

208th Issue

December, 1995



is summinent in

The M40-49 team winners from the Taconic RRC, collected \$400 for their victory in the USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15, from left: (standing) Bob Hermesch, M45, Ken Filmanski, M40, Rob Briglio, M45, (kneeling) Joe Porcaro, M45, and Anthony Galfano, M45. The team comes from upper Westchester County and Putnam County in New Photo by Nick Caswell

Sparkowski, Brown Win 10K X-C

from PETE GLAVIN, Meet Director Ed Sparkowski, M40, Simsburg, Conn., and Cathy Brown, W45, Fairport, N.Y., were first overall in the USATF National Masters 10K Cross-

Snyder, Marchetti Best in U.S. **5K X-C**

by JERRY WOJCIK

Scott Snyder, M40, and Jo Marchetti, W50, won masters titles in the USATF National Masters 5K Cross-Country Championships in Landen, Ohio, on Nov. 11.

Snyder took a 12-second win over fellow Run Ohio Club member Rich Ventura, M40, with a 16:58. The race was highlighted by dropping temperatures, gusting winds, rain, and sleet. The Run Ohio Club won the M40-49 team championship. Continued on page 25

Country Championships, Canandaigua, N.Y., on Oct. 15. The championships returned to its 1994 site on the challenging Finger Lakes Community College course, but while the weather in 1994 was near perfect, runners in this year's race faced 50° and gusting winds.

Sparkowski fought off an early challenge by Charlie McMullen, M40, Rochester, N.Y., to win with a 33:13. McMullen finished in 33:35. Pete McNeil, Sayville, N.Y., was third in 34:02.

Rick Hoebeke, Trumansburg, N.Y., repeated his 1994 M45 win with a 34:40. Terry Delph, Hellertown, Pa., ran a 35:35 to dethrone last year's M50 winner, Ray Kneer, Summer Hill, N.Y., second with a 37:35.

In the M55 race, Roland Cormier, third M50 last year, took a 25-second M55 win with a 37:22 from Charlie Kellogg, Honeoye Falls, N.Y. Bob Milner, Bouckville, N.Y., won the M60 race in 41:09.

Ed Stabler, North Syracuse, N.Y., M65, 44:33; Ed Buckley, Clinton, Continued on page 25



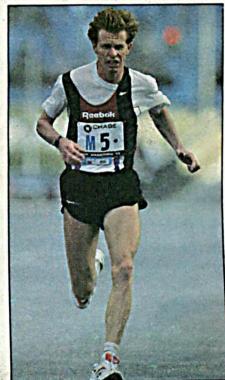
by MARILYN J. MITCHELL

The Brits took top masters honors on both the men's and women's sides of the 1995 New York City Marathon, Nov. 12, with 40-year-old Hugh Jones (2:19:58, 29th overall) and Gillian Horovitz (40, 2:48:17, 17th female overall) each winning \$3000 masters prize money.

Jones was almost smirking, having had the advantage of a Nov. 1 birthday vaulting him into the new 40-year age category. His 2:19:58 is the 10th fastest masters time for the race.

The 1982 winner of the London Marathon (2:09:24) and 1981 thirdplace New York finisher (2:10:59), Jones still runs competitively and admits that, "I'm one of these people who earns a living at athletics.'

He earns money in what he calls "races in far-flung places," and last year gainfully worked for the London Marathon on exhibition events. Married with three children and living in London, he's thinking about the 100th running of Boston next April but has Continued on page 24



Hugh Jones winning the masters division of the Photo by Victah New York Marathon.

Simon, Hampton Top Masters at Marine Corps Marathon

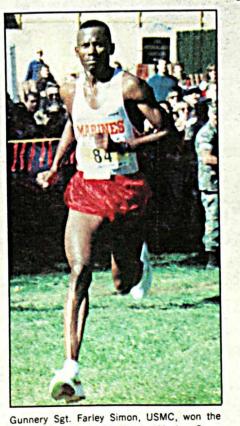
by MARILYN J. MITCHELL

Forty-year-old Gunnery Sgt. Farley A. Simon, United States Marine Corps (San Diego, Calif., 2:25:25) and Joy Hampton (48, Clarksboro, N.J., 3:17:39) were the top masters in the 20th running of the Oct. 22 Marine Corps Marathon in Washington, D.C.

The race, which proudly bills itself as "The People's Marathon," continues to eschew prize money and promotes the race for people who run for the love of the sport. It's now the fourth largest marathon in the United States.

Simon had a good 4th place finish in a field of 18,400 registered runners (14,618 finishers), not far off the men's masters record for this race of 2:24:36, posted in 1981 by Bill Hall, 41, of Durham, N.C. Hampton's time, 49th among 3716 female runners, was quite a bit off the female Marine Corps Marathon record of 2:50:51, posted in 1983 by Diane Palmason, 45.

Top male overall was Darrell General (29, Maryland, 2:16:34). First female was Claudia M. Kasen (38, Williamsburg, VA, 2.49.21). Sub-vet Kasen fulfilled her dream of qualifying Continued on page 24



masters title (2:25:25) in the Marine Corps

Official U.S. Marine Corps Photograph

Marathon.

Photo by G. Prados

National Masters News

December, 1995

Burn it off

Rod Dixon, one of the world's most versatile runners for the last 25 years, has never believed in a high-carbohydrate diet. Even at age 45, he continues to win world championships and still has the same amount of body fat he had at age 20. Rod firmly believes that his diet is a major contributor to his versatility and longevity. not to mention his personal records -- 3:53 in the mile and 2:08 in the marathon.

A MARINE MARI

page 2

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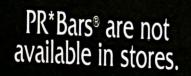
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818/786-1981

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The National Masters News (ISSN-0744216) is ublished monthly, with an annual subscription rate

of \$26.00. Main office address: 6200 Hazeltine Ave., #R, Van Nuys, CA 91401. Mailing address: P.O. Box 50098, Eugene, OR 97405. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication its editorial policy is not necessarily that of USATF or WAVA

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that af-fect the world of masters athletics competition.

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for masters athletics events.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 50098, Eugene OR 97405. Phone: 503/343-7716; Fax: 503/345-2436.

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National Masters News

December, 1995



METRIC SCORING

page 4

I am writing in rebuttal to Joe McDaniel's letter in the November NMN and in defense of Mike Tymn regarding the issue of the metric system. Just so McDaniel knows, I am writing this letter on my PC, not an Underwood typewriter.

The problem with the metric system in the U.S. is that we grew up with the English system. My 21/2-year-old son, Kyle, is 3 feet tall and I tell him that. I don't tell him that he is .89 meters. My driver's license states my height is 5-10, and not some metric equivalent that no one in the United States understands.

Sure, I know a meter is a bit more than 39 inches, but that is beside the point. The point is that I, as well as thousands of track fans, cannot visualize how far a javelin throw of 70.68 meters is without converting, and track is hurting enough in this country without asking people to convert such a mark to appreciate or to not appreciate the throw.

A bit of irony here, and you can check with any field eventer, is that he understands how far his throw or jump is, but still cannot relate to another field eventer's mark. For instance, the javelin thrower who threw 70.68 understands that mark as well as his competitor's mark of 66.80 or 75.33, or whatever, but he does not relate to a 1.90 high jump. I know that such a jump is around 6 feet, but that is not accurate enough since I don't know if that jump is in fact 6 feet or 6 feet 6 inches.

Consequently, as much of a track

fan as I am, when I get to the field event section of the results, I simply skip them because, quite frankly, I can't be bothered to convert. It was never ingrained in me at an early age that I weighed 6.7 kilos or that my waist size is .74 meters and inseam is .78. I never heard a football announcer say it is second down and 4.3 meters to go. Feet and inches is as American as apple pie. The distance from the pitcher's mound to home plate is measured in feet. The standard height of the basketball rim is 10 feet, not 3.3 meters.

Without the English measurement system, just think how meaningless the sub-4-minute mile would be or the 60 ft. triple jump or the 30 ft. long jump or the 20 ft. pole vault or the 8 ft. high jump. We would have the 18-meter triple jump barrier, but it just isn't the same.

Along with a multitude of track fans, I just cannot relate to the metric system, and I am not a person who is resistant to change. In my line of work things are always changing and I would not have lasted 15 years in this field if I were resistant to change.

McDaniel talked about the 5K and 10K races. I occasionally run those distances, and in a 5K at my pace, I always subtract 30 seconds and then divide by 3 to get my per mile average. I bet there are many others who do the same as opposed to dividing by 5 to get their per kilometer average.

McDaniel also asked if Tymn understands what 18.29 dollars is. Well, of course, Tymn grew up with dollars. I can tell you though, being from Jamaica, I went through a period of time of converting the U.S. currency to my native country's currency to understand what I was paying for things. Youngsters too from foreign countries will translate English spoken to them into their native language until eventually the familiarity from the English language no longer calls for this practice in order to comprehend what is being said to them.

Enough said, but one final request to NMN. Please list marks in metric and English measurement, like Track and Field News does, for our further enjoyment and full appreciation of the sport.

> Peter Mogg Simi Valley, California

After reading the October article by Mike Tymn and the response by Mr. McDaniel, I can only assume Tymn sincerely hopes he never does or says anything that really upsets McDaniel.

I agree with Tymn. Call me what you will, but I cannot relate to jump and throw results given in meters. My simple mind can handle race distances in meters.

My humble opinion is that 90% of masters athletes in the U.S. would prefer to see jump and throw results in feet and inches.

It is also my opinion that doing so would not have a negative impact on the U.S. or its standing with the rest of the world. I love your publication and look forward to it coming - keep up the great work.

> Ben Lane North Little Rock, Arkansas

I just had to respond to Mike Tymn's column after I read one reader's overreaction. I believe the subject of the article was the mile. Now, there is a sweet distance. The mile. Even the everyday runner understands what a mile is. I will be 50 in just a few weeks. My goal is to run a mile under five minutes.



Lorraine Gersitz of Fullerton, Calif., set a new U.S. W40 100K record of 8:33:06 at the World Challenge 100K in Winschoten, Netherlands, Sept. 16. She finished fourth U.S. woman, breaking the old mark of 8:42:03, set by Debbie Pebbles in 1992, by nearly nine minutes.

Photo by Bruce Guter

You want to know what running a 1500 is like? It is like running a PR at a local 5K only to find out that the race director cut the course short on you. Even at my age I have adapted to running 5Ks. However, I still want to know my mile split.

I'm not bigoted. I do understand third grade math and am not mentally lazy. I actually understand that a 5K is 5000 meters. But the 1500. What a bastard distance. Whose brain child was the 1500? We could have kept the mile and joined the modern world by going to a 1600m.

There is something about the mile that will always be part of track history. Maybe it is because that is what Roger Bannister ran. The mile. Now there's a distance you can be proud to run under 5 if you are 50. That is my goal. I just hope I can find a track meet that still has the mile.

Philip J. Found Denver, Colorado (Mile enthusiasts will be pleased to Continued on page 17

Four Join NMN Sustainers

Each month, 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. Special thanks this month go to:

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		TIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS						
		MARCH 29, 30 & 31, 1996 BORO COLISEUM - GREENSBORO, NORTH CAROLINA						
	MEET SCHEDULE	GENERAL INFORMATION						
and the second								
6:00PM 7:00PM	FRIDAY, MARCH 29 OPENING CEREMONIES PV-M60+ TJ-WOMEN 	ELIGIBILITY IS OPEN TO ALL MEN AND WOMEN 30 YEARS OF AGE AND OLDER. INDIVIDUAL IN S- YEAR AGE GROUPS. RELAYS IN 10-YEAR AGE GROUPS. USATF COMPETITION RULES WILL BE USED IN THE CONDUCT OF THE MEET. USATF CHAMPIONSHIP MEDALS WILL BE AWARDED TO THE FIRST THREE PLACES IN EACH AGE DIVISION/EVENT. REGISTRATION WILL CLOSE ON MARCH 22, 1996 FOR ALL EVENTS EXCEPT THE RELAYS WHICH WILL BE ON-SITE ONLY-TIMES OF REGISTRATION FOR RELAYS WILL BE POSTED AT THE TRACK SITE. ORDER OF COMPETITION WILL GENERALLY BE WOMEN FOLLOWED BY MEN - OLDEST TO YOUNGEST. THERE WILL BE SOME EXCEPTIONS TO THIS TO ALLOW FOR MULTIPLE EVENT PARTICIPATION. THIS INFORMATION WILL BE POSTED AT THE MEET SITE.						
9:00AM	SP-W30-39 PV-M40-49 HJ-M50-59 60 METERS-PRELIMS-ALL	AGE GROUPS MAY BE COMBINED TO FILL SECTIONS. STARTING BLOCKS WILL BE PROVIDED. 3/16 INCH SPIKES ONLY-MAY BE USED. WARMUP AREA WILL BE PROVIDED, SEPARATE FROM THE COMPETITION TRACK.						
10:00AM	WT-M70+ LJ-M30-44 SP-M40-49 PV-M50-54	THERE WILL BE 2 SHOT/WEIGHT THROW CIRCLES ON TO A DIRT SURFACE. PACKET PICKUP WILL BE AVAILABLE AT THE GREENSBORO COLISEUM BEGINNING AT 12:00 NOON ON FRIDAY MARCH 29, 1996.						
11:00AM .	60 METERS-FINALS WT-WOMEN LJ-W50+	NAMEADDRESS						
12:00PM		CITY STATE ZIP						
1:00PM	SP-M60-69 WT-M30-39 HJ-M30-39 LJ-M70+	PHONE(AGE(as of 3/29/96)DATE OF BIRTH						
2:00PM	SP-M50-59 SP-W40+ PV-M30-39	1996 USATF # MALE FEMALE						
a Strength	LJ-W30-49	EVENT FEES: FIRST EVENT - \$25.00 SUBSEQUENT EVENTS - \$15.00 RELAYS - \$40.00 RECENT						
3:00PM		EVENT PERFORMANCE FEE						
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	LJ-M45-49	1. Description of the second						
4:00PM	SP-M70+ PV-M55-59	2						
(Heard	HJ-M40-49	4						
5:00PM	60 METER HURDLES- ALL WT-M60-69	i 5 i						
a subury to	LJ-M50-54							
6:00PM	WT-M50-59	7 8						
1000	LJ-M55-69							
7:00PM	4x800 RELAY GENERAL MEMBERSHIP MEETING	TOTAL FEES						
	HOLIDAY INN-FOUR SEASONS SUNDAY, MARCH 31	T-SHIRT ORDER - \$12.00 (pre event) TOTAL NUMBER AMOUNT @ 12.00						
8:00AM	TJ-M30-49	SM MED LG XL XXL XXXL						
9:00AM								
-1 199 200	SUPER WT-ALL	FEES DUE: MAKE CHECKS PAYABLE TO: EVENTS 1996 TRACK & FIELD CHAMPIONSHIPS						
10:00AM	TJ-M50-64 200 METERS-PRELIMS-ALL	AND MAIL TO:						
	TJ-M65+	GREENSBORO SPORTS COMMISSION						
1:00PM	800 METERS-ALL	PO BOX 3222						
2:00PM	200 METER FINALS-ALL	GREENSBORO, NC 27402						
3:00PM 4:00PM		ENTRY DEADLINE IS MARCH 10, 1996 - LATE FEE OF \$10.00 PER EVENT AFTER 3/10 NO ENTRIES AFTER MARCH 22, 1996.						
if the star	TRAVEL INFORMATION							
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ENTRY	Y FORMS AND DETAILED INFORMATION BE SENT WITH YOUR TRAVEL PACKET.	APPLICANT SIGNATURE DATE						

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December, 1995



Pillows, Cheaters, Courage, **Gluttony & T-Shirts**

ince giving up competitive running a few years back, I've been searching for a good routine, one that will give me a fairly intense workout without having S to push myself to the edge as I often did when racing. George Foreman, perhaps the most successful over-40 athlete in history, has provided me with that routine. It appeared in the USA WEEKEND supplement of my paper last Sunday. Just in case you didn't see it, here is the routine Foreman recommended in his weekly fitness column to a Shreveport, Louisiana reader who wrote in asking for a way to stay in shape without killing himself:

• Put three pillows on the living room floor — one north, one south, one east. Then walk in S-curves around them for half an hour.

 Take a box of golf balls, as many as 300, and drop them around your yard. Then pick them all up.

 Take a jar of pennies out onto the backyard patio, put them at one end and an empty bucket at the other end. Walk back and forth, picking up a penny at a time until you've emptied the jar into the bucket.



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Foreman says that it was this way that he got back into shape after 10 years out of the ring.

Big George didn't say whether a person should attempt all three excercises in one day or do just one a day. I decided to begin cautiously and try one a day. The pillow exercise was tough but I managed to finish it with only two brief water breaks and one time-out to argue with my wife, who was afraid I'd knock over the fishbowl when I went into oxygen debt and began to struggle.

I could only find three golf balls around my house but I picked them up and dropped them 100 times, which should have been the equivalent of Foreman's recommended workout. I maintained a pretty good pace and could really feel it in my shoulders and arms for the next few days.

Foreman didn't say how big a jar of pennies one should use. I have a 10-gallon jar with about \$200 worth of pennies. I was concerned that it would be a bit much to attempt that many, so I opted for a jar of quarters with around \$25 in it. I think the extra weight made it every bit the equivalent of all those pennies.

I needed a day of recovery after that last one, but I've built up to the point where I can now do back-to-back routines, taking only one rest day every week. You might want to give it a try. However, I'd suggest you get a complete physical first and don't attempt too much the first day. **Degrees of Cheating**

I was a bit mystified by Tom Derderian's article in the November

COMING NEXT MONTH

- 1995 Masters Athletes of the Year USATE Convention
- Report 1995 Schedule of Events



Wise up, Lasse, or I'm not going to let you get up

issue of Running Times. Referring to the infamous Rosie Ruiz affair in the 1980 Boston Marathon, Derderian quotes David Isenberg, an author of an item called "Sport in the 20th Century," as follows: "Imagine an impostor coming to the plate in the World Series to hit a game-winning home run, or a fan in full gear and uniform jumping out of the stands to catch a gamewinning pass in the Super Bowl . . ."

Tom, your book on the Boston Marathon was great and so was the rest of the article on the Rosie affair, but the analogy here completely escapes me. If some nobody were to disguise himself as a well-known ballplayer and make it to the plate to hit a homer in the World Series, that would be a real accomplishment. Once found out, the person would probably become an instant celebrity.

Is that cheating? By whom? But that leads me into the issue of types of cheating. Is one type of cheating worse than another type of cheating? Last year, Albert Belle, slugger for the Cleveland Indians, was suspended from baseball for 10 days for using a corked bat. Such bats give extra distance to the ball and are illegal. They didn't take any of his home runs away and this year Belle went on to lead the major in homers with 50. No one seems to frown on Belle's achievement even though there apparently remains some suspicion that he is using an illegal stick now and then.

What is it that makes Rosie Ruiz's abbreviated marathon worse than Belle's accentuated home runs? Why can Belle be so easily forgiven and not Rosie?

Defining Courage

From the curiosities section of my little notebook, I go back to the New York Reebok Games track meet in May and a comment by one of the announcers that a runner pulling away with 300 yards to go in the 3000 is "showing a lot of courage." His definition of courage is not the same as mine or the one in my dictionary. As I see it, if the guy makes his move with 300 yards remaining, he either has a lot left or doesn't have the finishing kick

Photo by Mike Tymn

over the final furlong that his competitors have. Courage? Give me a break.

Wisdom of Aging

Also from my curiosities section is a statement made by Carl Lewis in May, shortly before turning 34. ". . . if this year is great, everything is great for next year" Lewis was quoted in USA Today. How can anyone say something like that? How does he know how much a year will affect his speed at that age? He might lose only a small fraction of a second between 34 and 35, but that fraction can mean the difference between a medal and not even making the team.

About the same time, I read that Lasse Viren, the four-time Olympic champion, announced that he had plans to represent Finland in the marathon at the World Marathon Championships in August at the age of 45. He needed a sub-2:16 to qualify and said he had no doubt that he could do it. I don't know what happened to Viren, but he didn't make the team. What makes a guy who hasn't run within a half-hour of 2:16 in a dozen years make such a prediction?

And speaking of Lewis and rival Linford Christie, do you realize that baseball's new Ironman, Cal Ripken, is the same age as Christie and just a year older than Lewis? Ripken looks so much older, doesn't he? **T-Shirts**

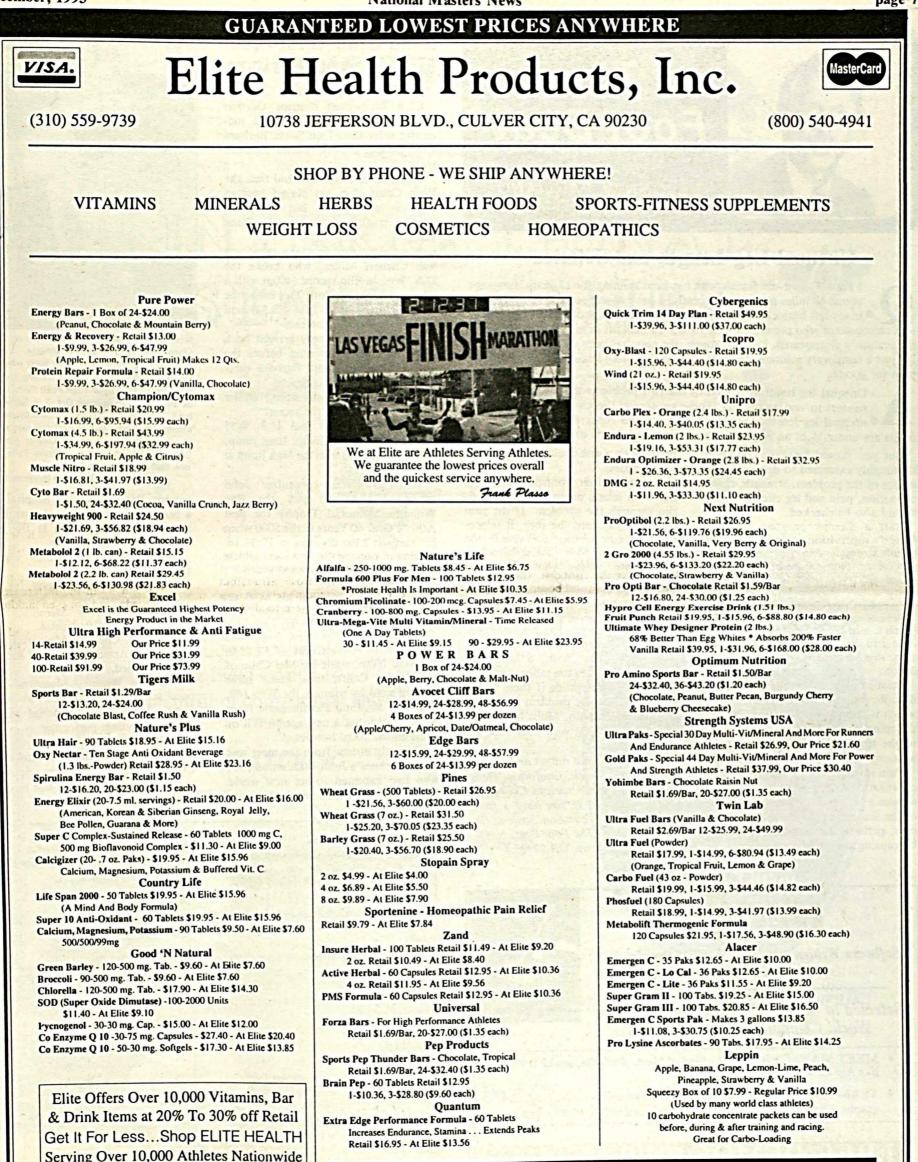
Will someone tell me why we have to pay for t-shirts and other attire that advertise shoe company products? Shouldn't they be paying us to advertise for them? Something's wrong here. **Gluttony and Sloth**

The movie "Seven" allowed me to recall the seven deadly sins, as learned in my grammar school catechism: pride, lust, gluttony, greed, sloth, envy, and wrath. In last month's column, I wondered why athletes talk so much about pride as a positive thing. This month I'm wondering why I see so many priests and ministers so obviously guilty of gluttony and sloth. How can they stand up there and preach to us about our sinful ways when they can't discipline themselves to control their appetites or to exercise regularly?

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National Masters News

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ASK FOR YOUR FREE SAMPLES

National Masters News



page 8

The Foot Beat

D.P.M.

Unequal Leg Length and Sciatica

I am a 42-year-old female who has been running for 12 years. I average about 40 miles per week. Recently, I have developed sciatic nerve pain in my left buttock and occasionally down the back of my left leg. I went to a chiropractor who prescribed wearing a 3/16-inch lift in my shoe and the pain miraculously disappeared. Lately, though, the pain has been coming back. Is the lift just a temporary solution, and is there anything more I can do to get rid of the pain for good?

A Unequal leg length and sciatica are two problems that seem to plague runners to varying degrees. There are several theories as to the cause of unequal leg length. Usually, we are not too concerned if the measurements are under 1/4 of an inch and there are no complaints of pain.

But you should have the condition thoroughly examined to determine the source of the problem. Strength, range of motion, pain and leg circumference should also be checked.

Start a therapy program under a doctor's supervision at once. It should include strengthening, range of motion exercise or biomechanical devices to reduce any type of structural abnormality.

It appears that your condition could have been caused by running excessively and it may be wise to find a coach or trainer to develop a cross-training program that will not aggravate your condition.

Sciatica is a general term used to describe irritation of the sciatic nerve, which is formed by the nerve roots in the spine, passes through the pelvis into the leg, and terminates in the toe area.

Pain is usually caused by a pinching or irritation to the nerve. In many instances it becomes compressed by some of the muscles in the hip area. In your case, perhaps the leg instability could be causing the problem. Pelvic tilt or pressure on a disc could be a few of the other causes.

Runners often confuse hamstring pull with sciatic nerve pain and try to run through the problem. If the pain extends down into the foot, it is probably a sciatic problem and you should seek help from your back specialist or neurologist. Sciatic pain often lasts longer, and comes and goes.

In either case, you should seek out professional help prior to continuing your running program. Often simple lower back exercises can help this condition. Leg exercises may irritate it. You may also wish a complete biomechanical examination of the lower leg to determine if there is any type of orthopedic problem that could be causing the pain. Moist heat packs and aspirin, along with your shoe lift should help. \Box

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

22nd Club West Meet Held in Santa Barbara

by BEVERLEY LEWIS

Club West meet director Gordon McClenathen hosted his second successful meet Oct. 7 on Santa Barbara City College's Nick Carter Spartan track.

This year marked the 22nd time the West Coast club has played host to what is usually the last important masters track and field meet of the year.

A standout among many standouts was Christel Miller, who broke the U.S. W60 javelin record (400g) with a throw of 93-8 (28.55m). This broke the previous mark of 92-10¹/₄ (28.30) held by Ohio's Bernice Holland.

Miller, who had only arrived back from Europe the evening before the meet, rushed to Santa Barbara early the next morning to compete.

"I didn't even get any sleep," Miller said. "Maybe that's the secret?"

Miller, who holds four U.S. W55 records (80H, high jump, long jump, triple jump), also won the high jump at $3-11\frac{1}{4}$ (1.20).

Well-known race organizer John Brennand ran off with the Ray Williams Memorial Trophy for Best Athlete Over 60 Years in the 5000 when he won the M60 division in 19:24.16. Brennand became the first local athlete to win this trophy in several years.

Ted Hatlen, also from Santa Barbara, won five golds in his M80 age group in the shot, discus, javelin, high jump and 50m.

Eddie Watson of New York was pleased with his fast time of 12.19 in the M50 100m, while Fei-Mei Chou of Sunnyvale, Calif., took home three bags of gold by winning the W60 100, 200, and 50. Emil Pawlik came from Mississippi to set a new age-56 WR of 14.97 in the 100m hurdles.

Glaringly absent from the meet was Santa Barbara's John Whittemore, 95, who had expected to set new world 95 + hammer throw and shot put



Mrs. Mary Cheadle, widow of former UCSB Chancellor and masters athlete, Vernon Cheadle, is pictured with Club West president Gordon McClenathen, who is holding the Vernon Cheadle Memorial High Point Field Trophy at the club's recent meet Oct. 7 in Santa Barbara. The Cheadle Trophy, donated by masters athlete Ted Hatlen (Santa Barbara) was won in this inaugural year by Arnie Gaynor (Orange, CA) and Richard Hotchkiss (Grass Valley, CA) who tied for first place.

Photo by Beverley Lewis

records. But he was in the hospital with a broken hip. Earlier in the week, he had stepped off a curb at the local market and fallen heavily.

Besides Brennand, trophy winners this year were:

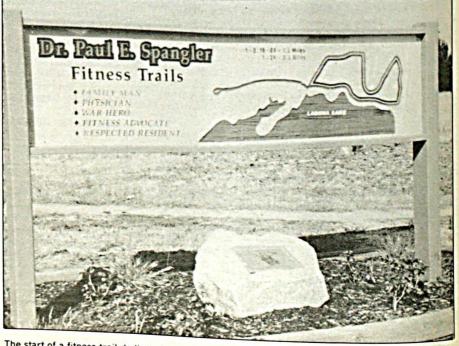
Hubbel-Herman trophy for best hammer thrower over 70: Bill Bangert.
George Adams Memorial high point track: Paul Raymond.

• Vernon Cheadle Memorial high point field: Arnie Gaynor and Richard Hotchkiss tied.

• Jimmie Whitney Memorial high point track and field: Emil Pawlik.

• Paul Spangler Memorial trophy for outstanding performer over 80: Ted Hatlen.

The meet honored the memories of Cheadle, Adams, Williams, Spangler and Whitney. (Results in last month's issue.)



The start of a fitness trail dedicated to the late Paul Spangler, in his home town of San Luis Obispo. Calif. Photo by Jon Lomax



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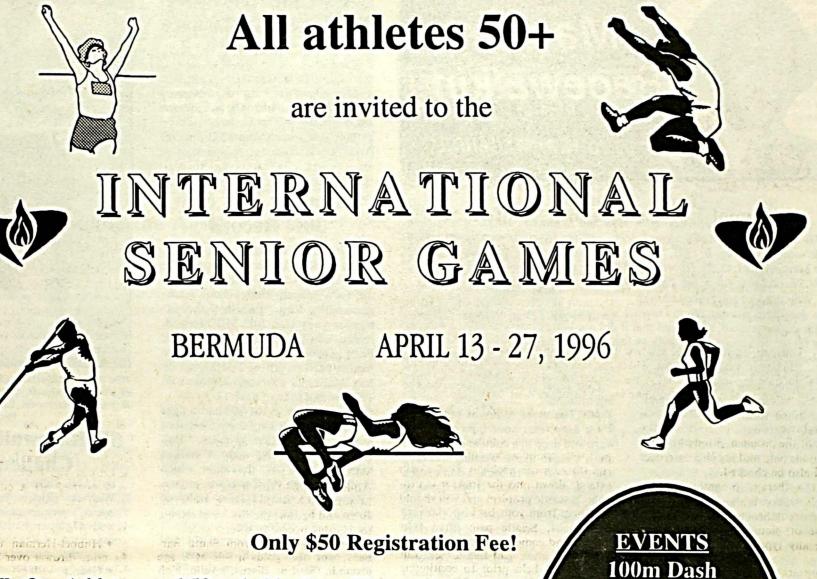
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Who? Athletes aged 50 and older from 50 countries What? 25 athletic and cultural events When? Track & Field - April 14 - 17, 1996 Why? The thrill of competition and camaraderie

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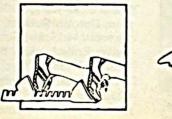
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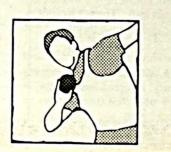
Ron Clarke

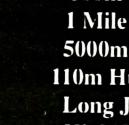




200m Dash 400m Dash 800m Run 1 Mile Run 5000m Run 110m Hurdles Long Jump **High Jump Shot Putt Javelin Throw Race Walking**

Also a 10k roadrace and a 5k walk!





National Masters News



Jim Carmines

Jim Carmines started racewalking in 1990 and began to compete seriously in 1991. He burst on the national scene quickly, settling for silver medals only when Don DeNoon was racing. In 1995, M50, he won the 5K gold medal at the Nationals in East Lansing in 23:43.66. He won the 5K silver medal at the Worlds in Buffalo in 24:01.97, and was 4th in the 20K, 1:52:24.

EW: Why did you start racewalking?

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JC: I developed plantar fascitis when I was jogging. I went back to walking, which I had always liked, and found that it did not bother my feet. Then I started pushing myself to see if I could walk as fast as I was jogging.

sore.

hip rotation?

back, front to back.

add up to better time.

program that you follow?

themselves.

"I've finally got it!" But I went home

EW: How would you describe the

JC: The more technical people say

it's a drop, that your hips move for-

ward and drop in a circular motion. To

me it's more like a washing maching

agitator - front to back. I don't feel a

drop in my hip. Mine is just front to

In racewalking I feel that the legs

give you 60 to 70 percent of your effort

in a race; you pick up 10 to 15 percent

from toe pushing, and 10 to 15 percent

from good arm movement. So many

people are not getting the pace they

want because they're only using 60 to

70 percent of their abilities - just their

legs. If they used the push in their toes,

used their arms and the little bit that

they can get out of the hips - it would

EW: I noticed that you would not

miss your workout the other night

because of a target race. You are ob-

viously very disciplined. Do you have a

rotates on a two-week basis rather than

a one-week basis. A lot of people do

the same thing each Monday, Tuesday,

etc. I have a program that carries me

on a two-week schedule with only three

days that more or less repeat

Saturday is usually a long, slow

Sunday is a recovery day doing a

Monday is my day off and I usually

lift weights. About fifteen years ago I

lifted weights regularly so my weight

lifting is much heavier than I would

recommend for racewalkers. I am cur-

rently benching 135 pounds ten times.

The maximum that I benched was 225

pounds - so I have come down. All I

am doing now is maintaining. I en-

courage people to use 5 to 7 pound

weights to develop their arms, and 30

to 40 pounds for benching. I do

nautilus and free weights for my legs.

termediate and speed workouts. I call

Midweek I do a variety of in-

short distance - anywhere from 5 to 7

distance day of 14 to 18 miles.

miles at a much slower pace.

JC: I have a training program that

I probably got to a 12:00 minute mile when I heard about racewalking. Then I started getting some literature, going to clinics, talking with people, and entering some local races. This was about four years ago.

At this time, I hooked up with Jeff Salvage out of Philadelphia and his Phast group and met Lynda Brubaker. From there, I went down to the Potomac Valley Walkers, took some clinics from Bobby Briggs, and joined their club. I have learned a little bit from many people by talking with them and having them show me what they do.

EW: When you were learning the technique, what was the hardest for you?

