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

339th Issue November 2006

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

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

"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 happened to be in the lead."

last two 10K championships,



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

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.

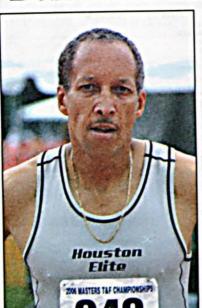
Paul Aufdemberge, 41, Redford, Mich., was a distant second in 2:24:21. Dennis Simonaitis, 44, Draper, Utah, was third (2:26:10). A week earlier on Sept. 24 in the USA Masters 10K Championships, Paso Robles, Calif., Simonaitis was first (30:30) with Aufdemberge second



Mbarak Hussein, 41, first overall again, in 2:13:52, Twin Cities Marathon.

Continued on page 3

Collins Named World's Best Male Masters Athlete



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.

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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 In-dianapolis 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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Bill Collins, 2006 WMA best masters male

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Back in 1994, I s to the Oregon Tra newsletter about a cessful, training sch of about six of us m followed during that several of us reporte remarkable lifetime

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Twin Cities I

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2:31:15. Jim Schleisman Iowa, in 3:35:14, and 78, Grand Rapids, M successfully defende national titles with

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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 reevaluated 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

> 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

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. □

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.

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.

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Twin Cities Marathon

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(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,

WRITE ON!

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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 col-

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

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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 Schleppi 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

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

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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.

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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.

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

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

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.



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

have competed in a Being a combined-e ness for masters trac 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 able pentathlon in Boston. awake at night, and piting the three days of events.

Exhaustion Takes a
Overlapping duties
4x800 relay team got in
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I was totally unawar can happen to fit and tr what was to be my las before the 2006 Outdoo hamstring rolled up insi

I was barreling from 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
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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 Add Everyone sane who with track told me to st

Speaker's Corner By CAREN WARE

The Breaks

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 became 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 steeplechaser, 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

One "Wow!" After Another

s 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 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, Calf., 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



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



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 Aufdemberge (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 Pittsurgh Great Race 10K

Continued from page 1
position in Septem
Suzy Hess will p

November 2006

Suzy Hess will r meeting until elec Chair, Thursday m Agenda items in of bids for future meets and road ra

of bids for future meets and road ra the athletes-of-thefield, which include and long distance tation of the 2005 Fame inductees; a masters age-group This year is a

This year is a general amendment Competition Rules ered. The deadling rules changes was a The Masters T

The Masters T and LDR Committe be found below. Besides the bus

Besides the bus masters can visit Expo Show on Frid and attend the Av Buffet on Saturday Jesse Owens Hall tion and Induction

Mas

Tuesday, Novem 7pm – 9pm

Wednesday, Nov 8am - 11am

2pm - 6pm 7pm - 10pm

Thursday, Nover 8am - 10am

10am - 1pm

12pm – 2pm 2pm – 6pm 7pm – 11pm

Friday, December 8am - 1pm

2pm - 4pm 4pm - 6pm

Saturday, Decem

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. 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.

Subscription Problems? Moving?

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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, III.
- 19th World Vets 10K Titles Go to Britain's Allan Rushmer (M40, 30:47) and New Zealand's Ngaire Drake (W40, 34:50)



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

Masters Regional Coordinators 7pm - 9pm

Wednesday, November 29, 2006

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

Thursday, November 30, 2006

General Competition Division 8am - 10am

10am - 1pm Masters T&F Roll Call of Delegates - Election

Joint T&F/LDR Hall of Fame Subcommittee 12pm - 2pm

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

Joint Session T&F/LDR 2pm - 4pm 4pm - 6pm Northwest Masters Regional

Saturday, December 2, 2006

USATF Awards Breakfast Buffet 7am - 9am 9am - 10am General Competition Committee

Masters T&F 10am - 2pm

Executive Committee Meeting 2pm - 5pm

Jesse Owens/Hall of Fame Reception & 6:30pm **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**

Joint Session T&F/LDR 2pm - 4pm

WMA Reports

National Masters News Masters Hall of Fame Common Concerns

Saturday, December 2, 2006

7am - 9am 2pm - 4pm **USATF Awards Breakfast Buffet**

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

Jesse Owens/Hall of Fame Reception & 6:30pm

Induction Ceremony

Sunday, December 3, 2006

8:30am - 10am USATF Closing General Session

November 2006

However, I'm sure throughout New Zealar 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 sta 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 throv 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 con longer throw the hami without falling down, reflect on the pleasure i a man and fine com whose dignity, modesty ical toughness, and frier my life and the lives of masters athletes. His leg

Godfrey to T **NSGA I**

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

on Oct. 4. Godfrey, 52, succeed Bankhead, who retires of after a five-year tenure a

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 grown multi-sport event in the women over the age of

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

PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Improper Running Surface Can Cause Injury

ne 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 wth 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 postive 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 treadbelts 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

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.

Ashpalt 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 Mara-
- 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

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

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

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



RYAN EVEROSK Rod Zook, M40 winner of the 800 and mile,

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

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

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.



Japanese Championships, broke the M50 U.S. triple jump record at the Club West Meet,

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 Johnnye 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 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

Men's and racewalking		Rook (2005 Edition)	Married World Control of the Control	
racewalking		Book (2005 Edition) U.S. single-age bests for all track & field and		
name, age,		d up, as of May 31, 2005. 56 pages. Lists		
	, state and date of r	ecord. Includes record application forms. \$10.00.		\$
Masters Tr	rack & Field Rankii	ngs (2005)	THE WALL TO SHIP	
		outdoor track & field 5-year age-group rankings		
		Clingan, Larry Patz and Tom Higbie. Includes mile,		
		ned events. 8 pages. \$4.00.	-	\$
	ack & Field Indoor			
	kings for 2006. 4 page			. \$
	ge-Graded Tables (ds from age 8 to 100 for men and women for every		AND DESCRIPTION
common tra	ack & field long dist	ance running, and racewalking event. Shows how		
to conduct	an age-graded ever	nt. Tells how to keep track of your progress over the		
years. Com	pares performances	s of different ages/sexes in different events. 60		
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Veteran Ath	letes. \$6.00.			\$
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Men's and	women's official 200	05 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	e, age, state and dat	te of record. Compiled by Sandy Pashkin.		
\$4.00.	V			. \$
	Year Indoor Age-G			
and Dog 4	2005 (USA), 4 pag	records (M40+, W35+) as of Dec. 31, 2005 (world)		
Competitio	n Rules tor Athleti	es. \$2.00.		. \$
U.S. rules o	of competition for me	en and women for track & field, long distance run-		
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		Factors for All Combined Events, Constitution,		
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November 2006



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

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.

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

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 race-

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

Another Michigander, Leon Jasionowski, 62, posted the best M60+ per-formance of the race with a sixth-place

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 halfminute slower than her 2005 time. Lynn Tracy, 54, Racine, Wisc., was fourth in

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

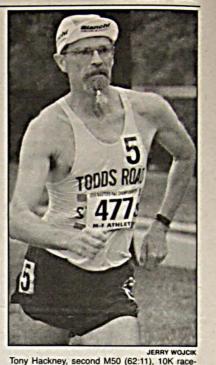
Another reason is that these exercises may be one-dimensional. They stretch one set of muscles without addressing the other muscles involved in doing a task.

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.



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

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@kineticcondi tioning net. Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)

Wer Than To

n his Third Wind feats of yesteryea book by David P. tioned in the book is 1900s did a running h weights, of 14-11 1 (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 we 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 "an of ancient Greeks."

A Look Back

According to Le leagues, a Greek at century B.C., name to have set a recor weights during the Delphic Games, whi ning contest, javeli jump and, finally, a v

His exploit was re lowing translated e jumped five feet mor threw the discus five feet." The Delphi 29.6cm, translating t 16.28m by Phayllos of 28.12m.

While the discus t ance appears to be in performances, consi nique and the weig 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 in fit of the parallel arn 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 coauthors 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

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 bater. From the bater 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.

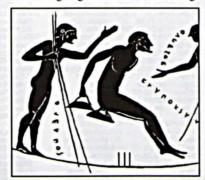


Figure 1. A drawing of a Greek jumper just before landing holding weights in his hands, found on a pitcher (London, British Museum, GR 1847.8-6.26, sixth century B.C.)

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.

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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)

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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 email at a0schu01@louisville.edu)

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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 = P	erformano	e possibly ai	ded by wind and/or	r slope, can be	e a "best,"	but not	a record		NOT THE REAL PROPERTY.		
		distant	MASTERS MEN			DIST	MARK	NAME	ATHLETE'S RESIDENCE	RACE SITE	RACE DATE
DIST	MARK	NAME	ATHLETE'S RESIDENCE	PACE SITE	RACE DATE	10 km 12 km	34:27 43:43	Jim O'Neil Jack Nelson	La Jolla, CA (60) Winnetka, IL (60) Wayne, PA (60) Wayne, PA (60) Wayne, PA (60) Wayne, PA (61) Edina, MN (62) San Pedro, CA (60) Portland, OR (64) Toney, AL (61)	Alameda, CA Orlando, FL	1985-Aug-04 2000-Feb-26
			Men 40-44			15 km	54:20	Norm Green	Wayne, PA (60)	Tampa, FL Washington, DC	1993-Feb-27 1993-Apr-04
5 km 8 km	14:13 21:35a	Eddy Hellebuyck Craig Young	Albuquerque, NM (42) Colorado Springs, CO (42)	Providence, RI Alta, UT	2003-Sep-07 1998-Sep-19	10 mi. 20 km	57:48 1:15:15	Norm Green Norm Green	Wayne, PA (60)	New Haven, CT	1992-Sep-07
	23:25	John Tuttle	Colorado Springs, CO (42) Douglasville, GA (40)	Chicago, IL	1999-Mar-28	Half-Mara 25 km	a 1:16:55 1:36:20	Norm Green Alex Ratelle	Wayne, PA (61) Edina, MN (62)	Philadelphia, PA Minneapolis, MN	1993-Sep-19 1986-Sep-14 1989-Feb-12
10 km	29:05 28:56a (p)	Eddy Hellebuyck Dennis Simonaitis	Albuquerque, NM (42) Draper, UT (42)	Paso Robles, CA Salt Lake City, UT	2003-Sep-28 2004-Jul-24	30 km	1:59:22	Patrick Devine	San Pedro, CA (60)	Ventura, CA	1989-Feb-12
12 km 15 km	36:12 45:10	John Tuttle Eddy Hellebuyck	Douglasville, GA (40) Albuquerque, NM (40)	Orlando, FL	1999-Feb-20 2001-Mar-10	Marathor 50 km	3:35:51	Clive Davies Malcolm Gillis	Toney, AL (61)	Portland, OR Dallas, TX	1979-Oct-28 1995-Jan-21
10 mi.	49:34	Paul Pilkington	Roy, UT (40) Roy, UT (40)	St. Petersburg, FL New Haven, CT Philadelphia, PA	1998-Oct-17	50 mi.	6:39:55	Malcolm Gillis Bernd Heinrich Ray Piva		Brunswick, ME San Francisco, CA	2001-Oct-27
20 km Half-Mara	1:03:06	Paul Pilkington Mbarak Hussein	Roy, UT (40) Albuquerque, NM (40)	New Haven, CT Philadelphia, PA	1999-Sep-06 2005-Sep-18	100 km 100 mi.	8:58:04 18:02:35	Dwaine Batt	San Francisco, CA (64) Gold River, CA (60)	Sacramento, CA	1991-Apr-20 1995-Nov-11
25 km	1:18:38	Steve Plasencia Mbarak Hussein	Albuquerque, NM (40) Shoreview, MN (40)	Minneapolis, MN Grand Rapids, MI	1997-Sep-07 2005-May-14	1,000 mi. 12 hr.	384:30:19 113,136 m	John Wallis Dwaine Batt	Ludington, MI (63) Gold River, CA (60) Jeffersonville, VT (60)	Jamaica, NY Sacramento, CA	2000-Jun-18 1995-Nov-11 2004-Sep-11 1995-Nov-11
30 km	1:38:16	Doug Kurtis	Albuquerque, NM (40) Northville, MI (42)	Hamilton/Ont, CAN	1994-Mar-27	Service Co.	113,527 m (p)	Zeke Zucker	Jeffersonville, VT (60)	Sylvania, OH	2004-Sep-11
Marathon	2:15:15a 2:17:02	Barry Brown Kenneth Judson	Glens Falls NY (40)	Minneapolis, MN Huntsville, AL	1984-Sep-30 1990-Dec-08	24 hr. 144 hr.	207,927 m 609,414 m	Dwaine Batt John Wallis	Gold River, CA (60) Ludington, MI (63)	Sacramento, CA Jamaica, NY	1995-Nov-11 2000-Jun-18
	2:12:46 (p)	Eddy Hellebuyck	Pittsburgh, PA (40) Albuquerque, NM (42) Daly City, CA (40)	Minneapolis, MN	2003-Oct-05		617,988 m (p)	Ed Rousseau	Minneapolis, MN (63)	New York, NY	2003-Apr-26
50 km	3:00:00 2:59:36a	Jeff Wall Bruce Mortenson	Minnetonka, MN (44)	San Francisco, CA Duluth, MN	1982-Nov-06 1988-Oct-22	5	orașele and		Men 65-69		
50 mi. 100 km	5:10:13 6:38:21	Bernd Heinrich Bernd Heinrich	Minnetonka, MN (44) Burlington, VT (41) Burlington, VT (41)	Chicago, IL Chicago, IL	1981-Oct-04 1981-Oct-04	5 km	18:21 18:12 (p)	Warren Utes Bill Borla	Park Forest, IL (69) Torrington, CT (65)	Park Ridge, IL New Milford, CT	1989-Sep-30 2005-May-27
100 mi.	13:15:50	Roy Pirrung	Sheboygan, WI (40)	Queens, NY	1989-Apr-01	8 km 15 km	29:41	Joe Fernandez Clive Davies	Torrington, CT (65) Fairhaven, MA (65) Portland, OR (65)	Boston, MA	2005-May-27 1994-Apr-09
12 hr. 24 hr.	144,840 m 254,200 m	Roy Pirrung John Geesler	Sheboygan, WI (40) St. Johnsville, NY (41)	Queens, NY Sylvania, OH	1989-Apr-01 2000-Sep-16	10 mi.	55:16 1:02:07	Warren Utes	Park Forest, IL (69) Auburn, CA (69)	Portland, OR Park Forest, IL	1981-Jun-28 1989-Sep-04
48 hr.	400,000 m (p)		St. Johnsville, NY (44)	Litchfield Park, AZ	2003-Dec-30	20 km Half-Mars	1:25:02 a 1:23:50	Paul Reese Michael Bertolini	Auburn, CA (69) Bridgeton, NJ (65)	Medford, OR Philadelphia, PA	1987-Apr-12 1985-Sep-15
		PARTURAL	Men 45-49			THE REST	1:20:29a	James Talley	Bridgeton, NJ (65) Lancaster, CA (65) Edina, MN (66) Portland, OR (66)	Fontana, CA	1986-Apr-19
5 km	14:34a 15:07	Stephen Lester Doug Bell	Magna, UT (45) Greeley, CO (46)	Magna, UT Carlsbad, CA	1988-Sep-24 1997-Apr-13	25 km 30 km	1:41:39 1:58:12	Alex Ratelle Clive Davies	Portland, OR (66)	Minneapolis, MN Portland, OR	1990-Sep-16 1982-Feb-06
8 km	24:41	Bill Rodgers	Sherborn, MA (45)	Virginia Beach, VA	1997-Apr-13 1993-Mar-20	Marathon	2:42:49 3:41:41	Clive Davies Malcolm Gillis	Portland, OR (66) Portland, OR (66) Toney, AL (65) Ventura, CA (65)	Eugene, OR	1981-Sep-13
	24:40a 23:17a (p)	Van Edgette Robert Yara	San Antonio, TX (46)	Alta, UT Alta, UT	1996-Sep-14 2001-Sep-08	50 km 50 mi.	7:27:10	Fred Nagelschmidt	Ventura, CA (65)	Saddle Brook, NJ Fountain Valley, CA	1998-Jun-13 1990-May-19
10 km	30:10a 30:50	Steve Lester Bill Rodgers	Magna, UT (45)	Magna, UT	1988-Jul-04	100 km 100 mi.	9:24:41 19:56:55	Ray Piva Bruce Boyd	S San Francisco, CA (67) Lakeville, CT (65)	Sacramento, CA Sylvania, OH	1994-Feb-12
12 km	38:47	Steve Lester	Magna, UT (45)	Cleveland, OH Spokane, WA	1993-May-16 1988-May-01 1993-May-08 1995-Jul-09	12 hr.	111,044 m	Ray Piva	S San Francisco, CA (67)	Sacramento, CA	1990-May-19 1994-Feb-12 2003-Sep-13 1993-Nov-14
15 km	37:28a 48:00	Bill Rodgers Bill Rodgers	Sherborn, MA (45) Sherborn, MA (47)	Evansville, IN Utica, NY	1993-May-08 1995-Jul-09	24 hr. 144 hr.	193,121 m 619,597 m	Ray Piva Dictino Mendez	S San Francisco, CA (67) Bayside, NY (66)	Sacramento, CA New York, NY	1993-Nov-14 1994-May-14
20 km Half-Mara	1:05:46	Larry Olsen Bill Rodgers	Alta, UT (45) San Antonio, TX (46) Magna, UT (45) Sherborn, MA (45) Magna, UT (45) Sherborn, MA (47) Millis, MA (46) Sherborn, MA (45) Indianapolis, IN (45) Chetek, WI (47) Sherborn, MA (45) Santa Rosa. CA (45)	New Haven, CT	1993-Sep-06	2000			The state of the second second		
нал-мага	1:07:14a	Gary Romesser	Indianapolis, IN (45)	Kansas City, MO Las Vegas, NV	1993-Jun-06 1996-Feb-11	5 km	18:01	Warren Utes	Men 70-74 Park Forest, IL (70)	Park Ridge, IL	1990-Sep-30
25 km 30 km	1:22:24	Dan Conway Bill Rodgers	Chetek, WI (47) Sherborn, MA (45)	Las Vegas, NV Minneapolis, MN Hamilton/Ont, CAN Duluth, MN	1986-Sep-14 1993-Mar-28	8 km 10 km	30:25 41:09	Warren Utes Alfred Funk	Park Forest, IL (70) Bozeman, MT (70)	Chicago, IL Bozeman, MT	1991-Mar-10 1984-Sep-21
Marathon	2:21:32a	Jim Bowers		Duluth, MN	1984-Jun-16	The Control of the	39:42 (p)	Ray Parrella	Jeffersonville, IN (70)	Louisville, KY	2005-Mar-26
	2:26:43 2:22:58 (p)	Bob Schlau Antoni Niemczak	Charleston, SC (47) Albuquerque, NM (47)	Houston, TX Minneapolis, MN	1995-Jan-15 2003-Oct-05	12 km 15 km	50:28 1:01:50	Warren Utes Clive Davies	Park Forest, IL (74) Tillamook, OR (71)	Frankfort, IL Portland, OR	1994-Aug-27 1987-Jun-28
50 km	3:19:21	Tim O'Rourke Tim O'Rourke	Albuquerque, NM (47) Kings Beach, CA (45) Kings Beach, CA (47) Corpus Christi, TX (46)	San Francisco, CA	2003-Apr-19 2005-Nov-25	10 mi. Half-Mars	1:02:41 a 1:25:24a	Warren Utes John Keston	McMinnville, OR (72) McMinnville, OR (72) McMinnville, OR (72) Tillamook, OR (70) Tillamook, OR (71)	Dark Forget II	1990-Sep-03 1997-Feb-09
50 mi.	3:17:59 (p) 5:40:05	Robert Perez	Corpus Christi, TX (46)	Addison, TX Dallas, TX	1995-Jan-21	Acceptage 1	1:27:44	John Keston	McMinnville, OR (72)	Las Vegas, NV Indianapolis, IN Eugene, OR Minneapolis, MN Minneapolis, MN	1997-May-02
100 km 100 mi.	7:04:54 14:31:11	Kevin Setnes Roy Pirrung	Eagle, WI (45) Sheboygan, WI (46)	Chavagnes, FR Queens, NY	1999-May-15 1994-Oct-22	25 km 30 km	1:39:59 2:13:01	Clive Davies Clive Davies	Tillamook, OR (70) Tillamook, OR (71)	Eugene, OR Minneapolis MN	1985-Sep-08 1986-Oct-12
12 hr.	136,939 m	Kevin Setnes	Eagle, WI (47)	Sylvania, OH	2001-Sep-15	Mara	3:00:58	John Keston	McMinnville, OR (71)	Minneapolis, MN	1996-Oct-06
24 hr. 144 hr.	247,476 m 624,425 m	Roy Pirrung Tom Andrews	Sheboygan, WI (49) Minneapolis, MN (46)	Sylvania, OH New York, NY	1997-Sep-27 2001-Apr-29	50 km 50 mi.	5:16:30 7:48:58	Dieter Walz Ray Piva	S San Francisco, CA (70)	San Francisco, CA Sacramento, CA	2005-Apr-16 1996-Nov-16
	TOTAL ST	SEPTIME IN	THE RESIDENCE OF THE PARTY OF T	aligne with	Mo Tarks	100 km 100 mi.	11:51:23 22:19:09 (p)	Dieter Walz Dieter Walz	McMinnville, OR (71) Portola Valley, CA (70) S San Francisco, CA (70) Portola Valley, CA (70) Portola Valley, CA (70) North Babylon, NY (71) Toney, AL (70) Amherst, NY (71) N Babylon, NY (72) Portola Valley, CA (70) Knox, IN (73) Los Alamos, NM (71)	San Francisco, CA	2005-Apr-16
5 km	15:11a	Stephen Lester	Men 50-54 Magna, UT (52)	Magna, UT	1995-Sep-30	12 hr.	80,161 m	Sam Soccoli	North Babylon, NY (71)	San Diego, CA Sylvania, OH	2005-Nov-12 2003-Sep-13
8 km	15:36 25:31	Nolan Shaheed Sal Vasquez	Pasadena, CA (51) Green Valley, CA (50)	Carlsbad, CA Los Altos, CA	2001-Apr-01 1990-Jan-20	11 7	101,469 m (p) 81,923 m (p)	Malcolm Gillis Carl Pegels	Toney, AL (70) Amherst, NY (71)	Queens, NY Sylvania, OH	2003-Jun-14
	23:27a	Stephen Lester	Magna, UT (53)	Alta, UT	1996-Sep-14	July William	83,685 m (p)	Sam Soccoli	N Babylon, NY (72)	San Diego, CA San Diego, CA	2004-Sep-11 2004-Nov-06
10 km	31:48 31:12a	Ray Hatton Stephen Lester	Magna, UT (52)	Portland, OR Magna, UT	1982-May-23 1995-Jul-01	24 hr.	90,123 m (p) 151,728 m	Dieter Walz Howard Henry	Knox, IN (73)	San Diego, CA Sylvania, OH	2005-Nov-12 1994-Sep-18
12 km 15 km	39:30 49:24	Dick Buerkle Norm Green	Magna, UT (53) Bend, OR (50) Magna, UT (52) Atlanta, GA (51) Wayne, PA (53) Wayne, PA (50) Wayne, PA (50)	Orlando, FL Portland, OR	1999-Feb-20		158,344 m (p) 170,511 m (p)		Los Alamos, NM (71) Portola Valley, CA (70) Honolulu, HI (72)	Houston, TX	2003-Mar-01
10 mi.	52:53	Norm Green	Wayne, PA (50)	Washington, DC	1985-Jun-30 1983-Mar-27	144 hr.	539,130 m	Ed Fishman	Honolulu, HI (72)	San Diego, CA New York, NY	2005-Nov-12 1995-Sep-21
20 km Half-Mara	1:05:50	Norm Green Norm Green	Wayne, PA (50) Wayne, PA (52)	Washington, DC Washington, DC Philadelphia, PA	1983-May-29				Men 75-79		
25 km Marathon	1:24:12	Norm Green	Wayne, PA (52) Wayne, PA (51)	Washington, DC	1984-Sep-16 1984-May-27 1984-May-06	5 km	19:24	Warren Utes	Men 75-79 Park Forest, IL (75)	Park Ridge, IL	1995-Sep-30
	2:25:46a	Norm Green Jim O'Neill	Wayne, PA (51) Holland, OH (50)	Lincoln, NE Las Vegas, NV	1984-May-06 1989-Feb-04	8 km	34:21 30:44a	Ed Benham John Cahill	Ocean City, MD (78) Salt Lake City, UT (77)	Liverpool, NY Alta, UT	1985-Sep-29 2001-Sep-08
50 km 50 mi.	3:19:33 5:35:03	John L. Sullivan Ted Corbitt	Holliston, MA (53) New York, NY (50)	Washington, DC New York, NY	1982-Mar-13 1970-Oct-18	10 km	31:52 (p) 40:12	Warren Utes Warren Utes	Park Forest, IL (75) Park Forest, IL (75)	Cedar Rapids, IA Libertyville, IL	1995-Jul-04 1995-Sep-17
100 km	7:38:43	John L. Sullivan	MA (54)	Chicago, IL	1982-Oct-03	12 km	48:57	Warren Utes	Park Forest, IL (75)	Park Forest, IL	1995-Sep-04
100 mi. 12 hr.	15:18:48 135,493 m	David Jones Roy Pirrung	Eagleville, TN (51) Sheboygan, WI (50)	Sylvania, OH Queens, NY	2003-Sep-13 1998-Aug-08	15 km 10 mi.	1:01:58	Warren Utes Warren Utes	Park Forest, IL (75) Park Forest, IL (75)	Park Forest, IL Park Forest, IL	1995-Sep-04 1995-Sep-04
24 hr.	231,745 m	John Metz	San Diego, CA (50)	Sacramento, CA	1993-Nov-14	20 km Half-Mara	1:30:10	Ed Benham Warren Utes	Ocean City, MD (75) Park Forest, IL (76)	Washington, DC	1983-May-29
			Men 55-59	Married His		25 km	1:52:57	Warren Utes	Park Forest, IL (77)	Indianapolis, IN Channahon, IL	1997-May-02 1997-Sep-14
5 km	15:35a 16:07	Tom Curry Vic Heckler	Las Vegas, NV (55) Chicago, IL (55)	Fontana, CA Park Ridge, IL	1997-May-31 1997-Sep-27	30 km Mara	2:28:00 3:18:10	Ed Benham Warren Utes	Ocean City, MD (78) Park Forest, IL (75)	Sugar Land, TX Chicago, IL	1985-Dec-07 1995-Oct-15
8 km 10 km	27:00 32:27	Norm Green Jim O'Neill	Chicago, IL (55) Wayne, PA (57)	Naples, FL	1990-Jan-13	50 km	4:50:35	Ray Piva	S San Francisco, CA (75)	San Francisco, CA	2002-Apr-20
12 km	41:24	Stephen Lester	Holland, OH (55) Magna, UT (55)	Toledo, OH Spokane, WA	1993-Sep-26 1998-May-03	50 mi. 100 km	8:34:29 10:59:52	Ray Piva Ray Piva	S San Francisco, CA (75) S San Francisco, CA (75)	San Francisco, CA San Francisco, CA	2002-Apr-20 2002-Apr-20
15 km 10 mi.	50:45 54:25	Norm Green Jim O'Neill	Wayne, PA (55) Holland, OH (56)	Washington, DC	1988-Mar-27	100 mi. 12 hr.	23:01:57 86,019 m	Ray Piva Ray Piva	S San Francisco, CA (76)	Sylvania, OH	2002-Sep-14
20 km Half-Mara	1:08:07	Norm Green	Wayne, PA (56)	Washington, DC Medford, OR	1994-Apr-10 1989-Apr-08	24 hr.	169,013 m	Ray Piva	S San Francisco, CA (76) S San Francisco, CA (76)	Sylvania, OH Sylvania, OH	2002-Sep-14 2002-Sep-14
30 km	1:46:33	Norm Green Norm Green	Wayne, PA (55) Wayne, PA (56)	Philadelphia, PA Clarksburg, CA	1989-Apr-08 1987-Sep-20 1988-Nov-13	1000			Men 80-84		
Marathon	2:27:42a 2:33:49	Norm Green Norm Green	Wayne, PA (55) Wayne, PA (55)	Clarksburg, CA Minneapolis, MN	1087-0~-11	5 km	21:59	Warren Utes	Park Forest, IL (81)	Flossmoor, IL	2001-Sep-15
50 km	3:28:47a	Robert Becker	Annapolis, MD (55)	Lincoln, NE Duluth, MN	1988-May-01 1989-Oct-28	8 km 10 km	36:35 45:28	Ed Benham Ed Benham	Ocean City, MD (81) Ocean City, MD (80)	Virginia Beach, VA Asbury Park, NJ	1989-Mar-18 1987-Aug-08
	3:40:41 3:36:51 (p)	Frank Bozanich Dana Gard	Reno, NV (57) Citrus Heights, CA (58)	Sacramento, CA Sacramento, CA	2002-Feb-09 2003-Feb-08	12 km 15 km	56:42 1:07:22	John Keston Ed Benham	McMinnville, OR (80)	Spokane, WA	2005-May-01
50 mi.	5:53:08	Alex Ratelle	Edina, MN (57)	Chicago, IL	1981-Oct-04	10 mi.	1:13:23	Ed Benham	Ocean City, MD (83) Ocean City, MD (81)	Washington, DC Washington, DC	1991-Apr-07 1989-Apr-02
100 km 100 mi.	8:53:27 18:56:04	Gard Leighton Ed Rousseau	Napa, CA (57) Minneapolis, MN (58)	San Francisco, CA Sylvania, OH	1992-Apr-25 1997-Sep-27	20 km Half-Mar	1:33:56	Ed Benham Ed Benham	Ocean City, MD (81) Ocean City, MD (81)	Medford, OR	1989-Apr-08
	16:18:00 18:42:33 (p)	Roy Pirrung Jeff Hagen	Sheboygan, WI (55) Yakima, WA (55)	Cologne, DE Houston, TX	2003-Jul-11 2003-Mar-01	25 km	1:39:28 (p) 2:23:43	John Keston	McMinnville, OR (80)	Orlando, FL St. Cloud, MN	1988-Dec-10 2005-Apr-16
4.555	16:09:57 (p)	Roy Pirrung	Sheboygan, WI (57)	San Diego, CA	2005-Nov-12	SVIDOUS.	2:14:36	Max Popper Lloyd Young	Flushing, NY (80) Pine City, MN (80) Vienna, VA (81)	New York, NY Minneapolis, MN	1983-Oct-02 2003-Sep-07
1,000 mi. 12 hr.	346:56:46 125,133 m	Don Winkley Roy Pirrung	Corpus Christi, TX (59) Sheboygan, WI (55)	New York, NY Cologne, DE	1997-Sep-26 2003-Jul-11	30 km	3:04:59 2:50:10 (p)	Walt Washburn Lloyd Young	Vienna, VA (81)	Houston, TX	2003-Dec-07
	126,050 m (p)	Roy Pirrung	Sheboygan, WI (57)	San Diego, CA	2005-Nov-12	Mara	3:43:27a	Ed Benham	Pine City, MN (80) Ocean City, MD (80)	White Bear Lake, MN Minneapolis, MN	2004-May-29 1987-Oct-11
24 hr.	221,604 m 223,779 m (p)	Roy Pirrung Roy Pirrung	Sheboygan, WI (55) Sheboygan, WI (56)	Cologne, DEU Brno, CZE	2003-Jul-11 2004-Oct-23		4:17:51 4:13:05 (p)	Ed Benham Lloyd Young	Ocean City, MD (84)	Minneapolis, MN	1991-Oct-06
144 hr.	227,992 m (p) 724,204 m	Roy Pirrung Don Winkley	Sheboygan, WI (57) Corpus Christi, TX (56)	San Diego, CA New York, NY	2005-Nov-12 1994-May-14	50 km	6:59:26 6:56:55 (p)	Carlton Mendell	Pine City, MN (80) Portland, ME (80)	Minneapolis, MN Brunswick, ME	2003-Oct-05 2001-Oct-20
144.18.	, 24,234 111	Don Trinkley	The second second second second	NOW TORK, INT	1994-May-14	50 mi.	14:29:16	Lloyd Young Howard Henry	Pine City, MN (81) Plymouth, IN (80)	Minneapolis, MN Sylvania, OH	2005-Jun-04 2001-Sep-15
5 km	17:00	Jim O'Neil	Men 60-64 La Jolla, CA (61)	Carlsbad, CA	1986-Jun-01	100 km	10:59:40 (p) 18:54:11	Lloyd Young Howard Henry	Pine City, MN (81)	Minneapolis, MN	2005-Jun-04
8 km	28:07	Norm Green	Wayne, PA (60)	Virginia Beach, VA	1993-Mar-20	1	14:53:10 (p)	Lloyd Young	Plymouth, IN (80) Pine City, MN (81)	Sylvania, OH Minneapolis, MN	2001-Sep-15 2005-Jun-04
											2000 3011 04

