

NATIONAL MASTERS NEWS

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

339th Issue

November 2006

\$3.00

Mosqueda Wins Women's Race

Simonaitis Takes Third National 10K Title

By JERRY WOJCIK

Dennis Simonaitis three-peated as top master in the 10K as he successfully defended his title for the second time in the Heritage Oaks Bank 10K/USA Masters Championships in Paso Robles, Calif., on Sept. 24.

Simonaitis, 44, Draper, Utah, with a 30:30, won over some of the country's hottest masters. Paul Aufdemberge, 41, Redford, Mich., M40+ winner (50:54) of the Crim 10 Mile in August, was second in 30:43.

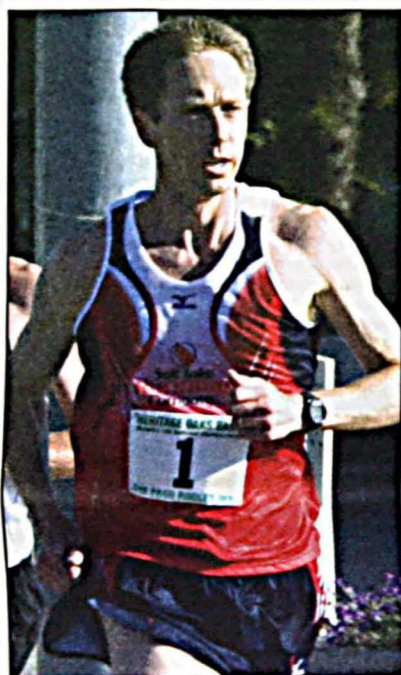
Sean Wade, 40, Houston, Texas, second M40+ (52:00) in the Crim, was third with a 31:04. Danny Martinez, 44, Alhambra, Calif., finished fourth (31:33).

Simonaitis, Aufdemberge and Wade ran together from the start until the last quarter of the race when Simonaitis broke away.

"I'm totally ecstatic and I didn't expect it," Simonaitis was quoted in the San Luis Obispo Tribune. "The field was stacked this year, and I was just hoping for an age-graded win, but I happened to be in the lead."

In last two 10K championships,

Continued on page 6



BRIAN LAWLER
Dennis Simonaitis, 44, winner (30:30), Heritage Oaks Bank 10K/USA Masters Championships.

Hussein, Loken Repeat Titles in Twin Cities

Mbarak Hussein, the overall winner of the 2005 Twin Cities Marathon, ran more than four minutes faster than he did last year to again win the Medtronic Twin Cities Marathon race in Minneapolis, Minn., on Oct. 1. The event also served as the USATF National Championships.

Hussein, 41, Albuquerque, N.M., finished in 2:13:52, 17 seconds ahead of his closest rival, Simon Sawe, 32, after breaking away at the 25-mile mark. Hussein collected \$35,000 in open and masters awards. Last year, under stiflingly humid and windy conditions, he won by two minutes with a 2:18:28.

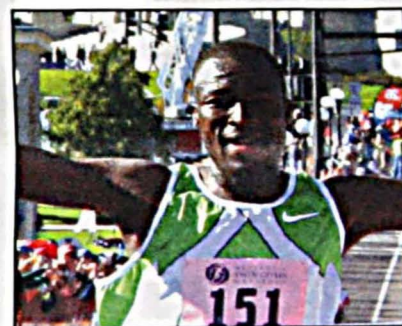
Originally from Kenya, Hussein became a U.S. citizen three years ago, and broke the M40 U.S. half-marathon record in Philadelphia in September 2005 with a 1:03:23.

Paul Aufdemberge, 41, Redford, Mich., was a distant second in 2:24:21. Dennis Simonaitis, 44, Draper, Utah, was third (2:26:10). A week earlier on Sept. 24 in the USA Masters 10K Championships, Paso Robles, Calif., Simonaitis was first (30:30) with Aufdemberge second

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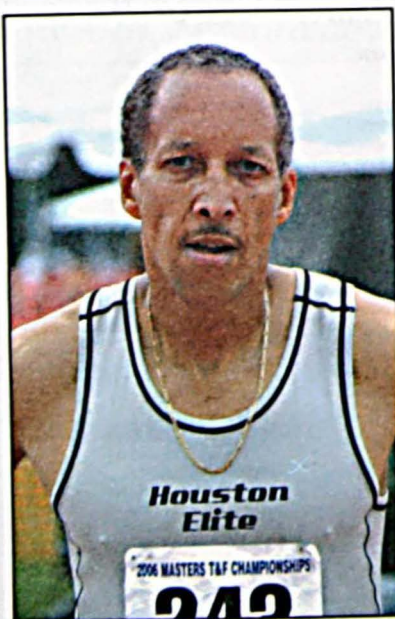


RICHARD BEND / COMPETITIVE IMAGE
Susan Loken, 43, first W40+ in 2:44:34, Twin Cities Marathon.



RICHARD BEND / COMPETITIVE IMAGE
Mbarak Hussein, 41, first overall again, in 2:13:52, Twin Cities Marathon.

Collins Named World's Best Male Masters Athlete



SUZY HESS
Bill Collins, 2006 WMA best masters male.

Bill Collins, M55, Houston, Texas, and Germany's Melitta Czerwenka-Nagel, W75, have been named the World Masters Athletics Best Masters Athletes for 2006.

Collins was named USA Track & Field's Athlete of the Week on March 21, 2006, after sweeping the M55 60m, 200, and 400 at the 2006 WMA Indoor Championships, Linz, Austria.

A 2003 USA Track & Field Masters Hall of Fame inductee, Collins posted a world record 23.36 in the 200 before claiming another world record in the 60m with a 7.34 at Linz. Collins finished up his competition with a win in the 400 (54.22).

Earlier this summer, Collins won the 100 (11.26w), 200 (23.44, meet record) and 400 (53.05, meet record) for the fourth consecutive year at the USA Masters Championships, Charlotte, N.C.

Collins owns more than 80 masters national titles, 17 world masters crowns, and has set nearly 20 world records during his remarkable masters career.

Continued on page 15

USATF Stays Home in Indy

The USA Track & Field national office stays close to home this year when it hosts its 28th Annual Meeting at co-headquarter hotels Westin and Hyatt Regency in downtown Indianapolis from Wednesday, Nov. 29 to Sunday, Dec. 3.

This year's theme is Focus on the Horizon.

The meeting starts officially with the Opening Session at 7 p.m. on Wednesday at the Hyatt Regency Ballroom and closes on Sunday at 8:30 a.m. at the Indiana Convention Center.

In between, masters will attend the Masters Track and Field Committee and the Long Distance Running Committee sessions, as well as other meetings in which they may have an interest or obligation.

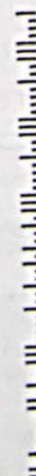
Of special importance at the Masters T&F Committee meeting will be the election of the Chair to replace George Mathews, who resigned the

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NATIONAL MASTERS NEWS

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

Publisher: Suzy Hess
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SUBSCRIPTION PROBLEMS: 818-286-3129
National Masters News Office (Editorial):
P.O. 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.runningusa.org
www.world-masters-athletics.org
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Printing: Western Oregon Web Press, Albany, OR
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Publication Data: National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.
National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.
Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.
To inquire about a USATF card, call USATF in your area, or 317-261-0500.
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ed material and ad copy to: Suzy Hess, NMN, P.O. Box 50098, Eugene, OR 97405, or e-mail to natmanews@aol.com. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.
Mailing: The issue is mailed the last week of the month prior to the cover date.
Postmaster: Send address changes to: National Masters News, c/o Stark Services, 12444 Victory Blvd., Ste. 300, No. Hollywood, CA 91606-3173. 818/286-3129. National Masters News is published by Suzy Hess at 2791 Oak Alley, Ste. 5, Eugene, OR 97405 (USPS Permit No. 662-350).
Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615-9881. 818-286-3129.
Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept., 12444 Victory Blvd., Ste. 300, No. Hollywood, CA 91606-3173. 818-286-3129.
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Twin Cities

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Meghan Arboga



Masters Scope

By FRANK LULICH

Competing at Age 60 and Beyond

Back in 1994, I submitted an article to the Oregon Track Club Masters newsletter about a rigorous, but successful, training schedule that a group of about six of us masters sprinters had followed during that year. At that time, several of us reported having achieved remarkable lifetime bests at ages 46 to 48.

We exulted in the accomplishments and camaraderie of our training regimen. None of us really knew what masters track and field would hold for us in the years that succeeded.

Fast forward to 2005. Our core cadre had dwindled in ranks. Focus on other interests, moves to other parts of the country for employment, and even the Grim Reaper had taken a toll on our small fraternity of sprinters.

Social Running

The fact was many of us had become social runners, not really interested in the rigor of training with the only certainty being that our bodies would undoubtedly run slower than when we were younger.

With a hiatus of nearly 10 years from serious training, two of us, Wayne Gripp, 59, my longtime running friend, and I, age 60, decided that we were tired of being reminded by others that we couldn't run fast anymore (hmm... male menopause here?), or that there were other masters in our own town who were running times that surely were faster than what we could do.

In response, we devised a plan that was quickly put into place: a couple of months of accelerated training and we would be poised for some really fast masters races during the summer all-comer's season at Hayward Field.

What we had not anticipated was our late-50s bodies being unable to train the way we had done 10-15 years ago.

Realities of Aging

We put in lots of fast sprint repeats

on the track and short rest periods in our plan to get us fast quickly. The reality was that older bodies react differently than younger bodies – older bodies need a more solid base and more rest before they can progress to the kind of speed we had in mind.

The result was not good – nagging injuries quickly cropped up and stopped both of us before we could fulfill our potential (whatever that was).

With the 2005 season lost, we re-evaluated the situation and discussed what we had learned. Our new plan was a more carefully thought out two-year plan.

This plan would get us fit and reasonably fast for the 2006 masters outdoor season, and then faster for the 2007 season – perfect for a couple of guys on the verge of entering a new age group.

A New Tack

Beginning in September 2005, we stuck to a training plan and didn't waver. We never missed a workout (not even in the rain or cold). The schedule was two days of quality workouts a

week on the track and one day on the road for speed/stamina development.

We always allowed lots of recovery time to account for the age factor. Of course, there were also a couple of days of slow jogging on the in-between days.

Six months later, by spring, we both felt stronger and occasionally had a surprisingly fast workout. Could we be on the right track? Were things going the way we had planned?

Unexpected Results

By the time the OTCM practice potlucks arrived in May and June 2006, we decided to test ourselves on the windy Lane Community College track in Eugene, Ore. The results were better than expected. Both of us ran faster and stronger than anticipated, advancing our goals for the all-comers meets.

Two months and a half-dozen track meets later neither one of us was injured, and we both achieved multiple All-American standards.

I reached the standards in the 200 (27.4), 400 (64.0) and high jump (5-0), and Wayne reached his in the 200 (26.0), 400 (60.74) and 800 (2:24.8) – in two separate age-groups.

Though these results didn't come without a lot of work and dedication, and were done honestly without assistance from synthetic performance enhancing agents (yes, even some masters take that route), the personal satisfaction has been great.

Will year two of the two-year plan go as well as this year? Maybe... maybe not. But we are having a blast in the quest. □



SUZY HESS
Sal Allah, 46, winner of the M45 400 and 800, USA Masters Championships, Charlotte, NC.

FIVE YEARS AGO November 2001

- Anselm LeBourne (42, 4:21.8) and Jim Sutton (70, 5:38.8) Star in 5th Avenue Mile
- Paul Evans (40, 2:18:35) and Anne van Schuppen (40, 2:41:51) First Masters in Chicago Marathon
- Tatyana Pozdnyakova, 46, Sets W45 WR (2:20:28) in Ocean State Marathon

Twin Cities Marathon

Continued from page 1

(30:43).

Ronald Chisolm, 45, St. Louis, Mo., won the M45 race with a 2:31:15.

Jim Schleisman, 73, Jefferson, Iowa, in 3:35:14, and Jerry Johncock, 78, Grand Rapids, Mich., in 4:08:02, successfully defended their marathon national titles with better times than in 2005.

Women's masters winner Susan Loken did not fare as well this year as in 2005 (third female overall, 2:43:10). This year, Loken, 43, Phoenix, Ariz., faced stiffer competition and placed 62nd overall with a slower 2:44:34. Michelle Simonaitis, 40, Draper, Utah, who was runner-up in Paso Robles the week before in 35:04, had to settle for second again with a 2:48:17.

Meghan Arbogast, 45, Corvallis,

Ore., was the third W40+ to break three hours, winning the W45 division in 2:56:41.

Sue Ellen Trapp, 60, Fort Myers, Fla., an ultra-distance specialist, won the W60 championship in 3:51:57.

In the W70 division, Patricia Amidon, 71, St. Paul, Minn., 5:29:46, and Patricia Wahlgren, 72, Lindstrom, Minn., 5:56:00, ran 1-2, as they did in 2005.

In the Medtronic Twin Cities 10 Mile, Kevin Haas, 48, St. Louis Park, Minn., 55:09, and Sharon Stubler, 41, Minnetonka, Minn., 1:02:28, were the masters winners. Jeffrey Heimer, 46, St. Paul, Minn., 18:06, and Cynthia Brochman, 41, Maplewood, Minn., 20:05, were first masters in the TC 5K.

The number of finishers in the marathon was 8198 (3195 females; 5003 males). Women outnumbered men in both the 10 mile (2881 to 1725) and 5K (802 to 630).

The 2007 Twin Cities Marathon is scheduled for Oct. 7. □



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THROWS

I read with interest the article "Tweaking the Throws for Consistency" (Sept. NMN) that invited comments.

My primary concern is not the lack of performance satisfaction (I do have it, but as an active athlete in other sports I have already learned to deal with that humbling problem), but more the demands the shot put weight puts on a 50+ year-old body.

I have never stopped lifting, or playing other physically demanding sports, etc., so I am no couch potato, but the bottom line is that when I picked up the shot at age 50 and began throwing it, I thought all kinds of body parts were going to fall off.

I can understand why people try to start up and then quit. The shot is simply too heavy for almost any 50-year-old body. My first year I suffered through all sorts of body and back issues. The second year was a difficult wrist injury, and finally this year a minor finger problem.

It is difficult to practice enough to condition oneself or perfect one's form as the threat of injury is always lurking. I have learned to avoid the more serious problems by using the high school shot for regular training.

The weight of the shot has really taken part of the fun away from throwing the shot, something that I dearly loved in college.

By contrast, the discus (which I tolerated in college) has become a joy to throw. I can practice it with virtually no concern about injury. I can get enough repetitions in practice to work on my form.

Since I have not participated in the younger or older groups, I have no firsthand experience. Based on my other

sports interests, it certainly makes sense to cut back on the weights for the 40-49 men.

As for the older men, I imagine the 1.5kg discus still makes sense from a physical standpoint. I really don't know about the 5kg shot for that age group. Time will give me that answer.

As for the women, those discus changes make great sense.

Joe Schleppe
Bexley, Ohio

TEAM CHAMPIONSHIPS

Although team championships can add another level of excitement to our masters track and field championships, and may lure competitors to the track from the roads, or encourage athletes to try new events, I'd like to suggest that there be a minimum level of achievement for the awarding of points.

Since age-graded results are computed, why not require a mark of 60% or better in order for the athlete's performance to score points? Some women's events, which in the past have had few participants, are attracting more athletes, which is good, but the reason seems to be solely for the sake of team points.

A performance of 30% should not earn points for first or second place. We would also want to be sure that the age-grading is as accurate as possible.

I noticed, for example, that in the women's javelin this year, 50-year-old Monica Kendall's fine throw of 40.42 was age-graded at 75.5%. The only other woman to have a better age-graded mark (79.4%) was Becky Sisley, 67. And the men's results in the javelin show only a few making it into the 70-79% range with the outstanding exception of Trent Lane.

For an event like the javelin, perhaps

Sustainers for November 2006

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:

Louise Adams
Ron Biesiada
Ray Bzibziak
Ben & Donna Delvillar
Richard Greenberg
Jane McMaster

Boulder, Colorado
Manasquan, New Jersey
Cheektowaga, New York
Boulder City, Nevada
Encino, California
Los Angeles, California

the standard for team points could be lowered to 50%. There should be some minimum level of quality for points to be earned.

Tina Bowman
Long Beach, California

Congratulations to Brooks/Fleet Feet Racing for rolling up 637 points in the USA Masters T&F Championships. Few clubs can compete at that level, but USATF could level the playing field for small clubs by moving the popular 10-year team score format used in cross-country (40-49, 50-59, etc.). That should help the sport in three ways:

1. Clubs that place could use their team rank as a hook for post-meet coverage in the home town bugle.

2. Clubs with a shot at a high team finish would encourage more members to compete.

3. It might lead to spirited team competition with overly-matched clubs.

John Harwick
Western Pennsylvania Track Club

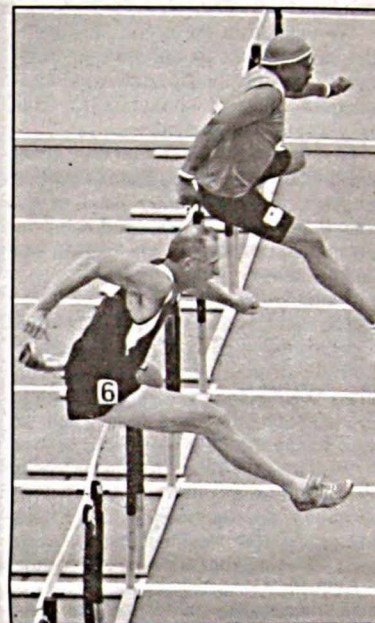
NATIONALS

As a competitor in Charlotte, I have read the comments about the Masters Championships with interest and almost wonder if I went to the same meet.

Yes, it was hot and, yes, it did rain. I agree with Andrew Gipson's comments (Oct. NMN). The location and date of the meet were well known at least a year in advance and it is the responsibility of the competitor to prepare for the meet conditions.

Personally, I trained in mid-afternoon to get ready. If a cross-country race was run just after it rained, wouldn't you expect poor footing and use longer spikes?

Regarding the other complaints about



JERRY WOJCIK
Thad Wilson (lane 3) winning the M55 short hurdles (15.28) with Stan Druckrey, second (15.42), 2006 USA Masters Championships.

how the meet was run, housing, etc., does the USATF run the meet and have a prepared format, or is it up to the local people to plan and handle everything? If it is the latter, perhaps that needs to change.

Mike Walker
Memphis, Tennessee

Once again, Pete Taylor motivated a lot of runners and participants throughout the 2006 USA Masters Championships in Charlotte with another super, effortless and exciting call.

Denver Smith
Louisville, Ohio

Laurie Devlin

The death of Lawrence "Laurie" Devlin on Aug. 3 at age 70, due to inoperable stomach cancer, was a great loss for New Zealand and world masters track and field.

He was a truly outstanding human being and an exceptional world-class thrower, undefeated in the WMA Oceania Region hammer and weight throws for many years, who epitomized the best features of masters athletics and the sporting traditions of his native country.

Laurie's death brought home a primary reason why I have benefited greatly from roaming the world of masters track and field over the last eight years —

Continued on page 9

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CZM

TEN YEARS AGO November 1996

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

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

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

I have competed in a Being a combined-ness for masters tra and in thunderstorms lil

For putting in time working with some of and trainers on the V reward has been 12 n onship titles and a U. heptathlon.

My training was ver for 2006. Despite the r lag returning from th Indoor Championships back to the West Coast flying back to Boston Masters Indoor Cham the same day, I was abl pentathlon in Boston. awake at night, and piti ing the three days of events.

Exhaustion Takes a

Overlapping duties 4x800 relay team got ir run-throughs for the warm-ups for the hurd was shattered when I to a third in my best events ready for outdoors, an rested from the indoor s ing to stay peaked f August.

I was totally unawar can happen to fit and tr what was to be my las before the 2006 Outdoor hamstring rolled up insi

I was barreling from t first hurdle. I bolted in deer that had been shot the track. In the roll caught the metal sidetr Wow. I went from fit an and very hurt in a matte

Pushing Forward

What did I do? I di you would have done. I got on the plane, and w anyway, promising the pist I would only try or tell him I did the pentath event, right? Did it wo not.

The lead leg over a h down with a torn hamstr cannot push off to the n the pinkie tarsal is broke between each hurdle a ripping my leg open spikes.

I did get up and finis ished the pentathlon jur foot, doing a standing s ning the 800 with the my life. More like a gi

I still stood on the did it feel award-winn not worth doing while

I had never been inju would shut me down a what to do.

Ignoring Good Ad

Everyone sane who with track told me to s

Speaker's Corner

By CAREN WARE

The Breaks

I have competed in a multitude of world and national events in the past few years. Being a combined-eventer, I love lots of events and different locations. Thank goodness for masters track meets, even the ones that are held in triple-digit temperatures and in thunderstorms like the 2006 Masters Championships in Charlotte, N.C.

For putting in time for training and working with some of the best coaches and trainers on the West Coast, my reward has been 12 national championship titles and a U.S. record in the heptathlon.

My training was very event-specific for 2006. Despite the mind-bending jet lag returning from the WMA World Indoor Championships, Linz, Austria, back to the West Coast for business, and flying back to Boston for the USA Masters Indoor Championships all in the same day, I was able to win the W40 pentathlon in Boston. But I was wide-awake at night, and pitifully sleepy during the three days of national indoor events.

Exhaustion Takes a Toll

Overlapping duties of running on a 4x800 relay team got in the way of any run-throughs for the long jump and warm-ups for the hurdles. Scattered, I was shattered when I took a second and a third in my best events. I vowed to be ready for outdoors, and never really rested from the indoor season while trying to stay peaked from March to August.

I was totally unaware that bad things can happen to fit and trained people. In what was to be my last track workout before the 2006 Outdoor Nationals, my hamstring rolled up inside my quad.

I was barreling from the blocks to the first hurdle. I bolted into the air like a deer that had been shot, and rolled off the track. In the roll, my right foot caught the metal sidetrack and broke. Wow. I went from fit and trained to torn and very hurt in a matter of seconds.

Pushing Forward

What did I do? I did what most of you would have done. I refused the cast, got on the plane, and went to Charlotte anyway, promising the physical therapist I would only try one event. Don't tell him I did the pentathlon. That's one event, right? Did it work? Of course not.

The lead leg over a hurdle can't snap down with a torn hamstring, and the foot cannot push off to the next hurdle when the pinkie tarsal is broken. I lost ground between each hurdle and went down, ripping my leg open with my own spikes.

I did get up and finish. In fact, I finished the pentathlon jumping off the left foot, doing a standing shot put, and running the 800 with the weirdest gait of my life. More like a gimp than a run.

I still stood on the award stand, but did it feel award-winning? No, it felt not worth doing while so hurt.

I had never been injured in a way that would shut me down and I didn't know what to do.

Ignoring Good Advice

Everyone sane who had nothing to do with track told me to stay home, stay off

it, and give up track for a while. But we track athletes have always been taught to work past the pain threshold.

I didn't even tell my coach I was going, but she found the stats on the Internet and called to reprimand the "unwise" athlete, then added, "But I knew you would go."

Why would I go? Because it's that thing in us that makes us train past the norm, strive to run faster, harder, better. It's the inner thing all coaches want us to have...until we get injured. And then, we don't know how to stop.

Painful Foot Injury

I had what they called a "Jones" fracture. It is very common in basketball players who do lay-ups and come down on the side of the foot. It involves the bump on the outside of your foot between your pinkie and ankle.

There is a walking tendon that attaches to that bone, and with each step you take, this tendon tugs on the broken piece making it very susceptible to completely severing off. Much like a piece of metal wire, which, when bent back and forth enough times will finally snap.

Recommended for recovery is to be placed in a non-weight-bearing cast for six weeks and another six weeks of no-impact activity. If the bone snaps off, surgery is required to screw the bone back on. This takes three to six months to recover and pain-free running is not guaranteed. Once I knew these facts, I casted the foot right away.

But I was doubly injured. The heavy cast and awkward position of walking with crutches tugged and tore at the already torn hamstring. It was impossible. Plus, the cast was put on too tight, and I lost feeling in two of my toes and the ball of my foot.

"Elegant" Footware

Working with the Sports Specialist Department at the Center for Medicine and Sports, Chino, Calif., we agreed to take the cast off after the foot settled down. We wrapped the foot with such a strong arch support configuration that it could not move. We then put it in a sturdy hiking boot. I even went to a wedding in a dress gown and those silly hiking boots.

A torn hamstring can look much like a strand of rope that has been over-twisted. It contorts. It is amazingly strong and takes a lot to snap off. I was lucky. Mine did not snap.

A detached hamstring requires surgery and a long recovery time. I had major pain in the anchor points, which are located near the buttock and at the knee, and where it tore in the backside of the quad.

The ham is a four-part muscle. I had torn one of them. Trying to use the muscle, I felt like a fish trying to swim upstream. Three muscles worked fine and one did not cooperate.

You lose instant strength when a muscle pulls. It no longer can work like it is supposed to. The hard fact is that little can be done medically to repair a torn muscle. The fibers cannot be surgically put back together.

MRIs do nothing but give you a cute picture of the injured area. Most insurances will not allow the expense for a souvenir photo. So time heals, and the body works at doing it by sending stem cells to the area.

These stem cells can become hard, almost like bone tissue. I found that massage was very important to stave these off. But over-stretching and deep tissue massage was out. This irritated the area and slowed the recovery.

Slow Recovery

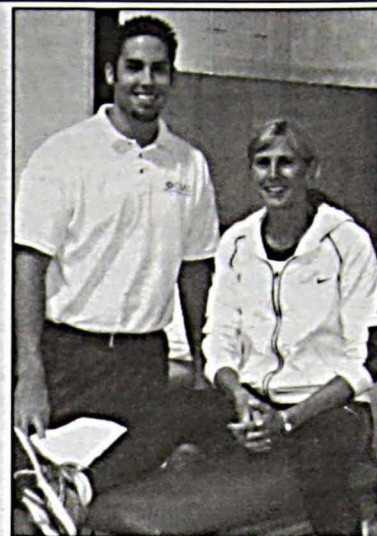
The hamstring responded to icing, anti-inflammatories, and rest. Slowly. Very slowly. I gave it movement, and six weeks after the injury, I was just starting to give it strength tests.

The rule we came up with was, "If it hurts, don't do it. If it hurts an hour after doing it, don't do it." When I asked the sports specialists what their number one challenge was, they said keeping athletes from starting up too soon. The minute it feels a little better, they are off hammering on it.

The specialist grabbed a napkin and tugged on it. It didn't break. He gingerly put a tiny tear in the napkin and barely tugged. The napkin exploded in half. He smiled and said, "That's your injured ham if you try to use it too soon."

Cardiovascular Exercise


I have found that the stationary bike




Caren Ware with her physical therapist.

and an elliptical runner do not pull on the hamstring and can keep up the cardio. Swimming also. I have to constantly remind myself: not too much too soon. □

(Caren Ware, a W40 pentathlete/heptathlete, 400m hurdler and steeple-chaser, resides in Lake Arrowhead, Calif. She and her husband own and operate the computerized race timing company, PRIME TIME, timing over 80 events per year. She has a 13-year-old daughter who sings and dances and a 16-year-old son who fences. Both avoid running if possible, but proudly let everyone know their mom "runs in circles.")



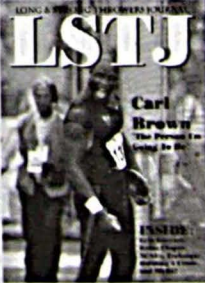
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Third Wind

By MIKE TYMN

One "Wow!" After Another

As a boy, I rooted for the Brooklyn Dodgers and idolized Jackie Robinson. I knew that before becoming a professional baseball player Robinson had broken his brother Mack's national junior college long jump record with a leap of 25-6 1/2. I also knew that Robinson went on to become an All-American football player and all coast-conference basketball player at UCLA. I remember also that he had reached the quarter-finals of a Southern California tennis tournament. However, I did not know that he clocked 9.7 for 100 yards, 21.5 for 220, 48.5 for 440, 23.7 in the 220 low hurdles, and pole-vaulted 13 feet during his track years. Nor did I know that he broke 90 the first time he played golf.

Those are just a few of the hundreds of facts I encountered in Dale Harder's 2005 publication *Strength & Speed*. In this 320-page encyclopedic collection of amazing and unusual feats of strength, speed, and endurance, Harder picks up where David Willoughby left off, while also including many things Willoughby overlooked. (Willoughby authored *The Super Athletes*, a 1970 publication discussed in this column during July and August.)

Remember Javier Sotomayor, the Cuban who set the world record of 8-0 1/2 in the high jump back in 1993? Ever wonder where he got his "spring," if that is the proper name for it? Perhaps it came from his leg strength, as Harder notes that Sotomayor, who weighed 181 pounds, was able to squat with 660 pounds on his shoulders.

In the section on the high jump, Harder mentions that Abraham Lincoln is reputed to have high-jumped six feet at around age 20. Lincoln is also credited with having vaulted over a 16-hand horse using only his hands.

A Matter of Style

Harder offers all kinds of interesting records. In the high jump, for example, he lists the records by jumping style. While Sotomayor used the "flop" style, the record for the eastern cutoff (6-8 1/4), scissors (6-9), western roll (6-11 1/2), and for straddle (7-8) are listed.

Age records for nearly every track and field event are also listed, sometimes beginning at age 1 and going up to 100-plus. It is interesting to note the age-5 record for 100 meters (21.53) is just a bit faster than the age-95 record (22.04). The age-10 record for 400 meters (58.74) is a shade slower than the age-65 record (58.05).

In the section on the mile run, I learned that Jason Robards, the famous movie star, ran a 4:21.4 mile at Hollywood High in 1942 and that the heaviest man to break five minutes in the mile was Mike Ward, who stood 6-3 and scaled 295 pounds when he did a 4:59.9. Also, one Noah Young, who weighed 198, ran a mile in 8:30 while carrying a 150-pound man on his shoulders.

Believe it or Not

Apparently Jerry Rice, the great wide receiver for the 49ers, had exceptional endurance for a relatively big guy. At approximately 190 pounds, Rice is said to have clocked 15:09 for 5K in 1989. I'd have to put that one in the "believe it or not" category, as are some of the other feats listed, including a possible 23-foot long jump by George Washington.



One of the first runners to use a crouch start.

I knew of many instances of cheating in road races, but I had never heard of discus throwers cheating, outside of using steroids. Harder cites the case of Karel Merta of Czechoslovakia who designed a special discus in which part of it could be removed and replaced with a lighter part. Merta got in some super long throws before he was caught and suspended.

Speedy Hulks

Those big hulks who put the shot and twirl the discus are usually a lot faster than you think. As an example, Brian Oldfield, a 75-foot shotputter is credited with a 9.9 for 100 yards at about 275 pounds. Paul Anderson, the super weightlifter of the 1950s, did 11.6 for 100 yards at 375 pounds. That came as no surprise to me as I saw Anderson take on Jim Lea, who had set the world record of 45.8 for 440 yards in 1956, in a 50-yard match race at San Jose State back around 1957.