JC: Hip rotation was the hardest. It took me nine months before I could get my hips rotating at will. Stretching helped loosen my hips and lower back. And I practiced and practiced my technique, especially during my long slow distance weekend walks. I would do a series of 100 meters focusing on my hips, on my arm swing, on my head position, on foot placement, leg straightening, and back to my hips. I would also accelerate for 100 meters, and rest for 100 meters. I would keep shifting my focus every 100 meters from one part of the technique to another as long as I could keep it up.

EW: As hip rotation is often hard for men, what did you focus on when you were learning?

JC: First, I worked on flexibility. You have to be able to move your hips before you can control them. After flexibility, I practiced and practiced. I would go 20 yards or so and know my hips weren't moving right. So I would stop and think about how I wanted my hips to feel and look. Then, I would try again. At the end of nine months, I got it.

I was working out on a track and was doing a 100-meter focus on my hips. Suddenly, I knew I had it right. It felt good. I also felt the power of pushing back with my foot. I immediately timed myself for four laps and found I had taken a full minute off my one-mile time. I said to myself,

the workout intermediate when it is slower than a speed workout and faster than long, slow distance. So I have the basic three types of workout programs: Slow, intermediate and speed.

(Next month: Jim Carmines, Part II.) CORRECTION

(The following is a letter by Avram Shapiro, Adelphia, NJ. His letter corrects a mistaken perception on my part and adds concerns of his own.)

Thanks for your discussion of the Continued on page 13

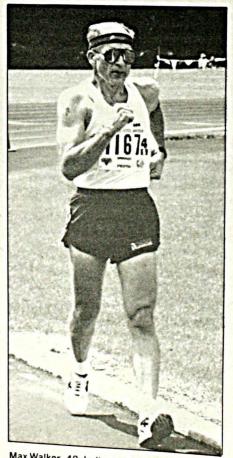
Carmines Sets New 30K Record

by ELAINE WARD

The USATF Eastern Regional 20K, 30K and 50K Championships, held on the T.C. Williams High School Track, Alexandria, Virg., furnished the setting for a new U.S. 30K, M50 racewalk record. Jim Carmines of Cumberland. Penn., shaved over five minutes off the former M50 record of 2:53:39, set by Ray McKinnis of North Carolina in 1990, with a time of 2:48:13.

With weather in the 30s and a light breeze, Carmines kept a pace between 8:40 to 8:50 the first 15 miles. "Bob Keating (M45, NH) and I walked together some of the time which challenged me," Carmines noted. "Between 15 and 18 miles I slowed down and by the last mile I was straining to keep a 10:00 pace."

When asked if he thought the fast early pace took its toll, Carmines explained, "This was the first time I had tried a 30K and my training mileage was for a 20K. Next June, I am going to do the 30K at the WAVA meet in Belgium and my training will be up to 20 to 22 miles."



Max Walker, 48, Indiana, fourth overall (26:49), M45 5000 racewalk, 1995 USATF National Masters Championships, East Lansing, Mich. Photo by Jerry Wojcik



ĩ

Mike Blanchard, 34, Colorado, in the early laps of the 5000 racewalk, 1995 USATF National Masters Championships, East Lansing, Mich. Photo by Jerry Wojcik

5K Racewalk Team Challenge by JANE DODS

Warrick (Rick) Yeager, one of America's premier master racewalkers, joined 47 other Northern California competitors in Kentfield, Calif., Oct. 8, at the second annual Gator Challenge put on locally by the Marin Racewalkers. The Challenge is a lowkey national event to determine which club has the top masters racewalking team. Results from local races throughout America are compiled and age-graded. The prize? Bragging rights for a year!

Yeager, 41, did not disappoint those who witnessed his blazing speed a year ago in Marin, or read of his exploits at the recent World Games in Buffalo, as he raced to a Marin College track record of 22:34.

Outstepping the women in a winning time of 29:16 was Brenda Usher-Carpino, 48, competing unattached, followed closely by Marin Racewalker Virginia Fong, 40, in her over-theshoulder time of 29:29.

Jack Bray, 62, led a group of 25 Marin Racewalkers. His 26:05 was good for second place.

Sierra Racewalkers, paced by Placerville's Fred Bell, 55, 28:14, sent eight walkers to the Challenge. Golden Gate Racewalker's top finisher, Keith Mc-Connell, 51, came in at 28:40. Art Klein, representing the Santa Cruz Track Club, finished in 28:45.

Leading the senior crew were Marin's 86-year-old WAVA champion, Dorothy Robarts, who turned in a smooth 44:13, and Golden Gate Racewalker Ernie Lucken, 80, who cruised home in 35:38.

Other teams competing in the Challenge were the Wolverine Pacers, the Niagara Walkers, the Walkers Club of Los Angeles, the Pacific Pacers, and the Florida Athletic Club.





Understanding the Aging Process

T he more we understand what happens to us as we age, the better we can maintain good health, minimize adverse changes, and continue enjoying our sport.

Arthritis is the most prevalent chronic disease in men and the leading cause of senior disability, according to the National Institute on Aging.

Heredity and obesity contribute to its development. Joints lose flexibility with age and are more subject to injury because of tissue changes in the supporting tendons, ligaments and muscles.

This breakdown reduces joint mobility and reinforces the importance of warming up and gentle stretching exercises before engaging in sports. Lower Back Pain

Weak abdominal and back muscles are the most common cause of lower back pain. Progressive musclestrengthening exercises can help, as well as a regular exercise program.

Though generally considered a "woman's disease," osteoporosis can afflict older men as well. Excessive alcohol might be a factor. Evidence suggests physical exercise and increased calcium intake can increase peak bone mass and reduce future bone loss. Losses in any of our five senses can

also affect our quality of life.

Hearing

Presbycusis is the term for hearing loss associated with aging, but since not everyone is affected by this condition, factors other than age must be guilty. There are two basic types of hearing loss:

1) Conduction deafness, caused by blockage of the ear canal by excessive ear wax, abnormal structures in the outer ear, or infection. Most of these cases are successfully treated by flushing, medicines, or surgery.

2) Central or sensorineural deafness, resulting from damage to the nerve centers in the brain by loud noises, disease, and certain drugs. Vascular diseases can contribute to hearing loss by cutting off the blood supply to the ear.

Tinnitus — ringing in the ears — is a sensorineural disorder. The exact cause is unknown, but some cases are caused by excessive use of aspirin, certain antibiotics, diuretics, or tumors. Heredity may play a part in as much as 50 percent of age-related hearing loss.

Hearing aids may be recommended for both types of hearing loss. Sight

More than half of all visual impairment occurs in people over age 65. The leading cause of blindness is agerelated macular degeneration (AMD) which affects part of the retina responsible for sharp central vision. Timely laser treatment is effective.

Another problem is cataract formation, the clouding of the transparent lens that focuses incoming light onto the retina. This is caused by changes in structural lens proteins brought on by aging, damage to lens cells by high levels of blood sugar in people with diabetes, or other causes. It is treated by surgical extraction of the lens. Highly successful, the surgery results in the return of useful vision in 90 to 95 percent of cases.

Glaucoma is the leading cause of blindness in the nation. It may occur at any time in one's life. Most types are characterized by high pressure of the fluid within the eye. Treatment with drugs, or conventional or laser surgery, can often reduce and control the pressure, but damage to the optic nerve cannot be reversed. If glaucoma is detected early, it can be stopped or slowed, and the remaining eyesight saved. But there are no symptoms, so it is important to have a specialist test for glaucoma during regular eye exams.

Dry eyes can be a problem because tear production decreases with age. But this condition can also result from arthritis, drugs, or medication. Tears are necessary for healthy eyes. Dry eyes should be treated with non-prescription artificial tears from the pharmacy.

Smell and Taste

Declining sense of smell may be due to nasal obstruction, allergies, certain medications, a decrease in olfactory nerve fibers, and age-related cell receptor loss or malfunction.

Gradual loss of taste buds begins for the 50- to 60-year-old, yet, there is little change in taste sensitivity. Most problems are the result of disease, drug side effects, wearing of upper dentures, or changes in chemicals needed to transmit messages between nerve cells.

Steps to control, correct, or compensate for sensory decline should be taken whenever symptoms occur, or after screening tests indicate the development of significant losses.

The Hair

Male sex hormones responsible for

hair growth are also the cause of male hair loss. "Male pattern baldness" can be anticipated.

Hair restorers have had little success, although the FDA has approved Minoxidil, which can partially restore hair growth in some men. Treatments are most effective in the early stages of loss. Gray hair is caused by the slowing production of pigment in the follicles. This is, for the most part, hereditary and irreversible. Rogaine, a solution of the drug Minoxidil, is the only governmentapproved prescription for hair growth. The Upjohn Company, maker of Rogaine, is asking the FDA to approve over-the-counter sales, eliminating the need for a doctor's prescription.

(Information for this article was obtained from the National Institute on Aging. It was researched and written by Bob Mitchell, Publisher of Senior Softball Magazine.)



St. Louis Marathon masters winners, Gail Ford, 42, 3:11:11, St. Louis, and Dmitry Voldman, 42, 2:43:55, Overland, Kansas, proudly display their silver plates at the awards ceremony, Oct. 15. Photo by Carol Keller

St. Louis Marathon — Age Division Prize Money Spurs Spirited Competition

by TOM ECKELMAN

For the second year, the St. Louis Marathon on Oct. 15 awarded \$10,000 of the \$17,500 total prize money to masters (40+) and seniors (50+) winners and in five-year age groups from 19-24 through 70+.

Some of the better over-40 Midwest runners responded with fine performances. In the men's masters, Dmitry Voldman, Overland Park, Kans., finished 11th overall in 2:43:55 to capture the \$1000 first-place masters money. Dennis Simmons won the Les Paton Award and the \$500 seniors first place prize money for his 3:20:13, 95th out of 690 male finishers.

In the female masters race, St. Louis Track Club's Gail Ford pushed to a 17-minute PR of 3:11:14 for first place and 10th overall. Fifty-nine-year-old Joan Gary, Fremont, Ind., bested all 50-plus runners to win the Frances Patterson Award and the \$500 first-place seniors money. Gary's winning time was 3:57:45.

The outstanding age division performance was turned in by Patrick Gallagher, 70, St. Louis. Being the only 70-plus runner in the field, he was insured the victory just by finishing. Not satisfied with the victory, Gallagher ran the fastest time ever for a 70-yearold in the St. Louis Marathon, also the fastest time ever run by a 70-year-old in Missouri by 42 minutes.

Deaconess Health System was again joined by Diet Pepsi to continue the reputation of the St. Louis Marathon. Of the 1090 entrants, 45% (492) were masters runners, with 105 of those attempting the marathon distance for the first time.

Fifteen Years Ago December, 1980

- Jim Bowers Sets U.S. Masters Marathon Record of 2:22:23
- Gary Muhrcke Wins National 10K in 32:06.7
- New York Marathon Masters Crown Goes to Roger Robinson (2:22:12)



Mileage Increase is Tricky

eslie complained about a painful hamstring. She also had a sore heel that sounded suspiciously like plantar fascitis. Leslie was in her final countdown to run a marathon later this month, but her chassis was starting to creak. I asked how many miles she ran last week. The answer was 72. "How many miles do you normally run?" was my next question.

Leslie claimed to have averaged 67 miles a week over an 8-week period.

"No. No. What's your 'normal' mileage? How much were you running

a year ago?"

The answer was 30.

"Aha!"

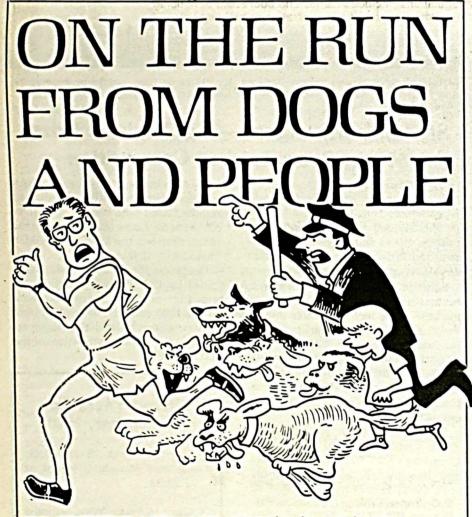
It was a big "aha." You could draw a straight line between Leslie's high mileage routine and the injuries that had begun to plague her in the closing weeks of marathon preparation. Fortunately, three weeks remained before the marathon. Given proper rest — a pre-race taper — the injuries should heal sufficiently to allow her to arrive at the starting line ready for a fast time.

If she didn't catch a cold!

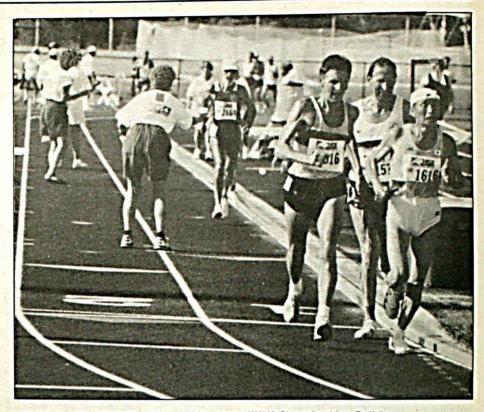
High mileage is a double-edged sword. Increasing the level of your training is one way to achieve a good performance — maybe. You can set a PR, a personal record. Running too many miles, however, can increase your risk of injury.

Balancing risk vs. gain is the secret to success.

Surveys of runners suggest that the red line between health and injury is 25 miles a week. Run less than that amount and you probably won't get in-



HAL HIGDON'S 1971 cult classic is available again in a reprint edition: \$14.95. Also: Boston: A Century of Running: \$40. (Add \$1.50 for postage and handling.) Get your signed copies from Hal Higdon, Box 1034, Michigan City, IN 46361-1034.



Volunteers offer water to the M60 1500 runners, WAVA Championships, Buffalo.

Photo by Rex Dietderich

jured. Run farther and risks increase.

If you believe the surveys, you should never venture above that red line. That being the case, people would rarely run marathons, since normally it takes 40-50 miles a week of training to comfortably finish a 26-mile race.

Yet hundreds of thousands of runners a year successfully complete marathons without injury. How can that happen?

The answer is that most marathoners gradually increase their mileage over a period of many months. This allows them to adapt slowly to the stress of high mileage.

Bob Williams, a coach of adult athletes in Portland, Oregon, lists some of the risks associated with high mileage: "You risk physical and psychological breakdown. You can suffer chronic dehydration and excessive weight loss. Your immune system breaks down, making you more susceptible to colds and the flu."

Also a problem is staleness: a loss of interest in training to race. "You have less time for living a normal life," he adds.

Balancing that are benefits that may

Five Years Ago December, 1990

- National 5K X-C Draws 13 Clubs from 12 States to Fayetteville, N.Y.
- John Campbell, 41, Wins Second Masters Triple Crown (Los Angeles, Boston and New York Marathons)

Paul Reese, 73, Runs Across USA come from a high mileage regimen. "You can improve your aerobic base and toughen your muscles," says Williams. "You can control your weight and eat more nutritious food without fear of adding pounds." There is also the psychological boost that comes from knowing you're in "Great Shape."

Running more miles, however, doesn't always guarantee better performances, because in many cases risks outweigh gains. You can't run fast if you're injured.

For some runners, high mileage might be 25 miles a week. Others thrive on double or triple that load. "The secret," Williams says, "is to gradually increase mileage to your maximum level, but know when to back down to gather strength for the next training push."

He advises adding 10 percent every other week, dropping mileage 30% on between-weeks for recovery. "If you don't feel right after a 10% increase, you may have reached your most effective mileage. Hold there two-to-four weeks before attempting a further increase."

"Everybody has a red line for high mileage, which they exceed at their own risk," says Williams.

I'm hoping that Leslie rests enough these last few weeks to allow her to run a fast marathon. Her goal is to qualify for Boston, and she has a good chance for success.

(Hal Higdon now has a web page on the Internet, where you can access his writing. He is the author of the recently-published "Boston: A Century of Running." He has information on the centennial race, past and present in a separate section, "Boston Countdown." He offers training advice and Q&A sessions with web-browsers. His URL is: http://www. halhigdon.com. Or by mail at higdon@adsnet. com. — Ed.)

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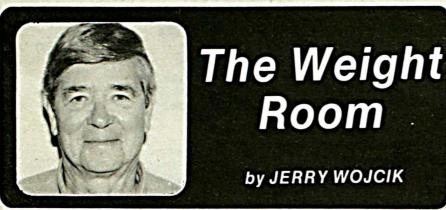
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Racewalking	0	PUBLICATIONS ORDER FORM	
Continued from page 10	Quantity		Total (US\$)
New IAAF rules. My wife, Marcia,		Masters Age Records	
and I have been judging at the associa-		Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1994. 52	
tion level for the past two years. The		pages. Lists name, age, state and date of record. Compiled by Peter Mundle,	
job will be a bit more difficult due to		WAVA and USATF Masters T&F Records Chairman. \$4,00.	5
the additional need to observe the leg	N. S. Salar	Masters Track & Field Rankings	Contraction of the
at first contact.	Carl Provident	Men's and women's 1994 U.S. outdoor track or d 5-year age group rankings.	
You state in your "Comments on		Men's and women's 1994 U.S. outdoor track of d 5-year age group rankings. 60 pages. Over 100-deep CLOSE SOUT events. Coordinated by Jerry Wojcik, USATF Masters T& Servicings Chairman, and the National Masters News.	
Changes in Straight Knee Rule" that		Wojcik, USATF Masters T& mainings Chairman, and the National Masters News.	and the second second
"the knee must be straight from the moment of <i>heel</i> contact." Yet the new		30.00. \$4.00.	\$
rule doesn't mention the heel, referring		Masters Track & Field Indoor Rankings (1995)	
only to "moment of first contact."		Same as above, except indoor rankings for 1995. 4 pages. \$1.50.	5
There are practitioners of the techni-		Masters Age-Graded Tables	
que who make first contact forward of		Single-age factors and standards from age 8 to 100 for men and women for every	
the heel with the leg (knee) already		common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the	
straightened in the vertical position.		years. Compares performances of different ages/sexes in different events. 60	the set of the set of the set
Some call this "straight-legged runn-		pages, including samples and charts. Compiled by the World Association of	
ing," but "straight-legged running"		Veteran Athletes. \$6.00.	\$
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and, if I read the new rule correctly, it still is. Am I mistaken?	1.1.1.1.1.1.1	Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds.	
(Avram Shapiro is right. The new		Acts as stop watch and calculator. \$29.95.	5
rule does not specify that ground con-	TAL SECTOR	Masters 5-Year Age-Group Records	
tact must be with the heel as stated in	Start Constant	Men's and women's official world and U.S. outdoor 5-year age group records for	
my commentary. Though there was a		all track & field events, age 35 and up, as of March 31, 1995; 8 pages. Lists	and the second of
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straight knee at heel contact, this idea	A State	USATF Masters T&F Records Chairman. \$1.50.	•
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proponent. It is likely that those practi-		Same as above, except indoor records (M40+, W35+) as of December 31,	and the second second
tioners who have been contacting the		1994. 3 pages. \$1.00.	
ground in front of the heel with bent	Party and a	Competition Rules for Athletics (1995 Edition) U.S. rules of competition for men and women for track & field, long distance run-	Carlos and and and
knees and then straightening in the ver- tical position will make adjustments		ning and racewalking — youth, open and masters. \$12.00.	\$
and join the "straight-legged	P. H. M. B. B. Charles and J.	USATF Directory (1995)	W TO STORES A For
runners." * appears the new definition	-FILL A STATE	U.S. Bylaws and operating regulations. Includes names and addresses of national	
of racewalking basically legitimized	and world a way	officers and staff, board of directors, sport and administrative committees, etc.	The second second second
what has been going on. Back to		\$12.00.	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Shapiro's letter. $-E.W.$)		IAAF Scoring Tables Official world scoring tables for men's and women's combined-event competitions.	a standard and
The new rule makes it clear that the use of the white paddle is strictly to	thisse unsto	\$12.00.	\$
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danger of a violation. A violation	Carlos and the second	1994/1995 rules and regulations handbook. \$15.00.	\$
elicits a red card, termed a "warning."		WAVA Handbook (1994-95)	
The only difference I see from USATF	the pint strength	Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and	
Rule 39 is that Rule 39 calls the caution	BATT TON TANK	World Records as of January 31, 1994. 180 pages. \$5.00.	\$
a warning, and the warning a dis-		USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	\$
qualification call. "Caution" and	Shout we tog	USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$
"warning" are synonyms. To use them to denote different calls is confusing. I	The comment.	USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	5
suggest using the terms "caution" and	and the second	USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin	
"violation" or "infraction" and get-	and the state of t	back with military clutch). \$5.50.	\$
ting rid of "warning" altogether.	17 10 60.0		S
The picture of 90-year-old Kasuo	<u></u>	USATF Decal. 3-color. 3" x 2 ¹ / ₂ ". \$2.00.	
Morikawa appears to be clear evidence		Guide to Prize Money Races and Elite Athletes 1995	
that WAVA judges used liberal criteria		Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and	and the second second
in interpreting the rules governing	The second second	phone numbers, calendar and contacts for over 400 prize money events, plus	the subscription of
elderly walkers. I recall getting a pretty	A second second second	much more. \$54.00.	5
good dusting for suggesting a rule		Duraing Desearch Nours	in the sea pin an era n
change to benefit those age groups	THE REAL PROPERTY.	Bi monthly newclotter Contents include the latest scientific information on en-	
populated by walkers who are afflicted with stiffening joints and muscles.	SHOW SHARES	durance training, sports nutrition, and injury prevention. \$50.00 per year.	ALL MORE
Someone commented that such com-	Arenander	Back Issues of National Masters News	S in an inter
netitors enter the running divisions	为为1944年14	Issues: \$2.50 each.	
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You Can Have My Jav

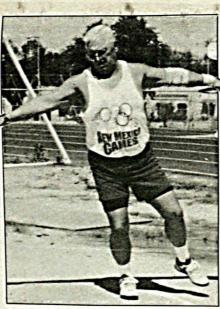
www.orking out with the javelin in preparation for the 1995 season after a four-year layoff made me realize a couple of things. First, my goals couldn't be attained by the degree of time and dedication I was willing to expend. Second, men and women javelin throwers my age and older who are still competitive deserve more respect and admiration than we've shown them.

Based on my experiences last summer, throwers in their 60s who are still serious javelinists must have live-in

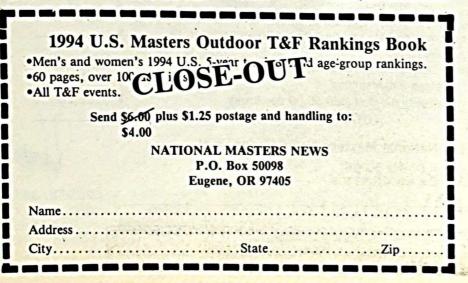
Rasal Terhune-Young, 56, finished third (3698), USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif., Aug. 26. Photo by Suzy Hess masseurs or masseuses or be descendants of Plastic Man. Throwers in their 70s and 80s who still launch a javelin into any flight with an arc all deserve gold medals. Let's face facts here. The anatomical

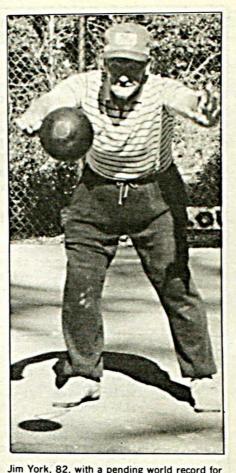
requirements for successful javelin throwing disappear quickly with aging. It's not so much the strength that goes as it is the elasticity and the sockowhammo that diminish as we ossify.

Consider the act of javelin throwing. After running anywhere from 25 to 100 feet, you plant your lead foot, come to a complete halt, not a screeching stop



Floyd Riddle, 61, spinning to a state record 151-5, New Mexico State Senior Games, Las Cruces. Photo by Bernadette Riddle





the 56-lb. weight (12-4½), KELfield Meet, Santa Cruz, Calif., Sept. 16.

Photo by Gary Kelmerison

— screeching is not good — but with a jarring cessation, then you wildly twist your torso upwards and flail your arm outward over your shoulder, much like the tip of a whip, except with a follow through. If you did this in public without a javelin, onlookers would pronounce you possessed. Sudden stops, violent twists, and explosive bursts are antithetical to the aging process.

I'd throw the hammer or discus or weight for over an hour and still rise and function the next day without para-medical assistance, but six 100% throws with the javelin last summer left me practically paralytic for two days. And the warm-up. I can get loose enough to throw any other implement in 15 minutes. With the javelin, by the time I'd stretched and flexed and thrown some 50 footers to loosen up, I was almost too bushed to throw for distance. Not that it would have mattered if I hadn't warmed up because it didn't go very far anyway.

Other sexagenarian and older throwers, who might want to offer the shot or discus as the throw which suffers the most with aging, need only examine the weight pentathlon marks to see that the javelin is generally the worst of the five throws in terms of points. I think we should shave some points off the already point-heavy shot and tack them onto the javelin at the next WAVA General Council Meeting in South Africa.

Older men and women who are still rocketing javelins into space are testaments to high pain thresholds, terrific training regimens, or great luck in the gene dice roll. Whatever, my hat is off to them.

1994-95 Weight Pentathlon World's Bests

by MANUEL and HELEN WHITE This issue contains partial lists of the best weight pentathlon scores by 60 men and 40 women in the world in 1994-95, following 1995 WAVA rules. The scores were compiled from reports in the National Masters News and were recalculated for verification and accuracy. The results should be of interest to dedicated throwers who enjoy multi-events. Those interested in the entire lists can contact us at P.O. Box 5058, Helena, MT 59604.

Approximately a year ago, John Von Rohr extolled the preeminence of German throwers. Rich Hotchkiss responded and expressed his dubiousness in regard to German prowess in the throws. Perusal of the list reveals that the highest scores for men and women were recorded by Germans: K. Wendel, M65, 5229, and J. Schaefer, W63, 5061.

It may be some consolation to U.S. throwers that among the 60 men's scores, 24 are USA vs. 16 for Germany. The powerful German women reverse this tally to 11 German vs. 7 USA. The combined total for both men and women is 31 for USA vs. 27 for Germany. It, therefore, appears that both Von Rohr and Hotchkiss were justified in their assumptions and Hotchkiss for his skepticism.

1994-95 World's Best Weight Pentathion Scores (1995 WAVA Rules)

Men	A LEAD WARN AND A
K.H.Wendel	65 GER 5229 . 95
L Filip	66_CZE 5214 '95
M White	78 USA 5144 '94
R Rzehak	65 GER 5071 '95
E Svennevick	75 NOR 4865 '94
T Gage	52 USA 4854 '95
R Hotchkiss	56 USA 4804 '94
P Speckens	60 GER 4548 '95
E Helf	62 GER 4500 '95
Stew Thomson	62 USA 4433 '95
W Palmer	63 USA 4393 '95
G Rose	51 AUS 4356 '95
L Olson	63 USA 4344 '94
H Brandt	65 GER 4319 '95
R Leino	60 FIN 4294 '95
I Liitia	75 FIN 4287 '95
R Hodge	55 USA 4271 '95
E Eriksson	71 FIN 4262 '95
J Hansen	57 GER 4253 '95
H Hawke	66 USA 4244 '95
H Schulz	62 GER 4195 '95
P Mulkey	62 USA 4152 '95
R Krzesinski	52 POL 4137 '95
J Jekobsons	72 RSA 4135 '95
N Barth	75 GER 4099 '95
H Hackett	-75 USA 4099 '95
Women	
J Schaefer	63 GER 5061 '95
A Ivanova	62 RUS 4656 '95
H Scarle	56 AUS 4469 '95
E Williams	57 GER 4372 '95
V Hilliard	53 USA 4340 '94
M Thomas	51 AUS 4042 '95
B Holland	67 USA 4017 '94
C Schultz	44 AUS 4015 '95
K Jortikka	71 FIN 3936 '95
G Malmann	53 GER 3909 '95
J Grissom	55 USA 3834 '94
H du Plessis	45 RSA 3834 '94
H Baeker	53 GER 3819 '95
A Scholten	66 GER 3792 '95
I Faldager	47 DEN 3692 '95
compiled by M	anuel & Helen
White	and the second second

National Masters News

Regan Named Race Director of the Year

by JEFF DARMAN

Road Race Management, the newsletter for race officials, has named George Regan, director of the Freihofer's Run for Women, as its 1995 Race Director of the Year. Regan received his award at the annual Road Race Management Race Directors' Meeting and Trade Show in Washington, DC, on Nov. 4.

Phil Stewart, editor of *Road Race* Management, in making the presentation described Regan as follows: "He doggedly set out to create the finest competitive all women's race that he could. For over a decade he has never wavered from that commitment — a fact that was noted by USATF's Women's Long Distance Running Committee when they named him 'Woman of the Year', several years ago."

Stewart went on to say, "Our winner has provided an additional boost for American women's running as well. He realized that the up-and-coming women who will be on his front row tomorrow, need support today. So he funded the Association Athletes Development Program which gives top runners in USATF's Associations a chance to come and compete in his race. To date, 195 women have participated in the program."

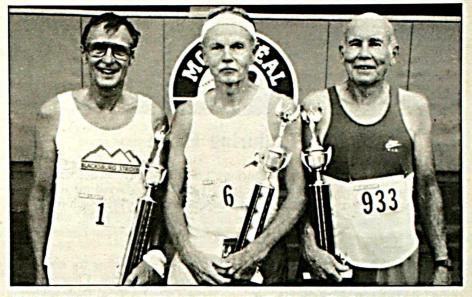
The finalists, besides Regan, were: Karen Heaps, Lilac Bloomsday Run (Spokane, WA); Rick Nealis, Marine Corps Marathon (Washington, DC); and Jack Scaff, MD, Great Aloha Run (Honolulu, HI).

The award is made annually to recognize and promote excellence in race directing. Nominees were judged on several factors including overall ability, reputation of race, creativity and organizational ability. Previous recipients have been: Steve Bosley (Bolder Boulder), Julia Emmons (Peachtree Road Race), Ed Froehlich (Quad-City Times Bix 7), Chuck Galford (Cascade Run Off), Fred LeBow (New York City Marathon), Jeanette Parke (Gasparilla Distance Classic), Bill Reef (Bolder Boulder), and Steve Shostrom (Steamboat Classic).

Hosner Takes Bud Light

by TOM ECKELMAN

As the first runner came down the ramp into Busch Stadium, the announcer reported that it was "premier masters runner, 70-year-old John Hosner, Blacksburg, Virginia, repeating as the winner of the 17th Annual Bud Light Stadium Run," St. Louis, Mo., on Sept. 17. It was, in fact, Hosner's fourth win in the 10K race through the downtown streets of



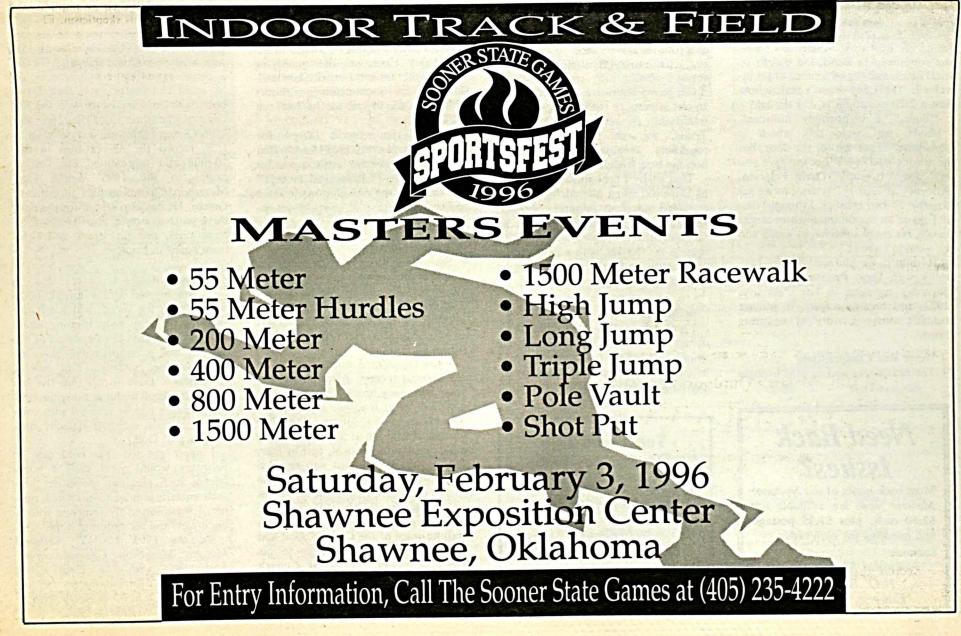
First three finishers, Bud Light Stadium Handicapped 10K, St. Louis, Mo., Sept. 17, from left: John Hosner, 70, first; Jack Gentry, 67, second; and Patrick Gallagher, 70, third. Photo by Hank Kiesel

St. Louis, which features a handicap format based on a runner's age and sex.

Hosner's winning time was 28:44 with a 14-minute handicap. He also was the winner in 1984 and 1993, tying him with St. Louisans Polly Peacock and Leon Fennell for the most wins in the event.

Jack Gentry, 67, Rogers, Ark., was second in 30:09 (12-minute handicap). Patrick Gallagher, 70, St. Louis, was third in 30:33 (14-minute handicap). The top 150 finishers received trophies, and all participants were given baseball tickets to Sunday's Cardinals-Dodgers game courtesy of the sponsors, Bud Light and the St. Louis Cardinals.

The Bud Light Stadium Run is one of the most popular events not only in the St. Louis area, but throughout the Midwest, with 13 states represented outside Missouri and Illinois. It is especially popular with the older age groups because of the handicap format, evidenced by the fact that 95 of the top 150 finishers were masters runners.



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An Enduring Hope

by JOHN LODWICK

U meeting seemed quite inauspicious. I never suspected an encounter with a runner's enduring hope. The frigid February air forced me to an unplanned bathroom stop at a corner cafe during a late afternoon run. As I attempted an inconspicuous exit, a man in his thirties with a plaid, woolen tie lowered his coffee cup and rose from his stool. "Aren't you John Lodwick, the 2:10 marathoner?" he asked.

In a moment of time, past races flashed across my mind. I was again reminded how my self-esteem, at times, was tied to how well or how poorly I ran. Grace had kept me from that constant bondage. Though I had retired from competitive running, in a way, I would always be "John Lodwick, the marathoner." I still liked the association.

I responded evasively, "I used to be." I explained that I had moved our family to Bend, Oregon, to be pastor of a church. My running now was merely at "maintenance level," enough to relieve stress, control weight, and provide enough fitness to play sports with my kids. "I was wondering if you'd be in-

"I was wondering if you'd be interested in coaching me?" asked the inquisitive intruder to my anonymity. "I've run a 2:29 marathon, and my goal is to qualify for the 1988 Olympic Trials." I looked at his stocky, 5-9 frame, thought of the inclement training conditions in Bend, the dearth of local races, and my reluctance to get involved. "This guy doesn't realize how fast a 2:20 marathon is, " I thought.

