

NATIONAL MASTERS NEWS

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

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17,979 Runners Over Age 40

Torres, Plastinina First Masters in ING NYC Marathon

By JERRY WOJCIK

As usual, masters dominance in the ING New York City Marathon, Nov. 6, had its typical foreign flavor. The first two male masters are from Spain, the female winner is a Ukrainian who lives in

New York City, and most of the medal winners are not from the U.S.

Last year, both of the masters first-place finishers were Italians. In 2003, the M40+ winner was a Kenyan and the W40+ first was Russian.

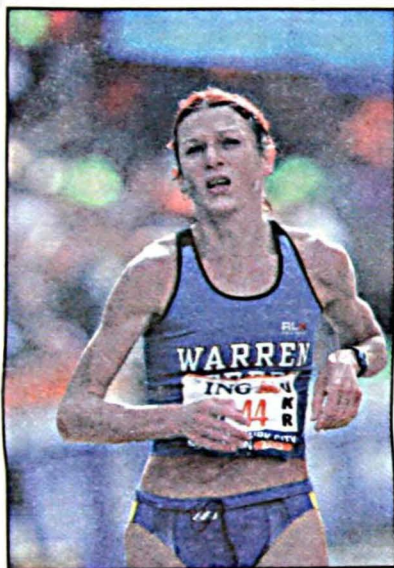
This year, Jose Ramon Torres, 41, Spain, won the men's masters title in a sluggish 2:24:55. The winning M40+ time in 2004 was 2:19:53. Manuel Anta, 40, Spain, was second in 2:26:51.

Peder Troldborg, 42, Denmark, third last year in 2:26:36, ran a similar time of 2:26:58, and took the same place. Alan Ruben, 48, NYC, should be given the Most Improved Male Master Award. Last year, Ruben finished third (2:37:40) in the M45 division, but this time he ran a 2:37:10 to take first place from Dominique Chauvelier, 49, France, who ran 2:37:35, about 2 1/2 minutes slower than his second-place finish in 2004.

Walter Koch, 65, Germany, won the M65 race with an exceptionally strong 2:56:45.

In the women's race, Olena Plastinina, 42, Ukraine/NYC, second last year in 2:50:20, should claim the Most Improved Female Master Award. She knocked off 10 minutes from her 2004 time to win the masters contest with a 2:40:10.

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VICTOR SAILER / PHOTO RUN
Olena Plastinina, 42, first W40+, ING NYC Marathon.

Masters Set Records in Silver Nevada Senior Games

By JERRY WOJCIK

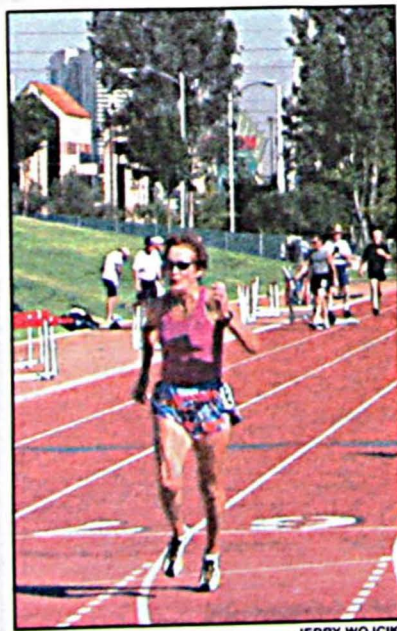
LAS VEGAS, Nev. – Track and field athletes age-50-and-up from across the U.S. helped celebrate the Nevada Senior Games 25th silver anniversary by setting four U.S. age-group records and tying another.

The meet was held at the University of Las Vegas track, a short distance from Las Vegas Boulevard, better known to visitors as "The Strip," on Sept. 30-Oct. 2. The running events were held in the morning before temperatures rose into the 90s.

Dick Mulkern, 80, Hampton, Iowa, broke the M80 national record for the weight pentathlon by more than 1000 points, and followed that with another in the 12# weight.

On Friday, with temperatures around 94, he scored 4159 points, 1027 coming from a 12.76/41-10 throw with the 12# weight, and 984 from a 29.12/95-6 with the 1k discus. On Sunday, with temperatures again in the 90s and gusty winds, he threw the weight 13.56/44-6.

Continued on page 7



JERRY WOJCIK
Audrey Lary, W70, winning the women's 50m (8.40), Nevada Senior Games.

Genesee Valley Harriers Top Team

Ayala-Troncoso, Pope Win USA 5K Cross-Country Championships



BRIAN TEAGUE
Carmen Ayala-Troncoso, 46, first masters woman, USA National Masters 5K Cross-Country Championships.

SARATOGA SPRINGS, N.Y. – More than 200 of America's finest age 40+ runners, hailing from 23 states, competed in the USA National Masters 5K Cross-Country Championships over the traditional Saratoga Spa State Park course here on Oct. 16.

Many logged times that would make high school runners proud. Carmen Ayala-Troncoso, 46, came all the way from Austin, Texas, to trump the women's field. She finished in 17:12, an average of 5:33 per mile.

"I love cross-country," said Ayala-Troncoso, a regular among the elite at the annual Albany Freihofer's Run for Women. "I ran 17:50-something two weeks ago on the road, so I wasn't the most confident coming in. But cross-

Continued on page 6

HOT OFF THE PRESS!

Emil Pawlik, 66, is the recipient of the 2005 BENGAY Masters Athlete of the Year Award. Pawlik, a decathlete from Jackson, Miss., won gold medals in every combined event he entered on the national and international level. He was selected from several LDR and T&F candidates by chairs of those committees and Bill Roe, USATF president.

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Vasilios Ma

Vasilios Maganas' athletic idol throw, and weigh Games, whose accomp early in his athletic c Mediterranean champi any other athlete.

Surrounded by Me

In the five world from 1995 through took home 15 medals (1 in the hammer, shot pentathlon. Further, in championships from 2002, he captured and (13 gold, 2 silver) in th

Remarkably, he ha medals in the weight age-groups 40-44 and 4 single age groups 40 through 2003). Of the his weight pentathlon (M40) in 1994 and 4590 set new world records.

During an outstand top age-group records WP, 4062 pts. (WR), 1994; SP, 16.34, 1999; M45: WP, 4590 p HT, 58.96, 1999; SP, 10

Profile

By Georgios Deligiannidis

Vasilios Maganas Sets Example to Throwers

Vasilios Maganas of Greece, now in the M50 age group, has long been a dominant figure in the weight arena, excelling in the shot put, hammer, weight throw, and weight pentathlon, garnering numerous gold medals and records. Maganas' athletic idol is thrower Al Oerter, champion in four consecutive Olympic Games, whose accomplishments helped in setting his sights high. Consequently, early in his athletic career, Maganas became an open class Greek, Balkan and Mediterranean champion in both the shot and hammer, a feat yet to be achieved by any other athlete.

Surrounded by Medals

In the five world championships from 1995 through 2003, Maganas took home 15 medals (10 gold, 5 silver) in the hammer, shot put and weight pentathlon. Further, in five European championships from 1994 through 2002, he captured another 15 medals (13 gold, 2 silver) in the same events.

Remarkably, he has won 10 gold medals in the weight pentathlon for age-groups 40-44 and 45-49, as well as single age groups 40 to 49 (1994 through 2003). Of these achievements, his weight pentathlon scores of 4062 (M40) in 1994 and 4590 (M45) in 2001 set new world records.

During an outstanding career, his top age-group records include: M40: WP, 4062 pts. (WR), 1994; HT, 61.46, 1994; SP, 16.34, 1994; WT, 18.66, 1994; M45: WP, 4590 pts. (WR), 2001; HT, 58.96, 1999; SP, 16.18, 2001; WT,

18.92, 2001.

Training Regimen

Since becoming a master, Maganas has adapted his training program with respect to quantity and intensity. He trains three times a week in weight lifting and throwing. During winter (Sept.-Dec.), he emphasizes aerobic training, with swimming or massage on alternate days.

He follows a conservative diet, rarely consumes alcohol, avoids late night activities, and has never smoked.

Prior to serious competition, Maganas reduces the quantity of training, undertaking less but more explosive throwing, as well as weight lifting and stretching exercises.

Maganas subscribes to the benefits of backing off from intense training as he faces an upcoming event. Therefore, 20 days prior to competition day, he uses lighter throwing implements

along with those used normally. He believes this method is fundamental to success.

He also believes his continued success is due to the dedicated time he has put in at his own home training field where he has been able to maintain 35 years of virtually uninterrupted training both indoors and outdoors.

Today Maganas owns a plot of land 180 yards x 50 yards, where he trains with selected athlete friends.

Athletic Wear

A college graduate in textile arts, since 1975 he has operated a small factory specializing in athletic wear. Remarkably, he has worked since the age of 10, when he assisted his father. Working, attending night school, and training from age 15 as an open athlete, Maganas has had a long and distinguished career as an athlete, which he continues today as a master.

Maganas is assisted in running his clothing factory by his wife and two daughters, also his biggest fans, accompanying him on the many trips he makes throughout Greece and abroad for championship meets.

Simple Advice

Maganas' advice to others is simple: to try, be consistent, avoid extremes, live a smooth family life, and never give up. He is a strong believer of the principle that "where there's a will, there's a way."

With respect to undertaking championship training, Maganas points to the Greek word "protathlismos" (protathlismos - first of all; athlismos - athletics).



VASILIOS MAGANAS

The effort is what counts; not the victory, says Maganas. The victory is one moment, whereas the effort, or the journey to the victory, is the bridge that brings one to a healthy, long life. □

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Masters Science

By AVITAL SCHURR

Masters of the NYC Marathon

Last year, P. Jokl, P.M. Sethi, and A.J. Cooper published an analysis of the running times of masters runners in the NYC marathon for the years 1983-1999 (*British Journal of Sports Medicine*, Vol. 38, pp. 408-412, 2004). They set out to show that elite masters runners (age 50 and above), male and female, as a group, have bettered their running times during the 17 years (1983-1999) at a pace greater than their younger counterparts. To be able to perform this analysis, the running time, age and gender of all 415,000 runners who ran the NYC Marathon in those 17 years were examined.

The authors divided all qualifying runners into groups based on their gender (M and F) and age (1 for 10-19, 2 for 20-29, 3 for 30-39, 4 for 40-49, 5 for 50-59, 6 for 60-69, 7 for 70-79). Hence, group M3 is the group of males age 30-39; group F6 is the group comprised of females age 60-69 and so on. The authors calculated the mean (average) performance time for all finishers in each age group, as well as the mean time for the top 50 finishers in each age group.

NYC Marathon Participation

All age brackets for both genders showed a significant increase in participation over the 17 years between 1983 and 1999. The number of runners increased from 14,546 in 1983 to 31,791 in 1999. Most striking was the increase in the number of female runners from 2205 in 1983, when the ratio of M/F was 5.6 (almost six times more male than female runners), to 9162 in 1999, when the M/F ratio declined to 2.47.

The authors, by extrapolation, have calculated that by 2007 the number of male and female runners in the NYC Marathon will be equal (the M/F ratio will be 1).

The greatest absolute increase in participation was in groups M3, M4, M5, F2, F3, F4 and F5. However, when age group participation size was taken into account,

the older age group (M5, M6, M7, F5 and F6) runners showed the largest relative increase in participation.

The Finish Line

The mean running times for all male and female participants increased (the average time for each age group was slower) between 1983 and 1999. Similarly, the best 50 runners in age groups F1, M1, F2, and M2 were significantly slower in 1999 than in 1983. Thus, the average finishing time for the first 50 runners in group F2 in 1983 was 169.3 minutes.

The top 50 F2 finishers' average time in 1999 was 193.6 minutes. The top 50 M2 finishers' average time in 1983 was 136.3 minutes, which slowed down to an average of 152.1 minutes in 1999. However, for the older age groups (M5, M6, M7, F4, F5, F6), the results indicate a significant improvement in time and performance over the 17-year period.

During this period, the top 50 finishers in the M5 group improved their running times by about eight seconds a year and top 50 F5 finishers improved their running time by two minutes five seconds a year. M6 top 50 runners improved by one minute 14 seconds a year, compared to an improvement of three minutes 48 seconds annually for the top 50 F6 runners. The top 50 M7 runners improved their times

by one minute 53 seconds annually.

What the Analysis Means

The authors have concluded that, as a group, masters athletes improved their performance times in the NYC Marathon at a greater rate than younger athletes over the 17-year period from 1983 to 1999.

A quarter of a century ago, few 60-year-old men, much less women, or their doctors, would have considered it possible for someone of their age to run 26+ miles. The authors chose to study elite masters athletes (top 50 finishers in their respective age groups) because the analyses of running times of all masters runners in any given age group do not reflect the maximal performance levels attainable.

While the data from all-comer masters runners in the NYC Marathon showed an increase in their running mean time, namely, slower times, the authors believe that this increase reflects the increase in number of competitors in all age groups at various levels of athletic fitness and ability. This is especially true if one considers that over the 17 years covered by the study there is a higher proportion of outlier times (7-8 hours) that skew the average times toward a slower performance for that group as a whole.

Masters Athletes Outpace Younger Counterparts

The analysis of the top 50 masters runners in the M and F groups, in contrast, shows a significant improvement in their performance over the 17-year period. The top finishers among masters athletes are improving their performance as a group at a significantly greater rate than their younger counterparts. Actually, the performance of the 20-29 and 30-39 age groups has leveled off.

The authors believe their data reflect the potential for improvement of the general health of the general population. This is evidenced by the increase in the number of runners from the aging population who are in good enough health to allow them to participate in such strenuous competitions.

Females Outpace Male Counterparts

Last, but not least, the data show that



VICTOR SAILER / PHOTO RUN
Jerome Mescher, M45, first men's master (2:45:22), Columbus Marathon, Oct. 16.

there are several gender-related differences in masters athletes. Female marathon participation showed a much greater percentage increase in all age groups, which is reflected by the decrease in the M/F ratio from almost 6:1 in 1983 to 2.5:1 in 1999.

Like their male counterparts, females across a wider spectrum of age groups showed a time-related improvement in their performance. Analysis of the data brought the authors to conclude that female masters runners are improving their marathon running times at a greater rate than male masters runners. □

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FIVE YEARS AGO December 2000

• Sam Ngatia (41, 3:22:58), Dorian Meyer (40, 2:45:53) First Masters in NYC Marathon

• Ed Whitlock (69 years and 237 days old) Becomes Oldest Man to Break 3:00, Running 2:52:50 in Columbus Marathon

• Herm Atkins (M50, 26:35), Kim Bender (W40, 30:12) Win National 8K XC in Pasco, WA



The follow
Strategic
www.usatf.c

FINANCES

Goals

- Become fina within USATF with
- Increase the n external funding res
- Objectives/Strai
- Obtain additi funding (FY 2006)
- Masters Committee programs.
- Increase master
- Rights fees f events to LOCs.
- Secure title s indoor and outdoor
- Solicit sponsors such as National Ra
- GAY Masters Invita major open meets.
- Obtain funding tions and foundation
- Convention & cial support of mast
- Masters mem





Track & Field Report

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

USATF Masters Committee 2005 Strategic Plan Summary

The following is a summary of the USATF Masters Track & Field 2005 Strategic Plan. The complete document can be found on-line at www.usatf.org

FINANCES

Goals

- Become financially self-sufficient within USATF within one to three years.
- Increase the number and amount of external funding resources.

Objectives/Strategies

- Obtain additional USATF budget funding (FY 2006) to meet the projected Masters Committee budget gap for current programs.
- Increase masters' membership fees.
- Rights fees for award of national events to LOCs.
- Secure title sponsors for national indoor and outdoor championships.
- Solicit sponsors for special programs such as National Rankings and the BEN-GAY Masters Invitational Program within major open meets.
- Obtain funding/grants from corporations and foundations.
- Convention & Visitor Bureau financial support of masters.
- Masters membership contributions

through endowments and insurance giving.

- Annual update of strategic plan.

Initiatives/Action Steps

- Submit expanded masters budget for FY 2006 based upon identified priorities of the strategic plan.
- Engage USATF in discussion of membership increased fee proposals and a reasonable distribution of proceeds to Masters Committee budget/programs.
- Leverage USATF National Office expertise for financial opportunities.
- Appoint/retain an experienced marketing professional to pursue corporate funding, grants and sponsorships.
- Appoint a masters member to research private foundation grant opportunities.
- Appoint a masters member to negotiate national meet right fees during bid solicitation and contract negotiation.
- Appoint a member and committee to develop a masters financial giving and endowment program.
- Seek annual budget allocation for

strategic plan update.

MARKETING

Goals

- Increase general public awareness about USATF Masters.
- Increase media publicity about USATF Masters at the national, regional, and local levels

Objectives/Strategies

- Improve masters page of USATF Web site for improved site navigation and access to information on events and activities, and how and where to participate in masters track & field.
- Develop commercials for cable television.

- Position and write articles for national publications – in general and within masters athlete demographics.

- Cooperative mailing programs with other associations and organization, e.g., AARP, YMCA, Gold's Gym, 24-Hour Fitness, etc.
- Develop and distribute a media kit for local and regional promotion and publicity, for masters meet directors, clubs, and associations.

- Develop a speakers kit for use by members at service clubs, e.g., Rotary, Lions, Kiwanis, etc.
- Posters and flyers available at retail running store outfitters.

- Posters and flyers available at retail running store outfitters.

- Posters and flyers available at retail running store outfitters.

Initiatives/Action Steps

- Appoint a USATF Web site liaison to interact with USATF webmaster and to serve as a gatekeeper for masters web page format, content and submission of material.
- Obtain an information technology specialist to assist and coordinate technical plan update.

Continued on page 8



Mike Brown, 51, broke his M50 javelin world record (69.58/228-3 in 2004) with a 70.71/231-11 at a meet in Clermont, Fla., April 9. His average winning throw in 2005 with the 700g javelin was 67.54/221-7.

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Third Wind

By MIKE TYMN

Collecting Marathons at 73

Some people collect stamps. Others collect milk bottle tops or old fountain pens. Tom Hathaway collects marathons. As of Oct. 17, Hathaway, a 73-year-old retired science teacher from Indianapolis, had collected 103 marathons and was looking forward to the Albuquerque Marathon the following week. As he works on his second hundred marathons, he now has a goal of running one in every state. After adding New Mexico to his collection, he'll have 10 states to go.

"I think my main motivation now is coming from the classes I instruct," says Hathaway, who teaches running in the KLA (Ken Long Associates) program, which draws 500-600 people, with as many as 150 in his classes.

"There is always someone inspiring, and I get fire from them and just keep going. Then, as I close in on a number, I get in mind to go for another."

Although Hathaway, who carries 140 pounds on a 5-11 frame, often wins his age division, he modestly states that he is not very fast when compared with the elite of his age division. "I have no leg speed," he shrugs.

High School Competitor

A 4:48 miler in high school, Hathaway also ran cross-country at the University of Indianapolis before hanging up his competitive shoes. But eight years later, he began running with the high school team he was coaching.

"The deal was that if they won the state championship in cross-country, I would run a full marathon," he recalls. "They won and I ran."

His first marathon, in 1968, resulted in a 3:17. However, his personal best of 3:09 was not recorded until 1986, in Louisville, Kentucky. His most satisfying efforts, though, came at age 64, when he ran the Indianapolis Marathon in 3:18, and then followed up with a 3:19 at South Bend.

Favorite Course

Asked which of the many marathons he has most enjoyed, Hathaway did not hesitate in responding that it was the Honolulu Marathon, which he finished in both 1998 and '99.

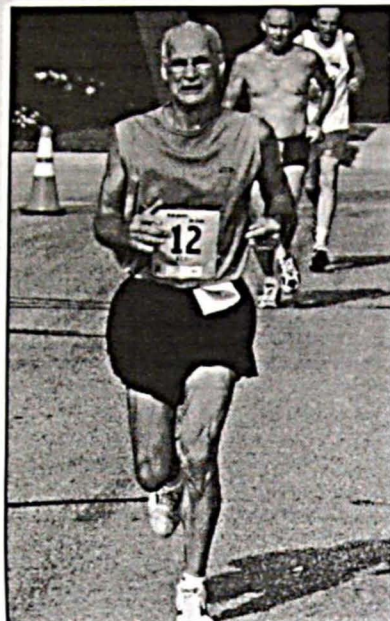
"It was a tough course, but the scenery and atmosphere were something else," he muses. "It was really something to finish by running over Diamond Head and then with all the people cheering you on near the finish right near the ocean."

His least enjoyable was the Las Vegas Marathon. "I can't fault the organization," he explains. "It was just the dry air and bronchitis. I had trouble breathing and that made it a real struggle."

A Family Affair

But Hathaway most enjoys those marathons in which family members join him. All five of his daughters are active runners or walkers, four of them having run marathons with him, while Jane, his wife of 53 years, has completed three marathons and 30 half-marathons.

As for humorous or unusual happenings during his 103 marathons, Hathaway recalls the time when a woman was trying to get across the



Tom Hathaway

street in front of him and stuck an umbrella in his gut to stop him. He also remembers a pileup at a water station in which he dislocated his shoulder at 18 miles.

"They are funny now, but they weren't at the time," he says.

A typical week of training these days calls for around 60 miles. "Monday thru Thursday is about eight to ten miles with two good tempo runs," he describes his regimen. "Friday is a four-mile recovery day and Saturday usually a long one of 10 to 20, depending on what I am preparing for. Then Sunday is another six to eight mile run. I don't usually take a day off."

Adapting to Age

Hathaway adds that he now has a hard time with speed work. "Age has changed me to less speed and more base work. My maximum heart rate has gone from around 195 years ago to around 155 now. I can't handle the work load as I once did, and so I've changed from speed work to just tempo work."

Hathaway's 100th marathon was on April 2 in Abilene, Kansas, as he recorded a 4:08:47 in the Eisenhower Marathon. His average time for his first 100 marathons was 3:37.

"I'm slipping now," he ends. "My philosophy nowadays is 'to finish is to win.' It differs a little from the past, when my advice was more to train to win or place, and the focus was more on time. I've changed somewhat. It's probably my age." □

(Mike Tymn can be contacted at METGAT@aol.com)

National 5K XC

Continued from page 1

country brings something out in me."

Marisa Hanson, Pleasant Valley, N.Y., pushed Ayala-Troncoso over the entire 3.1-mile course, finishing second in 17:22. Hanson, 42, winner in 2004 on the same course (17:47), led her Westchester Track Club to the W40-49 team title. "She made me do it," said Ayala-Troncoso, laughing and pointing at Hanson. "I could not take a breather... I was never alone and I never relaxed."

A total of \$3500 in cash prizes was distributed to individuals and teams.

There was only one race for women, but the number of male competitors resulted in three races for the men (40-49, 50-59 and 60+). In the first race, Oxford, Mississippi's Brian Pope, 42, scored a seven-second victory with a 15:11 over Eric Morse, 40, Berlin, Vt.

"He pushed me the whole time," said Pope, 42. "You can't ever let up, because things can change quickly on a cross-country course." Pope repeated as overall winner, having won in 2004 in 14:54.

The top men's age-graded award went to a little-known runner from Orchard Park, N.Y., Dave O'Keefe, 46, of the M40-49 team champions, Genesee Valley Harriers, of Rochester, N.Y.

Running a 15:38, an age-graded 14:07, O'Keefe upset local standout and five-time USATF Masters XC Harrier



James Robinson, M50 winner, USA National Masters 5K XC Championships.

of the Year, Tom Dalton, 47, Schenectady, N.Y., who finished in 15:47. He had run 15:11 in the 2004 race run over the same course.

"I started out at my normal pace, but I'm just not in the shape I normally am this time of year," said Dalton. "I don't have the strength or leg turnover." His training has been impacted by the Lyme



Marissa Hanson, W40 winner, USA National Masters 8K XC Championships.

disease he contracted during the summer.

The M50-59 champion Genesee Valley Harriers were led by James Robinson, 51, Rochester, N.Y., M50 winner in 16:28. Known more as a track runner (winner of the 800, 1500, and steeplechase in the 2005 Masters Championships in Honolulu), he waited until the home stretch to seize the lead.

"I'm pretty confident that, if I'm with someone in the last quarter-mile, I can get them," said Robinson, who gave up running after high school and didn't start again until he turned 45. "I was a lot better at 45 than I was in high school. It's great to be healthy enough to compete at this level."

Terry Delph, 60, Coopersburg, Pa., won the M60 in 18:32. Delph said he benefited from being a "youngster" in his category. "I won when I was 50, and the next couple years I got beat up," said Delph, who was sixth in the 55-59 bracket last year. "By 55, you win again. Then you get beat up the next years. That's just the way the progression goes."

James Leitz, 66, Bayonne, N.J., won the M65 race with a 21:00 in a contest with Sid Howard, 66, New York City, 21:08, and John Leonard, 68, Cliffwood Beach, N.J., 21:14.

The team competition was dominated by Rochester's Genesee Valley Harriers, who won three of the seven contested age divisions: M40-49, M50-59 and W50-59. Raritan Valley Road Runners, of New Jersey, took the M60-69 title, and the ever-youthful Belle Watling Club, Buffalo, N.Y., the M70+.

The Liberty AC took the W60-69 championship. As expected, George Regan and the USATF Adirondack Association once again provided a top-notch event. □

—From Bill Quinlisk, USATF Masters XC Representative, with contributions from Jeff Foley and the Albany Times Union

Don Pellmann's Colo., in September only did he breed some very impressive example, is a remarkable

It turns out that altitude events and hinders other gravitational effect has direct effect, but the air has a significant effect on the benefits are to the up through 200m, the triple jump, and the pole

The hammer gets a surable, benefit. The shot is measurable, and the fit is not practically measured.

Altitude is a detriment to discus and distance running of aerodynamic lift is than the gravitational javelin and discus. The is a significant hindrance to running events over

A number of studies relating sprinting times and altitude. A relatively available on the arxiv.org/pdf/physics/0001001v1.pdf, charts and a bit of formulae all involve so but provide reasonable

Altitude Factor

Here are some numbers much Pellmann's mark and hindered by the altitude

Sprinting events benefit most, 6% for a world 5000 ft., but only about second 100m time. Pellmann's 17.83 adjusted about 17.88.

In the long jump and Pellmann would have gained in approach speed and .06% from gravitational total of .36%. His long and triple jump of 6.44 and 6.42m, respectively

His shot put effort boost of .06%, a little over timer, and adjusts to 9 high jump adjusts by about vertical leap (estimated cm.), so that his high jump about .012 centimeters (less of two pieces of work)

His pole vault mark by .03% of his vertical running speed for total a quarter of a centimeter

The loss of aerodynamic javelin and discus are difficult to determine, but that they are about 10% from lower gravity. Overall, Pellmann's overall loss of about events.

Pellmann's discus adjusts to a sea level 22.71m javelin throw Negligible Difference Overall, Pellmann's from the altitude. His

Visit the National Masters News at
www.nationalmastersnews.com

Speaker's Corner

By Bud Held

Altitude Adjustment

Don Pellmann's astounding M90 world records at mile high Fort Collins, Colo., in September raised some speculation about altitude assistance. Not only did he break seven world records and one U.S. record, but he also posted some very impressive times and distances. His 30-7 1/2 (9.33m) shot put, for example, is a remarkable 120% age-graded performance.

It turns out that altitude helps some events and hinders others. The lower gravitational effect has relatively little direct effect, but the resulting thinner air has a significant effect. The noticeable benefits are to the sprinting events up through 200m, the long jump, the triple jump, and the pole vault.

The hammer gets a slight, but measurable, benefit. The shot benefit is barely measurable, and the high jump benefit is not practically measurable.

Altitude is a detriment to the javelin, discus and distance running. The loss of aerodynamic lift is much greater than the gravitational gain for both javelin and discus. The loss of oxygen is a significant hindrance for all distance running events over 400m.

A number of studies have been made relating sprinting times to both wind and altitude. A relatively recent one is available on the Internet at arxiv.org/pdf/physics/0007042 with formulae, charts and a bibliography. The formulae all involve some assumptions, but provide reasonable approximations.

Altitude Factor

Here are some numbers to show how much Pellmann's marks were helped and hindered by the altitude.

Sprinting events benefit approximately .6% for a world class sprinter at 5000 ft., but only about .3% for a 17-second 100m time. Pellmann's 100m time of 17.83 adjusted to sea level is about 17.88.

In the long jump and triple jump, Pellmann would have gained about .3% in approach speed and an additional .06% from gravitational effect for a total of .36%. His long jump of 3.26 and triple jump of 6.44 adjust to 3.25m and 6.42m, respectively.

His shot put effort of 9.33m got a boost of .06%, a little over a half a centimeter, and adjusts to 9.32m. His 1.15 high jump adjusts by about .03% of his vertical leap (estimated at about 40 cm.), so that his high jump benefit was about .012 centimeters (about the thickness of two pieces of writing paper.)

His pole vault mark of 1.83m adjusts by .03% of his vertical leap, plus .15% running speed for total benefit of about a quarter of a centimeter.

The loss of aerodynamic lift for the javelin and discus are a little more difficult to determine, but a fair estimate is that they are about 10 times the gain from lower gravity. This leaves an overall loss of about .54% for these events.

Pellmann's discus throw of 27.93m adjusts to a sea level 28.08m and his 22.71m javelin throw to a 22.83m.

Negligible Difference

Overall, Pellmann didn't gain much from the altitude. His age-graded shot

put adjusted to sea level is still 120.51% which is pretty much off the chart when compared to other world record performances.

There isn't much explanation for Pellmann's astonishing accomplishments other than that he is a remarkable athlete. He is an inspiration to us all.

Wind Factor

Altitude appears to have a much less dramatic effect than a mild trailing wind. One would have to compete at the top of Mt. Whitney to approximate the effect of a legal two meters per second trailing wind at sea level.

Here are some helpful approximations regarding altitude and wind. In general a smaller, lighter body gains more from elevation and trailing wind than a large heavy body, but a good rule of thumb for 100m times is to subtract .012 seconds per 1000 feet in elevation gain and subtract .07 seconds for each meter per second of trailing wind.

A world class sprinter might expect to lower his time by about .06 seconds in the 100m at 5000 feet (less than the benefit of a one meter per second trailing wind at sea level).

A good rule of thumb for the long jump and triple jump is to add .13% per 1000 feet elevation rise and .7% for each meter per second of trailing wind. A five-meter long jumper can expect an additional 3.25 cm. at 5000 feet (still less than a one meter per second trailing wind at sea level).

Tough to Measure

The pole vault is more difficult to evaluate because of the mechanics involved. A five-meter jumper might expect somewhere in the neighborhood of a .05% benefit per 1000 feet elevation gain and a .4% benefit for each meter per second of trailing wind for moderate conditions.

The shot and hammer are pretty much independent of the wind, so their altitude benefits are mostly confined to direct gravitational effect, a relatively insignificant .012% per 1000 feet elevation gain.

Other Factors

In addition to altitude and wind, temperature, barometric pressure and even humidity affect performance. A 15 degree Fahrenheit increase in temperature is roughly equivalent to a 1000 foot rise in elevation, or a .012 second decrease in 100m time.

Barometric pressure seldom drops enough to make a significant difference, and if it does, the weather will probably not be suitable for a track meet.

Higher humidity actually makes the atmosphere lighter, yielding a small but practically negligible beneficial effect.

Nevada Senior Games

Continued from page 1

The present weight pentathlon record is held by Eugene Bradford at 3142 in 1995. Robert Horsley holds the 12# weight record at 13.23/43-5 in 2003.

Also on Sunday, Merle Mensey, 56, St. Louis, Mo., upped the W55 record for the 16# weight with a 13.47/44-2 1/2. Mary Hartzler set the record of 12.65/41-6 in 2004.

Matti Kilpelainen, 60, Canton, Mich., broke the M60 U.S. pole vault record with a 3.83/12-6 3/4, an age-graded 92.3%. The present record is 3.81 by Terry Cannon in 1999. Kilpelainen holds the M55 national indoor record (4.10/13-5 1/4 in 2003).

James Stookey, 75, Dickerson, Md., tied the M75 U.S. triple jump record of 9.30/30-6 1/4 by Ed Lukens in 1999.

In other action, Audrey Lary, 71, Frederick, Md., won the W70 100 with an age-graded national class 82.2% 18.00 and the 200 (39.38). The top men's sprinter was Robert Whilden, 70, Houston, Texas, winner of the M70 100 in 14.37 (89.3%) and 200 in 28.84 (89.5%).

Irene Thompson, 51, Syracuse, N.Y., recorded an 81.9% 68.94 in winning the 400. Paul Flanagan, 74, Longview, Wash., was in the 80% range with wins in the 400 (76.98) and 1500 (3:06.58). Searcy Barnett, 58, Oakland, Calif., won the 1500 with a 5:31.97.

Stacey Price, 51, Albuquerque, N.M., ran the 100H in an international



JERRY WOJCIK
Doug Tomlinson, M70 second in the shot put (11.13/36-6 1/4), Nevada Senior Games.

class 91.7% 14.90.

Doug Spainhower, Fruit Heights, Utah, won the M70 long jump with a 4.74/15-6 1/2 leap, and the high jump at 1.43/4-8 1/4 (91.7%). Using her sprint speed, Lary triple-jumped 7.93/26-1/4, an age-graded 96.4%. Evelyn Wright, 68,

Continued on page 11

Southwest Regional Masters Indoor Championships

Texas Tech University
(Lubbock, Texas)

Saturday, January 14, 2006

ENTRY FEES: \$25 initial entry fee and \$5 for each additional event

ENTRY FORMS: TTU athletic web site: www.texastech.com
Or call TTU track office: 806-742-3355, x249
E-mail: joe.walker@ttu.edu

ENTRY DEADLINE: Monday, January 9, 2006 @ 12 p.m.
FAX entries to Joe Walker at 806-742-0365
Or mail to: TTU Track Office, Box 43021, Lubbock, TX 79409
(Make checks payable to Wes Kittley)

CONFIRMATION DEADLINE: All entries must be confirmed by phone or fax by Thursday, January 12, 2006

Masters Field Events (M&W may be combined)

| Event | Mark |
|----------------------|-------|
| 8:00 a.m. Long Jump | _____ |
| 9:00 a.m. Pole Vault | _____ |
| 9:30 a.m. Shot Put | _____ |
| High Jump | _____ |

Masters Running Events (All running events start at 12:30 p.m., please look at schedule closely)

| Event | Mark |
|----------|-------|
| 55mH | _____ |
| 55m | _____ |
| Mile Run | _____ |
| 400m | _____ |
| 800m | _____ |
| 200m | _____ |
| 3000m | _____ |

Please print or type:

First Name: _____ Last Name: _____

Male: _____ Female: _____ Age: _____ D.O.B.: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail: _____

Waiver & Release: I know that participating in masters track racing is potentially hazardous activity. In consideration of your accepting this entry into the Southwest Regional Masters Indoor Championships, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damages I may have against Texas Tech University, Dallas Masters Track Assoc., its employees, agents, officers and the sponsors, the volunteers and their representatives, successors and assignees for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have trained for the competition and that my date of birth is as stated on the application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way upon pain of disqualification.

Signature: _____ Date: _____



PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Foot Arch and Anterior Knee Pain

Anterior knee pain is a problem encountered by many a distance runner. A study conducted by the Dept. of Health and Exercise at Wake Forest University looked at this condition, using high speed videography and force platforms to monitor rearfoot motion, ground reaction forces, and knee muscular strength and endurance.

The anterior knee pain group tended to have higher arched feet. The control group exhibited a bigger, leaner and stronger body type than the injured runners. Leg length did not appear to make a difference.

Shoe Replacement

A rather odd fact yielded by this study was that injured runners replaced their shoes sooner than non-injured runners. This could be because athletes suffering soreness in the knees, changed their shoes in an attempt to alleviate the pain. Both groups wore their shoes for more than the 300-400 miles commonly recommended.

Another interesting point relates to rearfoot motion. As the foot collides with the ground during initial contact, the runner's weight, plus the acceleration of gravity, increases the load on the lower extremity. The support foot pronates to assist in absorbing the shock of impact.

Less Pronation

The injured group had 25% less pronation during this critical phase, which may have caused a more rigid landing and

increased shock to the lower extremity, thus contributing to the over-use injury.

Several points emerged from this study. First, the bigger, leaner and stronger body helps protect the distance runner from injury by more effectively dissipating the stress associated with running.

Furthermore, the higher arch or cavus foot is the most difficult to manage because of rigidity, small weight-bearing area, and greater pressure during the gait cycle. Therefore, arch height could be associated with anterior knee pain.

Contributing Factors

It appears that runners are most likely to be afflicted with anterior knee pain if they have higher arched feet, replace their shoes more frequently, pronate less through the stance phase of gait, and have weak knee extensors.

Results of this study should prove useful to coaches and athletes in identifying runners at risk for anterior knee pain. □

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

Happy Holidays from the staff at NMN

Track & Field Report

Continued from page 5

cal support issues.

- Appoint and adequately fund an experienced marketing professional member-volunteer to develop a marketing and media program and lead this initiative.

- Continued funding support for National Masters News.

