

NATIONAL MASTERS NEWS

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

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Pope, Ayala-Troncoso Repeat at National 5K XC



Members of the winning M70-79 team (l to r): Jack Kick, 74, Bill Spencer, 70, and George Bisson, 70, USA Masters 5K XC Championships.

By BILL QUINLISK
SARATOGA SPRINGS, N.Y. – For the third consecutive year, the USA Masters 5K Cross-Country Championships were held at historic Saratoga State Park, Oct. 15, with results very familiar to those who watched the 2005 event.

Brian Pope (15:25) and Carmen Ayala-Troncoso (17:19) successfully defended their titles, once again turning in the top times of the meet.

Pope, 43, Oxford, Miss., pushed the pace early and had enough at the end to pull away to a three-second win over Michael Payson, 43, Oxford, Me.

Payson led his Diringo RC team (48 points) to a convincing win in the M40+ team competition over the defending champion Genesee Valley Harriers (76).

According to the men's age-graded winner David O'Keeffe (91.7%), 47,

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Anta de Miguel, Vasseur Top Masters in NYC Marathon

By JERRY WOJCIK

Foreign masters men were again dominant, winning every division except the M80-89, in the ING New York City Marathon on Nov. 5. The U.S. women fared better, but the first W40+ was again a foreign runner.

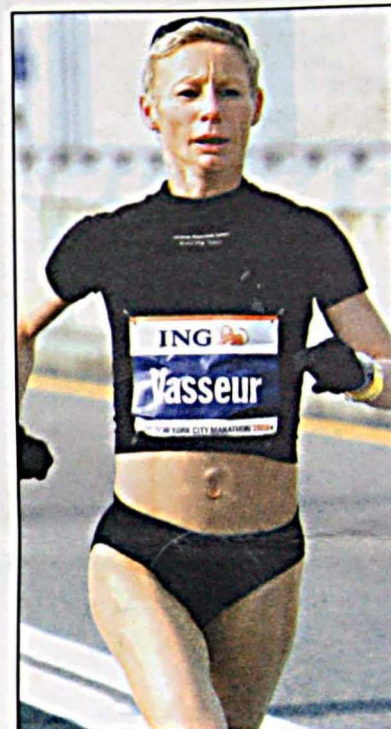
Last year, the first masters were Spanish and Ukrainian. In 2004, both of the first-place masters were Italian, and in 2003 the M40 winner was Kenyan, and the W40+ first was Russian.

This year, Manuel Anta de Miguel, 40, maintained the Spanish hold on the title with a 2:24:14. Peder Troldborg, of Denmark, 43, third (2:26:58) in 2005, was two minutes back with a 2:26:14. Benjamin Reynolds, 42, of Great Britain, was the third master (2:26:32). Joe McVeigh, 43, of New Jersey, was the first U.S. finisher (2:27:07).

At the halfway mark, Anta de Miguel was over a minute (1:11:43) ahead of Troldborg (1:12:36). Both were behind Philippe Remond, 43, of France, who hit that point in 1:10:30, but ended up 10th (2:33:12) of the 4912 finishers in the M40-44 division.

Three M40+ winners who were sec-

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VICTOR SAILER / PHOTO RUN
Nathalie Vasseur, first masters woman (2:45:15), ING NYC Marathon.

National Masters News Welcomes New Owner

After over ten years in Eugene, Oregon, the last five under the ownership of publisher Suzy Hess, the National Masters News will be mov-

ing to Sacramento with a new owner.

Randy Sturgeon, 54, has been a runner for 40 years and a coach for 30. Recently retired from the State of California Department of Toxic Substances Control, he will devote full time to the magazine.

He is perhaps better known as the developer and head coach of the Sacramento-based Brooks Fleet Feet Racing Club, which has had tremendous success the last two years, winning the National Masters Team Outdoor Championships in Honolulu and Charlotte, N.C.

His background includes extensive experience in publishing, writing, advertising, broadcasting, race directing, and public relations. In the early '80s, he was the editor of a small Northern California publication, *The Running Scene*, which was dropped when the owners found they could turn a better profit by concentrating on race

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Sisters Break Relay WR Huntsman Celebrates 20th Year

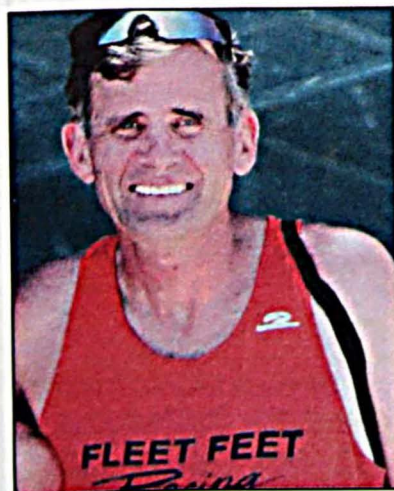
By BOB HUDSON

ST. GEORGE, Utah – Carol Lafayette-Boyd isn't a regular participant at the Huntsman World Senior Games. But she may become one after winning six gold medals in the W60 division at this year's event, its 20th, held Oct. 9-11. Included among her marks was a U.S. record in the triple jump, but it doesn't count as such, because she is a Canadian.

Taking just one jump, Lafayette-Boyd recorded a mark of 8.10/26-7, eclipsing the old mark of 26-5. That record will, of course, remain until an American breaks it, wherever and whenever that may be.

"I first took it up five years ago when I was here," said Lafayette-Boyd, who

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Randy Sturgeon

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PERIODICALS
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EUGENE, OR

was married to a part of her life in hadn't done it so I decided this

Her other man during this 20th Games, included ing long jump 7.81 in the 50m, 14.42 in the 100.

Lafayette-Boy competition at Canadian Masters came to her home Saskatchewan. She 200 at that meet.

Now, she's healthier than I was.

She plans to World Masters Championships in September of 2007.

Ainsley Lovell W50 golds in distance the 200 to the 1500. 30.07 in the 200 (1:09.90) and 800 silver in the standard.

"I love distance who turned in a 1500. "The only problem breathing. The a wise, Utah is lovely Brent Long, Salt Lake City.

Ashley Borden
Pro Cheerleader

ActiveWrap

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Huntsman Senior Games

Continued from page 1

was married to an American and lived part of her life in the United States. "I hadn't done it since I was 18. I won, so I decided this is my sport."

Her other marks, all meet records during this 20th anniversary of the Games, included 6-0 1/4 in the standing long jump, 13-0 in the long jump, 7.81 in the 50m, 29.77 in the 200, and 14.42 in the 100.

Lafayette-Boyd said she resumed competition at age 50 when the Canadian Masters Regional meet came to her hometown of Regina, Saskatchewan. She won the 100 and 200 at that meet.

Now, she's hooked. "I'm in this for life. I'm in it to stay healthy. I'm healthier than I was at 35," she said.

She plans to participate in the World Masters Association World Championships in Riccione, Italy, in September of 2007.

Ainsley Lovell, of Barbados, won W50 golds in distances ranging from the 200 to the 1500. She turned in a 30.07 in the 200, won the 400 (1:09.90) and 800 (2:43.95), and took silver in the standing long jump.

"I love distances," said Lovell, who turned in a 5:42.18 to win the 1500. "The only problem I have is the breathing. The altitude here. Otherwise, Utah is lovely."

Brent Long, Sandy, Utah, is a new-

comer to masters and senior games competition since turning 50, the lowest age in which senior games competition is allowed. Masters competition starts at age-30 for men and women.

Long won the M50 shot put with a 38-10 and took silver in the discus at 116-0. He stood and threw in both events.

"I didn't think my knee would work," said Long, who injured his knee in high school and hasn't competed much since. "I'm learning. I'm coming back full force." He was accompanied by his father, Leo, who won the NCAA javelin championship for Stanford in 1955.

While some may question its validity, a team of women ranging in age from 80 to 91 established a W80-84 world record (3:51.85) in the 4x100.

John Galazin, a part-time resident of St. George and a Huntsman World Senior Games participant, said, "I went through the books and saw there was no record." So, Galazin went to his mother-in-law, 91-year-old Verla Shippen Ball, and suggested that she and her sisters get together on the track to establish one.

"They told us we had to do two things - start and finish," said Ball's sister, Ruby Shippen Call, 83. She then added, "stay between the lines and not drop this [baton]."

Ball isn't new to Senior Games competition. She has competed for the past three years.

The youngest member of the team

was Nelda Shippen Reed, 80. Ava Shippen Hessing, 85, finished out the foursome.

"It's not been done before," Call said of the why of their record attempt. "We're all healthy. We're good friends who do things together."

Hessing said she was worried before the record attempt. "I was a little bit anxious when they first asked me, because I have an artificial hip. But I wasn't nervous when it came right down to it. It's been fun."

The four sisters grew up in the small town of Menan, Idaho. Nelda and Verla live in the nearby towns of Rigby and Idaho Falls, while Ava lives in Boise. Ruby came from Tucson, Ariz.

Field event competition was delayed when heavy rains washed out the entire first day's schedule. Meet officials revamped the schedule, enjoyed two sunny days with high temperatures in the low 70s, and got numerous Games records and a few national-caliber performances. □

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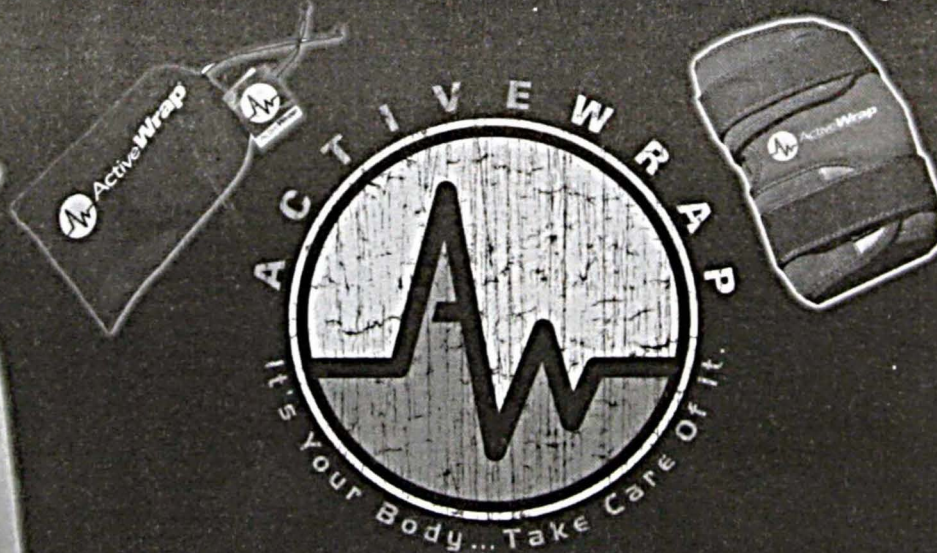
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GEORGE SHEEHAN MILE

A week after this year's Fifth Avenue Mile, I ran into Mary Wittenberg, president of the New York Road Runners. During our impromptu meeting, she indicated she would like to restore the George Sheehan Mile as an invitational, as it was two years ago.

She also mentioned adding international 60-plus milers. Details will be discussed during the spring of 2007.

In the meantime, I will begin to read the National Masters News carefully to search for the current crop of leading male and female mile runners.

We have a budget this time! I never had one before.

Al Puma
Brooklyn, New York

BEST MALE ATHLETE

I am writing to question the headline on the front page of the November 2006 issue with regard to Bill Collins being selected for the IAAF 2006 Best Masters Athlete of the Year award.

Collins is an exceptional athlete, and did have a good season in 2006, following many other years of excellent performances. However, I would debate whether he is the "World's Best Male Masters Athlete."

My nomination for that award, certainly for 2006, would be Ed Whitlock, who set four world records on the track in a one-week period last July. Those details are on p. 16 of the September NMN: 5000m, 19:07.02; 10,000m, 39:25.16; 3000m, 11:10.43; and mile, 5:41.80.

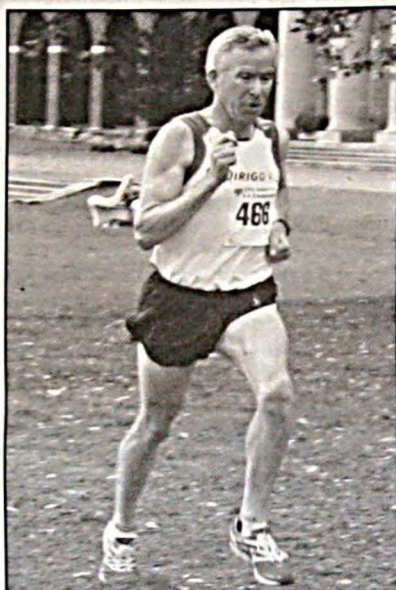
Then, on Sept. 25, Ed broke the M75+ marathon world record with a 3:08:35 in the Toronto Waterfront Marathon. I haven't checked the

world records for all age-groups, but I doubt that very many athletes hold world records for the mile and the marathon, and three other distances in between. Ed's 5000 time is an age-graded 98.3%; his 10,000 is 98.6%.

I understand that all these records were run in meets and events in Canada, not in a WMA or other international meet. Therefore, Ed was not eligible for the IAAF award.

Collins is to be congratulated for his award, but the headline might better have described him as the best male masters athlete competing in a WMA event.

Diane Palmason
Blaine, Washington



Tom Ryan, 51, first M50 (16:25), USA Masters 5K XC Championships.



M50 competitors in the first Jumpers Pentathlon (l to r): Richard Watson, Bill Murray, and Dave Ortmann.

First Jump Pentathlon Lures Masters to Mobile

By DAVID ORTMAN

The University of South Alabama, Mobile, hosted the inaugural Port City Open and Masters Track & Field Meet and first ever Masters Jumpers Pentathlon on Oct. 14.

The JP included the 100mH, long jump, high jump, triple jump, and pole vault. In the M50 division, Bill Murray (3368), Jeff Watry (2542), and David Ortmann (2430), the past three winners of the last four USA Masters Indoor Pentathlons, plus Richard Watson (1639) battled injuries and gravity.

Lyndell Farmer (3131) took the M55 contest. In the M60, Robert Baker (3882), a past masters indoor and outdoor pentathlon champion, edged Joe Johnston (3422), a masters indoor hurdles and high jump champion. The M65 winner was George Labelle (1897).

Some of the jump pentathletes also entered individual events with great success. Watson took firsts in the M50 hammer (41.84) and pole vault (2.40).

Ortmann won the M50 long jump (4.51), and Farmer, the M55 pole vault (3.30). Baker, M60, took firsts in the triple jump (9.52); high jump (1.46); and 200 (28.28).

But you have to take your hat off to Labelle, 67, who won both the M65 Jumpers Pentathlon and the Weight Pentathlon (2784), a total of ten different events, and then also had the best marks in eight M65 events.

Two Olympians were also in evidence with 1976 Olympian Jim Barrineau officiating the Jumpers Pentathlon high jump, then later winning the M50 high jump (1.77). Lee Evans, 1968 Olympian, now an assistant coach at U. of S.A., gave running advice while autographing Frank Murphy's book *The Last Protest: Lee Evans in Mexico City*.

The jumpers, coming from as far away as Illinois, Arizona, and Washington, thanked Meet Director Lyndell Farmer and Jumpers Pentathlon organizer, Bill Murray, for the great Alabama weather and hospitality. □

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CZZMN



Canadian team captain J. Bisset, individual winners, Dave Bisset.

U.S. Masters

By BILL QUINLAN

New York's scenic State Park, usually NASCAR and Formula 1, was host for the USA Masters Cross Country on Oct. 28.

The race was run on a loop course, which is a side that parallels the trail for which this is best known.

The first race in the series was held in 1977 in Toronto, and has been held except for 2000, the series founder, Farquharson, died. The trophy form

Lokken, I

Tracy Lokken, 41, won the men's 10K contest by nine minutes. Free Press/Flagstar. Oct. 29. Lokken, Upper Peninsula city, a seventh-place 2:27.

Paul Aufdemberg, Redford, Mich., was 2:36:59. In the USA Championships/Twin Cities, he had finished second. Matthew McCarthy, Detroit suburb, took 43, Milford, Mich., the

Julie Harding, 42, won the women's 10K 3:02:33. C.J. Gardner was second (3:09:41).

The first three women won cash \$500, and \$250.

In the half-marathon

NMN is written to meet your need and welcome your comments, suggestions, and items, and issue.

Send to: National Masters News



Canadian team captain Joan Christensen is shown presenting the Don Farquharson Cup to the individual winners, Dave Bischoff, 44, and Gillian Sharp, 45, 29th Can-Am 5K XC Challenge.

U.S. Masters Capture Don Farquharson Cup

By BILL QUINLISK

New York's scenic Watkins Glen State Park, usually the location of NASCAR and Formula One auto racing, was host for the 29th Canada vs. USA Masters Cross-Country Challenge on Oct. 28.

The race was run over a sloppy 5K loop course, which traversed the hillside that parallels the famous gorge trail for which this Finger Lakes area is best known.

The first race in this series was run in 1977 in Toronto, Ontario, Canada, and has been held annually since, except for 2000, the year in which the series founder, Canadian Don Farquharson, died. In 2005, the permanent trophy formerly called the

"Fleishmann Cup" was re-named the "Don Farquharson Cup."

Using the unique jointly-developed scoring system involving all five-year age divisions and both men and women runners, the USA prevailed over the small Canadian contingent by a score of 23 to 131. This marked the fourth USA victory in the last five years, although Canada still leads the series 18-11.

The USA Masters squad was led by race winners Dave Bischoff (M44, 18:31) of the Genesee Valley Harriers, and Gillian Sharp (W45, 21:29) of the Finger Lakes Runners Club.

Top Canadian finisher was Jim Fullerton, (M40, 19:29) who was eighth overall. □

Lokken, Harding First Masters in Detroit

Tracy Lokken, 41, won the masters contest by nine minutes in the Detroit Free Press/Flagstar Bank Marathon, Oct. 29. Lokken, from Michigan's Upper Peninsula city of Marquette, ran a seventh-place 2:27:58 at a 5:39 pace.

Paul Aufdemberge, 41, from nearby Redford, Mich., was second M40+ in 2:36:59. In the USA Masters Championships/Twin Cities Marathon, Oct. 1, he had finished second in 2:24:21. Matthew McCarthy, 40, of Livonia, a Detroit suburb, took third (2:46:31).

Julie Harding, 42, Lindsborg, Kans., won the women's masters race with a 3:02:33. C.J. Gardner, 42, Medina, Ohio, was second (3:09:41), and Krys Brish, 43, Milford, Mich., third (3:10:48).

The first three masters men and women won cash awards of \$750, \$500, and \$250.

In the half-marathon, David Wat-

kins, 45, Birmingham, Mich., was fifth overall in 1:16:26. Julie Winter, 45, Bloomfield, Mich., was the first W40+ (1:30:51).

Doug Goodhue, 64, Milford, Mich., won the M60 race (1:28:22). Grace Harrison, 60, Ann Arbor, Mich., took the W60 division (1:40:45).

With temperatures in the high 30s, the race started in downtown Detroit, proceeding to the Ambassador Bridge, crossing over the Detroit River to Windsor, Ontario, back to Detroit through the Detroit-Windsor Tunnel underneath the river and on to the river island park of Belle Isle at about the 17th mile for a short stint, and back to Detroit and the finish at Ford Field.

The event, which included a 5K fun run, drew 10,711 participants, with a breakdown of 5192 females and 5519 males. □

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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



SPORTSPLEX MASTERS INDOOR CHAMPIONSHIP

February 18, 2007

Start Time: Field Events - 9:00am Track Events - 9:30am

EVENTS

60 meter hurdle (T if necessary)	800 meter dash	Long jump
60 meter dash (T if necessary)	60 meter hurdle (F)	Triple jump
3000 meter run	60 meter dash (F)	High jump
400 meter dash	4 x 200 meter relay	Shot put
1 mile run	4 x 400 meter relay	Pole vault
200 meter dash		Weight toss

ENTRY FEES

SPECTATORS: \$5.00 RELAY FEE: \$30.00
 COMPETITOR'S ENTRY FEE: 1st EVENT \$20.00 / \$10.00 EACH ADDITIONAL EVENT
SPORTSPLEX SPECIAL: \$35 FOR 4 EVENTS (entries w/payment received by 2/14/07)
 Fee must accompany entry form. Entries received after February 13, 2006 will be assessed a \$35.00 late fee. Payment must be made in the form of a certified check or money order made payable to: M-NCPPC. For more information please call (301) 583-2660.

VENUE SPECIFICATIONS

6-lane, 200-meter oval track, on Martin's poured rubber surface. inch spike ONLY.
 No food or drinks on track surface

DIRECTIONS

From 495: Take Landover Rd. exit 17B-Landover Road. Once off ramp, proceed to far left lane. At first stoplight, turn left onto Brightseat Rd. Proceed straight through the traffic signal onto Redskins Rd.; follow signs to Sportsplex Auxiliary Parking Lot "D". Park to rear of the lot, Complex is a 150 yards walk from the lots.

From Sheriff Rd: Follow Sheriff Rd. toward FedEx Field past the Sportsplex entrance. Stay in right hand lane. Take a right turn before the light at Sheriff and Brightseat Rd. intersection onto Redskins Rd.; follow signs to Sportsplex Auxiliary Parking Lot "D". Park to rear of the lots, Complex is a 150 yards walk from the lots.

This is a USATF sanctioned meet: USATF membership required. A membership number may be purchased on site.

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City, State & Zip: _____

Telephone: _____ E-mail Address: _____

Date of Birth: _____ Age: _____

Events: \$20 for 1st Event / \$10 for each additional Event
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3. _____ 4. _____

5. _____ 6. _____

Total Fee: _____ Direct questions to: (301) 583-2660

Mail: **Prince George's Sports & Learning Complex (M-NCPPC)**
 8001 Sheriff Road
 Landover, MD 20785
 Attn: Sportsplex Masters Meet

All participants in these events must sign this waiver of liability prior to competing. There will be no exceptions.

I agree to waive and release any and all claims I may have against all sponsors, officials, assistants and employees of this meet including Prince George's County, Prince George's Sports & Learning Complex, Maryland-National Capital Park and Planning Commission, Glenarden Track Club and USA Track and Field, for any damages or injuries I may suffer in route to or as a result of my participation in this meet. I affirm that my physical condition and fitness are adequate for me to participate safely in this meet. I agree to release my name and photo for publicity purposes.

Signature _____ Date _____

The Prince George's Sports & Learning Complex is a facility of the M-NCPPC, Department of Parks and Recreation. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Please contact the facility at least two weeks in advance of the program start date to request accommodations (i.e. sign language interpreters, support staff, etc.).



Third Wind

By MIKE TYMN

Comparing Apples to Oranges

If any living human has researched and studied the whole area of amazing athletic feats more than Dale Harder, I have yet to hear of him or her. Harder, a 69-year-old resident of Castro Valley, Calif., is the author of *Strength & Speed*, a book I drew from in last month's column. Among his other books is *Sports Comparison...You Can Compare Apples to Oranges*. (See www.strengthopedia.com for more information on his books.) A retired math and science teacher, Harder is a former world recordholder in age-group highland games and has followed strength and speed sports for more than 50 years. I recently put some questions to him by e-mail.

What prompted you to start collecting so many facts on such a variation of athletic feats?

"I've always been interested in facts, but when Roger Bannister broke the 4:00 mile, Parry O'Brien was first to exceed 60-0 in the shot put, and Charles Dumas was first to high jump 7-0, I really got interested. When Paul Anderson pressed 400 lb. overhead, I got turned on to weightlifting. Then I discovered books like *Guinness World Records*, *World Almanac*, *Encyclopedia of Sports*, *People's Almanac*, and *Super Athletes*."

Pro football commentators seem to think "athleticism" means sprinting 40 yards in 4.2, cutting on a dime, and leaping high over defenders. Do you agree with them?

"The short answer is yes. Of course, there's also being able to kick a 50-yard field goal, boot a 60-yard punt, toss a 60-yard pass, run a passing route and receive a touchdown pass, block a punt, sack and/or a quarterback, run back a kick or punt for a touchdown, and intercept a pass."

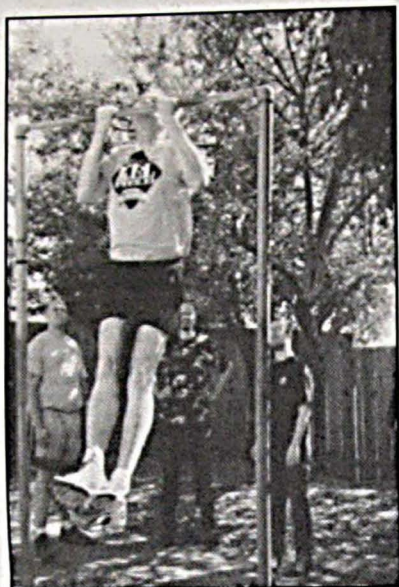
Have you encountered the ultimate athlete? If so, who is he or she? If not, what would it take to be the ultimate athlete?

"*Strength and Speed* is a fun fact and record book, whereas another of my books, *Sports Comparisons - You Can Compare Apples to Oranges*, more properly attempts to compare athletes from different sports. The ultimate athlete will most likely change over time. World records keep getting broken, and by and large athletes are faster and stronger nowadays, and I suspect that trend will continue so I'm reluctant to identify an ultimate athlete."

If you could clone the ultimate athlete by taking certain physical attributes from various athletes of the past and present, who would you draw from?

"I'll play Dr. Frankenstein to create the ultimate athlete. Take the brains of quarterback Joe Montana to improvise and adapt to any situation that may have arisen on the football field. Use Babe Ruth's eyes - scientists found that he had not only superior peripheral vision, but his vision was so acute that he could see the ball at least a tenth of a second sooner than Joe Sixpack and thus had a decided advantage in hitting a baseball."

"Add the running legs and reflexes of sprinter Bob Hayes, the arm and shoulder strength of weightlifter Leonid Taranenko who clean and jerked 586 lb. Stir in the back and hip



Dale Harder, 66, at 237 lb. + 50 lb. plate between legs, hoisting a total of 287 lb. for second place in the chin-up contest against competitors up to 50 years younger.

strength of Andy Bolton, who dead lifted 971 lb. from the floor to his thighs. Blend in the coordination of Sergei Bubka who pole vaulted a world record 20-1.

"Bake in the abdominal strength of Cannonball Richards, who actually survived a cannonball being fired into his mid-section, on a daily basis. Clone the finger strength of Cyclops Bienkowski who bent coins in half in front of reputable witnesses."

"Add the neck strength of pro wrestler Kurt Angle. Incorporate the fighting of mixed martial arts world champion, Fedor Emelianenko, and you should have the ultimate athlete."

Of all the feats you've reported on, which do you find the most awesome in track & field?

"There's more about that in my sports comparison book. But, here are some great ones, not necessarily in order: Jan Zelezny's javelin throw of 323-1 (98.48m), because he's so far ahead of the next javelin competitor."

"Michael Johnson's 200m world record of 19.32 is impressive because of the difference of his mark and the next closest time. Javier Sotomayor's high jump of 8-0 1/2 (2.45m) seems to be well beyond the reach of current competitors."

"Sergei Bubka's 20-1 pole vault. Mike Powell's 29-4 1/2 long jump. Kevin Young's 46.78 in the 400m hurdles. Hicham El Guerrouj's 3:26 in the

1500m. Kenenisa Bekele's 26:17.53 in the 10,000m. My selections are based on statistical analyses, but please note the great competitive records of these athletes."

How about outside of track & field?

"Wilt's 100 points in an NBA basketball game is impressive, but Bevo Francis scored 135 points in college, and Erman Kunter, TUR, scored 157 in the professional Pro-World league. So, one can't go purely by the number of points scored but must realistically consider the context."

"Having said that, here are some performances that I have analyzed, although not necessarily in order: Wilt's 100 points. Ernie Nevers' 40 points in one pro football game. Babe Ruth's 60 drug-free homers in a 154-game season."

"Mieltxo Saralegui (pronounced meelt-show ser-uh-leg-way) a Basque stone lifter, lifted a 725 lb. rectangular block of stone from the ground to his shoulders. Leonid Taranenko clean and jerked 586 lb. Antonio Krastev snatched 476 lb. Shane Hamman squatted 1008 lb. for an IPF record."

Let's limit it to athletes over 40. Give me your top three performances there in track and field.

"It's hard to limit it to three, so here are some contenders: Eamonn Coghlan's 3:58.13 indoor mile. Johnny Gray's 1:48.41 800m. Andres Espinosa's 2:08:46 marathon. Al Oerter's 227-11 discus throw. Brian Oldfield's 70-3 shot put. Glen Conley's 7-0 1/2 high jump."

Outside of track & field?

"Karl Norberg did a 460 bench press at age 73, witnessed by Ed Lolax and other reliable folks. George Blanda, 43, had a miracle season in 1970. He won five games for the Oakland Raiders, including some amazing last minute finishes."

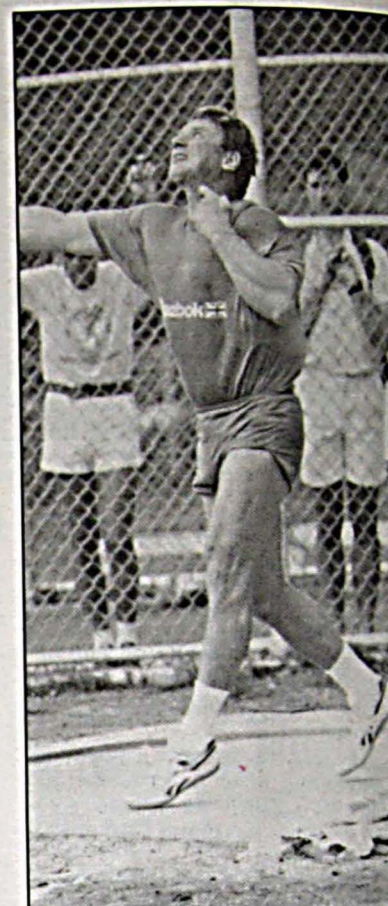
"He not only threw for TDs, he kicked the winning field goals in some of those games. Nolan Ryan, 44, pitched a no-hitter in 1991. Pudge Heffelfinger, 54, played 55 minutes of football against the College All-Stars."

"If that's not enough, at age 65 he played his last all-star game and was voted outstanding lineman on the field. Then there's Jack LaLanne. At age 70, handcuffed and shackled, he towed 70 boats with 70 people in Long Beach Harbor while fighting strong currents. Sam Snead, 84, shot a 71 for 18 holes of golf - 13 strokes below his age."

