	STEPHEN LESTER (UT/53)	ALTA	UT	091496
10 km	31:48	R	RAY HATTON (OR/50)	PORTLAND	OR	052382
10 km	31:12a	R	STEPHEN LESTER (UT/52)	MAGNA	UT	070195
12 km	39:06a	U	SAL VASQUEZ (CA/50)	SACRAMENTO	CA	042290
12 km	39:30	R	DICK BUERKLE (GA/51)	ORLANDO	FL	022099
15 km	49:24	R	NORM GREEN (PA/53)	PORTLAND	OR	063085
20 km	1:05:50	R	NORM GREEN (PA/50)	WASHINGTON	DC	052983
25 km	1:24:12	R	NORM GREEN (PA/51)	WASHINGTON	DC	052784
30 km	1:46:42	U	NORM GREEN (PA/51)	NEW YORK	NY	121783
50 km	3:19:33	R	JOHN L. SULLIVAN (MA/53)	WASHINGTON	DC	031382
100 km	7:38:43	R	JOHN L. SULLIVAN (MA/54)	CHICAGO	IL	100382
10 mi	52:53	R	NORM GREEN (PA/50)	WASHINGTON	DC	032783
20 mi	1:51:44	R	NORM GREEN (PA/52)	MINNEAPOLIS	MN	093084
50 mi	5:35:03	R	TED CORBITT (NY/50)	NEW YORK	NY	101870
100 mi	15:39:18	R	ROY PIRRUNG (WI/50)	SYLVANIA	OH	091998
100 mi	17:02:54	U	HERB FRED (TX/53)	HOUSTON	TX	021983
half mar	1:09:30	R	NORM GREEN (PA/52)	PHILADELPHIA	PA	091684
marathon	2:25:46a	R	JIM O'NEILL (OH/50)	LAS VEGAS	NV	020489
marathon	2:29:11	R	NORM GREEN (PA/51)	LINCOLN	NE	050684
marathon	2:25:51	U	NORM GREEN (PA/52)	SAN DIEGO	CA	120284
12 hr	135,493 m		ROY PIRRUNG (WI/50)	QUEENS	NY	080898
12 hr	118,237 m	R	RALPH BALSAMO (NY/50)	QUEENS	NY	061497
24 hr	231,745 m	R	JOHN METZ (CA/50)	SACRAMENTO	CA	111493
48 hr	348,278 m	R	JEFF HAGEN (WA/52)	COLLEGE STATION	TX	111499
48 hr	342,790 m	R	JIM DRAKE (CA/52)	SACRAMENTO	CA	010293

## Men 55-59

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

## Men 60-64

5 km	17:00	R	JIM O'NEIL (CA/61)	CARLSBAD	CA	060186
8 km	28:07	R	NORM GREEN (PA/60)	VIRGINIA BEACH	VA	032093
10 km	34:27	R	JIM O'NEIL (CA/60)	ALAMEDA	CA	080485
12 km	43:43	R	JACK NELSON (IL/60)	ORLANDO	FL	022600
12 km	45:20	R	FAY BRADLEY (DC/61)	ORLANDO	FL	022099
15 km	54:20	R	NORM GREEN (PA/60)	TAMPA	FL	022793
20 km	1:15:15	R	NORM GREEN (PA/60)	NEW HAVEN	CT	090792
20 km	1:14:46	U	NORM GREEN (PA/61)	PHILADELPHIA	PA	022494
25 km	1:35:27	U	JIM O'NEIL (CA/61)	EUGENE	OR	090786
25 km	1:36:20	R	ALEX RATELLE (MN/62)	MINNEAPOLIS	MN	091486
30 km	1:59:22	R	PATRICK DEVINE (CA/60)	VENTURA	CA	021289
50 km	3:35:51	R	MALCOLM GILLIS (AL/61)	DALLAS	TX	012195
100 km	8:58:04	R	RAY PIVA (CA/64)	SAN FRANCISCO	CA	042091
10 mi	57:48	R	NORM GREEN (PA/60)	WASHINGTON	DC	040493
20 mi	2:03:16	R	GAYLON JORGENSEN (NV/61)	MINNEAPOLIS	MN	101490



Continued from previous page

50 mi	6:43:48	R	MALCOLM GILLIS (AL/60)
50 mi	6:24:18	U	FRANS PAUWELS (OR/60)
100 mi	18:02:35	R	DWAINE BATT (CA/60)
half mar	1:16:55	R	NORM GREEN (PA/61)
marathon	2:42:44	R	CLIVE DAVIES (OR/64)
12 hr	113,136 m	R	DWAINE BATT (CA/60)
24 hr	207,927 m	R	DWAINE BATT (CA/60)
6 day	608,332 m	P D	ROB VOLKENAND (OR/63)

BIRMINGHAM	AL	021494
PORTLAND	OR	102978
SACRAMENTO	CA	111195
PHILADELPHIA	PA	091993
PORTLAND	OR	102879
SACRAMENTO	CA	111195
SACRAMENTO	CA	111195
SACRAMENTO	CA	111294

## Men 65-69

5 km	18:00	U	JOE FERNANDEZ (MA/65)
5 km	18:21	R	WARREN UTES (IL/69)
8 km	29:41	R	JOE FERNANDEZ (MA/65)
10 km	35:52	U	CLIVE DAVIES (OR/66)
12 km	44:11	U	CLIVE DAVIES (OR/67)
15 km	55:16	R	CLIVE DAVIES (OR/65)
20 km	1:20:53	U	NORMAN BRIGHT (WA/66)
20 km	1:25:02	R	PAUL REESE (CA/69)
25 km	1:41:39	R	ALEX RATELLE (MN/66)
30 km	1:58:12	R	CLIVE DAVIES (OR/66)
50 km	3:41:41	R	MALCOLM GILLIS (AL/65)
50 km	4:10:34	R	VICTOR HARKOFF (IL/65)
100 km	9:24:41	R	RAY PIVA (CA/67)
10 mi	1:02:07	R	WARREN UTES (IL/69)
20 mi	2:14:29	R	ALEX RATELLE (MN/66)
50 mi	7:27:10	R	FRED NAGELSCHMIDT (CA/65)
100 mi	23:03:25	U	WILFREDO RIOS (NY/68)
half mar	1:20:29a	R	JAMES TALLEY (CA/65)
half mar	1:23:50	R	MICHAEL BERTOLINI (NJ/65)
half mar	1:21:41	U	CLIVE DAVIES (OR/66)
marathon	2:42:49	R	CLIVE DAVIES (OR/66)
12 hr	111,044 m	R	RAY PIVA (CA/67)
24 hr	193,121 m	R	RAY PIVA (CA/67)
6 day	619,597 m	R	DICTINO MENDEZ (NY/66)

PROVIDENCE	RI	101793
PARK RIDGE	IL	093089
BOSTON	MA	040994
PORTLAND	OR	052382
PORTLAND	OR	051583
PORTLAND	OR	062881
WASHINGTON	DC	052276
MEDFORD	OR	041287
MINNEAPOLIS	MN	091690
PORTLAND	OR	020682
SADDLE BROOK	NJ	061398
SEATTLE	WA	010585
SACRAMENTO	CA	021294
PARK FOREST	IL	090489
MINNEAPOLIS	MN	101490
FOUNTAIN VALLEY	CA	051990
QUEENS	NY	092785
FONTANA	CA	041986
PHILADELPHIA	PA	091585
LAKE OSWEGO	OR	092781
EUGENE	OR	091381
SACRAMENTO	CA	111493
SACRAMENTO	CA	111493
NEW YORK	NY	051494

## Men 70-74

5 km	18:01	R	WARREN UTES (IL/70)
8 km	30:25	R	WARREN UTES (IL/70)
10 km	37:49	U	WARREN UTES (IL/70)
10 km	41:09	R	ALFRED FUNK (MT/70)
12 km	51:58	R	JOHN CAHILL (UT/70)
12 km	48:55	U	WARREN UTES (IL/73)
12 km	50:28		WARREN UTES (IL/74)
15 km	58:13	U	WARREN UTES (IL/70)
15 km	1:01:50	R	CLIVE DAVIES (OR/71)
20 km	1:20:11	U	WARREN UTES (IL/70)
25 km	1:39:59	R	CLIVE DAVIES (OR/70)
30 km	2:13:01	R	CLIVE DAVIES (OR/71)
50 km	6:58:48	R	GEORGE BASHEN (TX/70)
50 km	6:37:13		FRANK RODRIGUEZ (CA/71)
50 km	4:34:51	U	ED BENHAM (MD/74)
100 km	11:27:10	U	CARLTON MENDELL (ME/71)
10 mi	1:02:41	R	WARREN UTES (IL/70)
20 mi	2:23:54	R	CLIVE DAVIES (OR/71)
50 mi	7:48:58	R	RAY PIVA (CA/70)
half mar	1:27:23	U	JOHN KESTON (OR/70)
half mar	1:27:44	R	JOHN KESTON (OR/72)
half mar	1:25:24a	R	JOHN KESTON (OR/72)
marathon	3:00:58	R	JOHN KESTON (OR/71)
12 hr	74,045 m	R	BURT CARLSON (MN/70)
12 hr	100,000 m	U	CARLTON MENDELL (ME/71)
24 hr	151,728 m	R	HOWARD HENRY (IN/73)
6 day	539,130 m	R	ED FISHMAN (HI/72)

PARK RIDGE	IL	093090
CHICAGO	IL	031091
LIBERTYVILLE	IL	092390
BOZEMAN	MT	092184
SAN FRANCISCO	CA	051594
FRANKFORT	IL	082893
FRANKFORT	IL	082794
MICHIGAN CITY	IN	062391
PORTLAND	OR	062887
CHICAGO	IL	071590
EUGENE	OR	090885
MINNEAPOLIS	MN	101286
SYLVANIA	OH	091894
ELVERTA	CA	011897
WASHINGTON	DC	031382
NEW YORK	NY	022793
PARK FOREST	IL	090390
MINNEAPOLIS	MN	101286
SACRAMENTO	CA	111696
WOODINVILLE	WA	090495
INDIANAPOLIS	IN	050297
LAS VEGAS	NV	020997
MINNEAPOLIS	MN	100696
SYLVANIA	OH	091496
NEW YORK	NY	022793
SYLVANIA	OH	091894
NEW YORK	NY	092195

## Men 75-79

5 km	19:24	R	WARREN UTES (IL/75)
8 km	31:52	P	WARREN UTES (IL/75)
8 km	34:21	R	ED BENHAM (MD/78)
10 km	40:12	R	WARREN UTES (IL/75)
12 km	48:57	R	WARREN UTES (IL/75)
15 km	1:01:58	R	WARREN UTES (IL/75)
20 km	1:23:51	P	WARREN UTES (IL/75)
20 km	1:30:10	R	ED BENHAM (MD/75)
25 km	1:52:57	R	WARREN UTES (IL/77)
30 km	2:28:00	R	ED BENHAM (MD/78)
50 km	5:03:38	R	ED BENHAM (MD/77)
100 km	16:23:00	R	HOWARD HENRY (IN/75)
10 mi	1:06:27	R	WARREN UTES (IL/75)
20 mi	2:42:38	U	ED BENHAM (MD/77)
50 mi	10:18:03	P	MATT MILLER (LA/75)
50 mi	10:34:06	R	MATT MILLER (LA/75)
half mar	1:30:19	R	WARREN UTES (IL/76)
marathon	3:18:10	R	WARREN UTES (IL/75)
12 hr	84,112 m	P	MATT MILLER (LA/75)
12 hr	80,467 m	R	BEN MOSTOW (IL/78)
24 hr	133,668 m	R	HOWARD HENRY (IN/76)

PARK RIDGE	IL	093095
CEDAR RAPIDS	IA	070495
LIVERPOOL	NY	092985
LIBERTYVILLE	IL	091795
PARK FOREST	IL	090495
PARK FOREST	IL	090495
CHICAGO	IL	070995
WASHINGTON	DC	052983
CHANNAHON	IL	091497
SUGAR LAND	TX	120785
WASHINGTON	DC	102384
SYLVANIA	OH	091596
PARK FOREST	IL	090495
GREENBELT	MD	122284
PITTSBURGH	PA	040895
BRUNSWICK	ME	101594
INDIANAPOLIS	IN	050297
CHICAGO	IL	101595
QUEENS	NY	061795
CHICAGO	IL	100481
SYLVANIA	OH	092797

## Men 80-84

5 km	22:14	P	WARREN UTES (IL/80)
5 km	24:50		HENRY SYPNIEWSKI (NY/80)
5 km	24:52	R	DUDLEY HEALY (NJ/80)
5 km	22:26	U	ED BENHAM (MD/80)
8 km	36:35	R	ED BENHAM (MD/81)
10 km	45:28	R	ED BENHAM (MD/80)
12 km	1:05:08		HENRY SYPNIEWSKI (NY/80)
12 km	1:03:55a	U	MEL SHINE (CA/80)
12 km	1:09:05	U	CYRIL WOODS (OR/81)
12 km	1:16:44	R	DUDLEY HEALY (NJ/82)
15 km	1:07:00a	U	ED BENHAM (MD/81)
15 km	1:07:22	R	ED BENHAM (MD/83)
20 km	1:33:56	R	ED BENHAM (MD/81)
25 km	2:23:43	R	MAX POPPER (NY/80)
30 km	3:47:53		PAUL REESE (CA/81)
50 km	6:59:34	R	WILFREDO RIOS (NY/80)
10 mi	1:13:23	R	ED BENHAM (MD/81)
20 mi	4:18:00	U	IVOR WELCH (CA/84)
50 mi	12:13:35	U	BEN MOSTOW (IL/80)
half mar	1:40:30	R	ED BENHAM (MD/81)
marathon	3:43:27a	R	ED BENHAM (MD/80)
marathon	4:17:51	R	ED BENHAM (MD/84)
12 hr	73,439 m	R	WILFREDO RIOS (NY/80)
24 hr	88,513 m		TED CORBITT (NY/81)
48 hr	168,981 m		TED CORBITT (NY/81)
6 day	386,242 m		TED CORBITT (NY/81)

ORLAND PARK	IL	062500
BUFFALO	NY	090498
SYRACUSE	NY	100294
CHICAGO	IL	041788
VIRGINIA BEACH	VA	031889
ASBURY PARK	NJ	080887
BUFFALO	NY	100498
SACRAMENTO	CA	042989
PORTLAND	OR	051583
TOMBALL	TX	022297
CUMBERLAND	MD	100888
WASHINGTON	DC	040791
MEDFORD	OR	040889
NEW YORK	NY	100283
CLARKSBURG	CA	111598
QUEENS	NY	061497
WASHINGTON	DC	040289
CLARKSBURG	CA	111879
CHICAGO	IL	100283
ORLANDO	FL	121088
MINNEAPOLIS	MN	101187
MINNEAPOLIS	MN	100691
QUEENS	NY	061497
NEW YORK	NY	042600
NEW YORK	NY	042600
NEW YORK	NY	042600

## Men 85-89

5 km	28:26	R	GIFTON JOLLEY (GA/85)
8 km	47:03	U	PAUL SPANGLER (CA/85)
10 km	58:50	R	PAUL SPANGLER (CA/85)
15 km	1:32:00	R	PAUL SPANGLER (CA/85)
20 km	2:07:49	U	PAUL SPANGLER (CA/85)
30 km	4:39:30	R	PAUL SPANGLER (CA/89)
10 mi	1:55:36	R	MEL SHINE (OR/85)
10 mi	1:54:01a	P	HARRY POLITES (NJ/86)
20 mi	3:44:31	U	PAUL SPANGLER (CA/86)
half mar	2:26:46	U	MAX POPPER (NY/85)
marathon	5:21:51	U	PAUL SPANGLER (CA/85)

ROME	GA	120592
PALO ALTO	CA	031785
RALEIGH	NC	050384
EL PASO	TX	101384
SACRAMENTO	CA	032584
CLARKSBURG	CA	111388
MEDFORD	OR	040994
PHILADELPHIA	PA	050596
CLARKSBURG	CA	111785
BROOKLYN	NY	031289
SAN DIEGO	CA	120284

## Men 90-94

5 km	40:32		ABRAHAM WEINTRAUB (NY/90)
5 km	40:32	R	LLOYD WALTERS (MT/91)
8 km	56:10	R	PAUL SPANGLER (CA/91)
10 km	1:14:49	R	PAUL SPANGLER (CA/90)
15 km	2:35:00	R	PAUL SPANGLER (CA/91)
10 mi	2:35:52	R	JAMES RAMSEY (MI/90)
marathon	7:52:50		JAMES RAMSEY (MI/90)
marathon	8:10:44a	R	SAM GADLESS (FL/90)

EDGARTOWN	MA	080500
TUCSON	AZ	012692
PALO ALTO	CA	032590
PARAMOUNT	CA	012090
PORTLAND	OR	061790
FLINT	MI	082298
DETROIT	MI	101898
NEW YORK	NY	110297

## Men 95 &amp; over

5 km	48:55	R	MARION MCANELLY (OK/95)
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STILWELL	OK	051395
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Continued on next page

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**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	40:04	P	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	050899
12 km	41:14	R	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	051097
12 km	41:14	R	TATIANA POZDNIKOVA (UKR)	EVANSVILLE	IN	051395
15 km	49:36	R	PRISCILLA WELCH (GBR)	JACKSONVILLE	FL	030985
20 km	1:10:35	R	TATIANA POZDNIKOVA (UKR)	NEW HAVEN	CT	090495
10 mi	53:51	R	PRISCILLA WELCH (GBR)	WASHINGTON	DC	040587
half mar	1:12:56	R	TATIANA POZDNIKOVA (UKR)	PHILADELPHIA	PA	091795
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 WYSOCKI (CA/40)	ALBANY	NY	053197
5 km	15:44a	R	RUTH WYSOCKI (CA/40)	LAS VEGAS	NV	092097
8 km	26:19	R	RUTH WYSOCKI (CA/40)	NEWPORT BEACH	CA	071297
10 km	33:22	R	RUTH WYSOCKI (CA/40)	MOBILE	AL	032297
12 km	42:17	R	KIM JONES (WA/40)	SPOKANE	WA	050398
12 km	42:13	U	NANCY GRAYSON (MI/42)	LANSING	MI	060692
15 km	52:22	R	LAURIE BINDER (CA/41)	TAMPA	FL	021189
20 km	1:13:46	R	CAROL MCLATCHIE (TX/40)	NEW HAVEN	CT	090792
25 km	1:29:47	R	JANE WELZEL (CO/41)	GRAND RAPIDS	MI	051196
25 km	1:29:47	R	JANE WELZEL (CO/42)	GRAND RAPIDS	MI	051097
30 km	1:54:00	R	CAROL MCLATCHIE (TX/41)	SUGAR LAND	TX	121292
50 km	3:44:32	R	JAN KREUZ (OH/41)	COLUMBUS	OH	103088
100 km	8:33:07	R	LORRAINE GERSITZ (CA/41)	WINSCHOTEN	NED	091695
10 mi	56:05	R	LAURIE BINDER (CA/44)	FLINT	MI	082491
20 mi	1:59:17	R	GABRIELE ANDERSEN (ID/40)	MINNEAPOLIS	MN	100685
50 mi	6:19:05	R	JAN KREUZ (OH/41)	COLUMBUS	OH	040989
100 mi	15:05:52	R	SUE ELLEN TRAPP (FL/44)	QUEENS	NY	050590
half mar	1:13:54a	R	HONOR FETHERSTON (CA/40)	LAS VEGAS	NV	020495
half mar	1:13:57	R	LAURIE BINDER (CA/44)	PHILADELPHIA	PA	091591
marathon	2:35:08	R	LAURIE BINDER (CA/44)	MINNEAPOLIS	MN	100691
12 hr	128,747 m	R	RANDI BROMKA (CO/40)	SACRAMENTO	CA	123092
24 hr	222,556 m	R	RANDI BROMKA (CO/40)	SACRAMENTO	CA	123192

**Women 45-49**

5 km	17:14	R	BARBARA FILUTZE (PA/46)	ALBANY	NY	060593
8 km	28:03	R	BARBARA FILUTZE (PA/47)	ALEXANDRIA	VA	091293
10 km	35:51	U	BARBARA FILUTZE (PA/45)	MEMPHIS	TN	042592
10 km	34:40a	R	BARBARA FILUTZE (PA/45)	PITTSBURGH	PA	092991
10 km	35:57	R	BARBARA FILUTZE (PA/45)	WASHINGTON	DC	041292
12 km	43:38	R	NANCY GRAYSON (MI/45)	EVANSVILLE	IN	051395
15 km	54:58	R	GABRIELE ANDERSEN (ID/45)	PORTLAND	OR	061790
20 km	1:14:13	R	BARBARA FILUTZE (PA/46)	NEW HAVEN	CT	090792
25 km	1:38:01	R	MARCY GILLES (MN/45)	MINNEAPOLIS	MN	091095
25 km	1:33:19	R	DEBRA WAGNER (OH/47)	GRAND RAPIDS	MI	050899
30 km	1:59:25	R	SHIRLEY MATSON (CA/48)	CLARKSBURG	CA	111388
50 km	3:32:34	R	SANDRA KIDDY (CA/47)	TALLAHASSEE	FL	121783
100 km	7:59:59	R	SANDRA KIDDY (CA/45)	CHICAGO	IL	100382
10 mi	59:15	R	BARBARA FILUTZE (PA/46)	FLINT	MI	082292

## Masters Age Records (2000 Edition)

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20 mi	2:10:13	R	MARY WOOD (CO/45)	MINNEAPOLIS	MN	101490
50 mi	6:09:09	R	SANDRA KIDDY (CA/47)	COLUMBUS	OH	040184
100 mi	15:12:54	R	SANDRA KIDDY (CA/49)	TALLAHASSEE	FL	121485
half mar	1:19:23	U	SHIRLEY MATSON (CA/47)	HAYWARD	CA	101688
marathon	2:45:11	R	BARBARA FILUTZE (PA/45)	MINNEAPOLIS	MN	100691
marathon	2:44:30a	U	MARY WOOD (CO/45)	LAS VEGAS	NV	020291
12 hr	127,777 m	R	SANDRA KIDDY (CA/49)	TALLAHASSEE	FL	121485
24 hr	233,816 m	R	SUE ELLEN TRAPP (FL/47)	SYLVANIA	OH	091993
48 hr	360,090 m	R	SUE ELLEN TRAPP (FL/47)	SACRAMENTO	CA	111593
6 day	501,712 m	R	SALLY MIDDLETON (MI/45)	SACRAMENTO	CA	111195

**Women 50-54**

5 km	17:28	R	SHIRLEY MATSON (CA/50)	CARLSBAD	CA	041491
8 km	28:55	R	SHIRLEY MATSON (CA/50)	PALO ALTO	CA	032491
10 km	35:57	R	SHIRLEY MATSON (CA/50)	ORLANDO	FL	030291
12 km	44:56	R	SHIRLEY MATSON (CA/52)	SPOKANE	WA	050293
15 km	54:34	R	SHIRLEY MATSON (CA/50)	JACKSONVILLE	FL	030991
20 km	1:22:36	R	GINA FAUST (CA/50)	VALENCIA	CA	021488
25 km	1:38:36	R	S. RAE BAYMILLER (NY/51)	MINNEAPOLIS	MN	091194
30 km	2:00:41	R	SHIRLEY MATSON (CA/50)	CLARKSBURG	CA	111190
50 km	4:58:39	R	SUE ELLEN TRAPP (FL/53)	SYLVANIA	OH	091899
50 km	4:15:12	U	MATILEE CHRISTMAN (IL/53)	EAST PEORIA	IL	123084
100 km	9:42:22a	P	SUE ELLEN TRAPP (FL/50)	DULUTH	MN	101996
100 km	9:50:35	R	EILEEN ELIOT (FL/51)	NEW PRESTON	CT	042395
100 km	9:43:27a	R	MAE HORNS (MN/54)	DULUTH	MN	102288
10 mi	1:02:01	R	S. RAE BAYMILLER (NY/51)	FLINT	MI	082794
20 mi	2:19:59	R	JOAN ULLYOT (CA/50)	MINNEAPOLIS	MN	101490
50 mi	7:10:58	U	RUTH ANDERSON (CA/50)	HOUSTON	TX	021780
50 mi	7:47:27	R	EILEEN ELIOT (FL/51)	NEW PRESTON	CT	042395
100 mi	16:57:58	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA	OH	091596
half mar	1:19:40	R	S. RAE BAYMILLER (NY/50)	PHILADELPHIA	PA	091993
half mar	1:18:42a	R	JOAN OTTAWAY (CA/51)	LAS VEGAS	NV	021196
marathon	2:50:26	R	SHIRLEY MATSON (CA/50)	MINNEAPOLIS	MN	100691
12 hr	117,401 m	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA	OH	091496
24 hr	221,043 m	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA	OH	091596

