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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., 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. masters marathon champion Hellebuyck ran a conservative race,



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

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

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Holland Breaks Three W75 U.S. Records

Hosack, 100, Sets Six World Records in Weight Pentathlon

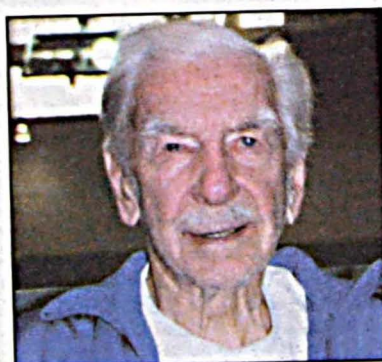
By REX HARVEY

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., previously 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

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

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- USA Masters Road Records — pages 15-17
- Masters Club List — page 18

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

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KEN LEE
Patty Blanchard (l), 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.

Benoit-Samuelsen Sets W45 Marathon Record in Chicago

By SUSANNAH BECK

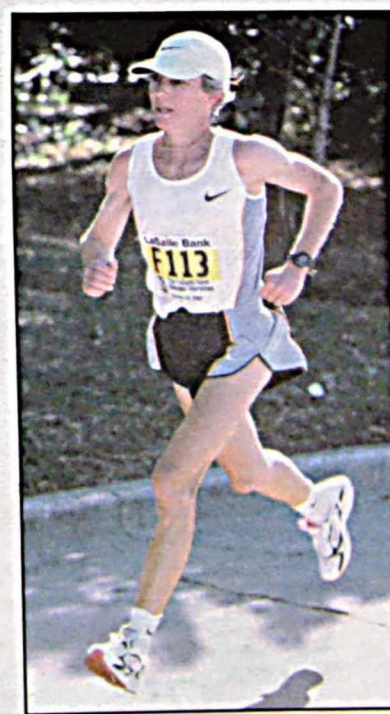
Joan Benoit-Samuelsen, 45, set a new U.S. marathon record for women over age 45 with a 2:42:27 in the cold and windy LaSalle Bank Chicago Marathon, Oct. 13. The 1984 Olympic Marathon winner broke the old W45 mark of 2:45:11 set in 1991 by Barbara Filutze.

Benoit-Samuelsen 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 half.

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%

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VICTOR SAILER / PHOTO RUN
Joan Benoit-Samuelsen set a pending U.S. W45 age-group record of 2:42:27, LaSalle Bank Chicago Marathon, Oct. 13.

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

Publisher: Suzy Hess
Editor: Jerry Wojcik
Editor-at-Large: Al Sheahan
Associate Editor: Angela Egremont
Assistant Editors: Susannah Beck, Jane Dods, Erich Reed
National Masters News Office
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com

Masters Web Sites:
 www.nationalmastersnews.com
 www.usatf.org
 www.masterstrack.com
 www.usaldr.org
 www.world-masters-athletics.org
Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess 541-343-7716

Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundie
Long Distance Records:
 Road Running Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), Mike Tymn (HI).

International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).

Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).
Creative Art: Eugene Paasinen, Herb Parsons
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NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair
 George Mathews
 PO Box 80128
 Seattle, WA 98108
 206-396-0727 (P)
 MTFCHAIR@ofanswers.com
Vice-Chair
 Suzy Hess
 PO Box 5272
 Eugene, OR 97405
 541-343-7716 (W)
 541-345-2436 (Fax)
 mtvicechair@aol.com
Secretary
 Bob Cahners
 4535 Lighthouse Lane
 Naples, FL 34112
 941-793-4574 (H)
 941-793-5744 (W)
 mtsec@aol.com
Treasurer
 Frank Lulich
 2315 Shields
 Eugene, OR 97405
 541-343-8604 (H)
 mtftreas@aol.com
Regional Coordinators
East
 Roz Katz
 170-11 65th Ave.
 Flushing, NY 11365
 718-358-6233
 throwerfa@aol.com
Mid-America

Midwest
 Gerry Krainik
 15124 Hillside Ave.
 Oak Forest, IL 60452
 708-687-2124
 gkrainik@attbi.com
Northwest
 Becky Sisley
 310 East 48th
 Eugene, OR 97405
 541-342-3113 (H)
 541-346-3383 (W)
 541-346-3583 (Fax)
 bsisley@oregon.uoregon.edu
Southeast
 Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 561-499-3370
 bobfine@aol.com
Southwest
 Courtland Gray
 801 Legacy Dr. #1414
 Plano, TX 75023
 972-527-9960
 cgray@attbi.com
West
 Mark Cleary
 18 Charca
 Rancho Santa Margarita, CA 92688
 949-589-0242
 runnermark@cox.net
 www.xro.com/cleary.html

Active Athletes Representative
 Dave Clingan
 1849 SE 20th
 Portland, OR 97214
 503-231-6345
 xroads@xro.com
All American Standards
 Len Olson
 3 Oceans West Blvd., #5C4
 Daytona Beach, FL 32118-5991
 Tedodiscus@aol.com
Awards
 Phil Byrne
 55 Constellation Wharf
 Charlestown, MA 02129
 617-242-8822
 pmb02129@aol.com
Championships Games
 Sandy Pashkin
 301 Cathedral Pkwy #6U
 New York, NY 10026
 212-666-8603
 spashkin@aol.com
Championships Sites
 Ken Weinbel
 4103 Hillcrest Ave., S.W.
 Seattle, WA 98116
 206-938-3895 (H)
 Kweinbel@attbi.com
Combined-Events
 Jeff Watry
 24304 77th Street
 Paddock Lake, WI 53168
 262-843-3567 (H)
 217-367-8438 (W)
 jwatry@gillathletics.com

Law Chair
 Tom Light
 P.O. Box 1550
 Chugiak, AK 99567
 907-694-4623 (H)
 907-786-7431 (W)
 907-786-7401 (Fax)
Marketing Director
 Jeff Stamp
Masters Invitational Program
 Mark Cleary (see West above)
Racewalking
 Rod Larsen
 104 Eleventh Ave.
 Windermere, FL 34786
 407-876-4467 (H)
 407-876-5843 (Fax)
 larsenrod@aol.com
Rankings
 Jerry Wojcik
 P.O. Box 50098
 Eugene, OR 97405
 jerrywoj@aol.com
Records
 Pete Mundie
 4017 Via Marina #C-301
 Venice, CA 90292
 pmundie@juno.com
Rules Coordinator
 Graeme Shirley
 11212 Via Carroza
 San Diego, CA 92124
 858-292-6132
Substance Abuse Edu. & Testing
 Rose Monday
 805 Pinon Boulevard
 San Antonio, TX 78258

(210) 481-7301
 rosaria@swbell.net
Team Manager
 Sandy Pashkin (address above)
Web Site Chair
 Rex Harvey
 6744 Connecticut Colony Cir.
 Mentor, OH 44060
 440-225-0751 (H)
 440-954-8122 (W)
 440-954-8111 (F)
 rexjh@aol.com
Weight Events
 Dick Hotchkiss
 14005 Meadow Dr.
 Grass Valley, CA 95945
 530-273-3660
 ashglaze42@hotmail.com
WMA Delegates
 George Mathews
 Rex Harvey
 Al Sheahan
 Alternates:
 1) Suzy Hess
 2) Phil Byrne
 3) Don Austin
 4) Joan Stratton
 5) Marilyn Mitchell
 6) Bob Fine
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WMA Delegates: Women
 Rose Monday
 Suzy Hess
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 Alternates:
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NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair:
 Norm Green
 407 Freedom Blvd.
 West Brandywine, PA 19320-1559
 runnorm@aol.com
Secretary:
 Barbara Leininger
 5115 Park Ave.
 Minneapolis, MN 55417
 (612) 823-2554
Vice Chair:
 John Boyle
 P.O. Box 1700
 DeLand, FL 32721
 (904) 736-0002
 (904) 740-1047 (Fax)
Awards:
 Don Lein
 13 Crosswinds Estates
 Pittsboro, NC 27312
 (919) 542-4790
 (919) 542-5157 (Fax)
 dmlcin@earthlink.net

Road Records & Rankings:
 Basil & Linda Honikman
 Road Running Information Center
 5522 Camino Cerralvo
 Santa Barbara, CA 93111
 (805) 683-5868
 (805) 967-5958 (Fax)
 Honikman@silcom.com
 www.usaldr.org
Law and Legislation:
 Mary Rosado
 102 West 80th St., Apt. 23
 New York, N.Y. 10024-6303
 (212) 874-0822 (Home)
 (212) 758-2104 (Work)
 (212) 308-8582 (Fax)
 mrosadoesq@prodigy.net
WMA Delegates:
 Mary Rosado (address above)
 Charles DesJardins

Rules Coordinator:
 George Kleeman
 5104 Alhambra Valley Rd.
 Martinez, CA 94553
 (925) 229-2927
 (925) 229-2940 (Fax)
 georgekleee@aol.com
Championships:
 Ken Robichaud
Championship Stats:
 Norm Green (address above)
Marketing Representatives:
 Don Lein (address above)
 Jack Wing
 4038 East 48th St.
 Tulsa, OK 74135
 (918) 742-5418 (H, W, Fax)
 (918) 292-2860 (Fax)

IAAF Masters Committee:
 Charles DesJardins
 PO Box 2281
 Carson City, NV 89702-2281
 (775) 884-9448
 CRDJ@interqwest.com
Athlete Information Center
Coordinator:
 Barbara Leininger (address above)
Cross-Country Representative:
 Carole Langenbach
 4261 S. 184 St.
 Sea-Tac, WA 98188
 (206) 433-8868 (H, Fax)
 pnlf@wolfenet.com
Mountain, Ultra, Trail
Representatives:
 Theresa Daus-Weber
 Douglas Laufer
 Roy Pirrung

Twin Cities M

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

Hellebuyck hamme 2:19:59, qualifying him U.S. Olympic Marathon second. Martinez also and the three went on for the U.S. 40+ Cl Martinez, second in Ngatia, who became a fall after a long residen 2:24:30.

"I felt really good ab sprightly Belgian-boi "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 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 Y marathon-retired, so I 5Ks and 10Ks all sea Shawn, talked me int

Somers-Smith wa 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 5

Kelly Keeler, 46 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 tra been all that strong what to expect. I've TCM until now" (th

Keeler says she another marathon s working on her spee school. "I'd like to c 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



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

year."

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 three-time 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 M70.

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 more."

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 pacers.

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, Bishkek, Kyrgyzstan, 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 and 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 Press.

WHO'S GOT THE BEST MASTERS?

OTC? BAA? WHIRLAWAY? ATC? YOUR TEAM?

2002 USA FALL CROSS COUNTRY CHAMPIONSHIPS



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NATIONAL PRIDE

I read with great interest George Mathews' column (Sept. NMN) regarding "National Pride." 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 to imagine.

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

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 participation.

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,

with some encouragement and assistance re logistics, etc., could be persuaded 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 markings.

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 hurdle.

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 hurdle.

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 record-breaking 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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CZM

Six Join NMN Sustainers

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:

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Masters Track & Field Hyatt

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 & Field Committee Schedule 2002 • 24th USATF Annual Meeting Hyatt Regency Crown Center, Kansas City, Mo.

Wednesday, Dec. 4		ROOM	Floor
5:00 p.m.-6:30 p.m.	Masters Regional Coordinators	Empire A	ML
7:30 p.m.-10:00 p.m.	Masters T&F Executive Committee	Chateau B	ML
Thursday, Dec. 5			
9:00 a.m.-11:00 a.m.	USATF Opening Session	Chicago/ San Francisco	BL
11:15 a.m.-12:00 noon	General Competition Division Masters, Youth, & Associations	Empire B&C	ML
11:15 a.m.-12:20 p.m.	Masters Regional Coordinators	Exec BrdRm	BL
1:00 p.m.-3:00 p.m.	Masters Hall of Fame Subcommittee	Indep	Wstrn-BL
1:00 p.m.-4:00 p.m.	Masters T&F Awards Subcommittee	Fremont	ML
5:30 p.m.-8:00 p.m.	Masters T&F	Empire B	ML
	Roll Call of Delegates	20 minutes	
	Election of Active Athletes	15 minutes	
	Approval of Minutes	5 minutes	
	Approval of Revised Agenda	5 minutes	
Reports - Verbal (all other reports written as per by-laws, Sections VII-F)			
	Law & Legislation Changes & Submissions--Tom Light	10 minutes	
	Rules--Graeme Shirley		
We will allow 5 min. for submitter, 5 min. pro and 5 min. con for each of these submissions			
	Team Competition at National Championships (Rule 261, Section 2), tabled last year--Mark Cleary	15 minutes	
	Recognition of Masters Clubs (Rule 261, Section 2), tabled last year--Mark Cleary	15 minutes	
	Eight Different Rule Change Submissions by Jeff Schaller on Rules for the Conduct of Our Championship Meets	120 minutes	
Friday, Dec. 6			
8:00 a.m.-10:00 a.m.	Masters T&F	Empire B	ML
	Poll Call and Announcements	20 minutes	
	Presentation and Voting for 2005 Outdoor National Championships --Charlotte, Hawaii, Spokane		
	Ken Weinbel	100 minutes	
10:30 a.m.-11:30 a.m.	Northwest Regional Masters	Atlanta A	BL
1:00 p.m.-4:00 p.m.	Joint Masters T&F/LDR	Atlanta B	BL
	WMA Stadia Report--Rex Harvey	10 minutes	
	WMA Non-Stadia--Charles DesJardins	10 minutes	
	Team Manager Reports--Puerto Rico	30 minutes	
	Team Uniforms	15 minutes	
	Masters Hall of Fame--Norm Green	20 minutes	
	National Masters News--Jerry Wojcik	10 minutes	
	Presentations by Candidates for IAAF Masters Committee	30 minutes	
8:00 p.m.-10:00 p.m.	Jesse Owens/Hall of Fame Banquet	Regency - Ballroom	BL
Saturday, Dec. 7			
7:30 a.m.-9:30 a.m.	Awards Breakfast Buffet	Atlanta/NY	BL
10:00 a.m.-12:00 noon	Masters T&F	Empire B	ML
	Roll Call	15 minutes	
	Presentations and Voting for 2005 indoor Championships, Combined-Events, Weights, and Weight Pentathlon Championships	30 minutes	
	Update on 2004 Outdoor Championships	10 minutes	
	Chair Report--George Mathews	10 minutes	
	Budget Report--Frank Lulich	10 minutes	
	Games Committee--Sandy Pashkin	10 minutes	
	Regional Coordinators Report	20 minutes	
	Meet Manual--Ken Weinbel	15 minutes	
2:00 p.m.-5:00 p.m.	Masters T&F	Atlanta A	BL
	Awards Committee--Phil Byrne	15 minutes	
	Masters Individual Program--Mark Cleary	10 minutes	
	Mission Statement--George Mathews and Dave Clingan	20 minutes	
	Rankings--Dave Clingan	20 minutes	
	Championships Meet Announcer	15 minutes	
	Records--Pete Mundle	15 minutes	
	Qualifying and Modal Standards for National Championships--George Mathews	10 minutes	
	Marketing, Promotion, Growth, and Fund Raising--George Mathews	30 minutes	
	Masters Web Site	15 minutes	
	Continuation of Business/New Business	15 minutes	
Sunday, Dec. 8			
8:00 a.m.-9:15 p.m.	General Competition Division	Chateau	ML
9:30 a.m.-11:00 a.m.	USATF Closing General Session	SF/NY/ATL	BL



SUZY HESS

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. 12.

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/2002.

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



LDR Report

By RYAN LAMPPA
USATF Road Running Information Center

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

SANTA 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 multi-event 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 e-mailed 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 (l), 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	



PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
 By JOHN W. PAGLIANO, D.P.M.

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, phenylalanine, threonine, histidine, and others.

Half of the men were placed on placebo 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. □

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 Krulce, 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

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 Pame E Vito 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 Flank, 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.



Your Sp

Let's get serious and older would your thirties. In lege, it was commonly sprint careers were es

Of course, there track meets when y twenties and thirties, enter as the "old guy!" the sprint effort exp 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 y 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 fo baseball, or some su always had an "older But in an instant, it al

Oh Boy!

You see an anno masters 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 oppor again, and you have training yet.

You have only 10 sprint shape, and you dashes on the ancien town. You even convi you will be fine becau the sprint mentality, which will carry you i petition.

Oh No! Heats!

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

You, on the other l in good shape and heats in the 100. Yc expecting one race a and it is too late to b your family has com your comeback. You fusely, your heart is p haven'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

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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)



Master Scope

By ROGER PIERCE

Your Sprint Career Is Just Beginning

Let'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 headphones on.

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 age-groups 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

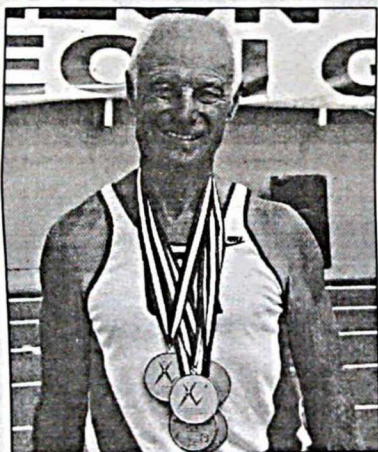
this pressure like you needed that hernia you got nine years ago.

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 Performer (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 e-mail at tamaracmusic@earthlink.net.)

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PROFILE

Aaron Sampson

Aaron Sampson's prodigious leap of 25-2½ (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.

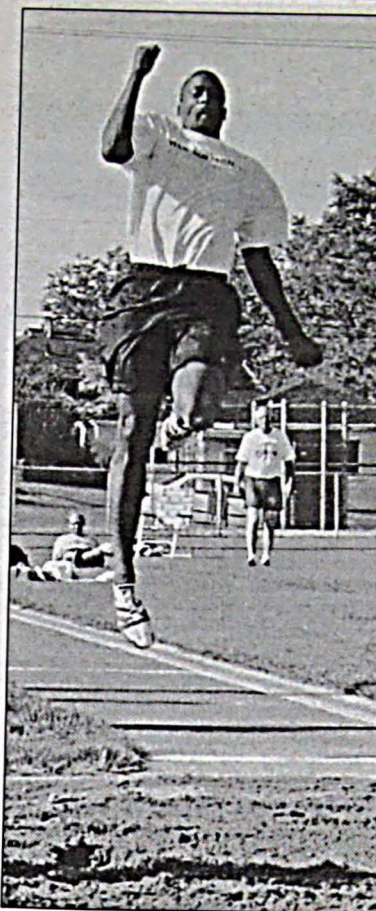
After graduation, he moved to Utah and attended Southern Utah University from 1981-1985, earning his B.A. in Mass Communications with a minor in Marketing.

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-



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.

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 Guinness 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

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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 Championships Subcommittee	Fremont	ML

1:00 p.m.-4:00 p.m.	Joint Masters T&F/LDR	Atlanta B	BL
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Saturday, Dec. 7

9:30 a.m.-12:00 noon	Masters LDR	Persh Pl W	Wstr-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	ML

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On The Run

By HAL HIGDON

In Praise of the 10K

In a scenario no longer possible, my first 10,000 meter race was at the 1952 Olympic Trials. Forty or more of us ran. If lapped, we left the track until fifteen minutes 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/trail; 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, 303-973-7579, theresadausweber@mns.com; West (ultra), Lorraine Gersitz, 714-526-5340 (h), bruceandlo@earthlink.net; and Brian Metzler, (mountain/trail/sub-ultra distances), 303-546-6613 (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

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 60-and-over competed in the George Sheehan Memorial Mile and ran in 10-year 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).

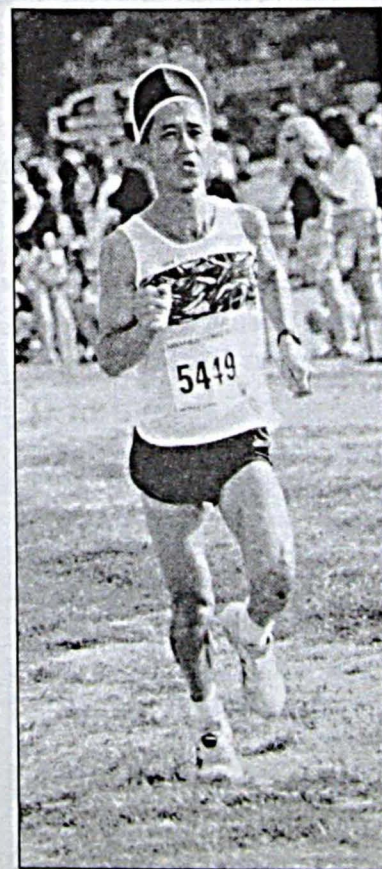
Michelsohn's closest competition was Yvette Lavigne, 62, Los Angeles, Calif., who ran a 6:09.2.

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. □



GEORGE BANKER

Ronnie Wong, first M55 (66:54), Annapolis 10 Miller, Aug. 24.



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



Bill Rodgers, 54, first Lakelands 5K, Gaithersburg, Aug. 31.

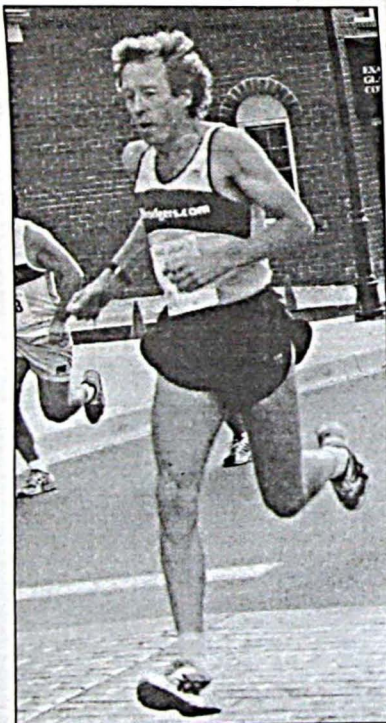
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GEORGE BANKER
Laura Freix, 41, second W40+ (19:05),
Kentlands-Lakelands 5K, Gaithersburg, Md.,
Aug. 31.



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

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The Weight Room

By JERRY WOJCIC

Scores Entered in Weight Pentathlon Championships

St. Amant, Louisiana, the site of the 2002 National Masters Weight Pentathlon Championships, escaped the most recent Gulf of Mexico storm, but will be 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-east of Baton Rouge off the I-10.

Baty expects 70-75 throwers to 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, etc., going on at the same time."

Among the entrants at about the end 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 international flavor.

Entrants will feast on jambalaya for lunch and attend a banquet at the meet host Holiday Inn in town. Thirty officials have signed up for duty.

2002 Scoring

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 have been under the old tables.

Reed and Lorraine Quinn have set up an Internet service that allows athletes to send in raw scores they've accomplished in a meet or in practice to be age-graded and scored by the Quinns' program. It also shows scores under both the "old" and "new" tables. The site is <http://members.aol.com/cyberthrow>, and their e-mail address is Cyberthrow@aol.com.

com/cyberthrow, and their e-mail address is Cyberthrow@aol.com.

New vs. Old

The Quinns took my Northwest Regional Championships/Salt Lake City scores and calculated them under both the old and new age-grading systems. 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).

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.

This year's championships will be the first large WP in the U.S. to which the 2002 WMA factors are applied. It'll be interesting to see how the championships' age-factored points for single events compare to the points earned in the 2001 and previous championships, and what effect they have on total scores. □

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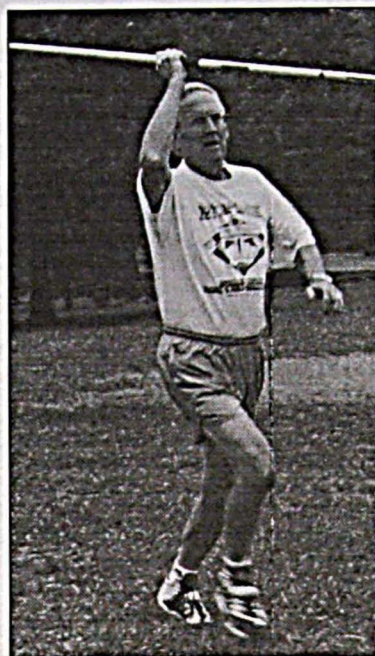
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Track Activist Louise Tricard, 65, Makes Stand, Gets Arrested

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



Ken Ohm was first M65 in the javelin with a personal best 120-6, Kansas Senior Olympics, Sept. 28.

