

NATIONAL MASTERS NEWS

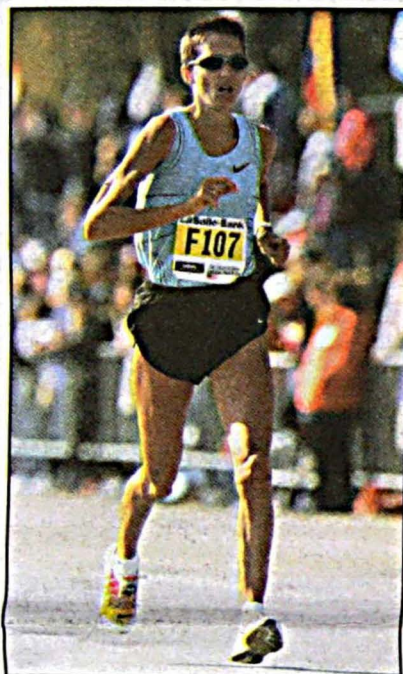
The official world and U.S. publication for masters track & field, long distance running and racewalking

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November 2001

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Evans, van Schuppen Breeze to Masters Firsts in Chicago Marathon



VICTOR SAILER / PHOTO RUN
Anne van Schuppen, 40, of The Netherlands, top woman master (2:41:51) Chicago Marathon.

By SUSANNAH BECK

Chicago Marathon masters winner Paul Evans, 40, Suffolk, UK, 2:18:35, just managed to stay ahead of Catherine Ndereba's world record breaking run, 2:18:47, Oct. 7.

Not to worry, he still beat the M40 runner-up, Brazil's Silvio Maia, 43, by almost 10 minutes, on a day when most of the world's top masters marathoners were competing a few hundred miles to the west, at the great masters' magnet, Twin Cities Marathon.

Many strong masters performers chose the Windy City, including Jim Pelarske, 50, Bloomington, Ill., M50 winner, 2:38:30; Hugo Van Krunkelsven, Edgem, Belgium, M60 first, 2:55:52; and Albert Cukerman, 70, Le Raincy, France, tops in the M70 (4:16:41).

In the women's race, Anne van Schuppen of the Netherlands was fleetest, winning the W40+ in 2:41:51. Dorothy Tanner, 60, Chicago, wowed 'em in the W60 with her 3:42:41, and Arlette Druelle, 70, Pessac, France, was the leader of the over-70 pack, in 5:35:04. □

LeBourne, Sutton Star in 5th Ave. Mile

By JERRY WOJCIK

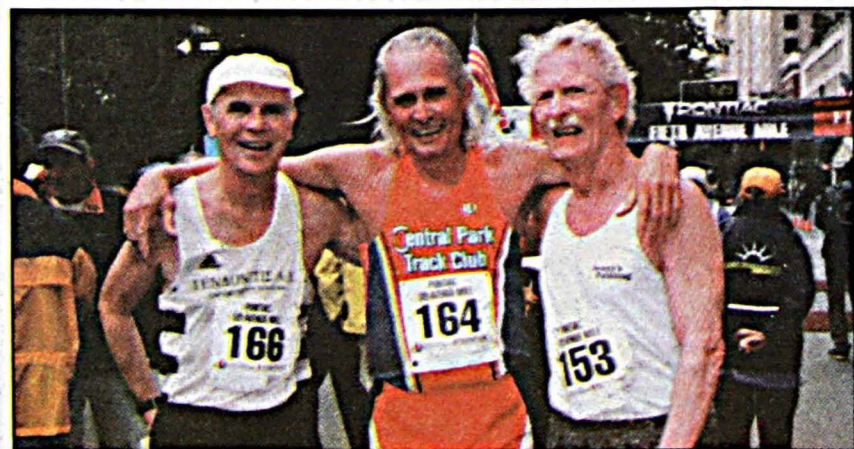
Masters milers helped New York City in its effort to return to business as usual after the Sept. 11 terrorist attack by turning out in full force in the Pontiac 5th Avenue Mile in Manhattan on Sept. 29.

The race, conducted by the New York Road Runners Club, started on 5th Avenue and 80th Street and finished at 60th. Traffic on 5th was stopped before the first race at 10:20 a.m. and did not

resume until after the last race at 2:13 p.m. Conditions were cool, breezy, and overcast, much like last year.

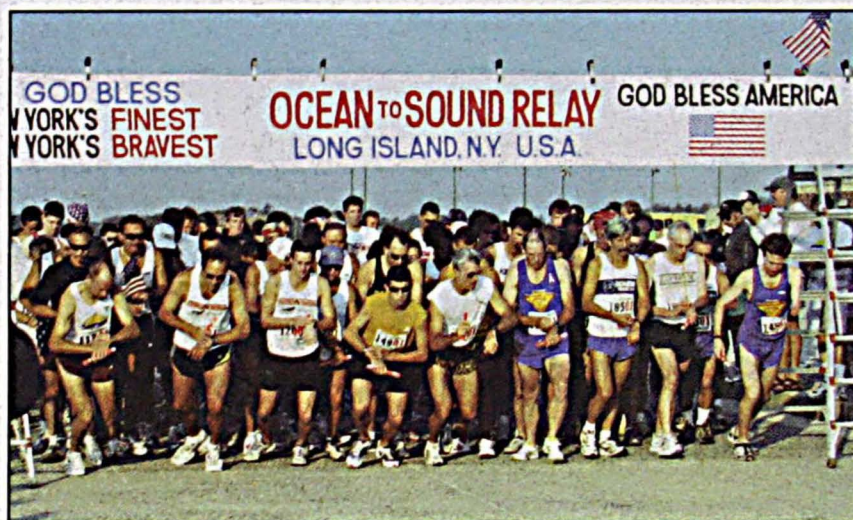
Anselm LeBourne, 42, Maplewood, N.J., M40-49 winner in 2000 with a 4:26.3, improved to a 4:21.8 to win again in a field of 16. Conor O'Driscoll, 40, Rye, N.Y., finished in 4:24.0. Long Island sensations, Don DiDonato, 43, in 4:35.1, and Paul Mascali, 49, in 4:37.2, were third and fourth.

Continued on page 8



AL PUMA

Milers after the George Sheehan Memorial Race for M60+ in the Pontiac 5th Avenue Mile, Manhattan, Sept. 29 (from l): Christopher Rush, 65, James Olson, 61, and John Connor, 66.



MIKE POLANSKY

Start of Long Island's 16th annual Ocean to Sound 50 Mile Relay, Sept. 16. This year's race raised money for the "New York's Bravest Fund," to provide scholarships for children of firefighters lost in the World Trade Center disaster.

Knisely, Hellebuyck Win USA Masters Marathon Titles

By CHARLIE MAHLER

Running USA Wire

MINNEAPOLIS, Minn. — Mary Knisely and Eddy Hellebuyck each won their first U.S. Masters Marathon Championships at the 20th running of the Twin Cities Marathon in Minneapolis/St. Paul, Oct. 4. The two followed different routes to victory in a fast and competitive event that saw the top two women overall break the course record and the top men battle into the final mile.

Knisely's U.S. title, won in 2:40:33 and worth \$3000, resulted from a strategy of following her own pace. The 42-year-old Naperville, Ill., resident ran alone the entire race, choosing to run her own race at the expense of company and competitors.

"I just try to run my pace and race whoever is around me," Knisely said afterward. "If the pack's running too fast, you get killed."

Knisely also never saw U.S. masters women's runner-up Gordon Bakoulis, who ran 2:42:54. Knisely's early 5:50 per mile pace put a minute and forty seconds on Bakoulis by the six-mile mark and she had stretched the lead to 6:20 by 15 miles before giving back a large chunk of that margin in the latter miles.

Knisely said she had hoped to run 2:35 — the U.S. masters record for women is 2:35:08 set by Laurie Binder at Twin Cities in 1991 — but said the hills caused her some problems. She wondered also if she lacked the proper

Continued on page 6

Pozdnyakova Sets WR at Ocean State

By SUSANNAH BECK

Tatyana Pozdnyakova, 46, the Gainesville-based Ukrainian road-racing juggernaut, was back in top form in October with her 2:30:28 overall win at the Brooks Pharmacy Ocean State Marathon, Rhode Island, Oct. 8. Her performance is a new world record for the W45-49 age group, eclipsing the 11-year-old standard (2:31:05) set by the great Swede, Evy Palm, who was then 47, at London in 1989. Pozdnyakova earned \$11,000 for her win and CR.

Pozdnyakova's road times in the first half of 2001 were slightly off her

usual brilliance, with 10K times slipping well into the 35-minute range and culminating with a relatively unimpressive 2:37:44 at the Pittsburgh Marathon in May. One might have suspected that age was catching up

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after a few miles, the weight of the world isn't so heavy.

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wrinkles
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tuition
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NATIONAL MASTERS NEWS

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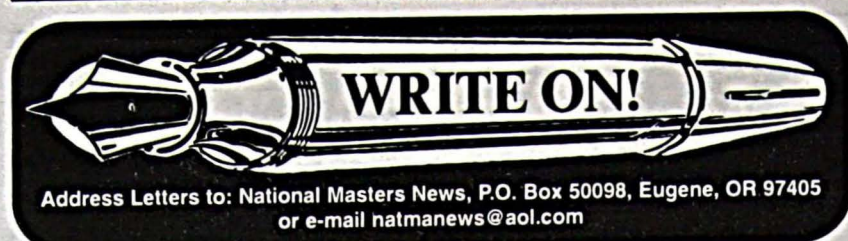
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WMA WEBMASTER

Ken Stone and I have worked together on mastertrack.com for the past three years, trying hard to provide the best possible Web site for masters athletes around the world. It is not perfect, but we are volunteers and we do our best.

A few weeks ago, I considered applying for the position of WMA webmaster (webmaster for the world's official governing body of masters track & field). I discussed this idea with Stone and he was supportive. He is a good friend.

I submitted a very extensive proposal. I carefully responded to every aspect of the proposal requirements. It took me 31 pages to describe in detail all the Web site features I would offer. I also raised and addressed issues I thought would be of concern to WMA. And I included endorsements from over a dozen people actively involved in masters athletics. I

am thankful to all the people who supported me.

I was interviewed by the WMA webmaster selection committee consisting of three WMA Council Members: Tom Jordan, Rex Harvey and Stan Perkins. The conversation lasted about 45 minutes. Here is what happened. First, I was told they were impressed by my proposal and I was being considered as a finalist for the position.

They told me I would make a good WMA webmaster. But, I had one problem: Ken Stone. They told me that I would not be given final consideration for the job unless I was willing to "sever all my connections to mastertrack.com and end my association with Ken Stone." After that, I got lectured about how Stone is reviled by the international masters track and field community.

I did not think a job interview for the WMA webmaster position was the time or place to have a debate about Ken Stone. As far as I'm concerned, their personal opinions about Ken Stone are not relevant to my proposal or the job itself.

I urged them to reconsider their ultimatum. I asked them to describe their specific concerns with respect to the job requirements so that we could resolve them with mutually agreeable solutions. I asked them to consider a compromise. I asked them to work with me on this. I was open to any ideas short of abandoning my friend and partner.

But they would not budge. Only one thing would satisfy them: that I turn my back on Ken Stone. I will not do that. I would consider myself a lesser person if I did, and I told them so. Apparently, integrity is not a requirement for this job.

Of the three men I spoke with, Tom

Jordan and Stan Perkins did the Ken Stone "bashing." Rex Harvey made a sincere effort to focus on the positive qualifications I would bring to the job, but to no avail. I am disqualified from the job.

What's done is done. But I would like to hear what other people think. You can voice an opinion via e-groups and/or send your thoughts directly to Torsten Carlus, President of WMA (torsten.carlius@helsingborg.se). This is not just about me, but about how WMA decisions are made and how individual council members allow their personal grievances to interfere with those decisions.

Dave Clingan
Co-Webmaster, mastertrack.com

I would like to respond to the comments by Dave Clingan (above).

In August, World Masters Athletics (WMA) issued a Request for Proposal for a new WMA webmaster, and Dave was one of nine excellent candidates from five different countries who submitted proposals. Of these nine, four candidates exhibited superior technical skills, and Dave was in my opinion one of these four.

In assessing the qualities necessary to be the WMA webmaster, one of the most important to me is that the webmaster have no personal agendas or divided loyalties. The expanded WMA Web site will serve an international audience of masters in more than 100 countries. The WMA webmaster must be able to not only fulfill the technical requirements, but do so in a manner that reflects no personal biases detrimental to the sport.

During our conference call, I asked Clingan about his relationship to the mastertrack.com Web site. He made it clear that he is not only co-webmaster of the site, but full partner with Ken Stone in the project.

Some background: two years ago, Stone made a series of false and defamatory claims about me and my business partner, and posted them on the masters track.com site and to various e-groups. After first ignoring these attacks as unworthy of being addressed, it became evident that he would not stop making them without action on our part.

Only the promise of legal action from our lawyer got Stone to desist from defaming us, and to remove the false claims from mastertrack.com. Let me be clear: my objection was not to the criticism about me from Stone posted on the mastertrack.com Web site. It was to lies posted on the Web site. That these claims are false, I am able and willing to prove in a court of law, if necessary.

Since that time, Stone has attacked the motives and integrity of many other persons in the sport on masters track.com, without attempts to verify the statements he posts as "facts." Stone does not follow the most fundamental ethics of journalism: checking facts, questioning sources, and asking for comment from the appropriate parties before publication. So what does all this have to do with Dave Clingan and the WMA webmaster position?

In our conference call conversation, Clingan made it clear that he is full partner in and co-owner of the masters track.com business. As a partner, he shares responsibility for what appears on the Web site under the mastertrack.com masthead. Clingan maintained in the phone conversation that he doesn't concern himself with what Stone writes and that it isn't "relevant" to his proposal to be WMA webmaster. What that tells me is that he is willing to condone the posting of false or unsubstantiated claims on a Web site he co-owns.

I believe that Clingan needs to take responsibility for the content of what appears on the mastertrack.com Web site. It is also true that Clingan has contributed much that is positive to the sport of masters track & field. That's why I told him during the phone conversation that if he were willing to sever connections with mastertrack.com, I could consider him for receiving my vote for the WMA webmaster position.

However, Clingan was very forthright that he would not cut that connection. I respect his decision, but to have the WMA webmaster integrally involved with another Web site which, along with all of the valuable statistical information provided, posts unsubstantiated attacks on the integrity of well-meaning people in the sport, is in my mind not a wise choice. That is why I will opt to vote for one of the other very highly-qualified candidates for the position.

Tom Jordan
Executive Vice-President, WMA

SUBSTANCE ABUSE TESTING

It seems that we are not really going to stop substance abuse if we only test some athletes at the world championship level. We should test athletes at our indoor and outdoor national championships as well.

My reason for this viewpoint is that some of our top men and women sprinters do not choose to compete in the world championships. I know, offhand, of two who have not run in the past two world championships, claiming injury, but who competed in the USATF Masters Nationals, where no testing is done, in about the same time frame as the world championships.

I wonder if they have ever been tested in the past five years. Let's do it on the national level, starting in 2002.

Alfred Guidet
California City, California

GENDER DIFFERENCES

In dabbling with comparative track performances between men and women in his October column, Mike Tynn falls into an all-too-familiar morass for bemused modern husbands. The most credible research continues to confirm the reality that the human male and female are far too different to warrant such irrelevant parlor games.

In fact, our current confusions over female starship captains, detectives, USMA first captains, judges and generals, etc., would transform us into an

Continued on page 23

FIFTEEN YEARS AGO November, 1986

- Gabrielle Andersen (41, 2:40:08) and Kjell-Erik Stahl (40, 2:18:28) Win Masters Titles and \$7500 in Twin Cities Marathon
- Patrick Davis (M40, 1:28:42) and Katie Vandergraaf (W40, 1:49:47) Speed to Victory in National 25K, Joliet, Ill.
- 19th World Vets 10K Titles Go to Britain's Allan Rushmer (M40, 30:47.9) and New Zealand's Ngaire Drake (W40, 34:50.7)

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Track & Field

God Bless America

The tragic events of the last month have made all of us appreciate what it means to be American. Our hearts go out to all the people who lost loved ones or suffered so terribly simply because they live in the U.S. We have been reminded how precious this great gift of U.S. citizenship is. There is no way we can adequately show the respect and appreciation to the heroes who have given so much, but we should do our utmost to be the best Americans we can.

Many citizens of other countries don't understand the way we Americans believe we have the right to express ourselves, based on our freedoms of speech and the press, when we think things aren't the way they should be. For that reason, I applaud Al Sheahan for his article in the August issue on the WAVA Championships in Brisbane. He wrote what many of us felt about what transpired at the delegates' meeting, and I know it wasn't easy for him to write what he did.

As a newcomer to the operations of the meet, I was surprised at many of the things that went on. Before I became a USATF office holder, I had been just an athlete who showed up to compete at the WAVA Championships, without any idea of what took place outside the arena.

I am used to working in a democratic environment, and the extreme difference of my Brisbane experience really opened my eyes to the politics involved and the distinction between a private club and an open organization. As Americans, we don't have to go

behind closed doors to express our frank opinions, and although we understand that we can't speak at all meetings all the time, we should be able to monitor the process.

WMA does not operate like USA Track & Field, but we are trying to be good members and contribute input for whatever it is worth. We want to participate, but if we feel we aren't getting our money's worth, we would like to receive an explanation as to why not.

I would think that, because of his past experience as a member of the WAVA Council, Sheahan's opinion should be taken seriously. I know the feeling of wanting everything that happens on one's shift to be the best. Even the head of the IOC has given up declaring the latest Olympic Games as the greatest ever. I fear that our – and Sheahan's – constructive criticism will go unheeded.

We can perhaps now better appreciate living in an open, democratic society. Thank you, God, for blessing America. □

Outstanding Performers Awards

By **PHILIP M. BYRNE**
Chair, Masters T&F Awards
Committee

The Masters Track & Field Awards Committee will meet again this year at the Annual Convention of USATF in November in Mobile, Ala., to select the outstanding performers for 2001.

The committee will include a cross-section of athletes and administrators from all ages, geographic areas and events in an effort to make the best possible selections for these awards.

As in the past, the awards will be given to U.S. citizens based on their performances in regional championships, the U.S. national indoor and outdoor championships, the multi-event championships, and the WAVA championships in Brisbane.

Awards will be given to men and women for outstanding athlete of the year, outstanding multi-event athlete of the year, outstanding single per-

formance of the year, and for outstanding track athlete and field athlete in each 5-year age group starting with age 30. Also to be selected will be the outstanding administrator of the year.

No single criterion will determine the winners, as consideration will be given to finishing places in the events listed, age-graded performance, U.S. and world records set, and overall consistency and participation.

Anyone who would like to nominate someone (including him- or herself) for any of these awards, feel free to do so by sending a brief letter to me outlining the reasons for the nomination. In this way, we hope to make sure we give proper consideration to all deserving candidates for these awards.

Please send nominations to me by Nov. 10th at: 55 Constellation Wharf, Charlestown, MA 02129, or 617-242-1753 (fax), or pmb02129@aol.com. □

Jager Shines at San Diego Meet

By **KEN STONE**

Talk of making up for lost time. Kathy Jager is on a world-class tear.

The 58-year-old sprinter from Glendale, Ariz., returned to competition Sept. 15 at the San Diego Senior Olympics after her two-year drug suspension expired and her competition ban was lifted by USATF and the IAAF. Within five weeks, she'd win 27 track and field medals (23 of them gold).

At San Diego State University, Jager won the 50, 100 and 200, plus the discus and shot put in the W55 age group. The 14th annual San Diego senior sports festival was her first meet since August 1999, when she won two golds, three silvers and a bronze medal at the World Veterans Athletic Championships in Gateshead, England – her first international competition.

That was the meet where she tested positive for methyltestosterone – part of a doctor-prescribed hormone replacement therapy for her menopause symptoms that triggered IAAF alarms. (She'd been unaware of her pills' illegality, and never denied it was in her system – having listed it on forms during the drug testing process.)

Putting her two-year ordeal behind her, Jager, on Sept. 15 won the 50 in 7.85, the 100 in 14.34 and the 200 in 30.82 – all into a wind on SDSU's red Mondo track. The 100 time ranked No. 3 in the world this year in her age group, and her 200 performance was No. 10, even though it came after six hours of competition.

In 1999, Jager won the world 100 title in 13.55 with a 1.5 mps aiding wind and the 200 in 28.34 with an illegal 2.3 wind. This past July, at the World Masters Championships in Brisbane, Australia, the W55 sprints were won in 13.93 and 28.72.

Jager thinks she would have been in the Brisbane hunt had she been granted early reinstatement – as was granted several drug-positive open track stars, on the eve of the Sydney Olympics.

"I would have been there on the top," Jager said matter-of-factly in San Diego. "I would have won."

Then on Sept. 29 at Santa Barbara City College, Jager won the women's High Point Trophy at the Club West Masters Meet by taking firsts in the 50 (7.52), 100 (14.39), 200 (31.11), high jump (3-5¼), long jump (12-6¼), shot put (28-1¾) and discus (78-1¾).

To qualify for reinstatement, Jager had to undergo four unannounced drug tests within a year prior to resuming competition. (She had immediately halted her "illegal" medication once she learned it was on the IAAF no-no list.) One tester knocked on her door in Arizona the Saturday night before Easter Sunday. Another tester tracked her down at 10:30 at night – at a friend's house in Rochester, Minn.

In addition, Jager lobbied successfully for an IAAF drug exemption, allowing her to take a normally banned diuretic to control high blood pressure and the fluid-retention side effects of her new hormone replacement therapy.



KEN STONE / MASTERSTRACK.COM
Kathy Jager, winning the 50m, San Diego Senior Olympics, Sept. 15.

But it took detailed letters from three doctors – and just the right phrasing – to gain her needed medical waiver.

She gives credit to WMA President Torsten Carlus of Sweden, who, despite his foot-dragging at other points, helped advise Jager's doctors in making the arguments that would pass muster with IAAF authorities in Monaco. Her medical waiver basically allows her to live a healthy life and compete in track. Not a priority for the IAAF, but a godsend for Kathy Jager.

Jager, a registered nurse, said the San Diego meet represented "a new career for me. I wanted to do well. My goal is not to get injured."

"I didn't feel that I had to come out and prove anything," Jager said of her return to track. "But I showed I'm not intimidated by what happened." She was acutely mindful of the previous week's terrorist attacks on America that rendered her fight against world track authorities trivial, and noted that, "Whenever I felt sorry for myself, I said, 'This is no big deal. I'm alive; I'm healthy. I have a great family and friends' support.'"

"Today was a celebration for many of us," she said as her husband, Carl – a retired transportation official in Maricopa County, Arizona – sat beside her in proud support. He'd join her as they continued a comeback tour.

Two weeks later, they returned home from October competitions in Las Vegas and St. George, Utah – the Nevada Senior Games and the Huntsman World Senior Games. In Nevada, she won the W55 50, 100, 200, shot put, discus and pole vault – and took second in the long jump and high jump. In Utah, she struck gold in the 100, pole vault, shot put and discus.

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Third Wind

By MIKE TYMN

Overcoming a Passion for Pots

The late George Sheehan, the highly esteemed running writer, once wrote that he was a "pothunter." He was referring to trophies. "(I am) a 60-year-old adolescent who loves to win a trophy," he wrote in the July 1979 issue of *The Physician and Sportsmedicine*. "If there is anything I like better than running a good race, it is making my way to the awards table with the right mixture of pride and nonchalance, and then modestly accepting a trophy."

If I were a sophisticated runner, an elitist, I would not admit to having shared Sheehan's passion for pots during my competitive years. I would tell you that they were just so much junk, so much hardware, nothing but dust collectors, and that I would much rather have received a merchandise award, such as a new pair of running shoes or a portable radio, than a trophy. I'd sneer at the thought I might treasure a trophy. I'd suggest that I was beyond such shallow ego pacification.

But I'd be lying. For most of my competitive years, I treasured my trophies and plaques just as much as Doc Sheehan did his.

Symbol of Achievement

To me, the trophy was a memento or symbol of all the hard work that went into a successful effort. It was a photograph of the race, something that would at some time in the future trigger a visualization of the race and remind me of the fulfillment experienced. It was something that I might one day show my grandson or great-grandson as evidence that I wasn't always an old geezer.

Of course, there was more immediate ego gratification that came with displaying my treasures on bookshelves in my home for all visitors to see what a "stud" I was. However, I don't recall many people being especially impressed with them. They certainly didn't impress my wife, Gina.

I won my first three trophies in 1959 and built an altar around them and the dozen or so medals I had won by that time. After moving to Hawaii in 1971 and becoming more actively engaged in the sport of road racing, I rapidly added to my collection.

At one time, much to Gina's disgust, I had about 30 trophies displayed on the shelves of our family room. When we ran out of shelf space in that room, I began positioning them in various parts of the spare bedroom I call my "office." Somewhere after the 50th trophy, there was a point of diminishing returns in the satisfaction I got from adding to my trophy collection. It was as if 55 trophies didn't make me any more of a stud than 50 trophies did, so why bother with them?

Downsized

And now, out of about 100 trophies and plaques collected over some 40 years of competition, only a dozen or so remain. A whole bunch of them went out in the trash in 1989. Another large batch went out last weekend. They were all tarnished and corroded beyond salvaging. Hawaii's high humidity plays havoc with metallic objects.

In addition, we have lizards to contend with. They frequently run around the walls of homes, leaving their little white droppings about. They must think the "pots" are for them, because there seemed to be a greater concentration of droppings on them than any place else.

Of the dozen that remain, 10 are in the attic in a box, while just two — my unique Honolulu Marathon trophies from 1975 and 1977 — remain on display, although Gina has placed them in very obscure places. The largest and most difficult trophy to trash this time was the one I got for finishing third in the 40-49 division of the 1977 New York City Marathon.

It wasn't so much the third place, but the fact that our three-man team from Hawaii — Johnny Faerber (2:36), Jim Gallup (2:34), and I (2:31) combined for the lowest aggregate time to win the AAU national championship in that race. There are a lot of fond memories connected with that race. The trophy stood over two feet tall and was quite a conversation piece on the flight back to Hawaii, since it was too big to fit in my luggage.

After putting the New York Marathon trophy in the trash, I went back out to retrieve it when Gina wasn't looking. However, she caught me bringing it back in and the look she gave me spoke for itself. I did an about-face and returned it to the trash can. To make sure I would not make the same mistake again, I intentionally broke it.

Blurry Recollection

There was another trophy almost as big as the New York City Marathon trophy that went in the trash. According to the plate on the bottom, I received it for winning a 20K race in



MIKE TYMN PHOTO

Treasure or trash?

Hawaii in 1978. But I have no recollection of that race whatsoever. In fact, most of the races represented by the largest trophies are just one big blur.

I will sometimes read about some old time baseball player who recalled taking a pitch high and inside before getting a key hit in some game 40 years ago. I wonder how they can

remember single pitches, but I can't remember a race that might have taken an hour or more?

Except for the New York City Marathon trophy, my most memorable races did not result in awards that could be cherished. For winning the 1979 Maui Marathon in PR time, I was presented with a ceramic vase made by the race director's wife. There was no inscription of any kind on it, nothing to identify it with the race.

For winning the Nike 10K national championship in San Diego in 1980, I received a \$35 gift certificate and statue of a fish without any inscription on it. For winning the 40-49 division of the 1980 Cascade Runoff 15K in Portland, Oregon, I was given a small pocket knife. On the blade was inscribed "1st, 40-49 division," but there was no mention of the name of the race. For a memorable race in California's Napa Valley, I was given a bottle of wine, and I don't drink.

Nothing to Show

Sports Illustrated magazine will occasionally do a story about some ballplayer and show a picture of him in his trophy room. But I remember one article about a well-known distance runner in which the writer noted with

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Twin Cities Marathon

Continued from page 1

sharpness.

"I was surprised by how slow I was today," she said. "I feel like I'm in better shape than I was when I ran in Chicago last year and I was three minutes slower. I'm a little disappointed."

Following Knisely and Bakoulis in the U.S. masters standings were Cindy Keeler of Clermont, Fla., third in 2:51:58; Debbie Leyden of St. Paul, fourth in 2:57:40; and Sue Kelly of Atlanta, Georgia, fifth in 3:06:12.

Meanwhile, Marina Jones, 49, Palm Desert, Calif., took the W45 with a solid 2:59:42, while Gloria Jansen, 54, 3:11:16, and Edie Stevenson, 52, Boulder, Colo., 3:12:44, sparkled in the W50. Nebraskan Karen Bestul, 59, Lincoln, 3:32:16, won the W55 by nearly a minute per mile.

Unlike Knisely, the Albuquerque-based Hellebuyck attached himself to the lead pack from the outset. At the pre-race press conference, he guessed he might be as fit as he was in 1996 when he ran one of his two career 2:11 marathons. The plan and the projection looked reasonable until 20 miles when his legs and hip flexors "died" and the pack left him.

"I'm very surprised I got so blown away between 20 and the finish," he reflected. "I lost a minute a mile!"

"We're relieved Catherine Ndereba was not here," Hellebuyck's wife Shaun deadpanned, referring to the world record breaker's 2:18:46 that morning in Chicago. Hellebuyck finished in 2:21:20.

Hellebuyck, who has now run five marathons this year, including the World Championships in Edmonton in August as a member of the U.S. team

said he hoped to have better staying power in four weeks when competing in the New York City Marathon.

Following Hellebuyck in the U.S. masters standings was defending U.S. masters marathon champ Steve Wilson, 42, Lafayette, Ind., who clocked 2:29:08. Matt Barnard, 41, Woodbury, Minn., finished third in 2:34:36, while fellow favorite-son Charles Hubbard, 40, Bloomington, Minn., was fourth in 2:38:35.

Twin Cities has hosted the USATF National Masters Marathon Championships for ten years, and has earned such a good reputation as a masters-friendly race that the event draws a stellar international masters field as well. This year's overall winner, Joshua Kipkemboi, 42, KEN/Concord, Mass., 2:14:07, was one of three masters in the top four overall.

With thoughts of his third place finish last year, Kipkemboi surged away from defending champion Sergey Fedotov over the final mile to win by seven seconds in 2:14:07. Russian masters winners Mohamed Nazipov, 40, and Fedor Ryjov, 40, grabbed third and fourth places in 2:14:31 and 2:14:38, respectively.

Kipkemboi earned a total of \$25,000 for his efforts — \$20,000 as the men's overall winner and an additional \$5000 for being the open masters champion as well.

The open masters women's podium was wholly Russian with Irina Bogacheva, 40, RUS/Gainesville, Fla., winning in 2:31:02; Fira Sultanova, 40, finishing second in 2:34:02; and Ramilia Burangulova, 40, placing third in 2:35:41. □



Health & Fitness

By EARL FEE

Aging Slower Than Your Rivals

Longevity – this should be everyone's favorite subject, for who wouldn't be interested in living longer and at the same time enjoying higher quality living? Aging is affected by your genes, but your real (biological) age (see www.realage.com) depends largely on your everyday habits of eating, sleeping, drinking, physical and mental exercising, stress level, smoking, etc.

Performance

Typically the performance decrease for world class sprinters, middle distance runners, and marathoners below age 65 is about 0.7, 0.90, and 1.1 percent per year, respectively. But for less fit athletes the deterioration is more rapid. The following healthy living and training habits will slow down the aging, resulting in less deterioration in performance. You can also prevent chronic disease, increase your life span by decades and at the same time add more life and speed to your years.

Atrophy

Slowing down is more due to rusting out (atrophy) than aging. Get rid of that "I'm slow because I'm old" thinking.

Supplements

To fight the free radicals that damage body cells, take antioxidants, vitamins E, C, and A, selenium, and grape seed extract daily. Older women may benefit from estrogen replacement. I highly recommend grape seed extract.



GEORGE BANKER
Deborah Barnett, 42, first W40+ (42:34), Leesburg 10K, Leesburg, Va.



SUZY HESS
Earl Fee, Canada, M70 gold medalist in the 800, 14th WAVA Championships, Brisbane, Australia.

It is a very powerful antioxidant, enhancing the activity of vitamins C and E, fighting heart disease, stroke, and high blood pressure, plus other advantages for athletes.

Immune System

Take supplements daily (e.g., vitamin C) and plenty of fruits and vegetables to improve the immune system. Strengthening the immune system is the preventative maintenance way to prevent disease. Wash your hands frequently. Take aspirin (80 to 300mg) each day to reduce the possibility of stroke and heart attack.

Sleep

Get adequate sleep and keep a regular sleep routine. Also, if possible, take a 15-30 minute nap every day; a nap too long or too late in the day will interfere with sleep at night. Eat dinner about five hours before bedtime. A late dinner, improper food combination, alcohol or coffee late at night robs you of deep sleep and contributes to aging. Poor sleep also results in less release of growth hormone with consequent lowering of the immune system.



