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# Hellebuyck, Somers-Smith Win U.S. Titles at Twin Cities Marathon

By SUSANNAH BECK

St. PAUL, Minn. - Eddy Hellebuyck, 41, Albuquerque, N.M., Eddy 2:19:59, and Linda Somers-Smith, 41, San Luis Obispo, Calif., 2:39:26, won themselves a pair of USATF National Masters Marathon Championships at the masters-loaded Twin Cities Marathon (TCM), Minneapolis/St. Paul, Minn., Sept. 29.

This was the Twin Cities' 12th hosting of the USATF Masters Championships, and it has become a road racers' favorite for its gentle and lovely emerald-necklace course, amenable weather, generous masters prize money, and tough competition.

Hellebuyck's and Somers-Smith's performances were in the range of "pretty good," as both have run much faster (Hellebuyck's PR is 2:11, Somers-Smith has run 2:30), though not recently.

Under cloudy skies and temperatures in the fifties, defending U.S. champion masters marathon Hellebuyck ran a conservative race,



Linda Somers-Smith, 41, San Luis Obispo, Calif., 2:39:26, contemplates her 2002 National Masters Marathon title at the Twin Cities

sitting back from the early lead hazarded by Sammy Ngatia, 43, Ft. Collins, Colo. Hellebuyck ran through halfway in 1:08:36, sharing company with Danny Martinez, 40, Alhambra, Calif., but then took off to reel in Women Break Two U.S. Records

# Young, Blanchard Capture **Champions Mile Run for Children**

Tony Young, 40, and Patty Blanchard, 44, were the masters events winners in the 4th annual Champions Mile Run for Children at San Francisco's Kezar Stadium on Sept. 15. The races were held along with elite invitational men's and women's miles to benefit the Pediatric AIDS Program at the University of California, San Francisco.

Young, who ran a pending U.S. M40 record 4:09.61 in June, won in a field of 12 with a 4:16.37. John Hinton, 40, was second in 4:18.75, and Andrew Masai, 42, third in 4:19.86. Graeme Fell, 43, winner (4:15.85) last year in the rain, was not a contender, finishing 10th (4:35.34).

Blanchard had to hold off fellow Canadian, Maureen de St. Croix, 49, to take the women's race in a close finish, 5:05.98 to 5:06.19, in a field of eight.

Jeanne Lasee-Johnson, 45, was third with a W45 U.S. record 5:07.76. Marie-Louise Michelson, 60, was also in record territory with a 5:58.31. Carol Flexer holds the present W45 record at 5:21.5 in 1989. Shirley



Patty Planchard (I), 44, winning, with a 5:05.98. the Champions Run for Children Masters Mile, over Maureen de St. Croix, 49, 5:06.19, Kezar Stadium, San Francisco, Sept. 15.

# Holland Breaks Three W75 U.S. Records

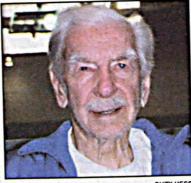
# Hosack, 100, Sets Six World **Records in Weight Pentathlon**

By REX HARVEY

Everett Hosack, 100, set an amazing five age-group world records, one in each event and, of course, the world record for the weight pentathlon with the highest score ever of 6037 (2002 WMA age factors). He did it in the annual Norm Bower Memorial Weight Pentathlon held at Kent State University, Kent, Ohio, Sept. 21, and conducted by the Over the Hill Track Club of Cleveland.

Hosack, Chagrin Falls, Ohio, established M100-104 records for the 4kg hammer (8.92) and 12# weight (5.24), and broke records for the 4kg shot put (3.37), 1kg discus (7.95), and 400g javelin (7.41). John Whittemore, Montecito, Calif., pre-viously held three of the world records at, respectively, 3.15, 7.38, and 6.69.

No other master has ever set that many world records in a combined event before. In fact, it is rare for any Continued on page 8



Everett Hosack, 100, set six M100-104 world records in the Norm Bower Memorial Pentathlon, Sept. 21.

# **INSIDE:**

- USA Masters Road Records - pages 15-17
- Masters Club List

- page 18

# **Benoit-Samuelson** SetsW45Marathon **Record in Chicago**

By SUSANNAH BECK

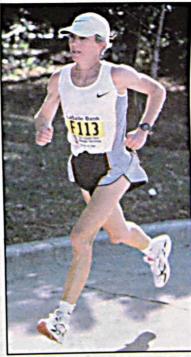
Joan Benoit-Samuelson, 45, set a new U.S. marathon record for women over age 45 with a 2:42:27 in the cold and windy LaSalle Bank Chicago Marathon, Oct. 13. The 1984 Olympic Marathon winner broke the old W45 mark of 2:45:11 set in 1991 by Barbara Filutze.

Benoit-Samuelson said before the race that she was hoping to get the U.S. Olympic Trials "A" standard (2:40:00). She was on pace through halfway (1:19:03), before slowing in the second

The Freeport, Me., resident still holds the U.S. open marathon mark of 2:21:21, set on the same course in 1985.

Canadian Miguel Sanchez, 40, Levis, Que., 2:24:08, was the first master over the line in the field of 37,500 racers. Sanchez will not be quitting his day job: he won \$1500. Masters prize monies at Chicago represented a 1.2%

Continued on page 12



Joan Benoit-Samuelson set a pending U.S. W45 age-group record of 2:42:27, LaSalle Bank Chicago Marathon, Oct. 13.

### CONTENTS

### DEPARTMENTS

USAIF Officers
Letters to the Editor 4
NMN Sustainers 4
Third Wind 6
Twenty Years Ago6
LDR Report7
The Foot Beat 8
Fifteen Years Ago 8
Master Scope9
Five Years Ago9
Racewalking 10
Profile-Aaron Sampson 11
On the Run 12
Weight Room 14
Rankings Report 14
Masters Clubs 18
Ten Years Ago
Report From Britain 20
WMA/USATF Specs20
WMA Officers 20
Masters Scene 21
Schedule
All-American Standards 24
Results 25
New Age-Group Athletes . 31

### **FEATURES**

Twin Cities Marathon 1
Champions Run for Children 1
Norm Bower Wt. Pent 1
Chicago Marathon1
Annual Meeting Schedule 5
Annual Meeting Preview5
Future X-C Events7
Club West Meet \
T&F Awards Update 8
National 5K RW 10
LDR Committee Schedule. 11
MUT Bids
Fifth Avenue Mile 12
Tricard Makes Stand 14
Road Records 15
24-Hour Run
Teva Running Team 20

### **ENTRY FORMS/RACE &** PRODUCT INFO

National 10K X-C3
NMN Subscription Form4
Rex Harvey5
Pataki Training System 8
Long and Strong Journal9
Salf Massage Video
Self-Massage Video 10
On Track
Publications Order Form13
Larry Stuart Javelin Video. 14
Marathoning A to Z15
Fax-a-Sub 16
Ski & Travel 19
WMA Handbook21
Age Records Book 23
Track & Field News 31
Outdoor T&F Rankings31
New Deleges
New Balance32



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# Twin Cities M

Continued from page 1 Ngatia, making up a 90 in five miles

Hellebuyck hamme 2:19:59, qualifying his U.S. Olympic Maratho second. Martinez also and the three went on for the U.S. 40+ CI Martinez, second in Ngatia, who became a fall after a long residen

"I felt really good at sprightly Belgian-box This is the first time I've felt strong at the that, because, after Ne when I didn't finish, here last year when I l time in the last five m Edmonton World Cl really died at the en marathon when I co instead of other peop thought after New marathon-retired, so I 5Ks and 10Ks all seas Shawn, talked me int

Somers-Smith w with her title, and he her third-open U.S. overall, and \$14,000 from several divisi attorney, she has miles per week, and fitness here that she ed for several years. A 1996 U.S. C

marathon, Smith has ly in the past few ye in the last three year 40, it's not so much run well, but it's j how you will run. Yo workout one day and when you were 30, you feel like you're !

Kelly Keeler, 40 Minn., 2:45:13, w W40+, running com turf in her fourth months. "I was think 2:50 I'd be having a really happy. My trai been all that strong what to expect. I've TCM until now" (th

Keeler says she another marathon working on her spee school. "I'd like to d winter and maybe mile record (4:59). so it's close." John Stolz, 47, B

M45, 2:40:58, in sp the dreaded "death during the last fo through 20 miles lamented, "I don't need right now. I g week. To run that 70 or more. So, you miles you stop, yo you stretch, and y utes. That's okay,

# Twin Cities Marathon

Continued from page 1

Ngatia, making up a 90-second deficit in five miles.

Hellebuyck hammered it home in 2:19:59, qualifying him for the 2004 U.S. Olympic Marathon Trials by one second. Martinez also passed Ngatia, and the three went on to finish 1-2-3 for the U.S. 40+ Championship -Martinez, second in 2:22:09, and Ngatia, who became a U.S. citizen last fall after a long residency here, third in 2:24:30.

"I felt really good about it," said the sprightly Belgian-born Hellebuyck.
"This is the first time in a long time I've felt strong at the end. I needed that, because, after New York last year when I didn't finish, and Twin Cities here last year when I had a really hard time in the last five miles - even at the Edmonton World Championships, I really died at the end - I needed a marathon when I could pass people instead of other people passing me. I thought after New York that I was marathon-retired, so I was just running 5Ks and 10Ks all season, but my wife, Shawn, talked me into running this."

Somers-Smith was also pleased with her title, and her 2:39:26 earned her third-open U.S. spot, fifth-open overall, and \$14,000 in prize money from several divisions. A full-time attorney, she has been training 90 miles per week, and showed a level of fitness here that she hasn't demonstrated for several years.

A 1996 U.S. Olympian in the marathon, Smith has raced sporadically in the past few years. "I've learned in the last three years, that being over 40, it's not so much not being able to run well, but it's just unpredictable how you will run. You can have a great workout one day and feel like you did when you were 30, and the next day you feel like you're 50.

Kelly Keeler, 40, Bloomington, Minn., 2:45:13, was second U.S. W40+, running comfortably on home turf in her fourth marathon in 12 months. "I was thinking that if I broke 2:50 I'd be having a good day, so I'm really happy. My training hasn't really been all that strong so I didn't know what to expect. I've never had a good TCM until now" (this was her third).

Keeler says she won't be running another marathon soon, as she'll be working on her speed and going to law school. "I'd like to do indoor track this winter and maybe go for that indoor mile record (4:59). I ran 5:03 last year, so it's close.

John Stolz, 47, Bend, Ore., won the M45, 2:40:58, in spite of experiencing the dreaded "death march" syndrome during the last four miles. He ran through 20 miles at 2:34 pace, but lamented, "I don't get the mileage I need right now. I get in 50-55 miles a week. To run that pace, I need to run 70 or more. So, you know, the last four miles you stop, you stretch, you stop, you stretch, and you give up six minutes. That's okay, I'll be back next



Irina Bogacheva, 41, 2:29:39, first woman overall, Twin Cities Marathon.

Doug Suker, 51, Edina, Minn., who has run every single TCM, won the M50 with a tantalizing 3:00:01. Dave Dooley, 55, Boulder, Colo., 2:51:48, held off Alejandro Ulloa, 59, Santiago, Chile, 2:52:41, to take the M55.

Ulloa claims to train 110 miles per week and came to TCM as part of a Chilean marathon junket that included 22 members of the Santiago Running Club. Fellow junketeer Albertina Zuniga, 69, Santiago, 3:55:27, won the W65-open by nearly 30 minutes.

Jared Mondry, 60, Minneapolis, ran 3:01:40, to win the M60. Jim Schleisman, 69, Jefferson, Ia., a threetime M65 winner but second last year, was back on top with 3:25:42. Jerry Johncock, 74, Grand Rapids, Mich., 3:37:14, won his fourth consecutive

Lloyd Young, 79, Pine City, Minn., 4:19:08, was happy with his M75+ win, but confessed that "the marathon is not my thing. I'm a middle distance man all the way. Next year I might run the M80 here, but after that, I might switch and not run marathons any

Suzanne Ray, 50, Maplewood, Minn., 3:00:07, was all smiles at the finish line, having met two of her three pre-race goals. She got the Minnesota state record for the W50 marathon and won her age group, but she missed breaking 3:00:00 by seven seconds. The former Minnesota W50 record (3:03:57) was held by Gloria Jansen.

Jansen, 55, Edina, Minn., made up for her loss by setting the new Minnesota W55 record, 3:17:43, and topping the W55. All the same, said Jansen, "It hurt. I really wanted to be close to 3:10, and I was okay for about 10 miles, but then I slowed down a little bit. The last two miles I was very strong, though, to make sure that I'd finish faster than I had run at Grandma's. I won my age group, so that was kind of the mission.

Gillian Horovitz, 47, New York City, 3:00:37; Karen Bestul, 60, Lincoln, Neb., 3:23:59; Pat Ordahl, 65, Minot, N.D., 4:26:45; Carolyn Sankey, 71, Bloomington, Minn., 4:36:14; and Joy Johnson, 75, San Jose, Calif., 5:24:04, were also age-group national champions.

Competing for attention with the U.S. Masters Championship races were the stellar performances run by the international masters stars running for open and open masters prize money.

TCM open defending champion Joshua Kipkemboi, 43, Arnos Village, Kenya, 2:11:45, and Jackson Kipngok, 40, Kenya, 2:11:51, waged a 26-mile, elbow-to-elbow showdown with U.S. distance star Dan Browne, 27, Portland, Ore., who was going for a 2:10 marathon debut aided by two pac-

Four-minute miler Browne won in the final kick down the hill from St. Paul's Cathedral, putting ten seconds on Kipkemboi, 2:11:35, and six more on Kipngok. Kipkemboi finished second overall with a 90-second PR, lowering his U.S. all-comers masters record (old record Kipkemboi/2:12:46/ 2000, at TCM). Kipngok's time will be number two on that list,

Irina Bogacheva, 41, Bishvek, Kyrghystan, ran away with the women's open race, churning out a 2:29:39 seven-minute victory. The powerfully-built blonde ran alone most of the way, and broke her own TCM W40+ course record here from last year by a minute and a half.

Bogacheva has had an impressive 2002, running four marathons already, each a little faster: Dubai in January, 2:39:25; Nagoya in March, 2:33:52;

San Diego in June, 2:31:33, and now TCM, 2:29:39.

Firaya Sultanova, 41, Naberezhnie Chelui, Russia, the masters phenom who ran 2:27 at Boston this April, was fourth-open overall with a bad race, 2:38:56. Her opening halfway pace of 1:16:35 deteriorated quickly, and she appeared to be weaving by 18 miles. She was passed by two U.S. open women having somewhat better races in the last six miles.

Adding a little spice to the proceedings, prize money awards to the open masters men were delayed by protests that second- and fourth-place open masters runners Kipngok Mouhamet Nazipov, 41, Nab Cheine, Russia, are not actually over forty years old. Kipngok's birthdate has been given variously as 1966 and 1960, possibly due to typographical errors over the years on the part of agents and race directors.

USATF decided in a 2002 ruling that an athlete's age would be the age declared by the athlete (or her representative) at the athlete's first U.S. prize-money race, regardless of what documentation could be produced later to prove a different birthdate. This is because of the difficulty of verifying the authenticity of foreign personal documents.

- This article draws in part from reports by Jim Ferstle, David Monti, and Bruce Brothers/St. Paul Pioneer

# WHO'S GOT THE BEST MASTERS?

OTC? BAA? WHIRLAWAY? ATC? YOUR TEAM?

# 2002 USA FALL CROSS COUNTRY CHAMPIONSHIPS



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HIND



## NATIONAL PRIDE

I read with great interest George Mathews' column (Sept. NMN) Pride. "National regarding Personally, I don't feel that creating minimum standards would be beneficial in raising the number of competitors; if anything, the numbers would decrease.

We might as well face facts and admit that the majority of our nation has become predominately sedentary and spectator-oriented, instead of seeking an active lifestyle. Traveling in Europe on numerous occasions, you generally see large numbers of people bicycling, jogging, walking, and participating in a variety of physical activities; therefore, 4293 entries in their masters championships is not difficult

I feel that we must emphasize a more active lifestyle among our citizenry with the idea that some individuals would be inclined to eventually seek a more competitive environment and begin to participate in various events.

**Burt Hughes** Shiremanstown, Pennsylvania

I understand that George Mathews was referring to "Nationals" pride in his report (Sept. NMN), rather than some kind of nationalism. Though I did not attend the last two USATF National Masters Championships, I recall the Championships of 2000 in Eugene - an excellent event indeed.

But, as Mathews points out, there were probably not that many more participants in 2000 than there were when I competed at that venue in 1994. It has been a number of years since I competed in a Canadian Masters Championships, but I do follow the activities of the CMAA through its newsletter, and I note that the numbers

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in the Canadian Championships are not growing either.

Mathews suggests a number of strategies for attracting more adults to enjoy masters track and field, but many of them sound more like barriers than incentives to increased participa-

I don't have any suggestions as to how we could entice more people to try the field events. But I do have some ideas for all the running events. The number of people participating in running events on roads and trails has been steadily growing for a number of years in both the U.S. and Canada. I'm in touch with some of those people, as I direct and coach programs both for beginners and for more experienced runners in northwest Washington state.

This spring I invited participants in the experienced group to accompany me to Eugene for the Hayward Classic. There was some trepidation - running on a track is so "conspicuous!"

But five took up the challenge, and competed in events ranging from the 100 to the 5000. They had a great time. They loved watching all the other events, and returned to the next week's practice full of enthusiasm for next year's event.

I am sure I'll be able to bring twice as many with me next year. My next challenge will be to encourage some of them to enter the Nationals. But that task has already been made easier by the fact that they have enjoyed all the action at a regional event.

So, what's my suggestion? That it is up to those of us who have been enjoying masters track and field for years to invite and encourage others in our local running communities to give running in a local or regional masters track meet a try. I admit that I'm in a position of advantage as a coach, but I'm sure we all know someone who,

Or Call:

818-760-8983

with some encouragement and assistance re logistics, etc., could be per-suaded to join the FUN.

Diane Palmason Blaine, Washington

### **CHANGE THE HURDLES**

For the benefit of hurdlers, spectators, and mainly meet directors, I propose we simplify the 80/100/110 hurdle settings.

First, throw out the 80-meter race immediately. We have marathoners in their 80s and older, so there is no argument to support the need for a shorter hurdles race. These folks can all run at least 100 meters.

Second, throw out all the oddball 100-meter races that require hurdle placement markings different from the women's or men's open division mark-

It is inconceivable to me that an event was created that requires markings not found on a USATF track. Proponents of the oddball distances say it was an attempt to address the shortening stride pattern of aging runners. However, for every hurdler who gains an advantage from the shortened spacing between hurdles, there is another hurdler (perhaps taller and long-legged) who has to adapt to the shorter spacings and chop their stride pattern to make it fit. It doesn't take a rocket scientist to watch masters events and see that the majority of hurdlers over 50 (and many under 50) don't three-step this event.

Third, lower the hurdle heights. The lower the hurdle, the less effort required to clear it. There is less interruption to the hurdler's speed, allowing them to more easily reach the next hur-

Fourth, reduce the number of hurdles in the race. In the last few years, I've included a five-hurdle (instead of the normal 10-hurdle) 100/110 race in the local meets I direct. Both experienced and new hurdlers seem to love it. In effect, the hurdler runs every odd-numbered hurdle when compared to the full 10-hurdle race.

What will my changes accomplish?

- 1) All women run the same distance.
- 2) All men run the same distance.
- 3) No one will run over a higher hurdle. Most will run over a lower hur-
- 4) Meet directors will be able to set up the hurdles very easily, since markings are already on the track. For men

60+ and women 40+, remove every even-numbered hurdle from the track and you're ready.

Charts showing the current WMA/USATF specifications, and my proposed new ones, can be found online at www.waterlootrackandfield.org.

Jeff Brower 512-918-0497

www.waterlootrackandfield.org

### **BVAF CHAMPIONSHIPS**

I am extremely concerned by the report (Sept. NMN) titled "BVAF Championships Torrid Both On and Off the Track."

The article states that "...at the AGM it was revealed by the chairman, Mick Statham, that the BVAF was suing WMA Non-Stadia Vice-President Ron Bell..." Let me say quite categorically that no such statement was made by me or any member of the Executive Committee of the BMAF.

I ask that you publish an unreserved apology. It has caused great annoyance to the meeting directors and their volunteers who worked extremely hard to ensure that the championships were a great success.

It is also not true that there was a heated debate on our change of name from veterans to masters. On the contrary, the well-attended meeting was conducted in a friendly and informal manner.

It is also incorrect to report that Steve Charlton "was taken away by first-aiders after his race." The organizers were aware that Steve is unable to take a drink while running. Peter Browne and Bridget Cushen handed him a drink at the finish of his recordbreaking run. At their suggestion, Steve then sat in the cool first aid room. Water was handed out by officials in the back straight in both the 5000 and 10,000.

The report on Jane Pidgeon's fall in the steeplechase is grossly exaggerated. Jane is a very experienced steeplechaser, having finished a brilliant fourth in the U.K. Athletics Senior European trials in June. She was well clear of the field when she hit a barrier and fell. She was concussed but has since won the European Veterans steeplechase in Potsdam.

Mick Statham Chairman, British Masters Athletic Federation (The September report on the British Continued on page 19

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Special thanks this month go to:

Jim Corridan Dale Gaide Wayne Osborne Thomas Talbott Robert Weiner L. Parker White

Schenectady, New York Jackson, Michigan Storrs, Connecticut Cos Cob, Connecticut Accokeek, Maryland Sacramento, California

Masters Track & Field Wednesday, Dec. 4 5:00 p.m.-6:30 p.m,

7:30 p.m.-10:00 p,m.

Thursday, Dec. 5

9:00 a. m.-11:00 a.m. 11:15 a.m.-12:00 noon

11:15 a.m.-12:20 p.m. 1:00 p.m.-3:00 p.m. 1:00 p.m.--4:00 p.m. 5:30 p.m.--8:00 p.m.

Reports - Verbal (all other re

We will allow 5 min, for sub

Friday, Dec. 6 8:00 a.m.-10:00 a.m.

10:30 a. m.-11:30 a.m. 1:00 p.m.-4:00 p.m.

8:00 p.m.-10:00 p.m.

Saturday, Dec. 7 7:30 a.m.-9:30 a.m. 10:00 a.m.-12:00 noon

2:00 p.m.-5:00 p.m.

Sunday, Dec. 8 8:00 a.m.-9:15 p.m. 9:30 a.m.-11:00 a.m.

Masters Track & H	Field Committee Schedule 2002 • 24th yatt Regency Crown Center, Kansas C	USATF Annual	Meeting
Wednesday, Dec. 4 5:00 p.m6:30 p.m, 7:30 p.m10:00 p,m.	Masters Regional Coordinators Masters T&F Executive Committes	ROOM Empire A	Floor ML
Thursday, Dec. 5		Choteau B	ML
9:00 a. m11:00 a.m.	USATF Opening Session	Chicago/ San Francisco	BL
11:15 a.m12:00 noon	The state of the s	Empire B&C	ML
11:15 a.m12:20 p.m.	Masters, Youth, & Associations Masters Regional Coordinators	Exec BrdRm	BL
1:00 p.m3:00 p.m. 1:00 p.m4:00 p.m.	Masters Hall of Fame Subcommittee Masters T&F Awards Subcommittee	Indep	Wstn-E
5:30 p.m8:00 p.m.	Masters T&F Masters T&F	Fremont Empire B	ML ML
	Roll Call of Delegates Election of Active Athletes	20 minutes 15 minutes	
	Approval of Minutes	5 minutes	
Reports -Verbal (all oth	Approval of Revised Agenda er reports written as per by-laws, Sections	5 minutes	
ricports - verbar (all oth	Law & Legislation Changes & SubmissionsTom Light	10 minutes	
We will allow 5 min, for	RulesGraome Shirley submitter, 5 min. pro and 5 min, con for 6	ach of these s	hmission
We will allow 3 mill. not	Team Competition at National Champio (Rule 261, Section 2), tabled last year- Mark Cleary	nships	Jonnssion
	Recognition of Masters Clubs (Rule 261, Section 2), tabled last year		
	Mark Cleary Eight Different Rule Change Submissio	15 minutes	
	by Jeff Schaller on Rules for the Condu	ct of	
Friday, Dec. 6	Our Championship Meets	120 minutes	
8:00 a.m10:00 a.m.	Masters T&F	Empire B	ML
	Poll Call and Announcements Presentation and Voting for 2005 Outdoor National Championships Chalette House September 1	20 minutes	
	Charlotte, Hawaii, Spokane Ken Weinbel	100 minutes	
10:30 a. m11:30 a.m. 1:00 p.m4:00 p.m.		Atlanta A	BL
1.00 p.m4.00 p.m.		Atlanta B 10 minutes	BL
	WMA Non-Stadla-Charles DesJardins Team Manager Reports-Puerto Rico	10 minutes 30 minutes	
	Team Uniforms	15 minutes	
	Masters Hall of Fame-Norm Green National Masters News-Jerry Wojcik Presentations by Candidates for IAAF	20 minutes 10 minutes	
8:00 p.m10:00 p.m.	Masters Committee Jesse Owens/Hall of Fame Banquet	30 minutes Regency -	BL
	Jesse Owers hall of Fame banquet	Ballroom	
Saturday, Dec. 7 7:30 a.m9:30 a.m.	Awards Breakfast Buffet	Atlanta/NY	BL
10:00 a.m12:00 noon	Masters T&F	Empire B	ML
	Roll Call Presentations and Voting for 2005 indoor Championships, Combined-	15 minutes	
	Events, Weights, and Weight Pentath-	00	
	Ion Championships Update on 2004 Outdoor Champion-	30 minutes	
	ships	10 minutes	
	Chair Report-George Mathews Budget ReportFrank Lulich	10 minutes 10 minutes	
	Games CommitteeSandy Pashkin	10 minutes	
	Regional Coordinators Report Meet ManualKen Weinbel	20 minutes 15 minutes	
2:00 p.m5:00 p.m.	Masters T&F	Atlanta A	BL
	Awards Committee-Phil Byrne Masters Individual ProgramMark	15 minutes	
	Cleary Mission StatementGeorge Mathews	10 minutes	
	and Dave Clingan RankingsDave Clingan	20 minutes 20 minutes	
	Championships Meet Announcer	15 minutes	
	RecordsPete Mundle Qualifying and Modal Standards for National ChampionshipsGeorge	15 minutes	
	Mathews	10 minutes	
	Marketing, Promotion, Growth, and Fund RaisingGeorge Mathews	30 minutes	
S. at. S.	Masters Web Site Continuation of Business/New Business	15 minutes	
Sunday, Dec. 8 8:00 am9:15 p.m. 9:30 a.m11:00 a.m.	General Competition Division USATF Closing General Session	Choteau SF/NY/ATL	ML BL



Sid Howard, M60 1500 winner (5:00.68) leads Bill Borla #80, 2nd (5:01.96), Maxwell Hamlyn #378, 3rd (5:02.15), and Dan McCormack, 4th (5:02.60) to the finish, 35th National Masters Championships.

# USATF's 24th Annual Meeting Set for Kansas City

The 2002 USATF annual convention kicks off Thursday, Dec. 5, and continues through Sunday, Dec. 8, at the host hotel Hyatt Regency Crown Center, Kansas City, Mo. This year's theme is "These Are The Days... To Remember."

In addition to the business schedule, the meeting features a multitude of hospitality, reception, banquet, and breakfast activities, most of which are included in the basic registration fee: a Thursday Night Welcome Reception; Friday Expo Breakfast; Jesse Owens/Hall of Fame Awards Banquet; and Saturday Awards Breakfast Buffet.

An early-bird fee of \$150 is in effect for registrations postmarked on or before Nov. 12, after which the cost will be \$200. Reservations at the Hyatt Regency can be made by calling 800-233-1234, code USATF, and must be made by Nov.

Members of national committees and registrants who attended the 2001 Convention have been furnished registration and hotel materials. For more details, contact USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org/about/annualMeeting/20 02

Among the items on the agenda for Masters LDR and T&F committee meetings will be bids for future races and meets, selection of Athletes of the Year for 2002 in track and field, long distance running, and racewalking, and the approval of national records. The Masters T&F Committee will also be discussing the institution of standards and qualifying for national championships, and the status of public relations and publicity for association, regional, and championship meets.

The Hall of Fame Class of 2002 will be inducted at the Jesse Owens/Hall of Fame Awards Banquet on Dec. 6. This year's inductees are pole vaulter Earl Bell, middle distance runner Steve Scott, sprinter Gwen Torrence, and racewalker Larry Young.

Bell, 47, and Scott, 46, continued their illustrious careers to compete as masters athletes. Bell, considered one of the top pole vault coaches in the country, has the M40 world record at 5.18, set in 1995. Scott, head track and cross-country coach at California State U-San Marcos, continues to run on the track and roads after setting U.S. records as an M35 for the 1500 (3:40.83), mile (3:54.13) and 3000 (7:56.69) in 1991.

# **Rex Harvey**

Candidate for member of the

# **IAAF Masters Committee**



· As most of you know, everything I do is from the perspective of a Masters athlete. You also know that I work long and hard hours at the administration of our sport because I think it is the basic sport and well deserves all the attention we can give it.

· I am asking for your support and votes in the election to be held at the USA Track & Field national convention coming up in Kansas City. Those of you not attending can speak to your representatives that are, and/or second my nomination at the Net address below

http://www.xro.com/second.html Thank you, Rex J. Harvey

PAID ADVERTISEMENT

November 2002

# Third Wind

By MIKE TYMN

# Lou Zamperini's Real Endurance Test

s a standout runner, Lou Zamperini knew all about tests of physical endurance. He had broken the national high school record in the mile during his junior year at Torrance High School in Los Angeles with a 4:21.2. He would make the 1936 Olympic team at 19, thrilling tens of thousands in Berlin with his blazing 56-second final quarter in the 5000-meter run. He would go on to the University of Southern California and break the NCAA record in the mile

Zamperini's running career, including his encounters with Hitler, was capsuled in this column last month. His formal running career ended before the start of World War II. However, his most demanding race came while he was a prisoner of war in Japan. When his captors discovered that he was a former Olympic runner, they forced him to race against one of their guards, a former runner.

"They picked it up on the radio," Zamperini, now an 85-year-old resident of Hollywood, related when I interviewed him last November. "Olympian missing in action. They knew about athletes and movie stars. They were always trying to demoralize us, telling us things like Clark Gable was killed in Germany or that Shirley Temple got pregnant out of wedlock and had an abortion, stuff like that."

# Run... or Else

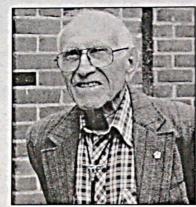
In his wallet, the Japanese also discovered a clipping that had appeared in the Los Angeles Times a month before his plane went down at sea. Weighing less than 100 pounds, well below his best running weight of 155-160, Zamperini was told that if he did not run against his Japanese foe, the whole camp would suffer. They circled a small track inside their 50-yard square compound over and over again.

'It was supposed to be only so many times around, but they kept telling us that we had to continue and we really didn't know how far we had to go," Zamperini explained. "I estimate that we covered about three miles before they called it off without a winner."

For not losing, Zamperini was beaten. When later challenges came from guards, Zamperini intentionally

# **TWENTY YEARS AGO** November 1982

- · Mike Manley, M40, Runs a 2:17:32 in the Beijing, China, Marathon
- San Diego TC Sets U.S. Masters 100 Mile Relay Record
- Jack Start Sets U.S. M60 Half-Marathon Mark of 1:21:19



"threw" the races. It gave so much pleasure to the guards that Zamperini was rewarded with an extra rice ball.

Zamperini's two-and-half year survival odyssey began on May 27, 1943, when the B-24 on which he was serving as a bombardier officer, crashed at sea during a rescue mission.

'The plane went in at a 45-degree angle and I was forced forward, ending up under a machine gun tripod,' Zamperini recalled. "I said, 'This is it. I'm dead.' We seemed to be sinking fast and it was getting darker and darker. When my ears popped, I knew I must have been 20 feet down. I began to feel pain in my forehead and I think I lost consciousness at about 50 or 60 feet. Then, for some unknown reason, I was conscious again. That's what was puzzling. Why didn't it (the pressure) keep me out?'

### **Three Survivors**

Somehow Zamperini found his way out of the plane's sinking fuselage. "It seemed like forever getting to the surface," he said. "When I finally made it there, I was choking on gas, oil, and blood.'

He found a raft and then saw another pilot and tail gunner hanging on to the plane's gas tank. The other eight members of the crew had perished. After the other two were pulled onto the raft, they found a second raft and tied the two rafts together.

The first 47 days of Zamperini's survival story had begun. Food would consist of a few raw fish, several uncooked birds, shark's liver and rainwater. "It was fairly calm and we were just sitting there," Zamperini recalled catching the first bird, demonstrating with his eyes closed and slumping in

Tos Angeles Times

his chair.

"All of a sudden I felt something on my head. I knew it had to be a bird. I got its legs. All the white lashes from his beak are still on my hands (he holds his hands out for inspection). I got him by the neck and killed him, but we couldn't eat it."

They give

THEIR LIVES -

aon tend aons would

BUY SECOND-

WAR LOAN BONDS

A week or so later, Zamperini caught another bird, plucking its feathers with his teeth. "By that time we were really hungry and I tore into it like a wild man," he continued. "We ate everything, eyeballs included, and it tasted like a hot fudge sundae with nuts on top. It was delicious."

Sharks were a constant problem. "They were giving us so much trouble that we decided to make them part of our food chain. We looked for the small ones. The smallest I could find

# Champions Run

Continued from page 1

Matson has the W60 record at 5:58.69, made here last year.

Masters received \$1000 for first, \$500 for second, and \$300 for third places.

In the elite invitational race, Canadians Kevin Sullivan, 3:56.32, and Courtney Babcock, 4:27.68, collected \$6000 each for their vic-

The mile races were part of a day's series, which included the Jamba Juice 5K Banana Man Chase and Whole Foods Market Young Champions Run, a series of mile and shorter races on the Kezar track, which drew 300 children, ages 3-to-18.

Masters winners in the Jamba Juice 5K were Dan Gonzalez, M40, in 15:31, and Anna Slattery, W40, in 19:51

The day's races raised over \$30,000 for the UCSF Program, which provides clinical care for Northern California children and adolescents infected by HIV.

RhodyCo Productions was the meet

organizer.

- from Gary Pike

was about five feet. I grabbed him by the tail and he pulled me into the water. I realized then that a five footer is a little too big. Most of them were about eight to ten feet, but one about four feet came along. After we got it into the raft, we stuck a signal flare into its mouth and began cutting it open with a broken signal mirror. We didn't have a knife."

### **Lovely Liver**

'You can't eat the shark meat raw. It tastes like ammonia, but the liver you can. At that time, the only way they made vitamin pills was with sharks' liver. We were taught in our survival training that the most nutritious part of the shark is the liver. We got some good bloody liver down us. We did that twice.'

On the 27th day, the three men heard a plane. They picked up their signal mirrors and began trying to get the attention of the flyers. "The plane sort of disappeared, but then it came back," Zamperini continued. "It began circling us and we started yelling and screaming while waving our shirts. They started firing at us and we then realized it was a Japanese Sally bomber we had mistaken for a B-25. All three of us got into the water to avoid the machine-gun fire."

As the plane circled and continued firing on the three men, the sharks came. The attack was now coming from above and below.

(Lou Zamperini's survival story will continue in the next issue. Mike Tymn can be contacted by e-mail at metgat@aol.com)



Tony Young, 40, raises an arm in triumph after winning the Champions Run for Children Masters Mile with a 4:16.37, Kezar Stadium, San Francisco, Sept. 15.

# **2001 Race** Post-9

ANTA BARBAR received by the (USATF RRIC) estimate for total finis of finishers are tracked cally equal 80% to 859

For the first time 1980s, the estimate marathon finishers States declined - from ers in 2000 to 424,50 loss of marathon num ed in a lower numbe the largest 100 races ( pared to 1,352,515 i minor decreases, ho direct result of Sept. 1 events like the larger are dependent on air same 146 U.S. marath 6% decline in finisher 2001.

With the addit marathons, such as Cor (4829 - 6th largest de City Memorial (189 Places in Connectic overall decrease in ma was only 3%. Other la ed by Sept. 11 included Harbor 10K in New Army Ten-Miler in D. cancelled.

Strong growth in the 8K, 10 mile, and 4 mi up for the other losses overall increase of 39 increase in the 8K (5 total for the same 7accounted for by impre the LaSalle Bank Sha The 10 mile growth (1) previous year for the s was primarily spread a Cherry Blossom and races; whereas most growth was attributal Park events - both be Sept. 11.

# Steady Increase

The half-marathon show steady growth w That increase (based two years) did not indebuts of Rock 'n' Roll (10,757), B.A.A. Ha Western Hemisphere which should elevate t for the distance anothe

The three charts on snapshot of race prefer With 38.5% of the race results received by the 42% of the events, an USATF certified cour doubt that the 5K is common race distan-



# LDR Report

By RYAN LAMPPA
USATF Road Running Information Center

# 2001 Race Participation Increases Despite Post-9/11 Effects on Large Events

ANTA BARBARA, Calif. – The total number of finishers in 2001 results received by the USA Track & Field Road Running Information Center (USATF RRIC) increased by 3% over the previous year. The USATF RRIC estimate for total finishers in road running events in 2001 is 7,632,000. Numbers of finishers are tracked instead of entrants to ensure verifiable accuracy and typically equal 80% to 85% of the entrant totals.

For the first time since the mid-1980s, the estimated number of marathon finishers in the United States declined - from 451,000 finishers in 2000 to 424,500 in 2001. The loss of marathon numbers also resulted in a lower number of finishers in the largest 100 races (1,335,849 compared to 1,352,515 in 2000). These minor decreases, however, were a direct result of Sept. 11, especially for events like the larger marathons that are dependent on air travel. For the same 146 U.S. marathons, there was a 6% decline in finishers from 2000 to 2001.

With the addition of new marathons, such as Comcast Baltimore (4829 – 6th largest debut), Oklahoma City Memorial (1890) and Mystic Places in Connecticut (1074), the overall decrease in marathon finishers was only 3%. Other large races affected by Sept. 11 included the Great Cow Harbor 10K in New York and the Army Ten-Miler in D.C., which were cancelled.

Strong growth in the charity events, 8K, 10 mile, and 4 mile events made up for the other losses to produce the overall increase of 3%. Half of the increase in the 8K (5% of the 10% total for the same 74 events) was accounted for by impressive growth in the LaSalle Bank Shamrock Shuffle. The 10 mile growth (10% up over the previous year for the same 47 events) was primarily spread across the Crim, Cherry Blossom and Broad Street races; whereas most of the 4 mile growth was attributable to Central Park events – both before and after Sept. 11.

Steady Increase

The half-marathon continued to show steady growth with a 5% gain. That increase (based on results over two years) did not include the 2001 debuts of Rock 'n' Roll Half-Marathon (10,757), B.A.A. Half (2517), and Western Hemisphere Half (2474) which should elevate the 2002 growth for the distance another notch.

The three charts on this page give a snapshot of race preferences for 2001. With 38.5% of the race finishers (from results received by the USATF RRIC), 42% of the events, and 54.7% of new USATF certified courses, there is no doubt that the 5K is still the most common race distance in the U.S.

Growth for the distance was primarily in the Race for the Cures (up 12% over 2000) and the Revlon Runs for women in New York and Los Angeles (5%).

Largest Races

Other than the overall total of finishers, the totals for the Largest 100 Running Events in 2001 were higher than ever. There were 119 races with more than 5000 finishers reported to the USATF RRIC (compared to 111 in 2000, 47 in 1990, and 12 in 1980).

The 50th Run/Walk Festival in 2001 had 12,304 finishers and consisted of the Utica Boilermaker 15K, National Insurance Group Youth Run, Blue Cross Blue Shield 5K and an 8K Walk. In 2000, the equivalent position on the list – the Austin American-Statesman Capitol 10,000 in Texas – had 12,000 finishers, and in 1999 the Weinhard's Ale/St. Patrick's Day Dash 3.5 mile in Seattle had 11,000.

**Data Sources** 

Complete lists of the Largest Races and Run/Walk Events in the following categories for the last three years can be found on the runningusa.org and usaldr.org websites: Largest 100 Races (timed running events); Largest 100 Run/Walk Festivals (includes multievent formats, timed and untimed events); Largest Running Events by Distance; Largest Running Events by State; Largest Women-only Runs; Largest Kids Runs – Go to: http://www.runningusa.org/cgi/index\_largest\_races.pl

Source for all data in this report is USA Track & Field Road Running Information Center.

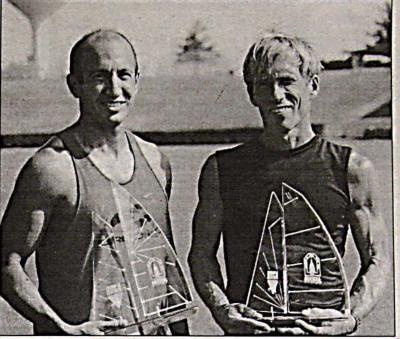
Information on 2001 and 2002 events outside of the U.S. should be emailed to USATFRRIC@aol.com or faxed to 805-696-6252.

Results Needed

U.S. road race results for 2002 are also needed as soon as possible for preliminary state rankings. They can be e-mailed to rric@runningusa.org or Results@LDRResults.com.

Performances for state and national rankings must be run on USATF or IAAF/AIMS certified courses. The USATF certified course lists can be found at: http://www.runningusa.org/cgi/cf.cgi

from USA Track & Field Road
Running Information Center



GEORGE BANKER

Jim Hage (I), 44, third overall (54:30) and Chuck Moeser, 50, fifth (57:35), Annapolis 10 Miler, Aug. 24.

## Nov. 3, Nov. 24 and Dec 14, 2002

# **Future Cross-Country Championships**

Three masters national cross-country championships are still on the 2002 schedule: 8K, Rochester, N.Y., Nov. 3; 5K, Holmdel, N.J., Nov. 24; and 10K, Rocklin, Calif., Dec. 14. See the LDR National schedule section for contacts.

The following masters events are scheduled for 2003: Winter Nationals, Houston, Texas, in February; 8K, Rochester, N.Y., Nov. 2; 5K, Holmdel, N.J., Nov. 23; and Fall Nationals, Greensboro, N.C., Dec. 7.

These championships for 2004 were awarded pending Association approval or written paperwork: 8K, Rochester, N.Y., Nov. 7, and 5K, Boston, Mass., Nov. 14 or 21. A bid was received for Fall Nationals from the Oregon Association but not awarded yet.

The awarding of national and regional cross-country championships

is handled through the Executive Committee of the Cross-Country Council.

# Percent of Events in 2001 out of Total Results received by USATF RRIC

5K	42.0%
10K	13.8%
8K/5 mi.	8.5%
Marathon	8.2%
Half-Marathon	7.2%
4 mi.	1.7%
1 mi.	3.7%
2-3 mi.	0.9%
12K	1.0%
15K - 30K	5.3%
Others	7.8%

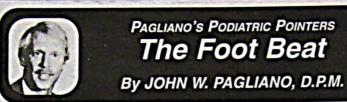
## Preferred Distances for USATF Certified Courses in order of New Courses in 2001

		No. of
	%	Courses
5K	54.7%	641
10K	12.6%	148
Marathon	6.1%	71
Half-marathon	5.1%	60
8K	4.1%	48
5 mi.	2.9%	- 34
1 mi.	2.8%	33
15K	2.0%	23
4 mi.	1.5%	18
10 mi.	1.0%	12
2 mi.	0.9%	11
Others	6.3%	73
Total	100.0%	1172

# Estimated U.S. Road Race Finishers in 2001 based on results received by USATF RRIC

# 2001 Finishers

5K	2,939,000	38.5%
10K	1,069,000	14.0%
8K + 5 mi.	639,000	8.4%
Half-		
marathon	504,000	6.6%
Marathon	424,500	5.6%
Others	2,056,500	26.9%
Total	7,632,000	



# **Oral Amino-acid Supplements**

Reviewing the medical literature this month brought forth a couple of interesting articles. A study at the Human Performance Laboratory at Ball State University investigated the use of oral amino-acid supplements and the relative muscle strength and size gains in older men, 65-years-and-up.

The oral amino-acids included lysine, leucine, valine, phenylalamine, threonin, histadine, and others.

Half of the men were placed on placebos and the other half on the amino-acid supplements.

It was shown that the exercise program provided an increase in whole muscle strength and size in both groups, but the use of a daily oral amino-acid complex in older men did not enhance muscle strength and size.

Thus, it looks as if we can dispense with oral amino-acid supplements.

Another study conducted in Norway supports conclusions of other researchers. Among their large study of older males, they found that ex-smokers and those who have never smoked had lower mortality rates than current smokers. This was true with obese males as well as lean males.

Therefore, researchers theorize that smoking is a greater health hazard than obesity, and that the absolute risk associated with obesity increases markedly if it is combined with smoking.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

# **T&F Awards Committee Update**

By PHIL BYRNE Chair, Awards Committee Masters Track & Field

The Masters Awards Committee will meet at the USATF Annual Meeting on Dec. 4-8 in Kansas City to select the winners in each age group for track and field, as well as the various "major" awards for athletes of the year.

At this time I would like to invite nominations for these awards as well as to invite those interested in serving on the committee to contact me.

As in the past, nominations are not necessary in order to be considered. We expect to have a full data base of top performances for the year drawn from results published in *National Masters News*, but anyone who would like to submit data and/or nominations is welcome to do so. Please use the e-mail address or mailing address on p. 2 of this issue.

Those who will be attending the Annual Meeting and who would like to serve on this Committee should advise me ahead of time. As in the past, I hope to have a committee which includes men and women from all regions, ages and disciplines, as well as officers and regional coordinators. For efficiency, we need to limit the committee to about 15 people, so we may not be able to include all those interested.

As a reminder, a detailed review of the policies and procedures of the Masters Awards Committee was published in the January 2002 issue of NMN.

Finally, we are still trying to deliver award certificates for 2001 to a few athletes, but have no address for them. If anyone has current contact information for the following people, please advise me:

Mavis Borthick, W85, TN
Eleanor Pease, W90, TN
Misha Gutzler, W30, MO
Juanita Brookover, W85, NC
Neville Hodge, M45, MD
Donald Pellman, M85, AR
Thanks for your assistance.

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# Hatlen, Smith Break Records in Club West Meet

By JERRY WOJCIK

The 29th Club West Masters Meet drew its usual contingent of world and national record holders and past and present national champions from California and other parts of the country to the late season meet at UC-Santa Barbara's Pauley Track on Oct. 5.

Ted Hatlen, 91, a Santa Barbara resident, broke the M90 shot put world record for the 4 kg with a 7.19. The present record is held by Buell Crane at 6.97 in 1990. Hal Smith, 67, Los Angeles, holder of the M65 shot put (5kg) world record at 15.12, set a single-age record of 11.04 with the 16#

In the sprints, Marty Krulee, M45, posted the best times in the 100 (11.40) and 200 (23.37). Lynn Naftel, W55, won the 55m, 100, 200, 400, and both hurdles.

Steve Wulf was the M45 800 winner in 2:05.17. Don Truex's winning 8:49.2 in the steeplechase should place him high in the M65 rankings.

Roger Tsuda, M65, won his sprint races and was the farthest male in the long jump at 4.52, but had to take a back seat to Joy Margerum, W40, who was the best of the day at 4.89. Lloyd Higgins, M60, hurled the discus 54.10.

In the M60 javelin, John Burns handed Larry Stuart a rare loss, 49.84 to 49.49, in a field of 10, the largest of the meet.

Touring athletes went home winners. Mile record setter Marie-Louise Michelsohn, W60, of Long Island, N.Y., ran the 800 in 2:48.59. Robert Zahn, M45, of Wisconsin, 2002 national champion in the short hurdles at Orono, Me., won the 110H in 16.79. Bob Ward, M65, of Texas, was the hammer winner with a 47.29.

Award winners included Don

# FIFTEEN YEARS AGO November 1987

- Kjell Erik Stahl (41, 2:18:01) and Laurie Binder (40, 2:41:15) Are Top Masters in Twin Cities Marathon
- Barbara Filutze, 42, Sets U.S. W40 10K Record (33:41) in Pittsburgh's Great Race
- Gail Scott, 41, Betters U.S.
   W40 Marathon Record
   With a 2:37:13 in St.
   George, Utah
- National Masters 10K Titles Go To Larry Olsen (40, 31:32) and Barbara Filutze (42, 35:15)

Cheek, 72, Clovis, Calif., who scored 20 points to win the George Adams Hi-Point Track Score Award; Fei-Mei Chou, 67, Sunnyvale, Calif., the Pane E Vino Trophy for Outstanding Woman Athlete; and John Brennand, 67, Santa Barbara, Ray Williams Memorial Award for Best 5000 Runner Over 60 Years.

# Weight Pentathlon

Continued from page 1

world records in combined events. But then it is rare to be over 100 years old also.

The previous highest weight pentathlon score ever was 5202 by M65 Karl-Heinz Wendel of Germany, at the WAVA Championships, Buffalo, N.Y., in which he set no individual world records.

In the Bower Weight Pentathlon, Bernice Holland, Cleveland, Ohio, broke W75 U.S. records for the hammer (20.74), discus (18.20), and weight pentathlon (3792). The weight pentathlon record is 2940 by Betty Jarvis. Elizabeth Hagemann has the hammer record at 1956, and Ruth Seeger owns the discus mark at 18.12.

All proceeds from the meet go to a scholarship fund set up for Emma Rose Bower, young daughter of the late Norm Bower. Jeff Gerson was the meet director, and Jim Flanik, the head official, assisted by Larry Manancia.



JERRY WOJCIK Lance Denning #229, 4:11.39, and Randy Ward, 4:12.00, were 2nd and 3rd in the M40 1500, 35th National Masters Championships.



