



Pay Carstensen, 64, scored big points with his 10-4 1/4 heave
with the 98-lb. weight and won the M30-69 Ultra Classic Weight
title, Seattle, Wash., Aug. 31.

spec w#2

Photo by Jerry Wojcik

1602

on page
with story



Members of the Team Oklahoma Masters T&F Club, first M40-49 team in Oklahoma to run a sub-4:00 4x400 relay (l to r): Steve Hicks, Tom Fisher, Paul Clark, and George Marchetti, at the Oklahoma Masters Meet, Aug. 1-2.

Photo by Anita Hall

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Lorraine Coppola, W55, USA, 5000 racewalk, 12th WAVA Championships, Durban, South Africa.

Photo by Bob Langenbach

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Deane Burke, 41, Arlington, Va., first M40+ (34:02),

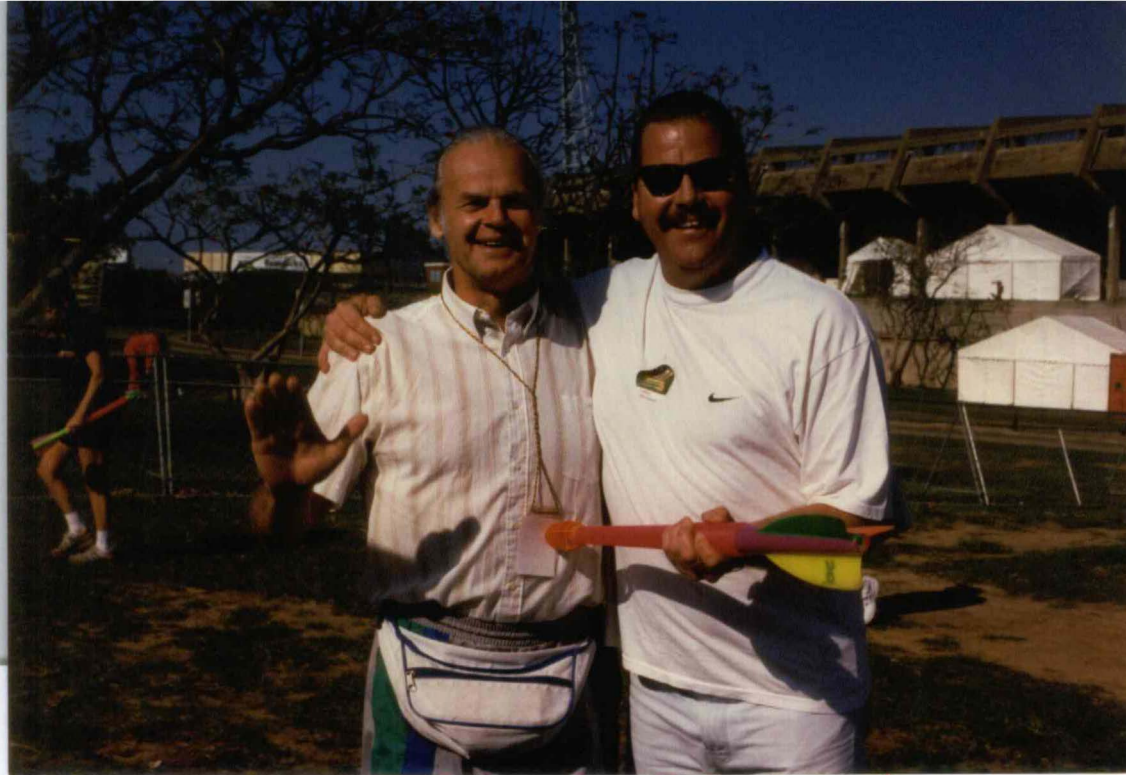
1997 Run To The Rescue/Crystal City 10K, Arlington,

Va.

Photo by George Banker

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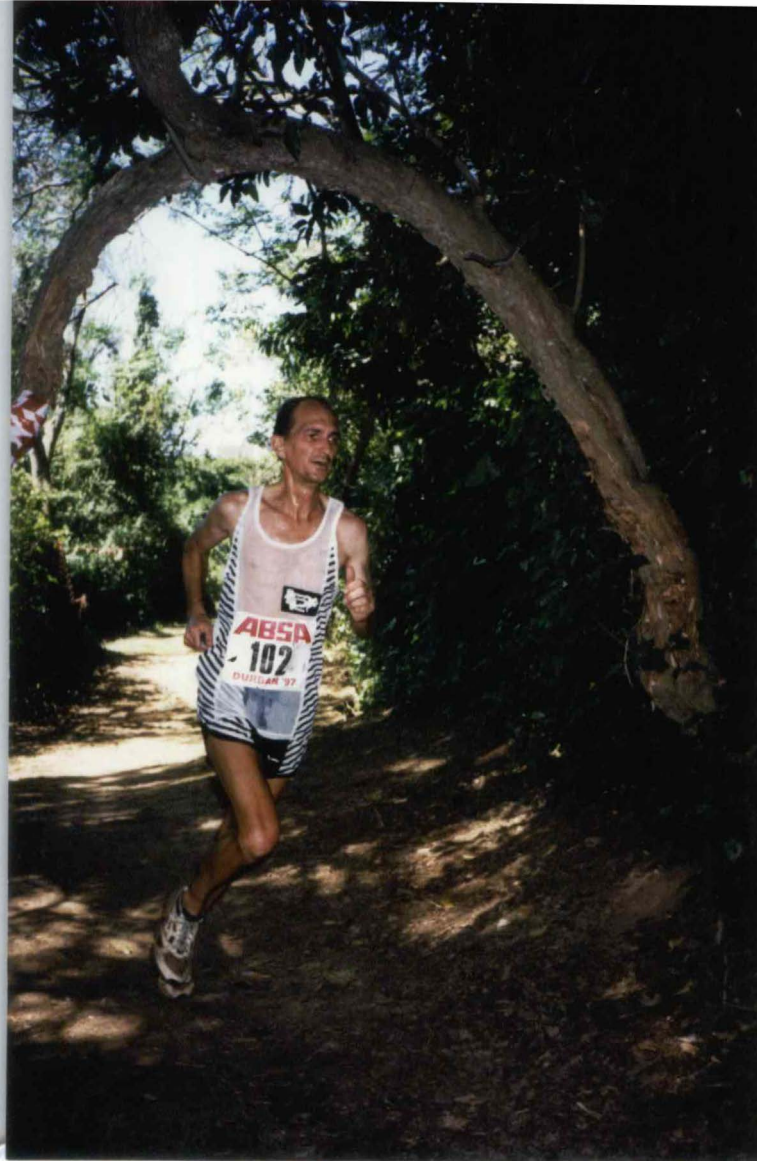
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Karen Huff

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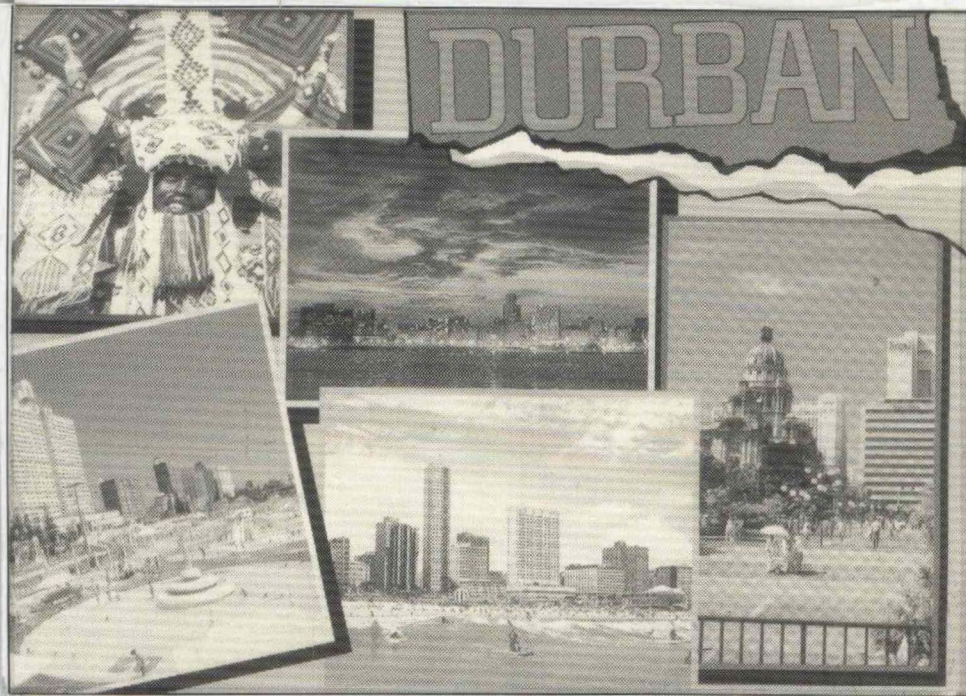
Javelin greats, Janis Lusiš, 58, Olympic gold medalist from the former USSR, now a Latvian, and Tom Petranoff, 39, ex-world record holder and South African citizen, at the WAVA Championships in Durban.