ART SHAHZADE

Robert Zimmerman (far right lane), former Canadian champion, edged Ray Yeck #305, for the M50 100m victory, with both timed in 12.6, with Sheridan Groves #248, third, Visalia Masters Classic.

Memory

Memory deteriorates with age in the normal individual at an increasing rate along with other bodily functions. Memory is a skill requiring constant practice. Your mind needs exercise similar to the body. To reduce memory loss, keep the mind active with memory games, and intelligent conversation. Also, physical exercising makes for a more alert mind due to more oxygen to the brain. A person with active mind habits survives longer.

Exercise

Balance deteriorates with age and causes falls, but can be improved by exercise. VO_2 max (ml of oxygen/minute/kg body weight) declines by about 1% per year in healthy untrained men, but endurance exercise can reduce this decline considerably and even increase oxygen capacity.

Continue regular exercise, preferably with some intensity. Exercise is the most important of all anti-aging habits. Studies have shown that longevity is affected more by exercise than by your genes. "Use it or lose it." It is the intensity, more so than the volume, that keeps you young. "Activity begets energy." The more you exercise the more energy you will have.

Stretch (t'ai chi, yoga, Pilates exercises, etc.) regularly, and weight train every other day to compensate for the loss of flexibility and strength with age. As we age, we lose fast twitch fibers and motor neurons through inactivity, and hence lose muscle power. Therefore, it is very important to compensate by doing reasonably intense weight training, and rapid and/or intensive movements on a regular basis. To retain fast twitch fibers and age slower, train fast.

Definitely rule out smoking.

Diet

Eat plenty of fruits and vegetables for the vitamins, minerals and fiber they contain. Maintain a high carbohydrate, low protein, high fiber, low fat diet with minimum sugar and salt. Drink lots of water; athletes need about 3 liters per day. Eat fish at least

twice a week. Protein with starch (rice, potatoes) is hard to digest, resulting in poor elimination, and loss of energy. Protein with vegetables only is strongly recommended.

A high alkaline, low acid diet will assist in combating heart disease, cancer and other maladies. It also combats lactic acid, which accumulates more rapidly in older athletes for any given speed during anaerobic exercise. Fruits and vegetables are alkaline, protein is acid.

Minimize coffee, and also alcohol (it prevents glucose production in the liver and robs energy). Research indicates that under-eating improves longevity.

(The above are excerpts from one of 25 chapters in Earl Fee's running/fitness book, "How To Be A Champion from 9 to 90 – Body, Mind, and Spirit Training." To order, see the Publications Order Form on p. 13.)

Third Wind

Continued from page 6

some amazement that the subject of the article had nothing in his home to show that he was a successful runner – no trophies, no plaques, no medals, nothing.

When the writer asked the runner about this, the runner explained that running was a very small part of his life, leaving the impression that his victories meant nothing to him. It sounded like the runner was trying to show that he was much more than a runner. It was never made clear, though, what else he was or how he had time to be anything else.

Now that most of my trophies and plaques are gone, maybe I can act like a humble elitist. My nonchalance will allow me to appear humble and that will add even more to my pride.

Then again, I think a better attitude is to accept that what was, was. □

(Mike Tynn can be contacted by e-mail at: metgat@aol.com)



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Age vs. Injury

Once every two years, we fire up our computer and review all the running injury cases seen over the past year or so. Part of this process is to isolate runners over age 40. This is kindly called a clinical study of 4000 long distance runners with age as a diagnostic factor.

One must remember that these are injured runners over age 40 being compared with injured runners under age 40. We have approximately 1600 cases of injured "veteran" runners.

In order to make the study more palatable, we broke the injuries down into six major diagnostic groups: the foot, ankle, lower leg, knee, upper leg, and hip and lower back.

As with any study, one tends to be a bit prejudicial toward the sample; in this case, age.

In general, we found that older runners had a higher number of foot and hip-lower back injuries relative to expected values. The younger runners had a disproportionately higher number of lower leg and knee injuries. These differences appeared to be reliable.

As with any study, there are many variables. One is of the two age-group categories; there were fewer older female runners than older male runners. So there was some slight skewing due to the gender numbers. When we isolated the male injuries only, there was very little difference in our results.

Other notable events showed that younger runners ran more miles per week than older runners and had a greater tendency to use combined

interval-distance training methods.

However, in concluding this study, we found there were many more similarities than differences between younger and older runners. The variable differences found were quite small. Probably other variables such as shoes, gender, and weight are the major determiners of injury rather than age. So, run on, older folks.

In future columns, I thought we would deal with one injury at a time and bring you up-to-date on the latest treatment and diagnostic methodologies for each of the top five most common running injuries:

1. Plantar fasciitis
2. Shin splints
3. "Runner's knee"
4. Achilles tendinitis
5. Painful flat foot-heel spurs

(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; e-mail: thefootbeat@aol.com.)

Kamau, Betz Stand Out in Syracuse 5K

By DAVE OJA

Kenyan Francis Kamau, 40, recorded a 14:56 to finish first master in the ninth annual Syracuse Festival of Races 5K, Syracuse, N.Y., Sept. 30. David O'Keefe, 42, Orchard Park, N.Y., followed in 15:00. Defending masters champion and masters course record holder, John Tuttle, 42, Douglasville, Ga., placed third in 15:04.

Running on one of the nation's fastest record quality 5K courses under perfect weather conditions, Margret Betz, 65, Conklin, N.Y., ran a 21:16, 1:28 faster than Helen Dick's W65 5K mark of 22:44 set in 1990.

The women's masters title went to Lori Hewig, 40, Schenectady, N.Y., sixth overall in 16:57. Susan Munson, 42, Orchard Park, N.Y., was the runner-up in 17:51, and Diane Legare, 50, of Montreal, placed third in 18:03.

If ratified, Betz's W65 record will be the latest of several U.S. women's single-age marks set at Syracuse's premier road running event. Others still on the books: Barbara Filutze's W48 mark of 17:54 (1994); Carolyn Smith-Hanna's W49 mark of 18:30 (2000); and Betz's W58 mark of 19:47 (1994).

Division winners included Jerry Kooymans, 46, Markham, Ontario, 15:29; Sam Graceffo, 65, Fayetteville, N.Y., 20:47; and Jim Blount, 72, Bushnell, Fla., 23:51.

Major sponsors include United Healthcare; M&T Bank; The Home Depot; WSTM-3; Citadel Communications; Syracuse Parent/Eagle Newspapers; the Syracuse New Times; American Airlines; Carmella's Cafe; The Dermody, Burke & Brown Group; Dick's Sporting Goods; Peter's Groceries; L&JG Stickley; and the Syracuse Chargers TC. □



AL PUMA

Finishers in the George Sheehan Memorial Race for W60+ in the Pontiac 5th Avenue Mile, Manhattan, Sept. 29 (from l): Carol Tyler, 62, Patty Lee Parmalee, 61, first (6:45.2), and Evelyn Davis, 63.

5th Avenue Mile

Continued from page 1

Alston Brown, 52, Mt. Vernon, N.Y., won the M50-59 contest with a 4:33.2, four seconds better than his time in 2000. Nicholas Caswell, 51, Peekskill, N.Y., was second in 4:51.3.

Runners aged 60-and-over competed in the George Sheehan Memorial Mile races. Sid Howard, 62, Plainfield, N.J., led a field of 17 in the M60-69 group to the finish with a 5:21.2. Edward Fedossov, 62, Brooklyn, N.Y., was runner-up in 5:32.6. Fedossov, originally from Russia, runs bare-footed, and ran the open race several hours earlier under 5:30.

The best masters performance of the day was by Jim Sutton, 70, Reading, Pa., who ran a sensational 5:38.8 in winning the M70-79 race. Last year, Earl Fee, then 71, of Canada, considered by many as the best ever 800m runner for his age group, won the race with a 6:05.7.

In what must be an attendance record of some sort, seven runners competed in the M80-89 division, won by Bill Tribou, 80, Granby, Conn., with a 7:29.8. Abraham Weintraub, 91, Brooklyn, N.Y., was the oldest M90+ finisher.

The masters events opened with the

women's races at 12:28 p.m. Linda Gill, 43, San Anselmo, Calif., took the W40-49 race in 5:16.6. Erika Campbell, 52, Ridgewood, N.J., ran a 5:41.1 to prevail in the W50-59 segment. Marie-Louise Michelsohn, 59, winner of the National Masters News Age-Graded mile at the 2001 Hayward Classic, was second with a 5:45.5.

Patty Lee Parmalee, 61, NYC, was the W60-69 winner in 6:45.2. Muriel Merl, 75, Pomona, N.Y., ran an 8:12.9 to win in the W70+ race. Runners in the George Sheehan Mile met after the races at Kennedy's Pub. Al Puma, the Sheehan Mile organizer, said, "About 50 runners and friends showed up. It was a two-hour gab fest."

The day's events included an open race, high school boys' and girls' races, kids' races, and an invitational mile. The open race drew 1120 runners, 671 men and 449 women, with the age-30-39 participants making up the largest number of 511. First masters in the open race were Jerry Macari, 41, with a seventh-place 4:37, and Donna Holmes, 40, 5:55.

The winners of the invitational races were John Itati, 4:02.3, and Kim McGreevy, who successfully defended her title with a 4:39.8. □

Ocean State Marathon

Continued from page 1

with her. Not so!

Pozdnyakova raced infrequently over the summer, and reappeared in August running more like her old self, with good runs at the Cigna Health Care Corporate 5K in New Hampshire, 16:34; Falmouth Road Race 7.1M, 39:18; Michigan's Crim 10 Miler, 57:21; and the U.S. 10K Classic in Atlanta, 34:46.

Pozdnyakova's 2:30:28 is even more impressive when one considers how she did it: alone and into the wind. Conditions over the point-to-point trot

from Warwick to Providence were less than ideal. Start temperatures were in the low 40s and a nasty, gusty Atlantic breeze made for a tactical pack-driven race, during which Pozdnyakova put away a group of six other accomplished Eastern European pretenders.

She ran alone after 16 miles. Pozdnyakova's experience with the course may have helped her to pull away from the field by over three minutes. She also won here in 1999, with a then-CR of 2:31:52. Her 2001 time is an age-graded 99.5% □



False Start

by DAVID E. ORTMAN

Make Sport Not War

On your mark....get set....run for cover. Our country is in another undeclared war. In September, major league sporting events in the U.S. were canceled for a week. It is likely that any major track meets (open or masters) held in the U.S. would also have been suspended.

Not so in the good old days. Of course, it is no secret that many of the ancient Olympic events (most of which survive to this day) are based on skills of war: boxing, equestrian events, chariot racing, and pentathlon (discus, javelin, long jump, running and wrestling). But in the fifth century B.C.E., in ancient Greece, the Olympics had reached such importance that the city-state of Elis instituted the "Olympic Truce."

No Excuses

According to Web site <http://www.upenn.edu/museum/Olympics/olympicpolitics.html>, the Olympic Truce protected participants from involvement in local conflicts, and violations were punishable by a fine. For example, in 420 B.C.E., the Spartans were caught engaging in military maneuvers during the Truce and were fined. The Spartans protested, to no avail, that they had ended their maneuvers before the Truce had been officially announced. No excuses. They were kicked out of that year's Olympics.

In 364 B.C.E., Elis actually attacked a nearby town that was hosting the Olympics during the festival. According to the historian Xenophon's first-hand account of the day-long battle: "The horse race had been completed, as well as the events of the pentathlon which were held in the dromos. The finalists of the pentathlon who had qualified for the wrestling event were competing in the space between the dromos and the altar... The attacking Eleans pursued the allied enemy... The allied forces fought from the roofs of the porticos... while the Eleans defended themselves from ground level."

News at eleven, as they say.

Tailteann Games

But the "ancient" Olympic Games, first recorded in 776 B.C.E., are not the first known athletic competition. For that you have the Tailteann Games, from the great sports center of Ireland, which also claims to have originated the hammer throw.

"As early as 1829 B.C.E., Ireland was the scene of the Lughnasad (held on the Feast of Lughnasa - autumn) or Tailteann Games involving various forms of track and field activity - and hammer throwing was an important part of those Games. Legends trace its origin to the Celtic hero Cú Chulainn who

gripped a chariot wheel by its axle, whirled it around his head, and threw it farther than did any other individual.

"Wheel hurling was later replaced by throwing a boulder attached to the end of a wooden handle. Forms of hammer throwing were practiced among the ancient Teutonic tribes at religious festivals honouring the god Thor, and sledgehammer throwing was practiced in 15th- and 16th-century Ireland, Scotland and England." See http://members.tripod.com/waterford.ac/for_the_credit_of_the_little_village.htm. There is no record of any Tailteann Truce, however.

Military Athletics

What we really need is for the U.S. Army, Navy, Air Force and Marines to beef up their t&f programs. Everybody knows that the Army, Navy and Air Force have football teams. How many people know they also have track & field? Check it out: <http://airforcesports.fansonly.com/sports/m-track/afam-track-body.html>. The current Navy t&f Web site seems to be AWOL. Try <http://www.mwr.navy.mil/mwrprgms/track.htm> or <http://goarmysports.fansonly.com/sports/c-track/archive/army-c-track-archive.html>.

Next time a masters track & field meet is scheduled for your area, call up your local military base and/or reserve outfit and challenge them to send out everyone over 30 for a little competition. And remember, throwing javelins with your competition is a big improvement over throwing javelins at your competition. □

(David Ortmann can be reached at his new e-mail address: deo@foxinternet.com)

Herb Kirk

On Oct. 3, one day after celebrating his 106th birthday, Herb Kirk, reportedly the oldest man to compete in an organized running event, died of pneumonia.

Kirk set five national records in 24 hours in the 400, 800, 1500, mile and 5000 in 1983. In 1997, he ran a 5K with 10 relatives over four generations.

Kirk earned degrees from Lehigh, Penn State, and the University of Illinois. He was an aviator in WWI, for which he won the French Legion of Honor. □



SUZY HESS

Members of the Texas TC 4x100 team (from l): Robert Hahn, Ward Menzies, Wade Menzies, and Lindy Raney, National Masters Championships, Baton Rouge, La.

Afanador, Trapp Win USA 24-Hour Crowns at Olander Park

By DAN BRANNEN,
Running USA Wire

SYLVANIA, Ohio - Rudy Afanador, 43, Medford, N.Y., won his first national title here, with 151.0580 miles, taking the USA 24-Hour Run Championships crown ahead of 145 starters in cool, clear weather on the 1.09-mile loop course at Olander Park. The race started at noon, Saturday, Sept. 15.

Sue Ellen Trapp, 55, Fort Myers, Fla., surpassed Lynn Jennings' record for most wins by an American woman at a single national championship event, taking her seventh national all-day run crown and finishing seventh overall (among the men) in the event with 126.1732 miles.

Trapp, current holder of the U.S. record for the 24-hour run and world record holder for the 48-hour run, also extended her own record for being the most senior American ever to win an open national championship title race.

Afanador, not considered among the favorites going into the event, led the race early, running 6:30 per mile pace for hours before slowing and

being passed by many of the former national champions in the race. But the pharmaceutical lab worker found new reserves of energy and began an extended drive in the wee, dark hours of Sunday morning, just as the leaders and favorites were being slowed by temperatures in the mid-40s(F).

He finally caught and passed the last of his foes, defending champion John Geesler of St. Johnsville, N.Y., after 21 hours of steady running with only a few brief walking breaks.

At the halfway point of the race, Trapp was over five miles behind ultra novice Jody-Lynn Reicher of Midland Park, N.J. But Reicher's early fast pace combined with the cool temperatures and high night-time humidity to stiffen her thigh muscles and reduce her to a hobble for the last 7 hours.

The vastly experienced Trapp (a veteran of almost two dozen races of 24 hours or longer spread over a 21-year career) took the lead before hitting 100 miles and continued unchallenged to take her unprecedented seventh national title at the longest national championship event. □

Jager Returns

Continued from page 5

and silver in the long jump and 200.

In the 200, contested just minutes after taking four long jumps, Jager said she felt a cramp in her hamstring 20 yards from the finish line - but still ran her best time of the year - 29.44 seconds out of lane 1.

Her two-year layoff from competition hadn't meant a two-year retreat into a cave. Besides getting involved with a new USATF Masters committee on doping, Jager was a sought-after speaker at schools and senior centers, giving motivational talks that drew on her Christian faith and recent trials. She even helped coach pole vaulters at Greenway High School.

She found herself mothering young athletes, especially girls - helping them see through their adolescent angst and encouraging them in their nascent track

careers.

"We don't know our own possibilities until we've been challenged," Jager said. "One girl said I made a difference in her life. That was as important as any medal that I ever won." □

TEN YEARS AGO November, 1991

- Laurie Binder, 44, Runs Record 2:35:08 in National Masters Marathon; Manuel Vera, 40, Logs 2:17:40
- Nancy Grayson, 41, Clocks 34:08 in Pittsburgh Great Race 10K



Masters Racewalking

By ELAINE WARD

Training for the Future

As many masters start to think about the race(s) they want to target in 2002, the following provides some training information gained in interviews with athletes who trained for the World Veteran's Games in Brisbane, Australia in July 2001. The women walked 5K and 10K; the men walked 5K and 20K.

Brenda Carpino, W50: Most of us walkers lead "double lives." My plan for the WAVA walks was to start training early enough so that the obstacles with which my life style has a tendency to be paved would not hold me back. Knowing that I would be taking three, week-long vacations, I decided that I needed to begin training before them to get the momentum going and get focused. I started training in the fall of 2000, meaning that I consistently walked at least five days a week.

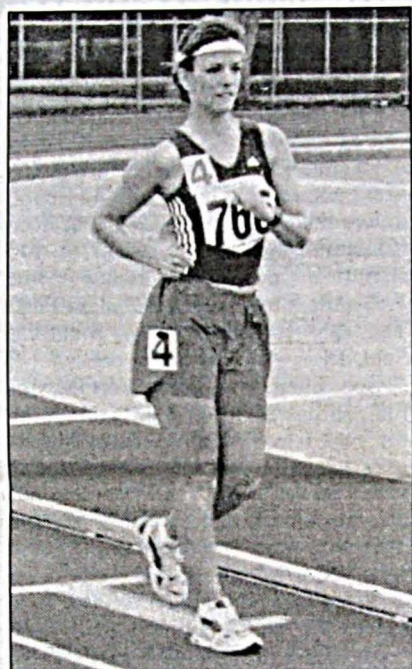
My training starts off more mental than physical as I do not push at first. I simply try to put in time and add distance. For two to three years my training schedule has been: Monday - 5K fast; Tuesday - 10K; Wednesday - 5K; Thursday - 15K; Friday - rest; Saturday - 10K fast; Sunday - rest. I always adjust my speed so that I do negative splits. This schedule has worked really well for me.

Two months before the WAVA meet, I did some serious, anaerobic workouts. When possible, I did weight training and cross-training on the Stairmaster.

Carol Bertino, W50: Serious training actually began in April for those in my club who were going to WAVA in July. Our coach added two extra days a week of hard workouts. The schedule was two-hour workouts on Saturday, Tuesday and Thursday; long slow distance on Sunday; and an easy stroll on Wednesday. The only thing I changed in my diet was to lay off the extra ice cream, cookies and chocolate for a few months before the Games.

Janet Higbie, W55: Tish Roberts and I started training in February for the Nashville Marathon at the end of April. It required hill training and many good base miles. After the marathon, I kept the 12-15 mile base and worked on mile repeats. I had a good 15K race in Evansville early in June. If I had to do it over again, I would have done more short speed repeats to better my 5K time.

Rita Sinkovec, W60: I started a structured training program on May 1. My week consisted of three easy days (4 miles at a 12-minute pace), two speed days (20 minutes fast or 5x800m), and one long day (10 miles) bringing the weekly mileage, including warm-ups and cool-downs to a total of 30-35 miles. I took one day for rest, and did strength



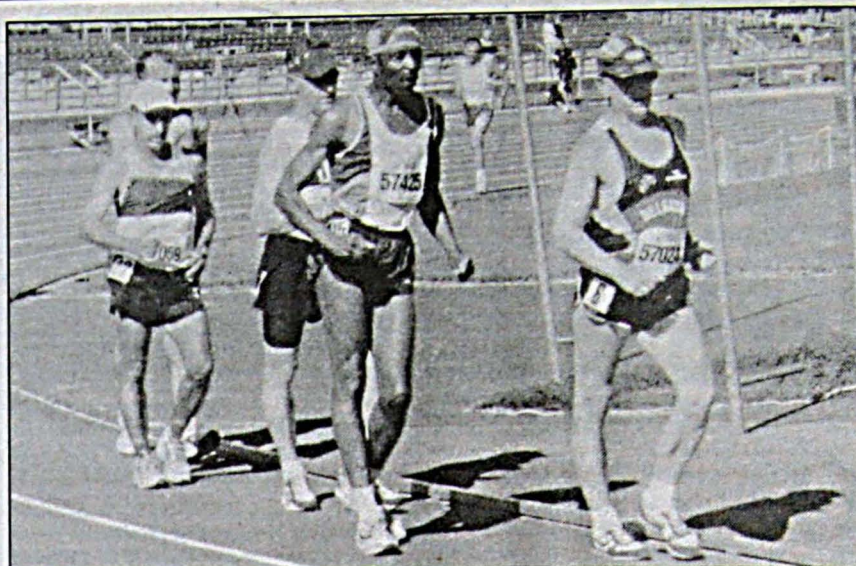
JERRY WOJCIK
Angel Wofford, of Louisiana, second W35 (29:34.34), 5000 racewalk, 2001 National Masters Championships, Baton Rouge.

training at the gym twice a week.

Michael Blanchard, M40: I started serious training in November of 2000 and dropped 15 pounds. I did workouts of 5-6 miles 4 times a week, a speed workout once a week, 1 rest day, and on Saturday or Sunday 10-15 miles of distance.

To drop the weight I started eating 4-5 small meals a day, maintaining a 40-30-30 balance of carbohydrate, protein and fat. One thing I learned from the 20K in Brisbane is that I need to work on how to eat for an afternoon race of that distance. I am used to racing in the early morning. By the time the race started in Brisbane, I was hungry and it really hit me at the 15K mark.

Jack Bray, M65: I started seriously training in February. I was concentrating my training on the 5K race with dreams of winning, as the great Mr. Weidner had told me he wasn't coming to Australia. I followed Coach Alongi's general schedule: one long workout to be fit enough to do the 20K for the team medal; two speed workouts of different kinds; one hill workout and a lactate training workout. I also worked out with some of my club members four times a week, includ-



JERRY WOJCIK
Racewalkers in the M55 5000 included Pierre Gabriels (far right), BEL, and Victor Sipes (second right), USA, 14th WAVA Championships-Brisbane.

ing a lactate acid workout the last 10 weeks before the Games.

Cliff Elkins, M65: Rather than WAVA, my target race was the National Masters Championships in Baton Rouge as I changed age groups on July 19 into M70. I did more speed work and less distance than I probably should have.

Since I have a hip replacement, I am still fearful of doing too much distance work - maybe just an excuse; I'm not sure! Both Claire and I take ULTRA Fuel before a race. If nothing else, it may have the mental benefit of "Now, I have power."

Bob Fine, M70: My training usually involved 10 miles of long, slow distance

once a week plus two speed sessions per week on a track. The other days, I would do easy 3-5 miles. The day before a race, I would only warm up with an easy 2-miler. I competed about 30 times prior to WAVA and intend to reduce that number next year and save more for the main event.

Bob Mimm, M75: My training doesn't vary much all year. I do try to add a few miles if a long race is coming up. My diet is a "see food" one. When I see food, I eat it. I can eat just about anything. I do have a tendency to eat too much sweet stuff. I love cream puffs. □

(Elaine Ward can be contacted by e-mail at: narwf@aol.com)

Knotts, Bailey Take U.S. 40K RW Honors

This year's 40K racewalk championships were held in Fort Monmouth, N.J., Sept. 9. The 2K loop course attracted 43 athletes from 10 U.S. states as well as a competitor from Ecuador, Andres Chocho, who led the race for the first 10K before stepping to the sidelines.

Walking off with the men's overall masters title was Chris Knotts, M45, Miami Valley Track Club of Ohio (fourth overall) in 4:02:13. Sami Bailey

of the Indiana Racewalkers took the women's masters crown and set a U.S. W65-69 age-group record of 5:12:29.

The men's masters team title went to the Pegasus Athletic Club whose speedy trio consisted of Leon Jasionowski (4:05:04), Rod Craig (4:13:54) and Ken Lampar (4:32:00).

Overall winners were Olympian Philip Dunn, Chula Vista, Calif., in 3:24:08, and Cheryl Rellinger, Cohoes, N.Y., in 4:26:31. □

Herazo, Whatley Capture U.S. 5K RW Titles

Victoria Herazo, 42, swept the women's field at the USATF National Masters 5K Racewalk Championships held in Kingsport, Tenn., Sept. 22. Her 24:47 set a course record. For Herazo, a 1996 Olympian, it was her 28th national championship. She looks forward to one last Olympic appearance in 2004. Runner-up, in 26:06, was Cheryl Rellinger, 35.

Taking the men's masters title was third overall Ian Whatley, 41, of Greenville, S.C. His winning time was 22:15.

Notable age-group winners included Leon Jasionowski, M55, 24:49; Jack Bray, M65, 27:59; Gayle Johnson, W50, 27:16; Rita Sinkovec, W60, 31:35, and Jane Dana, W80, 37:29.

Bray, from Greenbrae, Calif., said he looks forward to coming back next year and breaking Bob Mimm's M65 record when he's a year younger.

"That's how it works in the San Francisco area," quipped Mimm. "They get younger every year." □



JERRY WOJCIK
Victoria Herazo, 42, first overall (24:47) in the USATF Open/Masters 5K Racewalk Championships, Kingsport, Tenn., Sept. 22.

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

EAST

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

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

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

Boston Running Club
Brian Hamill
106 Mt. Auburn St.
Watertown, MA 02472
brc@aol.com
617-924-1392

Cambridge Running Club
Bob Gillon
8 Hawkes Ln.
Lynnfield, MA 01940
718-593-9592

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

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

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869

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

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

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

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

Liberty AC
63 Bridge Street
West Newbury, MA 01985
978-510-1032
libertyac@hotmail.com
www.libertyac.org

Maryland Masters Track Club
David Barner - President
2802 Weller Road
Silver Spring, MD 20906-3754
301-946-0947 Phone/fax
info@marylandmasters.com

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

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

New England Walkers
83 Riverside Av.
Concord, MA 01742
978-369-7912
tknatt@zplink.net

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201-337-7081

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

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

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

Peninsula Track Club
Rhonda Venable
http://hometown.aol.com/toadpark/
index.html

Pioneer Valley Women's Running Club
Susan Jay Kaplan
45 Woodside Drive
Longmeadow, MA 01106
413-567-8563

PR Racing Team
Scott Brown
167 Pettingill St.
Lewiston, Maine 04240
207-782-0688
runscott1@aol.com

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

Rhode Island Road Runners
18 Musket Road
Lincoln, RI 02865
chysen8089@aol.com
401-725-1725

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

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

Somerville Roadrunners
58 Day Street, Box 2048
West Somerville, MA 02144
DSSBhudda@aol.com

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

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

Taconic Road Runners Club
No. Westchester, New York
914-528-2251
www.runner.org

Tendonitis A.C.
c/o Chris Rush
1177 Oxford Place
Schenectady, NY 12308
http://members.aol.com/MacAlps/
TAC.html
chrisrush@prodigy.net
518-374-6995

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

Westchester Road Runners &
Westchester Puma Track Club
179 East Post Road
White Plains, NY 10601
914-682-0637
914-949-4166 (fax)

Western Pennsylvania Track Club
Joe Silverio
14400 Winchester Rd.
Trafford, PA 15085
412-372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

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

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205-879-5344

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

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904-378-8725

Greenville TC
P.O. Box 16262
Greenville, SC 29606-7262
864-235-8260

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

Manasota Track Club
Don Marshall
Sarasota/Manatee, Florida
sarasotadon@att.net
http://sarasota-online.com/track

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

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

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

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

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

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

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

MIDWEST

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

Athletic Ventures
Bill Stewart
Ann Arbor, MI
734-332-3981
www.athleticventures.com

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

Buckeye Striders / Racewalking
Bill Martin
5597 Corey Swirl Drive
Dublin, OH 43017
614-889-8731
wmartin1@columbus.rr.com

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

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

Eastern Kentucky Track Club
Gary W. Kidd
Prestonsburg, KY
planet@kuh.net

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

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

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

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

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

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

River to River RC
PO Box 1224
Marion, IL 62959

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

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

MID-AMERICA

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

Colorado Walking Club
Rocky Mountain Region
9533 Zephyr Dr.
Broomfield, CO 80021
303-422-5468

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

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

Lincoln TC
3105 Cedar Av.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

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

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

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

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504
505-983-2144

SOUTHWEST

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

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713-523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065-4956
504-467-1197

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

Midnight Sun TC
PO Box 7141
New Orleans, LA 70186

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

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

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

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

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

Texas Track Club
3334 S. SW Loop 323, #140
Tyler, TX 75701
Robert Hahn
903-561-9511
903-561-9512 (fax)

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

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

WEST

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

Club West
Beverly Lewis
PO Box 5730
Santa Barbara, CA 93150
805-969-5852

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

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

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

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

Feel The Heat TC
Rawle Crichtow
1522 E. Southern Ave., #2041
Tempe, AZ 85282-5664

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

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

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

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

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

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

No. Calif. Senior TC
John Coudill, President
1367 Oakland Av.
Piedmont, CA 94611
510-655-5901

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

Personal Record Vertical Sports Club
802 Brentwood Ave.
Vallejo, CA 94591
Eddie Seese
707-645-8555
prsport1@aol.com

Phoenix Bobcats Track & Field Club
PO Box 26545
Phoenix, AZ 85068-6545
www.phoenixbobcats.com
602-392-3599

Pole Pilots/Kinaesthetics Inc. Track
Club
1137 E. Edison St.
Tucson, AZ 85719-3530
Roy D. Willets, Jr.
Jennifer L. Croissant

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

Reebok Aggie Running Club
10253 East Estates
Cupertino, CA 95014
Charles Alexander
charles@alumni.stanford.org

San Antonio Racewalkers
9635 Campton Farms
San Antonio, TX 78250
Bert Pickell
bertpj@msn.com

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

Santa Cruz TC
P.O. Box 1803
Capitola, CA
831-728-0399

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jnockels@pobox.alaska.net

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Team Alaska Track Club
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Anchorage, AK 99507
chris@maildakanc.wr.usgs.gov



On The Run

By HAL HIGDON

A Marathon to Remember

The rock band was rattling the windows at the post-race party for The LaSalle Bank Chicago Marathon. Several thousand runners, who earlier in the day had covered 26 miles on foot, were still vertical, swaying to the music in Navy Pier's Grand Ballroom. I stood on a balcony above the action with race director Carey Pinkowski. He was waiting to introduce the top finishers, including Catherine Ndereba, who had just shattered the women's world record for the marathon with a time of 2:18:46.

Looking down at the runners, Carey asked how many had prepared using my training programs.

"Everybody!" I replied.

So Carey invited me onstage along with Ndereba and the top men's finishers. Heavy company! I used my 26.2 seconds of fame to ask: "How many of you set Personal Records today?" It seemed like every hand went up. With cool weather, little wind and a flat course, it had been a marathon to remember for many runners, front and back of the pack.

Post-race Hoopla

The post-race party came at the end of four busy days, both exciting and exhausting. My wife Rose and I drove into town Wednesday evening. I was scheduled to appear on Fox-TV's morning news and didn't want to have to fight rush hour traffic. Instead, I jogged along the lakefront from Hilton Towers to North Avenue Beach. The sun was rising; it was the beginning of a beautiful day, a wonderful weekend. I answered several questions, including one related to extra security.

Extra security was necessary because of the events of September 11. After the attack on the World Trade Center, training for a marathon no longer seemed quite so important. I lost five days staring at the TV set, waiting for some glimmer of hope. Eventually, I resumed my running routine, rationalizing that the five days of lost training qualified as "rest."

An NBC reporter found me at the noon press conference. We discussed my running 7 marathons in 7 months to celebrate my 70th birthday to help raise \$700,000 for 7 separate charities. Everybody needs a *schtick* to get on the 6 o'clock news.

The next two days became a blur as I talked to runners who had spent the previous 18 weeks using my online training programs. I signed books, programs, numbers, T-shirts. I posed for photos that would go onto refrigerators in 50 states and 74 countries. By the end of the second day, rising for photo-ops proved too much. I smiled at cameras while seated.