Who would get your vote as greatest all-around athlete ever?

"Jim Thorpe would be up there. He won the decathlon in the 1912 Olympics, setting a world record. He also won the pentathlon, took fourth in the high jump and seventh in the long jump. In 1912, as a college football player he scored 25 touchdowns and 198 points for the year. His ability in pro football was the deciding factor in its early success."

"In baseball, he hit three homers in one game and also played pro. He played all five positions in college basketball. He excelled in tennis, handball, gymnastics, figure skating, boxing, wrestling, shooting and swimming. He golfed in the low 80s. He was even intercollegiate ballroom champion."



AL OERTER

TEN YEARS AGO December 1996

• French Runners Dominique Chevalier (40, 2:17:26) and Josette Collomb (43, 2:41:06) Top Masters in NYC Marathon

• Steve Scott (40, 25:08), Cheryl McGinnis (42, 33:22) Win Masters 8K XC in Louisville

• USATF Announces "Indy Life Circuit" for 1997, Sponsored by Indianapolis Life Insurance Company

"For the women, it's close with Jackie-Joyner Kersee, but I'd lean towards Babe Zaharias because of her broader versatility. She won honors in women's softball, went to the Olympics in track & field, broke world records in many different events, was the top pro women's golfer, starred in women's basketball, shooting, boxing, and many other sports."

Which track & field record now on the books do you think will stand the longest?

"That's a tough question. No one can predict the future, but I'll go with the 323-1 javelin throw. The 200m 19.32 by Michael Johnson is awfully tough, but we've got a real crop of world-class contenders coming on, so I'm not as sure about that one as I once was."

(Mike Tymn can be contacted at MET-GAT@aol.com)

National 5K

Continued from page 1

Orchard Park, N.Y., 15:42, "The race really up the first steep hill one mile mark when and forced everyone to him or be left behind. went with him, but gapped us. He was just

Ayala-Troncoso, 47, also pushed the pace two-mile mark, reached was away and clear of field.

The 2004 race champion, Hanson, 43, Pleasanton, with a 17:57, was the woman to break 18 minutes. The course proved slower than years due to a coating on several of the trail humps. A week prior to the event, a zealous state park employee

Kathryn Martin, 50, N.Y., first W55, with a 17:57, in a virtual dead-heat with Troncoso in the women's age-graded race between previous US Harriers-of-the-Year winners

Troncoso, at 94.2%, and Martin, at 94.1%, for the 2006 Harrier-of-the-Year. However, Martin has the 2006 Harrier-of-the-Year she was the top age-graded runner in the Masters 8K XC race in February, where Ayala-Troncoso in the women's open race

The W40+ team proved the closest of the Shore AC of New Jersey edged the Finger Lakes one point for the title. The squad from the Willow Run narrowly squeezed the Chester TC (29), again

NMN - New C

Continued from page 1

promotions.

He has also worked in radio occasionally as a tator for local running in the California International and Golden West

Regarding the present content of NMN, Sturges do have ideas for some no final decisions have as to what we will do first step is to make a survey and continue to see what the National Masters News we can.

"One of the things right off the bat is to

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To determine the subscription, or to let new address, call 818-760-4490, or write Box 16597, Northridge 91615.

National 5K XC

Continued from page 1

Orchard Park, N.Y., second M45 in 15:42, "The race really started going up the first steep hill just before the one mile mark when Brian charged and forced everyone to either go with him or be left behind. Only five of us went with him, but one-by-one he gapped us. He was just too strong."

Ayala-Troncoso, 47, Austin, Texas, also pushed the pace early. By the two-mile mark, reached in 11:28, she was away and clear of the women's field.

The 2004 race champion, Marisa Hanson, 43, Pleasant Valley, N.Y., with a 17:57, was the only other woman to break 18 minutes as the course proved slower than in previous years due to a coating of new gravel on several of the trail hills, dumped a week prior to the event by an over-zealous state park employee.

Kathryn Martin, 55, Northport, N.Y., first W55, with a 19:11, finished in a virtual dead-heat with Ayala-Troncoso in the battle for the women's age-graded championships between previous USATF Masters Harriers-of-the-Year winners.

Troncoso, at 94.2%, edged out Martin, at 94.1%, for the title here. However, Martin has the advantage in the 2006 Harrier-of-the-Year battle, as she was the top age-graded finisher at the Masters 8K XC race in NYC last February, where Ayala-Troncoso ran in the women's open race.

The W40+ team competition proved the closest of the meet as the Shore AC of New Jersey (20 points) edged the Finger Lakes RC (21) by one point for the title. The third-place squad from the Willow Street AC (28) narrowly squeezed by the Westchester TC (29), again by one point,

to take the bronze medals.

The Shore AC threesome with team places 5, 7 and 8, was led by Jill Evarts, 41, Middletown, N.J., 19:07. Finger Lakes RC placed 3, 6 and 12 in the team scoring and was led by Suzanne Myette, 49, Endicott, N.Y., 19:02.

In the separate M50+ race, defending champion Jim Robinson, 52, Rochester, N.Y., sixth (16:55), did not even medal in the very competitive M50 division. According to Robinson, winner Tom Ryan, 51, Cape Elizabeth, Me., "likes to run very aggressively right from the first step off the line."

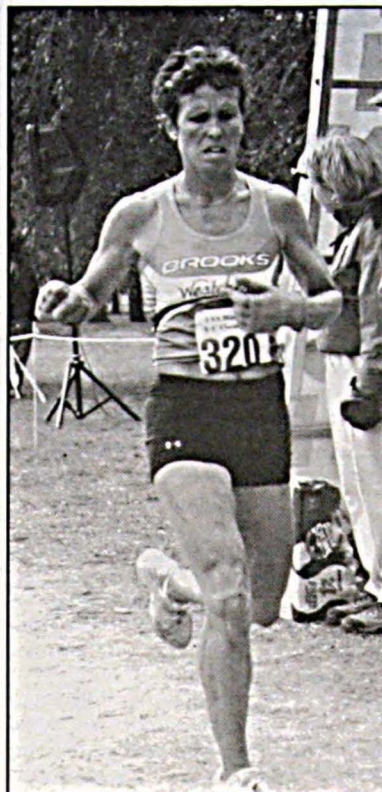
Ryan had his hands full as seven veteran runners broke the 17-minute barrier and kept the pressure on for the entire race. In the end, Ryan was too strong for them all. Robinson had some consolation as he led his Genesee Valley Harriers team (73) to a ten-point win in defending their team title over their neighbors from the Finger Lakes RC (83).

In the final race of the day, the M60+, the ageless Bill Borla, 66, Torrington, Conn., ran stride for stride with youngster Robert Baker, 60, Loudon, Tenn., down the quarter mile home stretch, before finding an extra gear in the final 50 meters to garner another national title with an 18:44. Baker finished one second back in 18:45, both runners winning their respective five-year age divisions.

John Camelio, 60, Sandgate, Vt. (5th, 19:10), led his Greater Springfield Harriers (15) teammates to the M60+ team title past the gracious host team from the Adirondack AC (27). Adirondack was led by Pat Glover, Clifton Park, N.Y. (4th, 18:56).

Ever inspiring Bob Matteson, 90, Bennington, Vt., took home the M90 title (37:10).

There were 280 finishers in the four races. □



USATF ADIRONDACK ASSOCIATION
Marisa Hanson, first W40 (17:57), USA Masters 5K XC Championships.



USATF ADIRONDACK ASSOCIATION
David O'Keefe, 47, second M45 (15:42) and first age-graded masters male (14:04), USA Masters 5K XC Championships.

Subscriber Questions? Call 818-286-3129

New Book Release

THE FASTEST OLD MAN IN THE WORLD *The Derek Turnbull Story*

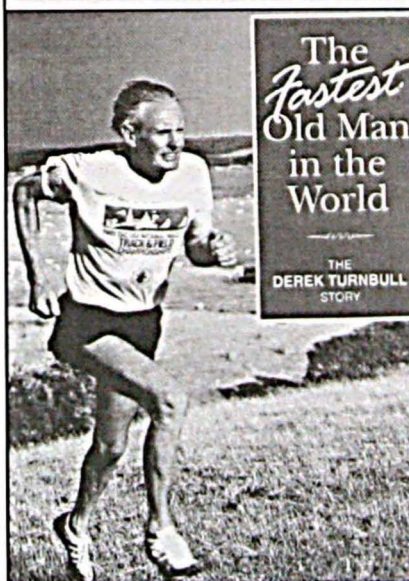


PHOTO BY IAN COOPER, CHRISTCHURCH, NZL

Derek Turnbull has long been a leading role model for runners of all ages both in New Zealand and overseas.

This in-depth biography contains action photos and an introduction by Roger Robinson, himself a masters running guru and one of Turnbull's strongest admirers.

Order online at www.craigprint.co.nz

Fax orders and details to +64-3 221 7270

Contact Pat Turnbull, Tussock Creek, No. 1 RD, Winton, NZ

Price: US\$24.00 + US\$16.00 Shipping

NMN – New Ownership

Continued from page 1

promotions.

He has also worked in television and radio occasionally as a color commentator for local running events, including the California International Marathon and Golden West Invitational.

Regarding the present format and content of NMN, Sturgeon says, "We do have ideas for some new things, but no final decisions have been made yet as to what we will do and when. My first step is to make a smooth transition and continue to serve the loyal National Masters News readers as best we can."

"One of the things I do want to do right off the bat is to survey current

subscribers, plus ex- and non-subscribers and see what they have to say. It is of primary importance that we understand just who our current subscribers are and what they are interested in."

The present NMN staff members, Suzy Hess, Jerry Wojcik, Al Sheahan, and Angela Egremont, are in agreement that it is hard to imagine a better fit for the National Masters News. They will help in the transition, serving in advisory capacities as consultants.

The NMN was begun nearly 30 years ago. This issue is its 340th. □

FIFTEEN YEARS AGO December 1991

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

• Swag Hartel, 40, Wins National 10K XC in Louisville

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

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To determine the status of your subscription, or to let us know of your new address, call 818-286-3129; fax: 818-760-4490, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.



The Weight Room

By JERRY WOJCICK

It's Time to Claim Your 15 Minutes of Fame

The 2006 edition of the Masters Age Records book is now available. It lists world and U.S. single-age records by men and women, from ages 35 to 104 (in several cases) for track events, jumps, throws, combined events, and racewalks. It can be purchased through the National Masters News (see Publications Order Form on p. 11). The 60-page book was compiled by Peter Mundle, with help from Shirley Dietderich, who does the women's records, Rex Harvey, combined events, and Beverly McCall (née LaVeck), racewalks.

Before going any further with this, I should clarify that the marks in the book are not "records" but "bests," despite what the whole world, including Mundle and me, have been calling them for years.

In the preface, Mundle gives an explanation, "Please be aware that these are single-age 'bests' and not official WMA or USATF records. Due to time constraints, these marks do not receive the same scrutiny as the official five-year age-group records that are published by the National Masters News. Thus, these 'bests' may differ from the official five-year records."

In scanning through the book, I noticed that there seem to be more recent records in the track events than in the throws. I don't think it's because throwers are not interested in potentially becoming immortalized by setting single-age records.

Maybe it's been easier for an athlete to run a race or jump and do the necessary paper work once the event is over, than it is for a thrower, who has to get the implement okayed, let the judges know when he is using the implement because it'll be of a different weight, which disrupts the flow of the event a little, and do the rest.

Testing the System

Just for the heck of it, I decided to see how much trouble it was to set a U.S. single-age record. I shouldn't be drawing attention to it, because it's a little weak, and some smart-aleck will spot it and erase my claim to fame.

I chose the 5kg hammer for age 72 and the Hayward Classic to do it in, a good meet to set any kind of a record because the officials are knowledgeable and accommodating, and the directors have set up a system to help with the paperwork necessary for records.

I had the 5kg implement approved; the officials brought it out with my 4kg that we were using in the M70-74 division, and I told the hammer officials what I was up to. After three throws with the 4kg, I threw the 5kg three times, and had the officials sign the record form. I submitted it to Mundle, and "Voila!" I had made the record book, after sweating out the time before the book was printed in case somebody else had a better mark.

Measurement Requirements

Mundle once had told me that a steel tape was not required for measuring single-age records, and I asked him recently if that was really true. This is

his reply, "Throws do not have to be measured with a metal tape."

He also added that implements do not have to be impounded as they are for a five-year record, and, hang on to your seats, he said, "I don't need signatures of officials. I do need the date of birth of the athlete, the location and date of the meet, and the weight of the implement."

For the track people, he noted that he requires wind-readings for those events where they are needed, and an events sheet when the best performance is wind-aided and the next best in the series is not.

There you go, ladies and gents. The door is wide open. Evidently, you don't even need to fill out the usual application form.

Play It Safe

Just to be on the safe side, I would have the implement approved, include the weights and measurement person's signature and a copy of your birth certificate or passport, and maybe the name of the meet director and contact information in your application to Mundle. He also does the NMN monthly New Age-Group List and has many birth dates in his data bank, but not for every master in the world. His contact info is on p. 2.

A reminder that this is not about five-year WMA or USATF official records. That's a whole other ball game with different rules and procedures, and is administered by Sandy Pashkin (contact info on p. 2).

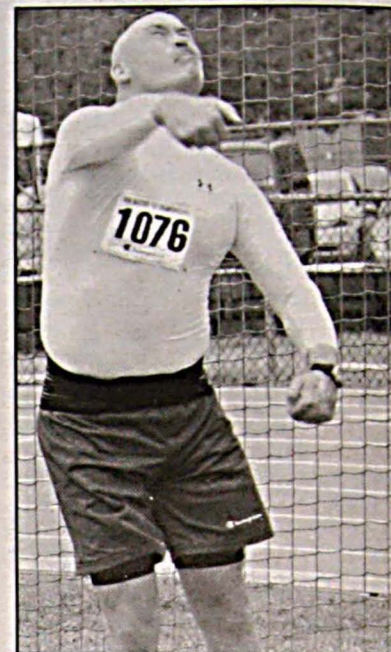
Go For It

Buy the book, pick out an event in which you have a chance to earn a world or U.S. "record" for your age, do your best, and send your data to Mundle.

Chances are that you'll be listed in the next Masters Age Records book with Oneithea Lewis, Carol Finsrud, Faina Myelnik, Ruth Frith, Jane Frederick, Vanessa Hilliard, Helen Searle, Bernice Holland, Joan Stratton, Betty Jarvis, Christine Schultz, Edith Mendyka, Becky Sisley, Evaun Williams, Brian Oldfield, Joe Keshmiri, Ross Carter, Larry Stuart, the late George Frenn, Tom Gage, Bob Ward, Janis Lusis, Richard Rzehak, Tom Petranoff, Matt McGrath, Lance Deal, Leon Joslin, Nolan Fowler, James York, Arnolds Ticmanis, Phil Brusca, Carl Wallin, Bob Backus, Manuel White, John Whittemore (the 104-year-old), me (I hope), and a whole lot of others. □



JERRY WOJCICK
John Anoka, M85 shot put winner, 2006 USA Masters Championships, Charlotte, N.C.



JERRY WOJCICK
Joseph Schleppi, pictured here in the 2006 USA Masters Championships, Charlotte, N.C., won the M50 shot put and discus, Nevada Senior Games, Las Vegas.

2006 Outdoor Rankings Deadline Nears

Athletes who want to assure that their best outdoor marks are included in the 2006 rankings have until February 5 to submit them. You should first check the rankings at www.mastersrankings.com to verify that your performances rank among the top 25 in your age group.

If your best marks are not listed, you can use the SUBMIT form to send those marks to Dave Clingan, Outdoor Rankings Coordinator. All submissions must include athlete name and date of birth; meet name, date, and location; and type of timing system used (FAT or hand, if applicable).

If necessary, results (with the above information) can be mailed to Dave Clingan, 1849 SE 20th, Portland, OR 97214.

The 2006 rankings will be published in the March issue of National Masters News. □

Collins Named

USATF Masters Athlete of the Year

Bill Collins, 56, Houston, Texas, is the recipient of the 2006 USATF Masters Athlete of the Year award. Collins was also named 2006 WMA Best Male Masters Athlete in October.

For his world records in the 60m and 200 at the 2006 WMA Indoor Championships in Germany, he was named the USATF Athlete of the Year

on March 21, 2006.

He owns more than 80 masters national titles, 17 world masters crowns, and set nearly 20 world records in his masters career.

He joins USATF honorees, Kathryn Martin, W55, and Emil Pawlik, M65, who were chosen in 2004 and 2005, respectively. □

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NYC Marat

Continued from page 1

ond last year ran division firsts. De of France, M50 w 2005 time (2:37:35)

Yoshio Nishino M75 race, after k amount of time fro to finish in 3:53:3 85, of New York, group winner, also M80-89 time of 7:4 that division with a

The first master division runner-up Vasseur, 41, of Fra year (2:45:58), in Cristina Neri, 40, 2:47:37 for second 41, of Canada, thi only other masters hours.

Vasseur was th Neri (1:22:02) at th by the 40K point ha lead.

Repeat winners W50, of Connectic 2005); Francoise France, 3:13:02 (3 Ginette Bedard, W 3:53:36 (pending Joan Rowland, bett for her past racewa won the W80-89 ra

The overall win Gomes dos Santo

Bu

in Las V

By JERRY WOJCICK

The Nevada Ser held for the 26th ti Again the track and multi-sport event wa of Nevada-Las Vegas Oct. 1.

Bill Burke, 66, w Olympic team as an the M65 world recor (55.52) and weight mark (19.92/65-4.25 2.5 on Saturday, Sep he scored a meet's h the weight pentathl below Bob Ward's U 1998.

In other events, I posted the meet's bes in winning the 1 (34.49), 400 (1:2 (3:39.60).

Margarid Hochsta 800 (3:56.70) and 15 Matt Kilpelainen M60 U.S. pole vault here last year, wa 3.65/11-11.75.

John Galazin, jumped everybody el 8.25 and won the lo 7).

Recent Nevada S brought out good f who sign up to com pentathlon on Friday the year, and then st in the individual eve types of Las Vegas e

NYC Marathon

Continued from page 1

ond last year ran better times to take division firsts. Dominique Chauvelier, of France, M50 winner, decreased his 2005 time (2:37:35) to 2:34:36.

Yoshio Nishino, of Japan, won the M75 race, after knocking off a huge amount of time from his 4:13:29 in 2005 to finish in 3:53:33. Peter Harangozo, 85, of New York, the only U.S. age-group winner, also took a chunk from his M80-89 time of 7:43:47 last year to win that division with a 6:19:12.

The first masters woman was also a division runner-up in 2005. Nathalie Vasseur, 41, of France, second W40 last year (2:45:58), improved to 2:45:15. Cristina Neri, 40, of Italy, finished in 2:47:37 for second. Stephanie Hodge, 41, of Canada, third (2:55:19), was the only other masters woman to break three hours.

Vasseur was three seconds behind Neri (1:22:02) at the halfway mark, but by the 40K point had built a two-minute lead.

Repeat winners were Sharon Vos, W50, of Connecticut, 3:05:24 (3:10:37, 2005); Francoise Decoray, W55, of France, 3:13:02 (3:08:02, 2005); and Ginette Bedard, W70, of New York, 3:53:36 (pending AR 3:46:18, 2005). Joan Rowland, better known by masters for her past racewalking achievements, won the W80-89 race in 6:29:50.

The overall winners were Marilson Gomes dos Santos, 29, of Brazil,

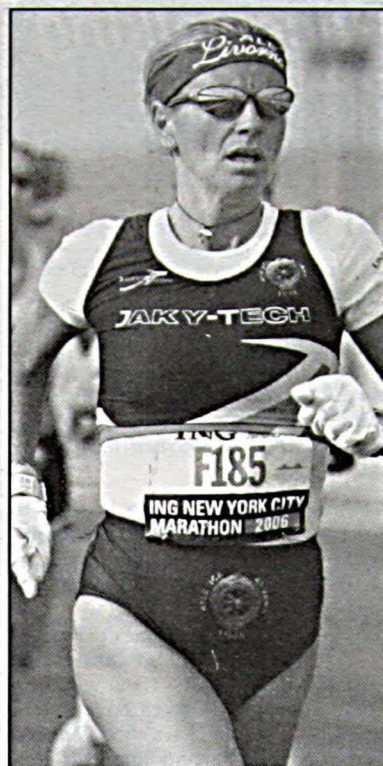
2:09:58, the first non-African winner of the New York City Marathon in 10 years, and Jelena Prokopcuka, 30, of Latvia, who successfully defended her title with a 2:25:05.

The race had 37,954 finishers of the 38,368 starters, and was run in temperatures in the low 40s and calm winds. Last year, 36,847 finished, with temperatures in the 60s at noon and high humidity.

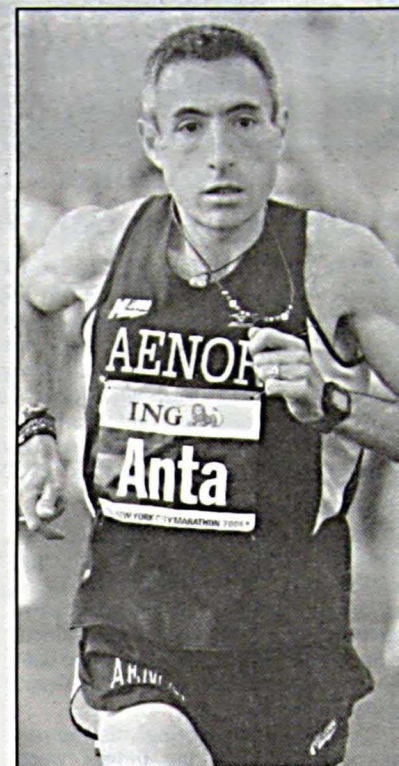
Lance Armstrong, the seven-time winner of the Tour de France, running his first marathon, with the goal of under 3:00:00, drew the biggest cheers from the spectators and finished in 2:59:36. Armstrong, 35, said that the 26.2 mile race, especially the last eight miles, was the "hardest physical thing" he had ever done. □

TWENTY-FIVE YEARS AGO December 1981

- New Zealanders Jack Foster (49, 2:23:55), Robin Hames (44, 2:48:13) First Masters in NYC Marathon
- Dave Jackson Smashes M50 Triple Jump WR With a 43-1 in Club West Meet
- USA Masters 5K Draws 250+ to New Orleans



VICTOR SAILER / PHOTO RUN
Cristina Neri, second W40+ (2:47:37), ING NYC Marathon.



VICTOR SAILER / PHOTO RUN
Manuel Anta de Miguel, 40, first masters male (2:29:14), ING NYC Marathon.

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Burke Breaks Weight Record in Las Vegas at Nevada Senior Games

By JERRY WOJCIK

The Nevada Senior Games were held for the 26th time in Las Vegas. Again the track and field portion of the multi-sport event was at the University of Nevada-Las Vegas track on Sept. 29-Oct. 1.

Bill Burke, 66, who made the 1984 Olympic team as an M40+ and holds the M65 world records for the hammer (55.52) and weight, broke the latter mark (19.92/65-4.25) with a 20.18/66-2.5 on Saturday, Sept. 30. On Friday, he scored a meet's high 4835 points in the weight pentathlon, just 61 points below Bob Ward's U.S. record 4896 in 1998.

In other events, Lynn Naftel, W60, posted the meet's best times for women in winning the 100 (15.94), 200 (34.49), 400 (1:22.07), and 800 (3:39.60).

Margarid Hochstatter won the W70 800 (3:56.70) and 1500 (7:49.01).

Matt Kilpelainen, who holds the M60 U.S. pole vault record (3.83), set here last year, was top vaulter at 3.65/11-11.75.

John Galazin, M60, out-triple jumped everybody else, with a 9.35/30-8.25 and won the long jump (4.75/15-7).

Recent Nevada Senior Games have brought out good fields of throwers, who sign up to compete in the weight pentathlon on Friday, one of the last of the year, and then stick around to throw in the individual events and enjoy other types of Las Vegas entertainment.

Richard Salisbury won the M65 shot put with a day's best 12.78/41-11.25. Bob Humphreys hit the 43.45/142-2 mark in the discus. In the M60 hammer, Tom Gage defeated Todd Taylor, 59.59/195-6 to 55.39/181-8. Both are world and/or U.S. age-group record holders.

Three record holders tangled in the W55 hammer, won by Joan Stratton (36.64/120-2) with Joyce Taylor, second (35.26/115-8) and Myrle Mensey, third (32.92/108-0). Mensey got even in the 16# weight, winning by two centimeters (11.75/38-6.75) from Taylor, with Stratton at 10.91/35-9 1/2.

In the M70 weight pentathlon, all three entries were over the coveted 4000 points, Humphreys at 4543, Chuck Polizzi at 4325, and Doug Tomlinson at 4081. Mensey, W55, was the top woman at 4031.

Louise Walters, W65, out-race-walked all others in the 1500 (9:25) and 5000 (32:51.00). □

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Masters Racewalking

By Lenny Parracino
with ELAINE WARD

Racewalkers Heap Praise on 20th Huntsman World Senior Games

The 20th Huntsman World Senior Games were held in St. George, Utah, in October, and were attended by 10,000 athletes. Sue and Jack Bray interviewed some of the racewalkers for this column. But first a word on Jack. In his sixties and now seventies, Jack has continuously medaled (usually winning gold) in national and international championships. This year in M70-74, he placed first in the USATF National Masters Indoor Championships, first in the 15K Masters Championships, and first in the Masters Outdoor Championships at both the 5K and 10K distances. In the Huntsman racewalks, he finished first in the 1500m (8:15), 3K (17:21), and 5K (29:25). — ew

A Great Show

The Opening Ceremonies were fantastic—a great show with fun dancing and singing, and inspiring speakers including Mark Spitz. The venues are a mixture of road and track races, which is more equitable for those who are better on the road or track. The road course is flat and quiet.

We thought the judging was competent and fair, and the judges were approachable for questions and comments after the races. This was especially helpful for those of us who are just getting started with the experience of "being judged." We also loved the racewalking clinic, which was very helpful for beginners and less experienced athletes.

The events were well organized and went smoothly. The timing was great and we got our result cards very quickly. The volunteers who lap-counted, gave out water, and prepared the event food were awesome. Only the usual beautiful fall weather was missing.

Karen and Richard Hughes
Santa Clara, UT

Scenic Venues

The venues are beautiful with red rock cliffs in the background. Numerous free medical screenings are part of the possibilities that the Games provide—heart, bone density, etc.

There are lots of shops and stores for browsing. The Games utilize an excellent timing system, computer bar coded so your individual results are available almost immediately.

For me, it was great to be able to give back to the racewalking community by conducting racewalking clinics for beginners before and after the races.

James Carmines
Pennsylvania

An Exciting Meet

The Huntsman Games have everything going for them—a nice venue, a good road course and ample volunteers.

It was my first time at the meet and I found it very exciting. Plus there is lots to see. It is very close to Las Vegas and the shuttle is convenient.

Having three races in three days was very tough for me. Since I had already met my personal goal for 2006, setting a national record at the National 5K in Kingsport, TN, the Games were a very pleasant way of ending the racing season.

Marianne Martino
Colorado

Courteous People

This is my second year and I love coming here—so many events and programs. It is such a beautiful area. Zion and Bryce national parks are very close.

The town opens up so much for the sports and for the athletes. They are endearing, kind and courteous people and really make you feel at home.

I visited other events and found pickle ball very interesting.

Rick Campbell
Southern California



M70 winners in the 3K racewalk (from l to r): Arvid Rolle, Cypress, Calif., third in 21:05.8; Jack Bray, Greenbrae, Calif., first in 17:21.4; and Presley Donaldson, Hillsboro, Texas, second in 21:03.9, 20th Huntsman World Senior Games.

Great Organization

The Huntsman World Senior Games organization is great, and the people who attend this event have a long extended period for socializing.

Even companions who come with the competitors find plenty to do. It's easy to fall in love with the place and the event.

Paul Johnson
Fort Smith, Arkansas

Quiet Beauty

It is so beautiful and quiet here. I signed up for all four racewalk events and found it a big challenge, a great learning experience.

I was a boxer and football player in my youth and took up racewalking for its kinder treatment of the body.

I watched a few sets of the first annual world volleyball tournament. Those teams are intense. It looks like fun and if I could find a team, I think I would try it.

Bruce Rice
Detroit, Michigan

Much to See

We urge you to consider coming to the Huntsman World Senior Games next year if you want to enjoy a uniquely enjoyable fall meet.

Besides the many wonderful sports events, there are the natural spectacles of Bryce and Zion national parks and many cultural events including

Broadway and Shakespearean plays, opera, choirs and many art galleries to enjoy during the two week schedule.

This year, the participants had four races to choose from: 10K, 5K, 3K and 1500 meters. Nationally ranked walkers and new walkers compete in the same venues and socialize afterward.

Over and over again, we feel as many others do, that the racewalking community is a family.