**Women 55-59**

5 km	18:32	R	SHIRLEY MATSON (CA/56)	CARLSBAD	CA	041397
8 km	32:01	R	JOYCE GASKIN (TX/55)	HOUSTON	TX	032192
8 km	30:10	R	SHIRLEY MATSON (CA/56)	PALO ALTO	CA	040697
10 km	38:55	P	SHIRLEY MATSON (CA/55)	LA FAYETTE	CA	102796
12 km	49:43	R	BARBARA MILLER (CA/55)	SAN FRANCISCO	CA	052195
12 km	47:36a	R	SHIRLEY MATSON (CA/56)	SAN FRANCISCO	CA	032397
15 km	1:00:38	R	SHIRLEY MATSON (CA/56)	SAN DIEGO	CA	111696
20 km	1:18:44	R	S. RAE BAYMILLER (NY/55)	NEW HAVEN	CT	090798
25 km	1:41:01	R	SHIRLEY MATSON (CA/56)	SAN DIEGO	CA	111696
30 km	2:17:31	R	JOYCE GASKIN (TX/55)	SUGAR LAND	TX	121292
30 km	2:12:35	U	BARBARA MILLER (CA/57)	CLARKSBURG	CA	111796
50 km	3:56:55	R	SANDRA KIDDY (CA/55)	WASHINGTON	DC	101792
100 km	8:42:36	R	SANDRA KIDDY (CA/55)	PALAMOS	ESP	021692
10 mi	1:02:39	R	S. RAE BAYMILLER (NY/55)	FLINT	MI	082298
20 mi	2:26:36	R	WEN-SHI YU (NY/55)	MINNEAPOLIS	MN	101490
50 mi	7:44:48	R	MARY ANN MILLER (TX/56)	DALLAS	TX	011693
100 mi	23:21:47	R	EILEEN ELIOT (FL/55)	SYLVANIA	OH	091999
half mar	1:23:09	R	SHIRLEY MATSON (CA/55)	WEOTT	CA	102096
marathon	2:52:14	P	S. RAE BAYMILLER (NY/55)	CHICAGO	IL	101198
marathon	3:05:48a	R	SANDRA KIDDY (CA/55)	SACRAMENTO	CA	120891
marathon	3:07:21	R	MARGARET MILLER (CA/56)	SAN FRANCISCO	CA	071182
24 hr	163,219 m	R	EILEEN ELIOT (FL/55)	SYLVANIA	OH	091999
24 hr	173,809 m	P	MARGE DUNLAP (CA/55)	SACRAMENTO	CA	111294
48 hr	234,755 m	R	MARY ANN MILLER (TX/55)	DALLAS	TX	112891

**Women 60-64**

5 km	19:53	R	MARION IRVINE (CA/61)	CLARKSBURG	CA	111190
8 km	33:22	P	BARBARA MILLER (CA/60)	PALO ALTO	CA	031900
8 km	32:42a	P	BARBARA MILLER (CA/60)	SACRAMENTO	CA	061700
8 km	34:58	R	HELEN DICK (CA/60)	THOUSAND OAKS	CA	072185
8 km	33:23	P	BARBARA MILLER (CA/60)	OAKLAND	CA	011600
8 km	34:13	U	HELEN DICK (CA/61)	LOS ANGELES	CA	111785
8 km	34:54	R	MARGRET BETZ (NY/62)	APALACHIN	NY	052199
10 km	40:37	R	MARION IRVINE (CA/61)	LIVERMORE	CA	102190
12 km	50:49	R	BARBARA MILLER (CA/60)	SPOKANE	WA	050700
12 km	53:52	R	JOYCE GASKIN (TX/60)	TOMBALL	TX	022297
15 km	1:04:42	R	MARGRET BETZ (NY/60)	SCHENECTADY	NY	111096
20 km	1:29:08	U	MARGARET MILLER (CA/60)	VALENCIA	CA	032386
25 km	1:58:24	R	GLORIA BROWN (NY/62)	GRAND RAPIDS	MI	051494
30 km	2:17:11	P	BARBARA MILLER (CA/60)	CLARKSBURG	CA	111499
30 km	2:21:32	R	MARGARET MILLER (CA/60)	MINNEAPOLIS	MN	101286
50 km	5:07:03	R	MARGE DUNLAP (CA/60)	SACRAMENTO	CA	111399
50 km	5:16:25	R	MARY ANN MILLER (TX/60)	DALLAS	TX	011897
100 km	11:14:14	R	DIXIE MADSEN (CA/61)	SAN FRANCISCO	CA	041898
10 mi	1:08:48	R	BARBARA MILLER (CA/60)	SACRAMENTO	CA	091299
10 mi	1:10:17	R	HELEN DICK (CA/60)	ENCINO	CA	061685
20 mi	2:32:16	R	MARGARET MILLER (CA/60)	MINNEAPOLIS	MN	101286
50 mi	8:35:19	R	DIXIE MADSEN (CA/61)	SAN FRANCISCO	CA	041898
half mar	1:29:49	P	BARBARA MILLER (CA/60)	WEOTT	CA	101799
half mar	1:39:01	R	HELEN DICK (CA/60)	SANTA MONICA	CA	082684
half mar	1:35:02	U	HELEN DICK (CA/60)	LAS VEGAS	NV	040485
marathon	3:14:50	R	BARBARA MILLER (CA/60)	HUNTSVILLE	AL	121199
marathon	3:15:30	R	HELEN DICK (CA/60)	CHICAGO	IL	102184
24 hr	133,668 m	R	SARANN MOCK (OH/62)	SYLVANIA	OH	091993

Continued on next page



Continued from previous page

## Women 65-59

5 km	22:07	R	JUNE MACHALA (WA/66)	ALBANY	NY	053197
8 km	35:29	R	JUNE MACHALA (WA/66)	NEWPORT BEACH	CA	071297
10 km	46:18	U	HELEN DICK (CA/65)	LOS ANGELES	CA	052790
10 km	47:55	R	KAY ATKINSON (CA/65)	KENTFIELD	CA	053182
10 km	45:04	U	JUNE MACHALA (WA/67)	KENTFIELD	CA	090798
12 km	59:19	R	BARBARA ROBINSON (NH/65)	BEDFORD	NH	052299
12 km	59:44	R	GLORIA BROWN (NY/65)	BEDFORD	NH	051797
15 km	1:08:58	R	JUNE MACHALA (WA/67)	TULSA	OK	103198
20 km	1:37:04	U	HELEN DICK (CA/65)	VALENCIA	CA	100889
25 km	2:10:56	U	GERRY DAVIDSON (CA/65)	SAN DIEGO	CA	122886
30 km	2:39:42	P	MYRA RHODES (CA/65)	CLARKSBURG	CA	111697
30 km	2:47:51	U	EDNA LAFUN (AZ/65)	PHOENIX	AZ	102983
50 km	4:50:50	U	MYRA RHODES (CA/67)	SACRAMENTO	CA	111399
50 km	5:09:36	R	JAN RICHARDS (TX/67)	DALLAS	TX	012195
100 km	12:09:17	R	HELEN KLEIN (CA/67)	SAN FRANCISCO	CA	042190
10 mi	1:15:01	R	EILEEN DWYER (IL/65)	PARK FOREST	IL	090197
20 mi	3:02:01	U	JACLYN CASELLI (CA/65)	CLARKSBURG	CA	111686
50 mi	9:04:31	R	HELEN KLEIN (CA/67)	SAN FRANCISCO	CA	042190
half mar	1:39:40	R	JUNE MACHALA (WA/67)	INDIANAPOLIS	IN	050198
half mar	1:39:21a	R	JUNE MACHALA (WA/67)	LAS VEGAS	NV	020198
marathon	3:36:57	R	WHAYONG SEMER (OH/65)	COLUMBUS	OH	102493
12 hr	75,865 m	R	SARANN MOCK (OH/66)	SYLVANIA	OH	092797

## Women 70-74

5 km	24:36	U	TOSHIKO D'ELIA (NJ/70)	ALBANY	NY	060300
5 km	24:38	R	GERRY DAVIDSON (CA/70)	CARLSBAD	CA	041491
5 km	23:56a	U	JO KIESECKER (CO/73)	LAS VEGAS	NV	091496
5 km	23:56a	R	JO KIESECKER (CO/74)	LAS VEGAS	NV	092097
8 km	38:46	R	HEDY MARQUE (VA/74)	ALEXANDRIA	VA	051092
10 km	48:53	P	TOSHIKO D'ELIA (NJ/70)	RIDGEWOOD	NJ	052900
12 km	1:01:57	R	ALGENE WILLIAMS (IL/70)	ITASCA	IL	100586
15 km	1:21:17	R	WHAYONG SEMER (OH/70)	TAMPA	FL	021399
15 km	1:16:35a	R	HEDY MARQUE (VA/74)	ALEXANDRIA	VA	042692
20 km	1:46:21	R	PAT DIXON (OR/70)	MEDFORD	OR	040889
25 km	2:18:20	R	GERRY DAVIDSON (CA/70)	SAN DIEGO	CA	112391
30 km	2:59:22	R	ELLEN MCCOY (MN/70)	DULUTH	MN	052591
50 km	5:44:04	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
100 km	12:50:49	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
10 mi	1:20:33	R	HEDY MARQUE (VA/74)	WASHINGTON	DC	101391
20 mi	3:29:57	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
20 mi	3:25:59	U	MAVIS LINDGREN (CA/71)	CLARKSBURG	CA	111978
50 mi	9:55:09	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
100 mi	23:29:34	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
half mar	1:58:27	R	MARCIE TRENT (AK/70)	ANCHORAGE	AK	052888
half mar	1:50:03a	R	MARY STOREY (CA/70)	FONTANA	CA	060494
marathon	4:01:52	P	WHAYONG SEMER (OH/70)	CHICAGO	IL	101198
marathon	4:11:54a	R	MARCIE TRENT (AK/70)	NAPA	CA	031388
marathon	4:09:04	U	GERRY DAVIDSON (CA/70)	SAN DIEGO	CA	120891
marathon	4:13:03	R	AGNES REINHARD (WI/70)	CHICAGO	IL	102096
24 hr	165,343 m	R	HELEN KLEIN (CA/70)	SYLVANIA	OH	091993
6 day	600,285 m	U	HELEN KLEIN (CA/70)	SACRAMENTO	CA	010693

## Women 75-79

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

## Women 80-84

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

## Women 85-89

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

## Women 90 &amp; over

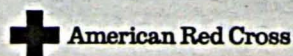
5 km	48:35	P	TINY RILEY (MT/90)	HELENA	MT	060395
10 mi	3:29:08	R	RUTH ROTHFARB (FL/90)	WASHINGTON	DC	040592
marathon	8:53:08	U	MAVIS LINDGREN (CA/90)	PORTLAND	OR	092897

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HANLIE KOTZE (RSA)	11-12-60	40-44
ELLINA ZVEREVA (BLR)	11-16-60	40-44
ANNE AUDAIN (NZL)	11-1-55	45-49
DENISE MCFIELD (JAM-ST. LOUIS, MO)	11-4-55	45-49
MARIA BRIONES (OAKLAND, CA)	11-9-55	45-49
JURGEN A SACHSE (GER)	11-19-55	45-49
DEBBIE LANGE (AUS)	11-24-55	45-49
CAROLE FILER (GBR)	11-28-55	45-49
WENDY DAME (EUGENE, OR)	11-5-50	50-54
LYNNE DIEZI (NY)	11-8-50	50-54
LESLIE MCHAMPTON (SAN RAFAEL, CA)	11-8-50	50-54
STANISLAW SZYDLOWSKI (POL)	11-14-50	50-54
MAC WILKINS (CA)	11-15-50	50-54
WILLIAM COLLINS (HOUSTON, TX)	11-20-50	50-54
WENDY LEE BROWN (NZL)	11-21-50	50-54
CHRISTINE MUNRO (NZL)	11-26-50	50-54
RIEKO TAKAHASHI (JPN)	11-27-50	50-54
FRANCOISE DUPONT (FRA)	11-3-45	55-59
JOYCE MARIE THOMAS (TRI)	11-5-45	55-59
BERT STREUMER (HOL)	11-7-45	55-59
GEORGE CARTY (SAN JOSE, CA)	11-10-45	55-59
JANIE DUFF (LOS GATOS, CA)	11-20-45	55-59
RYSZARD MARCZAK (POL)	11-21-45	55-59
YVONNE PATRICIA PRIESTMAN (GBR)	11-23-45	55-59
NATASA BEZJAK-URBANCIC (JUG)	11-25-45	55-59
JUANA STAVOLONE (SAN JOSE, CA)	11-25-45	55-59
CHRISTINE DREWRY (GBR)	11-30-45	55-59
KURT BRADAL (DEN)	11-4-40	60-64
KYOSTI MARILA (FIN)	11-5-40	60-64
SHIRLEY MATSON (SAN DIEGO, CA)	11-7-40	60-64
ERICA BRIENSNICK (GER)	11-19-40	60-64
GEORGE DAVIES (TEMPE, AZ)	11-19-40	60-64
TINA HAYWARD (VICKSBURG, MI)	11-20-40	60-64
JANE ARNOLD (BLOOMFIELD, CT)	11-22-40	60-64
ELKE BOLSINGER (GER)	11-23-40	60-64
JOSEF JANSKY (CZE)	11-24-40	60-64
DON MCMILLAN (US)	11-24-40	60-64
ALBY WILLIAMS (US)	11-29-40	60-64
CLAIRE BROCK (OH)	11-1-35	65-69
EDITH GRAY (CAN)	11-14-35	65-69
JEANIE JONES (CA)	11-20-35	65-69
EMMA CHILDERS (US)	11-25-35	65-69
TRUMAN CLARK (LOS ANGELES, CA)	11-26-35	65-69
JESSIE SMITH (WESTMINSTER, CA)	11-3-30	70-74
WILLARD FREDERICKSON (S. GERONIMO, CA)	11-9-30	70-74
CHARLES WILLIAMS (GB)	11-15-30	70-74
HANS ZIPPEL (WG)	11-17-30	70-74
ED DEMARRAIS (NEEDHAM, MA)	11-27-30	70-74
DON GAMMIE (CENTERTVILLE, OH)	11-29-30	70-74
ALENE PARK (HUNTSVILLE, AL)	11-1-25	75-79
ED HOOKER (TULSA, OK)	11-3-25	75-79
HANNU SUOKNUTTI (FIN)	11-10-25	75-79
ELSE LAINE (FIN)	11-25-25	75-79
BRONE SALICKIENE (URS)	11-26-25	75-79
ART WAGGONER (FAIR OAKS, CA)	11-26-25	75-79
ROY WIGGINGTON (CA)	11-30-25	75-79
HARALD PALMOVIST (SWE)	11-4-20	80-84
DALE BUYSSE (LONGMONT, CO)	11-8-20	80-84
JEAN PRICE (US)	11-8-20	80-84
BRUNO SOBRERO (ITA)	11-11-20	80-84
FRANTISEK KLEMPA (CZE)	11-12-20	80-84
BERNARD HOGAN (AUS)	11-15-20	80-84
GUNNI SVENSSON (SWE)	11-17-20	80-84
KATRINA SMILDZINA (LAT)	11-19-20	80-84
ELFRIEDE FALKE (GER)	11-30-20	80-84
PAUL SEREGHY (NEW YORK CITY, NY)	11-5-15	85-89
GUISEPPE MARABOTTI (ITA)	11-7-15	85-89
JUDY SIMON (LA MESA, CA)	11-8-15	85-89
ADRIENNE SALMINI (ALBUQUERQUE, NM)	11-20-15	85-89
AUSTIN NEWMAN (NJ)	11-21-15	85-89
ERIK STAI (NOR)	11-29-15	85-89
CHICK DAHLSTEN (LOS ANGELES, CA)	11-4-10	90-94
OSMO RENVALL (FIN)	11-10-10	90-94
VAINO COLLAN (FIN)	11-17-10	90-94
AILSA FORBES (NZL)	11-19-10	90-94

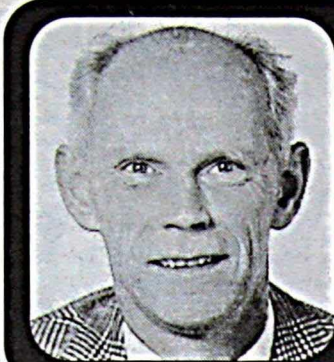
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Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman





## International Scene

by **TORSTEN CARLIUS**  
WAVA President

### Going from Sydney to Brisbane

**D**uring the Olympic Games in Sydney we enjoyed two weeks of international sports at the highest level possible, where the organizers did a wonderful job. I cannot help but think of how WAVA will fare in Brisbane next year. The entry booklets have been distributed and, from what we have seen, Brisbane 2001 promises to be the best WAVA World Championships ever.

The WAVA Council has complete confidence in the LOC, whose people are doing a great job. Let all of us – athletes, coaches and council members – do our best to contribute what we can to bring to reality the statement, "Brisbane – the best ever!"

#### Kuala Lumpur 2000

Following a number of visits and progressive discussions, Kuala Lumpur was awarded WAVA's World Veterans Athletics Championships-Stadia in 2003. However, during recent weeks there have been rumors that the LOC has received many resignations from those who promised to be on the committee and do a good job.

This information is cause for great concern and, if there is sufficient truth to these rumors to pose any threat to the championships in 2003, I trust the WAVA Council will be obligated to reopen the award discussions. We have high expectations of an organizer, and require substantial proof that our championships will be organized at a level that we now all take for granted. The WAVA Council will take whatever steps are necessary to ensure all is proceeding according to plan, which may mean further meetings with those who signed this important contract.

I am satisfied that we have the financial promises and bank securities as stipulated in the contract; however, it is vital that we have an efficient and reliable LOC.

#### Drug Case

You are, of course, all aware of Kathy Jager's drug case resulting from the Gateshead championships, and her two year suspension by USATF in compliance with IAAF rules. WAVA deliberately maintained a low profile as the case was being handled by IAAF and USATF, and there was no reason for our involvement. It is my understanding that this caused some individuals to wonder what WAVA has been doing. Correctly, the answer was nothing, as we had no involvement in this issue.

However, at its August Council meeting, the IAAF decided to hand over to WAVA Kathy Jager's appeal for early reinstatement, so we are now

involved. The WAVA Council must make a decision that is not easy since, being uninvolved, we were not privy to many of the details. I have requested that our Medical and Doping Committee study the case and it is my hope, barring any unforeseen circumstances, that there will be an opinion in the very near future, possibly as this issue of *National Masters News* goes to press.

Knowing what we do now, I must express my great hope that this case will be an isolated one, and that all athletes will check with their national associations to determine what substances are or are not permissible. The time spent on this case has been considerable and could have been used for other issues.

#### Gateshead

We have previously asked athletes and coaches who had not received result books/videos from Gateshead to contact us. We have been contacted by a number of athletes, who have now been sent their missing books/videos. But I must repeat that anyone who has paid for but still not received result books/videos from Gateshead is urged to contact either myself or our secretary, Monty Hacker, and we will do our utmost to settle the situation.

#### World Masters Games

As we go to press, WAVA will be represented at the IMGA (International Masters Games Association) General Assembly in Monaco on October 27. This is very important to us as we are now taking greater responsibility for our events at the World Masters Games.

I have previously mentioned that our VP - Stadia, Jim Blair, has been appointed our Technical Delegate for the World Masters Games in Melbourne in 2002. I believe this to be an important step in assuring our influence over track and field activities not only in Melbourne, but, more importantly, over actual development of the World Masters Games.

Our presence at the IMGA General Assembly shows we are both willing and prepared to take this responsibility on behalf of all veterans. □

## XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001

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### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	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+	80m	.686m 27"				
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						
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+	300m	.686m 27"				

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
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"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
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"				
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+	300m	.686m 27"				

#### IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
					WAVA USATF	USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20# 20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16# 16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12# 16#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25# 35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16# 25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12# 25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WAVA weights are used for USATF weight pentathlons.  
Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.  
\* New 1999 IAAF specifications.



8 Months to Go



2001 WORLD  
VETERANS'  
ATHLETIC  
CHAMPIONSHIPS

# Countdown to Brisbane

## Entry Forms Ready

The entry forms for the 14th WAVA World Veterans Athletics Championships are in the mail to all WAVA affiliates worldwide. The 24-page booklet will be available from masters travel agencies and can also be downloaded from the Championships' web site at [www.worldvac2001.com.au](http://www.worldvac2001.com.au). Just check under Registrations/Entry Form for a copy.

Entry forms are available in five languages – French, Spanish, German, Japanese, and English. The deadline for receiving entries is March 30, 2001.

The competition will be held in five-year age groups in all track and field events, plus the marathon, road walks and cross-country races. The meet is open to all men age 40-and-up and to all women age 35-and-up as of July 4, 2001. There are no qualifying standards other than to be at least the minimum age. More than 6000 athletes from up to 90 nations are expected to participate in the event, which runs from July 4-14.

### Olympics Set Example

Well, the Olympics are over and what

a show it was. Olympic fever hit Australian shores and the country was tied up in a wave of nationalistic pride. A big "thank you" must go to the tens of thousands of volunteers who made this Olympics the best ever. International visitors to our shores have commented on how wonderful the volunteers were. We hope this will be the case with the WAVA Championships next year.

Our event will require about 1000 volunteers who will assist in operational, language, administration, and sporting areas. We also need over 300 officials. Applicants can contact the Brisbane Team at [wavainfo@qld-events.com.au](mailto:wavainfo@qld-events.com.au). Registration for offi-



SUZY HESS

Great Britain's gold medal W35-39 4x400 relay team (3:50.80), WAVA-Gateshead (from left): Virginia Mitchell, Jennie Matthews, Angela Beadnall, and Linda Gabriel.

cials closes on Dec. 11.

### 5-Star Accommodation

The Carlton Crest Hotel will be the official hotel for the Championships. Centrally located within the City Center, it's the only 5-star property in Brisbane offering two styles of accommodation – executive and superior rooms.

All WAVA Assemblies and Regional meetings will be held at the hotel. The Regional and Women's meetings will take place on Sun., July 8. The General Assembly is set for Wed., July 11. Guests at the hotel can enjoy a rooftop swimming pool, gymnasium and sauna. To view the hotel, go to their web site at [www.carltoncrest-brisbane.com.au](http://www.carltoncrest-brisbane.com.au).

We have set up a newsgroup through

Egroups to enable athletes to talk with others from around the world in the lead-up to the Championships. Membership is free. You can register on-line at [www.egroups.com/list/wava2001](http://www.egroups.com/list/wava2001).

### Down-Under Slang

With only eight months to go, we thought it time to inform you on some of our Aussie slang:

G'day – hello, welcome

Mate – friend

Bloke – man

Shout – to buy someone a drink

Barbie – barbecue

Yarn – story

Tinnie – can of beer

Make sure you come up and say "G'day" to the Brisbane Team when you get to Brisbane. □

– From Jacey Octigan, Event Manager

## Sacramento to Bid for 2005 WAVA Meet

John McCasey, Executive Director of the Sacramento Sports Commission, will seek to host the WAVA 2005 World Track and Field Championships.

McCasey will present a bid to the joint MLDR/MT&F meeting during the USATF Albuquerque convention, Nov. 29-Dec. 3. Members of the Pacific Association will be working closely with the Sports Commission.

The same facilities that were used

during the 2000 Olympic Trials, in addition to other track venues in the Sacramento area, will be proposed. If this bid proposal is approved by the joint committee, then the next step is to make a presentation to the WAVA Assembly next year in Brisbane.

At press time it is not known what bids will be presented by other countries. □

– From Charles DesJardins

## Good Marks Posted in England

by BRIDGET CUSHEN

Charlie Dickinson, third in the M50 European 10,000 in 34:24.81, had to run 25 seconds faster to win the Surrey County title on Sept. 16.

Jim Day won six M60 Kent County titles in quick succession in the 100H, high jump long jump, triple jump, javelin, and, his favorite, the pole vault (3.70). Nigel Griffen had an M50 48.90 discus throw. Gordon Hickey recorded an M60 (12.12) shot and discus (35.97) double.

In an open veterans meet in London, Sept. 10, Nick Phipps, M45, an ex-international decathlon and

Olympic bobsled representative, won the pole vault (3.50), shot (12.60), discus (34.82), and hammer (40.81). Alf Wood, M70, cleared 2.50 in the pole vault.

Carina Graham, back in competition after the tragic death of her 33-year-old son last March, won the W60 100, long jump, and triple jump (7.79). Marie Grant-Stevens won the W65 shot with a 6.34.

The BVAF Decathlon/Heptathlon Championships were held in Sheffield the same weekend. The top scorers were M. Corden, M50, 7226, and J. Charles, W55, 4054. □

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## WAVA Recognition Sought for Ultra Distance Running

For many years Ruth Anderson has campaigned for WAVA to recognize ultra distance running. Following his election to Vice President (Non-Stadia) in 1997, Ron Bell promised to explore the merits of WAVA involvement. A preliminary meeting took place last year in Gateshead, when it was agreed that both sides would meet again this year. Subsequently, a joint meeting between members of the IAU and WAVA took place in Winschoten, on Aug. 10, when WAVA's Torsten Carlus and Bell met with council members of the IAU.

Both entities gave a short presentation of the organization build-up and what championships/meetings they organize. Thereafter, a co-operation between IAU and WAVA was discussed with respect to IAU organizing World Veterans Championships over 100K, a co-operation both organizations believe to be necessary and beneficial.

### Points of Agreement

The following points, subject to further study, were raised by both the IAU and WAVA councils:

- WAVA to recognize IAU as the international body in organizing World Veterans Championships over 100K.
- World Veterans Championships over 100K should be staged every odd-numbered year starting in 2003.

- WAVA to appoint one delegate to the IAU Veterans Commission (at present its Vice-President Non-Stadia, Ron Bell).

- IAU to appoint one delegate to sit on the WAVA Non-Stadia Committee.

- The costs for these delegates to be borne by IAU and WAVA for their respective delegates.

- WAVA wants a small fee from each athlete at the World Championships which could go into effect in 2005.

- IAU and WAVA promise to exchange all informational materials: entry booklets for championships, handbooks, etc.