Cutting it Close

Figuring I needed all the rest I could

get, I set the alarm for an hour before the 7:30 start and barely made it to the starting area. In previous Chicago Marathons, I had led pacing teams, but on this day I was relying on the 5:30 pacing team to tug me to a respectable finish. (I figured any finish was respectable.)

I eventually lost the pacing team, because members of my family were calling to see how I was doing. I wore a cellular phone, but was not alone. Sometimes I would hear a ring, only to realize it was some other runner's cell phone, not mine.

Rose called with news about Ndereba's world record. I heard from our daughter Laura, waiting for her husband Pete to finish the Twin Cities Marathon, run the same day. Grandson Wesley called, but I was passing a rock band and couldn't hear him.

Spectators cheered. Friends and family members held signs. Kids offered high-fives. A group of runners from Texas wearing cowboy hats chanted cadence. Someone was dressed as Kermit the Frog. Another runner kicked a soccer ball. Everybody needs a *schtick* to get on the 6 o'clock news.

Better Pacing

Near 20 miles, I passed the aid station run by Steve Kearney, coach at Chesterton High School. Steve had helped pace me during my previous marathon in Columbia, Missouri, run on a hot day on a hilly course. I informed him that I was feeling better than during that run. "Stride on!" he said.

Strangely, the last hour of the marathon proved less stressful than the last hour of the Expo. I beat my goal time by 47 seconds and crossed the line smiling, arms raised in victory. Rose awaited me. I had called at mile 25 and told her to expect me within 15 minutes. We hugged and cried together.

Running a marathon always is emotional for first-timers. Because of September 11, Chicago was emotional for old-timers too. It was definitely a marathon to remember. □

(Hal Higdon is a Senior Writer for *Runner's World*. More of his writing can be found at www.halhigdon.com. and he can be contacted by e-mail at halhigdon@home.com)

"Run for America" To Raise Money for Victims of Terrorism

Anyone who owns a pair of running or walking shoes is invited to "Run for America" on Nov. 4 to raise money for the victims and heroes of the Sept. 11 terrorist attacks on the United States.

A historic, joint effort between USA Track & Field (USATF), *Runner's World*, the New York Road Runners Club (NYRR), the Road Runners Club of America (RRCA) and Running USA, the Run for America is a "virtual run/walk," held to coincide with the New York City Marathon. All proceeds from the Run for America will go to the American Red Cross, the Families of Freedom Scholarship Fund and the Twin Towers Fund.

Run for America is organized much like any road race. To take part, entrants must register at the Run for America Web site (www.runforamerica.com) and select the "race" in which they will participate on Nov. 4 and the charity to which they would like to donate. Running events offered range from 1 mile to 100K, with walking events from 1 mile to 20K.

For a \$15 donation/entry fee, participants will be entered in the "race" and can download a special Run for America race bib. On Nov. 4, entrants will run or walk their "race" and will have the opportunity to post essays and photos about their Run for America experience on www.runforamerica.com.

"The Run for America will 'virtually' bring people from around the world together on a single day, just as *Runner's World*, NYRR, RRCA, Running USA and USATF came together to make this project happen," said USATF CEO Craig Masback. "It is our hope that Run for America is able to positively affect the lives of the September 11th survivors, as well as the lives of the participants in Run for America."

"One of the great things about Run for America is that any person, at any fitness level, can take part," said USATF President Bill Roe. "The tragedies of September 11th have brought people together in an amazing way. It is in that spirit that the Run for America is being held."

Participants may also enter the times they ran on Nov. 4, to be compiled within the "official" results for various distances, allowing participants to see where they stand against other Run for America participants around the country and the world. Entrants can use their daily run/walk, a special group event, or a race that they have already planned to compete in as their Run for America "race." Youth, high school and college cross-country runners are also encouraged to join the Run for America.

For additional donations, entrants can purchase a Run for America long-sleeved T-shirt and/or a *Runner's World* Run for America button. Several Team USA items autographed by top stars and other memorabilia will be given away in a random draw-

ing as well.

For more information on the Run for America, visit the official Web site: www.runforamerica.com.

The following charities will benefit from the Run for America:

American Red Cross: Donations will help provide support for people in need following the Sept. 11 disaster as well as emerging human needs resulting from this tragedy. For more information, visit www.redcross.org.

Families of Freedom Scholarship Fund: This fund is designed to provide educational assistance for post-secondary education to financially needy children and spouses of those killed or permanently disabled as a result of the tragedies of Sept. 11, and benefit children and spouses of the victims, including airplane crew and passengers, World Trade Center and Pentagon employees and visitors, and relief workers, including firemen and policemen. For more information, visit www.familiesoffreedom.com.

Twin Towers Fund: New York City Mayor Rudolph W. Giuliani has established the Twin Towers Fund to assist the families of members of the uniformed services of the NYC Fire Department and its Emergency Medical Services Command, the NYC Police Department, the Port Authority of New York and New Jersey, the New York State Office of Court Administration and other government offices, who lost their lives or were injured because of the tragedies of Sept. 11. □



KEN LEE
Graeme Fell, 42, of Canada, winner of the masters mile (4:26:02), Champions Run for Children, Kezar Stadium, San Francisco, Sept. 16.



KEN LEE

Shirley Matson, 60, breaking the W60-64 world record for the mile with a 5:58.69 in the women's masters race, Champions Run for Children, Kezar Stadium, San Francisco, Sept. 16.

Matson Breaks Record, Canadians Sweep Mile at Kezar

By JERRY WOJCIK

Shirley Matson, 60, broke the W60 world record for the mile with a 5:58.69 in the masters women's race in the Champions Run for Children at San Francisco's Kezar Stadium in Golden Gate Park on Sept. 16. The present record is 6:09.38 by Yvette LaVigne in May 2000. Runners faced windy, chilly, damp conditions.

After her race, Matson discussed her strategy, "I was planning to run the first quarter in 90 seconds and pick it up from there, hoping for a 5:50 mile. Instead, I hit the 200 in 42 and the quarter in 83. So much for pacing. I slowed to 92 for the second lap, 93 for the third, and then, with the crowd cheering and counting down the final seconds, finished with a 90-second lap for a 5:58.69. I was thrilled with the record but unhappy with my performance. It's also hard to believe that I now struggle to run a six-minute mile when that used to be so easy."

Nancy Tinari, 42, past Canadian Olympian and last year's winner in 4:56.12, retained her title with a 5:02.03 in a field of five. Maureen de St. Croix, 48, of Canada, world champion at WAVA-Brisbane in the 800 and 1500, was second in 5:05.19.

In the men's mile, Graeme Fell, 42, another Canadian, third last year (4:15.85) in better running conditions, won with a 4:26.02 in a field of six, after taking the lead at 500m. Kevin Ostberg, 41, was second in 4:28.92.

In addition to cash prizes of \$1000, \$500, and \$300 for the top three men and women, the race organizers and sponsors provided travel expenses for masters.

The mile race was one of a series of events that included the Jamba Juice 5K Banana Man Chase and kids' races, presented by Peter St. Geme, Inc., to benefit University of California-San Francisco Pediatric AIDS Research. ☐

PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2001 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, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (2000)

Men's and women's 2000 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.

McMahon Family Trust Masters Track & Field Indoor Rankings (2001)

Indoor rankings for 2001. 4 pages. \$1.50.

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 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.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

Competition Rules for Athletics (2001 Edition)

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

USATF Directory (2000/2001)

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

USATF Governance Handbook (2001)

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

International Scoring Tables

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

How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references.

US\$19.25/CAN\$28.50, plus postage & handling.

Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing.

This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

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2001 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

Running Research News

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

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The Weight Room

By JERRY WOJCIK

The Weight is Over

Flinging the newly adopted WMA weights the past outdoor season has been (to use the educator's buzzwords) an enriching experience for throwers. Who would not be pleased with being in the same age group as last year and throwing anywhere from 5 to 15 feet farther than a year ago, as a result of the reductions in the weights of the implements for men 50+ and women 60+?

The switch to the WMA specs didn't go into effect until April 1, 2001. Consequently, those weights have not been officially used in an indoor meet, and the forthcoming indoor season may be less exhilarating than the outdoor was for throwers.

Implement Scarcity

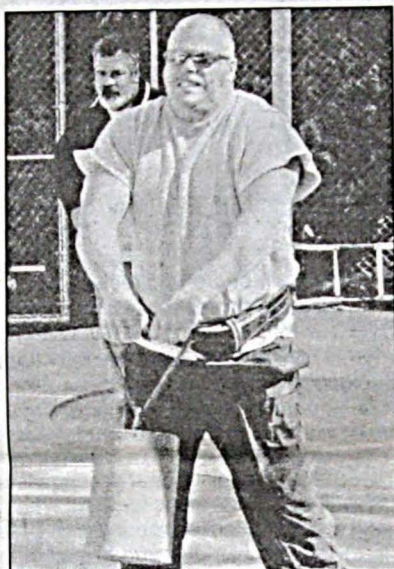
First off, the availability of indoor implements in the new weights seems to be scarce. I don't have all the 2002 equipment catalogs, but the one I do have lists 20# and 35# indoor weights, but no 25#, 16#, or 12#. The 25# and 16# exist because they were used last year in the Nationals at Boston. And even if all are available, will meet directors spend hundreds of dollars for indoor implements that are used once a year, or will they rely on throwers bringing their own? We know how that usually pans out.

Secondly, and perhaps more critical, did we shoot ourselves in the foot by okaying weights which may allow some of us to do a Barry Bonds and put them in the stands, causing indoor meet directors to think twice about scheduling the event? Bouncing 16# weights off the walls is one thing; ricocheting them off pole vaulters and 800m runners is another matter.

Tom Gage, M55, a past-Olympian hammer thrower who also dabbles in the weight, has a best this season, so far, of 20.45 with the 25#. Last year with the 35#, he was at 15.88 outdoors, so he's gone from 52-1/4 to 67-1/4 feet.

TWENTY YEARS AGO November, 1981

- Dan Conway, 42, Wins the National 10K in 31:02.4, Then Sweeps the National 15K a Week Later in 48:29.9
- Antonio Villanueva, 41, Breezes to an M40+ Victory (2:17:16) in the Nike Marathon
- The First Annual San Juan Masters T&F Meet Draws Nearly 300 Entrants



ALLEN RAY
Jim Wetenhall, 46, of Ohio, breaking the meet record for the 300# weight with a 1.60, 2001 Ultra Weight Pentathlon, Seattle, Wash., held after the National Masters Weight Championships.

Generally, throwers' indoor marks made with the padded plastic or synthetic soft shell implements are not as good as their outdoor distances made with the metal implements. Gage's top listed mark for the 35# indoor was 14.99. If he shows up at Boston's Reggie Lewis Center in March and even drops a couple of feet, he's still in the mid-60s range with the 25#.

Protected Environment

The primary area where the weight is thrown at the Lewis Center is well enclosed, essentially a cage within two walls and protective netting. Major high school championships are held there, so I assume that the length of the enclosed area must be long enough to accommodate good high school 12# shot puts in at least the 55+ foot range.

One way for meet directors to solve the problem is to put the weight throw outside - in close proximity to the indoor facility, we would hope, and not 14 miles away at the local high school. Depending on the weather, outside might work in Boston in March, but probably not well in the Midwest or Mid-America regions in January and February.

Perhaps those of us planning on competing in the Nationals should hope for good weather to allow us to throw outdoors, which means that both indoor and outdoor weights will have to be at hand, which is too much to ask of any meet organizer.

Who's on First?

Add this to the indoor weight brew - we've recently learned that marks surpassing world and U.S. records made

indoors at an outdoor meet (the high jump and the pole vault at Baton Rouge) can't be submitted for records. Does this also apply to indoor meet marks made outdoors? Can potential record marks made indoors at an outdoor meet be considered for indoor records, and can outdoor marks made at an indoor meet become outdoor records?

Where are Abbott and Costello when we need them? □

Davidson, Pataki, Smith Smash Records in Santa Barbara

By JERRY WOJCIK

Gerry Davidson posted two U.S. age-group records and two shot putters got one each in the 28th Club West Masters Meet at Santa Barbara City College's La Playa Stadium, Sept. 29. Davidson, W80, ran the 800 in 4:09.77, reducing Pearl Mehl's 4:59.20 in 1994 by 50 seconds, and the 1500 in 8:33.7, over three seconds better than Anne Clarke's 8:36.90 in 1991.

Lad Pataki upped the late Joe Keshmiri's M55 U.S. shot put record 15.85 to 16.06. Hal Smith increased Phil Mulkey's M65 record of 13.59 by over three feet with a 14.52.

Single-age world records went to Earl Fee, 72, 800 2:26.28; Ross Carter, 87, SP 8.62 and DT 28.05; John Whittemore, 101, DT 6.22 and JT 5.76; and Lorraine Tucker, 54, JT 26.14.

Winners of the eight best performance trophies awarded at the meet were Jim Selby, George Adams Hi-Point Track; Gary Wuest, Vernon Cheadle Hi-Point Field; Dewey Vroom and Joy Margerum, Jimmie Whitney Hi-Point Track & Field; Kathy Jager, Pane E Vino Trophy for Outstanding Woman Athlete; Dave Douglass, Hubbel-Herman Trophy for Best Hammer Thrower 70+; Ross Carter and John Whittemore, Paul Spangler Award for Best Performance by Athlete 80+; Gordon McClenathen,



BEVERLEY LEWIS
Gordon McClenathen accepting the Ray Williams Memorial Trophy for the best 1500 (22:21.90) for runners 60+ from Craig Madsen, Region President for Northern Trust Bank of California at the Club West Meet, Santa Barbara, Calif., Sept. 29. Northern Trust Bank, along with Pane E Vino restaurant and the City of Santa Barbara, is a sponsor of the club's annual meet.

Ray Williams Memorial for Best 5K by Runner 60+; and Dennis Mihora, Nick Carter Trophy for Best Age-Graded 1500. □

Angelo Oliver

Angelo D. Oliver, Cranston, R.I., died in May 2001. He was 81. Angelo graduated from the University of Rhode Island in the late 1930s, where he was a champion collegiate sprinter. He was a pilot in the U.S. Army during World War II, a quality assurance officer for many years, and later a self-employed accountant. He was active in many local organizations and a member of St. Mathews Church in Cranston.

He resumed his athletic pursuits as a master in the 1960s with great success. Despite having contracted cancer in the 1980s, having a substantial part of his quadriceps removed, and hearing his doctor advise him never to compete again, he returned to running, then proceeded to successfully participate in the sprints, shot, and javelin.

Among his many athletic accomplishments, Angelo won the silver medal in the 200 at the WAVA games in Rome, Italy, was a member of the silver medal M75 4X100 relay in Buffalo and the bronze medal M75 4X100 team in Durban,

South Africa, and participated in many local, national and world meets. He also ran many times in the M75+ 100 at the Penn Relays.

Angelo was certainly one of the most outgoing and positive athletes one could hope to meet. His bright, engaging personality provided an infectious, positive spirit to any group. He enjoyed competition, win or lose, and was gracious to all. He especially enjoyed the reactions of young high school athletes who were typically astounded after running with him.

While notable physically for his tremendous, compact strength and his bouncing gait, his energy and joy for life were equally boundless. Whether in work, in sports, or in friendship, Angelo was always up on his toes and going full speed. His heels truly never hit the ground.

He is survived by his wife, Joyce Donahue Oliver, and two daughters, Sandra Halvorson-Weeks and Karen M. Oliver.

-Michael Augeri and Joseph Burleson

USA Track & Field Masters Road Records and Bests (as of 10/12/01)

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

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

10 km	32:25	R	PRISCILLA WELCH (GBR)	PHOENIX, AZ	(030285)
12 km	40:34		TATIANA POZDNIKOVA (UKR)	EVANSVILLE, IN	(050898)
12 km	40:04		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/CO)	JACKSONVILLE, FL	(030985)
20 km	1:10:35	R	TATIANA POZDNIKOVA (UKR)	NEW HAVEN, CT	(090495)
10 mi	53:51	R	PRISCILLA WELCH (GBR/CO)	WASHINGTON, DC	(040587)
half mar	1:11:41	P B	RAMILYA BURANGOLOVA (RUS)	PHILADELPHIA, PA	(091601)
half mar	1:12:56	R	TATIANA POZDNIKOVA (UKR)	PHILADELPHIA, PA	(091795)
marathon	2:31:14	R	PRISCILLA WELCH (GBR/CO)	CHICAGO, IL	(102686)
6 day	820,765 m	P B	C.DIPALI CUNNINGHAM (AUS)	NEW YORK, NY	(042901)
6 day	737,725 m	P B	C.DIPALI CUNNINGHAM (AUS)	NEW YORK, NY	(050399)

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	(123182)
6 day	627,949 m	P B	SUPRABHA BECKJORD (DC/43)	JAMAICA, NY	(062599)

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	1:33:19	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)
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	(061899)

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		SHIRLEY MATSON (CA/56)	PALO ALTO, CA	(040697)
10 km	38:55	P	SHIRLEY MATSON (CA/55)	LAFAYETTE, 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)

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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	21:54:14	R	EILEEN ELIOT (FL/56)	SYLVANIA, OH	(091600)
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)
12 hr	101,836 m	R	EILEEN ELIOT (FL/56)	SYLVANIA, OH	(091600)
24 hr	203,050m	P	SUE ELLEN TRAPP (FL/55)	SYLVANIA, OH	(091501)
24 hr	173,809 m	P	MARGE DUNLAP (CA/55)	SACRAMENTO, CA	(111294)
24 hr	173,033 m	R	EILEEN ELIOT (FL/56)	SYLVANIA, OH	(091600)
48 hr	234,755 m	R	MARY ANN MILLER (TX/55)	DALLAS, TX	(112891)

Women 60-64

5 km	19:37	P	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(081101)
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	R	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	40:29	P	SHIRLEY MATSON (CA/60)	PASO ROBLES, CA	(093001)
10 km	40:37	R	MARION IRVINE (CA/61)	LIVERMORE, CA	(102190)
12 km	50:49	R	BARBARA MILLER (CA/60)	SPOKANE, WA	(050700)
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)
100 km	11:14:14	R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
10 mi	1:08:16	P	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(090901)
10 mi	1:09:44	R	BARBARA MILLER (CA/60)	FRENCH CAMP, CA	(010900)
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	R	BARBARA MILLER (CA/60)	WEOTT, CA	(101799)
marathon	3:14:50	R	BARBARA MILLER (CA/60)	HUNTSVILLE, AL	(121199)
marathon	3:11:57a	R	BARBARA MILLER (CA/60)	BOSTON, MA	(041700)
marathon	3:15:30	R	HELEN DICK (CA/60)	CHICAGO, IL	(102184)
12 hr	77,254 m	R	LOUISE MIKLOVIC (OH/62)	SYLVANIA, OH	(091600)
24 hr	133,668 m	R	SARANN MOCK (OH/62)	SYLVANIA, OH	(091993)

Women 65-69

5 km	22:07	R	JUNE MACHALA (WA/66)	ALBANY, NY	(053197)
5 km	21:16	P	MARGRET BETZ (NY/65)	SYRACUSE, NY	(093001)
8 km	35:00	P	MARGRET BETZ (NY/65)	ITHACA, NY	(091601)
8 km	35:29	R	JUNE MACHALA (WA/66)	NEWPORT BEACH, CA	(071297)
10 km	45:04	R	JUNE MACHALA (WA/67)	KENTFIELD, CA	(090798)
12 km	59:19	R	BARBARA ROBINSON (NH/65)	BEDFORD, NH	(052299)
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 LAFLIN (AZ/65)	PHOENIX, AZ	(102983)
30 km	2:38:46	P	MYRA RHODES (CA/68)	CLARKSBURG, CA	(111200)
50 km	4:50:50	R	MYRA RHODES (CA/67)	SACRAMENTO, CA	(111399)
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	24:18	P	TOSHIKO D'ELIA (NJ/70)	PARAMUS, NJ	(102200)
5 km	24:36	R	TOSHIKO D'ELIA (NJ/70)	ALBANY, NY	(060300)
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	48:30	R	JUNE MACHALA (WA/70)	EPHRAATA, WA	(032401)
10 km	50:01	U	PAT DIXON (OR/70)	EUGENE, OR	(051389)
10 km	48:53	P	TOSHIKO D'ELIA (NJ/70)	RIDGEWOOD, NJ	(052900)
12 km	58:22	R	JUNE MACHALA (WA/70)	SPOKANE, WA	(050601)
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	1:50:31	P	TOSHIKO D'ELIA (NJ/70)	PHILADELPHIA, PA	(091601)
half mar	1:50:03a	R	MARY STOREY (CA/70)	FONTANA, CA	(060494)
half mar	1:58:27	R	MARCIE TRENT (AK/70)	ANCHORAGE, AK	(052888)
half mar	1:42:18a	P	JUNE MACHALA (WA/70)	LAS VEGAS, NV	(020401)
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)
80 km	6:10:24	P	HELEN KLEIN (CA/77)	SACRAMENTO, CA	(111100)
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	R	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	(031283)
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 & over

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

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	2:12:46	R	JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN	(100800)
marathon	2:14:33	R	JOHN CAMPBELL (NZL)	LOS ANGELES, CA	(030391)
24 hr	269,468 m	R	YIANNIS KOUBOS (GRE)	SYLVANIA, OH	(091999)

Men 40-44

55 km	14:19	R	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	29:37	P	EDDY HELLEBUYCK (NM/40)	MOBILE, AL	(032401)
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)

Continued on next page

Continued from previous page

12 km	36:12	R	JOHN TUTTLE (GA/40)
15 km	45:10	R	EDDY HELLEBUYCK (NM/40)
15 km	45:14	R	STEVE PLASENCIA (MN/40)
20 km	1:03:06	R	PAUL PILKINGTON (UT/40)
25 km	1:18:38	R	STEVE PLASENCIA (MN/40)
30 km	1:38:16	R	DOUG KURTIS (MI/42)
50 km	3:00:00	R	JEFF WALL (CA/40)
50 km	2:59:36a	R	BRUCE MORTENSON (MN/44)
100 km	6:38:21	R	BERND HEINRICH (VT/41)
10 mi	49:34	R	PAUL PILKINGTON (UT/40)
20 mi	1:42:08	R	BARRY BROWN (NY/40)
50 mi	5:10:13	R	BERND HEINRICH (VT/41)
100 mi	13:15:50	R	ROY PIRRUNG (WI/40)
half mar	1:05:11	R	JOHN TUTTLE (GA/40)
half mar	1:05:27	R	STEVE PLASENCIA (MN/41)
half mar	1:03:33a	R	CRAIG YOUNG (CO/41)
half mar	1:05:01	P	CRAIG YOUNG (CO/42)
marathon	2:17:02	R	KENNETH JUDSON (PA/40)
marathon	2:15:15a	R	BARRY BROWN (NY/40)
12 hr	144,840 m	R	ROY PIRRUNG (WI/40)
24 hr	254,200 m	R	JOHN GEESLER (NY/41)
48 hr	368,539 m	P	DAVID LULJAK (MD/43)

Men 45-49

5 km	15:00	P	NOLAN SMITH (CA/45)
5 km	14:34a	R	STEPHEN LESTER (UT/45)
5 km	15:07	R	DOUG BELL (CO/46)
8 km	24:41	R	BILL RODGERS (MA/45)
8 km	24:40a	R	VAN EDGETTE (UT/45)
10 km	30:50	R	BILL RODGERS (MA/45)
10 km	30:10a	R	STEVE LESTER (UT/45)
12 km	38:47	R	STEVE LESTER (UT/45)
12 km	37:28a	R	BILL RODGERS (MA/45)
15 km	47:28	U	SAL VASQUEZ (CA/45)
15 km	48:00	R	BILL RODGERS (MA/47)
20 km	1:05:46	R	LARRY OLSEN (MA/46)
25 km	1:22:24	R	DAN CONWAY (WI/47)
30 km	1:39:18	R	BILL RODGERS (MA/45)
50 km	3:23:29	R	KEVIN SETNES (WI/45)
50 km	3:24:24	R	JOE SCHIEFFER (CA/45)
100 km	7:04:54	R	KEVIN SETNES (WI/45)
10 mi	51:41	U	SAL VASQUEZ (CA/47)
20 mi	1:49:10	R	JIM BOWERS (CA/45)
20 mi	1:49:10	R	DAN CONWAY (WI/45)
50 mi	5:39:42	P	KEVIN SETNES (WI/46)
50 mi	5:40:05	R	ROBERT PEREZ (TX/46)
50 mi	5:29:44	U	ROGER ROULLER (GA/47)
100 mi	15:01:33	R	ROY PIRRUNG (WI/45)
100 mi	14:31:11	R	ROY PIRRUNG (WI/46)
half mar	1:08:05	R	BILL RODGERS (MA/45)
half mar	1:07:14a	R	GARY ROMESSER (IN/45)
marathon	2:25:50	U	JIM BOWERS (CA/45)
marathon	2:21:32a	R	JIM BOWERS (CA/45)
marathon	2:26:43	R	BOB SCHLAU (SC/47)
12 hr	136,677 m	R	ROY PIRRUNG (WI/49)
24 hr	247,476 m	R	ROY PIRRUNG (WI/49)
6 day	624,425 m		TOM ANDREWS (MN/46)

Men 50-54

5 km	15:36		NOLAN SHAHEED (CA/51)
5 km	15:38	R	SAL VASQUEZ (CA/51)
5 km	15:38		DICK BUERKLE (GA/52)
5 km	15:11a	R	STEPHEN LESTER (UT/52)
8 km	25:31	R	SAL VASQUEZ (CA/50)
8 km	25:23	U	JIM O'NEILL (OH/52)
8 km	23:27a	R	STEPHEN LESTER (UT/53)
10 km	31:48	R	RAY HATTON (OR/50)
10 km	31:12a	R	STEPHEN LESTER (UT/52)
12 km	39:06a	U	SAL VASQUEZ (CA/50)
12 km	39:30	R	DICK BUERKLE (GA/51)
15 km	49:24	R	NORM GREEN (PA/50)
20 km	1:05:50	R	NORM GREEN (PA/50)
25 km	1:24:12	R	NORM GREEN (PA/51)
30 km	1:46:42	U	NORM GREEN (PA/51)
50 km	3:19:33	R	JOHN L. SULLIVAN (MA/53)
100 km	7:38:43	R	JOHN L. SULLIVAN (MA/54)
10 mi	52:53	R	NORM GREEN (PA/50)
20 mi	1:51:44	R	NORM GREEN (PA/52)
50 mi	5:35:03	R	TED CORBITT (NY/50)
100 mi	15:39:18	R	ROY PIRRUNG (WI/50)
100 mi	17:02:54	U	HERB FRED (TX/53)
half mar	1:09:30	R	NORM GREEN (PA/52)
marathon	2:25:46a	R	JIM O'NEILL (OH/50)
marathon	2:29:11	R	NORM GREEN (PA/51)
marathon	2:25:51	U	NORM GREEN (PA/52)
12 hr	135,493 m	R	ROY PIRRUNG (WI/50)
12 hr	124,661 m	R	ROY PIRRUNG (WI/52)
24 hr	231,745 m	R	JOHN METZ (CA/50)

ORLANDO, FL	(022099)
JACKSONVILLE, FL	(031001)
JACKSONVILLE, FL	(030897)
NEW HAVEN, CT	(090699)
MINNEAPOLIS, MN	(090797)
HAMILTON, CAN	(032794)
SAN FRANCISCO, CA	(110682)
DULUTH, MN	(102288)
CHICAGO, IL	(100481)
ST. PETERSBURG, FL	(101798)
MINNEAPOLIS, MN	(093084)
CHICAGO, IL	(100481)
QUEENS, NY	(040189)
INDIANAPOLIS, IN	(050199)
INDIANAPOLIS, IN	(050198)
LAS VEGAS, NV	(020198)
HAMPTON, VA	(020799)
HUNTSVILLE, AL	(120890)
MINNEAPOLIS, MN	(093084)
QUEENS, NY	(040189)
SYLVANIA, OH	(091600)
QUEENS, NY	(050399)

GARDENA, CA	(060495)
MAGNA, UT	(092488)
CARLSBAD, CA	(041397)
VIRGINIA BEACH, VA	(032093)
ALTA, UT	(091496)
CLEVELAND, OH	(051693)
MAGNA, UT	(070488)
SPOKANE, WA	(050188)
EVANSVILLE, IN	(050893)
ROSS, CA	(031685)
UTICA, NY	(070995)
NEW HAVEN, CT	(090693)
MINNEAPOLIS, MN	(091486)
HAMILTON, CAN	(032893)
PITTSBURGH, PA	(032799)
ELVERTA, CA	(011897)
CHAVAGNES, FRA	(051599)
STOCKTON, CA	(011887)
MINNEAPOLIS, MN	(093084)
MINNEAPOLIS, MN	(093084)
PITTSBURGH, PA	(032500)
DALLAS, TX	(012195)
CHICAGO, IL	(101385)
SYLVANIA, OH	(091993)
QUEENS, NY	(102294)
KANSAS CITY, MO	(060693)
LAS VEGAS, NV	(021196)
DYERVILLE, CA	(101484)
DULUTH, MN	(061684)
HOUSTON, TX	(011595)
SYLVANIA, OH	(092797)
SYLVANIA, OH	(092797)
NEW YORK, NY	(042901)

CARLSBAD, CA	(040101)
DAVIS, CA	(112391)
CLARKSVILLE, TN	(091199)
MAGNA, UT	(093095)
LOS ALTOS, CA	(012090)
ALLEN PARK, MI	(080390)
ALTA, UT	(091496)
PORTLAND, OR	(052382)
MAGNA, UT	(070195)
SACRAMENTO, CA	(042290)
ORLANDO, FL	(022099)
PORTLAND, OR	(063085)
WASHINGTON, DC	(052983)
WASHINGTON, DC	(052784)
NEW YORK, NY	(121783)
WASHINGTON, DC	(031382)
CHICAGO, IL	(100382)
WASHINGTON, DC	(032783)
MINNEAPOLIS, MN	(093084)
NEW YORK, NY	(101870)
SYLVANIA, OH	(091998)
HOUSTON, TX	(021983)
PHILADELPHIA, PA	(091684)
LAS VEGAS, NV	(020489)
LINCOLN, NE	(050684)
SAN DIEGO, CA	(120284)
QUEENS, NY	(080898)
SYLVANIA, OH	(091600)
SACRAMENTO, CA	(111493)

Men 55-59

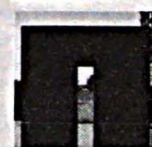
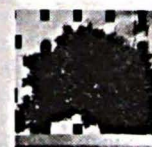
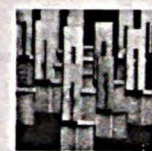
5 km	15:55	U	JIM O'NEILL (OH/55)
5 km	15:35a	R	TOM CURRY (NV/55)
5 km	16:07	R	VIC HECKLER (IL/55)
8 km	26:36	P	STEPHEN LESTER (UT/55)
8 km	26:33a	U	RAY HATTON (OR/55)
8 km	26:42	U	JIM O'NEILL (OH/55)
8 km	27:00	R	NORM GREEN (PA/57)
10 km	32:27	R	JIM O'NEILL (OH/55)
12 km	41:24	R	STEPHEN LESTER (UT/55)
15 km	50:45	R	NORM GREEN (PA/55)
20 km	1:08:07	R	NORM GREEN (PA/56)
25 km	1:29:56	U	RAY HATTON (OR/55)
30 km	1:46:33	R	NORM GREEN (PA/56)
50 km	3:51:10	R	KEN YOUNG (CA/55)
50 km	3:28:47a	R	ROBERT BECKER (MD/55)
50 km	3:31:32	P	FRANK BOZANICH (NV/56)
100 km	8:53:27	R	GARD LEIGHTON (CA/57)
10 mi	54:25	R	JIM O'NEILL (OH/56)
20 mi	1:57:26	R	NORM GREEN (PA/58)
50 mi	5:53:08	R	ALEX RATELLE (MN/57)
100 mi	18:56:04	R	ED ROUSSEAU (MN/58)
1000 mi	346:56:46	R	DON WINKLEY (TX/59)
half mar	1:10:23	R	NORM GREEN (PA/55)
marathon	2:33:49	R	NORM GREEN (PA/55)
marathon	2:27:42a	R	NORM GREEN (PA/55)
12 hr	115,945 m	R	BRUCE BOYD (CT/58)
24 hr	195,083 m	R	GAYLON DODSON (AL/59)
48 hr	323,478 m	R	DON WINKLEY (TX/59)
6 day	724,204 m	R	DON WINKLEY (TX/56)

Men 60-64

5 km	17:00	R	JIM O'NEIL (CA/61)
8 km	28:00	P	JACK NELSON (IL/60)
8 km	28:07	R	NORM GREEN (PA/60)
10 km	34:27	R	JIM O'NEIL (CA/60)
12 km	43:43	R	JACK NELSON (IL/60)
15 km	54:20	R	NORM GREEN (PA/60)
20 km	1:15:15	R	NORM GREEN (PA/60)
20 km	1:14:46	U	NORM GREEN (PA/61)