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 WOJCIC
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@aol.com

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

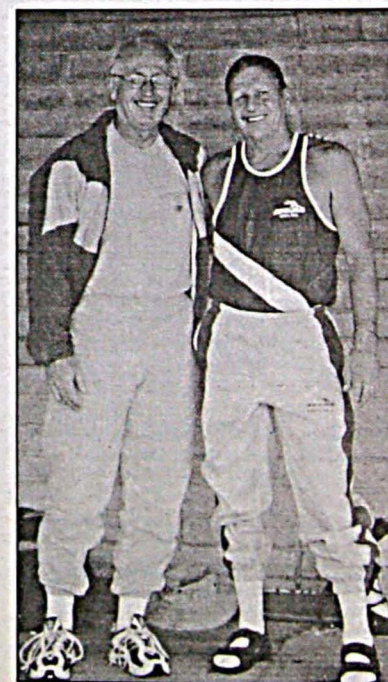
High jump, pole vault - Joy MacDonald, 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FTLREDSKIN@aol.com

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; e-mail: russell@iastate.edu

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



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

USA Tr

Compiled by

Key to Codes:

R = Ratified record

U = Unvalidated

D = Date of birth

Masters Women

10 km	32:25 R
12 km	40:04 R
15 km	49:36 R
20 km	1:10:35 R
10 mi	53:51 R
half mar	1:11:41
half mar	1:12:56 R
marathon	2:27:58a P
marathon	2:31:14 R
6 day	820.765 m R

5 km	16:06 R
5 km	15:44a R
8 km	26:19 R
10 km	33:22 R
12 km	42:17 R
12 km	42:13 U
15 km	52:22 R
20 km	1:13:46 R
20 km	1:12:39 P
25 km	1:29:47 R
25 km	1:29:47 R
30 km	1:54:00 R
50 km	3:44:32 R
100 km	8:33:07 R
10 mi	56:05 R
20 mi	1:59:17 R
50 mi	6:19:05 R
100 mi	15:05:52 R
half mar	1:13:54a R
half mar	1:13:57 R
marathon	2:35:08 R
12 hr	128,747 m R
24 hr	222,556 m R
48 hr	
6 day	627,949 m

5 km	17:14 R
8 km	28:03 R
10 km	35:51 U
10 km	34:40a R
10 km	35:57 R
12 km	43:38 R
15 km	54:58 R
20 km	1:14:13 R
25 km	1:33:19 R
30 km	1:59:25 R
50 km	3:32:34 R
100 km	7:59:59 R
10 mi	59:15 R
20 mi	2:10:13 R
50 mi	6:09:09 R
100 mi	15:12:54 R
half mar	1:19:23 U
marathon	2:45:11 R
marathon	2:44:30a U
12 hr	127,777 m R
24 hr	233,816 m R
48 hr	360,090 m R
6 day	501,712 m R

5 km	17:28 R
8 km	28:55 R
10 km	35:57 R
12 km	44:56 R
15 km	54:34 R
20 km	1:22:36 R
25 km	1:38:36 R
30 km	2:00:41 R
50 km	4:58:39 R
50 km	4:15:12 U
50 km	4:16:32 P
100 km	9:42:22a U
100 km	9:50:35 R
100 km	9:43:27a R
10 mi	1:02:01 R
20 mi	2:19:59 R
50 mi	7:10:58 U
50 mi	7:47:27 F
100 mi	16:57:58 F
half mar	1:19:40 F
half mar	1:18:42a F
marathon	2:50:26 F
12 hr	117,401 m F
24 hr	221,043 m F
48 hr	

5 km	18:32
8 km	30:10
10 km	38:55
12 km	49:43
12 km	47:36a
15 km	1:00:38
20 km	1:18:44
25 km	1:41:01
30 km	2:17:31

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

D = Date of birth and/or citizenship confirmation needed

P = Pending - completed application needed from the event

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

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

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

10 km	32:25 R	PRISCILLA WELCH (GBR/MA)	PHOENIX, AZ	(030285)
12 km	40:04 R	TATIANA POZDNIKOVA (UKR)	EVANSVILLE, IN	(050899)
15 km	49:36 R	PRISCILLA WELCH (GBR/MA)	JACKSONVILLE, FL	(030985)
20 km	1:10:35 R	TATIANA POZDNIKOVA (UKR)	NEW HAVEN, CT	(090495)
10 mi	53:51 R	PRISCILLA WELCH (GBR/CO)	WASHINGTON, DC	(040587)
half mar	1:11:41	RAMILYA BURANGULOVA (RUS)	PHILADELPHIA, PA	(091801)
half mar	1:12:56 R	TATIANA POZDNIKOVA (UKR)	PHILADELPHIA, PA	(091795)
marathon	2:27:58a P B	FIRAYA SULTANOVA (RUS)	BOSTON, MA	(041502)
marathon	2:31:14 R	PRISCILLA WELCH (GBR/CO)	CHICAGO, IL	(102686)
6 day	820,765 m R	C.DIPALI CUNNINGHAM (AUS)	NEW YORK, NY	(042901)

Women 40-44

5 km	16:06 R	RUTH WYSOCKI (CA/40)	ALBANY, NY	(053197)
5 km	15:44a R	RUTH WYSOCKI (CA/40)	LAS VEGAS, NV	(092097)
8 km	26:19 R	RUTH WYSOCKI (CA/40)	NEWPORT BEACH, CA	(071297)
10 km	33:22 R	RUTH WYSOCKI (CA/40)	MOBILE, AL	(032297)
12 km	42:17 R	KIM JONES (WA/40)	SPOKANE, WA	(050398)
12 km	42:13 U	NANCY GRAYSON (MI/42)	LANSING, MI	(060692)
15 km	52:22 R	LAURIE BINDER (CA/41)	TAMPA, FL	(021189)
20 km	1:13:46 R	CAROL MCLATCHIE (TX/40)	NEW HAVEN, CT	(090792)
20 km	1:12:39 P	LINDA SOMERS SMITH (CA/41)	NEW HAVEN, CT	(090202)
25 km	1:29:47 R	JANE WELZEL (CO/41)	GRAND RAPIDS, MI	(051196)
25 km	1:29:47 R	JANE WELZEL (CO/42)	GRAND RAPIDS, MI	(051097)
30 km	1:54:00 R	CAROL MCLATCHIE (TX/41)	SUGAR LAND, TX	(121292)
50 km	3:44:32 R	JAN KREUZ (OH/41)	COLUMBUS, OH	(103088)
100 km	8:33:07 R	LORRAINE GERSITZ (CA/41)	WINSCHOTEN, NED	(091695)
10 mi	56:05 R	LAURIE BINDER (CA/44)	FLINT, MI	(082491)
20 mi	1:59:17 R	GABRIELE ANDERSEN (ID/40)	MINNEAPOLIS, MN	(100685)
50 mi	6:19:05 R	JAN KREUZ (OH/41)	COLUMBUS, OH	(040989)
100 mi	15:05:52 R	SUE ELLEN TRAPP (FL/44)	QUEENS, NY	(050590)
half mar	1:13:54a R	HONOR FETHERSTON (CA/40)	LAS VEGAS, NV	(020495)
half mar	1:13:57 R	LAURIE BINDER (CA/44)	PHILADELPHIA, PA	(091591)
marathon	2:35:08 R	LAURIE BINDER (CA/44)	MINNEAPOLIS, MN	(100691)
12 hr	128,747 m R	RANDI BROMKA (CO/40)	SACRAMENTO, CA	(123092)
24 hr	222,556 m R	RANDI BROMKA (CO/40)	SACRAMENTO, CA	(123192)
48 hr				
6 day	627,949 m	Record is in Track Event	JAMAICA, NY	(062599)
		SUPRABHA BECKJORD (DC/43)		

Women 45-49

5 km	17:14 R	BARBARA FILUTZE (PA/46)	ALBANY, NY	(060593)
8 km	28:03 R	BARBARA FILUTZE (PA/47)	ALEXANDRIA, VA	(091293)
10 km	35:51 U	BARBARA FILUTZE (PA/45)	MEMPHIS, TN	(042592)
10 km	34:40a R	BARBARA FILUTZE (PA/45)	PITTSBURGH, PA	(092991)
10 km	35:57 R	BARBARA FILUTZE (PA/45)	WASHINGTON, DC	(041292)
12 km	43:38 R	NANCY GRAYSON (MI/45)	EVANSVILLE, IN	(051395)
15 km	54:58 R	GABRIELE ANDERSEN (ID/45)	PORTLAND, OR	(061790)
20 km	1:14:13 R	BARBARA FILUTZE (PA/46)	NEW HAVEN, CT	(090792)
25 km	1:33:19 R	DEBRA WAGNER (OH/47)	GRAND RAPIDS, MI	(050899)
30 km	1:59:25 R	SHIRLEY MATSON (CA/48)	CLARKSBURG, CA	(111388)
50 km	3:32:34 R	SANDRA KIDDY (CA/47)	TALLAHASSEE, FL	(121783)
100 km	7:59:59 R	SANDRA KIDDY (CA/45)	CHICAGO, IL	(100382)
10 mi	59:15 R	BARBARA FILUTZE (PA/46)	FLINT, MI	(082292)
20 mi	2:10:13 R	MARY WOOD (CO/45)	MINNEAPOLIS, MN	(101490)
50 mi	6:09:09 R	SANDRA KIDDY (CA/47)	COLUMBUS, OH	(040184)
100 mi	15:12:54 R	SANDRA KIDDY (CA/49)	TALLAHASSEE, FL	(121485)
half mar	1:19:23 U	SHIRLEY MATSON (CA/47)	HAYWARD, CA	(101688)
marathon	2:45:11 R	BARBARA FILUTZE (PA/45)	MINNEAPOLIS, MN	(100691)
marathon	2:44:30a R	MARY WOOD (CO/45)	LAS VEGAS, NV	(020291)
12 hr	127,777 m R	SANDRA KIDDY (CA/49)	TALLAHASSEE, FL	(121485)
24 hr	233,816 m R	SUE ELLEN TRAPP (FL/47)	SYLVANIA, OH	(091993)
48 hr	360,090 m R	SUE ELLEN TRAPP (FL/47)	SACRAMENTO, CA	(111593)
6 day	501,712 m R	SALLY MIDDLETON (MI/45)	SACRAMENTO, CA	(111195)

Women 50-54

5 km	17:28 R	SHIRLEY MATSON (CA/50)	CARLSBAD, CA	(041491)
8 km	28:55 R	SHIRLEY MATSON (CA/50)	PALO ALTO, CA	(032491)
10 km	35:57 R	SHIRLEY MATSON (CA/50)	ORLANDO, FL	(030291)
12 km	44:56 R	SHIRLEY MATSON (CA/52)	SPOKANE, WA	(050293)
15 km	54:34 R	SHIRLEY MATSON (CA/50)	JACKSONVILLE, FL	(030991)
20 km	1:22:36 R	GINA FAUST (CA/50)	VALENCIA, CA	(021488)
25 km	1:38:36 R	S. RAE BAYMILLER (NY/51)	MINNEAPOLIS, MN	(091194)
30 km	2:00:41 R	SHIRLEY MATSON (CA/50)	CLARKSBURG, CA	(111190)
50 km	4:58:39 R	SUE ELLEN TRAPP (FL/53)	SYLVANIA, OH	(091899)
50 km	4:15:12 U	MATILEE CHRISTMAN (IL/53)	EAST PEORIA, IL	(123084)
50 km	4:16:32 P	JAN KREUZ (OH/54)	PITTSBURGH, PA	(032302)
100 km	9:42:22a R	SUE ELLEN TRAPP (FL/50)	DULUTH, MN	(101996)
100 km	9:50:35 R	EILEEN ELIOT (FL/51)	NEW PRESTON, CT	(042395)
100 km	9:43:27a R	MAE HORNS (MN/54)	DULUTH, MN	(102288)
10 mi	1:02:01 R	S. RAE BAYMILLER (NY/51)	FLINT, MI	(082794)
20 mi	2:19:59 R	JOAN ULLYOT (CA/50)	MINNEAPOLIS, MN	(101490)
50 mi	7:10:56 U	RUTH ANDERSON (CA/50)	HOUSTON, TX	(021780)
50 mi	7:47:27 R	EILEEN ELIOT (FL/51)	NEW PRESTON, CT	(042395)
100 mi	16:57:56 R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091596)
half mar	1:18:40a R	S. RAE BAYMILLER (NY/50)	PHILADELPHIA, PA	(091993)
half mar	1:18:42a R	JOAN OTTAWAY (CA/51)	LAS VEGAS, NV	(021196)
marathon	2:50:26 R	SHIRLEY MATSON (CA/50)	MINNEAPOLIS, MN	(100691)
12 hr	117,401 m R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091496)
24 hr	221,043 m R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091596)
48 hr		Record is in Track Event		

Women 55-59

5 km	18:32 R	SHIRLEY MATSON (CA/56)	CARLSBAD, CA	(041397)
8 km	30:10 R	SHIRLEY MATSON (CA/56)	PALO ALTO, CA	(040697)
10 km	38:55 P	SHIRLEY MATSON (CA/55)	LAFAYETTE, CA	(102796)
12 km	49:43 R	BARBARA MILLER (CA/55)	SAN FRANCISCO, CA	(052195)
12 km	47:36a R	SHIRLEY MATSON (CA/56)	SAN FRANCISCO, CA	(032397)
15 km	1:00:38 R	SHIRLEY MATSON (CA/56)	SAN DIEGO, CA	(111696)
20 km	1:18:44 R	S. RAE BAYMILLER (NY/55)	NEW HAVEN, CT	(090798)
25 km	1:41:01 R	SHIRLEY MATSON (CA/56)	SAN DIEGO, CA	(111696)
30 km	2:17:31 R	JOYCE GASKIN (TX/55)	SUGAR LAND, TX	(121292)

30 km	2:12:35 U	BARBARA MILLER (CA/57)	CLARKSBURG, CA	(111796)
50 km	3:56:55 R	SANDRA KIDDY (CA/55)	WASHINGTON, DC	(101792)
100 km	8:42:36 R	SANDRA KIDDY (CA/55)	PALAMOS, ESP	(021692)
10 mi	1:02:39 R	S. RAE BAYMILLER (NY/55)	FLINT, MI	(082298)
20 mi	2:26:36 R	WEN-SHI YU (NY/55)	MINNEAPOLIS, MN	(101490)
50 mi	7:44:48 R	MARY ANN MILLER (TX/56)	DALLAS, TX	(011693)
100 mi	18:53:03 R	SUE ELLEN TRAPP (FL/55)	SYLVANIA, OH	(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 (FL/55)	SYLVANIA, OH	(091501)
24 hr	203,050 m R	SUE ELLEN TRAPP (FL/55)	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 60-64

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	1:58:24 R	GLORIA BROWN (NY/62)	GRAND RAPIDS, MI	(051494)
30 km	2:17:11 P	BARBARA MILLER (CA/60)	CLARKSBURG, CA	(111499)
30 km	2:21:32 R	MARGARET MILLER (CA/60)	MINNEAPOLIS, MN	(101286)
50 km	5:07:03 R	MARGE DUNLAP (CA/60)	SACRAMENTO, CA	(111399)
100 km	11:14:14 R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
10 mi	1:08:17	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(090901)
10 mi	1:09:44	BARBARA MILLER (CA/60)	FRENCH CAMP, CA	(101090)
20 mi	2:32:18 R	MARGARET MILLER (CA/60)	MINNEAPOLIS, MN	(101286)
50 mi	8:35:19 R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
half mar	1:29:49 R	BARBARA MILLER (CA/60)	WEOTT, CA	(101799)
marathon	3:14:50 R	BARBARA MILLER (CA/60)	HUNTSVILLE, AL	(121199)
12 hr	77,254 m R	LOUISE MIKLOVIC (OH/62)	BOSTON, MA	(041700)
24 hr	133,668 m R	SARANN MOCK (OH/62)	SYLVANIA, OH	(091600)
48 hr		Record is in Track Event		

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)	VALENCIA, CA	(100898)
25 km	2:10:56 U	GERRY DAVIDSON (CA/65)	SAN DIEGO, CA	(122886)
30 km	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

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Continued from previous page

Women 70-74

5 km	24:18 P	TOSHIKO DELIA (NJ/70)	PARAMUS, NJ	(102200)
5 km	24:36 R	TOSHIKO DELIA (NJ/70)	ALBANY, NY	(060300)
5 km	23:56 U	JO KIESECKER (CO/73)	LAS VEGAS, NV	(091496)
5 km	23:56 R	JO KIESECKER (CO/74)	LAS VEGAS, NV	(092097)
8 km	38:46 R	HEDY MARQUE (VA/74)	ALEXANDRIA, VA	(051092)
10 km	48:53 P	TOSHIKO DELIA (NJ/70)	RIDGEWOOD, NJ	(052900)
10 km	50:01 U	PAT DIXON (OR/70)	EUGENE, OR	(051389)
10 km	49:13 P	MYRA RHODES (CA/70)	PASO ROBLES, CA	(092002)
12 km	58:22 R	JUNE MACHALA (WA/70)	SPOKANE, WA	(050601)
15 km	1:24:17 R	WHAYONG SEMER (OH/70)	TAMPA, FL	(021399)
15 km	1:16:35 R	HEDY MARQUE (VA/74)	ALEXANDRIA, VA	(042692)
20 km	1:46:21 R	PAT DIXON (OR/70)	MEDFORD, OR	(040889)
25 km	2:18:20 R	GERRY DAVIDSON (CA/70)	SAN DIEGO, CA	(112391)
30 km	2:59:22 R	ELLEN MCCOY (MN/70)	DULUTH, MN	(052591)
50 km	5:44:04 R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
100 km	12:50:49 R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
10 mi	1:20:33 R	HEDY MARQUE (VA/74)	WASHINGTON, DC	(101391)
20 mi	3:29:57 U	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
20 mi	3:25:59 U	MAVIS LINDGREN (CA/71)	CLARKSBURG, CA	(111978)
50 mi	9:55:09 R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
100 mi	23:29:34 R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
half mar	1:50:31	TOSHIKO DELIA (NJ/70)	PHILADELPHIA, PA	(091601)
half mar	1:42:18 R	JUNE MACHALA (WA/70)	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	4:11:54 R	MARCIE TRENT (AK/70)	NAPA, CA	(031388)
marathon	4:09:04 U	GERRY DAVIDSON (CA/70)	SAN DIEGO, CA	(120891)
marathon	4:13:03 R	AGNES REINHARD (WV/70)	CHICAGO, IL	(102096)
24 hr	165:34:3 m	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
6 day	600:28:5 m	HELEN KLEIN (CA/70)	SACRAMENTO, CA	(010693)

Women 75-79

5 km	27:17 R	ANNE CLARKE (IL/77)	PARK RIDGE, IL	(082287)
8 km	40:44 R	HEDY MARQUE (VA/76)	ALEXANDRIA, VA	(091293)
10 km	53:40 U	LEONA LUGERS (MI/75)	HOLLAND, MI	(091182)
12 km	1:08:21 R	ANNE CLARKE (IL/76)	ITASCA, IL	(100685)
15 km	1:19:27 R	HEDY MARQUE (VA/75)	ALEXANDRIA, VA	(042593)
15 km	1:25:20 R	HEDY MARQUE (VA/77)	TAMPA, FL	(021895)
20 km	1:52:57 U	LEONA LUGERS (MI/77)	HOLLAND, MI	(052684)
25 km	2:42:25 R	GERRY DAVIDSON (CA/77)	SAN DIEGO, CA	(111498)
30 km	3:37:52 R	GERRY DAVIDSON (CA/77)	SAN DIEGO, CA	(052398)
50 km	6:10:32 R	HELEN KLEIN (CA/75)	SACRAMENTO, CA	(111498)
50 km	6:10:24 P	HELEN KLEIN (CA/77)	SACRAMENTO, CA	(111100)
50 km	6:05:16	HELEN KLEIN (CA/79)	SACRAMENTO, CA	(020902)
10 mi	1:22:34 U	HEDY MARQUE (VA/75)	WASHINGTON, DC	(101192)
10 mi	1:24:54 R	HEDY MARQUE (VA/76)	WASHINGTON, DC	(101793)
half mar	2:06:34 R	ALGENE WILLIAMS (IL/75)	ZION-LAKE BLUFF, IL	(042891)
half mar	2:14:15 U	ANNE CLARKE (IL/76)	CHICAGO, IL	(060886)
half mar	2:26:24 U	ANNE CLARKE (IL/77)	CHICAGO, IL	(061487)
marathon	4:49:08 R	ANNE CLARKE (IL/76)	CHICAGO, IL	(102085)
marathon	4:31:05 R	HELEN KLEIN (CA/76)	SACRAMENTO, CA	(120698)
marathon	4:38:12 P	HELEN KLEIN (CA/79)	OKLAHOMA, OK	(042802)

Women 80-84

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

Women 85-89

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

Women 90 & 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)
marathon	8:53:08 R	MAVIS LINDGREN (CA/90)	PORTLAND, OR	(092897)

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

5 km	13:55 R	JOHN CAMPBELL (NZL)	FT. MYERS, FL	(021691)
8 km	23:13 R	NICK ROSE (GBR)	VIRGINIA BEACH, VA	(032192)
10 km	28:56 R	MARTIN MONDRAGON (MEX)	MOBILE, AL	(032694)
15 km	44:14 R	PIERRE LEVISE (FRA)	PORTLAND, OR	(062892)
20 km	1:01:37 R	KEITH ANDERSON (GBR)	NEW HAVEN, CT	(090197)
25 km	1:16:49 R	MARTIN MONDRAGON (MEX)	GRAND RAPIDS, MI	(051494)
10 mi	47:55 R	JOHN CAMPBELL (NZL)	FLINT, MI	(082590)
half mar	1:02:28 R	JOHN CAMPBELL (NZL)	PHILADELPHIA, PA	(091690)
marathon	2:11:45 P	JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN	(092902)
marathon	2:12:46 R	JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN	(100800)
24 hr	269:46:8 m	YIANNIS KOUROS (GRE)	SYLVANIA, OH	(091999)

Men 40-44

5 km	14:19	JOHN TUTTLE (GA/40)	CLARKSVILLE, TN	(091199)
5 km	14:15 R	STEVE BLUM (CA/40)	FONTANA, CA	(060395)
5 km	14:25 R	STEVE PLASENCIA (MN/40)	PALM DESERT, CA	(121596)
8 km	23:25 P	JOHN TUTTLE (GA/40)	CHICAGO, IL	(032899)
8 km	23:51 R	BILL RODGERS (MA/40)	INDIANAPOLIS, IN	(092488)
8 km	21:35 R	CRAIG YOUNG (CO/42)	ALTA, UT	(091998)
10 km	29:37	EDDY HELLEBUYCK (NM/40)	MOBILE, AL	(032401)
10 km	29:27 R	JOHN TUTTLE (GA/40)	NEW ORLEANS, LA	(041799)
10 km	29:36	EDDY HELLEBUYCK (NM/41)	MOBILE, AL	(032302)
10 km	29:27 R	CRAIG YOUNG (CO/41)	PITTSBURGH, PA	(092897)
10 km	29:37 R	STEVE PLASENCIA (MN/41)	CAPE ELIZABETH, ME	(080198)
12 km	36:12 R	JOHN TUTTLE (GA/40)	ORLANDO, FL	(022099)
15 km	45:10 R	EDDY HELLEBUYCK (NM/40)	JACKSONVILLE, FL	(031001)
20 km	1:03:06 R	PAUL PILKINGTON (UT/40)	NEW HAVEN, CT	(090699)
25 km	1:18:38 R	STEVE PLASENCIA (MN/40)	MINNEAPOLIS, MN	(090797)
30 km	1:38:16 R	DOUG KURTIS (MI/42)	HAMILTON, CAN	(032794)
50 km	3:00:00 R	JEFF WALL (CA/40)	SAN FRANCISCO, CA	(110682)
50 km	2:59:36 R	BRUCE MORTENSON (MN/44)	DULUTH, MN	(102288)
100 km	6:38:21 R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
10 mi	49:34 R	PAUL PILKINGTON (UT/40)	ST. PETERSBURG, FL	(101798)
20 mi	1:42:08 R	BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
50 mi	5:10:13 R	BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
100 mi	13:15:50 R	ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
half mar	1:05:11	JOHN TUTTLE (GA/40)	INDIANAPOLIS, IN	(050199)
half mar	1:05:27 R	STEVE PLASENCIA (MN/41)	INDIANAPOLIS, IN	(050198)
half mar	1:03:33 R	CRAIG YOUNG (CO/41)	LAS VEGAS, NV	(020198)
half mar	1:05:01 P	CRAIG YOUNG (CO/42)	HAMPTON, VA	(020799)
marathon	2:17:02 R	KENNETH JUDSON (PA/40)	HUNTSVILLE, AL	(120890)
marathon	2:15:15 R	BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
12 hr	144:84:0 m	ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
24 hr	254:20:0 m	JOHN GEESLER (NY/41)	SYLVANIA, OH	(091600)
48 hr	368:53:9 m	DAVID LULJAK (MD/43)	QUEENS, NY	(050399)

