

NATIONAL MASTERS NEWS

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Ngatia, Bakoulis Masters Winners in NYC Marathon

By MARILYN MITCHELL

"The most successful thing about the race was that it happened," said Allan Steinfeld, New York Road Runners CEO and director of the 32nd New York City Marathon at the post-race conference on Nov. 4.

Referring to the events of Sept. 11, Steinfeld said, "I called Mayor Giuliani. He said, 'Yes, the marathon is quintessential to New York City. We need to do it.'"

The NYRR dedicated the race to the victims and the rescuers, choosing the theme, "United We Run." Heightened security concerns led to unprecedented security measures for the runners, volunteers and media. The traditional blue line down the center of the course in Central Park was replaced with a red/white/blue striped line.

Of the 30,574 registrants, 14,070 were masters runners age 40-and-over. From those numbers, Sam Ngatia, 42, and Gordon Bakoulis, 40, emerged with victories. Ngatia, of Kenya, defended his 2000 title (2:22:58) with

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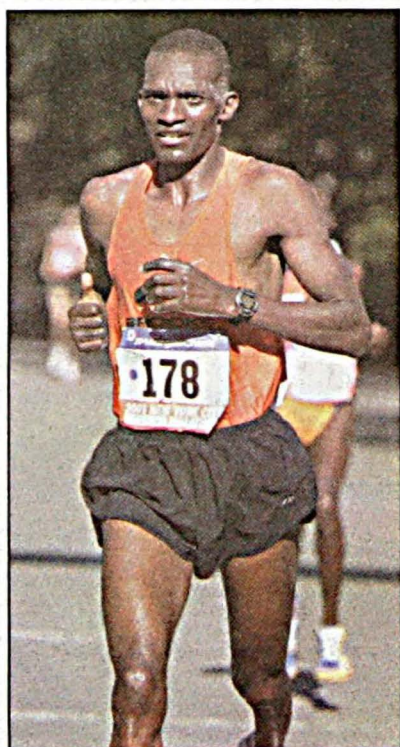
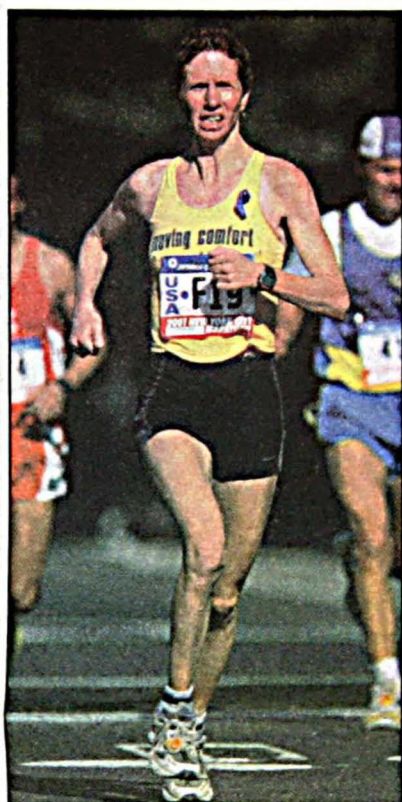


PHOTO: NEW YORK ROAD RUNNERS
Sam Ngatia, 42, first master (2:25:02), NYC Marathon.



VICTOR SAILER / PHOTO RUN
Gordon Bakoulis, 40, first masters woman (2:41:43), NYC Marathon.

24th Tulsa Run, New and Improved

The 24th running of the Tulsa Run 15K, Oct. 27, saw some major improvements this year, including a new course and the abolition of the open prize purse. It still retained its traditional role as the USATF Masters 15K Road National Championships.

However, with no competition from race-only-for-cash youngsters, masters Eddy Hellebuyck, 40, Albuquerque, N.M., 45:36, and Tatyana Pozdnyakova, 46, Ukraine/Gainesville, Fla., 50:47, carried the day and ran superb times to boot.

Hellebuyck was an easy pick as the champion for this year's race, given the light turnout in the cashless elite open ranks, and also due to the fact that he currently holds the 15K Masters U.S. best set earlier this year at the Gate River Run (45:12/March 10/Jacksonville, Fla.).

He was briefly challenged by Russian masters star Andrey Kuznetsov, 43, Rockville, Md., and Colorado's Sam Ngatia, 42, KEN/Fort

Continued on page 4

Adirondack AC Dominates National 8K X-C in Rochester

By SUSANNAH BECK

While the world's attention was focused on the jubilant hoo-haw surrounding the New York City Marathon, Nov. 4, the Genesee Valley Harriers Running Club hosted the USATF National Masters 8K Cross-Country Championships in Rochester, N.Y., with somewhat less media exposure, but no less enthusiasm. It was a true club showdown, regional in flavor, with 24 masters age-group teams dueling for bragging rights.

In the Men's 40-49, the Adirondack AC dominated, unbeatable this year with overall race winner and age-graded leader Tom Dalton, 43, 25:15 (89.3%), leading five AAC teammates into the top-13, for a total combined time of 2:16:59. The Genesee Valley Harriers finished second, 2:21:00, led by Scott Williams, 26:40, who placed third overall.

Six teams competed in that age-group. Buffalo's Checkers AC's Bob Carroll, 45, was the second-place finisher overall, running 26:34, but

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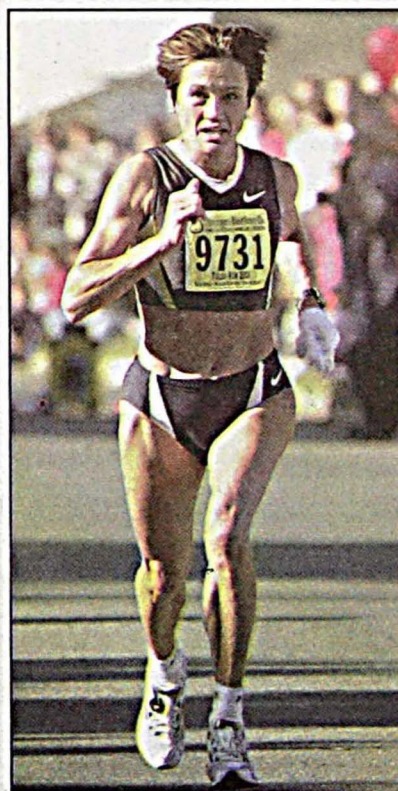
MIKE POLANSKY
Kathy Martin, 50, was first woman (31:14) in the National Masters 8K Cross-Country Championship, Rochester, N.Y.

Farley Farther Faster at Marine Corps Marathon

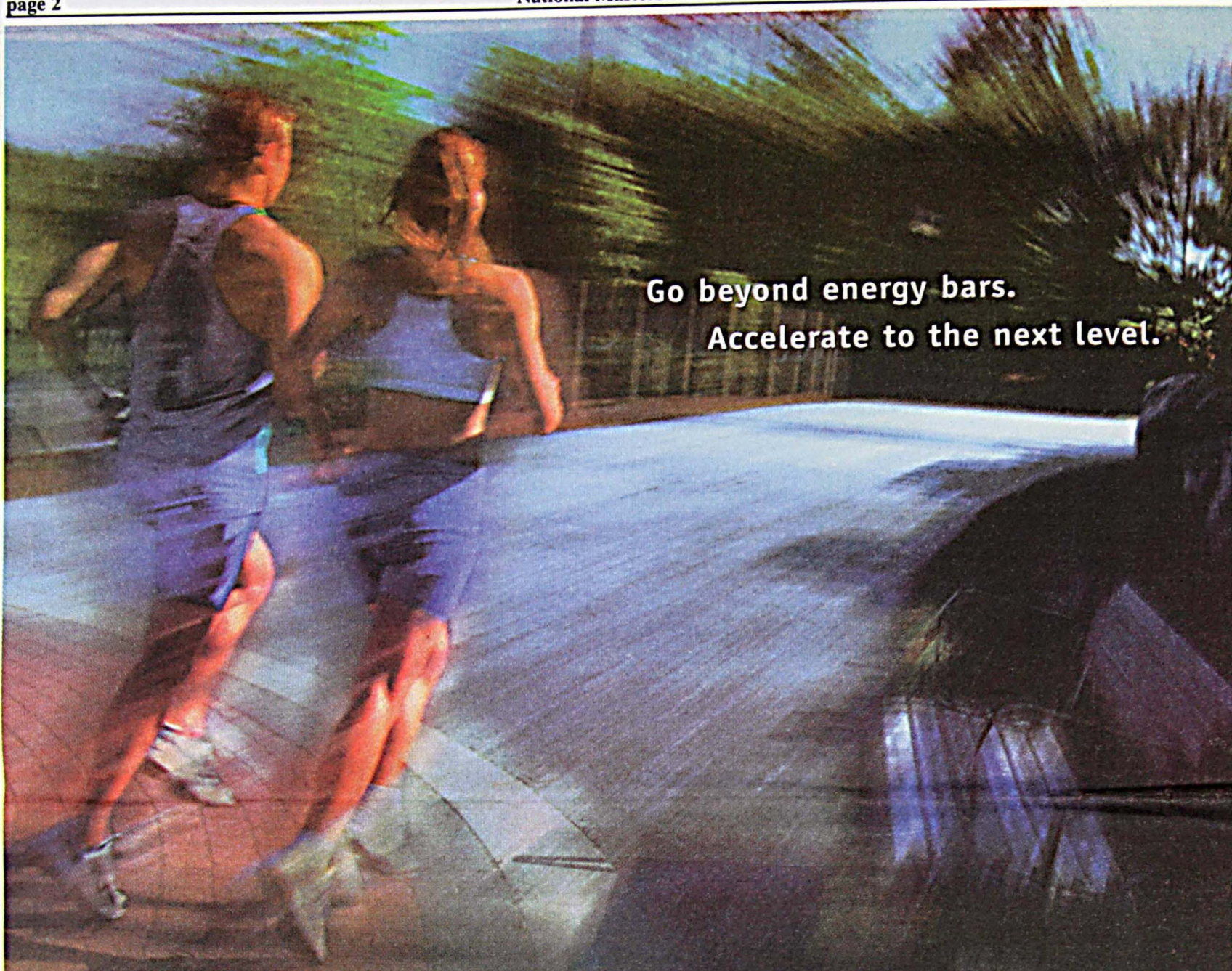
The U.S. Marines' own Farley Simon, 46, Honolulu, Hawaii, won the Marine Corps Marathon again, Oct. 17, in Washington, D.C., in 2:28:28. It was no gimme, though; it's been a few years. Eighteen, in fact. Simon last won in 1983 with his debut and PR 2:17:46.

The race played out according to plan for Simon, who ran a conservative early pace because of cold, windy conditions. Running in a pack of five that trailed race leader Paul Zimmerman, 40, Beaverton, Ore., by up to three minutes by the 15-mile mark, Simon tried to maintain his confidence in the plan. "When I saw Zimmerman at the turnaround, I said, 'Whoo, that's a long way!' But I still

Continued on page 9



JAMES GIBBARD
Tatyana Pozdnyakova, 46, first W40+ (50:47), Tulsa 15K/USATF National Masters 15K Championships.



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Have a
Happy Holiday
Season
and a
Healthy New Year



NATIONAL MASTERS NEWS

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BRISBANE

I have read Al Sheahan's comments regarding the meet in Brisbane. Although I agree with most of his constructive criticisms, I must admit that overall the meet was well conducted and was far from being the worst yet held. Brisbane was certainly a fun city.

To me the major problem was the transportation. It was the worst yet of all the world meets. This may have had much to do with compounding all the other problems. My hotel was about one mile uphill from the downtown bus terminal. Walking one mile to the terminal and then waiting for two buses was aggravating. This was the first meet where I had to take taxis to get to my two events on time.

I understand transportation was not provided because of the cost. Yet, the city of Brisbane is supposed to have made over 20 million dollars in profit. Couldn't some of this money have been donated to transportation?

Bob Mimm
E-mail

WOMEN'S ASSEMBLY

I would like to correct an aberration in the October issue of NMN wherein the President of WMA (formerly WAVA), in his "International Scene" column stated that I maintained at the Brisbane Women's Assembly that I was elected in Gateshead for a four-term period. This was not so, as I was well aware of my position following a proposal put before, and voted upon, at the Gateshead General Assembly.

At the final Brisbane Women's Assembly, I informed the meeting on the outcome of the Gateshead motion, but under Item 3, "Election of the

Women's Representative." A delegate did state that she understood my election was for a four-year term. I received a nomination, which was seconded. There were no other nominations. The WMA President in his address earlier had told the meeting that in the future their Representative would have to be elected at the General Assembly, not at the Women's Meeting, and this had led to some vitriolic comments.

At the General Assembly, when the name of the Women's Representative is normally announced, the President asked for permission to bring forward Agenda Item 8 (Election of WMA Council Office Bearers), ahead of Notification of the appointment of the Women's Representative.

When approval of the necessary WMA Constitution/By-Laws changes (Item 7), to facilitate the abolition of the Women's Assembly to be replaced by a Women's Committee, was voted on and carried, a male delegate then questioned the validity of my election. He referred to p. 29 of the Recommendations about Amendments to the WAVA Constitution/By-Laws, etc., from the WAVA Council of the General Assembly booklet that stated, "The effect would be that like other members of the Council, the Women's Representative will be nominated and elected at the General Assembly." After some discussion, nominations were open from the floor.

I categorically accept the outcome of the General Assembly vote on this issue and wish my successor every success as Women's Representative.

Bridget Cushen
England



JERRY WOJCIK

Joan Ottaway, 56, 43:06, and Kim Rupert, 45, 43:25, 2001 Masters 10K Cross-Country Championships, Vancouver, Wash. The Masters 6K Championships will be held in Vancouver on Feb. 9.

Tulsa Run 15K

Continued from page 1

Carson, for 2 km. That was it. Hellebuyck said a big goodbye at that point, and sped off to an incredibly easy 45:36 clocking, the fastest masters performance ever in Tulsa, on any course.

Hellebuyck was quoted as saying, "I was greatly surprised that no local talent came up to challenge me." Kuznetsov was second overall in 47:20; Sam Ngatia, third master, was fourth overall in 47:35; and the top Oklahoman and second American citizen was Tulsa's Ron Parks, 40, 49:27. Gary Romesser, 50, Indianapolis, ran 50:06, for fifth M40+.

In the distaff race, Ukrainian native and U.S. resident Pozdnyakova continued her winning ways with a masters victory, and the overall win, 50:47, outdistancing her Russian rival Ramilia Burangulova, 40, Tampa, Fla., 51:37, by 50 seconds.

Minnesota's Janet Robertz, 42, was third and first U.S. runner in 53:55, an excellent time, despite a strained calf muscle early on. Albuquerque's Marie Boyd, 41, was fourth in 54:46, and the top Oklahoman was Broken Arrow's Priscilla Godi, 40, in 57:59. June Machala, 70, Spokane, Wash., ran

76:32 (that's 8:13 mile pace!) to better the present U.S. record of 81:17 by Whayong Semer.

The Tulsa Run course was redesigned this year to "better reflect the personality of the race," according to race organizers, and includes some of the more prominent business and residential areas of the city, as well as downtown and along the Arkansas River. The revamped route is somewhat hilly for the first 5 km, then flattens out for a fast finish.

The heavens seemed to approve the changes, as the most beautiful race morning in Tulsa Run history dawned with a cool 44 degrees, no wind, and blue sky. Principal race sponsors included Tulsa World, Williams Companies, and the Bank of Oklahoma.

The Tulsa Run raised \$25,000 for its new charity, Big Brothers and Sisters of Green County, and doled out masters championships prize money four places deep for overall and age-graded performances. □

— From a report by Bud Almond/
Tulsa 15K



JAMES GIBBARD

Eddy Hellebuyck, 41, first (45:36), Tulsa 15K/USATF National Masters 15K Championships, Oct. 27.

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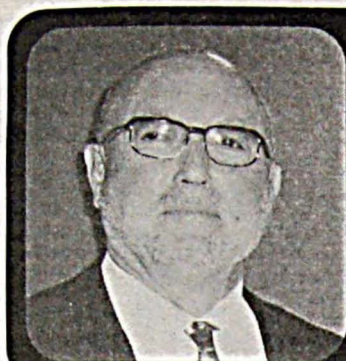
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TWENTY YEARS AGO December, 1981

• New Zealanders Jack Foster (49, 2:23:55) and Robin Hames (44, 2:48:13) Are First Masters in NYC Marathon

• Dave Jackson Smashes M50 Triple Jump WR With a 43-1 in Club West Meet

• National Masters 5K Draws Over 250 to New Orleans



T&F Report

by **GEORGE MATHEWS**
Chairman, USATF Masters
Track & Field

Masters Support T&F as Lifetime Sport

Masters athletes continue to support the premise that track and field is a lifetime sport. In 2001, U.S. masters entered competitions at local, regional, national, and international venues at high levels of participation and performance. We were particularly appreciative of the support of the national office as well as the wonderful administrative leadership and volunteers who helped make 2001 a successful year.

Administrative Leadership

We started off 2001 with a new slate of elected officers and some new members of the Executive Committee. Both groups worked successfully as a team. The use of e-mail, telephone conferences, and in-person meetings has allowed us to conduct more business and move our organization along faster than in the past.

The year 2001 saw the masters section of the USATF Web site come alive and provide more information to our members in a timely fashion. We plan to expand our page significantly in 2002.

Masters participation in the USATF Board of Directors made a contribution to the rest of the organization and allowed masters athletes to be represented.

Championships

National: The 2001 Indoor Championships returned to Boston, Mass., and drew 814 athletes, who set 16 world and 28 U.S. age-group records.

Despite being held less than two weeks after the World Championships in Brisbane, and despite some athletes' concerns about the weather, the Outdoor Championships in Baton Rouge, La., attracted over 800 participants. They took advantage of the first-rate facility at LSU's Bernie Moore Stadium, a large cadre of competent officials, and the experienced organizers of the Baton Rouge Sports Foundation, to break one world and 11 U.S. records, and even had a good time doing so.

Regional: Indoor Championships were held in the East and Midwest; Outdoor Championships were held in all seven regions.

International: The 14th WAVA Track and Field Championships were held in Brisbane, Australia. Eighty nations were represented with nearly 5000 masters athletes participating, 405 from the U.S. A total of 41 world records were set, eight by U.S. athletes, who also broke six national records.

Championship Games Committee

Under the fine leadership of Sandy Pashkin, and funding realized by the

Championships surcharge, this committee has done a fantastic job of overseeing the conduct of our major indoor and outdoor championships. In 2002, this committee will be even better as it continues to work as a team, and meet organizers learn to work with them.

Legends Committee

This committee facilitated the inclusion of masters athletes in major open track and field competitions around the country, most notable being the Mt. SAC Relays and the Senior Indoor and Outdoor Championships. In 2002, because of limited funds, we will focus on making masters participation in the Senior Indoor and Outdoor Championships our best effort.

WMA Drug Policy

The national office and the Masters Committee did a superb job of making sure that all U.S. athletes were aware of IAAF requirements for international competition. We provided meaningful input at the World Masters Athletics (WMA) Assembly in Brisbane as to our feeling that more exceptions are needed for masters special drug requirements, which are a necessary part of aging. WMA, previously known as WAVA, is studying these concerns.

These are but a few of the committees and people who make USATF Masters function. I would like to thank all those who have given so much to make masters track and field the great opportunity it is for participants. □

Weight Pentathlon Bid Applications

Meet directors interested in bidding for the 2002 or other future National Masters Weight Pentathlon Championships are urged to contact Masters Weight Event Coordinator Dick Hotchkiss for the application bid forms at: 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660; e-mail: ashglaze42@hotmail.com. □

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

Rankings Report

Rankings Deadline Draws Near

By **JERRY WOJCİK**
USATF Masters T&F Rankings
Coordinator

The 2001 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by the January 2002 issue, send them with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. Marks sent to me for events that I am not compiling will not be forwarded.

The deadline for submissions to the compilers is Jan. 31, 2002.

Athletes whose best marks were made in the WAVA-Brisbane Championships (particularly in the combined events) or in the National Senior Games/Senior Olympics and did not appear in the NMN results section should send those marks to the rankers to make their task easier.

100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook,

NH 03229; e-mail b6883578@aol.com
400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxinternet.com

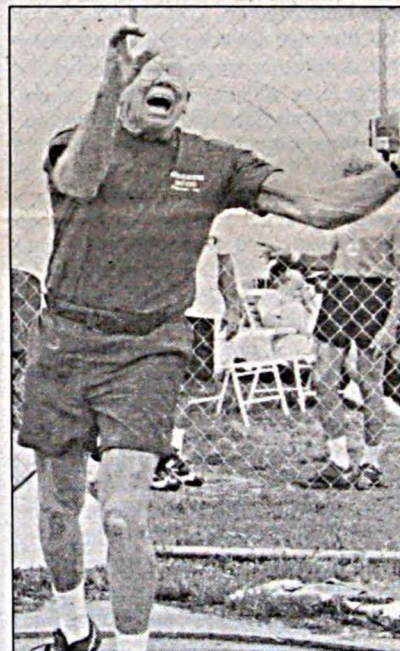
High jump, pole vault - Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: FTLREDSKIN@aol.com

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

Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com

Mile, 3000, 10,000, hammer, weight, superweight - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events - Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu.



JOHN SELLEM

Austin Baggett, 70, scored 1113 points with a 17.82 throw with the 16# weight, Clearwater Throwers Classic, Clearwater, Fla., Nov. 4.

FIVE YEARS AGO December, 1996

- France's Dominique Chauvelier (40, 2:17:26) and Josette Collomb (43, 2:41:06) Take Masters Firsts in NYC Marathon
- Steve Scott (40, 25:08) and Cheryl McGinnis (42, 33:22) Win National 8K X-C Championships in Louisville
- USATF Announces Creation of Masters "Indy Life Circuit" for 1997

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Third Wind

By MIKE TYMN

Tallmadge Offers Formula for Successful Aging

As Bill Tallmadge sees it, there comes a time when a man must move into a "landing pattern." In other words, he feels it is time to prepare to die. It's part of Tallmadge's successful aging program.

"I want to take control of my dying so as to die the least worst death," said Tallmadge, an 85-year-old retired college music professor. "It should be a very spiritual and glorious occasion, which it generally isn't in America."

A resident of Berea, Kentucky, Tallmadge had just finished racewalking a 5K in Kingsport, Tenn., after telling friends it would be his last race, at least the last for which he'd seriously train. It ended a 16-year racewalking career that included victories in the 75-79 division of the 1991 world veterans championships in Turku, Finland, at 5K and 20K. His 32:48 in the shorter distance has not been topped in five subsequent world championships since. He also won the 20K in

the 1997 world championships.

"I'm discarding all unessential activities so that for the years I have left I will bring to a close my life's objectives," Tallmadge further offered. "Besides, there's just not that much competition in my age division. All I have to do is race and be legal, and so the excitement isn't there any more, except for the social or fellowship aspect."

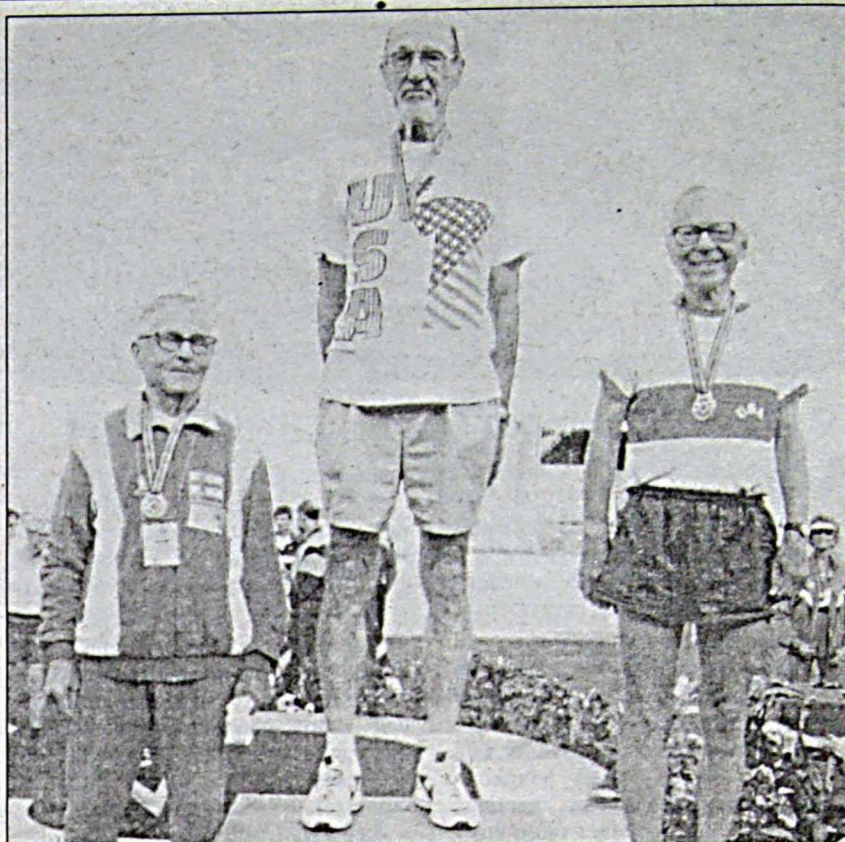
A Late Starter

Tallmadge took up the sport at age 69, having done nothing in the way of competitive athletics since high school. "By 1985, successful aging had become my prime objective," he explained. "I had stopped smoking a pipe and began to gain weight, so started looking for a general exercise program and a good diet. I went out to the college track to run it off and saw a racewalker there. I asked him how he did it and he told me it was all in the books. So it was off to the library." A librarian introduced him to a college student who was a competitive racewalker and Tallmadge was on his way.