MARK 73,439 m 84,506 m (p) 117,787 m 123,468 m (p) 177,027 m 487,631 m DIST 12 hr. 24 hr. 27:42 58:50 1:32:00 1:30:24 (p) 1:55:36 4:39:30 5 km 10 km 15 km 10 mi. 30 km 40:32 56:10 1:14:49 2:35:00 2:35:52 6:54:25 6:46:34 (p) 5 km 48:55 DIST MARK 8 km 10 km 25 km 30 km Mara 50 km 50 mi. 100 km 100 mi. 12 hr. 24 hr. 5 km 8 km 10 km 16:55 27:45 27:45 34:40a 35:30 35:27 (p) 43:38 54:58 59:15 1:14:13 1:18:12 (p) 1:33:19 1:59:25 2:42:28 3:32:34 6:09:09 15:12:57 2:42:28 3:32:34 6:09:09 15:12:57 2:33:816 m 3:60,090 m 5:01,712 m 50 mi. 100 km 100 ml. 12 hr. 24 hr. 5 km 8 km 10 km 12 km 15 km 10 mi. 20 km Half-Mara 25 km 30 km Marathon 50 km 100 mi. 12 hr. 24 hr. 1:18:44 1:23:09 1:41:01 2:17:31 2:52:14 3:56:55 7:44:88 8:42:36 18:53:03 112,364 m 203,050 m 19:39 34:54 32:42a 33:08 (p) 40:20 5 km 8 km 10 km

November 2006

-			AND DESCRIPTION OF THE PARTY OF		Mational M	asters rie wa	A STATE OF THE PARTY OF				page 15
DIST 12 hr.	MARK 73,439 m	NAME Wilfredo Rios	ATHLETE'S RESIDENCE Bellerose, NY (80)	RACE SITE Queens, NY	RACE DATE 1997-Jun-14	4 1	有数		1	1	F 75 72.5
24 hr.	84,506 m (p) 117,787 m 123,468 m (p)	Lloyd Young Howard Henry Lloyd Young	Pine City, MN (81) Plymouth, IN (80)	Minneapolis, MN Sylvania, OH	2005-Jun-04 2001-Sep-15		4	NO -		7	
48 hr. 144 hr.	177,027 m 487,631 m	Ted Corbitt Ted Corbitt	Pine City, MN (81) New York, NY (82) New York, NY (82)	Minneapolis, MN New York, NY New York, NY	2005-Jun-04 2001-Apr-29 2001-Apr-29						344
	27.40	-	Men 85-89			100	100	100	Charles and	1000	CE
5 km 10 km 15 km	27:42 58:50 1:32:00	Bill Nice Paul Spangler Paul Spangler	Newport Beach, CA (85) San Luis Obispo, CA (85) San Luis Obispo, CA (85)	Los Alamitos, CA Raleigh, NC El Paso, TX	2001-Feb-24 1984-May-03 1984-Oct-13	7		THE REAL PROPERTY.	OF FAIR	15/27	XX-
10 mi.	1:30:24 (p) 1:55:36	Henry Sypniewski Mel Shine	Cheektowaga, NY (85) Medford, OR (85)	Utica, NY Medford, OR	2003-Jul-13 1994-Apr-09		P		13 3 5		
30 km	4:39:30	Paul Spangler	San Luis Obispo, CA (89)	Clarksburg, CA	1988-Nov-13		1 .				
5 km 8 km	40:32 56:10	Lloyd Walters Paul Spangler	Men 90-94 Bridger, MT (91) San Luis Obispo, CA (91)	Tucson, AZ Palo Alto, CA	1992-Jan-26 1990-Mar-25				No.		The state of the s
10 km 15 km	1:14:49 2:35:00	Paul Spangler Paul Spangler	San Luis Obispo, CA (90) San Luis Obispo, CA (91)	Paramount, CA Portland, OR	1990-Jan-20 1990-Jun-17	NO MERCHANISM	DATE OF THE		A STATE OF THE STA		JERRY WOJCIK
10 mi. Mara	2:35:52 6:54:25	James Ramsey Ernest Van Leeuwen	Detroit, MI (90) Encino, CA (90)	Flint, MI Los Angeles, CA	1998-Aug-22 2003-Mar-02	The start of the	e men's cr	oss-country race in	n the USA Masters Champ oughout the U.S. in Nover	oionships, Vancouve mber.	r, Wash. The
	6:46:34 (p)	Ernest Van Leeuwen	Men 95-99	Los Angeles, CA	2005-Mar-06	- Constitution of the		ACCORDING TO A		RACE SITE	RACE DATE
5 km	48:55	Marion McAnelly	Oklahoma (95)	Stilwell, OK	1995-May-13	12 km 50:49 15 km 1:04:	9	NAME Barbara Miller Shirley Matson	ATHLETE'S RESIDENCE Modesto, CA (60) Larkspur, CA (62)	Spokane, WA San Diego, CA	2000-May-07 2003-Mar-01
DICT	MARK		STERS WOMEN			10 mi. 1:08: 1:07:	:17 :31 (p)	Shirley Matson Shirley Matson	Larkspur, CA (60) Larkspur, CA (62)	Sacramento, CA French Camp, CA	2001-Sep-09 2003-Jan-12
DIST 5 km	MARK 15:44a	NAME Ruth Wysock	ATHLETE'S RESIDENCE Women 40-44 Canyon Lake, CA (40)	RACE SITE Las Vegas, NV	1997-Sep-20	Half-Mara 1:29: 25 km 1:58:	24	Barbara Miller Gloria Brown Margaret Miller	Modesto, CA (60) Grand Island, NY (62) Thousand Oaks, CA (60)	Weott, CA Grand Rapids, MI Minneapolis, MN	1999-Oct-17 1994-May-14 1986-Oct-12
8 km	15:48 26:19	Colleen De Reuck Ruth Wysocki	Boulder, CO (40) Canyon Lake, CA (40)	Albany, NY Newport Beach, CA	2004-Jun-05 1997-Jul-12	30 km 2:21: Marathon 3:14: 3:11:	:50	Barbara Miller Barbara Miller	Modesto, CA (60) Modesto, CA (60)	Huntsville, AL Boston, MA	1999-Dec-11 2000-Apr-17
10 km	32:50 32:30a	Colleen De Reuck	Boulder, CO (40) Boulder, CO (40)	New York, NY Atlanta, GA	2004-Jun-12 2004-Jul-04	50 km 5:07: 5:05:	:03 :34 (p)	Marge Dunlap Faye Lowrey	Redding, CA (60) Rochester, NH (61)	Sacramento, CA Brunswick, ME	1999-Nov-13 2004-Oct-16
12 km 15 km 10 mi.	40:48 49:51 56:05	Colleen De Reuck Colleen De Reuck Laurie Binder	USA (40) Boulder, CO (40) Oakland, CA (44)	Spokane, WA Jacksonville, FL	2004-May-02 2005-Mar-12	50 mi 8:35: 100 km 11:14	4:14	Dixie Madsen Dixie Madsen	San Diego, CA (61) San Diego, CA (61) Eagle, WI (61)	San Francisco, CA San Francisco, CA	1998-Apr-18 1998-Apr-18 2002-Sep-14
20 km Half-Mara	1:08:47	Colleen De Reuck Laurie Binder	Boulder, CO (41) Oakland, CA (44)	Flint, MI New Haven, CT Philadelphia, PA	1991-Aug-24 2005-Sep-05 1991-Sep-15	12 hr. 93,05 24 hr. 138,6		Lorraine Bunk Lorraine Bunk	Eagle, WI (61)	Sylvania, OH Sylvania, OH	2002-Sep-14
25 km	1:13:54a 1:25:15	Honor Fetherston Colleen De Reuck	Mill Valley, CA (40) Boulder, CO (41)	Las Vegas, NV Grand Rapids, MI	1995-Feb-04 2005-May-14	5 km 21:16		Margret Betz	Women 65-69 Conklin, NY (65)	Syracuse, NY	2001-Sep-30
30 km Mara 50 km	1:54:00 2:28:40 3:44:32	Carol McLatchie Colleen De Reuck Jan Kreuz	Houston, TX (41) Boulder, CO (41) Cincinatti, OH (41)	Sugar Land, TX Chicago, IL Columbus, OH	1992-Dec-12 2005-Oct-09 1988-Oct-30	8 km 35:00	0	Barbara Miller Margret Betz	Modesto, CA (65) Conklin, NY (65)	San Ramon, CA Ithaca, NY	2004-Oct-10 2001-Sep-16 2004-Sep-26
50 mi. 100 km	6:19:05 8:33:07	Jan Kreuz Lorraine Gersitz	Cincinnati, OH (41) Fullerton, CA (41)	Columbus, OH Winschoten, NLD	1989-Apr-09 1995-Sep-16	10 km 43:57 12 km 55:15 15 km 1:08:	5	Barbara Miller Barbara Miller June Machala	Modesto, CA (65) Modesto, CA (65) Spokane, WA (67)	Paso Robles, CA Rocklin, CA Tulsa, OK	2005-Mar-13 1998-Oct-31
100 mi.	8:23:24 (p) 15:05:52	Tania Pacev Sue Ellen Trapp	Boulder, CO (43) Lehigh, FL (44)	Torhout, BEL Queens, NY	2002-Jun-21 1990-May-05	10 mi. 1:15:0 20 km 1:36:0	:01	Eileen Dwyer Margret Betz	Flossmoor, IL (65) Conklin, NY (65)	Park Forest, IL Vestal, NY	1997-Sep-01 2002-Jun-15
12 hr. 24 hr.	128,747 m 222,556 m	Randi Bromka Randi Bromka	Aspen, CO (40) Aspen, CO (40)	Sacramento, CA Sacramento, CA	1992-Dec-30 1992-Dec-31		:48 :54 (p)	Barbara Miller Barbara Miller	Modesto, CA (65) Modesto, CA (65)	Weott, CA Clarksburg, CA	2004-Oct-17 2004-Nov-14
144 hr.	225,565 m (p) 627,949 m	Stephanie Ehret Suprabha Beckjord	Boulder, CO (41) Washington, DC (43)	Brno, CZE Jamaica, NY	2004-Oct-23 1999-Jun-25	Marathon 3:36: 3:33: 50 km 4:50:	:08 (p)	Whayong Semer Barbara Miller Myra Rhodes	Fremont, OH (65) Modesto, CA (65) Sacramento, CA (67)	Columbus, OH Houston, TX Sacramento, CA	1993-Oct-24 2005-Jan-16 1999-Nov-13
5 km	16:55	Carmen Troncoso	Women 45-49 Austin, TX (45)	Albany, NY	2004-Jun-05	50 mi. 9:04: 100 km 12:09	:31	Helen Klein Helen Klein	Rancho Cordova, CA (67) Rancho Cordova, CA (67)	San Francisco, CA San Francisco, CA	1990-Apr-21 1990-Apr-21
8 km 10 km	27:45 34:40a	Carmen Troncoso Barbara Filutze	Austin, TX (45) Erie, PA (45)	New York, NY Pittsburgh, PA	2005-Mar-26 1991-Sep-29	12 hr. 78,40 78,41	07 m 12 m (p)	Louise Miklovic Louise Miklovic	Maumee, OH (65) Maumee, OH (66)	Sylvania, OH Sylvania, OH	2003-Sep-13 2004-Sep-11
12 km	35:30 35:27 (p) 43:38	Carmen Troncoso Carmen Troncoso Nancy Grayson	Austin, TX (45) Austin, TX (45) Northville, MI (45)	New York, NY Houston, TX Evansville, IN	2004-Jun-12 2005-Feb-26 1995-May-13	24 hr. 131,0	085 m (p)	Louise Miklovic	Maumee, OH (66) Women 70-74	Sylvania, OH	2004-Sep-11
15 km 10 mi.	54:58 59:15	Gabriele Andersen Barbara Filutze	Sun Valley, ID (45) Erie, PA (46)	Portland, OR Flint, MI	1990-Jun-17 1992-Aug-22	5 km 23:56 24:36	6	Jo Kiesecker Toshiko D'Elia	Loveland, CO (74) Ridgewood, NJ (70)	Las Vegas, NV Albany, NY	1997-Sep-20 2000-Jun-03
	1:14:13 1:18:12 (p)	Barbara Filutze Lee DiPietro	Erie, PA (46) Ruxton, MD (45)	New Haven, CT Philadelphia, PA	1992-Sep-07 2003-Sep-21	8 km 24:18	6	Toshiko D'Elia Hedy Marque	Ridgewood, NJ (70) Alexandria, VA (74)	Paramus, NJ Alexandria, VA	2000-Oct-22 1992-May-10
25 km 30 km Marathon	1:33:19 1:59:25	Debra Wagner Shirley Matson Joan Benoit Samuelson	Perrysburg, OH (47) Solana Beach, CA (48)	Grand Rapids, MI Clarksburg, CA Chicago, IL	1999-May-08 1988-Nov-13 2002-Oct-13	10 km 49:13 12 km 58:22 15 km 1:16:	2	Myra Rhodes June Machala June Machala	Sacramento, CA (70) Spokane, WA (70) Spokane, WA (70)	Paso Robles, CA Spokane, WA Tulsa, OK	2002-Sep-29 2001-May-06 2001-Oct-27
50 km 50 mi.	3:32:34 6:09:09	Sandra Kiddy Sandra Kiddy	Palm Springs, CA (47) Palm Springs, CA (47)	Tallahassee, FL Columbus, OH	1983-Dec-17 1984-Apr-01	1:20: 10 mi. 1:20:	:43	Anny Stockman Hedy Marque	Rensselaer, NY (70) Alexandria, VA (74)	Schenectady, NY Washington, DC	2002-Nov-10 1991-Oct-13
100 km 100 mi.	7:59:59 15:12:54	Sandra Kiddy Sandra Kiddy	Palm Springs, CA (45) Palm Springs, CA (49) Palm Springs, CA (49)	Chicago, IL Tallahassee, FL	1982-Oct-03 1985-Dec-14	20 km 1:46: Half-Mara 1:42:	:18a	Pat Dixon June Machala	Bend, OR (70) Spokane, WA (70)	Medford, OR Las Vegas, NV	1989-Apr-08 2001-Feb-04
12 hr. 24 hr.	127,777 m 233,816 m	Sandra Kiddy Sue Ellen Trapp	Palm Springs, CA (49) Ft. Myers, FL (47) Lehigh, FL (47)	Tallahassee, FL Sylvania, OH Sacramento, CA	1985-Dec-14 1993-Sep-19 1993-Nov-15	25 km 2:18:	:20	Toshiko D'Elia Gerry Davidson Ellen McCoy	Ridgewood, NJ (70) Fallbrook, CA (70) St. Paul, MN (70)	Philadelphia, PA San Diego, CA Duluth, MN	2001-Sep-16 1991-Nov-23 1991-May-25
48 hr. 144 hr.	360,090 m 501,712 m	Sue Ellen Trapp Sally Middleton	Mason, MI (45)	Sacramento, CA	1995-Nov-11	30 km 2:59: 2:47: Marathon 3:54:	:08 (p)	Myra Rhodes Myra Rhodes	Sacramento, CA (70) Sacramento, CA (70)	Clarksburg, CA Sacramento, CA	2002-Nov-10 2002-Dec-08
5 km	17:28	Shirley Matson	Women 50-54 Moraga, CA (50)	Carlsbad, CA	1991-Apr-14 1991-Mar-24	3:57: 3:46:	:04 :18 (p)	Ginette Bedard Ginette Bedard	Howard Beach, NY (71) Howard Beach, NY (72)	New York, NY New York, NY	2004-Nov-07 2005-Nov-06
8 km 10 km	28:55 35:57	Shirley Matson Shirley Matson	Moraga, CA (50) Moraga, CA (50)	Palo Alto, CA Orlando, FL Spokane, WA	1991-Mar-24 1991-Mar-02 1993-May-02		:23 (p)	Helen Klein Myra Rhodes Helen Klein	Rancho Cordova, CA (70) Sacramento, CA (70) Rancho Cordova, CA (70)	Sylvania, OH Sacramento, CA Sylvania, OH	1993-Sep-19 2003-Feb-08 1993-Sep-19
12 km 15 km 10 mi.	44:56 54:34 1:02:01	Shirley Matson Shirley Matson S. Rae Baymiller	Moraga, CA (52) Moraga, CA (50) New York, NY (51)	Jacksonville, FL Flint, MI	1991-Mar-09 1994-Aug-27	50 mi. 9:55: 100 km 12:50 100 mi. 23:29	0:49	Helen Klein Helen Klein	Rancho Cordova, CA (70) Rancho Cordova, CA (70) Rancho Cordova, CA (70)	Sylvania, OH Sylvania, OH	1993-Sep-19 1993-Sep-19
20 km Half-Mara	1:17:43	Kathryn Martin S. Rae Baymiller	Northport, NY (52) New York, NY (50)	New Haven, CT Philadelphia, PA	2004-Sep-06 1993-Sep-19			Helen Klein	Rancho Cordova, CA (70)	Sylvania, OH	1993-Sep-19
25 km	1:18:42a 1:38:36	Joan Ottaway S. Rae Baymiller	Sonora, CA (51) New York, NY (51)	Las Vegas, NV Minneapolis, MN	1996-Feb-11 1994-Sep-11 1990-Nov-11	5 km 26:32 8 km 40:44		Toshiko D'Elia	Women 75-79 Ridgewood, NJ (75) Alexandria, VA (76)	Ridgewood, NJ Alexandria, VA	2005-May-30 1993-Sep-12
30 km Marathon 50 km	2:00:41 2:50:26 4:58:39	Shirley Matson Shirley Matson Sue Ellen Trapp	Moraga, CA (50) Moraga, CA (50) Ft. Meyers, FL (53)	Clarksburg, CA Minneapolis, MN Sylvania, OH	1991-Oct-06 1999-Sep-18	8 km 40:44 12 km 1:08: 15 km 1:19:	:21	Hedy Marque Anne Clarke Hedy Marque	Glen Ellyn, IL (76) Alexandria, VA (75)	Itasca, IL Alexandria, VA	1985-Oct-06 1993-Apr-25
	4:16:32 (p) 4:10:47 (p)	Jan Kreuz Dee Dee Grafius	Cincinnati, OH (54) Modesto, CA (53)	Pittsburgh, PA Sacramento, CA	2002-Mar-23 2003-Feb-08	10 mi. 1:24:	:55 :54	Toshiko D'Elia Hedy Marque	Ridgewood, NJ (75) Alexandria, VA (76)	Utica, NY Washington, DC	2005-Jul-10 1993-Oct-17
50 mi. 100 km	7:47:27 9:43:27a	Eileen Eliot Mae Horns	Hollywood, FL (51) Edina, MN (54)	New Preston, CT Duluth, MN New Preston, CT	1995-Apr-23 1988-Oct-22 1995-Apr-23	20 km 1:58: Half-Mara 2:06: 2:24:	:34a	Toshiko D'Élia Algene Williams Helen Klein	Ridgewood, NJ (75) Park Forest, IL (75) Rancho Cordova, CA (79)	New Haven, CT Zion-Lake Bluff, IL Folsom, CA	2005-Sep-05 1991-Apr-28 2002-Oct-27
100 mi. 12 hr.	9:50:35 16:57:58 117,401 m	Eileen Eliot Sue Ellen Trapp Sue Ellen Trapp	Hollywood, FL (51) Lehigh, FL (50) Lehigh, FL (50)	Sylvania, OH Sylvania, OH	1996-Sep-15 1996-Sep-14	25 km 2:42: 30 km 3:37:	:25	Gerry Davidson Gerry Davidson	Fallbrook, CA (77) Fallbrook, CA (77)	San Diego, CA San Diego, CA	1998-Nov-14 1998-May-23
24 hr.	221,043 m	Sue Ellen Trapp	Lehigh, FL (50)	Sylvania, OH	1996-Sep-15	Marathon 4:31: 4:38:	:05a :12	Helen Klein Helen Klein	Rancho Cordova, CA (76) Rancho Cordova, CA (79)	Sacramento, CA Oklahoma City, OK	1998-Dec-06 2002-Apr-28
5 km	18:32	Shirley Matson	Women 55-59 Moraga, CA (56) Moraga, CA (56)	Carlsbad, CA Palo Alto, CA	1997-Apr-13 1997-Apr-06	50 km 6:05:	:16	Helen Klein	Rancho Cordova, CA (79) Women 80-84	Sacramento, CA	2002-Feb-09
8 km 10 km 12 km	30:10 39:08 (p) 49:43	Shirley Matson Shirley Matson Barbara Miller	Larkspur, CA (56) Modesto, CA (55)	Kentfield, CA San Francisco, CA	1997-Sep-01	5 km 29:23 8 km 52:00		Anne Clarke Anne Clarke	Carol Stream, IL (80) Carol Stream, IL (81)	Park Ridge, IL Park Ridge, IL	1989-Sep-30 1991-Sep-08
15 km	47:36a 1:00:38	Shirley Matson Shirley Matson	Moraga, CA (56) Moraga, CA (56) New York, NY (55)	San Francisco, CA San Diego, CA	1995-May-21 1997-Mar-23 1996-Nov-16	10 km 56:17 15 km 1:29:	7	Hedy Marque Hedy Marque	Alexandria, VA (80) Alexandria, VA (80)	Washington, DC Tampa, FL	1998-Apr-26 1998-Feb-14
10 mi. 20 km	1:02:39	S. Rae Baymiller S. Rae Baymiller	New York, NY (55)	Flint, MI New Haven, CT	1998-Aug-22 1998-Sep-07	10 mi. 1:31:	:24	Hedy Marque Hedy Marque	Alexandria, VA (80) Alexandria, VA (80)	Alexandria, VA Washington, DC	1998-Apr-19 1998-Apr-05
Half-Mara 25 km 30 km	1:23:09 1:41:01 2:17:31	Shirley Matson Shirley Matson Joyce Gaskin	Moraga, CA (55) Moraga, CA (56) Beaumont, TX (55)	Weott, CA San Diego, CA Sugar Land, TX	1996-Oct-20 1996-Nov-16 1992-Dec-12	25 km 3:07: 30 km 4:13: Marathon 5:10:	:32	Gerry Davidson Mavis Lindgren Ida Mintz	Fallbrook, CA (80) Orleans, CA (81) Glencoe, IL (80)	San Diego, CA Clarksburg, CA Chicago, IL	2001-Nov-10 1988-Nov-13 1985-Oct-20
Marathon 50 km		S. Rae Baymiller Sandra Kiddy	New York, NY (55) Bishop, CA (55)	Chicago, IL Washington, DC	1998-Oct-11 1992-Oct-17	4:31: 4:49:	:33a :50 (p)	Helen Klein Helen Klein	Rancho Cordova, CA (80) Rancho Cordova, CA (81)	Sacramento, CA New York, NY	2002-Dec-08 2004-Mar-21
50 mi. 100 km	7:44:48 8:42:36	Mary Ann Miller Sandra Kiddy	Plano, TX (56) Palm Springs, CA (55)	Dallas, TX Palamos, ESP	1993-Jan-16 1992-Feb-16 2001-Sep-15			Helen Klein	Rancho Cordova, CA (80)	Sacramento, CA	2003-Feb-08
100 mi. 12 hr. 24 hr.	18:53:03 112,364 m 203.050 m	Sue Ellen Trapp Sue Ellen Trapp Sue Ellen Trapp	Ft. Myers, FL (55) Ft. Myers, FL (55) Fort Myers, FL (55)	Sylvania, OH Sylvania, OH Sylvania, OH	2001-Sep-15 2001-Sep-15 2001-Sep-15	5 km 43:00 10 mi. 1:57:		Ruth Rothfarb Hedy Marque	Women 85-89 Miami Beach, FL (87) Alexandria, VA (85)	Albany, NY Alexandria, VA	1989-Jun-03 2003-Apr-27
24 11.	203,050 m	Oue Cheff Trapp	Women 60-64			1:57: Marathon 6:53:	:38	Hedy Marque Ida Mintz	Alexandria, VA (87) Glencoe, IL (85)	Washington, DC Chicago, IL	2005-Apr-03 1990-Oct-28
5 km 8 km	19:39 34:54	Shirley Matson Margret Betz	Larkspur, CA (60) Conklin, NY (62)	Sacramento, CA Apalachin, NY	2001-Aug-11 1999-May-21	Destroy		Edith Allen	Women 90-94 San Clamente, CA (90)		
10 km	32:42a 33:08 (p)	Barbara Miller Marie-Louise Michelsohn Shirley Matson		Sacramento, CA Ronkonkoma, NY Paso Robles, CA	2000-Jun-17 2003-Nov-16 2002-Sep-29	5 km 45:4 10 mi. 3:29: Marathon 8:53:	:08	Edith Allen Ruth Rothfarb Mavis Lindgren	San Clemente, CA (90) Miami Beach, FL (90) Orleans, CA (90)	Carlsbad, CA Washington, DC Portland, OR	2002-Apr-07 1992-Apr-05 1997-Sep-28
10 km	40:20	Shiney Matson	Larkspur, CA (61)	Faso Houlds, CA	2002-30p-29	maratrion 8.53		maris Linogram	C. (50)	, Grand, Ort	1997-Sep-28

November 2006

is to provide valua

Director's Tips through addition, RRCA men opportunity to subscri Management Newsle Road Race Manage discounted fee. "Thinity to provide vital members," explaine RRCA executive dis Management has be viding best practice directors for over 24 announced the laun designed Web site at

EA

 Bob Matteson, was named USATF I of the Month in Augus 200 (AR41.95), 400 (9 2006 USA Masters Charlotte, NC. Mat Middlebury College, w Ph.D. from Harvard, s consulting agency.

* Colleen De Reu

was the first master of in the Philadelphia H 17. Darren De Reud was the first M40+ Aguirre, 60, Highland first M60+ in 1:29:55. · Steve Dietz,

Patricia Keating, W4 masters firsts in the Annapolis, MD, Aug. included Mick Slone and Rose Malloy, W.