GRASS ROOTS PROGRAMS

Goals

- Encourage local USATF associations and regions to actively promote and recognize opportunities for Masters Track & Field.

- Promote lifelong athletic competition from high school through masters categories.

- Increase the number of competition opportunities at the local level.

Objectives/Strategies

- Conduct a national survey of facilities available for masters training and competitions; create and disseminate a database.

- Encourage joint competitions with junior, college, open and masters athletes competing within the same meet.

- Continue specialty competition opportunities such as Masters Invitational Program with major national open meets.

- Develop a larger base of volunteers—officials, organizers, helpers, committees,

meet management.

- Develop software for conveniently translating USATF-certified meet results into national rankings accessible on the USATF Web site.

- Continued nomination of Masters Hall of Fame athletes and appropriate media exposure.

- Encourage cooperation with non-USATF and WMA organizations such as National Senior Games and State Games Associations.

Initiatives/Action Steps

- Appoint a member as Masters Track & Field Facilities Database Coordinator to facilitate its development and maintenance.

- Appoint a Mini and Specialty Meets Facilitator.

- Appoint a National Volunteers Coordinator to develop specific programs for increased depth and breadth of volunteers.

- Appoint a Masters Hall of Fame curator/custodian to solicit appropriate display materials.

- Budget line item funding for national rankings software development.

- Appoint a liaison to National Senior Games Association; State USATF Associations appoint a State Games liaison.

- Continue funding of masters demographics surveys at national meets.

- Survey USATF masters members for skills and abilities that can be entered into a database for volunteers to advance

Continued on page 28



The M60 200 final medalists (from l to r): Larry Barnum, USA, 56.42; Rodger Pierce, USA, 55.96; and Peter Crombie, AUS, 56.93, 16th WMA World Championships, Spain.

NATIONAL MASTERS NEWS

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This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

TEN YEARS AGO December 1995

- Hugh Jones, 40, Gillian Horovitz, 40, Take Masters Wins in NYC Marathon

- Ed Sparkowski, M40, Cathy Brown, W45, Win National 10K XC

- Scott Snyder, M40, Jo Marchetti, W50, Best in National 5K XC

USATF Meets in Jacksonville, Florida

The 27th annual meeting of USA Track & Field spans Nov. 30 through Dec. 4 in Jacksonville, Fla., at the host hotel Hyatt Regency Jacksonville Riverfront.

The agendas for the Masters Track & Field and Long Distance committees appeared in the November issue and are also available at www.usatf.org.

Masters agenda items include acceptance of bids for future championship meets (Spokane, outdoor in 2008; Boston, indoor in 2008) and road races; selection of the Athletes of the Year in track and field, racewalking, and long distance running; presentation of the 2005 Masters Hall of Fame inductees; and approval of masters age-group records. This is a "Law & Legislation" year.

Championships bidders are Boston, 2008 indoor, and Spokane, Wash., outdoor. The championships sites for 2006 are Boston, indoor, March 24-26, and Charlotte, N.C., outdoor, Aug 3-6. The

2007 sites are New York City, indoor, and Orono, Me., outdoor.

In addition to meetings, masters attendees will participate in the Jesse Owens Awards/Hall of Fame Induction Ceremonies on Dec. 1; a Friday Expo Breakfast, presented by Sport Court, on Dec. 2; the Saturday Awards Breakfast Buffet on Dec. 3; and a Saturday Night Closing Reception on Dec. 3.

A Masters Athlete-of-the-Year will be selected from candidates chosen by the Masters T&F and LDR committees. The masters chairs from those committees and the USATF president will select the awardee, who will be honored under the sponsorship of BENGAY at the Hall of Fame Award Ceremonies. Last year, Kathy Martin, 52, Northport, N.Y., was selected for the honor.

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

Dexter McCloud Becomes First Diversity Chair

Dexter McCloud has been appointed as the first chair of the Masters Committee on Diversity. Many know McCloud for his illustrious elite and now Masters Track & Field career.

McCloud is a member of the USATF Athletes' Advisory Committee and is their representative to the L&L Committee.

McCloud said the committee's initial mission statement is: "To facilitate opportunities to promote the ability of masters athletes and committee members from a great variety of backgrounds to cooperate productively and make as great a contribution as possible to our organizational goals."

McCloud is currently seeking volunteers who have the requisite background and interest in joining the committee to work toward developing a strategic plan for implementing a diversity initiative within the masters organization.

Committee officers and other members will be announced on or around the time of the USATF Annual Meeting to be held Nov. 30 – Dec. 4.

Those interested in working with this committee, please contact McCloud via e-mail at dexterm@mindspring.com. Please put "Masters Diversity" in the subject line. □



in You

If you've been in these strength training heavy weight / low "slow reps," which re-doing a standard barbell like.

I've been in the gym I've seen fitness fads and go. And I've even seen gimmicks reinvented names, as if they were new discoveries. New training be positive, particularly from an established and training.

Plyometrics

Plyometrics is a good positive evolution of training.

Plyometrics take different exercises are closer to thenics that were used drill sergeants during the Then some Russian engineering thenics, applied some sports specific training, form of exercise to a new call these exercises plyometrics.

Coaches use plyometrics to improve athletic performance fast-twitch muscles.

The evolution of plyometrics is that it's important to use methods and improve the method reinforces the muscle groups during sports.

Since Arthur Jones Dardin hit the training with their versions of hitting (HIT), the principle been one of the three key strength-training programs.

Isolation

Isolation means to group completely by groups that attempt to the targeted muscle muscles get fatigued muscle group to get targeted muscles adapt method by becoming better.

Isolation is an important and the slow helps to isolate target And that's positive, but limiting, because muscles.

You can't be around a biologist very long without "adaptation," but muscles do. When they adapt. Training slow twitch muscle fiber, train fast to reach fast.

Slow reps, as well lifting tempo of up-or four, works slow muscles that's positive, because is close to half of your that leaves you with muscle fiber decrease strength.



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

Why You Need E-Lifts in Your Off-Season Training Plan

If you've been in the gym during the past few years, you've probably heard these strength training strategies tossed around: light weight / high reps and heavy weight / low reps. The newest strength training strategy on the block is "slow reps," which refers to a slow moving weight lifting tempo. Think about doing a standard barbell curl in super-slow motion, and that's what slow reps look like.

I've been in the gym for 38 years and I've seen fitness fads and gimmicks come and go. And I've even seen some training gimmicks reinvented under different names, as if they were new revolutionary discoveries. New training techniques can be positive, particularly if they evolve from an established and proven system of training.

Plyometrics

Plyometrics is a good example of the positive evolution of training methods.

Plyometrics take different forms, but these exercises are closely related to calisthenics that were used by coaches and drill sergeants during the '40s - '70s. Then some Russian engineers took calisthenics, applied some basic science for sports specific training, and evolved this form of exercise to a new level. Today we call these exercises plyometrics.

Coaches use plyometrics worldwide to improve athletic performance by developing fast-twitch muscle fiber.

The evolution of plyometrics teaches us that it's important to challenge training methods and improve them when possible. On the positive side, the slow reps method reinforces the need to isolate muscle groups during strength training.

Since Arthur Jones and Dr. Ellington Dardin hit the training scene in the 1970s with their versions of high-intensity training (HIT), the principle of isolation has been one of the three key concepts in my strength-training programs.

Isolation

Isolation means to train one muscle group completely by eliminating other groups that attempt to jump in and assist the targeted muscle group once those muscles get fatigued. This allows the muscle group to get more work, and the targeted muscles adapt to this training method by becoming bigger and stronger.

Isolation is an important training strategy and the slow reps method clearly helps to isolate targeted muscle groups. And that's positive, but slow reps can be limiting, because muscles adapt.

You can't be around an exercise physiologist very long without hearing the word "adaptation," because that's what muscles do. When muscles are trained, they adapt. Training slow develops slow-twitch muscle fiber, but it's necessary to train fast to reach fast-twitch fiber.

Slow reps, as well as the traditional lifting tempo of up-on-two and down-on-four, works slow muscle fiber. Again, that's positive, because slow-twitch fiber is close to half of your muscle fiber, but that leaves you with the other half of your muscle fiber decreasing in size and strength.

E-lifts

Now, if you plan living life in slow motion, or play a sport where being slow is positive, then you may not want to add E-lifts to your training program. But if you want to work all of your muscle fiber, then just try E-lifts one time, and you'll know that this method is the real deal.

Working All Muscle Fiber Types

There can be swings in muscle fiber composition, but essentially, we all have three types of muscle fiber that need to be trained (Muscle, Genes, and Athletic Performance, September 2000, *Scientific American*, Jesper).

The fast-twitch muscle actually has two types of fiber - fast and super-fast. The fast muscle (what the researchers call IIa) moves five times faster than the slow muscle, and the super-fast (called IIx or IIb) moves 10 times faster than the slow muscle fiber.

Sprinters, who train fast, have higher percentages of the super-fast (IIx). Endurance trained individuals, who train slow, have more slow muscle fiber (type I). While we are born with slightly different muscle composition, the point is: super-fast muscle can be developed, if it's trained correctly. And E-lifts do the job.

Since we live life in-motion at varying rates of speed, and most sports movements are dynamic (if not ballistic), E-lifts, therefore, offer a more functional strength development method for sports applications and life in general.

E-Lifts for Professional Athletes and Older Adults

There are many new studies that show explosive lifting to be more effective than traditional lifting.

"Professional athletes use explosive types of lifting because Olympic lifts are proven to yield better results in power than traditional power lifting (bench press, squat, and deadlift). Researchers show that 88 percent of U.S. professional football coaches use Olympic lifting in their training and 94 percent use plyometric drills" (Strength and conditioning practices of National Football League strength and conditioning coaches, 2001 Feb, *J Strength Cond Res*, Ebben W).

The reason so many professional teams use explosive techniques in their strength training programs is simple, superior results and a complete body of research showing that E-lifting yields better results in performance.

Researchers report: "Results suggest that Olympic lifting can provide a significant advantage over power lifting in vertical jump performance changes" (Comparison of Olympic vs. traditional power lifting training programs in foot-

ball players, 2004 Feb, *J Strength Cond Res*, Hoffman JR).

Benefits for Older Athletes

E-Lifts are clearly superior for athletes, but what about the rest of us? E-lifts again outperform other training methods. In a major new study, researchers show that older adults respond better to rapid-rate-of-force movements, and this type of training can be performed safely even at older ages.

"Progressive resistance training that incorporates rapid rate-of-force development movements may be safely undertaken in healthy older adults and results in significant gains in muscle strength, muscle power, and physical performance. Such improvements could prolong functional independence and improve the quality of life" (Improved physical performance in older adults undertaking a short-term program of high-velocity resistance training, *Gerontology*, 2005 Mar-Apr; 51(2):108-15, Henwood, TR).

A new, landmark study shows that explosive lifting is the most successful training strategy for older adults: "Therefore, using heavy loads during explosive resistance training may be the most effective strategy to achieve simultaneous improvements in muscle strength, power, and endurance in older adults" (Optimal load for increasing muscle power during explosive resistance training in older adults, *J Gerontol A Biol Sci Med Sci*, 2005 May; 60(5):638-47, De Vos, NJ).

We're not talking about using light weight and moving through a set with a lot of quick up-and-down (fast) repeti-




JERRY WOJCIK
Ed Failor, second (27.76/91-1) in the M75 javelin, 2005 USA National Masters Championships, Honolulu.


tions.

We're talking about using heavy weight with explosion during the movements away from the center of the body. There's a big difference in performing repetitions quickly as opposed to explosively.

Continued on page 11




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Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part III

As most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the third column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. –ew

Bob Fine, M70: Worlds: 5K, 9th, 33:08.46; 20K, DNF.

San Sebastian was quite nice. There were no extra perks as we had in Japan. Overall, I would rate San Sebastian as adequate, but not outstanding.

My 5K racewalk was a very pleasant surprise. It was my fastest time in 16 months without any specific training. The 20K was the usual disaster for me. I held back in the 20K, and was drifting off Cliff Elkins when my lack of training hit at about 11K and I dropped out at 12K.

Words of wisdom: Don't expect to do well in the walks, particularly the 20K, by training for a 400-meter run.

Negative Vote for Uniforms

I didn't like the design of the uniform this year. I think the USA masters should have had their own uniform and not one used by the Olympic team. I especially did not like the fact that there was no choice and the price was too high. It was simply a matter of USATF making some extra money.

I went to the World Championships without expecting to do much athletically. My primary motivation was to see what the new WMA council would be like. I think that there will be some good changes in the WMA.

Jack Bray, M70: Worlds: 5K, 2nd, 28:05.45; 20K, 2nd 2:09:44 (gold medal 20K team – Bray 2:09:44, Carl Acosta 2:17:22, Cliff Elkins 2:32:46; total 6:59:52 – ew)

San Sebastian is probably one of the most beautiful cities we have visited for a world championships. It is a very sophisticated town with an excellent transportation system.

We really appreciated the free bus pass, which got us 'most everywhere. Many people said they could live in San Sebastian, as it combines the old with all the modern conveniences, and the weather is very livable, if, perhaps, a little too rainy for some.

Memorable 5K

Without a doubt, the 5K race is my most memorable. The German Olympian, Gerhardt Weidner, was only ahead of me by 14 seconds. I thought I could get him this time. And I would have, except that I seemed to run out of gas on the last two laps. I look forward to giving Gerhardt a closer 5K race in Riccione, Italy, at the 2007 World Championships.

The 20K was interesting. I had not intended to do it, especially since Max Green remained injured. And I had not trained for it. David Stevens, an Olympian from England, asked me to walk with him as a workout. Then, Charles Des Jardins asked me to do it for the USA, as he felt we could win a team gold medal.

It was the energy of walking with others and passing racewalkers that helped

me finish the race feeling strong. Even though it was raining, there were spectators along the course cheering.

Serious Training

I started serious training four months before the championships. Coach Frank Alongi gave me a very vigorous training program. My schedule was very demanding because I only prepared for the 5K race. There were five workouts a week.

At the 5K start line, I was as calm as possible with the adrenalin running through my body. Mostly I concentrated on breathing deeply.

Before the 20K, I was very relaxed as I had no expectations of winning. Without training, there was no way I could catch Mr. Weidner. At the same time, I felt no one could really challenge me for second place.

Positive Vote for Uniforms

I know there is controversy about the USA uniform, but I like it. I even bought the running leotards, as I had intended to run the relays. A funny thing happened before a race. I was sitting in the stands talking with Barbara and Ed Kousky with the USA uniform on. Two very pretty young women came up to me. One said she would like to trade her Spanish uniform for my USA team outfit. Barbara told her there were no more left but would she like to trade for some great USA T-shirts?

The young Spanish woman was not interested in T-shirts; she loved the uniform. Ed Kousky said to me, "She doesn't want the uniform; she just wants your body." The young woman replied in very clear English, "Not the body, the uniform." Unfortunately, I needed it for the races, so it was not possible to do the trade. Doesn't everyone like to look like Spiderman?

Elton Richardson, W65: Worlds: 5K, 1st, 31:18.30; 10K, 1st, 1:05:51 (W65 10K gold team: Richardson 1:05:51, Rita Sinkovec 1:08:11, Doris Cassels 1:09:21, total 3:23:24 – ew)

Life generally, plus an injury in August of 2002, forced a three-year absence from the sport of racewalking. The World Masters Championships was my comeback effort.

The 5K race was Friday morning, Aug. 26. I was a bit nervous (or something less than petrified), since this was only my third 5K in as many years. The Canadian woman went out like a rocket and got about 150 yards ahead of the rest of us.

I was in back of the pack, not on purpose, just couldn't do any better at that moment. Never learned to go out fast and maintain it. I did, however, start to move up about the third lap and passed a few people including the two other USA competitors.



High Altitude Racewalk Team members with the first-place women's team award at USATF's 5K Racewalk Championships (l to r): Jan Hallez, W50, Sherrie Gossert, W50, Barb Amador, W55, and Ann Debacker, W55.

High Altitude RW Team Takes Top Award

Colorado's High Altitude Racewalk Team was awarded the first place Women's Team Award at USATF's National 5K Racewalk Championships, Oct. 8, Kingsport, Tenn.

Team members competing in the racewalk were Sherrie Gossert, W50, Brighton; Barb Amador, W55, Lafayette; Jan Hallez, W50, Aurora; and Ann Debacker, W55, Erie.

Going for the Gold

About the fifth round, I started gaining on the Canadian. I passed her and at that very moment decided, "This race is mine!"

I immediately took command and the USA made a clean sweep with New York first, Colorado second, and California third. The Canadian finished fourth – just seven seconds behind California, who passed her in the final 20-30 yards.

Roughing It

I had huge lodging problems the days before the race. Slept on the floor in a friend's dorm room the first three nights, and spent the fourth night, the night before the 5K, in a hostel with 16 beds, no doors, no closets, no chairs, no running water, community bath, and two trains that took 50 minutes to the stadium.

I had been through the mill. By the fifth night I had a lovely room in a university hotel up in the hills, just beautiful, and a single all to myself. I told you God is good – don't forget it.

Imperfect Course

The 10K was Wednesday, August 31st. The course was an insult. How dare they subject us to a pebble surface with nicks, cracks, and holes. People were stumbling all over the place – terrible!

Some walkers do better in distance than short races, so I thought the Canadian woman might have learned from her 5K and have more control at the start. However, she went out like a rocket again and I was in the back of the pack again.

When she started to slow down, I caught and passed her – all the time struggling hard not to trip and fall. I finished first in my age group, and USA was the first W65 team!

So many thanks to those who reached out to help me along the way; I am truly grateful. And to all you doom-sayers, and cynics who made all manner of discouraging remarks such as, "You're not going to Spain, are you?" it's better to go for it. I have not one, not two, but three mighty pretty gold medals to show you! □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net. – ew)

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A T

In 2000, the National Championships (Eugene, OR) had the smallest number in the history of the sport (to present). Why was this? The difference? If you're familiar with the formula: $D + P$ where D = dew point which a sample of air makes it saturated with within 300 miles (yes, no). The higher the dew point, the lower the D we assign (1 point means suffering a multiplier of 1.00 years and something numbered years).

Outdoor nationals have been interesting because they have to head with the World Championships (this year in 2005 worlds, however, from the beginning only 296 entered. Coaches estimated 1828 Americans who entered the 1995 worlds at Buffalo.

Although the 1995 worlds at Buffalo State University (Mich.) benefited entrants, this was not the huge crowd which Buffalo.

In 2005, Honolulu with the World Masters (Canada), but that drew interest among American masters. 267 masters from 11 track and field events.

The Entries

In the odd-numbered years, to 2005, Honolulu's spot behind Baton Rouge and Orlando's estimated 1300, while second with 1207 finished third with Provo, Utah (1993) position.

As the formula is point and a high point is desirable, it is a definite plus. The highest dew point used as a proxy for Baton Rouge (we Orlando and Honolulu).

Population Base

High population means though these are national we need local athletes have heard of masters the meet is near where the meet is held. We also need experience within 300 miles of nationals but will compete in 5-6 hours or less.

If you doubt the national indoor was held in remote areas drew an embarrassment. In 1996 the boro, N.C., and drew

Masters Scope

By Peter Taylor

A Tale of Two (or Seven) Cities

In 2000, the National Masters Championships (Eugene, Ore.) had 1503 entrants; this year, Honolulu had 802, the smallest number in the modern era (1992 to present). Why was there such a huge difference? If you're in a hurry, here is the formula: $D + P + E = \text{total entrants}$, where D = dew point (the temperature to which a sample of air must be cooled to make it saturated with water), P = population within 300 miles, and E = Eugene (yes, no). The higher the dew point, the lower D we assign (because a high dew point means suffering). One then assigns a multiplier of 1.00 for even-numbered years and something below 1.00 for odd-numbered years.

Outdoor nationals in odd-numbered years, such as Honolulu, are particularly interesting because they have to go head-to-head with the World Masters Athletics Championships (this year Spain). The 2005 worlds, however, were "no mas" from the beginning for Americans, as only 296 entered. Compare that with the 1828 Americans who signed up for the 1995 worlds at Buffalo.

Although the 1995 outdoors (Michigan State University, East Lansing, Mich.) benefitted from 269 foreign entrants, this was small potatoes against the huge crowd who said, "See you in Buffalo."

In 2005, Honolulu also had to deal with the World Masters Games (in Canada), but that didn't provoke much interest among Americans either, as only 267 masters from the U.S. entered the track and field events there.

The Entries

In the odd-numbered years from 1993 to 2005, Honolulu's 802 drew the rear spot behind Baton Rouge's 811 (2001) and Orlando's estimated 900 (1999). East Lansing (1995) was first, with an estimated 1300, while Eugene (2003) was second with 1207 and San Jose (1997) finished third with an estimated 1200. Provo, Utah (1993, 997) took the middle position.

As the formula indicates, a low dew point and a high population within 300 miles are desirable, and being in Eugene is a definite plus. The three locations with the highest dew points (New Orleans was used as a proxy for Baton Rouge) were Baton Rouge (worst), followed by Orlando and Honolulu.

Population Base

High population matters because, even though these are national championships, we need local athletes who may never have heard of masters but enter because the meet is near where they live (newspapers, possibly television will alert them). We also need experienced masters living within 300 miles who rarely if ever enter nationals but will jump at the chance to compete in a meet to which they can drive in 5-6 hours or less.

If you doubt the 300-mile rule, look at the national indoors. In 1993, that meet was held in remote Bozeman, Mont., and drew an embarrassing total of just over 300. In 1996 the meet was in Greensboro, N.C., and drew 727, then moved to

Boston where it drew 775, then 814, etc. This year, the meet moved to Nampa, Idaho, and had just 593 entrants.

Dew Point

The dew point matters because distance runners and racewalkers, especially, do not want to record slow times while risking their lives in the process.

Among the seven nationals in odd-numbered years (1993-2005), East Lansing (1995) had the highest number of competitors in the 1500, 5000, and 5000 racewalk - 391. Baton Rouge (2001), in contrast, had just 172 in these events, or 44% of East Lansing's total. Compare that with the situation in the "basic track events" of 200, high jump, and shotput, where East Lansing led the parade with 377 competitors, but Baton Rouge achieved 80% of that number with 300.

With a high dew point and a microscopic population within 300 miles (the state of Hawaii had just 1.2 million people in 2000), Honolulu had no chance, its vacation appeal and the high level of advertising notwithstanding.

At the opposite extreme, East Lansing could not miss, as this site is an absolute beast in terms of population. Detroit, Chicago, Indianapolis, Cleveland, Columbus, Cincinnati, the list goes on and on of cities within 300 miles. In addition, the dew point is acceptable (Detroit's average dew point in July is 61.4, versus 73.7 for New Orleans). Without the mass exodus to Buffalo (the worlds started just four days after the nationals ended), East Lansing would probably have had anywhere from 1400 to 1650 entrants.

Prime Location

Eugene always does well because it is the home of track and field in the U.S. and the site is known for having great meets. Remember, also, that much of this has to do with perception; how do prospective entrants perceive the weather at the intended site?

Do you recall Spokane? In 1992 the meet drew nicely, but temperatures on the track were extreme (exceeding 100 degrees). When the meet came back in 1996, the attendance was quite a bit smaller. Spokane, by the way, has an extremely low dew point but little in the way of population.

Select Realistic Sites

As we look to the future, we must realize that we have fairly little margin for error, as our national masters outdoors are not particularly popular. Sites with a high dew point and a modest population have absolutely no shot at drawing big numbers, and thus if a large turnout matters we have to avoid them.

Charlotte, N.C., our 2006 site, has a pretty good population within 300 miles and most likely has a dew point that's not too impressive, but nowhere near the dew point of Orlando or New Orleans. Raleigh, N.C., has an average dew point of 64.0 degrees in August (Orlando's is 73.2).

Charlotte's draw will be aided by several other factors not in the formula (no formula is perfect), including its location on the eastern seaboard (first national out-

Nevada Senior Games

Continued from page 7

Annapolis, Md., who set the W65 U.S. record (1.35/4-5) here in 2003, finished with a 1.25/4-1 1/4 (96.9%).

In the M65 shot put, Richard Salisbury, 69, of Colorado, and Paul Lissy, 68, Las Vegas, Nev., both had top marks of 12.09/39-8, with Salisbury declared the winner on a better second best put. Salisbury's mark was age-graded at an 89.8%, and Lissy's at 87.9%.

David Hamel, 52, Yorba Linda, Calif., hit a meet's farthest 52.26/171-5 in the javelin.

Ted Moore, 66, Reno, Nev., racewalked to the fastest times of the meet in the 1500 (8:08.01/84.1%) and 5000 (28:56.00/83.6%).

In the 10K, on Sept. 28, and 5K, on Sept. 29, Paul Flanagan, M70, Longview, Wash., was the first finisher in 49:40 and 23:24, respectively.

Many athletes who competed on Sunday left immediately for the Huntsman World Senior Games, St. George, Utah, which started on Monday, Oct. 3rd. □



JERRY WOJCIK
Marg Radcliff, W60, won six events, Nevada Senior Games.

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Health & Fitness

Continued from page 9

E-Lifting Mechanics

E-Lifts is short for the explosive technique and is an attempt to take the best from the world of Olympic lifting - clean & jerk, snatch - and the best from traditional lifting techniques used by bodybuilders and fitness trainers.

Simply adding an explosive movement on all push and press exercises will accomplish the fast-fiber training goal, which means you're working more muscle fiber than with slow movements. That's why E-lifting yields better results. Train fast to get fast, train slow and you're only using the slow muscle fiber.

Exercises performed as a push or a press type of exercise are connected to muscle groups loaded with fast-twitch fiber. And these muscle groups require a fast, explosive tempo when pushing the resistance away from the body in order to reach the fast fiber.

Examples of exercises would be bench press or any chest press type of machine, leg press, shoulder press, and even calf raises qualify as a push type of exercise.

E-lifting involves a brief, 1- to 2-second pause at the bottom of a lifting exercise. This will fully stretch the muscle and perhaps make the slow reps fans feel more comfortable with the technique. Then push the resistance with explosive thrust away from the body.

The down movement prior to the

explosive thrust should be similar to the traditional weightlifting tempo of a 2- to 4-second pace.

Warm Up First

For safety, there are two key points. There should be a warm-up set performed using the traditional lifting tempo of up-on-two, down-on-four. And you should fully extend the repetition all the way out on the push away from the body, but stop the explosive pushing at the 90 percent point to avoid injury to the elbows or knees. You don't stop at 90 percent, just stop pushing at 90 percent and fully extend.

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Hey, don't take my word for it. Try it yourself. □

(If you've seen a fitness magazine lately, you may have seen an article or a quote by masters athlete, speed coach and author Phil Campbell, M.S., M.A. You can find more info on-line at www.readyssetgofitness.com)

I'm predicting a perhaps surprising total of 1313 for Charlotte, 982 for Orono in 2007 (modest effect of worlds in Europe), but then some rather disappointing turnouts in future years unless we go to places with high population and low dew points. □

doors between Massachusetts and Georgia in eons; watch out for the number of sprinters in Charlotte next year), exceptional access by air, and very determined meet management (not that other meet directors have not been determined as well).



On The Run

By HAL HIGDON

Is Running a Marathon Grueling?

Grueling. I hate the word! At least, as grueling is used in connection with marathons. As in a story by Associated Press reporter Rob Glistler the day after the ING New York City Marathon. "(Paul) Tergat and (Hendrick) Ramaala were side by side all morning," Glistler wrote, "trading the lead for 26.2 grueling miles."

Grueling miles? *The Merriam-Webster Dictionary* defines grueling as "requiring extreme effort: exhausting." Does it require extreme effort to run 26.2 miles? For most of us, yes. Is running a marathon exhausting? Certainly so.

But we're talking about two highly trained athletes here, one of them (Tergat) the world record holder, the other (Ramaala) fit enough to throw in a 4:22 mile at Mile 14. Running that fast certainly required extreme effort on Ramaala's part, but it certainly didn't exhaust him. He kept going for 12 more miles and narrowly lost the race to Tergat only in the last few strides.

Stroll in the Park

Yet Glistler and other reporters would have us believe that each of the 26.2 miles run by Tergat, Ramaala and the 37,597 other competitors who started New York was grueling. I'm going to suggest that a few of the miles – maybe most of the last half dozen – run by New York City marathoners might deserve being called "grueling," but many other miles were simply a stroll in the park.

And most mid-pack runners apparently agree. In a survey conducted on my InterActive Forums, half of those responding admitted that the last six miles were grueling; a third claimed only that "several" miles deserved that term. Nobody felt all 26.2 miles were grueling.

Piece of Cake

"The first ten are a cake walk," explains Perry Dau, 43, a store owner and 2:52 marathoner from Schofield, Wisc. "The next ten are tough. The last six become more and more difficult with maybe only the last four truly grueling."

Checking my computer thesaurus, here are several other words offered as substitutes for grueling: demanding, taxing, hard, punishing, difficult, tough, arduous, backbreaking, rough, harsh, severe.

The antonym offered by my computer for grueling is "easy." Depending on how you run them, marathons indeed can be easy.

Kevin Robinson, 40, a business consultant from Omaha, Neb., commented: "My last marathon in Chicago was run on a beautiful day on a flat course, and I was well trained. I finished under four hours, and not a step of that race was anywhere near grueling." Having led pacing teams at marathons on several occasions, I can attest that for well-trained runners, more miles in a marathon qualify as easy than grueling.

Running at a four-hour pace or slower, they laugh, they chatter, they high-five spectators on the sidewalks. They pull out digital cameras and snap pictures of each other.

Approaching the End

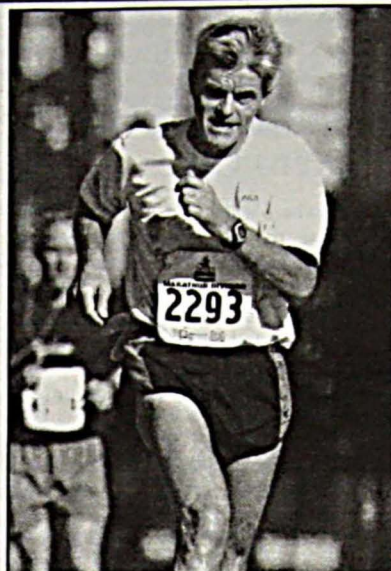
After halfway, even the best-trained runners start to hurt. Digital cameras are forgotten. The next few miles might be described as demanding, maybe taxing. The miles after that hard, punishing. Past 20 miles almost everyone starts to struggle.

Now we are up to backbreaking, rough and harsh on the Grueling Scale. But in the last mile, the digital cameras come back out. Those final 385 yards? They can be severe; but they also can be spirit-lifting. Anybody who has stood beside the finish line of a marathon understands that.

Inaccurate Adjective

Ah, well! Reporters who may not have run marathons themselves don't always know what it feels like to run 26.2 miles. Nevertheless, "grueling" seems an inaccurate adjective for those miles, at least most of them. The Associated Press should tell its reporters to eliminate that word from their vocabulary. □

(Hal Higdon is a Contributing Editor for *Runner's World*. He offers non-grueling training programs on his Web site: www.halhigdon.com.)



VICTOR SAILER / PHOTO RUN
Dermot Holwell, M50 winner (2:59:51), Columbus Marathon, Oct. 16.



VICTOR SAILER / PHOTO RUN
Connie Gardner, W40 second (3:09:55), Columbus Marathon, Oct. 16.

Detroit Marathon Draws 13,324

By JERRY WOJCIK

Calling itself the "Fastest Growing Marathon in the U.S.," the Detroit Free Press/Flagstar Bank Marathon drew 13,324 runners and racewalkers to its races on Oct. 23. In 2003, the event had 6478 entrants, and in 2004, 10,318.

Besides the marathon, runners competed in a half-marathon and a 5K. The marathon started in front of Ford Field, home of the Detroit Lions, and ended indoors at the Ford Field 50-yard line, after winding its way across the Ambassador Bridge to Canada and returning through the tunnel under the Detroit River from Windsor.

At the 7:35 a.m. start, 20 minutes before sunrise, the temperature was a chilly 40-degrees.

The first master to cross the finish line was Peter Power, M40, Paradise River, Newfoundland, who ran a 2:36:18. The W40+ winner was Julie Harding, W40, Lindsborg, Kansas, in 2:55:03. David Louks, M50, Newbury Park, Calif., 2:54:51, and Lynn

Kobayashi, W50, Toronto, Ontario, 3:10:09, were among the division winners.

Masters firsts in the half-marathon were Patrick Lencini, M40, Ann Arbor, Mich., 1:12:33, and Kimberly Bruce-Bumbul, W40, St. Petersburg, Fla., 1:28:44. Doug Goodhue, Milford, Mich., won the M60 race with a 1:23:37. Winnie Hopfe, W65, Longmeadow, Mass., took her race in 2:03:34.

The masters winners in the 5K were Doug Ogden, M40, Chelsea, Mich., 17:45, and Nancy Denniston, W50, Denver, Colo., 22:34.

In his Detroit Free Press running column, Oct. 26, Doug Kurtis, the marathon's course designer and operations director, wrote, "Can we get 15,000 runners in 2006? Bring it on."

Kurtis, 53, won the Detroit Free Press/Flagstar Bank Marathon six straight years (1987-92), ran 76 sub-2:20 marathons, and recorded 40 marathon victories. □

ING NYC Marathon

Continued from page 1

Nathalie Vasseur, 40, France, was second in 2:45:58. Susan Loken, 42, Arizona, was third W40 and first U.S. runner (2:49:32).

M. Francoise Decoray, 58, France, duplicated her winning pace from 2004 (3:08:45) to again win the W55 division with a 3:08:51.

Ginette Bedard, 72, NYC, will have to share the MIFMA with Platinina. Bedard, winner of the W70 George Sheehan Memorial Mile/NYRR Fifth Avenue Mile in September with a 7:11, showed that she can also go the long distance. She won the W70 race with a 3:46:34, an 11-minute improvement on her 2004 winning time, and a pending W70 U.S. record. The present record is listed as 4:01:52 by Whaysong Semer in 1998.

The oldest finishers were Jonathan Mendez, 85, NYC, 8:03:03, and Vivian Lowery, 81, NYC, 8:09:26.

The race, in its 36th year, courses through NYC's five boroughs, starting on

Staten Island at the foot of the Verrazano Bridge, winding its way through Queens, Brooklyn, Bronx, and Manhattan, and ending near the Tavern of the Green in Central Park.

The weather was sunny, warm (54 degrees at the start, 62 at noon) and humid (97% at the start, 77% at noon), similar to last year's conditions. The elite women started at 9:35 a.m., the rest of the field 35 minutes later. Entrants numbered 37,516, with 36,894 finishing.

In the open division, Paul Tergat, 36, Kenya, and Hendrick Ramaala, 33, South Africa, staged the closest finish in the race's history, when, after running together for most of the race, Tergat surged ahead as Ramaala, the defending champion, fell across the finish line. Tergat's official time was 2:09:30, but the exact clocking was 2:09:29.90, with Ramaala's time at 2:09:30.22.

Jelena Prokopcuka, 29, Latvia, who had never won a major marathon, was the women's winner in 2:24:41. □

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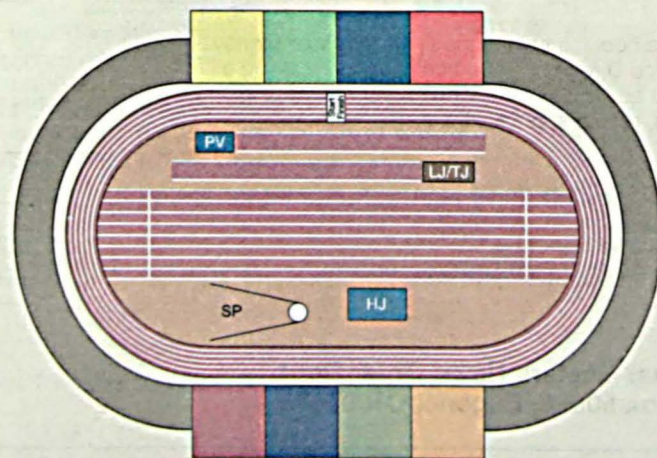
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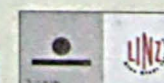
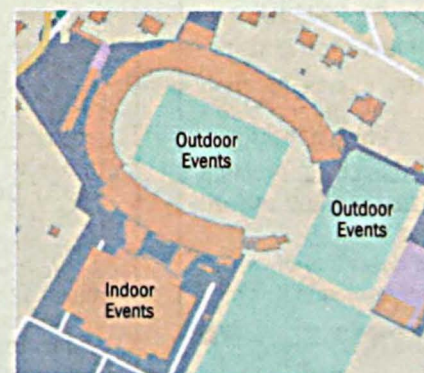
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>> IAAF congress decided also to stage the events for men age group 35 as official masters events. Therefore this new age group is also part of the competition programme.

>> The schedule was made to allow most athletes to compete in several events. Eg. 3.000m track on the first day, cross country on the third day, half marathon on the fifth day. The organiser made every effort to optimize the timetable in this matter. Please have a close look at our website or consult our entry booklet.