"Sure," I surprisingly muttered. "Maybe we could talk about it sometime." I started for the door, but he wasn't pacified. "Let me give you my card." It read: "David Petersen, Attorney at Law." "When can we get together?" he persisted. I thought that if I made an appointment three weeks hence, his enthusiasm might wane, and he wouldn't show.

It didn't; he showed. I ran 12¹/₂ miles with Dave Petersen on a cold Saturday morning in late February, 1987, and became a part of another running story, a story of enduring hope.

Never Ran Competitively The next weeks and months brought



the two of us together for many runs and planning sessions. I learned much about Dave Petersen. Dave never ran competitively in high school, college, or law school. He was a 178-lb tax law graduate student at Boston University when he watched the 1983 Boston Marathon from his apartment perch near the 25-mile mark. Seeing Greg Meyer barrel down Commonwealth Avenue through a tunnel of humanity to seize his victory inspired Dave to begin jogging. He ran his first marathon in Portland, Oregon, five months later, at age 28. He managed a 3:14.

As our friendship matured, I also learned of Dave's incredible discipline and mental toughness. His genius, blended with his compassion and discipline, made him one of the most respected estate planning attorneys in Bend. These virtues also led to his careful planning and diligent training as a runner. Dave's sheer love of running, tromping through ponderosa forests, scaling hilly trails, pounding down paved highways, was refreshing. In our attempt to realize that dream of qualifying for the 1988 Marathon Trials, we ran together, planned together, dreamed together. We became best friends.

That's why I probably hurt as much as Dave did when his bid for the 2:20 standard was four minutes too slow. He ran a 2:24 in October, 1987, at St. George. Still (I thought), a big PR for a man in his thirties, with a law practice and a growing family might be a good way to end a running career.

Serious Doubts

I was wrong. Dave extrapolated his dream to the 1992 Olympic Trials. He would be 37 then. I seriously doubted he could do it. Yet what coach worth anything would ever tell an athlete that

Ten Years Ago December, 1985

- Sumner Brown Wins National Masters 10K in 34:10
- Guenter Mielke Top New York Marathon Master in 2:29:39
- Fundraising Begins to Bring 1989 World Games to U.S.

he couldn't achieve his goal?

Again, we ran together and planned together. Part of our strategy was for Dave to run for Central Oregon Community College in Bend. The speed training and collegiate competition might serve him well in the long run. Coach Mike Dilley offered Dave a tuition scholarship. Because Dave had never competed athletically in college, he was eligible. Dave was older than Mike, his coach, and almost twice as old as the student/athletes he trained with and raced with; yet the speed work and shorter races sharpened Dave mentally and physically. Dilley coached COCC to several national championships during his tenure. Dave became a four-time Junior College All-American runner, claiming two national marathon championships.

One might wonder if Dave attended class and kept his grades up during those two years. Incredibly, he did. While continuing his law practice, and being a husband and father, Dave earned Academic All-American honors as well. "I wanted to show the kids on our team how valuable an education is and how running was their ticket to get it," he would later say.

But Dave still dreamt of the Olympic Trials invite. For two years, we pointed everything towards his attempt at the California International Marathon in December, 1990. There, he made his assault on the 2:20 standard. Dave was fit; he was confident; he humbly respected the event. Having started several rows deep at the starting line, Dave weaved his way through the field and the course to come close, heartbreakingly close, to the qualifying time. I still remember when Dave called me from Sacramento just hours after his race to tell me he had run "2:20:03" ...

The disappointment lasted for weeks. "I gave everything I had in that race. I was alone the last hour, and it was the hardest I have ever pushed." But that was the race that made Dave realize, "I can do it." The hope yet endured.

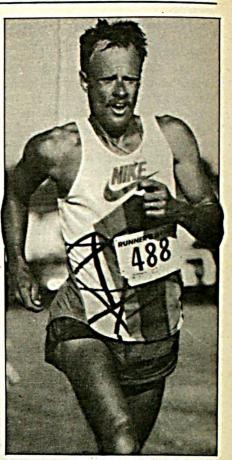
A Dream Fulfilled

Spring and summer, 1991, provided ample opportunity to train and be race fit. From the gun of the St. George Marathon in October, Dave was competitive. He finished second in 2:17:12 (a PR). At age 37, he had realized his dream.

I was exhilarated when I learned of my friend's success. After almost five years and many hundreds of miles, his goal had been reached. Dave's hope was deferred no longer. Over the phone, he told me of his race, mile by mile, thought by thought, fear by fear, joy by joy. I identified and rejoiced with him. Dave would later tell me also of the peaceful satisfaction he felt at nearby Mt. Zion National Park, where he reflected on the beauty of creation and the grace of the Creator. God had graciously brought substance to his dream. I was encouraged as a coach and a pastor.

I would see Dave run in many more races. There were some in rural Oregon December, 1995

ITT



Dave Petersen Photo from Bend Bulletin

that he ran where the aid stations weren't set up in time as he raced by. There was one where he ran a sub-30 minute 10K at the end of a 14.5 mile race and his reward was a handshake from a fireman. Then there was a 15K race where Dave paid the entry fee for a penniless, All-American steepler so he could run in the race; then Dave beat him. Dave has since won the St. George Marathon, qualified for the 1996 Olympic Marathon Trials, set a U.S. record for 38-year-olds in the 10-mile and represented the United States in the 1995 World Cup Marathon Championships in Athens, Greece. He has also served for the past three years as president of Oregon International, the elite track and field team based in Eugene.

Potential Realized

"I was blessed with a durable body and inferior leg speed, which left the marathon as my only running alternative. I've always been a person of big dreams and a temperament given to self-discipline, sacrifice, and mental toughness." Dave shows that the enduring hope of wedding potential and performance *can* be realized with consistent training, stubborn tenacity, and the grace of God.

I never guessed that cold day in February would yield such a good friend, such pleasant memories, and such encouragement to a retired runner. I was blessed by someone with a big dream and an enduring hope.

(In the 1995 USATF National Masters Marathon Championships, held along with the Twin Cities Marathon in Minneapolis on Oct. 8, Peterson ran 2:26:00 to finish sixth in the age 40-44 division. — Ed.)

Masters Runners from Philadelphia to Georgetown

by GEORGE BANKER

The masters winners in the Philadelphia Half-Marathon on Sept. 17 were Martin Mondragon, 41, Mexico City, with a 17th-place 64:51 (age graded 95.0%) and Jane Welzel, 40, Fort Collins, Colo., 18th female in 77:57 (age-graded 87.4%). Over 6300 runners finished the race.

Juriy Mikhailov, 42, Russia, second master, was also in world-class A-G territory with a 92.1% 67:23. The first U.S. runner, Earl Owens, 46, Dunwoody, Ga., was third in 70:47.

Norman Green, Jr., 63, won the M60-64 race with an A-G 90.4% 81:52.



Claudia Piepenburg, 46, Arlington, Va., first W40 + (40:06), Georgetown 10K, Washington, D.C., Oct. 8. Photo by George Banker

Write On!

Continued from page 4

know that the 1996 USATF National Masters Indoor T&F Championships will feature the mile, not the 1500. This is a result of a rule change at last year's convention, which gives the meet director the option of scheduling either a 1500 or mile at the Indoor Nationals. See entry form on page 5. - Ed.)

100th BOSTON MARATHON

The sports community will celebrate the 100th running of the Boston Marathon, the world's oldest annual marathon, on April 15, 1996. Held each year since 1897, even World War I did not suspend the continuity of the Boston Marathon.

In 1918, for the 22nd B.A.A. Marathon, the B.A.A. Board of Governors voted to uphold the marathon tradition in the spirit of patriotism but limit participation only to men of the United States armed services in the form of a marathon relay. Fifteen military teams (ten members



Betty Blank, 42, Falls Church, Va., first W40+ (2:25:44), National Capital 20 Miler, Alexandria, Va., Sept. 24. Photo by George Banker

Welzel's nearest competition came from Honor Fetherston, 40, Mill Valley, Calif., 79:34, and Judith Hine, 46, Marietta, Ga., who edged Welzel for the W40 + best A-G performance with an 87.9% 81:32.

Britisher Priscilla Welch, 50, now residing in Grossmont, Colo., and on the mend from a bout with cancer, was fourth masters woman, with an 85:11.

In the National Capital 20-Miler, Alexandria, Va., on Sept. 24, Larry Jones, 40, of Alexandria, and Betty Blank, 42, Falls Church, Va., captured masters wins. Running in rain and against headwinds, Jones finished in

per team) competed. Each team member, wearing the full service uniform, carried a baton 2.5 miles. A Massachusetts-based Camp Devens Divisional team won in two hours, 24 minutes, 53 seconds.

The 1918 version, while not run as the format of the Boston Marathon today, preserved the consecutive nature of the race in that it was sanctioned by the Amateur Athletics Union, run on the official course, contested over the full distance (25 miles during that era), held on Patriot's Day and featured a competitive road running race.

As with Boston Marathons before and after the 1918 race, the 22nd Boston Marathon received widespread press attention in the newspapers of the day. The Boston Herald and Journal, Boston Traveler and The Boston Globe gave pre-race entries and commentary and detailed results reports. Following the race, The Herald reported, "...yesterday's grind, a novelty in sporting competition, was a thorough test of a service man's endurance and stability, and if only for this reason the Continued on page 21

1:59:36, and Blank in 2:25:44. Masters firsts in a companion five-miler were Ken Shipp, 47, Great Falls, Va., in 29:34, and Cathy Ventura-Merkel, 40, Arlington, Va., with a second-femaleoverall 32:20.

Several thousand runners took over the streets in the heart of Georgetown in Washington, D.C., on Oct. 8 for the 16th annual Georgetown 10K. Chuck Moeser, 44, Herndon, Va., with a 32:54, and Claudia Piepenburg, (formerly Ciavarella), 46, Arlington, Va., in 40:06, were the first masters.

Michael McHale, 44, 34:19, Fairfax Station, Va., and Cathy Ventura Merkel, 46, 40:21, were masters runners-up. Stand-out division winners were Gerry Ives, 56, Cabin John, Md., in 37:11, and Charlotte Edwards, 60, McLean, Va., in 50:19. Over 2500 finished the race.



Jerome Anderson, 56, Alexandria, Va., fourth M55 (2:34:21), National Capital 20 Miler, Alexandria, Sept. 24. Photo by George Banker

12 th ANNUAL

BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL Sponsored by The Phode Island Teach

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intersection so u	From North: 1-955 to Branch Avenue(E	xit 24). Turn left	t on Branch to light. Cross					
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DIVISIONS: Fi	ve-year groupings for men and women (30-80+) USAT	&F Sanctioned.					
(For USAT&F re	gistration call (617) 566-7600).	AN ENDER STAR	approximation of the second second					
ENTRY FEE: F	Pre-entries will be \$7 first event; \$5 each	additional event	by Wednesday, Jan. 10, 1996					
	**Post entries will be \$8 first event; \$5	each additional	event by 11:00 a m					
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		Pawtucket, R						
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Where in consideration of your accepting this endy for the 1996 brown Ontwestig Masters indoor intak and ried Meet, i bereby for myself, my beirs, executions and administrators, waive and release any and all rights and claims for damages I may have against the USAT&F Rhode Island Track and Field Foundation, or Brown University, their Agent, Representatives, Assignces or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition

Date Signature page 17

National Masters News



Non-Sanctioned Events

s the masters program continues to mature, we find ourselves facing some of the same problems the senior (open) athletes dealt with 15-20 years ago. We recently began to look at doping and the masters athlete. This month I would like to discuss the issue of non-sanctioned events.

As the National Governing Body (NGB) for track & field, running, and racewalking, we have a number of responsibilities to our constituency, including establishing and enforcing the rules and regulations of our sport, certifying race courses for accuracy, sanctioning events, and providing insurance to our members and sanctioned events.

It's easy to understand the necessity to establish and enforce rules and regulations, and to make sure race courses are measured properly. It is also a definite benefit to have the insurance. But why should the average athlete, who only wants to be able to compete against his or her peers, be concerned about "sanctions?"

Simply put, a USATF-sanctioned event is a promise to the athletes that the USATF Rules of Competition will be adhered to and a "level playing field" will be provided for all competitors. A sanction also promises that qualified officials (who know the rules and requirements applicable to all records) will conduct the competition; that proper medical supervision and safety precautions to protect all participants will be maintained; and that USATF athletes will be protected by the USATF insurance for that particular competition.

Without a sanction, competitions can and do deviate from the rules. Such was the case when the independent National Senior Sports Classic held its Championships in San Antonio last May. Against the advice of USATF, its headquarters in Missouri elected not to sanction the event and to use 1994 rules instead of the current 1995 book.

Currently, another independent group is promoting the International Senior Games in Bermuda. Athletes who are interested in participating should be aware that under their Track & Field Rules, they state "Rules may be amended by the Games Committee due to time/or injury factors." This is a violation of the official rules of competition. In fact, the Games Committee is appointed to see that the competition site and equipment conform to the USATF (IAAF) rules of competition, not to allow the organizers to make arbitrary changes.

As the number of persons in the

40-and-over age brackets continues to increase, I anticipate we will see more and more "events" or "games" targeted to our market. As is the case with the Olympics, athletics is the most popular sport in the multi-sport competitions.

Certainly, not all non-sanctioned events deviate from the USATF rules. USATF masters track and field is still striving, though sometimes unsuccessfully, to provide the minimum standards covered by a sanctioned competition. We should apply the same standards to everyone. For the betterment of our sport, we need to give our support to those who follow the rules. \Box

Rodgers Wins in Great Pumpkin Classic

by MAURY DEAN

Bill Rodgers — simply the reason many of us took up running in the '70s — demolished a major-league masters field in the Great Pumpkin Classic Four Mile, Trumbull, Conn., Oct. 22. His 20:04 on a blustery, pumpkinpatch fall day, maples ablaze with autumn red-gold, was enough to serve silver to Irish-New Orleans superstar Desmond O'Connor (20:22).

No less amazing was the blazing pace of Rebecca Stockdale-Woolley (44, 23:12), and the supersonic 20:53 of near-master Tatiana Pozdnyakova, 39, listed from New York by way of the Ukraine.

Meeting Rodgers for the first time yesterday was like meeting Buddy Holly's Crickets last month — I had no reason to be nervous. These four legends proved to me that Nice Guys Can Finish First. On my pokey prerace jog in my Levis, I was huffpuffing up the last hill, and there he was — 5-9, 128 pounds, wispy cowlick of blond hair bouncing as he loped easily. "Bill Rodgers — good to meet you — can I run along with you?" "Sure," he said.

I was doubly flattered when he said he read my NMN articles; seems he reads the mag cover to cover each month. We skimmed the hill for about 1½ miles, Bill uttering running wisdom, me blabbering. It was, in a word, inspirational. Rodgers turned out to be every bit the sincere, humble, good-natured superstar I always believed him to be. Ask any New Englander who's ever met or run with him.

The cobbles still gleaming from Saturday's gullywasher, 800 road warriors lined up at futuristic, posh Trumbull High School. I vowed to keep Bill in sight for the first half-mile upswoop. With metronomic precision, he clobbered five-minute miles like his glorious Big Apple and Boston Marathon victories in the '70s. Rodgers fished his way, at age 47, through the kid-pack of superstars (bronze Geary Daniels, 41, 20:30; Gary Nixon, 44, 20:31; and John Serrao, 46, 20:38). A whole phalanx of majorleague masters, male and female,



Maury Dean, 52, NMN columnist, continued his domination of the M50-54 age group on Long Island with a 14th overall (35:37) of 630 finishers in the Rockville Centre 10K.

Photo by Mike Polansky

thundered over the byways, fracturing speed limits in the quest to stamp out the aging process.

NMN readers know how I notoriously duck serious competition in my sneaky bid to find the secret race where I can cop masters gold at 52; no way today. I was soundly drubbed to 11th master by nine guys and Stockdale-Woolley, who triumphed over another excellent masters effort by triathlete Mary Dunn (43, 24:13). Fab W50s gold featured a fine 26:02 by Jo Marchetti, 52, on breezy hills.

Robert Johnson, 50, was recognized as the top 50 + (Grandmasters they call us, and my daughter Lauri doesn't even get married until next May) runner with a fine 24:12. Peter Madden, 56, ran a masterpiece with a hot-on-his-heels 24:15.

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The post-race bash featured pizza, bagels, fruit, candy bars and other goodies. Marty Schiavone's crew put up the numbers fast, and awards galore were given out. I ended up driving Desmond O'Connor back to Newark Airport by the Big Apple to fly back to steamy, sultry New Orleans. Des reprised his career for me: sub-4:00 mile, 2:12 Australian Marathon, Notre Dame, and many duels for top U.S. masters recently. Vagabonding the masters major-league circuit on weekends and hopping between the Crescent City and Omaha, Nebr., in his midweek attorney life, Des has recently settled down and is much prouder to talk of his one-year-old than of his records.

Race fans mistake O'Connor for rock star Rod Stewart, but after the start, you see only his manelike hair flapping in the breeze. For over two miles, he led Rodgers. In the final showdown, however, "Boston Billy" emerged as "Winner — and Still Champion."



Faerber Flyers Running Club members swept the W65 age group awards, Raymonds 30/30 Run, Honolulu, Hawaii, Oct. 15: Barbara Zamparelli (c), first (3:09:55), Ellen Humphrey (l), second (3:13:32), and Marie Boles, third (3:39:11). Photo by Tesh Teshima



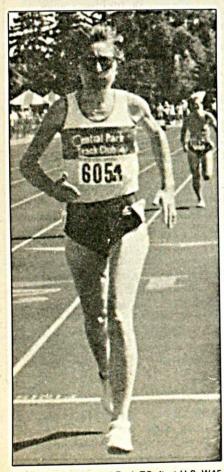
Dale Keenan, 45, Selkirk, N.Y., finishes first overall, Mohawk Hudson River Marathon, Oct. 22. Photo from Paul Murray

Canadians Upset U.S. in Annual Cross-Country Challenge

by CAROLE LANGENBACH

It was a close call in this year's masters U.S. vs. Canada cross-country challenge on Oct. 21 in Bellingham, Wash., with the hand-picked Canadian team underscoring the Americans by only three points.

Canada's Dave Reed, M40, Coquitlam, B.C., covered the soggy,



Sylvie Kimche, Central Park TC, first U.S. W45 800 (2:32.89), 1995 National Championships, East Lansing, Mich. Photo by Suzy Hess

muddy 5K course in 17:59, only two seconds ahead of Mark Billett, M40, Seattle. Michael Allison, Seattle, was third M40 in 18:11.

The women's field was led by Coquitlam's Nancy Tinari, W35, in 19:09, followed by countrywoman Thelma Wright, W40, in 19:45. Kate O'Neill, W45, Lake Stevens, Wash., was the first U.S. woman in 22:01.

Other notable division winners were Herb Phillips, M55, Burnaby, B.C., 19:04; Derek Mahaffey, M60, Woodinville, Wash., 20:31; Betty Jean McHugh, W65, North Vancouver, B.C., 25:04; Les Leyland, oldest competitor at age 78, from Trail, B.C., 31:45; and Lenore Marvin, W75, Surrey, B.C., 31:56.

The women's team event was won by the U.S., 28-30. The U.S. men didn't fare as well, losing to the Canadian men, 78-73. In cross-country, low score wins, so after combining totals the U.S. had to surrender the Fleischmann's Cup to the Canadians for one year, 108-111.

The USATF Masters LDR Committee hosted a pizza feed for all competitors after the race. National Masters Chairman Chuck DesJardins was present to pass out awards. After the conversation and good food, the fierce rivalry between the two countries changed to camaraderie.

The challenge was held in conjunction with Western Washington University's Invitational and coordinated by USATF Pacific Northwest Masters Committee. For more information on the unique scoring for this event, contact C role Langenbach, USATF Mast DR Secretary, 4261 S. 184th St., Sec 1'ac, WA 98188.

Keenan Wins Mohawk Hudson Marathon

by PAUL MURRAY

At age 45, Dale Keenan, of Selkirk, N.Y. may have slowed a step or two over the past decade, but he proved that he is still a tough competitor by winning the 13th annual Mohawk Hudson River Marathon from Schenectady to Albany on Oct. 22.

Keenan paced a field of more than 600 runners to finish with a time of 2:35:06, just 26 seconds ahead of the second-place finisher, Jeff Ruttner, 30, of Montreal. Celio Hernandez, 47, Springfield, Mass., was third in 2:39.07. Other masters among the top ten included George Bailie, Glenmont, NY, 2:42:22, and Bruce Glasspoole, Pointe Claire, Quebec, 2:44:54.

Ten years ago, Keenan set a personal record of 2:20:35 on this scenic course along the banks of the Mohawk and Hudson rivers. In the past three years, however, he has encountered a series of setbacks. First, he was sidelined by Achilles' tendonitis. Then, this June, Keenan was nearly run over by a truck while cycling to work. He suffered a concussion and a severe laceration to his left knee when he jumped from his bike to avoid a collision. "I'm lucky to be alive," he said. "The driver never saw me. At the last moment I leaped off and crashed into the ditch."

Keenan had not originally planned to run the marathon, but race organizers sent the three-time former champion a free entry form. "Crazy as it sounds, I only entered because of the free application," commented the frugal marathoner. "I didn't even start training seriously until a couple of months ago."

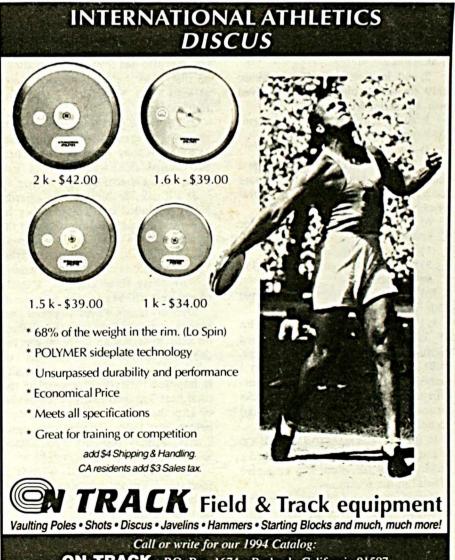
Ruttner can testify to Keenan's successful recovery. "I knew all about Dale," he said. "Anyone who runs a 2:20 marathon is special." Ruttner was willing to let Keenan set the early pace in hopes of catching him at the finish. "In the last couple of miles I tried a few bursts to see if I could catch him, but my legs started to hurt." Keenan was hurting too, as he battled a strong headwind to land his fourth victory.

The top masters woman and tenth overall was Janet Labuc, Hudson, N.Y., with a 3:23:51. Elaine Lutzker, Saratoga Springs, N.Y., topped the W45 age group in 3:41:06. Not far behind was Margaret Ferrara of Ghent, N.Y., the W50 winner with a 3:41:31.

The oldest female finisher was 64-year-old Sylvia Weiner of Montreal, who won the W60 division in 4:14:27.

Seventy-one year old Sam Gratch of Utica, N.Y., was the oldest finisher in, 5:20:53.

A record 572 runners completed the race. The Mohawk Hudson River Marathon was organized by the Hudson Mohawk Road Runners Club and sponsored by Energy Answers, Inc. John Dahlem was the race director.



ON TRACK • P.O. Box 1674 • Burbank, California 91507 1-(800) 697-2999



The Cost of Staging a Masters T&F Meet

by SCOTT THORNSLEY, Meet Director, East Regionals

am fortunate that only one athlete complained about the high (\$17) first-event fee charged at the East Regional Masters T&F Championships, June 24, in Harrisburg, Pa.

The complainer said the fee, plus the \$5 subsequent event fees would keep competitors away; that it imposed a hardship upon many athletes.

He was right. If I had to travel three or four hours, then pay \$17 to run the 100 and \$5 for the 200, etc., I would have thought twice about going.

So I wanted to let everyone know what that \$17 went for. First, in analyzing the 1991 East Regional in Millersville, I found the average person entered three events. But about onethird entered just one event, for which I charged a \$10 first-event fee. When I reviewed my costs, I learned singleevent athletes cost the meet money. That's why I imposed a high first-event 1995 fee, and then lowered subsequent fees.

Here's what a "no frills" regional meet, like the one in Harrisburg, costs: 1) Sanction fee and related costs:

\$120.

2) Ad in National Masters News: \$119 (a steal, considering I received over 50 entries from it).

3) Fully automatic timing system: \$380 (another steal).

4) Awards: \$1750.

5) Officials: \$1250. (This may be a shock to some, but \$50 is the going rate for a track official for a day in Central Pennsylvania.)

6) Two school maintenance men for 12 hours: \$626.

7) Food for officials: \$165.

8) Miscellaneous equipment: \$135.

9) Postage: \$96.

10) Printing of 3000 entry forms: \$30.

11) Telephone costs (I returned a lot of calls), several fees I returned because of death or sudden illness, \$430 in regional surcharges, which I turned over to our regional coordinator, and my favorite — checks returned for non-sufficient funds, and so on.

In the end, the meet cost over \$5200 to put on. And I wasn't even charged a facility rental fee, since I'm an active official in the community.

Here's what the athletes got: no lap mistakes; real officials, not wellmeaning teenagers; javelin throwers heard "flat throws;" sprinters were DQ'd for false starts; implements were weighed; even a jumper was DQ'd.

Only a \$5 late fee per person was

charged. The fact that it was a rainy day unfit for even an Oregon duck didn't prevent more than 40 athletes from registering the day of the meet a meet which had six months advance notice in the National Masters News, as well as an ad in NMN the month before, as well as 3000 meet flyers distributed to clubs and indoor races months before. Yet, I had to compete with two major meets the same weekend.

This year's awards were nicer than the generic medal used in 1991. Regional patches went from \$2 in '91 to \$3.25 in '95 — outrageous, since many competitors keep getting patches and never use them.

If I ever host another regional, I would change several things:

1) At this year's convention, I'm going to again ask why we're paying a \$2 regional surcharge. The indoor regional also had over 200 competitors, so that gives the regional coordinator at least \$830. What does he do with that money?

2) For those who want patches after they win an event, they can buy them, as many as they want, at cost. These two changes alone will reduce the firstevent fee by almost \$4.

3) I'll ask for bids on the awards. I've been lulled into complacency by going back time and time again to the same vendor. A meet should not spend one-third of its budget on awards. What do athletes do with their medals?

With these three changes, I could charge just \$10-\$11 for the first event.

Meet managers would all prefer that entries be received on time. For a meet director to accept an entry on-site the day of the meet is an act of graciousness, despite whatever penalty is imposed. Sixty-five percent of the total East Regional entries were received *after* the deadline, or just three days before the meet. That's why some events, namely the shot and discus, were swamped with competitors.

Unfortunately, I cannot provide a food stand. The insurance costs are too much, and the school district prefers no food be sold.

Finally, for those of us who live in the eastern USA, either we get our act together and start bidding on some national outdoor championships, or our competitor base is going to dry up. No

Tribute to Sallie Stiegelmeier

by SUE STIEGELMEIER The great writer and poet, Henry David Thoreau, once wrote, "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer, let him step to the music for which he hears, however measured or far away." My mom, Sallie Stiegelmeier, heard a different drummer. She did not keep pace with her companions — she led the pack.

Sallie died of lung cancer on Thursday, Oct. 12 at age 63, in her home with her family by her side. Living her life differently than others was something she strived to do. Living her life differently, going for the gusto, and not letting a minute slip by, was what kept her going.

She lived with and won the battle of cancer for 18 years of her life. When faced with the obstacle of a deadly illness, she fought back instead of cowering. After several cancer surgeries and years of raising children and being a housewife, she decided to go back to school and pursue a long held desire to acquire a masters degree in Exercise Physiology. Sallie was then hired as a fitness evaluator at Omni Fitness Center where she worked



Sallie Stiegelmeier

Fitness Center where she worked until a year before her death.

While I was competing in college track and cross-country in the late 1970s, a desire for running was ignited in my mother after she was convinced to run a block-and-a-half with me by our home in Berea, Ohio. As her running progressed, she started to compete in local 10K and 5K races. After my college career, it was then her turn to persuade me to compete in local running races and the two of us participated in many competitions together. At the age of 53, she competed in her first marathon (The Cleveland Revco), and then went on to compete in a triathlon and numerous other running races. Just one year ago, she competed in and finished her second triathlon (The Tinman) in Chagrin Falls, Ohio.

My mom was also a one-time holder of four track and field records. She competed in senior and masters meets all over the U.S. She held the U.S. women's indoor 300, 600, and 50 meter and the U.S. outdoor 100 yard records in age group 50-54. She set the U.S. 100-yard record while having a 103-degree temperature and a torn plantar facia.

Many may not have heard of all of Sallie's accomplishments and achievements. She never boasted of her endeavors. Achievements were just a fraction of what she was all about. She held values that far exceeded just that. Her family always came first. Sallie went above and beyond the call of duty for her family and grandchildren. She had an everlasting love and intense interest and concern for us all, even during the most extreme battles she was fighting in her own life. Sallie represented strength and tenacity. She was basically a caring and compassionate person, as any of her friends or co-workers could also testify.

It's unique in this day, in a society that places so much emphasis on accomplishments, to find someone who downplays these accomplishments. People like this are rare — we just lost one of those people.

The next time you are ever running or biking on the Metroparks bike path in Middleburg Heights, just North of Fowles Road, look to the left and you will see Woodvale Cemetery. You can then think of Sallie, the person who was my hero. The person who was an inspiration to so many others. Her legacy will always live on. \Box

one wants to peak at an East Regional meet in late June or mid-July.

There were several new competitors in Harrisburg. I mailed a personal invitation to each of the 175 masters competitors who attended the 1994 Keystone State games, and many of them showed up for their first real masters meet.

A final thanks to Morton Hahn. After I settled on June 24 as a date last year, he had to reschedule his own New Jersey meet. That kindness will not be forgotten.

Write On!

Continued from page 17

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race will go down in athletic history as most successful." According to The Globe, "Camp Devens made a splendid showing in the B.A.A. relay marathon. It was a great triumph ... "

The Camp Devens weekly athletic bulletin (dated April 20, 1918) said: "This has been the most spectacular week in the history of Camp Devens athletics. A great victory was scored (by Company E of the 302nd Infantry) at the B.A.A. Patriots' Day run'

With armistice declared in the fall of 1918 and peace treaties established by the spring of 1919, B.A.A. Marathon officials resumed regular competition the following year.

Jack Fleming **Boston Athletic Association** Boston, Massachusetts

EAST REGIONALS

This letter is long overdue. I started in track in the '40s, coached in the '50s, and never went to college, but I have been in hundreds of meets throughout the years. I have never written about, or to any of those meet directors, making this letter an exception.

On June 24, I participated in the **USATF East Regional Championships** at Harrisburg, Pa., run by Scott Thornsley. My friend and I called ahead of time because it was raining in-Baltimore. Scott assured me that the meet would be run no matter what. How right he was - it poured down all day long. I doubt if any event was more than a half-hour late.

Medals were brought to the last event (hammer) to make sure competitors got theirs before leaving for home. I have run meets myself, and I can honestly say this was the best run, as well as the best officiated meet that I have ever participated in. Judges, timers, markers, rakers in the jumps, weighers and measurers of implements, nobody stopped working straight through the downpour.

Most of all - everyone involved in officiating knew what they were doing and made this a competitor's meet. Hats off for a job well done.

Bob Leishear Baltimore, Maryland

SPONSORSHIP

Pepsi-Cola is a company that strongly supports the masters track and field program. Its sponsorship gave me an added incentive to persevere this year and I threw a two-year best at the World Championships in Buffalo.

Pepsi donated a substantial amount of free Pepsi Sport drinks to the Nationals this year in Michigan. It also donated substantial funds to support the cost of the banquet in East Lansing.

Thank you, Pepsi, for believing in me and my fellow masters track and field athletes.

Janet Wilson Huntington Beach, California

National Masters News

SALLIE STIEGELMEIER

On Oct. 12, Sallie Stiegelmeier, 63, died. Sallie wasn't a runner who had cancer; she was a runner because she had cancer. About 18 years ago she had a malignant melanoma removed from the back of her thigh. The surgery was extremely invasive and required reattachment of muscles, and major skin grafts. Although active with tennis and golf prior to that time, Sallie took up running to rehabilitate her leg. She achieved such a high fitness level that she went on to become a masters champion in the sprints.

In her 50s she returned to school, took a masters degree in exercise physiology, did fitness evaluations for a Cleveland health club, and wrote a column on health and fitness for an area paper.

In the intervening years, Sallie had repeated surgery for recurring abdominal tumors but came back each time to run and win again. At one point she'd been given up as "inoperable," but fought her way back through yet another surgery. Finally, this past January, the cancer was discovered in her lungs, and this time she didn't make it back.

Sallie was a vivacious and courageous woman, a strong competitor, and a dear friend. I'll always see an empty lane in the sprint finals at the Nationals where Sallie would have been running.

> Grace Butcher Chardon, Ohio

ALAN WOOD

Bau orano in anti arealen

It's so sad to read about Alan Wood dying of liver cancer. He has faithfully, painstakingly, and lovingly produced the Master Walker for the past 20 years. I've seen him as a modest man, not a glory hound, who in his quiet, dedicated way made his mark upon our community by laboriously, every month, pecking out the MW on some manual typewriter, carefully crafting those little charts detailing master walkers' national bests. I can't imagine anyone else bothering to do this so faithfully and consistently. Through an unsung, unheralded labor of love, he has brought pleasure and gained the respect of those of us who know his work.

> Harry Siitonen San Francisco, California

RUNNING WITH BREAST CANCER

It happens too much these days, young women being diagnosed with breast cancer. The reaction is always the same, "Why me?"

On April 13 of this year, a lot of hope for a successful masters running career could have been lost when my wife, Nancy Hinkel, received news of her cancer.

Over the years, I've heard heroic stories of individuals overcoming obstacles to come out on top. I was fortunate to witness how a person really becomes a champion despite adversity.

From the day that Nancy learned of

her condition, she decided in mind and heart that the medical process wouldn't take any more of her than she could humanly allow. Her goal at the beginning of the year was to run the Portland Marathon and qualify for the Olympic Trials at the age of 40. It would take all she had to stay healthy and be in the best shape ever. But nobody figures in cancer.

Her mind was made up to meet her goal before her surgery and 37 radiation treatments. With all of the doctor appointments, side effects, and work as a dental hygienist, she never straved from her training and her diet. She made everything accountable for her well-being. Those who knew were amazed, and she raised the level of every runner around her. In those next three months she ran PRs in the 5K (17:41), 8K (28:56), 10K (36:28), and 15K (56:28).

On Sept. 14, Nancy ran the most important race she might ever run - The Race For The Cure. The Crowd roared as the first breast cancer survivor approached on Front Avenue.