Danny Fink, 43, Martin, W40, took i Great Race 5K, Pitts Richard Hall, M60, Lutz, W75, 29:35, too the 10K, John Bro 34:34, and Tammy S were masters winner W60, won with a 44:

* Alisa Harvey, 4 2006 W40 outdoor of 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/L 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 Wome Patty Murray, 41, E ond W40+ and 21st (Samuelson, 49, Fre

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most ha 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 nessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

MASTERS CLUBS

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., 8h Floor, Boston, MA 02116; 617-236-1652; www.bostonmarathon.org
Boston Running Club, Brian Hamill, 106 Mt. Auburn St., Watertown, MA 02472; 617-924-1392; brc@tiac.net
Cambridge Running Club, Bob Gillon, 8 Hawkes Ln., Lynnfleld, MA 01940; 718-593-992; brc@tiac.net
Cambridge Running Club, Bob Gillon, 8 Hawkes Ln., Lynnfleld, MA 01940; 718-593-992; brc@tiac.net
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Cambridge Running Club, Bob Gillon, 8 Hawkes Ln., Lynnfleld, MA 01940; 718-593-924
Captol Hill Road Runners Club, Robert S. Weiner, 1104 Sanford Lane, Accokeek, MD 20607
Crow Athletics, P.O. Box 132, Norfleast 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; gbtc@crl.dec.com; www.gbtc.org
Greater Boston TC, PO Box 183, Boston, MA 02117-0183; 617-499-4844; gbtc@crl.dec.com; www.gbtc.org
Greater Rochester TC, PO Box 92508, Rochester, NY 11892; 716-872-6652
Hudson Mohawk Road Runners, PO Box 12304, Albary, NY 12212; 518-435-4500
Liberty AC, 63 Bridge Street, West Newbury, MA 01985; 978-510-1032; libertyac@hotmail.com; www.inystorunners.us
Mystic Runners, PO Box 282, Medford, MA 02155, Stephen Viegas, 781-944-3390; stephenviegas@hotmail.com; www.mystorunners.us

Nystic Hunners, PO Box Sez, Medicini, NN Cet 230, Septient Negas, No Fores, 412-244-9812

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, PO. Box 885, Maywood, NJ 07607; 201-337-7081

North Jersey Masters, PO Box 56, Ridgewood, NJ 07451

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

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, campsalvage@yahoo.com; 609-714-1308; Marie Woodland, President, mariewalks@aol.com
Philadelphia Masters T&F Assoc., c/o Kyle Medklenborg, President, T. E. Main St Apt. 3, Lansdale, PA 19446; 215-393-1382; krmeck@erols.com

Philadelphia Masters Tair Assoc., do type introductions, 1, 215-393-1382; kmeck@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; 413-5678563; kaplanjaye@yahoo.com; www.pwrc.org
PR Racing Team, Scott Brown, 167 Pettingill St., Lewiston, ME 04240; 207-782-0688; runscott1@aol.com
Potomac Valley Track Club, c/o Bobby Briggs, 6207 Duntley Ct., Springfield, VA 22152; 703-913-6335; email:

corralio@erols.com
Rhode Island Road Runners, 18 Musket Road, Lincoln, RI 02865; chyson8089@aol.com; 401-725-1725
Run to Win Ladies - Maine, Coach Brian Gillespie, 36 Colonial Rd., Portland, ME 04102; 207-772-2753
Shore AC, Donna Cetrulo, 274 Bath Av #14, Long Branch, NJ 07740; 732-222-1348
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;
html://members.aol.com/MacAlps/TAC.html; chrisrush@prodigy.net; 518-374-6995
Tri-State TC, Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742
Westchester Road Runners & Westchester Puma Track Club, 179 East Post Road, White Plains, NY 10601;
914-682-0637; 914-949-4166 (fax)
Western Pennsylvania Track Club, 1790 Lisa Dr., #4, Indiana, PA 15701; 724-464-2222

SOUTHEAST

All American TC, 2018 Hwy 17, Hampstead, NC 28443
Atlanta TC, 3097 E. Shadowlawn Av. NE, Atlanta, GA 30305; www.atlantatrackclub.org
Blimingham TC, PO. Box 530363, Birmingham, AL 35253; 202-6.879-5344
Carolina Masters Track & Field Club, Gordon Edwards; 7704-588-6885; gedwards@carolina.rr.com
Florida AC, 3250 Lakeview Bhd., Delray Beach, FL 33445; 561-499-3370
Florida TC, PO. Box 12463, University Station, Gainesville, FL 32604; 904-378-8725
Greenville TC, PO. 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

www.huntsvilletrackclub.org Jacksonville Track Club, P.O. Box 24667, Jacksonville, FL 32241; 904-387-0528;

Jacksonville Track Club, P.O. Box 24667, Jacksonville, FL 32241; 904-387-0528; www.jacksonvilletrackclub.com; Consult/TB@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); jburnojr@aol.com; http://home.usadatanet.net/opeyton/ 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 Carollina 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 23203; 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.southfloridarea. www.southflracewalkers.org
Tennessee Masters TC, 2251 Robertsoin View Point, Sevierville, TN 37876; 865-774-0023; coachr880@bell south.net; www.coachr.org/tennmasterstc.htm

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 Holevas, 603-D Olde Towne Ave., Columbus, OH 43214;
holevas2@msn.com; http://home.columbus.rr.com/racewalker/
Chicago Walkers Club, Nancy Goldman, President, 2909 N. Sheridan Road #1707, Chicago, IL 60657; 773348-3891; 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; piarist@kih.net
Firebird Track Club, 604 Schuyler Drive, Kettering, OH 45429; Doug Weikert - bertieg@aol.com;
cgreen@kettering.k12.oh.us

ogreen@kettering.k12.oh.us Greater Evansville Runners/Walkers Club, Evansville, IN; Gordon Benfield, 812-963-9394;

ter evansville numera walkers Crub, evansville, in; Gordon Bennerd, 812-963-9394; unner@msn.com; www.gerwc.com una Racewalkers Club, P.O. Box 1302, Indianapolis, IN 46206; David Harriman, Pres., 317-679-1403; david_harriman@sbcglobal.net

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);
racebreak@aol.com; www.motorcitystriders.com
Over the Hill TC, 5091 Hickory Drive, Lyndhurst, OH 44124; www.othtc.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;
ogreene@kettering,k12.oh.us
Victory AC, Marty Gonterman, 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 (ax); walk@online.col.com Chartiber Challenge, Gary Westlund (USATF Level Coach II, Certified ACSM Health/Fitness Instructor), 1516 Sunny Way Court, Anoka, MN 55303; 612-245-9160; www.ChartibesChallenge.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 (raceline)

SOUTHWEST

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

Dallas Masters 1&F Club, 1501 W. Lavender Laire, Anington, 1A 76013, 517-274-0-60, vwiutilier@au.com, www.dallasmasters.com
Houston Gold Track Club, Dinah Anderson, 713-621-9411; dinahomite@aul.com
Houston Masters Sports Assoc., 4021 Montrose Blvd., Houston, TX 77006-4956; 713-523-5679
Kling of the Hill TC, 4& Chateau Haut Brion, Kenner, LA 70065-4956; 504-467-1197
Louislana Lighthing 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, co Becky Ryder, 2902 Lincoln Rd #10, Hattiesburg, MS 39402; www.PineBeltPacers.org
San Antonio Racewalkers, 9635 Campton Farms, San Antonio, TX 78250; Bert Pickell, bertpir@msn.com
San Antonio TC, PO Box 39148, San Antonio, TX 78218; Don Austin, 210-699-0256
South Louislana Masters TC, PO Box 3125, Lafayette, LA 70502-3125; 318-984-4934
Southwest Sprinters TC, David F. Jones, 214-875-9173; david.f.jones@bu.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.geocties.com/hurdle4fun/

WEST

Arizona Flames Track Club, James Smith, 480-726-1613 jfjsmith@cox.net; www.azflames.com
Artech 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.ffsac.com/racing/index.htm
Cal Coast TC, PO Box 7132, Newport Beach, CA 92660-7132; 949-476-7076; Bill Sumner/Rick Herr
Club West, Beverley Lewis, PO Box 5730, Santa Barbara, CA 93150; 805-969-5852; Gordon McClenathen, 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 Crichlow, 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, Hill 96830-5763
Heart & Sole Track Club, 2817 San Mateo Blvd. NE, Albuquerque, NM 87110; John Reardon, 505-620-9923;
newmexicotrack@yahoo.com; www.heartnsolesports.com
Howitzer Throwing Club, Palm Desert, Calif. Amie Gaynor, AmieandMarilyn1@verizon.net; Doug Richardson, Gladysdoug@cs.com
Inland Emplre 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; marinnw@wenet.net;
www.lightways.com/marinw
Maul 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 95069; 916-483-2917
Personal Record Vertical Sports Club, 802 Brentwood Ave., Vallejo,

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

Pole Pilots/Kinaesthetics Inc. Track Club, 1137 E. Edison St., Tucson, AZ 85719-3530; Roy D. Willits, 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 Aggle Running Club, 10253 East Estates, Cupertino, CA 95014; Charles Alexander, charlessa@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.micronpcweb.com
Sierra Racewalkers, PO Box 13203, Sacramento, CA 95813-3203; 916-722-5039
SLO Roadrunners, Roger Warnes, 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

Morenozone@earthlink.net
Trojan Masters TC, 1301 W. 70th St., Los Angeles, CA 90044-2539; 323-753-1867; trojanmtc@aol.com;

Walkers Club of LA., 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; jnockels@pobox.alaska.net Apex Track & Field, 2420 NE 136th Av., Portland, OR 97230; Jim Satterfield, 503-254-7562
Barron Park Striders, Drew Stevick, 3225 Scotch Meadow Ct. SE, Olympia, WA 98501; 360-438-0051
Big Foot Masters, Maury Ray, N1810 Green St. MS-2050, Spokane, WA 99207-5399
Club Northwest, Seattle, WA; Tom Cotner, tootner@u.washington.edu; www.cnw.crg
Club Vauit, 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 Lotro Dr., Bend, OR 97701; 541-383-2002; mclcarol@msn.com
Holy Smokes Track Club, 2232 Franklin Av. East, Seattle, WA 98102; Denny West, 206-322-2413
Oregon Road Runners Club, 4840 S.W. Western Av., #200, Beaverlon, OR 97005; 503-646-RUNR, Susan
Perry, orrc@teleport.com; www.orrc.net

Oregon Road Runners Club, 4840 S.W. Western Av., #200, Beaverlon, UH 97005; 503-640-10.111, Derry, orrc@teleport.com; www.orrc.net
Oregon Track Club Masters, PO Box 11364, Eugene, OR 97440; 541-343-7247; www.oregontrackclub.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

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

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 Mick 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 Water-front 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-Samuelson, 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 mas-

Running in the rain, Joseph Mc Veigh, 43, 1:12:26, and Gordon Bak-oulis, 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

 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 bal-anced, 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 Alspuro, 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,

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 nomi-nees were Karla DelGrande, Canada (NCCWMA), and Marie Kay, Australia (Oceania).



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 Regen-cy. 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-

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.nationalthrowscoachesasso ciation.com; 888-527-6772.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 1-5. Pahrump Senior Olympics, Pahrump, 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@haw

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 Pentath-lon, Citrus College, CA. Lloyd Higgins, throw

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 In-door 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-

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 Regen-28th USATE cy. 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,

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@coming-cc.edu November 5. USATF-NE XC Championships, Franklin Park, Boston. 617-566-7600; www

November 5. AmeriHealth B. Franklin Bridge Challenge, Philadelphia. 610-647-2201; www.

November 5. USATF Three Rivers XC Championships, Slippery 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-

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, Schen-ectady, NY. www.hmrrc.com

November 12. USATF-NJ Masters 10K Championships, Madison. 973-376-5644; www.usatfnj.org November 12. USATF-NC Marathon Champ-

onships, 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.

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-

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

www.nyrr.org
December 10. NYRR Joe Kleinerman 10K, Cen-tral 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; richmondmara thon.com

November 11. USATF-SC O&M 5K XC Championships, Roger Millken Center, Spartanburg, SC. 9:00 am. Valerie Beesley 864-943-9059; beesleyfamily@hotmail.com November 11. USATF-GA XC Champion-

ships, Millen. 978-982-4881; www.usatfgeor gia.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. stiudemarathon.com

December 2. UOC Half-Marathon & 5K, Orl-ando, 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, Hunts-ville, AL. 256-650-7063; www.runrocket

December 9. Thunder Road Marathon Half-Marathon & 5K, Charlotte, NC. www.runchar

December 9. Holiday Half-Marathon & 8K, Point Clear, AL. 251-473-7223; www.pcpa cers.org

December 17. Jacksonville Marathon & Half-Marathon. 904-731-1900; www.1stplaces ports.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.rose

November 24. Howell Fantasy of Lights 5K,

MID-AMERICA

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

ovember 5. Freedom 10 Mile, White Bear Lake, MN. 651-426-1533; www.raceberryjam.

November 11. USATF Minnesota XC Championships, Apple Valley. www.usatfmn.org/ccnew.html

November 12. TTTS Race for Hope 5K, Denver, CO. 303-932-6000; www.tttsracefor

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; Slippery Rock and Pittsburgh, PA; South Carolina; Minnesota; Seattle; Alabama; Georgia; Florida; Wisconsin; Texas; Baldwin Hills, CA; Bozeman, MT; Sandy, OR; and the Spokane Valley,

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.

November 11. Texas Stampede 20 Mile, 10 Mile & 5K, Dallas, TX. 214-520-8874; texas November 12. San Antonio Marathon & Half-

Marathon. www.samarathon.org November 19. Tulsa World Route 66 Mara-

thon. 918-828-2828, x1010; route66marathon.

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; sbrunn

November 5. Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita, CA. 661-286-

4018; www.scmarathon.org November 11. USATF-SCA XC Champion-ships, Baldwin Hills, CA. 310-453-7655;

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

November 2006

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

NORTHW Alaska, Idaho, Mont Utah, Washington

November 4. USATF-MT Bozeman. 406-587-7698; November 5. PNTF X Seattle, WA. www.pntf.org November 5. City of Tree Marathon, Boise, ID. thon.com

November 11. Pioneer Ros Phoenix, OR. 541-664-2 oregonsizzlersrunningclub. November 11. USATF Championships, Spokane 8211; kkutsch2@comcast. November 18. USATF-ional 8K XC, Sandy. www November 23. Turkey Tr 253-591-5504; metroparks November 23. Turkey Str OR. www.goodrace.com November 26. Seattle Ma thon. 206-729-3660; www December 14. Longest N Medford, OR. 541-944-54 December 31. First Run Registration at 10:00 pm.

INTERNAT

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

RACEWAL

November 4. USATF-So RW Championships, Green November 5. USATF-Inc Championships, Indianapo

www.irwc.org November 12. USA Nation Championships, Clermont, 352-241-7144, x4206; n

November 18. USATF-1 Championships, Coconut 9634; southfloridaracewalk February 2, 2007. USATE RW Championships, Clerr 7144, x4206; noonwalk_99

www.nationalmas

ATHLETE NAME (RESIDENCE)

GAIL DEVERS(CA)
COLLEEN BARNEY(U
MARY WOO(US)
DIANA RIGOR(SANTA DIANA RIGOR(SANTA KELLIE ARCHULETTA KELLIE ARCHULETTA MIKE COONEY(USA) CARYL SENN(US) EVALINA COTES FRE SUE GRIGSBY(EVER DAWN HARTIGAN(AL WANDA SNELL (LOS) MARIE MATHIEU(PUI JEANETTE FLYNN(AI PAT FAHY(SCOTTS) LINDA LOWERY(DEC ANNA ZIFCAKOVA(SI RICHARD CHRISTOF MONETTE BRÖNSO) MONETTE BRONSOI STEPHEN SMITH(SP KATHY KAPALIN(GR PAT WRIGHT(CORBI PAT WRIGHT(CORB)
JACQUELINE BEELE
BRIAN TOWNLEY(G
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. www.RunCIM.org

www.Kuncl.M.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.lymarathon.com

NORTHWEST

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

November 4. USATF-MT XC Championships, Bozeman. 406-587-7698; www.mtusatf.org November 5. PNTF XC Championships, Seattle, WA. www.pntf.org

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

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

Phoenix, OR. 541-664-2323; www.southern oregonsizzlersrunningclub.org
November 11. USATF Inland NW XC 5K
Championships, Spokane Valley, WA. 509-468-8211; kkutsch2@comcast.net

November 18. USATF-OR Grand Prix/Reg-ional 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.

November 18. USATF-FL 8K & 10K RW Championships, Coconut Creek. 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 agegroup 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. Daintrys.

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 injuryplagued 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

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

Paul Freary, M35, winner of the halfmarathon 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 Shimagawara, 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

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

Tsutae 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. □

80-84 80-84 85-89

85-89 85-89 85-89

90-94 90-94 90-94 95-99 95-99 95-99 95-99 95-99

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - NOVEMBER 2006 Compiled by Pete Mundle • pmundle@ juno.com

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

1:06.63

W75 Doris Forbes

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

EAST

Dartmouth Weight Pentathion, Hanover, NH Aug. 26

Bob Cedrone 51	
43.61/11.43/36.22/2	
Carl Reichard 54	3138
43.93/11.35/30.66/2	29.52/ 5.87
Dan Wallace 50	2950
33.15/12.47/38.59/2	27.31/13.07
Bob Mead 62	4223
47.10/13.52/40.20/3	2.00/17.84
Carl Wallin 64	3845
39.04/13.21/29.80/3	2.97/18.48
Ed Rowan 65	2934
28.42/9.75/30.07/1	6.74/11.51
Sam Messiter 78	
25.99/9.50/24.74/2	5.97/10.34
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
	A STATE OF THE STA

M65 David MacMillan

M70 James Rothrock M75 William Clew

M80 Frank Brako

W55 Cindy Smith W60 Laurie Rothrock W65 Judy Scott W70 Marcia Crooks

Maine Senior Track & Field Games Portland, ME

Portland, ME		W70 Marcia Crooks	42-04
		W75 Harriet Patch	35-07
Sept. 9	172	W80 Doris Berlepsch	31-04
100m		Javelin	
M50 Dean Irons	13.50	M50 David Belhumeur M55 Fred Merkle	124-07
MSO Dean Hons	14.04	M55 Fred Merkle	74-05
M55 Ty Coleman	14.11	M60 David Parker	144-06
M60 James Comeau M65 Alfred Freniere M70 Dick Camp	16.57	M65 Patrick Conley	99-05
M70 Dick Camp	13.88	M70 James Rothrock M75 David Wilson	114-01
M75 Keith Curtis	16.71	M75 David Wilson	62-00
M80 Joseph Sciaraffa	18.03	W55 Cindy Smith W60 Laurie Rothrock	67-05
M80 Joseph Sciaraffa W55 Shelley Keeling	16.31	W60 Laurie Hothrock	40-06
W65 Judy Scott	21.84	W65 Joan Young	53-09
W70 Gloria Lipton	24.55	W70 Marcia Crooks	43-10
W80 Ann McGowan	23.63	W75 Harriet Patch	36-02
200m	Complete Co.	W80 Doris Berlepsch	37-00
M50 Dean Irons	27.51	3000m Walk	
M55 Ty Coleman	30.68		2:04.61
M60 Derry Bundlet	29:56		0:44.69
M60 Derry Rundlet M65 Alfred Freniere	29:56 34.11	M60 David Baldwin	7:54.11
M70 Dick Camp	29.34	M75 George Freeman 1	0:09.39
M75 Keith Curtis	36.65	M80 Bill O'Leary 1	2:05.77
M80 Frank Brako	43.54	-	
W55 Shelley Keeling	35.46	Dartmouth Weight	
W65 Mad. Zimmerman	47.70	Hanover, NH; Sep	t. 9
400m	Alexander I		
	:01.00	SP/HT/WT	
	:11.72	Bob Mead 62 47-0.5/15	6-8/59-2
	:01.65		1.25/-/-
M65 Jerfry LeVasseur 1	18 95	Dan Wallace 50 42-8.75/132	-5/46-8.5
M75 George Freeman 1 M80 Earl Sweeney 1	27.80		2.5//
M80 Earl Sweeney 1	39.63	Carl Wallin 64 43-3.5/14	2-7/61-9
W55 Shelley Keeling 1	:23.20	Bob Cedrone 51 38-10.5/15	1-11/46-4
W65 Mad. Zimmerman 2		16# Shot Put	
800m		B Mead 62	39-3
M50 Tom Ryan 2	2:14.51	D Fillkins 52	38-3/4
	2:39.67	D Wallace 50	37-7 1/4 5-11 1/2 36-9 1/2
M60 Jonathan Tetherly 2	2:41.21	L Hotte 59	5-11 1/2
	2:38.85	C Wallin 64	36-9 1/2
	3:25.20	B Cedrone 51 3	5-11 3/4
	3:01.86	2	1
1500m	Marine Marine	SOUTHEAST	
M50 Tom Ryan	4:34.33		A STATE OF
M50 Tom Ryan M55 Jeff Weatherhead 5	5:00.58	Carolina Maste	re
M60 Jerry Brown 6	6:19.68	Throwers Meet/Von	
M65 Frank Brume	5:28 80	Throws Meet, Win	etor
M75 Jim Lynch M85 John Woods 13 W55 Shelley Keeling	7:05.90	Salem, NC; Sept	51011-
M85 John Woods 13	3:45.67	Shot Put	. 9
W55 Shelley Keeling	6:17.32		44 70
W65 Mad. Zimmerman 8	8:27.01	M30 Mike Demarte M55 John von Rohr	11.79
W70 Mary Harada	7:06.88		10.50
3000m	THE PERSON NAMED IN	M60 L.B. Clayton	10.87
M50 David Young 13	3:43.41	Malcolm Reese Gordon Herbert	10.34
M55 Dennis Smith 1:	2:50.93	M65 Tom Steed	9.50
M60 Jerry Brown 1	4:41.89	Mike Valle	13.97
M65 Jerry LeVasseur 14	4:41.88	M70 Gerald Vaughn	
Long Jump M50 Dean Irons 14	March 200	Bill Gramley	15.32
M50 Dean Irons 14	4-11.25	W60 Rebecca Vaugho	
M55 Fred Merkle 12	2-06.00	W60 Rebecca Vaughn Discus	5.90
M60 Angel Nieves, Jr. 13	3-09.00	M30 Mike Demarte	41.00
M65 Alfred Freniere 10	0-09.00	M60 Malcolm Reese	41.09 38.59
M70 John Polevy 12	2-08.00	Gordon Herbert	32.07
M75 Suat Akgun 10	0-00.50	M65 Tom Steed	41.27
M80 Joseph Sciaraffa	9-05.00	Mike Valle	
M75 Suat Akgun 10 M80 Joseph Sciaraffa W55 Shelley Keeling	7-02.75	M70 Bill Gramley	40.94
MICE Links Coots			
W65 Judy Scott	5-06.50		40.40
	5-06.50 6-03.75	Hammer M55 John von Rohr	34.41

ı					100000000000000000000000000000000000000
	Triple Jump			L.B. Clayton	35.20
á	M55 Fred Merkle	26-07.00	M65	Mike Valle	40.44
1	M60 Angel Nieves, Jr.		M70	Tim Twomey	39.28
ķ	M65 Jerry LeVasseur	21-01.00	40000	Bill Gramley	35.02
	M75 Suat Akgun	21-02.50	Jave	lin	
	M80 Frank Brako	19-07.50	M30	Mike Demarte	42.56
	W65 Judy Scott	15-06.75	M60	Gordon Herbert	29.71
	Shot Put	Calculation of the last	The same	Charles MacDonald	27.02
	M50 David Belhumeur	40-10 00	M65	Tom Steed	28.46
	M55 John Maley	28-10.00	State of the last	Mike Valle	27.96
	M60 Herb Bachorik	36-07.00	Weig	ht Throw	
	M65 Clint Van Aken	32-07.00	M60	L.B. Clayton	13.41
	M70 Alan Brooks	40-07.00	A CONTRACTOR OF THE PARTY OF TH	Malcolm Reese	9.48
	M75 William Clew	35-01.50	M65	Tom Steed	15.18
	M80 Frank Brako	24-01.00	11100	Mike Valle	14.95
	W55 Cindy Smith	22-06.00	M70	Tim Twomey	16.48
	W60 Laurie Rothrock	21-05.00	14170	Bill Gramley	14.03
		18-04.00	Sune	rweight	
	W65 Judy Scott	19-05.00		Tim Twomey	9.39
	W70 Marcia Crooks	17-09.00	WITO	Bill Gramley	8.09
	W75 Harriet Patch	14-06.00	100	Bill Granley	0.00
	W80 Ann McGowan	14-00.00	0.00	orth Carolina Sen	ior
	Discus	404.00	M		
	M50 David Belhumeur			Games, Raleigh	
	M55 John Maley	94-00		Sept. 25-Oct. 1	
	M60 Herb Bachorik	124-07			

145-03 118-04

84-00

40-05

58-06

42-04

Sept. 25-Oct. 1

The second second	
100m	
M55 Art Rimbert	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 Pritchar	d 24.70
W85 Gladysteen Pait	41.60
W90 Mittie Seawell	37.20
200m	
M55 Art Rimbert	28.60
M60 Joel Liles	28.40
M65 Maurice McDonald	
M70 Roy Shackleford	32.90
M75 William Hottinger	36.90
M80 Taft Dantzler	68.50
W55 Olive Martin	36.10
W60 Pauline Niilend	41.90
W65 Louise Guardino	38.50
W70 Anne Yudel	45.60
W75 Laura Blount	50.90
W80 Margaret Hagerty	1:05.00
W85 Gladysteen Pait	2:03.10
400m	
M55 Stefan Waltermann	1:05.00
M60 Jesse Jones, Jr	1:04.40
M65 Maurice McDonald	
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 Paulene Niilend	1:35.50
W65 Lee Wilson	1:51.90
W70 Beth Carrin	1:55.20
W80 Margaret Hagerty	2:39.00
W85 Glaysteen Pait	4:19.50
800m	
M55 Jay Smith	2:32.70
M60 Joel Liles	2:52.40
M65 Maurice McDonald	
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	3:34.90
W60 Pauline Nillend W65 Lee Wilson	3:34.10
W65 Lee Wilson W70 Nancy Wilson	4:04.20
W75 Margaret Wilson	4:34.00 4:34.80
W80 Margaret Hagerty	

W80 Margaret Hagerty 6:28.00

1500m
1500m
M55 Darrell Simpkins 5:27.70
M60 Charles Little 5:51.30
M65 Maxwell Hamlyn 5:20.40
Feluin Harris 6:33.20

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

8:30.10 7:19.10

6:58.80 7:54.10 8:53.80

M75 Dale Lappin M80 Charles Dotson M90 Bill Finch

W60 Pauline Niilend W65 Lee Wilson W70 Nancy Wilson W75 Mary Turner

M80 Charles Dotson 28:40.70 W55 Dora Brodie 24:20.30 W60 Pauline Nillend W55 Lee Wilson 29:18.60 W70 Nancy Wilson 32:28.70 W75 Margaret Wilson W60 Margaret Hagerty 46:39.00 Long Jump M55 Gene Mellette M60 Walter Meckley 16-1.25 12-11 M65 Bob Rowland M70 Wyatt Iken M75 William Hotinger M80 Arthur Wood M85 John Bradley M95 Fred Dickerson 6-9 W55 Irma Bond W60 Johnnie Taylor W65 Marilyn Hinson 9-2.50 W70 Helen Livingston W75 Nancy Taylor W80 Hazel 7-10.50 6-11 W85 Hollis Smith 3-9.25 Shot Put M55 Dan Linker M60 Richard Bloomfield 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 W55 Gail Lehman 15-10.25 W60 Aileen Steelman 25-11.50 W65 Shirley Rickman 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 M55 David Smith 122-10 M60 Tom Hendley M65 Mike Valle M70 Bill Gramley 138-1 119-5 M75 William Hottinger M80 Henry Hickman 56-7 M85 Walt Evick 56-4 M90 John Pugh M95 Fred Dickerson 35-2 W55 Sarah Canell W60 Alleen Steelman 55-1 65-1 W65 Woodie McCoy W70 Harriet Carter 53-1 W75 Julia Manigo W80 Jessie McDonald 41-2 W85 Geneva Gillis 31-10 W90 Juanita Brookover 29-0 1500m RW M55 Danny Spell M60 Bill Hanger M65 Larry Seymour M70 Philip Martin M75 Ken Long M80 Elon Bradford 8:34.80 10:11.10 9:05.00 9:40.50 10:27.10 10:36.20 M85 Gordon Campbell 18:10.80 W55 Monica Moczek 9:31.60 W60 Pauline Niilend 10:28.20 W65 Joan Hargett 11:00.10 W70 Ma Thein Thurlinton 11:20.90 W75 Bonnie Vaughan 11:10.90 W80 Margaret Hagerty 14:17.80 W85 Daisy Cotton 19:26.90 W85 Daisy Cotton 19:26.90 5000m RW M55 Danny Spell 31:01.70 M60 Bill Hanger 36:14.90 M65 Derrick Grantham 32:25.60 M65 Demck Grantmam 32:25.60 M70 Henry Tripp 35:00.60 M80 Elon Bradford 38:14.10 W55 Monica Moczek 35:09.70 W60 Beth Hanger 41:19.60 W65 Joan Hargett 39:13.70 W70 Hannah Martin 47:04.10 W75 Bonnie Vaughan 41:43.90 W80 Margaret Hagerty 48:17.40

MIDWEST

Norm Bower Memorial Weight Pentathlon Kent St. U., OH: Sept. 16

Hein ou ou on, orn, och	discould be a
M50 Joe Myers 54	3064
32.86/13.76/34.52/36.4	0/12.15
Gary Sutton 52	2806
34.00/10.22/30.36/37.5	
Ray Bzibziak 52	2219
25.00/9.96/28.44/28.84	9.44
Mark Schervish 50	2179
24.30/8.39/28.38/31.84/	9.87
M55 Don Ragon 59	2857
23.26/10.96/35.54/31.83	3/10.75
Jeff Gerson 59	1265
12.92/5.87/14.64/19.87/	6.27
M60 Rex Harvey 60	3603
36.06/11.86/36.24/36.52	2/14.08
Mickey Bitsko 63	3502
44.14/11.45/35.48/26.5	1/13.72
Doug Weikert 60	2949

32.66/9.56/36.44/24.35/11.97

	Personal State
M65 Wm Eisenhart 68	3027
18.20/10.09/34.52/3	4 62/8 48
John Sloan 65	2953
23.24/9.10/30.22/29	
23.24/9.10/30.22/29	1988
Steve Servis 67	1900
17.54/6.65/22.40/22	
Abe Sheinker 66	
20.48/6.17//	
55 Mary Hartzler 57	4091
37.50/10.43/28.36/2	5.37/12.05
Myrle Mensey 57	3838
33.54/11.36/27.32/1	7.84/12.33
W75 Bernice Holland	79 3002
15.38/5.69/13.78/14	.39/5.22
Open Events	
Shot Put	
W55 Myrle Mensey	11.44
Mary Hartzler	10.90
M45 Frank Makozy	8.94
	14.24
M50 Joe Myers	
Ray Bzibziak	10.07
M65 Wm Eisenhart	10.09
Discus	
W55 Mary Hartzler	28.36
Myrle Mensey	27.32
M45 Frank Makozy	27.32 28.38
M50 Joe Myers	35.60
Ray Bzibziak	35.30
M60 Ken Mallory	37.96
M65 Wm Eisenhart	34.76
Hammer	34.70
WEE Many Hartyles	27.50
W55 Mary Hartzler	37.50
Myrle Mensey	33.54
M50 Joe Myers	32.86
Ray Bzibziak	25.00
Javelin	Aug.
W55 Mary Hartzler	25.69
Myrie Mensey	19.25
M45 Charlie Green	52.85
Frank Makozy	32.70
M50 Joe Myers	37.87
Ray Bzibziak	29.08
M65 Wm Eisenhart	35.18
	35.18
Weight Throw	10.00
W55 Myrle Mensey	12.33
Mary Hartzler	12.05
M50 Joe Myers	12.87
Gary Sutton	12.78
	Total Control
Wisconsin Ser	nior
Olympics, Milwau	kee, WI
Sept. 16-18	THE REAL PROPERTY.
The state of the state of the state of	
100m	
M50 Robert Zahn	12.90
John Dolan	13.47
John Dolan Jim Oikarinen	14.34
M55 Larry McFarland	14.09
Marvin Ripp	14.87
Neal Schuster	16.15
M60 Gene Ferrara	12.62
Paul Milewski	13.00