As Anderson waddled his way to the starting blocks, I wondered how he could possibly run as he seemingly struggled to walk, lifting one massive leg around the other. However, Anderson exploded off the blocks and had Lea beat for 25-30 yards before Lea pulled away.

One of the most impressive big guys cited by Harder has to be Russ Hodge, the great decathlete of yesteryear. At 6-3, 215 pounds, Hodge ran 100 meters in 10.2 and 1500 meters in 4:12.7, while also putting the shot 60-feet.

A Matter of Timing

Ever wonder when track officials moved from timing events by the fifth of a second to the tenth and then to the one-hundredth? Harder tells us that races were timed to the minute before 1777, then to 15 seconds.

By 1791, timing had progressed to the half-second, to a quarter-second by 1844, to a fifth of a second in 1867, to a tenth in 1924, to a hundredth in 1932. Bobby McDonald of New Zealand and C. H. Sherrill of Yale, were the first known people to use the crouch start in a sprint, in 1887.

Heritage Oaks 10K

Continued from page 1

Simonaitis ran relatively uncontested. He won in 2004 with a 30:24 and in 2005 by some 50 seconds with a 31:00.

"He was pushed and had a better time this year than last year (30:59), because there was some stiff competition," said Race Director Mitch Massey. "Dennis now dominates the downtown streets of Paso Robles."

For winning the race, Simonaitis was named USA Track & Field's Athlete of the Week.

Ivan Huff, 47, of Paso Robles, gave the local running fans something to cheer about with his second consecutive M45 win with a fifth-place 32:35, not much off his 2005 winning 32:29. Fletcher Lesley, 50, San Francisco, Calif., won the M50 race (35:45).

Gary Romesser, 55, Indianapolis, Ind., turned in one of the best performances of the day with an M55 win in 33:58.

The first two M60s were under 40:00, Perry Hayden, 61, Reno, Nev., the winner in 39:21, and Robin Taliaferro, 62, Santa Barbara, Calif., second in 39:34.

The remaining division champions are M65, Neal Chappell, Stateline, Nev., 42:26; M70, Bernie Hollander, Novato, Calif., 53:38; and M75, Ed Reyna, 76, Sunnyvale, Calif., 58:33.

Sylvia Mosqueda, Rosemead, Calif., won the women's race with a 12th-overall 34:35. After a successful college and open career on the roads, she joined the masters ranks when she turned 40 on April 8, 2006.

Mosqueda led the women for most of the race, slightly ahead of her closest competition at the 5K, Michelle Simonaitis, 40, second W40+ in 35:04. Michelle is Dennis' wife.

Lisbet Sunshine, 42, San Francisco, Calif., was third (36:59). Nancy Fiddler, 50, Crowley Lake, Calif., was fourth (38:28).

The other national champions are W55, Debbie Dorney, 56, Arroyo Grande, Calif., 52:40; W60, Nelly Wright, 60, Pacific Grove, Calif., 48:05; W65, Melody-Anne Schultz, 65, Ross, Calif., who ran a solid 47:07; and W70, Giovanna Schaefer, 72, Grover Beach, Calif., 1:16:22.

Prize money for the leading masters was \$11,000, paid eight deep, with the first three men and women

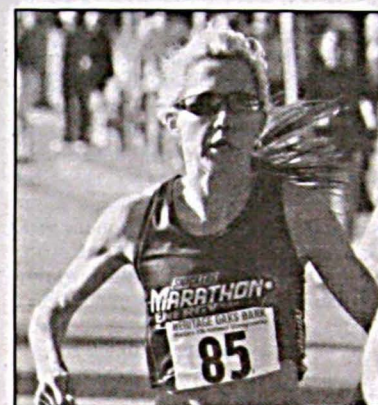
Besides track and field, Harder cites many exceptional and unusual feats in weightlifting, gymnastics, golf, swimming, and other athletic endeavors, even fast draw competition, caber throwing, and canal vaulting. As the age records for canal vaulting stop at 50+ (49-9), it appears that there are opportunities for more age records in this sport.

The book contains over 150 photos and 68 drawings and is filled with interesting and little known fun facts. It was one "wow!" after another as I turned the pages of this book. □

To obtain a copy of *Strength & Speed*, send a check for \$29.95 + \$4 shipping and handling (in USA) to Education Plus, Dept. N6, 18584



BRIAN LAWLER
Sylvia Mosqueda, 40, first woman (34:35), Heritage Oaks 10K/USA Masters Championships.



BRIAN LAWLER
Michelle Simonaitis, 40, second woman (35:04), Heritage Oaks 10K/USA Masters Championships.

getting \$1800, \$1200, and \$1000 each. Age-graded performance award money totalled \$15,000, eight deep, with the top three men and women receiving \$2500, \$1500, and \$1200 apiece.

The best age-graded male performances were by Simonaitis, whose 30:30 age-graded to 27:58; Romesser (33:58/28:31); and Aufdenberge (30:43/28:49). The top three females were Barbara Miller, 67, Modesto, Calif., second W65 (47:37/32:49); Mosqueda (34:35/33:23); and Schultz (47:07/33:30).

In addition to the masters championships, Heritage Oaks Bank also held the 50 Buck 10K, in which every finisher was given \$50.

According to Meet Director Massey, one-third of the recipients put their winnings in boxes for four non-profit organizations at the finish, and another one-third donated the funds to other organizations. All of the profits from the races are donated to charity. □

Carlwyn Dr., Castro Valley, CA 94546-2032. Also, check Harder's web site at <http://www.strengthopedia.com/> (Mike Tymn can be contacted at MET-GAT@aol.com)

FIFTEEN YEARS AGO November 1991

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

USATF Ann

Continued from page 1

position in September. Suzy Hess will present meeting until election Chair, Thursday meeting.

Agenda items include bids for future meets and road races, the athletes-of-the-field, which include long distance and long distance. Inductees; a masters age-group.

This year is a general amendment Competition Rules. The deadline rules changes was The Masters T and LDR Committee be found below.

Besides the bus masters can visit Expo Show on Friday and attend the Buffet on Saturday. Jesse Owens Hall and Induction.

Tuesday, November
7pm - 9pm

Wednesday, November
8am - 11am
2pm - 6pm
7pm - 10pm

Thursday, November
8am - 10am
10am - 1pm

12pm - 2pm
2pm - 6pm
7pm - 11pm

Friday, December
8am - 1pm

2pm - 4pm
4pm - 6pm

Saturday, December
7am - 9am
9am - 10am
10am - 2pm
2pm - 5pm
6:30pm

Sunday, December
8:30am - 10am

USATF Annual Meeting

Continued from page 1

position in September. Acting Chair Suzy Hess will preside over the meeting until election of the new Chair, Thursday morning at 10 a.m.

Agenda items include acceptance of bids for future championships meets and road races; selection of the athletes-of-the-year in track and field, which includes racewalking, and long distance running; presentation of the 2005 Masters Hall of Fame inductees; and approval of masters age-group records.

This year is a rules year, and general amendment proposals to the Competition Rules will be considered. The deadline for submitting rules changes was Aug. 29.

The Masters T&F Committee and LDR Committee agendas can be found below.

Besides the business meetings, masters can visit the Sport Court Expo Show on Friday and Saturday, and attend the Awards Breakfast Buffet on Saturday morning and the Jesse Owens Hall of Fame Reception and Induction Ceremony on

Saturday night.

A Masters Athlete-of-the-Year will be selected from candidates chosen by the Masters T&F and LDR committees. The chairs from those committees and the USATF president will select the awardee.

In 2004, Kathy Martin, W50, Northport, N.Y., a record-setting runner on the track and on the roads, was given the award.

Last year, Emil Pawlik, M65, Jackson, Miss., a combined-events international and national champion, was honored.

Online registration and housing information is available at www.usatf.org/about/AnnualMeeting.

Early-bird registration is \$160 before 11:59 p.m., Pacific Time, Nov. 8. After that date, the cost is \$210, and on-site \$250.

Indianapolis, often referred to as the "Crossroads of America," because 50% of the U.S. population is within a day's drive of the city, will host the 2007 AT&T Outdoor Track & Field Championships.

The January NMN will report on the meeting, with the award winners, future championships sites, and a summary of the proceedings. □

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TWENTY YEARS AGO November 1986

- Gabrielle Andersen (41, 2:40:08) and Kjell-Erik Stahl (40, 2:18:28) Win Masters Titles and \$7500 in Twin Cities Marathon
- Patrick Davis (M40, 1:28:42) and Katie Vandergraaf (W40, 1:49:47) Speed to Victory in National 25K, Joliet, Ill.
- 19th World Vets 10K Titles Go to Britain's Allan Rushmer (M40, 30:47) and New Zealand's Ngaire Drake (W40, 34:50)



JERRY WOJCIK
Greg Coats, M45 high jumper, 2006 USA Masters Championships, Charlotte, N.C.

USATF 28th Annual Meeting Masters Track & Field Committee Nov. 29 – Dec. 3, 2006

Hyatt Regency & Westin Hotel
Indianapolis, Indiana

Schedule – Updated

Tuesday, November 28, 2006

7pm – 9pm Masters Regional Coordinators

Wednesday, November 29, 2006

8am – 11am Masters T&F Executive Committee
2pm – 6pm Masters T&F Awards Committee
7pm – 10pm Opening General Session

Thursday, November 30, 2006

8am – 10am General Competition Division
10am – 1pm Masters T&F Roll Call of Delegates – Election of Chair
12pm – 2pm Joint T&F/LDR Hall of Fame Subcommittee
2pm – 6pm Masters T&F
7pm – 11pm Welcome Reception

Friday, December 1, 2006

8am – 1pm Masters T&F
Roll Call of Delegates
Presentation & Voting for I/O Championships
Reports on Future Awarded Championships
2pm – 4pm Joint Session T&F/LDR
4pm – 6pm Northwest Masters Regional

Saturday, December 2, 2006

7am – 9am USATF Awards Breakfast Buffet
9am – 10am General Competition Committee
10am – 2pm Masters T&F
2pm – 5pm Executive Committee Meeting
6:30pm Jesse Owens/Hall of Fame Reception & Induction Ceremony

Sunday, December 3, 2006

8:30am – 10am USATF Closing General Session

USATF 28th Annual Meeting Masters Long Distance Running Committee Nov. 29 – Dec. 3, 2006

Hyatt Regency & Westin Hotel
Indianapolis, Indiana

Schedule

Wednesday, November 29, 2006

8am – 11am Masters LDR Executive Committee
7pm – 10pm Opening General Session

Thursday, November 30, 2006

10am – 12pm Masters LDR
Distribute Nominations for Runners of the Year
Solicit Nominations for the Otto Essig Award
Chairman's Report
Consideration of Rule Changes Concerning Masters LDR
Nominations for Committee Officers
12pm – 2pm Joint T&F/LDR Hall of Fame Subcommittee
7pm – 11pm Welcome Reception

Friday, December 1, 2006

12pm – 2pm Masters LDR
Election of Officers
Decision on Age-Group Runners of the Year
Championship Bids
Budget Report
2pm – 4pm Joint Session T&F/LDR
WMA Reports
National Masters News
Masters Hall of Fame
Common Concerns

Saturday, December 2, 2006

7am – 9am USATF Awards Breakfast Buffet
2pm – 4pm Masters LDR
Records Report
Reports from MUT and XC Council
Reports from Other Committee Representatives
Appointments to Executive and Other Committees
Unfinished Business / New Business / Adjournment
6:30pm Jesse Owens/Hall of Fame Reception & Induction Ceremony

Sunday, December 3, 2006

8:30am – 10am USATF Closing General Session



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Improper Running Surface Can Cause Injury

One of the most common causes of running injury is improper running surface. Not all of us can access every type of surface, and there are times when we are relegated to a hard, unforgiving surface that causes pain and discomfort. There are pros and cons to various types of running surface and following are some guidelines to dealing with injury.

Dirt and Grass

Dirt and grass surfaces offer the lowest impact on the body. There is natural shock absorption, and nothing is better than running on a nice golf course type of grass. However, there can be a problem with irate golfers who believe the golf course should be for golfers only.

On the con side, you are more prone to twist an ankle due to irregularities in the

softer surface. Dirt trails can contain rocks and roots that are easy to trip over.

Treadmills

There has been considerable controversy regarding treadmills. On the positive side, you have a nice smooth, level and cushioned surface which you can adjust. With pre-set programs, you can adjust for different speeds and incline. Some units offer thick orthopedic tread-

belts for additional shock absorption.

An added advantage is that you can run in any weather. Most of us in California have no idea what it's like to run on ice and snow, but we hear it's not fun.

On the other hand, running on a treadmill can be boring. There is nothing like the exhilaration of running outdoors.

Studies have shown that one's gait changes on the treadmill. Runners tend to run back on their heels with an abnormal gait pattern that can cause injury.

Asphalt and Concrete

Asphalt and concrete surfaces are the most common outdoor running surface. These are usually smooth and well maintained. However, running on concrete is ten times harder than asphalt and, as such, offers no shock absorbing capability. Most stress fractures occur on concrete surfaces.

Making the Choice

Ultimately, you have to make a choice. Sometimes this is governed by weather or

the area. If at all possible, try to pick out a surface that is forgiving and will not cause extra shock to the lower extremities.

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

TWENTY-FIVE YEARS AGO November 1981

- Dan Conway, 42, Wins the National 10K (31:02), Then Takes the National 15K a Week Later in 48:29
- Antonio Villanueva, 41, Breezes to an M40+ Victory (2:17:16) in the Nike Marathon
- The first San Juan Masters T&F Meet Draws Nearly 300 Entrants

Athletes Set 37 Records in Halstead Meet

by BOB EVEROSKI

Besides Kansas, athletes from Oregon, Nebraska, Missouri, Texas, Arkansas, and Illinois converged on Halstead (pop. 2000), KS, Aug. 26, to compete in the Sixth Annual Halstead Open & Masters Meet. Thirty-seven meet records were set.

In the M40 100m, Steve Bunn, Belleville, Ill., won the event with an impressive 11.30 meet record, closely pursued by Donald Cottner, Wichita, Kansas, second in 11.50.

The closest 100m race, though, occurred in the M50, with Ron Boleware, Dallas, Texas, winning in a meet record 12.22. He was followed closely by Kirk Burgess (12.36), and William Sellers in 12.68.

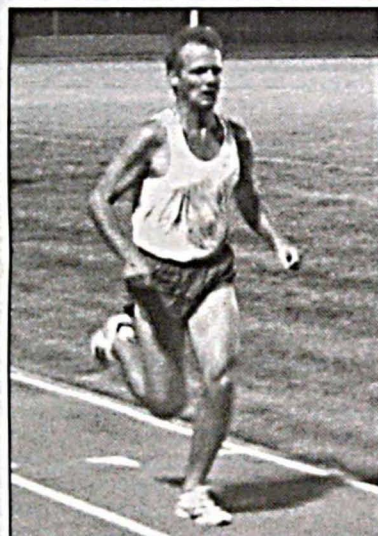
Both Burgess and Sellers are from Wichita. Boleware also won the 200 (25.91).

Bill Lewis, Paradise, Texas, won the M60 100, 200, and 400 in meet record times.

Jeff Hageman, M40, Omaha, Nebr., won the 200 (23.97 and 400 (MR 54.56) meters in the M40 division.

Rod Zook, M40, Hutchinson, Kansas, won the 800 (2:09.38) and the mile (MR 4:52.50).

Ray Burton, M50, Aloha, Ore., was a



Rod Zook, M40 winner of the 800 and mile, Halstead Meet.

double winner in both the shot put (MR 45-10) and discus (MR 166-4).

Scott Herrman, 86, of Wichita, the oldest athlete to compete in the meet, established records in the shot (24-0) and discus (52-7). □

Subscriber Questions?

Call 818-286-3129

Banks Sets AR in Club West Meet

By JERRY WOJCIK

Among the dozen or so trophies awarded for performances at the 2006 Club West Meet was the Robin Paulsen Outstanding Field Performance Trophy, won this year by Willie Banks for breaking the M50 U.S. record in the triple jump.

The meet was held on the Pauley Track on the campus of the University of California-Santa Barbara.

Banks, 50, who already holds the M45 record (14.64/48-0.5), finished with a 14.00/45-11.25, which betters one of the oldest record marks in the books, the 13.19/43-3.25 by David Jackson in 1982.

In other events, Mike Sullivan, M45, posted the day's best in the 100 (11.55), 400 (51.08), and high jump (1.67/5-5.75), and won the 200 (23.25), to win the Jimmie Whitney Hi-Point T&F Trophy.

Joy Upshaw-Margerum, W45, won the 200 (26.60) and 400 (61.94).

Rita Hanscom, W50, took the 100 (13.81) and the 80mH (14.29). Gordon McClenathen, winner of the M70 2000m steeplechase (9:43.56) in the 2006 Masters Championships, won in 9:46.67.

Anneliese Steekelenburg, W55, was the highest woman in the high jump (1.32/4-4) and farthest in the long jump (3.54/11-7.25) and two throws.

The throwers' ranks were well represented in quantity and quality. Hal Smith, M65 shot put world record holder (15.12/51-7), took the M70 contest over several national champions, with a 13.15/43-1.75. Clay Larson, M60, had the farthest put (15.35/50-4.5) of the day.

Louis Jordan, M60, was top man in the discus (43.13/141-6), with Bob Humphreys, M70, a foot back (42.80/140-5).

Ed Burke, M65, who made the 1984 Olympic team as a master, hit the 55.04/180-7 mark in the hammer.



FROM KIYOSHI KONOIKE
Willie Banks, shown here at the 2006 All-Japanese Championships, broke the M50 U.S. triple jump record at the Club West Meet, Santa Barbara.

Kio Shik Song, M80, recorded one of the best marks (33.58/110-2) of the season with the newly adopted 3k hammer, winning him the Paul Spangler Trophy for Best Performance by an Athlete 80+.

Other trophy winners included Larry Lettieri, 58, and Ronald Jordan, 61, who tied for the George Adams Hi-Point Track Award; Bob Ward, 73, Vernon Cheadle Hi-Point Field Award; Kathy Bergen, 66, and Johnnie Valien, 81, who tied for the Pane E Vino Outstanding Woman Athlete Trophy; and Don Cheek, 76, Claude Hardesty Outstanding Track Performance.

The 32nd edition of the meet was sponsored by the City of Santa Barbara, Northern Trust, Santa Barbara AA, Club West, and Pane E Vino Trattoria. □

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Write On!

Continued from page 4

the remarkable people the way.

As a person and a tainly one of the best, a farmer and expert heavy ator until just before his

Although he was re pared to most throwers, when he stepped into t His fellow throwers watching his every thro his graceful, yet rapid t release.

However, I'm sure throughout New Zeala world would agree that modesty and his sincere fellow athletes that ende one who had the good f acquaintance.

Earlier this year, my had the pleasure of st and his wife, Linda, at small village of Utica (the "Gumboot Throw world"). During our v talked at some length ab hammer and weight thr

In the small acreage he had installed a throw he could use when the out of range. In this spe easily picture him in his the spotlight, just doing he enjoyed so much.

We would all do we ideals which Laurie D displayed so well.

When the day com longer throw the hamr without falling down, reflect on the pleasure i a man and fine com whose dignity, modesty ical toughness, and frien my life and the lives o masters athletes. His leg

Godfrey to T NSGA

The National Association (NSGA) ap Godfrey, II, President an Officer, effective Jan. 1. NSGA Chairman Mark on Oct. 4.

Godfrey, 52, succee Bankhead, who retires after a five-year tenure

Godfrey served as nine years and as CEO for the past three years. ciated with NSGA for 2 capacities, including as board member.

During that time, the event, the Summer Games-The Senior Ol by Humana, has grow multi-sport event in the women over the age of

To learn more abo Senior Olympics progr to www.nsga.com. □

Write On!

Continued from page 4

the remarkable people I have met along the way.

As a person and an athlete he was certainly one of the best, and a hard working farmer and expert heavy equipment operator until just before his death.

Although he was relatively small compared to most throwers, Laurie was a giant when he stepped into the throwing circle. His fellow throwers tried not to miss watching his every throw in admiration of his graceful, yet rapid turns, and powerful release.

However, I'm sure his many friends throughout New Zealand and around the world would agree that it was his genuine modesty and his sincere interest in helping fellow athletes that endeared him to everyone who had the good fortune to make his acquaintance.

Earlier this year, my wife, Carol and I had the pleasure of staying with Laurie and his wife, Linda, at their home in the small village of Utica, outside Taihape (the "Gumboot Throwing capital of the world"). During our visit, Laurie and I talked at some length about his passion for hammer and weight throwing.

In the small acreage behind his home, he had installed a throwing circle, which he could use when the cattle were moved out of range. In this special space, I could easily picture him in his element – without the spotlight, just doing something which he enjoyed so much.

We would all do well to perpetuate the ideals which Laurie Devlin lived by and displayed so well.

When the day comes that I can no longer throw the hammer or the weight without falling down, I will continue to reflect on the pleasure it was to meet such a man and fine competitor as Laurie whose dignity, modesty, mental and physical toughness, and friendly spirit enriched my life and the lives of so many fellow masters athletes. His legacy will live on.

Robin Herron
by e-mail

Godfrey to Take Over NSGA Helm

The National Senior Games Association (NSGA) appointed Philip H. Godfrey, II, President and Chief Executive Officer, effective Jan. 1, 2007, announced NSGA Chairman Mark Zeug, in a release on Oct. 4.

Godfrey, 52, succeeds Dr. William H. Bankhead, who retires on Dec. 31, 2006, after a five-year tenure as NSGA's CEO.

Godfrey served as Vice-President for nine years and as CEO of the Association for the past three years. He has been associated with NSGA for 20 years in various capacities, including as a volunteer and board member.

During that time, the NSGA's premier event, the Summer National Senior Games—The Senior Olympics, presented by Humana, has grown to be the largest multi-sport event in the world for men and women over the age of 50.

To learn more about the NSGA and Senior Olympics programs and events, go to www.nsga.com. □

PUBLICATIONS ORDER FORM

Masters Single-Age Records Book (2005 Edition)

Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.

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Masters Track & Field Rankings (2005)

Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

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Masters Track & Field Indoor Rankings (2006)

Indoor rankings for 2006. 4 pages. \$2.00.

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Masters Age-Graded Tables (1994 edition)

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

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Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.

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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.

_____ \$ _____

Competition Rules for Athletics (2006 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$13.00.

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WMA Handbook (2006-2008)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$10.00

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The Complete Guide to Running: How to be A Champion from 9 to 90.

By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.

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

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2006 Road Race Management Directory

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

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Masters Racewalking

By LENNY PARRACINO
with ELAINE WARD

Arming the Hamstrings – Part I

To recap last month's article: In regular walking, the knees bend slightly to aid forward movement. This flexion enables the ankle and foot to absorb ground force at heel contact. In contrast, when the knee is held straight in racewalking, the leg acts more like a rod hitting a hard surface. The normal calcaneal eversion of the ankle/foot is handicapped so that each heel strike sends little percussive shocks up the leg.

Whenever a normal function is altered within the movement system, the body is going to have to rely more on adjacent structures. Interestingly, this is exactly what leads to overloading and dysfunction. Many sports have rules that create problems for the human body.

In rowing, many rowers have back problems. Certain forms of dance often create sacroiliac problems. Sports are full of risks. Injury prevention depends on paying attention to the risks, how they affect your body and how you can compensate for them.

Straight Knee Rule

Arming the hamstrings with a successful conditioning and injury prevention strategy depends on understanding how the Straight Knee Rule affects you. As the hamstrings are the major dynamic controller of the knee, when one of the knee's functions is essentially eliminated, the hamstrings are forced into a compensatory role.

Just as you would feel overworked if some of your co-workers didn't show up and you had to do the same volume of work, so the hamstrings get overworked when the functions of the knee, ankle and foot are reduced. And just as you might get cranky as you tire, so the hamstrings can get very cranky over time.

Hamstring Perspective

Let's consider racewalking from the hamstrings' perspective. In regular walking the ankle and foot absorb ground force and move you forward. The tibia and fibula move up and over the foot, giving an inferior dynamic stability to the lower leg muscles. The hamstrings function normally at their knee and hip attachments as the body progresses over the foot.

In racewalking the ankle and foot are compromised. Their reduced ability to absorb ground force alters the reaction of the lower extremities. Unless other elements of the technique help compensate, the hamstring attachments at the knee and hip are under repetitive stress.

A quick qualification needs to be made here. When the transverse (rotational) function of the knee is essentially locked out, you minimize the normal function of many other muscles. Some pain around the knee may be associated with the hamstrings when in fact it may be a gastrocnemius problem or a popliteus problem.

However, you never hear someone say, "I have a popliteus problem." They know the hamstrings and think they have a hamstring problem.

Opposite Effects

To take this a bit further, hamstring problems are not always directly related to the structures above or below them. Problems commonly manifest on the strong side of your body, the side that moves the best and works the hardest to compensate for a weakness on the other

side.

For instance, the right side of the body may exhibit more weakness than the left side. Many times this imbalance will show up as an "itis" on the left side, the strong side that works more. Or perhaps you have experienced pain under your right butt, the area where the proximal hamstring attaches. A possible cause is weakness and inefficiency in your left upper body. Or if you have had pain around your left knee, a possible cause is weakness in your right ankle.

Conditioning

An effective conditioning program for the hamstrings minimizes the negative effects of the Straight Knee Rule. You want to get optimum mobility in the ankle/foot partnership as well as optimum motion in the hips to make up for what the knee can't do. The knee as much as says, "Hey foot, go to work. Hey hips, go to work. I am hanging here unable to do what I am supposed to do."

To set up a conditioning program that effectively deals with the Straight Knee Rule, take the time to evaluate just how well, or not so well, your ankles/feet and hips move as you are racewalking.

And how about your hamstrings? Do you feel any tightness, stiffness or pain up and down the back of your thigh, or, specifically, around your knees or below your butt? If not, have you had problems in the past? The injuries and stresses you have had in the past remain in the memory of your cells.

Weakest Link

Visualize six oarsmen in a boat. Five have compatible strength and the sixth is slightly weaker. The boat will be pulled in the path of strength. And that is what the body does. The body always follows the path of least resistance. It operates from a position of strength not weakness.

My point here is that, regardless of who you are, what age, what pathology or orthopedic history you have, you have a personal threshold of function. You function in a certain way within the context of gravity, ground reaction, momentum and mass.

Because your way of dealing with these forces is individual and may be asymmetrical, there is no uniform strategy for conditioning your hamstrings. You want to select exercises that are compatible with overcoming weakness in your racewalking technique.

Exercises for Racewalking

Muscles react to the environment in which they are placed. Consequently, effective stretching and strengthening exercises for racewalking need to use your muscles as they are used in racewalking.

Most popular stretches are often decades old and may be irrelevant to your specific sport. They often address symptoms, not causes; muscles, not functions.

Moore Takes Women's 5K RW

Sharp Wins Again in Masters 5K RW

Ray Sharp solidified his candidacy as Masters Racewalker of the Year by winning the masters race in the American Way USATF Open/Masters 5K Championships in Kingsport, Tenn., on Oct. 7.

Earlier in the season, Sharp, 46, Atlantic Mine, Mich., had placed first racewalker overall in the 15K Championships, Bloomington, Minn., and 40K Championships, Ocean Township, N.J.

In the 5K, Sharp, competing for Varsano's Chocolates, was third male in 22:18, a good three minutes ahead of Klaus Thiedmann, 48, Chicago, Ill., and better than his overall first-place 22:34 in 2005.

Another Michigander, Leon Jasionowski, 62, posted the best M60+ performance of the race with a sixth-place 25:41.

Jack Starr, 78, Newark, Del., won the M75 division with a 32:24, three seconds better than his 2005 winning time.

Jolene Moore, 40, Northbrook, Ill., successfully defended her 2005 title with a first-female overall 24:32, about a half-minute slower than her 2005 time. Lynn Tracy, 54, Racine, Wisc., was fourth in 27:29.

Kathy Frable, 61, Ivins, Utah, edged Jolene Steigerwalt, 62, San Diego, Calif., by three seconds to win the W60

Such exercises are routinely done standing, sitting or lying.

Now ask yourself, how are these positions related to the way you use your hamstrings racewalking? Do the exercises counter the specific problems dictated by the Straight Knee Rule?

A major reason sitting and lying stretches do not correlate to walking is that they do not relate to the forces of gravity and ground reaction the same way as in walking.

As soon as you change your body position relative to the constant force of gravity, it changes your muscles' activity. Similarly, as soon as you shift from static stretches to walking, it changes the way your muscles respond.

One-Dimensional Exercises

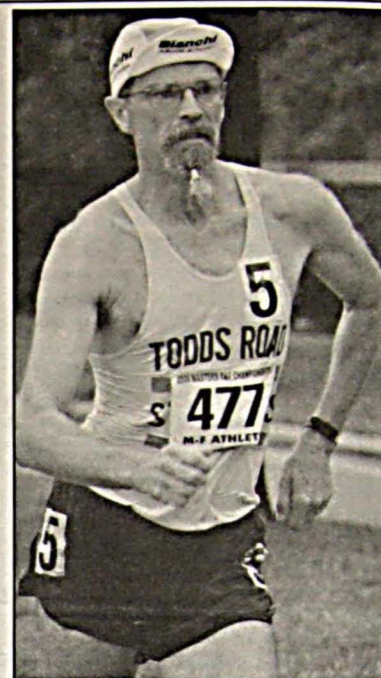
Another reason is that these exercises may be one-dimensional. They stretch one set of muscles without addressing the other muscles involved in doing a task.

For example, if you stretch your hamstrings to relieve tightness without addressing your feet, it may feel good but have no long-term benefit. Why? You probably aren't addressing the cause of the tightness. As we have noted before, the way the ankles and feet work in racewalking affects the hamstrings.

It may not be easy for you to accept the irrelevance of the stretches and strengthening exercises you have been doing for years. You may say, "You can't tell me that stronger hamstrings don't help leg flexions."

Yes, they do. If you lie down and do sets of them, you may be sore the next day. However, in racewalking the hamstrings don't do leg flexions. Then you may protest, "Hey wait a minute. Can't the hamstrings flex the knee?"

Yes they can, but in walking they don't. If they do, it is inefficient. The body is always trying to be economical.



JERRY WOJCIK
Tony Hackney, second M50 (62:11), 10K race-walk, 2006 USA Masters Championships.

title with a 31:20. In 2005, Steigerwalt won the race in 31:18 with Frable second in 31:50.

The 2007 5K Championships will be held in Kingsport and again directed by Bobby Baker. □

It is not trying to work hard.

It would make no sense for the hamstrings to flex the knee. If they did, you would be kicking butt with each foot as you walked along.

Finally, you might argue, "But I want to do crunches, because I want to feel it here in the abdomen."

Yes, you do feel crunches in your abdomen and the feeling gives you a sense of doing something positive. This mindset is the hardest thing to get over.