November 2002

# Your Sp

et's get serious and older woul your thirties. In lege, it was commonl sprint careers were es

Of course, there track meets when ye twenties and thirties, enter as the "old guy!" the sprint effort expe be worth the result. A you fell away from joy in your lives...spr

You still dreamed you assumed it was in had to get on with you occasionally go down do some intervals, w around the joggers phones on.

Your competitive were behind you, an you would drift into folks playing flag for baseball, or some st always had an "older But in an instant, it al

Oh Boy!

You see an annomasters track meet in tion would be held groups starting with you are 39, out of weight, you are sudd about the possibilities shoots up around 150 ing about the opponagain, and you have training yet.

You have only 10 sprint shape, and you dashes on the ancient town. You even conviyou will be fine becauthe sprint mentality which will carry you to petition.

Oh No! Heats!

At the meet, you of ty fast looking "older up, and find yoursel with sprinters who ar good shape and also of the 30-year age-gro

You, on the other in good shape and heats in the 100. Yo expecting one race at and it is too late to by your family has comyour comeback. You fusely, your heart is phaven't even warmed And They're Off:

At the starter's c your marks, you are ed back to at least 16 the thought "What th here?" pops into you



# Master Scope By ROGER PIERCE

# Your Sprint Career Is Just Beginning

et's get serious! To even imagine people sprinting in their forties, fifties, and older would have conjured a smile on your face even when you were in your thirties. In the '60s, when you may have been in high school and college, it was commonly accepted that sprinters peaked at 24 years of age, and their sprint careers were essentially over at that point.

Of course, there were some local track meets when you were in your twenties and thirties, where you could enter as the "old guy!" Most of you felt the sprint effort expended would not be worth the result. As a consequence, you fell away from what had been a joy in your lives...sprinting.

You still dreamed of sprinting, but you assumed it was in the past and you had to get on with your life. You would occasionally go down to the track and do some intervals, weaving your way around the joggers with their head-

Your competitive sprinting days were behind you, and it looked as if you would drift into a league of older folks playing flag football, basketball, baseball, or some such sport, which always had an "older league" forming. But in an instant, it all changed!

### Oh Boy!

You see an announcement for a masters track meet in which competition would be held in 10-year agegroups starting with age 30. Although you are 39, out of shape and overweight, you are suddenly very excited about the possibilities. Your heart rate shoots up around 150 bpm just thinking about the opportunity to sprint again, and you haven't even started training yet.

You have only 10 days to get into sprint shape, and you do some 100y dashes on the ancient cinder track in town. You even convince yourself that you will be fine because you still have the sprint mentality and toughness, which will carry you through the competition.

## Oh No! Heats!

At the meet, you observe some pretty fast looking "older guys" warming up, and find yourself in a trial heat with sprinters who are clearly in very good shape and also in the lower end of the 30-year age-group.

You, on the other hand, are 39, not in good shape and there are (gasp) heats in the 100. You were kind of expecting one race and one race only and it is too late to back out, because your family has come along to watch your comeback. You are sweating profusely, your heart is pounding and you haven't even warmed up yet.

# And They're Off!

At the starter's command to take your marks, you are immediately jolted back to at least 16 years earlier, and the thought "What the hell am I doing here?" pops into your head. You need this pressure like you needed that hernia you got nine years ago.

Your wife and son are in attendance and eagerly anticipating this historic return to sprint glory. The starter says, "Set," and you roll up automatically.

Your five-year-old son is yelling, "Come on Dad!" However, the thought that shoots through your mind at that crucial moment is, "Oh man, I hope I don't look too bad!" And then the pistol fires and you react, just like in the old days.

## In the Lead... Briefly!

You react well and are in front after three steps, feeling good until bodies



DOUG SMITH

Chuck Sochor, M75, USA, displays his six gold medals, NCCWMA Championships, Leon, Mexico, Aug. 22-25.

# FIVE YEARS AGO November 1997

- Steve Plasencia (41, 2:19:06) and Jane Welzel (42, 2:42:31) First Masters in Twin Cities Marathon/National Masters Championships, Minneapolis
- Tom Byers, 42, Wins M40-59 Race (4:16.89), NYRR Fifth Avenue Mile; Earl Fee, 68, Top Perfomer (5:16.00/ 95.8%); Kathy Martin, 45, Takes W40-49 Contest (5:11.27)
- U.S. Records Set in National Masters Decathlon/ Heptathlon Championships, Thomasville, N.C.

in the left and right lanes move by you. You try to focus and stay calm, to maintain form, but you feel awkward after all those years.

At 50y, you are losing badly and your veneer of dignity disappears. You begin to fight hard, grimacing, arms flailing. You want to make the final and don't care how you look doing it. You catch some runners to your left and you are encouraged.

At 80y, your legs decide they have had enough and attempt to leave, but you will them back to your body, and finally at 100y, you dip your upper torso like in the old days to out-lean the runner struggling in the lane next to you.

The problem is the race is 100 meters, so you have to run hunched and stumbling for another nine yards and finally stagger across the finish line falling on your face in a heap, exhausted! You do not place...and you really hate the metric system.

### Just the Beginning

Runners in the race are helping you up, patting you on the back, telling you, "Great effort." You see your wife and son smiling and cheering for you.

It is all right. You're back doing what you love to do. You make a mental note, "train hard and be in shape for the next meet." You have a lifetime of sprinting ahead of you, and you have just begun.

Welcome to masters sprinting, and I wish you the best of luck.



MICKEY PISCITELLI

Margret Betz, 65, first W65 (21:54), RRCA Willow Bay 5K, Liverpool, N.Y., Aug. 18.

(Roger Pierce is the reigning M55 world champion in the 400, and national indoor and outdoor champion in the sprints. He can be reached by email at tamaracmusic@earthlink.net.)

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# Masters Racewalking **By ELAINE WARD**

# Sherry Brosnahan - Orono Revisited

manks go to Sherry Brosnahan for gathering information for most of the following comments on the 35th USATF National Masters Outdoor Championships held in Orono, Maine, Aug. 8-11. Brosnahan, W50, won a gold medal in the 10K racewalk (57:30.70) and a silver in the 5K (28:02.13). In a 50K race in September, she became the world's fastest 50-year-old racewalker with a time of 4:15:18. She began racewalking in 1998 and holds eight U.S. masters records. She has been New Jersey's Female Racewalker of the Year for the past four years, and in 2001 was named U.S. Walker of the Year for her age group. - ew

Jack Bray (M65): Gold, 5K, 27:14.82; Gold, 10K, 58:05.05.

From beginning to end, it was a quality event, and we thank the volunteers and staff for all their work. There were less people attending than four years ago – perhaps due to the economy and 9/11 (air travel isn't fun any more with all the delays and searches), but those who were there provided good competition. My races were great and it was good to see so many of my friends from around the nation again.

My only regret was that I haven't quite reached M70 and couldn't set any national records. However our club, the Marin Race Walkers, was thrilled to win the club championships this year.

Jack Starr (M70): Silver, 5K, 31:38.09; Silver, 10K, 1:06:07.41.

I enjoyed Orono in '98, and enjoyed it just as much this year. The events are well organized, the people are friendly and helpful, and the facilities are good. What more can you ask?

As usual, Pete Taylor did a great job announcing. He has a gift for remembering names and past performances to personalize the competition. It's pretty neat to hear your name, hometown, and racing background as you go around and around the big oval. Kudos should also go to Tom Eastler for doing the same thing at the 10K.

Regarding the 10K, I hated the course when we did the 20K on it in 1998, and didn't like it any better for the 10K. But I have to admit that the layout resulted in all the spectators being grouped around the start/finish line, which made the cheers and encouragement at each loop uplifting.

Although there were 10 competitors in my 70-74 age group, I was a little disappointed with the overall number of racewalkers who attended. A lot of age groups were pretty sparse.

I didn't think the times were all that super (maybe because of the heat/humidity), but I was mighty impressed with Paul Johnson, Jack Bray and Al DuBois. I am particularly appreciative of Al's performance in the 5K, because he broke the 70 age-group record I set at Orono in '98 (28:58 against my 29:05).

Paul's and Jack's times were remarkable, because each of them is about to go into the next age group. Paul will be 65 and Jack will be 70 in the next several months. Barring injury, they will both be breaking records next year at Eugene!

When Ed Gawinski (M75) and I were here in '98, we spent all day Friday at the track, some of Saturday at the track, but more on our backs in the hotel, and Sunday morning at the road course. Then we came home. It was a good trip, but we didn't do anything but racewalk and sit around.

This year Ed and I came with our walking buddy, Eileen Druckenmiller, and as usual, the presence of a woman civilized the two of us. On Saturday we drove to Bar Harbor, walked the shoreline, toured the shops, and had a nice lunch at a very elegant restaurant. All in all, the trip became a very nice little vacation.

Heidi Hauch (W40): Gold, 5K, 27:24.92; Silver, 10K, 55:30.20.

This was my first time in Orono. What a terrific venue for a National Masters meet! The spirit of competition amongst the "older kids" was very impressive. Watching the fire and drive of these athletes as they raced for the finish line, some shoulder-to-shoulder, was totally inspiring.

I had the wonderful opportunity to talk to Jane Dana of California after the women's 10K. That she won her age group (80-84) was terrific. That she set a new American age-group record was fantastic. That she came so close to a world age-group record was absolutely awesome and with the determination I saw in her eyes, I know that can't be far behind. I'm still smiling about that.

Jolene Steigerwalt (W55): Bronze, 5K, 31:28.61; Gold, 10K, 1:05:11.90.

The 5K was not an exciting race for me. I just felt fortunate to hang in there. Just getting in from the plane trip and everything, the race was a bit rough on the edges. The night before the 10K, I went dancing for about one hour. It loosened me up, much like a warm-up. So instead of going to the track and doing straightaways, I relaxed and limbered up with dancing. It worked for me.

In the 10K, the course was a bit tricky. There are some narrow areas, some chuck-holes and some toe-stubbers. There also are some ups and downs that are very deceiving, so you have to be very good at the arm swing to keep your tempo going. A lot of people don't like the course because of its chal-

# Whatley, Gutsche First Masters in 5K/USATF **National Racewalking Championships**

Marcia Gutsche, 41, was first woman overall in 25:53 in the John Deere Health 5K/USATF National Masters 5K Racewalk Championships, Kingsport, Tenn., Sept. 21. Ian Whatley, M40, was first M40+ by over a minute with a 22:36.

Victoria Herazo was second in the W40 race with a 26:47, ten seconds



Al Dubois, 70, has been named to the Wisconsin Senior Olympics Hall of Fame. A retired Milwaukee physical education teacher, he set an M70 U.S. record (28:57.77) for the 5000 racewalk at the 35th National Masters Championships, Orono, Me.

lenges. They feel they are kept too busy looking for the toe-stubbers and are unable to pay attention to their pacing.

One thing of special note about the finish line is that there was a very good aid station. All of us were allowed to help the racers and that was the best part of the camaraderie. We could not only cheer our guys on, we could actually greet them at the finish line with water and give them that hug they needed.

Bev LaVeck (W65): Gold, 5K, 33:39.72; Gold, 10K, 1:02:18.90.

I'm another one who would like to go back to Orono. Wouldn't have to be a T&F meet. A freestanding RW would be fine, too. The masters meets are increasingly precious to me, the older I

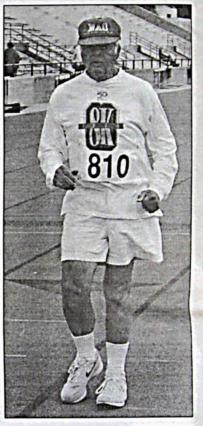
Where else can we be with others who understand pushing oneself, snorting, spitting, sweating, really trying? Other people just don't get it, are embarrassed, amused, or aghast.

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

sooner than third-place Teresa Aragon. Yoko Eichel won the W55 championship in 29:02. Janet Higbie took the W50 race with a 31:37. Jane Dana, W80, finished in 38:02.

Leon Jasionowski walked a fast 25:35 to win the M55 title. Other division winners included Paul Johnson, M65, 26:51, and Alfred DuBois, M70, 29:32.

Bobby Baker was the race director.



VERNON DOLPHIN

John Levinsohn, 81, in the 5000 racewalk, 2002 Northern California Seniors TC/Mark Grubi Memorial Meet.

# Self Massage Video

Dynamic Self-Massage for Fit and Fast Walking, by Jolene Steigerwalt and Elaine Ward, will be available November 10 from the North American Racewalking Foundation both in VHS (\$19.95) and DVD (\$22.95) plus \$3 for shipping.

The 30-minute tape addresses how masters can use selfmassage techniques to prevent and treat chronic muscle stiffness and overstress injuries to maintain maximum perfor-

For further information, email: narwf@aol.com or call 626-441-5459. To order, call 1-800-898-5117.

November 2002

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Sampson's record ju ing of +1.49) came attempt after fouling h in the meet were allow Sampson fouled his th hit the 23-8 mark on h

Skeptics may have cumstances of Sampso of an anemometer, u cials, etc.), but they more skeptical of Sa tials to accomplish v compared to a master l mile. "Who is Aaron asked.

Sampson, who beg a master in 2000, wa 1961, in San Berna Donre and LaVerne S three siblings, Carlos identical twin, and Madison, 12.

As a youngster, Aa football, baseball, track. At Eisenhowe Rialto, Calif., which stars Ronnie Lott (N Coles (MLB), he focu ticularly the high, jumps.

After graduation, h and attended Southern from 1981-1985, earn Mass Communication Marketing.

Competing in his fi

Masters

Hyatt |

Wednesday, Dec. 4 9:00 a.m.-10:30 a.m 10:45 p.m.-12:15 p.i 7:30 p.m.-9:00 p.m. Thursday, Dec. 5 1:00 p.m.-4:00 p.m. 5:30 p.m.-8:00 p.m. Friday, Dec. 6 7:30 a.m.-10:30 a.m 11:00 a.m.-12:00 noc

1:00 p.m.-4:00 p.m. Saturday, Dec. 7 9:30 a.m.-12:00 nod 1:00 p.m.-3:00 p.m. 3:30 p.m.-6:15 p.m.

# PROFILE

# **Aaron Sampson**

aron Sampson's prodigious leap of 25-21/2 (7.68) didn't register with masters record followers until it hit the pages of USATF's Fall 2002 publication, Fast Forward. His M40-44 world record leap (the first 25-footer by a master) in the Utah Summer Games in Cedar City, June 21, had been mentioned in several issues of NMN, but for some reason, it hadn't brought much reaction from elsewhere, until USATF registrants received their copies of the magazine.

Sampson's record jump (wind reading of +1.49) came in his second attempt after fouling his first. Athletes in the meet were allowed four jumps. Sampson fouled his third attempt, and hit the 23-8 mark on his fourth.

Skeptics may have doubted the circumstances of Sampson's record (lack of an anemometer, unregistered officials, etc.), but they were probably more skeptical of Sampson's credentials to accomplish what some have compared to a master breaking the 4:00 mile. "Who is Aaron Sampson?" they asked.

Sampson, who began competing as a master in 2000, was born Sept. 20, 1961, in San Bernardino, Calif., to Donre and LaVerne Sampson. He has three siblings, Carlos, 41, Adrian, an identical twin, and younger sister Madison, 12.

As a youngster, Aaron competed in football, baseball, basketball, and track. At Eisenhower High School, Rialto, Calif., which produced sports stars Ronnie Lott (NFL) and Darnell Coles (MLB), he focused on track, particularly the high, long, and triple jumps.

After graduation, he moved to Utah and attended Southern Utah University from 1981-1985, earning his B.A. in Mass Communications with a minor in Marketing.

Competing in his freshman year for

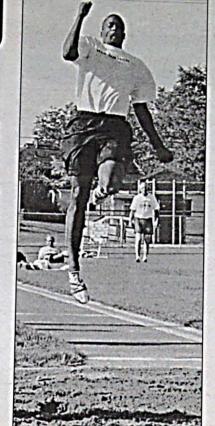
SUU in the NAIA T&F Championships, Sampson sustained ligament and nerve damage to his right knee, causing paralysis. He was advised by doctors to end his jumping career.

In 1983, he returned to competition. He and his twin, Adrian, placed 1st and 2nd in the long jump at the NAIA Championships. Their jumps that year of 25-7 (Aaron) and 25-3 claimed the Guinness Book world record for the longest-jumping twins. Their jumps as siblings are second only to the great Carl Lewis and his sister Carol.

Upon graduation from SUU, Sampson began his career in sales and marketing. After several years in the industry, he and Adrian founded Team Sampson, LLC, in December 2000. The company's mission is to help deter youth from gangs, drugs, and violence by creating and providing sports con-



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Aaron Sampson

ditioning programs designed to enhance the development of high performance athletic skills, promote healthful lifestyles, and encourage academic achievement.

Sampson and his wife, Barbara, were married on Sept. 14, 1996, and have a daughter, Alyse, 14. His hobbies are playing chess, watching sports, coaching, and spending time with his family.

with his family.

He lists his keys to success as: 1)
Put God first (pray constantly); 2)
Prepare the mind (mental focus); and
3) Prepare the body (physical conditioning and good nutrition).

His goals for 2002 were to set a world and U.S. M40 long jump record and a new Guiness Book world record for sibling long-jumpers. He's done the first and is halfway through the second.

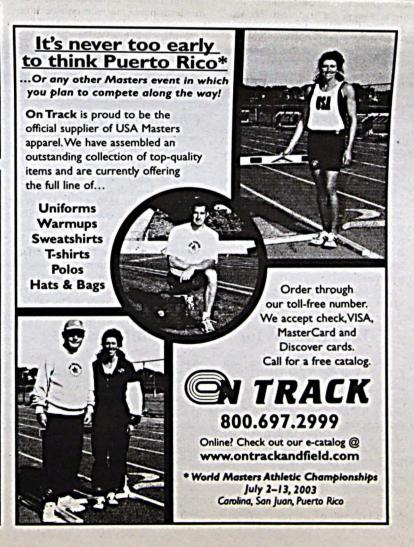
- Jerry Wojcik

# DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to: National Masters News, P.O. Box 50098, Eugene OR 97405

# Masters Long Distance Running Committee Schedule 2002 24th USATF Annual Meeting Hyatt Regency Crown Center, Kansas City, Mo.

Wednesday, Dec. 4 9:00 a.m.-10:30 a.m. Masters LDR Executive Committee Empire B ML 10:45 p.m.-12:15 p.m. Masters LDR Executive Committee Empire B ML 7:30 p.m.-9:00 p.m. Masters LDR Chicago A BL Thursday, Dec. 5 1:00 p.m.-4:00 p.m. Joint Masters T&F/LDR Atlanta B BL 5:30 p.m.-8:00 p.m. Joint Men's, Women's & Masters LDR Empire C ML Friday, Dec. 6 7:30 a.m.-10:30 a.m. Masters LDR Chicago B ML 11:00 a.m.-12:00 noon Joint Men's, Women's & Masters LDR Fremont ML Championships Subcommittee 1:00 p.m.-4:00 p.m. Joint Masters T&F/LDR Atlanta B BL Saturday, Dec. 7 9:30 a.m.-12:00 noon Masters LDR Persh PI W Wstn-BL 1:00 p.m.-3:00 p.m. Joint Men's, Women's & Masters LDR SF Room BL 3:30 p.m.-6:15 p.m. Masters LDR Fremont





# On The Run

By HAL HIGDON

# In Praise of the 10K

Olympic Trials. Forty or more of us ran. If lapped, we left the track until fifteen remained. I ran with the leaders for two miles, then faded to fifteenth. Last place! Not a great start for a 10K runner.

Still, 10,000 meters – road and track – has remained one of my favorite distances, despite its recent fade in popularity. In an article titled "Running the 10K" in the May 1983 issue of *Outside* magazine, I wrote that 49 out of the 100 biggest races were that distance. That compared to five listings for the 5K.

But life changes. By 1993, the 5K had caught and passed the 10K in top-100 listings: 19 to 16, according to figures from the USATF Road Running Information Center. Last year, 40 of the top-100 were 5Ks vs. seven 10Ks. Of the 7,600,000 who finished road races in 2001, 2,939,000 (38.5%) were in 5K races compared to 1,068,000 (14%) in 10Ks.

### **Popular Distance**

"The sport has evolved," explains the Information Center's Ryan Lamppa. "Numbers of race finishers have more than doubled in the last two decades. Once the 5K caught on, it spread like wildfire."

Lamppa cites several factors for the 5K's popularity. The 5K is shorter, thus more accessible for beginners. The distance covers less city space, reducing overall race logistics. Race directors responded to demand by improving existing 5Ks or creating new ones. "The biggest factor has been the Race for the Cure 5K Series," says Lamppa. Started in 1983 in Dallas, it grew from one race to more than 100.

### Bigger Challenge

Fair enough, but I felt like I was running beyond the pale when I entered a series of 10K races this summer sponsored by Standard Federal Banks in Michigan. With events in Lansing, Grand Rapids, Kalamazoo and suburban Detroit, not only was the chosen distance longer than the trendier 5K, but the courses featured hills, steep and rolling. New runners might have paused at that challenge, but isn't challenge what running is all about? Why do we run marathons?

My participation in the SFB 10K Series offered me an opportunity to reacquaint myself with a familiar distance. Focusing my training, I improved my time by four minutes over the course of the series. Last year I ran seven marathons in seven months to celebrate my 70th birthday; this year I was happy to run four 10Ks in four months with no particular motivation other than I wanted to.

Running those 10K races brought me back to that time a half century ago at the 1952 Olympic Trials, my first 10,000 meters. My debut was hardly auspicious, but I have lasted the distance. A half century later, I'm closer to the back of the pack than the front, but I hope to have many more 10Ks in my future.

(Hal Higdon is Senior Writer for Runner's World. To read an article he wrote for Sports Illustrated on his Trials experience, click on: A Time of Wonder. Joy and Glory for Losers. The actual link: http://www.halhigdon.com/7-7-70/wonder.htm. He can also be contacted by e-mail at halhigdon@ home.com)

# Chicago Marathon

Continued from page 1

of the \$500,000 prize budget.

Up the age groups, Carlos Ruiz, 53, Chicago, IL, bulled through the headwinds to win the M50 in 2:33:14. Greg Prom, 71, Minneapolis, MN, 3:51:08, second M70, and Nancy Rollins, 55, Evanston, IL, 3:19:44, first W55, showed their fitness by pulling off a hefty two-marathons-in-two-weeks double: both ran the Twin Cities Marathon on Sept. 29. Rollins even improved by 42 seconds at Chicago. □

# **Bids Sought for MUT Championships**

The Mountain/Ultra/Training Running Council (MUT) of USATF LDR is accepting bids for national championships at the ultra and sub-ultra distances for 2003 and 2004. Distances that can be awarded championships status are 50K road and trail; 50 mile road and trail; 100 mile road and trail; 100K road; 24-hour road/track; and sub-ultra mountain/trail races of various distances.

Bid forms must be received by Friday, Nov. 29, 2002, to ensure review at the USATF Meeting in Kansas City, Dec. 5-8.

A bid form is available on the MUT
Web site: http://www.cerritos.edu/
lgersitz/MUT/Home.html, or from
your MUT representative: East (ultra),
Janice Anderson, 770-794-9537 (h),
jslug@mindspring.com; Central
(ultra), Theresa Daus-Weber, 303-9737579, theresadausweber@mns.com;
West (ultra), Lorraine Gersitz, 714526-5340 (h), bruceandlo@earth
link.net; and Brian Metzler, (mountain/trail/sub-ultra distances), 303546-6613 (w), trailedit@aol.com.



FROM AL PUMA

Vic Heckler (r), 60, after breaking the M60+ course record with a 4:57.2, Pontiac Fifth Avenue George Sheehan Memorial Mile, with Al Puma, director of the Sheehan Mile.

# Milers Star on 5th Avenue

By JERRY WOJCIK

Outstanding milers on the track also triumphed on the streets in the Pontiac Fifth Avenue Mile held in Manhattan on Sept. 28.

Vic Heckler, 60, Chicago, Ill., who owns the M55 U.S. mile record (4:45.6), ran a 4:57.2 to win the George Sheehan Mile for M60+. Kathy Martin, 50, Northport, N.Y., who has a pending W50 U.S. record (5:15.55), won the race for W40-59 with a 5:11. Marie-Louise Michelsohn, 60, Stony Brook, N.Y., who has a pending W60 national record (5:57.42), won the W60-69 race



GEORGE BANKER
Ronnie Wong, first M55 (66:54), Annapolis 10

Miler, Aug. 24.

in 5:51.1.

Heckler broke the M60-69 course record of 5:05.6 in 2000 by Bill Borla.

The event, conducted by the New York Road Runners, starts on Fifth Ave. and 80th St. and finishes at 60th. The weather was sunny and dry, unlike last year's cool, breezy conditions.

The race for M40-59 with a field of 21 went off at 12:45, 15 minutes after the masters women's race. Conor O'Driscoll, 41, Rye, N.Y., second last year in 4:24.0, ran a 4:28 to win. Paul Weber, 41, New York, was second in 4:32, with Long Islander Paul Mascali, 50, third in 4:35, bettering his 2001 fourth-place finish by two seconds. Harold Nolan, 55, New Jersey, was the first M55 (4:42).

Men and women runners aged 60and-over competed in the George Sheehan Memorial Mile and ran in 10year age groups, but placement was by five-year divisions. Heckler won over Maxwell Hamlyn, 60, North Carolina, second in 5:12.0, and Sid Howard, 63, Plainfield, N.J., last year's winner (5:21.2), third in 5:13.3. Witold Bialokur, 67, Rego Park, N.Y., was first M65 (5:34.5).

Michelsohn's closest competition was Yvette Lavigne, 62, Los Angeles, Calif., who ran a 6:09.2.

Canada's Earl Fee, 73, ran a sensational 5:38.4 to take the 70-79 contest from Jim Sutton, 71, Reading, Pa., the winner last year with a 5:38.8, who finished with a 6:00.7.

Eight men age-80-and-over competed, with Sid Young, 81, Bayside, N.Y., the first in 8:56.0, and David Gerli, NYC, the oldest at age 91. Thelma Wilson, 70, NYC, was first woman in 7:54.2.

The Pontiac Mile included an open race, kids' races, and an elite invitational race. Leonard Mucheru, 24, 3:56, and Grace Njoki, 24, 4:44, were the elite winners.

Alfonso Polania, 40, 4:40, and Rachel Quinones, 40, 5:46, were the first masters in the open races, which had 1642 finishers. □



Laura Freix, 41, seco Kentlands-Lakelands 5K Aug. 31.



Bill Rodgers, 54, first I Lakelands 5K, Gaithers

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National M P.O. Box 50098,



GEORGE BANKER
Laura Freix, 41, second W40+ (19:05),
Kentlands-Lakelands 5K, Gaithersburg, Md.,
Aug. 31.



GEORGE BANKER Bill Rodgers, 54, first M50 (18:09), Kentlands-Lakelands 5K, Gaithersburg, Md., Aug. 31.

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November 2002

# Compiled by

Key to Codes:

R = Ratified reco

U = Unvalidatab

D = Date of birth

# **Masters Wom**

12 km 15 km 20 km 10 mi 1-11:41

8:33:07 R 56:05 R 1:59:17 R

222.556 m l

1:19:23 1

4:16:32 F 9:42:22a L

117,401 m 221,043 m

15:440

2:45:11 / 2:44:30a 127,777 m 233.816 m 360,090 m 501,712 m

9-43-27a R 1:02:01 R 2:19:59 R 7:10:58 L 7:47:27 F 16:57:58 1:19:40 1:18:42a

Track Activist Louise Tricard, 65, Makes Stand, Gets Arrested

By SUSANNAH BECK

Track and field historian Louise Tricard, 65, Cape Canaveral, Fla., was arrested for trespassing at the Cocoa



sonal best 120-6, Kansas Senior Olympics,

Beach Jr./Sr. High School track, Sept. 20, shortly after finishing a track workout with her friend, miler Ann Makoske.

Tricard, who authored American Women's Track and Field: A History, 1895-1980, and once held the indoor 440m national record, has used the track for training since 1991.

She had been asked, just once, not to use the track during school hours, on the day before. "I don't trespass on a track, I run on it. It was an insult. I've been on this track for 15 years and I will continue to run on it another 15, Tricard told Florida Today. After refusing to sign a trespassing affidavit, she was handcuffed.

Some quick cellphone work by Makoske, who had signed the trespassing form in order to avoid security difficulty with her job as a flight attendant, averted a trip to the local jail. Tricard was let go after signing an arrest form with a court appearance date on Oct. 10.

On Oct. 10, Tricard's lawyer pleaded not guilty and requested a trial by a jury of her peers. Tricard is hoping for a jury of masters athletes.

Meanwhile, she is on a mission and has written letters to the school superintendent and Governor Jeb Bush. "I will do everything that I can to make it so that anyone can use the track."

# 2002 Rankings in Progress

By JERRY WOJCIK USATF Masters T&F Rankings Coordinator

The 2002 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by the January 2003 issue, send them with documentation or verification (name of meet, date, site, director's name with a phone number or e-mail address) to the appropriate compilers before Jan. 31. Marks sent to me for events that I am not compiling will not

be forwarded. 100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@

400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxinternet.com

High jump, pole vault – Joy MacDonald, 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FTLREDSKIN@aol.com

Long jump, triple jump, shot put, discus - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

Mile, 3000, 10,000, hammer, javelin, weight, superweight - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events - Alan Russell, 1713 Amherst Dr., Ames, IA 50014; email: russell@iastate.edu

Racewalks: 5000 track/5K road, 10K, 20K - Thomas Higbie, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbie@indyweb.net [



John Burns (I) and Gary Stenlund, M60 javelin throwers, 2002 USATF West Regional Masters Championships.

Regional Championships/Salt Lake City scores and calculated them under Baty expects 70-75 throwers to both the old and new age-grading sys-

New vs. Old

The Weight Room

By JERRY WOJCIK

Scores Entered in Weight Pentathlon

Championships

t. Amant, Louisiana, the site of the 2002 National Masters Weight Pentathlon

deluged by throwers on Nov. 9.

"We were a little worried," said Meet Director, Jeff Baty. "But the

worst of the storm hit west of us." St.

Amant is located about 25 miles south-

show and says they shouldn't worry

about long waits between events. "We

have two sites for each of the five

events, with no overlapping sectors, so

we can have two hammers, two shots,

of October were Bob Ward, M65;

Carol Finsrud, W45; Erika Messner,

W65; Bob Cahners, M60; Ray Feick,

M70; and new M75 Phil Brusca.

Leonhar Jansen, M70, of Germany,

has also entered, for a little interna-

Entrants will feast on jambalaya for

All of those pluses and perks should

offset the possibility that athletes may

find their scores under the new WMA

factors will be less than they would

lunch and attend a banquet at the meet

host Holiday Inn in town. Thirty offi-

cials have signed up for duty.

2002 Scoring

tional flavor.

Among the entrants at about the end

etc., going on at the same time."

east of Baton Rouge off the I-10.

Championships, escaped the most recent Gulf of Mexico storm, but will be

tems. Under the old system I would have scored 3473 as an M70 (HT 32.72/682; SP 10.00/793 [I had no SP score in SLC, so they made one up; it's a generous two meters too high]; DT 27.71/634; JT 25.55/574; WT 13.21/790). With the new age-grading, I would have scored 3400 (721/668/647/509/855).

com/cyberthrow, and their e-mail

The Quinns took my Northwest

address is Cyberthrow@aol.com.

They did the same for Tom Allison, another M70, using his marks from 2002 summer meets. Old: 29.04/589; 11.40/923; 33.80/807; 30.89/727; 11.05/641 for 3687. New: 623/779/ 823/647/695 for 3567.

Some Gains

Those losses and gains may be true for the M70s, but the Quinns have found from results sent to them so far that under the new WMA factors, some groups lose points dramatically, while others benefit.

have been under the old tables. This year's championships will be the first large WP in the U.S. to which Reed and Lorraine Ouinn have set the 2002 WMA factors are applied. up an Internet service that allows athletes to send in raw scores they've It'll be interesting to see how the championships' age-factored points accomplished in a meet or in practice to be age-graded and scored by the for single events compare to the points Quinns' program. It also shows scores earned in the 2001 and previous chamunder both the "old" and "new" tables. pionships, and what effect they have site is http://members.aol. on total scores.

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# USA Track & Field Masters Road Records and Bests (as of 10/08/02) Compiled by USA Track & Field Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111 tel: (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
- Date of high and/or citizenship confirm
- P = Pending completed application needed from the event
  - = No code means mark will be recommended for ratification or ratification pending course validation
- = Performance possibly aided by wind and/or slop, can be a "best" but not a record

D = Da	te of birth	and/or citizenship confi	rmation needed a	= Performar
Master	s Wome	n All-Comers' Re	ecords (non U.S.	citizens)
10 km	32:25 R	PRISCILLA WELCH (GBR/MA)	PHOENIX, AZ	(030285)
12 km	40:04 R	TATIANA POZDNIAKOVA (UKR)	EVANSVILLE, IN	(050899)
15 km	49:36 R	PRISCILLA WELCH (GBR/MA)	JACKSONVILLE, FL	(030985)
20 km	1:10:35 R	TATIANA POZDNIAKOVA (UKR)	NEW HAVEN, CT WASHINGTON, DC	(090495)
10 mi	53:51 R	PRISCILLA WELCH (GBR/CO)		(040587)
half mar	1:11:41	RAMILYA BURANGULOVA (RUS)	PHILADELPHIA, PA	(091601)
half mar	1:12,56 R	TATIANA POZDNIAKOVA (UKR)	PHILADELPHIA, PA BOSTON, MA	(091795)
marathon	2:27:58a P B	FIRAYA SULTANOVA (RUS)		(041502)
marathon	2:31:14 R	PRISCILLA WELCH (GBR/CO) C.DIPALI CUNNINGHAM (AUS)	CHICAGO, IL NEW YORK, NY	(102686)
6 day	820,765 m R			(042901)
		Women 40-		
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 (CAV40)	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 52:22 R	NANCY GRAYSON (MV42)	LANSING, MI TAMPA, FL	(060692)
15 km	1:13:46 R	CAROL MCLATCHIE (TX/40)	NEW HAVEN, CT	(021189)
20 km	1:13:40 R	LINDA SOMERS SMITH (CAV41)	NEW HAVEN, CT	(090792) (090202)
20 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/41)	FLINT, MI	(082491)
20 mi	1:59:17 R	GABRIELE ANDERSEN (ID/40)	MINNEAPOLIS, MN	(100685)
50 mi	6:19:05 R	JAN KREUZ (OHV41)	COLUMBUS, OH	(040989)
100 mi	15:05:52 R	SUE ELLEN TRAPP (FU44)	QUEENS, NY	(050590)
half mar	1:13:54a R	HONOR FETHERSTON (CA/40)	LAS VEGAS, NV	
half mar	1:13:57 R	LAURIE BINDER (CA/4)	PHILADELPHIA, PA	(020495)
marathon	2:35:08 R	LAURIE BINDER (CA/44)	MINNEAPOLIS, MN	(091591)
12 hr	128.747 m R	RANDI BROMKA (CO/40)	SACRAMENTO, CA	(100691)
24 hr	222,556 m R	RANDI BROMKA (CO/40)	SACRAMENTO, CA	(123092)
48 hr	222,550 III K	Record is in Track Event	SACROMENTO, CA	(123192)
6 day	627,949 m	SUPRABHA BECKJORD (DC/43)	JAMAICA, NY	(062599)
		Women 45-	49	
	17:14 R	BARBARA FILUTZE (PA46)	ALBANY, NY	(060593)
5 km	28:03 R	BARBARA FILUTZE (PA47)	ALEXANDRIA, VA	(091293)
8 km	35:51 U	BARBARA FILUTZE (PA45)	MEMPHIS, TN	(042592)
10 km	34:40a R	BARBARA FILUTZE (PA45)	PITTSBURGH, PA	(092991)
10 km	35:57 R	BARBARA FILUTZE (PA45)	WASHINGTON, DC	(041292)
The State of the S	43:38 R	NANCY GRAYSON (MU45)	EVANSVILLE, IN	(051395)
12 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 (OHV47)	GRAND RAPIDS, MI	(050899)
30 km	1:59:25 R	SHIRLEY MATSON (CAV48)	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 (PA46)	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 (CAV47)	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 (FU47)	SYLVANIA, OH	(091993)
48 N	360,090 m R	SUE ELLEN TRAPP (FU47)	SACRAMENTO, CA	(111593)
6 day	501,712 m R	SALLY MIDDLETON (MV45)	SACRAMENTO, CA	(111195)
		Women 50	THE RESERVE OF THE PARTY OF THE	
5 km	17:28 R	SHIRLEY MATSON (CA/50)	CARLSBAD, CA	(041491)
8 km		SHIRLEY MATSON (CA/50)	PALO ALTO, CA	(032491) (030291)
10 km		SHIRLEY MATSON (CA/50)	ORLANDO, FL	(030291)
12 km		SHIRLEY MATSON (CA/52)	SPOKANE, WA	(030991)
15 km	54:34 R		JACKSONVILLE, FL VALENCIA, CA	(021488)
20 km	1:22:36 R	GINA FAUST (CA/50)	MINNEAPOLIS, MN	(091194)
25 km	1:38:36 R		CLARKSBURG, CA	(111190)
30 km			SYLVANIA, OH	(091899)
50 km			EAST PEORIA, IL	(123084)
50 km			PITTSBURGH, PA	(032302)
50 km			DULUTH, MN	(101996)
100 km		SUE ELLEN TRAPP (FU50)	NEW PRESTON, CT	(042395)
100 km			DULUTH, MN	(102288)
100 km			FLINT, MI	(082794)
10 m			MINNEAPOLIS, MN	(101490)
20 m			HOUSTON, TX	(021780)
50 m			NEW PRESTON, CT	(042395)
50 m			SYLVANIA, OH	(091596)
100 m		CALLED ANIEN	PHILADELPHIA, PA	(091993)
half ma		THE PERSON NAMED IN COLUMN	LAS VEGAS, NV	(021196)
half ma			MINNEAPOLIS, MN	(100691)
maratho			SYLVANIA, OH	(091496)
12 h		R SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091596)
481	and the second second second	Record is in Track Event	THE RESERVE THE PARTY OF THE PA	
		Women 55		*
54	m 18:32	R SHIRLEY MATSON (CA/56)	CARLSBAD, CA	(041397)
8 k	The state of the s		PALO ALTO, CA	(040697)
10 k		P SHIRLEY MATSON (CA/55)	LAFAYETTE, CA	(102796)
12 k		R BARBARA MILLER (CA/55)	SAN FRANCISCO, CA	(052195)
12 k		R SHIRLEY MATSON (CA/56)	SAN FRANCISCO, CA	(032397)
15 k	um 1:00:38		SAN DIEGO, CA	(111696)
20 1	um 1:18:44	R S. RAE BAYMILLER (NY/55)	NEW HAVEN, CT	(090798) (111696)
251			SAN DIEGO, CA	
301	um 2:17:31	R JOYCE GASKIN (TX/55)	SUGAR LAND, TX	(121292)

30 km	2:12:35 U	BARBARA MILLER (CA/57)	CLARKSBURG, CA	(111796)
50 km	3:56:55 R	SANDRA KIDDY (CA/55)	WASHINGTON, DC	(101792)
100 km	8:42:36 R	SANDRA KIDDY (CA/55)	PALAMOS, ESP	(021692)
10 mi	1:02:39 R	S. RAE BAYMILLER (NY/55)	FLINT, MI	(082298)
20 mi	2:26:36 R	WEN-SHI YU (NY/55)	MINNEAPOLIS, MN	(101490)
50 mi	7:44:48 R 18:53:03 R	MARY ANN MILLER (TX/56) SUE ELLEN TRAPP (FL/55)	DALLAS, TX SYLVANIA, OH	(011693) (091501)
half mar	1:23:09 R	SHIRLEY MATSON (CA/55)	WEOTT, CA	(102096)
marathon	2:52:14	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	112,364 m R	SUE ELLEN TRAPP (FU55)	SYLVANIA, OH	(091501)
24 hr	203,050 m R	SUE ELLEN TRAPP (FU55)	SYLVANIA, OH	(091501)
48 hr	234,755 m R	MARY ANN MILLER (TX/55)	DALLAS, TX	(112891)
6 day		Record is in Track Event		
		Women 60	0-64	
5 km	19:39	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	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	SHIRLEY MATSON (CA/60)	PASO ROBLES, CA	(093001)
10 km	40:20 P	SHIRLEY MATSON (CA/61)	PASO ROBLES, CA	(092902)
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 30 km	1:58:24 R 2:17:11 P	GLORIA BROWN (NY/62)	GRAND RAPIDS, MI	(051494)
30 km	2:17:11 P	BARBARA MILLER (CA/60)	CLARKSBURG, CA	(111499)
50 km	5:07:03 R	MARGARET MILLER (CA/60) MARGE DUNLAP (CA/60)	MINNEAPOLIS, MN SACRAMENTO, CA	(101286) (111399)
100 km	11:14:14 R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
10 mi	1:08:17	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(090901)
10 mi	1:09:44	BARBARA MILLER (CA/60)	FRENCH CAMP, CA	(010900)
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 marathon	1:29:49 R 3:14:50 R	BARBARA MILLER (CA/60) BARBARA MILLER (CA/60)	WEOTT, CA HUNTSVILLE, AL	(101799)
marathon	3:11:57a R	BARBARA MILLER (CA/60)	BOSTON, MA	(041700)
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)
48 hr		Women 65-	69	
5 km	21:16	MARGRET BETZ (NY/65)	SYRACUSE NY	(093001)
5 km	22:07 R	JUNE MACHALA (WA/66)	ALBANY, NY	(053197)
8 km	35:00	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	58:47	SUSIE KLUTTZ (NC/65)	RALEIGH, NC	(061602)
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	1:36:08	MARGRET BETZ (NY/65)	VESTAL, NY	(061502)
20 km	1:37:04 U	HELEN DICK (CA/65) GERRY DAVIDSON (CA/65)	VALENCIA, CA SAN DIEGO, CA	(100889) (122886)
25 km 30 km	2:10:56 U 2:39:42 U	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)
48 hr		Record is in Track Event		Continued on next page

# Marathoning A to Z 500 Ways to Run Better, Faster, and Smarter

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age 16	N. PHLY			Natio
ontinued from	n previous p			
		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 LAS VEGAS, NV	(091496)
5 km	23:56a U 23:56a R	JO KIESECKER (CO/73) JO KIESECKER (CO/74)	LAS VEGAS, NV	(092097)
5 km	38:46 R	HEDY MARQUE (VA/74)	ALEXANDRIA, VA	(051092)
10 km	48:53 P	TOSHIKO D'ELIA (NU/70)	RIDGEWOOD, NJ	(052900)
10 km	50:01 U	PAT DIXON (OR/70)	PASO ROBLES, CA	(051389) (092902)
10 km	49:13 P	MYRA RHODES (CA70) JUNE MACHALA (WA70)	SPOKANE, WA	(050601)
12 km	58:22 R 1:24:17 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 (CA70)	SAN DIEGO, CA DULUTH, MN	(052591)
30 km	2:59:22 R	ELLEN MCCOY (MN/70) HELEN KLEIN (CA/70)	SYLVANIA OH	(091993)
50 km	5:44:04 R 12:50:49 R	HELEN KLEIN (CA/70)	SYLVANIA OH	(091993)
100 AM	1:20:33 R	HEDY MARQUE (VA74)	WASHINGTON, DC	(101391)
20 mi	3:29:57 R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
20 mi	3.25.59 U	MAVIS LINDGREN (CA71)	CLARKSBURG, CA SYLVANIA, OH	(091993)
50 mi	9:55:09 R	HELEN KLEIN (CA70) HELEN KLEIN (CA70)	SYLVANIA OH	(091993)
100 mi	23:29:34 R 1:50:31	TOSHIKO D'ELIA (NJ/70)	PHILADELPHIA, PA	(091601)
half mar	1 42 18a R	JUNE MACHALA (WATO)	LAS VEGAS, NV	(020401)
half mar	1:58:27 R	MARCIE TRENT (AK/70)	ANCHORAGE, AK	(052888)
marathon	4:01:52	WHAYONG SEMER (OH/70)	CHICAGO, IL	(101198)
marathon	4.11:54a R	MARCIE TRENT (AK/70)	NAPA, CA SAN DIEGO, CA	(120891)
marathon	4:09:04 U 4:13:03 R	GERRY DAVIDSON (CA70) AGNES REINHARD (WV70)	CHICAGO, IL	(102096)
marathon 24 hr	165,343 m R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
6 day	600,285 m U	HELEN KLEIN (CA70)	SACRAMENTO, CA	(010693)
		Women 75	79	
			PARK RIDGE, IL	(082287)
5 km	27:17 R 40:44 R	ANNE CLARKE (IL/77) HEDY MARQUE (VA/76)	ALEXANDRIA, VA	(091293)
8 km	53:40 U	LEONA LUGERS (MV75)	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 (VA77)	TAMPA, FL HOLLAND, MI	(021895) (052684)
20 km	1:52:57 U 2:42:25 R	LEONA LUGERS (MI/77) GERRY DAVIDSON (CA/77)	SAN DIEGO, CA	(111498)
25 km 30 km	3:37:52 R	GERRY DAVIDSON (CA77)	SAN DIEGO, CA	(052398)
50 km	6:10:32 R	HELEN KLEIN (CA/75)	SACRAMENTO, CA	(111498)
50 km	6:10:24 P	HELEN KLEIN (CA77)	SACRAMENTO, CA	(111100)
50 km	6:05:16	HELEN KLEIN (CA79)	SACRAMENTO, CA	(020902)
10 mi	1:22:34 U	HEDY MARQUE (VA/75)	WASHINGTON, DC WASHINGTON, DC	(101192)
10 mi	1:24:54 R 2:06:34a R	HEDY MARQUE (VA/76) 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 (CA76)	SACRAMENTO, CA OKLAHOMA, OK	(120698)
marathon	4:38:12 P	HELEN KLEIN (CA/79)		(042802)
		Women 80-	84	
5 km	29 23 R	ANNE CLARKE (IL/80)	PARK RIDGE, IL	(093089)
8 km	52:00 R	ANNE CLARKE (IU81)	PARK RIDGE, IL	(090891)
10 km	56:14 U	LEONA LUGERS (MV80)	HOLLAND, MI WASHINGTON, DC	(042698)
10 km	56:17 R	HEDY MARQUE (VA/80)	TACOMA, WA	(061997)
12 km	1 44 26 U 1 29 01 R	FENYA CROWN (AZ/84) 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 (FU80)	WASHINGTON, DC	(030682)
25 km	3:07:41	GERRY DAVIDSON (CA/80)	SAN DIEGO, CA	(111001)
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 HIGHLAND PARK, IL	(040598)
half mar	2:23:54 U 2:19:23a U	ANNE CLARKE (IL/80) ANNE CLARKE (IL/80)	LAKE COUNTY, IL	(042990)
half mar marathon	5:10:04 R	IDA MINTZ (IU80)	CHICAGO, IL	(102085)
	3.000	A PROPERTY OF THE PERSON NAMED IN	00	
		Women 85-	THE RESERVE OF THE PARTY OF THE	
5 km	34:51 U	ANNE CLARKE (IL/85)	PARK RIDGE, IL	(092494)
5 km	43:00 R	RUTH ROTHFARB (FU87)	ALBANY, NY DEERFIELD, IL	(060389) (111394)
8 km	1:03:16 U	SUSAN CONROY (IU89)	CHICAGO, IL	(031289)
8 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 (IU85)	CHICAGO, IL	(102890)
		Women 90 &	over	
5 km	45:41	EDITH ALLEN (CA/90)	CARLSBAD, CA	(040702)
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)
	8:53:08 R	MAVIS LINDGREN (CA/90)	PORTLAND, OR	(092897)