But retiring from the sport and preparing to die doesn't mean that Tallmadge is "throwing in the towel" on life or giving up before he reaches the finish line. "By no means is that the case," he reacted to the idea. "I'm optimistic. Every day is good. I'm in great shape and feeling fine. I just celebrated the second anniversary of my second marriage and it's like every day is a vacation. I've got a lot of writing I want to do. I practice piano an hour a day, exercise about two hours a day, and do volunteer work. I have plenty to do and can use the time I'd otherwise be training."

Exercise and Spirituality

While exercise has been a big part of Tallmadge's successful aging program, spirituality has taken on a big part in recent years. "By 1993, at age 77, a degree of spirituality came into my life and shortly became as important to me as the other elements necessary to successful aging," he said. "This occurred when I became a Body Recall teacher. I gave up chess, became a volunteer for hospice and the long-term care center in the hospital here, and became very interested in assisting the dying. In my mind, there can be no successful aging unless there is also successful dying, and a strong element in successful dying is spirituality."



Bill Tallmadge (center).

Subscribing to a philosophy called "process theology," Tallmadge says he is confident that his consciousness will survive his bodily death. "Your consciousness is what controls things," he explained. "I'm so certain that consciousness will be moving on, I figure there must be some type of God, but I've never been comfortable with the type of God I've heard about in church all my life."

Controlling One's Exit

Tallmadge is working on a book tentatively titled *Sallekhana: The Compassionate Death*. "I started it in 1996 and wrote the first three chapters during which time my first wife died of cancer," he continued. "She followed many of the suggestions in the book, kept control of her dying to the very end, and at a time of her choosing stopped eating and drinking. She died two or three days later. In a sense, this explains the basic premise of the book."

"Some of the Jains of India, if they suffer from a debilitating disease or dementia, which prevents them from possibly dying a spiritual death, will go into the temple and under the care of a priest stop eating and shortly after that stop drinking. This is a legal way of taking control of one's dying, so as to die the least worst death."

When his PSA (prostate specific antigen) level was up to 40 last April, Tallmadge figured his days were really numbered. However, it is now back to normal. How did he do it? "Starving cancer with hypnotherapy," is his response. If you want to find out more about his method of overcoming prostate cancer, you can check Tallmadge's website at www.cancerstarved.com.

Healthy Diet

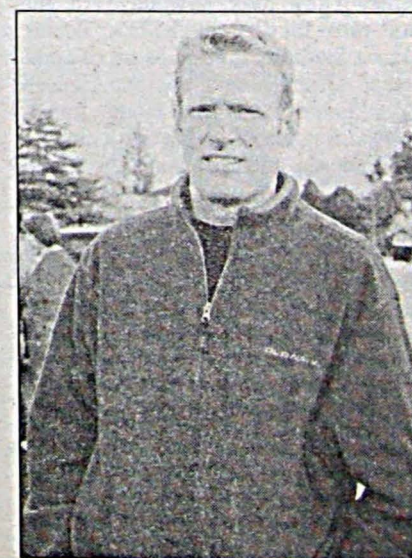
"Right eating" is also a part of Tallmadge's successful aging program.

"For me, it's a diet which is healthy," he said. "That means very little of the wrong kind of fats. It means skimmed milk, no red meats, and sensible portions of fish and poultry (none fried). My wife, Betty, and I regularly split a single meat order when we dine out. Non-fat cookies, Graham crackers when possible, vegetarian burgers, vegetarian dishes, chili lasagna are all part of it. I believe you have to maintain an awareness at all times of what and how much you are eating."

Tallmadge's formula for successful aging is: "right eating plus right moving (exercise), right thinking (spirituality) and right dying."

He might say he is now in his "landing pattern," but I'd say Tallmadge is now taking his victory lap. □

(Mike Tymn can be contacted by e-mail at metgat@aol.com)



JERRY WOJCIK

Sean Evans, 40, first overall (16:29) USATF Oregon Open & Masters 5K Cross Country Championships, Sandy, Nov. 17

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Health & Fitness

By EARL FEE

Aging Slower Than Your Rivals - Part II

Last month we looked at some ways to slow down the aging process, which not only may increase your natural life span, but also will improve the quality of life. Here are a few more pointers for achieving these goals.

Massage

Massage on a regular basis will increase joint mobility and flexibility, and strengthen and maintain normal elasticity in muscles.

Stress

Avoid stress as much as possible. This has to do with proper attitude and controlled emotions in daily life situations (such as in driving a car, etc.). Practice deep breathing and meditation. Avoid the hectic, driving, uptight (Type A) behavior. Pace yourself, keep calm. Don't over-react or over-dramatize a situation. Take the stronger multiple B vitamins.

Maintain a positive outlook, and a sense of humor. Laughter has many health benefits. Be optimistic; we control the quality of our days within us. Positive thinking makes good things happen.

Have active positive associates; associate and train with young people and positive friends.

Health

Take good care of your dental health, e.g., dental checkups and daily flossing to prevent plaque formation that leads to periodontal disease. Gum disease has been linked to heart disease, stroke, diabetes, pneumonia and

other respiratory diseases.

Have a yearly check-up by your doctor. Have goals and challenges in your life. Age should be no barrier to new knowledge and experience.

Work on your emotional and spiritual health just as you work on your physical health. This involves keeping the mind active, for example, with chess and other games, bridge, reading, studying, and relaxing with music or painting. A healthy, contented mind contributes to a healthy body. Also, religious people generally live longer.

Injury Prevention

A serious injury, for example to the knees, can finish your athletic career. Also, frequent or chronic injury can discourage an athlete and result in stoppage of training altogether. Since intense exercise is the ultimate longevity habit, the following should be observed. Aim for the long-term.

Avoid over-training: too much, too soon, too hard, too fast. Observe proper recovery practices to avoid injury. For example, soon after a race or training, take carbohydrates, protein, and plenty of fluids, stretch, and REST. Inadequate rest and recovery in the long-term can lead to lost motivation and stoppage of training.



EVELYN WHITE

Age-group winners (from l): Dudley Healy, 87, Nate White, 82, and Marsha Tilson, 80, 2001 Syracuse Festival of Races 5K.

Practice periodization (periodic easy weeks during training) and weeks of rest after the end of indoor and outdoor seasons. For athletes 65 to 70 (or even younger) running every other day is recommended, with perhaps two days rest per week, and cross-training in between running days (such as pool running, cycling, rowing, power walking). This reduces bodily wear and tear.

Cross-training is preferred to slow running as there is no pounding of legs and feet. Also, a less stressful running

day for older runners can be achieved by doing half the workout in the morning and the other half one to eight hours later.

In summary, every indiscretion or overindulgence in daily living or training has a minute irreversible aging effect. □

(The above are excerpts from one of 25 chapters in Earl Fee's running/fitness book, "How To Be A Champion from 9 to 90 - Body, Mind, and Spirit Training." To order, see the Publications Order Form on p. 13.)

National 8K X-C

Continued from page 1

would have had to finish more than a minute before the race even started, that is, running faster than the speed of light, to get his team, 2:44:50, into the winner's circle.

In the Men's 50-59, eight teams vied for supremacy, but even bringing in Gary Romesser, 50, Indianapolis, 27:13, couldn't help the Indiana All-Stars defeat Adirondack AC's tightly-packed 50+ team. Adirondack 50+ put five runners in the chutes from 29:15 to 30:04, an enviable density. Ithaca-based High Noon 50+'s Rick Hoebeke, 52, 28:41, was the second M50+ finisher.

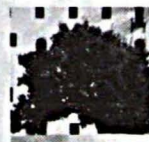
The Men's 60-69 team event scored three runners per team. Connecticut's Wolfpit TC shone strongly, with performances by Bill Borla, 61, 29:45, Chuck Keating, 60, 32:09, and Jon Pelton, 62, 32:50, adding up to a 13-minute margin over the hosting

Genesee Valley Harriers 60+, 1:47:20. Borla's run earned him the age-graded second place, with 88.0%.

The curiously-named Belle Watling AC gamely held out against no other teams to take the 70+, 2:10:31.

The women's race had five 40+ teams vie, with three runners per team, and no teams competing at higher age-groups. Ithaca, N.Y.'s High Noon 40+ team, led by Gillian Sharp, 40, 31:43, Suzanne Myette, 44, 32:03, and Audrey Blander, 45, 34:23, handed it to the Genesee Valley Harriers, 1:38:09 to 1:41:48.

Kathryn Martin, 50, unattached, was the overall women's winner, 31:14, and age-graded champion (86.3%). Genesee Valley Harrier and 2000 USATF Masters Cross-Country "Runner of the Year," Carolyn Smith-Hanna, 51, 33:31, was runner-up in the W50+, and the age-grading, with an 81.2%. □



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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Is Muscle Tissue Decline Inevitable?

A recent article in a national medical journal caught my eye last month. I'm always on the lookout for articles and research that deals with masters athletes. Although this does not deal specifically with our sport, I think it gives us a further rationale to continue on with our training and competitive athletic program.

The article states that there is a decline in skeletal muscle function with aging. The authors feel this decline in muscle tissue is related to progressive reduction in the demands on the muscle, and is not an inevitable result of aging.

The adaptations and decline in muscle tissue can be minimized with some type of athletic training. Aging muscle responds to training in a similar manner to the muscle of younger athletes. Endurance training leads to an increase in VO_2 max, capillarization and aerobic enzyme activity. Resistance training can improve central nervous system recruitment of muscle, hypertrophy and force output.

In any case, skeletal muscle responds according to the demands placed on it. Reducing the demand on skeletal muscle will make it react to the new lower requirement. Increase demand and the decline due to aging can be minimized, if not eliminated.

Therefore, a lifetime of physical activity is critical to maintaining the structure and function of skeletal muscles. □

(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; e-mail: thefootbeat@aol.com.)

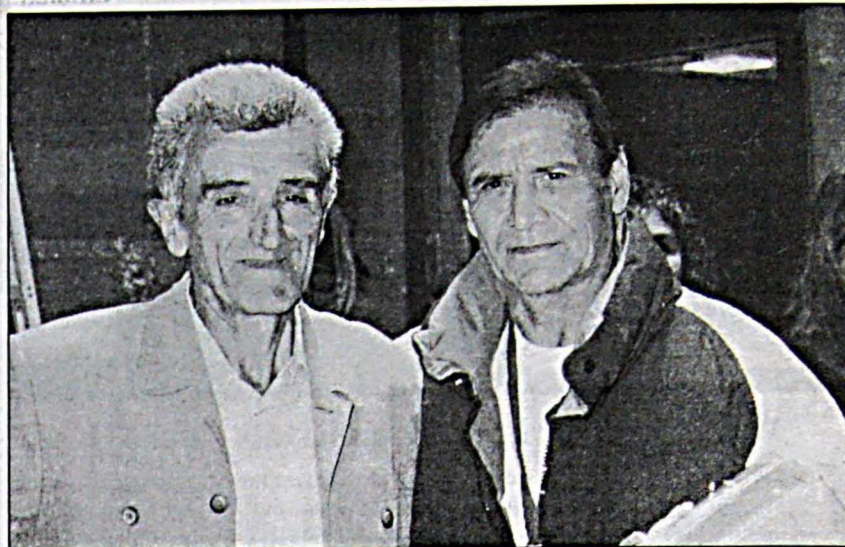
FIFTEEN YEARS AGO December, 1986

- Georgia's Charlie Polhamus Breaks Roger Ruth's M40 PV Mark With a 15-1 $\frac{1}{4}$ in the North American Masters Championships
- Bill Boyd (M45, 2:36:22) and Wen-shi Yu (W50, 3:17:33) Win in Detroit Free Press Marathon
- Englishman David Clark Tops Masters Field in the NYC Marathon With a 2:26:53
- NMN Publishes Its 100th Issue

MARILYN MITCHELL
Joan Benoit-Samuels, 44, second masters woman (2:42:56), NYC Marathon, Nov. 4.MARILYN MITCHELL
Ruth Pickvance, 40, Wales, third masters woman (2:45:23), NYC Marathon, Nov. 4

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MARILYN MITCHELL
Manuel Rosales, 66, Spain, first M65 (2:58:56) and Manfred Ritter, 66, Switzerland, second M65 (3:09:04), New York City Marathon, Nov. 4.

NYC Marathon

Continued from page 1

a 40th overall 2:25:02; Bakoulis, of New York City, was 17th woman in 2:41:43.

Kristin Aaby, 40, Norway, was second M40 in 2:26:56. Two M45s followed: Colin Earwaker, 45, New Zealand, in 2:28:28, and Dick Hooper, 45, Ireland, one second behind. Hooper had finished fourth M40 in 2000 with a 2:27:53.

Erik Gerdin, 50, Sweden, ran an outstanding 2:32:39 to win the M50 race. New York's Alan Oman, 52, M50 winner last year (2:44:50), ran a better 2:44:37, but had to settle for third behind Peter Camenzind, 50, Switzerland, 2:35:48. Manuel Rosales, 66, Spain, M65 winner in 2000 (2:57:39), won the division again in 2:58:56.

Bakoulis was joined on the masters podium by Joan Benoit-Samuels, 44, of Maine, 2:42:56, second W40, and Ruth Pickvance, 40, Great Britain, 2:45:23.

Masters prize money was \$3000 for first place, \$2000 for second, and \$1000 for third. In addition, Bakoulis took home some time-incentive and local prize money bonuses.

Bakoulis, fresh off her second-place finish (2:42:54) in the National Masters Championships/Twin Cities Marathon, Oct. 4, received an invitation to the "Big Dance," meeting the "B" standard for qualifying for the Olympic Marathon Trials.

Benoit-Samuels also qualified for the Trials, but was disappointed that she had not met the "A" standard (2:39:59). Earlier in the week, she had said, "I feel I'm very strong, but need more speed work." She had been doing 70-80 mile weeks, with most of her serious training in the morning, followed by afternoon runs at an easier pace with the middle-school cross-country team she coaches.

Benoit-Samuels said, "The race was most definitely difficult....Gordon went by me like I was going backwards....it was like cramming for an

exam. I crammed everything into six months." But she was pleased that she had done the race, tipping her hat at every fire station she passed where the firemen were up on cherry pickers. She said, "I hope this will help with the healing process in the city."

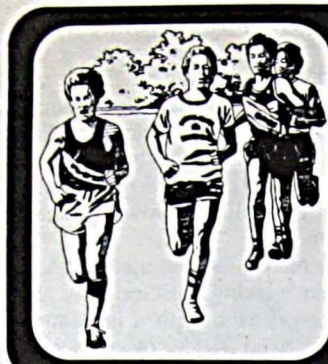
When questioned about the impact of the course change, Bakoulis, a freelance writer and editor from Manhattan, said "Yeah, it was significant. I guess I am a little nostalgic for the old course because so many of my old friends used to watch it." She went on to say that the course didn't seem any easier, because even with the change, there was an uphill climb, just a more gradual one.

She was referring to the first course change since 1977 – the elimination of a short steep hill just before the 23-mile mark where the runners first enter Central Park. According to Steinfeld earlier in the week, the change was made primarily for psychological reasons and was expected to promote enhanced performance. When questioned post-race, however, he said that it made no difference whatsoever, that the course records set by both the men's and women's winners and the stunning marathon debut of American Dina Drossin (28, 2:26:59) had nothing to do with the course change. Both the male and female overall winners posted course records: Tesfaye Jifar, 25, Ethiopia, 2:07:44, and Margaret Okayo, 25, Kenya, 2:24:21.

Larry Parker, 37, an NYC fireman and Maggie Maglione, 40, an NYC police officer, started the race dead-last and for each person they passed by the time they crossed the finish line, sponsor JPMorgan Chase donated \$5 to the respective officers' widows' and children's funds.

Parker finished in 3:14:36, and passed 23,741 runners, resulting in a \$118,705 donation to the fireman's fund; Maglione finished in 4:18:15, and passed 10,457 runners, resulting in a \$71,215 donation to the policeman's

Continued on page 9



LDR Report

By CAROLE LANGENBACH

Cross-Country Update

Our Masters LDR Executive Committee met at the Twin Cities Marathon in early October. Among the many items on the agenda, the following cross-country topics were discussed:

Regional X-C Championships

Using the seven masters regions as defined in the 2001 Governance Manual, the Committee approved the concept of promoting masters regional cross-country championships beginning in the fall of 2002. Suggested bidders could include associations or clubs that currently hold grand prix series or well-established local championships. Since Masters LDR does not have regional coordinators, all interested bidders should contact me.

Team Fees

Since masters team awardees in cross-country championships appreciate medals for all declared members, not just scoring members, the Committee approved the idea of a championship event charging an additional entry fee for each declared masters team.

U.S. vs. Canada X-C Challenge

The 2001 event was held in Coquitlam, B.C., Sept. 15. Needless to say, the tragic events of Sept. 11 affected U.S. participation for several reasons. The five Americans from the Seattle area who made the trip, met with delays at the Canadian border, but arrived in time for the race.

The overall winner of the men's 8K was Canadian Malcom Smillie, M40, in 28:04. The lone male competitor from the U.S. was Snohomish TC's Chris Steer, who won the M55 division

in 31:45.

The women's 5K was won by Nurten Tasdemir, W35, in 19:42. U.S. women were Gwen Robertson, second W45, in 20:51; Carole Langenbach, second W55, in 34:43; Judy Groombridge, third W60, in 31:07, and Bev LaVeck, who threw aside her racewalking shoes to win the W65 division in 27:50.

The official scores were men: 14 to 71, and women: 8 to 14, giving Canada a total of 22 points over the U.S. with 85 points. The Canadians will get to keep the perpetual Fleischmann Trophy until next November, when the U.S. will win it back in Rochester, N.Y.!

Convention 2001

In conjunction with the USATF Senior (open division) Fall Nationals, there will be a Masters 6K Cross-Country Championships, Saturday, Dec. 1, at the USATF Convention, Mobile, Ala. This will be a great opportunity for convention delegates, regardless of competition level, to participate in a national championship. For complete entry information, see www.mobilealsports.com.

Future Championships

The awarding of national masters long distance running championships takes place at the Annual Meeting. The practice has been to award events two years away. After final approval by masters delegates in Mobile, a schedule will be in place whereby the masters 6K and 10K cross-country events will be linked with the Senior Championships.

In 2002, the 6K will be held in Vancouver, Wash., Feb. 9; and the 10K in Rocklin, Calif., Dec. 14 (not in conjunction with the Convention). In 2003, the winter 6K event will be in Houston and the 10K in Greensboro, N.C.

Any other distance can be bid for, including but not limited to the 5K and 8K. We expect to hear bids and award championships for those two distances in Mobile for 2003. In 2002, the 8K will be held in Rochester, N.Y., Nov. 3; that event will also serve as the U.S. vs. Canada Masters Challenge. The 5K will be held in Holmdel, N.J., Nov. 17. □

(Carole Langenbach can be contacted by e-mail at pnf@wolfenet.com for cross-country bidding information.)

Marine Corps Marathon

Continued from page 1

thought there was a chance he would come back."

And come back he did. Zimmerman, who was the fourth master at Boston this April (2:23:45) and no newcomer to marathon racing, had one of those nightmare marathons, where the 20-mile mark is the gateway to a different dimension – one of pain and wobbling. Thanks to leg cramps and Achilles trouble, Zimmerman's giant lead disappeared between 21 and 23 miles. "I just kept saying, 'Close the gap, close the gap,'" said Simon. "When I did have him in sight, I knew he was in trouble."

Zimmerman managed to cheer for Simon when he passed by, and covered the final 10K in 50 tortuous minutes. He eventually finished in 15th, 2:38:24. "It just wasn't my day," the Oregonian understated.

It was Simon's day, though. Retirement has been good for his training, apparently. Founder of the Paradise Road Runners and sometime coach, Simon spent three months last year training with and studying the habits of an enclave of elite Kenyan runners in Albuquerque, N.M. "I'm putting together my book on coaching



GEORGE BANKER

Jill Hargis, 40, first W40+ (65:17), 2001 Annapolis 10 Miler, Annapolis, Md.

and wanted to train with them to be sure I fully understood what makes them so good. My goal now is to pass on what I've learned to try and help others."

— From reports by Jim Hage/Washington Post, Mike Tymn/Honolulu Advertiser, Jeremy Shweder/metrosportsdc.com, and Michael Musca/runnersworld.com

NYC Marathon

Continued from page 8

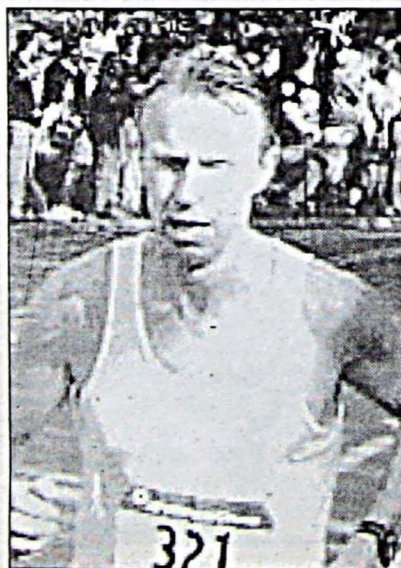
fund. Said Parker, "I was really falling apart at mile 20, but the spirit of all the firemen we lost on Sept. 11 got me going and motivated me to keep moving."

In addition, JPMorgan Chase donated \$10 million to the World Trade Center Disaster Relief Fund and has collected more than \$40 million from donations throughout its branch network.

The NYRR donated \$500,000 to the Twin Towers Fund, which supports the families of uniformed personnel lost Sept. 11, and at the expo and through its Web site, solicited donations from

runners to match that amount. Ronzoni Pasta, sponsors of the traditional firemen's cook-off contest and pre-race pasta dinner, increased its traditional \$10,000 contribution to \$30,000 this year for the United Firefighters, and a burn center to \$30,000.

Steinfeld's pre-race estimates of 34,000 to 35,000 starters in the race and 30,000 finishers were revised downwards as the week progressed and it became apparent from packet pick-up that the numbers were going to be down. With substantial reductions on the international side, there were 24,057 starters and 23,651 finishers, for a 98% finish rate. □



NEW YORK ROAD RUNNERS

Kristen Aaby, 40, Norway, second master (2:26:56), NYC Marathon, Nov. 4.

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Masters Racewalking

By ELAINE WARD

The Aging Process

The following is an e-mail Charlie Mansbach, M55, sent to me related to his training and aging. It is followed by Part 1 of a dialogue between Ian Whatley and Wayne Armbrust, Ph.D. Ian is one of the most knowledgeable individuals on racewalking technique and shoes in the country. He competed for the United States internationally in the 20K walk and holds over 20 shoe patents. Wayne Armbrust holds a Ph.D. in theoretical particle physics. He is a former coach of the Ohio Track Club and has coached several national champions who have competed for the U.S. in World Championships and the Olympics. He is the husband of American masters record holder, Gayle Johnson, W50.

Charlie Mansbach: Not only have my walking times become annoyingly slower over the past four years, but my recovery time has grown longer. If I do a hard racewalking workout on Monday and then have an easy session on the bike on Tuesday, I too often find that I can't put in an equally hard workout on Wednesday.

There may be a psychological factor at work that's holding me back, but it seems as if my body just doesn't have the oomph this time out. So I wind up with a bunch of junk miles and no real training progress. I'd be very interested to know what adjustments others have made in their training as they've grown older. (E-mail your experiences to Elaine Ward, NARWF@aol.com.)

Ian Whatley: One of the results of the aging process is loss of strength. I wish it was all in the head, but we do lose strength with age. The ability to generate a high force with a muscle diminishes with age gradually after a certain point.

The chronological age at which this decrease starts and the rate of loss depends on genes. It will vary between individuals. It also follows the "use it or lose it" system. If we stop or cut

back on training, we lose ability. It is harder to get it back by upping our training load once we leave the spring chicken phase of life.

There is individual difference in the chronological age at which ability starts to go downhill. Hard work still rewards the athlete. These facts make master's competition more interesting.

It is never a forgone conclusion that a former Olympian who shares your birthday will dust you in the racewalk. If this wasn't true, we could just mail out medals without bothering to attend races!

Wayne Armbrust: I don't believe that strength really drops off that much. I think what happens is related to the ability of a muscle to contract forcefully at a high rate of contraction. As a former sprinter, I noticed that my sprint times, vertical jumps and starting ability fell off dramatically between 40 and 49 years.

These are all things that depend on force developed at a high rate of contraction. I think that as a person ages, the fall-off of force with speed of contraction increases while remaining an inverse relationship.

Ian Whatley: The statement that



JERRY WOJCIK
Robert Mimm, M75 winner (34:07.77), 5000 RW, National Masters Championships, Baton Rouge, La.

muscular force is inversely proportional to the speed of the muscular contraction means that as you take more rapid

strides, your ability to push off hard will decrease. This makes sense if you picture a person trying to lift a very heavy weight. They are able to slowly raise it by pushing very hard, but they cannot lift it rapidly. As you add to the required force (as by carrying heavy weights), you will slow down the speed of movement.

If you plan to add strength work to make your walking muscles more able to drive hard even with a high stride rate, you need to know that your strength training is specific.

"Specific" sounds great, but what does it mean in plain English? To get stronger for an activity, you need to train with movements that are similar to the movements used in the event you are training for. The bench press aids pectoral strength, but doesn't help strengthen the calf muscles needed for forceful pushing in racewalking.

Another part of this "specificity" is rate of contraction and range of contraction. You will get the most training benefit if the speed of the muscle contraction is close to the target speed of contraction in the final activity (in this case, racewalking in races.) You also need to make sure that the muscle is worked through the range of motion of the target activity. □

(Elaine Ward can be contacted by e-mail at narwf@aol.com.)

Avon Global Championships Draw More Than 17,000 Women to Budapest

BUDAPEST, Hungary – Margo Braud, Austin, Texas, finished in 36th place overall with a 40:09 and was the masters winner at the third annual Avon Running Global Championship, Oct. 14. The prestigious 10K uniquely showcased top U.S. and international athletes alongside women of every age and fitness level in one unified event.