Force of Habit

We get habituated to the sensations that we experience versus the true reaction that we should have. It is tough for a lot of people who are addicted to certain exercises to think in terms of their actual relevance to their sport.

As far as the hamstrings go, you can talk about the hamstrings in running, racewalking and soccer interchangeably – all are dealing with upright function.

Do the hamstrings flex the knee in racewalking? No. Do the hamstrings flex the knee in running? No. Gravity flexes the knee.

Three of the major contributors to Arming the Hamstrings in racewalking are: Correct Posture, Full Hip Rotation and Ankle/Feet Flexibility.

Next month, Part II of this article will address the role of posture in both causing and preventing hamstring injury. □

(Lenny Parracino is a nationally recognized movement and soft tissue therapist. He is the founder of Kinetic Conditioning which is an eclectic form of individualized conditioning. Lenny and his team are frequently featured nationally and, recently, internationally. If you are seeking new ways of improving your performance or are suffering an acute or nagging injury, he can be reached at lenny@kineticconditioning.net. Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)



Weren't You Than To

In his Third Wind... feats of yesteryear... book by David P. Lennox... tioned in the book is... 1900s did a running h... weights, of 14-11 lb... (1.62m). Mike quote... weights is not stated... tance, just as they we...

Recently I read... Lenoir, D.D. Clerco... (Journal of Sports Sc... Vol. 23, pages 1033-... 'how' and 'why' of... long jump with wei... symmetric jump in... found the scientific... authors, the theory... the experiments they... ducted to test their... The results of their... very persuasive in ex... been considered "am... of ancient Greeks."

A Look Back

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While the discus... ance appears to be ir... performances, consi... nique and the wei... ancient Greeks, Pha... performance is 80%... Powell's world recor... 1/2). Such discrepa... Greek and the Amer... is incomprehensible... we consider evide... Greek jumpers used... during the jump (see...

An Explanatory

Based on survivin... torial sources, Ler... authors have devel... hypothesis regarding... jump and the role of...

They argue that... long jump was a con... of five broad jumps... hand-held weights i... fit of the parallel arm... they tested their hyp... tally, comparing j... with and without we...

In this hypothesis... the jump is equal... individual jumps, si... the athlete regain...



Masters Science

By AVITAL SCHURR

Were the Greeks Better Athletes Than Top Athletes of the Modern Era?

In his Third Wind column (July NMN), Mike Tymn described amazing athletic feats of yesteryear. Many of these feats, according to Mike, are recorded in a book by David P. Willoughby titled *The Super Athletes*. One of the feats mentioned in the book is attributed to an Englishman, John Higgins, who in the early 1900s did a running high jump of 6-8 3/4 (2.05m) and a standing broad jump, with weights, of 14-11 1/2 (4.56m). Amazingly, John Higgins stood only 5-3 3/4 (1.62m). Mike quoted from Willoughby's book that, although the amount of the weights is not stated, they were held and swung to give added momentum and distance, just as they were used by ancient Greek athletes in the running broad jump.

Recently I read an article by M. Lenoir, D.D. Clercq, & W. Laporte (*Journal of Sports Sciences*, Oct. 2005, Vol. 23, pages 1033-1043), titled "The 'how' and 'why' of the ancient Greek long jump with weights: A five-fold symmetric jump in a row?" I have found the scientific approach of the authors, the theory they advance and the experiments they designed and conducted to test their theory appealing. The results of their experiments are very persuasive in explaining what has been considered "amazing long jumps of ancient Greeks."

A Look Back

According to Lenoir and his colleagues, a Greek athlete from the 5th century B.C., named Phayllos, is said to have set a record long jump with weights during the pentathlon of the Delphic Games, which included a running contest, javelin throwing, long jump and, finally, a wrestling contest.

His exploit was recorded in the following translated epigram: "Phayllos jumped five feet more than 50 feet, and threw the discus five feet less than 100 feet." The Delphic foot measured 29.6cm, translating to a long jump of 16.28m by Phayllos and a discus throw of 28.12m.

While the discus throwing performance appears to be in line with today's performances, considering the technique and the weights used by the ancient Greeks, Phayllos's long jump performance is 80% better than Mike Powell's world record of 8.95m (29-4 1/2). Such discrepancy between the Greek and the American performances is incomprehensible, especially when we consider evidence that ancient Greek jumpers used hand-held weights during the jump (see Fig. 1).

An Explanatory Hypothesis

Based on surviving written and pictorial sources, Lenoir and his co-authors have developed a plausible hypothesis regarding the ancient long jump and the role of the weights in it.

They argue that the ancient Greek long jump was a continuous succession of five broad jumps, during which the hand-held weights increased the benefit of the parallel arm swing. Moreover, they tested their hypothesis experimentally, comparing jumping distances with and without weights.

In this hypothesis, the total length of the jump is equal to the sum of five individual jumps, since after each jump the athlete regains balance, stands

upright and then prepares for his next jump with one or more preliminary swings.

The authors of the hypothesis argued, and then proved, that a considerable distance can be gained by performing all five jumps in one continuous movement, so that the landing position of one jump is the dynamical starting position for the next jump.

This is compatible with the use of the weights: at touchdown, the jumper brings his arms backwards to counter the forward rotation of his body. After touchdown, the weights are immediately swung forward during the forced flexion of the hip, knee and ankle, and during the extension phase of the next take-off.

Important Data and Considerations

From the ancient sources, it appears that Greek pentathletes jumped from a take-off board made of wood or stone called the bator. From the bator on there was a landing pit (skamma) of 50 feet long of dug out, leveled sand.

After his jump the jumper placed a wooden peg (semeion) in the sand to mark his performance (see Figure 1 in which such pegs are shown below the jumper). Long jumpers used hand-held weights made of stone or metal.

From remains of such weights found in the vicinity of ancient Greek competition sites, their weight ranges from 1 to 4.6kg with about 70% of the specimens weighing between 1.5 and 2.5kg.

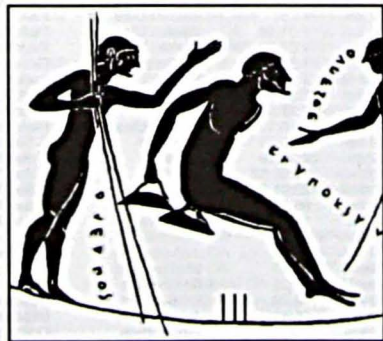


Figure 1. A drawing of a Greek jumper just before landing holding weights in his hands, found on a pitcher (London, British Museum, GR 1847.8-6.26, sixth century B.C.)

Effects of Hand-held Weights

Undisputed is the fact that ancient Greek jumpers used weights in both hands during the jump. The weights bring the feet steadily to the ground for a balanced landing, which was impor-



Keith Cooper, M45 high jumper, 2006 USA Masters Championships.

JERRY WOJCIK

tant, since the rules stated that a jump could only be measured if there was a clean impression of the feet in the sand.

It has recently been reported that the arms contribute significantly to maintaining balance during the flight and landing phase in the standing horizontal jump.

The backward arm swing during the flight phase enables the jumper to remedy excessive forward rotation about his center of mass by creating a local angular momentum in the same direction.

The weights make the compensating role of the arm swing even more prominent. Some argue that the ancient Greek jump was actually the modern triple jump with weights.

However, this hypothesis has not passed practical tests: running with weight is not very comfortable and the weight causes coordination problems during jumps, even in well-trained athletes.

Actually, athletes did not manage to triple jump much more than 10m when using hand-held weights. In contrast, hand-held weights of 2.5kg each provided an advantage of 15-20cm in a single standing long jump and facilitated a stable landing.

Experiment Results

Four male physical education students, aged 19-22 years, body mass 68-90kg (150-198 lb), height 1.80-1.92m (5-11 - 6-4), with experience in symmetric jumping activities volunteered for the experiment. Three were track & field athletes, the fourth played volleyball competitively.

The athletes trained in eight training sessions over eight weeks for the experiment. Each training session consisted of a warm-up followed by a series of barefoot single and five-fold broad jumps, half of the trial with weights of 2.3kg (5 lb) each.

After the training period the athletes performed 10 maximal single standing broad jumps with and without weights, and 10 maximal five-fold broad jumps with and without weights. The trials were spread over several sessions. Jumping distance is defined as the distance between the toes at take-off and the heels at landing.

The average distance jumped in the five-fold unloaded jump was 13.88 ±0.70m (ranging from 12.60 to 14.75m). Using hand-held weights increased the average distance to 14.64 ±0.76m (ranging from 13.64 to 15.63m).

This increase was statistically significant. On average, the gain was 15.8cm in a single jump and 15.2cm per jump in the five-fold continuous jump.

The authors concluded that using the forward and backward swing of hand-held weights enables jumping performances of over 15m, comparable to the record jump of Phayllos (16.28m).

Reconsidering John Hill's performance, mentioned at the opening, of 4.56m (14-11 1/2) in the broad jump with weights, one can calculate that if he had done the five-fold continuous jump used in the present experiment, he would jump at least, believe it or not, 23.56m (77-4). Amazing! □

(Avital Schurr can be contacted by e-mail at a0schu01@louisville.edu)

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USA Track & Field Masters Road Records

Compiled for USATF by Andy Carr, Atlanta Track Club
For corrections or questions, contact office@atlantatrackclub.org

Key to Codes:

p = Pending - completed application needed from the event

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

MASTERS MEN						DIST	MARK	NAME	ATHLETE'S RESIDENCE	RACE SITE	RACE DATE
						10 km	34:27	Jim O'Neil	La Jolla, CA (60)	Alameda, CA	1985-Aug-04
						12 km	43:43	Jack Nelson	Winnetka, IL (60)	Orlando, FL	2000-Feb-26
						15 km	54:20	Norm Green	Wayne, PA (60)	Tampa, FL	1993-Feb-27
						20 km	1:15:15	Norm Green	Wayne, PA (60)	Washington, DC	1993-Apr-04
						Half-Mara	1:16:55	Norm Green	Wayne, PA (61)	New Haven, CT	1992-Sep-07
5 km	14:13	Eddy Hellebuyck	Albuquerque, NM (42)	Providence, RI	2003-Sep-07	25 km	1:36:20	Alex Ratelle	Edina, MN (62)	Philadelphia, PA	1993-Sep-19
8 km	21:35a	Craig Young	Colorado Springs, CO (42)	Alta, UT	1998-Sep-19	30 km	1:59:22	Patrick Devine	San Pedro, CA (60)	Minneapolis, MN	1986-Sep-14
10 km	29:05	Eddy Hellebuyck	Albuquerque, NM (42)	Salt Lake City, UT	2003-Sep-28	Marathon	2:42:44	Clive Davies	Portland, OR (64)	Ventura, CA	1989-Feb-12
12 km	36:12	John Tuttle	Draper, UT (42)	Orlando, FL	2004-Jul-24	50 km	3:35:51	Malcolm Gillis	Toney, AL (61)	Portland, OR	1979-Oct-28
15 km	45:10	Eddy Hellebuyck	Douglasville, GA (40)	Jacksonville, FL	1999-Feb-20	100 km	6:39:55	Bernad Heinrich	Hinesburg, VT (61)	Dallas, TX	1995-Jan-21
20 km	1:03:06	Paul Pilkington	Roy, UT (40)	St. Petersburg, FL	1998-Oct-17	100 mi.	8:58:04	Ray Piva	San Francisco, CA (64)	Brunswick, ME	2001-Oct-27
Half-Mara	1:03:23	Mbarak Hussein	Roy, UT (40)	New Haven, CT	1999-Sep-06	1,000 mi.	18:02:35	Dwaine Batt	Gold River, CA (60)	San Francisco, CA	1991-Apr-20
25 km	1:18:08	Steve Plascencia	Albuquerque, NM (40)	Philadelphia, PA	2005-Sep-18	12 hr.	113,136 m	John Wallis	Ludington, MI (63)	Sacramento, CA	1995-Nov-11
30 km	1:38:16	Mbarak Hussein	Shoreview, MN (40)	Minneapolis, MN	1997-Sep-07	24 hr.	609,414 m	Dwaine Batt	Gold River, CA (60)	Jamaica, NY	2000-Jun-18
Marathon	2:15:15a	Doug Kurtis	Albuquerque, NM (40)	Grand Rapids, MI	2005-May-14	144 hr.	617,988 m (p)	Ed Rousseau	Minneapolis, MN (63)	New York, NY	2003-Apr-26
	2:17:02	Barry Brown	Northville, MI (42)	Hamilton/Ont, CAN	1994-Mar-27						
	2:15:5a	Kenneth Judson	Glens Falls, NY (40)	Minneapolis, MN	1984-Sep-30						
	2:12:46 (p)	Eddy Hellebuyck	Pittsburgh, PA (40)	Huntsville, AL	1990-Dec-08						
50 km	3:00:00	Jeff Wall	Albuquerque, NM (42)	Minneapolis, MN	2003-Oct-05						
	2:59:36a	Bruce Mortenson	Daly City, CA (40)	San Francisco, CA	1982-Nov-06						
50 mi.	5:10:13	Bernad Heinrich	Minnetonka, MN (44)	Duluth, MN	1988-Oct-22						
100 km	6:38:21	Bernad Heinrich	Burlington, VT (41)	Chicago, IL	1981-Oct-04						
100 mi.	13:15:50	Roy Pirrung	Sheboygan, WI (40)	Queens, NY	1989-Apr-01						
12 hr.	144,840 m	Roy Pirrung	Sheboygan, WI (40)	Queens, NY	1989-Apr-01						
24 hr.	254,200 m	John Geesler	St. Johnsville, NY (41)	Sylvania, OH	2000-Sep-16						
48 hr.	400,000 m (p)	John Geesler	St. Johnsville, NY (44)	Litchfield Park, AZ	2003-Dec-30						
					</						

DIST	MARK	NAME	ATHLETE'S RESIDENCE	RACE SITE	RACE DATE
12 hr.	73,439 m	Wilfredo Rios	Bellerose, NY (80)	Queens, NY	1997-Jun-14
24 hr.	84,506 m (p)	Lloyd Young	Pine City, MN (81)	Minneapolis, MN	2005-Jun-04
	117,787 m	Howard Henry	Plymouth, IN (80)	Sylvania, OH	2001-Sep-15
48 hr.	123,468 m (p)	Lloyd Young	Pine City, MN (81)	Minneapolis, MN	2005-Jun-04
144 hr.	177,027 m	Ted Corbitt	New York, NY (82)	New York, NY	2001-Apr-29
	487,631 m	Ted Corbitt	New York, NY (82)	New York, NY	2001-Apr-29

Men 85-89					
5 km	27:42	Bill Nice	Newport Beach, CA (85)	Los Alamitos, CA	2001-Feb-24
10 km	58:50	Paul Spangler	San Luis Obispo, CA (85)	Raleigh, NC	1984-May-03
15 km	1:32:00	Paul Spangler	San Luis Obispo, CA (85)	El Paso, TX	1984-Oct-13
	1:30:24 (p)	Henry Sypniewski	Cheektowaga, NY (85)	Utica, NY	2003-Jul-13
10 mi.	1:55:36	Mei Shine	Medford, OR (85)	Medford, OR	1994-Apr-09
30 km	4:39:30	Paul Spangler	San Luis Obispo, CA (89)	Clarksburg, CA	1988-Nov-13

Men 90-94					
5 km	40:32	Lloyd Walters	Bridger, MT (91)	Tucson, AZ	1992-Jan-26
8 km	56:10	Paul Spangler	San Luis Obispo, CA (91)	Palo Alto, CA	1990-Mar-25
10 km	1:14:49	Paul Spangler	San Luis Obispo, CA (90)	Paramount, CA	1990-Jan-20
15 km	2:35:00	Paul Spangler	San Luis Obispo, CA (91)	Portland, OR	1990-Jun-17
10 mi.	2:35:52	James Ramsey	Detroit, MI (90)	Flint, MI	1998-Aug-22
Mara	6:54:25	Ernest Van Leeuwen	Encino, CA (90)	Los Angeles, CA	2003-Mar-02
	6:46:34 (p)	Ernest Van Leeuwen	Encino, CA (92)	Los Angeles, CA	2005-Mar-06

Men 95-99					
5 km	48:55	Marion McAnelly	Oklahoma (95)	Stilwell, OK	1995-May-13

MASTERS WOMEN

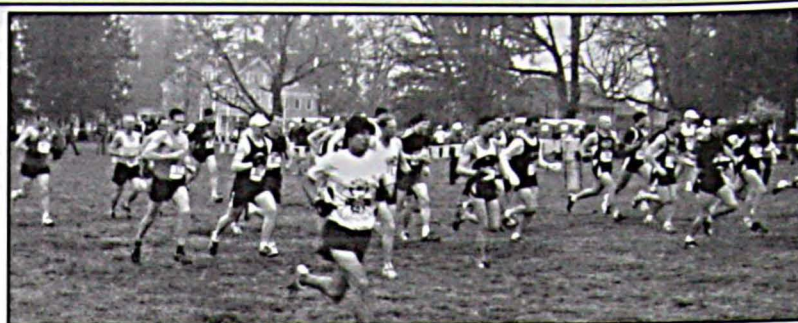
DIST	MARK	NAME	ATHLETE'S RESIDENCE	RACE SITE	RACE DATE
Women 40-44					
5 km	15:44a	Ruth Wysock	Canyon Lake, CA (40)	Las Vegas, NV	1997-Sep-20
	15:48	Colleen De Reuck	Boulder, CO (40)	Albany, NY	2004-Jun-05
8 km	26:19	Ruth Wysock	Canyon Lake, CA (40)	Newport Beach, CA	1997-Jul-12
10 km	32:50	Colleen De Reuck	Boulder, CO (40)	New York, NY	2004-Jun-12
	32:30a	Colleen De Reuck	Boulder, CO (40)	Atlanta, GA	2004-Jul-04
12 km	40:48	Colleen De Reuck	USA (40)	Spokane, WA	2004-May-02
15 km	49:51	Colleen De Reuck	Boulder, CO (40)	Jacksonville, FL	2005-Mar-12
10 mi.	56:05	Laurie Binder	Oakland, CA (44)	Flint, MI	1991-Aug-24
20 km	1:08:47	Colleen De Reuck	Boulder, CO (41)	New Haven, CT	2005-Sep-05
Half-Mara	1:13:57	Laurie Binder	Oakland, CA (44)	Philadelphia, PA	1991-Sep-15
	1:13:54a	Honor Fetherston	Mill Valley, CA (40)	Las Vegas, NV	1995-Feb-04
25 km	1:25:15	Colleen De Reuck	Boulder, CO (41)	Grand Rapids, MI	2005-May-14
30 km	1:54:00	Carol McLatchie	Houston, TX (41)	Sugar Land, TX	1992-Dec-12
Mara	2:28:40	Colleen De Reuck	Boulder, CO (41)	Chicago, IL	2005-Oct-09
50 km	3:44:32	Jan Kreuz	Cincinnati, OH (41)	Columbus, OH	1988-Oct-30
50 mi.	6:19:05	Jan Kreuz	Cincinnati, OH (41)	Columbus, OH	1989-Apr-09
100 km	8:33:07	Lorraine Gersitz	Fullerton, CA (41)	Windschoten, NLD	1995-Sep-16
	8:23:24 (p)	Tania Pacev	Boulder, CO (43)	Torhout, BEL	2002-Jun-21
100 mi.	15:05:52	Sue Ellen Trapp	Lehigh, FL (44)	Queens, NY	1990-May-05
12 hr.	128,747 m	Randi Bromka	Aspen, CO (40)	Sacramento, CA	1992-Dec-30
24 hr.	222,556 m	Randi Bromka	Aspen, CO (40)	Sacramento, CA	1992-Dec-31
	225,565 m (p)	Stephanie Ehret	Boulder, CO (41)	Brno, CZE	2004-Oct-23
144 hr.	627,949 m	Suprabha Beckjord	Washington, DC (43)	Jamaica, NY	1999-Jun-25

Women 45-49					
5 km	16:55	Carmen Troncoso	Austin, TX (45)	Albany, NY	2004-Jun-05
8 km	27:45	Carmen Troncoso	Austin, TX (45)	New York, NY	2005-Mar-26
10 km	34:40a	Barbara Filutze	Erie, PA (45)	Pittsburgh, PA	1991-Sep-29
	35:30	Carmen Troncoso	Austin, TX (45)	New York, NY	2004-Jun-12
	35:27 (p)	Carmen Troncoso	Austin, TX (45)	Houston, TX	2005-Feb-26
12 km	43:38	Nancy Grayson	Northville, MI (45)	Evansville, IN	1995-May-13
15 km	54:58	Gabriele Andersen	Sun Valley, ID (45)	Portland, OR	1990-Jun-17
10 mi.	59:15	Barbara Filutze	Erie, PA (46)	Flint, MI	1992-Aug-22
20 km	1:14:13	Barbara Filutze	Erie, PA (46)	New Haven, CT	1992-Sep-07
Half-Mara	1:18:12 (p)	Lee DiPietro	Ruxton, MD (45)	Philadelphia, PA	2003-Sep-21
25 km	1:33:19	Debra Wagner	Perrysburg, OH (47)	Grand Rapids, MI	1999-May-08
30 km	1:59:25	Shirley Matson	Solana Beach, CA (48)	Clarksburg, CA	1988-Nov-13
Marathon	2:42:28	Joan Benoit Samuelson	Freeport, ME (45)	Chicago, IL	2002-Oct-13
50 km	3:32:34	Sandra Kiddy	Palm Springs, CA (47)	Tallahassee, FL	1983-Dec-17
50 mi.	6:09:09	Sandra Kiddy	Palm Springs, CA (47)	Columbus, OH	1984-Apr-01
100 km	7:59:59	Sandra Kiddy	Palm Springs, CA (45)	Chicago, IL	1982-Oct-03
100 mi.	15:12:54	Sandra Kiddy	Palm Springs, CA (49)	Tallahassee, FL	1985-Dec-14
12 hr.	127,777 m	Sue Ellen Trapp	Lehigh, FL (47)	Sylvania, OH	1993-Sep-19
24 hr.	233,816 m	Sue Ellen Trapp	Lehigh, FL (47)	Sacramento, CA	1993-Nov-15
48 hr.	360,090 m	Sue Ellen Trapp	Mason, MI (45)	Sacramento, CA	1995-Nov-11
144 hr.	501,712 m	Sally Middleton			

Women 50-54					
5 km	17:28	Shirley Matson	Moraga, CA (50)	Carlsbad, CA	1991-Apr-14
8 km	28:55	Shirley Matson	Moraga, CA (50)	Palo Alto, CA	1991-Mar-24
10 km	35:57	Shirley Matson	Moraga, CA (50)	Orlando, FL	1991-Mar-02
12 km	44:56	Shirley Matson	Moraga, CA (52)	Spokane, WA	1993-May-02
15 km	54:34	Shirley Matson	Moraga, CA (50)	Jacksonville, FL	1991-Mar-09
10 mi.	1:02:01	S. Rae Baymiller	New York, NY (51)	Flint, MI	1994-Aug-27
20 km	1:17:43	Kathryn Martin	Northport, NY (52)	New Haven, CT	2004-Sep-06
Half-Mara	1:19:40	S. Rae Baymiller	New York, NY (50)	Philadelphia, PA	1993-Sep-19
	1:18:42a	Joan Ottaway	Sonoma, CA (51)	Las Vegas, NV	1996-Feb-11
25 km	1:38:36	S. Rae Baymiller	New York, NY (51)	Minneapolis, MN	1994-Sep-11
30 km	2:00:41	Shirley Matson	Moraga, CA (50)	Clarksburg, CA	1990-Nov-11
Marathon	2:50:26	Shirley Matson	Moraga, CA (50)	Minneapolis, MN	1991-Oct-06
50 km	4:58:39	Sue Ellen Trapp	Fl. Meyers, FL (53)	Sylvania, OH	1999-Sep-18
	4:16:32 (p)	Jan Kreuz	Cincinnati, OH (54)	Pittsburgh, PA	2002-Mar-23
	4:10:47 (p)	Dee Dee Grafius	Modesto, CA (53)	Sacramento, CA	2003-Feb-08
50 mi.	7:47:27	Eileen Eliot	Hollywood, FL (51)	New Preston, CT	1995-Apr-23
100 km	9:43:27a	Mae Horns	Edina, MN (54)	Duluth, MN	1998-Oct-22
	9:50:35	Eileen Eliot	Hollywood, FL (51)	New Preston, CT	1995-Apr-23
100 mi.	16:57:58	Sue Ellen Trapp	Lehigh, FL (50)	Sylvania, OH	1996-Sep-14
12 hr.	117,401 m	Sue Ellen Trapp	Lehigh, FL (50)	Sylvania, OH	1996-Sep-14
24 hr.	221,043 m	Sue Ellen Trapp	Lehigh, FL (50)	Sylvania, OH	1996-Sep-15

Women 55-59					
5 km	18:32	Shirley Matson	Moraga, CA (56)	Carlsbad, CA	1997-Apr-13
8 km	30:10	Shirley Matson	Moraga, CA (56)	Palo Alto, CA	1997-Apr-06
10 km	39:08 (p)	Shirley Matson	Moraga, CA (56)	Kentfield, CA	1997-Sep-01
12 km	49:43	Shirley Matson	Modesto, CA (55)	San Francisco, CA	1995-May-21
	47:36a	Shirley Matson	Moraga, CA (56)	San Francisco, CA	1997-Mar-23
15 km	1:00:38	Shirley Matson	Moraga, CA (56)	San Diego, CA	1996-Nov-16
10 mi.	1:02:39	S. Rae Baymiller	New York, NY (55)	Flint, MI	1998-Aug-22
20 km	1:18:44	S. Rae Baymiller	New York, NY (55)	New Haven, CT	1998-Sep-07
Half-Mara	1:23:09	Shirley Matson	Moraga, CA (55)	Weott, CA	1996-Oct-20
25 km	1:41:01	Shirley Matson	Moraga, CA (56)	San Diego, CA	1996-Nov-16
30 km	2:17:31	Joyce Gaskin	Beaumont, TX (55)	Sugar Land, TX	1992-Dec-12
Marathon	2:52:14	S. Rae Baymiller	New York, NY (55)	Chicago, IL	1998-Oct-11
50 km	3:56:55	Sandra Kiddy	Bishop, CA (55)	Washington, DC	1992-Oct-17
50 mi.	7:44:48	Mary Ann Miller	Piano, TX (56)	Dallas, TX	1993-Jan-16
100 km	8:42:36	Sandra Kiddy	Palm Springs, CA (55)	Palamos, ESP	1992-Feb-16
100 mi.	18:53:03	Sue Ellen Trapp	Fl. Myers, FL (55)	Sylvania, OH	2001-Sep-15
12 hr.	112,364 m	Sue Ellen Trapp	Fort Myers, FL (55)	Sylvania, OH	2001-Sep-15
24 hr.	203,050 m	Sue Ellen Trapp		Sylvania, OH	2001-Sep-15

Women 60-64					
5 km	19:39	Shirley Matson	Larkspur, CA (60)	Sacramento, CA	2001-Aug-11
8 km	34:54	Margret Betz	Conklin, NY (62)	Apalachin, NY	1999-May-21
	32:42a	Barbara Miller	Modesto, CA (60)	Sacramento, CA	2000-Jun-17
	33:08 (p)	Marie-Louise Michelson	Stony Brook, NY (62)	Ronkonkoma, NY	2003-Nov-16
10 km	40:20	Shirley Matson	Larkspur, CA (61)	Paso Robles, CA	2002-Sep-29



JERRY WOJCIK

The start of the men's cross-country race in the USA Masters Championships, Vancouver, Wash. The cross-country season starts with races throughout the U.S. in November.