Sue and Jack Bray
Northern California
(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)

FIVE YEARS AGO December 2001

- Sam Ngatia (42, 2:25:02), Gordon Bakoulis (40, 2:41:43) Masters Winners in NYC Marathon
- Adirondack AC Dominates National 8K XC in Rochester
- Farley Simon, 46, First Overall in Marine Corps Marathon With a 2:28:28

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – DECEMBER 2006

Compiled by Pete Mundle • pmundle@juno.com

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP	ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
MARCUS O'SULLIVAN (GBR)	12-22-61	45-49	HENRI SALAVARDA (BEL)	12-1-36	70-74
TEENA COLEBROOK (GBR)	12-18-56	50-54	DOUG SMART (SEATTLE, WA)	12-4-36	70-74
LEE X (US)	12-20-56	50-54	ROBIN HAMES (NZL)	12-5-36	70-74
DOINA MELINTE (ROM)	12-27-56	50-54	ROBERT MILLER (SEATTLE, WA)	12-6-36	70-74
EVA STADLER (GER)	12-7-51	55-59	IOANNIS BELLOS (GRE)	12-8-36	70-74
GAIL KIRKMAN (NZL)	12-8-51	55-59	BARRY CURTIS (BRONX, NY)	12-10-36	70-74
JOAN STRATTON (S. LAKE TAJOE, CA)	12-11-51	55-59	ROBERT HERRON (BRIGHTON, MA)	12-11-36	70-74
TATYANA KAZANKINA (URS)	12-17-51	55-59	CHRISTIA A. ESCHENBACH (GER)	12-12-36	70-74
VIKTOR GROUZENKINE (RUS)	12-19-51	55-59	MARY MARSOLAIS (EAGLE RIVER, AK)	12-13-36	70-74
TONY PLASTER (BOUND BROOK, NJ)	12-28-51	55-59	AGNES O'DONOVAN (NZL)	12-15-36	70-74
CHESTINE BARNES (CULVER CITY, CA)	12-2-46	60-64	BROR-RICKARD GUSTAFSSON (SWE)	12-16-36	70-74
JUTTA PEDERSEN (SWE)	12-6-46	60-64	MERION KNIGHT (DETROIT, MI)	12-20-36	70-74
JONI SHIRLEY (SAN DIEGO, CA)	12-10-46	60-64	ARTHUR CONRO (MA)	12-26-36	70-74
SYLVIE KIMCHE (FRA-NEW YORK, NY)	12-11-46	60-64	TOMASA SCHULTZ (US)	12-29-36	70-74
MIKE KELLY (TYBEE IS., GA)	12-13-46	60-64	SUE TUNNICLIFF (EDMUND, OK)	12-29-36	70-74
MIA DUDINK (NED)	12-24-46	60-64	VERONICA WELGEMOED (RSA)	12-1-31	75-79
BILL INDEK (US)	12-30-46	60-64	RUSS BONHAM (BLOOMINGTON, IN)	12-10-31	75-79
NOEL CARROLL (GBR)	12-7-41	65-69	BARBARA VAIL (CA)	12-11-31	75-79
JOAN SUTTON (AUS)	12-5-41	65-69	DAPHNE PIRIE (AUS)	12-12-31	75-79
CHARLES BUCHTA (SKILLMAN, NJ)	12-12-41	65-69	BEVERLEE ADAMS (AUS)	12-14-31	75-79
NOEL TJOU (FRA)	12-12-41	65-69	GLORIA BROWN (GRAND ISLAND, NY)	12-20-31	75-79
MARY AXTELL (GBR)	12-16-41	65-69	MICHEL BERNARD (FRANCE)	12-21-31	75-79
ALDONA GINEVICIENE (LIT)	12-19-41	65-69	RICHARD WILSON (LAWRENCE, KS)	12-29-31	75-79
GREET WARNAAR (NED)	12-19-41	65-69	RAY FEICK (GILBERTSVILLE, PA)	12-31-31	75-79
RUSTY BARNETT (EL DORADO HILLS, CA)	12-24-41	65-69	JIM NOLAN (CAN)	12-1-26	80-84
MAYNARD ORME (MONTE SERENO, CA)	12-0-36	70-74	JOHN REEVES (CAN)	12-1-26	80-84
			GEORGE RHODEN (JAM-SAN DIEGO, CA)	12-13-26	80-84
			KIRSTEN GARBO (NOR)	12-14-26	80-84
			KIRSTEN SKARVAG (NOR)	12-14-26	80-84
			RAY STEWART (SAN FRANCISCO, CA)	12-16-26	80-84
			MAVIS LORENZ (MISSOULA, MT)	12-22-26	80-84
			MARIE HEISSLER (PANORAMA CITY, CA)	12-24-26	80-84
			STANLEY BROOKS (GBR)	12-26-26	80-84
			VANCE KOERNER (ORANGEVALE, CA)	12-26-26	80-84
			ELS TUINZING (MILL VALLEY, CA)	12-3-21	85-89
			TOM PATSALIS (ALHAMBRA, CA)	12-6-21	85-89
			EDWIN LUKENS (SYRACUSE, NY)	12-9-21	85-89
			HERBERT KNAUBER (GER)	12-13-21	85-89
			BEATRICE BLONSKY (TARZANA, CA)	12-16-21	85-89
			LOUISE ADAMS (BOULDER, CO)	12-18-21	85-89
			JAMES ALLEN (EL CERITO, CA)	12-24-21	85-89
			JAMES TODD (GBR)	12-29-21	85-89
			PHYLLIS SCHWANDT (DECATUR, IL)	12-31-21	85-89
			TATYANA SEVRYUKOVA (URS)	12-0-16	90-94
			WILLIAM WEINACHT (ROCKY RIVER, OH)	12-1-16	90-94
			ALEX LAMPARD (AUS)	12-2-16	90-94
			ROY FOLEY (AUS)	12-8-16	90-94
			TAMA NAKASHIMA (JPN)	12-22-16	90-94
			TOM LAVERY (RSA)	12-18-11	95-99
			MAUD NORKLIT (SWE)	12-22-11	95-99
			CAROL JOHNSTON (WHITTIER, CA)	12-24-11	95-99
			CLAUDE B STERLEY (RSA)	12-30-11	95-99
			A. E. PITCHER (INDIANAPOLIS, IN)	12-2-1	100+
			FRIEDRICH TEMPEL (GER)	12-15-1	100+



Joe McVeigh, fourth M American, ING NYC Ma

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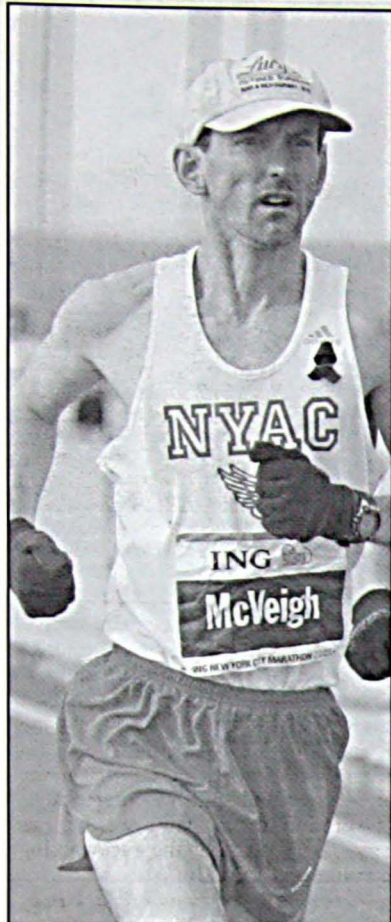
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Joe McVeigh, fourth M40+ (2:27:07) and first American, ING NYC Marathon.

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On The Run

By HAL HIGDON

Derek Turnbull (1926-2006)

The Greatest Masters Runner in the World

In trying to assess the career of Derek Turnbull, it strikes me how relatively "mediocre" a runner Derek was in his youth. And how incredibly gifted a runner he became as he aged, arguably the greatest masters runner in the world.

It was not that Derek got faster as he moved through the decades. Everybody else got slower, much slower, while he did a better job of maintaining his fitness than any of his competitors.

Roger Robinson, who wrote an introduction to *The Fastest Old Runner in the World* (a biography of Derek by Vince Boyle), comments: "Derek was a 2:10-ish 880 runner in his youth, and continued to run that fast till his 50s. In his 70s, he set a world record for the 800 in 2:28, but he will be remembered mostly for his championships and records, particularly in the marathon."

25 World Records

During a masters career spanning three decades, Derek set 25 world records (many of them still standing) and won 28 world championships.

In the 1992 London Marathon, he ran 2:41:57, an M65 world record that trumps anything accomplished by today's younger elite. Derek first competed at the 1977 World Masters Championships in Gothenburg, Sweden, in the M50 division and won only a single medal: gold in the 1500.

His wife Pat recalls: "Derek ran two of his favorite events, the 5000 and 10,000, but failed to place in either. He entered the 1500 almost as an afterthought, figuring we had come all the way from New Zealand, so he might as well get his money's worth." His winning time in the 1500 was 4:23.5, a time he often bettered even as he aged.

World Record Times

At the 1997 Worlds in Durban, South Africa, at the age of 71, Derek won six individual gold medals, three of them in world record times. It stunned me at the

1985 Championships in Australia that he won the marathon in the morning, then returned to the track in the afternoon to run an exhibition mile.

Derek was five years (minus five months) older than me. He would move into the next age group before I entered it, thus, I unfortunately never had the opportunity to race him.

I would have considered it an honor to have run on the same track as him, to have finished behind him, even to have been lapped several times by him, a fate faced by so many other masters runners.

In the Woolshed

During a trip to New Zealand in 1997, my wife Rose and I visited Derek and Pat on their sheep farm near Invercargill, toward the bottom of the South Island. (The couple also ran a bed & breakfast.) When I called Derek the night before our arrival, he said that we probably would find him in the "woolshed." I had no clue what he meant at first.

Watching Derek stripping sheep of their wool the next day gave me an insight into what made him a great runner: his brute strength. Sheep ready to be sheared waited in a holding pen. Derek entered the pen and darted around until he could grab one.

He then flipped the 150-pound sheep onto its back and dragged it onto a dock, pinning one of the sheep's forelegs beneath his arm. Despite some bleating, the sheep took this abuse good-naturedly. Derek used electric shears to strip the sheep of its wool, then shoved it down a ramp to wait below before being led back to the fields.

Later, Derek drove us around those fields and through a forest reserve. I

asked him if this was where he did his training. Derek smiled tolerantly: "I don't train. I just run."

Weekend Runs

Reportedly, Derek ran mainly on weekends, long runs with his "mates," although Roger Robinson claims Derek trained harder than he sometimes admitted: "He always said at seminars we did together that he just ran 'when I like, where I like, and as I like,' but he used to rattle his dags most days pretty vigorously, if not systematically."

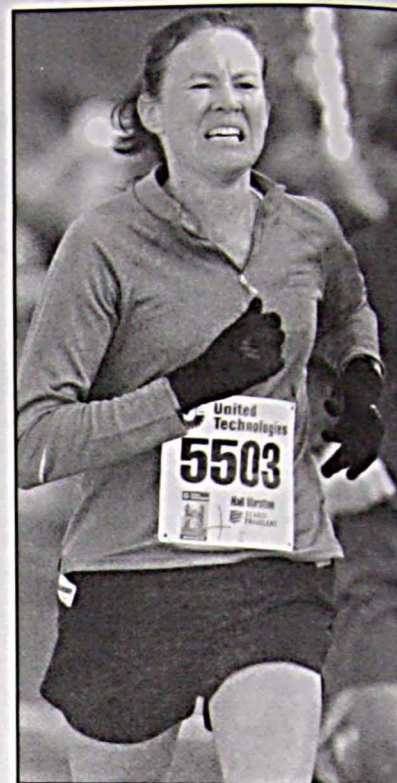
Derek Turnbull's last appearance at the Worlds was in 1997 in South Africa; after that he continued to run and compete, but cut back on his travel schedule. In 2001, he suffered a mild stroke while helping a neighboring farmer with heavy work.

"His death on November 2," says Pat Turnbull, "was unexpected but peaceful and with no sense of pain." He died while sleeping. The greatest masters runner in the world was 79 years old.

"The masters running community has lost one of its very best athletes," comments Jim O'Neil, a frequent competitor in the same age group as Derek.

"He had a truly remarkable career and will be sorely missed by everyone who knew him." □

(Hal Higdon, Author of *Masters Running*, answers runners' training questions on his *InterActive Forums*. Visit www.halhigdon.com.)



VICTOR SAILER / PHOTO RUN
Mary Christian, first W40+ (1:34:00), Greater Hartford Half-Marathon, Hartford, Conn., Oct. 14.

O'Driscoll Wins Fifth 5th Avenue Mile

By JERRY WOJCIK

Conor O'Driscoll should be nominated as the model for a "We're Getting Better with Age" poster campaign after repeating his 2005 masters win in the 2006 Continental Airlines Fifth Avenue Mile on Sept. 3.

In fact, O'Driscoll, 45, Rye, N.Y., claimed his fifth masters Fifth Avenue victory in a row with a 4:26, better than the 4:28 he ran last year in the M40 division.

O'Driscoll was the M45 1500 winner (4:15.50) in the 2006 USA Masters Championships, Charlotte, N.C., but, as a citizen of Ireland, could not claim a national title.

Peter Hegelbach, 42, of Colorado, was second M40+ (4:27) in the Fifth Avenue Mile.

Zofia Wiciorkowska, 43, Stratford, Conn., was third female overall in 5:03.0. Charlotte Rizzo, 44, Bronxville, N.Y., first W40+ in 2005 with a 5:15, posted a better 5:11, but had to settle for second W40+. Lorraine Jasper, 45, of Pennsylvania, was third W40+ (5:24).

Repeat age-group winners included Alston Brown, 57, who, despite being unable to train well because of a broken foot suffered two months ago, won the M55 race with a 4:51 (4:46 in 2005), holding off Harold Nolan, 59, second in 4:59. Nolan was second in 2005 with a 5:24.

Hosted again by the NYRR, the race was run on the world-famous thoroughfare, starting at East 80th Street and finishing at East 60th. Pleasant Autumn weather with temperatures in the mid-60s and humidity at 45% brought out throngs of spectators, who watched nearly 3000 runners compete in 12 age-division races.

The crowd was particularly taken

with runners in the George Sheehan Memorial Mile, featuring athletes age 60-and-over. Bryan Pearsall, 60, won the men's race in 5:22. Marie-Louise Michelsohn, who turned 65 a week later, won the W60+ in 6:15. Michelsohn is the 2006 W60 outdoor champion in the 400, 800 and 1500.

Spectators roared for David Gerli, wearing #95, his age, as he legged out an 18:58 mile, with the assistance of a walker.

Age-group performance honors went to Michelsohn, who topped everybody with a 96.9%, and Ginette Bedard, W70, who ran a 3:53:36, second at 93.2%. Brown (92.6%), O'Driscoll (91.9%), and Nolan (91.7%) were the top three M40+ performers.

The George Sheehan Mile was organized by Al Puma. Reebok provided a special prize for the first three finishers in each age group. □

(Some material taken from www.nyrr.org/mile)

TWENTY YEARS AGO December 1986

- Charlie Polhamus Breaks Roger Ruth's M40 PV Mark With a 15-1 3/4 in the North American Masters Championships
- Bill Boyd (M45, 2:36:22), Wen-Shi Yu (W50, 3:17:33) Win In Detroit Marathon
- David Clark, England, Tops Masters Field in NYC Marathon (2:26:53)
- NMN Publishes its 100th Issue

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• Bev McCall (for
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• USATF has announced
USATF National Club
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history. A total of \$20,
in prize money will be
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Dec. 9 in San Francisco.
The exact prize mon
information is available
site at www.usatf.org/
masters team champ
Runners High (South
Club Northwest (Pa
Derby City AC (Kent
Valley Harriers (Ni
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Masters Men's 10K
6K Championships.

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Masters Scene

NATIONAL

• **Bev McCall** (formerly LaVeck), W70, and **Marianne Martino**, W55, set US records in the USA Masters 5K RW Championships, Kingsport, TN, Oct. 7. McCall's 32:33 broke **Miriam Gordon's** 32:59 in 1995. Martino's 28:01 skimmed two seconds off **Elton Richardson's** 28:03 in 1997.

• USATF has announced that the 2006 USATF National Club XC Championships will award the largest prize purse in the event's history. A total of \$20,000 (\$2000 to masters) in prize money will be awarded at the championships, hosted by the Asics Aggies on Dec. 9 in San Francisco's Golden Gate Park. The exact prize money structure and meet information is available on the USATF website at www.usatf.org/events. The defending masters team champions are M40+, **Team Runners High** (Southern California); W40+, **Club Northwest** (Pacific Northwest); M50+, **Derby City AC** (Kentucky); W50+, **Genesee Valley Harriers** (Niagara); M60+, **Raritan Valley** (New Jersey); W60+, **Genesee Valley Harriers** (Niagara); and M70+, **Belle Watling** (Niagara). The event also serves as the USA Open Men's 10K, Open Women's 6K, Masters Men's 10K and Masters Women's 6K Championships.

• **Sheila Mason**, 40, Greater Springfield Harriers, was first W40+, Open Women's 6K, USATF-NE XC Championships, Boston, Nov. 5. **Lisa Doucett**, 51, Cambridge Sports Union, took the W50 race (27:07). In the Masters Men's 8K, **Michael Payson**, 43, Dirigo RC, won in 25:52. **Kent Lemme**, 40, Greater Springfield Harriers, was second (26:12) and **Bill Borla**, 66, PR Moose Milers, was first M60+ (31:12).

• **Bruce McBarnette** was honored at an Art Show at the Embassy of Grenada, Oct. 27, for being chosen as 2005 USATF M45 Field Athlete of the Year. He holds the M45 US record (2:00/6-6.75), set in May 2006. **Robert Weiner**, USATF Masters Track Media Chair, presented McBarnette an award for his accomplishments. The Ambassador of Grenada, the Honorable **Denis Antoine**, also thanked McBarnette for appearing on several TV and radio shows to educate the public about needs of Grenada after Hurricane Ivan destroyed the country in September 2004. McBarnette has hosted several fund raising events to benefit Grenada. A portion of the proceeds of the art reception benefitted Friends of Grenada, which is assisting hurricane victims in that country.

EAST

• **Cindy Pomeroy**, 45, 1:23:10, led the masters women and was second overall at the NYRR Grand Prix/Staten Island Half-Marathon, Oct. 15. The men's masters crown was nabbed by **Alfonso Polonia**, 44, 1:13:02. In the M85 division, **Irving Jorge** raced to a strong 1:55:48.

• **Mike Sawyer**, 45, Bellingham, MA, with a fourth-place 2:46:56, and **Janice Lear**, 40, Downingtown, PA, with a fifth-place 3:04:14, galloped to masters firsts, 24th Mohawk-Hudson River Marathon/USATF Adirondack Championships, Oct. 8. **Kevin Dollard**, 51, Hopewell Junction, NY, was under three hours in 2:59:10 to win the M50 division. The UTOPIA Masters men and women were the top masters teams.

• **Gloria Krug**, 75, broke the W75 AR for the 12# WT with an 8:52/27.11.75, and established another record for the 25# SW with a 5:10/16-8.75, U. of Delaware Fall Throwers Classic, Newark, Sept. 17. The W75 WT record is held by **Lillian Snaden** at 7:82/25-8 in 2004.

• **Barbara Gubbins**, 46, Southampton, NY, in 18:56, and **Karen Cotty-Amato**, 43, East Quogue, NY, 20:01, were 1-2 females overall, Shelter Island 5K, Shelter Island, NY, Oct. 21. **Mike Bottini**, 51, East Hampton, NY, 51, took the measure of younger masters

with an M40+ first in 18:23. **Tom Power**, 60, Shelter Island, won the M60 race (20:29).

• **Daniel Predmore**, 48, Ballston Lake, NY, rolled to a first-place overall 18:00, and **Anne Benson**, 41, Clifton Park, NY, was first W40+ (19:38). Bruegger's Bagel 5K/USATF Adirondack Championships, Albany, NY, Sept. 17. **Carlos Cuprill**, 65, Rensselaer, NY, was first M65+ (22:45). **Judy Phelps**, 55, Rensselaer, first W55+ (22:15). **Dan Geer**, 87, Bennington, VT, ran a 44:48. Benson led the Wilson St. Masters trio to the W40-49 team win.

• **Oscar Gonzalez**, 42, New Haven, CT, 1:10:58, and **Firaya Sultanova-Zhdanova**, 45, RUS, were first masters in the BAA Half-Marathon, run over Boston's Back Bay Fens, Oct. 8. **Norm Larson**, 50, Burlington, VT, won the M50+ race in 1:14:00. **Susie Manning**, 60, was first W60+ (1:38:40).

• **Kenneth Bohan**, 43, Sound Beach, NY, 35:14, and **Mimi Fallon**, 41, Walpole, MA, 37:29, galloped to masters firsts in the Great Cow Harbor 10K, Northport, NY, Sept. 16. **Jaime Palacios**, 51, Fresh Meadows, NY, won his division race with a quick 36:14, as did **Jose Mendez**, 67, Brentwood, NY, 46:24, and **Beth Moras**, 47, Ridgewood, NJ, 41:03.

• **Craig Fram**, 41, Plaistow, NH, in 53:27, and **Simonetta Piergentili**, 41, Wilmington, MA, in 63:53, were first masters and led their Whirlaway squads to age 40-49 division team wins, Apple Harvest 10 Mile/USATF-NE Championships, Harvard, MA, Oct. 1. **David Oliver**, 50, Westborough, MA, won the tough M50 race (59:33). **Jan Holmquist**, 62, Burlington, MA, ran a 1:14:07.

• **Glenn McIsaac**, 47, Princeton, NJ, 17:33, and **Lauren Rhatigan**, 43, Ship Bottom, NJ, 20:36, scored masters firsts, USATF-NJ 5K XC Championships, Holmdel, Oct. 29. **Roger Price**, 57, Piscataway, NJ, 19:05, and **Anna Thornhill**, 66, NYC, 24:54, were division standout winners. The Shore AC won the M40 (38), M50 (22), M70 (6), and W40 (11) team titles.

• The Liberty Half-Marathon/USATF-NJ Championships, Oct. 8 (results, November, NMN, p. 22) was short by about 6/10 of a mile. There were adjusted times posted on www.compucore.com, which also has an explanation of what happened. Those adjusted times cannot be used for road ranking purposes.

SOUTHEAST

• **Keith Winn**, 49, Midlothian, VA, in 2:04:24, and **Steve Speirs**, 40, Virginia Beach, VA, in 2:08:09, were the top two males overall in the rarely run 20-mile distance, Stonewall Jackson 20 Miler, Fredericksburg, VA, Oct. 7. **Richard Leysa**, 57, Richmond, VA, finished in 2:29:23. **Leisa Ensle**, 48, Virginia Beach, VA, ran a 2:24:19 to place third-female.

• **Gary Gates**, M40, 28:16, and **Sheri Weinstein**, W40, 33:55, breezed to masters firsts, Bill's Beer Run 5 Mile, Sarasota, FL, Oct. 29. **Ken Krah**, M50, was second M40+ (30:56). **Lutz Hoffman**, M60, 32:55, and **Maria Georgiev**, W70, 48:14, won their division races.

• **Jeff Terry**, 43, Homewood, AL, 33:53, and **Lori Goldweber**, 43, Homewood, AL, 43:14, blazed to masters firsts, Vulcan 10K, Birmingham, AL, Nov. 4. Grandmasters winners were **Sam Swofford**, 50, St. Matthews, SC, 35:45, and **Joan F. Huey**, 50, Birmingham, AL, 52:53. Great Grandmasters firsts were **Doyle Thomas**, 61, Ringgold, GA, 42:45, and **Brenda Cooter**, 60, Grovetown, GA, 58:06.

MIDWEST

• **Laurie Decker**, 46, Cadillac, MI, running in the "Jurassic" W45 division, was first female overall (18:41), in the Dinosaur Dash 5K, East Lansing, MI, Oct. 1. **Eric Stuber**, 43, Lansing, MI, "Cretaceous" M40 division, was first M40+ (16:40). **Brad Sharp**, 50, Williamston, MI, was first in the "Triassic" M50

group (18:24). **Maggy Zidar**, 56, Pontiac, MI, won the "Permian" W55 race (21:57). **Jim Forshee**, 80, Ann Arbor, MI, ran a fine 26:35 to win the "Cambrian" M80 race.

• **Todd Moxley**, 42, Wheaton, IL, with a 17th-overall 1:12:21, and **Ann Schaefer-Cole**, 41, with a fourth-female 1:21:59, blew to masters firsts, Chicago Half-Marathon, Oct. 1. **Mike Egle**, 44, Glenview, IL, better known for his achievements on the track, was 20th overall (1:13:56). **Sam Cortes**, 55, Orland Park, IL, was first M50+ (1:17:22). **Nancy Stewart**, 50, Atlanta, GA, was second W40 (1:25:45).

• **Albert Okemwa**, 40, Chapel Hill, NC, in 31:17, and **Amy Barrow**, 48, Nashville, TN, in 39:59, scored masters wins, Medical Center 10K/USATF-KY Championships, Bowling Green, Oct. 21. Grandmasters firsts were **Barry Ross**, 52, Battletown, KY, 36:44, and **Martha House**, 53, Owensboro, KY, 47:12. In the 5K, **Melissa Carozan**, 41, Pegasus, TN, was first female overall (22:39).

MIDWEST

• **Albert Wieringa**, 60, second M60 (3:01:02) in the Chicago Marathon, decided to see what the person who took first place by about 10 seconds looked like. So, he checked the race photos posted on the Internet, discovered that the M60 winner looked more like a 35-year-old, and contacted the race directors. As a result the "winner," a 60-year-old Polish citizen living in Illinois, was expunged from the results when it was discovered that he had given his bib number to a much younger man. Wieringa, of St. Petersburg, FL, wrote, "The facts have been checked by the officials ... they've sent me an e-mail to confirm the disqualification. Also last week the St. Petersburg Times published something about this incident."

MID-AMERICA

• **Steve Roch**, 42, Lafayette, CO, was fifth overall with a 2:42:30 (chip time) in the inaugural Denver Marathon, Oct. 15. **Janet Rooney**, 43, Louisville, CO, 3:19:24, won the W40+ race. In the half-marathon, **Dawn Fischer**, 40, Gillette, WY, 1:29:20, and **Anita Catuna**, 40, Denver, 1:31:05, were 1-2 females overall. **Ken Soule**, 44, Centennial, CO, was first M40+ (1:19:53). **Charles Drage**, 63, Evergreen, CO, won the M60 race (1:36:23).

• Top masters in the USATF North Region/Mid-America 50K RW Championships, Minneapolis, MN, Oct. 14, were **Douglas Johnson**, M45, 5:15:58, and **Dave Daubert**, M60, 6:56:41. **Anita Macias-Howard**, W50, finished the 10K in 1:08:09.

SOUTHWEST

• **Pat Orban**, 51, Claremore, OK, sped to a second-place 27:54, Woolaroc 8K, Bartlesville, OK, Oct. 14. **Pam Sneed**, 50, Cleveland, OK, won the W40+ race (35:21).

• **Peter Snell**, scheduled as guest speaker at the Sunmart Texas Trail Endurance Runs, Dec. 9, had to cancel, after he was involved in a biking accident in New Zealand, which left him with a concussion and broken ribs. Welshman **Steve Jones**, who set the marathon world record at the Chicago Marathon in 1984, will be the headline guest speaker.

• **Jody Hawkins**, Frisco, TX, who joined the W40 ranks on Oct. 13, ran one of the fastest W40+ 5Ks ever in winning overall with a 16:15.70 in the Gary Burns Frisco 5K, on Oct. 28. Hawkins is the head coach of the girls' track and XC teams at Centennial HS.

WEST

• **Jaime Ortiz**, 45, Montclair, CA, in 2:50:19, and **Rosalva Bonilla**, 43, Big Bear City, CA, with a third-female 3:12:49, cruised to masters firsts, Long Beach Marathon, Oct. 15. **Dianna Hall**, 49, Santa Barbara, CA, was a close fourth (3:12:51). **Takashi Yagisawa**, 52, Los Angeles, won his race in 2:59:55. In the half-marathon, **Raphael Rodriguez**, 41, 1:12:42, and **Sue Zihlmann**, 42, 1:27:00, took the masters wins.

• **Billy Morris**, 41, Redcrest, CA, logged a third-overall 2:50:25, and **Chris Hamer**, 50, Eureka, CA, was first W40+ (3:35:01), Humboldt Redwoods Marathon, Arcata, CA, Oct. 15. **Jeff Teeters**, 47, Berkeley, CA, 1:15:14, and **Loma Thomson**, 41, San



VICTOR SAILER / PHOTO RUN
Alevtina Naoumova, W45, first masters woman (2:43:31), Greater Hartford Marathon, Hartford, Conn., Oct. 14.

Francisco, CA, 1:27:44, took masters firsts in the half-marathon.

• **Brenda Wilson**, 49, Stuart, FL, was second-overall (3:10:57), and **Lesia Atkinson**, 40, Boulder, CO, third (3:11:00), Nike Women's Marathon, San Francisco, Oct. 22. **Karen McPherson**, 52, registered a 3:28:00 to take the W50 race. In the half-marathon, **Catherine Dubay**, 42, Santa Rosa, CA, was outright first (1:23:30). **Joan Benoit-Samuelsen**, 45, was seventh (1:28:17). **Judy Gilbert**, 63, Marina del Rey, CA, was first W60+ (1:53:00).

• **Danny Martinez**, 44, Alhambra, CA, 15:37, and **Monica Corrigan**, 41, Santa Monica, CA, 18:05, sailed to masters firsts, Santa Monica 5K, Oct. 22. **Joe Nordin**, 41, Camarillo, CA, 35:26, and **Christy Lightfoot**, 42, Oak Park, CA, 41:14, were first 40+ in the longer 10K.

NORTHWEST

• **Chuck Chapin**, 62, scored 5199 in the Albany Weight Pentathlon, Albany, OR, Oct. 14. The current M60 WR for the WP is 5152 by **Wladyslaw Kowalczyk** (GER) in 1998.

• **Meghan Arbogast**, W45, Corvallis, OR, was second female and first master (64:38), McDonald Forest 15K XC, in Corvallis, Oct. 29. **Dave Taylor**, M55, Corvallis, was first M40+ (65:39).

CANADA

• **Anthony Skuce**, M40, grabbed first-place overall in 2:34:10, Toronto Marathon, ONT, Oct. 15. **Angie Ferraro**, W40, Woodbridge, ONT, was second-female (2:58:11). **Paul Madonia**, Toronto, won the M50 race (2:56:54). **Dave Kary**, M45, of Ottawa, 1:18:21, and **Eva Musur**, W40, of Mississauga, 1:27:58, were first masters in the half-marathon.

INTERNATIONAL

• The complete results booklet for the 2nd WMA World Indoor Championships, Linz, AUT, is now online: <http://www.linz2006.com/res/results.htm>. Those who have the printed version should have received their copies at the end of October.

• **Bill Bingham**, M45, Loftus AC, 2:42:07, and **Stephen Davies**, M45, Mansfield Harriers, 2:46:35, took the first two masters spots overall, BMAF Championships/Abingdon Marathon, U.K., Oct. 22. **Joseph Prudham**, M70, Jarrow & Hebbur AC, 3:32:53, won the M70 race. **Sarah Gee**, W40, Bracknell Forest Runners, won the 40+ race (3:06:29).

• **Friedel Schunk**, WMA Chair, Law & Legislation Committee, announced that **Neil Griffin**, GBR, M55, pursuant to a hearing on

Continued on page 14

Schedule

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

TRACK & FIELD

NATIONAL

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings
March TBA. USA Masters Indoor Heptathlon Championships, Kenosha, WI. www.usatf.org
March 23-25. USA Masters Indoor Championships, Boston, MA. office@usatfne.org
June 22-July 8. Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must qualify at an NSGA State Games in 2006. www.nsga.com
August 2-5. USA National Masters Outdoor T&F Championships, U. of Maine, Orono, ME 04469. Rolland Ranson, 207-581-1077.
August 11. USA Masters Weight Pentathlon Championships, Spokane, WA. www.usatf.org
September 8. USA Masters Weight Throw & Superweight Championships, Seattle, WA.