Record is in Track Event

Men 45-49

5 km	15:00 U	NOLAN SMITH (CA/45)	GARDENA, CA	(060495)
5 km	14:34 R	STEPHEN LESTER (UT/45)	MAGNA, UT	(092488)
5 km	15:07 R	DOUG BELL (CO/46)	CARLSBAD, CA	(041397)
8 km	24:41 R	BILL RODGERS (MA/45)	VIRGINIA BEACH, VA	(032093)
8 km	24:04 R	VAN EDGETTE (UT/45)	ALTA, UT	(091496)
8 km	23:17 P	ROBERT YARA (TX/46)	ALTA, UT	(090801)
10 km	30:50 R	BILL RODGERS (MA/45)	CLEVELAND, OH	(051693)
10 km	30:10 R	STEVE LESTER (UT/45)	MAGNA, UT	(070488)
12 km	38:47 R	STEVE LESTER (UT/45)	SPOKANE, WA	(050188)
12 km	37:28 R	BILL RODGERS (MA/45)	EVANSVILLE, IN	(050893)
15 km	47:28 U	SAL VASQUEZ (CA/45)	ROSS, CA	(031685)
15 km	48:00 R	BILL RODGERS (MA/47)	UTICA, NY	(070995)
20 km	1:05:46 R	LARRY OLSEN (MA/46)	NEW HAVEN, CT	(090693)
25 km	1:22:24 R	DAN CONWAY (WI/47)	MINNEAPOLIS, MN	(091486)
30 km	1:39:18 R	BILL RODGERS (MA/45)	HAMILTON, CAN	(032893)
50 km	3:23:29	KEVIN SETNES (WI/45)	PITTSBURGH, PA	(032799)
50 km	3:24:24 R	JOE SCHIEFFER (CA/45)	ELVERTA, CA	(011897)
100 km	7:04:54 R	KEVIN SETNES (WI/45)	CHAVAGNES, FRA	(051599)
10 mi	51:41 U	SAL VASQUEZ (CA/47)	STOCKTON, CA	(011887)
20 mi	1:49:10 R	JIM BOWERS (CA/45)	MINNEAPOLIS, MN	(093084)
20 mi	1:49:10 R	DAN CONWAY (WI/45)	MINNEAPOLIS, MN	(093084)
50 mi	5:39:42 P	KEVIN SETNES (WI/46)	PITTSBURGH, PA	(032500)
50 mi	5:40:05 R	ROBERT PEREZ (TX/46)	DALLAS, TX	(012195)
50 mi	5:29:44 U	ROGER ROULLIER (GA/47)	CHICAGO, IL	(101385)
100 mi	14:31:11 R	ROY PIRRUNG (WI/46)	QUEENS, NY	(102294)
half mar	1:08:05 R	BILL RODGERS (MA/45)	KANSAS CITY, MO	(060693)
half mar	1:07:14 R	GARY ROMESSER (IN/45)	LAS VEGAS, NV	(021196)
marathon	2:25:50 U	JIM BOWERS (CA/45)	DYERVILLE, CA	(101484)
marathon	2:21:32 R	JIM BOWERS (CA/45)	DULUTH, MN	(061684)
marathon	2:26:43 R	BOB SCHLAU (SC/47)	HOUSTON, TX	(011595)
12 hr	136:93:9 m	KEVIN SETNES (WI/47)	SYLVANIA, OH	(091501)
24 hr	247:47:6 m	ROY PIRRUNG (WI/49)	SYLVANIA, OH	(092797)
48 hr				
6 day	624:42:5 m	TOM ANDREWS (MN/46)	NEW YORK, NY	(042901)

Record is in Track Event

Men 50-54

5 km	15:36 R	NOLAN SHAEED (CA/51)	CARLSBAD, CA
5 km	15:11 R	STEPHEN LESTER (UT/52)	MAGNA, UT
8 km	25:31 R	SAL VASQUEZ (CA/50)	LOS ALTOS, CA
8 km	25:23 U	JIM O'NEILL (OH/52)	ALLEN PARK, MI
8 km	23:27 R	STEPHEN LESTER (UT/53)	ALTA, UT
10 km	31:48 R	RAY HATTON (OR/50)	PORTLAND, OR
10 km	31:12 R	STEPHEN LESTER (UT/52)	MAGNA, UT
12 km	39:06 U	SAL VASQUEZ (CA/50)	SACRAMENTO, CA
12 km	39:30 R	DICK BUEKLE (GA/51)	ORLANDO, FL
15 km	49:24 R	NORM GREEN (PA/53)	PORTLAND, OR
20 km	1:05:50 R	NORM GREEN (PA/50)	WASHINGTON, DC
25 km	1:24:12 R	NORM GREEN (PA/51)	WASHINGTON, DC
30 km	1:46:42 U	NORM GREEN (PA/51)	NEW YORK, NY
50 km	3:19:33 R	JOHN L. SULLIVAN (MA/53)	WASHINGTON, DC
100 km	7:38:43 R	JOHN L. SULLIVAN (MA/54)	CHICAGO, IL
10 mi	62:53 R	NORM GREEN (PA/50)	WASHINGTON, DC
20 mi	1:51:44 R	NORM GREEN (PA/52)	MINNEAPOLIS, MN
50 mi	6:35:03 R	TED CORBITT (NY/50)	NEW YORK, NY
100 mi	15:39:18 R	ROY PIRRUNG (WV/50)	SYLVANIA, OH
half mar	1:09:30 R	NORM GREEN (PA/52)	PHILADELPHIA, PA
marathon	2:25:46 R	JIM O'NEILL (OH/50)	LAS VEGAS, NV
marathon	2:29:11 R	NORM GREEN (PA/51)	LINCOLN, NE
marathon	2:25:51 U	NORM GREEN (PA/52)	SAN DIEGO, CA
12 hr	135,493 m R	ROY PIRRUNG (WV/50)	QUEENS, NY
24 hr	231,745 m R	JOHN METZ (CA/50)	SACRAMENTO, CA
48 hr		Record is in Track Event	
6 day		Record is in Track Event	

Continued from previous page

Men 55-59

5 km	15:55 U	JIM O'NEILL (OH/55)
5 km	15:35a R	TOM CURRY (NV/55)
5 km	16:07 R	VIC HECKLER (IL/55)
8 km	26:36 P	STEPHEN LESTER (UT/55)
8 km	26:33a U	RAY HATTON (OR/55)
8 km	26:42 U	JIM O'NEILL (OH/55)
8 km	27:00 R	NORM GREEN (PA/57)
10 km	32:27 R	JIM
12 km	41:24 R	STI
15 km	50:45 R	NO
20 km	1:08:07 R	NO
25 km	1:29:56 U	RA
30 km	1:46:33 R	NO
50 km	3:51:10 R	KE
50 km	3:28:47a R	RO
50 km	3:31:32 P B	FR
50 km	3:40:41	FR
100 km	8:53:27 R	GA
10 mi	54:25 R	JIM
20 mi	1:57:26 R	NO
50 mi	5:53:08 R	AL
100 mi	18:56:04 R	ED
1000 mi	346:56:48 R	DO
half mar	1:10:23 R	NO
marathon	2:33:49 R	NO
marathon	2:27:42a R	NO
12 hr	115:945 m R	BR
24 hr	195:374 m R	JAI
48 hr	323:478 m R	DO
6 day	724:204 m R	DO



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Men 75-79

5 km	19:24 R	WARREN UTE (IL/75)
8 km	31:52 P	WARREN UTE (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 UTE (IL/75)
12 km	48:57 R	WARREN UTE (IL/75)
15 km	1:01:58 R	WARREN UTE (IL/75)

PARK RIDGE, IL	(093095)
CEDAR RAPIDS, IA	(070405)
ALTA, UT	(090801)
LIVERPOOL, NY	(092985)
LIBERTYVILLE, IL	(091795)
PARK FOREST, IL	(090495)
PARK FOREST, IL	(090495)
CHICAGO, IL	(070995)
WASHINGTON, DC	(052983)
CHANNAHON, IL	(091497)
SUGAR LAND, TX	(120785)
SAN FRANCISCO, CA	(042002)
WASHINGTON, DC	(102384)
SAN FRANCISCO, CA	(042002)
SYLVANIA, OH	(091596)
PARK FOREST, IL	(090495)
GREENBELT, MD	(122284)
SAN FRANCISCO, CA	(042002)
BRUNSWICK, ME	(101594)
PITTSBURGH, PA	(040895)
SYLVANIA, OH	(091402)
INDIANAPOLIS, IN	(050297)
CHICAGO, IL	(101595)
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CHICAGO, IL	(100481)
SYLVANIA, OH	(091402)
SYLVANIA, OH	(092797)

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Men 80-84

25 km	2:23:43 R	MAX POPPER (NY/80)
30 km	3:47:53 R	PAUL REESE (CA/81)
50 km	6:59:26 P	CARLTON MENDELL (ME/80)
50 km	6:59:34 R	WILFREDO RIOS (NY/80)
100 km	18:54:11 R	HOWARD HENRY (IN/80)
10 mi	1:13:23 R	ED BENHAM (MD/81)
20 mi	4:18:00 U	IVOR WELCH (CA/84)
50 mi	12:13:35 U	BEN MOSTOW (IL/80)
50 mi	14:29:16 R	HOWARD HENRY (IN/80)
half mar	1:40:30 R	ED BENHAM (MD/81)
marathon	3:43:27a R	ED BENHAM (MD/80)
marathon	4:17:51 R	ED BENHAM (MD/84)
12 hr	73:439 m R	WILFREDO RIOS (NY/80)
24 hr	117:787 m R	HOWARD HENRY (IN/80)
48 hr	177:027 m R	TED CORBITT (NY/82)
6 day	487:631 m R	TED CORBITT (NY/82)

ORLAND PARK, IL	(062500)
FLOSSMOOR, IL	(091501)
CHICAGO, IL	(040101)
VIRGINIA BEACH, VA	(031889)
ASBURY PARK, NJ	(080887)
BUFFALO, NY	(100498)
SACRAMENTO, CA	(042989)
CUMBERLAND, MD	(100888)
WASHINGTON, DC	(040791)
MEDFORD, OR	(040889)
CHANNAHON, IL	(092400)
NEW YORK, NY	(100283)
CLARKSBURG, CA	(111598)
BRUNSWICK, ME	(102001)
QUEENS, NY	(091497)
SYLVANIA, OH	(091501)
WASHINGTON, DC	(040289)
CLARKSBURG, CA	(111879)
CHICAGO, IL	(100283)
SYLVANIA, OH	(091501)
ORLANDO, FL	(121088)
MINNEAPOLIS, MN	(101187)
MINNEAPOLIS, MN	(100691)
QUEENS, NY	(091497)
SYLVANIA, OH	(091501)
NEW YORK, NY	(042901)
NEW YORK, NY	(042901)

5 km	17:00 R	JIM
8 km	28:00 P	JAC
8 km	28:07 R	NO
10 km	34:27 R	JIM
12 km	43:43 R	JAI
15 km	54:20 R	NO
20 km	1:15:15 R	NO
20 km	1:14:46 U	NORM GREEN (PA/61)
25 km	1:35:27 U	JIM O'NEILL (CA/61)
25 km	1:36:20 R	ALEX RATELLE (MN/62)
30 km	1:59:22 R	PATRICK DEVINE (CA/60)
50 km	3:35:51 R	MALCOLM GILLIS (AL/61)
100 km	8:58:04 R	RAY PIVA (CA/64)
10 mi	57:48 R	NORM GREEN (PA/60)
20 mi	2:03:16 R	GAYLON JORGENSEN (NV/61)
50 mi	6:43:48 R	MALCOLM GILLIS (AL/60)
50 mi	6:24:18 U	FRANS PAUWELS (OR/60)
50 mi	6:39:55 P	BERND HEINRICH (VT/61)
100 mi	18:02:35 R	DWAINE BATT (CA/60)
1000 mi	384:30:19	JOHN WALLIS (MI/63)
half mar	1:16:55 R	NORM GREEN (PA/61)
marathon	2:42:44 R	CLIVE DAVIES (OR/64)
12 hr	113,136 m R	DWAINE BATT (CA/60)
24 hr	207,927 m R	DWAINE BATT (CA/60)
48 hr		
6 day	609,414 m	JOHN WALLIS (MI/63)
6 day	608,332 m U D	ROB VOLKENAND (OR/63)

Record is in Track Event

Record is in Track Event

Men 65-69

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

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

Men 70-74

5 km	18:01 R	WARREN UTE (IL/70)
8 km	30:25 R	WARREN UTE (IL/70)
10 km	37:49 U	WARREN UTE (IL/70)
10 km	41:09 R	ALFRED FUNK (MT/70)
12 km	48:55 U	WARREN UTE (IL/73)
12 km	50:28 R	WARREN UTE (IL/74)
15 km	58:13 U	WARREN UTE (IL/70)
15 km	1:01:50 R	CLIVE DAVIES (OR/71)
20 km	1:20:11 U	WARREN UTE (IL/70)
25 km	1:39:59 R	CLIVE DAVIES (OR/70)
30 km	2:13:01 R	CLIVE DAVIES (OR/71)
50 km	5:36:26	EPHRAIM ROMESBERG (CA/71)
50 km	6:37:13 R	FRANK RODRIGUEZ (CA/71)
50 km	4:34:51 U	ED BENHAM (MD/74)
100 km	11:27:10 U	CARLTON MENDELL (ME/71)
100 km	16:18:07 R	WILLIAM WORKMAN (OH/71)
10 mi	1:02:41 R	WARREN UTE (IL/70)
20 mi	2:23:54 R	CLIVE DAVIES (OR/71)
50 mi	7:48:58 R	RAY PIVA (CA/70)
half mar	1:27:23 U	JOHN KESTON (OR/70)
half mar	1:27:44 R	JOHN KESTON (OR/72)
half mar	1:25:24a R	JOHN KESTON (OR/72)
marathon	3:00:58 R	JOHN KESTON (OR/71)
12 hr	100,000 m U	CARLTON MENDELL (ME/71)
12 hr	77,248 m R	RICHARD COZART (FL/71)
24 hr	151,728 m R	HOWARD HENRY (IN/73)
6 day	539,130 m R	ED FISHMAN (HI/72)

PARK RIDGE, IL	(093090)
CHICAGO, IL	(031091)
LIBERTYVILLE, IL	(092390)
BOZEMAN, MT	(092184)
FRANKFORT, IL	(082893)
FRANKFORT, IL	(082794)
MICHIGAN CITY, IN	(062391)
PORTLAND, OR	(062887)
CHICAGO, IL	(071590)
EUGENE, OR	(090885)
MINNEAPOLIS, MN	(101286)
SACRAMENTO, CA	(020902)
ELVERTA, CA	(011897)
WASHINGTON, DC	(031382)
NEW YORK, NY	(022793)
SYLVANIA, OH	(091501)
PARK FOREST, IL	(090390)
MINNEAPOLIS, MN	(101286)
SACRAMENTO, CA	(111896)
WOODINVILLE, WA	(090495)
INDIANAPOLIS, IN	(050297)
LAS VEGAS, NV	(020907)
MINNEAPOLIS, MN	(100696)
NEW YORK, NY	(022793)
SYLVANIA, OH	(091501)
SYLVANIA, OH	(091894)
NEW YORK, NY	(092195)

Men 90-94

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

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

Men 95 & over

5 km	48:55 R	MARION MCANALLY (OK/95)
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STILWELL, OK	(051395)
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Continued from previous page

Men 55-59

5 km	15:55 U	JIM O'NEILL (OH/55)	WYOMING, MI	(080793)
5 km	15:35a R	TOM CURRY (NV/55)	FONTANA, CA	(053197)
5 km	16:07 R	VIC HECKLER (IL/55)	PARK RIDGE, IL	(062797)
8 km	26:36 P	STEPHEN LESTER (UT/55)	SALT LAKE CITY, UT	(041998)
8 km	26:33a U	RAY HATTON (OR/55)	EUGENE, OR	(060687)
8 km	26:42 U	JIM O'NEILL (OH/55)	WORTHINGTON, OH	(050293)
8 km	27:00 R	NORM GREEN (PA/57)	NAPLES, FL	(011390)
10 km	32:27 R	JIM O'NEILL (OH/55)	TOLEDO, OH	(092693)
12 km	41:24 R	STEPHEN LESTER (UT/55)	SPOKANE, WA	(050398)
15 km	50:45 R	NORM GREEN (PA/55)	WASHINGTON, DC	(032768)
20 km	1:08:07 R	NORM GREEN (PA/56)	MEDFORD, OR	(040889)
25 km	1:29:56 U	RAY HATTON (OR/55)	EUGENE, OR	(091387)
30 km	1:46:33 R	NORM GREEN (PA/56)	CLARKSBURG, CA	(111388)
50 km	3:51:10 R	KEN YOUNG (CA/55)	ELVERTA, CA	(011897)
50 km	3:28:47a R	ROBERT BECKER (MD/55)	DULUTH, MN	(102889)
50 km	3:31:32 P B	FRANK BOZANICH (NV/56)	SACRAMENTO, CA	(111100)
50 km	3:40:41	FRANK BOZANICH (NV/57)	SACRAMENTO, CA	(020902)
100 km	8:53:27 R	GARD LEIGHTON (CA/57)	SAN FRANCISCO, CA	(042592)
10 mi	54:25 R	JIM O'NEILL (OH/56)	WASHINGTON, DC	(041094)
20 mi	1:57:26 R	NORM GREEN (PA/58)	MINNEAPOLIS, MN	(101490)
50 mi	5:53:08 R	ALEX RATELLE (MN/57)	CHICAGO, IL	(100481)
100 mi	18:56:04 R	ED ROUSSEAU (MN/58)	SYLVANIA, OH	(092797)
1000 mi	346:56:46 R	DON WINKLEY (TX/59)	NEW YORK, NY	(092697)
half mar	1:10:23 R	NORM GREEN (PA/55)	PHILADELPHIA, PA	(092087)
marathon	2:33:49 R	NORM GREEN (PA/55)	LINCOLN, NE	(050188)
marathon	2:27:42a R	NORM GREEN (PA/55)	MINNEAPOLIS, MN	(101187)
12 hr	115,945 m R	BRUCE BOYD (CT/58)	QUEENS, NY	(061497)
24 hr	195,374 m R	JAN RYERSE (MO/56)	SYLVANIA, OH	(091501)
48 hr	323,478 m R	DON WINKLEY (TX/58)	NEW YORK, NY	(091397)
6 day	724,204 m R	DON WINKLEY (TX/56)	NEW YORK, NY	(051494)

Men 60-64

5 km	17:00 R	JIM O'NEIL (CA/61)	CARLSBAD, CA	(060186)
8 km	28:00 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 mi	2:03:16 R	GAYLON JORGENSEN (NV/61)	MINNEAPOLIS, MN	(101490)
50 mi	6:43:48 R	MALCOLM GILLIS (AL/60)	BIRMINGHAM, AL	(021494)
50 mi	6:24:18 U	FRANS PAUWELS (OR/60)	PORTLAND, OR	(102978)
50 mi	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)
marathon	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				
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

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 mi	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 U	MICHAEL BERTOLINI (NJ/65)	PHILADELPHIA, PA	(091585)
half mar	1:21:41 U	CLIVE DAVIES (OR/66)	LAKE OSWEGO, OR	(092781)
marathon	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				
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 (CA/71)	SACRAMENTO, CA	(020902)
50 km	6:37:13 R	FRANK RODRIGUEZ (CA/71)	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 mi	2:23:54 R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)
50 mi	7:48:58 R	RAY PIVA (CA/70)	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)
marathon	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)
6 day	539,130 m R	ED FISHMAN (HI/72)	NEW YORK, NY	(092195)

Men 75-79

5 km	19:24 R	WARREN UTES (IL/75)	PARK RIDGE, IL	(093095)
8 km	31:52 P	WARREN UTES (IL/75)	CEDAR RAPIDS, IA	(070495)
8 km	30:44a R	JOHN CAHILL (UT/77)	ALTA, UT	(090801)
8 km	34:21 R	ED BENHAM (MD/78)	LIVERPOOL, NY	(092985)
10 km	40:12 R	WARREN UTES (IL/75)	LIBERTYVILLE, IL	(091795)
12 km	48:57 R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
15 km	1:01:58 R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
20 km	1:23:51 U	WARREN UTES (IL/75)	CHICAGO, IL	(070995)
20 km	1:30:10 R	ED BENHAM (MD/75)	WASHINGTON, DC	(052983)
25 km	1:52:57 R	WARREN UTES (IL/77)	CHANNANOH, IL	(091497)
30 km	2:28:00 R	ED BENHAM (MD/78)	SUGAR LAND, TX	(120785)
50 km	4:50:35	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
50 km	5:03:38 R	ED BENHAM (MD/77)	WASHINGTON, DC	(102384)
100 km	10:59:52	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
100 km	16:23:00 R	HOWARD HENRY (IN/75)	SYLVANIA, OH	(091596)
10 mi	1:06:27 R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
20 mi	2:42:38 U	ED BENHAM (MD/77)	GREENBELT, MD	(122284)
50 mi	8:34:29	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
50 mi	10:34:06 R	MATT MILLER (LA/75)	BRUNSWICK, ME	(101594)
50 mi	10:18:03 U	MATT MILLER (LA/75)	PITTSBURGH, PA	(040895)
100 mi	23:01:56 P	RAY PIVA (CA/76)	SYLVANIA, OH	(091402)
half mar	1:30:19 R	WARREN UTES (IL/76)	INDIANAPOLIS, IN	(050297)
marathon	3:18:10 R	WARREN UTES (IL/75)	CHICAGO, IL	(101595)
12 hr	84,112 m U	MATT MILLER (LA/75)	QUEENS, NY	(061795)
12 hr	80,467 m R	BEN MOSTOW (IL/78)	CHICAGO, IL	(100481)
24 hr	169,013 m P	RAY PIVA (CA/76)	SYLVANIA, OH	(091402)
24 hr	133,668 m R	HOWARD HENRY (IN/76)	SYLVANIA, 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 SYPIEWSKI (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)	CHANNANOH, 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)
marathon	3:43:27a R	ED BENHAM (MD/80)	MINNEAPOLIS, MN	(101187)
marathon	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)

Men 85-89

5 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)
half mar	2:26:46 U	MAX POPPER (NY/85)	BROOKLYN, NY	(031289)
marathon	5:21:51 U	PAUL SPANGLER (CA/85)	SAN DIEGO, CA	(120284)

Men 90-94

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 MCANALLY (OK/95)	STILWELL, OK	(051395)
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MASTERS CLUBS

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

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

Cambridge Running Club
Bob Gillon
8 Hawkes Ln.
Lynnfield, MA 01940
781-593-9592

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

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

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869

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

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

Greater Rochester TC
PO Box 52608
Rochester, NY 14692
716-872-6652

Hudson Mohawk Road Runners
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.
Alexandria, VA 22301
703-549-7779

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

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07067
201-337-7081

NY Masters Club
Rose Ann Gaele
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
FrancisCash@aol.com

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

PHAST (Philadelphia Area Striding Team)
Philadelphia, PA
Jeff Salvage, Racewalking coach
campsavage@yahoo.com
609-714-1308
Marie Woodland, President
mariewalks@aol.com

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

PR Racing Team
Scott Brown
167 Pettipiece 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
chysom809@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 Celulo
274 Bath Ave. #14
Long Branch, NJ 07740
732-222-1348

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

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

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

Taconic Striders / Racewalking
No. Westchester, New York
914-528-2251
www.runner.org

Tendonitis A.C.
c/o Chris Rush
1177 Oxford Place
Schenectady, NY 12308
http://members.aol.com/MacAlps/
TAC.html
chrisrush@prodigy.net
518-574-6995

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 Silvano
14400 Winchester Rd.
Trafford, PA 15085
412-372-1986

All American TC
20184 Hwy 17
Hampstead, NC 28443

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

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

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

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

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

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

Jacksonville Track Club
P.O. Box 24667
Jacksonville, FL 32241
904-387-0528
www.jacksonvilletrackclub.com
ConsultJTB@aol.com

Manasota Track Club
Don Marshall
Sarasota/Manatee, Florida
sarasotadon@att.net
www.manasotatrackclub.org

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

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

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

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

Pony Express Masters TC
PO Box 872
Portsmouth, Virginia 23705
Joe Mack
804-236-0951

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

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

Southern Knights Athletics, Inc.
P.O. Box 16883
Atlanta, GA 30321
404-767-4445
runningfool@mac.com

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

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

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

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

Chicago Walkers Club
Nancy Goldman, President
2909 N. Sheridan Road #1707
Chicago, IL 60657
773-348-3891
goldnanc@aol.com
www.sekelsky.com/chicagowalkers