DIST	MARK	NAME	ATHLETE'S RESIDENCE	RACE SITE	RACE DATE
12 km	50:49	Barbara Miller	Modesto, CA (60)	Spokane, WA	2000-May-07
15 km	1:04:25	Shirley Matson	Larkspur, CA (60)	San Diego, CA	2003-Mar-01
10 mi.	1:08:17	Shirley Matson	Larkspur, CA (60)	Sacramento, CA	2001-Sep-09
	1:07:31 (p)	Shirley Matson	Larkspur, CA (62)	French Camp, CA	2003-Jan-12
Half-Mara	1:29:49	Barbara Miller	Modesto, CA (60)	Weott, CA	1999-Oct-17
25 km	1:58:24	Gloria Brown	Grand Island, NY (62)	Grand Rapids, MI	1994-May-14
30 km	2:21:32	Margaret Miller	Thousand Oaks, CA (60)	Minneapolis, MN	1986-Oct-12
Marathon	3:14:50	Barbara Miller	Modesto, CA (60)	Huntsville, AL	1999-Dec-11
	3:11:57a	Barbara Miller	Modesto, CA (60)	Boston, MA	2000-Apr-17
50 km	5:07:03	Marge Dunlap	Redding, CA (60)	Sacramento, CA	1999-Nov-13
	5:05:34 (p)	Faye Lowrey	Rochester, NH (61)	Brunswick, ME	2004-Oct-16
50 mi.	8:35:19	Dixie Madsen	San Diego, CA (61)	San Francisco, CA	1998-Apr-18
100 km	11:14:14	Dixie Madsen	San Diego, CA (61)	San Francisco, CA	1998-Apr-18
12 hr.	93,052 m	Lorraine Bunk	Eagle, WI (61)	Sylvania, OH	2002-Sep-14
24 hr.	138,693 m	Lorraine Bunk	Eagle, WI (61)	Sylvania, OH	2002-Sep-14

Women 65-69					
5 km	21:16	Margret Betz	Conklin, NY (65)	Syracuse, NY	2001-Sep-30
	21:16 (p)	Barbara Miller	Modesto, CA (65)	San Ramon, CA	2004-Oct-10
8 km	35:00	Margret Betz	Conklin, NY (65)	Ithaca, NY	2001-Sep-16
10 km	43:57	Barbara Miller	Modesto, CA (65)	Paso Robles, CA	2004-Sep-26
12 km	55:15	Barbara Miller	Modesto, CA (65)	Rocklin, CA	2005-Mar-13
15 km	1:08:58	June Machala	Spokane, WA (67)	Tulsa, OK	1998-Oct-31
10 mi.	1:15:01	Eileen Dwyer	Flossmoor, IL (65)	Park Forest, IL	1997-Sep-01
20 km	1:36:08	Margret Betz	Conklin, NY (65)	Vestal, NY	2002-Jun-15
Half-Mara	1:38:48	Barbara Miller	Modesto, CA (65)	Weott, CA	2004-Oct-17
30 km	2:27:54 (p)	Barbara Miller	Modesto, CA (65)	Clarksburg, CA	2004-Nov-14
Marathon	3:36:57	Whayong Semer	Fremont, OH (65)	Columbus, OH	1993-Oct-24
	3:33:08 (p)	Barbara Miller	Modesto, CA (65)	Houston, TX	2005-Jan-16
50 km	4:50:50	Myra Rhodes	Sacramento, CA (67)	Sacramento, CA	1999-Nov-13
50 mi.	9:04:31	Helen Klein	Rancho Cordova, CA (67)	San Francisco, CA	1990-Apr-21
100 km	12:09:17	Helen Klein	Rancho Cordova, CA (67)	San Francisco, CA	1990-Apr-21
12 hr.	78,407 m	Louise Miklovic	Maumee, OH (65)	Sylvania, OH	2003-Sep-13
	78,412 m (p)	Louise Miklovic	Maumee, OH (66)	Sylvania, OH	2004-Sep-11
24 hr.	131,085 m (p)	Louise Miklovic	Maumee, OH (66)	Sylvania, OH	2004-Sep-11

Women 70-74					
5 km	23:56a	Jo Kiesecker	Loveland, CO (74)	Las Vegas, NV	1997-Sep-20
	24:36	Toshiko D'Elia	Ridgewood, NJ (70)	Albany, NY	2000-Jun-03
	24:18 (p)	Toshiko D'Elia	Ridgewood, NJ (70)	Paramus, NJ	2000-Oct-22
8 km	38:46	Hedy Marqu	Alexandria, VA (74)	Alexandria, VA	1992-May-10
10 km	49:13	Myra Rhodes	Sacramento, CA (70)	Paso Robles, CA	2002-Sep-29
12 km	58:22	June Machala	Spokane, WA (70)	Spokane, WA	2001-May-06
15 km	1:16:32a	June Machala	Spokane, WA (70)	Tulsa, OK	2001-Oct-27
	1:20:43	Anny Stockman	Rensselaer, NY (70)	Schenectady, NY	2002-Nov-10
10 mi.	1:20:33	Hedy Marqu	Alexandria, VA (74)	Washington, DC	1991-Oct-13
20 km	1:46:21	Pat Dixon	Bend, OR (70)	Medford, OR	1989-Apr-08
Half-Mara	1:42:18a	June Machala	Spokane, WA (70)	Las Vegas, NV	2001-Feb-04
	1:50:31	Toshiko D'Elia	Ridgewood, NJ (70)	Philadelphia, PA	2001-Sep-16
25 km	2:18:20	Gerry Davidson	Fallbrook, CA (70)	San Diego, CA	1991-Nov-23
30 km	2:59:22	Ellen McCoy	St. Paul, MN (70)	Duluth, MN	1991-May-25
	2:47:08 (p)	Myra Rhodes	Sacramento, CA (70)	Clarksburg, CA	2002-Nov-10
Marathon	3:54:14a	Myra Rhodes	Sacramento, CA (70)	Sacramento, CA	2002-Dec-08
	3:57:04	Ginette Bedard	Howard Beach, NY (71)	New York, NY	2004-Nov-07
	3:46:18 (p)	Ginette Bedard	Howard Beach, NY (72)	New York, NY	2005-Nov-06
50 km	5:44:04	Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19
	4:48:23 (p)	Myra Rhodes	Sacramento, CA (70)	Sacramento, CA	2003-Feb-08
50 mi.	9:55:09	Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19
100 km	12:50:49	Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19
100 mi.	23:29:34	Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19
24 hr.	165,343 m	Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19

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; brc@tiac.net
 Cambridge Running Club, Bob Gillon, 8 Hawkes Ln., Lynnfield, MA 01940; 718-593-9592
 Capitol Hill Road Runners Club, Robert S. Weiner, 1104 Sanford Lane, Accokeek, MD 20607
 Crow Athletics, P.O. Box 1032, Northeast Harbor, ME 04662; www.crowrunning.com
 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; gbtcc@crf.dec.com; www.gbtcc.org
 Greater Long Island RC, 101-24 DuPont St., Plainview, NY 11803; 516-349-7646; 516-349-7647 (fax); www.gilrc.org
 Greater Rochester TC, PO Box 92608, Rochester, NY 14692; 716-872-6652
 Hudson Mohawk Road Runners, PO Box 12304, Albany, NY 12212; 518-435-4500
 Liberty AC, 63 Bridge Street, West Newbury, MA 01985; 978-510-1032; libertyac@hotmail.com; www.libertyac.org
 Maryland Masters T&F Club, c/o Dave Balmer President, 11901 Bracken Ct., Bowie, MD 20720-4480; 301-464-3531 (home); 301-529-5475 (cell)
 Mystic Runners, PO Box 282, Medford, MA 02155, Stephen Viegas, 781-944-3390; stepherviegas@hotmail.com; www.mysticrunners.us
 Nadia Track Club, 1500 Sylvan Terrace, Pittsburgh, PA 15221; Dorel Watley, Pres., 412-244-9812
 National Capital Track Club (GNATS), c/o Karen Erb, 205 W. Myrtle St., Alexandria, VA 22301; 703-549-7779
 New England Walkers, 83 Riverside Av., Concord, MA 01742; 978-369-7912; tknatt@ziplink.net
 New Jersey Striders TC, P.O. Box 885, Maywood, NJ 07067; 201-337-7081
 North Jersey Masters, PO Box 56, Ridgewood, NJ 07451
 NY Masters Club, Rose Ann Gaeta, 75-32 199th Street, Fresh Meadows, NY 11366
 NYRR, 9 E. 89th St., New York, NY 10128, 212-860-4455
 Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028; 212-628-1317; francicash@aol.com
 Peninsula Track Club, Rhonda Venable, http://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, mariewoodland@aol.com
 Philadelphia Masters T&F Assoc., c/o Kyle Medkenberg, President, 7 E. Main St Apt. 3, Lansdale, PA 19446; 215-393-1382; krmack@erols.com
 Pineland Striders, John T. Grady, 3201 Chadbury Rd., Mt. Laurel, NJ 08054; jgradynj@comcast.net
 Pioneer Valley Women's Running Club, Sue Kaplan, 45 Woodside Drive, Longmeadow, MA 01106; 413-567-8563; kaplanjaye@yahoo.com; www.pvwr.org
 PR Racing Team, Scott Brown, 167 Pettingill St., Lewiston, ME 04240; 207-782-0688; runcott1@aol.com
 Potomac Valley Track Club, c/o Bobby Briggs, 6207 Duntley Ct., Springfield, VA 22152; 703-913-6335; email: corrallo@erols.com
 Rhode Island Road Runners, 18 Musket Road, Lincoln, RI 02865; chysen8089@aol.com; 401-725-1725
 Run to Win Ladies - Maine, Coach Brian Gillespie, 36 Colonial Rd., Portland, ME 04102; 207-772-2753
 Shore AC, Donna Cetrulo, 274 Bath Av #14, Long Branch, NJ 07740; 732-222-1348
 Somerville Roadrunners, 58 Day Street, Box 2048, West Somerville, MA 02144; DSSBhudda@aol.com
 Sugarloaf Mt. AC, Box 659, Amherst, MA 01004; 413-586-7411
 Syracuse Chargers TC, 118 Foxcroft Lane, Fayetteville, NY 13066; 315-637-6211
 Taconic Road Runners Club, No. Westchester, NY; 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; chrishrush@prodigy.net; 518-374-6995
 Tri-State TC, Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742
 Westchester Road Runners & Westchester Puma Track Club, 179 East Post Road, White Plains, NY 10601; 914-682-0637; 914-949-4166 (fax)
 Western Pennsylvania Track Club, 1790 Lisa Dr., #4, Indiana, PA 15701; 724-464-2222

SOUTHEAST

All American TC, 20184 Hwy 17, Hampstead, NC 28443
 Atlanta TC, 3097 E. Shadowlawn Av. NE, Atlanta, GA 30305; www.atlantatrackclub.org
 Birmingham TC, P.O. Box 530363, Birmingham, AL 35253; 205-879-5344
 Carolina Masters Track & Field Club, Gordon Edwards; 704-588-6885; gedwards@carolina.rr.com
 Florida AC, 3250 Lakeview Blvd., Delray Beach, FL 33445; 561-499-3370
 Florida TC, P.O. Box 12463, University Station, Gainesville, FL 32604; 904-378-8725
 Greenville TC, P.O. Box 16262, Greenville, SC 29606-7262; 864-235-8260
 Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802; 256-881-9077; harold.tinsley@gte.net; www.huntsvilletrackclub.org
 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, FL; sarasotadon@att.net; www.manasotatrackclub.org
 Maryland Masters T&F Club, Joe Burno, President, 11901 Bracken Ct., Bowie, MD 20720-4480; 301-350-8139(h); 301-442-7333(c); jburno@att.net; http://home.usadatanet.net/opeyton/1
 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
 North Carolina RRC, PO Box 26761, Raleigh, NC 27611; 919-231-0714
 Pony Express Masters TC, PO Box 872, Portsmouth, VA 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
 South Florida Racewalkers, 3331 NW 22nd St., Coconut Creek, FL 33066; racewalker@bellsouth.net; www.southfloridawalkers.org
 Tennessee Masters TC, 2251 Robertson View Point, Sevierville, TN 37876; 865-774-0023; coachr880@bellsouth.net; www.coachr880.tennmasters.tc.htm

MIDWEST

Ann Arbor TC, PO Box 7551, Ann Arbor, MI 48107; 734-663-9740; 734-663-0124 (fax)
 Athletic Ventures, Ann Arbor, MI; Bill Stewart; 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, Maryann Holveas, 603-D Olde Towne Ave., Columbus, OH 43214; holveas2@msn.com; http://home.columbus.rr.com/racewalker/
 Chicago Walkers Club, Nancy Goldman, President, 2909 N. Sheridan Road #1707, Chicago, IL 60657; 773-348-3891; goldnanc@aol.com; www.sekelsky.com/chicagowalkers
 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@kih.net
 Firebird Track Club, 604 Schuyler Drive, Kettering, OH 45429; Doug Weikert - bertieg@aol.com; cgreen@kettering.k12.oh.us
 Greater Evansville Runners/Walkers Club, Evansville, IN; Gordon Benfield, 812-963-9394; msrunner@msn.com; www.gerwc.com
 Indiana Racewalkers Club, P.O. Box 1302, Indianapolis, IN 46206; David Harriman, Pres., 317-679-1403; david_harriman@sbcglobal.net
 Lexington Windjammers Running Club, 182 Donabrook Ct., #6, Lexington, KY 40517-1110; Whit Whitaker, 859-552-9836; www.lexingtonwindjammers.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); motorbreak@aol.com; www.motorcitystriders.com
 Over the Hill TC, 5091 Hickory Drive, Lyndhurst, OH 44124; www.ohthc.org
 Parkside Athletic Club (Racewalk), Kenosha, WI; Mike DeWitt, 414-551-0142
 PUMA Team Jock Stop, 7373 Market Street, Youngstown, OH 44512; 330-726-8407
 River to River RC, PO Box 1224, Marion, IL 62959
 Firebird Track Club, Doug Weikert/Charley Greene, Coaches, 3301 Shroyer Road, Kettering, OH 45429; cgreen@kettering.k12.oh.us
 Victory AC, Marty Gontierman, 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
 Charities Challenge, Gary Westlund (USATF Level Coach II, Certified ACSM Health/Fitness Instructor), 1516 Sunny Way Court, Anoka, MN 55303; 612-245-9160; www.CharitiesChallenge.org

Colorado Walking Club, Rocky Mountain Region, 9853 Zephyr Dr., Broomfield, CO 80021; 303-422-5468
 Denver TC, Trip Reynolds, President; www.denvertrackclub.org
 Heartland Racewalkers, PO Box 1411, Shawnee Mission, KS 66207; Alan Poisner, apoisner@kumc.edu; www.heartlandracewalkers.com
 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, Coach Darren De Reuck, kwazulu11@msn.com; Pres. Don Ford, DonRFord@aol.com; www.runningrepublic.com
 St. Louis TC, 2385 Hampton Av., #101, St. Louis, MO 63139-2932; www.stlouistrackclub.com; 314-781-3926; 314-782-3726 (raceclint)

SOUTHWEST

Dallas Masters T&F Club, 1501 W. Lavender Lane, Arlington, TX 76013; 817-274-0448; 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 Brion, Kenner, LA 70065-4956; 504-467-1197
 Louisiana Lightning TC, Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737
 Midnight Sun TC, PO Box 7141, New Orleans, LA 70186
 New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003; 504-482-6682
 Oklahoma City RC, PO Box 18113, Oklahoma City, OK 73154; 405-752-9097
 Pine Belt Pacers, c/o Becky Ryder, 2902 Lincoln Rd #10, Hattiesburg, MS 39402; www.PineBeltPacers.org
 San Antonio Racewalkers, 9635 Campton Farms, San Antonio, TX 78250; Bert Pickell, bertpjr@msn.com
 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
 Southwest Sprinters TC, David F. Jones, 214-875-9173; david.f.jones@btu.com; www.southwestsprinters.com
 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/

WEST

Arizona Flames Track Club, James Smith, 480-726-1613 jfsmith@cox.net; www.azflames.com
 Aztech Training & Racing Club, Bill Strachan, P.O. Box 80785 Phoenix, AZ 85060; 602-413-8825; run1@cox.net; racewalk1@cox.net; www.aztechtraining.com
 Brooks Fleet Feet Racing, Randy Sturgeon, 2311 J St., Sacramento, CA 95816; 916-987-3278; www.fisac.com/racing/index.htm
 Cal Coast TC, PO Box 7132, Newport Beach, CA 92660-7132; 949-476-7076; Bill Sumner/Rick Herr
 Club West, Beverly Lewis, PO Box 5730, Santa Barbara, CA 93150; 805-969-5852; Gordon McClenathan, PO Box 99, Goleta, CA 93116-1099; 805-964-3005
 Decathlon Club (part of Club West above). David Kuderka, dkuderka@cox.net; www.dptrack.com.
 Elite Health TC, 10738 Jefferson Blvd., Culver City, CA 90230; 310-559-9739
 Excelsior TC, 311 Lexington Way, Burlingame, CA 94010; 415-592-8353
 Feel The Heat TC, Rawle Cnchlow, 1522 E. Southern Ave., #2041, Tempe, AZ 85282-5664
 Future Track Running Club, 30125 Agoura Road, Agoura Hills, CA 91301; Coach Bill Duley; 818-991-4786
 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; newmexicotrack@yahoo.com; www.heartsolesports.com
 Howitzer Throwing Club, Palm Desert, Calif. Arnie Gaynor, ArnieandMarilyn1@verizon.net; Doug Richardson, Gladysdoug@cs.com
 Inland Empire Racewalkers, PO Box 261, Riverside, CA 92502; 714-877-3548; 714-824-2336
 KEL Club, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060; 831-458-0300; kelfield@aol.com
 Los Gatos AA, PO Box 1334, Los Gatos, CA 95031; 408-354-7333
 Marin Race Walkers, Jack Bray, PO Box 21, Kentfield, CA 94914; 415-461-6843; marinrw@wenet.net; www.lightways.com/marinrw
 Maui Throwers Club, Wayne Bartelme, 808-250-5536; wayne.bartelme@fourseasons.com
 No. Calif. Senior TC, John Coudill, President, 1367 Oakland Av., Piedmont, CA 94611; 510-655-5901
 Pacific Racewalkers, Box 513, Carmichael, CA 95609; 916-483-2917
 Personal Record Vertical Sports Club, 802 Brentwood Ave., Vallejo, CA 94591; Eddie Seese, 707-645-8555; prsport1@aol.com
 Phoenix Bobcats Track & Field Club, PO Box 26545, Phoenix, AZ 85068-6545; www.phoenixbobcats.com; 602-392-3599
 Pole Pilots/Kinaesthetics Inc. Track Club, 1137 E. Edison St., Tucson, AZ 85719-3530; Roy D. Willets, Jr.; Jennifer L. Croissant, 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, charlesa@alumni.stanford.org
 San Diego TC, PO Box 371232, San Diego, CA 92137-1232; 619-270-SDTC
 Santa Cruz TC, PO Box 1803, Capitola, CA; 831-728-0399
 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 Wames, San Luis Obispo, CA; CoachWTRISLO@aol.com; www.TRISLO.COM
 Southern California Striders, 39777 Cathy Dr., Fallbrook, CA 92028; 619-436-7698
 So Cal Track Club, 18 Charca, Rancho Santa Margarita, CA 92688; Mark Cleary, 949-589-0242
 Tamalpa 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, 1301 W. 70th St., Los Angeles, CA 90044-2539; 323-753-1867; trojanmtc@aol.com; www.trojanmtc.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

NORTHWEST

Anchorage RC, Joan Nockels, PO Box 243362-3362, Anchorage, AK 99524-3362; jnocksels@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 Cotner, tcotner@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; Cathie Twomey Bellamy, 541-343-4841
 High Desert Harriers, Carol McLatchie, 2949 NE Lotno Dr., Bend, OR 97701; 541-383-2002; mclacarl@msn.com
 Holy Smokes Track Club, 2232 Franklin Av. East, Seattle, WA 98102; Denny West, 206-322-2413
 NEMESIS, Martha Mendenhall, 710 N. "I" Street, Tacoma, WA 98403; 253-861-8783
 Oregon Road Runners Club, 4840 S.W. Western Av., #200, Beaverton, OR 97005; 503-646-RUNR, Susan Perry, orrc@teleport.com; www.orrc.net
 Oregon Track Club Masters, PO Box 11364, Eugene, OR 97440; 541-343-7247; www.oregonttrackclub.org
 Pacific Pacers (Racewalk), 6633 N.E. Windermere Rd., Seattle, WA 98115; 206-524-4721; bevlaveck@aol.com
 Portland Masters Track Club, 3011 NE Linden Av., Gresham, OR 97030; 503-666-8950, Paul Stepan, Pres.
 Racewalkers Northwest, PO Box 3914, Portland, OR 97208; 503-256-2916; RacewalkNW@yahoo.com
 Re-Treads, Neal Stoddard, 16016 9th Ave. SW, Burien, WA 98166; 206-245-0516
 Seattle Masters AC, 4103 Hillcrest Av., SW, Seattle, WA 98116; 206-932-3923; kweinbel@aol.com
 Snohomish Track Club, 4261 S. 184th St., SeaTac, WA 98188-4569; 206-433-8868
 Southern Oregon Sizzlers, Mike Barrett, PO Box 665, Medford, OR 97501; 541-779-1214
 Team Alaska Track Club, Chris Waythomas, 6351 Far Point Cir., Anchorage, AK 99507; chris@maildakanc.wr.usgs.gov
 Tiger Vault - Pole Vault Club, 11701 NE 274th St., Battle Ground, WA 98604; Joseph Pfister, 360-687-7729; joseph.pfister@hotmail.com

* The Masters LDR be presented at the Meeting in Indianapolis, Chair; Don Lein, Vicki Stephenson, Secreta

* In a release dat Runners Club of Ame it has entered into a p Race Management. T and Road Race Man is to provide valua Director's Tips through addition, RRCA mer opportunity to subscri Management Newsle Road Race Manage discounted fee. "Th nity to provide vital members," explaini RRCA executive di Management has be viding best practice directors for over 24 announced the laun designed Web site at

* Bob Matteson, was named USATF n of the Month in Augus 200 (AR41.95), 400 (S 2006 USA Masters Charlotte, NC. Matt Middlebury College, w Ph.D. from Harvard, s consulting agency.

* Colleen De Reu was the first master o in the Philadelphia H 17. Darren De Reuc was the first M40+ Aguirre, 60, Highlan first M60+ in 1:29.55.

* Steve Dietz, Patricia Keating, W4 masters firsts in the Annapolis, MD, Aug. included Mick Slon and Rose Malloy, W3.

* Danny Fink, 43, Martin, W40, took r Great Race 5K, Pitts Richard Hall, M60, Lutz, W75, 29:35, to the 10K, John Br 34:34, and Tammy S were masters winne W60, won with a 44:3.

* Alissa Harvey, 4 2006 W40 outdoor and 1500, stretched female first with a 5 Miler, Washington, Muchow, 41, was Bob Dalton, 53, Fay the best M50+ time v

* Ben Reynolds won overall in the N front Half-Marathon/ ships, Jersey City, C Jeanne Pare, 45, M W40+ race in 1:21:2 Glen Ridge, NJ, got win over Dave Hoch NJ, when both finish Price, 57, Piscataw title with a 1:17:09. NYC, is the W65 cha

* Sylvia Mosqu CA, was first W40- 6052 finishers with a Plan 10K for Women Patty Murray, 41, B ond W40+ and 21st Samuelson, 49, Fre

Masters Scene

NATIONAL

• The Masters LDR nomination slate to be presented at the 2006 USATF Annual Meeting in Indianapolis is **John Boyle**, Chair; **Don Lein**, Vice-Chair; and **Lloyd Stephenson**, Secretary.

• In a release dated Oct. 6, the Road Runners Club of America announced that it has entered into a partnership with Road Race Management. The goal of the RRCA and Road Race Management partnership is to provide valuable, monthly Race Director's Tips through the RRCA News. In addition, RRCA members will have the opportunity to subscribe to the Road Race Management Newsletter or purchase the Road Race Management Directory at a discounted fee. "This is a great opportunity to provide vital information to our members," explained **Jean Knaack**, RRCA executive director. "Road Race Management has been a pioneer in providing best practice information to race directors for over 24 years." The RRCA announced the launch of its newly redesigned Web site at www.RRCA.org.

EAST

• **Bob Matteson**, 90, Bennington, VT, was named USATF New England Athlete of the Month in August for winning the 100, 200 (AR41.95), 400 (99.39), and 800 in the 2006 USA Masters Championships in Charlotte, NC. Matteson, a graduate of Middlebury College, who went on to earn a Ph.D. from Harvard, still continues to run a consulting agency.

• **Colleen De Reuck**, 42, Boulder, CO, was the first master overall with a 1:11:51 in the Philadelphia Half-Marathon, Sept. 17. **Darren De Reuck**, 41, Boulder, CO, was the first M40+ in 1:12:45. **Julio Aguirre**, 60, Highland Park, NJ, was the first M60+ in 1:29:55.

• **Steve Dietz**, M45, 1:00:32, and **Patricia Keating**, W40, 1:09:27, sailed to masters firsts in the Annapolis 10 Mile, Annapolis, MD, Aug. 27. Division winners included **Mike Slonaker**, M55, 1:04:27, and **Rose Malloy**, W55, 1:17:06.

• **Danny Fink**, 43, in 16:14, and **Sherri Martin**, W40, took masters firsts in the Great Race 5K, Pittsburgh, PA, Sept. 24. **Richard Hall**, M60, 18:36, and **Margetta Lutz**, W75, 29:35, took age-group wins. In the 10K, **John Brockenbrough**, M45, 34:34, and **Tammy Slusser**, W40, 38:17, were masters winners. **Barbara Filutze**, W60, won with a 44:54.

• **Alisa Harvey**, 41, Manassas, VA, the 2006 W40 outdoor champion in the 800 and 1500, stretched her victories to a female first with a 59:00 in the Army 10 Miler, Washington, DC, Oct. 8. **Marty Muchow**, 41, was first M40+ in 53:25. **Bob Dalton**, 53, Fayetteville, GA, posted the best M50+ time with a 59:41.

• **Ben Reynolds**, 42, Chatham, NJ, won overall in the Newport Liberty Waterfront Half-Marathon/USATF-NJ Championships, Jersey City, Oct. 8, with a 1:04:43. **Jeanne Pare**, 45, Mendham, NJ, took the W40+ race in 1:21:20. **Dan Murphy**, 51, Glen Ridge, NJ, got the nod for the M50 win over **Dave Hoch**, 51, East Brunswick, NJ, when both finished in 1:19:37. **Roger Price**, 57, Piscataway, NJ, won the M55 title with a 1:17:09. **Anna Thornhill**, 66, NYC, is the W65 champion (1:40:19).

• **Sylvia Mosqueda**, 40, Rosemead, CA, was first W40+ and 15th overall of 6052 finishers with a 34:59. TUFTS Health Plan 10K for Women, Boston, MA, Oct. 9. **Patty Murray**, 41, Boulder, CO, was second W40+ and 21st (35:46). **Joan Benoit-Samuelsen**, 49, Freeport, ME, finished in

37:27. **Tatyana Pozdnyakova**, 51, UKR/FLA, was first W50+ (37:49). **Jan Holmquist**, 62, Burlington, MA, made the top 25 masters list with a 43:26.

• **Susan Pearsall**, 40, 28:20, took the overall women's title at the NYRR Henry Isola XC Classic 4 Mile, Van Cortlandt Park, Bronx, NYC, Sept. 3. **Jerry Macari**, 46, 23:56, decisively led the men's masters field.

• Running in the rain, **Joseph McVeigh**, 43, 1:12:26, and **Gordon Bakoulis**, 45, 1:26:52, were masters winners at the NYRR Grete's Great Gallop Half-Marathon, Central Park, NYC, Oct. 1. **Ginette Bedard**, 73, 1:52:15, and **Alfred Finger**, 72, 1:44:50, sped to victories in the 70-74 divisions.

MIDWEST

• **Eric Stuber**, 43, Lansing, MI, in 1:55:31, and **Kris Brish**, 40, Milford, MI, in 2:09:15, raced to masters firsts, Labor Day 30K, in Milford, Sept. 2. **John Tarkowski**, 53, Northville, MI, 2:05:01, and **Jacqueline Blair**, 51, 2:25:29, took division wins. In the 10K, **Roger Lara**, M45, Grand Blanc, MI, 38:25, and **Laurel Park**, W40, Ann Arbor, MI, 36:17, were winning masters.

• **Mary Hartzler**, 57, with 4091, and **Myrle Mensey**, 57, with 3838, were the top scorers in the Norm Bower Memorial Weight Pentathlon, Kent St. U., Sep. 16. Hartzler's best event was the HT (37.50, 967). Mensey got top points in the SP (11.36, 1012). Meet Director **Rex Harvey**, 60, was highest among the men with a balanced, five-event 3603.

• **Hendrick Vanloon**, M40, was just eight seconds out of first place with an M40+ victory in 2:38:53, US Air Force Marathon, Dayton, OH, Sept. 16. **Ann Ring**, W45, won the W40+ contest (3:47:31).

MID-AMERICA

• **Pat Billig**, M40, 52:08, and **Sharon Stubler**, W40, 59:25, nailed down wins in the USATF-MN Masters 15K Championships, Edina, Aug. 13. **Dan Morse**, M50, 54:51, and **Gloria Jansen**, W55, 1:09:41, were among the division winners.

SOUTHWEST

• **Pete Orban**, M50, in 27:52, and **Marlene Martindale**, W40, in 34:23, reeled off masters firsts, Hurricane 8K, Tulsa, OK, Sept. 23. **Jim McFadden** won the M65 race handily with a 37:23.

WEST

• **Paul Economides**, 61, established an M60 AR for the 56# superweight with an 8.20 in the USATF-AZ Throws Championships in Mesa, Sept. 17. He was also top scorer in the WP with big points in the WT (18.64, 1095), SP (14.97, 1038) and DT (50.89, 1020). **Doug Tomlinson**, 74, was second-best with a 3875.

• **Raymundo Cruz**, 41, San Francisco, CA, in 1:15:42, and **Christine Kennedy**, 51, Los Gatos, CA, in 1:25:43, collected \$500 each for masters firsts, Rock 'n' Roll Half-Marathon, San Jose, CA, Oct. 8. **Paul Davis**, 49, San Ramon, CA, 1:16:40, and **Rochelle Zolna**, 40, Los Gatos, CA, 1:33:17, won \$250 apiece for second-place.

• **Kevin Broady**, 44, with a 1:11:31, and **Kim Jones**, 48, with a 1:25:03, cruised to overall firsts in the Disneyland Half-Marathon, Anaheim, CA, Sept. 17.

• **Jose Pilar Alsapuro**, M40, 15:45, and



VICTOR SAILER / PHOTO RUN
Darren De Reuck, 41, first M40+ (1:12:45), Philadelphia Half-Marathon.

Becki Kriege, W40, 18:11, took masters firsts, Banana Chase 5K, San Francisco, Sept. 17. **Jeffrey Adkins**, M45, was second M40+ (15:54). **Melody-Anne Schultz** won the W65 race in 22:07.

NORTHWEST

• **Kevin McGinnis**, M40, Ravensdale, WA, 33:59, and **Paeivi Luostarinen**, W40, Lahti, FIN, 39:15, bested the masters fields in the Prefontaine Memorial 10K, Coos Bay, OR, Sept. 16. Notable age-group winners were **Clayton Bastian**, M50, Lake Oswego, OR, 37:37, and **Linda Hartman**, W55, Malin, OR, 44:40.

INTERNATIONAL

• **Alan Leiper**, M45, with 6659 (PV 4.00, 822 points), and **Gill Dobson**, W50, with 4426 (SP 9.38, 728 points) were the top scorers in the BMAF Decathlon & Heptathlon Championships.

CORRECTIONS

• **Maurice Pointer**, 50, Baltimore, MD, should have been listed as the winner of the M50 3000 with a 10:15.5 in the PVTC Meet, July 26, in the September issue.

• The members of the USA Masters W50 4x100 winning Atlanta TC were **Lydia Woods**, **Ann Carter**, **Joy MacDonald**, and **Linda Lowery**. **Jeanne Daprano** and **Mary Richards**, shown in the September NMN results, did not run.

Collins Gets Award

Continued from page 1

Collins and Czerwenka-Nagel will be recognized as the "IAAF Best Masters of the Year 2006" next month at the annual IAAF Gala in Monaco.

Czerwenka-Nagel is a middle-distance runner, who won the 800 and 1500 in Linz.

This is the third year that WMA has chosen the world's outstanding masters for IAAF recognition.

The other 2006 male nominees were **Arthur Thompson**, Great Britain (EVAA), and **Hector Mein**, New Zealand (Oceania). The female nominees were **Karla DelGrande**, Canada (NCCWMA), and **Marie Kay**, Australia (Oceania). □



JERRY WOJCICK
Alisa Harvey, W40, pictured here at the 2006 USA Masters Championships, where she won the 800 and 1500, was first female overall in the Army 10 Miler.

*Happy
Thanksgiving
from the staff
at NMN*

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Schedule

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

TRACK & FIELD

NATIONAL

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings
March TBA, 2007. USA Masters Indoor Heptathlon Championships, Kenosha, WI.
March 23-25, 2007. USA Masters Indoor Championships, Boston, MA. office@usatfne.org
June 22-July 8, 2007. Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must qualify at an NSGA State Games in 2006. www.nsga.com
August 2-5, 2007. USA National Masters Outdoor T&F Championships, U. of Maine, Orono, ME 04469. Rolland Ranson, 207-581-1077.
August 11, 2007. USA Masters Weight Pentathlon Championships, Spokane, WA. www.usatf.org
September 8, 2007. USA Masters Weight Throw & Superweight Championships, Seattle, WA.

EAST

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

December 3. Philadelphia Masters Indoor All-Comers, Albright College, Reading, PA. 8am, throws/9:30, other events. Joel Dubow, 484-437-9463; www.pmtf.net
December 17. Philadelphia Masters Indoor All-Comers, Haverford College, Haverford, PA. 9am. Joel Dubow, 484-437-9463; www.pmtf.net
January 5-7. 38th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. www.lancertiming.com
January 7. Philadelphia Masters Indoor All-Comers, Swarthmore College, Swarthmore, PA. Joel Dubow, 484-437-9463; www.pmtf.net
January 14. Philadelphia Masters Indoor All-Comers, Albright College, Reading, PA. Joel Dubow, 484-437-9463; www.pmtf.net
January 20. 40th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+/M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M&W40+). 10am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d), 387-6431 (e).

