

# NATIONAL MASTERS NEWS

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

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## Ngatia, Meyer Win in 31st NYC Marathon

By MARILYN J. MITCHELL

Sam Ngatia (41, Kenya, 2:22:58, 17th overall) and Dorian Meyer (40, New Jersey, 2:45:53, 17th woman) were the top masters in the 2000 New York City Marathon, Nov. 5.

Ngatia was faster and had a better showing than his last year's masters win, when he ran 2:23:52 and was 22nd overall.

Masters runners made strong showings with three men and two women posting top-20 overall finishes. Chris Verbeeck (41, Belgium, 2:23:14, 18th overall) and Paul Pilkington (42, Utah, 2:23:33, 19th) completed the men's top three, while Gillian Horovitz (45, New York, 2:48:17, 19th) and Aurora Perez (42, Spain, 2:54:00) were runners-up among masters women. Masters prize money was \$3000 (1st), \$2000 (2nd), and \$1000 (3rd) for both men and women.

The overall winners made history by being the first from their countries to take the top spots in the New York race - Moroccan Abdelkader El Mouaziz (31, 2:10:09), and Russian Ludmilla Petrova (32, 2:25:45). The winners each took \$65,000, a 2001 Pontiac Aztek, and a Vespa Motor Scooter.

The 31st annual running of the world's largest marathon drew 29,930 starters and 29,327 finishers, for a 97.9% finish rate. Cold, blustery and windy conditions - similar to last year - continued throughout the race.

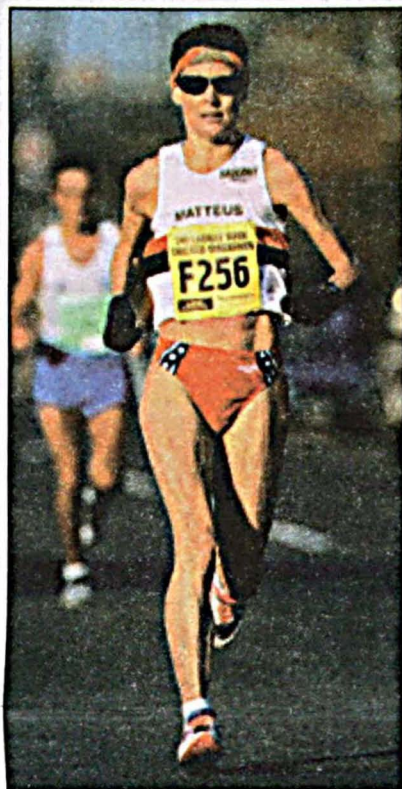
The usual enormous, enthusiastic

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MARILYN MITCHELL

Dorian Meyer, 40, first masters woman and 17th overall (2:45:53), New York City Marathon, Nov. 5.



VICTOR SAILER/PHOTO RUN  
Marie Soderstrom, 40, Sweden, first masters woman (2:34:58), Chicago Marathon, Oct. 22.

## Soderstrom, Picazo Wiliest in Windy City

By SUSANNAH BECK

The Chicago Marathon. It's big, it's fast, it's better than *Cats*. Boasting 27,870 finishers this year (up 200% from 1996), one of the speediest courses in autumn, and now featuring a diversity of foreign runners known only to New York and the major European marathons (more than 80 different countries represented, including 738 Frenchmen), Chicago is truly *magnifique*. You can PR and practice your Russian!

On Oct. 22, conditions were a little warmer than ideal for some runners this year, in the 60s, and may have contributed to the absence of Chicago's typical super-fast-times. Still, the field shone in sheer depth, with solid times across the age groups.

The overall masters winner was Jose Picazo, 52, of France, 2:32:08 (\$1500), who put more than two minutes between himself and second master, Peter Embleton, 46, 2:34:23 (\$1000), of England. John Clark, 40,

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## Whitlock Tops Oldest Sub-3:00 List at Columbus

By SUSANNAH BECK

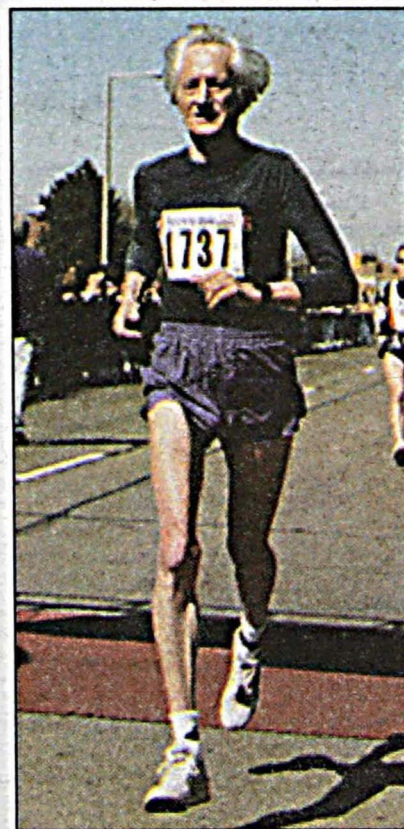
Ed Whitlock, 69 years and 237 days old, the Canadian masters stats maestro from Milton, Ontario, became the oldest recorded man to break three hours in the Columbus Marathon, Oct. 30, running 2:52:50.

The previous oldest sub-3:00 runner was John Keston, 69 years 191 days, 2:58:33, on an aided course. Clive Davies, 69 years 54 days, ran 2:53:42.

Whitlock had hoped to run 2:50:30 pace, but was running a minute or so fast by halfway, and paid for it in the final four miles. Still, his pedestrian 7:45 final mile brought him home in plenty of time to top the sub-3:00 list. Whitlock has made a habit of running Columbus, posting recent times of 2:51:18 in 1998, and 2:51:02 in 1999.

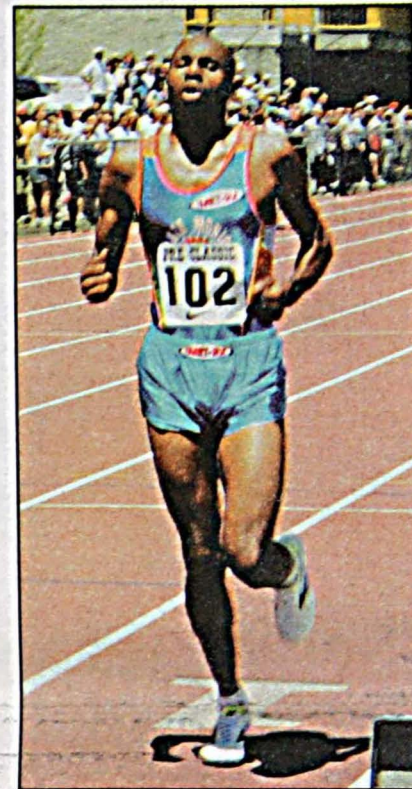
Columbus was blessed with cool weather in the 40s, but gusting northerly winds put a general chill on

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RON SCHEFFLER

Ed Whitlock, 69, shown here in the 2000 Around the Bay Race, became the oldest recorded man to break three hours, running 2:52:50, in the Columbus Marathon, Oct. 30.



SUZY HESS

Johnny Gray, 40, pictured here in the 2000 Pre Classic, won the masters men's race (4:13.73), Champions Mile Run for Children, San Francisco, Oct. 29.

## Gray, Tinari Win Masters Mile at Kezar

Forty-five elite runners from 11 countries participated in the Champions Run for Children invitational mile at Kezar Stadium's quarter-mile track in San Francisco on Oct. 29. The largest assembly of sub-4:00 mile runners in Bay Area history competed for the largest mile-prize purse - \$30,000 - in the nation and provided a thrilling event under beautiful sunny skies.

The men's masters division was represented by 14 U.S. and Canadian runners. Four-time Olympian Johnny Gray, 40, 1992 Olympic bronze medalist and running legend, in a spectacular debut

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### GREED AND THE OLYMPICS

I appreciated your "From the Editor" (Nov. NMN) comments. One Canadian journalist stuck in California during the Olympic Games moaned about NBC (Needs Better Coverage) and couldn't wait to get back to Canada so he could tune in CBC (Can't Beat Canadian).

As for the rest of your comments – on greed, on the gap between the wealthy and the have-nots, on the lack of real choice between the contenders for president, on the general attitude of TINA – congratulations for having the courage to point these sad facts out. It gives us a lot to think about.

Diane Palmason  
Blaine, Washington

In response to "From the Editor," America is mostly about freedom and its engine of free enterprise, capitalism.

NBC took on the Olympics as a business venture, and applied its resources to best make it a success – to turn some profit. That's America. The IOC partnered by contracting with NBC, purchaser of the coverage rights. They both contracted to ban alternative coverage to protect the conditions and NBC's investment in delayed broadcast. It's business methodology. The decision to air at prime time offered convenient USA viewing.

The profiles of (mostly U.S.) athletes were well done, furnishing average and seasoned viewers with the spirit of the games. Ads are a necessity. Most are not enjoyable. Some are. You'll find that 20 minutes per hour is

not excessive, compared to the NFL, NBA, etc. On the whole, I was pleased.

Asset distribution, income taxation, child poverty, jail population, medical costs and political debates have nothing to do with the topic. Nor does the TINA whine. None of it has any place in NMN. Our society is not perfect, but we're optimistic. Progress is our most important product. We just have hurdles.

Hugh Manning  
Huntsville, Alabama

What a stirring column. I hope your people at Rodale are able to take up the theme and have it become a national issue.

Sylvester Stein  
London, England

### AGE-GRADED STANDARDS

To my mind, the outstanding male runner at the 2000 National Masters Championships was Alfred Funk, who competed in the 85-89 age group. He won four events, and broke three world records.

Yet when the results were printed in the *National Masters News* in September, Alfred Funk's age-graded % was in the 80% range. How could that be when he had set three world records?

The Age-Graded Tables show Achievement Levels: 100% – Approximate World-Record Level; Over 90% – World Class; Over 80% – National Class.

From that one would assume that his

% would be in the 100% range. Or at least, World Class – over 90%.

In March I submitted a letter in which I had analyzed the results of the World Championships at Gateshead, which showed that the sprinters had many more runners at 90% and above than the middle distance runners.

I have gone through the results of the Nationals this year, using M70-74; 75-79; 80-84; 85-89. The sprinters in the 100 and 200 in those age groups had 18 marks over 90%. Those in the same age groups who ran the 800 and 1500 had one.

So once again I raise the question. Are the standards too low for the sprinters? Are they too high for the middle distance runners? Do the longer distance runners slow down more as they get older?

I leave the answers to those of you out there who know much more about these things than I do. I am just reporting my findings.

Bill Benson  
Valley Stream, New York

*(Your observations are certainly correct. It seems that more athletes can come within, say, 10% of the world record in the sprints than in middle-distance, long-distance, or field events. This seems true for open, as well as masters, athletes. Why? The answers are unclear. But sprinters across the board are scoring higher percentages than athletes in other events. The age-graded tables are slated for revision next year by WAVA. Anyone with ideas who would like to participate is welcome to join the committee. Contact Rex Harvey (address on page 2). – Ed.)*

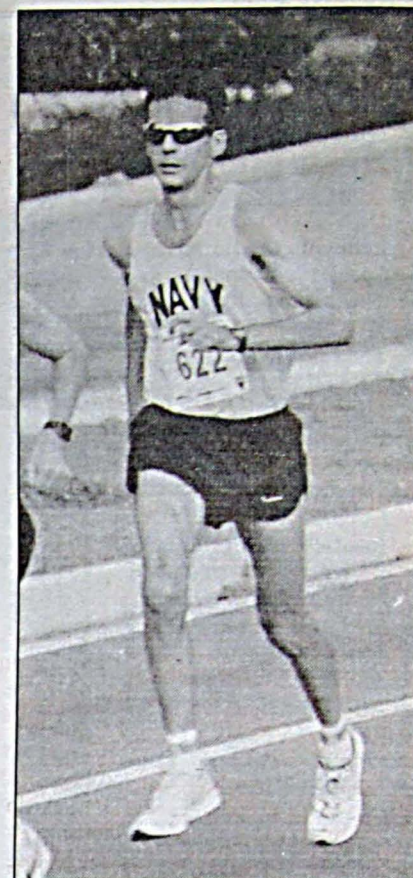
### ALUMNI RUNNERS

Baylor and Texas A&M alumni runners of classes 1951, '52, and '53 wish to celebrate our 50th reunion of the old Southern Conference cross-country meet. In the fall of 1951, we ran the 2.7 mile official distance at Texas A&M.

We have found that almost one-half of those runners continue to jog, but many more alumni who did not run then have since taken up jogging/running. We wish to hear from all runners and joggers from those classes of 1951-53 of the University of Arkansas, Rice, Texas, TCU, and SMU, as well as those from Baylor and Texas A&M.

Julian Herring (conference champion in '51) is the contact for A&M, Rice and U. of Texas runners, at 4034 N. 1st, Abilene, TX 79603; 1-800-588-6722; Carpet@Camalott.com.

Arkansas alumni may call or write either of us, and I will be open to all TCU, SMU, and Baylor folks.



GEORGE BANKER

Tony Basile, 42, first M40+ (56:07), 2000 Annapolis 10 Miler.

We hope this will grow to Big 12 schools and other colleges. All help in getting organized will be greatly appreciated.

Robert T. Coffey, MD  
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VICTOR SAILER/PHOTO RUN

Paul Pilkington, 42, Utah, the first U.S. male finisher (2:23:33), New York City Marathon, Nov. 5



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## Speaker's Corner

By COURTLAND GRAY

### Regional Scoring Could Enliven Participation for More Masters

We all have fond memories of our old high school and college track and field days. We eagerly awaited the final scoring of our meets after we had lined the track exhorting our slowest 800 runner and our very average mile relay team fighting for a conference point so critical for bragging rights the next year. Well, we don't have so many active masters teams any more, just a few friends to cheer. But we do have pride in some things. One might be our USATF Region.

I am proposing that we set up informal and unofficial regional competitions at our national meets. USATF rules do not allow for a team championship in national meets, and I am not suggesting an official regional championship. We don't really need anything else inviting more committee study and official management. But wouldn't it be worthwhile to jazz up our national meets in a way that elicits interest and enthusiasm from participants and spectators alike?

If we were to score all the finalists, it would suddenly make those who finish out of the three medal positions important point scorers. If I can't win a medal, I might at least get my region a few points. I might try harder for fifth or sixth place, and I might have a few fellow athletes helping me achieve that extra effort. Surely that would enrich our competition and add a new dimension.

#### Review and Marvel

After each nationals, we review the

results and marvel at the achievements of a particular part of the country. Sometimes the best performances seem to come from California (where we know all the tracks run downhill toward the sea). Other times the best marks are from Texas (where we always run with the wind). This year, I recall the New York/New Jersey group claiming to be the best.

With this plan, we could find out. Such a plan could combine all the age groups, and because the places for the 65s and 75s count the same as the 40s, the 40s suddenly have an interest in how their elder "region-mates" are performing and where they are finishing. We could utilize a color-coded sticker to identify participants' affiliation during the races. "Go Big Blue! Beat those rascally Red guys!" I can hear it now.

#### Revitalizing the Relays

In scoring the relays, we will surely have a much greater interest in these potentially exciting events that have seen pitiful participation in recent years. I personally would love to see more competition in our relay events, as there is nothing more thrilling than a competitive and meaningful relay race.

I must admit that I have never run in one. Injury, fatigue, lack of interest, and lack of competition have all contributed to my decision to pass on the relays in the past, but I think it might be different if it counted for something.

We might have a spectacular unofficial banner (sponsored by some generous masters benefactor) that could remain in the possession of the winning region and be proudly displayed at their regional championships. That might also create a regional media opportunity and increase public interest at the local and regional levels, giving incentive for more regional athletes to attend the nationals.

#### Organizers Willing

The organizers of the 2001 USATF National Masters Indoor Championships have expressed willingness to consider this proposal. We don't have much time before that competition, but I want to give it a try. It doesn't require anything from the athletes, but it does add some stress to the scorer, who can get very busy with results in a national meet.

In Boston we are fortunate to have TRACS, a very competent organization; whereas, in some other recent national meets (Eugene certainly excepted) such a task would have been inconceivable.

That is my opinion. How do you masters feel about such a concept? Would regional scoring make any sense to you? Wouldn't it add to the interest of the meet and help build bridges across the age groups that today seem somewhat separated and isolated? Don't you think learning some new smack to throw on those guys with the red stickers sounds like fun? □

### NYC Marathon

Continued from page 1

crowd, numbering perhaps in the millions, was generally credited with contributing to the high finish rate, because the spectators encourage runners to continue rather than to drop out. Of the finishers, 21,015 were men; 8312 were women.

There were other notable performances, among them 60-year-old New Yorker Anna Thornhill, who beat, not only all the 60+ women, but all the 50+ women as well with a 3:25:39. Ninety-year-old Abraham Weintraub of Brooklyn, the oldest finisher, posted a

7:25:12 time, which easily smashed the previous U.S. M90-94 record of 7:52:50.

Meyer, over the past several years, has contributed to the sport by quietly hosting elite athletes in her home, enabling them to relax and focus on their races. So those very same athletes were among her most enthusiastic fans when she went to the stage to accept the masters award. Meyer had run a strong 2:47:54 - 8th master and 26th overall - at the 2000 Boston Marathon.

Pilkington was the top U.S. male overall. A former top national runner, Pilkington made headlines in 1994 when, as the Los Angeles Marathon "rabbit," he just kept going to actually win the race. One of the other runners, who had let Pilkington go - assuming he would drop out - actually threatened to sue. Pilkington currently works out primarily to help train his son, Seth, who is a state champion and nationally ranked fifth in high-school cross-country.

"More Americans would do well at the marathon," Pilkington said, "if they started moving up from shorter distances at a younger age than they do now." He pointed to the Kenyans and the Japanese, who have successful marathoners running in their early 20s.

The race continues to get slower. This year, the 10,000th runner came in at 4:01 vs. 3:59 in 1999 and 3:45 several years ago. The 20,000th finisher clocked 4:45 vs. 4:37 in 1999. □



MARILYN MITCHELL

Oldest finisher, Abraham Weintraub, 90, with a U.S. M90-94 pending record (7:25:12), New York City Marathon, Nov. 5.



### 2001 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS



**WHEN:** Sunday, February 4 • 12:00 noon

**WHERE:** Grand Valley State University, Field House Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45 (Lake Michigan Drive)

**DIVISIONS:** Open (14-29), Masters 30+ by 5 year age division

**ELIGIBILITY:** All athletes must be registered members of USA Track & Field.

Onsite Registration available: \$15.00

**ENTRY FEES:** \$15.00 first event, \$5.00 subsequent events if **RECEIVED by Jan. 29**. Late registration available onsite from 10:00-11:00, \$20.00 first event, \$12.00 subsequent events.

Entry fees are non-refundable.

**AWARDS:** Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for \$3.00 each

**FACILITIES:** Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.

**ADMISSIONS:** Adults \$4.00, Students \$1.00.

**MAKE CHECKS PAYABLE TO:** Grand Valley State University - T&F.

**MAIL REGISTRATION TO:** Jerry Baltes, Grand Valley State University, Office 97 - Field House, Allendale, Michigan 49401, Phone (616) 895-3360. No phone or fax entries accepted.

**ORDER OF EVENTS:** Women, followed by men, oldest to youngest.

55MH 55M 3000M Racewalk 800M 200M

Mile Run 400M 3000M LJ HJ PV SP

WT 1600M Relay (semis & finals in 55MH and 55M only)

**\*\*NOTE\*\*** 1/4 inch spike limit, no pin or needle spikes; no field event implements provided.

#### REGISTRATION FORM

Name \_\_\_\_\_ USATF Number \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ (as of 2-4-01)

Phone No. \_\_\_\_\_ Club/Team \_\_\_\_\_

Events Entered: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_

Best Recent Performance \_\_\_\_\_

#### WAIVER

I, \_\_\_\_\_, in consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Open/Masters Track & Field Meet activities on February 4, 2001, do, for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Michigan Association USA Track & Field





## Third Wind

by MIKE TYMN

### Jim O'Neil is Mr. Consistency

A research scientist interested in studying the effects of aging on running performance would undoubtedly find Jim O'Neil an interesting subject. There are so many variables involved in this subject – motivation and training, especially – that it is very difficult to come to any conclusions. A researcher wants consistency, and who is more consistent than O'Neil? Here's a guy who has competed in all 33 national track and field championships and all 13 world championships.

"I believe I'm most satisfied and proud of my consistency," O'Neil, a 75-year-old retired contractor now living in Rancho Mirage, Calif., responded after he won the 75-79 division of the 5000 at the nationals in Eugene on August 10. I had asked him to identify his most memorable or most satisfying running experiences. He didn't know, however, how many national and world championships he has won. "I've never felt the need to keep count of them," he explained.

#### Most Memorable Win

After further thought, O'Neil identified the 1983 world championships in Puerto Rico as his most memorable running experience. "I had aggravated a nagging injury a week before the championships while competing in the nationals in Houston," he recalled. "I called my son, Tom, who was also my coach, and told him that I was going to have to cancel my trip to Puerto Rico. He advised me that I should not run that week and go to Puerto Rico anyway. He assured me that a week off wouldn't hurt me. That was totally against everything I believed about competitive racing.

"To give me additional support, Tom and his wife, Shirley, flew down to Puerto Rico to watch me. That evening, before the first race (the 5000), having not run a step in seven days, I was thinking fourth or fifth would not be bad.

"Shirley gave me a massage that evening, and in the morning Tom compelled me to do more stretching and warming up than I'd ever done before. His presence made the difference in turning my attitude around, and as the race unfolded I began to think that I could actually win it. Around the final turn, there was a pack of five and when I started to kick I was surprised at how much I had left and how easy it seemed to pull away from the others."

Several days later, O'Neil won the 10,000 in much the same manner.

#### Father-Son Record

O'Neil also has fond memories of the 1977 San Mateo Marathon when he and Tom set the national father-son record for the marathon, Jim recording a 2:47:52 and Tom, then just 16, a 2:29:01. The following year, the father and son team returned and broke their own record with a combined time of 5:00:16

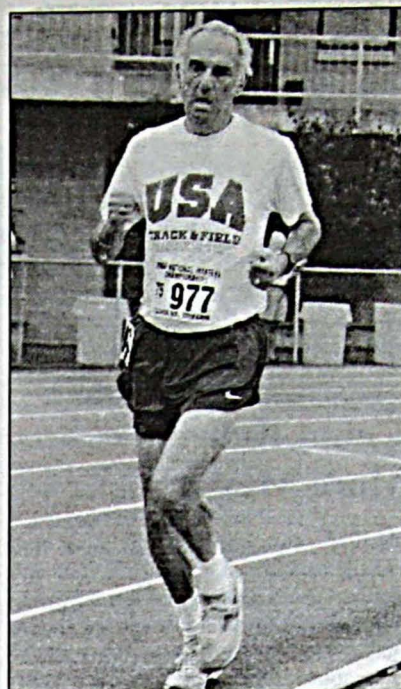
as Jim broke John Kelley's 50-plus American record with a 2:35:48, while Tom did 2:24:28.

Although O'Neil does not know how many records he has held over the years, he does recall a very unusual one. That came in 1972, when he set a world record for the fastest round of golf ever played. He covered 18 holes in 47 minutes while shooting a 99. Mile great, Steve Scott, later broke that record.

Two of O'Neil's times remain on the books as American road records in the 60-64 division – a 34:27 10K at age 60 in 1985 and a 1:35:27 for 25K the following year.

#### Inspired by Others

In 1943, at Oak Park High School in Illinois, O'Neil was the Chicago District champion in the mile with a 4:40, an



Jim O'Neil during the 5000m in Eugene.

excellent time in those days of antiquated training methods. At the University of Miami in 1952, he did a 4:35 mile and a 10:00.3 two mile. It wasn't until he watched a senior's mile in a San Francisco indoor meet during early 1968, when he was 42, that O'Neil got back into running.

"The winning time was 5:02 and I figured I could do that," O'Neil recalled. "But it took me two years to do it."

By 1970, at age 44, O'Neil had his mile time down to 4:50.3. Then, he set out to do what he had been unable to do in college – break 10 minutes for two

miles. At 47, he did it, recording a 9:58.3.

Of course, O'Neil went through the usual adaptation years in which the gains from training and reshaping the body continued to run ahead of the losses to aging. Therefore, most of his personal bests came during his early 50s, including a 16:15.4 for 5K, 33:30 for 10K and 1:15:15 for the half marathon. How fast he might have run during his 40s had he been fully adapted in those years is a matter of speculation.

#### Cutting Back

O'Neil recalled that in those peak years between 50 and 55 he was putting in 90- to 100-miles-a-week of training, including a 20 miler and occasionally a fartlek workout. "I started cutting back when I quit doing marathons," O'Neil said. "When I did that 34:27 10K in Alameda (at age 60) I was training around 70 miles per week."

In spite of his consistency, O'Neil admits that he's not as motivated as he was 20-25 years ago. His 5000 winning time of 24:32.66 in Eugene gives some evidence of that as well as the fact that he did not enter any other race there. "My training now isn't really what I would consider training at all," he said. "It's just running, about six miles a day at a very comfortable pace.

"My motivation now is very simple: I love to run. All the benefits of running, and there are many, continue to make my life exciting. I also have a love for traveling and my running has involved races in 22 different countries. Of course, it helps that I'm married to a flight attendant."

(Mike Tymn can be reached by e-mail at [METGAT@aol.com](mailto:METGAT@aol.com))



SUE SWEZEY

Masters competitors in the Champions Run for Children, San Francisco, Oct. 29 (from left): Brian Davis, M45, Nolan Shaheed, M50, Anselm LeBourne, M40, second (4:15.48), Dave Glingan, M45, Graeme Fell, M40, third (4:15.85), Steve Hasse, M40, Johnny Gray, M40, first (4:13.73), Stephen Lyons, M60, Jamin Aasum, M40, Dave Reed, M45, Kevin Ostenberg, M40, Steve Scott, M40, and Paul Fragua, M40.

### San Francisco Mile

Continued from page 1

in the masters mile, won in 4:13.73. Anselm LeBourne, 41, USA/Trinidad, was a close second in 4:15.48. Canadian Graeme Fell, 41, ran third in a 4:15.85.

In the women's masters division, Nancy Tinari, 41, former Canadian Olympian, took first with a 4:56.12, followed by Sabrina Peters-Thompson, Tempe, Ariz., in 4:59.61, and Rose Monday, 40, of Texas, 5:10.91.

Vicki Bigelow, 65, San Lorenzo,

Calif., broke the W65-69 world record with a pending 6:38.12. The present record of 6:41.64 was run by Canada's Rosamund Dashwood in 1989.

Top three men and women were awarded \$1000, \$500, and \$300.

In the open invitational race, Leonard Mucheru, Kenya, 3:56.43, and Lyudmila Vasilyeva, Russia, 4:31.62 took overall wins.

The event, which raised over \$30,000 for charity, benefited the work

of the UC-San Francisco's Pediatric AIDS Department of the UCSF AIDS Research Institute, which provides clinical care for Northern California children and adolescents infected by HIV.

Three hundred children from age 3 to 18 also participated. Throughout the day, they were treated to free races and festivities designed especially for them. □

—From Road Running Information Center



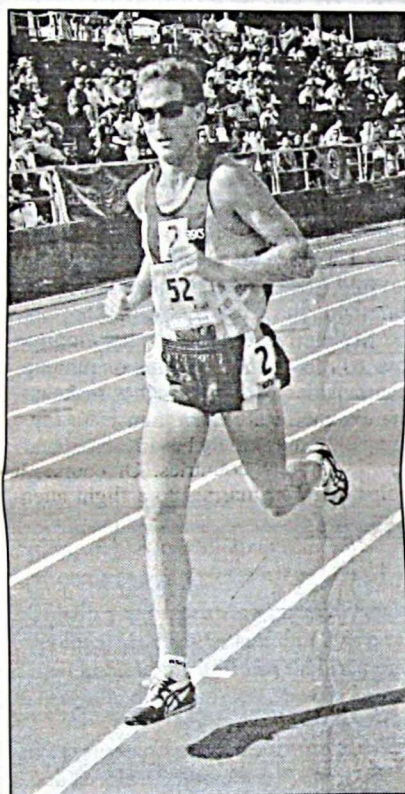


## Word From The Web

by KEN STONE

### Masters Athletes Not So Easily Dismissed

In June 1997, Track & Field News editor Garry Hill posted his infamous dismissal of masters track, writing to an online forum: "The only people who give a rat's ass about masters track are those few people who actively compete." Hill must be gagging on his words nowadays.



Thanks to the emergence of four-time Olympian, Johnny Gray, masters track has gone mainstream in the internet's premier track forum, the T-and-F Mailing List, based at the University of Oregon.

Gray's victory over a world-class M40+ field in his masters debut Oct. 29 in San Francisco has become fodder for track's cognoscente worldwide. Opinions flew over whether his 4:13.73 winning time represented a "smash hit" as a masters debut (as I characterized it).

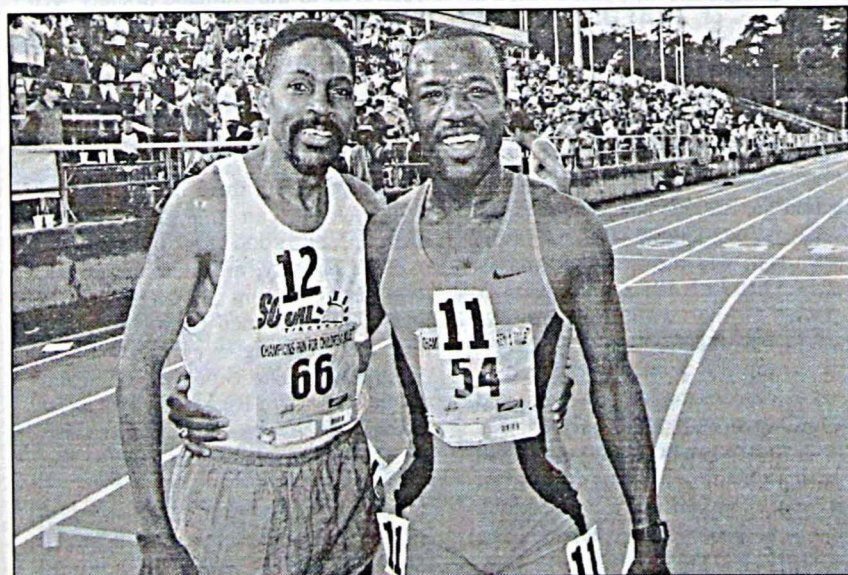
#### Heated Debate

But then debate really raged over Gray's comment to me in an e-mail interview that "my goal as a masters runner (is) first to bring more attention to (the) sport for masters. I also plan on breaking records in the 200 to the mile." Dozens of folks on the egroups

### Columbus Marathon

Continued from page 1

things. Bill Valenzano, 41, Amelia, Ohio, 2:37:33, and Tatiana Perepelkina, 46, Moscow, Russia, 2:43:49, were the overall masters winners. Over 3400 runners completed the race. □



Nolan Shaheed (l), 51, eighth (4:33.48), and Anselm LeBourne, 41, second (4:15.48), Champions Run for Children masters mile, San Francisco, Calif., Oct. 29.

masterstf forum weighed in, some suggesting Gray didn't have a prayer at the 21.86 and 47.87 sprint records and others suggesting he stood a good chance.

WAVA champion Courtland Gray wrote: "What makes Johnny Gray (no relation) think he has any hope of a record in the masters 200? I am holding some cash for someone who wants some of that." Charlie Brocato shot back: "I'll take a piece of that action."

M45 800 star Dave Clingan, who finished well behind Gray in that mile-stone race, wrote: "I'll wager one pitcher of cheap beer on Johnny Gray" lowering records. But the excitement evidenced on the worldwide T-and-F List was the more notable – and significant. Masters track issues vied with doping for most comments in early November.

#### World Opinion

From great Britain: "A 1:51 runner ought to be able to run around 48, so 47.87 should not necessarily be out of reach."

From Ohio: "I can't see Gray getting any of the records outside the 800 – and that one only if he generates the will to do so, something that was missing from last summer's efforts."

From Canada: "How many 1:51 half-milers do you know who can run 47.87 or 3:44/4:02? Lots. A 1:51 half-miler should be able to run a 3:42

(1500)."

Conway Hill posted his own records predictions: "I would think that within about five years there will be wholesale changes in the masters lists. I would expect... something on the order of 20.90, 46.50, 1:47, 3:39, and 3:58." And Paul Talbot of Colorado even suggested that a sub-4 might be in the offing from yet another Olympian.

"I think one of the exciting prospects for the 2001 season is if both Johnny Gray and Jim Spivey are making sub-4:00 attempts," Talbot wrote. "Both have a reasonable chance of doing it. I think that the betting odds are with Spivey if he makes a go of it, but Gray could make it very interesting. How about a heads-up 1000 race?"

#### Media Attention

In the end, whether the U.S. record holder in the 800 at age 40 lives up to his own billing is not as important as the fact that his participation has given masters a monster media boost.

Will his masters mile give momentum to our movement, or is his 4:13 just of momentary interest?

A barrel of beer says masters track will never be marginalized so easily again. □

(Archives of the masterstf forum on egroups: <http://www.egroups.com/messages/masterstf>. Archives of the T-and-F Mailing List: <http://www.mail-archive.com/t-and-f@lists.uoregon.edu/>)

### It's never too early to think Brisbane\*

...Or any other Masters event in which you plan to compete!

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\* WAVA World Veterans' Athletics Championships  
July 4-14, 2001  
Brisbane, Queensland, Australia







PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Sleeping Pills and Performance Level

**Q** This is to seek advice or suggestions on the use of sleeping pills, specifically diphenhydramine, or ordinary "antihistamine HCL," sold over the counter as "Sleep Tabs," in doses of 25mg each. I am not a good sleeper after about 2:30 to 3 a.m. and have found that the above tablet, cut in half, enables me to sleep soundly until two hours later and, after the usual bathroom trip, even get back to sleep 'til 7:30 a.m. or so. Generally, the result is more energy during the day, although the tablets might cause more relaxation.