Cleveland Over the Hill TC
Bob Walters
440-526-5635
8686 Avery Rd.
Broadview Hts., OH 44147
www.ohnic.org

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
740-549-3069

Dayton Masters TC
PO Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
937-837-2754

Eastern Kentucky Track Club
Gary W. Kidd
Prestonsburg, KY
pianist@khn.net

Firebird Track Club
604 Schuyler Drive
Kettering, OH 45429
Doug Weikert - bartie@aol.com
cgreene@kettering.k12.oh.us

Greater Evansville Runners/Walkers
Club
Gordon Benfield
Evansville, Indiana
msrunner@msn.com
812-963-9394
www.gerwc.com

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

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

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

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

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

River to River RC
PO Box 1224
Marion, IL 62959

USATF Club #18
Firebird Track Club
Doug Weikert, Charley Greene,
Coaches
3301 Shroyer Road
Kettering, OH 45429
cgreene@kettering.k12.oh.us

Victory AC
Mary Gortman, Pres.
PO Box 6667
Louisville, KY 40206
502-447-3913

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

MID-AMERICA

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

Colorado Walking Club
Rocky Mountain Region
9853 Zephyr Dr.
Broomfield, CO 80021
303-422-5468

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

Heartland Racewalkers
PO Box 11141
Shawnee Mission, KS 66207
Alan Poirner
apoirner@kumc.edu
http://kctrack.org/Heartland_Rac.html

Lawrence TC
PO Box 3743, Jayhawk Sta.
Lawrence, KS 66046
Lincoln TC
3105 Cedar Av.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

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

Running Republic of Boulder
Mark Brand
303-589-9926
mrabrand@aol.com

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

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

Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013
817-744-0448
wrunner@aol.com
www.dallasmasters.com

Houston Gold Track Club
Dinah Anderson
713-621-9411
dinahomte@aol.com

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

King of the Hill TC
48 Chateau Haut Brian
Kenner, LA 70065-4956
504-667-1197

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

Midnight Sun TC
PO Box 7141
New Orleans, LA 70186

New Orleans TC
PO Box 52003
New Orleans, LA 70152-0003
504-482-6682

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

Pine Belt Pacers
c/o Becky Ryder
2902 Lincoln Rd #10
Hattiesburg, MS 39402
www.PineBeltPacers.org

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

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

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

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

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

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512-458-6010
www.geocities.com/hurdle4fun/

Cal Coast TC
PO Box 7132
Newport Beach, CA 92660-7132
949-476-7078
Bill Sumner/Rick Herr

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

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

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

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

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

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

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

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

Heart & Sole Track Club
2817 San Mateo Blvd. NE
Albuquerque, NM 87110
John Reardon
505-620-9923
newmexicorace@yaho.com
www.heartsolesports.com

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

KEI Club
Gary Kaimanson
5601 Empire Grade
Santa Cruz, CA 95060
831-458-0300
kellfield@aol.com

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

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

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

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

Personal Record Vertical Sports Club
602 Brentwood Ave.
Vallejo, CA 94591
Eddie Seese
707-645-8555
psrport1@aol.com

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

Pole Pilots/Kinaesthetics Inc. Track Club
1137 E. Edison St.
Tucson, AZ 85719-3530
Roy D. Willis, Jr.
Jennifer L. Croissant
520-206-9322
www.polepilots.org

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

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

San Antonio Racewalkers
9635 Campton Farms
San Antonio, TX 78250
Bert Pickall
bertp1@msn.com

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

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

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

Show Time International TC
Beverly Hills, CA
Michael 'Foots' Williams
323-291-7392
323-294-3719 (fax)
showtimetrackclub@MSN.com
www.showtime.micronpweb.com

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

SLO Roadrunners
Roger Warner
San Luis Obispo, California
CoachWTRISLO@aol.com
www.TRISLO.COM

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

So Cal Track Club
18 Charca
Rancho Santa Margarita, CA 92688
Mark Cleary
949-589-0242

Tamala Runners
Box 4132
San Rafael, CA 94913
415-721-3791

Team Runners High TC
Steve Moreno
PO Box 1429
Huntington Beach, CA 92647
949-631-6436
Morenozone@earthlink.net

Trojan Masters TC
40 Golden Star
Irvine, CA 92604
949-786-1731
gregory.charles@ca.com

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
626-985-9854

Walk This Way - Racewalking Club
525 Hidden Ridge Cr.
Encinitas, CA 92024
Sloan Zsiros
619-855-7644
walkthisway2000@aol.com

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

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

Apex Track & Field
2420 NE 136th Av.
Portland, OR 97230
Jim Satterfield
503-254-7562

Barron Park Striders
Drew Stevick
3225 Scotch Meadow Ct. SE
Olympia, WA 98501
360-438-0051

Big Foot Masters
Maury Ray
N1810 Green St. MS-2050
Spokane, WA 99207-5399

Club Northwest
Seattle, WA
Tom Colner
tcolner@u.washington.edu
www.cnw.org

Club Vault
Jerry Cash
12900 SW Tarpan Dr.
Beaverton, OR 97008
503-524-5078

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

Write On

Continued from page 4

BVAFT&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

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 spirit that lifted us through our early beginnings.

The Leon meet was always a worry, because our last visit to Mexico in 1992 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.

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 Kouras, AUS, managed to squeeze five more miles into the day to set the official U.S. all-comers mark, 172.37+ miles (old record Kouras/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 75-year-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. □

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
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70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
						USATF
Women						
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#
Men						
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#
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.

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.

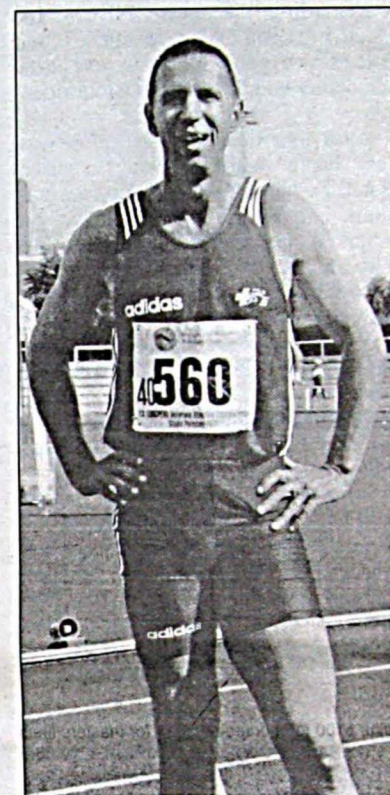
DiStefano, a member of the Teva U.S. Mountain Running Team, and the 2001 USATF Mountain Runner of the Year, ran the 10.1K uphill course in 1:01:21. At the World Mountain Running Trophy senior women's race just one week before, DiStefano ran the same course in 1:02:26 to finish 37th and third for the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

PRESIDENT:

Torsten Carlus
Smalandsgrat 25
S-25276 Helsingborg, Sweden
46-42-180-745 (h)
46-42-208-110 (o)

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

(Stadia)
Rex Harvey
6744 Connecticut Colony Cir.
Mentor, OH 44060
(440) 255-0751 (H)
(440) 954-8122 (W)
(440) 954-8111 (Fax)
rexjh@aol.com

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 44-1-824-705250
e-mail: wava@enterprise.net

SECRETARY:

Monty Hacker
Unit 1, The Terrace in Dunkeld
26 North Road, Dunkeld West
Johannesburg, Rep. South Africa
Phone: 27-11-447-7522 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392



TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S REPRESENTATIVE

Marina Hoernicke-Gil
Les Oblades 3
La Mont Goda
E-17310 Lore de Mar
Spain
Phone or fax: 0034972-365457
E-mail: marhoer@telefon.es

IAAF REPRESENTATIVE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F. Mexico
Fax: 52-5-653-3159

DELEGATE OF:

AFRICA
Hannes Booysen
P.O. Box 5180
1403 Delmerville
South Africa
Fax: 27-11-827-7590

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
e-mail: josefigueras@yahoo.com

ASIA

Hari Chandra
185D Rivervale Crescent #04-149
Singapore 544 185
Phone: 65-881-4684
Fax: 65-244-1454

EUROPE

Jacques Serruys
Kammakkersstraat 37
B-8000 Brugge, Belgium
Phone: 32-50-341-781
Fax: 32-50-334-325
E-mail: evaa.serruys@skynet.be

OCEANIA

Stan Perkins
106 Silkwood St.
Algerist, Queensland
Australia
Phone: 61-7-5563-7523 (h)
Fax: 61-7-5564-9733
E-mail: stan@mastersgames.com.au

NORTH AMERICA

Brian Oxley
259 McDougall Road
Parry Sound, Ontario
Canada P2A 2W7
brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

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

• Ready, Set, Go, a full for beginners to college to sub-title Synergy Fitness Adults by Phil Campbell masters in chapters ran Improve Athletic Performa Age Somatopause, and Aging by 20 Year Fundamentals, "Tactical Y a chapter on plyometric tr tion on the book, pu Publishers, Inc., is availa gofitness.com

• Carmen Troncoso, Susan Faber, 40, Oxf Jeanne Johnson, 45, Ch finished 1-2-3 masters, T for Women/USA Nation Boston, Oct. 14. Troncoso prize money. Kathy Mar 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. 43, Norfolk, MA, with 90:1 Tracy Lembo, 41, Westc (90:29).

• Simon Karori, 43, 15:44, collected \$200, a Centerville, VA, with a 1 plus \$100 for a course re in the PVI Runfest 5K, F 22. Second 40+ and \$1 Berardi, 42, Baltimore, M Blank, 49, Falls Church,

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

• Coreen Steinbach 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 thi 27th Annapolis 10 Mile, 24. Chuck Moeser, 50, in sixth (57:35). Patt Keat cruised to the W40+ win Astle, 59, Annapolis, MD races, finished in 1:34:43.

• Dan Lawson, 46, 16:22, and Gretchen Tri MD, in 18:23, bolted Kentlands-Lakelands 5K 31. Sharon Dolan, 60, C 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 se year in a stupendous WR women went under 2:30: the point-to-point cours KEN, repeated as M40 faster than last year, 2:1

• Jim Hite, who dir Games with his wife, J attack from a mile fron 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.readysetgofitness.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 Rossetti**, 81, Saugus, MA, ran in 78:59. Over 7000 runners finished.

• Running before his hometown fans, **Bill 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, Centerville, 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 Liedtke** (SWE). Hand times recorded after May 1, 1994, for races of 400 or less are not considered as five-year age-group 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. **Margaret 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 Mile, 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 fifth-place 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 **Toni 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. **Diane 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 **Debbie 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 Marchetti**, M60, 32:23, and **Grace McCoy**, W55, 37:39, were standout division winners.

WEST

• **Matt Ebner**, 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 Iwahashi**, 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 **Lois Edds**, 82, Tustin, CA (43:59) in the 80+ division.

• First M40+ came out of the M60 ranks when **Catalino Gonzales**, 60, Inglewood, CA, ran an 18:14, Kickin' Cancer 5K, Brentwood, CA, Sept. 15. First W40+ was **Tracy Klerce**, 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 double-loop 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 Boulder 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 of 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)

- Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition. 170 pages.
- History of Masters Athletics & More.
- In English, Spanish, French, German.

Send \$8.00 plus \$2.00 postage and handling to:
National Masters News
P.O. Box 50098, Eugene, OR 97405

Name

Address

City State Zip

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.net

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(eve).

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 Sells, 727-725-

8139; jsells@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.com

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; lstepan@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.panpacmastersgames.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.runwashington.com

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

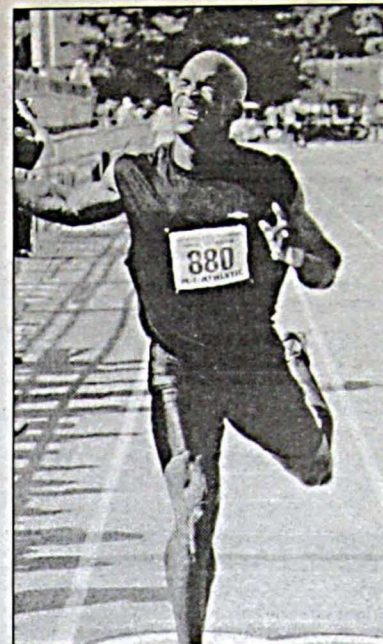
November 10. USATF Long Island 8K Championships, Ronkonkoma, N.Y. 516-349-0157.

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



SUZIE 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 McCordle 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, 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, srbbowl@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/millenmilers

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

Continued from page 22

Country Championships 9343.

November 16. USATF Country Championships eer370@aol.com

November 16. Vulcan Ala. 205-879-5344; www.vulcanalabama.com

November 23. Paul 30K/RRCA National Daytona Beach, Fla. LA PO Box 1303, Daytona 386-322-0835.

November 28. Hyatt Charlotte, N.C. 704-www.hyattturkeytrot.com

November 28. Outback Half-Marathon, Jackson 1900; www.1stplacesport.com

November 28. Atlanta Marathon. 404-231-906 club.org

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

December 7. OUC Orlando & 5K, Orlando, Fla. www.ouc.org

December 7. Parit M State Championships & 828-883-9278; www.com

December 14. Holiday Clear, Ala. Port City Mobile, AL 36660. 251-

December 14. Huntsville Marathon/RRCA South- ianionships, Huntsville, www.huntsvilletrackclub.com

December 15. Jackson Half-Marathon, Jackson 1917; www.1spacesport.com

January 4. Bank of Am & 5K, Tampa, Fla. 8 Tampa Bay run.com

January 5. Hops Marat Tampa, Fla. 813-229-78 run.com

January 18. Charlotte 10K, Charlotte, N.C. 7 runforpeace.active.com

MIDW

Illinois, Indiana, Kentus Wisconsin, We

November 2. Kentucky Mile, Lexington to Mt. S day/return 2nd day).

November 3. Canal 10K/RRCA Central Reg Utica, Ill. Jon Bastu



Bob Cahners, 60, of Fl 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.atlantatrackclub.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.tampabayrun.com

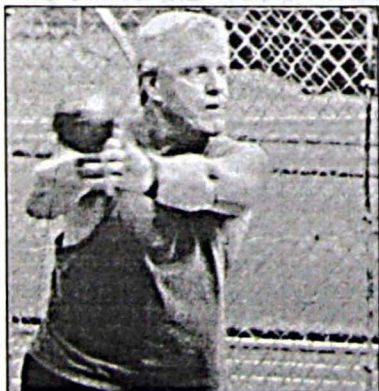
January 18. Charlotte Observer Marathon & 10K, Charlotte, N.C. 704-333-3688; www.runforpeace.active.com

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 WOJCIK

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, Half-Marathon, & 5K, Big Sur, Calif. 415-868-1829; www.envirosports.com

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.phoenixnewtimes.com

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

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.nealand.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

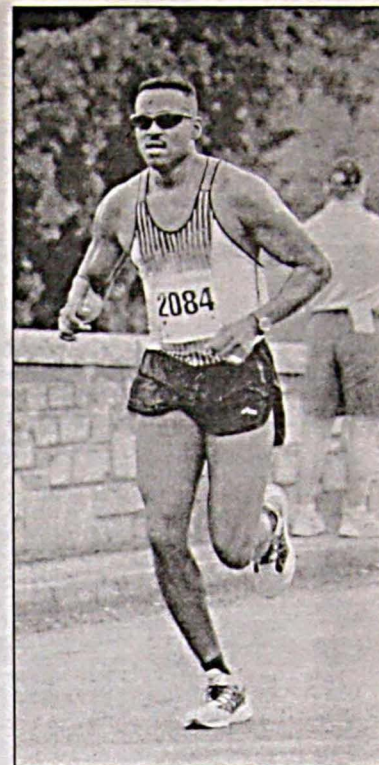
December 1. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattle-marathon.org

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, Cavihue, 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.

Cavihue.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)

Compiled by WMA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dieterich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 2001.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 2001.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 60 pages. Thousands of entries. Lists name, age, state, and date of record.

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City _____ State _____ Zip _____

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34	Sean Duford	60m	7.17	3-22-02
M40-44	Dexter McCloud	110 HH	14.88	8-11-02
	Scott Schafer	3000L	9:54.22	2-23-97
	Barry Ward	HJ	5-10	7-18-02
M45-49	James Bates	10K	34:29	5-4-02
	Bruce Dawkins	Mile	4:59.6	7-24-02
	Jim Johnson	HJ	5-6	7-20-02
	James Kerman	SP	14.53	5-26-02
	Tad Trombley	100	11.64	6-8-02
	Mark Smith	200	24.58	6-8-02
	Jim Freid	D	127-6	7-14-02
M50-54	James McEvoy	10K	36:53	9-29-02
	Ron Leclerc	PV	3.65	8-9-02
	James McEvoy	J	43.27	5-26-02

M55-59	Steve Conroy	5K	18:17	10-13-01
	Edward Jones	LJ	19-7	6-16-01
		LJ	19-05	9-26, 27-98
		LJ	6.12	8-8, 11-02
		LJ	18-1 1/2	7-22-00
		LJ	18-1 1/2	5-1-99
		J	45.68	8-8, 11-02
	Robert Rice			
M60-64	Swayne McCauley	D	149-1	7-13-02
	Thom Weddle	3000	10:42.49	6-29-02
		10K	39:27.85	8-10-02
M65-69	William Blittner	100	12.7	6-14-02
		200	27.6	6-15-02
		3000	12:41.9	8-3-02
	Dale Headley	10K	43:26	8-10-02
	Herbert Parsons	LJ	14-3	7-5-02
	Jack Rothley			

Neil Saling	D	44.22	7-26, 27-02
	SP	11.61	7-19, 20-02
Vern Spencer	W	14.21	2-23-02
	SW	5.84	8-31-02
	H	38.41	8-31-02
	D	40.44	8-31-02
	WP	3655	8-31-02
M70-74			
John Cauldwell	TJ	25-3	5-25-02
	200	31.87	5-25-02
Chuck Wiedman	PV	2.44	9-1-02
M75-79			
Graeme Dalzell	SW	3.60	6-1-02
		25:05	10-19, 29-99
Thomas McDonald	5K	25:52	7-4, 14-01
	5K		
M80-84			
Edgar Curtis	D	79-10	6-20, 23-02
	J	68-11	6-20, 23-02
Brian Power-Waters	J	62.4	6-16-02

W35-39	Colleen Barney	100	13.37	8-8, 11-02
		200	27.28	8-8, 11-02
		400	61.26	8-8, 11-02
	Angela Minnefield	5000	20:03	6-1-02
W45-49	Debbie Topham	5K RW	28.02	8-8, 11-02
W55-59	Carol Kane	10K	46:58	8-3-02
W60-64	Kathy B-Heltzmann	PV	1.45	8-4-02
	Doris Cassels	SK RW	32:10.89	8-07, 11-02
W70-74	Nancy Wallace	10K	56:52	9-8-02

U.S. MASTERS ALL-AMERICAN STANDARDS

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	4:30		
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	5:40	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	28:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5 1/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.00	2.50	2.00		
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-1 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50-59: 27"
 Long hurdles: 30-39: 30"; 40-49: 27"; 50-59: 24"
 3) Shot put: 30-39: 4kg; 40-49: 3kg; 50-59: 3kg; 60-69: 3kg; 70-79: 3kg; 80+: 27"
 4) Javelin: 30-39: 600g; 40-49: 500g; 50-59: 500g; 60-69: 500g; 70-79: 500g; 80+: 400g
 5) Hammer: 30-39: 4kg; 40-49: 4kg; 50-59: 4kg; 60-69: 4kg; 70-79: 4kg; 80+: 4kg
 6) Metric heights and distances are the standard; feet and inches listed for convenience.
 7) Superweight: 30-39: 35-lb; 40-49: 25-lb

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN												
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
400H	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9	
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4	
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11	
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1 1/4	14-9	12-9	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
	33-9 1/4	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1 1/4	14-1 1/4	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/4	52-6	49-2 1/4	39-4 1/4	
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00	
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/4	59-7	52-6	45-11 1/4	42-8	36-1 1/4	
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00	
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/4	68-10 1/4	59-7	45-11 1/4	39-4 1/4	29-6 1/4	
20#Wt.	10.00	9.00	8.00	7.01								
	32-9 1/4	29-6 1/4	26-3	23-0								
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75	
					26-3	22-11 1/4	19-8 1/4	18-2	17-0	16-4 1/4	15-7	
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00	
	21-4	19-8 1/4	18-1 1/4	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10	
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300	
Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.												
2) Short hurdles: 30-39: 33"; 40-59: 30" 60+: 27"												
Long hurdles: 30-59: 30"; 60+: 27"												
3) Shot put: 30-49: 4k; 50+: 3k												
4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g												
5) Hammer: 30-49: 4k; 50+: 3k												
6) Metric heights and distances are the standard; feet and inches listed for convenience.												
7) Superweight: 30-49: 35-lb; 50+: 25-lb												

TRACK & FIELD RESULTS

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

EAST

Delaware Fall Throws Classic Newark, Sept. 28

Shot Put	
W42 Oneitha Lewis	14.53
W43 Diana Agoris	7.12
W60 Roslyn Katz	7.53
M35 Phillip McDonald	12.84
M39 Glenn Thompson	16.53
M39 Bob Uffelman	11.30
M40 Nick Agoris	12.30
M41 Bob Lee	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 McNaney	11.34

Discus	
F42 Oneitha 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	39.57
M47 Pat Cannon	29.30
M48 Kinterton 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	36.19
M64 Tom McNaney	37.68

Javelin	
F42 Oneitha 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
M64 Tom McNaney	24.51
M74 Sid Kiwit	28.31

Hammer	
F42 Oneitha 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	
F42 Oneitha 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 Oneitha Lewis	10.90
F60 Roslyn Katz	6.55
M38 Troy Herr	10.40
M38 Bill Robertson	8.72
M53 Ron Salvio	4.30
M54 Glen Weaver	5.53

▲ weight was light (34.95 lb.)