EAST

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

December 3. Philadelphia Masters Indoor All-Comers, Albright College, Reading, PA. 8am, throws/9:30, other events. Joel Dubow, 484-437-9463; www.pmtf.net
December 17. Philadelphia Masters Indoor All-Comers, Haverford College, Haverford, PA. 9am. Joel Dubow, 484-437-9463; www.pmtf.net
December 29. USATF-LI Indoor Meet, 5-9 pm. Brentwood, Long Island, NY. www.long-island.usatf.org
January 5-7. 38th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. www.lancertiming.com
January 7. Philadelphia Masters Indoor All-Comers, Swarthmore College, Swarthmore, PA. 9am. Limited to athletes 14 and older only. Joel Dubow, 484-437-9463; www.pmtf.net
January 7. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org
January 14. Philadelphia Masters Indoor All-Comers, Albright College, Reading, PA. Throws 8am; other events 9:30am. Joel Dubow, 484-437-9463; www.pmtf.net
January 20. 40th Annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+/M40+. Prize purse for Men's and Women's Elite Mile; bonus for new record (M&W40+). 10am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d), 387-6431 (e).
January 21. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org
January 21. USATF-LI Indoor Meet, 9-1 pm. Brentwood, Long Island, NY. www.long-island.usatf.org
February 4. PVTC Indoor Meet, Jefferson Comm. Center, Arlington, VA. www.pvtc.org
February 4. Philadelphia Masters Indoor All-Comers, Glen Mills Schools, Glen Mills, PA. 8:00 am. Joel Dubow, 484-437-9463; www.pmtf.net
February 11. USATF-LI Indoor Championships, 9-1 pm. Brentwood, Long Island, NY. www.long-island.usatf.org
February 11. Philadelphia Masters All-Comers/Teams/Relay Meet, Glen Mills Schools, Glen Mills, PA. Limited to athletes 18-and-older only. Joel Dubow, 484-437-9463; www.pmtf.net
February 18. Sportsplex Masters Indoor Championship, Prince George's Sports & Learning Complex, Landover, MD. \$35 late fee after Feb. 13. 301-583-2660. (See ad on p. 5.)
June 2. "Ken Weinbel" Throw-A-Thon, Albright College, Reading, PA. Ray Feick,

2987 Lutheran Rd., Gilbertsville, PA 19525; rayfeick@peoplepc.com
June 3. Ultra Weight Pentathlon & Superweight, Gilbertsville, PA. See June 2.
July 21. USATF East Regional Masters Championships, East Stroudsburg U., PA. Joseph Koch, E. Stroudsburg U., 200 Prospect St., East Stroudsburg, PA 18301; 570-422-3211.

SOUTHEAST

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

December 2-10. Florida Senior Games State Championships, Cape Coral. 850-488-8347; www.flasports.com/page_seniorgames.shtml
December 3. Throws Fest 9, Clemson, SC. Indoors. All ages. 864-656-1942.
December 9. Weight Pentathlon & Throws Meet, Clermont, FL. 352-241-7144; www.usantc.org

MID-AMERICA

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

February 24. USATF Colorado/Mid-America Regional Masters Indoor Championships, USAF Academy Field House, Colorado Springs, CO. Christel and Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; Jim Weed, entries, 2203 E 149th Ave., Thonton, CO 80602; 303-451-8727; Tim Edwards, throws, 303-724-0606.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

December 9. Meet the Masters Throws Meet, UC-Santa Barbara. John Dagata, 805-893-4421(office); 805-453-9084(cell); john.dagata@athletics.ucsb.edu
January 6. Sierra Vista Senior Games, Sierra Vista, Arizona. 520-458-7922. www.ci.sierra-vis.taaz.us/parks
January 13. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com
January 13. Citrus College Weight Pentathlon, Citrus College, CA. Lloyd Higgins, lloyd@throwfarcoach.com
January 21. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com
February 4. University of New Mexico Indoor All-Comers, Albuquerque. 200m banked Mondo track. 505-925-5738; ssteffan@aol.com

INTERNATIONAL

February 18. BMAF Indoor Heptathlon Championships, Picketts Lock. www.bmaf.org.uk
March 3-4. BMAF Indoor Championships, Picketts Lock. www.bmaf.org.uk
March 22-25. EVAA Indoor Championships, Helsinki, FIN. www.evaa2007.com
September 4-15. (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

December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org
February 5-8. RunningUSA2007 National Conference, La Jolla, CA. www.runningusa.org

org/conference/rusa2007_intro.shtml
March 25. More Marathon, Central Park, NYC. 212-423-2269; nyrr.org/more/home.php

EAST

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

December 3. HMRRRC Winter Series 3 Mile & 15K, SUNY/Albany. Doug Bowden, bowden@nycap.rr.com
December 3. Brian's Run 5K & 10K, West Chester, PA. 610-399-0709; briansrun.org
December 10. USATF-NJ 10 Mile Championships, West Windsor. 973-334-8900; www.usatfnj.org
December 10. BRRC Masters 10K, Glen Arm, MD. www.brcc.com
December 10. NYRR Joe Kleinerman 10K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 16. NYRR Hot Chocolate 15K, Central Park, NYC. 212-860-4455; www.nyrr.org
December 16. Christmas Caper 5K & 10K, Hains Point, Washington, DC. 301-292-1441.
December 16. HoHoHo Holiday 5K, Bethpage, NY. 516-349-7646; glirc.org
December 31. First Night Saratoga 5K, Saratoga Springs, NY. Jeffrey Allen, jallen3@nycap.rr.com
December 31. Emerald Nuts Midnight Run 5K, Central Park, NYC. 212-860-4455; www.nyrr.org

SOUTHEAST

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

December 2. St. Jude Memphis Marathon, Half-Marathon & 5K. 800-565-5112; www.stjudemarathon.com
December 2. UOC Half-Marathon & 5K, Orlando, FL. 407-423-2476; www.orlandohalf.com
December 2. Run With Santa 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
December 3. Marathon of the Palm Beaches, West Palm Beach, FL. 561-833-3711, 225; marathonofthepalmbeaches.org
December 3. Victory Junction Half-Marathon, Randleman, NC. www.victoryjunctionrun.com
December 9. Rocket City Marathon, Huntsville, AL. 256-650-7063; www.runrocketcity.com
December 9. Thunder Road Marathon/Half-Marathon & 5K, Charlotte, NC. www.runcharlotte.com
December 9. Holiday Half-Marathon & 8K, Point Clear, AL. 251-473-7223; www.pcpacers.org
December 9. USATF-GA 10 Mile Championships, Dalton. 706-673-5804; www.carpetscapitalrunningclub.com
December 16. Jingle Bell Jog 5K/RRCA State Championships, Clarksville, TN. 931-233-1808; www.rrca.org/programs/championships
December 17. Jacksonville Marathon & Half-Marathon. 904-731-1900; www.1stplacesports.com
December 30. Manatee River 5 Miler/RRCA State Championships, Palmetto, FL. 941-727-2985; www.manateeriverrun.com
December 30. USATF-FL Championships/Last Gasp 5K, Jacksonville. 904-387-0528; www.jacksonvilletrackclub.com
January 13. St. Pete Beach Classic 10K & 5K/RRCA Southern Regional Championships, FL. 727-367-7223; www.stpetebeachclassic.com
January 20. Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

MIDWEST

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

December 3. Jingle Bell 5K, Northville, MI. jbrnorthville.kinteda.org
December 9. Run Like the Dickens 5K & 8K, Holly, MI. 248-328-3200, x5279; www.runlikethedickens.com
December 10. Rudolph Ramble 8K, Chicago. www.capierevents.com
December 16. Noel 5K, Cincinnati, OH. www.racedmc.com
December 30. HUFF 50K Trail Run, Huntington, IN. huff50k.blogspot.com
January 1. Resolution Revolution 3 Mile, 6 Mile & 9 Mile, Indianapolis. www.kenlongas.soc.com
January 6. Siberian Express Trail Run 7.45 Mile, Danville, IL. www.kennekuk.com

ON TAP FOR DECEMBER

TRACK AND FIELD

A small list of meets, but with some interest, opens on the 2nd in the Florida State Games Championships, Cape Coral, followed by indoor meets on the 3rd in Clemson, SC, and Philadelphia. The 9th offers a throws meet/weight pentathlon in Clermont, FL, and the Meet the Masters Throws Meet, Santa Barbara, CA. The Philadelphia Masters hold another meet on the 17th. USATF-LI has an indoor session scheduled for the 29th.

LONG DISTANCE RUNNING

The USA Masters Club XC Championships go off in San Francisco on the 9th. Before that, runners can take part in the Marathon of the Palm Beaches in the Sunshine State or the California International Marathon, Sacramento, on the 3rd. On the 9th, non-XC types might head for the Sunmart Texas Trail Endurance Runs, Huntsville St. Park; Rocket City Marathon, Huntsville, AL; Thunder Road Races, Charlotte, NC; and the USATF-GA 10 Mile Championships, or on the 10th, go to the USATF-NJ 10 Mile Championships, West Windsor; the New Las Vegas Marathon; or the venerable Larry Fuselier 25K, New Orleans. The weekend of the 16th-17th shows the HoHoHo Holiday 5K, Bethpage, NY, and Last 10K, Santa Rosa, CA, on Saturday, and the Jacksonville Marathon and Fleet Feet Holiday 5K, Sacramento, on Sunday. The year ends with the Emerald Nuts Midnight Run 5K, in New York's Central Park on the 31st, with plenty of Jingle Bell, Christmas Caper, Santa Claus, Reindeer, Snowflake, and Holiday 5Ks throughout the entire month.

RACEWALKING

Most road races offer a race-walking opportunity, as do indoor and outdoor meets.

MID-AMERICA

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

December 3. Colder Bolder 5K, Boulder, CO. 303-444-7223, x29; www.colderbolder.com
December 29. GEAR Winter Waddle 5K, Edina, MN. www.andersonraces.com/events.htm
December 31. Wells Fargo Resolution 5K, Denver. 303-635-2815; www.emgcolorado.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 9. Sunmart Texas Trail Endurance Runs 50 Mile & 50K/IAU World Trail Challenge, Huntsville State Park, TX. 210-366-3701; rogersoler.com
December 9-10. Dallas White Rock Marathon & Half-Marathon. www.RunTheRock.com
December 10. Larry Fuselier 25K/RRCA State Championships, New Orleans. 504-467-8626; www.runNOTC.org
January 1. Texas Marathon, Kingwood. www.

Continued on next page

Schedule

Continued from previous

50statesmarathonclub.
January 7. 100th A Race 9K, New Orleans. runNOTC.org
January 14. Chevron 957-3453; ChevronHo

Arizona, California, New

December 3. California, Folsom to Sacramento. www.RunCIM.org
December 10. Tucson Marathon. 520-320-0667; www.tucsonmarathon.com
December 10. New Half-Marathon, Las Vegas. www.lvmarathon.com
December 10. Lasse Tom King, e-mail: tking@lulu.org; 808-734-7200
December 16. Last 10. 542-8738; www.empire10.org
December 17. Fleet Feet Sacramento. 916-441-1111
December 31. Midnight Run. 916-974-0786
January 1. New Year's Eve Marathon. 480-242-4816; arizonaocmarathon.com
January 7. OC Marathon 5K, Newport Beach. OCMarathon.com

Visit us at

Masters Schedule

Continued from page 12

Sept. 26, 2006, in Munich by an independent assembly at the request of representatives decided that Griffin could not be elected because of rule violation according to article 32.2(a) and is ineligible for years as of June 9, 2007. Griffin placed second in the 100-mile race, standing will be eliminated.

• **Jean Edmond** elected chairman of Africa Masters Athletics Reunion, Sept. 22-24 in Marrakech, Morocco, is a tary. **Leo Benning**, as statistician. **Hani Africa**, had been the president in 1994.

OBITUARY

• **Marja Bakker** Boston Marathon and president of the Boston Running Club, died of cancer, said spokesman for the club. She was 119-year-old BAA member and became its president she was elected to the club, the first woman she became staff Boston Marathon, a recently. Bakker was elected as governor for US England, the region the sport of road running. She was named a member of the committee of women's organization, and national organization selection subcommittee in Vlaardingen, The Netherlands, 20, 1947, and was Boston Marathon in with her birthday, it was born the day Marathon, when it record was set. Edmond made a successful Bakker, to play

Schedule

Continued from previous page

50statesmarathonclub.com/texas.html

January 7. 100th Anniversary Jackson Day Race 9K, New Orleans. 504-467-8626; www.runNOTC.org

January 14. Chevron Houston Marathon. 713-957-3453; ChevronHoustonMarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

December 3. California International Marathon, Folsom to Sacramento. 916-983-4622; www.RunCIM.org

December 10. Tucson Marathon & Half-Marathon. 520-320-0667; www.tucsonmarathon.com

December 10. New Las Vegas Marathon & Half-Marathon, Las Vegas, NV. 702-731-1052; www.lvmarathon.com

December 10. Lasse Viren 20K, Malibu, CA. Tom King, e-mail: ktingtrackmsn.org

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

December 16. Last 10K, Santo Rosa, CA. 707-542-8738; www.empirerunners.org

December 17. Fleet Feet Holiday Classic 5K, Sacramento. 916-441-1751

December 31. Midnight Run 2 Mile, Sacramento. 916-974-0786

January 1. New Year's Day 5K, Phoenix, AZ. 480-242-4816; arizonarunningeventsco.com

January 7. OC Marathon, Half-Marathon & 5K, Newport Beach, CA. 949-476-2162; OCMarathon.com

January 13. Paramount 10K, Paramount (L.A.), CA. 714-841-5417; www.nealand.com/finishline

January 14. Rock 'N' Roll Arizona Marathon & Half-Marathon, Phoenix. 800-311-1255; www.mraz.com

January 14. Calico Trail Run 50k & 30K, Calico Ghost Town, CA. www.calicotrailrun.org

NORTHWEST

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

December 14. Longest Night Track Mile, N. Medford, OR. 541-944-5460

December 31. First Run 5K, Portland, OR. Registration at 10:00 pm. www.racecenter.com

INTERNATIONAL

March 22-25. European Veterans Indoor Championships, Helsinki. www.evaci2007.com

May 17-20. EVAA Non-Stadia Championships, Regensburg, GER. 10K, Half-Marathon, XC Relay, M&W10K RW, W20K RW, and M30K RW. www.evaa2007

RACEWALKING

January 14. USA National 30K RW Championships, Chula Vista, CA. 619-574-0683; www.usatf.org

January 28. USA Masters 50K RW Championships, Chula Vista, CA. 619-574-0683; www.usatf.org



Karl Hawke, third M40 in the high jump (1.90/6-2.75), clears an earlier height with the old-fashioned scissors technique, 2006 USA Masters Championships, Charlotte, N.C.

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
						USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	
60+	3.00k	1.00k	3.00k	400 gms.	12#	
50-79						25#
80+						20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	3.00k	1.00k	3.00k	400 gms.	12#	25#

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

WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

For all age-groups indoors, 5 hurdles are run.

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Masters Scene

Continued from page 12

Sept. 26, 2006, in Munich, GER, conducted by an independent Arbitration Panel, assembled at the request of the athlete and with representatives of the parties present, decided that Griffin committed an anti-doping rule violation according to IAAF Rule 32.2(a) and is ineligible to compete for two years as of June 9, 2006, until June 8, 2008. Griffin placed second in the shot put and his standing will be eliminated.

• **Jean Edmond**, of Mauritius, was elected chairman of the AMA at the 6th Africa Masters Athletic Championships, in Reunion, Sept. 22-24. **Moumene Abdenaceur**, Morocco, is the new general secretary. **Leo Benning**, South Africa, remains as statistician. **Hannes Booysen**, South Africa, had been the president of AMA since 1994.

OBITUARIES

• **Marja Bakker**, an organizer of the Boston Marathon and the only woman to be president of the Boston Athletic Association Running Club, died Oct. 14 at her home in Medford, Mass. She was 59. The cause was cancer, said **Jack Fleming**, a spokesman for the club. Bakker joined the 119-year-old BAA Running Club in 1978 and became its president in 1982. In 1984, she was elected to the club's board of governors, the first woman to serve. In 1987, she became staff administrator of the Boston Marathon, a position she held until recently. Bakker also served on the board of governors for USA Track & Field-New England, the regional governing body for the sport of road running and track and field. She was named a member of the executive committee of women's long-distance running of USA Track & Field, the national organization, and she was part of the national organization's championships site selection subcommittee. Bakker was born in Vlaardingen, The Netherlands, on April 20, 1947, and was a Dutch citizen. The Boston Marathon has coincided 16 times with her birthday, according to the BAA. She was born the day after the 1947 Boston Marathon, when the event's first world record was set. Earlier this year, the BAA made a successful bid, largely facilitated by Bakker, to play host to the women's

marathon for the United States Olympic trials in April 2008.

—from *The New York Times*

• **Derrick Purdue**, a member of the Western Province Masters, passed away recently. He joined the M90 age-group a few months ago. He competed in the World Masters RR Championships in Birmingham in 1992 and World Masters T&F Championships in Durban in 1997. He also successfully competed in many WP championships and the SAVA Championships, Windhoek, in 1988, where he ran the 100, 5000 and 10,000, the SAMA Championships, Bellville, in 2002, and, of course, many local masters meets. When WP Masters organized 10K road races along the Sea Point promenade, Derrick competed a number of times. He is holder of the following WP records: M80 100, 200, 400, and M85 100 and 400. In 2004 when **Philip Rabinowitz** broke the M100-104 world records for the 100 and 200, Derrick, together with **Hennie Greeff**, provided the opposition. In spite of some health problems during the last number of years, Derrick continued training and was a member of the Sport Science Institute's gym, where he did most of his workouts.

—from *Leo Benning*

• **Tom Toscano**, 62, after a three-year struggle with brain cancer, finally succumbed on Oct. 19. Tom was a teacher, principal, coach, and track official. One of his greatest joys was working with the Special Olympics. He attended many U.S. Olympic Trials, and in 2004 traveled to Sacramento to enjoy the competition. He competed for many years in the New York Empire State Games. There he ran 11.4 for the 100, 23.9 for the 200 and, on a 4x100 relay, 46.2 (still the record). Tom loved fishing, golfing, and snorkeling. In 2005, he attended the Masters Nationals in Hawaii. Unable to compete, he truly enjoyed watching the competitors. Tom touched the lives of many people, and those of us who were lucky enough to have known him are forever grateful. He leaves behind his wife, Jessie, his son, John, and daughter, Gina, along with four grandchildren. A fine competitor, gentleman, and friend, he will be greatly missed. NMN readers may remember that he was featured in Mike Tymn's "Third Wind" column in November 2005.

—Mike Milove, M60

• **Derek Turnbull**, 79, of New Zealand, who set 25 world records from 800 meters to the marathon, many still unbeaten, died peacefully on Nov. 2. (See On the Run by Hal Higdon, p. 12.)

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natnews@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.

EAST

The 5th Annual Fall Throwers Classic
University of Delaware
Newark, Sept. 17

Javelin	
M35 Dave Sanfilippo	52.71
James Barr	47.54
M45 Nick Mitchell	43.67
M50 George Edson	45.30
John Vargo	43.41
Joe Ksiaskiewicz	35.15
M55 Gerry Shatzner	30.33
M60 Seyavash Karimian	36.03
Lou Miller	19.99
M65 Jim Kenney	42.77
John Lang	38.06
Jerry Sullivan	23.07
M70 Frank Illuzzi	41.40
John Sellers	25.07
Ray Feick	24.33
M75 Sid Kiwit	24.97
M80 Brian Power-Waters	15.33
W40 Heather Scanlon	16.81
W75 Gloria Krug	18.17

Hammer

M35 James Barr	29.15
M40 Glenn Thompson	42.26
M50 Carl Shields	43.90
Nick Helfrich	30.33
M55 Tim Specht	23.45
M60 Lou Miller	24.18
M65 Vladimir Strelitski	32.40
Jim Kenney	23.27
Jack McDonald	21.82
M70 Lou Overbeck	31.25
John Sellers	30.65
Ray Feick	27.61
M80 Lev Mozhaev	25.63
Brian Power-Waters	19.01
W40 Heather Scanlon	20.81
W45 Nini Lewis	48.44
W60 Roslyn Katz	25.20
W70 Anne Cirulnick	17.28
W75 Gloria Krug	16.78

Shot Put

M35 James Barr	12.71
M40 Glenn Thompson	16.20
M45 Warren Taylor	13.71
Nick Mitchell	11.15
M50 George Castelli	11.55
George Edson	11.17
John Vargo	10.67
M55 Craig Shumaker	13.94
Tim Specht	08.54
M60 Charles Roll	15.52
Seyavash Karimian	10.36
M65 Bill Kuegler	11.29
Jim Kenney	10.69
Jack McDonald	09.25
M60 Lou Miller	08.91
M70 Lou Overbeck	10.58
Ray Feick	09.42
John Sellers	09.30
M80 Brian Power-Waters	08.04
W40 Heather Scanlon	08.59
W45 Nini Lewis	13.14
W60 Roslyn Katz	07.05
W70 Anne Cirulnick	06.75
W75 Gloria Krug	07.03

Discus

M40 Glenn Thompson	52.48
M45 Warren Taylor	40.05
Nick Mitchell	38.94
M55 Craig Shumaker	44.63
Tim Specht	32.47
M50 Bill Iovino	43.65
Tom Talbot	39.82
George Edson	39.74
M60 Charles Roll	39.27
Lou Miller	27.76
M65 Larry Pratt	47.70
John Lang	33.81
Bill Kuegler	31.09
M70 Lou Overbeck	32.83
John Sellers	28.58
Ray Feick	26.34
M80 Brian Power-Waters	22.65
W40 Heather Scanlon	20.10
W45 Nini Lewis	38.05
W60 Roslyn Katz	17.28
W70 Anne Cirulnick	15.06
W75 Gloria Krug	16.03

Weight Throw

M50 Nick Helfrich	10.52
M55 Tim Specht	09.59

M60 Charles Roll	13.00
M65 Bill Kuegler	12.13
Vladimir Strelitski	11.80
Jack McDonald	10.47
M70 Lou Overbeck	13.98
John Sellers	12.37
Ray Feick	12.28
M80 Lev Mozhaev	10.58
Brian Power-Waters	7.82
W40 Heather Scanlon	05.80
W45 Nini Lewis	15.94
W60 Roslyn Katz	10.60
W75 Gloria Krug	08.52

Superweight Throw

M35 James Barr	09.48
M50 Nick Helfrich	05.87
M55 Tim Specht	03.87
M65 John Lang	08.98
M70 Lou Overbeck	07.14
Ray Feick	06.33
John Sellers	05.20
W40 Heather Scanlon	04.36
W60 Roslyn Katz	05.19
W75 Gloria Krug	05.10

(*Pending American Record)

Dartmouth Weight Meet**Hanover, NH****Sept. 23****16# SHOT PUT**

M50 DAN WALLACE 50	37-7
CARL WALLIN 64	36-9.5
JIM BURGOYNE 46	34-10

SHOT PUT

CARL WALLIN-5K 64	42-4
DAN WALLACE-6K 50	41-1
BOB CEDRONE-6K 52	38-8

WEIGHT THROW

CARL WALLIN-20# 64	61-1.5
BOB CEDRONE-25# 52	53-0
DAN WALLACE-25# 50	44-5

35# WEIGHT THROW

BOB CEDRONE 52	41-7.5
CARL WALLIN 64	38-1.5
DAN WALLACE 50	35-9.5

6K HAMMER

BOB CEDRONE 52	145-9
DAN WALLACE 50	22-6
CARL WALLIN 64	116-3.5

Dartmouth Weight Meet**Hanover, NH****Oct. 7****16# SHOT PUT**

DAN WALLACE 50	37-5.5
CARL WALLIN 65	36-6.5
LUKE HOTTE 59	36-4.5
DON FILKINS 52	35-9.75
MARK PUTNAM 48	30-0
SAM MESSITER 78	22-8.5

SHOT PUT

CARL WALLIN-5K 65	42-8.5
DAN WALLACE-6K 50	41-6
LUKE HOTTE-6K 59	41-5
DON FILKINS-6K 52	38-4.5
BOB CEDRONE-6K 53	37-1.5
MARK PUTNAM-6K 48	31-9
SAM MESSITER-4K 78	30-7.5

HAMMER

BOB CEDRONE-6K 52	152-10
CARL WALLIN-5K 65	142-4
DAN WALLACE-6K 50	136-6
DON FILKINS-6K 52	127-1
SAM MESSITER-4K 78	87-1
MARK PUTNAM-16# 48	83-2

WEIGHT THROW

CARL WALLIN-20# 65	62-0
BOB CEDRONE-25# 52	55-3.5
DON FILKINS-25# 52	50-5
DAN WALLACE-25# 50	44-6

35# WEIGHT

BOB CEDRONE 52	42-3
CARL WALLIN 65	39-1.5
DON FILKINS 52	37-6
DAN WALLACE 50	35-10

56# WEIGHT

BOB CEDRONE 52	27-4
CARL WALLIN 65	24-3
DON FILKINS 52	23-5.5
DAN WALLACE 50	22-1
MARK PUTNAM 48	5-5

SOUTHEAST

Port City Pacers Masters
& Open Meet, U. of
Southern Alabama
Mobile, Oct. 14

100m	
W30 Alicia Bunn	13.55
W50 Lydia Woods	18.76
M40 Steve Bunn	11.93
Scott Hartfield	12.73
John Allen	12.80
M45 Harold Pierce	12.63
Carrioseph Smith	14.57
M50 Glenn Reid	12.71
M55 Bill Tharpe	12.88
Willie Josey	15.52
M60 Ronald Bruner	13.78
M65 George Labelle	15.92
M70 Cliff Pauling	21.89

200m

W30 Alicia Bunn	30.22
W50 Lydia Woods	42.60
M40 Steve Bunn	26.08
Scott Hartfield	26.20
M45 Andrew Seach	25.41
M50 Glenn Reid	26.43
David Kyle	29.57
M55 Bill Tharpe	26.30
Ozzie Binion	29.00
Willie Josey	32.30
M60 Robert Baker	28.28
Ronald Brune	28.71
M65 George Labelle	34.95
M70 Cliff Pauling	34.32

400m

W30 Alicia Bunn	61.74
W50 Lydia Woods	1:44.34
M45 Andrew Seach	56.70
M55 Ozzie Binion	64.24
M70 Cliff Pauling	84.72

800m

W30 Christine O'Bannon	2:22.39
W50 Lydia Woods	4:05.46
M70 Cliff Pauling	3:17.58

1500m

W40 Robin Judice	5:12.98
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Short Hurdles

M55 Ozzie Binion	18.09
M65 George Labelle	20.39

High Jump

W50 Lydia Woods	0.92
M40 John Allen	1.57
M50 Jim Barrineau	1.77
Glenn Reid	1.42
M60 Robert Baker	1.46
M75 Gordon Seifert	1.13

Pole Vault

M50 Richard Watson	2.40
M55 Lyndell Farmer	3.30
M75 Gordon Seifert	2.30

Long Jump

W50 Lydia Woods	2.67
M40 John Allen	5.07
Reggie Hill	5.04
M50 David Ortmann	4.51
M55 Willie Josey	3.20
M65 George Labelle	3.44
M70 Charlie Richard	4.32

Triple Jump

W50 Lydia Woods	5.72
M60 Robert Baker	9.52
M65 George Labelle	7.02
M70 Charlie Richard	9.26

Shot Put

W50 Lydia Woods	6.11
W75 Gloria Krug	7.40
M35 Barton Manley	9.91
M40 Dave Rothenbury	11.73
Richard Parkinson	11.43
John Allen	10.09
M50 Jeff Baty	11.99
M55 Mike Thomason	12.56
Norman Hough	10.99
M60 Joe Lary	10.69
M65 George Labelle	9.18
M75 Gordon Seifert	8.68

Discus

W50 Lydia Woods	15.97
W75 Gloria Krug	15.35
M40 Richard Parkinson	34.28
John Allen	32.68
Reggie Hill	26.71
M50 Jeff Baty	43.09
Richard Watson	36.40
Glenn Reid	24.43
M55 Mike Thomason	41.04
Willie Josey	24.68
M60 Joe Lary	35.92
Robert Baker	35.74
M65 George Labelle	25.68
M75 Gordon Seifert	24.53

Hammer

W50 Lydia Woods	13.76
W75 Gloria Krug	17.22
M40 John Allen	18.13
M50 Richard Watson	41.84
Jeff Baty	41.41
M55 Mike Thomason	43.00
M60 Bob Cahners	43.44

Weight Throw

W50 Lydia Woods	6.32
W75 Gloria Krug	6.41
M40 Richard Parkinson	12.42
John Allen	8.00
M50 Jeff Baty	15.32
M55 Mike Thomason	14.51
Norman Hough	12.58
M60 Bob Cahners	17.64
Joe Lary	10.18

Jumpers Pentathlon

100H/LJ/HJ/T/PV	
M50 Bill Murray	3368
18.59/5.29/1.64/10.52/3.60	
Jeff Watry	2542
18.06/4.53/1.55/8.64/2.70	
David Ortmann	2430
16.69/5.32/1.40/5.65/2.60	
Richard Watson	1639
22.12/4.00/1.31/7.74/2.40	
M55 Lyndell Farmer	3131
18.42/4.43/1.49/9.20/3.20	
M60 Robert Baker	3882
17.06/4.78/1.46/9.52/3.30	
Joe Johnston	3422
16.52/4.50/1.37/8.39/3.00	
M65 George Labelle	1897
20.39/3.47/1.13/6.98/--	

Weight Pentathlon

W50 Lydia Woods	1318
W75 Gloria Krug	3522
M35 Barton Manley	2084
M40 Richard Parkinson	2958
Dave Rothenbury	2788
John Allen	2156
M50 Jeff Baty	3451
Glenn Reid	343
M55 Mike Thomason	3775
Norman Hough	3218
M60 Bob Cahners	3490
Joe Lary	2905
M65 George Labelle	2784