My doctor says the antihistamine pill (or 1/2 thereof) will have no harmful effects and is okay for me to take regularly. My question is whether this means that taking a pill the night before a meet will have no negative effect on one's performance level.

During this summer's TV broadcast of the Olympic trials, there was discussion of a top 800-meter runner's bout of depression and his medication to alleviate the problem. Apparently, his "medication" was considered

harmful to his oxygen, blood, or what not, so his psychiatrist prescribed alternative remedies during the competition.

Will the diphenhydramine cause the same problem? That is, would it be better to lay off it before competition? I hope not, because, without it I don't sleep as well and don't feel as energetic in the morning. In other words, does this sleeping pill detract from my performance more than being tired from lack of sleep would do?

**A** Your letter is an interesting one as it has implications for the active athlete. As a brief background, diphenhydramine HC is an over-the-counter anti-allergy medicine. The most common brand name is Benadryl.

It is used to combat allergic reactions and motion sickness. It comes in 25 mg. capsules and, when ingested, is distributed throughout the body and the central nervous system. It should

be used with caution by those with asthma and hypertension, and should not be used with narcotics or alcohol.

I agree with your physician. One tablet at night is very safe and can give

you a good night's sleep without the sedative "hangover" the next morning. Another interesting fact came out of a study indicating that men over the age of 65 showed less restless-leg syndrome and cramping in the legs when they took one or two tablets at bedtime. So, for an athlete, it might prove not only to have sedative benefits, but also the effect of reducing leg cramps.

However, it is a medication, and should be used with caution. Some of the side effects can be fatigue, sedation, disturbed coordination, bronchial problems, and dry mouth.

I would not take it when engaged in actions that require mental alertness. I would not take it the night prior to a race or hard workout. You certainly would not want to have dry mouth and fatigue when competing. Other times, you may want to try it.

I have found it to be very effective.

Check with your general practitioner prior to taking any medication during your training program. Also, after many marathons and long distance runs, I find the penultimate night is where one needs sleep. Usually, the night before, the adrenalin is rushing and one may not sleep well.

I am not sure what the 800-meter runner took to combat his depression. I would not think it was Benadryl. I was in Sydney for the Olympics, and it seems they took every medication under the sun. □

(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. He can also be reached by e-mail at TheFootBeat@aol.com.)

### Two Die in Separate Marathons

Two marathon runners died in different cities on the same day, Oct. 22.

At Chicago, five-year veteran runner Dan Towns, 45, a geologist from Edmond, Okla., collapsed near the 22-mile mark, and died several hours later at Mercy Hospital from coronary atherosclerosis (hardened arteries). A doctor and nurse running in the field near Towns performed CPR on the spot until the arrival of one of the race's 35 standby ambulances.

Towns was not new to the sport, having completed a marathon in

December, according to his wife, and numerous 10Ks and a 15.5 mile in the past year. It is only the second death in 23 years at Chicago.

William Edler, 54, Delmar, Md., suffered a fatal heart attack just after the two-mile mark at the Marine Corps Marathon in Washington, D.C., and was declared dead on arrival at an area hospital. Edler also was an experienced runner, with a race history that included numerous efforts longer than 10K. □

— From Chicago Tribune and Chicago Sun-Times reports

### April Capwill

April Capwill, 49, died Nov. 4. A national-class thrower, Capwill had won three gold medals in the throws in the 2000 Masters Championships in Boston, and had last competed on the national level at the Masters Championships in Eugene, where she won a national championship in the javelin and three silver medals in the shot, discus, and hammer. She was diagnosed with liver cancer soon after her return home.

A life-long resident of Erie, Pa., and a graduate of East High School,

Capwill was a caseworker at the Erie County Assistance Office for 13 years. She was a member of the Erie Runners Club and had run four marathons, was an avid bowler, and had helped in conducting local swim meets.

She is survived by her parents, two brothers, six sisters, and 21 nieces and nephews.

Memorial contributions may be made to the American Cancer Society, Erie Unit, 2115 W. 38th. St., Erie, PA 16508, or to the Humane Society, 418 W. 38th St., Erie, PA 16508. □

### Chicago Marathon

Continued from page 1

Anchorage, Alaska, and former coach of Christine Clark, the Olympic marathoner, was the first U.S. master at 2:34:32 (fourth 40+ runner overall).

Vying closely with the men was masters women's winner Marie Soderstrom, 40, Stockholm, Sweden, 2:34:58. Soderstrom, a newly minted master, having turned 40 only the day before, is a seasoned marathoner with at least five sub-2:38 runs in the last two years, including a tenth-place 2:33:05 at Nagoya this spring. She was ninth woman overall, and took home a double-dipping \$4500.

Second place was claimed by local thriller, Mary Knisely, 41, Naperville,

Ill., 2:37:51, the third fastest all-time W40+ American marathon performance, and good for 11th woman overall. Knisely, an international-caliber trackster from 3K to 10K in the mid-1980s, resumed competitive running four years ago.

Russian Elena Sipatova, 45, came all the way from Russia on a Moscow Marathon/Chicago Marathon exchange invitation, to run 2:38:41, for third, and \$650.

Among other top performances, Jim O'Neill, 62, Holland, Ohio, bested the M60 crowd with his smokin' 2:47:15 (chip time 2:47:09). □

— From Chicago Tribune and Chicago Sun-Times reports

### 2000 USATF 22nd Annual Meeting Albuquerque Convention Center, Albuquerque, N.M.

#### Wed. Nov. 29

9:00 am-12:00n  
5:30 pm-8:30pm

Masters LDR Exec. Committee  
Masters T&F Exec. Committee  
Masters LDR

#### Room & Floor

Nambe LL  
Acoma LL  
Pecos UL

#### Thurs. Nov. 30

9:00 am-12:00n  
1:00 pm-2:30 pm  
1:00 pm-4:00 pm  
2:00 pm-4:00 pm  
5:30 pm-8:00 pm  
5:30 pm-8:00 pm

USATF Opening Session  
Masters Hall of Fame Subcommittee  
Masters T&F Awards Subcommittee  
Masters T&F Regional Coordinators  
Masters T&F  
Men's, Women's & Masters LDR  
Round Table

Kiva Aud. UL  
Zuni LL  
Acoma LL  
Nambe LL  
Pecos UL  
Cochiti LL

#### Fri. Dec. 1

7:30 am-10:30 am  
8:00 am-10:00 am  
1:00 pm-3:30 pm  
7:00 pm-10:00 pm

Masters LDR  
Masters T&F  
Joint Masters T&F/LDR  
Friday Night Nike Reception

Santa Ana LL  
Ruidoso UL  
La Cienega UL  
Ballroom B-C UL

#### Sat. Dec. 2

7:30 am-9:30 am  
9:30 am-12:00n  
10:00 am-12:00n  
1:00 pm-3:00 pm  
2:00 pm-5:00 pm  
3:30 pm-6:00 pm  
7:00 pm-10:00 pm

Awards Breakfast Buffet  
Masters LDR  
Masters T&F  
Joint Men's, Women's & Masters LDR  
Masters T&F  
Masters LDR  
Xerox Hall of Fame and  
Jesse Owens Awards Dinner

Ballroom B-C UL  
Santa Ana UL  
Ruidoso UL  
Mesilla UL  
Ruidoso UL  
La Cienega UL

#### Sun. Dec. 3

10:00 am-12:00n

USATF Closing General Session

Kiva Aud. UL

(LL - Lower Level; UL - Upper Level)





## Track and Field Report

### USATF Elections to be Held in Albuquerque

By JERRY WOJCIK

**E**lections will be held at the USATF 22nd Annual Meeting in Albuquerque, N.M., Nov. 29-Dec. 3., for the offices of Chair, Vice-Chair, Secretary, and Treasurer of the Masters Track & Field Committee. None of the present officers is running for re-election to those positions. As of Nov. 20, nominations received by the nominating committee are Chair: John Cosgrove, George Mathews, Doug Schneebeck and Scott Thornsley; Vice-Chair: Suzy Hess; Secretary: Bob Cahners; Treasurer: Frank Lulich.

Nominations may be made from the floor but not for a person absent from the meeting unless that person has notified the subcommittee in writing that he or she is willing to accept that nomination.

Three masters T&F representatives will be elected as voting delegates to the WAVA General Assembly next year in Brisbane, Australia. Suzy Hess and Al Sheahan have been nominated.

Other issues to be resolved include a proposal to adopt the WAVA weight pentathlon implements to replace those used in our U.S. weight competitions.

The Oregon TC Masters is expected to make a bid for the outdoor championships in 2003. The club, with the help of various Eugene, Ore., groups

staged the largest, and in some people's view, the best ever National Championships in 2000 at Hayward Field.

The Sacramento Sports Commission that staged the 2000 Olympic Trials will make a presentation to the joint Masters Track & Field and Long Distance Running Meeting with a proposal to host the 15th World Veterans' Championships in 2005. If it is approved, the group will present a bid to the WAVA Assembly in Brisbane next year.

Winners of the outstanding athlete awards in track & field, long distance running, and racewalking will be chosen by the awards subcommittee on Thurs., Nov. 30, and announced at the Awards Breakfast Buffet on Saturday, Dec. 2. □

### Boston to Host Indoor Championships Again

USATF-NE and TRACS, Inc., are to co-manage the 2001 National Masters Indoor Championships to be held March 23-24 at Boston's Reggie Lewis Track and Athletic Center for the fifth consecutive year.

Based on the previous four years, 800-1000 athletes between the ages of 30 and 100 are expected to compete during the three-day meet. Each athlete will compete in an average of three events. Over past years in this meet, athletes have broken 44 world records and 77 national records.

Application forms will be available in mid-December and can be downloaded from the National Masters Indoor Championships link at [www.tracs.net](http://www.tracs.net). Entry fees will be accepted up to March 9, two weeks before the event. After March 9, entries are subject to a late fee of \$10 per event. All late entries must be received by 5 p.m., Wednesday, March 21.

Contributions are being accepted by the Friends of the NMIC Program to help make the NMIC a well-organized and exciting event for 2001.

As in past years, individuals may contribute at the Bronze (\$25), Silver (\$50), Gold (\$100), or Platinum (\$250) levels,

and will receive a gift pack in return for their support. For more information on the 2001 NMIC, check upcoming issues of the *National Masters News*, or go to [www.tracs.net](http://www.tracs.net), or call 617-332-3919. All e-mails can be sent to [tracs2@earthlink.net](mailto:tracs2@earthlink.net).

Meet management is actively pursuing sponsors or partners for this year's meet. Booth space is available for the exposition that will take place in the Reggie Lewis Center on Saturday, March 23, and Sunday, March 24. There are also opportunities for sponsorship of the national meet and advertising space in the meet program. □

#### FIFTEEN YEARS AGO December 1985

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



JERRY WOJCIK  
Dale Gaide (l), M55, Michigan, and Adrian Craven, M60, South Carolina, in a mixed age-group 3000 in the 2000 National Masters Championships, Boston. The Championships return to Boston on March 23-25.

## Master The Board

for more information  
contact heidi shelhamer  
(610) 967-8758  
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## Masters Racewalking

by ELAINE WARD

### Philip Dunn's Training Tips

**P**hilip Dunn was the second American to cross the 50K finish line in the Sydney Olympics, with a time of 4:03:05, 28th out of 56 starters. The following is taken from the journal he kept from the time he left California on August 19 to his peak race on September 29, 2000.

#### Going to a Workout Tired

(Aug. 29) Today I woke up feeling tired and sore. My muscles were still achy and not completely recovered from the previous 30K workout. I had a real tough track session ahead, so I put all the fatigue out of my mind and simply thought about walking fast and relaxed. I knew that a positive attitude was the only thing that would get me through.

Those of us doing the 50K faced the challenge of doing 4 x 5K intervals with a five-minute rest in between. Before the workout, coach asked me how my legs were feeling and I told him, "I'm tired. I feel as though I have already done the first three 5Ks and this is my last one instead of my first."

With that in mind, coach suggested I walk the same splits I had walked two weeks ago. "You may be tired, but you can do this workout." I replied, "Okay coach. I'll try. I'll do my best." And with a chuckle, he answered sternly, "No Philip. You don't try. You will do it. You have no choice. Okay. Go!"

For a second, I thought I was Luke Skywalker listening to Yoda's words of wisdom. That was when I knew, despite how I felt, that I would have a good workout. I just had to go out and find out how good.

During the first interval, 12½ laps around a 400m track, I felt fatigue and soreness creeping in on me. I had to tell myself to relax and let it pass. Slowly the fatigue and heaviness in my legs lifted like a fog. My legs felt stronger, my movements more coordinated and smoother. It never felt effortless as it does some days, but over the next two intervals I was able to pick up my pace.

At one point, my training partner yelled at me, "Just a little bit more, give just a little more." When I asked my legs if they had more to give, they just went a little faster. My first 5K was 22:44. The second was 22:25. By the third 5K, I was over halfway and still alive so I figured I'd go a bit faster, 22:08. On the last one I decided to go for it, to see how much I could take, and how long my tired legs would last. I came through in 21:35. It wasn't a PR but it was my best 5K time this year, and it gave me a lot of confidence.

As I was starting my cool down, coach asked me, "If you can do that when you feel tired, what will you do when you feel great?" Good question. I

have another four weeks to get some answers.

#### Dealing with Distractions

(Sept. 1) When we arrived to do speed work at the University of Queensland, we were surprised to see about 400 high school kids arriving at the same time. We had to improvise. Instead of doing speed work on the track, we did our workout on the road adjacent to the track. Coach measured out a course and we were off. (We had a measuring wheel with us for emergencies.)

The 20K guys did 15 x 1K with just over two minutes rest. We did 7 x 3K with three minutes rest. It was an extremely tough workout both mentally and physically.

There are so many things that can distract you if you allow them to do so. Because we had planned to do the workout on a track instead of the road, we could have let that bother us. We could have let all the traffic on the campus ring road bother us. We could have let the long ferry ride and long wait before the workout bother us. But everyone did well and kept focused on the task at hand.

When we get to Sydney and are in the BIG race, we will have even more distractions. Today was good practice.

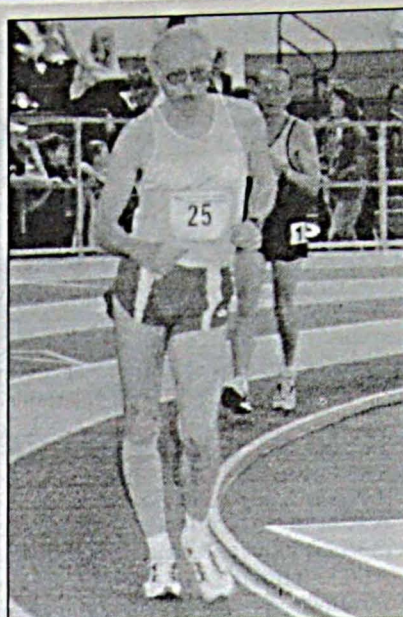
#### Mind Over Body

(Sept. 4) It was pretty warm this morning, so the speed work became very difficult for all of us, 4 x 5K. It was one of those workouts that was physically brutal, but the real struggle was in the mind. In order to endure a really tough training session, I have to prepare myself mentally beforehand. I decide, "Okay, I am going to do this workout. I know it may be hard, but I am making a commitment to finish this thing. Let's go."

If I have set a goal to finish the workout, then when it does get difficult and my body is screaming for me to "stop, Stop, STOP!!" I can remind myself of that goal. It makes it easier to finish.

#### Hydration and Course Length

(Sept. 6) We are using a 2K, flat, paved asphalt course now. The reason we use a short course is that we need to stay well hydrated during a long workout. Every 10 minutes or so, we can pass by our coach who hands us a water bottle full of an electrolyte solution. We try to drink at least 8-12 ounces of fluid every 10 minutes. Every hour or so, we will take in a more concentrated elec-



SUZY HESS

Bob Barrett, M65 winner (16:22.12), 3000 race-walk in the 2000 National Masters Indoor Championships, Boston. The Championships return to Boston on March 23-25.

trolite solution like a CLIF Shot or Power Gel to boost our energy levels.

When you walk a 50K race, you have to keep taking in calories to survive. I was very pleased with the way the 35K went, especially because I wasn't super tired when I was done. We have been doing a lot of speed work recently. For some reason I always feel more prepared after having done a good long workout.

#### The Right Balance

(Sept. 8) The closer it gets to the Opening Ceremonies, the harder it will be to stay relaxed. It has been easy to pretend I'm at just another international competition training in Brisbane. I don't walk into the Olympic Village after practice. I don't see the silhouette of Stadium Australia on the horizon.

But next week, I will be going down to Sydney for the first time and it all will be there. All the athletes of the world will be there. All of my other U.S. Olympic teammates from 28 different sports will be there. It will take a lot for me to stay calm.

There is a fine balance between being "up" for an event and being over-excited. I remember my first BIG international racewalking event in Beijing, China, in 1995. I made the mistake of stopping to think a bit too long about the other athletes. I thought, "Here I am on the starting line with the best in the world. These guys are so fast. Look at how lean and muscular they are. They must have trained hard to get here and will really do

well today."

All of that was true, but I forgot to remind myself that I was one of them. I forgot to tell myself that I belonged right there on the starting line with them. I got too excited and I panicked. I had a bad race because of it.

#### A Bad Workout

(Sept. 11) Today was a bust. I've come to realize after years of training and racing at a high level that there are going to be good days and there are going to be bad days. Today was a bad day. We were scheduled for a hard speed workout. During my warm up, I was laboring with my breathing and I felt a kind of tunnel-vision dizziness. It just got worse when I started going faster. Rather than do the 5K intervals, I went out on to the adjacent road and did an easier, steady walk.

When I got back to the hotel, I fell asleep for nearly an hour. I was just exhausted and had no energy. Perhaps I haven't completely recovered from last week's workouts.

#### Heart Rate Monitor and Lactic Acid Testing

(Sept. 13) It's another sunny, breezy day here in Australia's River City. Nearly all of my U.S. Olympic track & field teammates left yesterday for Sydney and the Olympic Village. Just a few of us remain here at the Brisbane Marriott. The workout plan was to get in one more good distance walk. The 50K guys were scheduled for a 30K.

Every day in training I use a heart rate monitor so I can keep track of how many beats per minute my heart is beating. It gives me a very good idea of how hard I am working. A week before we left San Diego, we did very detailed sports science testing to determine our target heart rate zones for certain lactate levels.

(Basic sports science lesson: When you exercise, your muscles produce lactic acid, that burning sensation you get when you are climbing a flight of stairs or running hard. At slower speeds, the body has the ability to flush out any excess lactic acid from your muscles and you can continue to run or walk comfortably. That's called training aerobically, with enough oxygen. As you get going faster and faster, your body produces more and more lactic acid. Eventually, your body can't remove the excess lactic acid and your muscles fatigue and cramp. That level is called the aerobic threshold. Suddenly your body doesn't have enough oxygen to give to the muscles and it begins to work anaerobically, without oxygen.)

Continued on page 13

### Herazo, Friedlander Capture Racewalk Titles

by BOBBY BAKER

On Oct. 14, the John Deere Health USATF 5K Racewalk Championships took place in Kingsport, Tenn. Victoria Herazo, 41, won both the open and masters divisions in 25:02. This was Herazo's fifth major victory in six weeks.

Rich Friedlander, 56, zipped past the younger masters to take the men's masters title in 24:25. In the open race, Michael Rohl, 21:22, strode home first.

The weather was on the chilly side when the women began at 7:45 a.m., but warmed up a bit by the time the men toed the line 30 minutes after completion of the women's race.

The beautiful sunny day was enjoyed by the field of 70, who hailed from 22 states and included some former Olympians. This was another great event for Kingsport as it continues to showcase the best racewalkers in the nation. □



*Jerry Wojcik wishes all NMN readers a Happy Holiday Season. His column will resume next month.*

## Rankings Deadline Fast Approaching

By JERRY WOJCICK

Masters T&F Rankings Coordinator

The rankers for the 2000 outdoor track & field season are listed below. If your best marks for the 2000 season have not been published in the NMN results section by the January 2001 issue, and to assure that they are included in the rankings, send those marks with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 22, 2001.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task, which increases the possibility of typographical error. Meet directors are asked to remind officials that marks should be recorded in metric measurements for submission to the NMN.

Mistakes in athletes' names, age groups, marks, etc., in the NMN results can be corrected for the rankings by athletes notifying the compilers before the Jan. 22, 2001, deadline.

Rankers for the 2000 Outdoor Season are:

**100, 200, 4x100, 4x400** – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

**400** – Ruth BreMiller, 590 W. 29th Avenue, Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu

**800, 1500, mile** – Erich Reed, 2260 Kincaid St., Eugene, OR 97405. E-mail: erichreed@yahoo.com

**Short hurdles, long hurdles, steeplechase, 5000** – David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

**High jump, pole vault** – Nadine O'Connor, 13367 Caminito Mar Villa, Del Mar, CA 92014. E-mail: fheld@meinet.cc

**Long jump, triple jump, shot put, discus** – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

**Hammer, javelin** – Clay Hull, 4001 W. Voltaire Ave., Phoenix, AZ 85029-1047

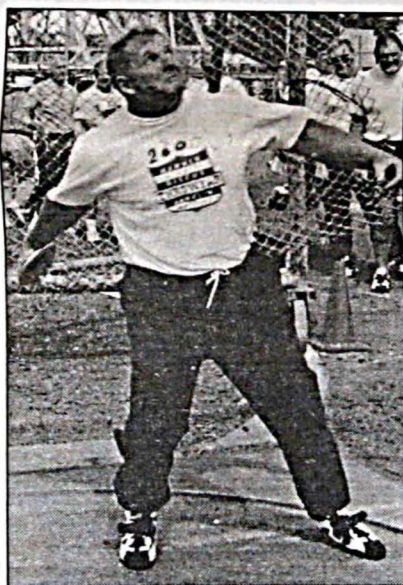
**Combined events** – Alan Russell,

1713 Amherst Dr., Ames, IA 50014. E-mail: russell@lastate.edu

**3000, 10,000, weight, superweight** – Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywoj@aol.com

In the 2000 indoor and outdoor national championships, either in the programs or the results, legal resident athletes were identified by asterisks or by lack of place number as "foreign athletes," because only U.S. citizens can be national champions. In the past, the rankings have included legal residents when identified by the rankers who were familiar with the athletes from past experience with their names.

It is unreasonable to expect the rankers, particularly those new to the program or with new events, to distinguish foreign athletes, from Canada, Great Britain, and Australia, for example, who will not be ranked, from legal residents, without more resources than meet results. I suggest that legal residents, to assure their being ranked, should contact the appropriate rankers. □



KAREN HUFF

Bob Humphreys, 64, winner (4258) of the M60 National Masters Weight Pentathlon, Pampa, Texas, Sept. 18.



KAREN HUFF

Bruce Mills (l), Lake Bluff, Ill., and Emil Pawlik, Jackson, Miss., in the 100, USATF Masters Decathlon Championships, Lake Geneva, Wisc.

## Atkins, Bender Score Victories in 8K X-C

Herm Atkins and Kim Bender were first overall in the USATF National Masters 8K Cross-Country Championships held at the Sun Willows golf course in Pasco, Wash., on a windy Nov. 4. Atkins, an M50 runner from Everett, Wash., won by 18 seconds with a 26:35 over Arthur Kelly, M40, Tacoma, Wash. Andy Lyle, M45, Seattle, Wash., was third, five seconds later, in 26:58.

Jule Crabtree, M85, Royal City, Wash., was the oldest finisher (74:34).

Bender, W40, Seattle, Wash., ran a 30:12 in a field of 14 finishers in the women's race. Regina Joyce, W40, Lynwood, Wash., was second in 30:51.

Dorie Quam, Bellevue, Wash., won the W55 race by a 3:30 margin with a 35:49.

The Snohomish TC won the M50-59 (149:14), M60-69 (99:14), and W50-59 (111:36) team titles; Club Northwest won the M40-49 (139:26) and Brooks (95:31), the W40-49.

The race was held in conjunction with the Washington State High School Championships. "This made for a great day of racing on a very windy day," said Jim Peterson, championships director.

– From Jim Peterson



MIKE POLANSKY

Dan Igegnio, 56, Shirley, N.Y., first M55 (34:06), leads the way in Long Island T&F's Run for Their Lives 8K Cross-Country, Bethpage St. Park, N.Y.

## Kurtis Designs a Winner in Detroit

By RON MARINUCCI

DETROIT, Mich., Oct. 15 – If Doug Kurtis is trying to build a world-class marathon in Detroit, he's coming very close to succeeding. That was the general reaction to this year's 23rd annual Detroit Free Press/Flagstar Bank International Marathon.

Kurtis, in his second year as race director, redesigned the course again, taking in much of the best that Detroit and its sister Canadian city, Windsor, have to offer.

Starting downtown at the recently refurbished Cobo Hall, runners ran two miles to the Ambassador Bridge, which took them over the Detroit River to Windsor. Six miles along the riverfront in Windsor provided a spectacular view of the Detroit skyline. Enthusiastic spectators on the Canadian side encouraged runners until they headed under the river, in the Detroit-Windsor Tunnel, "the world's only underwater mile."

Exiting the tunnel, the course retraced itself until giving runners an opportunity to see the old (Tiger Stadium) and the new (Comerica Park) homes of the Detroit Tigers. From there it was on to Belle Isle, a gem of a park in the Detroit River, for seven miles.

Leaving the island, the marathoners had only a mile and a half to the finish at the riverfront Chene Park.

With his golden touch, Kurtis seemingly also ordered near-perfect weather – overcast, but dry skies, temperatures in the 50s, and little wind. The weather held for the entire morning.

The 2157 finishers came from all corners of the U.S. (Highland Corners, Colo.; Altoona, Pa.; Santa Fe, N.M.; Natchitoches, La.) and Kenya. The overall winner was a Kenyan, Joseph Maina, who trains in Toronto. He ran a personal best of 2:24:47 (chip time), which included a potty break along the way. The women were paced by Lisa Veneziano (2:54:26), who came all the way from Dublin – Dublin, Ohio, that is.

Somewhat inexplicably, considering the conditions, times were slow. Maina's was the slowest winning time in the history of the Free Press Marathon, although over the years there have been more than half-a-dozen courses. To find a slower winning time among the women requires going back to 1978.

The masters champion, Jeff Martin (2:39:47), changed identities with Dr. Jeff Martin, exercise and sports psychologist, who delivered an interesting talk at the previous day's expo. Martin was using the Free Press Marathon as part of a longer training run to prepare for the JFK 50 Miler, his first, later this fall.

Larry Parker, M50, with a 2:55:11, was among the top masters. The fastest women's master was Brenda Lynch, W40, sixth overall with a 3:04:56.

The marathon included two relays (two-person and five-person events) that generated enthusiasm before, during and after the race. With the accompanying Old Navy 5K, the morning attracted 3588 participants. □

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com)





## On The Run

by HAL HIGDON

### Coping With Bad Weather: Alternatives to Staying Inside and Watching TV

The billboard beside the high school said, "We want snow." "Good attitude," I thought. That's the way to cope with what some people call "bad" weather. If you can't beat winter, join it. We were en route to Crystal Mountain Resort in Northern Michigan, one of our favorite ski resorts. Normally you can expect great skiing toward the end of February in the Midwest, but the temperature was 57 degrees!

Having planned a ski trip with our family months in advance, we were disappointed, but not everybody shared our point of view. "Isn't the weather great?" was the more often overheard comment. I knew runners would be running bare-legged in Chicago's Lincoln Park, reveling in a rare opportunity to stride free in February.

One man's pleasure is another man's poison.

#### Trouble With Winter

Runners have trouble with winter. It's not merely the cold weather that forces us to bundle up, but bad footing: ice and snow during the coldest months, followed by slush and water puddles as the weather warms. Winter ain't fun.

But it can be more fun if you join it. One way to join is to pick alternate activities such as skiing. Cross-country skiing is a great form of cross-training for runners. Snowshoeing lately has seen a surge in popularity and can do an equally good job in keeping you aerobically fit. I also downhill ski, which does little for my running muscles, but at least improves my attitude. I no longer curse when I encounter forecasts featuring cold fronts laced with snow.

In January, my wife Rose and I visited Giants Ridge Resort near Biwabik, Minnesota. We spent two days both downhill and cross-country skiing. On our final day at the resort, I rose early to catch one final Nordic run before heading home.

### Weight Pentathlon Bids Open for 2001

by DICK HOTCHKISS  
Masters Weight Events  
Coordinator

Parties interested in bidding for the 2001 USATF National Masters Weight Pentathlon Championships should contact me or Rex Harvey at the appropriate address listed on page 3.

#### Embracing Winter

At dawn, the temperature was minus-10 degrees, although with little wind. I planned to herring-bone up the downhill slopes (since the lifts had not yet opened), then ski a cross-country trail off the back of the mountain that wound back to the lodge. But I took a wrong turn heading upward and found myself on a black-diamond (most difficult) slope. I had to shift from herring-bone to sidestepping to make it to the top. By the time I reached the summit, I was soaked with sweat despite the extreme cold. Nevertheless, the sun was rising over a sea of bare trees, and I was exhilarated. "This is the way to embrace winter," I thought.

If you're a skier, sub-zero may be preferable to 57 degrees, particularly if you enjoy cross-country more than downhill. Resorts artificially manufacture snow for their downhill slopes, but rely on natural snowfall to cover cross-country trails that wander through the woods.

#### Blessed by Snow

Still, Crystal Mountain had been adequately blessed by snowstorms earlier in the season. Enough snow covered the cross-country trails to permit me to grab a quick workout shortly after arriving. The next morning, despite the continuing warm trend, I skied for an hour through the woods before shifting to the downhill slopes. With the meltdown continuing, I skipped cross-country our final day at the resort. Colder weather was predicted for the weekend, but by that time we had returned home.

The less-than-perfect weather failed to spoil our ski trip. We had fun doing whatever felt right at the time, and that included sitting around the condo reading a book. We had a final ski trip scheduled for Crested Butte Resort in Colorado later in March, and I knew we would find good snow. After that, it would be time to start thinking about the Boston Marathon.

Becoming a cross-country skier isn't the only way to cross-train during the winter, but it will certainly help with your attitude as to what is good

### Tuttle, Knisely Post Course Records at Syracuse

By MATT OJA

SYRACUSE, N.Y. — John Tuttle, Douglasville, Ga., and Mary Knisely, Naperville, Ill., took advantage of blue skies and a calm wind to set masters course records in the Syracuse Festival of Races 5K, Oct. 1. Tuttle, 42, with a 14:31, an age-graded 93.5%, smashed Bob Carroll's year-old 15:19. Knisely took 12 seconds off Carol McLatchie's 1992 mark of 16:55.

In picking up the \$500 first-place masters prize, Tuttle outran Paul Pilkington, 41, Roy, Utah, 14:49, and Jerry Kooymans, 45, Markham, Ont., 15:32 (A-G 90.0%). Pilkington won \$300, and Kooymans \$200.

In the women's race, Knisely easily outdistanced the defending masters champion, Diane LeGare, 49, Montreal, who ran a 17:47. Carolyn Smith-Hanna, Pittsford, N.Y., placed third in 18:30, a U.S. women's single-age record. LeGare took A-G honors with a 91.8% to Knisely's 91.2%. Prize money for women was equal to the men's.

The 50-54-year-olds were led by Dave DeFavero, Auburn, N.Y., 18:27, and Ann Furze, Clay, N.Y., 22:36. Carolyn Kriesen, Webster, N.Y., 22:40, and Don Masterson, Oswego, N.Y., 19:44, topped the 55-59s. Sam Graceffo, 64, Fayetteville, N.Y., 20:00, and Margret Betz, 64, Conklin, N.Y., excelled among the 60-64 groups. Jerry Bisson, 69, Manlius, N.Y., won the M65 race in 23:57.

Jim Blount, 74, Bushnell, Fla., recorded a 25:20 to take the M70 race. Dolores Quinn, 73, Whitesboro, N.Y., successfully defended her W70 title in 31:05. Ed Buckley, 79, Clinton, N.Y., turned in a terrific 26:17 in the M75 race. Marsha Tillson, Shortsville, N.Y., 79, ran a 40:10 for the W75 victory.

Nate White, 81, Fayetteville, N.Y., was the M80 winner in 31:39. Dudley Healy, 86, Chatham, N.J., outlegged Syracuse's Charlie Jorgensen, 85, to win the M85 race in 35:52.

Team titles were awarded in each



BILL THEOBALD

John Tuttle, 42, breaking the M40+ course record with a 14:31, Syracuse Festival of Races 5K, Syracuse, N.Y., Oct. 1.

of the 10-year masters groups, with the Syracuse Chargers TC taking all of the masters team titles except for the W50-59, won by the Cats AC of Rochester, N.Y.

Major sponsors included United Healthcare, the Gifford Foundation, M&T Bank, WSTM-3, Citadel Communications, *Syracuse New Times*, American Airlines, Carmella's Cafe, Dermot Burke & Brown, Dick's Sporting Goods, Fleet Feet Sports, Gold's Gym, Peter's Groceries, Stickley Furniture, and the Syracuse Chargers TC. □

### Acosta Leads Masters Women in Silicon Valley Marathon

Barb Acosta, 42, San Jose, Calif., three-peated as masters woman wizard at the Silicon Valley Marathon, San Jose, Calif., Oct. 29, running the floppy-disk-flat course in 2:54:26. In addition, she finished third overall for the second time running.

Acosta is the mother of two young children and the VP of Operations at a start-up company called Be Here Corp. She runs her workouts at 5:30 in the morning. Like many masters runners, she patiently suffered an ignorant San Jose reporter wowed by her victory over decrepitude.