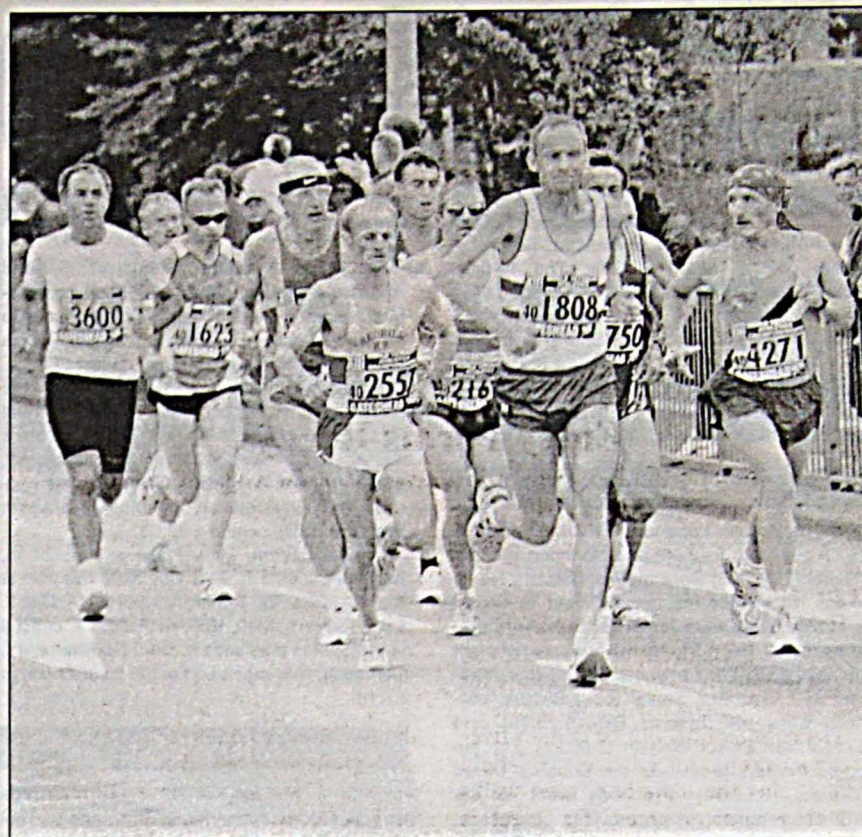
- IAU and WAVA promise to create a link to and from their respective home pages.

### 100K Goes Well

Bell told NMN, "The 100K world championships in Winschoten were extremely well organized, with a wonderful atmosphere. It is obvious that both associations should work together in providing athletics for athletes of veteran's/master's age. Hopefully, some of the present WAVA members will be attracted to ultra distances and some IAU members will compete in WAVA events."

(The IAU is affiliated with the IAAF, as is WAVA.) □

— From Ron Bell



JERRY WOJCIK

Early leaders in the marathon, 13th World Veterans Championships, Gateshead, England.

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WAVA web site: <http://www.wava.org>



# Masters Scene

## NATIONAL

• **Phil Raschker**, 53, of Marietta, Ga., got a rather unique record recently. The 10-time USATF female masters T&F athlete-of-the-year was named a "face in the crowd" for an unprecedented fourth time by *Sports Illustrated*. The article in the Sept. 18 issue cited her 10 gold medals in the W50 age-group at this year's Nationals in Eugene. She previously was featured in 1992, 1989 and 1982.

## EAST

• The Greater Long Island RC Men Masters (sixth overall in 5:13:00) and Northport Women Masters (6:01:09) were the first masters teams in the Nationwide Insurance Ocean To Sound 57.1 Mile Relay, from Jones Beach to Bethpage, Long Island, Sept. 24. Teams consisted of eight runners each; 120 teams finished, four more than last year. The Senior (50+) Division winners were the Taconic RR (5:28:20) and Sensational Senior Women (7:50:22). The top co-ed masters team was the Bohemia Mixed Masters (5:53:50). Proceeds went to the ASPIRE Program, which provides prostheses, physical therapy, and rehabilitation through exercise to young amputees, victims of bone cancer, and traumatic amputation patients.

• Runaway **Judi St. Hilaire**, 41, just keeps picking up speed: she won the Providence, RI, Downtown 5K in 16:18, Sept. 17.

• **Mary Beth Evens**, 41, Scarsdale, NY, 18:20, outfooted 27,000 others to take the overall title at the 10th Annual New York City Race for the Cure 5K, Sept. 17. Second-place overall went to **Debbie Grossman**, 44, Shavertown, PA, 18:31.

• **Chris Fox**, 41, Shepherdstown, WV, 31:32, and ironwoman **Lee DiPietro**, 42, Ruxton, MD, 36:49, became the 2000 National RRCA Masters Champions with their wins at the hilly Cow Harbor 10K, Northport, NY, Sept. 16, taking home \$500 each for their troubles. Fox was also tenth man overall, and outpaced **Gerard Donakowski**, second M40+, 33:06. DiPietro,

ninth overall, was followed closely by **Kathy Martin**, 48, Northport, NY, second W40+ in 37:39.

• **Jaime Palacios**, 45, 1:47:35, and **Anastasia Stekas**, 43, 2:13:37, took top masters honors at the NYRRC Marathon Tune-Up 18 Miler, Central Park, NYC, Aug. 27. **Chris Salibello**, M80, posted a remarkable 2:26:15.

• First masters to reach Times Square at the NYRRC Broadway on Broadway 4K, Central Park to Broadway, NYC, Sept. 10, were **Mark Taylor**, 41, 14:39 and **Dominique Jean**, 41, 16:43. **Sophia Peng**, 80, 25:19, won her division by over eleven minutes, **Abraham Weintraub**, 90, posted a 32:33.

• **Craig Fram**, M40, Plaistow, NH, 24:44, moved from third in '99 to first M40+ this year at the Ro-Jacks Run 5 Miler, Attleboro, MA, Oct. 1. **Larry Sayers**, M40, Bellows Falls, VT, cruised in at 25:09 to take second. **Judi St. Hilaire**, 41, Somerset, MA, repeated her '99 masters win in 27:18.

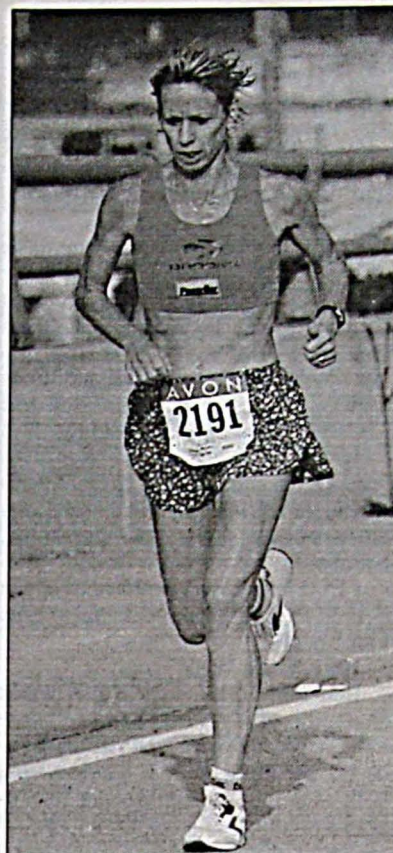
## MIDWEST

• In a day for shining masters, **Monica Joyce**, 42, Ann Arbor, MI, 3:13:47, and **Denbel Tek**, 46, Samia, Ont., 2:44:32, were the overall winners of the Scotty Hanton Marathon, Sept. 3, in Port Huron, MI. **Angie Smith**, 40, Samia, was the overall women's winner of the accompanying half-marathon, 1:30:18, and **Noelle Nelson**, 41, Samia, won the 8K in 35:11.

• **Norb Lauer**, Menasha, WI, 2:56:02, took home \$100 for the 40+ crown at the Fox Cities Marathon, Appleton, WI, Oct. 1. **Kathy Waldron**, 41, Green Bay, WI, reigned over the women's field with a 3:05:52.

## MID-AMERICA

• Masters runners finished with the leaders in the City of Lakes 25K, Minneapolis, Sept. 10, as **Bev Docherty**, 42, St. Paul, posted a third female-overall 97:28. **Kevin Haas**, 42, St. Louis Park, NM, hurried to a fourth-overall 85:05. **Norm Purrington**, 57, Lake Elmo, MN, in



GEORGE BANKER

Donna Moore, 39, ninth overall (38:04), Avon Running Circuit 10K, Baltimore, Md., Sept. 10.

98:55, and **Gloria Jansen**, 53, Edina, MN, in 1:49:33, were clear-cut division winners. Earlier, on Aug. 19, Haas was first overall (70:18) in the Mora Half-Marathon, Mora, MN, with **Donna Melody**, 42, taking the W40+ crown in 90:13.

• **Dan Conway**, 60, was first M40+ with a 29:27 in the Park Point 5 Miler, Duluth, MN, July 21. **Kelly Rogers**, 41, captured the W40+ title in 35:02.

• **Kevin Haas**, 42, in 49:51, and **Marie Boyd**, 40, in 55:25, captured firsts in the USATF Minnesota Masters 15K Championships, White Bear Lake, Sept. 17. Runners-up were **Perry Bach**, 44, 51:14, and **Bev Docherty**, 42, 56:41. **Michael Seaman**, 50, was top age-graded with an 87.4% 52:35.

## WEST

• **Maria Trujillo de Rios**, Los Gatos, CA, was the overall winner at the Pacific Sun 10K, Kentfield, CA, 35:30. **Shirley Matson**, Larkspur, CA, claimed the W55 crown in 40:15. **Danny Moon**, Saratoga, CA, first W50, ran a super 39:05. **Lloyd Stevenson**, M45, San Francisco, took the M40+ title in 32:56.

• **Nancy Tinari**, 43, Vancouver, BC, finished second overall in 17:15 (A-G 89.8%) in the very large Orange County Race for the Cure 5K, Newport Beach, CA, Sept. 24. Over 30,000 runners and walkers participated. Other noteworthy performances belong to **Sally Adam**, 58, Huntington Beach, CA, 21:10 (84.3%) and **Mary Storey**, 76, Riverside, CA, 31:19 (72.4%).

• **Richard Oliver**, long-time president of the Walkers Club of Los Angeles, passed away on Sept. 19 at age 63. He will be remembered for his devoted commitment to the club as well as his fierce competitiveness at all distances up to 50K. To honor Richard's memory, you might wish to make a donation to his favorite charity, the American Foundation for AIDS Research, 5900 Wilshire Blvd., #3025, Los Angeles, CA 90036.

## NORTHWEST

• **Bob Shorrock**, 40, Lake Oswego, OR, 2:33:27 (84.0%) had the highest A-G ranking of any male master at this year's Portland

## ON TAP FOR NOVEMBER

### TRACK AND FIELD

Other than masters candidates running for office at the USATF Annual Meeting in Albuquerque, Nov. 29-Dec. 3, activity is limited in this month's Twilight Zone between the outdoor and indoor seasons. Senior meets in Florida and Hawaii, and a weight pentathlon in South Carolina are listed. The international schedule offers the WAVA South America Regional Championships, Mar del Plata, Argentina, on the 5th-12th, and Asia Regional Championships, Bangalore, India, on the 6th-10th.

### LONG DISTANCE RUNNING

Harriers, hark! USATF masters cross-country championships are super-abundant, with the 8K, Pasco, Wash., on the 4th; the 5K, Holmdel, N.J., on the 19th (entry forms in Sept. & Oct. issues); and the 10K, Boston, on the 25th. Among those dates are included the NYRRC New York City Marathon on the 5th; New Times 10K & 5K, Phoenix, Ariz., on the 12th; the Avon Running Circuit, Tampa, on the 18th; and the Seattle Marathon on the 26th. The USATF Masters LDR Committee invites those interested to attend its meetings at the Convention in Albuquerque.

### RACEWALKING

The Alan Ranofsky 10K is scheduled for Coconut Creek, Fla., on the 5th, and includes a 50K road race. Myrtle Beach, S.C., hosts the USATF South Region One-Hour Championships on the 18th. □

Marathon, Portland, OR, Oct. 1. **Shella O'Brien**, 54, Boise, ID, led the women, with a 3:24:34 (78.9%). **Louis Joline**, 68, Lake Lotawana, MO, took the M65 with a 3:37:45 (75.5%).

## CANADA

• Must be something in the water: masters runners took the top seven overall spots at the sixth annual Marathon by the Sea, St. John, NB, Aug. 20. Leading the pack was **Victor Hickey**, 2:41:56. **Helen Bradler** led the W40 in 3:17:44.

## CORRECTIONS

• **Suzi MacLeod**, not **Jaclyn Caselli**, held the W65 U.S. record broken by **Vicki Bigelow** in the Northwest Regional Championships, Bozeman, Mont., as reported in the September issue. MacLeod's record of 6:13.97 at Gateshead was approved at the USATF Convention in 1999 but not reported to NMN. Bigelow ran a 6:12.68 at the NW Championships.

## Stan Coben

by BERKY NELSON

Stan Coben, professor emeritus of history at the Univ. of California, Los Angeles, and longtime member of the Southern California Striders, died suddenly at age 70 on July 31, 2000, in Los Angeles, Calif.

His death from a massive heart attack was a total shock to his family and friends, who knew that Stan exercised daily and followed a non-fat vegetarian diet. Because of his seemingly excellent health, his doctors had not ordered a stress test or EKG for the past several years and had not detected any heart disease.

Stan had been a competitive runner since he was at New Rochelle High School, and while attending Union College and USC. Unlike men of his generation, who gave up exercising after graduation, he continued running competitively and became one of the nation's premier competitors in the mile and 800 meters. Among his most memorable achievements was a gold medal in the 1974 AAU National Masters

Meet in Eugene, Oregon.

Stan won his last gold medal in the 4x800 at the 1995 National Masters Championships at Michigan State Univ., with teammates **Jim Selby**, **Efrain Sanchez** and **Walt Acheson**. Previously, after a long hiatus, he won the 1500 at the Club West Meet, the Watanabe Memorial Meet and the Dan Aldrich Memorial meet in 1994. In 1998, however, on the advice of his doctors, he started walking daily with his wife instead of running, because of arthritis in both knees.

Aside from his numerous books and articles, Stan's greatest legacy lives on in his family. He leaves behind his wife, **Herminia**, daughters **Celia** and **Elizabeth**, four grandchildren; and a brother, **Bill**. A scholar and runner, he will be missed by numerous friends in the academic and running communities, and by scores of former graduate students who now are some of the best U.S. historians in the country. □



# 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 usually 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 29-December 3.** USATF 22nd Annual Meeting, Albuquerque Convention Center, New Mexico. USATF, PO Box 120, Indianapolis, IN 46206-0120. Tel: 317-261-0500; fax: 261-0481; www.usatf.org. Housing: Albuquerque Housing Bureau, 505-346-0522; fax: 346-0176; usatf@nmtravel.com.

**March 23.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HJ/1000m; women: 60H/HJ/SP/LJ/800m. See below.

**March 23-25.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600.

**June 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.

**July 14-28.** National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

**July 25-28.** 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

### EAST

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

**December 15.** MAC Open & Masters Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 Eastern).

**December 17.** Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:15 am. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**December 29.** MAC Open & Masters Holiday Indoor Classic, 168th St. Armory T&F Center, Manhattan, N.Y. See Dec. 15.

**January TBA.** Adidas Invitational Indoor Meet, M40 & M50+ Mile, George Mason U., Fairfax, Va. Potomac Valley TC, 302-945-2457; corrallo@erols.com

**January 12-14.** Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. E-mail: Barry Harwick@Dartmouth.edu.

**January 14.** Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:15 am. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@

netreach.net

**January 19.** MAC Masters, Open, & Youth Boys Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-220-0071 (9-5 pm, Eastern); www.mactrack.org; Roz Katz, 718-358-6233. (7-9 pm Eastern).

**January 21.** MAC Open & Masters Indoor Pentathlon Championships, 168th St. Armory T&F Center, Manhattan, N.Y. See Jan. 19.

**March 4.** MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern).

**March 10.** Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

### SOUTHEAST

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

**November 18.** USATF South Carolina Weight Pentathlon Championships, Myrtle Beach. Open to all. Dick Austin, 102 Pepperhill Circle, Myrtle Beach, SC 29579. 843-236-1852; austin@juno.com

**November 28-December 3.** Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.

### MID-AMERICA

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

**February 25.** USATF Colorado Masters & Open Indoor Championships, USAF Academy, Colorado Springs. SASE to Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302; 303-443-2695, or Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907; 719-635-1264.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**June 2.** USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

**July 7.** Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vvranner@aol.com

### WEST

Arizona, California, Hawaii, Nevada

**November 10-12, 18-27.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-

8805; zeug@lava.net

**December 16.** KelField Throws Series #89, Santa Cruz, Calif. WP scoring. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

**January TBA.** San Diego Indoor Games Masters 3000, San Diego Sports Arena. Brian Culley, kip@riftvalley.org

**March 10.** Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smithheld@home.com

### NORTHWEST

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

**January 20.** Eugene Indoor Meet, Eugene, Ore.

**January 27-28.** Great Northwest Indoor Meet, Portland, Ore. Masters-28th. USATF Oregon.

**June 9-10.** Hayward Masters Classic, Eugene, Ore. Oregon TC Masters.

**June 16.** USATF Oregon Masters & Open Championships, McMinnville.

**June 23-24.** USATF Northwest Regional Masters Championships, Portland, Ore.

### INTERNATIONAL

**November 5-12.** South American Veterans Championships, Mar Del Plata, Argentina. Luis Gramaccioni, president of Argentinian Confederation of Veteran Athletes, Diaz Velez St. 192, Rosario 2000, Sante Fe, Argentina. Phone/fax: 54-341-438-8062.

**November 6-10.** WAVA Asia Regional Championships, Bangalore, India.

**February 2-11.** International Master Athlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.masterathletewintergames2001.com

**February 19-March 5.** Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

**July 4-14.** 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.

### OPEN

**Aug. 3-12.** IAAF World Championships VIII, Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

**November 4.** USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

**November 19.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New

Brunswick, NJ 08906. 732-296-0006.

**November 25.** USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St., #207, Brighton, MA 02135. 617-566-7600.

**November 29-December 3.** USATF 22nd Annual Meeting, Albuquerque, New Mexico. See T&F-National.

**December 10.** Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.co

### EAST

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

**November 4.** JFK 50 Mile, Boonsboro, Md. Michael Spinnler, 301-739-7004; fax: 733-0097.

**November 5.** New York City Marathon, NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; www.nyrrc.org

**November 5.** Alan Ranofsky 10K, Coconut Creek, Fla. 954-970-9634(h); fax: 970-0382.

**November 5.** Zoo Run for Wildlife 10K, Philadelphia, Penn. Allison Walker, Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA 19104. 215-243-4375.

**November 11.** Pittsylvania Cross-Country Challenge, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**November 12.** Brooks Pharmacy Ocean State Marathon, Warwick-Providence, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; email: OSM26@IDS.net; www.OSM26.com

**November 12.** Nasdaq Veterans Day 10K, Washington, D.C. www.runwashington.com

**November 12.** MADD Dash 8K, New Haven, Conn. M.S. Running Productions, 46-2A Cherry Hill Dr., Bridgeport, CT 06606. 203-374-6433.

**November 12.** USATF New England Masters & Open Cross-Country Championships, Boston. 617-566-7600; office@usatfne.org; www.usatfne.org

**November 12.** USATF Maine Masters & Open Cross-Country Championships, Readfield. Marty Thomson, 207-623-3682; komi96@mint.net

**November 18.** USATF Connecticut Masters & Open 8K Cross-Country Championships, W. Hartford. Will Graustein, 203-574-3310; wgraustein@snet.net

**November 19.** Philadelphia Marathon. PM, Memorial Hall, PO Box 21601, Philadelphia, PA 19131. 215-685-0054; www.philadelphia.marathon.com

**November 23.** NYRR Turkey Trot 5 Mile, Prospect Park, NYC. See Nov. 5.

**November 23.** 64th Manchester 5 Mile, Manchester, Conn. SASE to MRR Committee, PO Box 211, Manchester, CT 06040-0211. 860-649-6456; www.manchesterroad.race.com

**November 23.** Pequot Runners 5 Mile, Southport, Conn. Jeff Palmer, 203-227-9054; www.pequotrunners.org

**November 25.** NYRR Knickerbocker 60K, Central Park, NYC. See Nov. 5.

**November 26.** Robs Run 5K, Syosset, L.I., N.Y. 516-349-9157.

**November 26.** NYRR Pete McArdle 15K Cross-Country Classic, Van Courtlandt Park, Bronx, N.Y. See Nov. 5.

**December 10.** USATF NJ Masters 10 Mile Championships, Picatinny Arsenal, Rockaway Twp., 11:00 am. 732-296-0006; www.usatf.org/assoc/nj

**December 17.** Ho Ho Ho Holiday 5K Run,

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Continued from page 25

Bethpage, L.I., N.Y. 561-349-9157.

**December 30.** Greenbelt 20 Miler & 10 Miler, Greenbelt, Md. DCRRC, POB 1352, Arlington, VA 22210-0652. 703-241-0395.**December 31.** NYRR Runner's World/Asics Midnight Run 5K, Central Park. 212-860-4455; www.nyrrc.org**December 31.** Asbury Park Polar Bear 5 Mile & 10 Mile RW, Sunset Park Convention Hall, Asbury Park, N.J. Elliott Denman, 732-222-9080; Elliottden@aol.com**February 18.** Washington's Birthday Marathon & Relay, Greenbelt, Md. Patrick Brown, 703-241-0395/DCRRC; PBrown@mitretek.org**April 16.** 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org**SOUTHEAST**

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

**November 4.** Delchamps Senior Bowl Charity/USATF Men's 10K Championships, Mobile, Ala. 334-438-2276; www.seniorbowl.com**November 4.** Runner's Classic 10K & 5K, Orlando, Fla. 407-898-1313; www.trackshack.com**November 18.** Richmond Marathon & 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com**November 18.** Avon Running Circuit 10K & 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com**November 18.** Paradise Lakes Nude/Clothing Optional 5K, Lutz, Fla. Bob, 813-949-9327; www.paradiselakes.com**November 18.** Paul de Bruyn Memorial 30K/RRCA Southeast Region & Florida State Championships, Ormond, Fla. Barbara Davis, 904-788-0401; www.daytonatrackclub.org**November 23.** Thanksgiving 10 Mile & 5K, DeLand, Fla. John Boyle, 904-736-0002; www.cuatteraces.com**November 23.** Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-739-1917; www.1stplacesports.com**November 23.** Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantaclub.org**November 23.** St. Petersburg Times Turkey Trot 10K & 5K, Clearwater, Fla. Skip Rogers, 727-442-5838; www.runwestflorida.com**November 26.** Space Coast Marathon & Half-Marathon, Melbourne, Fla. Linda Thompson, 321-454-4352(h); 459-2444(w); linathom@aol.com**December 3.** First Tennessee Memphis Marathon. 1000 limit. 800-893-RACE; www.runmemphis.com**December 3.** Fulcrum Raleigh Marathon, Relay, & 5K, Raleigh, N.C. www.raleighmarathon.com**December 9.** Huntsville Times Rocket City Marathon, Huntsville, Ala. RRCA Southern Region Championships. Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 35773. 256-828-6207; www.HuntsvilleTrackClub.org**December 10.** Hops Marathon By The Bay, Tampa Bay, Fla. HM, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doit sports.com/Hopsmarathon**December 16.** Jacksonville Marathon, Half-Marathon, & 5K. 904-739-1917; www.1stplacesports.com**January 7.** Walt Disney World Marathon & Half-Marathon, Orlando. Register online at runningnetwork.com or disney-worldsports.com**January 20.** Charlotte Marathon & Relays, Charlotte, N.C. 704-358-0713; www.runforpeace.org**January 21.** Florida Gulf Beaches Marathon & Relay. 727-347-4440; 888-LIV-2RUN; www.floridamarathon.com**January 27.** Charlotte Marathon Run For Peace Relay, Charlotte, N.C. 704-367-9696; www.runforpeace.org**February 3.** Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum**February 17.** Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.coastal.edu/mbmarathon**February 18.** Miami Tropical Marathon, Miami, Fla. 305-252-3235; www.sbr-multipisport.com**February 24.** Bank of America Gasparilla Distance Classic 15K & 5K, Tampa, Fla. Susan Harmeling, 813-229-7866; www.doitsports.com/gasparilla**February 24.** Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.sigmeupsports.com**March 10.** Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.1stplacesports.com**March 17.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksportsfest.com**MIDWEST**

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

**November 5.** USATF Wisconsin Masters & Open Cross-Country Championships, Sheboygan Center. Mary Stroud, 608-274-4270; mstroud@execpc.com**November 11.** USATF Ohio Masters & Open Cross-Country Championships, West Chester. Jeff Branhan, 513-254-8635; jbranhan@aol.com**November 18.** USATF Illinois Masters & Open Cross-Country Championships, Lisle. Ray Vandersteen, 630-953-2052; usatfvan@aol.com**December 2.** Kentucky 50 Miler, Louisville. Pet Schuler, 502-893-9521; www.cherokeeroadrunners.org**MID-AMERICA**

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

**November 5.** Blue Springs 50 Mile/50K/RRCA Central Region Championships, Independence, Mo. Lou Joline, 816-578-4565; ljoline@aol.com**November 11.** Rim Rock Run VIII, 37K, Grand Junction, Colorado. SASE: Elaine Peterson, Rim Rock Run VIII, PO Box 3685, Grand Junction, CO 81502. 970-243-4055; www.rimrockrun.org**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**November 4.** White Rock Half-Marathon & 5K, Dallas. Larry Martin, PO Box 12764,

Dallas, TX 75225. www.cccd.org

**November 5.** San Antonio Marathon. SASE to SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652. http://samarathon.org**November 11.** Dusty Fun Run 5K & 10K, Texas A&M International U., Laredo. Michelle Alexander, 956-326-2175; fax: 326-2174.**November 23.** Dallas YMCA Turkey Trot 8 Mile, Dallas, Texas. 214-954-0550; www.TheTrot.com**December 10.** Dallas White Rock Marathon. Bob Luchsinger, 214-467-3369; www.white-rock-marathon.com**December 16.** Larry Fuselier State Championships 25K, New Orleans. Chuck George, NOTC, 504-482-6682; www.runNOTC.org**January 13.** The Wall 30K & 15K State Championships, New Orleans. Chuck George, NOTC, 504-482-6682; www.runNOTC.org**January 13.** Mississippi Marathon & 10K, Clinton. Jim Myrick, 601-856-9884.**January 14.** Houston Marathon, Houston, Texas. David Hannah, 713-957-3453; www.houstonmarathon.com**February 4.** Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org**February 10.** Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo-run.conoco.com**February 18.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorlaMarathon.com**February 24.** Cowtown Marathon, Fort Worth, Texas. Beverly Weiss, 817-735-2033; www.cowtownmarathon.org**WEST**

Arizona, California, Hawaii, Nevada

**November 4.** SBAA/S.B. News Press Half-Marathon, Santa Barbara, Calif. John Brennan, 805-964-2591; www.newspress.com**November 5.** Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 888-823-3455; www.scmarathon.org**November 11.** CPVA Seal Beach 5K Run/Walk & 10K, Seal Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, Calif. CA 92648. 714-841-5417; www.nealand.com/finishline**November 12.** Isuzu Long Beach Marathon, Long Beach, Calif. 562-590-8686; www.longbeachmarathon.com**November 12.** New Times 10K & 5K, Phoenix, AZ. Stacy Underwood, 602-229-8504; www.phoenixnewtimes.com/10K**November 18.** AMCS 16th annual Jet To Jetty 5K & 10K, Dockweiler Beach, Playa del Rey, Los Angeles, Calif. 310-670-1410.**November 23.** Ocean Spray Dana Point Turkey Trot 10K, 5K, & Masters (40+) 5K, Dana Point Harbor, Calif. Race info & entry forms: 949-496-1555. Kinane Events, 760-434-7706; lisa@kinaneevents.com**November 26.** Run To The Far Side XV 10K & 5K, San Francisco. 415-759-2690.**December 3.** Jim Click Tucson Marathon, Half-Marathon, & Relay. 520-320-0667; www.tucson.marathon.com**December 3.** California International Marathon, Sacramento. John Mansoor, 916-983-4622; www.runcim.org**December 3.** Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.**December 10.** Lasse Viren 20K, Pt. Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.**December 10.** Honolulu Marathon. 808-734-7200; www.honolulu-marathon.org**December 10.** Avon Circuit 10K & 5K Run/Walk, Phoenix, Ariz. 212-282-5350; www.avonrunning.com**January 13.** Paramount 10K Run & Racewalk (judged), Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline**January 21.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 858-792-2900; imisd@aol.com**February 4.** 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/ fax: 702-876-3870; www.lvmarathon.com**March 4.** City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamarathon.com**March 4.** Sutter Home Napa Valley Marathon/ RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com**NORTHWEST**

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

**November 4.** USATF Utah, Masters & Open Cross-Country Championships, Provo. 801-277-7405; usatf@inconnect.com**November 11.** USATF Inland Northwest Cross-Country Championships, Ephrata, Wash. Joe McManus, 509-754-4251.**November 26.** Seattle Marathon & Half-Marathon. Louise Long, 206-729-3660; www.seattlemarathon.org**CANADA****February 11.** First Half Half-Marathon, Vancouver, B.C. Pacific RR, 604-515-2488; www.wi.be.edu/firsthalf**INTERNATIONAL****November 5.** Athens Marathon, Greece. Marathon Tours, 800-444-4097; www.marathon.tour.com**December 3.** Grand Pacifico Marathon & Half-Marathon, Mazatlan, Mexico. Bill Ligas, Barton Beers, Ltd., 312-346-9200; www.marathon.org**January 28, 2001.** Millennium Marathon, Hampton City, New Zealand. +2-person marathon relay, 10K funrun/funwalk. www.active.com**April 28-29.** 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa**RACEWALKING****November 5.** Alan Ranofsky 10K Invitational/Florida State Championships/Southeast Region Championships & 5K Open RW, Coconut Creek, Fla. 954-970-9634(h); fax: 970-0382.**November 18.** USATF South Region One-Hour RW Championships, Myrtle Beach, S.C. J/O/M. All regions accepted. John W. Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.



# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M20-34</b>					
Brad Dittmar	400hh	88.45	8-13-00		
<b>M25-39</b>					
Tony Branovich	8000	16:36.3	8-10-00		
Mark Holme	800	1:56.13	8-10, 13-00		
	1800	4:06.18	8-10, 13-00		

<b>M40-45</b>					
Mac Allen	1500	4:22	7-28-00		
Bob Blackburn	LJ	8.88	8-10-00		
	P	28.92	8-10-00		
	LJ	8.88	8-11-00		
Rod Craig	6K RW	24:24	8-12-99		
Richard Dye	PV	13.0	8-9, 10-00		
Blake Surina	WP	32.68	8-20-00		

<b>M45-49</b>					
Sergio Angulo	110hh	18.11	8-21-00		
Kevin Kelly	1600	4:35.04	8-20-00		
Mike McGraw	D	43.32	7-8-00		
Patrick Morris	D	40.01	7-28-00		

<b>M50-54</b>					
Dennis Pelkey	100	12.1	8-17-00		
Jerry Sorlier	400	57.0	8-7, 10-00		
Dale Wilcoxson	D	47.86	8-12-00		

<b>M55-59</b>					
James Brady	HJ	4-11	8-20-00		
David Golden	400	61.75	8-27-00		
Warren Graft	100	12.68	8-10, 11-00		
	200	26.20	8-10, 11-00		
	400	58.20	8-10, 11-00		
	800	2:24.18	7-15-00		
Steve Prouty	TJ	10.31	8-10, 13-00		
Paul Roberts	D	41.38	7-29, 30-00		
Gary Schneider	SK	17.24	7-20-00		
Ernst Wendland	SK	17.24	7-20-00		

<b>M60-64</b>					
Robin Herron	SW	5.05	8-2, 3-00		
Neil Saling	D	148.3 1/4	8-17, 18-00		
Bob Shoemaker	100	13.07	8-8-00		
	200	27.00	8-8-00		

<b>M65-69</b>					
Paul Beckman	LJ	4.73	7-22-00		
Irwin Bernstein	800	2:48.0	3-18-00		
Grove Bolles	D	148-6	7-14-00		

<b>M70-74</b>					
Paul Lehmkuhl	TJ I	30-1	1-18-00		
	LJ I	15-4	2-8-00		
	55m	8.09	2-8-00		
Lenard Rosen	SP	41-4 1/2	7-1-00		
	D	142-8	7-1-00		

<b>M75-79</b>					
Pete Augsburg	SP	40-8	7-22-00		
S.E. Sears	D	34.86	8-10, 13-00		

<b>M75-79</b>					
John Cross	800	3:33.1	7-14-00		
	1500	7:10.1	7-14-00		

<b>M80-84</b>					
John Means	100	16.43	8-10, 13-00		
	200	33.76	8-10, 13-00		
	400	1:23.25	8-10, 13-00		

<b>M85-89</b>					
Kathleen Heltmann	HJ	3-4	8-20-00		

## 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	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
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%	6-4%	5-9%	5-6	5-3	4-11	4-9	4-6%	4-1%	3-9%	3-3%	2-7%	
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%	13-5%	12-11%	12-1%	11-7%	10-0	8-10%	7-10%	7-6%	6-6%	5-10%	4-3%	
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	20-4%	19-2%	18-4%	17-8%	16-4%	14-9	13-9%	12-5%	10-11%	9-4%	7-2%	
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%	41-4%	37-8%	35-5%	34-1%	31-2	29-2%	26-11	22-10	21-4	19-6	19-5%	
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	42-11%	39-4%	42-0	37-8%	36-1%	29-6%	26-3	19-8%	
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	85-4	72-2%	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%	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	62-4	46-0	
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2%	45-11%	42-8	39-4%	32-9%	29-6%	11-50	10-00	9-00	7-30	5-30	4-50	
25Wt.							37-8%	32-9%	29-6%	23-11%	17-4%	14-9	
56Wt.	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%	27-10%	26-3	19-8%	18-4%	16-4%	14-9	11-5%	9-10	8-2%	6-6%	
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	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 50-59: 600g; 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

Event	1.5K	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	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
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
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
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
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
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
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
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
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
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
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
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12			

MEN

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	2:22:00	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	2:36:30	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	1:46:13	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	1:58:15	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	25:45	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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

### USATF National Masters Weight Pentathlon Championships Randy Matson Track, Pampa, TX; Sept. 16 Event 1 Weight Pentathlon Age Graded Results (Men)

Athlete Name	Points	HT	SP	DT	JT	WT
----- M35 -----						
1 Rothenbury, Dave Garland, TX Age-Graded Mark: Age-Graded Percent: Age: 35	2525	26.40m (293)	11.26m (562)	40.52m (675)	37.30m (444)	11.32m (551)
----- M40 -----						
1 Stewart, Richard Ennis, TX Age-Graded Mark: Age-Graded Percent: Age: 42	3297	40.32m (589)	12.93m (710)	45.10m (769)	35.33m (468)	13.77m (761)
2 Stewart, Bryan Aiken, SC Age-Graded Mark: Age-Graded Percent: Age: 42	2977	34.30m (480)	13.37m (739)	34.63m (556)	44.20m (622)	10.94m (580)
----- M45 -----						
1 Baty, Jeff Gonzales, LA Age-Graded Mark: Age-Graded Percent: Age: 45	3446	38.90m (641)	11.97m (736)	37.36m (683)	39.69m (612)	12.93m (774)
2 Watson, Richard Yuma, AZ Age-Graded Mark: Age-Graded Percent: Age: 48	3158	33.60m (534)	10.94m (662)	32.52m (576)	48.36m (781)	10.49m (605)
----- M50 -----						
1 Pataki, Ladislav CA Age-Graded Mark: Age-Graded Percent: Age: 50	4818	50.86m (896)	16.79m (1105)	50.60m (966)	42.64m (752)	19.22m (1099)
2 Bookin-Weiner, Jerry Bedford, MA Age-Graded Mark: Age-Graded Percent: Age: 54	3516	39.66m (664)	12.14m (760)	41.04m (752)	31.86m (522)	14.84m (818)
3 Edwards, Tim Commerce City, CO Age-Graded Mark: Age-Graded Percent: Age: 52	3350	50.14m (881)	10.17m (616)	43.37m (804)	ND (0)	18.45m (1049)
4 Romansic, Jack Long Grove, IL Age-Graded Mark: Age-Graded Percent: Age: 52	2933	32.22m (513)	10.48m (639)	37.92m (683)	30.96m (504)	11.30m (594)
----- M55 -----						
1 Gage, Tom Billings, MT Age-Graded Mark: Age-Graded Percent: Age: 57	4805	56.21m (1137)	14.51m (1058)	46.44m (993)	28.32m (507)	17.94m (1110)
2 Percy, Ian Greeley, CO Age-Graded Mark: Age-Graded Percent: Age: 55	4625	43.71m (847)	13.69m (990)	45.54m (970)	42.50m (839)	16.06m (979)
3 Economides, Paul Albuquerque, NM Age-Graded Mark: Age-Graded Percent: Age: 55	4488	40.43m (772)	14.79m (1081)	49.16m (1062)	33.80m (634)	15.49m (939)
4 Chapman, Mark Cat Spring, TX Age-Graded Mark: Age-Graded Percent: Age: 57	3142	23.85m (397)	11.57m (816)	35.24m (713)	32.26m (598)	10.81m (618)
----- M60 -----						
1 Humphreys, Bob Camarillo, CA Age-Graded Mark: Age-Graded Percent: Age: 64	4258	44.68m (883)	13.00m (951)	46.32m (907)	31.49m (589)	15.86m (928)
2 Hotchkiss, Dick Grass Valley, CA Age-Graded Mark: Age-Graded Percent: Age: 61	3814	42.28m (827)	10.08m (708)	46.30m (906)	22.93m (391)	16.67m (982)
3 LaBarge, Peter Oak Harbor, WA Age-Graded Mark: Age-Graded Percent: Age: 61	3739	33.00m (612)	10.60m (751)	39.24m (743)	44.02m (889)	13.09m (744)

4 Cantrell, John Pampa, TX Age-Graded Mark: Age-Graded Percent: Age: 64	3515	30.24m (549)	12.56m (914)	37.32m (699)	32.65m (617)	12.97m (736)
5 Crater, Harold Victoria, TX Age-Graded Mark: Age-Graded Percent: Age: 62	3103	25.50m (441)	12.19m (883)	35.88m (666)	29.94m (553)	10.30m (560)
6 Kuhns, Jack Felton, CA Age-Graded Mark: Age-Graded Percent: Age: 61	3073	26.04m (453)	10.81m (768)	36.76m (686)	29.04m (532)	11.43m (634)
7 Herron, Robin Fort Collins, CO Age-Graded Mark: Age-Graded Percent: Age: 63	2997	28.40m (507)	11.55m (830)	28.18m (494)	26.52m (473)	12.33m (693)
8 North, Don Pineville, LA Age-Graded Mark: Age-Graded Percent: Age: 62	2932	31.30m (573)	11.16m (798)	34.28m (630)	36.85m (716)	4.93m (215)
9 Primm, Gene Bloomington, IL Age-Graded Mark: Age-Graded Percent: Age: 61	2901	27.18m (479)	10.58m (749)	31.16m (560)	28.97m (530)	10.66m (583)
10 Biddinger, Steve Fallon, NV Age-Graded Mark: Age-Graded Percent: Age: 62	2198	27.30m (482)	7.99m (536)	22.36m (367)	19.41m (311)	9.41m (502)
----- M65 -----						
1 Ward, Bob Dalla, TX Age-Graded Mark: Age-Graded Percent: Age: 67	4939	43.12m (957)	13.10m (1086)	45.76m (1017)	37.24m (814)	16.57m (1065)
2 Palmer, Wendell Pampa, TX Age-Graded Mark: Age-Graded Percent: Age: 68	4517	38.30m (832)	12.61m (1040)	48.94m (1101)	32.74m (696)	13.57m (848)
3 Olson, Len Poyntelle, PA Age-Graded Mark: Age-Graded Percent: Age: 69	4425	36.76m (792)	12.00m (982)	46.20m (1029)	33.30m (710)	14.46m (912)
4 Brady, Milton Laplace, LA Age-Graded Mark: Age-Graded Percent: Age: 66	2859	25.92m (515)	8.60m (667)	28.12m (564)	23.13m (448)	11.02m (665)
----- M70 -----						
1 Filip, Ladislav Eugene, OR Age-Graded Mark: Age-Graded Percent: Age: 72	4737	38.84m (839)	13.71m (1139)	43.56m (1091)	30.15m (706)	15.67m (962)
2 Garrahan, Bill Narragansett, RI Age-Graded Mark: Age-Graded Percent: Age: 71	4155	33.26m (696)	11.15m (899)	40.00m (986)	32.74m (781)	13.26m (793)
3 Brusca, Phil Maryland Heights, MO Age-Graded Mark: Age-Graded Percent: Age: 73	3984	32.80m (684)	11.81m (961)	35.32m (850)	32.48m (773)	12.14m (716)
4 Poche, John Lake Charles, LA Age-Graded Mark: Age-Graded Percent: Age: 72	3287	26.44m (523)	11.36m (919)	27.60m (630)	28.77m (666)	9.70m (549)
5 Velez, Luis Ponce, PR Age-Graded Mark: Age-Graded Percent: Age: 70	2776	37.78m (811)	7.40m (554)	23.00m (503)	14.02m (256)	11.21m (652)
----- M75 -----						
1 Stein, Jacob Louisville, KY Age-Graded Mark: Age-Graded Percent: Age: 76	2787	25.81m (579)	7.44m (635)	25.50m (654)	16.25m (360)	9.12m (559)
----- M80 -----						
1 Chapman, Leo Clay Center, KS Age-Graded Mark: Age-Graded Percent: Age: 81	3100	22.75m (563)	8.51m (845)	22.53m (642)	15.32m (377)	11.38m (673)
2 Ricciardi, Armondo Reno, NV Age-Graded Mark: Age-Graded Percent: Age: 80	2484	15.10m (328)	7.27m (703)	17.66m (474)	17.00m (433)	9.55m (546)

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M85						
1 Gonzalez, Gilberto	18.75m	6.65m	17.33m	13.98m	7.55m	
San Juan, PR	61'06.00	21'10.00	56'10.00	45'10.00	24'09.25	
Age-Graded Mark:	41.74m	14.68m	35.37m	37.45m	10.39m	
Age-Graded Percent:	50.13%	66.17%	49.74%	39.02%	41.57%	
Age: 87	2761	(541)	(770)	(571)	(405)	(474)

## Event 2 Weight Pentathlon Age Graded Results (Women)

Athlete Name	Points	HT	SP	DT	JT	WT
W40						
1 Finsrud, Carol	41.81m	12.84m	49.10m	30.44m	14.32m	
Lockhart, TX	137'02.00	42'01.50	61'01.00	99'10.00	46'11.75	
Age-Graded Mark:	46.57m	13.72m	52.03m	40.31m	20.10m	
Age-Graded Percent:	77.63%	63.88%	70.43%	50.40%	104.99%	
Age: 43	4318	(856)	(775)	(892)	(673)	(1122)
W45						
2 Lewis, Oneitha	41.12m	13.86m	39.26m	29.36m	15.17m	
Bayside, NY	134'11.00	45'05.75	128'10.00	96'04.00	49'09.25	
Age-Graded Mark:	45.80m	14.81m	41.60m	38.88m	21.29m	
Age-Graded Percent:	76.35%	69.06%	56.32%	48.61%	111.22%	
Age: 40	4215	(839)	(848)	(685)	(646)	(1197)
W50						
3 Mellenthin, Cheryl	18.08m	5.89m	19.04m	15.94m	6.05m	
Cat Spring, TX	59'04.00	19'04.00	62'05.00	52'03.00	19'10.25	
Age-Graded Mark:	20.14m	6.29m	20.17m	21.11m	8.49m	
Age-Graded Percent:	33.57%	29.35%	27.31%	26.39%	44.35%	
Age: 44	1565	(283)	(290)	(281)	(310)	(401)
W55						
1 Stratton, Joan	35.76m	10.13m	30.17m	24.02m	11.29m	
Yuma, AZ	117'04.00	33'03.00	99'00.00	78'10.00	37'00.50	
Age-Graded Mark:	44.00m	12.41m	36.12m	36.12m	17.06m	
Age-Graded Percent:	73.35%	57.89%	48.91%	45.18%	89.11%	
Age: 48	3590	(799)	(688)	(579)	(594)	(930)
W60						
1 Romasnic, Linda	16.56m	6.09m	13.13m	12.08m	6.15m	
Long Grove, IL	54'04.00	19'11.75	43'01.00	39'07.00	20'02.25	
Age-Graded Mark:	19.49m	7.41m	17.76m	17.57m	7.99m	
Age-Graded Percent:	32.50%	34.56%	24.05%	21.96%	41.75%	
Age: 52	1483	(269)	(361)	(238)	(244)	(371)
W65						
1 Hilliard, Vanessa	44.30m	10.88m	29.63m	16.27m	14.95m	
St. Petersburg, FL	145'04.00	35'08.50	97'02.00	53'04.00	49'00.75	
Age-Graded Mark:	57.62m	15.19m	45.29m	26.89m	20.93m	
Age-Graded Percent:	96.03%	70.83%	61.32%	33.62%	109.28%	
Age: 59	4328	(1103)	(874)	(758)	(418)	(1175)
W70						
2 Cutler, Georgia	34.39m	7.49m	19.11m	17.42m	10.73m	
Eugene, OR	112'10.00	24'07.00	62'08.00	57'02.00	35'02.50	
Age-Graded Mark:	44.73m	10.45m	29.21m	28.79m	15.02m	
Age-Graded Percent:	74.55%	48.76%	39.55%	35.99%	78.44%	
Age: 57	3078	(815)	(559)	(448)	(454)	(802)
W75						
3 Katz, Roslyn	28.58m	8.39m	20.36m	16.76m	9.51m	
Flushing, NY	93'09.00	27'06.50	66'09.00	55'00.00	31'02.50	
Age-Graded Mark:	37.17m	11.71m	31.12m	27.70m	13.31m	
Age-Graded Percent:	61.96%	54.62%	42.14%	34.63%	69.52%	
Age: 58	2904	(649)	(642)	(484)	(433)	(696)
W80						
1 Young, Carol	34.95m	7.49m	22.59m	19.77m	12.97m	
Marietta, GA	114'08.00	24'07.00	74'01.00	64'10.00	42'06.75	
Age-Graded Mark:	50.22m	11.99m	39.02m	37.13m	15.80m	
Age-Graded Percent:	83.71%	55.94%	52.83%	46.42%	82.56%	
Age: 60	3695	(937)	(660)	(635)	(612)	(851)
W85						
1 Messner, Erika	28.29m	9.09m	22.37m	27.80m	12.37m	
Clermont, FL	92'10.00	29'10.00	73'05.00	91'02.00	40'07.00	
Age-Graded Mark:	44.91m	16.69m	43.66m	59.33m	16.23m	
Age-Graded Percent:	74.84%	77.83%	59.12%	74.17%	84.78%	
Age: 65	4439	(819)	(974)	(726)	(1042)	(878)
W90						
1 Acton, Charlotte	15.06m	4.98m	12.80m	9.33m	5.11m	
Longmont, CO	49'05.00	16'04.25	42'00.00	30'07.00	16'09.25	
Age-Graded Mark:	29.17m	12.03m	31.90m	25.71m	7.77m	
Age-Graded Percent:	48.63%	56.08%	43.18%	32.15%	40.62%	
Age: 76	2390	(475)	(663)	(498)	(396)	(358)
W95						
1 Gradick, Katharine	9.81m	4.86m	11.47m	11.14m	5.59m	
Marathon, FL	32'02.00	15'11.50	37'07.00	36'06.00	18'04.25	
Age-Graded Mark:	20.99m	13.46m	32.30m	34.89m	9.16m	
Age-Graded Percent:	35.00%	62.79%	43.73%	43.62%	47.86%	
Age: 82	2577	(301)	(758)	(506)	(570)	(442)
W100						
1 Jarvis, Betty	12.89m	4.78m	12.11m	9.45m	5.62m	
Tahlequah, OK	42'03.00	15'08.25	39'09.00	31'00.00	18'05.25	
Age-Graded Mark:	32.16m	15.77m	39.82m	34.82m	10.31m	
Age-Graded Percent:	53.60%	73.54%	53.92%	43.53%	53.88%	
Age: 85	3184	(540)	(913)	(651)	(568)	(512)

## EAST

Granite State Senior Games  
Laconia, NH; Aug. 20

50m		Will Kenerley	14.1	W65 Flo Meiler	17.7
M50 Angel Nieves	6.7	John Cox	14.3	Joan Burgess	18.2
M55 Warren Graff	7.2	M60 Don Fusco	16.4	Lorelie Ruben	23.9
M60 Al Frienere	8.0	Bill Crabtree	16.8	W70 Brigitte Langer	20.4
M65 D Melanson	7.2	Ron Whittemore	17.0	200m	
M70 Robert Bruce	8.1	M65 Will Wright	13.8	M50 Tom Cunningham	27.0
M75 J Sciaraffa	8.1	D Melanson	14.1	David Westover	28.2
M80 Vern Mattson		Will Hufnagel	15.1	Pershing Reed	28.4
W55 Kate Clark	10.4	M70 Robert Bruce	16.0	M55 Warren Graff	27.1
W65 Joan Burgess	9.8	Horst Langer	19.1	Will Kenerley	30.4
W75 Ann McGowan	11.6	George Lothrop	19.5	James Brady	31.1
100m		M75 J Sciaraffa	16.3	M60 Richard Croak	31.0
M50 Angel Nieves	12.6	R Rodriguez	16.3	Al Frienere	34.0
Tom Cunningham	12.7	Frank Brako	16.8	M65 Will Wright	28.7
Pershing Reed	13.0	M80 Bob Matteson	20.5	Will Hufnagel	32.9
M55 Warren Graff	13.5	Bert Anger	21.0	Dave Hanlon	33.8
		Vern Mattson	23.1	M70 Robert Bruce	34.6
		W55 Kate Clark	20.0	Walter Sanders	35.7