5000m Racewalk

M55 Nicholas Burrows	32:53.57
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Carolina TC Throwers**Meet, Winston-Salem, NC****Nov. 4****Hammer**

Pay Carstensen	74
Bill Gramley	71
Mike Valle	66
L B Clayton	60
Terry Martin	60

Shot Put

Rebecca Vaughn	62
P Carstensen	6
Gerald Vaughn	70
B Gramley	10
M Valle	12
Tom Steed	65
Ron Short	60
T Martin	60
Mike DeMarte	34

Discus

P Carstensen	21.18
B Gramley	38.85
M Valle	39.76
T Steed	41.57
Fred Weber	68
Malcolm Reese	63
R Short	26.33
T Martin	33.24
M DeMarte	43.28

Javelin

M Valle	27.69
T Steed	25.93

Weight Throw

P Carstensen	14.68
B Gramley	13.57
M Valle	15.01
T Steed	15.57
M Reese	9.32
L B Clayton	12.80
T Martin	11.68

35# Weight

P Carstensen	8.06
B Gramley	7.81
M Valle	5.31
T Steed	5.14
L B Clayton	5.81
T Martin	

W65 Dorothy Huston	10:40.90
W70 Nancy Lupton	11:32.40
W75 Eva Logelsang	10:20.90
W90 Estelle Frendberg	13:21.90
5000m RW	
M55 Brent Marsden	33:24.60
M60 Z Gonsiorovsky	30:42.90
M65 Neil Stockton	32:54.90
M70 Christian Amorosa	32:49.80
M75 Jerard hargis	36:46.50
W55 Diane Brandt	33:11.06
W60 Kathleen Balser	32:05.80
W65 Judith Oakes	37:44.60
W70 Joanne Amoroso	39:15.30
W75 Eva Vogelsson	36:50.70

Louisiana Senior Olympic Games, Baton Rouge Oct. 6-7

100m	
M50 Eddie Scott	12.47
M55 Larry Smith	12.37
M60 Frank Scott	12.61
M65 James Paddie	13.10
M70 Charles Richard	15.03
M75 Wilford Scott	15.38
M80 Donal Snyder	22.74
W50 Evelyn Parker	17.49
W55 Evelyn Wilson	17.05
W60 Wanda Whitman	20.31
W65 Dorothea Polak	18.63
W70 Bernice Bordelon	22.77
W75 Burtie Smith	21.42
W80 Thelma Kelley	39.88
200m	
M50 Eddie Scott	26.71
M55 Dottie Moore	26.37
M60 Robert Baker	27.73
M65 James Paddie	27.56
M70 Charles Richard	33.00
M75 Wilford Scott	32.75
M80 Foster Anderson	44.31
M90+Murphy Domingues	65.13
W55 Sandra Triplett	37.01
W60 Sandra Kuykendall	47.50
W70 Bernice Bordelon	56.16
W75 Burtie Smith	50.50
W80 Mary Norckauer	68.98
400m	
M50 Thomas Reinecke	1:02.70
M55 Dottie Moore	1:01.33
M60 Robert Baker	1:05.16
M65 Pete Clarke	1:08.13
M75 Foster Doty	1:36.80
M80 Foster Anderson	1:53.36
W55 Sandra Triplett	1:36.00
W60 Jewel Gipson	2:42.70
W65 Judith Stutes	1:58.00
W70 Annette Andras	3:03.00
W75 Burtie Smith	2:33.00
W80 Mary Norckauer	2:45.00
800m	
M50 David Rusch	2:23.49
M55 Bobby Morgan	2:30.90
M60 Ben Cherbonnier	2:51.29
M65 Pete Clarke	3:29.63
M75 Foster Doty	3:44.46
M80 Foster Anderson	2:22.91
W55 Sandra Triplett	3:27.74
W65 Sandra Garlington	5:32.87
M80 Mary Norckauer	6:04.83
1500m	
M50 Philip Jones	4:53.78
M55 Bobby Morgan	5:02.96
M60 Ben Cherbonnier	5:43.60
M65 Edward Jurgens	5:59.40
M75 Foster Doty	7:18.80
M80 Foster Anderson	9:47.86
W55 Sandra Triplett	7:03.41
W65 Judith Stutes	9:03.44
High Jump	
M50 Theodore Heroman	4-10
M55 Jim Weir	4-0
M60 Robert Baker	4-6
M65 Gene Waalk	4-0
M70 Philip McCarty	3-6
M75 Tarris Oliphant	3-10
M80 Tolley Fletcher	3-4
M85 Delroy Spann	2-10
W55 Evelyn Wilson	3-6
W70 Bernice Bordelon	2-10
W75 Betty Reynolds	3-0
Pole Vault	
M55 Jim Weir	8-0
M60 Robert Baker	10-6
M70 Philip McCarty	5-0
M80 William Noonan	4-6
Long Jump	
M50 Keith Cognevich	16-3
M55 Dan Ursey	14-10
M60 Robert Baker	15-5.50
M65 Gene Waalk	13-3.75
M70 Charles Richard	13-0.75
M75 John Poche	7-8.75
M80 Jim Weir	8-0
W65 Dorothea Polak	9-10
W70 Bernice Bordelon	7-8
W80 Mary Norckauer	7-0.25
Shot Put	
M50 Jeffrey Baty	39-11
M55 Steven Thomason	42-6

M60 Vincent Breaux	40-4.25
M65 Julius Cassels	36-7.75
M70 Elwyn Fink	36-5
M75 Joseph Quartano	31-6
M80 Charles Wisher	27-4.75
M85 Burton Beadle	25-8.25
M95+Trent Lane ARWR	23-0
(7.02) (Trent Lane/6.19/2005)	
W55 Sandra Triplett	22-2
W60 Sandra Hebert	16-7
W65 Sandra Garlington	23-3
W70 Edith Corso	17-0
W75 Alice English	16-9
W80 Mary Norckauer	17-4
W85 Mildred Buchert	13-5
M90 Margaret Evans	11-3
Discus	
M50 Jeffrey Baty	143-0
M55 Wilcy Monceaux	138-1
M60 Richard Stagg	130-5
M65 Peter Labarge	118-7
M70 Elwyn Fink	105-5
M75 Roland Clement	85-10
M80 Charles Wisher	59-6
M85 Donald Dreyer	55-6
M90 Jopaul Steiner	32-7
M95+Trent Lane	48-8
W50 Beatrice Bagwell	66-0
W55 Brenda Cornwell	67-0
W60 Marilyn Duvall	54-2
W65 Dorothea Polak	58-11
Javelin	
M50 Greg Baker	155-7
M55 Sanford Suire	113-1
M60 Delmon McNabb	150-4
M65 Malcolm Bech	146-8
M70 Charles Richard	118-6
M75 John Poche	80-7
M80 Charles Wisher	64-1
M85 Burton Beadle	81-8
M95+Trent Lane	58-5
W50 Beatrice Bagwell	57-0
W55 Brenda Cornwell	74-3
W60 Marilyn Duvall	75-0
W65 Sandra Garlington	47-9
W70 Mary Evelyn Williams	30-9
W75 Alice English	43-6
W80 Mary Norckauer	46-10
W85 Mildred Buchert	33-9
W90 Margaret Evans	25-4

1500m RW	
M60 James Nicoll	9:41.80
M65 Gerald Daugereaux	15:38.98
M70 William Elrod	10:22.69
M75 Harry Robson	11:41.03
M80 Cyril Buchert	11:41.03
W65 Donna Melancon	11:03.43
W70 Martha Tolbird	14:50.96
W80 Mary Norckauer	13:36.90
5K Road Walk	
M60 George Bourke	33:13
M75 John Bartle	43:46
W50 Kate Abbot	36:18
5K Road Race	
M40 Don Alexander	23:20
M50 Philip Jones	17:18
M55 Roger Brown	20:22
M60 Ben Cherbonnier	21:44
M65 Wallace Nichols	23:12
M75 Foster Doty	27:39
W50 Martha Martinez	30:11
W60 Yvonne Thomas	25:25
10K Road Race	
M50 Chester Cedars	39:54
M60 Sherman Stanford	37:47
M65 Edward Jurgens	41:32
M70 William Killian	81:21
M75 Kenneth Blanchard	54:46
W55 Marion Robinson	49:51
W60 Yvonne Thomas	50:04
W70 Irma Landry	NTA
W80 Mary Norckauer	NTA
*Out of state	

Lions Throws Meet Austin, TX; Oct. 28

Shot Put	
M45 David Warner	11.47
Rick Roberson	9.63
David Day	9.20
M50 Sherwin Winbush	11.77
Donald Lantrip	11.43
Michael Amaral	9.35
W65 Harold Crater	9.35
Gayle Berry	9.30
M70 James Carney	8.86
M75 Jim Gerhardt	10.72
M80 Adolph Hoffman	8.93
W65 Peggy Berry	6.05
Discus	
M30 Stevan Falk	32.96
M45 Marty Wright	36.36
David Warner	31.51
David Day	23.46
M50 John Stilbert	40.39
Donald Lantrip	34.01
Michael Amaral	32.59
M60 Jeff Harrell	34.56
M65 Gayle Berry	29.42
Harold Crater	27.02
M70 Wendell Palmer	36.08

Arch Zabel	33.28
James Carney	28.03
M75 Jim Gerhardt	36.76
M80 Adolph Hoffman	22.94
W65 Petty Berry	15.65
Hammer	
M45 Rick Roberson	22.27
David Day	19.85
M50 John Stilbert	35.01
Donald Lantrip	34.95
Michael Amaral	25.47
M65 Harold Crater	22.37
M75 Jim Gerhardt	22.51
M80 Adolph Hoffman	24.31
Javelin	
M45 David Day	30.40
Rick Roberson	23.98
M50 Rick Easley	42.64
Wayne Hopper	23.72
Michael Amaral	23.42
M65 Gayle Berry	26.50
Harold Crater	22.68
M75 Jim Gerhardt	30.92
M80 Adolph Hoffman	20.93
W45 Nicole Hirschfeld	20.98
Weight Throw	
M45 Rick Roberson	8.12
David Day	7.46
M50 Donald Lantrip	13.31
John Stilbert	10.97
Michael Amaral	9.98
M65 Harold Crater	7.97
M75 Jim Gerhardt	10.56
M80 Adolph Hoffman	10.81
Superweight	
M45 David Day	4.83
Rick Roberson	4.38
M50 Donald Lantrip	5.15
Michael Amaral	3.22
M65 Harold Crater	3.75
M75 Jim Gerhardt	5.94
M80 Adolph Hoffman	7.29

WEST San Diego Senior Olympics, San Diego, CA Sept. 24

50m	
M50 Steve Kloch	6.89
M55 Patrick Lyons	7.07
M65 Karl Thorpe	7.74
M70 Ted Lafranchi	7.88
M75 Jim Selby	9.17
M80 Paul Evans	9.40
W50 Debbie Selby	8.73
W65 Marilyn Ongley	9.23
W75 Fran Styles	10.41
W80 Marjorie Lawson	12.68
200m	
M50 James Lofton	23.61
M55 Herman Castille, Jr	28.54
M60 Stan Whitley	26.20
M65 Frank Strouse	29.14
M70 Ted LaFranchi	31.81
M75 Jim Selby	36.78
M80 Robert Davidson	69.84
W50 Rita Hanscom	27.64
W60 Nadine O'Connor	29.38
W50 Jeanne Bowman	31.36
W65 Marilyn Ongley	38.51
W70 Ann Garrett	44.42
W75 Fran Styles	49.63
W80 Marjorie Lawson	56.08
800m	
M50 Phil Vallicella	2:34.58
M55 Daniel Touchstone	3:24.47
M60 Eric Jones	3:01.16
M65 Jerry Albert	3:06.05
M70 Lloyd McGuire	4:15.37
M75 Jim Selby	3:27.29
W65 Donna Benson	4:44.34
W85 Gerry Davidson	5:34.26
1500m	
M50 Steve Lassegard	5:15.69
M55 Gary Shapiro	4:57.65
3000m	
M60 Ron Wells	11:12.95
M65 Herman Esquibel	15:35.51
M70 Brian McCarthy	18:04.94
M75 James Hinton	17:35.33
W50 Barbara Cureton	16:59.73
Long Hurdles	
M50 Steve Kleinstuber	82.73
M60 Tomlinson Rauscher	53.94
High Jump	
M50 Steve Kleinstuber	1.37
M55 Edward Baskauskas	1.48
M65 Leroy Lefkowitz	1.17
M70 Hal Smith	1.17
M89 Leland McPhie	0.94
W75 Fran Styles	0.89
Pole Vault	
M50 Richard Watson	2.44
M55 Billy McNeal	3.05
M60 Tomlinson Rauscher	3.05
M65 Mardon Connelly	3.05
M75 Bob Holmes	2.00
Long Jump	
M50 Jerome Moylan	3.57
M55 Carl Flowers	5.00

M60 Ron Muranka	4.20
M65 Terry Rowan	4.30
M75 James Hinton	2.54
M90 Leland McPhie	1.51
W55 Brenda Matthews	3.64
W65 Marilyn Ongley	3.00
W75 Fran Styles	2.97
Triple Jump	
M55 John Tomaschke	10.05
M65 Terry Rowan	8.53
M70 Donald Cohen	4.97
M90 Leland McPhie	3.98
W75 Fran Styles	4.70
Shot Put	
M40 Jerome Moylan	7.06
M50 Greg Stines	12.76
M55 Eddie Damron	10.37
M60 Bruce McDonald	10.32
M65 Jerry Harwood	10.23
M70 Henry Ross	12.91
M75 Charlie Sarver	10.42
M80 L B Jones	8.95
M90 Leland McPhie	6.47
W50 Jeanne Bowman	7.02
W60 Ingrid Mancini	7.52
W65 Ann Abreu	5.86
W75 Dolly Scott	4.12
Discus	
M50 Greg Stines	43.26
M55 Eddie Damron	22.76
M60 Richard Watson	35.82
M65 Jerry Harwood	33.12
M70 Hal Smith	38.07
M75 Charlie Sarver	27.40
M80 L B Jones	19.81
M90 Leland McPhie	14.02
W55 Brenda Matthews	20.75
W60 Ingrid Mancini	14.22
W65 Ann Abreu	15.01
W75 Dolly Scott	9.03
Javelin	
M50 Jerome Moylan	26.09
M55 Edward Baskauskas	33.71
M65 Gary Krumweide	35.26
M75 Andrew Genniger	13.73
M80 L B Jones	19.50
W65 Ann Abreu	17.88
5000m RW	
M80 Robert Dorris	48:12.90
W70 S Kleinschmidt	48:17.00

Nevada Senior Games Las Vegas; Sept. 29-Oct. 1

50m	
M50 Michael Simmons	7.05
Carl Cody	7.45
Barry Bilbray	7.63
M55 Kevin Christensen	7.28
Frank Mosher	7.86
Felipe Rendon	7.91
M60 Robert Morales	7.38
Greg Cox	7.91
Joe Beard	8.26
M65 Kenneth Dennis	7.30
Charles Bremer	7.71
Larry Armstrong	7.74
M70 Robert Reid	7.40
Bernie Kuhn	7.68
Joe Stigers	8.76
M75 Andy Anderson	8.47
James Hinton	8.77
Huel Washington	9.46
M80 Bill Ballantine	9.73
W55 Bonnie Bell	9.68
Liza Fitzpatrick	9.86
Valerie Smith	12.42
W60 Lynn Naftel	8.38
W65 Bonnie Sayre	10.77
W70 Audrey Lary	9.64
Claranell Covington	12.67
W75 Louise Martin	14.00
W80 D Smith-McLeod	11.44
Marjorie Lawson	12.31
Grace Gammill	15.69
100m	
M50 Stacey Price	12.37
Michael Simmons	13.38
Lewis Rappaport	13.48
Christensen	13.35
Frank Mosher	14.74
Robert Kuznik	15.12
M60 Roberto Morales	13.84
Joe Beard	15.64
John Whittington	17.38
M65 Richard McKisson	14.82
Larry Armstrong	14.48
Jim Madonna	16.49
M70 Robert Teid	15.05
Bob Bergfeldt	15.08
M75 Andy Anderson	17.35
James Hinton	17.95
Huel Washington	20.86
M80 Bill Ballantine	19.13
W50 Ann Sweat	18.46
W55 Bonnie Muscato	18.80
Bonnie Bell	19.21
Liza Fitzpatrick	19.54
W60 Lynn Naftel	15.94
W65 Bonnie Sayre	21.00

W70	Audrey Lary	17.58
	Fei-MeiChou	19.83
W75	Louise Martin	30.83
W80	D McLeod-Smith	21.97
	Marjorie Lawson	25.08
	Johnnye Valien	24.96
200m		
M50	Stacey Price	25.53
	Michael Simmons	27.62
	Lewis Rappaport	28.55
M55	Kevin Christensen	27.46
	Robert Kuznik	31.89
M60	Eric Jones	32.99
	Joe Beard	33.95
	John Whittington	36.28
M65	Richard McKisson	30.79
	Larry Armstrong	33.95
	Jim Madonna	33.35
M70	Robert Reid	32.89
	Bernie Kuhn	33.46
	Thomas Buck	40.62
M75	Andy Anderson	36.37
	James Hinton	39.29
	Gus Salazar	39.48
M80	Bill Ballantine	41.00
W50	Ann Sweat	41.18
W60	Lynn Naftel	34.49
W65	Bonnie Sayre	47.25
W70	Audrey Lary	37.32
	Fei-Mei Chou	42.69
W75	Louise Martin	75.05
W80	D McLeod-Smith	53.49
	Marjorie Lawson	56.87
400m		
M50	Chuck Malito	1:14.70
	Michael Simmons	1:14.91
M60	Eric Jones	1:10.16
M65	Jim Madonna	1:11.55
	William Lobdell	1:19.53
	Alex Meyer	1:18.72
M70	Bernie Kuhn	1:21.30
	Thomas Buck	1:49.34
M75	Norm Lesage	1:17.37
	James Hinton	1:33.54
M80	Bill Ballantine	1:37.18
W50	Ann Sweat	1:29.93
W60	Lynn Naftel	1:22.07
W70	Fei-Mei Chou	1:48.56
800m		
M50	Gary Plank	2:18.63
M55	Kevin Christensen	2:46.00
M60	John Galazin	2:22.81
	Eric Jones	2:54.47
M65	Jim Madonna	2:50.97
	William Lobdell	3:23.87
	Joaquim Rezina	3:39.87
M70	Ken Odgen	3:19.32
	Joe Johnson	3:42.75
M75	James Hinton	4:13.67
W50	Ann Sweat	3:50.00
W60	Lynn Naftel	3:39.60
W65	Bonnie Sayre	4:07.85
	Janet Shanta	4:49.53
W70	Margand Hochstatter	3:56.70
1500m		
M50	Gary Plank	4:48.91
	Richard Walker	4:53.98
M60	Eric Jones	6:27.60
M65	Jim Madonna	5:48.74
	William Lobdell	6:51.69
	Joaquim Rezina	7:13.84
M70	Ken Ogden	6:48.16
	Joe Johnson	7:34.48
M75	Jim Hinton	7:53.03
W50	Ann Sweat	7:33.66
W55	Marcia Tinberg	10:17.67
W65	Bonnie Sayre	8:08.12
	Janet Shanta	9:51.60
W70	Margand Hochstatter	7:49.01
High Jump		
M50	Ben del Villar	1.56
	Clay Cody	1.50
	Cliff Tomlin	1.37
M55	Kevin Christenson	1.57
	Eddie Dameron	1.32
	Dennis Camron	1.25
M60	Ron Tienhaara	1.32
	Michael Polish	1.31
	Greg Cox	1.16
M65	Larry Armstrong	1.42
	Ralph Reiche	1.32
	Les East	1.21
M70	Bob Bergfeldt	1.37
	Armand Zahn	1.27
	John Steinman	1.16
W55	Georgia Bridgen	1.11
W70	Claranell Covington	0.96
	Fei-Mei Chou	0.91
W80	Johnnye Valien	0.86
Pole Vault		
M50	Clay Cody	3.50
M60	Matt Kilpelainen	3.65
	Arthur Perry	3.35
	Tomlinson Rauscher	3.20
M65	Bruce Perkins	3.20
	Don McCrea	2.30
	Larry Armstrong	2.15
M70	John Steinman	2.75
W80	Johnnye Valien	1.10
Long Jump		
M50	Clay Cody	4.92
	Wayne Renner	4.29

Robin Herron	36.35	M45 Mahmoud Niroumand	13.12
Jack Janne	21.34	Rodney Johnson	13.37
M75 Tom Allison	27.33	John Hansen	13.61
William Bergen	19.15	M50 Ross Jones	13.83
M85 Fred Hochstatter	13.70	M55 Thierry Bouequey	12.88
W55 Joan Stratton	36.64	Ernie Stucki	12.91
Joyce Taylor	35.26	Jerry Beatty	14.61
Myrle Mensey	32.92	M60 Barry Green	14.22
W65 Dee Anne Janne	18.73	Rob Farber	14.41
W80 D McCloud-Smith	10.99	Lance Pierce	14.55
Javelin		M65 Otis Williams	16.33
M50 Ray Burton	41.50	Rob Gillespie	14.31
Wayne Renner	31.60	M70 Sam Flory	15.47
M55 James McEvoy	37.60	Ben Rivera	15.49
Kevin Christensen	34.40	Al Sheahan	18.08
William Butzin	24.63	M75 Francis Kishi	16.00
M60 Ron Tienhaara	37.66	Louis Beadle	17.83
John Whittington	29.95	Phillip Johnson	19.50
Kenneth Baker	37.50	M80 Robert Davidson	27.17
M65 Don McCrea	31.12	W45 Kim Townsend	13.40
Ken Medley	31.07	W50 Rita Hanscom	13.29
Alex Meyer	30.59	Jeanne Bowman	14.95
M70 Bob Bergfeldt	38.64	W60 Rosielee Jones	18.60
Jack Janne	24.70	W65 Kathy Bergen	15.01
Armand Zahn	22.40	W70 Fei-Mei Chou	19.89
M75 Tom Allison	20.96	200m	
Donald Vann	10.08	M50 Johnny Speed	24.71
M85 Fred Hochstatter	14.30	Renato Brito	26.74
John Polish	8.10	Sujantra McKeever	32.81
M90+Tim Sanders	12.71	M45 Rodney Johnson	27.22
W50 Janet Zahn	8.74	M50 Russ Jones	28.96
W55 Myrle Mensey	19.81	Venu Riggio	41.86
Lisa Fitzpatrick	15.29	M55 Steven Hardijin	25.77
Bonnie Muscato	12.17	Ernie Stuckie	26.83
W60 Tammy Jensen	15.05	Jerry Beatty	30.23
W70 Claranell Covington	12.89	M60 Dennis Dufy	28.53
Neusa Cabral	7.77	Ron Muranaka	32.90
W80 Johnnye Valien	13.37	M65 Lee Gillespie	29.94
Weight Throw		M70 Jesse Carrington	30.09
M50 Richard Watson	13.97	Sam Flory	32.10
Wayne Renner	10.53	Ben Rivera	32.86
M55 Dennis Cameron	14.07	M75 Louis Beadle	36.75
William Butzin	10.09	Francis Kishi	37.58
M60 Todd Taylor	19.19	Milo Sather	40.55
Bob Cahners	17.36	W50 Jeanne Bowman	31.94
Frank Onorato	10.61	W60 Rosielee Jones	42.57
M65 Edward Burke	WR 20.18	W70 Fei-Mei Chou	42.85
(Edward Burke/19.92/2005)		400m	
Alex Meyer	10.87	M55 Steven Hardijin	57.43
Jerry Harwood	7.96	Rich Muth	1:07.08
M70 Bob Humphreys	16.56	Searcy Barnett	1:09.60
Robin Herron	14.08	M60 Dennis Duffy	1:04.32
Thomas Buck	10.62	M65 Robert McAlpine	1:16.18
M75 William Bergen	8.53	M70 Jesse Carrington	1:08.22
W55 Myrle Mensey	11.75	M75 Al Escobosa	1:15.93
Joyce Taylor	11.73	Bob Holmes	1:34.25
Joan Stratton	10.91	M80 Robert Davidson	3:50.87
W65 Dee Anne Janne	7.50	W40 Beth Joseph	1:36.56
W80 Doreen McLeod	5.76	W70 Fei-Mei Chou	1:46.65
Weight Pentathlon		W85 Gerry Davidson	2:32.98
M45 Kenneth Jansson	4144	800m	
M50 Ray Burton	4285	M40 Tim Hickok	2:17.97
Chris Covington	1484	Sujantra McKeever	2:53.62
M55 Hank Konen	4065	M50 Phil Vallicella	2:30.00
Dennis Cameron	3261	Venu Riggio	3:34.65
William Butzin	2227	M55 Searcy Barnett	2:30.76
M60 Tom Gage	4731	M70 Louis Simms, Jr	3:40.59
Ian Percy	3890	M75 Bob Holmes	3:34.88
Bob Cahners	3312	Al Escobosa	3:35.12
M65 Edward Burke	4835	Milo Sather	3:52.30
M70 Bob Humphreys	4543	W85 Gerry Davidson	5:34.5h
Chuck Polizzi	4325	1500m	
Doug Tomlinson	4081	M40 Tim Hickok	5:15.01
M75 Tom Allison	3883	M45 Mark Sarno	4:45.16
William Bergen	2395	David Dennis	5:02.34
W55 Myrle Mensey	4031	M55 Searcy Barnett	5:58.05
Joan Stratton	3923	M70 Louis Simms, Jr	8:08.80
Mary Hefner	1411	M75 Milo Sather	8:15.27
W65 Dee Anne Janne	2867	W40 Beth Joseph	6:37.98
W70 Audrey Lary	3654	W55 Jackie Broderick	7:11.78
1500m RW		3000m	
M55 William Butzin	12.59	M45 David Dennis	10:49.07
M60 Michael Polish	10:15	Dave Cook	12:15.50
Jay Dash	11:33	M50 Venu Riggio	15:50.28
M65 Ron Walter	9:46	M55 Steve Kellymyer	12:20.87
Robert Gent	14:55	M60 Michael Blakeman	17:53.20
M70 Donald Neven	13:14	M70 Louis Simms, Jr	18:58.59
M75 Ben del Villar	14:03	Short Hurdles	
M80 George Irish	10:48	M50 David Gaeta	17:49.67
W50 Janet Zahn	13:26	M75 Phillip Johnson	26:12.50
W65 Louise Walters	9:25	W50 Rita Hanscom	14:08.28
Bonnie Sayre	10:56	Long Hurdles	
W75 Dorothy Huston	12:13	M50 Andrew Hecker	1:11.80
W80 Marjorie Lawson	13:12	David Gaeta	1:42.19
Grace Gammill	13:32	M75 Phillip Johnson	1:23.96
5000m RW		3000m Steeplechase	
M60 Jay Dash	40:12.76	M45 Dave Cook	11:16.59
M65 Ron Walters	34:23.11	High Jump	
M70 Siegfried Schnelle	37:41.59	M50 Keith Nelson	1.61
Ronald Neven	42:32.18	M55 Charlie Rader	1.61
W65 Louise Walters	32:51.00	John Little	1.56
W70 Dorothy Huston	32:71.77	M60 James Goodreau	1.51
		M65 John Dobroth	1.61
		Bert Bergen	1.41
		Dave Perry	1.41
		W50 Rita Hanscom	1.37
		W55A Steekelenburg	1.37
		W65 Kathy Bergen	1.27
		W70 Mei-Mei Chou	0.87
		W80 Johnnye Valien	0.87
		Pole Vault	
		M45 Tim McIntyre	4.27
		Greg Charles	3.37

Self-Transcendence Masters Games Long Beach, CA: Oct. 22

100m	
M40 Johnny Speed	12.09
Renato Brito	12.99
Sujantra McKeever	14.77

M50 Charles Brown	4.27
M55 Steve Morris	3.51
M60 Wayne Lambert	3.51
Doug Tomlinson	3.20
M75 Doug McFetters	2.44
Long Jump	
M45 Mahmoud Niroumand	5.37
M55 John Tomaschke	5.14
Carl Flower	5.07
John Little	4.71
M60 Rob Farber	4.62
Ron Muranaka	4.16
M65 Otis Williams	3.93
M75 Novi Nilicevic	3.47
M80 Dewey Vroom	3.02
W50 Rita Hanscom	4.59
Linda Cohn	3.81
Cathleen Warmerdam	3.16

Triple Jump	
M40 Lavell Davenport	12.38
M45 Mahmoud Niroumand	11.15
M55 John Tomaschke	10.70
M75 Novi Nilicevic	7.13
M80 Dewey Vroom	6.90
W50 Linda Cohn	8.79
W80 Johnnye Valien	4.63

Shot Put	
M45 Rodney Johnson	8.30
M50 Gerald Althouse	11.82
Wayne Tweedell	11.46
Richard Watson	10.29
M60 Bill Weinstock	9.01
M70 Hal Smith	12.95
Bob Ward	12.40
Doug Tomlinson	11.69
M75 Arnie Gaynor	12.23
Fred Lockner	9.21
M80 Dewey Vroom	8.88
W50 Linda Cohn	9.48
Cathleen Warmerdam	7.95
W55 Jane Dundas	7.62
W60 Rosielee Jones	6.48
Hattie Perry	5.62
W80 Johnnye Valien	5.21

Discus	
M40 Sujantra McKeever	26.16
M45 James Barry	26.07
M50 Jeff Brown	38.88
Wayne Tweedell	37.89
Gerald Althouse	36.13
M70 Bob Ward	38.82
Doug Tomlinson	37.79
Hal Smith	33.85
M75 Fred Lochner	25.43
M80 Dewey Vroom	23.80
Donald Roser	21.23
Kio Song	20.85
W50 Linda Cohn	26.11
W60 Rosielee Jones	13.22
W65 Kathy Bergen	17.25

Javelin	
M45 John Hansen	50.22
Mahmoud Niroumand	34.60
M50 Barry Warmerdam	43.81
Mike Tipping	42.05
M55 Ron Rook	37.13
M60 Bill Weinstock	37.44
M70 Hal Smith	30.63
Ernie Smith	25.29
M80 Donald Roser	22.71
W50 Linda Cohn	39.88
Tina Bowman	24.20
W55A Steekelenburg	21.03
W60 Rosielee Jones	33.10
W65 Kathy Bergen	20.30
Weight Throw	
M45 Doug Parsons	14.01
M50 Richard Watson	11.52
M55 Thomas Meyer	16.67
M70 Bob Ward	17.78
Doug Tomlinson	14.98
M80 Kio Song	8.74