The smile gave it away long before her pink visor did. I'd know that smile anywhere. It always let me know that everything was going to be fine.



Larry Rodenbeck, 46, Missouri, winner of the M45 triple jump (12.34), 1995 USATF National Masters Championships, East Lansing, Mich. Photo by Jerry Wojcik

On Oct. 1 at the Portland Marathon, Nancy ran 2:49:30 and qualified for the U.S. Women's Olympic Trials by one-half minute.

> **Bob Hinkel** Brightwood, Oregon

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ATHLETES WHO ENTER A NEW DIVISION ATHLETE (RESIDENCE) GERRIT DE BACKER(BEL) ROBIN BALL(GB) JAMES BENNETT(HONOLULU,HI) GEORGE PATTERSON CRANDALL(US) NOEL GOFF(AUS) FRITZ HELBER(WG) HANS HENNINGSSON(SWE) SYD HESKETH(AUS) MIKE HILL(BOULDER,CO) CLEMENT HOYSEN(BEL) BARRY IVERS(BREWER,ME) AXEL JELTEN (WG) JOHN J KELLEY(MYSTIC,CN) WALTER KERN(WG) JOHN J KELLEY(MYSTIC,CN) WALTER KERN(WG) JOHN J KELLEY(MYSTIC,CN) WALTER KERN(WG) AXEL JELTEN (WG) JOHN J KELLEY(MYSTIC,CA) BOD MARTIN(FLA,OKLA) BOD MARTIN(FLA,OKLA) BOD MARTIN(FLA,OKLA) BOD MARTIN(FLA,OKLA) BOL MCHLAEV(PHILADELPHIA,PA) EERTHOLD NEUMANN(WG) GARY OLLPHANT(WICHITA,KS) KEN POPEJOY(WHEATON,IL) L. ROLLS(GB) JAMES STEPHENSON(SAN FRANCISCO,CA) RALPH THOMAS(GARDINER,ME) PAUL THURSTON (SILVER SPRING,MD) ARNOLDS TICMANIS(CAN) SIGUARD TORMOEN(NOR) WILLIAM TRIBOU(CT) MARTI VAINIO(FIN) EDWIN WEBER(WG) BERNO WISCHMANN(WG) CAROLYN SUE CAPPETTA(CONCORD,MA) JANE DODS(N.HOLLYWOOD,CA) JONEF WILDMOSER(WG) BERNO WISCHMANN(WG) CAROLYN SUE CAPPETTA(CONCORD,MA) JANE DODS(N.HOLLYWOOD,CA) DONNIS DRUMGOLE(DECATUR IL) BUNNY FRANCO(NEW YORK CITY,NY) ELIZABETH HAGAMANN(MARION,MA) YVONNE HENRY(CARSON,CA) CAROLE HERRICK(MCCLEAN,VA) EVELYN HESS (EUCENE,OR) SALLY HUGHES(FAIRFAX,CA) JANE HUTCHINSON(WEBE) CITY,MO) YELMA JACOBS(GRELEY,CO) EVELYN HESS(EUCENE,OR) SALLY HUGHES(FAIRFAX,CA) JANE HUTCHINSON(WEBE) EDITIN MENDYKA (TUJUNGA,CA) MARGARET MILLER(TANUSA,CA) MOEL MERGNALD(US) EDITIN ERINGSLID(SWE) RUTH CARRIER(CAM) RUTH CARRIER(CAM) CAROLE MERONALD(US) CAROLE MERONALD(US) CAROLE MERONALD(US) CAROLE MERONALD(US) EDITIN ERINGSLID(SWE) RUTH CARRIER(CAM) CAROLING MARETOVA(CZE) CHRISTINE FUCHS(WG) TRAUDEL HAFELE(WG) TRAUDEL HAFELE(WG) TRAUDEL MARELER(GB) STEPANKA MERTOVA(CZE) CHRISTINE MARLER(CB) STEPANKA MERTOVA(CZE) CHRISTINE MARLER(CB) STEPANKA MERTOVA(CZE) CHRISTINE MARLER(CB) STEPANKA MERTOVA(CZE) CHRISTINE MARLER(CAN) MADINA NORDEN(AUS) MORINA NORDEN(AUS) MORINA NORDEN(AUS)	THIS MONTH DEC. 1995
ATHLETE (RESIDENCE)	BIRTHDATE AGE GROUP
ROBIN BALL(GB)	12-14-35 60-64
JAMES BENNETT (HONOLULU, HI) GEORGE PATTERSON CRANDALL(US)	12-14-15 80-84 12- 8-50 45-49
NOEL GOFF (AUS) FRITZ HELBER (WG)	12-12-20 75-79
HANS HENNINGSSON (SWE)	12-2-25 70-74
MIKE_HILL(BOULDER, CO)	12- 4- 5 90-94 12- 6-50 45-49
CLEMENT HUYSSEN (BEL) BARRY IVERS (BREWER, ME)	12-27-35 60-64 12- 6-10 85-89
AXEL JELTEN (WG)	12-6-40 55-59
WALTER KERN (WG)	12-19-5 90-94
JOHN KILBUCK (CHICAGO, IL) KAARLO LESELL (FIN)	12-26-20 75-79 12-9-30 65-69
RALPH LOVSHIN (US)	12- 8-10 85-89
BOB MARTIN (TULSA, OKLA)	12- 9-20 75-79
BILL MCWILLIAMS (CENTERVILLE, MA)	12-27-35 60-64
BERTHOLD NEUMANN (WG)	12-19-30 65-69
GARY OLIPHANT (WICHITA, KS) KEN POPEJOY (WHEATON, IL)	12-13-40 55-59 12- 9-50 45-49
L. ROLLS (GB)	12-10-10 85-89
RALPH THOMAS (GARDINER, ME)	12-27-35 60-64
PAUL THURSTON (SILVER SPRING, MD)	12-21-20 75-79
SIGUARD TORMOEN (NOR)	12-12- 5 90-94
WILLIAM TRIBOU(CT) MARTTI VAINIO(FIN)	12-18-20 /5-79
EDWIN WEBER (WG)	12-17-10 85-89
JOSEF WILDMOSER (WG)	12-9-30 65-69
BERNO WISCHMANN (WG) CAROLYN SUE CAPPETTA (CONCORD.MA)	12-26-10 85-89
JANE DODS (N. HOLLYWOOD, CA)	12-21-35 60-64
BUNNY FRANCO (NEW YORK CITY, NY)	12-28-30 65-69
ELIZABETH HAGAMANN (MARION, MA)	12-22-20 75-79
CAROLE HERRICK (MCCLEAN, VA)	12-25-40 55-59
SALLY HUGHES (FAIRFAX, CA)	12-13-40 55-59
JANE HUTCHINSON (WEBB CITY, MO)	12-16-45 50-54
EVE KARBENS (HONOLULU)	12-25-10 85-89
CAROLE MCRONALD (US) EDITH MENDYKA (TUJUNGA, CA)	12-27-40 55-59 12-12-10 85-89
MARGARET MILLER (THOUSAND OAKS, CA)	12-12-25 70-74
CAPOLYN O'NEIL (KALISPELL, MT)	12- 6-35 62-64
NELLY WRIGHT (US) CHRISTA BAUM (WG)	12-17-45 50-54 12-24-35 60-64
BIRGIT BRINGSLID (SWE)	12-6-45 50-54
CHRISTINE FUCHS (WG)	12-24-40 55-59
A. HADE (WG)	12-9-35 60-64
ELSBETH HENNSELER (WG)	12-22-30 65-69
CAROLINE MARLER (GB)	12-27-45 50-54
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COMPILED BY PETER MUNDLE, WORLD AND USA M	
SYLVESTER STEIN (GBR)	12-20-20 75-79

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Report From Britain

from MARTIN DUFF and BRIDGET CUSHEN

Paula Fudge, long-time British internationalist from 3000 to the marathon, returned to form with an overall women's victory in the popular West Country Half-Marathon at Stroud in Gloucestershire, Oct. 22. The 44-yearold clocked a fast 77:39 to go second in the British W40 rankings for the year behind Zina Marchant's 77:08. The



Road : 10 - 25 Km Walk: 20 Km Women 30 Km Men

Entry forms, information and accommodation : **Jacques Serruys** Korte Zilverstraat 5 8000 Brugge - Belgium Tel. 00 32 50 341 781 Fax: 00 32 50 334 325

M40 + winner was Tim Hughes (71:02), while Leo Davis took the M50 title (75:58).

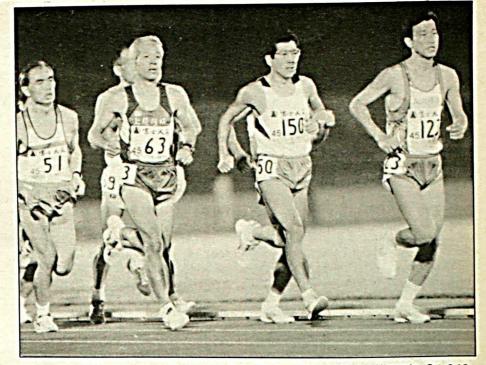
Consistent high performer, Laurie O'Hara, M60, won the Veterans AC 5K over a hilly course on Oct. 29 in 18:14 with a 45-second advantage. Equally as emphatic was Steve Charlton, 69, in 19:01.

There was a great tussle in the M40/50 age group race, run separately, as newcomer Jonathan Milsby, just turned 40, and M50 ex-Irish international John Sheridan vied for the win. After setting a cracking pace in the early stages over the three-lap course, Sheridan acceded to Milsby, the winner in 15:53, and settled for the silver (16:16).

The day before, Nigel Gates, 42, Nick Rose's chief domestic rival, dominated the Sussex Cross-Country League race from a field of 200, many younger than Gates.

Former London Marathon winner Joyce Smith, 58, was forced to turn out for her Shaftesbury-Barnet AC in the Southern Women's relays on Oct. 7. They wound up fourth, to qualify for the National Road Relay, which they won. Joyce was not needed in the final. The Veterans AC Half-Marathon

Championships at Haslemere on Nov. 5 will surely go into the history books as the toughest in the country. Bob Roath, M40, picked up the gold medal, finishing in 77:53. Myra Garrett, W50, won the ladies' race, and in finishing third female overall, Bridget Cushen, collected the W55 gold and County silver medal.



Action in the 5000-meter run at the 16th All Japan Masters Championships in Hiratsuka, Oct. 8-10. Photo from Saeko Matsuo

1650 Compete in Japan

by SAKEO MATSUO

The 16th All Japan Masters Athletics Championships drew 1650 athletes, including those from Chinese Taipei, to Hiratsuka, Kanagawa on Oct. 8-10.

Akiko Oohinata set a world W45 record with a triple jump of 11.65, breaking the old mark of 11.11, set in 1988 by Takato Togawa of Japan. Oohinata tied another of Togawa's world records with a long jump of 5.52.

The best-athlete awards went to Kosaku Kanamori (M80, 5000) and Norkio Nakamura (W55, 200), who each set new Japanese age-group records.

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AFRICA Hannes Booysen

Seniors Stomp Fifth Avenue Mile Record

by MAURY DEAN

"Are you 60 yet, Witold?" I asked as the Polish Olympian (1956) warmed up for the Fifth Avenue Mile, Sept. 30. Witold Bialokur just flashed an impish smile and said, "Maury, shhhh. . ."

Something was brewing. The 60-year-olds toned up, tuned in, and pranced their warm-ups while John Underwood paced the M40 + milers in 4:22, and Vic Heckler and Salih Talib blasted the M50 + crowd. Little did we know that the seniors were poised to slash 20 seconds off last year's 60 + record.

John Conner was the favorite; with a world-record indoor mile 5:17, he simply had to beat a 5:35. The day dawned clear. It was stuffy, but hey, it's only a mile. The crosswinds stayed out of our faces, and the nasty little knob of a hill at five-eighths of a mile wasn't too daunting.

Conner's splits were 72.0 and 2:29 until the hill, where he gave up dreams of Below Five. He led the fast 60 + field but had a double shadow. Central Park TC's amazing James Aneshansley, a relative newcomer to senior stardom and 60, like John, sat on his shoulder as both urged a doublefigure-seconds lead on last year's champion, Cliff Pauling, 61, and runner-up Geza Feld. Halfway through the race, fully ten super seniors were flirting with the vaunted six-minute mile.

At the third quarter, Conner began to tire. He knew the record would fall, and he calculated his final sprint. He looked back secretly (don't we all) and saw the flying figure of Aneshansley in tow. Conner pushed the fast pace, romping down the little hill toward 62nd Street. The guy in second place held on desperately.



William Schultz #3700, 41, took the 10th M40 + place from Herb Tolbert, 48, by one second with a 58:25, Army 10 Miler, Washington, D.C., Oct. 15. Photo by George Banker

"My tactics were to punch a fast 200m dash to the finish line," John told me later. "Unfortunately, I took off a few seconds too soon and had precious little energy left to fly across the finish line." Conner smashed Cliff Pauling's record of 5:35 by nearly 20 seconds. Conner took the bronze.

Aneshansley flew by near the finale, clipping Conner's magnificent mark of 5:15.7 with an incredible 5:12.7. Aneshansley took silver.

Jerry Wojcik, "Weight Room" columnist, and I grew up in Detroit-Hamtramck. We know a little bit (Jerry more than I) about Polish power. When I was 42 and Bialokur was 50, I ran a nice 28:45 five-miler, and he flew by me at the finish for a 28:40.

Witold snapped on his afterburners and blasted away (like Spaceman Spiff) all the competition in a super surge of speed — rocking the rafters with a jetpropelled 5:12.3. Last year's 5:35 effort was whomped by a supersonic 20 + seconds.

Pauling (5:34.5) and Feld (5:44.4), now 61 and beyond new-kid-on-theblock status, ran 1994 great times for fourth and fifth.

Gerry Owens, 60, won the mile, too, in a hard-fought 6:37.3 to Rosa Nales' 6:40.4, in the W60 + match-up.

Those of us still gasping from our own efforts started re-gasping when the Silver Senior Stampede stomped over the finish line with those tremendous times. It was a banner day in the history of the prestigious Fifth Avenue Mile. \Box



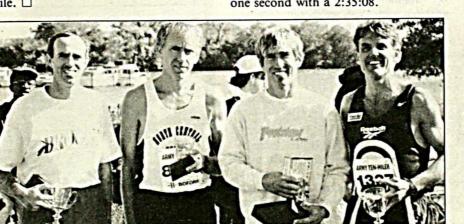
Medalists in the M65 division, St. George Marathon, Utah, Oct. 7, from left: Leroy Peterson, Utah, 2nd (3:16:31); Eugene Barker, Kentucky. 4th (3:42:28); Paul Nance, Utah, 1st (3:08:35); and Bob Koch, California, 3rd (3:27:39). Photo by Mark Kariya

Workman, Egger Victors in St. George

by JERRY WOJCIK

Ray Workman, 45, Bountiful, Utah, and Virginia Egger, 42, Telluride, Colo., were masters firsts in Utah's St. George Marathon, considered one of the country's fastest courses, on Oct.

Workman won in 2:30:10, taking a five-minute victory over Frank Hutchinson, Los Osos, Calif., who ran a 2:35:07. Brent Kartchner, Sandy, Utah, lost the masters second place by one second with a 2:35:08.



Top masters in the Army 10 Miler, Washington, D.C., Oct. 15, from left: Michael McHale, 44, fourth (55:19); Jim Whitnah, 41, third (54:16); Chuck Moeser, 44, first (53:29); and Lowry Foster, 44, fifth (56:11).

Army 10-Miler Biggest Ever

by JERRY WOJCIK

The Army 10-Miler had 1300 finishers in its inaugural race in 1984. This year, a little over 7100 of the record 8400 entrants finished, to assure the race's claim to the largest 10-mile in the U.S.

The first masters in this year's race on Oct. 15, staged for the 11th time in Washington, D.C., were Chuck Moeser, 44, Herndon, Va., with a 53:29, and Patricia Donohue, 41, Alexandria, Va., in 66:20.

Enrique Navarette, 48, Reistertown, Md., captured the second masters spot in 53:45 but took the first age-graded place with a 90.7% to Moeser's 88.4%. Jim Whitnah, 41, Chevy Chase, Md., finished third in 54:16. Gerry Ives, 56, Cabin John, Md., ran an A-G 85.6% to win the M55 race with a 60:50.

In the W40 + contest, Patty Shackleton, 43, Vienna, Va., was second to Donohue with a 68:09. Karen Erb, 44, Alexandria, Va., was third in 68:43.

Amelia Wallace, 54, Clarksville, Tenn., won her division race with a 72:42. Hedy Marque, Alexandria, Va., the oldest finisher at age 78, recorded the best age-graded mark of all W40 + with an 87.5% 90:46.

Of the some 7100 finishers, 76% were male and 24% female. About 33% of the finishers were age 40-andover. Claudia Piepenburg (formerly Ciavarella) was the meet director. Egger, 42, qualified for the women's Olympic Marathon Trials by meeting the standard (2:50) with a 2:49:47. Her closest competition came from Ellen Gibson, Salt Lake City, with a 2:50:16, and Marina Jones, Rancho Margarita, Calif., with a 2:51:22.

Three division course records were broken. In the M60 race, Carlos Valle, Downey, Calif., a road runner who made his debut on the track a successful one in the 1994 Nationals in Eugene, ran a 2:51:58 to break Pat Devine's 2:53:22 in 1990. Garn McBride, Salt Lake City, M60 winner in 1994 with a 3:07:07, ran a 2:52:20 but had to settle for second to Valle.

John Cahill, Salt Lake City, set a new standard in the M70 group with a 3:16:39, bettering Eddie Lewin's 1990 record of 3:30:10. Antoinette Hill, Long Beach, Calif., erased Velma Earl's W65 record of 4:20:44 in 1992, with a 4:18:27.

While most of the entrants were from Utah and surrounding states, the prospect of a fast time also drew runners from Georgia, South Carolina, and Michigan.



Medalists in the W45 race, Nancy Smith (I), first (70:17), and Deborah Gebhardt, second (71:02), Army 10 Miler, Washington, D.C., Oct. 15. Photo by George Banker

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National Masters News

December, 1995

Marine Corps Marathon

Continued from page 1

for the Olympic Trials. "Just to go (to the Olympic Trials) is a big accomplishment," said Kasen.

The weather, sunny and cool at the start, warmed up later in the day. The course loops past many of Washington's historic monuments, including the Pentagon, the Capitol, Arlington National Cemetery and the Iwo Jima Memorial.

This year's race had a few runners who "ran with a purpose," including Marcy L. Gray of Oklahoma City, who ran with a delegation in memory of their friend, Lt. Colonel Paul D. Ice, 42, USMC Reserve (Retired), who was killed in the April bombing of the Alfred P. Murrah Federal Building in Oklahoma City. Ice, a Senior Special

Agent for the U.S. Customs Service, completed the 1994 Marine Corps Marathon and, as a special tribute, the race management retired his number for the 1995 race and sent the race bib to his family.

CWO Michael J. Durant, 34, had a happier ending to his story - he finally got to run his Marine Corps Marathon, which was postponed for two years because he had been sent to Somalia where he piloted a helicopter which was downed. He suffered substantial injuries, but after extensive rehabilitation, was able to compete again in the 26-mile event.

In 1996, the Marines are again looking for "a few good men - and women" to participate in the 21st running, which takes place on Sun., Oct. 27. 🗆



This Syracuse Chargers W50-59 winning team trio collected \$200, USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15, from left: Sue Gardiner, W50, Lois Bell, Photo by Evelyn White W60, and Lenie Tucker, W55.

USA Track & Field Marathon Records and Bests TYPE : 0 = open record, A = age group record, B = 'best' (fastest but not record) a = Course may be aided by slope or tailwind, not eligible for records, can be 'bu

d open or age group record or 'best' latable, cannot be ratified

New York Marathon

Continued from page 1

made no firm commitments.

Long a fixture on the local running scene in the New York area, Horovitz slipped into the new age category in June, celebrating her birthday by being the first masters woman in Grandma's Marathon. But due to persistent leg injuries, she hasn't raced much since. The mother of precocious 10-year-old twins and wife of famous playwright Israel Horovitz ("The Indian Wants the Bronx," "Line," and "Sunday Runners in the Rain"), she nonetheless manages, if uninjured, to ". . . race almost all the time except June to September, when I travel." A British citizen who lives in the USA, Horovitz is aiming for Boston in April.

The open winners were a repeat from last year: German Silva (27, Mexico, 2:11:00) and Tegla Loroupe (22, Kenya, 2:28:06).

Both the top masters and open runners were noticeably absent in New York, presumably because of the U.S. Olympic marathon trials, Feb. 17 in Charlotte, N.C. (men) and Feb. 10 in Columbia, S.C. (women). None of the top-ranked 20 U.S. men and only two of the top 20 U.S. women were there. Only four of the age-group winners were from the USA.

There were approximately 26,707 finishers of 27,900 registered runners, of whom 24% were women and 76% men.

The weather was as much the story as the race. It was the coldest New York City Marathon in the 26-year history of the race. The temperature was 40-degrees F, and winds blowing up to 32 miles per hour made the wind chill factor 18 degrees. The strong gusts knocked over water bottles on the tables where elite runners had their own special drinks. Many of those reported slower-than-expected times because they were unable to rehydrate appropriately.

Vic Navarra, who with his wife was in charge of the start operations, said half of the 14 tents used to shelter the

runners at the start blew down during the night. Transportation workers on the Verrazano Bridge (the first two miles of the course) lashed themselves onto their trucks with rope to avoid being blown over. Navarra opened up VIP rooms to take in runners in the interest of their safety and comfort.

In response to press queries, race director Allan Steinfeld said, "No way the race could be called - only if the bridge was unrunnable, which it wasn't."

The race was moved several years ago to November, in part to avoid the hot weather which frequently was a problem with October races.

Despite the weather, Emergency Medical Services only saw 90 patients, of whom 30 were taken to local hospitals, with none in life-threatening condition. Last year, there were three cardiac arrests - two fatal.

The New York Road Runners and their medical staff gave frequent, detailed information to the runners about how to prevent and treat hypothermia.

Eighty percent of the runners were 30 years of age or older; 43 percent were 40+. Mavis Lindgren (88, Orleans, Calif., 8:09:07) and Sam Gadless (88, Boca Raton, Fla., 7:12:18) were again the oldest finishers.

Runners-up to Jones were Jairo Correa (41, NY, 2:24:47) and Nick Rose (43, GBR, 2:25:37). Following Horovitz were Maria Gomez (41, BRA, 2:50:39) and Geny Masarillo (41, BRA, 2:32:18). Both second-place finishers won \$2000; third-placers each got \$1000.

Other age-group winners were Per Oeverland (50, NOR, 2:37:60), Marcelle Heine (50, LUX, 3:23:14), Chuck Sandres (63, NY, 3:01:48), Wen-Shi Yu (60, NY, 3:40:28), John Cahill (71, UT, 3:29:00), and Vreni Nikilus (72, NY, 4:41:09).

Due to the U.S. budgetary crisis, this year's winners were not invited to jog with the President in Washington. (Results will appear in next month's issue.)

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			AEN					v	VOM	EN
AGE	REC TIME		TYPE	NAME	AC	-	REC TIME	100		NAME
M 4	6:03:35	P		BRENT BOGLE	F	5	4:56:36		ITFE	JENNIFER AMYX
M 5 M 6	5:25:09 4:07:27			BUCKY COX BUCKY COX	F		4:00:36 3:51:54			JENNIFER AMYX
M 7	4:04:08			WESLEY PAUL	F	8	3:13:24			TABITHA FRANCKS
M 8 M 9	3:53:01 3:07:40			CHUCKIE EISELE		9	3:11:10			JENNIFER AMYX
M 10	3:02:23			SEAN HARTLEY DAVEN CHUN	F	11	3:07:01 3:03:55			JENNIFER AMYX JENNIFER AMYX
M 11	2:47:17			WESLEY PAUL		12	2:58:12			JENNIFER AMYX
M 12 M 13	2:46:42 2:43:02	200		WESLEY PAUL TOM ANSBERRY		13	2:52:58 2:50:48			SHONA JONES LORA CARTWRIGHT
M 14	2:41:31			WESLEY PAUL	F	15	2:46:23			DIANE BARRETT
M 15 M 16	2:29:11 2:23:47			MITCH KINGERY		16 17	2:34.24 2:46:57		AR	CATHY SCHIRO HEIKE SKADEN
M 17	2:24:06			MITCH KINGERY THOM HUNT	F	18	2:41:48			CELIA PETERSON
M 18 M 19	2:17:44			KIRK PFEFFER		19	2:34:41		-	KAREN DUNN
M 20	2:15:28 2:13:59		AR	PAUL GOMPERS DAVID SEGURA		19 20	2:33:52a 2:30:18		BR	JENNI SPANGLER CATHY SCHIRO O'BRIEN
M 21 M 22	2:13:25	23		THOMAS RAUNIG	F	21	2:34:55			LISA LARSEN
M 22 M 23	2:13:18 2:12:38			HERB WILLS MIKE BUHMANN		22	2:31:19 2:29:38	-		CATHY O'BRIEN
M 23	2:08:13a		BU	ALBERTO SALAZAR		24	2:30:26			CATHY O'BRIEN CATHY O'BRIEN
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M 25	2:10:29 2:09:21	U		KIRK PFEFFER ALBERTO SALAZAR		26	2:29:17 2:28:15			LISA WEIDENBACH
M 26	2:11:09	100		DAVE SMITH	F	27	2:24:528		BRW	JOAN BENOIT
M 27 M 27	2:11:00 2:08:47a		BR	GREG MEYER		28	2:21:21 2:29:50		OR	JOAN BENOIT MARGARET GROOS
	2:10:46		DR	BOB KEMPAINEN	F	29	2:31:34	P		KRISTY JOHNSTON
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M 32	2:11:32	U	1999	PAUL CUMMINGS		33	2:30:14 2:35:19			NANCY DITZ
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M 39	2:17:25			BILL RODGERS		40	2:41:50 2:40:19			SUZANNE RAY SHARLET GILBERT
M 40 M 40	2:17:02		AR	KENNETH JUDSON		42	2:41:46			NANCY OSHIER
M 41	2:15:15a 2:19:21		BA	BARRY BROWN DOUG KURTIS		43	2:39:52		-	LAURIE BINOER
M 42	2:20:00			DOUG KURTIS		44	2:35:08 2:45:11		AR	LAURIE BINDER BARBARA FILUTZE
M 43 M 44	2:22:48			JIM BOWERS JIM BOWERS	F	45	2:44:308	U	BU	MARY WOOD
M 45	2:25:50	U	AU	JIM BOWERS		46	2:53:01 2:51:49			MARY WOOD MARY WOOD
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M 48	2:30:45 2:33:03	P		JIM KNERR KEN SPARKS		51	2:51:44		~	S. RAE BAYMILLER
M 50	2:34:21			MICHAEL HEFFERNAN		52	3:01:23			MARION IRVINE
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M 53 M 54	2:31:20			NORM GREEN		55	3:05:48a		AR	SANDRA KIDDY
M 54	2:32:28 2:33:49		AR	NORM GREEN		56 57	3:07:21 3:12:46		AH	MARGARET MILLER HELEN DICK
M 55	2:27:428		BR	NORM GREEN	F	58	3:20:43	P		SANDRA KIDDY
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M 58	2:37:40			ALEX RATELLE		61	3:28:22		~~	WHAYONG SEMER
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M 61 M 62	2:43:11			GAYLON JORGENSEN	F	65	3:36:57		AR	WHAYONG SEMER
M 63	2:49:06 2:48:04			NORM GREEN CLIVE DAVIES		66	3:48:51			WHAYONG SEMER
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	2:51:27 2:42:49		AR	CLIVE DAVIES	F	69	4:12:58	·U	-	GERRY DAVIDSON
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M 68 M 69	2:52:45 3:00:57			CLIVE DAVIES	F	70	4:11:54a		BR	MARCIE TRENT
M 70	3:00:57		AR	WARREN UTES		71	4:42:25			LORETTA SHEHAN MAVIS LINDGREN
M 71	3:03:05	U	25	CLIVE DAVIES		72	4:37:37 4:56:44			MAVIS LINDGREN
M 72 M 73	3:09:10 3:12:44			WARREN UTES	F	74	4:48:35			IDA MINTZ
M 74	3:37:07			ED BENHAM		75	4:56:30 4:41:45a		BU	MAVIS LINDGREN
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page 25

National 10K X-C

Continued from page 1

E.

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10K

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N.Y., M70, 49:56; and Nate White, Fayetteville, N.Y., M75, 55:14, repeated their 1994 division wins. Harold Massie journeyed from Cozad, Nebraska, to take the M80 title with 73:12.

Brown, second in 1994 to Canadian Maureen de St. Croix, who ran a W40 + race record 36:32, repeated her W45 division win with a 44:04 onesecond win over Coreen Steinbach, W40, Pompey, N.Y. Brown opened a 50-yard lead on a tough uphill section in the fifth mile, but Steinbach narrowed the margin to four strides at the finish, just about the way it was at the start.

Late arrival Patti Ford, W40, Lafayette, N.Y., started two minutes after the field had left but managed to finish fourth (46:00).

Other women's age-group winners were Sue Gardiner, Verona, N.Y., W50, 51:05; Sally Rusby, Horseheads, N.Y., 51:25; and Liz Szawlowski, Sugar Hill, N.H., W60, 51:13.

The race is the only masters championships to give cash awards to teams. This year, the Taconic Road Runners quintet of New York took the M40-49 award of \$400. All of the other team awards went to Syracuse Chargers teams, including the W40-49 trio, which also won \$400.

The number of participants was down from last year's race, mainly because it also served as the US vs. Canada Cross-Country Challenge, held this year in Washington.

National 5K X-C

Continued from page 1'

Stan Clark, M40, of the Victory AC, second M40-49 club, was third in 17:15. Bill Olrich, 42nd of the 78 men finishers, won the M60 division title in 19:32. Michigander Chuck Sochor, better known as a sprinter and hurdler, won the M65 uncontested championship with a 25:35. Harold Massie was first of a three-man M80 field, with a 38:35.

Marchetti ran a 22:11 to outdistance the 40-to-49-year-old women. Loretta Hoffman won the W40 race in 22:35.

Other division winners were Cathy Firestone, W45, 27:47; Barbara Hennig, W70 34:40; and Ernestine Yeomans, W75, who repeated her 1994 championship, with a 44:47.

The M50-59 team winner was the Victory AC, with the Greenville TC second. 🗆

World Games Refunds Anyone entitled to a refund from the Buffalo Organizing Committee should have received it by now. Dennis Murphy said all refund checks were mailed on Nov. 14. If you applied for a refund but have not yet received it, please call Murphy at 716/842-4535.

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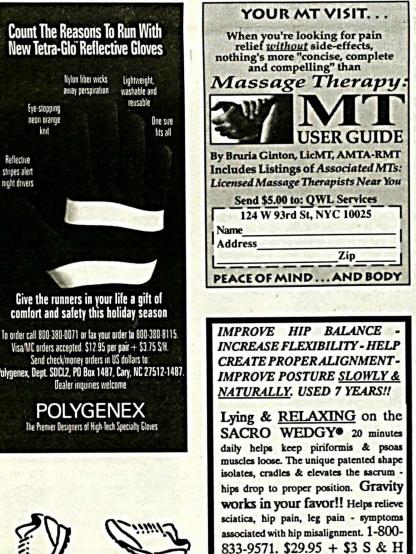
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Masters Scene

NATIONAL

· A new safety product helps runners and walkers stand out in twilight and in darkness. Tetra-Glo reflective gloves are visible at night from 350 feet vs. 100 feet for those without reflective clothing. The gloves come in one universal size. For info, contact Polygenex at 919-380-8100.

· Single-day ticket prices for the U.S. Olympic T&F Trials next June 14-23 in Atlanta will be \$10-\$30. TicketMaster has been selected as the official ticket vendor. Fans who want priority seating may purchase a "redemption certificate" by calling Ticketmaster at 404-249-6400. General sale of Trials tickets is expected to begin early next year through TicketMaster outlets. Tickets are reportedly also available from USATF, 250 Spring St., Suite 4S-112 Atlanta GA 30303

 Hal Bateman, 63, historian and statistician of USATF's press department, is recovering from surgery. Doctors removed a benign tumor at the base of his brain during an operation Sept. 22 and anticipate a full recovery

· Sub-vet and Olympic racewalker Victoria Herazo, 36, who participated in the 1995 National Masters T&F Championships, took the open women's national One-Hour Walk title on the M.I.T. track in Cambridge, MA on October 1 with 7 miles, 1159 yards.

· Olympic Weekly Sports Update reports that three-time New York Marathon winner Alberto Salazar is thinking about entering next February's U.S. Olympic Men's Marathon Trials in Charlotte, N.C. In recent years Salazar, 37, has been running ultra-distance races.

· USATF President Larry Ellis, who underwent heart transplant surgery in June, says he plans to attend USATF's annual convention in Atlanta this month. "I am well on the road to recovery, exercising, building my strength back up and looking forward to getting back to 100 per cent," Ellis says in USATF's Executive Report for October.

EAST

· Harold Nolan, 48, Middletown, NJ, won the overall men's title for the tenth time in the 17th annual Colts Neck, NJ, 10K, Sept. 17, with a 33:08, short of his course record 30:44 in 1989. Karen Van Heest, of Colts Neck, took the W40 + race in 41:35.

• Jack McShane, 43, and Suzanne Rohr, 45, motored to 40 + firsts in the NYRRC NYC Marathon Tune-Up 30K, Central Park, Oct. 8. McShane finished ninth of 1522 men with a 1:52:56. Rohr was 12 of 783 women in 2:17:21. Robert Briglio, 46, was second M40 + with a 1:53:00.

 Tom Carter (43, 15:47), Johnson City, NY. and Jean Queal (43, 18:35), Watertown, NY, hurried to 40 + firsts, Syracuse, NY, Festival Of Races 5K, Oct. 1. Margret Betz, 59, Conklin, NY, ran a national-class, age-graded 89.0% 20:16 to win the W55 race.

DEADLINE

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

. The Shore AC shattered the M60-69 US club record for the 4 x 400 with a 4:15.9 at an all-comers meet in Lyndhurst, NJ, July 26. The foursome's lead-off leg of 65.3 was run by Alex Johnson, followed by Irwin Bernstein in 65.2, Lee Trout with a 64.4, and finally Frank Haviland in 61.0 to break the 4:28.1 record held by the San Diego TC.