"I don't ever plan to stop," she responded. "I don't think my friends could stand me if I didn't run . . . A youthful feeling comes from running,

so I'll never stop." □

— From the *San Jose Mercury News*

### TWENTY YEARS AGO December 1980

• Jim Bowers Sets U.S. Masters Marathon Record of 2:22:23

• Gary Muhrcke Wins National 10K in 32:06

• NYC Marathon Masters Crown Goes to Roger Robinson (2:22:12)



## Tuttle, Boyd Win National 15K in Tulsa

John Tuttle, 42, Douglasville, Ga., repeated as the winner in the USATF National Masters Championships/Tulsa Run 15K in 46:51, Oct. 28. Tuttle's time was also a single-age record, and just off his winning time last year, 46:46, in spite of warm weather.

Charles Gray, 46, Lee's Summit, Mo., took second place in the championships, with a 50:39, followed by Jon Sinclair, 43, Ft. Collins, Colo., in 51:02. Dave Berardi, 40, Baltimore, Md., placed fourth in 51:08.

The overall masters winner was Kenyan-born Sammy Ngatia, 40, Colorado Springs, Colo., 46:47, a 20-year resident of the U.S., and sergeant in the U.S. Army, but not a USATF-certified "U.S. citizen" for championships events. Ngatia has been hard to beat this summer, with a recent outright win two weeks prior at the Army 10 Miler (48:50).

Dr. Marie Boyd, 40, Albuquerque, N.M., took the masters women's first in 55:11, easily defeating Ukrainian juggernaut Tatyana Pozdnyakova, 45, 55:30. Mary Sweeney, 40, Atlanta, Ga., came in second U.S. at 56:47, followed closely by Janice Addison, 40, Columbia, S.C., in 56:51. Kim Bricker, 40, Edmond, Okla., took fourth place in 61:19.

Notable performances up the age groups included Gary Romesser, 49, Indianapolis, 46:28, who stomped on his '99 mark, 51:30; Larry Ingram, 55, Grand Junction, Colo., 55:42, M55 winner; Jack Nelson, 61, Winnetka, Ill., 57:20, repeating his M60 win; Paul Heitzman, 69, Eudora, Kans., 65:51, repeating his first at M65. And finally, Barbara Miller, 61, Modesto, Calif., 69:21, kept the crown for another year in the W60. □

— From Ryan Lamppa at Running USA/RRIC

## Racewalking

Continued from page 10

Based on the lactate testing and using a heart rate monitor, I can determine my aerobic threshold and walk just below it. That way, I can walk for a very long period of time without cramping up and slowing down. There is always a margin of error and sometimes you go over the threshold. Today, I was able to walk within my zone and go faster than I had gone in many months for a 30K.

### Three Rules for Endurance Athletes

(Sept. 27) The past three days have spun by pretty quickly. I've gotten into a nice routine of training, eating, sleeping, visiting with my family, more eating and more sleeping.

One of the mountain bike riders from Colorado summed up the three rules for endurance athletes prior to a major competition: 1) if you are standing up, sit down; 2) if you are sitting down, lie down; and 3) if you are lying down, put your feet up. To that I would only add, eat lots of carbs and drink plenty of fluids. □

## PUBLICATIONS ORDER FORM

### Masters Age Records (2000 Edition)

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, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

### Masters Track & Field Rankings (1999)

Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

### McMahon Family Trust Masters Track & Field Indoor Rankings (2000)

Indoor rankings for 2000. 4 pages. \$1.50.

### Masters Age-Graded Tables

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

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.50.

### Competition Rules for Athletics (2000 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

### USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

### USATF Governance Handbook (2000)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

### International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). \$12.00.

### Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

### USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

### USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

### USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

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### Guide to Prize Money Races and Elite Athletes 2000

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$64.00.

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7 Months to Go



2001 WORLD  
VETERANS'  
ATHLETIC  
CHAMPIONSHIPS

# Countdown to Brisbane

## Entry Forms Available

**E**ntry forms for the 14th WAVA World Veterans Athletics Championships are now available. You may request the entry booklet from any of the masters travel agents (see ads in this section), who are offering low-cost tours to the event. You may also request a form from the USA Masters Track & Field Manager: Don Austin, 10314 Quail Meadow, San Antonio, TX 78230. Or you can download a copy from the Champions' web site at [www.worldvac2001.com.au](http://www.worldvac2001.com.au).

The biennial event will be held July 4-14, 2001, in Brisbane, Australia. More than 6000 athletes and another 6000 family members and friends from up to 90 nations are expected to descend on the Queensland town to partake in all common track and field events, the marathon, racewalks, cross-country races, plenty of social events and dozens of sightseeing opportunities. The meet is open to all men age-40-and-up and to all women age-35-and-up.

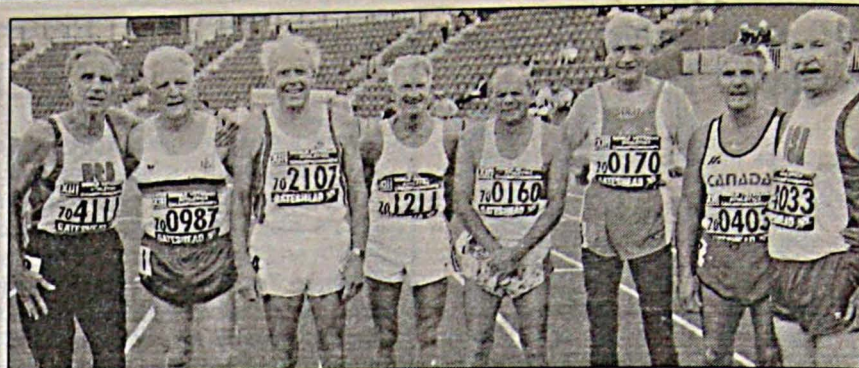
All U.S. entries must be sent to Austin, who has volunteered to process the entries. He needs them by

March 1 so he can check, assemble, and forward them to the Brisbane Organizing Committee by their March 30 deadline.

Entrants must submit proof of age (a copy of birth certificate or passport), a copy of their 2001 USATF membership card, and the fee, which can be paid with a major credit card.

Remember, Australia requires a visa from foreigners entering their country. Check with your travel agent or with an Australian consulate.

Brisbane is the capital city of the State of Queensland, centrally located



CHUCK SOCHOR

Finalists in the M70 100, won by Alan Meddings (2107), GBR, in 13.48, 13th World Veterans Championships, Gateshead, England. Bill Melville (4033), USA, was second (13.93), and Wilford Scott (4111), USA, third (14.23).

on Australia's east coast. Located on the banks of the Brisbane River, the region is home to 1.6 million people. As gateway to Australia's premier tourist destinations, Brisbane's international airport receives daily flights from countries throughout the world.

As a sub-tropical city, Brisbane experiences a temperate climate. It's located at 28-degrees south latitude, about the same distance from the equator as Tampa, Florida. The average daily temperature in July is 70°F (20.6°C), with clear, sunny days and mild evenings. Brisbane is within one hour of the Gold Coast and Great Barrier Reef.

Brisbane has successfully staged major national and international sporting events, including the 1982

Commonwealth Games, World Expo 88, and the 1994 World Masters Games, which drew 23,000 competitors from over 70 nations.

Three international standard venues will host the track and field events, while the cross-country races will be held on a local golf course, the road walks contested along the Brisbane River, and the marathon conducted within the inner city precinct. Each of the stadiums has warm-up areas and showering, recreational, medical, and catering facilities.

Brisbane will offer the successful "Host-a-Vet" program, where Brisbane residents will host visitors for sightseeing, dining, and other social activities. □



SUZY HESS

Finalists in the W50 400, won by Yvonne Priestman (5902), GBR, in 65.26, 13th World Veterans Championships, Gateshead, England. Kaye Smythe (5108), AUS, was second (65.69), and Ulla Littenheim (6416), SWE, third (65.75).

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## International Scene

By **TORSTEN CARLIUS**  
WAVA President

### Site of 2003 Games at Risk

I am not happy with the developments in Kuala Lumpur, and especially not by the way some people seem to think they can act. The Championships are WAVA Championships which have been awarded for hosting, not any Championships they "own." I will report to the WAVA Council on developments and have already informed the Asia General Assembly that there is a great risk that we will seek another organizer for the WAVA 2003 World Veterans' Championships.

#### Drug Testing

WAVA will not drop drug testing. We will talk with the IAAF to see if their policies are adequate for WAVA. My present opinion is that we adopt the same policies and procedures.

The WAVA Council is expected to

reach decisions on the Kathy Jager drug case and Kuala Lumpur site award this month.

#### World Masters Games

In Gateshead we indicated that WAVA will present an analysis of the advantages and disadvantages to organizing WAVA's Stadia Championships as part of the World Masters Games in 2005, 2009, and so on every four years.

Stan Perkins and I are to meet with WMG Secretary, Borge Andersen, in Copenhagen to open up these discussions and the result will be presented to the General Assembly in Brisbane

for further discussion and decision. At present, I have no opinion of the result of our discussions with WMG, but I can say that:

a) WAVA has a Technical Delegate at the WMG in Melbourne 2002 due to our strong wish that WAVA supervise the track and field events there; and

b) We will - no matter whatever we do and think - have a clash between WAVA Stadia Championships and WMG every four years, i.e., 2005, 2009, etc. Can we solve this by integrating our Championships in WMG or are there other solutions? This is what we must debate. □



Starting line of the 2000 Ichinoseki Masters 10K, Iwate-Ken, Japan. Takehiko Kikuchi #888, 45, was first in 34:40.

TESH TESHIMA

### Report from Britain

#### M40 800 World Record Broken

By BRIDGET CUSHEN

Probably one of the most outstanding masters records, the M40 800 1:51.25 of Britain's Peter Browne, was finally erased from the books by the current European 800 and 1500 champion, Colm Rothery, of Ireland, when he lowered it to 1:50.69.

Only three men have set new marks for this event since 1977:

1. Klaus Mainka, Germany, 1977, 1:54.5.

2. The late Noel Carroll, Ireland, 1982, 1:53.3.

3. Browne, 1989, who equalled Carroll's mark of 1:53.3; and, in 1990, at age 41, set the 1:51.25 mark.

Rothery won the 800 in Finland by a huge 4.36 margin in early July in 1:52.51. Later, in a thrilling 1500 race, he sprinted away from the other 13 finalists in the home straight to take another gold medal in 4:00.02. He is planning to go to Brisbane.

A very strong England team of 72 is travelling to Ireland for the annual British and Irish Home International Cross-Country on Nov. 18. □



SUZY HESS

Finalists in the M55 400, won by Harold Morioka (406), CAN, in 54.22, 13th World Veterans Championships, Gateshead, England. John Hensen (1864), GBR, was second (54.22), and Volker Peitzmeier (1125), GER, third (55.34).

### "BRISBANE DOWN UNDER"



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To receive more information about the Brisbane Down Under tour, contact NEM, Inc. at 1-800-392-1369 or e-mail us at [NEM@nwevent.com](mailto:NEM@nwevent.com)



# Masters Scene

## NATIONAL

• At the Masters Long Distance Running Executive Committee meeting, Minneapolis, MN, Oct. 7, the committee voted to remove all RRIC marks by Neal Chappell as fraudulent. The RRIC had notified the committee that it has from 8 to 20 different birth dates for Chappell. Chappell was given two weeks to produce a birth certificate but failed to do so. Chappell claimed that his various birth dates were submitted by his club coach or by friends when he participated on relay teams. Norm Green's motion to erase Chappell's marks was seconded by Ruth Anderson and approved by all present with one abstention.

• A Masters LDR Championship Guidelines booklet has been published. John Boyle, Masters LDR Vice-Chairman, will have some available for distribution at the USATF meeting in Albuquerque, Nov. 29-Dec. 3.

• Carolyn Scott Kortge, W55, Eugene, OR, national championships silver and bronze medalist in the racewalks, and author of *The Spirited Racewalker, A Guide to Using Your Fitness Walks to Clear Your Mind and Connect with Your Soul*, is to be profiled in a PBS documentary about living with cancer to be broadcast in the summer of 2001.

## EAST

• Don DiDonato, 42, Hicksville, NY, scored a 16:16 overall victory in the Oyster Bay Town Supervisor's 5K, Oyster Bay, NY, Oct. 16. Bob Anastasio, 47, Melville, NY, was a strong fourth-place finisher in 17:05. Kathy Martin, 49, Northport, NY, dashed to a second-female overall with an 18:39. Jacquie Gow, 52, Glen Cove, NY, was the first W50+ (23:31). The race, a KeySpan Energy Grand Prix event of Long Island Road Racing, was staged by the Town of Oyster Bay Rec. and Parks Dept. in conjunction with the Greater LIRRRC. State Bank of L.I. was the primary sponsor.

• On Oct. 29, Don DiDonato, 42, and Kathy Martin, 49, captured masters firsts, both with second places in the Long Island T&F Open and Masters Championships/Run for Their Lives 8K Cross-Country, Bethpage St. Park, NY. DiDonato running 27:22, and Martin 30:45. Alan Oman, 50, 29:33, and Bert Jablon, 66, 45:00, were other standout division winners.

• Leading the field at the NYRRRC Grete's Great Gallop Half-Marathon, Central Park, NYC, Oct. 8, were Jaime Palacios, 45, 1:14:56, and Diana Kee, 40, 1:36:40.

• Barbara Gubbins, 40, 19:11, was first woman overall at the NYRRRC Kurt Steiner 5K X-C, Van Cortlandt Park, Bronx, NY, Oct. 15. The men's masters title went to Alston Brown, 51, 17:59.

• Jean Chodnicki-Stemm, 41, 1:22:36, and

Walter Dupont, 44, 1:13:15, dominated the masters field at the NYRRRC Staten Island Half-Marathon, NY, Oct. 15. Thomas Hall, 50, overpowered his division with a 1:15:54.

• Gillian Horovitz, 45, 18:20, and Stacy Creamer, 41, 19:08, came in 1-2 overall at the Not Quite the NYC Marathon, Central Park, NYC, Oct. 29. Jerry Macari, 40, 16:11, picked up the men's masters title. Kenneth Jones, 70, aced his division in 22:05.

• Andrey Kuznetsov, 42, Russia, 4:28.5, was the fastest masters mile at the DCRRRC Pennsylvania Avenue Mile, Washington DC, Oct. 14, leading Russia to victory in the Embassy Teams Race.

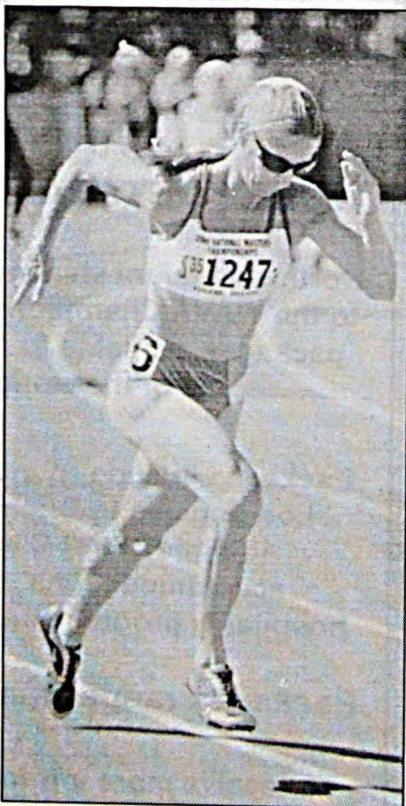
• Of the 30,000+ entrants for the 2000 NYC Marathon, 5279 were age 40-44 (3842m/1437w); the 45-49 divisions had 2845 (2164m/681w), which were outnumbered by the 50-54s with 3099 (2437/662w); and the 30-39 groups had 11,831 (7709m/4122w). After New York (8812), the states with the largest entries were New Jersey (969) and California (916). The international entries were led by France (2208), Great Britain (1902), and Italy (1648). The Netherlands (998) and Switzerland (560) supplied generous numbers relative to their populations. The top occupation listings were Administrator/Mgr - 1394, Attorney - 1370 (no ambulance chasing jokes, please), and Teacher/Educator - 1113. The occupations with the least number of entrants were Optometrist (12) and Dental Assistant (15, all women).

## SOUTHWEST

• John Stukey, 47, 16:55, and Brenda Stukey, 41, 18:52, of Broken Arrow, OK, were first masters in the Brookhaven 5K, Norman, OK, Sept. 4. Division winners included Jack Rector, 75, OKC, 26:43, and Sandra Hanson, 51, OKC, 22:33.

## WEST

• Alfreda Iglehart, 50, Los Angeles, in 62:27, was second female in the Run for a Green Los Angeles 7.8 Mile Trail Run to the top of Mt.



BEN ROSALES  
Michaeli Smith, fourth W35 (28:80), in the 200, 2000 National Masters Championships, Eugene, Ore.

Hollywood and back, Nov. 4. Adalberto Mendoza, 48, Los Angeles, was first M40+ in 54:38. Milo Sather, 73, Los Angeles, took the M70+ race with an 86:36.

## INTERNATIONAL

• Gerald Hol, M45, in 2:33:45, and Boukje Klaver, W35, in 2:58:25, smoked to firsts in the Dutch Masters Marathon Championships, Eindhoven, The Netherlands, Oct. 8. Outstanding division winners included M60 Giel Koom, 2:54:25, and W55 Jeanette Weeber, 3:18:29.

• Tom Jordan, WAVA Executive V-P, reports four cities are currently in the running for the 2005 WAVA World Veterans Championships: San Sebastian, Spain; Sacramento, USA; San Juan, Puerto Rico; and either Helsinki or Lahti, Finland. Vancouver, Canada earlier had expressed interest, but has not followed through with the necessary paper work.

## CORRECTIONS

• The W60-69 mark of 6:08.0 by Yvette LaVigne, 60, in the George Sheehan Memorial race in the 5th Ave. Mile article in November was not a course record as indicated. The record is 6:04.37 by Diane Palmason, 60, in 1998. Adrienne Salmini, W85, was omitted from the 5th Ave. Mile results submitted to the NMN. Her time was 16:41.

• 2000 Indoor Rankings Changes to those in the July Issue:

400: M40 Elvis Forde, who ran 49.14 in a college meet, Feb. 18, should be ranked 1st. 800m: M50 A. Bruce Watson, ran 2:26.7 in the Michigan Indoor Championships, Feb. 6, 23rd of 39 listed. Mile: M50 A. Bruce Watson, ran 5:31.3, Feb. 6, 26th of 43 listed. 3000m: M50 A. Bruce Watson, ran 10:51.9, Feb. 6, 12th of 23 listed. Shot Put: W55 Karen Wright, 7.60 in a Syracuse meet, Mar. 11, should be ranked 2nd.

## Ngatia, 41, First Overall in Army 10 Miler

by GEORGE BANKER

"I was pretty much on my game. I was joking yesterday and said that if the weather was good, I was going to win and it was going to be my day. I tried to pass after mile eight. It was getting competitive, and I was testing him (Teddy Mitchell, 28). At 600 meters he took off, and at 300 meters I took off and passed him on the right," said Army Sergeant Sammy Ngatia, 41, of Fort Carson, Colo., after winning the 16th Army 10 Miler, Washington, D.C., Oct. 15.

Ngatia finished in 48:50, two seconds faster than Mitchell, breaking Ngatia's masters record of 50:46, set last year. He is the oldest person to have won the Army 10 Miler (the nation's largest ten-mile) and the first master to make a consecutive defense of the title and set records in both years.

Ngatia, a native of Kenya who arrived in the U.S. in 1981, received citizenship in 1990, and joined the Army in 1994. Prior to that, he was a teacher in El Paso, Texas.

Kirk Baird, 40, Centreville, Va., was second M40+ (53:55), with Lanny Doan, 44, third (54:40).

Patricia Clifford, 40, Silver Spring, Md., won the W40+ race in 65:17, followed by Betty Blank, 47, Falls

Church, Md., in 68:12, and Sandra Adams, 51, Winchester, Va., in 69:16.

The race was produced by the Military District of Washington, and its major sponsor, the Association of the U.S. Army. The race had 16,204 registered runners and 633 teams; 11,802 started and 1737 finished. In 1985 there were 1379 finishers.

The race started and finished at the Pentagon, with a tour through Washington by way of the Watergate and Kennedy Center and along Independence Avenue and Capitol Hill to the closing miles along the HOV lanes across the 14th St. Bridge. □

## ON TAP FOR DECEMBER

### TRACK AND FIELD

Indoor action starts out of the blocks with meets in NYC on the 15th and 29th, and Philadelphia on the 17th.

### LONG DISTANCE RUNNING

You can go for the long run in the Kentucky 50 Miler, Louisville, on the 2nd, or wait until the 3rd for the Tennessee, Raleigh, Tucson, California International (Sacramento), and Western Hemisphere (L.A.) marathons. The *Huntsville Times* Rocket City Marathon is scheduled for the 9th, followed by the Avon Running Circuit 10K Championships in Phoenix, New Jersey Masters 10K Championships, Hops Marathon by the Bay in Tampa, Dallas Marathon, Lasse Viren 20K in So. California, and Honolulu Marathon on the 10th. Down south, the Jacksonville Marathon and Larry Fuselier 25K, New Orleans, take up the 16th. The month ends with the Greenbelt 20 Miler in Maryland on the 30th, and the festive NYRRRC *Runner's World/Asics* Midnight 5K in Central Park, NYC, on New Year's Eve.

### RACEWALKING

Many indoor track meets and road races include a racewalk event (check Schedule). □

## FIVE YEARS AGO December 1995

- Hugh Jones, 40, Gillian Horovitz, 40, Take NYC Marathon
- Ed Sparkowski, M40, Cathy Brown, W45, Win National 10K X-C
- Scott Snyder, M40, Jo Marchetti, W50, Best in U.S. 5K X-C
- Farley Simon, 40, Joy Hampton, 48, Top Masters in Marine Corps Marathon

## TEN 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 NYC Marathons)
- Paul Reese, 73, Runs Across USA



# Schedule

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

## TRACK & FIELD

### NATIONAL

**November 29-December 3.** USATF 22nd Annual Meeting, Albuquerque Convention Center, New Mexico. USATF, PO Box 120, Indianapolis, IN 46206-0120. Tel: 317-261-0500; fax: 261-0481; www.usatf.org. Housing: Albuquerque Housing Bureau, 505-346-0522; fax: 346-0176; usatf@nmtravel.com.

**March 23.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HJ/1000m; women: 60H/HJ/SP/LJ/800m. See below.

**March 23-25.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600; 617-332-3919; www.tracs.net; Email: tracks2@earthlink.net

**April TBA.** USATF National Masters Indoor Heptathlon Championships, Lewis College, Ill. 1st day: 60mH/LJ/SP/HJ; 2nd day: 60mH/PV/1000. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. E-mail: JWatry@hycor.com

**June 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.

**July 14-28.** National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

**July 25-28.** 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

### EAST

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

**December 15.** MAC Open & Masters Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 Eastern).

**December 17.** Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:15 am. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**December 29.** MAC Open & Masters Holiday Indoor Classic, 168th St. Armory T&F Center, Manhattan, N.Y. See Dec. 15. **January TBA.** Adidas Invitational Indoor Meet, M40 & M50+ Mile, George Mason

U., Fairfax, Va. Potomac Valley TC, 302-945-2457; corrallo@erols.com

**January 12-14.** Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. E-mail: Barry Harwick@Dartmouth.edu.

**January 14.** Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:15 am. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**January 14 & 28.** Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC Hotline: 703-671-2520.

**January 19.** MAC Masters, Open, & Youth Boys Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-220-0071 (9-5 pm, Eastern); www.mactrack.org; Roz Katz, 718-358-6233. (7-9 pm Eastern).

**January 20.** 34th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. 10 am. W30+/M40+. Prize purse for men's & women's Elite Mile; bonus for new record (M&W40+). Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

**January 21.** Greater Boston TC Invitational Indoor Meet, Harvard U. 220 banked track. M40 & W40 various running and weight events. Jim O'Brien, 617-282-5537; jobrien@cambridgetrust.com; www.gbtc.org

**January 21.** MAC Open & Masters Indoor Pentathlon Championships, 168th St. Armory T&F Center, Manhattan, N.Y. See Jan. 19.

**February 11.** New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. Open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

**February 11.** Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC hotline: 703-671-2520.

**February 23.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

**February TBA.** Millrose Games, NYC. Masters 4x400 relay.

**February TBA.** New Balance Invitational, Reggie Lewis Arena, Boston. Masters mile.

**March 3.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

**March 4.** MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern).

**March 10.** Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**March 17.** 29th annual USATF East Regional Masters Indoor Championships, Prince George County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

### SOUTHEAST

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

**March 2-3.** USATF National Indoor Championships, Atlanta, Ga. Masters exhibition events. Phil Raschker, stabhoch@aol.com

**March 10.** USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

### MIDWEST

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

**February 4.** USATF Michigan Association Masters & Open Indoor Championships, Grand Valley St. U., Allendale (11 miles west of Grand Rapids). Schedule includes mile, 3000 RW, and WT. Jerry Baltes, GVSU, Office 97, Allendale, MI 49401. 616-895-3360.

### MID-AMERICA

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

**February 25.** USATF Colorado Masters & Open Indoor Championships, USAF Academy, Colorado Springs. SASE to Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302; 303-443-2695, or Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907; 719-635-1264.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 10.** U. of Houston/Runsport All-Comers Indoor Meet, UH Athletics/Alumni Center, 3100 Cullen Blvd., UH Campus. 11:00 a.m. deadline/entry fee \$10. Masters sections if enough interest. WT. Mike Takaha, 713-743-9466.

**June 2.** USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

**July 7.** Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vvrnner@aol.com

### WEST

Arizona, California, Hawaii, Nevada

**December 16.** KelField Throws Series #89, Santa Cruz, Calif. WP scoring. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kel field@aol.com

**January TBA.** San Diego Indoor Games Masters 3000, San Diego Sports Arena. Brian Culley, kip@riftvalley.org

**March 10.** Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smithheld@home.com

**May 29.** Visalia Classic, Visalia, Calif.

Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

### NORTHWEST

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

**January 20.** Eugene Indoor Meet, Eugene, Ore.

**January 27-28.** Great Northwest Indoor Meet, Portland, Ore. Masters-28th. USATF Oregon; runjumpthrow@compuserve.com

**June 9-10.** Hayward Masters Classic, Eugene, Ore. Oregon TC Masters.

**June 16.** USATF Oregon Masters & Open Championships, McMinnville.

**June 23-24.** USATF Northwest Regional Masters Championships, Portland, Ore.

### INTERNATIONAL

**February 2-11.** International MasterAthlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.master athlete wintergames2001.com

**February 17-18.** British Veterans Indoor Championships, Cardiff. Sue Hooper, 150 Woodland Ave., Pencoeed, Mid Glam., CF35 6UP, Wales. Entries close Jan. 27.

**February 19-March 5.** Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

**March 8-12.** European Veterans Indoor Championships, Bordeaux, France. Federation Francaise d'Athletisme, 38 Avenue Pierre de Coubertin 75640, Paris, France. CEDEX 13; fax: +33 1-45-81-44-66.

**July 4-14.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

### OPEN

**Aug. 3-12.** IAAF World Championships VIII, Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

**November 29-December 3.** USATF 22nd Annual Meeting, Albuquerque, New Mexico. See T&F-National.

**December 10.** Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.co

**May 2-6.** Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

### EAST

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

**December 10.** USATF NJ Masters 10 Mile Championships, Picatinny Arsenal, Rockaway Twp., 11:00 am. 732-296-0006; www.usatf.org/assoc/nj



Continued from page 17

**December 10.** NYRR Joe Kleinerman 10K, Central Park. 212-860-4455; www.nyrrc.org

**December 16.** LIRRC 4 Mile Race, East Meadow, N.Y. 516-569-4959.

**December 17.** Hudson Mohawk RRC Winter Series 5K & 15K, U. of Albany, N.Y. 518-435-4500.

**December 17.** Ho Ho Ho Holiday 5K Run, Bethpage, L.I., N.Y. 561-349-9157.

**December 30.** Greenbelt 20 Miler & 10 Miler, Greenbelt, Md. DCRRC, POB 1352, Arlington, VA 22210-0652. 703-241-0395.

**December 31.** NYRR Runner's World/Asics Midnight Run 5K, Central Park. 212-860-4455; www.nyrrc.org

**December 31.** Asbury Park Polar Bear 5 Mile & 10 Mile RW, Sunset Park Convention Hall, Asbury Park, N.J. Elliott Denman, 732-222-9080; Elliottden@aol.com

**February 18.** Washington's Birthday Marathon & Relay, Greenbelt, Md. Patrick Brown, 703-241-0395/DCRRC; PBrown@mitretek.org

**February 25.** Cape Cod Times Marathon, Half-Marathon, & 5K, Hyannis, Mass. Kevin Petrovek, 508-775-8877; www.capecodtimesmarathon.org

**March 11.** Massachusetts Law Enforcement Half-Marathon, Melrose. Tony Pallotta, Runners Edge, 781-662-0091; www.runedge.com

**March 18.** New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan or Ed Talbot, 508-998-5068; www.NBHALF.com

**April 8.** New Jersey Shore Marathon, Long Branch. 732-578-1771; www.njshoremaramarathon.org

**April 16.** 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

### SOUTHEAST

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

**December 3.** First Tennessee Memphis Marathon. 1000 limit. 800-893-RACE; www.runmemphis.com

**December 3.** Fulcrum Raleigh Marathon, Relay, & 5K, Raleigh, N.C. www.raleighmarathon.com

**December 9.** Huntsville Times Rocket City Marathon, Huntsville, Ala. RRCA Southern Region Championships. Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 35773. 256-828-6207; www.HuntsvilleTrackClub.org

**December 10.** Hops Marathon By The Bay, Tampa Bay, Fla. HM, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doitsports.com/Hopsmarathon

**December 16.** Jacksonville Marathon, Half-Marathon, & 5K. 904-739-1917; www.1stplacesports.com

**January 6.** Navarre Beach Run Half-Marathon, 5K & 10K, Pensacola, Fla. Gary Bunde, 850-476-7434; www.pensacolarunners.com

**January 7.** Walt Disney World Marathon & Half-Marathon, Orlando. Register online at runningnetwork.com or disneyworldsports.com

**January 21.** Florida Gulf Beaches Marathon & Relay. 727-347-4440; 888-LIV-2RUN; www.floridamarathon.com

**January 27.** Charlotte Marathon Run For Peace Relay, Charlotte, N.C. 704-367-9696; www.runforpeace.org

**January 28.** Naples Daily News Half-Marathon, Naples, Fla. Perry Silverman, 941-434-YRUN; fax: 263-0934; www.

naplesnews.com

**February 3.** Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum

**February 10.** Pensacola News Journal Double Bridge Run 15K & 5K, Pensacola, Fla. 850-434-2800; www.pensacolasports.com/running/bridge.htm

**February 17.** Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.coastal.edu/mbmarathon

**February 18.** Miami Tropical Marathon, Miami, Fla. 305-252-3235; www.sbr-multipisport.com

**February 24.** Bank of America Gasparilla Distance Classic 15K & 5K, Tampa, Fla. Susan Harmeling, 813-229-7866; www.doitsports.com/gasparilla

**February 24.** Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.signmeupsports.com

**February 25.** Anheuser Busch Colonial Half-Marathon, Williamsburg, Colonial H-M, PO Box 399, Williamsburg, VA 23187. 757-221-3363; 221-1599.

**March 10.** Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.1stplacesports.com

**March 17.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksportsfest.com

**April 21.** Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com

**April 28.** Country Music Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

### MIDWEST

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

**December 2.** Kentucky 50 Miler, Louisville. Pet Schuler, 502-893-9521; www.cherokeeroadrunners.org

**January 1.** 20th annual Hangover Classic 10 Miler, Louisville, Ky. Donna Preher, 502-454-0519.

**April 1.** The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www.cararuns.org

**April 28.** Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

**April 29.** CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.clevelandmarathon.com

### MID-AMERICA

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

**February 17.** Third Olympia Memorial Marathon, St. Louis, Mo. Marathon Sports, 13453 Chesterfield Plaza, Chesterfield, MO 63017. 314-434-9577.

**April 21.** Longest Day Marathon, Half-Marathon, 5K, & 10K, Brookings, S. Dak. 605-696-2433; fax: 696-2333; www.brookings.com/striders

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**December 10.** Dallas White Rock Marathon. Bob Luchsinger, 214-467-3369; www.white-rock-marathon.com

**December 16.** Larry Fuselier State Championships 25K, New Orleans. Chuck

George, NOTC, 504-482-6682; www.runNOTC.org

**January 13.** The Wall 30K & 15K State Championships, New Orleans. Chuck George, NOTC, 504-482-6682; www.runNOTC.org

**January 13.** Mississippi Marathon & 10K, Clinton. Jim Myrick, 601-856-9884.

**January 14.** Houston Marathon, Houston, Texas. David Hannah, 713-957-3453; www.houstonmarathon.com

**February 4.** Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

**February 4.** 3M Half-Marathon & 5K, Austin, Texas. 512-984-RACE; www.3m.com/races

**February 10.** Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo.run.conoco.com

**February 18.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

**February 24.** Cowtown Marathon, Fort Worth, Texas. Beverly Weiss, 817-735-2033; www.cowtownmarathon.org

**April 29.** Oklahoma City Memorial Marathon. 405-525-4242; www.okcmarathon.com

### WEST

Arizona, California, Hawaii, Nevada

**December 3.** Jim Click Tucson Marathon, Half-Marathon, & Relay. 520-320-0667; www.tucson.marathon.com

**December 3.** California International Marathon, Sacramento. John Mansoor, 916-983-4622; www.runcim.org

**December 3.** Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, Culver City Recr. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

**December 9.** Jingle Bell 5K Run, Santa Barbara, Calif. 8:30 am. 805-565-1134.

**December 10.** Lasse Viren 20K, Pt. Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

**December 10.** Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

**December 10.** Avon Circuit 10K & 5K Run/Walk, Phoenix, Ariz. 212-282-5350; www.avonrunning.com

**January 13.** Paramount 10K Run & Racewalk (judged), Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

**January 21.** Highland YMCA Half-Marathon, 5K & 10K, San Bernardino, Calif. Highland H-M, 808 E. 21st St., San Bernardino, CA 92404. 909-886-4661.