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ters News			No	vember 2
Mast	ters Mei	n All-Comers' Re	cords (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 MOBILE, AL	(032192)
10 km	28:56 R 44:14 R	MARTIN MONDRAGON (MEX) PIERRE LEVISSE (FRA)	PORTLAND, OR	(062892)
20 km	1:01:37 R	KEITH ANDERSON (GBR)	NEW HAVEN, CT GRAND RAPIDS, MI	(090197) (051494)
25 km	1:16:49 R 47:55 R	MARTIN MONDRAGON (MEX) JOHN CAMPBELL (NZL)	FLINT, MI	(082590)
10 mi	1:02:28 R	JOHN CAMPBELL (NZL)	PHILADELPHIA, PA	(091690)
marathon	2:11:45 P	JOSHUA KIPKEMBI (KEN) JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN MINNEAPOLIS, MN	(100800)
marathon 24 hr	2:12:46 R 269,468 m R	YIANNIS KOUROS (GRE)	SYLVANIA, OH	(091999)
			44	
5 km	14:19	Men 40 JOHN TUTTLE (GA40)	CLARKSVILLE, TN	(091199)
5 km	14:15a R	STEVE BLUM (CA/40)	FONTANA, CA	(060395)
5 km 8 km	14:25 R 23:25 P	JOHN TUTTLE (GA/40)	PALM DESERT, CA CHICAGO, IL	(121596) (032899)
8 km	23:51 R	BILL RODGERS (MA/40)	INDIANAPOLIS, IN	(092488)
8 km 10 km	21:35a R 29:37	CRAIG YOUNG (CO/42) EDDY HELLEBUYCK (NM/40)	ALTA, UT MOBILE, AL	(091998)
10 km	29:27a	JOHN TUTTLE (GA/40)	NEW ORLEANS, LA	(041799)
10 km	29:36 29:27a R	EDDY HELLEBUYCK (NM/41) CRAIG YOUNG (CO/41)	MOBILE, AL PITTSBURGH, PA	(032302)
10 km	29:37 R	STEVE PLASENCIA (MN/41)	CAPE ELIZABETH, ME	(080198)
12 km	36:12 R	JOHN TUTTLE (GAV40)	ORLANDO, FL	(022099)
15 km 20 km	45:10 R 1:03:06 R	PAUL PILKINGTON (UT/40)	JACKSONVILLE, FL NEW HAVEN, CT	(031001)
25 km	1:18:38 R	STEVE PLASENCIA (MN/40)	MINNEAPOLIS, MN	(090797)
30 km	1:38:16 R 3:00:00 R	DOUG KURTIS (MV42)	HAMILTON, CAN SAN FRANCISCO, CA	(032794)
50 km 50 km	2:59:36a R	JEFF WALL (CA/40) BRUCE MORTENSON (MN/44)	DULUTH, MN	(110682) (102288)
100 km	6:38:21 R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
10 mi	49:34 R 1:42:08 R	PAUL PILKINGTON (UT/40) BARRY BROWN (NY/40)	ST. PETERSBURG, FL MINNEAPOLIS, MN	(101798) (093084)
50 mi	5:10:13 R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
100 mi	13:15:50 R	ROY PIRRUNG (WV40)	QUEENS, NY	(040189)
half mar	1:05:11 1:05:27 R	JOHN TUTTLE (GA/40) STEVE PLASENCIA (MN/41)	INDIANAPOLIS, IN INDIANAPOLIS, IN	(050199)
half mar	1:03:33a R	CRAIG YOUNG (CO/41)	LAS VEGAS, NV	(020198)
half mar marathon	1:05:01 P 2:17:02 R	CRAIG YOUNG (CO/42) KENNETH JUDSON (PA/40)	HAMPTON, VA HUNTSVILLE, AL	(020799)
marathon	2:15:15a R	BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
12 hr	144,840 m R	ROY PIRRUNG (WV40)	QUEENS, NY	(040189)
24 hr 48 hr	254,200 m R 368,539 m R	JOHN GEESLER (NY/41) DAVID LULJAK (MD/43)	SYLVANIA, OH QUEENS, NY	(091600) (050399)
6 day		Record is in Track Event		
		Men 4	5-49	100
5 km	15:00 U	NOLAN SMITH (CA/45)	GARDENA, CA	(060495)
5 km 5 km	14:34a R 15:07 R	STEPHEN LESTER (UT/45) DOUG BELL (CO/46)	MAGNA, UT CARLSBAD, CA	(092488)
8 km	24:41 R	BILL RODGERS (MA/45)	VIRGINIA BEACH, VA	(041397) (032093)
8 km	24:40a R 23:17a P	VAN EDGETTE (UT/45)	ALTA UT	(091496)
8 km 10 km	30:50 R	ROBERT YARA (TX/46) BILL RODGERS (MA/45)	ALTA, UT CLEVELAND, OH	(090801)
10 km	30:10a R	STEVE LESTER (UT/45)	MAGNA, UT	(070488)
12 km	38:47 R 37:28a R	STEVE LESTER (UT/45) BILL RODGERS (MA/45)	SPOKANE, WA EVANSVILLE, IN	(050188) (050893)
15 km	47:28 U	SAL VASQUEZ (CA/45)	ROSS, CA	(031685)
15 km 20 km	48:00 R 1:05:46 R	BILL RODGERS (MA/47) LARRY OLSEN (MA/46)	UTICA, NY NEW HAVEN, CT	(070995)
25 km	1:22:24 R	DAN CONWAY (W/47)	MINNEAPOLIS, MN	(091486)
30 km	1:39:18 R	BILL RODGERS (MA/45) KEVIN SETNES (WV45)	HAMILTON, CAN	(032893)
50 km	3:23:29 3:24:24 R	JOE SCHIEFFER (CA/45)	PITTSBURGH, PA ELVERTA, CA	(032799)
100 km	7:04:54 R	KEVIN SETNES (WV45)	CHAVAGNES, FRA	(051599)
10 mi 20 mi	51:41 U 1:49:10 R	SAL VASQUEZ (CA/47) JIM BOWERS (CA/45)	STOCKTON, CA MINNEAPOLIS, MN	(011887) (093084)
20 mi	1:49:10 R	DAN CONWAY (WI/45)	MINNEAPOLIS, MN	(093084)
50 mi	5:39:42 P 5:40:05 R	ROBERT PEREZ (TX/46)	PITTSBURGH, PA DALLAS, TX	(032500)
50 mi	5:29:44 U	ROGER ROUILLER (GA/47)	CHICAGO, IL	(012195) (101385)
100 mi	14:31:11 R 1:08:05 R	ROY PIRRUNG (WV46) BILL RODGERS (MAV45)	QUEENS, NY	(102294)
half mar	1:07:14a R	GARY ROMESSER (IN/45)	KANSAS CITY, MO LAS VEGAS, NV	(060693)
marathon	2:25:50 U	JIM BOWERS (CA/45)	DYERVILLE, CA	(101484)
marathon	2:21:32a R 2:26:43 R	JIM BOWERS (CA45) BOB SCHLAU (SC/47)	DULUTH, MN HOUSTON, TX	(061684)
12 hr	136,939 m R	KEVIN SETNES (WI/47)	SYLVANIA, OH	(091501)
24 hr 48 hr	247,476 m R	ROY PIRRUNG (WI/49) Record is in Track Event	SYLVANIA, OH	(092797)
6 day	624,425 m R	TOM ANDREWS (MN/46)	NEW YORK, NY	(042901)
		Men 50	-E4	
5 km	15:36 R	NOLAN SHAHEED (CA/51)	CARLSBAD, CA	(040101)
5 km	15:11a R	STEPHEN LESTER (UT/52)	MAGNA, UT	(093095)
8 km 8 km	25:31 R 25:23 U	SAL VASQUEZ (CA/50) JIM O'NEILL (OH/52)	LOS ALTOS, CA ALLEN PARK, MI	(012090)
8 km	23:27a R	STEPHEN LESTER (UT/53)	ALTA UT	(080390) (091496)
10 km	31:48 R 31:12a R	RAY HATTON (OR/50) STEPHEN LESTER (UT/52)	PORTLAND, OR	(052382)
12 km	39:06a U	SAL VASQUEZ (CA/50)	MAGNA, UT SACRAMENTO, CA	(070195) (042290)
12 km	39:30 R	DICK BUERKLE (GA/51)	ORLANDO, FL	(022099)
15 km 20 km	49:24 R 1:05:50 R	NORM GREEN (PA/53) NORM GREEN (PA/50)	PORTLAND, OR WASHINGTON, DC	(063085) (052983)
25 km	1:24:12 R	NORM GREEN (PA/51)	WASHINGTON, DC	(052784)
30 km 50 km	1:46:42 U 3:19:33 R	NORM GREEN (PA/51) JOHN L. SULLIVAN (MA/53)	NEW YORK, NY WASHINGTON, DC	(121783)
100 km	7:38:43 R	JOHN L. SULLIVAN (MA/54)	CHICAGO, IL	(031382)
10 mi 20 mi	62:53 R 1:51:44 R	NORM GREEN (PA/50)	WASHINGTON, DC	(032783)
50 mi	5:35:03 R	NORM GREEN (PA/52) TED CORBITT (NY/50)	MINNEAPOLIS, MN NEW YORK, NY	(093084) (101870)
100 mi half mar	15:39:18 R	ROY PIRRUNG (WV50)	SYLVANIA, OH	(091998)
marathon	1:09:30 R 2:25:46a R	NORM GREEN (PA/52) JIM O'NEILL (OH/50)	PHILADELPHIA PA LAS VEGAS, NV	(091684)
marathon	2:29:11 R	NORM GREEN (PA/51)	LINCOLN, NE	(020489)
marathon 12 hr	2:25:51 U 135,493 m R	NORM GREEN (PA/52) ROY PIRRUNG (W/50)	SAN DIEGO, CA	(120284)
24 hr	231,745 m R	JOHN METZ (CA/50)	SACRAMENTO, CA	(080898)
48 hr 6 day		Record is in Track Event Record is in Track Event	THE REAL PROPERTY.	
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5 km	15:55
5 km	15:35a
5 km 8 km	16:07 26:36
8 km	26:33a
8 km	26:42
8 km 10 km	27:00 32:27
12 km	41:24
15 km	50:45
20 km 25 km	1:08:07
30 km	1:29:56
50 km	3:51:10
50 km	3:28:47a 3:31:32
50 km	3:40:41
100 km	8:53:27
10 mi 20 mi	54:25 1:57:26
50 mi	5.53:08
100 mi	18:56:04
1000 ml	1:10:23
half mar marathon	2:33:49
marathon	2:27:42a
12 hr	115,945 m
24 hr 48 hr	195,374 m 323,478 m
6 day	724,204 m
5 km 8 km	17:00 28:00 28:00
8 km	28:07
10 km	34.27
12 km	43.43 54:20
15 km	1:15:1
20 km	1:15:1:
25 km	1:35:2
25 km 30 km	1:36:2
50 km	3:35:5
100 km	8:58:0
10 mi 20 mi	57:4 2:03:1
50 mi	0.43.4
50 mi	6:24:1
100 mi	18:02:3
1000 mi	384:30:1
	1:16:5
half mar marathon 12 hr	113,136
24 hr	207,927
48 hr	
6 day	609,414
o day	000,502
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8 km	29:4
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12 km 15 km	55:1
20 km	1:20:5
20 km	1:25:0
25 km 30 km	1:41:3
50 km	3:41:4
100 km	9:24:4
10 mi 20 mi	1:02:0
50 mi	7:27:1
100 mi	23:03:2
half mar	1:20:29
half mar	1:21:4
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10 km	48.5
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Continued from pr	revious page			National	lasters News				page 17
	page	Men 5	5-59				Mon 75 7	10	
5 km	15:55 U	JIM O'NEILL (OH/55)	WYOMING, MI	(080793)	5 km	19:24 R	Men 75-7		
5 km	15:35a R 16:07 R	TOM CURRY (NV/55)	FONTANA, CA	(053197)	8 km	31:52 P	WARREN UTES (IL/75)	PARK RIDGE, IL CEDAR RAPIDS, IA	(093095) (070495)
8 km	26:36 P	VIC HECKLER (IL/55) STEPHEN LESTER (UT/55)	PARK RIDGE, IL SALT LAKE CITY, UT	(092797) (041998)	8 km 8 km	30:44a R 34:21 R	JOHN CAHILL (UT/TT) ED BENHAM (MD/T8)	ALTA UT	(090801)
8 km	26:33a U 26:42 U	RAY HATTON (OR/55)	EUGENE, OR	(060687)	10 km	40:12 R	WARREN UTES (IL/75)	LIVERPOOL, NY LIBERTYVILLE, IL	(092985) (091795)
8 km	27:00 R	JIM O'NEILL (OH/55) NORM GREEN (PA/57)	WORTHINGTON, OH NAPLES, FL	(050293)	12 km 15 km	48:57 R 1:01:58 R	WARREN UTES (IL/75) WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
10 km	32:27 R	JIM		1011.390)		1.01.50 1	/75)	PARK FOREST, IL CHICAGO, IL	(090495) (070995)
12 km	41:24 R 50:45 R	STI NO		1111			(5)	WASHINGTON, DC	(052983)
20 km	1:08:07 R	NO LAS		1111			777)	CHANNAHON, IL SUGAR LAND, TX	(091497) (120785)
25 km 30 km	1:29:56 U 1:46:33 R	RA NO				NO POS	TAGE	SAN FRANCISCO, CA	(042002)
50 km	3:51:10 R	KE		1111	Section 197	NECES	SARY	WASHINGTON, DC SAN FRANCISCO, CA	(102384) (042002)
50 km	3:28:47a R 3:31:32 P B	RO FR				IF MA		SYLVANIA, OH	(091596)
50 km	3:40:41	FR				UNITED :		PARK FOREST, IL GREENBELT, MD	(090495) (122284)
100 km	8:53:27 R 54:25 R	GA JIN					TAILS	SAN FRANCISCO, CA	(042002)
20 mi	1:57:26 R	NO			1.00		75) 75)	BRUNSWICK, ME PITTSBURGH, PA	(101594)
50 mi 100 mi	5:53:08 R 18:56:04 R	AU ED	BUSINESS	RFPI Y	MAII			SYLVANIA OH	(040895) (091402)
1000 ml	346:56:46 R	00	FIRST CLASS MAIL PERMIT		LYWOOD CA		(76) (75)	INDIANAPOLIS, IN CHICAGO, IL	(050297)
half mar	1:10:23 R 2:33:49 R	140	INST CLASS MAIL PERMIT	NO.136 NO.HO	LLTWOOD CA		75)	QUEENS, NY	(101595) (061795)
marathon marathon	2:33:49 R 2:27:42a R	NO -	POSTAGE WILL BE P	AID BY ADDRE	SSEE		78)	CHICAGO, IL SYLVANIA, OH	(100481) (091402)
12 hr	115,945 m R	BR					IN76)	SYLVANIA, OH	(092797)
24 hr 48 hr	195,374 m R 323,478 m R	JA DO					n 80-84		
6 day	724,204 m R	00	NATIONAL MASTER	NEWS		The Real Property lies	(80)	ORLAND PARK, IL	(062500)
			P O BOX 16597				/81)	FLOSSMOOR, IL	(091501)
5 km	17:00 R	JIM	NORTH HOLLYWOO	D CA 91615	-9881		/80) (1)	CHICAGO, IL VIRGINIA BEACH, VA	(040101) (031889)
8 km	28:00 P	JAC					(0)	ASBURY PARK, NJ	(080887)
8 km 10 km	28:07 R 34:27 R	MIL					SKI (NY/80)	BUFFALO, NY SACRAMENTO, CA	(100498)
12 km	43:43 R	JA	Halamallallamalla	1.1.1.1.1.1	1. 11.1.0		n	CUMBERLAND, MD	(042989) (100888)
15 km 20 km	54:20 R 1:15:15 R	NO NO			milliolitt		(3)	WASHINGTON, DC MEDFORD, OR	(040791)
20 km	1:14:46 U	NORM GREEN (PA/61)	PHILADELPHIA, PA	(UZ2494)			, /80)	CHANNAHON, IL	(040889) (092400)
25 km 25 km	1:35:27 U 1:36:20 R	JIM O'NEIL (CA/61) ALEX RATELLE (MN/62)	EUGENE, OR MINNEAPOLIS, MN	(090786) (091486)	25 km 30 km	2:23:43 R 3:47:53 R	MAX POPPER (NY/80) PAUL REESE (CA/81)	NEW YORK, NY CLARKSBURG, CA	(100283)
30 km	1:59:22 R	PATRICK DEVINE (CA/60)	VENTURA, CA	(021289)	50 km	6:59:26 P	CARLTON MENDELL (ME/80)	BRUNSWICK, ME	(111598) (102001)
50 km	3:35:51 R 8:58:04 R	MALCOLM GILLIS (AL/61) RAY PIVA (CA/64)	DALLAS, TX SAN FRANCISCO, CA	(012195) (042091)	50 km	6:59:34 R 18:54:11 R	WILFREDO RIOS (NY/80) HOWARD HENRY (IN/80)	QUEENS, NY SYLVANIA, OH	(061497)
10 mi	57:48 R	NORM GREEN (PA/60)	WASHINGTON, DC	(040493)	10 mi	1:13:23 R	ED BENHAM (MD/81)	WASHINGTON, DC	(091501) (040289)
20 mi 50 mi	2:03:16 R 6:43:48 R	GAYLON JORGENSON (NV/61) MALCOLM GILLIS (AL/60)	MINNEAPOLIS, MN BIRMINGHAM, AL	(101490) (021494)	20 mi 50 mi	4:18:00 U 12:13:35 U	IVOR WELCH (CA/84) BEN MOSTOW (IL/80)	CLARKSBURG, CA CHICAGO, IL	(111879) (100283)
50 mi	6:24:18 U	FRANS PAUWELS (OR/60)	PORTLAND, OR	(102978)	50 ml	14:29:16 R	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501)
50 ml	6:39:55 P 18:02:35 R	BERND HEINRICH (VT/61) DWAINE BATT (CA/60)	BRUNSWICK, ME SACRAMENTO, CA	(102701) (111195)	half mar marathon	1:40:30 R 3:43:27a R	ED BENHAM (MD/81) ED BENHAM (MD/80)	ORLANDO, FL MINNEAPOLIS, MN	(121088) (101187)
1000 mi	384:30:19	JOHN WALLIS (MI/63)	JAMAICA, NY	(061800)	marathon	4:17:51 R	ED BENHAM (MD/84)	MINNEAPOLIS, MN	(100691)
half mar marathon	1:16:55 R 2:42:44 R	NORM GREEN (PA/61) CLIVE DAVIES (OR/64)	PHILADELPHIA, PA PORTLAND, OR	(091993) (102879)	12 hr 24 hr	73,439 m R 117,787 m R	WILFREDO RIOS (NY/80) HOWARD HENRY (IN/80)	QUEENS, NY SYLVANIA, OH	(061497) (091501)
12 hr	113,136 m R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)	48 hr	177,027 m R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)
24 hr 48 hr	207,927 m R	DWAINE BATT (CA/60) Record is in Track Event	SACRAMENTO, CA	(111195)	6 day	487,631 m R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)
6 day	609,414 m	JOHN WALLIS (MI/63)	JAMAICA NY	(061800)	ALERS AND MAN		Men 85-89		A STATE OF THE PARTY OF THE PAR
6 day	608,332 m U D	ROB VOLKENAND (OR/63)	SACRAMENTO, CA	(111294)	5 km		BILL NICE (CA/85) BILL NICE (CA/85)	LOS ALAMITOS, CA CARLSBAD, CA	(022401) (040101)
		Men 6	5-69		8 km	47:03 U	PAUL SPANGLER (CA/85)	PALO ALTO, CA	(031785)
5 km	18:00 U	JOE FERNANDEZ (MA/65)	PROVIDENCE, RI	(101793)	10 km 15 km		PAUL SPANGLER (CA/85) PAUL SPANGLER (CA/85)	RALEIGH, NC EL PASO, TX	(050384) (101384)
5 km	18:21 R	WARREN UTES (IL/69)	PARK RIDGE, IL	(093089)	20 km	2:07:49 U	PAUL SPANGLER (CA/85)	SACRAMENTO, CA	(032584)
8 km	29:41 R 35:52 U	JOE FERNANDEZ (MA/65) CLIVE DAVIES (OR/66)	BOSTON, MA PORTLAND, OR	(040994) (052382)	30 km		PAUL SPANGLER (CA/89) MEL SHINE (OR/85)	CLARKSBURG, CA MEDFORD, OR	(111388)
10 km 12 km	44:11 U	CLIVE DAVIES (OR/67)	PORTLAND, OR	(051583)	10 mi		HARRY POLITES (NJ/86)	PHILADELPHIA, PA	(040994) (050596)
15 km 20 km	55:16 R 1:20:53 U	CLIVE DAVIES (OR/65) NORMAN BRIGHT (WA/66)	PORTLAND, OR WASHINGTON, DC	(062881) (052276)	20 mi haif mar		PAUL SPANGLER (CA/86) MAX POPPER (NY/85)	CLARKSBURG, CA	(111785)
20 km	1:25:02 R	PAUL REESE (CA/69)	MEDFORD, OR	(041287)	marathon		PAUL SPANGLER (CA/85)	BROOKLYN, NY SAN DIEGO, CA	(031289) (120284)
25 km 30 km	1:41:39 R 1:58:12 R	ALEX RATELLE (MN/66) CLIVE DAVIES (OR/66)	MINNEAPOLIS, MN PORTLAND, OR	(091690) (020682)					
50 km	3:41:41 R	MALCOLM GILLIS (AL/65)	SADDLE BROOK, NJ	(061398)	NAME OF STREET		Men 90-94		
100 km	9:24:41 R	RAY PIVA (CA/67)	SACRAMENTO, CA PARK FOREST, IL	(021294) (090489)	5 km 8 km		LLOYD WALTERS (MT/91) PAUL SPANGLER (CA/91)	TUCSON, AZ PALO ALTO, CA	(012692)
10 mi 20 mi	1:02:07 R 2:14:29 R	WARREN UTES (IL/69) ALEX RATELLE (MN/66)	MINNEAPOLIS, MN	(101490)	10 km	1:14:49 R	PAUL SPANGLER (CA/90)	PARAMOUNT, CA	(032590) (012090)
50 ml	7:27:10 R	FRED NAGELSCHMIDT (CA/65)	FOUNTAIN VALLEY, CA	(051990)	15 km 10 mi		PAUL SPANGLER (CA/91) JAMES RAMSEY (MI/90)	PORTLAND, OR	(061790)
100 mi half mar	23:03:25 U 1:20:29a R	WILFREDO RIOS (NY/68) JAMES TALLEY (CA/65)	QUEENS, NY FONTANA, CA	(092785) (041986)	marathon	8:10:44a R	SAM GADLESS (FL/90)	FLINT, MI NEW YORK, NY	(082298) (110297)
half mar	1:23:50 R	MICHAEL BERTOLINI (NJ/65)	PHILADELPHIA, PA	(091585)	marathon	7:52:50 R	JAMES RAMSEY (MI/90)	DETROIT, MI	(101898)
half mar marathon	1:21:41 U 2:42:49 R	CLIVE DAVIES (OR/66) CLIVE DAVIES (OR/66)	LAKE OSWEGO, OR EUGENE, OR	(092781) (091381)	10000		Men 95 & ov	er	
12 hr	111,044 m R	RAY PIVA (CA/67)	SACRAMENTO, CA	(111493)	5 km	48:55 R	MARION MCANELLY (OK/95)	STILWELL, OK	(051395)
24 hr 48 hr	193,121 m R	RAY PIVA (CA/67) Record is in Track Event	SACRAMENTO, CA	(111493)					
6 day	619,597 m R	DICTINO MENDEZ (NY/66)	NEW YORK, NY	(051494)			The state of		HAND COME IN
		Men 70	-74						
5 km	18:01 R	WARREN UTES (IL/70)	PARK RIDGE, IL	(093090)			- Sonal Le		
8 km	30:25 R	WARREN UTES (IL/70)	CHICAGO, IL	(031091)				0	
10 km	37:49 U 41:09 R	WARREN UTES (IL/70) ALFRED FUNK (MT/70)	LIBERTYVILLE, IL BOZEMAN, MT	(092390) (092184)				W.	Land Land
12 km	48:55 U	WARREN UTES (IL/73)	FRANKFORT, IL	(082893)					ATTACHED !
12 km 15 km	50:28 R 58:13 U	WARREN UTES (IL/74) WARREN UTES (IL/70)	FRANKFORT, IL MICHIGAN CITY, IN	(082794) (062391)	1	6			
15 km	1:01:50 R	CLIVE DAVIES (OR/71) WARREN UTES (IL/70)	PORTLAND, OR CHICAGO, IL	(062887) (071590)	The same of			241	No. of the last
20 km 25 km	1:20:11 U 1:39:59 R	CLIVE DAVIES (OR/70)	EUGENE, OR	(090885)				The same of the sa	
30 km	2:13:01 R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)	1000000		A SECTION		A CHARLES
50 km	5:36:26 6:37:13 R	FRANK RODRIGUEZ (CA71)	) SACRAMENTO, CA ELVERTA, CA	(020902) (011897)		A COLLEGE	The second second		THE PERSON NAMED IN
50 km	4:34:51 U	ED BENHAM (MD/74)	WASHINGTON, DC	(031382)	The second	-		ar .	
100 km 100 km	11:27:10 U 16:18:07 R	WILLIAM WORKMAN (OH/71)	NEW YORK, NY SYLVANIA, OH	(022793) (091501)	D	D 1	1 7. 11	11	1
10 mi	1:02:41 R	WARREN UTES (IL/70)	PARK FOREST, IL	(090390)	Buy	Kecycl	ed. It would mean	the world to	them.
20 mi 50 mi	2:23:54 R 7:48:58 R	CLIVE DAVIES (OR/71) RAY PIVA (CA/70)	MINNEAPOLIS, MN SACRAMENTO, CA	(101286) (111696)	Thank	s to you, a	l sorts of everyday products	are being made from	materials
half mar	1:27:23 U	JOHN KESTON (OR/70)	WOODINVILLE, WA	(090495)			ut to keep recycling working		
half mar	1:27:44 R	JOHN KESTON (OR/72) JOHN KESTON (OR/72)	INDIANAPOLIS, IN LAS VEGAS, NV	(050297) (020997)	440	SHARE SHARE SHARE	and buy them. For a free bro		CONTRACTOR AND ADDRESS OF THE PARTY OF THE P
half mar marathon	1:25:24a R 3:00:58 R	JOHN KESTON (OR/71)	MINNEAPOLIS, MN	(100696)			STATE OF LABOR	e	PARTY NEWSTRAND
12 hr	100,000 m U	CARLTON MENDELL (ME/71)	NEW YORK, NY	(022793)	Ad			environmen	
12 hr 24 hr	77,248 m R 151,728 m R	HOWARD HENRY (IN/73)	SYLVANIA, OH SYLVANIA, OH	(091501) (091894)	Council		www.environmentaldefense.org	finding the we	A TABLE PARTICULAR DE L'ANNE
6 day	539,130 m R	ED FISHMAN (HI/72)	NEW YORK, NY	(092195)		and the same			THE RESERVE OF THE PARTY OF THE
		-				-		THE ROLL WHEN PARTY OF	man manual manua

	evious pa	oe.	
	- Troub pa	P-	Mei
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 (OHV55)
8 km	27:00	R	NORM GREEN (PA/57)
10 km	32:27	R	JIM O'NEILL (OHV55)
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		RAY HATTON (OR/55)
30 km	1:46:33		NORM GREEN (PA/56)
50 km	3:51:10	-	KEN YOUNG (CA/55)
50 km	3:28:47a	100	ROBERT BECKER (MD/55
50 km	3:31:32	PB	FRANK BOZANICH (NV/56
50 km	3:40:41	W	FRANK BOZANICH (NV/57
100 km	8:53:27		GARD LEIGHTON (CA/57)
10 mi	54:25	200	JIM O'NEILL (OH/56)
20 mi	1:57:26		NORM GREEN (PA/58)
50 mi	5:53:08		ALEX RATELLE (MN/57)
100 mi	18:56:04		ED ROUSSEAU (MN/58)
1000 mi half mar	346:56:46	100	DON WINKLEY (TX/59)
mar mar marathon	1:10:23		NORM GREEN (PA/55)
marathon	2:33:49 I		NORM GREEN (PA/55)
maration 12 hr	115.945 m l		NORM GREEN (PA/55)
24 hr	195,374 m I		JAN RYERSE (MO/56)
48 hr	323.478 m l		DON WINKLEY (TX/59)
6 day	724,204 m i		DON WINKLEY (TX/56)

# Men 55-59

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)
SACRAMENTO, CA	(020902)
SAN FRANCISCO, CA	(042592)
WASHINGTON, DC	(041094)
MINNEAPOUS, 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	(091501)
NEW YORK, NY	(091397)
NEW YORK, NY	(051494)

# Men 60-64

		Men 60-	04	
5 km	17:00 R	JIM O'NEIL (CA/61)	CARLSBAD, CA	(060186)
8 km	28:00 P	JACK NELSON (IL/60)	CHICAGO, IL	(032600)
8 km	28:07 R	NORM GREEN (PA/60)	VIRGINIA BEACH, VA	(032093)
10 km	34:27 R	JIM O'NEIL (CA/60)	ALAMEDA, CA	(080485)
12 km	43:43 R	JACK NELSON (IL/60)	ORLANDO, FL	(022600)
15 km	54:20 R	NORM GREEN (PA/60)	TAMPA FL	(022793)
20 km	1:15:15 R	NORM GREEN (PA/60)	NEW HAVEN, CT	(090792)
20 km	1:14:46 U	NORM GREEN (PA/61)	PHILADELPHIA. PA	(022494)
25 km	1:35:27 U	JIM O'NEIL (CA/61)	EUGENE. OR	(090786)
25 km	1:36:20 R	ALEX RATELLE (MN/62)	MINNEAPOLIS, MN	(091486)
30 km	1:59:22 R	PATRICK DEVINE (CA/60)	VENTURA CA	(021289)
50 km	3:35:51 R	MALCOLM GILLIS (AL/61)	DALLAS, TX	(012195)
100 km	8:58:04 R	RAY PIVA (CA/64)	SAN FRANCISCO, CA	(042091)
10 mi	57:48 R	NORM GREEN (PA/60)	WASHINGTON, DC	(040493)
20 ml	2:03:16 R	GAYLON JORGENSON (NV/61)	MINNEAPOLIS, MN	(101490)
50 mi	6:43:48 R	MALCOLM GILUS (AL/60)	BIRMINGHAM, AL	(021494)
50 mi	6:24:18 U	FRANS PAUWELS (OR/60)	PORTLAND, OR	(102978)
50 ml	6:39:55 P	BERND HEINRICH (VT/61)	BRUNSWICK, ME	(102701)
100 mi	18:02:35 R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
1000 mi	384:30:19	JOHN WALLIS (MI/63)	JAMAICA, NY	(061800)
half mar	1:16:55 R	NORM GREEN (PA/61)	PHILADELPHIA, PA	(091993)
arathon	2:42:44 R	CLIVE DAVIES (OR/64)	PORTLAND, OR	(102879)
12 hr	113,136 m R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
24 hr	207,927 m R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
48 hr		Record is in Track Event		
6 day	609,414 m	JOHN WALLIS (MI/63)	JAMAICA NY	(061800)
6 day	608,332 m U D	ROB VOLKENAND (OR/63)	SACRAMENTO, CA	(111294)

## Men 65-69

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

		Men 70-74		
5 km	18:01 R	WARREN UTES (IL/70)	PARK RIDGE, IL	(093090)
8 km	30:25 R	WARREN UTES (IL/70)	CHICAGO, IL	(031091)
10 km	37:49 U	WARREN UTES (IL/70)	LIBERTYVILLE, IL	(092390)
10 km	41:09 R	ALFRED FUNK (MT/70)	BOZEMAN, MT	(092184)
12 km	48:55 U	WARREN UTES (IL/73)	FRANKFORT, IL	(082893)
12 km	50:28 R	WARREN UTES (IL/74)	FRANKFORT, IL	(082794)
15 km	58:13 U	WARREN UTES (IL/70)	MICHIGAN CITY, IN	(062391)
15 km	1:01:50 R	CLIVE DAVIES (OR/71)	PORTLAND, OR	(062887)
20 km	1:20:11 U	WARREN UTES (IL/70)	CHICAGO, IL	(071590)
25 km	1:39:59 R	CLIVE DAVIES (OR/70)	EUGENE, OR	(090885)
30 km	2:13:01 R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)
50 km	5:36:26	EPHRAIM ROMESBERG (CA71)	SACRAMENTO, CA	(020902)
50 km	6:37:13 R	FRANK RODRIGUEZ (CA71)	ELVERTA CA	(011897)
50 km	4:34:51 U	ED BENHAM (MD/74)	WASHINGTON, DC	(031382)
100 km	11:27:10 U	CARLTON MENDELL (ME/71)	NEW YORK, NY	(022793)
100 km	16:18:07 R	WILLIAM WORKMAN (OH/71)	SYLVANIA, OH	(091501)
10 mi	1:02:41 R	WARREN UTES (IL/70)	PARK FOREST, IL	(090390)
20 ml	2:23:54 R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)
50 mi	7:48:58 R	RAY PIVA (CA70)	SACRAMENTO, CA	(111696)
half mar	1:27:23 U	JOHN KESTON (OR/70)	WOODINVILLE, WA	(090495)
half mar	1:27:44 R	JOHN KESTON (OR/72)	INDIANAPOLIS, IN	(050297)
half mar	1:25:24a R	JOHN KESTON (OR/72)	LAS VEGAS, NV	(020997
arathon	3:00:58 R	JOHN KESTON (OR/71)	MINNEAPOLIS, MN	(100696)
12 hr	100,000 m U	CARLTON MENDELL (ME/71)	NEW YORK, NY	(022793)
12 hr	77,248 m R	RICHARD COZART (FL/71)	SYLVANIA, OH	(091501)
24 hr	151,728 m R	HOWARD HENRY (IN/73)	SYLVANIA, OH	(091894)
		ED FIGURIAN (MITTO)	NEW YORK NY	(092195

2 KM	19:24 R	WARREN UTES (IL/75)
8 km	31:52 P	WARREN UTES (IL/75)
8 km	30:44a R	JOHN CAHILL (UT/77)
8 km	34:21 R	ED BENHAM (MD/78)
10 km	40:12 R	WARREN UTES (IL/75)
12 km	48:57 R	WARREN UTES (IL/75)
15 km	1:01:58 R	WARREN UTES (IL/75)
20 km	1:23:51 U	WARREN UTES (IL/75)
20 km	1:30:10 R	ED BENHAM (MD/75)
25 km	1:52:57 R	WARREN UTES (IL/77)
30 km	2:28:00 R	ED BENHAM (MD/78)
50 km	4:50:35	RAY PIVA (CA75)
50 km	5:03:38 R	ED BENHAM (MD/77)
100 km	10:59:52	RAY PIVA (CA75)
100 km	16:23:00 R	HOWARD HENRY (IN/75)
10 mi	1:06:27 R	WARREN UTES (IL/75)
20 ml	2:42:38 U	ED BENHAM (MD/77)
50 mi	8:34:29	RAY PIVA (CA75)
50 mi	10:34:06 R	MATT MILLER (LA75)
50 mi	10:18:03 U	MATT MILLER (LA/75)
100 mi	23:01:56 P	RAY PIVA (CA76)
half mar	1:30:19 R	WARREN UTES (IL/76)
marathon	3:18:10 R	WARREN UTES (IL/75)
12 hr	84,112 m U	MATT MILLER (LA75)
12 hr	80,467 m R	BEN MOSTOW (IL/78)
24 hr	169,013 m P	RAY PIVA (CA76)
24 hr	133,668 m R	HOWARD HENRY (IN/76)
		Mon 00

# Men 75-79

	DOC, IL	(033032)
CEDAR	RAPIDS, IA	(070495)
ALTA, UT	SECTION AND ADDRESS.	(090801)
LIVERPO	OL, NY	(092985)
LIBERTY	VILLE, IL	(091795)
PARK FO	REST, IL	(090495)
PARK FO	REST, IL	(090495)
CHICAGO	O, IL	(070995)
WASHIN	GTON, DC	(052983)
CHANNA	HON, IL	(091497)
SUGAR	AND, TX	(120785)
SAN FRA	NCISCO, CA	(042002)
WASHIN	GTON, DC	(102384)
SAN FRA	NCISCO, CA	(042002)
SYLVANI	A, OH	(091596)
PARK FO	REST, IL	(090495)
GREENB	ELT, MD	(122284)
SAN FRA	NCISCO, CA	(042002)
BRUNSW	NCK, ME	(101594)
PITTSBU	RGH, PA	(040895)
SYLVANI	A OH	(091402)
INDIANA	POLIS, IN	(050297)
CHICAGO	), IL	(101595)
QUEENS	NY	(061795)
CHICAGO	), IL	(100481)
SYLVANI	A, OH	(091402)
SYLVANI	A, OH	(092797)

		Men 80-84		
5 km	22:14 R	WARREN UTES (IL/80)	ORLAND PARK, IL	(062500)
5 km	21:59	WARREN UTES (IL/81)	FLOSSMOOR, IL	(091501)
8 km	37:08 P	WARREN UTES (IL/80)	CHICAGO, IL	(040101)
8 km	36:35 R	ED BENHAM (MD/81)	VIRGINIA BEACH, VA	(031889)
10 km	45:28 R	ED BENHAM (MD/80)	ASBURY PARK, NJ	(080887)
12 km	1:05:08 R	HENRY SYPNIEWSKI (NY/80)	BUFFALO, NY	(100498)
12 km	1:03:55a U	MEL SHINE (CA/80)	SACRAMENTO, CA	(042989)
15 km	1:07:00a U	ED BENHAM (MD/81)	CUMBERLAND, MD	(100888)
15 km	1:07:22 R	ED BENHAM (MD/83)	WASHINGTON, DC	(040791)
20 km	1:33:56 R	ED BENHAM (MD/81)	MEDFORD, OR	(040889)
25 km	2:05:44 P	WARREN UTES (IL/80)	CHANNAHON IL	(092400)
25 km	2:23:43 R	MAX POPPER (NY/80)	NEW YORK, NY	(100283)
30 km	3:47:53 R	PAUL REESE (CA/81)	CLARKSBURG. CA	(111598)
50 km	6:59:26 P	CARLTON MENDELL (ME/80)	BRUNSWICK, ME	(102001)
50 km	6:59:34 R	WILFREDO RIOS (NY/80)	QUEENS, NY	(061497)
100 km	18:54:11 R	HOWARD HENRY (IN/80)	SYLVANIA OH	(091501)
10 mi	1:13:23 R	ED BENHAM (MD/81)	WASHINGTON, DC	(040289)
20 mi	4:18:00 U	IVOR WELCH (CA/84)	CLARKSBURG, CA	(111879)
50 mi	12:13:35 U	BEN MOSTOW (IL/80)	CHICAGO, IL	(100283)
50 mi	14:29:16 R	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501
half mar	1:40:30 R	ED BENHAM (MD/81)	ORLANDO, FL	(121088
arathon	3:43:27a R	ED BENHAM (MD/80)	MINNEAPOLIS, MN	(101187
arathon	4:17:51 R	ED BENHAM (MD/84)	MINNEAPOLIS, MN	(100691
12 hr	73,439 m R	WILFREDO RIOS (NY/80)	QUEENS, NY	(061497
24 hr	117,787 m R	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501)
48 hr	177,027 m R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)
6 day	487,631 m R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)
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# Men 85-89

o km	27:42	BILL NICE (CA/85)	LOS ALAMITOS, CA	(022401)
5 km	28:17 R	BILL NICE (CA/85)	CARLSBAD, CA	(040101)
8 km	47:03 U	PAUL SPANGLER (CA/85)	PALO ALTO, CA	(031785)
10 km	58:50 R	PAUL SPANGLER (CA/85)	RALEIGH, NC	(050384)
15 km	1:32:00 R	PAUL SPANGLER (CA/85)	EL PASO, TX	(101384)
20 km	2:07:49 U	PAUL SPANGLER (CA/85)	SACRAMENTO, CA	(032584)
30 km	4:39:30 R	PAUL SPANGLER (CA/89)	CLARKSBURG, CA	(111388)
10 mi	1:55:36 R	MEL SHINE (OR/85)	MEDFORD, OR	(040994)
10 mi	1:54:01a U	HARRY POLITES (NJ/86)	PHILADELPHIA, PA	(050596)
20 mi	3:44:31 U	PAUL SPANGLER (CA/86)	CLARKSBURG, CA	(111785)
alf mar	2:26:46 U	MAX POPPER (NY/85)	BROOKLYN, NY	(031289)
rathon	5:21:51 U	PAUL SPANGLER (CA/85)	SAN DIEGO, CA	(120284)
		Men 90-94		
		Men 90-94		

		Men 90-9	14	
5 km	40:32 R	LLOYD WALTERS (MT/91)	TUCSON, AZ	(012692)
8 km	56:10 R	PAUL SPANGLER (CA/91)	PALO ALTO, CA	(032590)
10 km	1:14:49 R	PAUL SPANGLER (CA/90)	PARAMOUNT, CA	(012090)
15 km	2:35:00 R	PAUL SPANGLER (CA/91)	PORTLAND, OR	(061790)
10 mi	2:35:52 R	JAMES RAMSEY (MI/90)	FLINT, MI	(082298)
marathon	8:10:44a R	SAM GADLESS (FL/90)	NEW YORK, NY	(110297)
marathon	7:52:50 R	JAMES RAMSEY (MI/90)	DETROIT, MI	(101898)

### Men 95 & over

5 km 48:55 R MARION MCANELLY (OK	STILWELL, OK	(051395)
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e ENVIRONMENTAL DEFENSE finding the ways that work Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most are 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 cessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

## 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

Boston Running Club Brian Hamill 106 Mt. Auburn St. Waterlown, MA 02472 brc@tiac.net 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

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 Re PO Box 12304 Albany, NY 12212 518-435-4500

Irish American Track Club PO Box 282 Medford, MA 02155 www.iatc-boston.org sgviegas@cs.com

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

Maryland Masters Track Club David Barmer - 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. Alexandra, VA 22301 703-549-7779

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

New Jersey Striders TC P.O. Box 885 Maywood, NJ 07607 201-337-7081 North Jersey Masters PO Box 56

dgewood, NJ 07451 NY Masters Club

Rose Ann Gaeta 75-32 199th Street Fresh Meadows, NY 11366 NYRR 9 E. 89th St. New York, NY 10128 212-860-4455

Park Racewalkers, USA 320 East 83rd St., Box 18 New York, NY 10028 212-628-1317 FranciCash@aol.com

Peninsula Track Club Rhonda Venable http://homelown.aol.com/loadpark/ index.html

PHAST (Philadelphia Area Striding Team) Philadelphia, PA Jeff Salvage, Racewalking coach camposalvage 60 yahoo.com 609-714-1306 Marie Woodland, President mariewalks 6 acl com

Pioneer Valley Women's Running Club Susan Jaye-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 chyson8089@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

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 html://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

Carolina Masters Track & Field Club Gordon Edwards 704-588-6885 gedwards @ carolina.rr.com

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

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# Write On

November 2002

Continued from page 4 BVAF T&F Champion and sent to us by Marti ogize for any false or ial in his report. - Ed.

# MEXICO :

Regarding the rec Meet in Leon, Mex reflects two points of competitor and the oth ator

As a tour operator very happy with the cious and helpful rooms and proximity had our own tran Mexico City to Leon, pany did an excellent

We had informed or istration was open on A going on our schedu stopped at the stadium one was there, so we c tour

After the tour, we p.m. to register. From of view, registration v totally disorganized. opening at 3:00 p.m. athletes were all p around to get their n line. This method of r

work! Those who had pre were told that the me accept any credit card to pay again in cash compete. The organiz already received its r prepaid by card becau listed on the athletes

statements. I hope that a refun all who had to pay twi out of their pockets, w for shopping and such cel their programs, be tickets. I had prepaid after standing in line
was told that I would I refused. I had reque a verification by e-ma on the top of my re they let me go withou

Spanish-speaking all the attention fro personnel and were a to the desk even if waiting number.

Events were not time schedules. Too to leave the stadium hotel as their events v Also, winners had to their awards.

During the first women's and men's was no drinking wat track. According to r a minimum of five ju countries for racewa no judges during th rendering them illega The best run even

walk. It started on ti

# Write On

Continued from page 4

BVAF T&F Championships was written and sent to us by Martin Duff. We apologize for any false or erroneous material in his report. – Ed.)

### **MEXICO MEET**

Regarding the recent NCCWMA Meet in Leon, Mexico, this letter reflects two points of view, one as a competitor and the other as a tour operator.

As a tour operator, our group was very happy with the San Francisco Hotel, excellent food and service, gracious and helpful personnel, clean rooms and proximity to the stadium. We had our own transportation from Mexico City to Leon, and the bus company did an excellent job for us.

We had informed our people that registration was open on Aug. 21, so before going on our scheduled tour, we all stopped at the stadium to register, but no one was there, so we continued with our tour.

After the tour, we stopped at 4:30 p.m. to register. From an athlete's point of view, registration was a "mess" and totally disorganized. In my opinion, opening at 3:00 p.m. was too late. The athletes were all pushing everyone around to get their number to stand in line. This method of registration did not work!

Those who had prepaid by credit card were told that the meet directors didn't accept any credit cards and athletes had to pay again in cash if they wanted to compete. The organizing committee had already received its money, which was prepaid by card because the amount was listed on the athletes' last credit card statements.

I hope that a refund will be given to all who had to pay twice. This took cash out of their pockets, which was intended for shopping and such. Some had to cancel their programs, booklets and dinner tickets. I had prepaid by VISA also, and after standing in line for two hours, I was told that I would have to pay again. I refused. I had requested, and received, a verification by e-mail. This was noted on the top of my registration form, so they let me go without paying again.

Spanish-speaking athletes received all the attention from the registration personnel and were allowed to come up to the desk even if they didn't have a waiting number.

Events were not run according to time schedules. Too often, athletes had to leave the stadium and go back to the hotel as their events were two hours late. Also, winners had to wait too long for their awards.

During the first two events, older women's and men's racewalks, there was no drinking water available on the track. According to rules, there must be a minimum of five judges from different countries for racewalking. There were no judges during the first two events, rendering them illegal.

The best run event was the 10K road walk. It started on time, we had judges

from different countries, and water. Awards were presented in a timely fashion.

We had been told we would have transportation from hotels to the stadium. That was not true. We were fortunate in being only a 10-minute walk away.

I feel that, without the assistance of the U.S. and Canadian officials, this event would have been a disaster.

The attendance was very good for a regional championships, but competitors need to be assured that future championships will be properly organized. My personal recommendation is that the Regional International Committee be very selective of who is chosen to host a regional championships, and to provide a booklet explaining exactly what the host country's obligations are. These obligations should be included on the entry form, so competitors know what to expect

Paul Geyer Detroit Lakes, Minnesota Minnesota Race Walking Chair and USATF Masters Official

Paul Geyer was kind enough to share his letter (above) on the NCCWMA Meet with me. He gives an accurate description of some aspects of the Leon meet. He and I agree on all points.

In my earlier report (October NMN), I noted that the trauma at the Leon track was brought under control by the aforementioned "visiting angels."

With respect to payments, if there is anyone who has in fact paid twice, please contact Jack Castle or myself (see p. 20) immediately. So far, nobody has responded with a claim.

Paul's final point about needing assurance of good meet organization is an important one. U.S. and Canadian national meets are staged by teams known to be good, following well-trodden paths.

The regional meets respond to our Constitution, the first purpose of which is "To foster and promote the systematic development of masters athletics in had been difficult. Kamloops, two years ago, was as excellent as we knew it would be, but Leon, decided on four years ago, was a totally unknown quantity, causing me to add to our by-laws the requirement that in future, no bid could be entertained by the Assembly unless a contract had been signed. If anyone wishes to see the conditions laid down in that contract, just ask me.

North America, Central America and the

Caribbean." Therefore, we move them

around. In this, as in not much else these

days, we encounter that pioneering spir-

it that lifted us through our early begin-

because our last visit to Mexico in 1992

The Leon meet was always a worry,

I visited Leon a year ahead to satisfy myself that a good meet was possible. I sat down with everyone involved and had them sign a contract. Then our world best team of Rex Harvey, Sandy Pashkin and Brian Keaveney went to Leon and worked through the details.

Then nothing .... despite prodding, despite Sandy running out into the streets of New York to find anyone who could translate Mexican vernacular ... to the point we arrived in Leon and were still in the dark.

Never again? You'd better believe it! One way to avoid such trauma, would be to live up to our Constitution and go to Central America – also a safe bet for good organization, for the first time. However, that venture will have to wait now for another Assembly vote, hopefully one conducted in a better atmosphere.

> Brian Oxley Parry Sound, Ontario, Canada



THOM WEDDLE

Diane Palmason, 64, at the 2002 Hayward Classic, Eugene, Ore.

# Mileage Hogs Set Records at Olander Park 24-Hour Championship Run

Numerous age-group records and a new U.S. all-comers record were set at the USA Championship 24-Hour Run, Olander Park, Sylvania, Ohio, Sept. 14-15

Despite sweltering heat and thunderstorms overnight, ultra giant Yiannis Kouros, AUS, managed to squeeze five more miles into the day to set the official U.S. all-comers mark, 172.37+ miles (old record Kouros/167.5 miles). That's 158 laps of Olander Lake, folks (1.0910 miles around).

Ray Piva, 75, South San Francisco, Calif. set a new M75 world record, 105.02+ miles for 24 hours, with a bonus WR 23:01:56 at the 100-mile mark along the way.

Jeff Hagen, Yakima, Wash., set a U.S. M55 record, 123.28+ miles. Lorraine Bunk, Eagle, Wisc., etched a U.S. W60 mark, 86.18+ miles, and got the 12-hour mark en route.

Sam Soccoli, N. Babylon, N.Y., set two U.S. marks, at 100K, and 12 hours. John Geesler, M40, St. Johnsville, NY., won his third U.S. 24-Hour title, in winning the U.S. Championship, 137.52+ miles.

Sandy Powell, W45, was the top woman master and second woman overall, with 124.87+ miles.

- from a report by Dan Brannen, American Ultrarunning Association

# TEN YEARS AGO November 1992

- Joseph Nzau (40, 2:16:12) and Sharlet Gilbert (41, 2:40:19) Win National Titles in Twin Cities Marathon
- Stan Whitley (46, 98.0%) and Ross Carter (78, 96.0%) Are Top Age-Graded Performers in Northern California Meet
- Doug Bell (41, 24:45) and Carol McLatchie (40, 28:25) First Masters in Maggie Valley 8K
- Bob Watanabe, 66, Dies of Cancer

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# Report from Britain

# M75 World Best 5K

By BRIDGET CUSHEN

The remarkable Steve Charlton, who moved into the M75 division last December and quickly set about breaking the world 5000 and 10,000 records, has now set a world best of 19:27 for 5K on the road. Running in the BMAF 5K Championships, Sept. 29 (the huge entry had to be divided into two races), Charlton finished 21st overall in the M60+.

The M40-59 race attracted the top road racers. After a final sprint, ex-international Mike Hawkins crossed the finish line in 15:39, just clear of M45 Alex Rowe (15:41), who won the BMAF 10 Mile a few weeks earlier. Current European 10K M50 champion Mike Hager was fourth. Helen Burrell, W35, led the women home in 17:37.

Mother of three teenagers, Danielle Sanderson, running for Britain in the European 100K in Holland, finished third overall in a remarkably fast 7:27:30.

At an open meet in the north on Sept. 22, Chris Black, who has a pending M50 hammer world record at 66.92, threw 60.83. Peter Gordon, M50, reached out to 49.18 in the shot, and Peter Field, M70, won the javelin with a 33.89.

Ken Clarke, another fleet-footed 75year-old, set a British half-marathon record of 93:12 on Sept. 25.

The popular end-of-season inter-club meet on Sept. 21 in Tidworth, Wiltshire, resulted in Peter Duckers setting a national M60 long jump record of 5.40, and the Eastern VAC winning the overall trophy.