	Paul Milewski		.00	N
-	Raymond Bentley		.25	
M65	David Ewey		66	ĺ
430.5	Elroy Rasmussen		44	
	Dennis Ligman	19	09	H
M70		15		
	David Conner		60	
	Anderson Irvin		78	
M75	Frank Giaimo	15.		
	C L Bruce	15.		ı
	Clarence Trinkner	16		
N50	Sue Dwyer-Spahn	16.		I
	Karen van Rite	18		ı
N55	Karen Borchardt	19		J
	Margaret Kaufman	16		
	Fern Dains	22		ا
NEE	Nancy Schuacher	19		1
.05	JoAnn Prelog	22		ı
NZO	Marilyn Gunderman			١
•/0	Doris Forbes	26		١
Men	Agnes Reinhard	25.		1
				ı
	Carol Peebles	28.	46	
200m		00	00	
M50	Crescenzo D'Vetta	25.		ı
	Michael Berndt	27.		۱
	Larry Matson	31.		١
155	Mike Peters	30.		ı
	Larry McFarland	31.		١
-583	John White	42.		1
160		28.		ı
	Leon Savenas	30.		١
10%	Peter Lazzari	33.		J
165	David Ewey	33.		ı
470		45.		ı
175	Frank Giaimo	34.		ı
	Clarence Trinkner	36.		ı
-	Donald Hoeppner	42.		ı
V50	Karen van Rite	37.	02	1
V55	Candy Puterbaugh	32.	63	١
	Karen Borchardt	40.		ı
V60	Margaret Kaufman	36.		ı
Night.	Fern Dains	37.		1
V65	Nancy Schumacher			۱
Miles.	JoAnn Prelog	50	43	١
V70	Marilyn Gunderman	40	00	١
	, - Janoonnan		50	1

MAN	Agnes Reinhard	1:06.63
W85	Carol Peebles	1:15.56
400n		
M50		57.81 1:03.06
	Gary Pinter	1:16.04
M55	Greg Sievers	1:05.50
	Marvin Hipp	1:07.81
M60	Harvey Pollack Gene Ferrara	1:10.82
224	Leon Savenas	1:02.53 1:07.19
M70	Paul Milewski	1:09.44
M75		1:43.18 1:37.00
	Ron Lund	1:46.88
MEO	Donald Hoeppner	1:48.13
WOU	Karen van Rite Karen Borchardt	1:23.94
W60	Fern Dains	1:57.97
W65	Nancy Schumacher	1:31.50
WAO		2:09.52 2:13.13
W85	Carol Peebles	3:14.92
800r		
M50	Tony Rodiez Crescenzo D'Vetta	2:15.00
	Larry Lux	2:27.90
M55	Greg Sievers	2:28.00
M60	John White	4:43.00 2:33.90
		3:43.47
M70	David Hoffman	3:42.62
	Russell Anderson Thomas Chavala	4:02.48
W60	Fern Dains	4:23.00
W65	Nancy Schumacher	3:24.34
W80		4:00.68 7:11.62
1500		7.11.02
M50	Tony Rodiez	4:35.00
		4:43.00 5:38.00
M55	Greg Sievers	1:56.20
	Mike Peters 5	5:00.00
M60		7:05.00
M65		1:50.00 3:24.00
M70	David Hoffman 7	2:06.00
		:14.10
M75		:44.20
W60	Fern Dains 8	:14.00
W65	Nancy Schumacher 6	
	JoAnn Prelog 9	
W80	Agnes Reinhard 9	:27.00
	Carol Peebles 13	30.77
W85 High	Carol Peebles 13	3:56.00
W85	Carol Peebles 13 Jump Robert Zahn Kevin McLaughlin	30.77 3:56.00 5-0
W85 High	Carol Peebles 13 Jump Robert Zahn Kevin McLaughlin Harvey Pollack	5-0 5-4 4-8
W85 High M50 M55	Carol Peebles 13 Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster	5-0 5-4 4-8 3-6
W85 High M50	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara	5-0 5-4 4-8
W85 High M50 M55	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld	5-0 5-4 4-8 3-6 5-0 3-8 4-8
W85 High M50 M55 M60	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson	5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2
W85 High M50 M55 M60 M70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld	5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10
W85 High M50 M55 M60	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Torn Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce	5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8
W85 High M50 M55 M60 M70 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner	5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6
W85 High M50 M55 M60 M70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach	5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8
W85 High M50 M55 M60 M70 M75 M80 M90 W70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 3-8 3-8 3-8
W85 High M50 M55 M60 M70 M75 M80 M90 W70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 2-8
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M50	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 3-8 3-8 13-6.50 13-6.50
W85 High M50 M55 M60 M70 M75 M80 M90 W90 Long M55	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-6 5-0 14-5 12-7.50 10-0.75
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M50	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 3-8 3-8 13-6.50 13-6.50
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-6 5-10 14-5 12-7.50 10-0.75 12-8 11-5.50 10-5
W85 High M50 M55 M60 M70 M75 M80 M90 W90 Long M55	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-10 4-0 3-8 3-10 4-0 3-8 3-10 4-10 14-5 12-7.50 10-0.75 11-5.50 11-5.50 11-6
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Lioman	33.577 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 2-8 3-8 12-7.50 10-0.75 12-8 11-5.50 10-5 11-6 7-7
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60 M65	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-8 3-6 3-10 4-0 14-5 12-7.50 10-0.75 12-8 11-5.50 10-5 11-6 7-7 11-3.50 9-6
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60 M65 M70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington	33.56.00 5-0 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-8 3-6 3-10 4-0 3-8 3-6 14-5 12-7.50 10-0.75 12-8 11-5.50 10-5 11-6.50 10-6 11-6.50 10-6 11-6.50 10-6 11-6.50 10-6
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60 M65	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-8 3-6 3-10 4-0 14-5 12-7.50 10-0.75 12-8 11-5.50 10-5 11-6 7-7 11-3.50 9-6
W85 High M50 M55 M60 M70 M75 M80 M90 M70 Long M50 M60 M65 M70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo	33.56.00 5-0 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-1 3-6 3-7 14-5 12-7.50 10-0.75 11-5.50 10-5 11-6 9-4.75 11-9 01-0-5.50
W85 High M50 M55 M60 M75 M80 M90 W70 M55 M60 M65 M60 M65 M70 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo Bill Walbach	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 3-8 3-9 13-6.50 10-0.75 11-5.50 10-5.51 11-6 7-7 11-3.50 9-6 9-4.75 11-9 0-10.50 10-0
W85 High M50 M55 M60 M70 M75 M80 M90 W70 Long M55 M60 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze	33.56.00 5-0 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-8 3-6 3-1 3-6 3-7 14-5 12-7.50 10-0.75 11-5.50 10-5 11-6 9-4.75 11-9 01-0-5.50
W85 High M50 M55 M60 M70 M75 M80 M90 M65 M70 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-9 3-8 3-6 3-8 3-2 2-10 4-0 3-8 3-6 3-8 3-1 13-6.50 14-5 12-7.50 10-0.75 11-6 7-11-3.50 9-6 9-4.75 5-10-50 10-5.50 10-5.50 10-5.50 5-9 5-9
W85 High M50 M55 M60 M70 M75 M80 M90 W70 M55 M60 M75 M80 M70 M75 M80 M70 M75 M80 M70 W70 W70 W70 W70	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard	33.56.00 5-0 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-6 3-6 3-8 3-6 3-10 4-0 3-8 11-6.50 10-0.75 11-5.50 10-5 11-6 9-4.75 11-5.50 9-6 9-4.75 11-90 10-5.50 9-6 9-2.75 5-10-50
W85 High M50 M55 M60 M70 M75 M80 M90 M65 M70 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner	33.56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-9 3-8 3-6 3-8 3-2 2-10 4-0 3-8 3-6 3-8 3-1 13-6.50 14-5 12-7.50 10-0.75 11-6 7-11-3.50 9-6 9-4.75 5-10-50 10-5.50 10-5.50 10-5.50 5-9 5-9
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M70 M75 M80 M65 M70 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 2-8 3-0 13-6.50 14-5 12-7.50 10-0.75 11-6,77 11-3.50 10-0.75 11-6,50 10-0.50
W85 High M50 M55 M60 M70 M75 M80 M90 M50 M65 M60 M75 M80 M65 M70 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-6 3-8 3-8 2-10 4-0 3-8 3-6 3-8 3-6 3-8 3-6 3-10 4-0 3-8 3-6 3-8 3-6 3-10 14-5 12-7.50 10-0.75 11-5.50 10-0.75 11-5.50 10-1.50 9-4.75 11-9.0 10-1.50 9-4.75 11-9.0 10-5.50 9-5.5 5-5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 9-5.5 10-5.50 10-5.50 9-5.5 10-5.50 10-5.50 10-5.50 9-6.75 10-5.50 10-
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M70 M75 M80 M65 M70 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner 11 Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gary Spears R Woosencraft 3	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 2-8 3-0 13-6.50 14-5 12-7.50 10-0.75 11-6,77 11-3.50 10-0.75 11-6,50 10-0.75 11-6,50 10-0.75 11-6,50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-0.96 9-4.75 11-0.50 10-0.50 1
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M70 M75 M80 M65 M70 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gary Spears R Woosencraft	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 3-8 3-2 2-10 4-0 3-8 3-8 2-8 3-1 12-7.50 10-0.75 12-8 11-5.50 10-0.75 11-6.50 9-4.75 11-9 0-10.50 9-6 9-4.75 10-10.50 9-5 5-5 5-5 43-6 3-8 3-8 3-8 3-9 3-8 3-9 3-9 3-9 3-9 3-9 3-9 3-9 3-9
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M70 M75 M80 M65 M70 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gary Spears R Woosencraft R Woosencraft Richard Mintken John Biolo	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 3-8 3-0 13-6.50 10-0.75 11-5.50 10-0.75 11-6 7-7.7 11-3.50 9-6 9-4.75 5-10-59 5-5 43-6 38-38
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M70 M75 M80 M65 M70 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gany Spears R Woosencraft Richard Mintken John Biolo Larry Hilbelink Stephen Cohen	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 3-2 2-10 4-0 3-8 3-6 3-8 3-2 2-10 4-0 3-8 3-6 3-8 3-1 12-7.50 10-0.75 11-5.50 10-0.75 11-5.50 10-10.50 9-4.75 10-10.50 9-4.75 10-10.50 9-5.5 38-3 8-11.25 36-5.0 38-3 8-11.25 36-5.0 38-3 8-11.25 36-5.0 36-1.05 36-2.75 5-5 36-0.50 4-11.50 36-1.05 36-1.05 36-1.05 36-2.75 36-1.0
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M65 M70 M75 M80 M75 M60 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner T Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gany Spears R Woosencraft Robn Nora Roher Marker Roher Marker Roher Marker Roher Marker Roher	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 2-10 4-0 3-8 3-6 3-8 2-10 4-0 3-8 3-10 10-0.75 11-5.50 9-4.75 11-6 7-77 11-3.50 9-6 6-2.75 5-10-50 5-5 43-6 38-3 8-11.50 5-5 43-6 5-0 5-5 43-6 5-0 5-0 5-5 10
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M65 M70 M75 M80 M75 M60 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gary Spears R Woosencraft Sichard Mintken John Biolo Larry Hilbelink Stephen Cohen Gary Schwengel James Riichard	30.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 2-10 10-0.75 11-5.50 10-0.75 11-5.50 10-0.75 11-6 7-7 11-3.50 9-4.75 11-5.50 10-5.50 9-4.75 11-5.50 10-5.50 9-4.75 11-5.50 10-5.50 9-4.75 11-5.50 10-5.50 9-4.75 11-5.50 10-5
W85 High M50 M55 M60 M70 M75 M80 M90 M55 M60 M65 M70 M75 M80 M65 M70 M75 M80 M80 M75 M80 M75 M80 M75 M80 M75 M80 M75	Carol Peebles 1: Jump Robert Zahn Kevin McLaughlin Harvey Pollack Neal Schuster Gene Ferrara Raymond Bentley Tom Langenfeld Russell Anderson Glendon Bogdon Clarence Trinkner C L Bruce Donald Hoeppner Bill Wambach Rob Webb Nora Schulze Jump Jim Oikarinen Harvey Pollack Neal Schuster Marvin Ripp James Dummert Raymond Bentley Cornelius Erby Elroy Rasmusen Dennis Ligman Gaylord Reeves Anderson Irvin S Clay Willmington C L Bruce Clarence Trinkner Frank Giaimo Bill Walbach Rob Webb Nora Schuze Doris Forbes Agnes Reinhard Put Mark Warner Michael Matteson Jerry Amundson 3 Gary Spears R Woosencraft Sichard Mintken John Biolo Larry Hilbelink Stephen Cohen Gary Schwengel James Riichard	33.77 3:56.00 5-0 5-4 4-8 3-6 5-0 3-8 4-8 3-2 2-10 4-0 3-8 3-8 2-10 4-0 3-8 3-6 3-8 2-10 4-0 3-8 3-10 10-0.75 11-5.50 9-4.75 11-6 7-77 11-3.50 9-6 6-2.75 5-10-50 5-5 43-6 38-3 8-11.50 5-5 43-6 5-0 5-5 43-6 5-0 5-0 5-5 10

Anderson Irvin 29-10
M75 C L Bruce 32-9.50
Donald Hoeppner 30-9.50
Clarence Trinkner 27-8

November 2006	
THE RESERVE AND PERSONS AND ADDRESS OF THE PERSON NAMED AND AD	10000
M80 Robert Koch	23
Robert Zahn M85 Robert Bliemeister	25 23
M85 Robert Bliemeister	34-11.
W50 Ruth Welding Alice Filter W60 Rosemary Pietzel	24-0.
W60 Rosemary Pietzel	21
W70 Nora Schulze	17
Nancy Shilling Janice Wolowicz	- 16-
	16
W75 Doris Forbes W80 Agnes Reinhard	16
Discus	
M50 Mark Warner	128
Michael Matteson	
M55 Gary Spears	120
Jerry Amundson	115
Marvin Ripp	110
M60 Richard Dana John Biolo	137
James Dummert	110-
M65 Gary Schwengel	119
M65 Gary Schwengel Dave Arndt	8
John Schultz	8
M70 William Jankovich	9
Gaylord Reeves	9
Anderson Irvin	6
M75 C L Bruce	8
Donald Hoeppner Frank Giaimo	6
M80 Robert Koch	6
M85 Robert Bliemeiste	
1500m RW	139
M50 Brian Olszewski	10:50
M55 Robert Shires	8:11
Ron Winkler	9:00
Harley Grant	9:14
M60 Thomas Casper	9:50
M70 A Du Bois Russell Anderson	9:12
M75 William Baxter	9:52
W50 Alice Winkler	11:52
Gwendolyn Irvin	12:51
W60 Sheila Scholl	12:52
W70 D-G Gatewood	12:07
W75 Katherine Marrs	10:41
Darlene Du Bois	14:00
Kentucky Senior	State
Games, Lexingto	n K
Sept. 23	
The second secon	
100m	
W50 Beverly Metcalf	15
. Peggy Stephens	17
Julianna Pek	18
W55 Mary Jilka	16
Wendy Hames Judith Petty	20
W60 Mattie Jones	18
Carol Stricklin	18
Mary M Nable	20

100m	
W50 Beverly Metcalf	1
Peggy Stephens	1
Julianna Pek	1
W55 Mary Jilka	1
Wendy Hames	1
Judith Petty	2
W60 Mattie Jones	1
Carol Stricklin	1
Mary M Nable	2
W70 Mikki Eddlemon	2
W85 Mary Bowermaster*	3
Garnet Jones	4
200m	9F
M50 Hao-Ming Siu	2
Michael Stratford	3
Douglass Tanabe	2
M55 Sonny Collins	12
Douglass Tanabe	1
George Bowne*	1
M60 Allen Huff*	
Clarence Ray*	-
Fred Svoboda*	3
M65 Tom*	-
Avital Schurr	3
Robert Wozniak*	1
M70 Jim McWilliams	
Barry Bertram	
Paul Williams*	
M75 Edward Liskovec*	
J Clifford Todd	
Byford Reed	
W50 Martha Lutz	1
Beverly Metcalf	NO N
Janet Green	0
W55 Mary Jilka	1
Wendy Hames	10
Catherine Bishop	
W60 Mattie Jones	