**January 21.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 858-792-2900; imisd@aol.com

**January 28.** Pacific Shoreline Marathon, Half-Marathon 5K, & 8K, Huntington Beach, Calif. 714-536-3525; www.marathonrun.com

**February 4.** 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; www.lvmarathon.com

**February 4.** San Dieguito Half-Marathon & 5K, Rancho Santa Fe, Calif. 619-298-7400; fax: 298-7448; www.kathylopererevents.com

**February 10.** The Great American Adventure 2.8 Mile & 4.8 Mile Cross-Country Runs, Huntington Beach, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714-841-5417.

**February 18.** Valley of the Sun Marathon, Scottsdale, Ariz. www.valleyofthesunmarathon.com

thon.com

**March 4.** City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamaraathon.com

**March 4.** Sutter Home Napa Valley Marathon/RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com

**March 18.** Maui Marathon, Hawaii. 3000 limit. 808-871-6441; www.mauimarathon.com

**April 7.** Ullis C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**April 29.** Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

### CANADA

**February 11.** First Half Half-Marathon, Vancouver, B.C. Pacific RR, 604-515-2488; www.wi.be.edu/firsthalf

**March 25.** Around the Bay Road Race 30K & 5K, Hamilton, Ontario. 905-574-8982; info2@aroundthebayroadrace.com

### INTERNATIONAL

**December 3.** Grand Pacifico Marathon & Half-Marathon, Mazatlan, Mexico. Bill Ligas, Barton Beers, Ltd., 312-346-9200; www.marathon.org

**December 10.** British Veterans 10 Mile Championships, Brockwell Park, London. BVA, 10 Mile Championships Secretary, 6 Tyers House, Aldington Rd., London SW16 1TJ, England.

**January 21.** 50th Mitcham 25K, Sutton Arena. SAE to Mitcham 25K, 6 Tyers House, Aldington Rd., London SW16 1TJ, England.

**January 28.** Millennium Marathon, Hampton City, New Zealand. +2-person marathon relay, 10K funrun/funwalk. www.active.com

**March 11.** Kyoto City Half-Marathon, Japan. (81) 75-315-1235; isono@runners.co.jp

**March 24.** City Pier Half-Marathon, The Hague, The Netherlands. 31-174-517273; www.cpcloop.nl

**March 25.** Rome Marathon, Italy. 39 06 40 65 064; www.maratonadiroma

**April 1.** Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlin-marathon.com; info@berlinmarathon.com

**April 6.** Paris International Marathon, France. www.parismarathon.com; info@parismarathon.com

**April 22.** Flora London Marathon, England. (44) 171-620-4117; www.londonmarathon.co.uk; Marathon Tours, 617-242-7845.

**April 28-29.** 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa

### RACEWALKING

**December 16.** Arthritis Foundation 5K Run & Walk, Harlingen, Texas. 956-630-0870.

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# RECIPIENTS OF ALL-AMERICAN AWARDS

**M30-34**  
Kevin Rinehart SP 15.11 8-10-00  
Kane Wilson P 3018 8-10, 13-00

**M35-39**  
Steven Renard 1500 RW 6:29.29 7-9-00

**M40-44**  
James Kerman SP 47-7 5-28-00

**M45-49**  
Mark Gershon TJ 10.96 7-30-00  
Jimmie Jones 100 11.9 8-19-00

**M50-54**  
Glen Carlson HJ 5-7 9-9-00  
Buzz Gagne J 43.32 10-19, 29-99  
Dale Herring 200 25.4 10-1-00

**M55-59**  
Carl Etter LJ 5.12 10-19-00  
400 80.02 9-8-00  
400 80.85 10-20-99  
HJ 4-11 9-9-00  
Mickey Murray J 135-10 7-14-00  
Dave Walter 100 12.04 5-27-00  
200 24.60 7-8-00  
400 53.32 7-1-32

**M60-64**  
David Galligan 1600 5:15.59 7-15-00  
400 64:23 7-15-00  
800 2:25.68 3-24, 26-00  
10,000 39:50.88 8-12-00  
5000 19:29.62 8-10-00

**M65-69**  
Geoff Howard 10,000 39:50.88 8-12-00  
Hans Sinkovc 5000 19:29.62 8-10-00

**M70-74**  
Dick Dottingham 200 31.52 8-10, 13-00  
Harry Hawke H 40.58 8-10, 13-00  
D 44.21 9-16, 17-00  
Robert Lelshar WP 3036 8-15-99  
Sonny Oliphant HJ 4-4 5-26-00

**M75-79**  
Paul Dziezyc 100 15.57 5-25, 28-97  
200 32.88 5-25, 28-97  
400 1:13.57 5-25, 28-97

**M80-84**  
Leo Chapman H 22.75 9-16-00  
SP 8.51 9-16-00  
D 22.53 9-16-00  
W 11.38 9-16-00

**W30-34**  
Patty Murray 5000 16.51 8-10, 13-00  
10,000 35:08 8-10, 13-00

**W40-44**  
Gloria Rawls 10K RW 55:09 8-12-00

**W55-59**  
Carol Griffith J 30.34 10-19, 29-00  
SP 8.93 10-19, 29-00  
D 25.54 10-19, 29-00

**W60-64**  
Audrey Kempf D 77-5 8-17-00  
Suzanne Rodkey 10 55:39 10-7-00

**W70-74**  
Georgia Johnson D 14.29 7-3-00

## U.S. MASTERS ALL-AMERICAN STANDARDS 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 | 90-94 |
|-----------|-----------|-----------|-----------|-----------|----------|----------|-----------|----------|-----------|----------|----------|-------|-------|
| 55        | 6.8       | 6.9       | 7.1       | 7.2       | 7.4      | 7.9      | 8.1       | 8.4      | 8.9       | 9.4      | 10.4     | 11.8  | 13.5  |
| 60        | 7.4       | 7.55      | 7.7       | 7.85      | 8.05     | 8.5      | 9.0       | 9.25     | 9.5       | 10.0     | 11.2     | 12.8  | 16.6  |
| 100       | 11.0      | 11.3      | 11.5      | 11.9      | 12.2     | 12.6     | 13.2      | 13.8     | 14.6      | 16.0     | 18.0     | 23.0  |       |
| 200       | 22.4      | 23.2      | 23.8      | 24.6      | 25.5     | 27.0     | 27.9      | 29.5     | 32.0      | 35.0     | 40.2     | 52.0  |       |
| 400       | 51.5      | 52.5      | 53.8      | 56.0      | 57.5     | 62.0     | 65.0      | 69.0     | 75.0      | 88.0     | 98.0     | 120.0 |       |
| 800       | 2:02      | 2:04      | 2:06      | 2:11      | 2:16     | 2:25     | 2:35      | 2:45     | 3:06      | 3:35     | 3:55     | 4:30  |       |
| 1500      | 4:20      | 4:22      | 4:24      | 4:35      | 4:45     | 5:10     | 5:20      | 5:45     | 6:30      | 7:20     | 8:10     | 9:20  |       |
| Mile      | 4:40      | 4:40      | 4:50      | 5:00      | 5:10     | 5:30     | 6:00      | 6:15     | 6:55      | 8:20     | 8:45     | 10:15 |       |
| 3000      | 9:25      | 9:40      | 10:00     | 10:25     | 10:45    | 11:15    | 11:50     | 12:45    | 13:40     | 15:50    | 19:10    | 23:00 | 26:00 |
| 5000      | 15:45     | 16:00     | 16:15     | 16:45     | 17:30    | 18:25    | 19:30     | 21:00    | 23:30     | 26:00    | 29:00    | 32:30 |       |
| 10000     | 32:30     | 32:50     | 33:30     | 36:00     | 38:00    | 39:00    | 40:30     | 44:00    | 48:30     | 54:30    | 61:15    | 68:30 |       |
| 55H       | 8.6       | 8.7       | 9.0       | 9.5       | 10.0     | 10.3     | 10.6      | 10.9     | 11.2      | 11.6     | 12.5     |       |       |
| 60H       | 9.0       | 9.3       | 9.4       | 9.8       | 10.3     | 10.6     | 10.9      | 11.1     | 11.4      | 12.0     | 13.6     |       |       |
| 110H      | 15.4      | 16.5      | 17.8      | 18.8      |          |          |           |          |           |          |          |       |       |
| 100H      |           |           |           |           | 18.0     | 19.0     | 20.0      | 21.0     |           |          |          |       |       |
| 80H       |           |           |           |           |          |          |           |          | 18.0      | 21.0     | 25.0     | 30.0  |       |
| 400H      | 58.0      | 60.0      | 62.0      | 64.0      | 68.0     | 71.0     |           |          |           |          |          |       |       |
| 300H      |           |           |           |           | 48.0     | 51.0     | 55.0      | 60.0     | 67.0      | 75.0     | 85.0     | 95.0  |       |
| 3K-SC     | 10:10     | 10:30     | 11:45     | 12:40     | 13:30    | 14:00    |           |          |           |          |          |       |       |
| 2K-SC     |           |           |           |           |          |          | 9:30      | 10:30    | 12:00     | 14:00    | 16:30    | 19:30 |       |
| HJ        | 1.90      | 1.85      | 1.76      | 1.68      | 1.60     | 1.50     | 1.45      | 1.38     | 1.25      | 1.15     | 1.00     | 0.80  |       |
| 6-2 1/2   | 6-7       | 5-9 1/4   | 5-6       | 5-3       | 4-11     | 4-9      | 4-6 1/4   | 4-1 1/4  | 3-9 1/4   | 3-3 1/4  | 2-7 1/4  |       |       |
| PV        | 4.40      | 4.10      | 3.95      | 3.70      | 3.55     | 3.05     | 2.70      | 2.40     | 2.30      | 2.00     | 1.80     | 1.30  |       |
| 14-5 1/4  | 13-5 1/4  | 12-11 1/4 | 12-1 1/4  | 11-7 1/4  | 10-0     | 8-10 1/4 | 7-10 1/4  | 7-6 1/4  | 6-6 1/4   | 5-10 1/4 | 4-3 1/4  |       |       |
| LJ        | 6.50      | 6.10      | 5.85      | 5.60      | 5.40     | 4.90     | 4.50      | 4.20     | 3.80      | 3.35     | 2.85     | 2.20  |       |
| 21-4      | 20-7 1/4  | 19-2 1/4  | 18-4 1/4  | 17-8 1/4  | 16-1 1/4 | 14-9     | 13-9 1/4  | 12-5 1/4 | 10-11 1/4 | 9-4 1/4  | 7-2 1/4  |       |       |
| TJ        | 13.20     | 12.60     | 11.50     | 10.80     | 10.40    | 9.50     | 8.90      | 8.20     | 6.96      | 6.50     | 5.94     | 5.51  |       |
| 43-3 1/4  | 41-4 1/4  | 37-8 1/4  | 35-5 1/4  | 34-1 1/4  | 31-2     | 29-2 1/4 | 26-11 1/4 | 22-10    | 21-4      | 19-6     | 19-5 1/4 |       |       |
| Shot      | 14.50     | 14.02     | 13.41     | 12.62     | 13.10    | 12.00    | 12.80     | 11.50    | 11.00     | 9.00     | 8.00     | 6.00  |       |
| 47-7      | 46-0      | 44-0      | 41-5      | 42-11 1/4 | 39-4 1/4 | 42-0     | 37-8 1/4  | 36-1 1/4 | 29-6 1/4  | 26-3     | 19-8 1/4 |       |       |
| Discus    | 44.80     | 42.80     | 39.50     | 37.50     | 42.00    | 41.00    | 42.80     | 39.00    | 34.00     | 26.00    | 22.00    | 15.24 |       |
| 147-0     | 140-5     | 129-7     | 123-0     | 137-9     | 134-6    | 137-9    | 127-11    | 111-6    | 85-4      | 72-2 1/4 | 50-0     |       |       |
| Hammer    | 47.24     | 44.20     | 40.00     | 39.00     | 39.00    | 36.00    | 36.00     | 32.00    | 30.00     | 24.00    | 20.00    | 17.07 |       |
| 155-0     | 145-0     | 131-3     | 127-11    | 127-11    | 118-1    | 118-1    | 105-0     | 98-5     | 78-9      | 65-7 1/4 | 56-0     |       |       |
| Javelin   | 62.00     | 56.00     | 48.76     | 47.00     | 43.00    | 41.00    | 39.00     | 35.00    | 31.00     | 24.00    | 19.00    | 14.02 |       |
| 203-5     | 183-9     | 160-0     | 154-2     | 141-1     | 134-6    | 127-11   | 114-10    | 101-8    | 78-9      | 62-4     | 46-0     |       |       |
| 35#Wt.    | 15.00     | 14.00     | 13.00     | 12.00     | 10.00    | 9.00     |           |          | 6.00      | 5.00     | 4.00     | 3.00  |       |
| 49-2 1/4  | 45-11 1/4 | 42-8      | 39-4 1/4  | 32-9 1/4  | 29-6 1/4 |          |           |          | 19-8 1/4  | 16-4 1/4 | 13-1 1/4 | 9-10  |       |
| 25#Wt.    |           |           |           |           |          | 11.50    | 10.00     | 9.00     | 7.30      | 5.30     | 4.50     |       |       |
| 37-8 1/4  | 32-9 1/4  | 29-6 1/4  | 23-11 1/4 | 17-4 1/4  | 14-9     |          |           |          |           |          |          |       |       |
| 56#Wt.    | 9.50      | 9.00      | 8.50      | 8.00      | 6.00     | 5.50     | 5.00      | 4.50     | 3.50      | 3.00     | 2.50     | 2.00  |       |
| 31-2      | 29-6 1/4  | 27-10 1/4 | 26-3      | 19-8 1/4  | 18-1 1/4 | 16-4 1/4 | 14-9      | 11-5 1/4 | 9-10      | 8-2 1/4  | 6-6 1/4  |       |       |
| Pent.     | 2800      | 2600      | 2600      | 2600      | 2600     | 2600     | 2600      | 2600     | 2600      | 2400     | 2200     | 2000  |       |
| Decath.   | 5500      | 5250      | 5250      | 5000      | 5200     | 5000     | 4500      | 5000     | 4800      | 4200     | 3000     | 2500  |       |
| Wt. Pent. | 2800      | 2700      | 2800      | 3000      | 3000     | 3000     | 3000      | 3000     | 2600      | 2700     | 3000     | 3000  |       |

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
7) Javelin: 30-49: 800g; 50+: 600g  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

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

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 |  |
|-------|-------|-------|-------|-------|-------|-------|--|
|-------|-------|-------|-------|-------|-------|-------|--|



# TRACK & FIELD RESULTS

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

## EAST

### Dartmouth Weight Meet Hanover, NH; Oct. 7

|                               |        |
|-------------------------------|--------|
| <b>Shot Put 16#</b>           |        |
| Carl Wallin age-59 AR 45-5    |        |
| Bob Mead 56                   | 43-1.5 |
| Don Filkins 46                | 40-3.5 |
| Bob Cedrone 46                | 37-8   |
| Katrina Geurkink 39 4k 36-1.5 |        |
| <b>Shot Put 6k</b>            |        |
| C Wallin 59                   | 48-2.5 |
| B Mead 56                     | 46-9.5 |
| D Filkins 46                  | 43-4   |
| Packy Fusco 57                | 33-7.5 |
| Ed Rowan 60 5k                | 32-3   |
| <b>Hammer</b>                 |        |
| B Mead 56 6k                  | 157-7  |
| C Wallin 59 6k                | 154-4  |
| B Cedrone 46 16#              | 151-10 |
| D Filkins 46 16#              | 130-1  |
| M Grisko 53 16#               | 128-7  |
| E Rowan 60 5k                 | 101-2  |
| <b>Discus</b>                 |        |
| B Mead 56 1.5k                | 133-3  |
| P Fusco 57 1.5k               | 118-3  |
| D Filkins 46 2k               | 117-10 |
| K Geurkink 39 1k              | 115-3  |
| E Rowan 60 1k                 | 101-6  |
| M Grisko 53 2k                | 93-0   |
| <b>Weight Throw 35#</b>       |        |
| B Cedrone 46                  | 47-0   |
| B Mead 56                     | 44-9.5 |
| D Filkins 46                  | 43-8.5 |
| C Wallin 59                   | 43-3   |
| M Grisko 53                   | 38-2   |
| E Rowan 60 25#                | 35-1   |

## MIDWEST

### Norm Bower Memorial Weight Pentathlon, Kent St., U., Ohio; Sept. 23

|                                 |      |
|---------------------------------|------|
| <b>(HT/SP/DT/JT/WT)</b>         |      |
| M40 Rich Profusek 42            | 1164 |
| (12.60/7.30/15.95/24.06/5.46)   |      |
| M45 Gary Sutton 46              | 2616 |
| (26.37/10.02/28.96/38.93/9.47)  |      |
| M50 Doug Weikert 54             | 2801 |
| (30.87/10.06/37.26/32.50/9.87)  |      |
| Allen Ray 53                    | 2559 |
| (nd/10.55/35.46/36.25/12.53)    |      |
| T W Tesche 53                   | 1820 |
| (17.81/9.51/27.42/34.15/-)      |      |
| Jeff Gerson 53                  | 1158 |
| (11.85/5.91/13.49/22.85/5.34)   |      |
| M55 Micky Britsko 57            | 3787 |
| (45.57/11.72/35.86/28.25/14.00) |      |
| M60 Abe Sheinker 60             | 2104 |
| (28.69/7.69/21.91/14.69/9.53)   |      |
| M65 Ray Feick 68                | 3883 |
| (33.54/10.33/36.17/34.73/13.34) |      |
| W35 Debbie Lancashire, 37       | 3078 |
| (40.40/11.20/30.88/25.11/11.50) |      |
| W40 Gloria Profusek 43          | 1362 |
| (15.61/6.46/15.53/19.92/3.46)   |      |
| W55 Erika Szanto 56             | 2837 |
| (27.92/8.62/21.87/18.68/7.50)   |      |
| W75 Diane Friedman 79           | 1841 |
| (11.15/4.21/9.44/9.42/3.85)     |      |

## SOUTHWEST

### Cat Springs Grunt Weight Meet Cat Springs, TX; Aug. 26

|                              |  |
|------------------------------|--|
| <b>Shot Put</b>              |  |
| M35 David Rothenbury 36-8    |  |
| M50 Vince Breau 34-11.5      |  |
| M55 Tom Gage 48-2.5          |  |
| M60 Harold Crater 40-3.5     |  |
| M65 Milton Brady 30-1.5      |  |
| M70 Jim Gerhardt 39-7        |  |
| M80 Leo Chapman 27-9         |  |
| W40 Cheryl Mellenthin 21-1.5 |  |
| W60 Loretta Watson 26-5      |  |
| W65 Lois Bibles 21-7.5       |  |
| <b>Discus</b>                |  |
| M35 David Rothenbury 150-11  |  |
| M50 Terrell Schaffer 123-2   |  |
| M55 Tom Gage 155-3           |  |
| M60 Howard Zingg 127-6       |  |
| M65 Charlie Richard 105-5    |  |
| M70 Jim Gerhardt 133-2       |  |
| M80 Leo Chapman 68-6         |  |
| W40 Cheryl Mellenthin 63-1   |  |
| W60 Loretta Watson 58-5      |  |
| W65 Lois Bibles 59-6         |  |
| <b>Hammer</b>                |  |
| M35 David Rothenbury 69-4    |  |
| M50 Vince Breau 108-10       |  |
| M55 Harold Landry 85-9       |  |
| M60 Howard Zingg 112-11      |  |

|                            |         |
|----------------------------|---------|
| M65 Milton Brady           | 85-1    |
| M70 Jack Haller            | 74-4    |
| M80 Leo Chapman            | 65-0    |
| W40 Cheryl Mellenthin      | 59-8    |
| W60 Loretta Watson         | 79-11   |
| <b>Javelin</b>             |         |
| M50 Vince Breau            | 128-7   |
| M55 John Conniff           | 114-1   |
| M60 Don North              | 125-8   |
| W40 Cheryl Mellenthin      | 51-0    |
| W60 Loretta Watson         | 58-5    |
| <b>Weight Throw (WAVA)</b> |         |
| M35 David Rothenbury       | 37-7    |
| M50 Vince Breau            | 44-3.5  |
| M55 Tom Gage               | 62-2    |
| M60 Howard Zingg 25#       | 36-5    |
| M65 Milton Brady 25#       | 30-0    |
| M70 Jack Haller            | 30-7    |
| M80 Leo Chapman            | 36-0.5  |
| W40 Cheryl Mellenthin 25#  | 17-5    |
| W60 Loretta Watson         | 36-0.5  |
| <b>56# Weight</b>          |         |
| M35 David Rothenbury       | 18-10.5 |
| M50 Howard Banning         | 16-10.5 |
| M55 Tom Gage               | 29-11.5 |
| M70 Jack Haller            | 10-4    |
| Jack Haller 35#            | 15-3    |
| M80 Leo Chapman            | 12-7.5  |
| Leo Chapman 35#            | 18-3    |
| <b>98# Weight</b>          |         |
| M50 Vince Breau            | 11-8    |
| M55 Tom Gage               | 13-7    |
| M70 Jack Haller            | 5-11    |
| W40 Cheryl Mellenthin      | 3-7     |
| W60 Loretta Watson         | 4-11    |
| <b>200# Weight</b>         |         |
| M50 Vince Breau            | 4-2.5   |
| M55 Tom Gage               | 5-0     |
| M70 Jack Haller            | 1-3     |
| W60 Loretta Watson         | 1-3     |
| <b>300# Weight</b>         |         |
| M50 Vince Breau            | 2-3     |
| M55 Tom Gage               | 2-10    |
| <b>Weight Pentathlon</b>   |         |
| M35 David Rothenbury       | 2090    |
| M50 Vince Breau            | 3233    |
| Terrell Schaffer           | 2738    |
| Herb Stein                 | 2429    |
| Howard Banning             | 1271    |
| M55 Tom Gage               | 3825    |
| Mark Chapman               | 3212    |
| Harold Landry              | 2587    |
| M60 Don North              | 3345    |
| Howard Zingg               | 3141    |
| M65 Milton Brady           | 2872    |
| Charlie Richard            | 2606    |
| Jim Carney                 | 1598    |
| M70 Jack Haller            | 2879    |
| Jim Gerhardt               | 1990    |
| M80 Leo Chapman            | 3098    |
| W40 Cheryl Mellenthin      | 1535    |
| W60 Loretta Watson         | 3042    |
| Marion Carney              | 1070    |
| W65 Lois Bibles            | 1233    |

|                                                    |       |
|----------------------------------------------------|-------|
| <b>Texas Senior Games<br/>Temple, TX; Oct. 7-8</b> |       |
| <b>50M</b>                                         |       |
| M50 Cliff Mc Bride                                 | 6.66  |
| Randy Smith                                        | 6.73  |
| Sterling Moltz                                     | 7.19  |
| M55 John Hartfield                                 | 7.10  |
| Melvin Goode                                       | 7.20  |
| Troy Scroggins                                     | 7.21  |
| M60 Jim Pederson                                   | 7.73  |
| Robert Kocot                                       | 8.24  |
| Lonnie Anderson                                    | 8.78  |
| M65 Joe Summerlin                                  | 7.70  |
| David Burns                                        | 8.39  |
| Randle Jackson                                     | 11.49 |
| M70 William Wareham                                | 8.04  |
| Lee Gadison                                        | 8.35  |
| Charles Mahler                                     | 8.43  |
| M75 Jack Gilbert                                   | 8.56  |
| J D Gresham                                        | 9.23  |
| Robert Woolfolk                                    | 9.80  |
| M80 Chano Rivera                                   | 12.66 |
| George Meffan                                      | 23.95 |
| M90 Henry Johnson                                  | 11.13 |
| Ernest Nero                                        | 13.77 |
| W50 D Vandercruyssen                               | 8.61  |
| Laurie Barton                                      | 8.75  |
| Diann Kaerwer                                      | 9.05  |
| W60 Joan Sutton                                    | 9.65  |
| W65 Luaine Quast                                   | 10.28 |
| Eda Gore                                           | 10.89 |

|                         |         |
|-------------------------|---------|
| W70 Georgia Goggins     | 10.96   |
| Maria Zamarripa         | 16.21   |
| W75 Margaret Hinton     | 10.08   |
| Sara Sievert            | 12.53   |
| Marie Williams          | 13.17   |
| W80 Nita Henderson      | 11.67   |
| Elizabeth Rendleman     | 12.49   |
| Maria Garcia            | 19.46   |
| <b>100M</b>             |         |
| M50 Cliff McBride       | 12.29   |
| Sterling Moltz          | 13.66   |
| Richard Winford         | 13.95   |
| M55 Edward Jones        | 12.95   |
| Robert Sebesta          | 13.39   |
| Tom Fisher              | 13.56   |
| M60 Don Denson          | 12.94   |
| Wayne Bennett           | 13.32   |
| Robert Kocot            | 15.52   |
| M65 Joe Summerlin       | 14.39   |
| James Leggett           | 14.99   |
| David Cady              | 15.07   |
| M70 William Wareham     | 15.59   |
| Lee Gadison             | 16.66   |
| Charles Mahler          | 16.94   |
| M75 Sam Patterson       | 15.57   |
| Jack Gilbert            | 15.65   |
| Charles Keenan          | 18.02   |
| M80 John Alexander      | 16.23   |
| Joe Henderson           | 20.39   |
| John Whitwell           | 22.69   |
| M85 Chano Rivera        | 24.17   |
| George Meffan           | 32.00   |
| M90 Henry Johnson       | 21.99   |
| Ernest Nero             | 22.40   |
| W50 D Vandercruyssen    | 16.21   |
| Laurie Barton           | 16.65   |
| Nancy Malone            | 17.36   |
| Diann Kaerwer           | 17.48   |
| Delores Brown           | 17.59   |
| W55 Sally Curtis        | 15.89   |
| W60 Joan Sutton         | 17.97   |
| Shelly Whitlock         | 18.12   |
| Marion Coffee           | 18.43   |
| W65 Phyllis Provost     | 19.40   |
| Luaine Quast            | 20.37   |
| Eda Gore                | 23.88   |
| W70 Georgia Goggins     | 23.05   |
| W75 Margaret Hinton     | 20.81   |
| Sara Sievert            | 25.68   |
| Marie Williams          | 26.45   |
| W80 Elizabeth Rendleman | 24.33   |
| Nita Henderson          | 24.48   |
| Jennie Hughes           | 28.14   |
| Pearl Holloway          | 28.35   |
| <b>200M</b>             |         |
| M50 Cliff McBride       | 24.87   |
| Kenneth Raggio          | 26.71   |
| James Hensley           | 27.70   |
| Sterling Moltz          | 27.70   |
| M55 Robert Sebesta      | 26.97   |
| Edward Jones            | 27.22   |
| Tom Fisher              | 27.80   |
| M60 Don Denson          | 28.48   |
| Wayne Bennett           | 29.56   |
| Jim Pederson            | 31.34   |
| M65 James Leggett       | 30.00   |
| Joe Summerlin           | 30.60   |
| David Cady              | 32.55   |
| M70 William Wareham     | 33.94   |
| Charles Mahler          | 35.70   |
| M75 Jack Gilbert        | 35.09   |
| Sam Patterson           | 37.57   |
| Charles Keenan          | 37.89   |
| M80 Joe Henderson       | 50.14   |
| M85 Chano Rivera        | 62.44   |
| George Meffan           | 130.93  |
| M90 Ernest Nero         | 70.12   |
| W50 D Vandercruyssen    | 34.72   |
| Nancy Malone            | 38.21   |
| Diann Kaerwer           | 38.84   |
| W55 Sally Curtis        | 33.63   |
| Peggy Stewart           | 35.92   |
| W60 Joan Sutton         | 39.58   |
| Marion Coffee           | 42.90   |
| W65 Phyllis Provost     | 43.54   |
| Luaine Quast            | 48.35   |
| W75 Margaret Hinton     | 54.82   |
| Marie Williams          | 60.52   |
| Lillie Doss             | 61.75   |
| W80 Jennie Hughes       | 70.03   |
| <b>400M</b>             |         |
| M50 Kenneth Raggio      | 1:00.27 |
| Larry Mandarino         | 1:01.81 |
| James Hensley           | 1:03.31 |
| Charles Fisher          | 1:04.17 |
| M55 Tom Fisher          | 1:03.43 |
| Ken Hodges              | 1:07.85 |
| Warren Sutherland       | 1:10.52 |
| M60 Robert Cozens       | 1:06.86 |
| M65 James Leggett       | 1:07.41 |
| Don Henderson           | 1:13.61 |
| M70 Edward Williams     | 1:25.39 |

|                     |          |
|---------------------|----------|
| Charles Mahler      | 1:25.84  |
| M75 Jack Gilbert    | 1:26.88  |
| Sam Patterson       | 1:27.11  |
| Granville Coggs     | 1:33.59  |
| Charles Keenan      | 1:38.28  |
| M80 Joe Henderson   | 2:01.95  |
| Jesse Cummings      | 2:05.16  |
| M85 George Meffan   | 3:00.00  |
| W50 Marcella Paull  | 1:19.91  |
| Nancy Malone        | 1:47.41  |
| W55 Peggy Stewart   | 1:25.94  |
| Ann Erickson        | 1:32.76  |
| Sara White          | 1:53.98  |
| W60 Marion Coffee   | 1:43.65  |
| Mary Kaplan         | 1:54.85  |
| W65 Phyllis Provost | 1:45.46  |
| Lillie Doss         | 2:31.00  |
| Marie Williams      | 2:38.60  |
| W90 Kate Kendrick   | 3:00.00  |
| <b>800M</b>         |          |
| M50 Steve Smith     | 2:25.78  |
| Donald McKenzie     | 2:26.44  |
| Peter Boulette      | 2:32.69  |
| M55 Gerald Roy      | 2:27.52  |
| Ken Hodges          | 2:34.24  |
| Al Harrison         | 2:46.12  |
| M60 Robert Cozens   | 2:45.89  |
| Boyd Garrett        | 2:54.45  |
| Jack Henney         | 2:55.03  |
| Robert Kocot        | 2:55.16  |
| M65 Don Henderson   | 2:52.43  |
| Bill Toy            | 2:57.24  |
| John McInnis        | 3:34.52  |
| M70 Jack Gray       | 3:11.95  |
| Edwards Williams    | 3:18.08  |
| William Wareham     | 3:32.65  |
| M75 Donald Watson   | 4:15.00  |
| W50 Marcella Paull  | 3:01.55  |
| W55 Ann Erickson    | 3:13.80  |
| W60 Mary Kaplan     | 4:03.35  |
| W65 Phyllis Provost | 3:54.15  |
| W75 Marie Williams  | 5:09.86  |
| Lillie Doss         | 5:31.48  |
| W90 Kate Kendrick   | 5:59.99  |
| <b>1500M</b>        |          |
| M50 Steve Smith     | 5:09.81  |
| Peter Boulette      | 5:13.32  |
| Donald McKenzie     | 5:25.42  |
| Thomas Woltz        | 5:26.39  |
| M55 Gerald Roy      | 4:57.96  |
| Ken Hodges          | 5:31.04  |
| M60 Chuck Bailey    | 5:35.76  |
| Jack Henney         | 5:48.58  |
| Bill Toy            | 5:55.93  |
| John McInnis        | 7:07.25  |
| M70 Jack Gray       | 6:31.09  |
| Edward Williams     | 7:00.78  |
| William Barton      | 7:04.64  |
| Del Cobb            | 7:20.02  |
| M75 Donald Watson   | 10:04.11 |
| W55 Ann Erickson    | 6:20.64  |
| W60 Mary Kaplan     | 7:54.53  |
| W65 Phyllis Provost | 7:58.88  |
| W75 Lillie Doss     | 10:47.35 |
| Marie Williams      | 11:32.49 |
| <b>High Jump</b>    |          |
| M50 Terrell Shafer  | 4-10     |
| James Hensley       | 4-10     |
| John Barton         | 4-06     |
| M55 Paul Coons      | 4-04     |
| Ray Kozusko         | 4-04     |
| Anthony Morales     | 3-11     |
| M60 Robert Kocot    | 4-01     |
| M65 C.R. Crabb      | 4-04     |
| Ross Vroman         | 4-02     |
| James Leggett       | 4-02     |
| M70 Val Smith       | 3-11     |
| Edward Williams     | 3-07     |
| William Wareham     | 3-05     |
| Robert Hosea        | 3-05     |
| M75 Adolph Hoffman  | 3-07     |
| Doug Cochran        | 3-01     |
| M80 Paul Coons      | 3-05     |
| Jim Cordell         | 3-05     |
| Jesse Cummings      | 3-01     |
| W50 Laurie Barton   | 3-09     |
| D Vandercruyssen    | 3-09     |
| W55 Linda Douglas   | 4-02     |
| W60 Loretta Watson  | 3-05     |
| Shelly Whitlock     | 3-03     |
| Mary L Bradford     | 3-01     |
| W65 Phyllis Provost | 3-03     |
| W70 Georgia Goggins | 2-09     |
| Lillian Overcast    | 2-09     |
| W75 Ruth Seeger     | 3-01     |
| Margaret Hinton     | 2-11     |
| <b>Long Jump</b>    |          |
| M50 Sterling Moltz  | 14-03.5  |
| Roberto Contreras   | 13-09    |
| William Barton      | 10-08    |
| M55 Ed Jones        | 17-02.5  |
| Ray Kozusko         | 16-01.25 |

|                      |          |
|----------------------|----------|
| Jerry Wright         | 13-00    |
| M60 Don Denson       | 16-05    |
| Robert Kocot         | 11-11.25 |
| Jim Pederson         | 11-02.5  |
| M65 James Leggett    | 12-04.25 |
| William Morris       | 11-06    |
| M70 William Wareham  | 11-04.75 |
| Val Smith            | 10-10.25 |
| Robert Hosea         | 9-04.5   |
| M75 Jack Gilbert     | 13-04.5  |
| Adolph Hoffman       | 11-02.5  |
| Keith Tomkins        | 10-07    |
| M80 Paul Coons       | 9-06.5   |
| M85 Ernest Nero      | 4-05     |
| W50 D Vandercruyssen | 11-08.5  |
| Laurie Barton        | 11-03.25 |
| Pamela Monroe        | 7-04.25  |
| W60 Loretta Watson   | 8-04     |
| W65 Phyllis Provost  | 6-04.25  |
| W70 Georgia Goggins  | 7-03     |
| Lillian Overcast     | 6-08     |
| Maria Zamarripa      | 3-07     |
| Mary Gilbert         | 2-08.5   |
| W75 Margaret Hinton  | 8-11     |
| Ester Gonzales       | 2-04.5   |
| W80 Liz Rendleman    | 5-11.25  |
| Pearl Holloway       | 5-09     |
| Lillian Rudd         | 4-05     |
| W85 Idalia DeLise    | 3-00     |
| <b>Pole Vault</b>    |          |
| M50 Dick Stonebraker | 8-06     |
| David Middour        | 8-06     |
| M55 Paul Coons       | 7-06     |
| Jerry Wright         | 7-00     |
| M60 Frank Tinelli    | 9-03     |
| Mohler Simpson       | 6-06     |
| M65 Jim Julian       | 6-06     |
| William Morris       | 6-00     |
| Charles Berryhill    | 5-06     |
| M70 Edward Williams  | 7-00     |
| M75 Keith Tomkins    | 6-06     |
| Adolph Hoffman       | 6-00     |
| W60 Mary L Bradford  | 4-06     |
| Shelly Whitlock      | 4-00     |
| W75 Margaret Hinton  | 3-00     |
| <b>Shot put</b>      |          |
| M50 Steve Filipski   | 45-04    |
| Jim Mammarella       | 38-3.25  |
| Fred Perry           | 36-8.5   |
| M55 Harry Windham    | 33-6     |
| Charles Good         | 31-5     |
| Ray Lerma            | 25-10.5  |
| M60 John Cantrell    | 40-6     |
| Manuel Longoria      | 38-1.5   |
| Harold Crater        | 36-4     |
| M65 Dean Hesse       | 39-6.5   |
| Jim Carney           | 26-5     |
| Carlton Sage         | 25-11.2  |