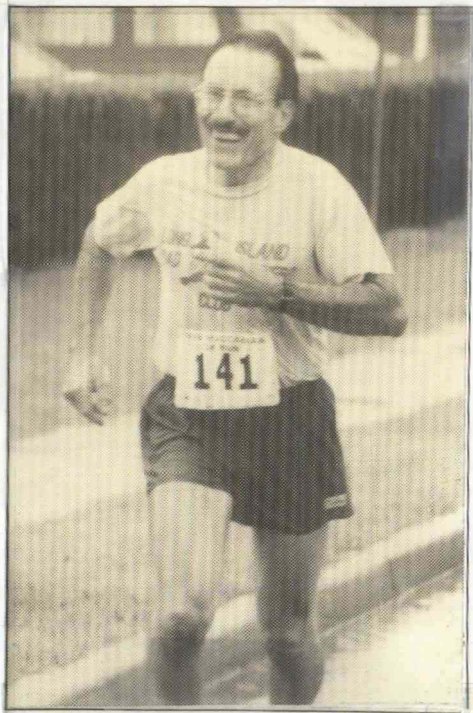


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Trevor Smith, volunteer worker at the WAVA Championships in Durban,
running under a natural tree arch on the picturesque course in the South
African Cross-Country Championships,
Amanzimtoti, Durban, Sept. 13.

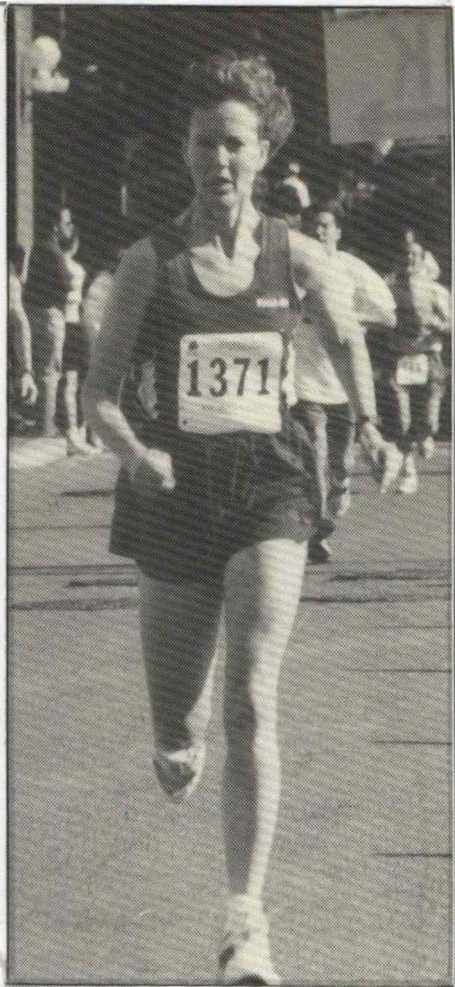
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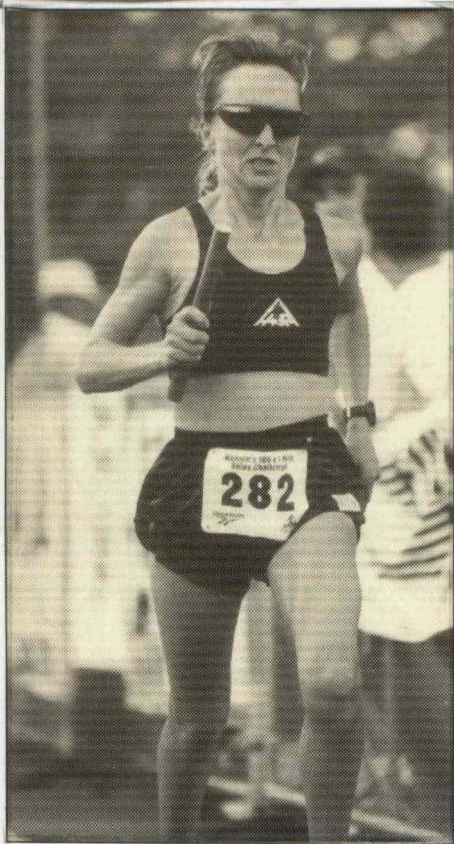
The rain didn't bother Gus Likos, North Bellmore, N.Y., M60 third, Maccabiah 5K, Plainview, L.I., N.Y., Sept. 22.

Photo by Mike Polansky



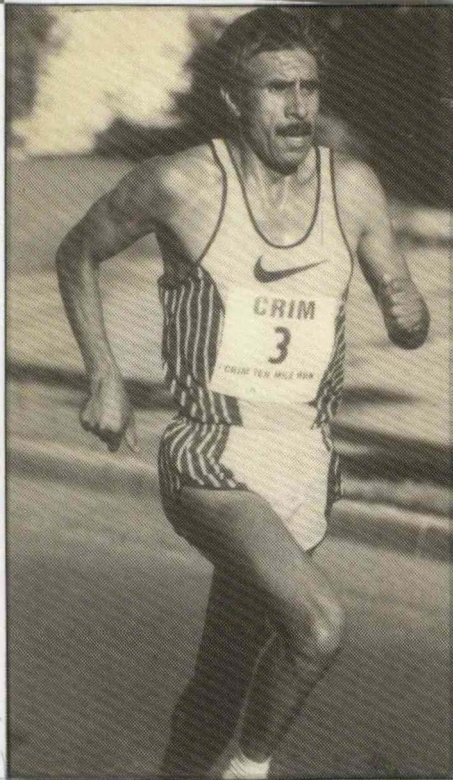
Second W40+, Janet Pionkowski, 46, in 45:44,
Lawyers Have A Heart 10K, Washington, D.C.

Photo by George Banker



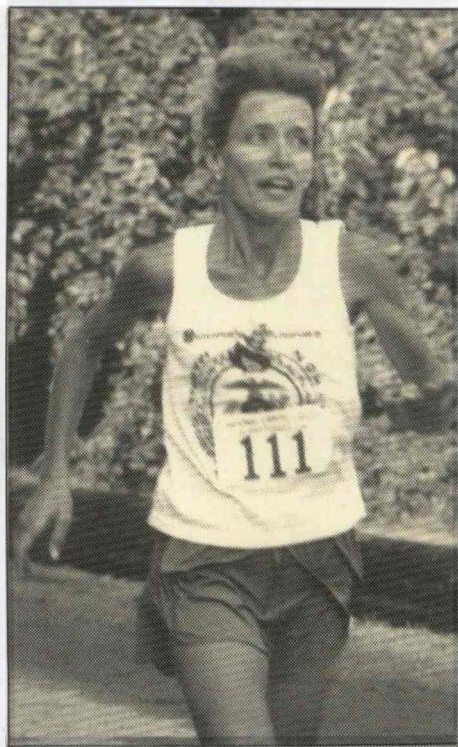
Carole Smith, 41, ran the fastest leg (5:31) in the Houston Area RR Association women's 100x1-mile Guinness record relay, Houston, Texas.