Mary M Nagle Carol Stricklin

W70 Mikki Eddlemon*

William Lowry, Jr

Fred Svoboda* Gerald Smith*

M65 Randall Swann* Arnold Graves*

Bill Zehner*

W50 Diana Ikon

M70 Frankie Robinson

Martha Lutz Janet Green

Terry Foody

W55 Brenda Burton

1:56

2:29

2:46

2:54

3:00

W85 Garnet Jones

M50 Charles Lutz

M55 Terry Reed Earl Lord M60 Michael Parks

W65 Kitty Wilson

800m

M80 Robert Koch 23-7		the second secon	The state of the s		
	Catherine Bishop 5:03.47	W50 Rainey Rohrmeir* 68-5	Dave Osborne 1:16.47	200m	Sigurd Andenas 6-3
Robert Zahn 25-5	W60 Elaine Degenbela 3:38.46	Camilla Corbin 60-11	Jim Ross 1:17.21	M50 Samuel Prabhakar 29.12	W50 Dianne Nelson 11-0.50
M85 Robert Bliemeister 23-2	W70 Mikki Eddlemon* 4:32.31	Mary Ritcvhie 36-2	800m	Rick Allen 30.08	W65 Harriet Kaufman 8-9.50
W50 Ruth Welding 34-11.50	1500m	W55 Catherine Bishop 52-11	M40 Rod Zook 2:09.38	Willie Markmann 30.41	Marion Krueger 8-6.50
Alice Filter 24-0.50 W60 Rosemary Pietzel 21-8	M50 Charles Lutz 4:59.18 David Berman 5:05.11	Von Macklin 41-9	M50 Gilbert Castillo 2:37.75	M55 Lonnie Iverson 29.40	W70 Leann Fredrickson 6-2
W70 Nora Schulze 17-6	David Berman 5:05.11 Charles Francke 5:07.54	Marilyn Minnick 41-3 W60 Jean Maline 56-3	M55 John Hershberger 3:15.21 M60 Jim Ross 3:04.40	Steve Schroeder 31.42 Russ Anteronen 32.88	Elaine Goldammer 4-3 Shot Put
Nancy Shilling 16-10	M55 Terry Reed 5:29.77	Carol Stricklin* 56-3	W45 Maureen Petrocci 4:00.60	M60 Richard Burgard 29.56	M50 John Brown 41-1
Janice Wolowicz 16-1	David Jones* 5:29.93	Carolyn Lee Wells 30-8	Mile	Carl Etter 30.24	Howard Brown 34-6.50
W75 Doris Forbes 16-6	Charles Bishop 6:15.13	W65 Johnnie Conner* 47-2	M35 Grant Williams 6:01.03	Andrew Tanabe 32.16	Dan Mehlbrech 33-0
W80 Agnes Reinhard 15-2 Discus	M60 Tom Lough 6:02.07 Michael Parks 6:02.27	W70 Mabel Forman 29-8	M40 Rod Zook 4:52.50	M65 Steve Bowlse 28.74	M55 Wayne Johnson 34-4
M50 Mark Warner 128-7	Michael Parks 6:02.27 Dale Viniard 6:33.81	Barbara Self* 29-3 W75 Betty Neal* 46-6	M50 Brad Chatfield 5:55.07 M55 Jack Nelson, Jr 8:11.32	Howard Weisser 31.35 John Tweeten 32.86	Tom Appletoft 33-7 Nick Kranz 31-10.50
Michael Matteson 112-9	M65 Randall Swann* 6:04.65	W80 Mary Seebeck* 29-9	M60 Jim Ross 6:58.40	M70 Lloyd Kempf 31.10	M60 Dean Isburg 39-4
M55 Gary Spears 120-6	Bobby Miller 6:21.38	W85 Mary Bowermaster* 28-2	High Jump	Alvin Uecker 33.62	Virgil Paulson 38-6.50
Jerry Amundson 115-1	Bill Francis 7:07.28	Garnet Jones 22-9	M50 Doug Boehr 4-2	M75 Don Phillips 43.74	Ralph Check, Jr 37-8
Marvin Ripp 110-7 M60 Richard Dana 137-6	W50 Martha Lutz 7:03.99 W55 Brenda Burton 7:57.19	Javelin	M55 Jim Modin 4-4	M85 Ralph Maxwell 40.31	M65 Jack Strong 33-11.75
John Biolo 129-3	Terry Foody 8:25.05	M50 Wayne Renner* 106-4 M55 Gerry Scaringi 94-5	M60 Joe Hoover, Jr 4-6	W50 Judi Crawford 41.80 400m	Howard Bich 32-10.50 Sherwood Sagedahl 31-00.50
James Dummert 110-10	Catherine Bishop 10:32.04	Donald Waggener 52-10	M40 Darren Muci 13-5.75	M50 Tony Trussell 1:04.11	M70 Lovell Wheeler 35-4
M65 Gary Schwengel 119-7	W60 Elaine Degenbela 7:43.69	M60 Thomas Worley* 121-9	M45 Vic Johnson 15-5.75	Al Arendt 1:04.80	Bob Beattie 32-2.50
Dave Arndt 89-3	Joyce Redd 8:26.74	Mickey Bitsko* 92-7	Bob Porter 15-0.75	Howard Woodart 1:16.28	Dale Fredrickson 30-11.50
John Schultz 87-8 M70 William Jankovich 93-2	W70 Mikki Eddlemon* 8:50.03 High Jump	Bruce Purdy 91-9 M65 Malachi McGruder* 127-0	M50 Bob Maseratti 14-11.75	M55 Greg Sievers 1:04.52	M75 Al Weisbecker 26-6.50
Gaylord Reeves 90-0	M50 Charles Durrant 5-6	M65 Malachi McGruder* 127-0 Fred Nichols 107-9	Doug Boehr 14-1.75 M55 Maure Weigel 14-10.25	Dale Paulson 1:06.60 Jeff Underwood 1:12.64	M80 Ken Kessinger 31-3.75 Vern Anthony 22-3
Anderson Irvin 67-9	Jon Kiefer 5-2	James Turner* 94-10	M60 Joe Hoover, Jr 15-2.25	M60 Michael Burns 1:08.88	Lars Larson 20-9
M75 C L Bruce 88-3	Scott Evans* 5-4	M70 Roland Ware* 95-6	M65 Jon Bingesser 12-9	John Raderschadt 1:19.97	M85 Sigurd Andenas 21-2
Donald Hoeppner 72-7	M55 Al Gabbard* 5-1	Ronald Chilton 66-10	Triple Jump	Alex Meyer 1:22.23	M90 John Zilverbert 17-3
Frank Giaimo 68-5 M80 Robert Koch 60-6	Robert Juett 4-8 Michael Daniels* 4-8	William Otis Coates 59-9 M75 Bruce Pope 90-4	M50 Bob Maseratti 25-6.50	M65 Howard Weisser 1:06.62	W50 Kay Glynn 29-3.25
M85 Robert Bliemeister 49-7	M60 Thomas Bernhardt* 4-2	Edward Liskovec* 71-5	M55 Maure Weigel 31-9.75 M60 Joe Hoover, Jr 31-7.75	John Tweeten 1:09.44 Willard Bishop 1:11.44	Marlys Byre 23-1.50 Darlene Kuhmel 21-11
1500m RW	Bruce Purdy 4-0	Wade Odom* 59-6	M65 Jon Bingesser 26-11.75	M70 Alvin Uecker 1:16.56	W55 Martha Green 24-6.50
M50 Brian Olszewski 10:50.44	Ray Bentley* 3-10	M80 Charles Baker* 65-10	Shot Put	Alan Brevik 1:23.62	W60 Mary Morrison 14-8
M55 Robert Shires 8:11.82 Ron Winkler 9:00.41	M65 Jim Blackwell 4-6	W50 Rainey Rorhmeir* 58-4	M35 Ken Black 41-9.50	Alvin Ravenscroft 1:25.20	Arlene Bich 12-5
Ron Winkler 9:00.41 Harley Grant 9:14.78	Bob Southerland* 4-2 Larry Heime* 4-0	Camilla Corbin 52-3 Beverly Metcalf 40-8	M50 Ray Burton 45-10 M85 Scott Herrman 24-0	M75 Don Phillips 1:23.99 Darrell Mitchell 1:31.00	W65 Marion Krueger 23-8 Audrey Kempf 22-5.50
M60 Thomas Casper 9:50.00	M70 Louis Vodopya* 4-0	W55 Von Macklin 61-9	Discus	W50 Dianne Nelson 1:18.25	Harriet Kaufman 17-2.50
M70 A Du Bois 9:12.71	Thomas Phillips* 3-8	Catherine Bishop 48-7	M50 Ray Burton 166-4	Marion Berg 2:41.08	W70 Jeanne Kirsch 20-3
Russell Anderson 12:15.05	Roland Ware 3-6	Dee Dee Roehrig 43-2	M85 Scott Herrman 52-7	W65 Mary Kaplan 2:00.39	Elaine Goldammer 16-6.50
M75 William Baxter 9:52.71	M75 Edward Liskovec* 3-8	W60 Carol Stricklin* 61-2	HOATE MILE A	W75 Edith Weber 1:44.34	W75 Marge McTighe 13-0.50
W50 Alice Winkler 11:52.49 Gwendolyn Irvin 12:51.09	Richard Soller* 3-6 Horace Plemons* 3-4	Jean Malone 34-8 Carolyn Lee Wells 33-1	USATF Mid-America Reg-	800m M50 Mike Knox 3:00.11	M50 Dan Mehlbrech 124-11
W60 Sheila Scholl 12:52.07	M80 Charles Baker 3-6	W65 Donna Beeler* 60-7	ional Masters Champion-	M55 Shawn Regan 2:26.30	Howard Brown 121-10
W70 D-G Gatewood 12:07.70	W55 Catherine Bishop 3-3	Mary Kelly* 43-0	ships/Rocky Mountain Games Pentathlon	Greg Sievers 2:18.12	John Brown 112-2
W75 Katherine Marrs 10:41.93	Terry Foody 2-10	Johnnie Conner* 36-6	Ft. Collins, CO; Sept. 2-3	Jeff Underwood 2:48.71	M55 Terry Medjo 120-5
Darlene Du Bois 14:00.56	W60 Carol Striclin* 3-3	W70 Barbara Self* 26-5	r a commis, co, sept. 2-3	M60 Michael Cody 3:06.45	Wayne Johnson 99-10
Kentucky Senior State	W65 Donna Beeler* 3-1 W70 Barbara Sel* 2-10	Mabel Forman 24-0 Betty Larimore 18-9	M45 David Hampton 2402	John Raderschadt 3:13.67 M65 Howard Wieser 2:42.85	Steve Schroeder 93-2 M60 Virgil Paulson 126-9
Games, Lexington, KY	Pole Vault	W75 Betty Neal* 43-3	Elliot Drumright 1712	Sherwood Sagedahl 2:49.68	Raiph Check, Jr 119
Sept. 23	M50 Terry Woodward* 9-0.25	W80 Mary Seebeck* 25-6	M55 David Salazar 3432	John Tweeten 2:50.97	Dean Isburg 118-6
	M60 Robert Banhagel* 9-0.25	W85 Mary Bowermaster* 25-6	Kevin Christensen 3236 Gene Iwen 2672	M70 Alvin Uecker 3:08.99	M65 Jack Strong 109
100m	M65 Larry Heime* 7-6.25	Garnet Jones 11-11 W90 John Boesenhofer 46-4	M60 Alex Meyer 2202	Alvin Ravenscroft 3:50.19 W50 Jan Johnson 3:45.59	Jerry Moseke 104-5 Bill Rykhus 99-6
W50 Beverly Metcalf 15.88	Roger Chassay* 6-6 Bob Southerland* 6-6	W90 John Boesenhofer 46-4 1500m RW	M70 Richard Larkin 2094	W50 Jan Johnson 3:45.59 W65 Mary Kaplan 4:38.53	M70 Otto Welfring 100-5
Peggy Stephens 17.34 Julianna Pek 18.34	W50 Rainey Rohrmeir* 5-0	M50 Jeff McClung 7:44.75	M80 Fred Hirsimaki 2550	W75 Edith Weber 4:15.49	Bob Beattie 97-5
W55 Mary Jilka 16.20	Shot Put	Dave Rogers* 12:02.48	South Dakota Senior	1500m	Lloyd Kempf 88-3
Wendy Hames 18.73	M50 Wayne Renner* 36-2.50	M55 Charles Waller 8:38.75 Arthur 9:10.00	Games, Madison, SD	M50 Tony Trussell 5:21.83 Little Moon Wallace 5:11.48	M75 Al Weisbecker 71-4 Wallace Runia 60-2
Judith Petty 20.37	Charles Wright* 35-3 Frank Broadus 32-10	Arthur 9:10.00 David Kirgan 10:14.26	Sept. 7-10	Little Moon Wallace 5:11.48 Greg Sievers 5:15.38	M80 Ken Kessinger 74-1
W60 Mattie Jones 18.81	M55 Gerry Scaringi 34-11	M60 Terry Spalding .10:36:59	50m	W50 Marion Berg 12:39.86	Vern Anthony 60-7
Carol Stricklin 18.06 Mary M Nable 20.22	Hayward Seber* 33-1	Jon Larson 11:49.57	M50 Randy Mason 7.38	W65 Mary Kaplan 9:10.44	Lars Larson 47-5
W70 Mikki Eddlemon 26.27	Robert Kranz* 27-11	M65 Jim Blackwell 9:16.27	Craig Thompson 7.50	W75 Edith Weber 8:20.26	M85 Sigurd Andenas 47-2
W85 Mary Bowermaster* 31.53	M60 Mickey Bitsko* 40-4 William Rassinen 28-11	M70 Gene Siler 9:20.32 Barry Bertram 10:59.05	M55 Jeff Heinemeyer 7.07 Dale Paulson 7.08	High Jump M50 Dan Mehlbrech 5-4	M90 John Zilverberg 31-11 W50 Kay Glynn 71-10
Garnet Jones 45.86	Bruce Purdy 28-0	Barry Bertram 10:59.05 M75 Robert Lee* 13:21.57	M60 Ray Tidblum 8.76	Rick Allen 5-2	Darlene Kuhmel 61-9
200m M50 Hao-Ming Siu 27.37	M65 Ronald Small* 34-5	W50 Rainey Rohrmeir* 10:56.23	Alex Meyer 9.34	Dennis Lehmann 4-10	Marion Berg 57-7
Michael Stratford 30.37	Paul Deem* 31-7	Mary Ritchie 12:09.09	M65 Steve Bowles 7.14	M55 Randall Olson 4-10	
Douglass Tanabe 27.85	Pat Murphy* 30-8				W55 Martha Green 57-11
M55 Sonny Collins 25.59	M70 Thomas Dhillings 24 44	W55 Elizabeth Main 9:30.87	John Tweeten 7.81	Rick Althoff 4-4	W60 Mary Morrison 58-6
Douglass Tanabe 27.85	M70 Thomas Phillips* 34-11	Mary Jilka 10:00.90	M70 Lloyd Kempf 8.10	Rick Althoff 4-4 Robert Kranz 3-10	W60 Mary Morrison 58-6 Arlene Bich 20-3
	M70 Thomas Phillips* 34-11 Jim McWilliams 34-1	Mary Jilka 10:00.90 Martha Eddy 11:14.23		Rick Althoff 4-4	W60 Mary Morrison 58-6
George Bowne* 26.07 M60 Allen Huff* 27.98	M70 Thomas Phillips* 34-11 Jim McWilliams 34-1 Louis Vodopya* 31-5 M75 Peter Augsburger* 34-8	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79	M70 Lloyd Kempf 8.10 Jim Nelson 10.38 M75 Don Phillips 10.40 M85 Ralph Maxwell 8.91	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8
M60 Allen Huff* 27.98 Clarence Ray* 28.46	M70 Thomas Phillips* 34-11 Jim McWilliams 34-1 Louis Vodopya* 31-5 M75 Peter Augsburger* 34-8 Cyrus Deem* 33-9.50	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12	M70 Lloyd Kempf 8.10 Jim Nelson 10.38 M75 Don Phillips 10.40 M85 Ralph Maxwell 8.91 Sigurd Andenas 14.08	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 48-5
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65	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	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40	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	Rick Althoff	W60 Mary Morrison
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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	M70 Lloyd Kempf Jim Nelson 8.10 M75 Don Phillips 10.40 M85 Ralph Maxwell Sigurd Andenas 8.91 Sigurd Andenas 14.08 M90 John Zilverberg 12.62 W50 Dianne Nelson Jan Johnson 7.89 9.08	Rick Althoff	W60 Mary Morrison
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39 Avital Schurr 29.57	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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	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	Rick Althoff	W60 Mary Morrison
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	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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	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 Diane Olive 9.09 W55 Alisoh Paulson 12.88	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 48-5 Elaine Goldammer 31-11 M75 Margie McTighe 28-3 Hammer M50 John Brown 83-8 Dan Mehlbrech 80-8
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	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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	M70 Lloyd Kempf Jim Nelson 8.10 M75 Don Phillips 10.40 M85 Ralph Maxwell Sigurd Andenas 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	Rick Althoff	W60 Mary Morrison
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	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state	M70 Lloyd Kempf Jim Nelson 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	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 48-5 Elaine Goldammer 31-11 M75 Margie McTighe 28-3 Hammer M50 John Brown 83-8 Dan Mehlbrech 80-8
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	M70 Thomas Phillips	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state MID-AMERICA Halstead Open & Masters	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	Rick Althoff	W60 Mary Morrison
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	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	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS	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	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 48-5 Elaine Goldammer 31-11 M75 Margie McTighe 28-3 Hammer 80-8 Dan Mehlbrech 80-8 Howard Brown 71-10 M55 Kevin Kranz 77-7 Tom Appletoft 70-3 Steve Schroeder 60-4 M60 Dean Isburg 99-5
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* 35.51 J Clifford Todd 40.95 Byford Reed 35.69 W50 Martha Lutz 33.49	M70 Thomas Phillips	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state MID-AMERICA Halstead Open & Masters	M70 Lloyd Kempf Jim Nelson 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 11.29 W70 Elaine Goldammer 11.33 Leann Fredrickson 11.90 W80 Ginny Anderson 14.99	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 48-5 Elaine Goldammer 31-11 M75 Margie McTighe 28-3 Hammer M50 John Brown 83-8 Dan Mehlbrech 80-8 Howard Brown 71-10 M55 Kevin Kranz 77-7 Tom Appletoft 70-3 Steve Schroeder 60-4 M60 Dean Isburg 99-5 Alex Meyer 75-9
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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	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner Joyce Redd 11:08.79 Joyce Redd 11:08.79 Joyce Redd 12:37.83 Mary Jo Clark Betty Larimore 13:52.72 Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26	M70 Lloyd Kempf Jim Nelson 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 Madona Thunderhawk 11.27 Betty Uyema 12.29 W70 Elaine Goldammer 11.33 Leann Fredrickson 11.90 W80 Ginny Anderson 14.99 100m 13.11 M50 Samuel Prabhakar 13.11 Rick Allen 13.76	Rick Althoff	W60 Mary Morrison
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M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39 Avital Schurr 29.57 Robert Wozniak* 33.93 Barry Bertram 34.92 Paul Williams* 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 43.7 Wendy Hames 41.49 Catherine Bishop 47.67 W60 Mattle Jones 41.98	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn 11:30 Donald Cottner, Jr Darren Muci 11:56 M50 Ron Boleware 12:22	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M85 Ralph Maxwell Sigurd Andenas 8.91 Sigurd Andenas M85 Ralph Maxwell Sigurd Andenas 14.08 4.08 7.89 Jan Johnson Diane Olive Diane Olive 9.08 9.09 W55 Alison Paulson W65 Harriet Kaufman Madona Thunderhawk 11.27 12.29 W70 Elaine Goldammer Leann Fredrickson 11.30 11.30 11.30 W80 Ginny Anderson W80 Ginny Anderson 14.99 14.99 100m M50 Samuel Prabhakar Rick Allen 13.76 13.76 Phil Trieb M55 Randall Olson 13.65 Dale Paulson	Rick Althoff	W60 Mary Morrison
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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 Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 58.87 W85 Garnet Jones 156.69	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state 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 Kirk Burgess 12:36 William Sellers, III 12:68 M55 Jeff Evangelisti 13:58 M60 Bill Lewis 12:91 Joe Hoover, Jr 13:69	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M75 Don Phillips 10.40 M85 Ralph Maxwell 8.91 Sigurd Andenas M90 John Zilverberg 12.62 W50 Dianne Nelson 7.89 Jan Johnson 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 Leann Fredrickson 11.37 Leann Fredrickson 14.99 100m 13.76 Phil Trieb 13.86 M55 Randall Olson 13.65 Dale Paulson 13.81 M60 Andrew Tanabe Richard Burgard 13.95 Alex Meyer 16.63 M65 Steve Bowles 13.30	Rick Althoff	W60 Mary Morrison
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39 Avital Schurr 29.57 Robert Wozniak* 33.93 Barry Bertram 34.92 Paul Williams* 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 41.49 Catherine Bishop 47.67 W60 Mattle Jones 41.98 Mary M Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 49.50 W85 Garnet Jones 800m	M70 Thomas Phillips	Mary Jilka 10:00.90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison
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 14.99 Catherine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 41.09 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 49.50 W70 Mikki Eddlemon* 156.69 800m M50 Charles Lutz 2:26.67	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn 11:30 Donald Cottner, Jr 15:00 Darren Muci 14:16 M50 Ron Boleware Kirk Burgess 12:36 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 M65 Karen Young 22:00	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson 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 Leann Fredrickson 11.30 Leann Fredrickson 14.99 100m 13.65 M50 Samuel Prabhakar 13.11 Rick Allen 13.86 M55 Randall Olson 13.65 Dale Paulson 13.86 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	Rick Althoff	W60 Mary Morrison 58-6 Arlene Bich 20-3 W65 Audrey Kempf 65-7 Marion Krueger 57-10 Harriet Kaufman 42-8 W70 Jeanne Kirsch 85-5 Elaine Goldammer 31-11 M75 Margie McTighe 28-3 Hammer 80-8 M50 John Brown 81-8 Dan Mehlbrech 80-8 Howard Brown 71-10 M55 Kevin Kranz 77-7 Tom Appletoft 70-3 Steve Schroeder 60-4 M60 Dean Isburg 99-5 Alex Meyer 75-9 M65 Bufe Morrison 70-3 Horard Bich 63-8 Jack Strong 59-6 M70 Bob Beattie 82-3 Lovell Wheeler 67-11 M75 Al Weisbecker 61-4 M80 Ken Kessinger 86-5 M85 Sigurd Andenas 55-3 W50 Darlene Kuhmel 68-9 Marlys Byre 57-3 Marlon Berg 53-11
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39 Avital Schurr 29.57 Robert Wozniak* 33.93 Barry Bertram 34.92 Paul Williams* 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 41.49 Catherine Bishop 47.67 W60 Mattle Jones 41.98 Mary M Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 49.50 W85 Garnet Jones 800m	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 Dave Osborne 13:85 M65 Jon Bingesser 14:66 W65 Karen Young 22:00	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson 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 11.30 Leann Fredrickson 11.90 W80 Ginny Anderson 14.99 100m 13.65 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	Rick Althoff	W60 Mary Morrison
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* 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 14.99 Catherine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 41.09 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 49.50 W70 Mikki Eddlemon* 156.69 800m M50 Charles Lutz 22.6.67 William Lowry, Jr M55 Terry Reed 2:46.19 Earl Lord 3:00.61	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 Kirk Burgess 12:26 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	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson 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 9.09 Diane Olive 9.09 W55 Alison Paulson 12.88 W65 Harriet Kaufman 9.98 M360 Harriet Kaufman 9.98 W70 Elaine Goldammer 12.29 Leann Fredrickson 14.99 W80 Ginny Anderson 14.99 100m 13.76 Phil Trieb 13.86 M55 Randall Olson 13.65 Dale Paulson 13.95 Rick Allen 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 <td> Rick Althoff</td> <td> W60 Mary Morrison</td>	Rick Althoff	W60 Mary Morrison
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 Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* W85 Garnet Jones 800m M50 Charles Lutz 2:26.67 William Lowry, Jr William Lowry, Jr William Lowry, Jr William Lowry, Jr M55 Terry Reed 2:46.19 Earl Lord 3:00.61 M60 Michael Parks 2:49.31	M70 Thomas Phillips	Mary Jilka Martha Eddy Martha Eddy Martha Eddy Mosusan Conner Joyce Redd Mary M Nagle Joyce Redd Mro Mikki Eddlermon* 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark Betty Larimore 13:37.72 "Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn Donald Cottner, Jr Darren Muci Millam Sellers, III Joe Hoover, Jr Joe	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M75 Don Phillips 10.40 M85 Ralph Maxwell 8.91 Sigurd Andenas M90 John Zilverberg 12.62 W50 Dianne Nelson 7.89 Jan Johnson 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 Leann Fredrickson 11.30 Leann Fredrickson 14.99 100m 13.65 M80 Ginny Anderson 14.99 100m 13.76 M55 Randall Olson 13.65 Dale Paulson 13.86 M55 Randall Olson 13.65 Dale Paulson 13.95 Richard Burgard 14.95 Alex Meyer 16.63 M65 Steve Bowles 13.30 Sherwood Sagedahl 14.40 John Tweeten 14.73 14.75 M75 Don Phillips 21.71 M85 Ralph Maxwell 17.30 Sigurd And	Rick Althoff	W60 Mary Morrison
M60 Allen Huff* 27.98 Clarence Ray* 28.46 Fred Svoboda* 33.65 M65 Tom* 29.39 Avital Schurr 29.57 Robert Wozniak* 33.93 Barry Bertram 34.92 Paul Williams* 33.93 Barry Bertram 34.92 Paul Williams* 35.69 W50 Martha Lutz 33.49 Beverly Metcalf 35.69 W50 Martha Lutz 33.49 Beverly Metcalf 34.97 Wendy Hames 41.49 Cartherine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 58.87 W85 Garnet Jones 49.50 W70 Mikki Eddlemon* 156.69 B00m M50 Charles Lutz 2:26.67 William Lowry, Jr William Lowry, Jr William Lowry, Jr M55 Terry Reed 2:46.19 Earl Lord 3:00.61 M60 Michael Parks 2:49.31 Fred Svoboda* 2:54.85	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 Kirk Burgess 12:26 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	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson 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 9.09 Diane Olive 9.09 W55 Alison Paulson 12.88 W65 Harriet Kaufman 9.98 M360 Harriet Kaufman 9.98 W70 Elaine Goldammer 12.29 Leann Fredrickson 14.99 W80 Ginny Anderson 14.99 100m 13.76 Phil Trieb 13.86 M55 Randall Olson 13.65 Dale Paulson 13.95 Rick Allen 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 <td> Rick Althoff</td> <td> W60 Mary Morrison</td>	Rick Althoff	W60 Mary Morrison
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 14.99 Catherine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 41.09 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 49.50 W70 Mikki Eddlemon* 49.50 W70 Mikki Eddlemon* 156.69 M50 Charles Lutz 226.67 William Lowry, Jr W55 Terry Reed 2:46.19 Earl Lord 300.61 M60 Michael Parks Fred Svoboda* 2:54.85 Gerald Smith* 303.69	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn 11:30 Donald Cottner, Jr Darren Muci 14:16 M50 Ron Boleware 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 M55 Ron Boleware 13:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 25:91 M60 Bill Lewis 22:00 Z00m M40 Jeff Hageman 23:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 25:91 M60 Bill Lewis 25:91 M60 Bill Lewis 27:56 Joe Hoover, Jr 30:06	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison
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* 35.51 J Clifford Todd 40.95 Byford Reed 35.69 W50 Martha Lutz 8everly Metcalf 33.49 Beverly Metcalf 35.98 Janet Green 38.67 W55 Mary Jilka 43.47 Wendy Hames 41.49 Cartherine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 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 William Lowry, Jr William Lowry, Jr Carol Stricklin* 30.0.61 M60 Michael Parks 2:49.91 Fred Svoboda* 2:54.85 Gerald Smith* 303.69 M65 Randall Swann* 2:49.90 Arnold Graves* 2:53.20	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state 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 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 Joe Hoover, Jr 30:06 M50 Ron Boleware 25:91 M60 Bill Lewis 27:56 Joe Hoover, Jr 30:06	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M85 Ralph Maxwell Sigurd Andenas 8.91 Sigurd Andenas M85 Ralph Maxwell Sigurd Andenas 8.91 14.08 14.08 9.91 26.62 W50 Dianne Nelson Jan Johnson Diane Olive 9.09 9.09 9.09 9.09 9.09 9.09 9.09 9.09	Rick Althoff	W60 Mary Morrison
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 W60 Mattie Jones 41.98 Mary M Nagle 47.67 W60 Mattie Jones 41.98 Mary M Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 43.56.69 M50 Charles Lutz 2:26.67 W85 Garnet Jones 1:56.69 M50 Charles Lutz 2:26.67 William Lowry, Jr W85 Garnet Jones 2:46.19 Earl Lord 3:00.61 M60 Michael Parks 2:49.31 Fred Svoboda* 2:54.85 Gerald Smith* 303.69 M65 Randall Swann* 2:49.90 Arnold Graves* 2:53.20 Bill Zehner* 3:00.38	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 Kirk Burgess 12:26 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 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 M50 Ron Boleware 31:07 W65 Karen Young 57:25	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M75 Don Phillips 10.40 M85 Ralph Maxwell Sigurd Andenas 14.08 M90 John Zilverberg 12.62 W50 Dianne Nelson 7.89 Jan Johnson 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 12.29 Leann Fredrickson 11.90 W80 Ginny Anderson 14.99 100m 13.76 M55 Samuel Prabhakar 13.11 Rick Allen 13.76 Phil Trieb 13.86 M55 Randall Olson 13.65 Dale Paulson 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 Kempl 15.59 M75 Don Phillips 21.71 M85 Ralph Maxwell 17.30	Rick Althoff	W60 Mary Morrison
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 Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* W85 Garnet Jones 156.69 800m M50 Charles Lutz 2:26.67 William Lowry, Jr 156.69 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* 3:00.38 M70 Frankie Robinson 3:59.98	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:08.79 Joyce Redd 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state 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 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 Joe Hoover, Jr 30:06 M50 Ron Boleware 25:91 M60 Bill Lewis 27:56 Joe Hoover, Jr 30:06	M70 Lloyd Kempf Jim Nelson 8.10 Jim Nelson M85 Ralph Maxwell Sigurd Andenas 8.91 Sigurd Andenas M85 Ralph Maxwell Sigurd Andenas 8.91 14.08 14.08 9.91 26.62 W50 Dianne Nelson Jan Johnson Diane Olive 9.09 9.09 9.09 9.09 9.09 9.09 9.09 9.09	Rick Althoff	W60 Mary Morrison
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* 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 41.49 Catherine Bishop 47.67 W60 Mattie Jones 41.49 Carderine Bishop 47.67 W60 Mattie Jones 41.98 Mary M Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* 58.87 W85 Garnet Jones 1.56.69 B00m M50 Charles Lutz 2:26.67 William Lowry, Jr W85 Garnet Jones 1.56.69 B00m M50 Charles Lutz 2:26.67 William Lowry, Jr Fred Svoboda* 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* Arnold Graves* 2:53.20 Bill Zehner* 3:00.38 M70 Frankie Robinson 3:59.98 W50 Diana Ikon 3:13.64	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 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 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	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison
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 Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* W85 Garnet Jones 800m M50 Charles Lutz 2:26.67 William Lowry, Jr 229.76 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* 3:00.38 M70 Frankie Robinson 3:13.64 Martha Lutz 3:21.80 Janet Green 3:23.36	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn 11:30 Donald Cottner, Jr 15:00 Darren Muci 14:16 M50 Ron Boleware 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 M55 Karen Young 22:00 200m M40 Jeff Hageman 23:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 25:91 M60 Bill Lewis 22:00 200m M40 Jeff Hageman 23:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 35:91 M60 Bill Lewis 25:91 M60 Bill Lewis 30:06 Joe Hoover, Jr 30:06 M50 Karen Young 57:25 M65 Karen Young 57:25 M65 Karen Young 57:25 M65 M65 William Sellers, III 1:04.06 Gilbert Castillo 1:07:84	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison
M60 Allen Huff"	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 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 *Out of state 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 Donald Cottner, Jr 4:66 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 M50 Ron Boleware 25:91 M60 Bill Lewis 27:56 Joe Hoover, Jr 30:06 Gilbert Castillio 1:07.84 M55 Jack Nelson, Jr 1:18:03	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison
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 Nagle 44.10 Carol Stricklin* 43.41 W65 Kitty Wilson 49.50 W70 Mikki Eddlemon* W85 Garnet Jones 800m M50 Charles Lutz 2:26.67 William Lowry, Jr 229.76 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* 3:00.38 M70 Frankie Robinson W50 Diana Ikon Martha Lutz 3:21.80 Janet Green 3:23.36	M70 Thomas Phillips	Mary Jilka 10:00:90 Martha Eddy 11:14.23 W60 Susan Conner 11:03.04 Mary M Nagle 11:09.12 W65 Patricia Waggener 14:51:40 W70 Mikki Eddlermon* 12:37.83 Mary Jo Clark 13:37.72 Betty Larimore 13:52.72 "Out of state MID-AMERICA Halstead Open & Masters Meet, Halstead, KS Aug. 26 100m M40 Steve Bunn 11:30 Donald Cottner, Jr 15:00 Darren Muci 14:16 M50 Ron Boleware 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 M55 Karen Young 22:00 200m M40 Jeff Hageman 23:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 25:91 M60 Bill Lewis 22:00 200m M40 Jeff Hageman 23:97 Donald Cottner, Jr 24:66 M50 Ron Boleware 35:91 M60 Bill Lewis 25:91 M60 Bill Lewis 30:06 Joe Hoover, Jr 30:06 M50 Karen Young 57:25 M65 Karen Young 57:25 M65 Karen Young 57:25 M65 M65 William Sellers, III 1:04.06 Gilbert Castillo 1:07:84	M70 Lloyd Kempf Jim Nelson	Rick Althoff	W60 Mary Morrison

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M80 Robert Davidson

W45 Yoko Hayashi W50 Rita Hanscom Cathy Baar W60 Rosilie Jones

W65 Kathy Bergen

M30 Michael Brown M30 Michael Brown M35 Curtis Moore M40 John Speed M45 Mike Sullivan Mark Pasos

William Long M50 Steve Kloch

M65 Doug Smith Don French M70 Sam Flory M75 Don Cheek Francis Kishi

400m M35 Curtis Moore

M40 John Sprague M45 Mike Sullivan Gabor Dobos

M60 Juan Bustamante M65 Don French

M75 Don Cheek W45 Joy Margerum-Upshaw W50 Cathy Baar

M45 William Ward 17:26.

Mark Cleary 17:44.

M70 Gordon McClenathen 25:35.

M70 Gordon McClenathen 25:35. W45 Christine Long 24:41.

10,000m M30 Kelly Buell 45:13. W50 Denise Janneck 46:15. W85 Gerry Davidson 1:49:30 2000m Steeplechase M60 Bill Arnerich 9:55

100m Hurdles
M65 Terry Rowan
110m Hurdles
M40 Don Davies-Rougeau 18.

M45 Jeff Davison 21.
300m Hurdles
M40 Don Davies-Rougeau 57.
M65 Terry Rowan 45.
Shot Put

M34 David Kuderka 10.2 M50 Wayne Tweddell 11.8 M55 Robert Morris 8.6

M60 Clay Larson Louis Jordan

Gary Wuest Juan Bustament M65 Ed Oleath

Jack Kuhns Jerry Harwood M70 Hal Smith

Henry Ross Bob Ward

Bob Humphreys Alan Rosen M75 Arnie Gaynor W60 Rosilee Jones W65 Tomasa Schultz

W80 Johnny Valien

Discus M30 David Kuderka M50 Wayne Tweddell M55 Robert Morris

M30 David Kuderka
M50 Wayne Tweddell
M55 Robert Morris
M60 Louis Jordan
Gary Wuest
Juan Bustamante
M55 Jerry Harwood
Jack Kuhns
Don French
M70 Bob Humphreys
Bob Ward
F. Stewart Thomson 37.3
Hal Smith
Alan Rosen
M54.44.40
As 40.0
As 40.0
As 31.4
Alan Rosen
M70 Bob Hamphreys
As 31.4
Alan Rosen
M70 Bob Ward
M70 Bob War

Hal Smith 35.3
Alan Rosen 31.4
M75 Arnie Gaynor 36.5
W50 Cathy Baar 14.1
W55 A. Steekelenburg 22.4
W60 Rosilee Jones 13.7
W65 Kathy Bergen 18.0
Tomasa Schultz 13.9

Javelin M30 David Kuderka

M45 John Hansen M55 Robert Morris M60 Gary Wuest

M70 Gordon MClenath

W50 Rita Hanscom

3000m Steeplechase M35 Matt Bogdanowicz 10:35. M50 Andrew Hecker 14:10. 80m Hurdles

1500m M50 Richard Burns

5000m

10.000m

Steve Jennings M55 Larry Lettieri Jerry Beatty M60 Ronald Jordan William Gelbart Juan Bustamante

M80 Robert Davidson
W45 Joy Upshaw-Margerum
W50 Cathy Baar
W60 Rosilee Jones
43.

28.0 17.9 13.8 20.9 19.6 14.7

24.0 23.2 24.1 25.2 26.2 27.2 26.3 31.29.3 38.27.51.

33. 31. 40. 69.

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15.3 11.8 11.7

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11.9 8.7 12.2

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38.