WYOMING, MI	(080793)
FONTANA, CA	(053197)
PARK RIDGE, IL	(092797)
SALT LAKE CITY, UT	(041998)
EUGENE, OR	(060687)
WORTHINGTON, OH	(050293)
NAPLES, FL	(011390)
TOLEDO, OH	(092693)
SPOKANE, WA	(050398)
WASHINGTON, DC	(032788)
MEDFORD, OR	(040889)
EUGENE, OR	(091387)
CLARKSBURG, CA	(111388)
ELVERTA, CA	(011897)
DULUTH, MN	(102889)
SACRAMENTO, CA	(111100)
SAN FRANCISCO, CA	(042592)
WASHINGTON, DC	(041094)
MINNEAPOLIS, MN	(101490)
CHICAGO, IL	(100481)
SYLVANIA, OH	(092797)
NEW YORK, NY	(092697)
PHILADELPHIA, PA	(092087)
LINCOLN, NE	(050188)
MINNEAPOLIS, MN	(101187)
QUEENS, NY	(061497)
SYLVANIA, OH	(092797)
NEW YORK, NY	(091397)
NEW YORK, NY	(051494)

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HONOR THEIR MEMORY
CELEBRATE LIFE
REACH FOR THE FUTURE
RUN THE OKLAHOMA CITY MEMORIAL MARATHON

marathon • 2 person relay • 5 person relay
wheelchairs • marathon walk
kid's marathon • memorial walk • expo



Sunday, April 28th, 2002
(405) 525-4242
www.okcmarathon.com

Continued from previous page

25 km	1:35:27	U	JIM O'NEIL (CA/61)
25 km	1:36:20	R	ALEX RATELLE (MN/62)
30 km	1:59:22	R	PATRICK DEVINE (CA/60)
50 km	3:35:51	R	MALCOLM GILLIS (AL/61)
100 km	8:58:04	R	RAY PIVA (CA/64)
10 mi	57:48	R	NORM GREEN (PA/60)
20 mi	2:03:16	R	GAYLON JORGENSON (NV/61)
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)
1000 mi	384:30:19	P	JOHN WALLIS (MI/63)
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)
6 day	609,414 m	P	JOHN WALLIS (MI/63)

Men 65-59

5 km	18:00	U	JOE FERNANDEZ (MA/65)
5 km	18:21	R	WARREN UTE (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 UTE (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)

Men 70-74

5 km	18:01	R	WARREN UTE (IL/70)
8 km	30:25	R	WARREN UTE (IL/70)
10 km	37:49	U	WARREN UTE (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 UTE (IL/73)
12 km	50:28	U	WARREN UTE (IL/74)
15 km	58:13	U	WARREN UTE (IL/70)
15 km	1:01:50	R	CLIVE DAVIES (OR/71)
20 km	1:20:11	U	WARREN UTE (IL/70)
25 km	1:39:59	R	CLIVE DAVIES (OR/70)
30 km	2:13:01	R	CLIVE DAVIES (OR/71)
50 km	6:37:13	R	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 UTE (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)

Men 75-79

5 km	19:24	R	WARREN UTE (IL/75)
8 km	31:52	P	WARREN UTE (IL/75)
8 km	34:21	R	ED BENHAM (MD/78)
10 km	40:12	R	WARREN UTE (IL/75)
12 km	48:57	R	WARREN UTE (IL/75)
15 km	1:01:58	R	WARREN UTE (IL/75)
20 km	1:23:51	P	WARREN UTE (IL/75)
20 km	1:30:10	R	ED BENHAM (MD/75)
25 km	1:52:57	R	WARREN UTE (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 UTE (IL/75)
20 mi	2:42:38	U	ED BENHAM (MD/77)
50 mi	10:18:03	P	MATT MILLER (LA/75)

EUGENE, OR	(090786)
MINNEAPOLIS, MN	(091486)
VENTURA, CA	(021289)
DALLAS, TX	(012195)
SAN FRANCISCO, CA	(042091)
WASHINGTON, DC	(040493)
MINNEAPOLIS, MN	(101490)
BIRMINGHAM, AL	(021494)
PORTLAND, OR	(102978)
SACRAMENTO, CA	(111195)
JAMAICA, NY	(061800)
PHILADELPHIA, PA	(091993)
PORTLAND, OR	(102879)
SACRAMENTO, CA	(111195)
SACRAMENTO, CA	(111195)
SACRAMENTO, CA	(111294)
JAMAICA, NY	(061800)

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)

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)
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)

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	(052883)
CHANNANON, IL	(091497)
SUGAR LAND, TX	(120785)
WASHINGTON, DC	(102384)
SYLVANIA, OH	(091596)
PARK FOREST, IL	(090495)
GREENBELT, MD	(122284)
PITTSBURGH, PA	(040895)

50 mi	10:34:06	R	MATT MILLER (LA/75)
half mar	1:30:19	R	WARREN UTE (IL/76)
marathon	3:18:10	R	WARREN UTE (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)

BRUNSWICK, ME	(101584)
INDIANAPOLIS, IN	(050297)
CHICAGO, IL	(101585)
QUEENS, NY	(061795)
CHICAGO, IL	(100481)
SYLVANIA, OH	(092797)

Men 80-84

5 km	22:14		WARREN UTE (IL/80)
5 km	24:50	R	HENRY SYPNIEWSKI (NY/80)
5 km	22:26	U	ED BENHAM (MD/80)
8 km	37:08	P	WARREN UTE (IL/80)
8 km	36:35	R	ED BENHAM (MD/81)
10 km	45:28	R	ED BENHAM (MD/80)
12 km	1:05:08	R	HENRY SYPNIEWSKI (NY/80)
12 km	1:03:55a	U	MEL SHINE (CA/80)
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	2:05:44	P	WARREN UTE (IL/80)
25 km	2:23:43	R	MAX POPPER (NY/80)
30 km	3:47:53	R	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	R	TED CORBITT (NY/81)
24 hr	94,951 m	R	TED CORBITT (NY/82)
48 hr	168,981 m	R	TED CORBITT (NY/81)
48 hr	177,027 m	R	TED CORBITT (NY/82)
6 day	386,242 m	R	TED CORBITT (NY/81)
6 day	487,631 m	R	TED CORBITT (NY/82)

ORLAND PARK, IL	(062500)
BUFFALO, NY	(090498)
CHICAGO, IL	(041788)
CHICAGO, IL	(040101)
VIRGINIA BEACH, VA	(031889)
ASBURY PARK, NJ	(080887)
BUFFALO, NY	(100498)
SACRAMENTO, CA	(042989)
CUMBERLAND, MD	(100888)
WASHINGTON, DC	(040791)
MEDFORD, OR	(040889)
CHANNANON, IL	(092400)
NEW YORK, NY	(100283)
CLARKSBURG, CA	(111598)
QUEENS, NY	(061497)
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ORLANDO, FL	(121088)
MINNEAPOLIS, MN	(101187)
MINNEAPOLIS, MN	(100691)
QUEENS, NY	(061497)
NEW YORK, NY	(042600)
NEW YORK, NY	(042901)
NEW YORK, NY	(042600)
NEW YORK, NY	(042901)
NEW YORK, NY	(042600)
NEW YORK, NY	(042901)

Men 85-89

5 km	27:42		BILL NICE (CA/85)
5 km	28:26	R	GIFTON JOLLEY (GA/85)
5 km	28:17		BILL NICE (CA/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	U	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)

LOS ALAMITOS, CA	(022401)
ROME, GA	(120592)
CARLSBAD, CA	(040101)
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	7:25:12	P	ABRAHAM WEINTRAUB (NY/90)
marathon	8:10:44a	R	SAM GADLESS (FL/90)
marathon	7:52:50		JAMES RAMSEY (MI/90)

EDGARTOWN, MA	(080500)
TUCSON, AZ	(012692)
PALO ALTO, CA	(032590)
PARAMOUNT, CA	(012090)
PORTLAND, OR	(061790)
FLINT, MI	(082298)
NEW YORK CITY, NY	(110500)
NEW YORK, NY	(110297)
DETROIT, MI	(101898)

Men 95 & over

5 km	48:55	R	MARION MCANELLY (OK/95)
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STILWELL, OK	(051395)
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International Scene

By **TORSTEN CARLIUS**
WAVA President

Non-Stadia Event Set For Riccione, Italy

As we complete our planning for the future, I will here update you on what we know so far. The next WMA Championships will be the 2002 Non-Stadia Championships organized by FIDAL in the beautiful Italian city of Riccione in May – spero che ci vediamo – and then we will all meet again in Puerto Rico in 2003 for the XV WMA World Stadia Championships.

Currently, the Council is talking with the organizers and other partners. As you read this article, we will have visited Riccione to sign the contract for the Non-Stadia Championships next year, to inspect the facilities, and to hold the first planning meeting with the LOC. We will also have attended the EAA's (European Athletic Association) annual Calendar Congress in Moscow where the program for 2002 will be finalized and future discussed. To us it is vital to ensure that our meetings and championships do not clash with other interests.

WMA and EVAA (our European regional association) representatives will have attended the GAISF Annual Meeting in Singapore where we hope to have been able to discuss drug testing (more below) at the IMGA (World Masters Games) Annual Meeting. These meetings will continue in November with a first meeting with the Puerto Rico LOC and the IAAF-WMA coordination meeting in Monaco.

If it seems that much time is spent attending meetings, WMA has now reached sufficient prominence that our presence is expected, due to our leading role in the athletics world.

2002 Non-Stadia Championships

These championships will take place on May 24-26. The LOC is making every effort to send out the entry booklet shortly. For information and entry details, visit the following web address: www.riccione2002wma.org.

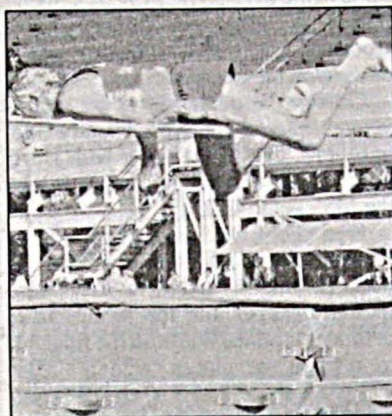
Riccione is a beautiful city situated south of Venice on the east coast of Italy. The city is perhaps best known as a tourist spot, but it also has many more facets, one of which is the organization of large sporting events.

The WMA affiliate for Italy is FIDAL, which is backing and supporting these championships anticipated to attract at least 2000 athletes from all over the world.

2003 Stadia Championships

This meet will be in Puerto Rico and the preliminary date is scheduled for July. We are very aware that the hot climate will require special measures to protect athletes' health. Perhaps the addition of one day will aid in avoiding the worst of the heat.

WMA's delegates will visit Puerto Rico soon to discuss the program. In March, the Council will make its final



Leo Benning, RSA, sixth in the M65 high jump (1.43, 88.8%), 14th WAVA Championships, Brisbane.

decisions and approve the entry booklet.

Drug Testing

Most of you are aware that WMA takes a very strong position against all use of forbidden substances. We presented a program to the General Assembly in Brisbane – a program that was unanimously approved of and reads as follows:

1. WMA has adopted the IAAF rules for anti-doping and the IAAF Disciplinary Procedures for Doping Offenses.
2. WMA performs drug testing at each WMA World Championships.
3. WMA will initiate discussions with WADA re possible future cooperation.
4. The WMA Council will look at all decisions on the WMA anti-doping program with due regard for and recommendations from the WMA Doping and Medical Committee.
5. The WMA Doping and Medical Committee will be responsible for doping control at all WMA World Championships and shall advise the WMA Council on all matters relating to doping.
6. WMA will establish an Arbitration Panel to handle all appeals in doping cases.
7. WMA shall stimulate its Regions to set up their own Anti-doping Program and perform drug tests at Regional Championships.

It is my strong hope that this program will create a solid basis for all anti-drug efforts so that WMA will have no more positive tests. In accordance with the



At the 300m mark of the M60 800, won by Alan Bradford #62015, AUS, in 2:14.71, 14th WAVA Championships, Brisbane: Barre Milligan #62227, AUS, fourth; Karl Heinz Lausberg #62264, GER, sixth.

policy, we have also contacted IMGA to see if we can initiate a common approach to WADA and establish a cooperative program.

WMA Committees

I have previously presented the Stadia, Non-Stadia and the Organizational Advisory committees for 2001-2005. The following other committees have also been finalized:

WMA Discipline Committee:

Chairman César Moreno Bravo,

MEX

Others

Hannes Booysen, RSA
Wang Yun Feng, CHN
Wilhelm Köster, GER
Ralph Romain, TRI
Jim Tobin, NZL
Luis Grammacioni, ARG

WMA Law & Legislation

Committee:

Chairman Monty Hacker, RSA

Others

Roy Bellingan, NAM
Kinso Ikeue, JPN
Keith Whitaker, GBR
Bob Fine, USA

Jim Tobin, NZL

Dr Tirzo Figueroa, CHI

WMA Women's Committee:

Chairman Marina Hoerncke-Gil, ESP

Others

Hella Kuppe, NAM
Glory Barnabas, SIN
Selma Türkal, TUR
Monica Tang Wing, TRI
Helen Tobin, NZL
Iris Menza, URU

To me, as the most ardent supporter of an official Women's Committee with a real influence in our decision-making, it is very encouraging to see a committee comprised of so many competent members. I have asked our Stadia and Non-Stadia vice presidents to keep Marina Hoerncke-Gil well informed and ask for her committee views on all issues concerning women's activities.

I will present other WMA committees in the December issue. In the meantime, I wish you all good training and competitive success. □

WMA REGIONAL CHAMPIONSHIPS LEON, MEXICO • August 21-25, 2002

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PROFILE

Marina Hoernicke-Gil

Marina Hoernicke-Gil was elected as WMA Women's Representative at the WMA Assembly in Brisbane. She was born in Berlin/Charlottenburg, Germany, on March 7, 1942, and is currently a resident of Spain. Her languages include Spanish, English, French, Italian, and Catalan (plus a bit of Flemish and Portuguese). She is married with two children.

Her professional history includes 17 years as secretary of her local Club Lloret (Lloret de Mar, Spain), 11 years as vice-president of the National Veterans Committee, and 15 years as head of the Spanish Veterans' Athletic Statistics. She has been a technical delegate and team manager since 1984 as well as EVAA women's delegate from 1988 to 1998. She has served on the WAVA Stadia Committee and the IAAF Veterans' Committee, and since 1998 has been general secretary to EVAA.

Her history as an organizer includes two Spanish cross-country championships, two Spanish combined events championships, two Spanish national championships, and many provincial championships.

Her many stints as a volunteer and commentator include the 1992 Olympic Games in Barcelona (road race-walking and marathon), the IAAF World Indoor Championships (Barcelona, 1995), and WAVA Stadia Championships (Gateshead, 1999/ Brisbane, 2001).

Hoernicke-Gil has been a masters athlete since 1980 and holds various records in the 10K, 20K, 30K, and



Marina Hoernicke-Gil, WMA Women's Representative.

50K road races. She holds more than 30 national titles in the discus, javelin, shot put, and combined events.

She looks forward to working with the regional representatives, and women who wish to give input to the WMA Women's Committee, and discussing her ideas and plans for the next four years. □

Report from Britain

Racing Resumes as Foot and Mouth Recedes

By BRIDGET CUSHEN
and MARTIN DUFF

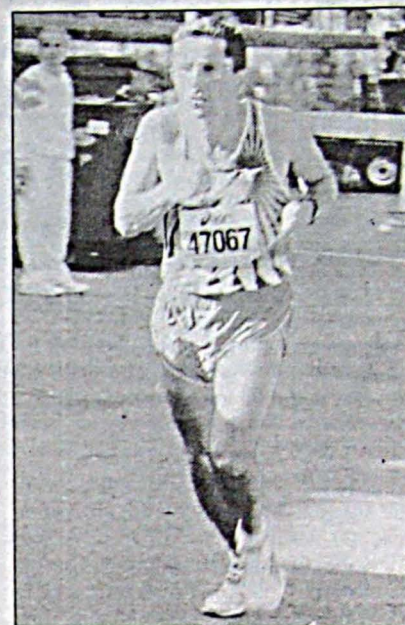
The Brits finally held their 2001 cross-country championships after a delay from March because of the foot and mouth epidemic then sweeping the country. With the problem practically over and large parts of the country now free from the disease, the event went ahead in picturesque Singleton Park in Swansea, South Wales, on Oct. 6.

There were new names to the masters scene taking titles in the men's races. Julian Critchlow, who took silver in the Malta World 10K, dominated the M40 event in 36:28, while 1970s senior international Graham Tuck did the same in the over-50 race (39:51). Sheila Allen, 44, added her second overall women's gold (21:34), having previously won the event back in 1996.

Graham Wootton had never won a veterans' age-group cross-country title, until now, that is. He toyed with Hugh Arnold before storming home to take the M55 gold (41:27).

Fred Gibbs was just held off by Les Presland for the M60 title in the 5K back in August and here they were locked together for the whole race, before he stormed home up the final hill to reverse the places, with a 43:31. Keith Spacie faced his closest challenger this year in the M65 division, but won in 46:21, as Dennis Hayes took silver just 100 yards down.

The women's 5K race, the first of the afternoon, over just two laps of the park, was held in glorious sunshine and was close throughout as the W40s vied with the younger W35s for supremacy. Allen, champion at Rugby in 1996, won by 30 yards. Viv McConnell held on for second and W40 silver, ahead of a fast finishing Alison Hirst, who took the W35 gold.



SUZY HESS

Julio Meireles, M45, Portugal, halfway through the marathon, 14th WAVA Championships, Brisbane, Australia. The marathon, starting at 6:30 a.m., was a two-loop 21 km course on the banks of the Brisbane River.

W50 champion Josie Heffernan combines a successful career of cycling and running and won two hill-climbing veteran world titles in September. Pat Gallagher, multi-age group gold medalist and overall winner at Sheffield back in 1985, added another W55 title.

Just days short of his 75th birthday, Steve Charlton ran a 12.06 3000 on Sept. 23, coming perilously close to the current world M75 best of 12.04.02. He will attack the British M45 5000 record at the final track and field meet on Oct. 7. He won the BVAf M70 10K road championships over a hilly and twisting course in a brilliant time of 42.15 on Sept. 17.

As the season comes to a close, athletes returning from the World Championships-Brisbane continue to achieve some fine performances. Tony Wells, gold in the M50 400H (60.48), won the 100H in a league record time of 15.19, Sept. 8. He also took the 400H in 63.67. Alan Meddings, 73, who just missed out on an individual medal at Brisbane, has run 28.8 for 200.

Up in Scotland, Margery Swinton, W55, won the shot with an 8.18, discus (21.00), and hammer (29.95).

The Northern Veterans M40 10K championship was won by Steve Murdock, M40, in 31:48, with Derek Howarth, 70, taking the M70 title in 42:58.

Nancy Hitchmouth, W50, defeated double Olympian, Sheila Carey, over 1500, recording 5:31.0 in a Midlands League meet.

The BVAf 10K road championships were held in London over a hilly course on Sept. 16, attracting some of the fastest runners in the country. In fourth-place overall was Midlands schoolteacher, Mike Hager, M50, well clear of the first M45. Hager has had an outstanding season since winning the European 10K in Malta in April. □



SUZY HESS

Mary MacCauley, USA, fifth (2:19.38) in the W35 800, 14th WAVA Championships-Brisbane.

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

Masters Scene

NATIONAL

• Statistics in the USA Track & Field publication, *On the Roads*, for Summer/Fall 2001 show that an estimated 7,447,000 road racers finished in races from the 5K to the marathon in 2000. In 1995, the estimate was 5,970,000. The largest increase came in the 5K, from 1,900,000 in 1995 to 2,815,000 in 2000. The percent of runners age-40+ has increased from about 33% to 42%. The percent of women participants has increased markedly from 1991 to 2000, with the largest jump in the marathon, from 19% to 38%.

• Among the races canceled as a result of the World Trade Center disaster were the NYC Komen Race for the Cure 5K, Sept. 16 (32,000 entrants last year), the Great Cow Harbor 10K, Northport, NY, Sept. 15 (5000 last year), the Avon Running 10K, Albuquerque, Sept. 23 (500 last year), and Army 10 Miler, DC, Oct. 14 (11,876 last year). Track meets canceled included the Sri Chinmoy meets scheduled for October in Long Beach, CA and Queens, NY.

EAST

• **Chris McKnight**, 46, Roslyn Heights, NY, 24:56, and **Frances Walton**, 43, NYC, 29:32, flew to masters crowns in the Run With the ANGELS 4 Mile, East Rockaway, NY, Sept. 8. **Michael Service**, 59, Brentwood, NY, soared to an M55 win in 25:57. Proceeds were turned over to the Aneurysm Network for Grants, Education and Loving Support (ANGELS) for the benefit of brain aneurysm victims and their families.

• **Carl Wallin**, Dartmouth T&T coach, celebrated his 60th birthday on Oct. 4 by going out on Oct. 6 and setting two world (25# WT 59-5½; #35 WT 44-3½) and two U.S. (6k SP 46-11½; 16# SP 42-8½) age records, Dartmouth Throws Meet, Hanover, NH.

• **Susan Kenney**, 45, Somerset, MA, bested the female field with a 33:06, Hampton Falls (MA) 5 Mile, Aug. 4. First M40+, **Michael Kimball**, 47, Rye, NH, was fourth overall in 30:35. **Chuck Keating**, 60, Wellesley, MA, won his division with a race best performance 33:03.

• The Super Runner's Shop Men (5:06:56) and the Greater Long Island RC Fast Feet Women (5:54:15) won the masters divisions in



CHUCK SOCHOR
Avril Douglas broke the W55 world records for the 200 (27.90) and 400 (62.40), 2001 Canadian Masters Championships, Toronto.

the Ocean to Sound 50 Mile, 8-Leg Relay, Jones Beach to Oyster Bay, L.I., Sept. 16. The Senior Masters (50+) titles went to the Taconic RRC, finishing ahead of their closest rival by 30 minutes with a 5:26:54, and the Bohemia Women Seniors (8:09:30). The Mixed Masters winner was the Bohemia Masters (5:44:32). The race, dedicated to "New York's Bravest," raised considerable sums to provide scholarships for the children of firefighters lost in the World Trade Center disaster. Directors were Alan and Sharon End of the host GLIRC.

• **Judi St. Hilaire**, 42, Somerset, MA, with an eighth-female 16:29, and **Larry Sayers**, 42, Bellows Falls, VT, in 14:57, chalked up masters wins in the CVS/Pharmacy Downtown 5K, Providence, RI, Sept. 16. Sayers held off **Francis Kamau**, 40, Kenya, 15:00, and **Craig Fram**, 42, Plaistow, MA, 15:03. Fram is the current U.S. M40 record holder in the indoor 3000 (8:33.68). **Doug MacGregor**, 62, Lebanon, NH, 18:15, and **Flo Days**, 62, Fairhaven, MA, 24:36, were 60+ division firsts.

• At the NYRRRC Broadway on Broadway 5K, NYC, Sept. 9, the difference between the male and female masters was only 31 seconds! Winners were **Jerry Macari**, 40, 16:26, and **Gordon Bakoulls**, 40, 16:56.

• First masters in the NYRRRC 18-mile Marathon Tune-Up were **Conor O'Driscoll**, 40, 1:43:51, and **Susan Frankeny**, 42, 2:16:51. **Anna Thornhill**, 61, outclassed her competition with a 2:23:33.

SOUTHEAST

• **Kirk Balrd**, 40, Centerville, VA, took the lead with two miles left to finish first by 15 seconds over his 18-year-old opponent, with a 33:59, 13th Leesburg (VA) 10K, Aug. 12. **Jean-Christ Arcasz**, 40, North Bethesda, MD, 35:50, and **Frank Kurtz**, 40, 36:02, Graceham, MD, were 8th and 9th overall of the 700 finishers. **Deborah Barnett**, 42, Columbia, MD, took the W40+ race with a fourth-female 42:34. Division standouts included **Charlie Koester**, 56, Abingdon, MD, 38:08, and **Tamr Graf**, 65, Lusby, MD, 55:28.

MIDWEST

• **Everett Hosack**, 99, established a pending WR for the WP with a 2604 for the five events at the Norm Bower Memorial WP, Kent St. U., Kent, OH, Sept. 22. He also broke the single-age WR for the 600g JT (7.69) and established a world best for the 400g JT (6.28). **Len Olson**, a new M70, the meet's top scorer (4525), broke U.S. age-70 records for the 2k DT (27.40) and 16# shot (9.14). **Bernice Holland** set an age-74 U.S. record with a 3k HT.

• **Michael Dorsey**, M40, in 2:56:29, and **Nancy Hauser**, W45, in 3:48:30, mastered the Fox Cities Community Marathon, Appleton, Wisc., Sept. 30.

MID-AMERICA

• **Charles Hubbard**, 40, Bloomington, MN, with a 50:57, and **Janet Robertz**, 42, Shorewood, MN, with a 10th-place 54:17, hastened to firsts in the Minnesota Masters 15K Championships, Edina, Sept. 23. Top performers were **Michael Seaman**, 51, Edina, with an 89.7% 51:41, Robertz, 89.2%, and **Lloyd Young**, 78, Pine City, MN, 86.0% 73:32. Weather was in the 50s, windy and cloudy.

• **David Ortman**, NMN's "False Start" columnist, was inducted into the Bethel College (Kansas) Athletic Hall of Fame on Oct. 13. Ortman, 48, of Seattle, was a member of the 1975 track team that won the Kansas College Athletic Conference championship. That year, he set three school records in the 440H, the mile medley, and 480y shuttle hurdle relay. As a master, Ortman is a three-time champion in the M35

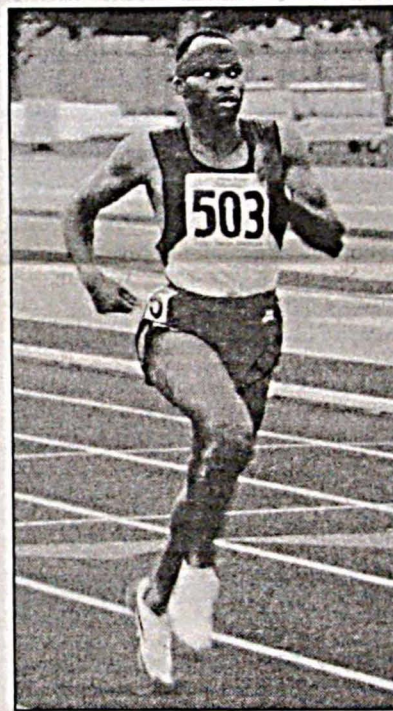
400H, M40 pentathlon, M45 110H, and current M45 400H World Masters Games champion.

• **Steve Riley**, 47, Lawrence, KS, registered an M40+ win with a 77:09, Wichita (KS) Half-Marathon, Sept. 23. **Vickie Luebbers**, 43, Wichita, with a 1:40:01, held off **Stephanie Deuthman**, 42, El Dorado, KS, and **Barbara Holzman**, 49, Wichita, both timed in 1:40:02, for the W40+ first. **Jeff Berven**, 55, Wichita, zoomed to the M55 win in 82:13. **Dick Wilson**, 69, Lawrence, KS, took the M65 race with a 94:25, which age-grades to 71:20.

• **Eddy Hellebuyck**, 40, Albuquerque, NM, bolted to a third-place 14:58/A-G 90.1%, in the Duke City 5K, Albuquerque, NM, Sept. 30. **Amy Hayes**, 40, Albuquerque, was third woman, with a 19:50. **Colleen Burns**, 51, McIntosh, NM, posted the best performance, a fifth-place A-G 82.8% 20:06. **Jim Pattee**, 42, Albuquerque, NM, in 2:49:36, and **Jean Herbert**, 44, Albuquerque, with a fourth-woman 3:12:47, bested the masters fields in the marathon. **James Donald**, 67, Incline Village, NV, took the M65 in 3:43:17. Top masters in the half-marathon were **Ken Wilson**, 46, Albuquerque, with an A-G 86.1% 74:13, and **Carol Richardson**, 50, Santa Fe, NM, 97:30.

WEST

• **Shirley Matson**, 60, Larkspur, CA, continued her road record rampage with a 40:28 in the Heritage Oaks Bank 10K, Paso Robles, CA, Sept. 30, breaking **Sister Marlon Irvine's** W60 U.S. record of 40:37 in 1990.



JERRY WOJCIK

Sunder Nix, 40, Indiana, 400 gold medalist with a 50.03 (A-G 92.2%), USATF National Masters Championships, Baton Rouge, La.

• **Shawn Gallagher**, M40, San Mateo, CA, 16:41, and **Honor Fetherston**, W45, Los Gatos, CA, 19:39, uncorked masters firsts in the Jamba Juice 5K Banana Man Chase, San Francisco, Sept. 16. **Don Paul**, M50, San Francisco, was second M40+ in 16:53. **Jim Moore**, Piedmont, CA, won the M65 contest with a zippy 19:52.

• **Nancy Tinari**, 42, Coquitlam, BC, sped to the 40+ win with a fourth-place 17:15, an A-G best 89.1%, Komen Race for the Cure 5K, Newport Beach, CA, Sept. 23. **Marcella Teran**, 46, San Diego, CA, 19:16/A-G 82.5%, and **Marina Jones**, 49, Palm Desert, CA, 19:31/A-G 83.7%, finished second and third.

• **Jim Reed**, 40, Rancho Palos Verdes, CA, 35:22, and **Sharon Lotesto**, 50, Redondo Beach, CA, 42:27, were masters winners, Manhattan Beach (CA) Old Hometown Fair 10K, Oct. 6. **Ed Avol**, 50, Manhattan Beach, was top 40+ performer with an A-G 84.5% 35:33.

• The Tamalpa Runners M60+ quartet broke the 4x1600 WR with a 21:40.2, Sept. 29. Team



MIKE POLANSKY

Bill Benson, Valley Stream, N.Y., breaking the age-82 world record for the mile with an 8:22.2 at the Greater Long Island RC Mile Time Trials, Farmingdale, N.Y.

members of the Marin County, CA, based club were **Jim Williams**, 5:15.2, **Bob Gormley**, 5:34.1, **Jon MacPherson**, 5:41.8, and **Steve Lyons**, 5:09.1. The present record is 22:32.9 by a USA team in 1999.

NORTHWEST

• **Chuck Coats**, 41, Forest Grove, OR, 32:34, and **Doris Aponte**, 47, Lebanon, OR, 46:25, scored masters firsts, Scandia 10K, Junction City, OR, Aug. 11. **John Keston**, 76, McMinnville, OR, ripped to a 42:21 for the M70+ win.

• **Peggy Neal**, 45, Eugene, OR, cruised to a female overall win in 31:53, Eugene Celebration 8K, Sept. 16. Eight of the first ten males were M40+ led by **Odus Sanders**, 42, Eugene, with a second-place 25:51. **Jim Davis**, 65, Harrisburg, OR, sped to a 37:24 M65 first. **Fran Hutchins**, 50, Veneta, OR, won the W50 contest in 37:19.

• **Lanny Gower**, 40, Portland, OR, with a fourth-place 2:39:36, and **Cheryl Tronson**, 43, Bend, OR, with a 3:06:49, forged masters firsts in the Portland Marathon, Sept. 30. **John Keston**, 76, McMinnville, OR, won the M75 race with an A-G 3:22:59.

• **Carol Severa**, 44, Boise, ID, scampered to the 40+ first in 19:14.6, Idaho Women's Fitness Celebration 5K, Boise, Sept. 22. Best masters performance came from **Dee Lamott**, 61, Boise, who romped to a 19:22.6.

CANADA

• **Avril Douglas** unleashed two pending W55 WRs in the Canadian Masters Championships, York U., Toronto, Aug. 24-26, with a 27.90 in the 200 and a 62.40 in the 400. Both records belong to Germany's **Brunhilde Hoffman** (28.13 in 1996/64.50 in 1995). Douglas also garnered a Canadian record in the 100 with a 14.24.

• **Denis Cloutier**, M40, Loreneville, Quebec, with a seventh-place 2:34:25, and **Lillane Jean-Elle**, Gros Mome, France, W40, with a female seventh-place 3:17:34, were first masters, Quebec Marathon, Aug. 26.

RANKINGS NOTICE

Dave Ortman, the ranker for the short hurdles, long hurdles, steeplechase, and 5000, has changed his e-mail address to deo@foxinter.net.com

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 27 - December 1. USATF 23rd Annual Convention, Mobile, Ala. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500; fax: 261-0481; www.usatf.org
March 22. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.
March 22-24. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org
August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono.