Continued from previous page  
 M75 Leonard Stern 37:22.00  
 W55 Carolyn Blakey 34:38.76  
 Patricia Koliba 36:43.94  
 W75 Addie Kephart 45:06.57

**WEST****Phoenix Fall Classic  
Phoenix, AZ; Oct. 21**

|                     |      |
|---------------------|------|
| 50m                 |      |
| M50 Warren Gillette | 6.9  |
| M55 Spike Graham    | 7.0  |
| M60 Louie Gay       | 7.4  |
| M65 Frank Welch     | 7.1  |
| M70 Joe Sarvis      | 7.9  |
| M75 Gil Splaine     | 7.7  |
| M80 Everett Penrod  | 9.9  |
| W50 Jean Ferguson   | 8.4  |
| W55 Valerie Palus   | 10.0 |
| W75 Betty Gaudy     | 11.3 |
| 100m                |      |
| M50 Warren Gillette | 13.2 |
| M55 Bryan Castner   | 13.5 |
| M60 Fred Kjer       | 13.0 |
| M65 Dick Glasgow    | 13.0 |
| M70 Harry Zimmer    | 17.1 |
| M75 Gil Splaine     | 16.7 |
| M85 Everett Penrod  | 20.1 |
| W50 Jean Ferguson   | 16.8 |
| W55 Helen Gutierrez | 20.4 |
| W75 Betty Gaudy     | 22.3 |

|                   |      |
|-------------------|------|
| 200m              |      |
| M55 Bryan Castner | 27.8 |
| M60 Norb Wedepohl | 27.2 |
| M65 Ray Graves    | 27.3 |
| M70 Harry Zimmer  | 40.1 |
| M85 Phil Hall     | 49.3 |
| W50 Jean Ferguson | 35.4 |
| W55 Valerie Palus | 49.0 |

|                  |        |
|------------------|--------|
| 400m             |        |
| M55 Garry Cox    | 1:08.4 |
| M60 Fred Kjer    | 1:03.8 |
| M70 Charles Rice | 1:32.7 |
| M75 Glenn Dody   | 1:28.8 |
| M80 F D Tomkins  | 1:26.5 |
| W50 Karen Davis  | 1:25.2 |
| W75 Janet Zimmer | 2:43.7 |

|                      |        |
|----------------------|--------|
| 800m                 |        |
| M50 Raul Berrelez    | 2:28.3 |
| M55 Robert Giersberg | 2:36.4 |
| M60 Jim Stuckey      | 3:12.1 |
| M65 Chris Nobel      | 2:55.0 |
| M70 Charlie Rice     | 3:51.1 |
| M75 Glenn Dody       | 4:22.5 |
| W50 Karen Davis      | 3:23.5 |

|                      |        |
|----------------------|--------|
| 1500m                |        |
| M50 Raul Berrelez    | 5:02.1 |
| M55 Robert Giersberg | 5:14.1 |
| M65 Chris Nobel      | 5:55.4 |
| M70 Charles Rice     | 8:03.6 |
| M75 Clyne Lunsford   | 7:11.6 |
| W60 Jill Martin      | 6:49.3 |

|                      |      |
|----------------------|------|
| High Jump            |      |
| M50 Melvin Hernandez | 4-10 |
| M55 Spike Jones      | 5-4  |
| M60 Bob Bergfeldt    | 4-6  |
| M65 Warren Wilson    | 3-10 |
| M70 Joe Sarvis       | 3-8  |
| M75 Gil Splaine      | 3-4  |
| M80 Roy Clark        | 3-6  |

|                     |     |
|---------------------|-----|
| Pole Vault          |     |
| M50 Mick James      | 9-6 |
| M55 Larry Jones     | 9   |
| M60 Bob Bergfeldt   | 9   |
| M70 Bud Held        | 9-6 |
| W55 Nadine O'Connor | 8-1 |

|                     |         |
|---------------------|---------|
| Long Jump           |         |
| M55 Larry Jones     | 12-5.50 |
| M60 Louie Gay       | 12-9.75 |
| M70 Joe Sarvis      | 12-1    |
| M75 Gilbert Splaine | 11-1    |
| M85 Everett Penrod  | 8-7.75  |
| W75 Adele McCormick | 4-2     |

|                      |          |
|----------------------|----------|
| Shot Put             |          |
| M50 Melvin Hernandez | 37.4     |
| M55 Duane Thompson   | 36-5.50  |
| M60 Buel Bowlan      | 31-10    |
| M65 Ben McGrady      | 39-5.50  |
| M70 Wes Goodwin      | 37-9     |
| M75 Dale Buysse      | 31-10.50 |
| M80 Roy Clark        | 23.50    |
| M85 Everett Penrod   | 22-2     |
| W55 Mary Morrison    | 13-10    |

|                      |       |
|----------------------|-------|
| Discus               |       |
| M50 Melvin Hernandez | 94-11 |
| M55 Jim Rivard       | 106-7 |

|                      |        |
|----------------------|--------|
| M60 Bob Bergfeldt    | 136-11 |
| M65 Ben McGrady      | 119    |
| M75 Wes Goodwin      | 105-9  |
| M80 Roy Clary        | 61-11  |
| Javelin              |        |
| M50 Melvin Hernandez | 108    |
| M55 Charles Quarelli | 124-6  |
| M65 Ben McGrady      | 134-1  |
| M70 Gil Krueger      | 94-11  |
| M75 George Butchko   | 81-9   |
| M80 Larry Berentzer  | 39-2   |
| W55 Helen Gutierrez  | 43-11  |
| W75 Adele McCormick  | 61-8   |

|                       |         |
|-----------------------|---------|
| 1500m RW              |         |
| M60 Jim Stuckey       | 9:07.9  |
| M70 Richard Weaver    | 9:27.6  |
| M75 Don Gladding      | 9:57.7  |
| M80 Roy Clark         | 12:26.4 |
| M85 Phil Lawrence     | 11:21.0 |
| W55 Elke Davis        | 9:46.0  |
| W60 Beth Conaghan     | 11:17.5 |
| W70 Ella Vaughn       | 11:21.5 |
| W75 Bethel Baker      | 13:11.3 |
| W85 Estelle Frendberg | 12:28.9 |

**Hawaii Masters Decathlon  
Honolulu; Oct. 28-29**

|                |           |
|----------------|-----------|
| Lionel Low     | M50 45:23 |
| Jack Karbens   | M55 41:17 |
| Kevin Kruszona | M40 35:61 |

**Champions Mile Run for  
Children, Kezar Stadium  
San Francisco, CA; Oct. 29**

|                             |             |
|-----------------------------|-------------|
| Overall                     |             |
| Leonard Mucheru KEN         | 3:56.43     |
| Lyudmila Vasilyeva RUS      | 4:31.62     |
| M40+                        |             |
| Johnny Gray                 | M40 4:13.73 |
| Anselm Lebourne             | M40 4:15.48 |
| Graeme Fell                 | M40 4:15.85 |
| Steve Scott                 | M40 4:23.75 |
| Steve Haase                 | M40 4:25.05 |
| Kevin Osterberg             | M40 4:27.71 |
| Jamin Asuim                 | M40 4:31.85 |
| Nolan Shaheed               | M50 4:33.48 |
| Dave Clingan                | M45 4:34.43 |
| Paul Fragua                 | M40 4:35.27 |
| Brian Davis                 | M45 4:37.10 |
| Dave Reed                   | M45 4:38.28 |
| Stephen Lyons               | M60 5:00.95 |
| W40+                        |             |
| Nancy Tinari                | W40 4:56.12 |
| S Peters Robinson           | W40 4:59.61 |
| Rose Monday                 | W40 5:10.91 |
| Maria Trujillo              | W40 5:15.80 |
| Debbie Barraza              | W40 5:38.61 |
| Vicki Bigelow WR            | W65 6:38.12 |
| (6.41.64/Dashwood-CAN/1989) |             |

**LONG DISTANCE RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NATIONAL****USATF National Masters  
Championships/Tulsa Run 15K  
Tulsa, OK; Oct. 28**

|                   |       |
|-------------------|-------|
| Overall           |       |
| Simon Rond 28     | 43:21 |
| Irina Suvorova 29 | 50:22 |
| M40 Sammy Ngatia  | 46:47 |
| John Tuttle       | 46:51 |
| Randy Cudney      | 50:12 |
| Jon Sinclair      | 51:02 |
| Dave Berardi      | 51:08 |
| John Sharp        | 52:12 |
| Mark Morris       | 54:08 |
| Ron Wall          | 54:54 |
| Kar Lenser        | 55:29 |
| Steve Hicks       | 55:51 |
| M45 Charles Gray  | 50:39 |
| Gary Romesser     | 51:09 |
| Hawk Orban        | 52:47 |
| Hohn Stukey       | 53:31 |
| Mike Kelly        | 56:14 |
| Douglas Vaughn    | 57:33 |
| Delton Gantt      | 58:13 |
| Malcolm McCollam  | 59:21 |
| Mike Christenson  | 59:35 |
| Darryl Scroggins  | 59:41 |
| M50 Jim Reynolds  | 56:43 |
| Carl Mohr         | 56:45 |
| Randy Mendat      | 58:26 |
| Bill Dunn         | 58:49 |
| Ian Rodger        | 59:45 |
| Rick Brower       | 59:52 |
| Gary Madison      | 60:37 |
| Robert Benson     | 60:38 |
| Don Lodes         | 61:30 |
| Larry Krutka      | 61:39 |
| M55 Larry Ingram  | 55:42 |
| Anson Clapcott    | 56:04 |
| George Marchetti  | 62:48 |
| Edward Gustavson  | 63:41 |
| Ron Kuykendall    | 63:56 |
| Charles Mabry     | 64:08 |
| Steven Haigh      | 64:24 |
| Ron King          | 64:25 |
| Ray Lattanzia     | 65:46 |
| Peter Bernhardt   | 65:53 |
| M60 Jack Nelson   | 57:20 |
| James McFadden    | 65:41 |
| Doug Braasch      | 68:07 |
| Jim Tabor         | 68:41 |
| Andy Hogan        | 69:36 |
| George Templeton  | 72:50 |
| Paul Dean         | 74:12 |
| Adrian Wolford    | 74:48 |
| Kenneth Kemp      | 75:36 |
| Lowell Thomas     | 76:22 |
| M65 Paul Heitzman | 65:51 |
| Bob Adkins        | 70:30 |
| Winsford Spears   | 77:40 |
| Sidney Hughes     | 82:10 |
| Steve Johnson     | 84:50 |
| Richard O'Neil    | 85:37 |

|                         |         |
|-------------------------|---------|
| Richard Irons           | 85:49   |
| Bill Snyder             | 86:04   |
| M70 Jack Gentry         | 70:57   |
| Calvin Ellis            | 75:56   |
| Richard Mitchell        | 82:26   |
| James McGowan           | 85:18   |
| Rich Thompson           | 86:03   |
| Arthur Roepke           | 95:14   |
| Richard Boggs           | 96:23   |
| M75 Jack Rector         | 89:36   |
| Fisher Lewis            | 92:41   |
| Nocus McIntosh          | 1:43:07 |
| M80 Wish Lemons         | 2:33:17 |
| M85 Dudley Healy        | 2:05:24 |
| W40 Marie Boyd          | 55:11   |
| Mary Sweeney            | 56:47   |
| Janice Addison          | 56:51   |
| Kim Bricker             | 61:19   |
| Debbie Evington         | 62:15   |
| Debra Dunn              | 63:14   |
| Catherine Love          | 63:49   |
| Connie Corniso          | 64:20   |
| Becky Lowrance          | 66:59   |
| Carol Poarch            | 67:30   |
| W45 Tatiana Pozdnyakova | 55:30   |
| Susie Willard           | 63:46   |
| Donna Spencer           | 66:03   |
| Rebecca Gibson          | 68:57   |
| Joanne Jackson          | 69:01   |
| Marilyn Nolan           | 71:50   |
| Barbara Hess            | 72:10   |
| Janet Cromer            | 73:28   |
| Nancy O'Neal            | 73:33   |
| Julie Kelly             | 73:59   |
| W50 Martha O'Rourke     | 67:24   |
| Sandra Hannon           | 69:26   |
| Bogie Bogner            | 70:55   |
| Grace McCoy             | 73:43   |
| Carole Call             | 74:19   |
| Diedre Downham          | 74:24   |
| Claire Eagan            | 75:18   |
| Susan Fuller            | 78:08   |
| Jeannie McDaniel        | 78:26   |
| Jan Vedros              | 80:38   |
| W55 Linda Brown         | 77:32   |
| Donna Eichner           | 79:32   |
| Carolyn Walton          | 81:21   |
| Judy Bomer              | 84:21   |
| Marja Willis            | 88:17   |
| Dona Montgomery         | 89:14   |
| Barbara Parker          | 90:11   |
| Lorraine Whitaker       | 90:30   |
| Delynn Kuhn             | 91:22   |
| W60 Barbara Miller      | 69:21   |
| Mona Keffer             | 79:00   |
| Sharon Sowell           | 85:34   |
| Kathy Moffitt           | 86:06   |
| Jill Moore              | 88:21   |
| Barbara Pogue           | 90:46   |
| Bettina Hambrick        | 93:29   |
| W65 Dru Young           | 86:18   |
| Joan Whitmire           | 98:58   |
| Marilyn Thompson        | 99:02   |
| Mariott Smart           | 1:46:43 |

**W70 Wanda Lemons 2:11:48  
W80 Maryellen Brundie 2:29:28****USATF National Masters 8K  
Cross-Country Championships  
Pasco, WA; Nov. 4**

|                   |       |
|-------------------|-------|
| M40 Arthur Kelly  | 26:53 |
| Jeff Rahn         | 27:24 |
| Kevin Adams       | 27:47 |
| Charles Gallagher | 27:49 |
| Steve Kiesel      | 28:23 |
| Craig McCarthy    | 28:42 |
| Keith Fuller      | 28:58 |
| Darrell Smith     | 28:59 |
| Robinson Howell   | 29:03 |
| Bruce Lamb        | 29:45 |
| Jim Finch         | 29:47 |
| Scott Abrams      | 29:51 |
| Curtis Paxton     | 34:33 |
| M45 Andy Lyle     | 26:58 |
| Michael Pinocci   | 27:02 |
| Bob Murphy        | 28:11 |
| Jeff Clarke       | 28:31 |
| Bruce Frey        | 28:55 |
| Steve Denton      | 29:39 |
| David Hoglund     | 30:50 |
| Dale Fuller       | 31:44 |
| Mike Chessar      | 32:25 |
| Wayne Frank       | 33:53 |
| Frank Purdy       | 34:42 |
| Ron Delberg       | 35:18 |
| M50 Herm Atkins   | 26:35 |
| Alan Beck         | 28:56 |
| Philip Welch      | 29:45 |
| David Fuller      | 29:59 |
| Tom Cotner        | 30:04 |
| Jim McGill        | 31:34 |
| Dana Ward         | 31:49 |
| David Hevel       | 35:16 |
| Wayne Mitton      | 35:24 |
| M55 Jeff Corkill  | 28:20 |
| Robert Pratte     | 30:40 |
| William Leahy     | 31:00 |
| Joseph Nelson     | 31:03 |
| Gale Pfueller     | 31:16 |
| Ken Kniveton      | 31:30 |
| Jim Pearson       | 32:10 |
| Mickey Beary      | 33:22 |
| Thomas Leonard    | 33:49 |
| Rick Tucker       | 35:30 |
| Anthony Mills     | 39:18 |
| M60 Thomas Weddle | 31:03 |
| Dennis O'Hare     | 31:43 |
| Reed Miller       | 34:14 |
| David Pitkethly   | 34:47 |
| Ken Ogden         | 36:08 |
| Larry Wright      | 38:10 |
| Roger Dean        | 40:16 |
| M65 Bill Iffrig   | 33:17 |
| Roger Davis       | 33:50 |
| Bill Harper       | 34:52 |
| Mel Preedy        | 34:52 |
| Jim Hilton        | 34:54 |
| Bob Dumaleneade   | 35:16 |
| William Ferguson  | 35:37 |
| Bob Bell          | 39:21 |
| Field Ryan        | 54:21 |
| M70 Bob Dolphin   | 39:27 |
| M85 Jule Crabtree | 74:34 |
| W40 Kim Bender    | 30:12 |
| Regina Joyce      | 30:51 |
| Laurie Sax        | 33:02 |
| Sherri Horton     | 34:28 |
| Sue Grigsby       | 35:03 |
| Terri Allen       | 39:28 |

|                     |       |
|---------------------|-------|
| W45 none            |       |
| W50 Jeannette Gross | 34:24 |
| Catherine Holmes    | 35:17 |
| Barb Spannaus       | 39:52 |
| Peggy Hilton        | 40:30 |
| W55 Dorie Quam      | 35:49 |
| Connie Graham       | 39:17 |
| Patricia Keppner    | 39:22 |
| W65 Suzy MacLeod    | 53:59 |

|                    |        |
|--------------------|--------|
| Teams              |        |
| M40 Club Northwest | 139:26 |
| Bloomsday Harrier  | 142:36 |
| Fast Forties       | 162:30 |
| M50 Snohomish TC   | 149:14 |
| Fast Master        | 154:18 |
| M60 Snohomish TC-A | 99:14  |
| Athletics Alberta  | 103:58 |
| Snohomish TC-B     | 107:41 |
| W40 Brooks         | 95:31  |
| Three Rivers RR    | 111:52 |
| W50 Snohomish TC   | 111:36 |
| Unsinkables        | 127:40 |

**EAST****Eriesistible Marathon  
Erie, PA; Sept. 10**

|                   |         |
|-------------------|---------|
| Overall           |         |
| Chris Ciamarra 29 | 2:37:44 |
| Annie McCray 39   | 3:28:39 |

|                      |         |
|----------------------|---------|
| M40 Gary Sauer       | 3:03:53 |
| Joseph Patrick       | 3:04:43 |
| Leslie Perry         | 3:09:06 |
| M45 Mario Cancellara | 3:17:23 |
| Bill Tooker          | 3:28:16 |
| M50 Ken Zellars      | 3:27:01 |
| Thomas Hayden        | 3:27:54 |
| M55 James Lombardi   | 3:35:13 |
| David Harrell        | 3:48:42 |
| M60 Fred Bostrom     | 3:46:58 |
| Walter Wilms         | 4:03:46 |
| M70+Harry Kirsch     | 5:13:39 |
| Eugene Barker        | 5:19:32 |
| W40 Robin Smith      | 3:39:10 |
| Annemarie S-Tait     | 3:56:14 |
| W45 Terry Maher      | 3:40:33 |
| Patricia Hoffman     | 3:54:21 |
| W55 Joanna DiGono    | 5:17:49 |

**NYRR Fred Lebow 5K X-C  
Van Cortlandt Park  
Bronx, NY; Sept. 24**

|                        |         |
|------------------------|---------|
| Overall                |         |
| Kidane Gebremichael 36 | 16:03   |
| Ellen Kvinta 30        | 20:08   |
| M30 K Gebremichael 35  | 16:03   |
| Toby Tanser 32         | 16:10   |
| Nick Riviere 35        | 17:21   |
| M40 Jerry Macari       | 17:04   |
| Keith Davies           | 17:32   |
| John Kenney            | 17:32   |
| M45 Jaime Palacios     | 17:34   |
| Jeff Kisseloff         | 20:48   |
| Leo Ciesa              | 21:24   |
| M50 Alston Brown       | 17:52   |
| Robert Santoli         | 20:20   |
| Michael Wilson         | 22:01   |
| M55 Antonio Conejo     | 22:31   |
| Hal Lieberman          | 23:01   |
| Leonidas Hernandez     | 24:43   |
| M60 Rhomas Rooney      | 26:13   |
| Jim Smith              | 27:52   |
| William Staab, Jr      | 28:05   |
| M65 Eric Seiff         | 24:46   |
| Peter Lawton           | 29:22   |
| Robert Kwit            | 30:00   |
| M70 Louis Castelo      | 27:11   |
| Jack Haar              | 27:12   |
| M75 Sab Koide          | 28:41   |
| Wallace Cutler         | 33:14   |
| W30 Rachel Quinones 39 | 21:21   |
| Dora Gutierrez 31      | 23:36   |
| Yukiko Uchida 33       | 24:15   |
| W40 Mary Connor        | 23:59   |
| Lydia Gollner          | 26:20   |
| Kathy Kass             | 29:33   |
| W45 Joan Baldassarri   | 23:05   |
| Joyce Vastola          | 26:33   |
| Barbara Saldick        | 27:16   |
| W50 Elizabeth Pimentel | 32:39   |
| Amy Hass               | 33:19   |
| Meg Smeal              | 33:52   |
| W55 Joan Smith         | 36:17   |
| W60 Pamela Guthrie     | 51:16   |
| W65 Rosa Nales         | 32:42   |
| W80 Adrienne Salmini   | 1:03:55 |

**Syracuse Festival of Races 5K  
Syracuse, NY; Oct. 1  
(separate races for m & w)**

|                    |       |
|--------------------|-------|
| Overall            |       |
| Gabriel Muchiri 22 | 13:50 |
| Lucy Njeri 22      | 16:06 |
| M40-John Tuttle    | 14:31 |
| Paul Pilkington    | 14:49 |
| Chris Anklin       | 15:55 |
| Bob Nugent         | 15:56 |
| Bob Carroll        | 16:10 |
| Gary Moore         | 16:13 |
| Jim Vandermolen    | 16:23 |
| David Cole         | 16:34 |
| M45 Jerry Kooymans | 15:32 |
| Charles McMullen   | 16:03 |
| Mike Archambault   | 16:30 |
| Mark Rybinski      | 16:44 |
| Tim McMullen       | 16:53 |
| Fred Robbins       | 16:57 |