>> We expect more than 2.000 participants from all over the world. A special warm up tent attached to the Indoor Arena will allow perfect preparations for the competition and is directly linked to the Indoor Arena. The track has 8 lanes 60m and 6 lanes 200m. The bank is adjustable and can be moved down for track walking and distance races.

>> If you would like to compete in the winter throwing or Non-Stadia events you will need to know the weather conditions in Linz in March. The average temperatures are normally from 5°C to 10°C but can reach 15°C or more.

>> We recommend booking an intercontinental flight to Frankfurt or Vienna and then taking the connecting flight to Linz Airport. Consult your travel agency or the internet and choose the destination airport Linz (LNZ) and you will find the information you need.

Example: New York - Vienna - Linz and back for US\$ 610 with Austrian Airlines www.aua.com or choose your own partner airline.

>> When you are in Austria you should also visit our capital Vienna, the marvellous Mozart-City Salzburg or Innsbruck. We are inviting you to extend your visit. There are also perfect skiing conditions in Austria in March to allow relaxing in the mountains after the athletics events. City and regional tourist offerings will be available at the registration area in the arena.

>> For entries to the World Championships please get in contact with your national masters federation:
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The Weight Room

By JERRY WOJCICK

The Third Time is the Charm

Of all the Proposed Amendments (see www.USATF.org/about/annualmeeting/2005 for the entire list) to be voted on at the USATF meeting in Jacksonville, the one that will have a primary impact on masters throwers is the adoption of the Ultra Weight Pentathlon as a national championships.

This has been around for a couple of years. The first time it was brought up at the Masters T&F Committee Meeting, its reception was cool. Last year, it was lost in the shuffle. This year, it's being submitted by Masters T&F Chair George Mathews on behalf of Ray Feick, who has been the mastermind behind the proposal.

Five Events

The Ultra Weight Pentathlon consists of five weight events, starting with the specified weight throw for an age group, then the superweight and the next three heaviest weights.

For instance, the open-to-49 male throwers would start with their designated 35# weight for that group and continue with their 56# superweight, the 98#, 200#, and 300#.

In another example, the W50-59 would throw their 16# weight first, and follow with the 25# superweight, 35#, 56#, and 98#.

The best mark of three attempts with each weight would be age-graded for points, as they are for the other combined events, and the top scorer in each division would be the champion.

No Laughing Matter

Non-throwers (and a few throwers) often roll their eyes or chuckle when they envision anybody lifting a 300# weight and doing something with it besides immediately dropping it to the ground. The women in the open-to-49 group would be throwing the 200# weight at their final event.

All of this is not as outlandish as it appears. Ultra weight events have been held along with the USA National Masters Weight & Superweight Championships in the Northwest by Ken Weinbel in Seattle for years. On the East Coast, Feick has also held the event in Pennsylvania.

In the Midwest, Carl Klehm was toying with the ultra weights 15 years ago, before he passed away. The Cat Spring Grunt folks in Texas have the ultra weights in their annual shindig, and I believe somebody in the South has staged an ultra weight event.

Equal Opportunity

If adopted as a championships, why couldn't it be rotated around the country,

so that athletes in different regions could have a shot at it?

Throwers want to see this happen. The turnout for an ultra weight championships won't be any less than we sometimes get for an indoor combined event or one of the longer racewalk championships.

So, why did the Masters T&F Committee drag its hammer with this event? It's hard to say. Perhaps members felt that we don't need another event on the calendar, or maybe they were concerned about injury (back injuries and smashed toes?) and potential lawsuits, but USATF members are covered if injured at a meet and sign a waiver.



Allen G. Ray, 58, working out at his weight training facility in Ashtabula, Ohio, with a 350-pound weight in preparation for his next ultra weight competition.

The cost or availability of implements? The specifications for the super-duper weights are included with the proposal. I doubt very much if someone who hasn't had experience with the event and doesn't have the implements already will ever bid for the event. It's not a money maker.

Slam Dunk!

The reason for the proposal's reconsideration this year is, as given in the Law and Legislation Proposed Bylaws and Regulations, "This item was inadvertently listed as being tabled in the information distributed at the Final Session. The intention of the Rules Committee was to pass the item."

Unless somebody drops a 300# weight on the room, this time the Committee should get it right and approve the item.

So, buckle up your weight belt and get ready to lift 'em on high. □

Halstead Meet Draws Top Throwers

By BOB EVEROSKI

Besides Kansas residents, athletes came from Oregon, Nebraska, Missouri, Oklahoma, and Texas to compete in the 5th Annual Halstead Masters and Open Meet, Halstead, Kans., Sept. 17. The shot put and discus fields were exceptional.

In the M45 shot put, Rick Anderson, Lawrence, Kans., had a 45-6 to defeat Ray Burton, Aloha, Ore., 42-0. In the M55, Bob Peters, Blue Springs, Mo., won with a 42-4. Wendell Palmer, Pampa, Texas, won the M70 with a 39-9.

Wendell Donaldson, of Halstead, won the M40 discus at 144-8. Burton came back in winning the discus with a 150-5, with Rick Anderson, second (128-5).

Ron Anderson, McPherson, Kans., took the M65 division (146-4). Palmer won the M70 discus (140-5).

In the running events, Bob Lida, of Wichita, won the M65 100, 200, and 400 with times of 13.03, 26.44, and 62.06, respectively. Kirk Burgess, of Wichita, won the M50 100 (12.37) and 200 (25.47).

Rod Zook, Hutchinson, Kans., won the M40 800 (2:08.07) and mile



Jeff Davis, second M40 in the 800 (2:29.82), Halstead Meet.

(4:53.70).

Bobby Porter, M45, Derby, Kans., had the best mark in the men's standing triple jump, a former Olympic event, with a 24-5. □

New Jersey Masters Busy in October

New Jersey masters had a chance to compete in three USATF New Jersey Championships in October, starting with the Heroes to Hero 5K in Gloucester on the 6th.

Kenneth Rolek, M40, was the first master in 16:16. Terry Permar, M50, raced to a third M40+ overall with a 16:43. Beth Moras, W45, 21:03, Pamela Fales, W45, 21:51, and Carolyn Bujak, W50, 21:52, were 1-2-3 masters finishers.

On Oct. 23 in the USATF 5K Cross-Country Championships in Holmdel, Daniel Feder, M40, 17:53, and Susan Bessin, W40, 20:43, were masters firsts.

Age-graded male performance honors went to M55 winner Roger Price, 56, 19:09 (79.8%), M55 runner-up Harold Nolan, 58, 19:42 (78.9%), and M45 winner Chris Harkins, 47, 18:24 (77.1%).

The best performances in the W40+

were by Janice Morra, 47, 20:50 (77.0%), second W65 Imme Dyson, 68, 26:57 (74.6%), and W65 winner Dorothy Little, 66, 26:27 (94.0%).

In the USATF 8K Cross-Country Championships in Readington, Oct. 30, Mark Lorello, M40, in 29:15, and Julie Corbin, W40, in 33:01, were masters firsts.

Top men's performers were J.L. Seymour, 60, the M60 winner, 31:04 (83.5%); Rich Myers, 60, second M60, 31:33 (82.2%); and Price, M55 winner, 56, 30:58 (80.8%).

The best masters women were almost a carbon copy of the 5K XC performances: Morra, 47, W45 winner, 33:13 (78.6%); Dyson, 68, second W65, 42:33 (76.8%); and Little, 66, W65 winner, 42:18 (75.2%).

The USATF-NJ 10 Mile Championships are scheduled for Dec. 12 in West Windsor. □

Pellman Sets Record in Huntsman Games

By JERRY WOJCICK

Donald Pellman, who broke seven world records in a meet in September, was one of the many athletes age-50-and-over who competed in the Huntsman World Senior Games, St. George, Utah, in the track and field portion of the multi-sport event, on Oct. 3-5.

Pellman, 90, Mountain View, Calif., won all of his events by substantial margins, as he did when he set the one U.S. and seven world records in the Rocky Mountain Masters Games, Fort Collins, Colo., and upped his pending M90 record of 9.33/30-7 1/2 in the shot put (4kg) with a 10.15/33-3 3/4. The present record is 7.59/24-11 by Antonio Fonseca, of Italy, in 2004.

Other notable performances:

• David Salazar, M55, posted the fastest times in the 800 (2:14.23) and 1500 (4:40.21) and won the 400.

• Marion Burr won the W60 1500 in an

exciting finish over Maria Cobb, 6:53.76 to 6:53.79, with Gloria Aki-Labi in the race at 6:55.07.

• Ron Greeno, M60, was top man in the high jump at 1.57/5-1 3/4, while Cathy Corwell, W50, was top woman at 1.30/4-3 1/4.

• Richard Eyre, M60, had the farthest effort in the triple jump by almost five feet with an 11.10/36-5.

• Ron Jones hit 44.65/146-6 to win the M55 javelin contest. Marge Radcliff, W60, won the javelin gold medal with a 29.46/96-8.

• The quickest finishers in the 1500 and 5000 racewalks came from the 60-64 divisions: Norman Frable, 7:25.6 and 27:51.1; and Jolene Steigerwalt, 8:44.2 and 30:51.2.

The 20th annual Huntsman World Senior Games are scheduled for Oct. 9-21, 2006. □

TWENTY YEARS AGO December 1985

- Sumner Brown Wins National Masters 10K in 34:10
- Guenter Muelke Top NYC Marathon Master (2:29:39)
- Fundraising Begins to Bring 1989 World Games to US

• The movie, *Running Away from the Clock*, now available on DVD. The documentary follows women, ages 50-60, track and field on the Masters Champion. It can also be ordered from AgainstTheClock.com.

• Alexandra F. is a masters runner, with a "Running Away from the Clock" documentary. She discusses Finger's age, 94, who suffers from mental health: "Is it to do to prevent the afflictions Finger's mother older Americans? It suggests that she has done all along do: exercise." The program is available on www.acsm.org, click on "Information," and then on "www.nihseniorhealthforOlderAdults."

• Leading the Cortlandt Park at the XC 5K, Oct. 2, were 18:30, and Barbara Sid Howard, 66, 22:58, 24:49, nabbed ease.

• Regional m. Wiecekowska, 4, Hartford Marathon's Oct. 8, Hartford, CT.

• Masters age overall in the Oyster Oct. 15, when Bob Sayville, NY, 17:08, Northport, NY, 19:19, slots. Alex Flyntz, M60 race (20:57), division was won by Ferry, NY, in 30:51.

• Mark Stickler, 15:49, \$200; Dave MD, 16:30, \$100; Columbia, MD, 17:08; Moeser, 53, Sterling, 4th-5th-6th-7th over Fairfax, VA, Sept. Bethesda, MD, ran 40, Manassas, VA, overall and another course record 1 Fairfax, VA, won the 21-27. The race Lance Corporal M his life in a firefight.

• Steve Boyd, 15:00, and Kelly 18:43, recorded in Men's 5K and W Oct. 2. Master Morse, 40, Berlin, Nicholson, 44, 18:59. John All the M65 race. Michelsohn, 63, and Margret Be were impressive.

• Jeff Delle 2:53:58, and Na NY, with a female captured master Hudson River Marathons, Schenectady, Gerardi, 54, So (3:03:36).

• Bill Benso mile with a 10:13 ships in July. D

Masters Scene

NATIONAL

* The movie, *Racing Against the Clock*, is now available on DVD from Amazon.com. The documentary follows five masters women, ages 50-to-82, as they compete in track and field on their way to the World Masters Championships in Puerto Rico. It can also be ordered through www.RacingAgainstTheClock.com, or 781-647-4470.

* **Alexandra Finger**, 71, Pearl River, NY, a masters runner, was the basis of an article, "Running Away from Alzheimer's," in the *AARP Bulletin*, November 2005. The article discusses Finger as a runner, and her mother, 94, who suffers from Alzheimer's, to propose the belief that exercise can promote mental health: "Is there anything people can do to prevent the Alzheimer's disease that afflicts Finger's mother and some 4.5 million older Americans? A growing body of evidence suggests there is, something Finger has done all along but that her mother didn't do: exercise." The article offers Web sites for those interested in starting an exercise program: American College of Sports Medicine, www.acsm.org, click on "Health and Fitness Information," and National Institute of Health, www.nihseniorhealth.gov, click on "Exercise for Older Adults."

EAST

* Leading the masters through Van Cortlandt Park at the NYRR Harry Murphy XC 5K, Oct. 2, were **Michael Henschel**, 43, 18:30, and **Barbara Gubbins**, 45, 19:58. **Sid Howard**, 66, 22:36, and **Sylvie Kimche**, 58, 24:49, nabbed their age-groups with ease.

* Regional masters standout **Zofia Wiciorowska**, 42, Stratford, CT, won the Hartford Marathon's Huck Finn 5K outright, Oct. 8, Hartford, CT, in a nimbly 18:12.

* Masters aged 50+ were runners-up overall in the Oyster Bay 5K, Oyster Bay, NY, Oct. 15, when both **Chris Webber**, 53, Sayville, NY, 17:08, and **Kathy Martin**, 54, Northport, NY, 19:13, took second-place slots. **Alex Flyntz**, 63, Seaford, NY, won the M60 race (20:57). The Golden Oldies M80+ division was won by **Sab Koide**, 82, Dobbs Ferry, NY, in 30:51.

* **Mark Stickley**, 43, Winchester, VA, 15:49, \$200; **Dave Berardi**, 45, Baltimore, MD, 16:30, \$100; **Chris Chattin**, 41, Columbia, MD, 16:45, \$75; and **Chuck Moeser**, 53, Sterling, VA, 17:05, \$50; were 4th-5th-6th-7th overall in the PVI Runfest 5K, Fairfax, VA, Sept. 18. **Bill Osburn**, 81, Bethesda, MD, ran a 26:43. **Alissa Harvey**, 40, Manassas, VA, picked up \$200 for third overall and another \$200 for a masters course record 17:48. **Beth Belle**, 51, Fairfax, VA, won the W50 race and \$75 with a 21:27. The race was dedicated to Marine Lance Corporal Nicholas Kirven, who lost his life in a firefight in Afghanistan in May.

* **Steve Boyd**, 42, Kingston, Ont., CAN, 15:00, and **Kelly Dworak**, 43, Carlisle, PA, 18:43, recorded masters first in the Syracuse Men's 5K and Women's 5K, Syracuse, NY, Oct. 2. Masters runners-up were **Eric Morse**, 40, Berling, VT, 15:19, and **Agathe Nicholson**, 44, Perth Road, Ont., CAN, 18:59. **John Allen**, 65, Syracuse, NY, won the M65 race in 21:31. **Marie-Louise Michelsohn**, 63, Stony Brook, NY, 20:27, and **Margret Betz**, 69, Conklin, NY, 22:45, were impressive division winners.

* **Jeff Delie**, 49, Palm Harbor, FL, 2:53:58, and **Nancy Taormina**, 46, Albany, NY, with a female second-overall 3:06:33, captured masters firsts, 23rd Mohawk-Hudson River Marathon/Adirondack Championships, Schenectady-Albany, Oct. 9. **Peter Gerardi**, 54, Scotia, NY, won the M50 race (3:03:36).

* **Bill Benson** set an age-86 WR for the mile with a 10:13.46, Mid-Atlantic Championships in July. **Dudley Healy** ran a 10:38.35

in 2001.

* Starring in their age-groups at the Richard S. Caliguiri Great Race 10K, Pittsburgh, PA, Sept. 25, were **Lou Lodovico**, M80, 49:33, and **Margretta Lutz**, W75, 57:52. Masters winners were **Geir Kvernmo**, M45, 33:55, and **Tammy Slusser**, W40, 36:23.

* Making short order of the Franklin Park course at the BAA Mayor's Cup XC 5K, Boston, MA, Oct. 23, were **Harris Hardy**, 42, 17:53, and **Leslie Golemme**, 40, 20:50, who just nipped **Sue Lachance**, 45, 20:52.

* At the NYRR Grand Prix Staten Island Half-Marathon, Staten Island, NY, Oct. 16, **Alfonso Polania**, 43, 1:16:03, and **Stephanie Hodge**, 40, 1:27:07, led the masters. In the W60 division, **Marilyn Greely Walsh**, 61, 1:45:09, just squeaked by **Carol Johnson**, 62, 1:45:10.

* **Roger Pierce**, 60, Essex, MA, was elected as the USATF New England Athlete of the Month for June and September. The first award was for his gold medals in the 100, 200 and 400 in the NSG Championships, Pittsburgh, PA, in June, the second for winning the 400 in the WMA World Championships in September in Spain.

MIDWEST

* **Jacqueline Blair**, 50, Detroit, MI, steamed to a first-overall female 42:15, Red October 10K, Wayne, MI, Oct. 1. Top M40+s **Gary Rizzo**, 53, Ann Arbor, MI, 38:10; **John Tarkowski**, 52, Northville, MI, 38:29; and **James Carlton**, 62, White Lake, MI, 39:16, were 4th-5th-6th overall. In the 5K, **Donna Olson**, 55, Canton, MI, took the W40+ race (22:55). **Alan Vanmeter**, 48, Southfield, MI, won the M40+ clash (17:21). **Doug Goodhue**, 63, Milford, MI, bested the M60 field with a top performance 17:51.

* On Oct. 9, **Olson** was first female overall (23:32), Farmington, MI, Fall Classic 5K. **Mark Wright**, 40, took the M40+ race (18:16). **Jim Forshee**, at the top of his age group at 79, reeled off a 27:12.

* **Lyudmyla Pushkina**, W40, was first woman overall in the Columbus (OH) Marathon, Oct. 16, in a quick 2:29:56. **Jerome Mescher**, M45, took the M40+ race (2:45:22).

MID-AMERICA

* **Sheryl Weatherford**, 42, Jenks, OK, was first overall in 21:33, Red Ribbon 5K, Tulsa, Oct. 22. The top three age-graded masters were **John Stukey**, 52, Broken Arrow, OK, 18:00, A-G to 15:30 (83.3%); **Paul Heitzman**, 74, Eudora, KS, 22:43, A-G 15:43 (82.1%); and **Greg Welden**, 42, Collinsville, OK, first M40+, 17:56, A-G 16:42 (77.8%).

WEST

* **David Olds**, 44, Los Angeles, took the masters title from **Peter Magill**, 44, S. Pasadena, CA, by one second with a 25:35, in the RAD 8K, Agoura Hills, CA, Oct. 16. **Marie Hermann**, 42, Oak Park, CA, 33:23, won the W40+ race. **Jon Malnekoff**, 65, Thousand Oaks, CA, 33:43, and **Judy Gilbert**, 62, Marina Del Rey, CA, 40:56, were notable age-group winners.

* **Larry Ruggles**, 57, blasted off a first overall 44:09, Moriarty Bean Festival 10K, Moriarty, NM, Oct. 8. **Kathy Turnham**, 48:41, took the W40+ contest. In the 5K, **Linda Laktasic**, 44, was first master overall, with a 20:32. **Jose Camacho**, 51, took the M40+ race (20:43), with **Jerry Johnson**, 61, second M40+ (21:05).

* **Talentino Angelosante**, 46, 2:51:27, was top of the men's masters heap (and second overall) at the Duke City Marathon, Albuquerque, NM, Oct. 23.

* **Christel Donley** threw a pending W70 javelin AR 27.32, Phoenix Senior Olympics,

Oct. 15. The present record is 25.58 by **Barbara Brandt** in 2002. "The meet was sanctioned. Got three officials to measure (of course we are certified, we do this all the time...)," Donley said. "They feel almost insulted, if you ask. Anyway, after running around to get whatever was needed signed and thanking them for being so kind to go the extra mile, **Sandy Pashkin** found out that the officials – or at least not all of them – were not certified. I should have had **Jerry (Donley)** come over and measure. Both of us are certified masters officials."

* Crossing the line first in the women's division of the Long Beach International Marathon, Long Beach, CA, Oct. 16, was **Julie White**, 43, 2:54:02. The first M40+ was **Guillermo Gonzalez**, 41, 2:41:57.

* At the Texas State Senior Games, Austin, Sept. 25-Oct. 1, **Ruth Seger** set a W80 record in the JT, with a 15.31, eclipsing the 13.54 set by **Mary Bowermaster** in 1998.

* **Uta Pippig**, 40, barely missed taking the overall women's title at the Arturo Barrios Invitational 5K, Chula Vista, CA, Oct. 23. Her 17:26 was just seconds behind winner **Jenna Timinsky**, 21, 17:05. Men's masters winner was **James Sheremeta**, 41, 15:49 (fifth overall). In the accompanying 10K, **Gregorio Quiroz**, 43, 36:51, and **Dagny Barrios**, 43, 39:57, took masters honors.

* **Beverley Anderson-Abbs**, 41, outran the entire women's field and placed third overall in the 50K with a 4:32:44, Whiskeytown Trail Runs, Redding, CA, Oct. 29. First M40+ **Mark Lentz**, 40, came in at 4:48:53. In the 30K, masters winners were **Donald Bentley**, 44, 2:33:33, and **Kim Schwartz**, 41, 3:23:54. In the 8 Miler, **Jeff Worthington**, 41, 1:06:46, was the overall men's winner. **Kelli Dunham**, 1:35:54, claimed the W40+ title.

NORTHWEST

* **Masahiro Yoshida**, M40, hurried to an M40+ first 2:26:42, St. George, UT, Marathon, Oct. 1. **Mary Protz**, W45, took the W40+ race in 2:48:40. **Jerry Henley** won the M45 division with a 2:33:40.

* **Rick Baggett**, US Senior PV Coach, announced the opening of a new pole vault facility for clinics and weekly training in Tumwater, WA, at Gymnastics Elite, LLC, 2643 Mottman Court SW, Tumwater, WA 98512; ask for **Kitty** at 360-956-1319; gymnelite@cs.com.

INTERNATIONAL

* **Alex Rowe**, M45, 2:38:27, and **Sharon Daw**, W35, 3:09:38, were first in the BMAF Marathon Championships, Cardiff, Oct. 9.

* The dates for the 17th WMA World Championships Stadia, Riccione, Italy, have been changed to Sept. 4-15, 2007. The opening ceremony will take place in the evening of Sept. 3.

* The 2005 WMA 100K World Championships, Bariloche, ARG, Dec. 11, are now open to men and women age-35+. WMA has changed its definition of international masters and now includes M35. The last WMA 100K World Championships was held in November 2003 in Taiwan and US masters athletes from many age-groups brought home medals.

OBITUARIES

* On October 4, **Fred Shanaman, Jr.**, a masters thrower, lost a competition with cancer. He was 72.



Fred Shanaman

A lifelong resident of Tacoma, WA, Fred was well known and respected for his generosity and friendly personality. Like most masters, he became reacquainted with t&f when he picked up the shot and began training again, at age 57. He competed in the 1993 Huntsman World Games and won his age group shot put and proudly applied for his first All-American certificate. He continued his training and added the weight and hammer to his newly found athletic interest. He joined and competed for the Seattle

Masters AC until injuries and illness prevented further competition. He always enjoyed telling how, in the 1995 National Indoor Championships, he set and held the 56# world record until the last throw and had to settle for second place. Fred was a doer. If he wanted something done, he went out and made it happen. His most public accomplishment might be the Shanaman Sports Museum, which is housed in the Tacoma Dome. He was the major donor to the museum, which is named in honor of his parents, who were also involved in area sports. Born in Tacoma on June 21, 1933, Fred attended Dartmouth College, class of 1957, where he later was named to the college's Athletic Hall of Fame. During his business career, he served on several bank boards. In 1975, President **Gerald Ford** appointed him Northwest representative to Secretary of Commerce **Eliot Richardson**. He served as the Secretary's spokesman to governors and other authorities in the region until 1977. After that appointment, he went on to own and lead several businesses, including the Rainier Management and Marketing Corp. Besides sponsoring Tacoma's sports museum, Fred was instrumental in bringing new sports and high-level competitions to the city. In 1989, he was involved in a group of business leaders who successfully attracted the NCAA Women's Final Four basketball tournament to the Tacoma Dome. He also was responsible for bringing the Tacoma Rockets professional hockey team to the city in the early 1990s. His love for sports never diminished. Tacoma and USA masters have lost a really community-minded person. Fred is survived by his wife, **Jane**, son **Rick**, daughter **Mara Burke** and three grandchildren. He will be missed by all who had the privilege of his friendship. —**Ken Weinbel**

* **Roberto Castillo**, Miami, FL, died Oct. 23, struck by a motorist while waiting for a group of riders for a training ride in Redlands, FL, reported the Florida Sun-Sentinel. He was 48. A runner and cyclist, Castillo was a fixture on the South Florida racing scene for 20 years. He placed in the top five three times at the WMA World T&F Championships. In the 1998 USA National Masters Championships, Orono, ME, he won the M40 800 (2:00:67) and 1500 (4:07:02). In 2002, he won the M45 800 (2:00:92) in the USA Masters Championships, again in Orono. He was also a successful masters road runner in Florida, often winning races overall.

* **David Jackson** passed away on Oct. 28 after several relapses following cancer (bladder) surgery in January. He was 74.



David Jackson

He was one of the original members of the Corona Del Mar TC and still holds the M50 triple jump US record at 13.19 set in 1982, and the indoor record 12.38 set in 1983. Dave still came out and helped me officiate at the Arcadia HS Invitational. He seemed as if he was on the road to recovery. He was one of my dearest friends from way back in 1977. I still have a framed photograph, which he made for me with some great photos from the World Games in Goteborg 1977. He was my mentor in teaching me to triple jump. Dave was one of the kindest persons I have ever known. He was a true gentleman. I don't think I ever heard him say an unkind word about anybody. Besides his athletic ability, which was top of the world, he was a wonderful human being. —**Christel Donley**

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www.nationalmastersnews.com

Schedule

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

TRACK & FIELD

NATIONAL

November 30-December 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org
March 24-26. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters
August 3-6. 39th USA National Masters Championships, Charlotte, NC.

EAST

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

December 4. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Kyle Mecklenborg, 215-393-1382; kmerck@erols.com; www.pmtf.net
December 11. Philadelphia Masters All-Comers Indoor Meet, Haverford College, Haverford, PA. See Dec. 4
December 11. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvctc.org/pg.html
December 11. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U., NY. Registration 8-9 am; throws 7:30 am.
December 11. MAC Indoor Opener, New Balance T&F Center, NYC. www.mactrack.org
December 30. MAC Holiday Classic, New Balance T&F Center, NYC. www.mactrack.org
January 6-8. Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, NH 03755. www.lancertiming.com
January 8. Philadelphia Masters All-Comers Indoor Meet, Swarthmore College, Swarthmore, PA. Joel Dubow, 484-437-9463; joel.dubow@usa.net; www.pmtf.net
January 8 & 22. Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvctc.org
January 14. Philadelphia Masters All-Comers Indoor Meet, Ursinus College, Collegeville, PA. See Jan. 8.
January 15 & 20. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvctc.org/pg.html
January 21. 39th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M & W40+). 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d), 387-6431 (e).
January 22. Philadelphia Masters All-Comers Indoor Meet, The Glen Mills Schools, Glen Mills, PA. See Jan. 8.
January 22. Greater Boston TC Invitational Indoor Meet, Harvard U. 617-282-5537; www.gbtc.org
February 5. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net
February 5. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvctc.org
February 19. Sportsplex Masters Championships, Landover, MD. 301-583-2661; www.pvctc.org/pg.html
February 25. Mid-Atlantic USATF Masters & Open Indoor Championships, Lehigh U., Bethlehem, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net
February 26. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvctc.org/pg.html

SOUTHEAST

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

December 3-11. Florida Senior Games State Championships, Tallahassee. 850-488-8347; flsports.com
December 10. Weight Pentathlon/Open Throws Meet, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
December 10. Louisiana Lighting Weight Pentathlon, St. Amant HS. 9:00 am. \$10. No medals. Food & drinks. e-mail: latrackandfield@yahoo.com
January 21. Winter Sun Meet #1, NTC, Clermont, FL. Javelin clinic. 352-241-7144, x4206; www.usantc.com
February 25-March 12. Polk Senior Games, Polk County, FL. M&W50+. 863-533-0055; www.polkseiniorgames.org
February 18. Winter Sun Meet #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
March 18. Spring Fling #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
April 8. Spring Fling #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
May 27. Florida AC Classic, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
June 10. USATF Florida Championships, Clermont, FL. 352-241-7144, x4206; www.usantc.com

MIDWEST

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

July 16-21. Gay Games, Chicago, IL. www.gaygameschicago.org

MID-AMERICA

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

February 26. USATF Mid-America Regional Masters Indoor Championships/Colorado Championships, US Air Force Academy, Colorado Springs. Jerry & Christel Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; jadonley@adelphia.net; Jim Weed, 303-451-8727.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 14. USATF Southwest Regional Masters Indoor Championships, Texas Tech U., Lubbock. 806-742-3355 X249; joe.walker@ttu.edu

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 7. Sierra Vista Arizona Senior Games. 9am. 520-458-7922.
January 7 & 21. UC-Riverside Meets, Riverside, CA. 11:30 a.m. registration; \$5.00 unlimited events. <http://www.athletics.ucr.edu/trackfield/tffront.html>
January 7, 14, 21, 28. LGAA/Mizuno All Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
January 14 & 22. New Mexico Indoor All-Comers Meets, Albuquerque. Scott Steffan, 505-836-3653.
January 21. Tucson Senior Games, Pima CC. 520-791-4931; e-mail: Laura.Duran@tucsonaz.gov
January 26-27. New Mexico Indoor Heptathlon & Pentathlon, Albuquerque. Scott Steffan, 505-836-3653.
February 4, 11, 18, 25. LGAA/Mizuno All Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
February 9-12. Palm Desert Senior Games, Palm Desert, CA. Kevin Kalman, 45-871

Clinton St., Indio, CA 92201; 760-347-3484; kevin@cvipd.org
February 12 & 22. New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-836-3653.
February 18-25. UC-Riverside Meets, Riverside, CA. 11:30 a.m. registration; \$5.00 unlimited events. <http://www.athletics.ucr.edu/trackfield/tffront.html>

NORTHWEST

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

January 29. BTC Indoor All-Comers, Bozeman, MT. Dave Skelton, 406-587-7698. \$5 late fee after Jan. 22.
June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); stepan@yahoo.com
June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR.
July 22. Inland NW Masters Classic, Moberly Track, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com

INTERNATIONAL

December 2-4. North Island Masters Championships, Wellington, New Zealand. 04 477 4914; kath.d@xtra.co.nz
January 14-21. 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz
February 11-19. International South Pacific Masters Games, Hamilton, New Zealand. 07 838 3596; www.spmg.org.nz
March 15-20. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng
July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl
August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala.
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

November 30-December 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org
February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.RunningUSA.active.com

EAST

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

December 3. Pearl Harbor Day Memorial Masters 5 Mile, Waterford, NH. 860-444-5881; mcnamara@waterfordct.org
December 4. Brian's Run 5K & 10K, West Chester, PA. www.briansrun.org
December 4. Union Mills 8K, Westminster, MD. Chris Reese, 410-848-3216.
December 11. NYRR Joe Kleiner 10K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 11. Annapolis Striders Anniversary 15K, Annapolis, MD. www.annapolisstriders.com
December 11. USATF-NJ 10 Mile Championships, West Windsor. 11:00 am. www.usatfnj.org; Pam Fales, 973-334-8900.
December 11. Bill Rodgers Jingle Bell 3 Mile, Boston, MA. 617-723-5612; www.billrogers.com
December 17. HoHoHo Holiday 5K, Bethpage, NY. Joe Sturgess, 516-349-7646.
December 17. NYRR Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 21. Tidal Basin 3K, Washington,

ON TAP FOR DECEMBER

TRACK AND FIELD

The indoor season opens with meets in Philadelphia on the 4th, and in Andover, MD, and Philly again on the 11th. Florida hosts a throws meet on the 10th and the State Senior Games on 3rd-11th.

LONG DISTANCE RUNNING

The first weekend finds marathons in Memphis and Charlotte, NC, and the Festival of Lights 5K, Jacksonville, FL, on the 3rd, and more marathons in Las Vegas, Folsom, CA, and Tucson on the 4th. The 10th-11th lists the USATF-GA 10 Mile Championships; Rocket City Marathon, Huntsville, AL; Sunmart Texas Trail Run; and Jingle Bell 8K, Eugene, OR, on Saturday, and the USATF-NJ 10 Mile Championships; Dallas White Rock Marathon; Honolulu Marathon; Lasse Viren 20K, Pt. Mugu, CA; Larry Fuselier 25K, New Orleans; and Muncie, IN, 10 Mile on Sunday. The Florida XC Relay in Clermont; NYRR Hot Chocolate 15K, Central Park; and HoHoHo Holiday 5K, Bethpage, NY, go off on the 17th, followed by the 12Ks of Christmas, Kirkland, WA, on the 18th. New Year's Eve races include the NYRR Midnight Run, Central Park; First Run 5K, Portland, OR; Millennium Mile, Londonderry, NH; Manatee River 5 Miler, Palmetto, FL; Belle Isle 4 Mile, Detroit; and Midnight Run 2 Mile, Sacramento. The WMA World 100K Championships go to Bariloche, Argentina, on the 11th.

RACEWALKING

The USA National Open & Masters One-Hour RW Championships are set for Jacksonville, FL, on the 3rd. The Gran Prix #2 and #3 5K RW take place in Central Park, NYC, on the 4th and 11th.

DC. www.dccroadrunners.org
December 31. Millennium Mile, Londonderry, NH. 2:00 pm. www.millenniummile.com
December 31. First Night Saratoga 5K, Saratoga Springs, NY. www.firstnightsaratoga.org
December 31. NYRR Midnight Run, NYC. www.nyrr.org
April 17. 110th BAA Boston Marathon. www.baa.org

SOUTHEAST

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

December 3. St. Jude Memphis Marathon, Memphis, TN. 800-565-5112; www.stjudemarathon.org
December 3. Charlotte Marathon, Relay & 10K, Charlotte, NC. www.runcharlotte.com
December 3. Festival of Lights 5K, Jacksonville, FL. www.1stplacesports.com
December 4. Marathon of the Palm Beaches, Half-Marathon & 5K. www.marathonofthepalmbeaches.org
December 10. USATF-GA 10 Mile Championships, Dalton. David Leatherman, 706-673-5804.
December 10. HTC Rocket City Marathon, Huntsville, AL. 256-650-7063; www.runrocketcity.com
December 10. Holiday Half-Marathon & 8K, Point Clear, AL. 251-473-7223; www.pcpacers.org
December 17. USATF Florida XC Relay,

NTC, Clermont, FL. 850-488-8347; flsports.com
December 18. Jacksonville Marathon, Jacksonville, FL. 904-588-1234; www.usatf.org
December 31. Manatee River Marathon, Palmetto, FL. 813-254-7866
January 5-8. Weekend, Lake E. 7810.
January 7. Charlotte Marathon, Charlotte, NC. 704-375-7676; www.charlottemarathon.com
January 22. Naples Marathon, Naples, FL. 239-278-2782; www.naplesnews.com
January 29. Marathon, 305-278-2782; www.marathon.com
February 16-19. Myrtle Beach, SC. 252-6099; www.marathon.com
February 25. Silas & 100K, Rockmar, 242-6099; www.marathon.com
February 25-26. Marathon, Half-Marathon, 813-254-7866

Illinois, Indiana, Wisconsin

December 10. Ramble, Chicago. 312-399-1399
December 11. John Primmer, Huntington, IN. 317-281-1111
December 31. Belle Isle, Detroit, MI. 313-224-1111
December 31. M. house, OH. www.houseoh.com

SOUTH
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 10. 50 Mile & 50K, Houston. 210-499-1111
December 11. Dallas Half-Marathon & 5K, Dallas. 214-761-1111
December 11. Championships 25K, 50K, 100K, 210-499-1111
December 11. Land, TX. andysty
December 17. Greenville, SC. 252-6099
January 15. Che Marathon & 5K. 800-565-5112
February 5. M Marathon & 5K, 800-565-5112
February 19. Fr Marathon, Austin. 512-473-7223
January 8. OC

Arizona, Ca

December 3. D Half-Marathon & Horning, 415-868
December 3. T. CA. Therese Ma
December 4. L. thon.com
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December 4. Chris Rios, 760-3
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December 4. 0667; www.tucso
December 10. V Santa Monica, C
December 11. H olulumarathon.or
December 11. L Park, CA. 805-
December 31. Phoenix, AZ. 10-
December 31. Sacramento. 91
January 8. OC

NTC, Clermont, FL. 5 persons/each run two 2500m 100ps. 352-241-7144, x4206; www.usantc.com

December 18. Jacksonville Marathon. 904-731-1900; www.1stplacesports.com
December 31. Manatee River 5 Miler, Palmetto, FL. Phil Reed, 941-727-2985; www.ManateeRiverRun.com

January 5-8. Disney World Marathon Weekend, Lake Buena Vista, FL. 407-939-7810.