Braud ran with more than 3400 women, representing 21 countries, including champions from other participating countries in the Avon Running Global Women's Circuit. At the same time, more than 13,600 women participated in the 3.6K fitness walk.

"Participating in the Avon Running Global Championship has given me a lifetime of joyful moments," said Braud. "It was truly an honor for me to compete with the world's best female athletes."

Braud is one of five women who won an expense paid trip to the third annual Avon Running Global Championship by winning an Avon U.S. title. Braud captured the title of Avon Running U.S. National Sales Representative Division Champion at the Avon Running National Championship on Dec. 10, 2000, in Phoenix, Ariz., with a 38:23. □



YELLOW DOG PRODUCTIONS
Margo Braud, 42, Austin, Texas, was the top master, 40:09, at the Avon Running Global Championships 10K, Budapest, Hungary, Oct. 14. She outdistanced local Hungarian talents Ilona Varga (I), 40:54, and Ildiko Matyas, 41:08.

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International Scene

By **TORSTEN CARLIUS**
WMA President

Recapping a Busy Year

As you read this it is almost Christmas and the start of a New Year. This present year has passed very quickly, perhaps due to the many activities in WMA and our various Regions. Looking back some years, I cannot recall our being so busy. This development shows how our movement has grown and become increasingly significant to all of us. New activities have been added, while the old ones attract more interest and greater participation. My conclusion is that we are very fortunate in this impressive success; however, we undoubtedly face tough challenges in future years and if we do not continue our improvements, we may lose ground. It's as simple as that. Speaking for myself and my Council Members, we are prepared to work hard to meet these challenges so we may prevail.

In 2001 we held a World Masters Championships-Stadia in Brisbane. We also held a WMA General Assembly in Brisbane at which (a) we became masters instead of veterans, (b) we started a reorganization of our administration by replacing the Women's Assembly with a Women's Committee (more will follow), and (c) a WMA anti-doping policy was unanimously approved.

The year 2001 has also meant continued expansion of the close cooperation and good relations with the IAAF, IMGA, IAU and Regional Athletic Associations of which EAA with its worldwide Calendar Congress is of particular importance to us.

Following are my comments on some, but not all, of the important issues to WMA.

Brisbane

Our 14th World Masters Championships in Brisbane last July were a great success and gave us all wonderful memories. The standard in most events was higher than in the past and we had more countries participating than ever. The LOC can be proud of what they gave us and we are very happy to have spent two wonderful weeks in Brisbane. Again, dear Brisbane, a very warm "Thank You."

During 2001 we have in various contexts met with other International Sports Federations and were pleased to realize that we are among the top Federations in terms of organization at all levels, numbers of athletes and worldwide participation.

It was revealed at the IMGA Annual Meeting some weeks ago that track and field has the largest show of interest in the World Masters Games in Melbourne the next year, further proving the strength of our movement. It is up to us all to maintain this position and strengthen it further. Brisbane was one important step in this direction.

Regional Championships

Some regions hold their Regional Championships in odd-numbered years, but not their Stadia Championships. In Europe the Indoor Championships in

Bordeaux, FRA, was so great a success with 1800 athletes, I am convinced that Indoor Championships at the world level will also attract great interest.

At the WMA General Assembly in Brisbane we announced the Council's intention to present a proposal to our next General Assembly in 2003 that we organize the first WMA World Indoor Championships in 2004. I am sure this will also be the decision of the General Assembly - 1800 athletes in Bordeaux can't be wrong!

During 2001 we also saw the first Asia Non-Stadia Championships organized in Japan. The number of athletes and participating countries was satisfactory, given that this was the first time. They will no doubt grow over the next few years and I do hope this good initiative will inspire other regions to add both Non-Stadia and Indoor Championships to their programs.

Women's Committee

I was very happy with the outcome in Brisbane regarding the proposal to abolish the Women's Assembly and replace it with an active Women's Committee. The new elected Women's Representative, Marina Hoernicke-Gil, ESP, has a heavy burden, but I am confident she will ensure this committee's deep involvement in all WMA activities and continually question and promote women's interests. This is the only way to go and I hope that my, perhaps harsh, words at the Women's Assembly will result in and contribute to a new women's era within WMA. This was my intention.

Committee Structure

The General Assembly in Brisbane not only took the decision on the Women's Committee, but also approved the Council's proposal to change the composition and way of electing the Stadia, Non-Stadia, and Doping and Medical committees.

WMA has had the same committee structure now for about 25 years and it is time to evaluate and reorganize this structure. This will be an important issue at the next Council meeting in March



Competitors in the W50 heptathlon, 14th WAVA Championships, Brisbane (from l): Karin Schmitt, GER, first (5453); Chikaka Fujikawa, JPN; Beverly Church, NZL; Marilyn Anness, GBR; Margarita Diehler-Stettin, SUI, third (4751); Mary Trotto, USA; Jarna Longaverova, SVK; Anna Goldman, ARG; Jean Fail, GBR, second (5041); Grete Rivenes, NOR; and Lois Anderson, NZL.

2002, so a Council proposal can be presented at the General Assembly in Puerto Rico in 2003.

Stadia Championships

Our next Stadia Championships will be staged in Puerto Rico in 2003 and in San Sebastian, ESP, in 2005. We are working closely with the LOC in Puerto Rico, making a second inspection visit there in November. Their goal is to host our best Championships ever and so far there appears nothing to prevent them from doing so. We are happy to have a very competent LOC supported by our IAAF Delegate on the WMA Council, César Moreno Bravo, and one of the IAAF Vice Presidents, Amadeo Francis.

We will make our first inspection visit to San Sebastian in early 2002, when we will meet with their LOC. What we saw of the facilities at their presentation in Brisbane gave us good reason to anticipate another success story.

Non-Stadia Championships

We were delighted when the 2002 WMA World Masters Championships Non-Stadia were awarded to San Isidro,

Report from Britain

Twins and Twins Again

By BRIDGET CUSHEN

Twins Graham and Grenville Tuck, racing each other over cross-country courses, are as familiar in Britain as the falling autumn leaves. As juniors and seniors, they represented their country with Grenville being the stronger. Now in the M50 age category, Grenville chases Graham.

Both were selected to represent England in the immensely popular British & Irish Veterans International in Scotland, Nov. 10. Graham won the M50 BVA National Championships on Oct. 6, Grenville was 7th. Another twin in the M40 team is Brisbane 5000 bronze medallist, Bill Foster, whose brother competed for Wales.

European M40 10K road champion, Julian Critchlow, raced to a 23-second victory in the BVA National Cross-Country Championships, running through heavy rain, from a very strong combined M40/M45 field. The women's race, run an hour earlier, was won by the diminutive Northerner,

ARG, and then equally saddened when they had to withdraw due to unforeseen circumstances. These Championships would have been the first World Masters Championships ever in South America, but we look forward to new bids.

However, we thank our Italian Affiliate, FIDAL and the Regional Association in Emilia Romagna, who came to our aid with a good bid. Consequently, we will meet in the City of Riccione on May 24-26, 2002. We have visited the facilities and courses and, though the time for preparations is short, these Championships are expected to be at a high level with many athletes from all over the world. The only disadvantage is that we must utilize the old Non-Stadia program due to the short preparation time.

World Masters Games

Although I have mentioned it previously, I want to reiterate that in 2001 the world organization, International Masters Games Association (IMGA), gained recognition by the IOC as the world body for veterans activities. This

Continued on page 15

Sheila Allen, W40. Multi world age-group record holder, Pat Gallagher, won the W55, 22nd overall, after a worrying spell away from training with a deep vein thrombosis.

Mike Boyle, 40, dominated the BVA 10K over a hilly three-lap course in Brockwell Park, London. Against the best road runners in the county, he wore down Mark Burnhope (31:38), and Steve Murdock (32:59) to win in 31:08. Mike Hager, fourth overall, won the M50 in 32:08, fractionally slower than a 31:32 the previous weekend in the Cardiff Krug 10K.

Alison Hirst, W35, waited to overtake Daphne Ellmore, who had a brilliant run trailing a group of men and won the W50 in 37:27. Hirst only came past Ellmore on the final hill to win in 37:15. Age-group winners included Sue Walters, W40, 41:18; Val Hancock, a team Brisbane gold medalist, W55, 40:59; and Pam Jones, W65, 45:43. □

Masters Scene

NATIONAL

• Road Race Management named **Carey Pinkowski**, director of the LaSalle Bank Chicago Marathon, as 2001 Marathon Foto/RRM Race Director of the Year at the 19th annual RRM Race Directors' Meeting and Trade Show, Washington, DC, Oct. 27.

EAST

• **Bob Carroll**, M40, in 16:56, and **Suzanne Myette**, W40, in 19:52, bested the age 40+ fields in the USATF Niagara Masters 5K X-C Championships, Rushville, NY, Sept. 22. **Carl Grimm**, M60, 20:16, and **Carolyn Smith-Hanna**, W50, 20:21, turned in notable wins.

• **Walt Murphy**, 47, Boxborough, MA, 2:53:54, and **Frank Donovan**, 57, Charlestown, MA, 2:58:42, finished 1-2 M40+, Baystate Marathon, Tyngsboro, MA, Oct. 21. **Vicki Bryant**, 43, Turner, ME, was first W40+ (3:27:20). **Chris Spinney**, 41, Lynn, MA, 79:18, and **Nanci Cahalane**, 42, Norfolk, MA, 88:17, sped to masters firsts in the half-marathon. Marathon finishers numbered 749; 1331 in the half-marathon.

• **Dave Oliver**, 45, Westborough, MA, 76:12, and **Patricia Greene**, Dorchester, MA, 89:23, were first masters, BAA Half-Marathon, Boston, Oct. 14. **Bill Rodgers**, 53, Boston, won the M50 race in 80:31. **William Riley**, 65, Marstons Mills, MA, nabbed top age-graded performance honors with an 86.8% 87:02.

• **Kathy Martin**, Northport, NY, celebrated her 50th birthday on Sept. 30 with a sensational second woman overall 24:39 in the Sprint for the Parks 4 Mile, East Meadows, NY. **Jaime Palacios**, 46, Flushing, NY, was the M40+ winner (23:00). **George Marr**, 72, Oceanside, NY, won the M70+ contest (32:48). On Oct. 13, Martin was third woman (18:57) in the Oyster Festival 5K, Oyster Bay, NY. **Don Di Donato**, 43, Hicksville, NY, lost the overall win by six seconds with a 16:30. Division winners included **Nina Jennings**, 68, Mill Neck, NY, 28:02, and **John McManus**, 78, Woodside, NY, 26:19. Martin, two weeks later on Oct. 28, scorched to an overall women's win in 31:19. Run for Their Lives 8K/USATF LI X-C Championships, Bethpage, NY. **Dennis O'Brien**, 52, St. James, NY, sparked with a second-place 29:12, and **John DiCamillo**, 45, Garden City, NY, shone with a third-place 29:20. Entire net proceeds went to the North Shore Animal League America; primary sponsor was Pfizer.

• **Thomas Powers**, 52, Newfield, NY, left younger M40+ runners in his wake with a masters win in 2:54:20, Mohawk-Hudson Marathon, Albany, NY, Oct. 14. **Jozef Gyurke**, 44, Hopewell Junction, NY, was runner-up (2:56:54). **Helen Shekerjian**, 41, Niskayuna, NY, took the W40+ race (3:37:24).

• **Andrey Kuznetsov**, 42, RUS/Rockville, MD, in a fourth-place 2:30:35/A-G 85.6%, and **Mary Dunn**, 49, Cheshire, CT, with a fifth-woman 3:00:31/A-G 85.2%, eased to masters titles, Hartford (CT) Marathon, Oct. 13. **Kimberly Griffin**, 40, NYC, dashed to a first-woman overall 16:55/A-G 89.3% in the Huck Finn 5K.

• **Carl Wallin**, 60, smashed the single-age WR for the WP with a 5005, Dartmouth WP, Hanover, NH, Oct. 13. **Franz Ratzer**, Austria, held the record at 4696.

• **Craig Fram**, 43, Plaistow, NH, 2:29:55, and **Larry Sayers**, 42, Bellows Falls, VT, 2:30:45, finished #2 and #3 in the CompassBank Cape Cod Marathon/USATF NE Championships, Falmouth, MA, Oct. 28. **Nancy Corsaro**, 42, Meuthen, MA, was fourth woman in 3:05:03. **Judy Teeple**, 60, Davenport, IA, left the W60-69 field behind with a 3:59:48.

• Of the 30,574 registrants in the 2001 NYC Marathon, 14,070 were men and women age 40-and-up. First-time marathoners of the total number

were 9230 (5680m/3548w). The occupation most listed by entrants was Attorney (1505), followed by Administrator/Manager (1312) and Teacher/Educator (1232). After New York state (9164), the largest number of runners came from New Jersey (2371) and California (1116). The best represented country after the U.S. (19,393) was Great Britain (2110). The relatively small countries of the Netherlands and Switzerland were well represented with 894 and 604, respectively. The \$870,500 total prize money paid out by the NYRR is a record amount for any marathon in history and does not include the two Pontiac Grand Am cars awarded to the men's and women's champions, worth a total of about \$50,000. The 2002 NYC Marathon will be held Nov. 3.

• Masters firsts in the NYRR's Grete's Great Gallop Half-Marathon, Central Park, NYC, Oct. 7, were **Conor O'Driscoll**, 40, 1:12:09, and **Talya Nevo-Hacohen**, 41, 1:34:41. Age-group stand-outs included **Jack Brennan**, 60, 1:27:53, and **Ann Davies**, 54, 1:35:01.

• It was a Quebecois field day at the Sportshoe Center Maine Marathon, Portland, ME, Oct. 7. **Janet Labuc**, 50, Hudson, QC, 3:08:34, and **Alan Moore**, 42, St. Lazare, QC, 2:44:09, ventured south to stamp both 40+ crowns with maple leaves.

SOUTHEAST

• **Dave Berardi**, 41, Baltimore, MD, 32:47, and **Carmen Ayala-Troncoso**, 42, Austin, TX, with a 17th-woman 34:59, bested the masters fields in the 2001 Food World Senior Bowl Charity 10K, Mobile, which served as the USATF open championships, Nov. 3. Top times were turned in by **Terry Mahr**, 53, Oregon, OH, with a W40+ fourth-place 40:11, and **Richard Cumming**, 67, Jasper, AL, M65 winner in 43:21.

• Freshly-minted master, **Frank Kurtz**, 40, Thurmont, MD, pulled away in the final mile to win overall with a 56:01. Goodloe E. Byron 15K, Emmitsburg, MD, Sept. 8. **Ronnie Knepper**, 50, finished third (57:10) after setting the early pace. **Beverly Black**, 41, was first W40+ in 80:01. The race, sponsored by First Nationwide Mortgage Corp., benefits the Goodloe E. Byron scholarship at host Mt. Saint Mary's College, named in honor of the former U.S. Congressman, an avid runner who represented the region during the 1970s.

• **Mike Mead**, 43, 17:16, and **Kellie Eyre**, 41, 20:45, logged 40+ firsts, Atlanta TC 5K X-C, Oct. 21. **Casey Jones**, 70, steamed to a 22:44 to win his division.

• **Leon Jasionnski**, M55, 1:50:30, and **Victoria Herazo**, W40, 1:55:26, took firsts in the National Masters 20K RW Championships, Coconut Creek, FL, Nov. 4.

• **Bruce Moroney**, 41, Scotland, 35:10, was the fastest M40+ mouse through the maze at the Disney 10K Classic, Orlando, FL, Oct. 7, placing third overall. **Suzanne O'Malley**, 41, Port Orange, FL, 40:47, led the miceteers women with a fourth overall.

• **Gerry Garner**, 58, Clemson, SC, trotted to a 1:26:24 half-marathon and M55 title at the Governor's Cup Half-Marathon, Columbia, SC, Oct. 27.

MIDWEST

• **Michael Smith**, 40, Brownsburg, IN, 2:35:20, and **Trace Gates**, 40, Spencer, IN, 3:14:08, sped to overall firsts in the Indianapolis Marathon, Oct. 20. **Hal Higdon**, NMN On the Run columnist, on his quest to do 7 marathons in 7 months to celebrate his 70th birthday and raise \$700,000 for 7 separate charities, won the M70+ race in 5:30:17. Finishers numbered 599; 444 men and 155 women.

• **Steven Wilson**, 42, 2:38:37, and **Nancy Schubring**, 41, 3:10:01, motored to masters firsts, Detroit International Marathon, Oct. 21.

Hal Higdon wishes all NMN readers Happy Holidays and a safe New Year. His column will resume in 2002.



MIKE POLANSKY

Dr. Sherri Hartke (top l) of the North Shore Animal League with award winners (from l) Carolyn von der Heydt, 59, Bert Jablon, 74, Howard Kestenbaum, 70, Alexandra Finger, 67, and John McManus, 78, Run for Their Lives 8K/USATF Long Island Cross-Country Championships, Bethpage, N.Y., Oct. 28.

Bill Valenzano, 42, was second M40+ in 2:41:11. **Thomas Butler**, M55 winner, broke the three-hour barrier with a 2:59:54. The race, which usually includes a segment over the Ambassador Bridge to Windsor, Canada, was run entirely in Detroit for security reasons.

• **Glenn Baldwin**, 43, 2:39:25, and **Terri Pokosh**, 48, 3:13:31, sailed to masters victories, Columbus Marathon, Columbus, OH, Oct. 21. **Tony Mauro**, 59, won the M55 race in 3:00:56. **Janice Kreuz**, W50 winner, was second W40+ in 3:13:44.

• **Roland Hensley**, 41, DeWitt, MI, captured an M40+ first with a second-place 16:07 in the MSU COM Monster Dash 5K, E. Lansing, MI, Oct. 28, where female finishers outnumbered males 129 to 105. **Sue Blemaster** 41, Portland, MI, was W40+ winner (21:38). **Jesse Lothamer**, 51, Okemos, MI, posted a win in 19:00.

MID-AMERICA

• **Ronald Chisolm**, 40, St. Louis, MO, was fifth-overall in 2:38:06, St. Louis Marathon, Oct. 20. **Leslie Rideout**, 40, Malden, MA, finished fourth woman in 3:11:10. Masters winners in the adjunct 5K were **Mike Ferguson**, 40, St. Louis, 16:49, and **Susan Iverson**, 40, Chesterfield, MO, 20:59.

• **Deb Tordened**, 40, Wichita, KS, was the first Avon representative and 40+ winner at the Avon Running/Kansas City 10K, Oct. 7, 37:16, in third place overall. She won herself an expenses-paid trip to the Avon Running National Championship, Phoenix, AZ, Dec. 9.

SOUTHWEST

• **Roy Davis** flashed to M65 wins in the 100 (13:96), 200 (29:96), and 400 (71:75), Arkansas Sr. Olympics, Hot Springs, Sept. 27-30. **Koei Nakanishi**, M65, starred in the 800 (2:50:40) and 1500 (5:59:34). **Shirley Goff**, W75, won golds in the 1500 (11:23) and 5000 (39:09) RWs and track 400, 800 and 1500.

WEST

• **Steve Wilson**, 42, 2:30:08, **Vias Ezerskis**, 40, 2:31:47, and **Nestor Ayala**, 41, 2:34:04, grabbed the 3rd, 4th, and 5th spots in the Silicon Valley Marathon, San Jose, CA, Oct. 28. **Barbara Acosta**, 43, hastened to the W40+ win in 3:02:37. Wilson was top age-graded performer at 87.1%.

• **Joey Gomez**, 41, streaked to the overall win with an age-graded 85.8% 15:49, Run for the Arts 5K, Balboa Island, CA, Oct. 13. **Cathy Shargay**, 42, nabbed the W40+ crown with a 22:08. **Lois Edds**, 81, won the W80+ race in 34:15.

• **Clyde Aker**, 49, Yreka, CA, reeled off a fourth-place 6:02:31, Whiskey Town 50K, Redding, CA, Sept. 23. **Thia Ure**, 41, Mt. Shasta, CA, toured the course in a second-

woman 6:11:29. **Barry Fisher**, 57, Fair Oaks, CA, was fifth in 6:13:41.

• **Ross Carter** scored age-87 WRs in all five of the events in the WP and the total (3928), Great Punkin Throwers Meet, Grass Valley, CA, Oct. 20. The small but potent field included Brisbane medalists M55 **Lad Pataki**, who totaled 5270 in the WP here using the 800g javelin, and M50 **Tom Fahey**, 52.91 DT. **Joe Greenberg**, top M50 javelinist, finished with a 61.12.

• It was almost a masters sweep at the San Diego Race for the Cure 5K, Nov. 4. **Jeanie Lasse-Johnson**, 44, Chula Vista, CA, won the overall in a sprightly 17:43, while San Diegans **Kimberlee Rouse**, 46, 18:25, **Elizabeth Tralour** 43, 18:59, and **Marcella Teran**, 46, 19:09, went 3-4-5.

NORTHWEST

• U.S. and world records were set at the Huntsman World Senior Games in St. George, UT, Oct. 8-20. Setting WRs were **Jeanne Daprano**, W65, 800, 2:48:82; **Ivy Granstrom**, W90, 400, 3:00:00; and **Margaret Hinton**, W80, pole vault, 4-0. Setting new U.S. records were **Velma Jacobs**, W85, 200, 56.62, and **Margaret Hinton**, W80, triple jump, 14-4.

• **Carlos Valle**, 66, San Bernardino, CA, ran a blazing downhill 2:55:43 at the St. George (UT) Marathon, Oct. 6.

• **Sean Evans**, 40, in 16:29, and **Meghan Arbogast**, 40, 19:02, bested the fields in the USATF Oregon Open & Masters Championships, Sandy, Nov. 17, with overall wins.

CANADA

• **Michel Voyer**, 53, Jonquiere, QC, with 182.528K/113m734y, and **Pat Sommers**, 48, Kitchener, ON, with 123.600K/76m1410y, chugged to firsts in the Canadian Masters AA 24 Hour Championships, Ottawa, Sept. 8. In Scarborough, ON, on the 8th. **George Aitkin**, 48, 17:26, and **Katherine Willis**, 42, 21:49, romped to wins in the Ontario Masters 5K Championships, in hot and humid conditions. **Ed Whitlock**, 70, who broke WRs in the 5000 and 10,000 at WAVA-Brisbane, scorched to a 20:03.

• **Danuta Bartoszek**, W40, cruised to a women's first with a 2:46:42, Casino Niagara International Marathon, Niagara Falls, Canada, Oct. 21. **Michel Lavoie**, M40, churned out a fourth-place 2:29:40. **Terry McCluskey**, M40, Geneva, NY, was the first US master, with a 2:42:37. **Tom Appenheimer**, Buffalo, NY, won the M55 race in 2:54:16.

CORRECTIONS:

• The SP mark reported for **Ingrid Mancini**, 57, in the McMahon Memorial/San Diego Senior Sports Memorial Meet results in the November issue should have been 8.48, not 8.10.

Masters Rise in Perfect Big Bird

By RON MARINUCCI

ROSEVILLE, Mich. – Well over half the field of 360 at the 23rd annual Big Bird 10K, Nov. 11, were masters runners. Of the 94 entrants in the accompanying 4K, another 27 were 40+.

The masters runners were led in spirit by Darrel McKee and Joe Thornburg. McKee, 67, has run all 23 Big Birds. The 85-year-old Thornburg finished the 10K course in 1:07:42.

McKee could tell some stories about the unpredictable weather Big Birders have faced over the years: snow, rain and sleet, sunshine and summer-like temperatures, and, one year, strong winds that threatened to blow runners off of the I-696 pedestrian overpass, the only "hill" on the course.

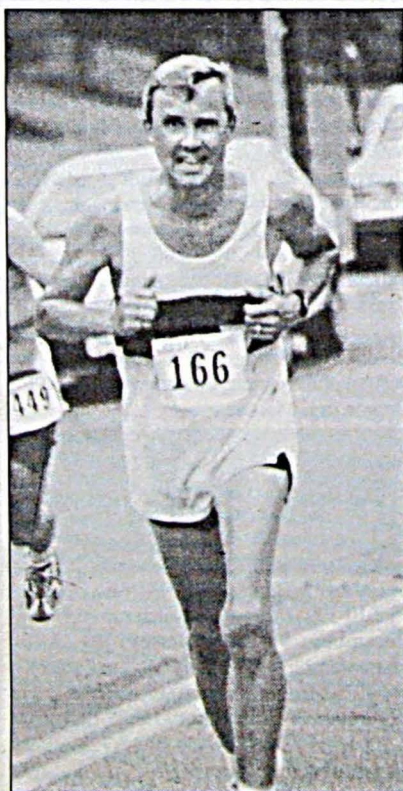
But none of that this year! For a mid-November Michigan run, the conditions were about as ideal as they get – temperatures in the 40s, bright sunshine, and only a slight chilling wind out of the southwest. Shorts and T-shirts were common sights and a few brave souls (male, of course) ran bare-chested.

Kevin Hanson, 41, was the first masters finisher, with a third-place 33:45. Top-notch times were also posted by Tim Emmett, 45, 35:11 and Kris Warszawski, 42, 35:53.

Masters women were led by Robin Sarris-Hallop, 45, runner-up in 39:48. Nancy Cassel, 51, was second (40:30).

In the 4K, Todd Kelly (13:55) and Annette Robb (18:12) took top masters honors. □

(Ron Marinucci can be reached by e-mail at Rmarin6424@aol.com.)



GEORGE BANKER

John Haubert, 58, fourth M55 (41:31), Leesburg, Va., 10K.

PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2001 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, 2000. 56 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 (2000)

Men's and women's 2000 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 (2001)

Indoor rankings for 2001. 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 August 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 July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

Competition Rules for Athletics (2001 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 (2000/2001)

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 (2001)

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 women's 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 (4 1/2 x 6). \$12.00.