EAST

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

December 16. Long Island T&F Indoor Meet, Suffolk Community College, Brentwood, N.Y. 9:00 am. www.litf.org
January 6 & 13. Long Island T&F Indoor Meet, Suffolk Community College, Brentwood, N.Y. 9:00 am. www.litf.org
January 13. Brown University Masters Indoor Invitational, Providence, R.I. Send SASE to Bob Rothenberg, Brown Track Office, Box 1932, Brown U., Providence, RI 02912. 401-863-1041.
January 19. 35th annual Hartsborne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's & Women's Elite Mile; bonus for record (M&W40+). 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

SOUTHEAST

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

November 4. Clearwater Weight Pentathlon/Throwers Classic, Clearwater, Fla. 727-725-8139; jselleh@aol.com
November 27-December 1. Florida Senior Games State Championships, Lakeland. 850-488-8347.

WEST

Arizona, California, Hawaii, Nevada

November 10. KelField Throws Meet #99, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

November 10-25. Hawaii Senior Olympics, Honolulu. 808-732-8805.
March 2. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif.

NORTHWEST

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

February 22-24. Northwest PV Festival, Randall Gym, Clackamas CC. Willamette Striders PV Club, 13732 SE Foster, Portland, OR 97236. 503-762-0861.
June 22-23. Portland Masters Classic/Oregon Association Masters Championships, Portland, Ore.
June 29-30. Hayward Masters Classic, Eugene, Ore.
July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

INTERNATIONAL

November 9-10. Central American Championships, San Jose, Costa Rica. Marco Fournier, 506-273-3043; 506-391-5934.
December 15-16. International "Match of Five-2001" Indoor Meet, Moscow. Vadim Marshhev, fax: 7-095-5734150; marshhev@cs.msu.su
January 12-19. 11th Oceania Veterans Athletic Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.
August 20-24. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.
October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org
July 2-12, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

LONG DISTANCE RUNNING

NATIONAL

November 4. USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.
November 18. USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.
December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL

36695. 251-470-7730.

December 29. USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

February 9. USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd., #11, Sandy, OR 97055. 541-676-9601; karal@centurytel.net; www.USATF-Oregon.org. Masters money.

EAST

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

November 4. Mid-Atlantic Championships/Run for Zoo Wildlife 10K, Philadelphia. 215-243-4375.

November 4. New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org

November 10. Pittsylvania Cross-Country 8K Challenge, Frick Park, Pittsburgh, Pa. 11:15 a.m. West Penn TC, John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

November 10. Veterans Day 5K Cross-Country/RRCA Eastern Regional Championships, Northport, N.Y. SASE to Veterans Day 5K, 6 Todd Court, Huntington Station, NY 11746. 631-424-7169; www.nrcrun.org
November 11. Stockade-athon 15K, Central Park, Schenectady, N.Y. HMRRC, 435-4500.

November 11. Nasdaq Veterans Day 10K, Washington, D.C. 301-871-0400; www.runwashington.com

November 11. Maine Cross-Country Championships, Readfield. Marty Thornton, komi96@mint.net

November 18. Philadelphia Marathon & 8K. 215-685-0054; www.philadelphia-marathon.com

November 18. MacArthur Airport 8K, Ronkonkoma, N.Y. Bohemia TC, PO Box 384, Bohemia, NY 11716. 631-234-7733.

November 22. Manchester Road Race 4.75, Manchester, Conn. 860-643-5295; www.manchesterroadrace.com

November 24. NYRRC Knickerbocker 60K, Central Park, NYC. 212-496-3099; www.nyrrc.org

December 1. NYRRC Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrrc.org

December 2. Brian's Run 10K, West Chester, Pa. 610-399-0709; briansrun.org

December 9. New Jersey 10 Mile Championships, Picatinny Arsenal, Rockaway. 732-296-0006; usatfnj@aol.com

December 9. Bill Rodgers Jingle Bell Run 3.5 Mile, Boston, Mass. 617-723-5612; www.Billrogers.com

December 31. NYRRC Asics/Runner's World Midnight Run 4 Mile, Central Park, NYC. See Dec. 1.

SOUTHEAST

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

November 3. Delchamps Senior Bowl Charity 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 10. SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

November 10. YWCA Turkey Trot 5K for Women, Bristol, Tenn. Patty Bailey, 423-968-9444; www.ywcabristol.org

ON TAP FOR NOVEMBER

TRACK AND FIELD

A few weight meets and Senior Games are available in the gap between the outdoor and indoor seasons. The USATF Convention opens on the 27th in Mobile, Ala.

LONG DISTANCE RUNNING

Two USATF Masters Cross-Country Championships are scheduled: 8K in Rochester, N.Y., on the 4th, and 5K in DeLand, Fla., on the 18th. The Big Apple's five boroughs will host the NYC Marathon on the 4th. More marathons are set for Richmond, Va., on the 10th, San Antonio and Long Beach, Calif., on the 11th, and Philadelphia on the 18th. Besides all of the Turkey Trots on the menu for the 22nd, runners can opt for the Manchester, Conn., 4.75 Mile or the Atlanta Marathon. On the 25th, Seattle will be staging a marathon, while Californians may go for the Run to the Far Side 10K, San Francisco. Fall cross-country championships are listed for USATF associations from Maine to Arkansas to New Mexico.

RACEWALKING

The USATF National Masters 20K Championships hits the asphalt in Coconut Creek, Fla., on the 4th. □

November 10. Georgia Cross-Country Championships, Millen. Joe Hodges-Hite, 912-982-9984; jimjoy@jchs.com

November 10. South Carolina Cross-Country Championships, Chapin. Terry Layton, 843-449-5703; wlayton@sc.rr.com

November 17. Turkey 10 Miler, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 17. Avon 5K Run/Walk, Tampa Bay, Fla. 800-748-1047, x5350; www.avonrunning.com

November 22. Atlanta Marathon, Atlanta, Ga. 404-231-9065; www.atlantatrackclub.org

November 22. Thanksgiving 10 Mile & 5K, DeLand, Fla. John Boyle, 904-736-0002; www.cuattheraces.com

November 22. Time Turkey Trot 10K, Clearwater, Fla. 727-442-5838; www.runwestflorida.com

November 22. Outback Distance Classic Half-Marathon & 6K, Jacksonville, Fla. 904-729-1917; www.1stplacesports.com

November 25. Space Coast Marathon & Half-Marathon, Melbourne, Fla. 321-454-4352; www.spacecoastrunners.org

December 2. Hops Marathon, Half-Marathon, & Relay, Tampa, Fla. SASE #10 to Hops-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doit sports.com/Hopsmarathon

December 2. Raleigh Marathon/Relay &

Continued on page 23

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Half-Marathon, Raleigh, N.C. 5K, Dec. 1. 919-266-2444; www.raleighmarathon.com

December 2. First Tennessee Memphis Marathon, Memphis, Tenn. Kim Cherry, 800-893-7223; www.runmemphis.com

December 8. Holiday Half-Marathon, Point Clear, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

December 8. Huntsville Times Rocket City Marathon/RRCA Southern Region Championships, Huntsville, Ala. HTC, PO Box 43, Huntsville, AL 35649. 256-828-6207; M.E.Gillis@att.net; www.HuntsvilleTrackClub.org

December 15. Jacksonville Marathon & Half-Marathon. 904-739-1917; www.1stplacesports.com

January 6. Walt Disney World Marathon & Half-Marathon, Orlando, Fla. 407-939-7810; disneyworldsports.com

January 19. Charlotte Observer Marathon, Charlotte, N.C. 704-367-9696; www.runforpeace.org

January 20. Florida Gulf Beaches Marathon & Relay, Clearwater. 727-347-4440; www.floridamarathon.com

MIDWEST

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

November 4. Wisconsin Cross-Country Championships, Sheboygan. Mary Stroud, 608-2740; rstroud@execpc.com

November 10. Illinois Cross-Country Championships, Lisle. USATF Illinois, 630-953-2052; usatfvan@aol.com

November 10. Kentucky Cross-Country Championships, Somerset. Bill Nault, 502-548-4096; usatfky@aol.com

November 22. Thanksgiving Turkey Trot 10K, Detroit, Mich. 248-544-9099; www.motorcitystriders.com

November 22. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-474-1399; www.racedmc.com

MID-AMERICA

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

November 3. Dakotas Cross-Country Championships, Yankton, S. Dak. Deb Lille, 605-267-2596.

November 10. Rim Rock Run, Grand Junction, Colo. Elaine (SASE), P.O. Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

November 11. New Mexico Cross-Country Championships, Rio Rancho. Kathy Fones, 505-865-8612; Foneskn@aol.com.

November 17. Missouri Valley Cross-Country Championships, Shawnee Mission Park, Kans. Van Rose, 913-631-8661; vanrose@smsd.org

November 18. Ozark Cross-Country Championships, Chesterfield, Mo. Peggy Shinn Rowald, 314-469-0577; pshinn@il.net

November 22. Mile High United Way Turkey Trot 4 Mile, Denver, Colo. 303-694-2202; www.bklltd.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 3. Oklahoma Cross-Country Championships, Tulsa. Sandy Hahn, 918-451-2181; shahnpromo@aol.com

November 10. Arkansas 10K Championships, Hot Springs. Bill Torrey, 501-455-2643; tpooe@acxiom.com

November 10. Boot Scoot & Run 5K/USATF Oklahoma West Championships, Fairview.

November 11. San Antonio Marathon, Half-Marathon, & 8K, San Antonio, Texas. 210-246-9652; www.samarathon.org

November 17. Turkey Trot 10K/USATF Oklahoma East Championships, Tulsa.

November 22. Dallas YMCA Turkey Trot 8 Mile, Dallas, Texas. 972-560-3879; www.the.trot.com

December 9. Dallas White Rock Marathon/Relays, Dallas, Texas. 972-943-4696; runthe.rock.com

January 20. Compaq Houston Marathon, Houston, Texas. www.compaqhoustonmarathon.com

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okc.marathon.com

WEST

Arizona, California, Hawaii, Nevada

November 4. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita (30 miles north of L.A.), Calif. 888-823-3455; www.scmarathon.org

November 10. CPVA 10K & 5K, Seal Beach, Calif. 714-841-5417; www.nealand.com/finishline

November 10. Big Sur Trail Marathon, Big Sur, Calif. 415-868-1829; www.enviro.sports.com

November 11. Pacific Championships/Clarksburg 30K, Clarksburg, Calif. www.rungoldmedal.com

November 11. New Times 10K, Phoenix, Ariz. 480-345-5732; fax: 456-5293; www.phoenixnewtimes.com/10K

November 11. Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

November 17. Jet to Jetty 5K & 10K, Playa del Rey, Calif. AMCS, 310-670-1410.

November 22. Dana Point Turkey Trot 10K, Dana Point, Calif. 760-434-6301; fax: 434-7706; www.turkeytrot.com

November 25. Run to the Far Side 10K, San Francisco. 415-759-2690; www.rhody.co.com

December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K Race/Walk, Diamond Valley Lake (s. of Hemet), Calif. 714-841-5417; www.nealand.com/finishline

December 2. Western Hemisphere Marathon, Culver City (Los Angeles), Calif. Jack Nakanishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.org

December 9. Avon 5K Run/Walk, Phoenix, Ariz. 800-748-1047, x5350; www.avonrun.ning.com

December 9. Tucson Marathon, Tucson, Ariz. Pam Reed, 520-320-0667; www.tucsonmarathon.com

December 9. Honolulu Marathon. 808-734-7200; www.honoluluamrathon.org

January 12. Paramount 10K & 10K RW (judged), Downey, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

January 20. San Diego Marathon & Half-Marathon, Carlsbad, Calif. M-3000 limit; HM-5000 limit. 888-792-2900; www.inmotionevents.com

February 3. Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV



GEORGE BANKER

Kirk Baird, 40, first male overall (33:59), Leesburg 10K, Leesburg, Va.

89180. 702-876-3870; web: www.lvmara.thon@aol.com; e-mail: lvmarathon@aol.com

NORTHWEST

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

November 10. Inland Northwest Cross-Country Championships, Ephrata, Wash. Joe McManus, 509-754-4251.

November 17. Oregon 5K Cross-Country Championships, Sandy HS. 3:00 pm. No day of race entries. Al Beck, 541-676-9601; karal@centurytel.net; www.usatf-oregon.org

November 25. Seattle Marathon & Half-Marathon, Seattle, Wash. Louise Long, 206-729-3660; www.seattlemarathon.org

December 23. Christmas Marathon, Olympia, Wash. Bob Green, 360-236-7852; www.ontherun.com

INTERNATIONAL

November 4. Athens Marathon, Athens, Greece. 800-444-4097; www.marathon.tour.com

FIVE YEARS AGO November, 1996

• Antoni Niemczak (40, 2:20:25) and Sissel Grottenberg (40, 2:35:45) First in Twin Cities Marathon/Masters Championships, Minneapolis

• Ed Lipscomb Breaks M45 WR for the PV with a 4.78/15-8 in Santa Barbara's Club West Meet

• Jonathan Matthews Shatters M40 U.S. Record with a 20:45 for 5K RW in Kingsport, Tenn.

January 18-20. Bermuda Marathon, Half-Marathon, 10K, & Invitational Mile, Bermuda Marathon, PO Box DV 397, Devonshire DV BX, Bermuda. 441-236-6086; www.bermudatracknfield.com

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice).

RACEWALKING

November 3. South Carolina One-Hour RW Championships, Myrtle Beach. 843-236-1852; austinrc@juno.com

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

December 8. Texas Largest Judged 5K RW, Pharr, Texas. 8:00 am. A.C. Jaime, 800-383-5733.

Write On

Continued from page 4

androgynous anthill, where "sex equality" results in Tocqueville's "weak men and disorderly women."

Instead, we should appreciate Alexis Carrel's insight 65 years ago that "woman differs profoundly from man... every one of the cells of her body bears the mark of her sex... Women should develop their aptitudes in accordance with their own nature, without trying to imitate the males. Their part in the progress of civilization is higher than that of man."

While Carrel here neglects man's own important contribution, our understanding that women have more important things to do than run, jump and throw (or, for that matter, judge, soldier, legislate, etc.) is long overdue.

Tymn's ruminations are essentially irrelevant to civilization or a healthy, enduring society. His hope for "improvement in women's (athletic) performances" misses the whole point of the human sexes and inevitably insults women, much like Professor Higgins' comic wish that his girlfriend were "more like me."

Ed Chynoweth
Sanger, California

WORLD TRADE CENTER

In the wake of the recent attack on New York, we send a message of friendship and good will, and condolences to those who lost family and/or friends in the tragedy.

Jim Claxton
President
Veterans Athletic Association
of Tasmania

KUDO

A huge "Thank you" to the organizers, officials, and many volunteers at the World Veterans Championships in July. They were all so cheerful and helpful and appreciated.

Of course, there were a few glitches, but aren't there always? My friends and I had a great time, and the cross-country course was a blast. Thanks again.

Louise Adams
Boulder, Colorado

Continued from page 22

Half-Marathon, Raleigh, N.C. 5K, Dec. 1. 919-266-2444; www.raleighmarathon.com

December 2. First Tennessee Memphis Marathon, Memphis, Tenn. Kim Cherry, 800-893-7223; www.runmemphis.com

December 8. Holiday Half-Marathon, Point Clear, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

December 8. Huntsville Times Rocket City Marathon/RRCA Southern Region Championships, Huntsville, Ala. HTC, PO Box 43, Huntsville, AL 35649. 256-828-6207; M.E.Gillis@att.net; www.HuntsvilleTrackClub.org

December 15. Jacksonville Marathon & Half-Marathon, 904-739-1917; www.1stplacesports.com

January 6. Walt Disney World Marathon & Half-Marathon, Orlando, Fla. 407-939-7810; disneyworldsports.com

January 19. Charlotte Observer Marathon, Charlotte, N.C. 704-367-9696; www.runforpeace.org

January 20. Florida Gulf Beaches Marathon & Relay, Clearwater. 727-347-4440; www.floridamarathon.com

MIDWEST

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November 10. Illinois Cross-Country Championships, Lisle. USATF Illinois, 630-953-2052; usatfvan@aol.com

November 10. Kentucky Cross-Country Championships, Somerset. Bill Nault, 502-548-4096; usatfky@aol.com

November 22. Thanksgiving Turkey Trot 10K, Detroit, Mich. 248-544-9099; www.motorcitystriders.com

November 22. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-474-1399; www.racedmc.com

MID-AMERICA

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

November 3. Dakotas Cross-Country Championships, Yankton, S. Dak. Deb Lille, 605-267-2596.

November 10. Rim Rock Run, Grand Junction, Colo. Elaine (SASE), P.O. Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

November 11. New Mexico Cross-Country Championships, Rio Rancho. Kathy Fones, 505-865-8612; Foneskn@aol.com

November 17. Missouri Valley Cross-Country Championships, Shawnee Mission Park, Kans. Van Rose, 913-631-8661; vanrose@smsd.org

November 18. Ozark Cross-Country Championships, Chesterfield, Mo. Peggy Shinn Rowald, 314-469-0577; pshinn@il.net

November 22. Mile High United Way Turkey Trot 4 Mile, Denver, Colo. 303-694-2202; www.bklltd.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 3. Oklahoma Cross-Country Championships, Tulsa. Sandy Hahn, 918-451-2181; shahnpromo@aol.com

November 10. Arkansas 10K Championships, Hot Springs. Bill Torrey, 501-455-2643; tpoole@acxiom.com

November 10. Boot Scoot & Run 5K/USATF Oklahoma West Championships, Fairview.

November 11. San Antonio Marathon, Half-Marathon, & 8K, San Antonio, Texas. 210-246-9652; www.samarathon.org

November 17. Turkey Trot 10K/USATF Oklahoma East Championships, Tulsa.

November 22. Dallas YMCA Turkey Trot 8 Mile, Dallas, Texas. 972-560-3879; www.the.trot.com

December 9. Dallas White Rock Marathon/Relays, Dallas, Texas. 972-943-4696; runthe.rock.com

January 20. Compaq Houston Marathon, Houston, Texas. www.compaqhoustonmarathon.com

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

WEST

Arizona, California, Hawaii, Nevada

November 4. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita (30 miles north of L.A.), Calif. 888-823-3455; www.scmarathon.org

November 10. CPVA 10K & 5K, Seal Beach, Calif. 714-841-5417; www.nealand.com/finishline

November 10. Big Sur Trail Marathon, Big Sur, Calif. 415-868-1829; www.enviro.sports.com

November 11. Pacific Championships/Clarksburg 30K, Clarksburg, Calif. www.rungoldmedal.com

November 11. New Times 10K, Phoenix, Ariz. 480-345-5732; fax: 456-5293; www.phoenixnewtimes.com/10K

November 11. Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

November 17. Jet to Jetty 5K & 10K, Playa del Rey, Calif. AMCS, 310-670-1410.

November 22. Dana Point Turkey Trot 10K, Dana Point, Calif. 760-434-6301; fax: 434-7706; www.turkeytrot.com

November 25. Run to the Far Side 10K, San Francisco. 415-759-2690; www.rhody.co.com

December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K Race/Walk, Diamond Valley Lake (s. of Hemet), Calif. 714-841-5417; www.nealand.com/finishline

December 2. Western Hemisphere Marathon, Culver City (Los Angeles), Calif. Jack Nakanishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.org

December 9. Avon 5K Run/Walk, Phoenix, Ariz. 800-748-1047, x5350; www.avonrunning.com

December 9. Tucson Marathon, Tucson, Ariz. Pam Reed, 520-320-0667; www.tucsonmarathon.com

December 9. Honolulu Marathon. 808-734-7200; www.honoluluamrathon.org

January 12. Paramount 10K & 10K RW (judged), Downey, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

January 20. San Diego Marathon & Half-Marathon, Carlsbad, Calif. M-3000 limit; HM-5000 limit. 888-792-2900; www.inmotionevents.com

February 3. Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV



GEORGE BANKER

Kirk Baird, 40, first male overall (33:59), Leesburg 10K, Leesburg, Va.

89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lvmarathon@aol.com

NORTHWEST

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

November 10. Inland Northwest Cross-Country Championships, Ephrata, Wash. Joe McManus, 509-754-4251.

November 17. Oregon 5K Cross-Country Championships, Sandy HS. 3:00 pm. No day of race entries. Al Beck, 541-676-9601; kara@centurytel.net; www.usatf-oregon.org

November 25. Seattle Marathon & Half-Marathon, Seattle, Wash. Louise Long, 206-729-3660; www.seattlemarathon.org

December 23. Christmas Marathon, Olympia, Wash. Bob Green, 360-236-7852; www.ontherun.com

INTERNATIONAL

November 4. Athens Marathon, Athens, Greece. 800-444-4097; www.marathon.tour.com

FIVE YEARS AGO November, 1996

• Antoni Niemczak (40, 2:20:25) and Sissel Grottenberg (40, 2:35:45) First in Twin Cities Marathon/Masters Championships, Minneapolis

• Ed Lipscomb Breaks M45 WR for the PV with a 4.78/15-8 in Santa Barbara's Club West Meet

• Jonathan Matthews Shatters M40 U.S. Record with a 20:45 for 5K RW in Kingsport, Tenn.

January 18-20. Bermuda Marathon, Half-Marathon, 10K, & Invitational Mile, Bermuda Marathon, PO Box DV 397, Devonshire DV BX, Bermuda. 441-236-6086; www.bermudatracknfield.com

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice).

RACEWALKING

November 3. South Carolina One-Hour RW Championships, Myrtle Beach. 843-236-1852; austincrc@juno.com

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

December 8. Texas Largest Judged 5K RW, Pharr, Texas. 8:00 am. A.C. Jaime, 800-383-5733.

Write On

Continued from page 4

androgynous anthill, where "sex equality" results in Tocqueville's "weak men and disorderly women."

Instead, we should appreciate Alexis Carrel's insight 65 years ago that "woman differs profoundly from man... every one of the cells of her body bears the mark of her sex... Women should develop their aptitudes in accordance with their own nature, without trying to imitate the males. Their part in the progress of civilization is higher than that of man."

While Carrel here neglects man's own important contribution, our understanding that women have more important things to do than run, jump and throw (or, for that matter, judge, soldier, legislate, etc.) is long overdue.

Tymn's ruminations are essentially irrelevant to civilization or a healthy, enduring society. His hope for "improvement in women's (athletic) performances" misses the whole point of the human sexes and inevitably insults women, much like Professor Higgins' comic wish that his girlfriend were "more like me."

*Ed Chynoweth
Sanger, California*

WORLD TRADE CENTER

In the wake of the recent attack on New York, we send a message of friendship and good will, and condolences to those who lost family and/or friends in the tragedy.

*Jim Claxton
President
Veterans Athletic Association
of Tasmania*

KUDO

A huge "Thank you" to the organizers, officials, and many volunteers at the World Veterans Championships in July. They were all so cheerful and helpful and appreciated.

Of course, there were a few glitches, but aren't there always? My friends and I had a great time, and the cross-country course was a blast. Thanks again.

*Louise Adams
Boulder, Colorado*

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39	100m	11:24	7-14-01
Al Gibbs	800	2:00.88	6-13-01
David Griffith	1500	4:14.28	6-15-01
	1500	4:33.73	1-29-00
	1500	4:13.84	8-99
	1500	4:06.67	6-98
	800	2:00.16	6-98
Alan Sims	LJ	6.12	7-27-01
M40-44			
Mac Allen	1500	4:21.64	7-28-01
Remo Biagioni	J	48.88	6-10-01
Barry Ward	HJ	5-10	5-20-01
Rodney Wilson	60m	7.58	8-18-01
M45-49			
Brent Ayer	3K	10:19.8	3-17-01
Gregg Horner	10K	33.42	8-19-01

Richard Watson	J	50.62	4-2-00
	W	12.12	3-17-00
	J	47.93	3-17-00
	SW	8.17	3-17-00
	SW	50.23	1-15-00
M50-54			
Tim Edwards	WP	3730	8-25-01
	H	49.56	5-19-01
	25FW	18.96	8-23, 24-01
	35FW	14.77	3-24, 25-01
	SW	9.88	8-11-01
	D	46.84	8-11-01
Jimmie Jones	100m	12.11	5-19-01
Jlm Kornell	10K	35.56	8-19-01
Jerry Scrivner	400	56.07	7-25, 28-01
M55-59			
Wayne Hansen	100	12.2	7-14-01
	200	25.8	7-14-01
Carl Schulhof	10K	36.19	8-19-01

M60-64			
Joe Myers	D	149-0	6-28-01
Roger Chassay	PV	2.70	7-21-01
M65-69			
Robert Jahn	Mile	6:05.9	9-29-01
M70-74			
Jack Gray	1500	6:15.34	7-17-01
	800	3:01.57	7-17-01
	5K	22:42.06	7-22-01
M75-79			
Dick Donley	HJ	3-10	9-23-01
M80-84			
Adrien Pronost	16FW	30-5	5-19-01
	35FW	13-9	5-19-01
	56FW	9-2	6-16-01
W30-34			
Chrystee Perkins	10K	37.41	8-19-01
Silver Lumadine	10K	40.13	8-19-01

W35-39			
Julie Burtis	100	13.7	9-1, 2-01
Marlann Thomas	10K	39:27	8-19-01
W40-44			
Patty Welesner	10K	43:59	8-19-01
Maggie Mason	10K	44:39	8-19-01
W45-49			
Debra Flores	10K	44:19	8-19-01
Robin Smith	5K	21:00	8-19-01
W55-59			
Christine Cooper	400	78.88	7-20-01
Judy Kewley	10K	51:52	8-19-01
W60-64			
Pauline Freeland	10K	53:30	8-19-01
W65-69			
Ellen Brannigan	D	21.14	7-14, 21-01
Fran Moravcsik	SP	22-0	9-22-01

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	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	
	6-2/4	6-1/4	5-9/4	5-6	5-3	4-11	4-9	4-6/4	4-1/4	3-9/4	3-3/4	2-7/4	
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	
	14-5/4	13-5/4	12-11/4	12-1/4	11-7/4	10-0	8-10/4	7-10/4	7-6/4	6-6/4	5-10/4	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2/4	18-4/4	17-8/4	16-1/4	14-9	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-6	19-5/4	
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	42-11/4	39-4/4	42-0	37-9/4	36-1/4	29-6/4	26-3	19-8/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-4/4	13-1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/4	32-9/4	29-6/4	23-11/4	17-4/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6/4	27-10/4	26-3	19-8/4	18-1/4	16-4/4	14-9	11-5/4	9-10	8-2/4	6-6/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 Long hurdles: 30-39: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 3) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 4) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 5) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 6) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 7) Metric heights and distances are the standard; feet and inches listed for convenience.
 8) Pen/Dec/Wt Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

WOMEN

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

MEN

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

TRACK & FIELD RESULTS

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

EAST

Potomac Valley TC Meet Alexandria, VA; Aug. 19

100m	
M30 Carlos Latney	14.00
M35 Jeff Gold	11.50
M40 Charles Hartman	13.25
M50 John Borden	15.80
M70 Don McCarten	19.52
W50 Hillen Stubendorff	15.39
W60 Evelyn Wright	17.09
200m	
M35 Yonco Mermersky	24.66
M45 Robert Bowen	23.82
M50 J J Wind	47.10
M55 Del Meriwether	26.59
M70 James Stookey	28.80
W30 Samantha Kirby	29.90
W50 Hillen Stubendorff	31.30
400m	
M35 Yonco Mermersky	54.18
M50 Richard Moon	1:07.97
M55 Del Meriwether	1:00.76
M70 Don McCarten	1:23.92
W50 Hillen Stubendorff	1:10.91
800m	
M40 Patrick Garner	2:22.10
M45 Tom Inzana	2:16.16
M50 J J Wind	2:55.20
W30 Samantha Kirby	2:53.40
1 Mile	
M30 Jorge Banales	5:04.02
M35 Ted Poulos	4:48.62
M40 Curtis Davis	5:06.53
M45 James Moreland	5:47.13
M50 Joe Giunta	6:06.80
M55 Butch Proctor	6:54.60
M75 Bill Osburn	8:16.28
3000m	
M35 Ted Poulos	9:43.67
M45 James Moreland	11:47.30
M50 Paul Ryan	10:14.74
M75 Bill Osburn	16:31.35
Short Hurdles	
M70 James Stookey	13.63
Long Hurdles	
M70 James Stookey	54.90
High Jump	
M70 James Stookey	4-5
W30 Kimiko Nakatake	5-0
W50 Hillen Stubendorff	3-10
W60 Evelyn Wright	4-2
Long Jump	
W60 Evelyn Wright	10-11
Triple Jump	
W60 Evelyn Wright	25-4
Shot Put	
M40 James Brown	38-4.50
M60 Rober Peterson	30-9.25
W50 Hillen Stubendorff	24-8
W60 Evelyn Wright	27-2.50
W65 Sharon Good	16-2.50
Discus	
M35 Chris Pendergrass	156-9
M55 Toli Welihozsky	103-7
M60 Roger Peterson	107-11
M65 Bill Smith	139-5
W60 Evelyn Wright	74-9
W65 Sharon Good	38-8
Javelin	
M65 Jim Eyer	108-3
W60 Evelyn Wright	67-6
W65 Sharon Good	28-5
Weight Throw	
M40 James Brown	45-1.75
W60 Evelyn Wright	36.75
W65 Sharon Good	21-9.25
1 Mile RW	
M45 James Moorland	8:50.06
M50 J J Wind	12:05.32
W65 Mary Alice Stookey	12:51.48
W70 Terry Hamilton	12:19.91
3000m RW	
M45 James Moorland	16:56.20
M75 Charles Boyle	20:09.40
W70 Terry Hamilton	23:49.90

Dartmouth Throwers Meet Hanover, NH

--Sept. 1--	
16# Shot	
Carl Wallin 59	42-10.5
Bill Cotter 36	42-4.5
Don Filkins 47	40-3
Carmen Letizia 47	38-10
Bob Cedrone 46	35-9
Brian Dougherty 41	34-10.5
Ed Rowan 41 5k	33-10.75
Fran Moravcik W67 3k20-9.5	
6k Shot	
Mike Shiaras 50	49-4.75
Carl Wallin 59	47-9.5
Bob Mead 57	46-8
Bob Harvey 58	38-4
Discus	
Carl Wallin 59 1k	138-6
Bob Harvey 58 1k	138-1
Bill Cotter 36 2k	125-9
Brian Dougherty 41 2k	96-7
Carmen Letizia 47 2k	91-6
Hammer	
Bob Mead 57 6k	152-1
Bob Cedrone 46 16# 148-11	
Carl Wallin 59 6k	143-3
Brian Dougherty 41 16# 131-6	
Don Filkins 47 16#	126-5
Carmen Letizia 47 16# 103-10	
--Sept. 8--	
16# Shot	
Pierre Farber 30	53-8.5
Carl Wallin 59	43-2.5
Bob Cedrone 46	35-1.5
Brian Dougherty 46	34-1.5
6k Shot	
Carl Wallin 59	48-6.5
Packy Fusco 58	36-9
Discus	
Carl Wallin 59 1k	134-4
Packy Fusco 58 1k	127-8
Bob Cedrone 46 2k	111-7
Brian Dougherty 41 2k	97-9
Mike Grisko 54 2k	83-3
Hammer	
Bob Cedrone 46 16#	152-4
Carl Wallin 59 6k	146-8
Brian Dougherty 41 16# 120-1	
Mike Grisko 54 16#	103-6
35# Weight	
Bob Cedrone 46	47-1
John Haubert	107-17
Brian Dougherty 41	38-5
Mike Grisko 54	35-0
Potomac Valley TC Championships Alexandria, VA; Sept. 1-2	
100m	
M30 Ricky Ervins	11.12
Andrew Higgins	11.42
Leslie Young	11.77
M35 Derrick Golden	11.55
Steven Bunn	11.92
Robert Harding	12.19
M40 Kaestner McDonnoug	12.26
Kinley Hill	12.49
Winston Dowridge	12.92
M45 Thomas Jones	11.7h
Steve Coewen	12.0h
M50 Chuck Williams	12.7h
Dennis Newton	13.1h
John Borden	13.7h
M55 Robert Koontz	12.54
Michael McDaniel	12.88
Del Meriwether	13.24
M60 Larry Colbert	13.33
M65 Walter Palmer	14.93
Ross Dunton	18.27
M70 Lawrence Greco	16.00
Wilton Gordon	16.34
Don Bramante	16.78
M75 Fred Everhart	15.29
M85 Jeremiah Gaines	21.86
W30 Lillian Awidi	12.44
Angela Scott	12.94
W35 Consevella Blake	15.49
W50 Hillen Stubendorff	15.04
Diane Laschak	15.64
W55 Adlin Mair	15.51
W60 Evelyn Wright	16.59
W65 Audrey Lary	16.11
W70 Susie Barnes	20.18