# Teva U.S. Mountain Running Team Member on Medal Stand

INNSBRUCK, Austria – At the WMRA World Masters Mountain Running Championships held Sept. 21 in the village of Igls, just six kilometers outside of Innsbruck, Austria, Kari DiStefano, 43, Telluride, Colo., finished second in the 40-44 age division to earn a silver-medal spot on the podium.

DiStefano, a member of the Teva U.S. Mountain Running Team, and the 2001 USATF Mountain Runner of the Year, ran the 10.1K uphill course in 1:01:21. At the World Mountain Running Trophy senior women's race just one week before, DiStefano ran the same course in 1:02:26 to finish 37th and third for the Teva team.

Also competing from the Teva team were Richard Shelley, 40, Albuquerque, N.M., who finished 9th out of 73 runners in the M40 with a time of 52:41, followed by Dan Verrington, 40, Bradford, Mass., who finished 17th in 54:42. The winning time for the division was 50:07.

Junior team manager, Jeff Adams, 45, Colorado Springs, Colo., ran 1:02:48 to finish 32nd out of 68 runners in the M45, and senior women's team alternate, Suzy West, 39, Putney, Vt., was 4th out of 15 runners with a time of 1:03:38.

The Report from Britain (BVAF Championships Torrid Both On and Off the Track) on p. 15 of the September 2002 issue, credited to Martin Duff and Bridget Cushen, did not contain any material written by Cushen.

This was the second year for masters competition. Next year the event will be held in the Black Forest region of Schwarzwald, Germany, Sept. 27. In 2004, Sauze d'Oulx, Italy, will host the event on Aug. 28. □



BRIDGET CUSHEN

Stefan Burkart (SUI), M40 gold medalist in the 100 (10.92), 13th Masters European Championships, Potsdam, Germany.

### WOMEN Hurdle To 1st Between Hurdles Finish Group Distance Height Hurdle 13.00m 30-39 100m .840m 27'10'/2" 34'5" 10 33" 42'81/2 12.00m 8.0m 40-49 80m .762m 12 00m 26'3" 39'4" 30" 39'4" .762m 50-59 8 19.00m 12.00m 7.0m 30" 80m 39'4" 22'11'/2" 62'4" 60+ .686m 40.00m 10 35.00m 45.00m 30-39 400m .762m 147'73/4" 114'91/2 40-49 30" 300m .762m 50-59 7 35.00m 40.00m 30" 50 00m 114'91/2 131'2'/2" 60+ 300m 164'0'/2 .686m MEN 30-39 110m 13.72m 9.14m 14.02m 10 40-49 39" 30' 46' 100m 13.00m 8.50m 10.50m 10 50-59 .914m 60-69 100m .840m 16.00m 8.00m 12.00m 10 70-79 80m .762m 8 30" 12.00m 7.0m 19.0m 80+ 80m .686m 30-49 400m .914m 45.00m 35.00m 40.00m 400m 50-59 .840m 147'7'/2 114'9'/2" 131'21/2

WMA/USATF Hurdles and Implements Specifications

HURDLES

70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'23/	7
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30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
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30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
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50.00m

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300m

80+ 4.00k 1.00k 4.00k 400 gms. 12# 35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

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WMA web site: http://www.world-masters-athletics.org

# M

# NATIO

Ready, Set, Go, a fully
for beginners to college to
sub-title Synergy Fitness
Adults by Phil Campbell
masters in chapters ran
Age Somatopause, and
Aging by 20 Year
Fundamentals," "Tactical to
a chapter on plyometric tr
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Publishers, Inc., is availa
gofftness.com

# EAS

• Carmen Troncoso, Susan Faber, 40, Oxfo Jeanne Johnson, 45, Chinished 1-2-3 masters, T for Women/USA Nation Boston, Oct. 14. Troncos prize money. Kathy Mart won the W50 race (37:0 81, Saugus, MA, ran in 7 ners finished.

 Running before his Rodgers, 54, in 76:03, w
 AA Half-Marathon, Oct.
 Norfolk, MA, with 90:1
 Tracy Lembo, 41, Westo (90:29).

Simon Karori, 43
 15:44, collected \$200, a
 Centreville, VA, with a 1 plus \$100 for a course re in the PVI Runfest 5K, \$7
 Second 40+ and \$1
 Berardi, 42, Baltimore, I
 Blank, 49, Falls Church,

 Bob Matteson, M85 87.38 400 in the Maine Si WR is 90.99 by Herbert I times recorded after May 400 or less are not considerated after May group WRs.

Coreen Steinback
logged the masters win w
Willow Bay 5K/RRCA
Liverpool, NY, Aug. 17.

Cronklin, NY, was 14th in

Jim Hage, 44, Lanh
masters victory with a th
27th Annapolis 10 Miler,
24. Chuck Moeser, 50,
in sixth (57:35). Patt Kea
cruised to the W40+ win
Astle, 59, Annapolis, MC
races, finished in 1:34:43

• Dan Lawson, 46, 16:22, and Gretchen Tr MD, in 18:23, bolted Kentlands-Lakelands 5K 31. Sharon Dolan, 60, 0 W40+ (21:01).

Defending champion
 47, UKR, didn't win the
Marathon, Providence, Ri
performance last year
attracted a stampeding h
made her work for her si
year in a stupendous WR
women went under 2:30
the point-to-point count
KEN, repeated as M40
faster than last year, 2:1

# SOUTH

 Jim Hite, who dir Games with his wife, J attack about a mile from run on Sept. 4. After a

# Masters Scene

### NATIONAL

• Ready, Set, Go, a fully illustrated workbook for beginners to college to pro athletes, with the sub-title Synergy Fitness for Time-Crunched Adults by Phil Campbell is filled with tips for masters in chapters ranging from "How to Improve Athletic Performance, Delay the Middle Age Somatopause, and Reverse Effects of Aging by 20 Years" to "Flexibility Fundamentals," "Tactical Weight Training," and a chapter on plyometric training. More information on the book, published by Pristine Publishers, Inc., is available at www.readyset gofitness.com

# **EAST**

- Carmen Troncoso, 43, Austin, TX, 35:23, Susan Faber, 40, Oxford, CT, 35:45, and Jeanne Johnson, 45, Chula Vista, CA, 35:56, finished 1-2-3 masters, Tufts Health Plan 10K for Women/USA National Championships, Boston, Oct. 14. Troncoso picked up \$700 in prize money. Kathy Martin, 51, Northport, NY, won the W50 race (37:07). Louise Rossettl, 81, Saugus, MA, ran in 78:59. Over 7000 runners finished.
- Running before his hometown fans, BIII Rodgers, 54, in 76:03, was first M40+, Boston AA Half-Marathon, Oct. 13. Nanci Cahalane, 43, Norfolk, MA, with 90:11, was W40+ first, with Tracy Lembo, 41, Weston, MA, second W40+ (90:29).
- Simon Karori, 43, Kenya/NC, with a 15:44, collected \$200, and Laura Freix, 41, Centreville, VA, with a 19:31, collected \$200, plus \$100 for a course record, for masters firsts in the PVI Runfest 5K, Fairfax, VA, September 22. Second 40+ and \$100 richer were Dave Berardi, 42, Baltimore, MD, 16:14, and Betty Blank, 49, Falls Church, VA, 20:48.
- Bob Matteson, M85, zipped a hand-timed 87.38 400 in the Maine Sr. Games, Sept. 7. The WR is 90.99 by Herbert Lledtlike (SWE). Hand times recorded after May 1, 1994, for races of 400 or less are not considered as five-year agegroup WRs.
- Coreen Steinbach, 51, Pompey, NY, logged the masters win with a fifth-place 19:58, Willow Bay 5K/RRCA Women's Festival, Liverpool, NY, Aug. 17. Margret Betz, 65, Cronklin, NY, was 14th in 21:54.
- Jim Hage, 44, Lanham, MD, sailed to the masters victory with a third-place 54:30 in the 27th Annapolis 10 Miler, Annapolis, MD, Aug. 24. Chuck Moeser, 50, Sterling, VA, followed in sixth (57:35). Patt Keating, 40, Dayton, MD, cruised to the W40+ win in 67:11. Sen. John Astle, 59, Annapolis, MD, who has run all 27 races, finished in 1:34:43:
- Dan Lawson, 46, Gaithersburg, MD, in 16:22, and Gretchen Triantos, 45, Rockville, MD, in 18:23, bolted to masters wins, Kentlands-Lakelands 5K, Gaithersburg, Aug. 31. Sharon Dolan, 60, Gaithersburg, was fifth W40+ (21:01).
- Defending champion Tatyana Pozdnyakova, 47, UKR, didn't win the year's Ocean State Marathon, Providence, RI, Oct. 13. Her speedy performance last year (W45 WR 2:30:28) attracted a stampeding hoard of hopefuls who made her work for her second place finish this year in a stupendous WR-pending 2:29:00. Four women went under 2:30:00, certainly a first for the point-to-point course. Gilbert Rutto, 41, KEN, repeated as M40+ leader, two minutes faster than last year, 2:17:21.

# SOUTHEAST

 Jim Hite, who directs the Georgia State Games with his wife, Joyce, suffered a heart attack about a mile from his home after a short run on Sept. 4. After a dye test showed three total blockages and another at 60%, he underwent a triple bypass on the 8th. "Walking Tuesday, home Friday, and up to 11 minutes walking twice a day," he said in an e-mail to NMN. "Prognosis is full recovery, maybe even stronger. It was genetics, and the running had kept the attack away for a pretty good time and sure helped in reaction and recovery."

• Jerry Clark, 49, Charlotte, NC, with a fifthplace 27:05, and Luanne Coulter, 41, Charlotte, with a second-woman 30:24, churned out masters wins, Dilworth Jubilee 8K, Charlotte, Aug. 10. First M60+ was Frank Shea, 61, Charlotte, 31:56. First W50+ was Tonl Cruz, 51, Charlotte, 37:20.

### **MIDWEST**

- Mark Tensing, 43, Cincinnati, OH, in 34:52, and Debra Wagner, 50, Perrysburg, OH, with a quick 38:27, outlegged the masters fields in the Toledo (OH) Classic 10K, Aug. 31. Dave Stewart, 60, Cincinnati, was first M60+ (42:58).
- JIm Pelarske, M50, Bloomington, IL, scored an M40+ first with a third-place 1:32:39, National Heritage Corridor 25K, Channahon, IL, Sept. 22. Dlane Gallagher, W40, Tinley Park, IL, 1:51:30, was the W40+ winner. Rick Brodine, Yorkville, IL, won the M60 race in 1:54:23.

## **MID-AMERICA**

- John Mirth, 40, after placing third (31:31) in the Hennepin-Lake Classic 10K, Minneapolis, MN, Aug. 4, ran an M40+ first (15:19) 90 minutes later in the 5K. Kelly Keeler, 40, was the overall women's winner in 35:12, followed by Bev Docherty, 44, third (38:10) and Vicki Nelson, 41, fourth (39:53). Jared Mondry, 60, broke 40:00 to win the M60 race (39:38). Janet Robertz, 42, was second woman in the 5K (16:54). Suzanne Ray, 50, struck gold twice in the 10K (40:17) and 5K (20:23).
- Robertz, winner (35:19) of the Take Fitness to Heart 10K, Minneapolis, Aug. 10, led two masters to the finish, with Debble Leyden, 41, second (36:05) and Keeler, third (36:08).
   Suzanne Ray finished 11th (39:54).

# SOUTHWEST

• Tom Lam, M40, 28:27, and Terri Cassell, W40, 31:30, blew to masters firsts, Hurricane Run 8K, Tulsa, OK, Sept. 28. George Marchettl, M60, 32:23, and Grace McCoy, W55, 37:39, were standout division winners.

### WEST

- Matt Eblner, 41, Covina, CA, 33:15, and Charlotte Senseny, 46, Torrance, CA, 42:33, reeled off masters victories, Manhattan Beach (CA) Old Hometown Fair 10K, Oct. 5. Ed Avol, 51, Manhattan Beach, 36:24, and Chieko Allwein, 69, Torrance, scored notable division winning times.
- Martin Dean, 48, Fair Oaks, CA, 61:25, and Christine Iwahashl, 46, Sacramento, CA, 69:47, galloped to masters wins, Buffalo Stampede 10 Mile, Sacramento, Sept. 8. Standouts were Herb Tanzer, 50, Cool, CA, 63:22, and Barbara Miller, 63, Modesto, CA, holder of the U.S. W60 record (69:44), who was third W40+ in 72:58.
- Nancy Tinari, 43, Coquitlam, BC, scampered to the W40+ first (17:43), Orange County Race for the Cure 5K, Newport, CA, Sept. 22. Jeanne Lasee-Johnson, 45, Chula Vista, CA, was second (18:04), Ruth Wysocki, 45, Temecula, CA, third (19:03). Wilma Maddock, 68, Laguna Beach, CA, took the W65 race (27:26). Edith Allen, 91, Laguna Woods, CA, finished second (48:50) to Lols Edds, 82, Tustin, CA (43:59) in the 80+ divison.

 First M40+ came out of the M60 ranks when Catarino Gonzales, 60, Inglewood, CA, ran an 18:14, Kickin' Cancer 5K, Brentwood, CA, Sept. 15. First W40+ was Tracy Kierce, 44, Los Angeles, third woman in 20:39.

• Luanne Park, 42, running in her own bailiwick of Redding, CA, finished first woman, with a 5:11:10 in the Whiskeytown 50K Trail Run, Sept. 22. Val Bruckmaster, 47, Warren, OR, ran a 4:49:19 for the M40+ win. Park was third woman (4:59:37) in the USATF National Masters Championships/Headlands 50K Trail Run, Sausalito, CA, Aug. 24.

 Shirley Matson, 61, broke her W60 U.S. record (40.28) set last year in the same race, with a 40:19, Heritage Oaks 10K, Paso Robles, CA, Sept. 29. The time is also a single-age record. Her first 5K was 20:07 on the doubleloop course.

Nine athletes exceeded the 90% age-graded mark at the San Diego Senior Olympics, El Cajon, CA, on Sept. 21. Heading this elite group were Paul Economides, M55, shot put, 14.98, 94.0%; Ronald Beadle, M50, 100, 6.80, 93.9%; and Arnold Ray, M70, 50m, 8.13, 92.3%.

## **OBITUARY**

· Pearl Elizabeth Mehl, 88, died of natural causes in her hometown of Boulder, CO. on Sept. 16. The holder of dozens of world and U.S. age-group and single-age records, Mehl was elected to the Colorado Sportswomen Hall of Fame in 1996 and the USATF Masters Hall of Fame in 1999. She won national championships in races from the 100 to the 1500. She earned a bachelor's degree from Kansas State U. and an M.A. in home economics from the U. of Colorado. Among her many interests, she worked as a lobbyist for the Colorado Republican Party for 10 years, had a private pilot's license, was a member of the Civil Air Patrol in the 1940s, the American Association of University Women, the Boulder Garden Club, Daughters of the American Revolution, Mount Hope Lutheran Church, and the board of directors of the Bolder Boulder Race. She followed professional and college football and basketball, and enjoyed traveling, gardening, and acquiring collectibles from around the world. Her survivors include a daughter, two sons, nine grandchildren, and 14 great-grandchildren.

• Robert "Bob" Sieben, 76, died Sept. 1. He was a world-class 200-400 runner and competed at the national level and in two world championships at Goteburg, Sweden, and Hanover, Germany. At Goteburg in 1977, he was a member of the U.S. 4x400 record-setting relay team. In 1991, he won the pentathlon at the masters national championships in San Diego. A founding member of the The Friends of Balboa Stadium, he spearheaded a movement to install a top-notch, nine-lane surface on the

# ON TAP FOR NOVEMBER

### TRACK AND FIELD

The USATF National Masters Weight Pentathlon Championships storms into St. Amant, La., on the 9th. Some Senior Games are still on the books. The South America Championships are scheduled for Cochabamba, Bolivia, on the 3rd-10th.

### LONG DISTANCE RUNNING

Two National Masters X-C Championships to compete in: the 8K, Rochester, N.Y., on the 3rd, and the 5K, Holmdel, N.J., on the 24th. The NYC Marathon hits the five boroughs on the 3rd. Scenic Belle Isle in the Detroit River hosts races from the 20-Mile to the 100K on the 10th. For the 66th time, the Manchester 4.7 Mile courses the streets Manchester, Conn., on the 28th. USATF Association X-C Championships and Turkey Trots, including the Dana Point Masters 5K, Dana Point, Calif., fill the menu.

### RACEWALKING

Southerners and sunbirds can head for the South Carolina One-Hour Championships, Greenville, on Nov. 16, and the Florida 15K Championships, Coconut Creek, Nov. 24. Many road races also offer a racewalk division.

aging track. Completed at a cost of \$400,000, it was dedicated in 1987. Sieben was an athletic director at an Army base for 15 years near Bremerhaven, Germany. He coached at San Diego City College, and was a graduate of San Diego. St. U. — from Ray Spencer

# WMA Handbook (2001-2003)

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# 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 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

December 4-8. USATF 24th Annual Meeting. Hyatt Regency Crown Center, Kansas City, Mo. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org

March 28-30. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org May 27-June 9. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

August 7-10. 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

### EAST

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

December 28. USATF Niagara Indoor Championships, Geneva, N.Y. Peter Glavin, 585-720-9252; gvh@frontiernet.

January 19. GBTC Invitational, Harvard U., Cambridge, Mass. M&W40+. Dash/200/400/800/mile/SP/WT. Jim O'Brien, GBTC, PO Box 380182, Cambridge, MA 02238-0182. 617-282-5537; www.gbtc.org: e-mail: j.g.obrien@att.net

January 25. 36th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+; M40+; prize purse for men and women's elite mile; bonus for M&W40+ record. 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(eye).

### SOUTHEAST

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

December 6-15. Florida Senior Games State Championships, Lakeland. 850-488-8347; www.flasports.com

December 7. Clearwater Throwers Classic/ Weight Pentathlon/Superweight, Clearwater, Fla. John Selleh, 727-7258139; Jselleh@aol.com

January 19. Cingular Wireless Indoor Meet, Jackson Coliseum, Jackson, Miss. Masters run with college athletes (separate heats). \$10 unlimited events. Emil Pawlik, 11 Avery Circle, Jackson, MS 39211. 601-957-9435; www.dallasmasters.com

March 1. Virginia Indoor Masters Championships, VMI Field House, Lexington. SASE to John Tucker, Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-458-8667; http://home.wlu.edu/~tuckerj

### MIDWEST

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

January 26. Michigan Masters & Open Indoor Championships, Grand Valley St. U., Allendale. Jerry Baltes, GVSU, Office 97, Field House, Allendale, MI 49401. 616-895-3360. No phone or fax entries.

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 10-17. Hawaii Senior Olympics, Honolulu. 808-732-8805; www.hawaiiseniorolympics.com

January 10-19. Sierra Vista Senior Games, Ariz. Danny Frasier, 520-417-6980.

January 10-February 26. Yuma Senior Games, Yuma, Ariz. Joe Cox, 928-343-8685.

January 18. King Weekend Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 323-254-5473; throwfarcoach@cox.net

January 25. Arizona Developmental Meet, Phoenix. Bob Flint, USATF AZ, 480-949-1991; Pat Fahy, jpatfahy@ aol.com

January 25-February 2. Tucson Senior Olympics, Tucson, Ariz. Patsy Sparks, 520-791-5915.

February 1. USATF Arizona Regulation meet (indoor), site TBA. Jpatfahy@aol.

February 15-16. Arizona Senior Olympic State Games, ASU-Tempe. T-15th/F-16th. 602-261-8765.

February 16. Arizona Indoor Classic, Northern Arizona U., Flagstaff. Jpatfahy@ aol.com

### **NORTHWEST**

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

January 25. Great Northwest Indoor Classic, Portland Expo Center. Masters in evening. www.usatforegon.org

June 21-22. Hayward Masters Classic, Eugene, Ore.

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-

8950; 1stepan@yahoo.com July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

### INTERNATIONAL

November 3-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

July 2-13. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

July 26-August 3. Pan Pacific Masters Games, Sacramento, Calif. www.panpac mastersgames.com

# LONG DISTANCE RUNNING

### NATIONAL

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. GVH, PO Box 16375, Rochester, NY 14616. 585-720-9252; www.gvh.net

November 24. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.venuesports1. com/xcnatls

## EAST

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

November 3. New York City Marathon. 10:50 a.m. 212-860-4455; www.nyrrc.org November 9. LITF Cross-Country Series/Northport VA 5K, Northport, L.I., N.Y. 516-349-9157; www.litf.org

November 9. Upstate NY Cross-Country 4 Mile, Canandaigua. Pete Glavin, 716-242-9031; www.gvh.net

November 9. Pittsylvania Cross-Country Challenge 2K, 4K, 8K, Pittsburgh, Pa. John Harwick, 724-254-2369.

November 10. Nasdaq Veterans' Day 10K, Washington, D.C. www.runwashing

November 10. USATF New England Cross-Country Championships, Boston. 617-566-7600; www. usatfne.org

November 10. USATF Long Island 8K Championships, Ronkonkoma, N.Y. 516-349-0157.

November 10. Stockade-athon 15K, Schenectady, N.Y. 518-435-4500; www. hmrrc.com

November 16. Metro Harriers Cross-Country Challenge, Baltimore, Md. 410-789-7560.

November 17. NYRR Cross-Country Championships, Van Cortlandt Park, Bronx. See Nov. 3.

November 24. Philadelphia Marathon &



SUZY HESS

Kerry Sloan, M35 400 second (54.98), 35th National Masters Championships, Orono, Me., Aug. 8-11.

8K. 215-685-0054; www.philadelphia marathon.com

November 24. NYRR Pete McCardle Cross-Country Classic, Van Cortlandt Park, Bronx. See Nov. 3.

November 28. 66th Manchester 4.7 Mile Road Race, Manchester, Conn. 860-649-6456; www.manchesterroadrace.com

November 30. Knickerbocker 60K, Central Park, NYC. See Nov. 3.

December 1. LITF Cross-Country series/Rob's Run 5K, Stillwell Woods, L.I., N.Y. 517-349-9157; www.litf.org December 7. NYRR Hot Chocolate 5K

December 7. NYRR Hot Chocolate 5K, Central Park. 212-860-4455; www.nyrrc. org

**December 8.** Brian's Day 10K, West Chester, Pa. 610-399-0709.

December 14. Wantagh Snowball 5K/KEYSPAN Grand Prix Series, Wantagh, N.Y. 516-349-9157; www.litf. org

December 15. USATF New Jersey 10 Mile Championships, South Orange. 732-296-0006; usatfnj.org

December 21. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646; www.glirc. org

December 31. NYRR Runner's World Midnight Run 4 Mile, Central Park, N.Y. 212-860-4455; www.nyrrc.org

# SOUTHEAST

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

November 2. Food World Senior Bowl Charity Run 10K, Mobile, Ala. Richard Dorman, srbowl@seniorbowl.com

November 9. SunTrust Richmond Marathon, Richmond, Va. 804-673-RACE; www. richmondmarathon.com

November 9. Millen Cross-Country 4.8 Mile, Millen, Ga. Jim Hite, 478-982-4881; eteamz.com/millenmillers

November 9. Long Leaf Trace Birthday Challenge, Prentiss, Miss. 1K for each yr. in your age up to 84K. Don Robbins, 601-792-5142; www.pinebeltpacers.com

November 16. USATF Alabama Cross-

Continued on page 23

November 2002 Continued from page 22 Country Championships 9343. November 16. USAT Country Champions eer370@ aol.com November 16. Vulcan Ala. 205-879-5344; ww November 23. Paul 30K/RRCA National Daytona Beach, Fla. Lee PO Box 1303, Daytona 386-322-0835. November 28. Hyatt Charlotte, N.C. 704 www.hyattturkeytrot.com November 28. Outbac

Club.org
December 7. St. Jude M
Half-Marathon. 888-40
marathon.org

Half-Marathon, Jackson

1900; www.1stplacespor

November 28. Atlanta

Marathon. 404-231-906

December 7. OUC Orl & 5K, Orlando, Fla. ww December 7. Parit N State Championships & 828-883-9278; www. com

December 14. Holiday Clear, Ala. Port City Mobile, AL 36660. 251-December 14. Huntsvil Marathon/RRCA South ionships, Huntsville, www.huntsvilletrackclu December 15. Jackson Half-Marathon, Jackson 1917; www.1spacesport January 4. Bank of An & 5K, Tampa, Fla. 8 Tampabayrun.com

January 5. Hops Mara Tampa, Fla. 813-229-78 run.com January 18. Charlotte C

10K, Charlotte, N.C. 7 runforpeace.active.com

### MIDW Illinois, Indiana, Kentud Wisconsin, We

November 2. Kentucky Mile, Lexington to Mt. S day/return 2nd day). Marathon. Don Hall, Lexington, KY 40515. 8. November 3. Canal 10K/RRCA Central Reg Utica, Ill. Jon Bastu



Bob Cahners, 60, of Fic throw in the weight (19 Weight Championships, S Continued from page 22

Country Championships, Mobile. 251-634-9343.

November 16. USATF Tennessee Cross-Country Championships, Somerville. eer370@ aol.com

November 16. Vulcan 10K, Birmingham, Ala. 205-879-5344; www.vulcanrun.com

November 23. Paul deBruyn Memorial 30K/RRCA National Championships, Daytona Beach, Fla. Leonard Kochendorfer, PO Box 1303, Daytona Beach, FL 32127. 386-322-0835.

November 28. Hyatt 8K Turkey Trot, Charlotte, N.C. 704-554-1234, x2002; www.hyattturkeytrot.com

November 28. Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-731-1900; www.1stplacesports.com

November 28. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrack club.org

December 7. St. Jude Memphis Marathon & Half-Marathon. 888-401-7252; www.stjude marathon.org

December 7. OUC Orlando Half-Marathon & 5K, Orlando, Fla. www.orlandohalf.com December 7. Parit Mt. 20K/RRCA 20K State Championships & 5K, Greenville, S.C. 828-883-9278; www.greenvilletrackclub.com

December 14. Holiday Half-Marathon, Point Clear, Ala. Port City Pacers, Box 6427, Mobile, AL 36660. 251-473-7223.

December 14. Huntsville Times Rocket City Marathon/RRCA Southern Regional Championships, Huntsville, Ala. 256-828-6207; www.huntsvilletrackclub.org

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

January 4. Bank of America Gasparilla 15K & 5K, Tampa, Fla. 813-229-7866; www. Tampabayrun.com

January 5. Hops Marathon by Tampa Bay, Tampa, Fla. 813-229-7866; www.Tampabay run.com

January 18. Charlotte Observer Marathon & 10K, Charlotte, N.C. 704-333-3688; www.runforpeace.active.com

### **MIDWEST**

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

November 2. Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day/return 2nd day). Also Man O' War Marathon. Don Hall, 325 Shoreside Dr., Lexington, KY 40515. 859-264-9378.

November 3. Canal Connection XX 10K/RRCA Central Region Championships, Utica, Ill. Jon Bastuck, 815-223-8988;



JERRY WOJC

Bob Cahners, 60, of Florida, had the farthest throw in the weight (19.08), National Masters Weight Championships, Seattle, Sept. 7. Bastuck@mindspring.com

November 9. USATF Ohio Cross-Country Championships, Dayton. 937-235-9436.

November 10. Belle Isle Ultra 20 Mile, Marathon, 50K, 60K, 50 Mile, & 100K, Detroit, Mich. Dan Deyo, 313-610-1188.

November 16. Michigan RRCA Cross-Country Championships, 2K, 3K, 4K, 5K, Detroit, Mich. See Nov. 10.

November 16. Valparaiso 5K & 10K Cross-Country, Valparaiso, Ind. VROOM RC, 219-548-3694.

November 28. Thanksgiving Turkey Trot 10K, Detroit, Mich. 248-544-9099; www.motorcitystriders.com

November 28. Thanksgiving Day 10K, Cincinnati, Ohio. www.thanksgivingdayrace.com

### **MID-AMERICA**

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

November 9. Rim Rock Run X - 37K, Colorado National Monument, Grand Junction, Colo. Elaine Peterson, PO Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

November 16. USATF Missouri Valley Cross-Country Championships, Overland Park, Kansas. 913-631-8661.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 2. Dallas Half-Marathon, Dallas, Texas. 972-235-2513; www.cccd.org/thehalf November 9. USATF Border Cross-Country Championships, El Paso, Texas. 915-533-9062.

November 10. San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-246-9652; www.samarathon.org

November 16, USATF Oklahoma Cross-Country Championships, West Tulsa. 918-451-2181.

November 23. Oklahoma Marathon, Tulsa. 918-747-6336; www.oklahomamarathon.org November 24. International Friendship Run 10K, McAllen, Texas, 956-682-1517; email: parks@ci.mcallen.tx.us

December 15. Larry Fuselier 25K State Championships, New Orleans, La. 504-482-6682; www.runNOTC.org

December 15. Dallas White Rock Marathon. www.RunTheRock.com

**January 19.** hp Houston Marathon & Half-Marathon, Houston, Texas. 713-957-3453; www.hphoustonmarathon.com

## WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 3. Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 661-286-4158; www.csmarathon.org November 7. Big Sur Trail Marathon,

November 7. Big Sur Trail Marathon, Half-Marathon, & 5K, Big Sur, Calif. 415-868-1829; www.envirosports.com November 16. Davis Turkey Trot 5K &

November 16. Davis Turkey Trot 5K & 10K, Davis, Calif. 530-757-2012; www. changeofpace.com

November 17. New Times 10K, Phoenix, Ariz. 480-345-5732; www.phoenixnew times.com

November 28. Ocean Spray Dana Point Turkey Trot 10K & Masters 5K, Dana Point, Calif. 949-496-1555; www.turkey

December 1. Western Hemisphere Marathon & Ekiden Relay, Culver City, Calif. 310-246-1418; www.whmarathon. active.com

December 1. Run to the Far Side 10K,

San Francisco. 415-759-2690; rhodyco. com.

December 8. California International Marathon, Sacramento. 808-734-7200; www.honolulumarathon.org

December 8. Tucson Marathon & Half-Marathon, Tucson, Ariz. 520-320-0667; www.tucsonmarathon.com

December 8. 25th annual Lasse Viren 20K, Pt. Mugu St. Park, Calif., 8 miles s. of Oxnard on PCH. Steve Blum, 805-652-1744; blumper@pacbell.net

January 11. Paramount 10K, Paramount, Calif. (L.A. suburb). Finish Line International, 714-841-5417; www.nea land.com/finishline

January 19. San Diego Marathon & Half-Marathon, Carlsbad, Calif. 888-792-2900; www.inmotionevents.com

### **NORTHWEST**

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

November 9. USATF Oregon Cross-Country Championships (5K), Sandy HS. 541-504-1077; www.usatf-oregon.org; Al Beck, 503-861-2653.

November 16. USATF Inland Northwest Cross-Country Championships, Quincy, Wash. 509-754-4251.

November 23. USATF Northwestern Regional Championships (5K), Sandy HS. 541-504-1077; www.usatf-oregon.org; Al Beck, 503-861-2653.

November 28. ORRC Turkey Trot 4 Mile, Portland, Ore. 503-646-7867; www.orrc. net

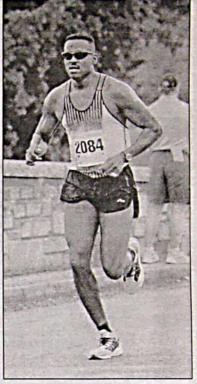
December 1. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattle marathon.org

December 1. Winter Cross-Country Series 5K, Eugene, Ore. Scott Nivek, 503-497-4080; www.bigredlizard.com

### INTERNATIONAL

November 24. Firenze Marathon & Half-Marathon, Florence, Italy. www.firenze marathon.it

December 8. Cross-Country Endurance Race 31K Mountain & 10K Trek, Caviahue, Patagonia, Argentina. 0299 447 2347; www.patagoniaeventos.com/



GEORGE BANKER

MSgt. Anthony Rahatt, 37, clocked a 39:04, Lawyers Have Heart 10K, Washington, D.C.

Caviahue.htm

January 17-19. Bermuda International Marathon, Half-Marathon, 10K, & Invitational Mile. 441-236-6086; www.bermuda tracknfield.com

### RACEWALKING

November 16. USATF Paris Mountain One-Hour Racewalk, Furman U. Track, Greenville, S.C. Heinz Looser, 864-246-5101; or Tom Buis, Tommiebuis@ aol.com

November 24. USATF Florida 15K RW Championships, Coconut Creek. 954-921-9190.

# Masters Age Records (2002 Edition)

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Name			

# **RECIPIENTS OF ALL-AMERICAN AWARDS**

				The state of the s	Total Transport		A COLUMN TWO IS NOT THE OWNER.
M30-34 Sean Duford	60m	7.17	3-22-02	M55-59 Steve Conroy	5K	18:17 19-7	10-13-01 6-16-01
M40-44 Dexter McCloud Scott Schafer Barry Ward	110 HH 3000I HJ	14.88 9:54.22 5-10	8-11-02 2-23-97 7-18-02	Edward Jones	3333	19-05 6.12 18-1 1/2 18-1 1/2	9-26, 27-90 8-8, 11-02 7-22-00 5-1-99
M45-49		34:29	5-4-02	Robert Rice	J	45.68	8-8, 11-02
James Bates Bruce Dawkins Jim Johnson James Kerman Tad Trombley	10K Mile HJ SP 100 200	4:59.6 5-6 14.53 11.64 24.58	7-24-02 7-20-02 5-26-02 6-8-02 6-8-02	M60-64 Swayne McCauley Thom Weddle	D 3000 10K	149-1 10:42.49 39:27.85	7-13-02 6-29-02 8-10-02
Mark Smith	D	127-6	7-14-02	M65-69 William Bittner	100	12.7	6-14-02
M50-54 Jim Freid Ron Leclerc James McEvoy	10K PV J	36:53 3.65 43.27	9-29-02 8-9-02 5-26-02	Dale Headley Herbert Parsons Jack Rothley	200 3000 10K LJ	27.6 12:41.9 43:26 14-3	6-15-02 8-3-02 8-10-02 7-5-02

Neil Saling	D SP	44.22 11.61	7-26, 27-02 7-19, 20-02	W35-39 Colleen Barney	100	13.37	8-8, 11-02
Vern Spencer	W	14.21	2-23-02	Colleen Darney	200	27.28	8-8, 11-02
8	SW	5.84 38.41	8-31-02 8-31-02	A	5000	61.26	8-8, 11-02
	D	40.44	8-31-02	Angela Minnefield	3000	E SECTION .	
M70-74	WP	3655	8-31-02	W45-49		28.02	8-8, 11-02
John Cauldwell	TJ	25-3	5-25-02	Debbie Topham	5K RW	28.02	0-0, 11-02
Chuck Wiedman	200 P V	31.87	5-25-02 9-1-02	W55-59			
The state of the s		STORES OF THE PERSON NAMED IN	The second	Carol Kane	10K	46:58	8-3-02
M75-79 Graeme Dalzell	SW	3.60	6-1-02 10-19, 29-99	W60-64			
Thomas McDonald	5K 5K	25:05 25:52	7-4, 14-01	Kathy B-Heltzmann	PV	1.45	8-4-02
M80-84	34		STATISTICS OF THE PARTY.	Doris Cassels	5K RW	32:10.89	8-07, 11-02
Edgar Curtis	D	79-10	6-20,23-02 6-20, 23-02	W70-74			
Brian Power-Water	1	68-11 62.4	6-16-02	Nancy Wallace	10K	56:52	9-8-02

I	J.S.	MAS	STE	RS A	LL-			CAN	SIA	IND	AK	DS	
Tuest	20.24	25.30	40.44	45-49	50-54	FOR ME 55-59	5.73	55-69	70-74	75-79	80-84	85-89	90/
Event	30-34				7.4	7.9	8.1	8.4	8.9				_
55	6.8				8.05	8.5	9.0	9.25	9.5	10.0		12.8	and the same
60	7.4				12.2	12.6	13.2	13.8	14.6	16.0		23.0	
100	11.0							29.5	32.0				
200	22.4				25.5	27.0 62.0	27.9						
400	51.5				57.5		65.0	69.0					
800	2:02				2:16	2:25	2:35	2:45	3:06			4:30	
1500	4:20				4:45	5:10	5:20	5:45	6:30			9:20	
Mile	4:40		100		5:10	5:30	6:00	6:15	6:55	8:20			
3000	9:25	9:40			10:45	11:15	11:50						
5000	15:45	16:00			17:30	18:25	19:30	21:00					
10000	32:30	32:50			38:00	39:00	10:30				August 1997 Control	68:30	4
55H	8.6	8.7			10.0	10.3	10.6	10.9	11.2			1350	A
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			ALTONO !				SEST Y		
100H	SELECTION .	Hoes	100	-	18.0	19.0	20.0	21.0				-	
80H					To be seen	T- 8	No.	The same	18.0	21.0	25.0	30.0	
400H	58.0	- 60.0	62.0	64.0	68.0	71.0			Sec. of	SE NO	Elegal V	Ebass	
300H	Sec. of		Sec. of	Sec. and	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	Sec.	Brank H	Sm. Lat	Sales of	N. Page of	Sec. of	
2K-SC	10.10	10.00	1000	Section 2	10.00	1-1-	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	
Thu .	6-23/4												
DV		6-3/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	100	2-71/2	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
		13-51/41		12-11/2	11-7%		8-101/4	7-101/2	7-61/2		5-10%	4-31/4	
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			18-41/2	17-81/2	16-3/4	14-9			10-11%		7-21/2	
TJ	13.20		11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
			37-81/4		34-11/2	31-2	29-21/2	26-11	22-10	21-4		19-51/4	
Shot	14.50			12.62	13.10	12.00	12.80			9.00		6.00	
	47-7	46-0	44-0		42-11%	39-41/2	42-0	37-81/4	36-11/4	29-61/2	26-3	19-81/4	ą
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	4
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
ammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00			20.00		
	155-0	145-0		127-11	127-11	118-1	118-1	105-0	98-5		65-71/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00		14.02	
	203-5	183-9	160-0	154-2	141-1		127-11			78-9		46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	A COLON	114.4	6.00	5.00		3.00	
		45-111/4	42-8	39-41/2	32-93/4	29-61/2			19-81/4		13-11/2	9-10	
25#Wt.	45-211	43-117	42-0	39-411	32-5 /4	29-0 /1	44 50	10.00		7.30			
25411							11.50		9.00			4.50	
		- 00				17.	37-81/4			23-111/2			
56#Wt.	9.50	9.00	8.50		6.00	5.50	5.00	4.50					
E-7 14	31-2		27-103/4		19-81/4	18-1/2	16-41/4		11-51/4				
Pent.	2800	2600			2600	2600	2600	2600	2600	2400		2000	
Decath.	5500	5250			5200	5000	4500	5000				120	
Vt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	3
Notes: 1)		tendarde	are for	automatic	time; use	standare					NAME OF	STREET, STREET,	
2)	Short	t hurdles:	: 30-	49: 39";	Contract Co.	50-59:	36":	60-69:	33";	70-79		80+:	2
3)		hurdles:		-49: 36"; -49: 7.26	ik (16#);	50-59: 50-59:		60-69: 60-69:	30"; 5k:	70+: 70+:	27"		
5)	Discu	us throw:	30-	-49: 2kg	1 Kar 2 20	50-59:	1.5kg;		1.0kg;		21		
6)	) Hamn	mer:	30-	49: 7.26	5k (16#);	50-59:	6k;	60-69:	5k;	70+:	4k	Sec. 1	
7)	) Javel	in:	30	H49: 800	a:	50-59:	700g;	60-69:	600g:	70-79: venience	500g	80+: 4	100

U	S. MA	STER	SALL	AMER	ICAN S	TANDAF	RDS OF I	EXCELL	ENCE F	OR RAC	EWAL	ERS
	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	5:42:2
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	5:55:4
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	7:39:4
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	8:11:3
	11:10		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	8:49:2
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	9:47:3
	13:13						2:28:37		4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
						100	MEN					
M30	6:31		13:21		37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
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	4:34:5
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	4:44:4
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	4:56:2
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	5:09:2
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	5:24:2
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	5:41:2
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	6:01:0
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	6:23:5
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	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
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	8:07:5
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	9:11:3

n Powe	15/2	the same of the same	DEST.	1900	6-16-02	10000	ancy Wa		and And			P. P. W.
J	IJ.	S. M.	AST	ERS	ALL	-AM	ERI	CAN	STA	AND	ARD	S
		20.24	35-39	40-44		50-54		60-64	65-69	70-74	75-79	80-8
Event 100		13.8	14.1	14.4		15.5	16.4	16.8	18.6		22.0	25.
		28.0	28.8	30.0		33.0	35.0	37.0	39.0		48.0	52.
200 400		63.5	65.5	68.0	-	78.6	80.0	83.0	84.0		98.0	104
			2:35	2:40		2:54	3:10	3:20	3:36		4:30	5:4
800		2:33 5:10	5:20	5:30		6:00	6:20	6:45	7:30	-	8:50	10:1
1500						6:50	7:00	7:40	8:10		9:40	10:4
Mile		5:40	5:50	6:10 12:00		14:00	14:30	15:00	16:00		20:00	23:0
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80H		Ser.	Sec.	15.0		16.5	17.6	18.7	20.2	22.2	25.0	28.
400H		75.0	79.0	84.0	88.0	pelsto.	1000		AND THE			
300H						66.0	72.0	79.0			110.0	120.
HJ		1.40	1.35	1.27		1.12	1.07	1.02	0.97	0.92	0.89	0.8
25/10		4-7	4-5	4-2		3-8	3-6	3-4	3-21/4	3-01/4	2-11	2-
PV		2.70	2.40	2.10		1.50	1.20	1.10	1.00	0.90	0.80	0.7
		8-101/4	7-101/2	6-10%	5-10%	4-11	3-111/4	3-71/4	3-31/4	2-111/2	2-71/2	2-3
LJ		4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.5
		15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/2	6-103/4	4-1
TJ		9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.8
		31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-
Shot		10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.3
		33-91/2	30-7	27-11	27-61/4	26-3	25-6	24-714	21-8	19-81/4	17-1/4	14-1
Javelin	1	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.0
		114-10	109-11	91-10	82-0	75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-4
Discus		32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.0
		105-0	98-5	82-0	78-9	72-21/4	68-101/4	59-1/4		45-11%	42-8	36-17
lammer		35.00	32.50	30.00		23.00	22.00	21.00	18.00	14.00	12.00	9.00
100 F 3 G		114-10	106-7	98-5	82-0	75-51/2	72-21/4	68-10%	59-1/4	45-11%	39-41/4	29-61/
20#Wt.		10.00	9.00	8.00	7.01		4	Land of		0/25/00	Manage	State of
		32-91/4	29-61/2	26-3							AND THE TAX	
16#Wt.						8.00	7.00	6.00	5.54	5.18	5.00	4.75
ligg page			The			26-3	22-11%	19-81/4	18-2	17-0	16-414	15-7
Sup.Wt.		6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
a section in		21-4	19-81/4	18-1/2		17-21/4	16-41/4	15-7	14-9	13-11/2	11-5%	9-10
Wt.Pent.		2600	2500	2500		2800	2600	2600	2500	2500	2400	230
Notes:	1)	100 stan	darda are	for autor	natic time;	use stand	dard conve	eraion for	hand tim	400		
	2)	Short hu		30-39:	33":		59: 30"	60+: 2				
	~	Long hu		30-59:	30":	60-			2 7 7 7			
	3)	Shot put		30-49:	4k;	50-			E			
	4)	Javelin:	Plant	30-49:	600g:		59: 5000	60+: 4	00g		O TO VIDE	
	5)	Hammer	The same of		4k;	50-		Alle Seul				
	6)				s are the s			ches liste	d for con	venience.		
	7)	Superwe	laht:	30-49:	35-lb:	50-	: 25-It	Assertation				Santa S

# APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GRO	DUP	
ADDRESS		SEX: M_	F
CITY	st	ATE	ZIP
MEET	DATE	OF ME	EŤ
MEET SITE			
EVENT	MARK		
HURDLE HEIGHT	WEIGHT OF IN	MPLEME	NTTN
□ CERTIFICATE	□ PATCH		□ PATCH TAG

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

  4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch

will be mailed to you within six weeks. Allow eight weeks for a patch tag.