George Lothrop	42.2	Joel Stinson	11-9	W50 Diane Lasichak	16.63
M75 R Rodriguez	34.6	M70 David Rider	10-6	W55 Adlin Mair	15.26
Frank Brako	35.8	Horst Langer	10-3	W70 Susie Barnes	19.66
J Sciaraffa	35.8	M75 Frank Brako	11-11	W80 Carla Convery	23.80
M80 Bert Anger	45.2	J Sciaraffa	11-8	200m	
W55 Kate Clark	41.1	M80 Vern Mattson	6-4	M30 Andrew Higgins	23.0h
W65 Flo Meiler	37.9	W55 Kate Clark	9-1	M35 Donald Hardy	23.0h
Joan Burgess	39.1	K Heitzman	8-1	M40 Remo Biagoni	23.7h
W70 Brigitte Langer	46.0	W60 E Abrams	7-8	M45 Thomas Jones	24.82
400m		Arlene Dupuis	6-10	M50 Ike Murphy	25.83
M50 Brigitte Langer	1:04.6	W65 Flo Meiler	10-8	M55 Melvin Fields	25.88
David Westover	1:05.8	Shot Put		M60 Larry Colbert	27.50
Francis Maimeri	1:08.3	M50 Angel Nieves	37-1	M65 Walter Palmer	30.73
M55 Warren Graff	1:04.7	Buzz Gagne	28-5	M70 James Stookey	28.77
J Tetherly	1:08.7	M55 Carl Wallin	46	M30 Angela Scott	26.41
M60 Richard Croak	1:08.8	Herb Bachorik	36-10	W45 Dawn Best	29.28
Fred Bertelson	1:22.4	M60 Gary Crawford	39-4	W45 Pamela Wusthof	39.27
M65 Arthur Ovalle	1:20.7	George Cormey	33-9	W55 Adlin Mair	30.96
R Schumacher	1:22.7	M65 Leonard Rosen	37-5	W80 Carla Convery	58.42
M70 Arthur Kearney	1:20.7	Chuck Yost	36-7	400m	
Walt Sanders	1:22.2	M70 Bill Clew	37-7	M30 Francis Jones Jr	55.87
George Lothrop	1:32.7	E La Pierre	28-6	M35 Robert Harding	52.47
M75 A Messenger	1:19.3	M75 George Brown	27-9	M40 Herbert Roper	55.32
R Rodriguez	1:22.2	Frank Brako	25-11	M45 Archie Glaspy	54.12
Earl Sweeney	1:26.7	M80 Bruno Maki	24-9	M50 Ike Murphy	57.19
W55 Linn Smith	1:26.5	Jimmy Choy	16-10	M55 John Haubert	1:08.07
W60 S McKenna	1:31.3	W50 Pat Hayes	17-6	M60 Larry Colbert	1:01.33
D Bromstead	1:50.3	W55 K Heitzman	23-6	M65 Edward Abramic	1:10.76
W70 Brigitte Langer	1:53.3	M Golembeski	23-4	M70 Don Bramante	1:15.37
800m		W60 Arlene Dupuis	16-4	W45 Irene Thompson	1:13.51
M50 Ken Houle	2:31.5	W65 Dorothy Demis	23	800m	
F Maineri	2:33.1	Flo Meiler	20-6	M30 Tom Deck	2:04.93
C Russell	2:37.0	Discus		M35 David Griffin	2:08.70
M55 J Tetherly	2:34.9	M50 Buzz Gagne	109-4	M40 Miles Vaughn	2:04.87
Dean Riley	2:48.6	Angel Nieves	100-9	M50 D J Bertagnoli	2:43.69
M60 Charles Hudson	2:49.0	M55 Carl Wallin	115-1	M55 Douglas Brown	4:45.30
Jerry Lavasseur	2:51.3	Packy Fusco	110-0	M70 Curran Tiffany	3:30.82
Fred Bertelson	3:06.3	M60 Gary Crawford	129-2	W30 Monica Skinner	2:56.46
M65 Jack Nyhan	3:18.3	Russ Van Put	124-4	W65 Marilyn Fitzgerald	3:11.17
Steve Smith	3:21.0	M65 Leonard Rosen	135-8	W30 Angela Scott	1:00.03
R Schumacher	3:32.8	Louis Capano	117-10	W35 Adina Valdez	56.69
M70 J Bromstead	4:07.8	M70 Bill Clew	96-11	W45 Irene Thompson	1:09.77
Horst Langer	4:20.5	E La Pierre	84-1	W65 Marilyn Fitzgerald	1:17.58
M75 A Messenger	3:06.3	M75 George Brown	81-11	1 Mile	
M80 Bob Matteson	4:24.3	Frank Brako	60-5	M30 Jim McKay	4:44.23
W55 Linn Smith	3:22.1	M80 Bruno Maki	72-4	M35 David Griffin	4:55.75
W60 S McKenna	3:37.2	Vern Mattson	42-9	M40 John Arbab	5:10.79
D Bromstead	3:52.4	W50 Pat Hayes	42-4	M45 Dan Eddy	5:14.86
1500m		W55 Maria Pasho	62-4	M50 Jay Wind	5:36.78
M50 Ken Houle	5:10.7	Sandra White	49-6	M55 Henry Sierka	5:50.20
F Maineri	5:20.0	W60 Joan Youngs	56-2	M70 Don McCarten	7:17.08
C Russell	5:52.9	Arlene Dupuis	39-5	W40 Beth McCann	5:51.80
M55 Dean Riley	4:02.6	W65 Flo Meiler	56-8	W55 M-L Michelsohn	6:15.71
M60 Jerry Lavasseur	4:17.8	Javelin		W60 Tami Graf	7:29.20
Charles Hudson	6:18.2	M50 Buzz Gagne	151-7	3000m	
Ron Whittemore	7:04.2	Mike Farago	96-10	M30 Jim McKay	9:11.25
M65 Steve Smith	6:44.0	M55 Carl Wallin	123-8	M35 Ted Poulos	9:46.72
Jerry Bisson	8:28.0	Herb Bachorik	102-6	M40 John Ruskino	10:10.10
M70 J Bromstead	8:28.0	M60 Pat Conley	113-4	M45 Peter Blank	12:28.11
Horst Langer	8:47.4	A Courchene	102-11	M50 Jay Wind	11:19.44
M75 A Messenger	7:06.1	M65 Chuck Yost	106-10	M55 Douglas Brown	15:46.07
M80 Bob Matteson	9:23.3	Louis Capano	88-10	W30 Naoko Ishibe	9:50.19
W55 Linn Smith	6:50.5	M70 Arthur Kearney	102-9	5000m	
W60 D Bromstead	8:08.0	Sam Messiter	101-3	M35 Ted Poulos	17:59.5h
High Jump		M75 Frank Brako	65-1	W35 Elizabeth Ottaway	21:28.3h
M50 Ethan Parke	4-10	M80 Bruno Maki	72-10	W40 Chris Newsham	20:54.0h
Allen Taffin	4-8	Jimmy Choy	44-6	10,000m	
M55 James Brady	4-11	Cindy Smith	71-1	M50 Jay Wind	40:45.5h
Carl Wallin	4-6	June Fichter	48-0	Short Hurdles	
M60 George Cormey	2-6	W55 Maria Pasho	49-9	M30 Francis Jones Jr	17.27
M65 Arthur Kearney	4-0	Sandra White	49-2	M40 Lloyd Jeremiah	15.53
David Rider	4-0	W60 Joan Youngs	60-3	M70 James Stookey	12.9h
M70 Horst Langer	3-2	E Abrams	33-2	W45 Irene Thompson	14.29
M75 Frank Brako	3-10	W65 Dorothy Bemis	52-2	Long Hurdles	



Continued from previous page

Long Jump	
M30 Levin Lendo	5.99
M40 Lovell Butler	5.71
M45 David Ranson	5.17
M50 Roger Crockett	5.01
M55 Mike Crosby	3.81
M60 K M Thomas	4.06
M70 James Stookey	4.51
W30 Dawn Best	4.00
W45 Irene Thompson	4.21
W50 Diane Lasichak	3.30
W60 Evelyn Wright	3.20
W80 Carla Convery	1.60
Triple Jump	
M35 Kevin Lendo	12.49
M40 Arden Prather	12.15
M45 Anthony Markley	8.50
M50 Roger Crockett	10.42
M55 William Walsh	9.59
M60 David Rosenthal	7.59
M70 James Stookey	9.42
W35 Dawn Best	7.62
W45 Irene Thompson	8.50
W60 Evelyn Wright	7.25
Shot Put	
M30 James Barr	12.79
M40 John Kalnas	10.06
M45 Daniel Valasek	10.15
M50 William Gaine	12.12
M55 William Walsh	11.43
M60 Jack Hoppenstein	11.43
M65 William Smith	10.97
M70 William Bergen	8.11
M75 Charles Pistorino	9.82
W60 Evelyn Wright	8.40
W65 Audrey Lary	6.82
W70 Shelia Gildea	6.48
W75 Bernie Kleinschmidt	5.06
W80 Carla Convery	4.10
Discus	
M30 Chris Pendergrass	45.56
M35 Bill Robertson	44.72
M40 Warren Taylor	43.78
M45 Gary Sutton	28.94
M50 Terry Shuman	44.65
M55 Larry Pratt	47.12
M60 Jack Hoppenstein	38.27
M65 William Smith	44.40
M70 William Bergen	24.65
M75 William Pistorino	27.46
W35 Teresa Henderson	35.27
W60 Evelyn Wright	22.40
W65 Audrey Lary	18.72
W70 Shelia Gildea	16.27
W75 Bernie Kleinschmidt	12.16
W80 Carla Convery	8.74
Hammer	
M30 Anders Halvorsen	61.25
M45 Gary Sutton	25.08
M50 Terry Shuman	44.97
M55 Mike Valle	37.14
M65 Ezzat Pashai	29.12
W60 Evelyn Wright	23.70
W75 Bernie Kleinschmidt	13.67
Javelin	
M35 Eric Schad	42.42
M40 Remo Biagioni	43.94
M45 Keith Mathis	35.48
M50 James Kocan	37.76
M55 William Walsh	45.70
M65 Ezzat Pashai	52.34
M70 William Bergen	15.90
M75 Charles Pistorino	27.46
W60 Evelyn Wright	22.10
W65 Audrey Lary	17.30
W70 Shelia Gildea	14.30
W75 Bernie Kleinschmidt	11.90
W80 Carla Convery	11.10
Mile RW	
M45 Peter Blank	11:45.63
M50 Alan Price	9:07.57
M55 James Carmines	8:03.37
M60 Rober Webb	11:56.41
M75 Charles Boyle	11:03.42
W35 Virginia Inglesse	9:36.60
W40 Donna Chamberlain	7:53.56
W50 Judy Witt	9:11.91
W65 M A Stookey	12:40.22
W70 Terry Hamilton	11:52.74
3000m RW	
M45 Peter Blank	22:25.41
M50 Alan Price	17:28.95
M55 James Carmines	15:35.73
M60 Roger Webb	22:58.34

W40 Donna Chamberlain	15:34.63
W70 Terry Hamilton	24:06.55
W85 Mary Latham	26:34.83
5000m RW	
M50 Bruce Booth	25:34.9h
M55 Victor Litwinski	32:37.5h
M70 Edward Gawinski	33:48.8h
M85 Edward Seeger	43:26.7h
W50 Judy Witts	30:07.4h
W60 Lois Dicker	31:28.9h
W85 Mary Latham	46:12.7h
15,000m RW	
M50 Alan Price	1:38:12h
M55 James Carmines	1:25:01h
M70 Jack Starr	1:38:59h
W30 Kora Bouffert	1:28:05h
W40 Donna Chamberlain	1:24:18h

**MID-AMERICA**Rocky Mountain Games  
Boulder, CO; Sept. 2-3

50m	
M40 Steve Galetta	6.77
M45 Gene Iwen	7.22
M50 Scott Smith	7.01
M55 Lee Mayfield	7.09
M60 L Thompson	7.50
M65 Ray Franks	7.87
M70 A Anderson	8.21
M75 G Butchko	9.54
M80 Ed Carter	8.84
W35 R Galloway	8.06
W45 R Martin	9.10
W50 Ethan Dalton	8.50
W65 Joyce Franks	11.00
100m	
M40 Steve Galetta	12.31
M45 Trip Reynolds	12.41
M50 Scott Smith	12.85
M55 Lee Mayfield	12.74
M60 R McKisson	13.86
M65 Ray Franks	14.92
M70 A Anderson	15.06
M75 G Butchko	18.19
M80 Ed Carter	16.33
W35 R Galloway	14.93
W45 Teresa Drotar	14.84
W50 J Harrington	17.07
W65 Joyce Franks	21.41
200m	
M35 M Hileman	24.91
M40 Mike Mosier	25.13
M45 T Reynolds	25.03
M50 Scott Smith	27.11
M55 Lee Mayfield	27.12
M60 R Kirkpatrick	27.95
M65 Ray Franks	31.43
M70 A Anderson	32.30
M80 Ed Carter	35.83
W35 R Galloway	32.56
W40 Sue Norton	31.16
W45 R Martin	37.79
W50 J Harrington	38.28
W65 Joyce Franks	1:18.90
400m	
M35 M Hileman	55.18
M40 Mike Mosier	56.35
M45 Dan Radiff	57.95
M50 Noel Hughes	1:06.64
M55 Lee Mayfield	1:05.87
M60 R McKisson	1:08.81
W35 R Galloway	1:21.62
W45 R Martin	1:31.74
W50 D Scoville	1:32.1h
800m	
M35 M Hileman	2:06.39
M40 A Crook	2:03.05
M45 Steve Gallegos	2:06.25
M50 D Whiteing	2:36.62
M55 S Thyomas	3:27.85
M75 E MacDonald	3:27.85
W45 Teresa Drotar	2:41.37
1500m	
M35 Jim Bogus	4:40.1h
M45 Steve Gallegos	4:35.4h
M50 D Whiteing	5:41.2h
M55 J Wachwitz	6:06.9h
W30 Lesia Hlady	5:25.0h
W40 P Gilmour	5:54.7h
3000m	
M45 Ric Rojas	11:52.8h
M55 J Wachwitz	13:31.4h
M60 Hans Sinkovec	12:02.0h
W30 Lesia Hlady	11:35.0h
W40 P Gilmour	12:49.3h

W75 Louise Adams	18:37.2h
Short Hurdles	
M45 Dan Radiff	19.27
M65 Ritch White	31.65
Long Hurdles	
M45 Gene Iwen	1:08.52
M60 R Kirkpatrick	50.03
High Jump	
M45 V Snezhko	1.53
M50 T Schaffer	1.53
M55 D Lezczinski	1.27
M60 Larry Carter	1.37
M65 Ritch White	1.27
M75 Bill Chivvis	1.12
M80 R Maxwell	1.12
W50 S Raham	.96
W75 Willie Gatza	.76
Pole Vault	
M30 J Culligan	3.97
M45 Brad Winter	3.81
M50 Ed Halik	3.66
M60 A Zahn	1.98
M75 Bill Chivvis	1.98
Long Jump	
M40 A Scott	5.72
M45 W Gillette	4.90
M55 D Lezczinski	3.86
M60 G Cairns	3.90
M65 Ritch White	3.46
M70 Jerry Donley	3.91
M75 G Butchko	2.88
M80 Ed Carter	3.53
W45 Deb Vestal	2.48
W50 S Raham	3.05
W75 W Gatza	1.46
Triple Jump	
M40 A Scott	11.66
M55 D Lezczinski	8.47
M60 Jay Stinson	7.28
M80 Ed Carter	7.33
W45 Deb Vestal	5.57
W50 S Raham	6.51
W75 Willie Gatza	3.50
Shot Put	
M35 Milton Girouard	13.89
M40 R Anderson	13.55
M45 R Sartain	13.12
M50 Tim Muller	14.34
M55 Ian Percy	13.12
M60 R Anderson	12.21
M65 Wesselsowski	10.51
M70 Stan Hayes	10.33
M75 Dale Buysse	9.70
M80 W Timmell	8.73
W50 S Raham	8.00
W75 Willie Gatza	5.26
Discus	
M35 Milton Girouard	41.60
M40 R Anderson	43.90
M45 M McGraw	41.84
M50 Tim Muller	45.98
M55 Ian Percy	42.35
M60 R Anderson	50.28
M65 Vern Spencer	38.36
M70 Stan Hayes	31.73
M75 Dale Buysse	28.38
M80 W Timmell	17.05
W50 S Raham	21.67
W75 C Acton	13.12
Hammer	
M35 Randy Treece	41.80
M50 Tim Edwards	49.75
M55 Ian Percy	42.75
M60 Robin Herron	27.43
M65 Vern Spencer	33.38
M70 H Kroeker	25.68
M75 Roger Lee	26.41
W75 C Acton	14.84
Javelin	
M35 Milton Girouard	43.37
M45 Dan Dinkler	39.97
M50 R Pettito	48.89
M55 Ian Percy	42.38
M60 G Cairns	36.35
M65 V Spencer	22.22
M70 H Kroeker	17.11
M75 F Bowles	29.22
W75 Willie Gatza	12.82
Superweight Throw	
M50 Tim Edwards	9.28
M60 Robin Herron	5.05
M65 Vern Spencer	5.59
W60 Joy Kaylor	5.91
Pentathlon	
M40 Jim Knoll	1008

M45 Mike Hill	3074
M60 G Cairns	3209
M65 Al Klawer	1942
M75 F Hirsimaki	3000
Weight Pentathlon	
M35 Milton Girouard	2797
M50 Bruce Hedendahl	3772
M55 Ian Percy	3618
M60 Vern Spencer	3449
M70 H Kroeker	2995
M75 Frank Bowles	3084
W60 Joy Kaylor	3110
C Acton	2316
3000m RW	
M65 V Stautims	20:00.0
M70 R Kaylor	23:39.1
M75 K Timmerhaus	21:31.8
W40 S Brintnall	21:58.2
W45 S Gossert	18:24.0
W50 M Martino	17:14.3
W60 Rita Sinkovec	18:22.4

**WEST**

Chuck McMahon Memorial	
Masters T&F Meet/California State	
Senior Games Championships	
Chula Vista, CA; Sept. 16-17	
50m	
M40 Narcisco Marilao	7.78
M45 Rodney Corley	7.26
M50 Herman Castille Jr	7.01
M55 Diethart Reichardt	7.10
M60 Doug Smith	6.93
M65 Edward Newhall	7.55
M70 Don Cheek	7.90
M75 Clark Rice	9.18
M80 Milton Silverstein	8.4h
M85 Bert Morrow	11.5h
W40 Debbie Selby	8.76
W45 Kathryn Herring	8.69
W50 Lorraine Tucker	8.24
W55 Lynn Naftel	8.14
W60 Kathy Bergen	7.91
W65 Fei-Mei Chou	9.69
W70 Sumi Onodera-Leonard	9.33
W75 Marjorie Lawson	10.91
W80 Gerda Ader	12.12
100m	
M40 Ronald Walter	12.51
Narcisco Marilao	14.45
M45 Kostig Killas	12.43
Gordon Marnie	14.28
Leroy Davis	14.63
M50 Herman Castille Jr	12.78
Dale Herring	13.09
John Tomaschke	13.63
Barry Green	14.26
Billy McNeal	14.60
M55 Diethart Reichardt	13.37
James Gill	14.30
Dan Girling	14.50
Bruce Underhill	14.88
Ronald Stock	15.04
M60 Harold Tolson	12.68
Doug Smith	13.03
Lee Gillespie	14.16
John Carr	15.85
M65 Dick Richards	13.32
Edward Newhall	13.98
Robert Reid	14.07
M70 James Stookey	14.04
Don Cheek	14.68
Paul Bambrook	15.20
Jim Selby	15.47
Dick Odum	15.50
M75 Ray Crawford	18.77
Robert Davidson	28.28
M80 Milton Silverstein	15.36
Richard Leach	17.68
Bill Morales	18.75
M85 Conrad Shuck	17.50
Bert Morrow	22.55
M95 Everett Hosack	38.66
W40 Joy Sargis	13.17
Marilyn Dewarider	13.21
Debbie Selby	16.74
W45 Kathryn Herring	16.32
Christine Stone	20.69
W50 Phil Raschker	13.82
Latanya Glass	15.47
Mary White	15.99
Mellie Clark	16.87
Brenda Matthews	17.58
W55 Lynn Naftel	15.25
Andrea Pujolar	17.81

Mary Jane McMaster	24.61
Janet Zimmer	26.58
W60 Kathy Bergen	14.63
Marilyn Ongley	15.86
Lucille Ligon	15.92
Amalia Bayardo	17.96
W65 Fei-Mei Chou	18.93
Edythe Leek	19.14
Marjorie Moore	19.57
Ruth Hudgeon	36.22
W70 S Onodera-Leonard	18.19
Frances Styles	20.44
Janet Parker	22.46
W75 Johnnie Valien	19.32
Marjorie Lawson	21.45
W80 Gerda Ader	24.62
100m (Age Handicapped)	
Distance	Run
Dick Richards 66	10.70 79.7m
Harold Tolson 62	10.72 82.3m
Milton Silverstein 71	10.86 68.6m
Ray Crawford 77	11.35 71.2m
James Stookey 70	11.38 76.9m
D Reichardt 58	11.69 84.7m
Ronald Walter 44	11.79 92.9m
Conrad Shuck 85	13.46 63.9m
Everett Hosack 98	18.16 49.4m
Phil Raschker 53	11.86 85.6m
Kathy Bergen 60	12.25 81.0m
Lynn Naftel 55	12.95 84.3m
Sumi O-Leonard 72	13.19 71.8m
Fei-Mei Chou 65	14.97 77.5m
K Herring 46	15.15 90.4m
Gerda Ader 80	15.62 64.5m
200m	
M40 Robert Hicks	23.85
Ronald Walter	25.54
M45 Kostig Killas	25.12
Stephen Foster	25.86
Eric Overstreet	29.96
M50 Herman Castille Jr	26.00
Dale Herring	26.52
Barry Green	28.77
Richard Beaumont	34.06
M55 James Gill	29.19
Juan Bustamante	33.62
M60 Harold Tolson	26.07
M65 Edward Newhall	30.02
Anthony Talbot	40.95
M70 James Stookey	29.37
Don Cheek	29.88
Alfonso Escobosa	32.19
Dick Odum	32.35
Jim Selby	32.73
M75 George Riser	34.12
Felix Jumonville	39.14
Ray Crawford	42.09
M80 Milton Silverstein	33.69
Richard Leach	37.92
Frederic Tompkins	38.16
M85 Bert Morrow	48.83
W40 Debbie Selby	36.14
W45 Kathryn Herring	33.63
W55 Lynn Naftel	32.04
Andrea Pujolar	38.80
W60 Marilyn Ongley	34.20
W65 Fei-Mei Chou	40.54
Edythe Leek	41.86
Marjorie Moore	47.04
W70 Sumi O-Leonard	40.46
Peggy Ewing	46.71
W75 Marjorie Lawson	46.22
Po Adams	52.58
400m	
M40 Robert Hicks	52.42
Darryl Smith	56.39
Jim Lyons	61.16
Bill Davis	57.93
Joe Gilboy	1:03.52
M45 Kostig Killas	55.82
Eric Overstreet	57.60
Stephen Foster	59.46
Mako Sakata	1:31.71
M50 Stan Shitley	56.88
Herman Castille Jr	57.97
Douglass Tanabe	1:06.06
Billy McNeal	1:07.38
M55 Matthew Pruitt	56.54
Larry Barnum	58.23
Simon Baldwin	59.01
James Gill	1:03.41
Bruce Underhill	1:06.84
M60 Jess Carrington Jr	1:07.71
Jerry Jefferson	1:11.32
M70 Don Cheek	1:06.51

	Louis Beadle	1:09.64
	Jim Selby	1:10.29
	Don Bramante	1:13.52
	Walt Farber	1:27.21
M75	George Riser	1:21.23
	John Cross	1:30.2h
	Felix Jumonville	1:38.65
M80	Frederic Tompkins	1:26.29
	Richard Leach	1:28.65
	John Irwin	2:02.00
M85	Vincent Malizia	1:51.54
M95	Everett Hosack	3:53.10
W40	Marilyn Dewarder	1:10.20
	Debbie Clark	1:29.97
W50	Mellie Clark	1:22.9h
	Maggie Small	1:41.20
W55	Lynn Natfel	1:13.9h
	Andrea Pujolar	1:28.26
	M J McMaster	2:02.74
	Janet Zimmer	2:56.56
W60	Marilyn Ongley	1:20.12
	Gerry Martin	1:43.97
W65	Edythe Leek	1:57.16
W70	Sumi O-Leonard	1:29.98
	Peggy Ewing	1:45.99
W75	Marjorie Lawson	1:48.68
	Gerry Davidson	1:48.81
	Po Adams	1:55.47
800m		
M40	Darryl Smith	2:10.03
M50	Richard Beaumont	3:47.78
M55	Simeon Baldwin	2:21.2h
	Larry Barnum	2:23.0h
	John Darlington	2:33.1h
	Richard Jones	2:55.0h
M60	Jeremy Lys	2:36.63
	Jerry Albert	2:40.85
	Bill Porter	2:55.38
	Edward Miller Jr	3:12.17
M65	John-Erik Nilsson	2:44.96
	Jerry Jefferson	2:45.50
	Edwin Gookin	3:11.90
	Ray Archibald	3:21.03
	Richard Gardner	3:53.61
M70	Jim Selby	2:55.62
	Louis Beadle	3:17.08
	Roger Martin	4:17.16
M75	Avery Bryant	3:23.27
	George Riser	3:39.17
M80	Frederic Tompkins	3:47.92
	Harold Elick	4:40.44
	John Irwin	5:06.7h
M85	Vincent Malizia	3:40.50
W45	Marina Jones	2:53.01
W50	Joni Shirley	2:40.21
	Yoko Eichel	2:50.50
	Maggie Small	3:51.20
W55	Lynn Natfel	2:56.70
	Andrea Pujolar	3:56.30
W60	Yvette La Vigne	2:51.12
	Marilyn Ongley	3:09.10
	Gerry Martin	3:57.19
W65	Vicki Bigelow	AR 2:58.62
(Suzy CamLead/3:01.80/1999)		
	Sumi O-Leonard	3:40.87
	Peggy Ewing	4:11.20
W75	Marjorie Lawron	4:26.77
	Po Adams	4:39.20
1500m		
M45	Paul Chas	4:56.72
M50	Phil Camp	4:39.24
	Augustin Medina	4:58.22
M55	John Darlington	5:11.19
	Keith McConnell	5:46.58
M60	Jeremy Lys	5:27.40
	Jerry Albert	5:32.58
	Jim Lyons	6:11.66
	Edward Miller Jr	6:24.96
M65	John-Erik Nilsson	5:59.94
	Carl Grubbs	6:38.50
	Edwin Gookin	6:46.70
	Ray Archibald	6:56.76
	Charles Theodore	9:04.83
M70	Jim Selby	6:04.51
	Walt Farber	7:04.12
	Roger Martin	7:48.38
M75	Avery Bryant	7:04.91
	John Cross	7:15.51
M80	Donald Dilworth	8:40.22
	John Irwin	10:38.11
M85	Vincent Malizia	8:08.21
W50	Yoko Eichel	6:09.31
W60	Yvette La Vigne	5:55.43
	Gerry Martin	7:23.98
Continued on next page		