Hawaii Masters TC Pentathlon Honolulu; Oct. 22

LJ/JT/200/ DT/1500	
M45 Phil Oyape	1608
--/32.77/27.2/17.83/6:35.8	
M60 Robert Larson	1593
--/27.44/32.5/34.13/--	
M65 Robert Taylor	3261
4.17/34.16/30.7/30.67/6:39.8	
Jack Karbens	2969
3.35/29.8/31.0/35.26/6:42.2	
Robert Molyneux	909
--/21.56/--/26.66/--	
M75 Robert Husic	1368
--/18.93/--/33.58/--	
W65 Joan Davis	377
--/7.09/75.30/8.03/--	

NORTHWEST

Huntsman World Senior Games, St. George, UT Oct. 9-11

50m	
M50 Jim Ross	6.58
W50 Selina Coward	8.04

M55 Ray Yeck	6.92
W55 Helen Hayes	7.58
M60 Douglas Dillard	7.37
W60 Carol LafayetteBoyd	7.81
M65 Hal Connors	7.30
W65 Kathy HarperHall	9.20
M70 Norman Ellis	7.69
W70 Mary McCarron	8.64
M75 Alan Raynor	9.58
W75 Marjorie Fitzgerald	9.49
M80 Lex Marcussen	10.27
W80 Traudel Thieleker	10.45
M85 Julian Myers	11.62

100m	
M50 Jim Ross	11.94
Hubert Evans	12.39
Calvin Evans	12.95
W50 Ainsley Lowell	14.62
Selina Coward	15.07
Jeanne Bowman	15.13

M55 Ray Yeck	12.86
George Straker	13.23
David Salazar	13.68
W55 Helen Hayes	13.97
Brenda Matthews	14.59
Shirley Harper	14.94
M60 Douglas Dillard	13.55
Andy Pitas	14.01
Roberto Morales	14.11

W60 Carol LafayetteBoyd	14.42
Kathy Jager	14.69
Marg Radcliffe	17.14
M65 John Ross	13.66
John Gustafson	14.03
Lee Gillespie	14.32

W65 Kathy HarperHall	17.82
Dorothy Croghan	18.53
Char Lane	18.76
M70 Norman Ellis	14.46
George Zoolakis	15.29
William Kaspari	15.81

W70 Monica Tang Wing	17.27
Jean Wheatley	19.10
Brenda Farley	20.03
M75 Byford Reed	16.04
Alan Raynor	16.13
Ray Guimray	17.83

W75 Ethel Lehmann	18.54
Magdalena Kuehne	18.87
Marjorie Fitzgerald	19.69
M80 Bernie Fowler	18.50
Keith Schofield	21.63
W80 Traudel Thieleker	20.25

Dottie Gray	26.40
Gladys MillerSajwaj	29.42
M85 Dan Bulkley	20.23
Richard Clower	27.24
200m	
M50 Hubert Evans	25.07
David Craigwell	26.17
Dennis Thornhill	26.24

W50 Ainsley Lowell	30.07
Lorna Forde	30.15
Jeanne Bowman	30.85
M55 George Straker	30.85
Ray Yeck	26.99
Lenzie Taylor	27.10

W55 Helen Hayes	29.03
Brenda Matthews	31.41
Shirley Harper	32.08
M60 John Galazin	26.50
Ronald Greeno	28.00
Leon Savenas	29.02

W60 Carol LafayetteBoyd	29.77
Kathy Jager	31.09
Marg Radcliffe	38.12
M65 John Ross	28.25
John Gustafson	28.70
Frank Strouse	29.70

W65 Kathy HarperHall	37.39
Char Lane	40.48
Dorothy Croghan	40.50
M70 Warren Thomock	31.09
Ted Rowan	31.71
George Zoolakis	31.99

Mary McCarron	35.36
Monica TangWing	35.95
Jean Wheatley	38.63
M75 Byford Reed	34.74
Wendell Fackrell	43.71
Magdalena Kuehne	40.60

Ethel Lehmann	40.76
Louise Martin	73.72
M80 Bernie Fowler	38.06
Keith Schofield	49.38
W80 Dottie Gray	57.18
Lillie Doss	80.42
M85 Daniel Bulkley	46.03
Julian Myers	64.07

400m	
M50 David Craigwell	56.67
Hubert Evans	58.53
Edward Southwick	58.75
W50 Ainsley Lowell	66.90
Lorna Forde	69.93
Jeanne Bowman	72.19

M55 Jim Loftus	58.65
Arthur Lewis	61.71
David Janson	63.37
W55 Pearl Yearwood	83.72
Shirley Harper	85.82
M60 Frank Condon	62.09

Leon Savenas	65.33
Owen Brosh	74.29
W60 Joni Shirley	80.98
Gloria AkoLabi	92.69
Christy Felton	1:51.53
M65 Dean Lundell	63.54
John Ross	64.43
John Gustafson	65.48
W65 Kathy HarperHall	97.94
Margaret Conner	1:42.79
Char Lane	1:42.92
M70 Warren Thomock	72.02
Frank King	78.10
Dale Perkins	83.42

	Dale Perkins	83.42
W70	Monica TangWing	92.94
	Brenda Farley	1:45.63
	Mikkie Eddlemon	1:58.12
M75	Bob Holmes	92.61
W75	Nessie Hollicky	1:50.21
M80	Olyne Lunsford	92.20

Linda Cohn	30-4.5	M80 Marvin Woodbury	23.66
Janita Austin	28-9	Herb Wilkinson	22.14
M55 Bruce Jones	38-8.25	Lex Marcusen	20.01
W55 Brenda Matthews	30-3	M85 Fred Hochstatter	15.34
Liz McBlain	30-2.25	Julian Myers	6.90
Linda Harris	26-11	M90 Timothy Sanders	8.31
M60 Mark Chapman	38-10	1500m Racewalk	
Ralph Check	35-7.25	M55 Tom Gerhardt	8:40.7
Robert Rice	35-5	Richard Huges	9:21.5
W60 Terrie Godfrey	25-5	M60 Norman Frable	7:34.9
Joyce Thomas	31-10	Jim Carmines	7:54.1
Kathy Jager	25-0	Rick Campbell	8:09.1
M65 Paul Lissy	39-5.75	M65 Ted Moore	8:01.8
Riley O'Neil	45-2.75	James Beckett	8:21.3
Richard Salisbury	36-3.25	John Backlund	9:03.1
W65 Alaeite Fish	23-5.75	M70 Jack Bray	8:19.3
Irma Riley	21-9.25	Pres Donaldson	10:02.7
Ingeborg Siegers	19-9.25	Arvid Rolle	10:38.9
M70 James Koch	45-2.75	W55 Marianne Martino	8:10.6
Charles Lanza	39-6.75	Yoko Eichel	8:31.3
Bob Goodwin	30-4.5	Karen Lessman-Hughes	9:53.6
W70 Ellen Brannigan	15-4.5	M60 Jolene Steigerwalt	8:39.3
Neusa Cabral	14-9.5	Mary Baglin	8:48.2
Betty Sjogren	13-5	Kathleen Frable	8:48.3
M75 Grant Twitchell	31-2.75	W65 Janet Higbie	9:19.5
Del Alaways	30-4	Rita Sinkovec	9:27.0
Ray Guimery	27-11	Sandy Hulst	9:58.7
W75 Joan Graves	22-10.5	M70 Dorothy Huston	11:24.7
Gloria Krug	22-2	Julie Johnson	11:24.8
Ethel Lehmann	18-0	Charlotte Ambrose	17:51.2
M80 Herb Wilkinson	33-11.5	W75 Eva Vogelsang	11:07.9
Marvin Woodbury	24-5.75	Rita Hildreth	12:19.3
Lex Marcusen	24-5.5	5K Road Race	
M85 Fred Hochstatter	20-4	M50 Burke Hills	19:50
M90 Timothy Sander	20-0.5	Brian Fisher	21:32
Discus		Mike Townley	22:31
M50 Lee Fugal	38.39	M55 Don White	19:26
Brent Long	35.35	William Cerny	22:12
Robert Glendon	23.39	Bruce Manziello	22:52
W50 Janita Austin	28.25	M60 Sherman Stanford	20:02
Linda Cohn	26.84	Frank Condon	20:51
Patricia Cressley	18.04	Noel Olsen	21:40
M55 Valentino Martinez	42.29	M65 Oleksandr Gromik	22:35
Murray Hall	40.70	Victor Zwolak	22:38
Bruce Jones	34.14	John Gustafson	23:12
W55 Linda Harris	18.63	M70 Tom Ellis	23:54
Liz McBlain	18.24	Joe Johnson	27:33
Catherine Bishop	14.96	Dale Perkins	27:45
M60 Ronald Damsche	35.41	M75 Bob Mitchell	27:52
Ralph Check	34.69	Michael Loftus	35:43
Don Nelson	32.24	Charles Rasmussen	48:39
W60 Joyce Thomas	27.31	M80 Howard Mayer	34:12
Yvonne Mitchell	21.35	Sid Smith	40:05
Wendy Dickson	19.20	W50 Susannah Joefield	25:16
M65 Riley O'Neil	38.41	Karla Sullivan	26:50
Alex Meyer	34.83	Lori Rogers	28:40
Richard Salisbury	32.48	W55 Janis Campbell	23:33
W65 Irma Riley	18.92	Ethel Benware	25:06
Alaeite Fish	18.21	Sandy James	27:15
Kathy Harper Hall	14.96	Maria Cobb	24:23
M70 Charles Lanza	33.23	Emilia Zhadan	28:01
Ray Fitzhugh	28.33	Kathleen Frable	28:20
Wayne Lang	25.82	W65 Teresa Hull	30:59
W70 Ellen Brannigan	16.05	Florence Steadman	31:05
Della Works	11.91	Lou Baxter	32:02
Neusa Cabral	11.20	W70 Margarita Hochstatter	28:43
M75 Del Alaways	29.22	Wilma Calvin	29:11
Leo Long	26.42	Dorothy Huston	38:27
Grant Twitchell	21.02	W75 Lois Gilmore	28:35
W75 Gloria Krug	16.81	Nessie Hollicky	30:21
Joan Graves	14.51	Marcia Mitchell	37:41
Ethel Lehmann	14.19	W80 Dottie Gray	40:21
M80 Herb Wilkinson	24.17	Lillie Doss	44:58
Lex Marcusen	16.17	Gladys Miller-Salvaj	49:14
Charles Kiselyak	9.91	10K Road Race	
M85 Fred Hochstatter	14.02	M50 Heath Hibbard	37:53
M90 Timothy Sander	12.89	Joseph Tostado	41:00
Javelin		Brian Fisher	42:31
M50 Ricky Easley	41.68	M55 Don White	38:29
Roger Minert	36.23	Aurelio Herrera	42:06
Lee Fugal	31.89	Martin Rollefson	42:34
W50 Linda Cohn	38.19	M60 Sherman Stanford	40:04
Janita Austin	23.22	Kent Blair	40:25
Sally Mart	20.22	Norman Frable	47:08
M55 GERAL PRNJAK	36.97	M65 Jim Madonna	43:05
Fred Cressley	24.64	Oleksandr Gromik	44:14
W55 Linda Harris	24.99	Jerald Klein	49:32
Christie Johnston	17.64	M70 Tom Ellis	47:38
Catherine Bishop	16.05	Roy Nelson II	54:29
M60 Glenn Smith	40.21	Joe Johnson	55:31
Robert Rice	37.73	M80 Howard Mayer	1:07:44
Lyle Johnston	36.13	Sid Smith	1:19:59
W60 Marg Radcliffe	28.02	M85 Chang Tsu	1:16:46
Joyce Thomas	20.06	W50 Jackie Eddy	46:01
Terrie Godfrey	18.40	Susannah Joefield	50:48
M65 Ivan Likes	38.11	Diane Farson	51:27
John Ross	33.31	W55 Janis Campbell	45:20
Alex Meyer	32.73	Carolyn Lyman	47:09
W65 Irma Riley	23.81	Ethel Benware	49:59
Ingeborg Siegers	14.71	W60 Marion Burr	52:42
Constance Jamison	13.01	Barbara Fredenburg	53:17
M70 Frank Iluzzi	40.89	Kathleen Frable	55:31
Buster Quist	36.80	W65 Florence Steadman	1:04:11
Charles Lanza	34.91	Becky Whitehead	1:06:10
W70 Ellen Brannigan	13.00	Margaret Lemucchi	1:20:11
Neusa Cabral	8.66	W70 Wilma Calvin	55:69
M75 Del Alaways	37.71	Mikki Eddlemon	1:03:18
Leo Long	18.82	Della Works	1:15:49
Jim Maxfield	16.07	W75 Lois Gilmore	55:44
W75 Gloria Krug	19.73	Lee Glassco	1:22:38
Magdalena Kuehne	13.52	W80 Dottie Gray	1:20:17
Dolores Briggs	8.92	Lillie Doss	1:30:59

Half-Marathon	
M50 Heath Hibbard	1:26:04
Frank Goulard	1:34:34
Rand Nielson	2:06:22
M55 Martin Rollefson	1:38:39
Aurelio Herrera	1:39:55
David Westerby	1:43:11
M60 Jim Judkins	1:41:43
Tony Pryat	1:45:41
James Fabiano	2:34:27
M65 Charles Day	1:39:12
Jim Madonna	1:39:22
M70 Roy Nelson II	2:15:13
Jim Flora	2:58:00
M75 Paul Flanagan	2:04:01
W50 Jackie Eddy	1:41:45
Denise Gaither	1:55:34
Karen Kruger	2:14:09
W55 Charlene Rohrer	1:47:24
Robin Ferguson	2:01:27
Dode Hutchison	2:11:04
W60 Patricia Peterson	2:02:15
Colleen Harris	2:11:03
Christy Felton	2:16:20
W70 Mikki Eddlemon	2:25:03
Della Works	2:57:27
Carolyn Green	3:05:37

3K Racewalk	
M50 Lynn Hall	19:31
M55 Tom Gerhardt	18:09
Richard Hughes	20:20
M60 Norman Frable	15:54
Daryl Meyers	18:38
M65 Paul Johnson	16:17
Ted Moore	17:13
James Beckett	17:31
M70 Jack Bray	17:21
Presley Donaldson	21:03
Arvid Rolle	21:05
W60 Mary Baglin	18:29
Kathleen Frable	18:31
Darlene Backlund	20:35
W65 Janet Higbie	19:44
Sandy Hulst	20:29
Roberta Hatfield	21:27
W70 Julie Johnson	23:24
Charlotte Ambrose	33:41
W75 Eva Vogelsang	21:58
Rita Hildreth	25:11

5K Racewalk	
M50 Lynn Hall	31:11
M55 Tom Gerhardt	30:49
Richard Hughes	32:58
M60 Norman Frable	27:53
Rick Campbell	28:33
Jim Carmines	28:37
M65 Ted Moore	28:46
James Beckett	30:05
John Backlund	31:49
M70 Jack Bray	29:25
Arvid Rolle	35:29
Presley Donaldson	36:20
M75 Boyd Rollins	34:46
W50 Beverly Davenport	43:03
W55 Marianne Martino	28:22
Yoko Eichel	30:47
Karen Lessman-Hughes	34:34
W60 Jolene Steigerwalt	30:41
Kathleen Frable	30:44
Mary Baglin	30:51
W65 Janet Higbie	32:24
Rita Sinkovec	33:28
Sandy Hulst	33:42
W70 Julie Johnson	38:49
Charlotte Ambrose	59:17
W75 Eva Vogelsang	37:01
Rita Hildreth	42:20

10K Racewalk	
M50 Lynn Hall	1:04:00
M55 Richard Hughes	1:11:46
M60 Norman Frable	55:52
Jim Carmines	58:28
Rick Campbell	1:01:04
M65 Paul Johnson	59:41
Ted Moore	1:03:43
John Backlund	1:05:43
M70 Arvid Rolle	1:11:48
Franklin Brown	1:11:52
Presley Donaldson	1:12:53
W50 Connie Bishop	1:16:29
W55 Marianne Martino	58:43
Karen Lessman-Hughes	1:12:58
W60 Mary Baglin	1:03:51
Jolene Steigerwalt	1:04:50
Kathleen Frable	1:08:12
W65 Janet Higbie	1:06:54
Sandy Hulst	1:09:15
W75 Eva Vogelsang	1:17:25

Albany Weight Pentathlon		
Albany, OR; Oct. 14		
Chad Chapin	32	2679
42.06/11.70/34.40/40.35/12.25		
Kurt Russell	35	2700
37.00/11.41/35.10/36.70/13.28		
Mike Blue	42	2347
32.20/9.92/25.60/33.14/9.44		
Paul Johns	47	2720
36.00/10.85/25.75/34.70/9.03		
Chuck Chapin	62	5199
49.00/15.15/46.80/41.00/18.56		

LONG DISTANCE RUNNING

NATIONAL

USA Masters 5K XC Championships, Saratoga Springs, NY, Oct. 15

*Non-U.S. runner

Overall	
M40 Brian Pope	15:25
Michael Payson	15:28
Kevin Kelly	15:47
Mark Hixson	15:50
Richard Henderson	19:26
Francis Burdett	15:52
Steve Metraux	15:59
Michael Trunkes	16:00
Jon Schappell	16:07
Ron Lombardi	16:16
10 John Cunningham	16:17
Brian Crowley	16:23
David Bischoff	16:24
Elvin Steinbrecher	16:25
Dan Franek	16:28
Scott Landis	16:33
Carl Johnston	16:38
Brian Fullem	16:46
Yuan LaChance	16:52
Hank Berkowitz	16:53
20 Patrick McCarthy	16:58
Peter Glavin	17:17
Jeffrey Knoll	17:20
Rodney Furr	17:25
Mick LeTourneaux	17:28
David Bosch	17:32
Mitch Schieffer	17:36
John Affleck	17:38
Brian Roche	17:54
Keith Scott	18:00
30 Elvin Torres	18:22
Brent Coon	18:29
John Loughin	18:46
Marc Consler	19:12
Peter Vilasi	19:41
Gary Carmichael	20:54
Todd Coffin	15:34
M45 David O'Keeffe	15:42
Pete Bottomley	16:02
Thomas Dalton	16:04
Robert Underwood	16:16
Jeffrey Hayes	16:20
Conor O'Driscoll	16:24
Robert Bolton	16:27
Charles Shields	16:30
Gregory Caulier	16:34
10 Robert Rinkis	16:36
Daniel Predmore	16:43
George Buchanan	16:43
Anselm LeBourne	16:48
Derrick Staley	16:50
Dan Dearing	16:51
Jorge Hernandez	16:57
John Noonan	17:00
Edward Lindo	17:00
20 Charles Miers	17:07
Peter Hall	17:08
James Cuono	17:11
Michael Mahoney	17:12
James Harkins	17:22
Keith Davies	17:23
Jay Duggan	17:23
Anthony Vodacek	17:24
Raymond Bentley	17:35
John Colucci	17:38
30 John Dowling	17:40
Gary Radford	18:02
Daniel Cantwell	18:03
Jim Amell	18:27
David Miller	19:16
Jay Ferrimani	20:24
Barry Aukern	20:32
Russell Abraham	20:40
M50 Tom Ryan	16:25
Rich Burns	16:31
David Cannon	16:32
Steven Calidonna	16:48
Bob Carroll	16:49
James Robinson	16:55
Reno Stritt	16:56
Christopher Webber	17:04
Dave Clingan	17:09
10 Kevin McMahon	17:12
Robert Hintermeister	17:30
Mark Rybinski	17:31
Thomas Hartshorne	17:32
Gary Moore	17:33
Bruce Roebel	17:38
Paul Bazanchuk	17:39
Michael Rogers	17:41
A Lee Pollock	17:45
Edward Sparkowski	17:50
20 Michael Mooney	17:54
Robert Kessler	17:57
Dave Hoch	18:00

Jeffrey Juran	8:01
Rob Picotte	18:09
Ronald Hulslander	18:16
Charles Fay	18:22
Peter Heesen	18:31
Ron Blackmore	18:37
Glen Brent	18:43
30 Tony Plaster	18:47
Russell Patton	18:49
Nabor Gomez	18:50
David Bowen	18:50
Paul Hines	18:52
Len Hall	19:06
Robert Haithcock	19:07
David Zurheide	19:08
Mark Loehr	19:08
Brian Dodge	19:11
40 John Whitman	19:12
Joe Hall	19:14
Douglas Labar	19:14
Roger Nasatka	19:17
Richard Henderson	19:26
David Wright	19:29
Richard Clark	19:33
Paul Salerni	20:10
Wayne Stocker	20:26
Ken Gallant	20:29
50 Michael Cicchinelli	20:38
Vicente Rojas	20:42
Ihor Stadnyk	21:05
Chester Tumidajewicz	21:40
Frank Russo	21:44
Dale Campbell	21:47
Mitch Moore	21:52
Alex Ashlock	22:44
Richard Rybinski	22:50
Ray Schick	23:57
M55 Roger Price	17:27
Gerard Irving	17:37
Jerry Learned	17:45
Dale Keenan	17:46
Bill Scholl	18:04
Joseph Porcaro	18:11
Ken Stafford	18:13
Richard Hoebeke	18:22
David Peterson	18:46
10 Frank Rucki	18:58
Kevin Kelly	19:01
James Segal	19:04
Peter Hogan	19:09
Thomas Lamme	19:21
Ramon Alicea	19:31
Robert Kulwicki	20:01
Richard Morse	20:03
Philip Jensen	20:05
David Blake	20:06
20 Joseph Brida	21:05
Michael Reif	21:12
James Miner	22:14
Harold Nolan	22:31
Breton Gaeton	23:06

Gomez/Capbell Shore AC-NJ	114
Mooney/Hoch/Scholl/Plaster/ Segal/Haitchcock/Henderson/ Nolan	141
Central Mass Strid	141
Learned/Stafford/Rucki/Hall/ Nasatka	141
Adirondack AC	141
Pollock/Keenan/Picotte/Morse/ Jessen/Cicchinelli	185
Greater Springfield	185
Bazanchuk/Wright/Alicea/Clark/ Stocker/Rojas/Stasz	231
Maritan Valley RR	231
Price/Brown/Russo/Schick/ Krentar	232
Genesee Valley-B	232
Lamme/Kulwicki/Blake/Gallan/ Reil/Moore	15
M60-69 (first 3 score)	15
Greater Springfield	15
Camelio/Jensen/Montemagni/ Roberts/Masterton	27
Adirondack AC	27
Glover/Hayes/Dunseath	28
PR Moose Milers	28
Borla/Stetson/Szawloski/ Pelton/LeVasseur	33
Nike CPTC	33
Handelman/Talib/Howard/ Goluskin/Delano	39
Gate City Strid	39
Springer/LeBlanc/Moland/ Ludwig/Cleaver	55
Genesee Valley-A	55
May/Glinsky/Volk	71
Adirondack AC	71
Westhol/Cuprill/Paquin	71
Shore AC-NJ	71
Kuhi/Leonard/Roche	98
Tendonitis AC	98
Rush/Skinner/Lee/Greve	9
M70-79 (first 3 score)	9
Gate City Striders	9
Spencer/Bisson/Kick	16
Shore AC-NJ	16
Hill/Garfield/Butler	20
Belle Watling	20
W40-49 (first 3 score)	20
Shore AC-NJ	20
Evarts/Rhatigan/Gaeta/ Ludwigson/Murphy	21
Finger Lakes RC	21
Myette/Sharp/Gregorich	28
Willow Street	28
Benson/Newton/Tracy-Bracci/ McDaniel	29
Westchester TC	29
Hanson/Rizzo/Menz	49
Philadelphia Charities	49
Tabbutt/McFarland/Pacitti/ Affleck	54
Nike CPTC	54
Pearsall/Bardo/Sheehan/ Ostrowski	54
Genesee Valley Har	54
Geiger/Zygo/Flanigan	73
Shore AC-NJ	73
Zebuth/Marciani/Glassman	10
W50-59 (first 3 score)	10
Finger Lakes RC	10
Balander/Woodford/Franck/ Peterman/Sherr	16
Genesee Valley Har	16
Smith-Hanna/Moore/Herrick/ Kryder	25
Syracuse TC	25
Steinbach/Dodge/Tucker	30
Nike CPTC	30
Kimche/Diver/Rosado	6
W60-69	6
Liberty AC	6
Harada/Szawloski/Johnson	15:42/14:04
A-Grade Men	15:42/14:04
D O'Keefe 47	15:34/14:10
T Coffin 45	15:25/14:15
B Pope 43	16:25/14:15
T Ryan 51	16:04/14:17
T Dalton 48	18:44/14:17
B Borla 66	15:28/14:17
M Payson 43	16:31/14:20
R Burns 51	15:28/14:17
A-Grade Women	17:19/15:43
C Ayala/Troncoso 47	19:11/15:44
K Martin 55	20:28/16:47
C Smith-Hanna 55	19:02/16:51
S Myette 49	17:57/16:57
M Hanson 43	22:12/17:15
S Kimche 59	25:25/17:15
L Tucker 68	

EAST

Bruegger's Bagel 5K/
USATF Adirondack
Championships
Albany, NY; Sept. 17

Overall	
Daniel Predmore 48	18:00
Eileen Combs 28	18:17

M40 Bruce Beesley	18:47
Kevin Creagan	19:48
M45 D Predmore	18:00
Demick Staley	18:39
M50 Tony Maddaloni	19:36
M55 Ken Lohmeyer	20:26
M60 Frank Myers	22:41
M65 Carlos Cuprill	22:45
M70 Charles Bishop	29:46
M75 Ken Omer	30:53
M85 Dan Geer	44:48
W40 Anne Benson	19:38
Mary Buck	19:56
W45 Nancy Taormina	20:31
W50 Colleen Braclett	21:20
W55 Judy Phelps	22:15
W60 Margaret Wells	29:43
W65 Liz Milo	33:14

Continental Airlines Fifth Avenue Mile Manhattan, NYC; Sept. 30

Professional Overall	
Kevin Sullivan 32	3:54.1
Sara Hall 23	4:28.0

Amateur Overall	
Kate Irvin 27	4:47.1
Abiyot Endale 20	4:08.7

M30 Sean Boyle 33	4:28
Paul Curtis 32	4:29
Matt Chaston 38	4:30
Peter Hegelbach	4:27
Oscar Gonzalez-Barreto	4:33
Stephane Bois	4:33
Francis Burdett	4:33
Alfonso Polania	4:38
M45 Conor O'Driscoll	4:26
Chuck Shields	4:39
Steve Nearman	4:42
Donald Archer	4:52
Stuart Calderwood	4:53
M50 John Daly	4:52
Kevin McMahon	4:53
Paul Mascali	4:55
Tom Harshorne	4:57
Fred Robbins	4:58
M55 Alston Brown	4:51
Harold Nolan	4:59
Jeff Weatherhead	5:18
Robert Wenzel	5:33
Marc Bloom	5:48
M60 Bryan Pearsall	5:22
Rich Myers	5:39
Julio Aguirre	5:40
M65 Sidney Howard	5:47
James Muldoon	6:06
Denis Daly	6:26
M70 Witold Bialokur	6:07
Alfred Finger	6:15
Bruce Gilbert	6:41
M75 William Fortune	7:32
Joseph La Bruno	8:07
Leo Schonhaut	8:37
M80 John Bates	7:17
Sab Koide	8:47
Allen Flagg	14:23
M85 Bill Benson	10:44
M90+David Gerli 95	18:58
W30 Grace Behrens 39	5:20
Manon Bibeau 33	5:34
Amy Laub 37	5:36
W40 Zofia Wiciorowska	5:03
Charlotte Rizzo	5:11
Bea Huste	5:25
Catherine Stone	5:33
W45 Lorraine Jasper	5:24
Stacy Creamer	5:37
Lynda Deboer	5:40
Jaime Constanza	6:07
W50 Nanci Patten/Sweazey	6:06
Wendi Glassman	6:15
Adrienne Wald	6:31
W55 Judith Tripp	6:54
Cande Olsen	7:12
Kathleen Campbell	7:21
W60 Marie-L. Michelsohn	6:15
Mardee Ston	8:48
Phyllis Giarro	9:13
W65 Patty Parmalee	7:18
Evelyn Davis	8:10
Lynn Blackstone	8:23
W70 Ginette Bedard	7:33
Margaret Carinci	8:32
Jeanne Shiff	9:44
W75 none	
W80 Joan Rowland	9:56
Lucille Singleton	16:32

Apple Harvest 10 Mile/ USATF-NE Champion- ships, Harvard, MA Oct. 1

Overall	
Joshua Kemei 23	49:38
Amy Nedeau 31	58:58
M40 Craig Fram 47	53:27
Jason Cakouros 41	54:04
Dan Verrington 44	54:15
Jim Quadros 43	55:05
George Luke 45	55:24
Paul Hammond 46	55:31

Scott Lundquist 45	56:19
Bob Dabrieo 44	56:39
M50 David Oliver 50	59:33
Bill Dixon 59	59:51
Reno Stirrat 51	59:55
Larry Litscher 54	60:43
Laurence Olsen 59	61:21
M60 Paul Jensen 62	67:53
Summer Brown 62	68:28
Arthur Roberts 62	69:29
M70+Bill Riley 70	68:00
Stan Vancelle 70	89:04
Stuart Thurston 70	93:26
W40 Simonetta Piergentili 41	63:53
TerriAnne McGrettrick 42	64:00
Debbie Barry 41	65:19
Holly Madden 40	67:19
Chrissy Anderson 40	68:02
W50 Sidney Letendre 51	70:40
Karen Deroma 55	73:38
Lisa Doucet 51	75:35
Pat Robinson 53	76:42
W60 Jan Holmquist 62	74:07
Susie Manning 60	76:43
Catherine Farrell 61	81:57

Page's 5K Potomac, MD; Oct. 8

Overall	
Neil Darmody 16	16:53
Anyia Oleynik 18	18:34
M40 Ted Poulos	18:09
M45 Stephen Willis	19:46
M50 Peter Darmody	18:37
M55 Larry Washington	18:57
M60 Clifford Gaddy	21:20
M65 Lou Shapiro	21:31
M70 Robert Smith	26:50
M75 Frank Whiteis	47:03
M80 Wayne Montgomery	60:58
W40 Michelle Pinko	22:45
W45 Susan Eslami	25:21
W50 Ann Sims	23:25
W55 Elizabeth Sadorr	25:56
W60 Linda Swartz	34:14
W80 Betsy Montgomery	61:14