SOUTHEAST

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

December 2-10. Florida Senior Games State Championships, Cape Coral. 850-488-8347; www.flasports.com/page_seniorgames.shtml

MIDWEST

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

November 10-12. National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesassociation.com; 888-527-6772.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 1-5. Pahump Senior Olympics, Pahump, NV. 702-461-4666.
November 1-18. Southland Senior Olympics, Anaheim, CA. Jan Branich, 714-765-4511.
November 4-5. Hawaii Senior Olympics, Honolulu. 808-732-8805; e-mail: zeug@hawaii.rr.com

January 13. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com
January 16. Citrus College Weight Pentathlon, Citrus College, CA. Lloyd Higgins, throw farcoach1@cox.net
January 21. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com
February 4. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com

INTERNATIONAL

November 3-11. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com; www.asudaverio-2006.com.br
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings
December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org
March 25, 2007. More Marathon, Central Park, NYC. 212-423-2269; nyrr.org/more/home.php

EAST

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

November 5. Red Baron Half-Marathon, Corning, NY. 607-962-9303; kephart@corning-cc.edu
November 5. USATF-NE XC Championships, Franklin Park, Boston. 617-566-7600; www.usatfne.org
November 5. AmeriHealth B. Franklin Bridge Challenge, Philadelphia. 610-647-2201; www.mausatf.org
November 5. USATF Three Rivers XC Championships, Slippy Rock, PA. 724-941-5639; www.usatf.org/assoc/threerivers
November 5. ING New York City Marathon. 212-860-4455; www.nyrr.org
November 11. Health America XC Challenge, Frick Park, Pittsburgh, PA. John Harwick, 724-464-2222.
November 12. NYRR 5K XC Championships, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org
November 12. South Mountain 10 Miler & 5K, Bethlehem, PA. 610-264-9255; nanhof@juno.com
November 12. Stockade-athon 15K, Schenectady, NY. www.hmrcc.com
November 12. USATF-NJ Masters 10K Championships, Madison. 973-376-5644; www.usatfnj.org
November 12. USATF-NC Marathon Championships, Kitty Hawk. 252-255-5545; www.obxmarathon.org
November 18. USATF-AL Masters XC Championships, Hoover. 205-862-2477.
November 19. Philadelphia Marathon/Relay & Rothman 8K. 215-685-0054; www.phila-delphiamarathon.com
November 23. Manchester 5 Mile (4.748), CT.

860-649-6456.

November 23. Ashenfelter 8K/USATF-NJ 8K Open Championship, Glen Ridge. 973-748-0093; www.ashenfelterclassic.com

November 25. Northern Central Trail Marathon/Relay, Sparks, MD. www.brrc.com; 410-377-7327.

November 25. NYRR Knickerbocker 60K, Central Park, NYC. 212-860-4455; www.nyrr.org
November 26. NYRR Pete McArdle 15K XC, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org

December 10. NYRR Joe Kleinerman 10K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 16. NYRR Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 31. Emerald Nuts Midnight Run 5K, Central Park, NYC. 212-860-4455; www.nyrr.org

SOUTHEAST

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

November 4. Vulcan 10K/RRCA Southern Regional Championships, Birmingham, AL. 205-879-5344; vulcanrun.com
November 5. Peachtree 50K & Darkside Marathon, Peachtree City, GA. 770-487-7445; www.darksiderunningclub.com
November 11. Richmond Marathon, Richmond, VA. 804-673-RACE; richmondmarathon.com
November 11. USATF-SC O&M 5K XC Championships, Roger Milliken Center, Spartanburg, SC. 9:00 am. Valerie Beesley 864-943-9059; beesleyfamily@hotmail.com
November 11. USATF-GA XC Championships, Millen. 978-982-4881; www.usatfgeorgia.org
November 12. Outer Banks Marathon/USATF-NC Championships, NC. www.obxmarathon.org
November 18. USATF-FL XC Championships, Clermont. 352-241-7144; www.usantc.com
November 19. Gem of the Hills Half-Marathon & 5K, Clermont, FL. www.usantc.com
November 23. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org
December 2. St. Jude Memphis Marathon, Half-Marathon & 5K. 800-565-5112; www.stjudemarathon.com
December 2. UOC Half-Marathon & 5K, Orlando, FL. 407-423-2476; www.orlandohalf.com
December 2. Run With Santa 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
December 3. Marathon of the Palm Beaches, West Palm Beach, FL. 561-833-3711, 225; marathonofthepalmbeaches.org
December 3. Victory Junction Half-Marathon, Randleman, NC. www.victoryjunctionrun.com
December 9. Rocket City Marathon, Huntsville, AL. 256-650-7063; www.wrunrocketcity.com
December 9. Thunder Road Marathon/Half-Marathon & 5K, Charlotte, NC. www.runcharlotte.com
December 9. Holiday Half-Marathon & 8K, Point Clear, AL. 251-473-7223; www.pcpacers.org
December 17. Jacksonville Marathon & Half-Marathon. 904-731-1900; www.1stplacesports.com

MIDWEST

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

November 5. USATF-WI XC Championships, Kenosha. 262-633-033; www.wiusatf.org
November 12. Roseville Big Bird 10K, Roseville, MI. 586-445-5480; www.ci.roseville.mi.us
November 24. Howell Fantasy of Lights 5K.

MID-AMERICA

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

November 5. Freedom 10 Mile, White Bear Lake, MN. 651-426-1533; www.raceberryjam.com
November 11. USATF Minnesota XC Championships, Apple Valley. www.usatfminn.org/ccnew.html
November 12. TTTS Race for Hope 5K, Denver, CO. 303-932-6000; www.tttsraceforhope.org
November 18. USATF Missouri Valley XC Championships, Lawrence, KS. 785-227-3380; www.usatf.org/assoc/mv

ON TAP FOR NOVEMBER

TRACK AND FIELD

Not much happening except for several Senior Olympics meets in the West, and the South America Regional Championships in Rio de Janeiro, Brazil.

LONG DISTANCE RUNNING

The ING New York City Marathon dominates the 5th, but action is also available on that Sunday in the City of Trees Marathon, Boise, Idaho; Santa Clarita Marathon in the burbs of L.A.; and Peachtree 50K in Georgia. The next weekend holds the Richmond Marathon in Virginia; Texas Stampede, Dallas; and Tulsa Run 15K & 5K on the 11th, and the Stockade-athon 15K, Schenectady, NY; San Antonio Marathon; and Outer Banks Marathon in North Carolina on the 12th. The perennial Manchester, CT, 5 Mile tops a long list of Turkey Day races on the 23rd. The month ends with the Seattle Marathon on the 26th. The XC season opens with races in NYC; Boston, MA; Slippy Rock and Pittsburgh, PA; South Carolina; Georgia; Florida; Wisconsin; Texas; Baldwin Hills, CA; Bozeman, MT; Sandy, OR; and the Spokane Valley, WA.

RACEWALKING

Clermont, FL, will host the USA Masters 20K Championships on the 12th. USATF Indiana and South Carolina hold 1-Hour Championships on the 4th. USATF Florida's 8K and 10K Championships are set for Coconut Creek on the 18th.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 4. USATF-SW Association XC Championships, Rockwall, TX. 972-283-1451; swusatf.org
November 5. The Half, Dallas, TX. 972-235-2513; www.thehalf.org
November 11. Tulsa Run 15K & 5K. www.tulsarun.com
November 11. Texas Stampede 20 Mile, 10 Mile & 5K, Dallas, TX. 214-520-8874; texasstampede.org
November 12. San Antonio Marathon & Half-Marathon. www.samarathon.org
November 19. Tulsa World Route 66 Marathon. 918-828-2828, x1010; route66marathon.com
December 9. Sunmart Texas Trail Endurance Runs 50 Mile & 50K/IAU World Trail Challenge, Huntsville State Park, TX. 210-366-3701; rogersoler.com
December 9-10. Dallas White Rock Marathon & Half-Marathon. www.RunTheRock.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 4. Santa Barbara Half-Marathon, Santa Barbara, CA. 805-964-2591; sbrunning.org
November 5. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita, CA. 661-286-4018; www.scmarathon.org
November 11. USATF-SCA XC Championships, Baldwin Hills, CA. 310-453-7655; www.scausatf.org
November 12. USATF-HI 5K & 10K Championships, Honolulu. 808-524-0330.
November 26. Run Wild! 5K, San Francisco, CA. 415-759-2690; www.calacademy.org

December 3. California thon, Folsom to Sacramento. www.RunCIM.org
December 10. Tucson Marathon. 520-320-0667; www.tucsonmarathon.com
December 10. New Las Half-Marathon, Las Vegas. www.lvmarathon.com

NORTHWEST

Alaska, Idaho, Montana, Utah, Washington

November 4. USATF-MT Bozeman. 406-587-7698; www.mtmarathon.com
November 5. PNPF X Seattle, WA. www.pntf.org
November 5. City of Trees Marathon, Boise, ID. www.vtthon.com
November 11. Pioneer Road Phoenix, OR. 541-664-2090; oregonsizzlersrunningclub.org
November 11. USATF-OR Championships, Spokane. 509-821-11; kkutsch2@comcast.net
November 18. USATF-ID 8K XC, Sandy. www.sandyrunningclub.org
November 23. Turkey Trot 25.5-59.1-5504; metroparkstt.org
November 23. Turkey Trot OR. www.goodrace.com
November 26. Seattle Marathon. 206-729-3660; www.seattlemarathon.com
December 14. Longest N Medford, OR. 541-944-5454
December 31. First Run Registration at 10:00 pm. v

INTERNATIONAL

November 18. British & Falkirk. www.bmaf.org.uk
March 22-25. European Championships, Helsinki. v

RACEWALKING

November 4. USATF-SW RW Championships, Green Bay. www.usatfsw.org
November 5. USATF-ID Championships, Indianapolis. www.irwc.org
November 12. USA National Championships, Clermont, 352-241-7144, x4206; www.usantc.com
November 18. USATF-FL Championships, Coconut Creek. 954-9634; southfloridaracewalk.com
February 2, 2007. USATF-RW Championships, Clermont. 7144, x4206; noonwalk_95

www.nationalmasters.org

ATHLETE NAME (RESIDENCE)

GROUP
 GAIL DEVERS(CA)
 COLLEEN BARNEY(U)
 MARY WOO(U)
 DIANA RIGOR(SANTA)
 KELLIE ARCHULETTA
 MIKE COONEY(USA)
 CARYL SENN(US)
 EVALINA COTES FRE
 SUE GRIGSBY(EVER
 DAWN HARTIGAN(AL
 WANDA SNELL(LOS)
 MARIE MATHIEU(PUF
 JEANETTE FLYNN(AU
 PAT FAHY(SCOTTSD
 LINDA LOWERY(DEC
 ANNA ZIFCAKOVA(SI
 RICHARD CHRISTOF
 MONETTE BRONSON
 STEPHEN SMITH(SP
 KATHY KAPALINIGR
 PAT WRIGHT(CORBI
 JACQUELINE BEELE
 BRIAN TOWNLEY(GI
 DARRYL DECKER(C
 JUDY GREER(ORLA
 PETRA ZORNER(GE
 SVETLANA KRACHE
 KATE O'NEILL(LAKE
 URSULA HERZOG(C
 LESLIE C. SHROSB

December 3. California International Marathon, Folsom to Sacramento. 916-983-4622; www.RunCIM.org

December 10. Tucson Marathon & Half-Marathon. 520-320-0667; www.tucsonmarathon.com
December 10. New Las Vegas Marathon & Half-Marathon, Las Vegas, NV. 702-731-1052; www.lvmarathon.com

NORTHWEST

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

November 4. USATF-MT XC Championships, Bozeman. 406-587-7698; www.mtusatf.org

November 5. PNTH XC Championships, Seattle, WA. www.pnth.org

November 5. City of Trees Marathon & Half-Marathon, Boise, ID. www.cityoftreesmarathon.com

November 11. Pioneer Road Run 9 Mile or 5K, Phoenix, OR. 541-664-2323; www.southernoregonsizzlersrunningclub.org

November 11. USATF Inland NW XC 5K Championships, Spokane Valley, WA. 509-468-8211; kksch2@comcast.net

November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

November 23. Turkey Trot 5K, Tacoma, WA. 253-591-5504; metroparkstacoma.org

November 23. Turkey Stuffer 5K, Springfield, OR. www.goodrace.com

November 26. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org

December 14. Longest Night Track Mile, N. Medford, OR. 541-944-5460.

December 31. First Run 5K, Portland, OR. Registration at 10:00 pm. www.racecenter.com

INTERNATIONAL

November 18. British & Irish Masters XC, Falkirk. www.bmaf.org.uk

March 22-25. European Veterans Indoor Championships, Helsinki. www.evaci2007.com

RACEWALKING

November 4. USATF-South Carolina 1-Hour RW Championships, Greenville. 864-246-5101

November 5. USATF-Indiana One-Hour RW Championships, Indianapolis. 317-679-1403; www.irwc.org

November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noonwalk_992yahoo.com

November 18. USATF-FL 8K & 10K RW Championships, Coconut Creek. 954-970-9634; southfloridaracewalkers.org

February 2, 2007. USATF National 50K O&M RW Championships, Clermont, FL. 352-241-7144, x4206; noonwalk_992yahoo.com

www.nationalmastersnews.com

Report from Britain

By BRIDGET CUSHEN

The EVAA statistician, Ivar Soderlind, has confirmed that a total of 11 World, 21 European, and 94 championships records were broken at the XV European T&F Championships in Poland in July. Doris Dalgaard, Denmark, ran an amazing 6:41.15 for a W75 1500 world record in soaring temperatures.

Another septuagenarian defying the sweltering heat and humidity was Arthur Thomson, Great Britain, who heel-toed to a brilliant 20K roadwalk in 1:56:44, finishing second overall in the mixed age-group race.

Thomson, a former top international, won the British M70 5000 track championships a few weeks earlier in 26:01.52, clipping over a minute off the 24-year-old world record (27:02) held by the Australian T. Dainty.

As the outdoor track season comes to an end, the combined-event athletes took advantage of their county championships. Nick Phipps won the Surrey M50 pentathlon (1536 points). Brian Slaughter took the M45 title (1892) in Sussex.

On the track, John Batchelor, 65, set a new British 3000 record of 10:34.3. At the same meet in West London, Ronan Samuel sprinted to an 11.9 M40 100m victory and M50 Ron Watkins ran 12.1.

Bernadine Pritchard, W35, who won a gold and silver at the European championships over 800/1500, tested herself in the 10,000 at the Veterans AC, Sept. 6, winning her age group in 37:49. John Batchelor clocked 38:27.6.

Steve Charlton, only days short of his 80th birthday, finished in 46:36.7, a remarkable performance after an injury-plagued season. The M75 title went to Don Adie in 51:09.0.

On the roads, the BMAF held its 10K championships around Swansea Bay in Wales. Martin Rees, M50, who holds numerous age-group records, made a welcome return to athletics.

Little has been seen of him since he won the British & Irish Masters International Cross-Country four years

ago.

Following a knee operation, he was advised by his surgeon not to run again, but here he was back to his winning ways, storming home in 32:10, well clear of his pursuers.

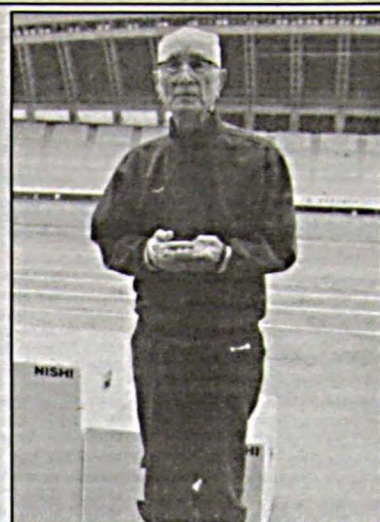
There was a great tussle for the W35 title between Debbie Walters and Nicki Nealon. Walters broke away over the final 800 to win in 35:59 from Nealon's 36.06. The BMAF 10 Miles was also by the sea, this time in Lytham St. Anne's in the north.

Paul Freary, M35, winner of the half-marathon at the World Indoor championships in Linz, was a clear winner in 52:35. Steven Male, third in Swansea, won the M40 race. Nicki Nealon dominated the women's race (59:43).

It was a busy month for Oxford City club members John Exley and Gareth Jones. Both competed for their club in the south of England road relays on Saturday, Sept. 16, drove up to Wales on Sunday to take the British masters M55 and M60 10K titles on Sunday, and the following weekend, won the BMAF 10 Mile. □



FROM KIYOSHI KONOIKE
Akiko Ohinata, 56, broke her W55 world record (10.66) with a 10.86/35-7.75, 2006 All-Japan Championships.



FROM KIYOSHI KONOIKE
Takashi Shimogawara, 100, broke M100-104 world records in the discus and javelin, 2006 All-Japan Championships.

Four WRs Set in Japan Championships

Four world records were broken in the 27th All Japan Masters Athletic Championships in Miyagi on Sept. 16-18. The meet drew some 1200 athletes from 47 Japanese prefectures, and the U.S.A., Hong Kong, and Chinese Taipei.

Takashi Shimogawara, 100, was selected as the Outstanding Athlete of the Meet after setting M100 world records in the discus (9.84/32-3.5) and javelin (11.06/36-3.5).

The discus record was held by Everett Hosack, USA, at 8.91 in 2002. The javelin record belonged to John Whittemore, USA, at 6.69 in 2000.

Tsuta Yamamoto, 75, lowered the M75 steeplechase record of 9:17.38 by Soichi Tamoi, JPN, in 1999. Akiko Ohinata, 56, increased her W55 triple jump record of 10.66 in 2005 with a 10.86/35-7.75.

Willie Banks, USA, failed in his attempt to break the M55 triple jump record (14.07), finishing with a 13.21. He did have a 14.23, but it was a foul. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - NOVEMBER 2006

Compiled by Pete Mundle • pmundle@juno.com

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE			
GROUP					
GAIL DEVERS(CA)	11-19-66	40-44	BOBBY BARNES(SULPHUR,LA)	11-29-46	60-64
COLLEEN BARNEY(US)	11-25-66	40-44	FIORINZO MARCHESI(SUI)	11-1-41	65-69
MARY WOO(US)	11-14-61	45-49	MARGARET ORMAN(NZL)	11-4-41	65-69
DIANA RIGOR(SANTA CRUZ,CA)	11-18-61	45-49	JACQUELINE GUYON(FRA)	11-6-41	65-69
KELLIE ARCHULETTA(LAS VEGAS,NV)	11-24-61	45-49	GUERUN S. MELLMANN(GER)	11-6-41	65-69
MIKE COONEY(USA)	11-28-61	45-49	AURU PEKHORANTA(FIN)	11-7-41	65-69
CARYL SENN(US)	11-28-61	45-49	SUZY HESS(EUGENE,OR)	11-8-41	65-69
EVALINA COTES FREYTE(COL)	11-2-56	50-54	JOHN STEEDE(GBR)	11-9-41	65-69
SUE GRIGSBY(EVERETT,WA)	11-6-56	50-54	EDITH GRAFF(BEL)	11-9-41	65-69
DAWN HARTIGAN(AUS)	11-13-56	50-54	DAVID AYERS(RICHMOND,VA)	11-12-41	65-69
WANDA SNELL(LOS ANGELES,CA)	11-25-56	50-54	OLAVI KOIVUKANGAS(FIN)	11-12-41	65-69
MARIE MATHIEU(PUR)	11-28-56	50-54	GLORIA BARNABAS(SIN)	11-12-41	65-69
JEANETTE FLYNN(AUS)	11-4-51	55-59	ADLIN MAIR(WHITE PLAINS,NY)	11-15-41	65-69
PAT FAHY(SCOTTSDALE,AZ)	11-11-51	55-59	INGRID MILLER(SWE)	11-22-41	65-69
LINDA LOWERY(DECATUR,GA)	11-12-51	55-59	TIA KRUTOB(EST)	11-23-41	65-69
ANNA ZIFCAKOVA(SLK)	11-14-51	55-59	HELLA BOEKER(GER)	11-29-41	65-69
RICHARD CHRISTOPH(CINCINNATI,OH)	11-17-51	55-59	LYN LAGRANDE(EUGENE,OR)	11-2-36	70-74
MONETTE BRONSON(SALEM,UT)	11-17-51	55-59	IAN BABE(NZ)	11-10-36	70-74
STEPHEN SMITH(SPRINGFIELD,OR)	11-24-51	55-59	JOE DOUGLAS(INGLEWOOD,CA)	11-10-36	70-74
KATHY KAPALIN(GREEN BAY,WI)	11-1-46	60-64	ROBERT LIDA(WICHITA,KS)	11-11-36	70-74
PAT WRIGHT(CORBETT,OR)	11-6-46	60-64	EKATERINA LEVCHENKO(UKR)	11-13-36	70-74
JACQUELINE BELEN(BEL)	11-11-46	60-64	BRENDA CARR(AUSTRALIA)	11-17-36	70-74
BRIAN TOWNLEY(GBR)	11-18-46	60-64	NORMAN HIGGINS(NEW LONDON,CT)	11-18-36	70-74
DARRYL DECKER(CAMBRIDGE,MA)	11-21-46	60-64	WILLIAM GREEN(PALO ALTO,CA)	11-19-36	70-74
JUDY GREER(ORLANDO,FL)	11-21-46	60-64	WIM WOUTERS(BEL)	11-22-36	70-74
PETRA ZORNER(GER)	11-22-46	60-64	SANDRA KIDDY(PALM SPRINGS,CA)	11-27-36	70-74
SVETLANA KRACHEVSKAYA(RUS)	11-23-46	60-64	LUANNE DEWITT(ANAHEIM,CA)	11-0-31	75-79
KATE O'NEILL(LAKE STEVENS,WA)	11-23-46	60-64	THELMA WILSON(NEW YORK,NY)	11-1-31	75-79
URSULA HERZOG(GBR)	11-24-46	60-64	ERIKA STEINLE(GER)	11-2-31	75-79
LESLIE C. SHROSBREE(GBR)	11-24-46	60-64	OLAVI NIEMI(FIN)	11-7-31	75-79
			GWENDOLINE CHARMAN(GBR)	11-11-31	75-79
			FRIEDHELM TEPEL(GER)	11-13-31	75-79
			JAMES LINGEL(LAFAYETTE,CA)	11-22-31	75-79
			GALINA ZYBINA(RUS)	11-22-31	75-79
			WALT ATCHESON(LA VERNE,CA)	11-3-26	80-84
			RIA BROUWERS(GBR)	11-4-26	80-84
			SHIRLEY BRASHER(AUS)	11-6-26	80-84
			URSULA HERINGHAUS(GBR)	11-13-26	80-84
			PAT BOWMAN(TUSCON,AZ)	11-13-26	80-84
			NOTOICHI TASAKI(JPN)	11-14-26	80-84
			HOWARD MILLER(SEATTLE,WA)	11-21-26	80-84
			HARJE NOREBORN(SWE)	11-23-26	80-84
			NILS-BERTIV NEVRUP(SWE)	11-29-26	80-84
			RUSSELL MORE(SYRACUSE,NY)	11-3-21	85-89
			WILLARD SHANK(CA)	11-9-21	85-89
			INEZ LISTER(NZL)	11-12-21	85-89
			MERY JADELIERE GARCIA(COL)	11-14-21	85-89
			PAULA SCHNEIDERHAN(GBR)	11-16-21	85-89
			MERLE KNOX(MILWAUKEE, WISC)	11-17-21	85-89
			MARIANNE BORUSIAC(GBR)	11-17-21	85-89
			MARGARET W DAVIS(LIBERTY,NC)	11-26-21	85-89
			BILLIE MOREHEAD(ALBUQUERQUE,NM)	11-30-21	85-89
			AILI KANKINEN(FIN)	11-1-16	90-94
			ROBERT SORLIEN(RI)	11-3-16	90-94
			GENTARO WATANABE(JPN)	11-8-16	90-94
			SCOTTY CARTER(IE SANDWICH,MA)	11-14-16	90-94
			JACK STEVENS(AUS)	11-23-16	90-94
			VITTORIO COLO(ITA)	11-9-11	95-99
			MARIE UEBEL(BRENTWOOD,MO)	11-10-11	95-99
			MARGARET JACKSON(CINCINNATI,OH)	11-14-11	95-99
			ALAN FLANIGAN(PAC. PALISADES,CA)	11-16-11	95-99
			JENNY WOOD ALLEN(GBR)	11-20-11	95-99
			JEREMIAH GAINES(CHESAPEAKE,VA)	11-27-11	95-99
			CLAUDE TAGGAR(COSTA MESA,CA)	11-29-11	95-99

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Dartmouth Weight
Pentathlon, Hanover, NH
Aug. 26

Bob Cedrone	51	3248
43.61/11.43/36.22/28.08/16.29		
Carl Reichard	54	3138
43.93/11.35/30.66/29.52/5.87		
Dan Wallace	50	2950
33.15/12.47/38.59/27.31/13.07		
Bob Mead	62	4223
47.10/13.52/40.20/32.00/17.84		
Carl Wallin	64	3845
39.04/13.21/29.80/32.97/18.48		
Ed Rowan	65	2934
28.42/9.75/30.07/16.74/11.51		
Sam Messiter	78	3428
25.99/9.50/24.74/25.97/10.34		

16# Shot Put		
Bob Mead	62	38-6
Carl Wallin	64	37-4 1/4
(Single-age WR)		
Jim Burgoyne	45	37-2 3/4
Dan Wallace	50	36-9 3/4
Ed Rowan	65	26-0
Sam Messiter	78	22-9 3/4

Maine Senior Track &
Field Games
Portland, ME
Sept. 9

100m		
M50 Dean Irons	13.50	
M55 Ty Coleman	14.04	
M60 James Comeau	14.11	
M65 Alfred Freniere	16.57	
M70 Dick Camp	13.88	
M75 Keith Curtis	16.71	
M80 Joseph Sciaraffa	18.03	
W55 Shelley Keeling	16.31	
W65 Judy Scott	21.84	
W70 Gloria Lipton	24.55	
W80 Ann McGowan	23.63	

200m		
M50 Dean Irons	27.51	
M55 Ty Coleman	30.68	
M60 Derry Rundlet	29.56	
M65 Alfred Freniere	34.11	
M70 Dick Camp	29.34	
M75 Keith Curtis	36.65	
M80 Frank Brako	43.54	
W55 Shelley Keeling	35.46	
W65 Mad. Zimmerman	47.70	

400m		
M50 Tom Ryan	1:01.00	
M55 Fred Merkle	1:11.72	
M60 John Bray	1:01.65	
M65 Jerry LeVasseur	1:18.95	
M75 George Freeman	1:27.80	
M80 Earl Sweeney	1:39.63	
W55 Shelley Keeling	1:23.20	
W65 Mad. Zimmerman	2:00.18	

800m		
M50 Tom Ryan	2:14.51	
M55 Fred Merkle	2:39.67	
M60 Jonathan Tetherly	2:41.21	
M65 Frank Brume	2:38.85	
M75 Jim Lynch	3:25.20	
W55 Shelley Keeling	3:01.86	

1500m		
M50 Tom Ryan	4:34.33	
M55 Jeff Weatherhead	5:00.58	
M60 Jerry Brown	6:19.68	
M65 Frank Brume	5:28.80	
M75 Jim Lynch	7:05.90	
M85 John Woods	13:45.67	
W55 Shelley Keeling	6:17.32	
W65 Mad. Zimmerman	8:27.01	
W70 Mary Harada	7:06.88	

3000m		
M50 David Young	13:43.41	
M55 Dennis Smith	12:50.93	
M60 Jerry Brown	14:41.89	
M65 Jerry LeVasseur	14:41.88	

Long Jump		
M50 Dean Irons	14-11.25	
M55 Fred Merkle	12-06.00	
M60 Angel Nieves, Jr.	13-09.00	
M65 Alfred Freniere	10-09.00	
M70 John Poley	12-08.00	
M75 Suat Akgun	10-00.50	
M80 Joseph Sciaraffa	9-05.00	
W55 Shelley Keeling	7-02.75	
W65 Judy Scott	5-06.50	
W80 Ann McGowan	6-03.75	

Triple Jump		
M55 Fred Merkle	26-07.00	
M60 Angel Nieves, Jr.	23-03.50	
M65 Jerry LeVasseur	21-01.00	
M75 Suat Akgun	21-02.50	
M80 Frank Brako	19-07.50	
W65 Judy Scott	15-06.75	
Shot Put		
M50 David Belhumeur	40-10.00	
M55 John Maley	28-10.00	
M60 Herb Bachorik	36-07.00	
M65 Clint Van Aken	32-07.00	
M70 Alan Brooks	40-07.00	
M75 William Clew	35-01.50	
M80 Frank Brako	24-01.00	
W55 Cindy Smith	22-06.00	
W60 Laurie Rothrock	21-05.00	
W65 Judy Scott	18-04.00	
W70 Marcia Crooks	19-05.00	
W75 Harriet Patch	17-09.00	
W80 Ann McGowan	14-06.00	

Discus		
M50 David Belhumeur	131-00	
M55 John Maley	94-00	
M60 Herb Bachorik	124-07	
M65 David MacMillan	145-03	
M70 James Rothrock	118-04	
M75 William Clew	84-00	
M80 Frank Brako	40-05	
W55 Cindy Smith	58-11	
W60 Laurie Rothrock	58-06	
W65 Judy Scott	49-10	
W70 Marcia Crooks	42-04	
W75 Harriet Patch	35-07	
W80 Doris Berlepsch	31-04	

Javelin		
M50 David Belhumeur	124-07	
M55 Fred Merkle	74-05	
M60 David Parker	144-06	
M65 Patrick Conley	99-05	
M70 James Rothrock	114-01	
M75 David Wilson	62-00	
W55 Cindy Smith	67-05	
W60 Laurie Rothrock	40-06	
W65 Joan Young	53-09	
W70 Marcia Crooks	43-10	
W75 Harriet Patch	36-02	
W80 Doris Berlepsch	37-00	

3000m Walk		
M50 David Young	12:04.61	
M55 George Liming	10:44.69	
M60 David Baldwin	7:54.11	
M75 George Freeman	10:09.39	
M80 Bill O'Leary	12:05.77	

Dartmouth Weight Meet
Hanover, NH; Sept. 9

SP/HT/TWT		
Bob Mead 62	47-0.5/156-8/59-2	
Don Filkins 52	42-1.25/-/-	
Dan Wallace 50	42-8.75/132-5/46-8-5	
Luke Hottel 59	38-2.5/-/-	
Carl Wallin 64	43-3.5/142-7/61-9	
Bob Cedrone 51	38-10.5/151-11/46-4	
16# Shot Put		
B Mead 62	39-3	
D Filkins 52	38-34	
D Wallace 50	37-7 1/2	
L Hottel 59	36-11 1/4	
C Wallin 64	36-9 1/2	
B Cedrone 51	35-11 3/4	