• The first three M40+ in the America Against Crime 5K, Washington, DC, Oct. 14, were fab 50s runners John Benkert (54, 18:21), Severna Park, MD, fourth overall; Chan Robbins (58, 20:11), Arlington, VA, ninth overall; and Bill March (58, 20:28), Woodbridge, VA. Thomas Momiyama, 64, Silver Spring, MD, was 15th in 21:26. Cathy Ventura-Merkel, 40, Arlington, was third female in 19:39. Maria Mboua, 47, Wheaton, MD, was second W40 + in 22:42. The race was run in a downpour from start to finish.

· Elton Richardson (56, 9923 meters) trounced the women's masters competition by striding first across the line in the USATF One-Hour Racewalk Championships, Cambridge, MA, Oct. 8. Robert Keating (48, 11,877 meters) garnered first overall in the men's division. In the accompanying Two-Hour Championships, Justin Kuo (41, 20,012 meters) came out on top (second overall).

· Edward Ryan (43, 17:27) and Wendy Silverstein (41, 20:18) captured the masters titles at the NYRRC Norway Run 5K, Central Park, NYC, Oct. 14, Age-group standouts included Jack Porzio (47, 17:19), John McManus (72, 21:35), and Ruth Kassanga (60, 26:09). · Grete's Great Gallop Half-Marathon, sponsored by the NYRRC, drew 956 women in Central Park, NYC, Oct. 14. Leading the masters home was Mary di Nardo (40, 1:29:17). Edith Farias (71, 2:09:53) won her division decisively.

 Two fleet-footed 50-year-olds, Ann Makoske (44:01) and Salih Talib (35:00) showed the 40-year-olds how it is done by taking the masters titles at the NYRRC Roosevelt Island Fall 10K, NYC, Oct. 15.

· Racewalker Leo Rivera, 50, who is wellknown in the NYC metropolitan area, sustained serious injuries after being hit by an automobile while he was out on a training walk Oct. 7. He has been in a coma since then, although his condition is reported to have been upgraded from "critical" to "serious." Attempts to contact the family and to obtain official patient status information from the hospital were unsuccessful at press time. Cards may be sent to Leo Rivera (Patient), Westchester County Medical Center, Route 100, Valhalla, New York 10595.

SOUTHEAST

· Paul Stemmer, 41, Mobile, AL, ran a masters race record 33:10 in the Delchamps/ Senior Bowl Charity Run 10K, Mobile, Nov. 4. Top W40 + was Susann Pierce, 44, Mobile, in 41:06. Winning Grandmasters (50+) were Don Wright (50, 37:04) and Betty Lafferty (53, 45:43). Gulf Shores, AL. First female overall in the RW was Becky Comeaux, 40, New Iberia, LA, with a 50:58. The event drew 4521 participants, and, prior to the 1995 race, had donated \$772,000 to various Mobile area charities

· Jim Gaffey, 52, Duluth, GA, suffered a heart attack on August 1993, and after angioplasty, he was encouraged to start running, first on a treadmill, then on an inside track, and changed to a strict low-fat diet. By September 1995, he had completed his 15th competitive race, with PRs of 26:07 in the 5K. 59:28 in the 10K, and 2:20 for the halfmarathon, with plans to run a 5K or 10K every weekend leading up to a half-marathon on Thanksgiving Day.

MIDWEST

 Desmond O'Connor, 41, New Orleans, won a close masters race by four seconds with a 32:02 from Scott Snyder, 40, Amherst, OH, in the Peace Race 10K, Youngstown, OH, Oct. 8. Terry Mahr, 46, Oregon, OH, took the W40+ first in 36:01.

· Mary Bowermaster, 78, Fairfield, OH, was one of 17 women selected for recognition to the Ohio Women's Hall of Fame on Oct. 24 for her accomplishments in masters t&f. She holds US W70-74 records in the HJ (3-81/2) and LJ (10-21/2).

· Robert McComber (44, 1:13:10), Bowling Green, OH, and Ruta Kunevicius (44, 1:33:04), Solon, OH, cruised to 40 + firsts in the Dayton River Halt-Marathon, Oct. 14. Bill Olrich, 60, Lexington, KY, sailed to a win in the Senior Men's (60+) race with an age-graded 88.8% 1:20:53 over Don Gammie (64, 1:29:01), Centerville, OH. In an adjunct age-graded 5K, Dan Giner, 48, Kettering, OH, nailed down top honors with a timed 16:57, age-graded 15:08. Ron Rohrer, 56, Springboro, OH, was second on the list with 18:21/15:20.

 Oue Harbor, 43, Rantoul, IL, posted a first female overall 19:22 in the Shoreline Classic 5K, Decatur, IL, Oct. 14. First M40+ was Merlin Anderson, 48, Normal, IL, in 17:21. In the 15K race, Terry Erickson (42, 54:59), East Moline, IL, and Kitty McCarthy (42, 67:00), Decatur, reeled off masters firsts. Barbara Gurtler, 61, Peoria, IL, was third W40+ in 74:32.

· Bob Schul, 58, has been named men's and women's assistant coach at Wittenburg U, in Springfield, OH, Schul won the 1964 Olympic 5000 and is a member of the National T&F Hall of Fame.

MID AMERICA

· Senovio Torrez (M40, 2:42:15) and Vivian Reinainen (W50, 3:45:18) nabbed 40 + honors, Duke City Marathon, Albuquerque, Oct. 1. Manny Pino (M40, 1:15:19) and Cecelia Niemczyk (W40, 1:34:02) took the 40 + races in the halfmarathon. Iris Delpilar (W40, 2:04:44) was first female in the 20K RW, while Steven Moodie (M45, 26:22) beat everybody else in the 5K RW.

 Dick Wilson, 63, Lawrence, KS, motored to a fine 18:22 to win the Grandmaster Division (50+), Race Against Breast Cancer 5K, Topeka, Oct. 15. His time was the fastest ever by a 50 + in the four-year history of the race. On Oct. 29, in the Humana Greater Kansas City 10K. Wilson ran a 37:52 M60-64 course record. Bobby Kincaid, 58, set an M55 record with a 37:47. Trudy Calloway, W45, Wichita, took the W40 + race in 42:57

 Wilson Waigwa, El Paso, TX, nipped Charlie Gray, Lee's Summit, MO, by one second to win the Elite Masters section of the Cherry Street Mile with a 4:10, Tulsa, Oct. 21. In an even closer finish, Pamela Williams, Mandeville, LA, got the nod in the W40 + set-to over Terry Mahr, Oregon, OH, with both timed in 4:57, a new masters course record. Jane Hutchison, Webb City, MO, holder of the old record of 5:09, ran a 5:08 to finish third.

SOUTH WEST

• The correct E-Mail address for the Dallas Masters T&F Club listing in the November issue is E-Mail: DallasMTAF@aol.com. The club's new PO box number is 941781.

WEST

• The Twilight's Last Gleaming Cross-Country Challenge, in its tenth year, is held on Saturday evening before the October time change and covers four miles of the hardest hills in Arroyo Verde Park, Ventura, CA. It also features odd-ball six-year age-groups and draws returning race veterans. This year, on Oct. 28, Steve Brown, M30-35, 25:11, and Keena Carstensen, W30-35, 29:16, were overall firsts. First in the 36-41 divisions were Kraig Lysek, 27:57, and Marla Randall, 38:45; the 42-47 winners were Paul Marcel, 28:22, and Kathy Sanders, 34:10.

NORTHWEST · Greg Gustafson (40, 31:51), and Nancy

Hinkel (40, 36:28), hooked \$275 each for masters firsts, Fisher's Landing 10K, Vancouver, WA, Sept. 16. John Keston, 70, ran a world-class, age-graded 92.0% 39:35. Laurie Binder, 48, was second W40 + in 37:54.

• Ross Carter, 81, Eugene, OR, 1994 USATF Masters Athlete of the Year, was inducted into the U. of Oregon's Athletic Hall of Fame on Oct. 27. Carter, WR-holder in the SP and DT, was an outstanding lineman on offense and defense at Oregon in the mid-30s and went on to play four years in the NFL with the Chicago Cardinals.

CANADA

• Three of Canada's top M50+ runners showed some speed at the Flatlands 10K, Vancouver, BC, Oct. 15. Art Meaney, 51, ran a 22nd-place 33:57 of nearly 1400 runners, followed by Jack Miller, 51, in 34:15, and Herb Philips, 55, in 34:23.



Speedster Cathy Ventura-Merkel, 40, Arlington, Va., first W40+ (19:39), America Against Crime 5K, Washington, D.C., Oct. 14, with another hot racer. Photo by George Banker

100th Boston Update

With less than a year before the 100th B.A.A. Boston Marathon, the build-up for the historic race has begun in earnest. Nearly 40,000 runners have submitted applications for the special Open Division. To date, two of three random lotteries (July 10 and Oct. 10) have selected 4,000 lucky people. The number selected during the final lottery on Jan. 10 will be determined by the number of official qualifiers who have entered.

Fall marathons like Twin Cities (MN), St. George (UT), Chicago (IL), Bay State (MA) and Columbus (OH) reported record numbers of entrants many who sought to earn a coveted spot at Hopkinton on Mon., April 15, 1996.

Athletes entering the Qualified Division (based on running a qualifying time between Oct. 1, 1994 and Dec. 31, 1995) have until Dec. 31 to submit their race applications. Boston officials expect approximately 25,000 official runners. -From RRIC



Track and field events feature competition for men and women over 30 unless otherwise noted. 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. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009. August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509/533-3644; fax 509/533-4128.

EAST

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

December 3. MAC Indoor Development Meet, Pratt U., Brooklyn. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 pm EST).

December 10. MAC Indoor Development Meet, Pratt U., Brooklyn. Contact Roz Katz (see above).

December 17. Philadelphia Masters Indoor Developmental Meet, Haverford College, Pa. 9 a.m. Age 18+. Karl Castor, 215/441-8584.

December 23. MAC Indoor Meet, 168th St. Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above).

December 30. MAC Indoor Meet, 168th St. Armory, Manhattan. Contact Roz Katz (see above).

January 5-7. 27th Dartmouth Relays, Leverone Field House, Hanover, N.H. 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.

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January 7. Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:30 a.m. Age 18+. Karl Castor, 215/441-8584.

January 12. MAC Indoor Meet, 168th St. Armory, Manhattan. Contact Roz Katz (see above).

January 14. 12th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). January 14. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652. January 19. MAC Indoor Meet, 168th St.

Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above). January 20. 29th annual Hartshorne Mem-

orial Masters Mile, Cornell U., Ithaca, N.Y. W30 + /M40 + . Men's elite mile purse: 1st-\$300/2nd-\$150/3rd-\$50. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886.

607/255-6530(d); 387-6431(e). January 21. Greater Boston TC Indoor Invitational, Harvard U., Allston, Mass. Includes 4x220y relay/invitational W40+ mile/invitational senior men's 2 mile. Jim O'Brien, GBTC, PO Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

January 27. MAC Indoor Meet, Manhattan College, Bronx. Contact Roz Katz (see above).

February 11. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. All events, incl. George Sheehan Open Invitational Mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649, 201/261-7756.

February 11. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652. February 25. MAC Masters Championships, 168th St. Armory, Manhattan.

Association and non-association awards.



Boston RC's M50-59 sprint medley relay team after a world record 3:58.16 at the Reebok Boston Masters Meet, Dedham, Mass., from left: Joe Kopka, Roger Pierce, Bic Stevens, and Lincoln Russin. Photo by Jack Falla

SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 p.m. EST).

March 9. Philadelphia Masters Indoor Championships, Haverford College, Pa. 3 p.m. Age 18+. Contact TBA.

March 10. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652. March 17. East Regional Masters. Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Vaitones, USATF New England, 617/566-7600.

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

December 2. Winter Weight Pentathlon, Atlantic HS, Delray Beach, Fla. John Von Rohr, 305/452-9248.

December 4-10. Florida Senior Games State Championships, Kissimmee. Laura Hallam, One Citrus Bowl Place, Suite 202, Orlando, FL 32805. 407/245-0300.

December 9. USATF South Carolina Weight Pentathlon Championships, Florence, SC. Florence Recr. Dept., 803/665-3253.

December 16. Florida Athletic Club Meet, Tampa. Larry Siegel, 813/933-1929.

January 9-12. Heart of Florida Senior Games, Haines City. Alice Rogers, PO Box 1507, Haines City, FL 33845. 813/421-1893.

April 5-6 (tentative). Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Syedikh. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.



January 6. "The Athlete's Foot" Indoor Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655. January 27. Lincoln-Way Masters Indoor Meet, Lincoln-Way HS, Central Campus, Route 30, New Lenox, Ill. Mike Davis, 815/485-2879(e); 485-7676(d).

February 3. NIFS Open Indoor Meet. 19 yrs. and up. Age division heats. Fast, banked 200m track. Field events 5 pm/running 6 pm. National Institute for Fitness & Sport, 250 University Blvd., Indianapolis, IN 46202. 317/274-3432.

February 17. NIFS All-Comers Indoor Meet. See Feb. 3.

March 3. Kent State University Masters Championships, Kent, Ohio. Masters and submasters only; 300m indoor track. Doug Molnar, Track Office, Kent State U., Kent, OH 44242. 216/672-3991.



December 9. U. of Missouri Indoor All-Comers, Hearnes Center Fieldhouse, Columbia. 8 a.m. on-site registration. February 4. Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. Rachel Lyga, 122 NE 631/2 Way, Minneapolis, MN 55432. 612/574-9661.



January 14. Magnolia Indoor Meet, Jackson, Miss. M&W 30+. Open mile for m&w 20-39, \$200 winners; masters mile for m&w, \$100 winners. Magnolia Express TC, PO Box 54143, Pearl, MS 39208. Butch Ard, 601/939-3331.

ON TAP FOR DECEMBER TRACK AND FIELD

Pickin's are slim as the outdoor season runs out of gas, the indoor season starts up, and the holiday season is in high gear. The Southeast offers a weight pentathlon in Florida on the 2nd and another in South Carolina on the 9th. Head for Haverford College on the 17th for a Philadelphia Masters Indoor Meet. MAC Indoor Meets are scheduled for the 3rd, 10th, 23rd, and 30th in the NYC area.

LONG DISTANCE RUNNING The month opens big on the 3rd with the First Tennessee Memphis Marathon; California International Marathon, Sacramento; Fiesta Bowl Half-Marathon, Scottsdale, Ariz.; and Brian's Run 10K, West Chester, Pa. The Rocket City Marathon, Huntsville, Ala., and Citrus Sports Half-Marathon, Orlando, Fla., are set for the 9th, followed by the Honolulu and Dallas marathons on the 10th. The 16th offers the short and long of it with the Mainly Masters 10K, San Diego, Calif.; Jacksonville Marathon, Fla.; and Texas Trail 50 Mile/50K, Huntsville. Year 1995 ends and 1996 begins with the Runner's World Midnight 5K, Central Park, NYC, on the 31st.

RACEWALKING

The Holiday Grand Prix 5K Series is available on the 3rd and 10th in New York's Central Park. The USATF Southeast Regional Masters 10K Championships hits the bricks in Florence, S.C. on the 9th.

HAPPY HANNUKAH AND A MERRY CHRISTMAS!

February 3. Sooner State Games Indoor Sportsfest '96. Shawnee Expo Center. Cen-tury Center, 100 W. Main, Suite 287, Oklahoma City, OK 73102. Katrina Means, 405/235-4222.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas, Texas. John Pritchett, PO Box 821113, Dallas, TX 75382. 1-800-GO-RUN.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 821113, Dallas, TX 75382. 214/979-0246.



December 2 & 6. Timber Wolf TC Throws Meet, Encina HS, Sacramento, TWT&FC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

December 16. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

January 13. KELfield Throws Meet, Santa

Cruz, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

Continued from previous page

January 27. College of the Desert Meet, Palm Desert, Calif. 10:30 a.m. Grass track. No pre-registration. \$10 covers all events. Mike Castaneda, 619/321-9299.

February 10-11. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 24-27. Running Springs Winter Games. 55 + . Harry Lund, PO Box 2656, Running Springs, CA 92382. 909/867-2411. May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009, 619/436-7696.

NORTHWEST Alaska, Idabo, Montana, Oregon. Utah, Washington, Wyoming.

June 29-30. Hayward Masters Classic. Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., 97405. 503/998-2858; 346-1073. Entry forms available in March.

INTERNATIONAL

March 2. British Veterans Athletics Federation Indoor Championships, Birmingham Arena. Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

April 14-17. Senior Games, Bermuda, 50+ Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800/867-5935.

July 7-13. WAVA Oceania Regional Championships, Papeete, Tahiti. July 19-27. WAVA European Regional

Championships, Malmo, Sweden. Europeans only.

August 21-24. WAVA North American Regional Championships, Eugene, Ore. M&W30+. 8K RR; 10K roadwalk for m&w. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only. November 19-23. WAVA South American Regional Championships, Concepcion, Chile.

OPEN

March 1-2. USATF Indoor Championships, Atlanta.

June 14-23. USA Olympic Trials, Atlanta. July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING NATIONAL.

February 11, USATE National Masters Half-Marathon Championships, Las Vegas. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

March 31. USATE National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619/488-9556.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502/896-0717.

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

December 3. Brian's Run 10K, West Chester. Brian's Run, PO Box 2440, West Chester, PA 19383. 215/436-2731.

December 31. NYRRC/Runner's World Midnight Run 5K, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.



December 3. World AIDS Day Walk/Run for Life, Broward Community College, Davie, Fla. Split-Second Timing, 2211 Charleston, Fort Lauderdale FL 33326.

December 3. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800/893-RACE. December 9. Rocket City Marathon. SASE

to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205/881-9077.

December 9. Citrus Sports Half-Marathon, Orlando. Lorraine Evans, 8640 Tansy Dr., Orlando, FL 32819. 407/423-2476.

December 16. Jacksonville Marathon/Relay & 5K. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

January 7. Walt Disney World Marathon, Orlando. 407/939-7810.

January 20. Plantation Prime 5K, Leesburg, Fla. Exclusively for 50 + run-ners. Track Shack, 1322 N. Mills Ave., Orlando FL 39803. 407/898-1313; 407/896-5473.

February 10. Carolina Marathon (U.S. Women's Olympic Trials), Columbia, S.C. SASE to Carolina Marathon, PO Box 5092, Columbia, SC 29250. 803/929-1996.

February 11. Hampton Coliseum Half-Marathon/5K. Coliseum Road Race, Hampton Building Dept., 22 Lincoln St., Hampton, VA 23669. 804/728-3235.

February 17. Charlotte Observer Marathon/NationsBank 10K (U.S. Men's Olympic Marathon Trials). Marathon, Box 30294. Charlotte, NC 28230. 704/358-5425.

February 24. Gasparilla Distance Classic 15K, Tampa. Gasparilla '96, PO Box 1881-RT, Tampa, FL 33601.

February 25. Colonial Half-Marathon, Williamsburg, Va. PO Box 399, Williamsburg, VA 23187. 801/221-3362.

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

December 2. White Sands/Alamogordo Marathon. Clint Burleson, race director, Box 1589, Alamogordo, NM 88311. 505/382-8869(h); 439-3771(w).



Ranjana Ghose, W40, with her four gold medals, standing between Sri Chinmoy, and two meet officials, San Juan International Games, Puerto Rico, Sept. 9-10. Two weeks earlier, Ghose won the Best Overall Woman Athlete Award for the 25th year in a row at the Sri Chinmoy Centre's Interna-Photo by Maral tional Sports Day.

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 2. Larry Fuselier 25K & 10K State Championships, Abita Springs, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

December 10. Dallas White Rock Marathon. Dallas Marathon, 3607 Oak Lawn Ave., Suite 204, Dallas, TX 75219. 214/528-2962.

December 16. Sunmart-Texas Trail 50 Mile/50K, Huntsville, Texas. Texas Trail 50, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

January 7. 89th Annual Jackson Day 9K Race, New Orleans. NOTC, PO Box 52003, Orleans, LA 70152-2003. New 504/482-6682; 468-1488.

January 20. Mardi Gras Marathon/Half-Marathon/5K. SASE to New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6681; 468-1488. January 21. Houston-Tenneco Marathon &

5K, 5900 Memorial Dr., Suite 200, Houston, TX 77007. 713/864-9305; 800/409-6334.

February 18. Motorola Austin Marathon & Relays. SASE to Marathon, PO Box 684456, Austin, TX 78768. Lyle Clugg, director, 512/478-4608.

WEST

Arizona, California, Hawaii, Nevada, December 3. California International Marathon, Sacramento. Marathon, PO Box 161149, Sacramento, CA 95816. 916/983-4622

December 3. Fiesta Bowl Half-Marathon, Scottsdale, Ariz. Rob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

December 10. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Wailae Ave., #208, Honolulu, HI 96816. 808/734-7200.

December 16. Mainly Masters 10K, Fiesta Island, Mission Bay, San Diego. Peter Stern, SDTC, 619/272-5380. December 31. Gene Fair 5K, Los Angeles.

818/906-7108.

January 13. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 13. Paramount 10K World Masters Division. Qualifying standards for each age division. See above.

January 21. Trackathon, Sacramento, Calif. Runner selects race from 10K/20K/30K/marathon/50K on certified course. No race day entries. Paul Reese, 308 Forest Ct., Auburn, CA 95603. 916/823-0276.

February 11. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310/444-5544.

INTERNATIONAL

March 17. British Veterans Athletics Federation Cross-Country Championships, Coventry. Midland Vets, 111 Cooks Lane, Kings Hurst, Solihull, B376NU, Great Britain.

June 29-30, 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

OPEN

February 10. USA Women's Olympic Marathon Trials, Columbia, S.C. February 17. USA Men's Olympic Marathon Trials, Charlotte, N.C.

RACE HALKING

November 26, December 3, December 10. Annual Holiday Gran Prix 5K Series. Central Park, New York City. Send SASE to Park Racewalkers, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317 (9-11 p.m.).

December 9. USATF Southeast Regional Masters 10K Racewalk Championships & Open 10K, Florence, S.C. Florence Recr. Dept., 803/665-3253.



Martha Mendenhall, Washington, relaxing at the Nationals after winning the W35 high jump and long iump. Photo by Suzy Hess

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National Masters News

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

-	M30-34	and the second	in all		Terry Shuman	Discus	41.30	09-03-95	
	Jin Watts	400M	50.73	07-07-95	Dave Stephens	Decathlon	5817 Pts.	06-18-95	
	M40-44				M50-54				
	Donald Filkins	35# Weight	50-2	08-13-95	Glenn Govertsen	800M	2:14.9	07-29-95	
	and the second se			Sheet and the second	J. Lyndon Johnson	200M	24.32	06-17-95	
	M45-49			100,75	Grant Lamothe	Decathlon	5325 Pts.	06-18-95	
	Jis Dolezel	100M	11.69	06-24-95	Michael Milove	100H	15.3	06-10-95	
	une ourceer	200M	24.11	06-24-95		400H	65.11	06-10-95	
	A Particulation	Long Jump	5.46	05-27-95		Long Jump	5.37	05-21-95	
	Dana Harrell	Long Junp	18-111	08-12-95		Triple Jump	10.90	05-21-95	
	Ed Jones	100M	11.8	07-27-91	Dave Walter	200M	25.20	09-03-95	
	La Jones	100M	11.79	08-15-92		400M	57.81	06-30-95	
		200M	24.78	08-15-92			10.213		
		Long Jump	19-104	07-27-91				1 million	
		Long Jump	19-7%	06-06-92	N55-59	aline s			
	Ed Poirier	800M	2:12	08-29-95	Richard Imperiale	Long Jump	4.81	09-02-95	
	cu ronne.	1500M	4:27.9	06-28-95	Seth Kaminsky	1500M	4:52.8	08-05-95	
		Mile	4:47.6	02-12-95	occir naariishy	Nile	5:23	07-29-95	
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U.S. MASTERS STANDARDS OF EXCELLENCE

	FOR MEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:10 32:30 62:30
110H 100H 80H 400H	15.3	16.4	17.75	18.75	18.0	19.0 70.6	20.0	21.3	18.0	21.0	25.0	30.0
300H	1.2.3	a sole			48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-45	1.85 6-3/4	1.76 5-9%	1.68 5-6	1.59 5-25	1.50 4-11	1.41 4-75	1.32 4-4	1.23 4-5	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5%	4.15 13-7%	3.90 12-95	3.60 11-95	3.30 10-10	3.05	2.80 9-2%	2:55 8-4%	2.30 7-6½	2.05 6-812	1.80 5-11	1.50 4-11
u	6.55 21-6	6.20 20-4%	5.85 19-2%	5.45 17-105	5.10 16-9	4.75	4.40 14-5%	4.00 13-15	3.65	3.35 11-0	3.00 9-10	2.65 8-84
TJ	13.35 43-95	12.65 41-6	11.90 39-5	11.15 36-7	10.40 34-15	9.65 31-8	8.90 29-25	8.20 26-11	7.50 24-7%	6.80 22-4	6.10 20-1	5.50 18-5
Shot	15.20 49-104	14.10	13.00 42-8	12.00	12.40 40-84	11.20 36-9	12.00 39-45	10.80 35-5%	10.00 33-0	8.80 28-10-5	7.65 25-1%	6.50 21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60 103-,8	26.40 86-7	21.40	16.20 53-2
Hammer	47.24	44.20 145-0	41.14	38.10	38.40	36.00	36.00	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00 95-2	24.00	19.00 62-4	15.00
35/WE. 25/WE. 56/WE.	15.00 9.50	14.00 9.00	13.00 8.50	12.00 8.00	10.00	9.00 5.00	8.00 11.00 4.50	7.00 10.00 4.00	6.00 9.00 3.50	5.00 8.00 3.00	4.00 7.00 2.50	3.C9 6.00 2.00
Pen Dec	280	0 2600	2600	2600	2600	2600 5250	2600 5250	2600 5250		2600 5250		
	: 1) 100 2) Sho 3) Lon 4) Sho) stands ort hurd ng hurdlo ot pdt: scus thr	rds are les: 30- es: 30- 30-	for auto 49: 39" 49: 36"	50-59 50-59 50-59	ime; use : 36"; : 33"; : 50-59	standa 60-69: 60+: 30 : 6k;	rd conve 33"; 70 	+: 30".	or hand i		
	6) Han 7) Jav 8) Met	mer:	30- 30-	49: 7.20 59: 800	s: 60+:	50-59 600g.): 6k; (60-69: 5	Inches 1	4k. Isted for g (new	WAV	nience. A).

											4	
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50
F30	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
F36	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
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
F50	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
F55	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	6:01:03	6:49:2
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
FBO	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
F90	14:56	16:06	30:36	4214	1:25:30	1:47:18	2:48:13	3:51:12				
100						M	EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	232:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	253:13	3:56:29	5:09:2
MSS	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
MGS	1:34	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72.52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

M60-64	C. Saular -			M75-79			
Edwin Alexander	High Jump	1.42	07-18-95	George Rajcevich	High Jump	3-8	06-03-95
Irwin Bernstein	400M	46.6	06-17-95	1. A CARLENT	Triple Jump	23-0	06-03-95
	800M	2:29.9	06-17-95	Myron Dover	Discus	110-4	05-24-95
Joseph La Bruno	Mile	5:41	03-04-95		Discus	30.56	02-23-95
Dick Burton	56# Weight	16-6	08-12-95				
Sid Joseph	300H	54.4	07-09-95	M85-89			
William O'Donnell	5K	19:30	10-29-95	Kurt Straus	SK RW	38:40.51	07-21-95
	LINE I			¥40-44			
M65-69	1000			Panela Fisher	5K	20:07	06-03-95
Jack Pritchard	100M	13.11	09-10-95	Linda Lowery	High Jump	1.34	07-09-95
	100M	13.46	09-23-95				
Ray Propst	100H	19.90	06-25-95	145-49			
	300H	57.24	06-25-95	Yoko Eichel	SK	19:46	04-02-95
	High Jump	4-71	06-18-95	al contract of the local sector	10K	44:36	04-02-95
	Long Jump	14-1	02-26-95				
	Triple Jump		06-25-95	W50-54			
and the second second	Decathlon	5780 Pts.		Sue Canmack	10K	42:16	08-10-95

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H	in the		15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8			1000	14			
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-54	4-2	3-11	3-8	3-64	3-4%	3-24	3-04	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10	7-104	6-11	5-11	4-11	3-11	3-7%	3-34	2-11	2-74	2-34
IJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11%	12-95	11-8	10-6	9-4%	8-6%	7-84	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
10:1	32-10	30-24	28-24	25-74	23-7		18-84				12-54
Shut	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-95	30-6%	27-7	25-34	26-1	23-75	21-4	19-0%		15-5	13-114
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11		70-65	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Iscus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
racua	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
mer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
ammer		114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11		29-7
63								Tally I Think			
OWE.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
otes:	2) Shot 3) Shot 4) Jáve	t put: elin:	les: 30- 30- 30-	-39: 33 -49: 4k -49: 60	50+: 50+:	: 30" 3k. 0+: 400		ndard c	onversi	on for I	h.Sad tim
	5) Ham			-49: 4k							-

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

____AGE-GROUP _____ NAME_ ADDRESS_____ _____SEX: M_____F _____ CITY_____STATE____ZIP _____ DATE OF MEET MEET MEET SITE MARK: EVENT: HURDLE HEIGHT_____WEIGHT OF IMPLEMENT_ D PATCH TAG CERTIFICATE LI PATCH
 If you have equaled or bettered the standard of excellence, please fill out this application, completely.
 A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
 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.
 Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
 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.

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TRACK & FIELD RESULTS

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

10分子生在10月1日	- Percett	M40
Keystone State Ga	mes	M45 M50 M55
Harrisburg, PA; Au	g. 4-6	M65 W35
100m M30 Richard Shaw	12.13	Trip M30
M30 Richard Shaw M35 Randy Frey M40 Leroy Galloway M45 Charles Crewshaw	11.57 11.88	M35 1 M40
M45 Charles Crewshaw M50 Gordon Khan	12.86 13.52	M45 M65
M55 Barry Kline Sr M60 Karl Horst		Shot
M65 Tom Rice W35 Rebecca St Jean	14.70	M30 . M35 1
W40 Gail Cushing W45 Linda Eyanson	13.92 17.23	M40 0 M45 3
W50 Janet Drummond	15.65	M50 1 M55 1
200m M30 Tom Abeling	24.24	M60 I
M35 Randy Frey M40 Bill Clugston	24.14 24.14	M65 I W35 I
MAE Charles Grouphaut	27.79	Discu M30 H
M50 Glenn Schmehl M55 Roger Sprockett	26.54 27.31	M35 H M40 1
W60 Karl Horst W35 Rebecca St Jean W40 Gail Cushing W45 Linda Eyanson W50 Diane Fantaskey	28.18 32.45	M45 1
W40 Gail Cushing W45 Linda Eyanson	47.09 36.98	M50 1 M55 1 M60 F
W50 Diane Fantaskey 400m	37.83	M65 I
M20 man Abalian	53.46	M75 H W30 J
M35 Greg Rittle M40 John Roebuck	53.66 58.58	Hamme
M45 Tom Snedden M50 Glenn Schmehl	61.84 60.52	M35 H M45 1
M60 Karl Horst W50 Diane Fantaskey	65.41	M60 I W30 J
800m	THE REAL PROPERTY	Jave M30
M30 Alan Flenner M35 Phil Matraxia M40 Tim Cook	2:10.35 2:11.12 2:31.99	M35 1
M45 John Aikens	2:31.99 2;16.84	M40 M45
M50 Gordon Khan M55 Robert Evans	2:32.42 2:33.43	M50 M60
1500m M30 Alan Flenner	Carrie 1222	M60 1 M65 1 M75
M35 Phil Matraxia	4:26.76	Deca M35
M40 Tim Cook 42 M45 Tom Cook 48	4:24.96 4:50.96	M40
MSO Ed Cartlidge MS5 Jake Myers	6:10.81 5:14.22	M45 5000
5000m	CARA C	M35
	17:28.08 18:02.42	M45 M50 M60
M40 Tim Cook M45 Charles Leader	16:03.7	W35
M50 Ron Shields	21:54.2	W40 from
M30 Tom Stromga	42:01.8	Dire
M35 Mike Smith M40 Stan Shars	37:49.3 37:52.9	D
M45 David Micheal M50 Karl Robinson	43:14.6 45:39.0	Shot
Short Hurdles M30 Joe Obeldobel	16.00	Carl
M35 Les Pearce	15.49	Carm
M35 Les Pearce M40 Roger Barnes M55 Barry Kline Sr	18.01 18.33	Shot Carl
Long Hurdles M30 Rick Leuschner	66.91	Pack
M35 Richard Torbik 4x100m Relay	59.08	Disc
M30 Roebuck/Torbick/	Obeldobel/ 46.22	Paci Don
Makozy M35 Conzentino/O'Con	nell/	Mik
DiSalvo/Coleman M40 Galloway/Johnson	46.37 /Graham/	Ham Car
M45 Utley/Snedden/Hk		Don Mik
Guman M50 Cartlidge/Horst	59.02 /Buyny/	Car Wei
Rinker W35 Drummond/Cushin	59.18	Car Mik
Eyanson	65.69	Don
4x400m Relay M30 Obeldobel/Pierc		Car
Makozy M35 Glenright/Marte	3:45.35 ns/Magaro/	
Dunkleberger M40 Johnson/Gallowa	4:04.41	
Calien M50 Cartlidge/Schme	4:10.64	50n Bria
Olivett	4:58.19	Jim Bill
High Jump M30 Joe Obeldobel	6-0	Elly
M35 Rick Hedrick M40 John Emanuel J		How
M45 Ed Laurelli M55 Barry Kline	4-8 4-8	Buc
W30 Jane Deskis Pole Vault	5-8	Lot
M30 Scott Still	12-0 12-0	100 Bria
M35 John Butler M40 Steve Gorman	12-6	Bill
M45 Tom Randolph Long Jump	10-0	Elly
M30 Bob McKiver M35 Lonnie Bastres	5.95m s 5.03	He