Photo by Jerry Smith



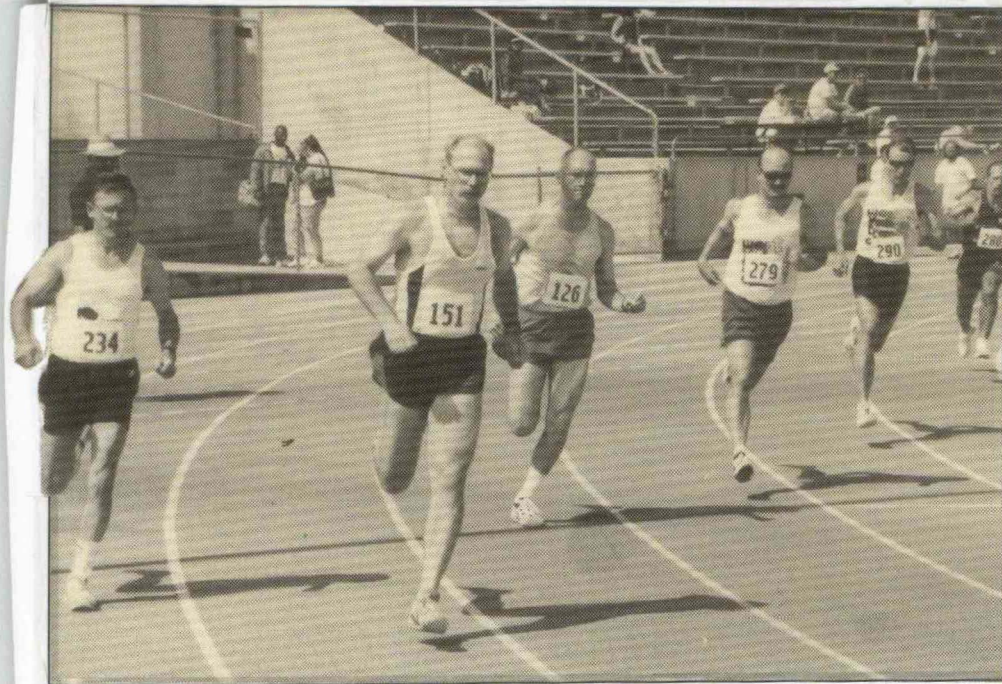
Mexico's Martin Mondragon, 42, won his third straight masters title with a 16th overall 49:51 in the 20th Annual Crim 10-Mile in Flint, Mich.

Photo: Victah © Photo-Run-1996©

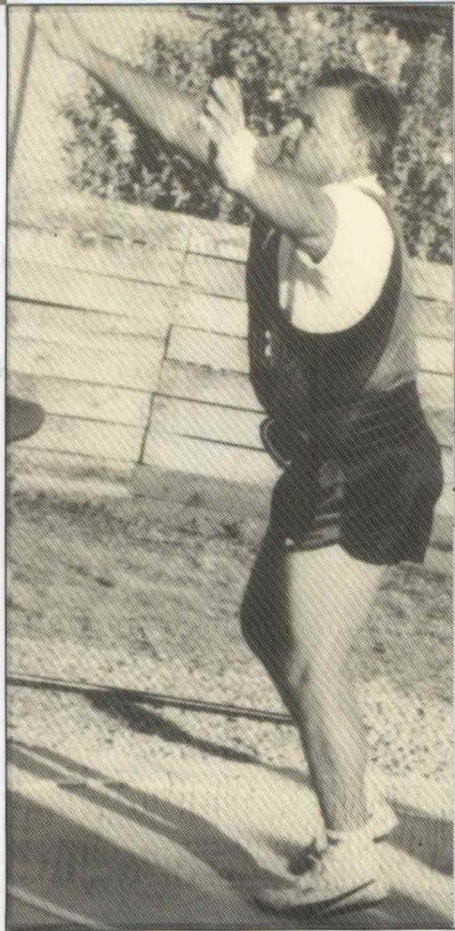


Rose Malloy, 48, first W40+ and second finisher overall, with a race record 31:08, National Capital 5 Miler, Alexandria, Va.

Photo by George Banker

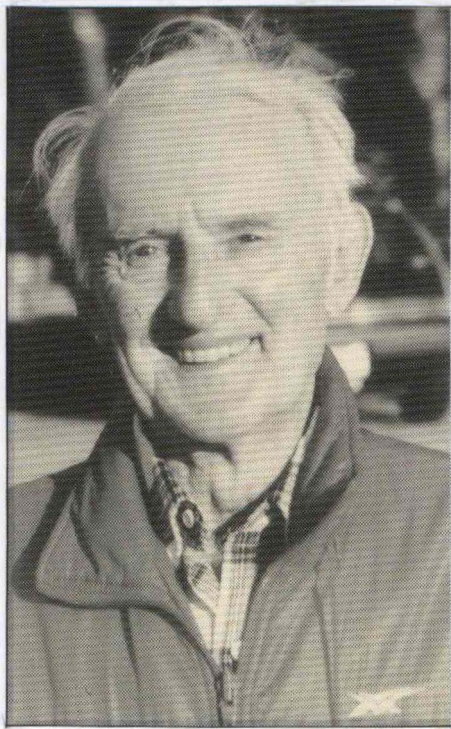


A mixed age-division 800 at the 1996 Visalia Masters Classic, Visalia, Calif., from left: Teddy Walton, Wayne Morris, Mike Russier, Dave Iremonger (first M40, 2:12.4), Dave Amster (first M45, 2:05.9), and Herve Pastre.
Photo by Glen Williams

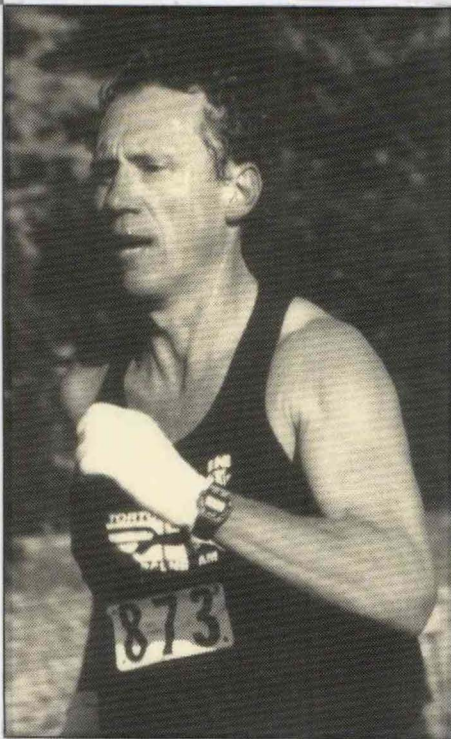


Bob Gunn, M40, in the weight throw (38-11),
Throwers Only Meet, Ringoes, N.J.