January 7. Charlotte Run for Peace 5K & 10K, Charlotte, NC. 704-641-5148; www.activetech.com

January 22. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; www.naplesnews.com

January 29. Miami Marathon & Half-Marathon. 305-278-8668; www.runmiami.com
February 16-19. Myrtle Beach Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com

February 25. Silver Comet Ultra Runs, 50K & 100K, Rockmart, GA. Ragan Petrie, 404-242-6099; www.getguts.com

February 25-26. Bank of America Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com

MIDWEST

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

December 10. Chase Mortgage Rudolph Ramble, Chicago. www.caprievents.com

December 11. 39th Muncie 10 Mile, Muncie, IN. John Primmer, 765-289-8062.

December 17. HUFF 50K/Relay Trail Run, Huntington, IN. www.huff50k.com

December 31. Belle Isle New Year's Eve 4 Mile, Detroit, MI. www.michiganrunner.com/belleisle

December 31. Midnight Special 5K, Whitehouse, OH. www.toledoroadrunners.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 10. Sunmart Texas Trail Endurance 50 Mile & 50K, Huntsville State Park (n. or Houston). 210-494-9493; www.sunmart.net.

December 11. Dallas White Rock Marathon, Half-Marathon & Relay. www.runtherock.com

December 11. 30th Larry Fuselier State Championships 25K, New Orleans. NOTC, 504-482-6682; www.runnotc.org

December 11. Houstonian Lite 30K, Sugar Land, TX. andystewart@bigplanet.com

December 17. Paris Mountain 20K & 5K, Greenville, SC. www.greenvilletrackclub.com

January 15. Chevron Houston Marathon, Half-Marathon & 5K. 713-957-3453; www.chevronhoustonmarathon.com

February 5. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 866-454-6561; www.mardigrasmarathon.com

February 19. Freescale Austin Marathon Half-Marathon, Austin, TX. www.freescaleaustinmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

December 3. Death Valley Borax Marathon, Half-Marathon & 10K, Death Valley, CA. Dave Horning, 415-868-1829

December 3. Tiger Run 5K, South Pasadena, CA. Therese Malina, 626-403-0752.

December 4. Las Vegas Marathon. LVmarathon.com

December 4. High Desert Ultra/USATF SCA 50K Trail Championships, Ridgecrest, CA. Chris Rios, 760-384-3764; http://otht.com

December 4. California International Marathon & Relay, Folsom. 916-983-4622.

December 4. Tucson Marathon. 520-320-0667; www.tucsonmarathon.com

December 10. Venice-Marina Christmas Run, Santa Monica, CA. www.w2promo.com

December 11. Honolulu Marathon. www.honolulu-marathon.org

December 11. Lasse Viren 20K, Pt. Mugu St. Park, CA. 805-648-5922; tkingtrack@msn.com

December 31. Midnight Madness 3 Mile, Phoenix, AZ. 10:45 pm. www.runningmasters.net

December 31. Midnight Run 2 Mile, Sacramento. 916-441-1751; www.fffac.com

January 8. OC Marathon, Half-Marathon &

5K, Newport Beach, CA. 949-222-3327; www.OCMarathon.com

January 14. Paramount 10K, Paramount (Los Angeles), CA. Oscar Rosales, 714-841-5417.

January 15. Rock 'N' Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-1255; www.rnrz.com

January 15. Embarcadero 10K, San Francisco. Janet Nissenson, 415-978-0837.

January 15. Maui Half-Marathon & 5K, Kapalua-Lahaina. 530-544-7095; www.maui surfandsandhalf.com

February 11. Great American Run 2.8 Mile & 4.8 Mile XC, Huntington Beach, CA. 714-841-5417

February 12. Golden Gate Bridge Vista Run 5 Mile, San Francisco. Janet Nissenson, 415-978-0837.

NORTHWEST

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

December 10. Jingle Bell 8K, Eugene, OR. 541-686-4494; thestepbeyond.com

December 18. Christmas Marathon & Half-Marathon, Olympia, WA. www.ontherun events.com

December 18. 12Ks of Christmas, Kirkland, WA. www.12ksofchristmas.com

December 31. Jingle Bell 5K, Seattle. 206-547-2707, x102; www.seattlejinglebellrun.org

December 31. First Run 5K, Portland, OR. Party & registration at 10:00 pm. www.race center.com

January 14. Bridle Trails Winter Trail Running Festival, Kirkland, WA. 5 Mile; 10 Mile; 50K solo; & 50K relay or pairs. 206-329-1466; www.seattlerunningcompany.com

CANADA

December 3. Canadian XC Championships, Vancouver. canadianmastersathletics.com

INTERNATIONAL

December 11. WMA World 100K Championships, Bariloche, ARG. Deadline Nov. 25. Phone/fax: +554 294 4434557; www.mundial100k-wma.com.ar

March 5. BMAF XC Championships, Bournemouth, England. 7 Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR, England; www.bmaf.org.uk

September 23-24, 2006. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

December 3. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

December 4. Gran Prix #2 5K RW, Central Park, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

December 11. Gran Prix #3 5K RW, Central Park, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

January 15. USA National 30K RW Championships, Chula Vista, CA. Philip Dunn, 619-574-0683; www.usatf.org

February 12, 2006. USA National Masters/Open 50K RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Championships. 352-241-7144, x4206; www.usantc.com

TWENTY-FIVE YEARS AGO

December 1980

• Jim Bowers Sets US Masters Marathon Record of 2:22:23

• Gary Murcke Wins National 10K in 32:06

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



SUZIE HESS
 Wilma Perkins, AUS, third in the W50 pole vault (2.50/8-2 1/2), 16th WMA World Championships, Spain.



JERRY WOJCIK
 Milutin Jegdic, SCG, third M60 in the shot put (13.63/44-8 3/4), 16th WMA World Championships.

Report from Britain

By BRIDGET CUSHEN

Weeks after hosting the World Masters Rowing Championships, the tranquil setting of Strathclyde Water Centre in Scotland was the venue for the British Masters 10K Championships on Sep. 24.

John Brown, who won the M40 8K cross-country at the WMA Indoor Championships in Germany in March and chalked up a 53:28 for 10 miles on Sept. 11, quickly shot to the front here, taking a small group with him that gradually drew away from the large pursuing field.

Buffeted by a strong head wind that slowed times by an estimated 15 seconds in the last 3K on the way home, he crossed the finish line in 32:24, ahead of Charles Thomson, who worked his way through in the latter half of the race to finish in 32:31.

Mike Hager, now into the M55 age category and still running brilliantly, was third (32:58). Hager's next major outing is the 10K in Argentina that is being promoted with the WMA 100K.

The M45 race resulted in a tight finish between Frankie Barton (33:12) and Steve Smith (33:14). Fiona Matheson, W40, runner-up in the BMAF 5K in June, won the women's race in 36:26.

Life has not been very kind to one of the top W35 runners, Kate Ramsey. Selected to run for England in the annual British & Irish Masters International Cross-Country, the only masters event for which a four-per team is selected, 20 minutes before the start her two-year old daughter was rushed from the course to hospital with a suspected food allergy.

A few months later, Ramsey ran the

fastest stage in the BMAF road relays only to find her teammate was not on the line to receive the baton. Undeterred, she has now started off her winter road running season by beating two of Britain's top senior runners over a three-mile circuit and clocking 35:21 for 10K.

Several British age-group records have been broken by two M75 throwers, Denis Field and the durable Jaroslav Hanus. Field sent the javelin out to 27.20 on Sept. 28. Hanus has virtually re-written the record books, finishing his season with records in the hammer (36.03), weight (12.70), and a meet record in the discus (30.07).

Down in the West Country, Caroline Powell, third in the W50 200 in Donostia/San Sebastian, ran 27.7 in a local league meet. On the comeback from injury, Jean Hulls won a W60 100 in 17.0, and took the long jump (3.22). Marine Officer Dai Roberts, M40, ran 52:59 for 10K on Oct. 9. In a one-hour race, Brian Ashwell ran an M70 best 14.644m.

Masters athletes were saddened by three recent deaths.

Mike Fox, who won the M60 800 in the European VAA in 1996, a silver in the 2004 European Championships, and won the WMA M70 800 at the World Indoor Championships in 2004, died after a short illness.

Jim Dingwall passed away at age 54 after a long battle with cancer. He competed in the European VAA marathon in Athens and had a best time of 2:11:44.

Norman Ashcroft a founding member of the Northern Veterans club in 1965, died at age 88. □

Subscriber Questions?
 Call 818-286-3129

RECIPIENTS OF ALL-AMERICAN AWARDS

| | | | | | | | | | | | | | | | | | | |
|--------|-----------------|-------|----------|----------|--------|----------------|--------------|--------|----------|-----------------|--------|--------------|----------|---------------|-------------|---------|----------|---------|
| M40-44 | Nick Agoris | SP | 44-4 1/4 | 7/12/05 | M65-69 | Abe Bernstein | 400 | 67.3 | 7/9/05 | Elizabeth North | | | | 5K | 19:58 | 8/21/05 | | |
| | David Jones | 200 | 23.49 | 5/21/05 | | | | 800 | 2:43.0 | 6/05 | W45-49 | Debra Lowell | 5K | 21:22 | 9/17/05 | | | |
| | | 400 | 51.07 | 5/21/05 | | | Ken Ohm | JT | 115-5 | 9/24/05 | | | 10K | 44:25 | 11/6/05 | | | |
| M45-49 | Tim Graf | 100 | 11.61 | 6/05 | M70-74 | Fred Weber | DT | 40.47 | 9/30/05 | W50-54 | | | | Debbie Topham | 10K RW | 59:22 | 8/4-7/05 | |
| | | 200 | 23.82 | 6/05 | | | | | | | | 5K RW | 28:03.13 | 8/4-7/05 | | | | |
| | James Flore | 5K | 16:39 | 10/2/05 | | | Bruce Katter | 5K | 23:22.55 | 7/16/05 | W55-59 | | | | Barb Amador | 1500 RW | 8:44.78 | 6/29/05 |
| M50-55 | Sergio Angulo | 100hh | 17.40 | 5/23/05 | | John Polevy | TJ | 7.69 | 7/23/05 | | | | | | 3K RW | 17:44 | 9/3/05 | |
| | | 100hh | 16.63 | 6/13/05 | | | 55m | 8.84 | 1/9/05 | | | | | | 5K RW | 9:43 | 10/0/05 | |
| | | 100hh | 16.89 | 8/13/05 | | Eric Seiff | 1500 | 6:28.8 | 5/31/05 | | | | | | | | | |
| | | 300hh | 47.77 | 6/13/05 | | | Mile | 6:50 | 9/24/05 | | | | | | | | | |
| | | | | | | John Cauldwell | TJ | 7.11 | 8/4-7/05 | | | | | | | | | |
| | | | | | | Grover Wilcher | PV | 8-6 | 9/24/05 | | | | | | | | | |
| | Michael Shiaras | SP | 16.66 | 3/19/05 | M75-79 | C.L. Bruce | DT | 90-5 | 9/16/05 | | | | | | | | | |
| M55-59 | Terry Shuman | HT | 38.44 | 9/25/05 | | | | SP | 32-5 | 9/23/05 | | | | | | | | |
| | | WT | 13.25 | 9/25/05 | | | | JT | 82-7 | 9/23/05 | | | | | | | | |
| | | LJ | 5.15 | 10/16/05 | | | HJ | 4-0 | 9/23/05 | | | | | | | | | |
| | John Tomaschke | | | | | | | | | | | | | | | | | |
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U.S. MASTERS ALL-AMERICAN STANDARDS

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 |
|----------|----------|-----------|-----------|----------|-----------|----------|-----------|----------|----------|-----------|----------|----------|----------|
| 55 | 6.8 | 6.9 | 7.1 | 7.2 | 7.4 | 7.9 | 8.1 | 8.4 | 8.9 | 9.4 | 10.4 | 11.8 | 13.5 |
| 60 | 7.4 | 7.55 | 7.7 | 7.85 | 8.05 | 8.5 | 9.0 | 9.25 | 9.5 | 10.0 | 11.2 | 12.8 | 14.8 |
| 100 | 11.0 | 11.3 | 11.5 | 11.9 | 12.2 | 12.6 | 13.2 | 13.8 | 14.6 | 16.0 | 18.0 | 23.0 | |
| 200 | 22.4 | 23.2 | 23.8 | 24.6 | 25.5 | 27.0 | 27.9 | 29.5 | 32.0 | 35.0 | 40.2 | 52.0 | |
| 400 | 51.5 | 52.5 | 53.8 | 56.0 | 57.5 | 62.0 | 65.0 | 69.0 | 75.0 | 88.0 | 98.0 | 120.0 | |
| 800 | 2.02 | 2.04 | 2.06 | 2.11 | 2.16 | 2.25 | 2.35 | 2.45 | 3.06 | 3.35 | 3.55 | 4.30 | |
| 1500 | 4.20 | 4.22 | 4.24 | 4.35 | 4.45 | 5.10 | 5.20 | 5.45 | 6.30 | 7.20 | 8.10 | 9.20 | |
| Mile | 4.40 | 4.40 | 4.50 | 5.00 | 5.10 | 5.30 | 6.00 | 6.15 | 6.55 | 8.20 | 8.45 | 10.15 | |
| 3000 | 9.25 | 9.40 | 10.00 | 10.25 | 10.45 | 11.15 | 11.50 | 12.45 | 13.40 | 15.50 | 19.10 | 23.00 | 26.00 |
| 5000 | 15.45 | 16.00 | 16.15 | 16.45 | 17.30 | 18.25 | 19.30 | 21.00 | 23.30 | 26.00 | 29.00 | 32.30 | |
| 10000 | 32.30 | 32.50 | 33.30 | 36.00 | 38.00 | 39.00 | 40.30 | 44.00 | 48.30 | 54.30 | 61.15 | 68.30 | |
| 55H | 8.6 | 8.7 | 9.0 | 9.5 | 10.0 | 10.3 | 10.6 | 10.9 | 11.2 | 11.6 | 12.5 | | |
| 60H | 9.0 | 9.3 | 9.4 | 9.8 | 10.3 | 10.6 | 10.9 | 11.1 | 11.4 | 12.0 | 13.6 | | |
| 110H | 15.4 | 16.5 | 17.8 | 18.8 | | | | | | | | | |
| 100H | | | | | 18.0 | 19.0 | 20.0 | 21.0 | | | | | |
| 80H | | | | | | | | | 18.0 | 21.0 | 25.0 | 30.0 | |
| 400H | 58.0 | 60.0 | 62.0 | 64.0 | 68.0 | 71.0 | | | | | | | |
| 300H | | | | | 48.0 | 51.0 | 55.0 | 60.0 | 67.0 | 75.0 | 85.0 | 95.0 | |
| 3K-SC | 10:10 | 10:30 | 11:45 | 12:40 | 13:30 | 14:00 | | | | | | | |
| 2K-SC | | | | | | | 9:30 | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 | |
| HJ | 1.90 | 1.85 | 1.76 | 1.68 | 1.60 | 1.50 | 1.45 | 1.38 | 1.25 | 1.15 | 1.00 | 0.80 | |
| PV | 6-2 1/4 | 6-1 1/4 | 5-9 1/4 | 5-6 | 5-3 | 4-11 | 4-9 | 4-6 1/4 | 4-1 1/4 | 3-9 1/4 | 3-3 1/4 | 2-7 1/4 | |
| LJ | 4.40 | 4.10 | 3.95 | 3.70 | 3.55 | 3.05 | 2.70 | 2.40 | 2.30 | 2.00 | 1.80 | 1.30 | |
| TJ | 14-5 1/4 | 13-5 1/4 | 12-11 1/4 | 12-1 1/4 | 11-7 1/4 | 10-0 | 8-10 1/4 | 7-10 1/4 | 7-6 1/4 | 6-6 1/4 | 5-10 1/4 | 4-3 1/4 | |
| Shot | 6.50 | 6.10 | 5.85 | 5.60 | 5.40 | 4.90 | 4.50 | 4.20 | 3.80 | 3.35 | 2.85 | 2.20 | |
| Javelin | 21.4 | 20- 1/4 | 19-2 1/4 | 18-4 1/4 | 17-8 1/4 | 16- 1/4 | 14-9 | 13-9 1/4 | 12-5 1/4 | 10-11 1/4 | 9-4 1/4 | 7-2 1/4 | |
| Discus | 13.20 | 12.60 | 11.50 | 10.80 | 10.40 | 9.50 | 8.90 | 8.20 | 6.96 | 6.50 | 5.94 | 5.51 | |
| Hammer | 43-3 1/4 | 41-4 1/4 | 37-8 1/4 | 35-5 1/4 | 34-1 1/4 | 31-2 | 29-2 1/4 | 26-11 | 22-10 | 21-4 | 19-6 | 18-1 | |
| Weight | 14.50 | 14.02 | 13.41 | 12.62 | 13.10 | 12.00 | 12.80 | 11.50 | 11.00 | 9.00 | 8.00 | 6.00 | |
| Sup.Wt. | 47-7 | 46-0 | 44-0 | 41-5 | 42-11 1/4 | 39-4 1/4 | 42-0 | 37-8 1/4 | 36-1 1/4 | 29-6 1/4 | 26-3 | 19-8 1/4 | |
| Decath. | 44.80 | 42.80 | 39.50 | 37.50 | 42.00 | 41.00 | 42.00 | 39.00 | 34.00 | 26.00 | 22.00 | 15.24 | |
| WT Pent. | 147-0 | 140-5 | 129-7 | 123-0 | 137-9 | 134-6 | 137-9 | 127-11 | 111-6 | 85-4 | 72-2 1/4 | 50-0 | |
| | 47.24 | 44.20 | 40.00 | 39.00 | 39.00 | 36.00 | 36.00 | 32.00 | 30.00 | 24.00 | 20.00 | 17.07 | |
| | 155-0 | 145-0 | 131-3 | 127-11 | 127-11 | 118-1 | 118-1 | 105-0 | 98-5 | 78-9 | 65-7 1/4 | 56-0 | |
| | 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 | |
| | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | | | | | | | |
| | 49-2 1/4 | 45-11 1/4 | 42-8 | 39-4 1/4 | 32-9 1/4 | 29-6 1/4 | | | | | | | |
| | 15.00 | 14.00 | 13.25 | 12.50 | 14.25 | 13.25 | 14.00 | 13.25 | 13.50 | 11.75 | 10.00 | 8.75 | 6.00 |
| | 49-2 1/4 | 45-11 1/4 | 43-5 1/4 | 41-0 1/4 | 46-9 | 43-5 1/4 | 45-11 1/4 | 43-5 1/4 | 44-3 1/4 | 38-6 1/4 | 32-9 1/4 | 28-8 1/4 | 19-8 1/4 |
| | 9.50 | 9.00 | 8.50 | 8.00 | 6.00 | 5.50 | 5.00 | 4.50 | 3.50 | 3.00 | 2.50 | 2.00 | |
| | 31-2 | 29-6 1/4 | 27-10 1/4 | 26-3 | 19-8 1/4 | 18- 1/4 | 16-4 1/4 | 14-9 | 11-5 1/4 | 9-10 | 8-2 1/4 | 6-6 1/4 | |
| | 2800 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2400 | 2200 | 2000 | |
| | 5500 | 5250 | 5250 | 5000 | 5200 | 5000 | 4500 | 5000 | 4800 | 4200 | 3000 | 2500 | |
| | 2800 | 2700 | 2800 | 3000 | 3000 | 3000 | 3000 | 3000 | 2600 | 2700 | 3000 | 3000 | |

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 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;
 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) Weight: 30-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16# 80+: 12#
 9) Superweight: 30-49: 56#; 70-79: 35# 80+: 25#
 10) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

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

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

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

U.S. MASTERS ALL-AMERICAN STANDARDS

| Event | 30-34 | 35 |
|-------|-------|----|
|-------|-------|----|

TRACK & FIELD RESULTS

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

SOUTHEAST

North Carolina Senior Games, Raleigh Sept. 26 - Oct. 2

| | |
|-------------------------|----------|
| 100m | |
| M55 Greg Marshall | 13.00 |
| M60 Joel Liles | 14.14 |
| M65 Lester Brennan | 14.90 |
| M70 Roy Shackelford | 15.80 |
| M75 Hershey Hips | 17.80 |
| M80 Paul Macomber | 23.40 |
| M85 William Willis | 27.40 |
| W55 Sandy Bradley | 16.00 |
| W60 Louise Guardino | 17.60 |
| W65 Shirley Miley | 19.30 |
| W70 Addie Solomon | 19.10 |
| W75 Laura Blount | 23.50 |
| W80 Catherine Pritchard | 24.70 |
| W90 Mittie Seawell | 34.20 |
| 200m | |
| M55 Greg Marshall | 28.00 |
| M60 Joe Liles | 29.40 |
| M65 Lester Brennan | 31.90 |
| M70 Roy Shackelford | 33.10 |
| M75 Hershey Hips | 40.60 |
| M80 Paul Dziejczyk | 1:01.00 |
| M85 William Willis | 1:05.40 |
| W55 Sandy Bradley | 35.10 |
| W60 Louise Guardino | 40.90 |
| W65 Lee Wilson | 54.00 |
| W70 Addie Solomon | 46.20 |
| W75 Laura Blount | 52.30 |
| W80 Margaret Hagerty | 1:04.70 |
| W85 Gladys Pait | 1:44.00 |
| 400m | |
| M55 Greg Marshall | 1:04.00 |
| M60 Joe Liles | 1:05.10 |
| M65 Randy Swann | 1:12.20 |
| M70 David Bertke | 1:25.30 |
| M80 Wayne Oak | 2:20.10 |
| W55 Barbara Pharr | 1:44.80 |
| W60 Louise Guardino | 1:37.30 |
| W65 Liz Wilson | 1:51.00 |
| W70 Beth Carrin | 2:13.50 |
| W75 Mary Crusius | 2:22.20 |
| W80 Margaret Hagerty | 2:32.80 |
| 800m | |
| M55 Jay Smith | 2:33.41 |
| M60 Maxwell Hamlyn | 2:32.56 |
| M65 Randy Swann | 2:47.50 |
| M70 Roy Shackelford | 3:17.95 |
| M75 Casper Holroyd | 4:00.71 |
| M80 Charles Dotson | 3:28.86 |
| M90 Bill Finch | 5:49.90 |
| W55 Barbara Pharr | 3:53.81 |
| W60 Barbara Latta | 4:08.28 |
| W65 Lee Wilson | 3:55.24 |
| W70 Beth Carrin | 5:19.19 |
| W75 Mary Turner | 6:33.67 |
| W80 Margaret Hagerty | 6:06.78 |
| 1500m | |
| M55 James Rich | 5:25.10 |
| M60 Maxwell Hamlyn | 5:22.10 |
| M65 Randy Swann | 5:52.50 |
| M70 David Bertke | 6:38.20 |
| M80 Charles Dotson | 7:04.20 |
| W55 Kathy Ratcliff | 8:50.02 |
| W60 Nancy-Faye Craig | 7:52.00 |
| W65 Lee Wilson | 7:46.80 |
| W75 Mary Turner | 12:50.30 |
| W80 Margaret Hagerty | 12:00.10 |
| 5000m | |
| M55 Kenneth Sedberry | 20:46.26 |
| M60 Maxwell Hamlyn | 20:38.32 |
| M65 Randy Swann | 23:09.46 |
| M70 David Bertke | 25:50.86 |
| M75 Dick Rosen | 33:49.83 |
| M80 Charles Dotson | 27:55.30 |
| W55 Barbara Pharr | 31:03.75 |
| W60 Nancy-Faye Craig | 27:32.43 |
| W70 Ruth Webber | 41:50.37 |
| W75 Mary Turner | 46:08.86 |
| W80 Margaret Hagerty | 44:19.68 |
| Long Jump | |
| M55 Vic Boylhart | 15-0.25 |
| M60 Frank Clark | 13-9 |
| M65 Wilfred Turner | 12-0 |
| M70 David Herbert | 9-8 |
| M75 Rudolph Becton | 9-0 |
| M80 James Little | 6-2.50 |
| M85 William Willis | 5-11 |
| W55 Irma Bond | 11-3 |
| W60 Louise Guardino | 8-0.50 |
| W65 Judith Moss | 8-4 |
| W70 Fran Allison | 7-6.25 |
| W75 Laura Blount | 6-9.50 |
| W80 Hazel | 4-11.75 |
| W85 Gladys Pait | 2-8.75 |
| Shot Put | |
| M55 David Smith | 34-7.25 |

| | |
|-----------------------|----------|
| M60 Tom Steed | 42-2 |
| M65 Gerald Vaughn | 42-7 |
| M70 Herbert Kraus | 31-4 |
| M75 Otto Jespersen | 28-10.50 |
| M80 Walt Evick | 27-3.50 |
| M85 John Baptist | 19-8 |
| M90 Tom Mayhew | 17-5 |
| W55 Gail Lehman | 22-2.50 |
| W60 Aileen Steelman | 28-9.25 |
| W65 Annie Pickett | 24-10.50 |
| W70 Beth Carrin | 22-2 |
| W75 Lonnie Proctor | 19-6 |
| W80 Hazel | 18-2 |
| W85 Ruth Mayhew | 14-1 |
| W90 Juanita Brookover | 11-4.50 |
| Discus | |
| M55 David Smith | 107-9 |
| M60 Tom Henley | 146-1 |
| M65 Fred Weber | 132-9 |
| M70 Herbert Kraus | 92-0 |
| M75 Dean Davis | 73-6 |
| M80 Walt Evick | 76-6 |
| M85 Raymond Arrington | 40-9 |
| M90 Bill Finch | 46-0 |
| W55 Toni Ridge | 57-2 |
| W60 Aileen Steelman | 73-6 |
| W65 Woodie McCoy | 56-9 |
| W70 Harriet Carter | 57-8 |
| W75 Lonnie Proctor | 48-10 |
| W80 Hazel | 38-7 |
| W85 Gladys Pait | 26-4 |
| W90 Juanita Brookover | 30-3 |
| 1500m RW | |
| M55 Danny Spell | 8:25.09 |
| M60 Larry Seymour | 8:55.42 |
| M65 Jim Epperson | 9:53.50 |
| M70 Philip Martin | 9:44.02 |
| M75 Ken Long | 9:56.96 |
| M80 Elon Bradford | 10:29.81 |
| W55 Jeanne Bua | 10:38.10 |
| W60 Bonnie McLean | 11:11.38 |
| W65 Peggy Hodge | 11:34.74 |
| W70 Betty Allgood | 10:52.62 |
| W75 Bonnie Vaughan | 11:17.69 |
| W80 Margaret Hagerty | 16:12.57 |
| W85 Daisy Dotson | 21:54.11 |
| 5000m RW | |
| M55 Danny Spell | 30:08.40 |
| M60 Larry Seymour | 31:29.10 |
| M65 Jim Epperson | 33:57.80 |
| M70 Philip Martin | 34:00.29 |
| M75 Ken Bumgarner | 34:46.50 |
| M80 Elon Bradford | 38:46.60 |
| W55 Ruth Hanger | 42:02.10 |
| W60 Gillian Hillman | 41:02.10 |
| W65 Joan Hargett | 36:16.90 |
| W70 Betty Allgood | 38:34.40 |
| W75 Bonnie Vaughan | 40:41.00 |
| W80 Margaret Hagerty | 50:03.40 |

Carolina Throws Meet #5 Winston-Salem, NC Oct. 22

| | |
|---------------------|-------|
| Shot Put | |
| M40 David Speaks | 9.89 |
| M55 Terry Martin | 9.10 |
| M60 Tom Steed | 13.26 |
| Malcolm Reese | 11.01 |
| M65 Mike Valle | 11.33 |
| M70 Bill Gramley | 10.93 |
| W60 Rebecca Vaughn | 5.90 |
| Discus | |
| M40 David Speaks | 30.78 |
| M65 Terry Martin | 30.37 |
| M60 Tom Steed | 39.22 |
| Malcolm Reese | 38.44 |
| M65 Mike Valle | 39.98 |
| M70 Bill Gramley | 40.55 |
| Hammer | |
| M40 David Speaks | 25.96 |
| M55 Terry Martin | 24.35 |
| M60 Tom Steed | 37.77 |
| M65 Mike Valle | 38.49 |
| M70 Bill Gramley | 37.74 |
| Javelin | |
| M40 David Speaks | 42.88 |
| M55 Terry Martin | 34.87 |
| M60 Tom Steed | 24.71 |
| Malcolm Reese | 23.59 |
| M65 Mike Valle | 28.01 |
| Weight Throw | |
| M40 David Speaks | 8.99 |
| M55 Terry Martin | 10.20 |
| M60 Tom Steed | 14.74 |
| M65 Mike Valle | 15.16 |
| M70 Bill Gramley | 15.09 |
| Super Weight | |
| M O Bill Gramley | 7.32 |

MIDWEST

Kentucky Senior Games Lexington, Sept. 14-18

| | |
|--------------------------|----------|
| 100m | |
| M50 Ernie Snodgrass MO | 12.73 |
| Randall Watts KY | 13.50 |
| M55 Michael Daniels OH | 13.05 |
| Ditto Davis KY | 13.59 |
| M60 Ray Clarence MI | 13.33 |
| Avital Schurr KY | 13.92 |
| M65 Jerry White MI | 15.49 |
| M70 Jim McWilliams KY | 15.55 |
| M75 Reed Byford IN | 16.31 |
| M85 Howard Hall KY | 19.84 |
| W55 Mary Jilka KY | 15.65 |
| W55 Catherine Bishop KY | 55.13 |
| W60 Sandra Guy TN | 16.33 |
| Carolyn Carpenter KY | 31.11 |
| W65 Toni Martinazzi KY | 20.92 |
| W75 Mary Waggoner KY | 30.01 |
| 200m | |
| M50 Ernie Snodgrass MO | 26.96 |
| M55 Michael Daniels OH | 28.92 |
| Ditto Davis KY | 29.66 |
| Eddie Bowen KY | 33.85 |
| M60 Jerry White MI | 32.38 |
| M70 Thomas Phillips OH | 32.22 |
| Barry Bertram KY | 35.92 |
| M75 Byford Reed IN | 35.85 |
| J T Rives KY | 1:10.60 |
| W50 Mary Jilka KY | 33.07 |
| W55 Terry Foody KY | 51.75 |
| W60 Mary Robinson OH | 33.52 |
| W65 Toni Martinazzi KY | 53.48 |
| W75 Joan Rives KY | 1:50.76 |
| 400m | |
| M50 Ernie Snodgrass MO | 1:00.87 |
| Randall Watts KY | 1:12.29 |
| M55 Tim Wigger KS | 1:05.43 |
| Michael Daniels OH | 1:13.33 |
| Ditto Davis KY | 1:13.45 |
| M60 Dan Hansman IN | 1:05.43 |
| Emmitt Smith KY | 1:24.51 |
| M65 Jerry White MI | 1:21.89 |
| M70 Barry Bertram KY | 1:27.21 |
| M75 J T Rives KY | 3:35.33 |
| M85 Howard Hall KY | 2:05.60 |
| W55 Brenda Burton KY | 1:38.41 |
| W60 Mary Robinson OH | 1:24.62 |
| Carol Mauriello KY | 2:17.98 |
| W65 Toni Martinazzi KY | 2:01.69 |
| W75 Mary Waggoner KY | 3:45.77 |
| 800m | |
| M50 Michael Stratford KY | 2:25.90 |
| M55 Tim Wigger KS | 2:21.12 |
| M60 Fred Svodoba OH | 3:16.09 |
| Emmitt Smith KY | 3:47.93 |
| M65 Jerry White MI | 3:16.25 |
| M70 Ronald Chilton KY | 4:50.83 |
| M75 J T Rives KY | 6:16.82 |
| W55 Brenda Burton KY | 3:33.47 |
| W60 Carol Mauriello KY | 5:12.62 |
| W65 Toni Martinazzi KY | 4:35.70 |
| W75 Mary Waggoner KY | 7:02.99 |
| 1500m | |
| M50 John Vinsel KY | 5:17.30 |
| M55 Charles Bishop KY | 6:14.52 |
| M60 Jerry White MI | 6:37.54 |
| M70 Daniel Quick KY | 7:30.74 |
| W55 Harold Love KY | 8:31.05 |
| W55 Brenda Burton KY | 7:16.62 |
| W60 Carol Mauriello KY | 10:29.10 |
| W65 Mary Kelly TN | 8:43.38 |
| Toni Martinazzi KY | 11:40.18 |
| High Jump | |
| M55 John Jones OH | 4-10 |
| Gerry Scaringi KY | 4-2 |
| M60 Alex Meyer NE | 4-0 |
| Joseph Mauriello KY | 3-8 |
| M65 Larry Heine TN | 4-2 |
| Herman Hardesty KY | 2-10 |
| M70 Jim McWilliams KY | 3-10 |
| M85 Howard Hall KY | 3-0 |
| W55 Catherine Bishop KY | 2-7 |
| W60 Sandra Guy TN | 3-4 |
| W65 Joyce Manis TN | 3-0 |
| Pole Vault | |
| M60 Alex Meyer NE | 6-0 |
| M65 Larry Heine TN | 8-0 |
| Long Jump | |
| M50 David Walker MO | 16-3 |
| M55 John Jones OH | 16-6 |
| M60 Dan Hansman IN | 13-0 |
| Joseph Mauriello KY | 11-7.50 |
| M65 Larry Heine TN | 13-3.50 |
| Herman Hardesty KY | 7-11 |
| M70 Thomas Phillips OH | 10-2.25 |
| Ronald Chilton KY | 8-7 |
| M75 J T Rives KY | 5-4.50 |
| M85 Howard Hall KY | 8-0 |
| W55 Catherine Bishop KY | 4-5 |
| W60 Sandra Guy TN | 9-4 |
| Carolyn Carpenter KY | 6-2 |
| W65 Joyce Manis TN | 7-7 |
| W70 Bobbie Blier KY | 3-2 |
| W75 Gladys Hinkle KY | 2-0 |
| W85 Winnie Muney KY | 3-11 |
| Shot Put | |
| M50 David Walker MO | 27-8.50 |
| M55 Gerry Scaringi KY | 36-3.50 |
| M60 Alex Meyer NE | 36-0 |
| Eddie Bowen KY | 28-0 |
| M65 Paul Deem IN | 36-2.50 |
| Lowell Stevens KY | 27-4 |
| M70 Jim McWilliams KY | 34-10 |
| M75 Cyrus Deem IN | 36-3 |
| J T Rives KY | 20-0 |

| | |
|-------------------------|----------|
| M80 Fred Sweet | 20-9.50 |
| M85 Cliff Barker KY | 20-5 |
| W50 Pam Dowdy KY | 10-5 |
| W55 Mary Hartzler OH | 35-0.50 |
| Catherine Bishop KY | 20-2 |
| W60 Mary Robinson OH | 23-10 |
| Nancy Leany KY | 18-1.50 |
| W65 Judith Thomas KY | 21-5 |
| W70 C Blankenship KY | 13-11 |
| W75 Cathern Wyatt KY | 20-5 |
| W80 Cora Clements KY | 9-2.50 |
| W85 Helen Mills KY | 14-7 |
| Discus | |
| M55 Toby Bedford MI | 135-11 |
| Gerry Scaringi KY | 83-9 |
| M60 Mel Giancola KY | 114-11 |
| M65 William Edwards OH | 117-0 |
| James Justice KY | 52-11 |
| M70 William Coates KY | 56-0 |
| M75 Cyrus Deem IN | 95-8 |
| M85 J T Rives KY | 41-11 |
| W55 Catherine Bishop KY | 45-2 |
| W60 Sandra Guy TN | 54-6 |
| Nancy Leany KY | 32-9 |
| W65 Judith Thomas KY | 41-1 |
| W70 C Blankenship KY | 31-9 |
| W75 Cathern Wyatt KY | 35-9 |
| W85 Winnie Muney KY | 23-7 |
| Javelin | |
| M55 Joe Lary AL | 117-2 |
| Gerry Scaringi KY | 92-3 |
| M60 Jonathon Spiers KY | 42-0 |
| M65 Lowell Stevens KY | 86-4 |
| M70 William Coates KY | 50-7 |
| M75 Carl Blier KY | 36-0 |
| M80 Fred Sweet KY | 39-9 |
| M85 Howard Hall KY | 57-1 |
| W55 Catherine Bishop KY | 38-1 |
| W60 Sandra Guy TN | 38-9 |
| Carolyn Carpenter KY | 38-9 |
| W65 Joyce Manis TN | 37-8 |
| Mabel Forman KY | 25-2 |
| W70 C Blankenship KY | 23-8 |
| W75 Mary Waggoner KY | 23-11 |
| W80 Helen Mills KY | 22-8 |
| Howard Hall KY | 57-1 |
| 1500m RW | |
| M55 Joe Lary AL | 9:31.14 |
| D Waggoner KY | 12:42.38 |
| M60 Eddie Bowen KY | 10:47.37 |
| M65 Erwin Boone IN | 10:35.90 |
| M70 Barry Bertram KY | 10:34.12 |
| M75 Harold Love KY | 10:52.67 |
| M80 Howard Hall KY | 11:07.56 |
| W50 Maria Lee AL | 12:31.74 |
| W55 C Bishop KY | 12:27.39 |
| W60 Susan Conner KY | 10:30.70 |
| W65 Miriam Jackobs OH | 10:32.30 |
| Judith Thomas KY | 13:29.03 |
| W70 Mycia Bell KY | 14:34.01 |
| W75 Mary Waggoner KY | 15:30.09 |
| W85 Helene Perkins KY | 16:27.74 |
| 5K Road Race | |
| M50 Randall Watts KY | 19:52 |
| M55 Charles Bishop KY | 22:29 |
| M60 Bruce Karey KY | 23:02 |
| M70 Daniel Quick KY | 26:37 |
| M75 Harold Love KY | 30:46 |
| W55 Linda Guirgevic KY | 35:34 |
| W60 Mary Nagle KY | 25:14 |
| W65 Toni Martinazzi KY | 30:31 |