200m	
M30 Ricky Ervins	22.95
Andrew Higgins	23.72
Ron Brown	24.35
M35 Derrick Golden	23.71
Robert Harding	24.22
Chris Richardson	27.15
M40 Kaestner McDonnoug	24.65
Kinley Hill	24.74
David Mullen	27.17
M45 Thomas Jones	24.52
Steve Coewen	24.99
Johnnie Brown	29.26
M50 Chuck Williams	26.73
John Borden	30.43
Joe Hermann	31.25
M55 Del Meriwether	26.45
Ron Shamwell	27.16
Wayne White	28.15
M60 Larry Colbert	27.45
Risto Martinen	32.90
M65 Walter Palmer	30.11
Ross Dunton	32.90
M70 James Stookey	29.15
Don Bramante	34.45
Lawrence Greco	35.32
M75 Curran Tiffany	34.99
W30 Lillian Awidi	26.40
Angela Scott	26.60
Samantha Kirby	29.87
W35 Deborah Thomas	27.11
W50 Hillen Stubendorff	31.40
W55 Adlin Mair	31.74
W65 Audrey Lary	34.24
400m	
M30 Mark Borchard	53.38
M35 Robert Harding	53.36
M40 Steve Nearman	56.30
Ethan Assal	57.50
Lindsey Thurman	58.40
M45 Herman Belcher	53.84
Joseph Varrone	56.14
Bob Thomas	58.04
M50 Richard Moon	1:07.50
Joe Hermann	1:11.64
M55 Del Meriwether	1:00.96
Ron Shamwell	1:05.73
John Haubert	1:07.17
M60 Larry Colbert	1:02.35
Roland Hill	1:08.99
Risto Martinen	1:18.34
M65 Walter Palmer	1:10.83
M70 Don Bramante	1:26.70
Don McCarten	1:27.30
M75 Curran Tiffany	1:19.46
W30 Nyarinda Aduma	1:01.70
Samantha Kirby	1:07.55
W35 Deborah Thomas	1:04.87
W50 Hillen Stubendorff	1:11.39
W60 Tami Graf	1:41.51
800m	
M35 David Griffin	2:09.1
M40 Steve Nearman	2:08.2
Curtis Davis	2:14.3
Rick Biniak	2:19.6
M45 Bob Thomas	2:11.0
Peter Michaelson	2:26.3
M50 Robert Weiner	2:38.2
M55 John Haubert	2:39.3
Doug Brown	4:11.5
W50 Hillen Stubendorff	2:48.4
W65 Tami Graf	3:43.8
1 Mile	
M30 Craig Classe	4:55.0
Reggie Johnson	5:16.9
M35 Ted Poulos	5:07.0
Dawud Sultan	6:54.4
M40 Steve Nearman	4:47.5
Donald Charlton	5:09.3
Patrick Garner	5:09.9
M50 Dan Eddy	5:18.4
J J Wind	5:51.1
Robert Weiner	5:54.9
M55 Jim Verdier	6:15.1
Chuck Raper	6:34.3
M60 John Benkert	5:42.1
Roland Hill	6:25.6

M75 Bill Osburn	7:57.4
Ray Blue	8:26.0
W30 Samantha Kirby	6:11.6
3000m	
M35 Tim Silva	9:30.1
Ted Poulos	9:37.6
Ian Clements	10:05.0
M40 Dennis Coleman	9:49.9
Donald Charlton	9:55.9
Douglas Landau	10:45.1
M45 Roger McCleskey	11:21.2
Peter Blank	12:37.8
M50 J J Wind	11:48.7
Steven Schaeffer	12:00.7
M55 Jim Noone	11:24.1
Chuck Raper	12:27.3
Doug Brown	16:51.4
M75 Bill Osburn	15:29.3
Ray Blue	16:06.5
W40 Chris Newsham	12:18.8
W65 Tami Graf	15:14.2
5000m	
M30 Jorge Banales	16:59.3
M35 Ted Poulos	16:33.1
Troy Egan	17:01.3
Wendall Brown, Sr	19:14.5
M45 Spider Tossiter	10:00.5
Michael Lyons	22:19.5
M50 Bill Taylor	17:58.8
Steven Schaeffer	21:04.1
Bob Platt	21:43.5
M55 Chuck Raper	22:15.9
Doug Brown	39:17.7
M75 Bill Osburn	28:13.9
W30 Jennifer Lazio	21:33.2
10,000m	
M30 Jimmy Blackmon	33:34.9
Russell Joyce	48:36.6
M35 Roberto Canales	43:01.2
M45 John Winkert	51:54.1
M50 J J Wind	42:23.1
Short Hurdles	
M30 Leslie Young	16.05
M40 Craig Plummer	26.62
M50 Curtis Simpson, Sr	17.81
M70 James Stookey	13.51
Long Hurdles	
M45 Joseph Varrone	1:00.50
M65 Ed Fitzgerald	1:00.54
M70 James Stookey	52.00
4x100m Relay	
M50 Frontier	51.1h
High Jump	
M35 Martin Ennis	1.52
M40 Bruce McBarnette	2.03
M45 Keith Mathis	1.57
M60 Jack McDonald	1.22
M65 Ed Fitzgerald	1.17
M70 James Stookey	1.37
M75 Fred Everhart	1.32
W30 Kimiko Nakatake	1.53
W50 Hillen Stubendorff	1.22
W60 Evelyn Wright	1.27
Pole Vault	
M40 Richard Dye	11-0
Craig Plummer	8-6
M45 Richard Stark	11-6
W50 Hillen Stubendorff	8-0
W65 Evelyn Wright	6-0
Long Jump	
M30 Leslie Young	6.44
M35 Kevin Lendo	5.98
M40 Edouard Marchand	5.31
Marcus Battle	5.17
Stephen Jackson	4.50
M45 David Ransom	4.92
M50 Roger Crockett	5.10
Larry Nolly	4.81
M55 Wayne White	4.80
Palmer Sweet	3.78
M65 Horace Stephens	3.58
M70 James Stookey	4.51
M75 Fred Everhart	3.54
M80 Jeremiah Gaines	2.13
W50 Hillen Stubendorff	3.87
Diane Laschak	3.41
W60 Evelyn Wright	3.54
W65 Audrey Lary	3.49
Triple Jump	
M35 Kevin Lendo	12.02
M40 David Mullen	9.70
M45 Keith Mathis	9.59
M50 Roger Crockett	10.30
M55 Wayne White	9.46
Palmer Sweet	7.26
M70 James Stookey	9.56

Doug Brown	942
Mile RW	
M45 Peter Blank	11:18.0
M55 Richard Jirousek	9:38.7
M60 Roger Webb	11:24.2
W65 Mary Alice Stookey	12:33.0
W70 Terry Hamilton	12:18.3
3000m RW	
M55 Victor Litwinski	18:43.2
Richard Jirousek	19:49.3
M60 Roger Webb	22:19.6
M75 Charles Boyle	20:12.7
W70 Terry Hamilton	25:39.7
W85 Mary Latham	26:27.2
5000m RW	
M55 Victor Litwinski	32:51.0
W40 Virginia Inglesse	32:12.9
W70 Terry Hamilton	41:29.6
W85 Mary Latham	46:21.8
10,000m RW	
M40 Tim Good	1:33.46
M60 Roger Webb	2:02.47

Dartmouth Weight Meets	
Hanover, NH; Sept. 22	
Shot Put 16#	
Carl Wallin 59	43-4.5
Don Filkins 47	40-1.5
Carl Reichard 49	36-5.5
Bob Cedrone 47	36-1
Shot Put	
Carl Wallin 59 6k	47-0
Ed Rowan 60 5k	34-5.75
FranMoravcjk W67 3k22-0	
Discus	
Carl Wallin 59 1k	129-7
Don Filkins 47 2k	116-5
Bob Cedrone 47 2k	111-8
Carl Reichard 49 2k	98-1
Ed Rowan 60 1k	96-2
Mike Grisko 54 2k	94-11
Hammer	
Bob Cedrone 47 16#	160-2
Carl Wallin 59 6k	144-1
Carl Reichard 49 16#	137-10
Don Filkins 47 16#	137-8
Mike Grisko 54 16#	117-5
Ed Rowan 60 5k	88-6
35# Weight	
Bob Cedrone 47	42-4
Don Filkins 47	42-2
Carl Reichard 49	40-9.5
Mike Grisko 54	34-8
-Oct 8-	
6k Shot Put	
Bob Mead 57	47-1.5
Carl Wallin age-60AR	48-11.5
Gary Crawford 60	34-11
Packy Fusco 58	34-1.5
16# Shot Put	
Carl Wallin age-60AR	42-8.75
Bob Mead 57	42-1
Don Filkins 47	40-0.5
5k Shot Put	
Carl Wallin 60	51-7
Gary Crawford 60	39-2.5
Hammer	
Bob Cedrone 47 16#	154-9
Carl Wallin 60 5k	150-4
Bob Mead 57 6k	147-2
Don Filkins 47 16#	125-1
Mike Grisko 54 16#	115-9
Gary Crawford 60 5k	99-5
Discus	
Carl Wallin 60 1k	128-4
Bob Mead 57 1.5k	127-5
Gary Crawford 60 1k	117-8
Don Filkins 47 2k	112-3
Bob Cedrone 47 2k	107-6
Packy Fusco 58 1.5k	103-0
Mike Grisko 54 2k	98-6
25# Weight	
Carl Wallin age-60WR	59-5.5
Gary Crawford 60	41-3
35# Weight	
Bob Cedrone 47	45-9
Carl Wallin age-60WR	44-3.5
Bob Mead 57	41-3
Don Filkins 47	39-7

SOUTHEAST

Palmetto State Games/USATF	
South Carolina Championships	
Columbia; Aug. 10-11	
100m	
M55 Bill Messer	13.18
M65 Tom Summers	13.08
200m	
M55 Bill Messer	32.17
800m	
M45 Russ Busbee	2:44.70

Continued on next page

Continued from previous page

Long Jump			
M50 Bob Rockwell	5.18		
Triple Jump			
M50 Bob Rockwell	11.20		
Shot Put			
M40 Bryan Stewart	12.38		
M55 Bob Buddy	10.67		
M60 Walt Lanster	9.33		
M75 Bill Snaden	7.33		
W70 Lillian Snaden	5.70		
Discus			
M40 Bryan Stewart	37.21		
M65 Jack Gilmore	25.41		
M75 Bill Snaden	17.41		
W70 Lillian Snaden	10.36		
Hammer			
M40 Bryan Stewart	32.39		
M75 Bill Snaden	17.10		
W70 Lillian Snaden	14.57		
Javelin			
M40 Bryan Stewart	43.62		
M50 Bob Kouvolo	56.04		
M55 Bob Buddy	36.74		
M60 Walt Lanster	35.70		
M65 Jack Gilmore	30.36		
M75 Bill Snaden	15.20		
W70 Lillian Snaden	10.02		
5000m Racewalk			
M60 Kermit McMaster	54:42.89		

MIDWEST

Norm Bower Memorial Weight Pentathlon
Kent, OH; Sept. 22

		Points	HT	SP	DT	JT	WT
W35							
1 Lancashire, Deb	W38	3220	40.16m	10.96m	39.02m	27.51m	10.94m
W50							
1 Hartzler, Mary	W52	2809	23.04m	10.42m	28.26m	20.87m	8.66m
W55							
1 Szanto, Erika	W57	2858	26.86m	8.77m	19.50m	17.88m	9.02m
W70							
1 Holland, Bernice	W74	3540	22.12m (AR)	6.55m	19.18m	18.73m	8.36m
M45							
1 Sutton, Gary	M47	2774	31.64m	9.99m	28.80m	37.33m	10.75m
2 Bender, Jim	M45	2157	19.04m	8.98m	30.12m	27.27m	8.81m
3 Schervish, Mark	M45	1904	20.08m	8.04m	23.74m	30.84m	6.79m
M50							
1 Ray, Allen	M54	3039	31.20m	10.67m	34.34m	33.72m	13.42m
2 Gerson, Jeff	M54	1584	16.18m	6.94m	19.52m	24.91m	7.14m
M55							
1 Bitsko, Mickey	M58	3813	43.48m	11.73m	36.26m	31.45m	13.86m
2 Weikert, Doug	M55	3309	33.56m	9.83m	34.86m	34.09m	11.68m
3 Gaines, Brian	M55	2379	15.74m	8.97m	27.26m	32.81m	7.99m
M60							
1 Crater, Harold	M63	2976	24.96m	11.24m	36.70m	26.93m	10.53m
2 Sheinker, Abe	M61	2255	30.26m	7.39m	26.72m	15.74m	9.83m
M65							
1 Carstensen, Pay	M69	3440	35.08m	9.64m	28.34m	24.89m	13.81m
M70							
1 Olson, Len	M70	4525	38.60m	12.62m	40.35m	31.27m	15.08m
2 Chadbourne, Joe	M70	DNF	43.20m	DNS	DNS	DNS	DNS
M95							
1 Hosack, Everett	M99	2604 (WR)	9.10m	3.46m	8.72m	6.28m (WR)	5.70m

Additional Events:

M70 16 pound Shot Put

1 Olson, Len M70 9.14m (AR)

M70 2.0 Kilo Discus Throw

1 Olson, Len M70 27.40m (AR)

M95 600 gram Javelin Throw

1 Hosack, Everett M99 7.69m (WR)

MID-AMERICA

Iowa Games
Ames; July 21-22

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W30	KARMA NIELSEN	25'06"
	TRACY NEMECHK	24'11"
W40	ROSEELMA VROEGH	32'05"
W50	DENISE MILLER	21'09"
	DEB ANDERSON	20'10"
	BEV HAMANN	20'01"
DISCUS		
M30	JOEL SCHUTTE	118'04"
	PAUL BROWN	112'07"
	MAREK WENSEL	109'08"
M40	DAVID LAMAR	139'08"
	MARK SMITH	132'07"
	STEVE WILSON	112'05"
M60	RON WHEELER	123'06"
	JACK LEE STRONG	122'06"
	RICHARD ANGOVE	100'05"
W40	LINDA ROWE	102'10"
	ROSEELMA VROEGH	88'07"
	JANET BRIMEYER	80'05"
W50	DENISE MILLER	45'10"
	BEV HAMANN	39'03"

South Dakota Senior Games
Sioux Falls; Sept. 6-9

50m							
M50	Jim Dolezel	6.8					
M55	George Eberle	7.3					
M60	Steve Bowles	7.3					
M65	Alan Brevik	7.4					
M70	Don Phillips	8.0					
M75	Gerald Armitage	6.6					
M85	Harold Massie	18.3					
W50	Sherry Kezar	12.0					
W55	Vonnie Shields	10.1					
W60	Harriet Kaufman	9.5					
W65	LeAnn Fredrickson	10.5					
W70	Mary Ann Boe	9.0					
W75	Ginny Anderson	11.4					
100m							
M50	Jerry Scriver	12.6					
M55	Carl Etter	13.5					
M60	Steve Bowles	14.0					
M65	Alan Brevik	13.9					
M70	Don Phillips	15.3					
M75	Gerald Armitage	16.1					
M85	Harold Massie	41.4					
W50	Sherry Kezar	26.4					
W55	Vonnie Shields	20.4					
W60	Harriet Kaufman	19.4					
W65	LeAnn Fredrickson	21.9					
W70	Mary Ann Boe	17.6					
W75	Ginny Anderson	24.4					
200m							
M50	Jerry Scriver	25.9					
M55	Carl Etter	27.8					
M60	Steve Bowles	29.1					
M65	Alan Brevik	29.2					
M70	Don Phillips	32.5					
M75	Gerald Armitage	34.7					
M85	Harold Massie	135.6					
W55	Vonnie Shields	44.8					
W70	Mary Ann Boe	37.3					
400m							
M50	Greg Sievers	1:05.0					
M55	Carl Etter	1:00.1					
M60	Steve Bowles	1:06.0					
M65	Alan Brevik	1:08.0					
M70	Don Phillips	1:12.0					
M75	Gerald Armitage	1:18.5					
M85	Harold Massie	3:26.4					
W55	Vonnie Shields	1:47.8					
W70	Mary Ann Boe	1:27.0					
800m							
M50	Greg Sievers	2:30.9					
M55	John Raderschadt	2:48.2					
M60	John Tweeten	2:46.5					
M65	Alvin Uecker	2:50.0					
M70	Don Phillips	3:09.6					
M75	Gerald Armitage	3:27.8					
M85	Harold Massie	7:15.4					
W55	Vonnie Shields	4:31.5					
W70	Mary Ann Boe	3:50.2					
1500m							
M50	Greg Sievers	6:22.8					
M55	John Carr	6:17.2					
M60	John Tweeten	5:49.0					
M65	Alvin Uecker	5:57.0					
M70	Don Phillips	6:44.9					
M75	Gerald Armitage	7:10.6					
M85	Harold Massie	15:03.0					
W70	Mary Ann Boe	8:01.1					
High Jump							
M50	Dale Paulson	4-8					
M50	Carl Etter	4-10					
M60	Howard Bich	4-1					
M65	Armand Zahn	5-6					
M75	Charles Obye	3-10					
W60	Harriet Kaufman	3-5					
Pole Vault							
M50	Jim Dolezel	10-4					

M60	John Tweeten	9-3
M65	Duane Bykhus	10-4
Long Jump		
M50	Jim Dolezal	17-1.25
M55	Carl Etter	17
M60	Richard Nankivel	12-11.50
M65	Arnie Brandt	14-9
M70	Daniel Terran	9.75
M75	Charles Obye	12-5
M85	Harold Massie	3-7.5
Shot Put		
M50	Tom Appletoft	34-3
M55	Ray Wellman	36-6
M60	Howard Bich	36-7
M65	Armand Zahn	35-3
M70	Raymond Morkve	33-7
M75	Ken Kessinger	30-2
M85	Ralph Johnston	28-4
W50	Sherry Kezar	17-9
W55	Lois Kolbe	12-6
W60	Audrey Kempf	24-4
W65	Jeanne Kirsch	22-3
W70	Julianne Marzluf	21-5
Discus		
M50	Steve Bertrand	116-6
M55	Ray Wellman	111-6
M60	Bill Rykhus	115-8
M65	Arnie Brandt	126-5
M70	Al Weisbecker	96
M75	Ken Kessinger	95-2
M85	Ralph Johnston	45-4
W50	Sherry Kezar	44
W60	Audrey Kempf	72-6
W65	Jeanne Kirsch	55-7
W70	Julianne Marzluf	54-5
Javelin		
M50	Tom Appletoft	109-10
M55	Dunward Madsen	101-7
M60	Steve Bowles	106-7
M65	Arnie Brandt	102-11
M70	Alvin Brucklacher	74-1
M75	Raymond Morkve	95
M85	Harold Massie	54-3
W50	Sherry Kezar	32-5
W60	Audrey Kempf	52-4
W65	Jeanne Kirsch	52-6
W70	Lee Anthony	44-8
400m RW		
M50	Michael Wiggins	1:41.3
M60	George LaBelle	2:08.3
M65	Bill Krueger	2:22.1
M70	Jerard Hargis	2:20.0
M75	John Van Lier	2:34.8
M80	Ray Sherman	2:42.7
W65	Jennie Kirsch	2:46.5
W75	Ginny Anderson	3:06.4
800m RW		
M50	Michael Wiggins	3:36.4
M60	George LaBelle	4:35.8
M65	Bill Krueger	5:43.8
M70	Jerard Hargis	4:55.3
M75	John Van Lier	5:36.7
M80	Ray Sherman	6:05.8
W65	Jennie Kirsch	5:51.4
W70	Patricia Rudolph	6:30.0
1500m RW		
M50	Michael Wiggins	6:49.9
M60	George LaBelle	9:19.7
M65	Bill Krueger	10:00.3
M70	Jerard Hargis	9:39.1
M75	John Van Lier	11:01.4
M80	Ray Sherman	11:36.9
W65	Jennie Kirsch	10:48.4
W75	Ginny Anderson	13:10.8
5000m RW		
W65	Caroline Deinema	39:36.2
W70	Patricia Rudolph	43:07.1
5K Road Race		
M50	Wallace Little Moon	22:58.6
M55	James Elsing	23:42.8
M70	Don Phillips	33:05.4
M75	Gerald Armitage	34:51.3
WEST		
Chuck McMahon Memorial		
Track Meet		
San Diego, CA; Sept. 15		
50m		
M40	James Chinn	6.90
M45	Calvin Evans	6.91
	Paul del Bosque	6.94
	Ken Stone	7.10
M50	Robert Hahn	7.37
	Joseph Miyoshi	7.20

Continued from previous page

M75 John Cross	1:36.24	Bob Holmes	2:29	W70 Betty Cleveland	10:43.0h	W45 Nancy Cochrane	17.72	M65 Phil Fehien	1.65	M55 Dave Nuttall	29.63
Clyde Jackson	1:48.74	W40 Jennifer Stary	2.59	5000m RW		Christine Stone	19.76	Milton Newton	1.40	M65 Bob Humphreys	44.42
M85 Conrad Shuck	1:45.48	W45 Rita Hanscom	2.29	M60 Gary Steck	31:04.6h	Pam Zimmerman	15.71	M70 Dave Douglas	1.15	Bob Ward	44.38
W40 Debbie Selby	1:29.56	Long Jump		M65 Lloyd McGuire	32:54.2h	Kathy Jager	14.39	M75 Richard Warren	1.15	M70 Dave Douglas	36.88
W50 Alexandria Brava	1:22.28	M50 Joseph Miyoshi	4.50	Leon Glazman	33:15.5h	Nadine O'Connor	14.86	Jerry Silsdorf	1.05	M75 Jerry Silsdorf	16.50
W55 Lynn Naftel	1:18.10	Daniel Touchstone	4.08	M75 Paul Paulson	47:19.2h	Mary Jane McMaster	24.05	W45 Nancy Cochrane	1.25	W45 Cathy Baar	16.08
W60 Marilyn Ongley	1:26.66	Richard Beaumont	3.42	W75 Frances Margolin	59:31.2h	Kathy Bergen	14.53	W55 Kathy Jager	1.05		
W80 Gerry Davidson	1:52.15	M55 Bruce Underhill	4.29	5K Road Race		W45 Fei-Mei Chou	19.11	W65 Fei-Mei Chou	0.95		
800m		Michael Goodison	4.18	M50 Tom Paine	25:16	W70 Magdalena Kuchac	18.76	W75 Johanne Valen	0.95		
M40 McDuffie Allen	2:06.22	M70 Pete Rodriguez	4.09	M55 Al Estrada	20:07	Shirley Diederich	21.07	Long Jump			
Darryl Smith	2:10.22	M75 James Arthur	2.84	Dave Seyfarth	20:42	200M		M35 Lavelle Davenport	5.85	Canadian Masters Track and	
M45 Eric Overstreet	2:27.49	Ray Crawford	2.56	Glenn Jones	21:22	M40		Don Clacci	4.93	Field Championships	
Kirby McMillan	2:29.13	M80 Ben Sisti	2.82	M60 Don Garsch	20:46	M45		Don Helton	4.09	York U., Toronto; Aug. 25-26	
M50 Gary Shapiro	2:13.81	Fred Fleck	1.35	Jim Lyons	21:26	M50		Angi Cachiano	5.07	100m	
Gary Hall	2:23.36	M85 Leland McPhie	2.01	Richard Miles	23:03	M55		Gary Wuest	3.87	M35 Brett Kelly	12.19
Jack Farnan	2:27.99	W40 Elaine Ita	4.79	M65 Edwin Gookin	21:56	M60		Juan Bustamante	3.06	M40 Michael Lee Foon	11.69
M55 Wayne Pfeiffer	2:31.47	W55 Kathy Jager	3.75	Harry Slayden	22:53	M65		Dave Douglas	3.87	M45 Horace Hudson	12.81
M60 Jerry Hackett	2:47.41	W60 Marilyn Ongley	3.07	Carl Grubbs	25:55	M70		Dewey Vroom	3.74	M50 Bill Collins	11.80
Jim Lyons	3:03.47	W70 Frances Styles	2.52	M70 Jim Selby	22:13	M75		Richard Warren	3.65	M55 Thadeus Bell	13.11
M65 Ray Archibald	3:21.15	Triple Jump		Roger Martin	34:11	M80		Joy Margerum	4.99	M60 Charles Bartholomew	13.40
Richard Gardner	3:54.73	M40 Darryl Smith	11.76	M75 John Cross	26:27	M85		Elizabeth Monday	3.53	M65 Charles Agnoo	14.04
M70 Jim Selby	3:04.98	M50 Richard Beaumont	6.63	Jim Arthur	36:52	M90		Nancy Cochrane	3.30	M70 Lee Poe	15.40
M75 John Cross	3:46.65	M85 Leland McPhie	4.55	M80 Hal Elrick	35:56	M95		Kathy Jager	3.83	M75 Stan Egerton	15.70
Clyde Jackson	4:27.99	W40 Elaine Iba	9.10	M50 Robin Paine	20:42	M100		Fei-Mei Chou	2.65	W30 Jennifer Morris	15.42
M80 Hal Elrick	5:14.57	W70 Frances Styles	5.37	W55 Suzanne Miles	30:01	M105		Long Jump		W35 Maureen Rodrigue	13.29
W50 Alexandria Brava	3:08.82	Shot Put		W60 Gerry Martin	25:32	M110		Lavelle Davenport	13.52	W45 Debbie Middleton	15.65
W55 Mary Jane McMaster	4:28.65	M45 Richard Watson	10.25	Karen Evans	26:30	M115		Don Helton	8.65	W50 Rhona Trott	15.09
W60 Marilyn Ongley	3:31.11	M50 Michael Shiaras	15.02	W65 Martha Walker	24:35	M120		Angi Cachiano	11.85	W55 Avril Douglas	14.24
1500m		Stephen Weeks	11.37	Donna Gookin	25:26	M125		Dewey Vroom	7.07	W60 Essie Dea	17.15
M50 Gary Hall	4:57.61	Clayton Hull	11.36	Judy Hogarth	29:38	M130		Fei-Mei Chou	5.31	W65 Flo Meiler	18.00
Dave Seyfarth	5:45.97	M55 Bruce MacDonald	10.35	10K Road Race		M135		Magdalena Kuchac	6.09	W70 Doreen Carmichael	17.05
M55 Wayne Pfeiffer	5:17.41	Jorge Juarez	9.59	M50 Tim Paine	56:46	M140		Pole Vault		200m	
M60 Jim Lyons	6:16.92	M65 Hal Smith	14.33	M55 Al Estrada	41:58	M145		Greg Charles	3.96	M35 Brett Kelly	24.37
M65 Edwin Gookin	6:12.59	M75 John Rafto	8.87	M60 Jerry Albert	43:18	M150		Steve Morris	3.96	M40 Michael Lee Foon	23.14
Carl Grubbs	6:50.38	M80 Ben Sisti	8.27	M65 Brian McCarthy	56:53	M155		Greg Miguel	3.96	M45 Horace Hudson	25.77
Ray Archibald	6:56.66	M85 Leland McPhie	6.88	Richard Gardner	1:15:25	M160		Bruce Hotelling	3.35	M50 Lloyd Hatcock	25.33
M70 Jim Selby	5:56.57	W45 Nancy Cochrane	4.77	Arnold Hogarth	48:00	M165		Gary Wuest	2.59	M55 Thadeus Bell	26.90
Bob Holmes	6:47.33	W55 Kathy Jager	8.83	M75 John Cross	59:18	M170		Gary Miller	3.20	M60 Charles Bartholomew	27.80
M75 John Cross	7:37.62	Ingrid Mancini	8.10	W50 Robin Paine	43:29	M175		Franklin Field	2.74	M65 Charles Agnoo	28.88
W40 Lauri Stock	5:34.88	Discus		W60 Karen Evans	57:12	M180		Nadine O'Connor	2.44	M70 Lee Poe	32.11
W50 Alexandra Brava	6:23.40	M40 Tom Csanadi	33.62	Gerry Martin	54:35	M185		Shot Put		W30 Jennifer Morris	31.80
W60 Gerry Martin	7:25.46	M45 Scott Young	38.59	W65 Martha Walker	52:11	M190		James Korman	13.94	W35 Maureen Rodrigue	26.98
Donna Gookin	7:33.52	Richard Watson	31.89	Ruth S	1:18:51	M195		William Gardner	12.95	W45 Karla Del Grande	29.45
3000m		M60 John Burns	41.99	Club West Masters Meet		M200		Richard Watson	10.23	W50 Rhona Trott	30.29
M50 Gary Hill	12:29.8h	M65 Mal Smith	39.79	Santa Barbara, CA; Sept. 29		M205		Michael Shiaras	14.85	W55 Avril Douglas	WR 27.90
Richard Bucher	14:11.7h	Edward Martin	28.19	50M		M210		Mike Delier	11.96	W60 Essie Dea	17.15
M60 Jim Lyons	13:13.8h	Howard Waite	26.16	M40 Richard Novelli	6.83	M215		Ladislav Potaki	16.06	W65 Flo Meiler	35.69
Richard Miles	13:57.4h	M75 John Rafto	26.43	M45 Don Belton	7.50	M220		Gary Wuest	10.67	W70 Doreen Carmichael	39.06
M65 Dale Headley	13:20.4h	Kio Song	25.36	Daniel Clacci	8.31	M225		Juan Bustamante	7.10	400m	
Ray Archibald	15:04.1h	Ray Crawford	19.06	Larry Lettner	6.72	M230		Richard Noble	11.08	M40 Kenny Jackman	1:00.28
Brian McCarthy	16:24.4h	M80 Ben Sisti	25.78	Raymond Yock	6.77	M235		Ken Lott	10.91	M45 Peter Freeman	56.77
M75 John Cross	16:26.5h	Fred Fleck	13.08	Faro Prestigiacomo	7.12	M240		Hal Smith	14.52	M50 Shanti McLallan	58.75
W50 Alexandria Brava	13:27.5h	M85 Leland McPhie	19.75	Alan Salazar	7.52	M245		Bob Humphreys	12.17	M55 Francisco Machado	1:03.12
W60 Gerry Martin	16:00.8h	M95 Winfield McFadden	11.76	Gary Wuest	7.25	M250		Bob Ward	11.52	M60 Edward Andrade	1:06.96
W80 Gerry Davidson	17:31.5h	W55 Kathy Jager	23.13	Lance Pierce	7.35	M255		Don Sharp	9.63	M65 Dev Sharma	1:08.06
Short Hurdles		Ingrid Mancini	18.78	Jerry Beatty	7.33	M260		Samuel Adams	12.37	M70 Earl Fee	1:03.80
M50 Robert Hahn	16.80	Hammer		Juan Bustamante	7.62	M265		Dave Douglas	9.85	W35 Maureen Rodrigue	59.92
Sheridan Groves	16.89	M45 Richard Watson	34.01	Don Girling	7.65	M270		Don Hegberg	9.81	W45 Debbie Middleton	1:16.11
Alan Tobin	20.60	M50 Clayton Hull	38.90	Sae Flory	7.84	M275		Jerry Silsdorf	7.09	W50 Rhona Trott	1:12.46
W45 Nancy Cochrane	18.33	Joseph Apple	21.88	Don Cheek	7.72	M280		Ross Carter	8.62	W55 Avril Douglas	WR 1:02.40
Long Hurdles		M55 Louis Jordan	40.62	Jim Selby	8.00	M285		Cathy Baar	5.20	(Brunhilde Hoffmann/GER/28.13/1996)	
M50 Sheridan Groves	1:11.06	M70 Tom Hill	30.89	Frank Kishi	8.60	M290		Nancy Cochrane	4.95	800m	
Alan Tobin	1:22.13	Kio Song	17.81	Vernon Dolphin	8.79	M295		Lorraine Tucker	9.89	M35 Walter Matias	2:28.93
W45 Nancy Cochrane	1:32.64	Javelin		Dewey Vroom	7.81	M300		Nancy Olvera	7.79	M40 Jim Sebert	2:12.47
2000m Steeplechase		M40 William McLeroy	37.00	Richard Warren	9.11	M305		Kathy Jager	8.58	M45 Peter Freeman	2:14.45
M65 Ray Archibald	11:41.50	M45 Richard Watson	49.16	Tom Miller	9.39	M310		Kathryn Noble	6.33	M50 John Clarke	2:18.46
Richard Gardner	14:44.15	M45 Scott Young	48.94	George Simon	11.79	M315		Battie Perry	6.19	M60 Jack Miller	2:31.54
M70 Jim Selby	10:04.98	M50 Clayton Hull	40.86	Frank Toner	8.91	M320		Discus		M65 Gerhard Krolow	2:58.41
Robert Martin	13:33.10	M50 Ron Rook	40.87	Elizabeth Monday	8.51	M325		M35 Peter Sifferlen	36.23	M70 Earl Fee	2:30.36
W45 Nancy Cochrane	10:18.75	Joseph Apple	27.20	Debbie Selby	8.52	M330		M40 James Barry	34.44	W35 Anna Cranton	2:22.36
W60 Gerry Martin	13:44.15	M55 Louis Jordan	38.63	Christine Stone	10.15	M335		Richard Watson	31.38	W40 Faith Nestoly	2:23.32
High Jump		M60 Larry Stuart	53.48	Kathy Jager	7.52	M340		Ladislav Potaki	51.48	W45 Karla Del Grande	2:46.38
M40 Darryl Smith	1.68	John Burns	46.12	Nadine O'Connor	7.72	M345		Lloyd Higgins	45.35	W50 Linda Findley	2:47.46
Tom Csanadi	1.57	M65 Charles Polizzi	42.82	Mary Jane McMaster	11.96	M350		Gary Wuest	25.49	W55 Avril Douglas	2:33.40
M45 Scott Young	1.62	Edward Martin	32.24	Kathy Bergen	7.56	M355		Juan Bustamante	23.79	1500m	
Richard Watson	1.42	M75 John Rafto	25.18	Fei-Mei Chou	9.69	M360		Joe Marino	47.07	M35 Vince Friel	4:19.66
M50 John Little	1.57	M80 Ben Sisti	27.35	Magdalena Kuchac	9.58	M365		John Burns	39.07	M40 Tim Andrew	4:27.16
Paul Meglar	1.57	M85 Leland McPhie	15.93	Johanne Valen	9.59	M370		Richard Noble	32.72	M45 Fred Robbins	4:29.47
Daniel Touchstone	1.42	W40 Jennifer Stary	38.46	100M Hurdles		M375		Ken Lott	18.92	M50 John Clarke	4:41.90
M55 Louis Jordan	1.47	W45 Nancy Cochrane	11.56	M380		M380		Bob Humphreys	49.25	M55 Bill Millward	5:11.55
M60 John Burns	1.47	W60 Gerry Martin	22.74	M385		M385		Bob Ward	39.17	M60 Jim Irons	5:25.17
M75 James Arthur	.99	1500m RW (novice)		M390		M390		Hal Smith	37.01	M65 Ron Crichton	5:31.37
M85 Leland McPhie	1.04	M55 V R Partida	11:33.6h	M395		M395		Don Sharp	27.59	M70 Ed Whitlock	5:19.57
W45 Nancy Cochrane	1.29	M60 Bob Weeks	9:24.8h	M400		M400		Don Hegberg	35.54	M75 Kurt Gelhaar	6:51.77
W70 Frances Styles	.89	M75 John Criss	10:53.4h	M405		M405		Dave Douglas	34.92	W35 Louise Soucy-Fraser	5:34.18
Pole Vault		M80 Hal Elrick	11:33.1h	M410		M410		Dewey Vroom	29.00	W40 Faith Nestoly	5:04.62
M40 Bill Halverson	4.70	Elias Margolin	12:50.0h	M415		M415		Jerry Silsdorf	17.92	W50 Mary Zadel	6:21.54
Greg Charles	3.96	W55 M J McMaster	11:54.3h	M420		M420		Ross Carter	28.05	5000m	
M50 Greg Miguel	4.11	W60 Donna Gookin	10:59.3h	M425		M425		John Whitmore	6.22	M35 Yvan Lachance	16:54.92
Paul Meglar	3.50	1500m RW (expert)		M430		M430		Nancy Cochrane	21.30	M40 Alex Keating	20:04.52
M55 John Stringer	3.35	M60 Gary Steck	9:24.8h	M435		M435		Lorraine Tucker	26.14	M45 Jerry Kooymans	15:50.67
Mick James	3.20	M65 Lloyd McGuire	9:19.4h	M440		M440		Nancy Olvera	21.64	M50 James Balcom	18:08.95
M70 Robert Smith	2.44	Leon Glazman	9:22.6h	M445		M445		Kathy Bergen	21.54	M55 Murray Mostyn	19:15.31
		M75 Nicholas De Moll	12:25.0h	M450		M450		Magdalena Kuchac	14.98	M60 Brian Drewett	20:38.48
		Ray Crawford	12:41.0h	M455		M455		Johanne Valen	16.06	M65 Ron Crichton	20:36.94
		Paul Paulson	12:58.5h	M460		M460		Hammer Throw			
				M465		M465		Richard Watson	34.38		