How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.

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.

Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

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.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

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

2001 Road Race Management Directory

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

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

Back Issues of National Masters News

Issues: \$2.50 each.

Postage and Handling

Overseas Air Mail (add \$5.00 per book)

TOTAL

Send to:

National Masters News Order Dept.
P.O. Box 50098, Eugene OR 97405

Name _____

Address _____

City _____

State _____

Zip _____

Schedule

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

TRACK & FIELD

NATIONAL

March 22. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

March 22-24. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono; http://www.ume.maine.edu/~track/trackfield.html

EAST

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

December 8. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. 9:00 am. Tim Baker, 301-588-4426; Tbake03@attglobal.net

December 14. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 6 pm. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm E).

December 16. Long Island T&F Indoor Meet, Suffolk Community College, Brentwood, N.Y. 9:00 am. www.litf.org

December 23. MAC O&M Holiday Classic, 168th St. Armory, Manhattan, NYC. 9 am. See Dec. 14.

December 28. MAC Sprints, Horizontal & Vertical Jumps Clinic, 168th St. Armory, Manhattan, NYC. 6-11 pm. See Dec. 14.

TEN YEARS AGO December, 1991

• Ryszard Marczak (43, 2:21:03) and Graziella Striuli (42, 2:40:15) Are First Masters in NYC Marathon

• Swag Hartel, 40, Wins National 10K X-C in Louisville

• Wally Herrala, 47, is Best Age-Graded Runner in National 5K X-C

December 30. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Dec. 14.

January 5. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. 9 am. Tim Baker, 301-588-4426; Tbake03@attglobal.net

January 6 & 13. Long Island T&F Indoor Meet, Suffolk Community College, Brentwood, N.Y. 9:00 am. www.litf.org

January 11-13. Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512; 603-646-3821.

January 13. Brown University Masters Indoor Invitational, Providence, R.I. Send SASE to Bob Rothenberg, Brown Track Office, Box 1932, Brown U., Providence, RI 02912. 401-863-1041.

January 13. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm E).

January 18. MAC O/M/Y Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Jan. 13.

January 19. 35th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's & Women's Elite Mile; bonus for record (M&W40+). 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

January 20. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Jan. 13.

January 27. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. See Jan. 5.

February 10. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. Tim Baker, 301-588-4426; tbake03@attglobal.net

February 10. New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 22. MAC Association O&M Championships, 168th St. Armory, Manhattan, NYC. 6 pm. Non-Association competitors welcomed. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm E).

March 3. USATF Long Island Indoor Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com

March 16. Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, Va. Tim Baker, 301-588-4426; tbake03@attglobal.net

May 15-19. Long Island Senior Games, Suffolk Community College, Brentwood,

N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

SOUTHEAST

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

February 16. Texas Tech Indoor Championships, Lubbock. Joint HS & Masters Meet. M40+/W35+. Paul Johnson, 806-795-5226; fax: 795-5226; www.dallasmasters.com

February 23-March 10. Polk Senior Games, Bartow, Fla. Qualifier for Florida Sr. Games Championships. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

MIDWEST

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

February 24. Ohio Indoor Championships. Findlay. 800-472-9502; arce@mail.findlay.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 20. Jackson Indoor Meet. Jackson, Miss. Masters compete with college athletes. 10 am. Emil Pawlik, 601-957-9435; Epawlik001@cs.com

WEST

Arizona, California, Hawaii, Nevada

January 5. KelField Throws Meet #101, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

February 9. KelField Throws Meet #102, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

March 2. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif.

NORTHWEST

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

February 22-24. Northwest PV Festival, Randall Gym, Clackamas CC. Willamette Striders PV Club, 13732 SE Foster, Portland, OR 97236. 503-762-0861.

June 22-23. Portland Masters Classic/Oregon Association Masters Championships, Portland, Ore.

June 29-30. Hayward Masters Classic, Eugene, Ore.

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

INTERNATIONAL

December 15-16. International "Match of Five-2001" Indoor Meet, Moscow. Vadim Marshhev, fax: 7-095-5734150; marshhev@cs.msu.ru

January 12-19. 11th Oceania Veterans Athletic Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.

August 20-24. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

July 2-12, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

ON TAP FOR DECEMBER

TRACK AND FIELD

Indoor action is available at the Prince George's Sports Complex, Landover, Md., on the 8th; on Long Island at Suffolk Community College, Brentwood, on the 16th; and at NYC's 168th St. Armory T&F Center on the 14th, 23rd, and 30th.

LONG DISTANCE RUNNING

Two USATF Masters Championships open and close the month, with the 6K Cross-Country, held along with the USATF Convention, Mobile, Ala., on Dec. 1, and the 50K Trail, Huntington, Ind., on Dec. 29. In between, options include the California International Marathon, Sacramento, on the 2nd; Huntsville Times Rocket City Marathon, Huntsville, Ala., on the 8th; New Jersey 10-Mile Championships in Rockaway, and Dallas White Rock Marathon on the 9th; and Christmas Marathon, Olympia, Wash., on the 23rd. The year ends with the NYRR Asics/Runner's World Midnight Run 4-Mile, in the Big Apple's Central Park on Dec. 31.

RACEWALKING

The New Jersey 10K Championships is listed for the 30th. Many road races and indoor track meets include a racewalk (check Schedule). □

LONG DISTANCE RUNNING

NATIONAL

December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 251-470-7730.

December 29. USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

February 9. USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd., #11, Sandy, OR 97055. 541-676-9601; karal@centurytel.net; www.USATF-Oregon.org. Masters money.

EAST

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

December 2. Brian's Run 10K, West Chester, Pa. 610-399-0709; www.briansrun.org

December 9. New Jersey 10 Mile Championships, Picatinny Arsenal, Rockaway. 732-296-0006; usatfnj@aol.com

December 9. Bill Rodgers Jingle Bell Run 3.5 Mile, Boston, Mass. 617-723-5612; www.Billrogers.com

December 16. NYRR Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrrc.org

Continued on page 15

Continued from page 14

December 31. NYRRC Asics/Runner's World Midnight Run 4 Mile, Central Park, NYC. See Dec. 1.

January 6. NYRR Fred Lebow Classic 5 Miler, Central Park. 212-860-4455; www.nyrrc.org

January 27. NYRR Lucky Seven Reversible, Central Park. See Jan. 6.

April 15. BAA 106th Boston Marathon. www.bostonmarathon.org

SOUTHEAST

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

December 2. Hops Marathon, Half-Marathon, & Relay, Tampa, Fla. SASE #10 to Hops-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866; www.doit.sports.com/Hopsmarathon

December 2. Raleigh Marathon/Relay & Half-Marathon, Raleigh, N.C. 5K, Dec. 1. 919-266-2444; www.raleighmarathon.com

December 2. First Tennessee Memphis Marathon, Memphis, Tenn. Kim Cherry, 800-893-7223; www.runmemphis.com

December 8. Holiday Half-Marathon, Point Clear, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

December 8. Huntsville Times Rocket City Marathon/RRCA Southern Region Championships, Huntsville, Ala. HTC, PO Box 43, Huntsville, AL 35649. 256-828-6207; M.E.Gillis@att.net; www.HuntsvilleTrackClub.org

December 15. Jacksonville Marathon & Half-Marathon. 904-739-1917; www.1st.placesports.com

January 6. Walt Disney World Marathon & Half-Marathon, Orlando, Fla. 407-939-7810; disneyworldsports.com

January 19. Charlotte Observer Marathon, Charlotte, N.C. 704-367-9696; www.runforpeace.org

January 20. Florida Gulf Beaches Marathon & Relay, Clearwater. 727-347-4440; www.floridamarathon.com

January 27. Naples Daily News Half-Marathon, Naples, Fla. 941-262-5653; www.naplesnews.com

February 2. Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 800-800-2202; www.hamptoncoliseum.org

February 9. Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.active.com

February 10. Mercedes Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

February 23. Blue Angel Marathon, Half-Marathon, & 5K, NAS, Pensacola, Fla. 850-452-3806, x313/340; www.mwr-pcola.navy.mil

February 24. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-3362; tmspar@wm.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 8. Celebration in the Oaks 2 Mile, New Orleans. 504-861-8686; email: ccc10K@aol.com

December 9. Dallas White Rock Marathon/Relays, Dallas, Texas. 972-943-4696; runtherock.com

January 20. Compaq Houston Marathon, Houston, Texas. www.compaqhoustonmarathon.com

February 3. 3M Half-Marathon, Austin, Texas. 512-984-RACE; www.3m.com/races

February 9. Nextel Mardi Gras Mambo/Louisiana Senior Olympics 10K, Baton Rouge, La. David Burton, dwburt@home.com

February 17. Nokia Sugar Bowl Mardi Gras Marathon & Relay, Half-Marathon, & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

February 17. Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

February 23. Cowtown Marathon & Relay, 10K, & 5K, Fort Worth, Texas. 817-735-2033; www.cowtownmarathon.org

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

WEST

Arizona, California, Hawaii, Nevada

December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K Race/Walk, Diamond Valley Lake (s. of Hemet), Calif. 714-841-5417; www.nealand.com/finishline

December 1. San Ramon Bah Humbug 5K, San Ramon, Calif. Marci Zimmerman, 925-973-3200.

December 2. Western Hemisphere Marathon, Culver City (Los Angeles), Calif. Jack Nakanishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668.

December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.org

December 9. Avon 5K Run/Walk, Phoenix, Ariz. 800-748-1047, x5350; www.avonrunning.com

December 9. Tucson Marathon, Tucson, Ariz. Pam Reed, 520-320-0667; www.tucsonmarathon.com

December 9. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

January 12. Paramount 10K & 10K RW (judged), Downey, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

January 20. San Diego Marathon & Half-Marathon, Carlsbad, Calif. M-3000 limit; HM-5000 limit. 888-792-2900; www.inmotionevents.com

January 27. Pacific Shoreline Marathon & Half-Marathon, Huntington Beach, Calif. 949-766-1428; www.marathonrun.com

February 3. Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lvmarathon@aol.com

February 12. Great American Adventure Run 2.8 Mile & 4.8 Mile Cross-Country, Huntington Park, Calif. 714-841-5417; www.nealand.com/finishline

February 17. Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; greg@kleinclarksports.com

March 3. Los Angeles Marathon. 310-444-5544; www.lamarathon.com

NORTHWEST

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

December 23. Christmas Marathon, Olympia, Wash. Bob Green, 360-236-7852; www.ontherun.com

December 31. 5K Resolution Run, Seattle, Wash. Sunset start time (4:28 pm). 206-729-9972; www.promotionevents.com

PROFILE

Ultra Runner Pirrung Breaks Records

By THERESA DAUS-WEBER

Fueled by his goal to run the 250K Spartholon in Greece, Roy Pirrung took the aggressive advice of a friend who had run the classic ultra about how to get into the invitation only race. In 1987, Pirrung was told he would have to win a U.S. national ultra championship or set a U.S. record.

So, Pirrung, then a self-identified couch potato from Wisconsin, was off to Shea Stadium in NYC to run 100 miles in 14:58 for the win that he snared only after he passed the race leader at mile 97.

Since then, he has won 28 national ultra championship titles, 19 of them as a master, but that first title was the most memorable of his career.

Besides the quality competition that Pirrung, 53, enjoys at championship events, he represents many sponsors who fund his participation in races. He likes the prize money that ultra championships offer because "taking home a few dollars shows non-participants in our sport that this is a serious sport."

Says Pirrung, "To stay young, you need to work hard. For me, the incentive is to win national championship titles and break U.S. records." □



Roy Pirrung

International Scene

Continued from page 11

means that IMGA is now in a position to take the lead. This was very strongly underlined at their Annual Meeting in October when President Kai Holm clearly stated the intention to start discussions with WADA to build an anti-doping cooperation. WMA's proposal of this idea was unanimously approved.

We are happy to have Jim Blair as our Technical Delegate in Melbourne. WMA is one of the International Sports Federations that have taken this task seriously and I am sure the track and field athletes will see a great change in the organization of our sport.

The next World Masters Games thereafter will be in 2005 for which a serious candidate is Seville, ESP. There is discussion about organizing the first European Masters Games in 2004 and in Asia there are initiatives in the same direction. I know that I do not have 100% support, but I believe it is time to see how we, WMA, can coordinate our Championships with World/Regional Masters Games. It is necessary for the benefit of all our athletes.

Much more can be said of 2001, but I will conclude my thoughts by repeating that it has been a very good year for our movement. Great challenges await us, but, together, I am sure we will be successful.

I wish you all a very good ending of 2001 and great successes in 2002.

MERRY CHRISTMAS and HAPPY NEW YEAR! □

CANADA

December 1. Canadian Cross-Country Championships, Moncton, New Brunswick. www.canadianxcountrychampionships.ca

INTERNATIONAL

January 18-20. Bermuda Marathon, Half-Marathon, 10K, & Invitational Mile, Bermuda Marathon, PO Box DV 397, Devonshire DV BX, Bermuda. 441-236-6086; www.bermudatracknfield.com

February 17. The World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.worldbest10k.com

March 24. Rome Marathon. 800-444-4097; www.marathontour.com

April 8. Paris Marathon. 800-444-4097; www.marathontour.com

April 14. London Marathon. 800-444-4097; www.marathontour.com

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice).

June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakerstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

RACEWALKING

December 8. Texas Largest Judged 5K RW, Pharr, Texas. 8:00 am. A.C. Jaime, 800-383-5733.

December 30. New Jersey 10K RW Championships, Asbury Park. 732-222-9080; Elliottt@att.net

February 2. All American City 10K Judged RW, Edinburg, Texas. 956-381-5631.

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39					
John Rose	SP	49-0	6-24-01		
M40-44					
James Brown	35# WT	45-1.75	8-19-00		
Donald Charlton	3000	9:55.9	9-1, 2-01		
James Kerman	SP	46-9	5-19-01]		
M45-49					
Patrick Morris	DT	38.64	8-11-01		
Valeriy Snezhko	HJ	5-6	3-24-01		
M50-54					
Buzz Gagne	J	158-11	8-19-01		
Gene Iwen	100 hh	15.85	6-2-01		
	400 hh	65.19	6-2-01		
M55-59					
Vince Breaux	J	135-9	8-11-01		
	WP	4007	8-11-01		
	SW	20-8.5			
	35# WT	35-0	8-11-01		

Warren Greff	300 hh	48.29	3-10-01		
	400 hh	69.15	7-4, 14-01		
Swayne McCauley	D	41.98	7-20-01		
Tom Rauscher	PV	3.70	7-10-01		
Johnny Yates	SP	40-7	9-29-01		
M60-64					
George Cairns	P	3676	9-1-01		
	LJ	15-4	7-31, 8-5, 01		
	LJ	15-7	10-11, 23-99		
John Lang	LJ	44.44	6-24-01		
Dan LaRose	SP	13.05	7-14, 21-01		
Davie Perry	HJ	5-2	10-6-01		
M65-69					
John Harshberger	D	142-4	9-23-01		
Charlie Richard	TJ	9.66	7-28-01		
	J	36.95	7-27-01		
	LJ	4.86	7-16-01		
Wendell Roehrs	200	29.49	7-17-01		

M70-74					
Mack Branham	H	104-10	6-2-01		
	35# WT	24-8.5	6-2-01		
	25# WT	29-8.75	6-2-01		
Stewart Daniel	2000 st	9:28	7-26-01		
Jack Kenner	10K	47:40.89	10-7-01		
	5K	23:18	10-20-01		
M75-79					
Fred Adams	16# W	31-0	6-16-01		
	35# W	18-8	6-16-01		
	56# W	13-1	6-16-01		
Craig McMicken	3K	15:55.35	5-26-01		
Earl Sweeney	400	1:27	8-19, 01		
W40-44					
Teresa Aragon	5K RW	26:55.31	7-4, 14-01		
Robin Galloway	100	14.1	9-2-01		
	200	29.5	9-2-01		
W50-54					
Tish Roberts	15K RW	1:33.23.5	6-3-01		
Cindy Smith	J	76-10	8-19-01		

W55-59					
Laurie Barton	HJ	4-01	9-16-01		
W60-64					
Kathleen Heltzmann	SP	7.64	8-12-01		
Fay Richard	J	25.76	7-20-01		
W65-69					
Bertha Aldrich	D	20.2	7-14, 21-01		
	SP	7.52	7-14, 21-01		
Sondra McCoy	J	21.06	9-1-01		
W70-74					
Nancy Wallace	5K	27:12	9-9-01		
W80-84					
Melanie Reeske	SP	5.47	6-9, 10-01		
	D	12.19	6-9, 10-01		
	H	13.67	6-9, 10-01		
	WP	2677	7-7, 13-01		

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	
5K	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
10K	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
15K	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	6-1/2	5-9/2	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/2	3-3/2	2-7/2		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20-1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2		
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 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2		
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 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	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 1/2	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 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-4 1/2	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	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 1/2	27-10 1/2	26-3	19-8 1/2	18-1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
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	2800	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"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg; 70+: 4k
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 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

Event	1.5K	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	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	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	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	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	4:06:23	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	4:18:03	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	4:38:29	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
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
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
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
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
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12			

MEN

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

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

Maine Senior Games Portland; Sept. 5

100m	
M50 David Westover	12.6
M55 Roger Pierce	12.2
M60 Ed Brooks	19.3
M65 Richard Camp	13.4
M70 Keith Curtis	15.6
M75 Joe Sciaraffa	15.7
M80 Vern Mattson	24.8
W50 Cindy Smith	17.3
W60 HannalovBoerner	16.4
W65 Barbara Jordan	16.1
W70 Beverly Libby	24.8
W75 Anne McGowan	22.6
200m	
M50 David Westover	26.5
M55 Roger Pierce	25.1
M60 Ed Brooks	46.3
M65 Richard Camp	28.5
M70 Keith Curtis	34.4
M75 Frank Brako	35.8
M80 Vern Mattson	61.6
W50 Cindy Smith	34.9
W60 HannalovBoerner	34.4
W65 Barbara Jordan	34.3
W70 Beverly Libby	55.4
W75 Anne McGowan	57.1
400m	
M50 Tom Cunningham	58.8
M55 Roger Pierce	56.2
M60 Arthur Weidner	80.6
M65 Geo Chamberas	80.1
M70 Geo Freeman	83.4
M75 William O'Leary	2:05.7
W50 Linda Hunt	88.5
W60 HannalovBoerner	80.3
W65 Barbara Jordan	85.7
W70 Beverly Libby	2:07.1
800m	
M50 Dennis Smith	2:26.7
M55 Rodney Lynch	3:07.7
M65 Geo Chamberas	3:21.7
M70 Geo Freeman	3:25.6
1500m	
M50 Dennis Smith	4:57.0
M55 Rodney Lynch	6:18.9
M60 Phil Pierce	6:03
M65 Geo Chamberas	7:37.3
M70 Russell Stanton	7:54.1
M80 John Woods	10:08.0
3000m	
M50 Dennis Smith	11:14.7
M60 Phil Pierce	13:13.0
M65 Paul Jones	17:15.2
M70 Geo Freeman	15:50.7
Long Jump	
M50 John Oleski	16-3
M55 Will Kenerly	14-10
M60 Geo Cormey	10-11
M65 Joe Carozzi	12-4
M75 Frank Brako	10-11.1
W50 Linda Hunt	9-2
W65 Joan Labreque	6-9
W75 Anne McGowan	6-7
Shot Put	
M50 John Maley	32-4
M55 Herb Bachorik	37-9
M60 Geo Cormey	35-5.25
M65 Joe Carozzi	33-8
M70 William Clew	37-1
M75 Ernest White	24-9.25
M80 Vern Mattson	13-11
W50 Linda Hunt	22-7
W55 Pat Fogg	26-5.25
W60 Judy Scott	20-11
W65 Marcia Crooks	23-3
W70 Joyce Finley	12-10.75
W75 Jeanne Berlepsch	15-10
Discus	
M50 John Maley	103-1
M55 Herb Bachorik	102-8
M60 David MacMillan	149-11
M65 Richard Camp	119-9
M70 Charles Dolecki	102-1
M75 Frank Brako	62-0
M80 Vern Mattson	47-8
W50 Cindy Smith	67-10
W55 Pat Fogg	70-1
W60 Joan Youngs	63-3
W65 Marcia Crooks	58-9
W70 Joyce Finley	33-7
W75 Jeanne Berlepsch	38-0

1500m Racewalk

M55 Tom Wilson	10:22
M70 Charles Dolecki	10:06
M75 William O'Leary	10:47
W50 Alice Smith	11:38.8
W60 Judy Scott	11:36.1
W65 Joan Labreque	12:53
W70 Florence Dagata	12:02

Dartmouth Weight Pentathlon Hanover, NH; Oct. 13

(HT/SP/DJ/T/W/T)	
Bill Cotter 36	3114
(46.23/12.92/38.66/44.74/12.77)	
Bob Cedrone 46	3392
(47.44/11.28/32.70/29.85/14.56)	
Carl Reichard 49	3253
(43.95/11.29/30.83/31.72/13.45)	
Mike Grisko 54	2939
(40.08/9.29/29.79/25.62/14.78)	
Carl Wallin age-60WR	5005
(46.58/15.57/41.00/41.42/19.91)	

SOUTHEAST

No. Carolina Senior Games Raleigh, NC; Oct. 4-6

1500m	
M55 Terry Barnett	6:18.33
M60 Maxwell Hamlyn	5:05.08
M65 Charles van Hagen	7:08.94
M70 Casper Holroyd	6:43.10
M75 Devereaux Munn	9:07.90
M80 Cecil shearhart	9:40.00
W55 Blandine Tate	6:33.20
W60 Alice Barmette	10:58.00
W65 Joan Watson	10:00.60
W70 Mary Turner	10:39.70
5000m	
M55 David Salmon	20:16.10
M60 Maxwell Hamlyn	19:45.40
M65 Carlos Pardue	23:02.10
M70 Grady Gaskill	31:23.10
M75 Devereaux Munn	34:37.80
W55 Nancy Faye Craig	29:36.10
W65 Ruth Webber	34:25.90
W70 Mary Turner	39:54.00
W75 Margaret Hagerty	52:58.10
Long Jump	
M55 Robert Garrett	12-1.25
M60 Rodney Johnson	12-1.50
M65 John Schreiber	12-4.25
M70 Dick Taylor	10-4.25
M75 Dick Martin	8-9.50
M80 Rafe Lovelanc	4-10
M85 W T Willis	5-5.75
M90 Fred Dickerson	6-4.50
W55 Blandine Tate	7-5.75
W60 Marilyn Hinson	8-11.75
W65 Joan Watson	7-6.50
W70 Laura Blount	6-8.75
W75 H Trexler-Campbell	5-4.75
W85 Viola George	3-4.75
Shot Put	
M55 Tom Henley	34-11.75
M60 Mike Valle	38-11.25
M65 Gerald Vaughn	47-7.75
M70 William King	33-6
M75 James Konides	28-2
M80 Charles Weiss	22-7.50
M85 Harold Slaugh	25-6
M90 Harold Hoffmann	17-2
W55 Lois Green	25-3.50
W60 Sherrill Jenkins	24-4.50
W65 Nan Johnson	26-6.75
W70 Lonnie Proctor	23-1.25
W75 H Trexler-Campbell	19-6.50
W80 Ruth Mayhew	14-9.75
W85 Juanita Brookover	16-4.50
Discus	
M55 Tom Henley	112-4
M60 Mike Valle	130
M65 Bill Gramley	129-2
M70 Ken Samuelson	87-10
M75 James Konides	72-10
M80 Melvin Ellison	69-1
M85 Harold Slaugh	56-9
M90 Fred Dickerson	52-5
W55 Lois Green	50-7
W60 Sherrill Jenkins	61-3
W65 Penny Weaver	61-10

W70 Lonnie Proctor	55-7
W75 H Trexler-Campbell	45
W80 Gladysteen Pait	30-5
W85 Juanita Brookover	36-5
1500m RW	
W55 Larry Seymour	9:27.60
M60 William Walker	9:27.20
M65 Ole Holsti	10:02.30
M70 Ken Long	8:56.50
M75 Elon Bradford	10:04.60
M80 Louis Varszegi	12:23.90
M85 Wes Spalding	13:18.70
M90 Harold Hoffmann	14:50.80
W55 Doris Murrell	12:08.00
W60 Gayle Sink	10:45.00
W65 Betty Allgood	10:43.50
W70 Bonnie Vaughan	10:28.40
W75 Jean Spalding	13:00.70
W80 Rosa Belle Miller	14:12.10
W85 Frances Hargraves	15:53.30
M90 Dessie Gilmore	16:31.70

Clearwater Throwers Classic Clearwater, FL; Nov. 4

Shot Put	
M50 Norman Hough	12.26
Jim Ulrich	12.16
John Selleh	11.96
M55 Tom Russell	10.98
Mike Foster	10.00
Bob Lupinacci	9.92
M60 Harold Crater	11.51
Pete Fickinger	11.16
Jack Hunter	10.20
Thomas Harasti	10.17
M65 Ray Feick	11.13
Pay Carstensen	10.11
M70 Len Olson	13.16
Austin Baggett	11.01
Reed Quinn	10.64
M75 Dick Mulkern	9.18
W40 Kelly Palenius	7.88
Discus	
M50 J Ulrich	40.78
J Selleh	35.00
N Hough	34.63
M55 T Russell	34.00
B Lupinacci	30.05
M Foster	29.91
M60 J Hunter	36.42
H Crater	35.73
P Fickinger	34.50
T Harasti	28.95
M65 R Feick	34.32
Pay Carstensen	28.53
M70 L Olson	39.45
A Baggett	33.60
R Quinn	33.02
M75 D Mulkern	31.89
W40 K Palenius	24.83
Hammer	
M50 J Selleh	34.27
N Hough	30.27
J Ulrich	27.23
M55 T Russell	41.91
B Lupinacci	30.92
M Foster	26.44
M60 P Fickinger	42.24
J Hunter	31.34
H Crater	26.61
M65 P Carstensen	36.00
R Feick	34.88
M70 A Baggett	42.14
L Olson	39.65
R Quinn	33.12
M75 D Mulkern	29.34
W40 K Palenius	25.98
Javelin	
M45 Mike Brown	58.39
Jesus Virella	51.51
AnthonyGagliano	37.72
M50 J Ulrich	49.62
J Selleh	45.93
N Hough	43.78
M55 T Russell	33.82
B Lupinacci	30.17
M Foster	30.05
M60 T Harasti	43.90
J Hunter	31.93
H Crater	28.18
P Fickinger	27.87
M65 R Feick	35.55
P Carstensen	27.35