page 20	100			Nation	nal M	asters News				November	40.00
Jack Strong	81-6	Jennie Hughes	35.07	Nate Holt	1.37	Clay Krames	8.97	1500m RW M50 Constantin Gamez	11-18 07	M35 F Moskowitz G Riggs	46.99 17.58
170 Lovell Wheeler	84-4	200m		Ray Kozusko	1.37	Doug Cochran M85 Earl Blassingame	7.87 7.90	M50 Constantin Gamez M55 Randal Surratt	9:00.30	M40 D Bickel	34.42
Bob Beattie Lloyd Kampf	83-10 71-10	M50 Terry Helton Robert Stull	26.80 27.00	M65 Don Isett David Melber	1.37	Erroll Riewerts	6.03	Bud Morrill	9:43.20	M50 J Lothrop	53.05 44.76
175 Edward Failor, Sr	81-9	Sergio Angulo	27.12	Fred Rodriguez	1.22	Guy Sievert	4.50		9:11.90	R Watson M55 T Colby	45.29
Wallace Runia	47-10	M55 Richard Winford	27.80	M70 Philip Watkins	1.27	W50 Vicki Blythe	8.19	M60 Gary Leinhart Steve Feith	10:44.91	J Lister	43.01
180 Ken Dessinger	71-1	Robert Duncan	28.61	James Leggitt	1.22	Dinah Anderson Susan Sanford	7.51 7.11		10:59.00	C Hull	37.89
185 Sigurd Andenas	37-2	Douglas Rexroad	29.32 26.60	Paul Beckman M75 Edward Williams	1.22	W60D van der Croyssen	8.11	M65 John Knoftin	9:25.90	T Muller	24.22
190 John Zilverberg V50 Kay Glynn	27-4 80-0	M60 Robert Sebesta Edward Jones	27.00	Val Smith	1.12	Peggy Berry	6.89	David Gordon	9:48.83	M60 P Economides M70 B Bergfeldt	42.41 38.93
Marion Berg	44-4	Fred Bean	28.40	John Goggin	1.02	W65 Shelly Whitlock	6.06		11:18.40	D Tomlinson	27.38
Darlene Kuhmel	38-2	M65 Charles Denson	27.00	M80 Adolph Hoffman	1.07	W70Loretta Watson Emma Scott	6.68		10:35.10	Weight Throw	
/55 Martha Green	43-10	Mack Stewart	28.42	William Barton Donald Watson	1.02 0.75	Dorothy Gross	4.52	Byron Rogillio	11:19.01	M30 M Landa	16.20
V65 Marion Krueger Audrey Kempf	54-0 49-0	Pete Clarke M70 Robert Cozens	28.50 30.63	M85 Paul Coons	0.92	W75 Georgia Goggin	5.24	M75 Gene Hobart	10:46.03	R Petrini	12.41
V70 Jeanne Kirsch	43-5	James Leggitt	30.91	W50 Dinah Anderson	1.02	W80 Sara Sievert	4.28		15:56.22	M Foreman	10.81
Elaine Goldamme		Jackson Randle	38.00	W60Linda Douglass	1.27	W85Margaret Hinton	3.62		11:49.24 12:23.00	M35 F Moskowitz G Riggs	9.30 7.15
775 Margie McTighe	21-5	M75 Wilford Scott	31.20	Laurie Barton	1.17	W90 Lillian Rudd Discus	3.34		15:20.05	M40 D Bickel	13.32
K Road Race	9:17.08	William Sareham Kenneth Knowlto		D van der Cruyssen W65 Shelly Whitlock	1.07	M50 Steve Patridge	42.84		12:24.02	M45 J Crothers	10.94
	23:35.62	M80 Mel Kusin	44.60	W70Loretta Watson	1.07	Thomas Stilbert	39.81		11:58.00	M50 R Watson	14.94
	4:17.89	Donald Watson	62.01		0.75	Ronald Cook	34.92		10:14.91	J Lothrop M55 C Hull	9.62
55 Little Moon Wallace 1		M85 Charles Keenan	42.90	W85Margaret Hinton Pole Vault	0.75	M55 Albert Watts Dennis Scholl	31.54 29.74		10:27.10	J Lister	11.20
Delmar Wolkow 2 Scott Parsley 2	5;16.19	John Whitwell W50 Brenda Cook	48.22 30.80	M50 Douglas Sparks	3.51	Henry Norton	26.12		13:11.01	T Muller	10.08
	4:27.70	M Riley-Hagan	36.62	Robert Crites	3.51	M60 Mark Chapman	37.12		13:45.00	T Colby	9.10
Alvin Ravenscroft 2		Martha Martinez	46.41	Donald Curry	3.35	Herbert Miller	34.06		10:39.00	M60 P Economides	20.54
Lyle Sonnenschein 3		W55 Diann Kaerwer	40.11	M55 Larry Bonnett	3.05	Arthur Lawrence M65 Jeff Harrell	33.53	Doris Flynn W70 Delfina Rodriguez	14:25.11	M70 D Tomlinson B Bergfeldt	14.32 11.33
80 Gerald Armitage 3		W60D van der Cruyss		Robert Duncan John Gonzales	2.90 1.93	Michael Meils	36.78	W75Jane Nightingale	11:26.12	Superweight	11.33
	9:40.68 2:35.90	W65M Coffee-Carney S Brooks-Smith	38.11 39.22	M60 James Cawley	2.74	Pete La Barge	36.77		14:24.00	M30 M Landa	10.88
	1:30.09	W70Mary Lou Bradfor		M65 James Tinelli	2.74	M70 Wendell Palmer	35.73	5000m RW		R Petrini	7.03
	10	Joan Sutton	46.74	Don Isett	3.05	Arch Zabel	34.10		37:27.10	M35 F Moskowitz	5.31
SOUTHWES		W80Lillie Doss	82.01	Steven Warr	3.20	Elwyn Fink M75 Jim Gerhardt	33.45		41:05.60 41:06.51	G Riggs M40 D Bickel	5.09 8.81
g personal relations have	a-a-result	400m M50 Horace Grant	56.00	M70 George Jageman William Morris	1.83 1.83	Val Smith	26.31		34:48.90	M40 D Bickel M45 J Crothers	6.82
Texas Senior Gar		Michael Davis	58.65	Jim Vick	1.83	Rudy Almaguer	18.98		38:46.00	M50 R Watson	6.91
Austin; Sept. 16	-17	Lamar Galloway	1:02.02	M75 Edward Williams	1.98	M80 Clay Krames	27.76	M65 John Knifton	35:02.01	M55 J Lister	6.79
m		M55 Clint Harris	1:24.31	John Goggin	1.68	Adolph Hoffman	21.43		40:15.12	C Hull	6.09
50 Terry Helton	6.47	Tom Flournoy	1:24.75	M80 Adolph Hoffman M85 Paul Coons	2.13	Doug Cochran M85 Earl Blassingame	19.64		42:24.10 35:49.00	T Muller T Colby	5.33
Sergio Angulo	6.72	M60 Robert Sebesta Gerald Larson	1:02.61	W50 Dinah Anderson	1.68 1.68		21.42		38:35.90	M60 P Economides	4.08 8.20
Robert Stull	9.95	Paul Burroughs	1:14.60	W60D van der Cruyssen		Erroll Riewerts	11.41		43:22.14	M70 D Tomlinson	8.44
55 Richard Winford Paul Blakenship	7.23 7.45	M65 Mack Stewart	1:05.41	Laurie Barton	1.52	W50 Vicki Blythe	21.05		42:25.00	B Bergfeldt	5.36
Dennis Scholl	8.36	Pete Clarke	1:06.70	Sara White	0.91	Cheryl Mellenthin	17.75		43:36.00	Weight Pentathlon	
60 Fred Bean	7.16	Ralph Wolf M70 Robert Cozens	1:35.22	W65 Shelly whitlock W70 Mary Lou Bradford	1.52	Darlene Hadaway W55Nancy Holt	14.34	W55Betty Surratt W60Jeanette Schaefer	34:56.10	(3 throws, in correct or M30 Mark Landa 33	3687
Gerald Larson	7.33	James Leggitt	1:15.10	W85Margaret Hinton	0.76	W60 Peggy Berry	14.35		38:49.71	56.78/15.54/48.89/38.7	
Larry Link	7.58	M75 Del Cobb	1:19.63	Long Jump		W65S Brooks-Smith	13.50	W70 Delfina Rodgiguez		Rob Petrini 32	2159
55 Charles Denson 55 Charles Denson	7.32 7.32	William Wareham	1:22.51	M50 Robert Stull	4.58		12.70	W80 Jane Nightingale	42:19.50	29.20/11.66/34.03/24.8	
David Melber	7.82	Edward Wiliams M80 Granville Coggs	1:34.10	Sergio Angulo	4.30	Emma Scott Dorothy Gross	12.69	WECE		M35 Frank Moskowitz 39 25.17/9.51/25.58/46.99	
Benjamin Salcido	8.71	Donald Watson	2:25.00	Michael Ancy M55 Paul Blankenship	4.28 4.72	W75 Georgia Goggin	9.20	WEST			1561
70 Jim Vick	8.86	M85 Charles Keenan	2:08.51	Robert Duncan	4.41	W80 Sara Sievert	9.29	USATF-AZ Thro	we	17.97/11.01/27.27/17.5	
Randle Jackson 75 William Wareham	9.33 8.49	W50J Riley-Hagan	1:21.81	Clint Harris	3.86	W85Margaret Hinton	8.25	Championship		M40 David Bickel 40	2929
Kenneth Knowlton	8.97	Martha Martinez W60 Bev Eills	1:59.30	M60 Edward Jones Ray Kozusko	5.16 5.05	W90Lillian Rudd Hammer	6.06	Mesa; Sept. 17		43.78/11.27/37.38/32.69 M50 Richard Watson 54	
David Cady	10.63	W65M Coffee-Carney	1:47.10	Ken Black	4.70		32.76			38.69/10.28/35.04/44.7	
80 William Barton	11.03	W70 Joan Sutton	2:38.72	M65 Benjamin Salcido	4.93	Thomas Stilbert	28.72	Shot Put	100	Jim Lothrop 51	3202
Donald Watson 85 Joe Henderson	12.23 12.48	W80Lillie Doss	3:19.10	James Tinelli	4.46		25.04	W45 Leigh Young	8.48	24.05/13.22/44.31/53.0	
John Shitwell	13.04	800m M50 Horace Grant	2.16.01	David Melber M70 Paul Beckman	4.30		22.51	M30 Mark Landa Rob Petrini	15.88 11.74	M55 Clay Hull 56 41.54/10.66/35.76/37.6	3509
50 Brenda Cook	7.70	Gary Johnson	2:16.01 2:25.66	William Morris	4.16 3.64		29.94 23.40	Matt Foreman	10.55	Tim Muller 56	2949
Vicki Blythe	8.97	Dave Moore	2:25.90	Daniel Florez	3.63	Pete La Barge	37.72	M35 Geoffrey Riggs	11.01	32.91/10.94/39.60/24.2	
55 Diann Kaerwer	9.37 9.27	M55 Richard Morgan	2:33.10	M75 William Wareham	3.25	M65 Harold Crater	23.11	Frank Moskowitz	9.51	Jim Lister 57	2299
60D van der Cruysse		M60 Frank Crockett	2:47.08	John Goggin	2.63		31.56	M40 Tim Edwards David Bickel	12.91 11.27	/13.22/35.81/43.01/	
65S Brooks-Smith	9.41	Kent Albright M65 Mack Stewart	3:15.45 2:36.95	Edward Williams M80 Adolph Hoffman	2.63 3.07		22.38	M45 Jeff Crothers	9.20	Tim Colby 55 19.6/10.24/28.26/43.72	2200
70 Libby Cleveland	9.97	Pete Clarke	2:58.87	William Barton	2.04		24.98	M50 Jim Lothrop	13.22	M60 Paul Economides 6	1 4791
Joan Sutton	10.67	John Ward	3:04.22	Donald Watson	1.95	Fred Adams	18.64	Richard Watson	10.28	43.35/14.97/50.89/42.4	41/18.64
Martha Long	12.01	M70 Robert Cozens	3:03.94	M90 Foster McFadden	1.37		23.39	M55 Jim Lister Tim Muller	13.22	M70 Doug Tomlinson 74	
50 Robert Stull	12.75	Don Henderson Michael Companio	3:13.61	W50 Karen Scholl W60 Laurie Barton	1.92 3.35		21.17 23.20	Clay Hull	10.94 10.66	34.10/11.46/34.67/7.38 Bob Bergfeldt 70	3/14.18 3718
Terry Helton	13.20	M75 Del Cobb	3:37.00	D van der Cruyssen		W85Margaret Hinton	7.58	Tim Colby	10.33	24.87/10.39/38.41/38.9	
Sergio Angulo	13.60	Edward Williams	5:26.03	W70Loretta Watson	2.54	Javelin	BOOK !	M60 Paul Economides	14.97	the second second	
55 Richard Winford Mike Lovd	13.41 13.66	M80 Clay Ireson	5:07.00	Dorothy Gross	1.28		31.48	M70 Doug Tomlinson Bob Bergfeldt	11.46	32nd Club West M	
Robert duncan	13.69	Donald Watson W50M Riley-Hagan	5:26.03 3:16.50	W75 Georgia Googin W85 Margaret Hinton	1.76		22.51	Discus Bob Bergreidt	10.39	UC-Santa Barbara,	CA
60 Edward Jones	12.15	Martha Martinez	4:00.51	Triple Jump			37.22	W45 L Young	28.75	Oct. 7	
Ismael Benavides	13.03	W55 Ellen Friedman	5:54.82	M50 Sergio Angulo	8.80	Dennis Scholl	30.14	M30 M Landa	48.89	50m	
Fred Bean 65 Mack Stewart	13.35 12.08	W60Bev Wills	3:13.50	M60 Ray Kozusko	9.53	John Gonzales	27.70	R Petrini	34.03	M35 Curtis Moore	6.55
Charles Denson	12.38	W65 Rachel Snider	5:03.70	Ken Black Nate Holt	8.85 6.73		43.27 32.27	M35 G Riggs F Moskowitz	27.27 25.58	M45 Mark Pasos	6.69
David Melber	13.68	W70Betty Forsvall W80Lillie Doss	6:53.91 7:04.82	M65 James Tinelli	8.63		30.37	M40 T Edwards	43.56	M55 Larry Lettieri	6.87
70 James Leggitt	13.58	1500m	100	Pete La Barge	8.23	M65 Jeff Harrell	38.78	D Bickel	37.38	M60 Ronald Jordan	7.63
Daniel Florez Randle Jackson	14.48	M50 Anthony Colon	5:06.00	David Melber	8.02	James tinelli	37.05	M50 J Lothrop	44.11	M65 Doug Smith M70 Sam Flory	7.23 8.28
75 Wilford Scott	14.35	Gary Johnson	5:14.10	M70 Paul Beckman	6.93 6.45		36.88	R Watson M55 T Muller	36.61 39.60	M75 Don Cheek	8.34
William Wareham	15.12	Bill O'Neill M55 Paul Pearson	6:31.12 4:58.21	M80 Adolph Hoffman W50 Nita Ryder	5.45		33.83	J Lister	39.60	M80 Robert Davidson	4.43
Kenneth Knowlton	15.92	Richard Morgan	5:26.02	Susan Sanford	3.96	William Morris	26.88	C Hull	35.76	W45 Yoko Hayashi	10.62
80 William Barton Mel Kusin	18.50 18.84	Peter Mathews	6:06.01	W70 Dorothy Gross	2.80	M75 Jim Gerhardt	31.98	T Colby	28.26	W50 Cathy Baar	15.00
Donald Watson	21.79	M60 Frank Crockett	6:16.00	W85Margaret Hinton	2.95		23.17	M60 P Economides M70 B Bergfeldt	52.07	W65 Kathy Bergen 100m	8.02
85 Charles Keenan	18.85	Kent Albright M65 John Ward	6:49.05 6:33.10	Shot Put M50 Steve Patridge	14.05		22.18 18.91	D Tomlinson	38.41 34.67	M35 Curtis Moore	11.59
John Whitwell	21.72	Ralph Wolf	7:37.80	Donald Lantrip	11.42		18.77	Hammer	EARLY THE	M40 John Speed	12.13
Joe Henderson 50 Brenda Cook	22.54 13.60	M70 Ino Canto	5:53.50	Terry Helton	10.46	Clay Krames	18.73	M30 M Landa	56.78	Alan Williams	12.70
Dinah Anderson	15.82	John McInnis	8:16.60	M55 Robert Rogers	13.39	Doug Cochran	15.00	R Petrini	31.86	M45 Mike Sullivan Mark Pasos	11.55
Vicki Blythe	16.23	Pete Muniz M75 Dell Cobb	8:35.10 7:37.00	Dennis Mathies Albert Watts	12.33		19.00 12.18	M35 F Moskowitz G Riggs	25.17 17.97	Rodney Johnson	13.71
55 Diann Kaerwer	17.12	Edward Williams			12.15	Erroll Riewerts	9.70	M40 D Bickel	43.95	Jeff Davison	14.19
60D van der Cruysse		W50 Martha Martinez		Curtis Ryder	10.68	W50 Vicki Blythe	17.60	M45 J Crothers	35.94	M50 Steve Kloch	12.85
Laurie Barton	16.92 19.94	W55Joanne May	7:37.41	Arthur Lawrence	10.56	Cheryl Mellenthin	15.29	M50 R Watson	40.56	M55 Larry Lettieri	12.70
Shirley Watts 65M Coffee-Carney	17.34	W60 Sara White	11:38.00	M65 Gayle Berry	10.55		14.38	J Lothrop	24.05	Jerry Beatty M60 Ronald Jordan	14.68
S Brooks-Smith	17.74	W65 Rachel Snider	10:29.12	Jeff Harrell Michael Meils	10.39	W60D van der Cruyssen		M55 C Hull T Muiller	41.54	William Gelbart	13.89
Shelly Whitlock	19.58	W70Betty Forsvall W80Lillie Doss	13:33.71 13:18.50	M70 John Cantrell	9.52	Linda Douglass W65S Brooks-Smith	18.77 14.62	T Colby	34.46 19.96	Lance Pierce	14.65
	19.03	High Jump	10.10.00	Elwyn Fink	10.97		16.39	M60 P Economides	50.36	Juan Bustamante	14.68
	21.10	M50 Terry Helton	1.53	Wendell Palmer	10.94	Emma Scott	14.74	M70 D Tomlinson	34.10	M65 Doug Smith	13.45
Libby Cleveland								D Dorofoldt	24.87	M70 Sam Flory	15.59
Libby Cleveland Joan Sutton	21.33	Robert Stull	1.48	M75 Jim Gerhardt	10.93		10.63	B Bergfeldt	24.07		
		Robert Stull M55 John Barton Roger Owen	1.48 1.48 1.12	M75 Jim Gerhardt Val Smith Rudy Almaguer	10.93 8.52 6.88	Dorothy Gross W75 Georgia Goggin W80 Sara Sievert	10.63 11.94 8.32	Javelin M30 M Landa	38.79	M75 Don Cheek Lee Conway	15.31

M80 Robert Davidson W45 Yoko Hayashi	28.06 17.93	Juan Bustamante 18.37n M65 Steve Wordell 39.10n	CANADA	W45 Kundt, Susa W50 Gutzen, Mag
W50 Rita Hanscom Cathy Baar	13.81	Jack Kuhns 29.21n Jerry Harwood 23.94n		W55 Rhodes, Du W60 Halle, Kay
W60 Rosilie Jones	19.61	Don French 19.51n	Montréal, Montréal, QC	Marathon
W65 Kathy Bergen	14.70	M70 Bob Ward 33.48n	July 30-Aug. 3	M30 Hartmann, M
M30 Michael Brown	24.02	Hal Smith 29.53n Bob Humphreys 28.99n		M35 Bassin, Fran M40 Gworek, Doi
M35 Curtis Moore	23.20	W50 Cathy Baar 12.50n	M30 Tsiolis, Konstanti 11.87	M45 Lecuyer, Jac
M40 John Speed	24.56	W55 A. Steekelenburg 22.59n		M50 David McCo
M45 Mike Sullivan Mark Pasos	23.25 25.64	W65 Kathy Bergen 22.87n Tomasa Schultz 13.30n		M55 Richard, Ric
William Long	26.02	W80 Johnny Valien 15.55m		M60 Farrington, C W30 Matthiesen, A
M50 Steve Kloch	26.59	Hammer	M55 Spillman, Barry 16.00	W35 Zamperini-Kelly,
Steve Jennings M55 Larry Lettieri	27.72 26.38	M40 Kyong Song 46.54n M45 Michael Venning 45.34n		W40 Roseanne P W50 Gael McLeo
Jerry Beatty	31.16	M55 Thomas Meyer 51.01m		W55 Dekker, Jah
M60 Ronald Jordan	29.08	Robert Morris 21.91n	M80 Tritsch, Len 39.92	3000m Steeplech
William Gelbart Juan Bustamante	30.98 38.91	M60 Louis Jordan 40.06n Gary Wuest 23.64n		M30 Tanchev, Stan
M65 Doug Smith	27.41	Juan Bustamante 8.21m		M35 Garibay, Cor M40 Henry, Todd
Don French	51.10	M65 Ed Burke 55.04n	W45 Bujard, Véronique 17.94	M45 Chastang, Jea
M70 Sam Flory M75 Don Cheek	33.33	Jeff Chase 39.79n Jack Kuhns 29.77n		Short Hurdles
Francis Kishi	40.74	Jerry Harwood 18.62n		M35 Rodriguez, T M40 Oconnor, An
M80 Robert Davidson	69.93	M70 Bob Ward 47.65n	M35 Mironov, Konstanti 23.66	M45 Ramsey, The
W45 Joy Upshaw-Margeru		Bob Humphreys 42.89n		M50 Jacquet-Ace
W50 Cathy Baar W60 Rosilee Jones	45.72 43.31	F. Stewart Thomson 38.75n Hal smith 37.16n		M55 Berryman, R Long Hurdles
400m	40.01	M80 Kio Shik Song 33.58n	M55 Etnyre, William 29.05	M35 Skipper, Pau
M35 Curtis Moore	52.41	W50 Cathy Baar 16.90n		M40 Culshaw, Ma
M40 John Sprague	59.61 51.08	W65 Tomasa Schultz 17.33n Weight Throw 16lbs	M65 Ellis, Joseph 33.44 M70 Hulbert, Dick 39.61	M45 Dwyer, Bren
M45 Mike Sullivan Gabor Dobos	66.25	M45 Doug Parsons 14.42m		4x100m Relay M30 Mexico
M60 Juan Bustamante		M65 Jerry Harwood 9.06m	W40 Osiander, Daniela 29.22	M35 United
M65 Don French	2:01.49	M70 Bob Ward 18.12n		M40 Seattle B
M75 Don Cheek W45 Joy Margerum-Upshaw	1:12.10	Bob Humphreys 16.28n F. Stewart Thomson 15.09n		M60 Seattle A W35 Pretty & Fas
W50 Cathy Baar	1:50.42	Weight Throw 35lbs	M35 Skipper, Paul 54.04	W40 Rainbow
1500m	STATE OF	M55 Thomas Meyer 17.06n	M40 Garratt, John 54.73	4x200m Relay
M50 Richard Burns 5000m	4:20.16	M65 Ed Burke 9.67m Weight Throw 56lbs	M45 Smith, Karl 57.56 M50 Fink, Gregory 1:12.35	M30 Mexico M35 Seattle
	17:26.35	M45 Doug Parsons 9.55m		M40 South West
Mark Cleary	17:44.66	High Jump	M60 Box, James 1:08.02	M50 Seattle
	25:35.49	M45 Mike Sullivan 1.67m	M65 Ellis, Joseph 1:25.20 W40 Osiander, Daniela 1:07.24	M60 Trouble
W45 Christine Long 2 10,000m	24:41.93	Victor Berezovskiy 1.42m M50 Keith Nelson 1.72m	W50 Gugliucci, Marilyn 1:32.99	M65 Seattle W30 Pretty & Fas
	45:13.02	Don Weeks 1.62m	W55 Keeling, Shelley 1:16.20	W40 Dutch Deligh
W50 Denise Janneck		M55 Charlie Rader 1.62m	800m	4x400m Relay
W85 Gerry Davidson 1:4 2000m Steeplechase	49:30.11	Ed Bauskauskas 1.42m M60 Louis Jordan 1.37m	M30 Mitchell, Maurice 2:14.15 M35 Skipper, Paul 2:06.93	M30 Mexico M35 South West
M60 Bill Arnerich	9:55.59	Gary Wuest 1.27m	M40 Alexander, Mark 2:07.37	M40 Seattle
M70 Gordon MClenathen	9:46.67	M65 John Dobroth 1.57m	M45 Sabourin, Éric 2:15.54	M45 United Natio
3000m Steeplechase	10:2E 10	Bert Bergen 1.37m	M50 Carscadden, Gordon 2:26.41 M55 Koga, Dean 2:38.54	M50 Seattle M55 Seattle
M35 Matt Bogdanowicz 1 M50 Andrew Hecker 1	4:10.23	Jack Kuhns 1.27m Terry Cannon 1.22m	M60 Box, James 2:46.03	W45 Fatal Attract
80m Hurdles		M70 Hal Smith 1.07m	M65 Ellis, Joseph 3:39.76	Mixed 4-2-1-1 Re
W50 Rita Hanscom	14.29	W50 Rita Hanscom 1.32m W55 A. Steekelenburg 1.32m	W30 Kolakowski, Evelyn 2:56.87 W45 Bouwmeester, Liann 2:43.22	MW30 Mexico MW35 Pacific
M65 Terry Rowan	20.41	W65 Kathy Bergen 1.22m	1500m	MW40 Internation
110m Hurdles		W80 Johnny Valien 0.83m	M30 Bartholomy, Jake 4:33.12	MW50 Hot & Sex
M40 Don Davies-Rouge		Long Jump	M35 Campbell, Malcolm 4:18.36 M40 Alexander, Mark 4:24.20	High Jump
M45 Jeff Davison 300m Hurdles	21.67	M35 Kyle Hopkins 6.51m Curtis Moore 6.19m		M40 Bassin, Fran M45 Rollenberg,
M40 Don Davies-Rougea	au 57.16	M40 Lavell Davenport 4.95m	M50 Carscadden, Gordon 4:48.64	M55 Berryman, R
M65 Terry Rowan	45.04	M45 William Long 5.87m		Pole Vault
Shot Put M34 David Kuderka	10.24m	Robert McDaniels 5.02m Kirk Cerise 4.47m	M60 Box, James 5:14.34 M65 Strange, Richard 7:38.81	M35 Rodriguez, 7 M40 Grasland, Je
M50 Wayne Tweddell	11.88m	M55 Larry Lettieri 4.76m		M45 Gratacap, M
M55 Robert Morris	8.61m	M60 Juan Bustamante 2.39m	W30 Eiband, Alexandra5:14.84	M50 Jacquet-Ace
M60 Clay Larson Louis Jordan	15.35m 11.84m	M65 Terry Rowan 4.31m W55 A. Steekelenburg 3.54m	W40 Parfitt, Clare 5:59.26 W45 Bouwmeester, Liann 5:33.38	M30 Mitchell, Mai
Gary Wuest	11.70m	W80 Johnny Valien 2.08m	W50 Gugliucci, Marilyn 7:03.98	M35 Tkachenko,
Juan Bustament	8.03m	Triple Jump	W55 Keeling, Shelley 6:07.92	M40 Turunen, Oll
M65 Ed Oleath	11.42m	M35 Curtis Moore 12.06n		M45 Heikkila, Ma
Jack Kuhns Jerry Harwood	10.33m 9.98m	M40 Lavelle Davenport 11.63m M45 Jeff Davison 8.54m		M55 Berryman, R M60 Lamia, D. Sa
M70 Hal Smith	13.15m	M50 Willie Banks AR 14.00n	M40 Martin, Callum 17:03.35	M65 Ellis, Joseph
Henry Ross	12.65m	(Dave Jackson/13.19/1982)	M45 Sabourin, Éric 18:52.77	W30 Martinez, Ka
Bob Ward	12.10m 11.98m	M65 Terry Rowan 8.74m W80 Johnny Valien 4.61m	M55 Rytkonen, Jouko 18:58.84 M60 Box, James 19:56.16	W35 Elling, Agne
Bob Humphreys Alan Rosen	8.75m	W80 Johnny Valien 4.61m Pole Vault	M70 Lewis, Jerry 29:54.27	W40 Meade, Catt
M75 Arnie Gaynor	12.25m	M45 Victor Berezovskiy 3.67m	W30 Eiband, Alexandra 20:05.94	M30 Tanchev, Sta
W60 Rosilee Jones	6.39m	M55 Steve Morris 3.50m		M35 Tkachenko, Ye
W65 Tomasa Schultz W80 Johnny Valien	5.88m 5.80m	M60 Bruce Hotaling 3.20m Art Ribbel 2.75m		M40 Mancinelli, C M55 Berryman, R
Discus	J.60III	M65 Terry Cannon 3.20m	W55 White, Karen 29:44.33	M60 Lamia, D. Sa
M30 David Kuderka	32.97m	Ed Oleath 3.20m	10K Road	W30 Martinez, Ka
M50 Wayne Tweddell	34.42m	M70 John Steinman 2.75m		Shot Put
M55 Robert Morris M60 Louis Jordan	30.30m 43.13m	Tom Woodring 2.75m W50 Rita Hanscom 2.60m		M30 Bosse, Yann M35 Sweeney, Da
Gary Wuest	37.12m	7.50 Titla Transcotti 2.0011	M45 Ross, Michael 37:50	M40 Bohnen, Jef
Juan Bustamante	25.54m	Hawaii Masters TC	M50 Tacium, David 40:05	M45 Keller, Günte
M65 Jerry Harwood	31.49m	Pentathlon	M55 Rytkonen, Jouko 38:57 M60 Johnson, Curt 57:12	M55 Brown, Pete
Jack Kuhns Don French	31.11m 18.83m	Honolulu; Oct. 8	W30 Eiband, Alexandra 41:24	M60 Randall, Day M65 Longres, Joh
M70 Bob Humphreys	42.80m	HT/SP/DT/JT/WT	W35 Roth, Trix 41:27	W30 Bedford, Dia
Bob Ward	40.01m	M75 Robert Husic 3444	W40 Tatjana, Eggeling 46:39	W65 Green, Sue
F. Stewart Thomson		29.44/8.41/31.58/19.50/9.87	W45 Laurent, Sylvie 55:31 W50 Koehler, Renate 51:16	W80 Perkins, Alve
Hal Smith Alan Rosen	35.39m 31.47m	M65 Jack Karbens 3479	W55 Darrah, Joan 52:06	M30 Bosse, Yann
M75 Arnie Gaynor	36.53m	32.14/9.29/33.31/30.52/12.60 Robert Taylor 3239	Half Marathon	M35 Cote, Yvon
W50 Cathy Baar	14.10m	22.83/9.74/31.68/35.37/10.99	M30 Beland, Georges 1:20:14	M40 Bohnen, Jef
W55 A. Steekelenburg	22.41m	M60 Bob Larson 2368	M35 Ziemann, Ulf 1:19:49 M40 Rousseau, Pierre 1:27:39	M45 McImosa, M M50 Barclay, Dor
	13.78m 18.08m	18.52/10.03/27.87/29.34/8.72 M50 Marty Knight 1982	M45 Hansen, Tor 1:26:16	M60 Francis, Ton
W60 Rosilee Jones		I DADLI MARTY KNIGHT 1982	M50 Dion, Harold 1:23:46	W30 Bedford, Dia
	13.94m			
W60 Rosilee Jones W65 Kathy Bergen Tomasa Schultz Javelin	13.94m	16.42/9.58/27.12/29.99/8.67 M35 Paul Staub 1176	M55 Cordner, lan 1:25:24	W40 Baldzuhn, M
W60 Rosilee Jones W65 Kathy Bergen Tomasa Schultz Javelin M30 David Kuderka	13.94m 49.26m	16.42/9.58/27.12/29.99/8.67 M35 Paul Staub 1176 19.61/7.44/19.32/25.08/4.41	M55 Cordner, lan 1:25:24 M60 Patterson, Jeffrey 1:47:57	W45 Beuge, Bart
W60 Rosilee Jones W65 Kathy Bergen Tomasa Schultz Javelin	13.94m	16.42/9.58/27.12/29.99/8.67 M35 Paul Staub 1176	M55 Cordner, lan 1:25:24	