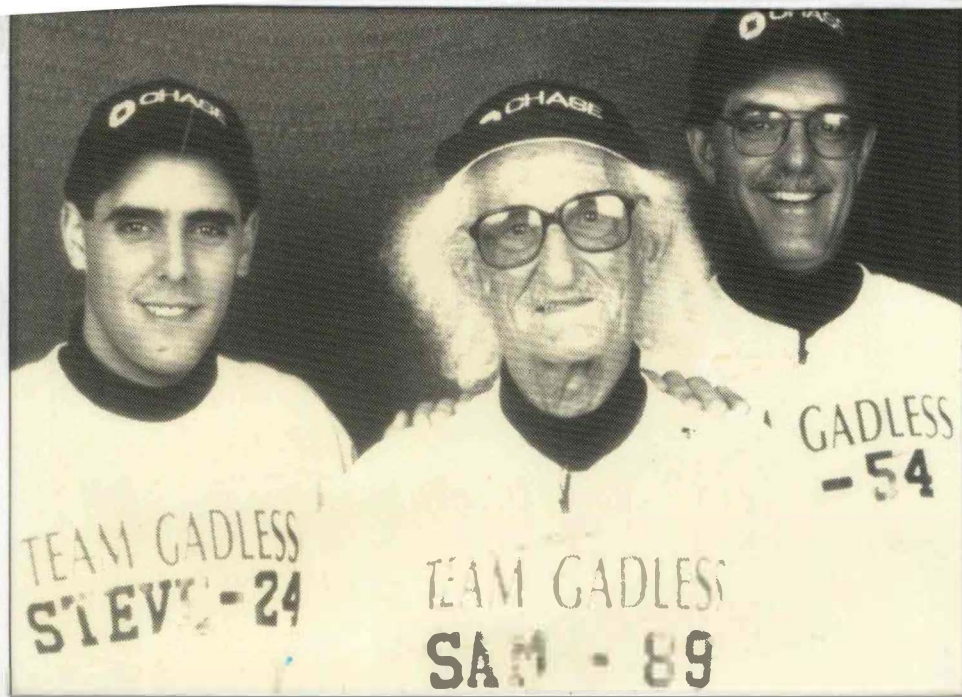
Photo by Suzy Hess



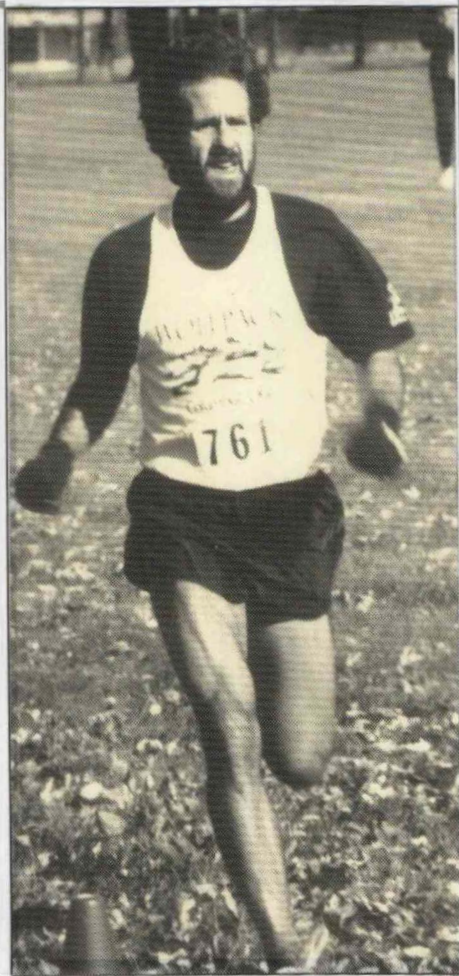
John A. Kelley



Wally Herrala, 52, M50-54 champion, Motor City Striders, finished in 17:17, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 3. Photo by John White

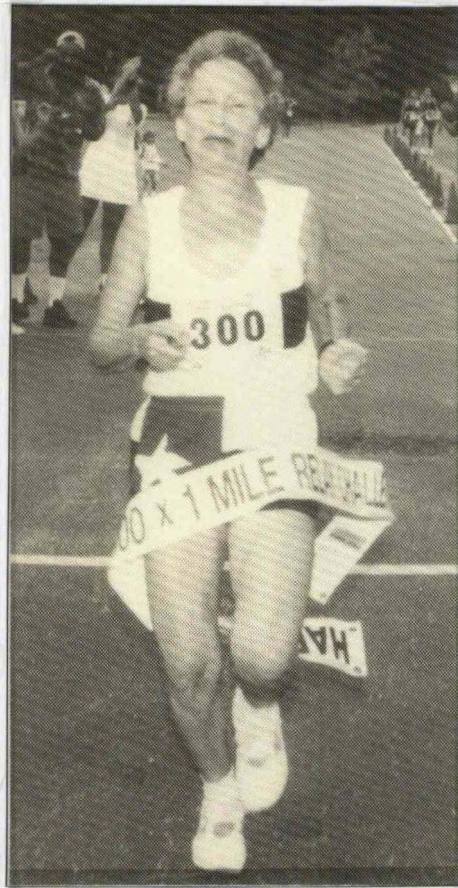


Sam Gadless, 89, and family at the 1996 New York City Marathon. Photo: Victah © Photo Run 1996

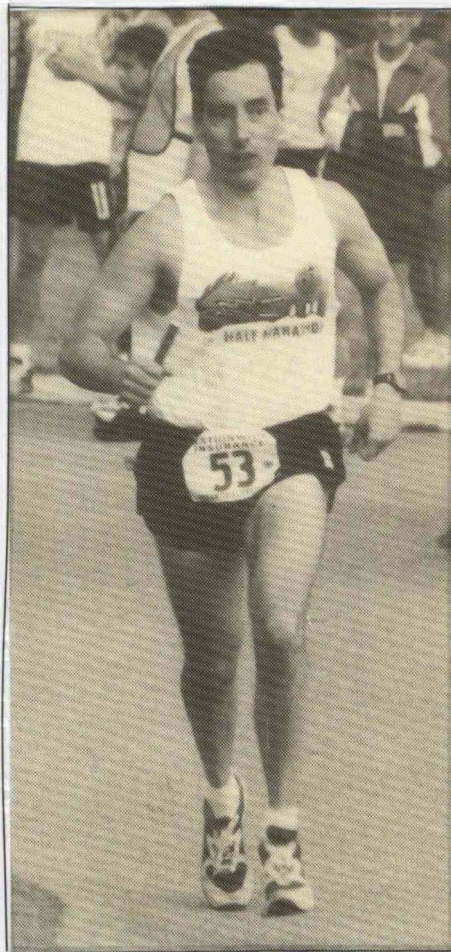


Allen Choma, 43, seventh M40 (16:16), USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 3, was first M40+ (2:32) in the Columbus Marathon on Nov. 10.

Photo by John White

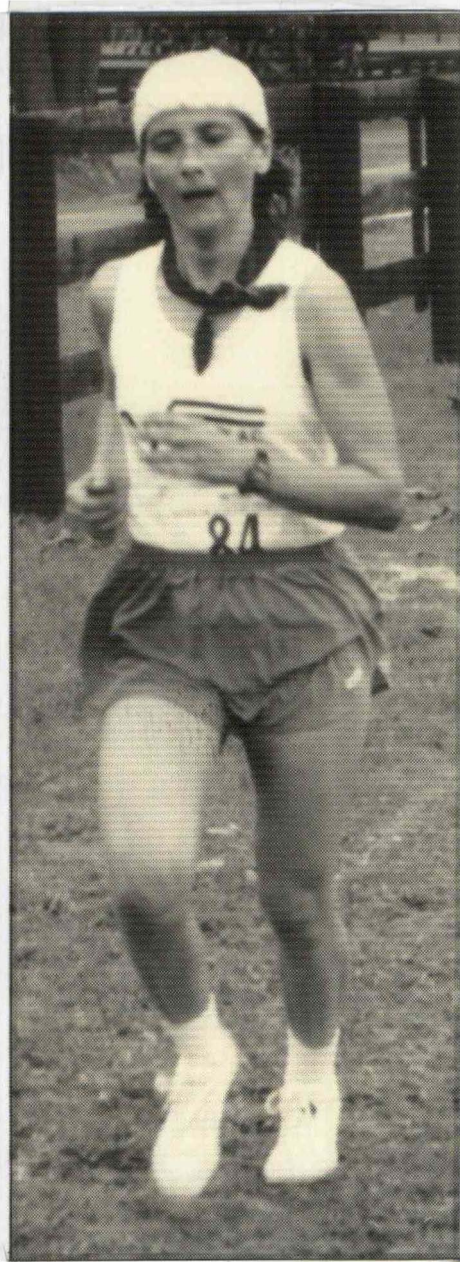


Sadie Greenman, 65, finishes the last leg (8:12) of the Houston Area Road Running Association Guinness record-breaking 100x1-mile relay, Houston, Texas, Aug. 24. Photo by Jerry Smith



John Hanc, running the second leg for the winning Massapequa Mixed Masters team in the Coed Masters Division, Nationwide Insurance Ocean To Sound 50 Mile Relay, Long Island, N.Y., Sept. 8.