M70 L Olson	32.21
A Baggett	31.40
Sid Kiwit	31.29
R Quinn	27.79
M75 D Mulkern	21.26
W40 K Palenius	19.75
Weight	
M50 J Selleh	13.82
J Ulrich	11.95
N Hough	11.92
M55 T Russell	15.27
M Foster	10.19
B Lupinacci	9.92
M60 P Fickinger	14.59
H Crater	11.79
J Hunter	11.23
M65 R Feick	14.11
P Carstensen	14.03
M70 A Baggett	17.82
L Olson	15.89
R Quinn	12.82
M75 D Mulkern	12.82
W40 K Palenius	7.52
Weight Pentathlon	
M50 John Selleh	3496
Jim Ulrich	3457
Norman Hough	3261
M55 Tom Russell	3812
Bob Lupinacci	2929
Mike Foster	2847
M60 Pete Fickinger	3607
Jack Hunter	3190
Harold Crater	3125
M65 Ray Feick	4022
Pay Carstensen	3590
M70 Len Olson	4657
Austin Baggett	4466
Reed Quinn	3729
M75 Dick Mulkern	3457
W40 Kelly Palenius	2220
(marks above, done in regular WP order)	
56# Weight	
M50 John Selleh	6.48
M55 Tom Russell	6.54
Mike Foster	4.28
Bob Lupinacci	4.07
M60 Jack Hunter	4.28
M65 Ray Feick	6.39
Pay Carstensen	5.69
M70 Austin Baggett	6.40
Len Olson	4.73
Reed Quinn	3.90
98# Weight	
M50 John Selleh	3.32
M55 Mike Foster	2.99
Tom Russell	2.93
Bob Lupinacci	2.90
M60 Jack Hunter	1.88
M65 Pay Carstensen	2.92
Ray Feick	2.77
M70 Austin Baggett	3.42
Len Olson	2.92
Reed Quinn	2.58
W40 Kelly Palenius	1.63
W65 HelgaCarstensen	0.93

MIDWEST

Wisconsin Senior Olympics Milwaukee; Sept. 8

100m	
M50 Dan Graf	13.9
M55 Gene Ferrara	13.2
M60 Larry Koncewicz	15.4
M65 Robert Humke	13.5
M70 Clarence Trinker	14.5
M75 John Bailey	19.1
W50 Deborah Cohn	16.6
W65 Doris Forbes	18.6
W75 Agnes Reinhard	16.7
200m	
M50 Dan Graf	29.6
M55 Joseph Ales	30.7
M60 Terry Pliner	30.1
M65 Robert Humke	28.2
M70 Clarence Trinker	30.7
M75 John Bailey	37.9
W50 Deborah Cohn	37.6
W65 Doris Forbes	50.9
W75 Agnes Reinhard	49.6
400m	
M50 Barry Smanz	1:03.5
M55 Joseph Ales	1:17.4
M60 Danno Walker	1:18.8
M65 Robert Humke	1:09.2
M70 Clarence Trinker	1:24.8
M75 Bill Mellen	1:58.1
W50 Karen Borchart	1:34.7
W55 Rosemary Poetzel	2:44.3
W60 Marilyn Moore	2:16.3
W75 Agnes Reinhard	1:53.4

800m	
M50 Barry Smanz	2:12.3
M55 Joseph Ales	3:11.1
M60 Patricio Dorantes	3:13.3
M65 Alfred DuBois	3:04.1
M70 William Holihan	3:19.1
M75 Bill Mellen	4:23.1
W50 Germaine Havel	3:52.7
W75 Agnes Reinhard	4:11.5
1500m	
M50 Terry Mank	5:18.6
M55 Dennis Spars	5:20.3
M60 Patricio Dorantes	6:36.3
M65 Alfred DuBois	6:33.0
M70 William Holihan	6:42.0
W50 Germaine Havel	7:23.0
W55 Rosemary Poetzel	11:43.0
W75 Agnes Reinhard	8:01.8
High Jump	
M50 Fred Gilbert	4-6
M55 John Lehman	4-4
M60 Ronald Wheeler	3-10
M65 Bob Simpson	4-2
M70 Clarence Trinker	4-4
M85 Robert Dickert	2-10
M85 Nora Schulze	3-2
Long Jump	
M50 Barry Smanz	14-6
M60 Larry Koncewicz	13-4.50
M65 Paul Lehmkuhl	13-10
M70 Clarence Trinker	13-2.50
M85 Robert Dickert	5-6
W50 Karen Borchart	6-6
W55 Rosemary Poetzel	4-5
W65 Nora Schulze	5-10
W70 Doris Forbes	6-9
Shot Put	
M50 Tim Seifert	42-8
M55 John Biolo	37-2
M60 Stephen Cohen	41-10
M65 Bob Simpson	35-5
M70 Donald Hoepfner	29-11
M75 Robert Koch	25-7
M80 Robert Bliemeister	25-2
M85 Robert Dickert	20-10
W50 Karen Borchart	24-11
W55 Rosemary Poetzel	21-8
W65 Nora Schulze	22-6
W70 Doris Forbes	19-50
Discus	
M50 Richard Woosencraft	124-10
M55 John Biolo	118-8
M60 Stephen Cohen	148-5
M65 William Jankovich	100-9
M70 Frank Gaiamo	75-9
M75 Robert Koch	74-10
M80 Robert Bliemeister	64-9
M85 Robert Dickert	67-4
W55 Rosemary Poetzel	35-5
W65 Nancy Shilling	46-2
W70 Doris Forbes	51-4

MID-AMERICA

Kansas Senior Olympics Topeka; Sept. 20-30

100m	
M50 Ike Murphy	12.22
M55 Bruce Mason	13.06
M60 George Labelle	14.18
M65 Charles Newman	14.66
M70 Bill Baxter	16.53
M75 Harley Holladay	19.67
M90 Max Bura	36.88
W55 Marge Rankin	20.74
W60 Eileen Schmidt	17.28

Continued from previous page

M55	Palmer Sweet	7.75
	John Bridges	7.78
M60	Swayne McCauley	8.15
M70	Lyndie Taylor	8.98
M85	Don McBride	18.52
W60	Naomi Smith	10.84
W80	Lutgard Miller	11.88
W85	Ethel Peters	23.46

100m

M50	David Cotner	11.68
	Noy Garrett	12.05
	Robert Hahn	12.78
	Hodge Kirby	12.93
	Paul Blankenship	12.98
	Johnnie Ross	13.97
	Craig Loibner	14.56
	Tom O'Connor	14.58

M55

	Doug Collins	13.50
	Leonard Hill	13.86
	Johnnie Hopgood	13.90
	Joe Johnston	14.75
	John Raines	15.09
M60	James Bodge	14.43
	Jerry McBride	14.68
	Robert Borg	14.78
	Spencer Flowers	15.93
	James Williams	17.62

M65

	Roy Davis	13.96
	Tyrell Leach	15.53
	Calvin Voshell	16.75
	Ray Bostwick	16.98
	Cecil Earp	21.15
M70	Joe Summerlin	13.78
	John Hurd	14.50
M80	Roderick Parker	15.68
M85	Donald Pellmann	18.68
	Rudy Loeffler	22.31

W50

	Lajuana Mooney	18.43
W55	Normimah Arthur	18.40
	Carol Stricklin	18.18
	Nelda Casey	20.43
	Carolyn Wallace	22.43
W70	Susan Schlemmer	20.15
	Bonnie Fite	33.59
W80	Velma Morris	42.65

200m

M50	David Cotner	24.53
	Robert Hahn	26.87
	Noy Garrett	27.50
	Hodge Kirby	27.75
	Johnnie Ross	30.28
M55	Melvin Goode	27.87
	Doug Collins	28.37
	Leonard Hill	28.62
	Johnnie Hopgood	29.81
	Joe Johnston	32.96
	David Samuel	33.56

M60

	Jerry McBride	31.56
	Spencer Flowers	32.84
M65	Roy Davis	29.96
	Calvin Voshell	38.62
	Cecil Earp	42.53
M70	Joe Summerlin	29.12
	John Hurd	31.12
	Floyd Gibbons	34.96
M85	Donald Pellmann	45.59
	Rudy Loeffler	47.50

W50

	Lajuana Mooney	42.03
W55	Normimah Arthur	37.53
	Carol Stricklin	39.43
W65	Frances Barger	48.56
W70	Bonnie Fite	1:18.50

400m

M50	Noy Garrett	1:03.09
	Mike Christenson	1:08.46
	Larry Roper	1:11.46
	Joe Kopecky	1:17.68
	Larry Nutt	1:21.34
M55	Herb Stein	1:07.06
	Leonard Hill	1:11.78
	David Samuel	1:15.18
	Johnnie Hopgood	1:16.50
M60	Julius Cassels	1:17.18
	John Roieson	1:29.78

M65

	Roy Davis	1:11.75
	Koei Nakanishi	1:13.87
	Sunao Yamanaka	1:28.59
	Cecil Earp	1:29.75
M70	John Bromstead	1:37.87
	Rudy Loeffler	2:10.46
W55	Normimah Arthur	1:33.96
W65	Frances Barger	1:47.62
	Diane Bromstead	1:57.46
W75	Shirley Goff	1:46.37

800m

M50	Mike Christenson	2:36.08
	Jon Benedict	2:47.12
	Joe Kopecky	3:01.98
	Larry Nutt	3:43.34
M55	John Hesley	2:42.90
	David Samuel	3:11.58
M60	John Roieson	3:29.56
M65	Koei Nakanishi	2:50.40
	Sunao Yamanaka	3:19.37
	Cecil Earp	3:29.15

M70

	John Bromstead	4:02.00
W65	Diane Bromstead	4:15.93
	Frances Barger	4:25.71
W75	Shirley Goff	4:24.75

1500m

M50	Mike Christenson	5:21.59
M55	David Samuel	6:14.43
M60	John Roieson	7:20.21
M65	Koei Nakanishi	5:59.34
	Sunao Yamanaka	6:50.52
	Cecil Earp	7:03.93
	Dallas May	7:31.48

M70	John Bromstead	8:24.21
M75	Robert Jantz	9:36.90
W65	Diane Bromstead	8:15.25
W75	Shirley Goff	8:27.44

Long Jump

M50	Dana Blankenship	15' 4.5"
	David Cotner	14' 4"
	Johnnie Ross	13' 9"
	Craig Loibner	13' 1.5"
M55	Herb Stein	13' 8.5"
	David Drennan	13' 1.5"
	Melvin Goode	12' 7.5"
	Johnnie Hopgood	11' 1"
	Joe Johnston	10' 10.75"

M60

	Jerry McBride	13' 10"
	James Bodge	12' 8"
	Spencer Flowers	12' 3.5"
M65	Henry Bullard	14' 1"
	Paul Beckman	14' 0.75"
	Tyrell Leach	10' 5.5"
	Ray Bostwick	9' 9"
	Calvin Voshell	9' 7"

M85

	Don Pellmann	9' 5.75"
	Don McBride	4' 1"
W50	Lajuana Mooney	8' 8"
	Kathy Martin	5' 1"
W55	Normimah Arthur	8' 9.5"
	Carol Stricklin	8' 9.25"
	Evelyn McCord	8' 4.25"
	Carolyn Wallace	8' 11"
W60	Naomi Smith	4' 8.5"

W70

	Susan Schlemmer	8' 1.75"
W75	Mary Lewis	3' 6"
	Michael Walker	4' 9"
	Craig Loibner	4' 5"
	Dale Deuvall	4' 0"
	Jon Benedict	3' 10"
	Larry Welch	3' 10"
M55	Johnston Ewing	4' 7"
	Steve Loibner	4' 0"
	Palmer Sweet	4' 0"

W50

	Johnnie Hopgood	4' 0"
	John Bridges	4' 0"
M60	James Bodge	4' 2"
	Robert Freeman	4' 0"
	Swayne McCauley	4' 0"
M65	Henry Bullard	4' 7"
	Paul Beckman	4' 5"
	Frank Dicus	3' 10"
	Billy Murphy	3' 10"
M85	Donald Pellmann	4' 0.125"
W55	Carol Stricklin	3' 5"
	Shirley Frost	3' 0"

Pole Vault

M50	Lyndell Farmer	10' 0"
	Johnnie Ross	9' 0"
M55	Johnston Ewing	9' 6"
M60	Jerry McBride	8' 6"
	Bill McMillan	8' 0"
M65	Henry Bullard	7' 8"
	Billy Murphy	7' 6"
	Jerry Burns	7' 0"
	Walter Diggs	6' 6"
	Ray Bostwick	6' 0"
M75	William Bell	9' 0"
M85	Donald Pellmann	6' 6"

Javelin

M50	Dale Deuvall	114' 2.5"
	Larry Welch	83' 7.75"
	Jon Benedict	69' 7"
M55	Johnnie Yates	147' 4"
	Vincent Breaux	124' 10"
	Herb Stein	120' 11"
	Palmer Sweet	101' 0"
	Johnnie Hopgood	95' 5.25"
	Charles Cannon	143' 7"
M60	Don North	118' 11"
	Francis McEvoy	108' 10"
	Jack Fant	108' 5.75"
	James Williams	88' 10"
M65	Billy Murphy	77' 6"
	Paul Beckman	77' 2.5"
	Frank Dicus	73' 3"
	Jerry Kendrick	66' 0.5"
M70	Bill Brazelton	99' 0.75"
	Philip Brusca	94' 11"
	Jim Krull	75' 11"
	Jack Haller, Sr.	73' 3"
	Floyd Gibbons	67' 3.5"
M75	Dick Bledsoe	67' 1.5"
	Tom Moxley	44' 11"
M85	Donald Pellmann	79' 9"
	Don McBride	25' 5"
W50	Joyce Hopgood	55' 6"
W55	Evelyn McCord	75' 5"
	Carol Stricklin	83' 11"
	Shirley Frost	39' 5.5"
	Madeline Smith	55' 1"
W60	Norma Stotts	36' 3.75"
	Jo Ann Dobacha	25' 0.5"
W65	Norma Stotts	58' 1"
W75	Mary Lewis	39' 5"
	Madge Bledsoe	29' 8.75"
	Ester Goza	20' 4.5"

Shot Put

M50	Craig Loibner	25' 4.5"
M55	Johnny Yates	40' 7"
	Palmer Sweet	37' 1.5"
	Vincent Breaux	35' 10.5"
	Jack Crawford	34' 9.5"
	Harold Landry	32' 4.5"
	Leonard Hill	28' 4"
	Joe Johnson	27' 10"
	Thomas Mooney	27' 5"
M60	Julius Cassels	34' 9"
	Jerry McBride	33' 10.5"

Discus

M50	Michael Walker	4' 9"
	Craig Loibner	4' 5"
	Dale Deuvall	4' 0"
	Jon Benedict	3' 10"
	Larry Welch	3' 10"
M55	Johnston Ewing	4' 7"
	Steve Loibner	4' 0"
	Palmer Sweet	4' 0"
	Johnnie Hopgood	4' 0"
	John Bridges	4' 0"
M60	James Bodge	4' 2"
	Robert Freeman	4' 0"
	Swayne McCauley	4' 0"
M65	Henry Bullard	4' 7"
	Paul Beckman	4' 5"
	Frank Dicus	3' 10"
	Billy Murphy	3' 10"
M85	Donald Pellmann	4' 0.125"
W55	Carol Stricklin	3' 5"
	Shirley Frost	3' 0"

1500m Race Walk

M50	Bill Richardson	8:42
M55	David Samuel	9:52
	Vol Eads	11:11
M70	John Bromstead	13:27
M75	Richard Bledsoe	11:51
	Walter Schlemmer	12:34
M80	Bernard Albert	14:21
W65	Diane Bromstead	14:30
W75	Shirley Goff	11:23

SK Race Walk

M50	Bill Richardson	30:08
	Jon Benedict	33:45
	Darrell Falt	37:44
M75	Nash Abrams	35:53

Waterloo/Lions Relays

Ester Goza		20' 4.5"
<u>Shot Put</u>		
M50	Craig Loibner	25' 4.5"
M55	Johnny Yates	40' 7"
	Palmer Sweet	37' 1.5"
	Vincent Breaux	35' 10.5"
	Jack Crawford	34' 9.5"
	Harold Lander	32' 1.5"

200m

M30	James Erben	30.75
M35	Michael Dennis	25.26
M40	Don Denson	26.91
M45	Wayne Bennett	27.26
M50	Bob Wingo	35.03
M55	O O'Brian	34.90
M60	Julie Buckner	67.68
M65	M Brownfield	2:34.86
M70	Ricky Shero	2:52.20
M75	Julie Buckner	2:40.48
M80	Phyllis Smith	6:31.32

400m

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

W60	Martha Coper	33:39
W70	Ann Wilson	42:22
W75	Shirley Goff	39:09

Waterloo/Lions Relays

	Jerry Kendrick	30' 8"
	James Smith	29' 5.5"
M70	Phillip Brusca	38' 1.5"
	Lyndle Taylor	34' 6.5"
	Jack Haller, Sr.	30' 4"
	Donald Gates	29' 3.5"
	Jim Krull	28' 8"
M75	Robert Jantz	25' 10"

200m

M30	James Erben	30.75
M35	Michael Dennis	25.26
M40	Don Denson	26.91
M45	Wayne Bennett	27.26
M50	Bob Wingo	35.03
M55	O O'Brian	34.90
M60	Julie Buckner	67.68
M65	M Brownfield	2:34.86
M70	Ricky Shero	2:52.20
M75	Julie Buckner	2:40.48
M80	Phyllis Smith	6:31.32