V45 Kundt, Susanne 1:49:26 V50 Gutzen, Maggie 1:53:10	M40 Little, Keith W65 Green, Sue	24.36
V55 Rhodes, Dusty 1:55:04	Javelin	
V60 Halle, Kay 1:55:33	M35 Sweeney, Danny M40 Little, Keith	36.92
130 Hartmann, Martin 3:12:34	W35 de Klerk, Marjolei	19.87
M35 Bassin, Frank 2:52:14 M40 Gworek, Don 3:09:05	W40 Suter, Christine W45 Lapres, Monique	29.32
145 Lecuver Jacques 3:00:56	W80 Perkins, Alverta	9.13
M50 David McConkey 3:18:07 M55 Richard, Richard 3:28:53	4K Cross-Country M35 Malo, Martin	14:54
M55 Richard, Richard 3:28:53 M60 Farrington, Charlie 3:43:17	M40 Edwin Keville	14:03
V30 Matthiesen, Amanda 4:50:06	M45 Cowell, Dean M50 Newbold, Kim	16:54
V35 Zamperini-Kelly, Sylvia 3:39:24 V40 Roseanne Palmer 4:11:17	M55 Abell, Peter	17:38
V50 Gael McLeod 4:51:26	M65 Smith, David	22:58
V55 Dekker, Jahny 3:48:16 000m Steeplechase	W35 Visser, Carola W40 Laforest, Lucie	19:40
130 Tanchev, Stanislav 12:40.37	W45 Jofgensen, Lori	19:4
M35 Garibay, Cornelio 10:29.65 M40 Henry, Todd 11:46.54	W50 Brace, Betsy W60 Noble, Penny	21:32
M40 Henry, Todd 11:46.54 M45 Chastang, Jean-Pie 12:49.75	10K Cross-Country	21.20
hort Hurdles	M35 Klettner, Christian	40:30
M35 Rodriguez, Tony 22.55 M40 Oconnor, Anthony 19.29	M40 Spottar, B M45 Small, Mike	43:21
145 Ramsey, Thomas 21.32	M50 Ross, Michael	38:52
M50 Jacquet-Acea, Russ 16.71 M55 Berryman, Robert 24.49	M55 Richard, Richard M60 Farrington, Charlie	45:04
ong Hurdles	W40 Parfitt, Clare	50:53
1:04.27 M35 Skipper, Paul 1:04.27 M40 Culshaw, Mark 1:18.32	W50 Havkins, Sabina W35 Menge, Anja	52:05 54:06
145 Dwyer, Brendan 1:07.77		:01:51
x100m Relay	5000m Racewalk	
M30 Mexico 54.34 M35 United 45.96	M30 Tanchev, Stanislav 35 M35 Kollmorgen, Stuart 25	24.40
140 Seattle B 52.20	M40 Culshaw, Mark 28	:33.50
M60 Seattle A 1:08.46 V35 Pretty & Fast 56.51	M50 Newman, Richard 34 M55 Pottle, Nigel 39	:00.19
V40 Rainbow 1:03.36	M65 King, John 37	:13.17
x200m Relay 430 Mexico 1:51.07	M70 Rohrback, Stebbins 37 M75 Alpert, Ralph 45	
135 Seattle 1:47.60		:56.90
140 South West 1:37.02	W55 Joslin, Jools 37	:29.62
M50 Seattle 1:54.07 M60 Trouble 2:42.23	LONG	
165 Seattle 2:27.81	LONG	
V30 Pretty & Fast 2:02.92 V40 Dutch Delight 2:03.00	DISTANCE	7
x400m Relay	STATE OF THE PARTY	
M30 Mexico 4:01.55 M35 South West 3:36.81	RUNNING	
140 Seattle 3:49.44		
45 United Nations 5:01.33	NATIONAL	
M50 Seattle 4:30.60 M55 Seattle 5:25.76	USA Masters Cham	nion-
V45 Fatal Attraction 4:55.50	ships/Heritage Oaks	10K
fixed 4 2 4 4 Delevi	snips/neritage Oaks	
Mixed 4-2-1-1 Relay MW30 Mexico 2:00.94	Paso Robles, CA; Se	
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49	Paso Robles, CA; Se	
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38	Paso Robles, CA; Se Overall Dennis Simonaitis 44	30:30
MW30 Mexico 2:00.94 IW35 Pacific 1:53.49 IW40 International 1:54.38 IW50 Hot & Sexy 2:42.81 Iigh Jump	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40	30:30 34:35
IW30 Mexico 2:00.94 IW35 Pacific 1:53.49 IW40 International 1:54.38 IW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 40 Bassin, Frank 1.55	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge	30:30 34:35 30:30 30:43
MW30 Mexico 2:00.94 IW35 Pacific 1:53.49 IW40 International 1:54.38 IW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 1.60 1.55 Berryman, Robert 1.20	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade	30:30 34:35 30:30 30:43 31:04
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump 1.55 M45 Bassin, Frank 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 role Vault	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope	30:30 34:35 30:30 30:43 31:04 31:33 32:38
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 M40 Bassin, Frank 1.55 M55 Berryman, Robert 1.20 role Vault 2.30 M35 Rodriguez, Tony 2.30 M40 Grasland, Jean-Pie 2.50	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 role Vault 2.30 M40 Grasland, Jean-Pie 2.50 M45 Gratacap, Michel 1.70	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope	30:30 34:35 30:30 30:43 31:04 31:33 32:38
MW30 Mexico 200.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 ole Vault 1.35 Rodriguez, Tony 2.30 M40 Grasland, Jean-Pie 4.50 M45 Gratacap, Michel 1.70 M50 Jacquet-Acea, Russ 3.30 ong Jump	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24 34:24
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 M45 Rassin, Frank 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 role Vault 2.30 M45 Grasland, Jean-Pie 2.50 M45 Gratacap, Michel 1.70 M50 Jacquet-Acea, Russ 3.30 ong Jump 3.30 M30 Mitchell, Maurice 5.39	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24
MW30 Mexico 200.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 ole Vault 1.35 Rodriguez, Tony 2.30 M40 Grasland, Jean-Pie 4.50 M45 Gratacap, Michel 1.70 M50 Jacquet-Acea, Russ 3.30 ong Jump	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24 34:47 34:58 35:42 37:50
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 role Vault 2.30 M40 Grasland, Jean-Pie 2.50 M45 Gratacap, Michel 1.70 M50 Jacquet-Acea, Russ 3.30 ong Jump 3.30 Mitchell, Maurice 5.39 M35 Tkachenko, Yevgen 6.11 M40 Turunen, Olli 5.06 M45 Heikkila, Mauri 4.40	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24 34:47 34:54 34:54 37:50 38:37
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump M40 Bassin, Frank 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1:20 M60 Grasland, Jean-Pie M45 Gratlacap, Michel 1.70 M50 Jacquet-Acea, Russ 3.30 Mitchell, Maurice 5.39 M35 Tkachenko, Yevgen 140 Turunen, Olli 4.40 M55 Berryman, Robert 3.26	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24 34:47 34:58 35:42 37:50 38:37 38:30 32:35
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MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1:55 M40 Bassin, Frank 1:55 M45 Rollenberg, Erik 1:60 M55 Berryman, Robert 1:20 Vole Vault 2:30 M40 Grasland, Jean-Pie 2:50 M45 Gratacap, Michel 1:70 M50 Jacquet-Acea, Russ 3:30 ong Jump 3:30 Mitchell, Maurice 5:39 M35 Tkachenko, Yevgen 6:11 M45 Teikkila, Mauri 4:40 M55 Berryman, Robert 3:26 M60 Lamia, D. Salvator 3:26 M65 Ellis, Joseph 3:76 W35 Elling, Agnes 4:80 W40 Meade, Catherine 3:48	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble	30:30 34:35 30:30 30:43 31:04 31:33 32:38 33:41 34:24 34:24 34:24 34:24 34:24 35:42 37:50 38:37 38:40 38:37 38 38:37 38 38 38 38 38 38 38 38 38 38 38 38 38
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MW30 Mexico	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith	30:30 30:30 30:30 30:43 31:03 31:03 31:33 32:38 33:41 34:56 35:42 37:50 38:37 38:37 38:37 38:37 36:07 36:10
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump M40 Bassin, Frank 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 M50 Jacquet-Acea, Russ 3.30 Mitchell, Maurice 3.30 Mitchell, Maurice 4.40 M35 Tkachenko, Yevgen 4.40 M45 Heikkila, Mauri 4.40 M55 Berryman, Robert 1.65 Ellis, Joseph 3.76 M30 Martinez, Karla 4.31 W35 Elling, Agnes 4.80 W40 Meade, Catherine 1.45 M40 Mancinelli, Giampi w10.47 M55 Berryman, Robert 1.65 M60 Lamia, D. Salvator 1.60 M60 Lamia, D. Salvator 1.60 M60 Lamia, D. Salvator 1.60 M60 Lam	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher	30:30 30:30 30:30 30:43 31:04 31:04 31:33 32:38 33:41 34:24 34:24 34:24 34:58 35:42 37:50 38:37
MW30 Mexico	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman*	30:30 30:30 30:30 30:43 31:03 31:03 31:33 32:38 33:41 34:56 35:42 37:50 38:37 38:37 38:37 38:37 36:07 36:10
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 ligh Jump M40 Bassin, Frank 1.55 M45 Rollenberg, Erik 1.60 M55 Berryman, Robert 1.20 M50 Jacquet-Acea, Russ 3.30 Mitchell, Maurice 3.30 Mitchell, Maurice 4.40 M35 Tkachenko, Yevgen 4.40 M45 Heikkila, Mauri 4.40 M55 Berryman, Robert 1.65 Ellis, Joseph 3.76 M30 Martinez, Karla 4.31 W35 Elling, Agnes 4.80 W40 Meade, Catherine 1.45 M40 Mancinelli, Giampi w10.47 M55 Berryman, Robert 1.65 M60 Lamia, D. Salvator 1.60 M60 Lamia, D. Salvator 1.60 M60 Lamia, D. Salvator 1.60 M60 Lam	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp	30:30 30:33 30:33 30:33 30:33 30:33 30:33 31:33 32:38 33:41 34:24 34:47 37:50 38:37 38:37 38:37 38:37 38:37 38:37 38:38 38 38 38 38 38 38 38 38 38 38 38 38 3
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1:55 M45 Rollenberg, Erik 1:55 M55 Berryman, Robert 1:20 M55 Berryman, Robert 2:30 M45 Grasland, Jean-Pie 2:50 M45 Grasland, Jean-Pie 2:50 M45 Gratacap, Michel 1:70 M50 Jacquet-Acea, Russ 3:0 song Jump 3:30 Mitchell, Maurice 5:39 M35 Tkachenko, Yevgen 4:40 M45 Heikkila, Mauri 4:40 M55 Berryman, Robert 3:26 M65 Ellis, Joseph 3:76 W30 Martinez, Karla 4:80 W40 Meade, Catherine 4:80 W40 Mancinelli, Giampi willout 4:7 M55 Tkachenko, Yevgen willout 4:06 M40 Mancinelli, Giampi willout 4:06 M40 Mancinelli, Giampi willout 4:06 M40 Lamia, D. Salvator 6:16 M55 Seveeney, Danny 9:03 M40 Bohnen, Jeff 4:40	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman Thomas O'Connor David Ripp Frank Hutchinson	30:33 34:35 33:33 34:35 33:35
MW30 Mexico 1.53.49 1.54.38 1.55.49 1.54.38 1.55.49 1.54.38 1.55.49 1.54.38 1.55.49 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis	30:33 34:35 30:33 34:35 30:30 30:43 31:04 31:04 32:38 33:41 34:24 34:47 37:50 38:40 32:38 35:42 35:32 35:52 35:36 35:36 36:43 37:52 38:37 38:48 39:01
MW30 Mexico 1.53.49 1.54.38 1.55.49 1.54.38 1.55.49 1.54.38 1.55.49 1.54.38 1.55.49 1.54.38 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.49 1.55.59 1.60 1.20 1.20 1.20 1.20 1.20 1.20 1.20 1.2	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter	30:33 34:35 33:30 30:30 30:33 31:33 31:33 32:38 33:424 34:24 34:24 34:24 34:24 34:24 34:24 34:24 34:24 34:24 33:33:30 33
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MW30 Mexico 1W35 Pacific 1S3.49 1W40 International 1S4.38 1W50 Hot & Sexy 1:53.49 1W40 International 1S4.38 1W50 Hot & Sexy 1:42.81 1Igh Jump 1M40 Bassin, Frank 1M5 Rollenberg, Erik 1.60 1S5 Berryman, Robert 1.20 1M45 Gratacap, Michel 1M50 Mitchell, Maurice 1M50 Jacquet-Acea, Russ 1M50 Mitchell, Maurice 1M50 Jacquet-Acea, Russ 1M50 Mitchell, Maurice 1M50 Heikkila, Mauri 1M50 Heikkila, Mauri 1M50 Heikkila, Mauri 1M50 Lamia, D. Salvator 1M50 Ellis, Joseph 1M50 Ellis, Joseph 1M50 Ellis, Joseph 1M50 Ellis, Joseph 1M50 Martinez, Karla 1M50 Elling, Agnes 1M50 Tanchev, Stanislav w 1M50 Martinez, Karla 1M50 Tanchev, Stanislav w 1M50 Borse, Yann-Lauren 1M50 Bosse, Yann-Lauren 1M50 Randall, Dave 1M50 Randall	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer	30:33 34:35 34:35 34:35 31:04
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MW30 Mexico 1W35 Pacific 1S3.49 1W40 International 1S4.38 1W50 Hot & Sexy 1:53.49 1W40 International 1S4.38 1W50 Hot & Sexy 1:54.38 1W50 Hot & Sexy 1:54.38 1W50 Hot & Sexy 1:54.38 1S5 Berryman, Robert 1:50 1S7 1S7 1S8 1S9	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer	30:33 34:35 34:35 34:35 31:04
MW30 Mexico 153.49 154.38 155.49 169 169 179 179 179 179 179 179 179 179 179 17	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer Michael Allison Les Ong Jim Gorman Michael Dove	30.30 30.33 34.35 34.35 31.30 33.41 33.23 33.41 34.47 35.42 37.50 35.42 37.55 35.30 36.43 37.55 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52 37.52
MW30 Mexico 1W35 Pacific 1153.49 1W40 International 1W50 Hot & Sexy 1W40 International 1W50 Hot & Sexy 1W40 Bassin, Frank 1W55 Berryman, Robert 1W40 Grasland, Jean-Pie 1W50 Jacquet-Acea, Russ 1W50 Mitchell, Maurice 1W50 Mitchell 1W	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer Michael Allison Les Ong Jim Gorman	30:30 30:33 34:35 30:30 30:43 31:03 31:03 32:38 34:24 34:24 34:24 35:42 36:43
MW30 Mexico 153.49 154.38 155.49 169 169 179 179 179 179 179 179 179 179 179 17	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer Michael Allison Les Ong Jim Gorman Michael Dove Michael Holland Lauren Udden Dan Ramos	30.30 30.33 34.35 30.30 30.43 31.30 31.33 32.38 33.41 34.47 35.42 37.50 35.42 37.50 36.10 37.50 36.10 37.50 38.40 39.31
MW30 Mexico 2:00.94 MW35 Pacific 1:53.49 MW40 International 1:54.38 MW50 Hot & Sexy 2:42.81 Iigh Jump 1:55 M45 Rollenberg, Erik 1:50 M55 Berryman, Robert 1:20 M55 Berryman, Robert 2:30 M40 Grasland, Jean-Pie 2:50 M45 Gratacap, Michel 1:70 M50 Jacquet-Acea, Russ 3:00 Song Jump 3:30 Mitchell, Maurice 5:39 M35 Tkachenko, Yevgen 4:40 M45 Heikkila, Mauri 4:55 M55 Berryman, Robert 3:26 M65 Ellis, Joseph 3:76 W30 Martinez, Karla 9:01 M35 Tkachenko, Yevgen w 14:06 M40 Mancinelli, Giampi w 10:04 M35 Tkachenko, Yevgen w 14:06 M40 Mancinelli, Giampi w 10:04 M35 Tkachenko, Yevgen w 14:06 M40 Mancinelli, Giampi w 10:04 M40 Bohnen, Jeff 3:06 M35 Sweeney, Danny 9:03 M40 Bohnen, Jeff 9:48 M45 Keller	Paso Robles, CA; Se Overall Dennis Simonaitis 44 Sylvia Mosqueda 40 M40 D Simonaitis Paul Aufdemberge Sean Wade Danny Martinez Brian Pope Jose Aispuro Joseph Carnegie Kevin McGinnis Jeff Magallanes Brian Spangenberg Ted Cotti Richard Johnson J D Ahearn Mike Maguire M45 Ivan Huff Jeffrey Adkins Robert Pickens Fred Zalokar Thom Trimble Jeff Teeters Vitas Ezerskis Lynn Mentzer Dan Zulaica Adolfo Lopez Alistair Murray Mark Eccles David Woodruff Timothy Smith M50 Lesley Fletcher Doug Steedman* Thomas O'Connor David Ripp Frank Hutchinson Jim Bordoni Brian Davis Bruce Deeter Rick Alexander Richard Averett M55 Gary Romesser Tom Bernhard Wayne Tyo Joe Schieffer Michael Allison Les Ong Jim Gorman Michael Dove Michael Holland Lauren Udden	90:30:33 34:35 30:30 30:33 31:03 31:03 31:03 31:33 32:33 33:42 43:45 35:42 35:42 35:42 35:42 35:42 35:42 35:42 35:42 35:42 35:36 36:10 36:10 36:10 36:10 37:00 38:18 37:70 38:14 39:00 39:34 39:35 38:14 39:00 39:34 39:35 38:14 39:00 39:34 39:35 38:37 39:36 39:35 38:37 39:36 39:36 39:37 39:

6	Robin Taliaferro	39:34
6	Jim Howe	40:50
	Frank Ruona	40:55
2	Robert Schmidt	42:38
3	Robert Gordon	45:22
7	Bob Cowdrey	46:05
2	M65 Neal Chappell	42:25
6	Hans Schmid	42:31
3	Joe Hurtado	42:53
	Ross Franco	54:34
4	M70 Bernie Hollander	
		53:38
3	Charley Penrose	60:15
4	Phil Phythian	62:10
7	M75 Ed Reyna	58:33
8	Edward Singleton	62:23
8	W40 Sylvia Mosqueda	34:35
0	Michelle Simonaitis	35:04
7	Lisbet Sunshine	36:59
1	Sissel Heber	38:21
2	Judy Wilson	38:41
0	Tanya Fredricks	38:50
•	Pamela Hayes	39:15
0	Melissa Marsted	
1		39:50
	W45 Kimberly Fanady	40:32
В	Kelly Kruell	41:19
2	Ardy Janku	42:10
4	Mary Cooper	43:57
5	Ramona Scholz	45:16
3	W50Nancy Fiddler	38:28
5	Karen Kunz	41:48
6	Kim Rupert	42:08
1	Cynthia Long	45:50
	Nancy Wang	50:37
1	W55 Debbie Dorney	52:40
,	Kat Powell	53:00
5	Molly Montgomery	53:08
	Weekletty Wright	48:05
,	W60 Nelly Wright	
	Hansi Rigney	49:08
	Suzanne Franco	54:21
5	W65 Melody-Anne Schultz	
)	Barbara Miller	47:37
)	Nova Poff	55:28
2	W70 Giovanna Schaefer	76:22
1000	*non-USATF	

Marathon/USA Masters Championships Minneapolis, MN; Oct. 1

 Winneapolis, MN;
 Oct. 1

 Overall
 2:13:52

 Mara Runyan 37
 2:32:17

 M40 M Hussein
 2:13:52

 Paul Aufdemberge
 2:24:21

 Dennis Simonaitis
 2:26:10

 John Mirth
 2:30:36

 Daniel Boyle
 2:31:13

 Russell Boore
 2:36:21

 Patrick Billig
 2:42:27

 Matt Wilson
 2:45:28

 Jim Ramacier
 2:48:35

 Michael Parr
 2:48:35

 M45 Ronald Chisolm
 2:36:59

 Sam Ngatia
 2:34:32

 Bruno Hector
 2:36:59

 ClydeVancaeyzeel
 2:45:42

 Paul Brown
 2:47:37

 Dennis Wallach
 2:51:57

 James Hannon
 2:52:11

 Gary Anderson
 2:53:86

 Forrest Pearson
 2:53:50

 M50 Kevin Jafari
 2:54:50

 M50 Kevin Jafari
 2:54:50
 Gary Anderson 2:52:58
Forrest Pearson 2:53:36
Kirt Goetzke 2:53:36
M50 Kevin Jafari 2:54:50
Bert Moniot 2:56:14
Jess Koski 2:56:32
George Linebaugh 2:56:47
Randall Dyson 2:57:29
Jocko Vertin 3:02:43
Tim Ryan 3:02:50
Dale Heinen 3:05:33
M55 Terry McCluskey 3:01:50
Mark Brunsvold 3:01:50
Mark Brunsvold 3:01:52
Denny Jordan 3:11:47
Steve Maupin 3:13:37
David Wilson 3:14:02
Stephen Oesterie 3:14:52
James Patterson 3:17:18
M60 Norm Purrington 3:13:41 3:02:43 3:02:50 3:05:33 3:01:50 3:10:22 3:11:47 3:13:37 3:14:02 3:17:12 3:17:18 3:13:41 Paul Lamere 3:17:18
M60 Norm Purrington 13:13:41
Leonard Coequyt 3:23:52
Dean Bluhm 3:28:16
Francesco Criniti 3:31:57
Karl Heinz Panne 3:37:44
Tom Morti 3:39:28
M65 Roger Rouiller Paul Huyffer 3:36:19
Don Wright 3:36:25
Dennis Werling Hank Larsen 3:44:02 Paul Huyffer 3:36:19
Don Wright 3:36:25
Dennis Werling 3:38:32
Hank Larsen 3:44:02
Edward Rousseau 3:44:09
M70 Jim Schleisman 3:35:14
Richard Burch 4:03:01
Jerry Sombke 4:38:15
Pat Brown 4:52:40 M70 Jim Schleisman Richard Burch Jerry Sombke Pat Brown M75 Jerry Johncock Greg Prom Roger Hauge M80 Burt Carlson W40 Susan Loken Michelle Simonaitis Paula Vicker 4:08:02 4:16:26 5:14:29 5:54:32 2:44:34

2:48:17 3:00:06 Bob Rock

pag	ge 22	
	Bronwyn Morrissey Laurie Hanscom Lily Kroner Rosalua Bonilla	3:00:32 3:03:02 3:05:31 3:05:46
W45	Kimberly Anderson Meghan Arbogast Mary Hanna Nina Helm	3:08:56 2:56:41 3:00:51 3:03:35
	Jan Guenther CarolineMcAndrews Christina Copeland Sherry Case Donna Melody	3:06:21 3:20:12 3:24:50 3:25:11
W50	Karen Manske Donella Neuhaus Linda Jennings Clarice Pavlick	3:28:59 3:25:18 3:29:25 3:31:05 3:38:12
	AndrietteWickstrom K Guderyon-Goetz Gloria Jansen Linda Gentling	3:41:04 3:41:15 3:28:42 3:37:03
	Janet Cain Elizabeth Scott Penny Kalar Paulette Posch Sue Ellen Trapp	3:41:57 3:47:51 3:54:46 3:58:15 3:51:57
W65	Kathleen Myers Mary Croft Elizabeth Mentzer Jan Rohde	4:23:27 4:28:34 4:43:20 4:33:46
W70	Patricia Wolkoff Phyllis Kahn Patricia Amidon Patricia Wahlgren	6:05:54 6:11:02 5:29:46 5:56:00
	EAST	
	Annapolis 10 M napolis, MD; Au	
Centr	rowitz, Matt, 16 Feng, 37	55:00 62:16
M40	Caudle, Kyle Degenhardt, Sheldon	1:02:10
M45	Dietz, Steve Hattar, Thomas Schuler, Greg	1:03:11 1:00:32 1:03:10 1:04:56
M50 M55	Halpin, Bruce Anderson, Wilhelm Slonaker, Mick	1:04:27 1:04:42 1:05:46 1:04:27
M60	Ryan, Paul Wong, Ronnie Pinit, Piriya Kirkpatrick, John	1:07:06 1:08:24 1:09:05
M65	Villano, Leo Hipp, Dick Vazquez, Benito	1:10:39 1:12:58 1:20:57 1:26:21
M70	Neumann, Stan Williams, Richard McClellan, Bill Lewis, Jerry	1:27:25 1:20:26 1:21:18 1:23:52
	Keating, Patricia Kline, Sheryl Hall, Maureen	1:09:27 1:09:32 1:10:33
W45	Boyd, Marjorie Hargis, Jill Grillo, Jeanne Cupo, Mary	1:12:01 1:12:10 1:12:52
	Cupo, Mary Roman, Laurie Smith, Linell Malloy, Rose	1:16:52 1:17:35 1:18:02 1:17:06
W60	Shields, Maria Tosato, Giovanna Craun, Chris	1:21:14 1:21:38 1:23:31
W65	Sandler, Katherine Davidson, Lucia Smith, Betty Murray, Brenda	1:29:44 1:32:53 1:36:25 1:42:18
	Guerrieri, Kathleen Graf, Tami Aasen, Yvonne	1:53:24 1:39:33 2:01:55
Clas	YRR Henry Isolo ssic 4-Miles, Var ndt Park, Bronx,	Cort-

ndt 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 Delerme	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

Di-

the state of the s	
Megan Smith Sweeney 31	24:01
M40 Joseph McVeigh	20:46
M45 Michael Rennock	23:29
M50 Necdet 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 Bood Boos	

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

The state of the s	
Overall	
KOICHIRO NAGATA, 24	24:04
EMILY RAYMOND, 24 F	28:47
M40-49	
PAUL HAMMOND	26:36
BOB DABRIEO	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
W40-49	
JENNIFER RAPAPORT	31:27
DEBBIE GOULD	31:53
SUSAN FABER	32:05
W50-59	
KAREN DEROMA	35:43
LINDA JENNINGS	36:21
LISA DOUCETT	36:44
W60-69	
CATHERINE FARRELL	38:20
MARY RYCZEK	41:07
PATRICIA GORDON	43:56
Matienal Press Chr	L EV

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

Over	rall	
Gurn	nesa Kumsa 27	14:53
	ssa Hunter 31	17:24
	Ted Poulos	17:24
	David Lambert	19:20
	Walter Ricciardi	20:36
M55	Dan Eddy .	19:07
	Lou Shapiro	21:42
M65		27:25
M70		27:56
	Keith Olson	27:09
	Selina Jackson	26:09
W45	Win Persina	19:46
W50	Ellen Yacoe	26:55
	Alice Franks	23:08
		36:29
	Karen Markoe	
W65		43:54
W70	Sherry Matz	37:57
See Acres	Eric Marethan	Table 1875

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	
Mike Vieyra	3:26:31
M55 Doug Soliz	3:19:29
Dick Canterbury	3:22:50
Wing-Kwong Keung	3:27:29
M60 Francesco Crinit	3:25:18
James Lombardi	3:33:59
Ferdinando Saglio	
M65 Fred Bostrom	3:57:23
Chuck Van Duzee	
Bill Harris	4:53:23
M70+Thomas Hathaway	4:13:03
Eugene Defronzo	
Donald Taylor	6:00:32
W40 Darlene Schweiker	
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	
Rita Bahm	5:43:28

V60	Sandy Foster Joanna Digorio Donna Groner	4:39:25 5:03:04 9:28:00
		Contract Contract

Thomas G. Labrecque Classic 5K

Washington, DC; Se	pt. 17
Overall	
Isaac Arusel 30	14:41
Alemtsehay Misganaw 2	616:41
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	45.00
OscarGonzalez-Barret	15:29
Wayne Levy Francis Burdet	16:16
M50-59	10.10
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
W40-49	
Zofia Wieciorkowska	17:57
Charlotte Rizzo	18:59
Christine Gregorek W50-59	20:24
Kathryn Martin	18:39
Marge Bellisle	19:38
Deirdre Bird	22:04
W60-69	
Marie-Louise Michelsohn	22:22
Wendy Burbank	24:01
Patricia Gordon	26:03
W70+	1
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 Labar	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
	7.50

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

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

170	Lee Walton	21:24	ı
	James Lacey	24:53	ı
	Elmer Gasper	31:17	ı
175	Frank Thompson	24:41	ı
	Dick Conners	27:39	ı
	Regis Costello	27:24	ı
180-	Raymond Bower, 82	39:28	ŀ
140	Sherri Martin	19:50	ı
	Susan Sams	22:43	ı
	Jackie Malley	24:58	ı
145	Tina Seech	21:50	H
	Lisa Minor	22:58	ı
	Diane Mandle	23:07	ı
150	Katherine Verdolini	22:31	ı
	Ann McCormick	22:57	ı
	Janet McDermott	24:05	ı
155	Ann Cheman	24:50	ı
	Cyndie Carioli	26:02	ŀ
	Lawana Lewis	26:51	ı
160	Pearl Deaniello	29:50	ľ
	Grace Goffi	31:43	ı
	Patricia Hamilton	31:54	ı
165	Linda Adams	31:45	ı
	Georgette Lacey	31:46	ı
	Dena Holland	37:26	ı
770	Mary Anne Bartsch	42:14	ı

29:14

W65 Linda Adams	31:45
Georgette Lacey	31:46
Dena Holland	37:26
W70 Mary Anne Bartsch	42:14
Carol Preskar	44:11
Kitty Emery	51:36
W75 Margretta Lutz	29:35
Mary Kemp	41:42
Christel Krausse	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
Cash Fisher	05.04

OVE	all		ı
AJK	Celly, 24	32:29	ı
Beth	Shutt, 27	39:24	ı
M40	Scott Gill	34:59	ı
	Scott Fiske	35:21	ı
	Jeff Nelson	35:20	ı
M45	John Brockenbrough	34:34	ı
	Joe Patrick	35:08	ı
	Ian Bath	35:35	ı
M50	Lee Zelkowitz	37:49	ı
	Dave Sippel	38:34	ŀ
	Christopher Gibson		ı
M55	Terry McCluskey	37:08	ı
Vends	George Sagan	40:25	ı
	Lawrence Ross	41:24	ı
M60	Jim Banks	40:40	
100	Bob Baker	43:09	ı
	John Adams	43:27	
M65	Larry Ratkus	44:31	
una.	Dick Monheim	45:21	
	Dist. Amete	40.00	

DICK MOTHERIN	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	
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
MICO Date File	

W65 Judith Griffiths

Jane Donnelly

Jean Webb

W70 Ruth Black Amara Hammer

Toni Farah

W80+Reg Schulte-Ladbeck 1:18:24 NYRR Grete's Great Gallop Half-Marathon/ Norway Run 1.7 Mile

W60 Barbara Filutze 44:54 Marti Stephan 52:11 Margaret Tirimacco 55:21

1:06:36 1:05:20

1:06:08

1:10:46 1:26:16 1:56:34

	Central Park, NYC;	Oct. 1
	Grete's Great Gallop Overall	
	Kassahun Kabiso 22	1:07:36
ı	Ana Morales 25 M40 Joseph McVeigh	1:21:56
ı	M45 Luis Almonte M50 Steve Calidonna	1:17:04
	M55 Joseph Porcaro M60 Julio Aguirre	1:24:46
۱	M65 Jack Brennan M70 Alfred Finger	1:38:35
۱	M75 Leo Schonhaut M80 Sab Koide	2:33:59
	W40 Stephanie Hodge W45 Gordon Bakoulis	1:27:32
	W50 Josephine Patten W55 Ann Davies	1:40:31
i	W60 Carol Hansen W65 Billie Moten	1:46:07
ı	W70 Ginette Bedard	1:52:08

W75 Bertha McGruder 2 Norway Run	:47:01
Overall Ahiyot Endale 20	7:43
Silvia Skvortsova 29 M40 Alexsandre Skvortsov M45 Peter Furness	8.50 7.47 10:19
M50 John Abbate M55 Leo Ciesa	11:02 11:22 11:31
M60 Bob Edmonds M65 James Muldoon M70 Michael Goldman	11:30 14:03
M80 Allen Flagg W40 Sheila Qiu W45 Barbara Donahue	30:04 11:39 11:59
W50 Laura Campbell W55 Barbara Levitan	11:26 16:00
W60 Bonnie Dietrich W65 Lynn Blackstone W70 Stephanie Bently	13:48 15:55 20:42
W75 Ingrid Fleischhacker W80 Joan Rowland	

NYRR ING New York City Marathon Tune-up 18 Miles, Central Park, NYC

OCI. 8	
Overall Kassahun Kabiso 23 Leteyesus Berhe 28 M40 Alfonso Polania M45 Conor O'Driscoli M50 John McLaughlin M55 Adolf Lawrowski M60 Julio Aguirre M65 Ark Maciak M70 Alfred Finger M75 Francisco Vidal M80 Aaron Schechter W40 Alyson Llerandi W45 Corinna Cortes W50 Luann Mestre W55 Martha Degrazia W60 Marjorie Kos W65 Yue Fu W70 Naomi Vogel W75 Bertha McGruder W80 Joan Rowland	1:33:55 1:55:02 1:43:16 1:47:49 2:01:57 2:09:42 2:06:20 2:36:12 2:20:23 2:30:57 2:28:09 2:21:20 2:39:04 2:49:18 3:21:23 3:53:35 3:53:35

Liberty Waterfront Half-Marathon/USATF-NJ Championships Jersey City; Oct. 8

The same		
Overa		
	Reynolds 42	64:43
	er Malavolta 35	75:56
M40 E	B Reynolds	64:43
	Andrew Latincsics	71:23
	Ken Rolek	71:28
	Drew Davis	73:52
	Rodrigo Coceres	73:58
	Rick Pingitore	74:18
	Kevin Higgins	76:22
	Dan Murphy	79:37
	Dave Hoch	79:37
	Bill Trengove	80:12
M55 I	Roger Price	77:09
THE REAL PROPERTY.	Bruce Lagenkamp	84:47
Sales (Christophe Lehma	n 85:18
M60 I	Feliciiano Pereira	82:48
Make I	Douglas Brown	87:16
M65 I	Hilary Peterlin	89:39
	Jaime Leitz	95:18
	Georg Studzinski	1:46:14
		2:45:05
	Walter Desind 75	1:58:12
	JosephLaBruno 75	1:59:05
	Poppi Gostkowski	84:22
	Jacqueline Ogilvie	86:06
	Kathy Rocker	90:03
	Jeanne Pare	81:20
	Beth Moras	85:22
	Kari Proffitti	92:20
	Jane Parks	95:26
	Jan FarnungKrause Linda Mirabella	
		98:35
	Ericka Campbell	1:40:04
	Betty Shonts	1:41:36
	Linda Ferrara	1:46:41
	Patricia O'Hanlon	1:50:27
	Anna Gillespie	1:56:44
	Anna Thornhill	1:40:19
	Imme Dyson	1:47:48
W70 5	Shirley Pettijohn	2:54:56
2000		