MIDWEST

Wolfpack Throwing Meet Columbus, OH; Sept. 15

Men's Hammer	
45-49 Jim Bender, Sr.	19.74
50-54 Dave Stebing	40.04
Ken Mallory	23.27
55-59 Mickey Bitsko	42.68
Jim Pearce	37.93
Doug Weikert	31.36
60-64 Abe Sheinker	30.43
70-74 Pay Carstensen	40.40
75-79 Phil Brusca	30.78
Jacob Stein	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
Men's Shot Put	
40-44 Craig Rinker	13.83
45-49 Jim Bender, Sr.	9.48
50-54 Dave Stebing	12.81
Dale Winters	11.95

55-59 Mike Creager	12.12
Mickey Bitsko	10.70
Doug Weikert	9.98
Ken Mallory	8.83
Ed Brown	8.36
60-64 Abe Sheinker	7.37
70-74 Pay Carstensen	10.35
75-79 Phil Brusca	10.98
Karlis Ezerins	10.71
Charles Schorr	7.42
Jacob Stein	7.00

Women's Shot Put	
35-39 Deb Lancashire	11.14
45-49 Cynthia Beacham	8.64
50-54 Mary Hartzler	10.53
Karen Krsak	6.34
60-64 JoAnn Grissom	9.59

Men's Discus Throw	
40-44 Craig Rinker	40.20
45-49 Jim Bender, Sr.	32.55
Carl Klaus	37.19
Dave Stebing	36.85
Dale Winters	35.35

55-59 Ken Mallory	34.60
Doug Weikert	34.02
Ed Brown	32.37
Mickey Bitsko	31.02
60-64 Abe Sheinker	26.67
70-74 Pay Carstensen	26.29
75-79 Phil Brusca	35.59
Karlis Ezerins	33.74
Charles Schorr	20.66
Jacob Stein	23.75

Women's Discus Throw	
35-39 Deb Lancashire	37.38
45-49 Cynthia Beacham	25.82
50-54 Mary Hartzler	29.44
60-64 JoAnn Grissom	21.89

Men's Javelin Throw	
40-44 Charley Greene	58.89
45-59 Jim Bender, Sr.	32.77
50-54 Dave Stebing	43.31
Dale Winters	35.25

55-59 Ken Mallory	33.20
Doug Weikert	30.49
Ed Brown	29.53
Mickey Bitsko	27.74
60-64 Abe Sheinker	13.77
70-74 Pay Carstensen	24.75

75-79 Karlis Ezerins	30.90
Phil Brusca	28.56
Charles Schorr	14.55
Jacob Stein	14.23
Women's Javelin Throw	
35-39 Deb Lancashire	29.17
45-49 Cynthia Beacham	23.59
50-54 Mary Hartzler	21.20
Karen Krsak	13.26
60-64 JoAnn Grissom	21.90

Men's Weight Throw	
45-49 Jim Bender, Sr.	8.13
50-54 Dave Stebing	13.79
55-59 Mickey Bitsko	13.60
Doug Weikert	12.07
Jim Pearce	10.85
Ken Mallory	9.67

60-64 Abe Sheinker	8.83
70-74 Pay Carstensen	15.66
75-79 Phil Brusca	11.74
Karlis Ezerins	9.43
Jacob Stein	8.33
Charles Schorr	8.14

Women's Weight	
35-39 Deb Lancashire	12.23
45-49 Cynthia Beacham	8.94
50-54 Mary Hartzler	11.30
60-64 JoAnn Grissom	11.60

Men's 56-Pound Weight	
45-49 Jim Bender, Sr.	5.87
55-59 Mickey Bitsko	6.60
Jim Pearce	6.29
70-74 Pay Carstensen	5.75
75-79 Phil Brusca	4.23
Karlis Ezerins	3.77
Charles Schorr	3.58
Jacob Stein	3.38

Women's 56-Pound Weight	
60-64 JoAnn Grissom	3.80
Men's Weight Pentathlon	
(Age Graded)	
1 Phil Brusca (75)	4,190
2 Pay Carstensen (70)	3,773
3 David Stebing (54)	3,572
4 Mickey Bitsko (59)	3,446
5 Karlis Ezerins (75)	3,245
6 Doug Weikert (56)	3,126
7 Ken Mallory (58)	2,782
8 Jim Bender, Jr. (15)	2,507
9 Jacob Stein (77)	2,414

10 Jim Bender, Sr. (46)	2,316
11 Charles Schorr (76)	2,085
12 Abe Sheinker (62)	2,081
Women's Weight Pentathlon	
(Age Graded)	
1 JoAnn Grissom (64)	3,605
2 Mary Hartzler (53)	3,315
4 Deb Lancashire (39)	3,252
5 Cynthia Beacham (45)	2,667

Norm Bower Memorial Weight Pentathlon Kent, OH; Sept. 21

HT/SP/DT/JT/WT	
Charley Greene 44	2128
17 42/9.54/28.89/51.72/7.06	
Jim Bender Sr 46	2188
24 68/9.17/31.22/31.90/7.80	
Gary Sutton 48	2405
26 93/9.64/28.08/34.79/10.13	
Doug Weikert 56	2785
30 93/9.21/31.73/30.49/10.96	
Abe Sheinker 62	1893
28 65/6.55/22.61/12.05/9.29	
Everett Hosack 100	WR6037
8 92/3.37/7.95/7.41/5.24	
(all 5 marks are M100-104 WRs)	
Women	
C C Beacham 45	2812
24 89/8.13/22.02/20.75/9.46	
Erika Szanto 58	2938
28 30/8.24/22.03/18.11/8.95	
Bernice Holland 75	AR3792
*20.74/5.88/18.20/16.54/6.81	
*US age-group records	

MID-AMERICA

Kansas Senior Olympics Topeka; Sept. 28-29

100m	
M50 William Sellers	10.89
James Colezel	10.92
M55 Gregory Sargent	12.58
Bruce Mason	13.44
M60 James Snook	13.95
Roger Nyfeler	14.03
M65 Bob Lida	12.59
James Leggitt	13.94
M70 Larry Wilson	16.85
M75 Melvin Larsen	14.06
Kelly Green	15.56
M80 Edgar Curtis	18.66
Harley Holladay	20.88
M85 William Dyer	21.38
W55 Peggy O'Neill	14.94
W60 Char Lane	17.68
W75 Lavina Haelele	19.99
Maxine Anderson	21.19

200m	
M50 William Sellers	24.54
James Dolezel	25.78
M55 Gregory Sargent	25.15
Bruce Mason	29.13
M60 James Snook	29.28
Howard Messer	29.48
M65 Bob Lida	25.57
James Leggitt	28.78
M75 Kelly Green	35.22
Darwin Michaud	37.31
M80 Edgar Curtis	47.31
M85 William Dyer	47.50
W60 Eileen Schmidt	40.53
W75 Lavina Haelele	46.70

400m	
M50 William Sellers	1:00.50
M55 Gregory Sargent	57.97
Larry Law	1:05.43
M60 Ross Greathouse	1:08.78
Howard Messer	1:11.06
M65 Bob Lida	1:03.56
James Leggitt	1:07.35
M70 William Buntin	1:20.34
Glen Opie	1:37.39
M85 William Dyer	2:18.59
W60 Eileen Schmidt	1:51.89
W75 Maxine Anderson	2:16.98

800m	
M50 Tim Wigger	2:23.50
M55 Gregory Sargent	2:23.00
Rudy Kelley	2:43.94
M60 Bob Fulton	2:45.69
Ross Greathouse	2:46.94
M65 Deloy Huffman	3:10h
Melvin Miller	3:44h
M70 William Buntin	3:06.5h
M75 Darwin Michaud	4:11h
W60 Eileen Schmidt	4:47.22

1500m	
M50 John Oyler	4:05.63
M55 Rudy Kelley	5:22h
Larry Law	5:25.15
M60 Ross Greathouse	5:38h
Howard Messner	6:18.59
M65 Mel Yoder	5:38.3h
Deloy Huffman	7:12.1h
M70 William Buntin	6:15.41
M75 Michaud Darwin	7:40.2h
Frank Creason	8:15.81
M85 William Dyer	12.44h
W60 Eileen Schmidt	8:54.44
W75 Mary Eva Taylor	12:15.3h

High Jump	
M50 Terrell Schaffer	5-0
James Dolezel	4-8
M55 Larry Law	4-10
Mark Chapman	4-6
M60 Daniel Peters	4-4
Bill Riley	4-2
M65 Charles Newman	4-4
James Leggitt	4-2
M70 Lyle Pfaff	4-2
M75 Kelly Green	3-10
M80 Scott Herman	3-10
W60 Eileen Schmidt	3-4

Pole Vault	
M50 James Dolezel	13
M55 Terry Medjo	9
M60 Jose Cesteros	5
Long Jump	
M50 James Dolezel	17-2
M55 Larry Law	14-4.75
Richard Talavera	14-0.75
M60 Roger Nyfeler	14-3
Daniel Peters	13-2.50
M65 James Leggitt	12-11
M70 Lyle Pfaff	11-4
Bill Butterworth	10-7
M75 Kelly Green	10-4
Jack Haelele	9-9.75
M80 Harley Holladay	9-9.50
M90 Max Bura	2-7.50
W55 Patricia O'Neill	11-11.50
W60 Eileen Schmidt	9-10.50
W75 Lavina Haelele	8-4

Shot Put	
M50 Stephen Gamble	44-9.50
Bob Peters	44-4
M55 Mark Chapman	36-5
Stephen Morris	34-6
M60 Richard Cochran	43-3.50
Al Salmon	40-2.50
M65 Ron Anderson	36-1
M70 Wendell Palmer	43-5.25
Lyle Pfaff	33-3
M75 Jack Haelele	31-11.50
Kelly Green	30-6.75
M80 William Trimmell	28-5
Scott Herman	28-2
M90 Max Bura	16-5.50
W50 Janice Crummy	29-6
Linda Baranski	23-0.75
W55 Diana Schultz	23-9
W65 Arlene Marshall	21-9
W70 Dorothy Meyer	14-5

Discus	
M50 Valentino Martinez	157-8
Bob Peters	157-8
M55 Terry Medjo	125-9
Mark Chapman	116
M60 Richard Cochran	177-9
Al Salmon	135-8
M65 Ron Anderson	167-6
James Leggitt	108-5
M70 Wendell Palmer	153-3
Floyd Jack	117-4
M75 Kelly Green	89-3
Jack Haelele	89
W50 Janice Crummy	75-7
Linda Baranski	66-1
W60 Eileen Schmidt	56-2
W70 Dorothy Meyer	43-1

Javelin	
M50 Donald Galvanin	143-4
Virgil Graham	126-6
M55 Edwin Morland	185-9
Richard Talavera	112-5
M60 Bill Riley	124-11
Alex Meyer	120-10
M65 Ken Ohm	120-6
Bill Adkins	106-10
M70 Lyle Pfaff	91-4
Floyd Jack	81-4

M75 Jack Haelele	81-5
M80 Homer Socolosky	76-9
Edgar Curtis	59-1
M90 Max Bura	35-4
W50 Janice Crummy	73-3
Ruby Brumley	69-9
W55 Eileen Schmidt	45-2
W65 Sandra McCoy	64
1500m RW	
M50 Gary McLain	8.46
M55 Bob Gaston	10.07
M60 Frank Chenoweth	10.01
George Ruh	12.13
M65 Alan Poisner	9.03
Fred Adams	9.27
M70 Donald Swegel	11.31
M75 Edward Levy	13.41
M85 Thomas Young	14.19
W50 Ruby Brumley	12.25
W60 Eileen Schmidt	11.55
W70 Mary Eva Taylor	14.02
W85 Jean Brunnenkant	13.28

5000m RW	
M60 Randall Hardy	39.39
M65 Alan Poisner	33.44
M70 Donald Swegel	44.16
M75 Edward Levy	47.37
M85 Thomas Young	47.38
W50 Ruby Brumley	47.28

5K Road Race	
M50 Bill Goble	18.57
Marty Garren	19.24
M55 William Dutton	20.47
James Moore	22.48
M65 William Hoobing	25.06
Deloy Huffman	25.10
M70 William Buntin	21.11
Larry Wilson	28.58
M75 Glenn Opie	28.20
Ruben Taylor	43.01
W50 Lana Best	27.11
W60 Eileen Schmidt	30.49
W75 Elizabeth Gerhardt	43.00
W80 Elizabeth Gerhardt	44.23

10K Road Race	
M50 John Oyler	38.43
M55 Larry Kietzman	43.03

Continued from previous page

Shot Put	
M50 Leodis Gupton	30-9.75
Dan Ursery	30-7.50
M55 Vincent Breaux	35-7.50
Harold Landry	32-9.50
M60 Pat Arceneaux	36-9.50
Julius Cassels	36-0.50
M65 David Bower	38-7
Don North	36-0.50
M70 Jim Gerhardt	37-0.50
M75 Robert Hewitt	28-0
Robert Jantz	26-9.25
M85 Donald Pellmann	32-2.25
M90 Carl Wafford	21-0.50
Richard Hoyt	12-1.50
W50 Susan Clower-Smith	25-4
W55 Glenda Byrd	24-0
Shirley Frost	20-0
W60 Naomi Smith	23-3
Mary Gilbert	20-11
W65 Mildred Hubbard	18-0
Q70 Reba Bolinger	18-4.50
Wilma Whorton	16-8.50
W75 Mary Lewis	16-0
Dot Taylor	14-9.25
W80 Irene Hunter	12-9.50
W85 Marie Hunt	9-3.50
Discus	
M50 Max Brantley	94-2
Bob Maseratti	93-5
M55 Len Randal	121-1
M65 Herb Stein	91-1
Harold Landry	84-6
M60 Frances McEvoy	115-9
Patrick Arceneaux	111-6
M65 Paul Beckman	117-0
Don North	112-4
M70 Jim Gerhardt	117-7
Roland Clement	100-5
M80 Tom Kennell	80-3
M85 Donald Pellmann	96-4
M90 Carl Wafford	43-10
W50 Susan Clower-Smith	54-1
W55 Joyce Hoppood	63-2
Glenda Byrd	47-7
W60 Joyce Arguello	56-6
Naomi Smith	55-7
W60 Jeanne Morton	72-5
Jody Williams	54-7
W70 Bonnie Fite	38-1
Wilma Shorton	32-10
W75 Dot Taylor	35-5
Mary Lewis	34-8
W80 Helene Keen	41-9
Velma Morris	26-1
W85 Marie Hunt	18-8
Javelin	
M50 Steven Jones	103-8
M55 Bobby Barnes	154-2
Vincent Breaux	135-2
M60 Charles Cannon	138-7
Jack Fant	112-9
M65 Don North	129-4
Jerry Lyons	116-11
M70 Jim Gerhardt	91-2
Jack Haller, Sr	76-8
M75 Tom Moxley	37-6
M80 Richard Bledsoe	72-0
M85 Donald Pellmann	86-0
M90 Carl Wafford	44-5
W50 Susan Clower-Smith	46-7
Pat McSwain	41-3
W55 Joyce Hoppood	63-8
W60 Naomi Smith	45-1
W65 Jeanne Morton	63-4
Mary Lou Bradford	57-1
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
M80 Richard Bledsoe	11-05
M90 Richard Hoyt	15-00
W75 Shirley Goff	11-35
5KRW	
M50 Bill Richardson	30-08
Jon Benedict	33-45

M75 Nash Abrams	35.53
W60 Martha Coper	33.39
W70 Ann Wilson	42.22
W75 Shirley Goff	39.09
5K Road Race	
M50 Andy Bryant	18:25.16
John Nail	19:23.91
M55 Robert Bohnke	22:57.57
M60 Gary Keller	26:18.71
M65 George Heist	27:29.78
M70 Jack Gentry	22:12.02
M85 Al Davis, Sr	29:18.86
W55 Marilou Haines	31:07.40
W60 Joan Scarlata	27:13.56
W65 Francis Barger	32:33.10
10K Road Race	
M50 William Bryant	41:24
M60 Gregory Lima	1:00:25
M70 Jack Gentry	47:52

Oklahoma Senior Olympics
Tulsa, Sept. 21-22

50m	
M50 John Ingram	8.18
M55 Mike Steinmetz	8.83
M60 Ron Collier	7.30
M65 David Potter	8.73
M70 Jack Ensminger	7.80
M80 Doc Bennett	10.24
W55 Opal Woods	10.42
W60 S BrooksSmith	9.29
W65 Glenna Lee	10.31
W75 Jane Sellmeyer	12.35
100m	
M50 John Ingram	15.19
M55 Mike Steinmetz	13.09
M60 Ron Collier	19.96
M65 Guthrie Hite	14.57
M70 Jack Ensminger	15.07
M80 Fisher Lewis	19.75
W55 Opal Woods	22.06
W60 S BrooksSmith	18.50
W65 Glenna Lee	21.03
W75 Jane Sellmeyer	25.03
200m	
M50 Joe McKissick	32.40
M55 Mike Steinmetz	28.51
M60 Ron Collier	29.14
M65 Guthrie Hite	32.37
M70 Andy Anderson	32.44
W60 S BrooksSmith	42.24
W65 Glenna Lee	50.06
W75 Jane Sellmeyer	66.00

400m	
M50 Michael Jenkins	61.0
M55 Tom Fisher	63.0
M60 Ron Collier	64.0
M65 Glendale Markwell	85.0
M70 Jack Ensminger	87.0
M80 Fisher Lewis	1:54.0
W55 Opal Woods	2:16.0
W60 Linda LaFleur	1:51.0
800m	
M50 Michael Jenkins	2:26
M55 Dave Joyce	2:49
M60 Geo Marchetti	2:27
M65 Don Walkwitz	2:57
M70 Paul Morrow	3:57
M80 Fisher Lewis	4:11
W60 Linda LaFleur	4:15
1500m	
M50 Michael Jenkins	5:00
M55 Chester Jacowitz	6:42
M60 Geo Marchetti	5:02
M65 Don Walkwitz	6:19
M70 Paul Morrow	7:45
M75 Howard Mayer	8:04
M80 Fisher Lewis	8:28
W60 Linda LaFleur	8:41

High Jump	
M50 Harve Howard	4-0
M55 Ron Collier	4-10
M60 Michael Henk	3-4
M65 Glendale Markwell	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 Collier	10-6
M65 Charles Berryhill	3-8
M70 Chuck Crawford	7-0
W65 Sue Tunniff	4-8
Long Jump	
M55 Robert Howard	6-7
M60 Ronald Collier	15-4
M65 Glendale Markwell	11-1
M70 Jack Ensminger	11-7
M80 Doc Bennett	8-7
W60 Margaret Guy	5-8
W65 Sue Tunniff	8-0

M70 Ruby Gooden	6-8
M75 Jane Sellmeyer	6-8
Shot Put	
M50 Ed Forester	41-5.5
M55 Steve Kent	30-8
M60 Sheppard Miers	42-10.75
M65 Ray Strickland	26-7.5
M70 Engel Grow	33-8.25
M75 A T Richeson	22-6.5
M80 Doc Bennett	23-1
W60 Margaret Guy	23-6.5
W65 Jean Cobb	21-1.75
W70 Ruby Gooden	23-4
W75 Jane Sellmeyer	18-1.25
Discus	
M50 Ed Forester	128-7
M55 Steve Kent	89-10
M60 Sheppard Miers	148-3
M65 Ray Strickland	91-8
M70 Ross Vrooman	99-8
M75 Ed Hooker	107-4
M80 Doc Bennett	57-7
W60 Margaret Guy	51-9
W65 Sue Tunniff	53-9
W70 Ruby Gooden	49-7
W75 Jane Sellmeyer	44-9
Javelin	
M50 Harve Howard	122-6
M55 Dale Deuval	111-1
M60 Ron Collier	111-2
M65 Bob Santine	96-2
W60 Engel Grow	88-2
M75 A T Richeson	38-6
M80 Doc Bennett	50-8
W60 Margaret Guy	35-9
W65 Sue Tunniff	59-4
W70 Ruby Gooden	52-10
W75 Jane Sellmeyer	40-0
1500m Racewalk	
M60 J C Sanford	10:43
M65 Anthony Redding	9:57
M70 Lloyd McGuire	9:58
W65 Janet Mason	10:57
W70 Betty Davis	12:46
5000m Racewalk	
M60 Charles Bartlett	34:00
M65 Anthony Redding	35:38
M70 Lloyd McGuire	34:45
M80 Eugene Blais	50:48
W65 Janet Mason	36:38

WEST

USATF West Regional Masters
Championships
Mission Viejo, CA; July 13-14

100m	
W35 Gracie-Ann Dinkins	11.61
W40 Veronica Amasekara	12.54
W45 Michele Freeman	14.26
W50 Anna Wlodarczyk	13.36
W55 Lynn Naffel	14.42
W60 Jan Condon	20.13
W70 Dorie Smith	24.54
M30 Randy Thompson	12.00
M35 Kettrell Berry	11.12
M40 James Chinn	12.09
M45 Kevin Morning	11.16
M50 Thad Wilson	12.25
M55 Gary Wuest	13.31
M60 Lee Gillespie	13.37
M65 Roger Tsuda	13.83
M70 Don Cheek	14.98

200m	
W30 Eliz Leeper	31.75
W35 Collen Barney	27.37
W40 Eliz Monday	33.42
W45 Michele Freeman	29.57
W50 Ann Wlodarczyk	27.57
W55 Lynn Naffel	29.94
W70 Magdalena Kuehne	38.25
W75 Shirley Dietrich	49.80
M30 Randy Thompson	24.35
M35 Durrell Turnage	23.80
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 Hulbert Batiste	60.22
W45 Carla Hoppie	72.96
W55 Lynn Naffel	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 Castille	57.46
M55 Stan Whitley	56.63
M65 Chuck Kirkby	81.43
M70 Don Cheek	72.44

800m	
W35 Sineao Forum	2:32.67
W40 Mimi Ney	2:31.08
W45 Debbie Barraza	2:31.82
W55 Lynn Naffel	2:55.31
W70 Dorie Smith	4:19.11
M35 Benjamin Crouch	2:07.23
M40 Kevin McCarthy	2:08.14
M45 Steve Gallegos	2:04.14
M50 Gary Shapiro	2:18.51
M55 Ron Salapo	2:19.22
M60 Frank Condon	2:36.07
M65 Ray Archibald	3:28.44
M70 Jim Selby	2:56.71

1500m	
W35 Sineao Forum	5:26.48
W40 Pat Contreras	5:38.36
W45 Debbie Barraza	5:18.05
W55 Joni Shirley	5:41.58
W60 Yvette LaVigne	6:05.91
W70 Dorie Smith	8:46.55
M30 John Brenkus	5:02.20
M45 Steve Gallegos	4:21.71
M50 Nolan Shaheed	4:26.88
M55 Ron Salapo	4:51.35
M60 Frank Condon	5:15.26
M65 Gordon McClenathan	5:53.97
M70 Jim Selby	6:22.81

3000m	
M40 Jim Marquez	10:03.10
M45 Dave Cook	10:10.76
5000m	
W45 Tracey Cox	23:20.28
W60 Yvette LaVigne	22:07.84
M40 David Dobler	15:36.55
M45 Karl Schulze	20:42.90
M50 Charles Collins	19:16.58
M55 Mike Manell	21:08.47
M60 Robt McAlpine	21:23.06
M65 Dale Headley	22:15.96
10,000m	
M45 Karl Schulze	42:48.63
M50 Chas Collins	41:27.53

Short Hurdles	
W40 Eliz Monday	17.27
W50 Anna Wlodarczyk	12.98
W55 Lynn Naffel	15.05
M35 Richard Holmes	14.98
M40 Jeff Davidson	25.76
M45 Ken Stone	20.87
M50 Thad Wilson	15.90

Long Hurdles	
W40 Eliz Monday	57.86
W55 Lynn Naffel	53.32
M35 James Smith	59.60
M45 Brian Mutert	69.64
M55 Sheridan Groves	68.90
M60 Terry Rowan	52.20

4x100m Relay	
W30 New Beginnings	54.88
So Cal TC	68.26
Experience	69.40
M75+So Cal All-Stars	44.33
4x400m Relay	
M30 So Cal TC	9:41.83

High Jump	
W40 Karen Vaughn	1.30
W50 Anna Wlodarczyk	1.51
W60 Kathy Bergen	1.24
M40 Tom Vanzant	2.00
M45 Brian Mutert	1.65
M50 Charlie Rader	1.70
M55 Roberto Pozzi	1.55
M60 John Burns	1.57
M65 Phil Shipp	1.39

Pole Vault	
W40 Jennifer Stary	2.29
M35 Dolf Berle	3.81
M40 Greg Charles	3.81
M45 Bill Halverson	4.72
M55 Mick James	3.05
M60 Terry Cannon	3.20
M65 Phil Shipp	2.29
M70 Bob Holmes	2.13

Long Jump	
W30 Eliz Leeper	3.43
W40 Veronica Amasekara	5.62
W45 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 Derek DeLeon	10.09
M45 Brian Mutert	10.45
M50 Angel Cachinero	12.70
M55 Derek Boosey	10.61
M60 Terry Rowan	8.93
Shot Put	
W40 Karen Vaughn	8.85

W45 Carla Hoppie	9.22
W55 Lorraine Tucker	9.71
M40 Mark Dvornik	13.18
M45 James Kerman	13.91
M50 Mike Shiaras	15.01
M55 Gary Wuest	10.88
M60 Glen Johnson	11.75
M65 Phil Shipp	12.05
M70 Doug Tomlinson	11.39

Discus	
W30 Kim Edwards	20.40
W50 Nancy Cochran	15.57
W60 Kathy Bergen	18.06
W75 Shirley Dietrich	14.54
M35 Tim Edwards	44.51
M40 Mark Dvornik	36.20
M55 Cornelius McCormick	35.88
M60 Ron Mickle	48.12
M65 Bob Humphreys	44.10
M70 Doug Tomlinson	30.45

Javelin	
W35 Tammy Mack	22.21
W40 Jennifer Stary	36.23
W45 Tina Bowman	25.19
W55 Lorraine Tucker	23.01
W75 Shirley Dietrich	13.19
M35 Jeff Gonzales	41.71
M40 Hal Halpern	36.91
M45 Bob Myers	48.80
M50 Bob Powers	52.05
M55 Gary Wuest	34.02
M60 Gary Stenlund	56.57
M65 Phil Shipp	36.64
M70 Allan Trefry	33.15

5000m Racewalk	
W55 Donna Cunningham	29:30.11
M45 Mike Kroll	37:44.23
M55 Buck Ekgood	29:33.89
M60 Alan Ede	33:39.77
M65 Arvid Rolfe	33:48.50

California Senior Games
San Jose, CA; Aug. 2-11

50m	
M50 Roger Tomlinson	6.93
M55 Andre Russell	7.06
M60 Fred Dilleuth	7.69
M65 Gary Sims	7.35
M70 James Selby	8.20
M75 Lee Conway	8.73
M80 Konrad Slaughter	10.70
W50 Brenda Matthews	7.46
W55 Lynn Naffel	7.59
W60 Elisabeth Padia	8.9h
W75 Frances Styles	9.1h

100m	
M50 Donn Imrie	12.18
M55 David Naylor	13.13
M60 Al Richardson	14.6

Continued from previous page
 W70 Barbara Moore 10.17
 W75 Shirley Dietrich 13.21
 Javelin
 M50 Stephen Patterson 47.42
 M55 Gary Wuest 36.48
 M60 John Burns 48.86