400m

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

800m

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

1500m

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

4x100m Relay

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

4x200m Relay

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

4x400m Relay

M40	Brad Gardner	5:27.87
M45	Lisa Render	6:14.59

Continued from previous page

M75 Stanley Scott	14.69	Wayne Morris	2:35.31	Jim Dolezel	10-0	M80 Brady Walker	26-1	M65 John Lyle	9:36.53	W60 N Swinstead NSW	1:23.77
Rodney Brown	15.43	M55 Harold Morioka	2:18.78	M55 Bruce Long	9-0	Rober Hall	22-1	M70 Cliff Elkins	9:43.54	W65 H Wilford NSW	1:52.55
Daniel McKie	15.73	Dennis Duffy	2:30.19	Gordon Price	8-6	Fred Fleck	15-5	M75 Rich Hansen	11:16.72	W80 M Partridge NSW	1:55.58
M80 Gil Splaine	18.13	Bruce Hall	2:42.85	Bruce Perkins	8-0	M85 Leland McPhie	23.50	M90 Virgil McIntyre	14:29.74	W85 M Russell	1:55.47
John McCarthy	18.76	M60 John Ross	2:30.86	M60 Mardon Connelly	9-0	Walter Brooks	16-5	W50 Kak Slick	11:02.56	800m	
Wilfred Wright	19.09	Robert King	2:47.20	David Servis	8-6	M90 Allan Bjork	19-9.25	W55 Kathleen Frable	8:38.96	M30 R Deutsch NSW	2:21.00
M85 Wayne Turley	21.66	Mike McMahon	2:54.15	Tom Imming	8-0	W50 Lorraine Tucker	32-3.50	W60 Rita Sinkovec	9:11.71	M35 M Worsnop Vic	2:11.30
Everett Penrod	22.63	M65 Paul Robillia	2:57.11	M65 Duane Pykhus	9-6	Anita Tienhaara	22-8.50	W65 Zinayida Lobareva	9:44.68	M40 K Rai IND	2:09.90
M90 Carl Mancuso	26.87	Clifford Pauling	2:58.21	Don Gray	9-0	Lrostome Tatton	22-5.75	W70 Paulette Caron	10:06.04	M45 S Paterson NSW	2:06.20
W50 Jean Ferguson	17.70	Earl Davis	3:06.16	M75 Don Grosh	7-6	W55 Kathy Jager	28-9	W75 Annie Barker	11:26.49	M50 S Hayward NSW	2:12.20
Lana Kusanovich	17.87	M70 Bill Bogdan	4:25.74	W55 Kathy Jager	7-6	Leona Shurtliff	27-3	W85 Velma Jacobs	12:28.93	M55 R Carver NSW	2:33.50
W55 Kathy Jager	14.07	M75 Logan McGinness	3:27.77	W80 M Hinton	AR/WR 4-0	Carmela Miller	25-11	5000RW		M60 J Warren NSW	2:22.50
Carol LaFayette-Boyd	14.44	M80 Woodrow Evans	5:09.85	Long Jump		W60 Joan Vogel	26-9.50	M55 Norman Frable	26:44.69	M65 B Cook NSW	2:43.10
Mary Radcliffe	15.71	M85 Phil Lawrence	5:09.85	M50 John Morgan Gray	16-9	Ingeborg Siegers	22-11	Daryl Meyers	29:15.15	M70 B Sharpe NSW	3:26.10
W60 Joan Vogel	15.59	W55 Jane Haynie	4:16.66	Gene Iwen	16-7-50	W65 Mary Roman	27-4.50	Wild Slick	39:29.00	M75 N Pearce Qld	3:19.80
Sharon Helton	17.69	Opal Woods	5:01.25	Jim Dolezel	15-11	Charlotte ambrose	16-7	M60 Donald Davidson	37:34.00	W30 W Bowers NSW	2:46.41
Eileen Schmidt	17.98	W60 Ingeborg Siegers	3:47.72	M55 Bruce Hall	15-2.25	S Threlkeld-Wesaw	16-6	Walter Dedio	42:29.00	W35 G Mogentale NSW	2:34.80
W65 Barbara Jordan	16.52	Mary Kaplan	3:50.62	Aney Pitas	14-6.25	W70 Pat Scott	16-1	M65 John Lyle	33:41.00	W40 S Taylor SA	2:40.20
Audrey Lary	16.53	Margaret Conner	4:01.30	Robert Kroeger	13-7	Alice Purdes	13-25	Gaylen Nelson	34:35.00	W45 R Coffey NSW	2:53.80
Mary McCarron-Egner	16.66	W65 J Daprano	AR/WR 2:48.82	M60 Frank Suruna	16-10	W75 Mary Birgenheier	20-7.50	James Barr	38:05.00	W50 R Busted NSW	2:41.50
W70 Frances Styles	19.81	(AR/Vicky Bigelow/2:58.62/2000)		Tom Imming	15-3.75	D McLeod Smith	19-11	M70 Cliff Elkins	33:37.07	W55 M Allison NSW	2:38.80
Louise Martin	26.38	(WR/Jean Horne/2:51.41/1999)		Dave Verbois	14-1	W80 Margaret Hinton	19-6	John Kelly	33:39.00	W60 A Marshall NT	4:05.00
W75 Gertraud Thieleker	19.66	Beverly Avery	3:25.72	M65 Doug Spainhower	14-7.25	Discus		M75 Rich Hansen	38:06.00	W65 A Young ACT	3:32.10
Doreen McLeod Smith	21.44	Charlotte Ambrose	5:28.58	Bill Kelley	14-6.50	M50 Valentino Martinez	152	George Caron	40:28.00	W75 M Krause Qld	5:19.90
Annie Barker	23.78	W70 Flora Wong	5:12.61	Norman Ellis	12-2	Craig Harrison	116-6	John Carroll	48:19.00	M55 M Russell Qld	6:58.90
W85 Velma Jacobs	25.28	1500m		M70 Paul Bambrook	12-6.50	Marshall Murray	92-3	M85 Philip Lawrence	42:23.00	1500m	
200m		M50 Tim Payne	4:56.16	Dan Kellamey	11-6	M55 Thomas Bartlett	88-1	W50 Kak Slick	37:35.00	M30 R Deutsch NSW	4:58.80
M50 Mac Azuquo	24.87	Luis Pannarale	5:18.25	M75 Stanley Scott	13-7	M60 L J Lilvester	183-3	W55 Kathleen Frable	31:43.33	M35 N Todd NSW	4:13.80
Jim Dolezel	26.02	Bruce Manziello	5:22.57	M75 Stanley Scott	13-7	Dick Dow	129	Mary Davidson	38:43.00	M40 R Spilling NSW	4:16.60
Lex Freitas	27.10	M55 Dennis Duffy	5:32.72	Daniel McKie	10-4	Robert Gent	126-11	Kerstin Meyers	39:12.00	M45 S Paterson NSW	4:19.80
M55 Harold Morioka	25.21	Kenneth Pierce	5:58.21	M80 Gil Splaine	10-6	M70 Grove Bolles	147-6	W60 Rita Sinkovec	32:37.58	M50 I Castle NSW	4:36.00
Andy Pitas	27.74	Bruce Hall	6:06.50	Henry Kuric	8-0	Ahmet Ardaman	96-11	Diane Rickard	33:34.78	M55 J Box NSW	5:01.10
Steve Wood	29.00	M60 Don Truex	5:38.14	Fred Fleck	4-10	Stan Hayes	89-9	Diane Teece	36:43.00	M60 J Warren NSW	4:54.60
M60 Herb Gee	26.02	M65 Paul Robillia Marana	5:51.94	M85 Everett Penrod	8-4	M75 Marvin Woodbury	87-6	W65 Zinayeda Lobareva	33:13.95	M65 B Cook NSW	5:25.30
John Ross	26.87	Duff Woodhouse	5:57.20	Leland McPhie	7-4	Herb Wilkinson	80-3	Charlotte Williams	36:39.00	M70 M Brown NSW	6:52.10
Gary Sims	27.51	Earl Davis	6:29.31	Foster Barlow	3-2	M80 Brady Walker	67-3	Dorothy Huston	36:42.00	M75 N Pearce Qld	6:36.80
M65 Ron Brown	28.33	M70 Bill Bogdan	9:15.43	M90 Carl Mancuso	5-10	John McCarthy	65-5	W70 Paulette Caron	35:33.00	W35 A Ryan NSW	5:52.43
George Zoulakis	28.97	M75 Logan McGinness	6:58.49	Virgil McIntyre	5.75	M85 Leland McPhie	57-10	Pat Palmer	39:38.00	W40 S Taylor SA	5:31.99
Clifford Pauling	32.56	Marvin Woodbury	7:48.32	W55 Marg Radcliff	11-9	Walter Brooks	36-2	W75 Annie Barker	38:51.00	W45 C Goodwin SA	6:07.10
M70 Joe Summerlin	28.99	M80 Henry Kuric	9:24.18	Kathy Jager	11-2	Foster Barlow	27	INTERNATIONAL		W50 R Busted NSW	5:34.70
Jack Coy	31.06	W60 Mary Kaplan	7:41.76	Leona Shurtliff	10-8	M90 Allan Bjork	50-8	Australian Masters Games		W55 N Dickman NSW	7:22.20
Paul Bambrook	31.56	Ingeborg Siegers	7:45.53	W60 Eileen Schmidt	9-6.25	Virgil McIntyre	32-2	Newcastle, NSW; Oct. 5-14		W60 J Joyce NSW	6:27.80
M75 Stanley Scott	30.81	Margaret Conner	8:00.67	Ingeborg Siegers	9-1.50	W50 Lorraine Tucker	85-1	100m		W65 A Young ACT	6:55.20
Rodney Brown	31.54	Mary Jane Peterson	9.50	Mary Jane Peterson	9.50	Anita Tienhaara	46-9	M35 D Lowbridge NSW	11:37	W75 M Krause Qld	10:18.40
Daniel McKie	34.21	W65 Audrey Lary	11-8	Guadalupe Simons	10-5.50	Kristine Tatton	46-1	M35 D Lowbridge NSW	11:37	5000m	
M80 John McCarthy	39.19	W70 Dorothy Bradley	7:11.99	W70 Frances Styles	8-4	W55 Kathy Jager	79-2	M40 A Fury NSW	11.66	M30 S Manning NSW	16:01.40
Wilfred Wright	45.10	Marge Hoffman	7:12.31	Louise Martin	5-11.75	Leona Shurtliff	71-11	M45 P Lyons NSW	11.68	M35 M Todd NSW	16:39.20
M85 Everett Penrod	49.34	W90 Ivy Granstrom	WR14:33.72	Alice Purdes	5-6	Alice Tym	61-1	M50 J VanStappen NSW	11.60	M40 R Spilling NSW	15:55.00
W50 Jean Ferguson	36.69	3200m		W75 D McLeod Smith	7-1	W60 Joan Vogel	69-8	M55 W Cousins NSW	12.07	M45 R Cameron NSW	16:55.40
Sharon Wilson	41.47	M50 Tim Payne	11:48.58	W80 Margaret Hinton	8-8.75	W75 Mary Birgenheier	47-2	M65 P Berry NSW	14.41	M50 R Schwebel NSW	18:07.00
Lana Kusanovich	45.57	Daryl Voss	12:07.60	E Lercher-Glenn	5-6.50	Doreen McLeod Smith	41-4	M70 C Perry NSW	16.11	M55 J Box NSW	18:55.40
W55 Carol LaFayette-Boyd	29.62	Bruce Manziello	12:11.80	Triple Jump		Annie Barker	36-10	M80 R Dent Vic	20.72	M60 J Warren NSW	18:52.30
Kathy Jager	29.88	M55 Robert Giersberg	11:54.19	M50 Jim Dolezel	33-9	W80 Margaret Hinton	45-1	W30 R Ingram NSW	13.02	M65 B Cook NSW	20:11.10
W60 Joan Vogel	31.00	Aurelio Herrera	12:11.81	Gene Iwen	32-2.50	Javelin		W35 G Mogentale NSW	12.48	M70 M Brown NSW	25:19.90
Eileen Schmidt	37.51	Kenneth Pierce	13:57.14	John Morgan	29-4.25	M50 Ray Milojevich	140-10	W40 M Kay NSW	12.71	M75 N Pearce Qld	23:52.50
Sharon Helton	38.81	M60 Mike McMahon	13:24.56	Richard Eyre	29-3	Jim McEvoy	135-11	W45 D Kearney NSW	13.20	W35 W Follett NSW	23:06.70
W65 Barbara Jordan	34.10	Valdemar Schultz	15:26.45	Bruce Hall	28-3.25	Craig Hamson	122-6	W50 J Casey NSW	14.39	W40 M Young HKG	20:57.70
Audrey Lary	34.24	Walter Dedio	16:46.56	Robert Kroeger	27-8.50	M55 Jerry Ransdell	139-9	W55 M Allison NSW	14.62	W45 C Goodwin SA	22:32.80
Mary McCarron-Egner	34.95	M65 Paul Robillia	13:47.48	M60 John Ross	123-10	Lyle Johnston	121-9	W60 N Swinstead NSW	16.91	W50 R Busted NSW	21:07.00
W70 Flora Wong	51.94	Duff Woodhouse	13:51.30	Larry Beck	115-10	Ron Tienhaara	119-8	W65 B Adams NSW	17.41	W55 A Thompson Qld	24:08.00
Louise Martin	54.67	Clinton Baxter	16:04.56	Dwaine Horton	115-8	M60 John Ross	123-10	W70 T Gleeson ACT	19.86	W60 J Joyce NSW	23:32.60
W85 Velma Jacobs	AR 56.62	M70 Stan Hayes	14:28.38	M65 Gary Loosli	121-3	W75 Mary Birgenheier	47-2	W80 M Partridge NSW	26.39	W65 A Young ACT	24:22.30
(Anna Ward/58.4/1990)		Bill Bogdan	21:42.07	Miri Gratton	115-7	Annie Barker	36-10	W85 M Russell Qld	27.22	W75 M Krause Qld	38:02.90
400m		M75 Logan McGinness	16:11.20	Robin Herron	89-3	W80 Margaret Hinton	45-1	200m		W85 M Russell Qld	50:13.70
M50 Jim Dolezel	59.24	W55 Jane Haynie	18:49.98	M85 Everett Penrod	16.75	Javelin		M35 D Lowbridge NSW	23.23	Short Hurdles	
Gene Iwen	1:00.06	High Jump		Leland McPhie	15-7.75	M50 Ray Milojevich	140-10	M40 A Fury NSW	23.95	M30 N Rairoa NSW	20.44
Luis Pannarale	1:02.61	M50 Paul Heglar	5-0	Foster Barlow	7-11	Jim McEvoy	135-11	M45 P Lyons NSW	23.94	M35 W Edwards Qld	21.17
M55 Harold Morioka	55.97	Marshall Murray	4-4	W55 C LaFayette-Boyd	26-9.75	Craig Hamson	122-6	M50 J VanStappen NSW	24.23	M40 P Estens NSW	21.20
Dannis Duffy	1:00.65	M55 Buster Byrnes	4-4	Leona Shurtliff	22-3.75	M55 Jerry Ransdell	139-9	M55 W Cousins NSW	24.86	M45 P Wright NSW	20.00
Bruce Hall	1:06.36	Ron Tienhaara	4-2	W65 Audrey Lary	25-4.25	Lyle Johnston	121-9	M60 F Turner NSW	25.63	M55 G Capon NZ	21.31
M60 John Ross	59.21	Bruce Long	4-2	Barbara Jordan	24.50	W75 Mary Birgenheier	47-2	M65 P Berry NSW	30.99	M60 G Manalis NSW	17.55
Herb Gee	1:02.95	Dee DeWitt	4-6	Ruth Neff	21-2.50	John McCarthy	66-5	M70 A Harris Vic	32.87	M65 P Berry NSW	21.30
Tom Carlyle	1:22.64	Mardon Connelly	4-6	W70 Frances Styles	14-4.25	Roger Hall	45-3	M75 C Doyle Qld	40.63	M75 M McKay NSW	22.76
M65 Clifford Pauling	1:12.71	Don Roberts	4-4	Alice Purdes	13-2	M85 Leland McPhie	48-3	W30 R Ingram NSW	27.14	M80 R Dent Vic	44.85
Paul Robillia	1:14.38	M65 Armand Zahn	4-6	W80 Margaret Hinton	AR 14-4	Walter Brooks	27-5	W35 G Mogentale NSW	25.91	W30 S McRae SA	17.15
Les Plumb	1:16.95	Don Breese	4-4	Shot Put		Foster Barlow	11-11	W40 M Kay NSW	25.78	W40 M Kay NSW	12.14
M70 Bob Frier	1:26.54	Doug Spainhower	4-4	M50 Ray Milojevich	38-2	M90 Allan Bjork	51	W45 D Kearney	27.78	W45 J Dean NSW	16.60
William Bergen, Jr	1:29.74	M70 Paul Bambrook	4-0	Craig Harrison	35-5	Virgil McIntyre	32-8	W50 J Casey NSW	29.23	W50 E Posavec WA	16.66
M75 Rodney Brown	1:10.86	Farrell Balliston	3-8	Harry Johnson	32-5	W50 Lorraine Tucker	84-11	W55 M Allison NSW	29.63	W60 M Applebay SA	18.29
M80 Henry Kuric	1:52.18	Bill Bogdan	3-0	M55 Ron Tienhaara	31-9	Christie Johnston	70-9	W60 N Swinstead NSW	35.19	W65 A Van der Zeijden Tas	20.83
Woodrow Evans	2:07.48	M75 Herb Wilkinson	3-8	Robert Kroeger	31-3	Sharon Wilson	63-7	W65 S Abrahams NSW	46.03	Long Hurdles	
M85 Phil Lawrence	2:07.01	M80 Brady Walker	3-6	Buster Byrnes	30-8	W55 Carmela Miller	97-5	W70 G Gleeson ACT	43.84	M35 C McKinnon Vic	1:18.84
W55 Marg Radcliffe	1:16.05	Henry Kuric	3-2	M60 Roger Corliss	40-3	Marg Radcliffe	91-3	W80 M Partridge NSW	58.24	M40 W Barker NSW	1:18.84
Carol LaFayette-Boyd	1:16.06	M85 Leland McPhie	3-4	Don Roberts	29-11	Connie Wolver	88-1	W85 M Russell Qld	1:10.48	M45 L Blakeney NSW	2:27.27
W60 Joan Vogel	1:25.25	M90 Virgil McIntyre	2-0	Dale Teubner	29-5	W65 Mary Roman	38	400m		M50 B Bodsworth Qld	1:07.43
Eileen Schmidt	1:34.82	W60 Eileen Schmidt	3-6	M65 George Maier	36-3	S Threlkeld-Wesaw	34-1	M30 R Clarke NSW	54.56	M55 G Capon NZ	1:17.67
Sharon Helton	1:39.42	Ingeborg Siegers	3-4	Armand Zahn	35-7	Marilyn Gray	33-2	M35 D Lowbridge NSW	53.69	M60 B Wellbourne Qld	51.34
W65 Mary McCarron-Egner	1:28.18	W70 Frances Styles	2-10	Robin Hem	35-3	W70 Alice Purdes	30-3	M45 S Paterson NSW	55.96	M65 P Berry NSW	57.98
Doreen Barr	1:30.58	Alice Purdes	2-0	M70 Grant Twitcheil	32-10	Pat Scott	29-11	M60 F Turner NSW	1:00.40	M70 B Sharpe NSW	1:08.09
Betty Sjogren	2:06.58	W75 Doreen McLeod	2-10	Stan Hayes	32-9	W75 D McLeod Smith	38	M65 L Williams NZ	1:12.79	M75 M McKay NSW	1:14.49
W90 Ivy Granstrom	AR 3:00.00	W80 Margaret Hinton	2-10	Ray Guimary	28-9	Annie Barker	35	W35 G Mogentale NSW	1:01.16	W35 M Kay NSW	1:08.34
(Bertha Holt/3:45.62/1996)		Pole Vault		M75 Glenn Biurgess	32-11.75	W80 Ruth Talley	31-4	W40 M Kay NSW	58.89	W45 M Toby NSW	1:51.55
800m		M50 Steve Morris	12-0	Herb Wilkinson	30-4.50	1500m RW		W45 D Taunton NSW	1:10.91	W50 E Posavec WA	57.14
M50 Luis Pannarale	2:25.44	Paul Heglar	11-6	John Jensen	26-4	M55 Norman Frable	7:25.22	W50 J Casey NSW	1:09.35	W65 A VanderZeijden Tas	1:23.35
Daryl Moss	2:35.04					M60 Donald Davidson	10:27.99	M55 M Allison NSW	1:06.13		

Continued on next page

Continued from previous page

Steeplechase

M35 D Mewett NSW	10:26.20
M40 R Spilling NSW	10:41.00
M45 S Paterson NSW	11:10.40
M50 J Collie Qld	11:34.30
M55 G Capon NZ	12:02.30
M60 T Hobbs NSW	11:52.40
M65 B Cook NSW	9:02.50
M75 M McKay NSW	11:48.80
W35 H Wallace NSW	13:31.50
W40 S Taylor SA	9:05.90

High Jump

M35 W Edwards Qld	1.60
M40 N McLean NSW	1.61
M45 M Middleton NSW	1.62
M50 J Searle NSW	1.48
M55 R Rielly NSW	1.68
M60 G Mamalis NSW	1.45
M65 L Williams NZ	1.27
M75 B Honeywell Qld	1.05
W30 J Jones NSW	1.10
W35 D Radley NSW	1.40
W40 M Kay NSW	1.58
W45 J Deverell-Scott NSW	1.20
W50 E Posavec WA	1.17
W60 M Appleby SA	1.14
W65 A Van der Zeiten Tas	.95

Pole Vault

M35 C McKinnon Vic	1.70
M40 P Herd NSW	3.40
M45 B Arnold Qld	3.70
M50 N Viney Qld	2.80
M55 T Kelly NSW	2.10
M60 K Nathan SA	1.30
M65 L McMahon Qld	1.30
M70 B Sharpe NSW	1.60
M75 M McKay NSW	1.50
W35 L Williams NSW	2.40
W40 T Stallard NSW	1.60
W45 J Dean NSW	1.80

Long Jump

M30 P McRae NSW	5.64
M35 M Lovell SA	5.69
M40 P Nies NSW	5.70
M45 G White Qld	4.49
M50 N Peters NSW	5.30
M55 L Towers NSW	4.99
M60 G Mamalis NSW	4.89
M65 D Travers NSW	4.59
M75 M McKay NSW	3.18
W30 R Rundle NSW	4.33
W35 J McCulloch NSW	4.73
W40 M Kay NSW	5.84
W45 D Taunton NSW	4.21
W50 E Posavec WA	3.93
W60 J Estall NSW	3.57
W65 B Adams NSW	3.03
W80 M Partridge NSW	1.42

Triple Jump

M35 M Lovell SA	11.84
M40 P Nies NSW	11.41
M45 R Wall Qld	11.63
M50 N Peters NSW	10.98
M55 R Rielly NSW	10.95
M60 G Mamalis NSW	9.90
M65 D Travers NSW	9.57
M70 J Soutar NSW	7.88
M75 M McKay NSW	5.83
W40 R Clarke NSW	9.85
W45 N Robinson NSW	7.43
W50 E Posavec WA	9.29
W60 J Estall NSW	7.48
W80 M Partridge NSW	4.33

Shot Put

M35 M Lovell SA	8.52
M40 J Kay NSW	11.28
M45 D Parker NSW	10.70
M50 G Crompton NSW	12.09
M55 T Kelly NSW	10.99
M60 J Koch SA	12.57
M65 B Jefferys NSW	10.90
M70 J Soutar NSW	8.40
M75 J Perdis NSW	11.39
W30 D Boege ACT	10.81
W35 C Raha-Lambert SA	8.20
W40 B Virgin SA	8.97
W45 W Ryan Vic	8.25
W50 C Schultz Vic	13.01
W55 M Thomas NSW	10.64
W60 Y Hines SA	6.19
W65 M Jakabsons Qld	5.90
W85 M Russell Qld	3.91

Discus

M30 A France NSW	37.49
M35 D Grozde NSW	35.84

M40 J Kay NSW	35.69
M45 D Parker NSW	33.81
M50 R Scrivens ACT	36.58
M55 J Reynolds Vic	34.76
M60 W Selvey Qld	46.56
W30 J Jones NSW	14.31
W35 C Raha-Lambert SA	23.20
W40 K Pickvance Qld	27.22
W45 J Tregoning SA	30.39
W50 C Schultz Vic	38.47
W55 M Parviainen NSW	30.57
W60 Y Hines SA	13.12

Hammer

M35 M Bajwa INA	27.41
M45 D Parker NSW	28.22
M50 J Stammers NSW	29.47
M55 J Reynolds Vic	36.08
M60 K James NSW	38.16
M65 J David NSW	33.17
M70 J Soutar NSW	28.63
M75 F Jakabsons Qld	30.73
W30 J Jones NSW	16.27
W35 A Whitehall Vic	29.10
W40 K Pickvance Qld	27.33
W45 A Van Bockel NSW	26.85
W50 C Schultz Vic	37.27
W55 M Parviainen NSW	47.61
W60 M Appleby SA	17.09
W65 M Jakabsons Qld	19.26
W85 M Russell Qld	11.19

Javelin

M30 A France NSW	46.73
M35 D Grozde NSW	42.79
M40 J Kay NSW	55.70
M45 D Parker NSW	42.60
M50 R Pirie NSW	41.36
M55 T Kelly NSW	31.12
M60 K James NSW	39.28
M65 J Davis NSW	29.10
M70 A Harris Vic	23.67
M75 K Knox Vic	20.32
W30 J Jones NSW	14.31
W35 C Raha-Lambert SA	27.99
W40 K Pickvance Qld	25.98
W45 L Bullard Qld	26.77
W50 C Schultz Vic	27.84
W55 M Thomas NSW	29.68
W60 M Appleby SA	18.72
W65 B Adams NSW	12.26
W85 M Russell Qld	9.34
Pentathlon	
M30 M Lovell SA	2223
M40 S Hall NSW	2857
M45 P Wright NSW	2707
M50 B Bodsworth Qld	3185
M55 T Kelly NSW	1912
M60 N Donohoe NSW	2191
M65 B McMullen Qld	1417
M70 A Harris Vic	2565
M75 M McKay	2376
W35 S McRae SA	2185
W40 S Taylor SA	1972
W45 H Saltzer Qld	2504
W50 W Doran NSW	2579
W60 M Appleby SA	1830
W65 B Adams NSW	2188
Weight Pentathlon	
M35 M Sheperd NSW	1996
M45 D Parker NSW	2812
M50 E Hedendahl Qld	3527
M55 J Reynolds Vic	3530
M60 N Donohoe NSW	2663
M65 J Davis NSW	3286
M70 J Soutar NSW	3115
W30 J Jones NSW	1315
W35 A Whitehall Vic	2244
W40 K Pickvance Qld	2764
W45 J Tregoning SA	2772
W50 C Schultz Vic	3982
W55 M Parviainen NSW	4184
W65 M Jakabsons Qld	2355
W85 M Russell Qld	2176
1500m RW	
M35 G Rowe NSW	7:43.10
M40 B Hall NSW	9:19.90
M45 F Overton NSW	9:03.30
M55 T Mayhew Vic	8:36.60
M60 E Elliott NSW	11:02.50
M65 B Janes NSW	9:43.30
M70 M Bellette Qld	11:07.30
M75 D Whyte NSW	9:52.00
M80 R Dent Vic	12:39.70
W35 A Weekes NSW	8:25.90
W40 K Dadds NSW	9:30.50
W45 R Wales Qld	10:09.60
W50 M Cousins Tas	10:19.00

W55 R Bancroft NSW	13:08.30
W60 A Marshall NT	11:02.40
5000m RW	
M35 G Rowe NSW	28:27.40
M50 R Wood Vic	30:33.80
M55 T Mayhew Vic	28:25.10
M65 B Janes NSW	34:32.90
M75 D Whyte NSW	34:53.00
W35 A Weekes NSW	30:18.40

W40 J Dadds NSW	34:05.10
W45 R Wales Qld	36:22.50
W50 M Cousins Tas	37:24.60
W55 R Bancroft NSW	40:18.70
W60 A Marshall NT	40:56.10
W65 T Baarslag-Leb Vic	36:10.60
W70 J Knox Vic	36:23.80
W75 M Krause Qld	50:09.10
W85 M Russell Qld	53:44.00

Doug Brown	RV 32:21
Dave Kanners (10) MGM	33:09
John Nowatkowski	RV 33:38
Bob Dattola	NH 34:17
Dave Sek	GVH 35:22
Jacob Sedmark	WPTC 35:32
M60	
Bill Borla	WR 29:45
Chuck Keating	WR 32:09
Thom Weddle	Una 32:30
Carl Grimm	GVH 32:32
John Pelton	WR 32:50
Pat Cosgrove	RV 34:03
Paul Halbert	SC 35:40
Jerry Lavasseur	WR 35:42
Vince Colgan	SC 35:58
Robert Husted (10)	TAC 36:22

M65	
John Dugdale	WR 34:23
Sam Graceffo	SC 35:51
Dan Cohen	SC 36:39
Peter Hettrich	TAC 37:35
Otto Freyler	GVH 37:38
Chris Rush	TAC 39:07
Bruce Marsh	TAC 41:05
Ted Sullivan	Una 41:57
M70	
Don Bergman	RV 39:24
Jerry Magoffin	BW 42:15
Richard Sullivan	BW 42:42
George Freeman	Una 43:00
Howard Rubin	SC 43:56
Roger Whalley	BW 45:33
M75	
Bob Hennig	Una 53:02
W40	
Gillian Sharp	HN 31:43
Karen MacKenzie	Can 31:55
Suzanne Myette	HN 32:03
Sue Rowley	GVH 33:57
Sarah Falso	SC 34:10
Lorrie Marnell	HN 34:47
Ruth Yanai	SC 34:59
Jane Edwards	CAC 36:22
Maria White	GVH 36:25
Suzanne Swan (10) WPTC	38:23

W45	
Laurie Kinsella	GVH 34:20
Audrey Balandier	HN 34:23
Patty DePaulis	SC 35:20
Marcia Whitney	Una 35:30
Diane Sardes	CAC 36:21
Carol Dodge	SC 37:11
Mickey Piscitelli	SC 39:48
Diane McGuire	CAC 40:38
Jean Queal	SC 41:08
W50	
Kathryn Martin	Una 31:14
Carolyn Smith Hanna	GVH 33:31
Virginia Verdoes	SC 36:20
Gail Wagner	GVH 38:27
Debi Page	WPTC 40:43
W55	
Karen Davies	SC 37:45
Carolyn Kriesen	Una 40:13
Joyce Geroux	WPTC 45:08
W60	
Mary Shaver	GVH 39:30
Madeline Bost	Una 41:27

Team Scores:	
M40 Adirondack AC	2:16:59
Genesee Valley	2:21:00
Syracuse Charge	2:24:59
West Penn TC	2:33:53
Checkers AC	2:44:50
Genesee Valley B	2:51:10
M50 Adirondack AC	2:30:40
Indiana All-Star RC	2:32:01
Checkers AC	2:32:47
Raritan Valley RR	2:35:56
Genesee Valley	2:37:56
High Noon	2:38:26
Mich Grand Mastr	2:40:50
West Penn TC	2:48:14
M60 Wolfpit Running	1:34:45
Genesee Valley	1:47:20
Syracuse Charge	1:47:30
Tendonitis AC	1:53:05
M70 Belle Watling AC	2:10:31
W40 High Noon	1:38:09
Genesee Valley	1:41:48
Syracuse Charge	1:44:30
Checkers AC	1:53:22
West Penn TC	2:04:15

M40 Adirondack AC	2:16:59
Genesee Valley	2:21:00
Syracuse Charge	2:24:59
West Penn TC	2:33:53
Checkers AC	2:44:50
Genesee Valley B	2:51:10
M50 Adirondack AC	2:30:40
Indiana All-Star RC	2:32:01
Checkers AC	2:32:47
Raritan Valley RR	2:35:56
Genesee Valley	2:37:56
High Noon	2:38:26
Mich Grand Mastr	2:40:50
West Penn TC	2:48:14
M60 Wolfpit Running	1:34:45
Genesee Valley	1:47:20
Syracuse Charge	1:47:30
Tendonitis AC	1:53:05
M70 Belle Watling AC	2:10:31
W40 High Noon	1:38:09
Genesee Valley	1:41:48
Syracuse Charge	1:44:30
Checkers AC	1:53:22
West Penn TC	2:04:15

M55	
Terry Delph	Una 29:13
Pat Glover	AAC 30:04
Wally Herrala	MGM 30:15
Doug Goodhue	MGM 30:50
George Carroll	WPTC 31:19
Chuck Koeppen	IAS 31:27
Jeff McQueen	IAS 31:57
Herb Engman	HN 32:05

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 / 214" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL**24th Tulsa Run 15K/USATF National Masters Championships Tulsa, OK; Oct. 27**