	The second
M40 Dennis Grapham	5.46
M40 Dennis Grapham M45 Ed Laurelli M50 Ed Cartlidge M55 Ted Mordecia M65 Tom Rice	4.60 3.89
M55 Ted Mordecia M65 Tom Rice	4.15
wish Laurie Frederick	3.6/
M30 Bob McVicker M30 Dob McVicker M35 Lonnie Bastress M40 Roger Barnes M45 Charles Crewshaw M55 Tom Rice	13.16m
M35 Lonnie Bastress M40 Roger Barnes	12.33
145 Charles Crewshaw	9.56
Shot Put	0.10
465 Tom Rice Shot Put 430 John Bauer 435 Pete Fox 440 Gary Williams 445 Selden Cooper 450 Paul Morrone 12# 455 Ted Mordecai 12# 460 Ray Feick 465 Fred Huston 5k 435 Rebecca St Jean Discus	13.07
140 Gary Williams	11.02
150 Paul Morrone 12#	13.42
160 Ray Feick	10.72
165 Fred Huston 5k 135 Rebecca St Jean	8.22
Discus	38.40
135 Herman Pinque	40.26
140 Tom Talbot Jr 145 Tim Williams	37.92 42.02
150 Ian Percy	35.28
160 Ray Feick	38.12
175 Robert Cushing	28.20 20.68
Discus 30 Bill Witt 35 Herman Pinque 440 Tom Talbot Jr 445 Tim Williams 150 Ian Percy 155 Ted Mordecai 160 Ray Feick 165 Fred Huston 175 Robert Cushing 130 Jane Beatty Lammer	40.20
135 Bill Wolfe	23.80
135 Bill Wolfe 145 Terry Shuman 160 Ray Feick 130 Jane Beatty	35.68
160 Ray Feick 130 Jane Beatty Javelin	34.42
Javelin 130 Tom Coleman	49.26
A35 Bill Wolfe	57.82
Avelin 430 Tom Coleman 435 Bill Wolfe 440 Brian McAuliffe 445 Dick Richardson 450 Ian Percy 460 Ray Feick 465 Tom Rice M75 Robert Cushing Decathlon	46.86
M60 Ray Feick	47.76 42.16
M65 Tom Rice M75 Robert Cushing	25.74
Decathlon M35 Jim Taylor	4459
M35 Jim Taylor M40 Frank Britt M45 Bill Hanson	4118
M45 Bill Hanson 5000m Racewalk	4076
5000m Racewalk M35 Steve Bence	29:37
M50 James Carinines	24:57
M50 James Carnines M60 Paul Gorka W35 Caroline Semanic	24:57 31:09 k 47:47
M45 Edward Zindell M50 James Carinines M60 Paul Gorka W35 Caroline Semanic W40 Donna Kilgore From Trey Jackson, T	27:28 24:57 31:09 k 47:47 nta
MSO James Cardines MGO Paul Gorka W35 Caroline Semanic W40 Donna Kilgore from Trey Jackson, T Director	27:28 24:57 31:09 k 47:47 nta &F
W40 Donna Kilgore from Trey Jackson, T Director	nta &F
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc	nta &F
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54	Meet t. 7 46-101/2
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41	Meet t. 7 46-101/2
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42	$\frac{\text{Meet}}{46-10\frac{1}{2}}$
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41	Meet t. 7 46-101/2
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carmen Letizia 42 Packy Fusco 52	nta F Meet t. 7 $46-10\frac{1}{2}$ $41-6\frac{1}{3}$ $37-4\frac{1}{2}$ $50-4\frac{1}{2}$
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Don Filkins 41 Carl Wallin 54 Carl Wallin 54	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₂ 37-4 ¹ / ₂ 50-4 ¹ / ₂ 40-7 3/4 33-4 123-5
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41	nta F Meet t. 7 46-10 $\frac{1}{2}$ $41-6\frac{1}{3}$ $37-4\frac{1}{2}$ $50-4\frac{1}{2}$ 40-7 $3/433-4$
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carmen Letizia 42 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₃ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 <u>Shot Put</u> 6k Carl Wallin 54 Carmen Letizia 42 Packy Fusco 52 <u>Discus</u> Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 <u>Hammer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 48	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₃ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Harmer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 48	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 <u>Hammer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 44 Weight 25# Carl Wallin 54 Bon Filkins 41	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 103-0 59-0 56-10 ¹ / ₂ 54-0
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 <u>Biscus</u> Carl Wallin 54 Carmen Letizia 42 <u>Packy Fusco 52</u> <u>Discus</u> Carl Wallin 54 Mike Grisko 2k 48 <u>Hanmer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42	nta aF Meet t. 7 $46-10\frac{1}{2}$ $41-6\frac{1}{3}$ $37-4\frac{1}{2}$ $50-4\frac{1}{3}$ 40-7 33-4 123-5 119-9 118-7 110-7 153-4 131-7 153-4 131-7 153-4 131-7 153-4 131-7 59-0 $56-10\frac{1}{2}$ 54-0 45-0
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 <u>Shot Put</u> 6k Carl Wallin 54 Carmen Letizia 42 <u>Discus</u> Carl Wallin 54 Carmen Letizia 42 <u>Discus</u> Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 <u>Hammer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 4 Weight 25# Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 120-0 59-0 56-10 ¹ / ₂ 54-0 45-0 37-0 57
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 <u>Biscus</u> Carl Wallin 54 Carmen Letizia 42 <u>Packy Fusco 52</u> <u>Discus</u> Carl Wallin 54 Mike Grisko 2k 48 <u>Hanmer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 56-10 ¹ / ₂ 5
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Harmer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carnen Letizia 16# 41 Mike Grisko 48 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carnen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 4	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 54-0 45-0 54-0 54-0 45-0 54-0 54-0 54-0 54-0 54-0 54-0 55-0 45-0 54-0 55
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 16# 48 Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carl Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov.	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 57-0 56-78
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 16# 48 Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carl Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 4 50m Brian Lee 42 Jim Stookey 65 Bill Bergen 67	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 56-10 ¹ / ₂ 56-10 ¹ / ₂ 56-78 8.40
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Discus Carl Wallin 54 Carl Wallin 54 Carnen Letizia 42 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Carl Wallin 54 Mike Grisko 16# 48 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 4 50m Brian Lee 42 Jim Stookey 65 Bill Bergen 67 Elly McComas W56 Howard Cohen 59	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 153-4 131-7 153-4 131-7 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 45-0 55-0
W40 Donna Kilgore from Trey Jackson, T Director Director Director Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 <u>Hammer</u> Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carru Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Don Filkins 41 Carl Wallin 54 Don Filkins 41 Carnen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 45 Bill Bergen 67 Elly McComas W56 Howard Cohen 59	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 57-0 56-78 8.40 8.50 9.50
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 44 Mike Grisko 16# 48 Carl Wallin 54 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 4 50m Brian Lee 42 Jim Stookey 65 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 55-0
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carmen Letizia 42 Discus Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Carmen Letizia 16# 48 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 45 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67 Lottie Pollock W38	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 56-75 6.75 6.75 6.78 8.40 8.49 8.50 9.50 10.22
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Carl Wallin 1.5k 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# 44 Mike Grisko 16# 48 Carl Wallin 54 Don Filkins 41 Carl Wallin 54 Mike Grisko 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 4 50m Brian Lee 42 Jim Stookey 65 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67	nta &F Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 55-0
W40 Donna Kilgore from Trey Jackson, T Director Director Director Director Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Discus Carl Wallin 54 Carl Wallin 54 Carl Wallin 54 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carru Wallin 54 Mike Grisko 16# 48 Carl Wallin 54 Don Filkins 16# 41 Mike Grisko 16# 48 Don Filkins 41 Carruen Letizia 16# 42 Maryland Masters Fall Sprint Class Towson; Nov. 45 Bill Bergen 67 Ely McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67 Lottie Pollock W38 100m Brian Lee 42 Bill Bergen 67	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₄ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 12 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 55-0 56.75 6.75 6.75 6.75 6.75 6.75 8.40 8.49 8.50 9.50 10.22 10.52 nta 13.10 14.71
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Discus Carl Wallin 54 Carmen Letizia 42 Packy Fusco 52 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hanmer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 16# Carl Wallin 54 Mike Grisko 16# 48 Don Filkins 41 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 50m Bian Lee 42 Jim Stookey 65 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey W67 Lottie Pollock W38 100m Brian Lee 42 Bill Bergen 67 Elly McComas W56 John Sellers 59	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₃ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 55-0 54-0 55-0 55-0 55-0 55-0 55-0 55-0 10-2 10.52 nta 13.10 14.71 15.78 17.60
W40 Donna Kilgore from Trey Jackson, T Director Dartmouth Weight Hanover, NH; Oc Shot Put 16# Carl Wallin 54 Don Filkins 41 Carmen Letizia 42 Shot Put 6k Carl Wallin 54 Carmen Letizia 42 Discus Carl Wallin 1.5k 54 Packy Fusco 1.5k 52 Don Filkins 2k 41 Mike Grisko 2k 48 Hammer Carl Wallin 6k 54 Don Filkins 16# 41 Mike Grisko 16# 48 Carmen Letizia 42 Maryland Masters Fall Sprint Class Towson; Nov. 45 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67 Lottie Pollock W38 100m Brian Lee 42 Bill Bergen 67 Elly McComas W56 Howard Cohen 59 John Sellers 59 Bud McGarvey 73 Alma McGarvey W67 Lottie Pollock W38 100m Brian Lee 42 Bill Bergen 67 Elly McComas W56	nta aF Meet t. 7 46-10 ¹ / ₂ 41-6 ¹ / ₃ 37-4 ¹ / ₂ 50-4 ¹ / ₂ 40-7 3/4 33-4 123-5 119-9 118-7 110-7 153-4 131-7 110-8 103-0 59-0 56-10 ¹ / ₂ 54-0 45-0 54-0 55-0 10-5 55-0 10-5 10

	McGarvey W67 Pollock W38	19.72 21.84
200m Henry	Featherstone 29	25.75
Brian	Lee 42 Stookey 65	26.93
Bill B	ergen 67	29.10 31.28
	AcComas W56 Sellers 59	34.37 35.00
	an Blinchikoff 61 McGarvey 73	37.17 40.65
	McGarvey W67	43.97
400m	Featherstone 29	56.53
Brian	Lee 42	26.93
Dan N	Aasterson 50	59.49 67.38
	Sellers 59 Cunningham 46	75.57 74.40
-	an Blinchikoff 61	78.96
	ID AMER	
Ka	Topeka; Oct. 8	
100M		
M50 M50	William Selbe Douglas McVicker	12.00 13.80
M50 M55	Jim Ratzlaff Dale Lance	14.80 12.40
M55 M55	Jan Kalusha Roger Nyfeler	12.70
M55	Gregory Koppes	13.10 14.80
M55 M55	Larry Kahler Harold Haun	15.20 15.30
M60 M60	Bob Santine Chung Anderson	13.20 13.70
M60	Charles Newman	13.70
M60 M60	Bill Anderson Roger Weidamn	13.90 14.00
M60 M60	Louis Robinson Harry Comstock	15.20 16.40
M65	Earl Ventura	13.00
M65 M65	Trevor Snell Charles Palmer	16.30 18.80
M70 M70	Jack Haefele Otto Lohrenz	15.50 16.70
M70 M70	Hardy Dunn Charles Hamm	17.30 24.60
M75	Ed Carter	15.80
M75 M75	Ralph Maxwell Robert Warwick	16.40 16.90
M75 M80	Robert Anthony Lee Todd	16.90 16.00
M80 M80	Eugene Cotrell Burton Smith	18.40 33.00
W55 W55	Eileen Schmidt Susan Miller	16.90
W60	Sondra McCoy	17.60 17.90
W65 W70	Jessie Dunn Lavina Haefele	21.70 16.20
W70 200M	Maxine Anderson	18.50
M50	William Selbe	25.50
M55 M55	Dale Lance Harold Harris	28.00 29.50
M55 M60	Gregory Koppes Bob Santine	32.50 28.80
M60 M60	Chung Anderson Bill Anderson	29.40
M60	Louis Robinson	29.70 33.10
M65 M65	Trevor Snell Charles Palmer	31.30 43.40
M70 M70	Jack Haefele Otto Lohrenz	32.20 35.60
M75 M75	Ed Carter Robert Warwick	34.00
M75	Ralph Maxwell	37.40 38.10
M80 M80	Eugene Cotrell Burton smith	42.90 1:11.10
W55 W55	Eileen Schmidt Susan Miller	37.40 37.70
W70 W70	Lavina Haefele Maxine Anderson	35.20 40.20
400M		
M50 M55	William Selbe Howard Erickson	59.80 1:22.70
M55 M60	Wes Nicholson Paul Heitzman	1:31.90 1:05.70
M60 M60	Bill Anderson Louis Robinson	1:08.10
M65 .	Charles Palmer	1:51.10
M70 M70	Jack Haefele Otto Lohrenz	1:16.80
M70 M80	Frank Creason Burton Smith	1:38.00 2:36.20
W55 W70	Eileen Schmidt Maxine Anderson	1:39.00 1:52.00
800M		
M55 M55	Howard Erickson Wes Nicholson	2:59.60 3:23.80
M55 M60	Terry Schonlan Bill Anderson	3.43.50 3:08.50
M70 M80	Frank Creason Burton Smith	3:38.80 5:57.90
W55	Eileen Schmidt	4:03.00
1500M M50	Jim Ratzlaff	6:44.10
M55 M55	Howard Erickson Michael Hooper	6:01.80 6:13.10
M60	Paul Heitzman	5:07.10

	Jitens		
M60 M70	Bill Anderson Frank Creason	6:26.50 7:26.90	M65 M65
M75	Alvin Acker	8:28.50	M65
M80 W50	Burton Smith 1 Suzanne Pinkerton		M70 M70
W55 W55	Myrna Guion Eileen Schmidt	7:30.80 7.36.00	M70 M75
High .			M75
M50 M50	Mark Chapman Jim Ratzlaff	4'07.00 4'04.75	M75 M75
M55	Dale Lance	5'01.00	M75
M55 M55	Roger Nyfeler George LaBelle	4.06.25 4'00.75	M80 M80
M55	Gregory Koppes	3'10.50	M80
M60 M60	Charles Newman Bill Butterworth	4'07.75 4'05.50	W55 W55
M60	Donald McAfee	4'00.00 3'06.50	W80 Javelin
M60 M65	Harry Comstock J C Brown	4'10.25	M50
M65 M65	John Rutherford Jerry Reichart	4'00.00 3'05.75	M50 M55
M65	Floyd Jack	3'04.00	M55
M70 M75	Kelly Green Scott Herrman	3'07.25 3'09.75	M55 M55
M75	Robert Warwick	3'08.75	M60
M75 M75	Ralph Maxwell George Hoferer	3'08.00 3'07.25	M60 M60
M75	Ed Carter	3'06.50	M60
M75 M80	Robert Anthony Lee Todd	3'04.00 3'06.50	M60 M60
M80	Lee Haun	2'10.50	M60
W55 Long	Eileen Schmidt Jump	3'07.75	M65 M65
M50 M50	Douglas McVicker	13'03.75 12'03.75	M65 M65
M50	Jim Ratzlaff Mark Chapman	10'10.00	M65
M55 M55	Dale Lance Roger Nyfeler	16'08.50	M65 M65
M55	George LaBelle	12'05.25	M70
M55 M60	Harold Haun Charles Newman	10'09.50 13'07.50	M70 M75
M60	James Duncan	13'03.25	M75
M60	Chung Anderson	12'05.75	M75
M60 M65	Bill Anderson Earl Ventura	11'07.00 14'00.50	M80 M80
M65	John Rutherford	10'06.75	W55 W55
M65 M70	Jerry Reichart Kelly Green	7'07.75	W60
M75	Ed Carter	12'02.50	W80
M75 M75	Robert Warwick Ralph Maxwell	10'09.25	15001 M60
M75	Robert Anthony	10'03.00	M60 M65
M75 M80	William Trimmell Lee Todd	5'02.00 10'08.50	M65
M80	Lee Haun Susan Miller	6'10.25 9'11.00	M75 5,000
W55	Eileen Schmidt	9'02.25	M65
W65 W70	Elizabeth Maxwell Lavina Haefele	4'11.25 9'09.50	S
Shot P	ut		
M50 M50	Mark Chapman Jim Ratzlaff	36'10.50 34'02.25	Okl
M50	Richard Darnall	32'02.25 38'00.50	Okla
M55 M55	Ron Anderson Al Salmon	37'01.25	<u>50m</u>
M55 M55	Dale Lance George LaBelle	33'00.50 32'03.50	M50 M55
M60	Tom Wesselowski	40'03.50	M60
. M60 M60	James Duncan Donald Hamilton	34'00.75 30'09.25	M65
M60	Bob Santine	28'05.75	M70 M75
M60 M60	Donald McAfee Bill Anderson	27'01.75 26'00.75	W50
M60	John Gramlich	24'07.75	W55 W60
M60 M65	Bill Sanks Earl Ventura	24'06.50 39'01.25	100m
M65	Floyd Jack	36'00.75	M50
M65 M65	Bill Brazelton Jerry Reichart	31'09.50 29'10.00	M55 M60
M65	Charles Palmer	23'06.25	M65
M70 M70	Kelly Green Jack Haefele	38'03.25 31'01.75	M70
M70	Elvin Reed	23'11.75 40'01.50	M75 M85+
M75 M75	Scott Herrman William Trimmell	30'09.00	W50
M75 M75	Leo Chapman	30'09.00 27'02.75	W55 W60
M75	Robert Warwick George Hoferer	24'05.50	400m
M80 M80	Lee Todd Lee Haun	34'09.75 24'02.75	M55
M80	Burton Smith	21'00.50	M55 M60
W55 W55	Eileen Schmidt JoAnn Lovendahl	24'07.25 21'05.50	M65
W80	Hazel Hawks	9'02.25	W50 1500m
M50	Throw Jim Ratzlaff	117'06.00	M55
M50 M50	Douglas Mc Vicke	104'05.00	M60 M75
M50	Mark Chapman Richard Darnall	103'04.00 102'05.00	W60
M55 M55	Ron Anderson	140'04.00	High
M55	and roung	123'08.00 115'02.00	M55 M65
M55 M55	Al Salmon George LaBelle	113'04.00 90'05.00	M70
M60	Tom Wesselowski	132'04.00	M75 W44
M60 M60	James Duncan Donald Hamilton	118'09.00 106'05.00	W60
M60	Chung Anderson	99'10.00	Pole
M60			MSS
M60 M60	Bob Santine John Gramlich	91°10.00 84'00.00	M55 M60
	Bob Santine John Gramlich	91'10.00 84'00.00 83'02.00	M60 W55
M60 M60	Bob Santine John Gramlich Donald McAfee	91°10.00 84'00.00	M60

National Masters News

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Alma McGarvey W67

December, 1995

M65	Bill Brazelton	110'04.00	M55 David Renton	13-6
M65	Jerry Reichart	109'03.00	M60 Charles Crawford	
M65	Ralph King, Jr.	106'03.00	M65 J Val Smith	11-2.75
M70	Jack Haefele	103'01.00 97'01.00	M70 Doc Bennett	9-10.25
M70 M70	Kelly Green Elvin Reed	63'02.00	M75 Hugh Hackett M85+ Brownlee Smith	12-2 5-8.25
M75	Scott Herrman	101.09.00	W55 Sue Tunnicliff	6-10
M75	Leo Chapman	74'10.00	W60 Jean Cobb	10-1
M75	Robert Warwick	71'01.00	Shot Put	
M75 M75	George Hoferer William Trimmell	67°08.00 50°05.00	M50 John Holland	33-6.25
M80	Lee Todd	99'00.00	M55 Ron Anderson	41-8.75
M80	Lee Haun	74'09.00	M60 David Foerster	36-2
M80	Burton Smith	57'10.00	M65 Floyd Jack	35-3.75
W55 W55	Eileen Schmidt JoAnn Lovendahl	51'08.00 21'05.50	M70 A T Richeson	34-6
W80	Hazel Hawks	18'04.00	M75 Bob Warwick M85+ Brownlee Smith	30-8.50 19-4
Javelin	· Bernister (Sta	223 702	W55 Sue Tunnicliff	22-4
M50	Jim Ratzlaff	106'04.00	W60 Jean Cobb	22-3.75
M50	Mark Chapman Dale Lance	91'11.00 137'07.00	W65 Frances McCarter	
M55 M55	Kenneth Ohm	119.03.00	Discus	
M55	George LaBelle	105'04.00	M50 Rod Lamb	113-2
M55	Jim Young	88'05.00	M55 Ron Anderson	141-11
M60 M60	James Duncan Donald McAfee	109'00.00 95'10.00	M65 Floyd Jack	131-7
M60	Donald Hamilton	90'05.00	M70 A T Richardson M75 Hugh Hackett	94-11
M60	John Gramlich	88'06.00	W55 Sue Tunnicliff	69-3
M60	Bob Santine	88'08.00	W60 Jean Cobb	57-1
M60	Bill Anderson	78'10.00	W65 Jeanne Putnam	31
M60 M65	Chung Anderson Bill Brazelton	76'08.00 123'09.00	Javelin	
M65	Earl Ventura	122'01.00	M50 John Holland	84-10
M65	Floyd Jack	99'01.00	M55 Wayne Skartwood	
M65 M65	Joe McFarland	90'02.00	M60 Bob Snaline M65 Floyd Jack	95-10 100-6
M65	Jerry Reichart Charles Palmer	75'10.00 48'08.00	M65 Floyd Jack M70 A T Richeson	64-1
M65	John Rutherford	48'01.00	M75 Bob Warwick	59-10
M70	Jack Haefele	107'08.00	W55 Sylvia Brooks	50-9
M70	Kelly Green	99'00.00	W60 Jean Cobb	51-4
M75 M75	Leo Chapman Robert Warwick	72'04.00 62'06.00	W65 Jean Putnam	22
M75	George Hoferer	61'05.00	Oklahoma Senior O	lympice
M80	Lee Todd	98'10.00	Tulsa; Sept. 21	
M80 W55	Burton Smith JoAnn Lovendahl	35'08.00	50m	and a start
W55	Eileen Schmidt	36'06.00 36'00.00	M50 Chas Barnhardt	7.44
W60	Sondra McCoy	72'11.00	M55 Ted McMurry M60 Bob Santine	8.03 7.16
W80	Hazel Hawks	13'09.00	M65 Jack Pritchard	7.62
1500 M60	M Racewalk Donald Swegel	11:10.20	M70 Tim Murphy N75 Foster Johnson	7.67
M60	Neil Petersen	13:52.90	M85+Brownlee Smith	10.96
M65 M65	John Rutherford Charles Palmer	10:51.10	W50 Nina Bryant W55 Sue Tunnicliff	8.36 9.71
M75	Alvin Acker	35:20.80	W60 Jean Cobb	9.58
5,000	M Racewalk	1 1 1 1 1 1 1	W65 Marvene Greene	10.10
		South 2		Server Property
M65		39:10.00	100m M50 Chas Barnhardt	14.09
	John Rutherford		100m M50 Chas Barnhardt M55 Ted McMurry	14.09 15.24
			100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine	14.09 15.24 13.63
S	John Rutherford	EST	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy	14.09 15.24 13.63 13.46 14.35
S	John Rutherford OUTHW ahoma City Metr Senior Games	DST To Area	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson	14.09 15.24 13.63 13.46 14.35 15.48
S Okl	John Rutherford OUTHW ahoma City Metr	DST To Area	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70
Okla <u>50m</u>	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK;	CO Area Sept. 10	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72
Okla Okla <u>50m</u> M50	John Rutherford OUTHW ahoma City Metr Senior Games	EST To Area Sept. 10 7.13	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90
Okla <u>50m</u>	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher	EST ro Area Sept. 10 7.13	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84
Okla <u>50m</u> M50 M55 M60 M65	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher James McWillian Bob Santine Jack Pritchard	EST ro Area s Sept. 10 7.13 r.55 7.39 7.71	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90
Okla <u>50m</u> M50 M55 M60 M65 M70	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay	EST o Area 5 Sept. 10 7.13 7.55 7.39 7.71 9.42	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50
Okla <u>50m</u> M50 M55 M60 M65 M70 M75	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich	EST o Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.05
Okla <u>50m</u> M50 M55 M60 M65 M70 M75 W50	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWillian Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W50 Nina Bryant W50 Sear Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.05 33.57
Okla <u>50m</u> M50 M55 M60 M65 M70 M75 W50 W55	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.34 8.42	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.55 33.57 56.44 36.97
Okla <u>50m</u> M50 M55 M60 M65 M70 M75 W50	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M55+ Brownlee Smith W50 Nina Bryant	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.05 33.57 56.44 36.97 42.99
Okla 50m M50 M55 M60 M65 M70 M75 W50 W55 W60	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.34 8.42	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.55 33.57 56.44 36.97
Okla 50m 50m M50 M55 M60 M75 W50 W55 W60 100m M50 M50	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers	EST o Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.42 9.57 12.23 13.20	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Fritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.55 33.57 56.44 36.97 42.99 42.18 60.78
Okla <u>50m</u> M50 M55 M60 M65 M70 M75 W50 W55 W60 M55 M60	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.42 9.57 12.23 13.20 12.81	100m M50 Chas Barnhardt M55 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.05 33.57 56.44 36.97 42.99 42.18
Okla 50m M50 M55 M60 M55 M60 M55 W50 W55 W50 W55 M60 M55 M60 M65	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard	EST ro Area Sept. 10 7.13 7.55 7.39 7.11 9.42 8.83 8.34 8.42 9.57 12.23 13.20 12.81 13.12	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Fritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M50 George Marchetti M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M55 Faul Morrow	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.55 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22
Okla 50m M50 M55 M60 M55 W50 W55 W60 100m M55 M50 M55 M60 M65 M70	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett	EST o Area Sept. 10 7,13 7,55 7,39 7,71 9,42 8,83 8,34 8,34 8,34 8,34 8,34 12,23 13,20 12,23 13,20 12,23 13,20 12,81 13,12 17,05	100m M50 Chas Barnhardt M55 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy W75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W55 Foster Johnson M55+ Brownlee Smith W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M65 Paul Morrow M70 Ross Waltzer	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.05 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64
Okla 50m M50 M55 M60 M55 M60 M55 W50 W50 W50 W50 W50 W50 M55 M60 M55 M60 M55 M60 M55 M60 M55	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.34 8.34 8.34 8.34 8.34 12.23 13.20 12.81 13.12 17.05 16.37	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Fritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M50 George Marchetti M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M55 Faul Morrow	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.55 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22
Okla 50m M50 M55 M60 M55 M60 M55 W50 W50 W50 W50 W50 W50 M55 M60 M55 M60 M55 M60 M55 M60 M55	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; 3 Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick H Brownlee Smit	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.34 8.34 8.34 8.34 8.34 12.23 13.20 12.81 13.12 17.05 16.37	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Fritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W65 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Mocdy M60 S Blanchard M55 Raul Morrow M70 Ross Waltzer M70 Foste Julips W50 Lydia Borges W60 Glenna Lee	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.50 31.50 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64 92.63
Okla 50m M50 M55 M60 M55 W50 W55 W50 W55 W600 M55 M60 M55 M60 M55 M60 M55 M65 M70 W55 W50 W55 W50 W55	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick H Brownlee Smitt Nina Bryant Mary Garcia	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.42 9.57 12.23 13.20 12.81 13.12 17.05 16.37 h 21.95 14.99 15.50	100m M50 Chas Barnhardt M55 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant W55 Nue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M50 Lydia Borges W60 Genna Lee 800m	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.50 31.05 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64 92.63 87.18 11.45.84
Okla 50m M50 M55 M60 M55 W50 W55 W50 W55 W60 M55 M50 M55 M60 M55 M70 M55 M60 M55 W60 W55 W50 W50	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick H Brownlee Smitt Nina Bryant Mary Garcia Glenna Lee	EST ro Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.34 8.34 8.34 8.34 8.34 8.34	100m M50 Chas Barnhardt M55 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M85+ Brownlee Smith W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M65 Faul Morrow M70 Ross Waltzer M75 a Phillips W50 Lydia Borges W60 Glenna Lee <u>800m</u> M50 Bobby Bomer	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.55 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64 92.63 87.18
Okla 50m M50 M55 M60 M55 M60 M55 W50 W55 W60 M55 M60 M55 M60 M55 M60 M55 M60 M55 W50 W55 W55 W60 400m	John Rutherford OUTHW ahoma City Metr Senior Gamer homa City, OK; S Leon Fisher James McWillian Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick H Brownlee Smitt Nina Bryant Mary Garcia Glenna Lee	EST o Area Sept. 10 7,13 7,55 7,39 7,71 9,42 8,83 8,34 8,320 12,233 13,200 12,233 13,200 12,81 13,120 14,295 16,377 17,377 17,377 17,377 17,3777 17,377777777777777777777777777777777777	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson M55+ Brownlee Smith W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M50 George Marchetti M55 Roger Moody M50 Ceorge Marchetti M55 Roger Moody M60 S Blanchard M50 Lydia Borges W60 Glenna Lee 800m M50 Bobby Bomer M50 Bobby Bomer M50 S Blanchard	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 31.50 31.50 31.05 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64 92.63 87.18 1:45.84 2:46.97 3:26.23 2:41.86
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Okla 50m M50 M50 M55 M60 M55 W50 W55 W60 100m M55 W50 W55 W60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M60 M55 M50 M50 M50 M50 M50 M50 M50 M55 M60 M55 M60 M55 M50 M50 M50 M50 M50 M50 M50 M50 M5	John Rutherford OUTHW ahoma City Metr Senior Games homa City, OK; S Leon Fisher James McWilliam Bob Santine Jack Pritchard Gerald Lindsay Bob Warwich Nina Bryant Mary Garcia Jean Cobb Tom Fisher Don Rodgers Bob Santine Jack Pritchard Don Bennett Bob Warwick H Brownlee Smitt Nina Bryant Mary Garcia Glenna Lee Doc Bennett Antoine Roulette Charles Crawford Sam Taylor Glenna Lee David Renton Edward Mah Leo Wade Glenna Lee David Renton J Val Smith Doc Bennett Bob Warwick Sue Tunnicliff Jean Cobb Yault David Renton Charles Crawford	EST 70 Area Sept. 10 7.13 7.55 7.39 7.71 9.42 8.83 8.34 8.42 9.57 12.23 13.20 12.81 13.12 17.05 16.37 1.21.95 18.47 1.51.33 103.77 1.22.97 1.21.60 1:48.86 5:37.83 7.56.48 4-2 3-10 3-8 3-6 7-6 4.4	100m M50 Chas Barnhardt M55 Ted McMurry M60 Bob Santine M65 Jack Fritchard M70 Tim Murphy M75 Foster Johnson W50 Nina Bryant W55 Sue Tunnicliff W60 Jean Cobb W65 Marvene Greene 200m M50 George Marchetti M55 Ted McMurry M60 Bob Santine M65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W65 Jack Pritchard M70 Tim Murphy M75 Foster Johnson W65 Foster Johnson W65 Foster Johnson M65 Foster Johnson M60 Jean Cobb 400m M50 George Marchetti M55 Roger Moody M60 S Blanchard M55 Raul Morrow M70 Ross Waltzer M75 a Phillips W60 Glenna Lee 800m M50 Bobby Bomer M55 James Thompson M60 S Blanchard M55 Faul Morrow M70 Ross Waltzer M75 a Phillips W60 Glenna Lee 800m M50 Bobby Bomer M55 James Thompson M60 S Blanchard M65 Faul Morrow M70 Ross Waltzer M75 Cecil Griffin 1 High Jump M55 Bobby Earnest M60 Ass Vroman M65 John Rutherford M70 Tim Murphy M75 Bobby Earnest M60 Jean Cobb W55 Eliz Asekun W60 Jean Cobb	14.09 15.24 13.63 13.46 14.35 15.48 16.83 18.70 18.72 19.90 27.84 31.76 29.50 31.50 31.50 33.57 56.44 36.97 42.99 42.18 60.78 79.00 70.57 83.22 80.64 92.63 87.18 1:45.84 2:46.97 3:26.23 2:41.86 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:21.64 3:22.88 6:50.57 6:24.22 0:23.22 4-6 4-6 4-0 3-8 3-4 3-6 3-2 2-8 5-11 8-4 8-4 8-4 5-9

Continued from previous page M75 Bob Warwick W55 Sue Tunnicliff 7-3 M55 Sue Tunniciff Long Jump M50 Renn LaCroix M55 Wayne Skartwed M60 Chuck Crawford 15-0 $13-10\frac{1}{2}$ $12-1\frac{1}{2}$ 11-710-19-77-6 $6-1\frac{1}{2}$ 8 3M60 Chuck Crawford M65 Willard Speck M70 Doc Bennett M75 Bob Warwick M80 Frank Beck M85+Brownlee Smith W55 Sue Tunnicliff W60 Jean Cobb W65 Lila Holmes 8-3 10-3 8-4 Shot Put M50 V Minassian 29-10 38-8 39-6 M50 V Minassian M55 R Anderson M60 Jim Majors M65 Floyd Jack M70 A T Richeson M75 Leo Chapman M80 Frank Beck $\begin{array}{r} 39-6\\ 36-9\frac{1}{2}\\ 33-1\frac{1}{4}\\ 30-9 \ 3\\ 24-4\frac{1}{2}\\ 18-\frac{1}{2}\\ 23-9\frac{1}{2}\\ 23-9\frac{1}{2}\\ 23-9\frac{1}{2}\\ 21-6\\ 15-3\\ \end{array}$ M85+Brownlee Smith W55+Browniee Smith W55 Sue Tunnicliff W60 Ruby Goodon W65 Laura Downum W70 Willie Gatza W70 Willie Gatza Discus M50 P Thomas M55 R Anderson M60 D Forrester M65 Floyd Jack M70 A T Richeson M75 Frank Beck W55 Sue Tunnicliff W60 Jean Cobb 79-11 129-6 120-4 125-5 105-5 69-9 69-6 56-1 W65 Laura Downum 50-8 W70 Willie Gatza 44-2 Javelin M50 P Thomas M55 J McWilliams M60 Bob Santine 71-7 83-6 99-0 104-2 90-2 74-6 43-5 63-5 56-0 36-10 43-9 M60 Bob Santine M65 Floyd Jack M70 Tim Murphy M75 Bob Warwick M80 Dick Swan W55 Sue Tunnicliff -W60 Jean Cobb W65 Jane Sellmeyer W70 Willie Gatza 1500m Eaccaralk 1500m Racewalk M55 V Shockley M60 Barry West 10:32. M55 V Shockley M60 Barry West M65 Dick Donley M70 N McIntosh M75 Cecil Griffin W55 Janet Mason W60 S Brownlee 10:12.9 9:51.1 10:51.4 12:17.0 9:50.2 11:00. W60 S Browniee 11:00.2 W70 Alyce Pate 12:15.7 5000m Racewalk (track) 155 V Shockley M55 V Shockley 37:44.6 M65 Dick Donley 34:42.6 M70 N McIntosh 37:29.7 W55 Janet Mason 34:38.6 W60 Carole Engman 39:08.6 SK Road Bace 120.2 5K Road Race M50 Geo Marchetti M55 Jose Herrara M60 S Blanchard M65 Arthur Roepke 17:35. 22:00. 19:27. 22:25. M70 Gene Henson W50 Judy Bomer W60 Glenna Lee W65 O Alexander 23:23. 24:31. 29:51. 30:20. 10K Road Race M50 Geo Marchetti 37:05.9 46:25.7 40:17.4 46:46.9 M55 Jose Herrara M60 S Blanchard M65 Arthur Roepke M70 Gene Henson W50 Lydia Borges W55 B Hambrick W60 Glenna Lee 49:11. 46:26. 53:57. 66:40. W65 O Alexander from Dick Donley 62:15. Louisiana Senior Olympic Gam Louisiana State U. Baton Rouge; Oct. 13-14 100m M55 James Paddie 13. Gerald Latiolais 14. Philip McCarty 14. M60 Charlie Richard Sid Montecino 14. 15. 15. 14. Ray Burnham M65 Louis Riecke 15. Joseph Dinkins M70 Foster Anderson Alton Brown 16. M75 Ted Yenari 17 Ike Delee 17. Frank Knaus 18