Champions Mile Run for Children, Kezar Stadium San Francisco; Sept. 15

Masters Men
 1 Tony Young USA 40 4:16.37
 2 John Hinton USA 40 4:18.75
 3 Andrew Masai KEN 42 4:19.86
 4 Mike Egle USA 40 4:21.02
 5 Peter Magill SCTC 41 4:21.79
 6 David Olds SCTC 40 4:25.43
 7 Kevin Osterberg RA 42 4:28.39
 8 Steve Haase RA 44 4:33.59
 9 Rich Burns SCTC 47 4:33.73
 10 Graeme Fell CAN 43 4:35.34
 11 Jamin Aasum SCTC 40 4:37.26
 12 Brad Jansen SCTC 40 4:37.71

Masters Women
 1 Patty Blanchard CAN 44 5:05.98
 2 M de St Croix CAN 49 5:06.19
 3 J Lasse Johnson USA 45 5:07.76
 (AR/Flex/5/21.5/1989)
 4 Rose Monday USA 43 5:09.12
 5 M Trujillo-Ro USA 42 5:17.40
 6 Sharlett Gilbert SCTC 51 5:36.25
 7 Debbie Barraza USA 46 5:44.16
 8 Marie-Louise Johnson USA 46 5:58.31
 (AR/Matson/5/58/69/2001)
 SCTC-So Calif TC

San Diego Senior Olympics El Cajon, CA; Sept. 21

50m
 M45 Ken Stone 7.3h
 M50 Ronald Beadle 6.80
 Tracy Jones 7.02
 M55 Ronald Stock 8.10
 M60 Karl Thorpe 8.07
 M65 Delos Eyer 7.67
 M70 Arnold Ray 8.13
 Jim Selby 8.58
 M75 Ray Crawford 10.60
 M80 John Cammarata 10.52
 M85 Bert Morrow 10.69
 W45 Debbie Selby 8.77
 W50 Lorna Davis 12.03
 W55 Lynn Nafel 8.10
 Lorraine Tucker 8.24
 W60 Marilyn Ongley 9.24
 W65 Ray Archibald 9.75
 W75 Frances Styles 10.05
 W80 Gerda Ader 12.24

100m
 M50 Donn Imrie 12.13
 Ronald Beadle 12.48
 M55 Ronald Stock 15.31
 M60 Ronald Kirkpatrick 14.07
 M65 Delos Eyer 14.39
 Maynard Morris 14.88
 M70 Arnold Ray 15.04
 Marion Sanchez 15.08
 M75 Walter Atcheson 20.15
 M80 John Cammarata 20.70
 M85 Bert Morrow 20.64
 W45 Debbie Selby 16.99
 W55 Lynn Nafel 15.21
 W60 Marilyn Ongley 16.99
 W65 Ellen Brannigan 21.75
 W70 Gloria Doro 18.95
 W75 Frances Styles 19.76
 W80 Gerda Ader 24.28

200m
 M40 Nick Marilao 30.92
 M45 Ken Stone 28.72
 M50 Steve Kloch 25.98
 Herman Castille, Jr 26.18
 M55 Larry Barnum 27.16
 James Hollister 27.50
 M60 Ronald Kirkpatrick 28.67
 M65 Maynard Morris 31.87
 M70 Arnold Ray 31.20
 Jim Selby 34.20
 M75 Louis Beadle 31.93
 M80 Clyde Jackson 50.17
 W45 Debbie Selby 38.60
 W50 Nancy Cochran 36.44
 W55 Lynn Nafel 32.35
 W60 Marilyn Ongley 38.11

400m
 M50 Herman Castille, Jr 57.81
 John Tomaschke 59.95
 M55 Larry Barnum 57.24
 M65 Jesse Carrington, Jr 1:05.9h
 Carl Grubbs 1:26.4h
 M70 Jim Selby 1:16.77
 M75 Louis Beadle 1:17.04
 Walter Atcheson 1:36.27

M80 Clyde Jackson 1:52.50
 W45 Debbie Selby 1:24.14
 W55 Lynn Nafel 1:12.13
 W60 Marilyn Ongley 1:23.59

800m
 M50 Greg Wilson 2:30.76
 M55 Gary Rust 2:19.47
 M65 Jerry Albert 2:57.39
 Paul Robillia 3:00.35
 M70 Jim Selby 3:04.97
 M75 John Cross 4:14.72
 M80 Clyde Jackson 5:00.63
 W60 Marilyn Ongley 3:39.68

1500m
 M50 Greg Wilson 5:02.65
 M55 Terry Webster 5:39.16
 M60 Jim Lyons 6:18.95
 Edward Miller, Jr 6:52.87
 M65 Jerry Albert 5:50.24
 Paul Robillia 5:56.19
 M70 Jim Selby 6:23.13
 M75 John Cross 8:18.25
 W45 S Meister Meredi 5:08.85

3000m
 M50 Greg Wilson 11:01.4h
 M55 Terry Webster 12:06.0h
 M60 Jim Lyons 13:42.7h
 M65 Jerry Albert 12:37.2h
 Paul Robillia 13:12.8h
 M75 John Cross 17:59.3h

Short Hurdles
 M45 Stacy Price 17.01
 M50 Richard Watson 21.64
 M55 James Hollister 16.01
 M60 William Wells 20.79
 M85 Bert Morrow 30.64
 W50 Nancy Cochran 16.71
 W55 Lynn Nafel 16.11

Long Hurdles
 M55 James Hollister 1:08.14
 M60 Ronald Kirkpatrick 49.51
 Terry Rowan 52.31
 M65 Jessie Carrington 56.21
 W50 Nancy Cochran 1:09.58
 W55 Lynn Nafel 1:01.17

2000m Steeplechase
 M60 Dick Jones 9:11.9h
 M65 Ray Archibald 11:45.0h
 M70 Herb Henderson 11:36.1h

3000m Steeplechase
 M50 Michael Dawson 15:23.2h
 M55 Lee Rice 15:23.0h

High Jump
 M50 John Little 1.60
 Richard Watson 1.47
 M60 John Burns 1.55
 Davie Perry 1.47
 M65 John Steinman 1.37
 M70 Dude Stephenson .89
 M85 Leland McPhie 1.07
 W50 Nancy Cochran 1.17
 W55 LaTanya Glass 1.12
 W75 Frances Styles .84

Pole Vault
 M50 Steve Morris 3.81
 Bill McNeal 3.20
 M55 Mick Janes 3.05
 M60 Dick Cunningham 3.05
 M65 John Steinman 2.89
 M70 Bob Holmes 2.29

Long Jump
 M40 William McLeroy 3.85
 M50 John Little 5.09
 Dixon Moore 5.05
 M55 James Hollister 5.21
 M60 Richard Imperiale 4.57
 David Servis 4.15
 M75 Ray Crawford 2.43
 M85 Leland McPhie 2.45
 W60 Marilyn Ongley 3.44
 W65 Ellen Brannigan 2.60
 W75 Frances Styles 2.46

Triple Jump
 M50 Richard Beaumont 6.23
 M55 James Hollister 10.47
 M60 Terry Rowan 9.04
 M85 Leland McPhie 4.97
 W75 Frances Styles 5.79

Shot Put
 M40 William McLeroy 8.65
 M50 Michael Shiaras 14.99
 Angelo Rinaldi 12.65
 M55 Paul Economides 14.98
 Jorge Juarez 9.75
 M60 Glen Johnson 12.28

M70 Dude Stephenson 7.50
 M75 John Rafto 8.66
 L B Jones 7.96
 M80 Mark Henderson 7.30
 Channing Gilson 4.79
 M85 Leland McPhie 6.82
 W55 Lorraine Tucker 9.73
 La Tanya Glass 9.34
 W70 Gloria Doro 6.87
 W75 Dolly Scott 5.63

Discus
 M35 Kyong Song 36.75
 M50 Richard Comber 43.30
 Richard Rhoads 37.96
 M55 Paul Economides 45.22
 M60 Ronald Mickle 47.82
 John Burns 43.66
 M65 Ronald Wade 30.73
 Donald Alexander 26.47
 M70 Eugen Staniciu 23.07
 M75 L B Jones 26.84
 John Rafto 20.72
 M80 John Cammarata 20.10
 Mark Henderson 19.85
 M85 Leland McPhie 18.47
 M95 Winfield McFadden 10.00
 W50 Nancy Cochran 14.73
 W55 Lorraine Tucker 24.65
 W65 Ellen Brannigan 16.77
 W75 Dolly Scott 11.88

Hammer
 M35 Kyong Song 50.24
 M50 Thomas Meyer 44.70
 Richard Watson 36.56
 M55 Paul Economides 50.06
 M65 Donald Alexander 17.20
 M70 Eugen Staniciu 32.06
 M75 Kio Shik Song 30.32

Javelin
 M35 Kyong Song 41.78
 M40 William McLeroy 40.05
 M50 David Johnson 51.13
 Richard Watson 48.71
 M55 Paul Economides 40.41
 M60 John Burns 46.55
 David Servis 30.27
 M65 Edward Martin 31.36
 M70 Eugen Staniciu 25.14
 M75 John Rafto 23.49
 M80 Alfred Drake 11.07
 M85 Leland McPhie 15.44
 W50 Nancy Cochran 14.55
 W55 Lorraine Tucker 24.15
 W65 Ellen Brannigan 12.21

1500m RW
 M45 David Ciccone 7:31.87
 M50 Jack Cassidy 9:46.24
 M55 Peter Procopio 9:59.65
 M60 Bob Weeks 8:33.77
 M75 Ray Crawford 12:55.02
 M75 John Cross 11:04.89
 M80 Hal Elick 11:49.80

5000m RW
 M45 David Ciccone 29:04.6h
 M50 Jack Cassidy 33:32.8h
 M55 Peter Procopio 34:03.3h
 M60 Gary Steck 32:50.6h
 Bob Weeks 34:14.9h
 M75 Paul Paulson 47:05.7h
 W55 Esther Vest 42:10.0h
 W55 C Covington 12:22.24
 W45 S Meister Meredi 11:03.2h

Club West Meet UC-Santa Barbara; Oct. 5

55m
 M40 Richard J Novelli 7.22
 Eugene Anton 7.59
 M45 Dray Hargrove 6.97
 James Bonilla 7.25
 Jack Cramer 7.54
 Rob Duncanson 7.62
 Ernie Snodgrass 7.70
 M50 Lionel Johnson 7.25
 Larry Lettieri 7.42
 M55 Lance Pierce 8.22
 M60 Fred Dilleuth 8.29
 M65 Roger Tsuda 8.11
 Richard D Novelli 8.83
 Ray Archibald 11.54
 M70 Don Cheek 8.35
 Sam Flory 8.60
 Paul Bambrook 8.68
 Barney Phillips 9.15
 Jim Selby 9.33
 M90 Ted Hatlen 12.17
 W40 Joy Margerum 7.74
 Mary Miller 8.62

W45 Debbie Selby 9.54
 Christine Stone 11.58
 W55 Lynne Nafel 8.52
 Lorraine Tucker 8.91
 Marilou Cramer 9.76
 W60 Kathy Bergen 8.56
 W65 Fei-Mei Chou 11.58

100m
 M40 Richard J Novelli 12.48
 Michael Shea 12.85
 M45 Marty Krullee 11.40
 Dray Hargrove 11.83
 James Bonilla 12.56
 Robert Zahn 12.60
 Ernie Snodgrass 13.31
 M50 Lionel Johnson 12.18
 Larry Lettieri 12.67
 LewisBaskerville 13.40
 M55 Dan Girling 14.70
 Bob Callori 16.66
 M60 Tony Craddock 13.97
 Fred Dilleuth 15.08
 M65 Roger Tsuda 13.96
 Richard D Novelli 15.46
 M70 Don Cheek 14.44
 Paul Bambrook 15.03
 Sam Flory 15.15
 Frank Kishi 16.20
 Barney Phillips 16.20
 W40 Joy Margerum 13.28
 Mary Miller 14.99
 W45 Debbie Selby 16.72
 Christine Stone 20.12
 W50 Lynn Nafel 14.81
 W60 Kathy Bergen 15.77
 Marilou Cramer 16.90
 W65 Fei-Mei Chou 20.14

200m
 M35 Willy Rossow 25.91
 M40 Michael Shea 25.93
 Eugene Anton 27.24
 Fred Kluth 28.20
 M45 Marty Krullee 23.37
 Dray Hargrove 24.03
 Koko Calvin 25.95
 Ernie Snodgrass 27.07
 Rick Thoman 27.26
 M50 Lionel Johnson 25.57
 M55 Larry Barnum 26.66
 Dan Girling 30.93
 M60 Tony Craddock 29.61
 M65 Roger Tsuda 28.81
 Ray Archibald 42.86
 M70 Don Cheek 30.96
 Jim Selby 33.90
 Frank Kishi 34.83
 W45 Debbie Selby 36.94
 W55 Lynn Nafel 30.58
 W65 Fei-Mei Chou 44.04

400m
 M30 Ron Colton 57.41
 Todd Darras 61.59
 M35 Willy Rossow 56.49
 M40 Fred Kluth 62.20
 M45 Dray Hargrove 53.16
 Michael Allen 56.08
 Rick Thoman 59.91
 Ernie Snodgrass 66.5h
 M50 Parker White 62.14
 M55 Larry Barnum 57.95
 Dan Girling 75.55
 M60 Don McMillan 61.94
 M65 Ray Archibald 96.33
 M70 Don Cheek 68.42
 Jim Selby 78.00
 W45 Debbie Selby 88.73
 W55 Lynn Nafel 70.23
 W65 Fei-Mei Chou 1:44.92

800m
 M30 Ron Colton 2:20.41
 M35 John Sprague 2:02.54
 M45 Steve Wulf 2:05.17
 Dave Albo 2:10.51
 M50 Wayne Douglas 2:32.58
 M55 Larry Barnum 2:15.97
 M60 Don McMillan 2:24.04
 Jeremy Lys 2:37.54
 M65 Ray Archibald 3:41.91
 M70 Jim Selby 2:58.19
 Vernon Dolphin 4:13.71
 W45 Tracey Cox 3:01.70
 W60 Marie-LMicheleohn 2:48.59

1500m
 M40 Carl Maravilla 4:41.07
 M45 Dave Albo 4:32.15
 M60 Jeremy Lys 5:39.04
 M65 Charles Kirby 5:55.42
 M70 Jim Selby 6:45.07

Mile
 M65 Ray Archibald 8:03.28

2000m Steeplechase
 M60 Blaine Lawson 9:08.5
 M65 Don Truex 8:49.2
 Gordon McClenath 9:24.8

Ray Archibald 14 21 7
 M70 Jim Selby 10 16 2

5000m
 M60 Gary Reddaway 20 46 88
 Louis Nicotra 28 18 44
 M65 John Brennand 20 37 51
 Dale Headley 22 34 20

Short Hurdles
 M35 Drew Monaghan 16 15
 M40 Eugene Anton 16 98
 M45 Robert Zahn 16 79
 Brian Mutert 19 90
 Rob Duncanson 19 90
 M60 Fred Dilleuth 21 79
 W40 Joy Margerum 12 36
 W55 Lynn Nafel 15 47

Long Hurdles
 M35 Drew Monaghan 61 72
 M45 Brian Mutert 65 29
 Andrew Hecker 72 79
 M60 Terry Rowan 53 36
 Fred Dilleuth 60 98
 W40 Joy Margerum 73 68
 W55 Lynn Nafel 58 43

4x100m Relay
 M40-49 San Fran T&F 51 92
 Eggman/Kluth/Mutert/Thoman

High Jump
 M40 Vic Berezovskiy 1.74
 Allen Eggman 1.62
 M45 Brian Mutert 1.57
 Rob Duncanson 1.37
 M55 Roberto Pozzi 1.52
 Joe Cantrell 1.37
 M60 John Burns 1.57
 John Dobroth 1.52
 Bert Bergen 1.37
 Fred Dilleuth 1.17
 M65 Hal Smith 1.37
 M70 Paul Bambrook 1.17
 Barney Phillips 1.07
 W45 Karen Vaughn 1.32
 W60 Kathy Bergen 1.27
 W65 Christel Donley 1.12
 Fei-Mei Chou 0.91

Pole Vault
 M45 Murray Mead 4.11
 Mike Hogan 3.96
 Rob Duncanson 2.74
 M55 Steve Morris 3.66
 Joel Whitfield 2.29
 M60 Gary Miller 3.05
 Larry Jones 2.74
 Fred Dilleuth 2.13
 M65 Ed Oleata 3.18
 Hal Smith 2.13
 W45 Rita Hanscom 2.29
 W60 Nadine O'Connor 2.44

Long Jump
 M60 Terry Rowan 4.09
 Fred Dilleuth 4.00
 Larry Jones 3.96
 Dave Thorenson 3.88
 M65 Roger Tsuda 4.52
 M70 Paul Bambrook 3.98
 Jerry Donley 3.68
 Barney Phillips 2.88
 W40 Joy Margerum 4.89
 W55 Lorraine Tucker 3.75
 W65 Fei-Mei Chou 2.51

Triple Jump
 M50 Angel Cachinero 10 59
 Scott Wolfe 9 63
 M60 Terry Rowan 8 93
 M70 Paul Bambrook 8 11
 W65 Fei-Mei Chou 5 37

Shot Put
 M40 James Barry 11 00
 Allen Eggman 9 06
 M45 James Kerman 14 08
 Rob Duncanson 8 36
 Rick Thoman 7 57
 M50 Michael Shiaras 15 46
 Mike Deller 12 60
 Angelo Rinaldi 12 42
 M60 Jack Kuhns 11 42
 Richard Noble 11 17
 Ken Lott 10 26
 Dave Nuttall 10 10
 M65 Hal Smith 14 22
 Hal Smith age-67 WR16#11 04
 Jim Hart 9 79
 Don Alexander 7 58
 M70 Arnie Gaynor 12 84
 Tom Allison 11 11
 Barney Phillips 7 97
 M90 Ted Hatlen WR7 19
 (Crane/6/97/1990)

W45 Karen Vaughn 8 92
 W50 Ann Steekelenburg 8 17
 W55 Lorraine Tucker 9 06
 Kathy Noble 6 48
 W65 Christel Donley 7 60

Discus
 M40 James Barry 34 58
 M50 Mike Deller 43 34
 M60 Lloyd Higgins 54 10
 John Burns 43 28
 Dave Nuttall 38 61
 Jack Kuhns 33 93
 Richard Noble 29 48
 M65 Hal Smith 46 57
 Bob Ward 45 31
 Frank Carl 38 68
 Jim Hart 34 79
 Don Alexander 26 35
 M70 Arnie Gaynor 36 02
 Tom Allison 33 88
 W50 Nancy Oliveira 24 52
 W55 Lorraine Tucker 26 13
 AnnSteekenlenburg20 45
 W60 Kathy Bergen 17 27
 W65 Fei-Mei Chou 15 04

Hammer
 M35 David Dibley 28 84
 M50 Thomas Meyer 44 27
 M60 Dave Nuttall 33 98
 Jack Kuhns 33 35
 M65 Bob Ward 47 29
 Bob Humphreys 44 40
 Stew Thomson 39 20
 Frank Carl 34 74
 Jim Hart 28 71
 M70 Tom Allison 31 31

Javelin
 M35 David Dibley 36 02
 M40 Eugene Anton 35 97
 Fred Kluth 28 97
 M45 Rob Duncanson 35 29
 Vern McGarry 34 85
 M50 Scott Wolfe 35 50
 M60 John Burns 49 84
 Larry Stuart 49 49
 Gary Reddaway 44 99
 Steve Wordell 41 30
 Dave Nuttall 36 92
 M65 Hal Smith 36 86
 Bob Ward 35 59
 Don Alexander 26 97
 M70 Tom Allison 30 78
 M75 Ed Chynoweth 25 62
 M90 Ted Hatlen 14 50
 W45 Karen Vaughn 21 02
 W50 Nancy Oliveira 22 74
 AnnSteekenlenburg20 86
 W55 Lorraine Tucker 24 65
 W60 Kathy Bergen 25 87
 W65 Christel Donley 22 28

1500m Racewalk
 M65 Ray Archibald 12 06 7

3000m Racewalk
 W35KarenDuncanson22 20 80
 W55 ChristyDilleuth 22 26 98

Awards:
 George Adams Hi-Point Track
 Don Cheek 72 20
 Vernon Cheadle Hi-Point Field
 Hal Smith 67 18
 Jimmie Whitney Hi-Point T&F
 Paul Bambrook 73 14
 Pane E Vino Trophy for
 Outstanding Woman Athlete
 Fei-Mei Chou 67
 Hubbel-Herman Award for
 Best Hammer Thrower 70+
 Tom Allison 72
 Paul Spangle Award for Best
 Performance by Athlete 80+
 Ted Hatlen 91
 Ray Williams Memorial Award
 for Best 5K Runner 60+
 John Brennand 67
 Nick Carter Trophy for Best
 Age-Graded 1500
 Dave Albo 46

INTERNATIONAL

BMAF Inter-Club Meet Tidworth, Wilts., England; Sept. 21

100m
 M40 E Smart 11.4
 M50 G Sutton 12.2
 M60 B Shearsmith 13.1
 W35 J Money 12.8
 W40 W Stone 13.1
 W50 M Waters 14.8

200m
 M40 D Maynard 22.5
 M50 G Sutton 25.0
 M60 B Shearsmith 27.0
 W35 J Money 27.0
 W40 W Stone 26.9
 W50 D Cox 31.8

400m
 M40 D Maynard 49.3

Continued on next page

Continued from previous page

M50 I Bostock	57.6
M60 B Simmonds	63.8
800m	
M40 S Toogood	1:58.8
M50 R Minting	2:15.8
M60 N Duggan	2:36.7
W35 J Brown	2:25.0
W40 B Lock	2:29.2
W50 Hitchmough	2:44.1
1500m	
M40 B Jones	4:13.4
M50 A Jenkins	4:27.7
M60 L Hughes	5:13.8
W35 W Jones	5:03.6
W40 M Holland	5:03.9
W50 Hitchmough	5:22.3
3000m	
M40 N Overton	9:17.4
M50 A Jenkins	9:48.1
M60 K Buckle	11:06.2
W35 J Lasenby	10:44.9
W40 I Holland	10:51.3
W50 C Meeton	11:07.2
100mH	
M50 T Wells	15.3
W35 W Laing	14.9

Asia-Pacific Games

Queensland, Australia; Sept. 26-29

60m	
M30 Warren Evans	7.47
M35 Steven Tilburn	7.51
M40 Ray Keane	7.61
M45 Col Davis	8.26
M50 Martin Lynch	7.71
M60 John Cooper	8.23
M55 John Wight	8.08
M65 Noel Garvey	8.92
M70 Mick Pirie	9.60
M75 Rudy Hochreiter	9.30
M85 Vic Younger	12.93
W30 Michelle Curtis	8.35
W35 Kerri Healy	8.73
W40 Leanne Smith	8.63
W45 Suzy Roden	9.28
W50 Wilma Perkins	9.04
W55 Sheryl Gower	9.10
W60 Marg Radcliffe	9.84
W65 Annette Horsnell	9.61
W75 Daphne Pirie	11.65
W75 Loma Thompson	13.29
W80 Olga Kotelko	14.14
100m	
M30 Warren Evans	11.80
M35 Steven Tilburn	11.73
M40 Ray Keane	12.08
M45 Paul Sefont	13.61
M50 Martin Lynch	12.81
M55 John Wight	12.67
M60 John Cooper	13.12
M65 Noel Garvey	14.61
M70 Mick Pirie	15.83
M75 Rudy Hochreiter	15.63
W30 Marissa Stephen	12.91
W35 Deb McLachlan	13.65
W40 Leanne Smith	13.80
W45 Dianne Alderman	14.57
W50 Wendy Doran	14.33
W55 Sheryl Gower	14.66
W60 Marg Radcliffe	16.32
W65 Annette Horsnell	15.89
W70 Daphne Pirie	19.70
W75 F D Smith-McLeod	22.90
W80 Olga Kotelko	27.04
200m	
M30 Warren Evans	24.12
M35 Steven Tilburn	24.16
M40 Ray Keane	25.11
M45 Paul Sefont	26.90
M50 Ken Kohnt	26.11
M55 John Wight	25.53
M60 John Cooper	25.86
M65 Noel Garvey	30.04
M70 Mick Pirie	32.84
M75 Jimmy Thompson	32.01
W30 Marissa Stephen	26.48
W35 Deb McLachlan	27.85
W40 Leanne Smith	27.99
W45 Dianne Alderman	29.97
W50 Kathy Heagney	29.29
W55 Sheryl Gower	29.57
W60 Marg Radcliffe	33.43
W65 Annette Horsnell	33.87
400m	
M30 Warren Evans	51.25
M35 Paul Gray	53.45