Overall	
Eddy Hellebuyck 40	45:36
Tatyana Pozdnyakova 46	50:47
M40 Eddy Hellebuyck	45:36
Andrey Kuznetsov	47:20
Sam Ggatia	47:35
Ron Parks	49:27
Ron Wall	52:58
M45 Pete Orban	52:15
Mike Kelley	54:06
Steve Jennings	54:41
Scott Burnett	55:41
Ross Dowland	56:31
M50 Gary Romesser	50:08
Dave Dooley	54:14
Jim Reynolds	54:31
Randy Mendat	56:26
Bill Dunn	56:28
M55 George Marchetti	59:08
Mike Budnik	59:50
Gary Madison	60:27
N R Parker	60:50
Warren Jones	60:55
M60 Francisco Vinaja	60:39
James Peller	60:47
Bill Harding	62:29
Andy Hogan	67:05
Freddy Rodriguez	68:28
M65 Dick Wilson	62:51
Bob Adkins	70:37
James Hague	72:09
Geo. Templeton	73:14
Paul Dean	73:51
M70 Paul Heitzman	66:12
Jack Gentry	77:53
Jerry Johncock	69:04
Robert Coffey	74:34
Calvin Ellis	76:47
M75 John Cahill	70:49
Jack Rector	88:24
Paul Johnson	99:17
Tom O'Connell	109:23
Robert Harding	113:27
W40 Ramila Burangulova	51:37
Janet Robertz	53:55
Marie Boyd	54:46
Pricilla Godi	57:59
Terri Foreman	58:50
Marlene Gelsthorpe	64:01
W45 Tatyana Pozdnyakova	50:47
Barbara Bellows	63:08
Debra Dunn	64:07
Jill Tollison	66:38
Barbara Hess	68:19
W50 Barbara Luciano	59:48
Martha O'Rourke	63:39
Donna Spencer	66:24
Bogie Bogner	66:47
Patsy Miller	70:26
W55 Judi Bomer	76:39
Donna Eichner	79:28
Dona Montgomery	82:53
Barbara Parker	85:12
Gwen Broussard	87:24
W60 Linda Brown	77:18
Mona Keffer	79:59
Jill Moore	82:23
Kathy Moffitt	86:48
Bettina Hambrick	89:32
W65 Faith Walkwitz	81:24
Dru Young	89:16
Marniott Smart	96:46
Ruth Heidrich	97:09
Joan Whitmire	100:21
W70 June Malacha	76:32
Marilyn Thompson	104:24
Wanda Lemons	126:50
Jody Naifeh	138:41

USATF National Masters 8K Cross-Country Championships Rochester, NY; Nov. 4

M40	
Tom Dalton	AAC 25:15
Scott Williams	GVH 26:40
Rich Coughlin	AAC 27:34
Dom Wyzomirski	WPTC 27:41
Kevin Williams	AAC 27:55
Tim Murphy	SC 28:10
Bob Underwood	AAC 28:13
Chuck Shields	PM 28:29
Ed Lindo	SC 28:33
Doug Kennedy (10)	Can 28:50
John Noonan	AAC 29:02
Peter Davis	SC 29:08
Leo Finucane	GVH 30:40
David Tooke	CAN 30:42
Dennis VanKerkhove	GVH 30:45
Don Sertz	CAC 31:31
Doug Prindle	GVH 31:57
Jim McCarthy	WPTC 32:07
Dave Yendrezski	GVH 32:18
Sam Berenthal (20)	WPTC 32:54
M45	
Bob Carroll	C

Continued from previous page

M40 Guy Stearns	15:04
Todd Hanson	16:06
M45 Tom Wolff	16:53
Don Salamone	16:59
M50 Ron Newbury	16:41
Bob Dunfee	19:09
M55 Guy Berthiaume	17:22
Joel Croteau	19:10
M60 Dean Riley	19:27
Fred Zuleger	21:23
M65 Lloyd Slocum	19:58
Mike Marich	25:24
M70 Bob Davidson	23:23
John Dicomandrea	26:00
M75 Kenneth Folsom	26:13
Martin Losier	27:10
M80 William Stern 82	36:41
W40 Paula Wilkinson	20:01
Donna LaBelle	20:34
W45 Marie Sperl	21:15
Janet Parkinson	21:38
W50 Joan Lavin	21:29
Kitty Kelley	21:34
W55 Wendy Burbank	22:31
Mary Ulinski	25:44
W60 Ann Ramsley	26:08
Anne Knight	27:09
W65 Nancy Wilson	33:37
Shirley Dam	37:42
W70 Ruth Hefflefinger	38:07
W80 Louise Rossetti 80	37:04
Fern Spring 85	53:49

GVH Cross-Country Invitational 5K (Women) & 8K (Men) Rochester, NY; Oct. 7

Overall	
Rick Sluder	25:11
Colette Liss	17:02
M30 Bill Frawley	25:11
M35 Scott Bagley	25:36
M40 Bob Carroll	26:54
M45 Jerry Kooyman	26:38
M50 Rick Hoebeke	29:39
M55 Herb Engman	32:20
M65 Otto Preyer	37:40
M75 Joe Familo	67:00
W30 Judy Porter	18:06
W35 Becky Heuer	18:04
W40 Ruth Yanai	21:31
W45 Diane Sardes	21:44
W50 Alice Kelly	26:50
W55 Karen Davies	25:14

Sportshoe Center Maine Marathon & Half-Marathon Portland, ME; Oct. 7

Overall	
Byrne Decker 34	2:30:53
Denise Jewell 35	3:03:36
M40 Alan Moore	2:44:09
Barry Ffield	2:50:21
Guy Segars	2:52:10
M45 John Mollica	2:54:53
Tom Trytek	3:04:48
Chuck Thorp	3:08:03
M50 Bob Sholl	2:47:20
Jim Toulouse	3:01:21
M55 RJ Harper	3:09:17
Tim Barr	3:15:21
M60 Phil Pierce	3:48:06
Ira Robinson	3:49:16
M65 Billy Thornton	4:57:14
R Cavanaugh	5:34:46
M70 Paul Gionfiddo	5:01:58
W40 Debra Aylward	3:26:17
Michelle Lange	3:29:43
Lucille Boutin	3:35:48
W45 Jeanne Schmidt	3:12:15
Pamela Hall	3:22:35
Nancy Jacovina	3:28:16
W50 Janet Labuc	3:08:34
Joy Hampton	3:26:25
W55 Nina Bovio	4:00:35
Merle Hines	4:14:56
W60 Louisa Dunlap	4:01:46
Barbara MacArthur	4:17:37

Half	
Overall	
Craig Fram 43	1:09:57
Julia Kirtland 36	1:22:31
M40 Craig Fram	1:09:57
Jeffrey Banger	1:17:34
M45 Danny Paul	1:16:27
Mark Steeg	1:21:22
M50 Yvon Lamarche	1:28:28
Richard Smith	1:29:43
M55 Ronald Deprez	1:31:37
Ted Rideout	1:35:08
M60 Bob Coughlin	1:32:09
Douglas Hodgkin	1:41:04
M65 John Howe	1:52:55
Art Warren	1:54:14
M70 Robert Smith	2:14:01

W40 Maryellen Borge	1:35:55
Kim A Forget	1:40:07
W45 Mimi Mattson	1:38:36
Carol Manley	1:39:14
W50 Rosalyn Randall	1:48:01
Jeanne Butterfield	1:52:24
W55 Carol Schrek	1:50:32
Donavee Pettingill	1:55:10
W60 Betty Ann Hamlin	2:22:31
E Ann Bunce	2:33:39
W65 Janet Aldous	2:44:52

NYRR Grete's Great Gailop Half-Marathon Central Park, NYC; Oct. 7

Overall	
Brian Clas 29	1:05:32
Leteyesus Berhe 23	1:16:16
M30 Tesfaye Bekele 30	1:08:46
M40 Connor O'Driscoll	1:12:09
M45 Amador Ybanez	1:15:36
M50 Jan Maliniak	1:21:07
M55 Julio Aguirre	1:22:44
M60 Jack Brennan	1:27:53
M65 Alfred Finger	1:31:40
M70 Kenneth Jones	1:36:56
M75 Sab Koide	2:07:53
W80 Wilfredo Rios	3:05:28
W30 Jennifer Lathan 33	1:21:41
W40 Talya Nevo-Hacohen	1:34:41
W45 Marie Wickham	1:37:18
W50 Ann Davies	1:35:01
W55 Ruth Fairbrother	1:54:48
W60 Carol Tyler	1:53:11
W65 Rosa Nales	2:10:38
W70 Bertha McGruder	2:41:43

Georgetown Classic 10K Washington, D.C.; Oct. 7

Overall	
Julius Nderitu 26	29:54
Elena Paramonova 38	33:53
M40 John Tuttle	31:29
Jim Hage	32:36
M45 Dan Lawson	34:07
Roberto Rodriguez	37:22
M50 Paul Ryan	36:37
Richard Adams	37:55
M55 Patrick Griffith	38:14
Edward Lecates	39:20
M60 Bob Spearing	44:00
Tom Willing	44:43
M65 Norman Miller	46:04
Hank Hatch	48:15
M70 Larry Dickerson	47:08
Jack McMahon	48:47
M75+Walt Washburn 78	59:01
W40 Debi Bernardes	39:05
Sarah Buckheit	43:39
W45 Linda Wack	39:52
Betty Blank	42:12
W50 Karen Erb	45:29
Deborah Gebhardt	45:39
W55 Chris Craun	50:42
Susan Lucas	51:19
W60 Janice Stoodley	47:13
Barbara Szdradi	52:19
W65 Angela Craighead	55:00
Phyllis Altrogge	55:15
W75+Sister Maria 77	no time available

Oyster Festival 5K Oyster Bay, NY; Oct. 13

Overall	
Michael Anderson 30	16:24
Angela Orefice 26	17:56
M40 Don Di Donato	16:30
Keith Field	17:23
Alan Porter	17:59
M45 Pete McNeill	17:06
Paul Mascali	17:08
Brian Mangham	17:18
John Di Camillo	17:25
M50 Dennis O'Brien	17:29
Alan Oman	17:53
M55 Julio Aguirre	19:12
Steve Conroy	19:48
M60 Joe Cordero	20:37
Jose Mendez	21:13
M65 Bob Mitchell	23:17
David Kenney	23:34
M70 Guy Froehling	24:32
Jim Scovel	24:34
M75+John McManus 78	26:19
George Dennis 77	32:57
Mel Friedel 81	36:53
W40 Elizabeth Ratner	19:40
Vicki Dalton	21:09
W45 Pat Zebersky	20:18
Lori HarfenesMelnik	20:44
Margarita Marascia	21:07
W50 Kathy Martin	18:57
Joanne Gallo	24:23
W55 Carole Bergie	29:18
Mary Abbondola	44:52

W60 Ellen Duffy	26:57
Nike Mizelle	27:50
W65 Nina Jennings	28:02
Alexandra Finger	31:32
W70 Vera Allen	34:53
Eileen Crescenti	52:50

Hartford Marathon, Half-Marathon & Huck Finn 5K Hartford, CT; Oct. 13

Overall	
Reuben Chesang 38	2:19:01
LiodmilaKorchaguin302	39:35
M40 Andrey Kuznetsov2	30:35
Glenn Caffery	2:41:27
Guy Gordon	2:41:48
M45 Greg Sellers	2:45:17
Celio Hernandez	2:48:11
Larry Filtz	2:56:56
M50 Bill Bosmann	2:56:01
Jamie Gomez	3:08:58
M55 Clyde Hess	3:04:57
Charles Buzinsky 3	15:10
M60 Roland Ratmeyer	3:26:57
StuartMcDonald	3:46:19
M65 Dave Sontstroom	3:11:23
Dan Shuff	3:43:21
M70 Bill Engle	4:13:12
M75 Sab Koide	5:13:21
W40 SusanHaryasz	3:12:08
Linda Kimmey	3:23:26
CherylCunningham3	27:07
W45 Mary Dunn	3:00:31
T YarianBoardman	3:18:30
Mary-BethGorey	3:21:41
W50 Ann Pesch	3:49:44
Nancy Calhoun	3:59:05
W55 Marta Tebbutt	4:04:59
RuthFairbrother	4:06:12
W60 Judy Miller	5:49:45
W65 Jeannette Cyr	4:47:29

--Half-Marathon-- Overall

Gabriel Muchiri 23	66:20
Tammy Slusser 36	80:07
M40 Stephen Jackson	76:32
M45 Dennis Barone	80:46
M50 Roly McSorley	82:28
M55 Ron Senosk	94:08
M60 James Byrne	2:01:13
M65 Fitzroy Mark	1:36:25
M70 Aldo Frascarelli	1:50:19
M75 Harold Holly	2:01:42
W40 Maureen Burns	85:58
W45 Melinda Struwas	95:22
W50 Barbara Deubel	95:29
W55 Mary Ryzek	99:39
W60 Nancy Bell	2:08:50
W65 Carol Whittlesey	3:24:16
W70 Nancy Kelly	3:30:43
W80+MaryellenBrundle	3:38:29

--Huck Finn 5K-- Overall

Erik Nedeau 30	15:03
Kimberly Griffin 40	16:55
M40 Bill Thramann	16:46
M45 Robert Peattic	18:05
M50 Eric Scholz	18:40
M55 Bob Ward	20:21
M60 Charlie Yescott	20:10
M65 Tom Butterfield	21:22
M70 Bob Davidson	23:27
M80+Bill Tribou 80	27:12
Parker Holt 87	58:52
W40 K Griffin	16:55
Sue Mantie	19:29
W45 Sidney Letendre	19:25
W50 Megan Goldstein	20:51
W55 Cathy Logiudice	25:35
W60 Bonnie Ferrero	32:28
W65 Ann Gillis	28:51
W80+Mary Haines 87	49:47

Mohawk-Hudson River Marathon Schenectady-Albany, NY; Oct. 14

Overall	
Travis Bashaw 22	2:39:33
Daniele Cherniak 39	3:10:22
M40 Jozef Gyurke	2:56:54
John Geesler	2:59:22
John Dowling	2:59:47
M45 Kevin Dollard	3:02:51
Richard Coughlin	3:03:19
Vincent DiCanto	3:04:45
M50 Thomas Powers	2:54:20
Gary Villeneuve	3:18:43
M55 Andre LePire	3:19:53
John Doebrich	3:23:36
M60 Ed Bown	3:21:01
Roger Goulet	3:30:14

M65 Ray Bremm	3:56:31
Leonard Guere	4:12:13
M70+Joe Corrigan70	4:47:42
W40 HelenShekerjian	3:37:24
Sylvie Boivin	3:39:56
W45 Nancy Castellano	3:41:41
Kathy Fagan	3:49:22
W50 Judy Baumann	3:52:26
Kathy Strait	3:53:15
W55 C Schermerhorn	4:01:31
KarolynnColeman4	07:11

BAA Half-Marathon Boston, MA; Oct. 14

Overall	
Wayne Levy 36	70:57
Sarah Nixon 37	81:16
M40 Dave Oliver	76:12
Lou Ristaino 42	76:46
M50 Bill Rodgers 53	80:31
Mike Menovich50	85:20
M60 William Riley 65	87:02
Al Nagel 60	99:57
M70 Don Ross 71	1:49:07
W40 Pat Green 44	89:23
Molly Tyson 44	93:13
W50 Janet Bober 57	98:03
Karen Durante	99:27
W60 Doris Beatty 66	2:14:01

Upstate NY Cross-Country Series 4 Miles Rochester; Oct. 20

M40 Dave O'Keeffe	20:43
M45 Tim McMullen	22:11
M50 Gary Hastings	24:10
Gerry Irving	24:11
M55 Herb Engman	25:40
M60 Carl Grimm	25:42
M65 Otto Freyer	29:37
W30 Jennifer McConvey	27:55
W35 Becky Heuer	24:15
W40 Sue Rowley	28:50
W45 Laurie Kinsella	28:04
W50 CarolynSmithHanna	26:57
W55 Karen Davies	30:26

Baystate Marathon & Half-Marathon Tyngsboro, MA; Oct. 21

Overall	
Dan Verrington M35	2:33:53
Joselle Germano	3:00:14
M40 Peter Kenyon	2:56:42
David Andersen	3:00:06
M45 Walter Murphy	2:53:54
Frank Samko	2:59:41
M50 Richard Stockdale3	01:34
Frank Dittuci	3:04:41
M55 Frank Donovan	2:58:42
Zeke Zucker	3:08:24
M60 Byron Petrakis	3:44:56
Bob Gamere	4:00:20
M65 Hans Thmhain	4:05:15
Dick Green	4:08:55
M70+Edwin Cushing704	59:19
Julian Siegel 73	5:20:57
W40 Vicky Bryant	3:27:20
Kim Forget	3:37:00
W45 T GrahamSirois	3:32:11
Cathy Page	3:40:32
W50 DeeDee Mariano	3:57:02
K Smith Rohrborg	4:06:12
W55 AlexandraBigelow4	08:53
Debbie Ian	4:13:37
W65 Margaret Patch	5:33:49

--Half-Marathon-- Overall

Thomas Teger M30	70:21
Kristin Chisum	75:39
M40 Chris Spinney	79:18
John Whelan	81:24
David Barnett	82:42
M45 Stephen Burton	81:30
Wayne Dwyer	83:06
John Byrne	84:36
M50 Tom Miller	86:41
JosephKvilhaug	87:31
M55 Bill Devlin	89:53
Ed Lynch	93:20
M60 Joe Pellegrino	98:06
Paul McDonald	1:49:09
M65 MauriceFerrigno	1:50:53
Geo Chamberas	2:00:53
M70+Angelo Seretto721	57:08
W40 Nancy Cahalane	88:17
Susan Tanona	97:17
W45 Anne Hendrix	95:14
Kathy Bylund	1:42:34
W50 Diana Thomas	1:41:59
DeborahDeMarco	1:45:16
W55 Lee Zurek	2:03:52
Janet McKeone	2:08:43
W60 Patricia Ryan	1:59:08
W70+Marj Rosiello 73	3:01:46

Mayor's Cup Cross-Country 8K (Men) & 5K (Women), Franklin Park Boston, MA; Oct. 28

Overall	
Sandy Rebencuic 32	23:29
Priscilla Hein 25	16:30
M40 David O'Keeffe	25:02
Jamie Kempton	26:12
M45 John Barbour	25:54
Bob Carroll	26:09
M50 Vladimir Krivoy	27:28
Phil Riley	28:15
M55 Colin McArdle	28:55
M60 Chuck Keating	32:22
M65 Tom Wright	37:43
Don Murry	39:42
W40 Barbara Gubbins	18:39
Judy Copley	19:25
W45 Susan Maslowski	20:24
Chris Anderson	24:07
W50 Ann Igoe	24:13
Lee Kraft	25:16

Marine Corps Marathon Washington, D.C.; Oct. 28

Overall	
Farley Simon 46	2:28:28
Lori Stich-Zimmerman 31	2:48:13
M40 Paul Okerberg	2:36:22
Francisco Lugo	2:37:42
Paul Zimmerman	2:38:24
Mark Malander	2:40:58
Steve Dietz	2:48:09
Russ Hoyer	2:52:23
Stephen Ryan Jr	2:53:10
Torben Holt	2:53:28
Trent Sinett	2:53:46
Jose Zelaya	2:55:47

Continued from previous page
Run for Their Lives 8KUSATF
Long Island Cross-Country
Championships
Bethpage, NY; Oct. 28

Overall	
Travis Tate 24	27:28
Kathy Martin 50	31:19
M40 Don DiDonato	30:26
Gerard Ford	32:44
Rodney Hankins	33:16
M45 John DiCamillo	29:20
Michael Paqual	31:04
Matt Farrand	31:35
M50 Dennis O'Brien 52	29:12
Jim Walsh	31:55
Bob Festa	33:38
M55 Michael Service	33:24
Chuck Bleifeld	33:53
Dan Ingegno	34:45
M60 George Hubbard	42:04
Carl Grossbard	43:46
M65 David Smith	35:29
George Devoe	45:21
M70 Bert Jablon	42:49
M75+John McManus 78	46:23
W40 Dolores Doman	36:03
Michelle Haller	37:39
W45 Diane Gordon 48	35:10
Linda Ottaviano	36:02
W50 K Martin 50	31:19
Rosa Denis	45:38
W55 Helma Clavin	45:54
Joan Ackerman	52:38
W60 Wendy Burns	45:27
W65 Alexandra Finger	52:35

New York City Marathon
Nov. 4

Overall	
Testfaye Jifar 25 ETH	2:07:43
Margaret Okayo 25 KEN	2:24:21
M40 Sam Ngatia	KEN 2:25:02
Kristen Aaby	NOR 2:26:56
Tom Redding	TN 2:35:54
Philippe Vaxelaire	FRA 2:36:09
Alan Ruben	NY 2:36:39
Jean-Yv Maugand	FRA 2:37:34
Anthony Basile	CO 2:37:36
Mark Stell	CA 2:38:16
Peter Allen	NJ 2:41:21
Jose Guzman (10)	NJ 2:42:02
Anton Erjavac	SLO 2:42:22
Conor O'Driscoll	NY 2:42:50
Ozren Rnjak	CRO 2:43:04
Fredy Rimensberger	SUI 2:43:18
Stu Calderwood	NY 2:43:43
Thoma Haertnagel	GER 2:43:44
Thomas Kirschev	GER 2:44:10
Shawn Gallagher	NJ 2:44:14
Karl Heinz Graf	GER 2:44:43
Haavard Nordgard	NOR 2:45:03
Marco Petenzi	ITA 2:45:23
Miran Kavs	SLO 2:45:42
Marino Porro	ITA 2:46:34
S E Denenberg	NY 2:46:51
Ian Godden (25)	GRB 2:46:32
M45 Colin Earwaker	SWE 2:32:39
Dick Hooper	IRL 2:28:29
Domini Chauvelier	FRA 2:33:43
Elio Fioravanti	ITA 2:38:26
Arthur Deane	GBR 2:40:23
Ken Wilson	NM 2:42:40
Gianfranco Clementi	ITA 2:43:40
Mohsen Mechichi	NY 2:44:05
Jaime Palacios	NY 2:46:28
Joerg Bunert (10)	GER 2:48:01
Patrizio Bonci	ITA 2:48:29
Benoit Minot	FRA 2:50:03
Patrick Bourrat	FRA 2:50:22
Stan Mavis	CO 2:51:18
C H Stark	NY 2:51:20
K Kolodziejczyk	GER 2:53:25
Jack McShane	CT 2:53:26
Jean-Michel Chary	FRA 2:53:34
James Belanger	NH 2:54:04
Chas Sanchez (20)	CA 2:54:52
John Gower	GBR 2:55:22
Claudio Ongaro	ITA 2:55:25
Vincenzo Azzarelli	ITA 2:55:49
Josef Robeis	GER 2:57:05
Jorge Infante	MEX 2:57:13
M50 Erik Gerdin	SWE 2:32:39
Peter Camenzind	SUI 2:35:48
Alan Oman	NY 2:44:37
Alberto Perez	ESP 2:46:16
Bernd Juckel	GER 2:50:21
Humberto Clavijo	NY 2:54:52
Yair Karni	ISR 2:56:39
Stephen Reed	ME 2:58:48
Ronald Ehrhardt	WI 2:58:48
Brian Carr (10)	SCO 2:59:02

Francis Fiolet	FRA 2:59:05
Giuseppe Supina	ITA 2:59:29
Brian Rankin	IRE 2:59:51
Hans J Strehle	GER 3:00:03
Walter Maeder	SUI 3:01:59
Robert Briglio	NY 3:02:32
F C Carvalho	BRA 3:03:58
Jose Aguilar	VEN 3:04:25
Jan Maliniak	NY 3:04:35
Bill Bosmann (20)	NJ 3:04:43
M55 Torstein Kristiansen	NOR 2:56:22
Reinhard Bussmann	GER 2:56:43
Michel Neveux	FRA 2:57:53
Pedro Rodriguez	PAR 3:01:00
James Hudick	NJ 3:04:58
Michael Hudick	NJ 3:04:58
Daniele Ruffilli	ITA 3:05:29
Alan Friend	GER 3:05:37
Guy Moreau	FRA 3:05:42
F M Pereira (10)	NJ 3:06:19
Chris Driessen	NED 3:07:53
Luis-Anton Flores	NY 3:08:19
Giuseppe Anghileri	FRA 3:10:42
Wolfgang Wietzke	FRA 3:12:59
Pavol Babjak	SLO 3:13:58
Julio Aguirre	NY 3:14:44
Antonio Corneli	ITA 3:16:18
Brendan Cradden	GBR 3:16:47
Guillermo Gamez	MEX 3:19:37
David Flaherty	NJ 3:19:44
M60 Walter Koch	GER 2:47:44
Fernando Rocco	ITA 2:59:39
Martin Guenter	GER 3:01:35
Victor Heylen	BEL 3:06:30
Robert Gormley	CA 3:15:49
Jack Brennan	NY 3:17:24
Harry Neeson	NY 3:23:35
Erwin Remmele	GER 3:25:29
Byron Melendy	CA 3:26:35
Jurgen Winkelmann	GER 3:27:17
Joaquim Alves	VEN 3:27:47
Gerard Chapelle	FRA 3:28:22
M65 Manuel Rosales	ESP 2:58:56
Manfred Ritter	LIE 3:09:04
Alfred Finger	NY 3:24:45
William Gutman	NY 3:47:39
Dan Shuff	TX 3:55:32
Norbert Gobel	GER 3:56:03
Denzil Klippel	NY 3:59:00
Norman Myers	GBR 3:59:37
Witold Janowski	GER 4:00:36
Erich Guenter	NY 4:00:47
M70 Heinz Gronemeier	GER 3:40:08
Ken Jones	NY 3:43:29
Yoshio Nishino	3:51:29
Tom O'Hearn	MA 3:51:29
Hans Stucki	SUI 4:10:15
Kenneth Karcher	ID 4:15:04
Tom Bickham	TX 4:17:21
John Balletto	NJ 4:19:51
M75 John Cahill	UT 4:15:20
Burt Carlson	MN 4:49:45
Ralph Witmer	OH 4:49:57
Joseph Coco	NY 5:23:49
Einar Mundal	NOR 5:47:23
M80 Otto Watne	NOR 5:55:49
George Boyle	CA 5:59:21
Peter Harangozo	NY 6:15:26
M85 Wilfredo Rios 85	NY 6:48:03
Rodolfo Crasso 87	ITA 7:10:22
M90 Abe Weintraub 91	NY 8:37:57
W40 Gordon Bakoulis	NY 2:41:43
Joan Samuelson	ME 2:42:56
Ruth Pickvance	WLS 2:45:23
N Solominskaya	RUS 2:49:57
Laura Hruby	PA 2:49:59
Kim Jones	CO 2:51:21
Cindy Keeler	FL 3:01:28
Wendy Locke	NJ 3:01:59
Laurence Perrin	FRA 3:03:40
Catriona Dowling (10)	CO 3:07:16
Elizabeth McColl	NC 3:07:29
Yuni Ogita	NY 3:07:43
W45 Gillian Horovitz	NY 2:50:12
Marge Belislie	RI 3:05:41
Marina Jones	CA 3:07:55
Margie Thompson	OR 3:15:06
Chinho Yamauchi	NJ 3:17:49
Marie Wickham	NY 3:18:05
Helen Visgauss	NY 3:23:13
Mary Hanley	CAN 3:24:30
Kari Proffitt (10)	NY 3:25:49
Corinne Fabrie	FRA 3:27:30
Brigitte Geiger	AUT 3:31:19