November, 2002

# TRACK 8

Please send results 50098, Eugene OR we generally do not old. Results that are wide) in metric in Deadline is the 10th

# EAST

Delaware Fall Throws Newark; Sept. 2 W42 Oneithea Lewis
W43 Diana Agoris
W60 Roslyn Katz
M35 Phillip McDonald
M39 Glenn Thompson M39 Bob Uffelman M40 Nick Agoris M41 Bob Lee M43 Warren Taylor M47 Pat Cannon M47 Gil Vining M53 Ron Salvio M54 Rich Dunphy M61 Ray Rakowski M64 Tom NcNaney Discus F42 Oneithea Lewis F43 Diana Agoris F60 Roslyn Katz M33 Anders Halvorsen M39 Glenn Thompson M39 Bob Uffelman M40 Nick Agoris M43 Warren Taylor M47 Herman Pinque M47 Pat Cannon M53 Ron Salvio M56 Terry Shuman M61 Larry Pratt M61 Ray Rakowski M64 Tom McNaney Javelin F42 Oneithea Lewis F60 Roslyn Katz M53 Ron Salvio M54 Glen Weaver M55 Dave Lukoff M62 John Lang M64 Tom McNaney M74 Sid Kiwitt Hammer F42 Oneithea Lewis F60 Roslyn Katz M33 Anders Halvorsen M38 Troy Herr M48 Carl Shields M56 Terry Shuman Weight Throw F42 Oneithea Lewis F60 Roslyn Katz M38 Troy Herr M38 Bill Robertson M40 Nick Agoris M53 Ron Salvio M54 Glen Weaver M56 Terry Shuman Superweight F42 Oneithea Lewis F60 Roslyn Katz M38 Troy Herr M38 Bill Roberston M54 Glen Weaver

# MIDWE

Wolfpack Throw Columbus, OH; S Men's Hammer

45-49 Jim Bender, 50-54 Dave Stebing Ken Mallory Mickey Bitsko Jim Pearce

Doug Weikert 60-64 Abe Sheinker 70-74 Pay Carstens 75-79 Phil Brusca Jacob Stein

Charles Scho Women's Hammer

35-39 Deb Lancash 45-49 Cynthia Bear 50-54 Mary Hartzle 60-64 JoAnn Grisse Men's Shot Put

40-44 Craig Rinker 45-49 Jim Bender,

Dale Winter

31.43

29.25 34 03

29.06

33.96 36 56

40.09 37.84

39.31

1:03.84

1:00.40

59.71

1:00.00

1:00.37

1:03.60

1:10.43

1:04.50 1:06.56 1:19.06 1:50.00

1-54 25 1:44.03

1:51.87

1:51.43

2:31.46 2:27.43 2:31.00 2:53.75 3:04.09 2:34.84 3:02.59 4:14.09

4:03.43 4:23.12 5:32.60

5:05.25 5:17.10

5-58 62 8:23.90 5:38.68 8:43.00 5-0 4-0

> 4-0 4-7 4-6

4-2 3-9

4-0 3-2

2-9

3-0 10-3

10-0 7-6 9-6 6-0

4-6

15-6.50

14-7.50

14-11.50

14-7.25

13-3 10-1.50

10-0.25

9-11.75

6-6.25 12-11.50

9-5.25

9-3

8-0 6-4.75 7-2.75

3-10

6-3

7-2

10-1

13-10

# 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.

55-59

60-64

Mike Creager Mickey Bitsko Doug Weikert Ken Mallory

Ed Brown Abe Sheinker

Pay Carstensen Phil Brusca

Karlis Ezerins

10.70 9.98 8.83

8.36 7.37

10.35

10.35

7.42

# EAST

Delaware Fall Throws Newark; Sept. 20	
Shot Put	
W42 Oneithea Lewis	14.53
W43 Diana Agoris	7.12 7.53
W60 Roslyn Katz	7.53
M35 Phillip McDonald M39 Glenn Thompson	12.84
M39 Glenn Thompson	16.53
M39 Bob Uffelman	11.30
M40 Nick Agoris M41 Bob Lee	12.30 9.57
M43 Warren Taylor	14.61
M47 Pat Cannon	9.77
M47 Gil Vining	8.16
M53 Ron Salvio	8.16
M54 Rich Dunphy	9.25
M61 Ray Rakowski	11.99
M64 Tom NcNaney	11.34
Discus	
F42 Oneithea Lewis	46.01
F43 Diana Agoris	20.05
F60 Roslyn Katz	21.45
M33 Anders Halvorsen	38.43
M38 Bill Robertson	45.59
M39 Glenn Thompson	51.13
M39 Bob Uffelman	32.58
M40 Nick Agoris	31.99
M43 Warren Taylor	45.15
M47 Herman Pinque M47 Pat Cannon	39.57
M48 Kinberton Messner	26.30
M53 Ron Salvio	28.80
M54 Glen Weaver	37.35
M56 Terry Shuman	38.21
M61 Larry Pratt	51.75
M61 Ray Rakowski	51.75 36.19
M64 Tom McNaney	37.68
Javelin	
F42 Oneithea Lewis	30.40
F60 Roslyn Katz	17.30
M53 Ron Salvio	24.55
M54 Glen Weaver	38.02
M55 Dave Lukoff	33.09
M62 John Lang	41.20 24.51
M64 Tom McNaney	100
M74 Sid Kiwitt	28.31
Hammer F42 Oneithea Lewis	52.84
F60 Roslyn Katz	27.24
M33 Anders Halvorsen	64.38
M38 Troy Herr	51.78
M48 Carl Shields	46.44
M56 Terry Shuman	36.72
Weight Throw	1-12-6
F42 Oneithea Lewis	19.09
F60 Roslyn Katz	11.08
M38 Troy Herr	16.98
M38 Bill Robertson	14.12
M40 Nick Agoris	9.61
M53 Ron Salvio	9.97
M54 Glen Weaver	12.06
M56 Terry Shuman	12.63
Superweight	
F42 Oneithea Lewis	10.904
F60 Roslyn Katz	6.55
M38 Troy Herr	10.40
M38 Bill Roberston	8.72
M53 Ron Salvio	4.30 5.53
M54 Glen Weaver	
A weight was light ( 34.95	10.7

# **MIDWEST**

Wolfpack Throwing Meet Columbus, OH; Sept. 15 Men's Hammer Jim Bender, Sr. 40.04 50-54 Dave Stebing Ken Mallory Mickey Bitsko Jim Pearce 42.68 37.93 Doug Weikert
Abe Sheinker
Pay Carstensen
Phil Brusca
Jacob Stein 31 36 30.43 60-64 70-74 30.78 22.28 Charles Schorr 20.27 Women's Hammer 35-39 Deb Lancashire 37.37 45-49 Cynthia Beacham 23.72 50-54 Mary Hartzler 34.84 60-64 JoAnn Grissom 26.69 60-64 Joann Grissom Men's Shot Put 40-44 Craig Rinker 45-49 Jim Bender, Sr. 50-54 Dave Stebing

13.83

9.48

n's Shot Put	7.00
Deb Lancashire Cynthia Beacham	11.14 8.64
Mary Hartzler	10.53
Karen Krsak	6.34
	9.59
Craig Rinker	40.20
	32.55
	37.19 36.85
Dale Winters	35.35
Ken Mallory	34.60
	34.02
	31.02
Abe Sheinker	26.67
	26.29 35.59
	33.74
Charles Schorr	20.66
	23.75
Deb Lancashire	37.38
Cynthia Beacham	25.82
Mary Hartzler	29.44
	21.89
Charley Greene	58.89
Jim Bender, Sr.	32.77
	43.31
Ken Mallory	33.20
Doug Weikert	30.49
	29.53 27.74
Abe Sheinker	13.77
Pay Carstensen	24.75
	30.90 28.56
Charles Schorr	14.55
	14.23
	w 29.17
Cynthia Beacham	23.59
Mary Hartzler	21.20
	13.26
	21.50
Jim Bender, Sr.	8.13
	13.79
Doug Weikert	12.07
Jim Pearce	10.85
	9.67 8.83
Pay Carstensen	15.66
Phil Brusca	11.74
	9.43
	8.33 8.14
n's Weight	-129
Deb Lancashire	12.23
	11.30
JoAnn Grissom	11.60
	5.87
Jim Pearce	6.29
Pay Carstensen	5.75
	3.77
Charles Schorr	3.58
Jacob Stein	3.38
n's 56-Pound We	3.80
n's Weight Penta	
(Age Graded)	
	4,190
d Stebing (54)	3,572
ey Bitsko (59)	3,446
s Ezerins (75)	3,245
	2,782
Bender, Jr. (15)	2,507
	2,414
b Stein (77)	2.414
	Cynthia Beacham Mary Hartzler Karen Krsak JoAnn Grissom Discus Throw Craig Rinker Jim Bender, Sr. Carl Klaus Dave Stebing Dale Winters Ken Mallory Doug Weikert Ed Brown Mickey Bitsko Abe Sheinker Pay Carstensen Phil Brusca Karlis Ezerins Charles Schorr Jacob Stein T's Diacus Throw Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom Javellin Throw Charley Greene Jim Bender, Sr. Dave Stebing Dale Winters Ken Mallory Doug Weikert Ed Brown Mickey Bitsko Abe Sheinker Pay Carstensen Karlis Ezerins Phil Brusca Charles Schorr Jacob Stein T's Javellin Thro Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom Weight Throw Weight Throw Jim Bender, Sr. Dave Stebing Mickey Bitsko John Grissom Mickey Bitsko John Grissom Mickey Bitsko John Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom T's Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom To Weight Deb Lancashire Cynthia Beacham Mary Hartzler JoAnn Grissom

Nat	ional M	asters Ne
Marin Co. And Co.	bright white	THE RESERVE
10 Jim Bender, Sr. (46) 11 Charles Schorr (76)	2,316	1500m M50 John O
12 Abe Sheinker (62)	2,081	M55 Rudy K
Women's Weight P		Larry La
JoAnn Grissom (64)	3,605	M60 Ross G Howard
Mary Hartzler (53) Deb Lancashire (39)	3,315 3,252	M65 Mel You
Cynthia Beacham (4)	5) 2,667	Deloyn
Norm Bower Memori	al Weight	M70 William M75 Michau
Pentathion Kent, OH; Sept.	21	Frank C
HT/SP/DT/JT/WT	15.76	M85 William
Men	S. Per	W60 Eileen S
Charley Greene 44 17 42/9 54/28 89/51 7	2128	W75 Mary E
Jim Bender Sr 46	2188	M50 Terrell
24.68/9.17/31.22/31.90		James
Sary Sutton 48 26.93/9.64/28.08/34.79	2405	M55 Larry La
Doug Weikert 56	2785	Mark Cl M60 Daniel I
30.93/9.21/31.73/30.49 Abe Sheinker 62	9/10.96	Bill Rile
28.65/6.55/22.61/12.0		M65 Charles
Everett Hosack 100	WR6037	James I
3.92/3.37/7.95/7.41/5.2 all 5 marks are M100-	104 WRs)	M70 Lyle Pfa M75 Kelly G
Women .	MILITERS !	M80 Scott H
C C Beacham 45	2812	W60 Eileen
24.89/8.13/22.02/20.79 Erika Szanto 58	2938	Pole Vault M50 James
28.30/8.24/22.03/18.1	1/8.95	M55 Terry M
Bernice Holland 75 20.74/5.88/*18.20/16		M60 Jose Co
US age-group record		Long Jump
MID AMER	VOL	M50 James
MID-AMER		M55 Larry La Richard
Kansas Senior Oly		M60 Roger N
Topeka; Sept. 28	3-29	Daniel I
M50 William Sellers	10.89	M65 James
James Colezel	10.92	M70 Lyle Pfa Bill Butt
M55 Gregory Sargent	12.58	M75 Kelly G
Bruce Mason M60 James Snook	13.44 13.95	Jack Ha
Roger Nyfeler	14.03	M80 Harley I
M65 Bob Lida	12.59	M90 Max Bu W55 Patricia
James Leggitt	13.94	W60 Eileen S
M70 Larry Wilson M75 Melvin Larsen	16.85 14.06	W75 Lavina
Kelly Green	15.56	Shot Put M50 Stepher
M80 Edgar Curtis	18.66	M50 Stepher Bob Per
Harley Holladay	20.88	M55 Mark Cl
W85 William Dyer W55 Peggy O'Neill	21.38 14.94	Stepher
W60 Char Lane	17.68	M60 Richard Al Salm
W75 Lavina Haefele	19.99	M65 Ron An
Maxine Anderson 200m	21.19	M70 Wendel
M50 William Sellers	24.54	Lyle Pfa
James Dolezel	25.78	M75 Jack Ha Kelly Gr
M55 Gregory Sargent	25.15	M80 William
Bruce Mason M60 James Snook	29.13 29.28	ScottHe
Howard Messer	29.48	M90 Max Bu
M65 Bob Lida	25.57	W50 Janice ( Linda B
James Leggitt	28.78	W55 Diana S
M75 Kelly Green Darwin Michaud	35.22 37.31	W65 Arlene M
M80 Edgar Curtis	47.31	W70 Dorothy Discus
M85 William Dyer	47.50	M50 Valentin
W60 Eileen Schmidt	40.53	Bob Pet
W75 Lavina Haefele	46.70	M55 Terry M
M50 William Sellers	1:00.50	Mark Ch M60 Richard
M55 Gregory Sargent	57.97	Al Salm
Larry Law M60 Ross Greathouse	1:05.43	M65 Ron And
Howard Messer	1:08.78	James I
M65 Bob Lida	1:03.56	M70 Wendell Floyd Ja
James Leggitt	1:07.35	M75 Kelly Gr
M70 William Bunten	1:20.34	Jack Ha
Glen Opie M85 William Dyer	2:18.59	W50 Janice (
W60 Eileen Schmidt	1:51.89	W60 Eileen S
W75 Maxine Anderson	2:16.98	W70 Dorothy
000m	Walk.	Javelin
M50 Tim Wigger	2:23.50	M50 Donald
M55 Gregory Sargent	2:23.00 2:43.94	Virgil Gr M55 Edwin N
Rudy Kelley M60 Bob Fulton	2:45.69	Richard
Ross Greathouse	2:46.94	M60 Bill Rile
M65 Deloyn Huffman	3:10h	Alex Me
Melvin Miller M70 William Bunten	3:44h 3:06.5h	M65 Ken Ohr Bill Adki
TITLE TIME OF THE PARTY OF THE	3.00.30	- THERE

M70 William Bunten

M75 Darwin Michaud

W60 Eileen Schmidt

3:06.5h

4:47.22

4:11h

	Market Physiolecone - Delay		
1500m		M75	Jack Haefele
M50 John O	vler 4		Homer Socolosky
M55 Rudy K		22h	Edgar Curtis
Larry La	Control of the Contro		Max Bura
M60 Ross G			Janice Crummy
Howard	Messner 6	:18.59	Ruby Brumley
M65 Mel You	der 5		Eileen Schmidt
		A STATE OF THE PARTY OF THE PAR	Sondra McCoy
M70 William		AND DESCRIPTION OF THE PARTY OF	m RW
M75 Michaud		CONTRACTOR AND	Gary McLain
Frank C			Bob Gaston Frank Chenoweth
M85 William	The second second second	AND THE STREET, STREET	George Ruh
W60 Eileen S		2:15.3h M65	Alan Poisner
W75 Mary Ev	va Taylor Ta	2.15.311	Fred Adams
M50 Terrell S	Schaffer	5-0 M70	Donald Swegel
James I			Edward Levy
M55 Larry La			Thomas Young
	hapman		Ruby Brumley
M60 Daniel F			Eileen Schmidt
Bill Rile	y		Mary Eva Taylor
M65 Charles	Newman	State of the latest and the latest a	Jean Brunnenkant
James I		The second secon	m RW
M70 Lyle Pfa		State of the last	Randall Hardy
M75 Kelly G		Annual Control of the	Alan Poisner
M80 Scott H		The same of the latter of the	Donald Swegel
W60 Eileen S	Schmidt		Edward Levy
Pole Vault M50 James	Deleval		Thomas Young
		The second secon	Ruby Brumley oad Race
M55 Terry M M60 Jose Ce			Bill Goble
Long Jump	esteros	5 M50	Marty Garren
M50 James	Dolezel	17-2 M55	William Dutton
M55 Larry La		4.4.75 MISS	James Moore
			William Hoobing
M60 Roger N		4-3	Deloyn Huffman
Daniel F			William Bunten
M65 James I		2-11	Larry Wilson
M70 Lyle Pfa			Glenn Opie
Bill Butt		0-7	Ruben Taylor
M75 Kelly Gr	reen 1	0-4 W50	Lana Best
Jack Ha	aefele 8	3-9.75 W60	Eileen Schmidt
M80 Harley H	Holladay 9		Elizabeth Gerhard
M90 Max Bu			Elizabeth Gerhard
W55 Patricia		AND DESCRIPTION OF THE PERSON	Road Race
W60 Eileen S			John Oyler
W75 Lavina	Haefele 8	3-4 M55	Larry Kietzman
Shot Put		1050 1100	William Dutton
M50 Stepher Bob Pel			John Fetterhoof William Hoobing
M55 Mark Ch			Glen Opie
			Lana Best
	And the second second		
Stepher	Cochran 4.		Marcia Groth
Stepher M60 Richard			Marcia Groth Elizabeth Gerhard
Stepher	ion 40	)-2.50 W80	Elizabeth Gerhard
M60 Richard Al Salm	derson 36	)-2.50 W80	
M60 Richard Al Salm M65 Ron And	derson 36 I Palmer 43	0-2.50 W80 6-1 3-5.25	Elizabeth Gerhard
Stepher M60 Richard Al Salm M65 Ron And M70 Wendell	derson 36 I Palmer 43 aff 33	0-2.50 W80 0-1 0-5.25 Ari	Elizabeth Gerhard OUTHW cansas Senior (
Stepher M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr	on 40 derson 36 I Palmer 43 aff 33 aefele 31 reen 30	0-2.50 W80 3-1 3-5.25 Ari 1-11.50 Hot 1-6.75 50m	Elizabeth Gerhard
Stepher M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William	on 40 derson 36 I Palmer 43 aff 33 pefele 31 reen 30 Trimmell 28	0-2.50 W80 0-3.5.25 Ari 1-11.50 Hot 0-6.75 50m M55	Elizabeth Gerhard  OUTHW  cansas Senior ( Springs, AR; S  Richard Comer
Stepher M60 Richard Al Salm M65 Ron An M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe	on 40 derson 36 I Palmer 43 aff 33 defele 31 reen 30 Trimmell 26 erman 26	0-2.50 W80 0-1 0-5.25 0-3.3 Ari 0-6.75 Hot 0-6.75 50m M55	Elizabeth Gerhard  OUTHW  cansas Senior ( Springs, AR; S  Richard Comer Lynn Zimmer
Stepher M60 Richard Al Salm M65 Ron An M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max Bul	on 40 derson 36 I Palmer 43 aff 33 defele 31 reen 30 Trimmell 26 erman 26 ra 16	0-2.50 W80 6-1 3-5.25 Ark 1-11.50 Hot 0-6.75 50m M55 3-2 M75	Elizabeth Gerhard  SOUTHW  (ansas Senior ( Springs, AR; S  Richard Comer  Lynn Zimmer  Ed Balthrop
Stepher M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William M90 Max Bur W50 Janice 0	derson 40 derson 36 I Palmer 43 aff 33 defele 31 reen 30 Trimmell 26 errman 26 ra 16 Crummy 29	0-2.50 W80 6-1 3-5.25 Ark 1-11.50 Hot 1-6.75 50m M55 3-2 M75 3-6.50 M75 M85	Elizabeth Gerhard  COUTHW  Cansas Senior ( Springs, AR; S  Richard Comer Lynn Zimmer Lynn Zimmer Ed Balthrop Lloyd Smith
Stepher M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William Scotthe M90 Max Bul W50 Janice C Linda Bi	on 40 derson 30 I Palmer 43 aff 33 aefele 31 reen 30 Trimmel 26 rmman 26 crummy 29 aranski 23	0-2.50 W80 0-1 0-5.25 Arb 1-11.50 M55 0-6.75 M75 0-6.75 M85 0-6.75 W60	Elizabeth Gerhard  COUTHW  Cansas Senior of Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton
M60 Richard Al Salm M65 Ron An M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max Bur W50 Janice C Linda Bi W55 Diana S	derson   36     Palmer   45     aff   31     sefele   3     reen   30     Trimmell   26     rman   21     ra   16     Crummy   25     aranski   23     schultz   23	0-2.50 W80 0-1 1-5.525 Ari Hot 1-11.50 Som M55 1-2 1-5.50 M85 M85 M85 M85 M85 M85 M85 M85	Elizabeth Gerhard  SOUTHW  cansas Senior ( Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton Dee Hunter
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Stepher M60 Richard Al Salm M65 Ron Ani M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max Bui W50 Janice G Linda Bi W55 Diana S W55 Arlene N W70 Dorothy	on 40 derson 36 l Palmer 45 aff 33 sefele 31 reen 36 Trimmell 26 erman 26 rra 16 Crummy 25 aranski 23 kichultz 23 Marshall 21	0-2.50 W80 6-1 1-5.25 Art 1-11.50 50m 1-5 50m 1-5 W60 1-6 W80 1-9 W80 1-9 W85 55m	Elizabeth Gerhard  SOUTHW  kansas Senior of Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton Dee Hunter Luitgard Miller
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M60 Richard Al Salm M65 Ron An M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max Bul W50 Janice 0 Linda Bi W55 Diana S W65 Arlene M W70 Dorothy Discus M50 Valentin Bob Pet M55 Terry M Mark Ch M60 Richard Al Salm M65 Ron An James L M70 Wendell Floyd Ja M75 Kelly Gr Jack Ha W50 Janice 0	Accepted   Accepted	0-2-50 W80 0-5-5 0-6-75 0-6-75 0-6-75 0-6-75 0-6-6 0-6-75 0-75 0-9 0-9 0-9 0-9 0-9 0-9 0-9 0-9 0-9 0-9	Elizabeth Gerhard  SOUTHW  Kansas Senior ( Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton Dee Hunter Luitgard Miller  Paul Beckman Lyndle Taylor David Cotner William Sellers Doug Spencer Ronald Jordan Leonard Hill Roy Davis Rodger Young Joe Summerlin John Wall Robert Jantz Roderick Parker
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M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max But W50 Janice O Linda B: W55 Diana S W65 Arlene N W70 Dorothy Discus M50 Valentin Bob Pet M55 Terry M M60 Richard Al Salm M65 Ron And James L M70 Wendell Floyd Ja M75 Kelly Gr Jack Ha W50 Janice O Linda B: W60 Eileen S W70 Dorothy Javelin M50 Donald Virgil Gr M55 Edwin M Richard M60 Bill Riley Alex Me M65 Ken Ohr	Accepted	0-2.50 W80 0-1-1 0-5.52 0-6.75 0-6.75 0-6.75 0-6.75 0-6.75 0-6.75 0-6.75 0-7.75	Elizabeth Gerhard  SOUTHW  Kansas Senior of Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton Dee Hunter Luitgard Miller  Paul Beckman Lyndle Taylor  David Cotner William Sellers Doug Spencer Ronald Jordan Leonard Hill Roy Davis Rodger Young Joe Summerlin John Wall Robert Jantz Roderick Parker Tom Kenell Donald Pellmann Murphy Domingue Eleanor Gipson Normimah Arthur Shelly Whitlock Frances Barger Greorgia Goggin Helene Keen  William Sellers
M60 Richard Al Salm M65 Ron And M70 Wendell Lyle Pfa M75 Jack Ha Kelly Gr M80 William ScottHe M90 Max But W50 Janice C Linda Bi W55 Diana S W65 Arlene M W70 Dorothy Discus M50 Valentin Bob Pet M55 Terry M Mark Ch M60 Richard Al Salm M65 Ron And James L M70 Wendell Floyd Ja M75 Kelly Gr Jack Ha W50 Janice C Linda Bi W60 Eiteen S W70 Dorothy Javelin M50 Donald Urigil Gr M55 Edwin M Richard M60 Bill Riley Alex Me M65 Ken Ohr Bill Adki	Address	3-2.50 W80 3-1 3-5.25 Ari 1-11.50 1-6.75 50m M55 1-2 1-5.50 M75 1-2 1-5.50 W80 1-9 W80 1-9 W85 1-5 55m M65 1-5 55m M65 1-6 M85 1-77-9 M50 100m M55 174 189-3 M70 189-3 M70 189-3 M70 189-3 M80 174 174 174 174 175 174 175 175 175 175 175 175 175 175 175 175	Elizabeth Gerhard  COUTHW  Cansas Senior ( Springs, AR; S  Richard Comer Lynn Zimmer Ed Balthrop Lloyd Smith Everett Bolton Dee Hunter Luitgard Miller  Paul Beckman Lyndle Taylor  David Cotner William Sellers Doug Spencer William Sellers Doug Spencer William Sellers Doug Spencer Rodger Young Joe Summerlin John Wall Robert Jantz Roderick Parker Tom Kennell Donald Pellmann Murphy Domingue Eleanor Gipson Normimah Arthur Srances Barger Greorgia Goggin Helene Keen  William Sellers David Cotner
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	k Haefele	81-5	M60 Leonard Hill
	ner Socolosky par Curtis	76-9	James Bodge M65 Roy Davis
M90 Max		59-1 35-4	Frank Dicus
	ice Crummy	73-3	M70 Joe Summerlin
	by Brumley en Schmidt	69-9 45-2	M75 Robert Jantz M80 Roderick Parker
	idra McCoy	64	Tom Kennell
1500m R	W		M85 Donald Pellmann
M50 Gar M55 Bob		8:46	W55 Normimah Arthur
	nk Chenoweth	10:07	W60 Shelly Whitlock W65 Frances Barger
Geo	orge Ruh	12:13	W70 Louise Bridge
M65 Alar		9:03	400m
	d Adams ald Swegel	9:27	M50 William Sellers Johnny Hollier
M75 Edw	rard Levy	13:41	M55 Bill Lewis
	mas Young	14:19	Jack O'Brien
	y Brumley en Schmidt	12:25	M60 Leonard Hill M65 Henry Hawk
W70 Mar	y Eva Taylor	14:02	Roy Davis
	n Brunnenkant	13:28	M70 James Weaver
5000m R	dall Hardy	39:39	M90 Murphy Domingue W55 Normimah Arthur
M65 Alar		33:44	W60 Joan Scarlata
	ald Swegel	44:16	W65 Frances Barger
M75 Edw	vard Levy mas Young	47:37 47:38	W75 Shirley Goff W80 Helene Keen
	by Brumley	47:28	800m
5K Road	Race	Study 7	M50 Bobby Miller
M50 Bill		18:57 19:24	Johnny Hollier M55 Herb Stein
	ty Garren iam Dutton	20:47	Thomas Mowry
Street Street Street	nes Moore	22:48	M65 Henry Hawk
	iam Hoobing	25:06	M70 Jack Gentry
	oyn Huffman liam Bunten	25:10 21:11	M75 Earl Guyer W60 Joan Scarlata
	ry Wilson	28:58	W75 Shirley Goff
M75 Gle		28:20	1500m
W50 Lan	ben Taylor	43:01 27:11	M50 Johnny Hollier M55 Randy Taylor
	en Schmidt	30:49	M65 Henry Hawk
	abeth Gerhardt	43:00	M70 James Gentry
10K Roa	abeth Gerhardt	44:23	M75 Earl Guyer W50 Patsy Miller
M50 Joh		38:43	W75 Shirley Goff
M55 Lar	ry Kietzman	43:03	High Jump
	liam Dutton on Fetterhoof	44:23 50:37	M50 Bobby Miller Larry Welch
	liam Hoobing	53:19	M55 Johnston Ewing
M75 Gle		57:59	John Bridges
W50 Lar W55 Ma	rcia Groth	57:43 1:04:41	M60 Jerry McBride Leonard Hill
	abeth Gerhardt	1:34:13	M65 Rodger Young
50	UTHWE	ST	Jerry Lyons
			M70 John Goggin M85 Donald Pellman
	sas Senior Oly rings, AR; Sept		M90 Carl Wafford
50m	And State of the Land	STATE OF	W50 Eleanor Gipson
	nard Comer n Zimmer	7.37 7.68	W55 Shirley Frost W70 Georgia Goggin
M75 Ed I		9.31	W75 Sarah Overton
M85 Lloy		12.90	Pole Vault
W60 Eve W80 Dee	rett Bolton	12.87	M50 Johnston Ewing Dennis Schmitt
	gard Miller	12.43	M55 Amedee Gervais
55m	CHEST CO.	Theas.	Jerry Burns
	l Beckman	8.34	M60 William Bell Donald Pellmann
100m	dle Taylor	9.75	M65 Carl Wafford
M50 Dav	rid Cotner	12.09	Shelly Whitlock
	iam Sellers	12.15	Long Jump M50 Bobby Miller
	g Spencer lald Jordan	12.46	Bob Maseratti
M60 Leo		13.78	M55 Dennis Schmitt
M65 Roy		14.03	Jack O'Brien M60 James Bodge
	lger Young Summerlin	14.78 13.96	M65 Frank Dicus
	n Wall	16.62	Rodger Young
M75 Rob	ert Jantz	24.06	M70 Dominick Greco
	lerick Parker n Kennell	16.09 16.62	Eugene Mitchell M75 Lloyd Smith
	ald Pellmann	19.03	M80 Tom Kennell
M90 Mur	phy Domingues	19.90	M85 Donald Pellmann
	anor Gipson mimah Arthur	15.37 16.31	M90 Carl Wafford W50 Eleanor Gipson
	ally Whitlock	16.90	W55 Jeanette Woods
W65 Fran	nces Barger	22.40	Normimah Arthur
	orgia Goggin	21.34	W60 Nelda Casey JoAnn Dobscha
WOU Held	ene Keen	24.21	W/70 Coomin Coopin

Continued on next page

W70 Georgia Goggin

W75 Dot Taylor

W80 Helene Keen

25.46

25.50

28.40

29.10

page 26		National M	asters News		November, 2002
6	1 M75 Nash Abrams 35:53	M70 Ruby Gooden 6-8	800m	W45 Carla Hoppie 9.22	M75 Lois Beadle 1:23.42 M85 Vincent Malizia 2:02.48
Continued from previous page Shot Put	W60 Martha Coper 33:39	M75 Jane Sellmeyer 6-8	W35 Sineao Forum 2:32.67 W40 Mimi Ney 2:31.08	W55 Lorraine Tucker 9.71 M40 Mark Dvornik 13.18	W50 Sharlet Gilbert 1:09.30
M50 Leodis Gupton 30-9.75	W70 Ann Wilson 42:22	Shot Put	W45 Debbie Barraza 2:31.82	M45 James Kerman 13.91	W55 Lynn Naftel 1:13.79
Dan Ursery 30-7.50	W75 Shirley Goff 39:09	M50 Ed Forester 41-5.5 M55 Steve Kent 30-8	W55 Lynn Naftel 2:55.31	M50 Mike Shiaras 15.01	W60 Kemisole Solwazi 1:16.80
M55 Vincent Breaux 35-7.50	5K Road Race	M55 Steve Kent 30-8 M60 Sheppard Miers 42-10.75	W70 Dorie Smith 4:19.11	M55 Gary Wuest 10.88	W65 Barbara Robben 1:51.26
Harold Landry 32-9.50	M50 Andy Bryant 18:2516	M65 Ray Strickland 26-7.5	M35 Benjamin Crouch 2:07.23 M40 Kevin McCarthy 2:08.14	M60 Glen Johnson 11.75 M65 Phil Shipp 12.05	800m
M60 Pat Arceneaux 36-9.50	John Naill 19:23.91 M55 Robert Bohnke 22:57.57	M70 Engel Grow 33-8.25	M45 Steve Gallegos 2:04.14	M70 Doug Tomlinson 11.39	M50 Luis Pannarate 2:24.95
Julius Cassels 36-0.50	M55 Robert Bohnke 22:57.57 M60 Gary Keller 26:18.71	M75 A T Richeson 22-6.5 M80 Doc Bennett 23-1	M50 Gary Shapiro 2:18.51	Discus	M55 Larry Barnum 2:21.11
M65 David Bower 38-7 Don North 36-0.50	M65 George Heist 27:29.78	M80 Doc Bennett 23-1 W60 Margaret Guy 23-6.5	M55 Ron Salapo 2:19.22	W30 Kim Edwards 20.40	M60 Frank Condon 2:30.47
M70 Jim Gerhardt 37-0.50	M70 Jack Gentry 22:12.02	W65 Jean Cobb 21-1.75	M60 Frank Condon 2:36.07 M65 Ray Archibald 3:28.44	W50 Nancy Cochrane 15.57	M65 Jesse Carrington 2:40.88 M70 James Selby 2:57.80
M75 Robert Hewitt 28-0	M85 Al Davis, Sr 29:18.86	W70 Ruby Gooden 23-4	M65 Ray Archibald 3:28.44 M70 Jim Selby 2:56.71	W60 Kathy Bergen 18.06 W75 Shirley Dietderich 14.54	M70 James Selby 2:57.80 M75 Milo Sather 3:22.23
Robert Jantz 26-9.25	W55 Marilou Haines 31:07.40	W75 Jane Sellmeyer 18-1.25	1500m	M35 Tim Edwards 44.51	M85 Vincent Malizia 4:37.20
M85 Donald Pellmann 32-2.25	W60 Joan Scarlata 27:13.56	M50 Ed Forester 128-7	W35 Sineao Foran 5:26.48	M40 Mark Dvornik 36.20	W50 Sharlet Gilbert 2:33.16
M90 Carl Wafford 21-0.50	W65 Francis Barger 32:33.10	M55 Steve Kent 89-10	W40 Pat Contreras 5:38.36	M55CorneliusMcCornick 35.88	W55 Lynn Naftel 2:57.35
Richard Hoyt 12-1.50	10K Road Race M50 William Bryant 41:24	M60 Sheppard Miers 148-3	W45 Debbie Barraza 5:18.05 W55 Joni Shirley 5:41.58	M60 Ron Mickle 48.12	W60 Barbara Robben 3:52.88
W50 Susan Clower-Smith 25-4 W55 Glenda Byrd 24-0	M60 Gregory Lima 1:00:25	M65 Ray Strickland 91-8	W60 Yvette LaVigne 6:05.91	M65 Bob Humphreys 44.10 M70 Doug Tomlinson 30.45	1500m
W55 Glenda Byrd 24-0 Shirley Frost 20-0	M70 Jack Gentry 47:52	M70 Ross Vrooman 99-8 M75 Ed Hooker 107-4	W70 Dorie Smith 8:46.55	Javelin 30.45	M50 Arthur Mitchum 5:04.32
W60 Naomi Smith 23-3	Oklahoma Senior Olympics	M80 Doc Bennett 57-7	M30 John Brenkus 5:02.20	W35 Tammy Mack 22.21	M55 Rainer Pawlitzki 5:15.06
Mary Gilbert 20-11	Tulsa; Sept. 21-22	W60 Margaret Guy 51-9	M45 Steve Gallegos 4:21.71 M50 Nolan Shaheed 4:26.88	W40 Jennifer Stary 36.23	M60 Frank Condon 5:36.32
W65 Mildred Hubbard 18-0	50m	W65 Sue Tunnicliff 53-9	M50 Nolan Shaheed 4:26.88 M55 Ron Salapo 4:51.35	W45 Tina Bowman 25.19	M70 James Selby 6:38.05 M75 Milo Sather 7:12.88
Q70 Reba Bolinger 18-4.50	M50 John Ingram 8.18	W70 Ruby Gooden 49-7	M60 Frank Condon 5:15.26	W55 Lorraine Tucker 23.01 W75 Shirley Dietderich 13.19	M75 Milo Sather 7:12.88 M85 Vincent Malizia 9:28.40
Wilma Whorton 16-8.50	M55 Mike Steinmetz 6.83 M60 Ron Colliver 7.30	W75 Jane Sellmeyer 44-9 Javelin	M65GordonMcClenathen5:53.97	M35 Jeff Gonzales 41.71	W50 Sharlet Gilbert 5,23.08
W75 Mary Lewis 16-0	M65 David Potter 8.73	M50 Harve Howard 122-6	M70 Jim Selby 6:22.81	M40 Hal Halpern 36.91	W60 Pat Vorreiter 8:17.27
Dot Taylor 14-9.25	M70 Jack Ensminger 7.80	M55 Dale Deuvall 111-1	3000m	M45 Bob Myers 48.80	W65 Barbara Robben 7:50.36
W80 Irene Hunter 12-9.50 W85 Marie Hunt 9-3.50	M80 Doc Bennett 10.24	M60 Ron Colliver 111-2	M40 Jim Marquez 10:03.10 M45 Dave Cook 10;10.76	M50 Bob Powers 52.05	3000m
Discus	W55 Opal Woods 10.42 W60 S BrooksSmith 9.29	M65 Bob Santine 96-2 M70 Engel Grow 88-2	5000m	M55 Gary Wuest 34.02 M60 Gary Stenlund 56.57	M50 Patrick Buzbee 10:56.8
M50 Max Brantley 94-2	W60 S BrooksSmith 9.29 W65 Glenna Lee 10.31	M75 A T Richeson 38-6	W45 Tracey Cox 23:20.28	M65 Phil Shipp 36.64	M55 Greg Burke 11:38.5
Bob Maseratti 93-5	W75 Jane Sellmeyer 12.35	M80 Doc Bennett 50-8	W60 Yvette LaVigne 22:07.84 M40 David Dobler 15:36.55	M70 Allan Trefry 33.15	M60 John Weidinger 12:33.5
M55 Len Randel 121-1	100m	W60 Margaret Guy 35-9	M40 David Dobler 15:36.55 M45 Karl Schulze 20:42.90	Mile Racewalk	M65 Dale Headley 12:41.9
M65 Herb Stein 91-1	M50 John Ingram 15.19	W65 Sue Tunnicliff 59-4 W70 Ruby Gooden 52-10	M50 Charles Collins 19:16.58	M65 Ray Archibald 10:00.56 M70 Jim Selby 10;29.27	M70 Gilman Jung 15:27.5 W55 Yoko Eichel 13:25.0
Harold Landry 84-6 M60 Frances McEvoy 115-9	M55 Mike Steinmetz 13.09 M60 Ron Colliver 19.96	W70 Ruby Gooden 52-10 W75 Jane Sellmeyer 40-0	M55 Mike Manell 21:08.47	5000m Racewalk	W65 Diane Bromstead 17:13.4
M60 Frances McEvoy 115-9 Patrick Arceneaux 111-6	M65 Guthrie Hite 14.57	1500m Racewalk	M60 Robt McAlpine 21:23.06	W55Donnacunningham29:30.11	High Jump
M65 Paul Beckman 117-0	M70 Jack Ensminger 15.07	M60 J C Sanford 10:43	M65 Dale Headley 22:15.96 10,000m	M45 Mike Kroll 37:44.23	M50 Ronald Landrum 4-10
Don North 112-4	M80 Fisher Lewis 19.75	M65 Anthony Redding 9:57	M45 Karl Schulze 42:48.63	M55 Buck Ekrgood 29:33.89	M55 Roberto Pozzi 5-0
M70 Jim Gerhardt 117-7	W55 Opal Woods 22.06 W60 S BrooksSmith 18.50	M70 Lloyd McGuire 9:58 W65 Janet Mason 10:57	M50 Chas Collins 41:27.53	M60 Alan Ede 33:39.77 M65 Arvid Rolle 33:48.50	M60 John Burns 5-0
Roland Clement 100-5	W65 Glenna Lee 21.03	W70 Betty Davis 12:46	Short Hurdles	Pentathion	M65 Hal Smith 4-4
M80 Tom Kennell 80-3	W75 Jane Sellmeyer 25.03	5000m Racewalk	W40 Eliz Monday 17.27	M35 Dolf Berle 2170	M70 Charles Bispala 3-8
M85 Donald Pellmann 96-4	200m	M60 Charles Bartlett 34:00	W50 Anna Wiodarczyk 12.98	M45 Rob Duncanson 3228	M75 Ed Holmes 4-0 M80 James Johnson 3-4
M90 Carl Wafford 43-10 W50 Susan Clower-Smith 54-1	M50 Joe McKissick 32.40 M55 Mike Steinmetz 28.51	M65 Anthony Redding 35:38 M70 Lloyd McGuire 34:45	W55 Lynn Naftel 15.05	M50 Kevin Christensen 2771 M60 Terry Rowan 2799	M80 James Johnson 3-4 M85 Donald Pellmann 3-10
W55 Joyce Hopgood 63-2	M60 Ron Colliver 29.14	M80 Eugne Blais 50:48	M35 Richard Holmes 14.98 M40 Jeff Davidson 25.76	M65 Phil Shipp 3290	W50 A Steekelenburg 4-4
Glenda Byrd 47-7	M65 Guthrie Hite 32.37	W65 Janet Mason 36:38	M45 Ken Stone 20.87	California Senior Games	W60 Kathy Bergen 4-2
W60 Joyce Arguello 56-6	M70 Andy Anderson 32.44 W60 S BrooksSmith 42.24	WEST	M50 Thad Wilson 15.90	San Jose, CA; Aug. 2-11	W65 Fei-mei Chou 3-2
Naomi Smith 55-7	W60 S BrooksSmith 42.24 W65 Glenna Lee 50.06		Long Hurdles W40 Eliz Monday 57.86	50m	W70 Barbara Moore 3-4
W60 Jeanne Morton 72-5	W75 Jane Sellmeyer 66.00	USATF West Regional Masters	W55 Lynn Naftel 53.32	M50 Roger Tomlinson 6.93	W75 Frances Styles 3-0 Pole Vault
Jody Williams 54-7 W70 Bonnie Fite 38-1	400m	Championships Mission Viejo, CA; July 13-14	M35 James Smith 59.60	M55 Andre Russell 7.06 M60 Fred Dillemuth 7.69	M50 Stephen Patterson 11-6
Wilma Shorton 32-10	M50 Michael Jenkins 61.0 M55 Tom Fisher 63.0	mission viejo, CA, July 13-14	M45 Brian Mutert 69.64	M65 Gary Sims 7.35	M55 Bruce Htaling 11-6
W75 Dot Taylor 35-5	M60 Ron Colliver 64.0	100m	M55 Sheridon Groves 68.90 M60 Terry Rowan 52.20	M70 James Selby 8.20	M60 Fred Dillemuth 7-0
Mary Lewis 34-8	M65 Glendale Markwell 85.0	W35 Gracie-Ann Dinkins 11.61 W40Veronica Amarasekara 12.54	4x100m Relay	M75 Lee Conway 8.73	M65 John Steinman 9-0
W80 Helene Keen 41-9	M70 Jack Ensminger 87.0	W45 Michele Freeman 14.26	W30 New Beginnings 54.68	M80 Konrad Slaughter 10.70	M80 James Johnson 5-0
Velma Morris 26-1	M80 Fisher Lewis 1:54.0	W50 Anna Wlodarczyk 13.36	So Cal TC 68.26	W50 Brenda Matthews 7.46	M85 Donald Pellman 6-0
W85 Marie Hunt 18-8	W55 Opal Woods 2:16.0 W60 Linda LaFleur 1:51.0	W55 Lynn Naftel 14.42	Experience 69.40 M75+So Cal All-Stars 44.33	W55 Lynn Naftel 7.59	Long Jump M50 Roger Parnell 19:0.25
Javelin M50 Steven Jones 103-8	800m	W60 Jan Condon 20.13 W70 Dorie Smith 24.54	4x400m Relay	W60 Elsbeth Padia 8.9h W75 Frances Styles 9.1h	M55 Andre Russell 15-2.50
M55 Bobby Barnes 154-2	M50 Michael Jenkins 2:26	M30 Randy Thompson 12.00	M30 So Cal TC 9:41.83	100m	M60 Richard Imperiale 14-0
Vincent Breaux 135-2	M55 Dave Joyce 2.49 M60 Geo Marchetti 2:27	M35 Kettrell Berry 11.12	High Jump	M50 Donn Imrie 12.18	M65 Jerry Chase 12-7.75
M60 Charles Cannon 138-7	M65 Don Walkwitz 2:57	M40 James Chinn 12.09	W40 Karen Vaughn 1.30 W50 Anna Wlodarczyk 1.51	M55 David Naylor 13.13	M70 Donald Leis 9-4.25
Jack Fant 112-9	M70 Paul Morrow 3:57	M45 Kevin Morning 11.16 M50 Thad Wilson 12.25	W60 Kathy Bergen 1.24	M60 Al Richardson 14.63	M85 Donald Pellman 10-1.75
M65 Don North 129-4	M80 Fisher Lewis 4:11	M55 Gary Wuest 13.31	M40 Tom Vanzanot 2.00	M65 Gary Sims 13.53	W50 Brenda Matthews 12-8
Jerry Lyons 116-11 M70 Jim Gerhardt 91-2	W60 Linda LaFleur 4:15	M60 Lee Gillespie 13.37	M45 Brian Mutert 1.65	M70 Don Cheak 14.79 M75 Jamail Singh 17.65	W55 Avril Naylor 12-7.50 W65 Fei-mei Chou 8-1.50
M70 Jim Gerhardt 91-2 Jack Haller, Sr 76-8	M50 Michael Jenkins 5:00	M65 Roger Tsuda 13.83	M50 Charlie Rader 1.70 M55 Roberto Pozzi 1.55	M75 Jamail Singh 17.65 M80 Konrad Slaughter 21.04	W65 Fei-mei Chou 8-1.50 W70 Barbara Moore 6-2.75
M75 Tom Moxley 37-6	M55 Chester Jacewitz 6:42	M70 Don Cheek 14.98	M60 John Burns 1.57	M85 Donald Pellmann 17.60	W75 Johnye Valien 8-9
M80 Richard Bledsoe 72-0	M60 Geo Marchetti 5:02	200m	M65 Phil Shipp 1.39	W50 Brenda Matthews 14.34	Shot Put
M85 Donald Pellmann 86-0	M65 Don Walkwitz 6:19 M70 Paul Morrow 7:45	W30 Eliz Leeper 31.75 W35 Collen Barney 27.37	Pole Vault W40 Jennifer Stary 2.29	W55 Lynn Naftel 14.77	M50 Stephen Weeks 10.17
M90 Carl Wafford 44-5	M75 Howard Mayer 8:04	W40 Eliz Monday 33.42	W40 Jennifer Stary 2.29 M35 Dolf Berle 3.81	W60 Kathy Bergen 15.10	M55 Lad Patake 13.81
W50 Susan Clower-Smith 46-7 Pat McSwain 41-3	M80 Fisher Lewis 8:28	W45 Michele Freeman 29.57	M40 Greg Charles 3.81	W65 Ellen Brannigan 21.06	M60 Richard Noble 11.37
W55 Joyce Hopgood 63-8	W60 Linda LaFleur 8:41	W50 Ann Wlodarczyk 27.57	M45 Bill Halverson 4.72	W70 Rosemary Austin 22.95 W75 Frances Styles 19.85	M65 Hal Smith 13.68 M70 Doug Tomlinson 11.66
W60 Naomi Smith 45-1	High Jump M50 Harve Howard 4-0	W55 Lynn Naftel 29.94 W70 MagdalenaKuehne 38.25	M55 Mick James 3.05 M60 Terry Cannon 3.20	W85 Hope Swan 34.82	M70 Doug Tomlinson 11.66 M75 Joseph Palecek 6.91
W65 Jeanne Morton 63-4	M55 Ron Colliver 4-10	W75 Shirley Dietderich 49.80	M65 Phil Shipp 2.29	200m	M80 Mark Henderson 7.62
Mary Lou Bradford 57-1	M60 Michael Henk 3-4	M30 Randy Thompson 24.35	M70 Bob Holmes 2.13	M50 Steven Hardison 25.66	M85 Donald Pellmann 10.05
			Long Jump	M55 Larry Barnum 26.60	
W70 Wilma Shorton 19-10	M65 GlendaleMarkwell 4-0	M35 Durrell Turnage 23.80			W50 A Steekelenburg 6.07
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0	M40 Carlos Amado 22.44	W30 Eliz Leeper 3.43	M60 Al Richardson 31.66	W55 Susan Evans 8.26
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9	M65 GlendaleMarkwell 4-0		W30 Eliz Leeper 3.43 W40 Veronica Amarasekara 5.62	M60 Al Richardson 31.66 M65 Gary Sims 28.06	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M60 Doc Bennett 3-4 W60 Margaret Guy 3-2	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59	W30 Eliz Leeper 3.43	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59	W30 Eliz Leeper 3.43 W40 VeronloaAmarasekara 5.62 W50 Anna Wlodarczyk 5.20 W55 Lorraine Tucker 3.70 M30 Randy Thompson 5.01	M60 Al Richardson     31.66       M65 Gary Sims     28.06       M70 Don Cheek     31.03       M75 Lois Beadle     37.63	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8	M40 Carlos Amado     22.44       M45 Kevin Morning     22.68       M50 Herman Castille     25.57       M55 Larry Barnum     26.59       M60 Lee Gillespie     27.59       M70 Don Cheek     30.25	W30 Eliz Leeper       3.43         W40 VeronloaAmarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94	M60 Al Richardson     31.66       M65 Gary Sims     28.06       M70 Don Cheek     31.03       M75 Lois Beadle     37.63       W50 Sharlet Gilbert     30.41	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400 m	W30 Eliz Leeper 3.43 W40 VeronkaAmarasekara 5.62 W50 Anna Wlodarczyk 5.20 W55 Lorraine Tucker 3.70 M30 Randy Thompson 5.01 M45 Andrew Hecker 4.94 M50 Pat Fahy 5.52	M60 Al Richardson     31.66       M65 Gary Sims     28.06       M70 Don Cheek     31.03       M75 Lois Beadle     37.63	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M60 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8	M40 Carlos Amado     22.44       M45 Kevin Morning     22.68       M50 Herman Castille     25.57       M55 Larry Barnum     26.59       M60 Lee Gillespie     27.59       M70 Don Cheek     30.25	W30 Eliz Leeper       3.43         W40 VeronloaArnarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03           M75 Lois Beadle         37.63           W50 Sharlet Gilbert         30.41           W55 Lynn Naftel         30.75	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8 M70 Chuck Crawford 7-0	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83	W30 Eliz Leeper       3.43         W40 VeronkaAmarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       3.75	M60 Al Richardson       31.66         M65 Gary Sims       28.06         M70 Don Cheek       31.03         M75 Lois Beadle       37.63         W50 Sharlet Gilbert       30.41         W55 Lynn Naftel       30.75         W60 Kemisole Solwazi       32.02         W65 Fei-mei Chou       43.25         W70 Louise Martin       1:05.48	W55 Susan Evans       8.26         W60 Cherrie Sherrard       9.12         W70 Barbara Moore       5.72         W75 Johnnye Valien       6.10         Discus       33.45         M50 Robert Moats       33.45         M55 Lad Patake       52.58         M60 Michael Woodward       47.57         M65 Hal Smith       40.22
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13	M65 GlendaleMarkwell         4-0           M70 Ross Vrooman         4-0           M75 Dick Donley         3-6           M80 Doc Bennett         3-4           W60 Margaret Guy         3-2           W65 Jean Cobb         3-4           W75 Jana Sellmeyer         2-8           Pole Vault         10-6           M60 Ron Colliver         10-6           M65 Charles Berryhill         3-8           M70 Chuck Crawford         7-0           W65 Sue Tunnicliff         4-8	M40 Carlos Amado 22. 44 M45 Kevin Morning 22. 68 M50 Herman Castille 25. 57 M55 Larry Barnum 26. 59 M60 Lee Gillespie 27. 59 M70 Don Cheek 30. 25 400 m W40 L HulbertBatiste 60. 22 W45 Carla Hoppie 72. 96 W55 Lynn Naftel 67. 83 W70 Dorie Smith 1.58. 00	W30 Eliz Leeper       3.43         W40 VeronloaArnarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       W50 Anna Wlodarczyk       11.02	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03           M75 Lois Beadle         37.63           W50 Sharlet Gilbert         30.41           W55 Lynn Naftel         30.75           W60 Kemisole Solwazi         32.02           W65 Fei-mei Chou         43.25           W70 Louise Martin         1.05.48           W75 Frances Styles         50.25	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13 M70 James Weaver 9:58	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8 M70 Chuck Crawford 7-0	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400 m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83 W70 Dorie Smith 158.00 M30 John Sears 53.84	W30 Eliz Leeper       3.43         W40 VeronloaArnarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       W50 Anna Wlodarczyk       11.02         W70 Magdalena Kuehne       6.66	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03           M75 Lois Beadle         37.63           W50 Sharlet Gilbert         30.41           W55 Lynn Naftel         30.75           W60 Kemisole Solwazi         32.02           W65 Fei-mei Chou         43.25           W70 Louise Martin         1:05.48           W75 Frances Styles         50.25           W85 Hope Swan         1:21.85	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Orlich 29.39
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8 M70 Chuck Crawford 7-0 W65 Sue Tunnicliff 4-8 Long Jump M55 Robert Howard 6-7 M60 Ronald Colliver 15-4	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83 W70 Dorie Smith 1:58.00 M30 John Sears 53.84 M35 Kettrell Berry 49.87 M40 Carlos Amado 49.52	W30 Eliz Leeper       3.43         W40 VeronloaArnarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       W50 Anna Wlodarczyk       11.02	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03           M75 Lois Beadle         37.63           W50 Sharlet Gilbert         30.41           W55 Lynn Naftel         30.75           W60 Kemisole Solwazi         32.02           W65 Fei-mei Chou         43.25           W70 Louise Martin         1:05.48           W75 Frances Styles         50.25           W85 Hope Swan         1:21.85	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Orlich 29.39 M80 Mike Castaneda 23.49
W70 Wilma Shorton 19-10 W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13 M70 James Weaver 9:58	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8 M70 Chuck Crawford 7-0 W65 Sue Tunnicliff 4-8 Long Jump M55 Robert Howard 6-7 M60 Ronald Colliver 15-4 M65 Glendale Markwell 11-1	M40 Carlos Amado 22. 44 M45 Kevin Morning 22. 68 M50 Herman Castille 25. 57 M55 Larry Barnum 26. 59 M60 Lee Gillespie 27. 59 M70 Don Cheek 30. 25 400 m W40 L HulbertBatiste 60. 22 W45 Carla Hoppie 72. 96 W55 Lynn Naftel 67. 83 W70 Dorie Smith 1:58. 00 M30 John Sears 53. 84 M35 Kettrell Berry 49. 87 M40 Carlos Amado 49. 52 M45 James Lofton 51. 10	W30 Eliz Leeper       3.43         W40 VeronloaArnarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       W50 Anna Wlodarczyk       11.02         W70 Magdalena Kuehne       6.66         M40 Dereck DeLeon       10.09         M45 Brian Mutert       10.45         M50 Angel Cachinero       12.70	M60 Al Richardson         31.66           M65 Gary Sims         28.06           M70 Don Cheek         31.03           M75 Lois Beadle         37.63           W50 Sharlet Gilbert         30.41           W55 Lynn Naftel         30.75           W60 Kemisole Solwazi         32.02           W55 Fei-mei Chou         43.25           W70 Louise Martin         1:05.48           W75 Frances Styles         50.25           W85 Hope Swan         1:21.85           400m         M50 Herman Castille         59.00	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Orlich 29.39 M80 Mike Castaneda 23.49 M85 Donald Pellmann 18.17
W70 Wilma Shorton W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13 M70 James Weaver 9:58 M80 Richard Bledsoe 11:05 M90 Richard Hoyt 15:00 W75 Shirley Goff 11:35 5KRW	M65 GlendaleMarkwell 4-0 M70 Ross Vrooman 4-0 M75 Dick Donley 3-6 M80 Doc Bennett 3-4 W60 Margaret Guy 3-2 W65 Jean Cobb 3-4 W75 Jane Sellmeyer 2-8 Pole Vault M60 Ron Colliver 10-6 M65 Charles Berryhill 3-8 M70 Chuck Crawford 7-0 W65 Sue Tunnicliff 4-8 Long Jump M55 Robert Howard 6-7 M60 Ronald Colliver 15-4 M65 Glendale Markwell 11-1 M70 Jack Ensminger 11-7	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400 m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83 W70 Dorie Smith 158.00 M30 John Sears 53.84 M35 Kettrell Berry 49.87 M40 Carlos Amado 49.52 M45 James Lofton 51.10 M50 Herman Castillo 57.46	W30 Eliz Leeper       3.43         W40 VeronloaAmarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       4.73         W50 Anna Wlodarczyk       11.02         W70 Magdalena Kuehne       6.66         M40 Dereck DeLeon       10.09         M45 Brian Mutert       10.45         M50 Angel Cachinero       12.70         M55 Derek Boosey       10.61	M60 Al Richardson       31.66         M65 Gary Sims       28.06         M70 Don Cheek       31.03         M75 Lois Beadle       37.63         W50 Sharlet Gilbert       30.41         W55 Lynn Naftel       30.75         W60 Kemisole Solwazi       32.02         W65 Fei-mei Chou       43.25         W70 Louise Martin       1.05.48         W75 Frances Styles       50.25         W85 Hope Swan       1:21.85         400m       M50 Herman Castille       59.00         M55 Rainer Pawlitzki       59.49	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Criich 29.39 M80 Mike Castaneda 23.49 M85 Donald Pellmann 18.17 W55 Susan Evans 17.35
W70 Wilma Shorton W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13 M70 James Weaver 9:58 M80 Richard Bledsoe 11:05 M90 Richard Hoyt 15:00 W75 Shirley Goff 11:35 5KRW M50 Bill Richardson 30:08	M65 GlendaleMarkwell         4-0           M70 Ross Vrooman         4-0           M75 Dick Donley         3-6           M80 Doc Bennett         3-4           W60 Margaret Guy         3-2           W55 Jean Cobb         3-4           W75 Jane Sellmeyer         2-8           Pole Vault         10-6           M65 Ron Colliver         10-6           M65 Charles Berryhill         3-8           M70 Chuck Crawford         7-0           W65 Sue Tunnicliff         4-8           Long Jump         M55 Robert Howard         6-7           M60 Ronald Colliver         15-4           M65 Glendale Markwell         11-1           M70 Jack Ensminger         11-7           M80 Doc Bennett         8-7           W60 Margaret Guy         5-8	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400 m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83 W70 Dorie Smith 1:58.00 M30 John Sears 53.84 M35 Kettrell Berry 49.87 M40 Carlos Amado 49.52 M45 James Lofton 51.10 M50 Herman Castillo 57.46 M55 Stan Whitley 56.63	W30 Eliz Leeper 3.43 W40 VeronloaAmarasekara 5.62 W50 Anna Wlodarczyk 5.20 W55 Lorraine Tucker 3.70 M30 Randy Thompson 5.01 M45 Andrew Hecker 4.94 M50 Pat Fahy 5.52 M60 Dick Cunningham 3.75 M65 Roger Tsuda 4.73 Triple Jump W50 Anna Wlodarczyk 11.02 W70 Magdalena Kuehne 6.66 M40 Dereck DeLeon 10.09 M45 Brian Mutert 10.45 M50 Angel Cachinero 12.70 M55 Derek Boosey 10.61 M60 Terry Rowan 8.93	M60 Al Richardson       31.66         M65 Gary Sims       28.06         M70 Don Cheek       31.03         M75 Lois Beadle       37.63         W50 Sharlet Gilbert       30.41         W55 Lynn Naftel       30.75         W60 Kemisole Solwazi       32.02         W65 Fei-mei Chou       43.25         W70 Louise Martin       1.05.48         W75 Frances Styles       50.25         W85 Hope Swan       1:21.85         400m       M50 Herman Castille       59.00         M55 Rainer Pawlitzki       59.49         M60 Clarence Martin       1:05.00	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Orlich 29.39 M80 Mike Castaneda 23.49 M85 Donald Pellmann 18.17 W55 Susan Evans 17.35 W60 Kathy Bergen 18.93
W70 Wilma Shorton W75 Madge Bledsoe 28-9 Dot Taylor 28-9 Florence Burkes 19-0 W80 Helene Keen 19-5 Lucille Horak 11-11 1500m RW M50 Bill Richardson 8:32 M55 Vol Eads 11:06 M60 Wayne Farrar 11:01 M65 Anthony Reding 9:13 M70 James Weaver 9:58 M80 Richard Bledsoe 11:05 M90 Richard Hoyt 15:00 W75 Shirley Goff 11:35 5KRW	M65 GlendaleMarkwell         4-0           M70 Ross Vrooman         4-0           M75 Dick Donley         3-6           M80 Doc Bennett         3-4           W60 Margaret Guy         3-2           W65 Jean Cobb         3-4           W75 Jane Sellmeyer         2-8           Pole Vault         10-6           M65 Charles Berryhill         3-8           M70 Chuck Crawford         7-0           W65 Sue Tunnicliff         4-8           Long Jump         M55 Robert Howard         6-7           M60 Ronald Colliver         15-4           M65 Glendale Markwell         11-1           M70 Jack Ensminger         11-7           M80 Doc Bennett         8-7	M40 Carlos Amado 22.44 M45 Kevin Morning 22.68 M50 Herman Castille 25.57 M55 Larry Barnum 26.59 M60 Lee Gillespie 27.59 M70 Don Cheek 30.25 400 m W40 L HulbertBatiste 60.22 W45 Carla Hoppie 72.96 W55 Lynn Naftel 67.83 W70 Dorie Smith 1:58.00 M30 John Sears 53.84 M35 Kettrell Berry 49.87 M40 Carlos Amado 49.52 M45 James Lofton 51.10 M50 Herman Castillo 57.46 M55 Stan Whitley 56.63	W30 Eliz Leeper       3.43         W40 VeronloaAmarasekara       5.62         W50 Anna Wlodarczyk       5.20         W55 Lorraine Tucker       3.70         M30 Randy Thompson       5.01         M45 Andrew Hecker       4.94         M50 Pat Fahy       5.52         M60 Dick Cunningham       3.75         M65 Roger Tsuda       4.73         Triple Jump       4.73         W50 Anna Wlodarczyk       11.02         W70 Magdalena Kuehne       6.66         M40 Dereck DeLeon       10.09         M45 Brian Mutert       10.45         M50 Angel Cachinero       12.70         M55 Derek Boosey       10.61	M60 Al Richardson       31.66         M65 Gary Sims       28.06         M70 Don Cheek       31.03         M75 Lois Beadle       37.63         W50 Sharlet Gilbert       30.41         W55 Lynn Naftel       30.75         W60 Kemisole Solwazi       32.02         W65 Fei-mei Chou       43.25         W70 Louise Martin       1.05.48         W75 Frances Styles       50.25         W85 Hope Swan       1:21.85         400m       M50 Herman Castille       59.00         M55 Rainer Pawlitzki       59.49	W55 Susan Evans 8.26 W60 Cherrie Sherrard 9.12 W70 Barbara Moore 5.72 W75 Johnnye Valien 6.10 Discus M50 Robert Moats 33.45 M55 Lad Patake 52.58 M60 Michael Woodward 47.57 M65 Hal Smith 40.22 M70 Del Alaways 30.45 M75 Michael Orlich 29.39 M80 Mike Castaneda 23.49 M85 Donald Pellmann 18.17 W55 Susan Evans 17.35 W60 Kathy Bergen 18.93