Continued from previous page

Martha Walker	7:25.35
W65 Vicki Bigelow	AR 5:58.61
(Jaclyn Caselli/6:26.49/1986)	
Dorothy Stock	8:08.78
W70 Peggy Ewing	8:54.45
W75 Gerry Davidson	9:05.80
Po Adams	9:27.82
Marjorie Lawson	9:58.76
Steve Scott Handicap Mile	
M40 Steve Scott	4:27.8h
M45 Richard Burns	4:29.2h
M50 Dan Hirst	6:04.0h
M60 Jerry Albert	6:06.3h
M65 Ray Archibald	7:23.4h
W60 Martha Walker	7:56.8h
W65 Dorothy Stock	8:32.0h
W70 Peggy Ewing	9:19.0h
3000m	
M50 Augustin Medina	10:22.33
Dan Hirst	11:08.48
M55 Ritchie Geisel	9:59.30
Richard Jones	10:44.50
John Weidinger	12:25.61
M60 Jerry Albert	12:09.97
Hans Dieben	12:27.40
Jim Lyons	12:57.68
Don Garsh	13:05.44
Richard Miles	13:06.76
M65 John-Erik Nilsson	12:58.95
Edwin Gookin	13:54.01
Ray Archibald	14:10.70
Brian McCarthy	15:07.58
Earl Welliver	15:50.36
M70 Jim Selby	13:10.28
Roger Martin	18:22.68
M75 Avery Bryant	15:20.23
John Cross	15:24.22
M80 Donald Diworth	18:03.58
John Irwin	19:32.97
W30 Pam M Stevens	11:36.10
W40 J Lasee-Johnson	10:20.09
Carlita Bautista	14:02.41
W45 Marina Jones	11:19.31
W50 Yoko Eichel	12:45.71
Maggie Small	16:13.41
W60 Martha Walker	15:14.85
Gerry Martin	15:59.30
Donna Gookin	16:18.78
W65 Dorothy Stock	16:37.11
W75 Gerry Davidson	21:31.39
Short Hurdles	
M40 Gerasim Hayrapetyan	17.17
Doug Schneebeck	17.54
M45 Tim Walters	17.07
Rodney Corley	20.41
M50 Sheridan Groves	17.38
Edward Baskauskas	17.71
M55 Robert Nelson	16.52
Keith McConnell	22.01
M60 Edward Miller Jr	20.62
Jorge Leal	21.51
John Carr	21.52
M70 James Stookey	13.24
Arnold Ray	15.01
M85 Bert Morrow	25.56
W50 Phil Rashker	13.86
W75 Johnnie Valien	21.83
Long Hurdles	
M40 Doug Schneebeck	58.09
M45 Paul Baumhoefer	1:10.40
M50 Sheridan Groves	1:10.87
Jorge Bimbaum	1:20.45
M60 Edward Miller Jr	52.87
Jess Carrington Jr	56.23
John Cosgrove	1:03.26
John Carr	1:03.29
James Mayer	1:20.35
M65 Jerry Jefferson	58.35
Edward Martin	1:03.27
M70 James Stookey	50.22
W50 Phil Rashker	52.61
2000m Steeplechase	
M60 Stephen Lyons	7:43.3h
Edward Miller Jr	9:11.0h
John Cosgrove	9:26.0h
M65 Kendall Webb	9:43.5h
Edwin Gookin	10:11.6h
Richard Gardner	12:43.7h
M70 Jim Selby	9:54.4h
Roger Martin	10:55.9h
M75 Avery Bryant	11:02.8h
W60 Gerry Martin	11:17.5h
3000m Steeplechase	
M40 Dave Cook	11:21.9h

M45 Paul Baumhoefer	11:41.0h
M50 Will Webster	17:21.8h
High Jump	
M40 Gerasim Hayrapetyan	1.71
Doug Schneebeck	1.71
Derek De Leon	1.44
M45 Tim Walters	1.44
Kenneth Stone	1.44
M50 Charlie Rader	1.76
Edward Baskauskas	1.56
Jorge Bimbaum	1.44
Larry Lloyd	1.44
Gary Wuest	1.39
M55 Donald Dvorak	1.49
M60 Davie Perry	1.49
Bert Bergen	1.44
John Steinman	1.41
David Servis	1.36
Jerry Chase	1.21
M65 Steve Richmond	1.37
Jerry Sullivan	1.37
George McGrady	1.22
M70 James Stookey	1.37
Paul Bambrook	1.22
Farrell Belliston	1.07
M75 James Johnson	1.06
Jerry Salsdorf	.96
M80 Mark Henderson	1.06
M85 Leland McPhie	1.11
Bob Boucke	.96
W50 Phil Rashker	1.42
Nancy Oliveira	1.16
W65 Fei-Mei Chou	1.01
Marjorie Moore	.98
W70 Rosemary Austin	.96
Frances Styles	.91
Pole Vault	
M40 Bill Halversan	4.70
M45 Charles Brown	4.70
Murray Mead	4.10
M50 Greg Miguel	3.95
Steve Morris	3.95
Billy McNeal	3.20
Gary Wuest	2.80
M60 John Steinman	2.80
David Servis	2.80
Don Baldwin	2.50
M70 Bud Held	2.65
Robert Smith	2.50
M75 James Johnson	1.90
W50 Phil Rashker	2.50
W55 Nadine O'Connor	2.35
Long Jump	
M40 Gerasim Hayrapetyan	6.22
Derek De Leon	5.03
Edouard Marchand	4.77
M45 Tim Walters	5.42
Frank Taylor	5.09
M50 Carl Flowers	5.48
John Tomaschke	5.21
Andre Russell	4.59
Edward Baskauskas	4.52
Gary Wuest	4.04
M55 Diethart Reichardt	4.96
Donald Dvorak	4.49
M60 Kyle Parke	4.35
David Servis	4.11
Bert Bergen	4.11
Jerry Chase	3.80
M65 Steve Richmond	4.21
Edward Newhall	4.07
Edward Martin	3.89
George McGrady	3.47
M70 James Stookey	4.84
Paul Bambrook	3.84
Eugene Levin	3.16
M75 James Johnson	3.04
Ray Crawford	2.93
M80 Milton Silverstein	3.65
Bill Morales	2.96
Mark Henderson	2.48
M85 Leland McPhie	2.67
Bob Boucke	1.40
W50 Phil Rashker	4.76
Brenda Matthews	3.45
Nancy Oliveira	3.04
W55 Patricia Lehr	2.74
W60 Marilyn Ongley	3.75
Lucille Ligon	3.13
W65 Fei-Mei Chou	2.74
Marjorie Moore	2.71
Edythe Leek	1.98
W70 Frances Styles	2.48
Triple Jump	
M40 David Quick	13.96

M45 Frank Taylor	9.94
M50 Richard Beaumont	6.38
M70 James Stookey	AR 10.18
(Edwin Lukins/9.74/1993)	
W50 Phil Rashker	8.73
W55 Jeanne Hallin	4.78
W65 Fei-Mei Chou	5.41
Shot Put	
M40 Edwin Cockrell	12.54
M45 Stephen Weeks	10.02
M50 Tim Muller	14.75
Gary Wuest	11.03
John Montandon	10.13
Larry Lloyd	8.25
M55 Brian Spiegel	10.92
Bill Starkey	10.84
Donald Partch	10.38
Ed Rust	9.22
M60 Gene Thacker	13.21
Riley O'Neil	11.98
Frank Carl	11.40
Hal Sheakley	11.08
Douglas Cronin	10.84
M65 Ben McGrady	12.70
Leonard Rosen	11.98
Ken Tronstad	11.32
Don Sharp	9.50
Steve Richmond	8.74
M70 Harry Hawke	11.76
Michael Orlich	10.63
Don Hegberg	9.74
Eugene Levin	8.35
M75 George Riser	11.06
W Edward Chynoweth	11.00
John Rafto	9.49
M80 Mark Henderson	7.80
Fred Fleck	6.04
Leland McPhie	8.47
Bob Boucke	5.70
W50 Lorraine Tucker	9.98
Latanya Glass	9.88
Mellie Clark	8.33
Jane Venghaus	7.70
W55 Ingrid Mancini	7.49
hattie Perry	6.23
W60 Cherrie Sherrard	9.45
Lucille Ligon	8.73
Marianne Heidecke	4.39
W65 Barbara Racine	6.70
Mary Hirst	6.51
W70 Joyce Benintende	4.45
W75 Johnnie Valien	6.70
Discus	
M45 Tim Walters	30.46
Steven Weeks	24.91
M50 Valentino Martinez	51.29
Tim Muller	49.61
Mike Cour	35.07
Gary Wuest	30.92
John Montandon	29.19
M55 Jack Hale	50.40
Ed Rust	33.88
Bill Starkey	30.80
Brian Spiegel	28.20
Bert Shirk	27.22
M60 Frank Carl	45.15
Riley O'Neil	41.86
Gene Thacker	41.03
Alan Rosen	38.89
Douglas Cronin	36.24
M65 Leonard Rosen	40.74
Ken Tronstad	38.04
Ben McGrady	31.22
Edward Martin	31.05
Don Sharp	29.89
M70 Harry Hawke	44.21
Lou Mozzini	32.94
Michael Orlich	32.74
Kio Song	25.20
Eugene Levin	21.23
M75 George Riser	35.56
John Rafto	25.02
Jim McCray	19.70
Jerry Salsdorf	19.11
Ray Crawford	18.53
M80 Bill Morales	22.91
Mark Henderson	19.77
Fred Fleck	9.90
M85 Leland McPhie	17.52
Bob Boucke	13.91
Bert Morrow	11.11
M95 Winfield McFadden	11.41
W50 Lorraine Tucker	26.07
Nancy Oliveira	22.80
Mellie Clark	22.31

Latanya Glass	20.04
W55 Ingrid Mancini	12.63
W60 Lucille Ligon	20.06
Cherrie Sherrard	18.77
Aery Song	14.56
Marianne Heidecke	10.23
W65 Ellen Brannigan	18.12
Barbara Racine	16.22
Fei-Mei Chou	15.95
W70 Joyce Benintende	8.21
W75 Lu Mahoney	14.07
Hammer	
M45 Thomas Meyer	41.32
Richard Watson	34.72
M50 Larry Lloyd	23.47
M55 George Mathews	48.17
Ed Rust	25.53
M65 Eugen Staniciu	33.01
Ken Tronstad	28.62
M70 Harry Hawke	36.36
Kio Song	34.16
M85 Bob Boucke	18.35
W55 Jeanne Hallin	9.43
Julie Grantbowlin	8.02
W65 Mary Hirst	14.81
Javelin	
M40 Dennis Morris	51.21
Edouard Marchand	41.72
M45 Richard Watson	48.97
M50 Ron Rook	37.99
Larry Lloyd	36.01
Rick Trestrail	35.26
Gary Wuest	33.19
M55 Ed Rust	36.05
Donald Paartch	35.93
Bert Shirk	34.65
M60 Stephen Wordell	38.38
John Miller	29.70
David Servis	25.25
M75 W Edward Chynoweth	33.69
John Rafto	25.14
Jim McGray	22.25
W50 Lorraine Tucker	27.25
Phil Rashker	26.01
Nancy Oliveira	22.65
1500m RW	
M50 Ed Bouldin	8:21.2h
George Spitzer	9:03.3h
M55 Keith McConnell	8:07.1h
Ed Rust	9:06.2h
Peter Procopio	9:32.8h
M60 Mark Adams	7:47.5h
Winston Crandall	8:25.2h
Gary Steck	9:14.5h
M65 Dick Petrucci	8:38.5h
Leon Glazman	9:02.2h
Lloyd McGuire	9:13.8h
Carl Acosta	9:14.8h
Cliff Elkins	9:52.3h
M70 Richard Hansen	10:30.6h
M75 John Cross	9:39.8h
Mike Noritake	10:12.3h
M80 Herm Arrow	11:38.0h
W50 Donna Cunningham	8:21.6h
Sandra Womack	9:47.6h
Susan Jupena	10:12.8h
W60 Nancy Zielinski	10:04.2h
W65 Charlotte Williams	10:40.9h
W70 Claire Elkins	12:53.3h
3000m RW	
M60 Mark Adams	16:44.5h
M65 Leon Glazman	19:14.3h
Lloyd McGuire	19:32.0h
Cliff Elkins	19:39.4h
M70 Richard Hansen	22:24.6h
Nicholas De Moll	25:17.7h
W70 Claire Elkins	25:30.7h
5000m RW	
M40 Paul De Meester	31:23.7h
M45 Michael Kroll	33:06.3h
M50 George Spitzer	30:48.4h
Ed Bouldin	31:03.5h
M55 Keith McConnell	29:46.7h
Peter Procopio	33:17.3h
M60 Gary Steck	32:11.0h
Don Baldwin	32:58.5h
M75 Mike Noritake	34:39.6h
W45 Lee Chase	28:15.1h
W50 Yoko Eichel	29:28.2h
Sandra Womack	32:13.9h
Susan Jupena	35:01.9h
W55 Jolene Steigenwalt	30:37.8h
Carol Pierce	36:00.4h
Linda Smith	40:50.7h
W60 Carol Ferris	34:16.9h

Roberta Baldwin	34:49.2h
Berry Cleveland	36:48.8h
Sri Chinmoy Masters Games	
Long Beach, CA; Oct. 1	
100m	
M45 Robert Richardson	12.0
Ken Stone	12.6
Dan Miller	15.2
M50 Ike Murphy	12.4
Dale Herring	12.5
John Tomaschke	12.8
M55 Lance Pierce	13.5
Juan Bustamante	13.8
Dan Gerling	14.1
M60 Jay Knepper	14.2
Roger Tsuda	13.1
Frank Kishi	15.8
M70 Jim Selby	14.8
M75 Pepi Bilyeu	17.2
Thomas Pico	18.0
Robert Davidson	26.7
W40 Debbie Selby	16.2
W45 Kathryn Herring	15.8
W50 Mellie Clark	16.4
W55 Lynn Naftel	14.6
W75 Johnnie Valien	18.3
200m	
M45 Robert Richardson	24.7
Ken Stone	26.7
M50 Dale Herring	25.4
John Tomaschke	25.6
M65 Roger Tsuda	28.1
Frank Kishi	34.2
M70 Jim Selby	31.2
M75 Thomas Pico	40.8
Robert Davidson	1:01.1
W40 Debbie Selby	35.9
W45 Kathryn Herring	33.1
W50 Lynn Naftel	30.6
400m	
M40 Darryl Smith	55.7
M50 Stan Whitley	57.2
M70 Jim Selby	1:12.0
Milo Sather	1:22.9
W40 Debbie Selby	1:29.9
W50 Mellie Clark	1:24.4
W55 Lynn Naftel	1:12.6
W75 Gerry Davidson	1:51.8
800m	
M40 Darryl Smith	2:10.5
John Araujo	2:18.8
M45 Venu Riggio	3:20.7
M50 Gary Hall	2:23.8
Ron Rook	2:34.4
M65 Louis Simms Jr	3:17.9
M70 Jim Selby	2:44.6
W55 Lynn Naftel	2:52.4
W75 Gerry Davidson	4:11.3
1500m	
M40 John Araujo	4:42.6
M45 Allan Fletcher	5:31.9
M50 Nolan Shaheed	4:24.5
Gary Hall	5:09.6
Dan Hirst	5:36.1
M65 Ray Archibald	6:50.9
Louis Simms	6:56.8
M70 Jim Selby	6:09.3
Milo Sather	6:33.1
W75 Gerry Davidson	8:21.1
3000m	
M45 Veno Riggio	13:34.8
M50 Gary Hall	10:50.4
Dan Hirst	12:13.1
M65 Louis Simms Jr	16:26.1
M70 Gunnar Linde	12:57.1
W40 Lana Henricks	13:05.0
Short Hurdles	
M40 Gerasim Hayrapetyan	16.3
M50 Sheridan Groves	18.9
W50 Nancy Cochrane	18.4
Long Hurdles	
M45 Ken Stone	51.2
M50 Sheridan Groves	50.1
W45 nanc Cochrane	1:10.6
W50 Phil Rashker	50.0
High Jump	
M40 Gerasim Hayrapetyan	1.63
M45 David Perron	1.53
M50 Larry Lloyd	1.37
M55 James Brennan	1.07
M60 Davie Perry	1.53
Jay Knepper	1.37
Bert Bergen	1.37
M65 Phil Fehlen	1.63

M70 Bob Perry	.92
W40 Mahmoud Niroumand	1.58
W65 Christel Miller	1.07
Pole Vault	
M40 Bill Halversan	4.58



Continued from previous page

W40 Mahmoud Nirmoud	38.58
Allison McCormick	27.56
W50 A Steekelenburg	20.44
W60 Kathy Bergen	23.46
W65 Christel Miller	22.88

### Hawaii Masters TC Pentathlon

Honolulu, Oct. 8

M40 Kevin Kruszona	2282
M55 Jack Karbens	2648
M60 Lionel Low	2477

### INTERNATIONAL

#### Bellinzona International Meet

Bellinzona, Italy; Sept. 16

100m	
M30 Stefano Traldi	11.74
M35 Igor Crispi	11.61
M40 Antonio Scarano	12.01
M45 F Savarese	12.85
M50 V Felicetti	11.99
M55 Cesare Sirtori	14.61
M60 Armando Sardi	12.69
M80 Bruno Sobrero	14.93
W30 Lara Zamboni	12.70
W35 Rosa Marchi	12.83
W50 Romana Buloncelli	15.29
W55 Enrica Femminari	17.50
W55 Tiziana Gastaldi	18.80
W65 Noemi Gastaldi	18.31
400m	
M30 Gabriele Agati	59.63
M35 Enrico Cariboni	49.89
M40 R Longinari	52.55
M50 V Felicetti	54.30
M55 Alberto Bianchi	1:15.86
M60 Vito Tomasini	1:24.17
W30 Lara Zamboni	1:00.20
W35 Rosa Marchi	58.38
W45 Silvana Cattaneo	1:10.21
W50 Liliana Dalsass	1:18.09
W65 Noemi Gastaldi	1:27.83
1500m	
M30 Nouredidine Morcelli	3:40.17
M45 Carlo Bizzozero	5:00.63
M50 Marco Monetti	4:40.96
M55 F Peronese	6:13.65
M60 Alberto Daffara	5:42.77
M70 Pietro Ferroggi	6:49.14
W45 Filomena Varone	7:17.38
W60 Bruna Miniotti	6:18.50
5000m	
M35 Francesco Capta	18:13.32
M40 Fausto Buschini	18:04.44
M45 Elpidio Janniello	21:58.27
M50 Bruno Bettinelli	17:13.96
W35 Paolo Cervini	19:19.79
W45 Fiorella Filipponi	30:26.42
W55 Tiziana Gastaldi	25:59.28
High Jump	
M40 Massimo Martini	1.60
M50 Giovanni Bianchi	1.50
M70 Giovanni Gianolio	1.05
Long Jump	
M30 Stefano Monti	6.30
M40 Antonio Segat	5.83
M55 Oreste Bertoli	4.29
M80 Bruno Sobrero	3.60
Shot Put	
M30 Giorgio Venturi	17.25
M35 Diego Aquilini	24.40
M45 Antonio Maino	11.72
M50 Giovanni Bianchi	6.43
M60 Flavio Merlini	10.72
M65 Vittorio Pareschi	10.02
M70 Giovanni Gianolio	7.07
M75 Cesare Dematteis	7.48
M80 Bruno Sobrero	9.40
W45 Marirosa Auteri	7.56
W60 Teresa Carando	5.17
W65 Louisa Berga	5.58
W70 Livia Dematteis	5.39
Discus	
M30 Giorgio Venturi	48.31
M35 Pierre Zanella	32.21
M45 Antonio Maino	35.12
M60 Flavio Merlini	37.78
M65 Vittorio Pareschi	34.59
M70 Giovanni Gianolio	18.37
M75 Cesare Dematteis	22.77
W45 Narurisa Auteri	21.21
W65 Louisa Berga	14.34
W70 Livia Dematteis	11.91

### LONG DISTANCE RESULTS

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

### NATIONAL

#### RRCA National Championships

Great Cow Harbor 10K Run  
Northport, NY; Sept. 16

Overall	
Todd Reeser 26	29:17
Kristy Johnston 35	34:07
M40 Chris Fox	31:32
Gerard Donakowski 33	33:08
Don Di Donato	33:27
Richard De La Sota 34	34:06
Alex Cuozzo	35:20
Donald Murphy	35:28
John Di Camillo	35:30
Steven Gerardi	37:06
Robert Clasen	37:12
William Fleming	37:54
M45 John Delmaestro	35:04
Peter Pohlot	35:43
Eddie Arbeiter	37:32
Mike Baard	37:38
James Henry	38:14
John Lupski	38:19
Frank Pellegrino	38:47
Vincent Di Canio	38:48
Christopher McKnight	38:49
Kevin Carroll	39:39
M50 Dennis O'Brien	35:57
Bob Moritz	37:15
Robert Briglio	37:56
Jack Porzio	38:55
Julio Aguirre	39:40
David Schneider	40:03
Albert Jensen	40:06
Kieran Kelly	41:01
Sal Pitone	41:23
Bryan Pearsall	41:23
M55 Alex Flyntz	40:19
Warren Steinert	42:03
Joseph Lazzaro	42:40
Jake Ringle	43:26
Michael Service	43:29
Patrick Keenan	44:52
Thomas Shay	45:33
Thomas Valle	45:39
Mike Alfano	46:08
Frank Canillo	46:23
M60 Jose Mendez	42:05
Joe Cordero	42:56
Mei Cowgill	43:29
Thomas Sanchez	46:25
Gary Muhrcke	46:31
Domenick Potenza	46:42
Jack Hanley	47:27
Charlie Watts	47:41
Adolph Retzner	48:12
Christopher Sweeney	48:54
M65 Richard Murphy	42:37
Frank Hippler	47:19
David Kenney	48:18
Roy Richey	49:53
Dick Berube	50:30
Emil Sotsky	51:41
Michael Daly	51:58
Jack Horowitz	54:34
Carlos Morales	54:45
John Toner	55:07
M70+ Bill Fortune 72	46:45
Guy Froehlig 70	48:39
John McManus 77	52:16
Mike Reidy 72	55:46
George Marr 71	56:04
John Corrigan 74	56:33
John Dwyer 70	59:06
Leslie Clark 74	62:40
Bill Broer 70	65:42
Richard Hollmann 71	66:24
W40 Lee DiPietro	36:49
Patricia Zebersky	39:34
Dolores Doman	40:42
Eileen Corley-Barnes	41:12
Elizabeth Ratner	41:31
Erin O'Driscoll	42:16
Millie Van Tuyl	43:00
Margarita Marascia	43:11
Cathy Josephson	43:24
Nancy Katz-Johnson	43:40
W45 Kathryn Martin	37:39
Diane Gordon	42:22
Helen Visgauss	42:53

Linda Ottaviano	43:31
Catherine Oehrlein	43:43
Sharon Zuhoski	45:11
Jane McGraw	47:38
Terry Nichols	48:02
Victoria Robinson	48:25
Teri Stoecker	48:27
W50 Melissa Kennedy	45:24
Steffi Joerg	48:40
Jacquie Gow	48:48
Carol Davanzo	49:03
Lindy Brunkhorst	51:01
Sandra Palmer	51:29
Mary Trotto	51:39
Elaine Tuthill	51:41
Joanne Biller	51:56
Linda Calise	52:04
W55 Betty Horstman	47:33
Nancy Tischler	48:29
Bonnie Theall	48:56
Helma Clavin	52:37
Gail Messina	55:03
Laura Schay	55:13
Carole Sellerberg	57:30
Janet Romayko	57:48
Mary Ann Chames	60:16
Karen Potenza	60:35
W60 Patricia Cataldo	51:40
Nike Mizelle	55:26
Ellen Duffy	57:36
Nancy Fraser	57:54
Mary Davis	58:49
Joan Scott	65:51
Jeanette Blitz	66:28
Ailene Rogers	69:37
Daisy Mendez	71:06
Maryann Reilly	77:35
W65 Chickie O'Toole	63:38
Maryanne Castaldo	68:10
Jane French	70:17
Joan Heidenreich	75:28
Fayette Leung	78:04
W70+ Vera Allen 71	69:22

### EAST

#### Philadelphia Distance Run

Half-Marathon  
Philadelphia, PA; Aug. 17

Overall	
Khalid Khannouchi 29	1:01:17
Catherine Ndereba 28	1:10:01
M40 John Tuttle	1:07:15
Bob Schwelm	1:08:44
John Kelly	1:09:65
Jim Hage	1:10:04
Mark Reeder	1:11:09
Brendan Hilliard	1:12:49
Jeff Hayes	1:12:53
Benjamin Huddell	1:14:36
Ken Youngers	1:16:43
Steve Wilson	1:16:49
Paul Marzan	1:16:52
Mike Rawls	1:17:17
Steven Gerhard	1:17:21
M45 Terry Permar	1:11:28
Chuck Moeser	1:15:27
Patrick Seaney	1:17:14
George Schreck	1:18:07
David James	1:18:14
Hugh Biggin	1:19:35
Rob Rothenberger	1:19:55
Paul Hines	1:19:57
Neil Feather	1:19:59
Vern Walther	1:20:07
M50 Mick Slonaker	1:19:53
Wes Wessely	1:20:03
Thomas Davis	1:23:33
Hal Katen	1:23:35
Chris Scanga	1:25:19
Ivan Avendano	1:26:38
Denny Snyder	1:26:56
Steve Leffler	1:26:59
Douglas Campbell	1:27:16
M55 Ron Ayre	1:25:24
Art Burger	1:27:29
Bob Chase	1:27:41
Frank Hopper	1:31:34
James Ryan	1:33:12
Nicholas Importico	1:35:34
John Sherburne	1:35:53
Ronald Sherburne	1:35:53

M60 Tony Cerniwaro	1:23:22
Donald Fessman	1:31:13
Barry Mabin	1:38:55
Robert Dennison	1:39:17
Rodney Hostetter	1:39:38
John Kristensen	1:40:24
Fred Carson	1:42:18
M65 Vincent Criniti	1:39:02
David Levin	1:41:36
Rich Hause	1:42:18
Richard Hoban	1:42:21
George Yannakakis	1:43:58
Carlo Digiorio	1:48:41
M70 Patrick Nutt	1:44:40
Donald Monagle	1:47:12
Ricardo Galinta	1:56:44
Paul Ahrens	1:57:49
Joseph Havlick	2:02:18
M75 Phil Mongillo	2:12:30
William Oliver	2:16:00
M80 George Blyn 81	2:30:33
W40 Dorian Meyer	1:18:38
Hope Machedon	1:23:12
Nancy Stewart	1:24:09
Maureen Shields	1:25:28
Shirley Geerling	1:26:22
Doris Winsand-Dauman	1:27:00
Leslie Varrelman	1:28:38
Bonnie Boyer	1:28:56
Marie Quinn	1:29:40
Cheryl Bellaire	1:30:05
Roberta Baynes	1:30:30
W45 Tatyana Pozdnyakova	1:14:49
Jane Weizel	1:22:13
Sharon Vos	1:26:54
Lori Adams	1:29:04
Betty Blank	1:30:51
Shelia Haire	1:30:58
Leah Whipple	1:31:57
Coreen Steinbach	1:32:19
Paula May	1:33:21
Carolyn Bujak	1:34:58
W50 Joy Hampton	1:36:20
Sue Juronics	1:37:03
Virginia Verdoes	1:39:57
Maryellen Gonyea	1:43:35
Joan Osborne	1:44:10
Suzanne Urban	1:44:35
Lynne Hays	1:44:40
Rena Hart	1:45:47
W55 George Roddy	1:44:35
Marjorie Kos	1:47:40
Carolyn DiGiambattista	1:48:54
Carol Rider	1:49:02
Ingrid Cantarella-Fox	1:52:34
Sandi Roberts	1:53:54
Mary Stripling	1:53:56
W60 Sandra Folzer	1:44:26
Imme Dyson	1:51:54
Margaret Hoey	1:53:36
Helga Smith	1:53:42
Rita Alles	1:55:44
Joyce Hodges-Hite	2:01:08
W65 Thelma Wilson	1:54:33
Gloria Brown	2:21:30
Betsy Youtz	2:29:11
W70 Lorraine Cephus	2:40:03
Shirley Simmers	3:00:02