W50 Leah Whipple	PA 3:17:50
Jocelyne Cinturel	FRA 3:18:51
Lucette Fiolet	FRA 3:22:42
Sandra Adams	VA 3:24:48
Melissa Kennedy	NY 3:24:50
Elizabeth Canale	NY 3:27:51
Janny Decker	NED 3:31:47
Carol Virga	FL 3:33:05
W55 Teresa Freitas	POR 3:32:43
Inge Springer	GER 3:34:20
Marie-Th Herwig	SUI 3:37:09
Gigliola Masotti	ITA 3:39:11
Sadia Ripert	FRA 3:49:02
Patricia Schaefer	SUI 3:57:56
Sophie Vannevel	FRA 3:58:01
Noriko Sakota	JPN 4:03:13
W60 Patty Lee Parmalee	NY 3:54:03
Mary Nathan	NY 4:01:00
Chris Driessen	CA 4:04:55
F Metlicovec	ITA 4:18:49
Susan Sills	NY 4:19:36
W65 P Draaij Heijndijk	NED 4:15:52
Yoshiko Takahashi	NY 4:18:16
Ikuyo Kawaguchi	JPN 4:24:59
Carolyn Woodbury	CA 4:26:56
W70 Joy Johnson	CA 5:38:12
Diane Goulett	MN 5:57:18
Bertha McGruder	NY 6:08:18
W75 Vivian Lowery	NY 7:06:36
Marghrita Simonato	ITA 7:24:52
Lucille Singleton	NY 8:03:50
W85 Friedegard Liedtke	GER 7:28:05

SOUTHEAST
Peachtree City Classic 15K
Peachtree City, GA; Oct. 13

Overall	
Robert Finch 18	55:58
Connie Robertson 39	59:43
M40 John Quinlinan	57:51
M45 Sam Norman	58:12
M50 Mike Popick	61:09
M55 John Stephens	67:59
M60 Benjamin Jordan	66:00
M65 Richard Swift	73:42
M70 Clarence Hartley	74:15
M75 Joe Petrolino	134:55
W40 Aja James	68:13
W45 Susan Breeding	70:08
W50 Vickie Johnson	66:55
W55 Elinore Meadows	92:12
W60 Ann Akers	78:07

Governor's Cup Half-Marathon/8K
Columbia, SC; Oct. 27

Overall	
Keith Matiske 29	1:10:47
Janice Addison 41	1:21:21
M40 David Allison	1:17:15
M45 William Kloss	1:20:03
M50 Shawn Chilla	1:30:37
M55 Gerry Camer	1:26:24
M60 Dean Godwin	1:40:03
M65 Willis Ridenour	1:48:16
M70 William Fulton	1:57:40
W40 Janice Addison	1:21:21
Susi Smith	1:25:21
W45 Mary Howk	1:33:14
W50 Cynthia Hardwick	1:40:49
W55 Brenda Cooter	1:52:35
W60 Patricia Rhode	2:04:22
W65 Barbara Tolson-H	1:50:29
8K	
Overall	
Daniel Hughes 23	25:24
Gretchen Bielmeyer 25	32:41
M40 Steven Rudnicki	30:57
M45 Brian Antonicelli	30:04
M50 Russ Pate	31:44
M55 Robert Bockman	34:24
M60 Marshall Catoe	40:24
M65 Jacob Cooter	40:37
M70 Lonnie Collins	39:49
M75 Bob Wingard	52:48
W40 Sue McClam	37:42
W45 Donna Lewis	34:27
W50 Mickey Floyd	38:51
W55 Kim Wells	43:24
W60 Inkyu Shway	54:37

Senior Bowl Charity 10K
Mobile, AL; Nov. 3

Overall	
Nick Rogers 26	28:18
Elva Dryer 30	32:43
M40 Dave Berardi	32:47
Terry Williams	34:52

Greg McMenimen	37:42
M45 Leonard Vergunst	35:35
Marty Demouy	37:43
Guy Truett	39:11
M50 Fred Cook	38:23
Dalton Orr	39:26
Rick Walton	39:46
M55 David Jeffrey	38:52
Bobby Scott	42:46
M60 Will Wright	43:50
Marion Matchett	44:40
M65 Richard Cumming	43:21
Harold Russell	53:56
M70+Pablo Sequio 70	62:40
Don Cheatham 70	63:10
George Tobias 75	63:32
Jimmy Mathews 80	65:05
W40 Carmen Ayala Troncoso	34:59
Jean Lankford	37:59
Sarah Kramer	38:54
W45 Linda Sarpy	46:51
Debbie Renfro	47:27
W50 Terry Mahr	40:11
Brenda Lynch	42:01
Susan Pierce	45:31
W55 Marian Loftin	51:48
Phyllis Logsdon	60:00
W60 Minam Turner	61:38
W65 Luise Mitchell	67:42
W70+Daphne Dvorak 77	92:17

MIDWEST

Columbus Marathon
Columbus, OH; Oct. 21

Overall	
Kefah Keraro 31	2:20:07
Tatiana Titova 36	2:33:51
M40 Glenn Baldwin	2:39:25
Jim Elwell	2:46:19
Lon Bussell	2:47:43
M45 Brian Spellman	2:48:17
Ron Seats	2:55:07
Tim Ryan	2:55:45
M50 Fred Waybright	2:55:41
Johan DeJong	2:59:09
Mike Barr	3:00:34
M55 Tony Mauro	3:00:56
Frank Hamman	3:08:25
David Childs	3:08:26
M60 Ed Thomas	3:15:45
Mariusz Solarski	3:38:40
Richard Pool	3:39:02
M65 Ralph Miller	3:28:04
Charles Kielkopf	4:19:08
M70+Matt Norris 73	3:56:16
Willis Moses 75	5:05:04
Robert Ault 71	5:23:48
Jack McClain 80	6:04:28
W40 Anita Weisseneder 32	2:15:55
Brenda Braunstein 32	2:49:09
W45 Terry Pokosh	3:13:31
Rosemary Wedlake 32	3:18:01
W50 Janice Keunz	3:13:44
Callie Edmundson 32	3:27:37
W55 Velma Matuszewski 40	3:08:13
Tina Braam	4:28:22
W60 Lucy Kauh	4:28:00
Beatrice Downey	4:50:23

Detroit Free Press/Flagstar Bank International Marathon
Detroit, MI; Oct. 21

Overall	
Jacob Kirwa 25	2:17:46
Lupe Hegon 38	2:52:13
M40 Steven Wilson	2:38:37
Bill Valenzano	2:41:11
Glen Martilla	2:42:21
Kris Warszawski	2:43:37
M45 Hans-Hendri Ewert 52	3:21:21
Ken Harper	2:57:52
Wally Barnowski	3:01:24
M50 Thomas Butler	2:59:54
David Vanker	3:05:54
D M Squires	3:10:09
M55 James Carlton	3:05:42
Gerard Malaczynski 30	3:05:53
James Rillema	3:14:54
M60 Peter Polidori	3:14:49
Rick Brodine	3:23:01
Phil Kroll	3:40:35
M65 Bob Daly	3:31:22
Dan Shuff	3:44:13
Marv Stevenson	3:58:59
M70 Jerry Johncock	3:38:06
John Kolmetz	4:08:19
M75+Mike Fremont	4:48:07
Bill Kelley	5:22:41
W40 Nancy Schubring	3:10:01
Pat Stevenson	3:20:02
Brenda Feldpausch 30	3:20:32
W45 Mary O'Donnell	3:35:11
Nancy Tichy	3:35:48
Sheila Kennedy	3:36:45

W50 Maggy Zidar	3:36:39
Donna Olson	3:51:42
Deena Sacks	3:59:54
W55 Marto Biermann	4:21:41
Cindy Goodhur	4:24:01
Dal Magee	4:30:22
W60 Jane Wallen	4:14:49
Sharon Sowell	4:18:57
W70 Claudia Novitzky	6:01:03

Cinergy Indianapolis Marathon
Indianapolis, IN; Oct. 21

Overall	
Michael Smith 40	2:35:20
Tracy Gates 40	3:14:08
M40 M Smith	2:35:20
Steven Maves	2:44:44
John Greene	3:02:09
M45 Ken Hendrick	3:06:59
Barry Martin	3:09:32
Richard Johnson	3:11:05
M50 Ken Greenwell	3:13:29
Danny Correll	3:15:19
Michael Ryba	3:19:54
M55 Robert Dewar	3:31:54
Robert Stasey	3:37:59
M60 Walter Seamon	3:26:47
Michael Traynor	3:47:53
M65 Max Boyachek	3:47:00
Thomas Hathaway 3	4:48:00
M70+Hal Higdon 70	5:30

Continued from previous page

M70 Mack Martinez	1:58:10
M75 George Billingsley	2:42:38
W40 Kathy Atkins 2ndF	85:07
W45 Desiree Wilson	97:23
W50 Bobbie Garcia	1:51:40
W55 Therese Grenchik	2:09:52
W60 Judy Shipman	2:02:17
W65 Shirley Dockstader	2:30:57
W75 Po Adams	3:00:00

Run for the Arts 5K Balboa Island, CA; Oct. 13

Overall	
Joey Gomez 41	15:49
Kathy Ziegler 19	19:11
M40 J Gomez	15:49
M45 Bob Morris	17:42
M50 Pete Boisineau	18:50
M55 Robert Sullivan	19:48
M60 Michael Wood	22:57
M65 Jim Wood	25:10
W40 Cathy Shargay	22:08
W45 Faith Dennis	23:54
W50 Carolyn Slade	23:51
W55 Gail Jiles	27:25
W60 Elaine Hill	28:28
W70 Dorie Smith	31:23
W80+Lois Edds 81	34:15

Arturo Barrios 10K & 5K Citizens Race Chula Vista, CA; Oct. 14

Overall	
Nazario Romero 27	30:28
Tamara Lave 33	36:22
M40 Ken Yeager	34:00
M45 Martin Ellison	34:47
M50 Hank Sullivan	36:40
M55 Benito Garcia	42:09
M60 Steven Brenneck	40:38
M65 Phillip Campbell	49:12
M75 John Cahill	48:49
M85 Walt Kuetzing 89	79:05
W40 Cheryl Sheremeta	39:28
W45 Kim Rouse	38:35
W50 Joni Shirley	43:48
W55 Jo Ann Meyer	43:56
W60 Ursula Rains	50:40
W65 Donna Gookin	58:14
W70 Guadalupe Nunez	41:43
W80 Gerry Davidson 80	64:00

Overall	
Tom Kloos 24	14:51
Deanna Hadley 27	16:56
M40 Hector Perez	16:11
M45 Adalberto Campos	17:38
M50 Don Irvine	18:23
M55 Luis DeLaCruz	19:54
M60 Ed Donaghue	19:35
M65 Jim Buckley	22:17
M75 Jim O'Neil	24:14
M80 Hal Elrick 83	39:08
M40 Ana Gonzalez	20:57
W45 Mary Ryzher	21:31
W50 Kerry Tabler	21:42
W55 Darlene Burns	23:07
W60 Ursula Rains	24:19
W65 Martha Walker	25:29
W75 Kit Pickles	40:16
W90 Barbara Bunting 90	66:06

Race for the Cure 5K San Francisco, CA; Oct. 21	
Overall	
Suzanne Segestac 30	18:47
W40 Kat Taylor	19:28
W45 Claire Fry	21:29
W50 Val Sakovich	21:35
W55 Susan Cronk	22:57
W60 Trudi Hoffman	25:20
W65 Peggy Kang	26:38
W70 Jean Howe	41:01
W75 Kit Pickles	40:16
W90 Barbara Bunting 90	66:06

Humboldt Redwoods Marathon & Half-Marathon USATF/Pacific Championships Weott, CA; Oct. 21

Overall	
Peter Clusener 24	2:27:17
Bonnie Havens 34	3:12:24
M40 Allan Polley	2:59:22
M45 John Kokes	3:07:53
M50 Robert Marshall	3:12:04
M55 Richard Hillestad	3:06:09
M60 Robert Honer	3:29:51
M65 Donal Gill	4:07:31
W40 Gina Ramirez	3:30:09
W45 Patricia Shirley	3:20:53
W50 Anne Jeffery	4:10:40
W55 Renee Vetterello	4:04:24
W60 Sarah Savarino	5:02:44
W65 Eleanor Claus	4:27:54

Overall	
Juerg Stalder 32	1:05:12
Rosa Gutierrez 37	1:16:53
M40 Dennis Rinde	1:12:57
Tim O'Rourke	1:13:21
M45 Lloyd Stephenson	1:15:33
Fletcher Lesley	1:15:59
M50 Don Paul	1:17:19
Dan Sauers	1:18:57
M55 Frank Ruona	1:19:15
Don Porteous	1:19:30
M60 Robert Gormley	1:25:55
Joe Hurtado	1:28:40
M65 Bernie Hollander	1:38:15
Don Graham	1:57:22
M70 Ed Reyna	1:51:16
Sam Hirabayashi	1:54:35
M75 Howard Powers	2:37:14
Ron Bebb	3:15:36
W40 Diana Fitzpatrick	1:22:39
Sara Freitas	1:24:02
W45 Christinelwahashi	1:34:11
Terry Jewell	1:37:12
W50 Deedee Grafius	1:28:12
Marcia Koren	1:42:00
W55 Jessie Stratton	1:40:11
Cynci Calvin	1:56:18
W60 Shirley Matson	1:32:32
Barbara Miller	1:36:27
W65 Myra Rhodes	1:47:23
Theresa Burger	2:07:53
W70 Inge Hendron	2:10:57
Peggy Hansen	2:37:08

Silicon Valley Marathon San Jose, CA; Oct. 28

Overall	
Elly Rono	2:20:31
Alena Vinitkaya 38	2:42:49
M40 Steve Wilson	2:30:08
Vias Ezerskis	2:31:47
Nestor Ayala	2:34:04
M45 Chris Berka	2:52:12
Ed Casey	2:56:38
David Rubalcaba	2:59:48
M50 Kenny Warde	3:10:52
Douglas Brooms	3:16:47
Alan Neil	3:17:48
M55 Craig Newport	3:15:12
Roger Dellor	3:21:55
Scott Taylor	3:22:47
M60 Jerome Wirz	3:27:03
John Pius	3:34:57
M65 Donald James	3:40:13
John Sellars	4:20:07
M70+Rob O'Malley 70	4:52:12
Frank Ota 70	5:29:28
W40 Barbara Acosta	3:02:37
J Rendon Atkins	3:24:20
W45 Deborah Rudis	3:39:48
M McClenahan	3:43:35
W50 Susan Love	3:30:55
Barbara Ashe	3:41:49
Pat Bates	3:43:13
W55 Cheri Brandt	4:22:55
W60 Eleanor Pak	5:01:49
W65 Phyllis Goldstein	5:31:17

Race for the Cure 5K San Diego, CA; Nov. 4

Overall	
Jeanie Lasse Johnson 44	17:43
W40 Jeanie L Johnson	17:43
Elizabeth Tralour	18:59
Renee Milton	19:56
W45 Kimberlee Rouse	18:25
Marcella Teran	19:09
W50 Kerry Tabler	21:54
Willie Mundt	22:13
W55 Darlene Burns	23:24
Marilyn Carpenter	24:36
W60 Ursula Rains	25:17
Virginia Lopez	30:50
W65 Ruth Dundon	39:09
Pauline Theodore	39:20
W70 Marlene O'Connor	43:10
Elaine Valadez	50:00
W75 Dorothy Shumway	48:10
Laura Poleshinshi	48:59
W80 Natalie Meyers 81	57:45
Estella Olbow 80	64:16

NORTHWEST

Komen Race for the Cure 5K Portland, OR; Sept. 16

Overall	
Deanna O'Neil 38	17:32
W40 Liz Downing	19:17
Myra Klettke	19:28
Mollie Starr	19:39
W45 Theresa Caspell	19:56
Diane Yensen	21:38
Peg Gauthier	23:08
W50 Betty Wagner	20:46
Christine Aveni	24:54
Jaylene Cobb	26:14

W55 Suzie Carleson	24:05
Judy Mooney	25:31
Kathryn Midson	26:03
W60 Marilyn Paul	26:59
Mariva Brodigan	32:44
Billie Fetz	34:08
W65 Stephanie Furman	37:05
Charlotte Nixon	38:02
Johnni Freeborn	40:10
W70+Sarah Sprague	27:53
Maree Rushlow	44:34
Phyllis Stark	57:52

St. George Marathon St. George, UT; Oct. 6

Overall	
Curtis Moore 24	2:20:43
Johanna Nielsen 23	2:43:58
M40 Jerry Henley	2:27:59
M45 Mark Dickey	2:46:33
M50 Alan Stewart	2:51:33
M55 Paul Akiyama	3:03:22
M60 Brent Pinder	3:09:06
M65 Carlos Valle	2:55:43
M70 Paul Nance	3:38:43
M75 John Cahill	3:30:44
W40 Suzanne Morris	2:52:44
W45 Paula May	3:18:50
W50 Jeanne Groves	3:10:57
W55 Trudy Bush	3:55:00
W60 Fran Gaberino	4:33:20
W65 Shirley Blush	3:45:38
W70 Julia Barrett	5:23:41

Great Columbia Crossing 10K Astoria, OR; Oct. 7

Overall	
Mark Vaneyke	31:40
Nancy Colister	38:27
M40 Chuck Coats	33:49
Dennis Braun	35:28
M45 Andy Piercy	38:20
M50 Cornelius Branson	37:42
John Olsen	37:45
M55 Brian Benson	42:21
M60 Mike Ryan	45:55
M65 Lee Parker	43:59
M70 Bill McChesney	47:32
M75 Bill Foster	57:49
W40 Katrina Sundling	45:00
W45 Betsy Haydock	41:42
W50 Susan Franck	52:06
W55 Susan Foster	50:20
W60 Peggie Hodge	56:23
W65 Wilma Parker	58:21
W70 Barbara Dougan	69:16
W75 Jeannie Miller	90:37

Issaquah Salmon Days Rotary 5K & 10K Issaquah, WA; Oct. 7

Overall	
Tony Young	15:42
Julie Swann	18:19
M40 Stephen Wills	18:16
Serap Erdal	18:19
M50 John Johnson	18:08
Gary Gross	18:22
M60+Peter Marshall	19:31
W40 Gwen Robertson	19:43
W50 Phyllis Nelson	22:24
W60+Pat Budzius	25:13

Overall	
Scott Muolo	31:15
Linda Huyck	35:28
M40 Mark Billett	36:16
Daniel Wetzel	37:02
M50 Jim McGill	41:44
Gordon Gray	42:26
M60+Dennis O'Hare	40:58
Bill Iffing	41:49
W40 Sandi Halgren	38:44
W50 Dore Quam	44:45
W60+Pearl Spiger	68:52

Dream of Roses All-Women's 10K Salem, OR; Nov. 4

Overall	
Susanah Beck	33:58
W40 Meghan Arbogast	37:26
W45 Robin Vesey	40:54
W50 Phyllis McCall	45:46
W60 Jayne Oppiger	1:21:36
W65 Jane Dods	57:02
W75 Rose Marie Noah	1:30:03

USATF Oregon Open & Masters 5K Cross-Country Championships Sandy; Nov. 17

Overall	
Sean Evans 40	16:29
Meghan Arbogast 40	19:02
M30 Robert Julian	16:34
M35 Joe Dudman	17:02

M40 S Evans	16:29
Jim Ney	17:30
Chuck Coates	17:33
M45 Michael Elliott	16:54
Daniel Wojcik	17:29
Bruce Paulin	18:31
M50 Tim Goodman	20:37
Larry Smith	21:28
M65 Ken Ogden	23:56
W30 Theresa Ridgway	20:59
W35 Sherri Sims	21:48
W40 M Arbogast	19:02
Jennifer Teppo	19:14
Kelly Kruell	19:30
W45 Robin Vesey	21:13

INTERNATIONAL

Berlin Marathon Berlin, GDR; Sept. 30

Overall	
Joseph Ngolepus	2:08:47
Naoko Takahashi	2:19:46
M40 El Hadi Moutou	2:23:34
M45 Mick McGeoch	2:34:12
M50 Dietmar Klocke	2:34:19
M55 Henryk Zaleski	2:47:14
M60 M Membrilla	2:53:59
M65 Wolfgang Haas	3:18:17
M70+Johann Feindert	3:44:30
W40 R Weise-Jung	2:49:27
W45 Ulricke Wilbrand	2:59:36
W50 Brigitte Van Dijk	2:49:55
W55 Hildegard Pfeiffer	3:06:42
W60 Maris Schrader	3:30:24
W65 Sieglinde Wind	4:05:25

British Veterans Cross-Country, Championships Swansea, Wales; Oct. 6

M40 Julian Critchlow	36:28
M45 David Neil	37:14
M50 Graham Tuck	39:31
M55 Graham Wooton	41:27
M60 Fred Gibbs	43:31
M65 Keith Spacie	46:21
M70 John Taylor	24:54
M75 Frank Copping	31:02
W35 Alison Hurst	21:45
W40 Sheila Allen	21:34

W45 Susan Cooper	23:24
W50 Josie Heffernan	23:28
W55 Pat Gallagher	23:30
W60 Brenda Jones	28:43
W65 Pam Jones	26:35
W70 Betty Noorish	36:50

RACEWALKING

One-Hour Postal Racewalk Plantation, FL; Oct. 14

Meters	
M45 Mike Felling	10,283
M50 Tim Stewart	7,751
M55 Dan Koch	9,338
M60 Paul Johnson	10,241
M65 Gerry Gomes	9,316
M70 Bob Fine	8,699
M75 Sumner Shafmaster	7,228
W35 Tammie Corley	9,445
W45 Carol Simonds	10,128
W50 Linda Stein	9,311
W55 Pat Baran	8,034
W65 Joanne Elliott	8,929
W70 Marcia Shafmaster	7,159

Teams	
M60 Florida Athletic Club	29,284
(Johnson/Cella/Gomes)	
M70 Florida Athletic Club	24,223
(Fine/DeMauro/Kurz)	

Arturo Barrios 5K Racewalk Chula Vista, CA; Oct. 14

Men	
1 Matt Katka 63	32:01
2 Bobby Durbin 64	39:00
3 Dennis Brydon 48	39:43
4 Chet Carney 45	40:04
5 Fausto Ruiz 61	40:06
Women	
1 Elaine Nadalin 39	37:41
2 Joan Boyle 47	38:51
3 Cheryl Close 43	38:58

Bob Fine International 15K Racewalk Coconut Creek, FL; Oct. 21

M45 Mike Felling	1:30:24
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M55 Don DeNoon	1:25:06
M60 Paul Johnson	1:30:38
M65 Gerry Gomes	1:43:17
M70 Bob Fine	1:47:00
W40 Cathy Miller	2:03:00
W45 Carol Semonds	1:36:00
W55 Pat Baran	1:55:36
W65 Joanne Elliott	1:47:18
Non-Championship	
W30 Daisy Platero	1:44:13

USATF National Masters 20K Racewalk Championships Coconut Creek, FL; Nov. 4

Overall	
Leon Jasionnski	1:50:30
Victoria Herazo	1:55:26
M40 Steve Renard	1:55:53
M55 Leon Jasionnski	1:50:30
Norman Frable	2:00:04
Max Walker	2:03:17
Dan Koch	2:16:21
M60 Paul Johnson	2:06:49
Jim McGrath	2:09:45
Bob Cella	2:15:20
Bernie Finch	2:38:21
M65 Bob Stewart	2:32:49
M70 Jack Starr	2:20:00
Bob Fine	2:29:14
George Solis	2:35:53
Daniel Demauro	2:42:27
Hal Cook	2:45:21
M75 Robert Mimm	2:20:43
M85 Bill Patterson	3:26:05
W35 Irma Robinson	2:14:03
Tamm Corley	2:14:57
W40 Victoria Herazo	1:55:26
W45 Carol Cmonds	2:08:41
W50 Marianne Martino	2:13:51
Joan Venslavsky	2:24:31
Cathy Mayfield	2:32:49
W55 Kathleen Frable	2:24:04
Patricia Baran	2:37:30
W60 Janet Higbie	2:14:31
W65 Joanne Elliott	2:23:24

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