Continued from previous page

|                                      |                              |                                |                                |                              |                              |
|--------------------------------------|------------------------------|--------------------------------|--------------------------------|------------------------------|------------------------------|
| Harry Zullo 5:21                     | Calvin Loomis 68:39          | M65 Alfred Finger 1:31:11      | M55 Dan Badalament 20:01       | Kenneth Raymond 3:19:01      | Elizabeth Hanners 3:47:04    |
| Terry Proffitt 5:29                  | Co Lafond 70:59              | Carlo DeGiorgio 1:45:08        | Warre Steinert 20:32           | Radhakisan Baheti 3:19:56    | Susan Jones 3:55:05          |
| Alan Thomas 6:58                     | Jim Bartoli 71:58            | George Reilly 1:49:24          | Mike Service 20:52             | Arthur Burger Jr 3:20:01     | Maryann Wortley 3:48:29      |
| John Winkert 7:06                    | John Leonard 76:04           | M70 George Marr 2:03:02        | M60 Joe Cordero 21:15          | Glenn Geelhoed 3:21:56       | W50 3:22:27                  |
| M45 Dan Lawson 4:48                  | Klaus Hirtes 77:09           | Louis Castelo 2:03:16          | John Wallace 22:13             | Timothy Coughlin 3:24:04     | Sandra Adams 3:36:20         |
| Paul Ryan 4:54                       | Jimmy Ross 77:24             | Joseph Coco 2:04:25            | Domenick Potenza 23:15         | Reinhard Husen 3:29:59       | Deborah Gebhardt 3:39:12     |
| Dan Eddy 5:12                        | Benito Vazquez 77:29         | M75 Sab Kolde 2:10:14          | M65 Geza Feld 22:46            | Miguel Ponce 3:24:10         | J Kruger-Williams 3:50:20    |
| David Ransom 5:35                    | M65 George Yannakakis 75:49  | William Coyne 2:21:14          | John Toner 25:41               | Keith Ambrose 3:28:37        | Nancy Phelps 3:56:27         |
| Jim Darr 5:37                        | Tom Ray 76:30                | Orlando Gonzalez 3:16:56       | Carlos Morales 26:06           | Brian Davies 3:29:23         | Judy Shannon 3:50:16         |
| Michael Lyons 5:37                   | Henry Hatch 80:54            | M80 Wilfredo Rios 3:04:16      | M70 Guy Froehlig 23:47         | Tucker Maney 3:30:05         | Linda Mills 3:53:58          |
| Peter Horton 6:02                    | John Davenport 82:43         | W30 Kim Griffin 39 1:18:40     | Bert Jablon 25:54              | Horace Ellis 3:32:21         | Dana Ann Scheurer 3:54:09    |
| Ken Krehbiel 6:24                    | An Duong 84:29               | Kathleen Coughlin 32 1:23:51   | Odd Sangesland 28:20           | M60 3:01:41                  | Natalie Vaslavsky 3:59:24    |
| William Johnson 6:25                 | Charles Clark 84:37          | Michelle Bleakley 32 1:25:12   | M75+ John McManus 77 26:33     | Mel Williams 3:05:32         | Anne Miller 4:01:10          |
| Thomas O'Bryan 6:31                  | Kunsik Park 86:07            | W40 J Chodnicki-Stemm 1:22:36  | Sab Koide 77 27:49             | Donald V D Voort 3:35:32     | Joan Tapocik 4:01:47         |
| M50 Jay Jacob Wind 50 5:26           | Nianxiang Xie 79:29          | Anastasia Stekas 1:31:51       | Bill Benson 81 31:27           | Benito Vazquez 3:37:50       | Lynda Mitchell 4:03:39       |
| Henry Sierka 58 5:41                 | Epifanio Agosto 83:21        | T Nevo-Hacohen 1:35:18         | W35 Doreen Isenberg 19:52      | Donald Bell 3:44:24          | Mary Ramba 4:07:00           |
| William Freed 51 5:54                | Donald McCarten 85:30        | W45 Winnie Ng 1:26:38          | Michele Labiento 20:36         | Bill Zehner 3:35:49          | Jeanine Matte 4:15:43        |
| Scott Smith 53 7:17                  | Gresh Downs 87:01            | W50 Deborah Barchat 1:39:33    | W40 Eileen Barnes Corley 19:46 | Edward Myers 3:40:39         | Paula Vanantwerp 4:23:53     |
| Bob Ryan 53 8:29                     | Marcel Bitoun 98:12          | Marie Wickham 1:28:15          | Elizabeth Ratner 19:54         | Albert Miclette 3:47:18      | W55 4:04:56                  |
| M70 Bill Osburn 77 7:28              | M75 Walter Novak 2:08:31     | Teiko Schultz 1:37:47          | Dolores Doman 20:00            | Lou Fisher Sr 3:52:02        | Danielle Larcher 4:10:44     |
| Ray Blue 76 7:30                     | M80 Fay Steele 84 2:25:48    | Irene Jackson 1:44:07          | Millie Van Tuyl 20:55          | Stephen Forman 3:57:05       | Kay Dougherty 4:10:19        |
| W40 Becky Chan 6:13                  | W40 Patricia Clifford 65:17  | Kathleen Horton 1:45:07        | W45 Kathy Martin 18:39         | Michael Mullo 3:50:35        | Susan Haberman 4:10:03       |
| Lesla Edwards 9:32                   | Suzanne Romness 69:26        | W55 Ann Makoske 1:40:59        | Linda Ottaviano 21:32          | Stanton Neumann 3:53:20      | Cynthia Portella 4:13:20     |
| W45 Cathy Renkiewicz 6:09            | Susan Baehre 71:14           | Marilyn Greeley 1:48:19        | MaryEllen Stajk 23:11          | Gil Gilmore 4:02:29          | Rose Walters 4:19:11         |
| W50 Elizabeth Sadoff 51 7:05         | Christine Newsham 71:59      | Ruth Fairbrother 1:53:37       | W50 Jacquie Gow 23:31          | Charles Kimball, Jr. 3:56:22 | Susan Koehler 4:38:18        |
| Beverly Crawford 528:47              | Linda Sheimo 82:29           | W60 Carol Tyler 1:54:41        | Liane Guenther 24:07           | Kenneth Zike 4:05:53         | Carole Lelli 4:28:59         |
| W60 Tami Graf 64 7:06                | Kathi Canese 72:49           | Edith Jones 2:00:18            | Melinda Ehrlich 24:48          | M65 3:08:24                  | Elaine Tober 4:32:04         |
| Rep. Mike Synar Memorial Run         | Barbara Douglas 73:42        | Nike Mizelle 2:09:02           | W55 Joan Ackerman 30:04        | Benjamin Webster 3:11:17     | Rosemary Nelson 4:23:54      |
| Men                                  | Debra Martucci 73:53         | W65 Lisa Praskins 1:54:50      | Karen Potenza 30:21            | Paul Hewitson 3:26:16        | Jane Metzler 4:25:37         |
| 1. Edward Grant 43 5:15.3            | Patricia Jones 74:59         | Thelma Wilson 2:00:46          | MaryAnn Reilly 37:40           | Shane Asbury 3:42:55         | Susan Sideman 4:28:32        |
| 2. Lawrence Williams 40 6:00.8       | Teresa Buescher 75:06        | Naomi Vogel 2:10:44            | W60 Pat Cataldo 25:52          | Thed Parisienyk 3:40:27      | Elizabeth Imhof 4:30:08      |
| 3. Peter Blank 45 6:09.7             | Nicole Brown 76:31           | W70 Bertha McGruder 2:50:30    | MaryAnn Reilly 37:40           | Trent Heminger 3:58:22       | Percy Madson 4:33:44         |
| 4. Marcio Duffles 39 6:20.3          | Mary Reardon 76:38           | NYRRC Kurt Steiner 5K X-C      | Isabelle MacLeod 33:06         | Jean-Francois Bulycz 3:47:05 | Mimi Oliveira 3:58:02        |
| 5. Michael Kende 36 6:30.2           | Betty Blank 68:12            | Van Cortlandt Park             | Masters Walkers                | Quang Nguyen 3:47:46         | Jean Calvert 4:11:14         |
| Women                                | Joyce Adams 70:04            | Bronx, NY; Oct. 15             | 1 Seth Kaminsky 60 28:55       | Dick Green 3:56:41           | Brenda Murray 4:27:19        |
| 1. Jennifer Clinton 28 7:53.6        | Karen Erb 71:33              | Overall                        | 2 Robert Hyllon 69 35:36       | Dan Shuff 4:04:24            | Martha Ryan 4:36:13          |
| 2. Elz. Nightingale 34 7:54.1        | Patricia Donohue 73:19       | Aloui Fouzi 28 15:47           | 1 Denise Murtz 42 30:23        | Henry Hatch 3:58:27          | Terttu Barsch 4:42:25        |
| 3. Suz. Hutchings 38 8:34.6          | Kay Denzer 75:03             | Barbara Gubbins 40 19:11       | 2 Linda Goldstein 50 33:33     | Ralph Rogers 4:15:37         | Kathy Price 4:54:22          |
| 4. Corolee Sparks 27 8:59.8          | Kathleen Powell 76:27        | M30 Andrew Cleary 31 16:49     | Marine Corps Marathon          | Armand Zambardi 4:00:43      | M-M Tomaszewski 4:52:38      |
| 5. Kathleen N. Wynn 51 9:04.4        | Laura Roman 77:57            | Max Crispi 33 17:43            | Washington, D.C.; Oct. 22      | Jonathan Price 4:08:18       | Deanna Flesner 5:03:29       |
| Embassy Teams                        | Carol Roetzler 79:40         | Jorge Hernandez 39 17:46       | Overall                        | Chris Catoe 4:08:27          | Sally Rusby 4:53:47          |
| 1. Andrey Kuznetsov 42 4:28.5 RUS    | Ellen Wiggins 80:40          | William Abrams 17:48           | Richard Cochrane 27 2:25:50    | M70 4:05:29                  | Eleanor Canty 5:00:54        |
| 2. Gregory Botter 23 4:30.7 FRA A    | MC Yatsko 81:41              | James McFarlane 18:43          | Elizabeth Ruel 33 2:47:52      | Bob Dolphin 4:16:45          | Nicholas Grosz 4:59:23       |
| 3. Sergey Khropach 35 4:37.9 RUS     | Robin Linn 82:29             | Matthew Farrand 19:02          | M40 2:31:53                    | Marcel Bourgeault 4:34:48    | Mary Demattia 5:02:16        |
| 4. Igor Osmak 35 4:43.5 RUS          | Sandra Adams 69:16           | Leo Munillo 21:25              | Steve Payne 2:38:28            | Joe Lederle 4:49:35          | Jacqueline Chauviaux 5:20:33 |
| 5. Eric Bouffert 35 5:10.4 FRA A     | Huda Melky 75:35             | Philip Vasquez 22:15           | Ginge Gough 2:40:47            | Donald McCarten 4:55:56      | Jo Ann Allen 5:35:36         |
| 13. P. Gooderham 45 5:48.2 NZL       | Linda Mills 79:28            | Keigh Benkov 22:45             | Francisco Lugo 2:45:01         | Walter Marable 5:10:17       | Katherine Rigler 5:34:47     |
| 16. Nick Westcott 44 5:54.1 GBR      | Barbara Isom 80:41           | Alston Brown 17:59             | Mark Olson 2:45:01             | Marcel Bitoun 5:16:41        | W65 4:42:06                  |
| 25. Geza Jeszenszky 58 7:12.2 HUN    | Paula Vanantwerp 82:03       | William Hart 23:38             | Thomas Lobsinger 2:45:09       | John Legge 5:21:30           | Bethany Lucas 4:41:14        |
| 28. Philippe Lacoste 42 7:26.9 FRA B | Olivia Carolin 84:14         | Philip Barnett 24:11           | Joseph McGuire 2:45:45         | Charles Stalzer Sr 5:37:59   | Sandra Smallwood 5:01:16     |
| 33. Imre Altusz 47 7:46.5 HUN        | Frona Hall 86:18             | M50 24:24                      | Kenneth Punter 2:54:18         | Edward Gawinski 5:45:21      | Whitney Harrelson 4:57:48    |
| 34. Josefino Solidum 46 8:12.8 PHL   | Kathy Bond 86:55             | James Fiedler 25:29            | Peter A Marzan 2:54:47         | Fred Simmons 5:49:17         | Elizabeth Barry 5:14:55      |
| 45. Benny Palomo 53 11:18.8 PHL      | Yong Gick 87:15              | Daniel Flynn 25:47             | Luis Diaz 2:55:33              | James Robinson 5:54:29       | Kathleen Robergeau 5:15:31   |
| 47. Jaime Bolam 48 12:11.5 PHL       | W55 Amelia Wallace 77:53     | Frank Reehill 24:40            | Pierre Garant 2:56:53          | M75+ 5:19:37                 | Karen Myaing 5:16:25         |
| Army 10 Miler                        | Linda Tice 79:51             | Paul Shanahan 25:18            | Bruce Roebal 2:56:57           | Carlton Mendell 79 5:23:15   | Silvia Winitzky 5:10:04      |
| Washington, D.C.; Oct. 15            | Priscila Prunella 85:35      | M60 David Kyner 23:46          | Friedrich Schroeder 2:56:57    | Harry Kirsch 76 5:53:29      | Robin Zimmerly 5:30:14       |
| Overall                              | Helen Perron 88:28           | Paul Shanahan 25:18            | Fernando Caetano 2:57:25       | Ray Marshall 75 6:00:11      | Rachel Stollmeyer 5:22:41    |
| Sammy Ngatia 41 48:50                | Jeanette Thompson 89:16      | M65 Eric Seiff 25:01           | Paul Marzan 2:57:34            | Phil Mongillo 75 6:09:40     | Sadie Greenman 5:24:51       |
| Naoko Ishibe 31 56:40                | Lucia Davidson 92:32         | Anthony Viera 26:52            | M45 2:44:07                    | Wilfred Headspeth 77 6:15:26 | Tracy Macintyre 5:33:44      |
| M40 Sammy Ngatia 48:50               | Jean Kennedy 93:25           | Eugene Guthrie 37:33           | Steve Bremner 2:44:36          | Ed Burnham 81 6:48:53        | Carole Gardner 5:41:16       |
| Kirk Baird 53:55                     | W60 Ingrid Foland 82:53      | M75 Wallace Cutler 35:29       | Chuck Moeser 2:44:36           | W40 3:10:04                  | Mary Ehrlich 5:51:24         |
| Lanny Doan 54:40                     | Tequila Bryant 89:02         | W30 Alexa Babakhanian 34 19:18 | Sammie Simmons 3:02:03         | Leslie Rideout 3:14:01       | Lorraine Cephus 6:22:14      |
| Anthony Basile 55:08                 | Cindy Clark 89:47            | Ellen Kvinta 30 20:07          | Gregory Price 2:59:45          | Chantale Mercier 3:15:47     | W75+ 7:24:31                 |
| James Money 56:23                    | Jean Connors 99:46           | Sheila Caey 31 22:19           | Wayne Lundy 2:57:04            | Deborah Barnett 3:16:17      | Margaret Hagerty 6:40:16     |
| Mark Malander 56:21                  | Elsa Hobart 1:43:04          | W40 Barbara Gubbins 19:11      | Gildas Tregouet 3:07:50        | Robert Baynes 3:17:15        | Boston Mayor's Cup X-C       |
| Steven Anderson 57:01                | Kathy Price 1:44:21          | Lydia Gollner 25:20            | Develand Campbell 2:59:46      | Susan Presler 3:19:49        | Men's 8K, Women's 5K         |
| Terence McLaughlin 57:03             | W65 Betty Dameron 1:38:12    | Jennifer James 26:45           | Steven Murray 3:01:04          | Charlotte Calobrisi 3:47:53  | Franklin Park                |
| Luis Diaz 57:12                      | Hiroko Hunt 1:54:53          | Nella Carravetta 27:03         | Dave Talburt 3:01:46           | Susan Rodis-Jones 3:30:45    | Boston, MA; Oct. 22          |
| Stephen Jackson 57:34                | W70 Doralie Segal 1:45:14    | Donnamarie Barnes 31:11        | Rich Rima 3:04:44              | Julie Comfort 3:31:49        | Overall                      |
| William Newcombe 58:07               | Charlotte Yakovlev 2:02:22   | W50 Laurie Harris 30:44        | Ed Cox 76 6:29:16              | Linda Russo 3:32:52          | Francis Kirwa 20 23:26       |
| Colin Hilliman 58:23                 | Mary Specking 2:04:10        | Ellen Flynn 34:53              | Ed Burnham 81 6:48:53          | Sharon Meyer 3:32:46         | Sarah Dupre 16:55            |
| Mike Precopio 58:47                  | W75 Edith Farias 1:55:18     | Francesca Daza 35:15           | W40 3:10:04                    | Barbara Ende 3:43:55         | M40 Tom Dalton 24:53         |
| M45 Bob Dalton 56:39                 | W80 Rusita Wyatt 1:46:58     | W60 Joan Bondell 29:55         | Leslie Rideout 3:10:04         | Laura Wilson 3:50:18         | Michael Bruhn 26:25          |
| Lloyd McDonald 56:50                 | NYRRC Staten Island Half-    | W65 Rosa Nales 32:36           | Chantale Mercier 3:14:01       | Nancy Wallace 3:36:07        | Jerry Macari 26:31           |
| Michael McHale 58:24                 | Marathon                     | W70 Toshiko D'Elia 28:19       | Deborah Petree 3:15:47         | Martha Degrazia 3:18:18      | Ken Leinbach 26:42           |
| Rafael Rivas 58:27                   | Staten Island, NY; Oct. 15   | Oyster Bay Town                | Deborah Barnett 3:16:17        | Dawn Ciccone 3:18:43         | Kevin Williams 26:47         |
| Lionel Scatliffe 60:07               | Overall                      | Supervisor's 5K                | Robert Baynes 3:17:15          | Maggie Dimon 3:34:46         | M50 Colin McArdle 29:16      |
| Jackie Johnson 60:44                 | Toby Tanser 32 1:08:18       | Oyster Bay, NY; Oct. 16        | Susan Presler 3:19:49          | Cathy Oehrlein 3:35:41       | Ken Briell 29:20             |
| Robert Moseley 62:09                 | Kim Griffin 39 1:18:40       | Overall                        | Renee Pickard 3:24:42          | Terry Maher 3:37:56          | Brad Kron 30:18              |
| Eric Enger 62:28                     | M30 Toby Tanser 32 1:08:18   | Don DiDonato 42 16:16          | Charlotte Calobrisi 3:47:53    | Guy Cashman 3:58:10          | Joe McCarthy 30:38           |
| Anthony Decrappeo 62:46              | Trevor Murray 35 1:09:26     | Ellen Brach 34 18:37           | Susan Rodis-Jones 3:30:45      | Susan Nebel 3:41:17          | Jim Walsh 31:52              |
| Jeff Hinte 62:49                     | Mark Lindrud 32 1:09:43      | M35 Andrew Heiz 17:21          | Julie Comfort 3:31:49          | Jean Lauzon 3:45:32          | M60+ Harold Hatch 35:39      |
| M50 Bruce Langenkamp 59:21           | W40 Walter Dupont 1:13:15    | Thom Taylor 18:39              | Linda Russo 3:32:52            | S. Elizabeth Weaver 3:44:38  | Robert Clarke 36:42          |
| Mick Slonaker 59:57                  | Jaime Cultiva 1:14:51        | David Stein 18:41              | Sharon Meyer 3:32:46           | Merrilee Seidman 3:44:12     | James Nesto 38:12            |
| Bill Taylor 60:18                    | Peter Allen 1:15:00          | M40 D DiDonato 16:16           | Barbara Ende 3:43:55           |                              |                              |
| Jay Jacob Wind 61:11                 | M45 Steve Calidonna 1:14:26  | Bob Anastasio 17:05            | Laura Wilson 3:50:18           |                              |                              |
| Peter Rodenbaugh 62:40               | Jack McShane 1:17:59         | Don Murphy 17:17               | Nancy Wallace 3:36:07          |                              |                              |
| Michael Hurley 62:44                 | John Wolk 1:21:28            | Don Speranza 18:05             | Martha Degrazia 3:18:18        |                              |                              |
| Fox McCuen 63:51                     | M50 Thomas Hall 1:15:54      | M45 John DelMaestro 17:25      | Dawn Ciccone 3:18:43           |                              |                              |
| John Dix 66:23                       | Julio Aguirre 1:23:28        | Peter Pohl 17:41               | Maggie Dimon 3:34:46           |                              |                              |
| Albert Munoz 67:31                   | Robert Briglio 1:24:25       | Brian Manghan 18:18            | Cathy Oehrlein 3:35:41         |                              |                              |
| M55 Patick Griffith 61:58            | M55 Samuel Skinner 1:24:49   | M50 Davi d Schneider 19:20     | Terry Maher 3:37:56            |                              |                              |
| James Lombardi 64:46                 | John Samsel 1:30:05          | Phil Roth 19:31                | Guy Cashman 3:58:10            |                              |                              |
| Jimmie Spencer 65:49                 | Jack Brennan 1:31:44         | Jon Folber 19:37               | Susan Nebel 3:41:17            |                              |                              |
| Jerry Warfield 67:26                 | M60 Edouard Fedossov 1:32:12 |                                | Jean Lauzon 3:45:32            |                              |                              |
| Jose Yanez 68:17                     | Jose Mendez 1:34:34          |                                | S. Elizabeth Weaver 3:44:38    |                              |                              |
| John Churchman 67:42                 | Mariusz Solarski 1:38:52     |                                | Merrilee Seidman 3:44:12       |                              |                              |
| Radhakisan Baheti 68:27              |                              |                                |                                |                              |                              |
| Michael Golash 68:59                 |                              |                                |                                |                              |                              |
| M60 Cal Fowler 67:58                 |                              |                                |                                |                              |                              |

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|                       |       |
|-----------------------|-------|
| Fred Wellman          | 39:00 |
| Tom Wright            | 39:34 |
| W40 Barbara Gubbins   | 18:46 |
| Judy Copley           | 19:06 |
| Sue Maslowski         | 19:43 |
| Karen Boen            | 19:52 |
| Carol Kennedy         | 20:44 |
| W50 Elizabeth Riordan | 22:40 |
| Regina Wright         | 24:20 |
| Ann Igoe              | 24:29 |
| Mardi Reed            | 24:50 |
| Andrea Hatch          | 25:41 |
| W60+ Carolyn Cappetta | 23:57 |
| Mary Harada           | 26:41 |

## Run for Their Lives 8K

## Cross-Country

## Bethpage St. Park

## L.I., NY; Oct. 29

## Overall

|                      |       |
|----------------------|-------|
| Ken Graham 27        | 27:04 |
| Angela Orefice 26    | 29:50 |
| M35 Martin Knapp     | 28:43 |
| M40 Don DiDonato     | 27:22 |
| Alex Cuozzo          | 29:14 |
| Matt Farrand         | 31:04 |
| Scott McArdle        | 31:10 |
| M45 Pete McNeill     | 29:00 |
| Brian Manghan        | 30:47 |
| John Lowenthal       | 32:28 |
| M50 Alan Oman        | 29:33 |
| John Langdon         | 34:04 |
| Bob Festa            | 36:46 |
| M55 Dan Ingegno      | 34:06 |
| Mike Service         | 34:24 |
| Bob Pike             | 35:41 |
| M60 Ronald Helin     | 41:54 |
| Carl Grossbard       | 43:33 |
| Jerome Gordon        | 56:44 |
| M65 Alan Druckman    | 47:34 |
| Ira Brotman          | 47:45 |
| M70 Bert Jablon      | 45:00 |
| Odd Sangesland       | 48:13 |
| W35 Eileen Aaron     | 36:06 |
| W40 Barbara Gubbins  | 30:55 |
| Dolores Doman        | 35:18 |
| Mary Connelly        | 37:52 |
| W45 Kathy Martin     | 30:45 |
| Jane McGraw          | 41:38 |
| Diane Manghan        | 41:56 |
| W50 Melinda Ehrlich  | 43:17 |
| Ellie Gavin          | 44:51 |
| Evelyn Arenella      | 45:34 |
| W55 Wendy Burns      | 45:49 |
| Joan Ackerman        | 56:24 |
| W60 Vera Lightfoot   | 77:40 |
| W65 Alexandra Finger | 56:23 |

## White Mountain Milers Half-

## Marathon

## North Conway, NH; Oct. 29

## Overall

|                           |         |
|---------------------------|---------|
| Todd Hanson 42            | 1:17:13 |
| Laurel Valley 38          | 1:27:54 |
| M40 Todd Hanson           | 1:17:13 |
| Brad Lebo                 | 1:17:13 |
| Dave Birse                | 1:19:37 |
| M45 Jerry Mullin          | 1:28:15 |
| Bob Hunt                  | 1:28:55 |
| Marc Ohlson               | 1:30:15 |
| M50 Bob Sholl             | 1:18:21 |
| Bill Reilly               | 1:25:03 |
| Kenneth Pelletier         | 1:26:37 |
| M55 David Pember          | 1:29:47 |
| Joel Croteau              | 1:30:08 |
| Billy Catalucci           | 1:32:22 |
| M60 Fred Zuleger          | 1:40:35 |
| Charlie McDonald          | 1:44:25 |
| John Howe 65              | 1:52:42 |
| M70 Joe Fernandez         | 1:36:01 |
| Carton Mendell 79         | 2:07:35 |
| W40 Paula Wilkinson       | 1:32:01 |
| Susan Kenney              | 1:32:48 |
| Jean Schwab               | 1:37:23 |
| W45 Linda Waitkun         | 1:37:49 |
| Carol Manley              | 1:38:38 |
| Marie Sperl               | 1:46:22 |
| W50 Joan Lavin            | 1:43:23 |
| Kitty Kelley              | 1:45:25 |
| Rosalyn Randall           | 1:48:30 |
| W55 Sally Swenson         | 1:55:58 |
| Pat McEachron             | 2:09:54 |
| W60 Kathleen Nitschelm 60 | 1:56:23 |
| Mary McCauley 68          | 2:04:02 |

## Compassbank Cape Cod

## Marathon

## Falmouth, MA; Oct. 29

## Overall

|                |         |
|----------------|---------|
| Danny Gough    | 2:24:29 |
| Molly Taber    | 2:54:26 |
| M40 Craig Fram | 2:27:55 |
| Larry Sayers   | 2:28:55 |
| Paul Hammond   | 2:32:01 |

|                    |         |
|--------------------|---------|
| Gregg Cornell      | 2:32:37 |
| Robert O'Hara      | 2:38:36 |
| M50 Jerry Learned  | 2:53:56 |
| Mark Wigler        | 3:01:54 |
| Arthur Roberts     | 3:04:50 |
| Paul Warren        | 3:08:59 |
| M60 William Riley  | 3:10:44 |
| Leon Chiappini     | 3:16:48 |
| Jim Tierney        | 3:44:27 |
| Paul Schell        | 3:49:22 |
| M70 Bob Dolphin    | 3:58:05 |
| Julian Siegel      | 5:22:13 |
| W40 Marge Bellisle | 3:04:52 |
| Sue Lachance       | 3:07:52 |
| Nancy Corsaro      | 3:11:24 |
| Lesley Keene       | 3:17:04 |
| Theresa McDonnell  | 3:20:05 |
| W50 Mary Ryczek    | 3:29:17 |
| Patty Foltz        | 3:32:36 |
| Ann Lake           | 3:54:28 |
| Katherine Ambrosio | 3:58:14 |

## Not Quite the NYC Marathon 5K

## Central Park, NYC; Oct. 29

## Overall

|                       |         |
|-----------------------|---------|
| Aloui Fouzi 28        | 15:07   |
| Gillian Horowitz 45   | 18:20   |
| M40 Jerry Macari      | 16:11   |
| Shawn Gallagher       | 16:40   |
| Jaime Cuitiva         | 16:42   |
| M45 Vincent Shaw      | 18:06   |
| John Pontes           | 18:10   |
| Gary Greene           | 18:10   |
| M50 Hari Rohl         | 18:34   |
| John Walsh            | 18:53   |
| Victor Diaz           | 18:56   |
| M55 Jack Brennan      | 19:40   |
| Hal Lieberman         | 21:37   |
| Patrick Scannell      | 21:43   |
| M60 Sidney Howard     | 20:11   |
| James Fillis          | 20:36   |
| Francis Byrne         | 20:43   |
| M65 Eric Seiff        | 23:47   |
| Carlo DeGiorgio       | 23:47   |
| David Kenney          | 23:53   |
| M70 Kenneth Jones     | 22:05   |
| David Jenkins         | 28:06   |
| Dave Roberts USA      | 28:09   |
| Leo Schonhaut         | 24:59   |
| M75 John McManus      | 28:24   |
| Sab Koide             | 28:24   |
| Wallace Cutler        | 30:58   |
| M80 Wilfredo Rios     | 36:25   |
| Vincent Camevale      | 49:42   |
| Cyril Harris          | 55:27   |
| M90 Abraham Weintraub | 43:18   |
| W40 Stacy Creamer     | 19:08   |
| T Nevo-Hocohen        | 20:11   |
| S Chubb-Sauvayre      | 20:35   |
| W45 Gillian Horowitz  | 18:20   |
| Chihiro Yamauchi      | 21:27   |
| Ann Hyman             | 21:41   |
| W50 Mary Rosado       | 22:34   |
| Sylvie Kinche         | 23:15   |
| Terry Guadi           | 23:34   |
| W55 M.L. Michelsohn   | 22:13   |
| Sue Lambert           | 25:01   |
| Marsha Henkin         | 25:21   |
| W60 Evelyn Davis      | 24:48   |
| John Bondell          | 25:36   |
| Margaret Carinci      | 25:47   |
| W65 Thelma Wilson     | 27:27   |
| Naomi Vogel           | 27:40   |
| Rosa Nales            | 28:23   |
| W70 Toshiko D'Elia    | 27:39   |
| Muriel Merl           | 28:38   |
| Bertha McGruder       | 33:32   |
| W75 Jozi Neufinger    | 43:32   |
| Marcella Tobias       | 58:17   |
| W80 Althea Jureidini  | 49:57   |
| Adrienne Salmini      | 1:05:30 |

## New York City Marathon

## New York, NY; Nov. 5

## Overall

|                          |         |
|--------------------------|---------|
| Abdelkader ElMouazziz 31 | 2:10:09 |
| Ludmila Petrova 32       | 2:25:45 |
| M40 Sam Ngatia KEN       | 2:22:58 |
| Chris Verbeek BEL        | 2:23:14 |
| Paul Pilkington USA      | 2:23:33 |
| Dick Hooper IRL          | 2:27:53 |
| Carmelo DeLaFuenta ESP   | 2:29:13 |
| Philippe Chatelard FRA   | 2:30:53 |
| Thierry Guichard FRA     | 2:32:47 |
| Wilhelm Wagner AUT       | 2:32:56 |
| Gaetano Di Marzo ITA     | 2:35:02 |
| Alan S Ruben GBR         | 2:35:08 |
| Biagio Olivieri ITA      | 2:36:14 |
| Alain Comte FRA          | 2:36:29 |

|                             |         |
|-----------------------------|---------|
| Jon Uriew ESP               | 2:37:01 |
| Peter Allen USA             | 2:38:00 |
| Andrew P Horsey GBR         | 2:39:24 |
| Jose Desouza FRA            | 2:39:33 |
| Thomas Jeggle GER           | 2:40:54 |
| Maurizio Vagnoli ITA        | 2:41:22 |
| Peter Rolink NED            | 2:41:33 |
| Luiz Claudio Correa BRA     | 2:41:38 |
| Shawn Gallagher USA         | 2:42:59 |
| Stuart Calderwood USA       | 2:43:35 |
| Tommy Backstrom SWE         | 2:44:08 |
| Berni Kirmann GER           | 2:44:24 |
| Kjetil Kveli NOR            | 2:44:44 |
| M45 Jose Abrantes POR       | 2:28:03 |
| Andre Richard BEL           | 2:35:45 |
| Mario A Rivas USA           | 2:40:23 |
| Jean Paul Hebrard FRA       | 2:41:05 |
| Jaime Palacios USA          | 2:42:35 |
| Steve Calidonna USA         | 2:44:14 |
| Christian Bricault FRA      | 2:46:00 |
| Larry Hyde USA              | 2:48:23 |
| Robert H Wilson GBR         | 2:49:11 |
| Claudio Mazzola ITA         | 2:50:22 |
| Jack P McShane USA          | 2:52:11 |
| Kurt Jenny SUI              | 2:52:20 |
| Edouard Pace FRA            | 2:52:34 |
| Andrea Pession ITA          | 2:53:42 |
| Mohsen Mechichi TUN         | 2:54:10 |
| John W Wowk USA             | 2:54:39 |
| Maurice Ferchichi FRA       | 2:55:02 |
| Mario Coter ITA             | 2:55:18 |
| Dan Dougherty USA           | 2:55:36 |
| Roberto Delgado ESP         | 2:55:50 |
| Jean Luc Amstutz SUI        | 2:55:56 |
| Theodoros Kwakman NED       | 2:55:57 |
| Gerd Tettlenborn GER        | 2:56:05 |
| Per Hellstrom SWE           | 2:56:09 |
| Paul Greenhow GBR           | 2:57:21 |
| M50 Alan Oman USA           | 2:44:50 |
| Anders Risling SWE          | 2:47:05 |
| Klaus Urbachal GER          | 2:47:12 |
| Dave Roberts USA            | 2:47:46 |
| Arthur Johns GBR            | 2:47:54 |
| Nestor Bohorquez COL        | 2:48:46 |
| Thomas G Hall USA           | 2:48:47 |
| Lech Skotzka GER            | 2:48:58 |
| Romain Uitendbroeks BEL     | 2:49:02 |
| Ronald K Erhardt USA        | 2:49:59 |
| Bernard Guelfi FRA          | 2:51:46 |
| Jabby W Young USA           | 2:52:28 |
| Michel Orchilles FRA        | 2:52:51 |
| Thomas E Powers USA         | 2:56:42 |
| Brown Yoo USA               | 2:57:30 |
| Aurelio Mori ITA            | 2:58:01 |
| Rudolf Schmid GER           | 2:58:06 |
| Alston L Brown USA          | 2:58:38 |
| Giampietro Canale ITA       | 2:59:07 |
| Vladimir Bilik SLV          | 2:59:24 |
| August Volken SUI           | 2:59:31 |
| Michael Piske GER           | 2:59:51 |
| George Shuffelbottom GBR    | 3:00:16 |
| Didier Drouin FRA           | 3:00:21 |
| Norberto Gianati ITA        | 3:00:34 |
| M55 Luis-Antonio Flores ECU | 3:07:07 |
| Daniele Ruffilli ITA        | 3:07:48 |
| Andres Sanguino VEN         | 3:08:02 |
| Franz Faltemeyer GER        | 3:08:20 |
| Michael P Hudick USA        | 3:08:52 |
| Kenneth Hill GBR            | 3:08:55 |
| Peter Mozzi SUI             | 3:10:34 |
| Arthur W Weisberg USA       | 3:11:59 |
| Brendan Cradden GBR         | 3:13:51 |
| Terence L Parton GBR        | 3:15:01 |
| John Samsel USA             | 3:15:20 |
| Gianfelice Antonelli ITA    | 3:16:26 |
| John DeVries CAN            | 3:16:34 |
| James P Hudick USA          | 3:16:49 |
| Fernando Soeiro BRA         | 3:16:59 |
| Bernard Marton FRA          | 3:17:11 |
| Giuseppe Angileri ITA       | 3:18:29 |
| Osmar Lima BRA              | 3:18:50 |
| David Faherty USA           | 3:19:51 |
| Antonino Giacobbe ITA       | 3:20:29 |
| Ewald Wallner GER           | 3:21:58 |
| Pierre Diebold FRA          | 3:22:33 |
| Raul Galvez MEX             | 3:24:12 |
| Adriano Franzl ITA          | 3:25:30 |
| Jean-Pierre Prijac FRA      | 3:25:54 |
| M60 Andre Lacour FRA        | 3:02:03 |

|                           |         |
|---------------------------|---------|
| Manfred Claassen GER      | 3:13:34 |
| Jeanot Jacquement FRA     | 3:14:06 |
| Ignazio Fancelli ITA      | 3:14:29 |
| Nagaku Nakamura JPN       | 3:14:56 |
| Bernard Caraby FRA        | 3:16:03 |
| Primo Moriconi FRA        | 3:17:17 |
| Jacques Bouviale FRA      | 3:17:31 |
| Eduard Fedossov USA       | 3:20:02 |
| Arduino Celotto ITA       | 3:21:32 |
| Jose Mendez USA           | 3:25:15 |
| Andrew E Kotulski USA     | 3:26:25 |
| Clifton Maloney USA       | 3:27:04 |
| Peter J Polidori USA      | 3:27:38 |
| John R Addrizzo USA       | 3:28:50 |
| Joachim Alves VEN         | 3:29:28 |
| Giuseppe Sapienza ITA     | 3:29:29 |
| Norm J Bornstein USA      | 3:29:35 |
| Hans-Joachim Peters GER   | 3:30:07 |
| Paul Nalli FRA            | 3:31:33 |
| Sergio Colla ITA          | 3:32:26 |
| Felix Lher FRA            | 3:34:52 |
| Nile Albright USA         | 3:35:52 |
| Angelo Grasso ITA         | 3:35:58 |
| Dominique Desroix FRA     | 3:36:54 |
| M65 Manuel Rosales ESP    | 2:57:39 |
| Epifanio M. Morales USA   | 3:08:26 |
| Manfred Rutter LIE        | 3:16:31 |
| Alfred C. Finger USA      | 3:21:00 |
| Donald Schildhaus USA     | 3:27:32 |
| David S Forman GBR        | 3:27:58 |
| Ivo Masserano ITA         | 3:36:13 |
| Vincenzo Fanurza ITA      | 3:43:31 |
| Bruno Benito Brunacci ITA | 3:44:29 |
| Ingvar Nilsson SWE        | 3:44:52 |
| Rikio Mitsuhashi JPN      | 3:51:04 |
| Lido Mannucci ITA         | 3:53:04 |
| Massimiliano Capitano ITA | 3:53:06 |
| Gunter K. Erich USA       | 3:55:16 |
| Michel Le Tallec FRA      | 3:57:05 |
| Morie Kawakami JPN        | 3:58:16 |
| Clemente Raimondi ITA     | 4:01:15 |
| Francisco Farre ESP       | 4:03:26 |
| Rolph Halvarsson SWE      | 4:03:44 |
| Gianfranco Coma ITA       | 4:04:41 |
| Jacques Maucorps FRA      | 4:04:59 |
| Adrianus De Klerk NED     | 4:06:05 |
| Francis Pace FRA          | 4:07:47 |
| Paolo Coen ITA            | 4:10:28 |
| James Carey FRA           | 4:10:35 |
| M70 Guenter Schulz GER    | 3:49:25 |
| Ennio Tassani ITA         | 3:50:31 |
| Leon D'Erbee GER          | 3:55:00 |
| John Gray GBR             | 3:55:05 |
| Francesco Porcheddu ITA   | 4:00:46 |
| Gerhard Oesterle GER      | 4:03:55 |
| Robert Porges USA         | 4:05:53 |
| John W Balletto USA       | 4:15:07 |
| John Bartlett GBR         | 4:20:35 |
| Louis Castelo USA         | 4:21:37 |
| Hans Stucki SUI           | 4:22:59 |
| Leonard Silver USA        | 4:26:59 |
| Robert Kerdevez FRA       | 4:27:18 |
| Gaetano Cavaioni ITA      | 4:31:42 |
| Marcel Raymond FRA        | 4:32:55 |
| Moises Salama USA         | 4:33:15 |
| Carlo D Lopatriello USA   | 4:34:15 |
| George Marr USA           | 4:36:42 |
| Jerome Olitt USA          | 4:40:05 |
| Benito Salvati ITA        | 4:40:50 |
| Manfred Bode GER          | 4:42:08 |
| Ralph A Witmer USA        | 4:46:29 |
| Armando Isella ITA        | 4:46:30 |
| Raiko I Roglev USA        | 4:46:54 |
| Francisco Rivera MEX      | 4:46:56 |
| Gunter Katzorker GER      | 4:47:09 |
| M75 Lucien Thirion FRA    | 4:45:41 |
| Pierre A Dubreuil VEN     | 5:07:55 |
| Sab S Koide USA           | 5:19:44 |
| Roger L Cassenaer BEL     | 5:31:35 |
| William R. Day USA        | 5:36:17 |
| Leonard J Scheer USA      | 5:47:23 |
| Peter S Harangozo USA     | 6:15:30 |
| Einar Mundal NOR          | 6:16:20 |
| Desiderio Valdes MEX      | 6:21:56 |
| Don K Brown USA           | 6:32:43 |
| Jacques Quicray FRA       | 6:34:29 |
| Joseph Mazurek USA        | 6:42:55 |
| Morton Kail USA           | 6:43:01 |
| Dominick F Morea USA      | 6:44:00 |
| Maurice G. Eggett GBR     | 6:58:24 |

|                         |         |
|-------------------------|---------|
| John J Sweeney USA      | 6:58:40 |
| Peyton W Cox USA        | 7:13:05 |
| Orlando Gonzalez USA    | 7:15:19 |
| Guy Viana CAN           | 7:16:08 |
| Roland Courverture FRA  | 7:45:26 |
| M80                     |         |
| Toby Green GBR          | 4:10:53 |
| Donato Presicce ITA     | 4:43:05 |
| George Boyle USA        | 5:54:38 |
| Wilfredo M Rios USA     | 6:55:01 |
| Jim Galt USA            | 7:27:45 |
| Jonathan D Mendes USA   | 7:28:53 |
| Mel Freidel USA         | 7:41:09 |
| Giacomo Balducci ITA    | 7:48:12 |
| Frank Brownstein USA    | 9:59:58 |
| M90+                    |         |
| Abraham Weintraub USA   | 7:25:12 |
| W40                     |         |
| Dorian S Meyer USA      | 2:45:53 |
| Maryse Le-Gallo FRA     | 2:53:55 |
| Aurora Perez ESP        | 2:54:00 |
| Lee Dipietro USA        | 2:56:22 |
| Jean C-Stemm USA        | 2:57:12 |
| Yolande Moos SUI        | 3:00:25 |
| Solange Roue FRA        | 3:03:49 |
| Suzi R. Morris USA      | 3:05:35 |
| Jane Lundy USA          | 3:11:19 |
| Berta Hoefler AUT       | 3:12:10 |
| Anne Bertrand FRA       | 3:16:02 |
| Cath. Cunningham AUS    | 3:17:58 |
| Carole Duchesne FRA     | 3:18:06 |
| Glennys Disney GBR      | 3:19:35 |
| Erin Margiano USA       | 3:19:42 |
| Margaret Sheridan USA   | 3:19:55 |
| Eliana Reinert BRA      | 3:21:03 |
| Ulrike Baeuerle GER     | 3:21:30 |
| Linda E Johnson USA     | 3:22:47 |
| Sarah Gross USA         | 3:23:32 |
| Luisa Miglionini ITA    | 3:23:59 |
| Amelia E Garcia MEX     | 3:24:02 |
| Mary T Bogle USA        | 3:24:22 |
| Sandie Athow GBR        | 3:24:27 |
| Eva Weinberger USA      | 3:24:46 |
| W45                     |         |
| Gillian Horowitz USA    | 2:48:17 |
| Kathy M Kaiser GBR      | 3:06:07 |
| Marie F. Wickham USA    | 3:09:34 |
| Petra Schultz GER       | 3:13:21 |
| Donna M Anderson USA    | 3:13:43 |
| Linda Moreau FRA        | 3:16:07 |
| Chihiro Yamauchi USA    | 3:18:18 |
| Susan S Gold USA        | 3:19:51 |
| Anna Maria Vaghi ITA    | 3:20:32 |
| Angela Von Berg FRA     | 3:21:56 |
| Gerrie Timmermans NED   | 3:22:04 |
| Nelly Boitard FRA       | 3:22:17 |
| Sandra Powers USA       | 3:23:22 |
| Immi Klemm GER          | 3:26:20 |
| Deirdre Bird USA        | 3:26:27 |
| Marie-C Spoor FRA       | 3:27:56 |
| Alice Brodel FRA        | 3:28:36 |
| Chantal M-Manenc FRA    | 3:29:23 |
| Nancy V. Benignus USA   | 3:31:21 |
| Eva M Eisenbach GER     | 3:33:43 |
| Marja Sundman FIN       | 3:33:50 |
| Gerlinde Rentschler GER | 3:34:33 |
| Regina Birch Walzer USA | 3:34:41 |
| Susan Elderbroom USA    | 3:35:25 |
| Regina Graf GER         | 3:35:36 |
| W50                     |         |
| Maria Morsiani ITA      | 3:27:38 |
| Melissa G Kennedy USA   | 3:28:37 |
| Claudia S Patrick USA   | 3:29:38 |
| Huda Melky USA          | 3:32:18 |
| Jinger M. Arthur USA    | 3:33:07 |
| Deborah Barchat USA     | 3:33:11 |
| Lucette Fiolet FRA      | 3:37:58 |
| Rosmarie Lehmann SUI    | 3:38:28 |
| Krista Van Hoorde BEL   | 3:40:51 |
| Hisako Osakabe JPN      | 3:42:50 |
| Anne-Marie Muller SUI   | 3:42:51 |
| Kathleen Horton USA     | 3:43:31 |
| Barbara B. Isom USA     | 3:44:06 |
| Anne C Reece IRL        | 3:45:36 |
| Lee K Saroken USA       | 3:45:41 |
| Annie Terniere FRA      | 3:46:24 |
| Karina Vorhold GER      | 3:46:44 |
| Barbro Nilsson SWE      | 3:46:48 |
| Lynda Churchill CAN     | 3:47:05 |
| MarieClaude Parra FRA   | 3:47:07 |
| Odette Vetter SUI       | 3:47:17 |