M40 Stephen Harris	1:04.15
M50 Stuart Hayward	54.53
M55 Bruce Currie	59.99
M60 Col Buyers	1:00.12
M65 Noel Garvey	1:11.72
M70 Ron Robinson	1:13.71
M75 Jimmy Thomson	1:15.01
W30 Marissa Stephen	59.20
W35 Deb McLachlan	1:02.20
W40 Deann Mayfield	1:00.89
W45 Janita Cottman	1:10.00
W50 Kathy Heagney	1:06.03
W55 Sheryl Gower	1:11.36
W60 Marg Radcliffe	1:23.14
W65 Julie Williams	1:32.40
W75 Una Banath	2:43.00
1500m	
M30 David Hill	4:14.11
M35 Mark Worsnop	4:35.89
M45 Randall Kirkwood	5:07.88
M50 Bob Grayson	4:33.68
M55 Lewis Macey	5:36.11
M60 Maurice McNamara	7:17.35
M65 Bill Kenny	5:28.72
M70 Ian Hicks	6:53.36
M75 Norm Pearce	6:53.38
W30 Christine Suffolk	5:34.29
W35 Laurel Gore	5:16.67
W50 Edit Ercsenci	6:23.07
W65 Aileen Thompson	7:11.63
5000m	
M35 Andrew Ludwig	23:43.45
M40 Greg Rowe	28:48.66
M45 Peter Bennett	23:46.13
M50 Jim Schmidt	30:07.05
M55 Tim Thompson	31:53.89
M60 Patrick Sela	32:42.69
M65 Terry Dunn	32:18.28
M70 Richard Lynch	31:58.44
M75 Dick Keatinge	36:25.52
W30 Diana Pittwood	31:52.42
W35 C Pendlebury	35:47.43
W45 Judy Moller	30:02.30
W50 Felicia Schmidt	28:41.36
W55 Sally Lynch	31:13.78
W60 Margaret Beaumont	36:00.26
W65 T Baarslag-Leb	36:05.59
W70 C Dauphin	35:03.65
W75 Loma Thompson	35:23.70
10,000m	
W45 Judy Moller	1:03.40
W50 Felicia Schmidt	57.27
W55 Sally Lynch	1:03.37
W60 Noela McKinven	1:09.05
W65 Doris Witteveen	1:21.52
W70 C Dauphin	1:12.06
W75 Doreen Torbit	1:13.30
Short Hurdles	
M30 Warren Evans	16.62
M35 Matt Enright	20.88
M40 Kevin Davis	22.10
M50 Steve Ford	19.29
M55 Harry Giles	17.53
M60 Bill Knocke	18.73
M65 Kiyoshi Konoike	19.56
M70 Ron Johnson	19.08
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	9:02.82
3000m Steeplechase	
M40 Bill McLean	11:03.30
M45 C Worsnop	14:02.22
M50 Richard Hutchinson	11:58.36
M55 Lewis Macey	15:08.72
High Jump	
M30 Grant Barton	1.55
M35 Wayne Edwards	1.65
M40 Darren Smith	1.50
M45 Neil McLean	1.65
M50 Robert Watt	1.47
M55 Brent Thompson	1.56
M60 Spencer Herft	1.35
M65 Terry Dunn	1.25
M70 Ron Johnson	1.25
M75 Geza Dobriban	1.33
W30 Helen Powell	1.35
W35 Judy Cook	1.08
W40 Diann Mayfield	1.71

W50 Wilma Perkins	1.26
W60 Marg Radcliffe	1.25
W65 Mavis Carter	1.04
W80 Olga Kotelko	.80
Pole Vault	
M30 Warren Evans	4.05
M35 Shane Lawrence	3.20
M40 Andrew Wheeler	3.20
M50 Jos Pols	2.30
M55 Nelson Viney	2.80
M65 Terry Dunn	2.10
M70 Peter Moore	2.20
M75 Rudi Hochreiter	1.70
M85 Vic Younger	1.40
W50 Wilma Perkins	2.40
Long Jump	
W30 Leanne McMurdy	4.75
W35 Kerri Healy	4.85
W40 Julie Walklate	4.76
W45 Dianne Alderman	3.97
W50 Kathy Rourke	3.90
W55 Mavis Carter	2.98
Triple Jump	
M35 Wayne Edwards	10.65
M40 Ganga Prasad	8.20
M45 Tony Collins	10.76
M50 Glenn House	7.97
M55 Miha'y Pa'sztor	10.36
M60 Spencer Herft	9.67
M65 Derek Travers	9.86
M70 Ron Robinson	9.07
M75 Geza Dobriban	7.62
M85 Vic Younger	5.43
W30 Helen Powell	9.49
W40 Julie Walklate	8.85
W50 Kathy Rourke	7.94
W65 Mavis Carter	6.57
Shot Put	
M30 Dean Cowan	14.89
M35 Stuart Gynell	17.42
M40 Lino Girardi	11.46
M45 Avtar Chillon	12.88
M50 Jos Pols	10.25
M55 J Bookin-Weiner	11.24
M60 Warwick Selvey	10.18
M70 Charlie Rann	10.10
M75 Rudi Hochreiter	10.81
M80 Ted Vickers	6.54
W30 Helen Powell	8.01
W35 Judy Cook	7.59
W40 Karel McClintock	7.30
W45 Wendy Ryan	10.14
W50 Wilma Perkins	9.41
W55 Shirley Heaver	6.97
W60 Eunice Jenkins	7.09
W65 Heather Doherty	8.02
W75 F McLeod-Smith	5.11
W80 Olga Kotelko	5.50
Discus	
W30 Leanne McMurdy	24.84
W35 Judy Cook	18.51
W40 Karel McClintock	22.11
W45 Wendy Ryan	25.11
W50 Wendy Doran	18.81
W55 Adrienne Holdsworth	20.56
W60 Eunice Jenkins	20.76
W75 Norma Murdoch	11.22
W80 Olga Kotelko	14.37
Hammer	
M30 Dean Cowan	42.19
M35 Stuart Gynell	42.88
M40 Mark Cummins	48.76
M45 Grahame Marwood	26.02
M50 Graham Welch	31.68
M65 Robin Herron	37.33
M70 Tom Mullins	39.48
M75 Rudi Hochreiter	26.64
M80 Ted Vickers	17.59
M85 Ken Butsworth	16.81
Javelin	
M30 Warren Evans	54.32
M35 Matt Enright	45.73
M40 Andrew Wheeler	39.19
M45 Arthur Haralampou	36.12
M50 Mark Stevens	47.48
M55 J Bookin-Weiner	37.69
M55 Ray Pearce	38.17
M60 Spencer Herft	35.25
M65 Arvo Ropelin	34.02
M70 Ron Johnson	35.89
M75 Rudi Hochreiter	31.09
M85 Ted Vickers	16.87
Weight Throw	
W30 Jeanne McCurdy	7.61
W35 Judy Cook	7.93

W40 Karen McClintock	5.97
W45 Sue Williams	6.59
W55 Shirley Heaver	8.57
W60 Eunice Jenkins	8.82
W65 Heather Doherty	10.05
W75 Norma Murdoch	6.96
W80 Olga Kotelko	7.79
Pentathlon	
W60 Eunice Jenkins	2296
W65 Heather Doherty	3801
W75 Norma Murdoch	2639
W80 Olga Kotelko	3624
Weight Pentathlon	
M30 Dean Cowan	2875
M35 Stuart Gynell	3369
M40 Mark Cummins	2968
M45 Garvan Cannon	2294
M50 Erik Hedendahl	3234
M55 J Bookin-Weiner	3539
M70 Ron Johnson	3555
M75 Russell Grigg	2289
M80 Ted Vickers	2403
M85 Ken Butterworth	2010
W35 Judy Cook	1556
W40 Karel McClintock	1638
W45 Sue Williams	1937
3000m RW	
M35 Andrew Ludwig	13:47.45
M40 Greg Rowe	15:58.08
M45 Peter Bennett	13:39.21
M50 Jim Schmidt	16:43.64
M55 Keith Heness	18:10.07
M60 Patrick Sela	19:00.85
M65 Terry Dunn	18:11.24
M70 Richard Lynch	19:04.15
M75 Dick Keatinge	21:27.54
W30 Diana Pittwood	17:48.96
W35 Carlin Pandlebury	20:00.84
W45 Judy Moller	17:33.05
W50 Felicia Schmidt	16:28.10
W60 Noela McKinven	19:17.20

W65 Tina Baarslag-Leb	20:10.84
W70 C Dauphin	20:35.30
W75 Loma Thompson	20:42.15
10,000m RW	
M35 Andrew Ludwig	49:35
M40 Andrew Legget	57:50
M45 Peter Bennett	50:20
M50 Jim Schmidt	1:02:26
M55 Keith Heness	1:06:18
M60 Patrick Sela	1:08:06
M65 George Megas	1:08:59
M70 Richard Lynch	1:05:13
M75 Dick Keatinge	1:13:26
W30 Diana Pittwood	1:05:52
4K Cross Country	
M30 David Hill	9:54
M35 Rick Blake	12:17
M40 Pete McCarthy	12:53
M50 Gisbert Zwolen	11:52
M60 John Peacock	15:07
W35 Karen Lakin	14:11
W40 Lesley Light	12:30
W45 Gerald Lightfoot	17:24
W50 Leonie Thompson	18:18
W55 Marion Sohler	22:24
W75 Margaret Krause	22:07
8K Cross Country	
M40 Nigel Bamford	26:48
M45 Garry Simes	22:58
M50 Richard Hutchinson	24:10
M55 Robin Reed	23:15
M70 Osmo Millridge	30:41
M75 Bill Honeywell	32:50
W30 Christine Suffolk	25:42
W35 Jenny Henville	23:38
W40 C C Campbell	31:23
W45 Glenda Chappel	27:14
W50 Fay McNeill	25:53
W55 Betty Menzies	27:16
W60 Aileen Thompson	34:42
W65 Sheila Abrahams	56:18

LONG DISTANCE RESULTS

NATIONAL

USATF National Masters Marathon Championships / Twin Cities Marathon Minneapolis/St. Paul, MN; Sept. 29

Overall	
Dan Browne 27	2:11:35
Irina Bogacheva 41	2:29:39
M40 Joshua Kipkemboi	2:11:45
Jackson Kipngok	2:11:51
Eddy Hellebuck	2:19:59
Mouhamet Nazipov	2:22:03
Danny Martinez	2:22:09
Sam Ngatia	2:24:30
Maynard Read	2:27:29
Kevin Broady	2:28:32
Mike Platt	2:31:09
Kevin Haas	2:32:32
M45 John Stolz	2:40:58
Joseph Haynes	2:42:30
David Tappe	2:43:28
Rodrigo Zegers	2:47:38
Mark Wise	2:49:12
Steve Moe	2:51:12
Jess Koski	2:51:51
Norm Champ	2:52:09
M50 Doug Suker	3:00:01
Brian Waterhouse	3:02:13
Stephen Maupin	3:05:01
Christopher Nemeth	3:06:12
Mark Brunsvoild	3:06:42
Brian Hendrickson	3:07:10
Paul Knoll	3:08:00
Eduardo Maier	3:08:54
M55 Dave Dooley	2:51:48
Alejandro Ulloa	2:52:41
Paul Lamere	3:01:04
John Emmons	3:06:16
Greg Envey	3:10:03
Paul Virgin	3:15:11
John Farah	3:15:56
Bob Dahl	3:16:00
M60 Jared Mondry	3:01:40
Dick Hessler	3:11:57
Fay Bradley	3:13:18
Rick Kleyman	3:19:47
Donald Welch	3:27:50
Hank Larsen	3:29:07
Larry Barrett	3:29:25
John Jones	3:37:35
M65 Jim Schleisman	3:25:42

Myron Anderson	3:30:50
Christopher Smith	3:39:09
Richard Trochman	3:42:52
George Gura	3:44:36
Pat Brown	3:51:29
Chuck Van Duzee	4:05:18
Jerry Sombke	4:16:13
M70 Jerry Johncock	3:37:14
Greg Prom	3:43:47
Robert Coffey	4:13:38
Chuck McJilton	4:47:27
Orin Scandrett	4:51:46
M75 Lloyd Young	4:19:08
Byron Van-Dake	5:15:55
Burt Carlson	5:23:26
Jim Waterman	6:08:48
M40 Irina Bogacheva	2:29:39
Firaya Sultanova	2:38:56
Linda Sommers	2:39:26
Kelly Keeler	2:45:13
Meghan Arbogast	2:46:26
Bev Docherty	2:48:33
Debbie Leyden	2:50:49
Maria Trujillo de Rios	2:51:52
Sue Kelly	3:05:08
Kristi Larson	3:11:47
M45 Gillian Horovitz	3:00:37
Jean Herbert	3:06:32
Claudia Kasen	3:06:40
Karen Ladig	3:06:46
Tricia McClain	3:12:56
Andriette Wickstrom	3:20:42
Kathleen Dunbar	3:21:10
Deb Thomford	3:24:31
M50 Suzanne Ray	3:00:07
Edie Stevenson	3:09:14
Julie Virkus	3:22:35
Susie Roberts	3:31:18
Therese Vogel	3:33:05
Susan Love	3:45:09
Suellen Tritz	3:48:48
Carol Hering	3:48:07
M55 Gloria Jansen	3:17:43
Nancy Rollins	3:20:26
Gael Jones	3:43:09
Shinobu Tamura	3:58:29
Kristin Cannaday-Slash	4:06:41
Kathleen Andrews	4:11:05
Kathryn Benhardus	4:13:22
Mary Croft	4:13:25
M60 Karen Bestul	3:23:59
Dagmar Romano	4:12:22

Continued from previous page

M65 Richard Williams	22:41
John Gluck	22:53
M70 Jack McMahon	23:57
George Waxter	25:20
M75 Bill Osburn	28:26
Dixon Hemphill	32:49
W40 Laura Freix	19:05
Sarah Buckheit	21:00
Wendy Ponvert	21:51
W45 Gretchen Triantos	18:23
Betty Blank	20:18
Myra Washington	21:26
W50 Alice Franks	23:45
Cathie Rosenfeld	24:32
W55 Cathy VanBrocklin	23:57
Dee Nelson	24:12
Mary Kuta	24:15
W60 Sharon Dolan	21:01
W65 Mary Zenchoff	51:22
W75 Kay Morrison	31:58

NYRR NYC Run to Liberty 10K
Bronx, NYC; Aug. 31

Overall	
Paul Mwangi 35	29:35
Grace Njoki 24	35:04
M40 Connor O'Driscoll	34:00
M45 Greg Diamond	36:21
M50 Francisco Rodriguez	39:57
M55 Julio Aguirre	38:30
M60 Dennis Brewer	44:21
M65 Jack Hanley	49:34
M70 Bill Horowitz	58:57
M75 John McManus	1:03:18
M80 Mel Freidel	1:13:37
M85 Wilfredo Rios	1:25:10
W40 Lisa Gonzales Gile	38:39
W45 Susan Berman	44:26
W50 Leah Whipple	42:56
W55 Rita La Bar	48:36
W60 Evelyn Davis	50:54
W65 Rosa Nales	59:11
W70 Elizabeth Thomas	1:18:40
W75 Joan Rowland	1:17:19
W80 Linda Drzich	1:02:57

Henry Isola X-C 4 Miles
Central Park, NYC; Sept. 1

Overall	
Art Gunther 31	20:41
Naomi Reynolds 16	27:07
M40 Douglas Hegley	23:16
M45 Volodymyr Tomilov	23:41
M50 Joseph Porcaro	25:35
M55 Julio Aguirre	25:59
M60 Eduard Fedosov	27:57
M70 John Dwyer	44:38
M75 Jack Haar	45:28
W40 Robin Roberts	30:15
W45 Mary Diver	33:32
W55 Katherine Switzer	33:36
W60 Wendy Burns	38:21
W65 Billie Moten	45:44

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
M50 Randy Waterman	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, PA; Sept. 15

Overall	
Ronald Mogaka 24	1:02:22
Catherine Ndereba 30	1:09:20
M40 John Tuttle	1:09:12
Fred Kievan	1:09:29
John Kelly	1:11:42
Jim Hage	1:12:29
Jeffery Haynes	1:14:50
Alan Ruben	1:19:49
Stanley Cohen	1:20:10
Greg Diamond	1:20:43
Paul Marzan	1:22:12
Gary Fanelli	1:21:18
William Kahner Jr	1:25:07
Perry Francis	1:25:13
Mick Sionaker	1:25:31
Bob Chase	1:33:02
Mohammad	1:33:13
Dwight Edris	1:34:03
Ralph Morris	1:34:15
Jack Brennan	1:30:04
Bob Aromando	1:32:41
James Flanagan	1:33:50
M70 Anthony Cerninaro	1:33:42
Jerry Gomish	1:40:54

M75 Vincent Crniti	1:41:49
George Yannakakis	1:48:11
Richard Hoban	1:49:47
Richard Devan	1:56:53
M80 Joseph Havlick	2:20:56
Jim Shea	2:28:26
Edward Gawinski	2:52:06
M85 George Blyn	2:57:23
W40 Gordon Bakoulis	1:20:05
Doreen McCoubrie	1:21:58
Lee Di Pietro	1:24:14
Sue Kelly	1:25:09
Janica Torpey	1:25:57
W45 Sharon Vos	1:26:40
Betty Blank	1:34:38
Denise Dipangrazio	1:34:52
Shelley Pennington	1:37:56
Mary Tomich	1:38:24
W50 Judith Hine	1:30:26
Carolyn Bujak	1:39:29
Betty Shonts	1:41:23
Nancy Werthmuller	1:43:43
W55 Joy Hampton	1:41:11
Brigitte Sutherland	1:49:57
Joan Osborne	1:50:07
Cathy Schweiger	1:50:30
Sandra Folzer	1:45:18
W60 Carolyn Di	1:57:18
Andrea Gerbstadt	2:03:54
W65 Zandra Moberg	2:22:06
Kyong Lischner	2:30:41
W70 Thelma Wilson	2:10:20
Jan Weinstock	2:23:30
Lorraine Cephus	2:58:13
W75 Muel Merl	2:18:05
W80 Mary Clement	2:20:02

CVS/Pharmacy Downtown 5K
Providence, RI; Sept. 15

Overall	
James Koskei 33	13:40
Asmae Leghzaoui 26	15:06
M40 Gilbert Rutto	14:22
Francis Kamau	15:44
Randy Sightler	16:05
M50 Kirvoy Vladimir	16:44
William Dixon	17:08
Larry Olsen	17:26
M60+A. Ferreira	18:24
Witold Bialokur	20:19
Richard Silva	20:38
W40 M. Boudreau	19:14
Marge Bellisle	19:15
Maria Diaz	21:27
W50 Ann Sipka	19:40
Deirdre Bird	22:08
Dawne Era	22:12
W60+Zofia Turos	23:28
Carolyn Hurdis	25:22
Kathleen Kelley	36:26

NYRR Wall Street Run 5K
NYC; Sept. 19

Overall	
Jorge Real 32	14:47
Amy Fredericks 36	17:23
M40 Albert Sciamanna 41	16:46
M50 Nicholas Caswell 52	17:51
M60 David Kenney 67	23:03
W40 Grace Parisi 40	22:13
W50 Ann Gorewitz 53	26:16
W60 Ruth Fairbrother 60	25:47

Pennsylvania Ave. Mile
Washington, DC; Sept. 21

M40 Steve Nearman 42	4:48.1
Carl Womack 41	5:08.5
Mary Horan 44	5:11.2
Dean Beatty 49	5:22.5
Doug Cochran 44	5:49.0
Pete Blank 47	5:55.4
Mark Preston 42	5:57.8
M50 Larry Washington 51	5:14.3
Jay Jacob Wind 52	5:34.5
Mark Brand 52	5:59.0
Bob Weiner 55	6:28.5
David Duff 51	6:44.4
M60 John Haubert 60	5:43.1
Henry Sierka 60	6:04.6
Jim Verdier 60	6:20.5
Bill Solters 63	7:11.3
M70 Harrison Beal 71	6:29.3
Bill Osburn 78	8:17.0
Ray Blue 78	8:55.2

NYRR Race to Deliver 4 Miles
Central Park, NYC; Sept. 22

Overall	
Paul Mwangi 35	19:00
Leteyesus Berhe 24	23:17
M40 Graeme Reid	24:19
M45 Amador Ybanez	21:51
M50 John Costa	24:12
M55 Julio Aguirre	24:33
M60 Jim Smith	31:16
M65 Dan Jacobs	35:03
M70 Leo Schonhaut	34:17
M75 Sab Koide	39:10
M80 Allen Flagg	58:27

W40 Yukiko Nishide	26:04
W45 Gillian Horowitz	24:56
W50 Terry Ruby	30:41
W55 Sylvie Kimche	28:07
W60 Ruth Fairbrother	35:45
W65 Ginette Bedard	33:10
W70 Elizabeth Thomas	53:24
W75 Joan Rowland	44:41

NYRR Pontiac 5th Ave. Mile
Manhattan, NY; Sept. 28

Invitational Open	
Leonard Mucheru 24	3:56
Grace Njoki 24	4:44
M40 Connor O'Driscoll	4:28
Bruce Weber	4:32
Don DiDonato	4:37
Mike Mahoney	4:38
Jorge Hernandez	4:44
Bob Nugent	4:50
Larry Glazer	4:50
Brandon Weaver	5:01
M45 Fred Robbins	4:39
Alan Porter	4:45
Heriberto Medina	5:14
M50 Paul Mascali	4:35
Alston Brown	4:41
Gary Tompkins	4:58
Nicholas Caswell	5:03
Tony Plaster	5:11
M55 Harold Nolan	4:42
Frank Handelman	5:08

George Sheehan Memorial Mile

M60 Vic Heckler	4:57.2
Max Hamlyn	5:12.0
Sid Howard	5:13.3
Dennis Featherstone 5	5:14.8
Barry Adams	5:29.8
James Muldoon	5:29.9
Michael Service	5:30.8
Pat Cosgrove	5:33.5
M65 Witold Bialokur	5:34.5
Alfred Finger	6:01.6
Paul Shanahan	6:37.1
Cliff Pauling	6:42.9
Birger Vigsnes	7:00.6
M70 Earl Fee	5:38.4
Jim Sutton	6:00.7
Charles Williams	6:10.1
Robert Kahn	6:12.7
Berton Robbins	6:43.5
Leo Schonhaut	7:16.6
M75 John D Cahill	6:36.5
John McManus	7:28.3
Gus Prince	8:10.2
Sab Koide	8:10.5
M80 Sid Young	8:56.0
Bill Benson	8:59.6
Mel Freidel	10:54.7
M85 Bob Matteson	10:18.9
Wilfredo Rios	11:54.7
Dudley Healy	12:15.7
Vince Carnevale	12:30.2
M90 David Gerli	17:52.5
W40 Mary Evans	5:20
Pat Carroll	6:08
Linda Brown	6:11
W45 none	
W50 Kathy Martin	5:11
Judy Anker	6:07
Mary Rosado	6:24
W55 Sylvie Kimche	5:50
Ann Makoske	6:31
W60 Marie-L. Michelsohn	5:51.1
Yvette Lavigne	6:09.2
Zofia Turos	6:50.7
Evelyn Davis	6:59.6
W65 Imme Dyson	7:20.6
Ginette Bedard	7:27.9
W70 Thelma Wilson	7:54.2
Dolly-A Finkelstein	9:11.8
W75 Muriel Merl	8:13.8
Edith Farias	9:10.4
Joan Rowland	9:48.6

Richard S. Caliguiri City of
Pittsburgh Great Race 10K
Pittsburgh, PA; Sept. 29

Overall	
John Itati 28	27:31
Viktoria Klimina 26	31:05
M40 Francis Kamau	31:21
Ian Bath	33:31
M45 Ed Frohnapef	33:26
Joseph Como	34:33
M50 Jim Freid	36:58
Stephen Fowler	37:20
M55 George Carroll	38:31
Jim Banks	38:51
M60 Doug Goodhue	38:03
Tony Mauro	37:09
M65 R Brockenbrough	42:41
James Lacey	43:36
M70+Lou Lodovico	45:43

Don Proto	50:06
W40 Laura Hruby	34:52
Lisa Gonzales-Gile	37:57
W45 Cindy Hatch	41:20
Leigh Ann Izzi	52:38
W50 Cindy Grimm	44:13
Patricia Neubert	45:57
W55 Mary Jo Neff	49:38
Susan Hornack	51:05
W60 Betty Tepsic	53:40
Anne Rudolph	55:13
W65 Andrea Gerbstadt	57:21
Ruth Black	63:25
W70+Margretta Lutz	54:45
Toni Farah	90:48