W55 Colleen Fontaine

W60 Bernice Bordelon

W65 Thais Lacrouts

W70 Mary Norckauer W75 Mary Doxey

W80 Marnie Evans

W85 Clara Englade

M55 James Paddie

Pope Huval

200m

Marynell Schweinfurth

Louise Reynolds

3	M60 Julius Huhn	29.07
8	Charlie Richard	29.28
0	Sid Montecino	30.94
101	M65 Louis Riecke	30.29
11	Wayne Hanson M70 Foster Anderson	31.38 34.51
7	Alton Brown	36.67
.7	M75 Ted Yenari	38.24
-6 -1 1/2	Ike Delee	38.85
.3	M80 Dan Mestayer	37.36
3.	W55 Janette Baldwin	47.70
4	W60 Bernice Bordelon Louise Reynolds	39.21 43.43
10	Mildred Coleman	43.75
-8	W65 Denise Buillotte	57.05
91	W70 Mary Norckauer	47.56
·1 9 3/4	W75 Mae Copes	1:28.00
41	W80 Delia Thompson 400m	1:47.07
1	M55 Pope Huval	1:08.11
-91 -91	Ed Gautreaux	1:12.78
-6	Tony Tringali	1:12.86
-3	M60 Julius Huhn	1:04.88
9-11	Ray Rumham Sid Montecino	1:10.11 1:13.56
9-6	M65 Wayne Hanson	1:11.02
0-4 5-5	Larry Cinquemano	1:11.97
5-5	Ken Blanchard	1:15.90
9-9	M70 Foster Anderson	1:27.70
-6	Alton Brown M75 Ike Delee	1:32.08
0-8	M80 Dan Mestayer	1:41.23 1:45.70
4-2	W55 Janette Baldwin	1:42.20
-7	W60 Bernice Dimarco	1:46.38
-6	Mildred Coleman	1:47.77
-0	W70 Mary Norckaujer	2:04.65
-2	W75 Mae Copes W80 Delia Thompson	3:31.12 4:04.98
-6	800m	4.04.70
-5 -5	M55 Pope Huval	-2:49.18
-0	Gerald Daugereaux	2:51.56
-10 -9	Tony Tringali	2:59.27
Ge 124	M60 Julius Huhn	2:38.15
32.74	Ray Burnham Graham Reeves	3:01.24 3:11.91
51.77	M65 Larry Cinquemano	2:43.15
51.42	Wayne Hanson	2:51.08
7.09 50.20	Foster Doty M70 Foster Anderson	3:03.34
0.26	Dick Findlay	3:36.53 3:41.25
15.75	M75 John Morrison	4:33.56
44.89	W55 Janette Baldwin	4:16.81
42.89	W60 Evelyn Taylor W70 Mary Norckauer	5:00.46 4:38.09
38.63	W75 Mae Copes	7:28.78
08.07	W80 Delia Thompson	8:32.28
35.32	1500m	-
00.77 27.56	M55 Tom Snyder Doug Holmes	7:04.79 7:41.47
25.20	M60 Julius Huhn	5:18.15
23.58	Richard East	5:23.53
31.93 51.10	Graham Reeves	6:31.20
20.02	M65 Larry Cinquemano	5:33.52
	Wayne Hanson	5:51.00
05.99 25.74	Foster Doty M70 Dick Findlay	5:52.10 7:50.57
17.45	Donald Carpenter	8:23.01
46.96	M75 John Morrison	8:56.52
26.44	W55 Janette Baldwin	8:48.49
57.97	W60 Irma Landry W70 Mary Norckauer	8:57.16 8:41.82
40.22	W75 Mae Copes	14:37.83
Difference in	W80 Delia Thompson	15:51.63
Games	5000m	1. 1. 1.
	M55 Gerald Daugereaux C G Mouch	22:06
14	Bill Kilian	23:48 25:57
13.20	M60 Richard East	19:23
14.25	Ron Piontek	23:14
14.51	Graham Reeves	23:31
14.14	M65 Larry Cinquemano Wayne Hanson	20:46 21:21
15.04 15.30	Foster Doty	21:41
15.30	M70 Ted Overman	25:30
15.55	Dick Findlay	25:51
16.70	M75 John Morrison	33:26
16.88	W55 Mary Piontek W60 Cat Guice	30:46 29:08
17.25 17.72	Irma Landry	30:47
18.19	W70 Mary Norckauer	30:33
22.31	W80 Delia Thompson	54:21
18.45	W80 Delia Thompson 10,000m	
18.45 18.57	W80 Delia Thompson 10,000m M55 Gerald Daugereaux	42:16
18.45 18.57 18.70	W80 Delia Thompson 10,000m	
18.45 18.57	W80 Delia Thompson <u>10,000m</u> M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East	42:16 48:51 54:50 41:37
18.45 18.57 18.70 21.35 19.45 27.13	W80 Delia Thompson <u>10,000m</u> M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East M65 Larry Cinquemano	42:16 48:51 54:50 41:37 43:21
18.45 18.57 18.70 21.35 19.45 27.13 25.76	W80 Delia Thompson <u>10,000m</u> M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East M65 Larry Cinquemano Foster Doty	42:16 48:51 54:50 41:37 43:21 44:55
18.45 18.57 18.70 21.35 19.45 27.13	W80 Delia Thompson <u>10,000m</u> M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East M65 Larry Cinquemano	42:16 48:51 54:50 41:37 43:21
18.45 18.57 18.70 21.35 19.45 27.13 25.76 30.99	W80 Delia Thompson 10,000m M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East M65 Larry Cinquemano Foster Doty Gerald Jorda M70 Dick Findlay Ted Overman	42:16 48:51 54:50 41:37 43:21 44:55 45:54 51:17 53:25
18.45 18.57 18.70 21.35 19.45 27.13 25.76	W80 Delia Thompson 10,000m M55 Gerald Daugereaux C G Mouch Bill Kilian M60 Richard East M65 Larry Cinquemano Foster Doty Gerald Jorda M70 Dick Findlay	42:16 48:51 54:50 41:37 43:21 44:55 45:54 51:17

Ed Gautreaux

a second se		
30.75	W60 Cat Guice	59:46
29.07 29.28	W70 Mary Norckauer W80 Delia Thompson	1:02:12
30.94	High Jump	1.33.37
30.29	M55 James Paddie	5-2
31.38 34.51	Don North Philip McCarty	4-2
36.67	M60 Ron Byrd	44
38.24	Jerry Lyons	4-2
38.85 37.36	Roland Forman M65 Nick Revon	3-6 3-8
47.70	Bill Noonan	3-6
39.21	M70 Willis Ward M75 Frank Knaus	3-10
43.43 43.75	Ted Yenari	3-4 3-2
57.05	Delmar Gerard	3
47.56	M80 Bob Baker W60 Bernice Bordelon	3 3-4
1:28.00	M Schweinfurth	3-2
100	Louise Reynolds	3-2
1:08.11 1:12.78	Mary E Williams Pole Vault	3-1
1:12.86	M55 Don North	7-5
1:04.88	Philip McCarty	6-6
1:10.11 1:13.56	M60 R Paul Adams M65 Bill Noonan	7 6-6
1:11.02	M70 Jeff DeBlanc	5-6
1:11.97 1:15.90	M75 Ted Yenari M80 Dan Mestayer	5-6
1:27.70	Long Jump	1.1.50
1:32.08	M55 James Paddie	15-11.75
1:41.23 1:45.70	Ron Guidry Billy Savoy	13-8.25 11-7.50
1:42.20	M60 Charlie Richard	16-6.25
1:46.38	Roland Forman	12-9.50
1:47.77 2:04.65	Don LeBlanc M65 Bill Noonan	12-0.25
3:31.12	Nick Revon	11-6.50
4:04.98	M70 Jeff DeBlanc	10-9.25
2:49.18	Willis Ward Delroy Spann	10-5.25 8-11.25
2:51.56	M75 Ike Delee	11-0.75
2:59.27	Ted Yenari Frank Knaus	10-4.75 9-4.50
2:38:15 3:01.24	M80 Dan Mestayer	10-5
3:11.91	W55 Shirley Gioe	5-6
2:43.15	W60 Bernice Bordelon M Schweinfurth	10-1.25 9-3.25
3:03.34	Jerrie Marque	8-7
3:36.53	W65 Thais Lacrouts W70 Mary Norckauer	5-10.75 9-1.50
3:41.25 4:33.56	W80 Marnie Evans	6-4.25
4:16.81	W85 Clara Englade Shot Put	5-9.25
5:00.46 4:38.09	M55 Don North	34-7.25
7:28.78	Charles Jolly	30-5
8:32.28	Carroll Duhon M60 Milton Brady	27-6.50 37-0.75
7:04.79	R Paul Adams	30-8.50
7:41.47	Roland Forman M65 Bob Meador	30-5 30-9.25
5:18.15 5:23.53	Tom Ortolano	27-9.75
6:31.20	M70 Sam Bergeron	30-9
5:33.52 5:51.00	Bert Beadle Willis Ward	29-11 29-6
5:52.10	M75 Emic Tyler	26-11.50
7:50.57 8:23.01	Ed Aucoin Wes Johnson	25-4.50 24-6.5
8:56.52	M80 John Tubb	25-2
8:48.49	Dan Mestayer Roddie Renfrow	22-4.25 19-10.50
8:57.16 8:41.82	W55 Shirley Gioe	19-10.30
14:37.83	Rose Mae Rodrigue	16-9.25
15:51.63	W60 MaeDugas Evelyn Taylor	23-10.75
22:06	M Schweinfurth	22-5
23:48	W65 Thais Lacrouts BabeEnglish	23-2
25:57 19:23	Lillian Patin	21-6.50 20-11
23:14	W70 Irene Bible	22-3.75
23:31 20:46	Millie Buchert Daisy Connell	17-11.25
21:21	W75 Betty Jo Waggoner	18-1.25
21:41	Mae Copes	16-6.75
25:30 25:51	Helen Andrews W80 Marnie Evans	12-9
33:26	Mary Ann Mestayer	15-4.50
30:46 29:08	Edith Jarrell W85 Verna Theriot	12-10.75
30:47	Clara Englade	13-5.50
30:33	Noonie Englade	9-9.75
54:21	Discus M55 Don North	114-3
42:16	Philip Nicaud	87-2
48:51	Charles Jolley M60 Milton Brady	84-7
54:50 41:37	F Paul Adams	114-11 110-5
43:21	Don LeBlanc	105
44:55 45:54	M65 Jay Woods Samuel Hughes	112-2 99-7
51:17	Bob Meador	99-7
53:25	M70 Sam Bergeron	89-2
1:05:25	Norman Hedrick Willis Ward	86-8 85-9
		0,1.9

46		
	M75 Wes Johnson	87-
12 37	Ed Aucpom Ed Olsen	69- 54-
31	M80 John Tubb	76
5	Dan Mestayer	63-
	Joe Armstrong	54
1.1	W55 Sadie Guidry Shirley Gioe	56
	Carol Morris	39
	W60 Mae Dugas	61
1	M Schweinfurth Evelyn taylor	51 46
13	W65 Babe English	63
	Thais Lacrouts	49
	Joyce Ourso	46
19	W70 Mary Norckauer	53
	Millie Buchert Norma Bender	47
20	W75 Betty Jo Waggoner	38
-	Mae Armstrong	35
	Mae Copes W80 Marnie Evans	32
4	Mary Ann Mestayer	37
	W85 Clara Englade	28
1	Verna Theriot	25
	Javelin M55 Don North	122
1	Philip Nicaud	122
2	Philip McCarty	102
75	M60 Jerry Lyons	114
15	Milton Brady A P Brown	102
0	M65 Nick Revon	94 112
5	Doc Barrilleaux	112
0	Jay Wood	107
	M70 Sam Bergeron Burt Beadle	103
0	M75 Ed Aucoin	62
5	Frank Knaus	55-
5 25	W55 Shirley Gioe Rose Mae Rodrigue	35-25
5	W60 M Schweinfurth	45-
5	Evelyn Trylor	40-
0	Jerrie Marque	35-
They a	W65 Joyce Ourso Babe English	53- 52-
5	Lillian Patin	50-
5	W70 Mary Norckauer	57-
75	Millie Buchert W75 Mae Copes	45-25-
0 -	Helen Andrews	23-
5	Enola Tauzzin	21-
5	W80 Edith Jarrell Mary Ann Mestayer	23-
5	Ruth Tubb	16-
-	W85 Verna Theriot	
		27-
50	Clara Englade	27- 25-
50 75 50		25-
75 50	Clara Englade 1500m RW	
75 50 25	Clara Englade <u>1500m RW</u> M55 Bill Elrod Carroll Duhon M65 Leroy Lecamus	25- 9:00 11:12 11:25
75 50	Clara Englade <u>1500m RW</u> M55 Bill Elrod Carroll Duhon M65 Leroy Lecamus Ben Crescini	25- 9:00 11:12 11:25 13:11
75 50 25	Clara Englade <u>1500m RW</u> M55 Bill Elrod Carroll Duhon M65 Leroy Lecamus	25- 9:00 11:12 11:25
75 50 25 75	Clara Englade <u>1500m RW</u> M55 Bill Elrod Carroll Duhon M65 Leroy Lecamus Ben Crescini M70 Cy Buchert Donald Carpenter Felix Sagona	25- 9:00 11:12 11:25 13:11 9:49 10:47 12:14
75 50 25 75	Clara Englade <u>1500m RW</u> M55 Bill Elrod Carroll Duhon M65 Leroy Lecamus Ben Crescini M70 Cy Buchert Donald Carpenter Felix Sagona M75 Delmar Gerard	25- 9:00 11:12 11:25 13:11 9:49 10:47 12:14 9:58
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National Masters News

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-9	Bammer	and the	M60 Stev Thomson
4		177-1	35# Weight
-7	M40 Magnus Thordarson M45 Gary Kelmenson	142-10	M30 Jeff Carpenter M40 Richard Watson
-	M60 Stew Thomson	167-8	M45 Gary Kelmenson
-7	Javelin M40 Richard Watson	151-9	561 Weight M30 Jeff Carpenter
-11	H45 Gary Kelmenson	102-9	M40 Richard Watson
4	M50 Rick Bahrons	83-9	M45 Gary Kelmenson
-1			
-6	LONG		se send results to: National
5-7	LUNG		s, P.O. Box 50098, Eug D5. To keep information cu
3-6	DICTANCE	Pene	rally do not publish resu
9-2	DISTANC		3 months old. Results that
5-9	DECILITO	(max	timum 28 spaces/214" wid
-11	RESULTS	torm	at receive preference. De 10th of the month prior to is
-8		the	Tota of the month prior to is
3-10	NATIONAL		Janet Stein
-9	NATIONAL	1000	Deb Stokes
4	USATF National Masters		Phyllis Radke Dianne Sherrer
9-2	Cross-Country Champion		W45 Kathy Brown
-4	Finger Lakes Community Canandaigua, NY; Oct		Virginia Verdoe Peggy Hilton
	M40 Ed Sparkowski	33:13	Pan Thompson
2-6	Charlie McMullen Pete McNeil	33:35	W50 Sue Cardiner W55 Sally Rusby
5-6	Doug Burdick	34:02 35:23	Lenie Tucker
2	Chip Button Ron Blackmore	35:25	W60 Liz Szawlowski Lois Bell
4-5 2-9	Chris Burns	35:27 36:02	Edna Hyer
-8	Dave Alessi Brian Dodge	36:22	Team Scoring M40 Taconic RR-NY \$
2-7	Steve Scallenkamp	36:29 36:52	Syracuse Charge
2-4	Bill McMullen	36:54	CATS AC-Rochest
3-10	Mark Harrison Paul Persia	37:12 37:26	
1-5	Tom Knapp	38:19	M50 Syracuse Charge
-5	John Whitman Brian Nagle	38:28 38:29	Finger Lakes RC
-2	Larry Krol	38:37	M60 Syracuse Charg
-	Charlie Keller Gary Wade	38:50 39:06	Belle Watling /
-8 -10	Kevin Morrisroe	39:07	M70 Syracuse Charge W40 Syracuse Charge
4	Tony Trama Ken Filmanski	39:26 39:38	Finger Lakes \$
-8	Tom Gabruk Terry McConnell	39:48	W50 Syracuse Charge
-1	Joe Spencer	40:28 41:18	State States
-5 -7	Paul Hiscutt Tim Mathews	43:59 46:21	National 5K Cross Cincinnati, OH;
-8	Jonathan Maltese	46:49	Cincinnati, On,
-8	Carl Klapp M45 Rick Hoebeke	48:32 34:40	M40 Scott Snyder Rick Ventura
-7 -3	Bob Hermersch	35:16	Stan Clark
-10		36:14 36:33	John Wellerding Mike Foley
-3		36:47 37:42	Ed Deiwert Dave Wilson
-11		37:51	Tom Simpson
-2		38:09 39:20	Brad Ingram Ed Frohnapfel
0.88	David Blake	40:02	Buddy Harpool
2.08		40:53	Ward Wenstrup Larry LeGrand
5.05	Jim Owens	41:30	Greg Brock
1.02		42:07	David Wendell Vernon Mabe
7.98	Ralph Josephson	45:47	Charles Stacey
1.45		45:52	David Creech Mike Falone
3.32	Morgan Scot-Smith	51:02	Craig Barns
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8.13		38:31	Don Drozd
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Bill O'Brien 59:30 M70 Adam Gornicz 66:45	E M50 E
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Brian Dodge 42 18:43 Dave Alessi 42 10:47	W45 K
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67	Geza Feld 61 Elton Robinson 63 Ken Jones 65	5:53.2 5:54.4
9	John McManus 72	6:02.4
12	Jack Haar 68 Bob Muller 70	6:22.3
18	Al Goldstein 75	7:44.2
	Wilfredo Rios 78 Max Popper 92	8:22.6 13:18
	Gerry Owens 60	6:37.3
23	Rosa Nales 61 Muriel Merl 69	6:40.4
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M45	John Thorpe	17:41 16:18
	David Delfavero Bruce Bush	17:26 17:38
M50	Ed Frisillo	17:56
M55	Don Masterson George Luke	18:44 18:03
	Sam Graceffo	18:09
M60	Tom Brannon Robert Hunter	21:44 21:45
M65	Ed Stabler	20:15
M70 M75	Bob Hennig Nate White	23:08 24:10
M80	Dudley Healy	26:02
w40	Charles Jorgenser Jean Queal	1 34:29 18:35
	Patti Ford	19:22
	Joan Butler Toni Donoghue	19:32 20:53
W45	Kathy Brown	20:14
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M70 Phil Mongillo	2:34:42
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Brenda Seidner W45 Suzanne Rohr	2:20:17
Carolyn Moore Carol Gellman	2:28:02 2:28:04
W50 Jillian Lazaridi	s2:39:00
Susan Haberman Cynthia Portella	
W55 Edith Jones	2:56:19
Billie Moten Ceil Laikind	3:08:14 3:22:45
W60 Naomi Vogel Marie Camardi	3:06:19 3:13:19
Ilona Gardosh	3:35:37
W65 Joan Fisher Daisy Klein	3:20:33 3:31:20
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Larry Harris	36:20
Bob Hersh M45 Tim Doescher	36:42 35:46
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Jay Wind Mike Pionkowski	37:06 37:33
M50 Ed Doheny	36:50
Alan Roe	38:44
Roy Koehn M55 Gerry Ives	38:55 37:11
Carl Cox	41:54
Julian Ives M60 Larry Dickerson	42:36 41:55
Alvin Marcy Ernie Hurst	44:21
M65 Michael Emsley	45:08 49:13
Don Butler	54:11
M70+Ray Blue 71 Frank Haines 71	47:53 57:50
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NYRRC Norway Run 5K Central Park, NYC; Oct. 14 Overall Mike Guastella 24 15:15 Diane Kee 35 19:03 M40 Edward Ryan 17:27 Jerry Maczynski Jeff Kisseloff 17:48 17:51 M45 Jack Porzio 17:19 Scott Abercrombie 18:04 Victor Politano 18:35 M50 Jack Brennan 18:24 Howard Bashant 18:43 Richard Nash 19:03 M55 Michael Goldman 19:35 Leonard Altamura 21:06 Jerry Kirschner Witold Bialokur 21:24 19:23 20:16 21:48 Geza Feld Stanley Schecter Donald Preven 25:55 26:10 Jack Ryan George Calvert M70 John McManus 29:00 21:35 24:59 Sab Koide Thomas Gibbons 26:32 M75 Albert Goldstein 27:51 Wilfredo Rios 28:36 Vincent Carnevale 37:36 W40 Wendy Silverstein 20:18 22:13 Mindy Solkin Denise Jakeway 22:28 Mary Rosado 20:02 Sylvie Kimche Rita LaBar 20:02 24:26 W50 Vera Pressman 26:59 27:08 27:11 Nancy Younbeck Sonia Tellez W55 Verol Clement 26:57 Diana Townsend 33:48 Elizabeth Jacobsen 36:28 W60 Ruth Kassanga 26:09 Melva Muray 33:36 Connie Conigliaro 46:28 W65 Dolly Finkelstein 29:11 Ariene Kernis 30:20 **Rosalie** Ames 45:43 W70 Jozi Neulinger 36:59 Marcella Tobias 42:31 Post Office Cafe 5K Babylon, NY; Oct. 14 Babylon, NY; Oct. 14 Overall Tom Lankowicz 23 15:29 Christine Gentile 25 17:50 M40 Alan Oman 45 17:12 Bill Delia 43 18:20 Gerry Cassell 40 18:21 M50 Maury Dean 52 17:47 Don Jewell 57 20:06 M60 Richard Murphy 61 18:58 William Kelley 61 23:49 M70+Solomon Flum 70 30:45 W40 Mary Von Bevern 42 21:41 Mary Trotto 48 24:14 W50 Ann Fahy 52 26:57 Pat Delaney 56 29:04 Meian Dealey 65 36:59 Marian Dealey 65 W70+Ann Gilmore 75 36:59 37:14 Army Ten Miler Washington, DC; Oct. 15 Overall Ron Harris 30 48:59 48:59 56:20 53:29 54:16 55:19 56:11 57:14 58:01 58:24 58:25 Susan Molloy 30 M40 Chuck Moeser Jim Whitnah Michael McHale Lowry Foster David Delgado Paul Barnd Larry Harris William Shultz Vernon Mabe Dave Bollinger 58:56 59:09 59:14 60:31 60:34 61:19 61:37 61:39 Larry Camp James Moreland James Moreland Carl Thornton Aubrey Henley Albert Joyner Milan Basta Robert Lee William Caldwell Tom Wild 61:40 61:44 61:46 61:49 Tom Wild Duanne Wolff Prosser Stirling Richard McKeon 61:51 61:51 Richard McKeon Steven Reid William Kociscak Lionel Scatliffe Roberto Rolon P M Cunningham Joseph Kaupa Bruce Yost Abraham Turner 61:51 62:07 62:26 62:46 R 62:52 63:19 63:34 63:49 63:50 ç Augustine Perez Augustine Perez M45 Enrique Navarrete Bruce Langenkamp Herb Tolbert Bido Value N 53:45 58:11 58:26 58:40 58:42 Ridge Kelley Phil Stewart

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	D	on McCar	ten	79:	
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December, 1995

Dec	ember, 1995	
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M55	Manfred Konrad	37:38
	Mikhail Papkov David Doshner	41:31 48:36
M60	Dan Sokal	40:26
	Alfred Finger Martin Winter	42:16 42:54
M65	Joseph Burns	43:43
	Hector Pacheco Jack Haar	45:33 45:38
M70	Sab Koide	52:57
M75 W40	Wilfredo Rios Maureen Barry	59:15 49:26
	Ethel Wolvovitz	50:14
W45	Sally Birchard Rita LaBar	52:13 52:24
	Judith Friedman	53:27
W50	Virginia Monette Ann Makoske	54:49 44:01
	Delia Galeano	51:00 54:41
W55	Nancy Larkin Patty Parmalee	48:02
	Billie Moten	58:09
W60	Patricia Masterson Marie Camardi	1:00:11 57:45
	Melissa Sutphen	59:49
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	Oct. 22	
M40	Celio Hernandez George Bailie	2:39:07 2:42:22
M45	Bruce Glasspoole Dale Keenan	2:44:54
CHN	Bob Hermesch	2:35:06 2:52:54
M50	Ken Klapp John Doebrich	2:55:42 3:03:32
	Ed Bown Bill Lord	3:05:14 3:13:03
M55	Jim Moore Dick Adler	3:15:26 3:25:08
	Bob Dennison	3:27:08
M60	Gerald Barney Richard Fedion	3:27:25 3:33:07
M65	Richard Shook Jim Edwards	3:33:38 3:40:53
1.00	Harry Chafetz Sam Gratch	3;41:46 5:20:53
	Janet Labuc Pamela Roberts	3:23:51 3:26:40
WAS	Janet Piez	3:30:33
-	Elaine Lutzker Carol Gellman Susan Hale	3:41:06 3:44:16
W50	Margaret Ferrara	
W55	Lynn Leland none	4:17:00
	Sylvia Weiner	4:14:27
	at Pumpkin Classie Frumbull, CT; Oct	
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	Bill Rodgers 47 Desmond O'Connor4	20:04
	Geary Daniels 41 Gary Nixon 44	20:30 20:31
	Ed Sparkowski 40	20:32
	John Serrao 46 Frank Lewis 47	20:38 21:05
	Wes Byerly 43 Joe Stawley 42	22:18 22:38
	Mark Ullasz 41 Maury Dean 52	23:29 23:19
	Robert Johnson 50	24:12
	Peter Madden 56 Guy Pulino 50	24:15 24:37
	Richard DeMarco S Jerry Levasseur	53 25:13 57 25:23
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	Ted Foster 61	29:59
-	Joseph Madden 68 Al Chameides 65	31:04 31:39
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	Mary Dunn 43 Susan Gold 40	24:13 25:25
	Barbara Pearce 4	26:40
	Cathy MacDonald Susan Zuckerman	40 27:16
W50	Grazina Venskus Jo Marchetti 52	26:02
	Vivian Godin 52 Margaret Fenyves	29:24 15330:21
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	Gail Sangree 61	46:53
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	Washington, DC; (Jct. 24
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M30	Nelson Shertzer	2:49:21
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	Dominique Daluz36	2:31:21	
	Dennis Santiago32 Tim Vanderrluyt30	2.32.06	
	Robert Marino 38 Paul Leonard 33	2:32:08	
M40	Farley Simon 40 Alvin Rich 45	2:26:25	
	James Pryde Jr42 V CuevaCardona41	2:37:49	
	Ed Donohue 40	2:40:42	
	Al Nirenstein 48 Mike Zeigle 44	2:42:14	
	B B Barteaux 40	2:42:29	
	Patrick Seaney40 Thomas Shinnick42		1
	Ray Workman 45	2:44:12	
	Mark Will-Weber40 Lou Gunderman 43	2:45:08	
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	John Kirkpatrick5 Ken Brever 54	22:50:10 2:53:48	
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	Berwyn Brown 58	3:05:46	104
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	Jay Sturdevant64. R T Murphy 61	3:08:20	10.00
	Michael Morgan60	3:21:17	
M70	Richard Cosby 70	3:22:07 3:33:43 3:48:41	
		3:48:41 3:52:16	
W30	Harry Kirsch 72	3:55:53	3
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	Ruth O'Hare 32	2:57:11 2:58:15	1
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W40	Carol Ey 36		
	Georeanne Welde43	3:18:42	
	Kim Meggison 40 Virginia Binnel44		
	Paula Holm 42 Martha DeGrazia44		2
	Pam Musselman 42 Linda Mills 45	3:22:06	
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	Will Wright 41:33	1.
	Neil Hall 42:56 Jesse Grizzard 44:54	W
	M60 Richard Tankersley 43:32 Jerome Canaday 44:01	W
	Keith Cooper 46:25 Julius Cannon 48:14	12
	M65 Bruce Hill 52:45	W
	Elmer Ballard 58:17 Clayton Hare 62:54	W
	M70+Dan McCarty 71 46:42 Bill Rice 70 50:31	-
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ł	W40 Geri Bobo 45:18 S F Bertagnolli 45:24	Jo
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	Berne Irwin 48:44 W50 Linda Shipp 56:16	Da Fr
	Brenda Hopkins 56:57	Kr
	Mamie McCall 63:17	De
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	Betty Lamberth 62:24 Luise Mitchell 65:24	Ro
	W60 Billie Madero 66:59	
I	W65 Faye Eisenacher 56:06 W70+Daphne Dvorak 71 72:14 Fran Olive 70 91:02	1
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I	2 Todd Golomb 39 57:45	
I	1 Becky Comeaux 40 50:58 2 Barbara Duplichain 51:19	
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32:06 32:09 32:12 32:13 36:01 38:08 39:53 41:24 44:31 56K/5K 14 47:25 61:46	12 FRANK CUROITIO 41 M 13 DAN SEBBEN 44 M 14 BERNIE CANDY 47 M 15 GEARY FLENER 58 M 16 JIN NORVAL 58 M 17 LANCE LA VENTURE 45 M 18 CAROL SOSA 43 F 19 MICHAEL FUSSNER 20 M 20 LYNNE WILLIANS 37 F 21 MICKAEL FUSSNER 43 M 23 RICH FRIEDLANDER 51 M 24 GLEN WIESE 43 M 25 JACK BELLNER 45 M 26 GLEN WIESE 43 M 26 GLEN WIESE 43 M 26 MARK HOLLINGSHEAD 44 M 27 GAIL BETTIS-FORD 42 F 28 MARK HOLLINGSHEAD 44 M 27 GAIL BETTIS-FORD 42 F 29 VERNON BRADSHAW 61 M 30 DON R KINNISOM 45 M 31 LOUIS H GASSMANN 36 M	32:58 6.0 38:58 62 BILL MUCHN 33:03 2.5 35:33 63 JOHN C DIO 33:11 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:14 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:40 7.0 40:25 67 DEREK REDD 33:46 5.3 37:16 68 TOM CHIOTI 34:02 1.0 35:02 70 BRETT BLO 34:02 1.0 35:02 70 BRETT A S 34:02 1.0 37:09 73 RANDALL M 34:10 5.0 37:12 75 MO NAME 34:10 5.0 37:12 75 MO NAME 34:15 3.5 37:46 76 CURT LARS 34:28 0.0 37:12 75 MO NAME 34:28 0.0	IICK 30 M 36:32 2.0 36:32 XEY 41 M 36:44 2.5 39:14 MSKI 35 F 36:45 5.0 41:45 MSKI 35 F 36:46 7.0 43:45 SOM 33 M 36:50 1.0 37:50 IORE 57 M 36:51 6.5 43:21 I 16 M 36:52 5.0 41:22 II 16 M 36:53 3.5 40:23 GLER 44 M 36:54 7.0 43:55 IITM 14 36:56 7.0 43:57 GLER 44 36:57 7.0 43:57 SCMAN 13 F 36:57 36:57 SDMAY 28 M 36:57 36:57 M 41 37:02 2.5 39:32 35 M 37:02 36:57
32:06 32:09 32:12 32:13 36:01 38:08 39:53 41:24 44:31 5K/5K 14 47:25 61:46 54:59	12 FRANK CUROITIO 41 M 13 DAM SEBBEN 46 M 14 BERNIE CANDY 47 M 15 GEARY FLENER 58 M 16 JIM NORVAL 58 M 17 LANCE LA VENTURE 45 M 18 CAROL SOSA 43 F 20 LYME WILLIAMS 37 F 21 MIKE SERNIAK 11 M 22 TERRY WIESE 43 M 23 RICH FRIEDLANDER 51 M 24 GLEN WIESE 43 M 25 JACK BELLNER 45 M 26 MARK MOLLINGSNEAD 44 M 27 GALL BETTIS-FORD 42 F 28 PETER HESSLER 26 M 29 VERNOM BRADSHAW 61 M 31 LOUIS N GASSMANN 38 M 32 MARION DE MURI 67 M 33 LARY DOERR 40 M 34 TYLER JEAMAN 35 BLL <schnitt< td=""> 73 M</schnitt<>	32:58 6.0 38:58 62 BILL MUCHN 33:03 2.5 35:33 63 JOHN C DIC 33:11 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:13 4.0 37:13 65 KAY MC VEI 33:14 3.5 36:41 64 MINI ZIELI 33:40 7.0 40:25 67 DERK REDD 33:46 7.0 40:26 67 DERK REDD 34:40 7.0 40:40 69 BRETT BLO 34:02 1.0 35:07 72 JIN CARNET 34:06 5.5 39:36 71 JOHN P ZIE 34:07 6.5 40:37 72 JIN CARNET 34:10 3.0 37:12 75 MO MAME 34:12 3.0 37:12 76 IREANIE MELANIE 34:15 3.5 37:46 77 MAYME CoRE 34:28	IICK 38 M 36:32 2.0 36:32 KEY 41 M 36:44 2.5 39:14 MSKI 35 F 36:45 5.0 41:45 MSKI 35 F 36:46 7.0 43:48 SOM 33 M 36:50 1.0 37:50 IORE 57 M 36:51 6.5 43:21 I 16 M 36:52 5.0 41:52 II 16 M 36:53 3.5 40:23 IITM 14 M 36:54 7.0 43:54 GLER 44 M 36:57 7.0 36:57 IITM 14 36:57 7.0 36:57 36:57 IITM 36:57 7.0 36:57 36:57 36:57 INAY 28 M 36:57 36:53 36:54 MAT 28 M 37:02 1.5 36
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32:06 32:09 32:12 32:13 36:01 38:08 39:53 41:24 44:31 5K/5K 14 47:25 61:46 54:59 59:31 60:18 60:21 55:46 57:19	12 FRAMK CUROITIO 41 M 13 DAM SEBBEN 44 M 14 BERNIE CANDY 47 M 15 GEARY FLENER 58 M 16 JIM NORVAL 58 M 17 LANCE LA VENTURE 45 M 18 CAROL SOSA 43 F 19 MICHAEL FUSSHER 20 M 20 LYNHE WILLIANS 37 F 21 MIKE SERNIAK 11 M 22 TERY WIESE 43 M 23 RICH FRIEDLANDER 51 M 24 GLEN WIESE 43 M 25 GACK BELLMER 45 M 26 GANK HOLLINGSHEAD 44 M 26 PETER MISSIER 26 M 27 GALL BETTIS-FORD 42 F 28 PETER MESSLER 26 M 29 VERNON BRADSHAW 61 M 30 DON R KINNISON 45 M 31 LARY DOERR 40 M 33 LARY DOERR 40 M 34 </td <td>32:58 6.0 38:58 62 BILL MUCHN 33:03 2.5 35:33 63 JOHN C DIC 33:11 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:14 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:46 7.0 40:25 67 DEREK REDN 33:46 7.0 40:40 68 TON CHIOTI 33:46 7.0 40:49 69 BRETT BLOM 34:02 1.0 35:02 70 BRETT BLOM 34:02 1.0 35:03 77 71 JOHN P ZIE 34:02 0.30 37:10 78 RANDALL M 34:10 34:10 5.5 37:20 78 RANDAL M 34:10 34:10 3.5 37:12 78 NO NAME 34:28 34:28 0.0 34:28</td> <td>IICK 36 36.32 2.0 36.32 KEY 41 M 36.142 2.5 39:14 MSKI 35 F 36:44 2.5 39:14 MSKI 35 F 36:48 7.0 43:48 SOM 33 M 36:50 1.0 37:50 NORE 57 M 36:51 6.5 43:21 I 51 M 36:52 5.0 41:52 DI 16 M 36:53 3.5 40:23 GLER 44 M 36:54 7.0 43:54 GLER 44 M 36:56 5.0 41:56 CXMAN 13 F 36:57 7.0 36:57 CXMAN 13 F 36:57 0.0 36:57 SDMAY 20 M 37:10 3.5 40:31 M 41 M 37:02 1.5 36:35 SDMAY 20 M 37:10 36:35</td>	32:58 6.0 38:58 62 BILL MUCHN 33:03 2.5 35:33 63 JOHN C DIC 33:11 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:14 3.5 36:41 64 MINI ZIELI 33:13 4.0 37:13 65 KAY MC VEI 33:46 7.0 40:25 67 DEREK REDN 33:46 7.0 40:40 68 TON CHIOTI 33:46 7.0 40:49 69 BRETT BLOM 34:02 1.0 35:02 70 BRETT BLOM 34:02 1.0 35:03 77 71 JOHN P ZIE 34:02 0.30 37:10 78 RANDALL M 34:10 34:10 5.5 37:20 78 RANDAL M 34:10 34:10 3.5 37:12 78 NO NAME 34:28 34:28 0.0 34:28	IICK 36 36.32 2.0 36.32 KEY 41 M 36.142 2.5 39:14 MSKI 35 F 36:44 2.5 39:14 MSKI 35 F 36:48 7.0 43:48 SOM 33 M 36:50 1.0 37:50 NORE 57 M 36:51 6.5 43:21 I 51 M 36:52 5.0 41:52 DI 16 M 36:53 3.5 40:23 GLER 44 M 36:54 7.0 43:54 GLER 44 M 36:56 5.0 41:56 CXMAN 13 F 36:57 7.0 36:57 CXMAN 13 F 36:57 0.0 36:57 SDMAY 20 M 37:10 3.5 40:31 M 41 M 37:02 1.5 36:35 SDMAY 20 M 37:10 36:35
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 M60 Cliff Elkins
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 M65 Ryszard Nawrocki
 2:21:50