Continued from previo W70 Barbara Moore W75 Shirley Dietderich Javelin M50 Stephen Patterson M55 Gary Wuest M60 John Bums Champions Mile F Children, Kezar S San Francisco; S

San Francisco; S

San Francisco; S

Masters Men
1 Tony Young
2 John Hinton
3 Andrew Massi
5 Peter Magil
5 Peter Magil
6 Peter Magil
7 Kevin Osterberg
7 Kevin Osterberg
8 Store Haase
9 Rich Burms
9 Rich Burms
10 Graeme Fell
CAN
11 Jamin Aasum SCTC
12 Brad Jansen SCTC
12 Brad Jansen SCTC
14 Brad Jansen SCTC
15 Brad Jansen SCTC
16 Masters Women
1 Party Blanchard CAN
3 J LasseJohnson USA
4 RAPREVER5 21.51989)
4 Rose Monday
5 M Trujillode/Ro
5 M Trujillode/Ro
5 M SA
6 Sharlett GilbertSCTC
7 Debbie Barraza USA
8 Mane-LMichelson USA
(ARMatson 5 8 89/20)
6 CTC-So Call TC
San Diego Senior
El Cajon, CA; S
50m

M45 Ken Stone

M50 Ronald Beadle

M55 Ronald Stock

M60 Karl Thorpe

Tracy Jones

M65 Delos Eyer
M70 Arnold Ray
Jim Selby
M75 Ray Crawford
M80 John Cammarati
M85 Bert Morrow
W45 Debbie Selby
W50 Lorna Davis
W55 Lynn Naftel
Lorraine Tucker
W60 Marilyn Ongley
W70 Gloria Doro
W75 Frances Styles
W80 Gerda Ader
100m

M50 Donn Imrie Ronald Beadle M55 Ronald Stock M60 Ronald Kirkpatric M65 Delos Eyer Maynard Morris M70 Amold Ray Marion Sanchez M75 Walter Atcheson M80 John Cammarat M85 Bert Morrow

W45 Debbie Selby W55 Lynn Naftel W60 Marilyn Ongel W65 Ellen Brannigar W70 Gloria Doro W75 Frances Styles W80 Gerda Ader 200m M40 Nick Marilao M45 Ken Stone

M50 Steve Kloch Herman Castille M55 Larry Barnum James Hollister M60 Ronald Kirkpatr M65 Maynard Morris M70 Arnold Ray Jim Selby

Jim Selby M75 Louis Beadle M80 Ctyde Jackson W45 Debbie Selby W50 Nancy Cochrat W55 Lynn Naftel W60 Marilyn Ongle) 400m M50 Herman Castill

John Tomasch
M55 Larry Barnum
M65 Jesse Carringt
Carl Grubbs
M70 Jim Selby
M75 Louis Beadle

Walter Atches

W7/ W7/ Jaw M50 M60  CC Mas 1 Tc 2 Joo 3 Ar 4 Min 5 Pe 6 Di 7 Ke 8 Si 1 Pe 2 M 3 JI (AR 4 R 5 M 6 Sr 7 De 8 M 6 Sr 7 De 8 M 8 SC 7 Sc	trinued from previous  70 Barbara Moore  75 Shirley Dietderich  76 Sary Wuest  70 John Burns  70 John Burns  70 Champions Mile Run  70 Sar Young  70 USA 40 4  70 Sters Men  70 John Jun  70 John Jun  70 John  70 Joh	10.17 13.21 47.42 36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.02 21.79 25.43 28.39 33.79 33.73 35.74 37.71	M80 Clyde Jackson W45 Debbie Selby W55 Lynn Naftel W60 Marilyn Ongley 800m M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr M65 Jerry Albert	1:52.50 1:24.14 1:12.13 1:23.59 2:30.76 2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16 6:18.95	M70 Dude Stephenson M75 John Rafto L B Jones M80 Mark Henderson Channing Gilson M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads M55 Paul Economides	7.50 8.66 7.96 7.30 4.79 6.82 9.73 9.34 6.87 5.63	W45 Debbie Selby Christine Stone W55 Lynne Naftel Lorraine Tucker Marilou Cramer W60 Kathy Bergen W65 Fei-Mei Chou 100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	9.54 11.58 8.52 8.91 9.76 8.56 11.58 12.48 12.48 11.85 11.40 11.83 12.56	M65 John Brennand 2 Dale Headley 2 Short Hurdlee M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	28:18:44	M40 James Barry M50 Mike Deller M60 Lloyd Higgins John Burns Dave Nuttail Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander M70 Arnie Gaynor	34.58 43.34 54.10 43.28 38.61 33.93 29.48 46.57 45.31 38.68 34.79 26.35
W7/ W7/ Jav M50 M60  CC Mas 1 Tc 2 Joo 3 Ar 4 Min 5 Pe 6 Di 7 KK 8 Si 1 Pe 2 M 3 JI 12 E Mas 1 Pe 2 M 3 JI (AR 5 M 6 Si 7 De 8 M 5 CT	70 Barbara Moore 75 Shirley Dietderich velin 00 Stephen Patterson 55 Gary Wuest 00 John Burns Champions Mile Run Children, Kezar Stad San Francisco; Sept sters Men ony Young 015A 40 4 04h Hinton 015	10.17 13.21 47.42 36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.02 21.79 25.43 28.39 33.79 33.73 35.74 37.71	W45 Debbie Selby W55 Lynn Naftel W60 Marilyn Ongley 800m M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	1:24.14 1:12.13 1:23.59 2:30.76 2:19.47 2:57.39 3:00.35 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	M75 John Rafto L B Jones M80 Mark Henderson Channing Gilson M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	8.66 7.96 7.30 4.79 6.82 9.73 9.34 6.87 5.63	Christine Stone W55 Lynne Naftel Lorraine Tucker Marilou Cramer W60 Kathy Bergen W65 Fei-Mei Chou 100 m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	11.58 8.52 8.91 9.76 8.56 11.58 12.48 12.85 11.40 11.83 12.56	M70 Jim Selby 5000 m M60 Gary Reddaway Louis Nicotra M65 John Brennand Dale Headley Short Hurdlee M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	10:16:2 20:46:88 28:18:44 20:37:51 22:34:20 16:15 16:98 16:79 19:90	M40 James Barry M50 Mike Deller M60 Lloyd Higgins John Burns Dave Nuttall Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	43.34 54.10 43.28 38.61 33.93 29.48 46.57 45.31 38.68 34.79
M75 M60	75 Shirley Dietderich velin  O Stephen Patterson  5 Gary Wuest  O John Burns  Champions Mile Run Children, Kezar Stad San Francisco; Sept. sters Men ony Young Ohn Hinton Office Wasai Ken 42 4 leter Magill SCTC 41 4: audio Olds SCTC 40 4: even Osterberg RA 42 4 teve Haase HA 44 4 sch Burns SCTC 47 4: Graeme Fell CAN 43 4: Brad Jansen SCTC 40 4: sters Women atty Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5 21.5/1989) ose Monday USA 43 5:	13.21 47.42 36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.02 221.79 25.43 28.39 33.73 33.53 34.37 26.37 71	W55 Lynn Naftel W60 Marilyn Ongley 800m M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	1:12.13 1:23.59 2:30.76 2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	L B Jones M80 Mark Henderson Channing Gilson M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	7.96 7.30 4.79 6.82 9.73 9.34 6.87 5.63	W55 Lynne Naftel Lorraine Tucker Marilou Cramer W60 Kathy Bergen W65 Fei-Mei Chou 100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	8.52 8.91 9.76 8.56 11.58 12.48 12.85 11.40 11.83 12.56	5000m M60 Gary Reddaway Louis Nicotra M65 John Brennand Dale Headley Short Hurdles M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	20 46 88 28 18 44 20 37 51 22 34 20 16 15 16 98 16 79 19 90	M50 Mike Deller M60 Lloyd Higgins John Burns Dave Nuttall Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	43.34 54.10 43.28 38.61 33.93 29.48 46.57 45.31 38.68 34.79
Jav M56 M66 M85	velin  0 Stephen Patterson  5 Gary Wuest  0 John Burns  Champions Mile Run  Children, Kezar Stad  San Francisco; Sept.  sters Men  ony Young  USA 40 4  ohn Hinton  USA 40 4  ohr Hinton  USA 40 4  ikke Egie  USA 40 4  eter Magall  SCTC 41 4  evin Osterberg RA 42 4  evin Osterberg AV 43 5  Graeme Fell  CAN 43 5  Ide St Croix  USA 40 5  LasseJohnsonUSA 45 5  Vielxerf 52 1.7989)  ose Monday USA 43 5	47.42 36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.02 25.43 28.39 33.59 33.73 35.34 37.26 37.71	W60 Marilyn Ongley 800m M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	1:23.59 2:30.76 2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	M80 Mark Henderson Channing Gilson M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	7.30 4.79 6.82 9.73 9.34 6.87 5.63	Lorraine Tucker Marilou Cramer W60 Kathy Bergen W65 Fei-Mei Chou 100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	8.91 9.76 8.56 11.58 12.48 12.85 11.40 11.83 12.56	M60 Gary Reddaway Louis Nicotra M65 John Brennand Dale Headley Short Hurdles M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	28 18 44 20 37 51 22 34 20 16 15 16 98 16 79 19 90	M60 Lloyd Higgins John Burns Dave Nuttall Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	54.10 43.28 38.61 33.93 29.48 46.57 45.31 38.68 34.79
M50 M55 M66 C C S M38 1 T T C C S C S C S C S C S C S C S C S C	O Stephen Patterson 5 Gary Wuest O John Burns  Champions Mile Run Children, Kezar Stad San Francisco; Sept sters Men ony Young USA 40 4 oth Hinton USA 40 4 oth SCTC 41 4 oth SCTC 41 4 oth Burns Graeme Fell CAN 43 4 sters Women atty Blanchard CAN 44 5 de St Croix URSA 40 5 de St Croix USA 40 5 oth SCTC 40 4 oth SC	36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.79 25.43 28.39 33.59 33.59 33.73 35.34 37.26 37.71	800m M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	2:30.76 2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	Channing Gilson M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	4.79 6.82 9.73 9.34 6.87 5.63 36.75 43.30	Marilou Cramer W60 Kathy Bergen W65 Fei-Mei Chou 100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	9.76 8.56 11.58 12.48 12.85 11.40 11.83 12.56	Louis Nicotra M65 John Brennand Dale Headley Short Hurdlee M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	28 18 44 20 37 51 22 34 20 16 15 16 98 16 79 19 90	John Burns Dave Nuttail Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	43.28 38.61 33.93 29.48 46.57 45.31 38.68 34.79
M55 M66  C S Mas 1 Tc 2 Jo 3 Ar 4 Min 5 Pe 6 Di 7 Ke 8 S Si 10 C 11 J J 11 E Mas 1 Pe 2 M 3 J J (AR 5 M 6 S h 7 De 8 M (AR S C 1 Si	5 Gary Wuest 0 John Burns Champions Mile Run Children, Kezar Stad San Francisco; Sept sters Men ony Young On USA 40 4 ohn Hinton INTERIOR WASAI Ikie Egle USA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 even Osterberg INTERIOR WASAI Ikie Byle VISA 40 4 Iki	36.48 48.86 1 for ium . 15 16.37 18.75 19.86 21.79 25.43 28.39 33.59 33.59 33.73 35.34 37.26 37.71	M50 Greg Wilson M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	M85 Leland McPhie W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	6.82 9.73 9.34 6.87 5.63 36.75 43.30	W60 Kathy Bergen W65 Fei-Mei Chou 100 m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	8 56 11 58 12 48 12 85 11 40 11 83 12 56	M65 John Brennand 2 Dale Headley 2 Short Hurdlee M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	20:37.51 22:34.20 16:15 16:98 16:79 19:90	Dave Nuttail Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	38.61 33.93 29.48 46.57 45.31 38.68 34.79
M60 Mass 1 To 2 Jobo 3 Ar 4 M 5 Pe 6 Do 7 K 8 St 10 G 11 J 12 E Mass 1 Pe 2 M 3 J J 1 (ARJ 4 AR 5 M 6 S M 6 S M 6 S M 8 S M 1 O S M	O John Burns  Champions Mile Run Children, Kezar Stad San Francisco; Sept sters Men ony Young Out State Stad On Hinton Ondrew Masai Kike Egle USA 40 4 eter Magill SCTC 41 4: avid Olds SCTC 40 4: avid Olds SCTC 47 4: Graeme Fell CAN 43 4: Brad Jansen SCTC 40 4: Sters Women atty Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnsonUSA 45 5: Vielsxer/5 21.5/1989) ose Monday USA 43 5:	48.86 1 for ium . 15 16.37 19.86 21.02 221.79 28.39 33.59 33.57 33.73 35.34 37.26 37.71	M55 Gary Rust M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	2:19.47 2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	W55 Lorraine Tucker La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	9.73 9.34 6.87 5.63 36.75 43.30	W65 Fei-Mei Chou 100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	11.58 12.48 12.85 11.40 11.83 12.56	Dale Headley 2 Short Hurdles M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	16.15 16.98 16.79 19.90	Jack Kuhns Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	33.93 29.48 46.57 45.31 38.68 34.79
Mass 1 Pa 2 M 3 J I 12 Pa 2 M 3 J I 12 Pa 2 M 3 J I 12 Pa 2 M 4 Pa 2 M 6 S T M 6 S T M 6 S T M 6 S T M 6 S T M 6 S T M 6 S T M 6 S T M 6 S T M 7 D Pa 8 M 8 M 8 M 8 M 8 M 8 M 8 M 8 M 8 M 8	Champions Mile Run Children, Kezar Stad San Francisco; Sept. sters Men ony Young USA 40 4 USA 40 5 USA 40 4 USA 40 5 USA 40 4 USA	16 37 118.75 19.86 21.02 221.79 28.39 33.59 33.53 35.34 37.26 37.71	M65 Jerry Albert Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	2:57.39 3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	9.73 9.34 6.87 5.63 36.75 43.30	100m M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	12.48 12.85 11.40 11.83 12.56	Short Hurdles M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	16.15 16.98 16.79 19.90	Richard Noble M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	29.48 46.57 45.31 38.68 34.79
Mass 1 TC 2 Joseph 4 Min 5 Pe 6 Di 7 Ke 8 St 10 G 11 C E Mass 1 Pe 2 M 9 J J (ARK 5 M 6 ST 7 De 8 Min 6 ST 7 D	Children, Kezar Stad San Francisco; Sept sters Men ony Young ohn Hinton ndrew Masai like Egle leter Magill avid Olds evin Osterberg RA 42 4 leve Haase leve Haase leve Haase leve Haase scott 40 4: Scraw Fall Sc	16.37 18.75 19.86 21.02 21.79 25.43 28.39 33.73 35.34 37.26 37.71	Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	La Tanya Glass W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	9.34 6.87 5.63 36.75 43.30	M40 Richard J Novelli Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	12.85 11.40 11.83 12.56	M35 Drew Monaghan M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	16.98 16.79 19.90	M65 Hal Smith Bob Ward Frank Carl Jim Hart Don Alexander	46.57 45.31 38.68 34.79
Mass 1 TC 2 Joseph 4 Min 5 Pe 6 Di 7 Ke 8 St 10 G 11 C E Mass 1 Pe 2 M 9 J J (ARK 5 M 6 ST 7 De 8 Min 6 ST 7 D	Children, Kezar Stad San Francisco; Sept sters Men ony Young ohn Hinton ndrew Masai like Egle leter Magill avid Olds evin Osterberg RA 42 4 leve Haase leve Haase leve Haase leve Haase scott 40 4: Scraw Fall Sc	16.37 18.75 19.86 21.02 21.79 25.43 28.39 33.73 35.34 37.26 37.71	Paul Robillia M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	3:00.35 3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	W70 Gloria Doro W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	6.87 5.63 36.75 43.30	Michael Shea M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	12.85 11.40 11.83 12.56	M40 Eugene Anton M45 Robert Zahn Brian Mutert Rob Duncanson	16.98 16.79 19.90	Bob Ward Frank Carl Jim Hart Don Alexander	45.31 38.68 34.79
Mas 1 Tro 2 Jo 3 A Mi 5 Pe 6 Di 7 Ke 8 Si 9 Ri 10 1 J 12 E Mas 1 Pa 2 J 4 Rc 5 M 6 Si 7 M 6 Si 7 M 6 Si 7 M 6 Si 8 Si 1 Tro 8 Si 8 Si 8 Si 1 Tro 8 Si 1 Tro 8 Si 8 Si 8 Si 8 Si 8 Si 8 Si 8 Si 8 Si	San Francisco; Septisters Men ony Young ohn Hinton uSA 40 4 USA 40 5 USA 40 4 USA 40 5 USA 40 4 USA 40 4 USA 40 5 USA 40 4 USA 40 5 USA 40 4 USA 40 5 USA 40 4 USA 40	. 15 16.37 18.75 19.86 21.02 21.79 25.43 28.39 33.73 35.34 37.26 37.71	M70 Jim Selby M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	3:04.97 4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	W75 Dolly Scott Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	5.63 36.75 43.30	M45 Marty Krulee Dray Hargrove James Bonilla Robert Zahn	11.40 11.83 12.56	M45 Robert Zahn Brian Mutert Rob Duncanson	16.79 19.90	Frank Carl Jim Hart Don Alexander	38.68 34.79
Mas 1 To 3 Ar 4 Mi 5 Pe 6 Do 7 Ke 8 St 1 Pe 10 G 11 J 12 E Mas 1 Pe 2 M 3 J I (AR 5 St 7 Do 8 St 7 Do 8 St 8 St 1 Pe 8 St 1 Pe 1 Pe 1 Pe 1 Pe 1 Pe 1 Pe 1 Pe 1 Pe	sters Men ony Young ohn Hinton USA 40 4 USA 40 6	16 37 18.75 19.86 21.02 21.79 25.43 28.39 33.59 33.73 35.34 37.26 37.71	M75 John Cross M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	4:14.72 5:00.63 3:39.68 5:02.65 5:39.16	Discus M35 Kyong Song M50 Richard Comber Richard Rhoads	36.75 43.30	Dray Hargrove James Bonilla Robert Zahn	11.83 12.56	Brian Mutert Rob Duncanson	19.90	Jim Hart Don Alexander	34.79
1 Tc 2 J Ar 2 J Ar 4 Min 5 Pe 6 Dr 7 Ke 8 St 10 G 11 J 12 E 12 E Mas 1 Pe 2 M M 3 J I (AR 5 M 6 S h M 8 Ke 8 SC 1 S C 1	ony Young USA 40 4 40 hin Hinton USA 40 4 40 hinton Hinton USA 40 4 1 LSA 40 4 leter Magill SCTC 40 4 lever Haase RA 44 4 lever Haase RA 44 4 lever Haase RA 44 4 lever Haase SCTC 40	18.75 19.86 21.02 21.79 25.43 28.39 33.59 33.73 35.34 37.26 37.71	M80 Clyde Jackson W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	5:00.63 3:39.68 5:02.65 5:39.16	M35 Kyong Song M50 Richard Comber Richard Rhoads	43.30	James Bonilla Robert Zahn	12.56	Rob Duncanson		Don Alexander	
2 Jo 3 A Mi 5 Pc 6 Di 7 Ke 8 Si 10 G 11 J 12 E Mass 2 M 3 J 1 (AR 4 Rc 5 Si 7 De 8 Mi 6 Sr 7 De 8 Mi 6 Sr 7 De 8 Mi 6 Sr 7 De 8 Si 8 Si 8 Si 9 A Si 9 A Si 10 (AR 10 (AR 1	ohn Hinton USA 40 4: Ilke Egle Ilke	18.75 19.86 21.02 21.79 25.43 28.39 33.59 33.73 35.34 37.26 37.71	W60 Marilyn Ongley 1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	3:39.68 5:02.65 5:39.16	M50 Richard Comber Richard Rhoads	43.30	Robert Zahn			19 90		26.35
3 Ar 4 Mi 6 Di 7 Ks 8 Si 9 Ri 11 J 12 E Mass 1 Pa 2 M 4 Ri 5 M 6 Sh 7 Di 8 Mi 6 Sh 7 Si 8 Mi 8 Si 8 Si 9 Ri 11 J 12 E 12 E 13 Si 14 Ri 15 Si 16 Sh 16	ndrew Masai KEN 42 4 tike Egle USA 40 4 teter Magill SCTC 41 4: avid Olds SCTC 40 4: avid Olds SCTC 40 4: teve Haase RA 44 4 toh Burns SCTC 47 4: Graeme Fell CAN 43 4: Brad Jansen SCTC 40 4: sters Women atty Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5 21.57989) ose Monday USA 43 5:	19.86 21.02 21.79 25.43 28.39 33.73 33.73 35.34 37.26 37.71	1500m M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	5:02.65 5:39.16	Richard Rhoads						MAZO Armia Caupar	
5 Pe 6 Di 7 Ke 8 Si 9 Ri 10 C 11 J 11 E Mas 1 Pe 2 M A 3 J I (AR. 4 R. 5 M 6 Sh 7 Di 8 M (AR. SCT Si ST Si	like Egle USA 40 4: varied Olds SCTC 47 4: vich Burns SCTC 47 4: vich Burns SCTC 40 4: brad Jamin Aasum SCTC 40 4: brad Jamen SCTC 40 4: vich Burns SCT	21.02 21.79 25.43 28.39 33.59 33.73 35.34 37.26 37.71	M50 Greg Wilson M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	5:39.16		The second second second		12.60	M60 Fred Dillemuth	21.79		36.02
6 Di 7 Ke 8 Si 9 Ri 10 G 11 J 12 E Mas 1 P 2 M 3 J I (AR 5 M 6 Sh 7 De 8 Ma (AR SC)	lavid Olds SCTC 40 4: evin Osterberg RA 42 4: teve Haase RA 44 4: ich Burns SCTC 47 6: Graeme Fell CAN 43 4: Jamin Assum SCTC 40 4: Brad Jansen SCTC 40 4: sters Women attly Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnson USA 45 5: WFlexer/5 21.57 989) ose Monday USA 43 5:	25 43 28 39 33 59 33 73 35 34 37 26 37 71	M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	5:39.16	M55 Paul Economides	37.96	Ernie Snodgrass	13.31	W40 Joy Margerum	12.36	Tom Allison	33.88
7 Ke 8 Si 9 Ri 10 G 11 J 12 E 12 Mas 1 Pa 2 M 3 J I (ARJ 4 Rc 4 Rc 5 M 6 Sh 7 Do 8 Mis (ARJ SC) 5 Si	evin Osterberg RA 42 4 teve Haase RA 44 tich Burns SCTC 47 4: Graeme Fell CAN 43 4: Brad Jansen SCTC 40 49: LasseJohnson USA 45 5: VFlexer/5 21.57989) ose Monday USA 43 5:	28 39 33 59 33 73 35 34 37 26 37 71	M55 Terry Webster M60 Jim Lyons Edward Miller, Jr	5:39.16	11100 I ddi Economideo	45.22	M50 Lionel Johnson	12.18	W55 Lynn Naftel	15.47	W50 Nancy Oliveira	24.52
8 St 9 Ri 10 G 11 J 12 E May 1 Pa 2 M 3 J I (AR 5 M 6 S 7 D 8 M 8 (AR S S C S	teve Haase RA 44 4: Graeme Fell CAN 43 4: Jamin Aasum SCTC 40 4: Sters Women atty Blanchard CAN 44 5: de St Crox CAN 49 5: LasseJohnson USA 45 5: WHEVER 52 15/1989) ose Monday USA 43 5:	33.59 33.73 35.34 37.26 37.71	M60 Jim Lyons Edward Miller, Jr		M60 Ronald Mickle	47.82	Larry Lettieri	12.67	Long Hurdles	<b>国在新疆外</b> 院	W55 Lorraine Tucker	26.13
9 Ri 10 G 11 C Mas 1 Pa 2 M 3 J J (AR 4 Rc 5 M 6 Sh 7 De 8 M 8 C SC Sc	ich Burns SCTC 47 4: Graeme Fell CAN 43 4: Jarmin Aasum SCTC 40 4: Brad Jansen SCTC 40 4: Bred Jansen SCTC 47 49 5: LasseJohnson USA 45 5: VFlexer/5 21.57 1989) ose Monday USA 43 5:	33.73 35.34 37.26 37.71	Edward Miller, Jr			The second secon	LewisBaskerville	13.40	M35 Drew Monaghan	61.72	AnnSteekenlenbu	rg20.45
11 J 12 E Mass	Jamin AssumSCTC 40 4: Brad Jansen SCTC 40 4: sters Women atry Blanchard CAN 44 5: d 6 St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5 21.5/1989) ose Monday USA 43 5:	37.26 37.71			John Burns	43.66	M55 Dan Girling	14.70	M45 Brian Mutert	65.29	W60 Kathy Bergen	17.27
12 E Mas 1 Pa 2 M 3 J I (ARC 4 R 5 M 6 Sh 7 D 8 M 6 SC I	Brad Jansen SCTC 40 4: sters Women atty Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnsonUSA 45 5: WFlexer 6: 21.5/1989) ose Monday USA 43 5:	37.71	M65 Jerry Albert	6:52.87	M65 Ronald Wade	30.73	Bob Callori	16.66	Andrew Hecker	72.79	W65 Fei-Mei Chou	15.04
Mas 1 Pa 2 M 3 J I 4 Rc 5 M 6 Sh 7 De 8 Ma (ARI SC1	sters Women atty Blanchard CAN 44 5: I de St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5/21.5/1989) ose Monday USA 43 5:			5:50.24	Donald Alexander	26.47	M60 Tony Craddock	13.97	M60 Terry Rowan	53.36	Hammer	
1 Pa 2 M 3 J I (ARA 4 RA 5 M 6 Sh 7 De 8 Ma (ARA SCT	atty Blanchard CAN 44 5: de St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5/21.5/1989) ose Monday USA 43 5:	44	Paul Robillia	5:56.19	M70 Eugen Staniciu	23.07	Fred Dillemuth	15.08	Fred Dillemuth	60.98	M35 David Dibley	28.84
2 M 3 J I (AR) 4 R 5 M 6 Sh 7 De 8 M (AR) SCT	de St Croix CAN 49 5: LasseJohnsonUSA 45 5: VFlexer/5:21.5/1989) lose Monday USA 43 5:		M70 Jim Selby	6:23.13	M75 L B Jones	26.84	M65 Roger Tsuda	13.96	W40 Joy Margerum	73.68	M50 Thomas Meyer	44.27
3 J I (AR) 4 R0 5 M 6 Sh 7 De 8 M (AR) SC1	LasseJohnsonUSA 45 5: VFlexer/5/21.5/1989) ose Monday USA 43 5:		M75 John Cross	8:18.25	John Rafto	20.72	Richard D Novelli				M60 Dave Nuttall	33.98
4 Rd 5 M 6 Sh 7 De 8 Ma (AR) SC1	ose Monday USA 43 5:		W45 S Meister Meredi	5:08.85			M70 Don Cheek	14.44	W55 Lynn Naftel	58.43	Jack Kuhns	33.35
5 M 6 Sh 7 De 8 Ma (AR/ SCT	ose Monday USA 43 5	Phillips	3000m	3.00.03	M80 John Cammarata	20.10	Paul Bambrook	15.03	4x100m Relay		M65 Bob Ward	47.29
6 Sh 7 De 8 Ma (ARA SCT		09 12	The second secon		Mark Henderson	19.85	Sam Flory	15.15	M40-49 San Fran T&F		Bob Humphreys	44.40
7 De 8 Ma (ARA SCT	TrujillodeRio USA 42 5: harlett GilbertSCTC 51 5:		M50 Greg Wilson	11:01.4h	M85 Leland McPhie	18.47	Frank Kishi	16.20	Eggman/Kluth/Mutert/T	homan	Stew Thomson	39.20
8 Ma (ARA SCT	ebbie Barraza USA 46 5		M55 Terry Webster	12:06.0h	M95 Winfield McFadden	10.00	Barney Phillips	16.20	High Jump		Frank Carl	34.74
Sci	arie-LMichelsonUSA60 5:		M60 Jim Lyons	13:42.7h	W50 Nancy Cochrane	14.73			M40 Vic Berezovskiy	1.74		
Si	(Matson/5:58.69/2001)	A PERSON	M65 Jerry Albert	12:37.2h	W55 Lorraine Tucker	24.65	W40 Joy Margerum	13.28	Allen Eggman	1.62	Jim Hart	28.71
	TC-So Calif TC	The second	Paul Robilfia	13:12.8h	W65 Ellen Brannigan	16.77	Mary Miller	14.99	M45 Brian Mutert	1.57	M70 Tom Allison	31.31
	an Diego Senior Olyn		M75 John Cross				W45 Debbie Selby	16.72	Rob Duncanson	1.37	Javelin	20.00
	El Cajon, CA; Sept.	21		17:59.3h	W75 Dolly Scott	11.88	Christine Stone	20.12	M55 Roberto Pozzi	1.52	M35 David Dibley	36.02
50r	m see a	1220	Short Hurdles		Hammer	The state of	W50 Lynn Naftel	14.81	Joe Cantrell	1.37	M40 Eugene Anton	35.97
M4	15 Ken Stone	7.3h	M45 Stacy Price	17.01	M35 Kyong Song	50.24	W60 Kathy Bergen	15.77	M60 John Burns	1.57	Fred Kluth	28.97
M5	0 Ronald Beadle	6.80	M50 Richard Watson	21.64	M50 Thomas Meyer	44.70	Marilou Cramer	16.90	John Dobroth	1.52	M45 Rob Duncanson	35.29
242	Tracy Jones	7.02	M55 James Hollister	16.01	Richard Watson	36.56	W65 Fei-Mei Chou	20.14	Bert Bergen	1.37	Vern McGarry	34.85
		8.10	M60 William Wells	20.79	M55 Paul Economides	50.06	200m		Fred Dillenmuth	1.17	M50 Scott Wolfe	35.50
	55 Ronald Stock		M85 Bert Morrow	30.64			M35 Willy Rossow	25.91	M65 Hal Smith	1.37	M60 John Burns	49.84
	60 Karl Thorpe	8.07			M65 Donald Alexander	17.20	M40 Michael Shea	25.93	M70 Paul Bambrook	1.17	Larry Stuart	49.49
M6	55 Delos Eyer	7.67	W50 Nancy Cochrane	16.71	M70 Eugen Staniciu	32.06	Eugene Anton	27.24	Barney Phillips	1.07	Gary Reddaway	44.99
M7	70 Arnold Ray	8.13	W55 Lynn Naftel	16.11	M75 Kio Shik Song	30.32	Fred Kluth	28.20			Steve Wordell	41.30
	Jim Selby	8.58	Long Hurdles	<b>对外</b>	Javelin	15 had	M45 Marty Krulee	23.37	W45 Karen Vaughn	1.32	Dave Nuttall	36.92
1.17	75 Ray Crawford	10.60	M55 James Hollister	1:08.14	M35 Kyong Song	41.78	Dray Hargrove	24.03	W60 Kathy Bergen	1.27	M65 Hal Smith	36.86
		10.52	M60 Ronald Kirkpatrick	49.51	M40 William McLeroy	40.05	Koko Calvin	25.95	W65 Christel Donley	1.12	Bob Ward	35.59
	30 John Cammarata	MAN COST		52.31	All the second s	and the second second			Fei-Mei Chou	0.91		26.97
M8	35 Bert Morrow	10.69	Terry Rowan		M50 David Johnson	51.13	Ernie Snodgrass	27.07	Pole Vault		Don Alexander	
W4	45 Debbie Selby	8.77	M65 Jessie Carrongton	56.21	Richard Watson	48.71	Rick Thoman	27.26	M45 Murray Mead	4.11	M70 Tom Allison	30.78
. W5	50 Lorna Davis	12.03	W50 Nancy Cochrane	1:09.58	M55 Paul Economides	40.41	M50 Lionel Johnson	25.57	Mike Hogan	3.96	M75 Ed Chynoweth	25.62
	55 Lynn Naftel	8.10	W55 Lynn Naftel	1:01.17	M60 John Burns	46.55	M55 Larry Barnum	26.66	Rob Duncanson	2.74	M90 Ted Hatlen	14.50
-	Lorraine Tucker	8.24	2000m Steeplechase	14-14-15-1	David Servis	30.27	Dan Girling	30.93	M55 Steve Morris	3.66	W45 Karen Vaughn	21.02
1410			M60 Dick Jones	9:11.9h	M65 Edward Martin	31.36	M60 Tony Craddock	29.61	Joel Whitfield	2.29	W50 Nancy Oliveira	22.74
	60 Marilyn Ongley	9.24	M65 Ray Archibald	11:45.0h			M65 Roger Tsuda	28.81	M60 Gary Miller	3.05	AnnSteekenlenb	urg20.86
	70 Gloria Doro	9.75	M70 Herb Henderson	11:36.1h	M70 Eugen Staniciu	25.14	Ray Archibald	42.86	Larry Jones	2.74	W55 Lorraine Tucker	24.65
W7	75 Frances Styles	10.05		11.30.111	M75 John Rafto	23.49	M70 Don Cheek	30,96	Fred Dillemuth	2.13	W60 Kathy Bergen	25.87
W8	80 Gerda Ader	12.24	3000m Steeplechase		M80 Alfred Drake	11.07	Jim Selby	33.90	M65 Ed Oleata	3.18	W65 Christel Donley	22.28
100	0m	MINERAL.	M50 Michael Dawson	15:23.2h	M85 Leland McPhie	15.44	Frank Kishi	34.83	Hal Smith	2.13	1500m Racewalk	
	50 Donn Imrie	12.13	M55 Lee Rice	15:23.0h	W50 Nancy Cochrane	14.55	W45 Debbie Selby	36.94	W45 Rita Hanscom	2.29	M65 Ray Archibald	12:06.7
IVIO	Ronald Beadle	12.48	High Jump		W55 Lorraine Tucker	24.15	W55 Lynn Naftel	30.58	W60 Nadine O'Conno		3000m Racewalk	
			M50 John Little	1.60	W65 Ellen Brannigan	12.21	W65 Fei-Mei Chou	44.04	Long Jump		W35KarenDuncanson	22:20.80
	55 Ronald Stock	15.31	Richard Watson	1.47		12.21	400m		M60 Terry Rowan	4.09	W55 ChristyDillemuth	22:26.98
	60 Ronald Kirkpatrick	14.07		and the second second	1500m RW	70407	M30 Ron Colton	57.41	Fred Dillemuth	4.00	Awards:	
M6	65 Delos Eyer	14.39	M60 John Burns	1.55	M45 David Ciccone	7:31.87	Todd Darras	61.59	Larry Jones	3.96	George Adams Hi-Poir	nt Track
	Maynard Morris	14.88	Davie Perry	1.47	M50 Jack Cassidy	9:46.24	M35 Willy Rossow	56.49		3.88	Don Cheek 72	20
M7	70 Arnold Ray	15.04	M65 John Steinman	1.37	M55 Peter Procopio	9:59.65	M40 Fred Kluth	62.20	Dave Thorenson	4.52	Vernon Cheadle Hi-Poi	
1	Marion Sanchez	15.08	M70 Dude Stephenson	.89	M60 Bob Weeks	8:33.77	M45 Dray Hargrove	53.16	M65 Roger Tsuda			18
			M85 Leland McPhie	1.07	M75 Ray Crawford	12:55.02	Michael Allen	56.08	M70 Paul Bambrook	3.98	Hal Smith 67	
	75 Walter Atcheson	20.15	W50 Nancy Cochrane	1.17	M75 John Cross	11:04.89	Rick Thoman	59.91	Jerry Donley	3.68	Jimmie Whitney Hi-Poir	
M8	80 John Cammarata	20.70		1.12			Ernie Snodgrass		Barney Phillips	2.88	Paul Bambrook 73	14
M8	85 Bert Morrow	20.64	W55 LaTanya Glass		M80 Hal Elrick	11:49.80		66.5h	W40 Joy Margerum	4.89	Pane E Vino Trophy for	
W	45 Debbie Selby	16.94	W75 Frances Styles	.84	5000m RW		M50 Parker White	62.14	W55 Lorraine Tucker	3.75	Outstanding Woman At	niete
	55 Lynn Naftel	15.21	Pole Vault	THE PARTY OF	M45 David Ciccone	29:04.6h	M55 Larry Barnum	57.95	W65 Fei-Mei Chou	2.51	Fei-Mei Chou 67	MARIE CO
	60 Marilyn Ongley	16.99	M50 Steve Morris	3.81	M50 Jack Cassidy	33:32.8h	Dan Girling	75.55	Triple Jump	I PER	Hubbel-Herman Award	
	65 Ellen Brannigan	21.75	Bill McNeal	3.20	M55 Peter Procopio	34:03.3h	M60 Don McMillan	61.94	M50 Angel Cachinero		Best Hammer Thrower	70+
		18.95	M55 Mick Janes	3.05	M60 Gary Steck	32:50.6h	M65 Ray Archibald	96.33	Scott Wolfe	9.63	Tom Allison 72	WEST 1
	70 Gloria Doro	Marie Control	M60 Dick Cunningham	3.05	Bob Weeks	34:14.9h	M70 Don Cheek	68.42	M60 Terry Rowan	8.93	Paul Spangle Award to	
	75 Frances Styles	19.76	M65 John Steinman	2.89	M75 Paul Paulson		Jim Selby	78.00	M70 Paul Bambrook	8.11	Perfomance by Athlete	80+
	80 Gerda Ader	24.28	M70 Bob Holmes	2.29		47:05.7h	W45 Debbie Selby	88.73	W65 Fei-Mei Chou	5.37	Ted Hatlen 91	
20	00m	1000		2.23	W55 Esther Vest	42:10.0h	W55 Lynn Naftel	70.23	Shot Put	CONTRACT.	Ray Williams Memoria	I Award
M4	40 Nick Marilao	30.92	Long Jump		W55 C Covington	12:22.24	W65 Fei-Mei Chou	1:44.92	M40 James Barry	11.00	for Best 5K Runner 60-	130000
	45 Ken Stone	28.72	M40 William McLeroy	3.85	W45 S Meister Meredi	11:03.2h	800m		Allen Eggman	9.06	John Brennand 67	
	50 Steve Kloch	25.98	M50 John Little	5.09	Club West Med	of comment	M30 Ron Colton	2:20.41	M45 James Kerman	14.08	Nick Carter Trophy for	Best
141.	Herman Castille, Jr	26.18	Dixon Moore	5.05	UC-Santa Barbara;		M35 John Sprague	2:02.54	Rob Duncanson	8.36	Age-Graded 1500	BUDIE!
			M55 James Hollister	5.21	55 m	OCL 5	M45 Steve Wulf	2:05.17	Rick Thoman	7.57	Dave Albo 46	to the same
M	55 Larry Barnum	27.16	M60 Richard Imperiale	4.57	M40 Richard J Novelli	7.22	Dave Albo	2:10.51	M50 Michael Shiaras	15.46		2011
	James Hollister	27.50		4.15		7.59	M50 Wayne Douglas	2:32.58	Mike Deller	12.60	INTERNATIO	JNAL
M6	60 Ronald Kirkpatrick	28.67	David Servis		Eugene Anton	6.97	M55 Larry Barnum	2:15.97	Angelo Rinaldi	12.42		-
ME	65 Maynard Morris	31.87	M75 Ray Crawford	2.43	M45 Dray Hargrove		M60 Don McMillan	2:24.04		11.42	BMAF Inter-Club	
	70 Arnold Ray	31.20	M85 Leland McPhie	2.45	James Bonilla	7.25	Jeremy Lys	2:37.54	M60 Jack Kuhns		Tidworth, Wilts., Englan	d; Sept. 21
-	Jim Selby	34.20	W60 Marilyn Ongley	3.44	Jack Cramer	7.54	M65 Ray Archibald	3:41.91	Richard Noble	11.17	100m	Selfondine
			W65 Ellen Brannigan	2.60	Rob Duncanson	7.62	M70 Jim Selby	2.58.19	Ken Lott	10.26	M40 E Smart	11.4
	75 Louis Beadle	31.93	W75 Frances Styles	2.46	Ernie Snodgrass	7.70	Vernon Dolphin		Dave Nuttall	10.10	M50 G Sutton	12.2
	80 Clyde Jackson	50.17		2.40	M50 Lionel Johnson	7.25			M65 Hal Smith	14.22	M60 B Shearsmith	13.1
W	45 Debbie Selby	38.60	Triple Jump		Larry Lettieri	7.42	W45 Tracey Cox	3:01.70	Hal Smith age-67WF		W35 J Money	12.8
	/50 Nancy Cochrane	36.44	M50 Richard Beaumont		M55 Lance Pierce	8.22	W60Marie-LMichelsoh	nz.48.59	Jim Hart	9.79	W40 W Stone	13.1
	/55 Lynn Naftel	32.35	M55 James Hollister	10.47	M60 Fred Dillemuth	8.29	1500m	of the said	Don Alexander	7.58		14.8
		38.11	M60 Terry Rowan	9.04	M65 Roger Tsuda	8.11	M40 Carl Maravilla	4:41.07	M70 Arnie Gaynor	12.84	W50 M Waters	14.0
	/60 Marilyn Ongley	50.11	M85 Leland McPhie	4.97	Richard D Novell	THE RESERVE AND ADDRESS OF THE PARTY OF THE	M45 Dave Albo	4:32.15	Tom Allison	11.11	200m	20.5
	00m	£7.04	W75 Frances Styles	5.79	Ray Archibald	11.54	M60 Jeremy Lys	5:39.04	Barney Phillips	7.97	M40 D Maynard	22.5
M	50 Herman Castille, Jr	57.81	AND A STATE OF THE PARTY OF THE	5.13	M70 Don Cheek	8.35	M65 Charles Kirby	5:55.42	M90 Ted Hatlen	WR7.19	M50 G Sutton	25.0
5 7	John Tomaschke	59.95	Shot Put	STATE OF THE PERSON NAMED IN	Sam Flory	8.60	M70 Jim Selby	6:45.07			M60 B Shearsmith	27.0
M	55 Larry Barnum	57.24	M40 William McLeroy	8.65		8.68	Mile		(Crane/6.97/1990		W35 J Money	27.0
			M50 Michael Shiaras	14.99	Paul Bambrook			8.03.30	W45 Karen Vaughn	8.92	W40 W Stone	26.9
1		1:26.4h	Angelo Rinaldi	12.65	Barney Phillips	9.15	M65 Ray Archibald	8:03.28	W50 Ann Steekelenb		W50 D Cox	31.8
		1:16.77	M55 Paul Economides	14.98	Jim Selby	9.33	2000m Steeplecha		W55 Lorraine Tucker	9.06	400m	
				9.75	M90 Ted Hatlen	12.17	M60 Blaine Lawson	9:08.5	Kathy Noble	6.48	M40 D Maynard	49.3
M		1:17.04	Jorge Juarez		W40 Joy Margerum	7.74	M65 Don Truex	8:49.2	W65 Chrisel Donley	7.60	And the second s	
	Walter Atcheson	1:36.27	M60 Glen Johnson	12.28	Mary Miller	8.62	Gordon McClenati	nen9:24.8	THE RESERVE OF THE PARTY OF THE	245-4	Continued on	next page