CANADA

Canadian Masters Track and Field Championships
York U., Toronto; Aug. 25-26

100m			
M35 Brett Kelly	12.19		
M40 Michael Lee Foon	11.69		
M45 Horace Hudson	12.81		
M50 Bill Collins	11.80		
M55 Thadeus Bell	13.11		
M60 Charles Bartholomew	13.40		
M65 Charles Agnoo	14.04		
M70 Lee Poe	15.40		
M75 Stan Egerton	15.70		
W30 Jennifer Morris	15.42		
W35 Maureen Rodrigue	13.29		
W45 Debbie Middleton	15.65		
W50 Rhona Trott	15.09		
W55 Avril Douglas	14.24		
W60 Essie Dea	17.15		
W65 Flo Meiler	18.00		
W70 Doreen Carmichael	17.05		
200m			
M35 Brett Kelly	24.37		
M40 Michael Lee Foon	23.14		
M45 Horace Hudson	25.77		
M50 Lloyd Hatcock	25.33		
M55 Thadeus Bell	26.90		
M60 Charles Bartholomew	27.80		
M65 Charles Agnoo	28.88		
M70 Lee Poe	32.11		
W30 Jennifer Morris	31.80		
W35 Maureen Rodrigue	26.98		
W45 Karla Del Grande	29.45		
W50 Rhona Trott	30.29		
W55 Avril Douglas	WR 27.90		
(Brunhilde Hoffmann/GER/28.13/1996)			
W60 Essie Dea	35.69		
W65 Flo Meiler	37.85		
W70 Doreen Carmichael	39.06		

Continued from previous page

M70 Ed Whitlock	20:10.32
M75 Kurt Gelbhaar	25:17.72
M80 Bud Crozier	32:41.74
W40 Joselyne Dumais	24:08.53
W45 Nancy Sweazey	21:28.99
W60 Joan Christensen	25:52.89
10,000m	
M40 Joseph Allegretti	37:34.66
M50 Bob Knuckey	37:27.02
M55 Charlie Upshall	41:15.49
M60 Brian Drewett	43:43.96
M65 Richard Graves	46:41.93
M70 Felix Charles	57:02.02
Short Hurdles	
M40 Michael Heron	17.12
M50 Steve Bogatek	17.21
M60 Merv Armstrong	20.34
M65 Dev Sharma	23.14
M70 Earl Fee	15.31
W45 Nancy Cochrane	18.60
W65 Flo Meiler	19.18
Long Hurdles	
M40 Glenn Chipkar	1:00.57
M45 Horace Hudson	1:05.10
M60 Merv Armstrong	54.38
M65 Dev Sharma	57.51
M70 Earl Fee	52.55
W45 Nancy Cochrane	1:41.15
2000m Steeplechase	
M60 Vern Christensen	8:43.50
W45 Nancy Sweazey	9:08.15
3000m Steeplechase	
M45 Fred Robbins	11:17.85
M50 Michael Carter	12:59.91
High Jump	
M35 John Olivier	1.50
M40 Bev Lepard	1.60
M50 William De Horn	1.55
M55 Rob Campbell	1.30
M60 Edward Andrade	1.30
M70 Max Woerle	1.15
W45 Maria Mallia	1.30
W60 Essie Kea	1.05
W65 Flo Meiler	1.00
Pole Vault	
M40 Mark Schaver	3.30
M50 Roy Chubb	2.20
M55 Matti Kilpelainen	3.90
M60 Bob Land	2.60
M70 Lee Poe	2.10
M75 Stan Egerton	2.80
W35 Gaby Szanto	2.90
W65 Flo Meiler	1.80
Long Jump	
M35 John Olivier	5.58
M40 Kenny Jackman	5.54
M50 Walter Linder	5.82
M55 Alan Slater	4.99
M60 Charles Bartholomew	4.50
M70 Jim Mathers	3.19
W35 Maureen Rodrigue	4.19
W65 Flo Meiler	2.83
Triple Jump	
M35 John Olivier	10.77
M40 Kenny Jackman	11.06
M45 Tom Black	9.69
M50 Igor Konovalov	10.94
M55 Alan Slater	10.36
M60 Harvey Boles	8.14
M70 Jim Mathers	5.84
Shot Put	
M35 Peter Dajia	15.00
M40 Nabil Nahi	9.10
M45 Jeff Shervington	8.88
M50 Jean-Pierre Mayer	13.10
M60 Bob Simmons	9.86
M65 Ray Feick	10.16
M70 Max Woerle	8.71
M75 Evalds Viskers	8.96
M80 Aleks Upmalis	7.79
M85 Robert Detweiler	4.10
W35 Gaby Szanto	10.65
W50 Patty Franke-Wagar	7.32
W70 Velta Tomsons	6.73
Discus	
M35 Jean Latour	36.19
M45 Jeff Shervington	29.80
M50 Jean-Pierre Mayer	45.55
M60 David Morris	36.02
M65 Jack Boyd	36.10
M70 Max Woerle	27.14
M75 Evalds Viskers	28.90
M80 Aleks Upmalis	19.40
M85 Robert Detweiler	12.65

W35 Kristen Dajia	26.54
W50 Patty Franke-Wagar	20.76
W65 Flo Meiler	18.36
W70 Velta Tomsons	16.38
W75 Nora Litto	16.26
Hammer	
M35 Jean Latour	44.06
M40 Cory Holly	38.25
M60 Bob Simmons	41.17
M65 Emil Muller	46.09
M70 Max Woerle	38.44
M80 Aleks Upmalis	21.85
W35 Kristen Dajia	38.15
Javelin	
M35 Luke Rozon	53.15
M40 Peter St Pierre	43.60
M45 Michael Finkbeiner	51.92
M50 Robin Kouvo	55.17
M55 Gary Lubin	23.52
M60 Fred Parmenter	40.87
M65 Alf Sundin	29.20
M70 Eric Maistrom	27.30
M80 Aleks Upmalis	13.67
W75 Nora Kutti	17.23
Weight Throw	
M35 Jean Latour	12.51
M50 Steve Bogatek	9.04
M60 Bob Simmons	13.89
M65 Emil Muller	15.87
M70 Max Woerle	15.37
W35 Kristen Dajia	11.64
5K RW	
M50 Dale Dickie	31:44.67
M55 Bill Purves	27:05.39
M65 S Summerhayes	30:33.37
M70 S Brancaccio	34:57.05
W40 Kitty Cashman	29:30.32

W45 Nancy Sweazey	27:36.15
W55 Marilyn Chute	31:57.85
W60 A M Rosenitsch	31:43.22

INTERNATIONAL**BVAF National Decathlon and Heptathlon Championships**

Sheffield, England; Sept. 8-9

M40 Brian Slaughter	6097
Kenneth Lyon	5647
John Mayor	5618
M45 Ray Ashford	5561
Hasan Kasap	5512
Terry Hall	4729
M50 Mike Corden	5846
Dave Cowley	5139
Lawrie Dunn	4524
M55 Dan Luklinski	6031
Brian Loten	5796
Derek Graves	4776
M60 John Howe	6862
John Ross	6589
Bruce Charles	5171
M65 Colin Shafto	6151
David Burton	5938
Joe Phillips	5093
M70 Norman Carter	4600
M85 Tony Rawlinson	4142
W35 Christine Pates	3211
Dorothy Orr	2383
W40 Sue Pickersgill	1790
W45 Gill Dobson	4012
Jacky Ricketts	2406
W55 Pat Oakes	4274
Jackie Charles	4256
W60 Nannette Cross	4279
W65 Kay Koppel	4516

W45 Mary Von Bevern	30:29
Christine Bassano	32:27
Joann Palazzolo	36:40
W50 Ellie Gavin	31:56
Eileen Hession	35:49
W55 Helma Clavin	34:41
Irene Robinson	35:34

NYRRC Broadway on Broadway 5K

New York City; Sept. 9

Overall

Kiyoshi Manako 22	14:28
Gordon Bakoulis 40	16:56
M30 Paul Mwangi 34	14:31
Rafael Veras 31	15:16
Tesfaye Bekele 30	15:30
M40 Jerry Macari	16:26
Jim Stemm	16:45
Alan Ruben	16:48
M45 Amador Ybanez	16:19
Randall White	16:36
Jack McShane	17:44
M50 Alston Brown	17:00
John Costa	17:51
Scott Abercrombie	17:56
M55 Samuel Skinner	19:08
John Samsel	19:17
Frederick Trilli	20:44
M60 Jack Brennan	19:04
Mariusz Solarski	21:58
Harvey Strauss	23:08
M65 Witold Bialokur	20:28
Guenter Erich	22:45
David Kenney	23:15
M70 Carlo Lopatriello	27:27
Edward Lasso	28:41
Gene Bandler	40:51
M75 John McManus	27:02
Sab Koide	28:08
Wallace Cutler	37:46
M80 Wilfredo Rios	39:57
M90 Abraham Weintraub	44:21
W30 Kim Griffin 39	16:59
Z Wiciorowska 38	17:16
Magdalena Visser 32	17:57
W40 Gordon Bakoulis	16:56
Alayne Adams	18:05
Jeanne Pare	18:26
W45 Debbie Kenney	20:51
Ann Hyman	21:28
Cathy Handy	22:26
W50 Sylvie Kimche	21:32
Irene Jackson-Schon	22:13
Terry Guadi	22:24
W55 M Greeley Walsh	22:08
Barbara Charles	24:55
Ruth Fairbrother	25:56
W60 Anna Thornhill	21:26
Carol Tyler	24:24
Zofia Turosz	24:35
W65 Helen Bedrock	23:26
Naomi Vogel	28:59
Joy Ross	30:46
W70 Bertha McGruder	35:25
Helen Steinman	51:53
W75 Jozi Neulinger	47:56
W80 Althea Jureidini	51:34

Jefferson Hospital Philadelphia Distance Run 13.1M

Philadelphia, PA; Sept. 16

Overall

Ronald Mogaka 23	1:01:25
Catherine Ndereba 29	1:08:30
M40 FRED KLEVAN	1:07:51
DAVID O'KEEFFE	1:09:09
JIM HAGE	1:09:24
JOHN KELLY	1:11:59
JEFFERY HAYES	1:14:00
M45 WALTER DUPONT	1:14:51
LEE MCCONNELL	1:18:01
DAVID ANDERSON	1:19:01
DAVID CURRIE	1:19:39
HUGH BIGGIN	1:20:20
M50 GARY FANELLI	1:18:04
RONALD ROOP	1:19:22
JOHN WRIGHT	1:21:41
DAVID LOWE	1:22:30
CURTIS RICHARDSON	1:24:03
M55 DAVID CHESTER	1:24:25
ARTHUR BURGER	1:26:02
DWIGHT EDRIS	1:30:18
GERALD KURTZ	1:32:19
FRANCESCO CRINITI	1:33:48
M60 JAMES FLANAGAN	1:33:27
ROD HOSTETLER	1:37:48
JERRY GORNISH	1:39:17
NICK PANACCIO	1:39:28
BARRY MABIN	1:43:54

M65 TONY CERMINARO	1:25:43
GEORGE HIRSH	1:34:47
VINCENT CRINITI	1:37:25
GEORGE	1:42:50
RICH HAUSE	1:43:07
M70 RICHARD HOBAN	1:41:58
E JAMES KUNIK	2:22:50
GEORGE BLYN	2:32:50
PHIL MONGILLO	2:37:48
FRANK RUBINO	2:04:45
JOSEPH HAVLICK	2:11:22
GENE MARTENSON	2:12:28
JIM SHEA	2:27:38
W40 RAMILIA BURANGULOVA	1:11:41
GORDON BAKOULIS	1:16:41
DORIAN MEYER	1:18:27
CHAS BARRETT	1:22:41
LORI WALKER	1:26:12
W45 MARGARET KRUPA	1:34:19
BETH HOWLETT	1:35:48
MARY TOMICH	1:35:59
ELIZ JOHNSTON	1:36:47
MIA LENTZ	1:38:21
W50 LEAH WHIPPLE	1:31:00
LAURENE JONES	1:34:00
JOY HAMPTON	1:35:07
DEBORAH COMPTON	1:37:26
N WERTHMULLER	1:40:24
W55 M WALSH-GREELEY	1:38:15
JUDITH GILBERT	1:48:03
LYNNE HAYS	1:49:28
LINDA KEARNEY	1:49:48
SARAH LAVENDER	1:50:23
W60 SANDRA FOLZER	1:42:20
IMME DYSON	1:48:16
RITA ALLES	1:56:19
GAIL MC CAHON	2:17:21
FEIDER FEIDER	2:17:33
W65 ZANDRA MOBERG	2:20:40
CAROL MONTGOMERY	2:27:06
BETSY YOUTZ	2:30:55
W70 TOSHIKO DELIA	1:50:31
LORRAINE CEPHUS	2:41:53
PAMELA LEE	3:26:03

Anthem Women's Distance 5K

Portland, ME; Sept. 16

Overall

Amy Lyman 26	17:21
W40 Kate Meyers	19:53
Terry Sutton	20:30
Beth Rand	20:58
W45 Bonnie Hoag	21:56
Emily Bugbee	22:47
Gail Saldanha	23:30
W50 Carol Hogan	19:21
Rosalyn Randall	23:26
Nancy Lagin	24:44
W55 Janice Drnnan	28:59
Barb Hintze	30:11
Penny Armstrong	32:19
W60 Polly Kenniston	25:39
Merry Clifford	31:45
Sandra Perry	33:29
W65 Nancy Wilson	34:06
W70+Vivian Turcott 80	53:19

CVS/Pharmacy Downtown 5K

Providence, RI; Sept. 16

Overall

Gilbert Okari 21	13:30
Uta Pippig 36	15:30
M40 Larry Sayers 42	14:57
Francis Kamau 40	15:00
Craig Fram 42	15:03
Doug Martyn 41	15:24
Randy Sightler 42	15:47
M50 Vladimir Krivoy 50	16:11
Phil Riley 50	16:58
Colin McArdle 57	17:17
Jerry Learned 53	17:21
Stephen Reed 53	17:35
M60+DougMacGregor62	18:15
William Riley 65	19:24
Richard Silva 67	19:43
Fred Tanner 63	20:52
Frankie Keane 63	21:24
W40 Judy St Hilaire 42	16:29
Nancy Corsaro 42	17:46
Sue LaChance 41	18:25
Marge Bellisle 46	18:28
W50Carol L'Esperanc51	20:00
Patty Foltz 53	20:58
EleonorMendonca 21	21:16
Deirdre Bird 50	21:31
W60+Flo Days 62	24:26
Dianne Curley 60	28:37
Barbara Roney 60	30:58
Pat Blenkiron 63	36:14
Jeannine Olson 61	36:33

**Ocean to Sound 50 Mile Relay**

(8-runner teams)

Jones Beach-Oyster Bay, NY

Sept. 23

Overall Teams

Garland Construction-A4:38:44

Runners Edge Women 5:33:46

Masters Men

Super Runner's Shop 5:06:56

Runners Edge 5:19:48

MastersWithJohnsons 5:25:58

Northport Masters 5:32:47

Masters Women

GLIRC Fast Feet 5:54:15

Northport Masters 6:08:32

Senior (50+) Masters Men

Taconic Road Runners5:26:54

River Road Rats 6:05:50

Bohemia Sr Masters 6:14:12

Senior (50+) Masters Women

Bohemia Sr Masters 8:09:30

Mixed Masters

BohemiaMixedMasters5:44:32

Bay Club 6:22:23

Alley Pond Critters 6:28:30

World Gym-We Run 6:56:05

NorthportMixedMaster 6:56:33

Pontiac 5th Ave. Mile

Manhattan, NY; Sept. 29

Elite Open

John Itati 4:02.3

Kim McGreevy 4:39.8

M40-49

Anselm LeBourne 42 4:21.8

Conor O'Driscoll 40 4:24.0

Don DiDonato 43 4:35.1

Paul Mascall 49 4:37.2

Jay Duggan 41 4:37.6

Robert Nugent 41 4:39.4

Tom Phillips 46 4:42.7

Alan Porter 44 4:43.2

Bruce Frey 47 4:43.5

Fred Robbins 46 4:44.8

Jose Luis Oliveria 41 4:45.9

Craig Plummer 42 4:58.1

Peter Giles Williams 42 5:07.7

Rodney Hankins 40 5:16.8

Mike Prusko 46 5:18.6

Jorge Hernandez 40 5:23.1

M50-59

Alston Brown 52 4:33.2

Nicholas Caswell 51 4:51.3

David Amster 50 4:56.0

Harold Nolan 54 4:57.2

Rick Lapp 52 5:02.8

Tim Payne 51 5:07.1

Robert Pertak 50 5:16.6

W40-49

Continued from previous page

M90+	
Abraham Weintraub 91	13:17.0
W80-89	
Patty Lee Parmalee 61	6:45.2
Evelyn Davis 63	6:55.0
Imme Dyson 64	7:02.7
Carol Tyler 62	7:02.8
Joan Bondell 62	7:25.0
W70-79	
Muriel Merl 75	8:12.9
Dolly Ann Finkelstein 71	8:24.6
W80+	
Adrienne Salmini 85	17:41.9

Syracuse Festival of Races 5K Syracuse, NY; Sept. 30

Overall	
Sammy Ng'eno 37	13:40
Grace Njoki 23	16:11
M40 Francis Kamau	14:56
David O'Keefe	15:00
John Tuttle	15:04
Tim Murphy	16:24
David Cole	16:26
Jim Vandermolen	16:30
M45 Jerry Kooymans	15:29
Bob Carroll	15:45
Gary Moore	16:26
Mark Rybinski	17:05
Tom Carter	17:14
Fred Robbins	17:32
M50 S R Forrestal	17:27
Dave DelFavero	18:32
Tim Payne	18:54
Kevin Morrisroe	19:10
M55 Jim Selmsier	20:30
Tom Hamlin	20:39
Michael Defio	21:08
M60 Paul Halbert	20:26
Jack Ucci	21:31
Bob Steves	23:45
M65 Sam Gracoffo	20:47
Martin Rothenberg	24:01
Roy Whipple	24:55
M70 Jim Blount	23:51
M75 Bob Hennig	27:39
M80 Nate White	32:11
M85 Dudley Healy	36:53
W40 Lori Hewig	16:57
Susan Munson	17:51
Gillian Sharp	18:35
Suzanne Myette	18:52
Sarah Falso	19:27
W45 Shirley Woodford	20:04
Diane Sardes	20:05
Audrey Balandier	20:18
Susan Kreplin-Mic	21:33
W50 Diane Legare	18:03
Virginia Verdoes	20:57
Diane Sherrer	23:00
W55 Karen Davies	22:01
Yvonne Tasker Roth	22:28
W60 Lenis Tucker	24:28
W65 Margaret Betz	21:16
W75 Nancy Auster	33:11
W80 Marsha Tillson	39:18

Ro-Jacks 5 Mile Run Attleboro, MA; Sept. 30

Overall	
David Chelule	22:32
Jane Ngotho	25:56
M40 Larry Sayers	24:26
Craig Fram	24:27
Bob Winn	25:18
Paul Hammond	25:25
John Barbour	25:50
M50 Larry Olsen	27:14
Phil Riley	28:04
Jerry Learned	28:36
Colin McArdle	28:43
Frank Rucki	28:45
M60+ Doug Macgregor	30:37
William Riley	30:49
Charles Kellogg	31:13
Richard Silva	32:16
George Tooker	33:24
W40 Nancy Corsaro	29:46
Sue Lachance	30:17
Maureen Burns	30:44
Marge Bellisle	30:45
Lisa Zappala	31:09
W50 Moira Dumin	32:49
Carol L'Esperance	33:19
Patty Foltz	33:40
Linda Usher	35:48
Mary Ryzek	35:50
W60+ Sachiko Burkinshaw	43:24
Dianne Curley	44:59
Sheila McKenna	47:51
Joyce Barrett	51:35
Phyllis Mays	53:53

Pittsburgh Great Race 10K Pittsburgh, PA; Sept. 30

Overall	
Gilbert Koech 20	27:32
Gladys Asiba 24	32:10
M40 Paul Zimmerman	30:21
Larry Taylor	32:06
Ian Bath	32:08
M45 Dennis Packard	32:03
S Mark Courtney	32:41
Ed Frohnepfel	33:20
M50 Dave Antognoli	31:57
Jim Freid	35:26
Dennis Kollai	37:26
M55 George Carroll	37:24
Dale Carter	37:45
Jim Rohm	39:18
M60 Dick Amato	38:29
Larry Ratkus	40:32
Warren Carter	43:09
M65 Ray English	43:03
Carl Trimmer	43:14
Leon Bierbower	43:45
M70+ Lou Lodovico	46:52
Matt Norris	50:30
John Bewick	52:15
W40 Laura Hruby	34:27
Lisa Gonzales-Gile	39:35
Sabine Kane	40:22
W45 Joan Pellegrin	43:02
Sandy Onofray	43:25
Kathleen Heller	44:11
W50 Sandra Grimaldi	45:48
Pati Habenicht	45:58
Jayne Adair-Cox	46:37
W55 Kathy Shoaf	47:40
Mary Jo Neff	48:40
Linda Krynski	50:17
W60 Ellen Nitz	49:29
Rose Sheid	51:18
Ada Rubin	57:03
W65 Donna Smith	53:07
Manilyn Olsen	55:10
Andrea Gerbstadt	55:11
W70+ Margaret Lutz	53:46
Jean Krause	62:40
Eileen Jamison	69:32

Leaf Peepers Half-Marathon Waterbury, VT; Oct. 7

Overall	
Marc Gilbertson 32	69:44
Kim Liljeblad 29	83:06
M40 Norman Larsen 45	79:03
Pat Miner 43	83:25
M50 G McFarland 53	83:39
Dennis Hall 50	85:04
M60+ Bob Murphy 61	93:54
W40 Sue McNamara 41	89:36
Carolyn Finch 44	91:51
W50 Judy Burnetter 50	1:44:50
W60+ C Sunderman 61	1:58:57

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

Overall	
Colleen De Rauck 37	32:11
W40 Carmen Troncoso	35:09
Joan B-Samuelson	35:29
Kim Jones	36:59
Lisa Zappala	38:50
Mia Jacobs	39:41
Leslie Smith	40:18
Katherine Merra	40:55
Claire McManus	41:12
Maura Connolly	41:12
Susan Maslowski	41:41
W50 Janet Bober	42:12
Cathy Kim	42:17
Karen Durante	44:34
Eliz. Gonnerman	45:31
Nancy McCarthy	46:12
Inis Madore	47:01
Susan Leslie	49:00
Joanne M Morris	49:12
Elizabeth Waldman	49:52
Marlene Heroux	50:03
W60 Marie-Louise Michelsohn	42:45
Annette Swain	48:34
Linda Foote	50:55
Rebekah Stephens	52:43
Imma Walat	52:52
Patricia Ryan	53:06
Helen Carpenter	56:21
Ellen Clark	56:22
Ann Vella	56:39
Madeline Marken	57:17
W70+ Mary Seamans 72	60:47
Phyllis Mays 70	66:42
Doris Zimmerman 70	66:49
Martha Whitney 72	67:08
Betty Holden 71	69:29
Nancy Howe 72	69:40
E Louise Radack 71	73:33
Louise Rossetti 80	78:16

Avis Feldman 76 81:00 Susan Walsh 97 91:10 (These are CHIP TIMES used for age-group scoring by Tufts 10K)

Brooks Pharmacy Ocean State Marathon Warwick to Providence, RI; Oct. 8

Overall	
Eily Rono 31	2:17:50
Tatyana Pozdnyakova 46	2:30:28
M40 Gilbert Rutto	2:19:19
Ceslovas Kundrotas	2:21:27
Jeffrey Mutter	2:41:24
M45 Kevin Callahan	2:55:50
Farley Spector	3:02:10
Vincent Chiapetta 3	3:07:55
M50 Vladimir Krivoy	2:37:29
Joseph Mansolillo 3	3:07:56
Mike Danigan	3:11:59
M55 James Hudick	3:03:35
Michael Hudick	3:04:57
Jim Bitgood	3:30:09
M60 Leo Tomasetti	3:36:14
Josiah Strandberg 3	3:37:32
Frederic Silverblatt 3	4:52:22
M65 Albert Miellette	3:27:26
Jim Davison	4:55:16
W40 Cheryl Theodore	3:11:42
Donna Bushy	3:31:44
Nancy Clarke	3:33:54
W45 Tatyana Pozdnyakova 2	3:30:28
Susan Stone	3:38:44
Maria Casas	3:39:33
W50 Joan Ellis	3:15:41
Carolyn S-Hanna	3:30:27
Sandra Palmer	4:04:17
W55 Wendy Burbank	3:58:04
Nina Bovio	4:22:20
Joyce Gindra	5:11:01
W60 Celeste Fondaco	4:19:01

SOUTHEAST

Leesburg 10K Leesburg, VA; Aug. 12

Overall	
Kirk Baird 40	33:59
Samantha Bates 26	36:06
M35 Ted Poulos	34:34
M40 K Baird	33:59
Jean-Christ Arcas	35:50
Frank Kurtz	36:02
M45 Richard Morgan	38:44
Bruce Halpin	39:01
Ron Black	39:50
M50 Richard Adams	38:10
Mick Slonaker	38:35
John Weldin	43:37
M55 Charlie Koester	38:08
Pat Griffith	38:54
Jim Noone	40:48
M60 John Elliott	40:01
Doug Walker	44:36
Stephen Forman	44:54
M65 Alan Rider	49:01
Robert Smith	50:08
Hank Hatch	52:28
M70 Larry Dickerson	48:32
M75 Walt Washburn	56:56
M80 Henryk Bukowski	67:23
W35 Patsy Long	39:27
W40 Deborah Barnett	42:34
Maureen Lopina	50:34
Nancy Casares	51:01
W45 Sharon Lapkoff	48:50
Nancy Specht	50:52
Kathy Brown	52:55
W50 Olivia Carolin	52:16
Joyce Broadnax	64:11
W60 Ursula Wagman	71:56
W65 Tami Graf	55:28
Angela Craighead	59:46

MIDWEST

USATF 24 Hour Run Championships, Olander Park Sylvania, OH; Sept. 15

Overall total miles/24hr.	
Rudy Afanador 43	151.0580
Sue Ellen Trapp 55	126.1732
M40	
Rudy Afanador	151.0580
John Geesler	146.1940
Danny Ripka	130.1290
M45	
David Luljak	141.2541
Kevin Setnes	126.5560
Dennis Deane	123.2228
M50	
Roy Pirrung	137.8827
Don Meyer	113.6640
Nelson Stritehoff	111.2820

M55	
Jan Ryser	121.4010
Ed Dodd	16.8370
Newton Baker	104.7360
M60	
Edward Rousseau	113.9640
Philip Pierce	91.6440
Timothy Kourounis	75.2790
M65	
Richard Fedion	90.5530
Carl Pegels	80.7340
Michael Morrin	72.0060
M70	
William Workman	85.4980
Richard Cozart	77.2700
Dictino Mendez	69.8240
Burt Carlson	77.4610
Carlton Mendell	40.3670
M80	
Howard Henry	73.1970
W40	
Beth Simpson	107.5180
Sandy Powell	106.3563
Brenda Gutmann	103.9450
W45	
Fenny Roberts	93.2350
Kristine Hinrichs	75.2790
Margaret McAdams	62.1870
W50	
Debbie Jones	103.9522
Betty Schraith	80.7340
Betty Ritter	67.6420
W55	
Sue Ellen Trapp	126.1732
Janet Delucia	83.3529
Pat L-Jedrek	82.3250
W60	
Virginia Farneman	77.4610
Carol Waterman	61.0960

Over the Hill TC 5K Cross-Country Moreland Hills, OH; Sept. 30

Overall	
Chris Bradshaw	18:38
Cathi Gerson W50	29:08
M40 Rich Castro	21:29
M45 Mike Castro	23:56
M50 Norm Thomas	31:14
M55 Jerry Ketchauer	33:25
W40 Cathy Castro	35:45
W50 C Gerson	29:08