Richard S. Calliguri	
Great Race 10K	
Pittsburgh, PA; Aug. 24	
Overall	
Alena Emere	27:49
Jane Ngoto	32:06
M40 Chris Fox	30:33
Don Smith	32:49
Dominic Wyzomirski	33:29
Ed Frohnafel	33:31
James Bedick	34:37
Richard Ferguson	34:35
Joe Patrick	34:34
Tim Monfre	35:20
Bret Schmidt	35:32
M45 Lee Zilkowitz	34:46
Tim Hewitt	35:06
Jim Freid	35:34
Joe Como	36:07
Rick Brickley	36:06
Scott McCloskey	36:43
Thomas Abbott	36:48
Gary Huber	37:10
M50 Steve Molnar	35:22
Dennis Kollai	37:05
James Lennox	37:29
Fred Waybright	37:39
Curtis Grimm	38:09
Jim Moyer	38:35
Daniel Driskell	38:58
M55 George Carroll	38:26
John Gilkey	39:57
Paul Marraccini	39:57

Jerome Mittman	40:28
Jerry Brown	40:40
Jack Neff	41:08
M60 Dick Amato	37:28
Thom Weddle	38:30
Larry Ratkus	41:28
Ben Zappa	42:52
Ted Venn	45:21
M65 Ray English	42:18
Leon Bierbower	43:06
Bill Pattison	43:40
James Lacey	44:04
M70 Lou Lodovico	43:57
Matt Norris	46:53
John Mitchell	50:38
Gusty Colangelo	51:05
W40 Michell Rupe	38:32
Mimi Newcomer	38:51
Laura Hruby	37:27
Robin Smith	42:04
Maureen Scullin	42:25
Lanie Breiner	42:51
Sandra Onofray	44:15
Sharon Meyer	44:33
Janis Reed	44:31
W45 Cindy Hatch	40:04
Cindy Grimm	40:49
Joan Pellegrin	43:43
Linda Geistman	45:58
Claudia Davidson	46:03
Jude Miller-Platko	45:59
Debra Cully	46:16
Patricia Neubert	46:20
W50 Callie Edmundson	43:29
Sandra Grimaldi	44:47
Kathy Shoaf	46:37
Marianne Rice	49:01
Lynn Clayton	49:41
W55 Mary Jo Neff	48:19
Joyce Geroux	52:50
Sandra McConnell	54:14
Donna Czamy	56:33
Jackie Metzger	56:18
W60 Ellen Nitz	48:44
Donna Smith	52:27
Georgette Lacey	55:34
Jean Webb	58:05
Mary Ann Brown	60:54
W65 Marilyn Olsen	61:21
Nancy White	66:38
Ruth Black	65:51
W70 Margaret Lutz	52:25
Jean Krause	61:18

#### NYRRC Marathon Tune-up 18-Miler

Central Park, NYC; Aug. 27

Overall	
Toby Tanser 32	1:37:20
Alexa Babakhanian 33	2:01:33
M30 Srba Nikolic 34	1:38:52
Scott Brown 37	1:41:30
Antonio Martinez 36	1:44:55
M40 Mohsen Mechichi	1:47:59
Jaime Cuitiva	1:49:53
Andrzej Ryszewski	1:53:37
M45 Jaime Palacios	1:47:35
Steve Calidonna	1:50:00
Waldir Ramos	1:54:07
M50 Julio Aguirre	2:01:00
Brown Yoo	2:01:17
John Walsh	2:07:20
M55 Samuel Skinner	2:00:51
Patrick Scannell	2:22:05
John Samsel	2:28:08
M60 Jose Mendez	2:18:38
Antonio Lues	2:10:19
Mariusz Solarski	2:22:25
M65 Alfred Finger	2:12:42
Guenter Erich	2:37:34
Frank Dudley	2:48:41
M70 Moises Salama	2:57:55
David Jenkins	



Continued from previous page

W40 Sue LaChance	18:22
Marge Bellisle	18:31
Joanne Murphy	18:52
Nancy Corsaro	19:00
Ellen MacGillray	19:09
W50 Carol L'Esperance	20:08
Patty Foltz	20:33
Eleonora Mendonca	21:16
Mary Ryczek	21:47
Catherine Farrell	22:20
W60 Patricia Smith	29:31
Helen Noel	30:32
W70+ Louise Rossetti	79:35:40

Race for the Cure 5K/Boston Brighton, MA; Sept. 10

<b>Overall</b>	
Mark Coogan	14:47
Molly Watke	16:43
M40 Ken Mercier	18:01
Glenn Diamond	18:08
Bill Tharion	19:01
Michel LaFlamme	19:09
Apo Ashjian	19:40
M50 Cameron Kerry	19:19
Michael Ollman	19:52
David MacGregor	21:20
Timothy Dempsey	23:03
Keen Blumberg	23:29
M60 Bob Lemay	24:44
Bill Albert	30:02
Jim Jacobs	30:32
Tony Antonellis	32:44
Charles Murphy	32:58
W40 Susan Burgess	20:00
FrancieLamieSmith	20:12
Dorothy Boyle	22:10
Patricia Everett	22:46
Edith Stevens	22:53
Therese Iknoian	23:01
W50 Ann Makoske	21:38
Elizabeth Gonnerman	22:12
Kathleen Beebe	22:28
Doris Dewing	22:35
Donna Lemay	22:52
W60 Patricia Boemer	30:32
Patricia Matthews	36:08
Marilyn Sicurella	36:32
Carolyn Aitken	40:00
Ann Yee	47:22
W70+ Molly Leenah	33:58

Avon Baltimore 10K Baltimore, MD; Sept. 10

<b>Overall</b>	
Inna Suvarova	29:35:07
W40 Jill Hargis	37:32
Judy Walls	39:32
Lora Peters	42:17
Eleanor Simonsick	42:42
Pat Wilkerson	43:11
W45 Ellie Murphy	45:46
Trish Gaffney	46:55
Rita Twist	47:55
Bonnie Legro	48:08
Marjorie Marque	48:36
W50 Esther Buchser	47:33
Linda Tice	47:41
Jane Serues	47:50
Marilyn Bevans	48:02
Marge Rosasco	48:34
W55 Judith Gilbert	50:03
Judith Brennan	54:50
Janet Newburgh	57:06
Mary Hirsch	57:16
Deborah Curlee	63:48
W60 Heidi Moebius	54:43
Jill Mottus	56:47
Ann Berdahl	57:11
Billie Moten	67:37
Susie Perkins	71:11
W70 Doralie Segal	61:41
Kerstin Anderson	74:00
Georgia Kaczmarek	101:34
W80 Hedy Marque	83:69:40

CVS Pharmacy Downtown 5K Providence, RI; Sept. 17

<b>Overall</b>	
Evans Ruto	23:13:34
Jane Ngotho	30:15:50
M40 Simon Karori	14:20
Doug Bell	49:15:44
Don Salamone	45:16:26
Robert O'Hara	45:16:32
John Williams	16:40
M50 Jerry Learned	16:43
Dennis Crone	17:11
Frank Ruckl	17:57
Wayne Hanson	18:55
A. Ferreira	58:19:08

M60 Richard Silva	66:19:20
Fred Tanner	62:20:09
J. Fernandez	71:20:15
Fred Zuleger	62:20:51
Judy St. Hilaire	16:18
Elena Viazova	17:06
Marge Bellisle	45:18:46
Janice Cataldo	19:07
H. Fetherston	47:19:23
W50 Mary Ryczek	20:59
Jessica Wheeler	21:54
Dominic Bishop	24:08
Linda Dewing	57:24:15
W60 Diane Martin	33:30
Pat Blenkron	34:34
Jacq. Maynard	36:59
Sonia Cancel	65:40:51

NYRRRC Fifth Avenue Mile 80th St.-60th St. Manhattan; Sept. 23

<b>Elite Open</b>	
Jason Lunn	4:03.9
Kim McGreevy	4:38.9
W40-49 & W50-59 (12:13 pm)	
1 Kathy Martin	48:5:11.7
2 Barbara Gubbins	40:5:16.2
3 Patricia Zebersky	44:5:26.4
4 Susan Krogstad Hill	41:5:48.1
5 Anastasia Stekas	43:5:49.6
6 Monika Gross	43:6:05.2
1 Ann Makoske	55:6:06.7
2 Marie Louise Michelson	58:6:10.8
3 Mary Rosado	50:6:14.0
4 Judy Anker	50:6:27.5
5 Mary Trotto	53:7:01.7
M40-49 & M50-59 (12:27 pm)	
1 Anselm LeBourne	41:4:26.3
2 Don DiDonato	42:4:28.2
1 Alston Brown	51:4:37.0
3 Mark Carver	40:4:37.6
4 Fred Robbins	44:4:40.7
5 Jay Duggan	40:4:41.5
2 Harold Nolan	53:4:43.2
6 Tom Hartshorne	46:4:45.1
3 Duane Green	50:4:51.0
7 Abraham Golub	43:4:57.6
8 Heriberto Medina	44:4:58.0
9 Craig Plumer	41:4:59.4
10 Peter G Williams	41:5:00.2
4 Tim Payne	50:5:05.1
5 Victor Diaz	53:5:06.8
6 Rick Lapp	51:5:10.7
7 Rob Jackson	50:5:12.4
11 Bob Pertak	49:5:14.3
12 Hugo Mugica	43:5:17.4

George Sheehan Memorial Mile M60-69 &amp; W60-69 (1:13 pm)

1 Bill Boria	60:5:06
2 Sid Howard	61:5:07
3 Witold Bialokur	65:5:27
4 Ino Cantu	66:5:29
5 Jim Aneshansley	65:5:37
6 James Fillis	62:5:38
7 Dennis Daly	62:5:41
8 Dave Gerridge	60:5:41
9 Jim Sutton	69:5:41
10 Alfred Finger	66:5:50
11 John Conner	65:5:56
12 Jerry Le Vasseur	62:6:00
13 Bruce Marsh	66:6:09
14 Berton Robbins	68:6:39
15 John Hurley	63:6:57
1 Yvette La Vigne	60:6:08
2 Margaret Betz	64:6:21
3 Carol Tyler	61:6:55
4 Margaret Carinci	64:7:00
5 Imme Dyson	63:7:05
6 Evelyn Davis	62:7:09
7 Joan Bondell	31:7:22
George Sheehan Memorial Mile	
M70+ & W70+	
1 Earl Fee	71:6:05.7
2 William Fortune	72:6:25.3
3 John McManus	77:6:55.0
4 Jack Haar	73:7:11.0
5 Carlo Lopatriello	71:7:14.3
6 Sab Koide	76:7:47.9
7 Wallace Cutler	77:8:03.4
1 William Benson	81:8:14.2
2 Austin Newman	84:8:28.0
8 Joe Kerwan	70:9:00.0
9 Ed Finkelstein	78:9:19.4
3 Bob Matteson	84:9:45.1
4 Dudley Healy	86:10:06.2
1 Abraham Weintraub	90:11:35.1
5 Vincent Carnevale	84:12:14.2
1 Toshiko d'Elia	70:7:02.7
2 Edith Farias	76:8:17.4
3 Dolly Ann Finkelstein	70:8:17.4
4 Arlene Kernis	74:9:30.3

Nationwide Insurance Ocean To Sound Relay (50.7 miles) Jones Beach State Park to Bethpage State Park Long Island, NY; Sept. 24

<b>Overall</b>	
Warren St Social & AC	4:40:36
Runners Edge	5:35:05
<b>Male Masters</b>	
GLIRC Men's Masters	5:13:00
Northport Masters	5:27:08
Super Runners Shop	5:29:17
Runners Edge	5:34:53
River Run Rats	5:36:48
<b>Female Masters</b>	
Northport Masters	6:01:09
GLIRC Fast Feet	6:10:29
Bohemia Women	6:21:41
<b>Senior Men Masters</b>	
Taconic RR	5:28:20
Runners Edge	5:44:45
Bohemia Senior Men	5:47:02
River Road Rats Srs	6:12:52
<b>Senior Women Masters</b>	
Sensational Seniors	7:50:22
Wonder Women BTC	8:25:01
<b>Mixed Open</b>	
NY Harriers A	5:10:10
<b>Mixed Masters</b>	
Bohemia Mixed Mastrs	5:53:50
World Gym Flyin Over	406:18:46
Northport Mixed Mastr	6:25:52

Connecticut Senior Games 10K Southington; Sept. 24

M40 Jerry Ferrentino	57:50
M45 Ed Gorecki	48:50
M50 Chas Whynacht	38:49
M55 Tom Misette	45:35
M60 Bill Boria	43:17
M65 Jim Driscoll	55:37
M70 Don Teague	53:43
M75 Jay Charles Walk	97:23
M80 Horace Walton	64:58
M95 Bill Hinrichs Walk	2:29:20
W40 Susan McClain	57:50
W50 Jan McKeown	54:42
W55 Janet Romayko	57:20
W60 Vera Lane	53:22
W65 Betty Kelly	55:17
W75 Minna Charles Walk	87:36
W85 Mary Haines Walk	1:50:14

Sportshoe Maine Marathon &amp; Half-Marathon Portland, ME; Oct. 1

<b>Overall</b>	
Byrne Decker	33:2:31:24
Mya Mangawang	27:2:57:48
M40 Mike Grant	2:57:52
Loren Simpson	2:58:01
William Evans	3:01:01
Hans Brandes	3:01:25
Michael Musca	3:03:15
M45 John Mollica	2:55:19
William Romito	2:59:12
Bill Newton	3:01:32
Paul Days-Merrill	3:04:40
Bob Poirier	3:06:47
M50 Erich Reitenbach	2:59:04
Dennis Wheeler	3:13:56
Gary Goss	3:19:11
Craig Wilson	3:22:58
M55 Philip Pierce	3:15:42
Roger Goulet	3:22:04
John Lemieux	3:33:32
M60 Bernd Heinrich	3:01:40
Bob Jolicoeur	3:59:25
M65 Roger Hauge	4:46:47
Roger Williams	5:34:36
M70 Carlton Mendell	785:00:58
W40 Eileen Dunfee	3:29:03
Linda Mountain	3:33:36
Leslie Becker-Mulvey	3:34:39
Lisa Slack	3:37:36
Judy Gilman	3:44:14
W45 Bonnie Hoag	3:58:19
Barbara Stevens	3:59:52
Gina Moore	4:11:58
W50 Rosalyn Randall	3:50:37
Deborah Mauro	4:41:10
Jane Williams	5:58:13
W55 Carol Getsinger	4:17:16
Aletha Devos-Dunn	4:30:06
Dorothy Campbell	4:59:58
W60 Margaret Curtis	604:52:30
<b>Half-Marathon</b>	
<b>Overall</b>	
Danny Gough	31:1:08:56
Connie Davis	32:1:23:47
M40 Guy Segars	1:16:10
Newell Lewey	1:19:33
Mark Ewert	1:19:36

Lance Guliani	1:22:11
M45 Danny Paul	1:16:01
Allan Muir	1:17:51
Richard Miller	1:18:16
Mark Steege	1:19:38
M50 Paul Baillargeon	1:29:38
Tom Littlefield	1:32:35
Vern Demmons	1:33:42
M55 Ronald Deprez	1:29:33
Ted Ridout	1:34:00
Dick Hartnett	1:35:52
M60 Bob Coughlin	1:33:01
Douglas Hodgkin	1:36:36
Dillon Gillies	1:45:37
M65 Art Warren	1:57:05
Grant Whiteway	1:59:18
Wayne Smith	2:13:25
M70 Joseph Musca	722:08:53
Julius Marzul	74:2:49:55
James Berry	73:2:49:56
W40 Sarah MacColl	1:34:21
Kate Meyers	1:35:32
Jeanne Hackett	1:35:32
Maureen Sproul	1:35:52
W45 Carol Hogan	1:25:59
Ellie Tucker	1:28:53
Claire Malonson Fry	1:34:53
Jennifer Desena	1:36:18
W50 Linda Hanson	1:43:24
Suzanne Umland	1:51:54
Betty Disanza	1:53:38
W55 Gretchen Read	1:30:11
Faye Lowrey	1:45:39
Jane Levesque	1:48:51
W60 Polly Kenniston	1:56:24
Carol Rundle	2:15:57
W70 Rowana Farrington	77:3:46:05

Rojack's 5 Miler Attleboro, MA; Oct. 1

<b>Overall</b>	
Alene Emere	22:36
Jane Ngotho	25:51
M40 Craig Fram	24:44
Larry Sayers	25:09
Paul Hammond	25:14
Mark Reeder	25:54
M50 Laurence Olsen	27:07
Jerry Learned	27:32
Sumner Brown	28:09
Bill Dixon	28:46
Kevin McNamara	29:09
M60 Doug MacGregor	29:58
William Riley	30:41
James Daley	30:52
Charles Kellogg	31:03
Bill Springer	31:56
W40 Judi St Hilaire	27:18
Sue LaChance	30:01
Marge Bellisle	30:29
Maureen Burns	31:19
Nancy Corsaro	31:28
W50 Carol L'Esperance	33:17
Patty Foltz	33:50
Mary Ryczek	35:15
Eleonora Mendonca	36:18
Ginger Arthur	36:18
W60 Shachiko Burkinshaw	44:32
Shiela McKenna	48:38
Joyce Barrett	52:23
Phyllis Mays	53:57
Jeannine Olson	59:51

BARC of Boston Chancellor Challenge 100K Boston, MA; Oct. 8

<b>Men</b>	
Dave Dunham (USA)	CR6:46:39
Farit Ganiev (RUS)	6:53:48
Shaun Meiklejohn (RSA)	7:00:01
Igor Tyupin (RUS)	7:02:47
Jim Garcia (USA)	7:11:41
Mihaly Molnar (HUN)	7:18:07
Mark Godale (USA)	7:26:16
Vicente Vertiz Pani (MEX)	7:36:01
Ian Torrence (USA)	7:39:06
Chad Ricketts (USA)	7:41:59
Misteli Mikel (SWI)	7:47:21
Harry Lepp (USA)	8:13:58
Richard Borretti (USA)	8:54:55
Michael Menovich (USA)	9:18:15
Ames Brown (USA)	10:10:42
Frank Dudas (USA)	10:20:09
Bill Lapsley (USA)	10:35:19
Michael Wardian (USA)	10:39:23
Ernest Landry (USA)	10:54:02
Robert Bowles (USA)	11:08:44
Bill Ladieu (USA)	11:31:46
Raouf Mallouh (CAN)	11:32:59
Craig Wilson (USA)	11:36:38
Antonio Dasilva (BRA)	11:46:47
Joe Vincent Milligan (USA)	12:01:29

Henri Girault (FRA)	12:12:36
Fran Ziccardi (USA)	12:15:05
Joe Hayes (USA)	12:15:06
Jake Kennedy (USA)	12:32:49
<b>Women</b>	
Edith Berces (HUN)	7:50:50
Valna. Shatyayeva (RUS)	7:58:48
Jennifer Devine (USA)	8:22:58
Ellen McCurtin (USA)	8:47:43
Nancy Drach (USA)	8:53:16
Holly Zeault-Zinzow (USA)	9:01:50
Suzanne Gagnon (CAN)	9:26:54
Katie Benson (USA)	10:05:51
Sylvie Boisvert (CAN)	10:26:38
Ruth Michler (USA)	11:11:01
Ghislaine Beaulieu (CAN)	11:30:53
Ruth Kessler (USA)	11:57:44

Tufts 10K for Women Boston, MA; Oct. 8

<b>Overall</b>	
Catherine Ndereba	28:32:46
W40 Nancy Tinari	34:57
Janice Stands-Addison	36:17
Julie Peterson	36:19
Judith Copley	38:56
Cynthia Gaudere	39:44
Anne Mackay	39:49
Katheine Merr	39:57
Susan Maslowski	40:46
Jeanne Hackett	41:58
Claire McManus	42:16
W50 Susan Gustafson	41:28
Cathy Kim	41:34
Janet Bober	42:18
Carol L'Esperance	43:01
Barbara Flutze	43:06
Roris Dewing	43:37
Wendy Burbank	43:57
Heidi McGaffigan	44:45
Elizabeth Gonnerman	46:56
Joanne McCabe	49:03
W60 Annstia Swain	47:21
Irma Walat	52:46
Madeleine Marken	56:27
Zelda Schwartz	57:30
Mildred Rhoades	57:50
Sandra Hayes	57:59
Doris Beatty	58:18
Ann Vela	60:59
Helen Thomas	62:14
Molly Johnson	62:48
W70+ Shirley Foley	59:03
Bertie Argyns	



Continued from previous page

Susan Fox	2:14:22
Linda Kelke	2:15:07
Carole Bourassa	2:47:12
W55 Margot Biermann	1:53:27
Jan Wallen	1:58:28
Nancy Teel	2:06:43
Ann MacArthur	2:08:41
Janette Hudgins	2:14:34
W65 Carolyn Wilson	2:24:12
8K	
Overall	
Kevin Hanson 39	27:01
Noelle Nelson 41	35:11
M40 Scott Alexander	27:36
Michael Cudlip	28:10
Frank Novotny	32:22
John Frags	33:31
Floyd Walters	34:47
M45 Denbel Tek	27:51
Geof Ryan	39:40
John Schafer	40:36
Mark Walker	41:28
Daniel Hernandez	44:49
M50 Steven Pike	29:20
Craig Mirkin	33:51
Tim Klinkhamer	39:29
Patrick Offman	42:08
Sean O'Connor	42:15
M55 Terence Collins	41:03
James Drouillard	41:10
Frank Higgins	46:32
M60 Larry Kolasa	44:20
Bob Hanton	45:12
Robert Peters	52:34
Glenn Forster	57:20
W40 Annette Robb	38:15
Betty Lauhoff	41:51
Denise Kosen	43:10
Sue Robertson	43:22
Kathy Sinnott	45:55
W45 Ellen Wilcox	35:22
Rita Dickinson	42:30
Mary Cole	49:57
Bev Garcia	62:09
W50 Faye Stevenson	39:36
Eileen Weinhold	58:21
W55 Mary Roche	45:42
Cheryl Greenfield	58:25
W60 Dot Barry	53:25

Chicago Half-Marathon  
Chicago, IL; Sept. 10

Overall	
Chris Wehrman 24	1:08:02
Ann Schaeffers-Coles 35	1:20:03
M40 Dan Martin	1:16:59
Alex Moore	1:23:10
Michael Duffala	1:23:29
Ken Punter	1:24:01
Mike Tosic	1:24:13
M45 Clarence Brock	1:22:16
Alvarez Effren	1:24:27
Roger Torres	1:24:51
Frank Monteleone	1:25:55
Timothy Tehan	1:30:12
M50 Mike Thackeray	1:31:20
Ed Valentine	1:32:24
Zeus Preckwinkle	1:32:57
Hans Jensen	1:36:04
Richard Medema	1:36:42
M55 Miguel Yanez	1:39:16
George Etherington	1:40:52
Anthony Stetona	1:41:04
Richard Cassaro	1:43:21
Lloyd Hardman	1:43:44
M60 Philip Paschelke	1:49:40
Bill Tushaus	1:54:25
Bernard Holicky	2:02:53
George Stump	2:02:57
Ralph Schroeder	2:10:12
M65 George Suter	1:50:23
David Sullivan	1:51:55
Leon Van Oeteren	1:57:19
John Nye	2:01:45
Frank Abramic	2:11:20
M70+Charles Filman 75	2:32:51
W40 Diane Burgin	1:31:51
Dale Aviza	1:39:53
Cindy Lee Torres	1:41:05
Pam Wood	1:43:03
Margaret Stender	1:43:55
W45 Edith Reynolds	1:45:45
Louise Perkowski	1:48:22
Susan Lynch	1:51:32
Tricia Liss	1:53:31
Cathy Johnson	1:53:40
W50 Lynn Jamieson	1:48:28
Isola Metz	1:48:44
Terry Guadi	1:51:34
Hilary Freeman	1:56:14

Nina Bovio	1:58:02
W55 Joanne Kaeding	2:01:09
Patricia Knabe	2:13:30
Holly Jamison	2:16:04
Yvonne Smith	2:21:12
Christine Lindley	2:22:22
W60 Eleanore D'Andrea	1:51:12
Nancy Billish	2:11:22
Eeva Kallio	2:12:52
Sarah Savarino	2:24:07
Janice Hufford	2:35:59
W65 Barbara Kummerer	2:21:17
Joan Gaideski	3:22:05
W70+Gloria Schiffer 72	3:05:39
Lela Wilson 80	3:31:38

United States Air Force Marathon  
Wright-Patterson Air Force  
Base, OH; Sept. 16

Overall	
John Agnew 38	2:30:49
Mariska Kramer-Postma 26	2:57:15
M40 Steven Webb	2:47:24
Per U Hartby	2:51:38
Danny Ponder	2:54:44
David Piscitello	3:03:47
M45 Steve Bremner	2:41:03
John Austin	2:55:44
Jaime Arizmendi	3:02:21
Mike Lies	3:09:12
M50 Hugh Barnhill	3:10:10
Brian Peterson	3:10:25
Larry Thompson	3:14:00
Larry Snider	3:14:12
M55 Wha-Yong Yi	3:36:53
Lawrence Diggs	3:38:36
Mike Fleming	3:39:47
M60 Jose Badillo	3:24:04
Benjamin Mathews	3:31:08
Ken Burman	3:48:48
M65 Thomas Hathaway	3:44:14
Dick Green	3:44:14
Bill Duer	4:10:58
M70 Epifanio Agosto	2:51:50
Robert Rogers	4:00:31
M75 Joseph Familo 764	52:00
W40 Sherry Thompson 3	04:50
Cindylee Torres	3:24:33
Janet Suttmiller	3:26:14
Martha Blair	3:31:57
W45 Susan Elderbrook	3:41:56
Pamala Berry-Griffis	3:42:30
Roselyn Zator	3:54:55
W50 Janice Kreuz	3:19:07
Phyllis Sizemore	4:06:03
Joan Dinan	4:16:13

USATF 24-Hour Run  
Championships, Olander Park  
Sylvania, OH; Sept. 16-17

Results are in MILES/24hrs.