Photo by Mike Polansky



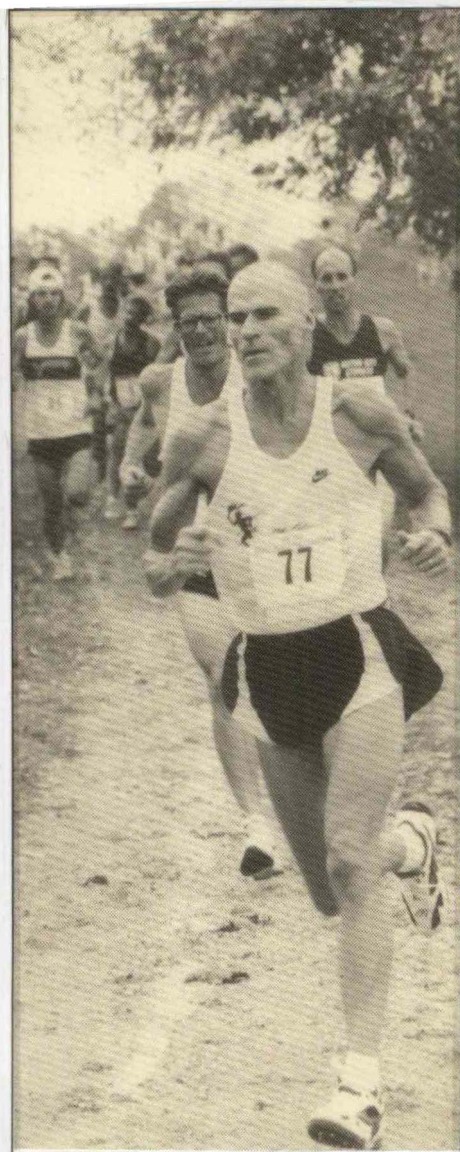
Diana Okon, 41, fourth woman (36:04), National Masters 8K X-C.

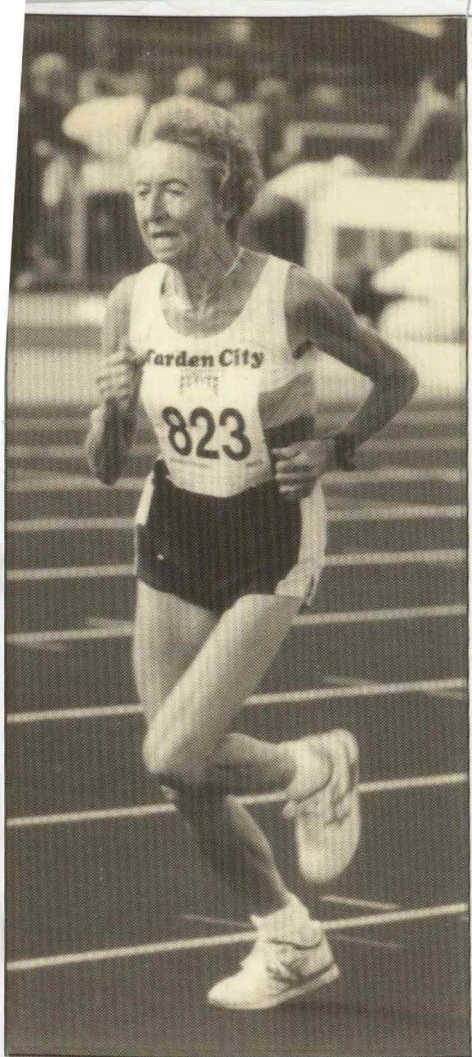
Photo by Carroll De Weese



Cheryl McGinnis, 42, first woman (33:22),
USATF National Masters 8K Cross-Country
Championships, Louisville, Ky., Oct. 27.

Photo by Carroll De Weese



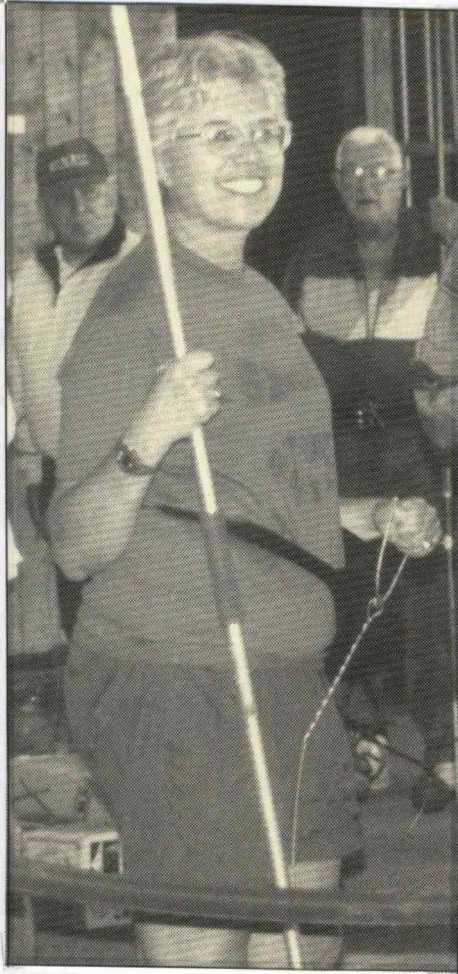


Jocelyn Ross on her way to victory in the W65 1500 in the 1996 British Veterans Championships in Exeter. Photo by Jeremy Hemming



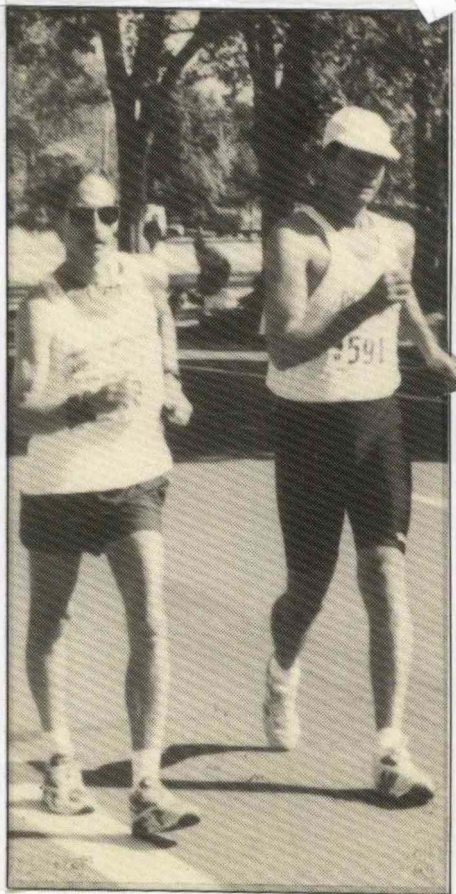
Participants and officials enjoying the free lunch provided by the meet organizers, USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31.

Photo by Jerry Wojcik



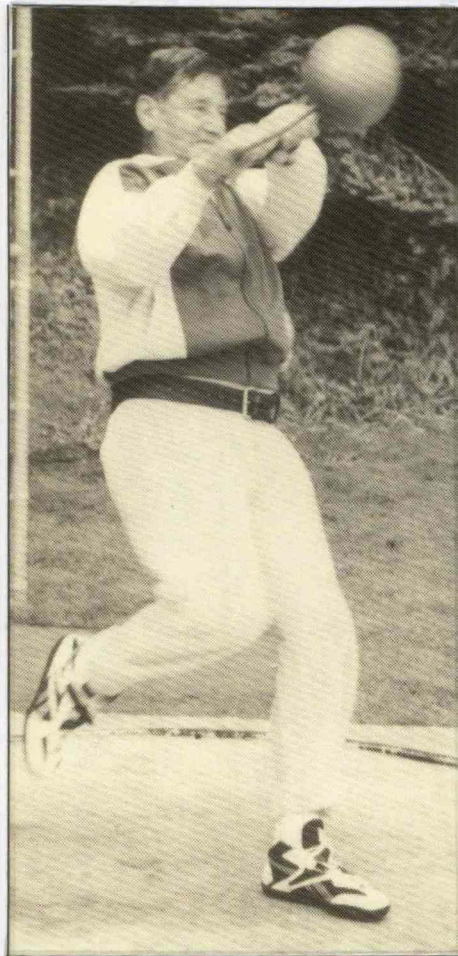
Roz Katz

Photo by Suzy Hess



Robert Novak (l), U.S., finished second (54:58) in the M45 10K racewalk. Doug Vermeer, U.S., was second M40 (59:46), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik



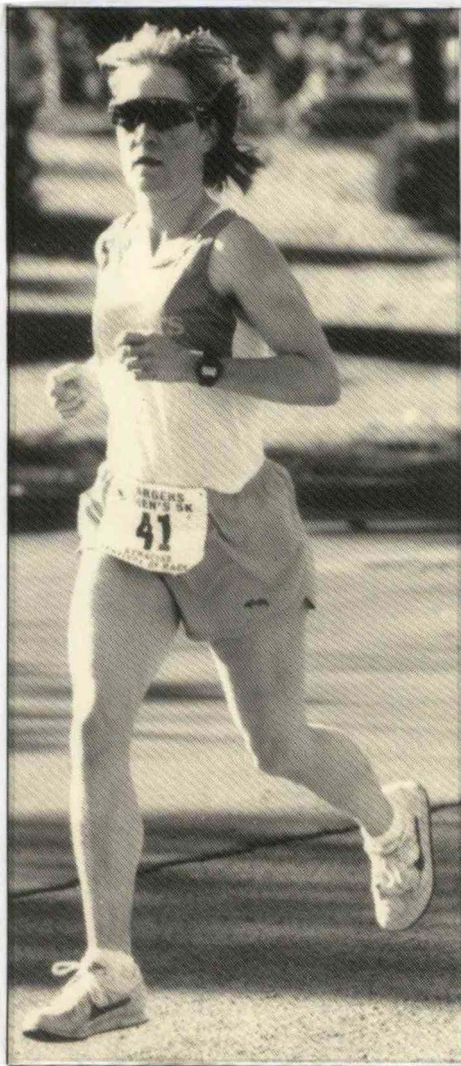
Floridian Pay Carstensen, M60, 1996 USATF National Masters Weight Throws Championships, Seattle, Wash., Aug. 31.

Photo by Jerry Wojick



Directors of the USATF Masters Weight Championships in Seattle for the last three years, from left: Fred Shanaman, M60, Ken Weinbel, M65, and George Mathews, M50.

Photo by Suzy Hess



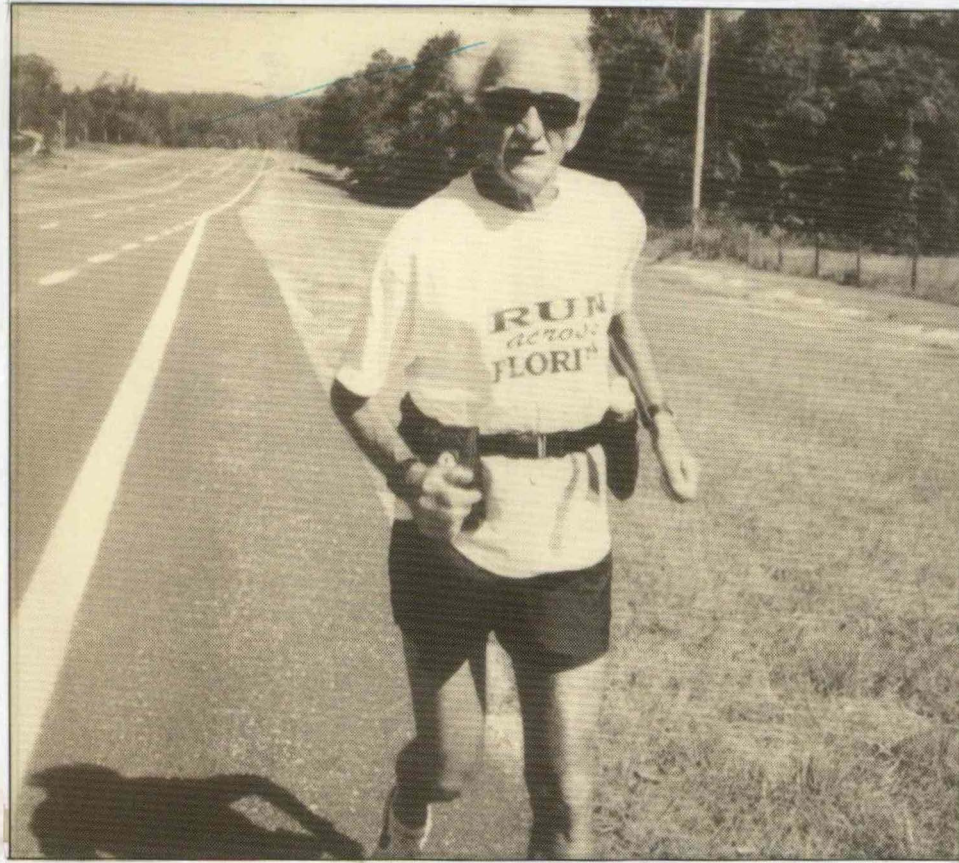
Patti Ford, 41, Lafayette, N.Y., first W40+
(18:18), Syracuse Festival of Races Women's
5K, Syracuse, N.Y., Oct. 6.

Photo by Gary Allen

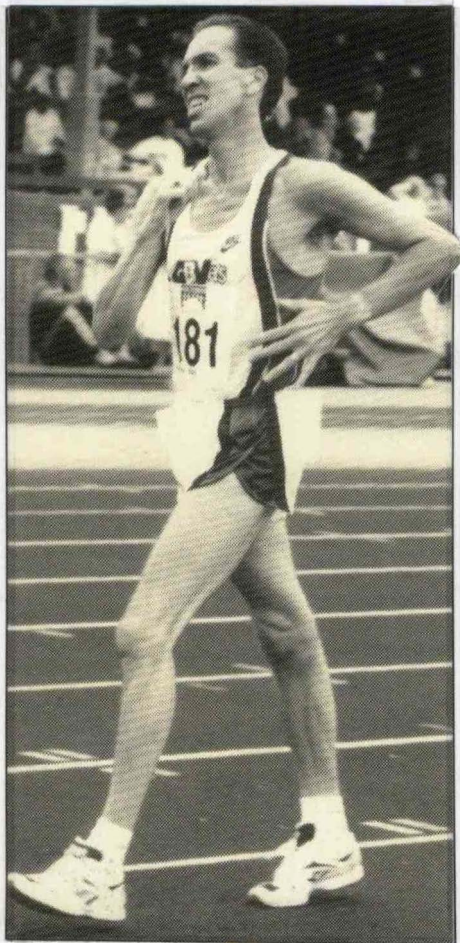


Sid Howard, U.S., leads at the third turn in the M50 800, NCCWAVA Regional Championships, Eugene, Ore., but Don McMillan, U.S., was first (2:14.58), with Howard second (2:15.72) and Des O'Rourke, U.S., third (2:18.59).

Photo by James Fields

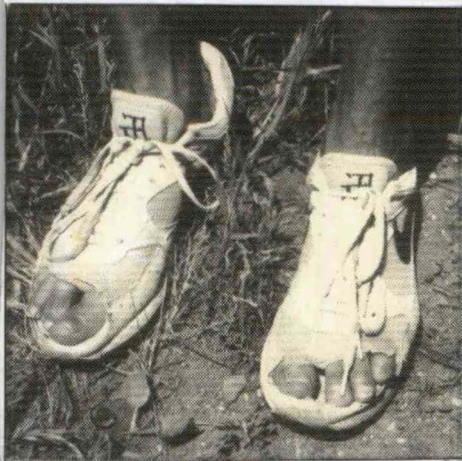


Paul Reese running across Florida.