Continued from previous page

|                        |         |
|------------------------|---------|
| <b>W75</b>             |         |
| Pina Gurtner SUI       | 4:56:14 |
| Maria Alves BRA        | 5:35:19 |
| Yolande E Marois CAN   | 6:41:06 |
| Doris O. Eggett GBR    | 6:58:24 |
| Juanita S Goldman USA  | 9:59:58 |
| <b>W80</b>             |         |
| Friedegard Liedtke GER | 7:34:29 |
| Helen K Kuzlars USA    | 7:51:44 |

**SOUTHEAST**

|                          |        |
|--------------------------|--------|
| <b>Virginia 10 Miler</b> |        |
| Lynchburg, VA; Sept. 23  |        |
| <b>Overall</b>           |        |
| Peter Githuka 31         | 47:32  |
| Catherine Ndereba 28     | 55:02  |
| M40 Larry Doan           | 55:59  |
| Kirk Baird               | 56:20  |
| Michael Beeson           | 56:30  |
| Greg Johnson             | 57:40  |
| Gerald Hutchinson        | 57:49  |
| M45 Mike Lehman          | 58:20  |
| Mike Sandlin             | 61:51  |
| Mike Fuller              | 61:59  |
| Paul Brand               | 63:26  |
| Joseph Ryan              | 64:26  |
| M50 Bill Rogers          | 59:51  |
| William Walker           | 62:32  |
| Doc Weiss                | 63:22  |
| Bill Baker               | 64:43  |
| Gary Adkins              | 65:40  |
| M55 Robert Wright        | 70:48  |
| Bob Hartless             | 72:04  |
| John Justice             | 73:17  |
| Lance Lewis              | 73:33  |
| Dick Waters              | 74:35  |
| M60 Charles Gray         | 68:19  |
| Jerry Harris             | 70:13  |
| Richard Williams         | 78:59  |
| Frank Fitzpatrick        | 79:53  |
| Wally Goode              | 80:23  |
| M65+Thomas Ray 67        | 73:39  |
| Dave McKim 65            | 76:45  |
| Robert Gray 72           | 81:57  |
| Mike Kelly 66            | 84:32  |
| Gresh Downs 70           | 87:28  |
| W40 Janice Addison       | 62:58  |
| Sheri Segal              | 68:13  |
| Priscilla Olmes          | 72:20  |
| Nancy Ferris             | 73:12  |
| Brenda Averette          | 74:22  |
| W45 Linda Gulick         | 76:37  |
| Molly Gerke              | 77:00  |
| Theresa Willis           | 79:39  |
| Elizabeth Hanners        | 80:54  |
| Sandy Andrew             | 82:45  |
| W50 Brenda Avery         | 79:19  |
| Nancy Pengelly           | 79:56  |
| Linda Peters             | 84:40  |
| Connie Friend            | 86:04  |
| Brenda Cooter            | 86:20  |
| W55 Sharon Giese         | 79:22  |
| Andrea Hess              | 87:36  |
| M. Broadus               | 96:39  |
| Thuong Ho                | 115:19 |
| Arazella Lyster          | 149:37 |
| W60 Susie Klutz          | 81:46  |
| Jean Billingslea         | 143:19 |
| W65+Beverly McCoid       | 99:01  |
| Margaret Hagerty         | 131:32 |
| Louise Martin            | 138:31 |

**Komen Charlotte Race For The**  
**Cure 5K**  
 Charlotte, NC; Oct. 7

|                    |          |
|--------------------|----------|
| <b>Overall</b>     |          |
| Paul Sklar 28      | 16:27    |
| Farrell Burns 24   | 18:38    |
| M40 Den Hyde       | 17:05    |
| Harry Ash          | 17:24    |
| Jay Rao            | 19:04    |
| M45 Dan Rose       | 20:12    |
| Chris Heeley       | 20:25    |
| M50 Tom Bohr       | 19:22    |
| Steve Austin       | 21:42    |
| M55 Larry Seavers  | 21:36    |
| Tom Shuey          | 22:18    |
| M60 Doree Reeves   | 21:56    |
| Tom Schumacher     | 22:50    |
| M65 Bob Mason      | 25:15    |
| M70 Pete Hayward   | 31:33    |
| M75 Edwin McCarthy | 75:34:43 |
| W40 Jean Hargett   | 19:48    |
| Kathy Abernethy    | 21:45    |
| Lynn Robertson     | 22:19    |
| W45 Bonnie Long    | 21:04    |
| Sara Drehmer       | 23:55    |
| W50 Kathy Seavers  | 22:55    |
| Evelyn Lance       | 25:45    |
| W55 Gail Robison   | 28:48    |
| Ann Marsh          | 30:03    |

|                        |       |
|------------------------|-------|
| W60 Dorothy Roberts    | 38:08 |
| W65 Edith Johnson      | 44:42 |
| W70 Harriette Thompson | 37:06 |

**MIDWEST**

**Charleston Distance 15 Miler**  
 Charleston, WV; Sept. 2

|                        |         |
|------------------------|---------|
| <b>Overall</b>         |         |
| Gideon Mutsiya 34      | 1:15:30 |
| Svetlana Zakharova 291 | 27:17   |
| M40 Andrey Kuznetsov   | 1:19:51 |
| Don Norman             | 1:30:44 |
| Glenn Baldwin          | 1:31:29 |
| M45 Don Slusser        | 1:40:15 |
| Chip Allman            | 1:42:41 |
| George Howe            | 1:43:32 |
| M50 Fred Waybright     | 1:39:54 |
| Amie Margolin          | 1:42:20 |
| James Sturgeon         | 1:43:37 |
| M55 Jimmy Miller       | 1:48:00 |
| Rick Brown             | 1:48:30 |
| Ray Kitchen            | 1:52:36 |
| M60 Wayne Wheeler      | 1:58:28 |
| Will Shaw              | 2:04:39 |
| Leonard Morgan         | 2:05:22 |
| M65 Willis Ridenour    | 2:05:57 |
| John Hall              | 2:14:31 |
| Denis Dirscherl        | 2:21:42 |
| M70+Maurice Miller     | 2:33:18 |
| Robert Dennie          | 2:42:08 |
| Dick Good              | 2:58:51 |
| W40 Sharon Peake       | 1:48:54 |
| Becky Droginske        | 1:49:54 |
| Roxane Carte           | 1:58:00 |
| W45 Connie Young       | 1:53:01 |
| Beth Howell            | 1:57:48 |
| Norma Lundy            | 2:05:58 |
| W50 Kathy Hicks        | 2:12:10 |
| Donna Akers            | 2:25:10 |
| Shermie Gaertner       | 2:40:05 |
| W55 Diana Porter       | 2:33:40 |
| Phyllis Gray           | 2:42:33 |
| Mary McKown            | 2:49:56 |

**Bowling Green Classic 10K**  
 Bowling Green, KY; Sept. 30

|                        |       |
|------------------------|-------|
| <b>Overall</b>         |       |
| Jared Segera 23        | 29:22 |
| Christina Wells 25     | 35:48 |
| M40 Bill Olrich        | 34:25 |
| Michael May            | 36:36 |
| Den Smithhisler        | 36:45 |
| M45 Gary Romesser      | 32:28 |
| Brad Tucker            | 35:21 |
| Larry Leonard          | 35:33 |
| M50 Scott Barlow       | 38:39 |
| Jim Haynes             | 39:25 |
| Thomas Chapman         | 40:58 |
| M55 Bill Delph         | 39:05 |
| Michael Malloy         | 39:22 |
| Phil McCauley          | 44:22 |
| M60 Charley Denney     | 44:28 |
| Raymond Boutin         | 45:23 |
| Charlie Eagle          | 46:58 |
| M65 Ray Parrella       | 39:34 |
| Bill Olrich            | 42:36 |
| Harold Cole            | 49:45 |
| M70+Fred Steltmeier 70 | 44:08 |
| Charles Cheek 71       | 47:36 |
| W40 Amy Barrow         | 37:51 |
| Shannon Reade          | 39:18 |
| Hopey Newkirk          | 41:18 |
| W45 Teresa Lewin       | 44:20 |
| Norma Lundy            | 47:40 |
| Pat French             | 50:43 |
| W50 Huda Melky         | 44:05 |
| Darlene Hoagland       | 47:13 |
| Sandi Hayes            | 53:01 |
| W55 Mary Nagle         | 48:07 |
| Anna Brown             | 50:49 |
| Pam Ashley             | 57:28 |
| W60 Sally O'Connor     | 59:15 |
| Donna Preher           | 76:32 |
| Anne McCollom          | 78:08 |
| W65 RoseGayle Hardy    | 64:32 |
| Myrtle Tourtlot        | 80:11 |

**Cincinnati Avon 10K**  
 Cincinnati, OH; Oct. 15

|                    |       |
|--------------------|-------|
| <b>Overall</b>     |       |
| Jill Tranter 30    | 35:16 |
| W40 Cathy Stricker | 40:50 |
| Tracy Driflot      | 43:43 |
| Cindy Schienbein   | 44:36 |
| W45 Wanda Shaw     | 42:05 |
| Jean Schmidt       | 44:07 |
| Anna Allen         | 47:34 |
| W50 Terry Mahr     | 39:08 |
| Janice Kreuz       | 42:29 |
| Teri Fox           | 49:12 |
| W55 Judith Harmony | 48:53 |
| Carol Meagher      | 53:12 |
| W60 Elaine Clapp   | 93:14 |
| W65 Doris Brown    | 50:47 |
| Marion Brown       | 60:51 |

**Detrouit Free Press/Flagstar**  
**International Marathon**  
 Windsor-Detroit; Oct. 15

|                     |         |
|---------------------|---------|
| <b>Overall</b>      |         |
| Joseph Maina        | 2:45:47 |
| Lisa Veneziano      | 2:54:26 |
| M40 Jeff Martin     | 2:39:47 |
| Rick Armes          | 2:45:57 |
| Kris Warszawski     | 2:46:46 |
| David Dwornick      | 2:51:09 |
| Mike Benedict       | 2:52:30 |
| M45 Terry Erickson  | 2:53:36 |
| Jim D'haenens       | 3:02:48 |
| Mark Squires        | 3:04:34 |
| John Manutes        | 3:10:06 |
| M50 Larry Parker    | 2:55:11 |
| Paul Nilsson        | 2:55:28 |
| Victor Barkoski     | 2:59:09 |
| M55 James Carlton   | 3:00:46 |
| James Rillema       | 3:06:10 |
| M60 Ralph Judd      | 3:39:32 |
| M65 Walt Wozniak    | 3:40:16 |
| M70 Jerry Johncock  | 3:44:25 |
| W40 Nancy Schubring | 3:09:31 |
| Christie Fernandez  | 3:26:42 |
| W45 Brenda Lynch 49 | 3:04:58 |
| Jacquelin Blair     | 3:27:00 |
| W50 Maggy Zidar     | 3:32:25 |
| Stephanie Tanzini   | 3:41:07 |
| W55 Margot Biermann | 4:00:26 |
| W60 Carol Williams  | 3:50:15 |
| W65 Gunveig Janse   | 4:29:20 |

**Chicago Marathon**  
 Chicago, IL; Oct. 22

|                        |         |
|------------------------|---------|
| <b>Overall</b>         |         |
| Khalid Khannouchi      | 2:07:01 |
| Catherine Ndereba      | 2:21:33 |
| <b>M40</b>             |         |
| John Clark             | 2:34:32 |
| Americo Machado        | 2:35:35 |
| Pascal Muller          | 2:37:50 |
| Vargas Pedro           | 2:38:24 |
| James Elwell           | 2:38:42 |
| Marcel Guillochon      | 2:39:07 |
| Alain Riverain         | 2:40:21 |
| Gaelan Tisserant       | 2:41:17 |
| Dan Martin             | 2:42:20 |
| Mohamed Aabouda        | 2:43:41 |
| Kim Winkle             | 2:44:05 |
| David Engelke          | 2:44:29 |
| Thomas Sachau          | 2:44:50 |
| Mark Reeder            | 2:45:51 |
| Patrick Cage           | 2:46:29 |
| Angelo Costa           | 2:46:48 |
| Herbert Hartl          | 2:46:50 |
| Chris Monk             | 2:47:00 |
| Miguelito Guevara      | 2:47:30 |
| David Menchetti        | 2:50:48 |
| <b>M45</b>             |         |
| Peter Embleton         | 2:34:23 |
| Louis Le Filleul       | 2:36:41 |
| Julian Ramirez         | 2:39:35 |
| Marcos Aristeo         | 2:41:04 |
| Robert Malelot         | 2:41:40 |
| Thomas Gaudette        | 2:43:50 |
| Pierrot Viallet Brihat | 2:44:07 |
| Joseph Lehmann         | 2:44:48 |
| Ian Russell            | 2:46:22 |
| Gustavo Figueroa       | 2:47:43 |
| Waldemar Koszela       | 2:48:29 |
| Marial Bouloy          | 2:48:46 |
| Rick Ironside          | 2:49:11 |
| Michel Rosuel          | 2:49:16 |
| Mario Bulgheroni       | 2:49:36 |
| George Schreck         | 2:50:08 |
| Jean-Paul Cerezo       | 2:51:34 |
| Clarke Oestereich      | 2:52:10 |
| Hector G. Martinez     | 2:52:45 |
| Joe Melanson           | 2:57:27 |
| <b>M50</b>             |         |
| Jose Picazo            | 2:32:08 |
| Marco A. Ortiz         | 2:42:31 |
| Matthys Bax            | 2:49:56 |
| Frank Cahill           | 2:50:00 |
| Geoffrey Cumber        | 2:50:29 |
| Craig Donath           | 2:53:55 |
| Robert Liebhauser      | 2:53:58 |
| Michel Manda           | 2:55:21 |
| Stephen Reed           | 2:57:12 |
| David Vanker           | 2:58:14 |
| Gustavo Penaloza       | 2:59:22 |
| Joaquin M-De Oca       | 2:59:56 |

|                      |         |
|----------------------|---------|
| Carlos Peña          | 3:00:02 |
| Daniel Healy         | 3:01:02 |
| Peter Matthias       | 3:01:18 |
| Marcel Brebel        | 3:01:54 |
| William Engert       | 3:02:23 |
| Greg Larson          | 3:02:30 |
| Christopher Moore    | 3:03:18 |
| Alan Friend          | 3:04:07 |
| <b>M55</b>           |         |
| John Hunnicutt       | 3:02:17 |
| Alejandro Ulloa      | 2:56:41 |
| Joao Ramos           | 2:57:08 |
| Zeke Zucker          | 3:09:01 |
| Werner Linsenmaier   | 3:09:24 |
| Jorge A V Ramos      | 3:09:40 |
| Peter Wadsack        | 3:13:39 |
| Bern. Kreienbaum     | 3:14:33 |
| Tom Fetterman        | 3:18:02 |
| J-M Merieux          | 3:18:08 |
| Curtis Ruston        | 3:19:35 |
| Sylvan Addink        | 3:19:38 |
| Timothy Barr         | 3:20:45 |
| Jacques Gomez        | 3:21:20 |
| Henner Bechtle       | 3:23:40 |
| Robert Pitre         | 3:23:56 |
| Roger Perry          | 3:25:01 |
| John Brown           | 3:25:20 |
| Herb Byun            | 3:25:21 |
| Michael Pauli        | 3:25:57 |
| <b>M60</b>           |         |
| Jim O'Neill          | 2:47:15 |
| Joseph Burgasser     | 2:54:28 |
| Hans Meinel          | 2:56:57 |
| Abdelkader Kenane    | 3:15:06 |
| Gottfried Schaeffers | 3:15:08 |
| Rene Maupeu          | 3:20:06 |
| David Wilds          | 3:23:00 |
| Guillermo Diaz       | 3:29:32 |
| Bill Blackburn       | 3:32:22 |
| Arnoldo Levy         | 3:38:58 |
| Michel Besse         | 3:39:15 |
| Bob Beaton           | 3:39:25 |
| Pierre Poussard      | 3:42:40 |
| George Rae           | 3:43:27 |
| Chung Yoo            | 3:44:20 |
| Jack Henney          | 3:44:53 |
| Bobby Chandler       | 3:47:15 |
| Mariusz Solarski     | 3:47:40 |
| Jaime Liaguno        | 3:47:41 |
| Victor Ververa       | 3:54:07 |
| <b>M65</b>           |         |
| Jim Smedema          | 3:17:03 |
| Claude Jaquet        | 3:20:43 |
| Clement Terra        | 3:29:06 |
| Juergen Lauricks     | 3:30:31 |
| Alberto Chavez       | 3:38:06 |
| Thomas Hathaway      | 3:46:16 |
| David Greer          | 3:46:46 |
| Rudy Benko           | 3:49:33 |
| Bruce Worley         | 3:56:02 |
| Edward Abramic       | 4:01:04 |
| Edward Pyle          | 4:06:01 |
| David Sullivan       | 4:06:43 |
| David Stoller        | 4:11:20 |
| Joseph DiLeonardi    | 4:17:38 |
| Harry Katzan         | 4:17:52 |
| Vicente Jara         | 4:18:30 |
| Sylvan Praturlon     | 4:22:36 |
| Gary Babcock         | 4:24:55 |
| Pierre Guerin        | 4:28:22 |
| Ed Judy              | 4:32:06 |
| <b>M70</b>           |         |
| Antonio Camodeca     | 3:37:39 |
| Granville Wilson     | 4:14:34 |
| Jean Tocquet         | 4:18:21 |
| Joseph Paleczny      | 4:29:40 |
| Arthur Bowen         | 4:58:18 |
| August Leone         | 4:58:18 |
| Charles Saltzman     | 5:08:40 |
| Hal Weatherford      | 5:15:48 |
| Stuart Yaffe         | 5:27:02 |
| Robert Denny         | 5:30:59 |
| Bob Gand             | 5:32:28 |
| Samuel Starbrook     | 5:47:28 |
| Arthur Alex          | 5:48:15 |
| William Hollihan     | 5:55:14 |

|                      |         |
|----------------------|---------|
| John Tilgner         | 6:09:14 |
| Frank Roly           | 6:55:38 |
| Ed Chviruk           | 7:51:09 |
| David Peabody        | 7:55:30 |
| <b>M75+</b>          |         |
| Bob Stannic          | 4:15:57 |
| Herman Bershtein     | 5:42:02 |
| Kiyoto Nishimoto     | 5:42:58 |
| Paul Kordsmeier      | 5:45:54 |
| Jack Friedlander     | 6:15:37 |
| Glen McGuire         | 6:26:54 |
| <b>W40</b>           |         |
| Marie Soderstrom     | 2:34:58 |
| Mary Knisley         | 2:37:51 |
| Isabelle Olive       | 2:54:21 |
| Monica Joyce         | 2:55:12 |
| Ann Hanson           | 2:55:53 |
| Seherazada A-Godoy   | 3:07:01 |
| Katharine Edmonds    | 3:08:20 |
| Maryann Protz        | 3:08:39 |
| Miyu Chun            | 3:10:44 |
| Kathleen Johnson     | 3:12:14 |
| Michelle Bradner     | 3:14:10 |
| Leslie Varrelman     | 3:15:08 |
| Diane Burgin         | 3:15:13 |
| Lisa Huber           | 3:15:47 |
| Maria Figueroa       | 3:17:41 |
| Claire Mcmanus       | 3:17:48 |
| Ginny Crumley        | 3:17:50 |
| Verq. B-Reaume       | 3:19:13 |
| Becky Baggett        | 3:19:57 |
| Christa Kool         | 3:20:04 |
| <b>W45</b>           |         |
| Elena Sipatova       | 2:38:41 |
| Sheri Hall-Curl      | 3:14:17 |
| Teresa L-Herrera     | 3:14:38 |
| Cheryl McGinnis      | 3:15:16 |
| Joann Braam          | 3:16:53 |
| Leslie King          | 3:26:28 |
| Mary Beth Gorey      | 3:26:35 |
| Mona Augis           | 3:28:41 |
| Deb Stewart          | 3:29:36 |
| Jocelyne Cinturel    | 3:30:35 |
| Kathy Pidcock        | 3:31:45 |
| Susan Elderbrook     | 3:31:54 |
| Deborah Pawelski     | 3:32:27 |
| Marian Malek         | 3:32:46 |
| Carol Virga          | 3:32:49 |
| Donna Vandervelde    | 3:32:50 |
| Charlene Bray        | 3:33:48 |
| Jane Moss            | 3:34:46 |
| Jan Tedrowe          | 3:35:42 |
| Marie Erwin          | 3:36:41 |
| <b>W50</b>           |         |
| Diana Trout          | 3:19:05 |
| Nancy Rollins        | 3:18:08 |
| Susan Croll          | 3:23:05 |
| Jan Daker            | 3:27:03 |
| Joan Ellis           | 3:27:10 |
| Odile Dyen           | 3:34:37 |
| Zamora Isabel        | 3:38:06 |
| Victoria Lidia Croft | 3:38:24 |
| Lynn Jamieson        | 3:42:20 |
| Patricia Lerch       | 3:42:24 |
| Yvette Scheller      | 3:42:45 |
| Lynn Kleiman         | 3:43:25 |
| Elisabeth Collignon  | 3:44:02 |
| Isola Metz           | 3:46:25 |
| Martine Juvenal      | 3:47:46 |
| Maria Estela Verdejo | 3:48:12 |
| Janet Jordan         | 3:49:22 |
| Sue Yales            | 3:51:22 |
| Sandra Bridges       | 3:52:10 |
| Monique Achille      | 3:59:32 |
| <b>W55</b>           |         |
| Dee Budelier         | 3:52:23 |
| Shelia Grisard       | 3:54:16 |
| Nina Holub           | 3:54:41 |
| Marie David          | 4:03:54 |
| Vivian Reinikainen   | 4:08:12 |
| Marit Roman          | 4:08:39 |
| Joanne Kaeding       | 4:14:55 |
| Joan Elliott         | 4:17:26 |
| Anne Louise Spaus    | 4:18:41 |
| Patricia Mueller     | 4:19:24 |
| Janet Omer           | 4:22:48 |
| B. Del-Souchon       | 4:2     |



Continued from previous page

|                      |         |
|----------------------|---------|
| Ronald Seaks         | 3:01:37 |
| M50                  |         |
| Thomas E Powers      | 2:49:41 |
| Dave R Minier        | 2:57:15 |
| Travis Chapin        | 3:00:06 |
| Ernie Richmann       | 3:00:21 |
| Dave Hunter          | 3:00:50 |
| Philip Mulry         | 3:04:34 |
| Vince Russo          | 3:05:58 |
| Richard B Vorick     | 3:06:12 |
| Scott Cooling        | 3:06:52 |
| Jim Carter           | 3:06:59 |
| M55                  |         |
| Richard K Stollar    | 2:57:22 |
| Hector L Bauza       | 3:10:07 |
| Frank M Hamman       | 3:13:08 |
| Frederick Martone    | 3:16:46 |
| William M Stobart    | 3:22:26 |
| Tony Mauro           | 3:23:07 |
| Randy L Spohn        | 3:23:08 |
| Wally Herrala        | 3:23:12 |
| Timothy Minnis       | 3:24:27 |
| David W Mathew       | 3:27:14 |
| M60                  |         |
| Walter Seamon        | 3:11:33 |
| Sammy H Morris       | 3:15:17 |
| Bob Dennison         | 3:35:01 |
| Bob Edesess          | 3:37:56 |
| Jose Fadista         | 3:45:18 |
| Thomas Shore Jr      | 3:54:32 |
| Yoshikatsu Inoue     | 3:57:51 |
| Tony A Prezioso      | 3:59:33 |
| Louis F Romain       | 4:00:10 |
| Chet Gibula          | 4:01:08 |
| M65                  |         |
| Ed Whitlock          | 2:52:50 |
| Jim T Schleisman     | 3:27:25 |
| Paul R Reddix        | 3:35:32 |
| Charles F Kielkopf   | 3:48:34 |
| Richard Weidner      | 3:52:49 |
| Bob M Kearns         | 4:10:12 |
| Ray Wylam            | 4:32:01 |
| Richard Devan        | 4:36:43 |
| Jim Tinstman         | 4:41:27 |
| M70+                 |         |
| Matt J Norris        | 3:58:31 |
| Benj. Teague 80      | 4:31:42 |
| Robert E Ault        | 4:42:35 |
| Willis S Moses       | 5:03:59 |
| Archie S Adams       | 5:48:01 |
| Jack R McClain 79    | 5:56:43 |
| Ray Coval 76         | 6:13:50 |
| W40                  |         |
| Tatiana Persepelkina | 2:43:49 |
| Laura Konantz        | 2:54:48 |
| Robin R Cannon       | 3:02:41 |
| Carolyn Silvey       | 3:07:30 |
| Laurel Cihak         | 3:11:25 |
| Barb. Sosnowski      | 3:19:34 |
| Dorothy E Peters     | 3:25:54 |
| Karen A Haren        | 3:28:40 |
| Judy Smith           | 3:30:53 |
| Nancy J Belz         | 3:31:46 |
| W45                  |         |
| Lynn Kobayashi       | 3:15:26 |
| Robin J Smith        | 3:16:05 |
| Patty Rose           | 3:29:08 |
| Pat Young            | 3:32:54 |
| Frank Perri          | 3:35:13 |
| Nancy Tichy          | 3:38:01 |
| Carol A Grate        | 3:40:42 |
| Colleen Donnelly     | 3:41:15 |
| Teri M Pokosh        | 3:41:57 |
| Kathleen Robb        | 3:43:34 |

## W50

|                   |         |
|-------------------|---------|
| Janice M Kreuz    | 3:14:24 |
| Brenda Lynch      | 3:17:19 |
| Joan Stibbard     | 3:36:03 |
| Kathy M Curtis    | 3:41:21 |
| Lorne W Wilson    | 3:45:33 |
| Patricia L Hinton | 3:51:15 |
| Kendall M Black   | 3:53:24 |
| Rubin G Plaza     | 3:55:41 |
| Margaret Ladden   | 3:58:39 |
| Jacquelin Price   | 3:58:47 |

## W55

|                 |         |
|-----------------|---------|
| Flor. Banaszak  | 3:53:49 |
| V. Matuszewski  | 3:54:12 |
| Janet A Wallen  | 4:05:47 |
| Anna C Brown    | 4:19:53 |
| Betty Warwick   | 4:30:14 |
| Janice M Hicks  | 4:44:50 |
| Joanne Meier    | 4:48:22 |
| Elaine Bokach   | 4:54:19 |
| Dagnija Schmidt | 4:55:18 |
| Nancy J Babbitt | 5:23:24 |

## W60

|                   |         |
|-------------------|---------|
| Francine Bangs    | 4:28:04 |
| Beatrice Downey   | 4:31:42 |
| Jean C. Toth      | 4:40:14 |
| Ann Fleck         | 4:44:42 |
| Yuki Daker        | 4:46:06 |
| Virginia Farneman | 5:19:55 |
| Joan Berman       | 5:21:09 |
| W65               |         |
| Marion A Brown    | 5:10:52 |
| Saann Mock        | 5:33:32 |
| W70+              |         |
| Stephen Krebs     | 3:52:56 |

## MID-AMERICA

Spirit of St. Louis Marathon  
St. Louis, MO; Oct. 15

|                        |         |
|------------------------|---------|
| Overall                |         |
| James McGown 26        | 2:26:24 |
| Erika Blattenberger 22 | 3:09:29 |
| M40 David Dobrowski    | 2:46:52 |
| Phil Wahlbrink         | 2:49:32 |
| Gregory Beachy         | 2:53:46 |
| M45 Marc Romine        | 2:43:23 |
| Robert Alexander       | 3:07:36 |
| Nigel Wright           | 3:12:53 |
| M50 Mark Hosler        | 3:03:20 |
| Gary Julin             | 3:08:30 |
| Robert Knowles         | 3:14:01 |
| M55 Gerald Kraft       | 3:33:28 |
| Larry Avery            | 3:46:57 |
| Fred Cotsworth         | 3:48:29 |
| M60 Glen Roth          | 3:42:21 |
| Bill Tushaus           | 3:43:10 |
| Stan Lewis             | 3:47:00 |
| M65 Robert Klenk       | 4:14:33 |
| Jim Ottinger           | 4:23:54 |
| Robert Fletcher        | 4:27:58 |
| W40 Janet Jones        | 3:17:30 |
| Celia Hood             | 3:36:36 |
| Carol Gohn             | 3:38:29 |
| W45 Jamie Wood         | 3:35:09 |
| Gail Ford              | 3:36:33 |
| Diana Lynn Fitch       | 3:48:46 |
| W50 Rae Mohrmann       | 3:54:33 |
| Wanda Hartwigsen       | 3:54:39 |
| Lisa Nichols           | 3:57:41 |
| W55 Merle Hines        | 3:46:24 |
| Norman Bonham          | 3:49:23 |
| Barbara Stephens       | 4:30:41 |
| W60 Heather Yeowell    | 4:25:00 |
| Rachel Boggess         | 5:19:52 |
| Elaine Doll-Dunn       | 5:35:38 |
| W65 Sue Fay King       | 5:29:38 |

## SOUTHWEST

Oklahoma City Race For The  
Cure 5K  
Oklahoma City, OK; Sept. 30

|                    |       |
|--------------------|-------|
| Overall            |       |
| Kevin Mitchell 38  | 16:11 |
| Andrea Ratkovic 34 | 18:20 |
| M40 Chris Lipscomb | 17:10 |
| Gerald Breeden     | 17:49 |
| Mark Bravo         | 17:56 |
| Mark Myles         | 18:30 |
| David Stapleton    | 18:38 |
| M45 Larry Tillis   | 18:55 |
| Randy Carter       | 18:56 |

|                       |       |
|-----------------------|-------|
| Kenneth Hieke         | 19:59 |
| Roger Gartman         | 20:32 |
| Marvin Ninterina      | 20:58 |
| M50 Ken Hardwick      | 19:38 |
| Martin Hendrickson    | 20:07 |
| Mike Heager           | 20:14 |
| Butch Eichholz        | 20:29 |
| Steve Webb            | 20:33 |
| M55 Ron Kuykendall    | 19:48 |
| Chuck Butler          | 20:34 |
| Eddie Ward            | 20:49 |
| Gary Quick            | 21:12 |
| Nels Bentson          | 21:43 |
| M60 Curt Ranson       | 21:35 |
| Jim Tabor             | 21:47 |
| Don Thomason          | 22:10 |
| Adrian Wolford        | 22:59 |
| Robert Bish           | 23:46 |
| M65 Gene Groff        | 27:23 |
| Jim Richardson        | 27:26 |
| Don Smith             | 27:30 |
| Ronald Howland        | 27:45 |
| Wendell Hebrink       | 31:56 |
| M70 Ed Jackson        | 22:10 |
| Rich Thompson         | 27:18 |
| Jim Hoke              | 31:23 |
| Neil Hill             | 32:16 |
| Paul Willis           | 35:36 |
| M75 Jack Rector       | 26:45 |
| Fisher Lewis          | 27:39 |
| Lowell Green          | 27:45 |
| Roy Marcum            | 33:24 |
| Jim Seikel            | 52:55 |
| W40 Kim Bricker       | 19:01 |
| Tamara Sue Hopkins    | 20:01 |
| Robyn Ensminger       | 22:30 |
| Carol Bowles          | 23:58 |
| Jennifer Giles        | 25:02 |
| W45 Marie Breshears   | 21:31 |
| Joanne Jackson        | 21:37 |
| Marion Capicchio      | 22:18 |
| Jeni Szatkowski       | 23:38 |
| Christine Smith       | 24:59 |
| W50 Sandra Hanson     | 21:36 |
| Yoko Pepera           | 23:06 |
| Evelyn Rowland        | 25:54 |
| Flor Fagan            | 26:25 |
| Gloria Barton         | 26:31 |
| W55 Donna Hamilton    | 24:10 |
| Donna Eichner         | 25:03 |
| Gerry Reif            | 26:02 |
| Betty Bell            | 28:16 |
| Jean Mullican         | 29:54 |
| W60 Kathy Moffitt     | 26:45 |
| Jean Smith            | 31:08 |
| Jane Speropulos       | 31:34 |
| Rachel Boggess        | 32:34 |
| Katherine Hullett     | 41:09 |
| W65 Marilyn Thompson  | 31:38 |
| Kay Morrison          | 33:36 |
| Jane Martin           | 33:47 |
| Deloris Green         | 37:53 |
| Jo Ann Hopkins        | 40:10 |
| W70 Pat Hill          | 29:24 |
| Carol Hansen          | 43:55 |
| Betty Kelley          | 55:18 |
| Mary Ellen Cullen     | 58:10 |
| Marge Kingery         | 58:48 |
| W75 Margaret Dollens  | 41:55 |
| Edith Payne           | 50:05 |
| R. Goldschlager       | 50:07 |
| Ruby Sewell           | 51:15 |
| Doris Victor          | 53:59 |
| W80+ Betty Windsor 80 | 41:44 |
| Ornelia Fields 82     | 57:48 |
| Addie Wagner 81       | 61:38 |