Chicago Marathon Chicago, IL; Oct. 7

Overall	
Ben Kimondio	2:08:52
Catherine Ndereba	2:18:47
M40 Paul Evans	2:18:35
Silvio Maia	2:28:16
John Walton	2:29:09
Mark Jackson	2:32:42
Robert Macdonald	2:36:18
Randal Sightler	2:37:56
Dan Martin	2:37:55
David Dobkowski	2:39:09
Marco Spina	2:40:44
Andy Leonard	2:41:36
Van Townsend	2:41:49
Daniel Juin	2:44:09
Ahmed Larhdil	2:45:23
Jim Tomic	2:45:23
Jim McCoy	2:45:38
M45 Steve Palladino	2:42:55
Robert Jacob	2:45:53
Jean-Francois	2:47:11
David Engelke	2:47:01
Victor Lopez	2:47:18
David Truepenny	2:49:51
John Zupanc	2:49:54
Ricky Taylor	2:49:41
Andrej Tosic	2:49:59
John Shostrom	2:50:01
Clarke Oestereich	2:50:06
Tim Biscan	2:50:50
David Nash	2:50:56
Mark Kennedy	2:51:34
Stan Mavis	2:51:54
M50 Jim Pelarske	2:38:30
Fred Bunting	2:51:45
Carlos Ruiz	2:46:16
Gustavo Figueroa	2:49:02
Efren Alvarez	2:49:03
Gary Moss	2:49:46
Frank Cahill	2:49:48
Craig Donath	2:51:27
Masahiko Akita	2:52:03
Robert Pringle	2:52:24
David Coyne	2:53:46
Jean-Claude	2:55:58
GOrard Lamire	2:56:09
Giuseppe Ricci	2:57:32
GOrard Poirier	2:58:00

M55	Michael Preece	2:55:25
	Mike Toolen	2:58:57
	Alan Kraszewski	3:02:57
	Hector Bauza	3:04:59
	Tom Cleary	3:06:04
	Mark Vanderstelt	3:10:53
	Graham Stacey	3:13:19
	Bernard Camerlynck	3:15:37
	George Knowles	3:18:13
	Frank Humay	3:17:09
	Tom Faruolo	3:19:45
	Arthur Weisberg	3:20:01
	John Churchman	3:21:03
	William Hillison	3:22:51
	Herb Byun	3:25:15
M60	Hugo van Kunkelsven	2:55:52
	Robert Gormley	3:11:26
	Alexander Elliott	3:13:21
	David Wilds	3:22:13
	Jean-Marie Schwartz	3:29:30
	Derrick Woodham	3:33:00
	Thomas McLaughlin	3:30:16
	Karl Weiss	3:35:27
	Merrill Oster	3:35:09
	Hans Sinkovec	3:40:47
	Stephen Settle	3:38:29
	James Kalas	3:42:14
	Richard Fleet	3:43:18
	Michael Kovac	3:46:43
	Bruce Bancroft	3:44:09
M65	Jim Smedema	3:17:49
	Vincent Crinti	3:33:09
	Christopher Smith	3:43:30
	Michel Hamon	3:44:10
	David Greer	3:47:29
	Julian Gordon	3:53:15
	Domenico Ricci	3:49:18
	Lloyd Johnson	3:57:28
	David Sullivan	3:58:56
	Tom Briggs	4:05:07
	John Ramsbottom	4:03:37
	Sylvan Praturion	4:22:43
	George Kenney	4:22:06
	Ian Metcalfe	4:18:06
	Roger Sage	4:18:06
M70	Albert Cukerman	4:16:41
	August Leone	5:00:01
	Albert Callot	4:56:04
	Charles Saltzman	5:11:36
	Harold Weatherford	5:19:42
	Armand Rietz	5:27:46
	Dick Young	5:35:28
	Mathew Tortorici	5:41:28
	Hal Higdon	5:46:47
	Bill Schamadan	5:48:10
	Robert Denny	5:50:53
	Gene Bandler	6:06:12
	Ralph Coffey	6:15:28
	John Tilgner	6:43:42
	Dick Jones	7:03:20
W40	Arne van Schuppen	2:41:51
	Marjane Le-Gallo	2:48:09
	Maryse Johnson	2:54:06
	Monica Joyce	2:55:16
	Janice Flynn	2:58:56
	Eleonor Ostrom	3:04:09
	Kayoko Hamamura	3:04:36
	Jackie Morgan	3:05:51
	Amy Hayes	3:08:57
	Deborah Hafford	3:09:06
	Christine Poulard	3:09:28
	Lucien Marchand	3:11:08
	Alice Pruitt	3:10:41
	Ashley M Sanabrid	3:11:32
	Annette Voets	3:15:42
W45	Sharon Vos	2:58:04
	Ricarda Esala	3:17:22
	Jude King	3:20:44
	Jeanne Geurin	3:24:40
	Maria Wordelman	3:25:04
	Megan Mohebbi	3:28:14
	Marg. Brockbank	3:30:50
	Joanne K Brown	3:28:37
	Marian Malek	3:30:32
	Lynn Latoria	3:31:27
	Betty Udesen	3:32:39
	Marl Mohr	3:37:49
	Jan Tedrowe	3:37:27
	Ann Hyman	3:38:45
	Barbara King	3:39:04
W50	Nancy Rollins	3:18:47
	Susan Croll	3:22:14
	Paulette Butler	3:26:51
	Alyn Park	3:26:36
	Huda Melky	3:28:39
	Francois Le Pabic	3:28:05
	Lynn Jamieson	3:39:15
	Anita Zonker	3:39:36
	Romana Niblack	3:37:26
	Barbara Broad	3:45:52
	Cheryl Weissels	3:44:35
	Rae Mohrmann	3:47:30
	Madeleine Huwiler	3:55:01
	Bea Sides	3:51:37
	Deborah Pawlowski	3:50:38
W55	Jackie Maintzert	3:12:48

Continued from previous page

Eric Pierskalla	52:50
Kirt Goetzke	53:51
Dennis Wallach	53:53
M45 Perry Bach	52:30
Bobby Paxton	53:37
Dan Morse	54:38
Mike Setter	54:46
Jeff Boyle	54:58
M50 Michael Seaman	51:41
Jerry Beutel	58:17
John Cretzmeyer	58:28
Terry Hakkola	59:05
M55 Jared Mondry	58:54
David Bange	62:45
John Brown	63:59
Stu Clem	64:10
M60 Rick Kleyman	63:34
Ron Bole	65:10
Rich Trachman	67:56
M65 Dale Soderbeck	72:29
Rodger Goodwin	73:13
Richard Burch	73:59
M70 Greg Prom	72:06
Rogers Anderson	79:06
M75 Loud Young	73:32
Burt Carlson	86:27
W40 Janet Robertz	54:17
Laurie Decker	59:51
Sherry Case	68:39
W45 Suzanne Ray	62:42
Andriette Wickstrom	64:39
Ann Haugejorde	69:21
W50 Gloria Jansen	64:27
Debbie Janey	71:43
W55 Kathy Andrews	80:58
Peggy Trager	81:03
W60 Judy Cronen	77:32

(50s/windy/cloudy)

Duke City Marathon, Half-Marathon, & 5K

Albuquerque, NM; Sept. 30

Overall

Randy Biley 22	2:34:18
Kelly Dunbar 30	3:00:20
M40 Jim Pattee	2:49:36
Mike Romero	2:58:52
Chris Evans	2:59:13
M45 Gordon Quam	3:02:49
Joe Villa	3:07:04
Mark Crowley	3:11:32
M50 Jerry Martinez	3:02:07
Vinnie Kelley	3:02:28
Miguel Herrera	3:27:27
M55 James Cox	3:42:55
Dave Skavdahl	3:48:13
Ulysses Abieta	3:50:55
M60 David Whitten	3:39:13
Jim Macgillivray	4:03:55
M65 James Donald	3:43:17
Carl Pegels	4:10:50
M70 Roger Hauge	5:11:41
W40 Jean Herbert	3:12:47
Deb Werenko	3:42:52
Kathy Mastoras	3:43:04
W45 Cecil Luchau	3:56:42
Carol CraigNee	4:03:50
Lucinda Folsom	4:16:02
W50 Ann Gateley	4:38:43
Beverly Skroch	4:47:39
W55 Sally Lockyear	4:18:13
FranceskaDrozdz4	4:17:15

--Half-Marathon--

Overall

Heron Otowi 25	65:26
Deeja Youngquist 24	78:52
M40 Tim Newell	74:43
Bob Jackson	76:18
Scott Lorek	83:43
M45 Ken Wilson	74:13
Gary Stansifer	78:43
Bob Muehlenweg	80:43
M50 Don Funk	90:50
Jim Caruthers	93:42
Sergio Miranda	94:41
M55 Lou Marjon	94:36
Tony Anaya	98:32
Bob Buckingham	1:44:33
M60 Ed Hernandez	92:09
David Yepa	1:40:19
M65 Bert Grapin	1:43:56
Tom Cross	2:02:08
M70 Dale Goering	1:45:58
Ruben Vigil	1:56:51
M80+LarryJohnson81	2:19:19
W40 Diane Coady	98:15
SusanBerkebile	99:43
Liz Kollap	1:40:34
W45 Deborah Sjoholm	98:48
Pat Shain	1:43:50
Lori Peterkin	1:44:44
W50 Carol Richardson	97:30
Kathy Foucar	98:27

CeceliaNiemczyk1	40:10
W55 Karen Karl	1:58:52
Ellen Grapin	2:14:05
W60 Edwina Hubert	2:15:41
S Shevchenko	2:36:05
W65 Ruth Parker	2:43:31
Amy Gleim	3:02:45
W70 Esther Felipe	2:38:15
W75 Mary Kirsling	3:28:04

--5K--

Overall

Mbarak Hussein 34	14:49
Grace Momanyi 19	17:46
M40 Eddy Hellebuyck	14:58
Vincent Sheehan	16:29
Quinn Smith	17:52
M45 Antoni Niemczak	17:26
Wayne Chick	17:31
Mark Nolan	17:57
M50 David Salazar	17:51
Tamas Szantho	20:33
Michael Rivera	20:36
M55 ArtGardenswartz	20:26
Marc Irwin	20:41
Pat McCarty	20:54
M60 Charles Harris	20:47
Lorenzo Marquez	22:35
M65 Norman Hogue	29:22
Gil Martinez	31:09
M70 Derrick Lente	28:59
Robert Ingalls	31:24
W40 Amy Hayes	19:50
Claudia Cooper	20:40
Jan Thomas	22:08
W45 Philberta Lupee	25:20
Victoria Bower	25:45
Sarah Hartford	25:48
W50 Colleen Burns	20:06
Glenda Muirhead	24:02
Evelyn Carter	24:32
W55 Hollis Elkins	26:15
Pat Vigil	29:59
W60 Marie Coulie	27:56
Oma Gutierrez	28:47
Rebecca Roth	29:29
W65 Peggie Hall	31:50
Mary Daniels	34:00
W70 Margie Barber	38:24
Diana Kellner	40:54
W75 Lilli Marjon	31:40

Twin Cities Marathon

St. Paul, MN; Oct. 7

Overall

Joshua Kipkemboi 42	2:14:07
Zinaida Semenova 38	2:26:51
M40 Joshua Kipkemboi	2:14:07
Mohamed Nazipov2	14:31
Fedor Ryjov	2:14:38
Eddy Hellebuyck	2:21:20
Steve Wilson	2:29:08
Matthew Barnard	2:34:36
Charles Hubbard	2:38:35
Keith Fevold	2:43:12
Kirt Goetzke	2:44:30
John Anderson	2:45:05
M45 Les Myers	2:37:53
Rob Whetham	2:48:29
Mike Setter	2:51:34
Mark Wise	2:52:29
Dale Heinen	2:52:50
Steve Sondral	2:53:48
Jack Ankrum	2:58:50
Mike Babcock	2:59:35
Nigel Keen	2:59:55
Kirk Jelson	2:59:57
M50 John Custy	2:45:15
John Cretzmeyer	2:55:00
Chris Nemeth	2:56:44
Terry Hakkola	2:59:33
Dennis Jordan	2:59:53
Stephen Maupin	3:00:20
Greg Envey	3:02:08
Mike Wheeler	3:03:44
Frank Fabin	3:03:57
M55 Leonard Clegg	2:57:14
Jared Mondry	2:57:59
Roger Sweeney	3:03:02
Norm Purnington	3:03:43
Don Mathieu	3:05:12
Leonard Coequyt	3:11:30
Michael Sellner	3:14:26
Bud Mixon	3:15:42
M60 Jim Cooke	3:07:46
Joe Burgasser	3:08:32
Jeremy Denny	3:11:27
Walter Peet	3:17:52
Fay Bradley	3:18:16
Richard Hessler	3:20:38
Rick Kleyman	3:24:12
Hank Larsen	3:30:08
M65 Bill Dodson	3:26:33
Jim Schlicsman	3:29:05
Malcolm Gillis	3:43:36
Richard Burch	3:47:05

Bruce Katter	3:53:24
David Larson	3:54:32
Jerry Sombke	4:06:23
Art Harris	4:07:20
M70 Jerry Johncock	3:45:58
Greg Prom	3:45:58
Robert Coffey	3:55:51
Dan Allensworth	4:10:02
Lloyd Young 78	4:15:01
Chuck McJilton	4:27:54
James Romain	4:41:04
W40 Irina Bogacheva	2:31:02
Fira Sultanova	2:34:02
Ann Burangulova	2:35:41
Alevtina Naoumav2	2:39:48
Mary Knisley	2:40:33
Gordon Bakoulis	2:42:54
Cindy Keeler	2:51:58
Debbie Leyden	2:57:40
Sue Kelly	3:06:12
Donna Melody	3:08:08
W45 Marina Jones	2:59:42
Janet Gensler	3:13:04
Denise Skinner	3:19:48
A Wickstom	3:20:15
Karen Ladig	3:22:41
Penny Madvig	3:28:58
Janet Mohs	3:33:38
Colleen Boran	3:33:55
Mary Schmeling	3:36:27
Bess Hipert	3:43:36
W50 Gloria Jansen	3:11:16
Edie Stevenson	3:12:44
Debbie Janey	3:47:23
Nancy Moe	3:47:28
Doris McManis	3:52:55
Charlene Barron	3:54:44
Mary Marvin	4:03:34
Linda Gentling	4:08:52
W55 Karen Bestul	3:32:16
Nancy Joyce	3:54:00
Mary Croft	4:00:09
Joan Kramer	4:14:07
K Andrews	4:16:08
Peggy Trager	4:18:33
Diane Johnson	4:24:58
Deborah Miles	4:25:51
W60 Pat Ohdahl	4:23:35
Loretta Bauer	4:23:55
Margaret Crisp	4:30:51
Karen Connolly	4:35:17
Audrey Schroeder4	5:52:51
Peg Tyler	4:55:57
Patricia Wolkoff	5:00:00
W65 Vici DeHaan	4:49:08
Patricia Wahlgren5	5:22:04
Dawn Owens	5:23:34
Jeanne Murphy	6:08:27
Maisie Cromie	6:12:49
W70 Carol Snakey	4:42:39
Joy Johnson	5:16:14
Barbara Burmans	5:30:26
Marilyn Guthrie	6:13:29

(Times listed above are clocked times, not CHIP TIMES)

WEST

Buffalo Stampede 10 Mile

Sacramento, CA; Sept. 10

Overall

Chad Worthen 27	52:13
Melanie Cleland 30	60:14
M40 Dennis Early 45	60:21
Kevin Cimini 41	61:15
M50 Jim King 50	64:14
Brian Peterson 51	65:43
M60 Doug Braasch 61	69:50
M70+Irv Faria 70	81:53
Mark Martinez 70	87:29
W40 Kathy Aragon 42	65:41
Tina Beal 42	66:58
W50 Linda Ordway 50	85:24
Maggie Ward 54	86:16
W60Shirley Matson60AR68	1:16
(Miller/69:45/1999)	
Barbara Miller 62	71:52
W70+Marg Styskel 71	90:53

Champions Mile Run for Children

San Francisco, CA; Sept. 16

Masters Men

Graeme Fell 42	4:26:02
Kevin Ostenberg 41	4:28:92
Jamin Aasum 42	4:34:80
Tim Minor 43	4:35:38
Dave Clingan 47	4:39:79
Brian Davis 45	4:44:77

Masters Women

Nancy Tinari 42	5:02:03
MaureenDeStCroix48	5:05:19
S Peters Robinson 43	5:06:41
Debbie Barraza 44	5:39:34
Shirley Matson 60 WR5	58:69
(LaVigne/6:09:38/2000)	

Komen Race for the Cure 5K

Newport Beach, CA; Sept. 23

Overall

Anna Brzezinska 30	16:28
W35 Sylvia Mosqueda	16:54
W40 Nancy Tinari	17:15
Debbie Barraza	19:37
Yoi Liu	19:41
W45 Marcella Teran	19:16
Marina Jones	19:31
Carol Wimbish	21:37
W50 Judy Anderson	24:38
Ann Fordiani	24:58
Honie Kerrick	25:26
W55 Sandi Carter	24:15
Nancy TenBerge	25:31
Merrie English	26:52
W60 R Rockenbach	28:08
Elaine Hill	29:59
W65LorraineSeidmeyer	27:30
Wilma Maddock	28:02
W70 Sumi OnoLeonard	31:12
Dorie Smith	34:35
W75 Antoinette Hill	35:19
Soula Thomas	41:04
W80+Lois Edds 81	36:04
Edith Allen	45:48

Bridge to Bridge 12K

San Francisco, CA; Sept. 30

Overall

Kibet Cherop 27	35:51
Kelly Cordell 32	40:56
M40 Juerg Stalder	38:13
Shawn Gallagher	43:26
M50 Jim Granahan	48:03
Len Goldman	48:19
M60 Winkler Belvedere	57:10
C Chasn	60:58
M70+Michael Locke	66:09
Don Moalurn	72:05
W40 Jody Heyman	54:35
Elena Milan	57:01
W50 Maggie Fillmore	57:32
Lynn Taylor	61:12
W60 Ursula Rains	62:04
W70+MinnetteBerger	2:01:09

Manhattan Beach Fair 10K

Manhattan Beach, CA; Oct. 6

Overall

Jason Kolb 24	31:17
Deanna Hadley 27	35:18
M40 Jim Reed	35:22
Dave Witherrall	37:04
Stu Marble	37:57
M45 Terry Alkana	36:17
Takashi Yagisawa	36:30
Art Cookson	37:57
Ed Avol	35:33
Geoff Guerrero	37:18
Roger Jensen	39:35
Ed Kaiser	40:51
Don Jennings	41:38
Anthony Mnuk	42:14
M60 Richard Franco	43:03
R Vanderstucken	43:58
M65 Douglas Warren	44:46
Robert Lyons	45:48
M70 Bob Trujillo	49:15
K E Elmajian	53:01
M75 Richard Scully	67:04
M80+Chang Tsu 80	70:57
John Hales 84	90:38
W40 Donna Stadler	44:28
DarcyGolubovic	45:28
Jeanne Sather	45:48
W45 Gail Currey	43:37
Julie McKinney	44:06
Toni Prevette	46:59
W50 Sharon Lotesto	42:27
Barbara Varon	43:48
W55 Loreli Trippel	45:10
Judy Carney	49:09
W60 RobertaLamping	51:59
W65 Carol Vedder	65:47
W70 Peggy Bartlett	71:39
W75 Betty Walker 75	89:45

Komen Race for the Cure 5K

Seattle, WA; Sept. 23

Overall

Shelley Smathers 29	17:09
W40 Angela French	19:11
Cyndy Holtz	20:19
Linda Williams	21:13
W45 Sandi Halgren	19:03
Theresa Caspell	19:54
Karen Kunz	20:32
W50 Susan Gehrke	23:04
Phyllis Nelson	23:08
Sharon Hankinson	23:11
W55 Dorie Quam	21:54
Carol Flexer	22:31
Judy Fisher	23:42
W60 Phyllis Stensland	28:56
Carolyn Hitter	29:21
Kathryn Comgan	30:15
W65 Suzi Macleod	28:44
Billie-Jane Schwartz33	48
Helen Molina	52:55
W70+Shirley Kaplan	49:27

Portland Marathon

Portland, OR; Sept. 30

Overall

Manabu Otaki 31	2:33:01
YoshimatsuChigusa21	2:49:56
M40 Lanny Gower	2:39:36
John Sweeney	2:45:10
James Drew	2:45:59
Anthony Cantwell	2:46:17
John Granholm	2:46:50
M45 Paul Hanrahan	2:52:03
Gary Sussman	2:55:33
Mike Shuman	2:57:35
M50 Douglas Hinz	2:56:25

Tom Jefferson	40:57
George Smith	42:39
M55 Dan Ousley	40:41
John Postlethwait	41:30
Joe Armitage	41:45
M60 Paul Slovic	51:16
Jim Howard	51:54
M65 Ken Ogden	45:05
Jim Scarth	51:26
M70+John Keston 76	42:21
Tom Brinton 73	48:56
W35 D O'Neil	34:48
W40 SuzanneMarinello	46:27
Gayle Riffle	49:18
Tammy Hines	49:21
W45 Doris Aponte	46:

Continued from previous page

M65

1 Keith Spacie	46:21
2 Dennis Hayes	46:54
3 Harry Clayton	47:35

M70+ (5km)

1 John Taylor	24:54
2 Gerry Spink	25:44
3 Derek Howarth	26:21

M75 (5km)

1 Frank Copping	31:02
2 Brian McCarthy	35:39

Women (5km)**W35**

1 Alison Hirst	21:45
2 Sharon Coyne	21:59
3 Leisa Lavender	22:00

W40

1 Sheila Allen	21:34
2 Viv McConnell	21:44
3 Frances Gill	21:47

W45

1 Susan Cooper	23:24
2 Wendy Huggins	23:27
3 Jan Ross	23:29

W50

1 Josie Heffernan	23:26
2 Anne Roden	24:03
3 Carol Fereday	24:44

W55

1 Pat Gallagher	23:30
2 Elaine Statham	25:02
3 Dot Fellows	25:40

W60:

1 Brenda Jones	28:43
2 Jean Hulls	29:16
3 Nannette Cross	32:47

W65:

1 Pam Jones	26:35
2 Myfanwy Loudon	31:11
W70	

1 Betty Norrish	36:50
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RACEWALKING**USATF National Masters 40K Racewalk Championships Ft. Monmouth, NJ; Sept. 9****Overall**

Philip Dunn	3:24:08
Cheryl Rellinger	4:26:31

M40

Rod Craig	4:13:54
Ken Lampar	4:32:00
Albert Cowen	4:48:11

M45

Chris Knotts	4:02:13
Eliot Collins	5:26:09
Max Walker	4:09:17
Tom Quattrocchi	4:21:59
Bob Keating	4:38:59

M55 Leon Lasionowski	4:05:04
John Molendyk	5:30:26
M60 Dave Romansky	4:57:20
Manny Eisner	5:29:43
M65 George Solis	5:37:00
W50 Sandy Rubel	5:33:05
W65 Sami Bailey	5:12:29

Florida State 1500m/3000m Racewalk Championships Plantation, FL; Sept. 16**1500m**

Overall	
Mike Felling	7:19.10
Sandra De Noon	8:16.88

M45 Mike Felling	7:19.10
M55 Dan Koch	8:39.92
M60 Paul Johnson	8:09.98
M70 Bob Fine	8:55.41
M75 Sumner Shafmaster	10:43.98
W40 Cathy Miller	11:00.89
W45 Sandra De Noon	8:16.88
W50 Linda Stein	8:32.78
W55 Patricia Baran	10:07.80
W60 Kay Cella	11:13.13
W65 Joanne Elliot	9:38.36
W70 Marcia Shafmaster	11:18.02
W75 Miriam Gordon	10:13.31

3000m

Overall	
Mike Felling	15:33.16
Sandra De Noon	17:39.74
M45 Mike Felling	15:33.16

M55 Dan Koch	18:02.71
M60 Bob Cella	17:53.15
M70 Bob Fine	19:55.14
M75 Jerry Kauffman	23:05.06
W40 Cathy Miller	23:13.51
W45 Sandra De Noon	17:39.74
W50 Linda Stein	18:04.03
W55 Patricia Baran	21:19.63
W60 Kay Cella	23:33.38
W65 Joanne Elliot	19:12.66
W75 Miriam Gordon	21:33.70

USATF National Masters 5K Racewalk Championships Kingsport, TN; Sept. 22**Overall**

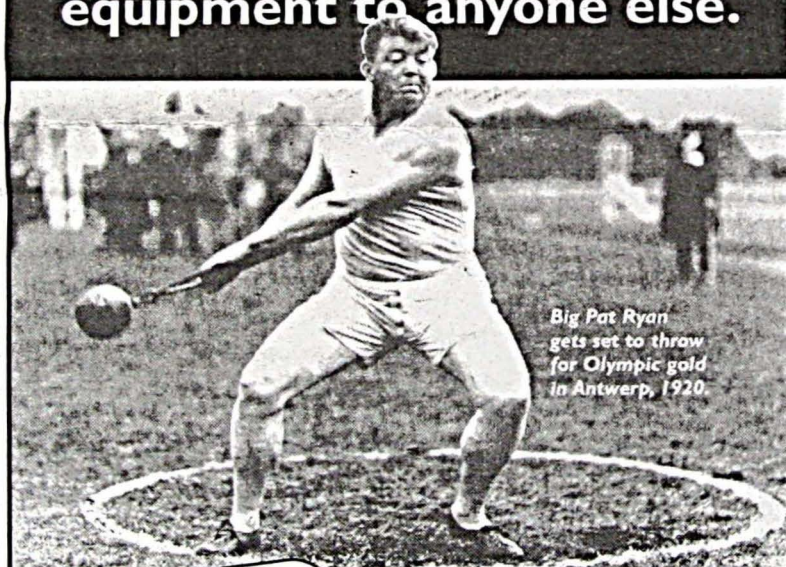
Curt Clausen 33	20:44
Victoria Herazo 42	24:47
M40 Ian Whatley	22:15
Rod Craig	24:48
Larry Windes	28:49
Terence Shoeberger	30:01
Michael Manis	37:07

M45 Bill Walden	25:39
Bill Reed	26:51
Jeff McClung	28:30
Bob Head	29:38
Craig Woodall	30:55
M50 Michael Wiggins	24:47
Max Walker	25:45
Michael Bird	30:24
Ross Barronca	31:12
David Mills	33:16

M55 Leon Jasionowski	24:49
Norman Frable	26:03
James Carmines	26:34
Eric Hedges	35:57
M60 Paul Johnson	27:24
Edgar Kousky	29:00
Bernie Finch	32:46
Mike Walker	33:22
Carl Kane	33:25
M65 Jack Bray	27:59
Bob Barrett	28:24
Dick Petrucci	30:08
Allyn Evans	30:25
Bob Stewart	31:28

M70 Bob Christmas	33:36
Bill Schamadan	34:18
Jack Munnell	35:20
M75 Robert Mimm	33:14
Charles Boyle	34:20
M80 Paul Geyer	41:26
W40 Victoria Herazo	24:47
Teresa Aragon	27:05
Monetta Roberts	29:34
Judy Justis	33:56
Karen Arnold	35:49
W50 Gayle Johnson	27:16
Rosemary Sexton	33:47
Gwendolyn Thomas	34:56
W55 Jolene Steigerwalt	30:39
Jannet Hible	31:06
Kathy Frable	31:28
Ruby Tolbert	33:41
W60 Rita Sinkovec	31:35
Lana Kane	36:25
Joyce Curtis	37:07
W65 Helen Amazeen	36:33
W70 Ruth Ketron	41:18
W80 Jane Dana	37:29

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
DIANA RIGOR (SANTA CRUZ, CA)	11-18-61	40	44
KELLIE ARCHULETTA (LAS VEGAS, NV)	11-24-61	40	44
EVALINA COTES FREYTE (COL)	11-2-56	45	49
SUE GRIGSBY (EVERETT, WA)	11-6-56	45	49
DAWN HARTIGAN (AUS)	11-13-56	45	49
WANDA SNELL (LOS ANGELES, CA)	11-25-56	45	49
JEANETTE FLYNN (AUS)	11-4-51	50	54
PAT FAHY (SCOTTSDALE, AZ)	11-11-51	50	54
LINDA LOWERY (DECATUR, GA)	11-12-51	50	54
ANNA ZIFCAKOVA (SLK)	11-14-51	50	54
MONETTE BRONSON (SALEM, UT)	11-17-51	50	54
RICHARD CHRISTOPH (CINCINNATI, OH)	11-17-51	50	54
STEPHEN SMITH (SPRINGFIELD, OR)	11-24-51	50	54
KATHY KAPALIN (GREEN BAY, WI)	11-1-46	55	59
PAT WRIGHT (CORBETT, OR)	11-6-46	55	59
JACQUELINE BEELEN (BEL)	11-11-46	55	59
BRIAN TOWNLEY (GBR)	11-18-46	55	59
JUDY GREER (ORLANDO, FL)	11-21-46	55	59
PETRA ZORNER (GER)	11-22-46	55	59
KATE O'NEILL (LAKE STEVENS, WA)	11-23-46	55	59
SVETLANA KRACHEVSKAYA (RUS)	11-23-46	55	59
LELIE C. SHROSBREE (GBR)	11-24-46	55	59
FIORENZO MARCHESI (SUI)	11-1-41	60	64
MARGARET ORMAN (NZL)	11-4-41	60	64
JACQUELINE GUYON (FRA)	11-6-41	60	64
GUUDRUN S. MELLMANN (GER)	11-6-41	60	64
AURU PEKHORANTA (FIN)	11-7-41	60	64
SUZY HESS (EUGENE, OR)	11-8-41	60	64
JOHN STEEDE (GBR)	11-9-41	60	64
EDITH GRAFF (BEL)	11-9-41	60	64
DAVID AYERS (RICHMOND, VA)	11-12-41	60	64
OLAVI KOIVUKANGAS (FIN)	11-12-41	60	64
GLORIA BARNABAS (SIN)	11-12-41	60	64
ADLIN MAIR (WHITE PLAINS, NY)	11-15-41	60	64
INGRID MILLER (SWE)	11-22-41	60	64
TIIA KRUTOB (EST)	11-23-41	60	64
HELLA BOEKER (GER)	11-29-41	60	64
LYN LAGRANDE (EUGENE, OR)	11-2-36	65	69
IAN BABE (NZ)	11-10-36	65	69
JOE DOUGLAS (INGLEWOOD, CA)	11-10-36	65	69
EKATERINA LEVCHENKO (UKR)	11-13-36	65	69
BRENDA CARR (AUSTRALIA)	11-17-36	65	69
NORMAN HIGGINS (NEW LONDON, CT)	11-18-36	65	69
WILLIAM GREEN (PALO ALTO, CA)	11-19-36	65	69
WIM WOUTERS (BEL)	11-22-36	65	69
SANDRA KIDDY (PALM SPRINGS, CA)	11-27-36	65	69
LUANNE DEWITT (ANAHEIM, CA)	11-0-31	70	74
THELMA WILSON (NEW YORK, NY)	11-1-31	70	74
ERIKA STEINLE (GER)	11-2-31	70	74
OLAVI NIEMI (FIN)	11-7-31	70	74
GWENDOLINE CHARMAN (GBR)	11-11-31	70	74
FRIEDHELM TEPEL (WG)	11-13-31	70	74
JAMES LINGEL (LAFAYETTE, CA)	11-22-31	70	74
GALINA ZYBINA (RUS)	11-22-31	70	74
WALT ATCHESON (LA VERNE, CA)	11-3-26	75	79
RIA BROUWERS (GER)	11-4-26	75	79
SHIRLEY BRASHER (AUS)	11-6-26	75	79
PAT BOWMAN (TUSCON, AZ)	11-13-26	75	79
URSULA HERINGHAUS (GER)	11-13-26	75	79
NOTOICHI TASAKI (JPN)	11-14-26	75	79
HOWARD MILLER (SEATTLE, WA)	11-21-26	75	79
HARJE NOREBORN (SWE)	11-23-26	75	79
NILS-BERTIV NEVRUP (SWE)	11-29-26	75	79
RUSSELL MORE (SYRACUSE, NY)	11-3-21	80	84
WILLARD SHANK (CA)	11-9-21	80	84
INEZ LISTER (NZL)	11-12-21	80	84
WARREN RAYBURN (HOUSTON, TX)	11-12-21	80	84
MARY GARCIA DE LIRES (COL)	11-14-21	80	84
MERLE KNOX (MILWAUKEE, WISC)	11-17-21	80	84
MARIANNE BORUSIAC (GER)	11-17-21	80	84
BILLIE MORESHEAD (ALBUQUERQUE, NM)	11-30-21	80	84
AILI KAUKINEN (FIN)	11-1-16	85	89
ROBERT SORLIEN (RI)	11-3-16	85	89
GENTARO WATANABE (JPN)	11-8-16	85	89
SCOTTY CARTER (E. SANDWICH, MA)	11-14-16	85	89
JACK STEVENS (AUS)	11-23-16	85	89
VITTORIO COLO (ITA)	11-9-11	90	94
MARIE UEBEL (BRENTWOOD, MO)	11-10-11	90	94
ALAN FLANIGAN (PAC. PALISADES, CA)	11-16-11	90	94
JEREMIAH GAINES (CHESAPEAKE, VA)	11-27-11	90	94

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

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