MID-AMERICA

Halstead Open & Masters Meet, Halstead, KS Sept. 17

| | |
|----------------------|---------|
| 100m | |
| M40 David Cottner | 12.19 |
| Matt Bickhard | 13.06 |
| M50 Kirk Burgess | 12.37 |
| Ron Boleward | 12.50 |
| William Sellers | 12.97 |
| M55 Jeff Evangelista | 13.56 |
| Dave Osborne | 14.00 |
| M60 James Snook | 14.66 |
| M65 Bob Lida | 13.03 |
| M70 Roger Weidman | 16.28 |
| Deloyne Huffman | 16.44 |
| 200m | |
| M40 Donald Cottner | 24.63 |
| M45 Roger Davis | 25.92 |
| M50 Kirk Burgess | 25.47 |
| M55 Jeff Evangelista | 28.31 |
| M65 Bob Lida | 26.44 |
| M70 Deloyne Huffman | 37.51 |
| 400m | |
| M45 Roger Davis | 59.13 |
| M50 William Silers | 1:01.09 |
| M55 Jeff Evangelista | 1:05.78 |
| Dave Osborne | 1:17.84 |
| M65 Bob Lida | 1:02.06 |
| M70 Deloyne Huffman | 1:23.44 |
| 800m | |
| M40 Rod Zook | 2:08.07 |
| Jeff Davis | 2:29.82 |
| M45 Michael Valdois | 2:33.62 |
| M55 Richard Golden | 3:39.40 |
| M70 Deloyne Huffman | 3:11.00 |
| Bill Perich | 3:23.37 |
| 1 Mile | |
| M40 Rod Zook | 4:53.70 |
| Matt Bickhard | 5:25.13 |
| Jeff Davis | 5:32.91 |
| M50 Brad Chatfield | 5:48.40 |
| M55 Richard Golden | 7:42.19 |

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|-----------------------------|----------|
| M70 Deloyne Huffman | 8:44.94 |
| W45 Kim Borders | 12:04.28 |
| Long Jump | |
| M45 Bobby Porter | 15-3.50 |
| M75 Dale Hearon | 8-2.50 |
| Standing Triple Jump | |
| M45 Bobby Porter | 24-5 |
| M60 James Snook | 17-10.50 |
| M65 Jerrol Springer | 18-4 |
| Triple Jump | |
| M45 Bobby Porter | 31-10 |
| M60 James Snook | 22-6 |
| M65 Jerrol Springer | 20-3.50 |
| Shot Put | |
| M40 Wendell Donaldson | 41-3 |
| Craig Sutton | 39-10 |
| M45 Rick Anderson | 45-6 |
| Ray Burton | 42-0 |
| M55 Bob Peters | 42-4 |
| M60 Ralph Check | 36-11 |
| M65 Dick Pilgrim | 40-7 |
| Al Salmon | 37-1.25 |
| Ron Anderson | 32-1 |
| M70 Wendell Palmer | 32-9 |
| John Harshbarger | 39-1 |
| M75 Dale Hearon | 24-9 |
| W45 Vicki Check | 23-11 |
| W60 Sharon Springer | 17-8 |
| Discus | |
| M40 Wendell Donaldson | 144-8 |
| M45 Ray Burton | 150-5 |
| Rick Anderson | 128-5 |
| Mark Talbert | 105-6 |
| M55 Bob Peters | 114-0 |
| M60 Ralph Check | 120-5 |
| M65 Ron Anderson | 146-4 |
| Jerrol Springer | 134-8 |
| Al Salmon | 119-3 |
| Dick Pilgrim | 110-9 |
| M70 Wendell Palmer | 140-5 |
| John Harshbarger | 114-8 |
| M75 Dale Hearon | 75-8 |
| W45 Vicki Check | 67-1 |
| W60 Sharon Springer | 36-6 |

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|----------------------------|----------|--------------------------|-------|
| Frank Mosher CA | 7.97 | William Butzin OF | 1.00 |
| M60 Michael Squier NV | 8.06 | M60 David Hood MO | 1.25 |
| M65 Steve Bowles NV | 7.39 | Victor Chaney OR | 1.20 |
| Al McDaniels NV | 7.78 | M65 Ralph Reiche UT | 1.35 |
| Karl Thorpe CA | 7.86 | Armand Zahn | 1.30 |
| M70 Robert Reid VA | 7.17 | Jerald Landwehr NV | 1.20 |
| Paul Flanagan WA | 6.01 | M70 Doug Spahnower UT | 1.43 |
| Jim Jenks ID | 10.79 | Steve Bowles NV | 1.25 |
| M75 Norm Lesage BC | 8.06 | Loren Monroe MI | 1.15 |
| Andy Anderson NM | 8.41 | Thomas Buck NV | 1.05 |
| James Hinton NV | 9.27 | M75 James Stookey MD | 1.25 |
| Huel Washington NV | 10.13 | Harry Merker NC | 1.00 |
| William Kjomoe NV | 11.75 | M60 Marg Radcliffe BC | 1.15 |
| W50 Bonnie Muscato NV | 8.77 | M65 Evelyn Wright MD | 1.25 |
| M60 Marg Radcliffe BC | 6.48 | W70 Ellen Brannigan | 1.00 |
| Bonnie Sayre NV | 10.12 | Clarine Covington TN | 0.90 |
| Ericka Turner NV | 8.67 | Pole Vault | |
| W65 Pattie Palmer WV | 7.38 | M50 Michael Holly NV | 2.74 |
| W70 Audrey Lary MD | 8.40 | M55 Steve Morris CA | 3.65 |
| W75 Louise Martin CA | 13.60 | Bruce Perkins NV | 2.44 |
| W80 Dore McLeod-Smith BC | 10.60 | John Perkins AZ | 2.44 |
| 100m | | M60 Matti Kipelainen MI | 3.83 |
| M50 Stacey Price NM | 12.83 | Mardon Collely NV | 3.11 |
| Mark Divini MA | 14.56 | M65 David Servis OG | 2.14 |
| Jeff Buhmiller AZ | 14.77 | Armand Zahn | 1.33 |
| Barry Bilbray NV | 14.97 | M75 Bud Held CA | 2.89 |
| M55 Marlowe Goble UT | 13.95 | W50 Nancy Cochrane CA | 1.23 |
| Bill Oberding NV | 14.00 | Long Jump | |
| M60 Michael Squier NV | 19.25 | M50 Don Parry UT | 4.87 |
| M65 Steve Bowles NV | 14.55 | Wayne Renner OH | 4.45 |
| Karl Thorpe CA | 15.62 | Michael Holly NV | 3.92 |
| M70 Robert Whilden TX | 14.37 | Barry Bilbray NV | 3.84 |
| Robert Reid VA | 15.34 | M55 Bill Oberding NV | 4.68 |
| Loren Monroe MI | 18.78 | M60 David Wood MO | 3.90 |
| M75 James Stookey MD | 15.28 | Victor Chaney OR | 3.64 |
| Norm Lesage BC | 15.77 | M65 George LaBelle MN | 3.74 |
| James Hinton NV | 19.74 | David Servis OH | 3.38 |
| William Kjomoe NV | 25.44 | M70 Doug Spahnower UT | 4.74 |
| M85 Frederick hompkins AZ | 22.23 | Loren Moore MI | 3.50 |
| W50 Bonnie Muscato NV | 20.52 | Jack Janne NV | 3.00 |
| W55 Bonnie Bell CA | 19.77 | M75 James Stookey MD | 4.00 |
| W60 Marg Radcliffe BC | 18.33 | W50 Irene Thompson NY | 4.48 |
| Ericka Turner NV | 22.11 | W65 Evelyn Wright MD | 3.14 |
| Opal Woods OK | 29.46 | Ingeborg Siegers GER | 2.23 |
| W65 Pattie Palmer WV | 21.20 | W70 Audrey Lary MD | 3.25 |
| W70 Audrey Lary MD | 18.00 | Ellen Brannigan CA | 2.25 |
| Louise Martin CA | 21.91 | W75 Louise Martin CA | 1.54 |
| W80 D McLeod-Smith BC | 23.36 | Triple Jump | |
| 200m | | M50 Don Parry UT | 9.78 |
| M50 Stacey Price NM | 27.13 | Dave Denham NV | 9.39 |
| M55 Marlowe Goble UT | 29.42 | Barry Bilbray NV | 7.68 |
| M65 Steve Bowles NV | 30.42 | M55 John Perkins AZ | 8.25 |
| Karl Thorpe CA | 32.89 | Bruce Perkins NV | 7.75 |
| George LaBelle MN | 34.23 | M60 Victor Chaney OR | 9.75 |
| M70 Robert Whilden TX | 28.84 | M65 George LaBelle MN | 8.25 |
| Robert Reid VA | 32.14 | M70 Donald Leis CA | 6.75 |
| Martin Heard TX | 36.73 | M75 James Stookey MD | 9.30 |
| John Radocha NV | 46.36 | W50 Irene Thompson NY | 9.35 |
| M75 James Stookey MD | 31.60 | W65 Evelyn Wright MD | 7.33 |
| Norm Lesage BC | 32.79 | W70 Audrey Lary MD | 7.93 |
| Andy Anderson NM | 35.23 | Shot Put | |
| James Hinton NV | 43.39 | M50 Ray Burton OR | 14.22 |
| M85 Frederick Thompsons AZ | 48.41 | Brent Moorehead NV | 11.41 |
| W50 Irene Thompson NY | 31.60 | Wayne Renner OH | 10.63 |
| W55 Bonnie Bell CA | 39.32 | M55 Frank Onorato NV | 11.72 |
| W60 Marg Radcliffe BC | 38.33 | Ron Jones UT | 10.92 |
| W70 Audrey Lary MD | 39.38 | Eddie Damron NV | 9.98 |
| W80 D McLeod-Smith BC | 52.88 | James McEvoy NV | 9.84 |
| 400m | | M60 Julius Cassels NV | 11.06 |
| M55 Search Barnett CA | 1:13.77 | Kenneth Baker NV | 9.53 |
| M70 Paul Flanagan WA | 1:16.98 | M65 Richard Salisbury CO | 12.09 |
| John Radocha NV | 1:41.87 | Paul Lissy NV | 12.09 |
| W75 James Hinton NV | 1:32.46 | Neil Saling OR | 11.43 |
| W85 F Thompsons AZ | 1:46.00 | M70 Bob Lawson WA | 11.99 |
| W50 Irene Thompson NY | 1:08.94 | Doug Tomlinson CA | 11.13 |
| W60 Marg Radcliffe BC | 1:11.95 | William Smith NV | 11.85 |
| Ericka Turner NV | 1:29.22 | Heney De Forest MA | 9.40 |
| W65 Diane Hall CA | 2:11.39 | Thomas Buck NV | 8.64 |
| W75 Helen Schley MD | 2:02.13 | Jack Janne NV | 8.64 |
| 800m | | M75 William Bergen MD | 7.42 |
| M55 Searcy Barnett CA | 2:39.45 | M85 Roger Hall NM | 6.35 |
| M60 Ralph Reiche UT | 3:25.40 | W50 Bonnie Muscato NV | 7.29 |
| M70 Paul Flanagan WA | 3:06.58 | W55 Myrle Mensey MO | 11.20 |
| John Radocha NV | 4:14.68 | Mary Halner NV | 5.36 |
| M75 James Hinton NV | 4:57.00 | W60 Patricia Hunter CA | 6.25 |
| M85 F Thompsons AZ | 4:53.94 | Maureen Mackey NV | 5.81 |
| W50 Jeanne Ratzloff CO | 3:19.73 | W65 Evelyn Wright MD | 8.15 |
| W60 Ericka Turner NV | 4:33.04 | Dee Anne Janne NV | 7.62 |
| W65 Pattie Palmer WV | 4:15.83 | Ingeborg Siegers GER | 5.93 |
| Diane Hall CA | 4:16.08 | W70 Ellen Brannigan CA | 5.17 |
| W75 Helen Schley MD | 4:58.13 | W80 D McLeod-Smith BC | 5.00 |
| 1500m | | Discus | |
| M50 Robert Qualls NV | 5:23.56 | M50 Ray Burton OR | 49.65 |
| Ben Wiley CO | 5:26.08 | Richard Watson AZ | 35.10 |
| M55 Searcy Barnett CA | 5:31.97 | Wayne Renner OH | 33.96 |
| M70 John Radocha NV | 8:33.28 | M55 Terry Medjo NE | 33.93 |
| M75 James Hinton NV | 8:23.85 | James McEvoy NV | 30.58 |
| W50 Jeanne Ratzloff CO | 6:47.64 | William Butzin OH | 29.48 |
| W60 Bonnie Sayre NV | 8:42.41 | M60 Larry Pratt DE | 46.92 |
| W65 Pattie Palmer WV | 8:44.85 | Kenneth Baker | 28.92 |
| Diane Hall CA | 8:49.29 | M65 Bob Humphreys | 42.71 |
| W75 Helen Schley MD | 10:07.70 | Neil Saling OR | 36.89 |
| Short Hurdles | | Dick Dow WA | 34.95 |
| M50 Stacey Price NM | 14.90 | M70 Bob Lawson WA | 37.10 |
| M65 George LaBelle MN | 19.65 | Doug Tomlinson CA | 34.45 |
| M75 James Stookey MD | NTA | William Smith NV | 35.37 |
| High Jump | | Robert Jordan CA | 29.01 |
| M50 Michael Holly NV | 1.25 | Henry de Forest MA | 28.90 |
| Wayne Renner OH | 1.25 | Jack Janne NV | 22.63 |
| Richard Watson AZ | 1.25 | Buck Thomas NV | 21.28 |
| M55 Eddie Damron NV | 1.25 | M75 Tom Allison OR | 27.56 |
| John Perkins AZ | 1.25 | William Bergen MD | 22.64 |

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|--------------------------|----------|-------------------------------------|----------|
| M80 Dick Mulkern IA | 31.08 | Jerry Wojcik OR | 3347 |
| M85 Roger Hall NV | 5.18 | William Bergen MD | 2722 |
| W50 Linda Cohn CA | 23.51 | M80 Dick Mulkern IA | 4159 |
| Lynn Dow WA | 22.21 | M85 Hugh Hackett NM | 2839 |
| Bonnie Muscato NV | 15.39 | W55 Myrle Mensey MO | 3836 |
| W55 Myrle Mensey MO | 23.71 | Mary Halner NV | 1465 |
| Nancy Cochrane CA | 14.32 | W60 Patricia Hunter CA | 2449 |
| Mary Halner NV | 13.58 | W65 Dee Anne Janne NV | 2727 |
| W60 Patricia Hunter CA | 13.91 | 1500m RW | |
| Maureen Mackey NV | 13.08 | M55 William Butzin OH | 12:18.22 |
| W65 Evelyn Wright MD | 19.66 | M65 Ted Moore NV | 8:08.01 |
| Dee Anne Janne NV | 17.84 | J Landwehr NV | 10:01.80 |
| Patti Palmer WV | 12.81 | M75 George Irish NV | 10:44.41 |
| W70 Audrey Lary MD | 19.75 | W50 S Pappas NV | 13:11.79 |
| Ellen Brannigan CA | 16.44 | W55 Nancy Sullivan NV | 13:11.05 |
| C Covington TN | 11.80 | 5000m RW | |
| W80 D McLeod-Smith BC | 10.62 | M60 Don Betowski NV | 29:58.00 |
| Hammer | | M65 Ted Moore NV | 28:56.00 |
| M50 Ray Burton OR | 51.35 | 5K Road Race | |
| Richard Watson AZ | 37.00 | M55 Bruce Sullivan NV | 28:12 |
| Barry Bilbray NV | 21.24 | Clark van Houten NV | 29:40 |
| M55 William Butzin OH | 20.40 | M60 James Nichols NV | 36:35 |
| M60 Julius Cassels NV | 25.88 | Kenneth Baker NV | 43:35 |
| M65 Robin Herron CO | 27.60 | M65 Ralph Reiche UT | 28:59 |
| Fred Hunter CA | 25.52 | Claude Sharp NV | 31:50 |
| M70 Bob Lawson WA | 39.94 | M70 Paul Flanagan WA | 23:24 |
| Doug Tomlinson CA | 32.69 | Roy Nelson NV | 26:39 |
| Thomas Buck NV | 24.27 | John Radocha NV | 30:53 |
| M75 Jerry Wojcik OR | 30.65 | M75 Rudi Ardesch NV | 28:25 |
| Tom Allison OR | 28.79 | Jim Hinton NV | 30:31 |
| M80 Dick Mulkern IA | 26.55 | W50 Carla Carpenter NV | 29:55 |
| M85 Hugh Hackett NM | 19.85 | W60 Bonnie Sayre NV | 31:50 |
| W50 Carol Miller NV | 15.81 | W70 Vera Van-Wilson NV | 31:35 |
| W55 Myrle Mensey MO | 30.72 | 10K Road Race | |
| Mary Halner NV | 15.29 | M55 Clark van Houten NV | 59:33 |
| W60 Patricia Hunter CA | 19.44 | M60 Kenneth Baker NV | 1:35:57 |
| Maureen Mackey NV | 15.81 | M65 Ralph Reiche UT | 1:13:24 |
| W65 Evelyn Wright MD | 23.19 | M70 Paul Flanagan WA | 49:40 |
| Dee Anne Janne NV | 18.00 | Roy Nelson NV | 58:29 |
| Patti Palmer WV | 13.43 | M75 Jim Hinton NV | 1:05:37 |
| W70 Audrey Lary MD | 22.04 | Phoenix Fall Classic T&F | |
| W80 D McLeod-Smith BC | 11.46 | Meet, Paradise Valley CC | |
| Javelin | | Phoenix, AZ; Oct. 15 | |
| M50 David Hamel CA | 52.26 | | |
| Richard Watson AZ | 36.79 | | |
| Wayne Renner OH | 33.50 | | |
| Dave Denham NV | 28.00 | | |
| Barry Bilbray NV | 21.03 | | |
| M55 Ron Jones UT | 43.16 | | |
| James McEvoy NV | 36.60 | | |
| Terry Medjo NE | 34.37 | | |
| M60 David Hood MO | 32.19 | | |
| John Whittington NV | 28.45 | | |
| Kenneth Baker NV | 27.10 | | |
| M65 George LaBelle MN | 29.97 | | |
| Fred Hunter CA | 27.04 | | |
| David Servis | 19.80 | | |
| M70 Bob Lawson WA | 35.18 | | |
| Jack Janne NV | 23.22 | | |
| Donald Vann NV | 22.19 | | |
| M75 Jerry Wojcik OR | 21.80 | | |
| James Hinton NV | 14.00 | | |
| M80 Dick Mulkern IA | 23.48 | | |
| M85 Roger Hall NV | 10.37 | | |
| W50 Linda Cohn CA | 30.57 | | |
| Nancy Cochrane CA | 15.46 | | |
| Bonnie Muscato NV | 14.59 | | |
| W55 Myrle Mensey MO | 17.33 | | |
| Mary Halner NV | 10.51 | | |
| W60 Marg Radcliffe BC | 27.21 | | |
| Tammy Jensen NC | 16.60 | | |
| Patricia Hunter CA | 16.12 | | |
| W65 Dee Anne Janne NV | 18.55 | | |
| Evelyn Wright MD | 18.22 | | |
| Ingeborg Siegers GER | 13.93 | | |
| W70 Ellen Brannigan CA | 12.10 | | |
| W80 D McLeod-Smith BC | 9.33 | | |
| Weight Throw | | | |
| M50 Ray Burton OR | 18.56 | | |
| Richard Watson AZ | 13.18 | | |
| Barry Bilbray NV | 5.62 | | |
| M55 William Butzin OH | 8.04 | | |
| Frank Onorato NV | 7.89 | | |
| M65 Robin Herron CO | 13.28 | | |
| Fred Hunter CA | 10.23 | | |
| Dick Dow WA | 7.47 | | |
| M70 Bob Lawson | 16.57 | | |
| Doug Tomlinson CA | 13.62 | | |
| Jack Janne NV | 10.30 | | |
| Thomas Buck NV | 9.14 | | |
| M75 Jerry Wojcik OR | 12.45 | | |
| Tom Allison OR | 11.92 | | |
| William Bergen MD | 7.85 | | |
| M80 Dick Mulkern IA | AR 13.56 | | |
| W55 Myrle Mensey MO | 13.47 | | |
| W60 Patricia Hunter CA | 8.41 | | |
| Maureen Mackey NV | 5.76 | | |
| W65 Evelyn Wright MD | 9.69 | | |
| Dee Anne Janne NV | 8.17 | | |
| W80 D McLeod-Smith BC | 5.51 | | |
| Weight Pentathlon | | | |
| M50 Ray Burton OR | 4438 | | |
| M55 William Butzin OH | 2268 | | |
| M60 Ian Percy CO | 4168 | | |
| Julius Cassels NV | 2452 | | |
| M65 Bob Humphreys CA | 4256 | | |
| Fred Hunter CA | 3005 | | |
| Robin Herron CO | 2446 | | |
| M70 Bob Lawson WA | 4494 | | |
| Doug Tomlinson CA | 3851 | | |
| Jack Janne NV | 2735 | | |
| M75 Tom Allison OR | 3988 | | |

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|------------------------|----------|------------------------|----------|
| M70 Doug McFetterls | 8-6 | M70 Doug McFetterls | 8-6 |
| M75 John Conley | 8-6 | M75 John Conley | 8-6 |
| W60 Kathy Jager | 7-6 | W60 Kathy Jager | 7-6 |
| Long Jump | | Long Jump | |
| M50 Stuart Hancock | 16-3 | M50 Stuart Hancock | 16-3 |
| M55 Christopher Jensen | 14-10 | M55 Christopher Jensen | 14-10 |
| M60 Larry Jones | 12-5 | M60 Larry Jones | 12-5 |
| M65 Dick Cunningham | 13-3 | M65 Dick Cunningham | 13-3 |
| M70 Gene Sutter | 11-1 | M70 Gene Sutter | 11-1 |
| M75 Gus Salazar | 9-6 | M75 Gus Salazar | 9-6 |
| W55 Linda Strock | 8-2 | W55 Linda Strock | 8-2 |
| Triple Jump | | Triple Jump | |
| M55 John Perkins | 25-11 | M55 John Perkins | 25-11 |
| W55 Linda Strock | 18-6.5 | W55 Linda Strock | 18-6.5 |
| Shot Put | | Shot Put | |
| M50 Michael Shiaras | 49-8 | M50 Michael Shiaras | 49-8 |
| M55 Tim Miller | 48-4 | M55 Tim Miller | 48-4 |
| M65 Donald Judd | 35-0 | M65 Donald Judd | 35-0 |
| M75 Jerry Donley | 26-11 | M75 Jerry Donley | 26-11 |
| M85 Roy Clark | 17-9 | M85 Roy Clark | 17-9 |
| W55 Melie Clark | 28-3.5 | W55 Melie Clark | 28-3.5 |
| Discus | | Discus | |
| M50 Richard Doria | 115-3 | M50 Richard Doria | 115-3 |
| M55 Tim Miller | 164-6 | M55 Tim Miller | 164-6 |
| M60 Paul McGuffin | 113-10 | M60 Paul McGuffin | 113-10 |
| M65 Bob Bergfeldt | 121-2 | M65 Bob Bergfeldt | 121-2 |
| M70 Doug McFetterls | 92-2 | M70 Doug McFetterls | 92-2 |
| M75 John Fucci, Sr. | 41-9 | M75 John Fucci, Sr. | 41-9 |
| M85 Roy Clark | 55-8 | M85 Roy Clark | 55-8 |
| W50 Lyn Dow | 78-0 | W50 Lyn Dow | 78-0 |
| W55 Melie Clark | 76-7 | W55 Melie Clark | 76-7 |
| Javelin | | Javelin | |
| M50 Jim Lothrop | 173-0 | M50 Jim Lothrop | 173-0 |
| M55 Melvin Hernandez | 108-5 | M55 Melvin Hernandez | 108-5 |
| M60 Paul McGuffin | 119-3 | M60 Paul McGuffin | 119-3 |
| M65 Bob Bergfeldt | 118-7 | M65 Bob Bergfeldt | 118-7 |
| M75 John Fucci, Sr. | 47-9 | M75 John Fucci, Sr. | 47-9 |
| W70 Christel Donley | 89-7.5 | W70 Christel Donley | 89-7.5 |
| 1500 Racewalk | | 1500 Racewalk | |
| M55 William Jefferson | 11:45.49 | M55 William Jefferson | 11:45.49 |
| M60 Zed Gonzorovsky | 8:59.62 | M60 Zed Gonzorovsky | 8:59.62 |
| M65 Neil Stockton | 9:47.42 | M65 Neil Stockton | 9:47.42 |
| M70 Cliff Elkins | 10:22.61 | M70 Cliff Elkins | 10:22.61 |
| M75 George Heberling | 14:34.61 | M75 George Heberling | 14:34.61 |
| M85 Roy Clark | 16:24.23 | M85 Roy Clark | 16:24.23 |
| W55 Diane Baird | 9:21.56 | W55 Diane Baird | 9:21.56 |
| W60 Ellie Kallal | 9:18.11 | W60 Ellie Kallal | 9:18.11 |
| W65 Lucy Diana | 10:57.15 | W65 Lucy Diana | 10:57.15 |
| W70 Joan Burgess | 12:27.72 | W70 Joan Burgess | 12:27.72 |
| W90 Estelle Frenberg | 13:51.51 | W90 Estelle Frenberg | 13:51.51 |

Transcendence Masters Games, Long Beach, CA Oct. 16

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| 100m | | |
| M50 Ken Stone | 13.92 | |
| M55 Stan Whitley | 12.65 | |
| Patrick Lyons | 13.17 | |
| M60 Lance Pierce | 14.80 | |
| Ron Ruranaka | 14.96 | |
| M65 Lee Gillespie | 14.74 | |
| Otis Williams | 16.63 | |
| M70 Sam Flory | 15.85 | |
| M80 Paul Evans | 18.67 | |
| Robert Davidson | 29.60 | |
| W40 Elaine Iba | 14.55 | |
| Mary Miller | 15.85 | |
| W50 Cathy Baar | 20.88 | |
| W60 Rosielee Jones | 20.66 | |
| W65 Kathy Bergen | 14.99 | |
| 200m | | |
| M40 T C Wardle | 24.87 | |
| M50 Ken Stone | 27.76 | |
| Phil Vallicella | 28.17 | |
| Patrick Pittman | 31.98 | |
| M55 Patrick Lyons | 27.69 | |
| M75 Al Escabosa | 33.92 | |
| Jim Selby | 34.16 | |
| M80 Robert Davidson | 1:13.79 | |
| W45 Debbie Selby | 36.25 | |
| W50 Cathy Baar | 43.72 | |
| W60 Rosielee Jones | 49.00 | |
| W80 Gerry Davidson | 1:02.64 | |
| 400m | | |
| M40 T C Wardle | 56.29 | |
| Gary Eckert | 56.41 | |
| M70 Louis Simms | 1:36.98 | |
| M75 Jim Selby | 1:18.34 | |
| Bob Holmes | 1:28.24 | |
| W45 Susan Dent | 1:06.45 | |
| Debbie Selby | 1:26.57 | |
| 800m | | |
| M40 Sujantra McKeever | 2:51.61 | |
| M45 Dave Cook | 2:22:18 | |
| M50 Steve Lassegard | 2:26:39 | |
| Venu Riggio | 3:30:51 | |
| M70 Louis Simms | 3:52.66 | |
| M75 Jim Selby | 3:14.50 | |
| Bob Holmes | 3:23.42 | |
| W45 Susan Dent | 2:35.46 | |
| W80 Gerry Davidson | 2:52:48 | |
| 1500m | | |
| M50 Steve Lassegard | 5:12.94 | |
| M70 Louis Simms | 8:14.19 | |
| 3000m | | |
| M45 James Marquez | 11:19.05 | |
| Dave Cook | 11:20.43 | |
| M50 Venu Riggio | 14:46.83 | |
| M60 Michael Blakeman | 16:59.38 | |
| M70 Louis Simms | 17:57.88 | |
| W40 Larisa Kharamova | 17:57.88 | |