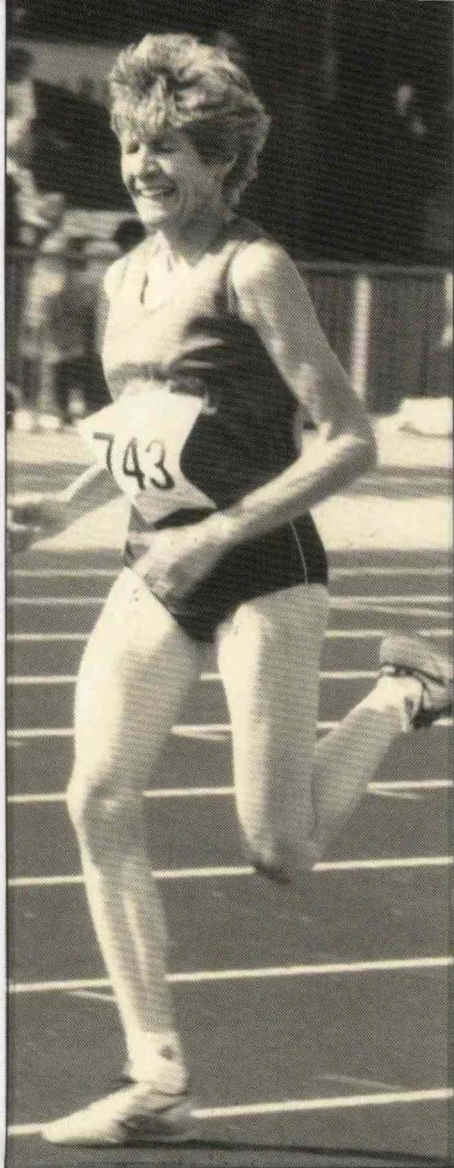


No problem with straight knee for the defending champion, Bob Care, in the M45 3000m walk at the British Veterans Championships in Exeter. He won in 13:22.42.

Photo by Jeremy Hemming



Paul Reese's special cut.

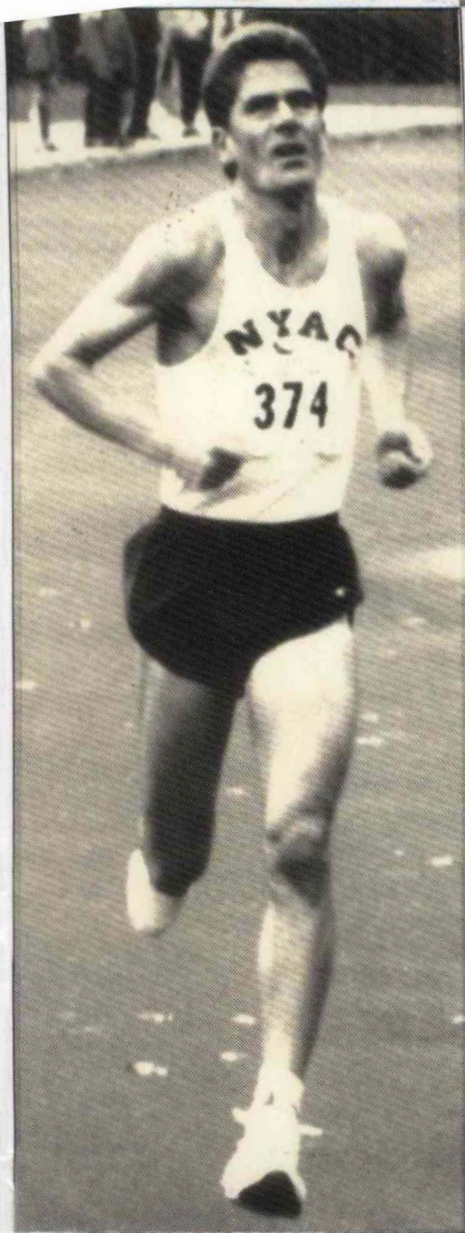


Zina Marchant on the way to a W45 10,000 world record at the British Veterans Championships. Photo by Jeremy Hemming



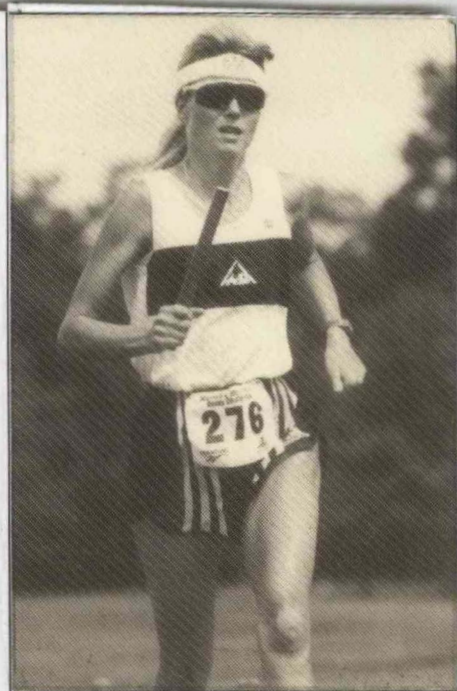
Award winners in the W45 division were (l to r) Elizabeth Penagos, third, Mary Rosado, first (25:59), and Estella Clasen, second, Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 2.

Photo by Mike Polansky



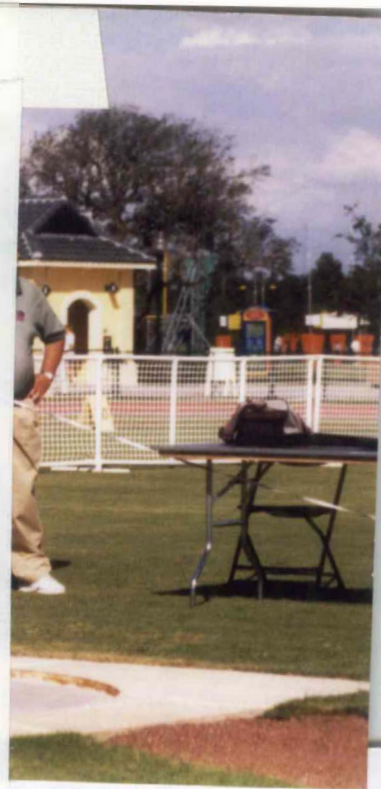
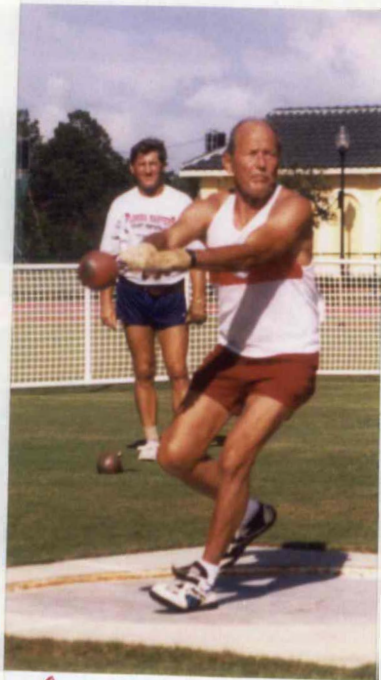
Paul Mascali, 44, first master (20:53), Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 2.

Photo by Mike Polansky



Patti Sears, 42, running a leg of the Houston Area RR Association women's 100x1-mile Guinness record relay, Houston, Texas, Aug. 24.

Photo by Jerry Smith



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Lorraine Quinn

Reed Quinn, 67, Leesburg, Fla., in the weight throw, USATF

National Masters Weight Pentathlon, Orlando, Fla., Oct. 11.

Pay Carstensen, 65, ^{Spring Hill, Fla.,} awaits his turn on deck.