4:19:41

Karin Grossman

	- autoballian		AND DESCRIPTION OF THE PERSON	4.00	, W40 Karen McClintock	5.97	W65 Tina Baarslag-Leb	20:10.84	Karin Grossman	4:19:
Continued from previo	ous page	M40 Stephen Harris 1:04.1		1.26	W45 Sue Williams	6.59	W70 C Dauphinet	20:35.30	Loretta Bauer	4:22
M50 I Bostock	57.6	M50 Stuart Hayward 54.5 M55 Bruce Currie 59.9	The second secon	1.04	W55 Shirley Heaver	8.57		20:42.15	Jan Rohde Karen Connelly	4:26
M60 B Simmonds	63.8	M60 Col Buyers 1:00.1		.80	W60 Eunice Jenkins	8.82	10,000m RW	49:35	Lynn Gehrke	4:28
M40 S Toogood	1:58.8	M65 Noel Garvey 1:11.7			W65 Heather Doherty	10.05	M35 Andrew Ludwig	57:50	Audrey Schroeder	
M50 R Minting	2:15.8	M70 Ron Rohnson 1:13.7		4.05	W75 Norma Murdoch	6.96	M40 Andrew Legget M45 Peter Bennett	50:20	W65 Albertina Zuniga	3:55
M60 N Duggan	2:36.7	M75 Jimmy Thomson 1:15.0		3.20	W80 Olga Kotelko	7.79	M50 Jim Schmidt	1:02:26	Pat Ordahl	4:26
W35 J Brown	2:25.0	W30 Marissa Stephen 59.2	M40 Andrew Wheeler	3.20	Pentathion	2296	M55 Keith Heness	1:06:18	Joyce Hodges-Hite	e 4:35
W40 B Lock	2:29.2	W35 Deb McLachlan 1:02.2	M50 Jos Pols	2.30	W60 Eunice Jenkins	100000000000000000000000000000000000000	M60 Patrick Sela	1:08:06	Vici Dehaan	5:18
W50 Hitchmough	2:44.1	W40 Deann Mayfield 1:00.8		2.80	W65 Heather Doherty	3801 2639	M65 George Megas	1:08:59	Patricia Wahlgren	5:22
1500m	4:13.4	W45 Janita Cottman 1:10.0		2.10	W75 Norma Murdoch	3624	M70 Richard Lynch	1:05:13	Phyllis Kahn	5:23
M40 B Jones M50 A Jenkins	4:27.7	W50 Kathy Heagney 1:06.0		2.20	W80 Olga Kotelko	3024	M75 Dick Keatinge	1:13:26	Patricia Amidon	5:29
M60 L Hughes	5:13.8	W55 Sheryl Gower 1:11.3		1.70	Weight Pentathlon M30 Dean Cowan	2875	W30 Diana Pittwood	1:05:52	W70 Carolyn Sankey	4:36
W35 W Jones	5:03.6	W60 Marg Radcliffe 1:23.1		1.40	M35 Stuart Gyngell	3369	4K Cross Country		W75 Joy Johnson	5:24
W40 M Holland	5:03.9	W65 Julie Williams 1:32:4		2.40	M40 Mark Cummins	2968	M30 David Hill	9:54	Tufts Health Plan 5K fo	or Wom
W50 Hitchmough	5,22.3	W75 Una Banath 2:43:0	W30 Leanne McMurdy	4.75	M45 Garvan Cannon	. 2294	M35 Rick Blake	12:17	/ USA National Cham	
3000m	0.17.4	1500m		4.85	M50 Erik Hedendahl	3234	M40 Pete McCarthy	12:53	Boston, MA; Oct	1. 14
M40 N Overton M50 A Jenkins	9:17.4 9:48.1	M30 David Hill 4:14.1 M35 Mark Worsnop 4:35.8		4.76	M55 J Bookin-Weiner	3539	M50 Gisbert Zwolen	11:52	Overall	
M60 K Buckle	11:06.2			3.97	M70 Ron Johnson	3555	M60 John Peacock	15:07	Maria Runyan 28	31:46
W35 J Lasenby	10:44.9	M45 Randall Kirkwood 5:07.8 M50 Bob Grayson 4:33.6		3.90	M75Russell Grigg	2289	W35 Karen Lakin	14:11	W40CarmenTroncoso4	
W40 I Holland	10:51.3	M55 Lewis Macey 5:36.1		2.98	M80 Ted Vickers	2403	W40 Lesley Light	12:30	Susan Faber 40	35:45
W50 C Meeton	11:07.2	M60 Maurice McNamara 7:17.3	The second secon		M85 Ken Butterworth	2010	W45 Geraldi Lightfoot	17:24	Jeanne Johnson4	
100mH	45.0	M65 Bill Kenny 5:28.7		10.65	W35 Judy Cook	1556	W50 Leonie Thompson	18:18	Kate Paddon 40 JoanNesbit Mabe	36:16
M50 T Wells	15.3 14.9	M70 Ian Hicks 6:53.3		8.20	W40 Karel McClintock	1638	W55 Marion Sohier	22:24	W50 Kathy Martin 51	37:0
W35 W Laing	14.9	M75 Norm Pearce 6:53.3		10.76	W45 Sue Williams	1937	W75 Margaret Krause	22:07	SusanMaslowskis	
Asia-Pacific Ga		W30 Christine Suffolk 5:34.2		7.97	3000m RW		8K Cross Country		Cathy Klim 53	42:4
Queensland, Australia;		W35 Laurel Gore 5:16.6		10.36	M35 Andrew Ludwig	13:47.45	M40 Nigel Bamford	26:48	Karen Durante 51	
60m		W50 Edit Ercsenci 6:23.0		9.67	M40 Greg Rowe	15:58.08	M45 Garry Simes	22:58	Eileen Richards 5	
M30 Warren Evans	7.47	W65 Aileen Thompson 7:11.63		9.86	M45 Peter Bennett	13:39.21	M50 Richard Hutchinson	24:10	W60 Annette Swain	50:1
M35 Steven Tilburn	7.51	5000m	M70 Ron Rohnson	7.67	M50 Jim Schmidt	16:43.64	M55 Robin Reed	23:15	Linda Foote 61	50:2
M40 Ray Keane	7.61	M35 Andrew Ludwig 23:43.4		9.02	M55 Keith Heness	18:10.07	M70 Osmo Millridge	30:41	Betsy Piskorski 60	53:1
M45 Col Davis	8.26	M40 Greg Rowe 28:48.6	and the second second	5.43	M60 Patrick Sela	19:00.85	M75 Bill Honeywell	32:50	W70 Mary Seamans 73	62:5
M50 Martin Lynch	7.71	M45 Peter Bennett 23:46.1		9.49	M65 Tery Dunn	18:11.24	W30 Christine Suffolk	25:42	Phyllis Mays 71	67:5
M60 John Cooper	8.23	M50 Jim Schmidt 30:07.0		8.85	M70 Richard Lynch	19:04.15	W35 Jenny Henville	23:38	Doris Zimmerman	
M55 John Wight	8.08	M55 Tim Thompson 31:53.8		7.94	M75 Dick Keatinge	21:27.54	W40 C C Campbell	31:23	W80+Louise Rossetti 8	1 78:5
M65 Noel Garvey	8.92	M60 Patrick Sela 32:42.69	The second secon	6.57	W30 Diana Pittwood	17:48.96	W45 Glenda Chappel	27:14	EACT	
M70 Mick Pirie	9.60	M65 Tery Dunn 32:18.20	The second secon	The same	W35 Carilin Pandlebury	20:00.84	W50 Fay McNeill	25:53	EAST	
M75 Rudy Hochreiter	9.30	M70 Richard Lynch 31:58.44		14.89	W45 Judy Moller	17:33.05	W55 Betty Menzies	27:16	Willow Bay 5K	3800
M85 Vic Younger	12.93	M75 Dick Keatinge 36:25.52		17.42	W50 Felicia Schmidt	16:28.10	W60 Aileen Thompson	34:42	Liverpool, NY; Aug	g. 17
W30 Michelle Curtis	8.35	W30 Diana Pittwood 31:52.42		11.46	W60 Noela McKinven	19:17.20	W65 Sheila Abrahams	56:18	Overall	all their
W35 Kerri Healy	8.73	W35 C Pendlebury 35:47.43		12.88	Tree freed mer antren	10:11:20	Troo Cricia / Cranamo		Ashley Hughes 16	18:46
W40 Leanne Smith	8.63			10.25	LONG DI	CTAR	ICE RESUI		W40 Mary Hughes	20:19
W45 Suzy Roden	9.28	W45 Judy Moller 30:02.30		11.24	LONG DI	SIAI	ICE RESU		E. Barnack	22:04
W50 Wilma Perkins	9.04	W50 Felicia Schmidt 28:41.36		10.18			1000 14 11 11 11 11	00050	W45 R Nelson	21:36
W55 Sheryl Gower	9.10	W55 Sally Lynch 31:13.78 W60 Margaret Beaumont 36:00.28		10.10	NATIONA		Myron Anderson Christopher Smith	3:30:50	Karla Eisch	22:18
W60 Marg Radcliffe	9.84	W65 T Baarslag-Leb 36:05.59		10.81	USATF National M		Richard Trochman		W50 C. Steinbach	19:58
W65 Annette Horsnell	9.61	W70 C Dauphinet 35:03.65		6.54	Marathon Champion		George Gura	3:44:36	Diane Sherrer	22:59
W75 Daphne Pine	11.65	W75 Lorna Thompson 35:23.70		8.01	Twin Cities Mara		Pat Brown	3:51:29	W55 Ruth Ripley	25:55
W75 Loma Thompson	13.29	10,000m	W35 Judy Cook	7.59	Minneapolis/St. Paul, MI		Chuck Van Duzee		Joan Deyle	26:27
W80 Olga Kotelko	14.14	W45 Judy Moller 1:03:40		7.30	Overall	editation in	Jerry Sombke	4:16:13	W60 Y. Tasker-Rothenberg	
100m	A STATE OF	W50 Felicia Schmidt 57:27	W45 Wendy Ryan	10.14	Dan Browne 27	2:11:35		3:37:14	Carol Rider	26:21
M30 Warren Evans	11.80	W55 Sally Lynch 1:03:37	W50 Wilma Perkins	9.41	Irina Bogacheva 41	2:29:39	Greg Prom	3:43:47	W65 Margret Betz	21:54
M35 Steven Tilbum	11.73	W60 Noela McKinven 1:09:05		6.97	M40 Joshua Kipkembo	2:11:45	Robert Coffey	4:13:38	W75+R. Tumidajewicz	
M40 Ray Keane	12.08	W65 Doris Witteveen 1:21:52		7.09	Jackson Kipngok		Chuck Mcjilton	4:47:27	Jeanne Bissel	49:29
M45 Paul Sefond	13.61	W70 C Cauphinet 1:12:06	W65 Heather Doherty	8.02	Eddy Hellebuck	2:19:59	Orin Scandrett	4:51:46	NYRR Marathon Tu	ne-up
M50 Martin Lynch	12.81	W75 Doreen Torbit 1:13:30	W75 F McLeod-Smith	5.11	Mouhamet Nazipo	v 2:22:03	M75 Lloyd Young	4:19:08	18 Miles	SCHOOL STATE
M55 John Wight	12.67	Short Hurdles	W80 Olga Kotelko	5.50	Danny Martinez	2:22:09	Byron Van-Dake	5:15:55	Central Park, NYC; A	ug. 25
M60 John Cooper	13.12	M30 Warren Evans 16.62	The second secon		Sam Ngatia	2:24:30	Burt Carlson	5:23:26	Overall	
M65 Noel Garvey	14.61	M35 Matt Enright 20.88		24.84	Maynard Read	2:27:29	Jim Waterman	6:08:48	Jorge Real 32	1:38:1
M70 Mick Pirie	15.83	M40 Kevin Davis 22.10		18.51	Kevin Broady	2:28:32	W40 Irina Bogacheva	2:29:39	Cathy Grote 27	1:56:4
M75 Rudi Hochreiter	15.63	M50 Steve Ford 19.29		22.11	Mike Platt	2:31:09	Firaya Sultanova	2:38:56	M40 Jose Brasidao	1:49:3
W30 Marissa Stephen	12.91	M55 Harry Giles 17.53	/ United	25.11	Kevin Haas	2:32:32	Linda Sommers	2:39:26	M45 Daniel Murphy	1:50:2
W35 Deb McLachlan	13.65	M60 Bill Knocke 18.73	The second secon	18.81	M45 John Stolz	2:40:58	Kelly Keeler	2:45:13	M50 John Pontes	1:58:
W40 Leanne Smith	13.80	M65 Kiyoshi Konoike 19.56		20.56	Joseph Haynes	2:42:30	Meghan Arbogast		M55 Julio Aguirre	2:00:
TALLE DE	14.57	M70 Ron Johnson 19.08		20.76	David Tappe	2:43:28	Bev Docherty	2:48:33	M60 Eduard Fedossov	2:21:
W45 Dianne Alderman	14.33							2:50:49	M65 Alfred Finger	2:21:
W50 Wendy Doran		M75 Geza Dobriban 17.73	W75 Norma Murdoch	11.22	Rodrigo Zegers	2:47:38	Debbie Leyden		M70 Kenneth Jones	
W50 Wendy Doran W55 Sheryl Gower	14.66			11.22	Mark Wise	2:49:12	Maria Trujillo de Rios	2:51:52		
W50 Wendy Doran W55 Sheryl Gower W60 Marg Raddiffe	14.66 16.32	M75 Geza Dobriban 17.73	W80 Olga Kotelko Hammer	14.37	Mark Wise Steve Moe	2:49:12 2:51:12	Maria Trujillo de Rios Sue Kelly	2:51:52 3:05:08	M75 Sab Koide	3:18:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell	14.66 16.32 15.89	M75 Geza Dobriban       17.73         W30 Leanne McMurdy       20.18         W35 Olivia Stewart       17.48         W40 Julie Walklate       15.07	W80 Olga Kotelko Hammer M30 Dean Cowan	14.37 42.19	Mark Wise Steve Moe Jess Koski	2:49:12 2:51:12 2:51:51	Maria Trujillo de Rios Sue Kelly Kristi Larson	2:51:52 3:05:08 3:11:47	M75 Sab Koide W40 Alayne Adams	3:18:5
W50 Wendy Doran W55 Sheryl Gower W60 Marg Raddiffe W65 Annette Horsnell W70 Daphne Pirie	14.66 16.32 15.89 19.70	M75 Geza Dobriban 17.73 W30 Leanne McMurdy 20.18 W35 Olivia Stewart 17.48	W80 Olga Kotelko Hammer M30 Dean Cowan	14.37 42.19 42.88	Mark Wise Steve Moe Jess Koski Norm Champ	2:49:12 2:51:12 2:51:51 2:52:09	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz	2:51:52 3:05:08 3:11:47 3:00:37	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi	3:18: 2:00: 2:13:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod	14.66 16.32 15.89 19.70 22.90	M75 Geza Dobriban     17.73       W30 Leanne McMurdy     20.18       W35 Olivia Stewart     17.48       W40 Julie Walklate     15.07       W50 Marj Burley     19.77       2000m Steeplechase	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins	14.37 42.19 42.88 48.76	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton	3:18: 2:00: 2:13: 2:25:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko	14.66 16.32 15.89 19.70	M75 Geza Dobriban     17.73       W30 Leanne McMurdy     20.18       W35 Olivia Stewart     17.48       W40 Julie Walklate     15.07       W50 Marj Burley     19.77       2000m Steeplechase     9:08.24       M65 Bill Kenny     9:08.24	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood	14.37 42.19 42.88 48.76 26.02	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh	3:18: 2:00: 2:13: 2:25: 2:26:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m	14.66 16.32 15.89 19.70 22.90 27.04	M75 Geza Dobriban     17.73       W30 Leanne McMurdy     20.18       W35 Olivia Stewart     17.48       W40 Julie Walklate     15.07       W50 Marj Burley     19.77       2000m Steeplechase     M65 Bill Kenny     9:08.24       M70 Osmo Millridge     9:35.59	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch	14.37 42.19 42.88 48.76 26.02 31.68	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu	3:18: 2:00: 2:13: 2:25: 2:26: 2:52:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans	14.66 16.32 15.89 19.70 22.90 27.04	M75 Geza Dobriban 17.73 W30 Leanne McMurdy 20.18 W35 Olivia Stewart 17.48 W40 Julie Walklate 15.00 W50 Marj Burley 19.77 2000m Steeplechase M65 Bill Kenny 9:08.24 M70 Osmo Millridge 9:35.55 W35 Laurel Gore 8:03.44	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron	14.37 42.19 42.88 48.76 26.02 31.68 37.33	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose	3:18:5 2:00:3 2:13:3 2:25:5 2:26:3 2:52:0 3:11:0
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.82	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold	2:49:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radciffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         19:02.87	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64	Mark Wise Steve Moe Jess Koski Norm Champ Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor	2:49:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42 n 3:07:10	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90	M75 Geza Dobriban     17.73       W30 Leanne McMurdy     20.18       W35 Olivia Stewart     17.48       W40 Julie Walklate     15.07       W50 Marj Burley     19.77       2000m Steeplechase     M65 Bill Kenny     9:08.24       M70 Osmo Millridge     9:35.55       W35 Laurel Gore     8:03.44       W50 Fay McNeill     9:02.87       3000m Steeplechase     M40 Bill McLean     11:03.3	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Marwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll	2:49:12 2:51:51 2:52:09 3:00:01 3:05:01 3:06:12 3:06:42 1 3:07:10 3:08:00	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia McClain Andriette Wickstrom Kathleen Dunbar Deb Thomford	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radciffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny           M70 Osmo Millridge         9:08.24           W35 Laurel Gore         8:03.44           W50 Fay McNeill         3000m Steeplechase           M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier	2:49:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42 n 3:07:10 3:08:54	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia McClain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder Kentlands-Lakelanc	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51:
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         9:08.24           M70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         11:58.3	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42 n 3:07:10 3:08:54 2:51:48	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 3:09:14	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4s 5K ug. 31
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W55 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilbum M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M50 John Cooper	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:33.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         11:58.3           M55 Lewis Macey         15:08.7	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81	Mark Wise Steve Moe Jess Koski Norm Champ Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42 1 3:08:00 3:08:54 2:51:48 2:52:41	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia McClain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 3:09:14 3:22:35	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Overall	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4:5 5K ug. 31
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight M60 John Cooper M65 Noel Garvey	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:35.59           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         11:58.3           M55 Lewis Macey         15:08.7           High Jump         15:08.7	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Marwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73	Mark Wise Steve Moe Jess Koski Norm Champ Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:05:01 3:06:12 3:06:42 13:07:10 3:08:00 3:08:54 2:51:48 2:52:41 3:01:04	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 4 3:22:35 3:31:18	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Oyerall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurtz	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4:5 5K ug. 31 14:5 16:5
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radciffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight M60 John Cooper M65 Noel Garvey M70 Mick Pirie	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84	M75         Geza Dobriban         17.73           W30         Leanne McMurdy         20.18           W35         Olivia Stewart         17.48           W40         Julie Walklate         15.07           W50         Marj Burley         19.77           2000m Steeplechase         M65         Bill Kenny         9:08.24           M70         Osmo Millridge         9:35.56           W35         Laurel Gore         8:03.44           W50         Fay McNeill         9:02.87           3000m         Steeplechase         M40         Bill McLean         11:03.3           M45         C Worsnop         14:02.2         M50         Richard Hutchinson         11:58.3           M55         Lewis Macey         15:08.7         High Jump         M30         Grant Barton         1.55	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Marwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73 39.19	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:06:12 3:06:12 3:06:42 1:308:00 3:08:54 2:51:48 2:52:41 3:01:04	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:20:43 3:21:10 3:24:31 3:20:07 3:09:14 3:22:35 3:31:18 3:33:05	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Oyarall Ben Cooke 254 Atalelech Kettema 19 M40 Frank Kurtz David Haaga	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4s 5K ug. 31 14:5 16:5
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radciffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight M60 John Cooper M65 Noel Garvey M70 Mick Pirie M75 Jimmy Thompson	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84 32.01	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         9:08.24           M65 Bill Kenny         9:08.24           W70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         15:08.7           High Jump         15:08.7           M30 Grant Barton         1.55           M35 Wayne Edwards         1.65	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler M45 Arthur Haralampou	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons Greg Envey	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:06:13 3:06:12 3:06:42 n 3:07:10 3:08:54 2:51:48 2:52:41 3:01:04 3:06:16	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel Susan Love	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:12:56 3:20:42 3:21:10 3:24:31 3:20:42 3:20:00:07 3:09:14 3:22:35 3:31:18 3:33:05 3:33:05	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder Kentlands-Lakeland Gaithersburg, MD; A Overall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurz David Haaga Dennis Contoris	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4s 5K ug. 31 14:5 16:5 16:4
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W55 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilbum M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M50 John Cooper M65 Noel Garvey M70 Mick Pirie M75 Jimmy Thompson W30 Marissa Stephen	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84 32.01 26.48	M75         Geza Dobriban         17.73           W30         Leanne McMurdy         20.18           W35         Olivia Stewart         17.48           W40         Julie Walklate         15.07           W50         Marj Burley         19.77           2000m Steeplechase         M65         Bill Kenny         9:08.24           M70         Osmo Millridge         9:35.56           W35         Laurel Gore         8:03.44           W50         Fay McNeill         9:02.87           3000m         Steeplechase         M40         Bill McLean         11:03.3           M45         C Worsnop         14:02.2         M50         Richard Hutchinson         11:58.3           M55         Lewis Macey         15:08.7         High Jump         M30         Grant Barton         1.55	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler M45 Arthur Haralampou	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73 39.19	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons Greg Envey Paul Virgin	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:06:12 3:06:42 3:07:10 3:08:00 3:08:54 2:51:48 2:52:41 3:01:04 3:06:16 3:10:03 3:15:11	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia McClain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel Susan Love Suellen Tritz	2:51:52 3:05:08 3:11:47 3:00:32 3:06:40 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 3:09:14 3:22:35 3:31:18 3:33:05 3:45:09 3:46:48	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Oyerall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurtz David Haaga Dennis Contoris M45 Dan Lawson	3:18: 2:00: 2:13: 2:25: 2:26: 2:52: 3:11: 3:51: 4s 5K ug. 31 14:5 16:4 16:5 17:2 16:2
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight M60 John Cooper M65 Noel Garvey M70 Mick Pirie M75 Jimmy Thompson	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84 32.01 26.48 27.85	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         9:08.24           M65 Bill Kenny         9:08.24           W70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         15:08.7           High Jump         15:08.7           M30 Grant Barton         1.55           M35 Wayne Edwards         1.65	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler M45 Arthur Haralampou M50 Mark Stevens	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73 39.19 36.12	Mark Wise Steve Moe Jess Koski Norm Champ Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons Greg Envey Paul Virgin John Farah	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:05:01 3:06:12 3:06:42 3:07:10 3:08:00 3:08:54 2:51:48 2:52:41 3:01:04 3:06:16 3:10:03 3:15:11 3:15:56	Maria Trujillo de Rios Sue Kelly Kristi Larely Kristi Larely Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel Susan Love Suellen Tritz Carol Hering	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 3:22:35 3:31:18 3:33:05 3:45:09 3:46:48 3:48:07	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Qyerall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurtz David Haaga Dennis Contoris M45 Dan Lawson Peter Kirk	3:18: 2:00: 2:13: 2:25: 2:26: 3:51: 3:51: 4s 5K ug. 31 14:5 16:5 16:5 17:2 17:0
W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W55 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilbum M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M50 John Cooper M65 Noel Garvey M70 Mick Pirie M75 Jimmy Thompson W30 Marissa Stephen	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84 32.01 26.48 27.85 27.99	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:35.55           W35 Laurel Gore         8:03.44           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         11:58.3           M55 Lewis Macey         15:08.7           High Jump         M30 Grant Barton         1.55           M35 Wayne Edwards         1.65           M40 Darren Smith         1.50	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Manwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler M40 Andrew Wheeler M50 Mark Stevens M55 J Bookin-Weiner	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73 39.19 36.12 47.48	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons Greg Envey Paul Virgin John Farah Bob Dahl	2:49:12 2:51:12 2:51:51 2:52:09 3:00:01 3:02:13 3:05:01 3:06:12 3:06:42 3:07:10 3:08:00 3:08:54 2:51:48 2:52:41 3:01:04 3:06:16 3:10:03 3:15:11 3:15:56 3:16:00	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel Susan Love Suellen Tritz Carol Hering W55 Gloria Jansen	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:06:46 3:12:56 3:20:42 3:21:10 3:24:31 3:00:07 3:09:14 3:33:05 3:45:08 3:46:08 3:46:09 3:46:48	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder Kentlands-Lakeland Gaithersburg, MD; A Oyerall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurtz David Haaga Dennis Contoris M45 Dan Lawson Peter Kirk James Cooper	3:18: 2:00: 2:13: 2:25: 2:26: 3:11: 3:51: 4:5 5K ug. 31 14:5 16:5 16:4 16:5 17:0 17:3
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W50 Wendy Doran W55 Sheryl Gower W60 Marg Radcliffe W65 Annette Horsnell W70 Daphne Pirie W75 F D Smith-McLeod W80 Olga Kotelko 200m M30 Warren Evans M35 Steven Tilburn M40 Ray Keane M45 Paul Sefont M50 Ken Kohnt M55 John Wight M60 John Cooper M65 Noel Garvey M70 Mick Pirie M75 Jimmy Thompson W30 Marissa Stephen W35 Deb McLachlan W40 Leanne Smith W45 Dianne Alderman W50 Kathy Heagney W55 Sheryl Gower W60 Marg Radcliffe	14.66 16.32 15.89 19.70 22.90 27.04 24.12 24.16 25.11 26.90 26.11 25.53 25.86 30.04 32.84 32.01 26.48 27.85 27.99 29.97 29.97 29.97 29.97 33.43	M75 Geza Dobriban         17.73           W30 Leanne McMurdy         20.18           W35 Olivia Stewart         17.48           W40 Julie Walklate         15.07           W50 Marj Burley         19.77           2000m Steeplechase         M65 Bill Kenny         9:08.24           M70 Osmo Millridge         9:03.53.4           W50 Fay McNeill         9:02.87           3000m Steeplechase         M40 Bill McLean         11:03.3           M45 C Worsnop         14:02.2           M50 Richard Hutchinson         15:08.7           High Jump         15:08.7           M35 Wayne Edwards         1.65           M40 Darren Smith         1.55           M45 Neil McLean         1.65           M55 Brent Thompson         1.56           M60 Spencer Herft         1.35           M60 Spencer Herft         1.35           M65 Tery Dunn         1.22           M70 Ron Johnson         1.25	W80 Olga Kotelko Hammer M30 Dean Cowan M35 Stuart Gyngell M40 Mark Cummins M45 Grahame Marwood M50 Graham Welch M65 Robin Herron M70 Tom Mullins M75 Rudi Hochreiter M80 Ted Vickers M85 Ken Butsworth Javelin M30 Warren Evans M35 Matt Enright M40 Andrew Wheeler M45 Arthur Haralampou M50 Mark Stevens M55 J Bookin-Weiner M55 Ray Pearce M60 Spencer Herft M65 Arvo Ropelin M70 Ron Johnson M75 Rudi Hochreiter M85 Ted Vickers Weight Throw	14.37 42.19 42.88 48.76 26.02 31.68 37.33 39.48 26.64 17.59 16.81 54.32 45.73 39.19 36.12 47.48 37.69 38.17 35.25 34.02 35.89 31.09	Mark Wise Steve Moe Jess Koski Norm Champ M50 Doug Suker Brian Waterhouse Stephen Maupin Christopher Nemeth Mark Brunsvold Brian Hendricksor Paul Knoll Eduardo Maier M55 Dave Dooley Alejandro Ulloa Paul Lamere John Emmons Greg Envey Paul Virgin John Farah Bob Dahl M60 Jared Mondry Dick Hessier Fay Bradley Rick Kleyman Donald Welch	2:49:12 2:51:12 2:51:51 3:00:01 3:00:01 3:06:12 3:06:42 10:308:00 3:08:54 2:51:48 2:52:41 3:01:04 3:06:16 3:10:03 3:15:11 3:15:56 3:16:00 3:01:40 3:01:40 3:01:40 3:01:40 3:01:40 3:01:40 3:01:57 3:13:18 3:19:47 3:27:50 3:29:25	Maria Trujillo de Rios Sue Kelly Kristi Larson W45 Gillian Horovitz Jean Herbert Claudia Kasen Karen Ladig Tricia Mcclain Andriette Wickstrom Kathleen Dunbar Deb Thomford W50 Suzanne Ray Edie Stevenson Julie Virkus Susie Roberts Therese Vogel Susan Love Suellen Tritz Carol Hering W55 Gloria Jansen Nancy Rollins Gael Jones Shinobu Tamura Kristin Cannaday-Stash Kathleen Andrews	2:51:52 3:05:08 3:11:47 3:00:37 3:06:32 3:06:40 3:12:56 3:20:42 3:21:10 3:24:31 3:20:42 3:21:10 3:24:31 3:30:07 3:09:14 3:22:35 3:31:18 3:33:05 3:45:09 3:48:09 3:48:03 3:47:43 3:20:26 3:43:09 3:45:09 3:45:09 3:45:09 3:45:09	M75 Sab Koide W40 Alayne Adams W45 Chihiro Yamauchi W50 Kathleen Horton W55 M Greeley Walsh W60 Yue Fu W65 Joy Rose W70 Bertha McGruder  Kentlands-Lakeland Gaithersburg, MD; A Oyerall Ben Cooke 254 Atalelech Ketema 19 M40 Frank Kurtz David Haaga Dennis Contoris M45 Dan Lawson Peter Kirk James Cooper M50 Bill Rogers Jay J Wind Thomas Noonan M55 Pat Griffith Jim Noone	

November, 2002

Continued from previous M65 Richard Williams John Gluck M70 Jack McMahon George Waxter M75 Bill Osburn Dixon Hemphill W40 Laura Freix Sarah Buckheit Wendy Ponvert W45 Gretchen Triantos Betty Blank Myra Washington W50 Alice Franks Cathie Rosenfeld W55 Cathy VanbBrocklin Dee Nelson Mary Kuta W60 Sharon Dolan W65 Mary Zenchoff W75 Kay Morrison

NYRR NYC Run to Liber Bronx, NYC; Aug. 3 Paul Mwangi 35 Grace Njoki 24 M40 Conor O'Driscoll M45 Greg Diamond M50 Francisco Rodriguez M55 Julio Aguirre M60 Dennis Brewer M65 Jack Hanley M70 Bill Horowitz M75 John McManus M80 Mel Freidel M85 Wilfredo Rios W40 Lisa Gonzales Gile W45 Susan Berman W50 Leah Whipple W55 Rita La Bar W60 Evelyn Davis W65 Rosa Nales W70 Elizabeth Thomas W75 Joan Rowland

Henry Isola X-C 4 Mil Central Park, NYC; Sep Overall Art Gunther 31 Naomi Reynolds 16 M40 Douglas Hegley M45 Volodymyr Tomilov M50 Joseph Porcaro M55 Julio Aguirre M60 Eduard Fedossov M70 John Dwyer M75 Jack Haar W40 Robin Roberts W45 Mary Diver W55 Katherine Switzer W60 Wendy Burns W65 Billie Moten

COE-Brown Run to Fal Cross-Country Northwood, NH; Sept Overall Scott Brown 44 Amy Bourgault 36 M40 S. Brown M50 Randy Waterman 18 M60+Joe Boyle W40 Pat Bourgault W50 Faye Lowery W60+S. Burkenshaw 28

Philadelphia Distance I Half-Marathon Philadelphia, PA; Sept.

Philadelphia, PA;
Overall
Ronald Mogaka 24
Catherine Ndereba 30
M40 John Tuttle
Fred Klevan
John Kelly
Jim Hage
Jeffery Haynes
M45 Alan Ruben
Stanley Cohen
Greg Diamond
Jeffrey Juran
Paul Marzan
M50 Gary Fanelli
William Kehner Jr
Perry Francis
Mick Stonaker
M55 Bob Chase
Mohammad
Dwight Edns
Raiph Morris
Jack Brennan
Bob Aromando
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Mod Floor Wilsons   24 - 10   10   10   10   10   10   10   10	Continued from previous page	Vincent Criniti 1:41:49	W40 Yukiko Nishide 26:04	The state of the s	0	
April		M75 George Yannakakis 1:48:11		Don Proto 50:06	StephaniWhelan42 97:53	Bonnie Busch 106.21
March   Property   19   19   19   19   19   19   19   1						
## Control Words   720   100						
Mary Fig.   1985   19		Jim Shea 2:28:26				
Description   19-04   Committee   19-05   Co			W60 Ruth Fairbrother 35:45			
Description   19			W65 Ginette Bedard 33:10			
Ward   France   1   1   1   1   1   1   1   1   1					BarbaraRoney 61 2:29:05	
Well Genicht Transport   13   13   14   15   15   15   15   15   15   15		Lee Dipietro 1:24:14			Ocean State Marathon	
Web   Description   1.5   2.						
March Warring 2016   March W	Wendy Ponvert 21:51		NYRR Pontiac 5th Ave. Mile			
Continue	W45 Gretchen Triantos 18:23		Manhattan, NY; Sept. 28			Virginia Farneman 66.55
Mary Name   19   20   20   20   20   20   20   20   2	Betty Blank 20:18	Denise Dipangrazio 1:34:52	Invitational Open	W65 Andrea Gerbstadt 57:21		IIS Air Force Morethan
Work   Fresh   1969   Work	Myra Washington 21:26	Shelley Pennington 1:37:56				
Content Recented   24.27				W70+Margretta Lutz 54:45		
West Control   1.5   September Colore   1.5				Toni Farah 90:48		TO THE RESERVE OF THE PARTY OF
Den Nation 2-10 John National 2-				Specialist Contac		Overall Sciences
More Nationary Mark 24-15   WYS 19 Normon 31-50   WYS 19 Normon 31						
Web Service Colon 2 of 0		W55 Joy Hampton 1:41:11				
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WYS (Normon 315) WYS (N						
Brown, NYC, Rost to Liberty 100						
MATER And to Liberty 100  MATER Street Charles   2004   244   245	W/5 Kay Morrison 31:58					
## Detail   West   2-100   West   2-	NVPP NVC Pup to Liberty 10K		Brandon Weaver 5:01			
Const Hearing   3   3   3   3   3   3   3   3   3		W65 Andrea Gerbstadt 2:19:01	M45 Fred Robbins 4:39		M60 Doug Braasch 3:23:34	M70+ THOMAS J HATHAWAY 3:52:25
Figure 19			Alan Porter 4:45		Albert Miclette 3:24:52	
Mail Cord Official   1.00			Heriberto Medina 5:14	M55 Joe Meehan 3:23:13	Hans Thamhain 3:43:57	CORINNE J J MORALES 3:23:51
Mail Corporation   24-00   Mode   1-10-10   Mode   1-10				M60 Malcolm Pain 3:29:26	Ira Robinson 3:45:58	W50 MAGGY H ZIDAR 3:30:03
Mail Conf Clustops   Mail Services   Services   Mail Services		Lorraine Cephus 2:58:13		M65 John Nickerson 4:12:40	Gerry Ladas 3:59:35	
Michiga Career   2016   March Water   March Career   1016   March Water   1016   March Water	The second secon			M70+Carlton Mendell 80 5:30:31	M70+ Joe Mullen 4:11:32	W60 WILLY MOOLENAAR 4:39:55
MoS (2) Abi-Option (2	M45 Greg Diamond 36:21	W80 Mary Clement 2:20:02		W40 Mari White 3:19:01	Carlton Mendell 80 5:18:14	W65 MICKIE FLINNER 4:58:17
MoS John Agent		CVS/Pharmacy Downtown 5K		W45 Pamela Hall 3:21:36	The second secon	National Heritage Corridor 25K
MSD Jack Hardy 49.34 January 19.25 January 1						
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M85 Wilson Exercise Glass 39 Wilson Exercise G	M80 Mel Freidel 1:13:37	Francis Kamau 15:44		Hartford, CT; Oct. 12		M45 Nigel Keen 1:41:47
Wild Sach Brain 4.25 Wild Sach Wild Budden 17-09 Wild Lary Orden 17-09 Wild Explored Days 59-4 Wild Ex				Overall		
WS Suan Berman 44.25   Sum Berma						
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WS Scalables 19:81 W70 Elabela Phones 1:840 W7	W60 Evelyn Davis 50:54	Witold Bialokur 20:19				W45Susan Haddick 2:03:48
W75 Sam Rowald 17:19 W80 Linds Droch 11:27 W80 Linds Droch 11:27 Mary Bolling Bould 17:19 M81 Linds Droch 11:27 M81 Dougle Brad 12:20 Central Park, NYC; Sept. 1 Dentre Brad 22:08 Dawne Era 22:12 Cardiant 31 20:41 More Republish 19:41 More Republi	W65 Rosa Nales 59:11	Richard Silva 20:38			Sharon Kerson 6:01:42	W50 Isola Metz 2:06:25
Will Joseph Forces  Will J					COUTHEAST	W55 S. Kurtenbach 2:14:03
WB   Linds   Drach   102.57   Maria Diaz   21.27   Maria Nomi   21.27					SOUTHEAST	W60 B. Chopeland 3:05:07
Henry Isola X-C 4 Miles   Central Park, NYC; Sept. 1   Cheal   Management   Central Park, NYC; Sept. 1   Cheal   Che					PVI Runfest 5K	
Central Park, NC; Sept. 1   Charles Williams 6.10.1   Charles Willia	W80 Linda Drzich 1:02.57					The second secon
Centair Park, NYC, Sept. 1	Honny Isola Y-C 4 Miles					Fox Cities Marathon
Detail   Composition   Compo						Appleton, WI; Sept. 29
Mod   December   19-12   Mod   December   19						Overall
Actionfied 31		W60+Zofia Turosz 23:28				
Machine Neprods 16   M.D. Douglast Fellow 2.25   M.D. Do		Carolyn Hurdis 25:22				
Mily Douglas Hegley Mily Sodemin Floridor Mily Sodemin Mily	Naomi Reynolds 16 27:07					
Ms Volodymry Tonikov 23.41 MV SP Prizor 25.53 MS Julio Aguirre 25.59	M40 Douglas Hegley 23:16					
MS5 Julo Agorine 259 Dispos Procaro 253 MS6 Eduard Febosov 27.57 MS6 Ed		NYRR Wall Street Run 5K				
MSS Julio Aguirre		NYC; Sept. 19				
Miles   Description   Mail   Frederick   Mail   Frederick   Mail   Frederick   Mail		Overall	M80 Sid Young 8:56.0	M65 Bruce Katter 5:02:01		
Mail   Eduard   Hobstow   Amily   Mail   Fredericks   38   Mily   Mail		Jorge Real 32 14:47	Bill Benson 8:59.6	R Scharenbrock 5:48:29	M50 Chuck Moeser 16:59	
M75 Josh Dwyer M75 Josh Lare Stamman 41 16.46 M56 Nichloads Careed 52 17.5 W69 Robe Roberts 30.15 W69 Nichload Careed 52 17.5 W69 Nichload Car			Mel Freidel 10:54.7	M70 Stan Rodkey 5:37:57	Bruce Reynolds 21:21	
Miles   Mile	M70 John Dwyer 44:38	Tally 1 1000 in the second sec	M85 Bob Matteson 10:18.9	Gene Bandler 6:00:55	M55 Pat Griffith 18:44	
W45 Narb Roberts   30.15   W55 Ambreins Switzer   33.35   W5	M75 Jack Haar 45:28		Wilfredo Rios 11:54.7	M75 Joseph Coco 5:29:19	David Roland 21:26	
Wis May Diver	W40 Robin Roberts 30:15		Dudley Healy 12:15.7		M60 Ron Steele 25:48	
W55 Katherine Switze   33.34   W50 Panc Gereits   33.25   W50 Panc Gereits   33.25   W50 Panc Gereits   33.25   W50 Panc Gereits   35.25   W50 Panc Gereits   35.25   W50 Panc Panc Panc Panc Panc Panc Panc Panc						
W60 Mar Greente 3		W40 Grace Parisi 40 22:13		Sharon Hutt 3:15:13		
W65 Rible Motien   45-4   W65 Rible Fairborber 60   25-47   Linda Brown   W65 Rible Motien   45-4   W65 Rible Motien   45-5   W66 Rible Motien   4		W50 Ann Gorewitz 53 26:16				
CC-E-provm Run to Fall St   CC-pross-Country   Pennsylvania Ave. Mile   Washington, DC; Sept. 21   Washington, DC; Sept. 22   Washington, DC; Sept. 23   Washington, DC; Sept. 24   Washington, DC; Sept. 24   Washington, DC; Sept. 24   Washington, DC; Sept. 24   Washington, DC; Sept. 25   Washington, DC; Sept. 21   Washington, DC; Sept. 24   Washington, DC; Sept. 24   Washington, DC; Sept. 24   Washington, DC; Sept. 25   Washington, DC; Sept. 24   Washington, DC; Sept. 25   Washington, DC; Sept. 25   Washington, DC; Sept. 25   Washington, DC; Sept. 24   Washington, DC; Sept. 25   W		W60 Ruth Fairbrother 60 25:47				
CoE-Brown Run to Fall 5K Cross-Country Northwood, NH; Sept. 8  Overall Scott Brown 44 16 42 Amy Bourgault 36 19 51 M40 S Brown 16 42 M55 Brown 16 42 W55 Faye Lowery 23 56 M60 -Joe Boyle 23 54 M40 Part Bourgault 20 19 51 M50 Faye Lowery 23 56 M60 -Joe Boyle 23 54 M60 S Brown 16 42 W55 Faye Lowery 23 56 M60 -Joe Boyle 23 54 M60 Bourgault 20 10 22 W55 Faye Lowery 23 56 M60 -Joe Boyle 23 57 M60-Joe Boyle 23 57 M60-Joe Boyle 23 58 M60 Larry/Washington5 15 14 3 M60 Larry/Washington5	W65 Billie Moten 45:44	THE THE TAXABLE TO SERVICE TO SER				
Washington, DC; Sept. 21   Washington, DC; Sept. 22   Washington, DC; Sept. 21   Washington, DC; Sept. 21   Washington, DC; Sept. 22   Washington, DC; Sep	COF-Brown Bun to Fall EV	Pennsylvania Ave. Mile				Marie Sumnicht 3:13:05
Northwood, NH; Sept. 8 Overall  Northwood, NH; Sept. 8 Overall  Aug Areas 6 24  May Hovard 4 15 08 5 May Hovard 4						
Card Womarck   4   5   0.8   5						
Scott Brown 44		Carl Womack 41 5 08 5				Janie Jaecks 3:21:07
Scott Brown 44 16 42 Amy Bourgault 36 19 51 M40 S Brown 16 42 M50 Randy Wateman 18 57 M60+Joe Boyle 23 54 W40 Pat Bourgault 20 12 W50 Faye Lowery 23 56 W60+S Burkenshaw 28 37 Philadelphia Distance Run Half-Marathon Philadelphia Distance Run Half-Marathon Philadelphia Distance Run Half-Marathon Philadelphia Distance Run Half-Marathon Philadelphia, PA; Sept. 15 Ourgall Sound Mogaka 24 M50 Rand Mogaka 24 M50 Ran						W50 Joy Hillstrom 3:36:48
Amy Bourgault 36 19 51 M4OS Brown 16 42 M5O Randy Waterman 18 57 M6O+Joe Boyle 23 54 W4O Pat Bourgault 20 12 W5O Faye Lovery 23 56 W6O+S Burkenshaw 28 37 Philadelphia Distance Run Half-Marathon Philadelphia, PA; Sept. 15 Certail Mogaa 24 Doug Cochran 4 4 54 90 Policy Fire Kisvan 1992 Mogab John Haubert 7 6 06 20 5 Bill Sollers 63 71 13 Memory Marsh 1992 Mogab John Tutte 1 19912 John Keily 11 12 20 Mogab Ray Bur 7 8 8 55 2 John Keily 11 12 20 Mog John Tutte 1 19912 John Keily 11 12 20 Mog John Rabert 11 1994 Gree Damond 1 20 19 Mog Gare Reid Water Hayes Mog Mark Reiner Hayes Mog Gare Reid Water Hayes Mog Mark Reiner Hayes Mog Gare Reid Water Hayes Mog Mark Reiner Hayes Mog						
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Mob O Randy Waterman 18.57   Mob O De Boyle   23.54   Mos Dearward   25.57   Mob O Larry Washington 5 15.18   Mos Dearward   25.57   Mo						
M604-Joe Boyle   23.54   W40 Pat Bourgault   20.12   W50 Faye Lowery   23.56   W60+S Burkenshaw   28.37   Philadelphia Distance Run Half-Marathon Philadelphia   Philadel	M50 Randy Waterman 18:57					
W40 Pat Bourgault			Control State Control			
W50 Faye Lowery   23.56   W60+S Winter Start   52.5 59.0   W60+S Winter Start   55.6 28.5   W60+S Winter Start   55.6 28.5   W60+S Winter Start   Start   W60-S Burkenshaw 28.37   Philadelphia Distance Run Half-Marathon Philadelphia Distance Run Half-Marathon Philadelphia, PA; Sept. 15   Overall Hondy Sire & 66.6 04.6   Jim Verdier & 66.6 20.5   Jim Verdier & 78.10   Jim Verdier & 66.6 20.5   Jim Verdier						
Bob Weiner   55 6 28 5   David Duff   51 6 4.4   Dav					(results are in miles)	
Philadelphia Distance Run   Half-Marathon   Philadelphia, PA; Sept. 15   David Duff   Sept. 15   David Duff   Sept. 15   David Duff   Sept. 15   David Duff   Sept. 15   David Hilling   Sept. 15   David Hillin						
Philadelphia Distance Run Half-Marathon   Philadelphia, PA; Sept. 15   Mro.   Philadelphia, PA; Sept. 16   Philadelphia, PA; Sept. 17   Prick Norse 16   Philadelphia, PA; Sept. 17   Prick Norse 17	WOUTS, Burkerishaw 20,37			W/U Bertna McGruder 5:27:18		Bank Marathon
Half-Marathon	Philadelphia Distance Run			RAA Half-Marathon	Ann Heaslett 128.55	Detroit, MI; Oct. 6
Philadelphia, PA; Sept. 15						The state of the s
Description   Page   Description   Descrip						
Bill Sollers   63 7 11.3   Bill Sollers   63 7 11.3   Bill Sollers   63 7 11.3   Bill Cyburn   78 8 17 0   Bill Cyburn	The state of the s			The second secon		
Catherine Ndereba 30 1 09 20 M70 Harrison Beal 71 6 29 3 Bill Osburn 78 8 17 0 Fred Klevan 109 29 John Kelly 1:11-42 Jim Hage 1:12 29 Jeffery Haynes 1:14:55 Stanley Chen Greg Diamond Jeffery Juran 12:21 M70 Gary Fanelli Villiam Kehner Jr Perry Francis 12:51 M65 Dank Stonley Fred Carb Stanley Stanley Stanley Stanley Stanley Stanley Stanley Chen Greg Diamond Jeffery Juran 12:50 Perry Francis 12:51 M65 Dank Castley Stanley Stanley Stanley Stanley Stanley Stanley Chen Stanley Chen Greg Diamond Jeffery Juran 12:50 Perry Francis 12:51 M65 Dank Castley Stanley Stanley Stanley Stanley Chen S	Ronald Mogaka 24 1:02:22		Contract of the Contract of th			
M40   John Tuttle   1.09-12   Fred Klevan   1.09-12   Fred Klevan   1.09-12   John Kelly   1.11-42   John Kelly   1.11-42   John Kelly   John Kelly   1.11-42   John Kelly	Catherine Ndereba 30 1:09:20					
Fred Klevan   1.09 29   John Kelly   1.11 42   Jim Hage   1.12 29   Jim Hage   1.12 29   Jim Hage   1.12 29   Jim Hage   1.14 55   Stanley Cohen   1.19 45   Greg Diamond   1.20 10   Jeffrey Juran   1.20 143   Paul Marzan   1.20 115   Gary Fanelli   William Kehner Jr Perry Francis   Milk Stonaker   1.25 13   Mick Stonaker   1.33 13   Mick Stonaker   1.33 13   Model Marmad   1.33 15   Model Marmad   1.34 15   Model Ma	M40 John Tuttle 1:09:12		Pittsburgh Great Race 10K	M40 Ken Jacobson 47 78:28		
Second Deliver 4 Miles   1.12.29   Jeffery Haynes   1.16.40   M45   Alan Ruben   1.16.55   Stanley Cohen   1.19.49   Gree Diamond   1.20.43   Jeffery Juran   1.20.43   Jeffery Juran   1.20.18   M40 Francis Kamau   31.21   Jan Bath   33.31   M55   M60 John Costa   24.12   M55 Julio Aguirre   24.33   M60 Jim Smith   31.16   M60 Doug Goodhue   M65 Dan Jacobs   M70 Anthony Ceminaro   1.32.41   James Flanagan   1.33.42   James Lacey		Ray Blue 78 8:55.2				
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M45   Alan Ruben   1:14-55   Stanley Cohen   1:19-49   Greg Diamond   1:20-10   Jeffrey Juran   1:20-13   Paul Marzan   1:22-12   M50   Gary Fanelli   1:21-18   William Kehner Jr   Perry Francis   1:25-13   M60   Milker Menorich   1:25-13   M65   Milker Menorich   1:25-13   M60   Milker Menorich   1:25-13   M65   Milker Menorich   1:25-13   M60   Milker Menorich   1:25-13   M65   Milker Menorich   1:25-13   M65   Milker Menorich   1:25-13   M65   Milker Menorich   1:25-13   M	Jeffery Haynes 1:16:40					
Stanley Cohen   1:19 49   Gree Diamond   1:20 10   Jeffrey Juran   1:20 43   Jeffrey Juran   1	M45 Alan Ruben 1:14:55					
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Paul Marzan   122-12   Paul Paul Paul Paul Paul Paul Paul Paul		I dui illinaigi ee				
M50   Gary Fanelli   121:18   William Kehner Jr   125:17   Perry Francis   125:13   M40   Graeme Reid   William Kehner Jr   125:13   M45   Amador Ybanez   21:51   M50   John Costa   24:12   M50   John Costa   24:12   M50   John Costa   24:12   M50   John Costa   24:13   M50   Mile Haviland   98.19   M65   Dieter Walz   98.19   M65   D						
William Kehner Jr   125 07   Perry Francis   125 13   M45 Amador Ybanez   21:51   M4	M50 Gary Fanelli 1:21:18	2010/0000				
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M70 Anthony Cerminary 1:33:42 M80 Aller Flagg 9 James Lacey 43:36 Tracey Lembo 41 90:29 M80 Carlton Mendell 63:27 Continued on next page				W40 NanciCahalane43 90:11		
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		M8U Allen Flagg 58:27	M70+Lou Lodovico 45:43			Continued on next page