Tulsa Zoo Run 10K  
Tulsa, OK; Oct. 7

|                       |       |
|-----------------------|-------|
| Overall               |       |
| Chuck Sloan 23        | 30:05 |
| Deb Tomedon 39        | 36:39 |
| M40 Ron Wall          | 35:26 |
| Jeff Lindsay          | 36:46 |
| Donnie Harris         | 37:23 |
| M45 Pete Orban        | 34:32 |
| John Stukey           | 34:43 |
| John Wood             | 37:51 |
| M50 Tom Lloyd         | 36:51 |
| Don Lodes             | 38:55 |
| Mike Budnik           | 40:02 |
| M55 George Marchetti  | 38:54 |
| Peter Bernhardt       | 43:16 |
| Tom Stone             | 44:59 |
| M60 Jim McFadden      | 42:23 |
| Don Wallace           | 48:59 |
| Jose Herrera          | 50:30 |
| M65 Paul Heitzman     | 41:24 |
| Win Spears            | 49:04 |
| Sidney Hughes         | 49:58 |
| M70 Jack Gentry       | 43:18 |
| Calvin Ellis          | 48:56 |
| Michael Waller        | 55:22 |
| M75+ Tom O'Connell 77 | 66:17 |
| Glen McGuire 80       | 72:52 |
| Wish Lemons 82        | 95:16 |

|                     |       |
|---------------------|-------|
| W40 Brenda Stukey   | 37:30 |
| Bess Sanditen       | 44:09 |
| Cindy Walls         | 44:45 |
| W45 Jana Harrington | 49:24 |
| Deborah Landry      | 52:53 |
| Rosemarie Reeves    | 53:44 |
| W50 Grace McCoy     | 48:35 |
| Jan Vedros          | 49:33 |
| Janet Ellsbury      | 53:12 |
| W55 Judy Huff       | 71:17 |
| W60 Phyllis Durham  | 56:50 |
| Arleen Meadows      | 63:34 |

## WEST

Humboldt Redwoods Marathon  
and Half-Marathon  
Weott, CA; Oct. 15

|                        |         |
|------------------------|---------|
| Overall                |         |
| Billy Morris           | 2:39:06 |
| Susan Doherty          | 3:05:35 |
| M40 Tim Wyman          | 3:52:46 |
| Joel Wattum            | 2:55:39 |
| Mark Donear            | 3:03:16 |
| M45 Carroll Pope       | 3:06:50 |
| William Morrow         | 3:12:13 |
| Alan Sharp             | 3:28:34 |
| M50 Phil Pope          | 3:15:37 |
| Gregory Hunter         | 3:25:27 |
| M55 Robert Honer       | 3:24:34 |
| Don Arata              | 3:42:45 |
| M60 Tom Jensen         | 3:35:12 |
| Tom Trabert            | 3:43:54 |
| M65 Bob Cory           | 4:42:23 |
| Tom Maxwell            | 4:54:35 |
| M75 James Ray          | 4:57:29 |
| W40 Susan Doherty      | 3:05:35 |
| Eddie Nolan            | 3:18:00 |
| Chris Hamer            | 3:22:00 |
| W45 Sabine Von Glinski | 3:33:32 |
| Rose Schatz            | 3:33:53 |
| Barbara Franzen        | 3:59:01 |
| W50 Ann Bell           | 3:26:40 |
| Neva Higgins           | 3:42:23 |
| W55 Anita Seitamo      | 4:00:42 |
| Judy Shipman           | 4:53:35 |
| W60 Ginger Bryan       | 3:55:07 |
| Joan Maxwell           | 4:23:35 |

## Half-Marathon

|                       |         |
|-----------------------|---------|
| Overall               |         |
| Chris Lundstrom       | 1:08:09 |
| Nicole Kulikov        | 1:18:20 |
| M40 Robert Pickens    | 1:14:42 |
| Thom Trimble          | 1:15:34 |
| Lesley Fletcher       | 1:15:36 |
| M45 Brian Davis       | 1:14:48 |
| Lloyd Stephenson      | 1:17:22 |
| Gary Fanelli          | 1:18:17 |
| M50 Don Paul          | 1:15:24 |
| Jim Gorman            | 1:19:08 |
| Michael Dove          | 1:21:21 |
| M55 Frank Ruona       | 1:22:51 |
| Perry Hayden          | 1:25:44 |
| M60 Russ Kiernan      | 1:27:53 |
| Ralph Pool            | 1:28:25 |
| M65 Ronald Gavette    | 1:36:56 |
| John McIntyre         | 1:45:39 |
| M70 Bill Fraser       | 1:49:17 |
| Ed Reyna              | 1:51:19 |
| M75 Frank Cunningham  | 1:59:46 |
| W40 Diana Fitzpatrick | 1:23:33 |
| Sara Freitas          | 1:25:08 |
| Carol Keller          | 1:25:55 |
| W45 Mo Bartley        | 1:28:22 |
| Pam Masterson         | 1:30:54 |
| Patricia Shipley      | 1:33:46 |
| W50 Maggie Fillmore   | 1:36:25 |
| Marcia Koren          | 1:41:20 |
| W55 Wendy Watson      | 1:39:08 |
| Dorie Quam            | 1:39:51 |
| W60 Margaret Cooke    | 1:48:23 |
| Louise Watters        | 1:49:02 |
| W65 Myra Rhodes       | 1:46:55 |
| Mary Welz             | 2:17:11 |
| W70 Peggy Hansen      | 2:18:39 |

Arturo Barrios 10K  
Chula Vista, CA; Oct. 15

|                        |       |
|------------------------|-------|
| Overall                |       |
| Rich Brownsberger 37   | 31:49 |
| Christine Junkerman 28 | 35:23 |
| M40 Luis Camarillo     | 34:20 |
| Victor Rodriguez       | 35:33 |
| Felix Garcia Castill   | 37:25 |
| M45 Jim Christopher    | 34:17 |
| Raymond Torres         | 35:58 |
| Marco Nava Tapia       | 37:38 |
| M50 Maurilio Amezcua   | 37:42 |
| Robert Baird           | 38:08 |
| Jan Kafka              | 39:30 |
| M55 Jose Aguino        | 38:10 |
| Herlindo Reyes         | 39:50 |
| David Lesley           | 40:05 |
| M60 Richard Gauntner   | 40:53 |
| John Meyer             | 43:08 |
| Jose Roldan            | 44:19 |

|                          |       |
|--------------------------|-------|
| M65 Gustavo Rodriguez Du | 45:02 |
| Antonio Gil              | 47:07 |
| Bob Gurule               | 52:26 |
| M70 Charles Hofmeister   | 41:12 |
| Jim McCown 78            | 50:21 |
| M80 Walt Kuetzing 88     | 71:16 |
| W40 R Vomund             | 38:38 |
| Diana Babb               | 42:50 |
| Maria Barragan           | 43:16 |
| W45 Mariat Fernandez     | 41:43 |
| Mary Ryzner              | 44:36 |
| Manan Schmidt            | 44:59 |
| W50 Joni Shirley         | 42:49 |
| Claudia Pipenburg        | 45:02 |
| Maria Sanchez            | 50:04 |
| W55 Darlene Burns        | 50:10 |
| Ursula Rains             | 50:43 |
| Elena Aramburo           | 51:31 |
| W60 Evelia Quintero      | 56:21 |
| Donna Gookin             | 56:52 |
| W65 Barbara Robben       | 60:18 |
| Rebeca Zambrano          | 68:28 |
| W70 Gerry Davidson 79    | 63:38 |

Komen Race for the Cure 5K  
San Francisco, CA; Oct. 15

|                       |       |
|-----------------------|-------|
| Overall               |       |
| Sama Becker           | 17:00 |
| W40 Kay Baker         | 19:27 |
| Tina Chase            | 19:56 |
| Kandis Thompson       | 20:10 |
| W45 Honor Featherston | 18:52 |
| Claire Molonson Fry   | 20:17 |
| Janet Calmels         | 20:29 |
| W50 Sharon Soong      | 19:53 |
| Chamon Ashby          | 22:03 |
| Sandi Carter 55       | 23:12 |
| W60 Trudi Hofmann     | 23:43 |
| Sylvia Hughes         | 24:53 |
| Peggy Kang 65         | 26:41 |
| W70 Jean Howe         | 36:37 |
| Darlene Caponera      | 40:52 |
| Maria Salompo         | 41:05 |
| W80 Kirsten Jacob 83  | 35:04 |
| Ellen Simpson 83      | 67:11 |
| Elsie B O'Connell 87  | 69:03 |

Inland Empire Race for the  
Cure 5K  
Temecula, CA; Oct. 22

|                        |       |
|------------------------|-------|
| Overall                |       |
| Ruth Wysocki 43        | 18:08 |
| W40 Ruth Wysocki       | 18:08 |
| Debbie Woodruff        | 21:42 |
| Lisa Schmid            | 23:29 |
| W45 Denise Priefer     | 23:50 |
| Linda Shirvanian       | 24:23 |
| Roseanne Moore         | 24:40 |
| W50 Charlie Cabling    | 22:42 |
| Joann Galuska          | 24:37 |
| Carolyn Greywood       | 26:42 |
| W55 Cecilia Cruz       | 26:48 |
| Margaret Waldron       | 27:37 |
| W60 Lorraine Seidmeyer | 27:28 |
| Elaine Hill            | 29:50 |
| W65 Ginny Beck         | 30:51 |
| Betty Lowery           | 38:28 |
| W70 Grace Gamnill      | 37:35 |
| Marjorie Gregory       | 52:40 |
| W75 Mary Storey        | 30:34 |
| Angelina Tagliabrok    | 50:19 |
| W80 Dorothy Sturla 81  | 56:56 |

Mercury Interactive Silicon  
Valley Marathon and Half-  
Marathon  
San Jose, CA; Oct. 29

|                   |         |
|-------------------|---------|
| Overall           |         |
| Simon Sawa 24     | 2:20:54 |
| Sandy Jacobson 34 | 2:39:42 |
| M40 Tim Newell    | 2:34:26 |
| Nestor Ayala      | 2:45:17 |
| Ed Bickley        | 2:47:28 |
| Rosalio Campos    | 2:59:03 |
| M45 Ed Casey      | 2:46:47 |
| Lion Caldwell     | 3:05:11 |
| Fred Kitson       | 3:1     |



Continued from previous page

|                      |         |
|----------------------|---------|
| W45 Louise Voghel    | 2:56:00 |
| Karen Christie       | 3:00:23 |
| Rosemary Wedlake     | 3:20:29 |
| W50 Donna Olson      | 3:50:35 |
| Kirsten Jensen       | 3:52:33 |
| Sandy O'Donoghue     | 4:03:08 |
| W55 Susie Hull       | 3:57:25 |
| Chieko Maeda         | 4:21:00 |
| Bobbie Kehr          | 4:27:31 |
| W60 Kimiko Furusho   | 4:07:05 |
| Jane Cutting         | 4:26:28 |
| Christine Rodgers    | 4:32:16 |
| W65 Setsue Hosobuchi | 4:37:51 |

**INTERNATIONAL**

Dutch National Masters  
Marathon Championships  
Eindhoven, The Netherlands  
Oct. 8

|                    |         |
|--------------------|---------|
| M40 Kees Portegijs | 2:34:48 |
| Marcel de Veen     | 2:44:05 |
| Harry Driessen     | 2:47:19 |
| M45 Gerard Hol     | 2:33:45 |
| Ger Kragten        | 2:35:23 |
| Wim Liefers        | 2:40:13 |
| M50 Piet Hopmans   | 2:40:22 |
| Egbert Zijlstra    | 2:42:50 |
| Rob de Vries       | 2:44:02 |
| M55 Jan van Ammers | 2:58:15 |
| Wim Oudejans       | 3:01:46 |
| Ger van Hoek       | 3:03:09 |

|                       |         |
|-----------------------|---------|
| M60 Giel Koom         | 2:54:25 |
| Cor Vellinga          | 3:03:39 |
| Matthias Peltzer      | 3:04:14 |
| M65 Jan Olieslagers   | 3:12:11 |
| Piet Adriaansen       | 3:52:50 |
| M70 Karel Steendijk   | 3:58:25 |
| W35 Boukje Klaver     | 2:58:25 |
| Anja van Vliet        | 3:01:17 |
| Anj van Geel          | 3:12:09 |
| W40 An Flindt         | 3:15:04 |
| Elly Zigenhorn        | 3:19:54 |
| Manoli Homans         | 3:37:15 |
| W45 Nellie van Beers  | 3:13:08 |
| Nel Vanthoor          | 3:22:29 |
| Grietje Overmars      | 3:35:57 |
| W50 Lillian Schreuder | 3:55:15 |
| Ria van Hoof          | 3:55:34 |
| W55 Jeanette Weeber   | 3:18:29 |

**RACEWALKING**

John Deere Health USATF 5K  
Racewalk Championships  
Kingsport, TN; Oct. 14

|                  |          |
|------------------|----------|
| Overall          |          |
| Rich Friedlander | 56 24:25 |
| Victoria Herazo  | 41 25:02 |
| M35 Michael Rohl | 21:22    |
| Dave McGovern    | 21:50    |
| Keith Luoma      | 22:59    |
| Drew Swonder     | 24:13    |
| M40 Rob Craig    | 24:46    |
| Philip Gura      | 27:09    |

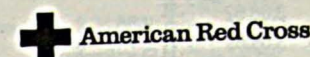
|                      |       |
|----------------------|-------|
| Michael Manis        | 34:44 |
| M45 Will Walden      | 25:56 |
| Robert Head          | 27:25 |
| Bruce Cooper         | 28:58 |
| James Yeager         | 34:06 |
| M50 Bruce Booth      | 24:38 |
| Max Walker           | 25:34 |
| Ross Barranco        | 30:47 |
| Gary Kidd            | 32:49 |
| Daryl Simpson        | 33:25 |
| John Pollman         | 35:11 |
| M55 Rich Friedlander | 24:25 |
| Leon Lasionowski     | 25:03 |
| James Carmines       | 25:39 |
| Paul Hammer          | 28:04 |
| Allen Albert         | 28:09 |
| Randy Stiles         | 28:29 |
| Peter Armstrong      | 29:28 |
| Charles Mullins      | 31:37 |
| M60 Paul Johnson     | 27:26 |
| M65 Bob Stewart      | 31:31 |
| George Solis         | 35:05 |
| M70 Jack Starr       | 29:57 |
| Mike Michel          | 32:01 |
| Bob Christmas        | 33:22 |
| M75 Frank DeGruy     | 43:05 |
| M80 Paul Geyer       | 39:55 |
| W30 Sarah Perry      | 30:28 |
| Linda Swonder        | 30:19 |
| W40 Victoria Herazo  | 25:02 |
| Donna Chamberlain    | 26:10 |

|                    |       |
|--------------------|-------|
| Judy Justis        | 34:39 |
| Karen Arnold       | 35:35 |
| Katherine Fincher  | 40:15 |
| W45 Barb Stayton   | 30:41 |
| Elizabeth Main     | 31:49 |
| Cathy Mayfield     | 32:12 |
| W50 Gayle Johnson  | 26:21 |
| Jackie Reitz       | 28:34 |
| Judy Witt          | 32:27 |
| Barbara Mangum     | 35:26 |
| W55 Janet Higbee   | 30:37 |
| Jolene Steigenwalt | 31:01 |
| Ruby Tolbert       | 32:53 |
| W60 Rita Sinkovec  | 30:41 |
| W65 Helen Amazeen  | 34:35 |

# Miracles happen

when you give blood.

1-800-GIVE-LIFE

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 2000**

| ATHLETE (RESIDENCE)                  | BIRTHDATE | AGE GROUP |
|--------------------------------------|-----------|-----------|
| LESLIE ESTWICK (CAN)                 | 12-20-60  | 40-44     |
| ANGELA NEALY (INDIANAPOLIS, IN)      | 12-27-60  | 40-44     |
| DAN BARRY (CALABASAS, CA)            | 12-3-55   | 45-49     |
| ANA B PEREZ (MEX)                    | 12-23-55  | 45-49     |
| MONICA KENDALL (BEAVERTON, OR)       | 12-24-55  | 45-49     |
| DEBORAH LENZ (CAN)                   | 12-31-55  | 45-49     |
| MIKE HILL (BOULDER, CO)              | 12-6-50   | 50-54     |
| ANDRINA NORDEN (AUS)                 | 12-6-50   | 50-54     |
| GEORGE PATTERSON CRANDALL (US)       | 12-8-50   | 50-54     |
| KEN POPEJOY (WHEATON, IL)            | 12-9-50   | 50-54     |
| CHRISTINE MONROE (NZL)               | 12-13-50  | 50-54     |
| ELAINE TRIPLETT (SANTA BARBARA, CA)  | 12-13-50  | 50-54     |
| DONNIS DRUMGOLE (DECATUR, IL)        | 12-18-50  | 50-54     |
| ANITA VERZEELE (BEL)                 | 12-18-50  | 50-54     |
| CAROLINE MARLER (GBR)                | 12-25-50  | 50-54     |
| SHARON WARREN (NEW YORK, NY)         | 12-27-50  | 50-54     |
| MARTTI VAINIO (FIN)                  | 12-30-50  | 50-54     |
| BIRGIT BRINGSLED (SWE)               | 12-6-45   | 55-59     |
| JANE HUTCHINSON (WEBB CITY, MO)      | 12-16-45  | 55-59     |
| STAN WHITLEY (POMONA, CA)            | 12-17-45  | 55-59     |
| NELLY WRIGHT (US)                    | 12-17-45  | 55-59     |
| CAROL ANN WILD (GBR)                 | 12-19-45  | 55-59     |
| TERTTU HYTTI (FIN)                   | 12-27-45  | 55-59     |
| JADVYGA PUTINIENE (URS)              | 12-30-45  | 55-59     |
| FRANCOISE NICOLAS (FRA)              | 12-2-40   | 60-64     |
| VALERIE ROBINSON (NZL)               | 12-2-40   | 60-64     |
| AXEL JELTEN (WG)                     | 12-6-40   | 60-64     |
| P. WOOLMAN (NZL)                     | 12-6-40   | 60-64     |
| SALLY HUGHES (FAIRFAX, CA)           | 12-13-40  | 60-64     |
| GARY OLIPHANT (WICHITA, KS)          | 12-13-40  | 60-64     |
| CHRISTINE FUCHS (GER)                | 12-24-40  | 60-64     |
| CAROLE HERRICK (MCCLEAN, VA)         | 12-25-40  | 60-64     |
| YUKO MUNE (JPN)                      | 12-26-40  | 60-64     |
| CAROLE MC RONALD (US)                | 12-27-40  | 60-64     |
| TRAUDEL HAFELE (GER)                 | 12-28-40  | 60-64     |
| YVONNE HENRY (CARSON, CA)            | 12-2-35   | 65-69     |
| DANIEL COHENY (US)                   | 12-3-35   | 65-69     |
| CAROLYN O'NEIL (KALISPELL, MT)       | 12-6-35   | 65-69     |
| AGNES HADE (GER)                     | 12-9-35   | 65-69     |
| EVELYN HESS (EUGENE, OR)             | 12-9-35   | 65-69     |
| JOFRID JANSEN (FIN)                  | 12-13-35  | 65-69     |
| ROBIN BALL (GB)                      | 12-14-35  | 65-69     |
| BYRON GRAY (GBR)                     | 12-19-35  | 65-69     |
| JANE DODS (SPRINGFIELD, OR)          | 12-21-35  | 65-69     |
| CHRISTA BAUM (GER)                   | 12-24-35  | 65-69     |
| NOEL MURCHIE (HONOLULU, HI)          | 12-25-35  | 65-69     |
| CAROLYN SUE CAPPETTA (CONCORD, MA)   | 12-27-35  | 65-69     |
| CLEMENT HUYSSSEN (BEL)               | 12-27-35  | 65-69     |
| BILL MCWILLIAMS (CENTERVILLE, MA)    | 12-27-35  | 65-69     |
| RALPH THOMAS (GARDINER, ME)          | 12-27-35  | 65-69     |
| KARLO LESELL (FIN)                   | 12-9-30   | 70-74     |
| RUTH CARRIER (CAN)                   | 12-11-30  | 70-74     |
| STEPANKA MERTOVA (CZE)               | 12-11-30  | 70-74     |
| BERTHOLD NEUMANN (WG)                | 12-19-30  | 70-74     |
| ELSBETH HENNELER (GER)               | 12-22-30  | 70-74     |
| JOHN J KELLEY (MYSTIC, CN)           | 12-24-30  | 70-74     |
| BUNNY FRANCO (NEW YORK CITY, NY)     | 12-28-30  | 70-74     |
| HANS HENNINGSSON (SWE)               | 12-2-25   | 75-79     |
| GERRIT DE BACKER (BEL)               | 12-3-25   | 75-79     |
| MARGARET MILLER (THOUSAND OAKS, CA)  | 12-12-25  | 75-79     |
| LYDIA WIDERA (AUS)                   | 12-23-25  | 75-79     |
| LEN MOZHAEV (PHILADELPHIA, PA)       | 12-25-25  | 75-79     |
| JAMES STEPHENSON (SAN FRANCISCO, CA) | 12-4-20   | 80-84     |
| BOB MARTIN (TULSA, OKLA)             | 12-9-20   | 80-84     |
| NOEL GOFF (AUS)                      | 12-12-20  | 80-84     |
| WILLIAM TRIBOU (CT)                  | 12-18-20  | 80-84     |
| PAUL THURSTON (SILVER SPRING, MD)    | 12-21-20  | 80-84     |
| ELIZABETH HAGAMANN (MARION, MA)      | 12-22-20  | 80-84     |
| SYLVESTER STEIN                      | 12-25-20  | 80-84     |
| JOHN KILBUCK (CHICAGO, IL)           | 12-26-20  | 80-84     |
| VELMA JACOBS (GREELEY, CO)           | 12-6-15   | 85-89     |
| RAY MAHANNAH (FREMONT, CA)           | 12-6-15   | 85-89     |
| JAMES BENNETT (HONOLULU, HI)         | 12-14-15  | 85-89     |
| BARRY IVERS (BREWER, ME)             | 12-6-10   | 90-94     |
| RALPH LOVSHIN (US)                   | 12-8-10   | 90-94     |
| L. ROLLS (GB)                        | 12-10-10  | 90-94     |
| EDWIN WEBER (WG)                     | 12-17-10  | 90-94     |
| EVE KARBENS (HONOLULU)               | 12-25-10  | 90-94     |
| BERNO WISCHMANN (WG)                 | 12-26-10  | 90-94     |
| SYD HESKETH (AUS)                    | 12-4-5    | 95+       |
| SIGUARD TORMOEN (NOR)                | 12-12-5   | 95+       |
| ARNOLDS TICMANIS (CAN)               | 12-14-5   | 95+       |
| WALTER KERN (WG)                     | 12-19-5   | 95+       |
| FRITZ HELBER (WG)                    | 12-20-5   | 95+       |
| NARAYANA MURTHY (IND)                | 12-12-0   | 95+       |
| FRANS TAHTINEN (SWE)                 | 12-16-0   | 95+       |

Compiled by Pete Mundle, World and U.S. Masters T&amp;F Records Chairman

**WAVA/USATF Hurdles and Implements Specifications****HURDLES****WOMEN**

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

**MEN**

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

**IMPLEMENTS**

| AGE GROUP | SHOT PUT        | DISCUS | HAMMER          | JAVELIN   | WEIGHT | SUPER WEIGHT |
|-----------|-----------------|--------|-----------------|-----------|--------|--------------|
|           |                 |        |                 |           | WAVA   | USATF        |
| Women     |                 |        |                 |           |        |              |
| 30-49     | 4.00k           | 1.00k  | 4.00k           | 600 gms.  | 20#    | 20#          |
| 50-59     | 3.00k           | 1.00k  | 3.00k           | 500 gms.* | 16#    | 16#          |
| 60+       | 3.00k           | 1.00k  | 3.00k           | 400 gms.  | 12#    | 16#          |
| Men       |                 |        |                 |           |        |              |
| 30-49     | 7.26k (16 lbs.) | 2.00k  | 7.26k (16 lbs.) | 800 gms.  | 35#    | 35#          |
| 50-59     | 6.00k           | 1.50k  | 6.00k           | 700 gms.* | 25#    | 35#          |
| 60-69     | 5.00k           | 1.00k  | 5.00k           | 600 gms.  | 20#    | 25#          |
| 70-79     | 4.00k           | 1.00k  | 4.00k           | 500 gms.* | 16#    | 25#          |
| 80+       | 4.00k           | 1.00k  | 4.00k           | 400 gms.* | 12#    | 25#          |

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WAVA weights are used for USATF weight pentathlons.

Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.

\* New 1999 IAAF specifications.



# MASTERS CLUBS

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

## EAST

All Unique Individuals  
Women's Masters Track Team  
PO Box 2831  
Elizabeth, NJ 07207-2831  
973-736-3312

Bohemia Track Club  
Mary Trotto  
3 Eden Dr.  
Smithtown, NY 11787  
516-979-8445

Boston Athletic Assoc.  
131 Clarendon St., 8th Floor  
Boston, MA 02116  
617-236-1652  
www.bostonmarathon.org

Boston RC  
79 Manet Rd.  
Chestnut Hill, MA 02467  
617-964-7802

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

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

Garden State AC  
19 Bedminster Rd.  
Randolph, NJ 07869  
973-625-1764

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

Greater Long Island RC  
101-24 Dupont St.  
Plainview, NY 11803  
516-349-7646  
516-349-7647 (fax)  
www.pobrrc.org

Greater Rochester TC  
PO Box 92608  
Rochester, NY 14692  
716-872-6652

Hudson Mohawk Road Runners  
PO Box 12304  
Albany, NY 12212  
518-435-4500

Liberty AC  
89 May St., #1  
Needham, MA 02492  
508-462-9552

Maryland Masters Track Club  
107 Rosewood Ave.  
Baltimore, MD 21228-4939  
410-744-2652

Nadia Track Club  
1500 Sylvan Terrace  
Pittsburgh, PA 15221  
Dorel Watley, Pres.  
412-244-9812

National Capital Track Club (GNATS)  
c/o Karen Erb  
205 W. Myrtle St.  
Alexandria, VA 22301  
703-549-7779

New England Walkers  
83 Riverside Av.  
Concord, MA 01742  
978-369-7912

New Jersey Striders TC  
P.O. Box 885  
Maywood, NJ 07607  
201-287-1064

North Jersey Masters  
PO Box 56  
Ridgewood, NJ 07451

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

NYRR  
9 E. 89th St.  
New York, NY 10128  
212-860-4455

Potomac Valley Track Club  
c/o Bobby Briggs  
6207 Duntley Ct.  
Springfield, VA 22152  
703-913-6335  
email: corrallo@erols.com

Run to Win Ladies - Maine  
Coach Brian Gillespie  
36 Colonial Rd.  
Portland, ME 04102  
207-772-2753

Shore AC  
Donna Cetrulo  
274 Bath Av #14  
Long Branch, NJ 07740  
732-222-1348

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

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

Tri-State TC  
Wayne Vaughn  
18619 Preston Rd.  
Hagerstown, MD 21742

Western Pennsylvania Track Club  
Joe Silverio  
14400 Winchester Rd.  
Trafford, PA 15085  
412-372-1986

## SOUTHEAST

All American TC  
20184 Hwy 17  
Hampstead, NC 28443

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

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

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

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

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

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

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

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

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

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

Pony Express Masters TC  
PO Box 503  
Norfolk, VA 23501  
Attn: Joe Mack  
757-482-5558

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

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

## MIDWEST

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

Columbus Roadrunners  
PO Box 15584  
Columbus, OH 43215-0584  
617-764-9733

Dayton Masters TC  
PO Box 17706  
Dayton, OH 45417-0706  
Bob Jones, Pres.  
513-837-2754

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

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

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

Over the Hill TC  
9065 Gettysburg Dr.  
Twinsburg, OH 44087

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

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

River to River RC  
PO Box 1224  
Marion, IL 62959

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

Victory AC  
Marty Gonterman, Pres.  
PO Box 6667  
Louisville, KY 40206  
502-447-3913

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

Chicago Walkers Club  
Nancy S. Goldman, Pres.  
2909 N. Sheridan Road #1707  
Chicago, IL 60657-5908  
773-348-3891/goldnanc@aol.com

## MID-AMERICA

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

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

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

Lawrence TC  
PO Box 3743, Jayhawk Sta.  
Lawrence, KS 66046

Lincoln TC  
3105 Cedar Av.  
Lincoln, NE 68502

Prairie Striders  
Box 267  
Brookings, SD 57006

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

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

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

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

## SOUTHWEST

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

East Texas T&F Club  
3334 S. SW Loop 323 #125  
Tyler, TX 75701  
Robert Hahn  
903-561-9511  
903-581-6605 (fax)

Houston Masters Sports Assoc.  
4021 Montrose Blvd.  
Houston, TX 77006-4956  
713-523-7679

King of the Hill TC  
48 Chateau Haut Brion  
Kenner, LA 70065-4956  
504-467-1197

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

Midnight Sun TC  
PO Box 7141  
New Orleans, LA 70186

New Orleans TC  
PO Box 52003  
New Orleans, LA 70152-2003  
504-482-6682

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

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

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

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

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

Waterloo T&F Club  
4112 Burnet Rd.  
Austin, TX 78756  
512-458-6010

San Antonio Racewalkers  
9635 Campton Farms  
San Antonio, TX 78250  
Bert Pickell  
bertpjr@msn.com

## WEST

Cal Coast TC  
PO Box 7132  
Newport Beach, CA 92660-7132  
949-476-7076  
Bill Sumner/Rick Herr

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

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

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

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

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

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

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

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

KEL Club  
Gary Kelmenson  
5601 Empire Grade  
Santa Cruz, CA 95060  
831-458-0300  
kelfield@aol.com

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

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

No. Calif. Senior TC  
Shirley Dietrich, Pres.  
5 Arcade Av.  
Berkeley, CA 94708  
510-848-5016

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

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

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

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

Show Time TC  
8306 Wilshire Blvd., Suite 2  
Beverly Hills, CA 90211  
323-291-7392

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

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

So Cal Track Club  
18 Charca  
Rancho Santa Margarita, CA 92688  
Mark Cleary  
949-589-0242  
runnermark@home.com

Tamapa Runners  
Box 701  
Corte Madera, CA 94976  
415-721-3791

Trojan Masters TC  
1125 N. Stimson  
La Puente, CA 91744  
626-917-6289  
trojanmasters@usctrojans.com

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

West Valley Joggers & Striders  
1124 Kennington Av.  
Sunnyvale, CA 94087

Pole Pilots/Kinaesthetics Inc. Track Club  
1137 E. Edison St.  
Tucson, AZ 85719-3530  
Roy D. Willits, Jr.  
Jennifer L. Croissant

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

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

Peraonal Record Track Club -  
Pole Vault  
802 Brentwood Ave.  
Vallejo, CA 94591  
Eddie Seese  
707-645-8555

## NORTHWEST

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

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

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

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

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

Oregon Road Runners Club  
4840 S.W. Western Av., #200  
Beaverton, OR 97005  
503-646-RUNR Susan Perry  
orrc@teleport.com  
www.orrc.net

Oregon Track Club Masters  
PO Box 11364  
Eugene, OR 97440  
541-343-7247  
www.oregontrackclub.org

Pacific Pacers (Racewalk)  
6633 N.E. Windermere Rd.  
Seattle, WA 98115  
206-524-4721  
bevaveck@aol.com

Portland Masters Track Club  
3011 NE Linden Av  
Gresham, OR 97030  
503-666-8950  
Paul Stepan, Pres.

Racewalkers Northwest  
PO Box 3914  
Portland, OR 97208  
503-256-2916  
RacewalkNW@aol.com

Re-Treads  
Neal Stoddard  
16016 9th Ave. SW  
Burien, WA 98146  
206-245-0516

River City Track Club  
Jim Stevens  
9043 N. Tioga Av  
Portland, OR 97203  
503-735-0290  
rivercitytc@aol.com

Seattle Masters AC  
4103 Hillcrest Av., SW  
Seattle, WA 98116  
206-932-3923  
kweinbel@aol.com

Snohomish Track Club  
4261 S. 184th St.  
SeaTac, WA 98188-4569  
206-433-8868

Southern Oregon Sizzlers  
Mike Barrett  
PO Box 665  
Medford, OR 97501  
541-779-1214

Team Alaska Track Club  
Chris Waythomas  
6351 Far Point Cir.  
Anchorage, AK 99507  
chris@maildakanc.wr.usgs.gov

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

Holy Smokes Track Club  
2232 Franklin Av. East  
Seattle, WA 98102  
Denny West  
206-322-2413



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