Carolina Masters
Throwers Meet/Von Rohr
Salem, NC; Sept. 9

Shot Put		
M30 Mike Demarte	11.79	
M55 John von Rohr	10.50	
M60 L.B. Clayton	10.87	
Malcolm Reese	10.34	
Gordon Herbert	9.50	
M65 Tom Steed	13.97	
Mike Valle	11.93	
M70 Gerald Vaughn	15.32	
Bill Gramley	11.17	
W60 Rebecca Vaughn	5.90	
Discus		
M30 Mike Demarte	41.09	
M60 Malcolm Reese	38.59	
Gordon Herbert	32.07	
M65 Tom Steed	41.27	
Mike Valle	40.94	
M70 Bill Gramley	40.46	
Hammer		
M55 John von Rohr	34.41	

SOUTHEAST

Carolina Masters
Throwers Meet/Von Rohr
Salem, NC; Sept. 9

Shot Put		
M30 Mike Demarte	11.79	
M55 John von Rohr	10.50	
M60 L.B. Clayton	10.87	
Malcolm Reese	10.34	
Gordon Herbert	9.50	
M65 Tom Steed	13.97	
Mike Valle	11.93	
M70 Gerald Vaughn	15.32	
Bill Gramley	11.17	
W60 Rebecca Vaughn	5.90	
Discus		
M30 Mike Demarte	41.09	
M60 Malcolm Reese	38.59	
Gordon Herbert	32.07	
M65 Tom Steed	41.27	
Mike Valle	40.94	
M70 Bill Gramley	40.46	
Hammer		
M55 John von Rohr	34.41	

M60 L.B. Clayton	35.20
M65 Mike Valle	40.44
M70 Tim Twomey	39.28
Bill Gramley	35.02
Javelin	
M30 Mike Demarte	42.56
M60 Gordon Herbert	29.71
Charles MacDonald	27.02
M65 Tom Steed	28.46
Mike Valle	27.96
Weight Throw	
M60 L.B. Clayton	13.41
Malcolm Reese	9.48
M65 Tom Steed	15.18
Mike Valle	14.95
M70 Tim Twomey	16.48
Bill Gramley	14.03
Superweight	
M70 Tim Twomey	9.39
Bill Gramley	8.09

North Carolina Senior
Games, Raleigh
Sept. 25-Oct. 1

100m		
M55 Art Rimbart	13.50	
M60 Joel Liles	13.60	
M65 Alfred Deans	14.70	
M70 Roy Shackelford	15.70	
M75 William Hottinger	17.00	
W55 Olive Martin	17.60	
W60 Gwen Straub	20.10	
W65 Louise Guardino	18.20	
W70 Fran Allison	10.20	
W75 Laura Blount	21.70	
W80 Catherine Pritchard	24.70	
W85 Gladys Pait	41.60	
W90 Mittie Seawell	37.20	

200m		
M55 Art Rimbart	28.60	
M60 Joel Liles	28.40	
M65 Maurice McDonald	30.30	
M70 Roy Shackelford	32.90	
M75 William Hottinger	36.90	
W55 Olive Martin	68.50	
W60 Louise Guardino	41.90	
W70 Anne Yudel	45.60	
W75 Laura Blount	50.90	
W80 Margaret Hagerty	1:05.00	
W85 Gladys Pait	2:03.10	

400m		
M55 Stefan Waltermann	1:05.00	
M60 Jesse Jones, Jr.	1:04.40	
M65 Maurice McDonald	1:04.50	
M70 Bruce Marsh	1:18.90	
M75 David Herbert	1:42.30	
M80 Wayne Oak	2:32.10	
W55 Elizabeth Laughridge	2:25.70	
W60 Pauline Nillend	1:35.50	
W65 Lee Wilson	1:51.90	
W70 Beth Carrin	1:55.20	
W80 Margaret Hagerty	2:39.00	
W85 Gladys Pait	4:19.50	

800m		
M55 Jay Smith	2:32.70	
M60 Joel Liles	2:52.40	
M65 Maurice McDonald	2:32.70	
M70 Edwin Harris	3:06.90	
M75 Casper Holroyd	3:58.20	
M80 Charles Dotson	3:30.50	
M90 Bill Finch	6:06.00	
W55 Elizabeth Laughridge	5:34.90	
W60 Pauline Nillend	3:34.10	
W65 Lee Wilson	4:04.20	
W70 Nancy Wilson	4:34.00	
W75 Margaret Wilson	4:34.80	
W80 Margaret Hagerty	6:28.00	

1500m		
M55 Darrell Simpkins	5:27.70	
M60 Charles Little	5:51.30	
M65 Maxwell Hamlyn	5:20.40	
M70 Edwin Harris	6:33.20	
M75 Dale Lappin	8:30.10	
M80 Charles Dotson	7:19.10	
M90 Bill Finch	11:59.70	
W60 Pauline Nillend	6:58.80	
W65 Lee Wilson	7:54.10	
W70 Nancy Wilson	8:53.80	
W75 Mary Turner	13:39.20	
W80 Margaret Hagerty	12:14.00	

5000m		
M55 Glenn Dannis	19:32.20	
M60 Herb Godwin	22:08.90	
M65 Maxwell Hamlyn	20:48.70	
M70 David Duncan	26:49.90	
M75 David Herbert	31:57.20	

100m		
M55 Art Rimbart	13.50	
M60 Joel Liles	13.60	
M65 Alfred Deans	14.70	
M70 Roy Shackelford	15.70	
M75 William Hottinger	17.00	
W55 Olive Martin	17.60	
W60 Gwen Straub	20.10	
W65 Louise Guardino	18.20	
W70 Fran Allison	10.20	
W75 Laura Blount	21.70	
W80 Catherine Pritchard	24.70	
W85 Gladys Pait	41.60	
W90 Mittie Seawell	37.20	

200m		
M55 Art Rimbart	28.60	
M60 Joel Liles	28.40	
M65 Maurice McDonald	30.30	
M70 Roy Shackelford	32.90	
M75 William Hottinger	36.90	
W55 Olive Martin	68.50	
W60 Louise Guardino	41.90	
W70 Anne Yudel	45.60	
W75 Laura Blount	50.90	
W80 Margaret Hagerty	1:05.00	
W85 Gladys Pait	2:03.10	

M80 Charles Dotson	28:40.70
W55 Dora Brodie	24:20.30
W60 Pauline Nillend	24:35.60
W65 Lee Wilson	29:18.60
W70 Nancy Wilson	32:28.70
W75 Margaret Wilson	32:03.50
W80 Margaret Hagerty	46:39.00

Long Jump		
M55 Gene Mellette	16-1.25	
M60 Walter Meckley	14-7	
M65 Bob Rowland	12-11	
M70 Wyatt Iken	12-8	
M75 William Hottinger	11-4	
M80 Arthur Wood	6-6.25	
M85 John Bradley	6-9	
M95 Fred Dickerson	5-7	
W55 Irma Bond	11-11	
W60 Johnnie Taylor	6-8	
W65 Marilyn Hinson	9-2.50	
W70 Helen Livingston	7-10.50	
W75 Nancy Taylor	6-11	
W80 Hazel	5-6	
W85 Hollis Smith	3-9.25	

Shot Put		
M55 Dan Linker	36-5	
M60 Richard Bloomfield	37-6	
M65 Tom Steed	40-10	
M70 Gerald Vaughn	45-11.50	
M75 Ken Samuelson	27-10.50	
M80 Robert Hendricks	20-5.50	
M85 Walt Erick	22-9	
M90 Tom Mayhew	15-10.25	
W55 Gail Lehman	21-7.75	
W60 Aileen Steelman	25-11.50	
W65 Shirley Rickman	21-3.25	
W70 Nancy Johnson	20-11.25	
W75 Ursula Weiss	19-4.75	
W80 Hazel	17-4.50	
W85 Ruth Mayhew	13-2	

W85	Hollis Smith	3-9.25
Shot Put		
M55	Dan Linker	36-5
M60	Richard Bloomfield	37-6
M65	Tom Steed	40-10
M70	Gerald Vaughn	45-11.50
M75	Ken Samuelson	27-10.50

M80 Robert Koch	23-7
Robert Zahn	25-5
M85 Robert Blimeister	23-2
W50 Ruth Welding	34-11.50
Alice Filter	24-0.50
W60 Rosemary Pitzel	21-8
W70 Nora Schulze	17-6
Nancy Shilling	16-10
Janice Wolowicz	16-1
W75 Doris Forbes	16-6
W80 Agnes Reinhard	15-2
Discus	
M50 Mark Warner	128-7
Michael Matteson	112-9
M55 Gary Spears	120-6
Jerry Amundson	115-1
Marvin Ripp	110-7
M60 Richard Dana	137-6
John Biolo	129-3
James Dummert	110-10
M65 Gary Schwengel	119-7
Dave Arndt	89-3
John Schultz	87-8
M70 William Jankovich	93-2
Gaylord Reeves	90-0
Anderson Irvin	67-9
M75 C L Bruce	88-3
Donald Hoepfner	72-7
Frank Gianno	68-5
M80 Robert Koch	60-6
M85 Robert Blimeister	49-7
1500m RW	
M50 Brian Olszewski	10:50.44
M55 Robert Shires	8:11.82
Ron Winkler	9:00.41
Harley Grant	9:14.78
M60 Thomas Casper	9:50.00
M70 A Du Bois	9:12.71
Russell Anderson	12:15.05
M75 William Baxter	9:52.71
W50 Alice Winkler	11:52.49
Gwendolyn Irvin	12:51.09
W60 Sheila Scholl	12:52.07
W70 D-G Gatewood	12:07.70
W75 Katherine Marrs	10:41.93
Darlene Du Bois	14:00.56

Kentucky Senior State Games, Lexington, KY Sept. 23

100m	
W50 Beverly Metcalf	15.88
Peggy Stephens	17.34
Juliana Pek	18.34
W55 Mary Jilka	16.20
Wendy Hames	18.73
Judith Petty	20.37
W60 Mattie Jones	18.81
Carol Stricklin	18.06
Mary M Nable	20.22
W70 Mikki Eddlemon	26.27
W85 Mary Bowermaster	31.53
Garnet Jones	45.86
200m	
M50 Hao-Ming Siu	27.37
Michael Stratford	30.37
Douglass Tanabe	27.85
M55 Sonny Collins	25.59
Douglass Tanabe	27.85
George Bowne	26.07
M60 Allen Huff	27.98
Clarence Ray	28.46
Fred Svoboda	33.65
M65 Tom	29.39
Avital Schurr	29.57
Robert Wozniak	31.33
M70 Jim McWilliams	33.93
Barry Bertram	34.92
Paul Williams	43.57
M75 Edward Liskovec	35.51
J Clifford Todd	40.95
Byford Reed	35.69
W50 Martha Lutz	33.49
Beverly Metcalf	35.98
Janet Green	38.67
W55 Mary Jilka	34.37
Wendy Hames	41.49
Catherine Bishop	47.67
W60 Mattie Jones	41.98
Mary M Nable	44.10
Carol Stricklin	43.41
W65 Kitty Wilson	49.50
W70 Mikki Eddlemon	58.87
W85 Garnet Jones	1:56.69
800m	
M50 Charles Lutz	2:26.67
William Lowry, Jr	2:29.76
M55 Terry Reed	2:46.19
Earl Lord	3:00.61
M60 Michael Parks	2:49.31
Fred Svoboda	2:54.85
Gerald Smith	3:03.69
M65 Randall Swann	2:49.90
Arnold Graves	2:53.20
Bill Zehner	3:00.38
M70 Frankie Robinson	3:59.98
W50 Diana Ikon	3:13.64
Martha Lutz	3:21.80
Janet Green	3:23.36
W55 Brenda Burton	3:56.25
Terry Foody	4:08.02

Catherine Bishop	5:03.47
W60 Elaine Degenbela	3:38.46
W70 Mikki Eddlemon	4:32.31
1500m	
M50 Charles Lutz	4:59.18
David Berman	5:05.11
Charles Francke	5:07.54
M55 Terry Reed	5:29.77
David Jones	5:29.93
Charles Bishop	6:15.13
M60 Tom Lough	6:02.07
Michael Parks	6:02.27
Dale Viniard	6:33.81
M65 Randall Swann	6:04.65
Bobby Miller	6:21.38
Bill Francis	7:07.28
W50 Martha Lutz	7:03.99
W55 Brenda Burton	7:57.19
Terry Foody	8:25.05
Catherine Bishop	10:32.04
W60 Elaine Degenbela	7:43.69
Joyce Redd	8:26.74
W70 Mikki Eddlemon	8:50.03
High Jump	
M50 Charles Durrant	5-6
Jon Kiefer	5-2
Scott Evans	5-4
M55 Al Gabbard	5-1
Robert Juett	4-8
Michael Daniels	4-8
M60 Thomas Bernhardt	4-2
Bruce Purdy	4-0
Ray Bentley	3-10
M65 Jim Blackwell	4-6
Bob Southerland	4-2
Larry Heime	4-0
M70 Louis Vodopya	4-0
Thomas Phillips	3-8
Roland Ware	3-6
M75 Edward Liskovec	3-8
Richard Soller	3-6
Horace Plemons	3-4
M80 Charles Baker	3-6
W55 Catherine Bishop	3-3
Terry Foody	2-10
W60 Carol Stricklin	3-3
W65 Donna Beeler	3-1
W70 Barbara Sel	2-10
Pole Vault	
M50 Terry Woodward	9-0.25
M60 Robert Banhagel	9-0.25
M65 Larry Heime	7-6.25
Roger Chassay	6-6
Bob Southerland	6-6
W50 Rainey Rohrmeir	5-0
Shot Put	
M50 Wayne Renner	36-2.50
Charles Wright	35-3
Frank Broadus	32-10
M55 Gerry Scaringi	34-11
Hayward Seber	33-1
Robert Kranz	27-11
M60 Mickey Bitsko	40-4
William Rassinin	28-11
Bruce Purdy	28-0
M65 Ronald Small	34-5
Paul Deem	31-7
Pat Murphy	30-8
M70 Thomas Phillips	34-11
Jim McWilliams	34-1
Louis Vodopya	31-5
M75 Peter Augsburger	34-8
Cyrus Deem	33-9.50
Thomas Sechrist	28-11
W50 Camilla Corbin	25-11.50
Beverly Metcalf	18-8
Rainey Rohrmeir	22-3.50
W55 Von Macklin	26-9.50
Catherine Bishop	21-10.50
Barbara Tretter	21-6
W60 Carol Stricklin	20-9
Jean Malone	17-8
Carolyn Lee Wells	16-0
W65 Judith Thomas	23-4
Mary Kelly	23-2
Johnnie Conner	19-8
W70 Mabel Forman	15-4
Barbara Self	14-8.50
W75 Betty Neal	20-6
W80 Mary Seebeck	13-1
W85 Mary Bowermaster	15-10
Garnet Jones	9-10
Discus	
M50 Frank Broadus	113-4
Wayne Renner	96-9
Jeff McClung	60-4
M55 Randy Beach	121-3
Hayward Seber	101-0
Gerry Scaringi	100-0
M60 Mickey Bitsko	110-8
Mel Biancola	109-4
Terry Spalding	91-9
M65 Malachi McGruder	120-5
Ronald Small	118-6
Paul Deem, Sr	109-0
M70 Louis Vodopya	93-9
Thomas Phillips	89-6
William Coates	57-9
M75 Cyrum Deem	94-10
Thomas Sechrist	87-4
John Moll	86-5
M90 John Boesenhofer	37-4

W50 Rainey Rohrmeir	68-5
Camilla Corbin	60-11
Mary Ritchie	36-2
W55 Catherine Bishop	52-11
Von Macklin	41-9
Marilyn Minnick	41-3
W60 Jean Maline	56-3
Carol Stricklin	56-3
Carolyn Lee Wells	30-8
W65 Johnnie Conner	47-2
W70 Mabel Forman	29-8
Barbara Self	29-3
W75 Betty Neal	46-6
W80 Mary Seebeck	29-9
W85 Mary Bowermaster	28-2
Garnet Jones	22-9
Javelin	
M50 Wayne Renner	106-4
M55 Gerry Scaringi	94-5
Donald Waggener	52-10
M60 Thomas Worley	121-9
Mickey Bitsko	92-7
Bruce Purdy	91-9
M65 Malachi McGruder	127-0
Fred Nichols	107-9
James Turner	94-10
M70 Roland Ware	95-6
Ronald Chilton	66-10
William Otis Coates	59-9
M75 Bruce Pope	90-4
Edward Liskovec	71-5
Wade Odom	59-6
M80 Charles Baker	65-10
W50 Rainey Rohrmeir	58-4
Camilla Corbin	52-3
Beverly Metcalf	40-8
W55 Von Macklin	61-9
Catherine Bishop	48-7
Dee Dee Roehrig	43-2
W60 Carol Stricklin	61-2
Jean Malone	34-8
Carolyn Lee Wells	33-1
W65 Donna Beeler	60-7
Mary Kelly	43-0
Johnnie Conner	36-6
W70 Barbara Self	26-5
Mabel Forman	24-0
Betty Larimore	18-9
W75 Betty Neal	43-3
W80 Mary Seebeck	25-6
W85 Mary Bowermaster	25-6
Garnet Jones	11-11
W90 John Boesenhofer	46-4
1500m RW	
M50 Jeff McClung	7:44.75
Dave Rogers	12:02.48
M55 Charles Waller	8:38.75
Arthur	9:10.00
David Kirgan	10:14.26
M60 Terry Spalding	10:36.59
Jon Larson	11:49.57
M65 Jim Blackwell	9:16.27
M70 Gene Siler	9:20.32
Barry Bertram	10:59.05
M75 Robert Lee	13:21.57
W50 Rainey Rohrmeir	10:56.23
Mary Ritchie	12:09.09
W55 Elizabeth Main	9:30.87
Mary Jilka	10:00.90
Martha Eddy	11:14.23
W60 Susan Conner	11:03.04
Mary M Nable	11:08.79
Joyce Redd	11:09.12
W65 Patricia Waggener	14:51.40
W70 Mikki Eddlemon	12:37.83
Mary Jo Clark	13:37.72
Betty Larimore	13:52.72

South Dakota Senior Games, Madison, SD Sept. 7-10	
50m	
M50 Randy Mason	7.38
Craig Thompson	7.50
M55 Jeff Heinemeyer	7.07
Dale Paulson	7.08
M60 Ray Tidblum	8.76
Alex Meyer	9.34
M65 Steve Bowles	7.14
John Tweeten	7.81
M70 Lloyd Kempf	8.10
Jim Nelson	10.38
M75 Don Phillips	10.40
M85 Ralph Maxwell	8.91
Sigurd Andenas	14.08
M90 John Zilverberg	12.62
W50 Dianne Nelson	7.89
Jan Johnson	9.08
Diane Olive	9.09
W55 Alison Paulson	12.88
W65 Harriet Kaufman	9.98
Madona Thunderhawk	11.27
Betty Uyema	12.29
W70 Elaine Goldammer	11.33
Leann Fredrickson	11.90
W80 Ginny Anderson	14.99
100m	
M50 Samuel Prabhakar	13.11
Rick Allen	13.76
Phil Trieb	13.86
M55 Randall Olson	13.65
Dale Paulson	13.80
Jeff Heinemeyer	13.81
M60 Andrew Tanabe	13.95
Richard Burgard	14.95
Alex Meyer	16.63
M65 Steve Bowles	13.30
Sherwood Sagedahl	14.40
John Tweeten	14.73
M70 Lloyd Kempf	15.59
M75 Don Phillips	21.71
M85 Ralph Maxwell	17.30
Sigurd Andenas	28.34
M90 John Zilverberg	26.54
W50 Dianne Nelson	17.38
Judi Crawford	18.41
Marlon Berg	23.73
W55 Alison Paulson	24.39
W65 Harriet Kaufman	20.63
Madona Thunderhawk	23.85
Betty Uyema	24.80
W70 Elaine Goldammer	24.48
Leann Fredrickson	26.83
W80 Ginny Anderson	31.94

MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26

100m	
M40 Steve Bunn	11.30
Donald Cottner, Jr	11.50
Darren Muci	14.16
M50 Ron Boleware	12.22
Kirk Burgess	12.36
William Sellers, III	12.68
M55 Jeff Evangelisti	13.58
M60 Bill Lewis	12.91
Joe Hoover, Jr	13.69
Dave Osborne	13.85
M65 Jon Bingesser	14.66
W65 Karen Young	22.00
200m	
M40 Jeff Hageman	23.97
Donald Cottner, Jr	24.66
M50 Ron Boleware	25.91
M60 Bill Lewis	27.56
Joe Hoover, Jr	30.06
Dave Osborne	31.07
W65 Karen Young	57.25
400m	
M40 Jeff Hageman	54.56
M50 William Sellers, III	1:04.06
Gilbert Castillo	1:07.84
M55 Jack Nelson, Jr	1:18.03
M60 Bill Lewis	1:02.16

Dave Osborne	1:16.47
Jim Ross	1:17.21
800m	
M40 Rod Zook	2:09.38
M50 Gilbert Castillo	2:37.75
M55 John Hersberger	3:15.21
M60 Jim Ross	3:04.40
W45 Maureen Petrocci	4:00.60
1 Mile	
M35 Grant Williams	6:01.03
M40 Rod Zook	4:52.50
M50 Brad Chatfield	5:55.07
M55 Jack Nelson, Jr	8:11.32
M60 Jim Ross	6:58.40
High Jump	
M50 Doug Boehr	4-2
M55 Jim Modin	4-4
M60 Joe Hoover, Jr	4-6
Long Jump	
M40 Darren Muci	13-5.75
M45 Vic Johnson	15-5.75
Bob Porter	15-0.75
M50 Bob Maseratti	14-11.75
Doug Boehr	14-1.75
M55 Maure Weigel	14-10.25
M60 Joe Hoover, Jr	15-2.25
M65 Jon Bingesser	12-9
Triple Jump	
M50 Bob Maseratti	25-6.50
M55 Maure Weigel	31-9.75
M60 Joe Hoover, Jr	31-7.75
M65 Jon Bingesser	26-11.75
Shot Put	
M35 Ken Black	41-9.50
M50 Ray Burton	45-10
M85 Scott Herrman	24-0
Discus	
M50 Ray Burton	166-4
M85 Scott Herrman	52-7

USATF Mid-America Regional Masters Championships/Rocky Mountain Games Pentathlon Ft. Collins, CO; Sept. 2-3

M45 David Hampton	2402
Elliot Drumright	1712
M55 David Salazar	3432
Kevin Christensen	3236
Gene Iwen	2672
M60 Alex Meyer	2202
M70 Richard Larkin	2094
M80 Fred Hirsimaki	2550

South Dakota Senior Games, Madison, SD Sept. 7-10

50m	
M50 Randy Mason	7.38
Craig Thompson	7.50
M55 Jeff Heinemeyer	7.07
Dale Paulson	7.08
M60 Ray Tidblum	8.76
Alex Meyer	9.34
M65 Steve Bowles	7.14
John Tweeten	7.81
M70 Lloyd Kempf	8.10
Jim Nelson	10.38
M75 Don Phillips	10.40
M85 Ralph Maxwell	8.91
Sigurd Andenas	14.08
M90 John Zilverberg	12.62
W50 Dianne Nelson	7.89
Jan Johnson	9.08
Diane Olive	9.09
W55 Alison Paulson	12.88
W65 Harriet Kaufman	9.98
Madona Thunderhawk	11.27
Betty Uyema	12.29
W70 Elaine Goldammer	11.33
Leann Fredrickson	11.90
W80 Ginny Anderson	14.99
100m	
M50 Samuel Prabhakar	13.76
Rick Allen	13.76
Phil Trieb	13.86
M55 Randall Olson	13.65
Dale Paulson	13.80
Jeff Heinemeyer	13.81
M60 Andrew Tanabe	13.95
Richard Burgard	14.95
Alex Meyer	16.63
M65 Steve Bowles	13.30
Sherwood Sagedahl	14.40
John Tweeten	14.73
M70 Lloyd Kempf	15.59
M75 Don Phillips	21.71
M85 Ralph Maxwell	17.30
Sigurd Andenas	28.34
M90 John Zilverberg	26.54
W50 Dianne Nelson	17.38
Judi Crawford	18.41
Marlon Berg	23.73
W55 Alison Paulson	24.39
W65 Harriet Kaufman	20.63
Madonna Thunderhawk	23.85
Betty Uyema	24.80
W70 Elaine Goldammer	24.88
Leann Fredrickson	26.83
W80 Ginny Anderson	31.94

Jack Strong	81-6
M70 Lovell Wheeler	84-4
Bob Beattie	83-10
Lloyd Kampf	71-10
M75 Edward Falor, Sr	81-9
Wallace Runia	47-10
M80 Ken Dessinger	71-1
M85 Sigurd Andenas	37-2
M90 John Zilverberg	27-4
W50 Kay Glynn	80-0
Marion Berg	44-4
Darlene Kuhmel	38-2
W55 Martha Green	43-10
W65 Marion Krueger	54-0
Audrey Kempf	49-0
W70 Jeanne Kirsch	43-5
Elaine Goldammer	29-9
W75 Margie McTighe	21-5
5K Road Race	
M50 Al Arendt	19:17.08
Glenn Zepher	23:35.62
Mike Knox	24:17.89
M55 Little Moon Wallace	18:43.79
Delmar Wolkow	24:29.60
Scott Parsley	25:16.19
M70 Alvin Uecker	24:27.70
Alvin Ravenscroft	27:35.84
Lyle Sonnenschein	31:25.42
M80 Gerald Armitage	32:41.92
W50 Nancy Simon	29:40.68
W65 Mary Kaplan	32:35.90
W75 Edith Weber	31:30.09

SOUTHWEST**Texas Senior Games
Austin; Sept. 16-17**

50m	
M50 Terry Helton	6.47
Sergio Angulo	6.72
Robert Stull	9.95
M55 Richard Winford	7.23
Paul Blakenship	7.45
Dennis Scholl	8.36
M60 Fred Bean	7.16
Gerald Larson	7.33
Larry Link	7.58
M65 Charles Denson	7.32
M65 Charles Denson	7.32
David Melber	7.82
Benjamin Salcido	8.71
M70 Jim Vick	8.86
Randle Jackson	9.33
M75 William Wareham	8.49
Kenneth Knowlton	8.97
David Cady	10.63
M80 William Barton	11.03
Donald Watson	12.23
M85 Joe Henderson	12.48
John Shitwell	13.04
W50 Brenda Cook	7.70
Vicki Blythe	8.97
Barbara Hodge	9.37
W55 Diann Kaerwer	9.27
W60 D van der Cruyssen	10.67
W65 S Brooks-Smith	9.41
W70 Libby Cleveland	9.97
Joan Sutton	10.67
Martha Long	12.01
100m	
M50 Robert Stull	12.75
Terry Helton	13.20
Sergio Angulo	13.60
M55 Richard Winford	13.41
Mike Loyd	13.66
Robert duncan	13.69
M60 Edward Jones	12.15
Ismael Benavides	13.03
Fred Bean	13.35
M65 Mack Stewart	12.08
Charles Denson	12.38
David Melber	13.68
M70 James Leggett	13.58
Daniel Florez	14.48
Randle Jackson	16.03
M75 Wilford Scott	14.35
William Wareham	15.12
Kenneth Knowlton	15.92
M80 William Barton	18.50
Mel Kusin	18.84
Donald Watson	21.79
M85 Charles Keenan	18.85
John Whitwell	21.72
Joe Henderson	22.54
W50 Brenda Cook	13.60
Dinah Anderson	15.82
Vicki Blythe	16.23
W55 Diann Kaerwer	17.12
W60 D van der Cruyssen	15.34
Laurie Barton	16.92
Shirley Watts	19.94
W65 M Coffee-Carney	17.34
S Brooks-Smith	17.74
Shelly Whitlock	19.58
W70 Mary Lou Bradford	19.03
Libby Cleveland	21.10
Joan Sutton	21.33
W80 Lillie Doss	35.44
W85 Nita Henderson	25.73
Margaret Hinton	32.16

Jennie Hughes	35.07
200m	
M50 Terry Helton	26.80
Robert Stull	27.00
Sergio Angulo	27.12
M55 Richard Winford	27.80
Robert Duncan	28.61
Douglas Rexroad	29.32
M60 Robert Sebesta	26.60
Edward Jones	27.00
Fred Bean	28.40
M65 Charles Denson	27.00
Mack Stewart	28.42
Pete Clarke	28.50
M70 Robert Cozens	30.63
James Leggett	30.91
Jackson Randle	38.00
M75 Wilford Scott	31.20
William Sareham	34.00
Kenneth Knowlton	35.71
M80 Mel Kusin	44.60
Donald Watson	62.01
M85 Charles Keenan	42.90
John Whitwell	48.22
W50 Brenda Cook	30.80
M Riley-Hagan	36.62
Martha Martinez	46.41
W55 Diann Kaerwer	40.11
W60 D van der Cruyssen	34.80
W65 M Coffee-Carney	38.11
S Brooks-Smith	39.22
W70 Mary Lou Bradford	45.01
Joan Sutton	46.74
W80 Lillie Doss	82.01
400m	
M50 Horace Grant	56.00
Michael Davis	58.65
Lamar Galloway	1:02.02
M55 Clint Harris	1:24.31
Tom Flournoy	1:24.75
M60 Robert Sebesta	1:02.61
Gerald Larson	1:11.62
Paul Burroughs	1:14.60
M65 Mack Stewart	1:05.41
Pete Clarke	1:06.70
Ralph Wolf	1:35.22
M70 Robert Cozens	1:13.07
James Leggett	1:15.10
M75 Del Cobb	1:19.63
William Wareham	1:22.51
Edward Williams	1:34.10
M80 Granville Coggs	1:51.61
Donald Watson	2:25.00
M85 Charles Keenan	2:08.51
W50 J Riley-Hagan	1:21.81
Martha Martinez	1:59.30
W60 Bev Ellis	1:22.61
W65 M Coffee-Carney	1:47.10
W70 Joan Sutton	2:38.72
W80 Lillie Doss	3:19.10
800m	
M50 Horace Grant	2:16.01
Gary Johnson	2:25.66
Dave Moore	2:25.90
M55 Richard Morgan	2:33.10
M60 Frank Crockett	2:47.08
Kent Albright	3:15.45
M65 Mack Stewart	2:36.95
Pete Clarke	2:58.87
John Ward	3:04.22
M70 Robert Cozens	3:03.94
Don Henderson	3:13.61
Michael Companion	3:15.60
M75 Del Cobb	3:37.00
Edward Williams	5:26.03
M80 Clay Ireson	5:07.00
Donald Watson	5:26.03
W50 M Riley-Hagan	3:16.50
Martha Martinez	4:00.51
W55 Ellen Friedman	5:54.82
W60 Bev Ellis	3:13.50
W65 Rachel Snider	5:03.70
W70 Betty Forsvall	6:53.91
W80 Lillie Doss	7:04.82
1500m	
M50 Anthony Colon	5:06.00
Gary Johnson	5:14.10
Bill O'Neill	6:31.12
M55 Paul Pearson	4:58.21
Richard Morgan	5:26.02
Peter Mathews	6:06.01
M60 Frank Crockett	6:16.00
Kent Albright	6:49.05
M65 John Ward	6:33.10
Ralph Wolf	7:37.80
M70 Ino Canto	5:53.50
John McInnis	8:16.60
Pete Muniz	8:35.10
M75 Dell Cobb	7:37.00
Edward Williams	8:04.12
W50 Martha Martinez	8:52.60
W55 Joanne May	7:37.41
W60 Sara White	11:38.00
W65 Rachel Snider	10:29.12
W70 Betty Forsvall	13:33.71
W80 Lillie Doss	13:18.50
High Jump	
M50 Terry Helton	1.53
Robert Stull	1.48
M55 John Barton	1.48
Roger Owen	1.12
M60 James Cawley	1.53