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Table 1	nued from previo	us page	I Kirt Goetzke	3
	Jerry Johncock	3:57:25	M45 David Tappe	3
M/U	Roman Manauis	3:58:35	Danny Ripka	3
	John Kolmetz	4:10:39	Dennis Wallach M50 Michael Seaman	3
M75	Ed Allen	5:04:47 5:16:45	John Naslund	3
	Bill Kelley Sheldon Zinn	6:56:37	Art Mugalian	4
W40	Cynthia Keeler	2:50:12	M55 Jim Graupner	3
	Nancy Schubring		John Brown	4
	Kim Graf	3:23:27	Norm Purrington M60 Jared Mondry	3
W45	Gerry Gardner Mary O'Donnell	3:32:49	Thom Weddle	4
	Jacqueline Blair	3:37:22	M65 Myron Anderson	4
W50	Maggy Zidar	3:30:56	Rich Trochman	4
	Ann Smith	3:34:24	M70 Greg Prom	5
WEE	Donna Olson Renee Vettorello	3:35:16	M75 Lloyd Young W40 K Keeler	3
WSS	Margot Biermann		Bev Docherty 3rdw	
	Meg Crandall	4:14:48	Vicki Nelson 4thw	3
W60	Pat Brumbalow	3:38:59	W45 Andriette Wickstrom	
	Sharon Sowell	3:53:20	Sonia Jacobsen	4
WES	Janet Wallen Merion Knight	4:15:03	W50 Suzanne Ray Debbie Janey	4
WOS	Ruth Fleck	5:43:10	W55 Gloria Jansen	4
W70	Betty Dunlap	6:05:05	Ann Day	4
	Chicago Marat	hon	W60 Judy Cronen	5
	Chicago, IL; Oc		W65 Doroth Marden	6
Qve	rall		W70 Carolyn Sankey	6
Khai	lid Khannouchi 30 la Radcliffe 28 WR	2:05:55	Overall	
M40	Miguel Sanchez	2:24:08	Joey Keillor 27	1
	Dai Roberts Mark Stell	2:28:30	Kristen Nicolini 24	1
	Tony Cummings	2:35:50	M40 John Mirth	1
145	Jean-Olivier Ferron Gavin Stevens	2:38:01 2:31:10	Kevin Haas Charles Hubbard	1
MITS	Les Myers	2:36:50	M45 Perry Bach	1
	David McGregor Clyde Van Caeyzeele	2:39:18 2:42:57	Bobby Paston	1
	Francisco Marin	2:43:05	Ken Valley	1
M50	Carlos Ruiz Bemie Violand	2:33:14 2:49:29	M50 Doug Bell Doug Suker	1
	Efren Alvarez	2:51:35	Michael Seaman	1
	Gary Romesser Novica Martinovic	2:52:47 2:53:10	M55 Bill Hansen	1
M55	Joachin Bechtle	2:52:00	Jim Graupner	15
	Bob Bochenek Daniel Piovanacci	3:03:11	M60 Jared Mondry	20
	Alan Kraszewski	3:03:58	Larry Myers M65 Rich Trochman	2
	David Brown Toni Ritsch	3:04:38	Richard Burch	2
MOU	Larry Patterson	2:56:30	M70 Lee Rademacher	3
	Jim Duguay Gerard Gravel	3:07:47	W40 Janet Robertz	1
	Larry Barrett	3:19:45	Kelly Keeler Pam Weier	1
M65	Hans Sinkovec	3 23 42 3 28 51	W45 Julie Virkus	2
marin	George Hirsch John Carson	3:38:35	Barbara Leininger	2
	Ray Langton	3:39:52 3:41:09	Laurie Rice	2
M70	Joe Amold Jim Smedema	3:25:05	W50 Suzanne Ray	2
	Greg Prom	3:51:08	Diane Demars W55 Mary Hiatt	2
	Joseph Paleczny Joseph Di Leonard	4:08:22	W60 Toni Powers	3
15	Amold Mueller	4:21:35	W65 Kathryn Potter	3
M75	Desiderio Valdes Kiyoto Wishimoto	5:57:13 6:12:54	W70 MaryLou Carlson	4
	Henry Hart	6:26:11	Take Fitness to Heart 10	ĸ
	Walter Dobbs Melvin Peich	7:26:19 7:59:47	Minneapolis, MN; Au	
	Rolland Michaud	7:06:12	Overall	
W4	O Doreen McCoubrie Sarah Kramer	2:49:14	Janet Robertz 42	3
	Janice Torpey	2.55:22	W40 J Robertz	3
	Kate McCoy Victoria Mills	2:57:24	DebbieLeyden41 2n	
W	15 J Benoit-Samuelson	2:42:27	Kelly Keeler40 3rd W50 Suzanne Ray 50	3
	J Colomb-Janin Nancy Stewart	2:48:26 3:01:51	Gloria Jansen 55	4
	Christie Lammers	3:10:55	Linda Schissel 53	
w	Denise Skinner 50 Joan Ellis	3:12:43 3:20:13	W60 Judy Cronen 61	5
Pag	Mary Ann Keller	3 22 47	Sandra Dalquist 6	
	Linda Teren Paulette Butler	3 28 02 3 29 32	W70 Barbara Burhans 7	16
	Jan Tedrowe	3.30.17	Overall	
W	55 Nancy Rollins	3:19:44	Maggie Moore 19	1
	Susan Croll Helene Wirthlin	3:31:01	W40 Mary-A Purcell 44	-
	Janice Vandyke	3:42:21	CarolCunningham4	
w	Clementine Kinso 60 Jane Rolfe	3 45 55 3 33 03	W50 Pam Schreurs 50 Jane Schoen 56	3
	Bonnie McElwee	3:43:59	W60+MarcelineCanow7	33
	Donna Tyler Anne-marie Girard	3:57:02 4:01:05	Dorothy Marden 65	
	Celeste Fondaco	4:06:34	USATF Mid-America M	
W	/65 Marguerite Befun Angela Craighea		X-C Championship	
	Lonna Williams	4:46:22	Boulder, CO; Oct.	
	Doris Vecqueray Shirley Kussner	5:02:14 5:09:11	M40 Peter Fleming	1
W	70 Jacqueline Givele	st 5:32:51	Douglas L Hugill	2
	Ann Chadwick Beth Petersen	5 44 14 6 13 21	Dan Skarda	2
	Gloria Schiffler	6:32:52	M45 Jon Sinclair Steve Gallegos	2
10	Helen Meier 75 Kathleen McDonough	7:13:25	Bill Laurence	2
			M50 Pablo Vigil	2
- N	IID-AMER	RICA	Ric Rojas	2
NE P	Hennepin-Lake C	lassic	Rick Katz M55 Dave Dooley	2
10	10K & 5K	The Control of	Chet Thompson	2
M	linneapolis, MN;	Aug. 4	Charley Perez	5

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ontinued from previous page	Kirt Goetzke 34:51	1
M70 Jerry Johncock 3:57:25	M45 David Tappe 34:52 Danny Ripka 36:40	١,
Roman Manauis 3:58:35	Danny Ripka 36:40 Dennis Wallach 36:50	١
John Kolmetz 4:10:39 M75 Ed Allen 5:04:47	M50 Michael Seaman 35:49	١,
Bill Kelley 5:16:45	John Naslund 39:34 Art Mugalian 40:23	1
Sheldon Zinn 6:56:37 W40 Cynthia Keeler 2:50:12	M55 Jim Graupner 39:55	
Nancy Schubring 3:03:59	John Brown 41:12 Norm Purrington 41:35	1
Kim Graf 3:23:27 W45 Gerry Gardner 3:32:49	Norm Purrington 41:35 M60 Jared Mondry 39:38	1
W45 Gerry Gardner 3:32:49 Mary O'Donnell 3:37:12	Thom Weddle 40:07	s
Jacqueline Blair 3:37:22	M65 Myron Anderson 44:05 Rich Trochman 45:31	
W50 Maggy Zidar 3:30:56 Ann Smith 3:34:24	M70 Greg Prom 46:50	3
Donna Olson 3:35:16	M75 Lloyd Young 50:30	1
W55 Renee Vettorello 4:00:08 Margot Biermann 4:00:52	W40 K Keeler 35:12 Bev Docherty 3rdw 38:10	3
Meg Crandall 4:14:48	Vicki Nelson 4thw 39:53	1
W60 Pat Brumbalow 3:38:59	W45 Andriette Wickstrom 44:18	1
Sharon Sowell 3:53:20 Janet Wallen 4:15:03	Sonia Jacobsen 45:59 W50 Suzanne Ray 40:17	1
W65 Merion Knight 4:23:43	Debbie Janey 45:34	-
Ruth Fleck 5:43:10 W70 Betty Dunlap 6:05:05	W55 Gloria Jansen 42:53 Ann Day 46:16	
	Ann Day 46:16 W60 Judy Cronen 50;34	1
Chicago Marathon Chicago, IL; Oct. 13	W65 Doroth Marden 65:31	
Overall	W70 Carolyn Sankey 61:22	1
Khalid Khannouchi 30 2:05:55 Paula Radcliffe 28 WR 2:17:18	Overall	1
M40 Miguel Sanchez 2:24:08 Dai Roberts 2:28:30	Joey Keillor 27 14:26	
Mark Stell 2:33:03	Kristen Nicolini 24 16:20 M40 John Mirth 15:19	1
Jean-Olivier Ferron 2:38:01	Kevin Haas 15:33	1
M45 Gavin Stevens 2:31:10 Les Myers 2:36:50	Charles Hubbard 15:39 M45 Perry Bach 15:47	1
David McGregor 2:39:18	Bobby Paston 16:08	September 1
Francisco Marin 2:43:05	Ken Valley 17:03	
M50 Carlos Ruiz 2:33:14 Bernie Violand 2:49:29	M50 Doug Bell 15:51 Doug Suker 17:22	1
Efren Alvarez 2:51:35 Gary Romesser 2:52:47	Michael Seaman 17:33	1
Novica Martinovic 2:53:10	M55 Bill Hansen 19:11	100
M55 Joachin Bechtle 2:52:00 Bob Bochenek 3:03:11	Jim Graupner 19:44 M60 Jared Mondry 20:42	No.
Daniel Piovanacci 3:03:49	Larry Myers 21:30	100
David Brown 3:04:38	M65 Rich Trochman 23:15 Richard Burch 24:16	Ŷ.
M60 Toni Ritsch 2:53:35 Larry Patterson 2:56:30	M70 Lee Rademacher 35:15	18
Jim Duguay 3:07:47 Gerard Gravel 3:09:24	W40 Janet Robertz 16:54	
Larry Barrett 3:19:45	Kelly Keeler 17:49 Pam Weier 18:46	li
M65 Hans Sinkovec 3:23:42 George Hirsch 3:28:51	W45 Julie Virkus 20:07	
John Carson 3:38:35 Ray Langton 3:39:52	Barbara Leininger 21:17 Laurie Rice 21:31	
Joe Arnold 3:41:09	W50 Suzanne Rav 20:23	
M70 Jim Smedema 3:25:05 Greg Prom 3:51:08	Diane Demars 23:18	1
Joseph Paleczny 4:08:22 Joseph Di Leonardi 4:20:32	W55 Mary Hiatt 24:34 W60 Toni Powers 32:10	!
Amold Mueller 4:21:35	W65 Kathryn Potter 31:55	!
M75 Desiderio Valdes 5:57:13 Kiyoto Wishimoto 6:12:54	W70 MaryLou Carlson 41:53	ľ
Henry Hart 6:26:11 Walter Dobbs 7:26:19	Take Fitness to Heart 10K & 5K	1
Melvin Peich 7:59:47 M80 Rolland Michaud 7:06:12	Minneapolis, MN; Aug. 10	1
W40 Doreen McCoubrie 2:49:14	Overall Janet Robertz 42 35:19	1
Sarah Kramer 2:53:42 Janice Torpey 2:55:22	W40 J Robertz 35:19	l i
Kate McCoy 2:57:24 Victoria Mills 2:57:47	DebbieLeyden41 2nd36:05	١
W45 J Benoit-Samuelson 2:42:27	Kelly Keeler40 3rd 36:08 W50 Suzanne Ray 50 39:54	100
J Colomb-Janin 2:48:26 Nancy Stewart 3:01:51	Gloria Jansen 55 42:34	1,
Christie Lammers 3:10:55 Denise Skinner 3:12:43	Linda Schissel 53 44:16	
W50 Joan Ellis 3:20:13	W60 Judy Cronen 61 51:39 Sandra Dalquist 61 56:22	1
Mary Ann Keller 3:22:47 Linda Teren 3:28:02	W70 Barbara Burhans 7162:32	1
Paulette Butler 3:29:32 Jan Tedrowe 3:30:17	5K Overall	-
W55 Nancy Rollins 3:19:44	Maggie Moore 19 19:42	1
Susan Croll 3:31:01 Helene Wirthlin 3:33:10	W40 Mary-A Purcell 44 22:33 CarolCunningham4423:10	8
Janice Vandyke 3:42:21 Clementine Kinsch 3:45:55	W50 Pam Schreurs 50 28:08	,
W60 Jane Rolfe 3:33:03 Bonnie McElwee 3:43:59	Jane Schoen 56 30:34	1
Donna Tyler 3:57:02	W60+MarcelineCanow7331:06 Dorothy Marden 65 31:49	1
Anne-marie Girard 4:01:05 Celeste Fondaco 4:06:34		
W65 Marguerite Befumo 4:18:07 Angela Craighead 4:45:45	USATF Mid-America Masters X-C Championship 5.8K	1
Lonna Williams 4:46:22	Boulder, CO; Oct. 5	1
Doris Vecqueray 5:02:14 Shirley Kussner 5:09:11	M40 Peter Fleming 18:55	
W70 Jacqueline Givelet 5:32:51 Ann Chadwick 5:44:14	Douglas L Hugill 20:17 Dan Skarda 20:31	1
Beth Petersen 6:13:21	M45 Jon Sinclair 20:03	
Gloria Schiffler 6:32:52 Helen Meier 7:13:25	Steve Gallegos 20:27	1
W75 Kathleen McDonough 6:01:03	Bill Lawrence 20:37 M50 Pablo Vigil 21:11	1
MID-AMERICA	Ric Rojas 21:58	1
Hennepin-Lake Classic	Rick Katz 22:26 M55 Dave Dooley 21:53	16
10K & 5K	Chet Thompson 25:58	
Minneapolis, MN; Aug. 4	Charley Perez 26:15	100
Overall Ryan Meissen 24 30:28	M60 Bobby Fischer 28:28 W40 Laura Bruess 23:48	1
Kelly Keeler 40 35:12	Mary Mathews 25:15	
M40 John Mirth 31:31	Karen Murphy 25:36	-
Digger Carlson 34:02	W45 Martha Buttner 26:23	1

Susan Schulte W50 Wendy Crandall	
W50 Wendy Crandall	26:02
In the star	26:11
Jan Hughes	26:33
W55 C Gail Hunter	27:39
L Andes-Georges	32:55
W60 Pat Peterson W65 Judy Smythe	32:20
Vici De Haan	34:19
W70 Betty Skipp	43:20
W75 Nancy Smalley	42:23
W80 Louise Adams	45:38
SOUTHWE	ST
Hurricane Run 8	
Tulsa, OK; Sept.	
Overall:	
Gary Hamer 31	25:45
Char Sanderson 23	29:21
	28:27
	31:56
	29:12
	30:55 30:46
M50 Peter Mayo Steve Douglas	32:34
M55 Gary Madison	31:43
	32:41
M60 Geo Marchetti	32:23
Bobby Bomer	37:04
M65 Bob Atkins	37:49
	40:54
M70 Paul Heitzman	34:29
M75 Tom O'Connell	53:42 31:30
W40 Terri Cassel Rhonda Olsen	39:24
W45 Cindy Webster	48:57
Teri White	58:28
W50 Karen Lovelace	49:36
Benita Duncan	49:47
W55 Grace McCoy	37:39
Brenda Howlin	47:42
W60 Judy Huff Donna Barrett	53:21 58:46
	30.70
WEST	
Buffalo Stampede 1	
Sacramento, CA; S	ept. 8
Overall Bryan Buterbaugh 33	55-55
	1:03:56
	1:02:25
M45 Martin Dean	1:01:25
M50 Herb Tanzar	1:03:22
M55 John Gourlay	
M60 Doug Braash	:09:22
M65 Gary Hollinger 1 M70+Mack Martine 1	1.17:30
W40 Gina Ramirez 1 W45 C. Iwahashi 1	:09:47
W50 Sandy Grandy 1	27:36
W55 Cynci Calvin 1	:27:54
W60 Barbara Miller 1	:12:58
W65 Joanne Raney 1	:49:13
W70+Myra Rhodes 1	:21:37
Kickin' Cancer	
Brentwood, CA; Se	
Overall Byan Wilson 28	15:00
Ryan Wilson 28 Mary Akor 25	15:23 18:58
Ryan Wilson 28 Mary Akor 25 M40 Gerardo Guzman	15:23 18:58 19:19
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Ryan Wilson 28 Mary Akor 25 M40 Gerardo Guzman Jim Morehart Nick Trozzi	18:58 19:19 19:43 20:01
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W70 Audrey Ende 47:14	Si
W75+Grace Davidson 8043:25 Ruth Herman 81 49:33	Ov
Jamba Juice 5K Banana Man	Pe Na
Chase	M4
San Francisco; CA; Sept. 15 M40 Dan Gonzalez 15:31	M
Tim Keenan 16:52 Anthony Termini 16:53	M
M45 Brian Davis 17:05	M
Mike Fanelli 19:22	
M50 Jim Gorman 17:18 Robert Darling 18:42	Me
Mel Sandoval 19:57 M55 Fred Martin 18:55	M
Jim Buck 19:52	W
M60 Ron Iriyama 28:47	W
Robert Bean 30:19 M65 Calvin Moore 34:55	
Geo Rodriguez 41:20 W40 Anna Slattery 19:51	W
Renay Fanelli 20:03 Diane Swick 20:54	W
W45 Honor Fetherston 20:07	W
Mary Foley 23:06 Lucille Wing 23:34	w
W50 Donna Chan 22:23 Elaine Engler 25:29	
W55 Susan Cronk 21:57	P
Jessie Stratton 22:35 W60 Lynne Rodriguez 35:42	Q
W65 Peggy Kang 26:24 Chalice Fong 29:28	Sa
W75 Kit Pickles 35:09	M
Race for the Cure: Orange County	
Newport Beach, CA; Sept. 22	M
Overall C. Cornelissen 30 16:58	
W40 Louise Davis 19:29 A. Coopermeyer 20:00	M
Rozanne Strong 20:41	M
C. Mcandrews 20:43 Stacy Blaugrund 21:01	Me
W45 Marcella Teran 19:19	Me
Yayoi Lui 20:33 E. Rutkowski 21:19	M
Brenda Colgate 23:28 Diane Farson 23:34	W
W50 Sherri Hall-Curl 19:56	w
Carol Wimbish 23:23 Dina Samaiego 24:37	Six
Jodie Kinney 25:08	W
Honie Kerrick 25:25 W55 Jeanie Leitner 24:32	W
Sandi Carter 24:48	
Betty Spurgeon 25:51 V. Burkhalter 27:16	w
Carrie Slayback 27:21 W60 Shari Smith 29:31	W
Pat Herr 30:40	
Jeanette Lewin 31:04 Eleanor Palk 31:58	M
Marie Kontos 33:41	Ju
W65 Wilma Maddock 27:26 Chieko Allwein 27:48	Ne Ma
L. Seidmeyer 28:14 Elsie Billy 29:27	
Mary Dugan 31:17	M
W70 Dorie Smith 32:43 Monica Padin 45:36	
Marjorie Yusem 45:43	M:
Marlyn Fawcett 45:58 Anne Aber 47:06	M
W75 Mary Storey 34:16	
Amy Wold 44:18 Dorothy Purdy 46:44	M
A. Thomas 46:50 Mary Ann Rogers 49:43	
W80+Lois Edds 43:59	M
Edith Allen 48:50 Mindi Curry 54:48	
Mildred Adams 1:24:29	M
Whiskeytown 50K Redding, CA; Sept. 22	M
Overall	M
Geoff Vaughan 37 4:30:58 Luanne Park 42 5:11:10	W
M40 V. Buckmaster 4:49:19	w
M50 Jean-Paul Mazaud 5:22:31 M60+J. Simpson 6:57:52	
W40 L. Park 5:11:10	W
W60+Judy Shipman 8:25:17	

	Santa Monica, CA; Se	
Œ.	Overall	pu ze
Œ.	Pedro Aquino 20	15:30
Œ.	Nancy James 26	19:50
8	M40 John Jericiau	17:13
	Franco Goss	17:52
	IAI-10 001 III I	17:43
Ē		18:05
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Ŗ.	MIOO I CIONAL O TITLE	19:06
ŝ.		19:27
	M60 Jesus Gierro	19:54 22:48
8	Al Highio	23:33
9	M65+John Spivack	23:59
g.	Ken Murphy	20:39
7	W40 N. Peterson Tracy Kierce	20:44
8	W45 Sonia Nam	23:01
	Signe Nam	23:34
E	W50 E. Robertson	23:13
	M. Hernandez	23:56
2	W55 Yoko Eichel	21:27
8	Carol Schreder	22:44
9	W60 Judith Nelson	26:24
	J. Gonzalez	28:40
6	W65+A. Fujimoto	30:50
1	B. Southcott	31:53
1	Heritage Oaks Bank	10K
6	Paso Robles, CA; Se	pt. 29
1	Overall	STATE OF THE PERSON NAMED IN
1	Sammy Ngleno 28	29:06
	Naomi Wangui 24	33:40
•	M40 Danny Gonzales	31:20
f	Jose Aispuro	32:19
ď	Angel Roman	32:21
2	M45 Lloyd Stephenson	
	Brian Davis Charley Joslin	35:59 36:37
	M50 Don Paul	35:17
	Jim Gorman	35:21
	M55 Michael Dove	35:50
	Don Porteous	36:54
f	M60 Robert Gormley	39:05
	Robert Seldner	40:17
۱	M65 Phil Pythian M70 Ed Reyna	54:29
	M75 Frank Spada	50:49
1	W40 Diana Fitzpatrick	37:55
	Sara Freitas	38:08
	Carol Keller	38:16
	W45 Mary Cooper	39:52
	Kim Rupert W50 Melinda Morse	40:47
	Irene Herman	46:58
	W55 Kaeti Ecker	50:36
	W60 Shirley Matson A	R40:20
	(Matson/40:29/200	)1)
	Barbara Miller	43:51
	W70 Myra Rhodes	49:13
	W75 Jean Spierling	73:16
	Manhattan Beach	
THE PARTY OF THE P	Hometown Fair 1	OK
	Hometown Fair 1 Manhattan Beach, CA	OK
	Hometown Fair 1 Manhattan Beach, CA Overall	0K ; Oct. 5
THE STREET	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26	OK
The state of the s	Hometown Fair 1 Manhattan Beach, CA Overall	0K ; Oct. 5
THE STATE OF THE S	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26 Nathalie Higley 32 M40 Matt Ebiner Carl Marvilla	0K ; Oct. 5 30:03 36:03 33:15 34:35
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	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26 Nathalie Higley 32 M40 Matt Ebiner Carl Marvilla Jim Reed M45 Jeff Press	0K ; Oct. 5 30:03 36:03 33:15 34:35 35:38 36:34
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	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26 Nathalie Higley 32 M40 Matt Ebiner Carl Marvilla Jim Reed M45 Jeff Press Takashi Yagisawa Dan Tacone M50 Ed Avol Bob Morris Jim Press M55 Steve Notaro Ed Kaiser Marty Friedman M60 Don Jennings Pat Wickens Dick Franco M65 Robert Lyons Frank Greene Doug Warren M70 Bob Vitale Lew Hankins M75 Milo Sather Richard Scully M80+Chang Tsu 81 W40 Lucrecia Jacobsor Debble Jones JenniferHendersor W45 Charlotte Senseny	OK; Oct. 5 30:03 36:03 33:15 34:35 35:38 36:36 39:05 36:24 37:50 38:07 39:05 38:07 39:05 44:29 44:29 44:36 47:17 47:57 53:57 53:57 55:11 65:18 72:51 44:37 44:37 44:37 44:37
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	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26 Nathalie Higley 32 M40 Matt Ebiner Carl Marvilla Jim Reed M45 Jeff Press Takashi Yagisawa Dan Tacone M50 Ed Avol Bob Morris Jim Press M55 Steve Notaro Ed Kaiser Marty Friedman M60 Don Jennings Pat Wickens Dick Franco M65 Robert Lyons Frank Greene Doug Warren M70 Bob Vitale Lew Hankins M75 Milo Sather Richard Scully M80+Chang Tsu 81 W40 Lucrecia Jacobsor Debbie Jones JenniferHenderso W45 Charlotte Sensen) Gail Currey Heldi Arnest W50 Sharon Lotesto Marie Ladwke	OK; Oct. 5 30:03 36:03 36:03 33:15 35:38 36:34 39:05 36:24 37:50 39:05 40:05 4
	Hometown Fair 1 Manhattan Beach, CA Overall Julius Gidabuday 26 Nathalie Higley 32 M40 Matt Ebiner Carl Marvilla Jim Reed M45 Jeff Press Takashi Yagisawa Dan Tacone M50 Ed Avol Bob Morris Jim Press M55 Steve Notaro Ed Kaiser Marty Friedman M60 Don Jennings Pat Wickens Dick Franco M65 Robert Lyons Frank Greene Doug Warren M70 Bob Vitale Lew Hankins M75 Milo Sather Richard Scully M80+Chang Tsu 81 W40 Lucrecia Jacobsor Debbie Jones JenniferHendersoi W45 Charlotte Senseny Gail Currey Heidl Arnest W50 Sharon Lotesto	OK; Oct. 5 30:03 36:03 33:15 34:35 35:38 36:36 39:05 36:24 37:50 39:05 36:24 40:32 42:07 42:28 44:29 44:36 47:17 47:57 53:57 53:57 55:11 65:18 67:34 44:37 44:37 44:37 44:33 44:01 45:34 45:34

NAME OF TAXABLE PARTY OF TAXABLE PARTY.	
Santa Monica 5K	Wendy Watson 48:0 Sue Reinhardt 48:4
enta Monica, CA; Sept. 28	W60 Susan Callaway 58:5
dro Aguino 20 15:30	Marylu Waddell 61:4 W65 Chieko Allwein 55:5
O John Jericiau 17:13	Katie Baral 77:1 W70 Ginny Gossard 74:5
Franco Goss 17:52	W70 Ginny Gossard 74:5 W75 Miyoko O'Hara 76:3
45 John Holcomb 17:43 T. Yagisawa 18:05	from Milo Sather
50 Edward Mantini 20:26	NORTHWEST
Rick Light 20:36	Prefontaine Memorial 10K
55 Richard Nelson 19:06 Bill King 19:27	Coos Bay, OR; Sept. 21
60 Jesus Gierro 19:54	Overall Jason Walker 24 31:0
Al Marne 22:48 65+John Spivack 23:33	Erin Gray 15 38:1
Ken Murphy 23:59	M40 Chuck Coats 33:4 Leon Shordon 37:5
40 N. Peterson 20:39 Tracy Kierce 20:44	Hunter Bancroft 38:5
Tracy Kierce 20:44 45 Sonia Nam 23:01	M45 Stan Goodell 39:1 Kai Bergheer 39:5
Signe Nam 23:34	Mike DeRobertis 40:3
50 E. Robertson 23:13 M. Hernandez 23:56	M50 Greg Christensen 37:0 David Pirogowicz 40:0
55 Yoko Eichel 21:27	Ernie Kahle 40:1
Carol Schreder 22:44 60 Judith Nelson 26:24	M55 Art Coolidge 38:1 John Seggie 42:3
J. Gonzalez 28:40	Larry Norris 43:4
65+A. Fujimoto 30:50	M60 Paul Reimers 45:1 Roy Mollier 47:0
B. Southcott 31:53	Jim Clarke 47:3
Heritage Oaks Bank 10K Paso Robles, CA; Sept. 29	M65 Jim Lawson 55:3 Bob Kiever 56:2
rerall	M70 Ken Oliver 57:3
mmy Ngleno 28 29:06 aomi Wangui 24 33:40	M75 Bill Stowell 53:3 M80 Bill Hutchinson 73:5
40 Danny Gonzales 31:20	W40 Nicki Wright 45:1
Jose Aispuro 32:19 Angel Roman 32:21	Donna Sether 47:5 Sheila Iverson 49:0
45 Lloyd Stephenson 34:39	W45 Jeanne Landrum 44:1
Brian Davis 35:59 Charley Joslin 36:37	Harriet Handshaw 50:0 Doris Aponte 50:1
50 Don Paul 35:17	W50 ElkeMarionAsleson 50:3
Jim Gorman 35:21 55 Michael Dove 35:50	Kate Sharples 56:2 W55 Barbara Reese 59:
Don Porteous 36:54	Mary Hodge 65:3 W60 Chris Johnsen 60:1
60 Robert Gormley 39:05 Robert Seldner 40:17	Myra Lawson 80:3
65 Phil Pythian 54:29	W70 Lois Humphrey 94:5 W75 Rhett Peterson 96:5
70 Ed Reyna 51:43 75 Frank Spada 50:49	St. George Marathon
40 Diana Fitzpatrick 37:55	St. George, UT; Oct. 5
Sara Freitas 38:08 Carol Keller 38:16	Overall 27 2:16:2
45 Mary Cooper 39:52 Kim Rupert 40:47	Filomeno Apocada 37 2:16:2 Kayoko Nomura 44 2:43:4
50 Melinda Morse 39:41	M40 Jerry Henley 2:23:2
Irene Herman 46:58 55 Kaeti Ecker 50:36	Katsuhiko Shimokawa2:33:2
60 Shirley Matson AR40:20	John Harmon 2:35:0 Jon Fishburn 2:36:1
(Matson/40:29/2001) Barbara Miller 43:51	Tom Niederee 2:36:5
70 Myra Rhodes 49:13	M45 Gordon Hullinger 2:39:3 Joe Peterson 2:42:5
75 Jean Spierling 73:16	Toby Salazar 2:49:4
Manhattan Beach Old Hometown Fair 10K	M50 William Francis 2:50:0 Bob Evers 2:55:1
anhattan Beach, CA; Oct. 5	Alan Steward 2:56:2
verall lius Gidabuday 26 30:03	M55 Andy Schnebly 2:57:5 Richard Green 3:02:1
athalie Higley 32 36:03	Paul Akiyama 3:10:1
40 Matt Ebiner 33:15 Carl Marvilla 34:35	Bud Derbidge 3:09:5
Jim Reed 35:38	Ken Jameson 3:13:3 M65 Carlos Valle 3:13:5
45 Jeff Press 36:34 Takashi Yagisawa 36:36	Larry Dervin 3:39:2
Dan Tacone 39:05 50 Ed Avol 36:24	
Bob Morris 37:50	Bruce Katter 3:55:4 M70 Paul Nance 3:48:1
	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1
Jim Press 38:07	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1
55 Steve Notaro 39:05 Ed Kaiser 39:41	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1 M75 John Cahill 78 3:33:4 Bob Koch 3:51:0
55 Steve Notaro 39:05 Ed Kaiser 39:41 Marty Friedman 40;32	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1 M75 John Cahill 78 3:33:4 Bob Koch 3:51:0 Thomas Gregory 4:22:5
55 Steve Notaro 39:05 Ed Kaiser 39:41 Marty Friedman 40:32 60 Don Jennings 42:07 Pat Wickens 42:28	M70 Paul Nance 3:48:1
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55 Steve Notaro 39:05 Ed Kaiser 39:41 Marty Friedman 40;32 60 Don Jennings 42:07 Pat Wickens 42:28 Dick Franco 44:29 65 Robert Lyons 45:36 Frank Greene 47:17 Doug Warren 47:57 70 Bob Vitale 53:57 Lew Hankins 53:57	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1 M75 John Cahill 78 3:33:4 Bob Koch 3:51:0 Thomas Gregory 4:22:5 W40 Kayoko Nakamura 2:43:4 Karen Gall 2:45:4 Angela French 2:45:5 Cheryl Harper 2:46: Kathy Aragon 2:47:0 Brenda GGraham2:47:9 W45 Deborah Lazaroff 3:24:5 Susan Shultz 3:30:
55 Steve Notaro 39:05 Ed Kaiser 39:41 Marty Friedman 40:32 50 Don Jennings 42:07 Pat Wickens 42:28 Dick Franco 44:29 55 Robert Lyons 45:36 Frank Greene 47:17 Doug Warren 47:57 70 Bob Vitale 53:57 Lew Hankins 53:57 75 Milo Sather 55:11	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1 M75 John Cahill 78 3:33:4 Bob Koch 3:51:0 Thomas Gregory 4:22:5 W40 Kayoko Nakamura 2:43:4 Karen Gall 2:45:4 Angela French 2:45:6 Cheryl Harper 2:46:6 Kathy Aragon 2:47:7 Brenda GGraham 2:47:4 W45 Deborah Lazaroff 3:24:5 Susan Shultz 3:30:3 Sandy Straley 3:28:4 W50 Trish Vlastnik 3:03:
55 Steve Notaro 39.05 Ed Kaiser 39.41 Marty Friedman 40,32 60 Don Jennings 42:07 Pat Wickens 42:28 Dick Franco 44:29 65 Robert Lyons 45:36 Frank Greene 47:17 Doug Warren 47:57 70 Bob Vitale 53:57 75 Milo Sather 55:11 Richard Scully 65:18 80+Chang Tsu 81 72:51	M70 Paul Nance 3:48:1 Dewain Jenkins 4:27:1 Larry Ballantyne 4:32:1 M75 John Cahill 78 3:33:4 Bob Koch 3:51:0 Thomas Gregory 4:22:5 W40 Kayoko Nakamura 2:43:4 Karen Gall 2:45:4 Angela French 2:45:5 Cheryl Harper 2:46: Kathy Aragon 2:47:4 Brenda GGraham 2:47:4 W45 Deborah Lazaroff 3:24:5 Susan Shultz 3:30: Sandy Straley 3:28: W50 Trish Vlastnik 3:03: Bonnie Hooper 3:28:
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	November	, 2002
1	Wendy Watson	48:09 48:40
ı	Sue Reinhardt	58:56
ı	W60 Susan Callaway	61:40
ı	Marylu Waddell W65 Chieko Allwein	55:51
ı	Katie Baral	77:11
ı	W70 Ginny Gossard	74:52
ı	W75 Miyoko O'Hara	76:30
1	from Milo Sather	70.30
ı	W. W. Co. Co. Co. Co. Co. Co. Co. Co. Co. Co	O CO
	NORTHWE	
۱	Prefontaine Memoria	
ı	Coos Bay, OR; Sept	. 21
1	Overall	
1	Jason Walker 24	31:06
1	Erin Gray 15	38:16
ı	M40 Chuck Coats	33:41
ı	Leon Shordon	37:54
1	Hunter Bancroft	38:59
ı	M45 Stan Goodell	39:15
i	Kai Bergheer	39:52
ı	Mike DeRobertis	40:31
Ē	M50 Greg Christensen	37:00
ı	David Pirogowicz	40:06
Н	Ernie Kahle	40:16
ľ	M55 Art Coolidge	38:19 42:38
H	John Seggie	42:30
Н	Larry Norris	45:14
	M60 Paul Reimers	47:00
ī	Roy Mollier Jim Clarke	47:37
1	M65 Jim Lawson	55:34
H	Bob Kiever	56:25
Ē	M70 Ken Oliver	57:35
ı	M75 Bill Stowell	53:37
i	M80 Bill Hutchinson	73:57
ì	W40 Nicki Wright	45:12
	Donna Sether	47:58
	Sheila Iverson	49:04
Ē	W45 Jeanne Landrum	44:15
	Harriet Handshaw	50:04
	Doris Aponte	50:13
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	Kate Sharples	56:21
2	W55 Barbara Reese	59:10
	Mary Hodge	65:39
	WEO Chris Johnsen	60:16

1	Kate Sharples	56:21
W55	Barbara Reese	59:10
P. Carlotte	Mary Hodge	65:39
W60	Chris Johnsen	60:16
	Myra Lawson	80:39
	Lois Humphrey	94:54
W75	Rhett Peterson	96:56
9	t. George Mara	thon
	t. George, UT; C	
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Filon	neno Apocada 37	2:16:25
Kave	oko Nomura 44	2:43:44
	Jerry Henley	2:23:20
Berry	Timothy Jones	2:25:02
	Katsuhiko Shimokaw	a2:33:26
1	John Harmon	2:35:06
45000	Jon Fishburn	2:36:12
21500	Tom Niederee	2:36:50
M45	Gordon Hullinger	
All the	Joe Peterson	2:42:59
100	Toby Salazar	2:49:47
M50	William Francis	2:50:07
	Bob Evers	2:55:16
Mari	Alan Steward	2:56:24
M55	Andy Schnebly	2:57:55
	Richard Green	3:02:19
1 5 7 %	Paul Akiyama	3:10:18
M60	Ron Peterson	3:07:43
	Bud Derbidge	3:09:56
	Ken Jameson	3:13:37
M65	Carlos Valle	3:13:56
	Larry Dervin Bruce Katter	3:55:47
M70	Paul Nance	3:48:19
IVITO	Dewain Jenkins	4:27:10
	Larry Ballantyne	4:32:10
M75	John Cahill 78	3:33:47
	Bob Koch	3:51:01
	Thomas Gregory	
W40	Kayoko Nakamura	
All reads	Karen Gall	2:45:49
	Angela French	2:45:53
	Cheryl Harper	2:46:20
	Kathy Aragon	2:47:07
	Brenda GGrahar	
W45	Deborah Lazaro	f 3:24:55
	Susan Shultz	3:30:18
1	Sandy Straley	3:28:38
W50	Trish Vlastnik	3:03:07
	Bonnie Hooper	3:28:51
10	Debbie White	3:34:14
W55	Dee Chadwick	3:19:03
	Jeanie Groves	3:19:13
1000	Paulette Laduc	3:39:00
W60	Penny Tyree Mimi Oliveira	3:57:00
		4:06:36
	Pauline Freeland	
W6	5 Shirley Blush	3:46:4
	Elfriede Dalton	4:45:16
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M50	Rick B		
	Ken G		
M55	Bill Ell	berso	n
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M60	Sonny Mike H	leffe	nan
	Huber	t Doe	hring
	Bill Sc	arbo	rough
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Continued from previous page Emogene Scott 5:18:17 +Myra Rhodes 4:01:48 W70+Myra Rhodes Judith Bullough 4:14:53 Julia Barrett 5:54:48

**Portland Marathon** Portland, OR; Oct. 6 Overall Akihiro Oshikiri 27 Katie Galdabini 30 M40 Dave Steffens 2:54:09 Paul Abdalla Pat Wallace 2:41:15 M45 Bruce Paullin Scott Dawson Chuck Dooley Jim D'Haenens 3:00:38 Ken Grunenberg 3:01:40 M55 Bill Elberson 3:06:33 Michael Caley 3:16:22 Sonny Conder M60 Mike Heffernan **Hubert Doehring** Bill Scarborough 3:35:12 M65 Mel Preedy Georg Baier Lionel Wilridge 3:54:08 M70 Bob Dolphin Ron Calhoun 5:02:19 5:00:10 M75 Paul Gionfriddo Chas Hoover Sr M90 John Beeson JrAR6:48:44 (Weintraub/7:25:12/2000) W40 Nikki Rafie 2ndW 2:54:38 Mary Holleman 3:06:57 Susan Hawkins 3:07:44 W45 Wanda Kelley 3:14:12 3:18:15 Kit Sundling Alice Eaton W50 Betty Wagner 3:27:12 Teresa Hogan Kathy Mellow 3:54:46

W55 Patti Wilson

W60 Susan Bradley

W65 Dolores Scott

W75 Audrey Cullen

W80 Peggy Lutz

Marian Lyons

Gunhild Swanson 3:31:19

Elisabeth Kandel 4:17:59

W70 Colleen Mershon 4:36:36

4:05:46

6:43:08

5:16:34

Racewalkers 1 Douglas Johnson 42 4:24:29 3 Nicole Goodman 43 4:52:17

INTERNATIONAL British Masters Athletic

British Masters Att	
Federation 5K Champ	onship
Wold, Lincs.; Sep	
M40 M Hawkins	15:39
J Convery	15:48
Gristwood	16:04
M45 A Rowe	15:41
J Estall	16:02
G Wilson	16:13
M50 M Hager	16:00
D Weigel	16:19
R Jenkins	16:29
M55 J Bell	16:17
P Hyde	16:39
M Ford	17:32
M60 F Gibbs	17:43
J Firth	18:56
K Burgess	19:13
M65 B Newall	18:56
E Simpson	20:01
D Pickering	20:16
M70 E Abbleby	20:33
A Crockart	24:29
M75 S Charlton	19:27
D Holt	27:38
W35 H Burrell	17:37
W Rowthonbaugh	17:41
A Dennison	18:11
W40 J Clark	17:39
H Garrison	18:29
J Burke	18:47
W45 M Holland	18:52
G Duckworth	18:52
S Walch	21:19
W50 D Ellmore	17:50
J Meeton	18:41
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# RACEWALKING

Championships

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ı	K	ingsport, TN; Sept.	21
ı	Over	all	
ı	Albe	rt Heppner 38	21:51
ı	100000000000000000000000000000000000000	cia Gutsche 41	25:53
I	M40	lan Whatley	22:36
ı		Keith Luoma	23:39
ı		Rod Craig	24:04
ı	M45	Bill Reed	26:44
ı		Will Walden	28:20
ı		Bart Kale	29:27
ı		John Fredericks	28:57
ı	M55	Leon Jasionowski	25:35
ı		Max Walker	27:22
1		David Wade	30:56
ı	M60	John Backlund	30:58
ı		Heinrich Looser	32:40
ı		Larry Seymour	34:07
ı	M65	Paul Johnson	26:51
۱		Jack Bray	27:54
I		Bob Cella	29:44
ı	M70	Alfred du Bois	29:32
ı		Bob Christmas	33:55
I		Andrew Briggs	35:14
١	M75	Robert Mimm	35:10
ı		Danny Demauro	35:44
١	M80		40:11
I		Joe Biersteker	40:40
ı	W40	Marcia Gutsche	25:53
ı		Victoria Herazo	26:47
ı		Teresa Aragon	26:49
ı	W45	Debbie Topham	28:50
١		Lynette Heinlein	30:09
۱		Joan Byrne	34:14
١	W50	Judy Witt	30:31
1		Rosemary Sexton	33.09



W55 M Auerback J Witterick

W60 C Lee

W65 D Frazer

20:17 20:34

W55 Yoko Eichel

W60 Janet Higbie

W65 Joanne Elliott

W70 Millie Prihoda

W80 Jane Dana

Ruth Ketron

Darlene Backlund

Ruby Tolbert

Joyce Curtis

Helen Amazeen

29:02

33:51

31:37

34:01

35:39

34:08

37:03

37:37

38:25

38:02

# ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 2002

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ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GAIL LEDBETTER (LAS VEGAS, NV)	11- 3-62	40-44
KYONG SONG (CA)	11-26-62	40-44
LOUISE CLARK (QUEENS VILLAGE, NY)	11- 3-57	45-49
BARBARA ACOSTA (SAN JOSE, CA)	11- 6-57	45-49
MARK NENOW (US)	11-16-57	45-49
JOCELYN HARWOOD (GBR)	11-21-57	45-49
YOSHIMI MORIMOTO (JPN)	11-23-57	45-49
GAI MONAHAN (AUS)	11- 3-52 11- 4-52	50-54
MARILYN WALLACH (BURLINGAME, CA)		50-54
RUSSELL JACQUET-ACEA (SEATTLE, WA)	11-12-52	50-54
DANIEL WINZENRIED (US)	11-12-52	50-54
ELENA BURGAROVA (SVK) EAMONN COGHLAN (IRL)	11-13-52	50-54
FRANCIE LARRIEU-SMITH(TX)	11-21-52	50-54
JOYLYN SAUDERS (GBR)	11-23-52	50-54
JORMA MARKUS (FIN)	11-28-52	50-54
MARGARITA EKISS (W. AMHERST, NY)	11- 1-47	55-59
LYNN GRAHAM (FRESNO, CA)	11- 3-47	55-59
JARMILA KLIMESOVA (CZE)	11- 5-47	55-59
ELIZABETH RIORDAN (PRIDES CRSSING, MA)	11-10-47	55-59
HEATHER DUCAT (AUS)	11-11-47	55-59
JAN BUSTAD (PUYALLUP, WA)	11-13-47	55-59
KUMIKO NISHIUCHI (JPN)	11-17-47	55-59
ELEANOR MARY ROBINSON (GBR)	11-20-47	55-59
DOROTHY HOLMES (GBR)	11-21-47	55-59
JANE HOLMES (GBR)	11-21-47	55-59
JANIS ZIRNIS (URS)	11-28-47	55-59
LINDA FINDLEY (CAN)	11-28-47	55-59
DAVID SIRL(NZ)	11- 9-42	60-64
CAROL STRAUD(SAN JOSE, CA)	11-13-42	60-64
GERDA SEIBERT (GER)	11-15-42	60-64
DEREK CLAYTON (AUS) HANNO RHEINECK (GER)	11-17-42	60-64
CHANNO KHEINECK (GEK)	11-17-42	60-64
SUSAN KIEFFER (BEVERLY HILLS, CA) KATHY SHIPP (TEMPE, AZ)	11-17-42	60-64
GAIL GUSTAFSN-RODD (SAN FRANCISCO, CA)	11-21-42	60-64 60-64
KLAUS MAG MULLER (AUT)	11-23-42	60-64
GUNTHER MIELKE (GER)	11-30-42	60-64
SUSANNE HUNTER (LINCOLN, MA)	11-30-42	60-64
LISETTE VERBEECK (BEL)	11- 1-37	65-69
KERTTU KANGASMAKI (FIN)	11- 1-37 11- 7-37	65-69
GAIL HOLM (US)	11-15-37	65-69
ARMANDO ALDEGALEGA (POR)	11-23-37	65-69
LIESELOTTE LIESS (GER)	11- 2-32	70-74
AL FEOLA (PLACENTIA, CA)	11- 2-32 11- 6-32	70-74
HARVEY SCHELLENBERG (REEDLEY, CA)	11-10-32	70-74
GHULAM RAZIK (PAKISTAN)	11-11-32	70-74
ELIZABETH SZAWLOWSKI (MIDDLESEX, MA)	11-11-32	70-74
JACK BRAY (US)	11-14-32	70-74
JOAN BURGUESS (WELLESLEY, MA)	11-23-32	70-74
WILFRIEDE HOFFMANN (GER)	11-27-32	70-74
MYRRHA EBERLY (LOS GATOS, CA)	11-30-32	70-74
BARBARA NEUHAUSE (HOUSTON, TX) JOSEF NECEK (CZE)	11- 1-27	75-79
SUSIE BARNES (US)	11- 4-27	75-79 75-79
LUCILLE SAMPSON (MIDDLETOWN, OH)	11-19-27	75-79
OTIS CHANDLER (LOS ANGELES, CA)	11-23-27	75-79
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GWEN DAVIDSON (AUS)	11-28-22	80-84
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John Deere Health 5K / USATF National Masters 5K Racewalk

	ingsport, TN; Sep	t. 21
Ove	rall	
	rt Heppner 38	21:51
	cia Gutsche 41	25:53
M40	Ian Whatley	22:36
	Keith Luoma	23:39
	Rod Craig	24:04
M45		26:44
	Will Walden	28:20
S.P.	Bart Kale	29:27
	John Fredericks	28:57
M55	Leon Jasionowski	25:35
	Max Walker	27:22
	David Wade	30:56
M60	John Backlund	30:58
	Heinrich Looser	32:40
	Larry Seymour	34:07
M65	Paul Johnson	26:51
	Jack Bray	27:54
	Bob Cella	29:44
M70	Alfred du Bois	29:32
	Bob Christmas	33:55
	Andrew Briggs	35:14
M75	Robert Mimm	35:10
	Danny Demauro	35:44
M80	Paul Geyer	40:11
	Joe Biersteker	40:40
W40	Marcia Gutsche	25:53
	Victoria Herazo	26:47
	Teresa Aragon	26:49
W45	Debbie Topham	28:50
	Lynette Heinlein	30:09
	Joan Byrne	34:14
W50	Judy Witt	30:31