Overall	
John Geesler 41	157.95
Susan Olsen 43	122.00
M40 John Geesler	157.95
David Luljak	148.18
Eric Clifton	127.55
M45 Ray Zirblis	107.41
M50 Roy Pimung	134.59
Ed Dodd	116.14
Michael Brooks	103.35
M55 Frank Probst	118.02
Newton Baker	115.05
Javier Cendejas	108.20
M60 Ed Rousseau	105.82
Charlie Raper	97.09
Richard Sitter	90.16
M65 Richard Fedion	89.46
George Isom	79.64
M70 Richard Cozart	78.65
M75 Carlton Mendell	81.82
Howard Henry	68.73
W40 Susan Olsen	122.00
Sandy Powell	116.44
Elizabeth Fischer-Drew	110.00
W45 Fenny Roberts	100.87
Lan Levett	94.25
Laura Gough	92.93
W50 Jean Gerstein	101.15
Pat Lehman-Jedrek	91.45
W55 Eileen Eliot	107.51
W60 Louise Miklovic	82.02
Virginia Farnham	79.15

Fox Cities Marathon & Half-Marathon  
Appleton, WI; Oct. 1

Overall	
John Mirth 38	2:30:47
Alevtina Naoumova 392	44:49
M40 Norb Lauer	2:56:02
Fred Jacobs	2:58:48

Dave Kierstead	2:59:47
M45 Joe Jackels	3:07:28
Scott McConnell	3:10:40
M50 David Wendt	3:30:03
Scott Nico	3:44:10
M55 Ken Huybers	3:47:41
Lloyd Rasmussen	3:56:06
M60 Robert Wuthrich	3:36:36
Ken Perry	3:56:39
M65 Jerry Labodda	4:04:13
Michael Ariens	4:48:12
W40 Kathy Waldron	3:05:52
Denise Marino	3:29:22
Sara Mason	3:45:40
W45 Katie Oakes	3:49:55
Ann Wundrow	3:52:14
W50 Mary Schmitz	4:56:34
Claudine Happel	5:01:58
W55 Ann Engalls	5:32:16
Kay Lewis	5:39:56
W60 Claire Gallenz	7:23:18
W65 Colette Miller	5:54:24

## Half-Marathon

Overall	
Jason Ryl 29	1:10:20
Annette Jadin 36	1:23:17
M40 John Marquart	1:23:26
Joe Siebers	1:25:41
M45 Doug Howatt	1:26:27
Gary Guenther	1:31:45
M50 Gary Ruck	1:36:48
Robert Wubben	1:37:54
M55 Robert Burr	1:32:56
Jack Zordan	1:34:42
M60 John Norris	1:38:02
Tom Jensen	1:38:21
M65 Ron Barr	1:44:26
M70 Theodore Brown	1:49:07
W40 Pam Schiedermeyer	1:28:36
Mary Putzstuck	1:42:13
W45 Suzanne Wefler	1:47:58
Jane Herron	1:51:13
W50 Cheryl Campbell	1:44:27
Kate Spencer	1:46:48
W55 Kathy Sager	1:49:19
Joan Elliott	1:54:34
W60 A Jackson	3:22:52
Norene Caliva	3:27:00
W65 Marilyn Schlaefler	2:21:38
Margaret Mason	2:32:43

## MID-AMERICA

City of Lakes 25K  
Minneapolis, MN; Sept. 10

Overall	
Pat Russell 24	82:34
Kari Anne Bertrand 29	95:02
M35 Charles Hubbard	87:14
M40 Kevin Haas	85:05
Matthew Barnard	85:45
Tom Zimmerman	90:30
Todd Sperling	92:20
M45 Allen Zetterlund	91:53
Rob Whetham	92:43
Bill Raabe	93:26
M50 Glenn Mathiasen	1:39:08
John Naslund	1:40:06
Paul Lamire	1:42:12
M55 Norm Purrington	1:38:55
Leonard Coequey	1:43:05
Doug Saari	1:45:01
M60 Hank Larsen	1:49:11
Don Saari	1:59:32
Roy Hodd	2:06:50
M65 Greg Prom	2:01:33
Richard Burch	2:05:59
Dale Soderbeck	2:08:44
M70+Lloyd Young 77	2:16:58
John Burton 77	2:43:27
Byron VanDake	732:44:08
W35 Margee Brown	1:39:24
W40 Bev Docherty	1:37:28
Judy Meyer	1:40:24
Meg Schissel	1:41:58
W45 Andriette Wickstrom	1:51:52
Julie Virkus	1:51:58
Karen Imhoff	2:02:33
W50 Gloria Jansen	1:49:33
Mary Hiatt	2:05:08
Connie Foster	2:08:40
W55 Marien Bradsher	2:12:50
Lee Zurek	2:22:51
Kayleen Pedersen	2:24:11
W60 Judy Cronen	2:06:29
Karen Connelly	2:31:44
Dorothy Marden	2:38:41
W70+Diane Goulet	71 2:57:24
MaryLou Carlson	733:43:13

USATF Minnesota Masters 15K  
White Bear Lake; Sept. 17

Overall	
Kevin Haas 42	49:51
Marie Boyd 40	55:25
M40 Perry Bach 44	51:14
Brad Givot 43	51:34
Dan Morse 47	53:36
Chris Fuller 41	54:09
Rob Whetham 48	54:29
M50 Michael Seaman	50 52:35
Norm Purrington	57 58:41
Art Mugallian 52	59:56
John Brown 57	60:52
John Cretzmeyer	51 61:24
M60 Greg Prom 69	70:22
George Lisovskis	60 71:08
Dale Soderbeck	65 73:09
M70+Lloyd Young 77	74:29
Rogers Anderson	71 74:49
W40 Bev Docherty 42	56:41
Janet Robertz 41	57:07
Paulette Dow 44	61:01
W50 Kathleen Shea 52	72:48
Kathy Benhardus	53 77:36
Janice Fike 57	79:28
W60 Siglinde Moore	60 1:48:26

Kansas City Avon 10K  
Kansas City, MO; Oct. 1

Overall	
Cori Mooney 27	35:15
W40 Catriona Dowling	37:29
Carol McFall	39:12
Kathleen Johnson	40:38
Beverly Thomas	41:15
Vickie Luebbers	42:07
W45 Marcia Dowling	42:29
Sharon Greenwood	45:58
Kay McCormick	46:10
Liz Dobbins	48:03
Emilia Fernandez	49:00
W50 Dee Boeck	46:44
Carole Call	49:04
Ann Gardner	50:38
Suzi Kilbride	51:10
W55 Carol White	54:30
Celeste Leonardi	55:38
Suzie Turner	56:03
Carol Peluso	57:11
W60 Janice Young-Miller	60:40
Janice Talge	60:44
Pat Campbell	67:48
W65 Jean Buchanan	64:23
Fritzi Hazelrigg	65:49
Jane Markwell	68:39

Twin Cities Marathon  
St. Paul, MN; Oct. 8

Overall	
Sergei Fedotov 27	2:12:40
Zinaida Semenov 38	2:29:37
M40 Joshua Kipkenboi	2:12:46
Fedor Ryjov	2:13:45
Juan Torres Ruiz	2:16:39
Andrei Kuznetsov	2:17:43
Wierslaw Perske	2:18:50
Steve Wilson	2:22:20
Bob Schwellm	2:25:40
Charlie Andrews	2:30:52
Kevin Haas	2:31:33
Matthew Barnard	2:33:26
James Hannon	2:34:31
Yurygeniy Zarakorsky	2:37:08
Brad Givot	2:38:47
Tom Zimmerman	2:38:47
Jerry Wille	2:43:03
M45 Les Myers	2:42:40
Bob Whetham	2:43:45
Bill Raabe	2:46:11
Steve Moe	2:48:36
Norm Champ	2:52:20
Jocko Vertin	2:53:48
Mark Wise	2:54:31
John Austin	2:56:06
Doug Suker	2:57:11
Steve Sondral	2:59:16
Mike Babcock	3:00:01
Thomas Kaufman	3:01:01
Nick Johnson	3:01:57
Owen Holvet	3:02:07
Terry Lueders	3:02:57
M50 John Custy	2:48:37
John Cretzmeyer	2:54:51
Daniel Barnhart	2:59:15
Greg Envey	3:00:41
John Emmons	3:03:50
James Jacobsen	3:05:42
Paul Lamere	3:06:37
Daryl Blakeborough	3:07:54
Robert Jorstad	3:09:04
John Naslund	3:09:48
Michael Heine	3:11:34
Robert Benson	3:11:40
Mike Wheeler	3:11:56
Larry Snider	3:11:57
Donald Mathieu	3:12:12

M55 Norm Purrington	2:54:09
Leonard Coequey	3:03:00
Bud Mixon	3:07:29
Larry Ochsendorf	3:08:14
DJ Carlson	3:10:00
Dean Bluhm	3:11:53
Walter Peet	3:12:43
Richard Hessler	3:18:18
John O'Neill	3:20:20
Douglas Brandt	3:21:46
Dewey Sloan	3:23:31
Stanley Horstmann	3:25:11
Clarke Garry	3:25:12
Jim Baillargeon	3:27:14
Ronald Antos	3:27:43
M60 Doug Braasch	3:26:58
Paul Paine	3:27:43
George Lisovskis	3:28:03
Andrew Koltulski	3:28:11
Rick Kleyman	3:30:05
Robert McAndrews	3:30:13
Edward Rousseau	3:37:00
Richard Trochman	3:38:41
Gerald Rose	3:39:02
Ladislav Tlusty	3:42:49
David Stahl	3:42:51
Jose Cervantes	3:49:43
George Gura	3:52:30
Joe Keiser	3:56:37
Dick Westerlund	3:57:43
M65 Jim Schleisman	3:18:03
Malcolm Gillis	3:32:14
Greg Prom	3:51:50
Don Gilbertson	3:57:07
Stan Bell	4:04:17
OT Lupinski	4:15:23
Bill Malich	4:19:29
Dominic Warzecha	4:26:36
James Grindley	4:32:08
Dale Soderbeck	4:43:34
Pete Butler	4:44:23
Bill Bauck	4:50:33
David Gangsei	4:56:47
Dayle Declerque	4:58:06
Richard Hagen	5:09:06
M70 Jerry Johncock	3:38:25
Dan Allensworth	4:13:47
James Romain	4:40:10
Orin Scandrett	4:57:18
Ewald Nielson	5:06:01
David Watson	5:07:17
Jim Waterman	5:08:09
Byron Vandrake	5:31:25
John O'Brien	5:43:44
Gene Bandler	6:01:26
M75 Lloyd Young 77	4:07:56
John Burton 77	5:30:38
W40 Bev Docherty	2:44:47
Marie Boyd	2:46:56
Maria Trujillo de Rios	2:47:28
Mary Sweeney	2:49:04



Continued from previous page

**Orange County Race For The Cure 5K**

Newport Beach, CA; Sept. 24

**Overall**

Milena Glusac 25	16:49
W40 Nancy Tinari	17:15
Jeanne Lasee-Johnson	17:48
Ruth Wysocki	18:07
W45 Marcella Teran	18:22
Marina Jones	19:44
Carol Wimbish	21:25
W50 Judith Fischer	21:47
Ann Fordiani	24:11
Lynne George	25:10
W55 Sally Adam	21:10
Sandi Carter	23:01
Margaret Neville	24:27
W60 Joan Jeter	25:49
Rosemarie Rockenbach	26:41
Loraine Seidmeyer	26:48
W65 Wilma Maddock	25:51
Audrey Hauth	29:47
Jane Virgilio	30:08
W70 Marjorie Yusem	46:40
Wilma Richardson	47:28
Teddi Boston	47:35
W75 Mary Storey	31:19
Athanasia Thomas	40:55
Margaret Retoske	45:18
W80+Lois Edds 80	36:08
Diann Prince 83	40:51
Anne Hayden 80	51:04

**NORTHWEST**Eugene Celebration 20K & 5K  
Eugene, OR; Sept. 10**Overall**

Dan Franek	67:14
Trisha Kluge W40	87:45
M40 John Bowden	89:26
M45 Robert Towne	78:54
M50 Michael Caley	91:16
M55 Peter Glaser	95:20
M65 Stan Rodkey	2:17:23
W40 Trisha Kluge	87:45
Alice Moffitt	91:30
W45 Virginia Heer	1:49:35
W60 Suzanne Rodkey	2:00:48

**-5K-****Overall**

Dale London	15:44
Annette Peters	16:02
M40 Dan Wojcik	16:57
M45 Stephen Jaqua	19:46
M50 Ron Ackerman	19:26
M55 Frank Turner	26:08
M60 Paul Slovick	24:19
M65 Donn Kirk	27:36
M70 Tom Brinton	22:37
W40 Jane Podolski	21:39
W45 Linda Danielson	24:58
W50 Anne Peterson	39:21
W55 Pam Turner	21:12
W60 Jane Dods	28:53
W65 Alice Rose	26:18
W70 Charlene Ewing	44:43

Idaho Women' Fitness 5K  
Boise ID; Sept. 23**Overall**

Annette Peters 35	16:00
W40 Elena Viazova	17:11
Carol Severa	20:04
Nancy Hatfield	20:26
Annette Hanson	20:52
W45 Nancy Davidson	22:24
M. Frole-Spurling	22:26
Cyndy Garvin	24:08
W50 Jenny Kyle	20:49
Sharon Farrell	21:50
Fran Martin	24:48
W55 Manna Kwak	20:23
Elfrieda Wyner	23:07
Nancy Fortner	27:45
W60 Cornelia Boylston	23:18
Joyce Ballard	27:10
Margaret Conner	29:50
W65 Claire Ingraham	27:05
Pat Fujii	42:26
W70 Helen Carlson	33:33
Nina Cornell	40:35
W75 Alice Moltke 76	37:18

Portland Marathon  
Portland, OR; Oct. 1**Overall**

Yoshikazu Aizawa 32	2:22:15
Lisa Anne Trenholme 26	2:58:33
M40 Bob Shorrocks	2:33:27
Richard Recker	2:39:39
Edward Bomber	2:41:31

M45 Tong Tran	2:48:39
Douglas Hinz	3:00:31
Gerry Tinkle	3:01:51
M50 Francis Kessler	2:52:59
Chuck Cammack	3:00:04
Bill McCall	3:05:25
M55 Daniel Bobogofski 3:04:21	
Bernie Blazek	3:05:52
John Raymond	3:13:32
M60 Bill Scarborough	3:16:28
George Wiebe	3:23:31
Takeshi Ichinosawa	3:28:11
M65 Louis Joline	3:37:45
Mel Preedy	3:42:47
Lionel Wilndge	3:59:19
M70 Bob Dolphin	3:58:45
Harry Daniell	4:57:44
Keith Wood	5:15:38
M75 Ronald Teed	4:06:59
David Blunt	7:10:06
M80+John Besson 88	7:00:51
W40 Cheryl Tronson	3:09:05
Jill Banister	3:11:47
Becky Backstrom	3:12:13
W45 Susan Ibarra	3:19:36
Mary Sandeman	3:26:58
Shirley Kaiser	3:31:34
W50 Sheila O'Brien	3:24:34
Cheryl Chadwick	3:33:49
Donna Howard	3:47:08
W55 Jean Brocknough	3:48:35
Millie Engle	4:04:58
Marcia Fairbrook	4:14:22
W60 Maryanne Carter	4:06:53
Tomiko Ishihara	4:32:23
Anne Wilson	4:47:21
W65 Colleen Mershon	4:17:05
Therese Fanelli	5:21:03
Pat Proden	5:36:41
W70 Betty Morris	6:34:00
Audrey Cullen	7:05:13
Betty Glasnapp	7:25:16
W75 Mary Otte	6:38:36
Peggy Lutz	6:42:38
Rose Flodin	6:49:57

**CANADA**Marathon By The Sea & Half-Marathon & 8K  
Saint John, NB; Aug. 20**Overall**

Victor Hickey	2:41:56
Shelley Gauthier	3:13:58
M40 Victor Hickey	2:41:56
Newell Lewey	2:48:09
Tom Hahn	2:47:26
David Nevitt	2:50:37
Len Spearing	2:51:59
M50 Claude LeToumeau	3:13:57
Roger LaVesque	3:25:26
Roger Goulet	3:29:54
Glenn Barnable	3:32:28
Rick Jones	3:36:58
M60 George Pothier	3:16:36
Milton Taylor	4:26:54
Germain Benoit	4:32:17
Norman Cote	4:36:59
W40 Helen Bradler	3:17:44
Patricia F-Pearce	3:22:55
Charlene Doucette	3:24:18
Beverly Robertson	3:29:28
Kelly Winchester	3:37:34
W50 Joan Bulgin	4:03:58
Marion Pierce	4:36:16
Vicki Ross	4:39:29
Tammy Brecheisen	5:20:01

**Half-Marathon****Overall**

Matthew Raizenne	1:14:25
Lavinia Gough	1:24:23
M40 David Tree	1:22:13
Darrell Travis	1:23:00
Hans Laitoo	1:28:13
George Hubbard	1:28:33
Michael Power	1:28:47
M50 Raymond Caissie	1:25:59
Frank Stapleton	1:26:41
Judson Esty-Kendall	1:28:26
Terry Haines	1:30:31
Ron LaRiviere	1:36:21
M60 Claudio Krickler	1:40:38
Tim Andrew	1:48:11
Eric McCartney	1:50:17
Jack Carter	2:01:08
Al Magnussen	2:03:56
W40 Dianne Sharpe	1:44:55
Theresa Cunningham	1:46:10
Marlene Henry	1:46:10
Linda Ivany	1:46:10
Edith Price	1:47:42

W50 Shelley Cook	1:59:14
Gail Connolly	2:00:35
Judy Marr	2:10:36
Kathi Herzog	2:27:16
Susan Lomax	3:18:48

**8K****Overall**

Greg Macdonald	27:05
Lindsay Laitoo	34:11
M40 James Morrison	30:58
Robert Belliveau	31:50
Patrick Bonner	33:10
M50 Bernard Sisk	35:28
Kevin Donnelly	39:36
Richard McColgan	41:01
W40 Monica Vautour	38:41
Peta Brundson	38:49
Janet Miller	39:09
W50 Alison Garey	50:43
Dorothy Gabbey	54:04
Margaret Whittaker	65:04
W60 Sheila Andrew	47:57
Lorraine Vey	77:04
Betty Richard	92:39

Grande Course de Montreal 10K  
Ile St. Helene, QC; Sept. 9**Overall**

David Garana	29:03
Grace Momanyi	33:30
M40 Eric Sabourin	34:07
Alan Moore	34:25
Jacques Bourgeois	35:25
Ghislan St-Pierre	35:35
Malcolm Gains	35:44
M45 Jerry Kooymans	32:42
Normand Drolet	34:49
Jacques Mainguy	35:19
Allan Olha	37:04
Francois Martel	37:18
M50 Laurent Bouchard	36:05
Torbjorn Dahl	36:45
Gilbert Forbes	40:42
Jacques Truchon	41:07
Bruno Rose	41:17
M55 Yves Goulet	43:58
Udo Buechner	47:06
Guy Desmarais	51:53
Regent Pelletier	54:44
Raymond Belisle	55:23
M60+Hamelin Andre	39:41
Euclid Lanteigne	40:32
Paul LaJoie	42:52
Nick Baird	44:47
Jean Bemaquez	45:03
W40 Laura Konantz	38:06
Lye Jolicouer	43:37
Rita Pradolin	45:39
Fiona Paaren	47:10
Line Bouchard	47:10
W45 Diane Legare	35:48
Jacqueline Gareau	41:28
Sonja Gates	43:24
Pat Rea	43:59
France Bouchard	51:23
W50 Beverley Coburn	42:59
Diana Smith	50:07
Susan Magher	51:58
Ginette Elie	53:28
Cecilia Wilson	73:47
W55 Monique St-Cyr	53:54
Yelza Laszlo	54:46

Scotiabank Half-Marathon, 5K & Waterfront Marathon  
Toronto, ONT; Sept. 24**Overall**

Joseph Ndritu	2:19:41
Sue Grise	3:08:38
M40 Jonathan Black	2:37:25
Robert Julian	2:40:57
Luke Hohenadel	2:50:14
M45 Paul Madonia	2:53:31
Stan Sokol	2:58:18
Ken MacGillivray	3:01:53
M50 Paul Jewell	2:50:44
David Morel	3:02:17
Tim Klasen	3:14:03
M55 John Bartrop	3:25:18
Mohan Dhillon	3:31:56
James Boyes	3:34:58
M60+Jose Fadista	3:18:18
Jim Simpson	3:33:28
Bill Stevens	3:41:52
W40 Sally John	3:12:00
Iris Cooper	3:32:17
Sandra Kurek	3:34:18
W45 Patrizia Catino	3:42:10
Smita Sengupta	3:50:26
Marie Dunn	3:52:16
W50 Helga Rinneard	3:42:15
Astrid Varga	3:48:31

Jan Loftus	3:56:40
W55 Joyce Connell	3:34:30
Eris Merkel	4:07:14
Judith Bunk	4:25:08
W60+Rita Jantti	5:01:44
Wendy Patterson	5:17:23

**Half-Marathon****Overall**

Joseph Kamau	1:04:02
Lucia Subano	1:13:04
M40 Mike Dyon	1:11:58
John Holliday	1:12:37
Rick Mannen	1:13:12
Edward McColm	1:16:12
Paul Root	1:16:38
Tim Andrew	1:17:38
Demick White	1:17:48
John Dalton	1:18:35
John Byrne	1:20:42
M45 Jerry Kooymans	1:11:17
Joe Lehman	1:16:04
Ralph Ruff	1:17:14
Anthony Farr	1:21:27
Robert Jenken	1:22:53
Gord Pauls	1:22:59
Dermot Holwell	1:23:06
Kenneth Harper	1:23:43
James Rawling	1:23:44
Gary Pontz	1:24:12
M50 John De Finney	1:18:58
Gary Fryatt	1:23:15
Murray Mostyn	1:24:03
Duane Morse	1:26:21
Ian MacDonnell	1:29:49
Peter Geering	1:31:05
Brian Bission	1:32:34
Les Nakatsu	1:32:54
Bill Weir	1:33:09
Frank Ham	1:34:32
M55 Jim Clarke	1:23:01
Tom Tushingham	1:23:56
Ed De Rosa	1:31:31
Terry Emmett	1:31:41
Ilidio Neves	1:33:01
Luis Asua	1:34:38
Don Hagan	1:34:54
James Heron	1:35:13
John James	1:36:19
See Hong Foo	1:37:12
M60+Ed Whitlock	1:20:15
Chris Mackie	1:29:15
Robert Glazier	1:30:56
Bruce Nevison	1:35:50
Duncan Mounsey	1:40:08
Roger Fisher	1:41:13
Rudy Benko	1:43:11
Tom Lettner	1:45:10
Jimmy Georgas	1:49:54
Peter Dobos	1:51:00
W40 Julie Anne White	1:19:20
Laura Konantz	1:23:11
Faith Nesdoly	1:25:50
Karen Hoffman	1:31:52

Janet Kincaid	1:34:55
Margaret Menzel	1:35:33
Judy Stryker	1:35:46
Leslie Ogilvy	1:36:40
Carolyn Deeta	1:37:02
Deborah Beesley	1:38:08
W45 Diane Legare	1:19:03
Nancy Cole-Hyow	1:33:48
Geordie Farrell	1:34:48
Pat Rea	1:36:27
Joanne Debruyne	1:36:31
Colleen Stewart	1:37:06
Patricia Sommers	1:37:23
Barbara Smith	1:39:29
Chris Marion	1:39:58
Rose Wilson	1:40:03
W50 Beverley Coburn	1:34:37
Anne Emmett	1:35:57
Frances Magliocchi	1:41:08
Yvonne Gillsky	1:42:03
Nancy Wells	1:43:26
Vicki Hart	1:43:34
Georgia Gerring	1:43:47
Patricia Tomasini	1:54:13
Carol Hilson	1:55:12
Ann Milne	1:57:45
W55 Jeraldine Ballon	1:44:51
Cindy Jones	1:47:01
Claire Oger	1:50:25
Margaret Rolfe	1:51:23
Sharon Thome	1:52:07
Herna Joel	1:55:06
Morgan Smyth	1:55:54
Elaine Palme	1:59:09
Ann Gunther	1:59:17
Krista Macrae	1:59:27
W60+Marlene Murdoch	1:52:16
Agnes Lamb	2:07:00
Jean Doench	2:13:15
Sheila Barnett	2:14:13
Mary Philbrook	2:16:26
June Sano	2:24:02
Catherine de Freitas	2:38:15
Mari Lynn Dartnall	3:23:08
Sheila Noonan	3:29:09
Theresa Von Elm	3:46:17

**W45 Diane Legare****Overall****W45 Diane Legare**



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