BAA Half-Marathon Boston, MA; Oct. 8

Overall	
Samuel Ndereba 29	63:02
Marie Davenport 31	72:09
M40 O Gonzalez-Barreto 42	70:58
Gregory Picklesimer 40	72:39
Wayne Levy 41	74:00
Bobby Bligh 42	75:09
M50 Norm Larson 50	74:00
David Oliver 50	77:23
Doug Wood 56	84:14
Gordon McFarland 58	85:22
M60 Neal Rosenthal 60	93:10
Hal Goforth 61	93:54
Joseph Walsh 64	1:41:41
M70+Hart Anway 77	2:00:13
Patrick Brennan 71	2:16:07
W40 F Sultanova/Zhdin 45	76:11
Stephanie Hodge 41	85:55
Annette Bauer 42	88:11
W50 Karen Deroma 55	95:32
Luz Maria Davila 53	1:44:12
Janice Smaga 57	1:46:00
W60 Susie Manning 60	98:40
Elie Gentile 62	1:59:21
Rosemary Lasche 61	2:03:11

Mohawk-Hudson River Marathon/Adirondack Championships Schenec- tady-Albany, NY; Oct. 8

Overall	
Duncan Larkin 34	2:36:27
Emily Bryans 39	2:55:27
M40 David Putney	2:54:31
Paul Guilmette	2:58:26
Daniel Damasca	2:58:32
M45 Mike Sawyer	2:46:56
John Parisella	2:55:08
Patrick Culligan	2:59:06
M50 Kevin Dollard	2:59:10
Steven Sweeney	3:08:05
Michael Cicchinelli	3:22:45
M55 John Hetherington	3:30:13
Davis Yohe	3:34:38
Jim Bowles	3:37:25
M60 James Thomas	3:21:44
Thomas Adams	3:44:27
Dale Kasson	3:55:17
M65 Edward Bown	3:33:01
Bill Tushaus	4:13:24
M70+Conrad Cormier 71	4:04:31
Leonard Guere 71	4:42:23
W40 Janice Lear	3:04:14
April Martin	3:11:06
Maryjo Swizdor	3:17:32
W45 Nancy Taormina	3:09:16
Nancy Briskie	3:16:17
Helen Shekerjian	3:32:45
W50 Meg Kerr	3:53:08

Donna Choiniere	4:10:25
Karen Dott	4:10:25
W55 Erika Oesterle	3:46:00
Mary Collins Finn	3:46:51
Susan Waisbren	4:30:43
W60 Eleanor Hunt	4:27:59

Baltimore Marathon, Half- Marathon & 5K, Baltimore MD; Oct. 14

Marathon Overall	
Yifeng Birhanu 20	2:16:27
Rima Dubovik 21	2:35:45
M40 John Piggott	2:34:19
Chris Chattin	2:38:48
Steve Chatalia	2:40:12
M45 Thomas Piazza	2:49:54
David Cooke	3:05:57
Prasad Gerard	3:06:14
M50 Jim Jordan, Jr.	3:09:41
Marc Sengebusch	3:09:51
Mark Leduc	3:15:03
M55 Ralph Westgarth	3:12:56
Turtle Rossiter	3:23:57
Jerry Rossetti	3:28:54
M60 John Hunnicutt	3:09:03
Jim Becker	3:25:34
William Long	3:27:05
M65 James Canty	3:26:42
Tom Nuzzalo	4:18:05
Benito Vazquez	4:24:22
M70 Robert Gralley	5:23:52
Ray Moses	6:13:21
W40 Tatiana Titova	2:42:22
Tatiana Maslova	3:04:10
Laura Nelson	3:16:49
W45 Sun Miner	3:37:04
Carole Donohue	3:38:22
Roseann Dougherty	3:42:48
W50 Diane Malloy	3:29:30
Laura Roman	3:43:05
Nan Irick	3:44:08
W55 Lynne Feiertag	4:15:16
Marie Tedesco	4:21:05
Micky Lucas	4:37:28
W60 Dorothy Campbell	5:01:34
Bettie Thomas-Wright	5:13:31
Annerose Longenecker	5:38:27
W65 Wilma Hubbard	6:16:30
Gretchen Howard	7:04:31
W70 Ernestine Shepherd	6:32:22

Half-Marathon Overall | | | |----------------------|---------| | Valentine Orare 23 | 1:03:45 | | Lyubov Denisova 35 | 1:15:14 | | M40 Michael Woodman | 1:16:57 | | Carl Clark | 1:18:50 | | Stephen Dillard | 1:22:05 | | M45 Dave Berardi | 1:15:55 | | Joseph Breslin | 1:19:08 | | Tim Dunlap | 1:19:24 | | M50 Maurice Pointer | 1:26:24 | | Finley Mears | 1:27:59 | | Roberto Rodriguez | 1:31:27 | | M55 Allen Vaughan | 1:33:45 | | James Farrelly | 1:35:45 | | Wilson Trueheart | 1:36:44 | | M60 Ray Tiberg | 1:29:48 | | Jerry Warfield | 1:35:40 | | Merle Maffei | 1:40:00 | | M65 Gary Symonds | 2:13:22 | | Murray Sarubin | 2:18:34 | | Bob Bartolo | 2:27:15 | | M70 Edward Green | 2:42:44 | | Ray Scharenbrock | 2:45:24 | | W40 Robyn Humphrey | 1:30:49 | | Marjorie Boyd | 1:33:44 | | Ly Pham | 1:35:24 | | W45 Jennifer Lundeen | 1:37:33 | | Julie Caprio | 1:43:37 | | Karen Koffler | 1:46:44 | | W50 Jody Mincey | 1:41:25 | | Bonnie Legro | 1:43:26 | | Linda Lutter | 1:45:58 | | W55 Esther Buchser | 1:48:20 | | Christy St. Clair | 1:50:43 | | Rosalie Brennan | 1:52:58 | | W60 Kay Halle | 1:57:32 | | Catherine Kodenski | 2:04:50 | | Dorothy Neal | 2:05:46 | | W65 Heide Moebius | 1:55:56 | | Barbara Floyd | 3:12:56 | | Barbara Laukaitis | 3:31:21 | | W70 Joyce Freeland | 3:50:38 | 5K Overall | | | |-----------------------|-------| | Emmanuel Chamer 21 | 14:38 | | Florence Jepkosgel 22 | 16:24 | | M40 Rodney Timpon | 16:31 | | Bill Maloney | 17:14 | | Sheldon Degenhardt | 17:25 | | M45 Thomas Stewart | 17:51 | | Mike Elkonoh | 23:16 | | Kevin McNulty | 23:56 | | M50 Michael Foley | 21:48 | | Sam Shepherd | 22:08 | | C Henderson | 22:34 | | M55 Patrick Gary | 19:58 | | John Lange | 20:49 | | Edward Watson | 23:18 | | | | |----------------------|-------| | M60 Jim Tanner | 25:51 | | Joe Gochar | 26:53 | | William Fetter | 27:51 | | M65 Art Morey | 23:37 | | Bruce Schachtel | 31:08 | | Bailey St Clair | 31:12 | | M70 Don McMahon | 35:26 | | Arnie Rosenblatt | 45:16 | | W40 Joann O'Loughlin | 20:15 | | Susan Kim | 23:10 | | Michelle Dubose | 25:00 | | W45 Lynda Layson | 20:42 | | Cathleen Bartholomew | 22:39 | | Lucia Romero | 22:49 | | W50 Marylou Dinardo | 22:32 | | Mary Berge | 26:12 | | Angelina Simpson | 26:23 | | W55 Carolyn Mather | 23:34 | | Fran George | 28:59 | | Sandra Brown | 29:56 | | W60 Ellen Hocheder | 28:01 | | Blair Jones | 31:42 | | Mary Evans | 36:44 | | W65 Margaret Sargent | 33:45 | | Bertha McMillen | 36:29 | | Pat David | 40:59 | | W75 Martha Trimmer | 41:16 | Greater Hartford Mar- athon, Half-Marathon & 5K, Hartford, CT; Oct. 14

Julian Siegel	5:28:00
Julian Siegel	
W40-49	
Kathy Stackpole	3:28:02
Peggy Sullivan	3:30:20
Susan Mulligan	3:31:50
Robyn Churchill	3:34:02
Paula Colella	3:36:16
Gillian Williamson	3:39:03
W50-59	
Sylvia Dandrata	3:30:33
Sinthy Kounlasa	3:32:58
Carol Blanchard	3:36:13
Marie Shay	3:52:55
Pamela Allen	3:59:19
Eileen Dunley	4:00:03

Shelter Island 5K Shelter Island, NY; Oct. 21

Overall	
Thomas Heinz 34	17:04
Barbara Gubbins 46	18:56
M40 Tom Finnegan 48	20:29
Tom Bentivegna 43	20:41
Jim Read 42	20:52
M50 Mike Bottini 51	18:23
Bill O'Donnell 53	21:42
Edward Kratt 56	22:02
M60 Tom Power 60	20:29
Richard Denning 60	22:40
Tony Venerino 64	23:02
M70 Howard Lebewitz 76	34:18
Robert Ruben 73	39:38
M80+Marshall Numark 81	45:02
W40 B Gubbins 46	18:56
Karen CottyAmato 43	20:01
Linda McCarthy 47	21:22
W50 Penny Oakley 51	23:31
Noelle Gordon 50	26:48
Lisa Nieves 56	27:26
W60 SusanMcClanahan 60	24:26
Francoise Mallow 30	46:46
Ann Clark 67	38:06
W70 Jamesine Lewis 75	29:36
Adrianne Cohen 71	46:03
W80+Joan Russo 80	61:28

NYRR Kurt Steiner Cross-Country 5K, Van Cortlandt Park, Bronx, NYC Oct. 22

Overall	
Marc Crosswell 24	16:39
Cate Robbie 25	18:47
M40 Jorge Fernandez	26:28
M45 Jerry Macari	28:19
M40 Gladstone Jonas	18:12
M45 Charles Miers	17:55
M50 Tom Phillips	18:38
M55 William Dixon	18:25
M60 Salih Talib	21:27
M65 Sidney Howard	22:41
M70 Michael Frankfurt	31:55
M75 Kenneth Jones	28:22
M80 Sab Koide	34:41
W40 Ann Vazquez	22:23
W45 Kathy Taylor	20:50
W50 Regina Cahill	24:02
W55 Mary Rosado	25:45
W60 Emiliya Zhadan	29:49
W65 Wendy Burns	33:55

NYRR Poland Spring Marathon Kickoff 5 Miles Central Park, NYC Oct. 29

Overall	
Woroku Beyi 19	25:04
Letyesus Berhe 28	30:03
M40 Jorge Fernandez	26:28
M45 Jerry Macari	28:19
M50 Joseph Garland	29:00
M55 Joseph Pocaro	30:20
M60 John Samsel	32:17
M65 Lawrence Bryskin	39:02
M70 George Hirsch	37:30
M75 Leo Shonhau	47:20
W40 Stephanie Hodge	31:52
W45 Beth Moras	32:30
W50 Luann Mestre	37:14
W55 Diane Burnett	41:36
W60 Chuang Chang	39:41
W65 Sue Lambert	39:06
W70 Ginette Bedard	41:24
W75 Joan Rowland	61:38

USATF-NJ 5K XC Championships Holmdel; Oct. 29

Overall	
Jeffrey Peterson 22	16:15
Christine Clifton 34	18:49
W40 Lauren Rhatigan	20:36
Julie Corbin	21:24
Kathy Rocker	21:45
W45 Wendy Locke	21:14
Gabby Barrett	21:18
Beth Moras	21:52

W50 Lorraine McPhillips	24:34
Susan Olesky	24:49
Marian Haas	26:48
W55 Betty Shonts	24:55
Betty Langenkamp	29:56
Rachel Manning	30:46
W60 Patricia O'Hanlon	27:54
Anna Gillespie	29:04
Lorrie Brnic	38:00
W65 Anna Thornhill	24:54
Carolyn Heuser	31:09
Doris Hafemann	33:25
W70 Shirley Pettjohn	41:12
W75 Lois Filreils	37:39
Patricia Tumme	45:17
M40 Daniel Feder	17:59
Marty Doherty	18:08
Mark Loretto	18:31
Brian Hill	19:10
M45 Glenn McIsaac	17:33
Chris Harkins	18:49
Bob Andrews	19:10
David Huse	19:16
M50 Mike Mooney	18:46
Dave Hoch	19:28
Charles Slaughter	19:45
M55 Roger Price	19:05
Bill Scholl	19:08
Harold Nolan	20:10
M60 Bill Hagman	21:35
Doug Brown	22:03
Pete Shanno	23:15
M65 James Leitz	22:58
Pat Cosgrove	23:34
Hilary Peterlin	24:29
M70 Dick Hill	24:47
Bill Butler	26:21
David Burke	27:23
M75 Joseph Labruno	31:33
Bill Welsh	37:55
M80 Bill O'Brien	50:58
Teams	Score
M40-49 Shore AC	38
M50-59 Shore AC	22
M60-69 RVRRA	8
M70+ Shore AC	6
W40-49 Shore AC	11
W50-59 RVRRA	6
W60-69 Morris County Str	6
W70+ Morris County Str	6

Can-Am Challenge 5K XC Watkins Glen, NY; Oct. 29

Masters Men, 40-49	
Dave Bischoff 44 GVH	18:17
Earl Steinbrecher 42 HNA	18:29
Alan Evans 43 HNA	18:35
Ed Lido 45 GVH	18:51
Casey Carlstrom 47 HNA	18:57
Sean Nicholson 42 HNA	19:02
Eric Maki 45 HNA	19:08
Jim Fullerton 40 CAN	19:29
John Van Kerkhove 44 GVH	19:37
Greg Gray 40 GVH	19:52
Scott Bickham 40 HNA	20:01
Tim Ingall 47 HNA	20:22
Veteran Men, 50-59	
Tim McMullen 53 GVH	19:40
Mark Rybinski 51 GVH	19:47
Tom Hartshorne 52 HNA	19:59
Rick Hoebeke 57 HNA	20:10
Jeffrey Juran 50 HNA	20:18
Bruce Roebel 50 HNA	20:26
Charlie Fay 53 HNA	20:34
Ron Hulslander 50 HNA	20:38
Mike Kodys 52 STC	20:42
Ron Blackmore 53 GVH	20:56
Super Veteran Men, 60+	
Jim May 60 GVH	21:30
Herb Engman 61 HNA	22:33
Jim Bisogni 61 HNA	23:19
Carl Grimm 67 GVH	23:25
Jim Glinsky 60 GVH	24:00
Robert Kern 63 HNA	24:52
Masters Women, 40-49	
Gillian Sharp 45 FLR	21:29
Kathleen Hayden 41 STC	22:18
Jen Wagner 40 GVH	22:23
Nancy Kleinrock 46 FLR	22:26
Sandy Gregorich 43 FLR	23:04
Joanne Singer 46 STC	23:17
Lisa Hill 47 STC	23:35
Marilyn Zygo 49 GVH	23:36
Veteran Women, 50-59	
Carolyn SmithHanna 55 GVH	23:10
Zsoltia Franck 53 FLR	24:31
Clara Northcott 50 CAN	24:33
Sharon Moore 52 GVH	24:48
Karla Eisch 50 FLR	25:43
Jeanne Herrick 55 GVH	25:56
Super Veteran Women, 60+	
Joan Christensen 65 CAN	30:28

Teams	
MM High Noon AC(2,3,5,6,7)	23
Genesee VH(1,4,8,9,12)	34
SyracuTC(14,16,18,20,21)	89
VM High Noon AC(3,4,5,6,7)	25
Genesee VH(1,2,10,11,12)	36
SyracuTC(9,15,16,18,21)	79
SVM Genesee VH(1,4,5)	10

High Noon AC(2,3,6)	11
MW Finger Lakes(1,4,5,9)	19
SyracuTC(2,6,7,11)	26
Genesee VH(3,8,10,15)	36
VW Genesee VH(1,3,5)	9
Finger Lakes(2,4,7)	13
Cases of Beer	
GVH 4; High Noon 2; FLRC 1	

Cape Cod Marathon/Relay Falmouth, MA; Oct. 29

Overall	
Shad Miller 28	2:28:16
Heidi J. Westerling 25	2:47:34
M40-49	
George Luke	2:33:26
Mark Reeder	2:37:46
Jason Cakouros	2:38:42
M50-59	
Reno Strirat	2:51:58
Andrew Chandonnet	2:58:03
Kevin Callahan	2:59:27
M60-69	
Paul Jensen	3:14:59
George Cunha	3:24:40
Joe Noonan	3:29:25
M70-79	
Stan Vanclette	4:38:32
Howard Kestenbaum	5:52:20
Anthony Cellucci	7:10:17
W40-49	
Debbie Barry	3:05:32
Delwyn B. Williamson	3:08:46
Patricia Dalcenzo	3:14:48
W50-59	
Linda Jennings	3:31:11
Sinthy Kounlasa	3:33:45
Lisa Doucett	3:40:35
W60-69	
Deborah Hall	4:10:53
Rosemary Rusin	4:32:48
Helma Clavin	4:50:43
Team Results	
M40-49	
Grays	3:00:55
Cape Cod Road Runners	3:02:37
M50-59	
The Windbreakers	3:06:46
Flying Goats	3:16:00
W40-49	
Fast Mothers	2:56:41
Babes Bookin' It	3:20:47
W50-59	
Fitzzy's Frisky Felines	3:17:57
MVS Fittastics	4:37:39
W60-69	
Sassy Ladies	4:43:37

USATF-NE XC Championships, Franklin Park Boston; Nov. 5

Open Women 6K	
Overall	
Mary Cullen 25	19:48
W40 Sheila Mason 23:59	
Sarah Nixon 24:03	
Leslie Golemme	24:33
W45 Sue Lachance	24:08
Brenda Egizi	25:04
Rogina Modestow	25:28
W50 Lisa Doucett	27:07
Pat Robinson	27:16
Cathy Gibson	28:56
W55 Carol L'Esperance	28:27
W60 Catherine Farrell	29:17
Regina Wright	33:40
W65 Molly Johnson	31:53
W70 Mary Harada	34:27
Teams	
W40+Cambridge Sports	18
W50+Cambridge Sports	7
W60+Liberty AC	6

Masters Men 8K	
M40 Michael Payson	25:52
Kent Lemme	26:12
Francis Burdett	26:30
M45 Scott Lundquist	26:47
Pete Bottomley	27:06
Jon Waldron	27:10
M50 Ken Leinbach	27:04
Tom Ryan	27:23
Norm Larsen	27:29
M55 Bill Dixon	29:16
Keith Woodward	29:18
M60 Tom Montemagni	33:36
Rick Stetson	33:55
M65 Bill Borla	31:12
Paul Huyffer	39:32
M70 Don Murray	49:39
Teams	
M40+Dirigo RC	46
Cambridge Sports	68
Green Mountain AA	86
M50+Green Mountain AA	28
Grtr Springfield	54
Grtr Lowell RR	67
M60+PR Moose Miers	6
Green Mountain AA	15

ING New York City Marathon; Nov. 5

Overall	
M GomesdosSantos 29 BRA	2:09:58
Jelena Prokopczka 30 LAT	2:25:05
M40	
Manuel Anta de Miguel ESP	2:24:14
Peder Trolborg DEN	2:26:14
Benjamin Reynolds GBR	2:26:32
Joe McVeigh NJ	2:27:07
Kim Gottfredsen GRL	2:28:27
Alemayehu Sitotaw NOR	2:29:07
Didier Idziak FRA	2:31:11
Adriano Pinamonti ITA	2:32:03
Salvatore Bettiol ITA	2:32:37
Philippe Remond FRA	2:33:12
M45	
Piip Vanhaeck BEL	2:28:37
Gordon Sanders KY	2:29:26
Josef Aichner ITA	2:41:20
Kurt Ploner ITA	2:42:32
John Clark KY	2:42:37
Carmine Piccolo ITA	2:43:48
Mark Malander VA	2:44:19
Peter Allen NJ	2:44:29
Stuart Calderwood NY	2:44:49
Rafael Polanco DOM	2:44:52
M50	
Dominique Chauvelier FRA	2:34:36
Armando Lemay FRA	2:46:12
Joseph Garland NY	2:48:10
Henk Van Velzen NED	2:50:45
Johannes Vermeulen NED	2:51:09
Antonio Dandolo ITA	2:51:27
Frank Tai CA	2:52:02
Doug Jacobsen WA	2:42:17
M55	
Peter Camenzind SUI	2:38:24
Ian Kitching GBR	2:45:12
Victor Fernandez MEX	2:50:03
Battista Albin SUI	2:58:45
Mouloud Belaidi FRA	2:59:18
John Aldrich CA	3:01:24
Robert Nonnon BEL	3:03:34
Ian Cordner CAN	3:03:36
M60	
Gaetano Matera ITA	2:57:19
Andre Ozzane FRA	2:57:56
Roberto Garabito MEX	3:01:06
Feliciano Pereira NJ	3:09:25
David Andrews NZL	3:12:09
M65	
Ennio Baldassarre ITA	3:14:44
Burkhard Leuschke GER	3:19:36
Peter Kranz GER	3:30:33
Clifton Maloney NY	3:32:36
M70	
Manfred Ritter LIE	3:16:59
Manuel Rosales ESP	3:27:26
John Barrington NZL	3:40:13
M75	
Yoshio Nishino JPN	3:53:33
Riccardo Uncinelli ITA	4:08:41
Kenneth Karcher ID	4:28:18
M80-89	
Peter Harangozo 85 NY	6:19:12
Roland Couverture 82 FRA	6:50:46
W40	
Nathalie Vasseur FRA	2:45:15
Cristina Neri ITA	2:47:37
Stephanie Hodge CAN	2:55:19
May Cote CO	3:03:33
Kelly Keeler MN	3:04:32
Jill Greer CA	3:05:32
W45	
Cindy Pomeroy CT	3:00:51
Danielle Emery FRA	3:02:00
Gunnilla Martinsson SWE	3:08:22
Jane Lundry NY	3:08:49
Wendy Locke NJ	3:14:09
Sharon Mogul NY	3:14:48
W50	
Sharon Vos CT	3:05:24
Nicole Moron FRA	3:10:23
Yolande Moos SUI	3:10:31
Marie Wickham NY	3:16:35
W55	
Francoise Decoray FRA	3:13:02
Nadia Dal Ben ITA	3:22:36
Lilly Selma Jeppesen DEN	3:25:01
Blondie Vucich CO	3:32:56
W60	
Ann Davies GBR	3:24:38
Patti Wilson CAN	3:46:25
Teresa Splendorio ITA	3:48:17
W65	
Anna Thornhill NY	3:38:18
Susan Lambert GBR	3:51:46
Anne-Marie Girard FRA	4:15:55
W70	
Ginette Bedard NY	3:53:36
Yoshiko Takahashi JPN	4:19:32
Alison Mathers GBR	4:29:24
W75	
Agnes Roest-Bomers NED	5:15:31
Bertha McGrunder NY	6:04:51
Joy Johnson CA	6:25:59
W80-89	
Joan Rowland 80 NY	6:29:50
Iris Vinegar 80 NC	6:51:11

SOUTHEAST

Jacksonville Marine Corps Half-Marathon & Freedom 5K Jacksonville, FL; Oct. 7

Half-Marathon	
Overall	
Owen Shott, 26	1:11:01
Kim Pawelek, 32	1:22:39
M40 John Metzgar	1:15:07

	Keith Brantly	1:24:11
	Jorge Toro	1:24:49
M45	Sean McCormack	1:13:02
	Pete Crouse	1:24:16
	Anthony Black	1:24:43
M50	Ken Jenkins	1:29:18
	Gary Hargis	1:29:58
	Fitz Conner	1:30:45
M55	Bruce Holmes	1:33:33
	Manny Toro	1:35:01
	Thomas Raskin	1:44:54
M60	Frank Frazier	1:42:44
	Stephen Banks	1:43:21
	John De Antonis	1:45:19
M65	Matt Ross	1:49:58
	Benjamin Holland	2:09:02
	Vic Suddaby	2:13:31
M70	Everett Crum	1:43:46
	Bengt Espling	2:16:46
	Rupert Ifill	2:32:30
M75	Bob Williams	2:50:25
	Bob Carr	3:26:47
W40	Laura Williams	1:37:25
	Kathy Murray	1:38:25
	Wendy Patterson	1:38:36
W45	Deanna Medvidofsky	1:28:31
	Elizabeth Diamond	1:41:02
	Bonnie Brooks	1:41:32
W50	Stephanie Griffith	1:47:55
	Janet Lavoie	1:48:54
	Debbie Julian	1:52:18
W55	Paulette Butler	1:41:13
	Sharon Lucie	1:51:41
	Vicki Copeland	1:51:42
W60	Theresa Coomes	1:53:15
	Mary Strickland	2:09:52
	Vera Harris	2:19:10
W65	Susan Wallace	2:17:57

RUSSELL P BOORE	2:39:30
M45 CRAIG FRAM	2:30:56
GREG STEVENS	2:36:42
RUI P CAMPOS	2:37:30
M50 DAVE WALTERS	2:39:50
JOSEPH HAYNES	2:45:54
LES MYERS	2:47:44
M55 ED AVOL	2:57:30
WERNER BOHR	2:57:30
MIKE ZEIGLE	2:59:43
M60 ALBERT WIERINGA	3:01:02
GERARD MALACZYNSKI	3:02:42
GUILLERMO GAMEZ	3:19:23
M65 RICHARD KERLER	3:34:19
JEAN CLAUDE BOITIER	3:41:00
NATHAN OFAN	3:44:31
M70 BILL MCCLELLAN	3:51:01
JIM SMEDMA	3:54:35
WALTER SCHALLER	4:03:31
M75 ARNOLD MUELLER	4:58:11
EPIFANIO AGOSTO	5:15:18
DONALD J TAYLOR	6:07:59
M80 ARTURO GUZMAN	5:54:04
W40 COLLEEN DE REUCK	2:33:18
STEPH HERBST-LUCKE	2:42:53
DOREEN MCCOUBRIE	2:46:33
W45 CHRISTINE GANZ	2:56:11
LAURA KENNEDY	3:00:13
JACKIE MORGAN	3:03:35
W50 LYNN KOBAYASHI	3:14:10
NANCY FERRIS	3:28:07
KIMBERLY ANDERSON	3:29:27
W55 ALYN PARK	3:24:03
NANCY ROLLINS	3:24:18
SUE MCKINNEY	3:38:13
W60 ELISABETH KANDEL	4:06:46
KAREN DAVIES	4:04:45
MONIQUE ROBITAILLE	4:15:49
W65 HANSI RIGNEY	3:44:47
DORIS E SCHERTZ	4:27:49
CAROL HALL	4:43:44
W70 JANET WEILER	5:20:57
CATHIE MCCORMICK	6:16:59
OLIMPIA DI NARDO	6:37:26
W75 GLORIA SCHIFFLER	7:17:43

Detroit Marathon Detroit, MI; Oct. 29

Overall	
Josephat Ongeri 27	2:18:22
Elena Orlova 36	2:41:26
M40 Tracy Lokken	2:27:58
Paul Aufdemberge	2:36:59
Matt McCarthy	2:45:43
Heiko Weiner	2:46:54
Andy Muchow	2:47:06
M45 James Madden	2:55:50
Steven Sciance	2:56:32
Brian Olsen	2:57:45
David Wulbrecht	2:58:28
Stephen Zehr	2:59:38
M50 Thomas Taylor	3:08:32
Ken Harper	3:08:32
George Aitkin	3:14:18
Randall Barfelt	3:14:52
M55 Larry Parker	3:12:45
Michael Shooks	3:18:19
Saleem Tawwab	3:21:07
David Cray	3:21:33
M60 John Farah	3:35:58
Douglas Howell	3:36:05
Eugene Barry	3:41:37
M65 George Gathrop	3:44:44
Richard Wallen	3:48:24
Lawrence Ratkus	3:48:29
M70 Stan Curtiss	4:29:38
Phil Carroll	5:00:42
Bob Ranta	5:24:36
M75+John Kolmetz 77	4:46:31
Tom Coles	6:23:19
W40 Julie Harding	3:02:33
C J Gardner	3:09:41
Krys Brish	3:10:48
Martha Olsen	3:24:09
W45 Peggy Zeeb	3:17:28
Kathy Waldron	3:17:57
Nancy Schubring	3:22:15
Rita Uebelhor	3:23:13
W50 Pamela Hagen	3:26:35
Sandra Onofray	3:35:12
Jacqueline Blair	3:41:02
W55 Maggy Zidar	3:45:53
Astrid Varga	3:49:08
Alice Heinrich	4:00:16
W60 Jan Valade	4:13:36
Dale Magee	4:40:31
Nancy Forster	4:50:10
W65 Catherine Detman	4:48:50
Merion Knight	5:02:11
Sarah Savarino	5:05:22
W70 Karen Holappa	4:48:34
Ruth Fleck	6:05:52

MID-AMERICA

Edmund Fitzgerald 100K Duluth, MN; Oct. 14

Overall	
Kainulainen Sue 44	9:25:58
Storkamp John 27	8:08:47
M40 Heller Edwin	9:51:12
M45 Revels Frank	10:31:20
M50 Ehasz James	10:48:45

M55 Kleindl Greg	12:22:29
M60 Jones David	11:07:22
M65 Rousseau Edward	13:09:34
W40 Kainulainen Sue	9:25:58
W50 Fredericksen Deborah	11:14:34

Denver Marathon & Half-Marathon, Denver, CO Oct. 15

Marathon (chip times)	
Overall	
Clint Wells 31	2:28:36
Taeko Terauchi 33	2:51:35
M40 Steve Roch	2:42:30
Steve Krebs	2:43:21
M45 Kirt Goetzke	2:58:23
M50 Ron Hendricks	3:09:28
M55 Willie Pittenger	3:24:07
M60 Ed Craighead	3:23:55
M65 AuchaiKanjapitak	4:13:01
W40 Janet Rooney	3:19:24
W45 Suzanne Lundgren	3:44:00
W50 DebbieHoffmeister	3:52:27
W55 Kathy White	3:56:06
W60 Patty Corbitt	5:07:08
W65 Terttu Barsch	5:30:49