Nate Holt	1.37
Ray Kozusko	1.37
M65 Don Isett	1.37
David Melber	1.32
Fred Rodriguez	1.22
M70 Philip Watkins	1.27
James Leggett	1.22
Paul Beckman	1.22
M75 Edward Williams	1.42
Val Smith	1.12
John Goggin	1.02
M80 Adolph Hoffman	1.07
William Barton	1.02
Donald Watson	0.75
M85 Paul Coons	0.92
W50 Dinah Anderson	1.02
W60 Linda Douglass	1.27
Laurie Barton	1.17
D van der Cruyssen	1.12
W65 Shelly Whitlock	1.07
W70 Loretta Watson	1.07
Mary Lou Bradford	0.75
W85 Margaret Hinton	0.75
Pole Vault	
M50 Douglas Sparks	3.51
Robert Crites	3.51
Donald Curry	3.35
M55 Larry Bonnett	3.05
Robert Duncan	2.90
John Gonzales	1.93
M60 James Cawley	2.74
M65 James Tinelli	2.74
Don Isett	3.05
Steven Warr	3.20
M70 George Jageman	1.83
William Morris	1.83
Jim Vick	1.83
M75 Edward Williams	1.98
John Goggin	1.68
M80 Adolph Hoffman	2.13
M85 Paul Coons	1.68
W50 Dinah Anderson	1.68
W60 D van der Cruyssen	1.68
Laurie Barton	1.52
Sara White	0.91
W65 Shelly Whitlock	1.52
W70 Mary Lou Bradford	1.52
W85 Margaret Hinton	0.76
Long Jump	
M50 Robert Stull	4.58
Sergio Angulo	4.30
Michael Ancy	4.28
M55 Paul Blankenship	4.72
Robert Duncan	4.41
Clint Harris	3.86
M60 Edward Jones	5.16
Ray Kozusko	5.05
Ken Black	4.70
M65 Benjamin Salcido	4.93
James Tinelli	4.46
David Melber	4.30
M70 Paul Beckman	4.16
William Morris	3.64
Daniel Florez	3.63
M75 William Wareham	3.25
John Goggin	2.63
Edward Williams	2.63
M80 Adolph Hoffman	3.07
William Barton	2.04
Donald Watson	1.95
M90 Foster McFadden	1.97
W50 Karen Scholl	1.32
W60 Laurie Barton	3.35
D van der Cruyssen	3.00
W70 Loretta Watson	2.54
Dorothy Gross	1.28
W75 Georgia Goggin	1.76
W85 Margaret Hinton	1.21
Triple Jump	
M50 Sergio Angulo	8.80
M60 Ray Kozusko	9.53
Ken Black	8.85
Nate Holt	6.73
M65 James Tinelli	8.63
Pete La Barge	8.23
David Melber	8.02
M70 Paul Beckman	6.93
M80 Adolph Hoffman	6.45
W50 Nita Ryder	5.45
Susan Sanford	3.96
W70 Dorothy Gross	2.80
W85 Margaret Hinton	2.95
Shot Put	
M50 Steve Patridge	14.05
Donald Lantrip	11.42
Terry Helton	10.46
M55 Robert Rogers	13.39
Dennis Mathies	12.33
Albert Watts	11.80
M60 Mark Chapman	12.15
Curtis Ryder	10.68
Arthur Lawrence	10.56
M65 Gayle Berry	10.55
Jeff Harrell	10.39
Michael Meils	9.52
M70 John Cantrell	11.46
Elwyn Fink	10.97
Wendell Palmer	10.94
M75 Jim Gerhardt	10.93
Val Smith	8.52
Rudy Almaguer	8.88
M80 Adolph Hoffman	9.15

Clay Krames	8.97
Doug Cochran	7.87
M85 Earl Blassingame	7.90
Errol Riewerts	6.03
Guy Sievert	4.50
M60 Gary Leinhart	8.19
Steve Feith	7.51
J C Sanford	7.11
M65 John Knifton	8.11
David Gordon	6.89
Edwin Lewis	6.06
M70 Robert Walker	6.02
Presley Donaldson	4.52
Byron Rogilio	5.24
M75 Gene Hobart	4.28
Doyle Quillin	3.62
M80 Leonard Stern	3.34
Gene Eastman	42.84
John O'Sullivan	39.81
M85 Weldon Bigony	34.92
W50 Cindie Feith	31.54
Berry Surratt	29.74
W55 Rayleen Hufford	26.12
W60 Jean Hickey	37.12
Patricia Mills	34.06
Maria Sosa	33.53
W65 Juanita Rogilio	44.98
Doris Flynn	36.78
W70 Delfina Rodriguez	36.77
W75 Jane Nightingale	35.73
Teresa Fritz	34.10
5000m RW	
M55 Bud Morrill	37:27.10
Rusty Miller	41:05.60
Randal Surratt	41:06.51
M60 Gary Leinhart	34:48.90
Steve Feith	38:46.00
M65 John Knifton	35:02.01
Carl Mills	40:15.12
Edwin Lewis	42:24.10
M70 Robert Walker	35:49.00
Byron Rogilio	38:35.90
M80 Leonard Stern	42:22.14
M85 Welson Bigony	43:25.00
W50 Cindie Feith	43:36.00
W55 Betty Surratt	34:56.10
W60 Jeanette Schaefer	41:26.60
W65 Juanita Rogilio	38:49.71
W70 Delfina Rodriguez	42:23.42
W80 Jane Nightingale	42:19.50
WEST	
USATF-AZ Throws Championships Mesa; Sept. 17	
Shot Put	
W45 Leigh Young	8.48
M30 Mark Landi	15.88
M30 Mark Landi	11.74
Matt Foreman	10.55
M35 Geoffrey Riggs	11.01
Frank Moskowitz	9.51
M40 Tim Edwards	12.91
David Bickel	11.27
M45 Jeff Crothers	9.20
M50 Jim Lister	13.22
Richard Watson	10.28
M55 Jim Lister	13.22
Tim Muller	10.94
Clay Hull	10.66
Tim Colby	10.33
M60 Paul Economides	14.97
M70 Doug Tomlinson	11.46
Bob Bergfeldt	10.39
Discus	
W45 L Young	28.75
M30 M Landi	48.89
R Petrini	34.03
M35 G Riggs	27.27
F Moskowitz	25.58
M40 T Edwards	43.56
D Bickel	37.38
M50 J Lohrop	44.11
R Watson	36.61
M55 T Muller	39.60
J Lister	38.71
C Hull	35.76
T Colby	28.26
M60 P Economides	52.07
M70 B Bergfeldt	38.41
D Tomlinson	34.67
Hammer	
M30 M Landi	56.78
R Petrini	31.86
M35 F Moskowitz	25.17
G Riggs	17.97
M40 D Bickel	43.95
M45 J Crothers	35.94
M50 R Watson	40.56
J Lohrop	24.05
M55 C Hull	41.54
T Muller	34.46
T Colby	19.96
M60 P Economides	50.36
M70 D Tomlinson	34.10
B Bergfeldt	24.87
Javelin	
M30 M Landi	38.79
R Petrini	24.89

1500m RW	
M50 Constantin Gamez	11:18.07
M55 Randal Surratt	9:00.30
Bud Morrill	9:43.20
Guy Sievert	10:43.10
M60 Gary Leinhart	9:11.90
Steve Feith	10:44.91
J C Sanford	10:59.00
M65 John Knifton	9:25.90
David Gordon	9:48.83
Edwin Lewis	11:18.40
M70 Robert Walker	10:14.00
Presley Donaldson	10:35.10
Byron Rogilio	11:19.01
M75 Gene Hobart	10:46.03
Doyle Quillin	15:56.22
M80 Leonard Stern	11:49.24
Gene Eastman	12:23.00
John O'Sullivan	15:20.05
M85 Weldon Bigony	12:24.02
W50 Cindie Feith	11:58.00
Berry Surratt	10:14.91
W55 Rayleen Hufford	11:16.00
W60 Jean Hickey	10:27.10
Patricia Mills	13:11.01
Maria Sosa	13:45.00
W65 Juanita Rogilio	10:39.00
Doris Flynn	14:25.11
W70 Delfina Rodriguez	11:54.21
W75 Jane Nightingale	11:26.12
Teresa Fritz	14:24.00

WEST	
USATF-AZ Throws Championships Mesa; Sept. 17	
Shot Put	
W45 Leigh Young	8.48
M30 Mark Landi	15.88
M30 Mark Landi	11.74
Matt Foreman	10.55
M35 Geoffrey Riggs	11

M80 Robert Davidson	28.06
W45 Yoko Hayashi	17.93
W50 Rita Hanscom	13.81
Cathy Baar	20.90
W60 Rosilee Jones	19.61
W65 Kathy Bergen	14.70
200m	
M30 Michael Brown	24.02
M35 Curtis Moore	23.20
M40 John Speed	24.56
M45 Mike Sullivan	23.25
Mark Pasos	25.64
William Long	26.02
M50 Steve Knoch	26.59
Steve Jennings	27.72
M55 Larry Lettieri	26.38
Jerry Beatty	31.16
M60 Ronald Jordan	29.08
William Gelbart	30.98
Juan Bustamante	38.91
M65 Doug Smith	27.41
Don French	51.10
M70 Sam Flory	33.33
M75 Don Cheek	31.20
Francis Kishi	40.74
M80 Robert Davidson	69.93
W45 Joy Upshaw-Margerum	26.60
W50 Cathy Baar	45.72
W60 Rosilee Jones	43.31
400m	
M35 Curtis Moore	52.41
M40 John Sprague	59.61
M45 Mike Sullivan	51.08
Gabor Dobos	66.25
M60 Juan Bustamante	2:04.75
M65 Don French	2:01.49
M75 Don Cheek	1:12.10
W45 Joy Margerum-Upshaw	1:01.94
W50 Cathy Baar	1:50.42
1500m	
M50 Richard Burns	4:20.16
5000m	
M45 William Ward	17:26.35
Mark Cleary	17:44.66
M70 Gordon McClenathan	25:35.49
W45 Christine Long	24:41.93
10,000m	
M30 Kelly Buell	45:13.02
W50 Denise Janneck	46:15.84
W85 Gerry Davidson	1:49:30.11
2000m Steeplechase	
M60 Bill Americh	9:55.59
M70 Gordon McClenathan	9:46.67
3000m Steeplechase	
M35 Matt Bogdanowicz	10:35.18
M50 Andrew Hecker	14:10.23
80m Hurdles	
W50 Rita Hanscom	14.29
100m Hurdles	
M65 Terry Rowan	20.41
110m Hurdles	
M40 Don Davies-Rougeau	18.66
M45 Jeff Davison	21.67
300m Hurdles	
M40 Don Davies-Rougeau	57.16
M65 Terry Rowan	45.04
Shot Put	
M34 David Kuderka	10.24m
M50 Wayne Tweddell	11.88m
M55 Robert Morris	8.61m
M60 Clay Larson	15.35m
Louis Jordan	11.84m
Gary Wuest	11.70m
Juan Bustamante	8.03m
M65 Ed Oleath	11.42m
Jack Kuhns	10.33m
Jerry Harwood	9.98m
M70 Hal Smith	13.15m
Henry Ross	12.65m
Bob Ward	12.10m
Bob Humphreys	11.98m
Alan Rosen	8.75m
M75 Arnie Gaynor	12.25m
W60 Rosilee Jones	6.39m
W65 Tomasa Schultz	5.88m
W80 Johnny Valien	5.80m
Discus	
M30 David Kuderka	32.97m
M50 Wayne Tweddell	34.42m
M55 Robert Morris	30.30m
M60 Louis Jordan	43.13m
Gary Wuest	37.12m
Juan Bustamante	25.54m
M65 Jerry Harwood	31.49m
Jack Kuhns	31.11m
Don French	18.83m
M70 Bob Humphreys	42.80m
Bob Ward	40.01m
F. Stewart Thomson	37.33m
Hal Smith	35.39m
Alan Rosen	31.47m
M75 Arnie Gaynor	36.53m
W50 Cathy Baar	14.10m
W55 A. Steekelenburg	22.41m
W60 Rosilee Jones	13.78m
W65 Kathy Bergen	18.08m
Tomasa Schultz	13.94m
Javelin	
M30 David Kuderka	49.26m
M45 John Hansen	51.54m
M55 Robert Morris	33.80m
M60 Gary Wuest	38.16m

Juan Bustamante	18.37m
M65 Steve Wordell	39.10m
Jack Kuhns	29.21m
Jerry Harwood	23.94m
Don French	19.51m
M70 Bob Ward	33.48m
Hal Smith	29.53m
Bob Humphreys	28.99m
W50 Cathy Baar	12.50m
W55 A. Steekelenburg	22.59m
W65 Kathy Bergen	22.87m
Tomasa Schultz	13.30m
W80 Johnny Valien	15.55m
Hammer	
M40 Kyong Song	46.54m
M45 Michael Venning	45.34m
M55 Thomas Meyer	51.01m
Robert Morris	21.91m
M60 Louis Jordan	40.06m
Gary Wuest	23.64m
Juan Bustamante	8.21m
M65 Ed Burke	55.04m
Jeff Chase	39.79m
Jack Kuhns	29.77m
Jerry Harwood	18.62m
M70 Bob Ward	47.65m
Bob Humphreys	42.89m
F. Stewart Thomson	38.75m
Hal Smith	37.16m
M80 Kio Shik Song	33.58m
W50 Cathy Baar	16.90m
W65 Tomasa Schultz	17.33m
Weight Throw 16lbs	
M45 Doug Parsons	14.42m
M65 Jerry Harwood	9.06m
M70 Bob Ward	18.12m
Bob Humphreys	16.28m
F. Stewart Thomson	15.09m
Weight Throw 35lbs	
M55 Thomas Meyer	17.06m
M65 Ed Burke	9.67m
Weight Throw 56lbs	
M45 Doug Parsons	9.55m
High Jump	
M45 Mike Sullivan	1.67m
Victor Berezovskiy	1.42m
M50 Keith Nelson	1.72m
Don Weeks	1.62m
M55 Charlie Rader	1.62m
Ed Bauskauskas	1.42m
M60 Louis Jordan	1.37m
Gary Wuest	1.27m
M65 John Dobroth	1.57m
Bert Bergen	1.37m
Jack Kuhns	1.27m
Terry Cannon	1.22m
M70 Hal Smith	1.07m
W50 Rita Hanscom	1.32m
W55 A. Steekelenburg	1.32m
W65 Kathy Bergen	1.22m
W80 Johnny Valien	0.83m
Long Jump	
M35 Kyle Hopkins	6.51m
Curtis Moore	6.19m
M40 Lavelle Davenport	4.95m
M45 William Long	5.87m
Robert McDaniels	5.02m
Kirk Cerise	4.47m
M55 Larry Lettieri	4.76m
M60 Juan Bustamante	2.39m
M65 Terry Rowan	4.31m
W55 A. Steekelenburg	3.54m
W80 Johnny Valien	2.08m
Triple Jump	
M35 Curtis Moore	12.06m
M40 Lavelle Davenport	11.63m
M45 Jeff Davison	8.54m
M50 Willie Banks AR	14.00m
(Dave Jackson/13.19/1982)	
M65 Terry Rowan	8.74m
W80 Johnny Valien	4.61m
Pole Vault	
M45 Victor Berezovskiy	3.67m
M55 Steve Morris	3.50m
M60 Bruce Hotaling	3.20m
Art Ribbel	2.75m
M65 Terry Cannon	3.20m
Ed Oleath	3.20m
M70 John Steinman	2.75m
Tom Woodring	2.75m
W50 Rita Hanscom	2.60m

Hawaii Masters TC Pentathlon Honolulu, Oct. 8

HT/SP/DT/JT/WT	
M75 Robert Husic	3444
29.44/8.41/31.58/19.50/9.87	
M65 Jack Karbens	3479
32.14/9.29/33.31/30.52/12.60	
Robert Taylor	3239
22.83/9.74/31.68/35.37/10.99	
M60 Bob Larson	2368
18.52/10.03/27.87/29.34/8.72	
M50 Marty Knight	1982
16.42/9.58/27.12/29.99/8.67	
M35 Paul Staub	1176
19.61/7.44/19.32/25.08/4.41	
W50 Britta Staub	1704
-7.33/18.74/16.45/7.76	

CANADA 1st World Out Games- Montréal, Montréal, QC July 30-Aug. 3

100m	
M30 Tsiolis, Konstanti	11.87
M35 Paré, Alexandre	11.82
M40 Hagler, Trent	12.02
M45 McInnes, Maynard	11.97
M50 Honner, Nicholas	14.63
M55 Spillman, Barry	16.00
M60 Clairmonte, Hugh	15.45
M65 Ellis, Joseph	15.44
M70 Hulbert, Dick	18.04
M80 Trites, Len	39.92
W30 Swiderski, Isabella	14.73
W35 de Klerk, Marjolei	15.66
W40 Osander, Daniela	13.79
W45 Bujard, Veronique	17.94
W50 Davis, Andra-Nina	21.98
200m	
M30 Mitchell, Maurice	24.25
M35 Mironov, Konstanti	23.66
M40 Hagler, Trent	23.99
M45 McInnes, Maynard	24.92
M50 Honner, Nicholas	30.28
M55 Etnyre, William	29.05
M60 Clairmonte, Hugh	32.28
M65 Ellis, Joseph	33.44
M70 Hulbert, Dick	39.61
W30 Swiderski, Isabella	31.03
W40 Osander, Daniela	29.22
W45 Quarrier, Marian	35.45
400m	
M30 Mitchell, Maurice	52.71
M35 Skipper, Paul	54.04
M40 Garratt, John	54.73
M45 Smith, Karl	57.56
M50 Fink, Gregory	1:12.35
M55 Etnyre, William	1:05.72
M60 Box, James	1:08.02
M65 Ellis, Joseph	1:25.20
W40 Osander, Daniela	1:07.24
W50 Gugliucci, Marilyn	1:32.99
W55 Keeling, Shelley	1:16.20
800m	
M30 Mitchell, Maurice	2:14.15
M35 Skipper, Paul	2:06.93
M40 Alexander, Mark	2:07.37
M45 Sabourin, Eric	2:15.54
M50 Carscadden, Gordon	2:26.41
M55 Koga, Dean	2:38.54
M60 Box, James	2:46.03
M65 Ellis, Joseph	3:39.76
W30 Kolakowski, Evelyn	2:56.87
W45 Bouwmeester, Liann	2:43.22
1500m	
M30 Bartholomy, Jake	4:33.12
M35 Campbell, Malcolm	4:18.36
M40 Alexander, Mark	4:24.20
M45 Sabourin, Eric	4:42.28
M50 Carscadden, Gordon	4:48.64
M55 Ryttonen, Jouko	4:55.35
M60 Box, James	5:14.34
M65 Strange, Richard	7:38.81
M70 Lewis, Jerry	7:38.85
W30 Eiband, Alexandra	5:14.84
W40 Parfitt, Clare	5:59.26
W45 Bouwmeester, Liann	5:33.38
W50 Gugliucci, Marilyn	7:03.98
W55 Keeling, Shelley	6:07.92
5000m	
M30 Ladouceur, Jean	18:11.07
M35 Campbell, Malcolm	16:48.77
M40 Martin, Callum	17:03.35
M45 Sabourin, Eric	18:52.77
M55 Ryttonen, Jouko	18:58.84
M60 Box, James	19:56.16
M70 Lewis, Jerry	29:54.27
W30 Eiband, Alexandra	20:05.94
W40 Parfitt, Clare	22:36.76
W45 Bouwmeester, Liann	20:44.50
W50 Koehler, Renate	25:53.66
W55 White, Karen	29:44.33
10K Road	
M30 Jean, Ladouceur	36.57
M35 Campbell, Malcolm	35.01
M40 Martin, Callum	34.19
M45 Ross, Michael	37.50
M50 Taciun, David	40.05
M55 Ryttonen, Jouko	38.57
M60 Johnson, Curt	57.12
W30 Eiband, Alexandra	41.24
W35 Roth, Trix	41.27
W40 Tatjana, Eggeling	46.39
W45 Laurent, Sylvie	55.31
W50 Koehler, Renate	51.16
W55 Darrah, Joan	52.06
Half Marathon	
M30 Bland, Georges	1:20:14
M35 Ziemann, Ulf	1:19:49
M40 Rousseau, Pierre	1:27:39
M45 Hansen, Tor	1:26:16
M50 Dion, Harold	1:23:46
M55 Cordner, Ian	1:25:24
M60 Patterson, Jeffrey	1:47:57
W30 Stienstra, Cindy	1:47:24
W35 Schlegel, Simone	1:42:25
W40 Desmarais, Louise	1:42:14

W45 Kundt, Susanne	1:49:26
W50 Gutzen, Maggie	1:53:10
W55 Rhodes, Dusty	1:55:04
W60 Halle, Kay	1:55:33
Marathon	
M30 Hartmann, Martin	3:12:34
M35 Bassin, Frank	2:52:14
M40 Gworek, Don	3:09:05
M45 Lecuyer, Jacques	3:00:56
M50 David McConkey	3:18:07
M55 Richard, Richard	3:28:53
M60 Farrington, Charlie	3:43:17
W30 Matthiesen, Amanda	4:50:06
W35 Zampieri-Kelly, Sylvia	3:39:24
W40 Roseanne Palmer	4:11:17
W50 Gael McLeod	4:51:26
W55 Dekker, Jahny	3:48:16
3000m Steeplechase	
M30 Tanchev, Stanislav	12:40:37
M35 Garibay, Cornelio	10:29:65
M40 Henry, Todd	11:46:54
M45 Chastang, Jean-Pie	12:49:75
Short Hurdles	
M35 Rodriguez, Tony	22.55
M40 Oconnor, Anthony	19.29
M45 Ramsey, Thomas	21.32
M50 Jacquet-Acea, Russ	16.71
M55 Berryman, Robert	24.49
Long Hurdles	
M35 Skipper, Paul	1:04.27
M40 Culshaw, Mark	1:18.32
M45 Dwyer, Brendan	1:07.77
4x100m Relay	
M30 Mexico	54.34
M35 United	45.96
M40 Seattle B	52.20
M60 Seattle A	1:08.46
W35 Pretty & Fast	56.51
W40 Rainbow	1:03.36
4x200m Relay	
M30 Mexico	1:51.07
M35 Seattle	1:47.60
M40 South West	1:37.02
M50 Seattle	1:54.07
M60 Trouble	2:42.23
M65 Seattle	2:27.81
W30 Pretty & Fast	2:02.92
W40 Dutch Delight	2:03.00
4x400m Relay	
M30 Mexico	4:01.55
M35 South West	3:36.81
M40 Seattle	3:49.44
M45 United Nations	5:01.33
M50 Seattle	4:30.60
M55 Seattle	5:25.76
W45 Fatal Attraction	4:55.50
Mixed 4-2-1-1 Relay	
MW30 Mexico	2:00.94
MW35 Pacific	1:53.49
MW40 International	1:54.38
MW50 Hot & Sexy	2:42.81
High Jump	
M40 Bassin, Frank	1.55
M45 Rollenberg, Erik	1.60
M55 Berryman, Robert	1.20
Pole Vault	
M35 Rodriguez, Tony	2.30
M40 Grasland, Jean-Pie	2.50
M45 Gratacap, Michel	1.70
M50 Jacquet-Acea, Russ	3.30
Long Jump	
M30 Mitchell, Maurice	5.39
M35 Tkachenko, Yevgen	6.11
M40 Turunen, Olli	5.06
M45 Heikkila, Mauri	4.40
M55 Berryman, Robert	3.26
M60 Lamia, D. Salvador	2.91
M65 Ellis, Joseph	3.76
W30 Martinez, Karla	4.31
W35 Elling, Agnes	4.80
W40 Meade, Catherine	3.48
Triple Jump	
M30 Tanchev, Stanislav	9.01
M35 Tkachenko, Yevgen	14.06
M40 Mancinelli, Giampi	10.47
M55 Berryman, Robert	6.38
M60 Lamia, D. Salvador	6.16
W30 Martinez, Karla	8.67
Shot Put	
M30 Bosse, Yann-Lauren	9.63
M35 Sweeney, Danny	9.03
M40 Bohnen, Jeff	9.48
M45 Keller, Günter	7.43
M55 Brown, Peter	5.26
M60 Randall, Dave	7.64
M65 Longres, John	6.11
W30 Bedford, Diane	9.05
W65 Green, Sue	6.85
W80 Perkins, Alverta	4.58
Discus	
M30 Bosse, Yann-Lauren	22.94
M35 Cote, Yvon	28.67
M40 Bohnen, Jeff	30.46
M45 McInnes, Maynard	31.24
M50 Barclay, Don	23.86
M60 Francis, Tony	21.33
W30 Bedford, Diane	24.42
W40 Balduhn, Manuela	21.21
W45 Budge, Barbara	37.59
W65 Green, Sue	18.60
Hammer	
M30 Bosse, Yann-Lauren	26.20

Bronwyn Morrissey	3:00:32
Laurie Hanscom	3:03:02
Lily Kroner	3:05:31
Rosalva Bonilla	3:05:46
Meghan Anderson	3:08:56
W45 Meghan Arbogast	2:56:41
Mary Hanna	3:00:51
Nina Helm	3:03:35
Jan Guenther	3:06:21
CarolineMcAndrews	3:20:12
Christina Copeland	3:24:50
Sherry Case	3:25:11
Donna Melody	3:28:59
W50 Karen Manske	3:25:18
Donella Neuhaus	3:29:25
Linda Jennings	3:31:05
Clarice Pavlick	3:38:12
Andriette Wickstrom	3:41:04
K Guderyon-Goetz	3:41:15
W55 Gloria Jansen	3:28:42
Linda Gentling	3:37:03
Janet Cain	3:41:57
Elizabeth Scott	3:47:51
Penny Kalar	3:54:46
Paulette Posch	3:58:15
W60 Sue Ellen Trapp	3:51:57
Kathleen Myers	4:23:27
Mary Croft	4:28:34
Elizabeth Mentzer	4:43:20
W65 Jan Rohde	4:33:46
Patricia Wolkoff	6:05:54
Phyllis Kahn	6:11:02
W70 Patricia Amidon	5:29:46
Patricia Wahlgren	5:56:00

EAST

Annapolis 10 Mile
Annapolis, MD; Aug. 27

Overall	
Centrowitz, Matt, 16	55:00
Sun, Feng, 37	62:16
M40 Caudle, Kyle	1:02:10
Degenhardt, Sheldon	1:03:03
Kam, Laurance	1:03:11
M45 Dietz, Steve	1:00:32
Hattar, Thomas	1:03:10
Schuler, Greg	1:04:56
M50 Darmody, Peter	1:04:27
Halpin, Bruce	1:04:42
Anderson, Wilhelm	1:05:46
M55 Slonaker, Mick	1:04:27
Ryan, Paul	1:07:06
Wong, Ronnie	1:08:24
M60 Pinti, Priya	1:09:05
Kirkpatrick, John	1:10:39
Villano, Leo	1:12:58
M65 Hipp, Dick	1:20:57
Vazquez, Benito	1:26:21
Neumann, Stan	1:27:25
M70 Williams, Richard	1:20:26
McClellan, Bill	1:21:18
Lewis, Jerry	1:23:52
W40 Keating, Patricia	1:09:27
Kline, Sheryl	1:09:32
Hall, Maureen	1:10:33
W45 Boyd, Marjorie	1:12:01
Hargis, Jill	1:12:10
Grillo, Jeanne	1:12:52
W50 Cupo, Mary	1:16:52
Roman, Laurie	1:17:35
Smith, Linell	1:18:02
W55 Malloy, Rose	1:17:06
Shields, Maria	1:21:14
Tosato, Giovanna	1:21:38
W60 Craun, Chris	1:23:31
Sandler, Katherine	1:29:44
Davidson, Lucia	1:32:53
W65 Smith, Betty	1:36:25
Murray, Brenda	1:42:18
Guerni, Kathleen	1:53:24
W70 Graf, Tami	1:39:33
W75 Aasen, Yvonne	2:01:55

NYRR Henry Isola XC
Classic 4-Miles, Van Cortlandt Park, Bronx, NYC
Sept. 3

Overall	
Atilla Sabahoglu 28	21:53
Susan Pearsall 40	28:20
M40 Mark Lorello	24:35
M45 Jerry Macari	23:56
M50 Tom Phillips	25:14
M55 David Monahan	27:49
M60 Pedro Rivera	31:12
M65 Robert Robinson	31:21
M70 Michael Frankfurt	41:35
W40 Susan Pearsall	28:20
W45 Margot Sheehan	32:18
W50 Martha Johanson	36:23
W55 Sonia Delorme	45:02
W60 M-L Michelsohn	31:48
W65 Lynn Blackstone	44:33

NYRR Fitness Games 4
Miles, NYC; Sept. 9

Overall	
Worku Beyi 19	19:01

Megan Smith Sweeney 31	24:01
M40 Joseph McVeigh	20:46
M45 Michael Rennock	23:29
M50 Nedcet Kaynak	23:12
M55 Joseph Porcaro	23:37
M60 Samuel Skinner	26:26
M65 Edward Saley	30:44
M70 Witold Bialokur	27:49
M75 Leo Schonhaut	40:01
M80 Sab Koide	43:21
W40 Stephanie Hodge	25:12
W45 Jane Lundy	25:37
W50 Kathy Lee	30:12
W55 Roslyn Schloss	31:15
W60 Carol Hansen	30:29
W65 Evelyn Davis	35:36
W70 Ginette Bedard	31:38
W75 Bertha McGruder	47:32
W80 Joan Rowland	47:05