TUFTS Health Plan 10K Boston MA: Oct 9

partie of the last	
Overall	
Katie McGregor 29	32:38
W40 Sylvia Mosqu	jeda 40 34:59
Patty Murray	45 35:46
C AyalaTrone	coso 47 36:00
Karen Smyer	rs 45 36:13
J BenoitSam	
Jennifer Rap	
Judi Chiavett	ta 40 39:33
Julie Peterso	
Stephanie H	odge 41 40:29
Annette Bau	er 42 40:51

W50	Tatyana Pozdnyakova	37:49
	Margie Belisle 51	41:21
	Carol Kephart 50	44:38
	Denise Rollinson 50	48:22
	Michele DeAngelo 52	48:45
W60	Jan Holmquist 62	43:26
	Judy Hardenbrook60	45:12
	Mary-L Michelson 65	47:40
	Heidy McGaffigan 61	51:44
	Linda Roy 63	53:11
W70	Barbara Robinson 73	56:38
	Ann Vella 70	69:12
	Mary Seamans 77	71:03
	Margot Maddock 70	74:57
WAD.	Isobel Parke 80	85:36
	Marion Feeney 80	1:45:52
	Louise Rosetti 85	1:55:33

SOUTHEAST

Naples on the Run 20K Naples, FL; Sept. 24

١	Over	rall	
ı		son, Michael, 26	1:14:03
		and, Harmony, 35	1:24:47
	M40	Greenidge, Andrev	v1:16:22
		Mollod, Mike	1:18:56
		Mclean, Timothy	1:20:53
ì	M45	Ansine, Colin	1:16:27
		Moseley, Chuck	1:22:46
	TE C	Sommer, Jeff	1:23:59
	M50		1:28:37
	- Birthold	Fernando, Fernando	
	The state of	Kinzel, Mike	1:33:10
	M55		1:35:57
	10000	Raymond, Roger	1:38:22
		Morey, Jeff	1:39:14
	M60		1:20:59
		Marjon, Louis	1:35:12
	1000	Miranda, Ricardo	1:40:26
	M65		1:31:42
		Keating, Chuck	1:38:42
		Murphy, Bill	2:14:19
	W40	Cox, Christine	1:31:44
	46.0	Weaver, Sara	1:37:20
		Bumbul, K	1:40:25
	W45	Laramie Beltz	1:32:36
	-100000	Norgart, Erica	1:36:29
	14/50	Arbasak, Christine	
	W50	Brinn, Luanne	1:44:45
	-72-50	Jones, Pattie	1:59:35
١	MITT	Simonds, Carol	2:01:57
	W55	Dozoretz, Jenette	
ı	11 55	Sutter, Christel	2:12:33 2:17:25
١	MEO	Bolduc Simpson Bauer, Kathleen	2:19:32
ı	4400	bauer, Kathleen	2.19.32

RYKA Iron Girl 5K & 10K Clearwater, FL; Sept. 30

2:33:23 2:37:29 2:28:14

3:01:38

Rupert, Lenore Davis, Carol W65 Sullivan, Terri

W80 Higgins, Leslie

42197		
5K		
Ove	rall	
CHR	STY PHILLIPS 44	19:2
W40		20:3
1140	CHRISTINA SIMPSON	
1000	ROBIN DAUTZENBERG	
W45	JUDY MAGUIRE	20:2
1140	ANN-MARIE OLIVETO	
3 35	TERESA OBERST	24:5
W50	JUDY HENSLEY	23:4
***50	JACKIE OKUN	27:0
10.26	SHANNON RAPUANO	
W55	DEE DEAN	25:4
*****	BARBARA WARD	31:0
STEE	ANIE SCHATZMAN	36:1
	CATHERINE DEHAAN	
		49:2
	TTE KRAUSE	51:1
		42:1
	NE BROWN	63:1
	MOLLY CREMATA	48:2
10K	WOLLT CHEWATA	40.2
Ove		-
	STINA BENTON, 22	36:
W40		43:
	ELIZABETH SINGLETON HEIDI KELCHNER	
W45		499
VV45	ELAINE NICHOLSON	42:
1935	LYNDA ROSZEL	46:
W50	CAROL BANCROFT MARY STEWART-WONG	46:
W50		
4	SANDRA MELTON	50:
W55	JOCELYN MCELVEEN	
4422	SANDY MENELEY PEGGY SMITH	47:
100	STEPHANIE BESSETTE	55:
W60	MILLIE HAMILTON	59:
****	CHRIS COTTERMAN	55:
100	HEATHER MITCHELL	68:
W65	ANNETTE FRISCH	70:
1102	ELIZABETH YAGGY	54:
1000	PATRICIA DEBOLT	67:
W75	JACKIE YOST	79:
4419	SHOKIE TOST	86:

MIDWEST

US Air Force Marathon Dayton, OH; Sept. 16

Joshua Terwoord, 22 2:38:46 Starshine Blackford, 30 3:19:41

1	

Joe Patrick M50 Lou Johnson John Lies John Pfeil M55 David Schulte Richard Nagel
Duane Fishel
M60 Francesco Criniti
John McCarroll

November 2006

M40 Hendrick Vanloon Michael Schaedle Kirk Madgic M45 Lary Gutierrez Danny Ponder Joe Patrick

Richard Decample M65 Rex Carter Don Tarasiewicz 3 Walter Schaller 4 M70 Herschel Ownbey 5

Ray Wylam Philip Kessel W40 Debora Fogle Amy Vanderpool Sheila Wright

W45 Ann Ring 3 Kathleen Cook 3 Judith Henderson 3 W50 June Leland Kathy Burkey Nancy Bowser

W55 Maggy Zidar Jeannie Rice Donna Olson W60 Patricia Ohanlon

Phyllis Sizemore 4 Christy Felton 5 W65 Beatrice Downey 5 Virginia Farneman6 W70 Ruth Fleck 6

MID-AMERIC

USATF-MN Masters Championships Edina, MN; Aug. 1

Overall Joey Keillor, 32 Sharon Stubler, 41 M40 Pat Billig M45 Doug Keller M50 Dan Morse M55 Jerry Beutel M60 Jim Graupner M65 Phil Erickson M70 Dale Urbain W40 Sharon Stuble W45 Kathleen Miller W50 Andriette Wickstrom W55 Gloria Jansen W60 Mary Hiatt W65 Judy Cronen

City of Lakes 25 MN; Sept. 10

Overall
Donovan Fellows, 27
Kari Thompson, 30
M40 Rich Heilman
M45 Paul Brown
M50 Mike Setter
M55 John Naslund
M60 Hank Larsen M70 Richard R Burch W40 Kimberly Anderson W45 Janet Robertz W50 Donelle Neuhaus W55 Laurie Occhino W60 Peg Trager

SOUTHWEST

Hurricane Run 8 Tulsa, OK; Sept.

Overall Kendall Robbins Marisa Dial Mansa Dial M40 Keith Horton Dominic Halsmer Jack Phillips M45 Tom Lam Mike Detter Denny Wooten M50 Pete Orban John Stukey Ben Thorman

M55 Tony Ryser
Paul Cox
Mark Thurston
M60 Jim Stilwell Richard Gardner **Edmund Seiders**

M65 Jim McFadden Dale Schuler Tim Wilson W40 Marlene Martindal Sheryl Weatherfor

			•
M40	Hendrick Vanloon	2:38:53	
	Michael Schaedle		
	Kirk Madgic	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		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	Debora Fogle	3:50:53	
	Amy Vanderpool	3:51:38	
	Sheila Wright	3:54:14	
W45	Ann Ring	3:47:31	
	Kathleen Cook	3:53:28	
	Judith Henderson	3:58:02	
W50	June Leland	3:56:52	
	Kathy Burkey	4:20:55	
	Nancy Bowser	4:21:28	
W55	Maggy Zidar	3:33:06	
	Jeannie Rice	3:43:42	
	Donna Olson	3:45:10	
W60	Patricia Ohanlon	4:08:14	
	Phyllis Sizemore	4:21:33	
	Christy Felton	5:07:37	
W65	Beatrice Downey	5:06:33	
	Virginia Farneman		
W70	Ruth Fleck	6:25:49	
100	MID AMEDI	CA	

MID-AMERICA

USATE-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	
Donovan 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 Detter	33:06
Denny Wooten	33:55
M50 Pete Orban	27:52
John Stukey	30:48
Ben Thorman	30:50
M55 Tony Ryser	39:50
Paul Cox	41:02
Mark Thurston	42:44
M60 Jim Stilwell	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	
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
Tommie 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

Agoura rims, CA, S	ept. 10
Overall	
Chris Knorzer, 37	53:21
Jennifer Pfeifer, 34	1:00:36
M40 Michael Woodward	
Charles Hofacker	
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 Hitchings	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
Cynci 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

п	The state was built and down	
п	Overall	
п	KEVIN BROADY, 44	1:11:31
п	KIM JONES, 48	1:25:03
н	M40 KEVIN BROADY	1:11:31
1	MARK DONALDSON	
п	THOMAS NEUPAUER	
1	**** ******	
1	M45 JAMES GRANT	1.24.21
1	JON SINCLAIR	1.24.37
1	JON SINCLAIR LEON LAUB M50 DAVID EDGAR	1:24:56
1	M50 DAVID EDGAR	1:24:43
п	MS0 DAVID EDGAR TERRY WIESE CRAIG WHEATON M55 JOHN ALDRICH BOBBY MCKEE DANNY DREYER M60 AL MARTINEZ JOHN CONANT	1:26:27
н	CHAIG WHEATON	1:28:17
1	M55 JOHN ALDRICH	1:25:14
1	BOBBY MCKEE	1:28:33
1	DANNY DREYER	1:35:35
4	DANNY DREYER M60 AL MARTINEZ JOHN CONANT ROBIN LORENZ M65 ROBERT BARBER DANIEL TOU	1:33:03
п	JOHN CONANT	1:42:19
1	ROBIN LORENZ	1:47:58
1	M65 ROBERT BARBER	1:46:24
н		
п	ARNULFO ANAYA	2:15:02
1	M70 WILLIAM WALL JOHN STRAND	2:00:44
1	JOHN STRAND	2:21:07
1	STANLEY POLSKI	2:19:35
1	M75 FRANK OTA	2:49:22
1	HUGH MASSEY	3:06:24
1	WILLIAM CATTOI	3:08:41
-	W40 CHRISTIE DUBACH	1:31:51
1	MEDA BOURLAND	1:36:10
П	MARY LYNCH	1:37:11
1	W45 KIM JONES	1:25:03
1	JENNIFER BUCKLEY	1:36:56
1	KATHLEEN GRIEST	1:40:15
1	W50 ARY LYNN	1:40:46
1	JANE GAINER	1:45:04
1	JANE GAINER KIM LORENZ	1:45:33
1	W55 JODIE KINNEY	1:47:32
1	DONNA ALDRICH	1:52:45
1	PATRICIA BATES	1:55:12
п	W60 MARY ORR	1:56:58
1	SUSAN REINHARDT	
1	PENNY TYREE	2:03:59
1	W65 AMELA MCKENZIE	2:17:10
1	RYOKO HATAKEYAMA	2:23:51
1	BECKY WHITEHEAD	2:29:02
1	W70 VIRGINIA LESPRON	2:40:45
Т	KENNIE BOECKELER	
1	JANET MCNEIL	3:19:01
1	W75 KATHLEEN CALLAWAY	2:50:40
ı	PATTI KENNEDY	
1	KATHLEEN STOVALL	
ı	MINLEEN STOVALL	3.39.20

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

Over		
	ert Salazar 33	16:35
	ica Cheney 40	20:01
M40	Jorge Marquez	17:00
7200	Jose Ricardo	18:05
4-7-	Abelardo Bravo	19:24
M45	Michael Stoeckli	20:45
Charle	Doug Shaffer	22:20
I was the	Barry Kierce	22:27
M50		21:04
TAKE	John Ambrosia	22:54
1000	Kevin Neff	22:54
M55	Salvador Gonzalez	21:14
dam'	Don Ocana	22:10
1 1	Dick Held	23:58
M60	Catarino Gonzalez	21:13
Janes Hall	Anthony Munk	21:44
	John Kaneshiro	23:04
M65	Don Culton	24:42
The Control	Howard Kayton	27:24
	Paul Balson	46:44
M70	Mario Ambush	33:68
	Philip Fetchko	48:25
M75		26:40
	Ryoji Akiyama 75	28:32
	Leonard Waltz 77	31:33
WAD	Jessica Cheney	21:01
	Melina Wallace	25:47
	Pamela Harris	30:58
W45	Tracy Kierce	21:46
1145	Joan Mensah	22:03
	Jessica Roddy	24:09
WED	Jeannie Thompson	23:29
**50	Kathi Rothner	33:21
		35:06
MICE	Sheery Stein Karen Nawrocki	36:12
4460	Bwernice Balson	27:36
MICE	Shirley Grigsby	42:45
	Esperanxa Murphy	40:06
	Vida Slawson 77	41:23
(Re	sults reported by Bob I	(och)

NORTHWEST

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

		32:18
Carri	e 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		37:37
	Greg Christensne	37:46
	Kai Bergheer	40:07
M55		39:03
		41:20
		43:29
M60	John Seggie	41:46
	Doug Madsen	45:30
	Johan Brouns	48:19
M65		45:32
	Tom Hill	55:27
	Edgar Kousky	58:03
M70		53:16
		55:38
		98:57
W40	Paeivi Luostarinen	
	Heidi Engbersen	39:43
	Ros Gutierrez	40:59
W45	Janet StamperHollan	41:48
		47:03
		49:46
W50		47:06
	Marj PalmroseMace	
	Susan Bierman	51:35
W55	Nancy Wakuri	57:54
	Kerstin Johnson	63:39
		63:40
	Judy McDole	99:53
W70	Rita Horning	1:41:13
	Dam Carri M40 M45 M50 M55 M60 M65 M70 W45 W40 W55 W60	Brent Halse M45 Kirk Fuller Joe Griffin Nigel Rini M50 Clayton Bastian Greg Christensne Kai Bergheer M55 Martti Luostarinen Tom Bedell Thomas Brown M60 John Seggie Doug Madsen Johan Brouns M65 Bob Vaughn Tom Hill Edgar Kousky M70 John Livingston Jim Lawson M75 Jack Rountree W40 Paeivi Luostarinen Heidi Engbersen Ros Gutierrez W45 Janet StamperHollan Tracy Heley Sheila Iverson W50 Jeanne Landrum Marj PalmroseMace Susan Bierman W55 Nancy Wakuri Kerstin Johnson W60 Marjan Wazeka Judy McDole

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

2:18:25

2:37:19

2:23:53 2:24:00 2:38:32

Overall

James lander 27

Devra Verkant 30

M35 Steve Frisone Charles Wallace

Neal Gasmann M40 Bill Cobler

ī	M40	Bill Cobler	2:38:32
żΙ	The state of	Tyrone Black	2:44:52
5	3	Dan Mostrom	2:45:53
0	M45	Jerry Henley	2:34:46
1		Richard Bishop	2:40:42
8	Marie I	Robert Chynoweth	2:44:39
3	M50		2:44:41
6	11130	Dick Beardsley	2:44:48
П		David Smith	2:48:20
	MEE	John Straley	2:58:57
	MISS	Frank Larsen	3:09:30
	M60	Michael Sidman	3:13:13
	MOU		3:11:10
5		Robert Creer	3:19:08
1		Gary Pierce	3:30:04
0	M65		3:14:25
5		Verne Schellhorn	3:17:21
4		Brent Pinder	3:23:21
5 I	M70		3:38:09
5 0 7		Carlos Valla	4:00:23
7 I		Richard Quigley	4:02:49
4	M75	Bob Koch	4:39:53
4		Dewain Jenkins	4:44:47
4		Paul Nance	4:54:34
4 I	M80	Junior Bounous	5:47:48
4 0 8	W35	Suzy Schumacher	2:48:10
вΙ	din	Barbara McManus	
3 I		Anna Judd	2:51:34
4	W40	Lisbet Sunshine	2:44:16
4	A STATE OF	Brenda Graham-Gray	
2		Anjee Chynoweth	
4 4	W45		3:03:50
4		Nankeith Frates	3:04:08
вΙ		Christa Koot	3:08:24
5 0 2 3 1	WSO	Izumi Sugioka	3:12:30
οl	**50	Franne Tennant	3:09:52
2		Diana Jonas	3:12:30
3 I	MICE	Colleen Siuthwick	
1 I	MADO		
7 I		Jeane Groves	3:35:43
вΙ	14100	Peg Reeg	3:46:33
6 I	W60	Sharon Dolin	3:42:59
7 8 6 3 9 9 1		Lynda Lambert	3:50:56
9 I		Suzanne Sobenes	
9	W65		5:24:12
۱ ا		Linda Simmons	5:38:32
		Erika Wiliams	5:44:39
6 2	W70	Shirley Blush	3:47:02
5 6 6		Judith Bullough	4:54:34
5		Elfrede Dalton	5:26:14
6	W75	Charlotte Frank	5:07:26
3 l		Julia Barrett	6:06:18
	(Re	sults reported by Bob	
	100		-

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
and the second of the second	

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

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

14:06
15:21
18:22
20:58
16:51
21:21
21:30
20:42
18:43
20:10
21:45

USATF Open/Masters 5K RW Championships Kingsport, TN;Oct. 7

Overall	
MINIMU	
Tim Seaman 34	21:39
Jolene Moore 40	24:32
M35 Curt Clausen 2nd	22:07
M40 Tony Hackney M45 Ray Sharp	28:20
M45 Ray Sharp	22:18
Douglas Johnson	25:23
Rod Craig	26:07
Damon Clements	27:03
Larry Windes	29:30
M50 Klaus Thiedmann	25:35
Bill Reed	27:15
Steven Shapiro	28:03
Tony Hackney	28:20
M55 John Fredericks	28:32
Andrew Smith	31:46
David Mills	35:35
M60 Leon Jasionowski	25:41
Max Walker	26:09
Norm Frable	
	26:14
James Carmines	27:20
Don Knight	29:31
Richard Pagel	36:24
M65 Paul Johnson	28:46
Marshall Sanders	32:14
Bernie Finch	33:34
M75 Jack Starr	32:24
Robert Fine	33:46
M80 Robert Mimm	38:40
W40 J Moore	24:32
Rebecca Garson	32:13 47:30
Sandra Vance	47:30
W45 Katherine Fincher	34:35
W50 Lynn Tracy	27:29
Debbie Topham	28:36
Lynette Heinlein	30:19
Gloria Foley	30:48
Kathy Finch	34:32
Barbara Amerman	35:17
W55 Marianne Martino	28:01
Joyce Prohaska	30:50
Cathy Mayfield	31:04
Elizabeth Main	33:40
	33.40
Barbara Taylor W60 Kathy Frable	37:28
Woo Katny Frable	31:20
Jolene Steigerwalt	31:23
Sandy Hults	33:43
Keara Lenard	36:51
W65 Rita Sinkovec	32:39
Janet Higbie	32:46
Walda Tichy	33:02
Joyce Curtis	38:00
W70 Bev McCall	32:33
Millia Dalbada	39:19
Millie Prihoda W75 Ruth Ketron	00.10

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DECIDIENTS OF ALL-AMEDICAN AWARDS

					HEUI	PIENTS OF ALL	L-AIVIE	ENICAN F	AWANDS					
M35-39	Jeff Fritz	800 Mile	2:03.40 4:40.0	6/18/06 5/28/06	M55-59	Michial Clark Richard Diedrich Philip Welch	TJ 3K 3K		9/2-3/06 3/15/06 6/6/06		Alan Smith	Mile 1500 800	8:07.57 7:15.16 3:31.58	5/6/06 5/27/06 8/5/06
M40-44	Jeff Koppenhaver Robert Palazzo	DT HT	130-9 131-8	4/9/06 7/22/06	M60-64	Bob Maltby	SW WP	5.04 3149	9/2/06 9/2/06	M80-84	Fred Adams Dick Donley	HT SW HJ	21.16 5.30 3-6	7/8/06 7/8/06 9/23/06
M45-49			13-6 11:39.02	2/19/06 8/4/06 8/3-6/06	M65-69	Pat Cosgrove	3K 10K		3/24/06 4/2/06	THE PERSON	Margaret Kaufman Mary Riley	100 200 HT	16.7 36.40 19.65	7/13/06 9/16/06 7/22/06
	Steve Cooper Mark Lewis	800	2:05.25 2:08.79	7/24/05		William Eisenhart	WP	3027 35.18	9/16/06 9/16/06	Annual Section 1	Barb Thorgrimson Gloria Krug	SP SP	21-1 7.22	6/23/06 8/3-6/06
M50-55	Thomas O'Connor Mike Houar	10K 3K 5K	37:56 10:04.00 17:12.06		M70-74	Steve Wordell Wendell Roehrs	JT HJ 100	128-3 1/2 4-2 13.62	10/7/06 5/30/06 6/24/06			TH TH TO	16.16 14.30 18.22	8/3-6/06 8/3-6/06
	George Sandas	HT	43.70	7/29/06	M75-79	Arthur Kearney	200 JT	29.72 84-7	6/24/06 6/3/06			LJ TJ	2.39 4.85	8/3-6/06 8/3-6/06

	U	.5.	MA	OIE	KS	ALL			ICA	TIN D	IAN	DAL	CD3	
Event		30-34	35-39	40-44	45-49	50-54	FOR 55-59	MEN 60-64	65-69	70-74	75-79	80-84	85-89	90-9
55		6.8	6.9	7.1	7.2		7.9	8.1	8.4		9.4	10.4	11.8	13.
60		7.4	7.55	7.7	7.85		8.5	9.0	9.25		10.0	11.2	12.8	14.
											16.0	18.0	23.0	14.
100		11.0	11.3	11.5	11.9		12.6	13.2	13.8					
200		22.4	23.2	23.8	24.6		27.0	27.9	29.5		35.0	40.2	52.0	
400		51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0		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		15:50	19:10	23:00	26:0
5000		15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00		26:00	29:00	32:30	
10000		32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00		54:30	61:15	68:30	
													00.50	
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	55.0	00.0	01.0	70.0	00.0	55.6	
		10.10	10.30	11.45	12.40	13.30	14.00	0.20	10.20	40.00	44.00	40.00	19:30	
2K-SC						0		9:30	10:30		14:00	16:30		
н		1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
		6-23/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/	4-11/4	3-91/4	3-31/4	2-T/2	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	1	4-5%	13-51/4	12-11%	12-1%	11-7%	10-0	8-101/4	7-101/	7-61/2	6-61/4	5-10%	4-31/4	
W		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
_		21-4	20-1/4	19-21/4	18-41/2	17-8%	16-1/4	14-9	13-91/		10-11%	941/4	7-21/2	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20		6.50	5.94	5.51	
10				37-81/4		34-1%		29-21/2		22-10				
		43-31/4	41-41/4		35-51/4		31-2		26-11		21-4	19-6	18-1	
Shot		14.50	14.02	13.41	12.62		12.00	12.80	11.50		9.00	8.00	6.00	
		47-7	46-0	44-0	41-5		39-41/4	42-0	37-81/		29-61/h	26-3	19-81/4	
Discus		44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
		147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-21/4	50-0	
ammer		47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
		155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-71/2	56-0	
lavelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
Javeilli		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10		78-9	62-4	46-0	
								12/-11	114-10			02-4	40-0	
35#WL		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
		19-21/2	45-111/4	42-8	39-41/4	32-91/4	29-61/2			19-81/4	16-41/4			
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	6.0
desir of	-	19-21/2	45-111/4	43-5%	41-01/4	46-9	43-5%	45-11%	43-51/	44-31/2	38-61/4	32-91/4	28-81/2	19-8
up.Wt.		9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
(56#)		31-2		27-10%	26-3	19-81/4	18-1/2	16-41/4	14-9		9-10	8-21/2	6-61/4	
Pent		2800	2600	2600	2600	2600	2600	2600	2600		2400	2200	2000	
			5250	5250	5000	5200					4200	3000		
Decath.		5500					5000	4500	5000				2500	
L Pent		2800	2700	2800	3000	3000	300C	3000	3000	2600	2700	3000	3000	
otes:	1)					tic time; u	se stan							
	2)		t hurdles			9"		-59: 36)-69: 33°		-79 30"	80+:	27
	3)	Long	hurdles	3	149: 3	6"	50	-59: 33	" 60	-69: 30	70	+: 27"		
	4)	Shot	put:	3	0-49: 7	.26k (16#)	50	-59: 6k	6	0-69: 5k	70	-79 4k	80+:	3k
	5)		us throw:			kg					kg	177		
												70. 41.	-	
	6)	Ham				.26k (16#)		-59: 6k)-69: 5k		-79: 4k	80+:	
	7)	Jave				00g		-59: 70		0-69: 60		-79: 500g	80+:	
	8)	Weig	ht:	3	0-49: 3	50	50	-59: 25	# 6	-69: 20	70	-79: 16#	80+:	12/
	9)	Supe	erweight:	3	0-69: 5	64	70	-79: 35	. 8)+: 25				
	10)		Dec/WLP			AAF pts.;								
	,		ic height											

			JALL		dentis		RDS OF I	CACELL	ENCE	OR RAC	EWALE	LERS
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	501
N30	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	5:37:3
N35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
N40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37		2:32:33	3:08:56	4:22:13	5:55:4
N45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08		2:38:56	3:17:00	4:33:31	6:11:2
N 50	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	6:29:0
N 55	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	6:49:2
N60	9:17	10:01	19:01	32:51		1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
W65	9:48		20:06	34:43		1:10:37		2:30:12	3:14:51	4:02:20	5:37:25	7:39:
W70	10:26	11:15	21:22	36:54		1:15:01		2:39:54	3:27:38	4:18:30	6:00:18	8:11:
N75	11:10		22:51	39:28		1:20:14		2:51:18	3:42:50	4:37:46	6:27:35	8:49:
W80	12:03		24:41	42:37		1:26:38	2:15:15		4:01:36	5:01:39	7:01:26	9:47:
N85	13:13		27:05	46:45		1:35:01	2:28:37		4:26:20	5:33:10	7:46:16	10:39:
N90	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				2:32:17	3:27:30	4:31:
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28		2:06:56	2:34:14	3:30:17	4:34:
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03		2:11:29	2:39:47	3:37:53	4:44:
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10		2:46:05	3:46:36	4:56:
M50	7:33	8:05	15:23	26:33	43:25	54:32		1:51:37		2:53:13	3:56:29	5:09:
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:
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		5:41:
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:
M70	9:08	9:50	18:44	32:18	52:46	1:06:21		2:16:35		3:33:31	4:52:23	6:23:
M75	9:43	10:28	19:55	34:20		1:10:35	1:48:13	2:25:34		3:48:05	5:12:40	6:50:
M80	10:26	11:14	21:22	36:50		1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:
M85		12:13	23:14	40:04		1:22:26	2:06:43		3:39:31		6:10:11	8:07:
			25:58			1:32:08	2:21:52 rval (e.g.			5:03:17	6:57:43	9:11:

	U.S	MA	ST	ERS	AL	L-A	ME	RIC	AN	STA	NDA	KD:	5
							WOME						
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	90-9
55	8.0		8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5		68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33		2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10		5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40		6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50		1000		
HJ	1.40		1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7		4-2	4-0	3-8	3-6	3-4	3-21/4	3-01/4	2-11	2-9		
PV	2.70		2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
1000	8-101/4		6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/2	2-7%	2-31/4		
W	4.60		4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
-	15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/2	6-10%	4-11		
TJ	9.50		8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	-	
10	31-2		27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9	1216	-
Shot	10.30		8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
SHOL	33-91/		27-11	27-61/4	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	14-1%		
lavelin	35.00		28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
aveilli		109-11	91-10	82-0	75-5%	72-8	65-7%	55-91/4	52-6	49-21/2	39-41/4		
Discus	32.00		25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
Jiscus	105-0		82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-11%	42-8	36-11/4		
ammer	35.00		30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
anninci	114-10		98-5	82-0	75-5%		68-10%	59-1/4	45-111/4	39-41/4	29-61/2		
Weight	10.00		9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
reigni	32-9%		29-61/2	26-3	29-61/4	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2		11-5%
up.Wt.	6.50		5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	10-071	13-1	11-01
up.w.	21-4		18-1/2	16-4%	17-2%	16-4%	15-7	14-9	13-1%	11-5%	100		
t.Pent.	2600		2500	2500	2800	2600	2600	2500	2500	2400	2300		
Lreil	2000	2500	2300	2300	2000	2000	2000	2300	2.00	2400	2.00		
											SME		w,
lotes:		100 sta Short h			or aut		time;			conve	rsion fo	r hand	time
		Long h				30":	60+:	27					
						lk:	50+:	31					
		Shot p											
		Javelin	1:			600g;	50-59)0g;	60+:	400g		
	5)	Hamme	er:	30-	49: 4	lk;	50+:	31					
		Weight		30-	49: 20)#:	50-59	9: 16	#:	60+:	12#		
		Superv			49: 3		50-79			80+:			
													19.
	8)	Metric	neigh	ts and	distar	ices ar	e the s	tandar	a; reet	and in	ches lis	tea for	100

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GRO	UP		
ADDRESS	S	EX: M	200	F
CITY	STA	TE_	ZIP	
MEET	DATE	OF MI	EET_	
MEET SITE	New York Control of the Control of t			
EVENT	MARK			
HURDLE HEIGHT	WEIGHT OF IM	PLEM	ENT_	
☐ CERTIFICATE	☐ PATCH			PATCH TAG

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

 4. Send to: All-American, *National Masters News*, P.O. Box 50098, Eugene OR 97405.

 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.