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| Douglas Dillard 7.41 | W65 K Harper-Hall 38.92 | Maria Cobb 6:53.79 | Richard Whitehead 22-3.50 | Gary Krumweide 33.95 | W60 Maria Cobb 22:58.2 |
| Gerald Rose 7.49 | Patti Palmer 43.43 | Gloria Ako-Labi 6:55.07 | M65 Norman MacLeod 30-1.50 | Larry Beck 30.81 | Melinda Berge 26:27.8 |
| M65 Steven Bowles 7.55 | Teresa Hull 44.32 | W65 Margaret Conner 8:14.94 | Victory Chaney 29-2.50 | M70 Bob Lawson 36.65 | Faye Green 33:00.8 |
| John Parks 7.67 | W70 Audrey Lary 39.19 | Mikki Eddlemon 8:16.50 | Darrel Short 24-10.50 | Gary Loosli 35.28 | W65 Donna Wooldridge 25:04.2 |
| Bob Shoemaker 7.80 | Nessie Hollicky 43.73 | Patti Palmer 8:20.07 | M70 Doug Spainhower 29-2.50 | Jack Janne 24.00 | Dixie Mathis 25:44.2 |
| M70 Robert Reid 7.98 | Magdalena Kuehne 44.35 | W70 Nessie Hollicky 8:06.44 | Frank Michalek 24-8.50 | M75 Del Alaways 34.77 | Mary Kaplan 30:13.5 |
| Frank Michalek 8.57 | Maynie Ho 58.88 | Della Works 9:48.14 | Donald Leis 22-1.50 | Marvin Woodbury 25.75 | W70 Nessie Hollicky 28:04.5 |
| Melvin Fackrell 10.31 | Louise Martin 1:13.68 | Annette Hardy 9:50.21 | M75 James Stookey 28-6 | John Goggins 11.98 | Ruth Neff 29:18.9 |
| M75 James Stookey 8.19 | W80 D McLeod Smith 53.60 | Maynie Ho 9:58.88 | Ted Hansen 26-7.75 | M80 John Jensen 20.90 | Annette Hardy 34:34.3 |
| Ted Hansen 8.40 | Lillie Doss 1:17.92 | W80 Lillie Doss 13:21.29 | M80 Bill Wambach 21-1 | Frank Weber 16.71 | W75 Jeanne Mayer 49:00.3 |
| Jack Fischer 8.70 | Pauline Pergande 1:37.92 | 3000m | M85 Ralph Mazwell 23-1.50 | M85 Myron Dover 17.93 | W80 Annie C Barker 40:21.5 |
| M80 David Rocha 10.00 | 400m | M50 Chuck Smead 10:44.77 | M90 Leland McPhie 16-0.25 | M90 Donald Pellman 20.39 | Wanda Hall 42:46.7 |
| Keith Schofield 10.38 | M50 Hubert Evans 56.71 | Daryl Moss 12:18.08 | W50 Linda Cohn 28-4.75 | W50 Linda Cohn 37.56 | Lillie Doss 43:32.0 |
| Frank Wales 14.44 | Rick Easley 56.81 | Daniel Alberts 12:12.26 | W55 Liz McBlain 20-6 | Janita Austin 28.14 | W85 Florence Boulton 1:07:46.2 |
| M90 Leland McPhie 12.11 | Trip Reynolds 57.72 | M55 Tom Poulson 11:49.54 | W60 Kathy Zombor 19-0.50 | Nancy Cochran 14.78 | 10K Road Race |
| Herbert Wright 16.96 | M55 David Salazar 59.90 | Aurelio Herrera 12:00.97 | W65 Evelyn Wright 22-11.25 | W55 Linda Harris 25.60 | M50 Heath Hibbard 39:12.6 |
| M100 Russell Clark 39.92 | Arthur Lewis 1:01.11 | M60 Terry Slemko 12:27.96 | W70 Audrey Lary 26-2.75 | Christie Johnston 23.59 | Brian Fisher 44:56.4 |
| W50 Marcia Trotman 8.06 | Aurelio Herrera 1:09.69 | Jim Miles 15:19.78 | Ruth Neff 21-3.25 | Myrie Mensey 18.87 | Rand Nielson 49:55.5 |
| Pearl Yearwood 8.10 | M60 John Galazin 1:01.68 | M65 Verle Tolley 17:34.04 | Magdalena Kuehne 20-1.50 | W60 Marg Radcliff 29.46 | Kevin Dillon 53:50.9 |
| Muriel Agard 8.92 | Graeme Shirley 1:07.65 | M70 Paul Flanagan 13:58.12 | Shot Put | Wendy Dickson 19.55 | Alan Poytress 59:40.4 |
| W55 Audrey Cox 8.22 | Dean Olson 1:11.29 | Howard Miles 16:03.48 | M50 Michael Wasp 11.37 | Tammy Jensen 17.42 | Rand McCullough 1:00:26.6 |
| Linda Forreste 8.43 | M65 John Gustafson 1:08.57 | Ed Hardy 16:15.47 | Charles Wright 11.21 | W65 Dee Ann Janne 18.44 | M55 Tom Poulsen 38:20.5 |
| Bonnie Bell 10.00 | Victor Young 1:12.89 | M75 Bill Bogdan 23:07.07 | Robert Smith 11.02 | Pat Vorreiter 17.78 | Richard Diedrich 40:33.7 |
| W60 Marg Radcliffe 9.07 | Berry Tindle 1:13.59 | W50 Marlene Summers 17:48.62 | M55 Lee Stevens 10.92 | Evelyn Wright 15.51 | Aurelio Herrera 40:56.8 |
| Wendy Dickson 10.82 | M70 Paul Flanagan 1:17.97 | W60 Maria Cobb 14:07.87 | Ron Jones 10.38 | W70 Magdalena Kuehne 13.46 | Davis Rogers 43:04.2 |
| Opal Woods 14.60 | Donald Leis 1:27.78 | Gloria Ako-Labi 15:06.07 | Tom Frisbee 9.92 | Ellen Brannigan 13.41 | Lynn Button 43:47.3 |
| W65 Dorothy Huston 11.53 | Howard Miles 1:33.56 | Jane Haynie 20:34.87 | M60 Mark Chapman 12.23 | Alice Purdes 7.54 | Jim Mensching 50:17.9 |
| W70 Audrey Lary 9.08 | M75 Rodney Brown 1:17.48 | W65 Mikke Eddlemon 18:05.08 | Richard Mintken 11.89 | W75 Dee Thomas 9.19 | Ron VanMeenen 50:41.9 |
| Ruth Neff 10.07 | Bob Holmes 1:27.64 | Mary Kaplan 18:22.30 | Gary Stene 11.07 | Georgina Goggin 8.58 | Gary Thayne 50:44.1 |
| Sylvia Mergl 10.29 | Michael Sutura 4:31.74 | Laura Stepan 19:33.43 | M65 Paul Lissy 11.69 | W80 D McLeod-Smith 9.44 | Rob Epperson 52:39.9 |
| W75 Margie Fitzgerald 10.16 | M80 David Rocha 1:40.73 | W70 Annette Hardy 20:35.22 | Neil Salaing 11.09 | Annie Barker 9.42 | Daniel Eddy 54:52.7 |
| Georgia Goggin 12.88 | Roland Rossli 3:08.45 | W80 Lillie Doss 26:21.87 | George Soule 10.98 | W90 Verla Ball 4.21 | M60 Charles Day 44:07.0 |
| Louise Martin 15.11 | M85 Frederic Tompkins 1:53.06 | High Jump | M70 Bob Lawson 12.25 | 1500m RW | Jim Miles 55:42.2 |
| W80 D McLeod-Smith 12.54 | W50 Ainsley Lovell 1:13.28 | M50 Rodney Husbands 1.52 | William Smith 11.51 | M50 Tom Gerhardt 8:39.4 | M65 Larry Heffer 50:48.1 |
| G Miller-Sajwaj 15.83 | Marlene Summers 1:58.75 | Rob Schenk 1.47 | Richard Douglas 10.87 | M55 Richard Hughes 9:45.4 | Frederick Mattos 51:09.4 |
| Pauline Pergande 20.34 | W55 Audrey Cox 1:14.00 | Sam Melonas 1.47 | M75 Grant Twitchell 9.72 | Howard Wilson 12:30.1 | Jay Jaffe 59:58.4 |
| 100m | Catherine Roberts 1:16.18 | M55 Terry Medjo 1.21 | Del Alaways 9.63 | M60 Norman Frable 7:25.6 | George Tosatti 1:00:00.7 |
| M50 Jim Ross 11.75 | Linda Forrestel 1:17.02 | M60 Ron Greeno 1.57 | Jim Evans 7.83 | Eduardo Sorrenti 8:20.5 | Thomas Bourke 1:02:02.5 |
| Hubert Evans 12.22 | W60 Marion Burr 1:26.73 | Norman Frable 1.52 | M80 John Jensen 7.02 | Daryl Meyers 8:46.3 | M70 Paul Flanagan 47:41.7 |
| Rodney Husbands 12.67 | Gloria Ako-Labi 1:26.77 | John Galazin 1.42 | Frank Weber 6.66 | M65 James Beckett 8:33.2 | Ed Hardy 54:41.2 |
| M55 Marlowe Goble 13.15 | W65 Kathy Harper-Hall 1:33.63 | M65 Ralph Reiche 1.32 | M85 Myron Dover 6.73 | John Backlund 8:47.4 | Alister Murray 59:57.3 |
| Arthur Lewis 13.38 | Margaret Conner 1:42.50 | Dennis DeWitt 1.21 | M90 Donald Pelman WR/AR 10.15 | M70 Presley Donaldson 10:06.4 | John R Clark 1:06:16.5 |
| Bill Oberding 13.59 | Patti Palmer 1:45.79 | Bob Shoemaker 1.21 | Leland McPhie 6.71 | John Lyle 10:09.4 | Jim Flora 1:13:21.8 |
| M60 Douglas Dillard 13.24 | W70 Nessie Hollicky 1:47.37 | Don Roberts 1.21 | Everett Penrod 6.10 | Bruce Rice 11:11.3 | Bud Astin 1:19:21.1 |
| Andy Pitas 13.51 | Della Works 2:20.04 | M70 Doug Spainhower 1.39 | W50 Linda Cohn 31-2.50 | W50 Jeanine Allsup 8:55.1 | R Keith Jones 1:27:10.0 |
| Gerald Rose 13.89 | Annette Hardy 2:26.38 | Frank Michalek 1.21 | Janita Austin 30-2.25 | Terri Lister 10:24.1 | M75 Paul Nance 55:06.8 |
| M65 Steven Bowles 13.40 | W75 Helen Schley 2:10.64 | Donald Leis 1.06 | Nancy Cochran 18-0.75 | W60 Jolene Steigerwalt 8:44.2 | Corky Corthell 1:00:50.3 |
| Berry Tindle 14.33 | Maynie Ho 2:16.56 | M75 James Stookey 1.27 | W55 Myrie Mensey 10.99 | Kathy Frable 8:46.1 | Charlie Brown 1:03:50.2 |
| Bob Shoemaker 14.35 | W80 Lillie Doss 3:07.77 | Jack Fischer 1.21 | Liz McBlain 9.03 | Darlene Backlund 10:08.3 | Dick Graves 1:13:59.9 |
| M70 Paul Flanagan 18.08 | 800m | John Goggin 0.96 | Linda Harris 8.55 | W65 Louise Walters 9:18.2 | M80 Howard Mayer 1:11:35.5 |
| M75 James Stookey 14.66 | M50 Bruce Beattie 2:36.19 | M80 Bill Wambach 1.16 | W60 Terrie Godfrey 8.85 | Dorothy Huston 10:31.1 | Sid Smith 1:17:18.8 |
| Jack Fischer 15.77 | Daniel Alberts 3:09.50 | M85 Ralph Maxwell 1.11 | Wendy Dickson 6.83 | Mary Miller 10:35.6 | M85 Goryun Nigogosyan 1:26:35.3 |
| John Goggin 19.95 | M55 David Salazar 2:14.23 | M90 Donald Pellman 1.11 | Jane Haynie 5.00 | W70 Julie Johnson 11:08.6 | W50 Jackie Eddy 47:02.4 |
| M80 David Rocha 19.28 | Arthur Lewis 2:28.77 | Leland McPhie 1.06 | W65 Dee Anne Janne 7.30 | Phyllis Goebel 12:04.0 | Eugenia Swyers 53:02.6 |
| Frank Wales 23.16 | Aurelio Herrera 2:34.79 | W50 Cathy Corwell 1.30 | Evelyn Wright 7.07 | W75 Margaret Long 11:44.8 | Gina Petersen 57:37.9 |
| M85 Ralph Maxwell 17.80 | M60 Salih Talib 2:31.87 | Janita Austin 1.21 | Ingeborg Siegers 6.24 | Eleonor Gibson 13:19.4 | Marlene Summers 1:03:28.2 |
| Frederic Tompkins 21.89 | Graeme Shirley 2:52.88 | Pearl Yearwood 1.11 | W70 Ellen Brannigan 4.92 | W80 Miriam Gordon 11:24.4 | Shauna McCullough 1:04:15.8 |
| M90 Donald Pelman 17.93 | Richard Roberts 3:24.54 | W55 Phyllis Meade 1.11 | Maril yn Gray 4.50 | 5000m RW | Lori Rogers 1:12:59.1 |
| Herbert Wright 31.41 | M65 John Gustafson 2:41.03 | Janice Spainhower 1.11 | W75 Dee Thomas 5.06 | M50 Tom Gerhardt 30:46.0 | W55 Carolyn Lyman 47:47.1 |
| W50 Irene Thompson 14.37 | Ralph Reiche 3:30.11 | Liz McBlain 1.06 | Georgina Goggin 4.47 | M55 Richard Hughes 33:33.5 | Jeanne Ratzloff 49:20.9 |
| Pearl Yearwood 15.07 | Larry Heffer 3:31.43 | W60 Marg Radcliffe 1.16 | W80 D McLeod-Smith 4.91 | Howard Wilson 42:32.6 | Sarah Laidlaw 51:01.9 |
| Linda Cohn 15.33 | M70 Paul Flanagan 3:07.56 | W65 Evelyn Wright 1.16 | W90 Verla Ball 3.20 | M60 Norman Frable 27:51.1 | Susan Havens 54:14.7 |
| W55 Audrey Cox 15.25 | Howard Miles 3:41.49 | W70 Ruth Neff 1.01 | Discuss | Daryl Meyers 30:13.9 | Colleen Harris 59:17.3 |
| Linda Forrestel 15.72 | Phillip Mveno 3:42.31 | Ellen Brannigan 0.96 | M50 Darwin Hall 87-9 | M65 Paul Johnson 28:52.0 | Linda Tetzlaff 1:08:50.5 |
| Bonnie Bell 19.45 | M75 Bob Holmes 3:31.58 | Long Jump | Edward Jones 86-1 | James Beckett 30:25.0 | Yolanda Thurman 1:30:35.7 |
| W60 Marg Radcliffe 16.77 | Bill Bogdan 5:17.55 | M50 Bob Blackburn 17-9.75 | M55 Valentino Martinez 136-11 | John Backlund 31:09.2 | W60 Melinda Berge 56:26.8 |
| Marion Burr 19.29 | Jim Evans 5:47.82 | Rodney Husbands 17-3 | Terry Medjo 112-10 | M70 Presley Donaldson 35:11.2 | Kathy Frable 57:49.4 |
| Wendy Dickson 20.21 | M80 David Rocha 4:34.68 | Don Parry 15-7.50 | M60 Larry Pratt 158-9 | John Lyle 38:22.6 | Connie Sledge 1:05:04.2 |
| W65 Kathy Harper-Hall 18.10 | M85 Frederic Tompkins 4:44.14 | Bill Oberding 15-5 | Mark Chapman 120-1 | Bruce Rice 41:43.2 | W65 Donna Wooldridge 51:41.9 |
| Teresa Hull 20.19 | W50 Ainsley Lovell 2:53.04 | Randall Sturst 14-8.50 | Richard Mintken 113-6 | W50 Jeanine Allsup 31:59.7 | Dixie Mathis 54:28.8 |
| Dorothy Huston 20.97 | Ethel Benware 3:14.63 | Paul Blankenship 14-8.50 | M65 Neil Sailing 125-3 | Arlene Johnson 37:37.7 | Mikki Eddlemon 1:01:55.2 |
| W70 Audrey Lary 17.25 | Muriel Agard 3:41.29 | M60 John Galazin 16-0.25 | Dick Dow 118-10 | W55 K Lessman-Hughes 34:27.7 | Mary Kaplan 1:06:20.8 |
| Magdalena Kuehne 18.81 | W55 Catherine Roberts 3:11.88 | Ron Greeno 14-9.50 | George Soule 114-0 | W60 Jolene Steigerwalt 30:51.2 | W70 Annette Hardy 1:10:44.1 |
| Ruth Neff 19.13 | Jeanne Ratzloff 3:27.42 | Andy Pitas 14-8 | M70 William Smith 41.14 | Kathy Frable 31:06.2 | Della Works 1:18:19.7 |
| W75 Margie Fitzgerald 18.78 | W60 Marion Burr 3:22.44 | M65 Norman MacLeod 14-0.50 | Bob Lawson 36.61 | Kathleen Balser 32:24.2 | W80 Lillie Doss 1:26:13.0 |
| Maynie Ho 26.16 | Gloria Ako-Labi 3:28.75 | Darrel Short 13-2.25 | Robert Jordan 33.14 | W65 Louise Wilters 31:37.6 | Wanda Hall 1:27:57.2 |
| Louise Martin 29.03 | Maria Cobb 3:29.65 | Victor Cheny 12-8.50 | M75 Del Alaways 28.79 | Dorothy Huston 37:49.2 | Half-Marathon |
| W80 D McLeod-Smith 21.87 | W65 Margaret Conner 4:02.49 | M70 Doug Spainhower 14-7.75 | Ted Hansen 24.37 | W70 Julie Johnson 38:25.9 | M50 Heath Hibbard 1:28:53.2 |
| G Miller-Sajwaj 29.30 | Patti Palmer 4:08.90 | Frank Michalek 12-1 | Grant Twitchell 22.59 | W75 Eleanor Gibson 44:29.3 | Frank Goulard 1:33:41.5 |
| Lillie Doss 33.97 | Mikki Eddlemon 4:12.38 | Jack Janne 10-2.25 | M80 John Jensen 20.96 | W80 Miriam Gordon 39:25.4 | Rand Nielson 1:56:22.0 |
| 200m | W70 Nessie Hollicky 4:05.21 | M75 James Stookey 13-8 | M85 Myron Dover 21.08 | Annie Barker 43:01.5 | M55 Aurelio Herrera 1:37:06.1 |
| M50 Hubert Evan 25.36 | Della Works 4:59.16 | Jack Fischer 12-6.50 | M90 Donald Pellman 27.31 | 5K Road Race | David Westerby 1:47:29.5 |
| Trip Reynolds 26.00 | Annette Hardy 4:59.40 | Ted Hansen 11-5 | W50 Linda Cohn 80-8 | M50 Chuck Smead 17:54.4 | M60 Charles Day 1:40:39.0 |
| Rick Easley 26.31 | W75 Helen Schley 4:46.78 | M85 Ralph Mazwell 11-3 | Janita Austin 79-7 | Kalani Scott 19:21.1 | M65 George Tosatti 2:24:23.9 |
| M55 Marlowe Goble 27.95 | Maynie Ho 5:06.40 | Myron Dover 8-1.50 | Lynn Dow 72-10 | Brian Fisher 21:01.1 | Ralph Reiche 2:26:49.2 |
| Arthur Lewis 28.08 | Flora Wong 5:19.08 | M90 Donald Pelman 9-11.25 | W55 Myrie Mensey 83-6 | M55 Tom Poulsen 19:10.5 | M70 Roy Nelson 2:04:17.8 |
| William Benford 31.66 | W80 Lillie Doss 7:11.80 | Leland McPhie 6-7 | Catherine Roberts 60-9 | Lynn Button 20:13.8 | Jim Flora 2:50:56.9 |
| M60 John Galazin 28.41 | 1500m | W50 Linda Cohn 14-0.75 | Liz McBlain 67-4 | Davis Rogers 20:48.9 | M80 Sid Smith 3:00:18.6 |
| Gerald Rose 29.14 | M50 Chuck Smead 4:45.78 | Pearl Yearwood 13-2.75 | W60 Wendy Dickson 66-0 | M60 William Thurman 23:23.4 | W50 Jackie Eddy 1:44:59.8 |
| Lonie Miller 30.71 | Daryl Moss 5:43.32 | W55 Phyllis Meade 11-2.50 | W65 Evelyn Wright 68-6 | David Freeman 26:13.4 | Robin Ferguson 2:01:32.7 |
| M65 Steven Bowles 28.63 | Kevin Dillon 6:53.55 | Liz McBlain 8-10.50 | Dee Anne Janne 60-3 | Bernie Larson 27:32.6 | Charlene Rohrer 2:13:27.8 |
| John Gustafson 29.66 | M55 David Salazar 4:40.21 | Linda Harris 7-10.50 | W70 Audrey Lary 19.87 | M65 John Swyers 21:47.2 | W55 Gary Prims 2:09:21.4 |
| Bob Shoemaker 31.19 | Tom Poulson 5:20.64 | W60 Kathy Zombor 7-11.25 | Ellen Brannigan 16.27 | John Gustafson 22:40.2 | Colleen Harris 2:11:45.2 |
| M70 Robert Reid 50.00 | Aurelio Herrera 5:32.44 | Jane Haynie 6-7.50 | Marilyn Gray 9.91 | Frederick Mattos 25:08.6 | Linda Tetzlaff 2:37:11.1 |
| Paul Flanagan 54.00 | M60 Salih Talib 5:12.24 | W65 Evelyn Wright 10-3.75 | W75 Georgia Goggins 11.67 | M70 Tom Ellis 22:06.9 | W60 Marion Burr 2:09:08.5 |
| M75 James Stookey 32.46 | Terry Slemko 5:41.40 | Patti Palmer 9-1.25 | Dee Thomas 10.35 | Paul Flanagan 23:11.7 | Sandy Bergemann 3:01:58.6 |
| Rodney Brown 35.84 | M65 John Gustafson 5:48.10 | Ingeborg Siegers 8-3.25 | W80 D McLeod-Smith 11.45 | Bob Mitchell 25:28.4 | Perla Pine 3:04:22.9 |
| Wendell Fackrell 51.50 | Larry Heffer 6:51.09 | W70 Audrey Lary 12-3.75 | Annie Barker 9.18 | M75 Corky Corthell 28:06.8 | W65 Mikki Eddlemon 2:21:06.5 |
| M80 David Rocha 40.15 | Ralph Reiche 7:32.84 | Magdalena Kuehne 9-6.75 | W90 Verla Ball 5.60 | Charlie Brown 31:00.5 | W70 Della Works 3:05:19.0 |
| Keith Schofield 43.03 | M70 Paul Flanagan 6:24.31 | Evelyn Nealeigh 6-7.50 | Javelin | Kendall Price 42:43.0 | Albany Weight Pentathlon |
| M85 Frederic Tompkins 47.38 | Howard Miles 7:33.62 | W75 Georgia Goggins 5-11.50 | M50 Michael Wasp 45.52 | M80 Howard Mayer 34:35.6 | Albany, OR; Oct. 15 |
| W50 Marcia Trotman 31.33 | Gary Keppen 8:08.64 | W80 G Miller-Sajwaj 4-3.50 | Roger Minert 36.55 | Joe Fleischmann 36:50.4 | HT/SP/DT/JT/WT |
| Ainsley Lovell 31.34 | M75 Bob Holmes 7:28.81 | Triple Jump | Darwin Hall 33.23 | M90 Herbert Wright 50:48.2 | Chad Chapin 30 2476 |
| Pearl Yearwood 32.50 | Bill Bogdan 10:59.12 | M50 Rodney Husbands 31-10.25 | M55 Ron Jones 146-6 | M95 LaGrand Nielsen 1:12:36.5 | 40.46/11.50/32.30/33.56/11.21 |
| W55 Audrey Cox 33.65 | M85 Frederic Tompkins 9:56.37 | Don Parry 30-3 | Terry Medjo 130-9 | W50 Janet Scott 22:27.2 | Mike Blue 40 1948 |
| Linda Forrestel 35.02 | M90 Herbert Wright 14:36.21 | Rob Schenk 28-9.25 | Dan Zukaitis 94-9 | Ethel Benware 23:27.0 | 31.20/8.72/26.94/33.22/9.40 |
| Bonnie Bell 44.97 | W50 Ainsley Lovell 6:01.96 | M55 Michael Clark 30-11 | M60 Glenn Smith 42.06 | Marge Sealock 28:03.2 | Paul Johns 45 2078 |
| W60 Marg Radcliffe 37.65 | Muriel Agard 7:58.24 | M60 Richard Eyre 36-5 | Jerry Ransdell 41.45 | W55 Carolyn Lyman 23:43.4 | 35.20/10.05/25.83/31.58/9.96 |
| Constance Jamison 52.35 | Marlene Summers 8:32.05 | Tom Imming 25-1.50 | Richard Selby 40.38 | Krisel Hamilton 24:18.0 | Chuck Chapin 61 5162 |
| Opal Woods 1:00.09 | W60 Marion Burr 6:53.76 | | M65 Dean Schmidt 34.41 | Yolanda Thurman 40:32.4 | |

LONG DISTANCE RUNNING

NATIONAL

National Masters 5K XC Championships, Saratoga Springs, NY; Oct. 16

| | |
|----------------------|-------|
| M40 Brian Pope | 15:11 |
| Eric Morse | 15:18 |
| John Hinton | 15:33 |
| Gary Griffin | 16:03 |
| Michael Platt | 16:04 |
| Scott Brown | 16:11 |
| Alan Evans | 16:18 |
| Kieran Stack | 16:23 |
| Carl Johnston | 16:25 |
| John Cunningham | 16:26 |
| Ron Lombardi | 16:36 |
| David Bischoff | 16:49 |
| Robert Bolton | 16:50 |
| Rodney Furr | 16:54 |
| David Hettrich | 17:07 |
| Adam Prince | 17:21 |
| M45 David O'Keefe | 15:38 |
| Thomas Dalton | 15:47 |
| Kevin Haas | 15:52 |
| Charles Shields | 16:15 |
| Jeffrey Hayes | 16:20 |
| Bob Nugent | 16:28 |
| Derrick Staley | 16:31 |
| Robert Underwood | 16:42 |
| John Noonan | 16:53 |
| Keith Davies | 17:01 |
| Tim Dwyer | 17:08 |
| Anthony Vodacek | 17:09 |
| James Harkins | 17:15 |
| James Cuono | 17:25 |
| M50 James Robinson | 16:28 |
| Terry Permar | 16:33 |
| Rich Burns | 16:44 |
| David Long | 16:46 |
| Stephen Chantry | 16:50 |
| David Clingan | 16:56 |
| Geary Daniels | 16:57 |
| Steven Calidonna | 17:05 |
| Mark Rybinski | 17:19 |
| Tom Hartshorne | 17:50 |
| Daniel Delaney | 17:54 |
| Paul Bazanchuk | 17:56 |
| Dennis Fillmore | 17:58 |
| Ed Sparkowski | 18:06 |
| Tim McMullen | 18:11 |
| Scott Rosenthal | 18:17 |
| Robert Hintermeister | 18:21 |
| William Scholl | 18:22 |
| Brian Dodge | 18:23 |
| Rob Picotte | 18:24 |
| M55 Jerry Learned | 17:42 |
| Dale Keenan | 17:43 |
| Roger Price | 17:46 |
| Harold Nolan | 18:03 |
| Philip Jessen | 18:15 |
| Kenneth Briell | 18:20 |
| Scott Abercrombie | 18:25 |
| Patrick Glover | 18:25 |
| Joseph Porcaro | 18:33 |
| Frank Rucki | 18:35 |
| Stephen Perks | 18:57 |
| Bob Hermes | 19:17 |
| M60 Terry Delph | 18:32 |
| Salih Talib | 18:58 |
| Rich Myers | 19:07 |
| Ron Kita | 19:14 |
| Arthur Roberts | 19:26 |
| Herbert Engman | 19:39 |
| Douglas Brown | 19:56 |
| William Hagman | 20:09 |
| Frank Handelman | 20:18 |
| Harry Masterton | 20:42 |
| David Hayes | 20:49 |
| Peter Szawloski | 20:56 |
| M65 James Leitz | 21:00 |
| Sid Howard | 21:08 |
| John Leonard | 21:14 |
| Norman Goluskin | 22:07 |
| Denis Daly | 22:21 |
| M70 Jack Meegan | 21:30 |
| Bill Butler | 23:46 |
| Peter Hettrich | 26:10 |
| Ted Sullivan | 27:16 |
| M75 Richard Sullivan | 26:19 |
| Roger Whalley | 28:06 |
| M80 Bob Matteson | 43:45 |
| W40 Marissa Hanson | 17:22 |
| Rebecca Heuer | 18:49 |
| Cathy Stone-Borkow | 18:52 |
| Wanda Toro Scheib | 18:53 |
| Anne Benson | 19:16 |
| Kate O'Hern | 19:24 |
| Natalie Shea | 19:38 |
| Lisa Wilhelm | 19:39 |
| Karen Mohr | 19:44 |
| Barbara Brennan | 20:10 |
| Toni Nonenmacher | 20:20 |
| Lynne Anderson | 20:33 |

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|-------------------------|-------|
| W45 Carmen Ayala-Tronc | 17:12 |
| Barbara Gubbins | 18:54 |
| Mary Evans | 19:06 |
| Anne Hird | 19:27 |
| Kathleen Newton | 19:54 |
| Marina Veatch | 20:13 |
| Christine Murphy | 20:15 |
| Judy Rubin | 20:59 |
| Beth Glace | 21:17 |
| Marilyn Zygo | 21:53 |
| W50 Patricia Ford | 21:03 |
| Belinda O'Brien | 21:10 |
| Sharon Moore | 22:41 |
| Mary Diver | 22:44 |
| Janice Roche | 23:09 |
| Adrienne Wald | 23:23 |
| W55 Carolyn Smith-Hann | 20:16 |
| Sylvie Kimche | 22:26 |
| Mary Collins-Finn | 23:52 |
| Mary Rosado | 24:16 |
| W60 Regina Wright | 26:29 |
| Elaine Matthews | 27:04 |
| W65 Carrie Parsi | 23:30 |
| Lenis Tucker | 25:16 |
| W70 Elizabeth Szawloski | 29:13 |
| Edna Hyer | 34:37 |

| | |
|---|---------|
| Teams | |
| M40-49 | |
| Genesee Valley Harriers | 1:20:28 |
| (O'Keefe/Griffin/Platt/Edwards/Johnston) | |
| Adirondack AC | 1:23:00 |
| (Dalton/Staley/Underwood/Noonan/Hettrich) | |
| Philadelphia AC | 1:24:22 |
| (Shields/Hayes/Davies/Prince/Rimkis) | |
| Taconic RRC | 1:24:02 |
| (Brown/Stack/Cunningham/Fendler/Fitzgerald) | |
| Genesee Valley Har "B" | 1:26:59 |
| (Dwyer/Vodacek/Kroemer/Rohnke/Radford) | |
| M50-59 | |
| Genesee Valley Harriers | 1:28:11 |
| (Robinson/Rybinski/Hartshorne/McMullen/Dodge) | |
| Adirondack AC | 1:30:40 |
| (Keenan/Fillmore/Jessen/Briell/Picotte) | |
| Taconic RRC | 1:30:14 |
| (Calidonna/Delaney/Mosenthal/Abercrombie/Porcaro) | |
| Central Mass Striders | 1:31:37 |
| (Daniels/Learned/Pine/Rucki/Nasatka) | |
| Shore AC NJ | 1:31:59 |
| (Nolan/Scholl/Haitcock/G Pierce/Hoch) | |
| M60-69 | |
| Raritan Valley RR | 59:12 |
| (Myers/Brown/Hagman) | |
| Central Park TC | 1:00:24 |
| (Talib/Handelman/Howard) | |
| Moose Millers & Mara | 1:02:35 |
| (Kita/Szawloski/Moland) | |
| Adirondack AC | 1:04:24 |
| (Hayes/French/Westhoff) | |
| Shore AC NJ | 1:05:22 |
| (Leonard/Kuhi/Hill) | |
| M70-79 | |
| Belle Watling | 1:15:05 |
| (Meegan/R Sullivan/T Sullivan) | |
| M80-89 | |
| Westchester TC | 55:20 |
| (Hanson/Stone-Borkowski/Edwards) | |
| Willow St AC | 58:54 |
| (Benson/Mohr/Newton) | |
| Genesee Valley Harriers | 59:50 |
| (Heuer/Smith-Hanna/Geiger) | |
| Shore AC NJ | 1:00:04 |
| (Wilhelm/Brennan/Murphy) | |
| Shawankunk RC | 1:03:35 |
| (Nonenmacher/Glace/Mancuso) | |
| M90-99 | |
| Genesee Valley Harriers | 1:04:54 |
| (Ford/O'Brien/Moore) | |
| Central Park TC | 1:09:57 |
| (Kimche/Diver/Rosado) | |
| Shore AC NJ | 1:19:57 |
| (Glassman/Pitt/McDonnell) | |
| M100-109 | |
| Liberty AC | 1:19:12 |
| (Parsi/Wright/Szawloski) | |

EAST

6th PVI Runfest 5K Fairfax, VA; Sept. 18

| | |
|----------------------|----------|
| Overall | |
| Nicholas Kurgat | 26 14:48 |
| Elena Orlova | 35 16:49 |
| M35 Wayne Kretzer Jr | 18:18 |
| M40 Mark Stickley | 15:49 |
| Chris Chattin | 16:45 |
| David Green | 17:58 |
| M45 Dave Berardi | 16:30 |
| Larry Goldfarb | 18:39 |
| Peter Hemphill | 19:37 |
| Sean McGinn | 20:11 |

| | |
|---------------------|-------|
| M50 Chuck Moeser | 17:05 |
| Bruce Hamilton | 17:56 |
| Rick Hower | 18:53 |
| M55 Jay Wind | 20:49 |
| Jeff Staple | 20:51 |
| Samuel Ackley | 22:09 |
| M60 Edmonn McEvilly | 21:54 |
| Jim Verdier | 24:47 |
| Melvin Kay | 25:18 |
| M65 Steve Forman | 21:08 |
| Leo Wyne | 26:46 |
| James Morrell | 28:45 |
| M70 Bendy Viragh | 29:48 |
| M80 Bill Osburn | 26:43 |
| W40 Alisa Harvey | 17:48 |
| Maria Spinnler | 19:02 |
| Sushila Nada | 21:30 |
| W45 Maureen Lopina | 23:42 |
| Liza Recto | 23:52 |
| Sarah Buckheit | 24:07 |
| W50 Beth Belle | 21:30 |
| Carol Pilat | 27:23 |
| Gail Contreras | 29:42 |
| W55 Karen Nickerson | 28:31 |
| Kay Wallace | 33:15 |
| Cathy McIntyre | 37:22 |
| W60 Jeanette Novak | 36:50 |
| Harriet Hulings | 44:46 |

Richard S. Caliguri Great Race 10K Pittsburgh, PA; Sept. 25

| | |
|----------------------|----------|
| Overall | |
| A J Kelly | 23 31:03 |
| Olga Romanova | 25 33:27 |
| M40 Daniel List | 34:16 |
| Herb Cratty | 34:23 |
| David Riffe | 34:30 |
| Jeff Nelson | 34:31 |
| Ian Bath | 34:44 |
| M45 Geir Kvernmo | 33:55 |
| Joe Patrick | 35:00 |
| Richard Ferguson | 35:57 |
| Tim Monfre | 36:08 |
| Don Smith | 36:12 |
| M50 Lee Zelkowitz | 37:06 |
| Dave Sippel | 37:08 |
| Stephen Fowler | 38:34 |
| Christopher Gibson | 38:30 |
| Joseph Como | 38:37 |
| M55 Terry McCluskey | 35:59 |
| George Sagan | 39:36 |
| Jim Banks | 40:53 |
| James Sturgeon | 41:44 |
| Jim Moyer | 41:40 |
| M60 Bill Filcheck | 41:57 |
| Jack Neff | 43:12 |
| Rick Brown | 43:17 |
| Robert Walker | 43:22 |
| Dick Monheim | 44:16 |
| M65 Dick Amato | 44:19 |
| Larry Ratkus | 45:25 |
| Nelson Noto | 50:45 |
| Robert Bright | 53:05 |
| Dennis Kundich | 53:21 |
| M70 Ray English | 46:09 |
| Leon Bierbower | 51:55 |
| Willis Ridenour | 52:36 |
| Don Gill | 53:23 |
| Carl Trimmer | 55:48 |
| M75 Dick Connors | 56:03 |
| Mel Vesely | 1:16:11 |
| Jim Walsh | 1:17:21 |
| Richard Ridgeway | 1:19:04 |
| Ed Stabins | 1:20:45 |
| M80 Lou Lodovico | 49:43 |
| Bernie O'Lare | 1:34:36 |
| Jim Hurst | 1:46:23 |
| M40 Tammy Slusser | 36:23 |
| Paige Serbin | 42:48 |
| Cathy Milowicki | 43:14 |
| Susan Borawski | 43:31 |
| Lisa Patarini | 44:06 |
| M45 Sharon Marks | 41:02 |
| Lisa Cimbala | 42:34 |
| Sharyl Relic | 42:40 |
| Joanna Tunnicliffe | 43:28 |
| Sandy Onofray | 44:04 |
| M50 Cindy Hatch | 42:12 |
| Cindy Grimm | 43:05 |
| Patricia Neubert | 47:45 |
| Patricia Liebman | 48:20 |
| Doreen Fluharty | 49:14 |
| M55 Bonnie McCaffrey | 51:33 |
| Marianne McIntyre | 52:56 |
| Barbara Janssen | 54:51 |
| Ruthie Niederreiter | 54:45 |
| Kathie Myerburg | 54:54 |
| M60 Marti Stephan | 51:42 |
| Mary Joe Neff | 51:40 |
| Tina Fargo | 59:12 |
| Jane Mitchell | 1:01:21 |
| Maggie Patterson | 1:01:42 |
| M65 Jean Webb | 1:03:14 |
| Jane Donnelly | 1:07:42 |
| Susan Goldman | 1:08:07 |
| Margaret Kimpel | 1:01:23 |
| Amara Hammer | 1:20:53 |
| M70 Ruth Black | 1:09:18 |
| Joan Borncamp | 1:28:42 |
| M75 Margaret Lutz | 57:58 |

| | |
|-----------------------|---------|
| Ella Jane Custer | 1:17:10 |
| W80 R Schulte-Ladbeck | 1:18:46 |

Sportshoe Maine Marathon, Portland, ME; Oct. 2

| | |
|-----------------------|------------|
| Overall | |
| MATT FRONGILLO | 27 2:41:35 |
| BRENNAN LIMING | 29 3:11:22 |
| M35 PETER LOPRIORE | 2:48:34 |
| M40 VLADIMIR SUCHAN | 2:52:21 |
| TIM CARVEN | 2:53:20 |
| JD DAVIS | 3:03:43 |
| M45 GUY SEGARS | 3:06:10 |
| TONY POST | 3:06:40 |
| JERRY WAGNER | 3:08:17 |
| M50 JOHN MOLICA JR. | 3:03:54 |
| DICK GRAVES | 3:04:16 |
| WILLIAM NEWTON | 3:04:45 |
| M55 CHARLES ARNOLD | 3:28:51 |
| ALVIN BUGBEE SR. | 3:39:33 |
| WARREN GEROW | 3:41:24 |
| M60 HARRY WHITE | 3:38:22 |
| F CRINITI | 3:50:02 |
| H LINZBIHLER | 3:53:44 |
| M65 KERMIT CADRETTE | 5:56:36 |
| CHARLES SAYLES | 5:45:41 |
| ROBERT BELL | 6:05:21 |
| M70 KENT MITCHELL | 4:45:46 |
| CHARLIE GREGORY | 5:10:02 |
| EUGENE BRUCKERT | 5:55:40 |
| W35 BETH LINDQUIST | 3:18:23 |
| W40 KRIS GLEASON | 3:20:50 |
| BETH MCLAUGHLIN | 3:21:18 |
| SUE HOLLIS | 3:24:16 |
| M45 MAGGIE PLANTE | 3:15:21 |
| AMY MCCLANATHAN | 3:17:57 |
| JOY PETERSON | 3:36:09 |
| M50 CAROL HOGAN | 3:27:57 |
| MERRILL FRIEDMAN | 4:10:10 |
| JEAN C-COCHRANE | 4:11:26 |
| M55 NANCY MCCARTHY | 3:59:35 |
| SANDY PADGETT | 4:30:17 |
| MICKY LUCAS | 4:39:47 |
| M60 PATRICIA O'HANLON | 4:04:47 |
| NANCY MILLS | 5:07:44 |
| MADELINE LAROSE | 5:21:44 |
| M65 CAROLYN MITCHELL | 5:46:02 |

NYRR Harry Murphy XC 5K, Van Cortlandt Park Bronx, NYC; Oct. 2

| | |
|----------------------|----------|
| Overall | |
| Robert Block | 21 16:43 |
| Kate Irvin | 26 18:50 |
| M40 Michael Henschel | 18:30 |
| M45 Dave St Lawrence | 20:34 |
| M50 Tom Phillip | 18:52 |
| M55 Robert Santoli | 21:31 |
| M60 Frank Handelman | 21:55 |
| M65 Sidney Howard | 22:36 |
| M70 Eric Seiff | 26:49 |
| M75 William Fortune | 29:01 |
| M80 John McManus | 43:10 |
| M40 Ann Vazquez | 22:19 |
| W45 Barbara Gubbins | 19:58 |
| W50 Joan Baldassarri | 23:34 |
| W55 Sylvie Kimche | 24:49 |

NYRR Norwegian Festival Grete's Great Gallop Half- Marathon, Central Park NYC; Oct. 2

| | |
|---------------------|------------|
| Overall | |
| Enos Matalane | 25 1:02:56 |
| Anne Kugler | 37 1:15:54 |
| M40 James Lynch | 1:09:47 |
| M45 Alan Ruben | 1:15:21 |
| M50 Steve Calidonna | 1:18:20 |
| M55 Joseph Porcaro | 1:26:59 |
| M60 John Samsel | 1:27:22 |
| M65 Joseph Saley | 1:51:17 |
| M70 Witold Bialokur | 1:40:14 |
| M75 Leo Schonhau | 2:26:41 |
| M80 Leonard Scheer | 3:00:26 |
| W40 Corinna Cortes | 1:27:49 |
| W45 Emmy Stocker | 1:33:46 |
| W50 Marie Wickham | 1:31:11 |
| W55 Ann Davies | 1:39:18 |
| W60 Carol Johnston | 1:44:04 |
| W65 Edith Jones | 2:05:08 |
| W70 Ginette Bedard | 1:45:54 |
| W75 Bertha McGruder | 2:45:08 |

Syracuse Festival of Races 5K, Syracuse, NY Oct. 2

| | |
|---------------------|----------|
| Men's 5K | |
| Overall | |
| Mohammed Aryn | 29 13:49 |
| M35 Elarbi Khattabi | 38 14:47 |
| M40 Steve Boyd | 15:00 |
| Eric Morse | 15:19 |
| Dave Dunham | 16:36 |
| M45 Jim Fiore | 16:39 |
| Tim Murphy | 17:15 |
| Keith Long | 17:16 |

| | |
|-------------------------|----------|
| M50 Mike Kodya | 17:53 |
| David Bowen | 18:51 |
| Don Healey | 19:57 |
| M55 Cullimon Washington | 21:15 |
| Chris Baker | 22:24 |
| Michael Defio | 22:26 |
| M60 Harry Dross | 22:08 |
| David McSally | 22:53 |
| Blaine Lawson | 23:07 |
| M65 John Allen | 21:31 |
| Martin Harms | 22:29 |
| Sam Graceffo | 23:29 |
| M70 Roy Whipple | 27:15 |
| Fritz Schlereth | 29:23 |
| M75+Cliff Auth | 79 39:10 |

Women's 5K

| | |
|------------------------|-------|
| Overall | |
| W35 Emily Bryans | 18:05 |
| W40 Kelly Dworak | 18:43 |
| Agathe Nicholson | 18:59 |
| Karen Millson | 20:10 |
| M70 Jean Regan | 21:27 |
| Eileen Clinton | 23:12 |
| Michele Dobson | 23:30 |
| W50 Linda Orlicz | 23:15 |
| Beth Rougeux | 25:02 |
| Sandy Burns | 25:40 |
| W55 Elizabeth Mastin | 23:08 |
| Karen Davies | 23:16 |
| Rosalie Brennan | 23:49 |
| W60 Marie-L Michelsohn | 20:27 |
| Rose Hosp | 29:05 |
| Sylvia Noll | 29:16 |
| W65 Margret Betz | 22:45 |
| Linda Eberly | 24:30 |
| W75 Nancy Auster | 40:21 |