Half-Marathon	
Overall	
Alan Culpepper 34	64:52
Dawn Fischer 40	89:20
M40 Ken Soule	79:53
M45 Craig Cary	86:20
M50 Cliff Karthaus	83:06
M55 Jim Ahlbrecht	1:42:51
M60 Charles Drage	96:23
M65 Jim Romero	1:43:56
M70+Rich Romero 70	1:47:23
W40 D Fischer	89:20
Anuta Catuna 2ndF	91:05
W45Liz Lane	1:48:07
W50 Polly Zimmerman	1:47:03
W55 Kim Gollick	2:01:34
W60 Lola Ackerman	1:50:57
W65 Valdene Ranum	2:11:33
W70+Virginia Vinyard70	2:40:59

SOUTHWEST

Fergus Snoddy Half-Marathon, Jonesboro, AR Oct. 14

Overall	
Sawe, Simon 32	1:08:14
Cherobon, Janet 28	1:23:54
M40 Chris Cone	1:21:42
Robert McDaniel	1:38:53
Mike Packard	1:43:24
M45 Harry Camp	1:26:32
Guy Patteson	1:35:17
Sam Denton	1:43:02
M50 Al Guevara	1:27:37
Reza Yousefi	1:47:33
Don Smith	1:49:56
M55 Mike Hanks	1:40:14
James Harmon	1:47:06
David Etheridge	1:47:12
M60 Zeb Carnes	1:53:18
Clint Vogus	1:54:55
Roger McMillan, Jr	2:16:53
M65 Gary Wood	3:18:28
W40 Geneva Hampton	1:54:01
Tyler Parnell	2:01:00
Penny Cruthirds	2:01:59
W45 Margo Braud	1:35:19
Teresa Cox	1:47:20
Amy Johndrow	2:09:08
W50 Paula Shaver	1:57:04
Lisa Johnson	2:01:57
Linda Cook	2:02:03
W55 Harriete Adams	2:34:03
Brenda Lakey	3:03:15

WEST

Rock "N" Roll Marathon San Jose, CA Oct. 8

5K	
Overall	
Duncan Kibet 28	1:00:22
Silvia Skvortsova 31	1:09:17
M40 Raymundo Cruz	1:15:42
Daniel Filip	1:18:30
Tim Shepper	1:19:00
M45 Steven Chavez	1:16:40
Nestor Ayala	1:17:02
Shawn Gallagher	1:18:20
M50 Ron Harmon	1:23:04
Thomas Bartasi	1:26:37
Steve Marshall	1:32:22
M55 Bobby McKee	1:27:29
Todd Hayes	1:28:12
Eligio Rosas	1:29:29

M60 Jim Howe	1:29:39
James Barrett	1:44:01
Larry Allison	1:44:46
M65 Danny Martinez	1:37:50
Douglas Latimer	1:48:31
Leon Pearce	1:54:26
M70 Edward Walsh	1:59:14
Mike Kelly	2:07:35
Gary Waller	2:11:56
M75 Aubrey Maynard	2:44:38
Joe Magaldi	3:24:00
M80 John Cahill	2:07:43
James Joy	4:05:26
W40 Rochelle Zolna	1:33:17
Theresa Galvez	1:33:55
Annette Krueger	1:35:33
W45 Rosa Swenson	1:34:45
Karin Barnett	1:40:06
Elaine McCormack	1:39:04
W50 Christine Kennedy	1:25:43
Shelley Sumner	1:35:29
Marcia Sommer	1:37:30
W55 Romy Niblack	1:42:30
Marijane Maples	1:49:46
Mary Langford	1:50:39
W60 Susan Brown	1:51:57
Carmen Stone	1:58:19
Sharon Sell	2:04:28
W65 Lynne Rosser	2:07:18
Barbara Pearce	2:20:54
Carol Pechler	2:22:07
W70 Paula Brennock	2:41:32
Mildred Mitchell	2:47:50
Baird Lloyd	2:57:49
W75 Helen Tom	3:45:30
Dorothy Joy	4:05:25

Bean Fiesta Road Race 5K & 10K, Moriarty, NM Oct. 14

5K	
Overall	
David Salazar 56	20:02
Dina Hammad 39	21:27
M30 Andrew Dubach	22:07
M45 Lon Waters	23:42
Mathew Garcia	24:05
Paul Grosvenor	27:27
M50 Steven High	27:05
Harold Smith	38:47
M55 Larry Ruggles	22:44
Charles Fuller	25:40
Steven Rospopo	36:10
M60 Jerry Johnson	21:20
M65 John Norwood	46:55
M70 Will Vance	36:52
Earl Roenfranz	37:13
William Gilmore	49:36
M75 George West	34:22
M85 Larry Johnson	33:07
W30 Shree Martinez	24:20
Erin Wells	31:17
Elizabeth Wenrich	35:59
W35 Suzette Wingo	28:48
Julie Brennan	30:21
Lori Gallegos	32:21
W40 Paula Hensley	27:20
W50 Margaret Flanagan	24:14
Karen Blackmore	30:22
Debbie Yamato	44:01
W55 Glenda Muirhead	27:21

10K	
Overall	
Shaun Burns 27	39:58
Kathy Kirsling 56	47:18
M40 Vern Wood	50:42
M45 Rick Walter	48:23
Dan Tallon	50:46
David Gurule	55:24
M55 Miguel Herrera	46:08
Alan Overmier	48:05
Graham Cawdrey	48:49
M60 Barry Field	49:04
Blanford Smith	51:04
Ted Williams	65:00
M65 Dennis Muirhead	47:19
Bob McNeil	49:31
Peter Collins	66:55
M70 Bill Dodson	51:29
W30 Tanya Shelvock	59:23
W40 Kathy Turnham	48:21
W45 Beth Davenport	59:19
Lauri Dodge	80:41
W55 CeCe Niemczyk	49:41
Grace Nuvayestewa	50:17
W60 Pam Vance	63:04
W80 Mary Kirsling	1:44:04

Big Sur Half-Marathon on Monterey Bay Monterey, CA; Oct. 29

Overall	
IAN DOBSON 24	1:02:32
JENNIFER RHINES 32	1:12:17
M40 TIM SHEEPER	1:17:47
MIKE WHITE	1:18:29
MICHAEL MARCK	1:21:10
M45 DAN ZULAICA	1:19:39
JAVIER NARANJO	1:22:17
ANTHONY DAVITT	1:23:30
M50 IGNACIO PEREZ	1:26:44
RICHARD AVERETT	1:29:45
PETER STANGER	1:30:20
M55 BOBBY MCKEE	1:25:05
MICHAEL DOVE	1:26:28
BRIAN SHIFFMAN	1:28:33
M60 DON KING	1:36:48
PETER KRASA	1:42:06
GIANNI BARTOLINI	1:42:21
M65 ROD MACKINLAY	1:37:53
DENNIS HARTLEY	1:37:59
JAY COOK	1:40:24
M70 THOMAS MARRIN	2:15:48
BOB RIES	2:21:14
RICHARD HOLLOWAY	2:21:35
M75 ORIN SCANDRETT	2:14:44
ED DALLY	2:40:45
M80 TOSHIRO NISHIDA	2:52:30
FRANK RODRIGUEZ	2:54:49
W40 LIISA MILLER	1:30:06
HERNANDEZ GALVEZ	1:34:38
ROSE FITZSIMMONS	1:36:38
W45 STELLA GIBBS	1:31:26
ARDY JANKU	1:32:53
CONNIE ROWDEN	1:34:27
W50 DIANNE VILLANUEVA	1:29:25
LYNN MONCHER	1:39:19
PENNY PARTCH	1:43:02
W55 SUSAN CRONK	1:51:24
JEAN SHIMIZU	1:55:59
WENDY DUFFY	1:57:44
W60 NELLY WRIGHT	1:44:18
CONSUELO STREETT	1:49:45
GEORGIA RILEY	2:00:30
W65 HANSI RIGNEY	1:44:07
KHARTOON BROWN	2:05:43
SANDRA PEGRAM	2:13:15
W70 KATHERINE BEIERS	2:06:07
JANET HOLLOWAY	2:06:21
W75 FRANCES SACKERMAN	2:26:00

9th Annual Los Angeles Cancer Challenge, Los Angeles, CA; Oct. 29

5K	
Overall	
Rafael Ramos 40	16:18
Nancy MacDonald 43	19:53
M35 Daniel Marquez	20:32
Don Evers	20:38
Ennett Rahl	22:10
Nelson Linares	22:25
M45 Rafael Ramos	16:18
Rogelio Bautista	18:44
Bryan Johnston	18:59
Scott Zidbeck	24:21
M50 John Holcomb	18:21
Dennis Hall	20:50
Bill Weisman	22:30
Robert Mills	22:39
M55 Bill Sumner	19:18
Walt Hitt	19:35
Richard Nelson	21:05
Andy Koslowski	23:05
M60 Dennis Joe	19:04
Lee Baca	20:14
Steve MacPherson	20:55
Joventino Luna	25:10
M65 Susumu Nimi	22:57
Ron Hecker	26:00
Robert Savesky	29:58
Frank Murphy	30:12
M70 Frank Greene	23:22
Hong Kim	28:36
Robert Rubin	38:04
Don Snavely	40:09
M75 Milo Sather 79	30:04
Leonard Walts 77	31:56
Hayes Morris 80	50:23
Bruno Katz 80	58:38
W35 Patricia Angiano	21:36
Stacy Kravetz	23:48
Stephanie Charles	24:46
Kristin Yellin	25:09
W40 Nancy MacDonald	19:53
Rena Furbert	23:21
Liz Craig	23:44
Michelle Bennett	24:21
W45 Dana Holcomb	22:48
Jill Fischer	23:59
Sue Landazuir	26:14
Linda Langer	26:58
W50 Gale McCall	23:32
Sese Novas	25:45
Linda Star	26:43
Susan James	27:24
W55 Donna Pittman	22:28
Yoko Eichel	23:28
Angela McGill	24:14
Carol Kinnitz	28:10
W60 Margaret Graham	31:49
Kara Zysman	32:30

Pauline Stenberg	34:11
Susan Zolla	36:20
W65 Connie Des Fountain	37:25
Stephanie Hansen	49:35
Jean Bishop	54:14
Diane Goon	56:26
W70 Caroline Caesar	54:06
Rosemary Clue	56:08
Yvonne Shami	76:03
Rosa Canale	77:03
W75 Vida Slawso 78	44:40
Margot Katz 77	61:21
Hilda Adams 76	71:08

10K	
Overall	
Richard Francis 35	34:59
Gricelda Gamboa 29	42:00
M35 Richard Francis	34:59
Norberto Santillan	37:21
Martin Zambrano	37:19
Jason Hobson	39:50
M40 Jose Ricardo	37:55
John Landry	41:08
Chuck So	41:41
Kevin Kong	43:04
M45 Michael Higgins	35:31
Florencio Mendez	42:43
Scott Sullivan	43:51
David Shapiro	44:30
M50 Peter Heimes	39:32
Larry Davidson	41:49
Steve Sahatz	44:25
Elliot Abermeyer	49:40
M55 Dick Held	48:49
Adolfo Caruso	51:11
Bruce Dobos	52:43
Steven Mills	55:46
M60 Marco Vazquez	44:29
Michael Topp	54:46
Ken Schueler	57:53
M65 Harvey Olifson	59:18
Dale Cooper	64:31
M70 George Davis	72:59
Irving Cohen	74:18
Bill Holm	81:06
M75 Bob Koch 79	55:47
W35 Jamie Chamberlin	45:54
Sandra Binder	46:26
Joanna Moore	48:25
Laura Hopper	48:49
W40 Kathleen Evans	44:35
Connie Plunkett	49:20
Cindy Hendrix	50:53
Allyson Ford	51:55
W45 Joan Mensah	45:39
Laura Chaides	50:45
Martha Medina	52:18
Helen Pickup	52:35
W50 Sue Slater	53:55
Rita Bagby	60:49
Yvonne Noesen	61:30
Ann Fath	62:49
W55 Marleny Hernandez	49:27
Patricia Bates	52:44
Jane Clarke	55:45
Judy Cooper	64:03
W60 Judy Gilbert	49:47
Cathy Des Lauriers	56:41
Maria Lewis	59:10
Patricia Kalebaba	68:28
W65 Ada Rubin 67	64:53
Margie Bell 69	83:33
(Results reported by Bob Koch)	

M40 Robert Leonardo	2:57:58
Ted Cotti	3:00:42
Dennis Olsen	3:06:47
M45 Chuck Teixeira	2:51:31
Gregory Faulkner	3:19:06
Ron Paquette	3:18:58
M50 Nicholas Florio	3:05:44
Barry Wallman	3:08:58
Bill Kissell	3:17:31
M55 Jim Rucker	3:26:01
Joe Ogata	3:31:31
Delfino Rodriguez	3:37:04
M60 Donald Newman	4:02:55
Ronald Eichler	4:10:28
Myung Park	4:29:10
M65 Freddie Perez	3:34:59
Philo Short	4:16:21
Mark Lee	5:01:44
M70 Michael Pang	4:42:48
Paul Weber	4:55:54
W40 Carrie Blakemore	3:15:28
Katie Tapia	3:27:00
Juliet Morgan	3:38:28
W45 Kim Abundis	4:18:43
Ann Braun	4:19:42
Lorene Kong	4:28:50
W50 Sondra Yvette	4:07:53
Arlene Lewis	4:12:38
Sandra Whitehead	4:34:29
W55 Myung Kim	3:44:04
Bonnie Hoopes	4:17:35
W60 Sheila Galinsky	4:53:44
Jeannette Roostai	5:49:51

Half-Marathon

Overall	
Danny Rosales	39 1:13:13
Beth Lachut	28 1:29:44
M40 Rafael Ramos	1:13:28
Rigo Chavez	1:21:35
Chris Rischmiller	1:22:13
M45 Jeff Nelson	1:14:49
Gustavo Mena	1:26:58
Charlie Prokop	1:26:59
M50 Antonio Arevalo	1:24:36
Robert Haugen	1:32:29
Larry Ruderman	1:37:09
M55 Rick Noer	1:27:00
Caz Scislowicz	1:30:41
Jim Dawson	1:40:15
M60 Don McLean	1:31:31
Marcos Vazquez	1:40:54
Bill Easton	1:42:29
Alan Brown	1:46:58
Raymond Prizgintas	2:06:15
Benjamin Duarte	2:13:05
M70 Louie Martinez	1:59:04
Bob Gold	2:13:46
Claude Bruni	2:14:03
W40 Linda Rosenthal	1:33:49
Julie Owen	1:37:51
Martee Miyakawa	1:41:11
W45 Diana Rush	1:34:54
Rozanne Strong	1:36:49
Judy Ulmer	1:47:40
W50 Sandra Buchanan	1:52:06
Terry Yarian	1:56:47
Joan Cameron	2:02:01
W55 Cecilia Ramos	1:49:28
Marie Edstrom	1:51:13
Linda Swartz	1:53:16
W60 Judy Newman	2:26:56
Susan Hamusek	2:33:09
Eulah Holland	2:45:14
W65 Joan Maxwell	2:32:53
Barbara Koehler	2:47:39
Janice Heidt	3:31:28
W70 Chris Sidles	3:21:14

5K

Overall	
Patrick Longhini	29 16:56
Tiffany Marley	23 18:31
M40 Steven Chen	22:44
Alberto Davila	23:15
Jim Urbanovich	23:36
M45 Dave Fier	19:19
Gary Tieche	20:45
Robert Tong	20:57
M50 Dave Parsel	17:27
William Fischer	20:14
Steve McCarthy	20:38
M55 Steve Neale	21:31
Tim Lynch	21:52
Rick Joly	22:33
M60 Bullet Bales	24:33
Dale Barraclough	24:37
Jack Getskow	26:07
M65 Gordon Uppman	31:46
Hyung Song	33:47
Wayne Rushfeldt	54:55
M70 Pete Newman	25:42
Hong Kim	30:58
Barry Trux	31:12
W40 Rena Furbert	23:33
Lisa Matlosz	25:30
Mischelle Daniels	25:55
W45 Lisa Vernier	22:31
Jane Welker	25:35
Rachelle Valdez	26:53
W50 Jeannie Thompson	25:09
Joan Davidson	27:15
Faith Morris	28:28
W55 Donna Pittman	23:04

Yoko Eichel	24:16
Kathy Joly	30:04
W60 Margaret Graham	34:16
Grace Espinosa	40:26
Beverly Reinhold	48:00
W65 Dolores Cortez	29:47
Cathy Gobins	37:41
Edna Duke	42:35
W75 Olga Joseau	57:34
Gloria Morin	63:31

NORTHWEST**Portland Marathon
Portland, OR; Oct. 1****Overall**

Mike Heidt	23 2:21:54
Danita Erickson	34 2:53:18
M40 John Thornell	2:39:43
Jerry Rief	2:50:04
Shawn Connelly	2:52:56
M45 Cliff Richards	2:46:32
Adam Feerst	2:53:53
John Washenberge	3:00:15
M50 Jay Helgerson	2:53:41
Larry Stephens	2:59:09
Jeff Fairchild	3:00:39
M55 Rex Surface	3:12:30
Robert Huotari	3:14:08
Jeff Walker	3:14:28
M60 Bart Smith	3:10:14
Richard Green	3:17:48
Terry Lofelmacher	3:22:07
M65 Larry Carroll	3:31:29
Bob Vaughn	3:34:40
Larry Barrett	3:48:58
M70 Bart Haggin	4:12:58
Neil Barber	4:33:38
Bob Eckenrode	4:32:53
M75 Keith Fitch	4:12:05
Don Hayes	4:48:01
Bob Dolphin	5:18:11
M80 Charles Hoover Sr	6:40:36
Dick Carroll	6:52:36
M85 Don McNelly	8:25:48
W40 Nikki Rafie	3:02:05
Monica Tibbetts	3:06:29
Kimberly Grasberger	3:07:53
W45 Laurie Porter	2:58:18
Elisabeth Wallbank	3:25:42
Catherine Brower	3:30:06
W50 Susan Jensen	3:32:56
Margie Retterath	3:34:34
Janet Green	3:39:50
W55 Bonnie Kenney	3:35:23
Shirley Kaiser	3:46:29
Cathy Rickerl	3:49:49
W60 Patti Wilson	3:42:09
Judy Fisher	3:48:49
Hiroko Iwasaki	3:49:52
W65 Mary Ann Bosky	5:16:24
Joanne Pearson	5:29:56
Susan Byron	5:33:04
W70 Arlene Ameson	4:36:58
Joan Pribnow	5:49:13
Jean Greene	5:53:14
W75 Mira Anzalone	6:22:56
W80 Helen Klein	5:42:57
Audrey Cullen	7:00:18

**USATF-OR Open &
Masters XC Championships
8K, Sandy; Oct. 28****Overall**

Chris Clancy	24 24:28
Trisha Kluge	46 32:16
M40 Joe Dudman	26:10
Peter Courogen	28:22
Cliff Reuter	28:40
M45 Kevin Paulk	27:09
Eugenio Vidales	27:11
Robert Conradt	27:19
Matt Cato	28:21
M50 Daniel Wojcik	28:19
Michael Quinn	28:32
Eddie Diaz	29:44
M65 John Francis	46:12
M70 Ken Ogden	41:24
Geza Feld	41:47
M80 John Keston	43:23
W40 Mary Johnson	35:57
W45 T Kluge	32:16
W50 Viasha Wojcik	40:49
Fenny Roberts	46:33
W55 Jeanette Groesz	32:50
W60 Eileen Holzman	39:41
W70 Jane Dods	50:01

**City of Trees Marathon &
Half-Marathon, Boise, ID
Nov. 5****Marathon**

Overall	
Brad Mitchell	36 2:50:38
Julie Gilchrist	38 3:15:11
M40 Terry Fritz	3:01:47
Enrique Romero	3:13:37

Thomas Lee	3:22:56
M45 John Taberna	3:01:13
Richard Christensen	3:13:22
Franklin Cole	3:13:23
M50 Paul Ruckel	2:59:38
Don Otis	3:29:26
Jim Boyle	3:32:17
M55 Dennis Aslett	3:36:28
Ken Bauer	3:37:24
Chad Carson	3:39:21
M60 Thomas Skinner	4:06:03
Wayne Ratowski	4:47:00
Paul Bauer	4:52:27
M65 Roy Reisinger	4:29:48
Fred Nef	4:36:11
Norman Haines	4:59:05
M70 Milton Taylor	5:28:10
Lee Hoffman	6:08:42
W40 Robbin Semons	3:31:34
Rhonda Jorgenson	3:37:45
Susan Pfeifer	3:43:44
W45 Carla Darr	3:18:33
Claire Coppel	3:36:07
Tami Martin	3:40:08
W50 Domitilia Dos Santos	3:38:24
Adrienne Gelfer	3:53:22
Leslie Veenstra	3:55:53
W55 Cydni Medeiros	4:42:28
Sharon Mordorski	5:38:18
Sue Schram	5:46:54
W60 Donna Messenger	4:25:08
Margaret Mangano	4:58:56
Esther Ellis	5:40:48

Half-Marathon

Overall	
Ben Gall	27 1:12:30
Barbarann Mallory	47 1:30:10
M40 Bob Daniel	1:25:28
Art Graves	1:29:36
Jeff Rosenthal	1:43:40
M45 Marcos Sarnio	1:29:27
John Dudek	1:31:15
John Schneider	1:33:35
M50 Mike Shuman	1:37:12
Mike Krumbergen	1:37:55
Kevin Wilkinson	1:44:31
M55 Ron Barker	1:43:05
Mike McInnis	1:49:33
Al Nicholson	1:50:03
M60 Jerome Mittman	1:47:32
Larry LaRocco	1:49:35
Pete Sather	1:57:43
M65 John Fulton	2:14:04
Leon Long	2:18:15
M70 Murray Andrews	1:56:49
W40 Janet Service	1:54:23
Lisa Harp	1:55:21
Kathy Dodd	1:55:25
W45 Barbarann Mallory	1:30:10
Jodi Whittaker	1:50:53
Karrie Bernauer	1:50:53
W50 Marilyn Koob	1:46:59
Susan Gundy	2:01:01
Susan Wells	2:03:39
W55 Lindsay Norman	1:58:12
Diana Grandeon	2:00:30
Linda Welcome	2:05:23
W60 Patricia Neff	2:24:04
Lura Pierce	4:09:58
W65 Katy Knowles	3:23:41

RACEWALKING**USATF National One-Hour
Racewalk, Waltham, MA
Oct. 15****Overall (Meters)**

Kevin Eastler	29 13:58.4
Teresa Vaill	43 12:69.8
M35 Curt Clausen	12:50.0
M40 John Soucheck	11:86.5
Dave Burns	10:11.7
M45 Rod Craig	11:14.2
M Kazmierczak	8:75.7
M55 Bob Keating	11:04.1
Bob Ullman	10:27.1
Tom Quattrocchi	10:11.1
M60 Leon Jasionowski	11:37.6
Tom Knatt	8:96.3
M75 Jack Starr	9:19.7
Bill McCann	8:17.6
W40 Teresa Vaill	12:69.8
Jolene Moore	11:82.8
Dorit Attias	9:82.9
Ginger Armstrong	9:29.2
Holly Wenninger	9:20.6
W50 Lee Chase	9:29.0
W60 Pat Godfrey	8:63.2
Joan Harriman	8:26.2

**USATF-Pacific 10K RW
Championships
Seaside, CA; Oct. 15****Overall**

Mike Counts	54 56:14
Susan Armenta	30 56:47
M50 Mike Counts	56:14
Joe Brendt	58:59



SUZY HESS

Medalists in the M80 triple jump (l to r): Tom Patsalis, second; Denver Smith, first; and Robert Voegel, third, 2006 USA Masters Track & Field Championships, Charlotte, N.C.

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Quang Than	1:05:15	W50 Karen Stoyanowski	1:05:15	M65 Harvey Pitterman	11:04h
M55 Lance Wright	1:06:66	W60 Hansi Rigney	1:05:36	M75 Bob Fine	9:29h
M65 Joseph Anderson	1:11:32	Marilyn McLoughlin	1:26:32	W40 Sara O'Bannon	12:41h
Stu Kinney	1:08:57	W65 Louise Walters	1:05:19	W75 Marcia Shafmaster	12:31h
John Mullane	1:12:37	Marge Garner	1:10:00	W80 Miriam Gordon	12:05h
M70 Dick Petrucci	1:10:32				
M80 Rich Hansen	1:26:32				
W30 Susan Armenta	56:47				
W35 Andree Enos	1:09:12				
Renee Nell	1:15:23				
W40 Helen Storrs	1:21:07				
W45 Nicole Goldman	1:03:04				
Vickie Cady	1:03:35				

**Florida State 1500/3000m
RW Championships
Plantation, FL; Oct. 22****1500m**

M60 Gary Null	8:18h
---------------	-------

3000m

M60 Gary Null	17:04h
M65 Harvey Pitterman	21:48h
M75 Bob Fine	20:33h
W40 Sara O'Bannon	25:24h
W75 Marcia Shafmaster	24:59h
W80 Miriam Gordon	24:03h

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RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39	Nick Dumalas	TJ	13.15	7/11/06	M60-64	Michael Wiggins	15K RW	1:19:39	8/20/06	W45-49	Kenna Carstensen	5000	19:12.84	7/24/05
	Vincent Kotowski	HJ	1.86	1/6/06		J Abels	400	64.74	8/12/06		3000	11:28.31	7/6/05	
	John Oakes	1500	4:18.70	7/27/05		Rick Campbell	5K RW	28:33	10/18/06		1500	5:13.92	7/6/05	
		800	2:02.84	7/27/05		Gerard Malaczynski	5K	17:56	9/16/06		800	2:38.58	7/23/05	
M40-44	Jeffrey Naylor	800	2:03	6/17/06	M60-64	Tom Johnson	200	29.39	9/20-24/05	Ardy Janky	10K	42:34	8/20/06	
	Brett Darrington	3000	9:40.07	7/6/05		Russell Stockard	3000	11:12.14	7/27/06		Sharon Lay	10K	44:30	11/4/06
		1500	4:46.92	4/30/05		LJ	4.59	5/27/06	Laura Charewicz		JT	32.31	7/6/06	
		800	2:05.68	7/27/05		Paul Beckman	800	3:02.91	6/3-18/05		Cathleen Warmerdam	SP	8.22	6/24/06
M45-49	Brian Mutert	Dec	5058	7/15-22/06	M70-74	Herman Lofton	800	3:02.91	6/3-18/05	W50-54	Debbie Topham	10K RW	58.56	6/3/06
	Phillip Wright	3000	10:23.01	7/20/05		Leonard Rosen	SP	12.7	6/15/06		Lynn Dow	DT	73-4	10/7/06
	Mark Cwiek	JT	154-03	5/5/06		DT	38.33	5/30/06	Martha Green		SW	5.45	7/15/06	
	Craig Mead	3000	10:38.78	6/29/05		George Freeman	400	1:27.80	9/9/06		Martha Green	SP	7.87	5/5-6/06
M50-55	Barry Warmerdam	JT	44.58	6/24/06	W40-44	Melissa Bermant	10K	39:32	8/20/06	W55-59		HT	23.50	8/4/06
	David Janson	200	26.5	7/15/06		Kenna Carstensen	5000	20:05.36	6/29/05		Paulette Posch	10K	48:21	8/20/04
		400	61.0	7/15/06		Jana McKee	10K	43:55	8/20/06		Claire Johnson	10K	53:34	8/20/06
	Patrick Lyons	55M	7.68	6/17/06		Amanda Nowakowski	800	2:35.71	7/23/05		MaryLou Platis	DT	68-6	7/15/06
M55-59		60M	8.18	2/26/06	W40-44	Debra Powell	10K	43:25	8/20/06	W60-64	Kei Zehr	3000	14:38.18	8/3/05
	Maure Weigel	TJ	9.90	6/23/06		Mariann Thomas	5K	20.11	8/20/06		Pauline Freeland	10K	56:04	8/20/06
											Sheila McKenna	200	38.0	9/30/06

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN																
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94			
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5			
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	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	20.0	23.0			
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0				
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0				
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30				
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20				
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15				
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00			
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30				
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30				
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5					
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6					
110H	15.4	16.5	17.8	18.8												
100H					18.0	19.0	20.0	21.0								
80H									18.0	21.0	25.0	30.0				
400H	58.0	60.0	62.0	64.0	68.0	71.0										
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0				
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00										
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30				
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80				
	6-2 1/4	6- 1/4	5-9/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/4	3-3/4	2-7/4				
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30				
	14-5/4	13-5/4	12-11/4	12-1 1/4	11-7/4	10-0	8-10/4	7-10/4	7-6 1/4	6-6 1/4	5-10/4	4-3/4				
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20				
	21-4	20- 1/4	19-2 1/4	18-4/4	17-8/4	16- 1/4	14-9	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4				
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51				
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1				
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00				
	47-7	46-0	44-0	41-5	42-11/4	39-4/4	42-0	37-8/4	36-1/4	29-6/4	26-3	19-8/4				
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24				
	147-0	140-5	129-7	123-0	137-4	134-6	137-9	127-11	111-6	85-4	72-2/4	50-0				
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07				
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/4	56-0				
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02				
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0				
35FWL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00						
	49-2 1/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-4/4						
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00			
	49-2 1/4	45-11/4	43-5/4	41-0/4	46-9	43-5/4	45-11/4	43-5/4	44-3/4	38-6/4	32-9/4	28-8/4	19-8/4			
Sup.WL	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	29-6/4	27-10/4	26-3	19-8/4	18- 1/4	16-4/4	14-9	11-5/4	9-10	8-2/4	6-6/4				
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000				
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500				
WL Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000				

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70-79: 27"; 80+: 24"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k
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; 70-79: 4k; 80+: 3k
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

FOR WOMEN														
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80	
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90	
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0			
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0			
400	63.5	65.5	68.0	70.0	76.6	80.0	83.0	84.0	86.0	98.0	104.0			
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40			
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10			
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45			
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00			
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00			
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00			
100H	17.2	18.2												
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0			
400H	75.0	79.0		84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0			
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50					
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84			
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9			
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70			
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7¾	3-3¾	2-11½	2-7¾	2-3¾			
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50			
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11			
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89			
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9			
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30			
	33-9½	30-7½	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½			
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00			
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-8	49-2½	39-4½			
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00			
	105-0	98-5	82-0	78-9	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½			
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00			
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½			
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50	
	32-9½	32-9½	29-6½	26-3	29-6½	26-3	31-2	28-8½	25-5½	21-4	18-0½	15-7	11-5½	
Sup. Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50				
	21-4	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½				
Wt. Pent.	2500	2500	2500	2500	2800	2500	2600	2500	2500	2400	2300			