Ollie Road Race 5K
Boston, MA; Sept. 9

Overall	
KOICHIRO NAGATA, 24	24:04
EMILY RAYMOND, 24 F	28:47
M40-49	
PAUL HAMMOND	26:36
BOB DABRIE	26:57
IKE COONEY	26:59
M50-59	
DAVID OLIVER	29:02
LARRY LITCHER	30:03
JERRY LEARNED	30:30
M60-69	
SUMNER BROWN	31:45
PAUL JENSEN	32:34
JOHN HACKNEY	32:47
M70-79	
BILL RILEY	32:50
RICHARD SHOOK	42:51
STAN VANCELETTE	45:32
M80-89	
JENNIFER RAPAPORT	31:27
DEBBIE GOULD	31:53
SUSAN FABER	32:05
M90-99	
KAREN DEROMA	35:43
LINDA JENNINGS	36:21
LISA DOUCETT	36:44
M100-109	
CATHERINE FARRELL	38:20
MARY RYCEK	41:07
PATRICIA GORDON	43:56

National Press Club 5K
Washington, DC; Sept. 9

Overall	
Gurmesa Kurmsa 27	14:53
Vanessa Hunter 31	17:24
M40 Ted Poulos	17:24
M45 David Lambert	19:20
M50 Walter Ricciardi	20:36
M55 Dan Eddy	19:07
M60 Leo Shapiro	21:42
M65 Leo Wyne	27:56
M70 William Miller	27:09
M75 Keith Olson	27:09
W40 Selina Jackson	19:46
W45 Win Persina	26:55
W50 Ellen Yacoe	23:08
W55 Alice Franks	23:08
W60 Karen Markoe	36:29
W65 Lorna Aldrich	43:54
W70 Sherry Matz	37:57

Erie Marathon
Erie, PA; Sept. 10

Overall	
Peter Christoff, 24	2:49:50
Tara Gruskiewicz, 25	3:08:20
M40 Kevin O'Neill	2:58:36
Jeffrey Petersen	2:59:49
Wayne Collins	3:05:29
M45 David Terrill	2:54:16
Peter Cooper	3:08:39
Brian Lauzon	3:11:08
M50 S Mark Courtney	2:58:18
Keith Straw	3:20:51
Kenneth Brammer	3:20:58
Mike Vieyra	3:26:31
Doug Soliz	3:19:29
Dick Canterbury	3:22:50
Wing-Kwong Keung	3:27:29
M60 Francesco Criniti	3:25:18
James Lombardi	3:33:59
Ferdinando Saglio	3:38:28
M65 Fred Bostrom	3:57:23
Chuck Van Duzee	4:17:55
Bill Harris	4:53:23
M70+ Thomas Hathaway	4:13:03
Eugene DeFronzo	5:37:36
Donald Taylor	6:00:32
W40 Darlene Schweikert	3:40:28
Ethel Cook	3:47:42
Marianna Inslee	3:47:56
W45 Ann Morris	3:51:31
Marie Bartoletti	4:03:40
Darlene Snider	4:05:14
W50 Cynthia Grimm	3:38:38
Patty Hoffman	3:51:00
Mary Schumann	3:53:37
W55 Maggy Zidar	3:34:00
Margaret McKeever	5:31:48
Rita Bahm	5:43:28

W60 Sandy Foster	4:39:25
Joanna Digorio	5:03:04
Donna Groner	9:28:00

Thomas G. Labrecque
Classic 5K
Washington, DC; Sept. 17

Overall	
Isaac Arusel 30	14:41
Alemtehay Misganaw 26	16:41
M40 Lorenzo Tyner	18:34
M50 Jim Wright	18:40
M60 Bob Leaberry	22:56
M70 Michael Frankfurt	29:28
W40 Charmaine Davis	23:07
W50 Deborah Pressley	24:11
W60 Barbara Szoradi	26:25
W70 Jacqueline O'Neil	36:41

CVS/pharmacy Downtown
5K, Providence RI
Sept. 17

Overall	
Richard Kiplagat, 25	13:49
Olga Kravtsova, 25	15:40
M40-49	
Oscar Gonzalez-Barret	15:29
Wayne Levy	16:15
Francis Burdet	16:16
M50-59	
David Oliver	17:03
William Dixon	17:28
Joseph Sullivan	18:11
M60-69	
Milt Schumacher	19:10
Rick Stetson	19:39
Joe Drugan	20:49
M70+	
Joe Fernandez	23:17
Dennis Branham	24:10
Tony Daponte	25:45
M80-89	
Zofia Wiciorkowska	17:57
Charlotte Rizzo	18:59
Christine Gregorek	20:24
M90-99	
Kathryn Martin	18:39
Marge Bellisle	19:38
Deirdre Bird	22:04
M100-109	
Marie-Louise Michelsohn	22:22
Wendy Burbank	24:01
Patricia Gordon	26:03
M110-119	
Frances Branham	41:42
Helga M Matzko	41:47
Florence Dagata	47:44

NYRR Fred Lebow Cross-Country 5K, Van
Cortlandt Park, Bronx,
NYC; Sept. 17

Overall	
Atilla Sabahoglu 28	16:16
Kate Irvin 27	18:47
M40 Michael Trunkes	17:25
M45 Anselm Lebourne	17:57
M50 Douglas Labor	20:51
M55 Alston Brown	20:04
M60 Frank Handelman	22:09
M65 Sidney Howard	22:37
M70 Otto Mond	34:29
M80 Sab Koide	34:23
W40 Martha Mahoney	26:41
W45 Lauren Ross	27:30
W50 Regina Cahill	24:12
W55 Mary Rosado	27:51
W60 Mary Zulack	31:36
W70 Teresa Hasing	46:02

Great Race 5K & 10K
Pittsburgh, PA; Sept. 24

5K	
Overall	
Danny Fink, 43	16:14
Liz Hill, 17	21:01
M40 Danny Fink	16:14
Bill Maloney	16:57
Chris French	18:08
M45 John Lewandowski	17:43
Carl Hubel, 49	17:52
Michael Romzy	20:11
M50 Billy Kanarek	19:29
James Varner	20:23
John Bartsch	22:06
M55 Roland Ford	18:41
George Yochum	19:33
Jim Wishart	20:16
M60 Richard Hall	18:36
Wesley Rohrer	22:18
Mike Smith	24:01
M65 Anthony Prezioso	22:43
Ron Kirkwood	29:03

Bob Rock	29:14
M70 Lee Walton	21:24
James Lacey	24:53
Elmer Gasper	31:17
M75 Frank Thompson	24:41
Dick Connors	27:39
Regis Costello	27:24
M80+Raymond Bower, 82	39:28
W40 Sherri Martin	19:50
Susan Sams	22:43
Jackie Malley	24:58
W45 Tina Seech	21:50
Lisa Minor	22:58
Diane Mandle	23:07
W50 Katherine Verdolini	22:31
Ann McCormick	22:57
Janet McDermott	24:05
W55 Ann Cheman	24:50
Cyndie Carioli	26:02
Lawana Lewis	26:51
W60 Pearl Deaniello	29:50
Grace Goffi	31:43
Patricia Hamilton	31:54
Linda Adams	31:45
Georgette Lacey	31:46
Dena Holland	37:26
M70 Mary Anne Bartsch	42:14
Carol Preskar	44:11
Kitty Emery	51:36
M75 Margretta Lutz	29:35
Mary Kemp	41:42
Christel Krause	46:19
W80+Dorothy Roth, 86	45:09
Virginia Hanna, 88	52:04

10K	
Overall	
A J Kelly, 24	32:29
Beth Shutt, 27	39:24
M40 Scott Gill	34:59
Scott Fiske	35:21
Jeff Nelson	35:20
M45 John Brockebrough	34:34
Joe Patrick	35:08
Ian Bath	35:35
M50 Lee Zelkowitz	37:49
Dave Sippel	38:34
Christopher Gibson	38:59
M55 Terry McCluskey	37:08
George Sagan	40:25
Lawrence Ross	41:24
M60 Jim Banks	40:40
Bob Baker	43:09
John Adams	43:27
M65 Larry Ratkus	44:31
Dick Monheim	45:21
Dick Amato	46:32
M70 Ray English	47:47
Bill Kenworthy	52:08
Gehrett Smith	59:06
M75 John Bewick Jr	1:10:59
Edward Stabins	1:22:02
Richard Ridgway	1:27:30
M80+Dave Baldwin, 91	51:16
Stanley Stephenson	1:26:24
Thomas Cummins	1:50:26
W40 Tammy Slusser	38:17
Paula Bennett	42:33
Karin Byers	43:51
W45 Sharon Marks	42:05
Sabine Kane	43:09
Joanna Tunnicliffe	44:24
W50 Cindy Hatch	43:14
Michelle Choo	43:46
Sandy Onofray	44:30
W55 Donna Badge	45:24
David Downing	49:24
Jan Ban	51:18
W60 Barbara Filutze	44:54
Marti Stephan	52:11
Margaret Tirimacco	55:21
W65 Judith Griffiths	1:06:36
Jane Donnelly	1:05:20
Jean Webb	1:06:08
W70 Ruth Black	1:10:46
Amara Hammer	1:26:16
Toni Farah	1:56:34
W80+Reg Schulte-Ladbeck	1:18:24

Overall	
Ben Reynolds 42	64:43
Jennifer Malavolta 35	75:56
M40 B Reynolds	64:43
Andrew Latincsics	71:23
Ken Rolek	71:28
Drew Davis	73:52
M45 Rodrigo Coceres	73:58
Rick Pingitore	74:18
Kevin Higgins	76:22
M50 Dan Murphy	79:37
Dave Hoch	79:37
Bill Trengove	80:12
M55 Roger Price	77:09
Bruce Lagenkamp	84:47
Christophe Lehman	85:18
M60 Feliciano Pereira	82:48
Douglas Brown	87:16
M65 Hilary Peterlin	89:39
Jaime Leitz	95:18
M70 Georg Studzinski	1:46:14
Patrick Brady	2:45:05
M75+Walter Desind 75	1:58:12
Joseph LaBruno 75	1:59:05
W40 Poppi Gostkowski	84:22
Jacqueline Ogilvie	86:06
Kathy Rocker	90:03
W45 Jeanne Pare	81:20
Beth Moras	85:22
Kari Proffitt	92:20
W50 Jane Parks	95:26
Jan FarnungKrause	98:10
Linda Mirabella	98:35
W55 Ericka Campbell	1:40:04
Betty Shonts	1:41:36
Linda Ferrara	1:46:41
W60 Patricia O'Hanlon	1:50:27
Anna Gillespie	1:56:44
W65 Anna Thornhill	1:40:19
Imme Dyson	1:47:48
W70 Shirley Pettijohn	2:54:56

Overall	
Kassahun Kabiso 22	1:07:36
Ana Morales 25	1:21:56
M40 Joseph McVeigh	1:12:26
M45 Luis Almonte	1:17:04
M50 Steve Calidonna	1:18:19
M55 Joseph Porcaro	1:24:46
M60 Julio Aguirre	1:28:49
M65 Jack Brennan	1:38:50
M70 Alfred Finger	1:44:50
M80 Sab Koide	2:49:51
W40 Stephanie Hodge	1:27:32
W45 Gordon Bakoulis	1:26:52
W50 Josephine Patten	1:40:31
W55 Ann Davies	1:39:46
W60 Carol Hansen	1:46:07
W65 Billie Moten	1:52:08
W70 Ginette Bedard	1:52:15

Overall	
Kassahun Kabiso 22	1:07:36
Ana Morales 25	1:21:56
M40 Joseph McVeigh	1:12:26
M45 Luis Almonte	1:17:04
M50 Steve Calidonna	1:18:19
M55 Joseph Porcaro	1:2

M40 Hendrick Vanloon	2:38:53
Michael Schaedle	2:41:48
Kirk Madrig	2:44:40
M45 Larry Gutierrez	2:52:57
Danny Ponder	2:55:29
Joe Patrick	3:03:46
M50 Lou Johnson	3:16:38
John Lies	3:21:47
John Pfeil	3:22:32
M55 David Schulte	3:16:31
Richard Nagel	3:27:37
Duane Fishel	3:31:25
M60 Francesco Criniti	3:26:38
John McCarroll	3:40:07
Richard Decample	3:49:17
M65 Rex Carter	3:50:47
Don Tarasiewicz	3:56:05
Walter Schaller	4:07:18
M70 Herschel Ownbey	5:18:40
Ray Wylam	5:19:04
Philip Kessel	5:25:51
W40 Deborah Fogle	3:50:53
Amy Vanderpool	3:51:38
Sheila Wright	3:54:14
M45 Ann Ring	3:47:31
Kathleen Cook	3:53:28
Judith Henderson	3:58:02
W50 June Leland	3:56:52
Kathy Burke	4:20:55
Nancy Bowser	4:21:28
M55 Maggy Zidar	3:33:06
Deanna Rice	3:43:42
Donna Olson	3:45:10
W60 Patricia Olanon	4:08:14
Phyllis Sizemore	4:21:33
Christy Felton	5:07:37
W65 Beatrice Downey	5:06:33
Virginia Farneman	6:11:18
W70 Ruth Fleck	6:25:49

MID-AMERICA

USATF-MN Masters 15K
Championships
Edina, MN; Aug. 13

Overall	
Joey Keillor, 32	50:05
Sharon Stubler, 41	59:25
M40 Pat Billig	52:08
M45 Doug Keller	53:24
M50 Dan Morse	54:51
M55 Jerry Beutel	1:04:17
M60 Jim Graupner	1:03:05
M65 Phil Erickson	1:19:27
M70 Dale Urbain	1:12:10
W40 Sharon Stubler	59:25
W45 Kathleen Miller	1:06:17
W50 Andriette Wickstrom	1:11:15
W55 Gloria Jansen	1:09:41
W60 Mary Hiatt	1:27:15
W65 Judy Cronen	1:22:52

City of Lakes 25K
Lakes Harriet & Calhoun
MN; Sept. 10

Overall	
Danovan Fellows, 27	1:20:33
Kari Thompson, 30	1:39:45
M40 Rich Heilman	1:36:20
M45 Paul Brown	1:32:19
M50 Mike Setter	1:43:00
M55 John Naslund	1:48:51
M60 Hank Larsen	1:55:03
M70 Richard R Burch	2:23:57
W40 Kimberly Anderson	1:41:26
W45 Janet Robertz	1:42:37
W50 Donelle Neuhaus	1:57:53
W55 Laurie Occhino	2:21:23
W60 Peg Trager	2:28:05

SOUTHWEST

Hurricane Run 8K
Tulsa, OK; Sept. 23

Overall	
Kendall Robbins	26:42
Marisa Dial	32:54
M40 Keith Horton	29:06
Dominic Halsmer	30:25
Jack Phillips	30:54
M45 Tom Lam	28:56
Mike Dettler	33:06
Denny Wooten	33:55
M50 Pete Orban	27:52
John Stuke	30:48
Ben Thorman	30:50
M55 Tony Ryser	39:50
Paul Cox	41:02
Mark Thurston	42:44
M60 Jim Stillwell	46:38
Richard Gardner	53:21
Edmund Seiders	59:21
M65 Jim McFadden	37:23
Dale Schuler	46:32
Tim Wilson	61:45
W40 Marlene Martindale	34:23
Sheryl Weatherford	36:01

Liz Jarnigan	37:52
W45 Daria McLeod	35:07
Lacy Miles	38:21
Rhonda Robbins	41:36
W50 Mona Canaday	39:49
Rachael Livingston	44:54
Tommy Boyd	48:12
W55 Claire Eagan	41:06
Grace McCoy	41:48
Katy Kraus	44:13
W60 Judy Bomer	42:27
Jane Powell	73:47

WEST

Pier to Peak Half-
Marathon, Santa Barbara
CA; Sept. 3

Overall	
Aaron Gillen, 29	1:34:07
Martha Blackwell, 31	1:55:23
M40 Robert Leonardo	1:38:23
M45 Shigy Suzuki	1:38:59
M50 Pat Devaney	1:54:21
M55 Steven Johnson	2:36:14
M60 John Graff	2:45:59
M70 Abel Reyes	3:44:44
W40 Melissa Marsted	1:59:14
W45 Michelle Greer	2:18:01
W50 Carmen Allison	2:26:55
W55 Paulette Posch	2:29:50
W60 Bev Weckstrom	2:36:14

Buffalo Stampede 10 Mile
Agoura Hills, CA; Sept. 10

Overall	
Chris Knorzer, 37	53:21
Jennifer Pfeifer, 34	1:00:36
M40 Michael Woodward	59:46
Charles Hofacker	1:00:52
John Blue	1:01:17
M45 Kevin Cimini	1:07:18
John Howard	1:09:46
Charlie Moulton	1:10:01
M50 Bobby Carpenter	1:01:31
Lou Nishimura	1:02:19
Chris Enfante	1:07:47
M55 John Yamagata	1:05:35
Don Ford	1:11:57
Steve Tredway	1:15:00
M60 Dana Henderson	1:05:55
Ernest Takahashi	1:10:11
M65 Ricardo Guidolin	1:18:41
M70 Irv Faria	1:28:31
Mack Martinez	1:39:50
W40 Lisbet Sunshine	1:01:29
Jenny Hitchens	1:05:57
W45 Wendy Pratt	1:10:15
Connie Rowden	1:11:05
Lisa Begin	1:14:14
W50 Karen Kunz	1:08:49
Desiree Wilson	1:12:12
Chris Iwahashi	1:16:34
W55 Maggie Fillmore	1:23:13
Janet Josephsen	1:31:50
Mary Lou Lemley	1:33:51
W60 Barbara Elia	1:28:12
Barbara Colton	1:28:33
Cyni Calvin	1:33:10
W65 Nova Poff	1:36:23

Banana Chase 5K, San
Francisco, CA; Sept. 17

Overall	
Sergio Reyes, 24	14:44
Magdalena Lewy, 33	16:09
M40 Jose Pilar Aispuro	15:45
Jeff Hongo	15:58
Tim Wallen	16:06
M45 Jeffrey Adkins	15:54
Dwight Smith	16:25
Robert Pickens	16:26
M50 Fletcher Lesley	16:52
Mike Houar	17:24
Doug Steedman	17:36
M55 Tom Bernhard	17:36
Joe Schieffer	17:56
Les Ong	18:30
M60 Len Goldman	18:56
Perry Hayden	19:21
Frank Ruona	19:32
M65 Hans Schmid	20:07
Joe Hurtado	21:04
Carl Petersen	21:59
M70 Jim Moore	23:57
Bernie Hollander	27:25
Dennis Hassler	29:02
M75 Eddie Reyna	29:00
Edward Singleton	32:04
Richard Hansen	59:05
M80 Franco Cunningham	32:06
W40 Becki Kriege	18:11
Sissel Berntsen-Heber	18:20
Tanya Fredricks	18:32
W45 Tamara Gonzalez	19:37
Tina Chase	19:38
Kimberly Fanady	19:38
W50 Karen Kunz	19:38

Kim Rupert	20:03
Maria Briones	20:21
W55 Donna Chan	22:08
Maggie Fillmore	22:56
Jo Anne Rowland	23:19
W60 Marilyn Modafferi	25:22
Suzanne Franco	26:21
Ann Hardham	27:44
W65 Melody-Anne Schultz	22:07
Barbara Miller	22:37
Lynne Rodriguez	38:48
W70 Peggy Kang	28:04
Jeanie Jones	30:54
Ester Saria	52:15
W80 Shirley Hansen	58:28

Disneyland Half-Marathon
Anaheim, CA; Sept. 17

Overall	
KEVIN BROADY, 44	1:11:31
KIM JONES, 48	1:25:03
M40 KEVIN BROADY	1:11:31
MARK DONALDSON	1:16:37
THOMAS NEUPAUER	1:21:09
M45 JAMES GRANT	1:24:21
JON SINCLAIR	1:24:37
LEON LAUB	1:24:56
M50 DAVID EDGAR	1:24:43
TERRY WIESE	1:26:27
CRAIG WHEATON	1:28:17
M55 JOHN ALDRICH	1:25:14
BOBBY MCKEE	1:28:33
DANNY DREYER	1:35:35
M60 AL MARTINEZ	1:33:03
JOHN CONANT	1:42:19
ROBIN LORENZ	1:47:58
M65 ROBERT BARBER	1:46:24
DANIEL TOU	1:56:13
ARNULFO ANAYA	2:15:02
M70 WILLIAM WALL	2:00:44
JOHN STRAND	2:21:07
STANLEY POLSKI	2:19:35
M75 FRANK OTA	2:49:22
HUGH MASSEY	3:06:24
WILLIAM CATTOI	3:08:41
W40 CHRISTIE DUBACH	1:31:51
MEDIA BOURLAND	1:36:10
MARY LYNCH	1:37:11
W45 KIM JONES	1:25:03
JENNIFER BUCKLEY	1:36:56
KATHLEEN GRIEST	1:40:15
W50 ARY LYNN	1:40:46
JANE GAINER	1:45:04
KIM LORENZ	1:45:33
W55 JODIE KINNEY	1:47:32
DONNA ALDRICH	1:52:45
PATRICIA BATES	1:55:12
W60 MARY ORR	1:56:58
SUSAN REINHARDT	2:01:44
PENNY TYREE	2:03:59
W65 AMELA MCKENZIE	2:17:10
RYOKO HATAKEYAMA	2:23:51
BECKY WHITEHEAD	2:29:02
W70 VIRGINIA LESPON	2:40:45
KENNIE BOECKELER	3:06:40
JANET MCNEIL	3:19:01
W75 KATHLEEN CALLAWAY	2:59:48
PATTI KENNEDY	3:18:13
KATHLEEN STOVALL	3:39:26

5th Reach for the Stars
5K, Century City, CA
Oct. 1

Overall	
Gilbert Salazar 33	16:35
Jessica Cheney 40	20:01
M40 Jorge Marquez	17:00
Jose Ricardo	18:05
Abelardo Bravo	19:24
M45 Michael Stoekli	20:45
Doug Shaffer	22:20
Barry Kierce	22:27
M50 Toshihide Tsugawa	21:04
John Ambrosia	22:54
Kevin Neff	22:54
M55 Salvador Gonzalez	21:14
Don Ocana	22:10
Dick Held	23:58
M60 Catinario Gonzalez	21:13
Anthony Munk	21:44
John Kaneshiro	23:04
Don Culton	24:42
Howard Kayton	27:24
Paul Balson	46:44
M70 Mario Ambush	33:68
Philip Fetchko	48:25
M75 Bob Koch 79	26:40
Ryoji Akiyama 75	28:32
Leonard Waltz 77	31:33
W40 Jessica Cheney	21:01
Melina Wallace	25:47
Pamela Harris	30:58
W45 Tracy Kierce	21:46
Joan Mensah	22:03
Jessica Roddy	24:09
W50 Jeannie Thompson	23:29
Kathi Rothner	33:21
Sheery Stein	35:06
W55 Karen Nawrocki	36:12
W60 Bwernice Balson	27:36
Shirley Grigsby	42:45
W65 Esperanza Murphy	40:06
W75 Vida Slawson 77	41:23

(Results reported by Bob Koch)

NORTHWEST

Prefontaine Memorial 10K
Coos Bay, OR; Sept. 16

Overall	
Damian Baldovino 39	32:18
Carrie Strickland 23	36:57
M40 Kevin McGinnis	33:59
Jim Jennings	38:33
Brent Halse	39:36
M45 Kirk Fuller	38:50
Joe Griffin	38:58
Nigel Rini	40:20
M50 Clayton Bastian	37:37
Greg Christensen	37:46
Kai Bergher	40:07
M55 Martti Luostarinen	39:03
Tom Bedell	41:20
Thomas Brown	43:29
M60 John Seggie	41:46
Doug Madsen	45:30
Johan Brouns	48:19
M65 Bob Vaughn	45:32
Tom Hill	55:27
Edgar Kousky	58:03
M70 John Livingston	53:16
Jim Lawson	55:38
M75 Jack Rountree	98:57
W40 Paivi Luostarinen	39:15
Heidi Engbersen	39:43
Ros Gutierrez	40:59
W45 Janet Stamper-Hollan	41:48
Tracy Heley	47:03
Sheila Iverson	49:46
W50 Jeanne Landrum	47:06
Marj Palmrose-Mace	49:41
Susan Bierman	51:35
W55 Nancy Wakuri	57:54
Kerstin Johnson	63:39
W60 Marjan Wazeka	63:40
Judy McDole	99:53
W70 Rita Horning	1:41:13

30th St. George Marathon
St. George, UT
Oct. 7

Overall	
James Iander 27	2:18:25
Devra Verkant 30	2:37:19
M35 Steve Frisone	2:21:55
Charles Wallace	2:23:53
Neal Gasman	2:24:00
M40 Bill Cobler	2:38:32
Tyrone Black	2:44:52
Dan Mostrom	2:45:53
M45 Jerry Henley	2:34:46
Richard Bishop	2:40:42
Robert Chynoweth	2:44:39
M50 Paul Nicholson	2:44:41
Dick Beardsley	2:44:48
David Smith	2:48:20
M55 John Straley	2:58:57
Frank Larsen	3:09:30
Michael Sidman	3:13:13
M60 Andy Schnely	3:11:10
Robert Creer	3:19:08
Gary Pierce	3:30:04
M65 Ron Peterson	3:14:25
Verne Schellhorn	3:17:21
Brent Pinder	3:23:21
M70 J. Garn McBride	3:38:09
Carlos Valla	4:00:23
Richard Quigley	4:02:49
M75 Bob Koch	4:39:53
Dewain Jenkins	4:44:47
Paul Nance	4:54:34
M80 Junior Bounous	5:47:48
W35 Suzy Schumacher	2:48:10
Barbara McManus	2:50:33
Anna Judd	2:51:34
W40 Lisbet Sunshine	2:44:16
Brenda Graham-Gray	2:45:58
Anjee Chynoweth	2:48:26
W45 Marie Boyd	3:03:50
Nan Keith Frates	3:04:08
Christa Koot	3:08:24
W50 Izumi Sugioaka	3:12:30
Frannie Tennant	3:09:52
Diana Jonas	3:12:30
W55 Colleen Sitthwick	3:26:51
Jeanne Groves	3:35:43
Peg Reeg	3:46:33
W60 Sharon Dolin	3:42:59
Lynda Lambert	3:50:56
Suzanne Sobenes	4:07:38
W65 Mary DeMattia	5:24:12
Linda Simmons	5:38:32
Erika Williams	5:44:39
W70 Shirley Blush	3:47:02
Judith Bullough	4:54:34
Elfreda Dalton	5:26:14
W75 Charlotte Frank	5:07:26
Julia Barrett	6:06:18

(Results reported by Bob Koch)

RACEWALKING

USATF-MAC 5K Racewalk
Championships, Central
Park, NYC; Aug. 20

Overall	
Leo Romero 23	24:03
Lisa Marie Velluchi 27	27:07
M40 Bruce Logan	29:25
M45 Luis Abadias	26:53
M50 Alexis Davidson	29:42
M60 Leo Amari	36:41
M65 Seth Kaminsky	33:57
M70 Ross Grasso	35:58
W30 Melissa Goldman	30:59
W45 Ellen O'Shaughnessy	30:58
W50 Louanne Pennesi	32:08
W55 Lynne Conant	36:03
W60 Maria Cox	40:56
W65 Ora Julie	39:56

USATF-MN 20K Racewalk
Championships, St. Louis
Park; Sept. 16

20K	
M60 Dave Daubert	2:23:52
M65 Bernie Finch	2:28:42
10K	
W45 Linda Beduhn	1:15:06
W50 Kathy Finch	1:13:56

USATF-MAC 3K Racewalk
Championships, Central
Park, NYC; Sept. 24

Overall	
Leo Romero 23	14:06
Lisa Marie Velluchi 27	15:21
M40 Bruce Logan	18:22
M45 John Gotto	20:58
M50 Alexis Davidson	16:51
M60 Leo Amari	21:21
M75 Daniel Pina	21:30
M65 Bob Thaler	20:42
W45 Ellen O'Shaughnessy	18:43
W50 Barbara Dalzell	20:10
W65 Ora Julie	21:45

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39	Jeff Fritz	800	2:03.40	6/18/06
	Mile	4:40.0	5/28/06	
M40-44	Jeff Koppenhaver	DT	130-9	4/9/06
	Robert Palazzo	HT	131-8	7/22/06
M45-49	John Casale	PV	13-6	2/19/06
	Keith Cooper	3K SC	11:39.02	8/4/06
	Steve Cooper	800	2:05.25	8/3-6/06
	Mark Lewis	800	2:08.79	7/24/05
M50-55	Thomas O'Connor	10K	37:56	9/24/06
	Mike Houar	3K	10:04.00	7/22/06
		5K	17:12.06	7/1/06
	George Sandas	HT	43.70	7/29/06

M55-59	Michial Clark	TJ	9.65	9/2-3/06
	Richard Diedrich	3K	10:58.29	3/15/06
	Philip Welch	3K	10:58.9	6/6/06
M60-64	Bob Maltby	SW	5.04	9/2/06
		WP	3149	9/2/06
M65-69	Pat Cosgrove	3K	11:57.55	3/24/06
		10K	43:35	4/2/06
	William Eisenhart	WP	3027	9/16/06
		JT	35.18	9/16/06
	Steve Wordell	JT	128-3 1/2	10/7/06
M70-74	Wendell Roehrs	HJ	4-2	5/30/06
		100	13.62	6/24/06
		200	29.72	6/24/06
M75-79	Arthur Kearney	JT	84-7	6/3/06

	Alan Smith	Mile	8:07.57	5/6/06
		1500	7:15.16	5/27/06
		800	3:31.58	8/5/06
M80-84	Fred Adams	HT	21.16	7/8/06
		SW	5.30	7/8/06
	Dick Donley	HJ	3-6	9/23/06
W60-64	Margaret Kaufman	100	16.7	7/13/06
		200	36.40	9/16/06
W70-74	Mary Riley	HT	19.65	7/22/06
	Barb Thorgrimson	SP	21-1	6/23/06
W75-79	Gloria Krug	SP	7.22	8/3-6/06
		DT	16.16	8/3-6/06
		HT	14.30	8/3-6/06
		JT	18.22	8/3-6/06
		LJ	2.39	8/3-6/06
		TJ	4.85	8/3-6/06

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	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 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	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	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	41-0	42.00	39.00	34.00	28.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	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	98-8	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#WL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	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			
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
Sup.WL	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	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	
PentL	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	
WL Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 39" 50-59: 36" 60-69: 33" 70-79: 30" 80+: 27"
 3) Long hurdles: 30-39: 36" 50-59: 33" 60-69: 30" 70+: 27"
 4) Shot put: 30-39: 7.26k (16#) 50-59: 6k 60-69: 5k 70-79: 4k 80+: 3k
 5) Discus throw: 30-39: 2kg 50-59: 1.5kg 60+: 1.0kg
 6) Hammer: 30-39: 7.26k (16#) 50-59: 6k 60-69: 5k 70-79: 4k 80+: 3k
 7) Javelin: 30-39: 800g 50-59: 700g 60-69: 600g 70-79: 500g 80+: 400g
 8) Weight: 30-39: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Superweight: 30-39: 56# 70-79: 35# 80+: 25#
 10) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

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

	WOMEN											
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
	MEN											
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-corrected time/s for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												