Heroes to Hero 5K/ USATF-NJ Masters Men's Championships Gloucester; Oct. 6

| | |
|-------------------|-------|
| Overall | |
| Joseph Koskei | 14:34 |
| Alemshay Misganaw | 16:34 |
| M40 Kenneth Rolek | 16:16 |
| David Matherne | 16:39 |
| Mark Lello | 17:22 |
| Juan Vanegas | 17:22 |
| Carlos Robers | 17:40 |
| M45 Greg Caulier | 16:22 |
| John Kane | 18:12 |
| Marc Giguere | 18:33 |
| Gene Gugliotta | 19:13 |
| Blas Mederos | 19:34 |
| M50 Terry Permar | 16:43 |
| Richard Henderson | 18:58 |
| Rick Boyle | 19:30 |
| Joe Kopacz | 19:48 |
| Andrew Opalka | 20:16 |
| M55 Roger Price | 18:44 |
| Chris Lehman | 19:42 |
| Rolando Castro | 19:58 |
| Thomas Campo | 21:06 |
| Baxter Brooks | 21:14 |
| M60 Douglas Brown | 20:30 |
| Pat Cosgrove | 20:41 |
| Vincent Madison | 22:24 |
| Walter Carthon | 22 |

**Mohawk-Hudson River
Marathon, Schenectady-
Albany, NY; Oct. 9**

| | |
|-----------------------|---------|
| Overall | |
| Michel Couillard 37 | 2:30:15 |
| Megan Leitinger 38 | 3:03:27 |
| M40 Rick Munn | 2:58:14 |
| Andrew Scavelli | 3:01:29 |
| Stuart Barlow | 3:07:01 |
| M45 Jeff Delie | 2:53:58 |
| John Parisella | 2:55:37 |
| John Geesler | 2:56:51 |
| M50 Peter Gerardi | 3:03:36 |
| Richard Clark | 3:09:47 |
| Andre Gamache | 3:12:17 |
| M55 James Thomas | 3:18:12 |
| Jim Halton | 3:23:19 |
| Pat Riccardi | 3:23:39 |
| M60 Alex Silverman | 3:15:21 |
| Chuck Bleifeld | 3:16:02 |
| Joseph Brennan | 3:57:27 |
| M65 Jim Moore | 3:37:20 |
| Lorne Runge | 3:43:55 |
| W40 C Tracy-DeBracci | 3:12:09 |
| Abigail Kingman | 3:14:52 |
| Lori Dietz | 3:54:09 |
| W45 Nancy Taormina | 3:06:23 |
| Nancy Briskie | 3:17:16 |
| Joyce Stevens | 3:25:00 |
| W50 Martha DeGrazia | 3:29:15 |
| Cathy Silwinski | 3:33:53 |
| Susan Burns | 3:41:53 |
| W55 Mary Collins-Finn | 3:53:31 |
| Mary Harris | 4:13:09 |

**Baltimore Marathon
Baltimore, MD; Oct. 15**

| | |
|------------------------|---------|
| Overall | |
| Mykola Antonenko 33 | 2:15:40 |
| Ramila Burangulova 27 | 2:42:00 |
| M40 Mark Crisman | 3:05:38 |
| David Shumway | 3:06:29 |
| Michael Sterling | 3:08:42 |
| M45 George Olean | 3:02:29 |
| Albino Castro | 3:11:09 |
| Gerald Hutchinson | 3:11:11 |
| M50 Jeanette Arnold | 3:50:44 |
| Gina Harrison | 3:51:37 |
| Linda Ingleson | 3:53:43 |
| M55 Kenneth Farmer | 3:11:19 |
| Ronnie Wong | 3:23:42 |
| Dennis Holman | 3:26:12 |
| M60 Jim Becker | 3:26:50 |
| Piriya Pinit | 3:30:35 |
| Herbert Jarrell | 3:44:11 |
| M65 Albert Miclette | 3:49:27 |
| Benito Vasquez | 4:28:42 |
| Mel Quecan | 4:41:51 |
| M70 Jim Woodring | 4:15:52 |
| Ron Jess | 4:35:47 |
| Quang Nguyen | 4:52:31 |
| W40 Marjorie Boyd | 3:26:03 |
| Alla Danilovitch | 3:26:35 |
| Amy Wells | 3:28:49 |
| W45 Jeanette Arnold | 3:50:44 |
| Gina Harrison | 3:51:37 |
| Linda Ingleson | 3:53:43 |
| W50 Carolyn Bujak | 3:36:43 |
| Laura Roman | 3:39:47 |
| Mary Kiang | 3:45:09 |
| W55 Udon Beidler | 4:14:45 |
| Yasmin Fenton | 4:18:45 |
| Toby Reif | 4:27:07 |
| W60 Kate Clark | 4:20:38 |
| Elaine White | 5:50:32 |
| A Longanecker | 5:55:57 |
| W65 Ernestine Shepherd | 6:34:06 |

**Oyster Bay Festival 5K
Oyster Bay, NY; Oct. 15**

| | |
|--------------------|-------|
| Overall | |
| Matt Osenski 23 | 16:10 |
| Lyndsey Webber 23 | 18:11 |
| M35 Brian Cloherty | 17:33 |
| M40 John Lovejoy | 18:02 |
| James Florez | 18:54 |
| Alan Cohen | 19:04 |
| M45 Michael Robles | 17:56 |
| Chris Daily | 18:05 |
| Ed Reagan | 18:08 |
| M50 Chris Webber | 17:08 |
| John Del Maestro | 17:38 |
| John McLaughlin | 18:01 |
| M55 Lutz Hoffman | 20:26 |
| Greg Karl | 20:44 |
| David Graham | 20:56 |
| M60 Alex Flyntz | 20:57 |
| Jim Ferrigina | 21:38 |
| Dan Badalament | 22:02 |
| M65 Joe Cordero | 22:34 |
| John Wallace | 24:00 |
| Dom Potenza | 27:17 |
| M70 Richard Murphy | 25:27 |
| Geza Feld | 25:46 |
| Carlos Morales | 27:42 |
| M75 Bert Jablon | 28:15 |
| Odd Sangesland | 30:33 |
| M80+ Sab Koide 82 | 30:51 |

| | |
|-----------------------|-------|
| George Dennis 81 | 37:52 |
| John McManus 82 | 37:09 |
| Bill Benson 86 | 39:23 |
| W35 Mary Darling | 20:53 |
| W40 Susan Murray | 20:13 |
| Michele Labiento | 20:41 |
| Tracy Kemper | 20:58 |
| W45 Kim Solomine | 23:14 |
| Evelyn Kenigsberg | 23:38 |
| Carol McNamara | 25:41 |
| W50 Kathy Martin | 19:13 |
| Linda Ottaviano | 21:53 |
| Pamela Smith | 26:23 |
| W55 Joanne Gallo | 25:29 |
| Elizabeth Penagos | 25:56 |
| Eileen Hession | 26:26 |
| W60 Betty Horstman | 23:56 |
| Sarah Pettinato | 27:43 |
| Karen Potenza | 28:27 |
| W65 Mickey Stelling | 35:30 |
| Flora Butcher | 35:41 |
| W70 Nina Jennings | 29:06 |
| Alexandra Finger | 31:25 |
| W75 Dolly Finkelstein | 37:35 |

**NYRR Grand Prix/Staten
Island Half-Marathon
Staten Island, NYC
Oct. 18**

| | |
|----------------------|---------|
| Overall | |
| Fouly Salem 37 | 1:11:14 |
| Hermela Romero 34 | 1:22:20 |
| M40 Alfonso Polonia | 1:16:03 |
| M45 Peter Allen | 1:19:26 |
| M50 Ezekiel Usher | 1:26:03 |
| M55 Julio Aguirre | 1:18:54 |
| M60 Douglas Escher | 1:30:21 |
| M65 Jose Mendez | 1:42:39 |
| M70 Alfred Finger | 1:43:10 |
| M75 Leo Schonhaut | 2:28:29 |
| M80 Sab Koide | 2:29:28 |
| M85 Frank Bockowski | 2:38:28 |
| W40 Stephanie Hodge | 1:27:07 |
| W45 Jane Lundy | 1:33:19 |
| W50 Betty Clark | 1:45:50 |
| W55 Sandra Palmer | 1:51:49 |
| W60 M Greeley Walsh | 1:45:09 |
| W65 Patricia Sturman | 2:21:40 |
| W70 Elaine Breiger | 2:21:49 |
| W75 Bertha McGruder | 2:40:47 |

**NYRR Kurt Steiner XC 5K
Van Cortlandt Park,
Bronx, NYC; Oct. 23**

| | |
|-----------------------|-------|
| Overall | |
| D J Ozan 24 | 16:58 |
| Shannon Duff 28 | 19:36 |
| M40 Michael Henschel | 18:23 |
| M45 Jimmy Atkins | 19:35 |
| M50 Tom Phillips | 18:35 |
| M55 Stephen Forrester | 19:17 |
| M60 Salih Talib | 19:58 |
| M65 Sidney Howard | 22:38 |
| M70 Eric Seiff | 26:23 |
| M80 Sab Koide | 34:00 |
| W40 Sheila Qiu | 26:26 |
| W45 Barbara Gubbins | 20:04 |
| W50 Mary Diver | 23:44 |
| W55 Judith Tripp | 25:23 |
| W60 Edith Jones | 29:41 |

**BAA Mayor's Cup XC 5K
Franklin Park
Boston, MA; Oct. 23**

| | |
|------------------------|-------|
| Overall | |
| Steve Czupryna 18 | 16:33 |
| Katherine Chwasciak 15 | 19:48 |
| M40 Harris Hardy | 17:53 |
| Rob Flatland | 18:42 |
| Jerry de Zutter | 19:01 |
| Edward Ellison | 19:08 |
| Richard Merryman | 19:40 |
| M50 Richard Puckerin | 20:41 |
| Stephen Viegas | 22:22 |
| Joe Green | 22:36 |
| Stephen Sherlock | 22:54 |
| Alex Ashlock | 25:25 |
| M60+Bob Sutton | 21:08 |
| Don Murray | 25:28 |
| Tom Wright | 26:43 |
| W40 Leslie Golemme | 20:50 |
| Sue Lachance | 20:52 |
| Melissa Caron | 22:40 |
| Joan Cullinan | 23:26 |
| Erin Canniff | 24:22 |
| W50 Robin Finn | 30:45 |

**USATF-NJ XC 5K
Championships, Holmdel;
Oct. 23**

| | |
|------------------|-------|
| Overall | |
| Tim Mulligan | 16:03 |
| Edann Brady | 18:57 |
| M40 Daniel Feder | 17:53 |
| Mark Lorelio | 18:26 |
| Jeff Benjamin | 19:02 |
| Sergio Cano | 19:24 |
| Carl Rocker | 19:29 |

| | |
|-----------------------|-------|
| M45 Chris Harkins | 18:24 |
| Kevin Higgins | 18:32 |
| John Kane | 18:48 |
| Bob Andrews | 19:07 |
| Jose Guzman | 19:11 |
| M50 Bill Scholl | 19:35 |
| Bob Halthcock | 19:55 |
| David Hoch | 19:55 |
| Gary Peters | 20:14 |
| Larry Scheld | 20:15 |
| M55 Roger Price | 19:09 |
| Harold Nolan | 19:42 |
| Bill Bosmann | 20:43 |
| Christopher Lehman | 21:07 |
| Bruce Langenkamp | 21:24 |
| M60 Antonio Cruz | 21:19 |
| Doug Brown | 22:00 |
| Pat Cosgrove | 22:16 |
| Vincent Madison | 23:10 |
| John Kuhl | 23:18 |
| M65 John Leonard | 22:40 |
| James Leitz | 22:41 |
| Joe Saley | 24:43 |
| Matt Lalumia | 25:27 |
| Rob Moir | 27:15 |
| M70 Richard Wilde | 30:10 |
| Joseph LaBruno | 31:12 |
| Arch Seamans | 40:30 |
| Raymond Reddick | 41:59 |
| M75 Len Cheringal | 36:38 |
| Bill Welsh | 37:26 |
| Bill O'Brien | 49:41 |
| W40 Susan Bessin | 20:43 |
| Kathy Rocker | 21:27 |
| Julie Corbin | 21:47 |
| Barbara Brennan | 21:54 |
| Tracey Swenson | 22:01 |
| W45 Janice Morra | 20:50 |
| Beth Moras | 21:47 |
| Pamela Fales | 23:18 |
| Martta Rose | 27:47 |
| Susan Janssens | 29:37 |
| W50 Jane Parks | 23:08 |
| Jan Farnung-Krause | 24:19 |
| Lorraine McPhillips | 25:23 |
| Vera Stek | 26:57 |
| Denise Hinkle | 27:41 |
| W55 Cande Olsen | 27:47 |
| Betty Langenkamp | 30:28 |
| W60 Natalie Grabow | 25:44 |
| Eileen Holzman | 26:10 |
| Anna Gillespie | 29:16 |
| Patricia O'Hanlon | 29:28 |
| Jane VanEeuwen | 43:26 |
| W65 Dorothy Little | 26:27 |
| Imme Dyson | 26:57 |
| Madeline Bost | 31:53 |
| Cindy Peterson | 32:00 |
| Doris Halemann | 34:28 |
| W70 Shirley Pettijohn | 42:44 |
| Carolyn Weaver | 45:14 |
| Diane Stone | 45:19 |

**NYRR Poland Spring
Marathon Kickoff 8K
Central Park, NYC
Oct. 30**

| | |
|---------------------|---------|
| Overall | |
| Gareth Turnbull 26 | 24:39 |
| Anne Kugler 37 | 27:31 |
| M40 Alfonso Polonia | 26:44 |
| M45 Jim Stemm | 27:20 |
| M50 Paul mascal | 28:18 |
| M55 Joseph Porcaro | 30:18 |
| M60 Douglas Escher | 32:18 |
| M65 Sidney Howard | 34:26 |
| M70 Witold Bialokur | 34:15 |
| M75 William Fortune | 43:48 |
| M80 Sab Koide | 51:36 |
| W40 Stephanie Hodge | 30:40 |
| W45 Jane Lundy | 32:45 |
| W50 Kathryn Martin | 31:07 |
| W55 Mary Rosado | 38:03 |
| W60 M-L Michelsohn | 34:10 |
| W65 Edith Jones | 43:36 |
| W70 Joy Rose | 50:17 |
| W75 Joan Rowland | 1:04:46 |
| W80 Grace Salant | 1:28:58 |

**Cape Cod Marathon
Falmouth, MA; Oct. 30**

| | |
|-----------------------|---------|
| Overall | |
| Keven O'Neal 35 | 2:33:27 |
| Heidi Westerling 24 | 2:46:37 |
| M40 Jason Cakouros 40 | 2:37:33 |
| Chris Spinney 45 | 2:38:33 |
| Mike Cooney 43 | 2:42:05 |
| M50 John Lee 52 | 3:02:13 |
| Vladimir Luppov 50 | 3:02:28 |
| Bruce Bond 53 | 3:02:48 |
| M60 George Cunha 60 | 3:25:16 |
| John Hackney 60 | 3:27:07 |
| Arthur Roberts 61 | 3:27:47 |
| M70 Lauri Kenninen 70 | 4:58:26 |
| Paul McDermott 70 | 5:00:29 |
| Eugene Bruckert 70 | 5:34:54 |
| W40 Debbie Barry 40 | 3:04:39 |
| Patricia Dalconzo 42 | 3:11:19 |
| Susan McNamara 45 | 3:14:29 |
| W50 Terri Maitland 51 | 3:28:11 |
| Pamela Hall 52 | 3:36:29 |
| Lisa Doucett 50 | 3:39:37 |

**USATF-NJ XC 8K
Championships, Deer
Path Park, Readington,
NJ; Oct. 30**

| | |
|-----------------------|-------|
| Overall | |
| Tim Mulligan | 25:56 |
| Kathleen Castles | 30:53 |
| M40 Mark Lorelio | 29:15 |
| Sergio Cano | 30:59 |
| William Piwotarsky | 32:23 |
| Douglas Bressette | 33:01 |
| Brendan Mullen | 33:58 |
| M45 Marc Giguere | 30:59 |
| John Taylor | 31:37 |
| Gene Gugliotta | 31:52 |
| Tom Pinzino | 32:54 |
| Will DeRoberts | 33:14 |
| M50 Bob Halthcock | 31:29 |
| Charlie Slaughter | 31:39 |
| Richard Henderson | 31:42 |
| Herman Richards | 31:45 |
| Gary Peters | 32:12 |
| M55 Roger Price | 30:58 |
| Chris Lehman | 33:59 |
| Bruce Langenkamp | 35:02 |
| Gary Wallace | 36:18 |
| John Piccoli | 36:23 |
| M60 J L Seymour | 31:04 |
| Rich Myers | 31:33 |
| Bill Hagman | 33:18 |
| Antonio Cruz | 33:47 |
| Pat Cosgrove | 35:49 |
| M65 John Leonard | 35:38 |
| James Leitz | 36:31 |
| Dick Hill | 38:51 |
| Joe Saley | 39:08 |
| Matt Lalumia | 39:14 |
| M70 George Studzinski | 42:12 |
| Joseph LaBruno | 46:20 |
| Richard Wilde | 51:29 |
| Raymond Reddick | 79:23 |
| M75 Bill Welsh | 66:52 |
| Bill O'Brien | 76:18 |
| W40 Julie Corbin | 33:01 |
| Susan Bessin | 33:23 |
| Kathy Rocker | 34:01 |
| Julie Amsallen | 37:05 |
| Sherrie Felton | 37:08 |

| | |
|---------------------|-------|
| W45 Janice Morra | 33:13 |
| Pamela Fales | 36:56 |
| Martta Rose | 43:05 |
| Susan Janssens | 49:23 |
| W50 Jane Parks | 37:02 |
| Jan Farnung-Krause | 39:37 |
| Lorraine McPhillips | 41:29 |
| Denise Hinkle | 44:42 |
| W55 Betty Shonts | 39:40 |
| W60 Eileen Holzman | 43:41 |
| Patricia O'Hanlon | 45:16 |
| Jane VanEeuwen | 66:04 |
| W65 Dorothy Little | 42:18 |
| Imme Dyson | 42:33 |
| Madeline Bost | 52:17 |
| Doris Halemann | 54:12 |
| Annette Johnson | 56:36 |
| W70 Diane Stone | 71:09 |
| Melva Murray | 86:14 |
| W75 Lois Filreis | 68:18 |

**NYRR Poland Spring
Marathon Kickoff 8K
Central Park, NYC
Oct. 30**

| | |
|---------------------|---------|
| Overall | |
| Gareth Turnbull 26 | 24:39 |
| Anne Kugler 37 | 27:31 |
| M40 Alfonso Polonia | 26:44 |
| M45 Jim Stemm | 27:20 |
| M50 Paul mascal | 28:18 |
| M55 Joseph Porcaro | 30:18 |
| M60 Douglas Escher | 32:18 |
| M65 Sidney Howard | 34:26 |
| M70 Witold Bialokur | 34:15 |
| M75 William Fortune | 43:48 |
| M80 Sab Koide | 51:36 |
| W40 Stephanie Hodge | 30:40 |
| W45 Jane Lundy | 32:45 |
| W50 Kathryn Martin | 31:07 |
| W55 Mary Rosado | 38:03 |
| W60 M-L Michelsohn | 34:10 |
| W65 Edith Jones | 43:36 |
| W70 Joy Rose | 50:17 |
| W75 Joan Rowland | 1:04:46 |
| W80 Grace Salant | 1:28:58 |

**Cape Cod Marathon
Falmouth, MA; Oct. 30**

| | |
|-----------------------|---------|
| Overall | |
| Keven O'Neal 35 | 2:33:27 |
| Heidi Westerling 24 | 2:46:37 |
| M40 Jason Cakouros 40 | 2:37:33 |
| Chris Spinney 45 | 2:38:33 |
| Mike Cooney 43 | 2:42:05 |
| M50 John Lee 52 | 3:02:13 |
| Vladimir Luppov 50 | 3:02:28 |
| Bruce Bond 53 | 3:02:48 |
| M60 George Cunha 60 | 3:25:16 |
| John Hackney 60 | 3:27:07 |
| Arthur Roberts 61 | 3:27:47 |
| M70 Lauri Kenninen 70 | 4:58:26 |
| Paul McDermott 70 | 5:00:29 |
| Eugene Bruckert 70 | 5:34:54 |
| W40 Debbie Barry 40 | 3:04:39 |
| Patricia Dalconzo 42 | 3:11:19 |
| Susan McNamara 45 | 3:14:29 |
| W50 Terri Maitland 51 | 3:28:11 |
| Pamela Hall 52 | 3:36:29 |
| Lisa Doucett 50 | 3:39:37 |

**New York Marathon
NYC; Nov. 6**

| | |
|--------------------------|---------|
| Overall | |
| Paul Tergat 36 KEN | 2:09:30 |
| Jel Prokopcuka 29 LAT | 2:24:41 |
| M40 | |
| Jose Ramon Torres ESP | 2:24:55 |
| Manuel Anta ESP | 2:26:51 |
| Peder Trolldborg DEN | 2:26:58 |
| Philippe Remond FRA | 2:29:42 |
| Dan Held WA | 2:33:25 |
| Christian Jocher GER | 2:33:57 |
| Gilmar Pazello NY | 2:34:49 |
| Richard Cartier CAN | 2:34:49 |
| Salvatore Nicosia ITA | 2:35:58 |
| Felipe Vergara NY | 2:37:20 |
| M45 | |
| Alan S Ruben NY | 2:37:10 |
| Dominique Chauvelier FRA | 2:37:35 |
| Jan Ottosson SWE | 2:39:20 |
| Francisco Pasandini SUI | 2:40:36 |
| Maurizio Medri ITA | 2:41:15 |
| Wierslaw Perszke CT | 2:42:41 |
| Karlheinz Graf GER | 2:44:23 |
| Antonio Di Luca ITA | 2:46:05 |
| Fulvio Babich ITA | 2:47:35 |
| Massimo Russo ITA | 2:47:42 |

| | |
|-----------------------|---------|
| M45 Lee Allinger | 1:17:52 |
| Rick Adams | 1:28:59 |
| Larry Bub | 1:29:21 |
| M50 Peter Schmitz | 1:30:22 |
| Marv Cummings | 1:31:42 |
| Robert Wubben | 1:33:18 |
| M55 Jose Rodriguez | 1:24:22 |
| Tom Helpap | 1:49:30 |
| David Moore | 1:50:37 |
| M60 Kent Kretchnmar | 1:44:30 |
| Willis Schoeb | 1:59:03 |
| Jack Christ | 1:59:15 |
| M65 James Fahrbach | 1:37:31 |
| Tommy Brauneis | 1:44:55 |
| Ken Steckling | 1:47:17 |
| M70+Ray Waiter | 2:27:13 |
| Jim Ready | 2:30:55 |
| Jack Bradford | 2:41:38 |
| W40 Marie Sumnitch | 1:25:13 |
| Annette Jadin | 1:26:40 |
| Sarah Wittig | 1:39:47 |
| W45 Caroline Halstead | 1:40:54 |
| Carol Schubert | 1:47:01 |
| Kim Reiser | 1:47:49 |
| W50 Barbara Jewell | 1:37:25 |
| Mary Schumann | 1:43:21 |
| Sarah Neal | 1:48:19 |
| W55 Carol Kiltzke | 1:56:46 |
| Bonnie Fisher | 1:58:32 |
| Phyllis Tubesing | 2:03:20 |
| W60 Marcia Balthazor | 2:26:58 |
| Linda Schlavensky | 2:31:25 |
| Penny Paris | 2:37:22 |
| W65 Mary Lindgren | 2:09:13 |
| Janet Vanness | 2:26:54 |
| Roseann Blair | 3:25:23 |

Red October 10K & 5K Wayne, MI; Oct. 1

| | |
|--------------------------|-------|
| Overall | |
| Thomas Preiss 36 | 34:13 |
| Jacqueline Blair 50 | 42:15 |
| M35 T Preiss | 34:13 |
| Matthew Aldridge | 44:59 |
| Chris Woodring | 45:33 |
| M40 David Gerdes | 39:41 |
| Paul Lipinski | 39:52 |
| Damon Fuen | 40:18 |
| M45 John Duncan | 47:41 |
| John Metevia | 51:08 |
| M50 Gary Rizzo | 38:10 |
| John Tarkowski | 38:29 |
| Mike Stone | 39:50 |
| M55 Richard Kendall | 42:11 |
| Lloyd Hansen | 44:05 |
| Bill Garrity | 49:50 |
| M60 James Carlton | 39:16 |
| Allen Taverner | 43:18 |
| M65 David Lee | 47:05 |
| John Wehrly | 50:30 |
| W35 Sheron Johnson | 47:19 |
| Rita Telegadas | 56:01 |
| Carol King | 58:17 |
| W40 Julia Buzzard | 48:12 |
| Carmen Green-Lee | 49:52 |
| Dawn Alexander | 54:44 |
| W45 Gina Norris | 45:46 |
| Janet Soller | 49:05 |
| Marie Rivard | 49:18 |
| W50 J Blair | 42:15 |
| Miah Haddock | 51:25 |
| W55 Kathleen Taverner | 58:59 |
| W60 Cora Hill | 63:30 |
| W65 Chris Swanson | 64:27 |
| Overall | |
| Nick Stanko 24 | 15:08 |
| Rachel Toward 13 | 22:19 |
| M35 Paul Mayer | 17:39 |
| Rick Shaffer | 17:57 |
| Earl Hunt | 19:29 |
| M40 Hiam Slowazhek | 19:28 |
| Kevin Sherwood | 20:46 |
| Greg First | 22:01 |
| M45 Alan Vanmeter | 17:21 |
| Michael Adamczyk | 17:35 |
| M50 Anthony Lopetrone | 20:52 |
| Phillip Leja | 21:10 |
| Peter Link | 22:08 |
| M55 Mike Karkowski | 20:32 |
| Brad Behrman | 22:58 |
| Robert Ring | 24:38 |
| M60 Doug Goodhue | 17:51 |
| Andy Micham | 19:46 |
| M65 Daniel Hendren | 24:17 |
| Ed Torrance | 27:10 |
| W35 Teresa Atkins | 23:17 |
| Martha Vartanoff | 24:32 |
| Paula Webb | 25:50 |
| W40 Anita Greiner | 28:29 |
| Janenne Howell | 29:01 |
| W45 Catherine Pierfelice | 24:07 |
| Ann Krause | 27:18 |
| Linda Stevenson | 27:19 |
| W50 Lisa Campbell | 26:32 |
| Judy Wiener | 27:34 |
| Robert Schulz | 32:22 |
| W55 Donna Olson | 22:55 |
| Shirley Torrance | 27:38 |
| Pam Dobrowski | 35:40 |
| W60 Ginny Archer | 34:02 |

Akron Marathon Akron, OH; Oct. 1

| | |
|----------------------|---------|
| Overall | |
| Charles Kamindo 23 | 2:18:48 |
| Maria Portilla 32 | 2:39:09 |
| M35 David Dolinac | 2:56:22 |
| M40 Damon Blackford | 2:40:56 |
| Ron Dorfeld | 2:41:03 |
| George Axiotis | 2:47:25 |
| M45 Tony Harbert | 3:04:33 |
| Ronald Ross | 3:07:43 |
| Frank Irwin | 3:11:12 |
| M50 Mike Jacolonne | 3:08:24 |
| Bruce Winer | 3:19:09 |
| Jeff Barnett | 3:22:01 |
| M55 Terry McCluskey | 2:52:02 |
| Earl Kissell | 3:23:44 |
| Daryl Brown | 3:24:36 |
| M60 John Bauer | 3:53:25 |
| Jim Miller | 4:20:02 |
| Robert Beyer | 4:34:31 |
| M65 Tom Poet | 4:02:29 |
| Ben Sherman | 4:02:08 |
| E Davis Murphy | 4:06:34 |
| M70+Joe Trask | 5:45:35 |
| Matt Norris | 5:48:07 |
| W35 Wioletta Kryza | 2:42:46 |
| W40 Laura Murphy | 3:01:14 |
| Connie Gardner | 3:10:15 |
| Monica Lukas | 3:18:05 |
| W45 Patti D. Sunagel | 3:53:02 |
| Aimee Gilman | 3:56:35 |
| B Sosnowski | 3:56:36 |
| W50 Roselyn Zator | 3:52:37 |
| Terry Krystek | 3:54:46 |
| Linda Rowe-Oneal | 4:00:35 |
| W55 Joanne Miller | 5:01:59 |
| S Waller Kinnamon | 5:16:51 |
| Nancy M Mario | 6:28:56 |
| W60 Donna Sordinak | 3:59:40 |
| Cheryle Stallings | 4:14:55 |

Indianapolis Marathon & Half-Marathon Indianapolis, IN; Oct. 15

| | |
|---------------------|---------|
| Overall | |
| Tim Ives | 2:47:15 |
| Elizabeth Thomas | 3:08:58 |
| M40 Fred Haubensack | 2:50:48 |
| Kirt Goetzke | 3:38:39 |
| Tim Traycott | 2:59:11 |
| M45 Chris McMahon | 3:12:32 |
| Steven Yee | 3:16:06 |
| Paul Watts | 3:17:14 |
| M50 Tom Neuman | 3:14:04 |
| Robert Mezykowski | 3:24:21 |
| Brad Compton | 3:27:58 |
| M55 Drake Stockert | 3:18:15 |
| Doug Newton | 3:28:17 |
| Pat O'Rourke | 3:34:33 |
| M60 Zdenko Krizan | 3:37:35 |
| Eric Schlee | 3:45:49 |
| Darrel Crouter | 3:55:28 |
| M65 Andrew Kotulski | 4:12:45 |
| Robert Nichols | 5:45:17 |
| Micahel Langdon | 5:52:58 |
| W40 Susanne Ferro | 3:31:24 |
| Pamela Parry | 3:41:34 |
| Sue Cook | 3:58:53 |
| W45 Linda Cullison | 3:19:03 |
| Michelle Evans | 3:53:41 |
| Darala Barnett | 3:55:27 |
| W50 Jeanette Hammel | 3:30:24 |
| Claudia Benn | 4:19:39 |
| Lorna Katz | 4:31:26 |
| W55 Lynne Werling | 4:30:48 |
| Sue Fauerbach | 4:41:18 |
| Lillie Skipwith | 5:32:26 |
| W60 Judith Koob | 4:17:57 |
| Judy Smith | 4:32:21 |
| Ida Cannon | 6:20:16 |

Half-Marathon

| | |
|-----------------------|---------|
| Overall | |
| Gabor Olah | 1:14:48 |
| Kelly Handel | 1:25:30 |
| M40 Perez Madison | 1:17:50 |
| Ronald Argabright | 1:24:25 |
| Scott Goertemiller | 1:18:07 |
| M45 George DeWitt | 1:16:42 |
| Randall Stephens | 1:23:31 |
| Michael Shelton | 1:31:30 |
| M50 Kim Rogers | 1:30:30 |
| Vernie Criswell | 1:34:54 |
| Ronald Wilson | 1:35:45 |
| M55 Jim Evans | 1:32:14 |
| Mark Vanderstelt | 1:33:15 |
| Bill Bombassaro | 1:40:31 |
| M60 Casey Fredericks | 1:48:18 |
| Michael McCreery | 1:50:06 |
| Jim Minton | 1:55:46 |
| M65 William Schneider | 1:51:20 |
| Larue Bennett | 2:01:59 |
| Neil Jackman | 2:27:11 |
| M70+Hilary Lenzie | 1:49:13 |
| Gene Chandler | 2:16:57 |
| Steve Baldwin | 2:18:45 |
| W40 Sandy Briggs | 1:40:19 |
| Jennifer Trusler | 1:40:30 |
| Sharon Donnelly | 1:41:37 |

| | |
|---------------------|---------|
| W45 Jeanne Olash | 1:28:04 |
| Jennifer Isenbarger | 1:39:23 |
| Diane Earl | 1:41:51 |
| W50 Margaret Drew | 1:41:27 |
| Kathleen Jensen | 1:52:12 |
| Marty Yonker | 1:53:35 |
| W55 Sharon Nelson | 1:55:12 |
| Cyndi Meacham | 1:56:59 |
| Linda Krueger | 2:00:49 |
| W60 Nancy Murphy | 2:11:34 |
| Linda Scott | 2:10:08 |
| Lynn Enneking | 2:24:05 |
| W65 Rena Brown | 2:02:47 |
| Sue Heiwig | 2:12:09 |
| Patricia Nutt | 2:34:58 |
| W70+Anna Gehring | 3:12:47 |

Columbus Marathon Columbus, OH; Oct. 16

| | |
|-----------------------|---------|
| Overall | |
| Teren Jameson | 2:18:27 |
| Lyudmyla Pushkina | 2:29:56 |
| M40 Robert Barley | 2:46:36 |
| Al Crawford | 2:52:14 |
| David Hess | 2:53:07 |
| Steven Woodward | 2:54:04 |
| John Perez | 2:54:54 |
| M45 Jerome Mescher | 2:45:22 |
| Joe Patrick | 2:46:45 |
| Bob Pearson | 2:55:53 |
| David Dwornick | 2:57:31 |
| Bob West | 2:57:48 |
| M50 Dermot Holwell | 2:59:51 |
| Cliff Treysen | 3:06:47 |
| Robert Boyce | 3:06:57 |
| Doug Leary | 3:07:50 |
| Jim Moore | 3:09:37 |
| M55 Mick Stonaker | 3:02:21 |
| John Courtney | 3:11:36 |
| Ken Hedrick | 3:14:51 |
| Vince Russo | 3:15:41 |
| Assaye Mamo | 3:20:12 |
| M60 William Stobart | 3:28:18 |
| Peter Wadsack | 3:18:31 |
| Rick Brown | 3:38:19 |
| Alford Claiborne | 3:44:15 |
| Fred Martone | 3:47:26 |
| M65 David Loprinzi | 3:47:38 |
| Duane Correll | 4:04:16 |
| Nick Greco | 4:04:51 |
| Larry Pitt | 4:05:23 |
| Ben Sherman | 4:11:11 |
| M70+Clarence Kielkopf | 4:30:42 |
| Denis Dirscheri | 4:30:53 |
| Pete Vivoli | 4:34:11 |
| Jim Tinstman | 4:38:16 |
| Hart Anway | 4:55:11 |
| M80+Jack McClain | 6:17:02 |
| Don McNelly | 7:53:00 |
| W40 L Pushkina | 2:29:56 |
| Connie Gardner | 3:09:55 |
| Kelly Brielmaier | 3:16:09 |
| Barbara Wildermuth | 3:18:03 |
| Kim Martin | 3:22:46 |
| W45 Pattie Lucking | 3:14:52 |
| Sharon Marks | 3:20:40 |
| Michelle Morris | 3:31:26 |
| Kathleen Fussinger | 3:37:50 |
| Susan Kreiner | 3:40:56 |
| W50 Kaye McCormick | 3:39:36 |
| Elizabeth Carmody | 3:46:25 |
| Corinne Loprinzi | 3:47:38 |
| Terry Pokosh | 3:49:45 |
| Kathleen Skubak | 3:54:21 |
| W55 Keiko Buckner | 3:30:57 |
| Lyn Liff | 3:31:53 |
| Maggy Zidar | 3:34:03 |
| Shirley Sampson | 3:57:04 |
| Sue Yates | 4:04:25 |
| W60 Velma Matuszewski | 4:19:58 |
| Betty Johnson | 4:30:31 |
| Marilyn Payne | 5:16:48 |
| Diana Belland | 6:08:17 |
| Lynann Shonk | 6:26:16 |
| W65 Carol Eismaugh | 4:34:02 |
| Tertlitz Barsch | 4:38:29 |
| Beatrice Downey | 5:09:00 |
| Virginia Farneman | 5:33:09 |
| Ann Fleck | 6:06:00 |