 M70 Sam Murdoch
 2:40:23

 W40 Iris Delpilar
 2:04:04

 Glenda Muirhead
 2:09:06

 Cindi Stone
 2:25:56

 W45 JoAnn Owen
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 Cindi Stone W45 JoAnn Owen Eva Vega Cindy Thatcher W50 Brooke Martin Niki Martin Judy Sidlauskas W55 Cinger Crosstate 2:05:12 2:22:40 2:23:28 2:28:30 2:32:49 2:32:55 W55 Ginger Grossetete2:34:13 W60 Tillie Sutton 2:43:20 W70 Betty Minero 3:08:59 W70 Betty Minero 3:08:59 --5K Racewalk--<u>Overall</u> Winston Crandall M50 26:21 Claudia Leonard M40 David Womald 26:20 26:51 Don Gleason Ron Latimer M45 Steven Moodie 31:40 32:45 26:22 M45 Steven Mooile Ray Tuegel M50 Gerald Burton Robert Edgar M55 Winston Crandall Mark Adams Arnold Levick M60 Joe Thompson Victo Suazo 35:48 27:45 26:21 29:07 29:49 30:31 Victo Suazo 37:00 Victo Suazo Ken Manicki M65 Alex Hachigian Ricardo Tenorio M70 Hu Rhymes M75 A Leatherwood M80 David Lyon W40 Jeri Strong Zia Telfair Romela Ocean 38:17 34:01 35:45 35:34 43:34 45:31 35:3 Pamela Owens Claudia Aragon W45 Doryne Bunton Carol Wilkinson 35:35 29:55 34:18 Janet Blair W50 Barbara Jansen Kathy Nunn June Decker W55 Hatsuko Goodson 34:11 36:15 Mary Friberg Peggy Hinkle W60 Lois Thompson Joan Blair W65 Ursula Besse 34:29 36:29 36:44 36:30 Norma Houston 37:50 W70 Marjorie Holmes W75 Rose Valdez W80 Pauline Varley 38:0 49:5 47:5 Kansas Senior Olympics 5K/10H Topeka; Oct. 5-6 --5K--M55 Bobby Kincaid Wally Brawner M60 Paul Heitzman M65 Paul Willis M70 Frank Creason 18:3 19:3 18.4 26:1 M55 Wally Brawner 41:4 Wes Nicholson M60 Paul Heitzman M65 Paul Willis 49:3 56:2 M70 Frank Creason 55:3 from Paul Heitzman St. Louis Marathon St. Louis, MO; Oct. 15 Overall Joe Leuchtman Roxi Erickson 2:23: 2:38: Tóp Masters (40+) Dmitry Voldman Kenneth Hlasa Bill Lawder 2:43: 2:45: 2:45: 2:46: 3:11: Gail Ford Catherine Wides 3.16 Marilyn Nolan 3:25: Top Seniors ((50+) Dennis Simmons 3:10: Jon Eber 3:15: Joan Gary 3:57: Joan Gary Norma Bonham M40 David Talburtt Terry Wiese Charles Peters Steven Leyton 4.08 2:52: 2:57: 2:57: 2:58: 2:58: 2:58: 2:47:

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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmess</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Goodson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W65 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W75 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>5K                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Goodson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W65 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W75 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>5K<br>M55 Bobby Kincaid<br>Wally Brawner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M60 Paul Heitzman</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Batsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>M80 Pauline Varley</li> <li>M80 Pauline Varley</li> <li>M85 Bobby Kincaid<br/>Wally Bravner<br/>M65 Paul Willis</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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Oct.<br><u>Overall</u><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      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Oct.<br><u>Overall</u><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jesus Morales                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Godson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>W55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> </ul>                                                                                                                                                                                                                                                                                                                                                    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Internatio<br>El Paso, TX; Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jacus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Cccil Brown                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Goodson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W55 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W75 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>-5K<br>M55 Bohby Kincaid<br>Wally Brawner<br>M65 Paul Willis<br>M70 Frank Creason<br>10K<br>M55 Wally Brawner<br>Wes Nicholson<br>M60 Paul Heitzman<br>M65 Paul Willis<br>M70 Frank Creason<br>from Paul Heitz<br>St. Louis Marat<br>St. Louis Mo; Oc                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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Internatie<br>El Paso-Juarez Internatie<br>El Paso, TX; Oct.<br><u>Overall</u><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M50 Sterling Bassett<br>M55 Jesus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Oacil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M60 Paul Heitzman</li> <li>M55 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner<br/>Wes Nicholson</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat<br/>St. Louis, MO; Ou</li> <li>Overall</li> <li>Joe Leuchtman</li> </ul>                                                                                                                                                                                                                                                                                                                                          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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>W55 Bobby Kincaid</li> <li>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>W55 Wally Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat<br/>St. Louis, MO; Ou</li> <li>Overall<br/>Joe Leuchtman</li> </ul>                                                                                                                                                                                                                                                                                     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Paso, TX; Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M55 Jesus Morales<br>M65 Parker Johnson<br>M70+Oscil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Connie Bosworth                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Goodson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W65 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W70 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>5K<br>M55 Bobby Kincaid<br>Wally Brawner<br>M65 Paul Willis<br>M70 Frank Creason<br>10K<br>M55 Wally Brawner<br>Wes Nicholson<br>M60 Paul Heitzman<br>M65 Paul Willis<br>M70 Frank Creason<br>from Paul Heitz<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Mo; Oc<br>Overall<br>Joe Leuchtman<br>Roxi Erickson                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>t: 15<br>2:23:59                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M50 Robert McLaughlin<br>M55 Bobby Kincaid<br>M60 Dick Wilson<br>M65 Gerald Witten<br>M70 Stanley Rostov<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>SOUTHINE</b><br>El Paso. Juarez Internatie<br>El Paso. Juarez Internatie<br>El Paso. TX; Oct.<br><u>Overall</u><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M55 Jesus Morales<br>M65 Parker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W55 Connie Bosworth<br>W65 Josefina Arellano<br>Kacewalk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Godson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat<br/>St. Louis, M0; Oc</li> <li>Overail<br/>Joe Leuchtman<br/>Roxi Erickson</li> <li>Tóp Masters (40+)</li> <li>Dmitry Voldman</li> </ul>                                                                                                                                                                                                                                                  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Internation</b><br><b>El Paso, TX; Oct.</b><br><b>Overall</b><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jasus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Ccill Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Josefina Arellanof<br><u>Racewalk</u><br>1 Bohdan Bulakowski 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jesus Morales<br>M60 J Adams<br>M65 Farker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Josefina Arellanot<br>Racewalk<br>I Bohdan Bulakowski 47<br>Sally Edwards 43                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>W55 Bobby Kincaid</li> <li>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>W55 Wally Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat<br/>St. Louis, MO; Ou</li> <li>Overall<br/>Joe Leuchtman<br/>Roxi Erickson<br/>Tôp Masters (40+)</li> <li>Dmitry Voldman<br/>Kenneth Hlasa</li> <li>Bill Lawder</li> <li>Gatherine Wides</li> <li>Marily Nolan</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>ct. 15<br>2:23:59<br>2:38:57<br>2:43:55<br>2:46:57                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M55 Bobby Kincaid<br>M60 Dick Wilson<br>M55 Gerald Witten<br>M70 Stanley Rostov<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. 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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason</li> <li>-10K</li> <li>M55 Bolby Kincolson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason</li> <li>for Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason</li> <li>for Paul Keitzman</li> <li>K Louis Marat</li> <li>St. Louis Mo; Oc</li> <li>Overall</li> <li>Joe Leuchtman</li> <li>Roxi Erickson</li> <li>Tóp Masters (40+)</li> <li>Dmitry Voldman</li> <li>Kenneth Hlasa</li> <li>Bill Lawder</li> <li>Gail Ford</li> <li>Catherine Wides</li> <li>Marilyn Nolan</li> <li>Top Seniors ((50+)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>ct. 15<br>2:23:59<br>2:38:57<br>2:43:55<br>2:45:24<br>2:45:25<br>3:25:05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M50 Robert McLaughlin<br>M55 Bobby Kincaid<br>M60 Dick Wilson<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>El Paso. Juarez Internatio</b><br><b>El Paso. Juarez Internatio</b><br><b>El Paso. Juarez Internatio</b><br><b>El Paso. Juarez Internatio</b><br><b>El Paso. TX: Oct.</b><br><b>Overall</b><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M55 Jaeus Morales<br>M60 J Adams<br>M55 Parker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W40 Sude Drapeau<br>W45 Sosefina Arellanot<br>Racewalk<br>I Bohdan Bulakowski 43<br><b>I Saliy Edwards 43</b><br><b>I WEST</b><br><b>31st Balboa 4 M</b><br><b>Cross-Country</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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Juarez Internatio</b><br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. Juarez Internatio</b><br><b>EI Paso. 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Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M55 Robby Kincaid<br>M60 Dick Wilson<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>El Paso-Juarez Internation</b><br>El Paso-Juarez Internation<br>El Paso, TX; Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jasus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Ccill Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Josefina Arellanof<br>Racewalk<br>I Bohdan Bulakowski 41<br>Sally Edwards 43<br><b>WEST</b><br>31st Balboa 4 M<br>Cross-Country<br>San Diego, CA; Sep<br>Overall                                                                                                                                                                                                                                   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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W70 Marjorie Holmes</li> <li>W70 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Bolby Kincolson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Bolby Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M55 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> </ul>                                                                 | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>ct. 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| Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M55 Bobby Kincaid<br>M60 Dick Wilson<br>M55 Gerald Witten<br>M70 Stanley Rostov<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br>El Paso-Juarez Internation<br>El Paso, TX; Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M50 Sterling Bassett<br>M55 Jesus Morales<br>M65 Parker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Connie Bosworth<br>W65 Josefina Arellano<br>Racewalk<br>1 Bohdan Bulakowski 47<br>I Sally Edwards 43<br>I San Diego, CA; Sep                                                                                                                                                                                                                                                   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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Godson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W65 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W75 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>-5K<br>M55 Bobby Kincaid<br>Wally Brawner<br>M65 Paul Hillis<br>M70 Frank Creason<br>-10K<br>M55 Wally Brawner<br>Wes Nicholson<br>M65 Paul Willis<br>M70 Frank Creason<br>from Paul Heitz<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Mo; Oc<br>Overall<br>Joe Leuchtman<br>Rox1 Erickson<br>Tóp Masters (40+)<br>Dmitry Voldman<br>Kenneth Hlasa<br>Bill Lawder<br>Gail Ford<br>Catherine Wides<br>Marilyn Nolan<br>Top Seniors ((50+)<br>Dennis Simmons<br>Jon Eber<br>Joan Gary<br>Norma Bonham                                                                                                                                                                       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Internatie<br>El Paso, TX; Oct.<br><u>Overall</u><br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M45 Ismael Donce<br>M55 Jesus Morales<br>M65 Parker Johnson<br>M70+Cccil Brown<br>W40 Jude Drapeau<br>W45 Josefina Arellano!<br>Racewalk<br>I Bohdan Bulakowski 41<br>T Sally Edwards 43<br><b>WEST</b><br><b>San Diego, CA; Seg</b><br><u>Overall</u><br>Steve Scott 39<br>Susie Stewart 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Goodson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W70 Marjorie Holmes</li> <li>W70 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Bolby Kincolson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Bolby Brawner<br/>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M55 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> <li>St. L</li></ul> | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>ct. 15<br>2:23:59<br>2:43:55<br>2:45:24<br>2:45:24<br>2:45:55<br>3:10:13<br>3:15:35<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:57:52<br>3:5                                                                                                           | Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M55 Bobby Kincaid<br>M60 Dick Wilson<br>M55 Gerald Witten<br>M70 Stanley Rostov<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>EI Paso. Juarez Internation</b><br><b>EI Paso. Juarez Internation</b><br><b>Fortune Colones</b><br>M55 Diane Coleman<br>M55 Sterling Bassett<br>M55 Jesus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W45 Betty Shaffer<br>W50 Terry Pasqualone<br>W55 Josefina Arellano<br>Racewalk<br><b>I Bohdan Bulakowski 4</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Edwards 43</b><br><b>I Sally Edwards 44</b><br><b>I Sally Ed</b> | 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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Godson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner</li> <li>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> <li>St. Louis Marat</li> <li>St. Louis, M0; Ou</li> <li>Overail</li> <li>Joe Leuchtman</li> <li>Roxi Erickson</li> <li>Tóp Masters (40+)</li> <li>Dmitry Voldman</li> <li>Kenneth Hasa</li> <li>Bill Lawder</li> <li>Gail Ford</li> <li>Catherine Wides</li> <li>Marilyn Nolan</li> <li>Top Senham</li> <li>H40 David Talburtt</li> <li>Terry Wiese<br/>Charles Peters</li> <li>Steven Leyton</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 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((50+)</li> <li>Dennis Simmons<br/>Jon Eber<br/>Joan Gary</li> <li>Norma Bonham</li> <li>H40 David Talburtt<br/>Terry Wiese<br/>Charles Peters</li> <li>Steven Leyton</li> <li>John Gleeson</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 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19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M55 Jesus Morales<br>M60 J Adams<br>M65 Parker Johnson<br>M70+Cacil Brown<br>W40 Jude Drapeau<br>W40 Sude Drapeau<br>W40 Stevy Shaffer<br>W55 Josefina Arellanot<br>Racewalk<br>I Bohdan Bulakowski 4<br>I Sally Edwards 43<br><b>IVEST</b><br>Steve Scott 39<br>Susie Stewart 25<br>M40 Kevin McCarey<br>Bill Randoll<br>M45 Bob Betancourt<br>M55 Bob Betancourt                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Godson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner</li> <li>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> <li>St. Louis Marat</li> <li>St. Louis, M0; Ou</li> <li>Overail</li> <li>Joe Leuchtman</li> <li>Roxi Erickson</li> <li>Tóp Masters (40+)</li> <li>Dmitry Voldman</li> <li>Kenneth Hasa</li> <li>Bill Lawder</li> <li>Gail Ford</li> <li>Catherine Wides</li> <li>Marilyn Nolan</li> <li>Top Senham</li> <li>H40 David Talburtt</li> <li>Terry Wiese<br/>Charles Peters</li> <li>Steven Leyton</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 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Ron Morgan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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| W50 Barbara Jansen<br>Kathy Nunn<br>June Decker<br>W55 Hatsuko Godson<br>Mary Friberg<br>Peggy Hinkle<br>W60 Lois Thompson<br>Joan Blair<br>W55 Ursula Besse<br>Norma Houston<br>W70 Marjorie Holmes<br>W75 Rose Valdez<br>W80 Pauline Varley<br>ansas Senior Olympic:<br>Topeka; Oct. 5-<br>-5K<br>M55 Bobby Kincaid<br>Wally Brawner<br>M55 Paul Willis<br>M70 Frank Creason<br>10K<br>M55 Wally Brawner<br>Wes Nicholson<br>M65 Paul Willis<br>M70 Frank Creason<br>from Paul Heitznan<br>M65 Paul Willis<br>M70 Frank Creason<br>from Paul Heitz<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis Marat<br>St. Louis MO; Oc<br>Overail<br>Joe Leuchtman<br>Rox1 Erickson<br>T6p Masters (40+)<br>Dmitry Voldman<br>Kenneth Hlasa<br>Bill Lawder<br>Gail Ford<br>Catherine Wides<br>Marilyn Nolan<br>Top Seniors ((50+)<br>Dennis Simmons<br>Jon Eber<br>Joan Gary<br>Norma Bonham<br>H40 David Talburtt<br>Terry Wiese<br>Charles Peters<br>Steven Leyton<br>John Gleeson<br>M45 Cary Luin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 33:36<br>34:11<br>36:15<br>32:57<br>34:29<br>36:29<br>36:44<br>40:46<br>36:38<br>37:50<br>38:07<br>49:58<br>47:59<br>55K/10K<br>6<br>18:33<br>19:35<br>18:44<br>26:10<br>25:20<br>41:49<br>49:37<br>39:56<br>56:27<br>55:32<br>man<br>hon<br>ct. 15<br>2:23:59<br>2:43:55<br>2:43:55<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:57:45<br>4:08:47<br>2:58:20<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:14<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:10:13<br>3:15:35<br>3:15:35<br>3:15:35<br>3                                                                                                           | Cathy Palacios<br>M40 Bill Lundberg<br>M45 Russ Lundstrom<br>M50 Robert McLaughlin<br>M55 Robby Kincaid<br>M60 Dick Wilson<br>M55 Gerald Witten<br>M70 Stanley Rostov<br>M75 Didar Singh<br>W40 Sharon Greenwood<br>W45 Trudy Calloway<br>W50 Suzie Turner<br>W55 Janice Talge<br>W60 Ann Williams<br>W65 Diane Coleman<br>W70 Dottie Gray<br><b>SCOUTHIVE</b><br>El Paso Juarez Internation<br>El Paso, TX; Oct.<br>Overall<br>Herzon Otwori 19<br>Salina Chirchir 22<br>M40 Steve Jones<br>M55 Jasus Morales<br>M60 J Adams<br>M55 Parker Johnson<br>M70+Occil Brown<br>W40 Jude Drapeau<br>W40 Stoey Ina Arellanot<br>Racewalk<br>I. Bohdan Bulakowski 4<br>I. Sally Edwards 43<br><b>IVEST</b><br>31st Balboa 4 M<br>Cross-Country<br>San Diego, CA; Ser<br>Overall<br>Steve Scott 39<br>Susie Stewart 25<br>M40 Kevin McCarey<br>Bill Randoll<br>M45 Bob Betancourt<br>M60 Ron Morgan<br>W40 Boverly Clendenin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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| <ul> <li>W50 Barbara Jansen<br/>Kathy Nunn<br/>June Decker</li> <li>W55 Hatsuko Godson<br/>Mary Friberg<br/>Peggy Hinkle</li> <li>W60 Lois Thompson<br/>Joan Blair</li> <li>W65 Ursula Besse<br/>Norma Houston</li> <li>W70 Marjorie Holmes</li> <li>W75 Rose Valdez</li> <li>W80 Pauline Varley</li> <li>ansas Senior Olympic:<br/>Topeka; Oct. 5-<br/>-5K</li> <li>M55 Bobby Kincaid<br/>Wally Brawner</li> <li>M65 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>10K</li> <li>M55 Wally Brawner</li> <li>Wes Nicholson</li> <li>M60 Paul Heitzman</li> <li>M65 Paul Willis</li> <li>M70 Frank Creason<br/>from Paul Heitz</li> <li>St. Louis Marat</li> <li>St. Louis Marat</li> <li>St. Louis, M0; Oc</li> <li>Overail</li> <li>Joe Leuchtman</li> <li>Roxi Erickson</li> <li>Tôp Masters (40+)</li> <li>Dmitry Voldman</li> <li>Kenneth Hasa</li> <li>Bill Lawder</li> <li>Gail Ford</li> <li>Catherine Wides</li> <li>Marilyn Nolan</li> <li>Top Senham</li> <li>H40 David Talburtt</li> <li>Terry Wiese<br/>Charles Peters</li> <li>Steven Leyton</li> <li>John Gleeson</li> <li>M45 Cary Julin</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 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Morgan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     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Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson<br>Suron Lash<br>Su Peterson                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson<br>Sharon Lash<br>Su Peterson<br>Mamie Clarke<br>Provi Hull                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson<br>Sharon Lash<br>Su Peterson<br>Mamie Clarke<br>Provi Hull<br>Elaine Cook<br>Mary Chocek<br>Lucy Bosco<br>Mar.Zambenli                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            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Nice 80<br>Gil Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson<br>Sharon Lash<br>Su Peterson<br>Mamie Clarke<br>Provi Hull<br>Elaine Cook<br>Mary Chocek<br>Lucy Bosco<br>Mar.Zambenlin<br>Halen Alonzo<br>Lilly Esqued                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            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| M70         S           Ca         Yort           Over         Gus           Yayo         M40           M45         M50           M55         M60           M65         M70-           W40         W45           W50         W55           W60         W55           W60         S5           W60         S1           Overal         Tim JG           Gayle         S1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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Esqueda<br>Bill Nice 80<br>Gil Cisneros<br>J.Mooshagian<br>Lorra Gersitz<br>Kim Strong<br>Tina Lane<br>Rac.Rodriguez<br>Peg Jamieson<br>Sharon Lash<br>Su Peterson<br>Mamie Clarke<br>Provi Hull<br>Elaine Cook<br>Mary Chocek<br>Lucy Bosco<br>Mar.Zambenlit<br>Halen Alonzo<br>Lilly Esqued<br>Nyla Cook                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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| :07<br>:08<br>:14<br>:25<br>:13<br>:10                                    | 53 Teri Werber                                                                                     | EST                           |
| :07<br>:08<br>:14<br>:25<br>:13<br>:10<br>:37<br>:01                      | 53 Teri Werber<br>NORTHWI<br>US vs Canada Mas<br>Cross-Country Challe                              | EST<br>sters<br>nge 5K        |
| :07<br>:08<br>:14<br>:25<br>:13<br>:10<br>:37<br>:01<br>:10<br>:10<br>:12 | 53 Teri Werber<br>NORTHWI<br>US vs Canada Mas                                                      | EST<br>sters<br>nge 5K        |
| :07<br>:08<br>:14<br>:25<br>:13<br>:10<br>:37                             | 53 Teri Werber<br>NORTHWI<br>US vs Canada Mas<br>Cross-Country Challe<br>Bellingham, WA; Oc<br>M40 | EST<br>sters<br>nge 5K        |

National Masters News

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|                                            |                        | December                                                                                      | , 199:             |
|--------------------------------------------|------------------------|-----------------------------------------------------------------------------------------------|--------------------|
| Michael Allison                            | US 18:11               | Herb Appenzeller                                                                              | 41:07              |
| Craig Moore<br>Alex Seres                  | US 18:20<br>CAN 19:35  | M80 Ernie Lucken<br>W40 Virginia Fong                                                         | 35:38<br>29:29     |
| George Muenz<br>M45                        | CAN 20:47              | Petty Lauer                                                                                   | 31:26              |
| Paul Wood<br>Mark Lawrence                 | CAN 19:19<br>CAN 19:19 | Jolene DeGroot<br>W45 Brenda Usher-Carpino                                                    | 35:12 29:16        |
| Armando Brionez                            | US 19:32               | Christi Elniff                                                                                | 35:06              |
| Peter O'Neil<br>Paul Bellus                | CAN 21:34<br>US 22:20  | Ann Lee<br>W50 Pam Webb                                                                       | 35:09<br>32:46     |
| Charles Eyres<br>M50                       | US 22:44               | Phyllis Abbate                                                                                | 37:09              |
| John Jordeth                               | US 19:23<br>CAN 19:25  | Jobella Bryant<br>W55 Doris Cassels                                                           | 41:43 33:55        |
| John Woodcock<br>Jim Pearson               | US 19:44               | W60 Shirley Dockstader                                                                        | 30:48              |
| Chris Steer<br>Mike Donoghue               | US 20:13<br>US 20:23   | Betty Crewes<br>W65 Charlotte Walker                                                          | 31:41 36:37        |
| Jerry Tighe<br>Harold Morioka              | CAN 20:40<br>CAN 21:18 | Grace Moreman                                                                                 | 39:14              |
| Dave Brown                                 | CAN 21:21<br>CAN 21:50 | W75 Louise Stuzman<br>W85 Dorothy Robarts                                                     | 43:54<br>44:13     |
| John McFarland<br>Joe Corcoran             | CAN 21:54              |                                                                                               |                    |
| M55<br>Herb Phillips                       | CAN 19:04              | USATF One- and Two-<br>Racewalk Champions                                                     |                    |
| Roy Reisinger<br>Steve Odwin               | US 20:04<br>CAN 20:54  | Cambridge, MA; Oct                                                                            |                    |
| John Taylor<br>Ed Kavanagh                 | CAN 21:23<br>CAN 22:08 | Men's Two-Hour (distances<br>Overall                                                          | in meters)         |
| Ken Ogden                                  | US 22:35               | 1 Dave McGovern 30                                                                            | 23,606             |
| Bill Hickman<br>Lane Hathaway              | US 23:03<br>US 24:52   |                                                                                               | 20,012             |
| Chuck DesJardins<br>M60                    | US 27:58               | Men's One-Hour                                                                                |                    |
| Derek Mahaffey<br>Bill Iffrig              | US 20:31<br>US 20:58   |                                                                                               | 11,877             |
| M65                                        |                        | 3 Alan Yap 53                                                                                 | 11,016             |
| Frank Kurucz<br>M75                        | CAN 21:54              | 4 Bill Purves 51<br>5 Andrew Smith 46                                                         | 10,792             |
| Les Leyland<br>W35                         | CAN 31:45              | 6 Bob Barrett 61                                                                              | 10,638<br>10,637   |
| Nancy Tinari                               | CAN 19:09              | 7 Robert Ullman 46<br>8 S Summerhayes 61                                                      | 10,578             |
| Gwen Robertson<br>Linda Ellingsen          | US 22:43<br>US 23:42   | 8 S Summerhayes 61<br>9 Thomas Knott 55                                                       | 10,522             |
| Eliz Corcoran<br>Viviana Odwin             | US 25:54<br>CAN 26:01  | 10 S Sosnowski 45                                                                             | 10,032             |
| W40<br>Thelma Wright                       | CAN 19:45              | 11 Mike Michael 65<br>12 John Jurewicz 45                                                     | 9,729 9,712        |
| Bonni Walker                               | CAN 21:49              | 13 Louis Free 65                                                                              | 9,488              |
| Lois Klingbell<br>Sandy Jones              | CAN 22:23<br>CAN 22:47 | 14 Cervin Robinson 67<br>15 Fred Anderson 43                                                  | 9,366<br>9,312     |
| Candy Klein<br>W45                         | US 25:52               | 16 Bernie Finch 55                                                                            | 9,222              |
| Kate O'Neil                                | US 22:01               | 17 Bernard Kaufman 61<br>18 Valio Liedes 66                                                   | 8,954              |
| Carolyn Nordtvedt<br>Sally Spires          | US 22:32<br>CAN 23:32  | 19 John Gray 71                                                                               | 8,918<br>8,903     |
| Jane Parrish<br>Terry Thalhofer            | US 23:39<br>US 24:45   | 20 John McKay 54                                                                              | 8,838              |
| W50                                        |                        | 21 George Coffin 67<br>22 Stuart Corning 70                                                   | 8,522<br>7,596     |
| Dorie Quam<br>Kathy McFarland              | US 23:51<br>CAN 25:55  | 23 Bill Hogan 66                                                                              | 7,398              |
| Heather Taylor<br>Vicki Griffiths          | CAN 26:33<br>US 28:03  | Women's One-Hour<br>1 Victoria Herazo 36                                                      | 12,326             |
| W55<br>Chris Curtis                        | US 25:24               | 5 Elton Richardson 56                                                                         | 9,923              |
| Judy Groombridge                           | US 26:09               | 6 Annie Montgomery 48<br>7 Carolyn Wills 41                                                   | 8,790<br>8,721     |
| Bev LaVeck<br>Susie Quenzer                | US 27:32<br>US 31:56   | 8 Margaret Keogh 57                                                                           | 8,705              |
| W65<br>Betty Jean McHug                    | A CAN 25:04            | 9 Marva Jenkins 56                                                                            | 8,620<br>8,599     |
| Leonore Montgame                           | ry CAN 27:57           | 11 Carol Kuo 48<br>14 Donna Goguen 49                                                         | 8,366              |
| W75 Lenore Marvin                          |                        | 16 Sheila Danahey 44                                                                          | 8,104              |
| RACE WA                                    |                        | 17 Ann Sikora 46<br>18 Elain Humphrey 41                                                      | 8,044<br>7,943     |
| Sallie Mae Fitne<br>5K Racewa              |                        | 19 Olga Figueroa 49                                                                           | 7,928              |
| Wilkes Barre, PA;                          |                        | 20 Alma Orenstein 48<br>21 Priscilla Frappier 45                                              | 7,660              |
| Overall<br>Arturo Huerta 31                | 20:16                  | 22 Lorelei Ruben 63                                                                           | 7,411              |
| Teresa Vaill 32                            | 22:03                  | 23 Nora Goonan 47 -                                                                           | 6,622              |
| M40 Steve Pecinov<br>David Lawrence        |                        | USATF East Regional                                                                           |                    |
| Curt Sheller<br>M50 James McGrath          |                        | 30K Racewalk Champie<br>Central Park, NYC; O                                                  |                    |
| Pat Drury 51                               | 27:24                  | Overall                                                                                       |                    |
| M60 William Flich<br>John Starr 6          | 29:03                  | Marc Varsano 31<br>Harriet Carter-Range 34                                                    | 2:38:33 3:50:37    |
| M70 Walter Hawrys<br>W40 Phyllis Hanso     |                        | M40 Nick Dispenzieri 41                                                                       | 3:04:50            |
| Sandra Leake<br>Eileen Lawren              |                        | Lon Wilson 48<br>Felix Fernandes 46                                                           | 3:07:25 3:28:24    |
| W50 Elton Richard                          | lson5628:57            | M50 Gary Null 50                                                                              | 3:04:18            |
| Carol Hopson<br>W60 Patricia Nes           | Ley67 33:44 .          | Sherwin Wilk 57                                                                               | 3:07:58            |
| W70 Shirley Mayer                          | 70 37:35               | Patrick Bivona 54<br>Benno Stein 57                                                           | 3:09:05<br>3:30:58 |
| Gator Challenge 5                          |                        | M60 Cervin Robinson 67                                                                        | 3:22:32            |
| Kentfield, CA;<br>Overall                  | Oct. 8                 | Daniel Pine 66<br>Jan Gero 62                                                                 | 3:24:23 3:24:36    |
| Warrick Yeager 41                          | 22:34                  | B Kaufman 61                                                                                  | 3:43:49            |
| Brenda Usher-Carpino<br>M40 Warrick Yeager | 22:34                  | M70 Len Scheer 70                                                                             | 3:48:57            |
| Art Klein                                  | 28:45                  | Changes to 1995                                                                               |                    |
| Huey Johnson<br>M45 Bill Penner            | 30:11<br>26:32         | Indoor Rankings<br>Published in July Iss                                                      | ue                 |
| Garland Murphy                             | 36:13                  | 200m                                                                                          | Tel                |
| M50 Keith McConnel<br>Gary Bower           | 1 28:40<br>30:48       | W60 Irene Obera 30.2 1st of 5<br>400m                                                         | 22.0               |
| M55 Fred Belt                              | 28:24                  | W60 Irene Obera 75.99 1st of 7<br>3000m<br>M40 Randall Wilk 10:46.49 44t                      |                    |
| Amir Garrison<br>John Schultz              | 34.08 26:49            | M45 Harold Nolan Jr 9:01.31<br>60m Hurdles                                                    | 2nd of 45          |
| M60 Jack Bray                              | 26:49                  | M60 Ted Swanson 12.41 9th of 1<br>Righ Jump                                                   |                    |
| Fred Crewes<br>Mort Lansberg               | 30:23                  | M60 Ted Swanson 4.34 13th of 2<br>Triple Jump                                                 |                    |
| M65 Rich Hansen                            | 39:06<br>34:48         | M35 Kevin Cranford, not Crawfo<br>Shot Put                                                    |                    |
| Tom Pooley<br>M70 Herman Arrow             | 37:31<br>35:05         | H40 Jeff Copland, not Coplano<br>H40 John Townsend 10.89 19th<br>H40 Richard Watson 10.73 21s | of 31              |
| Vito Petta                                 |                        | M60 Cedric Hustace 17:50.40                                                                   | . 51 51            |
| M75 Troy Grove                             | 35:49                  | Change from 6th to 5th                                                                        |                    |



1-800-84-ETONIC

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# After <u>47 years</u>

Bill Rodgers is still running. Bill Rodgers wears Etonic.

:01

Just <u>coincidence</u>?

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