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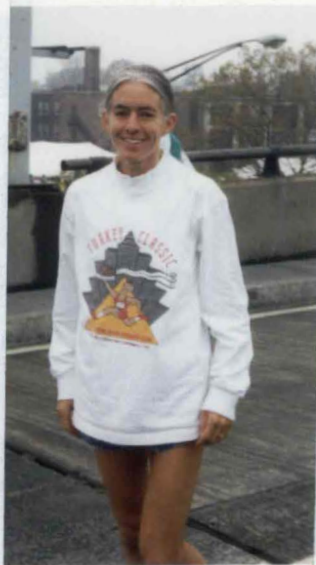
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Marilyn Mitchell

Antoni Niemczak, 41, first master (2:21:44), New York
City Marathon, Nov. 2

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~~Marilyn Mitchell~~

Gillian Horovitz, 42, first masters woman (2:43:20), before the start,
New York City Marathon, ~~Nov 2~~

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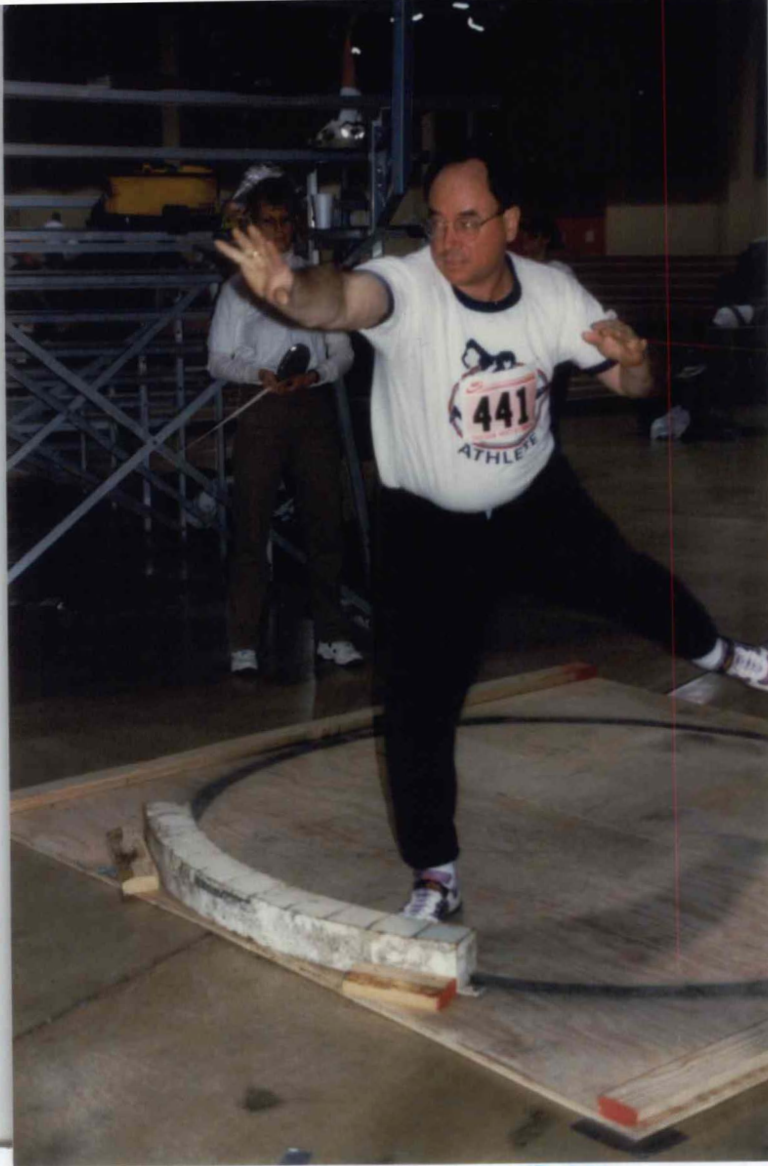


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Shirley Walton, 47, Portland, Ore., W45 winner
(37:29.5), USATF Northwest Regional Masters
Championships, Seattle, July 19-20.

Photo by Jerry Wojcik

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W #2

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Jerry Wojcik

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Shot putter Terry Holland, 45, 1997 Eugene Indoor Meet. This year's meet is scheduled for February 7-8 in Eugene, Ore.

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w#2 Ron McKee, M35, California, winner in the shot put (55-3 1/2), National Masters Championships, San Jose, Calif., Aug. 7-10.
Photo by Jerry Wojcik

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Photo by George Banker

Linda Wack, 41, first W40+ (39:26), Georgetown 10K,
Washington, D.C., Oct. 5.

w#36

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Suzy Hess

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Harry Hawke, of California, winner of the M65 shot put (37-10 1/2),
1997 Silver State Games, Reno, Nev. The 1998 meet will be held
Feb. 15.

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W#30

(Angela, This is the correct name of the photographer)

Adarini

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Issue
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Haig Bohigian, 61, outleaves Cliff Pauling, 63, to win the M60
100 (13.52), Sri Chinmoy Masters Games, Flushing, N.Y., Oct.
4. Pauling, however, beat Bohigian in the 200 and 400.



W#37
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John Snaden

Lillian Snaden, 68, Florence, S. C., winner of the W65 division
(2075 points), USATF National Masters Weight Pentathlon,
Orlando, Fla., Oct. 11.

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RE, N.Y.



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Mike Polansky

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First master Don Di Donato (I) crosses the finish line fifth overall

(20:19), a fraction behind Adam Cigliano, 25, South Shore Sprint

To
heads
& feet

4 Mile, Bay Shore, N.Y., Nov. 1.



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 pg 8

The Bohemia TC Lady Masters, first W40+ team in the MAC
 Cross-Country Championships, ^{NYC} Oct. 5 (l to r): Michelle Powers,
 Mary Wagner, Helen Visguass, Betty Horstman, Mary Trotto,
 Estella Clasen, Judy Carroll, and Diane Gordon.



Suzy Hess

The Reggie Lewis Track & Athletic Center, site of the 1998 USATF National Masters Indoor Championships, Boston, March 27-29.

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w#36

John Sherlock III, 49, finishing the Georgetown 10K, ↗

Washington, D.C., Oct. 5, in 41:38.

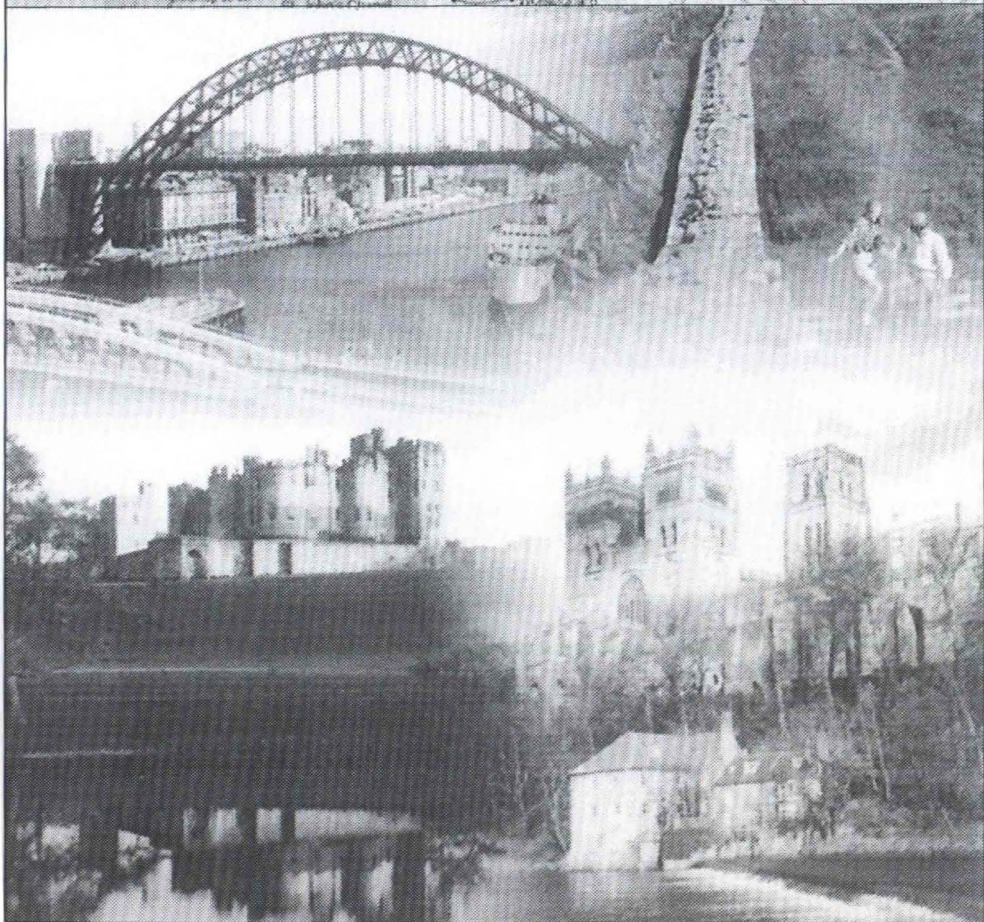
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~~photo by~~

George Banker

1-61



Map and sites in and around the North East of England.