Sportshoe Center
Maine Marathon
Portland, ME; Oct. 6

Overall	
Russ Fiebig 31	2:33:26
Emily Levan 29	2:47:32
M40 Michael Zackin	2:55:55
M45 Dick Graves	2:54:57
M50 John Mollica	2:51:32
M55 Joe Meehan	3:23:13
M60 Malcolm Pain	3:29:26
M65 John Nickerson	4:12:40
M70+Carlton Mendell 80	5:30:31
W40 Mari White	3:19:01
W45 Pamela Hall	3:21:36
W50 Becky Shattuck	3:51:02
W55 Joan K Mulvihill	4:05:12
W60 Rene Collins	4:33:01
W65 Polly Kenniston	4:27:02

Greater Hartford Marathon
Hartford, CT; Oct. 12

Overall	
Joseph Nderitu 31	2:16:51
L. Kortchaguina 31	2:44:30
M40 Francis Kamau	2:31:56
Jim Miller	2:35:39
Steve Wilson	2:37:40
James Garcia	2:40:51
Guy Gordon	2:43:38
M45 Thomas Grippo	2:57:05
Larry Filtz	3:09:46
John Tenbroek	3:10:06
M50 Gary St. Onge	2:58:55
Don Slusser	3:08:32
Michael Hunt	3:09:48
M55 Charles Buzinsky 3	3:17:57
Kenneth Rowe	3:18:24
Jon. Robinson	3:29:25
M60 John Bump	3:33:59
Charles Mix	3:55:23
Mike Fleming	4:04:50
M65 Bruce Katter	5:02:01
R Scharenbrock	5:48:29
M70 Stan Rodkey	5:37:57
Gene Bandler	6:00:55
M75 Joseph Coco	5:29:19
Bob Williams	5:42:42
W40 Maureen Burns	3:03:25
Sharon Hutt	3:15:13
Theresa Apple	3:26:49
Valerie Kilcain	3:30:28
Nancy Ogle	3:37:58
W45 Leah Vogel	3:46:55
Adrienne Wald	3:48:01
Victoria Carmona 3	3:48:24
W50 Mara Vidaic	3:13:44
Donna Olson	3:48:48
Eija Ayravainen	3:54:24
W55 Jo Marchetti	3:37:35
Janet Halasek	3:52:12
Betty Seabrooks	4:20:13
W60 Ruth Fairbrother	4:28:49
Suzanne Rodkey	4:58:49
W65 Jeanette Cyr	4:37:55
W70 Bertha McGruder	5:27:18

BAA Half-Marathon
Boston, MA; Oct. 13

Overall	
David Hinga 26	69:47
Sarah Nixon 38	82:32
M40 Ken Jacobson 47	78:28
Chris Kelly 40	79:14
Bill Knott 44	81:01
Tom Offenbacher 46	81:53
M50 Bill Rodgers 54	76:03
Hal Goforth Jr 58	84:46
Mike Menovich 51	85:37
Marshall Randolph 53	88:37
M60 Al Nagel 61	93:55
Derek Melvin 65	1:42:51
Norbert Roihl 60	1:46:39
Albert Symes 63	1:51:39
M70 Don Ross 72	1:59:09
B Thompson 70	2:09:43
John Madden 73	2:36:54
W40 Nanci Cahalane 43	90:11
Tracey Lambo 41	90:29
Dorothy Rose 41	96:10

Stephani Whelan 42	97:53
W50 Jessica Wheeler 52	1:42:59
Janice Smaga 53	1:46:21
Maria Pargana 50	1:50:59
Edith Stevens 51	1:51:13
W60 M Cadigan Carroll	6:31:58
Barbara Roney 61	2:29:05

Ocean State Marathon
Providence, RI; Oct. 13

Overall	
Elly Rono 32	2:14:48
Victoria Klimina 26	2:28:30
M40 Gilbert Rutto	2:17:21
Martin Tighe	2:45:23
Kevin Callahan	2:51:46
John Saville	2:57:04
Sean Hanley	2:57:18
M50 Vladimir Krivoy	2:48:04
Michael Hudick	3:07:23
Neil Bernstein	3:13:05
Jim Laurent	3:18:06
Jack Donahue	3:27:09
M60 Doug Braasch	3:23:34
Albert Miclette	3:24:52
Hans Thamhain	3:43:57
Ira Robinson	3:45:58
Gerry Ladas	3:59:35
M70+ Joe Mullen	4:11:32
Carlton Mendell 80	5:18:14
Gene Bandler	6:17:44
W40 Tatyana Pozdnyakova 2	29:00
Lucille Wing	3:37:05
Joyce Peipert	3:38:53
Paula Kalian	3:43:00
Mary Griffin	3:46:02

Continued from previous page

M70 Jerry Johncock	3:57.25
Roman Manauis	3:58.35
John Kolmetz	4:10.39
M75 Ed Allen	5:04.47
Bill Kelley	5:16.45
Sheldon Zinn	6:56.37
W40 Cynthia Keeler	2:50.12
Nancy Schubring	3:03.59
Kim Graf	3:23.27
W45 Gerry Gardner	3:32.49
Mary O'Donnell	3:37.12
Jacqueline Blair	3:37.22
W50 Maggy Zidar	3:30.56
Ann Smith	3:34.24
Donna Olson	3:35.16
W55 Renee Vettorello	4:00.08
Margot Biermann	4:00.52
Meg Crandall	4:14.48
W60 Pat Brumblow	3:38.59
Sharon Sowell	3:53.20
Janet Wallen	4:15.03
W65 Menon Knight	4:23.43
Ruth Fleck	5:43.10
W70 Betty Dunlap	6:05.05

Chicago Marathon

Chicago, IL; Oct. 13

Overall	
Khalid Khannouchi 30	2:05.55
Paula Radcliffe 28 WR	2:17.18
M40 Miguel Sanchez	2:24.08
Dai Roberts	2:28.30
Mark Stell	2:33.03
Tony Cummings	2:35.50
Jean-Olivier Ferron	2:38.01
M45 Gavin Stevens	2:31.10
Les Myers	2:36.50
David McGregor	2:39.18
Clyde Van Caeyzale	2:42.57
Francisco Marin	2:43.05
M50 Carlos Ruiz	2:33.14
Bernie Violand	2:49.29
Efren Alvarez	2:51.35
Gary Romesser	2:52.47
Novica Martinovic	2:53.10
M55 Joachim Bechtel	2:52.00
Bob Bochenek	3:03.11
Daniel Piovannacci	3:03.49
Alan Kraszewski	3:03.58
David Brown	3:04.38
M60 Toni Ritsch	2:53.35
Larry Patterson	2:56.30
Jim Dugway	3:07.47
Gerard Gravel	3:09.24
Larry Barrett	3:19.45
M65 Hans Sinkovec	3:23.42
George Hirsch	3:28.51
John Carson	3:38.35
Ray Langton	3:39.52
Joe Arnold	3:41.09
M70 Jim Smedema	3:25.05
Greg Prom	3:51.08
Joseph Paleczny	4:08.22
Joseph Di Leonardi	4:20.32
Arnold Mueller	4:21.35
M75 Desiderio Valdes	5:57.13
Kiyoto Wishimoto	6:12.54
Henry Hart	6:26.11
Walter Dobbs	7:26.19
Melvin Peich	7:59.47
M80 Roland Michaud	7:06.12
W40 Doreen McCoubne	2:49.14
Sarah Kramer	2:53.42
Janice Torpey	2:55.22
Kate McCoy	2:57.24
Victoria Mills	2:57.47
W45 J Benoit Samuelson	2:42.27
J Colomb-Jannin	2:48.26
Nancy Stewart	3:01.51
Christie Lammers	3:10.55
Denise Skinner	3:12.43
W50 Joan Ellis	3:20.13
Mary Ann Keller	3:22.47
Linda Teren	3:28.02
Paulette Butler	3:29.32
Jan Tedrowe	3:30.17
W55 Nancy Rollins	3:19.44
Susan Croll	3:31.01
Helene Wirthlin	3:33.10
Janice Vandyke	3:42.21
Clementine Kinsch	3:45.55
W60 Jane Rolfe	3:33.03
Bonnie McElwee	3:43.59
Donna Tyler	3:57.02
Anne-marie Girard	4:01.05
Celeste Fondaco	4:06.34
W65 Marguerite Befumo	4:18.07
Angela Craighead	4:45.45
Lonna Williams	4:46.22
Doris Vecqueray	5:02.14
Shirley Kussner	5:09.11
W70 Jacqueline Givélet	5:32.51
Ann Chadwick	5:44.14
Beth Petersen	6:13.21
Gloria Schiffer	6:32.52
Helen Meier	7:13.25
W75 Kathleen McDonough	6:01.03

MID-AMERICA

Hennepin-Lake Classic

10K & 5K

Minneapolis, MN; Aug. 4

Overall

Ryan Meissen 24	30.28
Kelly Keeler 40	35.12
M40 John Mirth	31.31
Digger Carlson	34.02

Kirt Goetzke	34.51
M45 David Tappe	34.52
Danny Ripka	36.40
Dennis Wallach	36.50
M50 Michael Seaman	35.49
John Naslund	39.34
Art Mugalian	40.23
M55 Jim Graupner	39.55
John Brown	41.12
Norm Purrington	41.35
M60 Jared Mondry	39.38
Thom Weddle	40.07
M65 Myron Anderson	44.05
Rich Trochman	45.31
M70 Greg Prom	46.50
M75 Lloyd Young	50.30
W40 K Keeler	35.12
Bay Docherty 3rdw	38.10
Vicki Nelson 4thw	39.53
W45 Andriette Wickstrom	44.18
Sonia Jacobsen	45.59
W50 Suzanne Ray	40.17
Debbie Janey	45.34
W55 Gloria Jensen	42.53
Ann Day	46.16
W60 Judy Cronen	50.34
W65 Doroth Marden	65.31
W70 Carolyn Sankey	61.22

Overall

Joey Keillor 27	14.26
Kristen Nicolini 24	16.20
M40 John Mirth	15.19
Kevin Haas	15.33
Charles Hubbard	15.39
M45 Perry Bach	15.47
Bobby Paston	16.08
Ken Valley	17.03
M50 Doug Bell	15.51
Doug Suker	17.22
Michael Seaman	17.33
M55 Bill Hansen	19.11
Jim Graupner	19.44
M60 Jared Mondry	20.42
Larry Myers	21.30
M65 Rich Trochman	23.15
Richard Burch	24.16
M70 Lee Rademacher	35.15
W40 Janet Robertz	16.54
Kelly Keeler	17.49
Pam Weier	18.46
W45 Julie Virkus	20.07
Barbara Leininger	21.17
Laurie Rice	21.31
W50 Suzanne Ray	20.23
Diane Demars	23.18
W55 Mary Hiatt	24.34
W60 Toni Powers	32.10
W65 Kathryn Potter	31.55
W70 MaryLou Carlson	41.53

Take Fitness to Heart 10K & 5K

Minneapolis, MN; Aug. 10

Overall

Janet Robertz 42	35.19
W40 J Robertz	35.19
DebbieLeyden41 2nd	36.05
Kelly Keeler40 3rd	36.08
W50 Suzanne Ray 50	39.54
Gloria Jansen 55	42.34
Linda Schissel 53	44.16
W60 Judy Cronen 61	51.39
Sandra Dalquist 61	56.22
W70 Barbara Burhans	7162.32

Overall

Maggie Moore 19	19.42
W40 Mary-A Purcell 44	22.33
CarolCunningham44	23.10
W50 Pam Schreurs 50	28.08
Jane Schoen 56	30.34
W60+MarcelineCahow	7331.06
Dorothy Marden 65	31.49

USATF Mid-America Masters

X-C Championship 5.8K

Boulder, CO; Oct. 5

M40 Peter Fleming	18.55
Douglas L Hugill	20.17
Dan Skarda	20.31
M45 Jon Sinclair	20.03
Steve Gallegos	20.27
Bill Lawrence	20.37
M50 Pablo Vigil	21.11
Ric Rojas	21.58
Rick Katz	22.26
M55 Dave Dooley	21.53
Chet Thompson	25.58
Charley Perez	26.15
M60 Bobby Fischer	28.28
W40 Laura Bruess	23.48
Mary Mathews	25.15
Karen Murphy	25.36
W45 Martha Butner	26.23

Susan Schulte	26.02
W50 Wendy Crandall	26.11
Jan Hughes	26.33
W55 C Gail Hunter	27.39
L Andes-Georges	31.03
W60 Pat Peterson	32.55
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

SOUTHWEST

Hurricane Run 8K

Tulsa, OK; Sept. 28

Overall

Gary Hamer 31	25.45
Char Sanderson 23	29.21
M40 Tom Lam	28.27
Larry Wickes	31.56
M45 Ron Wall	29.12
Steven Fritz	30.55
M50 Peter Mayo	30.46
Steve Douglas	32.34
M55 Gary Madison	31.43
Ron King	32.41
M60 Geo Marchetti	32.23
Bobby Bomer	37.04
M65 Bob Atkins	37.49
Win Spears	40.54
M70 Paul Heitzman	34.29
M75 Tom O'Connell	53.42
W40 Terri Cassel	31.30
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	53.21
Donna Barrett	58.46

WEST

Buffalo Stampede 10 Mile

Sacramento, CA; Sept. 8

Overall

Bryan Buterbaugh 33	55.55
Jennifer Pfeifer 30	1:03.56
M40 Kevin Cimini	1:02.25
M45 Martin Dean	1:01.25
M50 Herb Tanzar	1:03.22
M55 John Goulay	1:03.33
M60 Doug Braash	1:09.22
M65 Gary Hollinger	1:17.30
M70+Mack Martine	1:33.16
W40 Gina Ramirez	1:12.25
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 5K

Brentwood, CA; Sept. 15

Overall

Ryan Wilson 28	15.23
Mary Akor 25	18.58
M40 Gerardo Guzman	19.19
Jim Morehart	19.43
Nick Trozzi	20.01
M45 Carl Sanko	18.59
Kamel Guerbaoui	19.54
Barry Kier	20.42
M50 Bill Sumner	18.24
Dick Held	22.48
M55 Tim Wimbish	19.31
Keith Reed	22.38
Ron Rodriguez	22.45
M60 Catalino Gonzales	18.14
Don Culton	23.34
M65 Tom Fitzpatrick	22.31
Michael Hall	22.58
M70 Rubin Lazar	30.56
M75+Milo Sather 75	25.18
Ellis Revness 75	27.06
W40 Tracy Kierce	20.39
Laura Barton	24.35
Minako Inoue	24.46
W45 Jeannie Thompson	22.57
Leslie Cohen	24.01
Lauri Turkheimer	24.21
W50 Maryam Burcham	24.53
Florence Braun	25.05
W55 Valerie Bohmann	24.02
Fran Smith	25.01
W60 Judith London	32.22
Glenn Parks	32.36
W65 Phyllis Massing	50.53

W70 Audrey Ende	47.14
W75+Grace Davidson	8043.25
Ruth Herman 81	49.33

from Milo Sather

Jamba Juice 5K Banana Man

Chase

San Francisco, CA; Sept. 15

M40 Dan Gonzalez	15.31
Tim Keenan	16.52
Anthony Termini	16.53
M45 Brian Davis	17.05
Ken Kincaid	18.47
Mike Fanelli	19.22
M50 Jim Gorman	17.18
Robert Darling	18.42
Mei Sandoval	19.57
M55 Fred Martin	18.55
Jim Buck	19.52
M40 Tom Lam	20.21
M60 Ron Iriyama	28.47
Robert Bean	30.19
M65 Calvin Moore	34.55
Geo Rodriguez	41.20
W40 Anna Slattery	19.51
Renay Fanelli	20.03
Diane Swick	20.54
W45 Honor Fetherston	20.07
Mary Foley	23.06
Lucille Wing	23.34
W50 Donna Chan	22.23
Elaine Engler	25.29
W55 Susan Cronk	21.57
Jessie Stratton	22.35
W60 Lynne Rodriguez	35.42
W65 Peggy Kang	26.24
Chalice Fong	29.28
W75 Kit Pickles	35.09

Race for the Cure:

Orange County

Newport Beach, CA; Sept. 22

Overall

C. Cornelissen 30	16.58
W40 Louise Davis	19.29
A. Coopermeyer	20.00
Rozanne Strong	20.41
C. Mcandrews	20.43
Stacy Blaugrund	21.01
W45 Marcella Teran	19.19
Yayoi Lui	20.33
E. Rutkowski	21.19
Brenda Colgate	23.28
Diane Farson	23.34
W50 Sherri Hall-Curl	19.56
Carol Wimbish	23.23
Dina Samaiego	24.37
Jodie Kinney	25.08
Honie Kerrick	25.25
W55 Jeanie Leitner	24.32
Sandi Carter	24.48
Betty Spurgeon	25.51
V. Burkhalter	27.16
Carrie Slayback	27.21
W60 Shari Smith	29.31
Pat Herr	30.40
Jeanette Lewin	31.04
Eleanor Palk	31.58
Marie Kontos	33.41
W65 Wilma Maddock	27.26
Chieko Allwein	27.48
L. Seidmeyer	28.14
Elsie Billy	29.27
Mary Dugan	31.17
W70 Dorie Smith	32.43
Monica Padin	45.36
Marjorie Yusem	45.43
Marilyn Fawcett	45.58
Anne Aber	47.06
W75 Mary Storey	34.16
Amy Wold	44.18
Dorothy Purdy	46.44
A. Thomas	46.50
Mary Ann Rogers	49.43
W80+Lois Edds	43.59
Edith Allen	48.50
Mindi Curry	54.48
Mildred Adams	1:24.29

Whiskeytown 50K

Redding, CA; Sept. 22

Overall

Geoff Vaughan 37	4:30.58
Luanne Park 42	5:11.10
M40 V. Buckmaster	4:49.19
M50 Jean-Paul Mazaud	5:22.31
M60+J. Simpson	6:57.52
W40 L. Park	5:11.10
W60+Judy Shipman	8:25.17

Santa Monica 5K

Santa Monica, CA; Sept. 28

Overall

Pedro Aquino 20	15.30
Nancy James 26	19.50
M40 John Jericau	17.13
Franco Goss	17.52
M45 John Holcomb	17.43
T. Yagisawa	18.05
M50 Edward Mantini	20.26
Rick Light	20.36
M55 Richard Nelson	19.06
Bill King	19.27
M60 Jesus Gierro	19.54
Al Marne	22.48
M65+John Spivack	23.33
Ken Murphy	23.59
W40 N. Peterson	20.39
Tracy Kierce	20.44
W45 Sonia Nam	23.01
Signe Nam	23.34
W50 E. Robertson	23.13
M. Hernandez	23.56
W55 Yoko Eichel	21.27
Carol Schreder	22.44
W60 Judith Nelson	26.24
J. Gonzalez	28.40
W65+A. Fujimoto	30.50
B. Southcott	31.53

Heritage Oaks Bank 10K

Paso Robles, CA; Sept. 29

Continued from previous page

Emogene Scott 5:18.17
W70+Myra Rhodes 4:01.48
Judith Bullough 4:14.53
Julia Barrett 5:54.48

Portland Marathon
Portland, OR; Oct. 6

Overall

Akihiro Oshikiri 27 2:19.56
Katie Galdabini 30 2:54.09
M40 Dave Steffens 2:38.04
Paul Abdalla 2:40.08
Pat Wallace 2:41.15
M45 Bruce Paullin 2:49.51
Scott Dawson 2:53.22
Chuck Dooley 2:59.45
M50 Rick Boetcher 2:58.54
Jim D'Haenens 3:00.38
Ken Grunenberg 3:01.40
M55 Bill Elbertson 3:06.33
Michael Caley 3:16.22
Sonny Conder 3:20.14
M60 Mike Heffernan 3:23.50
Hubert Doebling 3:27.43
Bill Scarborough 3:28.18
M65 Mel Preedy 3:35.12
Georg Baier 3:36.12
Lionel Wilridge 3:54.08
M70 Bob Dolphin 4:12.22
Ron Calhoun 5:02.19
M75 Paul Gionfriddo 5:00.10
Chas Hoover Sr 5:09.22
M90 John Beeson Jr AR6 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
Kit Sundling 3:18.15
Alice Eaton 3:20.04
W50 Betty Wagner 3:27.12
Teresa Hogan 3:48.53
Kathy Mellow 3:54.46
W55 Patti Wilson 3:23.54
Gunhild Swanson 3:31.19
Marian Lyons 3:50.32
W60 Susan Bradley 4:05.46
Elisabeth Kandel 4:17.59
W65 Dolores Scott 5:16.34
W70 Colleen Mershon 4:36.36
W75 Audrey Cullen 6:38.42
W80 Peggy Lutz 6:43.08

Racewalkers

1 Douglas Johnson 42 4:24.29
3 Nicole Goodman 43 4:52.17

INTERNATIONAL

British Masters Athletic Federation 5K Championships
Wold, Lincs.; Sept. 29

M40 M Hawkins 15:39
J Cenvry 15:48
-- Gristwood 16:04
M45 A Rowe 15:41
J Estail 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 Ableby 20:33
A Crockett 24:29
M75 S Charlton 19:27
D Holt 27:38
W35 H Burrell 17:37
W Rowthornbaugh 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 Eilmore 17:50
J Meeton 18:41
L White 20:08
W55 M Auerback 20:17
J Witterick 20:34
W60 C Lee 21:52
W65 D Frazer 26:12



RACEWALKING

John Deere Health 5K / USATF National Masters 5K Racewalk Championships
Kingsport, TN; Sept. 21

Overall
Albert Heppner 38 21:51
Marcia Gutsche 41 25:53
M40 Ian Whatley 22:36
Keith Luoma 23:39
Rod Craig 24:04
M45 Bill Reed 26:44
Will Walden 28:20
Bart Kale 29:27
M50 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
Rosemary Sexton 33:09
W55 Yoko Eichel 29:02
Darlene Backlund 33:51
W60 Janet Higbie 31:37
Ruby Tolbert 34:01
Joyce Curtis 35:39
W65 Joanne Elliott 34:08
Helen Amazeen 37:03
W70 Millie Prihoda 37:37
Ruth Ketron 38:25
W80 Jane Dana 38:02

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

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	50-54
MARILYN WALLACH (BURLINGAME, CA)	11- 4-52	50-54
RUSSELL JACQUET-ACEA (SEATTLE, WA)	11-12-52	50-54
DANIEL WINZENRIED (US)	11-12-52	50-54
ELENA BURGAROVA (SVK)	11-13-52	50-54
EAMONN COGHAN (IRL)	11-21-52	50-54
FRANCIE LARRIEU-SMITH (TX)	11-23-52	50-54
JOYLYN SAUDERS (GBR)	11-27-52	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)	11-17-42	60-64
HANNO RHEINECK (GER)	11-17-42	60-64
SUSAN KIEFFER (BEVERLY HILLS, CA)	11-17-42	60-64
KATHY SHIPP (TEMPE, AZ)	11-21-42	60-64
GAIL GUSTAFSON-RODD (SAN FRANCISCO, CA)	11-23-42	60-64
KLAUS MAG MULLER (AUT)	11-25-42	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- 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- 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 BURGESS (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)	11- 1-27	75-79
JOSEF NECEK (CZE)	11- 4-27	75-79
SUSIE BARNES (US)	11-18-27	75-79
LUCILLE SAMPSON (MIDDLETOWN, OH)	11-19-27	75-79
OTIS CHANDLER (LOS ANGELES, CA)	11-23-27	75-79
CHARLES RANN (AUS)	11-26-27	75-79
BOB CURRAN (SEPULVEDA, CA)	11-26-22	80-84
HELEN KLEIN (CITRUS HTS, CA)	11-27-22	80-84
GWEN DAVIDSON (AUS)	11-28-22	80-84
WILSON VIBLE (WILMINGTON, DEL)	11- 8-17	85-89
IRENE CRANE (MILWAUKIE, OR)	11-19-17	85-89
MAVIS COLLINS (AUS)	11-19-17	85-89
GORDON FARRELL (VAN NUYS, CA)	11-23-17	85-89
BILL GILLIGAN (W. ROXBURY, MA)	11-23-17	85-89
HANS NORDENGEN (NOR)	11-30-17	85-89
BERT MORROW (CAN-SAN MARCOS, CA)	11- 2-12	90-94
FRITIOF SJOSTRAND (SWE-LA, CA)	11- 5-12	90-94
MARIA TIEMANN (GER)	11-20-12	90-94
WALTER FREDERICK (PICO RIVERA, CA)	11- 3- 7	95-99
TORMOD RESELL (NOR)	11- 5- 7	95-99
FELIX ERAUSQUIN (SPA)	11-20- 7	95-99

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