Detroit Free Press/Flag- star Bank Marathon, Half- Marathon & 5K Detroit, MI; Oct. 23

| | |
|--------------------|---------|
| Marathon | |
| Overall | |
| Andrei Gordeev | 2:14:59 |
| Wioletta Kryza | 2:40:46 |
| M40 Peter Paradise | 2:36:18 |
| Russell Boore | 2:38:06 |
| David Ruggles | 2:40:59 |
| Roger Bashore | 2:42:55 |
| Tracy Lokken | 2:42:57 |
| Ron Dorfeld | 2:43:05 |
| Peter Browne | 2:43:47 |
| Steven Sciance | 2:48:02 |
| Bill Courtney | 2:48:28 |
| Jeff Collingwood | 2:54:29 |
| M45 Tim Bloch | 2:57:14 |

| | |
|---------------------|---------|
| David Dwornick | 2:58:22 |
| Peter Cooper | 2:58:53 |
| Thomas Gerou | 2:58:58 |
| Rick Armes | 2:59:12 |
| David Wulbrecht | 2:59:17 |
| Kenneth Hendrick | 3:00:44 |
| Ron Bonifas | 3:03:02 |
| Timothy Ashley | 3:03:45 |
| Jeffrey Galt | 3:04:00 |
| M50 David Louks | 2:54:51 |
| John Tarkowski | 2:59:33 |
| Robert Price | 3:04:11 |
| Thomas Taylor | 3:04:50 |
| Darrell Senyk | 3:06:17 |
| Paul Krebsbach | 3:06:21 |
| David Luckhardt | 3:08:20 |
| Stephen Turpin | 3:09:00 |
| M55 Dave Minier | 3:00:43 |
| David Vanker | 3:03:28 |
| Victor Barkoski | 3:07:21 |
| Thomas Butler | 3:14:18 |
| Paul Oostenbrug | 3:14:31 |
| Ed Dean | 3:14:50 |
| Steve Bogner | 3:19:24 |
| Ronald Ruffin | 3:20:09 |
| M60 James Carlton | 3:07:48 |
| Ronald Foon | 3:39:05 |
| Phillip Kroll | 3:41:29 |
| David Goldberg | 3:41:41 |
| Roger Stoner | 3:44:55 |
| Richard Hamm | 3:49:13 |
| M65 Richard Wallen | 3:42:49 |
| Stan Curtiss | 3:54:22 |
| Jack Malinao | 4:09:35 |
| Steffen Kampe | 4:12:37 |
| Harry Schwochert | 4:23:44 |
| Bob Volenski | 4:25:18 |
| M70 Bob Daly | 3:37:51 |
| Robert Bloomquist | 4:33:01 |
| Phil Carroll | 4:39:00 |
| M75 John Kolmetz | 4:19:50 |
| James Hurst | 4:57:58 |
| Mike Fremont | 5:25:12 |
| W40 Julie Harding | 2:55:03 |
| Lisa Veneaziano | 3:03:02 |
| Julie Winter | 3:07:11 |
| Lynn Mooney | 3:14:37 |
| Krys Brish | 3:17:31 |
| Bev Ameen | 3:20:19 |
| Lenna Kirby | 3:20:30 |
| Kathie Schaus | 3:20:43 |
| W45 Peggy Zeeb | 3:11:43 |
| Nancy Schubring | 3:32:10 |
| Janice Mackay | 3:33:22 |
| Pam Price | 3:37:24 |
| Gianna Getto | 3:42:39 |
| Deb Norton | 3:44:10 |
| Cindy Williamson | 3:47:16 |
| Susan Dicello | 3:49:47 |
| W50 Lynn Kobayashi | 3:10:09 |
| Jackie Blair | 3:30:10 |
| Joan Hartery | 3:32:58 |
| Pamela Hagen | 3:35:57 |
| Clarice Pavlick | 3:38:33 |
| Marlene Peterson | 3:38:33 |
| W55 Maggie Zidar | 3:34:48 |
| Renate Hilles | 3:42:43 |
| Kathi Peck | 3:53:58 |
| Cathy Simons | 4:15:19 |
| Barbara McKinley | 4:21:41 |
| Sue Reinhardt | 4:22:15 |
| W60 Kathy Ryan | 4:34:02 |
| Nancy Forster | 4:36:44 |
| Dale Magee | 4:36:58 |
| Mary Roche | 4:43:16 |
| W65 Louise Miklovic | 4:22:16 |
| Nancy Klees | 4:44:25 |
| Jane Rofe | 5:05:10 |

Half-Marathon

| | |
|-------------------------|---------|
| Overall | |
| Ryan Desgrange | 1:12:09 |
| Kimberly Peterson | 1:26:50 |
| M40 Patrick Lencioni | 1:12:33 |
| David Watkins | 1:15:58 |
| John Brabbs | 1:19:44 |
| Mark Lohman | 1:18:59 |
| Thomas Piazza | 1:23:03 |
| John Boldt | 1:24:51 |
| M50 Timothy Emmett | 1:21:16 |
| Richard Bazy | 1:32:04 |
| John Hogan | 1:33:35 |
| M55 Paul Deladurantayes | 1:25:55 |
| Tim Laporte | 1:32:07 |
| Henry Osier | 1:32:55 |
| M60 Doug Goodhue | 1:23:37 |
| Larry Hult | 1:41:04 |
| John Shea | 1:44:52 |
| M65 Harry Tellman | 1:38:29 |
| Richard Willis | 1:57:56 |
| Vince Kelly | 2:00:12 |
| M70 Phil Lokuta | 2:00:21 |
| Douglas Elgie | 2:03:16 |
| Darrell McKee | 2:08:25 |
| M75+Fred Hagen | 1:59:55 |
| Ed Allen | 2:26:04 |
| W40 K Bruce-Bumbul | 1:28:44 |
| Gayle Kuipers | 1:31:37 |
| Jill Washburn | 1:33:13 |
| W45 Tami Bealier | 1:33:20 |
| Laura Maslar | 1:33:42 |
| Debora Deren | 1:35:07 |
| W50 Janice Spodarek | 1:40:30 |

| | |
|------------------------|---------|
| Susan Alt | 1:41:08 |
| Ann Schmidt | 1:49:10 |
| W55 Susan Joy Szczesny | 1:45:32 |
| Teresa Ashworth | 1:51:02 |
| Chris Fuerth | 1:53:05 |
| W60 Janet Delucia | 2:02:47 |
| Mary Bonetz | 2:02:59 |
| Anna Austin | 2:05:35 |
| W65 Winnie Hopfe | 2:03:34 |
| Cathy Detman | 2:06:17 |
| Mary Waterstone | 2:21:28 |
| W70 Sara Lee Warberg | 2:48:58 |
| Overall | |
| Richie Brinker | 14:55 |
| Denisa Costescu | 18:49 |
| M40 Doug Ogden | 17:45 |
| M45 Duane Stewart | 19:22 |
| M50 Ben Fondren | 18:15 |
| M55 Brad Behrman | 22:57 |
| M60 John Shaw | 23:28 |
| M65 Ronald Gill | 28:51 |
| M70 Archer Stone | 28:22 |
| M75 Robert Thomas | 37:17 |
| W40 Kathy Xydis | 24:24 |
| W45 Leidi Linsenmeyer | 22:38 |
| W50 Nancy Denniston | 22:34 |
| W55 Cecilia Brzyz | 27:29 |
| W60 Barbara Parker | 29:18 |
| W65 Sandra Studebaker | 42:18 |

| | |
|-----------------------|---------|
| Nancy Lopez | 3:18:48 |
| M40 Michael White | 2:43:50 |
| Scott Winfield | 3:01:36 |
| Daniel Ash | 3:09:41 |
| M45 Glenn Hahn | 3:18:47 |
| William Spaeth | 3:27:57 |
| Neil Jubaili | 3:29:23 |
| M50 John Pettinichio | 3:16:57 |
| Greg Smith | 3:27:28 |
| Leo Rankin | 3:28:33 |
| M55 Bob Thompson | 3:22:27 |
| Craig Newport | 3:30:49 |
| Gary Timek | 3:36:12 |
| M60 Richard Konopasek | 4:20:31 |
| David Levinson | 4:45:15 |
| Gerard Lopez | 5:43:10 |
| M60 Marv Rexius | 4:18:41 |
| Philo Short | 4:26:47 |
| Tom Rooney | 5:23:56 |
| W40 Tina Devine | 3:26:07 |
| Nancy Morehead | 3:35:22 |
| Lisa Begin | 3:49:16 |
| W45 Chris Hamer | 3:31:24 |
| Lanore Bergenske | 3:44:05 |
| Jeanne Brucksch | 3:54:22 |
| W50 Janet Biasca | 4:02:11 |
| Debra Jones | 4:07:45 |
| Joan Keiser | 4:11:15 |
| W55 Colleen Southwick | 3:45:57 |
| Sally Skinner | 3:57:44 |
| Carol McDonough | 4:56:42 |
| W60 Diane Robinson | 5:32:02 |

| | |
|-----------------------|---------|
| Delfino Rodriguez | 3:39:33 |
| M60 Wayne Mitchell | 3:24:42 |
| Jesse Rascon | 3:25:34 |
| Young Hong | 3:53:25 |
| Eric Gilbert | 3:54:20 |
| J Warnemuende | 4:00:56 |
| M65 Roberto Vargas | 3:56:52 |
| Hoo-Jin Chung | 3:58:59 |
| Ken Gaal | 4:26:35 |
| Peter Mireles | 4:29:48 |
| Raymond Maranda | 4:31:05 |
| M70 Gordon Watson | 4:11:50 |
| Michael Pang | 4:19:23 |
| Bowoo Lee | 5:08:49 |
| Dale Headley | 5:11:29 |
| Ot Lupinski | 5:12:30 |
| M75 George Border | 4:42:34 |
| Carlos Mora | 5:43:56 |
| Jong Sung Kim | 5:55:11 |
| Ghorban Ali Ahmian | 7:12:59 |
| M80 Sid Jones | 6:51:00 |
| W40 Julie White | 2:54:02 |
| Lori Fisher | 3:15:29 |
| Katia Tapia | 3:20:49 |
| Jaye Morris | 3:39:38 |
| Michelle Kobrin | 3:42:42 |
| W45 Lucracia Jacobson | 3:38:31 |
| Sena Hoodman | 3:47:21 |
| Nancy Ottmann | 3:48:37 |
| Gloria Puentes | 4:00:06 |
| Linda Spadoni | 4:00:15 |
| W50 Susan Levy | 3:57:23 |
| Lindsey Folsom | 3:59:43 |
| Ronda Klosterman | 4:20:35 |
| Nancy Miner | 4:26:30 |
| Gene Rogers | 4:31:34 |
| W55 Merle Laduke | 3:41:55 |
| Henji Kim | 3:43:13 |
| Myung Kim | 3:46:21 |
| Barbara Wnek | 4:45:12 |
| Cassandra Johnson | 4:48:04 |
| W60 Julie Dunphy | 4:31:53 |
| Hiroko Spradin | 4:36:25 |
| Josefa Botens | 5:19:38 |
| Uta Robinson | 5:21:21 |
| Okkyung Campbell | 5:48:34 |
| W65 Marilyn Clark | 4:31:59 |
| Young Suk | 5:24:56 |
| Vicki Colvin | 6:24:09 |
| Perry Hayden | 1:19:25 |
| Robert Gormley | 1:30:06 |
| M65 Glenn Frick | 1:27:40 |
| Doug Braasch | 1:35:48 |
| Rolf Nebelung | 1:43:18 |
| M70 Phil Phytian | 2:04:43 |
| William Flodberg | 2:04:57 |
| Anthony Baumbach | 2:11:00 |
| M75 Sam Hiarabayasi | 1:52:47 |
| Ed Reyna | 2:05:06 |
| Harry Daniell | 2:18:50 |
| M80 D F Wichelman | 2:28:10 |
| W40 Pamela Hayes | 1:29:10 |
| Kim Woody | 1:33:01 |
| Elizabeth Sinna | 1:40:08 |
| W45 Tina Beal | 1:28:47 |
| Theresa McCourt | 1:31:05 |
| Meredith Mills | 1:32:53 |
| W50 Heidi Swan | 1:23:26 |
| Kim Rupert | 1:36:44 |
| Hazel Wood | 1:41:54 |
| W55 Dee Gibson | 1:41:36 |
| Nelda Williams | 1:53:44 |
| Joanne Sidwell | 1:54:44 |
| W60 Melody Schultz | 1:36:39 |
| Wendy Watson | 1:19:29 |
| Ann Hardham | 2:01:46 |
| W65 Barb Miller | 1:43:49 |
| Eve Pell | 1:50:45 |
| Mary Walsh | 2:02:17 |
| W70 Joanne Kambur | 2:10:17 |
| Patti Rutten | 3:42:17 |
| Sally Farnes | 3:42:18 |
| W75 Inge Hendron | 3:14:57 |
| Liese Rapozo | 3:30:25 |
| Jane Wilkins | 3:44:42 |

RAD 8K Agoura Hills, CA; Oct. 16

| | |
|-------------------------|-------|
| Overall | |
| Sergio Reyes | 24:19 |
| Erin Nehus | 24:57 |
| M40 David Olds | 25:35 |
| Peter Magill | 25:36 |
| Andy Diconti | 26:31 |
| M45 Jeff Snyder | 29:40 |
| Phillip Wright | 30:51 |
| Frank Budroe | 31:33 |
| M50 Margarito Hernandez | 30:14 |
| Bill Fischer | 32:58 |
| Jay Frank | 37:12 |
| M55 Russ Stockard | 33:16 |
| Rick Joly | 35:57 |
| Eugene Schmidt | 36:02 |
| M60 Buliet Cales | 38:10 |
| Ken Kochakji | 45:47 |
| M65 Jon Malnekoff | 33:43 |
| M70+Pete Petracek | 44:59 |
| Rod Legate | 45:37 |
| W40 Marie Hermann | 33:23 |
| Rossana Robinson | 34:40 |
| Kay Diehnelt | 36:53 |
| W45 Leslie Oliver | 34:48 |
| Luann McKenzie | 39:43 |
| Lora Avery | 40:32 |
| W50 Elvia Frank | 36:31 |
| Georgeann Nicol | 41:45 |
| W55 Kathy Joly | 48:45 |
| W60 Judy Gilbert | 40:56 |
| Judy Kewley | 44:58 |

Duke City Marathon & Half-Marathon Albuquerque, NM; Oct. 23

| | |
|--------------------|---------|
| Marathon | |
| Overall | |
| Joseph Grindstaff | 2:40:19 |
| Susan Brozik | 2:55:46 |
| M40 Nelson McCabw | 3:08:35 |
| Robert Wright | 3:28:07 |
| Neil Veragara | 3:29:01 |
| M45 T Angelosante | 2:51:27 |
| Kenneth Benally | 3:10:59 |
| Chris Chavez | 3:13:58 |
| M50 Dale Lewis | 3:32:46 |
| Gerald Quintana | 3:32:47 |
| Tim Gallegos | 3:34:15 |
| M50 Larry Cawthon | 3:30:02 |
| Roger Kramer | 3:52:47 |
| Bobby Deogh | 3:59:03 |
| M60 Bob Wilson | 4:03:08 |
| David Skavdahl | 4:04:05 |
| Ron Knecht | 4:35:55 |
| M65 Thomas Wangler | 4:14:03 |

| | |
|---------------------|---------|
| Richard Harris | 4:43:35 |
| Reg Horn | 5:09:34 |
| M70 Mel Preedy | 4:05:12 |
| Thomas Hathaway | 4:39:58 |
| Clifford Click | 6:21:05 |
| W40 Therese Dowart | 4:18:14 |
| Patricia Cunningham | 4:18:51 |
| Oza Klanjek | 4:20:32 |
| W45 Lisa Romero | 4:21:06 |
| Sandra Ulibarri | 4:31:49 |
| Linda Cage | 4:42:33 |
| W50 Evelyn Rangel | 4:08:18 |
| Ann Stevenson | 4:50:52 |
| Barbara Landesman | 5:06:37 |
| W55 Sandra Anderson | 4:12:25 |
| Jane Pauls | 4:25:29 |
| Jon Ann Owen | 5:17:18 |
| W65 Dolores Horn | 5:51:50 |
| Margaret Speer | 5:34:05 |

Arturo Barrios Invitational 5K & 10K, Chula Vista, CA Oct. 23

| | |
|---------------------|-------|
| 5K | |
| Overall | |
| Erik Emilsson | 14:56 |
| Jenna Timinsky | 21:05 |
| M40 James Sheremeta | 15:49 |
| Vincente Guzman | 17:03 |
| Richard Milner | 17:31 |
| Mark Samo | 17:54 |
| Andres Diaz | 18:06 |
| M45 Adam Weiner | 16:56 |
| Allen Turrietta | 17:22 |
| Adalberto Campos | 18:35 |
| Kurt Hallock | 19:13 |
| Jose Jimenez | 19:34 |
| M50 Greg Wilson | 17:05 |
| Larry Indiviglia | 19:17 |
| William Siegrist | 19:20 |
| Patrick McKelery | 19:54 |
| Stan Ideker | 19:59 |
| M55 Keith Noren | 19:16 |
| Manual Contreras | 19:38 |
| Chuck Janes | 20:25 |
| Berek Fiszlewicz | 20:54 |
| Jaime Sanchez | 21:37 |
| M60 Steven Brenneck | 20:35 |
| Gary Schlier | 22:36 |
| Herman Victoria | 22:50 |
| Eliazer Villanot | 23:27 |
| Patrick Rusnell | 24:44 |
| M65 Peter Jones | 20:42 |
| Ed Conoghe | 20:58 |
| Domingo Torres | 31:47 |
| David Pound | 32:25 |
| Edward Spies | 32:26 |
| M70 Jim Buckley | 25:33 |
| Ed Karas | 27:40 |
| Antonio Verdin | 29:01 |
| A Flores Palacios | 30:35 |
| M80 John Cross | 32:02 |
| Jack Smothers | 33:24 |
| W40 Uta Pippiz | 17:26 |
| Martha Rodarte | 22:06 |
| Ana Rivera | 22:06 |

| | |
|------------------------|---------|
| Leticia Andrade | 23:24 |
| Becky Yzaguirre | 23:44 |
| W45 Patricia Contreras | 20:04 |
| Teresa Cordova | 22:20 |
| Leicia Luna | 22:21 |
| Sabina Mendez | 22:43 |
| Joy Sargis | 22:59 |
| W50 Mary Ryzner | 22:21 |
| Blanca Sanchez | 23:39 |
| Jackie Broderick | 24:59 |
| Lise Herrera | 26:19 |
| Jimenez Concepcion | 26:54 |
| W55 Teresita Toledo | 22:53 |
| Candace Donoghue | 23:05 |
| Carmen Villa | 28:12 |
| Kathleen Longwell | 30:10 |
| Cecy Soto | 31:23 |
| W60 Theresa Riley | 27:10 |
| Evelia Quintero | 29:55 |
| J Kow-Beckworth | 32:48 |
| Dorothy Avevalos | 34:08 |
| Kay Chiaravalle | 34:08 |
| W65 Gloria Lopez | 33:33 |
| W70 Stella Floyd | 1:03:17 |
| W80 Pilar Garcia | 29:26 |

| | |
|------------------------|---------|
| Overall | |
| Nick Arcinagazz | 22 |
| Jessi Stensland | 29 |
| M40 Gregorio Quiroz | 36:51 |
| Chris Bakerville | 37:26 |
| Robert Fanjas | 37:41 |
| Andy Thacher | 38:22 |
| Hermio Perez | 39:10 |
| M45 Luis Camarillo | 36:02 |
| Felix Garcia Castillo | 38:10 |
| Matias Munillo | 38:45 |
| Hacho Kaloyan | 41:05 |
| Kurt Hallock | 41:26 |
| M50 Kim McDonald | 35:56 |
| Jack Nash | 36:38 |
| Robert Boyce | 39:42 |
| Elroy Vital Godino | 40:32 |
| Enrique Medina | 40:51 |
| M55 Salvador Rodriguez | 38:39 |
| Doug Wood | 38:48 |
| Mike Castaldi | 39:59 |
| Don Waggett | 40:36 |
| Keith Noren | 41:36 |
| M60 Hal Goforth | 40:55 |
| Gildardo Navarro | 48:46 |
| Alford Claiborne | 49:46 |
| Octavio Yanez | 52:01 |
| Santos Pool Palma | 52:11 |
| M65 Jesus Guzman | 41:21 |
| Phillip Campbell | 53:54 |
| Castelo Valenzuela | 55:57 |
| Carl Murphy | 56:22 |
| Rene Gomez | 1:06:43 |
| M70 Gustavo Rodriguez | 50:00 |
| Antonio Gil Sosa | 50:23 |
| Henderson Cleaves | 55:42 |
| Jesus Nuno | 57:43 |
| Manuel Ibarra | 1:02:41 |
| M80 John Cross | 1:12:41 |
| W40 Dagny Barrios | 39:57 |
| Rachel Smithy | 45:35 |
| Miriam Wiegel | 48:30 |
| Jackie Miller Lai | 48:47 |
| Michelle Garrity | 49:37 |
| W45 Nancy O'Neill | 45:36 |
| Susan Kimura | 47:37 |
| Nikki Molenbeek | 48:19 |
| Thelma Pascua | 50:40 |
| Patricia Ramirez | 50:45 |
| W50 Mariat Fernandez | 44:17 |
| Marian Schmidt | 45:40 |
| Janis Campbell | 51:28 |
| Lisa Boyd | 52:31 |
| Lise Herrera | 57:46 |
| W55 Treasa Skiles | 56:02 |
| Barbara Fryer | 58:12 |
| Merrie English | 59:36 |
| Valva Hamim | 59:44 |
| Rachel Saldivar | 1:02:44 |
| W60 Dianne Rindt | 48:59 |
| Michele Hardy | 1:10:03 |
| Ellen Anderson | 1:13:35 |
| W65 Virginia Lopez | 1:00:09 |
| Celia Gomez | 1:07:45 |
| W80 Gerry Davidson | 1:23:51 |

Whiskeytown Trail Runs Whiskeytown Lake NRA Redding, CA; Oct. 29

| | |
|--------------------|---------|
| 50K | |
| Overall | |
| Neil Olson | 4:29:11 |
| Bev Anderson-Abbs | 4:32:44 |
| M40 Mark Lantz | 4:48:53 |
| Troy Limb | 5:06:43 |
| Jack Meyer | 6:08:54 |
| Todd Mikolajczyk | 6:27:23 |
| Mark Sherbow | 6:33:39 |
| Donn Zee | 6:50:07 |
| Jim Cover | 7:03:45 |
| Brian Hildebrandt | 7:04:17 |
| Mark Vegg | 7:25:28 |
| Roger Jensen | 7:52:21 |
| M50 Joseph Swenson | 5:21:30 |
| Thomas Stephens | 6:05:52 |



Stanley Druckrey, M55, winner in the 60m hurdles (9.69), 2005 National Masters Indoor Championships, Boise, Idaho.

| | | |
|----------------|---------------------|---------|
| | Clyde Aker 53 | 6:06:44 |
| | Wayne Farrar 57 | 6:22:11 |
| | Ben Benjamin 50 | 6:27:22 |
| | Jeff Jones 51 | 6:52:07 |
| M60 | Dana Gard 60 | 5:10:58 |
| | Ian Maddison 63 | 6:24:40 |
| | Jim Clover 63 | 6:34:10 |
| | William Lawrence 64 | 6:57:58 |
| | Charlie Alewine 60 | 8:03:13 |
| M70 | Gard Leighton 71 | 6:18:17 |
| W40 | B Anderson-Abbs | 4:32:44 |
| W50 | Teresa Hogan 54 | 7:01:33 |
| 30K | | |
| Overall | | |
| | Tyler Graff 25 | 2:01:27 |
| | Osborne Paige 30 | 2:29:38 |
| M40 | Donald Bentley 44 | 2:33:33 |
| | Derek Dunlap 44 | 2:37:56 |
| | Robert Ziola 49 | 2:49:07 |
| | Steve Greuel 49 | 3:02:06 |
| M50 | Jim Smith 53 | 3:45:57 |
| | Jim Rood 57 | 3:46:01 |
| | John Dawson 52 | 4:43:23 |
| M60 | Butch Stratton 60 | 2:52:07 |
| | Mike McClain 61 | 3:31:07 |
| | John Diehm 60 | 3:40:10 |
| M70 | Scott Heppburn | 3:56:44 |
| W40 | Kim Schwartz 41 | 3:23:54 |
| | Carole Grandmain 46 | 3:51:20 |

| | | |
|----------------------|----|---------|
| 8 Miles | | |
| Overall | | |
| Jeff Worthington | 41 | 1:06:46 |
| Natalie Robertson | 18 | 1:09:14 |
| M40 Jeff Worthington | 41 | 1:06:46 |
| Richard Smid | 46 | 1:19:02 |
| W40 Kelli Dunham | 42 | 1:35:54 |
| Doris Tom | 43 | 1:58:04 |
| Polly Hildebrandt | 44 | 2:39:12 |
| W50 Kande McClin | | 1:35:54 |
| W60 Claudia Isham | 60 | 2:21:16 |

8 Miles

NORTHWEST

St. George Marathon

St. George, UT; Oct. 1

NORTHWEST

St. George Marathon St. George, UT; Oct. 1

| | | |
|-----|------------------|---------|
| | Bill Cobler | 2:40:21 |
| | Taha Mamood | 2:41:48 |
| M45 | Jerry Henley | 2:33:40 |
| | David Smith | 2:38:51 |
| | Michael Newberry | 2:44:44 |
| M50 | Kent Wing | 2:53:39 |
| | Patrick Loss | 2:54:54 |
| | Jason Thomas | 2:57:31 |
| M55 | James Rucker | 3:08:20 |
| | Terry Harris | 3:10:18 |
| | Mannley Johnson | 3:10:22 |
| M60 | Ron Peterson | 3:17:45 |
| | Marc Irwin | 3:21:14 |
| | Thomas Riggs | 3:31:22 |
| M65 | Brent Pinder | 3:23:30 |
| | Dick Kirkwood | 3:16:57 |
| | Juan Sobenes | 3:31:48 |
| M70 | Carlos Valle | 3:22:31 |
| | Jerry Jefferson | 4:14:51 |
| | Don Smith | 4:22:51 |
| M75 | Bob Koch | 4:16:11 |
| | Paul Nance | 4:16:14 |
| | Dewain Jenkins | 4:44:33 |

RACEWALKING

MAC/USATF 20K RW Championships, Central Park, NYC; Oct. 23

| | | |
|-----|-------------------|---------|
| | Claudia Kasen | 3:13:54 |
| W50 | Jann Bunnell | 3:23:57 |
| | Trish Vlastnik | 3:30:03 |
| | Joni Astorga | 3:36:05 |
| W55 | Jeanie Groves | 3:26:49 |
| | Colleen Southwick | 3:33:15 |
| | Joann Jung | 3:49:49 |
| W60 | Penny Tyree | 4:10:17 |
| | Theresa Riley | 4:21:36 |
| | Kathleen Reynolds | 4:22:28 |
| W65 | Shirley Blush | 4:00:46 |
| | Merion Knight | 4:43:02 |
| | Dianne Teece | 5:36:30 |
| W70 | Judith Bullough | 4:52:19 |
| | Vera Vann-Wilson | 5:54:15 |
| | Lola Mae Taylor | 6:02:35 |

Track & Field Report

Continued from page 8

USATF Masters programs and objectives.

- Conduct annual membership drive.
- Appoint a Diversity Coordinator.
- Conduct a Diversity Training Seminar to insure that USATF Masters is providing opportunities and full access for those who wish to participate in track and field competitions and administrative activities of the organization.

CLUBS

Goals

- Encourage member participation in clubs to promote social interaction, training opportunities, and recognition.
- Encourage greater club involvement in fielding teams for regional and national competitions.

Objectives/Strategies

- Encourage clubs to stage "fun" meets with members trying different events.
- Conduct training clinics for current and prospective masters athletes.
- Encourage clubs to host a series of "mini-meets."

- Maintain 2005-initiated club scoring at the national meets.

- Encourage club scoring at association and regional championship meets.

- Encourage clubs on an annual basis to formally recognize the best athletes for track and field categories within age groups

Initiatives/Action Steps

- Appoint a USATF Masters Club Advocate.

- Appoint a committee to review validity and fairness of club scoring at national meets.

- Obtain existing association and region championship team scoring rules and encourage standardization that would also pertain to national meets.

- Task newly appointed Mini and Specialty Meets Facilitator to assist with club meet development and promotion efforts.

ASSOCIATIONS

Goals

- Encourage and provide support resources to associations to insure that association championships are held annually.

- Assist associations in promoting track and field participation for masters.

- Recognition of significant accomplishments and performances.

Objectives/Strategies

- Conduct survey of local associations to determine frequency of championship meets

and assess obstacles and impediments to annualized events, e.g., travel logistics, facilities, implements, funding, etc.

- Develop and disseminate a meet manual on how to conduct a well-run track & field meet that ensures USATF meet certification and appropriate officials, support resources, and event scheduling for an enjoyable athlete experience.

- Conduct training clinics for current and prospective masters athletes.

- Encourage local associations on an annual basis to formally recognize the best athletes for track and field categories within age groups.

Initiatives/Action Steps

- Task Regional Coordinators with surveying USATF associations within their regions and reporting on findings on frequency and issues in conducting championship meets.

- Appoint a Meet Manual Coordinator to develop a meet manual for conducting a successful track and field meet.

- Provide funding assistance to local associations for training clinics.

Strategic Plan - Next Steps

- A summary of the critical issues, goals, objectives/strategies, and initiatives/action steps will be published in the National Masters News.

- Copies of the strategic plan will be available and distributed at the 2005 USATF Annual Meeting.

- In both forums, volunteers will be solicited to work on the Initiatives/Action Steps.

- The strategic plan will be posted on the USATF Web site for member access and review.

- The Masters Executive Committee will discuss the plan in its meeting.

- Line item program budget allocations for start-up funding of Initiatives/Action Items must be made for submission in the 2006 USATF Masters Committee Budget request.

- There must be an assigned accountability or manager for each Initiative/Action Step with associated time frame for completion and key tasks or milestones to be achieved.

- As appropriate, the Action Step Manager and accompanying committee members will prepare a detailed work plan to guide their efforts.

Please give us your input. (Contact info on page 2.) □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - DECEMBER 2005

| ATHLETE NAME (RESIDENCE) | BIRTH DATE | AGE GROUP |
|------------------------------------|------------|-----------|
| LESLIE ESTWICK(CAN) | 12-20-60 | 45-49 |
| ANGELA NEALY(INDIANAPOLIS,IN) | 12-27-60 | 45-49 |
| PIERRE FAUCHEUR(FRA) | 12- 1-55 | 50-54 |
| DAN BARRY(CALABASAS,CA) | 12- 3-55 | 50-54 |
| NEVILLE HODGE(BALTIMORE,MD) | 12- 8-55 | 50-54 |
| ANA B PEREZ(MEX) | 12-23-55 | 50-54 |
| MONICA KENDALL(BEAVERTON,OR) | 12-24-55 | 50-54 |
| HOLGER KRIEDEL(GER) | 12-30-55 | 50-54 |
| DEBORAH LENZ(CAN) | 12-31-55 | 50-54 |
| MIKE HILL(BOULDER,CO) | 12- 6-50 | 55-59 |
| ANDRINA NORDEN(AUS) | 12- 6-50 | 55-59 |
| GEORGE PATTERSON CRANDALL(US) | 12- 8-50 | 55-59 |
| KEN POPEJOY(WHEATON,IL) | 12- 9-50 | 55-59 |
| ELAINE TRIPLETT(SANTA BARBARA,CA) | 12-13-50 | 55-59 |
| CHRISTINE MONROE(NZL) | 12-13-50 | 55-59 |
| DONNIS DRUMGOLE(DECATUR,IL) | 12-18-50 | 55-59 |
| ANITA VERZEELE(BEL) | 12-18-50 | 55-59 |
| DOMINIQUE RANZAN(FRA) | 12-21-50 | 55-59 |
| HELEN HAYES(US) | 12-23-50 | 55-59 |
| TINA HAYES(BELTSVILLE,MD) | 12-23-50 | 55-59 |
| CAROLINE MARLER(GBR) | 12-25-50 | 55-59 |
| SHARON WARREN(NEW YORK,NY) | 12-27-50 | 55-59 |
| MARTTI VAINIO(FIN) | 12-30-50 | 55-59 |
| BIRGIT BRINGSLED(SWE) | 12- 6-45 | 60-64 |
| JANE HUTCHINSON(WEBB CITY,MO) | 12-16-45 | 60-64 |
| MIZUE MATSUDA(JPN) | 12-16-45 | 60-64 |
| STAN WHITLEY(POMONA,CA) | 12-17-45 | 60-64 |
| NELLY WRIGHT(US) | 12-17-45 | 60-64 |
| CAROL ANN WILD(GBR) | 12-19-45 | 60-64 |
| TERTTU HYTTI(FIN) | 12-27-45 | 60-64 |
| JADVYGA PUTINIENE(URS) | 12-30-45 | 60-64 |
| VALERIE ROBINSON(NZL) | 12- 2-40 | 65-69 |
| FRANCOISE NICOLAS(FRA) | 12- 2-40 | 65-69 |
| AXEL JELTEN(GER) | 12- 6-40 | 65-69 |
| P. WOOLMAN(NZL) | 12- 6-40 | 65-69 |
| GARY OLIPHANT(WICHITA,KS) | 12-13-40 | 65-69 |
| SALLY HUGHES(FAIRFAX,CA) | 12-13-40 | 65-69 |
| CHRISTINE FUCHS(GBR) | 12-24-40 | 65-69 |
| CAROLE HERRICK(MCCLEAN,VA) | 12-25-40 | 65-69 |
| YUKO MUNE(JPN) | 12-26-40 | 65-69 |
| CAROLE MC RONALD(US) | 12-27-40 | 65-69 |
| TRAUDEL HAFELE(GER) | 12-28-40 | 65-69 |
| YVONNE HENRY(CARSON,CA) | 12- 2-35 | 70-74 |
| DANIEL COHENY(US) | 12- 3-35 | 70-74 |
| CAROLYN O'NEIL(KALISPELL,MT) | 12- 6-35 | 70-74 |
| EVELYN HESS(EUGENE,OR) | 12- 9-35 | 70-74 |
| AGNES HADE(GBR) | 12- 9-35 | 70-74 |
| JOFRID JANSEN(FIN) | 12-13-35 | 70-74 |
| ROBIN BALL(GBR) | 12-14-35 | 70-74 |
| BYRON GRAY(GBR) | 12-19-35 | 70-74 |
| JANE DODS(SPRINGFIELD,OR) | 12-21-35 | 70-74 |
| CHRISTA BAUM(GBR) | 12-24-35 | 70-74 |
| NOEL MURCHIE(HONOLULU,HI) | 12-25-35 | 70-74 |
| CLEMENT HUYSEN(BEL) | 12-27-35 | 70-74 |
| BILL MCWILLIAMS(CENTERVILLE,MA) | 12-27-35 | 70-74 |
| RALPH THOMAS(GARDINER,ME) | 12-27-35 | 70-74 |
| CAROLYN SUE CAPPETTA(CONCORD,MA) | 12-27-35 | 70-74 |
| KAARLO LESELL(FIN) | 12- 9-30 | 75-79 |
| RUTH CARRIER(CAN) | 12-11-30 | 75-79 |
| STEPANKA MERTOVA(CZE) | 12-11-30 | 75-79 |
| BERTHOLD NEUMANN(GBR) | 12-19-30 | 75-79 |
| ELSBETH HENSELER(GBR) | 12-22-30 | 75-79 |
| JOHN J KELLEY(MYSTIC,CN) | 12-24-30 | 75-79 |
| BUNNY FRANCO(NEW YORK CITY,NY) | 12-28-30 | 75-79 |
| HANS HENNINGSSON(SWE) | 12- 2-25 | 80-84 |
| GERRIT DE BACKER(BEL) | 12- 3-25 | 80-84 |
| MARGARET MILLER(THOUSAND OAKS,CA) | 12-12-25 | 80-84 |
| MARGARET GALLAGHER(GBR) | 12-12-25 | 80-84 |
| LYDIA WIDERA(AUS) | 12-23-25 | 80-84 |
| LEN MOZHAEV(PHILADELPHIA,PA) | 12-25-25 | 80-84 |
| JAMES STEPHENSON(SAN FRANCISCO,CA) | 12- 4-20 | 85-89 |
| BOB MARTIN(TULSA,OKLA) | 12- 9-20 | 85-89 |
| NOEL GOFF(AUS) | 12-12-20 | 85-89 |
| WILLIAM TRIBOU(CT) | 12-18-20 | 85-89 |
| PAUL THURSTON(SILVER SPRING,MD) | 12-21-20 | 85-89 |
| ELIZABETH HAGAMANN(MARION,MA) | 12-22-20 | 85-89 |
| SYLVESTER STEIN(GBR) | 12-25-20 | 85-89 |
| JOHN KILBUCK(CHICAGO,IL) | 12-26-20 | 85-89 |
| RAY MAHANNAH(FREMONT,CA) | 12- 6-15 | 90-94 |
| VELMA JACOBS(GREELEY,CO) | 12- 6-15 | 90-94 |
| JAMES BENNETT(HONOLULU,HI) | 12-14-15 | 90-94 |
| BARRY IVERS(BREWER,ME) | 12- 6-10 | 95+ |
| RALPH LOVSHIN(US) | 12- 8-10 | 95+ |
| L. ROLLS(GBR) | 12-10-10 | 95+ |
| EDWIN WEBER(GBR) | 12-17-10 | 95+ |
| EVE KARBENS(HONOLULU) | 12-25-10 | 95+ |
| BERNO WISCHMANN(GBR) | 12-26-10 | 95+ |
| SYD HESKETH(AUS) | 12- 4- 5 | 95+ |
| SIGUARD TORMOEN(NOR) | 12-12- 5 | 95+ |
| ARNOLDS TICMANIS(CAN) | 12-14- 5 | 95+ |
| WALTER KERN(GBR) | 12-19- 5 | 95+ |
| FRITZ HELBER(GBR) | 12-20- 5 | 95+ |

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